

Winter/Spring Guide

January to June 2019

# ESQUIMALT PROGRAMS & EVENTS



**equals  
cool**

**REGISTER ONLINE!**

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



**ESQUIMALT**  
PARKS + RECREATION



## Try it. **FREE Program Demos: Fitness & Arts Programs**

Varying dates in January.



We are offering dozens of FREE classes this January! Wondering: how a program will fit into your schedule? If the program is exactly what you are looking for? Try it out: no cost, get to know the instructor & see for yourself!

Look for the program listings with **FREE Demo!** or **FREE Pop-Up Booth!**  
Please be sure to register as space is limited. Register online 24 hours a day:  
[esquimalt.ca/programs](http://esquimalt.ca/programs) or through the Esquimalt Rec Centre 5:30am-10:30pm  
seven days a week, call 250.412.8500 or visit 527 Fraser St.

Info: [esquimalt.ca/programs](http://esquimalt.ca/programs)



[esquipsandrec](https://www.instagram.com/esquipsandrec)



[esquimaltpandr](https://www.facebook.com/esquimaltpandr)



[@esquimaltrec](https://twitter.com/esquimaltrec)



[esquimaltrec](https://www.youtube.com/esquimaltrec)





## General Information

Inside Cover	Facility Hours
6	Facilities and Parks
8	Membership & Admission Rates
10	Calendar
21	Birthday Parties
68	Esquimalt Emergency Services
73	Curling Club Contacts
74	Staff Contacts

## Programs

16	Early Childhood
22	Spring Break Camps
23	School Aged
32	Youth
37	Adult
47	50+ Drop In
49	Fitness
62	Aquatics
69	Arena



## Facility Hours & Contact

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

### Esquimalt Recreation Centre

Ph: 250.412.8500  
527 Fraser Street, V9A 6H6

#### Hours of Operation

5:30am-10:30pm seven days a week  
Open regular hours all holidays except:  
December 24: 5:30am-4:00pm  
December 25: 1:30pm-4:00pm  
December 31: 5:30am-4:00pm  
January 1: 1:00pm-3:00pm

### Archie Browning Sports Centre

Ph: 250.412.8510  
1151 Esquimalt Road, V9A 3N6  
View drop in schedule: [esquimalt.ca/arenadropin](http://esquimalt.ca/arenadropin)

\*Holiday hours: view Arena Drop In Schedule including public skating in real time online, [esquimalt.ca/arenadropin](http://esquimalt.ca/arenadropin)

Parks & Recreation Administration – located on the second floor of the Archie Browning Sports Centre  
8:30am-4:30pm Mon-Fri. Closed Statutory Holidays



Welcome to the Winter/Spring 2019 edition of our Programs and Events Guide.

With a new year comes new opportunities to explore your community. Esquimalt Parks and Recreation has so much for you to discover. These pages contain something for everyone in the family, from pre-schoolers to seniors. Why not try something new? Learn the guitar, try new culinary creations, discover the artist within, dance to the music that moves you, study a new language: these are all offerings available through our Recreation Department.

If fun fitness is your goal, in addition to our drop-in fitness facilities and activities, there are programs and activities from yoga and martial arts to golf and aquafit. Want to get more focussed on fitness? Our Wellness Centre can help you create a personalized workout routine, and I can personally attest to the benefits of this program.

Archie Browning Sports Centre and the Recreation Centre are among the finest facilities in the region, but if the great outdoors is calling you, our well-maintained parks will answer that call. From Saxe and Macaulay Point Parks along our southern shores, to Gorge Park along the Gorge Waterway to the north, to Highrock Park near our town centre, Esquimalt is so easy to explore and discover on foot or bicycle. Drop by Municipal Hall to pick up a walking tour brochure that provides a road map to all of our parks, beach access points and historic points of interest. We also

have an app for exploring Esquimalt. The Explore Esquimalt app is available for download on iTunes and features informative maps, engaging audio and eye-popping photographs.

With its vibrant arts and culture scene, Esquimalt is again the place to be in 2019. The Township Community Arts Council is presenting Township Classics through the winter months and our award-winning Farmers Market starts its new indoor season on January 31, heading outdoors on May 16. Our scenic 5K will be held on April 6 this year and historic and popular Buccaneer Days will be held May 10-12. See the complete events listing on the following pages, and watch for updates at [www.esquimalt.ca/events](http://www.esquimalt.ca/events).

If you have questions about recreation programs and activities in the Township, visit our facilities and ask one of our staff experts for assistance, or give us a call at 250-412-8500.

On behalf of your new Council I encourage everyone to take advantage of the wealth of opportunities available through our Parks and Recreation Department this winter and spring.

Yours truly,



Barb Desjardins,  
Mayor





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.

### 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.



### Additional Information:

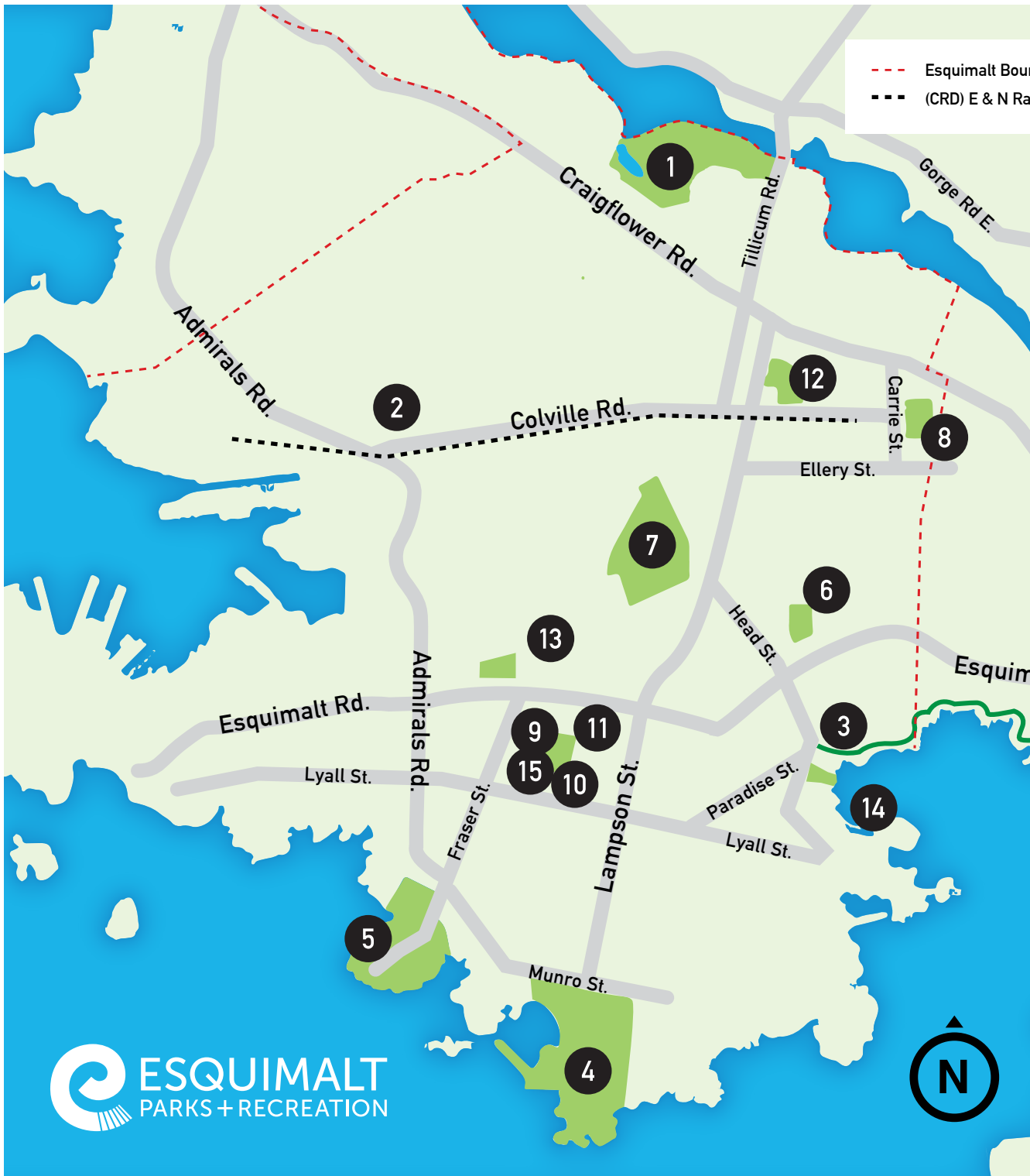
#### NSF Fee

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.

*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)*



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



ndary  
il Line

alt 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

The Splash Park at the Esquimalt Adventure Park will open (weather permitting) May 17th for the 2019 season.



## 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





## 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.

### January 1

#### **FREE!** New Year's Day Levee 2019

**FREE!**

You are invited to join the Esquimalt Mayor and Council for a meet and greet session in the Esquimalt Municipal Hall from 1:30-3:00pm.

To start off the new year right – admissions on New Year's Day will be free. Public swimming will be available 1:00 p.m. to 3:00 p.m. at the Esquimalt Recreation Centre and public skating 1:00 p.m. to 2:50 p.m. at the Archie Browning Sports Centre.

### January 5 & 6

#### Tree Chipping

The festivities of the holidays have come to a close and it is time to take down the decorations. Let the volunteers from the Community Youth Program help you dispose of your tree at their tree chipping event. This service is provided by donation and helps subsidize their youth programming.

Location: Archie Browning Sports Centre

Sat-Sun Jan 05-Jan06

10:00am-4:00pm

By donation

### Township Community Arts Council Presents...

#### Township Classics

One of the best kept secrets in Victoria isn't so much a secret anymore... Join a talented cast of international performers from Sept-Feb in the beautiful Ward Room at CFB Esquimalt for world-class music, anecdotes and laughter. Coordinated by the incomparable Order of Canada member Gwen Thompson-Robinow you'll be treated to an evening of music you will always remember. Tickets only \$20 (and they sell-out each month so don't delay!)

Township Classics, Wardroom, CFB Esquimalt, 1586 Esquimalt Road...Tickets \$20, available at the new Sharkz Store location, 1244 Esquimalt Road. Doors open at 6:30pm and music begins at 7pm, upcoming dates:

- December 30
- January 27
- February 24



January 10  
Student & Instructor Art Show  
Opening Reception

Join us for a free Celebration of the Arts! Art, music & food are all part of the fun. View art created by Esquimalt Rec students & instructors, displayed in the Rec Centre's NEW Atrium Art Gallery! The Opening Reception includes a casual meet & greet, music (schedule online at [www.esquimalt.ca/events](http://www.esquimalt.ca/events)), Pop-up Art Booths, food & refreshments. For more info, please contact: Arts & Culture Programmer, Gillian Rowan 250-412-8532 [gillian.rowan@esquimalt.ca](mailto:gillian.rowan@esquimalt.ca)

Location: Esquimalt Recreation Centre  
Jan 10 Thu 6:00pm-8:00pm FREE 14415

Included in this event:  
FREE Pop-up Art Booths:  
6:00-7:00pm

- ArtLab - Annely & NAZO
  - Watercolour on Masa Paper - Richard Wong
- 6:30-7:30pm
- StitchLab - The Makehouse
  - Watercolour Paint Booth - Dixie MacUisdin
- 7:00-8:00pm
- Drawing, Storybooks & Comics - Audrey Greenlees
  - Drawing Basics - Jim Genovese

**Musical performances:**

- For performance schedule, please visit: [esquimalt.ca/events](http://esquimalt.ca/events)

**Food & Refreshments:**

- Food Bites created by cooking instructors Bella & Manjit!

2019 Season Starts January 31!  
Esquimalt Farmers Market  
Esquimalt Farmers Market provides a marketplace which serves as a community gathering point that builds relationships and encourages healthy, local living. Join us INSIDE Esquimalt Rec Centre on Thursdays, 4:30-7:30pm, every other week from January 31 to April 25. Find locally grown produce, live music, food trucks and artisans! Follow us on Facebook, Twitter & Instagram @ [esquimaltmarket](https://www.facebook.com/esquimaltmarket) or visit [esquimaltmarket.com](http://esquimaltmarket.com) for vendor lineups

NEW!  
FREE!

February 18  
Family Day 2019

We have all sorts of excitement in store for our 2019 Family Day Event. Join us for Kindergym, Skating, Swimming, as well as a variety of activities that you can do as a family – and do it all for FREE. This event includes an Esquimalt favourite; a by donation Esquimalt Lion's BBQ. More information will be available on our website as the event approaches so check in at: [www.esquimalt.ca](http://www.esquimalt.ca) or follow us on Facebook.

Location: Esquimalt Recreation Centre  
Feb 18 Mon 11:00am-2:00pm FREE 1410

FREE!

March 1-April 15  
Photography Club Annual Spring Show

Get ready for another transformation of the Esquimalt Recreation Centre Atrium. Each year our visitors are treated to the Photography Club's Annual Spring Photo Show in the Atrium. The talented artists display their amazing photos for the community to enjoy and discuss. The community favourite contest will be on again this year so make sure you come out and vote for your favourite. The exhibit will be on display during regular hours of operation. Get a sneak peek of the photos on our website but be sure to stop by in person to appreciate their beauty; while you are at the centre, please vote for your favourite in the "People's Choice" selection.

Location: Esquimalt Recreation Centre  
Mar 01 Fri Open During Regular Hours: 5:30am-10:30pm 14205

FREE!

March 7  
Photography Club Open House

The month long photography exhibition gets off to a great start with the Photography Club Open House. Photographers will be available for a meet and greet, and will have additional images on display. Come out and meet some of the talented photographers and hear the background stories that surround the great images they captured.

Location: Esquimalt Recreation Centre  
Mar 07 Thu 6:30pm-8:00pm FREE 14206

FREE!



March 9

**FREE! VOLUNTEER!**

## Branch Out! At Esquimalt Gorge Park

Join us for a hands-on learning experience. All supplies and light refreshments provided so grab a friend or bring your family and help us protect this beautiful environment! For more information on the Township of Esquimalt's Branch Out initiative, please visit [www.esquimalt.ca/branchout](http://www.esquimalt.ca/branchout)

Location: Esquimalt Gorge Park

Mar 09      Sat      9:45am-1:00pm      FREE      14207

March 24

## Michael Dunahee Keep the Hope Alive 2019

Family fun 5km walk/run through the beautiful streets of Esquimalt. This event is stroller, wheelchair and dog friendly. It is an opportunity to gather and enjoy the company of friends and families and raise funds for Child Find BC. The funds raised will help Child Find BC continue to do the work that they do to keep our families educated and safe in our world today. Please come out and join us for this annual event. To register and for complete event details, please visit: [michaeldunahee.ca](http://michaeldunahee.ca)

Location: Esquimalt Recreation Centre

Mar 24      Sun

Registration fees:

- Adult: \$20/person – includes T-shirt or Tank
- Children: \$15/child - includes T-shirt or Tank
- Families: \$75/family – includes 5 T-shirts or Tanks, additional shirts are \$10 each.
- Corporate: \$175.00 – includes 10 T-shirts or Tanks, additional shirts are \$10 each.

Those wishing to donate to Child Find BC directly can do so through their website: [www.canadahelps.org/dn/5423](http://www.canadahelps.org/dn/5423)

Additional event details:

- Pre-registration t-shirt pick up takes place at the Esquimalt Recreation Centre on Saturday March 23rd from 10am-12pm.
- Day of registration begins around 9am with warmup at 9:45 with run/walk taking off at 10am
- Post race refreshments supplied by Country Grocer.



*Children explore Highrock Park at 2017 Earth Day festivities. Learn more and become a park steward by participating in our Branch Out! and Earth Day events.*

March 30

## Gigantic Garage Sale

**EXTENDED HOURS!**

Clean out your garage, get rid of your 'stuff' and make a few dollars. Household items, kids stuff, books, clothes and sporting equipment are only some examples of what you'll see at our sale. This event does not include wholesale or retail vendors so it is a great opportunity to swap and shop with other community members. A limited number of tables are available so register for yours early – 250.412.8500. Set up is available from 7:30am-8:30am. Doors open at 9am; no early birds please. Table prices are: \$20: 1 table, \$38: 2 tables, \$54: 3 tables, \$68: 4 tables. There is no charge for general admission.

Location: Archie Browning Sports Centre

Mar 30      Sat      9:00am-1:30pm      14208





Early Bird Registration Discount!

April 6  
Esquimalt 5K with 1K Kid's Fun Run!

A community-minded 5K open to all ages and abilities. Touted as one of the nicest 5K routes in the region, come and enjoy a beautiful course that takes you through some gorgeous Esquimalt Parks. This is an excellent race to put your training to the test before the spring and summer run series gets into full swing. Package pick-up and post race activities will be held at the Archie Browning Sports Centre complete with kids' zone, prizes, a marketplace and more. Plan to come for the run and stay for the fun! See full details on-line closer to the event date. Kids 1K starts at 9:00am and the 5K starts at 9:30am. Activities continue until 12:00pm. Register on-line at [esquimalt.ca/5k](http://esquimalt.ca/5k); or in person or over the phone through the Esquimalt Recreation Centre

Location: Archie Browning Sports Centre

5K Registration

Apr 06 Sat 9:30am-12:30pm 14479

- Early Bird (Until December 31): \$18.00
- Regular (Until March 31): \$22.00
- Late (April 1-5): \$30.00
- Race Day: \$35.00

Kids' 1K Registration

Location: Archie Browning Sports Centre

Apr 06 Sat 9:00am-12:00pm \$5.00/1 14540

April 17  
Volunteer Appreciation Celebration

FREE!

This week we recognize the invaluable contributions of all the volunteers in our community that donate so much of their time and energy to making Esquimalt a great place to live, work and learn. Without the dedication of our volunteers, many of the things that have become synonymous with Esquimalt would not be possible: Buccaneer Days, The Celebration of Lights, The Lions Easter Egg Hunt, Bloomin Beautiful and the Halloween Bonfire are just a few of the amazing events that could not happen without the unwavering support of community volunteers. Volunteers also run our Emergency Services Program, remove graffiti, lead social opportunities for seniors, sit on Committees of Council and participate in Neighbourhood Associations. This event is to honour the commitment of our volunteers. If you are interested in joining in on the fun, contact the Community Development Programmer at 250.412.8511 to find an opportunity to suit your interests.

Location: Archie Browning Sports Centre

Apr 17 Wed 6:30pm-8:00pm FREE 14209

April 21  
Lions' Easter Extravaganza

FREE!

The Esquimalt Lions are again proud to present their annual Easter Egg Hunt at Gorge Park. The event includes entertainment, food, crafts, face-painting, and of course, a massive Easter Egg Hunt. An egg-ceptional event for the whole family!

Location: Esquimalt Gorge Park

Apr 21 Sun 12:00pm-3:00pm FREE 14210

April 24  
Earth Day 2019

FREE! VOLUNTEER!

Township of Esquimalt Parks staff will be coordinating an Earth Day Celebration, working with local schools and community members to help raise awareness about keeping our local parks and urban forests safe and healthy. Activities include invasive species removal, planting, trail building and, again this year, hungry goats will be assisting with weeding out invasive species and having a great meal at the same time. The goats are an important part of the cleanup as they are able to access ground too difficult for people to reach. For complete event info, please visit: [esquimalt.ca/earthday](http://esquimalt.ca/earthday)

Location: Highrock Park

Apr 24 Wed 10:00am-2:30pm FREE 14213



FREE Program Demos:  
Fitness & Arts Programs

Varying dates in January.

We are offering dozens of FREE classes this January! Wondering: how a program will fit into your schedule? If the program is exactly what you are looking for? Try it out: no cost, get to know the instructor & see for yourself!

Look for the program listings with **FREE Demo!** or **FREE Pop-Up Booth!** Please be sure to register as space is limited. Register online 24 hours a day: [esquimalt.ca/programs](http://esquimalt.ca/programs) or through the Esquimalt Rec Centre 5:30am-10:30pm seven days a week, call 250.412.8500 or visit 527 Fraser St.

Info: [esquimalt.ca/programs](http://esquimalt.ca/programs)



**VOLUNTEER!**

May 4

**Branch Out! at Macaulay Point Park**

Join us for a hands-on learning experience. All supplies and light refreshments provided so grab a friend or bring your family and help us protect this beautiful environment! For more information on the Township of Esquimalt's Branch Out! initiative, please visit [www.esquimalt.ca/branchout](http://www.esquimalt.ca/branchout)

Location: Macaulay Point Park

May 04 Sat 9:45am-1:00pm FREE 14221

**Esquimalt Farmers Market**

**Opens May 16th Outdoors at Memorial Park!**

Esquimalt Farmers Market provides a marketplace which serves as a community gathering point that builds relationships and encourages healthy, local living. Join us OUTDOORS at Memorial Park on Thursdays, 4:30-7:30pm, May 16th to September or October TBD. Find locally grown produce, live music, food trucks and artisans! Follow us on Facebook, Twitter & Instagram @ [esquimaltmarket](https://www.facebook.com/esquimaltmarket) or visit: [www.esquimaltmarket.com](http://www.esquimaltmarket.com) for vendor lineups.

May 10

**Buccaneer Days Community BBQ**

Join your friends and neighbours for another delicious meal at the Buccaneer's Day BBQ. Space is limited so register early to reserve your seat. Lunch is served at noon with entertainment to follow. This is an all ages event.

Location: Esquimalt Recreation Centre

May 10 Fri 12:00pm-1:30pm \$9.00/1 14226

May 10-12

**Buccaneer Days 2019**

Get your eye patch and sword ready – it's Pirate time! Come out and celebrate with us during this historic annual event that has activities for all ages. Stay tuned for more details on the Buc Days pancake breakfast, craft & garden sale and the parade route.

Info: [esquimaltbuccaneerdays.ca](http://esquimaltbuccaneerdays.ca)

Location: Bullen Park & Archie Browning Sports Centre

May 10-12 Fri-Sun

**Esquimalt Ukulele Festival**

Join us for the 2019 Esquimalt Ukulele Festival, May 23 - May 26! Purchase a Festival Pass to access all festival activities, \$60 per person. Tickets for the Strum Along, Movie Night & Gala Concert can also be purchased separately, so there will be plenty of options for everyone! We encourage you to join us for the FREE Open House & Marketplace on Saturday and the FREE Ukulele Love-In, the festival's closing concert on Sunday afternoon. All events will be held in the Esquimalt Recreation Centre.

Thu-Sun May 23-May 26

Full Access Pass: \$60.00/person (Registration ID 14410)



**Festival Schedule:**

Thu, May 23: 7-9pm	Strum Along with Diamond Tooth Molly	Tickets avail at door for non-pass holders, \$10/person.	Registration ID: 14416
Fri, May 24: 7-9pm	Gala Concert featuring Island Ukuleles	Tickets avail at door for non-pass holders, \$10/person.	Registration ID: 14417
Sat, May 25: 10am-3pm	Ukulele Open House & Marketplace	<b>FREE!</b> Everyone Welcome	
Sat, May 25: 10am-3pm	Ukulele Workshop Series	Pass Holders Only	
Sat, May 25: 7-9pm	Movie Night, Stanley's Gig	Tickets avail at door for non-pass holders, \$10/person.	Registration ID: 14419
Sun, May 26: 1:30-3:30pm	Ukulele Love-In	<b>FREE!</b> Everyone Welcome	

May 25

Fort Macaulay Historic Interpretive Tour

The Fifth Annual Fort Macaulay Historic Interpretation Event will take place at Macaulay Point Park. The buildings and gun emplacements at the historic site will all be numbered and indexed to a handout with brief historical references to each. Guided tours will take place at 10:30am and 12:45pm. Tours are led by local historian, Jack Bates. The event will also feature members of the Victoria-Esquimalt Military Re-enactors Association with their encampment, the Esquimalt Archives, Toad Hollow Photography and others. The Esquimalt Lions will provide a cash-only BBQ, serving up their famous hamburgers and hot dogs with proceeds going back into the community.

Location: Macaulay Point Park

May 25 Sat 9:30am-2:00pm FREE 11582

June 1

Neighbourhood Party

Esquimalt Recreation is ready to kick off the summer season with a huge party and we want you to bring your neighbours and join us!! Esquimalt is working hard on building a strong, resilient community and it has been proven that communities that celebrate together are safer and more enjoyable to live in. We will be closing down the Esquimalt Recreation Centre Parking Lot for the festivities so plan your travel accordingly.

