

# ESQUIMALT PROGRAMS & EVENTS

Summer 2019

[esquimalt.ca/recreation](http://esquimalt.ca/recreation)





## Be here.

Enjoy our Summer Access Pass.

Drop-in admission all summer.  
Admission included to pool, weight room  
and drop-in programs. View schedule online:  
[esquimalt.ca/schedules](http://esquimalt.ca/schedules)

Pass valid June 28-September 2, 2019.  
\$30/Child or Youth • \$60/Adult or Senior



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## Facility Hours & Contact

[esquimalt.ca/recreation](http://esquimalt.ca/recreation)

### Esquimalt Recreation Centre

**Ph: 250-412-8500**

527 Fraser St., V9A 6H6

### Hours of Operation:

5:30AM-10:30PM 7 days a week

Open regular hours all holidays except:

Dec 24: 5:30am-4:00pm

Dec 25: 1:30pm-4:00pm

Dec 31: 5:30am-4:00pm

Jan 1: 1:00pm-3:00pm

### Archie Browning Sports Centre

**Ph: 250-412-8510**

Fax: 250-412-8531

1151 Esquimalt Rd., V9A 3N6

Parks & Recreation Administration - located on the second floor of the Archie Browning Sports Centre

8:30AM-4:30PM Mon-Fri. Closed Statutory holidays.





# Welcome!

We're ramping up for another great spring and summer here in the Township. When the sun shines, so does Esquimalt!

Our programs and facilities are designed to meet the healthy living needs of people of all interests, ages, and abilities. Whether it's youth attending one of our many summer camps, adults starting up a customized training program, or families attending one of our great community events, such as the Outdoor Cinema series or Memorial Park Music Fest, we've got you covered with fun and healthy opportunities.

We know you're busy, so we have our handy Explore Esquimalt app so you can plan your next visit to our beautiful parks quickly and easily. Registering for our programs online is another a time-saver. Stay in the know about community events by signing up for our Esquimalt Parks and Recreation newsletter.

Take a walking tour of your community and incorporate a visit to our recreation facilities, our 40 hectares of

parks and greenways and our historic monuments and buildings. For example, have you seen our new rhododendron garden at Esquimalt Gorge Park? Walking tour brochures are available at Municipal Hall or online at [esquimalt.ca](http://esquimalt.ca).

I encourage you to make the most of your visit to our recreation facilities by visiting Esquimalt's other community amenities such as the library, local shops, municipal hall and award-winning archives.

Your council is committed to making it easy for you to pursue healthy activities and celebrate our beautiful surroundings and amenities. Enjoy your summer in the Township of Esquimalt.

Yours truly,



Mayor Barb Desjardins.







Esquimalt Parks & Recreation has upgraded its registration system! You can search, view availability, register and pay for programs from a computer, tablet or smart phone. Update or create your account so you can start browsing and registering for your favourite programs today!

### NEW USER?

- Go to [esquimalt.perfectmind.com](http://esquimalt.perfectmind.com) (also find this linked from our website: [esquimalt.ca/recreation](http://esquimalt.ca/recreation))
- Click "create an account"

### Make the most of your online experience!

- Search the entire catalogue by keyword or phrase.
- When viewing your preferred program area – see the overview description for the program area, session dates, times and how many spaces are left for your specific program.
- For more information such as the location of the program or the number of classes in the session, select the "v" to populate additional information.
- By selecting "Register Now", you will learn more about your preferred program and be able to process your/your child's registration.
- Select "Register Now" to enrol.
- Have a friend that you think would like to register? SHARE the registration page with them by email or on social media.

### In person & phone in registrations are still available:

- Call 250.412.8500 to register and pay by credit card
- Register in person at the Esquimalt Recreation Centre and pay with cash; debit card; credit card.

### Additional Information:

#### NSF Fee

There is a \$20.00 charge on all returned (NSF) payments.

#### Passes & Memberships

- \$2 replacement fee for lost cards
- Pass cancellation fee is \$25.00. Regional Pass sales are final. Passes are not transferable.
- \$5 replacement fee for LIFE & Regional passes.

### Program Withdrawals & Refunds

Full refunds are permitted up to three working days prior to the start of most programs.

Courses requiring additional supplies, (i.e. advanced aquatic courses, art programs) require one full week notice. Refunds will be issued, less program supply cost. Your registration confirmation will indicate if more than three days notice is required.

Withdrawals from Out of School Care & Creative Play programs require one month advanced written notice for full refund. See reception for details.

Three days prior to the start of a program, requests for credit must be made through the appropriate Programmer.



*NOTE: Due to the advanced printing of this publication, some information may have changed. For the most up-to-date information on program offerings, please view the online catalogue at: [esquimalt.ca/recreation](http://esquimalt.ca/recreation)*





















Boundary  
Rail Line

Esquimalt Rd.









### 1 Esquimalt Gorge Park

-  Playground
-  Gardens
-  Japanese Gardens
-  Wildlife Estuary
-  Beach/Water Access
-  Audio Tour
-  Picnic Area
-  Washrooms
-  Drinking Fountain
-  Dogs On and Off Leash Areas
-  Dogs Not Permitted Areas
-  FREE WiFi
-  Parking 










### 2 Colville Sport Fields\*\*

-  Sports Fields
-  Dogs Not Permitted

### 3 West Bay Walkway

-  Boardwalk
-  Drinking Fountain
-  Washrooms
-  Garden
-  FREE WiFi
-  Dogs On Leash
-  Parking 













### 4 Macaulay Point Park

-  Hiking Trails
-  Audio Tour
-  Viewpoint
-  Beach/Water Access
-  Boat Launch
-  Dogs On and Off Leash Areas
-  Washrooms
-  FREE WiFi
-  Parking






\*Joint Use Agreement with School District

\*\*Department of National Defense





### 5 Saxe Point Park

-  Dogs On and Off Leash Areas
-  Dogs Not Permitted Areas
-  Beach/Water Access
-  Hiking Trails
-  Gardens
-  Picnic Area
-  Washrooms
-  FREE WiFi
-  Drinking Fountain
-  Viewpoint
-  Parking 






### 6 L'Ecole Brodeur\*

-  Theatre Programs
-  Sport Fields
-  Dogs Not Permitted
-  Parking 
















### 7 Highrock Park

-  Hiking Trails
-  Dogs Off Leash
-  Viewpoint
-  Audio Tour








### 8 Anderson Park

-  Skateboard Park
-  Playground
-  Community Garden
-  FREE WiFi
-  Dogs Not Permitted







### 9 Esquimalt Recreation Centre

-  Art Classes
-  Dance Classes
-  Fitness Classes
-  Gymnasium
-  FREE WiFi
-  Meeting Rooms
-  Licensed Preschool
-  Sauna & Steam Room
-  Indoor Swimming Pool
-  Hot Tub
-  Weight Room
-  Seniors Activities
-  Youth Activities
-  Parking 





### 10 Bullen Park

-  Concession (seasonal)
-  Softball & Sports Fields
-  Picnic Area
-  FREE WiFi
-  Dogs Not Permitted
-  Parking 







### 11 Archie Browning Sports Centre

-  Curling
-  Ice Rink
-  Meeting Rooms
-  FREE WiFi
-  Parking 



### 12 Lampson Sport Fields

-  Concession (seasonal)
-  Baseball Fields
-  Playground
-  Dogs Not Permitted












### 13 Memorial Park

-  Playground
-  Audio Tour
-  Picnic Area
-  Cenotaph
-  Gardens
-  Dogs On Leash

### 14 Captain Jacobsen Park

-  Playground
-  Dogs Off Leash

### 15 Esquimalt Adventure Park

-  Playground
-  Splash Park (Seasonal)
-  Washrooms
-  Drinking Fountain
-  FREE WiFi
-  Picnic Area
-  Gardens
-  Dogs Not Permitted
-  Outdoor Fitness Park
-  Parking 

For park and facility rental information, please visit: [esquimalt.ca/bookingrequest](http://esquimalt.ca/bookingrequest)



## Experience the value of Esquimalt Recreation passes!

Passes include unlimited admission to:

- Weight room
- Aquatics centre with lap pool, hot tub, sauna & steam room
- Arena with public skating and drop-in curling
- Over 40 drop-in fitness and water fit classes each week
- Drop-in sports programs
- Drop-in social activities for seniors
- Choice of Fitness Assessment or Weight Room Orientation

### ADDED BENEFIT!

- FREE! Monthly payment plan on a 1 year or a 6-month pass

\*Regional Annual Pass includes drop-in admission to all Municipal Recreation Centres in Greater Victoria (NOTE: \$25.00 Administrative fee to set up payment plan on Regional Pass)

Tax Included	1 Month	3 Month	6 Month	1 Year
<b>Adult</b>	\$58.50	\$113.75	\$210.00	\$350.00
<b>60+ or Student</b>	\$44.00	\$85.50	\$157.50	\$262.50
<b>Youth (13-18yrs)</b>	\$42.50	\$84.00	\$105.00	\$175.00
<b>Child (6-12yrs)</b>	\$26.00	\$45.75	\$84.75	\$141.00
<b>Family</b>	\$117.00	\$227.50	\$420.00	\$700.00
<b>Regional Recreation Pass*</b> 12 Recreation Centres, 1 Pass = Over \$2000 Value				\$492.00



## Enjoy the flexibility of general drop-in admission! Tax Included

	Single Drop-in	10 Pack	25 Pack
<b>Adult</b>	\$5.75	\$51.75	\$120.75
<b>60+ or Student</b>	\$4.25	\$38.25	\$89.25
<b>Youth (13-18yrs)</b>	\$3.00	\$27.00	\$63.00
<b>Child (6-12yrs)</b>	\$2.75	\$24.75	\$57.75
<b>Preschool</b>	Free with adult admission		
<b>Family</b>	\$11.50	\$103.50	\$241.50

## Specialized drop-in admission & seasonal offers! Tax Included

	Single Drop-in	10 Pack	
<b>Stay &amp; Play Childminding</b>	\$3.50	\$30.00	For schedule - see page 16 Online: <a href="http://esquimalt.ca/childminding">esquimalt.ca/childminding</a>
<b>Kindergym</b>	\$3.00	\$30.00	For schedule - see page 16 Online: <a href="http://esquimalt.ca/kindergym">esquimalt.ca/kindergym</a>
<b>Skate Rentals</b>	\$3.25	-	
<b>Spring Break Pass, 10 admission</b>	-	\$10/Child or Youth	March 17th, 2019 to April 1st, 2019.

### Membership & Admission Policies:

- Membership pricing determined by age at time of purchase
- Current Student ID required for drop-in rate; proof of enrollment is required for memberships. Student rates apply to full time students only
- Family living in the same household. Maximum of 2 adults and up to 3 children/youth
- \$25.00 non-refundable administrative fee required to set up a payment plan on Regional Recreation Pass.
- No administrative fees on payment plans for Esquimalt Recreation Passes (available on 6-month or 1 year only). \$20.00 NSF fee applied on declined payments.
- \$25.00 cancellation fee passes
- Replacement Access Cards: \$2.00; Replacement LIFE & Regional Cards: \$5.00





Summer Outdoor Movie Series at Bullen Park, always a fun summer experience.

## Mark Your Calendar!

Follow us on Facebook and visit [esquimalt.ca/events](http://esquimalt.ca/events) for the latest event details.

SHARE your photos with us on social media by tagging Esquimalt Parks & Recreation with #Esquimalt.

### FREE! TCAC Memorial Park MusicFest

Grab your shades, sunhats, cowboy hats, and the whole family! Join us again for Memorial Park Music Fest - 7 glorious summer evenings in Esquimalt for free live outdoor music performances Tuesday nights June 18-July 30 in historic Memorial Park. This year, we'll create more amazing memories with our incredible lineup of old favourites and new performers.

Location: Parks Memorial Park

Jun 18-Jul 30 Tue 6:00pm-7:30pm

### Coming soon!

Aerial dancing in the trees? at Saxe Point Park? with the ocean and the mountains as additional backdrops? Is this for real? It is! Really. (and it's another free event brought to you by the TCAC). Details to be announced on the Township Community Arts Council's website: [townshiparts.org](http://townshiparts.org)

### Esquimalt Farmers Summer Market

From May 16th-September 19th, the OUTDOOR market runs weekly, Thursdays 4:30-7:30 PM rain or shine, at Memorial Park, 1230 Esquimalt Road. Find local fresh produce, a variety of food products, beverages, local artisans, live music, enjoy dinner from a food truck and join the community gathering!

EFM supports local growers and producers, those who engage in environmentally sound farming practices, and encourage backyard farmers to help nourish their community with their quality products.

Location: Memorial Park

May 16-Sep 09 Thu

4:30pm-7:30pm

### Beat the Heat Summer Skates

Beat the Summer Heat! Enjoy these additional Summer Holiday public skates at the Archie Browning Sports Centre. It's a great way to stay cool!

Location: Archie Browning Sports Centre

Aug 19-Aug 30

Mon-Fri

1:00pm-2:50pm



FREE! Outdoor Movie Series

Our popular summer movie series is back again for 2019! Bring a camping chair and/or a blanket and enjoy an outdoor movie experience! The Esquimalt Lions concession will be open with all proceeds supporting their community fundraising efforts. Start times vary and will occur at sunset. Please reference local weather forecasts to identify when sunset is anticipated. Free admission.

