



ESQUIMALT FALL PROGRAM & EVENT GUIDE 2017

September-December

REGISTER ONLINE
esquimalt.ca/programs



ESQUIMALT
PARKS + RECREATION



Give the Gift of Recreation



On sale December 1st.

Special offers for the perfect stocking stuffers will be announced on social media as the holidays approach. Be sure to follow us on Facebook, Twitter & Instagram!



esqparksandrec



esquimaltpandr



@esquimaltrec



esquimaltrec



General Information

Inside Cover	Facility Hours
7	Admission Rates
8	Facilities and Parks
46	Esquimalt Emergency Services
10	Calendar
71	Staff Contacts
72	Community Contacts
73	Municipal Archives

Programs

16	Early Childhood
24	School Aged
31	Youth
35	Adult
45	50+ Drop In
48	Fitness
58	Aquatics
65	Arena



ESQUIMALT
PARKS + RECREATION

Facility Hours & Contact

www.esquimalt.ca/recreation

Esquimalt Recreation Centre

Ph: 250-412-8500

Fax: 250-412-8529

527 Fraser St., V9A 6H6

Hours of Operation:

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

Exceptions:

Dec 24 & 31: 5:30am-4:00pm • Dec 25: 1:30pm-4:00pm • Jan 1: 1:00pm-3:00pm

Archie Browning Sports Centre

Ph: 250-412-8510

Fax: 250-412-8531

1151 Esquimalt Rd., V9A 3N6

Parks & Recreation Administration - located on the second floor of the Archie Browning Sports Centre
8:30AM-4:30PM Mon-Fri. Closed Statutory holidays.

250-412-8500



REGISTER ONLINE! esquimalt.ca/recreation

Welcome!



Welcome to the Fall 2017 edition of our Parks and Recreation Program and Event Guide. Please use the guide as your roadmap to health, fitness and fun this fall.

Registration for Parks and Recreation programs just got a lot more convenient with our new online registration system. Search our catalogue of activities and programs, and sign up from the convenience of your own home.

A wonderful addition to our parks system is the new Adventure Park on Fraser Street and I was very excited to officially open the venue on June 10, 2017. Over the course of the summer it was wonderful to see children and entire families thoroughly enjoying their water-based adventures in the park. As I said at the grand opening, is there anything healthier than the sound of children laughing and playing? A great feature of the park is that it can be converted to an event venue in the off-season, making it a valuable year-round facility.

We had a wonderful summer of events in the Township, with the Memorial Park Music Fest, Esquimalt Arts Festival, Esquimalt Farmers Market and our Canada 150 celebrations, among others. We're not stopping there! This fall the community will be the place to be with RibFest, Cars, Rods and Rides, our 14th Annual Children's Story Festival and, of course, the always popular Halloween Bonfire. Later in the year watch for the very best of the season with our Celebration of Lights and our 4th Annual Christmas Tree Village at both the Sports Centre and the Recreation Centre.

On behalf of Council I encourage you to celebrate the rest of 2017, Canada's 150th, by enjoying our wonderful parks and recreation facilities.

Yours truly,



Mayor Barb Desjardins.



ONLINE REGISTRATION

Online Registration Now Available

Register from the convenience of your own home, any time. Follow the steps below to create your account and register for programs.

- Browse Activities
- Select Program
- Create an account or log in to your existing account
- Select Payment Option and complete your registration.
- Once registration is complete a receipt will be e-mailed to you.
- Registration is only confirmed once payment is processed.

Make the most of your online experience!

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

Payment Methods

Online:

- VISA
- MasterCard
- AMEX

In Person:

- Cash
- Cheque
- VISA
- MasterCard
- AMEX
- Debit Card
- Esquimalt Rec Gift Certificate

Phone or In-Person Registration

Esquimalt Recreation Centre, 527 Fraser Street,
250.412.8500, 5:30am-10:00pm daily

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





Stewards of all ages participated in our Summer Eco Champs program. This fall BRANCH OUT on October 14 and be a part of a community invasive plant species removal and native tree and shrub planting event. Details on page 12.

Parking

Enjoy fresh air & a brief walk as you get ready for your workout or favourite recreation program!

We encourage those without mobility concerns to take advantage of the free parking available at the rear lot of Archie Browning Sports Centre, 1151 Esquimalt Road (also accessed off of Lyall Street), a short 200 metres from the Recreation Centre.

Accessible parking is available at the Esquimalt Recreation Centre, 527 Fraser Street.

Volunteer Opportunities

esquimalt.ca/volunteer

We have a number of different volunteer opportunities for each of our large annual special events - especially throughout the summer. If you are interested in volunteering for any of the following events or you are looking for ongoing volunteer opportunities, please contact us through our Volunteer Victoria page (linked at esquimalt.ca/volunteer):

- Lantern Festival: August 19
- RibFest: September 9 -11
- Branch Out!: October 14
- Celebration of Lights: December 3

Alternatively, please contact:

Holly Courtright, Community Development Programmer
 e: holly.courtright@esquimalt.ca
 Tel: 250.412.8511

PASS & ADMISSION RATES (Tax Included)

	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
Child (6-12yrs)	\$2.75	\$24.75	\$57.75	\$26.00	\$45.75	\$84.75	\$141.00
Preschool	Free with adult admission						
Family	\$11.50	\$103.50	\$241.50	\$117.00	\$227.50	\$420.00	\$700.00
Regional Recreation Pass*							\$492.00
12 Recreation Centres, 1 Pass = Over \$2000 Value							

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.
*Payment plan available. \$25.00 non-refundable administrative fee required upon set up (Regional Pass Only).

For refund and withdrawal policies please see page 55.

ONLY
\$29.16
per month. Annual
Adult Pass.



ESQUIMALT
PARKS + RECREATION

EXPERIENCE the value of an annual pass!

It's All included!

- Admission to all facilities: swimming, skating, wellness centre, drop in sports
- Over 40 Drop-in Fitness and WaterFit classes per week
- Admission to Drop-in Sports programs and Drop-in social activities
- Fitness Assessment & Weight Room Orientation
- Monthly payment plan available for 6 month and 1 year passes

Public Skating Notice: Ice is out for the season until August 21st. Join us for Everyone Welcome Skates August 21st to September 1st, 1:00pm-2:50pm



Park & Facility Bookings in Esquimalt

Esquimalt Parks and Recreation has a number of rooms, parks and sports fields for events and programs.

NEW! Submit your booking request online:
www.esquimalt.ca/bookingrequest

Boundary
N Rail Line

Large Rd E.

Esquimalt Rd.



1 Esquimalt Gorge Park

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

2 Colville Sport Fields**

- Sport Fields
- No Dogs Allowed

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

5 Saxe Point Park

- Dogs On and Off Leash Areas

- Dogs Not Permitted Areas
- Beach/Water Access
- Gardens
- Picnic Area
- Washrooms
- FREE WiFi
- Drinking Fountain
- Viewpoint
- Parking

6 L'Ecole Brodeur*

- Theatre Programs
- Sport Fields
- No Dogs Allowed
- Parking

7 Highrock Park

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

8 Anderson Park

- Skateboard Park
- Community Garden
- FREE WiFi
- No Dogs Allowed

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
- Outdoor Fitness Park
- Parking

10 Bullen Park

- Concession (seasonal)
- Baseball & Sports Fields
- FREE WiFi
- No Dogs Allowed
- Parking

11 Archie Browning Sports Centre

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

12 Lampson Sport Fields

- Concession (seasonal)
- Baseball Fields
- Playground
- Washrooms
- No Dogs Allowed

13 Esquimalt Town Square

- Playground
- Picnic Area
- Parking

14 Memorial Park

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

15 Captain Jacobsen Park

- Playground
- Dogs Off Leash

*Joint Use Agreement with School District

**Department of National Defense

What's New?

- Download the Explore Esquimalt Mobile App from iTunes or Google Play for audio tours of various interest points around Esquimalt



ESQUIMALT
PARKS + RECREATION



EVENTS CALENDAR



August 9 & 23

FREE! Esquimalt's Outdoor Cinema!

Esquimalt Parks and Recreation would like you to join us for another year of outdoor movie watching at Bullen Park. Admission to these events is free and seating is first come, first served so show up early with your blankets and settle in to wait for the sunset start. Once again the Esquimalt Lions will be making the Concession available with proceeds going to support services in our community. Light, fun all-ages entertainment will be provided to keep our audience entertained a minimum of 1 hour before movie start time so check our website for an updated pre-movie entertainment schedule.

Finding Dory

Wed Aug 9 1-hour before Sunset

Star Wars

Wed Aug 23 1-hour before Sunset

Location: Bullen Park

August 19

Esquimalt Lantern Festival

This event never disappoints. Enjoy a magical evening of lights, music and entertainment at the Esquimalt Lantern Festival! Bring your lantern and participate in a lighted walk along the Westbay Walkway to Barnard Park. Enjoy live music, entertainment and food in Captain Jacobson Park. Event parking will be available behind Archie Browning Arena. For safety reasons we kindly request that you leave pets at home for this event.

Sat Aug 19

Location: Captain Jacobson's Park

August 21-Sept 1

Beat the Heat Summer Skates

Need a break from the summer sun? Come cool off with a fun summer skate!

August 21-Sept 1

Mon-Fri

1:00PM-2:50PM

\$3 admission; \$3.25 rentals

Location: Archie Browning Sports Centre

September 8-10

Esquimalt's RibFest

This event has quickly become a tradition for Esquimalt residents and beyond. Join us as we transform Bullen Park into the venue for the best event of the summer - Delicious ribs, music, vendors, artisans, a kids play zone and a car show to boot - what more can a person want from an event? Don't miss out, mark your calendars early.

Fri-Sun Sep 8-10

Location: Bullen Park

www.esquimaltribfest.com for schedule.

September 9

FREE! 7th Annual Cars, Rods and Rides: A Fundraising Event for Celebration of Lights

For the 7th year in a row the Celebration of Lights Committee will be pulling together some of the coolest cars, hot rods and motorcycles around to raise funds for the annual Christmas light up and parade. This community focused event supports donations to the Q's TLC fund for kids as well as having a lot of prizes available to be won. Go to www.celebrationoflights.ca for the most up to date information.

Sat Sep 9

10:00am - 2:00pm

Location: Archie Browning Sports Centre Parking Lot

September 30

Esquimalt Children’s Story Festival

Help us celebrate the 14th year of Esquimalt’s Story Festival with another awesome line-up of great story tellers. This year we are striving to include even more storytelling mediums such as songs, poetry, puppets, drama and even a brand new story walk to our event. Lunch, complete with entertainment, will be provided by donation for all children from 12:15pm – 1pm with all proceeds feeding back into programs that benefit literacy in Esquimalt. Developing literacy allows children to use their imagination, dream big dreams and express themselves better. Storytelling provides a platform for growth and development and we hope your family will join us in celebrating it.

Sat Sep 30 10:00AM-1:00PM
Location: Memorial Park

September 30

FREE! Ice Season Kick Off

Join us for this fun Free skate; win some awesome prizes and learn about our seasons offerings. This free skate is sponsored by Coast Capital Savings.

Sat Sept 30 2:30-4:00pm FREE
Location: Archie Browning Sports Centre

October 2

Senior’s Appreciation Day Tea

In recognition of National Senior’s Appreciation Day, join us for complimentary coffee, tea and light snacks while enjoying some locally sourced entertainment. This is a drop in event so feel free to stop by and visit with your friends and neighbours for as little or as long as you’d like. This event is reserved for our guests who are 50 yrs+ and pre-registration is not required.

Mon Oct 2 10:30AM-12:00PM FREE
Location: Esquimalt Recreation Centre

Share your event photos with us on social media!



Tag Esquimalt Parks & Recreation with the hashtag #Esquimalt & we might feature your photos in our COMMUNITY PHOTO OF THE WEEK SERIES.

October 6

Tour de Rock Arrival

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

Fri Oct 6 9:00AM-11:00AM
Location: Archie Browning Sports Centre

October 7-9

Thanksgiving Weekend

Altered drop-in schedule for Thanksgiving weekend in effect. Esquimalt Recreation Centre’s operating hours remain unchanged: 5:30am-10:30pm each day. Please view program, pool and ice schedules at www.esquimalt.ca/schedules.

October 14

VOLUNTEER OPPORTUNITY!! Branch Out! Invasive removal & native planting event

Esquimalt welcomes the Green Team to work alongside some of our Parks staff and community volunteers in this urban forest protection event. Join us for this hands-on learning experience. All supplies and light refreshments provided so grab a friend or bring your family to Saxe Point Park and help us protect this beautiful environment.

Sat Oct 14 10:00AM-1:00PM FREE
Location: Saxe Point Park

October 14

FREE! Fire Department Open House

In support of Fire Prevention Week October 8-14, 2016, the public is invited to the 2016 Esquimalt Fire Department Open House.

Learn about fire safety, enjoy interactive activities for children including extinguishing a fire alongside our Fire Department crew members, and a colouring station and a bouncy castle (weather permitting).

The team from the Esquimalt Emergency Program will be on site to answer your questions, too.

Sat Oct 14 11:00AM-2:00PM FREE
Location: Esquimalt Fire Department, 500 Park Place



October 28

Pumpkin Swim

You don't want to miss this one-of-a-kind family event! A Fun Leader will be on duty to play fun and spooky Halloween themed games. At the end of the swim each family may take one pumpkin home to carve for Halloween. Regular admission applies – or, FREE with your Esquimalt Recreation or Regional Recreation Pass.

Sat Oct 28 1:00PM-3:00PM

Drop In - Adult: \$5.75; Drop In - Senior: \$4.25; Pass Holder: FREE

Instructor: Marcia Semenoff

Location: Esquimalt Recreation Centre

November 11

Remembrance Day Service

The Township of Esquimalt Remembrance Day Service take place at the Memorial Park Cenotaph beginning shortly before 11:00am.

Sat Nov 11 10:45AM - 11:30PM

Location: Memorial Park

November 17-18

Creative Knitters & Crafters Sale

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

Fri-Sat Nov 17-18 9:00AM-3:00PM FREE Admission

Location: Esquimalt Recreation Centre

November 20 - DEADLINE!!

NEW! Holiday Light-up Map submission – last day

Are your holiday decorations the talk of your neighbourhood? Do your neighbours tell you every year how awesome your place looks? Well this year we want to help you get the word out to the rest of Esquimalt. Submit your address if you want us to add your residence to the Holiday Light-up Map that will be available on our website December 1st. There are prizes to be won in a number of categories so if you are a light-up master, now is your time to shine. Submit your address and any additional information you want us to know to our Community Development Programmer at holly.courtright@esquimalt.ca. We can't wait to see how bright you can shine this holiday season.



HALLOWEEN BONFIRE

October 31

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

Tue Oct 31 6:00PM-9:00PM

Location: Archie Browning Sports Centre

December 1-January 4

FREE! Christmas Tree Village

Experience the magic of the holidays at our 4th Annual Christmas Tree Village. The response has been so positive regarding this event that we have extended the dates so the trees will be up 2 weeks longer this year. Local businesses, community groups and non-profit organizations come together to transform the Recreation Centre Atrium and the Archie Browning Sports Centre into Holiday heavens teeming with twinkling lights and decorations for all tastes. Voting for your favorite tree has moved online so check out the signage to learn how to submit your vote online.

Daily Dec 1-Jan 4 Regular Hours of Operation

Location: Esquimalt Recreation Centre & Archie Browning Sports Centre

December 1

FREE! Sing In The Holiday Season

Join us for a community carol singing extravaganza to celebrate the opening of the Christmas Tree Village. Musicians will lead this all ages event in the Atrium of the Recreation Centre surrounded by the newly decorated trees. This event is sure to get you into the holiday spirit. This is also the first day of our holiday food drive so please don't forget to bring along a non-perishable food item or two for our hamper.

Fri Dec 1 6:30PM - 08:00PM FREE

Location: Esquimalt Recreation Centre

December 3

FREE! Celebration of Lights

Put on your Winter woollies and join us for the Celebration of Lights parade, Esquimalt plaza light-up, visit from Santa, entertainment and refreshments. This event is always a huge success for people of all ages. For detailed event, parade route and volunteer opportunity information, go to www.celebrationoflights.ca.

Sun Dec 3 6:00PM-8:00PM

Location: Archie Browning Sports Centre

December 8

Holiday Celebration Lunch

Join us for the annual Holiday Celebration Lunch. Enjoy a traditional turkey dinner without having to lift a finger. This catered event means that all you have to do is sit back and enjoy the delicious food and holiday themed entertainment. Lunch is served at noon and the event should run approximately 1.5 hours. Seats are limited and pre-registration is required. Registration cut off is Dec 6th at 2pm so register early to guarantee a seat.

Fri Dec 8 12:00PM-1:30PM \$19.00/person

Location: Esquimalt Recreation Centre

December 9 & 15

FREE! Photos with Santa

Santa is popping into the Recreation Centre for some photo opportunities this year. Photos are taken free of charge and provided electronically via email. Friendly pets are welcome to accompany their humans in their holiday photos. Registration is not required.

Sat Dec 9 10:00AM-12:00PM

Fri Dec 15 5:00PM – 7:00PM

Location: Esquimalt Recreation Centre

Help us

Deck the Halls

ESQUIMALT CHRISTMAS TREE VILLAGE
SPONSORSHIP PROGRAM

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

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

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

More info & to apply:
esquimalt.ca/treevillage

Share your event photos
with us on social media!



Tag Esquimalt Parks & Recreation with the hashtag #Esquimalt & we might feature your photos in our COMMUNITY PHOTO OF THE WEEK SERIES.



December 15

FREE! Holiday Sit-In Movie

Too cold for a drive-in movie? No problem! This year we are holding our Holiday movie in the Jubilee Hall on a giant screen. Bring your cushions and blankets and get cozy on the floor with your friends to enjoy the holiday classics Rudolph the Red Nosed Reindeer and Frosty the Snowman. A concession will be available for treats starting at 6pm. Come early because space is limited; no registration required.

Fri Dec 15 6:30PM-9:00PM **FREE**

Location: Esquimalt Recreation Centre

December 16

Skate with Santa

Santa is coming to Archie Browning Sports Centre with special guest Elsa! Join us on the ice for games, music and fun. The Lion's Club of Esquimalt will be providing hot dogs and hot chocolate for all the skaters. Admission is just \$2 when you bring in a non-perishable food item!

Sat Dec 16 2:30PM-4:00PM \$2.00; Pass Holders: **FREE**

Location: Archie Browning Sports Centre



December 24

Recreation Centre hours of operation: 5:30am-4:00pm

December 25

Recreation Centre hours of operation: 1:30pm -4:00pm

\$2 admissions

January 1

FREE! New Year's Day Levee

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

To start off the new year right – admissions on New Year's Day will be free. Check our online schedule for exact skate and swim times. The Recreation Centre hours of operation are: 1:30pm-4:00pm

Mon Jan 1 1:30PM-3:00PM

Location: Esquimalt Recreation Centre

January 6-7

Tree Chipping

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

Sat-Sun Jan 6-7 10:00AM-4:00PM

By Donation

Location: Archie Browning Sports Centre



28TH ANNUAL

ISLAND FITNESS CONFERENCE

A world class conference right here at home!

ISLAND FITNESS CONFERENCE

OCTOBER 27-29, 2017

www.IslandFitnessConference.com

at Victoria Conference Centre & PISE (Pacific Institute for Sport Excellence) | Accredited by: BCRPA; CSEP; Canfitpro; NSCA and more!



Trick or treat passes on sale October 1st.

