

September-December  
**ESQUIMALT**  
PROGRAMS  
& EVENTS  
**FALL 2018**



**ESQUIMALT**  
PARKS + RECREATION

**REGISTER ONLINE**

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





## Gift it.

**Give the gift of recreation.**

**On sale December 1st.**

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

Info: [esquimalt.ca/promo](https://esquimalt.ca/promo)



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



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



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



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



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**ESQUIMALT**  
PARKS + RECREATION

## Facility Hours & Contact

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

### Esquimalt Recreation Centre

Ph: 250.412.8500  
527 Fraser Street, V9A 6H6

#### Hours of Operation

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

### Archie Browning Sports Centre

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

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

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





Welcome to the Fall 2018 Parks and Recreation Programs and Events Guide. Please use the guide as your roadmap to health, fitness and fun this fall in Esquimalt.

Have you started using our new online registration system? It's been in place for over a year, making it easy for you to search our catalogue of activities and programs, and sign up from the convenience of your own home.

I hope you have had an opportunity to give us your thoughts on the use of the McLoughlin Amenity Funds. We want your ideas on how to spend \$17 million on capital projects in waterfront parks, recreation facilities and a public safety facility. Go to our website to take the online survey or visit us at mobile engagement booths at community events until mid-September. Learn more at [esquimalt.ca/engage](http://esquimalt.ca/engage).

We had a wonderful summer of events in the Township this year, with the Memorial Park Music Fest, Esquimalt Arts Festival, and Esquimalt Farmers Market. This fall, watch for the Fall Farmers Market in the Recreation Centre starting up on September 20th, and the Township Community Arts Council's Township Classics kicking off on September 30 at CFB Esquimalt.

Esquimalt will again be the place to be this fall with RibFest, Cars, Rods and Rides, our 15th 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 5th Annual Christmas Tree Village at both the Sports Centre and the Recreation Centre.

One of my personal favourites, the Pyjama Prance, a run/walk through the streets of Esquimalt in your PJs, will be held on December 9. Proceeds from the event go to a very worthy cause: the Rainbow Kitchen, which provides a safe and welcoming environment and safe food for those in need.

Also in December, our pool is going to the dogs, literally. Dogs will be welcome in the lifestyle pool in advance of the annual pool maintenance closure. Read more about registration and times in these pages. Fido will be pleased!

Come meet with your Council at the New Year's Day Levée on January 1, 2019. Aside from a meet and greet and refreshments at Municipal Hall, there will be free swimming and skating at our facilities in the afternoon.

On behalf of Council I encourage you to enjoy our wonderful parks and recreation facilities this fall and throughout the year.

Yours truly,



Mayor Barb Desjardins



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

### NEW USER?

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

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

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

### Program Withdrawals & Refunds

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

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

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

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

### 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.



### Additional Information:

#### NSF Fee

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

#### Passes & Memberships

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

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



Boundary  
Oil Line

Esquimalt Rd.

### 1 Esquimalt Gorge Park

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

### 2 Colville Sport Fields\*\*

- Sports Fields
- Dogs Not Permitted

### 3 West Bay Walkway

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

### 4 Macaulay Point Park

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

\*Joint Use Agreement with School District

\*\*Department of National Defense

### 5 Saxe Point Park

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

### 6 L'Ecole Brodeur\*

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

### 7 Highrock Park

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

### 8 Anderson Park

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

### 9 Esquimalt Recreation Centre

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

### 10 Bullen Park

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

### 11 Archie Browning Sports Centre

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

### 12 Lampson Sport Fields

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

### 13 Memorial Park

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

### 14 Captain Jacobsen Park

- Playground
- Dogs Off Leash

### 15 Esquimalt Adventure Park

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

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





## Experience the value of Esquimalt Recreation passes!

Passes include unlimited admission to:

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

- Choice of Fitness Assessment or Weight Room Orientation

### ADDED BENEFIT!

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

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

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



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

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

Regional Recreation Pass\*  
12 Recreation Centres, 1 Pass = Over \$2000 Value

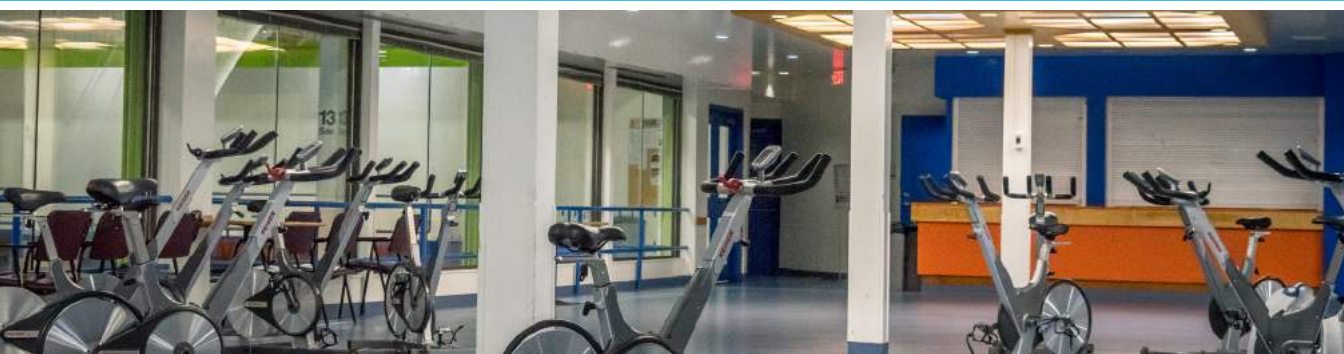
# Specialized drop in admission & seasonal offers! Tax Included

	Single Drop in	10 Pack	
<b>Stay &amp; Play Childminding</b>	\$3.50	\$30.00	For schedule - see page 17 Online: <a href="http://esquimalt.ca/childminding">esquimalt.ca/childminding</a>
<b>Kindergym</b>	\$3.00	\$30.00	For schedule - see page 17 Online: <a href="http://esquimalt.ca/kindergym">esquimalt.ca/kindergym</a>
<b>Skate Rentals</b>	\$3.25	-	
<b>Seasonal Summer Access Pass</b>	\$30/Child or Youth	\$60/Adult or Senior	Valid June 30-September 3, 2018

## Membership & Admission Policies:

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





## Drop In Programs

Drop in fitness, waterfit, sports & 50 plus programs are included with your Esquimalt Recreation Pass or a general admission drop in admission. Please note schedules are subject to change. To view schedules in real time, please visit: [esquimalt.ca/schedules](http://esquimalt.ca/schedules)

## Fitness Drop In

### BellyFit

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

Location: Esquimalt Recreation Centre

Instructor: Marcia Semenoff

Sep 04-Dec 18      Tue      9:15am-10:10am      12177

### Bootcamp - Drop in

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! It's bootcamp to the max! Class will be held outside when weather permits.

Location: Esquimalt Recreation Centre

Instructor: Esther Bendall

Sep 05-Dec 19      Wed      6:45pm-7:30pm      12178

### Circuit and Stretch

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

Location: Esquimalt Recreation Centre

Instructor: Graham Harriman

Sep 04-Dec 18      Tue      6:15am-7:00am      12179

### 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.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Sep 04-Dec 18      Tue      10:20am-11:15am      12181

### HIIT

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

Location: Esquimalt Recreation Centre

Instructor: Eugene Nnoli

Sep 06-Dec 27      Thu      6:00pm-6:45pm      12182

### Mixed Interval Challenge

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

Location: Esquimalt Recreation Centre

Instructor: Cheryl Kannon

Sep 01-Dec 29      Sat      8:15am-9:10am      12186

Sep 06-Dec 27      Thu      6:15am-7:00am      12185

Sep 10-Dec 17      Mon      5:30pm-6:25pm      12184

## Power Circuit

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

Location: Esquimalt Recreation Centre

Instructor: Cheryl Kannon

Sep 04-Dec 27 Tue/Thu 12:10pm-12:55pm 12187

No classes: Dec 25

## Spin - Drop in

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

Location: Archie Browning Sports Centre Crow's Nest

Instructor: Ann Henslowe

## Early Morning

Sep 05-Dec 19 Wed 6:15am-7:00am 12191

Sep 07-Dec 28 Fri 6:15am-7:00am 12193

## Lunch Hour

Sep 05-Dec 19 Wed 12:10pm-12:55pm 12189

Sep 10-Dec 17 Mon 12:10pm-12:55pm 12188

## Strength and Balance

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

Location: Esquimalt Recreation Centre

Instructor: Christine Balinski

Sep 05-Dec 19 Wed 9:00am-9:55am 12341

## Stretch & Strength

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

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Sep 06-Dec 27 Mon/Thu 9:00am-9:55am 12194

## Stroller Fit Drop-In

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

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Sep 04-Dec 18 Tue 11:45am-12:45pm 12318

Sep 06-Dec 27 Thu 11:45am-12:45pm 12319

## Total Body Challenge

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

Location: Esquimalt Recreation Centre

Instructor: Marcia Semenov

Sep 05-Dec 19 Wed 9:15am-10:10am 12321

## Total Step Challenge

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

Location: Esquimalt Recreation Centre

Instructor: Lorraine Nygaard

Sep 07-Dec 28 Fri 9:15am-10:10am 12323

## Total Body Conditioning

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

Location: Esquimalt Recreation Centre

Instructor: Esther Bendall

Sep 10-Dec 24 Mon 6:15am-7:00am 12322

## Total Aerobic Challenge

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

Location: Esquimalt Recreation Centre

Instructor: Marcia Semenov

Sep 10-Dec 24 Mon 9:15am-10:10am 12320

## Yoga - Drop in

Take some time out of your day for this introductory class. Participants perform a series of poses and breathing exercises designed to stretch and strength your body and calm the mind and spirit. Space is limited. Please call 250-412-8500 or register online after 8am on the day of program to reserve your space.

Location: Esquimalt Recreation Centre

Instructor: Lorraine Nygaard

Sep 04-Dec 18 Tue 5:05pm-6:00pm 12329

Sep 05-Dec 26 Wed 12:10pm-12:55pm 12325

Sep 07-Dec 28 Fri 12:10pm-12:55pm 12327

Sep 10-Dec 17 Mon 12:10pm-12:55pm 12324

## Yogalates

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

Location: Esquimalt Recreation Centre

Instructor: Phyllis Musseau

Sep 06-Dec 27 Thu 9:15am-10:10am 12330



## Pool Schedule

### General Schedule Information

At least one lap available for lap swimming at all times. Hot tub, sauna and steam room available for drop in admission at any time. For swim schedule, please view the pool schedule online – in real time: [esquimalt.ca/schedules](http://esquimalt.ca/schedules)

### Modified Pool Schedule

Modified program schedules will be in effect during the following dates. Please confirm schedule online.

- October 6-8: Thanksgiving Weekend
- October 27-28: Esquimalt Recreation hosts the Vancouver Island Fitness Conference
- November 10-12: Remembrance Day

### Annual Pool Maintenance Closure

The Esquimalt Recreation Centre Aquatics Facility is closed for annual maintenance for approximately 2 weeks each year. During this time Esquimalt Recreation Passes are accepted at all municipal recreation facilities and the Naden Athletic Centre at CFB Esquimalt. Please verify swim schedules with the facility you prefer to visit. This year the pool closure dates are:

3:30pm on Sunday, December 2; reopening 5:30 a.m. on Monday, December 17th.

## WaterFit Drop In

### Cardio Blast

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

Sep 04-Nov 29	Tue/Thu	7:05pm-7:55pm	11356
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### Cardio Conditioning

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

Set to the music of the good old days, the emphasis is on improving endurance, strength and mobility.

Sep 04-Nov 29	Tue/Thu	10:35am-11:25am	11352
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### Deep Fit

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

Sep 04-Nov 29	Tue/Thu	9:05am-9:55am	11350
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Sep 05-Nov 30	Mon/Wed	8:05am-8:55am	11347
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No classes: Oct 08, Nov 12

### Shallow Fit

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

Sep 03-Nov 30	Mon/Fri	9:05am-9:55am	11349
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Sep 04-Nov 29	Tue/Thu	8:05am-8:55am	11348
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Sep 08-Dec 01	Sat	8:35am-9:25am	11354
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### Foundations

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

Sep 05-Nov 28	Mon/Wed	10:35am-11:25am	11351
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No classes: Oct 08, Nov 12

### Foundations Plus

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

Sep 07-Nov 30	Fri	10:35am-11:25am	11353
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### Total Body Workout

Moderate intensity, moderate impact (Beginner to Advanced). This shallow water workout will pair a 30 minute cardiovascular workout with targeted strength and abdominal exercises to give participants a well-rounded full body workout.

Sep 03-Nov 28	Mon/Wed	6:05pm-6:55pm	11355
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## Sports Drop In

### Reserve your space for the season!

Due to the popularity and capacity limitations on drop in sports programs, we are pleased to offer seasonal advanced reservation in person, online or by phone. Secure your space for any (or all) sessions during the Fall season: September 1-December 31 at your convenience. Please note: in the event of cancellation, cancellation rby phone at 250.412.8500 is required by noon on day of interest to avoid penalty.

### Indoor Soccer

Recreational indoor soccer for ages 16+. Admission included with your pass or pay a nominal drop in fee. Reserve your space online on the day of the program.

Location: Esquimalt Recreation Centre  
Sep 02-Dec 30 Tue/Sun 9:00pm-10:15pm 11874

### Pickleball

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

Location: Esquimalt Recreation Centre  
Sep 04-Dec 27 Mon/Tue /Thu 1:15pm-3:15pm 11871  
No classes: Oct 09,Dec 25,Dec 24  
Sep 09-Dec 30 Sun 4:30pm-5:30pm 11873  
No classes: Dec 09,Oct 28

### Play Beyond Expectations

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

Location: Esquimalt Recreation Centre  
Sep 04-Dec 18 Tue 3:30pm-5:00pm 11878  
Sep 07-Dec 21 Fri 1:00pm-2:30pm \$5.48/16 11879

### Volleyball (Everyone Welcome)

Recreational volleyball for ages 16+.

Location: Esquimalt Recreation Centre  
Sep 06-Dec 27 Thu 8:00pm-10:00pm 11872

### Volleyball (Competitive)

Competitive volleyball for experienced players aged 16+.

Location: L'école Brodeur School Gym  
Sep 09-Dec 30 Sun 7:00pm-9:00pm 11877

### Floor Hockey

Recreational floor hockey for ages 16+.

Location: Esquimalt Recreation Centre  
Sep 10-Dec 17 Mon 8:30pm-10:30pm 11875  
No classes: Oct 08, Dec 24

### Basketball Drop In

Recreational basketball for 30 years and over.

Location: Esquimalt Recreation Centre  
16yrs+  
Sep 09-Dec 30 Sun 6:45pm-8:30pm  
Over 30yrs  
Sep 12-Dec 19 Wed 8:45pm-10:15pm 12348



## 50+ Drop In

Use your Esquimalt Recreation or Regional Recreation Pass for admission. Admission for non-pass holders is \$2.00/drop in for our 50+ drop in programs, unless otherwise indicated. \$2.00 drop in is for program admission only. Those wishing to use the pool and/or weight room on the same day may purchase general admission drop in for both program and facility access.

### Conversation Cafe

Explore meaningful topics through engaging dialogue. Meet new people & learn something interesting about yourself & others. Weekly topics are led by a volunteer group facilitator. Phone 250-412-8532 for more information.

Location: Esquimalt Recreation Centre

Sep 03-Dec 31 Mon 10:00am-11:30am \$2.00/1 12459

### Mah Jong

Socialize with new friends as you play this title-based game. All levels are welcome.

Location: Esquimalt Recreation Centre

Sep 03-Dec 31 Mon 12:30pm-3:00pm \$2.00/1 11120

### Music Jam

Bring your instrument &/or voice and join in for a fun drop-in music jam session. Basic music skills are needed.

Location: Esquimalt Recreation Centre Convertible

Sep 03-Dec 31 Mon 1:00pm-3:00pm \$2.00/1 12467

### Duplicate Bridge

Meet new friends and enjoy this populate card game! Everyone welcome. If you are new the game, take advantage of Duplicate Bridge for Beginners.

Location: Esquimalt Recreation Centre

Sep 03-Dec 31 Mon 1:00pm-3:00pm \$2.00/1 12464

### Foot Care Clinic

Book an appointment for our foot care clinic with Esthetician Donna Wildeman by calling our front desk at 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.

Location: Esquimalt Recreation Centre

Instructor: Donna Wildeman

Tue 12:00pm-3:00pm Appointment Every 30-minutes \$30.00/1 11125

### Mexican Train Dominoes

Enjoy our welcoming atmosphere and see for yourself why this game has entertained kids and adults for generations!

Location: Esquimalt Recreation Centre

Sep 04-Dec 18 Tue 12:30pm-1:00pm \$2.00/1 12456

No program: Dec 25

### Rumoli

We'd love to have you join us for this classic game.

Meet new friends, relax and enjoy!

Location: Esquimalt Recreation Centre

Sep 04-Dec 18 Tue 1:00pm-3:00pm \$2.00/1 12468

No program: Dec 25

### Chess

All levels welcome.

Location: Esquimalt Recreation Centre

Sep 04-Dec 18 Tue 1:00pm-3:00pm \$2.00/1 12457

No program: Dec 25



## Ukulele Club

Basic knowledge of ukulele required. Bring your instrument and enjoy the company of wonderful like-minded musicians!

Location: Esquimalt Recreation Centre

Instructor: Jamyang Lodto

Sep 04-Dec 18 Tue 1:30pm-3:30pm \$2.00/1 12470

No program: Dec 25

## Creative Crafters

Spend time with crafting enthusiasts & create items used for fundraising. All items are sold to raise funds for Seniors programming.

