

PASS & ADMISSION RATES (Tax Included)

	Single Drop in	Book of 10	Book of 25	1 Month Pass	3 Month Pass	6 Month Pass	1 Year Pass
Adult	\$6.00	\$55.20	\$128.80	\$62.40	\$121.34	\$224.00	\$373.34
60+ or Student*	\$4.50	\$40.80	\$95.20	\$46.94	\$91.20	\$168.00	\$280.00
Youth (13-18yrs)	\$3.25	\$28.80	\$67.20	\$45.34	\$89.60	\$112.00	\$186.67
Child (6-12yrs)	\$3.00	\$26.40	\$61.60	\$27.74	\$48.80	\$90.40	\$150.40
Preschool	Free with adult admission						
Family	\$12.25	\$110.40	\$257.60	\$124.80	\$242.67	\$448.00	\$746.67
Regional Recreation Pass 12 Recreation Centres, 1 Pass = Over \$2000 Value**							\$475.00

*Current Student ID required. Family living in the same household. Maximum of 2 adults and up to 3 children/youth. **Payment plan available. \$25.00 non-refundable administrative fee required upon set up.

Weekly Drop In Activities

Weekly drop-in programs are FREE with an Esquimalt or Regional Recreation Pass. Non-pass holders pay \$2 per class for social drop in programs, regular admission rates apply (\$4.50/Senior; \$6.00/Adult) for Sports (S), Fitness (F) and WaterFit (WF) classes (unless otherwise stated in the chart below). Coffee and tea is often made and served by regular group members for a donation of \$0.50. New members are always welcome! All programs are full of friendly people and take place in a supportive atmosphere. For more details about a specific group call 250.412.8500 or visit our website at www.esquimalt.ca/recreation

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
FREE! Conversation Cafe 10:00-11:30am <i>Does not run on Stat Holidays</i>		OsteoFit (F) 9:00-9:55am	Stretch & Strengthen (F) 9:00-9:55am	Scrabble 10:00am-12:00pm
Stretch & Strengthen (F) 10:15am-11:10am		FREE! Creative Crafters 9:30-11:30am	Writer's Group 9:45-11:45am	FREE! Esquimalt Walking Group 10:00-11:30am
(Aquatic) Foundations (WF) 11:05-11:55am	(Aquatics) Cardio Conditioning (WF) 11:05-11:55am	(Aquatic) Foundations (WF) 11:05-11:55am	(Aquatic) Cardio Conditioning (WF) 11:05-11:55am	(Aquatic) Foundations+ (WF) 11:05-11:55am
Drop-in Bridge 12:30-3:00pm	Mexican Train Dominoes 12:30-2:30pm	FREE! Bring Your Own Lunch & Social 12:00-1:00pm Monthly Catered Luncheon & Social Last Wed of each month 12:00-1:00pm \$6.50 per person	Drop-in Bridge 1:30-3:30pm	Cribbage 1:00-3:00pm
Duplicate Bridge (with a lesson) 1:00-3:00pm	Rumoli 1:00-3:00pm	FREE! Knit & Crochet 1:15-3:15pm Chess 1:15-3:15pm	Euchre 1:30-3:30pm	
Pickleball (S) 1:15-3:15pm	Pickleball (S) 1:15-3:15pm	Sing-a-long 2:15-3:00pm	Pickleball (S) 1:15-3:15pm	

www.esquimalt.ca/recreation



esquimaltpandr



@EsquimaltRec



user/EsquimaltRec

ROAD TO HEALTH + WELLNESS...

Winter 2012 Drop In Schedules

Fitness • Aquatics • Sports • Social • Arena



esquimaltpandr



@EsquimaltRec



user/EsquimaltRec



ESQUIMALT
PARKS + RECREATION

Winter-Spring Drop In Fitness Schedule: January 3-June 30, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Aerobic Challenge 9:15-10:10am Gym - Marcia	Mixed Interval Challenge 6:15-7:00am Gym - Cheryl	OsteoFit 9:00-9:55am Craigflower - Christine	Stretch & Strength 9:00-9:55am Craigflower - Kay		Strength Instructor's Choice 9:00-9:55am Craigflower - Cheryl
Stretch & Strength 10:15-11:10am Craigflower - Kay	BellyFit 9:15-10:10am Gym - Marcia	Total Body Challenge 9:15-10:10am Gym - Marcia	Boxfit 9:15-10:10am Gym - Jada	Total Step Challenge 9:15-10:10am Gym - Lorraine	For Yoga: Please call 250.412.8500 after 7:00am on the day of interest to reserve your space. Limited to 22 participants/class. <i>Instructor's and classes subject to change.</i> <i>Youth 13 years and older may attend any of the Drop In Fitness classes that we offer.</i>
Yoga 12:10-12:55pm Lorraine	Power Circuit 12:10-12:55pm Gym/Outdoors - Cheryl	Yoga 12:10-12:55pm Nicky	Power Circuit 12:10-12:55pm Gym/Outdoors - Cheryl	Yoga 12:10-12:55pm Nicky	
Boxfit 5:15-6:10pm Gym - Esther	Yoga 5:05-6:00pm Craigflower - Nicky	Core to the Floor 6:15-6:55pm Gym - Esther	BellyFit 5:15-6:10pm Gym - Marcia	Groove Jan 20, Feb 17 5:30-6:25pm	
Abs Lab 6:00-6:55pm Gym - Esther				Mar 16 6:40-7:35pm	
				Apr 27 5:30-6:25pm	

