



September to December 2019

ESQUIMALT PROGRAMS & EVENTS

REGISTER ONLINE!

esquimalt.ca/recreation



ESQUIMALT
PARKS + RECREATION



Gift it.

Give the gift of recreation.

On sale December 1st.

Wrap up the gift of recreation: pass packages and your favourite Esquimalt gear on sale December 1st-24th, while quantities last.

Info: esquimalt.ca/promo





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Facility Hours & Contact

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

*Holiday hours: view Arena Drop In Schedule including public skating in real time online, 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



Summer is almost over in Esquimalt, but there is still so much to do. Welcome to the fall 2019 edition of our Parks and Recreation Active Living Guide. This guide will help you find out more about our high quality programs. You'll love what we have planned!

Before getting too far ahead, I'd like to reflect on our wonderful summer and thank all those who came out to celebrate, who volunteered and who shared their energy and enthusiasm at one or all of our many events. Your participation is what makes an ordinary event extraordinary.

This year's Buccaneer Days, for example, had another successful weekend. What a great way to celebrate our community! We hope you enjoyed our new Township of Esquimalt float in the parade as much as we did.

Events like the outdoor farmer's market, Movies in the Park and the Memorial Park Music Fest are other opportunities to bring community together. It is a special thing to be able to take time out of a busy week to sit back and enjoy the sunshine with your neighbours.

Bloomin' Beautiful is one of my favorite events because it lets you, our residents, show off your skill and passion for creating stunning gardens. Thank you to those who opened up their homes and thank you to Parks staff for keeping our Township gardens bloomin' beautiful as well!

Of course, it's not all events. I am continually impressed by the range and quality of programming that our Recreation staff put on season after season. Having everything from language classes to robotics workshops available to us is pretty wonderful.

When I consider all that is happening and has been achieved, I am very proud of our community and of the work of the Parks and Recreation Department. To get the best of your parks and recreation experience, stay in touch with your Parks and Recreation department in person, online or on social media. Don't forget about our app as well!

As we move into the next few months, we can continue to look forward to well-loved events like Ribfest, the Celebration of Lights or just taking a neighbourhood stroll to enjoy the changing seasons.

On behalf of Council I encourage you to explore our many wonderful parks and take advantage of our quality recreation facilities.

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 (also find this linked from our website: 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





Boundary
Oil Line

malt Rd.

1 Esquimalt Gorge Park

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

2 Colville Sport Fields**

- Sports Fields
- Dogs Not Permitted

3 West Bay Walkway

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

4 Macaulay Point Park

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

*Joint Use Agreement with School District

**Department of National Defense

5 Saxe Point Park

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

6 L'Ecole Brodeur*

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

7 Highrock Park

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

8 Anderson Park

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

9 Esquimalt Recreation Centre

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

10 Bullen Park

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

11 Archie Browning Sports Centre

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

12 Lampson Sport Fields

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

13 Memorial Park

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

14 Captain Jacobsen Park

- Playground
- Dogs Off Leash

15 Esquimalt Adventure Park

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

For park and facility rental information, please visit: esquimalt.ca/bookingrequest



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
Adult	\$58.50	\$113.75	\$210.00	\$350.00
60+ or Student	\$44.00	\$85.50	\$157.50	\$262.50
Youth (13-18yrs)	\$42.50	\$84.00	\$105.00	\$175.00
Child (6-12yrs)	\$26.00	\$45.75	\$84.75	\$141.00
Family	\$117.00	\$227.50	\$420.00	\$700.00
Regional Recreation Pass* 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
Adult	\$5.75	\$51.75	\$120.75
60+ or Student	\$4.25	\$38.25	\$89.25
Youth (13-18yrs)	\$3.00	\$27.00	\$63.00
Child (6-12yrs)	\$2.75	\$24.75	\$57.75
Preschool	Free with adult admission		
Family	\$11.50	\$103.50	\$241.50

Specialized drop in admission & seasonal offers! Tax Included

	Single Drop in	10 Pack	
Stay & Play Childminding	\$3.50	\$30.00	For schedule - see page 16 Online: esquimalt.ca/childminding
Kindergym	\$3.00	\$30.00	For schedule - see page 16 Online: esquimalt.ca/kindergym
Skate Rentals	\$3.25	-	
Spring Break Pass, 10 admission	-	\$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 for the latest details. Share your photos with us on social media by tagging Esquimalt Parks & Recreation along with the hashtag, #Esquimalt

Autum inspires a host of events including a NEW! Community Garden Open Garden Day at the Township of Esquimalt's Anderson Park on September 14th. We hope you'll join us!



September

Esquimalt Ribfest

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

Location: Bullen Field
 Sep 06-Sep 08 Fri-Sun

FREE! Community Garden Open Garden Day

Join the Esquimalt Community Garden for its first Open Garden Day on Saturday September 14. The Community Garden members at Anderson Park have been hard at work this year and would love to show the community how wonderful this space is. You'll have a chance to watch some demonstrations, visit the produce stand, walk amongst the gardens, and chat with the gardeners. You might be surprised to learn just how easy it is to develop a green thumb!

Location: Anderson Park
 Sep 14 Sat 10:00am-12:00pm FREE

FREE Workshop! Zero Waste Living

Join Leanne from Organic Bags Canada for a positive, engaging workshop for all individuals to discover and adopt the zero waste lifestyle. Easy steps will be presented for those just starting the journey and others wanting to further their skills. You will discuss several resources and explore cost-effective ways to eliminate plastic and disposable items inside and outside of the home, while sharing knowledge and tips from individual experiences. Bring a friend or family member and all of your questions.

Location: Esquimalt Recreation Centre
 Sep 17 Tue 7:00pm-8:00pm FREE 17795

FREE! Children's Story Festival

Help us celebrate the 16th year of Esquimalt's Story Festival with another awesome line-up of great story tellers. This year's theme is Reach for the Stars! Lunch, provided through a generous donation from Country Grocer and prepared by our Esquimalt Lions, is from 11am onwards. Donations are gratefully accepted and go to help fund the Macaulay literacy program. Developing literacy allows children to use their imagination, dream big dreams and express themselves better. Storytelling provides a platform for growth and development and we hope your family will join us in celebrating this.

Location: Memorial Park
 Sep 21 Sat 10:30am-1:00pm FREE

FREE! Everyone Welcome Swim

Join us after the Children's Story Festival for a free swim sponsored by Panago Pizza in Esquimalt.

Location: Esquimalt Recreation Centre

Sep 21 Sat 1:00pm-4:00pm FREE

Esquimalt Farmers Market

It's the place to be on Thursdays! There's a fantastic line-up of vendors, food trucks and musicians offering the best produce, food and crafts that Vancouver Island has to offer. It's a great community gathering place, and attendance is FREE!

Fall-Winter Markets: Esquimalt Recreation Centre, 527 Fraser Street (indoors in the Atrium, by the pool), every Thursday 4:30-7:30pm, Sept. 26-Nov. 14. No Market October 31.

Christmas Market: Sunday November 17, 11am-5pm
Follow on Facebook, Twitter and Instagram
@esquimaltmarket and esquimaltmarket.com

FREE! Fire Department Open House

In support of Fire Prevention Week October 6-12, 2019, the public is invited to the 2019 Esquimalt Fire Department Open House. Learn about fire safety; enjoy interactive activities for children including extinguishing a fire alongside our Fire Department crew members, a colouring station and a bouncy castle (weather permitting). The team from the Esquimalt Emergency Program will be on-site to answer your questions too.

Location: Esquimalt Fire Hall, 500 Park Place

Sep 28 Sat 11:00am-1:00pm FREE



Seniors share a wealth of knowledge with us. On October 1st, we show our appreciation with a senior's appreciation tea.

Township Classics

One of the best kept secrets in Victoria isn't so much of a secret anymore... Join a talented cast of international performers from September to February 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. All concerts begin at 7:00pm. All proceeds directly fund the Township Community Arts Council's Youth Mentorship Program, giving students musical opportunities of a lifetime.

Tickets only \$20 and only available at The Sharkz Store, 1244 Esquimalt Road. All proceeds directly fund our Youth Mentorship Program, giving students musical opportunities of a lifetime.

2019/2020 Dates: September 29, October 27, November 24, December 15, January 26 & February 23.

October

FREE! Senior's Appreciation Day Tea

Join us for complimentary coffee, tea and light snacks to celebrate National Senior's Appreciation Day. You will enjoy performances from the Esquimalt Ukulele and Music Jam Clubs, as well as have a chance to visit with your friends and neighbours. This event is reserved for our guests who are 50 yrs+ and pre-registration is required. RSVP to the Front Desk - in person, by phone (250-412-8500), or online (www.esquimalt.ca/registration).

Location: Esquimalt Recreation Centre

Oct 01 Tue 1:00pm-2:30pm FREE 17986

Tour de Rock Arrival

Join the Township staff in welcoming the Tour de Rock Riders to Esquimalt. This group of dedicated fundraisers will have almost completed their two-week, 1000 km bike ride spanning the length of Vancouver Island to raise money to fight childhood cancer by the time they reach us, so they deserve a huge welcome. Help us make Esquimalt the most welcoming community for these riders as they journey towards completing their goal. Exact arrival details and ways to donate will be posted to the events calendar at Esquimalt.ca once they are available.

Location: Archie Browning Sports Centre

Oct 04 Fri 8:30am-9:30am

Branch Out! at Esquimalt's 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

Location: Saxe Point Park

Oct 05	Sat	9:45am-1:00pm	FREE
Oct 26	Sat	9:45am-1:00pm	FREE

FREE! Hallowe'en Bonfire

Hallowe'en just isn't Hallowe'en in Esquimalt without a bonfire!! Hosted by the Esquimalt Lions, this event is a great way to wind down the festivities for all ages. Enjoy the warmth from the flames of a huge bonfire while enjoying a nice warm cup of hot chocolate - reusable cups strongly encouraged. All food and drink sales are by donation with the proceeds feeding directly back into community programs.

Location: Archie Browning Sports Centre

Oct 31	Thu	6:00pm-9:00pm	FREE
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November

Remembrance Day

The Township of Esquimalt Remembrance Day Service takes place at the Memorial Park Cenotaph beginning shortly before 11:00am. Additional parking is available at the Archie Browning Sports Centre, 1151 Esquimalt Road.

Location: Memorial Park

Recreation Centre hours of operation: 5:30am-10:30pm. Modified drop-in program schedules in effect, please visit [esquimalt.ca/schedules](http://www.esquimalt.ca/schedules)

Branch Out! at Esquimalt Gorge Park at Gorge Creek

Join us down at Gorge Creek at Esquimalt Gorge Park 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

Location: Esquimalt's Gorge Park

Nov 16	Sat	9:45am-1:00pm	FREE
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Thank you to our serving members and their families. With respect and gratitude, we recognize your sacrifices for our freedom.

FREE Admission! Esquimalt Farmers Market - Christmas Market

It's the place to be to find the most amazing local treasures and gifts for your loved ones this holiday season! There's a fantastic line-up of vendors, food trucks and musicians, offering the best produce, food and crafts that Vancouver Island has to offer. It's a great community gathering place, and attendance is FREE!

Location: Esquimalt Recreation Centre

Nov 17	Sun	11:00am-5:00pm	FREE
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FREE Admission! Creative Knitters & Crafters Sale

Find unique, hand-crafted items for your family and friends during our annual Creative Knitters & Crafters Sale. Knitted items, handmade greeting cards & a wide assortment of gift ideas will be for sale. All items are handmade by our weekly Seniors groups; sales support our Seniors programs.

Location: Esquimalt Recreation Centre

Nov 22-Nov 23	Fri/Sat	9:00am-3:00pm	FREE	18416
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Follow us on Facebook, Twitter & Instagram, and visit esquimalt.ca/events for the latest details.

Share your photos with us on social media by tagging Esquimalt Parks & Recreation along with the hashtag, #Esquimalt

December

Holiday Light-up Map Submission

It's time for our 3rd annual Holiday Light-up Map! Are your holiday decorations the talk of your neighbourhood? We want to help you get the word out to the rest of Esquimalt. Submit your address if you want us to add your residence to the Holiday Light-up Map that will be available on our website December 2nd. Submission deadline is November 29th at noon. We can't wait to see how bright you can shine this holiday season.

Christmas Tree Village

Experience the magic of the holidays at our Sixth Annual Christmas Tree Village. Join us as we transform the Recreation Centre Atrium and the Archie Browning Sports Centre into holiday heavens teeming with twinkling lights and decorations for all tastes. This event is open to local businesses, community groups and non-profit organizations, but space is limited so contact us early to secure your space. Learn more on our website: esquimalt.ca/treevillage

Location: Esquimalt Recreation Centre and Archie Browning Sports Centre
Dec 02-Jan 3

Holiday Celebration Lunch

Enjoy a traditional turkey dinner without having to lift a finger. This catered event means that all you have to do is sit back and enjoy the delicious food and holiday themed entertainment. Lunch is served at noon and the event runs approximately 90 minutes. Seats are limited and pre-registration is required. Registration cut-off is December 3rd at 2pm so register early to guarantee a seat.

Location: Esquimalt Recreation Centre
Dec 05 Thu 12:00pm-1:30pm \$20/person 18373



The North Pole, south. During the month of December the Esquimalt Recreation Centre is transformed into a festive forest. While Esquimalt's Christmas Tree Village is an experience in itself, the Village provides the perfect setting for numerous holiday-inspired events throughout the season.

Pyjama Prance

Come be a part of the 5th Annual Pyjama Prance Fun Run/Walk through the streets of Esquimalt in your PJ's! There will be a pancake breakfast, live music, silent auction, and prizes! Choose from a 2km or 5km distance. Registration for this event is a minimum of 5 items of food and/or a suggested minimum donation of \$10. All ages welcome, as well as wheelchairs, strollers & pole walkers; but please no pets, bikes, scooters or skates. For more details: www.facebook.com/PyjamaPrance.

To register, please email pyjamaprance@gmail.com with your name, age, phone number and distance.

Location: Esquimalt United Church Lower Kitchen & Lounge
Dec 08 Sun 8:30am-11:30am

CELEBRATING 35 YEARS!

Proud to be part of the Esquimalt community for 35 years

ISLAND OWNED AND OPERATED
COUNTRYGROCER.COM



FREE! Celebration of Lights

Put on your winter woollies and join us for the Celebration of Lights parade, Esquimalt Plaza light-up, visit from Santa, entertainment, and refreshments. This event is an Esquimalt favourite and is always a huge success for people of all ages. For event details, parade route, and volunteer opportunities, go to celebrationoflights.ca.

Location: Archie Browning Sports Centre

Dec 08 Sun 5:00pm-7:00pm FREE

FREE! Jolly Jingle Story Mingle

Throw on your PJs and come on down to sit around the fireplace with a cup of hot chocolate and enjoy some interactive secular holiday storytelling. We're excited to welcome back Ali with her energetic storytelling as part of our holiday line-up. The energy is awesome and the storytelling will be engaging. This is sure to get your whole family in the holiday spirit.

Location: Esquimalt Recreation Centre

Dec 13 Fri 7:30pm-8:30pm FREE

Lion's Skate with Santa

Santa is coming to the Archie Browning Sports Centre! join us on the ice for games, music and fun. The Esquimalt Lions' Club will be providing hot dogs and hot chocolate for all the skaters. Admission is just \$2.00 when you bring a non-perishable food item!