Location: Esquimalt Recreation Centre

Sep 05-Dec 26 Wed 9:30am-11:30am \$2.00/1 12461

## Knit & Crochet

Socialize with other knitters & crochet enthusiasts while making items to sell at our annual Christmas fair and also throughout the year in-house. This is a fundraising program, raising money for Seniors programming.

Location: Esquimalt Recreation Centre

Sep 05-Dec 26 Wed 1:15pm-3:15pm \$2.00/1 12466

## Writers Group

Share your stories & poems with other writing in a supportive group setting.

Location: Esquimalt Recreation Centre

Sep 06-Dec 27 Thu 10:00am-12:00PM \$2.00/1 12471

## Court Whist

Join us for this delightful, simple to understand card game! It's a ton of fun & provides a great opportunity to socialize. Whist is a game of strategy. It is a plain trick game, where 4 players, paired off in partners, try to win as many tricks as they can. Similar to Bridge, but there is no bidding.

Location: Esquimalt Recreation Centre

Sep 06-Dec 27 Thu 12:30pm-3:00pm \$2.00/1 12460

## Euchre

Euchre is a plain-trick game played with a short pack of 32, 28 or 24 cards ranking AKQJ109... except in trumps, of which the highest is the Jack or "Right Bower" and second highest is the other Jack of the same colour, or "Left Bower", followed by AKQ109... Each player is dealt five cards in batches of two and three, the undealt cards are stacked face down, and the topmost of them is turned to establish a suit of preference.

Location: Esquimalt Recreation Centre

Sep 06-Dec 27 Thu 12:30pm-3:00pm \$2.00/1 12465

## Bridge

Contract bridge, or simply bridge, is a trick-taking card game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table.

Location: Esquimalt Recreation Centre

Sep 06-Jun 27 Thu 1:00pm-3:00pm \$2.00/1 11121

## FREE! Community Walking Group

Meet in the Esquimalt Recreation Centre's atrium & participate in walks throughout the Esquimalt neighbourhoods & parks. Return to the Rec Centre after your walk for coffee & conversation in the atrium.

Location: Esquimalt Recreation Centre

Sep 07-Dec 28 Fri 10:00am-11:30am \$2.00/1 12458

## Scrabble

What's your highest word score? Meet new friends and enjoy this popular game every Friday!

Location: Esquimalt Recreation Centre

Sep 07-Dec 28 Fri 10:00am-12:00pm \$2.00/1 12469

## Cribbage

One of the most popular games in the world! Enjoy great company in a fun and friendly environment.

Location: Esquimalt Recreation Centre

Sep 07-Dec 28 Fri 1:00pm-3:00pm \$2.00/1 12462

## Blood Pressure Clinic

Drop in for a quick check of your blood pressure in the comfortable atmosphere of our Senior's lounge on the 2nd and 4th Tuesday of each month.

Location: Esquimalt Recreation Centre

Sep 25-Nov 27 2nd & 4th 4th Tue 1:00pm-3:00pm \$2.00/1 12428





## Arena Drop In

Admission to drop in arena sessions is included with your Esquimalt Recreation Pass. Drop in rate also available: \$5.75/adult; \$4.25/student or senior; \$3.00/youth.

Skate rentals available, sizing first comes, first served, \$3.25/pair.

### Special Offer!

Monday Adult Only Skate: enjoy a discounted drop in rate, just \$3.00! Regular admission rates apply for all other sessions.

## Everyone Welcome Skate

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

Location: Archie Browning Sports Centre Arena

Sep 04-Dec 18	Tue	11:30am-12:50pm	12080
Sep 05-Dec 19	Wed	10:00am-11:20am	12081
Sep 06-Dec 20	Thu	3:00pm-4:45pm	12082
Sep 08-Dec 22	Sat	2:30pm-4:00pm	12083
Sep 09-Dec 23	Sun	1:00pm-2:00pm	12084

## Drop In Hockey 16yrs+

All levels welcome, ages 16+. Helmets, shin pads & gloves required; full gear is recommended. Goalies play for free!

Location: Archie Browning Sports Centre Arena

Sep 05-Dec 11	Wed/Thu/Fri	11:30am-12:50pm	12086
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## Cougars Pond Hockey

Join the Cougars on the ice for this fun drop in Pond Hockey Session. Helmets, gloves and shin pads mandatory! Children 12 years and under are mentored by members of the Cougars Junior Hockey Club.

Location: Archie Browning Sports Centre Arena

Sep 09-Dec 23	Sun	2:00pm-3:00pm	12085
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## Adult Skate

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

Location: Archie Browning Sports Centre Arena

Sep 10-Dec 24	Mon	11:30am-12:50pm	\$3.00/1	12079
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## Pro Day Skates

Join us for fun on the ice during Professional Development Days from School! Pro D Day drop in is included with your Esquimalt Recreation Pass or pay the regular drop in rate. Family admission: \$11.50/family. Skate rentals are available, \$3.25/pair.

Location: Archie Browning Sports Centre Arena

Sep 17	Mon	1:00pm-2:50pm	12102
Oct 19	Fri	1:00pm-2:50pm	12104
Nov 23	Fri	1:00pm-2:50pm	12106

## Winter Break Holiday Skates

Come enjoy a fun skate during the Holiday Break!

Location: Archie Browning Sports Centre Arena

Dec 27-Jan 04	Mon-Fri	1:00pm-2:50pm	12122
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## FREE! New Year's Day Skate

Bring family & friends to for a free family skate on New Year's Day. What a better what to kick off the new year than with some quality family time and active living!

Jan 01	Tue	1:00pm-2:50pm	FREE	12495
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## Sticks & Stones Curling Drop In

No experience necessary our fabulous instructor will be there to give you some pointers and assist you in your game. No equipment? No problem, we have sliders and brooms for a low cost rental. Program open to persons of all ages 8yrs+. Children 16yrs and younger must be accompanied by an adult.

Location: Archie Browning Sports Centre Curling Arena

Sep 23-Dec 30	Sun*	1:00pm-3:00pm	12087
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\*Schedule subject to change due to Curling Bon Speils. Please verify schedule online: [esquimalt.ca/arenadropin](http://esquimalt.ca/arenadropin)

Youth Drop In

FREE! Teen Night Drop In

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

Location: Esquimalt Recreation Centre  
Sep 06-Dec 29 Thu/Fri/Sat 7:00pm-10:00pm 12078

FREE! Raven's Club Drop In

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

Location: Esquimalt Recreation Centre  
Sep 12-Dec 19 Wed 3:00pm-5:00pm 12077

FREE! Girls Group Drop In

Girls only hang out, where we will explore activities that the group has chosen together. Local out-trips, cooking and the arts are just a few of the events we will offer!

Location: Esquimalt Recreation Centre  
Sep 24-Dec 10 Mon 6:30pm-8:30pm 12076  
No classes: Oct 08,Nov 12



Early Childhood Drop In

Nominal drop in fee applies. Early childhood drop in program admission is not included with your pass.

Stay & Play Childminding

Stories, crafts and free play for your child while you drop in to our programs or use our facilities. There are 2 payment options: purchase a 10-punch pass for \$30 or enjoy the flexibility of a drop in, \$3.50/drop in. Reserve up to 24 hours before day of interest by phone (250.412.8500) or online. Payment required at time of reservation; no refunds are issued. Program does not run on statutory holidays.

Location: Esquimalt Recreation Centre

Daytime

Sep 04-Dec 28	Mon-Fri	9:00am-10:30am
Sep 04-Dec 28	Mon-Fri	11:45am-1:15pm

Evening

Sep 05-Dec 19	Wed	5:30pm-7:30pm
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FREE! Mom Talk

Join the Esquimalt Neighbourhood House to share and connect with other moms in the community; chat about sleep, infant feeding, adjusting to motherhood and much more. A light lunch is provided each week. For more information call Esquimalt Neighbourhood House at 250-385-2635 ext. 207.

Location: Esquimalt Recreation Centre  
Sep 04-Dec 18 Tue 12:00pm-1:00pm FREE 12347

Everyone Welcome Playgroup

Presented in partnership with Esquimalt Neighbourhood House. Games, crafts, circle time and free play with kindergym toys. Parents (or those in a parenting role) will receive resources and tips on positive parenting, child development, health and safety and much more. As this is a parent-child interactive program, we ask that a parent attends with no more than three children. Call after 7am to reserve your spot on the day of interest.

Location: Esquimalt Recreation Centre  
Sep 06-Dec 20 Thu 10:30am-11:45am \$3.00/1 12068

Kindergym

An exciting morning of exploring with ride on toys, balls, hoops, slides, mats and a Bouncy Castle. Parent participation required. Call after 7am to reserve your spot on the day of interest. Note: Schedule subject to change, check online schedule.

Location: Esquimalt Recreation Centre

Sep 07-Dec 21	Mon/Fri	10:30am-11:45am	\$3.00/1	12069
Sep 08-Dec 29	Sat	9:30am-10:30am	\$3.00/1	12070
Sep 08-Dec 29	Sat	10:30am-11:30am	\$3.00/1	12071





## September 8-10

**FREE Admission!** (Donations to Fire Fighters Charitable Foundation accepted at gate.)

### RibFest

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

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

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

#### Event Hours

NOTE: Stage times are approximate & subject to change.

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



## September 9

**FREE! 8th Annual Cars, Rods and Rides: A Fundraising Event for Celebration of Lights**

For the 8th year in a row the Celebration of Lights Committee will be pulling together some of the coolest cars, hot rods and motorcycles around to raise funds for the annual Christmas light up and parade. This community focused event supports donations to the Q's TLC fund for kids as well as having a lot of prizes available to be won. Go to [www.celebrationoflights.ca](http://www.celebrationoflights.ca) for the most up to date information.

Sat Sep 9 10:00am-2:00pm

Location: Archie Browning Sports Centre Parking Lot

## September 20-November 1

**FREE Admission! Esquimalt Farmers Market**

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

Fall-Winter Markets: Esquimalt Recreation Centre, 527 Fraser Street (indoors in the Atrium, by the pool).

Every Thursday 4:30pm-7:30pm, September 20th - November 1st.

Christmas Market: Sunday November 18th, 11am-5pm. Follow on Facebook, Twitter and Instagram @ [esquimaltmarket](#) and [esquimaltmarket.com](#)

September 22

FREE! Children's Story Festival

Help us celebrate the 15th year of Esquimalt's Story Festival with another awesome line-up of great story tellers. This year's theme is cultural diversity in story telling. Lunch, provided through a generous donation from Country Grocer, from 11am onwards. Donations are gratefully accepted and go to help fund the Macaulay literacy program. Developing literacy allows children to use their imagination, dream big dreams and express themselves better. Storytelling provides a platform for growth and development and we hope your family will join us in celebrating the many ways different cultures use and tell stories.

Location: Memorial Park

Sep 22 Sat 10:30am-1:00pm FREE 12404

September 30

FREE! Branch Out! at Saxe Point Park

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. For more information on the Township of Esquimalt's Branch Out initiative, please visit [www.esquimalt.ca/branchout](http://www.esquimalt.ca/branchout)

Location: Saxe Point Park

Sep 30 Sun 9:45am-1:00pm FREE 12349

September 30-February 24

Township Classics

One of the best kept secrets in Victoria isn't so much of a secret anymore... Join a talented cast of international performers from Sept-Feb in the beautiful Ward Room at CFB Esquimalt for world-class music, anecdotes and laughter.

Coordinated by the incomparable Order of Canada member Gwen Thompson-Robinow you'll be treated to an evening of music you will always remember. All concerts begin at 7:00pm.

Tickets only \$20 and only available at The Sharkz Store, 1244 Esquimalt Road.

2018/19 dates:

- September 30
- October 28
- November 25
- December 30
- January 27
- February 24

October 1

FREE! Senior's Appreciation Day Tea

Join us for complimentary coffee, tea and light snacks to celebrate National Senior's Appreciation Day. 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.

Location: Esquimalt Recreation Centre

Oct 01 Mon 10:30am-12:00pm FREE 12405



Trick or Treat.

A Hallowe'en Favourite.

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

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



## October 5

### 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](http://Esquimalt.ca) once they are available.

Location: Archie Browning Sports Centre Front Plaza  
 Oct 05 Fri 8:30am-9:30am

## October 6-8

### Thanksgiving Weekend

Modified program schedules in effect. Recreation Centre hours of operation: 5:30am-10:30pm.

## October 14

### FREE! Fire Department Open House

In support of Fire Prevention Week October 8-14, 2018, the public is invited to the 2018 Esquimalt Fire Department Open House.

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

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

Sat Oct 13 11:00AM-2:00PM FREE

Location: Esquimalt Fire Department, 500 Park Place

## October 31

### FREE! Hallowe'en Bonfire

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

Location: Archie Browning Sports Centre Back Parking Lot  
 Oct 31 Wed 6:00pm-9:00pm FREE 12407

## November 1-30

### NEW! & FREE! Fall-Fast-Feet-Fest

It is tough to keep your exercise mojo going through the Fall so we have come up with a challenge that is sure to get you back stepping towards improved physical and mental health. Stay tuned to our website or keep your eye peeled around the centre for updates on how you and your friends and family can get involved in Fall-Fast-Feet-Fest. This will be designed for all ages and abilities. FREE to register, sign up today! Course code: 12408

Nov 01-Nov 30

## November 11

### Remembrance Day

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

Recreation Centre hours of operation: 5:30am – 10:30pm.

Location: Memorial Park  
 Nov 11 Sun 10:30am-11:30am



# ISLAND FITNESS CONFERENCE

A world class conference right here at home!

## ISLAND FITNESS CONFERENCE

OCTOBER 27-28, 2018  
[www.IslandFitnessConference.com](http://www.IslandFitnessConference.com)

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

29<sup>TH</sup> ANNUAL





## November 18

### FREE Admission!

### Esquimalt Farmers Market - Christmas Market

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

Location: Esquimalt Recreation Centre, Atrium

Nov 18 Sun 11:00am-5:00pm

Follow on Facebook, Twitter and Instagram @esquimaltmarket and esquimaltmarket.com

## November 23-24

### FREE Admission!

### Creative Knitters & Crafters Sale

Find unique, hand-crafted items for your family and friends during our annual Creative Knitters & Crafters Sale. Knitted items, handmade greeting cards 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 23-24 9:00AM-3:00PM FREE Admission

Location: Esquimalt Recreation Centre

## Deadline: November 30

### Holiday Light-up Map Submission

2nd Annual Holiday Light-up Map - Are your holiday decorations the talk of your neighbourhood? Do your neighbours tell you every year how awesome your place looks? 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 online or to our Community Development Programmer at [holly.courtright@esquimalt.ca](mailto:holly.courtright@esquimalt.ca). We can't wait to see how bright you can shine this holiday season. Submission deadline is November 30th at noon.

## December 1-January 4

### FREE! Christmas Tree Village

Experience the magic of the holidays at our Fifth Annual Christmas Tree Village. Join us as we transform the Recreation Centre Atrium and the Archie Browning Sports Centre into holiday heavens teeming with twinkling lights and decorations for all tastes. This event is open to local businesses, community groups and non-profit organizations but space is limited so contact us early to secure your space. Voting for your favorite tree will remain online this year with the addition of a new category - most ecologically friendly decorations...so check out the signage to learn how to submit your votes online. Visit our website for more information at: [esquimalt.ca/treevillage](http://esquimalt.ca/treevillage)

Location: Esquimalt Recreation Centre & Archie Browning Sports Centre

Dec 01-Jan 04

Regular Hours of Operation

## Play here.

### Take advantage of our Winter Break Pass.

10 admissions punch pass, just \$10.

Children and youth (6-18yrs) can take advantage of a great deal while school it out over winter break! This specialized pass provides up to 10 admissions to the swimming pool, wellness centre (16+ or 13+ with an orientation) and skating from December 21st 2018 to January 2nd 2019 for just \$10.

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



## December 2

### NEW! Santa Paws!

### Pet Photos & Dog Swim

#### Pet Photos with Santa

Bring your four-legged friend for our Santa Paws Pet Photos in the Rec Centre Atrium. No registration required. Photos are emailed to you at the time of the event. Participants are encouraged to bring a non-perishable item for the food bank.

Location: Esquimalt Recreation Centre

Dec 02 Sun 2:30pm-5:00pm By donation

#### Dog Swim

In advance of the annual pool maintenance closure, we are opening the lifestyle pool to our 4-legged friends! No humans allowed in the water, this one's for the dogs! Entrance Bullen Field side door, advanced registration required (absolutely no day of registration). Please have your dog license number ready at time of registration, dogs must have a valid license to register. Please visit [esquimalt.ca/dogswim](http://esquimalt.ca/dogswim) for more information including frequently asked questions.

Location: Esquimalt Recreation Centre

#### Small-Medium Sized Dogs

Dec 02 Sun 3:45pm-4:30pm \$10.00/dog 12425

#### Medium-Large Sized Dogs

Dec 02 Sun 4:45pm-5:30pm \$10.00/dog 12480

## Paws here.

**Introducing: Santa Paws! a dog-friendly festivity to kick off the holiday season.**

Start with Photos with Santa and follow the fun with a dog swim!

As our team prepares for the annual pool maintenance closure, we are wrapping up the swim season with a splash - and this one's for the dogs...

**Sunday, December 2**  
 at the Esquimalt Recreation Centre  
[esquimalt.ca/santapaws](http://esquimalt.ca/santapaws) for complete details.



