A close-up photograph of two young children with freckles, smiling at the camera. They are both wearing helmets; the child on the left has a white helmet with purple accents, and the child on the right has a purple helmet. They are wearing blue and grey clothing.

January to June 2020

ESQUIMALT PROGRAMS & EVENTS



ESQUIMALT
PARKS + RECREATION

esquimalt.ca/recreation



lab
health
physio

NEW PHYSIO CLINIC OPENING

Coming Early 2020
inside Esquimalt Recreation Centre

**Come by for Physio, Massage,
Kinesiology, Acupuncture & much more.
Catch up with many trusted familiar
faces with the Lab Health Team**

250 386 7254

BOOK ONLINE **labhealth.ca**

527 Fraser St, Esquimalt, BC V9A 6H6

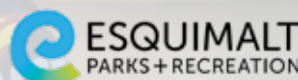


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Facility Hours & Contact

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

esquimalt.ca/recreation

Follow us! Search Esquimalt Parks & Recreation on Facebook, Instagram, Twitter

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



Welcome to the winter and spring 2020 edition of our program and event guide.

Nothing says a new year—and new decade—like challenging ourselves to create new habits or learn something new.

This season at Esquimalt Recreation brings terrific opportunities to do just that. A fan favorite is our 60 Day Challenge. This is more than a series of exercises: you also get a community with you so that you're always supported in your journey. In fact, I've taken the 60 day challenge and endorse it as a supportive way to get on the road to fitness or to up your game! Or why not try one of our new programs like our T-shirt quilt making class? What a way to be sustainable while making something old new again.

Sustainability will be showcased in several activities this year as we celebrate the 50th anniversary of Earth Day. We want everyone to have a chance to participate, so are offering some activities free of charge. If you've ever had an interest in growing your own food, the Compost Education Centre will be leading two informative classes: one about a year-round veggie garden and one about the basics of growing your own food—both free to attend.

Earth Day 2020 at Highrock Park is always a wonderful celebration with this year being no exception. Families and schools attend our annual event where Esquimalt Parks & Recreation staff will be working with local schools and community members to help raise awareness about keeping our local parks and urban

forests safe and healthy. Activities include invasive species removal, planting, trail building and, again this year, hungry goats will be assisting with weeding out invasive species and having a great meal at the same time.

In addition to recognizing the great work of our staff members in managing our many parks, facilities and programs, I would like to acknowledge the role that volunteers play in our community. In Esquimalt we have many dedicated volunteers who give so much of their time and talents to ensure that our events and programs run smoothly. Join me in celebrating our community volunteers during Volunteer Week, April 19-25, 2020. They truly make our community a special place.

We are so lucky to have both the facilities and the weather (most of the time!) to host events year-round in Esquimalt. Join us this winter and spring for a variety of events including our festive Christmas Tree Village, the New Year's Day Levee, our community Family Day Celebration and our popular Esquimalt 5K event.

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

Yours truly,



Barb Desjardins,
Mayor



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

NEW USER?

- Go to esquimalt.perfectmind.com (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, 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 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, or 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



NEW! Introducing online reservations for meeting room rentals, visit esquimalt.ca/rentals to learn more.

Boundary
Mil 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* 14 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 15 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 14th, 2020 to April 29th, 2020.

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 (Instagram, Facebook and/or Twitter) by tagging Esquimalt Parks & Recreation along with the hashtag, #Esquimalt

January

FREE! New Year's Day Levee 2020

You are invited to join the Esquimalt Mayor and Council for a meet and greet session at the Esquimalt Recreation Centre from 1:00-2:30pm.

New Year = Free Admission

To start the New Year off right - admissions on New Year's Day will be free for you to enjoy a workout, swim or skate. Esquimalt Rec Centre hours January 1st, 1:00-3:00pm; Everyone Welcome Skate at Archie Browning, 1:00-2:50pm. Enjoy!

Tree Chipping

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

Location: Archie Browning Sports Centre

Sat/Sun 10:00am-4:00pm Jan 04-Jan 05

FREE! Seniors and Income Tax Presentation

Join the Canada Revenue Agency's community outreach team for a presentation on Seniors and Income Tax. Learn about the common types of income for seniors, tax credits and deductions, CRA services, scams, and the community volunteer income tax program. Come prepared with any questions you may have.

Location: Esquimalt Recreation Centre

Wed 11:00am-12:30pm Jan 29

20788

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.

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: Sept. 29, Oct. 27, Nov. 24, Dec. 15, Jan. 26, Feb. 23

February

FREE! Family Day Celebration

We have all sorts of excitement in store for our 2020 Family Day event. Join us for Kindergym, skating, swimming as well as a variety of activities that you can do as a family - and do it all for FREE. This event includes an Esquimalt favourite - an Esquimalt Lions BBQ where all money received will be put back into the Esquimalt community. Cost for the BBQ, and all of the free activities planned will be posted on our website as the event approaches - esquimalt.ca/events or follow us on Facebook.

Location: Esquimalt Recreation Centre

Mon 10:00am-1:00pm Feb 17



March

FREE! Photography Club Annual Spring Show

Get ready for another transformation of the Esquimalt Recreation Centre Atrium. Each year our visitors are treated to the Photography Club's annual Spring Photo Show in the Atrium. The talented artists display their amazing photos for the community to enjoy and discuss. The community favourite contest will be on again this year so make sure you come out and vote for your favourite. The exhibit will be on display during regular hours of operation.

Location: Esquimalt Recreation Centre
Feb 28-Apr16

FREE! Photography Club Open House

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

Location: Esquimalt Recreation Centre
Wed 6:30pm-8:00pm Mar 04 20797

FREE! Planning Your Year Round Veggie Garden

Join Kayla from the Compost Education Centre for an interesting presentation on year-round veggie gardening. Here in Victoria good planning makes it possible to harvest produce from our gardens during every month of the year. This presentation will show you how to make your garden more intensive by planning crop rotations, using protective covers and understanding how winter growing works. Attendance is free, but registration is required.

Location: Esquimalt Recreation Centre
Thu 7:00pm-9:00pm Mar 12 20796

Michael Dunahee Keep the Hope Alive 2020

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

Sun March 22



Branch Out! At Esquimalt Gorge Park

Join us 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

Sat 9:45am-1:00pm March 21

April

Esquimalt Farmers Market

Esquimalt Farmers Market provides a marketplace which serves as a community gathering point that builds relationships and encourages healthy, local living. Join us outdoors at Memorial Park on Thursdays, 4:30-7:30pm, every week from April 2 to September 24. Find locally grown produce, live music, food trucks and artisans! Follow us on Facebook, Twitter & Instagram @ [esquimaltmarket](https://www.facebook.com/esquimaltmarket) or visit: www.esquimaltmarket.com for vendor lineups.

Location: Memorial Park
Thu 4:30pm-7:30pm

FREE! NEW LOCATION!

Esquimalt Lions Easter Extravaganza

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

Location: Bullen Park
Sun 12:00pm-3:00pm Apr 12

Esquimalt 5K & 1K Fun Run

Join us **April 4th** for this community favourite!

Esquimalt 5K

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

Location: Archie Browning Sports Centre

Sat 9:00am-12:00pm Apr 04 21045

Registration fee:

Early Bird (until December 31): \$20

Regular (until March 31): \$25

Late (April 1-3): \$30

Race Day: \$35

Kid's 1K Fun Run

Children of all ages are invited to participate in Esquimalt 1K Kid's Fun Run! The route travels down Lyall Street from Bullen Park to Macaulay Elementary School and back. After the run, children can enjoy refreshments and an activity zone in the Archie Browning Sports Centre Curling Rink. Registration includes a customized race number, event entry and post-race festivities including draw prize entry. Parents/guardians are welcome and encouraged to participate in the 1K alongside their child(ren). No registration for adults in the 1K is required: we proudly encourage adults to lead by example and support their children in healthy, active living; have fun!

Location: Archie Browning Sports Centre

Sat 9:00am-12:00pm Apr 04 \$5/person 21046



Earth Day 2020 Celebration at Highrock Park

Join us for the 50th anniversary of Earth Day! Township of Esquimalt Parks & Recreation staff will be coordinating an Earth Day Celebration, working with local schools and community members to help raise awareness about keeping our local parks and urban forests safe and healthy. Activities include invasive species removal, planting, trail building and, again this year, hungry goats will be assisting with weeding out invasive species and having a great meal at the same time. The goats are an important part of the cleanup as they are able to access ground too difficult for people to reach. For complete event info, please

visit: esquimalt.ca/earthday

Location: Highrock Park

Wed 10:00am-1:30pm Apr 22

Gigantic Garage Sale

Clean out your garage, get rid of your 'stuff' and make a few dollars. Household items, kids' stuff, books, clothes and sporting equipment are only some examples of what you'll see at our sale. This event does not include wholesale or retail vendors so it is a great opportunity to swap and shop with other community members. A limited number of tables are available so register for yours early – 250.412.8500. Set up is available from 7:30am-8:30am. Doors open at 9am; no early birds please. Tables are \$25 each, with a max of 2 tables per person. There is no charge for general admission. Due to parking and capacity restrictions, the sale will take place in the Arena only.

Location: Archie Browning Sports Centre

Sat 9:00am-1:00pm Apr 25 20808

May

Branch Out! At Macaulay Point Park

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

Sat 9:45am-1:00pm May 2

Esquimalt Farmers Market

Esquimalt Farmers Market provides a marketplace which serves as a community gathering point that builds relationships and encourages healthy, local living. Join us outdoors at Memorial Park on Thursdays, 4:30-7:30pm, every week from April 2 to September 24. Find locally grown produce, live music, food trucks and artisans! Follow us on Facebook, Twitter & Instagram @esquimaltmarket or visit: www.esquimaltmarket.com for vendor lineups.

Location: Memorial Park

Thu 4:30pm-7:30pm

Buccaneer Days

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

Location: Bullen Park

Fri-Sun May 08-May10



NEW LOCATION! Buc Days Community BBQ

Join your friends and neighbours for a burger over at the Archie Browning Sports Centre before the Buccaneer Days festivities kick off. We're bringing the BBQ to the front of the Sports Centre for something a little different this year. Space will be available inside the Curling Rink to sit, or take your burger to Bullen Park and enjoy a picnic while watching all of the midway rides get rolling. No registration required, \$5 at the door gets you a burger, drink, and bag of chips, while supplies last. Students from Macaulay School will perform a pirate-themed play at 1:00pm in the Curling Rink.

Location: Archie Browning Sports Centre

Fri 12:00pm-1:30pm May 08

Esquimalt Ukulele Festival, May 23-24

Join us for the 2020 Esquimalt Ukulele Festival, Sat May 23 - Sun May 24! Purchase a Festival Pass to access all festival activities, \$40 per person. In addition to Festival Passes, tickets for the Gala Concert can be purchased separately. We encourage you to join us for the FREE Open House & Marketplace on Saturday and the FREE Ukulele Love-In, the festival's closing concert on Sunday afternoon. All events will be held in the Esquimalt Recreation Centre.

Festival schedule is as follows:

Ukulele Open House & Marketplace

Sat May 23, 10:00am-3:00pm

FREE, everyone welcome

Lunchtime Jam Session

Sat May 23, 12:30pm-1:15pm

FREE, everyone welcome

Ukulele Workshop Series Sat May 23, 10:00am-3:00pm

Festival Pass Holders only

Gala Concert featuring the Island Ukuleles

Sat May 23, 7:00-9:00pm

Tickets available at the door for non-pass holders, \$10/person

Ukulele Love-in Sun May 24, 1:30-3:30pm

FREE, everyone welcome

Festival Souvenir Songbook will be available at the Love-in (\$5 for non-pass holders)

Follow us on Facebook, Twitter & Instagram, and visit esquimalt.ca/events for the latest event details.

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

FREE! Fort Macaulay Historic Interpretive Tour

Learn about local military history and enjoy one of the best viewing points for the Swiftsure Yacht Race in one spectacular event! The seventh annual Fort Macaulay Historic Interpretation event will take place at Macaulay Point Park. The buildings will all be numbered and indexed to a handout with brief historical references to each, along with site photographs and three main interpretive sign boards. Guided tours will take place at 10:30 am and 12:45 pm led by local historian Jack Bates. The event will also feature members of the Victoria – Esquimalt Military Re-enactors Association (VEMRA) with their encampment, the Esquimalt Archives, numerous displays by the Greater Victoria Military Museums Group (GVMMG) and the PPCLI Army Cadet Corps. St. John Ambulance will also be in attendance. The Esquimalt Lions Club will provide a cash only BBQ, serving up their famous hamburgers and hot dogs with proceeds going back into the community.

Location: Macaulay Point Park

Sat 9:30am-2:30pm May 23

FREE! Growing Your Own Food 101

Want to grow your own groceries but not sure where to even start? This is a workshop designed for total beginners who want to get their hands dirty and start producing fresh produce in their backyards or containers. Join Kayla from the Compost Education Centre for this interesting presentation. Attendance is free, but registration is required.

Location: Esquimalt Recreation Centre

Thu 7:00pm-9:00pm May 28 20843

June

Esquimalt Farmers Market

Esquimalt Farmers Market provides a marketplace which serves as a community gathering point that builds relationships and encourages healthy, local living. Join us outdoors at Memorial Park on Thursdays, 4:30-7:30pm, every week from April 2 to September 24. Find locally grown produce, live music, food trucks and artisans! Follow us on Facebook, Twitter & Instagram @esquimaltmarket or visit esquimaltmarket.com for vendor lineups.

Location: Memorial Park

Thu 4:30pm-7:30pm

FREE!

NEW LOCATION! Neighbourhood Party 2020

Esquimalt Recreation is ready to kick off the summer season with a huge party and we want you to bring your neighbours and join us! Esquimalt is working hard on building a strong, resilient community and it has been proven that communities that celebrate together are safer and more enjoyable to live in. Join us at our new location on Bullen Park at the corner of Lyall and the Archie Browning Sports Centre back parking lot.

Location: Bullen Park

Sat 11:00am-2:00pm Jun 06

World Oceans Day

In celebration of this international day, World Fisheries Trust and the Township of Esquimalt are hosting a World Oceans Day event with interpretive walks, sea creature touch tanks, crafts, games, live music and food! Local ocean-minded organizations will join the celebration with information displays and ocean-related activities for all ages. Healthy oceans mean more awareness of how we can change our daily activities to improve our marine waters. This celebration will highlight the importance of water stewardship and the effects our daily activities have on Gorge waterway ecosystems and organisms, including Coho salmon, Pacific herring, cutthroat trout, and the Olympia oyster.