Give something to make the kids say "SWEET!" rather than consuming them. Limited quantities of Trick or Treat cards available for purchase the month of October. Passes are valid for children and youth (6-18yrs) November 1-30, 2017. 5 passes for \$5 or 25 passes for \$20.



Winter Break Pass

On sale December 1st.

Children and youth (6-18yrs) can take advantage of a great deal while school it out over winter break! This specialized pass allows admission to the swimming pool and wellness centre (16+ or 13+ with an orientation). Valid December 22nd 2017-January 7th 2018. No refunds.

A decorative border of white snowflakes on a blue background at the bottom of the section.

Give the Gift of Recreation

A photograph of three red-wrapped gifts of various sizes on a rustic wooden surface, decorated with green pine branches and red Christmas ornaments.

Gift of Recreation on sale December 1st. Special offers for the perfect stocking stuffers will be available starting December 1st. Offers will be announced on social media as the holidays approach.

The logo for Esquimalt Parks + Recreation, featuring a stylized 'e' in blue and green, followed by the text "ESQUIMALT PARKS + RECREATION".

TODDLER & PRESCHOOL



Early Childhood Drop In Programs

Parent & Baby Connections (0-12months)

In partnership with Esquimalt Neighbourhood House. This program offers a time to connect with your baby through songs and rhymes, while connecting with other parents and developing new skills through various early parenting topics. Call 250-385-2635 ext 203 for more info.

Thu Sep 07-Dec 21 01:15PM - 02:45PM FREE 00006582
 Location: Esquimalt Recreation Centre

Everyone Welcome Playgroup (Birth-5yrs)

Join us for drop in play time including games and free play with the Kindergym toys. Parent/Caregivers will receive resources and tips on positive parenting, health and safety and much more. Co-sponsored by the Esquimalt Neighbourhood House. Please call 250-412-8500 to reserve your space after 7:00am on the day of interest. \$3.00/child

Thu Sep 07-Dec 21 10:30am-11:45am

NEW! Reserve Your Space Online & See NEW TIMES for Saturday Morning! Kindergym (Crawling-5yrs)

Join us for an exciting morning of exploring with ride on toys, balls, slides and bouncy castle. Limited availability. Reserve your space online at any time. Phone in (250-412-8500) reservation available after 7:00am on the day of interest. Payment required at time of refunds issued.

Mon/Fri 10:30am-11:45am.

Mon	Sep 11-Dec 18	10:30AM - 11:45AM	\$3.00/1	00006406
Fri	Sep 01-Dec 29	10:30AM - 11:45AM	\$3.00/1	00006409
Sat	Sep 09-Dec 30	09:30AM - 10:30AM	\$3.00/1	00006378
Sat	Sep 09-Dec 30	10:30AM - 11:30AM	\$3.00/1	00006381

Stay & Play Childminding (3mon-6yrs)

Stories, crafts and free play for your child while you drop in to our programs or use our facilities. There are 2 payment options: purchase a pass for \$30 which give you 10-1.5 hour drop in sessions or pay per drop in of \$3.50/1.5 hrs. Limited availability for children under 18 months. For children under 18 months, please reserve online at any time or call 250.412.8500 after 6:00pm the night before your preferred attendance. Payment required at time of reservation. No refunds issued.

Mon-Fri Sep 05-Dec 29 09:00AM - 10:30AM 00006489

Mon-Fri Sep 05-Dec 29 11:45AM - 01:15PM 00006490

Wed Sep 06-Dec 20 05:30PM - 07:30PM 00006491

Use Your Childminding Punch Pass (\$30/10) or Drop In: \$3.50/Drop in

Location: Esquimalt Recreation Centre

Please note:

Drop In Schedules are subject to change. Schedules available in "real time" online at: esquimalt.ca/schedules or pick up a flyer at the Rec Centre.

Creative Arts

NEW! Crafty Kids (3-5yrs)

Do you have a crafty little one? This short little class is for them! We will use a wide variety of materials, from recycled and found objects to pipe-cleaners and googly eyes. Each week will be a new creation inspired by their imaginations.

Tue Sep 26-Oct 31 12:30PM - 01:15PM \$37.50/6 00006579
Location: Esquimalt Recreation Centre



Dance

Instructed by Dance Unlimited.
Classes do not run on Oct 7, Oct 21 & Nov 11

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 Sep 23-Dec 16 10:45AM - 11:15AM \$70.00/10 00005804
Classes do not run: Oct 7, Oct 21, Nov 11
Location: Esquimalt Recreation Centre

Parent & Tot Dancing (18 months - 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 & parents or caregivers.

Sat Sep 23-Dec 16 10:10AM - 10:40AM \$70.00/10 00005803
Classes do not run: Oct 7, Oct 21, Nov 11
Location: Esquimalt Recreation Centre

Tiny Tutus (2-4yrs)

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 Sep 23-Dec 16 09:00AM - 09:30AM \$70.00/10 00005801
Sat Sep 23-Dec 16 09:35AM - 10:05AM \$70.00/10 00005802
Classes do not run: Oct 7, Oct 21, Nov 11
Location: Esquimalt Recreation Centre

Dramatic Arts

Glee Club - Super Junior (4-6yrs)

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

Thu	Sep 21-Oct 26	05:00PM - 05:30PM	\$48.00/6	00006022
Thu	Sep 21-Oct 26	05:30PM - 06:00PM	\$48.00/6	00006027
Thu	Nov 02-Dec 07	05:00PM - 05:30PM	\$48.00/6	00006023
Thu	Nov 02-Dec 07	05:30PM - 06:00PM	\$48.00/6	00006028

Location: Esquimalt Recreation Centre

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

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

Wed	Sep 20-Oct 25	10:30AM - 11:00AM	\$54.00/6	00005950
Wed	Nov 01-Dec 06	10:30AM - 11:00AM	\$54.00/6	00005951

Instructor: Nikko Snow
Location: Esquimalt Recreation Centre

Creative Dance - Preschool (3-5 yrs)

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

Wed	Sep 20-Oct 25	11:00AM - 11:30AM	\$54.00/6	00005948
Wed	Nov 01-Dec 06	11:00AM - 11:30AM	\$54.00/6	00005949

Instructor: Nikko Snow
Location: Esquimalt Recreation Centre



Language

American Sign Language (ASL) for Babies, Parents/Caregivers & Expectant Parents

Sign Language is a helpful tool that parents & caregivers can use to communicate with babies & young children. Join Nicole for this interactive class & learn ASL in a group setting while meeting other parents and caregivers.

Wed	Sep 20-Oct 25	09:45AM - 10:15AM	\$45.00/6	00006563
Wed	Nov 01-Dec 06	09:45AM - 10:15AM	\$45.00/6	00006564

Instructor: Nicole Sellars

Location: Esquimalt Recreation Centre

Music

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 from the instructor (with a \$50 deposit). An additional \$35 supplies fee is charged to all students at registration time to cover the cost of the \$20 course music book fee and the \$15 rubber bands device. Returning students that already have the manual and rubber bands device may use Promo Code RETURNINGPRESCHOOL to waive the materials fee during Online Registration.

Tue	Sep 19-Oct 24	04:15PM - 04:45PM	\$48.00/6	00005800
Tue	Nov 07-Dec 12	04:15PM - 04:45PM	\$48.00/6	00005831

Instructor: Alberto Ubach

Location: Esquimalt Recreation Centre

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!!

First child registration fee (\$168) includes curriculum materials (2 CD's, songbook, resource guide & DVD for new families). Sibling registration \$111. Siblings up to 9 months at first class may attend session free of charge. When registering siblings online apply the Promo Code MTSIBLING to save the materials fee on the second child. More Info: www.musictogethervictoria.com

Bongos Song Collection

Tue	Sep 26-Nov 28	09:30AM - 10:15AM	\$168.00/10	00006134
Tue	Sep 26-Nov 28	10:30AM - 11:15AM	\$168.00/10	00006148
Fri	Sep 29-Dec 01	09:30AM - 10:15AM	\$168.00/10	00006149
Fri	Sep 29-Dec 01	10:30AM - 11:15AM	\$168.00/10	00006150

Instructor: Music Together

Location: Esquimalt Recreation Centre

Birthday Party Package!

KINDERGYM/SPORTS PARTY

Bring your youngster to celebrate with us. Our combination Kindergym/Sports parties allow the children to participate in the activities that interest them most. Our parties include: gym rental for 2 hours, bouncy castle, a birthday party host to assist throughout, tables, chairs, dishes and best of all, CLEAN UP!! We can also do specialized activity requests in the Gym with a little bit of notice. The bouncy castle is set up by default for all parties so if you do not want it, please go ahead and register but send your request to Todd. Boothroyd@esquimalt.ca. Please note: Kindergym parties are limited to 20 children maximum.

Sat	Sep 02-Dec 30	11:45AM - 01:45PM	\$195.00/1	00006358
Sat	Sep 02-Dec 30	02:15PM - 04:15PM	\$195.00/1	00006366
Sun	Sep 03-Dec 31	01:30PM - 03:30PM	\$195.00/1	00006370

Location: Esquimalt Recreation Centre





Sports & Physical Literacy

Jumping Jellybeans

Physical Literacy is the mastering of fundamental movement skills and fundamental sport skills that permit a child to read their environment and make appropriate decisions, allowing them to move confidently and with control in a wide range of physical activity situations. It supports long-term participation and performance to the best of one’s ability. Jumping Jellybeans fosters physical literacy with colourful games and energetic instruction!

2.5-3yrs

Thu	Sep 28-Nov 02	12:30PM - 01:15PM	\$36.00/6	00006551
Thu	Nov 09-Dec 14	12:30PM - 01:15PM	\$36.00/6	00006553

3-4yrs

Thu	Sep 28-Nov 02	01:30PM - 02:15PM	\$36.00/6	
Thu	Nov 09-Dec 14	01:30PM - 02:15PM	\$36.00/6	00006554

Location: Esquimalt Recreation Centre

Instructor: Irina M.

Little Kickers MIJO Taekwondo (3-5yrs)

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

Sat	Sep 16-Oct 28	11:00AM - 11:30AM	\$36.00/6	00006543
Sat	Nov 04-Dec 16	11:00AM - 11:30AM	\$42.00/7	00006544

Location: Esquimalt Recreation Centre

Mindful Munchkins

A class for children ages 3-6yrs and their caregivers that combines movement and stories while introducing children to meditation and mindfulness practices. Each class wraps up with a hands on creative project.

Thu	Nov 02-Dec 14	10:45AM - 11:30AM	00006301
-----	---------------	-------------------	----------

Session Registration: \$70.00/7 or Drop In: \$11.00

Thu	Sep 21-Oct 26	10:45AM - 11:30AM	00006300
-----	---------------	-------------------	----------

Session Registration: \$60.00/6 or Drop In: \$11.00

Instructor: Angie Bull

Location: Esquimalt Recreation Centre

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.

Soccer 3-4 yrs

Sun	Sep 17-Oct 29	10:15AM - 10:45AM	\$37.50/6	00006569
Sun	Nov 05-Dec 17	10:15AM - 10:45AM	\$37.50/6	00006570

Soccer 4-5 yrs

Sun	Sep 17-Oct 29	10:50AM - 11:20AM	\$37.50/6	00006571
Sun	Nov 05-Dec 17	10:50AM - 11:20AM	\$37.50/6	00006572

Instructor: Alex Cowan

Location: Esquimalt Recreation Centre



Trick or treat passes on sale October 1st.

Give something to make the kids say “SWEET!” rather than consuming them. Limited quantities of Trick or Treat cards available for purchase the month of October. Passes are valid for children and youth (6-18yrs) November 1-30, 2017.

5 passes for \$5 or 25 passes for \$20.





Preschool Program Delivery:

Reggio Emilia approach which encourages exploration and focuses on the importance of community and self expression.



For ALL Preschool Programs:

Children must be toilet trained and 3 years of age by December 31 of the enrolling year in order to register.

Cancellation: We require 30 days written notice when withdrawing from any of the Preschool Programs in order to process a refund for the remainder of the year.



PRESCHOOL

Esquimalt Preschool (3-5yrs)

Allow your child to explore their creativity through an array of exciting activities. Our ECE certified staff embrace the Reggio Emilia approach which encourages exploration and focuses on the importance of community and self expression. Activities and projects are child-lead based on their ideas and interests. The day will include free play, arts & crafts, singing & dancing, story time, outdoor play and more. We strive to create a welcoming fun and safe environment for your little one to grow and develop their cognitive, physical and social skills at their own pace. Fees are calculated at \$18/class for 10 months. Monthly fees will vary. Ongoing registration while space permits.

Mon/Wed Sep 11-June 13 9:00am-12:00pm

Tue/Thu Sep 12-June 14 9:00am-12:00pm

NEW (Expanded) TIME! Kinderstart (4-5yrs)

This program is designed to enhance and develop those skills needed in preparation for Kindergarten. Kinderstart is the next step in developing kindergarten readiness skills in a wide spectrum including social & emotional maturity, language and literacies skills, even setting routines. Children will learn through exploration and play, contributing to the development of their fine and gross motor skills. Daily activities may include arts & crafts, outdoor play, singing, dancing, cooking and more! This program is designed for children entering kindergarten the following year. Children must be 4 years of age by Dec. 31, 2017. Fees are calculated on \$14/class for 10 months. Monthly fees will vary. Ongoing registration while space permits.

Mon/Wed/Fri Sep 11-June 15 12:30pm-3:00pm

NEW TIME! Fantastique Fridays! (4-5yrs)

Extend your week with this terrific Friday class. Your child will be introduced to the French language through songs, stories and rhymes. Our ECE Instructors will chose monthly themes inspired by the interests of the group and may include, cooking, seasons, space, friendships and more. Each class will include free play, art activities and circle time with a focus on fun and beginner French. Fees are calculated at \$15/class for 10 months. Monthly fees will vary. Ongoing registration while space permits.

Fri Sep 15-June 15 9:00am-12:00am

NEW TIME!

Creative Play –Puddle Jumpers(3-5yrs)

This program focuses on learning through outdoor and indoor play. We will continue to transition towards a hybrid preschool program this year that will offer extended outdoor play at our Saxe Point Park. This program will continue to provide opportunities for children to share ideas, build new friendships and grow into amazing little people! Daily activities will include exploring, arts & crafts, songs, stories and so much more. Fees are calculated at \$14/class for 10 months. Monthly fees will vary. Ongoing registration while space permits.

Drop Off Location: Saxe Point Park

Pick Up Location: Esquimalt Recreation Centre

Tue/Thu Sept 13-June 15 9:15am-11:45am

VIEW ONLINE:

View availability online! Registration will not be considered complete until completed registration package has been handed in. To schedule monthly payments, please register through the Esquimalt Recreation Centre, 527 Fraser Street.

HAVE YOUR NEXT

Celebration

IN OUR FACILITIES AND PARKS



Esquimalt Parks & Recreation has a variety of locations to accommodate any event:

Meeting Rooms
Birthday Parties

Family Celebrations
Sports Team Rentals & Events

Weddings
Park Rentals

NEW! Submit your booking request online: esquimalt.ca/bookingrequest



VISIT OUR NUTRITIONAL AISLE FOR A BETTER YOU!

ENERGY BARS, SHAKES, PROTEIN POWDERS, VITAMINS, MINERALS & MORE!

COUNTRYGROCER.COM



BIRTHDAY PARTIES



Celebrate With Us!

VIEW AVAILABILITY & BOOK YOUR PARTY ONLINE
esquimalt.ca/registration

Kindergym Parties

- 2 hours in the Gym
- Host for 2 hours: greet birthday child & family, supervise Bouncy Castle, assist with handing out food & cake, clean up all dishes and garbage
- \$195 for up to 20 children (under 9 months are not included in total)
- Available on weekends
- View availability & book online or through the Esquimalt Rec Centre, in person/by phone 250.412.8500

Swim or Skate Parties

- Group discounted admission for parties of 10 or more
- Room Rental
- Rates vary - depending on number and age of children, and preferred room space
- Option to book host to lead games/activities and/or simply accompany children on ice or in pool for additional supervision
- Please submit your booking request at: www.esquimalt.ca/bookingrequest.

Kindergym Set-up Includes: tables and chairs for eating, coloured linen table cloths, IKEA kids plates, cups, and cutlery for children; 1 table for presents, 1 table for food.

Parents are responsible for: All food, juice, and cake. If you are bringing in an ice-cream cake you will need to make prior arrangements. Parents may access the party room 15 minutes prior to the start time to set up any additional decorations and/or food.



SCHOOL AGED

Cooking

Kids Cooking Fun (6-12yrs)

Prepare delicious meals and snacks in a kid-friendly, fun environment. Complete new recipes 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. Please advise if your child has any allergies.

Wed	Sep 20-Oct 25	06:00PM - 07:30PM	\$66.00/6	00005996
Thu	Sep 21-Oct 26	05:15PM - 06:45PM	\$66.00/6	00005997

Instructor: Ariana Maragh

Location: Esquimalt United Church, Rainbow Kitchen

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.

Wed	Nov 01-Nov 15	06:00PM - 07:30PM	\$39.00/3	00005998
Thu	Nov 02-Nov 16	05:15PM - 06:45PM	\$39.00/3	00005999

Instructor: Ariana Maragh

Location: Esquimalt United Church, Rainbow Kitchen

Christmas Baking (7-12yrs)

Get ready for the holiday season with some baking classes. Make cookies, cake and sweets with a Christmas-twist while learning to use measuring and baking tools. Bring along a container in case there are leftovers to bring home. Please advise of any allergies.

Wed	Nov 29-Dec 13	06:00PM - 07:30PM	\$39.00/3	00006000
Thu	Nov 30-Dec 14	05:15PM - 06:45PM	\$39.00/3	00006001

Instructor: Ariana Maragh

Location: Esquimalt United Church, Rainbow Kitchen

Creative Arts

ArtLab Studio

Draw, paint, make & create during ArtLab Open Studio time! No experience needed, just bring your enthusiasm & drop-in when it suits your schedule. All supplies & equipment are provided. This is an encouraging, creative space for you to explore your creativity at your own pace.. Guest artists will be in the studio each week to share their knowledge in illustration, painting, mixed media, photography and/or other creative art themes by request. Punch passes & single drop-in prices are both available. Made possible through funding from the United Way of Greater Victoria.

7-9yrs

Tue	Sep 12-Dec 12	04:00PM - 05:00PM	00006003
-----	---------------	-------------------	----------

10-16yrs

Tue	Sep 12-Dec 12	05:00PM - 06:00PM	00006003
-----	---------------	-------------------	----------

\$5/drop-in & \$25/6 punch pass

Location: Esquimalt Recreation Centre

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 modeling 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.

5-7yrs

Sun	Sep 17-Oct 29	09:30AM - 10:30AM	\$54.00/6	00006006
Sun	Nov 05-Dec 17	09:30AM - 10:30AM	\$54.00/6	00006013

8-12yrs

Sun	Sep 17-Oct 29	10:45AM - 11:45AM	\$54.00/6	00006012
Sun	Nov 05-Dec 17	10:45AM - 11:45AM	\$54.00/6	00006014

Location: Esquimalt Recreation Centre

Drop In StitchLab Studio

Design, stitch, make & create during StitchLab Open Studio time! No experience needed, just bring your enthusiasm & drop-in when it suits your schedule. All supplies & equipment are provided. This is an inspiring, creative space for you to explore sewing and textiles at your own pace. Local sewist Jenny from The Makehouse will be in the studio each week to provide you with tips & feedback. Guest artists will be invited to join in from time to time & share their knowledge in sewing, embroidery, needle felting and/or other creative textile themes by request. Punch passes & single drop-in prices are both available.