Location: Esquimalt Recreation Centre Parking Lot

Jun 01 Sat 11:00am-2:00pm FREE 14230



FREE!

June 8

World Ocean's Day

Ensuring a healthy ocean involves raising awareness of how we can change our daily activities to improve our marine waters. The activities and programs provided during our celebration will highlight the importance of water stewardship and the effects our daily activities have on Gorge waterway ecosystems and organisms, including Coho salmon, Pacific herring, cutthroat trout, and the Olympia oyster. In celebration of this international day, World Fisheries Trust and the Township of Esquimalt are hosting a World Oceans Day event with interpretive walks, guided canoe tours, sea creature touch tanks, crafts, games, live music and food! Many other local organizations that share an interest in our ocean will be joining the celebration with informative displays and ocean-related activities for all ages.

Location: Esquimalt Gorge Park

Jun 08 Sat 11:00am-3:00pm FREE 14231

FREE!

June 15

Bloomin' Beautiful Residential Garden Tour (Shuttle & Lunch Included)

Experience for yourself why participants say, "Esquimalt's Bloomin' Beautiful Garden Tour is the best garden tour in the region!" Bloomin' Beautiful is a legacy project from Esquimalt's 2012 centennial year. Visit several residential gardens in Esquimalt, learn from residents and be prepared to gain plenty of ideas to enhance your own property. At approximately 11:30am, we'll take a break in a local park where lunch will be provided, compliments of Country Grocer.

Location: Meet at Esquimalt's Gorge Park

Jun 15 Sat 10:00am-1:00pm \$25.00/1 11774

June 15

Navy Run

Navy Run – Do it Because You Can! Come out and run with the Military and show your support in this fun 5K, 10K and Kids Run taking place Saturday, June 15, 2019 at CFB Esquimalt. Check out their website for all the details [www.navyrunesquimalt.com](http://www.navyrunesquimalt.com)

*Left: Participants explore the community through a photo station at the Annual Neighbourhood Party. The Esquimalt Recreation Centre parking lot is closed for the festivities with parking available at the Archie Browning Sports Centre, 200 metres away. Accessible parking remains available at the rec centre.*







## Early Childhood Drop In Programs

### 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.

**Starting January 1st!** Reserve up to 24 hours before day of interest by phone (250.412.8500) or online. Payment required at time of reservation; no refunds are issued.

Location: Esquimalt Recreation Centre

#### Daytime

Jan 02-Jun 28 Mon-Fri 9:00am-10:30am

Jan 02-Jun 28 Mon-Fri 11:45am-1:15pm

#### Evening

Jan 09-Jun 26 Wed 5:30pm-7:30pm

### Kindergym

Join us for an exciting morning of exploring with ride on toys, balls, hoops, slides, mats and a Bouncy Castle. Parent participation is required. Please call 250-412-8500 after 7am to reserve your spot on the day of interest. No program on Statutory Holidays.

Location: Esquimalt Recreation Centre

#### Monday-Friday

Jan 04-Jun 28	Mon/Fri	10:30am-11:45am	\$3.00/1	13906
---------------	---------	-----------------	----------	-------

#### Saturday

Jan 05-Jun 29	Sat	9:30am-10:30am	\$3.00/1	13907
---------------	-----	----------------	----------	-------

Jan 05-Jun 29	Sat	10:30am-11:30am	\$3.00/1	13908
---------------	-----	-----------------	----------	-------

### 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

Jan 10-Jun 27	Thu	10:30am-11:45am	\$3.00/1	13905
---------------	-----	-----------------	----------	-------

### FREE! Mom Talk

Join ENH to share and connect with other moms in the community; chat about sleep, infant feeding, adjusting to motherhood and much more. A light lunch is provided each week. For more information call Esquimalt Neighbourhood House at 250-385-2635 ext. 207 Child Minding is available at Esquimalt Recreation (nominal fee applies), please call ahead to reserve your space.

Location: Esquimalt Recreation Centre

Jan 08-Jun 18	Tue	12:00pm-1:00pm	FREE	14165
---------------	-----	----------------	------	-------

## Play here.

Join us for an exciting Family Day Celebration during Kindergym. We'll have fun exploring toys, ride on bikes and the bouncy castle! Come enjoy this free family event. Parent participation mandatory.

**Monday, February 18**  
 at the Esquimalt Recreation Centre  
[esquimalt.ca/familyday](http://esquimalt.ca/familyday) for complete details.

FREE Kindergym: 11:00am to 2:00pm



*NOTE: Drop In Schedules are subject to change. Schedules available in "real time" online at: [esquimalt.ca/schedules](http://esquimalt.ca/schedules).*

Dance

Dance Together!

Enjoy rhythmic movement with your preschooler in a fun atmosphere. Explore music & creative expression while developing skills in rhythm and beat in a playful atmosphere. Parent or caregiver participation required.

Location: Esquimalt Recreation Centre

Instructor: Nikko Snow

**FREE Family Dance DEMO!**

Jan 16	Wed	10:15am-10:45am	FREE!	13993
--------	-----	-----------------	-------	-------

Registered Sessions

Jan 23-Mar 13	Wed	10:15am-10:45am	\$72.00/8	13422
Apr 10-May 15	Wed	10:15am-10:45am	\$54.00/6	13423
May 22-Jun 26	Wed	10:15am-10:45am	\$54.00/6	13424

Creative Dance - Preschool (3-5 yrs)

Explore high-energy creative movement and dance activities. Turn, jump and groove while developing rhythm, coordination & self-expression. Songs, stories, improvisation and percussion are all included. These classes build a foundation of skills that are used in a variety of sports, dance & musical activities.

Location: Esquimalt Recreation Centre

Instructor: Nikko Snow

Jan 23-Mar 13	Wed	10:45am-11:15am	\$72.00/8	13425
Apr 10-May 15	Wed	10:45am-11:15am	\$54.00/6	13426
May 22-Jun 26	Wed	10:45am-11:15am	\$54.00/6	13427



Classes with Dance Unlimited

Tap, Jazz & Creative Movement Combo (3-5 yrs)

Explore a variety dance styles while learning the fundamentals. Wear tap or hard-soled party shoes to class. Action songs, singing, and tapping will all be included.

Location: Esquimalt Recreation Centre

**FREE Demo!**

Jan 12	Sat	10:00am-10:30am	FREE!	14094
--------	-----	-----------------	-------	-------

Registered Sessions

Jan 19-Mar 16	Sat	10:30am-11:00am	\$58.00/8	13438
No class: Feb 16				
Apr 13-Jun 22	Sat	10:30am-11:00am	\$65.00/9	13439
No class: Apr 20, May 18				

Tiny Tutus (3-4 yrs)

Learn ballet fundamentals while learning to move to music with grace and poise. Develop balance, confidence, coordination, a joy of dance and an appreciation for classical music. Family and friends will be invited to a group performance at the end of the term.

Location: Esquimalt Recreation Centre

Jan 19-Mar 16	Sat	9:00am-9:30am	\$58.00/8	13428
No class: Feb 16				
Jan 19-Mar 16	Sat	9:30am-10:00am	\$58.00/8	13429
No class: Feb 16				
Apr 13-Jun 22	Sat	9:00am-9:30am	\$65.00/9	13430
No class: Apr 20, May 18				
Apr 13-Jun 22	Sat	9:30am-10:00am	\$65.00/9	13431
No class: Apr 20, May 18				

Parent & Tot Dancing (18mo - 3.5 yrs)

Explore creative movement with your child while watching him/her develop skills applicable to music, sports & dance. Move & groove to music, engage in fun games & take on new challenges together. These classes are for tots & parents or caregivers.

Location: Esquimalt Recreation Centre

Jan 19-Mar 16	Sat	10:00am-10:30am	\$58.00/8	13585
No class: Feb 16				
Apr 13-Jun 22	Sat	10:00am-10:30am	\$65.00/9	13433
No class: Apr 20, May 18				



## Language

### Baby Mandarin Seeds (6 mos-2 yrs)

This bilingual (English & Mandarin) program provides babies & toddlers opportunities to expand their musical and tuning skills by exposing them to sounds of Mandarin & cultivating a strong linguistic foundation in brain development. Babies & toddlers will explore the sounds of Mandarin with the simple finger-play games, classic bilingual nursery rhymes & interactive short stories. Babies & toddlers might not be ready to verbalize in Mandarin yet but they will be prepared to learn more Mandarin & many other languages in the future. Parent/caregiver participation required.

Location: Esquimalt Recreation Centre

Instructor: Lucy Lin

Jan 20-Mar 17	Sun	12:00pm-12:30pm	\$64.00/8	13878
---------------	-----	-----------------	-----------	-------

No class: Feb 17

Apr 07-Jun 09	Sun	12:00pm-12:30pm	\$64.00/8	13879
---------------	-----	-----------------	-----------	-------

No class: Apr 21, May 19

### Super Mandarin Seeds (3-5 yrs)

Do you believe that you are ready to speak in Mandarin? Yes you are! Come to Mandarin Seeds bilingual program & discover your secret super linguistic power. Explore your creative brain through funny nursery songs, interactive games, folk music & stories in both English & Mandarin.

Location: Esquimalt Recreation Centre

Instructor: Lucy Lin

Jan 20-Mar 17	Sun	12:45pm-1:30pm	\$88.00/8	13876
---------------	-----	----------------	-----------	-------

No class: Feb 17

Apr 07-Jun 9	Sun	12:45pm-1:30pm	\$88.00/8	13880
--------------	-----	----------------	-----------	-------

No class: Apr 21, May 19



## Music

### NEW! Colourstrings, Early Childhood Music (3 mos-5 yrs)

Group music lessons for children ages 3 mos-5 yrs. Children develop foundational music skills through singing, movement, & percussion instrument playing. Classes are fun & educational, filled with imaginative stories & creative play. Love music? Love making it. Parent/caregiver participation is required for Toddlers, Wobblers & Babies. Classes do not take place on long weekend Mondays.

Location: Silver Bow Music Studio (15-1182 Colville Rd)

Instructor: Cheryl Dennett

#### Babies (3-12 mos)

Jan 14-Mar 18	Mon	12:15pm-12:45pm	\$108.00/9
---------------	-----	-----------------	------------

No class: Feb 18

#### Wobblers (1-2 yrs)

Jan 15-Mar 12	Tue	9:15am-9:55am	\$108.00/9
---------------	-----	---------------	------------

#### Toddlers (2-3 yrs)

Jan 16-Mar 13	Wed	9:15am-9:55am	\$108.00/9
---------------	-----	---------------	------------

#### Preschool 1 (3-4 yrs)

Jan 14-Mar 18	Mon	2:30pm-3:15pm	\$108.00/9
---------------	-----	---------------	------------

No class Feb 18

#### Preschool 2 (4-5 yrs)

Jan 14-Mar 18	Mon	1:30pm-2:15pm	\$108.00/9
---------------	-----	---------------	------------

### Glee Club - Super Junior (4-5 yrs)

Singing, dancing and musical theatre are all a part of this exciting program. Perform hits and songs from your favorite movies in a fun and lively environment. Invite your family and friends to a performance during the final class of each session. Indulge your dreams of being a superstar!

Location: Esquimalt Recreation Centre

Instructor: Maeve Poulin

Jan 24-Mar 14	Thu	5:30pm-6:00pm	\$68.00/8	13468
---------------	-----	---------------	-----------	-------

Apr 04-May 09	Thu	5:30pm-6:00pm	\$52.00/6	13469
---------------	-----	---------------	-----------	-------

May 16-Jun 20	Thu	5:30pm-6:00pm	\$52.00/6	13470
---------------	-----	---------------	-----------	-------

Experience more music at the Esquimalt Ukulele Festival!

Mark Your Calendar: May 26

Details on page 14



## Music Together®

Music Together® is an internationally recognized mixed-age music and movement program for children from birth to 5yrs and parents/caregivers. Through a combination of adult participation, improvisation, music immersion and playful activities, your child's natural music development is supported and nurtured – Come PLAY with Music!! Registration fee includes curriculum materials (CD, songbook, digital downloads, & resource guide). Looking to register siblings? Please our contact our reception desk to receive the sibling rate, 250-412-8500. Please note, siblings under 9 months at first class may attend the session free of charge. More Info: [www.musictogethervictoria.com](http://www.musictogethervictoria.com).

Location: Esquimalt Recreation Centre

Instructor: Music Together

### Drum Song Collection

Jan 08-Mar 12	Tue	9:30am-10:15am	\$168.00/10	13961
Jan 08-Mar 12	Tue	10:30am-11:15am	\$168.00/10	13962
Jan 11-Mar 15	Fri	9:30am-10:15am	\$168.00/10	13963

No class: Feb 18

Jan 11-Mar 15	Fri	10:30am-11:15am	\$168.00/10	13964
---------------	-----	-----------------	-------------	-------

No class: Feb 18

Apr 09-Jun 11	Tue	9:30am-10:15am	\$168.00/10	13965
Apr 09-Jun 11	Tue	10:30am-11:15am	\$168.00/10	13966
Apr 05-Jun 14	Fri	9:30am-10:15am	\$168.00/10	13967

No class: Apr 19

Apr 05-Jun 14	Fri	10:30am-11:15am	\$168.00/10	13968
---------------	-----	-----------------	-------------	-------

No class: Apr 19

## Guitar (3-6 yrs)

Give your child an early introduction to guitar using instructor Alberto Ubach's specialized method, designed for the young guitarist. Classes include an introduction to basic sight reading, pitch and rhythm. Students learn simple songs while developing finger strength and dexterity in a lively and supportive environment. Parent/caregiver participation is required. Alberto's "rubber bands for the young guitarist device" is used/attached to student guitars. Students can bring guitars from home or rent small-sized guitars directly from the instructor (with a \$50 deposit). An additional \$35 material fee is required for new students to cover the cost of the \$20 course music book fee and the \$15 rubber bands device.

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Jan 22-Mar 12	Tue	4:15pm-4:45pm	\$64.00/8	13446
Apr 09-May 14	Tue	4:15pm-4:45pm	\$48.00/6	13447
May 21-Jun 25	Tue	4:15pm-4:45pm	\$48.00/6	13448

## Sports

### Little Kickers MIJO Taekwondo (3-5yrs)

Led by MIJO Taekwondo Instructor Michelle Carpenter, kids will love this fun educational class, where they will practice the basics of movement, coordination and teamwork through original games and activities, while learning the foundation of Taekwondo skills.

Location: Esquimalt Recreation Centre

Jan 12-Mar 16	Sat	11:00am-11:30am	\$54.00/9	14135
---------------	-----	-----------------	-----------	-------

No class: Feb 16

Apr 06-Jun 22	Sat	11:00am-11:30am	\$60.00/10	14137
---------------	-----	-----------------	------------	-------

No class: Apr 20, May 18

### Preschool Soccer

Our energetic instructor will introduce the fundamentals of soccer in a lively & friendly atmosphere. Focus is on skill development, teamwork and fun. This is an indoor program, we will go outdoors when weather and space is permitting.

Location: Esquimalt Recreation Centre

Instructor: Alex Cowan

#### 3-4yrs

Jan 13-Mar 17	Sun	10:00am-10:30am	\$54.00/9	14310
---------------	-----	-----------------	-----------	-------

No class: Feb 17

Apr 07-Jun 16	Sun	10:00am-10:30am	\$54.00/9	14311
---------------	-----	-----------------	-----------	-------

No class: Apr 21, May 19

#### 4-5 yrs

Jan 13-Mar 17	Sun	10:45am-11:15am	\$54.00/9	14315
---------------	-----	-----------------	-----------	-------

No class: Feb 17

Apr 07-Jun 16	Sun	10:45am-11:15am	\$54.00/9	14320
---------------	-----	-----------------	-----------	-------

No class: Apr 21, May 19





**Can you guess what our Puddle Jumpers! found?** Formerly Creative Play, Puddle Jumpers has moved outdoors to provide an exciting nature-based educational opportunity for children aged 3-5yrs.

## Kinderstart Preschool

This program will focus on Kindergarten preparation. Children will learn through play, while developing fine & gross motor skills in addition to social skills. This program is designed for children entering kindergarten the following year. Children must be 4 years of age by Dec 31. Fees calculated at \$15/class.

Location: Esquimalt Recreation Centre

Sep 10-Jun 14 Mon/Wed/Fri 12:30pm-3:00pm \$15/class 11438

## Puddle Jumpers! (Creative Play)

This program will focus on learning through play indoors and by exploring the outdoors. As we begin to transition this year towards an outdoor program. Children will continue to have opportunities to share ideas, develop fine and gross motor skills while building new friendships and social skills. Fees are calculated at \$15/class. Monthly fees will vary. Ongoing registration while space permits.

Location - Drop-off: Saxe Point Park; Pick-up: Esquimalt Recreation Centre

Sep 11-Jun 13 Tue/Thu 9:15am-11:45am \$15/class 11434

## School Year Preschool Programs

Ongoing registration while space permits. Register online and pay for the entire year, or call Esquimalt Recreation to set up payment plan.

### Esquimalt Preschool (3-5yrs) - Taking Waitlist

Allow your child to explore their creativity through an array of exciting activities including free play, arts & crafts, singing & dancing, story time, and so much more. Our ECE certified staff provide a fun and safe environment for your little one to grow and develop their cognitive, physical, and social skills at their own pace. Join us in the mornings or afternoons, where having fun is rule number one! Fees calculated at \$19/class.

Location: Esquimalt Recreation Centre

#### Monday/Wednesday Classes

Sep 10-Jun 12 Mon/Wed 9:00am-12:00pm \$19/class 11435

#### Tuesday/Thursday Classes

Sep 11-Jun 13 Tue/Thu 9:00am-12:00pm \$19/class 11436

Find our preschool drop in schedule on page 16 or view in real time online:  
[esquimalt.ca/schedules](http://esquimalt.ca/schedules)

## Fantastique Fridays

### Limited availability, register now!

Extend your week with this terrific Friday class. Your child will be introduced to the French language through songs, stories and rhymes. Our ECE Instructors will chose monthly themes inspired by the interests of the group and may include, cooking, seasons, space, friendships and more . Each class will include free play, art activities and circle time with a focus on fun and beginner French. Fees are calculated at \$16/class. Monthly fees will vary.

Location: Esquimalt Recreation Centre

Sep 14-Jun 14 Fri 9:00am-12:00pm \$16/class 11437



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 a little bit of 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
-----	---------------	------------	-------

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 March 16, 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







## Spring Break Camps

### OSC Spring Break Camps – Licensed (Grade 2-5)

Weekly registration is available our licensed camps running over spring break. Care is available from 6:30am-6:00pm with feature activities and out-trips taking place between 9:00am and 3:00pm each day. Licensed camps are eligible for subsidy through the Ministry of Families and Children. Those applying for subsidy must do so directly through the Ministry. Early application is strongly encouraged.

Location: Esquimalt Recreation Centre

Mar 18-Mar 22	Mon-Fri	6:30am-6:00pm	\$170.00/5	14239
Mar 25-Mar 29	Mon-Fri	6:30am-6:00pm	\$170.00/5	14240

### Playgrounds

Weekly registration is available our “Playgrounds” camps running over spring break. Children enjoy crafts, games, swimming, skating, out-trips to local parks, and much more. Program runs 9:00am-3:00pm each day with the option to extend care before or after the program for your convenience. Please note a nominal fee for extended care applies.

Location: Esquimalt Recreation Centre

#### Fun Seekers (Kinder-Gr 1)

Mar 18-Mar 22	Mon/Fri	9:00am-4:00pm	\$105.00/5	13692
Mar 25-Mar 29	Mon/Fri	9:00am-4:00pm	\$105.00/5	13693

#### Adventure Kids (Gr 2-5)

Mar 18-Mar 22	Mon/Fri	9:00am-4:00pm	\$105.00/5	13694
Mar 25-Mar 29	Mon/Fri	9:00am-4:00pm	\$105.00/5	13695

### Spring Break Playgrounds Camp Extended Care

For all grades K-5, registered in Esquimalt Recreation Camps extended care is available before and after regular camp hours.

Location: Esquimalt Recreation Centre

#### Morning

Mar 18-Mar 22	Mon-Fri	7:00am-9:00am	\$35.00/5	13696
Mar 25-Mar 29	Mon-Fri	7:00am-9:00am	\$35.00/5	13697

#### Afternoon

Mar 18-Mar 22	Mon-Fri	4:00pm-5:30pm	\$28.00/5	13698
Mar 25-Mar 29	Mon-Fri	4:00pm-5:30pm	\$28.00/5	13701

### Mad Science - Secret Agent in the Field

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

Mar 18-Mar 22	Mon-Fri	9:00am-4:00pm	\$265.00/5	14236
---------------	---------	---------------	------------	-------

### Mad Science - EUREKA! Mad Inventors (5-8yrs)

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

Mar 25-Mar 29	Mon-Fri	9:00am-4:00pm	\$260.00/5	14232
---------------	---------	---------------	------------	-------



Cooking

Kids Cooking Fun (6-12yrs)

Prepare delicious meals and snacks in a kid-friendly, fun environment. Complete new recipes each week while learning skills for safe, enjoyable and successful cooking experiences. Classes provide kids with the confidence and ability to assist you in your kitchen at home.

Location: Esquimalt Recreation Centre

Instructor: Deia Kupchanko-Tropf

Jan 28-Mar 11	Mon	6:00pm-7:30pm	\$66.00/6	13597
No class: Feb 18				
Jan 29-Mar 5	Tue	6:00-7:30pm	\$66.00/6	13596

5 Star Cooking (8-12yrs)

Create meals and desserts that look complicated & taste amazing but are actually easy to make. These classes will also include more advanced tips for the slightly experienced young chef. Please advise staff if your child has an allergy 250-412-8532.

Location: Esquimalt Recreation Centre

Instructor: Deia Kupchanko-Tropf

Apr 1-Apr 15	Mon	6:00pm-7:30pm	\$39.00/3	13595
Apr 9-Apr 23	Tue	6:00pm-7:30pm	\$39.00/3	13609

Spring Baking (7-12 yrs)

Bake cookies, cake & sweets you can duplicate at home. Learn how to make your baking look as good as it tastes and discover the functions of common baking tools. C Please advise staff if your child has an allergy 250-412-8532.

Location: Esquimalt Recreation Centre

Instructor: Deia Kupchanko-Tropf

Apr 29-May 13	Mon	6:00pm-7:30pm	\$39.00/3	13598
Apr 30-May 14	Tue	6:00pm-7:30pm	\$39.00/3	13601


Breakfast Extravaganza (7-12yrs)

Prepare delicious breakfast favourites in a kid-friendly, fun environment. Complete new recipes each week while learning skills for safe, enjoyable and successful cooking experiences. Classes provide kids with the confidence and ability to assist you in the kitchen at home. Please advise staff if your child has an allergy 250-412-8532.

Location: Esquimalt Recreation Centre

Instructor: Deia Kupchanko-Tropf

May 27-Jun 24	Mon	6:00pm-7:30pm	\$66.00/6	13599
May 28-Jun 25	Tue	6:00pm-7:30pm	\$66.00/6	13600



### Spring Break Pass.

10 admissions punch pass, just \$10.

Children and youth (6-18yrs) can take advantage of a great deal while school is out over spring break! This specialized pass provides up to 10 admissions to the swimming pool, wellness centre (16yrs+ or 13yrs+ with an orientation) and skating from March 17th, 2019 to April 1st, 2019.

Spring Break Pass is non-transferable. Non-refundable.





## Creative Arts

### ArtLab

Draw, paint, make & create during ArtLab creative studio! No experience needed, just bring your enthusiasm! All supplies & equipment are provided. This is an encouraging, creative space for you to explore your painting, drawing & multimedia at your own pace. Guest artists will be in the studio each week to share their knowledge & provide you with coaching, mentorship & weekly themes. We will allow a very limited number of single admissions if space permits, for \$8 per admission. For more information, phone Arts & Culture Programmer Gillian Rowan 250-412-8532.

Location: Esquimalt Recreation Centre

Facilitated by: Guest Artists

**FREE ArtLab Pop-up Booth! Thu Jan 10 6:00-7:00pm**

#### 6-8yrs

Jan 08-Mar 12	Tue	4:00pm-5:00pm	\$55/10	13648
Apr 09-Jun 11	Tue	4:00pm-5:00pm	\$55/10	13649

#### 9-15 yrs

Jan 08-Mar 12	Tue	5:00pm-6:00pm	\$55/10	13647
Apr 09-Jun 11	Tue	5:00pm-6:00pm	\$55/10	13650

### Drawing, Storybooks & Comics

Unleash your imagination with these creative drawing & storytelling classes! Drawing basics such as proportion, perspective, shape, colour and shadow will be covered; story development skills will also be included. Create your own characters & setting in 3-D using modelling clay & explore story development through games & activities, and tell your stories on paper. Students may create a multi-page story or one-page ideas. Classes do not take place on long weekends.

