

# DROP IN SWIM SCHEDULE July 1-Sept 1, 2018

\*Adjusted schedules will be provided for the August 4-6 and September 1-3, 2018 long weekends

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lengths &amp; Family Swim 5:30-8:00AM</b>						
<b>Programs &amp; Family Swim 8:00AM-11:30AM</b> **Limited, designated space will be provided for public in the leisure pool. One lap lane available for length swimming**					<b>Programs &amp; Family Swim 8:00-10:00AM</b> Saturday: Shallow Fit 8:35-9:25am	<b>Lengths &amp; Family Swim 8:00-10:00AM</b>
Deep Fit 8:05-8:55am Shallow Fit 9:05-9:55am Foundations 10:35-11:25am	Shallow Fit 8:05-8:55am Deep Fit 9:05-9:55am Cardio Conditioning 10:35-11:25am	Deep Fit 8:05-8:55am Shallow Fit 9:05-9:55am Foundations 10:35-11:25am	Shallow Fit 8:05-8:55am Deep Fit 9:05-9:55am Cardio Conditioning 10:35-11:25am	Deep Fit 8:05-8:55am Shallow Fit 9:05-9:55am Foundations Plus 10:35-11:25am		
<b>Lengths &amp; Rehabilitation 11:30-12:30PM</b>						
<b>Lengths &amp; Family Swim 12:30-1:00PM</b>						
<b>Everyone Welcome 1:00-3:30PM</b>						
<b>Everyone Welcome &amp; Programs - 3:30-4:00PM</b>						
<b>Programs &amp; Family Swim 4:00-6:00PM</b> **Limited, designated space will be provided for public in the leisure pool. One lap lane available for length swimming**					<b>10:00AM-10:30PM</b>	<b>Programs &amp; Family Swim 3:30-7:00PM</b>
<b>Everyone Welcome &amp; Programs 6:00-9:00PM</b>				<b>Everyone Welcome &amp; Programs 6:00-7:00PM</b>		<b>Everyone Welcome 7:00-9:00PM</b>
Total Body Workout 6:05-6:55pm	Cardio Blast 7:05-7:55pm	Total Body Workout 6:05-6:55pm	Cardio Blast 7:05-7:55pm	<b>Everyone Welcome 7:00-10:30PM</b> * \$3 admission 7-9pm * \$2 admission 9-10:30pm		<b>Adult only 16+ \$2 9:00-10:30PM</b>
<b>Adult only (Ages 16+) \$2 9:00-10:30PM</b>						

<b>LENGTHS &amp; FAMILY</b>	Children under the age of 16 must be accompanied by an adult 16+ .
<b>LENGTHS &amp; REHABILITATION</b>	No music, springboard, spray features, toys or free play during this swim. People wishing to use the pool for quiet lengths and rehabilitation. Children under the age of 16 must be accompanied, in the water, for the duration of the swim by an adult and be participating in swimming laps, rehabilitation or therapy
<b>EVERYONE WELCOME &amp; PROGRAMS</b>	Possible limited public space in the lap pool. Programs, such as waterfit, rentals and/or clubs will take up dedicated space in the main pool. One lane guaranteed for public lap swimming.
<b>PROGRAMS &amp; FAMILY SWIM</b>	Limited space in both pools due to programs, one lane available for lap swimming and dedicated space will be provided in the leisure pool for families. Children under 16 must be accompanied, in the water, by a responsible adult, 16+, at all times during this swim.
<b>EVERYONE WELCOME</b>	Pool is open to everyone, children under 7 must be within arms reach of an adult at all times. Monday-Friday there is a Fun Leader on duty 1:00-4:00pm.
<b>ADULT ONLY</b>	Adults (16+)

## Private Swimming Lessons

*A Little Extra Help Goes a Long Way!*

### Registered Private Lessons

- \$17.00/30 minutes (additional participant \$10 flat fee)
- Programs run alongside community lessons
- Program times can be found on the inner page of this pamphlet
- Additional sessions are offered on Mondays & Thursdays
- Progress cards are issued at the end of each set
- We are unable to re-book missed lessons; however please feel free to send a sibling, cousin, or friend in place of the registered participant