7-9yrs

Thu Sep 14-Dec 07 04:00PM - 05:00PM 00006373

10-16yrs

Thu Sep 14-Dec 07 05:00PM - 06:00PM 00006373

Use Your Stitch Lab Punch Pass or Drop-in: \$5.00

Instructor: The Makehouse

Location: Esquimalt Recreation Centre

NEW!

Dance

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 Sep 23-Dec 16 12:30PM - 01:00PM \$70.00/10 00005809

Classes do not run: Oct 7, Oct 21, Nov 11

Instructor: Dance Unlimited

Location: 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 Sep 23-Dec 16 11:55AM - 12:25PM \$70.00/10 00005808

Classes do not run: Oct 7, Oct 21, Nov 11

Instructor: Dance Unlimited

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 Sep 23-Dec 16 11:20AM - 11:50AM \$70.00/10 00005806

Classes do not run: Oct 7, Oct 21, Nov 11

Instructor: Dance Unlimited

Location: Esquimalt Recreation Centre

NEW! Creative Choreo-Dance

Create your own dance masterpieces using your favourite songs that you can perform at the end of our session! Kids will learn dance technique, fundamental movement skills and rhythm while exploring how to piece their skills together to create their own creative dance number with the help of the instructor. Classes do not run on long weekends.

Junior (6-8 yrs)

Mon Sep 18-Oct 30 04:45PM - 05:30PM \$48.00/6 00006015

Mon Nov 06-Dec 18 04:45PM - 05:30PM \$48.00/6 00006016

Senior (9-12 yrs)

Mon Sep 18-Oct 30 03:45PM - 04:30PM \$48.00/6 00006017

Mon Nov 06-Dec 18 03:45PM - 04:30PM \$48.00/6 00006018

Instructor: Madelin Rocheleau

Location: Esquimalt Recreation Centre

Dramatic Arts

Glee Club (6-12yrs)

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

Super Junior (4-6 yrs)

Thu Sep 21-Oct 26 5:00PM-5:30PM \$48/6

Thu Sep 21-Oct 26 5:30-PM6:00PM \$48/6

Thu Nov 2-Dec 7 5:00PM-5:30pm \$48/6

Thu Nov 2-Dec 7 5:30PM-6:00pm \$48/6

Junior (7-9 yrs)

Thu Sep 21-Oct 26 6:10PM-6:50PM \$50/6

Thu Nov 2-Dec 7 6:10PM-6:50PM \$50/6

Senior (10-16 yrs)

Thu Sep 21-Oct 26 7:00PM-8:00PM \$54/6

Thu Nov 2-Dec 7 7:00PM-8:00PM \$54/6

Location: Esquimalt Recreation Centre

Improv (9-14yrs)

Learn the basics as you 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. This fun and engaging intro level class promotes participation and explores creativity in a safe and accepting environment. We've added new intermediate classes this session so that you can build on the basics and try exciting new challenges.

Intro to Improv

Tue Sep 19-Oct 24 05:30PM - 06:30PM \$60.00/6 00005590

Tue Nov 07-Dec 12 05:30PM - 06:30PM \$60.00/6 00005592

Intermediate

Tue Sep 19-Oct 24 06:30PM - 07:30PM \$60.00/6 00005593

Tue Nov 07-Dec 12 06:30PM - 07:30PM \$60.00/6 00005595

Instructor: Julia French

Location: L'école Brodeur School, Theatre

Language

American Sign Language (ALS) for Kids (7-12yrs)

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

Mon	Sep 18-Oct 30	05:00PM - 05:45PM	\$45.00/6	00006123
-----	---------------	-------------------	-----------	----------

Mon	Nov 06-Dec 18	05:00PM - 05:45PM	\$45.00/6	00006124
-----	---------------	-------------------	-----------	----------

Instructor: Nicole Sellars

Location: Esquimalt Recreation Centre

Leadership & Education

Home Alone (9yrs+)

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.

Sun	Oct 15-Oct 15	01:00PM - 04:00PM	\$30.00/1	00006535
-----	---------------	-------------------	-----------	----------

Sun	Nov 26-Nov 26	01:00PM - 04:00PM	\$30.00/1	00006537
-----	---------------	-------------------	-----------	----------

Location: Esquimalt Recreation Centre

Fight Back for Kids (8-10yrs)

KIDS "Keeping our children Informed, Defensible and Safer". We enlighten, not frighten. Topics include: A child's 6 special powers, street safety rules, home alone rules, lost/in trouble rules, safe places. "my body" rules, good/bad touching and realistic physical and verbal strategies.

Sun	Oct 22	02:00PM - 03:00PM	\$25.00/1	00006313
-----	--------	-------------------	-----------	----------

Fri	Nov 24	06:00PM - 07:00PM	\$25.00/1	00006312
-----	--------	-------------------	-----------	----------

Location: Esquimalt Recreation Centre

Fight Back for Kids (5-7yrs)

This 60 minute hands on program provides children with a fun way to learn self-protection. This class will teach your child the basic skills to keep them safe. The goal of this program is not to turn children into playground brutes or bullies but instead give them the knowledge and skills to help protect themselves in real life situations. The physical skills are designed to be simple, realistic, usable, retainable and most of all...fun!

Sun	Oct 22	01:00PM - 02:00PM	\$25.00/1	00006311
-----	--------	-------------------	-----------	----------

Location: Esquimalt Recreation Centre

Safe KIDS for Kids (5-10yrs)

KIDS: "Keeping our children Informed, Defensible and Safer". We enlighten, not frighten. Topics include: A child's 6 special powers, street safety rules, home alone rules, lost/in trouble rules, safe places. "my body" rules, good/bad touching and realistic physical and verbal strategies.

Sat	Sep 30	01:00PM - 02:00PM	\$25.00/1	00006310
-----	--------	-------------------	-----------	----------

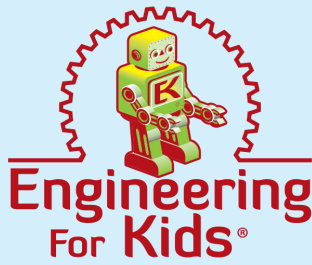
Location: Esquimalt Recreation Centre

islandreturnit.com



More than a Bottle Depot

ESQUIMALT - 935 Ellery
Open 7 Days



NEW! Minecraft-Traveling into the Future

Start with the basics and progress into a series of challenges facing the future of humanity; from rising sea levels and droughts to exploration of new worlds beyond Earth. Every class will bring a new scenario, challenges and acquisitions of new skills.

Sat Sep 16-Oct 28 01:15PM - 02:45PM \$130.00/6 00006539
Location: Esquimalt Recreation Centre

NEW! Jr. Aerospace

Kites, Rockets and more! Aerospace Engineers make so many things that fly! In this program, we will explore a variety of flying objects; what keeps them aloft, buoyant and different kinds of propulsion.

Thu Sep 21-Oct 26 03:30PM - 04:30PM \$120.00/6 00006541
Location: Esquimalt Recreation Centre

NEW! Jr. Mechanical Engineering- Let's Make Toys

We'll introduce our youngest engineers to fundamental concepts of energy, materials and movement through the exploration and construction of 6 different toys. Including spinners, magical boomerang cans, wind-up whirligigs and more! Requirements: must like playing with toys!

Thu Nov 02-Dec 07 03:30PM - 04:30PM \$120.00/6 00006542
Location: Esquimalt Recreation Centre

NEW! Engineering Club

Can you design an aerodynamic straw rocket than can hit a target 20 ft away? Build a bridge strong enough to hold heavy objects, or a boat that stays afloat? Put your creative thinking caps on and get ready for some FUN with these engineering challenges!

Sat Nov 04-Dec 09 01:15PM - 02:45PM \$130.00/6 00006540
Location: Esquimalt Recreation Centre

NEW! Santa's Engineering Workshop

Spend the afternoon designing and creating gifts that you can give to your family and friends from spinning tops to light up cards. We'll also build and decorate amazing "ice" sculptures! All materials provided.

Sat Dec 16 01:00PM - 04:00PM \$35.00/1 00006566
Location: Esquimalt Recreation Centre

GREATER VICTORIA
**REGIONAL
RECREATION
PASS**

Greater Victoria **ACTIVE
COMMUNITIES**
fitinfitness.ca

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

INCLUDING TAX
\$41
PER MONTH

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

Martial Arts

Karate & Kobujutsu

We instill self-confidence and a positive outlook on life while building fitness by training in empty hand skills and the use of a wooden staff. Our safe, healthy and effective martial arts training is for everyone aged 9 and up. Instruction is delivered by Dr. Paul Zehr, a professor at UVic (www.zehr.ca) with over 25 years of martial arts teaching experience.

Register for the Season & SAVE!

Wed	Sep 13-Dec 20	06:30PM - 08:30PM	\$180.00/15	00006222
-----	---------------	-------------------	-------------	----------

Monthly Registration

Wed	Sep 13-Sep 27	06:30PM - 08:30PM	\$50.00/3	00006218
Wed	Oct 04-Oct 25	06:30PM - 08:30PM	\$50.00/4	00006219
Wed	Nov 01-Nov 29	06:30PM - 08:30PM	\$50.00/5	00006220
Wed	Dec 06-Dec 20	06:30PM - 08:30PM	\$50.00/3	00006221

Location: L'ecole Brodeur School

MIJO Taekwondo for Beginners (5-12yrs)

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

Sat	Sep 16-Oct 28	11:00AM - 12:00PM	\$60.00/6	0000633
Sat	Nov 04-Dec 16	11:00AM - 12:00PM	\$60.00/6	00006343

Location: L'ecole Brodeur School

MIJO Taekwondo (6yrs+)

Fun, educational and challenging Taekwondo classes. Taught by 4th Dan Master Jonathan Carpenter, students will learn a balance of traditional and sport Taekwondo skills and the life skills of confidence, courtesy and perseverance in an encouraging environment. MIJO Taekwondo is a fully sanctioned WTF Taekwondo school and member of the Woo Kim Taekwondo Association.

Tuesdays

Tue	Sep 12-Oct 24	05:30PM - 06:30PM	\$70.00/7	00006215
Tue	Nov 07-Dec 19	05:30PM - 06:30PM	\$70.00/7	00006216

Location: l'Ecole Victor Brodeur

Saturdays

Sat	Sep 16-Oct 28	12:00PM - 02:00PM	\$60.00/6	00006212
Sat	Nov 04-Dec 16	12:00PM - 02:00PM	\$60.00/6	00006213

Instructor: MIJO Tae Kwon Do

Location: Esquimalt Recreation Centre

Music

Guitar (7-14 yrs)

Instructor Alberto will share his passion & knowledge for guitar in a supportive group class environment designed especially for kids. Learn simple strumming & picking techniques, progress to basic chords and sight reading, then learn simple songs that are fun to play. Engaging in music at a young age will help you develop a keen sense of pitch & rhythm, gain hand strength & motor skills and cultivate an early connection to the exciting world of musical arts. Students in this level, should already have the course manual, if not, an additional \$15 course manual fee is payable to the instructor at the first class.

Beginner

Tue	Sep 19-Oct 24	05:00PM - 05:50PM	\$60.00/6	00005696
Tue	Nov 07-Dec 12	05:00PM - 05:50PM	\$60.00/6	00005698

Continuing

Tue	Sep 19-Oct 24	06:00PM - 06:50PM	\$60.00/6	00005722
Tue	Nov 07-Dec 12	06:00PM - 06:50PM	\$60.00/6	00005723

Instructor: Alberto Ubach

Location: Esquimalt Recreation Centre



Trick or treat passes on sale October 1st.

Give something to make the kids say "SWEET!" rather than consuming them. Limited quantities of Trick or Treat cards available for purchase the month of October. Passes are valid for children and youth (6-18yrs) November 1-30, 2017.

5 passes for \$5 or 25 passes for \$20.

Sports & Physical Literacy

Gym Class (6-9yrs)

Perfect for active kids with energy to burn, without the pressure of competitive of sports. This is an active games based program, that will work on balance, coordination and physical movement. It will be a fun and high paced program, giving your kids the benefits of living a healthy active life without them even realizing it!

Tue	Sep 26-Oct 24	04:30PM - 05:15PM	\$30.00/5	00006349
Tue	Nov 07-Dec 12	04:30PM - 05:15PM	\$36.00/6	00006352

Location: Esquimalt Recreation Centre



KATS Tennis

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

5-8yrs

Sat	Sep 16-Oct 28	05:00PM - 06:00PM	FREE/5	00006354
Sat	Nov 04-Dec 16	05:00PM - 06:00PM	FREE/6	00006361

9-12yrs

Sat	Sep 16-Oct 28	06:00PM - 07:00PM	FREE/5	00006360
Sat	Nov 04-Dec 16	06:00PM - 07:00PM	FREE/6	00006362

Location: Esquimalt Recreation Centre

Soccer

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

6-9 yrs

Wed	Sep 27-Nov 01	04:15PM - 05:00PM	\$42.00/6	00006365
Wed	Nov 08-Dec 13	04:15PM - 05:00PM	\$42.00/6	00006367

10-12yrs

Wed	Sep 27-Nov 01	05:15PM - 06:00PM	\$42.00/6	00006368
Wed	Nov 08-Dec 13	05:15PM - 06:00PM	\$42.00/6	00006369

Location: Esquimalt Recreation Centre



Before & After School Care Macaulay Elementary

Esquimalt Out of School Care Program

Application forms available at Esquimalt Recreation Centre or www.esquimalt.ca/recreation

Before School Care

Macaulay Elementary Only

Staff will provide a safe and calm space for your child to start their day. Children are welcome to bring their own breakfast if they choose. Children have the opportunity to participate in crafts, gym games, board games, and creative play. Each group will walk to school, rain or shine, for the start of the school day.

6:30am-8:50am

Fees are calculated on \$6.50/day, monthly fees will vary.

Taking Waitlist for Before & After Care!!

After School Care

Macaulay Elementary Only

Staff will greet the children at Macaulay School at the conclusion of the school day for check-in and playground time. Each group will walk, rain or shine, back to the Esquimalt Recreation Centre for the afternoon's activities. Children will participate in a variety of activities including gym games, crafts, swimming, theme days and much more. A healthy afternoon snack is provided each day.

2:46pm-6:00pm

Fees are calculated on \$13.50/day, monthly fees will vary.

OSC Pro-D Days

VIEW AVAILABILITY & BOOK ONLINE!

Spend your Pro-D Day with Esquimalt OSC! Each day will be a different theme which includes games, crafts, swimming, Bouncy Castle and park play. Best efforts will be made to accommodate any waitlist but early registration is strongly encouraged.

6:30am-6:00pm

\$38.00/day

Please note:

Children with Special Needs: If your child requires extra support or qualifies for funding through Supported Child Development please call the OSC Supervisor at 250-412-8512 prior to registering. Space is limited to 2 supported staff per group/camp.

Child Care Subsidy: We accept families receiving Child Care Subsidy. Please contact registration@esquimalt.ca for more information.

OSC days of operation follow the School Calendar Year.

All Out of School Care Programs are licensed by the Island Health Authority for School Aged Care. The Before and After School Care program is for Children grades K-5 attending Macaulay Elementary School. Everyone 5-12 years are welcome to attend Pro-D Days, Winter & Spring Break and Summer Camps. The OSC program is closed on all Statutory Holidays.

Early Dismissal Days

Register now for child care on the early dismissal days that occur through out the school year. These extra days must be registered for in advance and are not included in your regular monthly OSC. Care is provided from 12:00pm-6:00pm.

Wed	Oct 25	12:00PM-06:00PM	00005914	\$25.00
Thu	Oct 26	12:00PM-06:00PM	00005916	\$25.00
Tue	Feb 28	12:00PM-06:00PM	00005916	\$25.00



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

FREE! Tues/Thur Middle School Drop In

Drop In after school and let off some steam, play pool, foose ball, ping pong or enjoy a little gaming! Need help with school work or a project, our staff are always available to help out at home work club. When weather permits we'll head out for games like Capture the Flag or "Camo"! Just need some down time to socialize, we can do that too!

Tue/Thu 3:00pm-5:00pm

*Runs during regular school days

FREE! Wednesday Rock Heights Drop In- 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 or even Chess. They are chosen each week by the teens, who will have the opportunities to lead and initiate activities. A simple snack will be provided in which students will be able to collaborate and assist in its making.

Wed 3:00pm-5:00pm Exclusive to Rockheight Middle School Students

*Runs during regular school days

Location: Rockheights Middle School

FREE! Thur-Sat Teen Nights Drop In (Gr.6-12)

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 the swimming pool. Take our Wellness Centre orientation and use the weight room too.

Thu-Sat 7:00pm-10:00pm

**General Admission
Swimming • Skating • Weight Room**

Youth Admission Rates

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





Aquatic Registered Programs

For information on swim lessons including private swim lessons, please visit www.esquimalt.ca/swim

Youth Fitness

Water Polo Skills

High energy, fun and social, water polo is a great way for kids to stay active in the pool! Designed for kids aged 8-12 years who want to maintain their swimming strokes, learn new water related skills and have fun playing this dynamic game. Water polo is a great way to stay fit, have fun and/or prepare for Bronze Medallion.

Fri Sep 22-Dec 01 06:00PM - 07:00PM \$77.00/11 00005974

Location: Esquimalt Recreation Centre

Advanced Aquatic Courses

Water Safety Instructor

This NEW training program prepares candidates to teach Red Cross swimming lessons.

Part 1

During Part 1 of this training program candidates will have their swimming strokes and skills as well as their first aid skills evaluated; they will complete an independent online learning component; and they will co-teach with Esquimalt Rec staff to complete 4 teaching assignments. Pre-requisites: 15 years of age; level 10 swimming skills or equivalent; and one of: Standard First Aid or Bronze Cross.

Sat Sep 16-Sep 16 11:00AM - 04:00PM \$225.00 00005970

Location: Esquimalt Recreation Centre

Part 2

During Part 2 of this training program candidates will participate in classroom learning with a Red Cross Instructor Trainer. 100% participation is required. Pre-requisites: WSI Part 1; 15 years of age; level 10 swimming skills or equivalent; and one of: Standard First Aid or Bronze Cross.

Sun Nov 19-Dec 10 09:00AM - 04:00PM \$165.00/4 00005971

Location: Esquimalt Recreation Centre

Bronze Medallion

Learn the components of water rescue skills, judgement, knowledge and fitness. Candidates learn independent and partner skills including CPR, aquatic spinal recovery and first aid. 100% Participation required. Pre-requisite: 13 yrs+

Fri/Sat Oct 13-Oct 21 00005967

Fri: 05:00PM - 09:00PM / Sat: 09:00-05:30PM \$140.00/4

Location: Esquimalt Recreation Centre

Bronze Cross

Learn more advanced first aid and lifesaving techniques in preparation for taking NLS including non-breathing spinal injuries and contact aquatic rescues and carries. 100% Participation required. Pre-requisite: 13 yrs+ and Bronze Medallion

Fri/Sat Oct 27-Nov 04 00005968

Fri: 05:00PM - 09:00PM / Sat: 09:00AM - 05:30PM \$140.00/4

Location: Esquimalt Recreation Centre

National Lifeguard Full Course

This is the final stage in becoming a Lifeguard. Included are: scanning, teamwork, hand signals, and basic pool chemistry and filtration. 100% participation is required. Pre-requisites: 16 year+, Bronze Cross (not current), Current SFA/CPR-C

Fri/Sat Nov 17-Dec 09 00005969

Fri: 05:00PM - 09:00PM/Sat: 09:00AM - 05:03PM \$325.00/8

Location: Esquimalt Recreation Centre

VOLUNTEER OPPORTUNITIES FOR YOUTH! Visit esquimalt.ca/volunteer to learn more



Leadership & Education

Fight Back for Teen Girls (Ages 13-17)

This 3 hour hands on seminar is designed to provide teen girls with the tools needed to keep themselves safe in today's world. The goal of this program is to educate participants on street smarts, give them the tools to prevent them from being a victim, and provide them with the physical skills needed to "stun" an attacker thus giving them the chance to get away. The physical skills are designed to be simple, realistic, usable and retainable.