Location: Bullen Park

DATE	MOVIE
July 10	Top Gun
July 24	Spider-man: Into the Spider-Verse
August 7	How to Train you Dragon: The Hidden World
August 21	Aquaman

More event info?

Find the details online: [esquimalt.ca/events](http://esquimalt.ca/events)  
& follow us on Facebook: [esquimaltpandr](https://www.facebook.com/esquimaltpandr) for the latest info!

Bard Across the Bridge:  
The Two Gentlemen of Verona

The Township Community Arts Council is pleased to announce that they will be hosting the Greater Victoria Shakespeare Festival again in 2019! Join them for The Two Gentlemen of Verona August 1/2/3 at Saxe Point Park.

For more information and tickets: [vicshakespeare.com](http://vicshakespeare.com)

TCAC Esquimalt Arts Festival

Presented by the Township Community Arts Council, the Esquimalt Arts Festival will be held on August 25 in Esquimalt's lovely Memorial Park. Nestled amongst the trees and near the Township's village core, the Esquimalt Arts Festival offers artists the opportunity to showcase their work in one of the region's fast growing arts and cultural centers. Esquimalt is home to several events through the year that focus on the arts, and the Esquimalt Arts Festival is one of our central events. With food vendors, music, and an artists' walk, the festival is designed to be an event for the whole family. For more information: [www.townshiparts.org](http://www.townshiparts.org)

Location: Memorial Park

Aug 25                      Sun                      11:00am-4:00pm 17191



This free, guardian involved Drop-in program is specifically focused on teaching children to be ecologically focused and aware while providing a fun and inclusive learning environment. Experiences include, hands-on activities, presentations, speakers and sometimes, artistic expression, or just hanging out and learning about the parks in our community.

DATE	TIME	LOCATION	ADDRESS
July 16	10:00am-12:00pm	Highrock Park	710 Cairn Rd
July 23	10:00am-12:00pm	Esquimalt's Gorge Park	1070 Tillicum Rd
July 30	10:00am-12:00pm	Saxe Point Park	302 Fraser St
August 6	10:00am-12:00pm	Macaulay Point Park, Buxton Green	1101 Munro St
August 13	10:00am-12:00pm	Saxe Point Park	302 Fraser St
August 20	10:00am-12:00pm	Anderson Park	835 Colville Rd





### FREE! 9th Annual Cars, Rods and Rides: A fundraising Event for Celebration of Lights

For the 9th year in a row the Celebration of Lights Committee will be pulling together some of the coolest cars, hot rods and motorcycles around to raise funds for the annual Christmas light up and parade. This community focused event supports donations to the Q's TLC fund for kids as well as having a lot of prizes available to be won. Go to [www.celebrationoflights.ca](http://www.celebrationoflights.ca) for the most up to date information.

Location Archie Browning Sports Centre Parking Lot

Sep 7 Sat 10:00am-2:00pm



September 6-September 8

### Ribfest 2019

This event is a community favourite because it has something for everyone. Once again, Bullen Park will be home to some of the most delicious ribs you have ever tasted. Come out to enjoy a family friendly event with ribs, music, vendors, artisans and a kids play zone. Come for the ribs and stay for the party!! Sorry – you'll have to take ribs home for Fido because no pets are allowed at this event.

Location: Bullen Field Sep 07-Sep 09 Fri-Sun

Info: [www.esquimaltribfest.com](http://www.esquimaltribfest.com)

Event Hours

NOTE: Stage times are approximate & subject to change.

	EVENT	KIDS' ZONE	STAGE
Friday Sept 6	1pm-10pm	3pm-7pm	4-9:30pm
Saturday Sept 7	11am-10pm	11am-7:30pm	12-9:30pm
Sunday Sept 8	11am-9pm	11am-7pm	12-8:45pm



GREATER VICTORIA

# REGIONAL RECREATION PASS

Greater Victoria **ACTIVE COMMUNITIES**

INCLUDING TAX

## \$41

PER MONTH

ANNUAL PASS  
ALLOWING DROP-IN TO  
14 GREATER VICTORIA  
RECREATION CENTRES

PANORAMA WEST SHORE SAANICH OAK BAY ESQUIMALT CITY OF VICTORIA SEAPARC AND MORE!





# EARLY CHILDHOOD Drop-in

### Stay & Play Childminding

Stories, crafts and free play for your child while you drop-in to our programs or use our facilities. There are 2 payment options: purchase a 10-punch pass for \$30 or enjoy the flexibility of a drop-in, \$3.50/drop-in. Reserve up to 24 hours before day of interest online or by phone (250.412.8500). Payment required at time of reservation; no refunds are issued.

Location: Esquimalt Recreation Centre

Mon-Fri 9:00am-10:30am

Mon-Fri 11:45am-1:15pm

No program: Jul 02, Aug 06

### Everyone Welcome Playgroup

Join us for drop-in play time including games, crafts, circle time and free play with kindergym toys. Parents (or those in a parenting role) will receive resources and tips on positive parenting, child development, health and safety and much more. As this is a parent-child interactive program, we ask that a parent attends with no more than three children. Co-sponsored by Esquimalt Neighbourhood House and Esquimalt Parks & Recreation. Please call 250.412.8500 to reserve your space after 7:00am on the day of interest.

Location: Esquimalt Recreation Centre

Thu 10:30am-11:45am \$3.00/1 11012

Please note:

Drop-in Schedules are subject to change. Schedules available in “real time” online at: [esquimalt.ca/schedules](http://esquimalt.ca/schedules).

### Kindergym (3mos-6yrs)

Join us for an exciting morning of exploring with ride on toys, balls, hoops, slides, mats and a Bouncy Castle. Parent participation is required. Cost is \$3.00 per child/session. No program on Statutory Holidays.

Location: Esquimalt Recreation Centre

Mon 10:30am-11:45am \$3.00/1 10992

NOTE: Mondays will run until June 30 and resume in September while the waterpark at the Esquimalt Adventure Park is open for the summer.

Fri 10:30am-11:45am \$3.00/1 10992

Sat 9:30am-10:30am \$3.00/1 10995

Sat 10:30am-11:30am \$3.00/1 10996



Looking for PRESCHOOL CAMPS? View camp options & availability online. To be added to a camp waitlist, please call 250.412.8500.



## General Information

***Avoid the Line & Register Online!***  
[esquimalt.ca/camps](http://esquimalt.ca/camps)

### Online Registration & Your Online Account

- Use your email address to log in online: [esquimalt.ca/camps](http://esquimalt.ca/camps). If you have forgotten your password, select "Forgot Your Password" to reset.
- After you have registered your child(ren) in camps, view/print their schedule:
- Under the MY INFO tab, select your child's name
  - Select SCHEDULES
  - Colour coded under the title "Schedules" are your family members. Toggle the members of who's schedule you would like to view. You can select multiple family members and all will be colour coded.
- Change views: List View provides all registration in an "at-a-glance" list; Calendar View provide course information in a calendar format.
- To change the date range on the Calendar View, select the drop down arrow to the right of "Export to PDF".

### Camp Spaces & Waiting Lists

Best efforts are made to accommodate those on a camp wait list. To guarantee care/camp for your child, register your child in a camp with availability. Where there are no spaces left, please add your child to the wait list. When additional spaces are made available, priority registration is given to those on the waitlist – in the order they were placed on the wait list.

### Before You Register

Your Camp Emergency Form must be completed in our registration system before registering in any Esquimalt Recreation 2019 Summer Camp. The Camp Emergency Form provides our team with information to best ensure a safe and enjoyable summer for your child(ren). Please have your child's care card number ready when completing this form. If your child takes medication during program hours you must also complete an "Authorization to Administer Medication Form". Complete the form:

- Online: Search course #16498 or "Camp Emergency Form" in our program catalog: [esquimalt.ca/programs](http://esquimalt.ca/programs). By completing your form online, your information is automatically updated in our registration system.
- In print: Printed copies are available at the Esquimalt Recreation Centre and Archie Browning Sports Centre; please complete in full and return to the Esquimalt Recreation Centre Reception. Our reception team will then update our records to enable your camp registration (please allow 24 hours for this to be completed). You cannot register for camps until your information has been recorded in our registration system.

### Camp Hours

- Full Day Summer Playgrounds & Specialty Camps run 9:00am-4:00pm. **Pick up begins at 3:45pm-4:00pm. Late fees will apply for pick up after 4:00pm.**
- Extended is available for an additional fee: 7:00am-9:00am and 4:00pm-5:30pm.
- Extended Care is available for school aged children in Summer Playgrounds and Specialty Camps ONLY.
- Licensed Camps (Out of School Care) run 6:30am-6:00pm Mon-Fri with main camp activities running 9:00am-3:30pm
- Preschool Camps run 9:30-12:00pm
- Camps do not run on statutory holidays (July 1 & August 5). Pricing is reflected appropriately.



## What your child should bring to camp every day

- Healthy snacks and lunch
- Water bottle
- Sunscreen, hat and sunglasses
- Bathing suit and towel
- Older clothing that can get dirty, muddy and sandy
- Raingear on rainy days
- Closed toed shoes that your child can run in - please, no flip flops
- Backpack to put it all in
- Necessary medications or medical devices, i.e. inhalers or Epipens. Permission to Administer Medication Form and/or Emergency Medical Care Plan for Anaphylaxis/Asthma Forms. These are available online: [esquimalt.ca/camps](http://esquimalt.ca/camps)
- Please check with your child's leaders at the beginning of each week to see if there are any additional items your child should be bringing to camp

## For Parents/Guardians

### Photo ID Required at Pick Up

For the safety of your child, ALL parents, guardians, and any authorized persons picking children up from the program will be required to provide photo identification before a child will be released. You may be asked for this identification more than once. Your cooperation is appreciated.

NOTE: Children in Playground and Specialty Camps 10 years of age or older are permitted to sign themselves in/out of camp (with permission from parent/guardian recorded on your child's account with Esquimalt Recreation). Parents/Guardians can authorize this when completing the CAMP EMERGENCY FORM. Children 12 years of age or older may sign in/out their younger siblings (with permission from parent/guardian recorded on your child's account with Esquimalt Recreation). The sibling must also be listed as an alternate pick up. These details can be indicated when completing the CAMP EMERGENCY FORM. Children in Licensed (OSC) camps are not permitted to sign themselves in or out.

### Communication

Please be sure we have your current email address on file as weekly schedules and other important camp information is communicated by email.

## Policies

### Withdrawals

One week notice is required to withdraw from all summer camp programs in order to receive a refund.

### Payment

#### ONLINE REGISTRATION

Payment is required for all camps at time of registration.

#### IN PERSON OR PHONE REGISTRATION

Payment for all camps starting in July must be made during initial registration. Registration for Camps with August start dates can be scheduled for July 15. Scheduled payment is available by Electronic Fund Transfer (EFT) or credit card. For those not registering in July camps, payment for the first week of camp is required in full; the remaining August camp payments can be scheduled for July 15.

### Child Care Subsidy

Children must be registered in the Licensed (OSC) Camps in order to be eligible to receive Child Care Subsidy. It is the parent/guardian's responsibility to apply for subsidy. Caregiver Information Forms can be picked up from reception. Please apply early as subsidy can take up to 3 months to be processed through the Ministry of Families & Children. Parents/Guardians are required to pay for camp(s) until Esquimalt Recreation has received receipt and value of the subsidy approval.

### Children with Special Needs

**Parents/guardians must notify the Summer Camp Supervisor if their child has an EA at school, qualifies for funding through Supported Child Development, is working with Recreation Integration Victoria, and/or has extra support needs.** Please note that Parents/Guardians of children with known special needs must disclose and discuss their child's needs with the OSC Supervisor prior to enrollment. Failure to do so may result in termination of services. Please contact the Supervisor by email at [osc@esquimalt.ca](mailto:osc@esquimalt.ca).

### Late Pick Ups

A late fee of \$5 for every 5 minutes late will be charged each time a child is picked up late from summer camps.

### Swimming

Children 5-6yrs MUST wear a PFD/lifejacket regardless of swimming ability. Children 7yrs+ must pass a swim test to swim without a PFD.

## View availability and register online: [esquimalt.ca/camps](http://esquimalt.ca/camps)

To be added to a wait list, please contact Esquimalt Recreation in person at the Esquimalt Recreation Centre, 527 Fraser Street, or call 250.412.8500.

NOTICE: Best efforts are made to accommodate those on a camp wait list. To guarantee care/camp for your child, register your child in a camp with availability. Where there are no spaces left, please add your child to the wait list. When additional spaces are made available, priority registration is given to those on the waitlist – in the order they were placed on the wait list. Please be advised that all LICENSED OUT OF SCHOOL CARE CAMPS are full. Due to staffing and facility requirements for licensed camps, no additional spaces will be added.