### Premium Private Lessons

- Available when it fits your schedule
- Re-schedule up to 3 lessons as needed (with a minimum 6 hours notice). NOTE: We can only re-schedule private lessons up to the end of a schedule period - remaining lessons will be refunded
- Request your favourite instructor
- Book up to 2 people/lesson
- Progress cards are issued when booking 5 or more lessons
- Call 250-412-8533 or email [aquatics@esquimalt.ca](mailto:aquatics@esquimalt.ca) to book
- \$27.00/30 minutes session

**VIEW OUR LIVE POOL SCHEDULE:**  
[www.esquimalt.ca/schedules](http://www.esquimalt.ca/schedules) OR  
 call 250-412-8500

# Swim Lessons Summer 2018

**VIEW AVAILABILITY & REGISTER ONLINE!**

[esquimalt.ca/swim](http://esquimalt.ca/swim) | 250.412.8500



“I am thrilled with my child’s swimming lessons at Esquimalt Recreation. We used to attend a different facility but decided to try Esquimalt. We are glad we did. Our son improved more after three lessons than he did the entire set at another location. I also loved that I could relax in the hot tub and watch the lesson from there.”



Updated: May 29, 2018

# SUMMER 2018 SWIMMING LESSONS

\*Times are subject to change. Register early to avoid disappointment

COST 30 Minute Lessons; \$4.85/lesson 45 Minute Lessons; \$6.20/lesson 60 Minute Lessons; \$7.00/lesson Registered Private Lessons; \$17/lesson		MONDAY-FRIDAY AM Set 1: July 9-20 - 10 sessions Set 2: July 23-Aug 3 - 10 sessions Set 3: Aug 13-24 - 10 sessions						MONDAY/WEDNESDAY PM Set 1: July 4-Aug 1 - 9 sessions Set 2: Aug 8-29 - 7 sessions						TUESDAY/THURSDAY PM Set 1: July 3-Aug 2 - 10 sessions Set 2: Aug 7-30 - 8 sessions						FRIDAY PM July 6-Aug 24 - 8 sessions					SUNDAY PM July 8-Aug 26 - 7 sessions *no class on August 5*						Summer Quick Set Registered Private Lessons			
		8:00	8:30	9:00	9:30	10:00	10:45	3:30	4:00	4:30	5:00	5:30	6:00	3:30	4:00	4:30	5:00	5:30	6:00	4:00	4:30	5:00	5:30	6:00	3:30	4:00	4:30	5:00	5:30	6:00	9:00	9:30	10:00	10:30
		Registered Private Lesson								x		x	x	x						xx					xx						xx	x	x	x
Parented Pre-school 4-36 Month	30 Minute Classes	Starfish	X							x											X										<b>Tue-Fri: July 3-6</b> <b>\$60/4 sessions</b> <b>Tue-Fri: Aug 7-10</b> <b>\$60/4 sessions</b> <b>Mon-Fri: Aug 27-31</b> <b>\$75/5 sessions</b>			
		Duck	x							x											X													
		Sea Turtle			x						x			x						X					X									
Pre-School Programs 3-5 years	Sea Otter		x					X			x		X			x					x			X										
	Salamander				x			x			x		x		X					X				X			x							
	Sunfish											x		X							x					x								
	Crocodile						x				x			X						X				X										
School Aged Program 6-13 years	45-60 Minute Classes	Whale					x				x			X						x				X			x			Short on time but would like to squeeze in swimming lessons this summer? Join us for one of our three sessions of Quick Set Registered Private Lessons.  No report cards will be completed for these sets however if you bring us your existing card we will sign off on skills that are completed during the session				
		Swim Kids 1				x				X							X			X				X										
		Swim Kids 2			x							x					x			x					x									
		Swim Kids 3					10:00-10:45			4:00-4:45						4:45-5:30						5:30-6:15			4:00-4:45									
		Swim Kids 4					10:00-10:45			4:00-4:45						4:45-5:30						5:30-6:15			4:00-4:45									
		Swim Kids 5	8:15-9:00								4:45-6:00						5:30-6:15								4:45-5:30									
		Swim Kids 6								4:45-6:00					4:00-4:45										4:45-5:30									
		Swim Kids 7													4:00-4:45										4:45-5:30									
Swim Kids 8/9/10															5:00-6:00					4:30-5:30						5:00-6:00								