Location: Esquimalt Gorge Park

Sat 10:00am-3:00pm Jun 13

Navy Run

Navy Run - Do It Because You Can! Come out and run with the military and show your support in this fun 5K, 10K and Kids Run taking place Saturday June 20, 2020 at CFB Esquimalt. Check out their website for all of the details: navyrunesquimalt.com

Parking at Recreation Facilities

Free 3-hour parking is available the Esquimalt Recreation Centre, but it may be limited during peak times. If you are coming for a workout to the Esquimalt Rec Centre, please consider parking in the Sports Centre lot and enjoy a short 200 metre walk across Bullen Park and some fresh air before starting your indoor fitness regime. Doing so will be greatly appreciated by persons with mobility restrictions and those with young children.

Some street parking is also available but please respect residential only parking zones. The 3-hour parking limit at the rec centre and residential only parking is monitored and strictly enforced.

Dance

Dance Together! (1-4yrs)

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

FREE DEMO! Wed 10:15am-10:45am Jan 15 21248
Wed 10:15am-10:45am Jan 22-Mar 11 \$72.00/8 19956
Wed 10:15am-10:45am Apr 08-May 13 \$54.00/6 19955
Wed 10:15am-10:45am May 20-Jun 24 \$54.00/6 19958

Creative Dance (3-5yrs)

Explore high energy creative movement and dance activities. Turn, jump and groove while developing rhythm, coordination and 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 and musical activities.

Location: Esquimalt Recreation Centre
Instructor: Nikko Snow Of Moondance Dynamic Arts School
Wed 10:45am-11:15am Jan 22-Mar 11 \$72.00/8 19953
Wed 10:45am-11:15am Apr 08-May 13 \$54.00/6 19954
Wed 10:45am-11:15am May 20-Jun 24 \$54.00/6 19957

EARLY CHILDHOOD
DROP-IN PROGRAMS

Kindergym Admission: \$3/person	Mon/Fri 10:30am-11:45am Sat 9:30am-10:30am Sat 10:30am-11:30am
Stay & Play Childminding Admission: \$3.50/person	Mon-Fri 9:00am-10:30am Mon-Fri 11:45am-1:15pm Wed 5:30pm-7:30pm
Mom Talk Admission: FREE	Tue 11:45am-1:30pm
Everyone Welcome Playgroup Admission: \$3/person	Thu 10:30am-11:45am

Programs do not run on statutory holidays.
[Learn more: esquimalt.ca/schedules](https://esquimalt.ca/schedules)

Classes with Dance Unlimited

All classes take place at the Esquimalt Recreation Centre.

Parent & Tot Dancing (18mos-3.5yrs)

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

Sat 10:10am-10:40am Jan 18-Mar 14 \$60.00/8 20617
No class: Feb 15
Sat 10:10am-10:40am Apr 04-Jun 20 \$75.00/10 20611
No classes: Apr 11, May 16

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

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.

Sat 10:45am-11:15am Jan 18-Mar 14 \$60.00/8 20613
No class: Feb 15
Sat 10:45am-11:15am Apr 04-Jun 20 \$75.00/10 20623
No classes: Apr 11, May 16

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.

Sat 9:00am-9:30am Jan 18-Mar 14 \$60.00/8 20615
No class: Feb 15
Sat 9:35am-10:05am Jan 18-Mar 14 \$60.00/8 20624
No class: Feb 15
Sat 9:00am-9:30am Apr 04-Jun 20 \$75.00/10 20618
No class: Apr 11 May 16
Sat 9:35am-10:05am Apr 04-Jun 20 \$75.00/10 20612
No class: Apr 11, May 16

Register early to avoid disappointment.
View availability & register online:
esquimalt.ca/recreation

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 waitlist 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. When 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.

Dramatic Arts

Glee Club - Super Junior (4-6 yrs)

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

Location: Esquimalt Recreation Centre

Instructor: Maeve Poulin (winter session) & Soleil Fredrickson (spring session)

Tue	5:00pm-5:30pm	Jan 21-Mar 10	\$72.00/8	20644
Tue	5:00pm-5:30pm	Apr 07-May 26	\$72.00/8	20633

Mark Your Calendar!

FREE ! Family Day Celebration Kindergym

Join us for this exciting Family Day Celebration! During Kindergym we'll have fun exploring toys, riding on bikes and playing in the bouncy castle! Come enjoy this free family event. **Parent participation required.**

Location: Esquimalt Recreation Centre

Mon 10:00am-1:00pm Feb 17 20739

PRESCHOOL - SCHOOL YEAR PROGRAMS

Esquimalt Parks & Recreation is taking waitlists for most preschool programs. Limited availability in Kinderstart Preschool, available Mon/Wed/Fri 12:30pm-3:00pm.

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.

Programs do not run on statutory holidays. Children must be potty-trained to enrol.

Learn more: esquimalt.ca/recreation



Music

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 (2 CD's, songbook, digital downloads, and resource guide). Looking to register siblings? Please contact our reception desk to receive the sibling rate, 250-412-8500. 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

Sticks Song Collection

Tue	9:30am-10:15am	Jan 07-Mar 10	\$174.00/10	20495
Tue	10:30am-11:15am	Jan 07-Mar 10	\$174.00/10	20494
Fri	9:30am-10:15am	Jan 10-Mar 13	\$174.00/10	20496
Fri	10:30am-11:15am	Jan 10-Mar 13	\$174.00/10	20493

Maracas Song Collection

Tue	9:30am-10:15am	Apr 07-Jun 09	\$174.00/10	20507
Tue	10:30am-11:15am	Apr 07-Jun 09	\$174.00/10	20509
Fri	9:30am-10:15am	Apr 03-Jun 12	\$174.00/10	20508
Fri	10:30am-11:15am	Apr 03-Jun 12	\$174.00/10	20510

No class: Apr 10

Guitar (3-6 yrs)

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

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Tue	4:15pm-4:45pm	Jan 21-Mar 10	\$72.00/8	19965
Tue	4:15pm-4:45pm	Apr 07-May 12	\$54.00/6	19966
Tue	4:15pm-4:45pm	May 19-Jun 23	\$54.00/6	19975

Sports & Martial Arts

Preschool Soccer

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

Location: Esquimalt Recreation Centre

Instructor: Alex Cowan

3-4 yrs

Sun	9:00am-9:30am	Jan 12-Mar 22	\$60.00/10	21053
No classes: Feb 16				
Sun	9:00am-9:30am	Apr 19-Jun 28	\$60.00/8	21054
No classes: Apr 12, May 17				

4-5 yrs

Sun	9:45am-10:15am	Jan 12-Mar 29	\$66.00/11	21055
No classes: Feb 16				
Sun	9:45am-10:15am	Apr 05-Jun 28	\$66.00/11	21056
No classes: Apr 12, May 17				

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.

Location: Esquimalt Recreation Centre

Instructor: Mijo Tae Kwon Do

Thursdays

Thu	10:00am-10:30am	Jan 9-Feb 27	\$48.00/8	21243
Thu	10:00am-10:30am	Mar 5-Apr 30	\$42.00/7	21244
No classes: Mar 19, Mar 26				
Thu	10:00am-10:30am	May 7-Jun 25	\$42.00/7	21245

Saturdays

Sat	11:00am-11:30am	Jan 11-Feb 29	\$42.00/7	20862
No classes: Feb 15				
Sat	11:00am-11:30am	Mar 07-May 02	\$36.00/6	20863
No classes: Mar 21, Mar 28, Apr 11				
Sat	11:00am-11:30am	May 09-Jun 20	\$36.00/6	21011
No classes: May 16				

Skating & Swim Lessons

View availability & register online:
esquimalt.ca/recreation

Winter Skating Lesson Registration opens Nov 15.
Winter Swim Lesson Registration opens Dec 11.
Spring Swim Lesson Registration opens March 1.

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

Sat/Sun 11:00am-12:30pm \$95.00/1

Option B: Swim 1st, Party Room 2nd

Swim: 12:30pm-2:00pm; Room Rental: 2:30pm-4:00pm

No booking until June 30 Sat/Sun 2:30pm-4:00pm \$95.00/1

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 12 people.

Saturday

Skating Party Schedule: Skating 2:30-4pm; Party Room: 3:30-5pm

Location: Archie Browning Sports Centre

Sat 3:30pm-5:00pm \$95.00/1

Sunday Skating Party

Schedule: Skating 1-2pm; Party Room: 2-3:30pm

Location: Archie Browning Sports Centre

Sun 2:00pm-3:30pm \$95.00/1

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
- Tables and chairs for eating
- Tablecloths
- 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 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

Sat 11:45am-1:45pm \$195.00/1

Sat 2:15pm-4:15pm \$195.00/1

Sun 2:00pm-4:00pm \$195.00/1

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.

Classes do not take place on holiday Mondays.

Location: Esquimalt Recreation Centre

Mon	6:00pm-7:30pm	Jan 27-Mar 09	\$70.00/6	19935
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No class: Feb 17

Tue	6:00pm-7:30pm	Jan 28-Mar 03	\$70.00/6	19937
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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. Classes do not take place on holiday Mondays.

Location: Esquimalt Recreation Centre

Mon	6:00pm-7:30pm	Mar 30-Apr 20	\$39.00/3	19938
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No class: Apr 13

Tue	6:00pm-7:30pm	Apr 07-Apr 21	\$39.00/3	19939
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Spring Baking (7-12yrs)

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

Location: Esquimalt Recreation Centre

Mon	6:00pm-7:30pm	Apr 27-May 11	\$39.00/3	19940
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Tue	6:00pm-7:30pm	Apr 28-May 12	\$39.00/3	19941
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Breakfast Extravaganza (7-12yrs)

Prepare delicious breakfast favourites in a kid-friendly, fun environment. Complete new recipes each week while learning skills for safe, enjoyable and successful cooking experiences.

Location: Esquimalt Recreation Centre

Mon	6:00pm-7:30pm	May 25-Jun 22	\$60.00/5	19942
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Tue	6:00pm-7:30pm	May 26-Jun 23	\$60.00/5	19943
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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.

Facilitated by: Guest Artists

Location: Esquimalt Recreation Centre

6-8 yrs

Tue	4:00pm-5:00pm	Jan 21-Mar 10	\$48.00/8	19874
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Tue	4:00pm-5:00pm	Apr 07-Jun 09	\$60.00/10	19875
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9-15 yrs

Tue	5:00pm-6:00pm	Jan 21-Mar 10	\$48.00/8	19876
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Tue	5:00pm-6:00pm	Apr 07-Jun 09	\$60.00/10	19877
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NEW! Art Sketchbooks (9-16 yrs)

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 \$25 material fee at registration time covers the cost of a 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

Wed	5:00pm-6:00pm	Jan 29-Mar 4	\$66.00/6	21249
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Drawing, Storybooks & Comics

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

Location: Esquimalt Recreation Centre

Instructor: Audrey Greenlees

5-7yrs

Sun	9:30am-10:30am	Jan 26-Mar 08	\$60.00/6	19944
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No class: Feb 16

Sun	9:30am-10:30am	Apr 05-May 17	\$60.00/6	19947
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No class: Apr 12

Sun	9:30am-10:30am	May 31-Jun 28	\$50.00/5	19948
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8-12yrs

Sun	10:45am-11:45am	Jan 26-Mar 08	\$60.00/6	19945
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No class: Feb 16

Sun	10:45am-11:45am	Apr 05-May 17	\$60.00/6	19949
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No class: Apr 12

Sun	10:45am-11:45am	May 31-Jun 28	\$50.00/5	19950
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Dance

Classes with Dance Unlimited

All classes take place at the Esquimalt Recreation Centre.

Junior Ballet (5-9yrs)

Spin, twirl & learn coordinated dance routines with confidence & poise. Learn dance skills that you can transfer to any other style of dance.

Sat	11:55am-12:25pm	Jan 18-Mar 14	\$60.00/8	21235
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No class: Feb 17

Sat	11:55am-12:25pm	Apr 04-Jun 20	\$75.00/10	20621
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Hip Hop (5-9yrs)

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

Sat	11:20am-11:50am	Jan 18-Mar 14	\$60.00/8	20626
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No class: Feb 17

Sat	11:20am-11:50am	Apr 04-Jun 20	\$75.00/10	20622
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No class: Apr 11, May 16

Junior Jazz (5-9yrs)

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

Sat	12:30-1:00pm	Jan 18-Mar 14	\$60.00/8	20614
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No class: Feb 15

Sat	12:30-1:00pm	Apr 4-Jun 20	\$75.00/10	21250
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No class: Apr 11, May 16

Register early to avoid disappointment.

View availability & register online:

esquimalt.ca/recreation

Spring Break Pass

10 admissions for \$10.

This discounted child/youth pass is valid over spring break. An affordable opportunity for daily drop-in activities in the pool at the Esquimalt Recreation Centre and on the ice at the Archie Browning Sports Centre.

Learn more: esquimalt.ca/promotions

Dramatic Arts

Glee Club

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

Location: Esquimalt Recreation Centre

Instructor: Maeve Poulin (winter session) & Soleil Fredrickson (spring session)
Super Junior (4-6 yrs)

Tue	5:00pm-5:30pm	Jan 21-Mar 10	\$72.00/8	20631
Tue	5:00pm-5:30pm	Apr 07-May 26	\$72.00/8	20630
Junior (7-11 yrs)				
Thu	5:40pm-6:10pm	Jan 21-Mar 10	\$72.00/8	20637
Thu	5:40pm-6:10pm	Apr 07-May 26	\$72.00/8	20645
Senior (12-16 yrs)				
Thu	7:00pm-8:00pm	Jan 21-Mar 10	\$72.00/8	20632
Thu	7:00pm-8:00pm	Apr 07-May 26	\$72.00/8	20636

Improv (9-14yrs)

Leap into the world of improv! 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: Esquimalt Recreation Centre

Instructor: Maeve Poulin (winter session) & Soleil Fredrickson (spring session)

Tue	6:15pm-7:00pm	Jan 21-Mar 10	\$80.00/8	20643
Tue	6:15pm-7:00pm	Apr 07-May 26	\$60.00/6	20627

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 kids 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.

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

FREE DEMO! Tue 5:30pm-6:00pm Jan 14 19980

Please pre-register to secure your spot!