1 JULY 2-5 (4 day week)	2 JULY 8-12	3 JULY 15-19	4 JULY 22-26	5 JULY 29-AUGUST 2
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### PRESCHOOL 3-5yrs (Must be potty trained. \*3yrs by August 31, 2019)

Nature Adventures 9:30am-11:00pm Saxe Point Park <b>FULL</b>	Little Scientists 9:30am-11:00pm Esquimalt Rec Centre <b>FULL</b>	Nature Adventures 9:30am-11:00pm Saxe Point Park <b>FULL</b>	Tots at the Table 9:30am-11:00pm Esquimalt Rec Centre <b>FULL</b>	Nature Adventures 9:30am-11:00pm Saxe Point Park <b>FULL</b>
	Jumpin' Jolly Beans 9:30am-11:00pm Bullen Park <b>FULL</b>	Artful Antics 9:30am-11:00pm Esquimalt Rec Centre <b>FULL</b>	Let's Play Soccer 9:30am-11:00pm Bullen Park <b>FULL</b>	

### CHILDREN (Completed Kindergarten to 12yrs)

OSC Licensed Summer Camps :

Voyageurs 5-7yrs & Buccaneers 8-11yrs • 6:30am-6:00pm Esquimalt Recreation Centre (\*6yrs by December 31, 2019)

Summer Playgrounds:

9:00-4:00pm (extended care available: 7:00am-9:00am & 4:00pm-5:30pm Esquimalt Rec Centre) (\*6yrs by December 31, 2019)

Specialty Camps (Completed Kindergarten to 14yrs) Extended care available: 7:00am-9:00am & 4:00pm-5:30pm at the Esquimalt Rec Centre)

Wilderness Survival (6-7yrs) 9:00-11:00 Bullen Park <b>FULL</b>	Dumbledore's Army (6-7yrs) 9:00-11:00 Bullen Park <b>FULL</b>	Art Quest (6-7yrs) 9:00-11:00 Esquimalt Rec Centre <b>FULL</b>	Mission Impossible: Spy Academy (6-7yrs) 9:00-11:00 Bullen Park <b>FULL</b>	Future Foodies (6-7yrs) 9:00-11:00 Bullen Park <b>FULL</b>
The Amazing Race (8-11yrs) 9:00-11:00 Bullen Park <b>FULL</b>	Sea Adventures (8-11yrs) 9:00-11:00 Bullen Park <b>FULL</b>	Dumbledore's Army (8-11yrs) 9:00-11:00 Bullen Park <b>FULL</b>	Island Explorers (8-11yrs) 9:00-11:00 Bullen Park <b>FULL</b>	Art Quest (8-11yrs) 9:00-11:00 Esquimalt Rec Centre <b>FULL</b>
Engineering for Kids: Lego Robotics: Mission to Mars (8-13yrs) 9:00-4:00 Archie Browning	Byte Camp: Music Video Production (9-12yrs) 9:00-4:00 Archie Browning	Engineering for Kids: (8-11yrs) 9:00-12:00 6-8yrs 1:00-4:00 8-11yrs 9:00-4:00 Archie Browning <b>FULL</b>	Mad Science – Eureka! The Inventor's Camp (6-10yrs) 9:00-4:00 Archie Browning	Eli Pasquale Basketball (6-9yrs) 9:00-12:00 10-14yrs 9:00-4:00 6-14yrs Brodeur Gym
Soccertron 9:00-12:00 6-9yrs 9:00-12:00 10-14yrs 9:00-4:00 6-14yrs Bullen Park	Mad Science – 3,2,1 Blast Off: NASA Camp (7-11yrs) 9:00-4:00 Archie Browning		Soccertron 9:00-12:00 6-9yrs 9:00-12:00 10-14yrs 9:00-4:00 6-14yrs Bullen Park	Engineering for Kids Minecraft: Junior Edition (6-8yrs) 9:00-4:00 Archie Browning
			Engineering for Kids Minecraft: Theme Park (6-8yrs) 9:00-4:00 Archie Browning <b>FULL</b>	

### YOUTH SPECIALTY CAMPS (11-15yrs)

Esquimalt Youth Training Program (12-15yrs) 9:00-4:00 Esquimalt Rec Centre	The Edge Adventure Camp (11-14yrs) 9:00-1:00 Esquimalt Rec Centre		Urban Jungle (11-14yrs) 12:00-4:00 Esquimalt Rec Centre	
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SUMMER PLAYGROUNDS:

NEW! Due to an overwhelming response, our PLAYGROUNDS CAMPS have been expanded. Three camps are now available. View availability & register online: [esquimalt.ca/camps](http://esquimalt.ca/camps). To be added to a wait list, please call 250.412.8500

Age Requirements:

- Fun Seekers must have completed Kindergarten or Grade 1. Fun Seeker Camps are for 6-7 year olds.
- NEW: 2 CAMPS AVAILABLE! Adventure Kids: 8-11 year olds.

6 AUGUST 6-9 (4 day week)	7 AUGUST 12-16	8 AUGUST 19-23	9 AUGUST 26-30
Artful Antics 9:30am-12:00pm Esquimalt Rec Centre FULL	Let's Play Soccer 9:30am-12:00pm Bullen Park FULL	Nature Adventures 9:30am-12:00pm Saxe Point Park FULL	
Jumpin' Jell-beans 9:30am-12:00pm Bullen Park FULL	Tots at the Table 9:30am-12:00pm Esquimalt Rec Centre	Little Scientists 9:30am-12:00pm Esquimalt Rec Centre FULL	
Pokémon Trainers Club (6-7yrs) 9:00-12:00 Bullen Park FULL	The Amazing Race (6-7yrs) 9:00-12:00 Bullen Park FULL	Island Explorers (6-7yrs) 9:00-12:00 Bullen Park FULL	Endless Summer (6-7yrs) 9:00-12:00 Bullen Park FULL
Wilderness Survival (8-11yrs) 9:00-12:00 Bullen Park FULL	Future Foodies (8-11yrs) 9:00-12:00 Bullen Park FULL	Endless Summer (8-11yrs) 9:00-12:00 Bullen Park FULL	Mission Impossible: Spy Academy (8-11yrs) 9:00-12:00 Bullen Park FULL
Byte Camp – 2D Tablet Animation (9-12yrs) 9:00-4:00 Archie Browning	Byte Camp - Intro to Coding (9-12yrs) 9:00-4:00 Archie Browning	Engineering for Kids: Minecraft: Galactic Craft (9-12yrs) 9:00-12:00 Archie Browning FULL	Byte Camp – 2D Tablet Design (11-14yrs) 9:00-4:00 Archie Browning
Mad Science –Secret Agent in the Field (6-10 yrs) 9:00-4:00 Archie Browning	Musical Theatre Camp (10-14 yrs) 9:00-4:00 Brodeur Theatre	Mad Science – Secret Lab (6-10yrs) 9:00-4:00 Archie Browning	Make Camp (8-12yrs) 1:00-4:00 Esquimalt Rec Centre
		Glee Club Camp 9:00-12:00 7-10yrs 12:30-4:00 11-14yrs Brodeur Theatre	
Urban Jungle (11-14yrs) 12:00-4:00 Esquimalt Rec Centre		The Edge Adventure Camp (11-14yrs) 9:00-1:00 Esquimalt Rec Centre	Byte Camp – 2D Tablet Design (11-14yrs) 9:00-4:00 Archie Browning

Summer Camps





## Summer Playgrounds

Come and join the Summer Playgrounds (SPG) Camps for summer fun. All camps include swimming, arts & crafts, games, songs, themes days, and out trips to local parks.

### NEW!

Due to an overwhelming response, our PLAYGROUNDS CAMPS have been expanded, with a second ADVENTURE KIDS' CAMP (8-11yrs) being offered this summer! Best efforts are continually made to accommodate additional participants. If we do not currently have availability for your preferred week, please add your child to a waitlist. When additional spaces are made available, priority registration is given to those on the waitlist – in the order they were placed on the wait list.

### Age Requirement

Fun Seekers must have completed Kindergarten or Grade 1. Fun Seeker Camps are for 6-7 year olds.

NEW! Trekker's for ages 8-9 year olds

NEW Age Group! For ages 10-11 year olds.

### Drop off/Pick up Location

Children are to be dropped off and picked up on Bullen Field, adjacent to the Archie Browning Sport Centre parking lot.

WEEK	DAYS	TIME	COST
Jul 02-Jul 05	Tue-Fri	9:00am-4:00pm	\$84.00/4
Jul 08-Jul 12	Mon-Fri	9:00am-4:00pm	\$105.00/5
Jul 15-Jul 19	Mon-Fri	9:00am-4:00pm	\$105.00/5
Jul 22-Jul 26	Mon-Fri	9:00am-4:00pm	\$105.00/5
Jul 29-Aug 02	Mon-Fri	9:00am-4:00pm	\$105.00/5
Aug 06-Aug 09	Tue-Fri	9:00am-4:00pm	\$84.00/4
Aug 12-Aug 16	Mon-Fri	9:00am-4:00pm	\$105.00/5
Aug 12-Aug 16	Mon-Fri	9:00am-4:00pm	\$105.00/5
Aug 19-Aug 23	Mon-Fri	9:00am-4:00pm	\$105.00/5
Aug 26-Aug 30	Mon-Fri	9:00am-4:00pm	\$105.00/5

## Specialty Camps

Specialty camps offer an enhanced camp experience. Full Day Camps run 9:00am-4:00pm each day Monday to Friday with the option to extend care before or after the program. **Please register for AM & PM extended care separately.**

### Age Requirement

Minimum age based on child turning 6 by December 31, 2019. Child must have completed Kindergarten.

### Drop Off/Pick Up Location

Bullen Park, adjacent to the Archie Browning Sport Centre parking lot unless otherwise noted. In the event of inclement weather, all pick up/drop off will be in the Archie Browning Sports Centre Curling Rink.

### Hours

Hours vary per camp. Add on extended care hours, before and/ or after care to suit your schedule.

### Extended Care

Supervised time before & after camp when children play games, read, or enjoy arts & crafts. Staff will pick up/drop off your child to/from extended care and Speciality Camps. Please pack an extra snack for after camp care.

Location: Esquimalt Recreation Centre

Before Care, 7-9am

5-day week \$35.00 • 4-day week \$28.00

After Care, 4-5:30pm

5-day week \$28.00 • 4-day week \$22.00

### Limited Availability!

Our Summer Camp Publication was released in March. At time of print of this publication, limited camp availability remains. Camps featured are those with remaining availability. To view all camp offerings and availability in real time, please visit our website: [esquimalt.ca/camps](http://esquimalt.ca/camps).

Please note that best efforts are made to accommodate those on a camp wait list. To guarantee care/camp for your child, register your child in a camp with availability. Where there are no spaces are left in a preferred camp, please add your child to the wait list. When additional spaces are made available, priority registration is given to those on the waitlist – in the order they were placed on the wait list.

View camp availability & register online!  
[esquimalt.ca/camps](http://esquimalt.ca/camps)

## Eli Pasquale Basketball Camps

Eli Pasquale has been bringing basketball to the community since 1984! Improve your 1-on-1 skills and develop offensive and defensive skills for 2-on-2, 3-on-3, and 5-on-5 team play. Classic half day program plus the full day that includes a swim. Join us for a fantastic week!

Location: L'école Brodeur

### Half Day 6-9 yrs

Jul 29-Aug 02	Mon-Fri	9:00am-12:00pm	\$135.00/5	16610
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### Half Day 10-14 yrs

Jul 29-Aug 02	Mon-Fri	9:00am-12:00pm	\$135.00/5	16609
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### Full Day 6-14yrs

Jul 29-Aug 02	Mon-Fri	9:00am-4:00pm	\$220.00/5	16611
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## Glee Club Camp (7-14 yrs)

Singing, dancing and musical theatre are all a part of this exciting program. Perform hits and songs from your favourite movies and musicals in a fun and lively environment. Invite your family and friends to a performance on the last day. Indulge your dreams of being a superstar!

Location: L'école Brodeur

### 7-10yrs

Aug 19-Aug 23	Mon-Fri	9:00am-12:00pm	\$90.00/5	16624
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### 11-14 yrs

Aug 19-Aug 23	Mon-Fri	12:30pm-4:00pm	\$95.00/5	16623
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## Soccertron (6-14 yrs)

Soccertron has been bringing soccer to the community since 1978! Improve your 1-on-1 skills and develop offensive and defensive skills. Classic half day program plus the full day that includes a swim. Join us for a FANTASTIC week!

Location: Bullen Park

### Half Day 6-9yrs

Jul 02-Jul 05	Tue-Fri	9:00am-12:00pm	\$118.00/4	16561
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Jul 22-Jul 26	Mon-Fri	9:00am-12:00pm	\$135.00/5	16566
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### Half Day 10-14yrs

Jul 02-Jul 05	Tue-Fri	9:00am-12:00pm	\$118.00/4	16562
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Jul 22-Jul 26	Mon-Fri	9:00am-12:00pm	\$135.00/5	16564
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### Full Day 6-14yrs

Jul 02-Jul 05	Tue-Fri	9:00am-4:00pm	\$190.00/4	16563
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Jul 22-Jul 26	Mon-Fri	9:00am-4:00pm	\$220.00/5	16569
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## Make Camp (8-12yrs)

Looking for a unique camp experience for a kid who likes to get crafty? You have found it. Join us at Make Camp for an inspiring and productive week of designing, sewing and felting! All supplies included.

