

ESQUIMALT SUMMER 2018

PROGRAMS & EVENTS



REGISTER ONLINE!
esquimalt.ca/recreation
Registration OPEN for all summer programs!



Be here.

Enjoy our Summer Access Pass.

Drop in admission all summer.
Admission included to pool, weight room
and drop in programs. View schedule online:
esquimalt.ca/schedules

Pass valid June 30-September 3, 2018.
\$30/Child or Youth • \$60/Adult or Senior



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Facility Hours & Contact

www.esquimalt.ca/recreation

Esquimalt Recreation Centre

Ph: 250-412-8500

Fax: 250-412-8529

527 Fraser St., V9A 6H6

Hours of Operation:

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

Open regular hours all holidays except:

Dec 24: 5:30am-4:00pm

Dec 25: 1:30pm-4:00pm

Jan 1: 1:00pm-3:00pm

Dec 31: 5:30am-4:00pm

Archie Browning Sports Centre

Ph: 250-412-8510

Fax: 250-412-8531

1151 Esquimalt Rd., V9A 3N6

Parks & Recreation Administration - located on the second floor of the Archie Browning Sports Centre

8:30AM-4:30PM Mon-Fri. Closed Statutory holidays.





Welcome!

Welcome to the Summer 2018 edition of our Program and Event Guide. This is your free summer guide to events, recreation programs and parks and facilities in Esquimalt.

We've published a new walking tour booklet with updated information, photos and maps. The 20-page booklet is in a handy new format that pulls the seven previously published tours together, along with a locator map, for easy reference. Get yours at Municipal Hall and other Township facilities. Each tour takes less than an hour to complete and highlights Esquimalt's natural and historic features.

Once again we have a full summer of music, arts and cultural events going on at the Township. We've got the award-winning Esquimalt Farmers Market from May 24 to September 13, the Memorial Park Music Fest series June 26 to August 7, the outdoor cinema from July 11 to August 22, and a number of annual favourites, including Rib Fest September 7 -9, and the Esquimalt Arts Festival on August 19. Have a look through our event calendar on the following pages for full details.

As the summer heats up I'm sure families will be heading to Esquimalt Adventure Park to cool down in the spray park and enjoy all of the other amenities in the park, including fitness stations, playgrounds and picnic tables. I would again like to thank our project partners, the

Esquimalt Lions and Tire Stewardship BC, for making this park a reality through their generous donations.

I was delighted to help unveil some new interpretive signs in Highrock Park this past April. I was very impressed by the design of these informative and interactive signs that describe the ecology and geology of the park. Wayfaring signage is also being installed later this spring and summer. Plan to visit one of our many parks this summer, each has its own set of charms and features.

Take advantage of online registration (see page 5) for the many activities and programs being offered this year, from the kaleidoscope of activities for children and youth, to adult offerings such as gardening workshops and cooking classes. Plan your summer schedule of activities and register from the comfort of home!

On behalf of Council I encourage everyone to take advantage of the wealth of opportunities available through our Parks and Recreation Department. Enjoy an active and entertaining summer this year in the Township of Esquimalt!

Yours truly,



Mayor Barb Desjardins.

ONLINE REGISTRATION

Online Registration Now Available

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

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

Make the most of your online experience!

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

Payment Methods

Online:

- VISA
- MasterCard
- AMEX

In Person:

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

Phone or In-Person Registration

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

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



Boundary
Rail 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'École Brodeur*

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

7 Highrock Park

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

8 Anderson Park

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

9 Esquimalt Recreation Centre

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

10 Bullen Park

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

11 Archie Browning Sports Centre

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

12 Lampson Sport Fields

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

13 Memorial Park

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

14 Captain Jacobsen Park

- Playground
- Dogs Off Leash

15 Esquimalt Adventure Park

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

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



Experience the value of Esquimalt Recreation Passes!

Passes include unlimited admission to:

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

ADDED BENEFIT!

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

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

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



SUMMER ACCESS PASS

\$30/Child or Youth • \$60/Adult or Senior

Valid June 30, 2018-September 3, 2018

Unlimited admissions. No refunds. Non-transferable.

Ask reception for details

Enjoy the flexibility of general drop in admission! Tax Included

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

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

Specialized drop in admission & seasonal offers! Tax Included

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

Membership & Admission Policies:

- Membership pricing determined on 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 Cards: \$5.00





May 19

Branch Out! at Macaulay Point Park

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

Location: Parks Macaulay Point Park - Buxton Green/Fleming Beach

May 19 Sat 9:45am-1:15pm

May 21

Victoria Day

Statutory holiday. Esquimalt Recreation Centre is open for drop in admission, 5:30 a.m. to 10:30 p.m. Modified program schedules in effect, please view schedules online – in real time – at esquimalt.ca/schedules.

Esquimalt Ukulele Festival

Esquimalt Recreation is now hosting our region's annual Ukulele Festival (formerly Larsen Ukulele Week) & this year's 8th annual festival promises to be the best event to-date! Purchase a Festival Pass to access all festival activities, \$60 per person (only 50 passes available). Purchase your Festival Pass early through Esquimalt Rec, 250-412-8500 or online. In addition to Festival passes, tickets to the Strum Along & the Gala Concert can be purchased separately, so there will be plenty of strumming for everyone! We encourage you to join us for the FREE Ukulele Love-In in Memorial Park, the festival's closing concert on Sunday.

Wed-Sun May 23-May 27

Event Pricing:

Full Access Pass: \$60.00

Gala Concert with Island Ukuleles: \$10.00

Strum Along with Diamond Tooth Molly: \$10.00

Festival Schedule:

Wed May 23, 6:00pm	Open Mic, Fernwood Inn (pass holders only)
Thu May 24, 7:00pm	Strum Along with Diamond Tooth Molly, JCook Street Activity Centre (\$10pp for non-pass holders)
Fri May 25, 7:00pm	Gala Concert featuring the Island Ukuleles, Esquimalt United Church (\$10pp for non-pass holders)
Sat May 26 9:30am-4:00pm	Ukulele Workshop Series, Esquimalt Rec Centre (pass holders only)
Sun May 27, 1:30pm	Ukulele Love-In, Memorial Park (FREE! Everyone Welcome)

LOOKING FOR....

More event info?

Find the details online: esquimalt.ca/events

Event Photos & Your Chance to WIN Prizes?

Follow Esquimalt Parks & Recreation on Facebook & Instagram for event photos! SHARE your own event photos, too! Be sure to tag us along with the hashtag #Esquimalt for your chance to WIN prizes.

May 24-September 13

Esquimalt Farmers Market - Summer Market

From May 24th-September 13th, the OUTDOOR market runs weekly, Thursdays 4:30-7:30 PM rain or shine, at Memorial Park, 1230 Esquimalt Road. Find local fresh produce, a variety of food products, beverages, local artisans, live music, enjoy dinner from a food truck and join the community gathering! EFM supports local growers and producers, those who engage in environmentally sound farming practices, and encourages backyard farmers to help nourish their community with their quality products. More info:

www.esquimaltmarket.com FB/Twitter/Instagram @esquimaltmarket

Location: Memorial Park

May 24-Sep 13 Thu 4:30pm-7:30pm

FREE Admission

May 26

Fort Macaulay Historic Interpretive Tour

Learn about the naval history and enjoy one of the best viewing points for the Swiftsure Yacht Race in one spectacular event! Guided Tours will take place at 10:30 AM and 1:00 PM, led by local historian - Jack Bates. The event includes numerous other special guests and historic re-inactors so mark your calendar to ensure you don't miss out.

Location: Macaulay Point Park - Buxton Green/Fleming Beach

May 26 Sat 10:00am-2:00pm

June 2

World Ocean's Day 2018

Ensuring a healthy ocean involves raising awareness of how we can change our daily activities to improve our marine waters. The activities and programs provided during our celebration will highlight the importance of water stewardship and the effects our daily activities have on the Gorge waterway ecosystem and organisms, including: Coho salmon, Pacific herring, cutthroat trout, and the Olympia oyster.

In celebration of this international day, World Fisheries Trust and the Township of Esquimalt are hosting a World Oceans Day event with interpretive walks, guided canoe tours, sea creature touch tanks, crafts, games, live music and food! Many other local organizations that share an interest in our ocean will be joining the celebration with informative displays and ocean-related activities for all ages.

Location: Esquimalt Gorge Park

Jun 02 Sat 11:00am-3:00pm

June 9

ESQUIMALT'S ANNUAL NEIGHBOURHOOD PARTY

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

Location: Esquimalt Recreation Centre Parking Lot & Esquimalt Adventure Park

Jun 09 Sat 11:00am-2:00pm

June 16

Bloomin' Beautiful

Esquimalt is Bloomin' Beautiful! A legacy project from Esquimalt's 2012 centennial year, the Bloomin' Beautiful campaign has expanded to feature a community garden tour. Registration includes:

- a welcome package with information sheets on 6 gardens
- 3 hour shuttle tour (including transportation with 6 stops
- light refreshments at each tour stop
- draw prize entry

Residents and Parks Staff will be available on the tour to answer your gardening questions.

Meet at the Archie Browning Sports Centre rear parking lot, 1151 Esquimalt Road, and your tour will commence. The bus will be leaving at 10:00 a.m. sharp, please be prompt.

Jun 16 Sat 10:00am-1:00pm \$25.00/1

June 26-August 7

Memorial Park Music Fest in June and July

Grab your shades, sunhats, and the whole family! Join the Township Community Arts Council again for Memorial Park Music Fest - six glorious summer evenings in Esquimalt for free live outdoor music performances on Tuesday nights June 26th - August 7th, 2018 in historic Memorial Park. This year, we'll create more amazing memories with our incredible line-up of old favourites and new performers. Stay tuned to the event calendar for details!

Location: Memorial Park Music Fest

For more information, go to: <http://www.townshiparts.org>



July 1
Canada Day

Statutory holiday. Esquimalt Recreation Centre is open for drop in admission, 5:30 a.m. to 10:30 p.m. Modified program schedules in effect, please view schedules online – in real time – at esquimalt.ca/schedules.

August 6
BC Day

Statutory holiday. Esquimalt Recreation Centre is open for drop in admission, 5:30 a.m. to 10:30 p.m. Modified program schedules in effect, please view schedules online – in real time – at esquimalt.ca/schedules.

August 16-19
BC Francophone Senior Games

Bienvenue! The Township of Esquimalt is pleased to host the 2018 BC Senior Francophone Games. This event is a sport, culture and social festival Aug 16th-19th. Events will take place at Bullen Park and L'école Victor-Brodeur. For tickets and schedule visit: fff50plus.ca

August 19
Esquimalt Arts Festival

Presented by Township Community Arts Council. The Esquimalt Arts Festival will be held on 19 August 2018 in Esquimalt's lovely Memorial Park. Nestled amongst the trees and near the Township's village core, the Esquimalt Arts Festival offers artists the opportunity to showcase their work in one of the region's fast growing arts and cultural centres. Esquimalt is home to several events throughout the year that focus on the arts, and the Esquimalt Arts Festival is one of our central events. With food vendors, music, and an artist's walk, the festival is designed to be an event for the whole family.

Location: Memorial Park

 For more information, go to: <http://www.townshiparts.org>


This free, guardian involved drop in program is specifically focused on teaching children to be ecologically focused and aware while providing a fun and inclusive learning environment. Learning will happen through hands-on activities, presentations, speakers and sometimes, artistic expression, or just hanging out and learning about the Parks in our community.

Our ECO Educators are looking forward to welcoming you back for the 2nd year of our ECO Champs program. This program is most suitable for 3-6 yr olds. Pick up your ECO Passport at your first event and collect the stamps all summer long while we help you to become fully ECO Educated. See our website (esquimalt.ca/eco-champs) for updates and topics of the day!

Tuesdays, 10:00am-12:00pm

Have you learned something awesome from a local organization that you think would fit this program? Let us know! Contact: holly.courtright@esquimalt.ca or 250.412.8511.

DATE	LOCATION
July 17	Esquimalt Gorge Park
July 24	Highrock Park
July 31	Saxe Point Park
August 7	Esquimalt Gorge Park
August 21	Saxe Point Park

September 3

Labour Day

Statutory holiday. Esquimalt Recreation Centre is open for drop in admission, 5:30 a.m. to 10:30 p.m. Modified program schedules in effect, please view schedules online – in real time – at esquimalt.ca/schedules.



September 7-September 9
Ribfest 2018

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

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

Coming soon!

Aerial dancing in the trees? at Saxe Point Park? with the ocean and the mountains as additional backdrops? Is this for real? It is! Really. (and it's another free event brought to you by the TCAC). Details to be announced on the Township Community Arts Council's website: townshiparts.org

July 11-August 22

OUTDOOR SUMMER CINEMA

We are excited to bring you another season of outdoor movies this summer at Bullen Park! Bring a camping chair and/or a blanket and enjoy an outdoor movie experience! The Esquimalt Lions concession will be open with all proceeds supporting their community fundraising efforts. Free admission.

Location: Bullen Park

Start time: Start times vary and will occur at sunset. Please reference local weather forecasts to identify when sunset is anticipated.

