

DROP-IN FITNESS SCHEDULE in effect April 1, 2024 - Jun 29, 2024

Pre-reserve up to 14 days in advance online or by calling 250.412.8500. Pre-registration is highly recommended for spin, TRX, and yoga as space and equipment is limited.

*Spin classes take place in the Crows Nest at Archie Browning Sports Centre

No classes on February 19, March 29, April 1, May 20

Schedules and instructors subject to change; please visit esquimalt.ca/schedules for schedules in real time.

	MON	TUE	WED	THU	FRI	SAT
6:15-7:00am	*Spin (Ann)	H.I.I.T. (Ann)	*Spin (Ann)	H.I.I.T. (Ann)	*Spin (Esther)	
7:15-8:00am		TRX (Ann)		TRX (Ann)		
8:15-9:15am						Mixed Interval Challenge (Lorraine)
9:00-10:00am				Stretch & Strength (Ann)		
9:15-10:15am	Total Aerobic Challenge (Marcia)	BellyFit (Marcia)	Total Body Challenge (Marcia)	Yogalates (Phyllis)	Total Step Challenge (Lorraine)	
9:30-10:30am	Balance, Strength & Stretch (Carol)				20-20-20 (50+) (Carol)	
10:35-11:35am		Stretch & Strength (Ann)				
12:10-12:55pm	*Spin (Ann)	Power Circuit (Cheryl)	*Spin (Ann)	Power Circuit (Cheryl)	Yoga (Lorraine)	
	Yoga (Lorraine)		Yoga (Phyllis)		TRX Combo (Eugene)	
	TRX (Marcia)					
5:30-6:30pm	Mixed Interval Challenge (Esther/Kelsy)	Yoga (Lorraine)	*Spin (Esther)	Body Sculpt (Cheryl)	Boot Camp (Eugene)	

Buc Days Community BBQ
 May 10, 2024 - 12:00-1:30pm

\$10/person - Registration can be done in person at the Recreation Centre, by phone at 250-412-8500 or by visiting www.esquimalt.ca/recreation

ESQUIMALT PARKS + RECREATION COUNTRY GROCER

Drop-In Schedules

Schedules subject to change. View in real time online: esquimalt.ca/schedules

HOURS OF OPERATION

Esquimalt Recreation Centre

527 Fraser St | Ph: 250-412-8500

Wellness Centre:

5:30 am - 10:30 pm, Mon - Sun

Aquatics Facility:

5:30 am - 10:30 pm, Mon - Sun

Archie Browning Sports Centre

1151 Esquimalt Rd | Ph:250-412-8510

Schedule is subject to change. Please refer to our live schedules at : www.esquimalt.ca/parks-recreation/drop-schedule

UPCOMING EVENTS:

Esquimalt 5km & 1km Fun Run

April 13, 2024 —9:00am

Earth Day Celebration

April 17, 2024—10:00am-2:00pm
HighRock Park

Gigantic Garage Sale

April 27, 2024—9:00am-1:30pm
Archie Browning Sports Centre

Visit esquimalt.ca/events for more info

MEMBERSHIP & DROP-IN ADMISSION RATES

	SINGLE	10 ADMISSIONS	25 ADMISSIONS	1 MONTH	3 MONTH	6 MONTH	1 YEAR
ADULT	\$6.25	\$56.25	\$131.25	\$63.00	\$120.00	\$225.00	\$385.00
SENIOR (60+) & STUDENT	\$4.75	\$42.75	\$99.75	\$49.00	\$95.00	\$175.00	\$293.00
YOUTH (13-18YRS)	\$3.50	\$31.50	\$73.50	\$46.00	\$91.00	\$113.50	\$200.00
CHILD (6-12YRS)	\$3.25	\$29.25	\$68.25	\$30.00	\$55.00	\$95.00	\$160.00
FAMILY	\$12.50	\$112.50	\$262.00	\$127.00	\$245.00	\$450.00	\$750.00
ANNUAL REGIONAL PASS	Access all 14 Municipal Recreation Facilities \$552						

GIGANTIC-ER GARAGE SALE



DROP-IN 50 PLUS SCHEDULE in effect April 1, 2024 - June 29, 2024

\$2/drop-in or free with your Esquimalt Recreation pass

Schedules subject to change. For schedule updates and/or questions please call reception at 250-412-8500 or visit our live schedules at www.esquimalt.ca/parks-recreation/drop-schedules

SUN	MON	TUE	WED	THU	FRI
	Conversation Café 10:30-12:00pm (Senior's Centre)			Writer's Group 10:00-12:00pm (Senior's Centre)	Scrabble 10:00-12:00pm (Senior's Centre)
	Mah Jong 12:30-3:30pm (Kanaka)	Mexican Train Dominoes 12:30-3:00pm (Senior's Centre)	Bridge for Beginners 12:30-3:30pm (Kanaka Room)	Euchre 12:30-3:00pm (Senior's Centre)	
	Bridge 12:30-3:15pm (Senior's Centre)			Bridge 12:30-3:00pm (Craigflower Room)	
Drop-in Painting 1:00-5:00pm (Senior's Centre) <i>*Pre-registration Required</i>	Music Jam 1:15-3:15pm (Craigflower Room)	Ukulele Club 1:00-3:00pm (Craigflower Room)	Knit & Crochet 1:00-3:00pm (Senior's Centre) FREE		Cribbage 1:00-3:00pm (Senior's Centre)