Camp Schedule:

- Monday: Needle felting & Hand Sewing (needle felt is the process of interlocking wool fibers by poking with a barbed needle) Make anything from your imagination (animal, character or other object) from wool roving using this fun technique.
- Tuesday: Sew Many Squares – Introduction to the sewing machine and patchwork projects including alphabet, square or heart shaped pillows, tote bags and more.
- Wednesday: Sock Animals & Dolls – Sock puppet making, hand & machine sewn dolls, animals & monsters – creating your own 3D friends from our large collection of materials!
- Thursday: Creating Details – Zippered pouches, cases, appliqué, hand embroidery, pom pom making and simple quilting techniques.
- Fashion Friday: Upcycle and re-fashion clothing from the family wardrobe!

Location: Esquimalt Recreation Centre

Aug 26-Aug 30	Mon-Fri	1:00pm-4:00pm	\$180.00/5	16625
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## Musical Theatre Camp Experience (10-14 yrs)

Have you ever wanted to be in a musical? Now is your chance! With instructor Maeve Poulin, you will go through the entire musical theatre experience-auditions, rehearsals and the performance! In one week you will put on the entire 1 act show "You're a Good Man Charlie Brown." Your chance to be a star awaits you.

Location: L'école Brodeur

Aug 12-Aug 16	Mon-Fri	9:00am-4:00pm	\$210.00/5	16622
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## Sea Adventures

Get your sea legs as we explore the waters around our city. The group will spend their days with a variety of water based activities including swimming, stand up paddleboarding, skim boarding, slip and slide, exploring local beaches and more!

Location: Bullen Park

### 8-11yrs

Jul 08-Jul 12	Mon-Fri	9:00am-4:00pm	\$175.00/5	16568
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## STEM Science, Technology, Engineering, Mathematics

### Byte Camps

#### Music Video Production (9-12 yrs)

Make your own music and music video! Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics on beats, baseline, chords and melodies so that your song will sound awesome. Experiment with video, special effects and editing techniques to make the video as cool as your tune.

Location: Archie Browning Sports Centre

Jul 08-Jul 12 Mon-Fri 9:00am-4:00pm \$310.00/5 16557

#### 2D Tablet Animation (9-12 yrs)

Turn your drawings into awesome animation skills on our tablets! We'll show you how to make beautiful animations as wild as your imagination. Participants will learn to storyboard and use some advanced animation skills to make their characters really come alive on the screen. Principles like Squash & Stretch, Anticipation and Exaggeration will be introduced in fun lessons and students will produce their own animated short films by the end of the week.

Location: Archie Browning Sports Centre

Aug 06-Aug 09 Tue-Fri 9:00am-4:00pm \$265.00/4 16559

#### Introduction to Coding (9-12yrs)

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online.

Location: Archie Browning Sports Centre

Aug 12-Aug 16 Mon-Fri 9:00am-4:00pm \$310.00/5 16558

#### 2D Video Game Design (11-14 yrs)

Learn how to build an HTML5 game from the ground up using awesome free tools. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. The Final project is a game you can take home on the USB or proudly share with friends online. No previous experience is required however Byte Camp's Introduction to Coding is recommended.

Location: Archie Browning Sports Centre

Aug 26-Aug 30 Mon-Fri 9:00am-4:00pm \$310.00/5 16560

### Mad Science

#### Secret Agent in the Field – 6-10 yrs

Learn about the secret world of espionage. The key to being a great spy is your ability to use science to 'sniff' out your suspects and uncover their secrets. From decoding messages to metal detectors and night vision, you will have the opportunity to check out spy equipment.

Location: Archie Browning Sports Centre

Aug 06-Aug 09 Mon-Fri 9:00am-4:00pm \$265.00/5 16626

#### Secret Lab (6-10yrs)

Campers will use forensic science to track down an elusive ice cream thief. Visiting a Cell City will reveal the inner workings of DNA while a trip down the Organ Trail will provide a Body Portrait! Each day children will make cool take-home activities which they will be excited to bring home to show off. Camp-Day Themes include: At the Scene of the Crime, Organ Trail, Cell City, Chemical Counting.

Location: Archie Browning Sports Centre

Aug 19-Aug 23 Mon-Fri 9:00am-4:00pm \$250.00/5 16621

#### 3, 2, 1...Blast Off (NASA Camp) (7-11yrs)

Yes we are Rocket Scientists! And you can be too! The week will fly by as we travel through time looking at the earliest flying machines right up to modern day rocket launches. Zip up your space suit for a planetary tour while we investigate the wonders of our very own Milky Way. Join your fellow astronauts as we send an awesome Mad Science rocket to the moon...well at least into the sky!

Location: Archie Browning Sports Centre

Jul 08-Jul 12 Mon-Fri 9:00am-4:00pm \$265.00/5 16619



Eureka! Mad Inventors (6-10yrs)

Creative Contraption Warning! This is a camp designed by our own creative inventors! Each day campers will be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all... their mind. While Thomas Edison said invention is 10% inspiration and 90% perspiration, this camp is 100% fun!

Location: Archie Browning Sports Centre  
Jul 22-Jul 26      Mon-Fri    9:00am-4:00pm    \$265.00/5    16620

Engineering for Kids

LEGO Robotics: Mission to Mars (9-13yrs)

Working in teams, we'll learn how to build and program LEGO Mindstorm EV3 robots to help us explore the planet Mars. Launch your mini rover into space and find shelter, navigate craters and deliver cargo, retrieve samples and more!

Location: Archie Browning Sports Centre  
Jul 02-Jul 05      Tue-Fri    9:00am-4:00pm    \$215.00/4    16612

Minecraft Camp: Junior Edition (6-8yrs)

A special camp for our youngest Minecrafters. No experience necessary; some keyboarding and mouse skills are ideal. Using our laptops, you'll first learn the basics of Minecraft and will then work together to solve engineering projects with our hands and playing fun outdoor games!

Location: Archie Browning Sports Centre  
Jul 29-Aug 02      Mon-Fri    9:00am-4:00pm    \$260.00/5    16617



Junior Engineers: Inventors Workshop (6-8 yrs)

Join us for a week of fun, creativity and of course - engineering! Each day, we'll explore modern inventions like robots, toys and musical instruments and use these as inspiration when we design and create our own amazing inventions.

Location: Archie Browning Sports Centre  
**Half Day**  
Jul 15-Jul 19      Mon-Fri    9:00am-12:00pm    \$150.00/5    16613

Robotics, Art, Lego, Oh My! (6-8 yrs) HALF DAY

Learn the basics of programming and coding with the Ozobot Robot in this hands on, no laptop camp. Make your robot navigate a maze of LEGO by drawing colour coded lines that instruct it to move, spin, turn and more. Everyday will be a new challenge and adventure for our tiny robots! A great introduction to the world of coding.

Location: Archie Browning Sports Centre  
Jul 15-Jul 19      Mon-Fri    1:00pm-4:00pm    \$150.00/5    16614

JOIN OUR TEAM!

View Current Postings and Apply Online

COUNTRYGROCER.COM/ABOUT-US/CAREERS

- 15% OFF YOUR GROCERY PURCHASES
- ADVANCED NOTICE/FLEXIBILITY OF SCHEDULES
- POSITIVE, FUN AND SOCIAL WORK ENVIRONMENT



## Youth Specialty Camps

### NEW! Esquimalt Youth Training Program (12-15 yrs)

Have you always wanted to work at the Esquimalt Rec Centre? The Youth Training Program provides opportunities to develop skills in customer service, public speaking, behavior management, and extensive game and craft training. Learn to become the kind of leader you fondly remember from your younger days and help us provide a FUN experience to our patrons this summer! Graduates of the program will be required to spend an additional 2 weeks of the summer volunteering in our programs (across many department areas including camps, aquatics, and special events) to gain hands on experience and learn from our excellent team members! Don't miss this unique opportunity to join our team and develop employable skills for the future!

Location: Esquimalt Recreation Centre

Jul 02-Jul 05 Tue-Fri 9:00am-4:00pm \$140.00/4 16599

### NEW! The Edge Adventure Camp (11-14 yrs)

Live life on the edge! Try rock climbing, high ropes and more in this intense week of adrenaline packed activity! Join us for half-days of awesome adventures in our beautiful backyard and beyond!

Location: Esquimalt Recreation Centre

Jul 08-Jul 12 Mon-Fri 9:00am-1:00pm \$150.00/5 16601

Aug 19-Aug 23 Mon-Fri 9:00am-1:00pm \$150.00/5 16603



### NEW! Urban Jungle (11-14 yrs)

Get out and explore the Urban Jungle. Check out some local haunts and dabble in some creative and stimulating activities. You'll visit an arcade, the board game cafe, Lazer-tag and more in this week of affable afternoons. See some of the best the city has to offer, sign up now!

Location: Esquimalt Recreation Centre

Jul 22-Jul 26 Mon-Fri 12:00pm-4:00pm \$135.00/5 16605

Aug 06-Aug 09 Tue-Fri 12:00pm-4:00pm \$108.00/4 16606

### Lifesaving Camp

During this "bundle" course you will participate in Bronze Medallion, Bronze Cross and Standard First Aid completing all of the pre-requisites for the National Lifeguard course.

100% participation is required

Pre-requisite: 13+ years

Location: Esquimalt Recreation Centre

Jul 08-Jul 19 Mon-Fri \$300.00/10 17190

Mon/Wed/Fri - 11:30-4:00pm

Tue/Thu - 11:30-8:30pm



## Be here.

Less than a movie admission & popcorn.

Take advantage of the monthly payment plan on youth annual passes, less than \$15/month.

Youth 13-18yrs can enjoy drop in swimming, skating, weight room admission - and attendance to fitness classes & drop in sports programs.



Youth 11-15 years must participate in a weight room orientation before using the weight room. This 4 hour course helps ensure youth can safely and effectively use the equipment.

# Celebrate here.

You bring the kids, we bring the party & take care of the clean up!



## Hosted Party

### Gym/Kindergym (2yrs+)

Bring your youngster to celebrate with us. Our combination Kindergym/Sports parties allow the children to participate in the activities that interest them most. Our parties include: gym rental for 2 hours, bouncy castle, a birthday party host to assist throughout, tables, chairs, dishes and best of all, CLEAN UP!! We can also do specialized activity requests in the Gym with prior notice.

Location: Esquimalt Recreation Centre

#### Saturday

Sat	11:45am-1:45pm	\$195.00/1	10882
Sat	2:15pm-4:15pm	\$195.00/1	10881

#### Sundays

Sun	1:30pm-3:30pm	\$195.00/1	10883
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Things to note:

- In order to provide you with the best party experience at Esquimalt Recreation the maximum number of children is 20.
- If you are bringing in an ice-cream cake, a fridge is available. Please notify your host and they would be happy to assist you.
- Booking of additional tables and chairs is available (\$1.00 per chair, \$8.75 per table)
- Set up: parents may access the party room 15 minutes prior to the start time to set up any additional decorations and/or food.

We provide:

- 2 hours in the Gym
- Birthday Party Host for 2 hours
- Tables and chairs for eating
- Table cloths
- Kids plates, cups, and cutlery for children
- 1 table for presents
- 1 table for food

Parents are responsible for:

- All food, drinks, and cake
- Additional decorations including balloons

## No Host Parties

Our no host parties provide a party room space, table & chairs, and drop-in admission for participants without a host, offering exceptional value for your child's next birthday! Your rental also includes 30 minutes to set up and take down from your party to maximize the time you spend celebrating.

### Skating

This no host party is ideal for children over 5 years of age. Our no host skate party includes admission for up to 10 children and 2 adults to the Everyone Welcome Skate, skate rentals (note: sizing and availability may be limited; participants are encouraged to bring their own) and the rental of the Party Room for 1.5 hours. Currently booking for parties between through until December 31, 2019.

Location: Archie Browning Sports Centre

#### Saturdays

Sat	02:30PM-05:00PM	\$85.00
Public Skate: 02:30PM-04:00PM; Party Room: 03:30PM-05:00PM		

#### Sundays

Sun	01:00PM-03:30PM	\$85.00
Public Skate: 01:00PM-02:00PM; Party Room: 02:00PM-03:30PM		

### Swimming

This no host party is ideal for children over 7 years of age. Our no host pool party includes admission for up to 12 children to the Everyone Welcome Swim and the rental of the Atrium Convertible (pool viewing room) for 1.5hours. Currently booking until December 1, 2019.

Location: Esquimalt Recreation Centre

#### Option A: Party Room 1st, Swim 2nd

Room Rental: 11:00AM-12:30PM; Swim: 12:30PM-2:30PM		
Sat	11:00AM-02:30PM	\$85.00
Sun	11:00AM-02:30PM	\$85.00

#### Option B: Swim 1st, Party Room 2nd

Swim: 12:30PM-02:00PM; Room Rental: 02:30PM-04:00PM		
Sat	2:30PM-4:00PM	\$85.00
Sun	12:30PM-04:00PM	\$85.00





## Youth Programs

### FREE! Youth Drop-in Programs

Located on the lower-level of the Esquimalt Recreation Centre, this is a space designed by youth – for youth! Drop-in to hang out with friends, play pool, fooseball, gaming, dance, music and art. On Friday nights we also utilize the gym for sports and/or go swimming in the pool. Take our Weight Room Orientation and use the Wellness Centre, too!

