

# DROP IN SWIM SCHEDULE July 1 - August 31, 2016

Annual maintenance shut down will begin August 31st at 4:00pm. We will re-open on September 13th at 5:30am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<b>Lengths &amp; Family Swim 5:30-8:00AM</b>								
<b>Programs &amp; Family Swim 8:00AM-12:00PM</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 11:05-11:55am	Shallow Fit 8:05-8:55am Deep Fit 9:05-9:55am Cardio Conditioning 11:05-11:55am	Deep Fit 8:05-8:55am Shallow Fit 9:05-9:55am Foundations 11:05-11:55am	Shallow Fit 8:05-8:55am Deep Fit 9:05-9:55am Cardio Conditioning 11:05-11:55am	Deep Fit 8:05-8:55am Shallow Fit 9:05-9:55am Foundations Plus 11:05-11:55am	<b>Everyone Welcome</b>  <b>10:00AM-4:00PM</b>			
<b>Lengths &amp; Rehabilitation 12:00-1:00PM</b>							<b>Everyone Welcome</b>  <b>1:00-4:00PM</b>	
<b>Everyone Welcome 1:00-4:00PM</b>								
<b>Programs &amp; Family Swim 4:00-6:00PM</b> ***Limited, designated space will be provided for public. One lap lane available**	<b>Programs 4:00-6:00PM</b>	<b>Programs &amp; Family Swim 4:00-6:00PM</b> ***Limited, designated space will be provided for public. One lap lane available**	<b>Programs 4:00-6:00PM</b>	<b>Everyone Welcome 4:00-10:30PM</b> * \$3 admission 7-9pm * \$2 admission 9-10:30pm	<b>Programs &amp; Family Swim 4:00-6:00PM</b>	<b>Everyone Welcome 4:00-10:30PM</b>		
<b>Everyone Welcome &amp; Programs 6:00-9:00PM</b>				<b>Everyone Welcome 4:00-10:30PM</b>	<b>Everyone Welcome 6:00-9:00PM</b>	<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>		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 . No music, springboard, spray features, toys or free play during this swim.						
<b>EVERYONE WELCOME &amp; PROGRAMS</b>		Possible limited public space. Programs will take up dedicated space in the main pool and/or leisure pool.						
<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 by a responsible adult, 16+, at all times during this swim.						
<b>PROGRAMS</b>		Adults have access to hot tub, sauna, steam room, river/vortex and one lap lane. Remaining pool space is reserved for registered program participants .						
<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

# Swim Lessons Summer 2016

[esquimalt.ca](http://esquimalt.ca) | 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.”



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

Updated: May 9, 2016

# SUMMER 2016 SWIMMING LESSONS

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

COST		TUESDAY-FRIDAY AM				MONDAY-THURSDAY PM						TUESDAY/THURSDAY PM						SUNDAY PM							
30 Minute Lessons; \$4.85/lesson		Session 1: July 5-15: 8 sessions				Session 1: July 4-14: 8 sessions						Session 1: July 5-28: 8 sessions						July 3-Aug 28: 8 sessions							
45 Minute Lessons; \$6.20/lesson		Session 2: July 19-29: 8 sessions				Session 2: July 18-28: 8 sessions						Session 2: Aug 2-25: 8 sessions						*no session July 31							
60 Minute Lessons; \$7.00/lesson		Session 3: Aug 2-12: 8 sessions				Session 3: August 8-18: 8 sessions																			
Registered Private Lessons; \$17/lesson		9:00	9:30	10:00	10:30	3:30	4:00	4:30	5:00	5:30	6:00	3:30	4:00	4:30	5:00	5:30	6:00	3:30	4:00	4:30	5:00	5:30	6:00		
Parented Pre-school 4-36 Month	30 Minute Classes	Registered Private	X	X	X	X	X	X		X	X	X				X	X	X	X	X	X	X	X		
		Starfish				X								X										X	
		Duck	X						X					X									X		
		Sea Turtle		X					X							X				X					
		Sea Otter	X		X				X					X		X				X				X	
		Salamander		X		X			X					X		X				X					
		Sunfish	X					X								X					X				
		Crocodile				X				5:15-5:45pm						X							X		
Whale				X				5:15-5:45pm						X							X				
Pre-School Programs 3-5 years	30 Minute Classes	Swim Kids 1		X			X						X						X						
		Swim Kids 2			X			X						X						4:45-5:15pm					
		Swim Kids 3	9:00-9:45am						4:30-5:15pm						4:45-5:30pm						5:15-6:00pm				
		Swim Kids 4	9:00-9:45am							5:15-6:00pm					4:00-4:45pm						4:00-4:45pm				
		Swim Kids 5		9:45-10:30am						5:15-6:00pm					4:00-4:45pm						4:00-4:45pm				
		Swim Kids 6		9:45-10:30am						4:30-5:15pm						5:30-6:15pm						4:45-5:30pm			
		Swim Kids 7								4:30-5:15pm						5:30-6:15pm						4:45-5:30pm			
		Swim Kids 8/9/10									5:30-6:30pm					4:30-5:30pm								5:30-6:30pm	
School Aged Program 6-13 years	45 Minute Classes																								
60 Minute Classes																									
Adult	For Adult & Senior Lessons please see our Program & Event Guide or call 250-412-8500 for details.																								