Sat Dec 14 2:30-4:00pm \$2.00/person

Photos with Santa

Santa is popping into the Recreation Centre for some photo opportunities again this year. Please bring your own camera or smartphone, and one of Santa's helpers will be there to take the photo for you. Registration is not required, but donations for the Rainbow Kitchen are strongly encouraged.

Location: Esquimalt Recreation Centre

Dec 15 Sun 10:30am-12:30pm By donation

Your input is needed.

Community Workshops

The community development team is looking to introduce different workshops throughout the year on topics important to you and the community. Let us know what you'd like to see offered and we'll do our best to make it happen.

Email to express interest: community@esquimalt.ca

DID YOU KNOW...

The team from Esquimalt's Emergency Preparedness Program offers several FREE Emergency Preparedness Workshops? Please see page 39 for schedule information. Invite your neighbours, and be sure to RSVP for the workshops, as minimum reservation must be met for the sessions to proceed.



MUSIC BINGO

Free Admission • Open to those 19 years+
 Bar open for beverage purchase in the upstairs lounge at the Archie Browning Sports Centre.

Most Saturday evenings October-December.

For schedule information, please visit:
esquimalt.ca/musicbingo





Early Childhood Drop-In Programs

Kindergym (3month-6 yrs)

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

Location: Esquimalt Recreation Centre

Sep 06-Jan 03 Mon/Fri 10:30am-11:45am 17520

NEW! FREE Admission on Saturdays for Fall 2019

Esquimalt Neighbourhood House is generously sponsoring Saturday morning Kindergym admissions until January 4, 2020. There will be no charge for public admission to Kindergym on Saturdays during this period, please be advised space is limited. Advanced reservation is still required.

Sep 14-Jan 04 Sat 9:30am-10:30am 17479

No Class: Oct 26

Sep 14-Jan 04 Sat 10:30am-11:30am 17525

No Class: Oct 26

Stay & Play Childminding (3 months-6 yrs)

Stories, crafts and free play for your child while you drop in to our programs or use our facilities. Two payment options: purchase a 10-punch pass for \$30 or \$3.50/drop in. 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. Program does not run on Stat Holidays.

Location: Esquimalt Recreation Centre

Sep 09-Jan 02 Mon-Fri 9:00am-10:30am

Sep 09-Jan 02 Mon-Fri 11:45am-1:15pm

Sep 09-Jan 02 Wed 5:30pm-7:30pm

Mom Talk (Birth-1yrs)

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, please call ahead to reserve your space.

Location: Esquimalt Recreation Centre

Instructor: Esquimalt Neighbourhood House

Sep 10-Dec 17 Tue 11:45am-1:30pm 17494

FREE! Everyone Welcome Playgroup (3 month-5yrs)

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

Instructor: Esquimalt Neighbourhood House

Sep 12-Dec 19 Thu 10:30am-11:45am

NOTE: Drop In Schedules are subject to change. Schedules are available in "real time" online at: esquimalt.ca/schedules.

School Year Preschool Programs

TAKING WAITLIST for:

Esquimalt Preschool (3-5yrs)

Please note this program is currently full. To be added to the wait list, please call 250.412.8500.

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!

Location: Esquimalt Recreation Centre

Mon/Wed

Sep 09-Jun 17 Mon/Wed 9:00am-12:00pm 17356

Tue/Thu

Sep 10-Jun 18 Tue/Thu 9:00am-12:00pm 17358

LIMITED AVAILABILITY!

KINDERSTART PRESCHOOL (3-5YRS)

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.

Location: Esquimalt Recreation Centre

Sep 09-Jun 19 Mon/Wed/Fri 12:30pm-3:00pm 17383

TAKING WAITLIST for:

Puddle Jumpers! (3-5yrs) Please note this program is currently full. To be added to the wait list, please call 250.412.8500.

This program will focus on learning through play by exploring the outdoors. This is an outdoor, nature based Preschool located at our beautiful Saxe Point Park. Children will have opportunities to share ideas, develop fine and gross motor skills while building new friendships and social skills. Drop off and pick up will be at the park, with an indoor space at the Recreation Centre on days of inclement weather. Monthly fees will vary. Ongoing registration while space permits.

Location: Saxe Point Park

Sep 10-Jun 18 Tue/Thu 9:15am-11:45am 17362

TAKING WAITLIST for:

Fantastique Fridays

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 choose 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. Monthly fees will vary. Ongoing registration while space permits. Register online and pay for entire year up front, or in person at the Recreation Centre to set up monthly payments.

Location: Esquimalt Recreation Centre

Sep 13-Jun 19 Fri 9:00am-12:00pm 17363

*** PLEASE NOTE FOR ALL PRESCHOOL PROGRAMS: ONLINE REGISTRATION IS NOT CONFIRMED UNLESS ALL REGISTRATION FORMS INCLUDING CARE CARD, PHYSICIAN/WALK IN CLINIC CONTACT INFORMATION & EMERGENCY CONTACT INFORMATION IS PROVIDED IN ADVANCE OF PROGRAM START DATE.

Preschool School Year Programs Frequently Asked Questions (& Answers):

When does registration open each year for school-year preschool programs?

Registration dates vary based on the release of schedule information from School District 61. Registration for the September-June year, typically opens in April. Registration dates are announced on our website: esquimalt.ca/recreation and on the Esquimalt Parks and Recreation Facebook page.

Do you offer a payment plan?

Yes, a monthly payment plan is available for school-year programs. Please note there is a \$25 administrative fee for this service. Where payment is made in full, this fee is waived.

If a program is full, should I wait list my child?

Yes! Although early registration is the only way to guarantee your child's space, please be sure to add your child to the wait list. Where families move or make alternative arrangements for their child's learning, spaces do come available. Further, if space and staffing is available, best efforts are made to add additional spaces when demand is evident.

Dance

Dance Classes with Dance Unlimited

All classes take place at the Esquimalt Recreation Centre.

Parent & Tot Dancing (18 mos - 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. This is a parent participation class.

Sep 21-Dec 14 Sat 10:10am-10:40am \$75.00/10 18008
No Class: Oct 12, Oct 26, Nov 09

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

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

Sep 21-Dec 14 Sat 10:45am-11:15am \$75.00/10 18006
No Class: Oct 12, Oct 26, Nov 09
Sep 21-Dec 14 Sat 11:20am-11:50am \$75.00/10 18007
No Class: Oct 12, Oct 26, Nov 09

Tiny Tutus (3-4yrs)

Learn ballet fundamentals while moving 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
Instructor: Dance Unlimited
Sep 21-Dec 14 Sat 9:00am-9:30am \$75.00/10 18004
No Class: Oct 12, Oct 26, Nov 09
Sep 21-Dec 14 Sat 9:35am-10:05am \$75.00/10 18005
No Class: Oct 12, Oct 26, Nov 09

Register early!

View availability online:
esquimalt.ca/recreation

Dance Classes with Nikko Snow of Moondance Dynamic Arts School

Creative Dance (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 of Moondance Dynamic Arts School
Sep 25-Oct 30 Wed 10:45am-11:15am \$54.00/6 18002
Nov 06-Dec 11 Wed 10:45am-11:15am \$54.00/6 18003

Dance Together! - Parent & Tot (1-4 yrs)

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 of Moondance Dynamic Arts School
Sep 25-Oct 30 Wed 10:15am-10:45am \$54.00/6 18000
Nov 06-Dec 11 Wed 10:15am-10:45am \$54.00/6 18001

Dramatic Arts

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 musicals & 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
Sep 25-Oct 30 Wed 5:30pm-6:00pm \$55.00/6 18241
Nov 06-Dec 11 Wed 5:30pm-6:00pm \$55.00/6 18242

Martial Arts & Sports

Little Kickers MIJO Taekwondo (3-5yrs)

Led by MIJO Taekwondo Master Michelle Carpenter, kids will love this fun and 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. Uniforms are available for purchase through MIJO Taekwondo.

NEW! Thursdays:

Location: Archie Browning Sports Centre, Crow's Nest

Sep 12-Oct 24	Thu	12:15am-12:45am	\$42.00/7	17601
Nov 07-Dec 19	Thu	12:15am-12:45am	\$42.00/7	17602

Saturdays:

Location: Esquimalt Recreation Centre

Sep 14-Oct 26	Sat	11:00am-11:30am	\$36.00/7	17511
No Class: Oct 12				
Nov 02-Dec 14	Sat	11:00am-11:30am	\$36.00/7	17497
No Class: Nov 09				

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

Sep 22-Dec 15	Sun	9:00am-9:30am	\$66.00/11	17504
No Classes: Oct 13, Nov 10				

4-5yrs

Sep 22-Dec 15	Sun	9:45am-10:15am	\$66.00/11	17480
No Classes: Oct 13, Nov 10				



Music

Colourstrings, Early Music Education (3mos-5yrs)

Colourstrings group classes are age specific music & movement lessons for children 3 mos-5 yrs, developed in Finland by two Hungarian brothers, Dr. Géza Szilvay & Csaba Szilvay. It is based on the philosophies of three prolific music educators, Zoltán Kodály, Carl Orff, & Émile Jaques-Dalcroze, along with the Szilvay brothers' own teachings. They revolutionized music education in Finland in the 1970's & other countries have since been following suit. This fun, holistic & age appropriate approach helps children develop their own musical skills including singing, instrument play, musical movement, aural skills, music literacy & improvisation. Parent/caregiver participation is required for Toddlers, Wobblers & Babies. Love Music? Love Making It. More info: www.cherylmusic.ca

Location: Silver Bow Studio, 15-1182 Colville Rd

Instructor: Cheryl Dennett

Babies (3 -12 mos)

Sep 16-Dec 09	Mon	12:15pm-12:45pm	\$132.00/11	18016
No Class: Oct 14, Nov 11				

Wobblers (1-2 yrs)

Sep 17-Dec 10	Tue	9:15am-9:55am	\$156.00/13	18015
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Toddlers (2-3 yrs)

Sep 16-Dec 09	Mon	11:15am-11:55am	\$132.00/11	18017
No Class: Oct 14, Nov 11				

Sep 17-Dec 10	Tue	10:15am-10:55am	\$156.00/13	18018
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Preschool 1 (3-4 yrs)

Sep 20-Dec 13	Fri	9:15am-10:00am	\$156.00/13	18014
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Preschool 2 (4-5 yrs)

Sep 20-Dec 13	Fri	10:15am-11:00am	\$156.00/13	18019
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Preschool 1 & 2 Mixed (3-5 yrs)

Sep 17-Dec 10	Tue	11:15am-11:55am	\$156.00/13	18366
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Music Together: Bringing Harmony Home®
(Birth-5yrs)

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 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

Location: Esquimalt Recreation Centre

Instructor: Music Together®

Flute Song Collection

Sep 24-Nov 26	Tue	9:30am-10:15am	\$174.00/10	18024
Sep 24-Nov 26	Tue	10:30am-11:15am	\$174.00/10	18026
Sep 27-Nov 29	Fri	9:30am-10:15am	\$174.00/10	18027
Sep 27-Nov 29	Fri	10:30am-11:15am	\$174.00/10	18028



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 supplies fee is required for new students to cover the cost of the \$20 course music book fee and the \$15 rubber bands device. Returning students, please use the promo code RETURNINGPRESCHOOL to deduct this material fee from your registration charge.

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Sep 24-Oct 29	Tue	4:15pm-4:45pm	\$54.00/6	18020
Nov 05-Dec 10	Tue	4:15pm-4:45pm	\$54.00/6	18021

NEW! Violin (Private Lessons, 3 yrs+)

Private lessons give students of any level 1:1 attention & can be tailored to suit individual levels & goals (can be taught in English or French). Students must bring violins to class (rentals are available through Tapestry Music & Long and McQuade).

Sep 19-Oct 24	Thu	6:25-6:55pm	\$180.00/6	18475
Sep 19-Oct 24	Thu	6:55-7:25pm	\$180.00/6	18476
Sep 19-Oct 24	Thu	7:25-7:55pm	\$180.00/6	18477
Nov 7-Dec 12	Thu	6:25-6:55pm	\$180.00/6	18478
Nov 7-Dec 12	Thu	6:55-7:25pm	\$180.00/6	18479
Nov 7-Dec 12	Thu	7:25-7:55pm	\$180.00/6	18480

Location: Silver Bow Studio, 15-1182 Colville Rd

Instructor: Gabriel Cayer



CELEBRATE HERE.



Swimming Party

This no host party is ideal for children over 7 years of age and offers exceptional value! 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 1.5 hours. Your rental also includes 30 minutes to set up and take down from your party to maximize the time you spend celebrating. Your rental includes the set up of 2 x 8ft tables and 16 chairs for children and parents. Booking of additional tables and chairs is available for a nominal fee.

Option A: Party Room 1st, Swim 2nd

Room Rental: 11:00am-12:30pm; Swim: 12:30-2:00pm
 Now booking until Dec 15 Sat/Sun 11:00am-12:30pm \$85.00/1 18180

Option B: Swim 1st, Party Room 2nd

Swim: 12:30pm-2:00pm; Room Rental: 2:30pm-4:00pm
 No booking until Dec 15 Sat/Sun 2:30pm-4:00pm \$85.00/1 18184

Skating Party (No Host)

This no host party is ideal for children over 5 years of age and offers exceptional value! Our no host skating party includes admission for up to 10 children and 2 adults to the Everyone Welcome Skate and the rental of the Party Room for 1.5 hours. Your rental also includes 30 minutes to set up and take down from your party to maximize the time you spend celebrating. Your room rental includes the set up of table and chairs for 10 people.

Saturday

Skating Party Schedule: Skating 2:30-4pm; Party Room: 3:30-5pm
 Location: Archie Browning Sports Centre
 Now booking until Dec 14 Sat 3:30pm-5:00pm \$85.00/1 18190

Sunday Skating Party

Schedule: Skating 1-2pm; Party Room: 2-3:30pm
 Location: Archie Browning Sports Centre
 Now booking until Dec 15 Sun 2:00pm-3:30pm \$85.00/1 18191

Hosted Party

Children's birthday parties are hard - they don't have to be with Esquimalt Rec's Kindergym/Sports Parties.

All Parties Include:

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

Birthday Party - Gym/Kindergym

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. The bouncy castle is set up by default for all parties so if you do not want it, please go ahead and register but send your request to robbie.young@esquimalt.ca.

Please note Kindergym parties are limited to 20 children maximum.

Location: Esquimalt Recreation Centre
 Now booking until Dec 14 Sat 11:45am-1:45pm \$195.00/1 18153
 Now booking until Dec 14 Sat 2:15pm-4:15pm \$195.00/1 18159
 No booking until Dec 15 Sun 2:00pm-4:00pm \$195.00/1 18167

Cancellation Policy:

Birthday Parties must be cancelled at least 5 business days prior to the party date to receive a full refund.



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

Sep 16-Oct 28	Mon	6:00pm-7:30pm	\$68.00/6	18029
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No Class: Oct 14

Sep 24-Oct 29	Tue	6:00pm-7:30pm	\$68.00/6	18030
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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

Nov 04-Nov 25	Mon	6:00pm-7:30pm	\$39.00/3	18031
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No Class: Nov 11

Nov 05-Nov 19	Tue	6:00pm-7:30pm	\$39.00/3	18032
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Christmas Baking (7-12 yrs)

Get ready for the holiday season with some baking classes. Make cookies, cake and sweets with a Christmas-twist while learning to use measuring and baking tools.