DATE	MOVIE
July 11	Wonder Woman
July 25	The Lego Batman Movie
August 8	Footloose
August 22	Trolls



SHARE YOUR IDEAS FOR COMMUNITY INVESTMENT

Visit the MOBILE ENGAGEMENT BOOTH at local events this summer or online:

esquimalt.ca/engage





NEW! Before You Register

Your Camp Emergency Form must be completed before registering in any Esquimalt Recreation 2018 Summer Camp. The Camp Emergency Form provides our team with information to best ensure a safe and enjoyable summer for your child(ren). Please have your child's care card number ready when completing this form. Complete the form:

- **ONLINE:** Search course #10530 or "Camp Emergency Form" in our program catalog: esquimalt.ca/programs
- **IN PRINT:** Printed copies are available at the Esquimalt Recreation Centre and Archie Browning Sports Centre; please complete in full and return to the Esquimalt Recreation Centre Reception. Our reception team will then update our records to enable your camp registration (please allow 24 hours for this to be completed).

Online Registration & Your Online Account

- Use your email address to log in online or create a new account if you have not registered with Esquimalt Parks & Recreation before. If you have forgotten your password, select "Forgot Your Password" to reset.
- Website: www.esquimalt.ca/camps
- After you have registered your child(ren) in camps, view/print their schedule:
- Under the MY INFO tab, select your child's name
- Halfway down the page, select "SCHEDULES"
- Colour coded under the title "Schedules" are your family members. Toggle the child(ren)'s name to view their schedule. You can select multiple family members and all will be colour coded
- To change the date range on the Calendar View, select the drop down arrow to the right of "Export to PDF".
- Change views: List View provides all registration in an "at-a-glance" list; Calendar View provides course information in a calendar format.

What your child should bring to camp every day

- Healthy snacks and lunch
- Water bottle
- Sunscreen, hat and sunglasses
- Bathing suit and towel
- Older clothing that can get dirty, muddy and sandy
- Raingear on rainy days
- Closed toed shoes that your child can run in - please, no flip flops
- Backpack to put it all in
- Necessary medications or medical devices, ie.inhalers or Epipens. Permission to Administer Medication Form and/or Emergency Medical Care Plan for Anaphylaxis/Asthma Forms. These are available online: www.esquimalt.ca/camps
- Please check with your child's leaders at the beginning of each week to see if there are any additional items your child should be bringing to camp

For Parents/Guardians

Photo ID Required at Pick Up

For the safety of your child, ALL parents, guardians, and any authorized persons picking children up from the program will be required to provide photo identification before a child will be released. You may be asked for this identification more than once. Your cooperation is appreciated.

NOTE: Children in Playground and Specialty Camps 10 years of age or older are permitted to sign themselves in/out of camp (with permission from parent/guardian recorded on your child's account with Esquimalt Recreation). Parents/Guardians can authorize this when completing the CAMP EMERGENCY FORM. Children 12 years of age or older may sign in/out their younger siblings (with permission from parent/guardian as recorded on your child's account with Esquimalt Recreation). The sibling must also be listed as an alternate pick up. These details can be indicated when completing the CAMP EMERGENCY FORM. Children in Licensed (OSC) camps are not permitted to sign themselves in or out.

Communication

Please be sure we have your current email address on file as weekly schedules and other important camp information is communicated by email.

Please register early!

Take advantage of our convenient online registration. Camp availability can also be viewed online - refer to "SPOTS LEFT" for your preferred camp(s) at www.esquimalt.ca/camps

Waiting Lists

We review waiting listings on a continuous basis and make every effort to accommodate everyone interested.

Cancellations

If minimum registration is not met, we may need to cancel or combine programs. These decisions are made a week prior to the start date. To avoid disappointment of your child's camp being cancelled, please register early.

Policies

Withdrawals

One week notice is required to withdraw from all summer camp programs in order to receive a refund.

Payment

ONLINE REGISTRATION

Payment is required for all camps at time of registration.

IN PERSON OR PHONE REGISTRATION

Payment for all camps starting in July must be made during initial registration. Registration for Camps with August start dates can be scheduled for July 15. Scheduled payment is available by Electronic Funds Transfer (EFT) or credit card. For those not registering in July camps, payment for the first week of camp is required in full; the remaining August camp payments can be scheduled for July 15.

Child Care Subsidy

Children must be registered in the Licensed (OSC) Camps in order to be eligible to receive Child Care Subsidy. It is the parent/guardian's responsibility to apply for subsidy. Caregiver Information Forms can be picked up from reception. Please apply early as subsidy can take up to 3 months to be processed through the Ministry of Families & Children. Parents/Guardians are required to pay for camp(s) until Esquimalt Recreation has received receipt and value of the subsidy approval.

Children with Special Needs

Parents/guardians must notify the Summer Camp Supervisor if their child has an EA at school, qualifies for funding through Supported Child Development, is working with Recreation Integration Victoria, and/or has extra support needs. Please note that Parents/Guardians of children with known special needs must disclose and discuss their child's needs with the Summer Camp Supervisor prior to enrollment. Failure to do so may result in termination of services. Please contact the Supervisor by email at osc@esquimalt.ca.

Late Pick Ups

A late fee of \$5 for every 5 minutes late will be charged each time a child is picked up late from summer camps.

Funding Opportunities

Funding opportunities may be available for your preferred camp. Families requiring financial assistance to enroll their child in camps are encouraged to contact the Recreation Programmer at Regan.Pemberton@esquimalt.ca.

Swimming

Children 5-6yrs MUST wear a PFD/lifejacket regardless of swimming ability. Children 7yrs+ must pass a swim test to swim without a PFD.

Camp Hours

- **NEW! Extra Hour of Fun & Care!** Full Day Summer Playgrounds & Specialty Camps run 9:00am-4:00pm. Extended Care is available for an additional fee: 7:00am-9:00am and 4:00pm-5:30pm.
- Extended Care is for school aged children in Summer Playgrounds and Specialty Camps ONLY.
- Licensed Camps (Out of School Care) run 6:30am-6:00pm Mon-Fri with main camp activities running 9:00am-3:30pm
- Preschool Camps run 9:30am-12:00pm
- Camps do not run on statutory holidays (July 2 & Aug 6). Pricing is reflected appropriately.

1 JULY 3-6	2 JULY 9-13	3 JULY 16-20	4 JULY 23-27	5 JULY 30-AUGUST 3
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Preschool 3-5yrs (Must be potty trained. *3yrs by August 31, 2018)

Nature Adventure 9:30am-12:00pm Saxe Point Park	Superheroes to the Rescue 9:30am-12:00pm Esq Rec Centre	Art-Tastic 9:30am-12:00pm Esq Rec Centre	Let's Play Soccer 9:30am-12:00pm Bullen Park	Art-Tastic 9:30am-12:00pm Esq Rec Centre
	Wings & Wands 9:30am-12:00pm Esq Rec Centre	Nature Adventure 9:30am-12:00pm Saxe Point Park	Tots at the Table 9:30am-12:00pm Esq Rec Centre	Nature Adventure 9:30am-12:00pm Saxe Point Park

Children (Completed Kindergarten to 12yrs)

OSC Licensed Summer Camps : Voyageurs 6*-7yrs & Buccaneers 8-11yrs
 6:30am-6:00pm Esquimalt Recreation Centre (*6yrs by December 31, 2018)

Summer Playgrounds: Fun Seekers 6*-7yrs & Adventure Kids 8-11yrs Bullen Park
 9:00-4:00pm (extended care available: 7:00am-9:00am & 4:00pm-5:30pm Esquimalt Rec Centre) (*6yrs by December 31, 2018)

Specialty Camps (Completed Kindergarten to 14yrs) Extended care available: 7:00am-9:00am & 4:00pm-5:30pm at the Esquimalt Rec Centre)

Find your Fun (6-7yrs) 9:00am-4:00pm Bullen Park	Dumbledore's Army (6-7yrs) 9:00am-4:00pm Bullen Park	Explorin' (6-7yrs) 9:00am-4:00pm Bullen Park	Secret Agent Spy Academy (6-7yrs) 9:00am-4:00pm Bullen Park	Art-Tastic 2.0 (6-7yrs) 9:00am-4:00pm Lower Multipurpose
Future Foodies (8-11yrs) 9:00am-4:00pm Bullen Park	Dumbledore's Army (8-11yrs) 9:00am-4:00pm Bullen Park	Art-Tastic 2.0 (8-11yrs) 9:00am-4:00pm Lower Multipurpose	Sea Adventures (8-11yrs) 9:00am-4:00pm Bullen Park	Survivor (8-11yrs) 9:00am-4:00pm Bullen Park
Soccertron 9:00-12:00 (6-9yrs) 9:00-12:00 (10-14yrs) 9:00-4:00 (7-14yrs) Bullen Park	Byte Camp – Build an App (11-14yrs) 9:00-4:00 Lounge	Mad Science – Secret Agent in the Field (6-10yrs) 9:00-12:30 & 9:00-4:00 Lounge	Soccertron 9:00-12:00 6-9yrs 9:00-12:00 10-14yrs 9:00-4:00 7-14yrs Bullen Park	Eli Pasquale Basketball 9:00-12:00 6-9yrs 9:00-12:00 10-14yrs 9:00-4:00 7-14yrs Brodeur Gym
Engineering for Kids Minecraft: Traveling into the Future (8-12yrs) 9:00-4:00 - Lounge	Make Camp (8-12yrs) 1:00-4:00 Lower Multipurpose		Engineering for Kids Junior Engineers: Travel the World (6-8yrs) 9:00-12:00 & 9:00-4:00 Lounge	Engineering for Kids LEGO Robotics (8-12yrs) 9:00-4:00 - Lounge
Travel the World (6-11yrs) 9:00-12:00 Kanaka				
Be a Photographer! (6-11yrs) 12:30-4:00 Kanaka				



NEW! Before You Register

Your Camp Emergency Form must be completed before registering in any Esquimalt Recreation 2018 Summer Camp. The Camp Emergency Form provides our team with information to best ensure a safe and enjoyable summer for your child(ren). Please have your child's care card number ready when completing this form. Complete the form:

- Online: Search course #10530 or "Camp Emergency Form" in our program catalog: www.esquimalt.ca/programs.
- In print: Printed copies are available at the Esquimalt Recreation Centre and Archie Browning Sports Centre; please complete in full and return to the Esquimalt Recreation Centre Reception. Our reception team will then update our records to enable your camp registration (please allow 24 hours for this to be completed).

6 AUGUST 7-10	7 AUGUST 13-17	8 AUGUST 20-24	9 AUGUST 27-31
Let's Play Soccer 9:30am-12:00pm Bullen Park	Nature Adventure 9:30am-12:00pm Saxe Point Park	Let's Play Soccer 9:30am-12:00pm Bullen Park	Nature Adventure 9:30am-12:00pm Saxe Point Park
Superheroes to the Rescue 9:30am-12:00pm Esq Rec Centre	Tots at the Table 9:30am-12:00pm Esq Rec Centre	Pirate Adventures 9:30am-12:00pm Esq Rec Centre	
Future Foodies (6-7yrs) 9:00am-4:00pm Bullen Park	Sea Adventures (6-7yrs) 9:00am-4:00pm Bullen Park	Superheroes of the Multiverse (6-7yrs) 9:00am-4:00pm Bullen Park	Survivor (6-7yrs) 9:00am-4:00pm Bullen Park
Find your Fun (8-11yrs) 9:00am-4:00pm Bullen Park	Secret Agent Spy Academy (8-11yrs) 9:00am-4:00pm Bullen Park	Explorin' (8-11yrs) 9:00am-4:00pm Bullen Park	Superheroes of the Multiverse (8-11yrs) 9:00am-4:00pm Bullen Park
Mad Science – 3,2,1... Blast Off! (6-10yrs) 9:00-12:30 & 9:00-4:00 Lounge	Byte Camp - Intro to Coding (9-12yrs) 9:00-4:00 Lounge	Byte Camp – 3D Animation (11-14yrs) 9:00-4:00 Lounge	Mad Science – Eureka! The Inventor's Camp (6-10yrs) 9:00-12:30 & 9:00-4:00 Lounge
		Glee Club Camp 9:00-12:00 (6-9yrs) 12:30-4:00 (10-14yrs) Brodeur Theatre	Engineering for Kids Minecraft: Redstone (8-12yrs) 9:00-4:00 Crownsnest
			Mandarin Seeds Summer Splash (6-9yrs) 9:00-4:00 Kanaka



Preschool Camps

Minimum age for Preschool Camps is based on child turning 3 by August 31, 2018. Child must be potty trained.

Preschool camps provide a great opportunity for young children to develop their social, fine and gross motor skills. Children enjoy special themes, diverse activities, opportunities to explore the world around them. Our energetic and caring staff have considerable experience working with young children, first aid and CPR and additional training in child protection, behaviour management, conflict resolution, and program planning.

Drop Off/Pick Up Location

The drop off/pick up location for each camp is noted with description in this publication and online.

