

DROP-IN FITNESS SCHEDULE in effect Sep 3, 2023 - Dec 23, 2023

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 September 30, October 2, October 9, November 11&13

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 (Lorraine)	Yoga (Lorraine)	*Spin (Ester)	Body Sculpt (Cheryl)	Boot Camp (Eugene)	

DROP-IN SPORTS SCHEDULE in effect Sep 3, 2023 - Jan 6, 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.

*Not included in membership, \$7.00 adult rate (19+), \$5.50 youth rate (10-18yrs)

	SUN	MON	TUE	WED	THU	FRI	SAT
Pickleball	4:30-6:30pm	1:15-3:15pm	1:15-3:15pm		1:15-3:15pm		
Everyone Welcome Volleyball	6:45-8:45pm	8:00-10:00pm		8:15-10:15pm	8:00-10:00pm		
Competitive Volleyball	7:00-9:00 pm	Competitive Volleyball takes place Victor Brodeur School					
Indoor Soccer	9:00-10:15pm		8:30-10:00pm				

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:

Please see pool schedule online for our live scheduled updates

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:

Rib Fest - Sep 8 - 10, 2023

Esquimalt Farmers Market

Thursdays 4:30pm-7:30pm-Esquimalt Recreation Centre starting Sep 21

Splash of Light - Sep 16, 2023

Story Fest - Sep 23, 2023

Seniors Tea - Oct 4, 2023

Halloween Fire Hall Spooktacular! - Oct 31, 2023

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	\$6.00	\$54.00	\$126.00	\$61.00	\$118.50	\$219.00	\$365.00
SENIOR (60+) & STUDENT	\$4.50	\$40.50	\$94.50	\$46.50	\$90.50	\$166.50	\$278.00
YOUTH (13-18YRS)	\$3.25	\$29.25	\$68.25	\$46.00	\$91.00	\$113.50	\$189.50
CHILD (6-12YRS)	\$3.00	\$27.00	\$63.00	\$28.25	\$50.00	\$92.50	\$154.00
FAMILY	\$12.00	\$108.00	\$252.00	\$122.00	\$237.00	\$438.00	\$730.00
ANNUAL REGIONAL PASS	Access all 14 Municipal Recreation Facilities \$528						



DROP-IN 50 PLUS SCHEDULE in effect Sep 3, 2023 - Jan 6, 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)	Mexican Train Dominoes 12:30-3:00pm (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 (Fernhill)			Euchre 12:30-3:00pm (Senior's Centre)	
	Bridge 12:30-3:15pm (Senior's Centre)	Chess 1:00-3:00pm (Senior's Centre)		Bridge 12:30-3:00pm (Craigflower Room)	
Drop-in Painting 1:00-5:00pm (Senior's Centre) *Pre-registration Required	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 Sep 3, 2023 - Jan 6, 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		Total Body			
7:05-7:55pm		Cardio Blast		Cardio Blast		

DROP-IN SKATING & ICE SCHEDULE in effect through to March 2024

Skate rentals available for \$3.50

Skate sharpening is available at the Archie Browning Sports Centre for \$5.

*Pre-reserve your space for drop-in Hockey up to 14 days in advance online or by calling 250.412.8500.

SUN *	MON	TUE	WED	THU	FRI	SAT
			Everyone Welcome Skate 10:00-11:20am			
Everyone Welcome Skate 1:00-2:00pm	Adult Skate (16+) \$3 11:30-12:50pm	Everyone Welcome Skate 11:30-12:50pm	Drop-in Hockey (16+) 11:30-12:50pm	*Drop-in Hockey (16+) 11:30-12:50pm	*Drop-in Hockey (16+) 11:30-12:50pm	
Cougars Pond Hockey (12 & under) 2:00-3:00pm				Everyone Welcome Skate 3:00-4:20pm		Everyone Welcome Skate 2:30-3:50pm

FALL DROP IN SWIM SCHEDULE in effect Oct 2, 2023—Dec 23, 2023

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 8:00-1:00pm
	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	Lengths & Rehabilitation 11:30am-12:30pm					Programs & Family Swim 3:00-7:00pm
	Lengths & Family Swim 12:30-1:00pm					
Everyone Welcome & Lap Swimming 12:00-3:00pm	Everyone Welcome & Programs 1:00-4:00pm <i>*Training, and/or Aquatic Fitness may take up dedicated space in one or both pools</i>					Everyone Welcome & Lap Swimming 1:00-3:00pm
	Programs & Family Swim 4:00-7:00pm <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>					Everyone Welcome & Club Rentals 3:00-5:00pm
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	Everyone Welcome & Lap Swimming 5:00-10:30pm
Adult Only 16+ \$2 Admission 9:00-10:30pm						
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	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 who are participating in lap swimming, rehabilitation and/or therapy during this time must be accompanied in the water at all times by an adult 16+.					