

Esquimalt Program & Event Guide

Summer 2016

esquimalt.ca/recreation 250.412.8500



ESQUIMALT
PARKS + RECREATION





SUMMER ACCESS PASS

\$25/child or youth • \$50/adult

Swimming, Skating, Wellness Centre (ages 11+), Drop In Sports (for youth & adults) • Over 40 Drop in Fitness and WaterFit classes per week for Adults & Children 13+

Access to Esquimalt Recreation Drop In Facilities & Programs June 30-September 5



esquimalkandrec



esquimaltpandr



@esquimaltrec



esquimaltrec



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Facility Hours & Contact

Esquimalt Recreation Centre

Ph: 250-412-8500

Fax: 250-412-8529

527 Fraser St., V9A 6H6

Hours of Operation:

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

Exceptions:

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

Archie Browning Sports Centre

Ph: 250-412-8510

Fax: 250-412-8531

1151 Esquimalt Rd., V9A 3N6

Reception Hours:

Reception available during scheduled Esquimalt Recreation Arena Drop In Programs. See website for hours.

250-412-8500



esquimalt.ca/recreation

Welcome!

Welcome to the Summer 2016 edition of our Program and Event Guide. This is your free summer guide to events, recreation programs and parks and facilities in Esquimalt.

Once again we have a full summer of music, arts and cultural events going on at the Township. We've got the Esquimalt Farmers Market from May 26 to September 15, the Memorial Park Music Fest series June 21 to July 26, the outdoor cinema from June 29 to August 24, and a number of annual favourites, including Rib Fest September 9 - 11, and Sculpture Splash on September 17 and 18. Have a look through our event calendar on the following pages for full details.

Looking for a fun way to explore Township parks? There's an app for that! Use our new smart phone app, Explore Esquimalt, as your guide to community parks, points of interest and historical features. Download it at the iTunes store for your iPhone or iPad.

Our walking tour brochures have also been updated, reprinted, and are available at Municipal Hall and other Township facilities. Each tour takes less than an hour to complete and highlights Esquimalt's natural and historic features.

For the kids Esquimalt Recreation has a number of programs on offer this summer, including Park Play and summer camps for a variety of age groups.

Council is very excited about construction of the new Children's Adventure Park on Fraser Street. The playground portion of the park will be completed this fall, and the spray park will open during the summer of 2017. Watch also for a playground expansion in Memorial Park to be completed this summer.

This spring we have also focussed on the needs of older adults as well. We held an age-friendly workshop in late April as part of an ongoing age-friendly assessment. The Township aims to be a place where older adults are supported to live active, social and independent lives.

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

Yours truly,


Mayor Barb Desjardins.

To Register for Programs:

1. Phone in

Using AMEX, MasterCard or VISA to either of our centres

- Esquimalt Recreation Centre: 250-412-8500
- Archie Browning Sports Centre: 250-412-8510

2. In Person:

You may pay by cash, cheque, AMEX, MasterCard, VISA, Debit Card or use an Esquimalt Recreation Gift Certificate at the Esquimalt Recreation Centre or Archie Browning Sports Centre. Hours of Operation:

- Esquimalt Recreation Centre: 5:30am-10:30pm 7 days/week
- Archie Browning Sports Centre: During drop in public skating sessions, esquimalt.ca/schedules for times

PASS & ADMISSION RATES (Tax Included)

	Single Drop in	Book of 10	Book of 25	1 Month Pass	3 Month Pass	6 Month Pass	1 Year Pass
Adult	\$5.75	\$51.75	\$120.75	\$58.50	\$113.75	\$210.00	\$350.00
60+ or Student	\$4.25	\$38.25	\$89.25	\$44.00	\$85.50	\$157.50	\$262.50
Youth (13-18yrs)	\$3.00	\$27.00	\$63.00	\$42.50	\$84.00	\$105.00	\$175.00
Child (6-12yrs)	\$2.75	\$24.75	\$57.75	\$26.00	\$45.75	\$84.75	\$141.00
Preschool	Free with adult admission						
Family	\$11.50	\$103.50	\$241.50	\$117.00	\$227.50	\$420.00	\$700.00
	Regional Recreation Pass*						\$486.00
	12 Recreation Centres, 1 Pass = Over \$2000 Value						

Current Student ID required for drop in rate; proof of enrollment is required for memberships. Student rates apply to full time students only. Family living in the same household. Maximum of 2 adults and up to 3 children/youth.

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

For refund and withdrawal policies please see page 55.

ONLY
\$29.16
per month. Annual Adult Pass.



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EXPERIENCE the value of an annual pass!

It's All included!

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

Public Skating Notice: Ice is out for the season until August. Join us for Everyone Welcome Skates August 29th to September 2nd, 1:00pm-2:45pm



Park & Facility Bookings with Esquimalt Parks & Recreation

Esquimalt Parks and Recreation has a number of rooms, parks and sports fields for events and programs. Contact Francis Mathieson (bookings@esquimalt.ca or by phone at 250-412-8525) to book.

For more information on facility bookings visit us at www.esquimalt.ca/parksrecreation/facilityrentals



1 Esquimalt Gorge Park

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

2 Colville Sport Fields**

- Sport Fields
- No Dogs Allowed

3 West Bay Walkway

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

4 Macaulay Point Park

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

5 Saxe Point Park

- Dogs On and Off Leash Areas

Dogs Not Permitted Areas

- Beach/Water Access
- Gardens
- Picnic Area
- Washrooms
- FREE WiFi
- Drinking Fountain
- Viewpoint
- Parking

6 L'Ecole Brodeur*

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

7 Highrock Park

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

8 Anderson Park

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

9 Esquimalt Recreation Centre

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

Youth Activities

- Outdoor Fitness Park
- Parking

10 Bullen Park

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

11 Archie Browning Sports Centre

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

12 Lampson Sport Fields

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

13 Esquimalt Town Square

- Playground
- Picnic Area
- Parking

14 Memorial Park

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

15 Captain Jacobsen Park

- Playground
- Dogs Off Leash

*Joint Use Agreement with School District

**Department of National Defense

What's New?

- Memorial Park Playground Expansion to be completed by early summer 2016!
- Fraser Street Adventure Park construction to begin Summer 2016; Splash Park opening Summer 2017.

For a complete listing of our parks, please visit esquimalt.ca.



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Esquimalt's Buccaneer Days: May 12th to 15th



Mark your calendar! Special Events & Important Dates

May 12-15

New Dates & Activities!

Esquimalt's Buccaneer Days

Experience the fun at this historic annual event! The same amazing sights plus some new, additional excitement including an extra day to enjoy the midway rides --- just a month earlier! Buccaneer Days hosts a pancake breakfast, parade, fair, craft & garden sale, Saturday night dance, a FREE children's zone (Pirate's Den) and -NEW this year - Stormin' Norman's Paintball! For detailed information about Buccaneer Days please visit the event website: www.esquimaltbuccaneerdays.ca.

Thu-Sun May 12-15

Location: Archie Browning Sports Centre and Bullen Park

New Date!

Esquimalt's Buccaneer Days Senior's BBQ

Celebrate Buccaneer Days with neighbours and friends during our annual Senior's BBQ! Space is limited; register early to reserve your seat. We've invited some young Buccaneers from Macaulay School to join us for a special performance again this year.

48253 Fri May 13 12:00pm-1:30pm
 \$8.50/person

Location: Esquimalt Recreation Centre

May-Sept

Esquimalt Farmer's Market

The market will open Thursday May 26, at 4:30pm and run weekly on Thursdays from May 26 to September 15, 2016, 4:30pm-7:30pm. It will feature vendors with locally grown produce, artisan food products and a variety of arts and crafts. The aim of the market is to provide a community market place that encourages healthy, local living. More details: www.esquimaltmarket.com or find us on social media at "Esquimalt Farmers Market"

Thu May 26-Sep 15 4:30pm-7:30pm

Location: Esquimalt's Town Square

Contact: esquimaltmarket@gmail.com

May 28

FREE! Block Bash

A great way to celebrate and get to know your neighbours while increasing sense of community and safety where you live. Join the party on Fraser Street in front of the Recreation Centre. The street will be blocked off and filled with activities for the whole family. Detailed information about this event will be available at www.esquimalt.ca closer to the event date. Esquimalt Parks and Recreation has developed a Block Party Kit and Application process to help you plan your party. Check out the Kit and Application at www.esquimalt.ca/blockparty.

Sat May 28 1:00pm-4:00pm

Location: Fraser Street in front of Esquimalt Recreation Centre



June - August

FREE! Esquimalt's Outdoor Cinema!

Esquimalt Parks and Recreation is proud to bring you a series of outdoor movies this summer at one convenient location – Bullen Park! Bring a camping chair and/or a blanket and enjoy an outdoor movie experience! Concession available, hosted by the Esquimalt Lions with proceeds supporting their community fundraising efforts. Free admission. Start time: Sunset. (Please reference local weather forecasts to identify when sunset is anticipated. Approximate start times will be listed on www.esquimalt.ca/events closer to event date)

Date	Movie Title
June 29	Zombieland
July 13	Monty Python & Holy Grail
July 27	Jurassic World
Aug 10	Inside Out
Aug 24	Toy Story

Color Throwers Needed!!

Be a part of the most VIBerant 5K around! Please contact fitness@esquimalt.ca to express interest. Must be available Sunday, July 10th from 8am to 11am.

Volunteers also needed for check in on Saturday, July 9th & Sunday, July 10th. Where volunteers support both days, The Color Vibe donates additional funds back to Esquimalt Parks & Recreation in support of FREE programs and events including outdoor movie nights, Park Play and more.

June - July

Memorial Park Music Fest presented by the Township Community Arts Council

Come out for Esquimalt's favourite Tuesday evening concert series! Join your friend and family for six amazing concerts in Esquimalt's Memorial Park! Music, dancing, food, and friends and six unique bands ranging from the Naden Band of the Royal Canadian Navy to Virtual Elvis. For more info, please visit: townshiparts.org

Tue Jun 21-Jul 26 6:00pm-7:30pm
Location: Memorial Park

June 4

FREE! Oceans Day Festival

Come celebrate World Ocean's Day at this family-friendly event! Activities will include guided nature walks, Songhees canoe tours, live music, crafts, games, and more! Enter to win some fantastic gifts provided by local businesses, with all proceeds supporting the Gorge Waterway Nature House. This event is being hosted by World Fisheries Trust and Esquimalt Parks and Rec.

Sat Jun 4 11:00am-3:00pm Free
Location: Esquimalt Gorge Park



July 10th

Color Vibe 5K: Esquimalt-Victoria

Grab your friends and family, and join the fun as the Color Vibe Team blasts participants with tons of color and epic beats while they walk/run the course. After the run/walk, participants enjoy a dance party, ZUMBA and more color splashes. Participants come as a blank canvas and leave as a colorful mural!! Partial proceeds support Esquimalt Parks and Recreation community programs and events. Link to online registration available on our website or Google: Esquimalt Color Vibe. Online purchase in US dollars. Very limited number of Color Vibe event tickets are available for purchase through the Esquimalt Recreation Centre front desk (in CDN dollars - \$20 savings).

Sun Jul 10 9:00 a.m. start

Location: Bullen Park

August 7th

Gorge Swim Fest

Come down to Esquimalt Gorge Park and take a dip in the warm ocean water! Parks and Recreation staff will be there to have fun with families in and out of the water. Please check the events section of the municipal web page closer to the event date for detailed schedule information.

Sun Aug 7 1:00pm - 3:00pm

Location: Esquimalt Gorge Park

August 14th

Esquimalt Arts Festival

Come join us at magnificent English Inn for a premier regional arts festival featuring local and regional artists showcasing and demonstrating their work. There will be music, family activities, food vendors and an amazing strawberry tea!

For more info, please visit: townshiparts.org

Sat Aug 14 11:30am-5:00pm

Location: English Inn, 429 Lampson St

Rent our event trailer for your neighbourhood block party, backyard birthday party or event.

Includes: delivery & pick up, 4 x 8ft tables, 20 chairs, multiple party games. Rental fee: \$50+tax.

Info: esquimalt.ca/blockparty or 250-412-8500.

August 20th

FREE! Esquimalt Lantern Festival

Enjoy a magical evening of light, music and entertainment at the Esquimalt Lantern Festival! Bring your lantern and participate in a lighted walk along the Westbay Walkway to Barnard Park. Enjoy live music, entertainment and food in Captain Jacobson Park. Event parking will be available behind Archie Browning Arena. For safety reasons we kindly request that you leave pets at home for this event.