Art-Tastic 3-5yrs

Let your little one explore their creativity with us! Each morning will have a new art project along with games, stories, outside time, and so much more.

Location: Esquimalt Recreation Centre

Jul 16-Jul 20	Mon-Fri	9:30am-12:00pm	\$75.00/5	10531
Jul 30-Aug 03	Mon-Fri	9:30am-12:00pm	\$75.00/5	10532

Let's Play Soccer 3-5yrs

Let's try it out! Spend the morning on the field with our preschool leaders as they learn what soccer is all about. Each day will consist of learning new skills, games, arts and crafts, and lots of high energy activities.

Location: Bullen Park

Jul 23-Jul 27	Mon-Fri	9:30am-12:00pm	\$75.00/5	10536
Aug 07-Aug 10	Tue-Fri	9:30am-12:00pm	\$60.00/4	10537
Aug 20-Aug 24	Mon-Fri	9:30am-12:00pm	\$75.00/5	10538

Nature Adventures 3-5yrs

Woah, look at that cool bug! Spend the morning playing at Saxe Point Park with our preschool leaders! Look for animals who call Saxe Point their home, explore the beach and the forest, and play some games along the way. Each day will consist of adventures in nature, games, arts and crafts, songs, and stories. Meet at the picnic benches on the field by the parking lot.

Location: Saxe Point Park

Jul 03-Jul 06	Tue-Fri	9:30am-12:00pm	\$60.00/4	10543
Jul 16-Jul 20	Mon-Fri	9:30am-12:00pm	\$75.00/5	10544
Jul 30-Aug 03	Mon-Fri	9:30am-12:00pm	\$75.00/5	10545
Aug 13-Aug 17	Mon-Fri	9:30am-12:00pm	\$75.00/5	10546
Aug 27-Aug 31	Mon-Fri	9:30am-12:00pm	\$75.00/5	10547

Pirate Adventures 3-5yrs

Ahoy mates! Come join us for a swash buckling good time, playing our favourite pirate games and singing our favourite pirate songs!! Join us on this week long pirate adventure with outdoor activities, games and so much more!

Location: Esquimalt Recreation Centre

Aug 20-Aug 24	Mon-Fri	9:30am-12:00pm	\$75.00/5	10540
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Superheroes to the Rescue 3-5yrs

Calling all Superheroes! The bad guys are on the loose and we need your help to round them up. Bring your costumes and imagination each day and help us bring justice to our camp! We'll play games, make crafts and have tons of superhero fun!

Location: Esquimalt Recreation Centre

Jul 09-Jul 13	Mon-Fri	9:30am-12:00pm	\$75.00/5	10529
Aug 07-Aug 10	Tue-Fri	9:30am-12:00pm	\$60.00/4	10535

NEW! Tots at the Table 3-5yrs

Yummy in my tummy! Spend the morning with our preschool leaders as they explore the wonderful world of food. Your little one will work on basic skills like counting out ingredients, learning new words, trying new foods, and exploring their senses. Each day will consist of food projects, art projects, games, songs, and exploring.

Location: Esquimalt Recreation Centre

Jul 23-Jul 27	Mon-Fri	9:30am-12:00pm	\$75.00/5	10541
Aug 13-Aug 17	Mon-Fri	9:30am-12:00pm	\$75.00/5	10542

Wings & Wands 3-5yrs

Calling all Fairy Princesses and Magicians! Join us for this wildly imaginative camp, and explore fantasy and make-believe. Camp will consist of crafts, song, games, activities, and more.

Location: Esquimalt Recreation Centre

Jul 09-Jul 13	Mon-Fri	9:30am-12:00pm	\$75.00/5	10539
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School Aged Specialty Camps

Specialty camps offer an enhanced camp experience. Full Day Camps run 9:00am-4:00pm each day Monday to Friday with the option to extend care before or after the program. Please register for AM & PM extended care separately.

Age Requirement

Minimum age based on child turning 6 by December 31, 2018. Child must have completed Kindergarten.

Drop Off/Pick Up Location

Bullen Park, adjacent to the Archie Browning Sport Centre parking lot unless otherwise noted. In the event of inclement weather, all pick up/drop off will be in the Archie Browning Sports Centre Curling Rink.

Hours

Hours vary per camp. Add on extended hours, before and/or after care to suit your schedule.

Extended Care

Supervised time before & after camp when children play games, read, or enjoy arts & crafts. Staff will pick up/drop off your child to/from extended care and Speciality Camps. Please pack an extra snack for after camp care.

Location: Esquimalt Recreation Centre

Before Care, 7-9am

5-day week \$35.00 • 4-day week \$28.00

After Care, 4-5:30pm

5-day week \$28.00 • 4-day week \$22.00k



Art-Tastic 2.0 6-11yrs

Art is everywhere and in everything. Spend the week with our leaders exploring your inner artist through many different mediums – painting, architecture, sculpting, photography, and more. We'll visit the Art Gallery, some outdoor installations, and definitely get messy.

Location: Esquimalt Recreation Centre

6-7yrs

Jul 30-Aug 03	Mon-Fri	9:00am-4:00pm	\$175.00/5	10562
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8-11yrs

Jul 16- Jul 20	Mon-Fri	9:00am-4:00pm	\$175.00/5	10563
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Be a Photographer 6-11yrs

A kid's photographic eye is unique! Proper photography techniques will be taught through play and outdoor activities & games. Our best shot will be printed and varnished on high gloss wood plaques, and we'll chase after giant plastic bugs on our "treasure hunt." Anny teaches Digital Photography, is a Professional Photography Graduate from the New York Institute of Photography 2010. Pair with Travel the World (pg.10) for a full day of camp.

Location: Esquimalt Recreation Centre

Jul 03-Jul 06	Tue-Fri	12:30pm-4:00pm	\$80.00/4	10586
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Avoid the Line & Register Online!

Visit our website to view availability & register:
esquimalt.ca/camps



Dumbledore's Army 6-11yrs

Harry's scar has twinged again - does this mean You Know Who is gaining power or is some other dark force at work? Become a member of the DA and receive training in defensive and offensive spells, advanced potions, wand making, and dueling. Need to discover your Patronus? The DA can help you on your way to greatness! Take a break with some Quiddich practice and immerse in a week long adventure into the magical wizarding world. Don't forget to tap - Mischief Managed!

Location: Bullen Park

6-7yrs

Jul 09-Jul 13 Mon-Fri 9:00am-4:00pm \$175.00/5 10548

8-11yrs

Jul 09-Jul 13 Mon-Fri 9:00am-4:00pm \$175.00/5 10549

Eli Pasquale Basketball Camps 6-14yrs

Eli Pasquale has been bringing basketball to the community since 1984! Improve your 1-on-1 skills and develop offensive and defensive skills for 2-on-2, 3-on-3, and 5-on-5 team play. Classic half day program plus the full day that includes a swim. Join us for a fantastic week!

Location: L'ecole Brodeur School Gym

Full Day Option

7-14 yrs

Jul 30-Aug 03 Mon-Fri 9:00am-4:00pm \$220.00/5 10584

Half Day Options

6 - 9 yrs

Jul 30-Aug 03 Mon-Fri 9:00am-12:00pm \$135.00/5 10582

10-14yrs

Jul 30-Aug 03 Mon-Fri 9:00am-12:00pm \$135.00/5 10583

Explorin' 6-11yrs

Travel around the city with us! Explore all of the really cool parks, playgrounds, and activities designed just for kids! Out-trips include rock climbing, mini golf, and more.

Location: Bullen Park

6-7yrs

Jul 16-Jul 20 Mon-Fri 9:00am-4:00pm \$175.00/5 10550

8-11yrs

Aug 20-Aug 24 Mon-Fri 9:00am-4:00pm \$175.00/5 10551

NEW! Find Your Fun 6-11yrs

You don't have to be the fastest runner or the strongest swimmer to have fun in this camp. Join our leaders as we check out some really cool activities – yoga, stand-up paddle boarding, spin classes, dance, water fit, and more. Don't worry- we'll also do all the cool camp stuff.

Location: Bullen Park

6-7yrs

Jul 03-Jul 06 Tue-Fri 9:00am-4:00pm \$140.00/4 10559

8-11yrs

Aug 07-Aug 10 Tue-Fri 9:00am-4:00pm \$140.00/4 10561

NEW! Future Foodies 6-11yrs

Explore your inner "foodie" with our week long food course. We'll work on the basics of food prep, learn about nutrition and healthy eating, cook some delicious foods and even try a few things outside of our comfort zones. This week will be a mix of guest cooks and exploring. Dress to get a little messy!

Location: Bullen Park

6-7yrs

Aug 07-Aug 10 Tue-Fri 9:00am-4:00pm \$140.00/4 10558

8-11yrs

Jul 03-Jul 06 Tue-Fri 9:00am-4:00pm \$140.00/4 10557

VISIT OUR NUTRITIONAL AISLE FOR A BETTER YOU!

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

COUNTRYGROCER.COM





Glee Club Camp 6-14yrs

Singing, dancing and musical theater are all a part of this exciting camp. Perform songs from your favourite musicals and movies in a fun and lively environment. Invite your friends and family to a performance at the end of the week to showcase your new talent. Indulge your dreams of becoming a superstar!

Location: L'ecole Brodeur School Theatre

Half Day Options

6-9 yrs

Aug 20-Aug 24 Mon-Fri 9:00am-12:00pm \$85.00/5 10587

10-14yrs

Aug 20-Aug 24 Mon-Fri 12:30pm-4:00pm \$85.00/5 10589

NEW! Make Camp 8-12yrs

Looking for a unique camp experience for a kid who likes to get crafty? You have found it. Join us at Make Camp for an inspiring and productive week of designing, sewing and felting! All supplies included.

- Monday – Needle felting & Hand Sewing –(needle felt is the process of interlocking wool fibers by poking with a barbed needle) Make anything from your imagination (animal, character or other object) from wool roving using this fun technique.
- Tuesday – Sew Many Squares – Introduction to the sewing machine and patchwork projects including alphabet, square or heart shaped pillows, tote bags and more.
- Wednesday – Sock Animals & Dolls – Sock puppet making, hand & machine sewn dolls, animals & monsters – creating your own 3D friends from our large collection of materials!
- Thursday – Creating Details – Zippered pouches, cases, appliqué, hand embroidery, pom pom making and simple quilting techniques.
- Fashion Friday – Upcycle and re-fashion clothing from the family wardrobe!

Location: Esquimalt Recreation Centre

Jul 09-Jul 13 Mon-Fri 1:00pm-4:00pm \$160.00/5 10596

NEW!

Mandarin Seeds Summer Splash 6-9yrs

Mandarin Seeds Bilingual program provides cultural and language experiences for children through cultural stories such as Monkey King, Funky 10 brothers; outdoor activities such as an obstacle course and detective games; indoor crafts and cooking/treats such as making small lion dance puppets with paper mache and making yummy noodle box, and shaved ice with herb jelly and beans. More, children will be learning about Lunar ghost month and creating a small spooky haunted house to experience "Asian Halloween Fun!"

Location: Esquimalt Recreation Centre

Aug 27-Aug 31 Mon-Fri 9:00am-4:00pm \$165.00/5 10597

Sea Adventures 6-11yrs

Get your sea legs as we explore the waters around our city. The group will spend their days with a variety of water based activities including swimming, stand up paddleboarding, skim boarding, slip and slide, exploring Witty's Lagoon and more!

Location: Bullen Park

6-7yrs

Aug 13-Aug 17 Mon-Fri 9:00am-4:00pm \$175.00/5 10556

8-11 yrs

Jul 23-Jul 27 Mon-Fri 9:00am-4:00pm \$175.00/5 10555

Secret Agent Spy Academy 6-11yrs

New recruits needed! Your mission, should you choose to accept it, is to join fellow recruits in developing stealth tactics and undercover maneuvers. Completing daily missions and developing your spy skills in martial arts, coding deciphering, field communications & ultimate obstacles, all in prep for your final deployment in a critical mission to earn your spy status. This message will self-destruct in 10 seconds. Nine...eight...seven...

Location: Bullen Park

6-7yrs

Jul 23-Jul 27 Mon-Fri 9:00am-4:00pm \$175.00/5 10554

8-11 yrs

Aug 13-Aug 17 Mon-Fri 9:00am-4:00pm \$175.00/5 10552



Soccertron 10-14yrs

Soccertron has been bringing soccer to the community since 1978! Improve your 1-on-1 skills and develop offensive and defensive skills. Classic half day program plus the full day that includes a swim. Join us for a FANTASTIC week!

Location: Bullen Park

Full Day Option

7-14 yrs

Jul 03-Jul 06	Tue-Fri	9:00am-4:00pm	\$185.00/4	10578
Jul 23-Jul 27	Mon-Fri	9:00am-4:00pm	\$220.00/5	10581

Half Day Options

6-9 yrs

Jul 03-Jul 06	Tue-Fri	9:00am-12:00pm	\$115.00/4	10576
Jul 23-Jul 27	Mon-Fri	9:00am-12:00pm	\$135.00/5	10579

10-14yrs

Jul 03-Jul 06	Tue-Fri	9:00am-12:00pm	\$115.00/4	10577
Jul 23-Jul 27	Mon-Fri	9:00am-12:00pm	\$135.00/5	10580

NEW! Superheroes of the Multiverse 6-11yrs

Wonder Woman! Black Panther! Rey! Captain America! No matter who your fave superhero is, we're going to explore them all. Each day will take place in a different universe, but don't be surprised to find they converge into one super-awesome universe as we save the world from the likes of Thanos, Poison Ivy, Ultron, Mystique, and many more.