Location: Esquimalt Recreation Centre

Dec 02-Dec 16	Mon	6:00pm-7:30pm	\$39.00/3	18033
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Dec 03-Dec 17	Tue	6:00pm-7:30pm	\$39.00/3	18034
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Dec 06-Dec 20	Fri	6:00pm-7:30pm	\$39.00/3	18035
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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 limited number of single admissions if space permits, for \$10 per admission.

Location: Esquimalt Recreation Centre

Facilitated by: Guest Artists

6-8 yrs

Sep 24-Nov 26	Tue	4:00pm-5:00pm	\$60.00/10	18060
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9-16 yrs

Sep 24-Nov 26	Tue	5:00pm-6:00pm	\$60.00/10	18059
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NEW! Create a Thaumatrope! (6 yrs+, families welcome!)

Explore the world of old-fashioned animation devices & bring home a Thaumatrope featuring your own artwork! Work with Val's Zoetrope to create animation sequences & discover persistence of vision, a phenomenon that makes still images appear animated. Instructor Val Lawton is an award-winning children's book illustrator & artist-educator who enjoys sharing her passion for art & creativity. All ages 6yrs+ are welcome to join in & create the 'toy' that is the cornerstone of today's animation industry! A mandatory \$20 extra fee covers the cost of all workshop supplies.

Location: Esquimalt Recreation Centre

Instructor: Val Lawton

Nov 16	Sat	2:00pm-4:00pm	18331
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\$30/person, \$50/parent & child, \$90/family of 4

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.

Location: Esquimalt Recreation Centre

Instructor: Audrey Greenlees

Junior (5-7 yrs)

Sep 15-Oct 27	Sun	9:30am-10:30am	\$54.00/6	18055
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No Class: Oct 13

Nov 03-Dec 15	Sun	9:30am-10:30am	\$54.00/6	18056
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No Class: Nov 10

Senior (8-12 yrs)

Sep 15-Oct 27	Sun	10:45am-11:45am	\$54.00/6	18057
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No Class: Oct 13

Nov 03-Dec 15	Sun	10:45am-11:45am	\$54.00/6	18058
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NEW! Explorations with Paint, Ink & Mixed Media! (7-12 yrs)

Explore your creativity with watercolour, gouache, acrylic, ink & collage! Create artwork in a supportive, inclusive environment while discovering your unique artistic style. Instructor Annely will help you expand your skills, knowledge & creativity through experimentation & practice.

Location: Esquimalt Recreation Centre

Instructor: Annely So

Sep 25-Oct 30	Wed	5:00pm-6:00pm	\$66.00/6	18252
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Dance

Hip Hop (5-9yrs)

Dance to popular tunes while learning basic hip hop moves. Learn a short choreographed routine while keeping up with the beat of the music.

Location: Esquimalt Recreation Centre

Instructor: Dance Unlimited

Sep 21-Dec 14	Sat	11:55am-12:25pm	\$75.00/10	18010
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No class: Oct 12, Oct 26, Nov 9

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.

Location: Esquimalt Recreation Centre

Instructor: Dance Unlimited

Sep 21-Dec 14	Sat	12:30pm-1:00pm	\$75.00/10	18011
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No class: Oct 12, Oct 26, Nov 9

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

Sep 21-Dec 14	Sat	1:05pm-1:35pm	\$75.00/10	18009
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No class: Oct 12, Oct 26, Nov 9

Dramatic Arts

Glee Club

Singing, dancing and musical theatre are all a part of this exciting program. Perform hits and songs from your favorite musicals 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!

Instructor: Maeve Poulin

Location: Esquimalt Recreation Centre (Super Junior & Junior)

Location: l'Ecole Brodeur, theatre (Senior & Super Senior)

Super Junior (4-5 yrs)

Sep 25-Oct 30	Wed	5:30-6:00pm	\$55.00/6	18188
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Nov 6-Dec 11	Wed	5:30-6:00pm	\$55.00/6	18189
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Junior (6-8 yrs)

Sep 25-Oct 30	Wed	6:00-6:30pm	\$55.00/6	18198
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Nov 6-Dec 11	Wed	6:00-6:30pm	\$55.00/6	18199
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Senior (9-11 yrs)

Sep 24-Oct 29	Tue	5:20-6:00pm	\$60.00/6	18205
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Nov 5-Dec 10	Tue	5:20-6:00pm	\$60.00/6	18207
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NEW! Super Senior (12-16 yrs)

Sep 24-Dec 10	Tue	7:00-8:00pm	\$130.00/12	18211
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Register early to avoid disappointment.

View availability & register online:

esquimalt.ca/recreation

Improv (9-14yrs)

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, theatre

Instructor: Maeve Poulin

Sep 24-Oct 29	Tue	6:00-7:00pm	\$60.00/6	18218
Nov 5-Dec 10	Tue	6:00-7:00pm	\$60.00/6	18220



Music

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. Returning students that already have the manual can use promo code RETURNINGSTUDENT when registering online to waive the material fee.

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Beginner

Sep 24-Oct 29	Tue	5:00-5:50pm	\$66/6	18064
Nov 5-Dec 10	Tue	5:00-5:50pm	\$66/6	18065

Continuing

Sep 24-Oct 29	Tue	6:00-6:50pm	\$66/6	18066
Nov 5-Dec 10	Tue	6:00-6:50pm	\$66/6	18067

NEW! Violin

A place for young beginners to learn together. Group classes provide a friendly group setting for kids to learn violin basics. Classes take place in a non-judgmental environment, nurturing the technical & musical abilities of the player. Students must bring violins to class (rentals are available through Tapestry Music & Long and McQuade). Private lessons give students of any level 1:1 attention & can be tailored to suit individual levels & goals (private lessons can be taught in English or French).

Location: Silver Bow Studio, 15-1182 Colville Rd.

Instructor: Gabriel Cayer

Group Classes for Beginners (8-14 yrs)

Sep 19-Dec 12	Thu	8:00pm-8:45pm	\$180.00/12	18131
No class: Oct 31				

Private Lessons (all levels, all ages)

Sep 19-Oct 24	Thu	6:25pm-6:55pm	\$180.00/6	18132
Sep 19-Oct 24	Thu	6:55pm-7:25pm	\$180.00/6	18133
Sep 19-Oct 24	Thu	7:25pm-7:55pm	\$180.00/6	18134
Nov 07-Dec 12	Thu	6:25pm-6:55pm	\$180.00/6	18135
Nov 07-Dec 12	Thu	6:55pm-7:25pm	\$180.00/6	18136
Nov 07-Dec 12	Thu	7:25pm-7:55pm	\$180.00/6	18137



Trick or Treat.

On sale October 1st. Trick or treat passes provide single admission child or youth drop in admissions valid November 1st-30th: 5 for \$5 • 25 for \$20.

Early purchase strongly encouraged. Available at the Esquimalt Recreation Centre while quantities last.



Sewing & Fibre Arts

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 purchased 8 digital sewing machines, 4 sergers & a full section of notions. 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.

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. **New in September - StitchLab Marketplace!** We will set-up an opportunity for you to sell StitchLab pieces at a local market or event (optional of course, but a very exciting chance for you to experience youth entrepreneurship)! We will allow a limited number of single admissions if space permits, for \$10 per admission.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

7-9 yrs

Sep 26-Dec 05 Thu 3:30pm-4:30pm \$70.00/10 18116

No Class: Oct 31

10 yrs+

Sep 26-Dec 05 Thu 4:30pm-6:00pm \$70.00/10 18115

No Class: Oct 31

Needle Felting (8 yrs+)

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).

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Nov 30 Sat 10:00am-12:30pm \$40.00 18120



NEW! Holiday PJ's and Onesies (10 yrs+)

Make your holiday pyjamas or a onesie in this 2-part workshop! Learn basic garment construction & finishing techniques while working with 100% cotton or flannel. Please note that if you choose the onesie option you may have some homework between week 1 & 2. Previous sewing machine experience required. Patterns & materials must be purchased in advance of this workshop & fabric must be pre-washed/shrunk at home prior to the workshop date. Select your adult or children's pattern options from The Makehouse (students receive a 20% discount on patterns & supplies).

Location: Esquimalt Recreation Centre
Instructor: The Makehouse
Nov 26 & Dec 3 Tue 6:00pm-9:00pm \$110/2 18486

NEW! Serger Basics (12 yrs+)

Learn the basics of operating a serger in this 2.5 hour introductory workshop. This is the perfect opportunity to learn to thread your serger (both the quick way & from scratch!) This is a techniques & applications workshop (not a project based class). We will cover: threading the machine, general machine maintenance, how to convert to a rolled hem & how to sew inside & outside curves. Previous sewing experience required. Use one of our machines or bring your own from home (please remember your manual, foot pedal & instruction manual).

Location: Esquimalt Recreation Centre
Instructor: The Makehouse
Nov 19 Tue 6:00pm-9:00pm \$50.00 18485

NEW! Zero Waste Sewing Series

Explore new ways of designing with minimal spending! Learn the basics of machine sewing while creating items from reused fabrics. Register for individual workshops or for the whole series! We will have a variety of reusable fabrics on hand, & will supply all other materials & tools. You are welcome to bring freshly laundered, reusable clothing, fabric & cottons from home you want to reuse. We'll cover machine threading, bobbin making, sewing straight lines, fabric cutting, hemming, pressing & finishing, while making zero waste items you can keep or give as gifts. Use our in-house digital machines or bring your own machine from home.

Shopping Totes & Produce Bags
Sep 21 Sat 9:30am-12:30pm \$55.00/1,\$270.00/6-class series 18121
Reusable Napkins & Kitchen Towels
Sep 28 Sat 9:30am-12:30pm \$55.00/1,\$270.00/6-class series 18154

Re-Purposing Denim
*Please bring a pair of freshly laundered jeans & any reusable fabrics you want to use, to remake into Zero Waste Items.

Oct 05 Sat 9:30am-12:30pm \$55.00/1,\$270.00/6-class series 18155

Re-Purposing Sweaters
*If your sweaters are made from wool, you can felt them by putting them in the dryer. This will make them easier to work with in the sewing room.

Oct 19 Sat 9:30am-12:30pm \$55.00/1,\$270.00/6-class series 18156

Scrap Fabric Ribbon and Twine + Practical Uses
*This is the perfect stash buster for anyone who has a bag of fabric scraps kicking around.

Nov 16 Sat 9:30am-12:30pm \$55.00/1,\$270.00/6-class series \$55.00/1 18157

Simple Clothing Alterations & Repairs
*Please bring freshly laundered clothing and/or items you wish to hem or mend.

Nov 23 Sat 9:30am-12:30pm \$55.00/1,\$270.00/6-class series 18158
Location: Esquimalt Recreation Centre
Instructor: The Makehouse



a little bit of
EVERYTHING
quality instruction. community atmosphere.

Sports

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

Sep 14-Dec 21 Sat 4:45pm-5:45pm FREE 17521

No Classes: Oct 12, Oct 26, Nov 09

9-12 yrs

Sep 14-Dec 14 Sat 5:45pm-6:45pm FREE 17478

No Classes: Oct 12, Oct 26, Nov 09

Soccer

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

6-9 yrs

Sep 18-Oct 30 Wed 4:30pm-5:30pm \$49.00/7 17472

Nov 06-Dec 18 Wed 4:30pm-5:30pm \$49.00/7 17493

10-12yrs

Sep 18-Oct 30 Wed 5:30pm-6:30pm \$49.00/7 17528

Nov 06-Dec 18 Wed 5:30pm-6:30pm \$49.00/7 17505

Badminton - 10 yrs +

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, stability and balance. Develop speed, agility and tactical strategy.

Location: Esquimalt Recreation Centre

Sep 22-Dec 22 Sun 12:00pm-1:30pm \$150.00/10 18450

No Classes: Oct 13, Nov 03, Nov 10, Nov 17

Basketball FUNdamentals

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!

Location: L'ecole Brodeur School

Girls 8-12yrs

Sep 22-Dec 08 Sun 12:00pm-1:00pm \$100.00/10 18440

No Classes: Oct 13, Nov 10

Boys 8-12yrs

Sep 22-Dec 08 Sun 1:00pm-2:00pm \$100.00/10 18442

No Classes: Oct 13, Nov 10

Martial Arts

MIJO Taekwondo Kids Class (6-13yrs)

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 defense all in a supportive, inclusive and structured learning environment. If you register more than one family member in BOTH days (Tuesdays & Saturdays) you may qualify for a discount. Please call reception for more information and to help with this registration.

Tuesday Classes

Location: Esquimalt Recreation Centre

Sep 10-Oct 29 Tue 5:30pm-6:30pm \$80.00/8 17500

Nov 05-Dec 17 Tue 5:30pm-6:30pm \$70.00/7 17522

Saturday Classes

Location: L'ecole Brodeur School Gym

Sep 14-Oct 26 Sat 12:00pm-1:00pm \$60.00/6 17523

Nov 02-Dec 14 Sat 12:00pm-1:00pm \$60.00/6 17509

No Classes: Oct 12, Nov 09



Register early to avoid disappointment.

View availability & register online:

esquimalt.ca/recreation

MIJO Taekwondo - Beginners (5-12yrs)

Learn the basics of WT 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; once students have completed one session of this beginners class they may progress into the regular kids programs on Tuesdays and Saturdays.

Location: L'école Brodeur School				
Sep 14-Oct 26	Sat	11:00am-11:45am	\$60.00/6	17502
No Class: Oct 12				
Nov 02-Dec 14	Sat	11:00am-11:45am	\$60.00/6	17594
No Class: Nov 09				

Yuishinkai Karate & Kobujutsu (9 to adult)

We instil confidence, character development and a positive outlook on life while building fitness by training in empty hand skills and the use of Okinawan self-defence weapons. Our safe, healthy and effective martial arts training is for everyone aged 9 to 90.

Beginner/Intermediate 6:30-7:30pm
Intermediate/Advanced 7:30-8:30pm

Sep 11-Sep 25	Wed	17508
Oct 2-30	Wed	17476
Nov 6-27	Wed	17553
Dec 4-18	Wed	17490
\$60/month		

Location: L'école Brodeur School
Instructor: Victoria Yuishinkai & Ryukyu Kobujutsu Club (www.yuishin.ca)
Note: After an initial trial period, students must also join provincial and national associations that have separate once-per-year fees.

Leadership & Education

e2 Young Engineers: Classic Machines (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 classic machines.

Location: Esquimalt Recreation Centre				
Sep 27-Dec 06	Fri	5:00pm-6:15pm	\$229.00/10	17503
No Class: Oct 25				

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				
Sep 28-Sep 28	Sat	9:00am-12:00pm	\$35.00/1	17559
Nov 02-Nov 02	Sat	9:00am-12:00pm	\$35.00/1	17484



ESQUIMALT

**OUT OF
SCHOOL CARE**

Pick up & drop off for Macaulay Elementary School.
Enrollment for 2019-2020 school year full, taking wait list.
esquimalt.ca/osc to learn more



ESQUIMALT
PARKS + RECREATION



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
		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, foosball, 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

Sep 05-Dec 28 Thu/Fri/Sat 7:00pm-10:00pm

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 initiate 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

During School Year Wed 3:00pm-5:00pm



Fitness, Sports & Wellness

Yoga Core and Strength (13+yrs)

Join Laurel Mackay in this fun and challenging class. Open to all levels of fitness; first time or fiftieth time you will heighten your fitness level in a supportive and non-competitive environment. Adults are also welcome to join this class.