Location: Esquimalt Recreation Centre

Instructor: Audrey Greenlees

**FREE Pop-up Booth Thu Jan 10 7:00-8:00pm**

#### 5-7yrs

Jan 27-Mar 10	Sun	9:30am-10:30am	\$54.00/6	13568
No class: Feb 17				
Apr 07-May 12	Sun	9:30am-10:30am	\$45.00/5	13565
No class: Apr 21				
May 26-Jun 23	Sun	9:30am-10:30am	\$45.00/5	13570

#### 8-12yrs

Jan 27-Mar 10	Sun	10:45am-11:45am	\$54.00/6	13567
No class: Feb 17				
Apr 07-May 12	Sun	10:45am-11:45am	\$45.00/5	13566
No class: Apr 21				
May 26-Jun 23	Sun	10:45am-11:45am	\$45.00/5	13572

### NEW! Creative Illustrations with Paint, Ink, and Mixed Media

Explore a variety of mediums including watercolour, gouache, acrylic, ink & collage while creating your own beautiful art pieces! Creative illustration can tell a story & is used in pattern & design making. Express your own unique style in a supportive & encouraging environment. All supplies are included in your registration fee.

Location: Esquimalt Recreation Centre

Instructor: Anne -Ly

#### 6-8yrs

Jan 30-Mar 06	Wed	5:00pm-6:00pm	\$65.00/6	14184
---------------	-----	---------------	-----------	-------

#### 9-14yrs

Jan 30-Mar 06	Wed	6:00pm-7:00pm	\$65.00/6	14185
---------------	-----	---------------	-----------	-------

### FREE Program Demos & Pop-up Booths!

We are offering dozens of FREE classes this January! Wondering: how a program will fit into your schedule? If the program is exactly what you are looking for? Try it out: no cost, get to know the instructor & see for yourself!

Look for the program listings with **FREE Demo!** or **FREE Pop-up Booth!** Please be sure to register as space is limited.



## Dance

### Junior Ballet 5-9 yrs

Spin, twirl & learn coordinated dance routines with confidence & poise. Learn dance skills that you can transfer to any other style of dance. Class does not run on long weekends.

Location: Esquimalt Recreation Centre

Instructor: Dance Unlimited

**FREE Demo!**

Jan 12	Sat	10:30am-11:00am	FREE	14095
--------	-----	-----------------	------	-------

### Registered Sessions

Jan 19-Mar 16	Sat	11:30am-12:00pm	\$58.00/8	13580
---------------	-----	-----------------	-----------	-------

No class: Feb 16

Apr 13-Jun 22	Sat	11:30am-12:00pm	\$65.00/9	13588
---------------	-----	-----------------	-----------	-------

No class: Apr 20, May 18

### Hip Hop 5-9 yrs

Dance to popular tunes while learning basic hip hop moves. Learn a short choreographed routine while keeping up with the beat of the music. Classes do not run on long weekends.

Location: Esquimalt Recreation Centre

Instructor: Dance Unlimited

Jan 19-Mar 16	Sat	11:00am-11:30am	\$58.00/8	13582
---------------	-----	-----------------	-----------	-------

No class: Feb 16

Apr 13-Jun 22	Sat	11:00am-11:30am	\$65.00/9	13587
---------------	-----	-----------------	-----------	-------

No class: Apr 20, May 18

### Junior Jazz 5-9 yrs

Learn this energetic & fun dance style. Routines include leaps, turns & fancy footwork. Great for kids that enjoy a fast beat & a lively atmosphere.

Location: Esquimalt Recreation Centre

Instructor: Dance Unlimited

Jan 19-Mar 16	Sat	12:00pm-12:30pm	\$58.00/8	13581
---------------	-----	-----------------	-----------	-------

No class: Feb 16

Apr 13-Jun 22	Sat	12:00pm-12:30pm	\$65.00/9	13589
---------------	-----	-----------------	-----------	-------

No class: Apr 20, May 18



Minimum registration must be met at least 3 business days prior to program start dates to avoid unnecessary cancellations. Register online 24 hours a day: [esquimalt.ca/programs](http://esquimalt.ca/programs) - or in person or by phone through the Esquimalt Rec Centre, call 250.412.8500 or visit 527 Fraser Street 5:30am-10:30pm seven days a week.

## Student & Instructor Art Show Opening Reception

Join us for a free Celebration of the Arts! Art, music & food are all part of the fun. View art created by Esquimalt Rec students & instructors, displayed in the Rec Centre's NEW Atrium Art Gallery! The Opening Reception includes a casual meet & greet, music (schedule online at [www.esquimalt.ca/events](http://www.esquimalt.ca/events)), Pop-up Art Booths, food & refreshments. For more info, please contact:

Arts & Culture Programmer, Gillian Rowan 250-412-8532 [gillian.rowan@esquimalt.ca](mailto:gillian.rowan@esquimalt.ca)

## Thursday, January 10th • 6:00pm-8:00pm

### Included in this event:

#### FREE Pop-up Art Booths:

6:00-7:00pm

- ArtLab - Annely & NAZO
- Watercolour on Masa Paper - Richard Wong

6:30-7:30pm

- StitchLab - The Makehouse
- Watercolour Paint Booth - Dixie MacUisdin

7:00-8:00pm

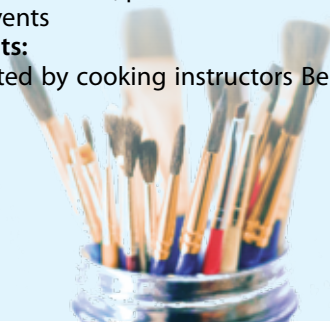
- Drawing, Storybooks & Comics - Audrey Greenlees
- Drawing Basics - Jim Genovese

#### Musical Performances:

- For performance schedule, please visit: [esquimalt.ca/events](http://esquimalt.ca/events)

#### Food & Refreshments:

- Food Bites created by cooking instructors Bella & Manjit!



## Dramatic Arts

### Glee Club

Singing, dancing and musical theatre are all a part of this exciting program. Perform hits and songs from your favorite movies in a fun and lively environment. Invite your family and friends to a performance during the final class of each session. Indulge your dreams of being a superstar!

Location: Esquimalt Recreation Centre

Instructor: Maeve Poulin

#### 4-5 yrs

Jan 24-Mar 14	Thu	5:30pm-6:00pm	\$68.00/8	13473
Apr 04-May 09	Thu	5:30pm-6:00pm	\$52.00/6	13474
May 16-Jun 20	Thu	5:30pm-6:00pm	\$52.00/6	13475

#### 6-9yrs

**FREE DEMO! Thu Jan 17 6:00-6:30pm**

Jan 24-Mar 14	Thu	6:10pm-6:50pm	\$72.00/8	13476
Apr 04-May 09	Thu	6:10pm-6:50pm	\$54.00/6	13477
May 16-Jun 20	Thu	6:10pm-6:50pm	\$54.00/6	13478

#### 10-14yrs

Jan 24-Mar 14	Thu	7:00pm-8:00pm	\$78.00/8	13479
Apr 04-May 09	Thu	7:00pm-8:00pm	\$58.00/6	13480
May 16-Jun 20	Thu	7:00pm-8:00pm	\$58.00/6	13481



### Improv (9-14 yrs)

Leap into the world of improv with instructor Maeve Poulin! Challenge yourself & gain confidence in your ability to listen, accept & problem-solve quickly. Practice thinking on your feet while focusing on your surroundings and making quick & clever decisions. These fun and engaging classes promote participation & explore creativity in a safe and accepting environment. Beginners will learn the basics & experienced students will try exciting new challenges (all levels welcome).

Location: L'ecole Brodeur School

Instructor: Maeve Poulin

**FREE DEMO! Thu Jan 17 6:30-7:00pm**

**\*demo takes place in the Esquimalt Recreation Centre\***

Jan 22-Mar 12	Tue	6:00pm-7:00pm	\$80.00/8	13489
Apr 09-May 14	Tue	6:00pm-7:00pm	\$60.00/6	13488
May 21-Jun 25	Tue	6:00pm-7:00pm	\$60.00/6	13490



10 admissions punch pass, just \$10.

Children and youth (6-18yrs) can take advantage of a great deal while school is out over spring break! This specialized pass provides up to 10 admissions to the swimming pool, wellness centre (16yrs+ or 13yrs+ with an orientation) and skating from March 17th, 2019 to April 1st, 2019.

Spring Break Pass is non-transferable. Non-refundable.



# Play here.

Language

American Sign Language (ASL) (7-14 yrs)

Enjoy this energetic, dynamic approach to make learning fun by actively learning ASL through games, songs & interactive activity. Learn basic vocabulary & ASL communication skills in a fun group setting.

Location: Esquimalt Recreation Centre

Instructor: Lindsay Carroll

Jan 21-Mar 04	Mon	5:00pm-5:45pm	\$45.00/6	13640
No class: Feb 18				
Apr 08-May 13	Mon	5:00pm-5:45pm	\$40.00/5	13641
No class: Apr 22				
May 27-Jun 24	Mon	5:00pm-5:45pm	\$40.00/5	13642

Leadership & 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

Feb 09	Sat	9:00am-12:00pm	\$35.00/1	14112
Mar 16	Sat	9:00am-12:00pm	\$35.00/1	14113
Jun 01	Sat	9:00am-12:00pm	\$35.00/1	14114

e<sup>2</sup> Young Engineers: Transportation & Aviation (6-12yrs)

With the use of Lego building blocks in conjunction with other tools and mechanical parts, our specially trained educators inspire youth participants while teaching theoretical and applied principals of science, technology, mechanical engineering and math (STEM). In addition our students develop their abilities for independent learning and improve their building skills. This semester we will be building different vehicles and aviation related models.

Location: Esquimalt Recreation Centre

Jan 11-Mar 15	Fri	5:00pm-6:15pm	\$229.00/10	14335
---------------	-----	---------------	-------------	-------

e<sup>2</sup> Young Engineers: Amusement Park (6-12yrs)

With the use of LEGO building blocks in conjunction with other tools and mechanical parts, our specially trained educator inspire youth participants while teaching theoretical and applied principles of science, technology, mechanical engineering and math (STEM). In addition our students develop their abilities for independent learning and improve their building skills. This semester we'll be building models related to amusement parks!

Location: Esquimalt Recreation Centre

Apr 05-Jun 21	Fri	5:00pm-6:15pm	\$229.00/10	14334
No class: Apr 19, May 17				





## Martial Arts

### Yuishinkai Karate & Kobujutsu (9yrs+)

We instill 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](http://www.zehr.ca)), with over 35 years of martial arts experience.

Location: L'ecole Brodeur School

**Register for the Season & Save!**

#### Winter

Jan 07-Apr 29	Mon/Wed	6:30pm-8:30pm	\$250.00/31	14307
No class: Feb 18, Apr 22				

#### Spring

May 01-Jun 26	Mon/Wed	6:30pm-8:30pm	\$120.00/16	14309
No class: May 20				

#### Monthly Registration

Jan 07-Jan 30	Mon/Wed	6:30pm-8:30pm	\$70.00/8	14299
Feb 04-Feb 27	Mon/Wed	6:30pm-8:30pm	\$70.00/7	14300
No class: Feb 18				
Mar 04-Mar 27	Mon/Wed	6:30pm-8:30pm	\$70.00/8	14301
Apr 01-Apr 29	Mon/Wed	6:30pm-8:30pm	\$70.00/8	14302
No class: Apr 22				
May 01-May 29	Mon/Wed	6:30pm-8:30pm	\$70.00/8	14304
No class: May 20				
Jun 03-Jun 26	Mon/Wed	6:30pm-8:30pm	\$70.00/8	14306

### MIJO Taekwondo Kids Class

Let your kids learn to kick, punch, block and eventually break boards in these fun and dynamic Taekwondo classes with MIJO Taekwondo. Beginning as a white belt, students will have the opportunity to progress through our coloured belt system while learning exciting kicks, (including jumping, flying and spinning kicks), dynamic hand strikes and self defence all in a supportive, inclusive and structured learning environment.

#### Tuesdays

Location: Esquimalt Recreation Centre

Jan 08-Mar 12	Tue	5:30pm-6:30pm	\$100.00/10	14128
Apr 02-Jun 18	Tue	5:30pm-6:30pm	\$120.00/12	14130

#### Saturdays

Location: L'ecole Brodeur School

Jan 12-Mar 16	Sat	12:00pm-1:00pm	\$90.00/9	14129
No class: Feb 16				
Apr 06-Jun 22	Sat	12:00pm-1:00pm	\$100.00/10	14132
No class: Apr 20, May 18				

### MIJO Taekwondo - Beginners (5-12yrs)

Learn the basics of WTF Olympic style Taekwondo with MIJO Taekwondo. This program is for beginners new to martial art and provides participants with a foundation of basic Taekwondo skills. Students will develop important life skills such as perseverance and integrity, while working towards their yellow belt.

Location: L'ecole Brodeur School

Jan 12-Mar 16	Sat	11:00am-11:45am	\$90.00/9	14133
No class: Feb 16				
Apr 06-Jun 22	Sat	11:00am-11:45am	\$100.00/10	14134
No class: Apr 20, May 18				

# ESQUIMALT FARMERS MARKET

## THURSDAYS 4:30 - 7:30PM



*Esquimalt*  
FARMERS MARKET

**INDOORS at the  
Esquimalt Rec  
Centre  
Jan 31-Apr 25**



Music

NEW! Movement for Musicianship  
Eurhythmics for Children & Youth

Developing music skills the fun & active way. Eurhythmics is the study & integration of music & all its elements through body sensation, movement & song. Classes include a variety of musical, movement & improvisation games that develop a musical ear & an inner sense of rhythm. Eurhythmics is a unique & engaging musical experience which makes learning an instrument easier, greatly enhances choral singing & brings music theory to life. Suitable for all levels of musical experience. For safety reasons, as well as expressive purposes, everyone works in bare feet. Please ensure clothing permits freedom of movement. Location: Silver Bow Studio, 15-1182 Colville Rd  
Instructor: Veronica Pemberton - Music by Nature

6-8yrs				
Jan 17-Mar 14	Thu	4:00pm-4:45pm	\$108.00/9	
9yrs+				
Jan 17-Mar 14	Thu	5:00pm-5:45pm	\$108.00/9	

Guitar (3-6 yrs)

Give your child an early introduction to guitar using instructor Alberto Ubach's specialized method, designed for the young guitarist. Classes include an introduction to basic sight reading, pitch and rhythm. Students learn simple songs while developing finger strength and dexterity in a lively and supportive environment. Parent/caregiver participation is required. Alberto's "rubber bands for the young guitarist device" is used/attached to student guitars. Students can bring guitars from home or rent small-sized guitars directly from the instructor (with a \$50 deposit). An additional \$35 material fee is required for new students to cover the cost of the \$20 course music book fee and the \$15 rubber bands device. Location: Esquimalt Recreation Centre  
Instructor: Alberto Ubach

Jan 22-Mar 12	Tue	4:15pm-4:45pm	\$64.00/8	13449
Apr 09-May 14	Tue	4:15pm-4:45pm	\$48.00/6	13450
May 21-Jun 25	Tue	4:15pm-4:45pm	\$48.00/6	13451



Guitar (7-14 yrs)

Instructor Alberto will share his passion & knowledge for guitar in a supportive group class environment designed especially for kids. Learn simple strumming & picking techniques, progress to basic chords and sight reading, then learn simple songs that are fun to play. Engaging in music at a young age will help you develop a keen sense of pitch & rhythm, gain hand strength & motor skills and cultivate an early connection to the exciting world of musical arts. An additional \$15 course manual fee is required at registration time for first time students. Students can bring guitars from home or rent guitars directly from the instructor (with a \$50 deposit). Location: Esquimalt Recreation Centre  
Instructor: Alberto Ubach

FREE DEMO! Tue Jan 15 5:30-6:00pm

Beginner

Jan 22-Mar 12	Tue	5:00pm-5:50pm	\$80.00/8	13494
Apr 09-May 14	Tue	5:00pm-5:50pm	\$60.00/6	13493
May 21-Jun 25	Tue	5:00pm-5:50pm	\$60.00/6	13495

Continuing

Jan 22-Mar 12	Tue	6:00pm-6:50pm	\$80.00/8	13492
Apr 09-May 14	Tue	6:00pm-6:50pm	\$60.00/6	13491
May 21-Jun 25	Tue	6:00pm-6:50pm	\$60.00/6	13496



## Sports

### NEW! Basketball FUNdamentals (8-12yrs)

Come out and learn basketball FUNdamentals in a supportive, fun and challenging environment. Join Coach Geoff in drills and games designed to improve skills, learn about teamwork and have FUN! Every player receives a Vic City Basketball t-shirt.

Location: L'ecole Brodeur School

Jan 13- Mar 17	Sun	1:00pm-2:00 pm	\$90.00/9	14663
----------------	-----	----------------	-----------	-------

No Class: Feb 17

Apr 07- Jun 23	Sun	1:00pm-2:00pm	\$100.00/10	14664
----------------	-----	---------------	-------------	-------

No Class: Apr 21, May 19

### Soccer (6-9yrs)

Our energetic instructor will introduce the fundamentals of soccer in a lively and friendly atmosphere. The focus of this program is on skill development, teamwork, and fun. Program is run indoors. When weather and space permits, the program may move outdoors.

Location: Esquimalt Recreation Centre

#### 6-9yrs

Jan 09-Mar 13	Wed	4:30pm-5:30pm	\$70.00/10	14294
---------------	-----	---------------	------------	-------

Apr 03-Jun 12	Wed	4:30pm-5:30pm	\$77.00/11	14295
---------------	-----	---------------	------------	-------

#### 10-12yrs

Jan 09-Mar 13	Wed	5:30pm-6:30pm	\$70.00/10	14297
---------------	-----	---------------	------------	-------

Apr 03-Jun 12	Wed	5:30pm-6:30pm	\$77.00/11	14298
---------------	-----	---------------	------------	-------

### NEW! Badminton - Beginner (9-16yrs)

Learn the fun and fundamentals of Badminton. This beginner course will be taught using the Badminton World Federation course by an NCCP certified coach. This course will teach hand eye coordination, catching, throwing, stability and balance. Develop speed, agility and tactical strategy.

Location: Esquimalt Recreation Centre

Jan 10-Mar 14	Thu	3:30pm-5:00pm	\$150.00/10	14411
---------------	-----	---------------	-------------	-------

Apr 04-Jun 13	Thu	3:30pm-5:00pm	\$165.00/11	14412
---------------	-----	---------------	-------------	-------

### FREE Program Demos & Pop-Up Booths!

We are offering dozens of FREE classes this January!

Wondering: how a program will fit into your schedule? If the program is exactly what you are looking for? Try it out: no cost, get to know the instructor & see for yourself!

Look for the program listings with

**FREE Demo! or FREE Pop-Up Activity Booth!**

Please be sure to register as space is limited.

### FREE! KATS Tennis

Esquimalt Parks and Recreation are pleased to partner with the Society for Kids at Tennis program to offer a FREE tennis program for kids 5-13 years. This Tennis program will include skills, games, rules, scoring and etiquette. As a charitable society KATS require a Tennis Grant Application to be filled out prior to registering, please see Reception for details.

Location: Esquimalt Recreation Centre

#### 5-8yrs

Jan 12-Mar 16	Sat	4:45pm-5:45pm	FREE	14290
---------------	-----	---------------	------	-------

No class: Feb 16

Apr 06-Jun 22	Sat	4:45pm-5:45pm	FREE	14291
---------------	-----	---------------	------	-------

No class: Apr 20, May 18

#### 9-12yrs

Jan 12-Mar 16	Sat	5:45pm-6:45pm	FREE	14292
---------------	-----	---------------	------	-------

No class: Feb 16

Apr 06-Jun 22	Sat	5:45pm-6:45pm	FREE	14293
---------------	-----	---------------	------	-------

No class: Apr 20, May 18

## Sewing & Fibre Arts

### StitchLab

Design, stitch, make & create during StitchLab sewing studio! No experience needed, just bring your enthusiasm! All supplies & equipment provided. This is an inspiring, creative space for you to explore sewing and textiles at your own pace. Local sewists from The Makehouse will be in the studio each week to provide you with coaching & mentorship. Late registrations will be pro-rated if space is available. We will allow a very limited number of single admissions if space permits. For more information, phone Arts & Culture Programmer Gillian Rowan 250-412-8532.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

### FREE Pop-up StitchLab Booth!

**Thu Jan 10 6:30-7:30pm**

#### 7-9yrs

Jan 10-Mar 14	Thu	3:30pm-4:30pm	\$55.00/10	13651
---------------	-----	---------------	------------	-------

Apr 11-Jun 13	Thu	3:30pm-4:30pm	\$55.00/10	13653
---------------	-----	---------------	------------	-------

#### 10-16yrs

Jan 10-Mar 14	Thu	4:30pm-6:00pm	\$65.00/10	13652
---------------	-----	---------------	------------	-------

Apr 11-Jun 13	Thu	4:30pm-6:00pm	\$65.00/10	13654
---------------	-----	---------------	------------	-------





**NEW!** Esquimalt Recreation now has pop-up sewing studio!  
Try any of our sewing & fibre arts classes to experience it for yourself.

**Workshops with The Makehouse**

The Makehouse has teamed up with Esquimalt Rec, offering high quality sewing classes & workshops in Esquimalt Rec Centre throughout the year. Due to United Way Funding, Esquimalt Rec has purchased 8 new digital sewing machines, 4 new sergers and a full section of excellent notions. All workshops include a basic registration fee, plus a material/supplies fee to cover the cost of everything needed for your project. You are welcome to bring your own machine from home if you prefer, or use our in-house machines.

**Valentines Heart-Shaped Patchwork Pillows! (8 yrs+, Beginner Level Sewing Machine)**

Make your very own heart shaped pillow, to keep or give as a gift! An additional \$10 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

Jan 26      Sat      1:00pm-4:00pm      \$55.00/1      14547

**Fabric Tulips for Easter! (8 yrs+, Beginner Level Machine & Hand Sewing)**

Make your very own Fabric Tulips, to keep or give as a gift! An additional \$10 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

Apr 13      Sat      1:00pm-4:00pm      \$45.00/1      14558

**Apron Making (10 yrs+, Basic Sewing Machine Skills Required)**

Make your very own Apron, to keep or give as a gift! An additional \$20 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

Feb 23      Sat      10:00am-1:00pm      \$55.00/1      14548

**Sock Monsters/Sock Dolls (8 yrs+, Beginner Level Machine & Hand Sewing)**

Make your very own Sock Monster or Doll, to keep or give as a gift! An additional \$10 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

May 11      Sat      1:00pm-4:00pm      \$45.00/1      14559

**Needle Felting (8 yrs+, Beginner Level)**

Explore the creative possibilities of sculpting with wool! Learn easy-to-master sculptural needle felting techniques. An additional \$15 fee will be charged at registration time to cover the cost of all supplies (including 2 felting needles & a foam block for you to keep so that you can create more felting projects at home).

Mar 23      Sat      1:00pm-4:00pm      \$45.00/1      14557



# YOUTH

The Esquimalt Teen Centre is located on the lower level of the Esquimalt Recreation Centre, designed by youth - for youth - with pool table, gaming systems, lounging seating & more.

Tuesday	Wednesday	Thursday	Friday	Saturday
Middle School Drop In 3:00-5:00pm	Raven's Club Drop In 3:00-5:00pm	Middle School Drop In 3:00-5:00pm		
		Teen Night Drop in 7:00-10:00pm	Teen Night Drop in 7:00-10:00pm	Teen Night Drop in 7:00-10:00pm

## FREE! Youth Centre Drop-In

### FREE! Teen Night Drop-In

Teens work with staff to generate an activity calendar for the month. 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

Jan 10-Jun 29 Thu-Sat 7:00pm-10:00pm 14214

### FREE! Raven's Club

This is a student driven active program at Rock Heights for students immediately transitioning from school. Activities could range from Capture the Flag to Dodgeball to Chess. They are chosen each week by the teens, who will have the opportunities to lead and initiative the activities. A simple snack will be provided in which students will be able to collaborate and assist in its making.