Location: Bullen Park

6-7yrs

Aug 20-Aug 24	Mon-Fri	9:00am-4:00pm	\$175.00/5	10567
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8-11yrs

Aug 27-Aug 31	Mon-Fri	9:00am-4:00pm	\$175.00/5	10568
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NEW! Survivor Camp 6-11yrs

Do you have what it takes to survive? Spend the week with our camp leaders playing all the best strategy games like capture the flag, ninja sticks and manhunt, then compete against yourself with obstacle courses, survival techniques, and more. We'll check out Goldstream Park, and even see if we can get lost!

Location: Bullen Park

6-7yrs

Aug 27-Aug 31	Mon-Fri	9:00am-4:00pm	\$175.00/5	10566
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8-11yrs

Jul 30-Aug 03	Mon-Fri	9:00am-4:00pm	\$175.00/5	10565
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Travel the World 6-11yrs

Experiential learning of French vocabulary while "Travelling the World." Make couscous in Morocco; tie a touareg scarf; bake and eat madeleines in Paris; butter caramels in Brittany; crack open coconuts and make orchid lip balm tubes in Tahiti! Crafts, food, games - learn French without realizing you did! This camp is a wonderful compliment to French immersion or a great beginner's opportunity to build proper sounds. Anny is from France, a French tutor at St. Michael's University School, and teaches French in a visual, hands on manner. All supplies provided and you take home the final products. Pair with Be a Photographer (pg. 6) for a full day of camp.

Location: Esquimalt Recreation Centre

Jul 03-Jul 06	Tue-Fri	9:00am-12:00pm	\$75.00/4	10585
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S.T.E.M. Camps

“Science, Technology, Engineering & Math”

Need a camp for your coder, gamer or designer this summer? Join any one of these amazing STEM Camps and explore, challenge, create and innovate your mind! Develop critical thinking & problem solving skills while rewarding your child’s curiosity. Build success and confidence in any of these hands-on STEM Camps.



Did you know... **95% of jobs by 2025 will require STEM education and training***

Byte Camps

All Byte Camps take place at the Archie Browning Sports Centre – upstairs Lounge.

3D Animation 11-14yrs

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You’ll use Blender, a wonderful (& free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.

Aug 20-Aug 24 Mon-Fri 9:00am-4:00pm \$280.00/5 10575

Build an App 11-14yrs

Learn how to design, code, test and deploy your very own app! Use the GPS, accelerometer or anything else you can think of to build your app from scratch. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Each day a new project is introduced and students are taken through the steps of understanding and working with the new code ideas. Students will get to work on their own project ideas on the final two days. They may use their own mobile devices to develop and test on, or use ours. No previous experience is required however Byte Camp’s 2D Video Game Design is recommended.

Jul 09-Jul 13 Mon-Fri 9:00am-4:00pm \$280.00/5 10573

Introduction to Coding 9-12yrs

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online.

Aug 13-Aug 17 Mon-Fri 9:00am-4:00pm \$280.00/5 10574

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- Online: Search course #10530 or “Camp Emergency Form” in our program catalog: www.esquimalt.ca/programs.
- In print: Printed copies are available at the Esquimalt Recreation Centre and Archie Browning Sports Centre; please complete in full and return to the Esquimalt Recreation Centre Reception. Our reception team will then update our records to enable your camp registration (please allow 24 hours for this to be completed).



Engineering for Kids

All Engineering for Kids Camps take place at the Archie Browning Sports Centre.

Junior Engineers: Travel the World 6-8yrs

Junior Engineers, get your passports - you will be traveling to a new country every day in a different way! You will make roads and cars, build bridges to cross rivers, construct a boat to float across the ocean, and create designs that let us travel through the air and even into space. For our full day campers, the afternoons will be full of fun games, art and science projects and a visit to the water park!

Full Day Option

Jul 23-Jul 27 Mon-Fri 9:00am-4:00pm \$230.00/5 10599

Half Day Option

Jul 23-Jul 27 Mon-Fri 9:00am-12:00pm \$150.00/5 10600

NEW! LEGO Robotics 8-12yrs

Come play LEGO with us! We'll introduce you to the world of building and programming LEGO® MINDSTORM® EV3 Robots. We'll design our robots to play games including carnival toss, hungry hungry robots, hide and seek and more! We'll also spend part of each day crafting art, science and engineering projects with our hands and playing fun outdoor games.

Jul 30-Aug 03 Mon-Fri 9:00am-4:00pm \$250.00/5 10601

Minecraft: Redstone 8-12yrs

Test your ingenuity and problem-solving skills as you navigate through challenges in our virtual Minecraft worlds. Learn teamwork and how to manage resources like real-life engineers. We'll also spend part of each day crafting art, science and engineering projects with our hands and playing fun outdoor games.

Aug 27-Aug 31 Mon-Fri 9:00am-4:00pm \$260.00/5 10602

Minecraft: Traveling Into the Future 8-12yrs

Test your ingenuity and problem-solving skills as you navigate through challenges in our virtual Minecraft worlds. Learn teamwork and how to manage resources like real-life engineers. We'll also spend part of each day crafting art, science and engineering projects with our hands and playing fun outdoor games.

Jul 03-Jul 06 Tue-Fri 9:00am-4:00pm \$200.00/4 10598

Mad Science

All Engineering for Kids Camps take place at the Archie Browning Sports Centre - upstairs Lounge.

3,2,1 Blast Off! 6-10yrs

This is your chance to be a rocket scientist! Discover the science needed for rockets & learn what it takes to study space. Investigate the four forces of flight, learn the Rocket Safety Code and explore the science involved in rocket design. In addition, experience the life of an astronaut as you suit up for a space flight. Explore the farthest reaches of our solar system.

Full Day Option

Aug 07-Aug 10 Tue-Fri 9:00am-4:00pm \$188.00/4 10592

Half Day Option

Aug 07-Aug 10 Tue-Fri 9:00am-12:30pm \$108.00/4 10593

Eureka! The Inventor's Camp 6-10yrs

Inventing means curiosity, practicality, necessity, cooperation, and dreaming! Children will overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all - their mind. With a little bit of ingenuity children will create catapults and forts, construct working light sticks to take home, and assemble a set of circuits with batteries and light bulbs. While Thomas Edison said "invention is 10% inspiration and 90% perspiration," this camp is 100% FUN!!

Full Day Option

Aug 27-Aug 31 Mon-Fri 9:00am-4:00pm \$235.00/5 10594

Half Day Option

Aug 27-Aug 31 Mon-Fri 9:00am-12:30pm \$135.00/5 10595

Secret Agent in the Field 6-10yrs

Have you ever wanted to be a detective? If so, this program is for you! From secret communications to detective crime scene science and cool chemistry, this program is sure to make you go hmmm... Every day we sleuth out the answers to many of life's mysteries! Mad Science Vancouver Island.

Full Day Option

Jul 16-Jul 20 Mon-Fri 9:00am-4:00pm \$240.00/5 10590

Half Day Option

Jul 16-Jul 20 Mon-Fri 9:00am-12:30pm \$138.00/5 10591

Summer Playgrounds - our most affordable camps!

Come and join the Summer Playgrounds (SPG) Camps for summer fun. All camps include swimming, arts & crafts, games, songs, theme days, and out trips to local parks.

Age Requirement

Fun Seekers: Minimum age based on child turning 6 by December 31, 2018. Child **must** have completed Kindergarten.

Drop Off/Pick Up Location

Bullen Park, adjacent to the Archie Browning Sport Centre parking lot. In the event of inclement weather, all pick up and drop off will be in the curling rink of the Archie Browning Sports Centre.

Fun Seekers 6-7yrs

Jul 03-Jul 06	Tue-Fri	9:00am-4:00pm	\$84.00/4	10501
Jul 09-Jul 13	Mon-Fri	9:00am-4:00pm	\$105.00/5	10502
Jul 16-Jul 20	Mon-Fri	9:00am-4:00pm	\$105.00/5	10503
Jul 23-Jul 27	Mon-Fri	9:00am-4:00pm	\$105.00/5	10505
Jul 30-Aug 03	Mon-Fri	9:00am-4:00pm	\$105.00/5	10506
Aug 07-Aug 10	Tue-Fri	9:00am-4:00pm	\$84.00/4	10507
Aug 13-Aug 17	Mon-Fri	9:00am-4:00pm	\$105.00/5	10508
Aug 20-Aug 24	Mon-Fri	9:00am-4:00pm	\$105.00/5	10509
Aug 27-Aug 31	Mon-Fri	9:00am-4:00pm	\$105.00/5	10510

Adventures Kids 8-11yrs

Jul 03-Jul 06	Tue-Fri	9:00am-4:00pm	\$84.00/4	10512
Jul 09-Jul 13	Mon-Fri	9:00am-4:00pm	\$105.00/5	10513
Jul 16-Jul 20	Mon-Fri	9:00am-4:00pm	\$105.00/5	10514
Jul 23-Jul 27	Mon-Fri	9:00am-4:00pm	\$105.00/5	10515
Jul 30-Aug 03	Mon-Fri	9:00am-4:00pm	\$105.00/5	10516
Aug 07-Aug 10	Tue-Fri	9:00am-4:00pm	\$84.00/4	10517
Aug 13-Aug 17	Mon-Fri	9:00am-4:00pm	\$105.00/5	10518
Aug 20-Aug 24	Mon-Fri	9:00am-4:00pm	\$105.00/5	10519
Aug 27-Aug 31	Mon-Fri	9:00am-4:00pm	\$105.00/5	10520

Extended Care

Supervised time before & after camp when children play games, read, or enjoy arts & crafts. Please pack an extra snack for after camp care.

Location: Esquimalt Recreation Centre

Before Care, 7-9am

5-day week \$35.00 • 4-day week \$28.00

After Care, 4-5:30pm

5-day week \$28.00 • 4-day week \$22.00

Licensed OSC Camps

Try new activities and travel around town in one of our Licensed Summer Programs. Children will be able to participate in swimming, crafts, field games, park play in our local parks, theme days, and one major out trip per week. Licensed camps are eligible for subsidy through the Ministry of Children and Family Development. Those applying for subsidy must do so directly through the Ministry. Early application is strongly encouraged.

Age Requirement

Minimum age for Voyageurs based on child turning 6 by December 31, 2018. Child must have completed Kindergarten.

Drop Off/Pick Up Location

Esquimalt Recreation Centre

Flexible Hours

Drop off between 6:30-9:00am and pick up between 3:30-6:00pm. NOTE: Program does not run on statutory holidays.

Child Care Subsidy

It is the parent/guardian's responsibility to apply for subsidy. Caregiver Information Forms can be picked up from reception. Please apply early as subsidy can take up to 3 months to be processed through the Ministry of Children & Family Development. Subsidy available for licensed camps only. Payment is required at time of registration until subsidy is received.

OSC Voyageurs 6-7yrs

Jul 03-Jul 06	Tue-Fri	6:30am-6:00pm	\$148.00/4	9840
Jul 09-Jul 13	Mon-Fri	6:30am-6:00pm	\$185.00/5	9841
Jul 16-Jul 20	Mon-Fri	6:30am-6:00pm	\$185.00/5	9842
Jul 23-Jul 27	Mon-Fri	6:30am-6:00pm	\$185.00/5	9843
Jul 30-Aug 03	Mon-Fri	6:30am-6:00pm	\$185.00/5	9844
Aug 07-Aug 10	Tue-Fri	6:30am-6:00pm	\$148.00/4	9845
Aug 13-Aug 17	Mon-Fri	6:30am-6:00pm	\$185.00/5	9846
Aug 20-Aug 24	Mon-Fri	6:30am-6:00pm	\$185.00/5	9847
Aug 27-Aug 31	Mon-Fri	6:30am-6:00pm	\$185.00/5	9848

OSC Buccaneers 8-11yrs

Jul 03-Jul 06	Tue-Fri	6:30am-6:00pm	\$148.00/4	9830
Jul 09-Jul 13	Mon-Fri	6:30am-6:00pm	\$185.00/5	9832
Jul 16-Jul 20	Mon-Fri	6:30am-6:00pm	\$185.00/5	9833
Jul 23-Jul 27	Mon-Fri	6:30am-6:00pm	\$185.00/5	9834
Jul 30-Aug 03	Mon-Fri	6:30am-6:00pm	\$185.00/5	9835
Aug 07-Aug 10	Tue-Fri	6:30am-6:00pm	\$148.00/4	9836
Aug 13-Aug 17	Mon-Fri	6:30am-6:00pm	\$185.00/5	9837
Aug 20-Aug 24	Mon-Fri	6:30am-6:00pm	\$185.00/5	9838
Aug 27-Aug 31	Mon-Fri	6:30am-6:00pm	\$185.00/5	9839





EARLY CHILDHOOD DROP IN

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 online or by phone (250.412.8500). Payment required at time of reservation; no refunds are issued.