Location: Esquimalt Recreation Centre

Jul 04-Aug 31 Thu-Sat 7:00pm-10:00pm

## Adventure

### NEW! The Edge Adventure Camp (11-14 yrs)

Live life on the edge! Try rock climbing, high ropes and more in this intense week of adrenaline packed activity! Join us for half-days of awesome adventures in our beautiful backyard and beyond!

Location: Esquimalt Recreation Centre

Jul 08-Jul 12 Mon-Fri 9:00am-1:00pm \$150.00/5 16601

Aug 19-Aug 23 Mon-Fri 9:00am-1:00pm \$150.00/5 16603

### NEW! Urban Jungle (11-14 yrs)

Get out and explore the Urban Jungle. Check out some local haunts and dabble in some creative and stimulating activities. You'll visit an arcade, the board game cafe, lazer-tag and more in this week of affable afternoons. See some of the best the city has to offer, sign up now!

Location: Esquimalt Recreation Centre

Jul 22-Jul 26 Mon-Fri 12:00pm-4:00pm \$135.00/5 16605

Aug 06-Aug 09 Tue-Fri 12:00pm-4:00pm \$108.00/4 16606

## Education

### Home Alone (9-15yrs)

The H.A.P.P.Y Program (Home Alone Program Preparing Youth) is designed to keep your child safe when they are not with an adult. The topics include: fire and emergency procedures, kitchen safety, meal prep, first aid and calling 911. Personal safety regarding telephone and internet safety, and the potential danger of strangers are also covered. Children MUST be 9 years old at time of program; no exceptions will be made.

Location: Esquimalt Recreation Centre

Jun 01 Sat 9:00am-12:00pm \$35.00/1 14114

## Leadership

### NEW! Esquimalt Youth Training Program (12-15 yrs)

Have you always wanted to work at the Esquimalt Rec Centre? The Youth Training Program provides opportunities to develop skills in customer service, public speaking, behavior management, and extensive game and craft training. Learn to become the kind of leader you fondly remember from your younger days and help us provide a FUN experience to our patrons this summer! Graduates of the program will be required to spend an additional 2 weeks of the summer volunteering in our programs (across many department areas including camps, aquatics, and special events) to gain hands on experience and learn from our excellent team members! Don't miss this unique opportunity to join our team and develop employable skills for the future!

Location: Esquimalt Recreation Centre

Jul 02-Jul 05 Tue-Fri 9:00am-4:00pm \$140.00/4 16599

Lifesaving Camp

During this “bundle” course you will participate in Bronze Medallion, Bronze Cross and Standard First Aid completing all of the pre-requisites for the National Lifeguard course.

100% participation is required

Pre-requisite: 13+ years

Location: Esquimalt Recreation Centre

Jul 08-Jul 19      Mon-Fri    \$300.00/10 17190

Mon/Wed/Fri - 11:30-4:00pm

Tue/Thu - 11:30-8:30pm



Youth Intro to Wellness Centre (11 & 12 yrs)

Is your child or youth interested in using the Wellness Centre? If so we have the program for you! This 4 hour course will ensure your youth has the knowledge and skills required to use the Wellness Centre safely and effectively. Upon successful completion they will be allowed to visit the Wellness Centre. Youth 13-15yrs old must complete a Wellness Centre Orientation before they can access the Wellness Centre. This can be booked on-line or through reception. Included in registration is a 5-Punch Pass to get them started!

Location: Esquimalt Recreation Centre

Instructor: Cheryl Kannon

Jul 03-Jul 05	Wed/Fri	2:00pm-4:00pm	\$25.00/2	17233
Jul 8-Jul 10	Mon/Wed	2:00pm-4:00pm	\$25.00/2	17234
Aug 12-Aug 14	Mon-Wed	2:00pm-4:00pm	\$25.00/2	17235

Fitness, Sports & Wellness

Yuishinkai Karate & Kobujutsu (9yrs+)

We instil confidence, character development and a positive outlook on life while building fitness by training in empty hand skills and the use of Okinawan self-defence weapons. Our safe, healthy and effective martial arts training is for everyone aged 9 to 90 and is delivered by Dr. E. Paul Zehr, UVic professor of kinesiology and neuroscience (www.zehr.ca), with over 35 years of martial arts experience.

Location: L'ecole Brodeur School

Jun 03-Jun 26      Mon/Wed    6:30pm-8:30pm    \$70.00/8    14306



Be here.  
Esquimalt Teen Centre • Designed by youth, for youth.

Located in the lower level of the Esquimalt Recreation Centre, entrance off of the parking lot - across from the Adventure Park.





## Adult Creative Arts

### Art-cation - Creative Sampler!

Join Dixie for creative summer fun, sampling a variety of art media! Try charcoal, watercolours, ink, acrylics, & collage. Come play & be inspired by something new each day in a stress-free, no-shopping-required class! An additional \$30 materials fee is compulsory with each registration, to cover the cost of media, supports, handouts, use of brushes & all necessary tools & supplies. All levels welcome!

Location: Esquimalt Recreation Centre

Instructor: Dixie Macuisdin

Aug 19-Aug 23    Mon-Fri    1:30pm-3:30pm    \$65.00/5    17174

## Cooking

### Perogie Making 101

Join Bella of Perogie Pinchers of Victoria for a fun-filled family tradition dating back to 1863! Learn the secrets of making authentic, Ukrainian perogies. You'll make more than 2 dozen Potato, Cheddar & Onion Perogies & learn tips & tricks that will delight your family & friends. Bella's 2-ingredient dough makes it super easy to become a perogie pro in no time. Please bring with you to class: cookie sheet, medium container with lid, rolling pin & a large mixing bowl. You may want to wear an apron & tie back your hair. All ages welcome! (participants under 16 need to attend with someone 19 yrs & register through reception 250-412-8500).

Location: Esquimalt Recreation Centre

Instructor: Bella Montgomery

Jun 10    Mon    6:30pm-8:30pm    \$30.00/1    13520

Aug 06    Tue    6:30pm-8:30pm    \$30.00/1    15594

## Learn here.

Take your learning into our aquatic classroom.

[esquimalt.ca/jobskills](http://esquimalt.ca/jobskills)

Changing careers? Returning to work after growing your family? Aquatic jobs are in high demand. This summer get certified & start working right away. Starting pay rates in Greater Victoria: \$20/hour.





# Drop In Sports

Included with your Esquimalt Recreation or Regional Recreation Pass, or pay drop in admission (\$5.75/adult). Schedule subject to change, [www.esquimalt.ca/schedules](http://www.esquimalt.ca/schedules) for “real time” schedule.

Pickle Ball	Indoor Soccer	Volleyball
Mondays 1:15pm-3:15pm	Tuesdays 9:00-10:15pm	EVERYONE WELCOME: Thursdays 8:00pm-10:00pm
Tuesdays 1:15pm-3:15pm	Sundays 8:45pm-10:00pm	COMPETITIVE*: Sundays 7:00pm-9:00pm
Thursdays 1:15pm-3:15pm		
Sundays 4:30pm-6:30pm		

## Drop in Sports Reservation

Reserve for any session of the winter and spring seasons now! Reserve your space online 24 hours a day: [esquimalt.ca/sports](http://esquimalt.ca/sports) or through the Esquimalt Recreation Centre in person or by phone 5:30am-10:30pm, call 250.412.8500 or visit 527 Fraser Street. Payment required at time of registration. Cancellation required by noon on day of interest to avoid penalty.

## Sports Drop-in

### Pickleball Drop-in

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Players use solid paddles to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

Location: Esquimalt Recreation Centre  
Jul 01-Aug 29 Mon/Tue/Thu/Sun 1:15pm-3:15pm 17158  
Mon/Tue/Thu 1:15-3:15pm  
Sun 4:30-6:30pm

### Indoor Soccer Drop-in

Recreational indoor soccer for ages 16+. Players can reserve for any day – at any time – during the season! Summer registration is open; Fall opens July 15. Online reservation is available 24 hours a day, register at your convenience! Note: Payment is required at time of reservation. If you have a valid pass (membership), the free “included with pass” payment option will populate; please register yourself at no charge. If the free “included with pass” payment option does not populate, this means that you do not have a valid pass. Please contact reception in person or by phone at 250.412.8500 to renew your pass.

Location: Esquimalt Recreation Centre  
Jul 02-Aug 27 Tue/Sun 9:00pm-10:15pm 17156

### Volleyball (Everyone Welcome) Drop-in

Recreational volleyball for ages 16+. Players can reserve for any day – at any time – during the season! Summer registration is open; Fall opens July 15.. Online reservation is available 24 hours a day, register at your convenience! Note: Payment is required at time of reservation. If you have a valid pass (membership), the free “included with pass” payment option will populate; please register yourself at no charge. If the free “included with pass” payment option does not populate, this means that you do not have a valid pass. Please contact reception in person or by phone at 250.412.8500 to renew your pass.

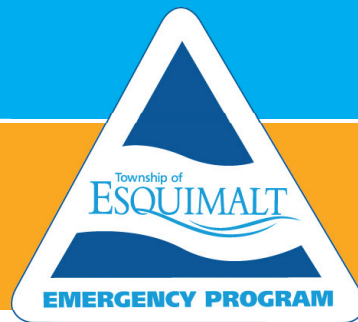
Location: Esquimalt Recreation Centre  
Jul 04-Aug 29 Thu 8:00pm-10:00pm 17160

### Volleyball (Competitive) Drop-in

Competitive volleyball for experienced players aged 16+. Players can reserve for any day – at any time – during the season! Summer registration is open; Fall opens July 15. Online reservation is available 24 hours a day, register at your convenience! Note: Payment is required at time of reservation. If you have a valid pass (membership), the free “included with pass” payment option will populate; please register yourself at no charge. If the free “included with pass” payment option does not populate, this means that you do not have a valid pass. Please contact reception in person or by phone at 250.412.8500 to renew your pass.

Location: L'école Brodeur  
Jul 07-Aug 25 Sun 7:00pm-9:00pm 17159





## Esquimalt Emergency Program

250.414.7120 or email: [emergencyprogram@esquimalt.ca](mailto:emergencyprogram@esquimalt.ca)

### FREE! Emergency Preparedness Workshops

The workshops below are offered periodically during the year and may change depending on interest - check [Esquimalt.ca](http://Esquimalt.ca) for updated session info and please note registration is necessary as sessions have a minimum requirement of 4 people. All session will take place at the Municipal Hall.

If you have any questions, or would like to schedule an on-site session for your community group, please send an e-mail to [nepp@esquimalt.ca](mailto:nepp@esquimalt.ca) or leave a message at 250-414-7120.

#### Simple Steps to Emergency Preparedness

Are you overwhelmed with all the information available on emergency preparedness? Do you keep putting it off because you think it will take a lot of time and money to get prepared?

Join us for a 1 hour presentation where we will simplify the process by providing simple steps, tips and tricks to start getting prepared today. Question and answer period to follow.

#### Insurance and Earthquakes

An insurance services representative will speak specifically to catastrophic events (earthquake and flood), the claims process, policy coverages, and statutory conditions that residents should know. Q&A session to follow.

#### First 72 Hours

This presentation will discuss what to expect during and after a major earthquake. Some of the questions we will answer include:

- How do I contact my family members?
- Will I be able to get help from first responders?
- How long will it take the military to become involved?
- What will life be like after the earthquake?

Question and answer period to follow.

#### Tsunami: Know Your Risk

This one hour presentation will discuss the tsunami risk for Esquimalt and the Capital Regional District. We will show tsunami simulations, maps and video of the type of tsunami that may occur in our area.

Information based on data from the "Modelling of Potential Tsunami Inundation Limits and Run-Up" Project commissioned by the CRD. Question and answer period to follow.

#### Emergency Preparedness for Communities, Stratas and Block Watches

This one hour presentation will discuss emergency preparedness for strata, apartments/condominiums, streets and block watches. We will talk about ways that neighbours can help neighbours in the event of an emergency or disaster. Question and answer period to follow.

**Workshops will be resume  
Fall 2019!**

**Stay tuned to [esquimalt.ca](http://esquimalt.ca) for  
details.**

## Drop-in Social Programs

Weekly drop-in social programs are free with a monthly or seasonal membership. Non-members pay \$2 per session. New members are always welcome! Some groups take breaks throughout the year, particularly during the summer. For up-to-date schedule info, visit our website at [esquimalt.ca/schedules](http://esquimalt.ca/schedules) or pick-up our 1-page monthly schedule at the Esquimalt Recreation Centre. Phone 250-412-8532 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Conversation Café 10:00AM-11:30AM	Mexican Train Dominoes 12:30PM-3:00PM	<b>FREE!</b> Creative Crafters 9:00AM- 11:00AM	Writer's Group 10:00AM- 12:00PM (Does not run July/Aug)	Scrabble 9:30AM-12:00PM	<b>NEW!</b> Drop-in Painting Group 1:00PM-5:00PM
Bridge 1:00PM-3:00PM	Chess 1:00PM-3:00PM	<b>FREE!</b> Knit & Crochet 1:00PM-3:00PM	Euchre 12:30PM-3:00PM	Community Walking Group 10:00AM-11:30AM Meet in Rec Centre Atrium	
Duplicate Bridge 1:00PM-3:00PM (cancelled stat holidays)	Rumoli 1:00PM-3:00PM		Bridge 1:00PM-3:00PM	Cribbage 1:00PM-3:00PM	
Mah Jong 12:30PM-3:00PM	Ukulele Club 1:30PM-3:30PM		Court Whist 12:30PM-3:00PM		
Music Jam 1:00-3:00PM			<b>NEW!</b> Drop-in Painting Group 1st & 3rd Thursday 1:00PM-5:00PM		

## L.I.F.E. Program (Leisure Involvement for Everyone)

Please inquire with reception regarding eligibility and for an application form. You may be eligible for up to 52 admissions per calendar year at Esquimalt Recreation.