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Beginner

Tue	5:00pm-5:50pm	Jan 21-Mar 10	\$88.00/8	19968
Tue	5:00pm-5:50pm	Apr 07-May 12	\$66.00/6	19961
Tue	5:00pm-5:50pm	May 19-Jun 23	\$66.00/6	19983
Continuing				
Tue	6:00pm-6:50pm	Jan 21-Mar 10	\$88.00/8	19962
Tue	6:00pm-6:50pm	Apr 07-May 12	\$66.00/6	19964
Tue	6:00pm-6:50pm	May 19-Jun 23	\$66.00/6	19986

CAMPS



SPRING BREAK REGISTRATION TO PUBLIC OPENS FEBRUARY 1, 2020

- Weekly registration for:
- Licensed Camps running 6:30am-6:00pm, \$175/week
 - "Playgrounds" camps running 9:00am-4:00pm*, \$115/week
 - Youth Leadership Training Program, \$145/week

* Extended Care available 7:00am-9:00am \$40/week AND 4:00pm-5:30pm, \$33/week

SUMMER CAMPS

Stay tuned to our website for more information.

esquimalt.ca/camps



Leadership & Education

E2 Young Engineers – Amusement Parks

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 amusement parks.

Location: Esquimalt Recreation Centre

Fri 5:00pm-6:15pm Jan10-Mar6 \$198.87/9 21242

Home Alone 9-12yrs

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

Sat	9:00am-12:00pm	Jan 25	\$37.00/1	20381
Fri	9:00am-12:00pm	Feb 14	\$37.00/1	20382
Sat	9:00am-12:00pm	Mar 28	\$37.00/1	20383
Sat	9:00am-12:00pm	May 30	\$37.00/1	20384



Sewing & Felting

Workshops & Classes with The Makehouse

The Makehouse has teamed up with Esquimalt Rec, offering high quality sewing classes & workshops in the Esquimalt Rec Centre throughout the year. Due to United Way Funding, we have 8 new digital sewing machines & 4 new sergers. Some workshops/ classes require an extra material fee to cover the cost of supplies 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 opportunity - 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)! Late registrations will be pro-rated if space is available. We will allow a limited number of single admissions if space permits.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

7-9yrs

Thu	3:30pm-4:30pm	Jan 09-Mar 12	\$70.00/10	20651
Thu	3:30pm-4:30pm	Apr 09-Jun 11	\$70.00/10	20650

10yrs+

Thu	4:30pm-6:00pm	Jan 09-Mar 12	\$75.00/10	20646
Thu	4:30pm-6:00pm	Apr 09-Jun 11	\$75.00/10	20648

Esquimalt OUT OF SCHOOL CARE

Pick up & drop off for Macaulay Elementary School only.

Enrollment for 2019-2020 school year full, taking wait list.

esquimalt.ca/osc to learn more.



NEW! Sewing Bootcamp (14yrs+)

Have you always wanted to learn to sew? Our 6-week sewing boot camp will help get you going! Repetition is important in learning any new skill, so practicing during this weekly series will help cement what you have learned & open new doors to your creative sewing life! In this workshop series you will learn:

- Basic sewing vocabulary
- Helpful tools you'll need to sew at home
- Sewing machine parts & functions
- How to wind a bobbin & thread the machine
- How to sew in a straight line & pivot around corners
- How to sew in reverse
- Sewing a straight seam
- Marking & sewing darts
- Hemming
- Applying bias binding & facings

Some supplies are required, listed on your confirmation receipt & on our website:

<https://www.esquimalt.ca/parks-recreation/forms>

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sat 10:00am-12:30pm Jan 25-Mar 7 \$200.00/6 21462

No class: Feb 15

Zero Waste Sewing Series (8yrs+)

Learn the basics of machine sewing while creating items made from reused fabrics. We'll cover machine threading, making bobbins, sewing straight lines, cutting fabric, hemming, pressing & finishing. We welcome you to bring freshly laundered, reusable clothing, fabric & cottons from home to remake into Zero Waste Items. We will have some reusable fabrics on hand & will supply all other materials & tools. Explore new ways of designing with minimal spending!

Shopping Totes & Produce Bags

Tue 6:00pm-9:00pm Mar 03 \$55/1 or \$180 for 4-part series

Repurposing Denim

Tue 6:00pm-9:00pm Mar 103 \$55/1 or \$180 for 4-part series

Mending Clothes

Tue 6:00pm-9:00pm Mar 24 \$55/1 or \$180 for 4-part series

Refashioning Clothing

Tue 6:00pm-9:00pm Mar 31 \$55/1 or \$180 for 4-part series

Register early to avoid disappointment.

View availability & register online:
[esquimalt.ca/recreation](https://www.esquimalt.ca/recreation)

Needle Felting (6yrs+)

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). This workshop welcomes beginner to advanced students, all ages 6 yrs+.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sat 10:00am-12:30pm Mar 14 \$40.00/person 20654

NEW! T-shirt Quilt Making (14 yrs+)

Make a quilt with your loved ones' favourite t-shirts! In this workshop series you will learn:

- Choosing fabric
- Designing & planning
- Stabilizing your fabrics
- Safe rotary cutting techniques
- Piecing to create quilt blocks
- Pressing tips & techniques
- Quilt assembly
- Binding & quilt labels

Supplies are required, listed on your confirmation receipt & on our website: <https://www.esquimalt.ca/parks-recreation/forms>

Basic sewing machine experience is required prior to registration.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sat 10:00am-12:30pm Apr 4-May 16 \$200.00/6 21464

No class: Apr 11

Sports & Martial Arts

Badminton (10yrs +)

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

Instructor: Regan Pemberton

Sun 12:00pm-1:30pm Jan 12-Mar 08 \$105.00/7 20768

No classes: Jan 19, Feb 16

Sun 12:00pm-1:30pm Apr 05-Jun 21 \$150.00/10 20769

No classes: Apr 12, May 17

Basketball FUNDamentals (8-12yrs)

Come out and learn basketball FUNDamentals in a supportive, fun and challenging environment. Join your coach in drills and games designed to improve skills. Learn about teamwork and have FUN!

Location: L'école Brodeur School

Girls

Sun 12:00pm-1:00pm Jan 12-Jun 28 \$210.00/20 20770

No classes: Feb 16, Apr 12, May 17, Jun 28

Boys

Sun 1:00pm-2:00pm Jan 12-Jun 21 \$210.00/21 20771

No classes: Feb 16, Apr 12, May 17

Yuishinkai Karate & Kobujutsu (9yrs+)

We instill confidence, character development and a positive outlook on life while building fitness by training in empty hand skills and the use of Okinawan self-defence weapons. Delivered by Dr. E. Paul Zehr, UVic professor of kinesiology and neuroscience (www.zehr.ca), with over 35 years of martial arts experience!

Location: L'école Brodeur School

Wed 6:30pm-8:30pm Jan 08-Jan 29 \$60.00/4 20870

Wed 6:30pm-8:30pm Feb 05-Feb 26 \$60.00/4 20871

Wed 6:30pm-8:30pm Mar 04-Mar 11 \$30.00/2 20872

Wed 6:30pm-8:30pm Apr 01-Apr 29 \$75.00/5 20873

Wed 6:30pm-8:30pm May 06-May 27 \$60.00/4 20874

Wed 6:30pm-8:30pm Jun 03-Jun 24 \$60.00/4 20875

FREE! KATS Tennis

We're pleased to partner with the Society for Kids at Tennis 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

5-8 yrs

Sat 4:45pm-5:45pm Jan 04-Jun 27 20851

No classes: Feb 15, Apr 11, May 16

9-12yrs

Location: Esquimalt Recreation Centre

Sat 5:45pm-6:45pm Jan 04-Jun 27 20852

No classes: Feb 15, Apr 11, May 16

Soccer

Learn 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. As weather/space permits, may move outdoors.

6-9yrs

Location: Esquimalt Recreation Centre

Wed 4:30pm-5:30pm Jan 08-Mar 11 \$70.00/10 21051

Wed 4:30pm-5:30pm Apr 01-Jun 24 \$91.00/13 21052

10-12yrs

Location: Esquimalt Recreation Centre

Wed 5:30pm-6:30pm Jan 08-Mar 11 \$70.00/10 21049

Wed 5:30pm-6:30pm Apr 01-Jun 24 \$91.00/13 21050

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

Instructor: Mijo Tae Kwon Do

Sat 11:00am-11:45am Jan 11-Feb 29 \$70.00/7 20853

No classes: Feb 15

Sat 11:00am-11:45am Mar 07-May 02 \$60.00/6 20854

No classes: Mar 21, Mar 28, Apr 11

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.

Location: Esquimalt Recreation Centre

Instructor: Mijo TaeKwonDo

Tuesdays

Tue 5:30pm-6:30pm Jan 07-Feb 25 \$80.00/8 17500

Tue 5:30pm-6:30pm Mar 03-Apr 28 \$70.00/7 20861

No classes: Mar 17, Mar 24

Tue 5:30pm-6:30pm May 05-Jun 23 \$80.00/8 21010

Saturdays

Sat 12:00pm-1:00pm Jan 11-Feb 29 \$70.00/7 20855

No classes: Feb 15

Sat 12:00pm-1:00pm Mar 07-May 02 \$60.00/6 20856

No classes: Mar 21, Mar 28, Apr 11

Sat 12:00pm-1:00pm May 09-Jun 20 \$60.00/6 21009

No classes: May 16

Register early to avoid disappointment.

View availability & register online:

esquimalt.ca/recreation

YOUTH

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

Youth Centre Drop-In

FREE! Teen Night Drop In

Teens work with staff to generate an activity calendar for the month. Drop in to hang out with friends, play pool, fooseball, gaming, dance, music and art. On Friday nights we also utilize the gym for sports and/or go swimming in the pool. Take our Weight Room Orientation and use the Wellness Centre, too!

Location: Esquimalt Recreation Centre
Thu/Fri/Sat 7:00pm-10:00pm Follows School Calendar

FREE! Spring Break Teen Centre

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

Location: Esquimalt Recreation Centre
Tue/Wed/Thu/Fri/Sat 6:00pm-10:00pm Mar 17-Mar 28

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
Wed 3:00pm-5:00pm Follows School Calendar

Learn here.

Take your learning into our aquatic classroom.

esquimalt.ca/jobskills

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



Creative Arts

ArtLab (9 yrs+)

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

Tue	5:00pm-6:00pm	Jan 21-Mar 10	\$48.00/8	19878
Tue	5:00pm-6:00pm	Apr 07-Jun 09	\$60.00/10	19879

NEW! Art Sketchbooks (9-16 yrs)

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 \$25 material fee at registration time covers the cost of a 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: Annelly So

Wed	5:00pm-6:00pm	Jan 29-Mar 4	\$66.00/6	
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Drawing, Storybooks & Comics (8-12 yrs)

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 to tell your stories tell your stories on paper. Students may create a multi-page story or one-page ideas.

Location: Esquimalt Recreation Centre

Instructor: Audrey Greenlees

Sun	10:45am-11:45am	Jan 26-Mar 08	\$60.00/6	19946
No class: Feb 16				
Sun	10:45am-11:45am	Apr 05-May 17	\$60.00/6	19951
No class: Apr 12				
Sun	10:45am-11:45am	May 31-Jun 28	\$50.00/5	19952

Exploring Gouache (14 yrs+)

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

Thu	6:30pm-8:00pm	Jan 30-Mar 05	\$72.00/6	20671
Thu	6:30pm-8:00pm	Apr 09-May 14	\$72.00/6	20670

Drawing 1 & 2 with Jim Genovese (14 yrs+)

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. An additional \$7.00 handout fee is required at time of registration. Bring your own supplies, listed on your confirmation receipt & on our website:

<https://www.esquimalt.ca/parks-recreation/forms>

Location: Esquimalt Recreation Centre

Instructor: Jim Genovese

Drawing 1

Fri	6:30pm-8:00pm	Jan 31-Mar 06	\$66.00/6	20491
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Drawing 2

Fri	6:30pm-8:00pm	Apr 03-May 15	\$66.00/6	20492
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No class: Apr 10

Pet Portraits Workshop (12 yrs+)

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)*

Location: Esquimalt Recreation Centre

Instructor: Nathan Nazo Davis

Sat	1:30pm-3:30pm	Feb 08	\$35.00	20675
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NEW! Open Art Studio with Annelly So (15 yrs+)

Bring your painting, drawing or mixed media supplies & enjoy creative projects in a casual, friendly, group setting. In these self-directed classes, students will receive personalized mentoring, technical assistance & mini-demos from the facilitating artist. Some experience is recommended & you need to bring your own supplies. Bring your own supplies, listed on your confirmation receipt & on our website: <https://www.esquimalt.ca/parks-recreation/forms>

Location: Esquimalt Recreation Centre

Facilitating Artist: Annelly So

Wed	6:30pm-8:30pm	Jan 29-Mar 04	\$66.00/6	20666
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Dramatic Arts

Glee Club Senior (12 yrs+)

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!

Location: Esquimalt Recreation Centre

Instructor: Maeve Poulin (winter session) & Soleil Fredrickson (spring session)

Tue	7:00pm-8:00pm	Jan 21-Mar 10	\$88.00/8	20634
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Tue	7:00pm-8:00pm	Apr 07-May 26	\$88.00/8	20641
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Improv (9-14yrs)

Leap into the world of improv! 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: Esquimalt Recreation Centre

Instructor: Maeve Poulin (winter session) & Soleil Fredrickson (spring session)

Tue	6:15pm-7:00pm	Jan 21-Mar 10	\$80.00/8	20639
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Tue	6:15pm-7:00pm	Apr 07-May 26	\$80.00/8	20640
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Fitness

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

Fri	4:00pm-6:00pm	Jan 24-Jan 31	\$25.00/2	21058
Fri	4:00pm-6:00pm	Feb 21-Feb 28	\$25.00/2	21059
Fri	4:00pm-6:00pm	Mar 20-Mar 27	\$25.00/2	21060
Fri	4:00pm-6:00pm	Apr 17-Apr 24	\$25.00/2	21061
Fri	4:00pm-6:00pm	May 22-May 29	\$25.00/2	21062
Fri	4:00pm-6:00pm	Jun 12-Jun 19	\$25.00/2	21063

NEW! Youth Athletic Conditioning

Youth in this program will have the opportunity to develop and hone such physical skills as coordination, agility, quickness, proprioception, strength and so much more! Classes will be a blend of conditioning (anaerobic and aerobic), mobility, strength and stability training and is ideal for both sport specific youth and non-sport focused! Kids will have fun while seeing their progressions with our periodized programming!

Location: Esquimalt Recreation Centre

Tues	4:00pm-5:00pm	Jan 7-Feb 25	\$80.00/8	21239
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Tues	4:00pm-5:00pm	Mar 3-Apr 28	\$70.00/7	21240
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No classes: Mar 17, Mar 24

Tues	4:00pm-5:00pm	May 5-Jun 23	\$80.00/8	21241
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Looking for youth cooking classes?

See page 19 in our school-aged program section.

Looking for youth sports offerings?