Thu Nov 30 06:00PM - 09:00PM \$50.00/1 00006622
Location: Archie Browning Sports Centre

Toastmasters (8-18yrs)

We are excited to offer Toastmasters for youth at Esquimalt Recreation Centre. In this course you will learn how to overcome nervousness when speaking before an audience. Learn how to organize your thoughts and ideas in a logical manner, listen and evaluate other peers, chairmanship and so much more. Participants will increase their confidence in a fun and supportive environment. \$20 Material Fee payable to the instructor.

Sun Sep 17-Dec 17 10:00AM - 11:30AM FREE 00006575
Location: Esquimalt Recreation Centre

Red Cross Babysitters Course (11-15yrs)

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

Fri Oct 20 09:00AM - 04:30PM \$55.00/1 00006574
Location: Esquimalt Recreation Centre

Fitness, Sports & Wellness

Youth Intro to Wellness Centre

Is your child or youth interested in using the Wellness Centre? If so we have the program for you! This 4 hour course will ensure your youth has the knowledge and skills required to use the Wellness Centre safely and effectively. Upon successful completion they will be allowed to visit the Wellness Centre. Parents are welcome to participate in the first session. Included in registration is a 5-Punch Pass to get them started.

Friday
Fri Sep 15-Sep 22 05:00PM - 07:00PM \$25.00/2 00006387
Fri Oct 20-Oct 27 05:00PM - 07:00PM \$25.00/2 00006388
Fri Nov 17-Nov 24 05:00PM - 07:00PM \$25.00/2 00006389

Instructor: Cheryl Kannon

Sunday
Sun Sep 17-Sep 24 12:00PM - 02:00PM \$25.00/2 00006391
Sun Oct 15-Oct 22 12:00PM - 02:00PM \$25.00/2 00006392
Sun Nov 19-Nov 26 12:00PM - 02:00PM \$25.00/2 00006394

Instructor: Leanne LaPrairie

Location: Esquimalt Recreation Centre

Creative Arts

ArtLab Studio (10-16 yrs)

Draw, paint, make & create during ArtLab Open Studio time! No experience needed, just bring your enthusiasm & drop-in when it suits your schedule. All supplies & equipment are provided. This is an encouraging, creative space for you to explore your creativity at your own pace.. Guest artists will be in the studio each week to share their knowledge in illustration, painting, mixed media, photography and/or other creative art themes by request. Punch passes & single drop-in prices are both available.

Tue Sep 12-Dec 12 05:00PM - 06:00PM 00006004

Use Your ArtLab Punch Pass (\$25.00/6) or Drop In: \$5.00

Instructor: Dixie MacUisdin

Location: Esquimalt Recreation Centre

STITCH LAB STUDIO

Design, stitch, make & create during StitchLab Open Studio time! No experience needed, just bring your enthusiasm & drop-in when it suits your schedule. All supplies & equipment are provided. This is an inspiring, creative space for you to explore sewing and textiles at your own pace. Local sewist Jenny from The Makehouse will be in the studio each week to provide you with tips & feedback. Guest artists will be invited to join in from time to time & share their knowledge in sewing, embroidery, needle felting and/or other creative textile themes by request. Punch passes & single drop-in prices are both available. Made possible through funding from the United Way of Greater Victoria.

10-16yrs

Thu Sep 14-Dec 07 05:00PM - 06:00PM 00006374

\$5/drop-in & \$25/6 punch pass

Instructor: The Makehouse

Location: Esquimalt Recreation Centre

NEW!

Dramatic Arts

Glee Club (10-14yrs)

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

Thu Sep 21-Oct 26 07:00PM - 08:00PM \$54.00/6 00006032

Thu Nov 02-Dec 07 07:00PM - 08:00PM \$54.00/6 00006033

Location: Esquimalt Recreation Centre

Improv (9-14yrs)

Learn the basics as you 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. This fun and engaging intro level class promotes participation and explores creativity in a safe and accepting environment. We've added new intermediate classes this session so that you can build on the basics and try exciting new challenges.

Intro to Improv

Tue Sep 19-Oct 24 05:30PM - 06:30PM \$60.00/6 00005590

Tue Nov 07-Dec 12 05:30PM - 06:30PM \$60.00/6 00005592

Intermediate

Tue Sep 19-Oct 24 06:30PM - 07:30PM \$60.00/6 00005593

Tue Nov 07-Dec 12 06:30PM - 07:30PM \$60.00/6 00005595

Instructor: Julia French

Location: L'école Brodeur School

NEW! Creative Choreo-Dance (9-12 yrs)

Create your own dance masterpieces using your favourite songs that you can perform at the end of our session! Kids will learn dance technique, fundamental movement skills and rhythm while exploring how to piece their skills together to create their own creative dance number with

Mon Sep 18-Oct 30 3:45-4:30pm (no class Oct 9) \$48/6

Mon Nov 6-Dec 18 3:45-4:30pm (no class Nov 13) \$48/6

Instructor: Madelin Rocheleau

Location: Esquimalt Recreation Centre



ADULTS

Aquatics

Adult Swim Lessons - Basic

This adult lesson will focus on developing comfort in the shallow end of the pool. The skills focused on include: front and back floats, front and back glides, side glides and, if ready, minimal progressions into front crawl. Participants may enter deep water with their instructor if they wish.

Mon	Sep 18-Dec 04	07:00PM - 08:00PM	\$70.00/10	00006464
Wed	Sep 20-Dec 06	07:00PM - 08:00PM	\$84.00/12	00006466

Location: Esquimalt Recreation Centre

Adult Swim Lessons - Intermediate

This level is for those individuals who are ready to begin developing basic strokes. Participants should be comfortable floating and gliding on their front and back in addition to having the ability to roll over while maintaining control of their breathing.

Mon	Sep 18-Dec 04	07:00PM - 08:00PM	\$70.00/10	00006463
Wed	Sep 20-Dec 06	07:00PM - 08:00PM	\$84.00/12	00006465

Location: Esquimalt Recreation Centre

Give the Gift of Recreation

Gift of Recreation on sale December 1st. Special offers for the perfect stocking stuffers will be available starting December 1st. Offers will be announced on social media as the holidays approach.







Cooking

NEW! Perogie Making 101

Do you want to dazzle your friends & family at your next dinner party? Bella will provide you with tips and tricks for making delicious perogies that are easy and fun to make during this hands on cooking class. Classes include perogie sampling and insight into Bella's Ukrainian family traditions. You will make potato/cheddar/onion perogies using Bella's family recipe dating back to 1863. Please bring with you to class: a container (in case of leftovers), mixing bowl, apron, rolling pin and a hair net.

Mon	Sep 25	07:00PM - 09:30PM	\$40.00/1	00006151
Mon	Oct 23	07:00PM - 09:30PM	\$40.00/1	00006152
Mon	Nov 27	07:00PM - 09:30PM	\$40.00/1	00006153
Mon	Dec 11	07:00PM - 09:30PM	\$40.00/1	00006154

Instructor: Bella Montgomery

Location: Esquimalt United Church, Rainbow Kitchen

Flavours of Punjab

Prepare traditional Punjabi food, home style, with Manjit Dhaliwal, a native of Northern India. Classes include both demonstrations and hands on cooking, so bring an apron! Please bring a Tupperware container or two to take home any leftovers at the end of class but don't be disappointed if you take them home empty because there will be plenty of sampling!

Menu#1

Class 1: Samosas- meet and vegetarian, in hand-rolled pastry served with tamarind mint chutney; and time permitting, a batch of veggie pakoras,
 Class 2: Butter chicken...from scratch! Served with Basmati rice, raita (yogurt condiment) and a tomato daikon salad.

Fri Sep 22/Sep 29 07:00PM - 09:00PM \$80.00/2 00005935

Menu#2

Class 1: Tandoori chicken with Aloo chaat, or Punjabi style potato salad and a mint onion chutney.
 Class 2: Baked eggplant and Lentil Dahl with roti/plain paratha and coconut chutney.

Fri Oct 20-Oct 27 07:00PM - 09:00PM \$80.00/2 00005937

Menu #3

Class 1: Coconut Curry Chickpeas with deep fried roti (Cholay Puri) with khutta (yogurt and buttermilk condiment) and a quick chopped salad. Time permitting, I will teach you how to make Ghee!
 Class 2: Lamb curry and a vegetarian subzi of potato and cauliflower (Aloo Gobi) with Cumin Rice.

Fri Nov 17-Nov 24 07:00PM - 09:00PM \$80.00/2 00005939

Instructor: Manjit Dhaliwal

Location: Esquimalt United Church, Rainbow Kitchen

Over and Over and Over and
 ver and Over and Over and Ov
 Ov

Is Over.

**LISTEN TO THE 9 to 5
 NO REPEAT WORKDAY**

98.5
Ocean

Victoria's Perfect Music Mix

Creative Arts

NEW! ArtLab Creative Arts Studio

Bring your painting, drawing or mixed media supplies & enjoy creative projects in a casual, friendly, group setting. In this self-directed class students will receive personalized mentoring, technical assistance & mini-demos from Dixie MacUisdin. Some experience is recommended. Supplies are required a list of recommended supplies can be found at: www.esquimalt.ca/artsupplylist. Register for a 6-class session for \$48 or purchase a 10-class punch card for \$90. Single class drop-in is available for \$10.

Mon Sep 18-Oct 30 01:00PM - 03:00PM 00006155
\$48.00/6 or Drop-in: \$12.00

Mon Nov 06-Dec 18 01:00PM - 03:00PM 00006156
\$48.00/6 or Drop-in: \$12.00

Instructor: Dixie MacUisdin

Location: Esquimalt Recreation Centre

Creating a Visual Workbook

Create a personalized piece of art while gaining a deeper understanding of your sources of inspiration. Learn to use collage, printmaking, image transfer, acrylic mediums, paints and/or stencils to build your workbook and to express your artistic voice. Part 2 takes you further into developing an understanding of your creative process. Workbook techniques covered will include page extensions and modifications, paper decoration, stamping & reduction poetry. Artist trading cards, printmaking, image and acrylic skin transfer will all be examined. Classes will be held in a fun and relaxed environment and no experience is needed to participate. An additional \$25 material fee for printmaking supplies, paints & specialty papers is required with each registration and you are encouraged to bring source material from home to include in your workbook.

Part 1

Fri Sep 22-Nov 03 02:00PM - 03:30PM \$66.00/6 00006019

Part 2

Fri Nov 10-Dec 15 02:00PM - 03:30PM \$66.00/6 00006021

Instructor: Tony Bounsall

Location: Esquimalt Recreation Centre

Drawing

Learn drawing techniques and styles using various materials in a supportive environment. Become familiar with the elements and principles of design while you gain an understanding of how to plan, develop, create and conclude a drawing. Bring your own supplies Supply list can be found at: www.esquimalt.ca/artsupplylist.

Fundamentals

Fri Sep 22-Oct 27 06:30PM - 08:00PM \$66.00/6 00005946

Beyond the Basics

Fri Nov 03-Dec 08 06:30PM - 08:00PM \$66.00/6 00005947

Instructor: Jim Genovese

Location: Esquimalt Recreation Centre

NEW! 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 Supply list can be found at: www.esquimalt.ca/artsupplylist.

Wed Nov 01-Dec 06 01:00PM - 03:00PM \$72.00/6 00005945

Instructor: Dixie MacUisdin

Location: Esquimalt Recreation Centre





Creative Arts

Acrylics for Absolute Beginners

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

Wed Sep 20-Oct 25 01:00PM - 03:00PM \$72.00/6 00005944

Instructor: Dixie MacUislin

Location: Esquimalt Recreation Centre

Watercolour on Masa Paper

Learn to create attractive watercolor on Japanese art paper using the Chinese brush within a fun and stress free environment. All levels welcome. Beginners are especially encouraged. Bring your own supplies. Supply list can be found at: www.esquimalt.ca/artsupplylist.

Monday Classes

Mon Sep 18-Oct 30 6:45PM - 8:30PM \$72.00/6 00005467

Mon Nov 06-Dec 18 06:45PM - 08:30PM \$72.00/6 00005468

Wednesday Classes

Wed Sep 20-Oct 25 10:15AM - 12:00PM \$72.00/6 00005469

Wed Nov 01-Dec 06 10:15AM - 12:00PM \$72.00/6 00005470

Instructor: Richard Wong

Location: Esquimalt Recreation Centre

Ballroom Dance Classes

Register for one or more ballroom dance classes and learn dance skills you can enjoy throughout your lifetime. Classes are taught in a fun and social atmosphere and are suitable for both beginners and experienced dancers wanting to refresh dance skills.

Please sign up with a partner, which can be a significant other, friend or family member and same sex couples are also welcome. If you don't have a partner but would like to participate, please let us know as soon as possible and we'll try to match you up.

All classes are instructed by: E & R Ballroom Dance Society

Location: Esquimalt Recreation Centre

Swing - Eastcoast

Discover for yourself why this dance is quite possibly the most popular dance ever invented. It's fun and lively, the basics are not difficult, and you can use it in numerous social settings, from weddings to cruises to Christmas parties.

Wed Sep 20-Oct 18 7:35PM - 8:35PM \$47.00/5 00005641

Nightclub Dancing - Hustle

A modern partner dance that can look elegant and graceful, sultry and intimate, or funky and fun. This fast moving and energetic dance can make you stand out on the dance floor in nightclubs, on cruises, and at high school reunions.

Wed Sep 20-Oct 18 8:35PM - 9:35PM \$47.00/5 00005642

Swing - Westcoast

A slick and smooth type of Swing Dancing, that allows for syncopated footwork and improvisation. Can be danced to a wide range of music including R & B, Country Western, Rock & Roll and Pop. The slowest version of Swing dancing, but big on attitude.

Wed Oct 25-Nov 22 7:35PM - 08:35PM \$47.00/5 00005643

Nightclub Dancing - Two Step

For those slow, romantic love songs. Much nicer and more sophisticated than the 'high school prom night hug and sway', with an easy basic pattern and lots of variations that you can dance to easy listening, smooth jazz and ballads.

Wed Oct 25-Nov 22 08:35PM - 09:35PM \$47.00/5 00005644

Education

NEW! Toastmasters Speechcraft

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

Wed Sep 27-Nov 01 07:00PM - 08:30PM \$35.00/6 00006501

Wed Nov 08-Dec 13 07:00PM - 08:30PM \$35.00/6 00006502

Location: Esquimalt Recreation Centre

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.

Tue Sep 26-Oct 24 09:00AM - 12:00PM \$35.00/5 00005743

Instructor: Terry Martin

Location: Esquimalt Recreation Centre

Health & Wellness

Gentle Fit (D)

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

Mon Sep 18-Oct 30 10:05AM - 10:50AM 00006344

\$30.00/6 or Drop In: \$5.00/1

Mon Nov 06-Dec 18 10:05AM - 10:50AM 00006345

\$30.00/6 or Drop In: \$5.00/1

Instructor: Kay Inamura

Location: Esquimalt Recreation Centre

NEW! Essential Oil Health and Beauty Night

Learn about essential oils and their benefits from certified Aromatherapy instructor Anny Ruch. Make your own lip balm and cleansing mask in class to use at home or give away as gifts. Registration fee includes all supplies and handouts.

Tue Dec 12 06:30PM - 08:30PM \$40.00/1 00005845

Instructor: Anny Ruch

Location: Archie Browning Sports Centre, Boardroom

Minds in Motion

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

Wed Sep 13-Nov 01 02:00PM - 03:00PM \$52.00/8 00004307

Wed Nov 15-Dec 20 01:30PM - 03:00PM \$39.00/6 00004308

Instructor: Kay Inamura

Location: Esquimalt Recreation Centre

FREE! Blood Pressure Drop-in Clinic

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

Facilitated by: Lynda Halbert

Location: Esquimalt Recreation Centre, Seniors Lounge

Foot Care Clinic

Book an appointment for our foot care clinic with Esthetician Donna Wildeman by calling our Rec Centre's front desk 250.412.8500. Each appointment is 30 minutes in length and includes a foot soak and toenail clipping in a comfortable and private atmosphere. You can also have your fingernails clipped at no extra charge.

Tue 12:00-3:00pm by appointment

\$30 per 30 minute session

Esthetician: Donna Wildeman

Location: Esquimalt Recreation Centre

Health & Wellness

Buddhist Meditation

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

Wednesdays

Wed Sep 20-Oct 25 07:00PM - 08:15PM 00006282

\$48.00/6; Drop in: \$10.00/1

Wed Nov 01-Dec 13 07:00PM - 08:15PM 00006283

\$56.00/7; Drop in: \$10.00/1

Location: Archie Browning Sports Centre

Fridays

Fri Sep 22-Oct 27 12:00PM - 01:30PM 00006284

\$48.00/6; Drop in: \$10.00/1

Fri Nov 03-Dec 15 12:00PM - 01:30PM 00006285

\$56.00/7; Drop in: \$10.00/1

Instructor: Sachi Tamura

Location: Esquimalt Recreation Centre

NEW! Fight Back for Women: Part 1 (Ages 16+)

Empower yourself and become the weapon that keeps you safe! Topics include: how to prevent an attack, situational awareness, the advantage of being a woman, using fear to your advantage and physical self-defence skills that are simple, easy and retainable under stress.

Sat Sep 30 09:00AM - 12:00PM \$50.00/1 00006309

Tue Nov 07 06:00PM - 09:00PM \$50.00/1 00006326

Location: Esquimalt Recreation Centre

Mindfulness & Motherhood

Need less stress and more mindfulness in your life? This introductory class incorporates mindfulness practices and cultivates your strengths to reduce stress, and help you create an environment for you and your family to thrive. No previous meditation experience necessary. Child minding available when this program is running.

Thu Sep 28-Nov 02 09:30AM - 10:30AM 00006291

\$72.00/6 or Drop-in: \$15.00/1

Thu Nov 09-Dec 14 09:30AM - 10:30AM 00006292

\$72.00/6 or Drop-in: \$15.00/1

Instructor: Angie Bull

Location: Esquimalt Recreation Centre



Minds in Motion

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

Wed Sep 20-Oct 25 07:00PM - 08:15PM 00006276

\$48.00/6 or Drop-in: \$10.00/1

Wed Nov 01-Dec 13 07:00PM - 08:15PM 00006277

\$56.00/7 or Drop-in: \$10.00/1

Instructor: Sachi Tamura

Location: Esquimalt Recreation Centre

Language

American Sign Language for Beginners

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

Mon Sep 18-Oct 30 06:00PM - 07:15PM \$60.00/6 00006120

Mon Nov 06-Dec 18 06:00PM - 07:15PM \$60.00/6 00006122

Instructor: Nicole Sellars

Location: Esquimalt Recreation Centre

NEW!

Spanish Conversation Hour

Do you already speak a little Spanish? Keep your skills in shape with Spanish Conversation Hour! No formal lesson is taught, but structured discussion topics are introduced & adapted for your fluency level, whether novice or advanced. In addition, grammar, vocabulary & pronunciation concerns are addressed on-the-spot by the instructor as needed. Let's practice together!