## Bus Trips

Leave the driving to us while we explore the sights! Bring along your sense of fun and adventure as we visit interesting places with other folks 50+ yrs. Trips usually include a stop for lunch, dinner or refreshments along the way (trip price normally does not include the price of meals/refreshments). Be sure to pick-up a trifold flyer for more details, additional trips & pick-up/drop-off times.

**Register early to avoid  
disappointment!**

### Sooke Secret Garden Tour & Lunch

Jun 2 Sun 9:30am-4:00pm \$65.00 16693

### Thetis Island

Jun 13 Thu 9:15am-6:30pm \$80.00 adult/\$90.00 senior 16691

### Chemainus Theatre – Mamma Mia

Jun 26 Wed 10:30am-5:30pm \$150.00 15808

### Royal Roads Garden Tour & Lunch

Jul 11 Thu 10:30am-3:00pm \$35.00 16698

### UVic Finnerty Gardens & Lunch at Smuggler's Cove Pub

Jul 23 Tue 10:00am-3:00pm \$25.00 16699

### Russell Island

Aug 8 Thu 2:00pm-7:30pm \$70.00 16700

### Dinner out at Brentwood Bay Resort Dining Room

Aug 20 Tue 4:00pm-8:30pm \$25.00 16701



# MOVE IT. LIFT IT.

with the support of our certified, expert staff & state-of-art facility and equipment



## Wellness Centre Schedule

Facility Hours	5:30am-10:30pm Monday-Sunday
Wellness Centre Orientations	Learn how to achieve an effective and safe workout in our Wellness Centre. Our certified staff will teach you to use both cardio and strength machines and you will leave with a basic workout program to do on your own. \$15 OR FREE with any 3-Month, 6-Month or 1-Year Pass purchase. Call 250.412.8500 to book. Available: Tuesday-Friday 8:00am; Wed/Fri 7:00pm; Sat/Sun 11:00am
Fitness Assessments	Our Certified Personal Trainers take you through a through a baseline fitness assessment including cardio, strength and flexibility. This service is FREE with a purchase of any 3- Month, 6-Month or 1 Year Pass. Available: Tuesday/Thursday 7:00pm
Personal Training	Personal Trainers work on YOUR schedule! No matter what your fitness level or goals, our certified trainers will help you see results. See page 30 for all of our package details!

Admission Rates	Single Drop-in	Book of 10	Book of 25	1 Month Pass	3 Month Pass	6 Month Pass	1 Year Pass
Adult	\$5.75	\$51.75	\$120.75	\$58.50	\$113.75	\$210.00	\$350.00
60+ or Student	\$4.25	\$38.25	\$89.25	\$44.00	\$85.50	\$157.50	\$262.50
Youth (13-18yrs) *13-15yrs need orientation for weight room admission	\$3.00	\$27.00	\$63.00	\$42.50	\$84.00	\$105.00	\$175.00
Children 11-12yrs permitted to use weight room after Intro to weight Room Course	\$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
Regional Recreation Pass. 12 Recreation Centres, 1 Pass = Over \$2000 Value Monthly scheduled payments available on Regional Pass, \$25.00 administrative fee applies.							\$492.00

Monthly payment plan available on Esquimalt Recreation 6 month and 1 year passes; no administrative fee.

# PERSONAL TRAINING

## Our Certified Trainers get you results NOW!

We offer our personal training services on land, water or a mixture of the two. Please call 250.412.8502 to book.

Our trainers are available on YOUR schedule and will design a personalized program to help you achieve your goals.



I initially came in to see a personal trainer because I was having back pain due to a physical job. Lorraine has improved my quality of life tremendously. I no longer have any back pain. I am working out in the gym on my own, continuing to work on strengthening my core and working on flexibility. Thank you!



### RESULTS

- (12 Hours - \$42.50/hr)  
\$510 (private)  
\$255/person (2 people)
- Fitness Assessment: cardio, strength, measurements, flexibility
  - Schedule planning your "fitness" week
  - 12 hours of Personal Training
- BONUS!** 6 complementary facility admissions

### RESULTS PLUS

- (20 hours - \$37.50/hr)  
\$750 (private)  
\$375/person (2 people)
- Fitness Assessment: cardio, strength, measurements, flexibility
  - Schedule planning your "fitness" week
  - 20 hours of Personal Training
  - **BONUS!** 10 complementary facility admissions

### AQUATIC PERSONAL TRAINING

- \$50/hr (private)
- Ideal for those who would like to start swimming, advance their skills, cross-train and those who are recovering from injury.
  - Can be combined with any personal training package.

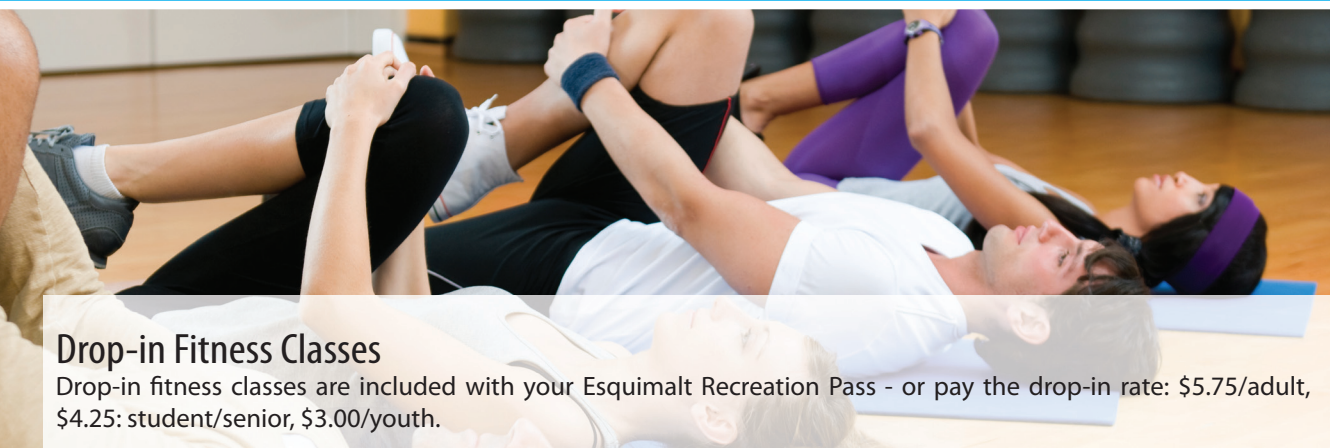
### THE 3 MONTH PLAN

**3 month investment for just \$99/month!**

- 8 hours total of personal training good for up to one year from the time of purchase
- \$100 Savings!

### Hourly Sessions PRIVATE/SEMI-PRIVATE

- Private: \$50/Hour
- Semi-Private: \$25/Person/Hour



## Drop-in Fitness Classes

Drop-in fitness classes are included with your Esquimalt Recreation Pass - or pay the drop-in rate: \$5.75/adult, \$4.25: student/senior, \$3.00/youth.

(C) denotes childminding available. Schedule subject to change [esquimalt.ca/schedules](http://esquimalt.ca/schedules) for drop-in schedule in "real time".

TIME	Monday No classes: Feb 18, Apr 22, May 20	Tuesday	Wednesday	Thursday	Friday No classes: Apr 19	Saturday
6:15am-7:00am	Total Body Conditioning	Circuit & Stretch	SPIN	Mixed Interval Challenge	SPIN	
8:15am-9:10am						Mixed Interval Challenge
9:00am-9:55am	Stretch & Strength (C)		Strength & Balance (C)	Stretch & Strength (C)		
9:15am-10:10am	Total Aerobic Challenge (C)	BellyFit (C)	Total Body Challenge (C)	Yogalates (C)	Total Step Challenge (C)	
10:20am-11:15am		Core Yoga				
11:45am-12:45pm		Stroller Fit		Stroller Fit		
12:10pm-12:55pm	Two classes: Yoga (C) Spin (C)	Power Circuit (C)	Two Classes: Spin (C) or Yoga (C)	Power Circuit (C)	Yoga (C)	
5:05pm-6:00pm		Yoga				
5:30pm-6:25pm	Mixed Interval Challenge					
6:00pm-6:45pm			Bootcamp 6:45-7:30pm	H.I.I.T.		

### BellyFit

A perfect blend of dance, fitness and yoga inspired moves, intelligently designed for the female body. Includes cardio dance, full body toning and yoga inspired stretching and meditation.

Location: Esquimalt Recreation Centre  
Tue 9:15am-10:10am

Instructor: Marcia Semenoff  
17163

### Bootcamp

An explosive, total body program aimed at maximizing fat burning and increase lean muscle mass. Class offers maximum variety, pushing your limits! Class will be held outside when weather permits.

Location: Esquimalt Recreation Centre  
Wed 6:45pm-7:30pm

Instructor: Eugene Nnoli  
17163



## Core Yoga Drop-In

All levels. Core Yoga uses poses that will engage your abdominal muscles to build a strong and stable core. Health benefits include reducing back pain and chance of injury; and improves posture, balance and digestion.

Location: Esquimalt Recreation Centre Instructor: Lynda Lafond  
Tue 10:20am-11:15am 17166

## Circuit and Stretch

Keep your heart rate elevated with a cardio strength circuit followed by 15-20 min of stretching.

Location: Esquimalt Recreation Centre Instructor: Virginia Rego  
Tue 6:15am-7:00am 17165

## HIIT

High Intensity Interval Training (HIIT) alternates periods of short intense anaerobic exercise with recovery periods. This intense style of training stresses the muscles and cardiovascular system in a short period of time, forcing it to adapt by improving anaerobic and aerobic capacity, boosting metabolism and accelerating weight loss.

Location: Esquimalt Recreation Centre Instructor: Eugene Nnoli  
Thu 6:00pm-6:45pm 17167

## Mixed Interval Challenge

Mixed cardio intervals with sets of strength training exercises to peak your calorie burn. Using steps, weights, bands and balls, this short high intensity workout can be modified for most levels.

Location: Esquimalt Recreation Centre  
Mon 5:30pm-6:25pm 17168 Instructor: Cheryl Kannon  
Thu 6:15am-7:00am 17171 Instructor: Esther Bendall  
Sat 8:15am-9:10am 17170 Instructor: Cheryl Kannon

## Strength & Balance

This relaxed and enjoyable class is excellent for those wishing to improve strength and balance, and reduce the risk of falls. After a low impact warm up, we will use bands and light weights; some sitting, some standing.

Location: Esquimalt Recreation Centre Instructor: Christine Balinski  
Wed 9:00am-9:55am 14099

## Power Circuit

Always changing, this lunch hour workout will make you sweat. No choreography, circuit style. Cardio bursts mixed with strength and endurance moves. Body weight, tubes, weights, med balls and steps.

Location: Esquimalt Recreation Centre Instructor: Cheryl Kannon  
Tue/Thu 12:10pm-12:55pm 14013

## Spin - Drop-In

Indoor cycling (spinning) led by an enthusiastic and motivating instructor! Fast intervals, change the gears and get an amazing workout! Included with your Esquimalt Recreation Pass or drop-in admission. Limited bikes available. Bikes are first come, first served.

Location: Archie Browning Sports Centre Instructor: Ann Henslowe  
Wed/Fri 6:15am-7:00am 14023  
Mon/Wed 12:10pm-12:55pm 14022

## Stroller Fit Drop-In

Join us for some social time and fun as we work your body back into pre-baby shape! Each class combines strength, endurance and flexibility exercises for a total body workout. Class is open to mom's & dad's.

Location: Esquimalt Recreation Centre  
Tue 11:45am-12:45pm 14515 Instructor: Leah McGregor  
Thu 11:45am-12:45pm 14515 Instructor: Ann Henslowe

## Stretch & Strength

Improve your balance, flexibility and coordination in this fun and gentle class. Option to sit or stand.

Location: Esquimalt Recreation Centre Instructor: Ann Henslowe  
Mon/Thu 9:00am-9:55am 14100

## Total Body Challenge

High/low aerobics, followed by functional muscle toning exercises using the step, body bar and hand weights. Low choreography.

Location: Esquimalt Recreation Centre Instructor: Marcia Semenoff  
Wed 9:15am-10:10am 14517

## Total Body Conditioning

Challenge yourself in this bootcamp style class using a variety of exercises that will get your week started right. Open to all fitness levels.