See page 38 in our adult program section.

Or, view & register online: [esquimalt.ca/recreation](https://www.esquimalt.ca/recreation)

Language

American Sign Language (ASL) (14 yrs+)

Learn ASL grammar, vocabulary & introductory conversation skills from an ASL master instructor. Beginner classes covers 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

Mon	5:45pm-6:45pm	Jan 27-Mar 09	\$60.00/6	20702
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No class: Feb 17

Mon	5:45pm-6:45pm	Mar 30-May 11	\$60.00/6	20701
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No class: Apr 13

Mon	5:45pm-6:45pm	May 25-Jun 29	\$60.00/6	20703
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Beyond Beginner

Mon	7:00pm-8:00pm	Jan 27-Mar 09	\$60.00/6	20704
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No class: Feb 17

Mon	7:00pm-8:00pm	Mar 30-May 11	\$60.00/6	20705
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No class: Apr 13

Mon	7:00pm-8:00pm	May 25-Jun 29	\$60.00/6	20706
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Japanese (14 yrs+)

Learn basic Japanese from a native speaker & experienced instructor. Beginner classes do not 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. Beyond Beginner classes provide more time for practice, conversation & new vocabulary.

Location: Esquimalt Recreation Centre

Instructor: Daisuke Haruki

Beginner

Fri	Jan 17-Mar 27	6:00pm-7:00pm	\$100/10	20707
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Fri	Apr 17-Jun 26	6:00pm-7:00pm	\$100/10	21497
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Beyond Beginner

Fri	Jan 17-Mar 27	7:15pm-8:15pm	\$100/10	21498
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Fri	Apr 17-Jun 26	7:15pm-8:15pm	\$100/10	21499
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Youth programs supported by United Way & in partnership with The Makehouse

The Makehouse has teamed up with Esquimalt Rec, offering high quality sewing classes & workshops in the Esquimalt Rec Centre throughout the year. Thanks to funding from United Way, we have 8 new digital sewing machines & 4 new sergers. Thank you to our program partners for making new such program opportunities possible!

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

Fri	9:00am-4:30pm	Feb 14	\$55.00/1	21072
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Fri	9:00am-4:30pm	May 15	\$55.00/1	21057
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Youth Leadership Training Program

Designed for youth aged 12-15yrs.

Location: Archie Browning Sports Centre

Step 1

Have you ever wanted to work at the Esquimalt Rec Centre? The Youth Training Program provides opportunities to develop skills in customer service, public speaking, behavior management, and extensive game and craft training. Learn to become the kind of leader that you loved coming to see at the rec centre and help us provide a FUN experience to our patrons this spring! Graduates of the program will be required to spend additional hours (up to 40) volunteering in our programs (across many department areas including camps, aquatics, and special events) to gain hands on experience and learn from our excellent team members! Don't miss this unique opportunity to join our team and develop employable skills for the future!

Mon-Fri	9:00am-4:00pm	Mar 16-Mar 20	\$145.00/5	21047
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Step 2

Calling all Graduates of the Esquimalt Youth Training Program! Come and undertake this second stage of our training program with your new arsenal of skills developed from step one. In this step of training we will focus more on what it takes to acquire a job and succeed in this day and age's workforce. Resume development, interview skills and first aid training are just a few of the many integral skills you and your peers will hone over this weeklong adventure. Graduates of this program will be considered for an interview for any relevant job postings made by the Esquimalt Rec Centre should they apply (granted the applicant possesses the correct prerequisites). Make sure not to miss this chance to further sharpen your skills to become a successful employee any employer would be lucky to have!

Mon-Fri	9:00am-4:00pm	Mar 23-Mar 27	\$145.00/5	21048
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Music

Guitar (7-14 yrs)

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 kids develop a keen sense of pitch & rhythm, gain hand strength & motor skills and cultivate an early connection to the exciting world of musical arts.

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

FREE DEMO! Tue 5:30pm-6:00pm Jan 21 19981

Please pre-register to secure your spot!

Beginner

Tue	5:00pm-5:50pm	Jan 21-Mar 10	\$66.00/6	19959
Tue	5:00pm-5:50pm	Apr 07-May 12	\$66.00/6	19974
Tue	5:00pm-5:50pm	May 19-Jun 23	\$66.00/6	19984

Continuing

Tue	6:00pm-6:50pm	Jan 21-Mar 10	\$88.00/8	19967
Tue	6:00pm-6:50pm	Apr 07-May 12	\$66.00/6	19973
Tue	6:00pm-6:50pm	May 19-Jun 23	\$66.00/6	19985

Sewing & Felting

StitchLab (10-16yrs)

Design, stitch, make & create during StitchLab sewing studio! No experience needed, just bring your enthusiasm! All supplies & equipment provided. This is an inspiring, creative space for you to explore sewing and textiles at your own pace. Local sewists from The Makehouse will be in the studio each week to provide you with coaching & mentorship.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Thu	4:30pm-6:00pm	Jan 09-Mar 12	\$75.00/10	20649
Thu	4:30pm-6:00pm	Apr 09-Jun 11	\$75.00/10	20647

NEW! Sewing Bootcamp (14 yrs+)

Always wanted to learn to sew? Our 6-week sewing boot camp will help get you going! Repetition is important in learning any new skill, so practicing during this weekly series will help cement what you have learned & open new doors to your creative sewing life! Learn:

- Basic sewing vocabulary
- Helpful tools you'll need to sew at home
- Sewing machine parts & functions
- How to wind a bobbin & thread the machine
- How to sew in a straight line & pivot around corners
- How to sew in reverse
- Sewing a straight seam
- Marking & sewing darts
- Hemming
- Applying bias binding & facings

Some supplies are required, see website:

[esquimalt.ca/parks-recreation/forms](https://www.esquimalt.ca/parks-recreation/forms)

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sat	10:00am-12:30pm	Jan 25-Mar 7	\$200.00/6	21462
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No class: Feb 15

Zero Waste Sewing Series

Learn the basics of machine sewing while creating items made from reused Fabrics. We'll cover machine threading, making bobbins, sewing straight lines, cutting fabric, hemming, pressing & finishing. We welcome you to bring freshly laundered, reusable clothing, fabric & cottons from home to remake into Zero Waste Items. We will have some reusable fabrics on hand & will supply all other materials & tools. Explore new ways of designing with minimal spending!

Shopping Totes & Produce Bags

Tue 6:00pm-9:00pm Mar 03 \$55/1 or \$180 for 4-part series

Repurposing Denim

Tue 6:00pm-9:00pm Mar 10 \$55/1 or \$180 for 4-part series

Mending Clothes

Tue 6:00pm-9:00pm Mar 24 \$55/1 or \$180 for 4-part series

Refashioning Clothing

Tue 6:00pm-9:00pm Mar 31 \$55/1 or \$180 for 4-part series

NEW! T-shirt Quilt Making (14 yrs+)

Make a quilt with your loved ones' favourite t-shirts!

In this workshop series you will learn:

- Choosing fabric
- Designing & planning
- Stabilizing your fabrics
- Safe rotary cutting techniques
- Piecing to create quilt blocks
- Pressing tips & techniques
- Quilt assembly
- Binding & quilt labels

Supplies are required, listed on your confirmation receipt & on our website: <https://www.esquimalt.ca/parks-recreation/forms>

Basic sewing machine experience is required prior to registration.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sat Apr 4-May 16 10:00am-12:30pm \$200.00/6 21464

No class: Apr 11

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). This workshop welcomes beginner to advanced students, all ages 6 yrs+.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sat 10:00am-12:30pm Mar 14 \$40.00 20654

Creative Arts

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

Thu	1:00pm-3:00pm	Apr 09-May 14	\$72.00/6	20488
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NEW! Communicating Ideas through Art

Art is a vehicle for getting ideas into the world! This course will teach you how to use words, material & location to communicate ideas in your artwork. You will gain experience & contemporary context through detailed projects, exploration of how contemporary artists are using these elements, in a supportive environment to grow your own ideas. Corrie will provide all materials needed for your first 2 classes. You will be able to integrate your own materials as you develop your ideas in class. A \$10 extra fee at registration time covers provided supplies.

Location: Esquimalt Recreation Centre

Instructor: Corrie Peters

Tue	6:30pm-8:00pm	Mar 31-May 05	\$90.00/6	20667
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NEW! Drawing classes with Val Lawton

Join artist/illustrator Val Lawton for a fresh approach to drawing in this 6-week series, designed for the beginner to intermediate artist looking to learn or refresh their drawing skills. This class will cover contour line drawing, shading techniques, value & tonal studies, 2-point perspective & still-life drawing. All supplies are included in your \$10 extra material fee.

Location: Esquimalt Recreation Centre

Instructor: Val Lawton

Tue	1:00pm-2:30pm	Jan 28-Mar 03	\$72.00/6	20664
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Drawing 1 & 2 with Jim Genovese

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:

<https://www.esquimalt.ca/parks-recreation/forms>

Location: Esquimalt Recreation Centre

Instructor: Jim Genovese

Drawing 1

Fri	6:30pm-8:00pm	Jan 31-Mar 06	\$66.00/6	20490
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Drawing 2

Fri	6:30pm-8:00pm	Apr 03-May 15	\$66.00/6	20489
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No class: Apr 10

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

Thu	6:30pm-8:00pm	Jan 30-Mar 05	\$72.00/6	20673
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Thu	6:30pm-8:00pm	Apr 09-May 14	\$72.00/6	20672
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Flowers in Watercolour

Bright & bold, soft & delicate, flowers are a favourite with watercolourists! Join Dixie & explore a variety of approaches for capturing this inspiring subject, including wet-into-wet, layering & masking. Bring your own supplies, listed on your confirmation receipt & on our website: <https://www.esquimalt.ca/parks-recreation/forms>

Location: Esquimalt Recreation Centre

Instructor: Dixie MacUislin

Wed	1:00pm-3:00pm	Apr 08-May 13	\$80.00/6	19863
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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)*

Location: Esquimalt Recreation Centre

Instructor: Nathan Nazo Davis

Sat 1:30pm-3:30pm Feb 08 \$35.00 20675

Open Art Studio

Bring your painting, drawing or mixed media supplies & enjoy creative projects in a casual, friendly, group setting. In these self-directed classes students will receive personalized mentoring, technical assistance & mini-demos from the facilitating artist. 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 (\$90.00, only for daytime slots) & single class drop-in. Bring your own supplies, listed on your confirmation receipt & on our website: <https://www.esquimalt.ca/parks-recreation/forms>

Location: Esquimalt Recreation Centre

Facilitating Artists: Dixie MacUisdin (Mon) & Annelly So (Wed)

Mondays

Mon 1:00pm-3:00pm Jan 13-Mar 09 \$64.00/8 19860

No class: Feb 17

Mon 1:00pm-3:00pm Mar 30-Jun 01 \$64.00/8 19861

No class: Apr 13, May 18

Wednesday Evenings

Wed 6:30pm-8:30pm Jan 29-Mar 04 \$66.00/6 20666

Pen, Ink & Watercolour

Artist/illustrator Val Lawton will share tips & tricks for creating naturalistic & subdued watercolours, highlighted with gentle pen & ink lines, in the style of 19th & 20th century English illustrators. Using both traditional dip pens & modern felt-tipped pens, participants will experiment with various hatching styles, & wet & dry brush techniques to create gentle & whimsical artworks. All supplies are included in your \$20 extra material fee, so you don't need to bring any supplies from home.

Location: Esquimalt Recreation Centre

Instructor: Val Lawton

Tue 1:00pm-2:30pm Apr 07-May 12 \$72.00/6 20665

Watercolours for Absolute Beginners

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

Location: Esquimalt Recreation Centre

Instructor: Dixie MacUisdin

Wed 1:00pm-3:00pm Jan 29-Mar 04 \$80.00/6 19862

Watercolour on Masa Paper

Suitable for all levels, including absolute beginners. Learn how to create beautiful watercolours on Japanese art paper in a fun, stress-free and fully supported environment, taught by professional wildlife artist Richard Wong. A \$10 extra fee covers the cost of handouts. Bring your own supplies, listed on your confirmation receipt & on our website: <https://www.esquimalt.ca/parks-recreation/forms> or rent a paint kit directly from Richard for \$5/class.

Location: Esquimalt Recreation

Instructor: Richard Wong

Mon 6:45pm-8:30pm Jan 20-Mar 02 \$82.00/6 20681

No class: Feb 17

Mon 6:45pm-8:30pm Mar 23-May 04 \$82.00/6 20679

No class: Apr 13

Wed 10:15am-12:00pm Jan 22-Feb 26 \$82.00/6 20677

Wed 10:15am-12:00pm Mar 25-Apr 29 \$82.00/6 20680

Register early to avoid disappointment.

View availability & register online:

[esquimalt.ca/recreation](https://www.esquimalt.ca/recreation)



Watercolour on Masa Paper - Techniques Workshop

Once a year Richard puts on a ONE DAY techniques workshop highlighting how he creates striking images on Japanese art paper. This year's focus will be on painting lovely, vibrant miniatures while reviewing processes & techniques. Bonus: Learn how to mat & frame your paintings to professional standards. Suitable for students with some painting experience. Bring your own painting supplies, listed on your confirmation receipt & on our website: <https://www.esquimalt.ca/parks-recreation/forms> or rent a paint kit directly from Richard for \$5. An additional \$10 fee covers the cost of handouts, card stock, folders, matting, glue.

Location: Esquimalt Recreation Centre

Instructor: Richard Wong

Sat	10:00am-3:00pm	Mar 14	\$60.00	20678
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Watercolour on Masa Paper - "Year of the Rat" Workshop

"Not everyone likes to paint rats, however Chinese Zodiac workshops have been a tradition of mine, and 2020 is the Year of the Rat." Richard Wong will endeavour to create a cute & beautiful "rat" for everyone's painting pleasure. Suitable for beginners & experienced painters. Bring your own supplies, listed on your confirmation receipt & on our website:

<https://www.esquimalt.ca/parks-recreation/forms> or rent a paint kit directly from Richard for \$5/class. An additional \$3 fee covers the cost of handouts.

Location: Esquimalt Recreation Centre

Instructor: Richard Wong

Sat	1:00pm-4:00pm	Mar 07	\$40.00	20685
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Dance

Hawaiian Hula Dance for Health

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 provided.

Class does not run on holiday Mondays.