Location: Esquimalt Recreation Centre

Jan 09-Jun 19 Wed 3:00pm-5:00pm 14211

### FREE! Spring Break Teen Centre (11-18yrs)

Extend hours over Spring Break! Drop in during Spring Break for some extra socializing time with friends. Join us for pool, fooseball, gaming, music and art.

Location: Esquimalt Recreation Centre

Mar 19-Mar 29 Tue-Fri 6:00pm-10:00pm 14340



## Hangout here.

Less than \$15.00/month for swimming, weight room & skating drop in access for youth! Ask reception for details.



### General Admission

### Swimming • Skating • Weight Room

### Youth Admission Rates

Youth Single Admission Drop In	\$3
Youth 10 Admission Drop In Pass (no expiry)	\$27
25 Admission Drop in Pass (no expiry)	\$63
Best Value! Annual Pass, Monthly payment plan	\$14.58/mo

## Get Active!

### Youth Intro to Wellness Centre

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. Parents are welcome to participate in the first session. Included in registration is a 5-Punch Pass to get them started.

Jan 11-Jan 18	Fri	4:00pm-6:00pm	\$25.00/2	14401
Feb 15-Feb 22	Fri	4:00pm-6:00pm	\$25.00/2	14402
Mar 18-Mar 20	Mon/Wed	2:00pm-4:00pm	\$25.00/2	14406
Mar 25-Mar 27	Mon/Wed	2:00pm-4:00pm	\$25.00/2	14407
Apr 26-May 03	Fri	4:00pm-6:00pm	\$25.00/2	14403
May 24-May 31	Fri	4:00pm-6:00pm	\$25.00/2	14404
Jun 14-Jun 21	Fri	4:00pm-6:00pm	\$25.00/2	14405

## Sports

### NEW! Badminton: Beginner (9-16yrs)

Learn the fun and fundamentals of Badminton. This beginner course will be taught using the Badminton World Federation course by an NCCP certified coach. This course will teach hand eye coordination, catching, throwing, stability and balance. Develop speed, agility and tactical strategy.

Location: Esquimalt Recreation Centre

Jan 10-Mar 14	Thu	3:30pm-5:00pm	\$150.00/10	14411
Apr 04-Jun 13	Thu	3:30pm-5:00pm	\$165.00/11	14412

### Yuishinkai Karate & Kobujutsu (9yrs+)

We instill 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. Delivered by Dr. E. Paul Zehr, UVic professor of kinesiology and neuroscience ([www.zehr.ca](http://www.zehr.ca)), with over 35 years of martial arts experience.

Location: L'ecole Brodeur School

### Register for the Season & Save!

Jan 07-Apr 29	Mon/Wed	6:30pm-8:30pm	\$250.00/1	14255
No class: Feb 18, Apr 22				

May 01-Jun 26	Mon/Wed	6:30pm-8:30pm	\$120.00/17	14257
---------------	---------	---------------	-------------	-------

### Monthly Registration

Jan 07-Jan 30	Mon/Wed	6:30pm-8:30pm	\$80.00/8	14243
---------------	---------	---------------	-----------	-------

Feb 04-Feb 27	Mon/Wed	6:30pm-8:30pm	\$70.00/7	14244
---------------	---------	---------------	-----------	-------

No class: Feb 18

Mar 04-Mar 27	Mon/Wed	6:30pm-8:30pm	\$70.00/8	14245
---------------	---------	---------------	-----------	-------

Apr 03-Apr 29	Mon/Wed	6:30pm-8:30pm	\$70.00/7	14246
---------------	---------	---------------	-----------	-------

No class: Apr 22

May 01-May 29	Mon/Wed	6:30pm-8:30pm	\$70.00/8	14249
---------------	---------	---------------	-----------	-------

No class: May 20

Jun 03-Jun 26	Mon/Wed	6:30pm-8:30pm	\$70.00/8	14251
---------------	---------	---------------	-----------	-------

### MIJO Taekwondo Adult Class (Ages 13yrs+)

Olympic style Taekwondo is one of the most popular martial arts in the world and you can find out why in our dynamic, challenging and fun Taekwondo program.

Location: Esquimalt Recreation Centre

### Tuesdays

Jan 08-Mar 12	Tue	6:30pm-7:30pm	\$100.00/10	14124
---------------	-----	---------------	-------------	-------

Apr 02-Jun 18	Tue	6:30pm-7:30pm	\$120.00/12	14126
---------------	-----	---------------	-------------	-------

### Saturdays

Jan 12-Mar 16	Sat	12:00pm-1:00pm	\$90.00/9	14125
---------------	-----	----------------	-----------	-------

No class: Feb 16

Apr 06-Jun 22	Sat	12:00pm-1:00pm	\$100.00/10	14127
---------------	-----	----------------	-------------	-------

No class: Apr 20, May 18



## Cooking

### Kids Cooking Fun (6-12yrs)

Prepare delicious meals and snacks in a kid-friendly, fun environment. Complete new recipes each week while learning skills for safe, enjoyable and successful cooking experiences. Classes provide kids with the confidence and ability to assist you in your kitchen at home.

Location: Esquimalt Recreation Centre

Instructor: Deia Kupchanko-Tropf

Jan 28-Mar 11	Mon	6:00pm-7:30pm	\$66.00/6	13597
---------------	-----	---------------	-----------	-------

No class: Feb 18

Jan 29-Mar 5	Tue	6:00-7:30pm	\$66.00/6	13596
--------------	-----	-------------	-----------	-------

### 5 Star Cooking (8-12yrs)

Create meals and desserts that look complicated & taste amazing but are actually easy to make. These classes will also include more advanced tips for the slightly experienced young chef.

Location: Esquimalt Recreation Centre

Instructor: Deia Kupchanko-Tropf

Apr 1-Apr 15	Mon	6:00pm-7:30pm	\$39.00/3	13595
--------------	-----	---------------	-----------	-------

Apr 9-Apr 23	Tue	6:00pm-7:30pm	\$39.00/3	13609
--------------	-----	---------------	-----------	-------

### Spring Baking (7-12 yrs)

Bake cookies, cake & sweets you can duplicate at home. Learn how to make your baking look as good as it tastes and discover the functions of common baking tools.

Location: Esquimalt Recreation Centre

Instructor: Deia Kupchanko-Tropf

Apr 29-May 13	Mon	6:00pm-7:30pm	\$39.00/3	13598
---------------	-----	---------------	-----------	-------

Apr 30-May 14	Tue	6:00pm-7:30pm	\$39.00/3	13601
---------------	-----	---------------	-----------	-------

### Breakfast Extravaganza (7-12yrs)

Prepare delicious breakfast favourites in a kid-friendly, fun environment. Complete new recipes each week while learning skills for safe, enjoyable and successful cooking experiences. Classes provide kids with the confidence and ability to assist you in the kitchen at home.

Location: Esquimalt Recreation Centre

Instructor: Deia Kupchanko-Tropf

May 27-Jun 24	Mon	6:00pm-7:30pm	\$66.00/6	13599
---------------	-----	---------------	-----------	-------

May 28-Jun 25	Tue	6:00pm-7:30pm	\$66.00/6	13600
---------------	-----	---------------	-----------	-------



## Creative Arts

### ArtLab (9-15yrs)

Draw, paint, make & create during ArtLab creative studio! No experience needed, just bring your enthusiasm! All supplies & equipment are provided. This is an encouraging, creative space for you to explore your painting, drawing & multimedia at your own pace. Guest artists will be in the studio each week to share their knowledge & provide you with coaching, mentorship & weekly themes. We will allow a very limited number of single admissions if space permits, for \$8 per admission. For more information, phone Arts & Culture Programmer Gillian Rowan 250-412-8532.

Location: Esquimalt Recreation Centre

### FREE Pop-Up ArtLab Booth!

Jan 10	Thu	6:00pm-7:00pm	FREE	14148
--------	-----	---------------	------	-------

### Registered Sessions

Jan 08-Mar 12	Tue	5:00pm-6:00pm	\$55.00/10	13647
---------------	-----	---------------	------------	-------

Apr 09-Jun 11	Tue	5:00pm-6:00pm	\$55.00/10	13650
---------------	-----	---------------	------------	-------

### Drawing, Storybooks & Comics

Unleash your imagination with these creative drawing & storytelling classes! Drawing basics such as proportion, perspective, shape, colour and shadow will be covered; story development skills will also be included. Create your own characters & setting in 3-D using modelling clay & explore story development through games & activities, and tell your stories on paper. Students may create a multi-page story or one-page ideas. Classes do not take place on long weekends.

Location: Esquimalt Recreation Centre

Instructor: Audrey Greenlees

### FREE Pop-up Booth! Thu Jan 10 7:00-8:00pm

Jan 27-Mar 10	Sun	10:45am-11:45am	\$54.00/6	13567
---------------	-----	-----------------	-----------	-------

No class: Feb 17

Apr 07-May 12	Sun	10:45am-11:45am	\$45.00/5	13566
---------------	-----	-----------------	-----------	-------

No class: Apr 21

May 26-Jun 23	Sun	10:45am-11:45am	\$45.00/5	13572
---------------	-----	-----------------	-----------	-------

**NEW! Creative Illustration with Paint, Ink & Mixed Media (9-14yrs)**

Explore a variety of mediums including watercolour, gouache, acrylic, ink & collage while creating your own beautiful art pieces! Creative illustration can tell a story & is used in pattern & design making. Express your own unique style in a supportive & encouraging environment. All supplies are included in your registration fee.

Location: Esquimalt Recreation Centre

Instructor: Anne -Ly

Jan 30-Mar 06	Wed	6:00pm-7:00pm	\$65.00/6	14185
---------------	-----	---------------	-----------	-------

**Dramatic Arts****Glee Club (10-14yrs)**

Singing, dancing and musical theatre are all a part of this exciting program. Perform hits and songs from your favorite movies in a fun and lively environment. Invite your family and friends to a performance during the final class of each session. Indulge your dreams of being a superstar!

Location: Esquimalt Recreation Centre

Instructor: Maeve Poulin

Jan 24-Mar 14	Thu	7:00pm-8:00pm	\$78.00/8	13479
Apr 04-May 09	Thu	7:00pm-8:00pm	\$58.00/6	13480
May 16-Jun 20	Thu	7:00pm-8:00pm	\$58.00/6	13481

**Improv (9-14 yrs)**

Leap into the world of improv with instructor Maeve Poulin! Challenge yourself & gain confidence in your ability to listen, accept & problem-solve quickly. Practice thinking on your feet while focusing on your surroundings and making quick & clever decisions. These fun and engaging classes promote participation & explore creativity in a safe and accepting environment. Beginners will learn the basics & experienced students will try exciting new challenges (all levels welcome). Improv classes take place in École Victor-Brodeur's school theatre.

Location: L'école Brodeur School

Instructor: Maeve Poulin

**FREE DEMO! Thu Jan 17 6:30-7:00pm**

**\*demo takes place in the Esquimalt Recreation Centre\***

Jan 22-Mar 12	Tue	6:00pm-7:00pm	\$80.00/8	13489
Apr 09-May 14	Tue	6:00pm-7:00pm	\$60.00/6	13488
May 21-Jun 25	Tue	6:00pm-7:00pm	\$60.00/6	13490

**Music****NEW! Movement for Musicianship Eurhythmics for Youth (9 yrs+)**

Developing music skills the fun & active way. Eurhythmics is the study & integration of music & all its elements through body sensation, movement & song. Classes include a variety of musical, movement & improvisation games that develop a musical ear & an inner sense of rhythm. Eurhythmics is a unique & engaging musical experience which makes learning an instrument easier, greatly enhances choral singing & brings music theory to life. Suitable for all levels of musical experience. For safety reasons, as well as expressive purposes, everyone works in bare feet. Please ensure clothing permits freedom of movement.

Location: Silver Bow Studio, 15-1182 Colville Rd

Instructor: Veronica Pemberton - Music by Nature

Jan 17-Mar 14	Thu	5:00pm-5:45pm	\$108.00/9
---------------	-----	---------------	------------

**Guitar (7-14 yrs)**

Instructor Alberto will share his passion & knowledge for guitar in a supportive group class environment designed especially for kids. Learn simple strumming & picking techniques, progress to basic chords and sight reading, then learn simple songs that are fun to play. Engaging in music at a young age will help you develop a keen sense of pitch & rhythm, gain hand strength & motor skills and cultivate an early connection to the exciting world of musical arts. An additional \$15 course manual fee is required at registration time for first time students. Students can bring guitars from home or rent guitars directly from the instructor (with a \$50 deposit).

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

**FREE DEMO! Tue Jan 15 5:30-6:00pm**

**Beginner**

Jan 22-Mar 12	Tue	5:00pm-5:50pm	\$80.00/8	13494
Apr 09-May 14	Tue	5:00pm-5:50pm	\$60.00/6	13493
May 21-Jun 25	Tue	5:00pm-5:50pm	\$60.00/6	13495

**Continuing**

Jan 22-Mar 12	Tue	6:00pm-6:50pm	\$80.00/8	13492
Apr 09-May 14	Tue	6:00pm-6:50pm	\$60.00/6	13491
May 21-Jun 25	Tue	6:00pm-6:50pm	\$60.00/6	13496

## Sewing & Fibre Arts

### StitchLab (10-16yrs)

Design, stitch, make & create during StitchLab sewing studio! No experience needed, just bring your enthusiasm! All supplies & equipment provided. This is an inspiring, creative space for you to explore sewing and textiles at your own pace. Local sewists from The Makehouse will be in the studio each week to provide you with coaching & mentorship. Late registrations will be pro-rated if space is available. We will allow a very limited number of single admissions if space permits, for \$8 per admission. For more information, phone Arts & Culture Programmer Gillian Rowan 250-412-8532.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

**FREE Pop-up StitchLab Booth! Thu Jan 10 6:30-7:30pm**

Jan 10-Mar 14	Thu	4:30pm-6:00pm	\$65.00/10	13652
Apr 11-Jun 13	Thu	4:30pm-6:00pm	\$65.00/10	13654

Get cetified on a Pro D day from  
school at the Esquimalt Rec Centre!



### Red Cross Babysitters Course (11-15yrs)

Basic first aid and care-giving skills for youth 11-15 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Course also offers youth the training to promote themselves as a babysitter to prospective parents.

Location: Esquimalt Recreation Centre

Feb 15	Fri	9:00am-4:30pm	\$55.00/1	14325
May 17	Fri	9:00am-4:30pm	\$55.00/1	14326

### Sewing & Fibre Arts Workshops with The Makehouse

The Makehouse has teamed up with Esquimalt Rec, offering high quality sewing classes & workshops in Esquimalt Rec Centre throughout the year. Due to United Way Funding, Esquimalt Rec has purchased 8 new digital sewing machines, 4 new sergers and a full section of excellent notions. All workshops include a basic registration fee, plus a material/supplies fee to cover the cost of everything needed for your project. You are welcome to bring your own machine from home if you prefer, or use our in-house machines.

### Valentines Heart-Shaped Patchwork Pillows! (Beginner Level Sewing Machine)

Note: An additional \$10 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

Jan 26	Sat	1:00pm-4:00pm	\$55.00/1	14547
--------	-----	---------------	-----------	-------

### Apron Making (Basic Sewing Machine Skills Required)

Note: An additional \$20 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

Feb 23	Sat	10:00-1:00pm	\$55/1	14548
--------	-----	--------------	--------	-------

### Needle Felting (Beginner Level)

Explore the creative possibilities of sculpting with wool! Note: An additional \$15 fee will be charged at registration time to cover the cost of all supplies (including 2 felting needles & a foam block for you to keep so that you can create more felting projects at home).

Mar 23	Sat	1:00pm-4:00pm	\$45.00/1	14557
--------	-----	---------------	-----------	-------

### Fabric Tulips for Easter! (Beginner Level Machine & Hand Sewing)

Note: An additional \$10 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

Apr 13	Sat	1:00pm-4:00pm	\$45.00/1	14558
--------	-----	---------------	-----------	-------

### Sock Monsters/Sock Dolls (Beginner Level Machine & Hand Sewing)

Npte: An additional \$10 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

May 11	Sat	1:00pm-4:00pm	\$45.00/1	14559
--------	-----	---------------	-----------	-------





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! (Those registering with participants under 16 will need to attend with someone 19 yrs+ & register through reception 250-412-8500.

Mar 5	Tue	6:30pm-8:30pm	\$40.00/person	13521
May 7	Tue	6:30pm-8:30pm	\$40.00/person	13519
Jun 4	Tue	6:30pm-8:30pm	\$40.00/person	13520

Location: Esquimalt United Church, Rainbow Kitchen  
Instructor: Bella Montgomery of Perogie Pinchers of Victoria



Minimum registration must be met at least 3 business days prior to program start dates to avoid unnecessary cancellations. Register online 24 hours a day: [esquimalt.ca/programs](http://esquimalt.ca/programs) - or in person or by phone through the Esquimalt Rec Centre, call 250.412.8500 or visit 527 Fraser Street 5:30am-10:30pm seven days a week.

Flavours of Punjab – Vegetarian Series

Prepare traditional Punjabi food, home style, with instructor Manjit Dhaliwal, a native of Northern India. Classes include demonstrations & hands-on cooking. Bring an apron & a lunch size Tupperware container should there be any leftovers. We will sit down & enjoy the prepared food so plan to come a little hungry! Classes are held at the Esquimalt United Church, in the Rainbow Kitchen. Please note, all recipes are vegan & many are gluten free by nature. confirmed

Samosas, Vegetarian-style Butter Chicken & Tomato-Daikon Salad

**Class 1:** Samosas in hand-rolled pastry served with a tamarind-mint sauce; & \*time permitting\* a batch of pakoras.

**Class 2:** Butter chicken-inspired tofu coconut curry & basmati rice with cashews & peas, raita & a tomato daikon salad.

Feb 15-22	Fri	7:00pm-9:00pm	\$85.00/2	13518
-----------	-----	---------------	-----------	-------

Lentil Dahl, Baked Eggplant & Chutney

**Class 1:** Baked baby eggplant & red lentil dahl with coconut chutney.

**Class 2:** Saag (mustard greens) with garlic achaar (Indian pickle).

Mar 22-29	Fri	7:00pm-9:00pm	\$85.00/2	13516
-----------	-----	---------------	-----------	-------

Coconut-Chickpea Curry & Aloo Gobi

**Class 1:** Coconut curry chickpeas with a quick chopped salad.

**Class 2:** Beluga lentil & mushroom curry, aloo gobi (potato & cauliflower) subzi & cumin rice.

May 24-May 31	Fri	7:00pm-9:00pm	\$85.00/2	13517
---------------	-----	---------------	-----------	-------

Instructor: Manjit Dhaliwal  
Location: Esquimalt United Church, Rainbow Kitchen

## Creative Arts

### Introduction to Glass Mosaics

Design & create your own 8x10 inch indoor mosaic using stained glass, glass tiles & gems! Learn how to prepare a base for your piece and set & grout your mosaic. Become familiar with glass cutting tools & techniques. You can create your own simple design or choose from prepared designs provided by the instructor. Please wear comfortable clothes that are ok to get dirty and closed toe shoes. A mandatory \$50 extra fee covers the cost of materials and equipment. You are welcome to bring some of your own materials to add to your mosaic if desired. This 3-day workshop runs Fri 6-8pm, Sat & Sun 10am-4pm.

Feb 9-Feb 11 Fri-Sun \$175.00/person

Apr 26-Apr 28 Fri-Sun \$175.00/person

Instructor: Sewailu Auzins

Location: Sewailu's Mosaic Studio

**New drawing class!**



### NEW! Pet Portraits Workshop

Nate will show you how to start your pet portrait using the grid system, a simple & easy way for anyone to start, even with no previous experience. After you sketch the main features in place, Nate will show you how he brings his portraits to life. By the end of the workshop you will have the skills & enthusiasm to continue working on your portrait at home. This class is designed for beginners, and all levels of experience are welcome. All supplies are included in your extra \$15 material fee, so you don't need to bring any supplies from home.

Feb 2 Sat 1:30pm-3:30pm \$35.00 14179

Instructor: Nathan NAZO Davis

Location: Esquimalt Recreation Centre

## Inner Picasso?

Explore your creative side with us...



### ArtLab, Open Studio

Bring your painting, drawing or mixed media supplies & enjoy creative projects in a casual, friendly, group setting. In this self-directed class students will receive personalized mentoring, technical assistance & mini-demos from Dixie MacUisdin. Some experience is recommended. Supplies are required. Register for a set or purchase a 10-class punch card for \$90. Single class drop-in is available for \$12. ArtLab does not take place on holiday Mondays. Please bring your supplies with you. Visit our website to view a suggested list of supplies: [www.esquimalt.ca/artsupplylist](http://www.esquimalt.ca/artsupplylist)

Jan 21-Mar 4	Mon	1:00-3:00pm	\$48.00/6	13659
--------------	-----	-------------	-----------	-------

No class: Feb 18

Mar 11-Apr 15	Mon	1:00-3:00pm	\$48.00/6	13660
---------------	-----	-------------	-----------	-------

Apr 29-Jun 10	Mon	1:00-3:00pm	\$48.00/6	13663
---------------	-----	-------------	-----------	-------

No class: May 20

Facilitator: Dixie MacUisdin

Location: Esquimalt Recreation Centre

### Watercolours for Absolute Beginners

Discover the wonderful properties of watercolours in this introduction to basic supplies and techniques. Explore wet-into-wet, glazing, colour mixing, masking, and using ink for detail. A great place to begin! An additional \$25 materials fee for paint, paper, handouts, the use of brushes and all necessary supplies is required with each registration.

#### Free Pop-up Booth!

Jan 10	Thu	6:30pm-7:30pm	FREE	14162
--------	-----	---------------	------	-------

#### Registered Session

Jan 23-Feb 27	Wed	1:00pm-3:00pm	\$78.00/6	14159
---------------	-----	---------------	-----------	-------

Instructor: Dixie MacUisdin

Location: Esquimalt Recreation Centre



**NEW! Acrylics, Level 2**

Focusing on 2-3 projects, build your confidence in foundational painting skills, including value, blending, glazing, impasto & colour mixing as you take your work to the next level. Dixie will provide demos, individual assistance & lesson handouts. Some experience recommended, Supplies required.

Apr 10-May 15    Wed    1:00pm-3:00pm    \$78/6    14161  
Instructor: Dixie MacUisdin  
Location: Esquimalt Recreation Centre

**NEW! Acrylics on a Big Canvas**

Bring a big canvas, paints, your biggest brushes & an adventurous spirit! Combine traditional methods with unconventional tools & creative mark-making. Paintings can be left overnight. Painting experience is recommended. Supplies are required (see suggested supplies list on website.)

Jun 17-Jun 21    Mon-Fri    1:00-4:00pm    \$90.00/5    14167  
Instructor: Dixie MacUisdin  
Location: Esquimalt Recreation Centre

**Drawing**

Learn drawing techniques and styles using various materials in a supportive environment. Become familiar with the elements and principles of design while you gain an understanding of how to plan, develop, create and conclude a drawing. Supplies are required, please ask for a copy of the list when you register.

**Free Pop-up Booth!**

Jan 10    Thu    7:00pm-8:00pm    FREE    14163

**Fundamentals**

Jan 18-Mar 8    Fri    6:30pm-8:00pm    \$88/8    13611

**Beyond the Basics**

Apr 5-May 31    Fri    6:30pm-8:00pm    \$88/8    13612

No class: Apr 19  
Instructor: Jim Genovese  
Location: Esquimalt Rec Centre

**Watercolour on Masa Paper**

Learn to paint beautiful watercolours on Japanese art paper using the Chinese brush within a fun and stress free environment with Richard Wong, a local professional wildlife artist and long time instructor. Richard's classes are a delight to take with his tried and true ways of teaching. You will learn unique methods that are simple, yet effective. All levels welcome. Beginners are encouraged. All students are required to pay a \$10 course material fee at the time of registration. Watercolour supplies are also required. Supply list:

**Free Pop-up Booth!**

Jan 10    Thu    6:00pm-7:00pm    FREE    14164

**Monday classes**

Jan 21-Mar 4    Mon    6:45pm-8:30pm    \$72/6    13857

No class: Feb 18

Mar 25-May 6    Mon    6:45pm-8:30pm    \$72/6    13862

No class: Apr 22

**Wednesday classes**

Jan 23-Feb 27    Wed    10:15am-12:00pm    \$72/6    13859

Mar 27-May 1    Wed    10:15am-12:00pm    \$72/6    13860

**Weekend Workshop – Ravens**

Jan 19    Sat    1:00-4:00pm    \$30/1

Instructor: Richard Wong  
Location: Esquimalt Recreation Centre

**Watercolour on Masa Paper – Continuing Studio**

For experienced painters, review, work on & explore watercolour on masa paper in greater depth. Bring your own projects and/or reference material or use one from any of Richard's current/past class manuals. Learn from individual coaching & Richard's instructive demos in a flexible, small group setting. This is a great chance to work on your own paintings & have all your questions/topics answered/covered in-depth. If space permits, drop-in will be available for \$15/session. Please note: Richard will not teach new subjects during these sessions; those wishing to study new subjects are encouraged to register for Richard's regular Mon or Wed classes. Supplies required.