Sat Aug 20 6:00pm-10:00pm

FREE

Location: Captain Jacobson Park

FREE! Lantern Making Workshop

Children are invited to attend a FREE Park Play Lantern Making Workshop. Help create a Lantern that will be displayed during Lantern Fest. All supplies provided. Please meet at Captain Jacobsen's Park. Note: activity is weather permitting.

Tue Aug 16 1:00pm-3:00pm

FREE

Location: Captain Jacobson Park

August 31st-September 12th

NOTICE: Pool Closure

Please be advised the Esquimalt Recreation Centre Aquatics Facility including pools, hot tub, sauna and steam room will be closed for maintenance as of 4:00 p.m. on Wednesday, August 31st and re-opening at 5:30 a.m. on Tuesday, September 13th. Your passes will be accepted at all other municipal recreation facilities in Greater Victoria during this time.

August 29th-September 2nd

Beat the Heat Summer Skates!

Beat the Summer Heat! Summer Holiday Skates Enjoy these additional public skates to beat the summer heat at Archie Browning Sports Centre

Aug 29-Sep 2 1:00pm-2:50pm

\$3 Admission; Limited skate rentals available, \$3.25

Location: Archie Browning Sports Centre

September 10th

FREE! 5th Annual Cars, Rods and Rides: A Fundraising Event for Celebration of Lights

Come down to the Archie Browning Sports Centre parking lot and see an amazing display of vintage cars, hot rods and motorcycles! Bring a new, unwrapped toy or cash donation for the Q's TLC fund for kids and be entered into a special draw! Bucket Draws, 50/50 and much more. Go to www.celebrationoflights.ca for more information. Cars, Rods and Rides is part of the Rib Fest weekend - www.esquimaltribfest.com

Sat Sep 10 10:00AM-2:00PM

Admission is free for Car Show

Archie Browning Sports Centre

September 9th-11th

Esquimalt's RibFest

mmmmmm. No further explanation necessary. Bring your appetite, your friends and get ready for your favourite summer event! Esquimalt's Bullen Park will be filled with international ribbers, kid's zone, vendors, artisans and plenty of amazing music. Event runs in conjunction with the Celebration of Lights Annual Car Show (September 12th).

Fri-Sun Sep 9-11 www.esquimaltribfest.com for schedule
 Location: Bullen Park

September 17th-18th

Sculpture Splash

Township Community Arts Council presents "Sculpture Splash, An Art Extravaganza by the Sea "; a two-day outdoor arts and cultural event at Macaulay Point Park in Esquimalt, BC. Sculpture Splash will transform our coastal walkway at Macaulay Point for one weekend into a seaside open-air dimensional art gallery.

More info found at townshiparts.org

Sat Sep 17 9:00am-7:00pm
 Sun Sep 18 9:00am-4:00pm

PARK PLAY

FREE Summer Caregiver Participation Drop In Program

Each week a different park in Esquimalt will play host to you and your children. Activities could include crafts, sports and games, scavenger hunts, nature walks, face painting, bouncy castle and carnival games. This is a free program. Parent supervision/participation required. There will be something different each week. See the table below for the schedule.

Tues Tue Jul 5-Aug 30 1:00pm-3:00pm* FREE

*Weather permitting



Date	Location	Activity (subject to change) *Indicates Bouncy Castle will be there
July 5	Saxe Point Park	Family Fitness Meet by the picnic area at the end of the park
July 12	Esquimalt's Town Square	Music*
July 19	Anderson Park	Farming/Gardens
July 26	Gorge Park-Japanese Gardens	Tea Party Meet on Japanese Garden side of Parking Lot
August 2	Highrock Park	Little Naturalists Meet in meadow. Access off Cairn Road
August 9	Memorial Park	Sports N'Stuff*
August 16	Captain Jacobsens'	Lantern Festival Fun
August 23	Fleming Beach	Under the Sea
August 30	Gorge Park	End of Summer Carnival* Meet at playground



Best. Summer. Ever.



Camp Hours

- Summer Playgrounds and Specialty Camps run 9:00am-3:00pm Mon-Fri. Extended care is available
- Extended Care runs 7:00am-9:00am and 3:00pm-5:00pm Mon-Fri - this 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-3:00pm
- Preschool Specialty Camps run 9:30am-12:00pm Mon-Fri with some afternoon camps 12:30-3:00pm.
- Creative Play Camps run 9:30am-12:00pm Monday to Friday with one afternoon camp 12:30-3:00pm
- **Please note: No care is available 12:00-12:30pm for Preschool-aged children**
- Camps do not run on statutory holidays

Register early!

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, so please register early.

Getting to know your child...

To best support your child and provide an exceptional camp experience, **Camp Registration Forms** must be completed and returned to reception one week prior to camp starting. Forms are available at the Esquimalt Recreation Centre or online: www.esquimalt.ca/camps

What you need to bring

Photo ID.

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. This is for the safety of your child; 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 written permission from parent/guardian). Children 12 years of age or older may sign in/out their younger siblings (with written permission and be listed as an alternate pick up). Children in Licensed (OSC) camps are not permitted to sign themselves in or out.

For Your Convenience

School-aged Campers registered in both a morning and afternoon half day specialty camp will be supervised over lunch, 12:00-12:30pm and dropped off at their afternoon camp!

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 or sandals 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 will need to be filled out. These are available online at www.esquimalt.ca or in person at the Recreation Centre.
- 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

Additional Helpful Information

Withdrawal Policy

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

Payment Policy

The first week's fee must be paid in full at the time of registration. Post dated payments can be accommodated at time of registration by Electronic Fund Transfer (EFT) or credit card. Post dated payments must be scheduled for July 1st and August 1st.

Child Care Subsidy

Children must be registered in the Licensed (OSC) Camps in order to be eligible to receive Child Care Subsidy. Please see page 19 for Licensed Camps. **It is the parent/guardian's responsibility to apply for subsidy.** Caregiver Information Forms can be picked up from reception.



Children with Special Needs

Parents/guardians must notify the OSC/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 contact the Supervisor by email at Shelann.Kowalewsky@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.

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.

Tax Credits

Camps are eligible for the Children's Arts Tax Credit & Children's Fitness Tax Credits. Visit cra.gc.ca for complete details.

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



ESQUIMALT SUMMER CAMPS: AT-A-GLANCE

PARKS + RECREATION

JUN 27 – 30	JUL 4 - 8	JUL 11 - 15	JUL 18 - 22	JUL 25 – JUL 29
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Preschool (3*-5yrs) unless otherwise indicated.

*3yrs by August 31, 2016 (No care available 12:00-12:30 for preschool camps)

	Nature Adventures 9:30-12:00 Saxe Point Park	Art-Tastic 9:30-12:00 Lower Multipurpose	Superheroes 9:30-12:00 Pioneer A	Nature Adventures 9:30-12:00 Saxe Point Park
	Creative Play Camp 9:30-12:00 Pioneer A	Let's Play Soccer 9:30-12:00 Bullen Park	My First Day Camp 9:30-12:00 Bullen Park	Creative Play Camp 9:30-12:00 Pioneer A
		The World of Seuss 12:30-3:00 Pioneer A	Creative Play Camp 12:30-3:00 Pioneer A	

Children (5-12yrs)

OSC Licensed Summer Camps: Voyageurs 6-8yrs & Buccaneers 9-12yrs • 6:30am-6:00pm Constance Cove/Pioneer B

Summer Playgrounds: Fun Seekers 6-8yrs & Adventure Kids 9-12yrs Bullen Park 9:00-3:00pm
(Extended care available: 7:00am-9:00am & 3:00pm-5:00pm Pioneer A)

Specialty Camps (6*-8yrs)

*6yrs by December 31, 2016 (extended care available: 7:00am-9:00am & 3:00pm-5:00pm Pioneer A)

Photography 5-10yrs 1:00-3:00 Archie Browning	Art-Tastic 9:00-3:00 Lower Multipurpose	Sea Adventures 9:00-3:00 Bullen Park	Messy Mucky Yucky 9:00-12:00 Lower Multipurpose	Zombie Survival 9:00-3:00 Bullen Park
			Aqua Sports 12:30-3:00 Lower Multipurpose	
			Star Wars Mission to Space (Bricks 4 Kidz) 5-10yrs 12:30-3:00	Glee Club 9:00-3:00 Archie Browning

Specialty Camps (9-12*yrs) unless otherwise indicated

Extended care available: 7:00am-9:00am & 3:00pm-5:00pm Pioneer A

Rec Leadership 101 14-16yrs 9:00-3:00 Lower Multipurpose	Sea Adventures 9:00-3:00 Bullen Park	Messy Mucky Yucky 9:00-12:00 Kanaka	Jedi Training 9:00-3:00 Bullen Park	Spy vs Spy 9:00-3:00 Bullen Park
		Aqua Sports 12:30-3:00 Kanaka		
Byte Camp Claymation 9-12yrs 9:00-3:00 SC Lounge	Glee Club 8-12yrs 9:00-3:00 Archie Browning		MIJO Olympic Camp 1:00-4:00 Jubilee Hall	
	Movie Magic Youth Film Camp 8-14yrs 9:00-3:00 Kanaka	German Immersion 6-12yrs 9:00-3:00 Bullen Park	German Immersion 6-12yrs 9:00-3:00 Bullen Park	
<div style="border: 1px solid black; padding: 5px;"> <p>For Your Convenience School-Aged Campers registered in both a morning and afternoon half day specialty camp will be supervised over lunch, 12:00-12:30pm and dropped off at their afternoon camp!</p> </div>		Byte Camp 3D Animation 11-14yrs 9:00-3:00 SC Lounge		



AUG 2 - 5	AUG 8 - 12	AUG 15 - 19	AUG 22 - 26	AUG 29 - SEP 2
Preschool (3*-5yrs) unless otherwise indicated. *3yrs by August 31, 2016 (No care available 12:00-12:30 for preschool camps)				
Art-Tastic 9:30-12:00 Lower Multipurpose	Nature Adventures 9:30-12:00 Saxe Point Park	Let's Play Soccer 9:30-12:00 Bullen Park	Nature Adventures 9:30-12:00 Saxe Point Park	
Pirate Adventures 9:30-12:00 Pioneer A	Creative Play Camp 9:30-12:00 Pioneer A	Creative Play Camp 9:30-12:00 Pioneer A	Wings & Wands! 9:30-12:00 Pioneer A	
	Kinderstart 4-5yrs 12:30-3:00 Pioneer A	Kinderstart 4-5yrs 12:30-3:00 Pioneer A	Kinderstart 4-5yrs 12:30-3:00 Pioneer A	
Specialty Camps (6*-8yrs) *6yrs by December 31, 2016 (extended care available: 7:00am-9:00am & 3:00pm-5:00pm Pioneer A)				
Explorin' 9:00-3:00 Bullen Park	Sea Adventures 9:00-3:00 Bullen Park	Let's Play Soccer 9:00-12:00 Bullen Park	Jedi Training 9:00-3:00 Bullen Park	
		Sports Mania 12:30-3:00 Bullen Park		
		Art-Tastic 9:00-3:00 Lower Multipurpose	World Travel 6-12 yrs English: 9:00-12:00pm French: 1:00-3:00 Archie Browning	
Specialty Camps (9-12* yrs) unless otherwise indicated Extended care available: 7:00am-9:00am & 3:00pm-5:00pm Pioneer A				
Thrifty Foods' Young Chef 9:00-12:00 Rec Centre	Zombie Survival 9:00-3:00 Bullen Park	Superhero Camp (Bricks 4 Kidz) 5-10yrs 9:00-12:00	Explorin' 9:00-3:00 Bullen Park	
Thrifty Foods' Young Chef 1:00-4:00 Rec Centre		Acting Out Camp (& Extended Care) 6-12yrs 9:00-4:00 (8-9am & 4-5pm) l'Ecole Victor Brodeur Theatre		
	German Immersion 6-12yrs 9:00-3:00 Bullen Park	German Immersion 6-12yrs 9:00-3:00 Bullen Park	Byte Camp 2D Game Design 11-14yrs 9:00-3:00 SC Lounge	Byte Camp 2D Animation Tablet 9-12yrs 9:00-3:00 SC Lounge
		Mini-Mudders 9-12yrs 9:00-3:00 Bullen Park		



Ignite their imaginations.