Location: Silver Bow Studio: 15-1182 Colville Road				
Instructor: Laurel Mackay				
Sep 16-Oct 28	Mon	7:30pm-8:30pm	\$60.00/6	18368
No Class: Oct 14				
Nov 18-Dec 16	Mon	7:30pm-8:30pm	\$50.00/5	18369

Youth Intro to Wellness Centre (11-12yrs)

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.

Location: Esquimalt Recreation Centre				
Instructor: Cheryl Kannon				
Sep 20-Sep 27	Fri	4:00pm-6:00pm	\$25.00/2	18303
Oct 18-Oct 25	Fri	4:00pm-6:00pm	\$25.00/2	18304
Nov 22-Nov 29	Fri	4:00pm-6:00pm	\$25.00/2	18305

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

Martial Arts

MIJO Taekwondo Adult Class

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 defense and patterns. Classes are a blend of traditional and sport Taekwondo training and stability and conditioning drills and are suitable for all levels. If you are registering more than one family member in both days (Tuesdays & Saturdays) you may be eligible for a discount. Please call reception for more information and to help with this registration.

Tuesday Classes

Location: Esquimalt Recreation Centre				
Sep 10-Oct 29	Tue	6:30pm-7:30pm	\$80.00/8	17595
Nov 05-Dec 17	Tue	6:30pm-7:30pm	\$70.00/7	17491

Saturday Classes

Location: L'ecole Brodeur School Gym				
Sep 14-Oct 26	Sat	12:00pm-1:00pm	\$60.00/6	17496
No class: Oct 12				
Nov 02-Dec 14	Sat	12:00pm-1:00pm	\$60.00/6	17534
No Class: Nov 09				

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.

Note: After an initial trial period, students must also join provincial and national associations that have separate once-per-year fees.

Beginner/Intermediate 6:30-7:30pm		
Intermediate/Advanced 7:30-8:30pm		
Sep 11-Sep 25	Wed	17507
Oct 2-30	Wed	17482
Nov 6-27	Wed	17501
Dec 4-18	Wed	17499

\$60/month
Location: L'ecole Brodeur School
Instructor: Victoria Yuishinkai & Ryukyu Kobujutsu Club (www.yuishin.ca)



ESQUIMALT'S

YOUTH ARTS

Creativity. Inspiration. Innovation.

We offer a wide variety of Creative Arts registered classes suitable for youth, listed in the School Aged and Adult sections.

Cooking

See page 21 for:
Kids Cooking Fun • 5 Star Cooking
Christmas Baking

Creative Arts

See page 21 in the School Aged section for:
ArtLab • New! Create a Thaumatrope!
Drawing, Storybooks & Comics
New! Explorations with Paint, Ink & Mixed Media!

Language

See page 36 for:
Japanese

Music

See page 23 for:
Guitar for Beginners • Guitar Continuing classes
New! Violin for Beginners group classes
New! Violin Private Lessons for all levels

Photography

See page 36 for
Digital Photography

Sewing & Fiber Arts

See page 24 for:
New! Holiday PJ's and Onsies
StitchLab • Needle Felting
New! Serger Basics
New! Zero Waste Workshop Series

Dramatic Arts

See page 22 for:
Glee Club Senior • New! Glee Club Super Senior
Improv

Western Martial Arts: Advanced Longsword Combat (16yrs+)

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 session & save or enjoy the flexibility of drop in!

Location: Esquimalt Recreation Centre

Sep 17-Oct 29	Tue	7:45pm-8:45pm	\$42.00/7;\$8.00/1	17442
Nov 05-Dec 17	Tue	7:45pm-8:45pm	\$42.00/7;\$8.00/1	17444

Western Martial Arts: LARP Combat (10yrs to Adults)

Develop your skill in various weapons adapted from medieval fight manuals. This class will be taught by 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

Sep 19-Oct 24	Thu	7:15pm-8:15pm	\$36.00/6;\$8.00/1	17443
Nov 07-Dec 19	Thu	7:15pm-8:15pm	\$42.00/7;\$8.00/1	17445

Western Martial Arts: Longsword Combat

Obtain skill in longsword 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

Sep 19-Oct 24	Thu	8:15pm-9:15pm	\$36.00/6;\$8.00/1	17603
Nov 07-Dec 19	Thu	8:15pm-9:15pm	\$42.00/7;\$8.00/1	17604



Leadership & Education

Red Cross Babysitters Course (11-15yrs)

Basic first aid and caregiving 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

Oct 25	Fri	9:00am-4:30pm	\$55.00/1	17532
Nov 22	Fri	9:00am-4:30pm	\$55.00/1	17512

For youth job skill opportunities in recreation, please visit:

esquimalt.ca/jobskills



Trick or Treat.

A Hallowe'en Favourite.

On sale October 1st. Trick or treat passes provide single admission child or youth drop in admissions valid November 1st-30th: 5 for \$5 • 25 for \$20.

Early purchase strongly encouraged. Available at the Esquimalt Recreation Centre while quantities last.





Creative Arts

Acrylics for Absolute Beginners

Learn the fundamentals of acrylic painting in this introduction to basic supplies and techniques. Exploring a variety of subject matter, students will practice brush techniques, colour mixing, texture, composition, and design transfer. An additional \$35 materials fee for handouts and all necessary art supplies is required with each registration.

Location: Esquimalt Recreation Centre

Instructor: Dixie MacUisdin

Nov 06-Dec 11	Wed	1:00pm-3:00pm	\$78.00/6	18080
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NEW! Art Sketchbooks

Inject creativity & whimsy into the pages of your own sketchbook! Use a variety of materials including pens, markers, watercolour, gouache, crayons & paper. Practice techniques in collage, painting, doodling & mark-making to create your own beautiful collection of art & illustrations. A mandatory extra fee covers the cost of a quality watercolour sketchbook & paint/sketch/collage supplies needed for your projects. You are welcome to bring some of your own materials to add to your art pieces if desired.

Location: Esquimalt Recreation Centre

Instructor: Annely So

Sep 25-Oct 30	Wed	6:30pm-8:00pm	\$72.00/6	18391
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NEW! Chigiri-e, Traditional Japanese Art

Learn Chigiri-e, a traditional art form from Japan that involves paper cutting, ripping & layering techniques, producing art pieces resembling paintings. Hiroko will bring all equipment & supplies so you won't need to source them yourself. A combination of special items from Japan & colourful newsprint will be used (rather than rice paper, to keep your costs reasonable), covered by a \$30 extra fee at registration time. You will be guided through the steps needed to create your own beautiful art pieces, suitable for matting, framing or turning into greeting cards or gift wrap. You don't need any previous art experience to join in, all levels welcome! Hiroko has a wealth of education & experience in the artistic realm & is eager to share her knowledge & passion in a social & fun learning environment.

Location: Esquimalt Recreation Centre

Instructor: Hiroko Currie

Sep 19-Oct 24	Thu	1:00pm-3:00pm	\$72.00/6	18408
Nov 07-Dec 12	Thu	1:00pm-3:00pm	\$72.00/6	18409

NEW! Create a Thaumatrope! (families welcome)

Explore the world of old-fashioned animation devices & bring home a Thaumatrope featuring your own artwork! Work with Val's Zoetrope to create animation sequences & discover persistence of vision, a phenomenon that makes still images appear animated. Instructor Val Lawton is an award-winning children's book illustrator & artist-educator who enjoys sharing her passion for art & creativity. All ages 6yrs+ are welcome to join in & create the 'toy' that is the cornerstone of today's animation industry! A mandatory \$20 extra fee covers the cost of all workshop supplies.

Location: Esquimalt Recreation Centre

Instructor: Val Lawton

Nov 16	Sat	2:00pm-4:00pm	18337
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\$30/person, \$50/parent & child, \$90/family of 4

Drawing

Drawing 1 & Drawing 2 are open to artists at all levels of development. Learn drawing techniques in a supportive, cooperative & flexible environment. Jim provides individual guidance & adapts lessons to include specific learning objectives & requests when possible. Classes emphasize having fun & experimenting with drawing rather than fully completing drawing pieces. Bring your own supplies (listed on your confirmation receipt & on our website www.esquimalt.ca/forms).

Location: Esquimalt Recreation Centre

Instructor: Jim Genovese

Drawing 1				
Sep 20-Oct 25	Fri	6:30pm-8:00pm	\$66.00/6	18148
Drawing 2				
Nov 01-Dec 06	Fri	6:30pm-8:00pm	\$66.00/6	18149

NEW! Exploring Gouache

First used in the 9th century, gouache paint has been a favourite among the great masters of traditional painting & contemporary commercial artists. Through an exploration of landscape, portrait, pattern design & abstraction, students will learn colour mixing, brush techniques, light & shadow & how to develop a strong composition. Paintings will be small so that one project can be completed within each class. An additional \$30 material fee for paint and supplies is required with each registration.

Location: Esquimalt Recreation Centre

Instructor: Alison Moen

Sep 19-Oct 24	Thu	6:30pm-8:00pm	\$72.00/6	18402
Nov 07-Dec 12	Thu	6:30pm-8:00pm	\$72.00/6	18405

NEW! Mosaic Mirror Workshop

Create a personalized decorative mirror! In this workshop you will use vibrant glass materials around a mirror to create an 8" x 10" mosaic that makes a great gift or adds interest to your home. You will learn how to prepare a base to mosaic on, protect your mirror from aging, cut glass & finish your project by grouting. No experience necessary. 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 10am-4pm & Sun 4-6pm.

Location: Sewailu's Mosaic Studio

Instructor: Sewailu Auzins

Nov 15-Nov 17	Fri-Sun	\$135.00/3	18143
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Dive into Mosaics!

In this mosaics class you will use thin-set cement as your adhesive to create either an abstract or representational mosaic. Learn the freedom of using cement as your adhesive to build an art piece out of glass, ceramic, stone & other materials. Experiment with materials & play with cement to create texture & a unique piece that shows your individuality!

You will learn how to mix & colour cement-based adhesives, how to effectively adhere your tiles & also play with creating texture. Building a mosaic directly into cement means that your mosaic will not need to be grouted, this allows light to hit different angles in your art & brings your piece to life. A mandatory \$50 extra fee covers the cost of materials & 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.

Location: Sewailu's Mosaic Studio

Instructor: Sewailu Auzins

Oct 04-Oct 06	Fri-Sun	\$175.00/3	18244
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Open Art Studio with Dixie MacUisdin

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 artist Dixie MacUisdin. Some experience is recommended & you need to bring your own supplies. We offer 3 different registration options for your convenience – weekly class sets (most affordable), 10-class drop-in punch cards & single class drop-in. Bring your own supplies (listed on your confirmation receipt & on our website www.esquimalt.ca/forms).

Location: Esquimalt Recreation Centre

Instructor: Dixie MacUisdin

Sep 09-Oct 28	Mon	1:00pm-3:00pm	\$48.00/6	18075
No Class: Sep 23, Oct 14				
Nov 04-Dec 16	Mon	1:00pm-3:00pm	\$48.00/6	18074
No Class: Nov 11				

Register early to avoid disappointment.

View availability & register online:

esquimalt.ca/recreation

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 material fee, so you don't need to bring any supplies from home.

***VERY IMPORTANT** - Please bring a close-up photo of your pet, preferably approximately 8x10 inches. Alternatively, you can email your photo to Arts & Culture Programmer Gillian for in-house printing (minimum 4 days before workshop date)*

Oct 5	Sat	1:30-3:30pm	\$35.00	18572
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Instructor: Nathan NAZO Davis

Location: Esquimalt Recreation Centre

Watercolours Inspired By...

Be inspired by master painters as you learn new watercolours techniques through creative practice of their iconic styles. Explore Turner's atmospheric effects, O'Keeffe's abstraction, Singer Sargent's glorious whites, Valley Thornton's vibrant colour, Onley's muted palette, & Klee's colour layering. Some experience is helpful. Bring your own supplies (listed on your confirmation receipt & on our website www.esquimalt.ca/forms).

Location: Esquimalt Recreation Centre

Instructor: Dixie MacUislin

Sep 25-Oct 30	Wed	1:00pm-3:00pm	\$78.00/6	18079
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NEW! Watercolour - Special Projects with Richard Wong

This class allows ALL students of watercolour to bring special projects to work on in class (students do not have to paint on masa paper). Explore, learn & work on your own with a small, friendly group of painters who love to share what they are doing. Richard will provide guidance if needed & will be available to answer your questions. Suitable for all levels, including absolute beginners. Bring your own painting supplies or rent a paint kit directly from the instructor. Drop-ins are welcome if space permits.

Location: Esquimalt Recreation Centre

Instructor: Richard Wong

Sep 26-Oct 31	Thu	12:30pm-2:30pm	\$75.00/6	18165
Nov 14-Dec 19	Thu	12:30pm-2:30pm	\$75.00/6	18166

Watercolour on Masa Paper

Learn how to paint beautiful watercolours on Japanese art paper. Richard has perfected unique techniques that work with masa paper. Suitable for all levels, including absolute beginners. A \$10 extra fee covers the cost of handouts. Drop-ins are welcome if space permits; you must phone before the drop-in date to pre-arrange. Bring your own painting supplies (listed on your confirmation receipt & on our website www.esquimalt.ca/forms) or rent a paint kit directly from the instructor.

Location: Esquimalt Recreation Centre

Instructor: Richard Wong

Monday classes

Sep 16-Oct 28	Mon	6:45pm-8:30pm	\$72.00/6	18081
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No class: Oct 14

Nov 04-Dec 16	Mon	6:45pm-8:30pm	\$72.00/6	18083
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No Class: Nov 11

Wednesday classes

Sep 25-Oct 30	Wed	10:15am-12:00pm	\$72.00/6	18082
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Nov 13-Dec 18	Wed	10:15am-12:00pm	\$72.00/6	18084
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NEW! Watercolour on Masa Paper - Christmas Card Workshop

Create beautiful Christmas cards on Japanese art paper in a relaxed, fun & fully supported social atmosphere with a friendly group of like minded painters. Learn special techniques & processes. Richard will guide you through painting original miniatures that you can mount and/or insert into blank 5x7" greeting card stock & photo frame cards. Everyone welcome, including absolute beginners. Bring your own painting supplies (listed on your confirmation receipt & on our website www.esquimalt.ca/forms) or rent a paint kit directly from the instructor for \$5. Handouts, a light lunch & coffee/tea will be provided (extra fees applicable).

Location: Esquimalt Recreation Centre

Instructor: Richard Wong

Nov 02	Sat	10:00am-3:00pm	\$55.00	18160
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Register early to avoid disappointment.

View availability & register online:

esquimalt.ca/recreation

Cooking

Perogie Making 101

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

Location: Esquimalt Recreation Centre

Instructor: Bella Montgomery

Sep 17	Tue	6:30pm-8:30pm	\$33.00	18146
Nov 26	Tue	6:30pm-8:30pm	\$33.00	18147

Dance

Classes with Dancin Dean

Register for 2 classes on the same night & receive a \$10 discount on your 8pm class registration fee. These are partner dances so please register with a partner (with the exception of Line Dancing). Classes are suitable for dancers with some previous experience.