Location: Esquimalt Recreation Centre

Mon-Fri 9:00am-10:30am

Mon-Fri 11:45am-1:15pm

No program: Jul 02, Aug 06

Kindergym (3mos-6yrs)

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

Location: Esquimalt Recreation Centre

Mon	10:30am-11:45am	\$3.00/1	10992
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NOTE: Mondays will run until June 30 and resume in September while the waterpark at the Esquimalt Adventure Park is open for the summer.

Fri	10:30am-11:45am	\$3.00/1	10992
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Sat	9:30am-10:30am	\$3.00/1	10995
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Sat	10:30am-11:30am	\$3.00/1	10996
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Everyone Welcome Playgroup

Join us for drop in play time including games, crafts, circle time and free play with kindergym toys. Parents (or those in a parenting role) will receive resources and tips on positive parenting, child development, health and safety and much more. As this is a parent-child interactive program, we ask that a parent attends with no more than three children. Co-sponsored by Esquimalt Neighbourhood House and Esquimalt Parks & Recreation. Please call 250.412.8500 to reserve your space after 7:00am on the day of interest.

Location: Esquimalt Recreation Centre

Thu	10:30am-11:45am	\$3.00/1	11012
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Thu	10:30am-11:45am	\$3.00/1	10991
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Preschool Camps

see page 18 of this guide.

Please note:

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

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

May 16-Jun 20 Wed 10:15am-10:45am \$54.00/6 7840

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

May 16-Jun 20 Wed 10:45am-11:15am \$54.00/6 7843

Dramatic Arts

Glee Club

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

Location: Esquimalt Recreation Centre

Instructor: Maeve Poulin

Super Junior (4-6 yrs)

May 17-Jun 21 Thu 5:00pm-5:30pm \$48.00/6 8202

May 17-Jun 21 Thu 5:30pm-6:00pm \$48.00/6 8210

Sports

Little Kickers Taekwondo (3-5yrs)

Led by MIJO Taekwondo children will love this fun and educational class! Children 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

Sat May 5-Jun 23 11:00am-11:30am \$42.00/7 8388

No program: May 19

S.T.E.M

Science. Technology. Engineering. Mathematics.

Engineering for Kids:

Junior Engineering: Let's Build (4-7yrs)

Our junior engineers are super curious! Let them discover and explore basic engineering and science principles behind toys, vehicle, chemical reactions and more!

Location: Esquimalt Recreation Centre

May 17-Jun 21 Thu 4:30pm-5:30pm \$120.00/6 8416

Yoga & Wellness

Mindful Munchkins (D)

(children 3-6yrs & Caregiver)

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

Location: Esquimalt Recreation Centre

Instructor: Angie Bull

May 03-Jun 21 Thu 10:45am-11:30am \$11.00/1; \$80.00/8 8087



Learn here.

Esquimalt School-Year Preschool Programs:

Creative Play • Esquimalt Preschool •
Fantastique Fridays • Kinderstart Preschool

Info: esquimalt.ca/preschool





CELEBRATE HERE.

Children's birthday parties are hard - they don't have to be with Esquimalt Recreation Parties.

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. Please note: Kindergym parties are limited to 20 children maximum.

Location: Esquimalt Recreation Centre

Saturday

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

Sundays

Sun	1:30pm-3:30pm	\$195.00/1	10883
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Kindergym/Sports Parties Include:

- 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

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.



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 1.5 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 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



Right here.

Before & After School Care
In Your Community.

(Macaulay Elementary School)

Info: esquimalt.ca/osc





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 take place on long weekends.

Location: Esquimalt Recreation Centre

Instructor: Audrey Greenlees

5-7yrs

May 27-Jun 24	Sun	9:30am-10:30am	\$45.00/5	7946
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8-12 yrs

May 27-Jun 24	Sun	10:45am-11:45am	\$45.00/5	7949
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Cooking

Breakfast Extravaganza (7-12yrs)

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

Location: Esquimalt United Church, Rainbow Kitchen

Instructor: Ariana Maragh

May 16-Jun 20	Wed	6:00pm-7:30pm	\$66.00/6	7937
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May 17-Jun 21	Thu	5:15pm-6:45pm	\$66.00/6	8002
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Dance

Creative Choreo-Dance (6-9 yrs)

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

Location: Esquimalt Recreation Centre

Instructor: Madelin Rocheleau

May 23-Jun 27	Wed	4:30pm-5:15pm	\$48.00/6	8990
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Dramatic Arts

Glee Club

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

Location: Esquimalt Recreation Centre

Instructor: Maeve Poulin

Super Junior (4-6 yrs)

May 17-Jun 21	Thu	5:00pm-5:30pm	\$48.00/6	8202
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May 17-Jun 21	Thu	5:30pm-6:00pm	\$48.00/6	8210
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Junior (7-9 yrs)

Location: Esquimalt Recreation Centre

May 17-Jun 21	Thu	6:10pm-6:50pm	\$50.00/6	6054
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Senior (10-14 yrs)

May 17-Jun 21	Thu	7:00pm-8:00pm	\$54.00/6	8226
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ArtScape.

A collection of Student Pieces.

You're invited to our 2nd annual student art exhibition June 1-30, at the Esquimalt Public Library. View artwork by Esquimalt Recreation's creative arts students, featuring paintings, drawings & fibre arts pieces. Meet students and instructors at the opening reception, Thursday June 7 6:30-8pm in the library's community room. For more information contact Gillian, 250-412-8532 or gillian.rowan@esquimalt.ca



Language

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

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

Jun 04-Jun 25 Mon 5:00pm-5:45pm \$32.00/4 7969

Leadership & Education

e2 Young Engineers: Bricks Challenge (6-12yrs)

The Bricks Challenge Program is designed to put scientific principles into practice using specially designed Lego kits! This amazing S.T.E.M program will be taught in 2 parts: first learning about the science. Second, applying the science while building a robotic Lego model based on that principle.

Location: Esquimalt Recreation Centre

May 04-Jun 29 Fri 4:45pm-6:00pm \$289.00/9 11018

Engineering for Kids: Junior Engineering: Let's Build (4-7yrs)

Our junior engineers are super curious! Let them discover and explore basic engineering and science principles behind toys, vehicle, chemical reactions and more!

Location: Esquimalt Recreation Centre

May 17-Jun 21 Thu 4:30pm-5:30pm \$120.00/6 8416

Engineering for Kids: Mechanical Engineering (8-12yrs)

Learn about energy, traction, aerodynamics and durability while constructing a variety of machines and mechanical systems, including roller coasters, eggstreme defensive vehicles and an incredibly fast air-powered custom dragster!

Location: Esquimalt Recreation Centre

May 17-Jun 21 Thu 6:00pm-7:30pm \$120.00/6 8423

Home Alone (9yrs+)

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

Location: Esquimalt Recreation Centre

Jun 10 Sun 1:00pm-4:00pm \$30.00/1 8298

Martial Arts

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

May 05-Jun 23 Sat 11:00am-11:45am \$80.00/8 8327



Play here.

Esquimalt Recreation Summer Camps:

See pages 14-25 of this guide

Info & to register: esquimalt.ca/camps



MIJO Taekwondo

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

Tuesdays

Location: Esquimalt Recreation Centre

Instructor: Mijo Tae Kwon Do

May 01-Jun 19 Tue 5:30pm-6:30pm \$80.00/8 8323

Saturdays

Location: L'ecole Brodeur School

Instructor: Mijo Tae Kwon Do

May 05-Jun 23 Sat 12:00pm-1:00pm \$70.00/7 8324

No program: May 19

Karate & Kobujutsu

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

Location: L'ecole Brodeur School Multipurpose Gym

Monthly Registration

May 02-May 30 Wed 6:30pm-8:30pm \$50.00/5 8440

Jun 06-Jun 27 Wed 6:30pm-8:30pm \$50.00/4 8441

Seasonal Registration

May 02-Jun 27 Wed 6:30pm-8:30pm \$90.00/9 8443

Music

Guitar (7-14 yrs)

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

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Beginner

May 15-Jun 19 Tue 5:00pm-5:50pm \$60.00/6 5718

Continuing

May 15-Jun 19 Tue 6:00pm-6:50pm \$60.00/6 5727



SHARE YOUR IDEAS
FOR COMMUNITY INVESTMENT

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

esquimalt.ca/engage





Tuesday	Wednesday	Thursday	Friday	Saturday
Middle School Drop In 3:00-5:00pm Until June 21	Raven's Club Drop In 3:00-5:00pm	Middle School Drop In 3:00-5:00pm Until June 21		
NEW! Girls Group Drop In 6:45-8:45pm		Teen Night Drop in 7:00-10:00pm	Teen Night Drop in 7:00-10:00pm	Teen Night Drop in 7:00-10:00pm

FREE Youth Drop In Programs

NEW! Girls Group Drop In (11-13 yrs)

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!

Mon Until Jun 11 6:45PM-8:45PM FREE 8463
Location: Esquimalt Recreation Centre

Teen Night Drop In

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

Thu/Fri/Sat Until Sep 1 07:00PM - 10:00PM FREE 8294
Location: Esquimalt Recreation Centre

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.

Wed Until Jun 20 03:00PM - 05:00PM FREE 8293
Location: Rock Heights Middle School

Middle School Drop In

Drop in after school and play pool, foosball or enjoy a little gaming! Need help with school-work or a project? Our staff are always available to help out at homework club. When weather permits we'll head out for games like "Capture the Flag" or "Camo"! Just need some down time to socialize? We can do that, too!

Tue/Thu Until Jun 21 03:00PM - 05:00PM FREE 8292
Location: Esquimalt Recreation Centre

Youth Drop In

Swimming • Weight Room • Sports
ALL SUMMER!

Youth Admission Rates

Youth Single Admission Drop In	\$3
Youth 10 Admission Drop In Pass (no expiry)	\$27
25 Admission Drop in Pass (no expiry)	\$63
Annual Pass, Monthly payment plan	\$14.58/mo
BEST OFFER! SUMMER ACCESS PASS (June 30-September 3)	\$30/summer



Fitness, Sports & Wellness

NEW! Gorge Vale Junior Girls Golf Camp (12-18yrs)

Our Flora J. Clark Junior Girls Golf Camp is a 4 week program consisting of 4-2 hour sessions conducted exclusively by our PGA of Canada Staff. Topics will cover the basics of grip, stance aim, the full swing, short game and golf etiquette and on course instruction. Safety and respect for the course and other golfers are a main focus. This camp is an educational and fun way for Junior girls to get started in golf and meet other golfers their own age and ability.

12-18yrs

Location: Gorge Vale Golf Club

May 12-Jun 09 Sat 1:00pm-3:00pm \$10.00/4 11015

No program: May 26

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

Jun 08-Jun 15	Fri	5:00pm-7:00pm	\$25.00/2	8485
Jul 09-Jul 12	Mon/Wed	2:00pm-4:00pm	\$25.00/2	11050
Aug 13-Aug 16	Mon/Wed	2:00pm-4:00pm	\$25.00/2	11051



ArtScape.

A collection of Student Pieces.

You're invited to our 2nd annual student art exhibition June 1-30, at the Esquimalt Public Library. View artwork by Esquimalt Recreation's creative arts students, featuring paintings, drawings & fibre arts pieces. Meet students and instructors at the opening reception, Thursday June 7 6:30-8pm in the library's community room. For more information contact Gillian, 250-412-8532 or gillian.rowan@esquimalt.ca



Cooking

Brew your own Kombucha

Curious about the popular carbonated drink kombucha? If so, this course is for you! Homemade kombucha is cost effective, fun & versatile. Kaylie Hartwell, owner of The Divine Sprout, will show you everything you need to know to brew kombucha at home during this 1-hour course. You can purchase an optional \$10 starter kit to take home with you at the end of the workshop.

Location: Esquimalt Recreation Centre

Instructor: Kaylie Hartwell

Jun 05	Tue	7:00pm-8:00pm	\$20.00/1	9117
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Make your own Nut Milk

Explore the world of dairy-free milks during this introductory session with Kaylie Hartwell, owner of The Divine Sprout. Whether for health reasons, lifestyle choices, or simply to add more versatility into your repertoire, this class is a great place to learn about the many benefits of making nut milk and learn the how to make your own. You can purchase an optional \$10 starter kit to take home with you at the end of the workshop.

Tue	Jun 12	7:00-8:00pm	\$20/pp	9118
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Instructor: Kaylie Hartwell

Location: Esquimalt Recreation Centre

May-June Guitar Lessons available!

Search "Guitar" in our online catalog!

- Lessons runs Tuesday evenings:
Fundamentals 7:00pm-7:50pm
- Continuing: 8:00pm-8:50pm

Course #'s: 5732 & 5737

Perogie Making 101 (16yrs+)

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.