Jan 24-Feb 28    Thu    12:30-2:30pm    \$75/6    13858

Mar 28-May 2    Thu    12:30-2:30pm    \$75/6    13861

Instructor: Richard Wong  
Location: Esquimalt Recreation Centre





## Dance

### NEW! Hawaiian Hula

Do you admire the beautiful music & rhythm of Hawaiian dancing & want to give it a try? Join Judy Partridge, founder of the Aloha Dancers, for classes in authentic Hawaiian Hula dancing. You'll learn the basic steps, hand & body coordination, rhythm & expression, as well as learning a complete dance (possibly two) that you can perform. A great way to get the benefit of exercise while having fun moving to music. Printed notes will be provided.

#### Free Demo!

Mon	Jan 14	2:15pm-3:00pm	FREE	13971
-----	--------	---------------	------	-------

#### Registered Sessions

Jan 21-Mar 4	Mon	2:15pm-3:15pm	\$30.00/6	13969
--------------	-----	---------------	-----------	-------

No class: Feb 18

Apr 8-May 13	Mon	2:15pm-3:15pm	\$30.00/6	13970
--------------	-----	---------------	-----------	-------

No class: Apr 22

Instructor: Judy Partridge

Location: Esquimalt Recreation Centre

### Get to know our instructors...

**Dean Stroeder's** unique approach to teaching dance involves creating a positive atmosphere where connection, technique and moves are explained in a fun way. He loves to share his dance knowledge and help you become the best dancer you can be. Through his passion for dance and his energetic personality, he will keep you on your toes for years and years to come.

Dean began his dance teaching and training in 1993. He currently studies Country, Swing, Latin and Ballroom. Over his career Dean has taught and trained with some of the most sought-after instructors in the world.

He has worked on cruise ships around the world and has appeared on Slice Entertainment, ET Canada, CMT and The Amazing Race Canada and has taught line dancing at Ranchman's Cookhouse and Dancehall for over a decade, just to mention a few. Also, he had the honour of teaching the cast of Cirque du Soleil.



### Classes with Dancin' Dean (Dean Stroeder)

Classes take place in Wheeley Hall, located at the back of the Esquimalt United Church. Please enter the building through the Rainbow Kitchen doors (along Lyall St near Constance St). Register for 2 classes on the same night and pay only \$100 (\$20 savings). These are partner dances so please register with a partner.

Curious as to what each dance is all about? Search by dance title on YouTube or stay tuned to the Esquimalt Parks & Recreation Facebook page as we share clips!

#### Country 2Step

Jan 21	Mon	6:30pm-7:15pm	FREE DEMO!	14131
--------	-----	---------------	------------	-------

##### Beginner

Jan 28-Mar 11	Mon	6:30-7:30pm	\$60.00/6	14120
---------------	-----	-------------	-----------	-------

No Class: Feb 18

May 27-Jun 24	Mon	6:30-7:30pm	\$50.00/5	14120
---------------	-----	-------------	-----------	-------

##### Continuing

Jan 30-Mar 13	Wed	6:30-7:30pm	\$60.00/6	14136
---------------	-----	-------------	-----------	-------

Apr 13-May 15	Wed	6:30-7:30pm	\$60.00/6	14138
---------------	-----	-------------	-----------	-------

Instructor: Dean Stroeder

Location: Wheeley Hall, Esquimalt United Church

#### Eastcoast Swing

##### Beginner

Apr 1-May 13	Mon	7:30pm-8:30pm	\$60.00/6	14116
--------------	-----	---------------	-----------	-------

No class: Apr 22

##### Continuing

May 22-Jun 26	Wed	7:30pm-8:30pm	\$60.00/6	14140
---------------	-----	---------------	-----------	-------

#### Westcoast Swing

Jan 21	Mon	7:15pm-8:00pm	FREE DEMO!	14143
--------	-----	---------------	------------	-------

##### Beginner

Jan 28-Mar 11	Mon	7:30pm-8:30pm	\$60.00/6	14117
---------------	-----	---------------	-----------	-------

No class: Feb 18

May 27-Jun 24	Mon	7:30pm-8:30pm	\$50.00/5	14141
---------------	-----	---------------	-----------	-------

##### Continuing

Jan 30-Mar 13	Wed	7:30pm-8:30pm	\$60.00/6	14123
---------------	-----	---------------	-----------	-------

Apr 3-May 15	Wed	7:30pm-8:30pm	\$60.00/6	14142
--------------	-----	---------------	-----------	-------

#### Hustle

##### Beginner

Apr 1-May 13	Mon	6:30pm-7:30pm	\$60.00/6
--------------	-----	---------------	-----------

No class: Apr 22

##### Continuing

May 22-Jun 26	Wed	6:30pm-7:30pm	\$60.00/6
---------------	-----	---------------	-----------

Education

Bridge for Beginners

These classes are suitable for beginners and those looking for a refresher. Designed to provide a comfortable and supportive learning environment. Learn basic rules, strategy and etiquette for this fun and competitive game. Each class includes a lesson with tips, discussion and practice time. A \$10 Learn to Play Bridge Workbook is optional at registration time.

Location: Esquimalt Recreation Centre

Instructor: Terry Martin

Jan 22-Feb 19    Tue    9:00am-12:00pm    \$35.00/5    13621

Esquimalt Farmers Market Workshop!

Soap Making 101: Making Natural Handcrafted Soaps

Learn to make beautiful, natural soaps that are free of preservatives, sulphates and petrochemicals. Learn the entire process of making cold process vegan soaps using vegetable oils, lye, natural fragrance oils and clays. Topics covered will be: lye safety, chemistry of soap making, calculating recipes, properties of oils, measuring ingredients, preparing soap molds, cutting & curing soaps. All materials included and each person will take home 6 bars of soap.

Location: Esquimalt Recreation Centre

Mar 09    Sat    9:00am-12:30pm    \$98.00/1    13885

EARLY REGISTRATION BONUS!

Toastmasters Speechcraft

Do you need to give presentations at work? Speeches to large groups? A toast to the Bride or Groom at an upcoming wedding? Learn and practice the art of public speaking in this practical 6 week course. Practice both impromptu speaking and prepared speeches. You'll be evaluated constructively and learn to evaluate others constructively all while having fun! In this session you will be supported by experienced Toastmasters from Quorum Toastmasters club to help you achieve your goal.

EARLY REGISTRATION BONUS! Register before Jan 1 for the January session or before March 1 for the April session and receive 3 x adult drop in admission passes!

Location: Esquimalt Recreation Centre

Jan 16-Feb 20    Wed    7:00pm-8:30pm    \$60.00/6    12273  
Apr 03-May 08    Wed    7:00pm-8:30pm    \$60.00/6    14276



NEW! Foundations of Dog Obedience: Beginner

Taught with science based methods to help you communicate quickly and effectively with your K9 partner, this course will give you everything you need to build a solid foundation of basic obedience cues and set your dog (and yourself) up for success in your training journey. This is a fun and dynamic class suitable for dogs and people of all ages. Second set of vaccinations required. Come join the fun!

Location: Archie Browning Sports Centre

Apr 05-May 17    Fri    6:30pm-7:30pm    \$160.00/6    14347  
No class: Apr 19  
May 24-Jun 28    Fri    6:30pm-7:30pm    \$160.00/6    14349

Digital Photography

Anny Ruch, Graduate from the New York Institute of Photography will share techniques via PowerPoint Lessons, hands-on activity stations and one-on-one coaching, to propel you to better photography. Studio lighting, portrait tips & important camera functions are all included in this course.

Jan 30-Feb 27    Wed    6:00-8:00pm    \$90.00/4    13958  
No class: Feb 13

Instructor: Anny Ruch

Location: Archie Browning Sports Centre, Boardroom





## Health & Wellness

### Tai Chi (D)

Yang style 24 form Tai chi consists of 24 slow, steady and fluid movements. It helps you relax, feel the flow of energy within your body, and brings your mind and body into harmony. By focusing on the gentle flow of movements, you learn to breathe slow and deeply, to move more smoothly with awareness, and to develop a keener sense of balance.

Location: Esquimalt Recreation Centre

Instructor: Valerie Chu

Jan 09-Jan 30	Wed	3:30pm-4:30pm	\$40.00/4 ; \$12.00/1	14511
Feb 06-Feb 27	Wed	3:30pm-4:30pm	\$40.00/4 ; \$12.00/1	14512
Mar 06-Mar 27	Wed	3:30pm-4:30pm	\$40.00/4 ; \$12.00/1	14513
Jun 05-Jun 26	Wed	3:30pm-4:30pm	\$40.00/4 ; \$12.00/1	14514

### Buddhist Meditation (D)

Discover the power of meditation to feel less stressed, to respond more openly to others, and to think creatively in the face of difficulties. Ongoing classes are appropriate for all levels of experience. Chairs are provided but participants are welcome to bring their own mats and meditation cushions. Guided meditation, a discussion of Buddhist practice, and a refreshment break are part of each session. Classes are led by Sachi Tamura from the Bodhichitta Kadampa Buddhist Centre

Location: Esquimalt Recreation Centre

Instructor: Sachi Tamura

**FREE Demo!**

Jan 09	Wed	7:00pm-8:15pm	FREE	14496
Jan 11	Fri	12:00pm-1:30pm	FREE	14497

#### Registered Sessions

Jan 16-Feb 27	Wed	7:00pm-8:15pm	\$56.00/7; \$10.00/1	14498
Jan 18-Mar 01	Fri	12:00pm-1:30pm	\$56.00/7; \$10.00/1	14501
Mar 06-Apr 24	Wed	7:00pm-8:15pm	\$64.00/8; \$10.00/1	14499
Mar 15-Apr 12	Fri	12:00pm-1:30pm	\$40.00/5; \$10.00/1	14502
May 01-Jun 12	Wed	7:00pm-8:15pm	\$56.00/7; \$10.00/1	14500
May 03-Jun 14	Fri	12:00pm-1:30pm	\$56.00/7; \$10.00/1	14503

### Natural Movement Therapy (D)

In this class we will go over natural movements of Sotai, Medical Qi Gong and Meridian Therapy Exercises that are specific for: immune system, detox and metabolism, digestion, stress, anxiety, insomnia, slowing down aging and more. Working on the organs that are specific to the TCM classics, fascia connection to the body's electromagnetic field, and messaging. This program is uniquely designed and offered by Dr. Hegillman of Oriri Acupuncture and Herbal Medicine Centre. [www.oriri.ca](http://www.oriri.ca)

Location: Esquimalt Recreation Centre

Instructor: Dr. Katrine Hegillman

**FREE Demo!**

Jan 11	Fri	2:00pm-3:00pm	FREE	14507
<b>Registered Sessions</b>				
Jan 18-Feb 22	Fri	2:00pm-3:00pm	\$78.00/6; \$15.00/1	14508
Mar 01-Apr 12	Fri	2:00pm-3:00pm	\$91.00/7 ; \$15.00/1	14509
Apr 26-May 31	Fri	2:00pm-3:00pm	\$78.00/6 ; \$15.00/1	14510

### Minds in Motion

Minds in Motion is designed for people diagnosed with Alzheimer's disease or a related dementia and a friend, family member or caregiver. Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided. Join us for a relaxed and comfortable program in a supportive environment. Start at any time and pay a pro-rated registration fee.

Location: Esquimalt Recreation Centre

Instructor: Janice Annot

Jan 16-Feb 13	Wed	1:30pm-3:00pm	\$40.00/5	14504
Feb 27-Apr 17	Wed	1:30pm-3:00pm	\$64.00/8	14505
May 08-Jun 19	Wed	1:30pm-3:00pm	\$56.00/7	14506

## Language

### American Sign Language for Beginners (ASL)

Learn ASL grammar, vocabulary & introductory conversation skills from a Prep & Basic ASL master. This course will cover ABC's colours, relations, O.S.V. and deaf culture. You will be surprised at how many signed words you will learn to be able to carry on a beginner conversation with deaf or hard of hearing people in your community.

Location: Esquimalt Recreation Centre

Instructor: Lindsay Carroll

Jan 21-Mar 04	Mon	6:00pm-7:15pm	\$60.00/6	13638
No class: Feb 18				
Apr 08-May 13	Mon	6:00pm-7:15pm	\$50.00/5	13637
No class: Apr 22				
May 27-Jun 24	Mon	6:00pm-7:15pm	\$50.00/5	13639



## Japanese for Beginners

Learn basic Japanese from a native speaker & experienced instructor. This course doesn't assume any previous learning/knowledge & focuses on speaking (all Japanese words will be spelled in alphabetic characters). You will learn basic grammar so that you can make your own sentences. Some useful phrases (with/without grammatical analysis) will also be taught. A \$7 material fee will be charged at the time of registration to cover the cost of handouts.

Jan 24-Mar 14 Thu 7:15pm-8:15pm \$80.00/8

Apr 4-May 23 Thu 7:15pm-8:15pm \$80.00/8

Instructor: Daisuke Haruki

Location: Esquimalt Recreation Centre

## Music

### NEW! Developing a Musical Ear: Workshop for Singers (Experienced & Aspiring!)

Expand your musical knowledge & singing technique. Designed for choristers & ensemble singers of all levels, this fun & active program develops the skills to sing effectively & confidently in groups. It fosters a musical ear, enhances music literacy & improves both vocal independence & harmonic awareness in ensemble singing. Suitable for all levels of singing ability.

Jan 16-Mar 13 Wed 10:30am-11:30am \$135.00/9 14555

Jan 17-Mar 14 Thu 7:00pm-8:00pm \$135.00/9 14556

Instructor: Veronica Pemberton - Music by Nature – Music by Nature

Location: Silver Bow Music Studio (15-1182 Colville Rd)

## Singing in Spanish

Join Marcelina and her guitar for a time of learning, singing & all around fun! Learn Spanish easily by singing popular and traditional Latin American songs. No need for you to be a good singer, just join in & have fun. Feel free to bring an instrument from home if desired.

### Free Demo!

Jan 18 Fri 1:45pm-2:45pm FREE 13972

### Registered Sessions

Jan 25-Mar 1 Fri 1:45pm-3:15pm \$60.00/6 13614

Apr 5-May 17 Fri 1:45pm-3:15pm \$60.00/6 13615

No class: Apr 19

May 24-Jun 28 Fri 1:45pm-3:15pm \$60.00/6 13616

Instructor: Marcelina Stanton

Location: Esquimalt Recreation Centre

## Guitar

Learn picking and strumming techniques, scales, chords and riffs in a lively and supportive atmosphere. Become familiar with this unique instrument and learn songs to suit your musical interests. An additional \$20 course manual fee is charged at registration time. Returning students in the Fundamentals level can enter Promo Code RETURNINGSTUDENT to waive the manual fee in Online Registration.

### Free Demo!

Jan 15 Tue 6:00pm-6:30pm FREE 13973

### Beginner

Jan 22-Mar 12 Tue 7:00pm-7:50pm \$88.00/8 13497

Apr 9-May 14 Tue 7:00pm-7:50pm \$66.00/6 13498

May 21-Jun 25 Tue 7:00pm-7:50pm \$66.00/6 13501

### Continuing

Continuing classes build on your skills with reading tablature, standard music notation and more sophisticated songs.

Jan 22-Mar 12 Tue 8:00pm-8:50pm \$88.00/8 13499

Apr 9-May 14 Tue 8:00pm-8:50pm \$66.00/6 13500

May 21-Jun 25 Tue 8:00pm-8:50pm \$66.00/6 13502

Instructor: Alberto Ubach

Location: Esquimalt Recreation Centre

## Ukulele for Beginners

Learn to play the Ukulele during this fun 8-week course. You'll learn two, three, and four chord songs in five keys plus a foundation in chord voicings and chord progressions. This course is a prerequisite for non-players who would like to join the centre's ukulele club. The first week is an information session and you will begin playing on week two (you do not need to bring a ukulele to class until your second class). An additional \$5 (non-refundable) course manual fee is charged at registration time.

Jan 8-Feb 26 Tue 6:30pm-7:30pm \$64.00/8 13619

Apr 2-May 21 Tue 6:30pm-7:30pm \$64.00/8 13620

Instructor: Jamyang Lodto

Location: Esquimalt Recreation Centre



## Sewing & Fibre Arts

### Workshops with The Makehouse

The Makehouse has teamed up with Esquimalt Rec, offering high quality sewing classes & workshops in Esquimalt Rec Centre throughout the year. Due to United Way Funding, Esquimalt Rec has purchased 8 new digital sewing machines, 4 new sergers and a full section of excellent notions. All workshops include a basic registration fee, plus a material/supplies fee to cover the cost of everything needed for your project. You are welcome to bring your own machine from home if you prefer, or use our in-house machines.

### Valentines Heart-Shaped Patchwork Pillows! (Beginner Level Sewing Machine)

Make your very own heart shaped pillow, to keep or give as a gift! An additional \$10 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

Jan 26	Sat	1:00pm-4:00pm	\$55.00/1	14567
--------	-----	---------------	-----------	-------

### Apron Making (Basic Sewing Machine Skills Required)

Make your very own Apron, to keep or give as a gift! An additional \$20 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

Feb 23	Sat	10:00-1:00pm	\$55/1	14569
--------	-----	--------------	--------	-------

### Needle Felting (Beginner Level)

Explore the creative possibilities of sculpting with wool! Learn easy-to-master sculptural needle felting techniques. An additional \$15 fee will be charged at registration time to cover the cost of all supplies (including 2 felting needles & a foam block for you to keep so that you can create more felting projects at home).

Mar 23	Sat	1:00pm-4:00pm	\$45.00/1	14570
--------	-----	---------------	-----------	-------



### Fabric Tulips for Easter! (Beginner Level Machine & Hand Sewing)

Make your very own Fabric Tulips, to keep or give as a gift! An additional \$10 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

Apr 13	Sat	1:00pm-4:00pm	\$45.00/1	14571
--------	-----	---------------	-----------	-------

### Sock Monsters/Sock Dolls (Beginner Level Machine & Hand Sewing)

Make your very own Sock Monster or Doll, to keep or give as a gift! An additional \$10 material fee is charged at registration time to cover the cost of all supplies needed to make your project.

May 11	Sat	1:00pm-4:00pm	\$45.00/1	14573
--------	-----	---------------	-----------	-------



# REGIONAL MAY PASS

ONLY  
\$25

Try All 14  
Centres  
ON SALE  
APRIL 1, 2019

WHILE QUANTITIES LAST

Archie Browning Sports Centre	Cedar Hill Recreation Centre
Crystal Pool & Fitness Centre	Esquimalt Recreation Centre
Gordon Head Recreation Centre	Greenglade Community Centre
Henderson Recreation Centre	Juan de Fuca Recreation Centre
Oak Bay Recreation Centre	PISE (Pacific Institute for Sport Excellence)
Panorama Recreation	G.R. Pearkes Recreation Centre
Saanich Commonwealth Place	SEAPARC Leisure Complex

Greater Victoria **ACTIVE  
COMMUNITIES**

Sports & Martial Arts

Yuishinkai Karate & Kobujutsu (9 to adult)

We instill 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](http://www.zehr.ca)), with over 35 years of martial arts experience.

Location: L'ecole Brodeur School

Register for the Season & Save!

Jan 07-Apr 29	Mon/Wed	6:30pm-8:30pm	\$250.00/1	14255
No class: Feb 18, Apr 22				
May 01-Jun 26	Mon/Wed	6:30pm-8:30pm	\$120.00/17	14257

Monthly Registration

Jan 07-Jan 30	Mon/Wed	6:30pm-8:30pm	\$80.00/8	14243
Feb 04-Feb 27	Mon/Wed	6:30pm-8:30pm	\$70.00/7	14244
No class: Feb 18				
Mar 04-Mar 27	Mon/Wed	6:30pm-8:30pm	\$70.00/8	14245
Apr 03-Apr 29	Mon/Wed	6:30pm-8:30pm	\$70.00/7	14246
No class: Apr 22				
May 01-May 29	Mon/Wed	6:30pm-8:30pm	\$70.00/8	14249
No class: May 20				
Jun 03-Jun 26	Mon/Wed	6:30pm-8:30pm	\$70.00/8	14251

MIJO Taekwondo Adult Class (Ages 13yrs+)

Olympic style Taekwondo is one of the most popular martial arts in the world and you can find out why in our dynamic, challenging and fun adults Taekwondo program. Beginning at white belt, you train with a wide range of belt levels, learning the basics and technique of our curriculum based system, this includes: kicking, punching, blocking, hand strikes, self defence and patterns. Classes are a blend of traditional and sport Taekwondo training and stability and conditioning drills and are suitable for all levels.

Location: Esquimalt Recreation Centre

Tuesdays

Jan 08-Mar 12	Tue	6:30pm-7:30pm	\$100.00/10	14124
Apr 02-Jun 18	Tue	6:30pm-7:30pm	\$120.00/12	14126

Saturdays

Jan 12-Mar 16	Sat	12:00pm-1:00pm	\$90.00/9	14125
No class: Feb 16				
Apr 06-Jun 22	Sat	12:00pm-1:00pm	\$100.00/10	14127
No class: Apr 20, May 18				



Western Martial Arts: Longsword Combat

Obtain skill in longword combat based on the medieval fight manual written in 1409 Fiore dei Liberi, an Italian Master of Fighting. The class is for beginners and advanced students to have rebated steel swords. Bring gloves and be ready to fight! Register for the session & save or enjoy the flexibility of drop in!

Location: L'ecole Brodeur School

Jan 10-Mar 14	Thu	8:15pm-9:15pm	\$60.00/10	14263
Drop-ins: \$8.00 session				

Western Martial Arts: Advanced Longsword Combat

Obtain advanced skills in Longsword combat based on the medieval fight manual written in 1409 Fiore dei Liberi, an Italian master of fighting. This class is for students who have already studied the beginner classes at L'Ecole Brodeur. Advanced students are expected to have rebated steel swords. Bring armoured gloves. Register for the series & save for enjoy the flexibility of drop in!

Location: Esquimalt Recreation Centre

Jan 08-Mar 12	Tue	7:45pm-8:45pm	\$60.00/10	14258
Drop-ins: \$8.00 session				

Western Martial Arts: LARP Combat

Obtain skill in various weapons adapted from medieval fight manuals. This class is for beginners + and will be taught through class instruction with padded swords and reinforced through sparring with padded weapons. Perfect for LARP combat enthusiasts who wish to expand their skills. Register for the session & save or enjoy the flexibility of drop in!

Location: L'ecole Brodeur School

Jan 10-Mar 14	Thu	7:15pm-8:15pm	\$60.00/10	14260
Drop-ins: \$8.00 session				



## 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	Floor Hockey	Volleyball	Basketball
Mondays 1:15pm-3:15pm	Tuesdays 9:00-10:15pm	Mondays 8:30pm-10:30pm	EVERYONE WELCOME: Thursdays 8:00pm-10:00pm	30yrs+ Wednesdays 8:45pm-10:15pm
Tuesdays 1:15pm-3:15pm	Sundays 8:45pm-10:00pm		COMPETITIVE*: Sundays 7:00pm-9:00pm	16yrs+ Sundays 6:45pm-8:30pm
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.