Esquimalt Recreation Preschool Summer Camps



Preschool Camps

NOTE: Minimum age for Preschool Camps is based on child turning 3 by August 31, 2016 unless otherwise indicated. Must be potty trained. No care is available 12:00-12:30pm for preschool camps.

Drop Off/Pick Up Location

The drop off/pick up location for each camp is noted with description. This information will also be provided on your receipt/registration confirmation.

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.

49246	M/Tu/W/Th/F	Jul 11-Jul 15	9:30am-12:00pm	\$65/5
49247	Tu/W/Th/F	Aug 2-Aug 5	9:30am-12:00pm	\$52/4

Location: Esquimalt Recreation Centre

Creative Play Camp (3-5yrs)

This 2.5 hour camp introduces preschoolers to summer camp activities including group games, songs, crafts, and out trips to local parks and the library.

Morning Camps

49248	M/Tu/W/Th/F	Jul 4-Jul 8	9:30am-12:00pm	\$65/5
49329	M/Tu/W/Th/F	Jul 25-Jul 29	9:30am-12:00pm	\$65/5
49330	M/Tu/W/Th/F	Aug 8-Aug 12	9:30am-12:00pm	\$65/5
49331	M/Tu/W/Th/F	Aug 15-Aug 19	9:30am-12:00pm	\$65/5

Afternoon Camp

49332	M/Tu/W/Th/F	Jul 18-Jul 22	12:30pm-3:00pm	\$65/5
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Location: Esquimalt Recreation Centre

NEW! 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!

49334	Tu/W/Th/F	Aug 2-Aug 8	9:30am-12:00pm	\$52/4
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Location: Esquimalt Recreation Centre

NEW! 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.

49335	M/Tu/W/Th/F	Aug 22-Aug 26	9:30am-12:00pm	\$65/5
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Location: Esquimalt Recreation Centre

Summer Kinderstart (4-5yrs)

Let's get ready for Kindergarten! The afternoons will consist of games, song, crafts, and many other activities to get your child used to the adventure of Kindergarten.

49307	M/Tu/W/Th/F	Aug 8-Aug 12	12:30pm-3:00pm	\$65/5
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49308	M/Tu/W/Th/F	Aug 15-Aug 19	12:30pm-3:00pm	\$65/5
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49309	M/Tu/W/Th/F	Aug 22-Aug 26	12:30pm-3:00pm	\$65/5
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Location: Esquimalt Recreation Centre

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!

49312	M/Tu/W/Th/F	Jul 18-Jul 22	9:30am-12:00pm	\$65/5
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Location: Esquimalt Recreation Centre

NEW! The World of Dr. Seuss (3-5yrs)

Spend your afternoon immersed in the vividly creative and colourful world of Dr. Seuss! We'll paint and play, read stories and do activities based on the popular books.

49333 M/Tu/W/Th/F Jul 11-Jul 15 12:30pm-3:00pm \$65/5

Location: Esquimalt Recreation Centre

Let's Play Soccer (3-5yrs)

Strengthening individual skills and self-confidence, while learning lessons about sportsmanship and fair play in a fun environment is what this camp is all about. Each class will include games, mini skill lessons and a series of high-energy activities.

49261 M/Tu/W/Th/F Jul 11-Jul 15 9:30am-12:00pm \$65/5

49262 M/Tu/W/Th/F Aug 15-Aug 19 9:30am-12:00pm \$65/5

Location: Bullen Park

My First Day Camp (3-5yrs)

Spend the morning with us playing games, singing songs, creating art projects, and learning what summer camp is all about.

49268 M/Tu/W/Th/F Jul 18-Jul 22 9:30am-12:00pm \$65/5

Location: Bullen Park

Nature Adventures (3-5yrs)

Join us at the park! Kids will get a chance to play in the dirt, perform hands-on experiments, play themed games, and enjoy a snack and story related to the daily theme. We'll meet at the picnic bench by the parking lot on the field.

49270 M/Tu/W/Th/F Jul 4-Jul 8 9:30am-12:00pm \$65/5

49271 M/Tu/W/Th/F Jul 25-Jul 29 9:30am-12:00pm \$65/5

49327 M/Tu/W/Th/F Aug 8-Aug 12 9:30am-12:00pm \$65/5

49326 M/Tu/W/Th/F Aug 22-Aug 26 9:30am-12:00pm \$65/5

Location: Saxe Point Park



PARK PLAY. Play here.

Each week a different park in Esquimalt will play host to you and your children. Caregiver supervision/participation required. Activities could include crafts, sports and games, scavenger hunts, nature walks, face painting, bouncy castle and carnival games. This is a free program. There will be something different each week. See the table below for the schedule.

Tues Tue Jul 5-Aug 30 1:00pm-3:00pm* FREE

*Weather permitting

Date	Location	Activity (subject to change) <i>*Indicates Bouncy Castle will be there</i>
July 5	Saxe Point Park	Family Fitness Meet by the picnic area at the end of the park
July 12	Esquimalt's Town Square	Music*
July 19	Anderson Park	Farming/Gardens
July 26	Gorge Park-Japanese Gardens	Tea Party Meet on Japanese Garden side of Parking Lot
August 2	Highrock Park	Little Naturalists Meet in meadow. Access off Cairn Road
August 9	Memorial Park	Sports N'Stuff*
August 16	Captain Jacobsens'	Lantern Festival Fun
August 23	Fleming Beach	Under the Sea
August 30	Gorge Park	End of Summer Carnival* Meet at playground



Explore new adventures.

Summer Playgrounds

Our exciting Playgrounds camps are available for two age groups, all offering swimming, arts & crafts, games, songs, theme days, and out trips to local parks.

Age Requirement

Minimum age based on child turning 6 by December 31, 2016. Child must have also 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.

Flexible Hours

All playground camps run 9:00am-3:00pm. Add on extended hours, before and/or after, care to suit your schedule.

Extended Care (6-12yrs)

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

Before Care	Mon-Fri	7:00am-9:00am	\$33/5
After Care	Mon-Fri	3:00pm-5:00pm	\$33/5

Note: Program does not run on statutory holidays:

June 27-30 & August 2-5 are \$26/4.

Location: Esquimalt Recreation Centre

Fun Seekers (6-8yrs)

Come and join the Summer Playground Camps for summer fun. All camps include swimming, arts & crafts, games, songs, themes days, and out trips to local parks. Children are to be dropped off and picked up on Bullen Field, adjacent to the Archie Browning Sport Centre parking lot.

49294	M/Tu/W/Th	Jun 27-Jun 30	9:00am-3:00pm	\$72/4
49297	M/Tu/W/Th/F	Jul 4-Jul 8	9:00am-3:00pm	\$90/5
49295	M/Tu/W/Th/F	Jul 11-Jul 15	9:00am-3:00pm	\$90/5
49296	M/Tu/W/Th/F	Jul 18-Jul 22	9:00am-3:00pm	\$90/5
49298	M/Tu/W/Th/F	Jul 25-Jul 29	9:00am-3:00pm	\$90/5
49299	Tu/W/Th/F	Aug 2-Aug 5	9:00am-3:00pm	\$72/4
49300	M/Tu/W/Th/F	Aug 8-Aug 12	9:00am-3:00pm	\$90/5
49301	M/Tu/W/Th/F	Aug 15-Aug 19	9:00am-3:00pm	\$90/5
49302	M/Tu/W/Th/F	Aug 22-Aug 26	9:00am-3:00pm	\$90/5
49303	M/Tu/W/Th/F	Aug 29-Sep 2	9:00am-3:00pm	\$90/5

Location: Bullen Park

Adventure Kids (9-12yrs)

Come and join the Summer Playground Camps for summer fun. All camps include swimming, arts & crafts, games, songs, themes days, and out trips to local parks. Children are to be dropped off and picked up on Bullen Field, adjacent to the Archie Browning Sport Centre parking lot.

49279	M/Tu/W/Th	Jun 27-Jun 30	9:00am-3:00pm	\$72/4
49282	M/Tu/W/Th/F	Jul 4-Jul 8	9:00am-3:00pm	\$90/5
49281	M/Tu/W/Th/F	Jul 11-Jul 15	9:00am-3:00pm	\$90/5
49280	M/Tu/W/Th/F	Jul 18-Jul 22	9:00am-3:00pm	\$90/5
49283	M/Tu/W/Th/F	Jul 25-Jul 29	9:00am-3:00pm	\$90/5
49284	Tu/W/Th/F	Aug 2-Aug 5	9:00am-3:00pm	\$72/4
49285	M/Tu/W/Th/F	Aug 8-Aug 12	9:00am-3:00pm	\$90/5
49286	M/Tu/W/Th/F	Aug 15-Aug 19	9:00am-3:00pm	\$90/5
49287	M/Tu/W/Th/F	Aug 22-Aug 26	9:00am-3:00pm	\$90/5
49288	M/Tu/W/Th/F	Aug 29-Sep 2	9:00am-3:00pm	\$90/5

Location: Bullen Park





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.

Age Requirement

Minimum age for Voyageurs based on child turning 6 by December 31, 2016. Child must have also completed Kindergarten.

Drop Off/Pick Up Location

Esquimalt Recreation Centre

Flexible Hours

Drop off between 6:30-9:00am and pick up between 3:00-6:00pm.

NOTE: Program does not run on statutory holidays.

Child Care Subsidy

It is the parent/guardian's responsibility to apply for subsidy, and Caregiver Information Forms can be picked up from reception.

Subsidy available for licensed camps only.

Reminder!

For the safety of your children, 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.

OSC Voyageurs (6-7yrs)

49201	M/Tu/W/Th	Jun 27-Jun 30	6:30am-6:00pm	\$136/4
49202	M/Tu/W/Th/F	Jul 4-Jul 8	6:30am-6:00pm	\$170/5
49203	M/Tu/W/Th/F	Jul 11-Jul 15	6:30am-6:00pm	\$170/5
49204	M/Tu/W/Th/F	Jul 18-Jul 22	6:30am-6:00pm	\$170/5
49205	M/Tu/W/Th/F	Jul 25-Jul 29	6:30am-6:00pm	\$170/5
49206	Tu/W/Th/F	Aug 2-Aug 5	6:30am-6:00pm	\$136/4
49207	M/Tu/W/Th/F	Aug 8-Aug 12	6:30am-6:00pm	\$170/5
49208	M/Tu/W/Th/F	Aug 15-Aug 19	6:30am-6:00pm	\$170/5
49209	M/Tu/W/Th/F	Aug 22-Aug 26	6:30am-6:00pm	\$170/5
49210	M/Tu/W/Th/F	Aug 29-Sep 2	6:30am-6:00pm	\$170/5

Location: Esquimalt Recreation Centre

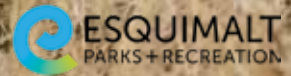
OSC Buccaneers (8-12yrs)

49211	M/Tu/W/Th	Jun 27-Jun 30	6:30am-6:00pm	\$136/4
49212	M/Tu/W/Th/F	Jul 4-Jul 8	6:30am-6:00pm	\$170/5
49213	M/Tu/W/Th/F	Jul 11-Jul 15	6:30am-6:00pm	\$170/5
49214	M/Tu/W/Th/F	Jul 18-Jul 22	6:30am-6:00pm	\$170/5
49215	M/Tu/W/Th/F	Jul 25-Jul 29	6:30am-6:00pm	\$170/5
49216	Tu/W/Th/F	Aug 2-Aug 5	6:30am-6:00pm	\$136/4
49217	M/Tu/W/Th/F	Aug 8-Aug 12	6:30am-6:00pm	\$170/5
49218	M/Tu/W/Th/F	Aug 15-Aug 19	6:30am-6:00pm	\$170/5
49219	M/Tu/W/Th/F	Aug 22-Aug 26	6:30am-6:00pm	\$170/5
49220	M/Tu/W/Th/F	Aug 29-Sep 2	6:30am-6:00pm	\$170/5

Location: Esquimalt Recreation Centre



Best.
Summer.
Ever.



School Aged Specialty Camps

Age Requirement

Minimum age based on child turning 6 by December 31, 2016. Child must have also completed Kindergarten.

Drop Off/Pick Up Location

Bullen Park, adjacent to the Archie Browning Sport Centre parking lot.

Hours

Hours vary per camp. Combine morning only and afternoon only camps for children to enjoy a truly unique full day camp experience. Add on extended hours, before and/or after care to suit your schedule.