## December 2

### Celebration of Lights

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

Location: Archie Browning Sports Centre Front Plaza

Dec 02 Sun 5:00pm-7:00pm FREE

## December 6

### 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 4th at 2pm so register early to guarantee a seat.

Dec 06 Thu 12:00pm \$19/person 12414

## December 8

### 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 but donations for the Rainbow Kitchen are strongly encouraged.

Location: Esquimalt Recreation Centre

Dec 08 Sat 10:30am-12:30pm By Donation 12411

## December 9

### Pyjama Prance

Come be a part of the 4th Annual Pyjama Prance Fun Run/ Walk through the streets of Esquimalt in your PJ's! There will be a pancake breakfast, live music, silent auction, and prizes! Choose from a 2km or 5km distance. Registration for this event is a minimum of 5 items of food and/or a suggested minimum donation of \$10. All food/funds raised will go to the Rainbow Kitchen. All ages welcome, as well as wheelchairs, strollers & pole walkers; but please no pets, bikes, scooters or skates. For more details: [www.facebook.com/PyjamaPrance](http://www.facebook.com/PyjamaPrance).

To register, please email [pyjamaprance@gmail.com](mailto:pyjamaprance@gmail.com) with your name, age, phone number and distance.

Sun Dec 09 8:30am-11:30am By donation

December 14

NEW! Jolly Jingle Story Mingle

Throw on your PJs and come on down to sit around the fireplace with a cup of hot chocolate (please bring your own cup) and enjoy some interactive secular holiday storytelling. This is the first year that Ali's energetic storytelling paired with "Raw B Dee Art Live" will be showcased as part of our Holiday line-up. The energy is awesome, the storytelling is engaging and the painting is out of this world. These two are sure to get your whole family in the holiday spirit.

Location: Esquimalt Recreation Centre

Fri Dec 14 7:30pm-8:30pm FREE 12416

December 15

Skate with Santa

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

Sat Dec 15 2:30pm-4:00pm \$2+non-perishable food item 12508

January 1

FREE! New Year's Day Levee 2019

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

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

January 5

Tree Chipping

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

Location: Archie Browning Sports Centre

Sat Jan 05 10am-4:00pm By donation



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](http://esquimalt.ca/treevillage)







## Creative Arts

### 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. Run by our wonderful Preschool Instructor Irina Mielecka.

Location: Esquimalt Recreation Centre

Sep 22-Dec 15	Sat	10:45am-11:30am	\$54.00/9	12334
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No classes: Oct 06, Oct 20, Oct 27, Nov 10

## Dance

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

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

Location: Esquimalt Recreation Centre

Instructor: Nikko Snow

Sep 19-Oct 24	Wed	10:15am-10:45am	\$54.00/6	11991
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Nov 07-Dec 12	Wed	10:15am-10:45am	\$54.00/6	11992
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### Creative Dance - Preschool (3-5 yrs)

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

Location: Esquimalt Recreation Centre

Instructor: Nikko Snow

Sep 19-Oct 24	Wed	11:15am-11:45am	\$54.00/6	11993
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Nov 07-Dec 12	Wed	11:15am-11:45am	\$54.00/6	11994
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### Tiny Tutus (3-4 yrs)

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

Location: Esquimalt Recreation Centre

Instructor: Dance Unlimited

Sep 22-Dec 15	Sat	9:00am-9:30am	\$72.00/10	11996
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Sep 22-Dec 15	Sat	9:30am-10:00am	\$72.00/10	11997
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No classes: Oct 06, Oct 27, Nov 10

### Parent & Tot Dancing (18 months - 3.5 years)

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. Classes do not run on long weekends.

Location: Esquimalt Recreation Centre

Instructor: Dance Unlimited

Sep 22-Dec 15	Sat	10:00am-10:30am	\$72.00/10	11995
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No classes: Oct 06, Oct 27, Nov 10

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

Explore various dance styles while learning the fundamentals! Wear tap or hard-soled party shoes to class. Action songs, singing and tapping will all be included. Classes do not run on Oct 6, Oct 27, & Nov 10.

Location: Esquimalt Recreation Centre

Instructor: Dance Unlimited

Sep 22-Dec 15	Sat	10:30am-11:00am	\$72.00/10	11998
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No classes: Oct 06, Oct 27, Nov 10

## 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!

Location: Esquimalt Recreation Centre

Instructor: Maeve Poulin

Sep 27-Nov 01	Thu	5:30pm-6:00pm	\$52.00/6	12003
Nov 08-Dec 13	Thu	5:30pm-6:00pm	\$52.00/6	12004

## Language

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

This bilingual (English & Mandarin) program provides babies & toddlers opportunities to expand their musical and tuning skills by exposing them to sounds of Mandarin & cultivating a strong linguistic foundation in brain development. Babies & toddlers will explore the sounds of Mandarin with the simple finger-play games, classic bilingual nursery rhymes & interactive short stories. Babies & toddlers might not be ready to verbalize in Mandarin yet but they will be prepared to learn more Mandarin & many other languages in the future. Classes do not run on Oct 7, Oct 28, & Nov 11. Parent/caregiver participation required.

Location: Esquimalt Recreation Centre

Instructor: Lucy Lin

Sep 23-Dec 16	Sun	12:00pm-12:30pm	\$80.00/10	11999
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No classes: Oct 07, Oct 28, Nov 11

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

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

Location: Esquimalt Recreation Centre

Instructor: Lucy Lin

Sep 23-Dec 16	Sun	12:45pm-1:30pm	\$80.00/10	12000
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No classes: Oct 07, Oct 28, Nov 11

## Early Childhood Drop In Programs

see page 17 or view online:

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



## Music

### Music Together: Bringing Harmony Home

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). Siblings can be registered for \$111 per child. Siblings up to 9 months at first class may attend session free of charge.

More Info: [www.musictogethervictoria.com](http://www.musictogethervictoria.com)

Location: Esquimalt Recreation Centre

Instructor: Music Together

### Fiddle Song Collection

Sep 25-Nov 27	Tue	9:30am-10:15am	\$168.00/10	12005
Sep 25-Nov 27	Tue	10:30am-11:15am	\$168.00/10	12006
Sep 28-Nov 30	Fri	9:30am-10:15am	\$168.00/10	12007
Sep 28-Nov 30	Fri	10:30am-11:15am	\$168.00/10	12008

### 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 required for new students to cover the cost of the course music book and the rubber bands device.

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Sep 25-Oct 30	Tue	4:15pm-4:45pm	\$48.00/6	12001
Nov 06-Dec 11	Tue	4:15pm-4:45pm	\$48.00/6	12002

## Martial Arts & Sports

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

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

Location: Esquimalt Recreation Centre

Sep 15-Oct 27 Sat 11:00am-11:30am \$36.00/6 12253

No classes: Oct 06

Nov 03-Dec 15 Sat 11:00am-11:30am \$36.00/6 12254

No classes: Nov 10

### Soccer 3-5 yrs

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

Location: Esquimalt Recreation Centre

Instructor: Alex Cowan

3-4yrs

Sep 16-Dec 09 Sun 10:15am-10:45am \$60.00/10 12255

No classes: Oct 07, Oct 28, Nov 11

4-5yrs

Sep 16-Dec 09 Sun 10:50am-11:20am \$60.00/10 12256

No classes: Oct 28, Oct 07, Nov 11



## Play here.

**Did you know general swimming admission for children 5 years and under is free?**

Enjoy a Family or Everyone Welcome Swims, find our pool schedule online:  
[esquimalt.ca/schedules](http://esquimalt.ca/schedules)



Pool closed for annual maintenance December 2 at 3:30pm until December 16, re-opening at 5:30am on December 17.

Early Childhood Drop In Programs

see page 17 or view online:

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



# Kid Friendly BACK TO SCHOOL RECIPES!

[COUNTRYGROCER.COM](http://COUNTRYGROCER.COM)





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

## School Year Preschool Programs

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

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

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

Location: Esquimalt Recreation Centre

#### Monday/Wednesday Classes

Sep 10-Jun 12	Mon/Wed	9:00am-12:00pm	\$1,273.00/67	11435
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#### Tuesday/Thursday Classes

Sep 11-Jun 13	Tue/Thu	9:00am-12:00pm	\$1,368.00/72	11436
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### Kinderstart Preschool

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

Location: Esquimalt Recreation Centre

Sep 10-Jun 14	Mon/Fri	12:30pm-3:00pm	\$1,530.00/102	11438
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### Puddle Jumpers! (Creative Play)

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

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

Sep 11-Jun 13	Tue/Thu	9:15am-11:45am	\$1,080.00/72	11434
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### Fantastique Fridays

#### Limited availability, register now!

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

are calculated at \$16/class. Monthly fees will vary.

Location: Esquimalt Recreation Centre

Sep 14-Jun 14	Fri	9:00am-12:00pm	\$560.00/35	11437
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# Celebrate here.

## It's party time!

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

### Hosted Party

#### Gym/Kindergym (2yrs+)

Bring your youngster to celebrate with us. Our combination Kindergym/Sports parties allow the children to participate in the activities that interest them most. Our parties include: gym rental for 2 hours, bouncy castle, a birthday party host to assist throughout, tables, chairs, dishes and best of all, CLEAN UP!! We can also do specialized activity requests in the Gym with a little bit of notice. 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 [shelann.kowalewsky@esquimalt.ca](mailto:shelann.kowalewsky@esquimalt.ca). Please note: Kindergym parties are limited to 20 children maximum.

Location: Esquimalt Recreation Centre

#### Saturday

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

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

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

#### We provide:

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

#### Parents are responsible for:

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





## No Host Parties

Our no host parties provide a party room space and drop in admission for participants without a host, offering exceptional value for your child’s next birthday!

### Skating

This no host party is ideal for children over 5 years of age. Our no host skate party includes admission for up to 10 children and 2 adults to the Everyone Welcome Skate, skate rentals (note: sizing and availability may be limited; participants are encouraged to bring their own) and the rental of the Party Room for 1.5 hours. Your rental also includes 30 minutes to set up and take down from your party to maximize the time you spend celebrating. Your room rental includes the set up of tables and chairs for 10 people. Currently booking for parties between October 13th and December 23rd, 2018.

#### Saturdays

Sat 02:30PM-05:00PM \$75.00  
Public Skate: 02:30PM-04:00PM; Party Room: 03:30PM-05:00PM

#### Sundays

Sun 01:00PM-03:30PM \$75.00  
Public Skate: 01:00PM-02:00PM; Party Room: 02:00PM-03:30PM  
Location: Archie Browning Sports Centre

### Swimming

This no host party is ideal for children over 7 years of age. Our no host pool party includes admission for up to 12 children to the Everyone Welcome Swim and the rental of the Atrium Convertible (pool viewing room) for 1.5hours. Your rental also includes 30 minutes to set up and take down from your party to maximize the time you spend celebrating. Your room rental includes the set up of 2 x 8ft tables and 16 chairs for children and parents. Booking of additional tables and chairs is available for a nominal fee (\$1.00 per chair, \$8.75 per table). Currently booking until December 16th, 2018.

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

Room Rental: 11:00AM-12:30PM; Swim: 12:30PM-2:30PM  
Sat 11:00AM-02:30PM \$85.00 7906  
Sun 11:00AM-02:30PM \$85.00 7906

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

Swim: 12:30PM-02:00PM; Room Rental: 02:30PM-04:00PM  
Sat 2:30PM-4:00PM \$85.00 7907  
Sun 12:30PM-04:00PM \$85.00 7907  
Location: Esquimalt Recreation Centre

#### Cancellation Policy:

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

View party availability & book online!  
[esquimalt.ca/birthdays](http://esquimalt.ca/birthdays)



## Right here.

Before & After School Care  
In Your Community.

(Macaulay Elementary School)

Call 250.412.8500 to be added to waitlist for 2018-2019 school year.





## Creative Arts

### Drawing, Storybooks & Comics (5-12yrs)

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

Location: Esquimalt Recreation Centre

Instructor: Audrey Greenlees

#### 5-7yrs

Sep 16-Oct 28	Sun	9:30am-10:30am	\$45.00/5	11549
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No classes: Oct 07

Nov 04-Dec 16	Sun	8:30am-9:30am	\$54.00/6	11552
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No classes: Nov 11

#### 8-12yrs

Sep 16-Oct 28	Sun	9:45am-10:45am	\$45.00/5	11550
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No classes: Oct 07

Nov 04-Dec 16	Sun	10:45am-11:45am	\$54.00/6	11553
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No classes: Nov 11

### ArtLab (6-8 yrs)

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

Location: Esquimalt Recreation Centre

Instructor: Guest Artists

Sep 25-Nov 27	Tue	4:00pm-5:00pm	\$55.00/10	12012
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## Cooking

Explore the world of cooking & baking with your peers in a supportive & fun atmosphere. All supplies are provided.

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

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

Location: Esquimalt United Church Rainbow Kitchen

Instructor: Deia Kupchanko-Tropf

Sep 19-Oct 24	Wed	6:15pm-7:45pm	\$66.00/6	12165
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Sep 20-Oct 25	Thu	6:15pm-7:45pm	\$66.00/6	12166
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### 5 Star Cooking (8-12yrs)

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

Location: Esquimalt United Church Rainbow Kitchen

Instructor: Deia Kupchanko-Tropf

Nov 07-Nov 21	Wed	6:15pm-7:45pm	\$39.00/3	12167
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### 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.

Location: Esquimalt United Church Rainbow Kitchen

Instructor: Deia Kupchanko-Tropf

Nov 28-Dec 12	Wed	6:15pm-7:45pm	\$39.00/3	12168
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Nov 29-Dec 13	Thu	6:15pm-7:45pm	\$39.00/3	12169
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Dance

Hip Hop (5-9 yrs)

Dance to popular tunes while learning basic hip hop moves. Learn a short choreographed routine while keeping up with the beat of the music.  
Location: Esquimalt Recreation Centre  
Instructor: Dance Unlimited  
Sep 22-Dec 15 Sat 11:00am-11:30am \$72.00/10 12013  
No classes: Oct 06, Oct 27, Nov 10

Junior Ballet (5-9 yrs)

Spin, twirl & learn coordinated dance routines with confidence & poise. Learn dance skills that you can transfer to any other style of dance.  
Location: Esquimalt Recreation Centre  
Instructor: Dance Unlimited  
Sep 22-Dec 15 Sat 11:30am-12:00pm \$72.00/10 12014  
No classes: Oct 06, Oct 27, Nov 10

Junior Jazz (5-9 yrs)

Learn this energetic & fun dance style. Routines include leaps, turns & fancy footwork. Great for kids that enjoy a fast beat & a lively atmosphere. Class is not running Oct 6, Oct 27 & Nov 10.  
Location: Esquimalt Recreation Centre  
Instructor: Dance Unlimited  
Sep 22-Dec 15 Sat 12:00pm-12:30pm \$72.00/10 12015  
No classes: Oct 06, Oct 27, Nov 10

Dramatic Arts

Glee Club - Junior (7-9 yrs)

Singing, dancing and musical theatre are all a part of this exciting program. Perform hits and songs from your favorite movies in a fun and lively environment. Invite your family and friends to a performance during the final class of each session. Indulge your dreams of being a superstar!  
Location: Esquimalt Recreation Centre  
Instructor: Maeve Poulin  
Sep 27-Nov 01 Thu 6:10pm-6:50pm \$52.00/6 12018  
Nov 08-Dec 13 Thu 6:10pm-6:50pm \$52.00/6 12019

Play here.

Take advantage of our Winter Break Pass.  
10 child/youth admissions punch pass, just \$10.



See page 21 or ask reception for details.

Language

American Sign Language (ALS) for Kids (7-14yrs)

Children & 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.  
Location: Esquimalt Recreation Centre  
Instructor: Nicole Sellars  
Sep 17-Oct 29 Mon 5:00pm-5:45pm \$45.00/6 12037  
No classes: Oct 08  
Nov 05-Dec 17 Mon 5:00pm-5:45pm \$45.00/6 12038  
No classes: Nov 12

Leadership & Education

e2 Young Engineers: Amusement Park (6-12yrs)

With the use of LEGO building blocks in conjunction with other tools and mechanical parts, our specially trained educator inspire youth participants while teaching theoretical and applied principles of science, technology, mechanical engineering and math (STEM). In addition our students develop their abilities for independent learning and improve their building skills. This semester we'll be building models related to amusement parks!  
Location: Esquimalt Recreation Centre  
**FREE DEMO!**  
Sep 21 Fri 4:15pm-5:00pm FREE 12326  
**Registered Session**  
Sep 28-Nov 30 Fri 4:15pm-5:30pm \$259.00/10 12328

e2 Young Engineers: Classic Machines (6-12yrs)

With the use of LEGO building blocks in conjunction with other tools and mechanical parts, our specially trained educator inspire youth participants while teaching theoretical and applied principles of science, technology, mechanical engineering and math (STEM). In addition our students develop their abilities for independent learning and improve their building skills. This semester we'll be building classic machines.  
Location: Esquimalt Recreation Centre  
**FREE DEMO!**  
Sep 21 Fri 5:45pm-7:00pm FREE 12316  
**Registered Session**  
Sep 28-Nov 30 Fri 5:45pm-7:00pm \$259.00/10 12317



## Leadership & Education

### Home Alone (9-15yrs)

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

Location: Esquimalt Recreation Centre

Oct 14	Sun	9:00am-12:00pm	\$35.00/1	12312
Nov 25	Sun	1:00pm-4:00pm	\$35.00/1	12313

### Safe KIDS for Kids – Halloween Edition

#### (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.

In this Special Halloween Edition, the course will teach children how to be safe on Halloween Night! The program is designed to teach children how to use their 6 special powers that kids already have! Plus it will touch on street safety, home alone rules, safe places, "my body rules" and give them realistic physical and verbal strategies to use in stressful or scary situations.

Location: Esquimalt Recreation Centre

Oct 30	Tue	6:00pm-7:00pm	\$25.00/1	12271
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## Gardening

### Register for the series and save!

For series registration, please use course code: 12463. Series registration rates are:

- Adult: \$45.00/4
- Senior: \$39.00/4
- Child: \$27.00/4

### Companion Planning & Residential Water Harvesting

Do you want to know more about how to harvest rainwater for use in your garden? This workshop, located in an Esquimalt resident's garden, will introduce you to rainwater harvesting and allow you to see a successful system at work. In addition, our friendly neighbourhood gardener Dave Friend will be leading a hands-on portion on companion planting that is sure to change what and why you plant specific things.