Location: Esquimalt Recreation Centre

Instructor: Marylee Alexander

Beginner

Mon	3:15pm-4:15pm	Jan 06-Feb 10	\$60.00/6	20690
Mon	3:15pm-4:15pm	Feb 24-Mar 30	\$60.00/6	20689
Mon	3:15pm-4:15pm	Apr 20-Jun 1	\$60.00/6	

Beyond Beginner-Intermediate

Mon	4:15pm-5:15pm	Jan 06-Feb 10	\$60.00/6	20698
Mon	4:15pm-5:15pm	Feb 24-Mar 30	\$60.00/6	20700
Mon	4:15pm-5:15pm	Apr 20-Jun 1	\$60.00/6	20699

Experienced

Mon	2:15pm-3:15pm	Jan 06-Feb 10	\$80.00/6	20692
Mon	2:15pm-3:15pm	Feb 24-Mar 30	\$80.00/6	20691
Mon	2:15pm-3:15pm	Apr 20-Jun 1	\$80.00/6	

Education

Bridge for Beginners

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

Location: Esquimalt Recreation Centre

Instructor: Terry Martin

Tue	9:00am-12:00pm	Apr 07-May 05	\$45.00/5	19881
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Soap Making 101:
Making Natural Handcrafted Soaps

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

Location: Esquimalt Recreation Centre
Sat 9:00am-12:30pm Apr 18 \$85.00/1 20811

First Aid Training
First Aid Training for home, the workplace and the community. Be sure to register early for any of our first aid courses, minimum registration must be met at least 1 week before the course start date; a delay in registering may result in a course being canceled unnecessarily.

Standard First Aid Recertification
Standard First Aid Rectification ensures rescuers remain competent in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies as well as how to manage medical, musco-skeletal and environmental emergencies. Prerequisite - must have held an SFA in the past 5 years

Location: Esquimalt Recreation Centre
Wed 11:30am-8:00pm Mar 18 \$75.00/1 20585
Sat 10:00am-6:30pm Jun 13 \$75.00/1 20586

CPR-C Recertification
CPR-C Rectification ensures rescuers remain competent in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies. Prerequisite - must have held a CPR-C within the last 5 years

Location: Esquimalt Recreation Centre
Wed 4:00pm-8:00pm Mar 18 \$40.00/1 20588
Sat 2:30pm-6:30pm Jun 13 \$40.00/1 20590

Foundations of Dog Obedience
Fun and a great source of exercise for you and your pet! Join us for dog obedience classes at the Archie Browning Sports Centre.

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

Fri 5:30pm-6:30pm Apr 17-May 22 \$175/5 21262

NEW! Intermediate
Have you already taken a basic obedience class, or been working hard with your dog on foundation skills and are looking to take your training up a notch? This is a fun and informative five week class that will give you the tools you need to help your dog reach their potential! Practice distraction work, impulse control, and proofing difficult behaviours such as long downs. Skills learned will include focused heel, out of sight sit stays and distance cues with hand signals. Suitable for dogs of all ages. Knowledge of basic commands is recommended, second set of vaccines required.

Fri 5:30pm-6:30pm May 29-Jun 26 \$195/5 21274

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: Archie Browning Sports Centre
Tues 7:00pm-8:30pm Jan14-Feb18 \$60.00/6 21238

Register early to avoid disappointment.
View availability & register online:
esquimalt.ca/recreation

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. Please bring your camera to class with you.

Location: Archie Browning Sports Centre

Instructor: Anny Ruch

Wed	6:00pm-8:00pm	Jan 29-Feb 19	\$90.00/4	19882
Wed	6:00pm-8:00pm	Apr 22-May 13	\$90.00/4	19886

Health and Wellness

Buddhist Meditation

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

Wednesday Evening

Wed	7:00pm-8:15pm	Jan 08-Feb 26	\$10.00/1; \$64/8
Wed	7:00pm-8:15pm	Mar 04-Apr 29	\$10.00/1; \$64/8
Wed	7:00pm-8:15pm	May 6-Jun 10	\$10.00/1; \$48/6

Friday Daytime

Fri	12:00pm-1:30pm	Jan 10-Feb 28	\$10.00/1; \$64/8
Fri	12:00pm-1:30pm	Mar 06-Apr 03	\$10.00/1; \$40/5
Fri	12:00pm-1:30pm	May 01-Jun 12	\$10.00/1; \$56/7

Language

Japanese

Learn basic Japanese from a native speaker & experienced instructor. Beginner classes 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. Beyond Beginner classes provide more time for practice, conversation & new vocabulary.

Location: Esquimalt Recreation Centre

Instructor: Daisuke Haruki

Beginner

Fri	Jan 17-Mar 27	6:00pm-7:00pm	\$100/10	20708
Fri	Apr 17-Jun 26	6:00pm-7:00pm	\$100/10	21485

Beyond Beginner

Fri	Jan 17-Mar 27	7:15pm-8:15pm	\$100/10	20709
Fri	Apr 17-Jun 26	7:15pm-8:15pm	\$100/10	20486

American Sign Language (ASL)

Learn ASL grammar, vocabulary & introductory conversation skills from an ASL master instructor. Beginner classes covers 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.

Class does not take place on long weekends.

Location: Esquimalt Recreation Centre

Instructor: Lindsay Carroll

Beginner

Mon	5:45pm-6:45pm	Jan 27-Mar 09	\$60.00/6	20702
No class: Feb 17				

Mon	5:45pm-6:45pm	Mar 30-May 11	\$60.00/6	20701
No class: Apr 13				

Mon	5:45pm-6:45pm	May 25-Jun 29	\$60.00/6	20703
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Beyond Beginner

Mon	7:00pm-8:00pm	Jan 27-Mar 09	\$60.00/6	20704
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No class: Feb 17				
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Mon	7:00pm-8:00pm	Mar 30-May 11	\$60.00/6	20705
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No class: Apr 13				
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Mon	7:00pm-8:00pm	May 25-Jun 29	\$60.00/6	20706
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Music

Ukulele for Beginners

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

Location: Esquimalt Recreation Centre

Instructor: Jamyang Lodto

Tue	6:30pm-7:30pm	Jan 07-Feb 25	\$68.00/8	19871
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Tue	6:30pm-7:30pm	Mar 31-May 19	\$68.00/8	19872
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Register early to avoid disappointment.

View availability & register online:

esquimalt.ca/recreation

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 skills with tablature, standard music notation and more sophisticated songs. An additional \$20 course manual fee is charged at registration time. Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Free DEMO!

Tue 6:00pm-6:30pm Jan 14 19982

Please PRE-PREGISTER to reserve your spot.

Fundamentals

Tue	7:00pm-7:50pm	Jan 21-Mar 10	\$88.00/8	19970
Tue	7:00pm-7:50pm	Apr 07-May 12	\$66.00/6	19972
Tue	7:00pm-7:50pm	May 19-Jun 23	\$66.00/6	19987

Continuing

Tue	8:00pm-8:50pm	Jan 21-Mar 10	\$88.00/8	19969
Tue	8:00pm-8:50pm	Apr 07-May 12	\$66.00/6	19960
Tue	8:00pm-8:50pm	May 19-Jun 23	\$66.00/6	19988

NEW! Cantemos Juntos Choir

Join this singing adventure through the music of Spain and Latin America. If you like singing in harmony, love music in Spanish & are interested in performing sometimes, join Marcelina for a 2-hour once a week singing party. Bring your instruments if any and let's make music together!

Instructor: Marcelina Stanton

Location: Esquimalt Recreation Centre

Fri	3:30pm-5:00pm	Jan 31-Mar 13	\$70.00/7	
Fri	3:30pm-5:00pm	Apr 03-May 15	\$60.00/6	
No class: Apr 10				
Fri	3:30pm-5:00pm	May 22-Jun 26	\$60.00/6	

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. Marcelina would like to meet with NEW participants to attend a "pre-class" 1-1:45pm from week 2 onward, for some additional time and practice.

Location: Esquimalt Recreation Centre

Instructor: Marcelina Stanton

Fri	1:45pm-3:15pm	Jan 31-Mar 13	\$70.00/7	20711
Fri	1:45pm-3:15pm	Apr 03-May 15	\$60.00/6	20710
No class: Apr 10				
Fri	1:45pm-3:15pm	May 22-Jun 26	\$60.00/6	20712

Martial Arts

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 techniques of our curriculum based system that includes: kicking, punching, blocking, hand strikes, self defense and patterns. Classes are a blend of traditional and sport Taekwondo training, stability and conditioning drills 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 to help with this registration.

Tuesdays

Location: Esquimalt Recreation Centre

Instructor: Mijo Tae Kwon Do

Tue	6:30pm-7:30pm	Jan 07-Feb 25	\$80.00/8	20859
Tue	6:30pm-7:30pm	Mar 03-Apr 28	\$70.00/7	20860
No classes: Mar 17, Mar 24				
Tue	6:30pm-7:30pm	May 05-Jun 23	\$80.00/8	21006

Saturdays

Location: L'ecole Brodeur School Gym

Instructor: Mijo Tae Kwon Do

Sat	12:00pm-1:00pm	Jan 11-Feb 29	\$70.00/7	20858
No classes: Feb 15				
Sat	12:00pm-1:00pm	Mar 07-May 02	\$60.00/6	20857
No classes: Mar 21, Mar 28, Apr 11,				
Sat	12:00pm-1:00pm	May 09-Jun 20	\$60.00/6	21007
No classes: May 16				

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 and is delivered by Dr. E. Paul Zehr, UVic professor of kinesiology and neuroscience (www.zehr.ca), with over 35 years of martial arts experience.

Location: L'ecole Brodeur School

Wed	6:30pm-8:30pm	Jan 08-Jan 29	\$60.00/4	20864
Wed	6:30pm-8:30pm	Feb 05-Feb 26	\$60.00/4	20865
Wed	6:30pm-8:30pm	Mar 04-Mar 11	\$30.00/2	20866
Wed	6:30pm-8:30pm	Apr 01-Apr 29	\$75.00/5	20868
Wed	6:30pm-8:30pm	May 06-May 27	\$60.00/4	20867
Wed	6:30pm-8:30pm	Jun 03-Jun 24	\$60.00/4	20869

Western Martial Arts

LARP Combat

Develop your skills 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.

Location: L'école Brodeur School

Thu 7:15pm-8:15pm Jan 16-Mar 12 \$8.00/1; \$54.00/9 20773

Longsword Combat

Obtain skill in longsword combat based on the medieval fight manual written in 1409 by 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'école Brodeur School

Thu 8:15pm-9:15pm Jan 16-Mar 12 \$54.00/9 20774

Advanced Longsword Combat

Develop advanced skills in grappling, dagger, cutting and counters. 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.

Location: Esquimalt Recreation Centre

Tue 7:45pm-8:45pm Jan 14-Mar 10 \$8.00/1; \$54.00/9 20772

Sewing & Felting

Zero Waste Sewing Series

Learn the basics of machine sewing while creating items made from reused fabrics. We'll cover machine threading, making bobbins, sewing straight lines, cutting fabric, hemming, pressing & finishing. We welcome you to bring freshly laundered, reusable clothing, fabric & cottons from home to remake into Zero Waste Items. We will have some reusable fabrics on hand & will supply all other materials & tools. Explore new ways of designing with minimal spending!

Shopping Totes & Produce Bags

Tue 6:00-9:00pm Mar 3 \$55/1 or \$180 for 4-part series

Repurposing Denim

Tue 6:00-9:00pm Mar 10 \$55/1 or \$180 for 4-part series

Mending Clothes

Tue 6:00pm-9:00pm Mar 24 \$55/1 or \$180 for 4-part series

Refashioning Clothing

Tue 6:00pm-9:00pm Mar 31 \$55/1 or \$180 for 4-part series

NEW! Sewing Bootcamp

Have you always wanted to learn to sew? Our 6-week sewing boot camp will help get you going! Repetition is important in learning any new skill, so practicing during this weekly series will help cement what you have learned & open new doors to your creative sewing life!

In this workshop series you will learn:

- Basic sewing vocabulary
- Helpful tools you'll need to sew at home
- Sewing machine parts & functions
- How to wind a bobbin & thread the machine
- How to sew in a straight line & pivot around corners
- How to sew in reverse
- Sewing a straight seam
- Marking & sewing darts
- Hemming
- Applying bias binding & facings

Some supplies are required, listed on your confirmation receipt & on our website:

<https://www.esquimalt.ca/parks-recreation/forms>

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sat 10:00am-12:30pm Jan 25-Mar 7 \$200.00/6 21461

No class: Feb 15

NEW! T-shirt Quilt Making (14 yrs+)

Make a quilt with your loved ones' favourite t-shirts!

In this workshop series you will learn:

- Choosing fabric
- Designing & planning
- Stabilizing your fabrics
- Safe rotary cutting techniques
- Piecing to create quilt blocks
- Pressing tips & techniques
- Quilt assembly
- Binding & quilt labels

Supplies are required, listed on your confirmation receipt & on our website: [esquimalt.ca/parks-recreation/forms](https://www.esquimalt.ca/parks-recreation/forms) Basic sewing machine experience is required prior to registration.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sat Apr 4-May 16 10:00am-12:30pm \$200.00/6 21463

No class: Apr 11

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). Appropriate for beginner to advanced students.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sat 10:00am-12:30pm Mar 14 \$40.00/1 20654

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.



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

Wed Jan 15 7:00pm-8:00pm

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?

Wed Feb 19 7:00pm-8:00pm

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

Wed Mar 11 7:00pm-8:00pm

New ! Register for Emergency Preparedness Workshops through the Esquimalt Rec Centre online, in person or by phone !

Emergency Preparedness for Strata and Block Watches

This one-hour presentation is geared towards people who wish to set up an emergency preparedness group for their strata, block watch or other community. Some of the topics covered will be:

- Listing resources already available to your community
- Suggestions for compiling and storing supplies
- Creating an emergency plan
- Considerations for those with special medical needs or medical equipment

Wed Apr 15 7:00pm-8:00pm

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 express interest by emailing nepp@esquimalt.ca. Dates and times will be coordinated once the minimum number of participants have registered.

Question & answer period follows each session.

Minimum number of participants: 10 per session.
Please invite your friends & neighbours!

FOLLOW US ON FACEBOOK!
facebook.com/EsquimaltNEPP

Join Facebook events & share with your friends!