Location: Esquimalt United Church, Wheeley Hall

Instructor: Dean Stroeder

Country 2 Step - Beyond Beginner

Sep 17-Oct 8	Tue	7:00-8:00pm	\$40.00/4	18274
Oct 22-Nov 12	Tue	7:00-8:00pm	\$40.00/4	18284
Nov 26-Dec 17	Tue	7:00-8:00pm	\$40.00/4	18285

Line Dancing - All Levels

Sep 17-Oct 8	Tue	8:00-9:00pm	\$40.00/4	18280
Oct 22-Nov 12	Tue	8:00-9:00pm	\$40.00/4	18290
Nov 26-Dec 17	Tue	8:00-9:00pm	\$40.00/4	18292

Westcoast Swing -Beyond Beginner

Sep 18-Oct 9	Wed	7:00-8:00pm	\$40.00/4	18294
Oct 16-Nov 13	Wed	7:00-8:00pm	\$40.00/4	18295
Nov 27-Dec 18	Wed	7:00-8:00pm	\$40.00/4	18296

Cha Cha - Beyond Beginner

Nov 27-Dec 18	Wed	8:00-9:00pm	\$40.00/4	18306
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Hustle - Beyond Beginner

Oct 16-Nov 13	Wed	8:00-9:00pm	\$40.00/4	18302
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Night Club - Beyond Beginner

Sep 18-Oct 9	Wed	8:00-9:00pm	\$40.00/4	18300
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Hawaiian Hula

If you're looking for a fitness class & love Hawaiian music, perhaps Hula Dance for Health is for you! Hula dance is fun & easy to learn. During a 1-hour class, participants receive the benefits of weight-bearing-exercise, stress relief, fun-filled social interaction & beautiful Hawaiian music. Beginner classes introduce 5 basic hula steps & 4 Hawaiian dances. Movements are low impact & help maintain memory, balance, flexibility & strength. Experienced classes are designed for participants who have completed the beginner & continuing courses & are ready to experience a more intense cardio workout with complex hula dance & combinations. Printed notes & music will be provided.

Beginner

Sep 16-Oct 28	Mon	3:30pm-4:30pm	\$60/6	18871
No class: Oct 14				

Nov 4-Dec 16	Mon	3:30pm-4:30pm	\$60/6	18875
No class: Nov 11				

Experienced

Sep 16-Oct 28	Mon	2:30pm-3:30pm	\$80/6	18873
No class: Oct 14				

Nov 4-Dec 16	Mon	2:30pm-3:30pm	\$80/6	18875
No class: Nov 11				

Instructor: MaryLee Alexander

Location: Esquimalt Recreation Centre

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

Tue Oct 1-Oct 29	Tue	9:00am-12:00pm	\$40.00/5	18150
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NEW! Exploring Creativity

Have fun while feeding your creative spirit. Through group & individual exercises & activities you will explore visualization, art, music, guided improv, movement, vocalization & writing. Each activity is designed to encourage & inspire you to trust in your individual way of seeing & interpreting the world around you so that you can strengthen your unique gifts.

Location: Esquimalt Recreation Centre

Instructor: Mavis Andrews

Sep 25-Oct 30	Wed	10:00am-12:00pm	\$60.00/6	18851
Nov 6-Dec 11	Wed	10:00am-12:00pm	\$60.00/6	18852

NEW! Open Bridge Tournament

Enjoy some friendly competition & spend time with other Bridge players! The emphasis will be on fun & the event will take place in the Seniors Lounge. The format will be progressive Bridge, so you can register as individuals & will play with a different player during each round. Pre-register through our reception desk or online.

Nov 4 Mon 1:00pm-3:00pm

Free for Esq Rec members & new players, \$2 for non-members

Location: Esquimalt Recreation Centre

Facilitated by: Terry Martin & Gerry Dillabough

Soap Making

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

Oct 12 Sat 9:00am-12:30pm \$85.00/1 17885

Nov 09 Sat 9:00am-12:30pm \$85.00/1 18341

Toastmasters Speechcraft Program

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.

Location: Boardroom, Archie Browning Sports Centre

Oct 8 – Nov 12 Tue 7:00pm-8:30pm \$60.00/6 18349

Health and Wellness

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

Oct 09-Oct 30 Wed 7:00pm-8:15pm \$32.00/4; \$10.00/1 18168

Oct 11-Nov 01 Fri 12:00pm-1:30pm \$32.00/4; \$10.00/1 18169

Nov 06-Dec 11 Wed 7:00pm-8:15pm \$48.00/6; \$10.00/1 18170

Nov 08-Dec 13 Fri 12:00pm-1:30pm \$48.00/6; \$10.00/1 18171

Language

American Sign Language (ASL)

Learn ASL grammar, vocabulary & introductory conversation skills from an ASL master. Beginner classes cover ABC's colours, relations, O.S.V. & deaf culture, giving you the skills to carry on a beginner conversation with deaf or hard of hearing people in your community. Beyond beginner classes build on ASL grammar, vocabulary & conversation skills while giving you more time to practice.

Location: Esquimalt Recreation Centre

Instructor: Lindsay Carroll

Beginner

Sep 16-Oct 28 Mon 5:45pm-7:00pm \$60.00/6 18233

No Class: Oct 14

Nov 04-Dec 16 Mon 5:45pm-7:00pm \$60.00/6 18235

Beyond Beginner

Sep 16-Oct 28 Mon 7:15pm-8:30pm \$60.00/6 18234

No Class: Oct 14

Nov 04-Dec 16 Mon 7:15pm-8:30pm \$60.00/6 18236

No Class: Nov 11

Photography

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.

Location: Archie Browning Sports Centre

Instructor: Anny Ruch

Oct 09-Oct 30 Wed 6:00pm-8:00pm \$90.00/4 18109

NEW! Beginner French class

Adult Beginner French: Voulez-vous parler avec moi? This introductory course will teach you grammar basics, vocabulary, and pronunciation. Whether you want to learn French to support your children in French Immersion, travel, or work, this course will start you off in the right direction. Taught in a friendly environment in a workshop setting, you'll have opportunities to practice and build language skills with other beginner French students and a certified language instructor. Online resources as well as simple and practical activities for at-home practice will be provided. Please bring a binder or clipboard with paper and pen. All other materials provided.

Instructor: Melissa Labelle, MA (UVic), PDPP French Immersion

Sep 25-Oct 30	Wed	6:30-8:00pm	\$120/6	18809
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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.

Location: Esquimalt Recreation Centre

Instructor: Daisuke Haruki

Sep 20-Nov 29	Fri	6:30-7:30pm	\$100/10	18568
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No class: Oct 14, Nov 11

Music

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

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Beginner

Sep 24-Oct 29	Tue	7:00pm-7:50pm	\$66.00/6	18138
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Nov 05-Dec 10	Tue	7:00pm-7:50pm	\$66.00/6	18139
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Continuing

Sep 24-Oct 29	Tue	8:00pm-8:50pm	\$66.00/6	18140
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Nov 05-Dec 10	Tue	8:00pm-8:50pm	\$66.00/6	18141
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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.

Location: Esquimalt Recreation Centre

Instructor: Marcelina Stanton

Sep 20-Nov 1	Fri	1:45pm-3:15pm	\$60.00/6	18085
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No Class: Oct 25

Nov 08-Dec 13	Fri	1:45pm-3:15pm	\$60.00/6	18086
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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 course manual fee is charged at registration time.

Location: Esquimalt Recreation Centre

Instructor: Janyang Lodto

Sep 24-Nov 12	Tue	6:30pm-7:30pm	\$68.00/8	18087
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NEW! Violin

Connect with others through the joy of music, in a supportive & relaxed setting! Learn simple bowing techniques, posture, notes, scales & rhythm with folk, fiddle & classical tunes. Group classes are suitable for complete beginners & those looking to refresh their skills. Students must bring violins to class (rentals are available through Tapestry Music & Long and McQuade). Private lessons give students of any level 1:1 attention & can be tailored to suit individual levels & goals (private lessons can be taught in English or French).

Location: Silver Bow Studio, 15-1182 Colville Rd.

Instructor: Gabriel Cayer

Group Classes for Beginners

Sep 19-Dec 12	Thu	8:00-8:45pm	\$180/12
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No class: Oct 31

Private Lessons (all levels)

Sep 19-Oct 24	Thu	6:25-6:55pm	\$180/6
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Sep 19-Oct 24	Thu	6:55-7:25pm	\$180/6
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Sep 19-Oct 24	Thu	7:25-7:55pm	\$180/6
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Nov 7-Dec 12	Thu	6:25-6:55pm	\$180/6
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Nov 7-Dec 12	Thu	6:55-7:25pm	\$180/6
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Nov 7-Dec 12	Thu	7:25-7:55pm	\$180/6
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Sewing & Fibre Arts

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 purchased 8 digital sewing machines, 4 sergers & a full section of notions. 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.

NEW! Holiday PJ's and Onesies

Make your holiday pyjamas or a onesie in this 2-part workshop! Learn basic garment construction & finishing techniques while working with 100% cotton or flannel. Please note that if you choose the onesie option you may have some homework between week 1 & 2. Previous sewing machine experience required. Patterns & materials must be purchased in advance of this workshop & fabric must be pre-washed/shrunk at home prior to the workshop date. Select your adult or children's pattern options from The Makehouse (students receive a 20% discount on patterns & supplies).

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Nov 26 & Dec 3	Tue	6:00pm-9:00pm	\$110.00/2	18130
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NEW! Serger Basics

Learn the basics of operating a serger in this 2.5 hour introductory workshop. This is the perfect opportunity to learn to thread your serger (both the quick way & from scratch!) This is a techniques & applications workshop (not a project based class). We will cover: threading the machine, general machine maintenance, how to convert to a rolled hem & how to sew inside & outside curves. Previous sewing experience required. Use one of our machines or bring your own from home (please remember your manual, foot pedal & instruction manual).

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Nov 19	Tue	6:00pm-9:00pm	\$50.00	18123
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Needle Felting

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).

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Nov 30	Sat	10:00am-12:30pm	\$40.00	18472
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NEW! Zero Waste Sewing Series

Explore new ways of designing with minimal spending! Learn the basics of machine sewing while creating items from reused fabrics. Register for individual workshops or for the whole series! We will have a variety of reusable fabrics on hand, & will supply all other materials & tools. You are welcome to bring freshly laundered, reusable clothing, fabric & cottons from home you want to reuse. We'll cover machine threading, bobbin making, sewing straight lines, fabric cutting, hemming, pressing & finishing, while making zero waste items you can keep or give as gifts. Use our in-house digital machines or bring your own machine from home.

Register for the series & save \$10 per class!

Shopping Totes & Produce Bags

Sep 21	Sat	9:30am-12:30pm	
\$55.00/1,\$270.00/6-class series			18124

Reusable Napkins & Kitchen Towels

Sep 28	Sat	9:30am-12:30pm	
\$55.00/1,\$270.00/6-class series			18125

Re-Purposing Denim

*Please bring a pair of freshly laundered jeans & any reusable fabrics you want to use, to remake into Zero Waste Items.

Oct 05	Sat	9:30am-12:30pm	
\$55.00/1,\$270.00/6-class series			18126

Re-Purposing Sweaters

*If your sweaters are made from wool, you can felt them by putting them in the dryer. This will make them easier to work with in the sewing room.

Oct 19	Sat	9:30am-12:30pm	
\$55.00/1,\$270.00/6-class series			18127

Scrap Fabric Ribbon and Twine + Practical Uses

*This is the perfect stash buster for anyone who has a bag of fabric scraps kicking around.

Nov 16	Sat	9:30am-12:30pm	
\$55.00/1,\$270.00/6-class series \$55.00/1			18128

Simple Clothing Alterations & Repairs

*Please bring freshly laundered clothing and/or items you wish to hem or mend.

Nov 23	Sat	9:30am-12:30pm	
\$55.00/1,\$270.00/6-class series			18129

Location: Esquimalt Recreation Centre

Instructor: The Makehouse



FREE! EMERGENCY PREPAREDNESS WORKSHOPS

The workshops below are offered periodically throughout the year depending on the level of interest – please check the schedule 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 or leave a message at 250-414-7120.

All sessions will take place at the Municipal Hall, 1229 Esquimalt Road, unless otherwise specified.

Presentations with less than 10 registrants will be cancelled.

FOLLOW US ON FACEBOOK! www.facebook.com/EsquimaltNEPP



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.

Date & Time: Wednesday, September 25 at 7pm

Free presentation.

Minimum number of participants: 10

RSVP to nepp@esquimalt.ca

Being Prepared: Earthquake & Tsunami

This presentation will discuss what to expect during and after a major earthquake including the tsunami risk for Esquimalt residents. Some of the questions we will answer include:

- Why do I need an emergency plan?
- Will I be able to get help from first responders?
- How long will it take the military to become involved?
- Where is high ground if there is a tsunami?
- What will life be like after the earthquake?

Question and answer period to follow.

Date & Time: Wednesday, October 23, 2019 at 7pm

Free presentation.

Minimum number of participants: 10

RSVP to nepp@esquimalt.ca

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.

Date & Time: Wednesday, November 20 at 7pm

Free presentation.

Minimum number of participants: 10

RSVP to nepp@esquimalt.ca

Emergency Preparedness Workshops

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?

These 1-hour hands on workshops 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.

Please register by emailing nepp@esquimalt.ca

Dates and times will be coordinated once the minimum number of participants have registered.

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 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	
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				

Note: Program cancellation dates below. Schedules subject to change. View schedule online in real-time: esquimalt.ca/sports

Pickleball

Location: Esquimalt Recreation Centre

Sep 03-Dec 26 Mon/Tue/Thu 1:15pm-3:15pm 17558

Sep 08-Dec 29 Sun 4:30pm-6:30pm 17487

No Classes: Sundays Nov 17, Dec 08

Indoor Soccer Drop-In

Location: Esquimalt Recreation Centre

Sep 03-Dec 29 Tue/Sun 9:00pm-10:15pm 17557

No Classes: Sundays Nov 17, Dec 08

Basketball Drop-In

Location: Esquimalt Recreation Centre

Sep 08-Dec 29 Sun 6:45pm-8:30pm 17485

No Classes: Nov 17, Dec 08

Floor Hockey Drop-in

Location: Esquimalt Recreation Centre

Sep 09-Dec 23 Mon 7:30pm-9:30pm 17524

Volleyball (Everyone Welcome) Drop-In

Location: Esquimalt Recreation Centre

Sep 12-Dec 19 Thu 8:00pm-10:00pm 17518

Volleyball (Competitive) Drop-In

Location: L'ecole Brodeur School

Sep 08-Dec 29 Sun 7:00pm-9:00pm 17473

Play Beyond Expectations

These are multi-sport development sessions for adults 18-29 with disabilities. Facilitated by an overcomer (Cerebral Palsy) who was never supposed to walk but later played sports and did all the things the doctors were sure he would never be able to do. This includes a social time together after each gym time. Drop In Weekly.

Location: Esquimalt Recreation Centre

Sep 06-Dec 20 Fri 1:00pm-2:30pm 17561

Sep 10-Dec 17 Tue 3:30pm-5:00pm 17519

Drop in Sports Reservation

Reserve for any session of the Fall season now! Reserve your space online 24 hours a day: 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. If you have a valid pass (membership), the free "included with pass" payment option will populate; please register yourself at no charge. If the free "included with pass" payment option does not populate, this means that you do not have a valid pass. Please contact reception in person or by phone at 250.412.8500 to renew your pass.