Extended Care (6-12yrs)

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

Before Care Mon-Fri 7:00am-9:00am \$33/5

After Care Mon-Fri 3:00pm-5:00pm \$33/5

Note: Program does not run on statutory holidays. June 27-30 & August 2-5 are \$26/4.

Location: Esquimalt Recreation Centre

For Your Convenience

School-aged campers registered in both a morning and afternoon half day specialty camp will be supervised over lunch, 12:00-12:30pm and dropped off at their afternoon camp!

NEW! 2D Animation on Tablet (9-12yrs)



Turn your drawing skills into awesome animation skills on our tablets! We'll show you how to make beautiful animations as wild as your imagination. Participants will learn to storyboard and use some advanced animation skills to make their characters really come alive on the screen. Principles like Squash & Stretch, Anticipation and Exaggeration will be introduced in fun lessons and students will produce their own animated short films by the end of the week.

49320 M/Tu/W/Th/F Aug 29-Sep 2 9:00am-3:00pm \$250/5
Location: Archie Browning Sports Centre

Acting Out! Musical Theatre (6-12yrs)

Come dance and sing with us on stage! Performers will explore theatre through drama, dance, music, improv, script work and character development while preparing a musical to present to friends and family!

Two Week Option

49235 Mon-Fri Aug 15-26 9:00am-4:00pm \$340/10

One Week Option

49472 Mon-Fri Aug 22-26 9:00am-4:00pm \$185/5

Extended Care

49236 Mon-Fri Aug 15-Aug 26 8:00am-9:00am
\$30/5 (one week); \$60/10 (two weeks)

49237 Mon-Fri Aug 15-Aug 26 4:00pm-5:00pm
\$30/5 (one week); \$60/10 (two weeks)

Location: L'Ecole Brodeur School



NEW! Aqua Sports (6-8yrs & 9-12yrs)

Spend your afternoons in the pool playing aquatic sports, games, and more! Pair this with Messy, Mucky, Yucky in the mornings for a full day of fun, and a way to get clean after Messy camp!

6-8yrs				
49325	M/Tu/W/Th/F	Jul 18-Jul 22	12:30pm-3:00pm	\$70/5
9-12yrs				
49324	M/Tu/W/Th/F	Jul 11-Jul 15	12:30pm-3:00pm	\$70/5

Location: Esquimalt Recreation Centre



SUMMER CAMPS

Star Wars Mission to Space Camps (5-10yrs)

(Must have completed kindergarten)

Inspired by NASA and Star Wars, Bricks 4 Kidz Space Adventures class is packed full of models that will make your imagination blast off! In each of these Jr. Engineering classes, kids will learn about real-life space exploration and build models related to the NASA space program. All models are motorized and utilize gears, axles, levers and other simple mechanisms to transfer motion. The entirety of the camp week will be based off an adventure into space, beginning with learning about and simulating astronaut training with LEGO bricks.

49599	Mon-Fri	July 18-22	12:30pm-3:00pm	\$140/5
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Super Hero Camp (5-10yrs)

(Must have completed kindergarten)

Join Bricks 4 Kidz for a week building Super Heroes with LEGO bricks. Explore all the caped crusaders and discover their super powers. Create a fantasy world and protect it against all the evil arch enemies with custom contraptions made with LEGO bricks.

49600	Mon-Fri	August 15-19	9:00am-12:00pm	\$140/5
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Art-Tastic (6-8yrs)

Spend the week with us creating and learning about the many different types of art in the world. Each day will focus on a different artist and the types of art created will be based on that.

49242	M/Tu/W/Th/F	Jul 4-Jul 8	9:00am-3:00pm	\$160/5
49243	M/Tu/W/Th/F	Aug 15-Aug 19	9:00am-3:00pm	\$160/5

Location: Esquimalt Recreation Centre

Byte Camp Claymation Movie Production (9-12yrs)



Make your own clay characters come to life, just like Shaun the Sheep! Participants will work with a partner to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities!

49232	M/Tu/W/Th	Jun 27-Jun 30	9:00am-3:00pm	\$210/4
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Location: Archie Browning Sports Centre

Explorin' (6-8yrs & 9-12yrs)

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.

6-8yrs				
49257	Tu/W/Th/F	Aug 2-Aug 5	9:00am-3:00pm	\$125/4
9-12yrs				
49258	M/Tu/W/Th/F	Aug 22-Aug 26	9:00am-3:00pm	\$155/5

Location: Bullen Park

NEW! German Immersion/Kinder deutschen (6-12yrs)

Immerse your child in a fun, German speaking environment for the summer! Enjoy plenty of activities from sports to crafts to playground adventures, swimming and beach explorations in a supportive, German-immersion environment. This exciting cultural camp runs from 9:00am to 3:00pm; children may enroll in the Esquimalt Recreation before & after care (English) program to provide additional care hours.

49480	M/Tu/W/Th/F	Jul 11-Jul 15	9:00am-3:00pm	\$175/5
49481	M/Tu/W/Th/F	Jul 18-Jul 22	9:00am-3:00pm	\$175/5
49482	M/Tu/W/Th/F	Aug 8-Aug 12	9:00am-3:00pm	\$175/5
49483	M/Tu/W/Th/F	Aug 15-Aug 19	9:00am-3:00pm	\$175/5

Presented by the Victoria German School
Location: Bullen Park





NEW! GLEE Club Camp 6-12yrs

Join us for an exciting singing, dancing and acting experience! Each week we will choose songs and bring their stories for life on stage. Your days will be filled with energy, laughter, creativity and exploration, as we create an original performance to share with your friends and family at the end of the week. Come bring your imagination to life!

For 8-12yrs: Two Week Option

49608 M/Tu/W/Th/F July 4-15 9:00am-3:00pm \$275/10

For 8-12yrs: One Week Option

49609 M/Tu/W/Th/F July 11-15 9:00am-3:00pm \$160/5

For 6-8yrs: Full Day/Week Option

49606 M/Tu/W/Th/F July 25-29 9:00am-3:00pm \$160/5

For 6-8yrs: Half Day Option

49616 M/Tu/W/Th/F July 25-29 9:00am-12:30pm \$85/5

Location: Esquimalt Archie Browning Sports Centre

NEW! Jedi Training (6-8yrs & 9-12yrs)

Does the Force lie within you? Join our Jedi training camp and master the Light side. Stealth, speed and endurance will be among our activities. Join us, don't let the Dark side take you.

6-8yrs

49273 M/Tu/W/Th/F Aug 22-26 9:00am-3:00pm \$145/5

9-12yrs

49323 M/Tu/W/Th/F Jul 18-Jul 22 9:00am-3:00pm \$145/5

Location: Bullen Park

Let's Play Soccer (6-8yrs)

Strengthening individual skills and self-confidence, while learning lessons about sportsmanship and fair play in a summer camp environment is what this camp is all about. Each day will include games, mini skill lessons and a series of high-energy activities.

49240 M/Tu/W/Th/F Aug 15-Aug 19 9:00am-12:00pm \$70/5

Location: Bullen Park

Messy Mucky Yucky (6-8yrs & 9-12yrs)

If you like things to be clean and tidy, this camp isn't for you! Prepare to get creative in this half-day camp with all sorts of messy activities. The group will play in the dirt, make messy art projects using a variety of mediums, and participate in some mucky activities like 'paint the kid' and pudding drop!

6-8yrs

49264 M/Tu/W/Th/F Jul 18-Jul 22 9:00am-12:00pm \$70/5

9-12yrs

49265 M/Tu/W/Th/F Jul 11-Jul 15 9:00am-12:00pm \$70/5

Location: Esquimalt Recreation Centre

NEW! Mini Mudders (9-12yrs)

If you like obstacles, challenges, and having mountains for fun then you're going to love this camp! Our leaders will help you build the strength, stamina, camaraderie and mental toughness you'll need to tackle our challenge course on the final day of camp at the rec centre. By the end of the week you'll have a true sense of accomplishment, a great time, and some new friends!

49315 M/Tu/W/Th/F Aug 15-Aug 19 9:00am-3:00pm \$150/5

Location: Bullen Park

NEW! Movie Magic Youth Film Camp (9-14 yrs)

Seeking Actors and Filmmakers, come up with an amazing story, pick out props and costumes, choose your locations and shoot the film. Take on all roles of movie making. Shooting, directing and acting. At the end of the week attend your own big screen movie premiere. All equipment included.

49484 M/Tu/W/Th/F Jul 4-Jul 8 9:00am-3:00pm

\$190/5

Location: Esquimalt Recreation Centre

NEW! Olympic Taekwondo Camp - MIJO Taekwondo Camp (6+yrs)

Train like an Olympian during this fun Olympic Style Taekwondo Camp. Kids will learn the foundation skills including basic stances, kicks, punches and much more. Through exciting drills and educational games kids will have the opportunity to 'train like an Olympic Taekwondo athlete' while becoming comfortable with basic Taekwondo skills! This is an excellent way for kids to get ready for fall Taekwondo classes. Camp is suitable for new and existing students.

49322 M/Tu/W/Th/F July 18-22 1:00pm-4:00pm \$120/5

Location: Esquimalt Recreation Centre

Sea Adventures (6-8yrs & 9-12yrs)

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 paddle boarding, skim boarding, slip and slide, exploring Witty's Lagoon and more!

6-8yrs

49275 M/Tu/W/Th/F Jul 11-Jul 15 9:00am-3:00pm \$145/5

49321 M/Tu/W/Th/F Aug 8-Aug 12 9:00am-3:00pm \$145/5

9-12yrs

49278 M/Tu/W/Th/F Jul 4-Jul 8 9:00am-3:00pm \$145/5

Location: Bullen Park



Photography Camps



Photography for Little Kids 5-10yrs

Learn how to take good pictures, in good lighting. Learn how to edit them, make a photo frame decoupage; then use these techniques on an ocean photo walk, float rubber duckies on the ocean, frame and expose them. Plus so much more this camp will prove to be a ton of fun! A cell phone or a point and shoot camera are a must. By New York Institute Grad Anny Ruch.

49617 M/Tu/W/Th June 27-30 12:30-3:00pm \$60/4

Travel the World 6-12yrs (English Camp)

Travel to Morocco, France, Switzerland, Hawaii and Vietnam, sampling and making foods, crafts and plenty of outdoor activities. (Including a making a clock, coconut lip balm, butter & clay art).

49618 M/Tu/W/Th/F Aug 22-26 9:00am-12:00pm \$70/5

Travel the World 6-12 yrs (French Immersion)

Voyage au Maroc, en France, en Suisse, à Hawaii et au Vietnam avec des bricolages et des aliments que tu prépares! (une montre en bois et en découpage avec un vrai mécanisme, un baume à lèvres à l'huile de coco, fais du beurre, un objet en terre cuite) en Français avec Anny Ruch, originaire de France. French Immersion students: Anny is a French Tutor at St Michaels University School and believes that language is about proper sounds and visuals, before being a lengthy list of vocabulary or boring grammar).

49619 M/Tu/W/Th/F Aug 22-26 12:30am-3:00pm \$70/5

Sports Mania (6-8yrs)

Join us for an afternoon filled with sports! We'll try basketball, soccer, hockey, and more. This camp is a good fit for combining with a morning half day camp for a full day of fun.

49305 M/Tu/W/Th/F Aug 15-Aug 19 12:30pm-3:00pm \$70/5

Location: Bullen Park

Spy vs Spy (9-12yrs)

For years spies have been pitted against each other in a struggle for supreme strategic dominance. Choose your side and prepare for the ultimate showdown. Hone your physical and mental skills with this strategy camp that keeps the energy high all week. Enjoy: Attack & Defend, Entrapment, Watch Guard, Ambush and Gauntlet - in preparation for the final showdown against Crystal Pool's spies on the final day!

49306 M/Tu/W/Th/F Jul 25-Jul 29 9:00am-3:00pm \$150/5

Location: Bullen Park



Thrifty Foods Young Chef (9-12yrs)

A fun and energizing foodie camp that features basic hands-on snack preparation. Customize your own recipe book, take a field trip to the grocery store, learn basic food prep instruction, & food safety practices and take home your own chef apron.