Drop-in Sports

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

Pickle Ball	Indoor Soccer	Floor Hockey	Ice Hockey Jan-March Only	Volleyball	Basketball	Curling Jan-March Only	Roller Skating April-August Only
Mondays 1:15pm-3:15pm	Tuesdays 9:00pm-10:15pm	Mondays 7:45pm-9:45pm	Wednesday 11:30am-12:50pm Location: Archie Browning Arena	EVERYONE WELCOME: Thursdays 8:00pm-10:00pm	16yrs+ Sundays 6:45pm-8:30pm No session Jan 19	Sundays 1:00pm-3:00pm Location: Archie Browning Curling Arena	Fridays 7:00pm-10:00pm Location: Archie Browning Curling Arena
Tuesdays 1:15pm-3:15pm	Sundays 8:45pm-10:00pm		Thursday 11:30am-12:50pm Location: Archie Browning Arena	COMPETITIVE: Sundays 7:00pm-9:00pm Location: l'école Brodeur.			
Thursdays 1:15pm-3:15pm			Friday 11:30am-12:50pm Location: Archie Browning Arena	Please check online as schedule varies due to school activities.			
Sundays 4:30pm-6:30pm No session Jan 19							

Drop in Sports Reservation

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

Badminton

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.

Location: Esquimalt Recreation Centre

Sun 10:30am-12:00pm Jan 12-Mar 08 \$105.00/7 20766

No classes: Jan 19, Feb 16

Sun 10:30am-12:00pm Apr 05-Jun 21 \$150.00/10 20767

No classes: Apr 12, May 17

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

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

Location: L'école Brodeur

Thu 6:30pm-10:30pm Jan 16-Feb 27 \$285.00/7 20764

Thu 6:30pm-10:30pm Mar 05-Apr 16 \$285.00/7 20765



Drop-in Social Programs

Weekly drop-in social programs are free with a monthly or annual membership. Programs are designed with Seniors in mind and are open to all ages. Non-members pay \$2 per session (unless otherwise 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 or pick-up a 1-page monthly schedule from the Esquimalt Rec Centre.

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Conversation Café 10:00AM-11:30AM	Mexican Train Dominoes 12:30PM-3:00PM	FREE! Creative Crafters 9:00AM-11:00AM	Writer's Group 10:00AM-12:00PM	Scrabble 10:00AM-12:00PM	
Bridge 11:45AM-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	NEW! Hand Building & Sculpting with Clay 12:30PM-3:00PM Starts February 2020!	Bridge 11:45AM-3:30PM	Cribbage 1:00PM-3:00PM	Drop-in Painting 1:00PM-5:00PM
Mah Jong 12:30PM-3:00PM	Ukulele Club 1:30PM-3:30PM		Drop-in Painting 1st & 3rd Thu each month 2:30PM-5:00PM		
Music Jam 1:00PM-3:00PM			Court Whist 1:00PM-3:00PM		
			NEW! Canasta 1:00PM-3:00PM Starts January 16		

Did you know... Leisure Involvement for Everyone (LIFE) Program assists individuals and families with low income to access Esquimalt's recreation programs and services. Learn more: esquimalt.ca/recreation

Social

Bus Trips

Registration opens November 21st at 11am. 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, additional trips & pick-up/drop-off times.

Masjid Al Iman Victoria Mosque Tour & Lunch at Finn's

Thu	9:30am-2:00pm	Jan 09	\$25.00	19864
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St. Sophia Russian Orthodox Church Tour & Lunch at Windsor Cafe

Thu	10:30am-3:30pm	Jan 23	\$30.00	19870
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Dinner at Fernwood Inn and Theatre Inconnu

Thu	5:00pm-10:00pm	Feb 13	\$35.00	19866
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Dinner at Ithaka Greek Restaurant & Langham Court Theatre – The Blue Light

Thu	4:45pm-10:45pm	Feb 27	\$47.00	19867
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Ross Bay Villa, Pub and Cemetery

Thu	10:00am-4:00pm	Mar 12	\$40.00	19865
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Congregation Emanu-El and Jewish Cemetery Tour & Lunch

Thu	10:00am-4:00pm	Mar 26	\$35.00	19869
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KidSport Victoria celebrates 20 years!

2020 marks KidSport Greater Victoria's 20th year, helping local kids in need off the sideline and into the action. With over 12,500 Victoria and area children assisted, and nearly \$3,000,000 in sports grants distributed, KidSport and all of Victoria have a lot to celebrate!

For more information please visit
www.kidsportvictoria.ca

So ALL Kids Can Play!



Train here.

- Certified, expert staff.
- State-of-the-art equipment.
- Open 5:30am-10:30pm including most statutory holidays.



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 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 42 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 completion of Youth Intro to Wellness 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

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.

New Year. New You.

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.



HAVE FUN · GET IN SHAPE · GREAT PRIZES

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

Trainer	Monday No session Feb 17	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ann	6:15am-7:15am Jan 13-Mar 16 \$125.00/9 20880		7:15am-8:15am Jan 15-Mar 11 \$125.00/9 20888				
Lorraine	9:10am-10:10am Jan 13-Mar 16 \$125.00/9 20881	3:45pm-4:45pm Jan 14-Mar 10 \$125.00/9 20886			7:30am-8:30am Jan 17-Mar 13 \$125.00/9 20896		
Cheryl	2:30pm-3:30pm Jan 13-Mar 16 \$125.00/9 20883 4:00pm-5:00pm Jan 13-Mar 16 \$125.00/9 20882		9:30am-10:30am Jan 15-Mar 11 \$125.00/9 20889 2:30pm-3:30pm Jan 15-Mar 11 \$125.00/9 20890	3:00pm-4:00pm Jan 16-Mar 12 \$125.00/9 20893 4:00pm-5:00pm Jan 16-Mar 12 \$125.00/9 20894	2:30pm-3:30pm Jan 17-Mar 13 \$125.00/9 20898		
Virginia	6:30pm-7:30pm Jan 13-Mar 16 \$125.00/9 20884	5:30pm-6:30pm Jan 14-Mar 10 \$125.00/9 20887		6:00am-7:00am Jan 16-Mar 12 \$125.00/9 20892			8:00am-9:00am Jan 19-Mar 15 \$125.00/9 20901 9:15am-10:15am Jan 19-Mar 15 \$125.00/9 20902
Eugene			5:30pm-6:30pm Jan 15-Mar 11 \$125.00/9 20891	8:00pm-9:00pm Jan 16-Mar 12 \$125.00/9 20895	9:10am-10:10am Jan 17-Mar 13 \$125.00/9 20897	8:15am-9:15am Jan 18-Mar 14 \$125.00/9 20899 9:30am-10:30am Jan 18-Mar 14 \$125.00/9 20900	
Trainer TBA		9:30am-10:30am Jan 14-Mar 10 \$125.00/9 20885					



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 Classes do not run on stat holidays	Tuesday	Wednesday	Thursday	Friday Classes do not run on stat holidays	Saturday
6:15am-7:00am	Total Body Conditioning	Circuit & Stretch	SPIN	Mixed Interval Challenge	SPIN	
8:15am-9:10am						Mixed Interval Challenge
9:00am-9:55am	Stretch & Strength (C)		Strength & Balance (C)	Stretch & Strength (C)		
9:15am-10:10am	Total Aerobic Challenge (C)	BellyFit (C)	Total Body Challenge (C)	Yogalates (C)	Total Step Challenge (C)	
10:20am-11:15am		Core Yoga				
11:45am-12:45pm		Stroller Fit		Stroller Fit		
12:10pm-12:55pm	Two classes: Yoga* (C) Spin (C)	Power Circuit (C)	Two Classes: Yoga* (C) Spin (C)	Power Circuit (C)	Two classes: Yoga* (C) 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.		

*Reservable drop-in program. Space is limited. Advanced registration available on a monthly basis, please register online or call 250.412.8500. Registration opens on the first of each month.

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

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

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

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
Thu 6:00pm-6:45pm
Instructor: Eugene Nnoli

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
Thu 6:15am-7:00am
Sat 8:15am-9:10am
Instructor: Cheryl Kannon
Instructor: Esther Bendall
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
Tue/Thu 12:10pm-12:55pm
Instructor: Cheryl Kannon

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
Wed/Fri 6:15am-7:00am
Mon/Wed 12:10pm-12:55pm
Instructor: Ann Henslowe

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
9:00am-9:55am
Instructor: Janice AmotWed

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 moms & dads.

Location: Esquimalt Recreation Centre
Tue 11:45am-12:45pm
Thu 11:45am-12:45pm
Instructor: Ann Henslowe
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
Mon/Thu 9:00am-9:55am
Instructor: Ann Henslowe

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
Mon 9:15am-10:10am
Instructor: Marcia Semenoff

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
Wed 9:15am-10:10am
Instructor: Marcia Semenoff

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
Mon 6:15am-7:00am
Instructor: Esther Bendall

Total Step Challenge

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

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

TRX Drop-in

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. pace is limited. Advanced registration available on a monthly basis, please register online or call 250.412.8500. Registration opens on the first of each month. (Caution for people with wrist or hand injuries.)

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

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. Advanced registration available on a monthly basis, please register online or call 250.412.8500. Registration opens on the first of each month.

Location: Esquimalt Recreation Centre
Mon 12:10pm-12:55pm
Tue 5:05pm-6:00pm
Wed 12:10pm-12:55pm
Fri 12:10pm-12:55pm
Instructor: Lorraine Nygaard
Instructor: Lorraine Nygaard
Instructor: Marisella Martinez
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
Thu 9:15am-10:10am
Instructor: Phyllis Musseau

Registered Fitness Programs

Choose the registration option that works best for you.

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

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'école Brodeur School

Instructor: Tamara Digout

Tue/Thu 6:00pm-7:00pm Jan 14-Feb 20

Early Bird: \$140.00 (ends Jan 5th); \$160.00/12 20877

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 between higher and lower-intensity dance sequences to get you moving, sweating, and motivated all at the same time. At the very core of a Bolly-X workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India.

Location: Esquimalt Recreation Centre

Instructor: Glenda Rosberg

FREE DEMO!

Mon 7:00pm-8:00pm Jan 06 20878

Registered Sessions

Mon 7:00pm-8:00pm Jan 13-Mar 23 \$11.00/1; \$90.00/10 20879

No classes: Feb 17

Mon 7:00pm-8:00pm Mar 30-Jun 15 \$11.00/1; \$90.00/10 21277

Health and Wellness

Natural Movement Therapy (D)

Natural Movement Therapy (Sotai Ho) is a series of gentle, easy and relaxing movements designed to cultivate wellness. In this class students will learn Sotai Ho as well as medical Qi Gong (An ancient practice aiding in health and longevity.) This program is uniquely designed and offered by Dr. Hegillman of Oriri Acupuncture and Herbal Medicine Centre. www.oriri.ca

Location: Esquimalt Recreation Centre

Instructor: Dr. Katrine Hegillman

FREE DEMO!

Fri 2:00pm-3:00pm Jan 10 20906

Registered Sessions

Fri 2:00pm-3:00pm Jan 17-Mar 06 \$15.00/1; \$104.00/8 20907

Fri 2:00pm-3:00pm Mar 13-May 08 \$15.00/1; \$104.00/8 20908

No classes: Apr 10

Fri 2:00pm-3:00pm May 15-Jun 26 \$15.00/1; \$91.00/7 20909

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

Wed 1:30pm-3:00pm Jan 15-Feb 12 \$40.00/5 20903

Wed 1:30pm-3:00pm Feb 26-Apr 01 \$48.00/6 20904

Wed 1:30pm-3:00pm Apr 22-Jun 17 \$72.00/9 20905

Running/Walking

10K Training Clinic

This is a graduated training plan for walkers and runners of all ages. Experienced leaders will help participants reach their training goals in a supportive and encouraging environment. Registration includes: weekly training plan, weekly group run, guest speakers, event entry to the Esquimalt 5K, event entry to the Times Colonist 10K AND a 10-punch Esquimalt Recreation Admission Pass. Register by December 30th and receive a FREE clinic t-shirt.

Location: Archie Browning Sports Centre

Instructor: Joanne Costas

Sat	9:00am-11:00am	Jan 18-Apr 18	\$130.00/14	20910
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Spin Classes

Spin, Core & Stretch (D) (F)

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

Location: Archie Browning Sports Centre

Instructor: Ann Henslowe

FREE DEMO!

Tue	9:00am-10:00am	Jan 07	20915
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Registered Sessions

Tue	9:00am-10:00am	Jan 14-Mar 03	\$10.00/1; \$57.00; \$64.00/8	20916
Tue	9:00am-10:00am	Mar 10-Apr 28	\$10.00/1; \$57.00; \$64.00/8	20917
Tue	9:00am-10:00am	May 05-Jun 23	\$10.00/1; \$57.00; \$64.00/8	20918

Spin & Conditioning (D) (F)

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

Location: Archie Browning Sports Centre

Instructor: Esther Bendall

FREE DEMO!

Tue	6:15pm-7:30pm	Jan 07	20911
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Registered Sessions

Tue	6:15pm-7:30pm	Jan 14-Mar 03	\$11.00/1; \$64.50; \$72.00/8	20912
Tue	6:15pm-7:30pm	Mar 10-Apr 28	\$11.00/1; \$64.50; \$72.00/8	20913
Tue	6:15pm-7:30pm	May 05-Jun 23	\$11.00/1; \$64.50; \$72.00/8	20914

Strength & Conditioning

NEW! Sit 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

FREE DEMO!

Mon	10:05am-10:50am	Jan 06	21379
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Registered Sessions

Mon	10:05am-10:55am	Jan 13-Mar 09	\$7.00/1; 40.00/8	21380
No classes: Feb 17				
Mon	10:05am-10:50am	Mar 16-May 11	\$7.00/1; 40.00/8	21381
No classes: Apr 13				
Mon	10:05am-10:50am	May 25-Jun 29	\$7.00/1; 30.00/6	21382

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

FREE DEMO!

Mon	12:05pm-12:50pm	Jan 06	20954
Thur	11:00am-11:45am	Jan 09	20955

Registered Sessions - Monday

Mon	12:05pm-12:50pm	Jan 13-Jan 27	\$10.00/1; \$24.00/3	20956
Mon	12:05pm-12:50pm	Feb 03-Feb 24	\$10.00/1; \$24.00/3	20957
No classes: Feb 17				
Mon	12:05pm-12:50pm	Mar 02-Mar 30	\$10.00/1; \$40.00/5	20958
Mon	12:05pm-12:50pm	Apr 06-Apr 27	\$10.00/1; \$24.00/3	20959
No classes: Apr 13				
Mon	12:05pm-12:50pm	May 04-May 25	\$10.00/1; \$24.00/3	20960
No classes: May 18				
Mon	12:05pm-12:50pm	Jun 01-Jun 29	\$10.00/1; \$40.00/5	20961

Registered Sessions - Thursday

Thu	11:00am-12:00pm	Jan 16-Jan 30	\$12.00/1; \$30/3	20962
Thu	11:00am-12:00pm	Feb 06-Feb 27	\$12.00/1; \$40.00/4	20963
Thu	11:00am-12:00pm	Mar 05-Mar 26	\$12.00/1; \$40.00/4	20964
Thu	11:00am-12:00pm	Apr 02-Apr 30	\$12.00/1; \$50.00/5	20965
Thu	11:00am-12:00pm	May 07-May 28	\$12.00/1; \$40.00/4	20966
Thu	11:00am-12:00pm	Jun 04-Jun 25	\$12.00/1; \$40.00/4	20967

NEW! Intro to the Weight Room 50+ (D) (F)

Become confident in our weight room! Learning how to use all of the equipment in our facility will set you up for success, improve strength, flexibility, balance and cardio! We start with a dynamic warm up and then move to the weight room. By the end of the program, you will have a workout program to continue on with on your own!

