

DROP-IN FITNESS SCHEDULE in effect June 30-August 31, 2024

NEW! Pre-reserve up to 7 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 Crow's Nest at Archie Browning Sports Centre

No classes on July 1 and August 5

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)	
10:30-11:30am	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)	

Pickleball Court Rentals—Effective June 30-August 31, 2024

\$25/court per two hour session. Up to four players can play per session.

Pre-reserve up to 7 days in advance online or by calling 250.412.8500.

To book a court please visit our live schedule at www.esquimalt.ca/pickleball, or call reception at 250-412-8500. Slot may not be available, on select weekends, due to tournament play.

SUN	MON	TUE	WED	THU	FRI	SAT
	7:15-9:15am	7:15-9:15am	7:15-9:15am	7:15-9:15am	7:15-9:15am	
8:15-10:15am			9:15-11:15am		11:15-1:15pm	
2:15-4:15pm					2:15-4:15pm	1:15-3:15pm
	3:15-5:15pm		3:15-5:15pm	3:15-5:15pm		3:15-5:15pm
6:15-8:15pm			5:15-7:15pm	5:15-7:15pm	4:15-6:15pm	5:15-7:15pm
8:15-10:15pm						7:15-9:15pm

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/schedules

Or scan the QR code below:



NEW for Summer 2024, all registered drop in program registration will now start **7 days** prior to the start of your desired class.

UPCOMING EVENTS:

Esquimalt Farmers Market

Thursdays 4:30pm-7:30pm-Memorial Park

Mondays 4:30pm-7:30pm-Esquimalt Gorge Park

Summer Stories in the Park

Macaulay Point July Jul 4, 18, Aug 1, 15, 29

Buxton Green Jul 11, 25, Aug 8, 22

10:00-11:30am

Teddy Bear Picnic

Captain Jacobson Park— July 15

11:00 am - 12:30pm

Outdoor Movies

Bullen Park— Aug 7, 14, 21, 28

Movies start at dusk

Visit esquimalt.ca/community-events for more information.

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						

DROP-IN 50 PLUS SCHEDULE in effect June 30-August 31, 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/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>		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 June 30-August 31, 2024

Class descriptions can be found at esquimalt.ca/schedules

	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 June 30-August 31, 2024

NEW! Reserve up to 7 days in advance online or by calling 250.412.8500.

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

	SUN	MON	TUE	WED	THU	FRI
Pickleball	4:15-6:15pm	1:15-3:15pm	1:15-3:15pm		1:15-3:15 pm	2:15-4:15pm
<i>*Please note all pickleball programs will run at the Archie Browning Sports Center May 19 - mid September, 2024</i>						
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 June 30 - September 8, 2024

Adjusted schedules on STAT holidays
*live schedule at esquimalt.ca/schedules

SUN	MON	TUE	WED	THU	FRI	SAT
	Lengths & Family Swim 5:30-8:00am					
Lengths & Family Swim 5:30am-12:00pm	Programs & Family Swim 8:00-11:30am					Programs & Family Swim 8:00-10:00am
	<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>					
	Lengths & Rehabilitation 11:30am-12:30pm					Lengths & Family Swim 10:00-1:00pm
Everyone Welcome & Lap Swimming 12:00-3:30pm	Lengths & Family Swim 12:30-1:00pm					
	Everyone Welcome & Programs 1:00-4:00pm					
	<i>*Training, and/or Club Rentals may take up dedicated space in one or both pools</i>					
Programs & Family Swim 3:30-7:00pm	Programs & Family Swim 4:00-7:00pm					Everyone Welcome & Programs 1:00-10:30pm
<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 & 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 & Programs 1:00-10:30pm
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.