

DROP-IN FITNESS WINTER SCHEDULE in effect March 19 - April 2, 2018

For the 12:10pm Yoga classes, please call 250.412.8500 after 8:00am to reserve your space on the day of interest. For Spin classes, limited bikes available; first come, first served. Spin classes take place at the Archie Browning Sports Centre. All other classes take place at the Esquimalt Rec Centre.

	MON	TUE	WED	THU	FRI	SAT
6:15-7am	Total Body Conditioning	Circuit & Stretch	SPIN	Mixed Interval Challenge	SPIN	
NEW TIME! 8:15-9:10am						Mixed Interval Challenge
9:00-9:55am	Stretch & Strength (C)		OsteoFit (C)	Stretch & Strength (C)		
9:15-10:10am	Total Aerobic Challenge (C)	BellyFit (C)	Total Body Challenge (C)	Yogalates (C)	Total Step Challenge (C)	
10:20-11:15am		Core Yoga				
11:45am-12:45pm		Stroller Fit				
12:10-12:55pm	Yoga (C) SPIN (C)	Power Circuit (C)	Yoga (C) SPIN (C)	Power Circuit (C)	Yoga (C)	
5:05-6:00pm		Yoga				
5:30-6:25pm	Mixed Interval Challenge					
6:00-6:45pm			Bootcamp (C)*	H.I.I.T		

DROP-IN SPORTS WINTER SCHEDULE in effect March 19 - April 2, 2018

Schedules are subject to change, please view in real time online at: esquimalt.ca/sports

*Indoor Soccer, Volleyball & Basketball - reserve your space online 24 hours in advance or call after 10am on the day of interest at 250.412.8500. Pickleball reservation by phone after 9am on the day of interest. Floor Hockey reservation available by phone after 10am on the day of interest.

	MON	TUE	WED	THU	FRI	SUN
Pickleball	1:15-3:15pm	1:15-3:15pm		1:15-3:15pm		4:30-6:30pm
Indoor Soccer*		9:00-10:15pm				8:45-10:15pm
Floor Hockey	8:30-10:30pm					
Volleyball* (Everyone)				8:00-10:00pm		
Volleyball* (Competitive)						7:00-9:00pm
Basketball*						6:45-8:30pm

DROP-IN 50+ WINTER SCHEDULE in effect March 19 - April 2, 2018

Schedules are subject to change. \$2/drop in or use your Esquimalt Recreation or Regional Recreation Pass.

	MON	TUE	WED	THU	FRI
10:00am-12:00pm	Conversation Café (until 11:30am)		Creative Crafters (9:30am start)	Writer's Group (until 12:00pm)	FREE! Community walking Group (until 11:15am) Scrabble
12:30pm-3:00pm	Mah Jong	Mexican Train Dominoes		Euchre Court Whist	
1:00pm-3:00pm	Duplicate Bridge with Lessons Music Jam Bridge	2nd & 4th Tue Each Month FREE! Blood Pressure Clinic Chess (weekly) Rumoli (weekly)	1:15pm Knit and Crochet	Bridge	Cribbage
1:30pm-3:30pm		Ukulele Club			

Spring Break

HOURS OF OPERATION

Esquimalt Recreation Centre

527 Fraser Street | 250-412-8500

5:30AM-10:30PM 7 days a week including Easter Weekend

Archie Browning Sports Centre

1151 Esquimalt Road | 250-412-8510

Please see inside this brochure for public skating schedule.

Note: The ice will be out for the season March 28th with public skating resuming in late August & the full schedule in September



Esquimalt Lions' Easter Egg Hunt

Sunday, April 1 · 12:00-3:00pm

The Esquimalt Lions Club host their annual Easter Egg Hunt at Esquimalt's Gorge Park. Entertainment, food, crafts, face painting, bouncy castle (weather permitting) and, of course, hunting for Easter eggs.

SPECIAL OFFERS!

Specialized passes valid during spring break: March 17-April 2, 2018

\$10 for 10 Child/Youth Pass

Children & youth aged 6-18 can take advantage of a great deal this spring break! This specialized pass provides 10 admissions for just \$10.

NEW! Interchangeable Skate Admission/Skate Rental Pass, 10 punches for \$20

All ages pass valid for both skate admissions and/or skate rentals for a limited period spring break (until March 28). Passes are non-refundable and non transferrable.

MEMBERSHIP & DROP IN ADMISSION RATES

	SINGLE	10 Punch	25 Punch	1 MONTH	3 MONTH	6 MONTH	1 YEAR
ADULT	\$5.75	\$51.75	\$120.75	\$58.50	\$113.75	\$210.00	\$350.00
SENIOR (60+) & STUDENT	\$4.25	\$38.25	\$89.25	\$44.00	\$85.50	\$157.50	\$262.50
YOUTH (13-18YRS)	\$3.00	\$27.00	\$63.00	\$42.50	\$84.00	\$105.00	\$175.00
CHILD (6-12YRS)	\$2.75	\$24.75	\$57.75	\$26.00	\$45.75	\$84.75	\$141.00
FAMILY	\$11.50	\$103.50	\$241.50	\$117.00	\$227.50	\$420.00	\$700.00
ANNUAL REGIONAL PASS	Access all 13 Municipal Recreation Facilities \$492.00						

DROP-IN PRESCHOOL SCHEDULE in effect March 17 - April 2, 2018

Not included with membership pass. Drop in admission rates: \$3.50/childminding; \$3.00/Kindergym.
 Childminding 10-punch pass available; \$30.00/child. Program does not run on statutory holidays.
 To Reserve Your Child's Space:
 Kindergym/Playgroup: Please call 250.412.8500 after 7am on the day of interest.
 Childminding: Reserve up to 24 hours in advance of the program online: at esquimalt.ca/childminding or by phone.
 Payment required at time of reservation.