Drop In Fitness Class

Descriptions

Abs Lab

Concentrated abdominal and lower back work, followed by a deep stretch.

BellyFit

Fusion of movements from fitness, belly dance, Bollywood, Bhangara, African Dance and more. Pilates inspired core work and Yoga inspired relaxation

Box Fit

Punch and kick your way to fitness. Work the upper body with shadowbox exercises, combine that with kick combos that target the lower body and you have one kickin' combination.

Core to the Floor

This class combines exercises that target the lower body and abdominals.

Osteo Fit

Promotes fitness & bone health through gentle weight bearing exercise. Option to sit and/or stand.

Yoga (Introductory)

Take some time out of your day to experience the tranquility of this introductory class. Perform a series of poses and breathing exercises designed to stretch and strengthen your body and calm the mind & spirit! Space is limited please call 250.412.8500 after 7am on the day of interest to reserve your space.

Mixed Interval Challenge

Mix cardio intervals with sets of strength training exercises peak your calorie burn. Using steps, weights, bands & balls. This short high intensity workout can be modified for most levels.

Power Circuit

Dynamic lunch hour workout, makes you sweat. No choreography, circuit style. Cardio bursts mixed with strength & endurance moves. Body weight, tubes, weights, medicine balls, & steps.

Simple Step & Strength

Step by Step...Start with the basics and build your way up to light choreography. Mix this with intervals and strength, it will leave you sweating. Everyone welcome.

Strength (Instructors Choice)

This dynamic class will challenge your balance, improve your muscle tone and work the core using a variety of equipment.

Stretch & Strength

Improve your balance, flexibility, and coordination in this fun and gentle class. Option to sit or stand.

Total Challenge Classes

Give your energy a boost through each of these dynamic classes:

Total Aerobic Challenge – gets you moving with fun and easy to follow combinations.

Total Body Challenge - begins with high/low aerobics to warm you up, followed by functional muscle toning exercises using the step, body bar & hand weights. Low choreography.

Total Step Challenge - begins with a high energy cardio step class, followed by muscular endurance exercises to help tone the body.

Winter Pool Schedule

January 3-March 9 AND March 26-July 2, 2012. Spring Break Schedule in effect March 10-25 (to be circulated in February).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths & Leisure 5:30-8:00am						
Lengths, Leisure & WaterFit 8:00-10:00am					Lengths & Leisure 8:00-9:00am	
					WaterFit & Lengths 9:00-10:00am	
Lessons, Lengths & Leisure 10:00am-11:00am				Public Swim 10:00-11:00am		
Lessons, WaterFit 11:00am-12:00pm				Public Swim, WaterFit 11:00am-12:00pm		
Lengths & Leisure 12:00-1:00pm Quiet Swim: No music, springboard, spray features during this time.						
Lessons & Lengths 1:00-2:30pm		Public Swim 1:00-2:30pm				
Public Swim 2:30-4:30pm						
Lessons & Lengths 4:30-6:00pm					Family Swim 4:00-6:00pm	
Lessons, Lengths & WaterFit 6:00-7:00pm				Public Swim 6:00-9:00pm		
Public Swim 7:00-9:00pm		Public Swim 7:00-9:00pm				
Public Swim 8:00-9:00pm		Public Swim 8:00-9:00pm		Public Swim 8:00-9:00pm		Public Swim 6:00-9:00pm
Adult Only 9:00-10:30pm NEW! \$2 Admission				Youth Only 9:00-10:00pm		
				Adult Only 9:00-10:30pm NEW! \$2 Admission		

Enjoy a Public Swim when lessons are not in session. Lessons do not run Jan 3-13 or on Statutory Holidays.

Swim Descriptions:

Lengths & Leisure: Workout or relax. Ideal time for adult, and parents & tots.

Public Swim: Everyone welcome. During this time lap swimming may be limited to ONE (1) lane.

Family Swim: A great time for families, all children under 16 must be accompanied by an adult.

Waterfit: Please see next page for class descriptions. During this time lap swimming may be limited to ONE (1) lane.

Lessons & Lengths: Admissions for swim lessons participants and persons 16 years and older only. Lap swimming during this time may be limited to ONE (1) lane. Hot tub, sauna and steam room are available.