## Registered Sports Programs

### NEW! Badminton: Beginner to Intermediate 18yrs+

For beginners and those returning to the game. Learn simple techniques and play in a friendly atmosphere. NCCP certified coach will help you develop flexibility, agility, stability and balance. Work on jumping and landing skills and tactical strategy. 18 - 99 yrs

Location: Esquimalt Recreation Centre

Jan 13-Mar 17 Sun 11:30am-1:00pm \$135.00/9 14413

No class: Feb 17

Apr 07-Jun 23 Sun 11:30am-1:00pm \$150.00/10 14414

No class: Apr 21, May 19

### West Coast Rec Co-ed 6's Competitive Volleyball League

This league is intended for players with previous experience ranging from competitive to open calibre and offers high-level competition and fun. Teams play multiple matches per night and move up and down divisions based on weekly performance. Teams, small groups and individual registrations welcome. League championships will occur at the completion of the second session.

Location: L'ecole Brodeur School

\$280.00/Team; \$45.00/Individual

Jan 17-Feb 21 Thu 6:30pm-10:30pm 14271

Feb 28-Apr 11 Thu 6:30pm-10:30pm 14272

### Ladies Intro to Golf

This 4 week series provides students with the FUNdamentals. Our trained professionals will introduce you to the basics of putting, chipping, course management and the full swing.

Location: Esquimalt Recreation Centre Gorge Vale Golf Club

May 06-May 27 Mon 5:30pm-6:30pm \$130.00/4 14265

Jun 03-Jun 24 Mon 5:30pm-6:30pm \$130.00/4 14267





## Drop In Social Programs

Weekly drop-in social programs are free with a monthly or annual membership. Open to all ages. Non-members pay \$2 per session (unless ptherwise noted). New members are always welcome! Some groups take breaks throughout the year. For up-to-date schedule info visit our website at [www.esquimalt.ca](http://www.esquimalt.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Conversation Café</b> 10:00AM-11:30AM (cancelled most stat holidays)	<b>Mexican Train Dominoes</b> 1:00PM-3:00PM	<b>FREE! Creative Crafters</b> 9:30AM-11:30AM	<b>Writer's Group</b> 10:00AM-12:00PM	<b>Scrabble</b> 10:00AM-12:00PM
<b>Bridge</b> 1:00PM-3:30PM	<b>FREE! Blood Pressure Clinic</b> 2nd & 4th Tuesday 1:00PM-3:00PM Sept-June	<b>FREE! Knit &amp; Crochet</b> 1:15PM-3:15PM	<b>Euchre</b> 12:30PM-3:00PM	<b>FREE! Community Walking Group</b> 10:00AM-11:15AM Meet in Rec Centre Atrium
<b>Duplicate Bridge</b> 1:00PM-3:00PM (cancelled stat holidays)	<b>Foot Care Clinic</b> 12:30pm-3:00pm 30min appts/\$30 Must pre-register through our reception desk.		<b>Bridge</b> 1:00PM-3:30PM	<b>Cribbage</b> 1:00PM-3:00PM
<b>Mah Jong</b> 12:30PM-3:00PM	<b>Chess</b> 1:00PM-3:00PM		<b>Court Whist</b> 1:00PM-3:00PM	
	<b>Rumoli</b> 1:00PM-3:00PM			
	<b>Ukulele Club</b> 1:30PM-3:30PM			

## 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.

## Education

### Bridge for Beginners

These classes are suitable for beginners and those looking for a refresher, designed to provide a comfortable and supportive learning environment. Learn basic rules, strategy and etiquette for this fun and competitive game. Each class includes a lesson with tips, discussion and practice time. A \$10 Learn to Play Bridge workbook is optional at registration time.

Location: Esquimalt Recreation Centre

Instructor: Terry Martin

Jan 22-Feb 19	Tue	9:00am-12:00pm	\$35.00/5
---------------	-----	----------------	-----------

## Health & Wellness

### FREE! Blood Pressure Drop-in Clinic

Drop-in for a quick check of your blood pressure in the comfortable atmosphere of our Seniors Lounge on the 2nd & 4th Tuesday of each month 1:00-3:00pm.

Location: Esquimalt Recreation Centre

Facilitated by: Peggy O'Donnell

### Buddhist Meditation (D)

Discover the power of meditation to feel less stressed, to respond more openly to others, and to think creatively in the face of difficulties. Ongoing classes are appropriate for all levels of experience. Chairs are provided but participants are welcome to bring their own mats and meditation cushions. Guided meditation, a discussion of Buddhist practice, and a refreshment break are part of each session. Classes are led by Sachi Tamura from the Bodhichitta Kadampa Buddhist Centre

Location: Esquimalt Recreation Centre

Instructor: Sachi Tamura

### FREE Demo!

Jan 09	Wed	7:00pm-8:15pm	FREE	14496
Jan 11	Fri	12:00pm-1:30pm	FREE	14497

### Registered Sessions

Jan 16-Feb 27	Wed	7:00pm-8:15pm	\$56.00/7; \$10.00/1	14498
Jan 18-Mar 01	Fri	12:00pm-1:30pm	\$56.00/7; \$10.00/1	14501
Mar 06-Apr 24	Wed	7:00pm-8:15pm	\$64.00/8; \$10.00/1	14499
Mar 15-Apr 12	Fri	12:00pm-1:30pm	\$40.00/5; \$10.00/1	14502
May 01-Jun 12	Wed	7:00pm-8:15pm	\$56.00/7; \$10.00/1	14500
May 03-Jun 14	Fri	12:00pm-1:30pm	\$56.00/7; \$10.00/1	14503

### Minds in Motion

Minds in Motion is designed for people diagnosed with Alzheimer's disease or a related dementia and a friend, family member or caregiver. Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided. Join us for a relaxed and comfortable program in a supportive environment. Start at any time and pay a pro-rated registration fee.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Jan 16-Feb 13	Wed	1:30pm-3:00pm	\$40.00/5	14504
Feb 27-Apr 17	Wed	1:30pm-3:00pm	\$64.00/8	14505
May 08-Jun 19	Wed	1:30pm-3:00pm	\$56.00/7	14506

## Social

### 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+ years of age. Trips usually include a stop for lunch, dinner or refreshments along the way (trip price does not include the price of meals/refreshments). Be sure to pick-up our 3-fold flyer for more details, additional trips & pick-up/drop-off times.

### Fire Station #2 & Lunch at Vista 18

Thu	Jan 10	10:30am-4:00pm	\$25/1
-----	--------	----------------	--------

### Coast Collective Art Gallery, Buffet Lunch & Westshore Shopping

Thu	Jan 24	10:30am-3:30pm	\$25/1
-----	--------	----------------	--------

### Dominion Astrophysical Observatory & Lunch

Thu	Feb 7	10:00am-2:30pm	\$40/1
-----	-------	----------------	--------

### Dinner at Stage & Belfry Theatre

Tue	Feb 19	4:15-10:30pm	\$70/1
-----	--------	--------------	--------

### Day in Duncan

Thu	Mar 7	10:00am-3:30pm	\$40/1
-----	-------	----------------	--------

### Brandt Geese Festival in Parksville

Tue	Mar 26	8:15am-6:00pm	\$140/1
-----	--------	---------------	---------



# 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	<p>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.</p> <p>Available: Monday-Friday 8:00am; Wed/Fri 7:00pm; Sat/Sun 11:00am</p>
Fitness Assessments	<p>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.</p> <p>Available: Tuesday/Thursday 7:00pm</p>
Personal Training	<p>Personal Trainers work on YOUR schedule! No matter what your fitness level or goals, our certified trainers will help you see results. See page 50 for all of our package details!</p>

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)	\$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.



## 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](https://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)		Osteofit (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 (C) 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  
Jan 08-Jun 25 Tue 9:15am-10:10am

Instructor: Marcia Semenoff  
13994

### 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  
Jan 02-Jun 26 Wed 6:45pm-7:30pm

Instructor: Eugene Nnoli  
13995

## 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  
Jan 08-Jun 25 Tue 10:20am-11:15am 13999

## 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  
Jan 08-Jun 25 Tue 6:15am-7:00am 13996

## 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  
Jan 03-Jun 27 Thu 6:00pm-6:45pm 14002

## 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  
Jan 07-Jun 24 Mon 5:30pm-6:25pm 14006 Instructor: Cheryl  
Jan 03-Jun 27 Thu 6:15am-7:00am 14008 Instructor: Esther  
Jan 05-Jun 29 Sat 8:15am-9:10am 14010 Instructor: Cheryl

## OsteoFit

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  
Jan 02-Jun 26 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  
Jan 03-Jun 27 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  
Jan 02-Jun 28 Wed/Fri 6:15am-7:00am 14023  
Jan 02-Jun 26 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 Instructor: Ann  
Jan 03-Jun 27 Tue/Thu 11:45am-12:45pm 14515

## 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  
Jan 07-Jun 27 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  
Jan 02-Jun 26 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  
Jan 07-Jun 24 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  
Jan 04-Jun 28 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  
Jan 07-Jun 30 Mon 12:10pm-12:55pm 14542 Instructor: Lorraine  
Jan 07-Jun 30 Wed 12:10pm-12:55pm 14542 Instructor: Marisella  
Jan 07-Jun 30 Fri 12:10pm-12:55pm 14542 Instructor: TBA  
Jan 08-Jun 25 Tue 5:05pm-6:00pm 14543 Instructor: Lorraine

## 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  
Jan 03-Jun 27 Thu 9:15am-10:10am 14544

## Membership & Admission Rates

see page 49



# 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!



### 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

### 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.



HAVE FUN - GET IN SHAPE - GREAT PRIZES

Take part in the 2019 Esquimalt Fitness Challenge for your chance to win great prizes! The Challenge includes: your choice of 1 Hour Group training sessions, chose as many sessions as you'd like; Pre and Post Fitness testing and weigh in; Multiple one-off fitness classes; entry to gym on training days, and a 5 punch pass to get you started . Add a 2 Month unlimited access pass at time of registration for \$50 (includes 40+ drop in classes per week!) Along the way get newsletters with tips and hints to keep you on track and motivated as well as incentive prizes throughout the Challenge.

Register Early. Small training groups to maximize support, motivation and results.

**Mondays** (No class: Feb 18)

Trainer: Ann				
Jan 14-Mar 18	Mon	6:15am-7:15am	\$125.00/9	14480
Trainer: Lorraine				
Jan 14-Mar 18	Mon	9:10am-10:10am	\$125.00/9	14481
Trainer: Cheryl				
Jan 14-Mar 18	Mon	4:00pm-5:00pm	\$125.00/9	14482

**Tuesdays**

Trainer: Cheryl				
Jan 15-Mar 12	Tue	9:30am-10:30am	\$125.00/9	14483
Trainer: Andrea				
Jan 15-Mar 12	Tue	7:00pm-8:00pm	\$125.00/9	14484

**Wednesdays**

Trainer: Ann				
Jan 16-Mar 13	Wed	7:15am-8:15am	\$125.00/9	14485
Trainer: Cheryl				
Jan 16-Mar 13	Wed	9:10am-10:10am	\$125.00/9	14487
Trainer: TBA				
Jan 16-Mar 13	Wed	6:00pm-7:00pm	\$125.00/9	14488

**Thursdays**

Trainer: Cheryl				
Jan 17-Mar 14	Thu	10:45am-11:45am	\$125.00/9	14489
Jan 17-Mar 14	Thu	4:30pm-5:30pm	\$125.00/9	14490
Trainer: Eugene				
Jan 17-Mar 14	Thu	8:00pm-9:00pm	\$125.00/9	14491

**Fridays**

Trainer: Lorraine				
Jan 18-Mar 15	Fri	7:30am-8:30am	\$125.00/9	14492
Trainer: Eugene				
Jan 18-Mar 15	Fri	9:10am-10:10am	\$125.00/9	14493
Trainer: Cheryl				
Jan 18-Mar 15	Fri	6:00pm-7:00pm	\$125.00/9	14494

**Saturdays** (No class: Feb 16)

Trainer: Eugene				
Jan 12-Mar 16	Sat	8:15am-9:15am	\$125.00/9	14770
Jan 12-Mar 16	Sat	9:30am-10:30am	\$125.00/9	14495



## Bootcamp Classes

**Early Bird Registration Discount\*!**

### Tamara's Fitness Indoor Bootcamp

Are you interested in improving your overall physical appearance and well-being? Are you ready for a new challenge in your workouts? Are you ready to 'get fit'? If you answered 'yes' to any of the above questions, please join us in a six-week boot camp program designed to increase Muscular Endurance, Energy, Flexibility, Motivation while gaining confidence, strength and muscle. \*Early Bird ends January 1st.

Location: L'école Brodeur School

Instructor: Tamara Digout

Jan 15-Feb 21	Tue/Thu	6:00pm-7:00pm	\$160.00/12	14233
---------------	---------	---------------	-------------	-------

## Dance Inspired

### Bolly - X (D)

Bolly - X LIT (Low Intensity) is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated all at the same time. At the very core of a Bolly-X workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India.

Location: Archie Browning Sports Centre

Instructor: Glenda Rosberg

**FREE Demo!**

Jan 07	Mon	6:45pm-7:45pm	FREE	14238
--------	-----	---------------	------	-------

#### Registered Sessions

Jan 14-Mar 04	Mon	6:45pm-7:45pm	\$63.00/7; \$11.00/1	14234
No class: Feb 18				

Mar 11-Apr 15	Mon	6:45pm-7:45pm	\$54.00/6; \$11.00/1	14235
---------------	-----	---------------	----------------------	-------

Apr 29-Jun 17	Mon	6:45pm-7:45pm	\$63.00/7; \$11.00/1	14237
---------------	-----	---------------	----------------------	-------

No class: May 20

### Salsa Cardio Core (D)

Have fun in this cardio dance workout that includes latin based moves such as salsa and other fitness techniques which will get your heart-rate up! The class will finish on the mat with a full core workout. No dance experience necessary.

Location: Esquimalt Recreation Centre

Instructor: Phyllis Musseau

**FREE Demo!**

Jan 09	Wed	7:30pm-8:30pm	FREE	14241
--------	-----	---------------	------	-------

#### Registered Sessions

Jan 16-Feb 27	Wed	7:30pm-8:30pm	\$63.00/7; \$11.00/1	14242
---------------	-----	---------------	----------------------	-------

Mar 06-Apr 24	Wed	7:30pm-8:30pm	\$72.00/8; \$11.00/1	14247
---------------	-----	---------------	----------------------	-------

May 01-Jun 19	Wed	7:30pm-8:30pm	\$72.00/8; \$11.00/1	14248
---------------	-----	---------------	----------------------	-------

## Health and Wellness

### Buddhist Meditation (D)

Discover the power of meditation to feel less stressed, think more positively and creatively in the face of problems and difficulties, and respond more openly towards others. Ongoing classes are appropriate for all levels of experience. Chairs are provided for all sessions. Each class begins with a short guided meditation followed by a discussion.

Location: Esquimalt Recreation Centre

Instructor: Sachi Tamura

**FREE Demo!**

Jan 09	Wed	7:00pm-8:15pm	FREE	14256
--------	-----	---------------	------	-------

Jan 11	Fri	12:00pm-1:30pm	FREE	14264
--------	-----	----------------	------	-------

#### Registered Sessions

Jan 16-Feb 27	Wed	7:00pm-8:15pm	\$56.00/7; \$11.00/1	14259
---------------	-----	---------------	----------------------	-------

Mar 06-Apr 24	Wed	7:00pm-8:15pm	\$64.00/8; \$11.00/1	14261
---------------	-----	---------------	----------------------	-------

May 01-Jun 12	Wed	7:00pm-8:15pm	\$56.00/7; \$11.00/1	14262
---------------	-----	---------------	----------------------	-------

Jan 18-Mar 01	Fri	12:00pm-1:30pm	\$56.00/7; \$10.00/1	14266
---------------	-----	----------------	----------------------	-------

Mar 15-Apr 12	Fri	12:00pm-1:30pm	\$40.00/5; \$10.00/1	14268
---------------	-----	----------------	----------------------	-------

May 03-Jun 14	Fri	12:00pm-1:30pm	\$56.00/7; \$10.00/1	14269
---------------	-----	----------------	----------------------	-------

### FREE Program Demos!

We are offering dozens of FREE classes this January! Wondering: how a program will fit into your schedule? If the program is exactly what you are looking for? Try it out: no cost, get to know the instructor & see for yourself!

Look for the program listings with **FREE Demo!** Please be sure to register as space is limited. Register online 24 hours a day: [esquimalt.ca/programs](http://esquimalt.ca/programs) or through the Esquimalt Rec Centre 5:30am-10:30pm seven days a week, call 250.412.8500 or visit 527 Fraser St.



## Tai Chi - Yang Style (D)

Yang style 24 form Tai chi consists of 24 slow, steady and fluid movements. It helps you relax, feel the flow of energy within your body, and brings your mind and body into harmony. By focusing on the gentle flow of movements, you learn to breathe slow and deeply, to move more smoothly with awareness, and to develop a keener sense of balance.

Location: Esquimalt Recreation Centre

Instructor: Valerie Chu

### Registered Sessions

Jan 09-Jan 30	Wed	3:30pm-4:30pm	\$40.00/4; \$12.00/1	14282
Feb 06-Feb 27	Wed	3:30pm-4:30pm	\$40.00/4; \$12.00/1	14283
Mar 06-Mar 27	Wed	3:30pm-4:30pm	\$40.00/4; \$12.00/1	14284
Jun 05-Jun 26	Wed	3:30pm-4:30pm	\$40.00/4; \$12.00/1	14286

## Natural Movement Therapy - Breathing Techniques and Movement for Health (D)

In this class we will go over natural movements of Sotai, Medical Qi Gong and Meridian Therpay Exercises that are specific for: immune system, detox and metabolism, digestion, stress, anxiety, insomnia, slowing down aging and more. Working on the organs that are specific to the TCM classics, facia connection to the body's electromagnetic field, and messaging. This program is uniquely designed and offered by Dr. Hegillman of Oriri Acupuncture and Herbal Medicine Centre. [www.oriri.ca](http://www.oriri.ca)

Location: Esquimalt Recreation Centre

Instructor: Dr. Katrine Hegillman

### FREE Demo!

Jan 11	Fri	2:00pm-3:00pm	FREE	14277
--------	-----	---------------	------	-------

### Registered Sessions

Jan 18-Feb 22	Fri	2:00pm-3:00pm	\$78.00/6; \$15.00/1	14278
Mar 01-Apr 12	Fri	2:00pm-3:00pm	\$91.00/7; \$15.00/1	14279
Apr 26-May 31	Fri	2:00pm-3:00pm	\$78.00/6; \$15.00/1	14280

## Minds in Motion

Minds in Motion is designed for people diagnosed with Alzheimer's disease or a related dementia and a friend, family or caregiver. Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided. Join us for a relaxed and comfortable program in a supportive environment. Start at any time and pay a pro-rated registration fee.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot + Alzheimer's Society

Jan 16-Feb 13	Wed	1:30pm-3:00pm	\$40.00/5	14273
Feb 27-Apr 17	Wed	12:00am-1:30am	\$64.00/ 8	14274
May 08-Jun 19	Wed	1:30pm-3:00pm	\$56.00/7	14275

## Running/Walking

### 10K Training Clinic

Esquimalt presents our very own 14 week 10K training program including a graduated plan for walkers and runners of all levels. Expert training tips and the support and encouragement of experienced leaders will guide you on your path towards a 10K distance. Included in your registration: training plan, Esquimalt 5K entry, TC 10K entry and a 10-punch Esquimalt Recreation Centre Pass. Register by December 30th and receive a FREE clinic t-shirt.

Location: Archie Browning Sports Centre

Instructor: Joanne Costas

Jan 19-Apr 20	Sat	9:00am-11:00am	\$130.00/14	14303
---------------	-----	----------------	-------------	-------

### Early Bird Registration Discount!

### April 6

### Esquimalt 5K with 1K Kid's Fun Run!

A community-minded 5K open to all ages and abilities. Touted as one of the nicest 5K routes in the region, come and enjoy a beautiful course that takes you through some gorgeous Esquimalt Parks. This is an excellent race to put your training to the test before the spring and summer run series gets into full swing. Package pick-up and post race activities will be held at the Archie Browning Sports Centre complete with kids' zone, prizes, a marketplace and more. Plan to come for the run and stay for the fun! See full details on-line closer to the event date. Kids 1K starts at 9:00am and the 5K starts at 9:30am. Activities continue until 12:00pm. Register on-line at [esquimalt.ca/5k](http://esquimalt.ca/5k); or in person or over the phone through the Esquimalt Recreation Centre

Location: Archie Browning Sports Centre

### Kids' 1K Registration

Location: Archie Browning Sports Centre

Apr 06	Sat	9:00am-12:00pm	\$5.00/1	14540
--------	-----	----------------	----------	-------

### 5K Registration

Apr 06	Sat	9:30am-12:30pm	14479
--------	-----	----------------	-------

- Early Bird (Until December 31): \$18.00
- Regular (Until March 31): \$22.00
- Late (April 1-5): \$30.00
- Race Day: \$35.00

## Our Fitness Flex Pass is back!

Look for (F) & Flex Pass Pricing on select programs. A flex pass reserves your space for all but two classes in the session: it's the perfect option if you are not able to commit to an entire series. (D) indicates limited drop-in permitted, provided minimum class registration for the session has been met.

## Spin Classes

### Spin, Core & Stretch (D) (F)

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 available.

Location: Archie Browning Sports Centre

Instructor: Ann Henslowe

**FREE Demo!**

Jan 08	Tue	9:00am-10:00am	FREE	14324
--------	-----	----------------	------	-------

#### Registered Sessions

Jan 15-Feb 26	Tue	9:00am-10:00am		14327
			\$66.50/7; \$56.00/Flex Pass; \$10.00/1	
Mar 05-Apr 16	Tue	9:00am-10:00am		14328
			\$66.50/7; \$56.00/Flex Pass; \$10.00/1	
Apr 23-Jun 11	Tue	9:00am-10:00am		14329
			\$76.00/8; \$64.00/Flex Pass; \$10.00/1	

## Spin & Conditioning (D) (F)

In this combination class start with a solid 30min+ of spinning followed by a strength series including ab work and a stretch. A great after work workout to keep you pumped for your evening! Drop in when space available.