49313 Tu/W/Th/F Aug 2-Aug 5 9:00am-12:00pm \$28/4

49314 Tu/W/Th/F Aug 2-Aug 5 1:00pm-4:00pm \$28/4

Location: Esquimalt Rec Centre

ZOMBIE SURVIVAL CAMP 2.0

(6-8yrs & 9-12yrs)

Do you think you are ready to survive the Zombie Apocalypse? Let's see what you are made of. This year will prove to be bigger and bolder in this full day, week long Zombie Survival training! Not for the faint of heart, we'll be heading into the woods to help you be prepared... careful, Zombies may bite!

6-8yrs

49316 M/Tu/W/Th/F Jul 25-Jul 29 9:00am-3:00pm \$145/5

9-12yrs

49317 M/Tu/W/Th/F Aug 8-Aug 12 9:00am-3:00pm \$145/5

Location: Bullen Park



Youth Camps

NEW! Recreation Leadership (14-16yrs)

Do you want to become a Camp Leader? Your Leadership Training starts here! This course will teach you the skills necessary to become an effective, fun and reliable leader. Communication skills, leadership, team work, games, safety supervision, touching on behaviour management and risk assessment. One week of volunteer camp experience is required, which will help to put their newly developed leadership skills into practice. After the completion of the course and volunteer experience participants will receive a certificate, hand book with leadership tools, games, activities, group management tips and suggestions, all excellent tools to help build future employability.

49336 M/Tu/W/Th Jun 27-Jun 30 9:00am-3:00pm \$160/4
Location: Esquimalt Recreation Centre

NEW! Movie Magic Youth Film Camp (9-14 yrs)



Seeking Actors and Filmmakers, come up with an amazing story, pick out props and costumes, choose your locations and shoot the film. Take on all roles of movie making. Shooting, directing and acting. At the end of the week attend your own big screen movie premiere. All equipment included.

49484 M/Tu/W/Th/F Jul 4-Jul 8 9:00am-3:00pm \$190/5
Location: Esquimalt Recreation Centre

NEW! 2D Video Game Design Byte Camp (11-14yrs)



Learn how to build an HTML5 game from the ground up using awesome free tools. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. The final project is a game you can take home on USB or proudly share with friends online. No previous experience is required however Byte Camp's Introduction to Coding is recommended. Lots of time during the week is devoted to outdoor activities so that your child is fresh for new challenges.

49226 M/Tu/W/Th/F Aug 22-Aug 26 9:00am-3:00pm \$250/5
Location: Archie Browning Sports Centre

3D Animation Byte Camp (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.

49229 M/Tu/W/Th/F Jul 11-Jul 15 9:00am-3:00pm \$250/5
Location: Archie Browning Sports Centre

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More than a Bottle Depot
ESQUIMALT - 935 Ellery
Open 7 Days

HAVE YOUR NEXT

Celebration

IN OUR FACILITIES/PARKS



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

Meeting Rooms
Birthday Parties

Family Celebrations
Sports Team Rentals & Events

Weddings
Park Rentals

Contact Francis Mathieson, bookings@esquimalt.ca or
by phone at 250.412.8525, to book.



Get Active Indoors...

Kindergym & Playgroup



Early Childhood Drop In Programs

Kindergym (Crawling-5yrs)

Join us for an exciting morning of exploring with ride on toys, balls, slides and bouncy castle. Limited availability, please call 250-412-8500 to reserve your space after 7:00am on the day of interest. \$2.75/child

Mon & Fri 10:30am-11:45am
 Sat 10:00am-11:00am
 Sat 10:00am-11:00am

Everyone Welcome Playgroup (Birth-5yrs)

Join us for drop in play time including games and free play with the Kindergym toys. Parent/Caregivers will receive resources and tips on positive parenting, health and safety and much more. Co-sponsored by the Esquimalt Neighbourhood House. Please call 250-412-8500 to reserve your space after 7:00am on the day of interest. \$2.75/child

Thu 10:30am-11:45am

Stay & Play Childminding (3mon-6yrs)

Stories, crafts and free play for your child while you drop in to our programs or use our facilities. There are 2 payment options: purchase a pass for \$30 which give you 10-1.5 hour drop in sessions or pay per drop in of \$3.50/1.5 hrs. Additional children in the same family receive a 50% discount on the 2nd+ child. NO programs on STATS Holidays. For children under 18 months please call to reserve a space after 6:00pm the night before your preferred attendance as space for under 18 months is limited.

May & June*

Mon-Fri	9:00am-10:30am
Mon-Fri	11:45am-1:15pm
Wed	5:45pm-7:45pm *available until June 22

July & August

Mon-Fri	9:00am-10:30am
Mon-Fri	11:45am-1:15pm

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



And Out!

Introducing enhanced outdoor exploration to our creative play & preschool programs.

Creative Play Programs

NEW!

OUTDOOR EXPLORER! Creative Play (3-5yrs)

This program will focus on learning through play indoors and by exploring the outdoors. As we begin to transition this year towards an outdoor program. Children will continue to have opportunities to share ideas, develop fine and gross motor skills while building new friendships and social skills. Fees are calculated at \$14/class for 10 months. Monthly fees will vary. Ongoing registration while space permits.

Mon/Wed Sep 12-June 14 9:00am-11:30am

Tue/Thu Sep 13-June 15 9:00am-11:30am

Creative Play – En Francais! (4-5yrs)

Extend your Creative Play week with this terrific Friday class. Your child will be introduced to the French language through songs, stories and rhymes. The class will include free play, art activities and circle time with a focus on fun and beginner French. Fees are calculated at \$12/class for 10 months. Monthly fees will vary. Ongoing registration while space permits.

Fri Sept 16-June 16 9:30am-11:30am

Licensed Preschool

Esquimalt Preschool (3-5yrs)

Allow your child to explore their creativity through an array of exciting activities including free play, arts & crafts, singing & dancing, story time and so much more. Our ECE certified staff provide a fun and safe environment for your little one to grow and develop their cognitive, physical and social skills at their own pace. Join us in the mornings or afternoons where having fun is rule number one! Fees are calculated at \$18/class for 10 months. Monthly fees will vary. Ongoing registration while space permits.

Mon/Wed Sept 12-June 14 9:00am-12:00pm

Tue/Thu Sept 13-June 15 9:00am-12:00pm

Esquimalt Preschool – Kinderstart (4-5yrs)

This program will focus on Kindergarten preparation. Child will learn through play, while developing fine & gross motor skills in addition to very important social skills around sharing, co-operating and friendships. This program is designed for children entering kindergarten the following year. Children must be 4 years of age by Dec. 31, 2016. Fees are calculated on \$12/class for 10 months. Monthly fees will vary. Ongoing registration while space permits.

Mon/Wed/Fri Sep 12-June 16 12:30pm-2:30pm

For ALL Preschool Programs:

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

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



Summer Registered Programs

Throughout the summer we are pleased to offer numerous half day camp options for your young children, please see the camp section of this publication. Our early childhood drop in programs are also available throughout the summer. Please note that our comprehensive program offerings will continue in September.

Dance

Creative Dance for Kids (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.

48185 Thu May 19-Jun 23 12:30pm-1:00pm \$48/6

Location: Esquimalt Recreation Centre

Instructor: Nikko Snow of Moondance Dynamic Arts School

Dance Together! (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.

48182 Thu May 19-Jun 23 12:00pm-12:30pm \$48/6

Location: Esquimalt Recreation Centre

Instructor: Nikko Snow of Moondance Dynamic Arts School

Hula Hoop Dancing (Parent & Tot 0-5yrs)

Learn the basics of Hula Hoop Dancing while fitting in some fitness & family time! Parents will learn how to hoop from head to toe while toddlers/preschoolers will explore movement to music while dancing with hula hoops. Hoops provided by the instructor.

48344 Wed May 18-Jun 22 10:30am-11:00am \$48/6

Location: Esquimalt Recreation Centre

Instructor: Sarah Hammond

Percussion-Dance - Preschool

Percussion-Dance classes include games, rhythmic movement, active play, dance sequences & drumming/percussion. Professional percussionist Masako introduces basic percussion & dance skills while kids engage in high-energy activities focused on developing rhythm, coordination & balance. Classes combine the art of music & the joy of dance while providing time for kids to explore musical expression. All instruments are provided. Parent participation is required for toddler program. Classes do not run on long weekends.

Parent & Tot (2-3yrs)

46806 Sun May 29-Jun 26 9:00am-9:30am \$35/5

Preschool (3 1/2-5yrs)

46807 Sun May 29-Jun 26 9:30am-10:00am \$35/5

Location: Esquimalt Recreation Centre

Instructor: Masako Hockey



Music

Glee Club (4-6 yrs)

Join music specialist Kaehlen for an introduction to singing, dancing & acting during this exciting program! Perform and learn on a real stage as you bring stories to life. Invite your family and friends to a performance on the last class to celebrate what you have learned!

46964 Thu May 19-Jun 23 5:30pm-6:00pm \$42/6

Location: L'Ecole Brodeur School Theatre

Instructor: Kaehlen Allison

Sport & Healthy Living

Jumping Jellybeans (3-5yrs)

Have a preschooler with energy to burn? Join us for this high energy active program incorporating the ideals of physical literacy through fun high paced games. Helping to develop balance, core and large muscle strength and coordination.

48539 Tue May 17-Jun 21 3:30pm-4:00pm \$36/5

Location: Esquimalt Recreation Centre

Swim Lessons Please see page 52.



Birthday Parties

Kindergym & Bouncy Castle • Sport & Bouncy Castle • Do It Yourself Swim or Skate • Rent Our e-town Trailer

esquimalt.ca or 250-412-8500 for party details.



WALK AMONG GIANTS

MAMMOTHS GIANTS OF THE ICE AGE

EXHIBITION OPEN
JUN 3 – DEC 31, 2016

This exhibition was created by The Field Museum, Chicago.

GET TICKETS AT ROYALBCMUSEUM.BC.CA/MAMMOTHS



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Program Registration

In addition to camps (see camp section of this publication), several other program opportunities are available for children during the summer. Early registration for any of our programs is strongly recommended. As you register, we encourage you to let friends know – this helps enhance the social opportunity within programs while also supporting program registration. Financial assistance for programs may be available, please inquire with reception.

Creative Arts

Kids Cooking Fun! (6-12yrs)

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

49505	Tue	May 17-Jun 21	6:00pm-7:30pm	\$60/6
46818	Wed	May 18-Jun 22	6:00pm-7:30pm	\$60/6

Location: Esquimalt United Church

Instructor: Ariana Maragh

Drum & Percussion Circle

Take part in a weekly drumming circle using a variety of hand drums and percussion instruments. Engage in rhythmic expression while acquiring skills in tempo, improvisation, self-expression and group performance. Introductory drumming techniques will be taught in a supportive, creative learning environment. All instruments will be provided during class time. Families will be treated to a 10 minute group performance during the final class.

48263	Sun	May 29-Jun 26	10:20am-10:55am	\$40/5
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Location: Esquimalt Recreation Centre

Instructor: Masako Hockey



WE LEARN. WE BUILD. WE PLAY.

**bricks
4 kidz**

See Camps with Esquimalt Recreation on page 21.

Glee Club

Join music specialist Kaehlen for an exciting singing, dancing, acting experience! Create musical theatre together in a real theatre space. Invite your family and friends to a performance on the last class. Bring your imagination to life!

Super Junior (4-6yrs)

46964 Thu May 19-Jun 23 5:30pm-6:00pm \$42/6

Junior (7-9yrs)

46975 Thu May 19-Jun 23 6:10pm-6:50pm \$48/6

Senior (10-14yrs)

46978 Thu May 19-Jun 23 7:00pm-8:00pm \$54/6

Location: L'Ecole Brodeur School Theatre

Instructor: Kaehlen Allison



Guitar (7-14yrs)

Instructor Alberto will share his passion & knowledge for guitar in a supportive group class environment designed especially for kids. Learn simple strumming & picking techniques, progress to basic chords and sight reading, then learn simple songs that are fun to play. Engaging in music at a young age will help kids develop a keen sense of pitch & rhythm, gain hand strength & motor skills and cultivate an early connection to the exciting world of musical arts. A \$10 course booklet fee to be paid directly to the instructor at the first class.

Beginner

48245 Tue May 17-Jun 21 5:00pm-5:50pm \$60/6

Intermediate & Continuing

48251 Tue May 17-Jun 21 6:00pm-6:50pm \$60/6

Location: Esquimalt Recreation Centre

Instructor: Alberto Ubach

Kids Bike Skills (7-9yrs)

Kids will learn all the bike skills necessary to give them confidence to bike on the road. Helmet safety, road rules and safety and other bike skills will be covered.