Location: Esquimalt Recreation Centre Instructor: Esther Bendall  
Mon 6:15am-7:00am 14518

## Total Step Challenge

High energy cardio step class, followed by muscular endurance exercises to help tone the body.

Location: Esquimalt Recreation Centre Instructor: Lorraine Nygaard  
Fri 9:15am-10:10am 14541

## Yoga - Drop-In

Take some time out of your day for this introductory class. Participants perform a series of poses and breathing exercises designed to stretch and strength your body and calm the mind and spirit. Space is limited. Please register online or call 250.412.8500 after 8am on day of program to reserve.

Location: Esquimalt Recreation Centre  
Mon 12:10pm-12:55pm 14542 Instructor: Lorraine Nygaard  
Tue 5:05pm-6:00pm 14543 Instructor: Lorraine Lygaard  
Wed 12:10pm-12:55pm 14542 Instructor: Marisella Martinez  
Fri 12:10pm-12:55pm 14542 Instructor: Lynda Lafond

## Yogalates

Enjoy the benefits of both Yoga and Pilates in this fun and dynamic class. Each class will begin with mat Pilates exercises designed to strengthen and tone your muscles followed by Yoga poses for flexibility and stress release. Suitable for all levels.

Location: Esquimalt Recreation Centre Instructor: Phyllis Musseau  
Thu 9:15am-10:10am 14544



## Registered Fitness Programs

Choose the registration option that works best for you.

Fee	What does this mean?	Look for...
Registration Fee	Best Value! Register for the series & enjoy our best per class rate!	Course registration fee indicated by price/number of sessions, ex. \$42/6
Flex Fee	Enjoy amazing summer flexibility. Pay for a portion of the total # of classes in a session and still hold your spot in the class. Spot reserved for whole session, less 2 classes.	(F) in the program title  Price listing/Flex Fee, i.e. \$36/ Flex Fee
Drop-in	Enjoy complete flexibility and drop-in as suits your schedule, once or multiple times.	(D) in the program title  Price/1, i.e. \$8/1

## Health and Wellness

### Minds in Motion

Minds in Motion is a fitness and social program for people experiencing early symptoms of Alzheimer's or Dementia accompanied by a friend, family member or care partner. Enjoy light exercise conducted by a certified fitness instructor, followed by activities and social time in a relaxed atmosphere. Registration is for the participant; no charge for the accompanying companion. Start any time and pay a pro-rated registration fee. Light refreshments will be provided.

Start any time and pay a pro-rated registration fee.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Jul 03-Aug 21    Wed    1:30pm-3:00pm    \$64.00/8    17195



## Spin Classes

### Spin, Core & Stretch (D)

A great, non-impact way to increase your cardiovascular and muscular fitness! This class will have you work up a sweat, but will be less intense than our evening classes. Follow it up with a great stretch to leave you feeling ready to take on the day. Drop-in when space is available.

Location: Archie Browning Sports Centre

Instructor: Ann Henslowe

Jul 02-Jul 30	Tue	9:00am-10:00am	\$40.00/5; \$10.00/1	17196
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## Strength & Conditioning

### TRX Training (D)

Want to gain muscle strength and endurance, but lifting weights is not your thing? Try TRX suspension training, and make your body your machine. Although it's easy to modify this workout for different fitness levels, be prepared to feel your muscles like you never have before! This terrific total body and core workout will be taught in a small group fitness format. (Caution for people with wrist or hand injuries.)

Location: Esquimalt Recreation Centre

Instructor: Marcia Semenoff

Jul 02-Jul 30	Tue	8:15am-9:00am	\$40.00/5; \$10.00/1	17204
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Aug 06-Aug 27	Tue	8:15am-9:00am	\$32.00/4; \$10.00/1	17205
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### 50+ Weight Training (D)

This class will get you moving; improve strength, flexibility, balance and cardio! We start with a dynamic warm up and cardio in the studio and then move to the Weight Room to work on the circuit. By the end of the session, you will have a workout program to continue on with!

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Jul 02-Jul 30	Tue	10:15am-11:30am	\$45.00/5; \$11.00/1	17197
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Jul 04-Aug 01	Thu	10:15am-11:30am	\$45.00/5; \$11.00/1	17198
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*View availability & register online!*

Early registration strongly encouraged.

[esquimalt.ca/recreation](http://esquimalt.ca/recreation)



### Essentrics Aging Backwards (D)

Aging Backwards is a full body workout without impact. It is a slow and gentle full body stretch and strength workout that focuses on increasing mobility, flexibility and relieving chronic aches, pains and joint stiffness. Reawaken the power of your 650 muscles while slowly building strength in your body. You will move to relieve tension and pain from all joints and to liberate your spine, shoulders and hips. You will also develop increased body awareness.

Location: Esquimalt Recreation Centre

Instructor: Lynda Lafond

Jul 02-Jul 30	Tue	11:20am-12:10pm	\$50.00/5; \$12.00/1	17199
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### Mat Stretch and Strength (D)

This class takes place on the mat so there is very little getting up and down. Perfect for those with limited mobility looking to increase their strength and flexibility. You may want to bring warm clothing for the stretch portion of the class.

Location: Esquimalt Recreation Centre Kanaka

Instructor: Ann Henslowe

Jul 05-Aug 02	Fri	10:15am-11:15am	\$25.00/5; \$7.00/1	17202
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### Gentle Fit (D)

Strengthen the heart and the body. This class combines low impact aerobics with muscle conditioning exercises designed to keep the body supple, agile and fit. Suitable for newcomers to fitness, seniors and those recovering from injuries.

Location: Esquimalt Recreation Centre Craigflower

Instructor: Ann Henslowe

Jul 08-Jul 29	Mon	10:05am-10:50am	\$20.00/4; \$7.00/1	17200
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### TRX Combo (D) (F)

Innovative, intense, perfect way to end your day! This class will incorporate the TRX suspension equipment, circuit training and more to give you a total body strengthening workout. Prepare to work hard for this 45 minute class!

Location: Esquimalt Recreation Centre

Instructor: Eugene Nnoli

Jul 10-Aug 28 Wed 7:45am-8:30am 17203

\$80.00/8; \$72.00/Flex Fee; \$12.00/1

## Yoga & Pilates Classes

### Gentle Yoga

Start your day with a harmonious blend of yoga and yoga based stretches. A perfect way to increase energy, strength & flexibility. Open to any level - definitely not pretzel yoga!

Location: Esquimalt Recreation Centre

Instructor: Moira Tait

Jul 02-Jul 30	Tue	9:30am-10:45am	\$30.00/5; \$8.00/1	17215
Aug 06-Aug 27	Tue	9:30am-10:45am	\$24.00/4; \$8.00/1	17217
Jul 04-Jul 25	Thu	10:15am-11:30am	\$24.00/4; \$8.00/1	17216
Aug 01-Aug 29	Thu	10:15am-11:30am	\$30.00/5; \$8.00/1	17218

### Therapeutic Yoga (D) (F)

Therapeutic stretches and exercises target the muscles and deeper connective tissues of the body-ligaments, joints, and fascia to stretch, strengthen, balance and align the body. This class emphasizes alignment in yoga postures to safely and effectively increase range of motion and flexibility, heal (and prevent) injuries and imbalances in the body, realign posture, and balance the nervous system. Suitable for all levels, from athletes, runners and bodybuilders, to those with an injury or illness.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Jul 02-Aug 13 Tue 7:00pm-8:00pm 17224

\$70.00/7; \$60/5 Flex Fee; \$12.00/1



## Gentle Therapeutic Flow (Restorative) (D) (F)

This gentle flow class explores slow gentle movement and stretches to mobilize the joints while inviting in a deeper breath practice. The movement is complimented with restorative postures to calm the nervous system and the physical body.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Jul 03-Aug 14 Wed 6:45pm-8:15pm 17213

\$77.00/7; \$65.00/Flex Fee; \$13.00/1

## Gentle Yin Yoga (D) (F)

A slow, meditative practice that allows you to slow down and listen to your body's innate wisdom. Postures are passive and held for 3-5 minutes which allows you to access your deep connective tissue and increase joint mobility.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Jul 04-Aug 15 Thu 6:45pm-8:15pm 17214

\$77.00/7; \$65.00/Flex Fee; \$13.00/1

## Tensegrity Repair Series (D)

This yoga practice is quite complimentary to Pilates but gentler; engaging your core without excess strain on your back. Most of the exercises take place on the ground while laying on your back. Benefits include tissue and joint repair. Suitable for all levels.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Jul 08-Aug 12 Mon 5:45am-6:45am \$50.00/6; \$12.00/1 17223

No classes: Aug 05

## Mindful Movement Chair Yoga (D)

Breath and Mindful Movement Chair Yoga: This class will explore diaphragmatic breathing, and gentle movements to relax the body and quiet the mind. Explore balance and core exercises to help cultivate stability. Each class ends with a guided relaxation practice to calm the nervous system. A great class for those who want to incorporate yoga and meditation into their wellness regime without getting on the floor!

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Jul 08-Aug 12 Mon 11:05am-11:55am \$50.00/6; \$12.00/1 17219

No classes: Aug 05

## Pilates Back to Basics and Beyond (D)

This class will be open to those new to and familiar with the Pilates method of exercise. The instructor will lead the class through the foundational exercises while providing a safe and effective full body workout focusing on alignment, stabilization and improving strength, flexibility and posture. Drop-in available if space permits or register for the full series and save!

Location: Esquimalt Recreation Centre

Instructor: Phyllis Musseau

Jul 10-Jul 31 Wed 5:30pm-6:25pm \$46.00/4; \$13.50/1 17220

Aug 07-Aug 28 Wed 5:30pm-6:25pm \$46.00/4; \$13.50/1 17221

## Barre Fitness (D)

Barre is a unique class fusing techniques from pilates, ballet, yoga, and fitness to create strength, balance, posture, flexibility and toned muscles. Set to upbeat music, this no impact class is a total body conditioning workout that will give you that signature Barre Booty burn! No dance experience necessary but you will feel the grace and strength of a dancer!

Location: Esquimalt Recreation Centre

Instructor: Phyllis Musseau

Jul 10-Jul 31 Wed 6:30pm-7:25pm \$46.00/4; \$13.50/1 17211

Aug 07-Aug 28 Wed 6:30am-7:25am \$46.00/4; \$13.50/1 17212

## Zoomers

### Zoomers Suspension Training (D)

Designed for those 50 plus who want to focus on building strength and overall fitness. No big machines or weights needed; just use your body weight and a TRX. Exercises easily modified for different fitness levels. This terrific body and core work out will be taught in a small group format. (Caution for those with hand or wrist injuries)

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Jul 02-Jul 30 Tue 1:00pm-1:45pm \$40.00/5; \$10.00/1 17225

Jul 05-Aug 02 Fri 12:05pm-12:50pm \$40.00/5; \$10.00/1 17226

### Zoomers Summer Fit (D)

Calling all Zoomers. This unique fitness program is designed for those 50 plus (but all ages are welcome) who want to stay fit, build muscle, maintain balance and a healthy heart. Since it is summer this class will take place in the out of doors as much as possible.

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Jul 03-Jul 31 Wed 1:15pm-2:15pm \$30.00/5; \$8.00/1 17237

Jul 08-Jul 29 Mon 1:15pm-2:15pm \$24.00/4; \$8.00/1 17236



## Drop-in WaterFit

Schedule subject to change. For current schedule, please visit [esquimalt.ca/schedules](http://esquimalt.ca/schedules) or pick up a schedule hand out at the Esquimalt Recreation Centre. All classes listed are INCLUDED with your pass or pay drop-in admission.

### Shallow Fit

Great for all levels - experience a mix of cardio and strength that is sure to get you energized!

Jul 01-Aug 30	Mon//Wed/Fri	9:05am-9:55am	16759
Jul 02-Aug 29	Tue/Thu	8:05am-8:55am	16763
Jul 06-Aug 24	Sat	8:35am-9:25am	16767

### Statutory Holiday Class Schedule

Jul 01 & Aug 05	Mon	9:05am-9:55am	16832
Jul 01 & Aug 05	Mon	10:05am-10:55am	16832

### Deep Fit

Suspend yourself in the deep water for this cardiovascular workout! Strength exercises are done in the shallow water at the end of class without any rebounding exercises to ensure joint impact is minimizing at all times.

Jul 02-Aug 29	Tue/Thu	9:05am-9:55am	16762
Jul 03-Aug 30	Mon/Wed	8:05am-8:55am	16758

No classes: Jul 01, Aug 05

### Cardio Blast

This intense Cardio class is designed to get your heart pumping and your blood flowing. A variety of moves will have you feeling exhilarated.

Jul 02-Aug 29	Tue/Thu	7:05pm-7:55pm	16764
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### Cardio Conditioning

Designed for those 60 plus that are looking for an enjoyable and motivating workout. Set to the music of the good old days, the emphasis is on improving endurance, strength and mobility.

Jul 02-Aug 29	Tue/Thu	10:35am-11:25am	16761
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### Foundations

This non progressive, drop-in program focuses on posture and gentle motion of joints. If you have arthritis, regular exercise can relieve pain and stiffness; increase flexibility and improve balance; increase strength and stamina; help you relax and sleep better. "Foundations" is a good way to keep your self moving in a welcoming environment.