Location: Archie Browning Sports Centre

Instructor: Esther Bendall

**FREE Demo!**

Jan 08	Tue	6:15pm-7:30pm	FREE	14305
Jan 12	Sat	8:45am-9:45am	FREE	14317

#### Registered Sessions

Jan 15-Feb 26	Tue	6:15pm-7:30pm		14308
			\$75.25/7; \$63.00/Flex Pass; \$11.00/1	
Mar 05-Apr 16	Tue	6:15pm-7:30pm		14313
			\$63.00/7; \$53.75/Flex Pass; \$11.00/1	
Apr 30-Jun 11	Tue	6:15pm-7:30pm		14314
			\$63.00/7; \$53.75/Flex Pass; \$11.00/1	
Jan 19-Mar 09	Sat	8:45am-9:45am		14319
No class: Feb 16			\$56.00/7; \$47.50/Flex Pass; \$10.00/1	
Mar 23-May 11	Sat	8:45am-9:45am		14321
No class: Apr 20			\$56/7; \$47.50/Flex Pass; \$10.00/1	
May 25-Jun 22	Sat	8:45am-9:45am		14322
			\$40.00/5; \$10.00/1	

## Strength & Conditioning

### Aging Backwards

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

**FREE Demo!**

Jan 08	Tue	11:00am-11:50am	FREE	14348
--------	-----	-----------------	------	-------

#### Registered Sessions

Jan 15-Mar 05	Tue	11:00am-11:50am	\$80.00/8; \$12.00/1	14350
Mar 12-Apr 30	Tue	11:00am-11:50am	\$80.00/8; \$12.00/1	14351
May 07-Jun 18	Tue	11:00am-11:50am	\$70.00/7; \$12.00/1	14352



## 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

Instructor: Kay Inamura

### FREE Demo!

Jan 07	Mon	10:15am-11:05am	FREE	14343
--------	-----	-----------------	------	-------

### Registered Sessions

Jan 14-Mar 04	Mon	10:15am-11:05am	\$35.00/7; \$7.00/1	14344
---------------	-----	-----------------	---------------------	-------

No class Feb 18

Mar 11-Apr 15	Mon	10:15am-11:05am	\$30.00/6; \$7.00/1	14345
---------------	-----	-----------------	---------------------	-------

Apr 29-Jun 24	Mon	10:15am-11:05am	\$40.00/8; \$7.00/1	14346
---------------	-----	-----------------	---------------------	-------

No class: May 20

## 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

### Monday Afternoon

### FREE Demo!

Jan 07	Mon	12:05pm-12:50pm	FREE	14357
--------	-----	-----------------	------	-------

Jan 10	Thu	1:30pm-2:30pm	FREE	14364
--------	-----	---------------	------	-------

### Registered Sessions

Jan 14-Jan 28	Mon	12:05pm-12:50pm	\$24.00/3; \$10.00/1	14358
---------------	-----	-----------------	----------------------	-------

Feb 04-Feb 25	Mon	12:05pm-12:50pm	\$24.00/3; \$10.00/1	14359
---------------	-----	-----------------	----------------------	-------

No class: Feb 18

Mar 04-Mar 25	Mon	12:05pm-12:50pm	\$32.00/4; \$10.00/1	14360
---------------	-----	-----------------	----------------------	-------

Apr 01-Apr 29	Mon	12:05pm-12:50pm	\$32.00/4; \$10.00/1	14361
---------------	-----	-----------------	----------------------	-------

No class: Apr 22

May 06-May 27	Mon	12:05pm-12:50pm	\$24.00/3; \$10.00/1	14362
---------------	-----	-----------------	----------------------	-------

No class: May 20

Jun 03-Jun 24	Mon	12:05pm-12:50pm	\$32.00/4; \$10.00/1	14363
---------------	-----	-----------------	----------------------	-------

Jan 17-Jan 31	Thu	1:30pm-2:30pm	\$30.00/3; \$12.00/1	14365
---------------	-----	---------------	----------------------	-------

Feb 07-Feb 28	Thu	1:30pm-2:30pm	\$40.00/4; \$12.00/1	14366
---------------	-----	---------------	----------------------	-------

Mar 07-Mar 28	Thu	1:30pm-2:30pm	\$40.00/4; \$12.00/1	14367
---------------	-----	---------------	----------------------	-------

Apr 04-Apr 25	Thu	1:30pm-2:30pm	\$40.00/4; \$12.00/1	14368
---------------	-----	---------------	----------------------	-------

May 02-May 30	Thu	1:30pm-2:30pm	\$50.00/5; \$12.00/1	14369
---------------	-----	---------------	----------------------	-------

Jun 06-Jun 27	Thu	1:30pm-2:30pm	\$40.00/4; \$12.00/1	14370
---------------	-----	---------------	----------------------	-------

## 50+ Weight Training (D) (F)

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

### FREE Demo!

Jan 08	Tue	10:15am-11:30am	FREE	14330
--------	-----	-----------------	------	-------

Jan 10	Thu	10:15am-11:30am	FREE	14332
--------	-----	-----------------	------	-------

### Registered Sessions

Jan 15-Feb 26	Tue	10:15am-11:30am		14336
---------------	-----	-----------------	--	-------

			\$63.00/7; \$53.75/Flex Pass; \$11.00/1	
--	--	--	---	--

Mar 05-Apr 16	Tue	10:15am-11:30am		14337
---------------	-----	-----------------	--	-------

			\$63.00/7; \$53.75/Flex Pass; \$11.00/1	
--	--	--	---	--

Apr 23-Jun 11	Tue	10:15am-11:30am		14338
---------------	-----	-----------------	--	-------

			\$72.00/8; \$64.50/Flex Pass; \$11.00/1	
--	--	--	---	--

Jan 17-Mar 07	Thu	10:15am-11:30am		14339
---------------	-----	-----------------	--	-------

			\$72.00/8; \$64.50/Flex Pass; \$11.00/1	
--	--	--	---	--

Mar 14-Apr 25	Thu	10:15am-11:30am		14341
---------------	-----	-----------------	--	-------

			\$63.00/7; \$53.75/Flex Pass; \$11.00/1	
--	--	--	---	--

May 02-Jun 20	Thu	10:15am-11:30am		14342
---------------	-----	-----------------	--	-------

			\$72.00/8; \$64.50/Flex Pass; \$11.00/1	
--	--	--	---	--

## 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

### FREE Demo!

Jan 09	Wed	7:45pm-8:30pm	FREE	14353
--------	-----	---------------	------	-------

### Registered Sessions

Jan 16-Feb 27	Wed	7:45pm-8:30pm		14354
---------------	-----	---------------	--	-------

			\$49.00/7; \$42.50/Flex Pass; \$9.00/1	
--	--	--	--	--

Mar 06-Apr 24	Wed	7:45pm-8:30pm		14355
---------------	-----	---------------	--	-------

			\$56.00/8; \$51.00/Flex Pass; \$9.00/1	
--	--	--	--	--

May 01-Jun 19	Wed	7:45pm-8:30pm		14356
---------------	-----	---------------	--	-------

			\$56.00/8; \$51.00/Flex Pass; \$9.00/1	
--	--	--	--	--

## FREE Program Demos!

We are offering dozens of FREE classes this January!  
Wondering: how a program will fit into your schedule?  
If the program is exactly what you are looking for? Try it out: no cost, get to know the instructor & see for yourself!

Look for the program listings with **FREE Demo!**



## Mat Stretch and Strength (D) (F)

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

Instructor: Ann Henslowe

### FREE Demo!

Jan 11	Fri	10:15am-11:15am	FREE	14391
--------	-----	-----------------	------	-------

### Registered Sessions

Jan 18-Mar 01	Fri	10:15am-11:15am		14392
			\$42.00/7; \$36.25/Flex Pass; \$8.00/1	
Mar 08-May 03	Fri	10:15am-11:15am		14393
No class: Apr 19			\$48.00/8; \$43.50/Flex Pass; \$8.00/1	
May 10-Jun 21	Fri	10:15am-11:15am		14394
			\$42.00/7; \$36.25/Flex Pass; \$8.00/1	

## Hybrid Conditioning (D) (F)

Maximizing personal fitness with a blend of high intensity circuits, functional movements and cardio bursts. This class will keep the body guessing and activate each individual energy system.

Location: Esquimalt Recreation Centre

Instructor: Graham Harriman

### FREE Demo!

Jan 11	Fri	6:00pm-6:50pm	FREE	14395
--------	-----	---------------	------	-------

### Registered Sessions

Jan 18-Mar 01	Fri	6:00pm-6:50pm		14396
			\$56.00/7; \$47.50/Flex Pass; \$10.00/1	
Mar 08-May 03	Fri	6:00pm-6:50pm		14397
No class: Apr 19			\$64.00/8; \$57.00/Flex Pass; \$10.00/1	
May 10-Jun 21	Fri	6:00pm-6:50pm		14399
			\$56.00/7; \$47.50/Flex Pass; \$10.00/1	



### FREE for Pass Holders!

### Friday "Wine-Down"

It's the end of the week and time to relax. How about relaxing at the gym in low lighting, with a quiet music groove, and delicious TRX stretching? If you haven't used TRX straps for stretching, you're in for a treat as your muscles and joints lengthen and align - all the while supported by the straps. We'll do a whole body warmup, and then explore standing, seated and supine mobility movements. This is the perfect solution to a busy week and sore muscles. Dress in layered gym clothes that allow free movement. (Psst. Anyone want to go out to the pub after?)

Location: Esquimalt Recreation Centre

Instructor: Marcia Semenoff

Jan 18, Feb 15 & Mar 15	Fri	5:45pm-6:45pm	\$15.00/3	14400
Apr 26, May 24 & Jun 21	Fri	5:45pm-6:45pm	\$15.00/3	14769

## Yoga & Pilates

### 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. A great class for those who want to practice yoga and meditation without getting on the floor.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

### FREE Demo!

Jan 07	Mon	11:05am-11:55am	FREE	14455
--------	-----	-----------------	------	-------

### Registered Sessions

Jan 14-Feb 11	Mon	11:05am-11:55am	\$50.00/5; \$12.00/1	14456
Feb 25-Apr 15	Mon	11:05am-11:55am		14457
			\$80.00/8; \$72.00/Flex Pass; \$10.00/1	
Apr 29-Jun 17	Mon	11:05am-11:55am		14458
No class: May 20			\$70.00/7; \$60.00/Flex Pass; \$10.00/1	

## Tensegrity Repair (D) (F)

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

### FREE Demo!

Jan 07	Mon	5:45pm-6:45pm	FREE	14463
--------	-----	---------------	------	-------

### Registered Sessions

Jan 14-Feb 11	Mon	5:45pm-6:45pm	\$50.00/5; \$12.00/1	14464
---------------	-----	---------------	----------------------	-------

Feb 25-Apr 15	Mon	5:45pm-6:45pm		14465
---------------	-----	---------------	--	-------

			\$80.00/8; \$72.00/Flex Pass; \$12.00/1	
--	--	--	---	--

Apr 29-Jun 17	Mon	5:45pm-6:45pm		14466
---------------	-----	---------------	--	-------

No class: May 20			\$70.00/7; \$60.00/Flex Pass; \$12.00/1	
------------------	--	--	---	--

## Kundalini Yoga for Beginners (D)

Kundalini Yoga is the yoga of awareness. Using movement, sound current breath and meditation to stimulate the nervous, glandular and immune systems. Working to improve strength and flexibility, while centering the mind and opening the spirit.

Location: Esquimalt Recreation Centre

Instructor: Laurel Mackay

### FREE Demo!

Jan 07	Mon	7:00pm-8:30pm	FREE	14451
--------	-----	---------------	------	-------

### Registered Sessions

Jan 14-Feb 11	Mon	7:00pm-8:30pm	\$65.00/5; \$15.00/1	14452
---------------	-----	---------------	----------------------	-------

Feb 25-Apr 01	Mon	7:00pm-8:30pm	\$78.00/6; \$15.00/1	14453
---------------	-----	---------------	----------------------	-------

Apr 08-Jun 03	Mon	7:00pm-8:30pm	\$91.00/7; \$15.00/1	14454
---------------	-----	---------------	----------------------	-------

No class: Apr 22, May 20				
--------------------------	--	--	--	--

## 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

### FREE Demo!

Jan 08	Tue	9:30am-10:45am	FREE	14437
--------	-----	----------------	------	-------

Jan 10	Thu	10:15am-11:30am	FREE	14438
--------	-----	-----------------	------	-------

### Registered Sessions

Jan 15-Jan 29	Tue	9:30am-10:45am	\$18.00/3; \$6.00/1	14439
---------------	-----	----------------	---------------------	-------

Feb 05-Feb 26	Tue	9:30am-10:45am	\$24.00/4; \$6.00/1	14440
---------------	-----	----------------	---------------------	-------

Mar 05-Mar 26	Tue	9:30am-10:45am	\$24.00/4; \$6.00/1	14441
---------------	-----	----------------	---------------------	-------

Apr 02-Apr 30	Tue	9:30am-10:45am	\$30.00/5; \$6.00/1	14442
---------------	-----	----------------	---------------------	-------

May 07-May 28	Tue	9:30am-10:45am	\$24.00/4; \$6.00/1	14443
---------------	-----	----------------	---------------------	-------

Jun 04-Jun 25	Tue	9:30am-10:45am	\$24.00/4; \$6.00/1	14444
---------------	-----	----------------	---------------------	-------

## Gentle Yoga (D)

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(Only Apr-Jun onnly) Inquire at reception for other instructors.

Jan 17-Jan 31	Thu	10:15am-11:30am	\$18.00/3; \$8.00/1	14445
---------------	-----	-----------------	---------------------	-------

Feb 07-Feb 28	Thu	10:15am-11:30am	\$24.00/4; \$8.00/1	14446
---------------	-----	-----------------	---------------------	-------

Mar 07-Mar 28	Thu	10:15am-11:30am	\$24.00/4; \$8.00/1	14447
---------------	-----	-----------------	---------------------	-------

Apr 04-Apr 25	Thu	10:15am-11:30am	\$24.00/4; \$8.00/1	14448
---------------	-----	-----------------	---------------------	-------

May 02-May 30	Thu	10:15am-11:30am	\$30.00/5; \$8.00/1	14449
---------------	-----	-----------------	---------------------	-------

Jun 06-Jun 27	Thu	10:15am-11:30am	\$24.00/4; \$8.00/1	14450
---------------	-----	-----------------	---------------------	-------

## Pilates Fusion

Join instructor Lynda Lafond for this fabulous lunch hour class which fuses Pilates and Yoga to create an incredible, yet gentle work-out.

Location: Archie Browning Sports Centre

Instructor: Lynda Lafond

### FREE Demo!

Jan 08	Tue	12:10pm-12:55pm	FREE	14428
--------	-----	-----------------	------	-------

### Registered Sessions

Jan 15-Feb 26	Tue	12:10pm-12:55pm	\$70.00/1; \$12.00/1	14429
---------------	-----	-----------------	----------------------	-------

Mar 05-Apr 16	Tue	12:10pm-12:55pm	\$70.00/7; \$12.00/1	14431
---------------	-----	-----------------	----------------------	-------

Apr 23-Jun 04	Tue	12:10pm-12:55pm	\$70.00/7; \$12.00/1	14432
---------------	-----	-----------------	----------------------	-------

## 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

### FREE Demo!

Jan 08	Tue	7:00pm-8:30pm	FREE	14467
--------	-----	---------------	------	-------

### Registered Sessions

Jan 15-Feb 26	Tue	7:00pm-8:30pm		14468
---------------	-----	---------------	--	-------

			\$77.00/11; \$65.00/Flex Fee; \$13.00/1	
--	--	--	---	--

Mar 05-Apr 16	Tue	7:00pm-8:30pm		14469
---------------	-----	---------------	--	-------

			\$77.00/11; \$65.00/Flex Fee; \$13.00/1	
--	--	--	---	--

Apr 30-Jun 18	Tue	7:00pm-8:30pm		14470
---------------	-----	---------------	--	-------

			\$88.00/11; \$78.00/Flex Fee; \$13.00/1	
--	--	--	---	--



## 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

### FREE Demo!

Jan 09	Wed	5:30pm-6:25pm	FREE	14433
--------	-----	---------------	------	-------

### Registered Sessions

Jan 16-Feb 27	Wed	5:30pm-6:25pm	\$66.50/7; \$11.50/1	14434
Mar 06-Apr 24	Wed	5:30pm-6:25pm	\$76.00/8; \$11.50/1	14435
May 01-Jun 19	Wed	5:30pm-6:25pm	\$76.00/8; \$11.50/1	14436

## Barre Fitness

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 and 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

### FREE Demo!

Jan 09	Wed	6:30pm-7:25pm	FREE	14424
--------	-----	---------------	------	-------

### Registered Sessions

Jan 16-Feb 27	Wed	6:30pm-7:25pm	\$66.50/7; \$11.50/1	14425
Mar 06-Apr 24	Wed	6:30pm-7:25pm	\$76.00/8; \$11.50/1	14426
May 01-Jun 19	Wed	6:30pm-7:25pm	\$76.00/8; \$11.50/1	14427

## 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 restorative postures to calm the nervous system and the physical body.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

### FREE Demo!

Jan 09	Wed	6:45pm-8:15pm	FREE	14459
--------	-----	---------------	------	-------

### Registered Sessions

Jan 16-Feb 27	Wed	6:45pm-8:15pm	\$77.00/11; \$65.00/Flex Fee; \$13.00/1	14460
Mar 06-Apr 24	Wed	6:30pm-8:00pm	\$88.00/11; \$78.00/Flex Fee; \$13.00/1	14461
May 01-Jun 19	Wed	6:45pm-8:15pm	\$88.00/11; \$78.00/Flex Fee; \$13.00/1	14462

## Yoga for Runners (D) (F)

Designed for participants who are looking for a yoga class to complement their running. Whether you are a runner, cyclist, or simply an aspiring athlete, you'll benefit from this yoga practice that will help you develop strength, flexibility, and balance. Learn to move mindfully on and off the mat, improve your efficiency, and recover faster. Drop-in's welcome if space permits.

Location: Esquimalt Recreation Centre

Instructor: Madelin Rocheleau

### FREE Demo!

Jan 7	Mon	5:30pm-6:30pm	FREE	14475
-------	-----	---------------	------	-------

### Registered Sessions

Jan 14-Mar 11	Mon	5:30pm-6:30pm	\$80.00/8; \$72.00/Flex Pass; \$12.00/1	14476
Apr 01-May 13	Thu	5:30pm-6:30pm	\$60.00/6; \$54.00/Flex Pass; \$12.00/1	14477

## FREE Program Demos!

We are offering dozens of FREE classes this January! Wondering: how a program will fit into your schedule? If the program is exactly what you are looking for? Try it out: no cost, get to know the instructor & see for yourself!

Look for the program listings with **FREE Demo!** Please be sure to register as space is limited. Register online 24 hours a day: [esquimalt.ca/programs](http://esquimalt.ca/programs) or through the Esquimalt Rec Centre 5:30am-10:30pm seven days a week, call 250.412.8500 or visit 527 Fraser St.



## 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

**FREE Demo!**

Jan 10	Thu	6:45pm-8:15pm	FREE	14471
--------	-----	---------------	------	-------

### Registered Sessions

Jan 17-Feb 28	Thu	6:45pm-8:15pm	\$77.00/7; \$65.00/Flex Fee; \$13.00/1	14472
---------------	-----	---------------	--	-------

Mar 07-Apr 25	Thu	6:45pm-8:15pm	\$88.00/8; \$78.00/Flex Pass; \$13.00/1	14473
---------------	-----	---------------	---	-------

May 02-Jun 20	Thu	6:45pm-8:15pm	\$88.00/8; \$78.00/Flex Fee; \$13.00/1	14474
---------------	-----	---------------	--	-------

## Zoomers

### Zoomers - Land & Water Class (D) (F)

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, and maintenance balance and a healthy heart. Participants will spend 45 minutes in the gym working on a circuit based cardio/strength program followed by 45 minutes in the pool focusing on aerobic aquafit moves that will leave your feeling exhilarated at the end of the 90 minute class.

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

**FREE Demo!**

Jan 07	Mon	1:15pm-2:45pm	FREE	14373
--------	-----	---------------	------	-------

Jan 09	Wed	1:15pm-2:45pm	FREE	14377
--------	-----	---------------	------	-------

### Registered Sessions

#### Mondays

Jan 14-Mar 04	Mon	1:15pm-2:45pm		14374
---------------	-----	---------------	--	-------

No class: Feb 18 \$52.50/7; \$45.00/Flex Pass; \$9.50/1

Mar 11-Apr 15	Mon	1:15pm-2:45pm	\$45.00/6; \$9.50/1	14375
---------------	-----	---------------	---------------------	-------

Apr 29-Jun 24	Mon	1:15pm-2:45pm		14376
---------------	-----	---------------	--	-------

No class: May 20 \$60.00/8; \$54.00/Flex Pass; \$9.50/1

#### Wednesdays

Jan 16-Mar 06	Wed	1:15pm-2:45pm		14378
---------------	-----	---------------	--	-------

\$60.00/8; \$54.00/Flex Pass; \$9.50/1

Mar 13-May 01	Wed	1:15pm-2:45pm		14379
---------------	-----	---------------	--	-------

\$60.00/8; \$54.00/Flex Pass; \$9.50/1

May 08-Jun 26	Wed	1:15pm-2:45pm		14381
---------------	-----	---------------	--	-------

\$60.00/8; \$54.00/Flex Pass; \$9.50/1

## Zoomers Suspension Training (D) (F)

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

**FREE Demo!**

Jan 08	Tue	1:00pm-1:45pm	FREE	14382
--------	-----	---------------	------	-------

Jan 11	Fri	12:05pm-12:50pm	FREE	14386
--------	-----	-----------------	------	-------

### Registered Sessions

Jan 15-Feb 26	Tue	1:00pm-1:45pm		14383
---------------	-----	---------------	--	-------

\$56.00/7; \$47.50/Flex Pass; \$10.00/1

Mar 05-Apr 16	Tue	1:00pm-1:45pm		14384
---------------	-----	---------------	--	-------

\$56.00/7; \$47.50/Flex Pass; \$10.00/1

Apr 23-Jun 04	Tue	1:00pm-1:45pm		14385
---------------	-----	---------------	--	-------

\$56.00/7; \$47.50/Flex Pass; \$10.00/1

Jan 18-Mar 08	Fri	12:05pm-12:50pm		14388
---------------	-----	-----------------	--	-------

\$64.00/8; \$57.00/Flex Pass; \$10.00/1

Mar 15-May 03	Fri	12:05pm-12:50pm		14389
---------------	-----	-----------------	--	-------

\$64.00/8; \$47.00/Flex Pass; \$10.00/1

May 10-Jun 21	Fri	12:05pm-12:50pm		14390
---------------	-----	-----------------	--	-------

\$56.00/7; \$47.50/Flex Pass; \$10.00/1

## Zoomer Water Running (D)

Calling all Zoomers! Suspended in deep water, this zero impact workout uses running drills, interval training and resistance to maintain or improve your fitness. Great for those just getting started at running, or those just looking for a new way to stay fit.

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

**Register for the Season & Save!**

Jan 10-Mar 28	Thu	2:15pm-3:15pm	\$96.00/12; \$10.00/1	14041
---------------	-----	---------------	-----------------------	-------

Apr 11-Jun 27	Thu	2:15pm-3:15pm	\$96.00/12; \$10.00/1	14044
---------------	-----	---------------	-----------------------	-------

### Monthly Registration

Jan 10-Feb 14	Thu	2:15pm-3:15pm	\$54.00/6; \$10.00/1	14042
---------------	-----	---------------	----------------------	-------

Feb 21-Mar 28	Thu	2:15pm-3:15pm	\$54.00/6; \$10.00/1	14043
---------------	-----	---------------	----------------------	-------

Apr 11-May 16	Thu	2:15pm-3:15pm	\$54.00/6; \$10.00/1	14045
---------------	-----	---------------	----------------------	-------

May 23-Jun 27	Thu	2:15pm-3:15pm	\$54.00/6; \$10.00/1	14046
---------------	-----	---------------	----------------------	-------

**Reminder!** Please register for the FREE program demos as space is limited.



# AQUATIC FITNESS

## Drop In WaterFit

Schedule subject to change. For current schedule, please visit [www.esquimalt.ca/waterfit](http://www.esquimalt.ca/waterfit) to view schedule in real time. All classes listed are INCLUDED with your pass or pay drop in admission.

### Shallow

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

Mon/Wed/Fri	9:05am-9:55am
Tue/Thu	8:05am-8:55am
Sat	8:35am-9:25am

### Deep

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.

Mon/Wed/Fri	8:05am-8:55am
Tue/Thu	9:05am-9:55am

### 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.

Tue/Thu	10:35am-11:25am
---------	-----------------

### 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.

Mon/Wed	10:35am-11:25am
---------	-----------------

### 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.

Fri	10:35am-11:25am
-----	-----------------

### 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.

Tue/Thur	7:05pm-7:55pm
----------	---------------

### 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.

Mon/Wed	6:05pm-6:55pm
---------	---------------



# Registered 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.

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

### Register for the Season & Save!

Jan 08-Mar 26	Tue	6:00am-6:45am	\$84.00/12	14024
Apr 09-Jun 25	Tue	6:00am-6:45am	\$84.00/12	14030

### Monthly Registration

Jan 08-Feb 12	Tue	6:00am-6:45am	\$48.00/6; \$10.00/1	14025
Feb 19-Mar 26	Tue	6:00am-6:45am	\$48.00/6; \$10.00/1	14026
Apr 09-May 14	Tue	6:00am-6:45am	\$48.00/6; \$10.00/1	14031
May 21-Jun 25	Tue	6:00am-6:45am	\$48.00/6; \$10.00/1	14032

## 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 just looking for a new way to stay fit.

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

### Register for the Season & Save!

Jan 10-Mar 28	Thu	6:00am-6:45am	\$84.00/12	14027
Apr 11-Jun 27	Thu	6:00am-6:45am	\$84.00/12	14033

### Monthly Registration

Jan 10-Feb 14	Thu	6:00am-6:45am	\$48.00/6; \$10.00/1	14028
Feb 21-Mar 28	Thu	6:00am-6:45am	\$48.00/6; \$10.00/1	14029
Apr 11-May 16	Thu	6:00am-6:45am	\$48.00/6; \$10.00/1	14034
May 23-Jun 27	Thu	6:00am-6:45am	\$48.00/6; \$10.00/1	14035

## New Offer!

### Registered for the Season & Save!

Love a program, make the the committment & SAVE!

Several of our programs offer up to 20%OFF when you register for the season\*! Currently this offer is available on Registered WaterFit classes and several of our Martial Arts programs.

\*Compared to drop-in or monthly registration options.