Registered Sports Programs

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.

Tuesdays

Instructor: Mijo Tae Kwon Do

Location: Esquimalt Recreation Centre

Sep 10-Oct 29	Tue	6:30pm-7:30pm	\$80.00/8	17595
Nov 05-Dec 17	Tue	6:30pm-7:30pm	\$70.00/7	17491

Saturdays

Location: L'ecole Brodeur School

Sep 14-Oct 26	Sat	12:00pm-1:00pm	\$60.00/6	17496
No Class: Oct 12				
Nov 02-Dec 14	Sat	12:00pm-1:00pm	\$60.00/6	17534
No Class: Nov 09				

Yuishinkai Karate & Kobujutsu

We instil confidence, character development and a positive outlook on life while building fitness by training in empty hand skills and the use of Okinawan self-defence weapons. Our safe, healthy and effective martial arts training is for everyone aged 9 to 90.

Beginner/Intermediate 6:30-7:30pm

Intermediate/Advanced 7:30-8:30pm

Sep 11-Sep 25	Wed	17507
Oct 2-30	Wed	17482
Nov 6-27	Wed	17501
Dec 4-18	Wed	17499

\$60/month

Location: L'ecole Brodeur School

Victoria Yuishinkai & Ryukyu Kobujutsu Club (www.yuishin.ca)

Note: After an initial trial period, students must also join provincial and national associations that have separate once-per-year fees.

Register early to avoid disappointment.

View availability & register online:

esquimalt.ca/recreation



West Coast Rec Co-ed 6's Competitive Volleyball (16yrs+)

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

Sep 19-Oct 24	Thu	6:30pm-10:30pm	\$50.00,\$270.00/6	17489
Oct 31-Dec 12	Thu	6:30pm-10:30pm	\$50.00,\$270.00/7	17498

Badminton: Teen-Adult (13yrs+)

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.

Location: Esquimalt Recreation Centre

Sep 22-Dec 22	Sun	10:30am-12:00pm	\$150.00/10	18449
No Classes: Oct 13, Nov 03, Nov 10, Nov 17				



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

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Conversation Café 10:00AM-11:30AM (cancelled most stat holidays)	Mexican Train Dominoes 12300PM-3:00PM	FREE! Creative Crafters 9:00AM-11:0AM	Writer's Group 10:00AM-12:00PM	Scrabble 9:30AM-12:00PM	
Bridge 12:45PM-3:30PM	Chess 1:00PM-3:00PM	FREE! Knit & Crochet 1:00PM-3:00PM	Euchre 12:30PM-3:00PM	FREE! Community Walking Group 10:00AM-11:30AM Meet in Rec Centre Atrium	
Duplicate Bridge 1:00PM-3:00PM (cancelled stat holidays)	Rumoli 1:00PM-3:00PM		Bridge 12:45PM-3:30PM	Cribbage 1:00PM-3:00PM	NEW! Drop-in Painting Sunday 1:00PM-5:00PM
Mah Jong 12:30PM-3:00PM	Ukulele Club 1:30PM-3:30PM		NEW! Drop-in Painting 1st & 3rd Thu each month 2:30PM-5:00PM		
Music Jam 1:00PM-3:00PM			Court Whist 1:00PM-3:00PM		

Social

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.

Oct 1-Oct 29 Tue 9:00am-12:00pm \$40.00/5

Location: Esquimalt Recreation Centre

Instructor: Terry Martin

NEW! Open Bridge Tournament

Enjoy some friendly competition & spend time with other Bridge players! The emphasis will be on fun & the event will take place in the Seniors Lounge. The format will be progressive Bridge, so you can register as individuals & will play with a different player during each round. Pre-register through our reception desk or online.

Nov 4 Mon 1:00pm-3:00pm

Free for Esq Rec members & new players, \$2 for non-members

Location: Esquimalt Recreation Centre

Facilitated by: Terry Martin & Gerry Dillabough

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 normally does not include the price of meals/refreshments). Be sure to pick-up our trifold flyer for more details,.

Abkhazi Tea House & Garden

Sep 03 Tue 10:30am-3:30pm \$25.00 18237

Galiano Island – Marine Life Exploration

Sep 12 Thu 8:15am-8:00pm \$85.00 (Senior 65yrs+)/\$97 (Under 65 yrs) 18238

Cider, Wine & Lunch

Sep 19 Thu 10:00am-3:30pm \$55 with tastings/\$45 without tastings 18556

Chemainus Theatre - Mrs. Warren's Profession

Sep 25 Wed 10:30am-5:30pm \$130.00 18240

Campbell River Area Overnight

Oct 01-03 Tue 9:30am-Thu 4:30pm \$590 (double room), \$820 (single room) 18239

Saanich Artifacts Tour & Lunch

Oct 17 Thu 9:00am-3:00pm \$30.00 18411

Chemainus Theatre – Lumberjacks in Love

Oct 23 Wed 10:30am-5:30pm \$130.00 18410

Lunch at Crooked Goose, Swan Lake Nature Tour & Tea

Nov 07 Thu 11:00am-3:00pm \$29.00 18412

Chemainus Theatre – Miracle on 34th Street

Nov 20 Wed 10:30am-5:30pm \$140.00 18413

Dinner & Christmas in Sidney

Dec 03 Tue 1:00pm-7:30pm \$25.00 18414

Christmas Lunch 2019

Dec 19 Thu 10:30am-3:00pm \$50.00 18415

Deck the Halls.

Esquimalt Christmas Tree Village Sponsorship Program.

Community Groups

Local groups and not-for-profit organizations are invited to submit an application to decorate a tree in Esquimalt's Christmas Tree Village at no cost. Applications must be received by November 1; groups will be notified by November 10 if selected.

Businesses

Your business is invited to decorate a tree and/or sponsor a tree decorated by a community organization in Esquimalt's Annual Christmas Tree Village at the Esquimalt Recreation Centre & Archie Browning Sports Centre.

Business sponsorship opportunities start at \$100. Tax receipts issued.

More info & to apply: esquimalt.ca/treevillage



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: Tuesday-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.



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!

Hourly Sessions Also Available

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

BELIEVE.

Esquimalt Parks & Recreation offers 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.

EXCEED.

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!

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.

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 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	NEW TIME! 8:50-9:45am Stretch & Strength (C)		Strength & Balance (C)	Stretch & Strength (C)		
9:15am-10:10am	Total Aerobic Challenge (C)	BellyFit (C)	Total Body Challenge (C)	Yogalates (C)	Total Step Challenge (C)	
10:20am-11:15am		Core Yoga				
11:45am-12:45pm		Stroller Fit		Stroller Fit		
12:10pm-12:55pm	Two classes: Yoga (C) Spin (C)	Power Circuit (C)	Two Classes: Spin (C) or Yoga (C)	Power Circuit (C)	Two classes: Yoga (C) NEW! TRX (C)	
5:05pm-6:00pm		Yoga				
5:30pm-6:25pm	Mixed Interval Challenge					
6:00pm-6:45pm			Bootcamp 6:45-7:30pm	H.I.I.T.		

BellyFit

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

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

Instructor: Marcia Semenoff

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
Tue 10:20am-11:15am

Instructor: Lynda Lafond

Bootcamp

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

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

Instructor: Eugene Nnoli

Circuit and Stretch

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

Location: Esquimalt Recreation Centre
Tue 6:15am-7:00am

Instructor: Virginia Rego

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, and boosting metabolism.

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

Mixed Interval Challenge

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

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

Power Circuit

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

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

Spin - Drop-In

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

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

Strength & Balance

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

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

Stroller Fit Drop-In

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

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

Stretch & Strength

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

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

Total Aerobic Challenge

Gets you moving with fun and easy-to-follow combinations. Extended cardio class, followed with a gentle stretch.

Location: Esquimalt Recreation Centre Instructor: Marcia Semenov
Mon 9:15am-10:10am

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 Semenov
Wed 9:15am-10:10am

Total Body Conditioning

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

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

Total Step Challenge

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

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

TRX

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! Taught in a small group fitness format. (Caution for people with wrist or hand injuries.)

Location: Esquimalt Recreation Centre Instructor: Ann Henslowe
Fri 12:10pm-12:55pm

Yoga - Drop-In

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

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

Yogalates

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

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

Bootcamp Classes

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' this winter? 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.

Location: L'ecole Brodeur School

Instructor: Tamara Digout

Nov 05-Dec 12 Tue/Thu 6:00pm-7:00pm 18161

Early Bird Fee: \$140.00/12 (until Oct. 30th) Regular Fee: \$160.00/12(after Oct. 30th)

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. This 50 minute cardio workout cycles will 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: Esquimalt Recreation Centre

Instructor: Glenda Rosberg

FREE Demo!

Sep 09 Mon 7:00pm-8:00pm FREE 19305

Registered Session

Sep 16-Dec 09 Mon 7:00pm-8:00pm \$90.00/10; \$11.00/1 18162

No Classes: Sep 30, Oct 14, Nov 11

Health and Wellness

Minds in Motion

Minds in Motion® is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Sep 11-Oct 30 Wed 1:30pm-3:00pm \$64.00/8 18172

Nov 13-Dec 18 Wed 1:30pm-3:00pm \$48.00/6 18173

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

This class will go over the 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. We will work 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 Orii Acupuncture and Herbal Medicine Centre. www.oriri.ca

Location: Esquimalt Recreation Centre

Instructor: Dr. Katrine Hegillman

Sep 13-Nov 01 Fri 2:00pm-3:00pm \$104.00/8; \$15.00/1 18174

Nov 08-Dec 20 Fri 2:00pm-3:00pm \$91.00/7; \$15.00/1 18175

30TH ANNUAL

ISLAND FITNESS CONFERENCE

A world class conference right here at home!

OCTOBER 26-27, 2019

Accredited by: BCRPA; CSEP; NSCA and more!

at Oak Bay Recreation Centre & PISE (Pacific Institute for Sport Excellence) www.IslandFitnessConference.com



Spin Classes

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

Sep 10-Oct 29 Tue 6:15pm-7:30pm 18181

\$72.00/8; \$64.50/ Flex Fee; \$11.00/1

Nov 05-Dec 17 Tue 6:15pm-7:30pm 18185

\$63.00/7; \$53.75/ Flex Fee; \$11.00/1

Sep 14-Nov 02 Sat 8:45am-9:45am 18182

\$63.00/7; \$53.75/ Flex Fee; \$11.00/1

No Class: Oct 12

Nov 16-Dec 14 Sat 8:45am-9:45am 18195

\$45.00/5; \$11.00/1

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 is available.

Location: Archie Browning Sports Centre

Instructor: Ann Henslowe

Sep 10-Oct 29 Tue 9:00am-10:00am 18196

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

Nov 05-Dec 17 Tue 9:00am-10:00am 18200

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

Strength & Conditioning

NEW! Mijo Boxfit

In this sport combat workout you'll work the entire body through targeted conditioning drills, boxing drills on targets and core stability training. A fusion of traditional boxing, kickboxing and functional fitness, you will learn the Mijo Boxfit punching system which is suitable for all levels and abilities. Gloves & wraps are required and can be purchased through Mijo Sport.

Location: Archie Browning Sports Centre, Crow's Nest

Sept 12-Oct 24 Thu 10:30-11:45am \$70/7 18818

Nov 7-Dec 19 Thu 10:30-11:45am \$70/7 18819



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 program with which to continue your workouts.

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Sep 10-Oct 29 Tue 10:15am-11:30am 18201

\$72.00/8; \$64.50/ Flex Fee; \$11.00/1

Nov 05-Dec 17 Tue 10:15am-11:30am 18202

\$63.00/7; \$53.75/Flex Fee; \$11.00/1

Sep 12-Oct 31 Thu 10:15am-11:30am 18204

\$72.00/8; \$64.50/Flex Fee; \$11.00/1

Nov 07-Dec 19 Thu 10:15am-11:30am 18206

\$63.00/7; \$53.75/ Flex Fee

NEW! 60+ Strength and Conditioning

The first step is the most important! This well rounded program will focus on activities to improve strength, balance, mobility, flexibility, and cardiovascular fitness. A certified BCRPA instructor specializing in the older adult will use resistance bands, fitness props, and a fun selection of agility activities to improve overall fitness. Have fun, make new friends, and feel good about yourself. All levels of ability are welcome the exercises can be modified to suit you needs.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Sep 11-Oct 30 Wed 12:35pm-1:25pm 18212

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

Nov 06-Dec 18 Wed 12:35pm-1:25pm 18219

\$52.50 /7; \$45.00/Flex Fee; \$9.50/1

Essentrics Aging Backwards (D)

Essentrics 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

Sep 10-Oct 29	Tue	11:20am-12:10pm	\$80.00/8; \$12.00/1	18259
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Nov 05-Dec 17	Tue	11:20am-12:10pm	\$70.00/7; \$12.00/1	18260
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NEW TIMES!

Sep 12-Oct 31	Thu	1:00pm-2:00pm	\$80.00/8; \$12.00/1	18261
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Nov 07-Dec 19	Thu	1:00pm-2:00pm	\$70.00/7; \$12.00/1	18262
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Instructor: Phyllis Musseau

NEW TIMES!

Sep 12-Oct 31	Thu	5:30pm-6:30pm	\$80.00/8; \$12.00/1	18263
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Nov 07-Dec 12	Thu	5:30pm-6:30pm	\$60.00/6; \$12.00/1	18264
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Included with Your Pass! 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, then explore standing, seated and supine mobility movements. 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

Sep 20, Oct 18, Nov 22	Fri	5:45pm-6:45pm	\$15.00/3	18301
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Gentle Fit (D)

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

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Sep 09-Nov 04	Mon	9:55am-10:50am	\$45.00/9; \$7.00/1	18257
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No Class: Oct 14

Nov 18-Dec 16	Mon	9:55am-10:50am	\$25.00/5; \$7.00/1	18258
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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

Sep 06-Oct 25	Fri	10:15am-11:15am	18291
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\$48.00/8; \$43.50/Flex Fee; \$8.00/1

Nov 01-Dec 20	Fri	10:15am-11:15am	18293
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\$48.00/8; \$43.50/Flex Fee; \$8.00/1

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

Sep 11-Oct 30	Wed	7:45pm-8:30pm	18265
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\$56.00/8; \$51.00/Flex Fee; \$9.00/1

Nov 06-Dec 18	Wed	7:45pm-8:30pm	18266
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\$49.00/7; \$42.50/Flex Fee; \$9.00/1

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

Sep 09-Sep 30	Mon	12:05pm-12:50pm	\$40.00/4; \$12.00/1	18275
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Oct 07-Oct 28	Mon	12:05pm-12:50pm	\$30.00/3; \$12.00/1	18276
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No Class: Oct 14

Nov 04-Nov 25	Mon	12:05pm-12:50pm	\$30.00/3; \$12.00/1	18277
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No Class: Nov 11

Dec 02-Dec 16	Mon	12:05pm-12:50pm	\$30.00/3; \$12.00/1	18278
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Sep 05-Sep 26	Thu	11:00am-12:00pm	\$40.00/4; \$12.00/1	18279
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Oct 03-Oct 31	Thu	11:00am-12:00pm	\$50.00/5; \$12.00/1	18281
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Nov 07-Nov 28	Thu	11:00am-12:00pm	\$40.00/4; \$12.00/1	18282
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Dec 05-Dec 19	Thu	11:00am-12:00pm	\$30.00/3; \$12.00/1	18283
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Yoga & Pilates Classes

Barre Fitness (D)

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

Location: Esquimalt Recreation Centre

Instructor: Phyllis Musseau

Sep 11-Oct 30 Wed 6:35pm-7:30pm \$76.00/8; \$11.50/1 18311

Nov 06-Dec 11 Wed 6:35pm-7:30pm \$57.00/6; \$11.50/1 18313

Pilates Back to Basics and Beyond (D)

This class is suitable for beginners and those already 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.