48532 Sat Jun 4 9:30am-12:30pm \$20

Location: Archie Browning Sports Centre

Sports

Active Kids - Gym Class 6-9yrs

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

48324 Tue May 17-Jun 21 4:15pm-5:15pm \$36/6

Location: Esquimalt Recreation Centre

Education/Leadership

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.

Military Discount 10%
47511 Sat May 28 9:00am-12:00pm \$30

47512 Sun Jul 10 1:00pm-4:00pm \$30

47513 Sun Aug 14 1:00pm-4:00pm \$30

Location: Esquimalt Recreation Centre

Instructor: Kathy Lee

Karate & Kobujutsu (9yrs+)

We instil 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.

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

NOTE: After an initial period, students must also join a provincial and a national association with once-per-year fees.

47585 Wed Jun 1-Jun 22 6:30pm-8:30pm \$50/4

Location: L'Ecole Brodeur School

Instructor: Paul Zehr





Before & After School Care
Macaulay Elementary



Esquimalt Out of School Care Program

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

Before School Care Macaulay Elementary Only

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

6:30am-8:50am

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

After School Care Macaulay Elementary Only

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

2:46pm-6:00pm

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

OSC PRO-D DAYS

Spend your Pro-D Day with Esquimalt OSC! Each day will be a different theme which includes games, crafts, swimming, Bouncy Castle and park play.

6:30am-6:00pm

\$38.00/day

Please note:

Children with Special Needs

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

Child Care Subsidy

We accept families receiving Child Care Subsidy. Please contact Eileen Abbott at 250-412-8513 for more information.

OSC days of operation follow the School Calendar Year.

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



BIRTHDAY PARTIES

Kindergym Parties:

- 2 hours in the Gym
- Host for 2 hours: greet birthday child & family, supervise Bouncy Castle, assist with handing out food & cake, play party games if time permits, clean up all dishes and garbage
- \$195 for up to 20 children (under 9 months are not included in total)
- Available on weekends
- Please book through Reception: 250-412-8500.

Swim or Skate Parties:

- Group discounted admission for parties of 10 or more
- Room Rental
- Rates vary - depending on children and preferred room space
- Option to book host to lead games/activities and/or simply accompany children on ice or in pool for additional supervision
- Please call 250-412-8525 for availability and custom rate for your party.

Event Trailer Rental:

Need extra supplies for your backyard party? Our Event Trailer includes: 4 x 8' tables, 20 chairs, two 10' x 10' pop up tents, backyard games, and trailer delivery and pick up. All for just \$50.00. For more info and to reserve, please call 250.412.8525.

Kindergym Set-up Includes: tables and chairs for eating, plastic table cloths, IKEA kids plates, cups, and cutlery for children; Balloon for each child; 1 table for presents, 1 table for food, Happy Birthday sign.

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



Teen Centre Drop In Programs

Tuesday	Wednesday	Thursday	Friday	Saturday
After School Drop In 3:00-5:00pm May & June Only	Raven's Club Drop In @ Rockheights Middle School 3:00-5:00pm May & June Only	After School Drop In 3:00-5:00pm May & June Only	Teen Night 7:00-9:00pm	Teen Night 7:00-9:00pm
		Teen Night 7:00-9:00pm		

Come check out our NEW space in the Rec Room of the Esquimalt Recreation Centre starting Tuesday, May 17th, 2016!

FREE! Tues/Thur Middle School Drop In

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

Tue/Thu 3:00-5:00pm

FREE! Wednesday Rock Heights Drop In-Raven's Club

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

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

Location: Rockheights Middle School

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

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

Thu-Sat 7:00pm-9:00pm

Affordable Opportunities for Youth

Esquimalt Parks & Recreation Youth Programs include:

- FREE drop in opportunities five days a week
- \$3 drop in admission to swimming, skating, weight room, fitness classes, waterfit classes, youth drop in sports
- Financial support for low income families through the LIFE (leisure involvement for everyone) program. Additional program subsidies available through the Canadian Tire Jumpstart Program and the Advanced Aquatic Scholarship Program



Summer Access Pass!

Unlimited drop in admission all summer:
June 30-September 5. \$25/child or youth; \$50/adult.

Fit for the Future

Youth Memberships - Less than \$15/month

- Youth 11yrs+ are able to use the weight room (after completing one-time Intro to Weight Room Program).
- Youth 13yrs+ are able to drop in to any Drop In WaterFit or Drop In Fitness class (visit www.esquimalt.ca/schedules).
- Youth 13yrs+ are also able to enjoy the Drop In Youth Sports Night on Fridays, 7:30pm to 9:00pm, at the Esquimalt Rec Centre.
- Drop In Ice-Skating and admission to the pool are also included for Esquimalt Recreation Youth Pass Holders.

Youth Admission Rates

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

Dance

Hula Hoop Dancing (14yrs+)

Get a great cardio & core workout while listening to music & learning something new & fun! Learn the fundamentals and progress to dance sequences during this 6-week course. Hula Hoop Dancing is easy to learn and is a great way to express your creativity through movement to music.

48340 Wed May 18-Jun 22 7:15-8:15pm \$72/6
Location: Esquimalt Recreation Centre
Instructor: Sarah Hammond

Education

Babysitting (11-15yrs)

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

47517 Fri Jun 24 9:00am-5:00pm \$55
Location: Esquimalt Recreation Centre



Music

Glee Club (10-14yrs)

Singing, dancing & musical theatre are all part of this exciting program! Perform pop hits & musical theatre show stoppers in a fun & lively environment. Invite your family and friends to a performance on the last class. Indulge your dreams of being a superstar!

46978 Thu May 19-Jun 23 7:00-8:00pm \$54/6

Instructors Kaehlen Allison

Location: L'Ecole Brodeur Theatre

Guitar (7-14yrs)

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.

Beginner

48245 Tue May 17-Jun 21 5:00-5:50pm \$60/6

Intermediate & Continuing

48251 Tue May 17-Jun 21 6:00-6:50pm \$60/6

Instructor: Alberto Ubach

Location: Esquimalt Recreation Centre

Youth Choir (14-22yrs)

Share your voice! Build connections & community through song while exploring & performing diverse choral music in new & innovative ways. Contribute your talents in a safe, accepting & inspiring environment!

48489 Tue May 24-Jun 28 7:00pm-9:00pm \$60/6

Location: L'Ecole Brodeur School Theatre

Instructor: Kaehlen Allison

Health, Wellness & Sport

Learn to Stand Up Paddle at Elk Lake (14yrs+)

This introductory course will teach about the subtle difference and styles of boards, paddle and equipment. By the end of the 3 hour session, you will be able to paddle your board in a straight line, stop, be able to do several different strokes to maneuver yourself sideways and around obstacles.



49574 Sun Jul 3 10:00am-1:00pm \$85

49575 Mon Aug 1 10:00am-1:00pm \$85

Location: Elk Lake

Teen Intro to the Wellness Centre (11yrs+)

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 during supervised Wellness Centre hours or anytime under direct supervision from a parent or guardian. Parents are welcome to participate in the first session. Included in registration is a 5-Punch Pass to get them started on their fitness journey.

47149 Fri May 20-May 27 5:00pm-7:00pm \$25/2

47150 Fri Jun 17-Jun 24 5:00pm-7:00pm \$25/2

47157 Sun Jun 19-Jun 26 12:00pm-2:00pm \$25/2

49577 Sun Jul 17-Jul 24 12:00pm-2:00pm \$25/2

49581 Fri Jul 22-Jul 29 5:00-7:00pm \$25/2

49580 Mon/Wed Aug 8-Aug 10 2:00pm-4:00pm \$25/2

49582 Thu Aug 11-Aug 18 10:00am-12:00pm \$25/2

49578 Sun Aug 21-Aug 28 12:00pm-2:00pm \$25/2

Location: Esquimalt Recreation Centre

Dance

Country 2-Step

Learn the cornerstone of Country Dance in a fun and lively atmosphere! This popular form of country partner dance is derived from the American Foxtrot. Country 2 step features spins, turns and weaves as it travels across the dance floor. Running shoes or soft-soled dance shoes must be worn during class (cowboy boots cannot be worn). For more information visit www.countrydancevictoria.com Classes do not run on stat holidays & Fridays of long weekends.

Beginner

46900 Fri May 27-Jun 24 6:00pm-7:15pm \$50/5

Beyond Beginner

46909 Fri May 27-Jun 24 7:15pm-8:30pm \$50/5

Location: Lampson Street School

Instructor: Carole Mason

Hula Hoop Dancing

Get a great cardio & core workout while listening to music & learning something new & fun! Learn the fundamentals and progress to dance sequences during this 6-week course. Hula Hoop Dancing is easy to learn and is a great way to express your creativity through movement to music. Hoops provided by the instructor.

Adult

48340 Wed May 18-Jun 22 7:15pm-8:15pm \$72/6

Parent & Tot (0-5yrs)

48344 Wed May 18-Jun 22 10:30-11:00am \$48/6

Location: Esquimalt Recreation Centre

Instructor: Sarah Hammond

Line Dancing

Learn line dances while dancing to your old favourites and enjoy a great workout at the same time! Beyond Beginner classes include longer sequences and slightly more complicated steps.

Beginner

49843 Wed Jul 13-Aug 17 10:30-11:30am \$54/6

49844 Wed Jul 13-Aug 17 7:00-8:00pm \$54/6

Beyond Beginner

49845 Wed Jul 13-Aug 17 8:00-9:00pm \$54/6

Instructor: Carole Mason

Location: Esquimalt Recreation Centre

Gardening

Herb Basket

Create your own gorgeous, low maintenance basket to take home & enjoy for the rest of the fall/winter! Learn a variety of care tips & tricks to keep your plants happy & healthy. All plants, basket & other materials are provided.

48235 Sat May 28 10:30am-11:30am \$35

Location: Esquimalt Recreation Centre

Instructor: Jessica Kleinsteuber

Language

Spanish

Learn a new language from our experienced instructor in a supportive and fun environment! These classes are taught in a conversation-based group setting. Vocabulary is introduced gradually as your skills progress. You'll have plenty of time to practice each week, while gaining confidence and ability. All participants are charged \$7 to cover the costs of handouts (to be paid directly to instructor at first class).

Beginner

46933 Thu Jun 2-Jun 23 5:45pm-7:15pm \$44/4

Beyond Beginner

46939 Thu Jun 2-Jun 23 7:30pm-9:00pm \$44/4

Location: Esquimalt Recreation Centre

Instructor: Marie-Helen La Rocque

Music

Drum & Percussion Circle

Take part in a weekly drumming circle using a variety of hand drums and percussion instruments. Engage in rhythmic expression while acquiring skills in tempo, improvisation, self-expression and group performance. Introductory drumming techniques will be taught in a supportive, creative learning environment. All instruments will be provided during class time. Instructor Masako will provide information about instrument purchase/rental options for anyone interested in drumming at home. Families will be treated to a 10 minute group performance during the final class.

48266 Sun May 29-Jun 26 11:00am-12:00pm \$50/5

Location: Esquimalt Recreation Centre

Instructor: Masako Hockey

Kayaking



Basic Skills

This inspiring course will introduce you to the skills and knowledge you need to safely start kayaking. It is suitable for new paddlers on their path through a nationally accredited curriculum; or for paddlers who already have some experience, but are looking for some formal instruction. Learn basic paddling skills, forward, reverse and sideways paddling and edging. This course teaches you the necessary components for Paddle Canada Basic Kayak Skills Certification.

Additional gear fee may apply

49552	Sat	Jun 18	8:30am-4:30pm	\$140
49553	Sun	Jul 10	8:30am-4:30pm	\$140
49554	Sun	Aug 7	8:30am-4:30pm	\$140
49555	Sat	Aug 20	8:30am-4:30pm	\$140

Location: Thetis Lake

Introductory Strokes

If you have never been in a kayak before, or have already tried kayaking and would like to develop your skills, this clinic offers a great foundation towards your kayaking ambitions. Learn how to gear up, enter and exit, paddle forward, backwards, sideways and how to stop and turn. Most of all you'll have fun! Additional gear fee may apply.