Sep 11 Tue 6:00pm-7:30pm \$14.00/adult; \$12.00/senior; \$8.00/child 12455

### Growing Over-winter Food

Join Dave Friend, aka Mr Organic for this hands-on workshop that will have you seeding and transplanting food growing crops that will grow over winter and provide health friendly food in the Spring. An introduction to the mixing of "Natural Teas" used for gardening is included in this workshop.

Location: Esquimalt Recreation Centre

Oct 02 Tue 6:15pm-7:45pm \$14.00/adult; \$12.00/senior; \$8.00/child 12361

### Growing Food the Hugelkultur Way

Join Dave Friend, AKA Mr.Organic for this workshop based on the lasagna gardening method. The Hugelkulture Way is the ultimate way to grow health-friendly food over the Winter - and then again in the Spring! This is a hands-on workshop where you will be creating a mini 'Hugel'.

Location: Esquimalt Recreation Centre

Nov 06 Tue 6:15pm-7:45pm \$14.00/adult; \$12.00/senior; \$8.00/child 12362

### Growing Food in Hanging Baskets

This is a hands-on workshop hosted by Dave Friend. In this workshop you will be planting a variety of plants that will include herbs and edible flowers. Some of the plants will stay with you over the winter months and others can be replaced with plants that will provide food in the Spring.

Location: Esquimalt Recreation Centre

Dec 04 Tue 6:15pm-7:45pm \$14.00/adult; \$12.00/senior; \$8.00/child 12363



Martial Arts

Yuishinkai Karate & Kobujutsu (9yrs+)

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

\*Beginner class runs 6:30pm-7:30pm; Intermediate class runs 7:30pm-8:30pm  
Location: L'ecole Brodeur School

Register for the Season & Save!

Sep 10-Dec 19	Mon/Wed	6:30pm-8:30pm*	\$250.00/27	12278
Monthly Registration				
Sep 10-Sep 26	Mon/Wed	6:30pm-8:30pm*	\$70.00/6	12274
Oct 01-Oct 29	Mon/Wed	6:30pm-8:30pm*	\$70.00/8	12275
Nov 05-Nov 28	Mon/Wed	6:30pm-8:30pm*	\$70.00/7	12276
Dec 03-Dec 19	Mon/Wed	6:30pm-8:30pm*	\$70.00/6	12277
No classes: Oct 08 , Oct 31, Nov 12				

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.

Location: L'ecole Brodeur School Gym

Sep 15-Oct 27	Sat	11:00am-11:45am	\$60.00/6	12247
No classes: Oct 06				
Nov 03-Dec 15	Sat	11:00am-11:45am	\$60.00/6	12248
No classes: Nov 10				



MIJO Taekwondo Kids Class (6-13 yrs)

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

Tuesday Classes

Location: Esquimalt Recreation Centre

Sep 11-Oct 30	Tue	5:30pm-6:30pm	\$80.00/8	12249
Nov 06-Dec 18	Tue	5:30pm-6:30pm	\$70.00/7	12251

Saturday Classes

Location: L'ecole Brodeur School Gym

Sep 15-Oct 27	Sat	12:00pm-1:00pm	\$60.00/6	12250
No classes: Oct 06				
Nov 03-Dec 15	Sat	12:00pm-1:00pm	\$60.00/6	12252
No classes: Nov 10				

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.

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Beginner

Sep 25-Oct 30	Tue	5:00pm-5:50pm	\$60.00/6	12032
Nov 06-Dec 11	Tue	5:00pm-5:50pm	\$60.00/6	12034

Continuing

Sep 25-Oct 30	Tue	12:00am-6:00pm	\$60.00/6	12035
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## Sewing & Fiber Arts

### NEW! Patchwork Pillows (7-16 yrs)

Learn the basics of operating a sewing machine & make your own handmade pillow! An additional \$10 fee is charged at registration time to cover the cost of all supplies needed to make your project.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sep 15 Sat 10:00am-12:30pm \$40.00/1 12065

### StitchLab Winter Season (7-9 yrs)

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

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sep 27-Nov 29 Thu 3:30pm-4:30pm \$55.00/10 12009

### Needle Felting (7-16 yrs)

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

Location: Esquimalt Recreation Centre

Oct 20 Sat 10:00am-12:30pm \$45.00/1 12063

Dec 08 Sat 10:00am-12:30pm \$45.00/1 12064



### Christmas Stockings (7 yrs+, families welcome)

Learn the basics of operating a sewing machine & make your own stocking in the lead up to the holidays! An additional \$10 fee is charged at registration time to cover the cost of all supplies needed to make a stocking. If you want to sew with a parent/grandparent, please do! Registration fee can be applied to 1 adult & 1 child/youth working together on a stocking. An additional \$10 fee is charged at registration time to cover the cost of all supplies needed to make a stocking.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Dec 08 Sat 1:00pm-4:00pm \$55.00/1 12062

## Trick or Treat.

### A Hallowe'en Favourite.

On sale October 1st, while quantities last, at the Esquimalt Rec Centre. Trick or treat passes provide single admission child or youth drop in admissions valid November 1-30: 5 for \$5 • 25 for \$20.



### 2018 FALL AWARD APPLICATIONS for 10-18 year old females residing in the CRD

KidSport Greater Victoria and Active Girls announce "Proud to Play like Girl" (\$250) and "Performance Development" (\$500) grants available in the fall of 2018. The \$250 award can be used by young females 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](http://www.kidsportvictoria.ca). Applications are due October 1, 2018.

Sports

FREE! KATS Tennis

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

Location: Esquimalt Recreation Centre

5-8yrs

Sep 15-Dec 15	Sat	4:45pm-5:45pm	FREE	12279
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No classes: Oct 06, Oct 20, Oct 27, Nov 10

9-12yrs

Sep 15-Dec 15	Sat	5:45pm-6:45pm	FREE	12280
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No classes: Oct 06, Oct 20, Oct 27, Nov 10

Soccer 6-12 yrs

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

Location: Esquimalt Recreation Centre

6-9 yrs

Sep 19-Oct 24	Wed	4:30pm-5:30pm	\$42.00/6	12257
Nov 07-Dec 19	Wed	4:30pm-5:30pm	\$49.00/7	12258

10-12yrs

Sep 19-Oct 24	Wed	5:30pm-6:30pm	\$35.00/6	12259
Nov 07-Dec 19	Wed	5:30pm-6:30pm	\$49.00/7	12260



Paws here.

Introducing: Santa Paws! a dog-friendly festivity to kick off the holiday season.

Start with Photos with Santa and follow the fun with a dog swim!



As our team prepares for the annual pool maintenance closure, we are wrapping up the swim season with a splash - and this one's for the dogs...

Sunday, December 2  
at the Esquimalt Recreation Centre  
[esquimalt.ca/santapaws](http://esquimalt.ca/santapaws) for complete details.

Play here.

Take advantage of our Winter Break Pass.

10 admissions punch pass, just \$10.

Children and youth (6-18yrs) can take advantage of a great deal while school it out over winter break! This specialized pass provides up to 10 admissions to the swimming pool, wellness centre (16+ or 13+ with an orientation) and skating from December 21st 2018 to January 2nd 2019 for just \$10.



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







## FREE! TEEN CENTRE DROP-IN

see page 17 or view schedule online: [esquimalt.ca/schedules](http://esquimalt.ca/schedules)

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

## Creative Arts

### ArtLab (9-15 yrs)

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

Location: Esquimalt Recreation Centre

Sep 25-Nov 27	Tue	5:00pm-6:00pm	\$55.00/10	12011
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## Dramatic Arts

### Improv (9-14 yrs)

Leap into the world of improv with instructor Julia French! 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. Beginners will learn the basics & experienced students will try exciting new challenges (all levels welcome).

Location: L'ecole Brodeur School Theatre

Instructor: Maeve Poulin

Sep 25-Oct 30	Tue	6:00pm-7:00pm	\$60.00/6	12028
Nov 06-Dec 11	Tue	6:00pm-7:00pm	\$60.00/6	12029

### Glee Club Senior (10-14 years)

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

Location: Esquimalt Recreation Centre

Instructor: Maeve Poulin

Sep 27-Nov 01	Thu	7:00pm-8:00pm	\$58.00/6	12020
Nov 08-Dec 13	Thu	7:00pm-8:00pm	\$58.00/6	12025



Fitness, Sports & Wellness

Youth Intro to Wellness Centre (11-15yrs)

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

Location: Esquimalt Recreation Centre Weight Room

Instructor: Cheryl Kannon

Sep 14-Sep 21	Fri	5:00pm-7:00pm	\$25.00/2	11958
Oct 12-Oct 19	Fri	5:00pm-7:00pm	\$25.00/2	11959
Nov 09-Nov 16	Fri	5:00pm-7:00pm	\$25.00/2	11960
Dec 07-Dec 14	Fri	5:00pm-7:00pm	\$25.00/2	11961

Leadership & Education

Red Cross Babysitters Course (11-15yrs)

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

Location: Esquimalt Recreation Centre

Oct 19	Fri	9:00am-4:30pm	\$55.00/1	12331
Nov 23	Fri	9:00am-4:30pm	\$55.00/1	12332

Sewing & Fiber Arts

StitchLab (10-16 yrs)

Design, stitch, make & create during StitchLab sewing studio! No experience needed, just bring your enthusiasm! All supplies & equipment provided. This is an inspiring, creative space for you to explore sewing and textiles at your own pace. Local sewists from The Makehouse will be in the studio each week to provide you with coaching & mentorship. Late registrations will be pro-rated if space is available. We will allow a very limited number of single admissions if space permits, for \$9 per admission. For more information, phone Arts & Culture Programmer Gillian Rowan 250-412-8532.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sep 27-Nov 29	Thu	4:30pm-6:00pm	\$65.00/10	12010
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Join here.

Less than a movie admission & popcorn.

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

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



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



## Creative Arts

### 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. Register for a class set or purchase a 10-class punch card for \$90. Single class drop-in is available for \$12. ArtLab does not take place on holiday Mondays. Please bring your supplies with you. Visit our website to view a suggested list of supplies: [www.esquimalt.ca/artsupplylist](http://www.esquimalt.ca/artsupplylist)

Location: Esquimalt Recreation Centre

Instructor: Dixie MacUisdin

Sep 17-Oct 29	Mon	1:00pm-3:00pm	\$12.00/1; \$48.00/6	12046
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No classes: Oct 08

Nov 05-Dec 17	Mon	1:00pm-3:00pm	\$12.00/1; \$56.00/7	12047
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ArtLab Studio Punch Pass: \$90.00

### Expressive Watercolours

Discover the beautiful, expressive qualities of watercolours! This session focuses on contemporary approaches to wet-into-wet & layering & includes an introduction to non-traditional surfaces & specialty mediums. A great way to refresh inspiration & practice foundational skills in a new way. Bring your own supplies (see supply list).

Location: Esquimalt Recreation Centre

Instructor: Dixie MacUisdin	Sep 19-Oct 24	Wed	1:00pm-3:00pm
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\$72.00/6	12160
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### Paint, Printmaking, Play!

Join artist April Caverhill for a fun, lively workshop. You'll learn how to combine painting & printmaking to make expressive art that pops with pizzazz! No experience required; just bring an adventurous spirit and your creativity. You'll create your own art piece to bring home. An additional materials fee covers the cost of handouts & all necessary art supplies & is required with registration. Please bring an apron or be aware that you may accidentally splatter ink on your clothes.

Mon	Oct 22	6:30-8:30pm	\$40/person	13053
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Instructor: April Caverhill

Location: Esquimalt Rec 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. All students are required to pay a \$10 course materials fee at the time of registration. Watercolour supplies are also required. Supply list is listed on your registration confirmation & also on our website: [www.esquimalt.ca/parks-recreation/forms](http://www.esquimalt.ca/parks-recreation/forms)

Location: Esquimalt Recreation Centre

Instructor: Richard Wong

Sep 17-Oct 29	Mon	6:45am-8:30am	\$72.00/6	12051
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No classes: Oct 08

Sep 19-Oct 24	Wed	10:15am-12:00pm	\$72.00/6	12055
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Nov 05-Dec 17	Mon	6:45pm-8:30pm	\$72.00/6	12053
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No classes: Nov 12

Nov 07-Dec 12	Wed	10:15am-12:00pm	\$72.00/6	12054
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### Watercolour on Masa Paper - Continuing Studio

Review, work on & explore Watercolour on Masa Paper in greater depth. Bring your own projects and/or reference material or use one from any of Richard's current/past class manuals. Learn from individual coaching & Richard's instructive demos in a flexible, small group setting. This is a great chance to work on your own paintings & have all your questions/topics answered/covered in-depth. If space permits, drop-in will be available for \$15/session. Please note: Richard will not teach new subjects during these sessions; those wishing to study new subjects are encouraged to register for Richard's regular classes. Supplies required; please see student supply list: [www.esquimalt.ca/parks-recreation/forms](http://www.esquimalt.ca/parks-recreation/forms)

Location: Esquimalt Recreation Centre

Instructor: Richard Wong

Sep 20-Oct 25	Thu	12:30pm-2:30pm	\$15.00/1; \$75.00/6	12056
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Nov 08-Dec 13	Thu	12:30pm-2:30pm	\$15.00, \$75.00/6	12057
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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. An extra \$7 fee covers the cost of handouts. Supplies required.

Location: Esquimalt Recreation Centre

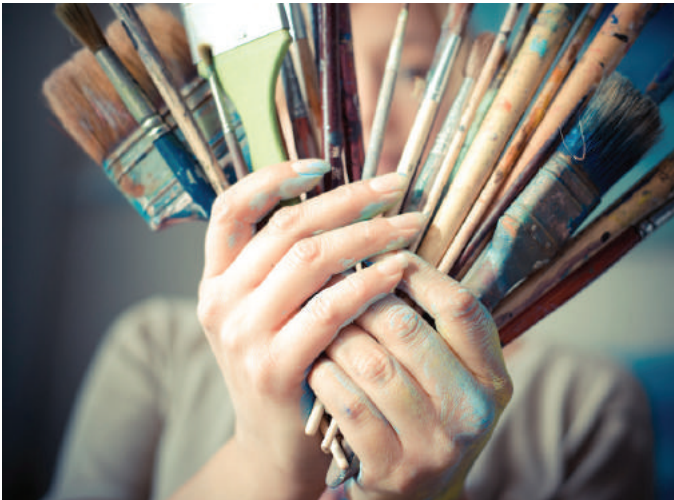
Instructor: Jim Genovese

Fundamentals

Sep 21-Oct 26    Fri    6:30pm-8:00pm    \$66.00/6    12050

Beyond the Basics

Nov 02-Dec 07    Fri    6:30pm-8:00pm    \$66.00/6    12049



NEW! Introduction to Glass Mosaics

Design & create your own 8x10 inch indoor mosaic using stained glass, glass tiles & gems! Learn how to prepare a base for your piece and set & grout your mosaic. Become familiar with glass cutting tools & techniques. You can create your own simple design or choose from prepared designs provided by the instructor. Please wear comfortable clothes that are ok to get dirty and closed toe shoes. A mandatory \$35 extra fee covers the cost of materials and equipment. You are welcome to bring some of your own materials to add to your mosaic if desired. This 3-day workshop runs Fri 6-8pm, Sat & Sun 10am-4pm.

Location: Sewailu's Mosaic Studio

Instructor: Sewailu Auzins

Nov 02-Nov 04    Fri-Sun    \$190.00/3    12161

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 paint, supports (paper, canvas, boards), handouts, the use of brushes and all necessary supplies is required with each registration.

Location: Esquimalt Recreation Centre

Instructor: Dixie MacUisdin

Nov 07-Dec 12    Wed    1:00pm-3:00pm    \$72.00/6    12048

GREATER VICTORIA

# REGIONAL RECREATION PASS

Greater Victoria **ACTIVE COMMUNITIES**

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

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

## Cooking

### Flavours of Punjab – Vegetarian Series

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!

Location: Esquimalt United Church Rainbow Kitchen

Instructor: Manjit Dhaliwal

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

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

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

Sep 21-Sep 28 Fri 7:00pm-9:00pm \$85.00/2 12162

### Lentil Dahl, Roti, Saag, Baked Eggplant & Chutney

Class 1: Baked baby eggplant & red lentil dahl with roti/ plain paratha and coconut chutney.

Class 2: Saag (mustard greens) and corn roti served with garlic achaar (Indian pickle).

Location: Esquimalt United Church Rainbow Kitchen

Instructor: Manjit Dhaliwal

Oct 19-Oct 26 Fri 7:00pm-9:00pm \$85.00/2 12163

### Coconut-Chickpea Curry, Roti, Aloo Gobi & Ghee

Class 1: Coconut curry chickpeas with deep fried roti (choley puri) with a quick chopped salad. Time permitting, I will teach you how to make ghee!

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

Location: Esquimalt United Church Rainbow Kitchen

Instructor: Manjit Dhaliwal

Nov 23-Nov 30 Fri 7:00pm-9:00pm \$85.00/2 12164



### Perogie Making 101

Do you want to dazzle your friends & family at your next dinner party? Join Bella from Perogie Pinchers of Victoria & learn her family's recipe dating back to 1863! Make delicious potato, cheddar & onion Perogies to take home! Please bring with you: a rolling pin, large mixing bowl, containers for leftover filling/dough & a cookie sheet or shallow pan. Wear comfy clothes or bring an apron. Tying your hair back is strongly recommended.

Everyone is welcome; participants under 16 yrs must register with someone 19+. If you are registering with someone under 16 yrs, please register through our reception team 250-412-8500.

Classes take place in the Rainbow Kitchen, in the Esquimalt United Church located at the corner of Lyall St & Admirals Rd. Enter through the kitchen entrance near Constance St.