Thu	Sep 14-Oct 19	05:00PM - 06:00PM	\$66.00/6	00006584
-----	---------------	-------------------	-----------	----------

Thu	Nov 02-Dec 07	05:00PM - 06:00PM	\$66.00/6	00006585
-----	---------------	-------------------	-----------	----------

Instructor: Sarah Loeppky

Location: Archie Browning Sports Centre, Boardroom

Spanish

Learn practical Spanish for travel and for life in a fun and supportive environment! From the first class, you'll make friends and speak Spanish aloud with the help of our experienced instructor Sarah Loeppky. Learn at your own pace, with optional challenges provided for those who want to get fluent fast. Classes are adapted to participants needs and goals. ¡Nos vemos!

Beginner

Thu	Sep 14-Oct 19	06:15PM - 07:45PM	\$90.00/6	00005841
-----	---------------	-------------------	-----------	----------

Thu	Nov 02-Dec 07	06:15PM - 07:45PM	\$90.00/6	00005842
-----	---------------	-------------------	-----------	----------

Beyond Beginner

Thu	Sep 14-Oct 19	08:00PM - 09:30PM	\$90.00/6	00005843
-----	---------------	-------------------	-----------	----------

Thu	Nov 02-Dec 07	08:00PM - 09:30PM	\$90.00/6	00005844
-----	---------------	-------------------	-----------	----------

Instructor: Sarah Loeppky

Location: Archie Browning Sports Centre, Boardroom

French Language & Culture for Beginners

A different approach to French language! Like visiting with your aunt or grandma from France. Get involved in stories, food, grammar and vocabulary. Not your average language class, but hands-on, experiential learning. Anny is from Alsace, France and is a French Tutor at St Michael's University School.

Tue	Nov 07-Dec 05	06:30PM - 08:30PM	\$90.00/5	00005839
-----	---------------	-------------------	-----------	----------

Instructor: Anny Ruch

Location: Archie Browning Sports Centre, Boardroom

Martial Arts

MIJO Taekwondo

Fun, educational and challenging Taekwondo classes. Taught by 4th Dan Master Jonathan Carpenter, students will learn a balance of traditional and sport Taekwondo skills and the life skills of confidence, courtesy and perseverance in an encouraging environment. MIJO Taekwondo is a fully sanctioned WTF Taekwondo school and member of the Woo Kim Taekwondo Association.

Tuesdays

Tue	Sep 12-Oct 24	05:30PM - 06:30PM	\$70.00/7	00006215
-----	---------------	-------------------	-----------	----------

Tue	Nov 07-Dec 19	05:30PM - 06:30PM	\$70.00/7	00006216
-----	---------------	-------------------	-----------	----------

Location: L'Ecole Victor Brodeur

Saturdays

Sat	Sep 16-Oct 28	12:00PM - 02:00PM	\$60.00/6	00006212
-----	---------------	-------------------	-----------	----------

Sat	Nov 04-Dec 16	12:00PM - 02:00PM	\$60.00/6	00006213
-----	---------------	-------------------	-----------	----------

Instructor: MIJO Tae Kwon Do

Location: Esquimalt Recreation Centre

Western Martial Arts - Advanced Longsword Combat (D)

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

Tue	Sep 26-Oct 24	08:00PM - 09:00PM	00006232
-----	---------------	-------------------	----------

\$25.00/5 or Drop In: \$7.00

Tue	Nov 07-Dec 12	08:00PM - 09:00PM	00006233
-----	---------------	-------------------	----------

\$30.00/6 or Drop In: \$7.00

Location: Esquimalt Recreation Centre

Western Martial Arts: Longsword Combat (D)

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

Thu	Sep 28-Nov 02	08:15PM - 09:15PM	00006226
-----	---------------	-------------------	----------

\$30.00/6 or Drop-in: \$7.00

Thu	Nov 09-Dec 14	08:15PM - 09:15PM	00006228
-----	---------------	-------------------	----------

\$30.00/6 or Drop In: \$7.00

Location: L'ecole Brodeur School

Martial Arts

Western Martial Arts: LARP Combat (D)

Obtain skill in various weapons adapted from medieval fight manuals. This class is for beginners + and will be taught through class instruction with padded swords and reinforced through sparring with padded weapons. Perfect for LARP combat enthusiasts who wish to expand their skills. Drop in \$7 per class. Classes take place at L'Ecole Brodeur.

Thu Sep 28-Nov 02 07:15PM - 08:15PM 00006225

\$30.00/6 or Drop-in: \$7.00

Thu Nov 09-Dec 14 07:15PM - 08:15PM 00006227

\$30.00/6 or Drop-in: \$7.00

Location: L'Ecole Brodeur School

Krav Maga

Get fitter and stronger & 'walk in peace'. Krav Maga is a self defense system that values avoidance and prevention but incorporates highly efficient, intuitive techniques for protecting yourself and others. Come work out, learn a great new system, new skills and walk away with practical skills after your first session.

Tue Sep 19-Oct 24 06:45PM - 07:45PM \$60.00/6 00006223

Tue Nov 07-Dec 19 06:45PM - 07:45PM \$70.00/7 00006224

Location: Esquimalt Recreation Centre

Music

NEW! Singing in Spanish

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

FREE DEMO CLASS!

Fri Sep 15 01:45PM-03:15PM

FALL SESSIONS

Fri Sep 22-Oct 27 01:45PM - 03:15PM \$60.00/6 00006055

Fri Nov 03-Dec 08 01:45PM - 03:15PM \$60.00/6 00006126

Instructor: Marcelina Stanton

Location: Esquimalt Recreation Centre

Ukulele for Beginners

Learn to play the Ukulele during this fun 8-week course. You'll learn two, three, and four chord songs in five keys plus a foundation in chord voicings and chord progressions. This course is a prerequisite for non-players who would like to join the centre's ukulele club. The first week is an information session and you will begin playing on week two (you do not need to bring a ukulele to class until your second class). An additional \$5 (non-refundable) course manual fee is charged at registration time. No class on Oct 31.

Tue Sep 19-Nov 14 06:30PM - 07:30PM \$64.00/8 00005847

Instructor: Jamyang Lodto

Location: Esquimalt Recreation Centre

Guitar

Learn picking and strumming techniques, scales, chords and riffs in a lively and supportive atmosphere. Become familiar with this unique instrument and learn songs to suit your musical interests. Continuing classes build on your skills with reading tablature, standard music notation and more sophisticated songs. An additional \$15 course manual fee is charged at registration time. Returning students can enter Promo Code RETURNINGSTUDENT to waive the manual fee in Online Registration.

Fundamentals

Tue Sep 19-Oct 24 07:00PM - 07:50PM \$66.00/6 00005728

Tue Nov 07-Dec 12 07:00PM - 07:50PM \$66.00/6 00005729

Continuing

Tue Sep 19-Oct 24 08:00PM - 08:50PM \$66.00/6 00005733

Tue Nov 07-Dec 12 08:00PM - 08:50PM \$66.00/6 00005734

Instructor: Alberto Ubach

Location: Esquimalt Recreation Centre



Photography

Digital Photography

Anny Ruch, Graduate from the New York Institute of Photography will share techniques via PowerPoint Lessons and hands-on activity stations, including a photo walk in China Town, where one-on-one coaching will propel you to better photography. Studio lighting & extensive portrait tips will be explored in this newly combined intro/next step photo class.

Tue Sep 26-Oct 24 06:30PM - 08:30PM \$90.00/5 00005848

Instructor: Anny Ruch

Location: Archie Browning Sports Centre, Boardroom

Sports

West Coast Rec Co-ed 6's Competitive Volleyball

Join our certified GVGC Golf Academy pro-instructor for this fun Men's-only class. Instruction will be offered on the basic swing, chipping, putting, rules and etiquette. Whether you are a beginner or haven't dusted off the clubs for a while you'll enjoy these clinics!

Thu Sep 21-Oct 26 06:30PM - 10:30PM 00006280

Thu Nov 02-Dec 07 06:30PM - 10:30PM 00006281

Team: \$270.00/6 sessions; Individual: \$50.00/6

Location: L'ecole Brodeur School

Arena Sports Programs

Start Curling

The program will be comprised of new and inexperienced curlers who wish to learn all aspects of the game over a weekly curling program. Each session will include instruction to build your skills in all areas of the sport so that by the end of the course you are ready to join a league.

Sun Sep 24-Oct 29 07:00PM - 08:30PM \$50.00/5 00006438

Sun Nov 05-Dec 17 07:00PM - 08:30PM \$60.00/6 00006439

Location: Archie Browning Sports Centre

Sticks & Stones Curling Drop In

Ever wanted to give Curling a try? Now you can in this low cost drop in curling session. Get tips and tricks from our Curling attendant all while having fun!

Sun Sep 24-Dec 17 01:00PM - 03:00PM 00006487

Drop In Admission or FREE with your Esquimalt Rec or Regional Rec Pass

* Please call ahead or look online as schedules do change due to events.

Location: Archie Browning Sports Centre

Adult \$3 Skate

Enjoy the ice for Adults Only!

Mon Sep 11-Dec 18 11:30AM - 12:50PM 00006480

\$3.00; Pass Holder: FREE: Location: Archie Browning Sports Centre

Drop In Hockey for 16yrs +

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

Wed/Thu/Fri Sep 06-Dec 22 11:30AM - 12:50PM 00006479

Drop In Admission or FREE with your Esquimalt Rec or Regional Rec Pass

Goalie plays for FREE!

Location: Archie Browning Sports Centre

More drop in sports on page 44!

Bus Trips

Leave the driving to us while we explore the sights! Bring along your sense of fun and adventure as we visit interesting places with other folks 50+ years of age. Trips usually include a stop for lunch, dinner or refreshments along the way (trip price does not include the price of meals/refreshments). Be sure to pick-up our 3-fold flyer for more details, additional trips & pick-up/drop-off times.

Kinsol Trestle & Shawnigan Lake Museum & Lunch Art, Food & Wine

Thu Sep 7 \$50

Thu Oct 12 \$50/\$55 w/wine tasting

Salt Spring Island

Tue Sep 12 \$74/\$80

Chemainus Theatre – Silent Sky

Wed Oct 18 \$125

Fort Langley & Afternoon Tea

Mon Sep 18 \$157 adult/\$140 BC Senior (65+ yrs)

Sooke Museum & Mom's Café

Thu Nov 21 \$25

Chemainus Theatre - Jeeves Takes a Bow

Wed Sep 27 \$125

Chemainus Theatre – Cornwall's All-Inclusive Cancun Christmas

Sat Nov 25 \$127

Wildlife & History Overnight

Tue/Wed Oct 3 & 4 \$100

Butchart Gardens Christmas Lights & Dinner

Thu Dec 14 \$47

Drop-in Sports

Don't Assume - Play

This program teaches basic sport and social skills for adults aged 18-29, with a disability. The goal is to help these individuals gain the skills required to find meaningful employment.

Tue Sep 26-Dec 19 03:30PM - 04:30PM

Fri Sep 29-Dec 22 01:00PM - 02:00PM

Drop in rates per session:

Drop-in: \$5.75; Pass Holder: FREE

Location: Esquimalt Recreation Centre

Pickleball Drop In

Call to reserve your space, 250.412.8500, after 8:00am on the day of interest.

Mon Sep 11-Dec 18 01:15PM-03:15PM

Tue Sep 12-Dec 19 01:15PM-03:15PM

Thu Sep 14-Dec 21 01:15PM-03:15PM

Sun Sep 10-Dec 17 04:30PM - 05:30PM

Drop in rates per session:

Student/Senior: \$4.25; Youth: \$3.00; Adult: \$5.75; Pass Holder: FREE

Location: Esquimalt Recreation Centre

**Drop in fitness schedule on
page 48 & 49!**

NEW! Online Drop in Reservation is available for the these programs

Payment required to reserve. No refunds. Online registration opens at midnight on the day of interest. Phone in reservation (250.412.8500) opens at 10am on the day of interest.

All drop in sports program are included with your Esquimalt Recreation or Regional Recreation Pass. Drop in rates are:

Adult: \$5.75 • Student/Senior: \$4.25 • Youth: \$3.00

Volleyball (Everyone Welcome)

Thu Sep 07-Dec 28 08:00PM - 10:00PM 00006519

Location: Esquimalt Recreation Centre

Volleyball (Competitive)

Sun Sep 10-Dec 17 07:00PM - 09:00PM 00006512

Location: L'ecole Brodeur School

Floor Hockey

Mon Sep 11-Dec 18 08:30PM - 10:00PM 00006517

Location: Esquimalt Recreation Centre

Indoor Soccer

Tue/Sun Sep 10-Dec 19 08:45PM - 10:15PM 00006514

Location: Esquimalt Recreation Centre

Basketball Drop In

Sun Sep 10-Dec 17 06:45PM - 08:30PM 00006510

Location: Esquimalt Recreation Centre

Drop In Sports

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

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

Drop In Social Programs

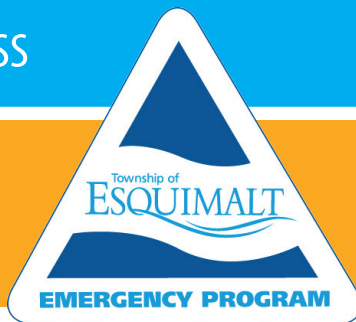
Weekly drop-in social programs are free with a monthly or annual membership. Open to all ages. Non-members pay \$2 per session. New members are always welcome! Some groups take breaks throughout the year. For details about specific groups & up-to-date schedule info visit our website at www.esquimalt.ca



Monday	Tuesday	Wednesday	Thursday	Friday
Conversation Café 10:00AM-11:30AM (cancelled most stat holidays)	Mexican Train Dominoes 12:30PM-2:30PM	Creative Crafters 9:30AM-11:30AM	Writer's Group 10:00AM-12:00PM	Scrabble 10:00AM-12:00PM
Bridge 1:00PM-3:30PM	Blood Pressure Clinic 2nd & 4th Tuesday 1:00PM-3:00PM Sept-June	Bring Your Own Lunch & Social 12:00PM-1:00PM	Euchre 12:30PM-3:00PM	Community Walking Group 10:00AM-11:15AM Meet in Rec Centre Atrium
Duplicate Bridge 1:00PM-3:00PM (cancelled stat holidays)	Foot Care Clinic 12:30pm-3:00pm 30min appts/\$30 Must pre-register through our reception desk.		Bridge 1:00PM-3:30PM	Cribbage 1:00PM-3:00PM
Mah Jong 12:30PM-3:00PM	Chess 1:00PM-3:00PM	Knit & Crochet 1:15PM-3:15PM	Court Whist 1:00PM-3:00PM	
	Rumoli 1:00PM-3:00PM	See page 43 for our Bus Trips!		
	Ukulele Club 1:30PM-3:30PM			

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

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



Esquimalt Emergency Program

250.414.7120 or email: emergencyprogram@esquimalt.ca

Emergency Preparedness workshops – **Free!**

The workshops below are offered periodically during the year depending on the level of interest - please check the schedule at Esquimalt.ca. 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 session will take place at the Municipal Hall unless otherwise specified.

Simple Steps to Emergency Preparedness

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

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

Question and answer period to follow.

Minimum number of participants: 10

RSVP to nepp@equimalt.ca

Wednesday, Sept 13 – 7 – 8 pm

Saturday, Sept 23 - 2 pm to 3 pm

First 72 Hours

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

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

Question and answer period to follow.

Minimum number of participants: 10

RSVP to nepp@equimalt.ca

Wednesday, October 11, 7 – 8pm

Saturday, Oct 21 - 2 pm to 3

Tsunami: Know Your Risk

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

Information based on data from the “Modelling of Potential Tsunami Inundation Limits and Run-Up” Project commissioned by the CRD.

Question and answer period to follow.

Minimum number of participants: 10

Wednesday, Nov 8, 7 – 8pm

Saturday, Nov 25 - 2 pm to 3 pm

Emergency Preparedness for Communities, Stratas and Block Watches

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

Question and answer period to follow.

Minimum number of participants: 10

RSVP to nepp@equimalt.ca

Saturday, Dec 09 - 2 pm to 3 pm

Wednesday, Dec 13 7 – 8pm

Emergency Preparedness Workshops

These small, informal sessions will allow a chance to sit down and chat about your specific emergency preparedness needs. You are welcome to organize with your friends or family to request a session.

Each participant will leave with a copy of a workbook to help get them prepared.

Minimum number of participants: 4

Maximum number of participants: 15

RSVP to nepp@equimalt.ca

Saturday, Sept 16 - 2 pm to 3pm

Saturday, Oct 14 - 2 pm to 3 pm

Saturday, Nov 18 - 2 pm to 3 pm

Saturday, Dec 16 - 2 pm to 3 pm

MOVE IT. LIFT IT.

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



Wellness Centre Schedule

Facility Hours	5:30am-10:30pm Monday-Sunday
Wellness Centre Orientations	<p>Learn how to achieve an effective and safe workout in our Wellness Centre. Our certified staff will teach you to use both cardio and strength machines and you will leave with a basic workout program to do on your own. \$15 OR FREE with any 3-Month, 6-Month or 1-Year Pass purchase. Call 250.412.8500 to book.</p> <p>Available: Monday-Friday 8:00am; Wed/Fri 7:00pm; Sat/Sun 11:00am</p>
Fitness Assessments	<p>Our Certified Personal Trainers take you through a through a baseline fitness assessment including cardio, strength and flexibility. This service is FREE with a purchase of any 3- Month, 6-Month or 1 Year Pass.</p> <p>Available: Tuesday/Thursday 7:00pm</p>
Personal Training	<p>Personal Trainers work on YOUR schedule! No matter what your fitness level or goals, our certified trainers will help you see results. See page 50 for all of our package details!</p>

Admission Rates	Single Drop in	Book of 10	Book of 25	1 Month Pass	3 Month Pass	6 Month Pass	1 Year Pass
Adult	\$5.75	\$51.75	\$120.75	\$58.50	\$113.75	\$210.00	\$350.00
60+ or Student	\$4.25	\$38.25	\$89.25	\$44.00	\$85.50	\$157.50	\$262.50
Youth (13-18yrs)	\$3.00	\$27.00	\$63.00	\$42.50	\$84.00	\$105.00	\$175.00
Children 11-12yrs permitted to use weight room after Intro to weight Room Course	\$2.75	\$24.75	\$57.75	\$26.00	\$45.75	\$84.75	\$141.00
Family	\$11.50	\$103.50	\$241.50	\$117.00	\$227.50	\$420.00	\$700.00
Regional Recreation Pass. 12 Recreation Centres, 1 Pass = Over \$2000 Value Monthly scheduled payments available on Regional Pass, \$25.00 administrative fee applies.							\$492.00

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



Drop In Fitness Classes

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

NOTE: Schedule is subject to change. Please view schedule online, in real time, at www.esquimalt.ca/schedules.

(C) denotes childminding available.

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am-7:00am	Total Body Conditioning	Circuit & Stretch	SPIN	Mixed Interval Challenge	SPIN	
8:30am-9:25am						Mixed Interval Challenge
9:00am-9:55am	Stretch & Strength (C)		Osteofit (C)	Stretch & Strength (C)		
9:15am-10:10am	Total Aerobic Challenge (C)	BellyFit (C)	Total Body Challenge (C)	Core Yoga (C)	Total Step Challenge (C)	
10:20am-11:15am		Core Yoga				
12:10pm-12:55pm	Yoga (C)	Power Circuit (C)	Two Classes: Spin (C) or Yoga (C)	Power Circuit (C)	Yoga (C)	
5:05pm-6:00pm		Yoga				
5:30pm-6:25pm	Mixed Interval Challenge					
6:00pm-6:45pm			Bootcamp (C)	H.I.I.T.		