49556	Sun	Jul 17	9:30am-12:30pm	\$85
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Location: Ocean River Sports

Learn to Stand Up Paddle at Elk Lake

This introductory course will teach about the subtle difference and styles of boards, paddle and equipment. By the end of the 3 hour session, you will be able to paddle your board in a straight line, stop, be able to do several different strokes to maneuver yourself sideways and around obstacles.

49574	Sun	Jul 3	10:00am-1:00pm	\$85
49575	Mon	Aug 1	10:00am-1:00pm	\$85

Location: Elk Lake



Navigation & Marine Weather

Planning for a safe kayaking trip and navigating a trip are both very necessary skills. What you didn't know is these skills are also interesting and enjoyable to learn and practice. In this classroom based clinic we'll teach you how to safely and confidently interpret marine weather forecasts, predict tides and currents, read nautical charts and plan routes on the ocean. You'll learn when and where to paddle as well as how to avoid dangerous weather conditions -important skills for any sea kayaker!

49550	Wed	Jun 15	6:00pm-9:30pm	\$65
49551	Wed	Jul 27	6:00pm-9:30pm	\$65

Location: Ocean River Sports

Kayaking Balance & Bracing

This practical clinic is designed to give you confidence with your bracing skills. You will practice techniques to balance your kayak on edge and use the low brace, high brace and sculling brace to prevent a possible capsizing. Plus other techniques like sculling for support and the balance brace method. You will leave feeling empowered after gaining these skills. Additional gear fee may apply

49548	Sun	Jul 10	9:30am-12:30pm	\$85
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Location: Ocean River Sports

NEW! Lawn Bowling

Learn to lawn bowl! It's like curling on grass, a fitness game that gets you outdoors in a fun and lively environment. Chose a minimum of 4 lessons from the following 12. (Must be in groups of 4 lessons).

49598	Tue	May 24	1:30-3:30pm	49835	Tue	May 31	1:30-3:30pm
49830	Wed	May 25	1:30-3:30pm	49836	Wed	June 1	1:30-3:30pm
49831	Thu	May 26	1:30-3:30pm	49837	Thu	June 2	1:30-3:30pm
49832	Fri	May 27	1:30-3:30pm	49838	Fri	June 3	1:30-3:30pm
49833	Sat	May 28	1:30-3:30pm	49839	Sat	June 4	1:30-3:30pm
49834	Sun	May 29	1:30-3:30pm	49840	Sun	June 5	1:30-3:30pm



Location: Victoria West Lawn Bowling Club • Instruction by NCCP certified coaches

Drop In Sports

Included with your Esquimalt Recreation or Regional Recreation Pass, or pay drop in admission (\$5.75/adult). Phone in reservation for drop in sports starts at 7am on the day of the drop in, call 250-412-8500. Schedule subject to change, www.esquimalt.ca/schedules for "real time" schedule. All program take place at the Esquimalt Recreation Centre unless otherwise indicated.

Pickle Ball	Indoor Soccer	Floor Hockey	Outdoor Soccer	Volleyball	Basketball
Mondays 1:15pm-3:15pm	Youth Indoor Soccer (13-15yrs) Tuesdays 7:00pm-8:30pm	Mondays 8:30pm-10:30pm	Thursdays 9:15pm-10:30pm	EVERYONE WELCOME: Thursdays 7:45pm-9:45pm	Sundays 6:45pm-8:30pm
Tuesdays 1:15pm-3:15pm	Tuesdays 8:45pm-10:00pm		*Beginning June 2. Weather permitting. Cleats and shin pad mandatory.	COMPETITIVE*: Sundays 7:00pm-9:00pm	
Thursdays 1:15pm-3:15pm	Sundays 8:45pm-10:00pm				
Sundays 4:30pm-6:30pm					

*Competitive Volleyball takes place at l'ecole Victor Brodeur

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Is Over.

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

98.5 Ocean
 Victoria's Perfect Music Mix



FREE! Blood Pressure Drop-in Clinic

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

Facilitated by: Lynda Halbert

Location: Esquimalt Recreation Centre

Bus Trips

Leave the driving to us while we explore the sights! Bring along your sense of fun and adventure as we visit interesting places with other folks 50+ years of age. Trips usually include a stop for lunch, dinner or refreshments along the way (trip price includes transportation & admission fees. Price of food and refreshments is extra unless the price is marked with an *).

Pick-up our 3-fold flyer from the Esquimalt Recreation Centre for full trip details and pick-up/drop-off times.

Pacific Northwest Raptors & Lunch

49489 Thu May 19 \$48

Chemainus Theatre, Harvey

49490 Sat May 28 \$120*

Cowichan Artist Tour

49491 Thu Jun 2 \$45

Llama Farm Tour

49492 Tue Jun 21 \$30

Chemainus Theatre, Footloose

49493 Sat Jun 25 \$125*

Buffalo Bob Farm

49494 Fri Jul 8 \$100*

Duplicate Bridge Crash Course

Interested in learning about duplicate bridge? Please phone 250-412-8532 to let us know if you are a novice or intermediate player, the dates and times that suit your schedule, and if you are registering on your own or with a group of friends (we need a minimum of three people to run a course).

Dates to suit your schedule \$24/6

Instructor: Catherine Campbell

Location: Esquimalt Recreation Centre

Foot Care Clinic

Book an appointment for our foot care clinic by calling our front desk 250.412.8500. Each foot care appointment is 30 minutes in length and includes a foot soak, toenail clipping and massage in a comfortable and relaxed atmosphere.

Tue 12:30-3:30pm by appointment \$30 per 30 minute session

Esthetician: Donna Wildeman

Location: Esquimalt Recreation Centre, Seniors Lounge

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. 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.

47103 Wed Jul 6-Aug 31 1:30pm-3:00pm \$58.50/9

Location: Esquimalt Recreation Centre

Seniors Luncheons

Enjoy a great meal and social time on the last Wednesday of each month, in the comfort of the Seniors lounge. Lunch includes homemade soup & sandwich catered by the SunnySide Café, plus dessert, tea & coffee.

46986 Wed May 25 12:00pm-1:00pm \$6.50/person

46987 Wed Jun 29 12:00pm-1:00pm \$6.50/person

Location: Esquimalt Recreation Centre

VISIT OUR NUTRITIONAL AISLE FOR A BETTER YOU!

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



COUNTRYGROCER.COM

Drop In Social Programs

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



Monday	Tuesday	Wednesday	Thursday	Friday
Conversation Café 10:00AM-11:30AM (cancelled most stat holidays)	Mexican Train Dominoes 12:30PM-2:30PM	Creative Crafters 9:30AM-11:30AM	Writer's Group 10:00AM-12:00PM	Scrabble 10:00AM-12:00PM
Bridge 1:00PM-3:30PM	Blood Pressure Clinic 2nd & 4th Tuesday 1:00PM-3:00PM cancelled Jul/Aug	Bring your own Lunch & Social 12:00PM-1:00PM	Euchre 12:30PM-3:00PM	Community Walking Group 10:00AM-11:15AM Meet in Rec Centre Atrium
Duplicate Bridge 1:00PM-3:00PM (cancelled stat holidays)	Foot Care Clinic 12:30pm-3:00pm 30min appts/\$30 Must pre-register through our reception desk.	Knit & Crochet 1:15PM-3:15PM	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	Schedules are subject to change. Schedules available in "real time" online at esquimalt.ca /schedules or pick up our 1-page monthly flyer at the Esquimalt Recreation Centre.		
	Ukulele Club 1:30PM-3:30PM			



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: Monday-Friday 8:00am; Tuesday/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: Monday/Thursday 6:00pm
Personal Training	Personal Trainers work on YOUR schedule! No matter what your fitness level or goals, our certified trainers will help you see results. <i>See page 43 for all of our package details!</i>

ESQUIMALT - VICTORIA

5K JULY 10TH!

REGISTER NOW AT : THECOLORVIBE.COM

Limited quantities of discounted Color Vibe tickets available through Esquimalt Recreation!
SAVE \$20!!!

PERSONAL TRAINING



Our Certified Personal 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, and am working out in the gym on my own, continuing the work of strengthening my core and working on flexibility! Thank you.



ADVANCED PACKAGES

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!
- During the initial four weeks: Weekly 1 hour sessions with a Certified Personal Trainer to develop and adapt your best program
- After the initial four weeks: Weekly 30-minute follow up sessions or Bi-weekly 1 hour sessions to monitor and enhance your program
- Add on UNLIMITED Facility Access: \$25/month

Hourly Sessions

PRIVATE/ SEMI-PRIVATE

- 1HR-3HR \$50/Hour \$25/Person/Hour
- 4HR-5HR \$47.50/Hour \$23.75/Person/Hour
- 6HR-9HR \$45/Hour \$22.50/Person/Hour
- 10HR \$43/Hour \$21.50/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

Please see our website for our ongoing drop in schedule and course descriptions. We offer 24 drop in Programs EVERY week that are included with your recreation centre pass! Try our newest addition, HIIT Thursday evenings at 6:15pm with Samantha.

Schedule June 29th to September 5th, 2016

Have a suggestion for a drop in class you'd like to see? Let us know: fitness@esquimalt.ca
(C) denotes childminding available.

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



Drop In Fitness Class Descriptions

BellyFit Warrior

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

Bootcamp

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

Circuit & Stretch

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

H.I.I.T

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

Mixed Interval Challenge

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

Osteo Fit

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

Power Circuit

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

SPIN

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

Stretch & Strength

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

Total Aerobic Challenge

Gets you moving with fun and easy to follow combinations.

Total Body Challenge

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

Total Body Conditioning

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

Total Step Challenge

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

Yogalates

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

Yoga

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

Schedules subject to change

esquimalt.ca/schedules

for drop in schedule in "real time"



Registered Fitness

Early registration strongly recommended. As you register, we encourage you to let friends know – this helps enhance ones social well-being while also supporting program registration.

NEW DAY ADDED! 50+ Weight Training

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

47122	Tue	Jun 28-Jul 26	10:15am-11:30am	\$45/5
49367	Tue	Aug 2-Aug 30	10:15am-11:30am	\$45/5
49546	Thu	Jun 30-Jul 28	10:30am-11:45am	\$45/5
49547	Thu	Aug 4-Aug 25	10:30am-11:45am	\$36/4

Location: Esquimalt Recreation Centre
 Instructor: Emma Sproule

Kettlebells- Beginner

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

49561	Tue	Jun 28-Jul 26	7:00pm-8:00pm	\$35/5
49562	Tue	Aug 2-Aug 30	7:00pm-8:00pm	\$35/5

Location: Esquimalt Recreation Centre
 Instructor: Samantha Doney

Mom and Babe Circuit Training

A Circuit class designed to help new mom's burn calories and tone their bodies with babies in class. Class is often outside when the weather permits and strollers are utilized during the workout. Drop in available for \$8 per class.

49478	Tue	Jun 28-Jul 26	11:45am-12:45pm	\$30/5
49479	Tue	Aug 2-Aug 30	11:45am-12:45pm	\$30/5

Location: Esquimalt Recreation Centre
 Instructor: Emma Sproule

FREE with Rec Pass! Move It

Move It! Can you feel the pulsation of the music? Do you crave the beat? Then don't miss this sweat inducing, total body workout, once a month, only. Anything goes, as long as you MOVE IT! This class is FREE for Esquimalt Rec or Regional Recreation Pass Holders.

48215	Fri	May 13	5:30pm-6:30pm	\$5.75
48216	Fri	Jun 10	5:30pm-6:30pm	\$5.75

Location: Esquimalt Recreation Centre
 Instructor: Marcia Semenoff

Nordic Pole Walking & Strength Training

Join Ann, our certified Pole Walker instructor who will introduce the technique of Nordic pole walking. Nordic pole walking uses up to 90% of muscles and is a whole body work out! Each session will involve a walk through our neighbourhoods and park spaces with stops along the way for strength training. Limited poles available for use.

49568	Mon	Jun 27-Jul 25	12:00pm-1:00pm	\$37.50/5
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Location: Esquimalt Recreation Centre
 Instructor: Ann Henslowe

Saxe Point Bootcamp

Come experience beautiful Saxe Pointe Park 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! Drop in available as long as minimum numbers are met, \$10 paid at Rec centre.

49429 Mon Jul 4-Aug 29 5:15pm-6:00pm \$56/8
 Location: Saxe Point Park
 Instructor: Samantha Doney

Small Group Personal Training- Get Fit for Summer!