Location: Esquimalt United Church Rainbow Kitchen

Instructor: Bella Montgomery

Sep 25	Tue	7:00pm-9:00pm	\$40.00/1	12041
Oct 23	Tue	7:00pm-9:00pm	\$40.00/1	12042
Nov 27	Tue	7:00pm-9:00pm	\$40.00/1	12043
Dec 11	Tue	7:00am-9:00am	\$40.00/1	12044

## Trick or Treat.

### A Hallowe'en Favourite.

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

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



Dance

**Save \$20!!** Register for both classes on the same evening & save \$20 off of your combined registration! To receive this discount, please register with reception in person or by phone, 250.412.8500.

MONDAYS	7:00PM-8:00PM	8:00PM-9:00PM
September-October	Country 2 Step	Cha Cha
November-December	Country 2 Step	Night Club
WEDNESDAYS	7:00PM-8:00PM	8:00PM-9:00PM
September-October	Westcoast Swing	Eastcoast Swing
November-December	Westcoast Swing	Triple2Step

Where classes take place at the Esquimalt United Church, the class location is Wheeley Hall. Wheeley Hall is located at the back of the Esquimalt United Church. Please enter the building through the Rainbow Kitchen doors (along Lyall St near Constance St). Do not try to enter through the front doors of the church. Register for 2 classes on the same night and pay only \$100 (\$20 savings). These are partner dances so please register with a partner, which can be a significant other, friend or family member.

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.

Location: Esquimalt United Church Wheeley Hall  
Instructor: Dean Stroeder  
Sep 12-Oct 17 Wed 8:00pm-9:00pm \$60.00/6 12090

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.

Location: Esquimalt United Church Wheeley Hall  
Instructor: Dean Stroeder  
Sep 12-Oct 17 Wed 7:00pm-8:00pm \$60.00/6 12089  
Nov 07-Dec 19 Wed 7:00pm-8:00pm \$60.00/6 12127  
No classes: Nov 28



Dance Instructor:  
Dean Stroeder

Country 2 Step

Learn the cornerstone of Country Dance in a fun and lively atmosphere. This popular form of country partner dance is derived from the American Foxtrot and features spins, turns and weaves as it travels around the dance floor.

Location: Esquimalt United Church Wheeley Hall  
Instructor: Dean Stroeder  
Sep 17-Oct 29 Mon 7:00pm-8:00pm \$60.00/6 12066  
No classes: Oct 08  
Nov 05-Dec 17 Mon 7:00pm-8:00pm \$60.00/6 12067

Cha Cha

Learn this fun Latin-influenced dance style, which can be applied to ballroom, country & modern music. You will be swinging your hips in no time! Come "Sway - Dance With Me!" Beginners and experienced dancers are all welcome. Please sign up with a partner, which can be a significant other, friend or family member.

Location: Esquimalt United Church Wheeley Hall  
Instructor: Dean Stroeder  
Sep 17-Oct 29 Mon 8:00pm-9:00pm \$60.00/6 12088  
No classes: Oct 08

Night Club

Move romantically along the dance floor to your favourite love songs. Great for any special occasion or social event.

Location: Esquimalt United Church Wheeley Hall  
Instructor: Dean Stroeder  
Nov 05-Dec 17 Mon 8:00pm-9:00pm \$60.00/6 12126  
No classes: Nov 12

Triple 2Step

A progressive, steady flowing dance that takes the guessing game out of what can I do with triple time music. You'll be gliding across the dance floor in no time!

Location: Esquimalt United Church Wheeley Hall  
Instructor: Dean Stroeder  
Nov 07-Dec 19 Wed 8:00pm-9:00pm \$60.00/6 12128  
No classes: Nov 28





## Hawaiian Hula

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

Location: Esquimalt Recreation Centre

Instructor: Judy Partridge

Sep 17-Oct 29 Mon 2:15pm-3:15pm \$60.00/6 12129

No classes: Oct 08

Nov 05-Dec 17 Mon 2:15pm-3:15pm \$60.00/6 12130

No classes: Nov 12

## Education

### Toastmasters Speechcraft Program

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

Location: Esquimalt Recreation Centre

Sep 18-Oct 30 Tue 7:00pm-8:30pm \$60.00/7 12272

Nov 06-Dec 18 Tue 7:00pm-8:30pm \$60.00/7 12273

### Bridge for Beginners

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

Location: Esquimalt Recreation Centre Fernhill

Instructor: Terry Martin

Sep 25-Oct 23 Tue 9:00am-12:00pm \$35.00/5 12157



### Diaper Free Essentials: Potty Training Made Easy

Is your child over 18 months? Then they are ready! Are you? Effective yet gentle, non-coercive potty training class gets your child potty trained in a week!\* Learn the 2 keys to successful potty training, how to deal with night and naps and get the support from your child's daycare. Receive the bonus of 3 email follow ups and discounts on coaching and books. \*(Average time).

Location: Esquimalt Recreation Centre

Instructor: Potty Training Made Easy

Sep 29 Sat 10:00am-11:30am \$35.00/family 12270

### NEW! Make Your Own Seasonal Gifts!

Make three of each: bath bombs, face & eye serum with essential oil & custom-scented soap. All supplies, labels, gift tags & packaging for gifting included in your registration fee. Hot apple cider with cinnamon & cloves will be served in this social, interactive class. Register with a friend or family member & make your gifts together!

Location: Esquimalt Recreation Centre

Instructor: Anny Ruch

Nov 17 Sat 2:00pm-4:00pm \$40.00/1 12158

### NEW! Make Your Own Cleaning Products

Make & bring home your own homemade cleaning spray, dishwashing soap & laundry liquid while learning green, low-cost recipes. Glass bottles & all supplies are included in your registration fee. Save money & reduce chemical use in your home!

Location: Esquimalt Recreation Centre

Instructor: Anny Ruch

Nov 25 Sun 2:00pm-4:00pm \$40.00/1 12159

## Esquimalt Farmer's Market Workshops

### The Healing Farm

This 2 part series will teach you all about Honey Bees and how to become backyard bee keepers!

#### The Healing Farm Part I

This first session will focus on the concept & value of pollination with Mason Bees-the friendly bee that is suitable for backyard bee keeping! Bees will be brought to class to demonstrate the nest requirements and hands on care.

Location: Esquimalt Recreation Centre

Oct 22 Mon 6:30pm-8:30pm \$40.00/1 12281

#### The Healing Farm Part II

This final session of this series will focus on the Bees themselves including how their society works and the threats that Honey Bees are facing. Bees will be brought to the class to demonstrate their hive colonies. For more information please visit the Healing Farm Website at [www.healingfarm.ca](http://www.healingfarm.ca)

Location: Esquimalt Recreation Centre

Oct 29 Mon 6:30pm-8:30pm \$40.00/1 12282

### Soap Making 101 - Making Natural Handcrafted Soaps

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

Location: Esquimalt Recreation Centre

Nov 03 Sat 9:00am-12:30pm \$98.00/1 12263



## Gardening

### Register for the series and save!

For series registration, please use course code: 12463. Series registration rates are:

- Adult: \$45.00/4
- Senior: \$39.00/4
- Child: \$27.00/4

### Companion Planning & Residential Water Harvesting

Do you want to know more about how to harvest rainwater for use in your garden? This workshop, located in an Esquimalt resident's garden, will introduce you to rainwater harvesting and allow you to see a successful system at work. In addition, our friendly neighbourhood gardener Dave Friend will be leading a hands-on portion on companion planting that is sure to change what and why you plant specific things.

Sep 11 Tue 6:00pm-7:30pm \$14.00/adult; \$12.00/senior; \$8.00/child 12455

### Growing Over-winter Food

Join Dave Friend, aka Mr Organic for this hands-on workshop that will have you seeding and transplanting food growing crops that will grow over winter and provide health friendly food in the Spring. An introduction to the mixing of "Natural Teas" used for gardening is included in this workshop.

Location: Esquimalt Recreation Centre

Oct 02 Tue 6:15pm-7:45pm \$14.00/adult; \$12.00/senior; \$8.00/child 12361

### Growing Food the Hugelkultur Way

Join Dave Friend, AKA Mr.Organic for this workshop based on the lasagna gardening method. The Hugelkulture Way is the ultimate way to grow health-friendly food over the Winter - and then again in the Spring! This is a hands-on workshop where you will be creating a mini 'Hugel'.

Location: Esquimalt Recreation Centre

Nov 06 Tue 6:15pm-7:45pm \$14.00/adult; \$12.00/senior; \$8.00/child 12362

### Growing Food in Hanging Baskets

This is a hands-on workshop hosted by Dave Friend. In this workshop you will be planting a variety of plants that will include herbs and edible flowers. Some of the plants will stay with you over the winter months and others can be replaced with plants that will provide food in the Spring.

Location: Esquimalt Recreation Centre

Dec 04 Tue 6:15pm-7:45pm \$14.00/adult; \$12.00/senior; \$8.00/child 12363

## Health & Wellness

### NEW! Tai Chi - Yang Style

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

Location: Esquimalt Recreation Centre

Instructor: Valerie Chu

Sep 05-Sep 26	Wed	3:30pm-4:30pm	\$12.00/1; \$40.00/4	11912
Oct 03-Oct 31	Wed	3:30pm-4:30pm	\$12.00/1; \$50.00/5	11913

### Natural Movement Therapy (D)

Designed for anyone 12 and up, Natural Movement therapy with Dr. Hegillman of Oriri Acupuncture and Herbal Medicine Centre is a form of self-care and a tool to better understand your body. Using simple movements and breathing techniques natural to your body, you can alleviate mental and physical ailments, as well these movement styles are highly beneficial to the 5 major internal organs: Kidneys, Liver, Spleen, Lungs and Heart. Based on the ancient movements of Medical Qi Gong, Sōtai Hō and Tai Qi.

#### Breathing Techniques and Movements for Health

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

Location: Esquimalt Recreation Centre

Instructor: Dr. Katrine Hegillman

Sep 14-Oct 26	Fri	1:15pm-2:15pm	\$15.00/1; \$91.00/7	11908
Nov 02-Dec 14	Fri	1:15pm-2:15pm	\$15.00/1; \$91.00/7	11909

### Buddhist Meditation (D)

Discover the power of meditation to feel less stressed, to respond more openly to others, and to think creatively in the face of difficulties. Ongoing classes are appropriate for all levels of experience. Chairs are provided but participants are welcome to bring their own mats and meditation cushions.

Guided meditation, a discussion of Buddhist practice, and a refreshment break are part of each session. Classes are led by Sachi Tamura from the Bodhichitta Kadampa Buddhist Centre.

Location: Esquimalt Recreation Centre

Instructor: Sachi Tamura

Sep 19-Oct 24	Wed	7:00pm-8:15pm	\$10.00/1; \$48.00/6	11896
Sep 21-Oct 26	Fri	12:00pm-1:30pm	\$10.00/1; \$48.00/6	11898
Nov 07-Dec 12	Wed	7:00pm-8:15pm	\$10.00/1; \$48.00/6	11897
Nov 09-Dec 14	Fri	12:00pm-1:30pm	\$10.00/1; \$48.00/6	11899

### NEW! Boost Your Brainpower

Support your brain health through this nine-week program for older adults. Explore topics such as brain anatomy, memory skills and strategies and brain exercise. As well as how to manage stress and optimize sleep, diet, exercise and recreation.

Location: Esquimalt Recreation Centre

Instructor: Danielle Thompson

Sep 20-Nov 15	Thu	1:15pm-3:15pm	\$25.00/9	11905
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### Minds in Motion

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

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Oct 10-Nov 07	Wed	1:30pm-3:00pm	\$32.50/5	11902
Nov 21-Dec 19	Wed	1:30pm-3:00pm	\$32.50/5	11903





Language

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. An additional \$7 for course materials is charged at registration time. Classes are adapted to participants' needs and goals. ¡Nos vemos!

Location: Archie Browning Sports Centre Boardroom

Instructor: Sarah Loeppky

Beginner

Sep 07-Oct 12   Fri   6:15am-7:45am   \$90.00/6   12131

Beyond Beginner

Sep 07-Oct 12   Fri   8:00pm-9:30pm   \$90.00/6   12132

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. Class does not take place on long weekends.

Location: Esquimalt Recreation Centre

Instructor: Nicole Sellars

Sep 17-Oct 29   Mon   6:00pm-7:15pm   \$60.00/6   12142

No classes: Oct 08

Nov 05-Dec 17   Mon   6:00pm-7:15pm   \$60.00/6   12143

No classes: Nov 12

Music

Guitar

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

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Fundamentals

Sep 25-Oct 30   Tue   5:00pm-5:50pm   \$66.00/6   12146

Beyond Beginner

Sep 25-Oct 30   Tue   6:00pm-6:50pm   \$66.00/6   12147



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. The first week is an information session and you will begin playing on week two (you do not need to bring a ukulele to class until your second class). An additional \$5 (non-refundable) course manual fee is charged at registration time.

Location: Esquimalt Recreation Centre

Instructor: Jamyang Lodto

Sep 11-Oct 30   Tue   6:30pm-7:30pm   \$64.00/8   12149

Singing in Spanish

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

Location: Esquimalt Recreation Centre

Instructor: Marcelina Stanton

Sep 21-Oct 26   Fri   1:45pm-3:15pm   \$12.00/1; \$60.00/6   12144

Nov 02-Dec 07   Fri   1:45pm-3:15pm   \$12.00/1; \$60.00/6   12145

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 intro/next step photo class.

Location: Archie Browning Sports Centre Boardroom

Instructor: Anny Ruch

Nov 06-Dec 04   Tue   6:30pm-8:00pm   \$90.00/5   12148



## Sewing & Fibre Arts

### Tote Bag (Machine Sewing 101)

Learn to sew your own tote bag (or make one for family or friends) in this 3 hour workshop! Get over fears of working with knit fabrics & discover the joys of using a serger & coverstitch machine. A mandatory \$15 extra materials fee is charged at registration time to cover the cost of bamboo/cotton knit fabric, thread & everything you need to complete this project. \*Some previous sewing experience is required.\*

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Sep 15 Sat 1:00pm-4:00pm \$55.00/1 12151

### Bamboo Leggings

Learn to sew your own bamboo leggings (or make them for family or friends) in this 3 hour workshop! Get over fears of working with knit fabrics & discover the joys of using a serger & coverstitch machine. A mandatory \$25 extra materials fee is charged at registration time to cover the cost of bamboo/cotton knit fabric, thread & everything you need to complete this project. \*Some previous sewing experience is required.\*

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Oct 13 Sat 1:00pm-4:00pm \$55.00/1 1 2150

### Needle Felting

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

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Oct 20 Sat 2:00pm-4:30pm \$45.00/1 12152

### Holiday Bunting

Learn the basics of operating a sewing machine & make your own handmade string of bunting (flags) for the holidays. An additional \$15 fee will be charged at registration time to cover the cost of all supplies. \*some previous sewing experience is required.\*

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Nov 17 Sat 10:00am-1:00pm \$55.00/1 12153

### T-Shirt Making

Learn to sew your own custom tee-shirt in this 2-part workshop! Get over fears of working with knit fabrics & discover the joys of using a serger and twin needle on your sewing machine. An additional \$25 fee will be charged at registration time to cover the cost of all supplies. \*Some previous sewing experience is required.\*

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Nov 17-Nov 24 Sat 2:00pm-4:30pm \$95.00/2 12154

### Christmas Stockings

Learn the basics of operating a sewing machine & make your own stocking in the lead up to the holidays! An additional \$10 fee is charged at registration time to cover the cost of all supplies needed to make a stocking. If you want to sew with one of your children/grandchildren, please do! Registration fee can be applied to 1 adult & 1 child/youth working together on a stocking.

Location: Esquimalt Recreation Centre

Instructor: The Makehouse

Dec 08 Sat 1:00pm-4:00pm \$55.00/1 12155

## Play here.

**Just \$5.75/drop in or included with your annual membership.**

Learn more about drop in sports on page 13 or view and reserve your space online:  
[esquimalt.ca/sports](http://esquimalt.ca/sports)

### Choose from:

**Indoor Soccer:** Tuesdays/Sundays 9:00pm-10:15pm

**Pickleball:** Mondays/Tuesdays 1:15pm-3:15pm •  
 Sundays 4:30pm-5:30pm

**Play Beyond Expectations:** Tuesdays 3:30pm-5:00pm •  
 Fridays 1:00pm-2:30pm

**Volleyball - Everyone welcome:** Thursdays 8:00pm-10:00pm

**Volleyball - Competitive:** Sundays 7:00pm-9:00pm

Floor Hockey: Mondays 8:30pm-10:30pm

**Basketball (Over 30yrs):** Wednesdays 8:45pm-10:15pm



Advanced reservation for drop in sports strongly encouraged.