Drop In Fitness Class Descriptions

BellyFit

A fusion of martial arts moves inspired by cardio kickboxing, Tai Chi, Qi Gong, Dance and Yoga. The focus is on moving energy, building strength and endurance, and balance.

Bootcamp

An explosive, total body program aimed at maximizing fat burning and increase lean muscle mass. This class offers maximum variety ensuring you will always push your limits!

Circuit & Stretch

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

H.I.I.T

High Intensity Interval Training (HIIT) is an exercise strategy that alternates periods of short intense anaerobic exercise with less-intense recovery periods. This style of training stresses the muscles and cardiovascular system, boosting metabolism and accelerating weight loss.

Mixed Interval Challenge

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

Osteo Fit

Promotes fitness & bone health through gentle weight bearing exercise. Some seated, some standing.

Power Circuit

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

SPIN

30 or 45 minutes of indoor cycling (spinning) led by an enthusiastic and motivating instructor! Fast intervals, change the gears and get an amazing workout! Limited bikes available. Bikes are first come, first served.

Stretch & Strength

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

Total Aerobic Challenge

Gets you moving with fun and easy to follow combinations.

Total Body Challenge

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

Total Body Conditioning

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

Total Step Challenge

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

Core Yoga

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. Suitable for all levels.

Yoga

Take some time out of your day to experience the tranquility of this introductory class. Participants perform a series of poses and breathing exercises designed to stretch and strengthen your body and calm the mind & spirit! Space is limited please call 250.412.8500 after 7am on the day of interest to reserve your space.

Schedules subject to change

esquimalt.ca/schedules

for drop in schedule in "real time"

PERSONAL TRAINING

Our Certified Trainers get you results NOW!

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

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



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



THE 3 MONTH PLAN

3 month investment for just \$99/month!

- During the initial four weeks: weekly 1 hour sessions with a Certified Personal Trainer to develop and adapt your program
- Subsequent four weeks: weekly 30 minute follow up sessions or bi-weekly 1 hour sessions to monitor and enhance your program
- Add on UNLIMITED Facility Access: \$25/month
- Semi-private not available

Hourly Sessions

PRIVATE/SEMI-PRIVATE

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

RESULTS

(12 Hours - \$42.50/hr)

\$510 (private)

\$255/person (2 people)

- Fitness Assessment: cardio, strength, measurements, flexibility
- Schedule planning your "fitness" week
- 12 hours of Personal Training

BONUS! 6 complementary facility admissions

RESULTS PLUS

(20 hours - \$37.50/hr)

\$750 (private)

\$375/person (2 people)

- Fitness Assessment: cardio, strength, measurements, flexibility
- Schedule planning your "fitness" week
- 20 hours of Personal Training
- **BONUS!** 10 complementary facility admissions

AQUATIC PERSONAL TRAINING

\$50/hr (private)

- Ideal for those who would like to start swimming, advance their skills, cross-train and those who are recovering from injury.
- Can be combined with any personal training package.



Registered Fitness Classes

Classes noted with (D) indicates: Drop-in available, space permitting. Online registration not available for registered program drop in; please call 250.412.8500. Online registration available if registering for entire session.

Bootcamp

Zoomers (D)

Calling all Zoomers! This unique fitness program is designed for those 50 plus (but all ages are welcome) who want to stay fit, build muscle, maintain balance and a healthy heart. 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 the 90 minute class.

Mondays

Mon	Sep 18-Oct 30	01:15PM - 02:45PM	00006257
		\$45.00/6; Drop in: \$9.50/1	
Mon	Nov 06-Dec 18	01:15PM - 02:45PM	00006259
		\$45.00/6; Drop in: \$9.50/1	

Wednesdays

Wed	Sep 20-Oct 25	01:15PM - 02:45PM	00006258
		\$45.00/6; Drop in: \$9.50	
Wed	Nov 01-Dec 13	01:15PM - 02:45PM	00006260
		\$52.50/7; Drop in: \$9.50/1	

Instructor: Ann Henslowe
Location: Esquimalt Recreation Centre

EARLY BIRD DISCOUNT!

Tamara's Fitness Indoor Bootcamp

Are you interested in improving your overall physical appearance and well-being? Are you ready for a new challenge in your workouts? Are you ready to 'get fit' this Fall? 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.

Tue/Thu Nov 07-Dec 14 06:00PM - 07:00PM 00006256
\$135 (Early Bird Fee. Expires: Oct 22nd; \$155 (Regular Registration Fee)
Instructor: Tamara Digout
Location: L'ecole Brodeur School

Dance Inspired

Groove (D)

Experience the ridiculously fun new workout that everyone is talking about! Come wiggle, shimmy, shake and GROOVE your body healthy! Groovin' is a revolutionary workout that celebrates everyBODY's unique way of moving. BREAK OUT OF THE FITNESS BOX - the movements are purpose-driven and are designed to build strength, cardio and endurance.

Mon	Sep 18-Oct 30	05:45PM - 06:45PM	00006267
		\$54/6; Drop in: \$10.00/1	
Mon	Nov 06-Dec 18	05:45PM - 06:45PM	00006270
		\$54/6; Drop in: \$10.00/1	
Instructor: Kristina Quinn			
Location: Esquimalt Recreation Centre			



Dance Inspired

Move It!

Can you feel the pulsation of the music? Do you crave the beat? Then don't miss this sweat inducing, total body workout, once a month, only. Anything goes, as long as you MOVE IT

Fri	Sep 29	05:30PM - 06:30PM	00006262
Fri	Oct 27	05:30PM - 06:30PM	00006263
Fri	Nov 24	05:30PM - 06:30PM	00006265

\$5.75/Adult; \$4.25/Student or Senior; Pass Holder: FREE

Instructor: Marcia Semenoff

Location: Esquimalt Recreation Centre

Health & Wellness

Buddhist Meditation (D)

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

Wednesdays

Wed	Sep 20-Oct 25	07:00PM - 08:15PM	00006282
			\$48.00/6; Drop in: \$10.00/1
Wed	Nov 01-Dec 13	07:00PM - 08:15PM	00006283
			\$56.00/7; Drop in: \$10.00/1

Location: Archie Browning Sports Centre

Fridays

Fri	Sep 22-Oct 27	12:00PM - 01:30PM	00006284
			\$48.00/6; Drop in: \$10.00/1
Fri	Nov 03-Dec 15	12:00PM - 01:30PM	00006285
			\$56.00/7; Drop in: \$10.00/1

Instructor: Sachi Tamura

Location: Esquimalt Recreation Centre

Minds in Motion (D)

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

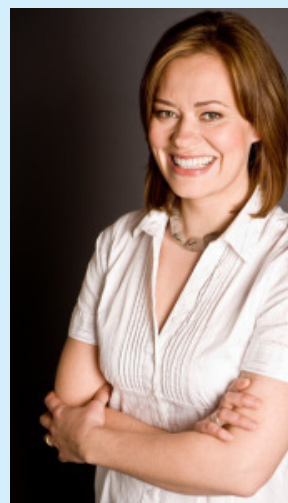
Wed	Sep 13-Nov 01	01:30PM - 03:00PM	\$52.00	00006288
Wed	Nov 15-Dec 20	01:30PM - 03:00PM	\$39.00	00006289

Instructor: Kay Inamura

Location: Esquimalt Recreation Centre

NEW! Oriental Movement Therapy

Dr. Hegillman, from Oriri Acupuncture and Herbal Medicine centre, will guide you through Oriental movement therapy, a form of self care and a tool for checking-in with your body.



This class is for anyone (12 and up) who want to learn simple body movements and breath work capable of alleviating chronic pain and/or structural issues as well as restore overall well-being capable of connecting the mind-body-spirit.

For example for chronic sciatic pain, general back pain, recovery from hip surgery any musco-skeletal issues patients can benefit from the medical Qo Gong, Tai Qi and SoTai Movement. Also, in case of neurological conditions: headaches, migraines, neuropathy, this type of movement can be elevating symptoms and sometimes curative as well. Benefits include increased circulation (blood and energy flow), alleviated pain as well as grounding oneself in the present moment.

Fri	Sep 22-Oct 27	01:15PM-02:15PM	00006304	\$78.00
Fri	Nov 03-Dec 08	01:15PM-02:15PM	00006727	\$78.00

Instructor: Dr. Katrine Hegillman

Location: Esquimalt Recreation Centre

Parent & Child

SPIN for Parent and Babe w/ Kindergym (D)

Registration includes a spot for your child in Kindergym starting at 10:30am. No call ahead required! After the kids work out it's your turn! The parent portion starts at 11:30am in the Fitness Studio at Archie Browning Sports Centre. Kids can relax alongside your spin bike in a stroller or car seat while our fitness instructor leads you through an awesome workout.

Fri	Sep 22-Oct 20	10:30AM - 12:15PM	00006319
\$50.00/5 or Drop in: \$12.00			
Fri	Oct 27-Nov 17	10:30AM - 12:15PM	00006320
\$40.00/4 or Drop in: \$12.00			
Fri	Nov 24-Dec 15	10:30AM - 12:15PM	00006321
\$40.00/4 or Drop in: \$12.00			

Instructor: Ann Henslowe
Location: Archie Browning Sports Centre

Mom & Babe Circuit Fit (D)

A circuit class designed to help new mom's burn calories and tone their bodies with babies in class. Drop-ins available.

Tue	Sep 19-Oct 24	11:30AM - 12:30PM	00006316
\$39.00/6; Drop in: \$8.50/1			
Tue	Nov 07-Dec 12	11:30AM - 12:30PM	00006317
\$39.00/6; Drop in: \$8.50/1			

Instructor: Ann Henslowe
Location: Archie Browning Sports Centre

Mindful Munchkins (D)

A class for children ages 3-6 and their caregivers that combines movement and stories while introducing children to meditation and mindfulness practices. Each class wraps up with a hands on creative project.

Thu	Sep 21-Oct 26	10:45AM - 11:30AM	00006302
\$60.00/6; Drop in: \$11.00/1			
Thu	Nov 02-Dec 14	10:45AM - 11:30AM	00006303
\$70.00/7; Drop in: \$11.00/1			

Instructor: Angie Bull
Location: Esquimalt Recreation Centre

Spin Classes

NEW! Sweat Lab (D)

Great way to end your week. This is a straight-up spin class designed to make you sweat! Bring your friends and sweat your stresses away!

Fri	Sep 22-Oct 27	05:45PM - 06:45PM	00006335
\$48.00/6; Drop in: \$10.00/1			
Fri	Nov 03-Dec 15	05:45PM - 06:45PM	00006336
\$56.00/7; Drop in: \$10.00/1			

Location: Archie Browning Sports Centre

Spin, Core & Stretch (D)

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

Tue	Sep 19-Oct 24	09:00AM - 10:00AM	00006325
\$48.00/6; Drop in: \$10.00/1			
Tue	Nov 07-Dec 12	09:00AM - 10:00AM	00006327
\$48.00/6; Drop in: \$10.00/1			

Instructor: Ann Henslowe
Location: Archie Browning Sports Centre

Spin & Conditioning (D)

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.

Tue	Sep 19-Oct 24	06:15PM - 07:30PM	00006322
\$60.00/6; Drop in: \$12.00/1			
Tue	Nov 07-Dec 12	06:15PM - 07:30PM	00006323
\$60.00/6; Drop in: \$12.00/1			

Instructor: Esther Bendall
Location: Archie Browning Sports Centre



Strength & Conditioning

The Challenge (D)

If you are looking to push your fitness limits this is the class for you. The class includes elements of the latest trends of fitness, metabolic conditioning, strength training and intense core conditioning. This class is guaranteed to leave you exhausted.

Tue Sep 19-Oct 24 06:10PM - 06:55PM 00006379

\$42.00/6; Drop in: \$9.00/1

Tue Nov 07-Dec 12 06:10PM - 06:55PM 00006380

\$42.00/6; Drop in: \$9.00/1

Instructor: Leanne La Prairie

Location: Esquimalt Recreation Centre

NEW! Push, Pull, Hinge, Squat (PPHS) (D)

Mastering functional movements to reach the full potential and utilization of one's bodyweight in all forms of fitness. This class offers an extensive variety of circuit style sessions to get a sweat on while building a solid foundation. The focus of this class is Stability, Functionality and Utility.

Mon Sep 18-Oct 30 06:45PM - 07:45PM 00006374

\$48.00/6; Drop in: \$10.00/1

Mon Nov 06-Dec 18 06:45PM - 07:45PM 00006377

\$48.00/6; Drop in: \$10.00/1

Instructor: Graham Harriman

Location: Archie Browning Sports Centre



NEW! Hybrid Conditioning (D)

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

Fri Sep 22-Oct 27 04:30PM - 05:30PM 00006371

\$48.00/6; Drop in: \$10.00/1

Fri Nov 03-Dec 15 04:30PM - 05:30PM 00006372

\$56.00/7 Drop in: \$10.00/1

Instructor: Graham Harriman

Location: Archie Browning Sports Centre

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.)

Monday Lunch Hour

Mon Sep 18-Oct 16 12:05PM - 12:50PM 00006351

\$40.00/4 Drop in: \$12.00/1

Mon Oct 23-Nov 20 12:05PM - 12:50PM 00006353

\$40.00/4 Drop in: \$12.00/1

Mon Nov 27-Dec 18 12:05PM - 12:50PM 00006355

\$40.00/4 Drop in: \$12.00/1

Thursday Afternoon

Thu Sep 21-Oct 12 01:30PM - 02:30PM 00006359

\$40.00/4 Drop in: \$12.00/1

Thu Oct 19-Nov 09 01:30PM - 02:30PM 00006363

\$40.00/4 Drop in: \$12.00/1

Thu Nov 16-Dec 07 01:30PM - 02:30PM 00006364

\$40.00/4 Drop in: \$12.00/1

Instructor: Marcia Semenoff

Location: Esquimalt Recreation Centre

TRX Combo (D)

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!

Wed Sep 20-Oct 25 07:45PM - 08:30PM 00006348

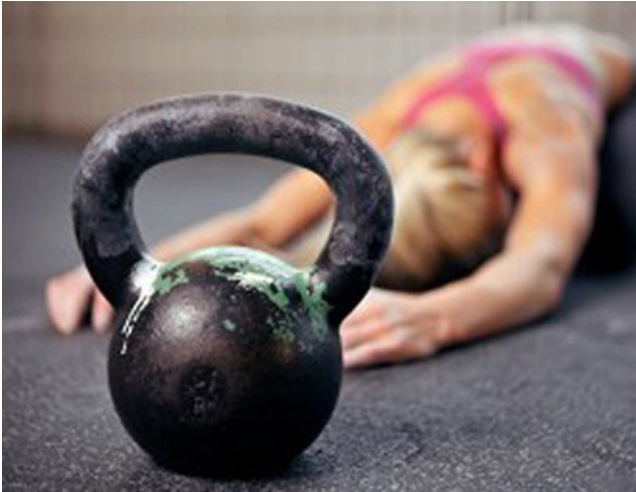
\$42.00/6; Drop in: \$9.00/1

Wed Nov 01-Dec 13 07:45PM - 08:30PM 00006350

\$49.00/7 Drop in: \$9.00/1

Instructor: Leanne La Prairie

Location: Esquimalt Recreation Centre



Kettlebells (D)

The kettlebell has been used by the world’s best athletes for over a century to increase strength, power, flexibility, coordination. Kettlebell lifting bridges the gap between cardiovascular training and weight lifting. Come and learn the technique and add it to your fitness routine!

Thu	Sep 21-Oct 26	07:00PM - 07:45PM	00006346
		\$42.00/6; Drop in: \$9.00/1	
Thu	Nov 02-Dec 14	07:00PM - 07:45PM	00006347
		\$49.00/7 Drop in: \$9.00/1	
Instructor: Leanne La Prairie			
Location: Esquimalt Recreation Centre			

50+ Weight Training

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

Tuesdays

Tue	Sep 19-Oct 24	10:15AM - 11:30AM	\$54.00 /6	00006337
Tue	Nov 07-Dec 12	10:15AM - 11:30AM	\$54.00 /6	00006338

Thursdays

Thu	Sep 21-Oct 26	10:15AM - 11:30AM	\$54.00 /6	00006340
Thu	Nov 02-Dec 14	10:15AM - 11:30AM	\$63.00/7	00006342

Instructor: Ann Henslowe
Location: Esquimalt Recreation Centre

Yoga & Pilates

Therapeutic Yoga (D)

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

Tue	Sep 19-Oct 24	07:00PM - 08:30PM	00006567
		\$66.00/6; Drop In: \$13.00/session	
Tue	Nov 07-Dec 12	07:00PM - 08:30PM	00006568
		\$66.00/6; Drop In: \$13.00/1	
Location: Esquimalt Recreation Centre			

Yoga & Pilates

Kids Yoga and Mindfulness 9-12yrs

Join us for fun filled kids yoga and mindfulness! Your child will learn how to become more in tune with their mind and body while participating in creative yoga stories, games and discussion.

5-8yrs

Wed	Sep 20-Oct 25	03:45PM - 04:30PM	00006423	\$48.00/6
Wed	Nov 01-Dec 13	03:45PM - 04:30PM	00006424	\$56.00/7

9-12yrs

Wed	Sep 20-Oct 25	04:30PM - 05:15PM	00006425	\$48.00/6
Wed	Nov 01-Dec 13	04:30PM - 05:15PM	00006426	\$56.00/7

Instructor: Madelin Rocheleau
Location: Esquimalt Recreation Centre



Mindful Movement Chair Yoga (D)

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.

Mon Sep 18-Oct 30 11:05AM - 11:55AM 00006430

\$60.00/6; Drop in: \$12.00/1

Mon Nov 06-Dec 18 11:05AM - 11:55AM 00006431

\$60.00/6; Drop in: \$12.00/1

Instructor: Janice Arnot

Location: Esquimalt Recreation Centre

Yin Yoga (D)

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.

Thu Sep 28-Nov 02 06:45PM - 08:15PM 00006435

\$66.00/6; Drop in: \$13.00/1

Thu Nov 09-Dec 14 06:45PM - 08:15PM 00006436

\$66.00/6; Drop in: \$13.00/1

Instructor: Janice Arnot

Location: Esquimalt Recreation Centre

Gentle Hatha Yoga Class (D)

Whether you want to increase your flexibility or build strength, this class has it all. Some of the postures will be held longer than others, using your breath and gravity to allow you to find openness within your body. Other postures will be more active and heat generating to build muscular strength. This class is accessible and beneficial to all, from beginner to advanced.

Sun Sep 17-Oct 29 02:30PM - 03:30PM 00006414

\$60.00/6; Drop in: \$12.00/1

Sun Nov 05-Dec 17 02:30PM - 03:30PM 00006416

\$70.00/7; Drop in: \$12.00/1

Instructor: Kaylie Hutchison

Location: Esquimalt Recreation Centre



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!

Tuesdays

Tue Sep 19-Oct 17 09:30AM - 10:45AM 00006407

\$30.00/5; Drop in: \$8.00/1

Tue Oct 24-Nov 14 09:30AM - 10:45AM 00006408

\$24.00/4; Drop in: \$8.00/1

Tue Nov 21-Dec 12 09:30AM - 10:45AM 00006410

\$24.00/4; Drop in: \$8.00/1

Thursdays

Thu Sep 21-Oct 19 10:15AM - 11:30AM 00006411

\$30.00/5; Drop in: \$8.00/1

Thu Oct 26-Nov 16 10:15AM - 11:30AM 00006412

\$24.00/4; Drop in: \$8.00/1

Thu Nov 23-Dec 14 10:15AM - 11:30AM 00006413

\$24.00/4; Drop in: \$8.00/1

Instructor: Moira Tait

Location: Esquimalt Recreation Centre

Power Flow Yoga (D)

Develop your strength and flexibility through the energetic practice of power flow yoga. We will be exploring how to connect breath with movement while making our bodies stronger and our minds quieter. Beginners and well experienced yogis welcome.