Location: Esquimalt Recreation Centre

Instructor: Phyllis Musseau

Sep 11-Oct 30 Wed 5:30pm-6:25pm \$76.00/8; \$11.50/1 18307

Nov 06-Dec 11 Wed 5:30pm-6:25pm \$57.00/6; \$11.50/1 18309

Gentle Yin Yoga (D) (F)

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

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Sep 12-Oct 31 Thu 6:45pm-8:15pm 18451

\$88.00/8; \$78.00/Flex Fee; \$13.00/1

Nov 07-Dec 19 Thu 6:45pm-8:15pm 18452

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

Register early to avoid disappointment.

View availability & register online:

esquimalt.ca/recreation

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

Sep 03-Sep 24 Tue 9:30am-10:45am \$24.00/4; \$8.00/1 18317

Oct 01-Oct 29 Tue 9:30am-10:45am \$30.00/5; \$8.00/1 18319

Nov 05-Nov 26 Tue 9:30am-10:45am \$24.00/4; \$8.00/1 18318

Dec 03-Dec 17 Tue 9:30am-10:45am \$18.00/3; \$8.00/1 18320

Sep 05-Sep 26 Thu 10:15am-11:30am \$24.00/4; \$8.00/1 18321

Oct 03-Oct 31 Thu 10:15am-11:30am \$30.00/5; \$8.00/1 18322

Nov 07-Nov 28 Thu 10:15am-11:30am \$24.00/4; \$8.00/1 18323

Dec 05-Dec 19 Thu 10:15am-11:30am \$18.00/3; \$8.00/1 18324

Gentle Therapeutic Flow (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 by restorative postures to calm the nervous system and the physical body.

Location: Esquimalt Recreation Centre Senior Centre

Instructor: Janice Arnot

Sep 11-Oct 30 Wed 6:45pm-8:15pm 18327

\$88.00/8; \$78.00/Flex Fee; \$13.00/1

Nov 06-Dec 18 Wed 6:45pm-8:15pm 18328

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

Kundalini Yoga for Everyone (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: Silver Bow Studio: 15-1182 Colville Road

Instructor: Laurel Mackay

Sep 18-Oct 30 Wed 7:30pm-9:00pm \$91.00/7; \$15.00/1 18370

Nov 06-Dec 18 Wed 7:30pm-9:00pm \$78.00/6; \$15.00/1 18371

Yoga Core and Strength (13+yrs)

Join Laurel Mackay in this fun and challenging class. Open to all levels of fitness; first time or fiftieth time you will heighten your fitness level in a supportive and non-competitive environment. Adults are also welcome to join this class.

Location: Silver Bow Studio: 15-1182 Colville Road

Instructor: Laurel Mackay

Sep 16-Oct 28 Mon 7:30pm-8:30pm \$60.00/6 18368

No Class: Oct 14

Nov 18-Dec 16 Mon 7:30pm-8:30pm \$50.00/5 18369

Mindful Movement Chair Yoga (D)

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

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Sep 09-Nov 04 Mon 11:05am-11:55am \$80.00/8; \$12.00/1 18325

No Class: Oct 14

Nov 18-Dec 16 Mon 11:05am-11:55am \$50.00/5; \$12.00/1 18326

Tensegrity Repair Series (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 lying on your back. Benefits include tissue and joint repair. Suitable for all levels.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Sep 09-Nov 04 Mon 5:45pm-6:45pm 18329

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

No Class: Oct 14

Nov 18-Dec 16 Mon 5:45pm-6:45pm \$50.00/5; \$12.00/1 18330

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

Sep 10-Oct 29 Tue 7:00pm-8:30pm 18332

\$88.00/8; \$78.00/Flex Fee; \$13.00/1

Nov 05-Dec 17 Tue 7:00pm-8:30pm 18333

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



Yoga Dance Flow

This class combines Yoga and Dance movements for a fun, creative and rejuvenating class with lively music. This is a faster paced class.

Location: Esquimalt Recreation Centre

Instructor: Phyllis Musseau

Sep 12-Oct 31 Thu 6:40pm-7:40pm \$72.00/8; \$11.00/1 18363

Nov 07-Dec 12 Thu 6:40pm-7:40pm \$54.00/6; \$11.00/1 18364

Yoga for Healthy Aging (D)

Yoga for Healthy Aging supports your well being by building strength of bone and muscles, flexibility, balance & mobility. Through breathing, movement, and relaxation you learn to optimize your circulatory system and stimulate brain health. These practices help you to manage stress, diminish the body's inflammatory response and support mindfulness.

Location: Esquimalt Recreation Centre

Instructor: Regina Pfeifer, C-IAYT, CYA-RYT GOLD

Sep 11-Oct 30 Wed 3:30pm-4:45pm \$80.00/8; \$12.00/1 18339

Nov 06-Dec 18 Wed 3:30pm-4:45pm \$70.00/7; \$12.00/1 18340

Yoga for Runners (D) (F)

This class is 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

Sep 09-Nov 04 Mon 6:45pm-7:45pm 18335

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

No Class: Oct 14

Nov 18-Dec 16 Mon 6:45pm-7:45pm, 18336

\$50.00/5; \$12.00/1

Aqua Yoga (D)

Join yoga therapist and aquatic instructor Janice Arnot for this gentle class designed to work with joint mobility and movements to nourish and hydrate the fascia (connective tissue) A wonderful option for those who have chronic pain, or physical limitations and/or joint limitations.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

FREE demo!

Sep 18-Sep 18	Wed	12:00pm-1:00pm	FREE	18298
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Registered Sessions

Sep 25-Oct 30	Wed	12:00pm-1:00pm	\$84.00/6; \$16.00/1	18297
Nov 06-Dec 18	Wed	12:00pm-1:00pm	\$98.00/7; \$16.00/1	18299

Zoomers

Zoomers -land & water class (D) (F)

Calling all Zoomers! This unique fitness program is designed for those 50+ (but all ages are welcome) who want to stay fit, build muscle, maintain 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 you feeling exhilarated at the end of this 90 minute class.

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Sep 09-Nov 04	Mon	1:15pm-2:45pm	18286
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\$60.00/8; \$54.00/Flex Fee; \$9.50/1

No Classes: Oct 14

Nov 18-Dec 16	Mon	1:15pm-2:45pm	18287
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\$37.50/5; \$9.50/1

Sep 04-Oct 23	Wed	1:30pm-3:00pm	18288
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\$60.00/8; \$54.00/Flex Fee; \$9.50/1

Oct 30-Dec 18	Wed	1:30pm-3:00pm	18289
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\$60.00/8; \$54.00/Flex Fee; \$9.50/1



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 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

COMMIT & SAVE! with Season Registration

Sep 19-Dec 19	Thu	2:15pm-3:15pm	\$112.00/14; \$10.00/1	18210
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Sep 19-Oct 31	Thu	2:15pm-3:15pm	\$63.00/7; \$10.00/1	18208
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Nov 07-Dec 19	Thu	2:15pm-3:15pm	\$63.00/7; \$10.00/1	18209
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Lab Health Program

NEW! GLA:D (TM) Canada Hip and Knee Osteoarthritis Program

Knee pain? Hip pain? Are you unsure whether you have arthritis or not, but you know you just can't do what you use to? This program is for those experiencing any hip and/or knee pain or stiff ness that is limiting you. Come join us, and you will learn all the latest info about osteoarthritis and how to safely exercise for your specific limitations. We will help you get back on track towards doing the activities you love...golf, horseback riding, walking, etc, in only 6 weeks. This research backed program is provided by Lab Health Physio and administered by their GLA:D™ Canada trained therapists. Visit labhealth.ca and gladcanada.ca to learn more.

REGISTRATION NOTE: Call Lab Health Physio at 250-386-7254 to register.

Location: Archie Browning Sports Centre

Instructor: Lab Health Physio

Sep 09-Oct 21	Mon/Wed	1:30pm-2:30pm	\$450.00/13
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No Class: Oct 14

Oct 21-Dec 02	Mon/Wed	4:30pm-5:30pm	\$450.00/13
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No Class: Nov 11





AQUATIC FITNESS

Drop In WaterFit

Schedule subject to change. For current schedule, please visit 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
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Foundations

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

Mon/Wed	10:35am-11:25am
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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
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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
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Total Body Workout

Moderate intensity, moderate impact (Beginner to Advanced)

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

Mon/Wed	6:05pm-6:55pm
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Registered Aquatic Fitness

Aqua Yoga (D)

Join yoga therapist and aquatic instructor Janice Arnot for this gentle class designed to work with joint mobility and movements to nourish and hydrate the fascia (connective tissue) A wonderful option for those who have chronic pain, or physical limitations and/or joint limitations.

FREE demo						
Sep 18-Sep 18	Wed	12:00pm-1:00pm	FREE			18298
Sep 25-Oct 30	Wed	12:00pm-1:00pm	\$84.00/6; \$16.00/1			18297
Nov 06-Dec 18	Wed	12:00pm-1:00pm	\$98.00/7; \$16.00/1			18299

Aquatic HIIT (D)

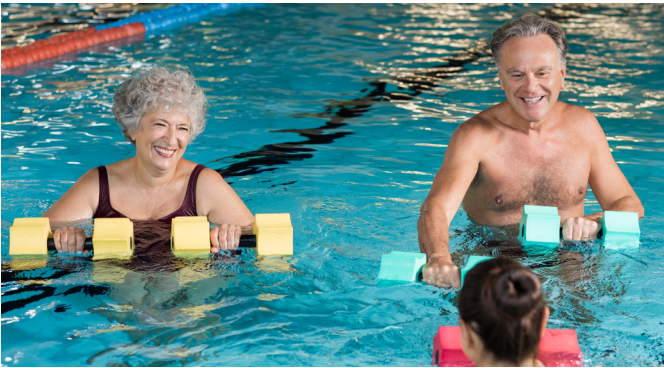
This is High Intensity Interval Training in the water. Take advantage of the resistance of the water to up the intensity of this already intense workout. In this class you will participate in alternating periods of short intense anaerobic exercise with less-intense recovery periods to boost metabolism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

Instructor: Ann Henslowe						
Commit & Save – Register for the entire fall season, and save \$1 on each class						
Sep 17-Dec 17	Tue	6:00am-6:45am	\$98.00/14; \$10.00/1			18187
Sep 17-Oct 29	Tue	6:00am-6:45am	\$56.00/7; \$10.00/1			18183
Nov 05-Dec 17	Tue	6:00am-6:45am	\$56.00/7; \$10.00/1			18186

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.

Instructor: Ann Henslowe						
Commit & Save – Register for the entire fall season, and save \$1 on each class						
Sep 19-Dec 19	Thu	6:00am-6:45am	\$98.00/14; \$10.00/1			18192
Sep 19-Oct 31	Thu	6:00am-6:45am	\$56.00/7; \$10.00/1			18193
Nov 07-Dec 19	Thu	6:00am-6:45am	\$56.00/7; \$10.00/1			18194



Drop in WaterFit Schedule

Schedule subject to change. For current schedule, please visit 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		

View lesson schedule,
availability & register online
24 hours/day!

esquimalt.ca/swim.



Swim Lessons

View lesson schedule, availability & register online!

Fall swim lesson registration opens August 1. Winter swim lesson registration opens December 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

Spring Swim Lessons

Registration Opens March 1

Day	Start Date	End Date	# Lessons	Cost/Session 30min; 60 min	Lesson Set Cost 30min; 60 min	No Class
Sunday AM	Sept 22	Dec 8	10	\$4.85; \$6.20	\$48.50; \$62.00	Oct 13 & Nov 10
Sunday PM	Sept 22	Dec 8	10	\$4.85; \$6.20	\$48.50; \$62.00	Oct 13 & Nov 10
Monday Reg Private Lessons Only	Sept 23	Dec 9	10	\$17.00	\$170.00	Oct 14 & Nov 11
Tuesday	Sept 24	Dec 10	12	\$4.85; \$6.20	\$58.20; \$74.40	
Wednesday Reg Private Lessons Only	Sept 25	Dec 11	12	\$17.00	\$170.00	
Thursday	Sept 26	Dec 12	12	\$4.85; \$6.20	\$58.20; \$74.40	
Friday	Sept 27	Dec 13	12	\$4.85; \$6.20	\$58.20; \$74.40	
Saturday	Sept 28	Dec 14	10	\$4.85; \$6.20	\$48.50; \$62.00	Oct 12 & Nov 9

Swim Lessons for Adults

Adult Learn to swim

The Adult Learn to Swim Program is designed for adults 18 and up who are looking to learn basic skills needed to swim safely and effectively. You will learn the fundamentals such as floating, breathing, body position, and kick which will help individuals progress into other training programs such as Masters Swimming.

Instructor: Brian McAurther

Sep 23-Dec 9	Mon	7:00-8:00pm	\$80/10	18754
Sep 25-Dec 11	Wed	7:00-8:00pm	\$96/12	18755



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 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

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 to book. Please note online registration is not available for premium private lessons.



Trick or Treat.

A Hallowe'en Favourite.

On sale October 1st. Trick or treat passes provide single admission child or youth drop in admissions valid November 1st-30th: 5 for \$5 • 25 for \$20.

Early purchase strongly encouraged. Available at the Esquimalt Recreation Centre while quantities last.



Aquatic Child & Youth Programs

Pacific Coast Swimming - Lightning Fast Series

The Lightning Fast Swim Series has 5 levels and is based on a Swimming First Philosophy which introduces the techniques of competitive swimming right from the earliest levels, to develop improved levels of swimming efficiency and skills. It is designed primarily for 3 to 10 year olds who want to learn to swim with confidence, gain endurance and improve stroke technique. The series is designed by our award winning Pacific Coast Swimming coaches and is an innovative skills-based swimming program designed to be mastered quickly by young children.

**If your child will be participating in the PCS fun meets please pay the \$40 Swim BC fee at registration.

**If you would like to set up a monthly payment plan please call reception at 250-412-8500 or come into the rec center to register

Lightning Fast Series - Level 1 (3-6yrs)

Designed for children comfortable in shallow water without a parent, Lightning Fast One aims at having the child learn all of the basic swimming movements including body position in the water leading to stroke development, kicking propulsion, submersion, exhalation under water, and safe comfortable movement in shallow water progressing to deep water. Guaranteed small class size of no more than 5 swimmers per instructor.