## Sports

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

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

Location: L'ecole Brodeur School Gym

Sep 20-Oct 25	Thu	6:30pm-10:30pm	\$50.00; \$270.00/6	12261
Nov 01-Dec 13	Thu	6:30pm-10:30pm	\$50.00; \$270.00/7	12262

## Martial Arts

### MIJO Taekwondo

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

#### Tuesdays

Location: Esquimalt Recreation Centre

Sep 11-Oct 30	Tue	6:30pm-7:30pm	\$80.00/8	12243
Nov 06-Dec 18	Tue	6:30pm-7:30pm	\$70.00/7	12245

#### Saturdays

Location: L'ecole Brodeur School Gym

Sep 15-Oct 27	Sat	12:00pm-1:00pm	\$60.00/6	12244
No classes: Oct 06				
Nov 03-Dec 15	Sat	12:00pm-1:00pm	\$60.00/6	12246
No classes: Nov 10				

### Western Martial Arts: Longsword Combat

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

Location: L'ecole Brodeur School

Sep 13-Oct 25	Thu	8:15pm-9:15pm	\$7.00/1; \$42.00/7	12268
Nov 01-Dec 20	Thu	8:15pm-9:15pm	\$7.00/1; \$48.00/8	12269

### Western Martial Arts: Advanced Longsword Combat

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

Location: Esquimalt Recreation Centre

Sep 11-Oct 23	Tue	7:45pm-8:45pm	\$7.00/1; \$42.00/7	12264
Oct 30-Dec 18	Tue	7:45pm-8:45pm	\$7.00/1; \$48.00/8	12265

### Western Martial Arts: LARP Combat

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

Location: L'ecole Brodeur School

Sep 13-Oct 25	Thu	7:15pm-8:15pm	\$7.00, \$42.00/7	12266
Nov 01-Dec 20	Thu	7:15pm-8:15pm	\$7.00, \$48.00/8	12267

### Yuishinkai Karate & Kobujutsu

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

Location: L'ecole Brodeur School

#### Register for the Season & Save!

Sep 05-Dec 19	Mon/Wed	6:30pm-8:30pm	\$250.00/28	12345
No classes: Nov 12, Oct 31, Oct 08				

#### Monthly Registration

Sep 05-Sep 26	Mon/Wed	6:30pm-8:30pm	\$70.00/7	12338
Oct 01-Oct 29	Mon/Wed	6:30pm-8:30pm	\$70.00/8	12340
No classes: Oct 08				
Nov 05-Nov 28	Mon/Wed	6:30pm-8:30pm	\$70.00/7	12343
No classes: Nov 12				
Dec 03-Dec 19	Mon/Wed	6:30pm-8:30pm	\$70.00/6	12344



## Bus Trips

### Glenrosa Farm Restaurant

Enjoy local, house-made and seasonal fare at this farm restaurant with beautiful views out over the Straits of Juan de Fuca. Transportation included. Meal extra. Please arrive 15 minutes prior to pick up time, meeting in the foyer of the Esquimalt Recreation Centre.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Sep 06 Thu 11:15am-3:00pm \$25.00/1 12190

### Tugwell Creek Honey Farm & Meadery and lunch at Shirley Delicious

Explore the secret life of bees and understand their importance of their world. Learn how Mead (honey wine) the oldest art of fermentation is crafted. Taste award winning Meads and tour the Meadery. Transportation and tour/tasting included. Lunch is extra. Please arrive 15 minutes prior to pick up time, meeting in the foyer of the Esquimalt Recreation Centre.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Sep 11 Tue 10:00am-4:00pm \$55.00/1 12192

### Chemainus Theatre – Glorious

Please meet in the Rec Centre lobby 15 minutes before departure time.

Transportation, gratuities, tickets and buffet lunch are included in registration fee.

\*To purchase a ticket after Aug 17 please contact Gillian 250-412-8532\*

\*NO REFUNDS AFTER AUG 17\*

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Sep 19 Wed 10:30am-5:30pm \$121.00/1 9242

### Providence Farm Lunch and Tour

Visit the picturesque Providence Farm – a working farm and regional landmark gifted by the Sisters of Saint Ann. They provide a number of innovative programs including horticulture therapy, art, woodworking, gardening and more. Transportation, tour and pre-ordered lunch included. Please arrive 15 minutes prior to pick up time, meeting in the foyer of the Esquimalt Recreation Centre.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Sep 25 Tue 10:00am-3:30pm \$55.00/1 12195

### Rocky Point Bird Observatory & Lunch at My Chosen Café

Learn about long-term ecological monitoring of migratory birds by attending this banding demonstration and going on a bird walk. Yes you'll have to get up with the birds!

Oct 04 Thu 8:15am-2:30pm \$40.00/1 12666

### Sidney Fine Arts Show & Lunch at Sea Glass Waterfront Grill

After lunch overlooking the marina, we are off to see the art show that has become one of the largest and most prestigious juried art shows in BC. It is a diverse selection of painting, sculpture, fibre arts, photography and more. Transportation and entrance included. Lunch is extra. Please arrive 15 minutes prior to pick up time, meeting in the foyer of the Esquimalt Recreation Centre.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Oct 12 Fri 10:00am-4:00pm \$40.00/1 12196

### Britannia Mine Tour, Sea to Sky Gondola, Whistler Spa & the Squamish Lil'wat Cultural Centre

Rumble through the dark on an underground train and learn about what was once the biggest copper mine in the British Empire. From underground to top of the world – next stop is the new Sea to Sky Gondola for sweeping views of Howe Sound. Learn about the First Nations communities of the Whistler area and relax and rejuvenate at the world famous Scandinave Spa. Transportation, tours, spa and accommodation included. Meals are extra. Please arrive 15 minutes prior to pick up time, meeting in the foyer of the Esquimalt Recreation Centre.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Oct 16-Oct 18 Tue-Thu 12197

Pricing:

BC Senior 65+ yrs \$617 single or \$507 double occup.

Under 65 yrs \$659 single or \$549 double occup.

### Wine Tour & Lunch

We will start off at Church & State winery for lunch and a tasting and then head over to De Vine Vineyard for another tasting of spirits or wine. Transportation and tour/tasting included. Lunch is extra. Please arrive 15 minutes prior to pick up time, meeting in the foyer of the Esquimalt Recreation Centre.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Oct 25 Thu 10:30am-3:30pm \$45.00/1 12198



Chemainus Theatre

Chemainus Theatre – Outside Mullingar

Please meet in the Rec Centre lobby 15 minutes before departure time.

Transportation, gratuities, tickets and buffet lunch are included in registration fee.

\*NO REFUNDS AFTER SEPT 28\*

\*To purchase a ticket after Sep 28 please contact Gillian 250-412-8532\*

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Oct 31      Wed    10:30am-5:30pm    \$121.00/1    9240

Circle Craft Fair in Vancouver

This market is a Vancouver tradition with fine BC and Canadian artisans and their work, as well as food vendors, entertainment by local dance groups, craft technique demonstrations, and other crafty activities, round out the experience! Transportation and entrance fee included. Meals extra. Please arrive 15 minutes prior to pick up time, meeting in the foyer of the Esquimalt Recreation Centre.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Nov 08      Thu    7:15am-9:30pm    \$155.00/adult; \$120.00/senior    12199

Chemainus Theatre – Little Women

Please meet in the Rec Centre lobby 15 minutes before departure time.

Transportation, gratuities, tickets and buffet lunch are included in registration fee.

\*NO REFUNDS AFTER OCT 19\*

To purchase a ticket after October 19th, please contact Gillian 250-412-8532.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Nov 21      Wed    10:30am-5:30pm    \$131.00/1    9241

Lunch & Goldstream Park – Salmon & Eagles

You'll step back in time when we enter Ma Miller's pub of lunch. Originally the Goldstream Hotel (1864), this pub still has some old world charm while having an up to date menu. Then enjoy a naturalist led tour and learn about the salmon lifecycle as well as the gathering of the eagles in the Goldstream Estuary. This tour takes place rain or shine so please dress for the weather and wear sturdy shoes– it can be chilly along the river. Transportation and naturalist tour included. Lunch is extra. Please arrive 15 minutes prior to pick up time, meeting in the foyer of the Esquimalt Recreation Centre.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Nov 27      Tue    11:00am-4:30pm    \$54.00/1    12200

Christmas Lights, Museum Tour, Shopping & More (in Vancouver)

Re-capture the feeling of wonder and excitement of the holiday season and be amazed by the hundreds of thousands of lights throughout Capilano Suspension Bridge Park. Take a trip back in time when we visit the Titanic Artifact Exhibition – touch an iceberg, go inside the Titanic like never before and learn about personal histories and the Titanic's maiden voyage. Dine and shop at Aberdeen Centre Mall a unique fusion of East meets West and also home to many first (and only) Japanese, Korean and Asian food, fashion, beauty and lifestyle brands in Canada. Transportation, ferries, tours, breakfast and accommodation included. All other meals extra. Please arrive 15 minutes prior to pick up time, meeting in the foyer of the Esquimalt Recreation Centre.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Dec 04-Dec 05    Tue-Wed    12201

Pricing:

BC Senior 65+yrs \$365 single or \$265 double occup.

Under 65 yrs \$405 single or \$305 double occup.

Christmas Lunch in Sidney

Let's get gussied up and go to Haro's restaurant at the Sidney Pier Hotel for a wonderful Christmas Buffet (you can order off the menu as well). Transportation included, meal is extra. Please arrive 15 minutes prior to pick up time, meeting in the foyer of the Esquimalt Recreation Centre.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Dec 18      Tue    10:30am-3:00pm    \$25.00/1    12202



# MOVE IT. LIFT IT.

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



## Wellness Centre Schedule

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

Admission Rates	Single Drop in	Book of 10	Book of 25	1 Month Pass	3 Month Pass	6 Month Pass	1 Year Pass
<b>Adult</b>	\$5.75	\$51.75	\$120.75	\$58.50	\$113.75	\$210.00	\$350.00
<b>60+ or Student</b>	\$4.25	\$38.25	\$89.25	\$44.00	\$85.50	\$157.50	\$262.50
<b>Youth (13-18yrs)</b> *13-15yrs need orientation for weight room admission	\$3.00	\$27.00	\$63.00	\$42.50	\$84.00	\$105.00	\$175.00
<b>Children</b> 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
<b>Family</b>	\$11.50	\$103.50	\$241.50	\$117.00	\$227.50	\$420.00	\$700.00
Regional Recreation Pass. 12 Recreation Centres, 1 Pass = Over \$2000 Value Monthly scheduled payments available on Regional Pass, \$25.00 administrative fee applies.							\$492.00

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



# PERSONAL TRAINING

## Workout with us. On Your schedule.

Weight, strength, flexibility - land based training, in the pool - 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!



Training Option/ Plan	What It Offers	Investment
Hourly Sessions	<ul style="list-style-type: none"><li>One hour of person training</li><li>Great option to get you started on a training plan or to provide accountability and “check ins” throughout he year</li><li>Works well to verify technique, and provide support and motivation</li></ul>	<ul style="list-style-type: none"><li>\$50/hour</li><li>Semi-private option available: \$25/ person, based on two participants</li></ul>
The 3 Month Plan	<ul style="list-style-type: none"><li>8 hours of one-on-one personal training over 3-months</li><li>Good for up to one year from time of purchase</li><li>Exceptional value, providing \$100 in savings!</li></ul>	<ul style="list-style-type: none"><li>\$99/month</li><li>3 month commitment</li></ul>
Results	<ul style="list-style-type: none"><li>Fitness Assessment: cardio, strength, measurements, flexibility</li><li>Training Schedule</li><li>12 hours of personal training</li><li><b>BONUS!</b> 6 complimentary facility admissions</li></ul>	<ul style="list-style-type: none"><li>\$510/private</li><li>\$255/person semi-private, based on two participants</li></ul>
Results Plus	<ul style="list-style-type: none"><li>Fitness Assessment: cardio, strength, measurements, flexibility</li><li>Training Schedule</li><li>20 hours of Personal Training</li><li><b>BONUS!</b> 10 complimentary facility admissions</li></ul>	<ul style="list-style-type: none"><li>\$750/person</li><li>\$375/person semi-private, based on two participants</li></ul>
Aquatic Personal Training	<ul style="list-style-type: none"><li>Ideal for those who would like to start swimming, advance their skills, cross-train and those who are recovering from injury.</li><li>Can be combined with any personal training package.</li></ul>	<ul style="list-style-type: none"><li>\$50/person</li></ul>



## Weight Room Orientations & Fitness Assessments

### Wellness Centre Orientations

Our Certified Personal Trainers will tour you through the facility, and give you an introduction to an effective and safe workout with both cardio and strength machines. This service is FREE with a purchase of any 3- Month, 6-Month or 1 Year Pass or available for a nominal fee for non-pass holders. Pre-registration required.

Sep 01-Dec 30	Sat/Sun	11:00am-11:30am	\$15.00/1	11918
Location: Esquimalt Recreation Centre Weight Room				
Sep 04-Dec 28	Tue-Fri	8:00am-8:30am	\$15.00/1	11915
No classes: Dec 25, Dec 26				
Sep 05-Dec 28	Wed/Fri	7:00pm-7:30pm	\$15.00/1	11917
No classes: Dec 26				

### Fitness Assessments

Our Certified Personal Trainers take you through a baseline fitness assessment including cardio, strength and flexibility. This service is FREE with a purchase of any 3- Month, 6-Month or 1 Year Pass; nominal fee applies for non-pass holders. Pre-registration required.

Sep 04-Dec 27	Tue/Thu	7:00pm-7:30pm	\$20.00/1	11919
No classes: Dec 25				

### Drop in Fitness Programs

see page 10-11 or view online:

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

Drop in fitness class admission is included with your annual pass or available for \$5.75/class.

## Bootcamp Classes

### 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 winter? If you answered 'yes' to any of the above questions, please join us in a six-week boot camp program designed to increase Muscular Endurance, Energy, Flexibility, Motivation while gaining confidence, strength and muscle.

Location: L'ecole Brodeur School

Instructor: Tamara Digout

Nov 13-Dec 20 Tue/Thu 6:00pm-7:00pm 11885

Early Bird (before October 30): \$140.00/person

Regular Registration: \$160.00/person

## Dance Inspired

### NEW! Salsa Cardio Core

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

Location: Esquimalt Recreation Centre

Instructor: Phyllis Musseau

Sep 19-Oct 31 Wed 7:30pm-8:30pm \$11.00/1; \$63.00/7 12223

Nov 07-Dec 12 Wed 7:30pm-8:30pm \$11.00/1; \$54.00/6 12224

NEW! Bolly - X

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

Location: Archie Browning Sports Centre Crow's Nest

Instructor: Glenda Rosberg

FREE Demo Classes!

Sep 10-Sep 10	Mon	6:45pm-7:45pm	11886
Sep 14-Sep 14	Fri	9:45am-10:45am	11889

Registered Sessions

Sep 17-Oct 29	Mon	6:45pm-7:45pm	\$11.00/1; \$54.00/6	11887
No classes: Oct 08				
Sep 21-Oct 26	Fri	9:45am-10:45am	\$11.00/1; \$54.00/6	11890
Nov 05-Dec 17	Mon	6:45pm-7:45pm	\$11.00/1; \$54.00/6	11888
No classes: Nov 12				
Nov 09-Dec 14	Fri	9:45am-10:45am	\$11.00/1; \$54.00/6	11891

Health and Wellness

NEW! Tai Chi - Yang Style

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

Location: Esquimalt Recreation Centre

Instructor: Valerie Chu

Sep 05-Sep 26	Wed	3:30pm-4:30pm	\$12.00/1; \$40.00/4	11910
Oct 03-Oct 31	Wed	3:30pm-4:30pm	\$12.00/1; \$50.00/5	11911



Natural Movement Therapy (D)

Designed for anyone 12 and up, Natural Movement therapy with Dr. Hegillman of Oriri Acupuncture and Herbal Medicine Centre is a form of self-care and a tool to better understand your body. Using simple movements and breathing techniques natural to your body, you can alleviate mental and physical ailments, as well these movement styles are highly beneficial to the 5 major internal organs: Kidneys, Liver, Spleen, Lungs and Heart. Based on the ancient movements of Medical Qi Gong, Sōtai Hō and Tai Qi. Breathing Techniques and Movement for Health In this class we will go over natural movements of Sotai, Medical Qi Gong and Meridian Therpay Exercises that are specific for: immune system, detox and metabolism, digestion, stress, anxiety, insomnia, slowing down aging and more. Working on the organs that are specific to the TCM classics, facia connection to the body's electromagnetic field, and messaging. This program is uniquely designed and offered by Dr. Hegillman of Oriri Acupuncture and Herbal Medicine Centre. [www.oriri.ca](http://www.oriri.ca)

Location: Esquimalt Recreation Centre

Instructor: Dr. Katrine Hegillman

Sep 14-Oct 26	Fri	1:15pm-2:15pm	\$15.00/1; \$91.00/7	11906
Nov 02-Dec 14	Fri	1:15pm-2:15pm	\$15.00/1; \$91.00/7	11907

Buddhist Meditation (D)

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

Location: Esquimalt Recreation Centre

Instructor: Sachi Tamura

Sep 19-Oct 24	Wed	7:00pm-8:15pm	\$10.00/1; \$48.00/6	11892
Sep 21-Oct 26	Fri	12:00pm-1:30pm	\$10.00/1; \$48.00/6	11894
Nov 07-Dec 12	Wed	7:00pm-8:15pm	\$10.00/1; \$48.00/6	11893
Nov 09-Dec 14	Fri	12:00pm-1:30pm	\$10.00/1; \$48.00/6	11895

NEW! Boost Your Brainpower

Support your brain health through this nine-week program for older adults. Explore topics such as brain anatomy, memory skills and strategies and brain exercise. As well as how to manage stress and optimize sleep, diet, exercise and recreation.

