

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 hel- mets, 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.