Wed Sep 20-Oct 25 05:30PM - 06:30PM 00006420

\$60.00/6; Drop in: \$12.00

Wed Nov 01-Dec 13 05:30PM - 06:30PM 00006422

\$70.00/7; Drop in: \$12.00/1

Instructor: Madelin Rocheleau

Location: Esquimalt Recreation Centre

Pilates Back to Basics

This class will focus on the basic principles of Pilates and is suitable for those who are new to 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.

Wed	Sep 20-Oct 25	05:30PM - 06:25PM	00006396	\$57.00
Wed	Nov 01-Dec 13	05:30PM - 06:25PM	00006397	\$66.50

Location: Esquimalt Recreation Centre

Restorative Yoga (D)

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

Wed	Sep 20-Oct 25	06:45PM - 08:15PM	00006433	
\$66.00/6; Drop in: \$13.00/1				
Wed	Nov 01-Dec 13	06:45PM - 07:15PM	00006434	
\$77.00/7; Drop in: \$13.00/1				

Instructor: Janice Arnot
Location: Esquimalt Recreation Centre



Tensegrity Repair Series (D)

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

Fri	Sep 22-Oct 27	07:45AM - 09:00AM	00006724
Fri	Nov 03-Dec 15	07:45AM - 09:00AM	00006725

\$70.00/7; Drop in: \$12.00
Instructor: Janice Arnot
Location: Esquimalt Recreation Centre

Rise and Shine Yoga (D)

A perfect way to start your week. The class will begin with some meditation to clear and calm the mind. The class will then move into mindful flow where students will awaken their strength, energy, and flexibility. A great way to start the week! Suitable for all levels.

Mon	Sep 18-Oct 30	6:30AM - 07:45AM	00006720
Mon	Nov 06-Dec 18	06:30AM - 07:45AM	00006722

\$60.00/6; Drop in: \$12.00
Instructor: Kaylie Hutchison
Location: Esquimalt Recreation Centre

Pilates Intermediate (D)

Pilates is a unique form of exercise that is designed to condition the entire body through the focus of alignment, core strength, breath and flowing movement. Pilates allows you to move with greater efficiency and form. This class builds on the principles and skills of a beginner practice and moves at a quicker pace.

Wed	Sep 20-Oct 25	06:30PM - 07:25PM	00006403
\$57.00/6; Drop in: \$11.50/1			
Wed	Nov 01-Dec 13	06:30PM - 07:25PM	00006405
\$66.50/7; Drop in: \$11.50/1			

Location: Esquimalt Recreation Centre

thank you!

Greater Victoria **ACTIVE COMMUNITIES**
fitinfitness.ca

Greater Victoria Active Communities thanks our generous sponsors for their contributions to community recreation in the region!



View lesson availability & register online!

AQUATICS

Swim Lessons

View lesson schedule, availability & register online! **Swim Lesson registration opens August 1st.**

Are you new to swim lessons?

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

Lesson Sessions

View lesson times, remaining availability & register online: esquimalt.ca/swim

Date	Start Date	End Date	# Lessons	No Class
Once/Week				
Saturday	Sep 16	Dec 2	10	Oct 7 Nov 11
Sunday	Sep 17	Dec 3	10	Oct 8 Nov 12
Monday	Sep 18	Dec 4	10	Oct 9 Nov 13
Tuesday	Sep 19	Nov 28	10	Oct 31
Wednesday	Sep 20	Nov 29	11	
Friday	Sep 22	Dec 1	11	
Twice/Week				
Tues/Thu	Sep 12	Oct 12	10	
	Oct 17	Oct 16	9	Oct 31
	Oct 21	Dec 14	8	

Levels & Duration

30-minute preschool & school-aged

\$4.85/lesson

Red Cross Parented and Preschool levels include:

Starfish, Duck, Sea Turtle, Sea Otter, Salamander, Sunfish, Crocodile & Whale

School-aged levels include: Swim Kids 1 & 2

45 minute school-aged

\$6.20/lesson

Levels include:

Swim Kids 3-7

60 minute school-aged

\$7.00/lesson

Levels include:

Swim Kids 8-10



Pool Schedule

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

Private Swim Lessons with Esquimalt Recreation

Registered Private Lessons

\$17.00/30 minute lessons

- Registered Private Lessons run alongside community lessons. Program times can be found at www.esquimalt.ca/registration or in the swimming lesson supplement
- Progress cards are issued at the end of each set
- We are NOT able to re-book any missed lessons HOWEVER please feel free to send a sibling, cousin, or friend in place of the registered participant
- **NEW!** Register online: esquimalt.ca/swim

Premium Private Lessons

\$27.00/30 minute lessons

- Available any day or time – when it fits your schedule
- Re-schedule up to 3 lessons as needed (with minimum 6 hours notice).
- Request your favourite instructor
- Book up to 2 people/lesson
- Progress cards are issued when booking 5 or more lessons
- Call 250.412.8533 or email aquatics@esquimalt.ca to book. Please note online registration is not available for premium private lessons.

Adult Swim Lessons

Adult Swim Lessons - Basic

This adult lesson will focus on developing comfort in the shallow end of the pool. The skills focused on include: front and back floats, front and back glides, side glides and, if ready, minimal progressions into front crawl. Participants may enter deep water with their instructor if they wish.

Mon	Sep 18-Dec 04	07:00PM - 08:00PM	\$70.00/10	00006464
Wed	Sep 20-Dec 06	07:00PM - 08:00PM	\$84.00/12	00006466
No lesson Monday October 9 and November 13				
Location: Esquimalt Recreation Centre				

Adult Swim Lessons - Intermediate

This level is for those individuals who are ready to begin developing basic strokes. Participants should be comfortable floating and gliding on their front and back in addition to having the ability to roll over while maintaining control of their breathing.

Mon	Sep 18-Dec 04	07:00PM - 08:00PM	\$70.00/10	00006463
Wed	Sep 20-Dec 06	07:00PM - 08:00PM	\$84.00/12	00006465
No lesson Monday October 9 and November 13				
Location: Esquimalt Recreation Centre				



Pool Schedule

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

Drop In WaterFit

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

Shallow

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

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

Deep

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

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

Cardio Conditioning

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

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

Foundations

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

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

Foundations +

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

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

Cardio Blast

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

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

Total Body Workout

Moderate intensity, moderate impact (Beginner to Advanced)

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

Mon/Wed	6:05pm-6:55pm
---------	---------------



Registered Aquatic Fitness

Register for the session & save! Or enjoy the flexibility of drop in.

Classes noted with (D) indicates: Drop In Available (space permitting). Online registration available if registering for entire session; drop in registration paid upon admission to class.

Aquatic HIIT (D)

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

Tue	Sep 12-Oct 24	06:00AM - 06:45AM	00005981
			\$49.00/7; Drop in: \$9:00/1
Tue	Oct 31-Dec 12	06:00AM - 06:45AM	00005982
			\$49.00/7; Drop in: \$9:00/1
Instructor: Ann Henslowe			



Aqua Yogalates (D)

This Aqua Yogalates class will incorporate a variety of poses and moves from both Yoga and Pilates. Start with the strength benefits of Pilates followed by the deep stretch and centering of Yoga. This aquatic practice will have different effects on your body than land practice including the added benefits of stability, therapy, and regulation of breathing. Floating in water while practicing poses releases stress and pressure from the joints and ligaments.

Wed	Sep 13-Oct 25	07:00AM - 08:00AM	00005993
			\$70.00/7; Drop in: \$12:00/1
Wed	Nov 01-Dec 13	07:00AM - 08:00AM	00005994
			\$70.00/7; Drop in: \$12:00/1
Instructor: Janice Arnot			

Pre/Post Natal (D)

Pregnant or just had a baby? This low impact fitness program will help protect your joints, reduce pressure and pain, while maintaining or enhancing your fitness during or after your pregnancy. It is a fun and safe fitness program to help you get back into shape or stay in shape during this body altering time.

Thu	Sep 07-Sep 28	06:00PM - 07:00PM	00005983
			\$32.00/4 ; Drop in: \$9:00/1
Thu	Oct 05-Oct 26	06:00PM - 07:00PM	00005984
			\$32.00/4 ; Drop in: \$9:00/1
Thu	Nov 02-Nov 30	06:00PM - 07:00PM	00005985
			\$40.00/5; Drop in: \$9:00/1
Thu	Dec 07-Dec 21	06:00PM - 07:00PM	00005986
			\$24.00/3; Drop in: \$9:00/1
Instructor: Ann Henslowe			



Registered Aquatic Fitness

Water Running (D)

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

Thu Sep 14-Oct 26 06:00AM - 06:45AM 00005987

\$49.00/7; Drop in: \$9:00/1

Thu Nov 02-Dec 14 06:00AM - 06:45AM 00005988

\$49.00/7; Drop in: \$9:00/1

Instructor: Ann Henslowe

Zoomers Water Running (D)

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

Thu Sep 14-Oct 26 02:15PM - 03:15PM 00005991

\$56.00/7; Drop in: \$9:00/1

Thu Nov 02-Dec 14 02:15PM - 03:15PM 00005992

\$56.00/7; Drop in: \$9:00/1

Instructor: Ann Henslowe

Zoomers Aquatic Bootcamp (D)

Calling all Zoomers! This unique fitness program is designed for those 50 plus (but all ages are welcome) who want to stay fit, build muscle, maintain balance and a healthy heart. This Aquatic Bootcamp will use the resistance of the water to build strength and endurance without putting any strain on your joint. Feel the amazing power of water on your fitness routine.

Tue Sep 12-Oct 24 02:15PM - 03:15PM 00005989

\$56.00/7; Drop in: \$9:00/1

Tue Oct 31-Dec 12 02:15PM - 03:15PM 00005990

\$56.00/7; Drop in: \$9:00/1

Instructor: Ann Henslowe

Zoomers (Land & Water)

Calling all Zoomers! This unique fitness program is designed for those 50 plus (but all ages are welcome) who want to stay fit, build muscle, maintain balance and a healthy heart. 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 the 90 minute class.

Mondays

Mon Sep 18-Oct 30 01:15PM - 02:45PM 00006257

\$45.00/6; Drop in: \$9.50/1

Mon Nov 06-Dec 18 01:15PM - 02:45PM 00006259

\$45.00/6; Drop in: \$9.50/1

Wednesdays

Wed Sep 20-Oct 25 01:15PM - 02:45PM 00006258

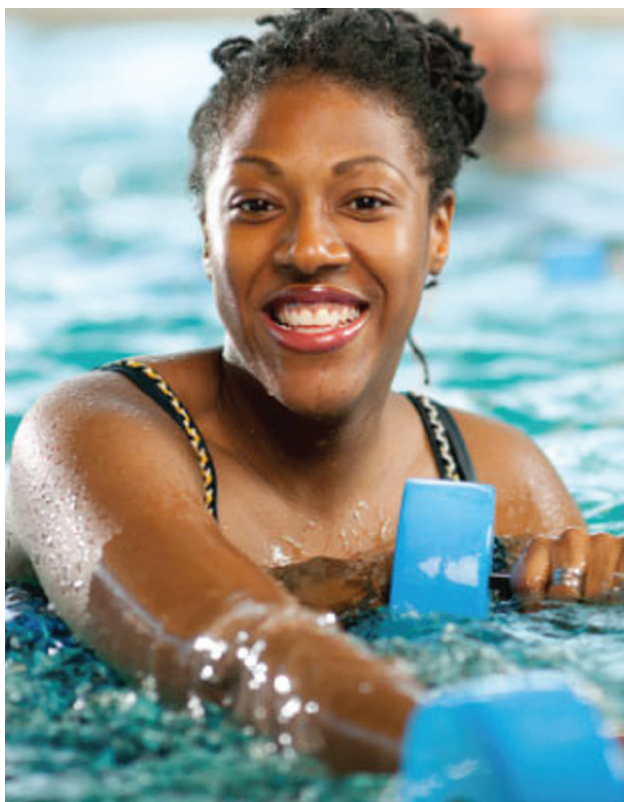
\$45.00/6; Drop in: \$9.50

Wed Nov 01-Dec 13 01:15PM - 02:45PM 00006260

\$52.50/7; Drop in: \$9.50/1

Instructor: Ann Henslowe

Location: Esquimalt Recreation Centre



Aquatic Registered Programs

Tyee Wavemakers/Jr. Wavemakers (3-7 years)
Practice 1-2x/week

Junior Wavemakers (3-5 years) and Wavemakers (4-7 years) focus on foundational swimming skills and comfort in the water. Skills include flutter and dolphin kick on all sides, streamline position and breath control. Swimmers entering Jr. Wavemakers must be comfortable away from their caregiver for 45 mins and be willing to put their face in the water to participate in the group. Swimmers entering Wavemakers must to be able to swim 5m unassisted in the big pool and perform flutter kick on their front and back. All swimmers must pay the \$44 Swim BC fee, this is a once a year fee payable upon swimmers first registration each school year.

REGISTER FOR TWICE/WEEK & SAVE 20%!

Sun	Sept 24 - Dec 3	4:00-4:45pm	00005975	\$114.75/9
Mon	Sept 25 - Dec 4	4:00-4:45pm	00005976	\$114.75/9
Wed	Sept 27 - Dec 6	4:00-4:45pm	00005977	\$140.25/11
No Lesson Oct 8/9 & Nov 12/13				

Tyee Swim Skills (5-9 years)
Practice 1-2x/week

Tyee Swim Skills (TSS) builds on the basic skills taught in Wavemakers and teaches swimmers the 4 strokes (Butterfly, Backstroke, Breaststroke, and Freestyle). Endurance is developed by swimming lengths with a technical focus. Swimmers are encouraged to attend within-club swim meets to get a glimpse of competitive swimming, and to develop an enjoyment of racing. All swimmers must pay the \$44 Swim BC fee, this is a once a year fee payable upon swimmers first registration each school year.

REGISTER FOR TWICE/WEEK & SAVE 20%!

Sun	Sept 24 - Dec 3	4:00-5:00pm	00005978	\$139.50/9
Mon	Sept 25 - Dec 4	4:00-5:00pm	00005979	\$139.50/9
Wed	Sept 27 - Dec 6	4:00-5:00pm	00005980	\$170.50/11
No Lesson Oct 8/9 & Nov 12/13				

Water Polo Skills

High energy, fun and social, water polo is a great way for kids to stay active in the pool! Designed for kids aged 8-12 years who want to maintain their swimming strokes, learn new water related skills and have fun playing this dynamic game. Water polo is a great way to stay fit, have fun and/or prepare for Bronze Medallion.

Fri	Sep 22-Dec 01	06:00PM - 07:00PM	\$77.00/11	00005974
-----	---------------	-------------------	------------	----------



2017 FALL AWARD APPLICATIONS

“PROUD TO PLAY LIKE A GIRL” (\$250 GRANT)

“PERFORMANCE DEVELOPMENT” (\$500 GRANT)

for 10-14 & 15-18 year olds

residing in the Capital Regional District

KidSport Greater Victoria and Active Girls are proud to announce a second call for “Proud to Play like Girl” and “Performance Development” grants in the fall of 2017. The \$250 award can be used by young females living in the CRD to attend a training clinic or camp or other form of athletic or leadership training. The \$500 award is intended to support girls’ ongoing performance development in two categories: (1) sport OR (2) physical activity pursuit (e.g., dance, yoga) to help cover costs related to their continuing involvement such as travel, equipment, coaching fees, or program registration fees. Look for grant applications on the KidSport website late in August – www.kidsportvictoria.ca. Applications are due October 1, 2017.



Advanced Aquatic Courses

Bronze Medallion

Learn the components of water rescue skills, judgement, knowledge and fitness. Candidates learn independent and partner skills including CPR, aquatic spinal recovery and first aid. 100% Participation required. Pre-requisite: 13 yrs+

Fri/Sat Oct 13-Oct 21 \$140.00/4 00005967
 Fri: 05:00PM - 09:00PM / Sat: 09:00-05:30PM

Location: Esquimalt Recreation Centre

Bronze Cross

Learn more advanced first aid and lifesaving techniques in preparation for taking NLS including non-breathing spinal injuries and contact aquatic rescues and carries. 100% Participation required. Pre-requisite: 13 yrs+ and Bronze Medallion

Fri/Sat Oct 27-Nov 04 \$140.00/4 00005968
 Fri: 05:00PM - 09:00PM / Sat: 09:00AM - 05:30PM

Location: Esquimalt Recreation Centre

National Lifeguard Full Course

This is the final stage in becoming a Lifeguard. Included are: scanning, teamwork, hand signals, and basic pool chemistry and filtration. 100% participation is required. Pre-requisites: 16 year+, Bronze Cross (not current), Current SFA/CPR-C

Fri/Sat Nov 17-Dec 09 \$325.00/8 00005969
 Fri: 05:00PM - 09:00PM/Sat: 09:00AM - 05:30PM

Location: Esquimalt Recreation Centre



Water Safety Instructor

This NEW training program prepares candidates to teach Red Cross swimming lessons.

Part 1

During Part 1 of this training program candidates will have their swimming strokes and skills as well as their first aid skills evaluated; they will complete an independent online learning component; and they will co-teach with Esquimalt Rec staff to complete 4 teaching assignments. Pre-requisites: 15 years of age; level 10 swimming skills or equivalent; and one of: Standard First Aid or Bronze Cross.

Sat Sep 16-Sep 16 11:00AM - 04:00PM \$225.00 00005970
 Location: Esquimalt Recreation Centre

Part 2

During Part 2 of this training program candidates will participate in classroom learning with a Red Cross Instructor Trainer. 100% participation is required. Pre-requisites: WSI Part 1; 15 years of age; level 10 swimming skills or equivalent; and one of: Standard First Aid or Bronze Cross.

Sun Nov 19-Dec 10 09:00AM - 04:00PM \$165.00/4 00005971
 Location: Esquimalt Recreation Centre

Re-certifications

National Lifeguard Re-Certification

This recertification course is for lifeguards who wish to remain current. Re-cert includes practical demonstration of skills, including first aid, spinal, unconscious and pia carries, as well as simulations and fitness skills. Successful candidates will hold a current NLS for another 2 years. Pre-requisites: NLS certification or re-cert within 5 years.

Sat Dec 16 10:00AM - 07:00PM 00005972 \$95.00

Water Safety Instructor Re-certification

This re certification course is for WSI's who wish to stay current. Candidates will go through program changes to Red Cross Tots and Swim Kids program as well as update their teaching skills with new information, games, drills and activities. 100% participation is required.

Pre-requisite: Water Safety Instructor course or re-cert taken within the last 5 years

Sun Dec 17 10:00AM - 03:30PM 00005973 \$102.00



Arena (Ice) Summer Drop In

Beat the Heat! Summer Holiday Skates

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

Mon-Fri Aug 21 - Sep 1

1:00PM - 2:50PM

Drop In Admission: \$3.00/person;
Esquimalt Rec or Regional Rec Pass: FREE

Skate Rentals: \$3.25/pair

Location: Archie Browning Sports Centre



Skate with Santa

Santa is coming to Archie Browning Sports Centre with special guest Elsa! Join us on the ice for games, music and fun. The Lion's Club of Esquimalt will be providing hot dogs and hot chocolate for all the skaters. Admission is just \$2 when you bring in a non-perishable food item!