Location: Esquimalt Recreation Centre

Instructor: Bella Montgomery

Jun 12	Tue	6:30pm-8:30pm	\$40.00/1	7978
Jul 10	Tue	6:30pm-8:30pm	\$40.00/1	10989
Aug 14	Tue	6:30pm-8:30pm	\$40.00/1	10990

Creative Arts

NEW! Art-cation - CREATIVE WATERMEDIA (16yrs+)

Join Dixie for creative summer fun with watercolours, alcohol inks & fluid acrylics! We'll paint, we'll glaze, we'll pour & we'll try out some different supports including Yupo & Masa paper. Come play & be inspired by new materials in this stress-free, no-shopping-required class! An additional \$30 materials fee for paint, paper, handouts, the use of brushes & all necessary supplies is required with each registration. Suitable for beginners and experienced painters. Suitable for beginners and experienced painters. A mandatory \$30 extra fee is charged at registration time to cover the cost of supplies.

Location: Esquimalt Recreation Centre

Aug 20-Aug 24	Mon-Fri	1:00pm-3:00pm	\$60.00/5	10994
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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 Instructor: 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. Please use this link to access your course supply list www.esquimalt.ca/artssupplylist

Mon	May 28-Jun 18	01:00PM - 03:00PM	\$32.00/4	7980
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Instructor: Dixie MacUisdin

Location: Esquimalt Recreation Centre



Education

NEW! Diaper Free Essentials Potty Training Made Easy

Effective yet gentle, non-coercive potty training class covering everything needed to give you the confidence and knowledge to effectively teach your 18 month plus child. Class covers preparation, heart of pottyng, into daily rhythm, nights & naps.

Location: Esquimalt Recreation Centre

Jun 23 Sat 10:00am-11:30am \$35.00/per couple 11017

Health & Wellness

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: Kay Inamura

Jun 13-Jul 25 Wed 1:30pm-3:00pm \$0.00,\$45.50/7 11027

Aug 15-Sep 26 Wed 1:30pm-3:00pm \$0.00,\$45.50/7 11028

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.

Location: Esquimalt Recreation Centre

Instructor: Dr. Katrine Hegillman

Jul 06-Jul 27 Fri 1:15pm-2:15pm \$12.00/1; \$40.00/4 11030

Jul 09-Aug 27 Mon 5:30pm-6:30pm \$12.00/1; \$70.00/7 11029

No program: Aug 06

Aug 03-Aug 31 Fri 1:15pm-2:15pm \$12.00/1; \$50.00/5 11031

Language

American Sign Language for Beginners

Learn ASL grammar, vocabulary & introductory conversation skills from a Prep & Basic ASL master. This course will cover ABC's colours, relations, O.S.V. and deaf culture. You will be surprised at how many signed words you will learn to be able to carry on a beginner conversation with deaf or hard of hearing people in your community. Class does not take place on Monday of long weekends.

Mon May 28-Jun 25 06:00PM - 07:15PM \$50.00 8049

Instructor: Nicole Sellars

Location: Esquimalt Recreation Centre

Bloomin' Beautiful Gardening Workshops

NEW! Lasagna Gardening Workshop

This workshop is presented by Dave Friend of Friendly Organics. Join us in Anderson Park for an informative workshop on lasagna gardening. Participants will work with Dave (aka Mr. Organic) to build a lasagna garden bed. You will learn the various layers required to construct a successful garden. All materials provided! This workshop is best suited for adults or children 10+ with parental supervision.

Location: Anderson Park

Instructor: Dave Friend, Mr. Organic

May 29 Tue 6:00pm-7:30pm \$20.00/1 11102

NEW! Vertical Growing Interactive Workshop

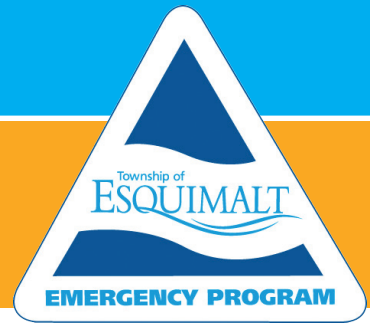
This interactive workshop is presented by Dave Friend of Friendly Organics.

Dave (aka Mr. Organic) will introduce you to various methods and techniques of vertical growing. The workshop will have hands-on examples, interactive instruction, and a Q & A session. This workshop is best suited for adults. Join us for a fun and educational workshop!

Location: Archie Browning Sports Centre

Instructor: Dave Friend, Mr. Organic

Jun 25 Mon 6:00pm-7:30pm \$12.00/1 11105



Esquimalt Emergency Program

250.414.7120 or email: emergencyprogram@esquimalt.ca

FREE! Emergency Preparedness Workshops

The workshops below are offered periodically during the year and may change depending on interest - check Esquimalt.ca for updated session info and please note registration is necessary as sessions have a minimum requirement of 4 people. All session will take place at the Municipal Hall.

If you have any questions, or would like to schedule an on-site session for your community group, please send an e-mail to nepp@esquimalt.ca or leave a message at 250-414-7120.

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.

Insurance and Earthquakes

An insurance services representative will speak specifically to catastrophic events (earthquake and flood), the claims process, policy coverages, and statutory conditions that residents should know. Q&A session to follow.

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 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.

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.

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.



SHARE YOUR IDEAS
FOR COMMUNITY INVESTMENT

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

esquimalt.ca/engage



Drop In Sports

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

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

Volleyball (Competitive)

Competitive volleyball for experienced players aged 16+. Admission included with your pass or pay a nominal drop in fee. Please reserve your spot online on the day of interest.

Location: L'ecole Brodeur School

Jul 01-Aug 26 Sun 7:00pm-9:00pm 11084

*program schedule may change due to school booking. View schedule in real time at esquimalt.ca/schedules

Volleyball (Everyone Welcome)

Recreational volleyball for ages 16+. Admission included with your pass or pay a nominal drop in fee. Please call after 10am on the day of interest to reserve your space in program.

Location: Esquimalt Recreation Centre

Jul 05-Aug 30 Thu 8:00pm-10:00pm 11085

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

Jul 03-Aug 28 Tue/Sun 9:00pm-10:15pm 11083

Basketball

Recreational basketball for ages 16+. Admission included with your pass or pay a nominal drop in fee. Register online on the day of program to reserve your space.

Location: Esquimalt Recreation Centre

Jul 08-Aug 26 Sun 6:45pm-8:30pm 11014

No program: Aug 05

Floor Hockey

Floor Hockey Recreational floor hockey for ages 16+. Admission included with your pass or pay a nominal drop in fee. Book online on the day of interest to reserve your space in program.

Location: Esquimalt Recreation Centre

Jul 09-Aug 27 Mon 8:30pm-10:30pm 11082

No program: Jul 02, Aug 06

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

Jul 02-Aug 30 Mon/Thu 1:15pm-3:15pm 11081

Best Value! Annual Pass or Summer Access Pass for drop in sports admission

Annual Pass: \$29.17/month on monthly payment plan

Summer Access Pass: \$60/person valid June 30-September 3, paid in full.

NEW! Introducing on a SUMMER TRIAL BASIS: If you have a pass, you will be able to reserve your spot for the entire season with one reservation! Summer season runs July 1-September 16. For courtesy of others, if you are unable to make a session after reserving for the season, please call 250-412.8500 so another player can enjoy your space.

Rock Climbing

NEW! Macaulay Point- Rock Climbing Programs (19yrs+)

One comprehensive course delivered through three modules at Macaulay Point Park. This course is designed to help you use this local cliff safely and allow you to climb outdoors at selected sites where top roping is possible. As a first time climber or if you are transitioning to outdoor climbing from indoors, these courses are for you.

Equipment: Includes technical climbing gear, harnesses and helmets. Rock Shoes can be rented at Sports Rent.

Prerequisites: None.

Location: Macaulay Point Park - Buxton Green/Fleming Beach

Jun 25-Jun 29	Mon/Wed/Fri	6:00pm-9:00pm	\$300.00/3	11020
Jul 16-Jul 20	Mon/Wed/Fri	6:00pm-9:00pm	\$300.00/3	11021

PROGRAM SCHEDULE:

Module One Mondays - Movement Skills 1

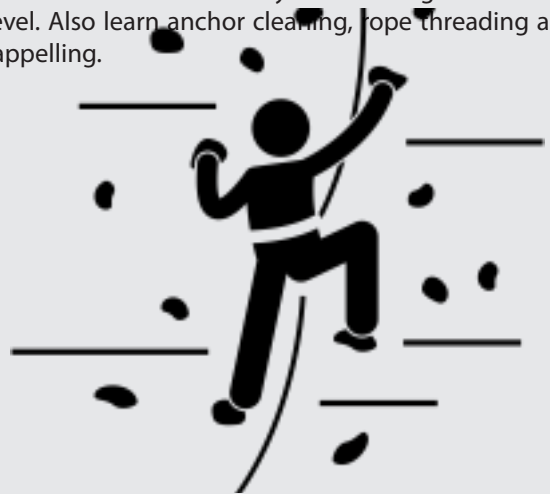
Climbing is a relatively natural skill, in some ways, we forget how to climb as we get older. In re-awakening the ability to climb you will learn how be efficient and cultivate places to rest as you move upward over the rock. You will also learn to “belay” or hold the rope for others and to trust others holding the rope for you. and all of the communication skills that go with it.

Module Two Wednesdays - Top Rope Anchor Setup

This course is a great second step from Module One or for those who have climbed indoors and want an easy transition outdoor climbing. This module covers the basics of building your own anchor at the top of the climb safely and efficiently. Including; approaching the anchor and fall protection, equipment, anchor physics, practical applications and best practices.

Module Three Fridays - Putting It All Together

Practice all of the skills you have learned in Module One and Two with continued supervision. Learn additional movement skills to take your climbing to the next level. Also learn anchor cleaning, rope threading and rappelling.



5k, 10k & Kids Fun Run
SUNDAY, JUNE 17, 2018
EVERYONE WELCOME!

Fun family fitness!

Register online at www.navyrunesquimalt.com

Bus Trips

BC Forest Discovery Centre

The BC Forest Discovery Centre collects and preserves artifacts relevant to coastal forestry as well as educate folks about the life, work and environment in forest communities of coastal BC. Ride the train and step into the past and experience life as a logger in a 1930's logging camp. Transportation, admission and tour included. Please pack a picnic lunch. 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

May 24	Thu	10:00am-3:30pm	\$65.00/1	10666
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Harrison Hot Springs and Beyond

Over three days we will have Harrison Hot Springs Resort as our base and explore the surrounding area including local farms and Westminster Abbey. Harrison Hot Springs Resort features five different hot-spring-fed mineral pools, each kept at a different temperature. There will be time at the resort but also time spent exploring the surround farms, etc. We'll include a visit to Westminster Abbey, a community of Benedictine monks in Mission established in 1939. Transportation and admission included. Meal extra. Please bring money to purchase a meal and/or snacks. *SENIOR PRICE IS FOR PEOPLE 65YRS+ WITH BC ID ONLY* 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

Jun 05	Tue	7:00am	\$450.00-685.00	10667
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Chemainus Theatre - Grease

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

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

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Jun 13	Wed	10:30am-5:30pm	\$139.00/1	9239
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Bloomin' Beautiful Community Garden Tour

Tour local residential gardens and enjoy refreshments along the way, everything included: transportation, refreshments and draw prize entry. This is an outing you won't want to miss! Meet at the Archie Browning Sports Centre front plaza, 1151 Esquimalt Road.

Location: Bus leaves from Archie Browning Sports Centre Front Plaza

Sat	Jun 16	10:00am-1:00pm	\$25.00/1	7743
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Gorge Park Nature House - Tour & Picnic Lunch

Enjoy the "Your Watershed and You" tour which involves a nature walk, touch basins with marine animals, and an interactive watershed model demo. After our tour we will spend some time exploring the park including the Japanese Garden and having a picnic lunch. Transportation & tour is included, lunch is not. Please pack a picnic lunch.

Location: Esquimalt Recreation Centre

Instructor: Shelley Brown

Jun 21	Thu	10:00am-2:30pm	\$40.00/1	10668
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Westholme Tea Farm and Lunch at Pioneer House

Travel up to the Cowichan area for lunch and after we will go visit Westholme Tea Company for a tea and sweet pairing. Westholme Tea farm is a first of its kind in Canada. There will be time to shop for tea as well as unique ceramics made on site and other accessories and gifts. Transportation, tour/tasting is included, meals/snacks are not. Please bring along money for meals/snacks. 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

Jul 10	Tue	10:30am-4:00pm	\$60.00/1	10671
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Cordova Bay Beach House Restaurant

Enjoy local, house-made and seasonal fare at the Cordova Bay Beach House restaurant with beautiful views of Cordova Bay. Transportation is included, meals/snacks are not. Please bring along money for meals/snacks. 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

Jul 26	Thu	4:30pm-8:45pm	\$25.00/1	10672
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Drop In Social Programs

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

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

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

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

Un festival 50+ se prépare à Esquimalt! du 16 au 19 août 2018



Les activités se tiendront à l'école Victor-Brodeur, au Archie Browning Sport Centre et au Bullen Park.