Location: Esquimalt Recreation Centre

Instructor: Danielle Thompson

Sep 20-Nov 15	Thu	1:15pm-3:15pm	\$25.00/9	11904
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## Minds in Motion

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

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Oct 10-Nov 07	Wed	1:30pm-3:00pm	\$32.50/5	11900
Nov 21-Dec 19	Wed	1:30pm-3:00pm	\$32.50/5	11901

## Strength & Conditioning

### TRX Training (D)

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

Location: Esquimalt Recreation Centre Weight Room

Instructor: Marcia Semenoff

### Monday Lunch Time

Sep 10-Sep 24	Mon	12:05pm-12:50pm	\$10.00/1; \$24.00/3	11942
Oct 01-Oct 29	Mon	12:05pm-12:50pm	\$10.00/1; \$32.00/4	11943
No classes: Oct 08				
Nov 05-Nov 26	Mon	12:05pm-12:50pm	\$10.00/1; \$24.00/3	11944
No classes: Nov 12				
Dec 03-Dec 31	Mon	12:05pm-12:50pm	\$10.00/1; \$32.00/4	11945
No classes: Dec 24				

### Thursday Afternoons

Sep 06-Sep 27	Thu	1:30pm-2:30pm	\$12.00/1; \$40.00/4	11946
Oct 04-Oct 25	Thu	1:30pm-2:30pm	\$12.00/1; \$40.00/4	11947
Nov 01-Nov 29	Thu	1:30pm-2:30pm	\$12.00/1; \$50.00/5	11948
Dec 06-Dec 27	Thu	1:30pm-2:30pm	\$12.00/1; \$40.00/4	11949

### Mat Stretch and Strength (D)

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

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Sep 07-Oct 05	Fri	10:15am-11:15am	\$8.00/1; \$30.00/5	12241
Oct 12-Nov 16	Fri	10:15am-11:15am	\$8.00/1; \$36.00/6	12242



### 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.

Location: Esquimalt Recreation Centre

Instructor: Graham Harriman

Sep 07-Oct 26	Fri	6:00pm-6:50pm	\$11.00/1; \$56.00/7	11954
No classes: Oct 05				
Nov 02-Dec 14	Fri	6:00pm-6:50pm	\$11.00/1; \$48.00/6	11955
No classes: Nov 23				

### Gentle Fit (D)

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

Location: Esquimalt Recreation Centre

Instructor: Kay Inamura

Sep 10-Oct 29	Mon	10:05am-10:55am	\$5.00/1; \$35.00/7	11932
No classes: Oct 08				
Nov 05-Dec 17	Mon	10:05am-10:55am	\$5.00/1; \$30.00/6	11933
No classes: Nov 12				

### 50+ Weight Training (D)

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

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Sep 11-Oct 23	Tue	10:15am-11:30am	\$11.00/1; \$63.00/7	11928
Sep 13-Oct 25	Thu	10:15am-11:30am	\$11.00/1; \$63.00/7	11930
Oct 30-Dec 18	Tue	10:15am-11:30am	\$11.00/1; \$63.00/7	11929
No classes: Dec 04				
Nov 01-Dec 20	Thu	10:15am-11:30am	\$11.00/1; \$63.00/7	11931
No classes: Dec 06				

**NEW! Aging Backwards**

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

Location: Esquimalt Recreation Centre

Instructor: Lynda Lafond

Sep 11-Oct 23	Tue	11:00am-11:50am	\$12.00/1; \$70.00/7	11936
Oct 30-Dec 11	Tue	11:00am-11:50am	\$12.00/1; \$70.00/7	11937

**NEW! Powerhouse**

Challenge your legs and core between heart pumping cardio intervals to burn fat, increase muscle and make leg day a great day! You are not going to want to miss this class!

Location: Archie Browning Sports Centre Crow's Nest

Instructor: Mindy Demers

Sep 11-Oct 23	Tue	5:15pm-6:00pm	\$10.00/1; \$56.00/7	11956
Oct 30-Dec 11	Tue	5:15pm-6:00pm	\$10.00/1; \$56.00/7	11957

**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!

Location: Esquimalt Recreation Centre

Instructor: Eugene Nnoli

Sep 12-Oct 10	Wed	7:45pm-8:30pm	\$9.00/1; \$35.00/5	11938
Oct 17-Nov 14	Wed	7:45pm-8:30pm	\$9.00/1; \$35.00/5	11939
Nov 21-Dec 19	Wed	7:45pm-8:30pm	\$9.00/1; \$35.00/5	11940

**Friday "Wine-Down"**

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

Location: Esquimalt Recreation Centre

Instructor: Marcia Semenoff

Sep 21, Oct 19 & Nov 16	Fri	5:30pm-6:30pm	\$15.00/3	12339
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**Spin Classes****Spin, Core & Stretch (D)**

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

Location: Archie Browning Sports Centre Crow's Nest

Instructor: Ann Henslowe

Sep 11-Oct 23	Tue	9:00am-10:00am	\$10.00/1; \$56.00/7	11926
Oct 30-Dec 18	Tue	9:00am-10:00am	\$10.00/1; \$56.00/7	11927

No classes: Dec 04

**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!

Location: Archie Browning Sports Centre Crow's Nest

Instructor: Esther Bendall

Sep 11-Oct 09	Tue	6:15pm-7:30pm	\$11.00/1; \$45.00/5	11920
Sep 15-Oct 13	Sat	8:45am-9:45am	\$10.00/1; \$45.00/5	12335
Oct 16-Nov 13	Tue	6:15pm-7:30pm	\$11.00/1; \$45.00/5	11921
Oct 20-Nov 17	Sat	8:45am-9:45am	\$11.00, \$40.00/5	12336
Nov 20-Dec 18	Tue	6:15pm-7:30pm	\$11.00/1; \$45.00/5	11922
Nov 24-Dec 22	Sat	8:45am-9:45am	\$10.00/1; \$45.00/5	12337

**Intro to Indoor Cycling (D)**

Break down barriers and intimidation with this introduction to indoor cycling. Learn the basics of bike set up, pedaling for a smooth ride, monitoring your intensity; and varying your resistance for an enjoyable indoor cycling experience.

Location: Archie Browning Sports Centre Crow's Nest

Instructor: Mindy Demers

Sep 14-Sep 28	Fri	5:05pm-5:45pm	\$9.00/1; \$21.00/3	11923
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**Cycling Express**

This indoor cycling class is geared for anyone from the outdoor enthusiast to those new to cycling. Cruise and groove with the tunes to motivate and inspire your indoor cycling journey. Pedal the week away in 40 minutes.

Location: Archie Browning Sports Centre Crow's Nest

Instructor: Mindy Demers

Oct 05-Nov 09	Fri	5:05pm-5:45pm	\$9.00/1; \$42.00/6	11924
Nov 16-Dec 14	Fri	5:05pm-5:45pm	\$9.00/1; \$35.00/5	11925



## Yoga & Pilates Classes

### Gentle Yoga (D)

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

Location: Esquimalt Recreation Centre

Instructor: Moira Tait

#### Tuesdays

Sep 04-Sep 25	Tue	9:30am-10:45am	\$8.00/1; \$24.00/4	11966
Oct 02-Oct 30	Tue	9:30am-10:45am	\$8.00/1; \$30.00/5	11967
Nov 06-Nov 27	Tue	9:30am-10:45am	\$8.00/1; \$24.00/4	11968
Dec 04-Dec 18	Tue	9:30am-10:45am	\$8.00/1; \$18.00/3	11969

#### Thursdays

Sep 06-Sep 27	Thu	10:15am-11:30am	\$8.00/1; \$24.00/4	11970
Oct 04-Oct 25	Thu	10:15am-11:30am	\$8.00/1; \$24.00/4	11971
Nov 01-Nov 29	Thu	10:15am-11:30am	\$8.00/1; \$30.00/5	11972
Dec 06-Dec 27	Thu	10:15am-11:30am	\$8.00/1; \$24.00/4	11973

### Mindful Movement Chair Yoga (D)

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

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Sep 10-Oct 22	Mon	11:05am-11:55am	\$12.00/1; \$60.00/6	12093
No classes: Oct 08				
Oct 29-Dec 17	Mon	11:05am-11:55am	\$12.00/1; \$70.00/7	12094
No classes: Nov 12				

### Tensegrity Repair Series (D)

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

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Sep 10-Oct 22	Mon	5:45pm-6:45pm	\$12.00/1; \$60.00/6	12098
No classes: Oct 08				
Oct 29-Dec 17	Mon	5:45pm-6:45pm	\$12.00/1; \$70.00/7	12099
No classes: Nov 12				

### Kundalini Yoga for Beginners (D)

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

Location: Esquimalt Recreation Centre

Instructor: Laurel Mackay

Sep 10-Oct 22	Mon	7:00pm-8:30pm	\$15.00/1; \$78.00/6	12091
No classes: Oct 08				
Oct 29-Dec 10	Mon	7:00pm-8:30pm	\$15.00/1; \$78.00/6	12092
No classes: Nov 12				

### 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.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Sep 11-Oct 09	Tue	7:00pm-8:30pm	\$13.00/1; \$55.00/5	12101
Oct 16-Nov 13	Tue	7:00pm-8:30pm	\$13.00/1; \$55.00/5	12107
Nov 20-Dec 18	Tue	7:00pm-8:30pm	\$13.00/1; \$55.00/5	12108

### Gentle Therapeutic Flow (Restorative)

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

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Sep 12-Oct 10	Wed	6:45pm-8:15pm	\$13.00/1; \$55.00/5	12095
Oct 17-Nov 14	Wed	6:45pm-8:15pm	\$13.00/1; \$55.00/5	12096
Nov 21-Dec 19	Wed	6:45pm-8:15pm	\$13.00/1; \$55.00/5	12097





Pilates Fusion

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

Location: Archie Browning Sports Centre

Instructor: Lynda Lafond

Sep 11-Oct 23	Tue	12:10pm-12:55pm	\$12.00/1; \$70.00/7	12792
Oct 30-Dec 11	Tue	12:10pm-12:55pm	\$12.00/1; \$70.00/7	12796

Yoga for Runners (D)

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

Location: Esquimalt Recreation Centre

Instructor: Madelin Rocheleau

Sep 13-Oct 11	Thu	5:30pm-6:30pm	\$12.00/1; \$50.00/5	12121
Oct 18-Nov 15	Thu	5:30pm-6:30pm	\$12.00/1; \$50.00/5	12124
Nov 22-Dec 20	Thu	5:30pm-6:30pm	\$12.00/1; \$50.00/5	12125

Gentle Yin Yoga

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

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Sep 13-Oct 11	Thu	6:45pm-8:15pm	\$13.00/1; \$55.00/5	12110
Oct 18-Nov 15	Thu	6:45pm-8:15pm	\$13.00/1; \$55.00/5	12116
Nov 22-Dec 20	Thu	6:45pm-8:15pm	\$13.00/1; \$55.00/5	12117

Pilates Back to Basics and Beyond (D)

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

Location: Esquimalt Recreation Centre

Instructor: Phyllis Musseau

Sep 19-Oct 31	Wed	5:30pm-6:25pm	\$11.50/1; \$66.50/7	11962
Nov 07-Dec 12	Wed	5:30pm-6:25pm	\$11.50/\$57.00/6	11963

Barre Fitness (D)

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

Location: Esquimalt Recreation Centre

Instructor: Phyllis Musseau

Sep 19-Oct 31	Wed	6:30pm-7:25pm	\$11.50/1; \$66.50/7	11964
Nov 07-Dec 19	Wed	6:30pm-7:25pm	\$11.50/1; \$66.50/7	11965

Drop in Fitness Programs

see page 10-11 or view online:

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

Drop in fitness class admission is included with your annual pass or available for \$5.75/class.



## Zoomers

"A Boomer is a Zoomer if they want to be." Redefining aging and revitalizing healthy, aging living are the "Zoomers". Join us for a series of programs to compliment your lifestyle.

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

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Sep 10-Oct 22	Mon	1:15pm-2:45pm	\$9.50/1; \$45.00/6	11881
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No classes: Oct 08

Oct 29-Dec 17	Mon	1:15pm-2:45pm	\$9.50/1; \$45.00/6	11882
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No classes: Dec 03, Nov 12

Sep 12-Oct 24	Wed	1:15pm-2:45pm	\$9.50/1; \$52.50/7	11883
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Oct 31-Dec 19	Wed	1:15pm-2:45pm	\$9.50/1; \$52.50/7	11884
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No classes: Dec 05

### Zoomers Aquatic Bootcamp

Calling all Zoomers! This unique fitness program is designed for those 50 plus (but all ages are welcome) who want to stay fit, build muscle, and maintenance balance and a healthy heart. Participants will spend 45 minutes in the gym working on a circuit based cardio/strength program followed by 45 minutes in the pool focusing on aerobic aquafit moves that will leave your feeling exhilarated at the end of the 90 minute class.

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

**Register for the season & save!**

Sep 11-Nov 27	Tue	2:15pm-3:15pm	\$96.00/12	11709
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**Session Registration**

Sep 11-Oct 16	Tue	2:15pm-3:15pm	\$10.00/1; \$54.00/6	11710
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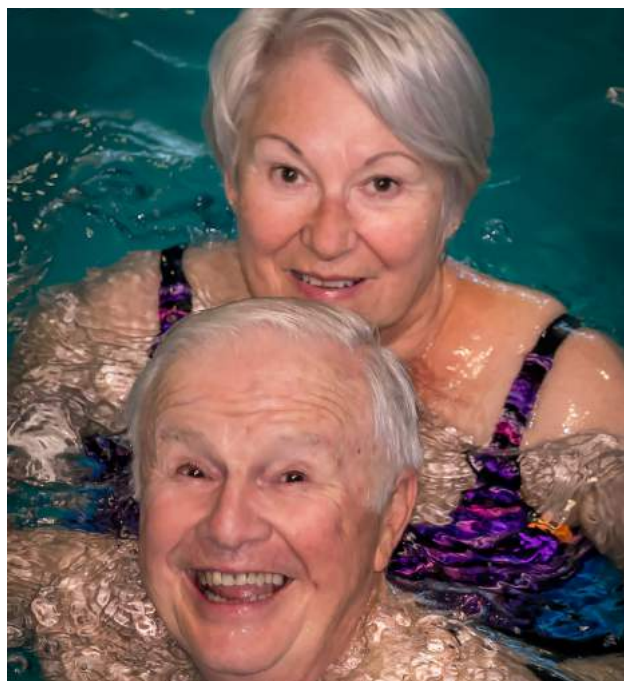
Oct 23-Nov 27	Tue	2:15pm-3:15pm	\$10.00/1; \$54.00/6	11711
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## Drop in Fitness Programs

see page 12 or view online:

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

Drop in waterfit class admission is included with your annual pass or available for \$5.75/class.



### Zoomer Water Running

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

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

**Register for the Season & Save!**

Sep 13-Nov 29	Thu	2:15pm-3:15pm	\$96.00/12	11706
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**Session Registration**

Sep 13-Oct 18	Thu	2:15pm-3:15pm	\$10.00/1; \$54.00/6	11707
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Oct 25-Nov 29	Thu	2:15pm-3:15pm	\$10.00/1; \$54.00/6	11708
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### Zoomers Suspension Training (D)

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

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Sep 14-Oct 05	Fri	12:05pm-12:50pm	\$10.00/1; \$32.00/4	11950
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Oct 12-Nov 02	Fri	12:05pm-12:50pm	\$10.00/1; \$32.00/4	11951
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Nov 09-Nov 30	Fri	12:05pm-12:50pm	\$10.00/1; \$32.00/4	11952
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Dec 14-Dec 28	Fri	12:05pm-12:50pm	\$10.00/1; \$24.00/3	11953
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## Aquatic Fitness

### Aquatic HIIT

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

Instructor: Ann Henslowe

#### Register for the Season & Save!

Sep 11-Nov 27	Tue	6:00am-6:45am	\$84.00/12	11262
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#### Session Registration

Sep 11-Oct 16	Tue	6:00am-6:45am	\$10.00/1; \$48.00/6	11263
Oct 23-Nov 27	Tue	6:00am-6:45am	\$10.00/1; \$48.00/6	11264

### Water Running

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

Instructor: Ann Henslowe

#### Register for the Season & Save!

Sep 13-Nov 29	Thu	6:00am-6:45am	\$84.00/12	11265
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#### Session Registration

Sep 13-Oct 18	Thu	6:00am-6:45am	\$10.00/1; \$48.00/6	11266
Oct 25-Nov 29	Thu	6:00am-6:45am	\$10.00/1; \$48.00/6	11267

## Pool Schedule

### General Schedule Information

At least one lap available for lap swimming at all times. Hot tub, sauna and steam room available for drop in admission at any time. For swim schedule, please view the pool schedule online – in real time: [esquimalt.ca/schedules](http://esquimalt.ca/schedules)

### Modified Pool Schedule

Modified program schedules will be in effect during the following dates. Please confirm schedule online.

- September 4-15: Additional Everyone Welcome Swims available before swim lesson programs begin for season.
- October 6-8: Thanksgiving Weekend
- October 27-28: Esquimalt Recreation hosts the Vancouver Island Fitness Conference
- November 10-12: Remembrance Day

### Annual Pool Maintenance Closure

The Esquimalt Recreation Centre Aquatics Facility is closed for annual maintenance for approximately 2 weeks each year. During this time Esquimalt Recreation Passes are accepted at all municipal recreation facilities and the Naden Athletic Centre at CFB Esquimalt. Please verify swim schedules with the facility you prefer to visit. This year the pool closure dates are:

3:30pm on Sunday, December 2; reopening 5:30 a.m. on Monday, December 17th.



## Aquatic Child & Youth Programs

### Tyee Aquatic Programs

Tyee is a competitive swimming organization proudly offering two programs through Esquimalt Recreation:

**TYEE SWIM SKILLS (TSS)** teaches swimmers who have developed basic skills to swim the four competitive strokes efficiently. Fitness is developed with continuous swimming and kicking and participation at low-key, fun introductory swim meets.

Through **TYEE WAVEMAKERS** participants learn complex movements (dolphin kick, tumbling, underwater swimming) and from consistent use of these, to build up endurance to swim back and forth across the pool.

### Tyee Wavemakers

**Practice 1-2x/week. Register for twice/week and save 20%!**

**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 be able to swim 5m unassisted in the big pool and perform flutter kick on their front and back.