Sep 22-Dec 11	Sun/Wed	4:00pm-4:30pm	\$210.00/22	18225
No Classes: Oct 13, Nov 10				
Sep 23-Dec 11	Mon/Wed	4:00pm-4:30pm	\$210.00/22	18308
No Classes: Oct 14, Nov 11				

Lightning Fast Series - Level 2 (3-6yrs)

Designed for children with good listening skills and who are comfortable in deep water. All of the skills of treading water, basic dive entry, swimming 10m on front and back will be performed in shallow water. This level prepares children for the pre-competitive levels and will quickly build confidence and their endurance in the water. It is designed to prepare the child for the Lightning Fast Three OR entry into Red Cross Swim Kids Level 4. Guaranteed small class size of no more than 5 swimmers per instructor.

Sep 22-Dec 11	Sun/Wed	4:00pm-4:30pm	\$210.00/22	18223
No Classes: Oct 13, Nov 10				
Sep 23-Dec 11	Mon/Wed	4:00pm-4:30pm	\$210.00/22	18310
No Classes: Oct 14, Nov 11				

Lightning Fast Series - Level 3 (6-13yrs)

This level of the Lightning Fast Swim Series introduces the skills of three of the competitive strokes as well as the beginnings of turns and dives. Swimmers will become proficient kickers and understand the feeling of efficient movement through the water. Guaranteed small class size of no more than 7 swimmers per instructor. Prerequisite: Lightning Fast Two or Swim Kids 4.

Sep 22-Dec 11	Mon/Wed/Sun	4:00pm-4:45pm	\$255.00/32	18226
No Classes: Oct 13, Oct 14, Nov 10, Nov 11				
Sep 22-Dec 11	Sun/Wed	4:00pm-4:45pm	\$225.00/22	18312
No Classes: Oct 13, Nov 10				
Sep 23-Dec 11	Mon/Wed	4:00pm-4:45pm	\$225.00/22	18314
No Classes: Oct 14, Nov 11				

Lightning Fast Series - Level 4 (6-13yrs)

Level Four will see the swimmer improve their skills in all of the competitive strokes including breaststroke. Children will enjoy their increased kicking ability, learn many new stroke drills, as well as develop an improved endurance and skill level in swimming and turning. Guaranteed small class size of no more than 7 swimmers per instructor. Prerequisite: Lightning Fast Three or Swim Kids 4.

Sep 22-Dec 11	Sun/Mon/Wed	4:00pm-4:45pm	\$255.00/32	18227
No Classes: Oct 13, Oct 14, Nov 10, Nov 11				
Sep 22-Dec 11	Sun/Wed	4:00pm-4:45pm	\$225.00/22	18315
No Classes: Oct 13, Nov 10				
Sep 23-Dec 11	Mon/Wed	4:00pm-4:45pm	\$225.00/22	18316
No Classes: Oct 14, Nov 11				

Lightning Fast Series - Level 5 (6-13yrs)

Lightning Fast Five introduces in-house competitions. Coaches will aim to have the swimmers complete an 'individual medley' distance using all four strokes. The children will have fun learning to use the pace clock and challenge themselves at their level in the four strokes, turns, starts and relays. The one-hour lesson per week will introduce some dryland skills as well. Upon completion of Level Five swimmers will be comfortable swimming several hundred meters in a session. Guaranteed small class size of no more than 10 swimmers per instructor. Prerequisite: Lightning Fast Four or Swim Kids 5.

Sep 22-Dec 11	Mon/Wed/Sun	4:00pm-5:00pm	\$300.00/32	18228
No Classes: Oct 13, Oct 14, Nov 10, Nov 11				

Minipolo – Water Polo (7-10 yrs)

The game of water polo scaled down for future stars. Taught by competitive water polo coaches, each session includes power swimming, ball handling, shooting, and an actual fun water polo game. Prerequisite: ability to swim 10 strokes freestyle.

Instructor: Saanich Water Polo Club

Sep 28-Dec 14 Sat 4:00pm-5:00pm \$100.00/10 18203

No Classes: Oct 12, Nov 09

Water Polo - Junior Development (8-17yrs)

Complete introduction for kids comfortable in the deep water to the Olympic sport of Water Polo. Taught by competitive water polo coaches. Each session includes power swimming, specialized water polo drills, ball handling and an actual water polo game with all equipment supplied. Prerequisite: Swim Kids level 5 or equivalent comfort in deep water.

Instructor: Saanich Water Polo Club

Sep 28-Dec 14 Sat 4:00pm-5:00pm \$100.00/10 18197

No Classes: Oct 12, Nov 09



GREATER VICTORIA

REGIONAL RECREATION PASS

Greater Victoria **ACTIVE COMMUNITIES**

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

INCLUDING TAX

\$41

PER MONTH

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



Aquatic Education

Bronze Medallion

Learn the components of water rescue skills, judgement, knowledge and fitness. Candidates learn independent and partner skills including CPR, aquatic spinal recovery and first aid. 100% Participation required.

Pre-requisite: 13 yrs+

Oct 16-Nov 02 Wed/Sat \$150/6

18462

Wed 5:00-8:30 - Sat 1:00-6:30pm

Bronze Cross

Learn more advanced first aid and lifesaving techniques in preparation for taking NLS including non-breathing spinal injuries and contact aquatic rescues and carries. 100% Participation required. Pre-requisite:

13 yrs+ Bronze Medallion

Nov 13-Nov 30 Wed/Sat \$150/6

18461

Wed 5:00-8:30 - Sat 1:00-6:30pm

WSI Part 1

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills. In this “blended” course, candidates will learn in class with a WSI Trainer and complete online learning modules at home. Teaching Experience will occur outside of class time, options will be discussed on the first day of the course.

In Part 1 candidates will join a WSI trainer on day one to complete their Skills Evaluation. Once the evaluation is complete they will be given their log in for the online portion of the course and they will be set up with teaching experience hours. Once candidates have completed the online portion and teaching experience they can register for WSI part 2, the in class portion of the course.

- WSI—Skills Evaluation* – 3–6 hours
- WSI—Online – 14–20 hours
- WSI—Teaching Experience – minimum 8 hours, 12-16 recommended

* WSI—Skills Evaluation will be done on day one of the course however can be completed before, during or after the WSI—Online or WSI—Teaching Experience, but must be completed before attending the WSI—Classroom and Pool (Step 2).

Completion Criteria: Attend, participate in, and complete 100% of all three course components.

Sept 21

Saturday 12:00-6:00pm

\$225

18463

Learn here.

Take your learning into our aquatic classroom.

esquimalt.ca/jobskills

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





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

Everyone Welcome Skate

All levels welcome for recreational public skating. Helmet and skate rentals available. Helmets strongly recommended for children 12 years and younger.

Sep 03-Dec 17	Tue	11:30am-12:50pm	17477
Sep 04-Dec 18	Wed	10:00am-11:20am	17516
Sep 05-Dec 19	Thu	3:00pm-4:45pm	17495
Sep 07-Dec 21	Sat	2:30pm-4:00pm	17556
Sep 08-Dec 22	Sun	1:00pm-2:00pm	17486

Adult Skate

Public skating for those aged 16yrs+. All levels welcome. Bring your own skates or rent a pair.

Sep 09-Dec 30	Mon	11:30am-12:50pm	17517
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Drop In Hockey 16yrs+

Drop In Hockey for 16yrs + Helmet, gloves & shin pads mandatory, full gear recommended,

Sep 04-Dec 20	Wed/Thu/Fri	11:30am-12:50pm	17474
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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

Sep 08-Dec 22	Sun	2:00pm-3:00pm	17531
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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.

00Oct 13-Dec 15	Sun	1:00pm-3:00pm	17506
No Class:	Dec 29		

Lion's Skate with Santa

\$2 admission - see full info in the events section.

Dec 14	Sat	2:30pm-4pm	
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Winter Break Holiday Skates

Come enjoy festive music and a relaxing Holiday Skate!

Dec 23, 24, 27, 30 & 31	1:00pm-2:50pm
Jan 2 & 3	1:00pm-2:50pm

Pro Day Skates

Join us for fun on the ice during Professional Development Days from School!

Sep 23	Mon	1:00pm-2:50pm
Oct 25	Fri	1:00pm-2:50pm
Nov 22	Fri	1:00pm-2:50pm



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).

Sep 17-Oct 29	Tue	4:00pm-4:30pm	\$42.00/7	17529
Nov 05-Dec 17	Tue	4:00pm-4:30pm	\$42.00/7	17510

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.

Sep 17-Oct 29	Tue	4:00pm-4:30pm	\$42.00/7	17576
Nov 05-Dec 17	Tue	4:00pm-4:30pm	\$42.00/7	17577

Preschool 2

Prerequisite: Preschool 1

For children who can skate independently. Skills include: gliding, two foot jumps, making snow, and walking backwards.

Sep 17-Oct 29	Tue	4:00pm-4:30pm	\$42.00/7	17576
Nov 05-Dec 17	Tue	4:00pm-4:30pm	\$42.00/7	17577

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.

Sep 17-Oct 29	Tue	4:00pm-4:30pm	\$42.00/7	19288
Nov 05-Dec 17	Tue	4:00pm-4:30pm	\$42.00/7	19289

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.

Sep 17-Oct 29	Tue	4:00pm-4:30pm	\$42.00/7	19288
Nov 05-Dec 17	Tue	4:00pm-4:30pm	\$42.00/7	19289

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.

Sep 17-Oct 29	Tue	4:30pm-5:00pm	\$43.75/7	17568
Sep 17-Oct 29	Tue	5:00pm-5:30pm	\$43.75/7	17569
Nov 05-Dec 17	Tue	4:30pm-5:00pm	\$43.75/7	17574
Nov 05-Dec 17	Tue	5:00pm-5:30pm	\$43.75/7	17571

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.

Sep 17-Oct 29	Tue	4:30pm-5:00pm	\$43.75/7	17568
Sep 17-Oct 29	Tue	5:00pm-5:30pm	\$43.75/7	17569
Nov 05-Dec 17	Tue	4:30pm-5:00pm	\$43.75/7	17574
Nov 05-Dec 17	Tue	5:00pm-5:30pm	\$43.75/7	17571

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.

Sep 17-Oct 29	Tue	4:30pm-5:00pm	\$43.75/7	17570
Sep 17-Oct 29	Tue	5:00pm-5:30pm	\$43.75/7	17535
Nov 05-Dec 17	Tue	4:30pm-5:00pm	\$43.75/7	17575
Nov 05-Dec 17	Tue	5:00pm-5:30pm	\$43.75/7	17560

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.

Sep 17-Oct 29	Tue	4:30pm-5:00pm	\$43.75/7	17570
Sep 17-Oct 29	Tue	5:00pm-5:30pm	\$43.75/7	17535
Nov 05-Dec 17	Tue	4:30pm-5:00pm	\$43.75/7	17575
Nov 05-Dec 17	Tue	5:00pm-5:30pm	\$43.75/7	17560

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.

Sep 17-Oct 29	Tue	5:00pm-5:30pm	\$43.75/7	17567
Nov 05-Dec 17	Tue	5:00pm-5:30pm	\$43.75/7	17488

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.

Sep 17-Oct 29	Tue	5:00pm-5:30pm	\$43.75/7	17567
Nov 05-Dec 17	Tue	5:00pm-5:30pm	\$43.75/7	17488



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!

Sep 17-Oct 29	Tue	4:30pm-5:00pm	\$43.75/7	17530
Nov 05-Dec 17	Tue	4:30pm-5:00pm	\$43.75/7	17483

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.

Sep 17-Oct 29	Tue	4:00pm-4:30pm	\$43.75/7	17564
Nov 05-Dec 17	Tue	4:00pm-4:30pm	\$43.75/7	17471

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

Sep 29-Nov 03	Sun	7:00pm-8:30pm	\$50.00/5	17565
No Class: Oct 13				
Nov 17-Dec 15	Sun	7:00pm-8:30pm	\$50.00/5	17566

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 -March

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

Register early to avoid disappointment.

View availability & register online:

esquimalt.ca/recreation

Esquimalt Curling Club

Board

President	Samantha Sherman, 250-664-4925 • esqccpresident@gmail.com
Vice President	Torben Wilson, 778-678-5110 • esqccvicepresident@gmail.com
Secretary	Karen Hoban, 250-478-5303 • esqccsecretary@gmail.com
Treasurer	Cheryl Eason 250-580-7770 • esqcctreasurer@gmail.com

League Contacts	Contact	Day	Time
Afternoon Ladies League	Dianna McIntosh 250-382-3837 • kmcintosh@pacificcoast.net	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



Our Helpful Staff

Director of Parks & Recreation

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

Parks & Facilities Manager

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

Recreation Manager

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

Recreation Coordinator

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

Recreation Coordinator

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

Programmer - Children's Services, Arena & Sport Programs

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

Programmer - Fitness & Wellness

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

Programmer - Community Development

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

Programmer - Adult & Arts

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

Programmer - Aquatics

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

Aquatic Supervisor

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

Reception Supervisor

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

Facility Booking Clerk

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

Program Support

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

Skating & Youth Supervisor

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

Lounge Supervisor

Holly Courtright
holly.courtright@esquimalt.ca

Recreation Supervisor - OSC & Camps

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

Contacts:

Program Registration

Online: 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

To book facility space

esquimalt.ca/bookingrequest
 or 250-412-8525

To submit a Tree Cutting Permit

In person or download & save:
esquimalt.ca/trees



Community Contacts

COMMUNITY RESOURCES

Boys & Girls Club
bgvic.org

Esquimalt Chamber of Commerce
esquimaltchamberofcommerce.com

Esquimalt Kiwanis Club
kiwanisvictoria.com

Esquimalt Lions Club
lionsdistrict19-i.org

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

Rock Solid
rocksolid.bc.ca

Royal Canadian Legion BR#172
legion172.com

SPECIAL INTEREST

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

Girl Guides of Canada
svgirlguides.bc.ca

Esquimalt Anglers
eanglers@islandnet.com

Community Contacts

Esquimalt Curling Club
esquimaltcurlingclub.ca

Esquimalt Baseball Assoc.
esquimaltbaseball@gmail.com

Esquimalt Garden Club
paulwickens@shaw.ca

Esquimalt Photo Club
esquimaltphotoclub.org

Esquimalt Speed Skating Club
esquimaltspeedskating.org

Gorge Soccer Assoc.
gorgesoccer.ca

Greater Victoria Minor Football Assoc.
victoriafootball.ca

Victoria/Esquimalt Minor Hockey
Victoriaminorhockey.ca

Victoria/Esquimalt Minor Lacrosse
velacrosse.com

Victoria Wheelchair Sports
victoriawheelchairsports.ca

COMMUNITY SERVICES
Esquimalt Neighbourhood House
enh.bc.ca

Military Family Resource Centre
esquimaltmfrc.com

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

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

Single Parent Resource Centre
singleparentvictoria.ca

Vancouver Island Health Authority
viha.ca

Esq. Public Health Unit
250-519-5311

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

Victoria Police Department
West Division 250-995-7502

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

GREATER VICTORIA

REGIONAL RECREATION PASS



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

PENINSULA RECREATION 250-656-7271

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

SAANICH RECREATION 250-475-5422

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

RECREATION OAK BAY 250-595-7946

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

CITY OF VICTORIA 250-361-0732

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

ESQUIMALT RECREATION 250-412-8500

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

WEST SHORE PARKS & REC 250-478-8384

- 13. Juan de Fuca Recreation Centre 1767 Island Highway

SEAPARC RECREATION 250-642-8000

- 14. Seaparc Leisure Complex 2168 Phillips Road