Jul 03-Aug 28	Mon/Wed	10:35am-11:25am	16765
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No classes: July 1, Aug 05

### Foundations +

This non progressive, drop-in program is one step up from foundation. This class will maintain a focus on posture, range of motion, strength and stamina with a more intense cardio portion.

Jul 05-Aug 30	Fri	10:35am-11:25am	16760
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### Total Body Workout

Moderate intensity, moderate impact (Beginner to Advanced)

This shallow water workout will pair a 30 minute cardiovascular workout with targeted strength and abdominal exercises to give participants a well-rounded full body workout.

Jul 01-Aug 30	Mon//Wed	6:05pm-6:55pm	16766
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No classes: July 1, Aug 05



## Aquatic Registered Programs

The Aquatics Centre is located in the Esquimalt Recreation Centre, 527 Fraser Street.

## Aquatic Fitness

### Aquatic HIIT (D)

This is “High Intensity Interval Training” in the water. Take advantage of the resistance of the water to up the intensity of this already intense workout. In this class you will participate in alternating periods of short intense anaerobic exercise with less-intense recovery periods to boost metabolism and accelerate weight loss.

Instructor: Ann Henslowe

Jul 02-Aug 27	Tue	6:00am-6:45am	\$63.00/9; \$10.00/1	16083
Jul 02-Jul 30	Tue	6:00am-6:45am	\$40.00/5; \$10.00/1	16084
Aug 06-Aug 27	Tue	6:00am-6:45am	\$32.00/4; \$10.00/1	16085

### Water Running (D)

Suspended in deep water, this zero impact workout uses running drills, interval training and resistance to maintain or improve your fitness. Great for runners who are cross training, those recovering from an injury, those just getting started at running, or those looking for a new way to stay fit.

Instructor: Ann Henslowe

Jul 04-Aug 29	Thu	6:00am-6:45am	\$63.00/9; \$10.00/1	16080
Jul 04-Aug 01	Thu	6:00am-6:45am	\$40.00/5; \$10.00/1	16081
Aug 08-Aug 29	Thu	6:00am-6:45am	\$32.00/4; \$10.00/1	16082

View availability & register online:  
[esquimalt.ca/programs](http://esquimalt.ca/programs)



## Aquatic Education

### Lifesaving Camp

During this “bundle” course you will participate in Bronze Medallion, Bronze Cross and Standard First Aid completing all of the pre-requisites for the National Lifeguard course.

100% participation is required

Pre-requisite: 13+ years

Location: Esquimalt Recreation Centre

Jul 08-Jul 19 Mon-Fri 11:30am-4:00pm \$300.00/10 17190

Mon/Wed/Fri - 11:30-4:00pm

Tue/Thu - 11:30-8:30pm

For more information on advanced aquatic courses & first aid training offered through Esquimalt Parks & Recreation, please view our online catalog:

**[esquimalt.ca/recreation](http://esquimalt.ca/recreation)**

Courses include:

Standard First Aid • Bronze Medallion • Bronze Cross • National Lifeguard • Water Safety Instructor Training

## Learn here.

Take your learning into our aquatic classroom.

[esquimalt.ca/jobskills](http://esquimalt.ca/jobskills)

Aquatic jobs are in high demand. This summer get certified & start working right away. Starting pay rates in Greater Victoria: \$20/hour



# SWIM LESSONS

## Swim Lessons

View lesson schedule, availability & register online!

## Lesson Sessions

**View lesson times, remaining availability & register online: [esquimalt.ca/swim](https://esquimalt.ca/swim)**

### Are you new to swim lessons?

Not sure which level to register your child in? Please drop-in to any "Family Swim" and a lifeguard will be happy to provide you with a FREE swim level assessment

### Daily Swim Lessons

Days	Start Date	End Date	# Lessons	No Class
Mon-Fri	July 8	July 19	10	
Mon-Fri	July 22	Aug 2	10	
Mon-Fri	Aug 12	Aug 23	10	

### Twice-a-week Swim Lessons

Days	Start Date	End Date	# Lessons	No Class
Tue/Thu	July 9	Aug 1	8	
Tue/Thu	Aug 6	Aug 29	8	
Mon/Wed	July 8	July 31	8	
Mon/Wed	Aug 7	Aug 28	7	

### Once-a-week Swim Lessons

Days	Start Date	End Date	# Lessons	No Class
Sunday	July 7	Aug 25	7	Aug 4
Friday	July 5	Aug 23	8	

## Levels & Duration

**30-minute preschool & school-aged**

*\$4.85/lesson*

Red Cross Parented and Preschool levels include:  
 Starfish, Duck, Sea Turtle, Sea Otter, Salamander,  
 Sunfish, Crocodile & Whale  
 School-aged levels include: Swim Kids 1 & 2

**45 minute school-aged**

*\$6.20/lesson*

Levels include:  
 Swim Kids 3-7

**60 minute school-aged**

*\$7.00/lesson*

Levels include:  
 Swim Kids 8-10

## Adult Swim Lessons

Levels: Adult Basic and Intermediate  
 All classes run 7:00 p.m. to 8:00 p.m.  
 Summer Session Dates:

Mon Jul 8-Jul 20  
 Wed Jul 10-Jul 31  
 Mon Aug 12-26  
 Wed Aug 7-28





## Registered Private Swim Lessons (Quick Sets)

Don't have a lot of time but want to squeeze in a quick set of lessons this summer? Join us for one of these Quick Set Registered Private lessons. Just 4 or 5 sessions long there will be no report cards handed out for these sessions but please feel free to bring your most recent report card and the instructors will check off any and all skill completed during your session. Sessions are available every 30-minutes from 9:00 a.m. to 11:00 a.m.

Days	Start Date	End Date	# Lessons	Cost
Tue-Fri	July 2	July 5	4	\$60
Tue-Fri	Aug 6	Aug 9	4	\$60
Mon-Fri	Aug 12	Aug 16	5	\$75
Mon-Fri	Aug 19	Aug 23	5	\$75
Mon-Fri	Aug 26	Aug 30	5	\$75

### Swim Lesson Registration Dates:

- Summer Opens June 1st
- Fall Opens August 1st
- Register for Premium Private Lessons at any time

## Private Swim Lessons

### Registered Private Lessons

\$17.00/30 minute lessons

- Registered Private Lessons run alongside community lessons. Program times can be found at [esquimalt.ca/registration](http://esquimalt.ca/registration) or in the swimming lesson supplement
- Progress cards are issued at the end of each set
- 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
- Register online: [esquimalt.ca/swim](http://esquimalt.ca/swim)

### Premium Private Lessons

\$27.00/30 minute lessons

- Available any day or time – when it fits your schedule
- Re-schedule up to 3 lessons as needed (with minimum 6 hours notice).
- 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. Please note online registration is not available for premium private lessons.







## Our Helpful Staff

### Director of Parks & Recreation

Scott Hartman | 250-412-8509  
scott.hartman@esquimalt.ca

### Parks & Facilities Manager

Rick Daykin | 250-412-8508  
rick.daykin@esquimalt.ca

### Recreation Manager

Jeff Byron | 250-412-8517  
jeff.byron@esquimalt.ca

### Recreation Coordinator

Dan Henderson | 250-412-8507  
dan.henderson@esquimalt.ca

### Recreation Coordinator

Christina Moog | 250-412-8501  
christina.moog@esquimalt.ca

### Programmer - Children's Services, Arena & Sport Programs

Regan Pemberton | 250-412-8506  
regan.pemberton@esquimalt.ca

### Programmer - Fitness & Wellness

Vicki Klyne | 250-412-8502  
fitness@esquimalt.ca

### Programmer - Community Development

Shelann Kowalewsky | 250-412-8511  
Shelann.Kowalewsky@esquimalt.ca

### Programmer - Adult & Arts

Gillian Rowan | 250-412-8532  
gillian.rowan@esquimalt.ca

### Programmer - Aquatics

Meghan Nicklin | 250-412-8505  
meghan.nicklin@esquimalt.ca

### Aquatic Supervisor

Kim Keumper | 250-412-8533  
aquatics@esquimalt.ca

### Reception Supervisor

Dana Robertson | 250-412-8503  
dana.robertson@esquimalt.ca

### Facility Booking Clerk

Chris Millan | 250-412-8525  
bookings@esquimalt.ca

### Program Support

Francis Mathieson | 250-412-8513  
francis.mathieson@esquimalt.ca

### Skating & Youth Supervisor

Dan Pauls | 250-412-8523  
dan.pauls@esquimalt.ca

### Lounge Supervisor

Holly Courtright | 250-412-8511  
holly.courtright@esquimalt.ca

### Recreation Supervisor - OSC & Camps

Robbie Young | 250-412-8512  
robbie.young@esquimalt.ca

## Frequently Asked Contacts:

### Program Registration

Online: [esquimalt.ca/registration](http://esquimalt.ca/registration)  
In person: 527 Fraser St  
Ph: 250-412-8500  
5:30am-10:30pm 7 days a wk

### Drop-in Schedules

[esquimalt.ca/schedules](http://esquimalt.ca/schedules)

### To book facility space

[esquimalt.ca/bookingrequest](http://esquimalt.ca/bookingrequest)  
or 250-412-8525

### To submit a Tree Cutting Permit

In person or download & save:  
[esquimalt.ca/trees](http://esquimalt.ca/trees)



Japanese Gardens at Esquimalt's Gorge Park

Community Contacts

COMMUNITY RESOURCES

Boys & Girls Club  
bgvic.org

Esquimalt Chamber of Commerce  
esquimaltchamberofcommerce.com

Esquimalt Kiwanis Club  
kiwanisvictoria.com

Esquimalt Lions Club  
lionsdistrict19-i.org

Public Library - Esquimalt  
gvpl.ca  
250-414-7198

Rock Solid  
rocksolid.bc.ca

Royal Canadian Legion BR#172  
legion172.com

SPECIAL INTEREST

1st Arbutus Scouts, Cubs, Beavers,  
Venturers & Rovers  
1arbutus@victoriascouts.ca

Girl Guides of Canada  
svigirlguides.bc.ca

Esquimalt Anglers  
eanglers@islandnet.com

Community Contacts

Esquimalt Curling Club  
esquimaltcurlingclub.ca

Esquimalt Baseball Assoc.  
esquimaltbaseball@gmail.com

Esquimalt Garden Club  
paulwickens@shaw.ca

Esquimalt Photo Club  
esquimaltphotoclub.org

Esquimalt Speed Skating Club  
esquimaltspeedskating.org

Gorge Soccer Assoc.  
gorgesoccer.ca

Greater Victoria Minor Football Assoc.  
victoriafootball.ca

Victoria/Esquimalt Minor Hockey  
Victoriaminorhockey.ca

Victoria/Esquimalt Minor Lacrosse  
velacrosse.com

Victoria Wheelchair Sports  
victoriawheelchairsports.ca

COMMUNITY SERVICES  
Esquimalt Neighbourhood House  
enh.bc.ca

Military Family Resource Centre  
esquimaltmfrc.com

Ministry of Child & Family  
Development  
gov.nbc.ca/mcf

Princess Patricia Light Infantry Army  
army.gc.ca/ppcli

Single Parent Resource Centre  
singleparentvictoria.ca

Vancouver Island Health Authority  
viha.ca

Esq. Public Health Unit  
250-519-5311

Victoria Police Block Watch  
vicpd.ca/about-us/programs/block-  
watch.aspx

Victoria Police Department  
West Division 250-995-7502

To have your organization listed,  
please email francis.mathieson@  
esquimalt.ca with the subject  
"Guide Community Contacts".





GREATER VICTORIA

# REGIONAL RECREATION PASS



## ANNUAL PASS ALLOWING DROP-IN TO 14 GREATER VICTORIA RECREATION CENTRES

### PENINSULA RECREATION 250-656-7271

1. Panorama Recreation Centre 1885 Forest Park Drive
2. Greenglade Community Centre 2151 Lannon Way

### SAANICH RECREATION 250-475-5422

3. Saanich Commonwealth Place 4636 Elk Lake Drive
4. Gordon Head Recreation Centre 4100 Lambrick Way
5. G.R. Pearkes Recreation Centre 3100 Tillicum Road
6. Cedar Hill Recreation Centre 3220 Cedar Hill Road

### RECREATION OAK BAY 250-595-7946

7. Oak Bay Recreation Centre 1975 Bee Street
8. Henderson Recreation Centre 2291 Cedar Hill X Road

### CITY OF VICTORIA 250-361-0732

9. Crystal Pool and Fitness Centre 2275 Quadra Street
10. Save-On-Foods Memorial Centre 1925 Blanshard Street

### ESQUIMALT RECREATION 250-412-8500

11. Esquimalt Recreation Centre 527 Fraser Street
12. Archie Browning Sports Centre 1151 Esquimalt Road

### WEST SHORE PARKS & REC 250-478-8384

13. Juan de Fuca Recreation Centre 1767 Island Highway

### SEAPARC RECREATION 250-642-8000

14. Seaparc Leisure Complex 2168 Phillips Road