**Note:** Swimmers must pay the \$44 Swim BC fee upon their first registration each school year.

Sep 16-Nov 25 Sun 4:00pm-4:45pm \$102.00/8 11274

No classes: Oct 07, Oct 08, Nov 11

Sep 17-Nov 26 Mon 4:00pm-4:45pm \$114.75/9 11277

No classes: Oct 08, Nov 12

Sep 19-Nov 28 Wed 4:00pm-4:45pm \$127.50/10 11280

No classes: Oct 31

### Tyee Swimming Skill (TSS)

**Practice 1-2x/week. Register for twice/week and save 20%!**

**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.

**Note:** Swimmers must pay the \$44 Swim BC fee upon their first registration each school year.

Sep 16-Nov 25 Sun 4:00pm-5:00pm \$124.00/8 11275

No classes: Nov 11, Oct 28, Oct 07

Sep 17-Nov 26 Mon 4:00pm-5:00pm \$139.50/9 11276

No classes: Nov 12, Oct 08

Sep 19-Nov 28 Wed 4:00pm-5:00pm \$155.00/10 11278

No classes: Oct 31

### Junior Development Water Polo (8-12yrs)

Taught by competitive water polo coaches. Each session has Power swimming, ball handling, shooting techniques and a scrimmage component. Upon successful completion, participants enter age group competitive water polo.

**Prerequisite:** ability to swim in deep water.

Sep 22-Dec 01 Sat 4:00pm-5:00pm \$90.00/9 11271

No classes: Oct 06, Nov 10



**SHARE YOUR IDEAS**  
FOR COMMUNITY INVESTMENT

Round 2 of community input on the McLoughlin Amenity Funds is underway. Visit the **MOBILE ENGAGEMENT BOOTH** at local events this summer or online:

[esquimalt.ca/engage](https://esquimalt.ca/engage)

# Aquatic/First Aid Education

## CPR-C Recertification

CPR-C Rectification ensures rescuers remain competent in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies. Prerequisite - must have held a CPR-C within the last 5 years  
Location: Esquimalt Recreation Centre  
Oct 28      Sun    9:00am-1:00pm    \$35.00/1    11273

## Standard First Aid Recertification

Standard First Aid Rectification ensures rescuers remain competent in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies as well as how to manage medical, musco-skeletal and environmental emergencies Prerequisite - must have held an SFA in the past 5 years  
Location: Esquimalt Recreation Centre Aquatics Program Space  
Oct 28      Sun    9:00am-6:30pm    \$65.00/1    11272



## Paws here.

Introducing: Santa Paws! a dog-friendly festivity to kick off the holiday season.

Start with Photos with Santa and follow the fun with a dog swim!



As our team prepares for the annual pool maintenace closure, we are wrapping up the swim season with a splash - and this one's for the dogs...

Sunday, December 2  
at the Esquimalt Recreation Centre  
[esquimalt.ca/santapaws](http://esquimalt.ca/santapaws) for complete details.

## Swim here.

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

View our pool schedule in real time, online.

Print copies available at the Esquimalt Recreation Centre.





## Swim Lessons

View lesson schedule, availability & register online!

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

## Levels, Duration & Pricing

**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

## 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

### Once-a-week Swim Lessons

Days	Start Date	End Date	# Lessons	No Class
Sunday AM or PM	Sept 16	Nov 25	8	Oct 7 Oct 28 Nov 11
Monday PM	Sept 17	Nov 26	8	Oct 8 Nov 12
Tuesday PM	Sept 18	Nov 27	10	
Wednesday PM	Sept 19	Nov 28	10	
Thursday PM	Sept 20	Nov 29	10	
Friday PM	Sept 21	Nov 30	10	
Saturday AM	Sept 22	Dec 1	8	Oct 6 Nov 10



GREATER VICTORIA

# REGIONAL RECREATION PASS

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

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

Greater Victoria **ACTIVE COMMUNITIES**

INCLUDING TAX  
**\$41**  
PER MONTH





Private Swim Lessons

Registered Private Lessons

\$17.00/30 minute lessons

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

Premium Private Lessons

\$27.00/30 minute lessons

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



Join here.

Youth Annual Passes. Less than a movie admission & popcorn.

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

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



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





## SKATING LESSONS at the Archie Browning Sports Centre

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

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

### Toddler & Preschool

#### Parent & Tot

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

Sep 18-Oct 30	Tue	4:00pm-4:30pm	\$42.00/7	12289
Nov 06-Dec 18	Tue	4:00pm-4:30pm	\$42.00/7	12290

#### Preschool 1

No prerequisite

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

Sep 18-Oct 30	Tue	4:00pm-4:30pm	\$43.75/7	12291
Nov 06-Dec 18	Tue	4:00pm-4:30pm	\$43.75/7	12293

#### Preschool 2

Prerequisite: Preschool 1

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

Sep 18-Oct 30	Tue	4:00pm-4:30pm	\$43.75/7	12291
Nov 06-Dec 18	Tue	4:00pm-4:30pm	\$43.75/7	12293

#### Preschool 3

Prerequisite: Preschool 2

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

Sep 18-Oct 30	Tue	4:00pm-4:30pm	\$43.75/7	12292
Nov 06-Dec 18	Tue	4:00pm-4:30pm	\$43.75/7	12294

#### Preschool 4

Prerequisite: Preschool 3

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

Sep 18-Oct 30	Tue	4:00pm-4:30pm	\$43.75/7	12292
Nov 06-Dec 18	Tue	4:00pm-4:30pm	\$43.75/7	12294

## School Aged

## Level 1

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

Sep 18-Oct 30	Tue	4:30pm-5:00pm	\$43.75/7	12295
Sep 18-Oct 30	Tue	5:00pm-5:30pm	\$43.75/7	12297
Nov 06-Dec 18	Tue	4:30pm-5:00pm	\$43.75/7	12296
Nov 06-Dec 18	Tue	5:00pm-5:30pm	\$43.75/7	12298

## Level 2

Prerequisite: Level 1 or Preschool 3

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

Sep 18-Oct 30	Tue	4:30pm-5:00pm	\$43.75/7	12295
Sep 18-Oct 30	Tue	5:00pm-5:30pm	\$43.75/7	12297
Nov 06-Dec 18	Tue	4:30pm-5:00pm	\$43.75/7	12296
Nov 06-Dec 18	Tue	5:00pm-5:30pm	\$43.75/7	12298

## Level 3

Prerequisite: Level 2 or Preschool 4

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

Sep 18-Oct 30	Tue	4:30pm-5:00pm	\$43.75/7	12299
Sep 18-Oct 30	Tue	5:00pm-5:30pm	\$43.75/7	12301
Nov 06-Dec 18	Tue	4:30pm-5:00pm	\$43.75/7	12300
Nov 06-Dec 18	Tue	5:00pm-5:30pm	\$43.75/7	12302

## Level 4

Prerequisite: Level 3

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

Sep 18-Oct 30	Tue	4:30pm-5:00pm	\$43.75/7	12299
Sep 18-Oct 30	Tue	5:00pm-5:30pm	\$43.75/7	12301
Nov 06-Dec 18	Tue	4:30pm-5:00pm	\$43.75/7	12300
Nov 06-Dec 18	Tue	5:00pm-5:30pm	\$43.75/7	12302

## Level 5

Prerequisite: Level 4

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

Sep 18-Oct 30	Tue	5:00pm-5:30pm	\$43.75/7	12303
Nov 06-Dec 18	Tue	5:00pm-5:30pm	\$43.75/7	12304

## Level 6

Prerequisite: Level 5

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

Sep 18-Oct 30	Tue	5:00pm-5:30pm	\$43.75/7	12303
Nov 06-Dec 18	Tue	5:00pm-5:30pm	\$43.75/7	12304





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!

Sep 18-Oct 30	Tue	4:30pm-5:00pm	\$43.75/7	12283
Nov 06-Dec 18	Tue	4:30pm-5:00pm	\$43.75/7	12284

### 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.

Sep 18-Oct 30	Tue	4:00pm-4:30pm	\$43.75/7	12285
Nov 06-Dec 18	Tue	4:00pm-4:30pm	\$43.75/7	12286

## Figure Skating

### Intro to Figure Skating (6-12yrs)

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

Sep 18-Oct 30	Tue	5:00pm-5:30pm	\$43.75/7	12287
Nov 06-Dec 18	Tue	5:00pm-5:30pm	\$43.75/7	12288

### Esquimalt Speed Skating Club

#### Learn to speed skate!

The Esquimalt Speed Skating Club offers short track speed skating for all ages and abilities. Practice includes drills, games and lap skating. Programs are designed for both recreational and competitive members. Participants are available to rent skates at reasonable rate.

Up to 3 – 45 minutes sessions/week.

September 4-March 7

Tue 6:00pm-7:20pm

Thu 5:00pm-6:00pm

Sat 6:15am-7:20am

Location: Archie Browning Sports Centre

Membership Fees:

Youth (under 16): \$350

Adult: \$395

TRY FOR FREE (First 3 sessions)

For more information on the club and to register, please go to the Club website:  
[esquimaltspeedskating.org](http://esquimaltspeedskating.org)

### Drop-In Cougars' Pond Hockey

Sundays 2:00pm-3:00pm • Regular Admission

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

Oct 14-Dec 09 Sun 7:00pm-9:00pm \$80.00/8 12135  
No classes: Nov 11

### Sticks & Stones-Curling Drop-In

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.

\*Sep 23-Dec 30 Sun 1:00pm-3:00pm 12087  
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.



The Archie Browning Sports Centre is home of the Victoria Cougars. For game schedule and ticket information, please visit: [victoriacougars.com](http://victoriacougars.com)



## Skate here.

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

View our drop in arena program schedule in real time, online.

Public Skating • Drop in Ice Hockey • Drop In Curling



# Esquimalt Curling Club

## Board

President  
 Vice President  
 Secretary  
 Treasurer

Samantha Sherman, 250-661-4925 • slcamero@gmail.com  
 Rachelle Perry, 250-920-0921 • ratchpy@shaw.ca  
 Karen Hoban, 250-478-5303 • karenmhoban@gmail.com  
 Mike Toller, 250-433-1020 • miketoller@shaw.ca

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



## Esquimalt Emergency Program

Ph: 250.414.7120

Email: [emergencyprogram@esquimalt.ca](mailto:emergencyprogram@esquimalt.ca)



## FREE! Emergency Preparedness workshops

The workshops below are offered periodically during the year depending on the level of interest - please check the schedule at [esquimalt.ca](http://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](mailto: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](mailto:nepp@equimalt.ca)

### 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](mailto:nepp@equimalt.ca)

### 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

### 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](mailto:nepp@equimalt.ca)

### 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](mailto:nepp@equimalt.ca).



## Esquimalt Archives Captures More Historic Images for Online Viewing

Some 1600 historical images have been added to the Township's digital archives and are now available for online viewing. The project is a continuation of the Capturing our History project begun in 2014 to increase online access to Esquimalt historical images while also preserving them digitally. The added images focus on several themes, including travel, transportation and family life.

As in 2014, the project was partially funded by a grant from the Irving K. Barber Learning Centre at the University of British Columbia, in the amount of \$6500.

The material comprise of a combination of photographs and textual information, such as letters, maps, post cards, certificates, and related material.

A total of 3600 historical images are now available for viewing by the public, researchers, teachers, Council and Township staff members. The images can be accessed 24/7 and span more than 120 years of Esquimalt's history.

Digitization consultant Emma Hughes scanned the original material—much of it in a fragile state—and created a database of information for all of the images. The images and database were then input into a specialized archives software program. The final step was to upload the data to the web and link

to the Township's website.

Visit [www.esquimalt.ca/archives](http://www.esquimalt.ca/archives) to access the Township's online collections and learn more about our captivating history!

*The Esquimalt Municipal Archive's mandate is to collect, preserve, describe, arrange, interpret, enhance and make available to the public archival material pertaining to Esquimalt from the earliest time to the present.*

*The Irving K. Barber Learning Centre is a facility dedicated to the intellectual, social, cultural, and economic development of the people of British Columbia. It provides publicly accessible educational resources, open spaces for research and innovation, and works with community partners on initiatives to promote lifelong learning across the province.*

### LOCATION:

1149 A Esquimalt Rd.

Under Mcdonald's - use west side entrance

**PHONE:** 250-412-8540

### WEBSITE:

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



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**  
Robbie Young | 250-412-8515  
robbie.young@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

Main Queries:

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

**Drop In Schedules**  
[esquimalt.ca/schedules](http://esquimalt.ca/schedules)

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

**Submit a Tree Cutting Application**  
In person or download & save:  
[esquimalt.ca/parks](http://esquimalt.ca/parks)  
Drop off completed form with  
\$25.00 application fee at the  
Esquimalt Recreation Centre.







*Oceanfront at Saxe Point Park*

## Community Contacts

### COMMUNITY RESOURCES

Boys & Girls Club  
[bgvic.org](http://bgvic.org)

Esquimalt Chamber of Commerce  
[esquimaltchamberofcommerce.com](http://esquimaltchamberofcommerce.com)

Esquimalt Kiwanis Club  
[kiwanisvictoria.com](http://kiwanisvictoria.com)

Esquimalt Lions Club  
[lionsdistrict19-i.org](http://lionsdistrict19-i.org)

Public Library - Esquimalt  
[gvpl.ca](http://gvpl.ca)  
 250-414-7198

Rock Solid  
[rocksolid.bc.ca](http://rocksolid.bc.ca)

Royal Canadian Legion BR#172  
[legion172.com](http://legion172.com)

### SPECIAL INTEREST

1st Arbutus Scouts, Cubs, Beavers,  
 Venturers & Rovers  
[1arbutus@victoriascouts.ca](mailto:1arbutus@victoriascouts.ca)

Girl Guides of Canada  
[svgirlguides.bc.ca](http://svgirlguides.bc.ca)

Esquimalt Anglers  
[eanglers@islandnet.com](mailto:eanglers@islandnet.com)

## Community Contacts

Esquimalt Curling Club  
[esquimaltcurlingclub.ca](http://esquimaltcurlingclub.ca)

Esquimalt Baseball Assoc.  
[esquimaltbaseball@gmail.com](mailto:esquimaltbaseball@gmail.com)

Esquimalt Garden Club  
[paulwickens@shaw.ca](mailto:paulwickens@shaw.ca)

Esquimalt Photo Club  
[esquimaltphotoclub.org](http://esquimaltphotoclub.org)

Esquimalt Speed Skating Club  
[esquimaltspeedskating.org](http://esquimaltspeedskating.org)

Gorge Soccer Assoc.  
[gorgesoccer.ca](http://gorgesoccer.ca)

Greater Victoria Minor Football Assoc.  
[victoriafootball.ca](http://victoriafootball.ca)

Victoria/Esquimalt Minor Hockey  
[Victoriaminorhockey.ca](http://Victoriaminorhockey.ca)

Victoria/Esquimalt Minor Lacrosse  
[velacrosse.com](http://velacrosse.com)

Victoria Wheelchair Sports  
[victoriawheelchairsports.ca](http://victoriawheelchairsports.ca)

COMMUNITY SERVICES  
 Esquimalt Neighbourhood House  
[enh.bc.ca](http://enh.bc.ca)

Military Family Resource Centre  
[esquimaltmfrc.com](http://esquimaltmfrc.com)

Ministry of Child & Family  
 Development  
[gov.nbc.ca/mcf](http://gov.nbc.ca/mcf)

Princess Patricia Light Infantry Army  
[army.gc.ca/ppcli](http://army.gc.ca/ppcli)

Single Parent Resource Centre  
[singleparentvictoria.ca](http://singleparentvictoria.ca)

Vancouver Island Health Authority  
[viha.ca](http://viha.ca)

Esq. Public Health Unit  
 250-519-5311

Victoria Police Block Watch  
[vicpd.ca/about-us/programs/block-watch.aspx](http://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](mailto:francis.mathieson@esquimalt.ca)  
 with the subject  
 "Guide Community Contacts".



# Walking Tours In Esquimalt

## There’s an App for that!

Did you know we have an app for exploring Esquimalt’s parks?

The Explore Esquimalt app is your tour guide for community parks, points of interest and historical features. It’s available for free at the iTunes and Google Play stores for download to your mobile device, and features informative maps, engaging audio and eye-popping photographs that highlight natural and historical community treasures.



# Be here.

Most affordable recreation passes in the region.

Take advantage of the monthly payment plan on annual memberships, no administrative fee.

Enjoy drop in swimming, skating, weight room admission - and attendance to fitness and waterfit classes & drop in sports programs.

Open 5:30am-10:30pm seven days a week



esquimalt.ca/recreation



# Trick or Treat.

A Hallowe’en Favourite.

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

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



# 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](http://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**







AFFORDABLE

# FACILITY RENTALS

Facility & Park Rentals for:

- Meetings
- Banquets
- Birthday Parties
- Graduations
- Private Events
- Wedding Ceremonies

Amenities:

- Spaces to accomodate 10-500 people
- Free Parking
- 8 ft tables
- 72" Round tables
- Chairs
- Fully accessible
- Microphones
- Podium

Esquimalt Recreation Centre Archie Browning Sports Centre  
527 Fraser Street, V9A6H6 1151 Esquimalt Road, V9A3N6

Park Rentals:

Esquimalt Gorge Park • Saxe Point Park • Buxton Green at Macaulay Point Park • Highrock Park

For more information or to inquire about facility rentals:  
[esquimalt.ca/bookingrequest](http://esquimalt.ca/bookingrequest) or call 250.412.8525





# REGIONAL RECREATION PASS

FOR GREATER  
VICTORIA

Greater Victoria **ACTIVE  
COMMUNITIES**

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

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



## **PENINSULA RECREATION 250-656-7271**

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

## **SAANICH RECREATION 250-475-5422**

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

## **RECREATION OAK BAY 250-595-7946**

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

## **CITY OF VICTORIA 250-361-0732**

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

## **ESQUIMALT RECREATION 250-412-8500**

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

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

13. Juan de Fuca Recreation Centre 1767 Island Highway

## **SEAPARC RECREATION 250-642-8000**

14. Seaparc Leisure Complex 2168 Phillips Road