

















MARCH 2020

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2	Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm	3	Endometriosis Awareness Week Free Legal Clinic Burnside Gorge Centre 471 Cecelia Rd 2pm-3pm	4	JDF Social Club Dance 7:00-8:30	5	Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	6	Art Therapy @ 2-3891 Douglas 12:00-2:00pm	7	Integrated Swim @ Oak Bay FREE 11:30am-1pm
8	Daylight Savings Set clocks ahead one hour 	9	Commonwealth Day ○ Full Moon Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	10	Purim ✡ SABF St. Aiden's Church 11:30 – 1:00 Free Legal Clinic Burnside Gorge Centre 2-3pm	11	JDF Social Club Dance 7:00-8:30	12	Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	13		14	Integrated Swim @ Oak Bay FREE 11:30am-1pm Sensory Friendly Movie: Onward 10:30 am \$8.99 Cineplex Westshore 
15		16	St Patrick's Day BSS In House CI Day Tour and Demonstration at the Raptors Centre (Duncan) Contact Jen for more details  Spring Break March 16-27 Adapted Fitness \$2 @Vic West Centre 11:15	17	Cowichan Vallev SABF Duncan Library 12:00 – 1:30 Free Legal Clinic Burnside Gorge Centre 2-3pm	18	JDF Social Club Dance 7:00-8:30	19	Spring Equinox (First Day of Spring!)  Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	20	Art Therapy @ 2-3891 Douglas 12:00-2:00pm	21	Integrated Swim @ Oak Bay FREE 11:30am-1pm  Mismatched Sock Day For World Down Syndrome Day
22	☾ Isra and Mi'raj  World Water Day	23	Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	24	☾ New Moon  World TB Day Free Legal Clinic Burnside Gorge Centre 2-3pm	25	JDF Social Club Dance 7:00-8:30	26	Purple Day for Epilepsy Awareness Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	27		28	Integrated Swim @ Oak Bay FREE 11:30am-1pm Earth Hour 8:30 – 9:30pm 
29		30	Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	31	 Happy Birthday Phil Free Legal Clinic Burnside Gorge Centre 2-3pm	National Epilepsy Month 		Fight Liver Disease Month 		Red Cross Month 		National Kidney Month 	

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skate 		<u>West Shore - \$2</u> 10:30-11:50am <u>Pearkes - \$3.25</u> 3:15-4:15pm <u>Esquimalt - \$3*</u> 11:30-12:50pm	<u>SEAPARC - \$2</u> 11:30-12:45pm <u>Save on Foods Arena - \$2</u> 2:45-4:00pm <u>Oak Bay - \$3</u> 6:30-7:45pm	<u>Pearkes - \$3.25</u> 3:00-4:10pm	<u>West Shore - \$2</u> 12:00-12:50pm <u>Oak Bay - \$3</u> Midnight-1:00am		
Swim  * = adults only	<u>Gordon Head - \$3.25</u> 10:00am-12:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am <u>Esquimalt - \$2*</u> 9:00-10:30pm	<u>Crystal Pool - \$2</u> 7:00pm-9:00pm (\$1 youth) 9:00-11:00pm* <u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm* <u>SEAPARC - \$3</u> 8:00-9:00pm <u>Commonwealth - \$3.25</u> 9:00pm-10:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>SEAPARC - \$3</u> 8:00-9:00pm <u>West Shore - \$2</u> 8:30-9:30pm <u>Commonwealth - \$3.25*</u> 9:00-10:00pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm* <u>Crystal Pool - \$2*</u> 9:30pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3.35</u> 12:00-2:30pm 9:30-10:30pm* <u>SEAPARC - \$2/\$3</u> 1:00-3:00pm (\$2) 8:00-9:00pm (\$3) <u>Commonwealth - \$3.25</u> 9:00-10:00pm <u>Crystal Pool - \$2*</u> 9:00pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>West Shore - \$2</u> 8:30-9:30pm <u>Commonwealth - \$3.25*</u> 9:00-10:00pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm* <u>Crystal Pool - \$2</u> 8:30pm-10:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head \$3.25</u> 12:00-2:30pm <u>SEAPARC - \$2</u> 6:00-8:00pm <u>Esquimalt - \$2/\$3</u> 7:00pm-9:00pm (\$3) 9:00pm-10:30pm (\$2) <u>Commonwealth - \$3.25*</u> 9:00-10:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3.25</u> 11:00am-12:00pm <u>Commonwealth - \$3.25</u> 4:00-6:00pm <u>Panorama \$2</u> 6:00-7:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am
Weight Room 		<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-12:30pm 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-12:30pm 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm	<u>Pearkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-12:30pm	

Drop in's may be cancelled for special events and holidays. Spring Break (March 14-29) may affect drop in hours. Check your recreation centres website for up to date information.