# Drop in WaterFit Schedule

Schedule subject to change. For current schedule, please visit [www.esquimalt.ca/waterfit](http://www.esquimalt.ca/waterfit) to view schedule in real time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05am-8:55am	Deep Fit	Shallow Fit	Deep Fit	Shallow Fit	Deep Fit	
8:35am-9:25am						Shallow Fit
9:05am-9:55am	Shallow Fit	Deep Fit	Shallow Fit	Deep Fit	Shallow Fit	
10:35am-11:25am	Foundations	Cardio Conditioning	Foundations	Cardio Conditioning	Foundations+	
6:05pm-6:55pm	Total Body Workout		Total Body Workout			
7:05-7:55pm		Cardio Blast		Cardio Blast		







## Swimming Lessons for Adults

### Adult Swim Lessons - Basic

This adult lesson will focus on developing comfort in the shallow end of the pool. The skills focused on include: front and back floats, front and back glides, side glides and, if ready, minimal progressions into front crawl. Participants may enter deep water with their instructor if they wish.

Location: Esquimalt Recreation Centre

Jan 07-Mar 11	Mon	7:00pm-8:00pm	\$63.00/9	14084
No class: Feb 18				
Jan 09-Mar 13	Wed	7:00pm-8:00pm	\$70.00/10	14085
Apr 08-Jun 17	Mon	7:00pm-8:00pm	\$63.00/9	14086
No class: May 20, Apr 22				
Apr 10-Jun 19	Wed	7:00pm-8:00pm	\$77.00/11	14087

### Adult Swim Lessons - Intermediate

This level is for those individuals who are ready to begin developing basic strokes. Participants should be comfortable floating and gliding on their front and back in addition to having the ability to roll over while maintaining control of their breathing.

Location: Esquimalt Recreation Centre

Jan 07-Mar 11	Mon	7:00pm-8:00pm	\$63.00/9	14088
No class: Feb 18				
Jan 09-Mar 13	Wed	7:00pm-8:00pm	\$70.00/10	14089
Apr 08-Jun 17	Mon	7:00pm-8:00pm	\$63.00/9	14090
No class: Apr 22, May 20				
Apr 10-Jun 19	Wed	7:00pm-8:00pm	\$77.00/11	14091

## Private Swim Lessons

### Registered Private Lessons

\$17.00/30 minute lessons

- Registered Private Lessons run alongside community lessons. Program times can be found at [www.esquimalt.ca/registration](http://www.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 our Aquatics Supervisor at [aquatics@esquimalt.ca](mailto:aquatics@esquimalt.ca) to book. Please note online registration is not available for premium private lessons.



View lesson schedule,  
availability & register online  
24 hours/day!

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

Winter Swim Lesson Registration opens Dec 1.  
Spring Swim Lesson Registration will open March 1.



## Swim Lessons

View lesson schedule, availability & register online!  
**Winter Swim Lesson Registration opens Dec 1. Spring Swim Lesson Registration will open March 1.**

### 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

## Lesson Sessions

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

Winter Swim Lessons				
Registration Opens December 1				
Date	Start Date	End Date	# Lessons	No Class
Once/Week				
Monday	Jan 7	Mar 11	8	
Tuesday	Jan 8	Mar 12	8	
Wednesday	Jan 9	Mar 13	9	
Thursday	Jan 10	Mar 14	10	
Friday	Jan 11	Mar 15	10	
Saturday	Jan 12	Mar 9	10	
Sunday	Jan 13	Mar 10	8	

Spring Swim Lessons				
Registration Opens March 1				
Date	Start Date	End Date	# Lessons	No Class
Once/Week				
Monday	Apr 8	Jun 17	9	Apr 22, May 20
Tuesday	Apr 9	Jun 18	11	
Wednesday	Apr 10	Jun 19	11	
Thursday	Apr 11	Jun 20	11	
Friday	Apr 12	Jun 21	10	Apr 19
Saturday	Apr 6	Jun 22	10	Apr 20, May 18
Sunday	Apr 7	Jun 16	9	Apr 21, May 19





## Aquatic Child & Youth Programs

### Junior Development Water Polo (8-12yrs)

Taught by competitive water polo coaches. Each session has Powerswimming, ball handling, shooting techniques and a scrimmage component. Upon successful completion, participants enter age group competitive water polo.

Prerequisite: ability to swim in deep water.

Location: Esquimalt Recreation Centre

Jan 12-Mar 09 Sat 4:00pm-5:00pm \$80.00/8 14066

No class: Feb 16

Apr 06-Jun 22 Sat 4:00pm-5:00pm \$100.00/10 14067

No class: Apr 20, May 18



Minimum registration must be met at least 3 business days prior to program start dates to avoid unnecessary cancellations. Register online 24 hours a day: [esquimalt.ca/programs](http://esquimalt.ca/programs) - or in person or by phone through the Esquimalt Rec Centre, call 250.412.8500 or visit 527 Fraser Street 5:30am-10:30pm seven days a week.

### West Shore Swim Club Aquatics Programs

West Shore Swim Club is multi level swim organization serving the community, kids through adults, in Esquimalt.

In Parr (3-6 years) kids will learn the basics of swimming including competence in flutter kick on back and front for 5-10m. They will also focus on comfort under water and breath control, with the goal of retrieving objects from 1.5m depth and 3m distance.

In Smolt (7-10 years) kids will focus on developing all four strokes and swimming with consistent technique for 50m. The coaches will focus on proper technique and using flutter kick and dolphin kick for propulsion. They will also work on breath control with the goal of a 10m underwater swim. During this program kids will also explore tumbling and rotating in the water as skills for future turn competence.

Register for twice/week and save 20%. Swimmers must pay the \$44 Swim BC fee upon their first registration each school year. If registering for multiple sessions per week apply promo code WSACSWIMX2 to receive 20% discount

Location: Esquimalt Recreation Centre

#### PARR

Jan 13-Mar 10 Sun 4:00pm-4:45pm \$102.00/8 14069

No class: Feb 17

Jan 14-Mar 11 Mon 4:00pm-4:45pm \$102.00/8 14070

No class: Feb 18

Jan 16-Mar 13 Wed 4:00pm-4:45pm \$114.75/9 14071

Apr 07-Jun 16 Sun 4:00pm-4:45pm \$114.75/9 14078

No class: Apr 21, May 19

Apr 08-Jun 17 Mon 4:00pm-4:45pm \$114.75/9 14080

No class: Apr 22, May 20

Apr 10-Jun 19 Wed 4:00pm-4:45pm \$140.25/11 14082

#### SMOLT

Jan 13-Mar 10 Sun 4:00pm-5:00pm \$124.00/8 14072

No class: Feb 17

Jan 14-Mar 11 Mon 4:00pm-5:00pm \$124.00/8 14075

No class: Feb 18

Jan 16-Mar 13 Wed 4:00pm-5:00pm \$139.50/9 14077

Apr 07-Jun 16 Sun 4:00pm-5:00pm \$139.50/9 14079

No class: Apr 21, May 19

Apr 08-Jun 17 Mon 4:00pm-5:00pm \$139.50/9 14081

No class: Apr 22, May 20

Apr 10-Jun 19 Wed 4:00pm-5:00pm \$170.50/11 14083



# Aquatic Education

## First Aid Training

First Aid Training for home, the workplace and the community. Be sure to register early, minimum registration must be met at least 1 week before a course start date; a delay in registering may result in a course being cancelled unnecessarily. 100% Participation required. Pre-requisite: 13 yrs+

## CPR-C Recertification

CPR-C Rectification ensures rescuers remain competent in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies.  
Prerequisite - must have held a CPR-C within the last 5 years.  
Location: Esquimalt Recreation Centre  
Mar 20      Wed      10:00am-2:00pm      \$35.00/1      14054

## Standard First Aid Recertification

Standard First Aid Recertification ensures rescuers remain competent in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies as well as how to manage medical, muscoskeletal and environmental emergencies.  
Prerequisite - must have held an SFA in the past 5 years.  
Location: Esquimalt Recreation Centre  
Mar 20      Wed      10:00am-6:30pm      \$65.00/1      14055



## Water Safety Instructor Re-certification

This re certification course is for WSI's who wish to stay current. Candidates will go through program changes to Red Cross Tots and Swim Kids program as well as update their teaching skills with new information, games, drills and activities. 100% participation is required.  
Pre-requisite: Water Safety Instructor course or re-cert taken within the last 5 years.

Location: Esquimalt Recreation Centre				
Mar 27	Wed	11:00am-4:30pm	\$102.00/1	14059
Jun 26	Wed	11:00am-4:30pm	\$102.00/1	14062

## National Lifeguard Re-Certification

This recertification course is for lifeguards who wish to remain current. Re-cert includes practical demonstration of skills, including first aid, spinal, unconscious and pia carries, as well as simulations and fitness skills. Successful candidates will hold a current NLS for another 2 years.  
Pre-requisites: NLS certification or re-cert within 5 years.  
Location: Esquimalt Recreation Centre  
Jun 25      Tue      10:00am-7:00pm      \$95.00/1      14057



Esquimalt Parks & Recreation has a variety of locations to accomodate any event:

- Meeting Rooms      Family Celebrations      Weddings
- Birthday Parties      Sports Team Rentals & Events      Park Rentals



Submit your booking request online: [esquimalt.ca/bookingrequest](http://esquimalt.ca/bookingrequest)



**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 throughout the year depending on the level of interest – please check the schedule at <https://www.esquimalt.ca/public-safety/emergency-program/neighbourhood-emergency-preparedness-program>.

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.

All sessions will take place at the Municipal Hall unless otherwise specified.

Presentations with less than 10 registrants will be cancelled. (unless otherwise noted).

**Please RSVP to [nepp@esquimalt.ca](mailto:nepp@esquimalt.ca)**

**Connect with us!**  
[facebook.com/EsquimaltNEPP](https://facebook.com/EsquimaltNEPP)

### FREE! 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.

Location: Esquimalt Municipal Hall, 1229 Esquimalt Road - Council Chambers

Date & Time: Wednesday, January 16, 2019 at 7pm

### FREE! 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.

Location: Esquimalt Municipal Hall, 1229 Esquimalt Road - Council Chambers

Date & Time: Wednesday, February 20 at 7pm

### FREE! Emergency Preparedness: Special Considerations

This one-hour presentation will focus on emergency preparedness for individuals who may have health, mobility or other considerations that require additional care and planning. Some of the topics covered will be:

- Emergency alerting for those with decreased sight or hearing
- Emergency alerting for individuals who are not comfortable with new technology
- What to do if the person is unable to self-evacuate
- Considerations for those with special medical needs or medical equipment

Question and answer period to follow.

Location: Esquimalt Municipal Hall, 1229 Esquimalt Road - Council Chambers

Date & Time: Wednesday, March 13 at 7pm

### FREE! Emergency Preparedness for Pet Owners

This one-hour presentation will discuss how to prepare you and your pet family for an emergency, including:

- What to expect after an emergency
- Services that will and will not be provided
- Plans to have in place for your pet before an emergency
- Supplies you will need after an emergency
- Helpful tips and tricks

Question and answer period to follow.

Location: Esquimalt Municipal Hall, 1229 Esquimalt Road - Council Chambers

Date & Time: Wednesday, April 17 at 7pm

### FREE! Emergency Preparedness Workshop

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 hands on workshop where we will simplify the process by providing simple steps and resources to start getting prepared today. We will have guides available to create your own family emergency plan and ask any questions you may have.

Location: Esquimalt Municipal Hall, 1229 Esquimalt Road - Wurtele Room

Date & Time: Saturday, May 18 at 2pm

Minimum number of participants: 5

Maximum number of participants: 15

**Free Workshops, Advanced  
 Registration Required!**  
 RSVP to [nepp@esquimalt.ca](mailto:nepp@esquimalt.ca)



## Drop In Arena Programs & Public Skates

The Archie Browning Sports Centre, located at 1151 Esquimalt Road, features a Hockey Arena, Curling Rink and multipurpose rooms. Drop in arena and public skating schedule subject to change due to bonspiels, hockey tournaments, figure skating events. View schedule in real time: [esquimalt.ca/arenadropin](http://esquimalt.ca/arenadropin)

### Everyone Welcome Skate

All levels welcome for recreational public skating. Helmet and skate rentals available. Helmets strongly recommended for children 12 years and younger.

Jan 08-Mar 12	Tue	11:30am-12:50pm	13895
Jan 09-Mar 13	Wed	10:00am-11:20am	13896
Jan 10-Mar 14	Thu	3:00pm-4:45pm	13894
Jan 05-Mar 16	Sat	2:30pm-4:00pm	13898

### Adult Skate

Public skating for those aged 16yrs+. All levels welcome. Bring your own skates or rent a pair.

Jan 07-Mar 18	Mon	11:30am-12:50pm	13887
---------------	-----	-----------------	-------

### Drop In Hockey 16yrs+

Drop In Hockey for 16yrs + Helmet, gloves & shin pads mandatory, full gear recommended,

Jan 09-Mar 22	Wed/Fri	11:30am-12:50pm	13889
---------------	---------	-----------------	-------

No class: Jan 18, Feb 01

**For membership and admission rates, please see page 8-9.**

### Cougars Pond Hockey

Join the Cougars on the ice for this fun drop in Pond Hockey Session. Helmets, gloves and shin pads mandatory! Children 12 years & under are mentored by members of the Cougars Junior Hockey Club. Space limited, call 250.412.8500 or reserve your space online: [esquimalt.ca/arenadropin](http://esquimalt.ca/arenadropin)

Jan 06-Mar 17 Sun 2:00pm-3:00pm 13888

No class: Jan 20, Feb 03

### Sticks & Stones Curling

No experience necessary. Our fabulous instructor will be there to give you some pointers and assist you in your game. No equipment? No problem. We have sliders and brooms for a low cost rental. Program open to ages 8yrs+. Children 16yrs and younger must be accompanied by an adult. Admission included with your Esquimalt Recreation or Regional Recreation Pass, or pay the regular drop in fee. \*Check online schedules as programs varies due to curling Bon spiels.

Jan 06-Mar 10 Sun 1:00pm-3:00pm 13899

### Spring Break Holiday Skate

Spring is in the air, and the next big school break is here. Rain or shine, warm weather or cold, be sure to include skating as a part of the best spring break ever! Join us for indoor family fun, or children aged 10yrs+ can drop in on their own, at Archie Browning Sports Centre all week long! Take advantage of the all ages Skate Admission/Skate Rental Pass valid March 19-28: \$20/10 punches. Use punch for either skate admissions or skate rentals - or both! Pass is not transferable.

Mar 18-Mar 22 Mon-Fri 1:00pm-2:50pm 13445

### Pro Day Skates

Join us for fun on the ice during Professional Development Days from School!

Jan 21	Mon	1:00pm-2:50pm	13891
Feb 15	Fri	1:00pm-2:50pm	13893

### FREE Admission Skates

Free Admission, skate rentals available \$3.25/pair. Participants are encouraged to bring their own helmets; limited helmets available.

### Family Day Celebration Skate

Bring the whole family and enjoy some time together in this Free Family Day Skate!

Feb 18 Mon 1:00pm-2:50pm 13900

### Spring Thaw

Join us on the Ice for an end of season celebration! There will be music and games, lots of fun for everyone.

Location: Archie Browning Sports Centre

Mar 23 Sat 2:30pm-4:00pm 13901



## SKATING LESSONS

at the Archie Browning Sports Centre

Our trained instructors develop engaging lesson plans that help your child develop the necessary skills of skating. These skills will improve your child's physical literacy and continue to develop other sport specific and fundamental movement skills. The Learn to Skate program is a regional initiative of seven municipalities of Greater Victoria. It is streamlined and designed so that any pre-school or school age child can have their accomplishments transferred from one centre to another.

*NOTE: Helmets are required for all Lesson Participants. We are limited in stock and sizes, you are encouraged to bring your own properly fitting helmet. We also encourage you to bring gloves or mittens, warm jacket and flexible pants.*

### Toddler & Preschool

#### Parent & Tot

(2-4 Years) First time skaters will get comfortable on the ice with an adult, who is comfortable on skates. The adult will be given tools and skills to assist their child in accomplishing basics of skating. Skills adults will work on with their child are: balancing on two feet, touching toes, marching, falling down and getting up! Participants must wear skates. (NOT A PREREQUISITE TO PRESCHOOL 1).

Jan 08-Mar 12 Tue 4:00pm-4:30pm \$60.00/10 14219

#### Preschool 1

No prerequisite

Participants will be taught basic skating skills including: balancing on two feet, touching toes, walking forwards, marching, and falling down and getting up.

Jan 08-Mar 12 Tue 4:00pm-4:30pm \$62.50/10 14220

#### Preschool 2

Prerequisite: Preschool 1

For children who can skate independently. Skills include: gliding, two foot jumps, making snow, and walking backwards.

Jan 08-Mar 12 Tue 4:00pm-4:30pm \$62.50/10 14220

#### Preschool 3

Prerequisite: Preschool 2

Children will learn skills in this course including: v-pushes, one foot gliding, two foot jump while gliding, walking backwards with some glide, two foot quarter-turns on the spot, and stopping.

Jan 08-Mar 12 Tue 4:00pm-4:30pm \$62.50/10 14222

#### Preschool 4

Prerequisite: Preschool 3

Children will learn skills in this course including: two-foot glides on a curve, walking cross cuts, backward sculling, and backwards stopping.

Jan 08-Mar 12 Tue 4:00pm-4:30pm \$62.50/10 14222





School Aged

**Level 1**  
For children that do not have a lot of skating experience. Children will build confidence on the ice. Skills covered include: forwards gliding, marching forward, making snow, falling down and getting up, and walking backwards.  
Jan 08-Mar 12 Tue 4:30pm-5:00pm \$62.50/10 14223  
Jan 08-Mar 12 Tue 5:00pm-5:30pm \$62.50/10 14224

**Level 2**  
Prerequisite: Level 1 or Preschool 3  
For children who can skate independently on the ice. Skills include: forward sculling, one foot forward glides, stopping, walking backwards with some glide, and two foot half turns on the spot.  
Jan 08-Mar 12 Tue 4:30pm-5:00pm \$62.50/10 14223  
Jan 08-Mar 12 Tue 5:00pm-5:30pm \$62.50/10 14224

**Level 3**  
Prerequisite: Level 2 or Preschool 4  
Children will learn skills in this course including: one foot glides on a curve, forwards walking cross cuts, backwards skating and sculling, two foot backwards glide to one foot and snow plow stop.  
Jan 08-Mar 12 Tue 4:30pm-5:00pm \$62.50/10 14225  
Jan 08-Mar 12 Tue 5:00pm-5:30pm \$62.50/10 14222

**Level 4**  
Prerequisite: Level 3  
Children will learn skills in this course including: two foot stop, forwards crosscuts, turning forwards to backwards and backwards to forwards, and two foot jump in a glide backwards.  
Jan 08-Mar 12 Tue 4:30pm-5:00pm \$62.50/10 14225  
Jan 08-Mar 12 Tue 5:00pm-5:30pm \$62.50/10 14222

**Level 5**  
Prerequisite: Level 4  
Children will learn skills in this course including: Backwards Mohawk turn, two foot stop in both directions, one foot jump gliding forward, fast backwards start and fast forward start from back stop.  
Jan 08-Mar 12 Tue 5:00pm-5:30pm \$62.50/10 14228

**Level 6**  
Prerequisite: Level 5  
This is an introduction to advanced skating skills, while continuing to focus and enhance acquired skills. Participants will have the opportunity to request specific skills they would like to focus on with unstructured practice time with instructor supervision.  
Jan 08-Mar 12 Tue 5:00pm-5:30pm \$62.50/10 14228



Skate Staff: Jared Dan(Supervisor), Kevin, Ariana

## Hockey Programs

### Intro to Hockey

Join us for this Introductory Hockey program. Learn the basics of the game, including stick handling, passing, hand eye coordination and so much more!

Jan 08-Mar 12 Tue 4:30pm-5:00pm \$62.50/10 14216

### Tot Hockey

Join us on the ice for this introductory Hockey class. Learn the basics of moving with a stick, stick handling and hand eye coordination. The Cougars will join us on the ice to help demonstrate and assist with hockey skill development.

Jan 08-Mar 12 Tue 4:00pm-4:30pm \$62.50/10 14217

## Curling

### Start Curling

The program will be comprised of new and inexperienced curlers who wish to learn all aspects of the game over a weekly curling program. Each session will include instruction to build your skills in all areas of the sport so that by the end of the course you are ready to join a league.

Location: Archie Browning Sports Centre

Jan 13-Mar 17 Sun 7:00pm-9:00pm \$90.00/9 14215

No class: Feb 17

## Figure Skating

### Intro to Figure Skating (6-12yrs)

Want to twirl, jump and spin? Learn the basics of figure skating in the three levels of our program. Must be able to skate the length of the ice.

Jan 08-Mar 12 Tue 5:00pm-5:30pm \$62.50/10 14218

## Esquimalt Speed Skating Club

### Learn to speed skate!

The Esquimalt Speed Skating Club offers short track speed skating for all ages and abilities. Practice includes drills, games and lap skating. Programs are designed for both recreational and competitive members. Participants are able to rent skates at reasonable rate.

Up to 3 – 45 minutes sessions/week.

September 4-March 7

Tue 6:00pm-7:20pm

Thu 5:00pm-6:00pm

Sat 6:15am-7:20am

Location: Archie Browning Sports Centre

### Membership Fees:

Youth (under 16): \$350

Adult: \$395

TRY FOR FREE (First 3 sessions)

For more information on the club and to register, please go to the Club website:  
[esquimaltspeedskating.org](http://esquimaltspeedskating.org)

View the Arena Drop-In Schedule

in real time:

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

# Esquimalt Curling Club

## Board

President

Samantha Sherman, 250-661-4925 • slcamero@gmail.com

Vice President

Rachelle Perry, 250-920-0921 • ratchpy@shaw.ca

Secretary

Karen Hoban, 250-478-5303 • karenmhoban@gmail.com

Treasurer

Mike Toller, 250-433-1020 • miketoller@shaw.ca

League Contacts	Contact	Day	Time
Afternoon Ladies League	Wendy Fathers 250-384-5261 • wfathers@gmail.com	Mon	12:30-2:30pm
Logistic League	Will Staler 250-385-1655 • William.Staler@forces.gc.ca	Wed	3:30-5:30pm
Golden Girls	Lu Neilson 250-381-3887 • lu.neilson@icloud.com	Tue	12:30-2:30pm
Evening Ladies League	Judy Young 778-678-1261 • mjyoung@telus.net	Tue	6:45-8:45pm
Men's League	Jim Williams 250-361-1247 • jdwilliams@mail.com	Mon/Wed	6:30-10:45pm
Rebel's Mixed League	Cheryl Eason 250-580-7770 • cheason@shaw.ca	Fri	7:00-9:00pm
Senior's Mixed League	Yvonne Leach 250-388-4410 • bobyvonneleach@gmail.com	Thu	9:50am-12:00pm
Senior's Select League	Dave Davies 250-477-7429 • davlei@shaw.ca	Mon/Wed	9:30-11:30am
Senior's Men's League	Al Teasdale 250-419-3149 • al.teasdale@outlook.com	Tue/Fri	9:30-11:30am
Sportsmen's League	Ken O'Connor 250-382-0143 • ken.oconnor@shaw.ca	Sat	9:30-11:30am
Sunday Funday Mixed League	Karen Hoban 250-478-5303 • karenmhoban@gmail.com	Sun	4:30-6:30pm
White Ensign Mixed League	Travis Shaw 250-418-5983 • travis.shaw@sobeys.com	Thu	6:30-10:30pm
Youth League	Rachelle Perry 250-920-0921 • ratchpy@shaw.ca	Mon	4:00-6:00pm

*Esquimalt Gorge Park in Spring*



## 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

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

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

### To submit a Tree Cutting Permit

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



# Lifelong Learning Starts Here

READ, WATCH, LISTEN, PLAY AND DISCOVER  
at the Greater Victoria Public Library



## Ways to Learn



- Great programs for all ages
- E-resources for practical matters like searching auto specifications or B.C.'s building codes
- Online research – look up consumer reports or learn with Lynda.com

## Esquimalt Branch is Open During Construction

1231 Esquimalt Rd



GREATER VICTORIA  
PUBLIC LIBRARY

gvpl.ca





# REGIONAL RECREATION PASS

FOR GREATER  
VICTORIA

Greater Victoria **ACTIVE  
COMMUNITIES**  
*fitinfitness.ca*



**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