Adult Only: This swim is designed for adults 16 and older.

Youth Only Friday Nights: Admission for Youth Only (Grade 6-12). Different activities planned each week.

Schedule is subject to change.

Stay connected to the latest updates on [Facebook](#), search: Esquimalt Parks & Recreation and/or [Twitter](#): @EsquimaltRec

Drop-in Sports

Join us for floor hockey, pickleball, indoor soccer, basketball and volleyball when it suits your schedule!

Floor Hockey

Mondays 8:15-10:15pm

Pickleball

Monday/Tuesday/Thursday
1:15-3:15pm

Indoor Soccer

Tuesdays 8:45-10:00pm

Basketball

Thursdays 8:30-10:00pm

Volleyball

Thursdays 6:45-8:15pm
Sundays 7:45-9:15pm

Call 250.412.8500 after 7am on day of program to reserve your spot.

Drop In Aquatic Fitness Programs January 3-March 9, 2012

Use your Esquimalt Recreation or Regional Recreation Pass to enjoy any of the following Swim and WaterFit Programs. During Statutory Holidays, 9:05-9:55am and 11:05-11:55am class ONLY run.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Weekend
Deep 8:05-8:55am	Shallow 8:05-8:55am	Deep 8:05-8:55am	Shallow 8:05-8:55am	Deep 8:05-8:55am	
Shallow 9:05-9:55am	Deep 9:05-9:55am	Shallow 9:05-9:55am	Deep 9:05-9:55am	Shallow 9:05-9:55am	Shallow Saturdays 9:05-9:55am
Foundations 11:05-11:55am	Cardio Conditioning 11:05-11:55am	Foundations 11:05-11:55am	Cardio Conditioning 11:05-11:55am	Foundations Plus 11:05-11:55am	
Shallow 6:05-6:55pm	Circuit Fit 6:10-7:00pm	Shallow 6:05-6:55pm	Circuit Fit 6:10-7:00pm		
	Ultimate Cardio 7:05-7:55pm		Ultimate Cardio 7:05-7:55pm		

Drop in WaterFit Descriptions

Shallow: Great for all levels with a mix of cardio and strength.

Deep: Cardio in deep water to reduce rebounding; class includes non-impact strength exercises.

Cardio Conditioning: Improve endurance and flexibility through moderate cardiovascular exercises. Class takes place in the shallow end of the main pool. Adaptations can be made for those wishing to stay in deep water.

Ultimate Cardio: Exciting, fun and challenging: race from shallow to deep with intervals throughout at both ends of the pool.

Circuit Fit: Energetic and dynamic – the class takes place in the Lifestyle Pool. Participants are led by an instructor through stations. Note: Highest impact, shallower water, than our other WaterFit classes.

Foundations: This non progressive program for drop in waterfit participants provides an appropriate base for all participants. The focus is on posture and gentle motion of joints. Suitable for persons with arthritis or anyone with pain, stiffness or mobility restrictions.

Foundations Plus provides increased cardio and a moderate strength component.



Archie Browning Sports Centre Drop-in Skating Schedule

January 3 - March 18 2011 (Holiday Schedule in effect Mar 12-23)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Everyone Welcome Skate! 1:00-2:00pm	Adult Skate 11:30am-12:50pm	Everyone Welcome Skate! 11:30am-12:50pm	Drop-in Hockey 16+ 11:30am-12:50pm helmets & full gear required	Stick & Puck 16+ 11:30am-12:50pm helmets, sticks & gloves required	Women's Drop-in Hockey 11:30am-12:50pm helmets & full gear required	
Cougars Pond Hockey 2:10-3:00pm helmets, sticks & gloves required				Everyone Welcome Skate! 2:30-3:50pm		Everyone Welcome Skate! 2:30-4:00pm

Mark Your Calendar

Feb 14 2 for 1 Drop In Admissions 5:30am-10:30pm at the Esquimalt Recreation Centre & Archie Browning Sports Centre.

Feb 26 Kid's Stuff Gigantic Garage Sale. \$20/table, call 250.412.8500 to reserve. Doors open up 9:00am, no early birds please.

Mar 10 5th Annual LifeMark Health Esquimalt 5K Run. NEW this year: 1K Kids Fun Run. See www.esquimalt.ca/recreation for details.

Mar 10-25 School District 61 Spring Break. See Spring Break Flyer, available early February, for schedule details. See page 8 of our program guide for Spring Break Camps.

Mar 23 **FREE!** Spring Thaw Coast Capital Skate. Join us on the ice for the last skate of the season, 1:00-2:50pm.

Apr 6-9 Easter Weekend. Holiday Program Schedules in effect. Recreation Centre open 5:30am-10:30pm Friday, Saturday, Sunday & Monday. Note: Youth Only after 8:00pm on Friday.