DROP-IN WATERFIT SCHEDULE in effect April 1, 2024 - June 29, 2024

Class descriptions can be found at www.esquimalt.ca/parks-rec

	MON	TUE	WED	THU	FRI	SAT
8:05-8:55am	Deep Fit	Shallow Fit	Deep Fit	Shallow Fit	Deep Fit	
8:35-9:25am						Shallow Fit
9:05-9:55am	Shallow Fit	Deep Fit	Shallow Fit	Deep Fit	Shallow Fit	
10:35-11:25am	Combo-Fit	Combo-Fit	Combo-Fit	Combo-Fit	Combo-Fit	
6:05-6:55pm	Total Body Workout		Total Body Workout			
7:05-7:55pm		Cardio Blast		Cardio Blast		

DROP-IN SPORTS SCHEDULE in effect April 1, 2024 - June 29, 2024

Pre-reserve up to 14 days in advance online or by calling 250.412.8500.

Schedules subject to change; please visit esquimalt.ca/schedules for schedules in real time.

Play Beyond Expectations: Multi-sport development sessions for young adults of all abilities. No reservation required.

	SUN	MON	TUE	WED	THU	FRI	SAT
Pickleball	4:30-6:30pm	1:15-3:15pm	1:15-3:15pm		1:15-3:15		
Play Beyond Expectations			3:30-5:00pm			1:30-3:00pm	
Recreational Volleyball	6:45-8:45pm	8:00-10:00pm		8:00-10:00pm	8:00-10:00pm		
Competitive Volleyball At Victor Brodeur	7:00-9:00 pm						
Indoor Soccer	9:00-10:15pm		8:30-10:00pm				

DROP IN SWIM SCHEDULE in effect April 1-June 30, 2024

Adjusted schedules on STAT holidays

*live schedule at www.esquimalt.ca/parks-rec

SUN	MON	TUE	WED	THU	FRI	SAT
Lengths & Family Swim 5:30-9:00am	Lengths & Family Swim 5:30-8:00am					
	Programs & Family Swim 8:00-11:30am <i>*Limited Public Space; Hot Tub, Sauna, Steam Room, one lap lane and designated space in the Lifestyle pool will be available for public use. Programs and swimming lessons will take up all other space in both pools.</i>					
Programs & Family Swim 9:00-12:00pm	Programs & Family Swim 8:00-1:00pm					
	Lengths & Rehabilitation 11:30am-12:30pm					
Everyone Welcome & Lap Swimming 12:00-3:30pm	Lengths & Family Swim 12:30-1:00pm					
	Everyone Welcome & Programs 1:00-3:00pm	Everyone Welcome & Programs 1:00-4:00pm	Everyone Welcome & Programs 1:00-3:00pm	Everyone Welcome & Programs 1:00-4:00pm	Everyone Welcome & Programs 1:00-4:00pm	Everyone Welcome & Programs 1:00-10:30pm <i>*Training, and/or Club Rentals may take up dedicated space in one or both pools</i>
	Programs & Family Swim 3:00-7:00pm	Programs & Family Swim 4:00-7:00pm	Programs & Family Swim 3:00-7:00pm	Programs & Family Swim 4:00-7:00pm	Programs & Family Swim 4:00-7:00pm	

**Limited Public Space; Hot Tub, Sauna, Steam Room, one lap lane and designated space in the Lifestyle pool will be available for public use. Programs and swimming lessons will take up all other space in both pools*

Everyone Welcome & Lap Swimming 7:00-9:00pm	Everyone Welcome & Lap Swimming 7:00-9:00pm	Everyone Welcome & Programs 7:00pm-9:00pm	Everyone Welcome & Lap Swimming 7:00-9:00pm	Everyone Welcome & Programs 7:00pm-9:00pm	Everyone Welcome & Lap Swimming 7:00-10:30pm
Adult Only 16+ \$2 Admission					

LENGTHS & FAMILY SWIM

These are the best times for lap swimming. At least 2 single lanes or one double lane are available.

EVERYONE WELCOME & LAP SWIMMING

Pool is open to everyone. Children under 7 must be within arms reach of an adult at all times. Limited programs may take up space in one or both pools, and at least one lane will be set aside for lap swimming.

EVERYONE WELCOME & PROGRAMS

Advance Aquatics, Swimming Lessons and/or clubs take up dedicated space in the Leisure and/or Lap Pool. All other pool space including Lifestyle Pool, Tots Pool Hot Tub, and part of the Lap Pool is open for the public to enjoy. Children under 7 must be within arms reach of a responsible adult at all times. One lane available for lap swimming.

PROGRAMS & FAMILY SWIM

Children under 16 must be accompanied by a responsible adult, 16+. Space may be limited due to programs such as lessons, waterfit, and/or clubs. Public leisure space will be designated in the Lifestyle Pool. NOTE: Mon-Fri 3:30-5:30 swims may include loud whistle blasts as we host lifeguard training.

Adult Swim

During this time the pool is reserved for adults aged 16+ only. At least 2 lanes available for lap swimming.

LENGTHS & REHABILITATION (16+ years)

Reserved for: Lap swimming; water walking; rehabilitation and/or therapy. No free play, family swims, music, pool features or toys during this swim. Waterfall may be turned on occasionally for therapy. Children under age 16 may be permitted access if they are participating in lap swimming, rehabilitation and/or therapy during this time and are accompanied in the water by an adult (16+) at all times.