Pour plus d'information et pour les inscriptions, visitez le ff50plus.ca



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
Adult	\$5.75	\$51.75	\$120.75	\$58.50	\$113.75	\$210.00	\$350.00
60+ or Student	\$4.25	\$38.25	\$89.25	\$44.00	\$85.50	\$157.50	\$262.50
Youth (13-18yrs) *13-15yrs need orientation for weight room admission	\$3.00	\$27.00	\$63.00	\$42.50	\$84.00	\$105.00	\$175.00
Children 11-12yrs permitted to use weight room after Intro to weight Room Course	\$2.75	\$24.75	\$57.75	\$26.00	\$45.75	\$84.75	\$141.00
Family	\$11.50	\$103.50	\$241.50	\$117.00	\$227.50	\$420.00	\$700.00
Regional Recreation Pass. 12 Recreation Centres, 1 Pass = Over \$2000 Value Monthly scheduled payments available on Regional Pass, \$25.00 administrative fee applies.							\$492.00

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

PERSONAL TRAINING

Our Certified Trainers get you results NOW!

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

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



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



RESULTS

(12 Hours - \$42.50/hr)

\$510 (private)

\$255/person (2 people)

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

BONUS! 6 complementary facility admissions

RESULTS PLUS

(20 hours - \$37.50/hr)

\$750 (private)

\$375/person (2 people)

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

THE 3 MONTH PLAN

3 month investment for just \$99/month!

- 8 hours of personal training good for up to one year from the time of purchase
- \$100 Savings!

Hourly Sessions

PRIVATE/SEMI-PRIVATE

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

AQUATIC PERSONAL TRAINING

\$50/hr (private)

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





Drop In Fitness Classes

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

(C) denotes childminding available.

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

Drop In Fitness Classes

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.

Instructor: Marcia Semenovff • Location: Esquimalt Recreation Centre

Circuit and Stretch

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

Instructor: Leah Mcgregor • Location: Esquimalt Recreation Centre

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

Instructor: Leanne La Prairie • Location: Esquimalt Recreation Centre

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.

Instructor: Eugene Nnoli • Location: Esquimalt Recreation Centre

OsteoFit

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

Instructor: Christine Balinski • Location: Esquimalt Recreation Centre

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.

Instructor: Cheryl Kannon • Location: Esquimalt Recreation Centre

Spin - Drop in

Led by an enthusiastic and motivating instructor! Fast intervals, change the gears and get an amazing workout! Limited bikes available. Bikes are first come, first served.

Instructor: Ann Henslowe • Location: Archie Browning Sports Centre, Crow's Nest

Stretch & Strength

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

Instructor: Kay Inamu • Location: Esquimalt Recreation Centre

Stroller Fit

Join us for some fitness, social time and fun as we work your body back into pre-baby shape! Each class combines strength and conditioning exercises for a total body workout. Strollers are utilized during the workout and/or mats also provided for your little one to stretch out and play while you work out! Open to mom's & dad's.

Instructor: Ann Henslowe • Location: Esquimalt Recreation Centre

Total Aerobic Challenge

Gets you moving with fun and easy-to-follow combinations

Instructor: Marcia Semenovff • Location: Esquimalt Recreation Centre

Total Body Challenge

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

Instructor: Marcia Semenovff • Location: Esquimalt Recreation Centre

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.

Instructor: Esther Bendall • Location: Esquimalt Recreation Centre

Total Step Challenge

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

Instructor: Lorraine Nygaard • Location: Esquimalt Recreation Centre

Yoga - Drop in

Introductory class. Participants perform a series of poses and breathing exercises designed to stretch and strength your body and calm the mind and spirit. Limited space. Call 250-412-8500 after 8am on the day of to reserve your space.

Location: Esquimalt Recreation Centre

Yogalates

A comprehensive exercise system which successfully fuses the practices of Yoga and Pilates; a meeting place of east and west as it effectively merges the ancient practice of Yoga from the east with the core stabilizing, posture enhancing dynamics of Pilates from the west. T Suitable for all levels.

Instructor: Phyllis Musseau • Location: Esquimalt Recreation Centre



Registered Fitness Programs

NEW! Introducing a “Flex Fee” for Summer Fitness Programs. Choose the registration option that works best for you.

Fee	What does this mean?	Look for...
Registration Fee	Best Value! Register for the series & enjoy our best per class rate!	Course registration fee indicated by price/number of sessions, ex. \$42/6
Flex Fee	Enjoy amazing summer flexibility. Pay for a portion of the total # of classes in a session and still hold your spot in the class. Spot reserved for whole session, less 2 classes.	(F) in the program title Price listing/Flex Fee, i.e. \$36/Flex Fee
Drop in	Enjoy complete flexibility and drop in as suits your schedule, once or multiple times.	(D) in the program title Price/1, i.e. \$8/1

Bootcamp Classes

Zoomers Summer Fit (F) (D)

Calling all Zoomers. This unique fitness program is designed for those 50 plus (but all ages are welcome) who want to stay fit, build muscle, maintain balance and a healthy heart. Since it is summer this class will take place in the out of doors as much as possible.

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

Jul 04-Aug 29 Wed 1:15pm-2:15pm \$54.00/9; \$45.00/Flex Fee; \$7.00/1 11024

Jul 09-Aug 27 Mon 1:15pm-2:15pm \$42.00/7; \$35.00/Flex Fee; \$7.00/1 11023
 No program: Aug 06

Outdoor Bootcamp (F) (D)

Come experience the beautiful outdoors while getting your butt kicked with a variety of strength, agility and cardio workouts. All fitness levels welcome. Come get some fresh air and get ready for your fittest summer yet! First week you'll meet at the Recreation Centre and each week locations will change.

Location: Esquimalt Recreation Centre

Andrea Kruger

Jul 10-Aug 28 Tue 6:00pm-7:00pm \$64.00/8; \$57.00/Flex Fee; \$10/1 11071

Health & Wellness

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

Jun 13-Jul 25	Wed 1:30pm-3:00pm	\$45.50/7	11027
Aug 15-Sep 26	Wed 1:30pm-3:00pm	\$45.50/7	11028

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.

Location: Esquimalt Recreation Centre

Instructor: Dr. Katrine Hegillman

Jul 06-Jul 27	Fri 1:15pm-2:15pm	\$12.00/1; \$40.00/4	11030
Jul 09-Aug 27	Mon 5:30pm-6:30pm	\$12.00/1; \$70.00/7	11029
No program: Aug 06			
Aug 03-Aug 31	Fri 1:15pm-2:15pm	\$12.00/1; \$50.00/5	11031



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

Instructor: Ann Henslowe

Jul 03-Aug 28	Tue 9:00am-10:00am	\$57.00/Flex Fee; \$10.00/1; \$64.00/8
11036	No program: Aug 07	

Spin & Conditioning (D) (F)

Great way to start your week! This is a straight-up spin class designed to make you sweat! Open to beginner or experienced indoor cyclists. Drop in when space available.

Location: Archie Browning Sports Centre

Instructor: Esther Bendall

Jul 9-Aug 27	Mon 6:35pm-7:30pm	\$10.00/1; \$47.00/Flex Fee; \$56.00/8
11035		

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! Drop in available as space permits or register for the series and save!

Location: Esquimalt Recreation Centre

Instructor: Instructor: Moira Tait

Tuesdays

May 01-May 29	Tue 9:30am-10:45am	\$8.00/1; \$30.00/5	8332
Jun 05-Jun 26	Tue 9:30am-10:45am	\$8.00/1; \$24.00/4	8333
Jul 03-Jul 31	Tue 9:30am-10:45am	\$8.00/1; \$30.00/5	11056
Aug 07-Aug 28	Tue 9:30am-10:45am	\$8.00/1; \$24.00/4	11057

Thursdays

May 03-May 31	Thu 10:15am-11:30am	\$8.00/1; \$30.00/5	8338
Jun 07-Jun 28	Thu 10:15am-11:30am	\$8.00/1; \$24.00/4	8339
Jul 05-Jul 26	Thu 10:15am-11:30am	\$8.00/1; \$24.00/4	11058
Aug 02-Aug 30	Thu 10:15am-11:30am	\$8.00/1; \$30.00/5	11059

NEW! 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

Jun 05-26 Tue 6:30pm-8:00pm \$52.00/4

Kundalini Yoga Workshops

Towards an Open Heart

Jul 26 Tue 6:00pm-8:00pm \$20.00/1

Kundalini Yoga for Relaxation

Aug 16 Tue 6:00pm-8:00pm \$20.00/1



Mindful Movement Chair Yoga (F) (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

May 28-Jun 25 Mon 11:05am-11:55am \$12.00/1; \$50.00/5 8355

Jul 09-Aug 27 Mon 11:05am-11:55am \$12.00/1; \$60.00/Flex Fee; ; \$70.00/7

11062 No program: Aug 06

Pilates Back to Basics & Beyond (D)

This class will focus on the basic principles of Pilates and is suitable for those who are new to the Pilates method of exercise. The instructor will lead the class through the foundational exercises while providing a safe and effective full body workout focusing on alignment, stabilization and improving strength, flexibility and posture. Drop in available as space permits or register for the series and save!

Location: Esquimalt Recreation Centre

Instructor: Instructor: Phyllis Musseau

Jul 04-Jul 25 Wed 5:30pm-6:25pm \$11.50/1; \$38.00/4 11052

Aug 01-Aug 29 Wed 5:30pm-6:25pm \$11.50/1; \$47.50/5 11053

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. Drop in available as space permits or register for the series and save!

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Jul 03-Jul 31 Tue 7:00pm-8:30pm \$13.00/1; \$55.00/5 11065

Aug 07-Aug 28 Tue 7:00pm-8:30pm \$13.00/1; \$44.00/4 11066

Restorative Yoga (D)

This gentle flow class explores slow gentle movement and stretches to mobilize the joints while inviting in a deeper breath practice. The movement is complimented restorative postures to calm the nervous system and the physical body. Drop in available as space permits or register for the series and save!

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Jul 04-Jul 25 Wed 6:45pm-8:15pm \$13.00/1; \$44.00/4 11063

Aug 01-Aug 29 Wed 6:45pm-8:15pm \$13.00/1; \$55.00/5 11064

Yin Yoga (D)

A slow, meditative practice that allows you to slow down and listen to your body's innate wisdom. Postures are passive and held for 3-5 minutes which allows you to access your deep connective tissue and increase joint mobility. Drop in available as space permits or register for the series and save!

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

Jul 05-Jul 26 Thu 6:45pm-8:15pm \$13.00/1; \$44.00/4 11067
 Aug 02-Aug 30 Thu 6:45pm-8:15pm \$13.00/1; \$55.00/5 11068

NEW! Yoga for Back Care (F) (D)

Practice yoga poses and movements that promote building strength and flexibility to help support a healthy back. This class is suitable for new and experienced students of yoga.

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

May 28-Jun 25 Mon 7:00pm-8:00pm \$12.00/1; \$50.00/5 8862
 Jul 09-Aug 27 Mon 7:00pm-8:00pm \$65.00/Flex Pass; \$12.00/1; \$70.00/7 11069
 No program: Aug 06

Yoga in the Park (F) (D)

Start your day off right with an invigorating outdoor Yoga practice. Class takes place at Saxe Point Park. Bring a mat if you have one but, mats and blocks will be provided. Weather dependent.

Location: Saxe Point Park

Instructor: Madelin Rocheleau

Jul 11-Aug 29 Wed 9:00am-10:00am \$57.00/ Flex Fee; \$80.00/8 11072

Yoga for Runners (F) (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

May 28-Jun 25 Mon 5:45pm-6:45pm \$12.00/1; \$50.00/5 8382
 No program: May 21
 Jul 11-Aug 29 Wed 6:45pm-7:45pm \$72.00/Flex Fee; \$12.00/1; \$80.00/8 11070

Strength & Conditioning

50+ Weight Training (F) (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

Jul 03-Aug 28 Tue 10:15am-11:30am \$64.50/Flex Fee; \$11.00/1; \$72.00/8 11037
 No program: Aug 07
 Jul 05-Aug 30 Thu 10:15am-11:30am \$64.50/Flex Fee; \$11.00/1; \$72.00/8 11038
 No program: Aug 09

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

Jul 03-Jul 31 Tue 1:00pm-1:45pm \$11.00/1; \$45.00/5 11045
 Aug 14-Aug 28 Tue 1:00pm-1:45pm \$11.00/1; \$27.00/3 11046





TRX Combo (F) (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: Instructor: Eugene Nnoli
 Jul 04-Aug 29 Wed 7:45pm-8:30pm \$59.50/Flex Pass; \$12.00/1; \$63.00/9
 11041

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
 Jul 06-Aug 31 Fri 10:15am-11:15am \$5.00/1; \$40.00/8 11049
 No program: Aug 10

Hybrid Conditioning (F) (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
 Graham Harriman
 Jul 06-Aug 31 Fri 6:00pm-6:50pm \$66.50/Flex Fee; \$11.00/1; \$72.00/9
 11047

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
 Jul 09-Aug 27 Mon 10:05am-10:55am \$5.00/1; \$35.00/7 11039
 No program: Aug 06

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
 Marcia Semenov
 Jul 3-Jul 31 Tue 8:15am-9:00am \$10.00/1; \$30.00/5 11042
 Aug 07-Aug 28 Tue 8:15am-9:00am \$10.00/1; \$24.00/4 11043



AQUATIC FITNESS

Drop In WaterFit

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

Shallow

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

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

Deep

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

Mon/Wed/Fri 8:05am-8:55am
 No program: Aug 06
 Tue/Thu 9:05am-9:55am

Cardio Conditioning

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

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

Foundations

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

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

Foundations +

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

Fri 10:35am-11:25am

Cardio Blast

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

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

Total Body Workout

Moderate intensity, moderate impact (Beginner to Advanced)

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

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



Registered Aquatic Fitness

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

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

Aquatic HIIT

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

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

May 01-Jun 19	Tue	6:00am-6:45am	\$9.00/1; \$56.00/8	7892
Jul 03-Jul 31	Tue	6:00am-6:45am	\$9.00/1; \$35.00/5	10871
Aug 07-Aug 28	Tue	6:00am-6:45am	\$9.00/1; \$28.00/4	10872

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.