Sat Dec 16 2:30PM-4:00PM \$2.00; Pass Holders: FREE

Location: Archie Browning Sports Centre



Arena Fall Drop In Schedule

Find it on page 69



SKATE PROGRAMS

at the Archie Browning Sports Centre

Our trained instructors develop engaging lesson plans that help your child develop the necessary skills of skating. These skills will improve your child's physical literacy and continue to develop other sport specific and fundamental movement skills. The Learn to Skate program is a regional initiative of seven municipalities of Greater Victoria. It is streamlined and designed so that any pre-school or school age child can have their accomplishments transferred from one centre to another.

NOTE: Helmets are required for all Lesson Participants. We are limited in stock and sizes, you are encouraged to bring your own properly fitting helmet. We also encourage you to bring gloves or mittens, warm jacket and flexible pants.

Toddler & Preschool

Parent & Tot

(2-4 Years) First time skaters will get comfortable on the ice with an adult, who is comfortable on skates. The adult will be given tools and skills to assist their child in accomplishing basics of skating. Skills adults will work on with their child are: balancing on two feet, touching toes, marching, falling down and getting up! Participants must wear skates. (NOT A PREREQUISITE TO PRESCHOOL 1).

Tue	Sep 26-Oct 24	04:00PM - 04:30PM	\$28.75/5	00006444
Tue	Nov 07-Dec 12	04:00PM - 04:30PM	\$34.50/6	00006445

Preschool 1

No prerequisite

Participants will be taught basic skating skills including: balancing on two feet, touching toes, walking forwards, marching, and falling down and getting up.

Tue	Sep 26-Oct 24	04:00PM - 04:30PM	\$31.25/5	00006446
Tue	Nov 07-Dec 12	04:00PM - 04:30PM	\$37.50/6	00006447

Preschool 2

Prerequisite: Preschool 1

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

Tue	Sep 26-Oct 24	04:00PM - 04:30PM	\$31.25/5	00006446
Tue	Nov 07-Dec 12	04:00PM - 04:30PM	\$37.50/6	00006447

Preschool 3

Prerequisite: Preschool 2

Children will learn skills in this course including: v-pushes, one foot gliding, two foot jump while gliding, walking backwards with some glide, two foot quarter-turns on the spot, and stopping.

Tue	Sep 26-Oct 24	04:00PM - 04:30PM	\$31.25/5	00006448
Tue	Nov 07-Dec 12	04:00PM - 04:30PM	\$37.50/6	00006449

Preschool 4

Prerequisite: Preschool 3

Children will learn skills in this course including: two-foot glides on a curve, walking cross cuts, backward sculling, and backwards stopping.

Tue	Sep 26-Oct 24	04:00PM - 04:30PM	\$31.25/5	00006448
Tue	Nov 07-Dec 12	04:00PM - 04:30PM	\$37.50/6	00006449

School Aged

Level 1

For children that do not have a lot of skating experience. Children will build confidence on the ice. Skills covered include: forwards gliding, marching forward, making snow, falling down and getting up, and walking backwards.

Tue	Sep 26-Oct 24	04:30PM - 05:00PM	\$31.25/5	00006459
Tue	Sep 26-Oct 24	05:00PM - 05:30PM	\$31.25/5	00006472
Tue	Nov 07-Dec 12	04:30PM - 05:00PM	\$37.50/6	00006460
Tue	Nov 07-Dec 12	05:00PM - 05:30PM	\$37.50/6	00006473

Level 2

Prerequisite: Level 1 or Preschool 3

For children who can skate independently on the ice. Skills include: forward sculling, one foot forward glides, stopping, walking backwards with some glide, and two foot half turns on the spot.

Tue	Sep 26-Oct 24	04:30PM - 05:00PM	\$31.25/5	00006459
Tue	Sep 26-Oct 24	05:00PM - 05:30PM	\$31.25/5	00006472
Tue	Nov 07-Dec 12	04:30PM - 05:00PM	\$37.50/6	00006460
Tue	Nov 07-Dec 12	05:00PM - 05:30PM	\$37.50/6	00006473

Level 3

Prerequisite: Level 2 or Preschool 4

Children will learn skills in this course including: one foot glides on a curve, forwards walking cross cuts, backwards skating and sculling, two foot backwards glide to one foot and snow plow stop.

Tue	Sep 26-Oct 24	04:30PM - 05:00PM	\$31.25/5	00006467
Tue	Sep 26-Oct 24	05:00PM - 05:30PM	\$31.25/5	00006474
Tue	Nov 07-Dec 12	04:30PM - 05:00PM	\$37.50/6	00006470
Tue	Nov 07-Dec 12	05:00PM - 05:30PM	\$37.50/6	00006475

Level 4

Prerequisite: Preschool 3

Children will learn skills in this course including: two foot stop, forwards crosscuts, turning forwards to backwards and backwards to forwards, and two foot jump in a glide backwards.

Tue	Sep 26-Oct 24	04:30PM - 05:00PM	\$31.25/5	00006467
Tue	Sep 26-Oct 24	05:00PM - 05:30PM	\$31.25/5	00006474
Tue	Nov 07-Dec 12	04:30PM - 05:00PM	\$37.50 /6	00006470
Tue	Nov 07-Dec 12	05:00PM - 05:30PM	\$37.50/6	00006475

Level 5

Prerequisite: Preschool 4

Children will learn skills in this course including: Backwards Mohawk turn, two foot stop in both directions, one foot jump gliding forward, fast backwards start and fast forward start from back stop.

Tue	Sep 26-Oct 24	05:00PM - 05:30PM	\$31.25/5	00006469
Tue	Nov 07-Dec 12	05:00PM - 05:30PM	\$37.50/6	00006471

Level 6

Prerequisite: Preschool 5

This is an introduction to advanced skating skills, while continuing to focus and enhance acquired skills. Participants will have the opportunity to request specific skills they would like to focus on with unstructured practice time with instructor supervision.

Tue	Sep 26-Oct 24	05:00PM - 05:30PM	\$31.25/5	00006469
Tue	Nov 07-Dec 12	05:00PM - 05:30PM	\$37.50/6	00006471



Skate Staff: Jared Dan(Supervisor), Kevin, Ariana

Hockey Programs

Intro to Hockey

Join us for this Introductory Hockey program. Learn the basics of the game, including stick handling, passing, hand eye coordination and so much more!

Tue	Sep 26-Oct 24	04:30PM-05:00PM	\$31.25/5	00006440
Tue	Nov 07-Dec 12	04:30PM-05:00PM	\$37.50/6	00006441

Tot Hockey

Join us on the ice for this introductory class to Hockey. Learn the basics of moving with a stick, stick handling and hand eye co-ordination. The Cougars will join us on the ice to help demonstrate and assist with hockey skill development.

Tue	Sep 26-Oct 24	04:00PM - 04:30PM	\$31.25/5	00006442
Tue	Nov 07-Dec 12	04:00PM - 04:30PM	\$37.50/6	00006443

Drop In Cougars' Pond Hockey

Sundays 2-3pm • Regular Admission

Note: Modified schedule during Curling Championships
esquimalt.ca/schedules



Curling Programs

Start Curling Program

The program will be comprised of new and inexperienced curlers who wish to learn all aspects of the game. Each session will include instruction to build your skills in all areas of the sport so that by the end of the course you are ready to join a league.

Sun	Sep 24-Oct 29	07:00PM - 08:30PM	\$50.00/5	00006438
Sun	Nov 05-Dec 17	07:00PM - 08:30PM	\$60.00/6	0000643

Sticks & Stones-Curling Drop In - Sundays

Looking for something fun to do on a Sunday afternoon? Why not give drop in Curling a try. No experience necessary, our fabulous instructor will be there to give you some pointers and assist you in your game. No equipment? No problem, we have sliders and brooms for a low cost rental.

Sun	Sep 24-Dec 17	01:00PM - 03:00PM	00006487
-----	---------------	-------------------	----------

Drop In Admission or FREE with your Esquimalt Rec or Regional Rec Pass
 Location: Archie Browning Sports Centre
 Please call ahead or look online as schedules do change due to events.

NEW! Intro to Figure Skating (6-12yrs)

Want to twirl, jump and spin? Learn the basics of figure skating in this fun program. Must be able to skate the length of the ice.

Tue	Sep 26-Oct 24	05:00PM - 05:30PM	\$31.25/5	00006576
Tue	Nov 07-Dec 12	05:00PM - 05:30PM	\$37.50/6	00006578





Arena Drop In Schedule

Schedule subject to change. View schedule in real time, online: esquimalt.ca/schedules

Everyone Welcome Skate

Join us on the ice for this fun Everyone Welcome Skate!

Mon	Sep 11-Dec 18	11:30AM - 12:50PM
Tue	Sep 05-Dec 19	11:30AM - 12:50PM
Wed	Sep 06-Dec 20	10:00AM - 11:20AM
Thu	Sep 07-Dec 21	03:00PM - 04:00PM
Sat	Sep 09-Dec 23	02:30PM - 04:00PM
Sun	Sep 10-Dec 17	01:00PM - 02:00PM

Cougars Pond Hockey

Join the Cougars on the ice for this fun drop in Pond Hockey Session. Helmets, gloves and shin pads mandatory!

Sun	Sep 10-Dec 17	02:00PM - 03:00PM
-----	---------------	-------------------

Adult \$3 Skate

Enjoy the ice for Adults Only!

Mon	Sep 11-Dec 18	11:30AM - 12:50PM	00006480
-----	---------------	-------------------	----------

\$3.00; Pass Holder: FREE:

Drop In Hockey for 16yrs +

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

Wed/Thu/Fri	Sep 06-Dec 22	11:30AM - 12:50PM	00006479
-------------	---------------	-------------------	----------

Drop In Admission or FREE with your Esquimalt Rec or Regional Rec Pass

Goalie plays for FREE!

Winter Break Holiday Skates

Come join us for a festive Holiday Skates!

Tue-Fri	Dec 27-Jan 05	01:00PM - 02:50PM
---------	---------------	-------------------

Sticks & Stones Curling Drop In

Ever wanted to give Curling a try? Now you can in this low cost drop in curling session. Get tips and tricks from our Curling attendant all while having fun!

Sun	Sep 24-Dec 17	01:00PM - 03:00PM	00006487
-----	---------------	-------------------	----------

Drop In Admission or FREE with your Esquimalt Rec or Regional Rec Pass

Please call ahead or look online as schedules do change due to events.



The Archie Browning Sports Centre is home of the Victoria Cougars. For game schedule and ticket information, please visit: victoriacougars.com

Esquimalt Curling Club

Board

President	Ken Whitehead	250-385-6593
Vice President	Samantha Cameron	250-661-4925
Secretary	Sandra Harden	250-744-1200
Treasurer	Lynn Hoadley	250-479-2946

League Contacts	Contact	Day	Time
Afternoon Ladies League	Yvonne MacDonald 250-382-9233	Mon	12:30-2:30pm
Logistic League	Boyd Clark 250-363-5878	Wed	3:30-5:30pm
Evening Ladies League	Mhairi MacDonell 250-727-9903	Tue	6:45-8:45pm
Men's League	Jim Williams 250-361-1247	Mon/Wed	6:30-10:45pm
Rebel's Mixed League	Cammie Slater 250-361-1329	Fri	7:00-9:00pm
Senior's Mixed League	Roy Johnson 250-479-4263	Thu	9:50am-12:00pm
Senior's Select League	Dave Davies 250-477-7429	Mon/Wed	9:30-11:30am
Senior's Men's League	Al Teasdale 250-419-3149	Tue/Fri	9:30-11:30am
Sportsmen's League	Ken O'Connor 250-382-0143	Sat	9:30-11:30am
Sunday Funday Mixed League	Karen Hoban 250-478-5303	Sun	4:30-6:30pm
White Ensign Mixed League	Al Schyf 250-383-4721	Thu	6:30-10:30pm
Youth League	Rachelle Perry 250-920-0921	Mon	4:00-6:00pm

Our Helpful Staff

Director of Parks & Recreation

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

Parks & Facilities Manager

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

Recreation Manager

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

Recreation Coordinator

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

Recreation Coordinator

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

Programmer - Children's Services,
Arena & Sport Programs

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

Programmer - Fitness & Wellness

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

Community Development

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

Lauren Schubert | 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

Arena & Events Supervisor

Todd Boothroyd | 250-412-8515
todd.boothroyd@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

Recreation Supervisor - OSC & Camps

Shelann Kowalewsky | 250-412-8512
shelann.kowalewsky@esquimalt.ca

Frequently Asked
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

www.esquimalt.ca/schedules

To book facility space

250-412-8525

To submit a Tree Cutting
Permit

In person or download & save:
www.esquimalt.ca/parks

Registration & Pass Sale Policies:

Refunds/Credits:

- Refunds/credits will be permitted up to 3 working days prior to the start of programs.
- Requests for credit 3 days prior to the start of a program or after a program commences may be made through the appropriate Programmer. Refunds will not be issued.
- No credits will be issued after the 2nd class of a program/session.
- For Out of School Care, Licensed Preschool and Creative Play programs 30 days written notice for withdrawal is required.
- For all camp programs, pro-d days and advanced aquatic courses one (1) week notice is required.

NSF Fee:

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

Passes:

- \$2 replacement fee for lost cards
- Pass cancellation fee is \$29.76. Regional Pass sales are final. Passes are not transferable.
- \$5 replacement fee for LIFE passes.



In the community - at Saxe Point Park

Community Contacts

COMMUNITY RESOURCES

Boys & Girls Club
bgvic.org

Esquimalt Chamber of Commerce
esquimaltchamberofcommerce.com

Esquimalt Kiwanis Club
kiwanisvictoria.com

Esquimalt Lions Club
lionsdistrict19-i.org

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

Rock Solid
rocksolid.bc.ca

Royal Canadian Legion BR#172
legion172.com

SPECIAL INTEREST

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

Girl Guides of Canada
svgirlguides.bc.ca

Esquimalt Anglers
eanglers@islandnet.com

Community Contacts

Esquimalt Curling Club
esquimaltcurlingclub.ca

Esquimalt Baseball Assoc.
esquimaltbaseball@gmail.com

Esquimalt Garden Club
paulwickens@shaw.ca

Esquimalt Photo Club
esquimaltphotoclub.org

Esquimalt Speed Skating Club
esquimaltspeedskating.org

Gorge Soccer Assoc.
gorgesoccer.ca

Greater Victoria Minor Football Assoc.
victoriafootball.ca

Victoria/Esquimalt Minor Hockey
Victoriaminorhockey.ca

Victoria/Esquimalt Minor Lacrosse
velacrosse.com

Victoria Wheelchair Sports
victoriawheelchairsports.ca

COMMUNITY SERVICES

Esquimalt Neighbourhood House
enh.bc.ca

Military Family Resource Centre
esquimaltmfrc.com

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

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

Single Parent Resource Centre
singleparentvictoria.ca

Vancouver Island Health Authority
viha.ca

Esq. Public Health Unit
250-519-5311

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

Victoria Police Department
West Division 250-995-7502

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

LOCATION:

1149 A Esquimalt Rd.
Under McDonald's - use west side
entrance

PHONE: 250-412-8540**EMAIL:**

gregory.evans@esquimalt.ca

WEBSITE:

esquimalt.ca/Main/archives.htm

HOURS:

Monday-Friday
9:00am-12:00pm



*Esquimalt High School
Class Photo, 1948*

This year Esquimalt High School will celebrate its centenary. Classes were originally held in Lampson Street Elementary School but in 1926 the new Esquimalt High School opened on Head Street, under the direction of Gwendolyn Hewlings, the first woman high school principal in the province. A Latin teacher, it was her class that chose the school motto – "Esse Quam Videri" – To Be, Rather Than Seem (To Be). In January 1960, the current Esquimalt High opened on Colville Road.

The Archives has information on and photographs of the students who attended various schools in Esquimalt. We are dedicated to preserving this and all aspects of our community's heritage and you can help. If you have any material that could help us tell this story, please let us know. And, let us know how we can help you in your research endeavours.

We offer free Individual and Family Preparedness, Disaster First Aid and Light Urban Search and Rescue training to Esquimalt residents.

Program details available at www.esquimalt.ca/prepare or see below.

For more information or to leave a message call 250.414.7120 or email: emergencyprogram@esquimalt.ca



Volunteer with the Esquimalt Emergency Program!

The Emergency Social Services team helps people in your community forced from their homes by emergencies. Services may include providing food, lodging, clothing, emotional support, information about the crisis, and family reunification.

The Neighbourhood Emergency Preparedness Program helps to educate your community about how they can get prepared for any emergency! This may include providing information at public events, presenting workshops, and helping with to public education initiatives like contests, social media, and advertising.

The Emergency Radio Communications Team is a group of amateur radio operators that provide backup communications to the Township in case of an emergency.

We will provide training, an opportunity to socialize with like-minded people, a fun atmosphere, and a sense of helping your community.

If you would like more information, please call 250.414.7120 or email: emergencyprogram@esquimalt.ca

Welcome to Greater Victoria Public Library

Say hello to Lynda

Learn online with Lynda.com — an e-learning platform with more than 3,500 courses and 140,000 videos taught by experts. Sign up for a library card at **gvpl.ca**, use your card number and password to login to Lynda. Find courses about marketing, management, photography, coding and more!

Learn on your time, 24/7



lynda.com

Esquimalt Branch Open During Construction

As Esquimalt Town Square takes shape, the Esquimalt Branch remains open! We look forward to welcoming you. The branch is only accessible from Esquimalt Road. Parking is available on the street and in the south parking lot behind Archie Browning Sports Centre.

Monday, Tuesday, Wednesday,
 Saturday 10:00 am-6:00 pm
 Thursday, Friday 10:00 am-9:00 pm
 Sunday 1:00-5:00 pm
 (starting October)

Follow Along



**GREATER VICTORIA
PUBLIC LIBRARY**

gvpl.ca



REGIONAL RECREATION PASS

Greater Victoria **ACTIVE
COMMUNITIES**
fitinfitness.ca

FOR GREATER
VICTORIA

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

INCLUDING TAX
\$41
PER MONTH

PENINSULA RECREATION 250-656-7271

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

SAANICH RECREATION 250-475-5422

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

RECREATION OAK BAY 250-595-7946

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

CITY OF VICTORIA 250-361-0732

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

ESQUIMALT RECREATION 250-412-8500

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

WEST SHORE PARKS & REC 250-478-8384

- 13. Juan de Fuca Recreation Centre 1767 Island Highway

SEAPARC RECREATION 250-642-8000

- 14. Seaparc Leisure Complex 2168 Phillips Road

Get back to life

Don't let pain keep you from doing everything you want to do. We can help you move better and feel great!

Our team of therapists work with you, your doctor and those involved with your treatment, to ensure the most appropriate program is developed for you.

Contact us today and get back to living your normal life!



OUR SERVICES:

KINESIOLOGY

POOL THERAPY

PHYSIOTHERAPY

ACUPUNCTURE

MASSAGE THERAPY

CHIROPRACTIC

ATHLETIC THERAPY

Did you know?

You receive full FREE gym & pool access before or after your treatment session at our Esquimalt location.

Have a Worksafe claim?

Call us at 250-382-9992 to find out about funded supervised pool therapy.

Lifemark Esquimalt
527 Fraser Street
(Inside the Esquimalt Rec Centre)
tel: 250-382-9992
esquimalt@lifemark.ca

Lifemark McKenzie
3941 Shelbourne Street
2nd floor
tel: 250-477-1441
mckenzie@lifemark.ca

www.lifemark.ca

lifemark 