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

FREE DEMO!

Tue 10:15am-11:30am Jan 07 21375

Registered Sessions

Tue 10:15am-11:30am Jan 14-Mar 03 \$11.00/1; \$64.50, \$72.00/8 21376

Tue 10:15am-11:30am Mar 10-Apr 28 \$11.00/1; \$64.50, \$72.00/8 21377

Tue 10:15am-11:30am May 05-Jun 23 \$11.00/1; \$64.50, \$72.00/8 21378

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

FREE DEMO!

Instructor: Lynda Lafond

Tue 11:20am-12:10pm Jan 07 20927

Thu 1:00pm-2:00pm Jan 09 20931

Instructor: Phyllis Musseau

Thu 6:30pm-7:30pm Jan 09 20935

Registered Session - Tuesdays

Instructor: Lynda Lafond

Tue 11:20am-12:10pm Jan 14-Mar 03 \$12.00/1; \$80.00/8 20928

Tue 11:20am-12:10pm Mar 10-Apr 28 \$12.00/1; \$80.00/8 20929

Tue 11:20am-12:10pm May 05-Jun 23 \$12.00/1; \$80.00/8 20930

Registered Session - Thursday Daytime

Instructor: Lynda Lafond

Thu 1:00pm-2:00pm Jan 16-Mar 05 \$12.00/1; \$80.00/8 20932

Thu 1:00pm-2:00pm Mar 12-Apr 30 \$12.00/1; \$80.00/8 20933

Thu 1:00pm-2:00pm May 07-Jun 25 \$12.00/1; \$80.00/8 20934

Registered Session - Thursday Evening

Instructor: Phyllis Musseau

Thu 6:30pm-7:30pm Jan 16-Mar 05 \$12.00/1; \$80.00/8 20936

Thu 6:30pm-7:30pm Mar 12-Apr 30 \$12.00/1; \$80.00/8 20937

Thu 6:30pm-7:30pm May 07-Jun 25 \$12.00/1; \$80.00/8 20938

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 your needs.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

FREE DEMO!

Thurs 10:30am-11:30am Jan 09 20923

Registered Sessions

Thurs 10:30am-11:30am Jan 16-Mar 05 \$9.50/1; \$56.00, \$60.00/8 20924

Thurs 10:30am-11:30am Mar 12-Apr 30 \$9.50/1; \$54.00, \$60.00/8 20925

Thurs 10:30am-11:30am May 07-Jun 25 \$9.50/1; \$54.00, \$52.00/8 20926

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: Esquimalt Recreation Centre

Thurs 9:00am-9:55am Jan 9-Feb 27 \$80.00/8 21012

Thurs 9:00am-9:55am Mar 5-Apr 30 \$80.00/8 21013

No classes: Mar 19, Mar 26

Thurs 9:00am-9:55am May 7-Jun 25 \$80.00/8 21012



NEW! Youth Athletic Conditioning

Youth in this program will have the opportunity to develop and hone such physical skills as coordination, agility, quickness, proprioception, strength and so much more! Classes will be a blend of conditioning (anaerobic and aerobic), mobility, strength and stability training and is ideal for both sport specific youth and non-sport focused! Kids will have fun while seeing their progressions with our periodized programming!

Location: Esquimalt Recreation Centre

Tues	4:00pm-5:00pm	Jan 7-Feb 25	\$80.00/8	21239
Tues	4:00pm-5:00pm	Mar 3-Apr 28	\$70.00/7	21240
No classes: Mar 17, Mar 24				
Tues	4:00pm-5:00pm	May 5-Jun 23	\$80.00/8	21241

TRX Combo (D) (F)

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

Location: Esquimalt Recreation Centre

Instructor: Eugene Nnoli

FREE DEMO!

Wed	7:45pm-8:30pm	Jan 15	20950
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Registered Sessions

Wed	7:45pm-8:30pm	Jan 15-Mar 04	\$9.00/1; \$51.00, \$56.00/8	20951
Wed	7:45pm-8:30pm	Mar 11-Apr 29	\$9.00/1; \$51.00, \$56.00/8	20952
Wed	7:45pm-8:30pm	May 06-Jun 24	\$9.00/1; \$51.00, \$56.00/8	20953

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 warm up, 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

Fri	5:45pm-6:45pm	Jan 17, Feb 21, Mar 13	20940
Fri	5:45pm-6:45pm	Apr 24, May 22, Jun 19	20941

Cost: Free with membership or \$15.00/3



Yoga & Pilates Classes

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-ins welcome if space permits.

Location: Esquimalt Recreation Centre

Instructor: Madelin Rocheleau

FREE DEMO!

Wed	5:30pm-6:30pm	Jan 08	21035
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Registered Sessions

Wed	5:30pm-6:30pm	Jan 15-Mar 04	\$12.00/1; \$80.00/8	21037
Wed	5:30pm-6:30pm	Mar 11-Apr 29	\$12.00/1; \$80.00/8	21038
Wed	5:30pm-6:30pm	May 06-Jun 24	\$12.00/1; \$80.00/8	21041

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

Tuesdays

Tue	9:30am-10:45am	Jan 07-Jan 28	\$8.00/1; 24.00/4	20980
Tue	9:30am-10:45am	Feb 04-Feb 25	\$8.00/1; 24.00/4	20981
Tue	9:30am-10:45am	Mar 03-Mar 31	\$8.00/1; 30.00/5	20982
Tue	9:30am-10:45am	Apr 07-Apr 28	\$8.00/1; 24.00/4	20983
Tue	9:30am-10:45am	May 05-May 26	\$8.00/1; 24.00/4	20984
Tue	9:30am-10:45am	Jun 02-Jun 30	\$8.00/1; 30.00/5	20985

Thursdays

Thu	10:15am-11:30am	Jan 09-Jan 30	\$8.00/1; 24.00/4	21313
Thu	10:15am-11:30am	Feb 6-Feb 27	\$8.00/1; 24.00/4	21314
Thu	10:15am-11:30am	Mar 5-Mar 26	\$8.00/1; 24.00/4	21315
Thu	10:15am-11:30am	Apr 2-Apr 30	\$8.00/1; 30.00/5	21316
Thu	10:15am-11:30am	May 7-May 28	\$8.00/1; 24.00/4	21317
Thu	10:15am-11:30am	Jun 4-Jun 25	\$8.00/1; 24.00/4	21318

Mindful Movement Chair Yoga

This class will explore diaphragmatic breathing, and gentle movements to relax the body and quiet the mind. Explore balance and core exercises to help cultivate stability. Each class ends with a guided relaxation practice. A great class for those who want to practice yoga and meditation without getting on the floor.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

FREE DEMO!

Mon	11:05am-11:55am	Jan 06		21370
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Registered Sessions

Mon	11:05am-11:55am	Jan 13-Mar 02	\$12.00/1; \$60.00,\$70.00/7	21371
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No classes: Feb 17

Mon	11:05am-11:55am	Mar 09-Apr 27	\$12.00/1; \$60.00,\$70.00/7	21372
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No classes: Apr 13

Mon	11:05am-11:55am	May 04-Jun 29	\$12.00/1; \$72.00,\$80.00/8	21373
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No classes: May 18

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. Managing stress diminishes the body's inflammatory response and supports mindfulness.

Location: Esquimalt Recreation Centre

Instructor: Regina Pfeifer

FREE DEMO!

Wed	3:30pm-4:45pm	Jan 08		21030
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Registered Sessions

Wed	3:30pm-4:45pm	Jan 15-Mar 04	\$12.00/1; \$80.00/8	21031
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Wed	3:30pm-4:45pm	Mar 11-Apr 29	\$12.00/1; \$80.00/8	21032
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Wed	3:30pm-4:45pm	May 06-Jun 24	\$12.00/1; \$80.00/8	21034
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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

FREE DEMO!

Wed	5:30pm-6:25pm	Jan 08		20972
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Registered Sessions

Wed	5:30pm-6:25pm	Jan 15-Mar 04	\$11.50/1; \$76.00/8	20973
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Wed	5:30pm-6:25pm	Mar 11-Apr 29	\$11.50/1; \$76.00/8	20974
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Wed	5:30pm-6:25pm	May 06-Jun 24	\$11.50/1; \$76.00/8	20975
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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

FREE DEMO!

Wed	6:30pm-7:25pm	Jan 08		20968
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Registered Sessions

Wed	6:30pm-7:25pm	Jan 15-Mar 04	\$11.50/1; \$76.00/8	20969
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Wed	6:30pm-7:25pm	Mar 11-Apr 29	\$11.50/1; \$76.00/8	20970
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Wed	6:30pm-7:25pm	May 06-Jun 24	\$11.50/1; \$76.00/8	20971
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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

Instructor: Janice Arnot

FREE DEMO!

Wed	6:45pm-8:15pm	Jan 08		20986
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Registered Sessions

Wed	6:45pm-8:15pm	Jan 15-Mar 04	\$13.00/1; \$78.00; \$88.00/8	18328
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Wed	6:45pm-8:15pm	Mar 11-Apr 29	\$13.00/1; \$78.00; \$88.00/8	20987
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Wed	6:45pm-8:15pm	May 06-Jun 24	\$13.00/1; \$78.00; \$88.00/8	20988
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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. Improve strength and flexibility, while centering the mind and opening the spirit.

Location: Esquimalt Recreation Centre Silver Bow Music Studio

Instructor: Laurel Mackay

FREE DEMO!

Wed	7:30pm-9:00pm	Jan 08		20993
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Registered Sessions

Wed	7:30pm-9:00pm	Jan 015-Feb 19	\$15.00/1; \$78.00/6	20994
Wed	7:30pm-9:00pm	Feb 26-Apr 01	\$15.00/1; \$78.00/6	20995
Wed	7:30pm-9:00pm	Apr 8-May 13	\$15.00/1; \$78.00/6	20996
Wed	7:30pm-9:00pm	May 20-Jun 24	\$15.00/1; \$78.00/6	20997

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

FREE DEMO!

Thu	6:45pm-8:15pm	Jan 09		20989
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Registered Sessions

Thu	6:45pm-8:15pm	Jan 16-Mar 05	\$13.00/1; \$78.00; \$88.00/8	20990
Thu	6:45pm-8:15pm	Mar 12-Apr 30	\$13.00/1; \$78.00; \$88.00/8	20991
Thu	6:45pm-8:15pm	May 07-Jun 25	\$13.00/1; \$78.00; \$88.00/8	20992

FREE DEMO !

A FREE DEMO class lets you experience a full class, getting to know the instructor to ensure its the right program for you! Please be sure to pre-register as space is limited. Save your spot online: esquimalt.ca or contact our front desk.

Yoga Flow (D)

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

FREE DEMO!

Thu	7:40pm-8:40pm	Jan 09		20976
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Registered Sessions

Thu	7:40pm-8:40pm	Jan 16-Mar 05	\$11.00/1; \$72.00/8	20977
Thu	7:40pm-8:40pm	Mar 12-Apr 30	\$11.00/1; \$72.00/8	20978
Thu	7:40pm-8:40pm	May 07-Jun 25	\$11.00/1; \$72.00/8	20979

Zoomer Classes

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

FREE DEMO!

Thu	1:30pm-2:30pm	Jan 09		20554
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Registered Sessions

Thu	1:30pm-2:30pm	Jan 16-Apr 02	\$10.00/1; \$96.00/12	20552
Thu	1:30pm-2:30pm	Jan 16-Feb 20	\$10.00/1; \$54.00/6	20555
Thu	1:30pm-2:30pm	Feb 27-Apr 02	\$10.00/1; \$54.00/6	20556
Thu	1:30pm-2:30pm	Apr 09-Jun 25	\$10.00/1; \$96.00/12	20553
Thu	1:30pm-2:30pm	Apr 09-May 14	\$10.00/1; \$54.00/6	20557
Thu	1:30pm-2:30pm	May 21-Jun 25	\$10.00/1; \$54.00/6	20558

CELEBRATING 35 YEARS!

Proud to be part of the Esquimalt community for 35 years

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Zoomers Suspension Training (D) (F)

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

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

FREE DEMO!

Tue	8:00am-8:45am	Jan 07	21064
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Registered Sessions

Tue	8:00am-8:45am	Jan 14-Mar 03	\$10.00/1; \$64.00/8
Tue	8:00am-8:45am	Mar 10-Apr 28	\$10.00/1; \$64.00/8
Tue	8:00am-8:45am	May 05-Jun 23	\$10.00/1; \$64.00/8

Register early to avoid disappointment.

View availability & register online:

esquimalt.ca/recreation

Zoomers Land & Water (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

FREE DEMO!

Mon	1:15pm-2:45pm	Jan 06	21275
Wed	1:15pm-2:45pm	Jan 08	21276

Registered Sessions

Mon	1:15pm-2:45pm	Jan 13-Mar 09	\$9.50/1; \$60.00; \$72.00/8	21042
No classes: Feb 17				
Mon	1:15pm-2:45pm	Mar 16-May 11	\$9.50/1; \$60.00; \$72.00/8	21043
No classes: Apr 13				
Mon	1:15pm-2:45pm	May 25-Jun 29	\$9.50/1; \$45.00/6	21044
Wed	1:15pm-2:45pm	Jan 15-Mar 04	\$9.50/1; \$60.00; \$72.00/8	21217
Wed	1:15pm-2:45pm	Mar 11-Apr 29	\$9.50/1; \$60.00; \$72.00/8	21218
Wed	1:15pm-2:45pm	May 6-Jun 24	\$9.50/1; \$60.00; \$72.00/8	21219



FEEL THE BEAT.

Mixed Interval Challenge with DJ Keoni

This is still a drop-in fitness class with the added bonus of a live DJ! In order to anticipate the number of participants we ask patrons to pre-register. \$5.75 or included with membership.