Note: Childminding & Kindergym cancelled Mar 30 and Apr 2 for Good Friday & Easter Monday.

	MON	TUE	WED	THU	FRI	SAT
9am-10:30am	Childminding	Childminding	Childminding	Childminding	Childminding	
9:30am-10:30am						Kindergym
10:30am-11:45am*	Kindergym			Playgroup	Kindergym	Kindergym *until 11:30am
11:45am-1:15pm	Childminding	Childminding	Childminding	Childminding	Childminding	
5:30pm-7:30pm			Childminding			

DROP-IN YOUTH SCHEDULE in effect March 17- April 2, 2018

	MON	TUE	WED	THU	FRI	SAT
3:00pm-5:00pm						
4:30pm-6:00pm				StitchLab* (10-16yrs)		
5:00pm-6:00pm		ArtLab* (10-16yrs)				
5:00pm-6:30pm	The Secret Ingredient* (11-16yrs)					
6:45pm-8:45pm						
7:00pm-10:00pm				FREE! Teen Night Drop In	FREE! Teen Night Drop In	FREE! Teen Night Drop In

DROP-IN ICE SCHEDULE March 19 - March 28, 2018

MON	TUE	WED	THU	FRI	SAT	SUN
19	20	21	22	23	24	25
Adult \$3 Skate 11:30am-12:50pm	Spring Break Skate 1:00 -2:50pm	Drop-In Hockey 16+ 11:30am-12:50pm	Drop-In Hockey 16+ 11:30am-12:50pm	Spring Break Skate 1:00-2:50pm	Racquet Club Skate Show	Racquet Club Skate Show
Spring Break Skate 1:00-2:50pm		Spring Break Skate 1:00-2:50pm	Spring Break Skate 1:00-2:50pm		No Public Skates	No Public Skates
26	27	28				
Adult \$3 Skate 11:30am-12:50pm	Spring Break Skate 1:00-2:50pm	Drop-In Hockey 16+ 11:30am-12:50pm				
Spring Break Skate 1:00-2:50pm		FREE Spring Thaw Skate 1:00-2:50PM				

DROP IN POOL SCHEDULE Saturday March 17 - Saturday April 2, 2018

See website for swim descriptions.

MON	TUES	WED	THUR	FRI	SAT	SUN
Lengths & Family Swim 5:30-8:00AM						
Programs & Family Swim 8:00-11:30AM						
Deep Fit 8:05-8:55am	Shallow Fit 8:00-8:50am	Deep Fit 8:05-8:55am	Shallow Fit 8:05-8:55am	Deep Fit 8:05-8:55am	Programs & Family Swim 8:00-10:00am	Lengths & Family Swim 5:30-10:00am
Shallow Fit 9:05-9:55am	Deep Fit 9:05-9:55am	Shallow Fit 9:05-9:55am	Deep Fit 9:05-9:55am	Shallow Fit 9:05-9:55am		
Foundations 10:35-11:25am	Cardio Conditioning 10:35-11:25am	Foundations 10:35-11:25am	Cardio Conditioning 10:35-11:25am	Foundations Plus 10:35-11:25am		
Lengths & Rehabilitation 11:30am-12:30pm						
No free play, music, springboard, spray features, toys or dolphin seats during this time. This swim is only suitable for those wishing to swim laps or do rehabilitation.						
Lengths & Family Swim 12:30-1:00pm						
FUN FACTOR Everyone Welcome 1:00-3:30pm						
Everyone Welcome & Programs 3:30-9:00pm					Everyone Welcome & Programs 3:30-6:00pm	Everyone Welcome 10:00am-9:00pm
Total Body Workout 6:05pm-6:55pm	Cardio Blast 7:05-7:55pm	Total Body Workout 6:05pm-6:55pm	Cardio Blast 7:05-7:55pm	Everyone Welcome 6:00-9:00pm		
Adult Only Swim (Ages 16+) 9-10:30pm \$2 Admission					\$3 admission after 7:00pm	
					\$2 admission after 9:00pm	Adult Only 16+ \$2 9:00-10:30pm \$2 Admission

REGISTERED PRIVATE SWIM LESSONS

A little extra help goes a long way! These Splash Pack Private Lessons are offered at a discount price and are perfect for brushing up on your skills during a break from regular lessons. Please note: There will be no report card issued at the end of the session. We are NOT able to re-book any missed lessons, HOWEVER, please feel free to send a sibling, cousin, or friend in place of the registered participant. Lessons run for 30 minutes between 9:00-11am, and 3:30-5:30pm.
 Set 1: Mar 19-23 \$75/5
 Set 2: Mar 26-29 \$60/4



March 28th
Spring Thaw FREE Skate

Sponsored by
Coast Capital Savings

1:00-2:50pm enjoy the last public skate of the season with music, games, refreshments & lots of fun!