Location: Esquimalt Recreation Centre

Instructor: Ann Henslowe

May 03-Jun 21	Thu	6:00am-6:45am	\$9.00/1; \$56.00/8	7896
Jul 05-Aug 02	Thu	6:00am-6:45am	\$9.00/1; \$35.00/5	10873
Aug 09-Aug 30	Thu	6:00am-6:45am	\$9.00/1; \$28.00/4	10874

Zoomers 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 just getting started at running, or those just looking for a new way to stay fit.

Location: Esquimalt Recreation Centre

Instructor: Instructor: Ann Henslowe

May 03-Jun 21	Thu	2:15pm-3:15pm	\$9.00/1; \$64.00/8	7901
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Swim here.

esquimalt.ca/schedules

View our pool schedule in real time, online.

Print copies available at the Esquimalt Recreation Centre.





SWIM LESSONS

Swim Lessons

View lesson schedule, availability & register online!

Lesson Sessions

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

Daily Swim Lessons

Days	Start Date	End Date	# Lessons	No Class
Mon-Fri	July 9	July 20	10	
Mon-Fri	July 23	Aug 3	10	
Mon-Fri	Aug 13	Aug 24	10	

Twice-a-week Swim Lessons

Days	Start Date	End Date	# Lessons	No Class
Tue/Thu	July 3	Aug 2	10	
Tue/Thu	Aug 7	Aug 30	8	
NEW! Mon/Wed	July 4	Aug 1	9	
NEW! Mon/Wed	Aug 8	Aug 29	7	

Once-a-week Swim Lessons

Days	Start Date	End Date	# Lessons	No Class
Sunday	July 8	Aug 26	7	Aug 5
NEW! Friday	July 6	Aug 24	8	

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

Levels & Duration

30-minute preschool & school-aged

\$4.85/lesson

Red Cross Parented and Preschool levels include: Starfish, Duck, Sea Turtle, Sea Otter, Salamander, Sunfish, Crocodile & Whale
School-aged levels include: Swim Kids 1 & 2

45 minute school-aged

\$6.20/lesson

Levels include:
Swim Kids 3-7

60 minute school-aged

\$7.00/lesson

Levels include:
Swim Kids 8-10





Private Swim Lessons

Registered Private Lessons

\$17.00/30 minute lessons

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

Premium Private Lessons

\$27.00/30 minute lessons

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

Registered Private Swim Lessons (Quick Sets)

Don't have a lot of time but want to squeeze in a quick set of lessons this summer? Join us for one of these Quick Set Registered Private lessons. Just 4 or 5 sessions long there will be no report cards handed out for these sessions but please feel free to bring your most recent report card and the instructors will check off any and all skill completed during your session. Sessions are available every 30-minutes from 9:00 a.m. to 11:00 a.m.

Days	Start Date	End Date	# Lessons	Cost
Tue-Fri	July 3	July 6	4	\$60
Tue-Fri	Aug 7	Aug 10	4	\$60
Mon-Fri	Aug 27	Aug 31	5	\$75

Standard First Aid

Standard First Aid trains rescuers 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 Standard First Aid (SFA) is the most comprehensive first aid training program for the general public and is a prerequisite for the National Lifeguard program.

Jul 16-Jul 19 Mon-Thu 5:00pm-7:00pm \$125.00/8 10865



SHARE YOUR IDEAS
FOR COMMUNITY INVESTMENT

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

esquimalt.ca/engage

Become a Swim Instructor

Water Safety Instructor

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills.

Water Safety Instructor Part 1

During part one of this training program candidates will have their swimming strokes and skills as well as their first aid skills evaluated; they will complete an independent online learning component; and they will co-teach with Esquimalt Rec staff to complete four teaching assignments.

Pre-requisites: 15 years of age; level 10 swimming skills or equivalent; and one of: Standard First Aid or Bronze Cross.

Jul 04 Wed 11:00am-6:00pm \$225.00/1 10869

Water Safety Instructor Part 2

This NEW training program prepares candidates to teach Red Cross swimming lessons. During Part 2 of this training program candidates will participate in classroom learning with a Red Cross Instructor Trainer. 100% participation is required.

Pre-requisites: WSI Part 1; 15 years of age; level 10 swimming skills or equivalent; and one of: Standard First Aid or Bronze Cross.

Aug 27-Aug 30 Mon-Thu 9:00am-4:00pm \$175.00/4 10870

Become a Lifeguard

Bronze Medallion

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

100% Participation required.

Pre-requisite: 13 yrs+

Jul 09-Jul 12 Mon-Thu 10:30am-4:00pm \$140.00/4 10863

Bronze Cross

Learn more advanced first aid and lifesaving techniques in preparation for taking NLS including non-breathing spinal injuries and contact aquatic rescues and carries.

100% Participation required.

Pre-requisite: 13 yrs+ and Bronze Medallion

Jul 16-Jul 19 Mon-Thu 10:30am-4:00pm \$145.00/4 10862

National Lifeguard Full Course

This is the final stage in becoming a Lifeguard. Included are: scanning, teamwork, hand signals, and basic pool chemistry and filtration. 100% participation is required.

Pre-requisites: 16 year+, Bronze Cross (not current), Current SFA/CPR-C

Aug 20-Aug 24 Mon-Fri 9:30am-7:00pm \$330.00/5 10868

Lifesaving Camp

This bundle course combines all three of the pre-requisites for Nation Lifeguard. During this two week course you will participate in Bronze Medallion, Bronze Cross and Standard First Aid. 100% Participation required

Pre-requisite: 13 yrs+

Location: Esquimalt Recreation Centre

Jul 09-Jul 19 Mon-Thu 10:30am-7:00pm \$390.00/8 10864

Re-Certifications

National Lifeguard Re-Certification

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

Jun 19 Tue 10:00am-7:00pm \$95.00/1 10866

Water Safety Instructor Re-certification

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

Jun 21 Thu 10:00am-5:00pm \$102.00/1 10867



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

Events Supervisor

Robbie Young | 250-412-8515
robbie.young@esquimalt.ca

Programmer - Adult, Arts & Culture

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

Program Support

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

Skating & Youth Supervisor

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

Recreation Supervisor - OSC & Camps

Shelann Kowalewsky | 250-412-8512
shelann.kowalewsky@esquimalt.ca

Frequently Asked Contacts:

Program Registration

Online: esquimalt.ca/registration
In person: 527 Fraser St
Ph: 250-412-8500
5:30am-10:30pm 7 days a wk

Drop In Schedules

esquimalt.ca/schedules

To book facility space

esquimalt.ca/bookingrequest
or 250-412-8525

To submit a Tree Cutting Permit

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

Registration & Pass Sale Policies:

Refunds/Credits:

- Refunds/credits will be permitted up to 3 working days prior to the start of programs.
- Requests for credit 3 days prior to the start of a program or after a program commences may be made through the appropriate Programmer. Refunds will not be issued.
- No credits will be issued after the 2nd class of a program/session.
- For Out of School Care, Licensed Preschool and Creative Play programs 30 days written notice for withdrawal is required.
- For all camp programs, pro-d days and advanced aquatic courses one (1) week notice is required.

NSF Fee:

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

Passes:

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



Japanese Gardens at Esquimalt's Gorge Park

Community Contacts

COMMUNITY RESOURCES

Boys & Girls Club
bgvic.org

Esquimalt Chamber of Commerce
esquimaltchamberofcommerce.com

Esquimalt Kiwanis Club
kiwanisvictoria.com

Esquimalt Lions Club
lionsdistrict19-i.org

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

Rock Solid
rocksolid.bc.ca

Royal Canadian Legion BR#172
legion172.com

SPECIAL INTEREST

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

Girl Guides of Canada
svigirlguides.bc.ca

Esquimalt Anglers
eanglers@islandnet.com

Community Contacts

Esquimalt Curling Club
esquimaltcurlingclub.ca

Esquimalt Baseball Assoc.
esquimaltbaseball@gmail.com

Esquimalt Garden Club
paulwickens@shaw.ca

Esquimalt Photo Club
esquimaltphotoclub.org

Esquimalt Speed Skating Club
esquimaltspeedskating.org

Gorge Soccer Assoc.
gorgesoccer.ca

Greater Victoria Minor Football Assoc.
victoriafootball.ca

Victoria/Esquimalt Minor Hockey
Victoriaminorhockey.ca

Victoria/Esquimalt Minor Lacrosse
velacrosse.com

Victoria Wheelchair Sports
victoriawheelchairsports.ca

COMMUNITY SERVICES

Esquimalt Neighbourhood House
enh.bc.ca

Military Family Resource Centre
esquimaltmfrc.com

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

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

Single Parent Resource Centre
singleparentvictoria.ca

Vancouver Island Health Authority
viha.ca

Esq. Public Health Unit
250-519-5311

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

Victoria Police Department
West Division 250-995-7502

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



LOCATION:

1149 A Esquimalt Rd.
Under McDonald's - use west side
entrance

PHONE: 250-412-8540**EMAIL:**

gregory.evans@esquimalt.ca

WEBSITE:

esquimalt.ca/Main/archives.htm

HOURS:

Monday-Friday
9:00am-12:00pm



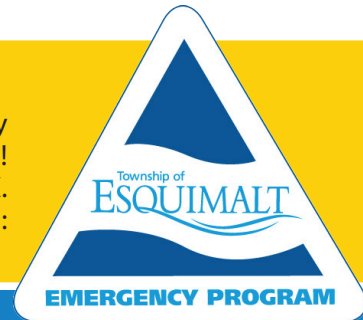
*Esquimalt High School
Class Photo, 1948*

This year Esquimalt High School will celebrate its centenary. Classes were originally held in Lampson Street Elementary School but in 1926 the new Esquimalt High School opened on Head Street, under the direction of Gwendolyn Hewlings, the first woman high school principal in the province. A Latin teacher, it was her class that chose the school motto – “Esse Quam Videri” - To Be, Rather Than Seem (To Be). In January 1960, the current Esquimalt High opened on Colville Road.

The Archives has information on and photographs of the students who attended various schools in Esquimalt. We are dedicated to preserving this and all aspects of our community's heritage and you can help. If you have any material that could help us tell this story, please let us know. And, let us know how we can help you in your research endeavours.

Esquimalt Emergency Program

We offer free info sessions and workshops on a variety of emergency preparedness topics to Esquimalt residents. We can also come to YOU! Program details available at www.esquimalt.ca/prepare or see page XX. For more information or to leave a message call 250.414.7120 or email: emergencyprogram@esquimalt.ca



Volunteer with the Esquimalt Emergency Program!

The Emergency Social Services team helps people in your community forced from their homes by emergencies. Services may include providing food, lodging, clothing, emotional support, information about the crisis, and family reunification.

The Neighbourhood Emergency Preparedness Program helps to educate your community about how they can get prepared for any emergency! This may include providing information at public events, presenting workshops, and helping with to public education initiatives like contests, social media, and advertising.

The Emergency Radio Communications Team is a group of amateur radio operators that provide backup communications to the Township in case of an emergency.

We will provide training, an opportunity to socialize with like-minded people, a fun atmosphere, and a sense of helping your community.

If you would like more information, please call 250.414.7120 or email: emergencyprogram@esquimalt.ca

Lifelong Learning Starts Here

READ, WATCH, LISTEN, PLAY AND DISCOVER
at the Greater Victoria Public Library



Ways to Learn



- Great programs for all ages
- E-resources for practical matters like searching auto specifications or B.C.'s building codes
- Online research – look up consumer reports or learn with Lynda.com

Esquimalt Branch is Open During Construction

1231 Esquimalt Rd



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REGIONAL RECREATION PASS FOR GREATER VICTORIA

Greater Victoria **ACTIVE
COMMUNITIES**
fitinfitness.ca

INCLUDING TAX
\$41
PER MONTH

**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