Mixed Interval Challenge with DJ Keoni

Location: Esquimalt Recreation Centre Jubilee Hall

Instructor: Cheryl Kannon

Sat	8:15am-9:10am	Jan 25	21197
Sat	8:15am-9:10am	Apr 11	21200
Sat	8:15am-9:10am	May 23	21201

Aquatic Fitness

Aquatic Resistance Training

Using bands, balls, barbells and other unique training equipment, Aquatic Resistance Training provides the opportunity to incorporate strength training into your aquatic workout. This workout is resistance based as it utilizes the natural resistance of the water to deepen the typical aquatic workout. With the guidance of an experienced Aquatic Fitness instructor, Ann has the ability to adapt this class for all levels and ensures that this class will challenge you with a combination of cardio and strength.

Location: Esquimalt Recreation Centre

FREE DEMO!

Tue	6:00am-6:45am	Jan 07	20559
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Registered Sessions

Tue	6:00am-6:45am	Jan 14-Mar 31	\$10.00/1; \$84.00/12	20540
Tue	6:00am-6:45am	Jan 14-Feb 18	\$10.00/1; \$48.00/6	20542
Tue	6:00am-6:45am	Feb 25-Mar 31	\$10.00/1; \$48.00/6	20543
Tue	6:00am-6:45am	Apr 07-Jun 23	\$10.00/1; \$84.00/12	20541
Tue	6:00am-6:45am	Apr 07-May 12	\$10.00/1; \$48.00/6	20544
Tue	6:00am-6:45am	May 19-Jun 23	\$10.00/1; \$48.00/6	20545

Water Running (D)

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

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

FREE DEMO!

Thu	6:00am-6:45am	Jan 09	20560
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Registered Sessions

Thu	6:00am-6:45am	Jan 16-Apr 02	\$10.00/1; \$84.00/12	20546
Thu	6:00am-6:45am	Jan 16-Feb 20	\$10.00/1; \$48.00/6	20548
Thu	6:00am-6:45am	Feb 27-Apr 02	\$10.00/1; \$48.00/6	20549
Thu	6:00am-6:45am	Apr 09-Jun 25	\$10.00/1; \$84.00/12	20547
Thu	6:00am-6:45am	Apr 09-May 14	\$10.00/1; \$48.00/6	20550
Thu	6:00am-6:45am	May 21-Jun 25	\$10.00/1; \$48.00/6	20551

GREATER VICTORIA

REGIONAL RECREATION PASS

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Greater Victoria **ACTIVE COMMUNITIES**

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



AQUATIC FITNESS

Drop-in WaterFit

Schedule subject to change. For current schedule, please visit esquimalt.ca/waterfit to view schedule in real time. Modified schedule in effect on stat holidays. All classes listed are INCLUDED with your pass or pay drop in admission.

Shallow

Moderate to high intensity, moderate impact (Beginner to Advanced). This class features interval training, power exercises and movement through the water to challenge participants. A mixture of cardio, strength, abdominal work and stretching is provided and instructors use a variety of exercises and equipment to keep the classes new and exciting.

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

Deep

Moderate intensity, no impact (comfort in deep water required). Using a belt or a noodle, this class is a great way for those with injuries or other limitations to still experience a good cardiovascular workout. This class will include strength and abdominal exercises to ensure a full body workout with no strain on bones or joints.

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

WaterFit Schedule on Stat Holidays

Shallow Fit classes are available on February 17 and May 18 running 9:05am-9:55am and 10:05am-10:55am.

Cardio Conditioning

Moderate to high intensity, moderate impact (variation will be given to accommodate all skill level)

Designed for those 60 plus that are looking for an enjoyable and motivating workout.

The emphasis is on improving endurance, strength and mobility.

Tue/Thu	10:35am-11:25am
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Foundations

Low intensity, no impact (Beginner). This is a class designed for those wishing to focus on range of motion exercises. This class is suitable for those suffering from arthritis and other joint and muscle injuries or weaknesses. While participating in a light cardio workout, movements will also focus on posture, increasing flexibility, range of motion and balance.

Mon/Wed	10:35am-11:25am
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Foundations Plus

Moderate intensity, low impact (Beginner to Advanced)

This class builds on the cardio in our Foundations class with the same emphasis on posture, increasing flexibility, range of motion and balance. Variations can be given to provide a no impact class but typically this is a low impact.

Fri	10:35am-11:25am
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Cardio Blast

High intensity, moderate to high impact (some experience recommended). This intense shallow water workout is composed of a solid 40 minute cardio session. Class composition can vary from a boot camp style to interval training to a traditional waterfit class with moderately challenging choreography. This is our most challenging waterfit class. Extra time should be reserved for self stretching after the class.

Tue/Thur 7:05pm-7:55pm

Pool Schedule

Please find our pool schedule online - in real time - at esquimalt.ca/schedules or, pick up a schedule handout at the Rec Centre Reception.

Aquatic Child & Youth Programs

Minipolo - Water Polo 7-10yrs

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.

Sat	4:00pm-5:00pm	Jan 11-Mar 07	\$80.00/8	20786
No classes: Feb 15				
Sat	4:00pm-5:00pm	Apr 18-Jun 20	\$90.00/9	20787
No classes: May 16				

Water Polo - Junior Development (8-13 yrs)

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: Water Polo				
Sat	4:00pm-5:00pm	Jan 11-Mar 07	\$80.00/8	20789
No classes: Feb 15				
Sat	4:00pm-5:00pm	Apr 18-Jun 20	\$90.00/9	20790
No classes: May 16				

Join us!

New Year's Day
FREE Swim

January 1st • 1:00pm-3:00pm

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

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.

NOTE: 1) 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. 2) If your child will be participating in the PCS fun meets please pay the Swim BC fee at registration.

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.

Sun	4:00pm-4:30pm	Jan 12-Mar 08	\$64.00/8	20791
No classes: Feb 16				
Mon	4:00pm-4:30pm	Jan 13-Mar 09	\$64.00/8	20792
No classes: Feb 17				
Wed	4:00pm-4:30pm	Jan 15-Mar 11	\$72.00/9	20793
Sun	4:00pm-4:30pm	Apr 19-Jun 14	\$64.00/8	20818
No classes: May 17				
Mon	4:00pm-4:30pm	Apr 20-Jun 15	\$64.00/8	20819
No classes: May 18				
Wed	4:00pm-4:30pm	Apr 22-Jun 17	\$72.00/9	20821

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.

Sun	4:30pm-5:00pm	Jan 12-Mar 08	\$64.00/8	20794
No classes: Feb 16				
Mon	4:30pm-5:00pm	Jan 13-Mar 09	\$64.00/8	20799
No classes: Feb 17				
Wed	4:30pm-5:00pm	Jan 15-Mar 11	\$72.00/9	20800
Sun	4:30pm-5:00pm	Apr 19-Jun 14	\$64.00/8	20822
No classes: May 17				
Mon	4:30pm-5:00pm	Apr 20-Jun 15	\$64.00/8	20823
No classes: May 18				
Wed	4:30pm-5:00pm	Apr 22-Jun 17	\$72.00/9	20824

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.

Sun	4:00pm-4:45pm	Jan 12-Mar 08	\$72.00/8	20801
No classes: Feb 16				
Mon	4:00pm-4:45pm	Jan 13-Mar 09	\$72.00/8	20803
No classes: Feb 17				
Wed	4:00pm-4:45pm	Jan 15-Mar 11	\$81.00/9	20804
Sun	4:00pm-4:45pm	Apr 19-Jun 14	\$72.00/8	20825
No classes: May 17				
Mon	4:00pm-4:45pm	Apr 20-Jun 15	\$72.00/8	20826
No classes: May 18				
Wed	4:00pm-4:45pm	Apr 22-Jun 17	\$81.00/9	20827

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.

Sun	4:45pm-5:30pm	Jan 12-Mar 08	\$72.00/8	20805
No classes: Feb 16				
Mon	4:45pm-5:30pm	Jan 13-Mar 09	\$72.00/8	20806
No classes: Feb 17				
Wed	4:45pm-5:30pm	Jan 15-Mar 11	\$81.00/9	20807
Sun	4:45pm-5:30pm	Apr 19-Jun 14	\$72.00/8	20828
No classes: May 17				
Mon	4:45pm-5:30pm	Apr 20-Jun 15	\$72.00/8	20829
No classes: May 18				
Wed	4:45pm-5:30pm	Apr 22-Jun 17	\$81.00/9	20830

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.

Sun	5:00pm-6:00pm	Jan 12-Mar 08	\$80.00/8	20810
No classes: Feb 16				
Mon	5:00pm-6:00pm	Jan 13-Mar 09	\$80.00/8	20813
No classes: Feb 17				
Wed	5:00pm-6:00pm	Jan 15-Mar 11	\$90.00/9	20814
Sun	5:00pm-6:00pm	Apr 19-Jun 14	\$80.00/8	20836
No classes: May 17				
Mon	5:00pm-6:00pm	Apr 20-Jun 15	\$80.00/8	20839
No classes: May 18				
Wed	5:00pm-6:00pm	Apr 22-Jun 17	\$90.00/9	20840

Swim Lessons

Swim lesson information available in real-time online! View availability and register. Winter registration, lessons running January to March, opens December 11. Spring registration, lessons running April to June, opens March 1.

Keep an eye out for our spring break splash pack lessons! Scheduled private lessons over spring break at a discounted rate! Registration for spring break splash pack lessons opens February 1.

Arena Drop-in

Location: Archie Browning Sports Centre, 1151 Esquimalt Road

Everyone Welcome Skate

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

Sat	2:30pm-4:00pm	Jan 04-Mar 28
Sun	1:00pm-2:00pm	Jan 05-Mar 22
Tue	11:30am-12:50pm	Jan 07-Mar 10
Wed	10:00am-11:20am	Jan 08-Mar 11
Thu	3:00pm-4:45pm	Jan 09-Mar 12
Thu	3:00pm-4:45pm	Jan 09-Jan 09

Cougars Pond Hockey

Join the Cougars on the ice for this fun Drop-in Pond Hockey Session. Helmets, gloves and shin pads mandatory! Children 12yrs and 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

Sun	2:00pm-3:00pm	Jan 05-Mar 22
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Adult Skate

Enjoy the ice for Adults Only at a discounted admission, just \$3! Public skating for those aged 16yrs+. All levels welcome. Bring your own skates or rent a pair.

Mon	11:30am-12:50pm	Jan 06-Mar 23
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Drop-in Hockey (16yrs+)

Helmet, gloves & shin pads mandatory, full gear recommended,

Goalies play for free!

Wed/Thu/Fri	11:30am-12:50pm	Jan 08-Mar 27
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Sticks & Stones Curling

No experience necessary! Our fabulous instructor will be there to give you pointers and assist you in your game. No equipment? No problem. We have sliders and brooms for a low cost rental. Program is open to persons of all ages 8yrs+. Children 16yrs and younger must be accompanied by an adult. Admission included with your Esquimalt Recreation or Regional Pass, or enjoy the flexibility of drop-in admission.

Sun	1:00pm-3:00pm	Jan 12-Mar 22*
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*check online schedules as program varies due to curling bonspiels.

Special Skates

FREE! New Year's Day Skate

Bring family & friends for a free family skate on New Year's Day. What a better what to kick off the new year than with some quality family time and active living! If you have your own skates and helmets, please bring them. Limited equipment available at no charge as we kick off the new year just right!

Wed	Jan 01	1:00pm-2:50pm
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Pro D Day Skates

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

Fri	1:00pm-2:50pm	Feb 14
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FREE! Family Day Celebration Skate

Bring the whole family and enjoy some time together in this Free Family Day Skate! Free admission, skate rentals available \$3.25/pair. Participants are encouraged to bring their own helmets; limited helmets available.

Location: Archie Browning Sports Centre

Mon	1:00pm-2:50pm	Feb 17
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Spring Break Holiday Skates

Spring is in the air, and the next big school break is here. Rain or shine, warm weather or cold, be sure to include skating as a part of the best spring break ever! Join us for indoor family fun, or children aged 10yrs+ can drop-in on their own. Regular admission rates apply. Skate rental are available , \$3.25/pair.

Mon-Fri	1:00pm-2:50pm	Mar 16-Mar 27
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Skating Lessons
Ice Hockey
Curling

Register now for programs starting in January!

View availability & register online: esquimalt.ca/recreation

Have more questions? Call us at 250.412.8500.

Esquimalt Curling Club

Board

President

Samantha Sherman, 250-661-4925 • slcamero@gmail.com

Vice President

Rachelle Perry, 250-920-0921 • ratchpy@shaw.ca

Secretary

Karen Hoban, 250-478-5303 • karenmhoban@gmail.com

Treasurer

Mike Toller, 250-433-1020 • miketoller@shaw.ca

League Contacts	Contact	Day	Time
Afternoon Ladies League	Wendy Fathers 250-384-5261 • wffathers@gmail.com	Mon	12:30-2:30pm
Logistic League	Will Staler 250-385-1655 • William.Staler@forces.gc.ca	Wed	3:30-5:30pm
Golden Girls	Lu Neilson 250-381-3887 • lu.neilson@icloud.com	Tue	12:30-2:30pm
Evening Ladies League	Judy Young 778-678-1261 • mjyoung@telus.net	Tue	6:45-8:45pm
Men's League	Jim Williams 250-361-1247 • jdwilliams@mail.com	Mon/Wed	6:30-10:45pm
Rebel's Mixed League	Cheryl Eason 250-580-7770 • cheason@shaw.ca	Fri	7:00-9:00pm
Senior's Mixed League	Yvonne Leach 250-388-4410 • bobyvonneleach@gmail.com	Thu	9:50am-12:00pm
Senior's Select League	Dave Davies 250-477-7429 • davlei@shaw.ca	Mon/Wed	9:30-11:30am
Senior's Men's League	Al Teasdale 250-419-3149 • al.teasdale@outlook.com	Tue/Fri	9:30-11:30am
Sportsmen's League	Ken O'Connor 250-382-0143 • ken.oconnor@shaw.ca	Sat	9:30-11:30am
Sunday Funday Mixed League	Karen Hoban 250-478-5303 • karenmhoban@gmail.com	Sun	4:30-6:30pm
White Ensign Mixed League	Travis Shaw 250-418-5983 • travis.shaw@sobeys.com	Thu	6:30-10:30pm
Youth League	Rachelle Perry 250-920-0921 • ratchpy@shaw.ca	Mon	4:00-6:00pm



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
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Recreation Coordinator
Dan Henderson | 250-412-8507
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Recreation Coordinator
Christina Moog | 250-412-8501
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Programmer - Children's Services, Arena & Sport Programs
Regan Pemberton | 250-412-8506
regan.pemberton@esquimalt.ca

Programmer - Fitness & Wellness
Vicki Klyne | 250-412-8502
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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 Kuemper | 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

Connect with us on Facebook, Twitter & Instagram!
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