Get the benefits of a personalized fitness program at a fraction of the cost of a Personal Trainer. We have monthly, small group training sessions to help you reach your fitness goals. 2 classes a week, maximum of 4 people. First class will be a baseline body/fitness assessment. Please return paperwork 3 days before course start date.

47279 Tue/Thu Jun 2-Jun 30 7:00am-8:00am \$162/9
 Location: Esquimalt Recreation Centre
 Instructor: Samantha Doney

The Challenge

If you're looking to push your fitness limits this is the class for you. The class includes elements of the latest fitness trends of fitness, metabolic conditioning, strength training and intense core conditioning. This class will be full of high intensity, functional movements and is guaranteed to leave you exhausted.

49563 Tue Jun 28-Jul 26 6:00pm-6:45pm \$35/5
 49564 Tue Aug 2-Aug 30 6:00pm-6:45pm \$35/5
 Location: Esquimalt Recreation Centre
 Instructor: Samantha Doney

TRX Combo

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!

49509 Wed Jun 29-Jul 20 7:45pm-8:30pm \$36/4
 49510 Wed Aug 3-Aug 24 7:45pm-8:30pm \$36/4
 Location: Esquimalt Recreation Centre
 Instructor: Emma Sproule

TRX training

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.)

48210 Thu Jun 2-Jun 23 1:30pm-2:30pm \$40/4
 Location: Esquimalt Recreation Centre
 Instructor: Marcia Semenoff

Zoomers Spin & Circuit

Calling all Zoomers! This unique fitness program is designed for those 50 plus (but all ages are welcome) who want to stay fit, build muscle, maintain balance and a healthy heart. Participants will spend 30 minutes + working on the spin bikes followed by 30 minutes + working on a circuit based cardio/strength program..

49362 Wed Jun 29-Aug 31 1:15pm-2:30pm \$75/10
 49361 Mon Jul 4-Aug 29 1:15pm-2:30pm \$60/8
 Location: Esquimalt Recreation Centre
 Instructor: Ann Henslowe

Zumba Toning

When it comes to body sculpting, Zumba® Toning raises the bar. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Toning Sticks can be purchased from the instructor for \$25 at class or bring your own set of light hand weights (1-2 lbs).

49473 Thu Jul 7-Jul 28 6:30pm-7:30pm \$36/4
 47467 Thu Aug 4-Aug 25 6:30pm-7:30pm \$36/4
 Location: Lampson Street School
 Instructor: Deborah Ward



Spin (Indoor Cycling)

SPIN for Mom and Babe with Kindergym

NEW & IMPROVED! SPIN for Mom and Babe (with Kindergym). This class is designed for new moms looking for a balance of play and quiet time for their little one, and a social opportunity and a great workout for themselves. Start each class off in Kindergym where your children get to race and play then, have them relax alongside your spin bike in a stroller or carseat while our fitness instructor leads you through an awesome workout. Drop-ins available if space permits for \$8. Childminding is available during this time should you want care for older children - please note an additional nominal fee for childminding applies, \$3.50/child per class. Kindergym runs 10:30-11.

47299 Mon Jun 6-Jun 27 11:00am-11:45am \$28/4
 Location: Esquimalt Recreation Centre
 Instructor: Samantha Doney

Spin & Conditioning

In this combination class start with a solid 30min+ of spinning followed by a strength series including ab work and a stretch. A great after work workout to keep you pumped for your evening! Drop in when space available, \$11

47231 Tue Jun 7-Jun 28 6:15pm-7:30pm \$40/4
 Location: Esquimalt Recreation Centre
 Instructor: Esther Bendall

Outdoor Spin & Conditioning

Take your Spinning outside! Spin your way to fitness, flats, hills, intervals, long climbs - we have it all! Spinning is a great way to increase cardiovascular fitness and is a fantastic non-impact cross training activity for other sports.

49570 Thu Jul 7-Jul 28 6:15pm-7:15pm \$32/4
 49571 Thu Aug 4-Aug 25 6:15pm-7:15pm \$32/4
 Location: Esquimalt Recreation Centre
 Instructor: Esther Bendall

Spin - 3 in 1 Workout

This class is the ultimate total body workout. The class is divided into three 25 min sessions - spin bike intervals, strength exercises and Yoga flexibility exercises. Spin provides a great cardio workout, while working with free weights develops strength and power. Finally, the deep breathing and postures of yoga will leave you feeling renewed and refreshed. Drop in when space available, \$13.

47223 Mon Jun 6-Jun 27 5:30pm-6:45pm \$44/4
 Location: Esquimalt Recreation Centre
 Instructor: Lorraine Nygaard

Spin, Core & Stretch

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, \$9.

49363 Tue Jun 28-Jul 26 9:00am-10:00am \$40/5
 49364 Tue Aug 2-Aug 30 9:00am-10:00am \$40/5
 Location: Esquimalt Recreation Centre
 Instructor: Emma Sproule

Yoga & Pilates

Gentle Yoga

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!

47075 Tue Jun 7-Jun 28 9:30am-10:45am \$24/4
 49475 Tue Jul 5-Jul 26 9:30am-10:45am \$24/4
 47078 Thu Jun 2-Jun 30 1:15pm-2:30pm \$30/5
 49474 Thu Jul 7-Jul 28 1:15pm-2:30pm \$24/4
 49476 Tue Aug 2-Aug 30 9:30am-10:45am \$30/5
 49477 Thu Aug 4-Aug 25 1:15pm-2:30pm \$24/4
 Location: Esquimalt Recreation Centre
 Instructor: Moira Tait

Pilates- Back to Basics

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

49511 Wed Jun 29-Jul 27 5:30pm-6:25pm \$47.50/5
 49512 Wed Aug 3-Aug 31 5:30pm-6:25pm \$47.50/5
 Location: Esquimalt Recreation Centre
 Instructor: Emma Sproule



Pilates- Beginner/Intermediate

Pilates is a unique form of exercise that is designed to condition the entire body through the focus of alignment, core strength, breath, and flowing movement. Pilates allows you to move with greater efficiency and form. Basic knowledge of pilates required for this class.

49515	Fri	Jul 8-Jul 29	5:00pm-6:00pm	\$38/4
49516	Fri	Aug 5-Aug 26	5:00pm-6:00pm	\$38/4

Location: Esquimalt Recreation Centre

Instructor: Emma Sproule

Pilates- Intermediate

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

49513	Wed	Jun 29-Jul 27	6:30pm-7:25pm	\$47.50/5
49514	Wed	Aug 3-Aug 31	6:30pm-7:25pm	\$47.50/5

Location: Esquimalt Recreation Centre

Instructor: Emma Sproule

Therapeutic Yoga

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.

49544	Tue	Jul 5-Jul 26	7:00pm-8:15pm	\$44/4
49545	Tue	Aug 2-Aug 30	7:00pm-8:15pm	\$55/5

Location: Esquimalt Recreation Centre

Instructor: Tara Tait

YinYang Yoga (Hatha Flow)

YinYang Yoga is informed by Daoist philosophy. In Yin Yang theory, the muscles are considered 'yang', and the connective tissue (fascia, joints, bones) are considered 'yin'. Yin & Yang tissues require different types of exercise: rhythmic, repetitive exercise for muscles, and long, slow traction for the connective tissue. This class will start with a moderately vigorous & warming (yang) practice & end with a cooling, slower, and more meditative yin practice. The longer holds in a yin class lengthen & strengthen the connective tissue, stimulate the meridians, and develop more presence and mindfulness.

49501	Wed	Jun 8-Jun 29	5:30pm-6:45pm	\$48/4
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Location: Esquimalt Recreation Centre

Instructor: Cedar Sorensen

Yoga for Runners

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.

49560	Wed	Jul 13-Aug 17	5:30pm-6:45pm	\$60/6
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Location: Esquimalt Recreation Centre

Instructor: Sarah Cook



Bringing Your (YOGA) Practice Home

Learn the components that make up a safe & beneficial home yoga practice. We'll cover essential aspects of a well-rounded yoga practice including breath, joint health, strengthening & building flexibility and stamina, and the importance of relaxation. Inspiration for ways to stay motivated & consistent will be covered as well as information on the various styles of yoga and their benefits to help you make informed choices about what you practice and when. Handouts & practice cards will be provided to set you on your way to a successful personal practice.

49566	Sat	Jul 9-Jul 9	10:00am-12:00pm	\$25
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Location: Esquimalt Recreation Centre

Instructor: Cedar Sorensen

Surya Namaskara:

Salute to the Sun, Step by Step

A two and a half hour workshop learning 2 variations of the sun salutations: breaking down each of the postures and the transitions between the postures of the Suryanamaskar series. Learn proper alignment and modifications to maximize the benefits and tailor the sequence to your needs. These alternating backward and forward bending asanas flex and stretch the spinal column and limbs through their maximum range. Learning this sequence and practicing it regularly is one of the quickest ways to obtain a supple body.

49567	Sat	Jul 23-Jul 23	10:00am-12:30pm	\$25
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Location: Esquimalt Recreation Centre

Instructor: Cedar Sorensen





Pool Schedule

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

Drop In WaterFit Classes

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

Moderate to high intensity, moderate impact (Beginner to Advanced)

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

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

Deep

Moderate intensity, no impact (comfort in deep water required)

Using a belt or a noodle, this class is a great way for those with injuries or other limitations to still experience a good cardiovascular workout. This class will include strength and abdominal exercises to ensure a full body workout with no strain on bones or joints.

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

Cardio Conditioning

Moderate to high intensity, moderate impact (Beginner to Advanced)

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	11:05-11:55am
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Foundations

Low intensity, no impact (Beginner)

This is a class designed for those wishing to focus on range of motion exercises. This class is suitable for those suffering from arthritis and other joint and muscle injuries or weaknesses. While participating in a light cardio workout, movements will also focus on posture, increasing flexibility, range of motion and balance.

Mon/Wed	11:05-11:55am
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Foundations +

Moderate intensity, low impact (Beginner to Advanced)

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

Fri	11:05-11:55am
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Cardio Blast

High intensity, moderate to high impact (some experience recommended)

This intense shallow water workout is composed of a solid 40 minute cardio session. Class composition can vary from a bootcamp style to interval training to a traditional waterfit class with moderately challenging choreography. This is our most challenging waterfit class. Extra time should be reserved for self stretching after the class.

Tue/Thu	7:05pm-7:55pm
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Total Body Workout

Moderate intensity, moderate impact (Beginner to Advanced)

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

Mon	6:05pm- 6:55pm
Wed	7:05pm- 7:55pm

Registered Aquatic Fitness

Aquatic Tabata

This quick 30 minute, high intensity, cardio class takes place in the water utilizing tabata, interval and circuit training principles. This class is cardio only so come early and stay late to warm up and/or cool down.

49602 Wed July 6-Aug 24 6:30-7:00am \$40/8

Bootcamp H2O

Water workouts are energizing, easy on the joints and offer 10x the resistance as land exercise. Not a swimmer? No problem! Floatation belts are available.

49525	Thu	Jul 7-Aug 25	6:00am-7:00am	\$52/8
49526	Thu	Jul 7-Jul 28	6:00am-7:00am	\$28/4
49527	Thu	Aug 4-Aug 25	6:00am-7:00am	\$28/4

Instructor: Ann Henslowe

Pre/Post Natal

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

48303	Thu	Jun 2-Jun 23	6:00pm-7:00pm	\$28/4
49528	Thu	Jul 7-Jul 28	6:00pm-7:00pm	\$28/4
49529	Thu	Aug 4-Aug 25	6:00pm-7:00pm	\$28/4

Instructor: Roxanne Neville

Zoomers (Land & Water Fitness Class)

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

49362	Wed	Jun 29-Aug 31	1:15pm-2:30pm	\$75/10
49361	Mon	Jul 4-Aug 29	1:15pm-2:30pm	\$60/8

Instructor: Ann Henslowe



Adult Swim Lessons

Adult Swimming Lessons - Beginner

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

48360	Mon/Wed	Jun 1-Jun 29	7:00pm-8:00pm	\$63/9
49615	Wed	July 6-Aug 24	6:00-7:00pm	\$56/8

Adult Swimming Lessons - Intermediate

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

48374	Mon/Wed	Jun 1-Jun 29	7:00pm-8:00pm	\$63/9
49612	Wed	July 6-Aug 24	6:00-7:00pm	\$56/8
49610	Tue/Thu	July 5-28	6:00-7:00am	\$56/8
49611	Tue/Thu	Aug 2-25	6:00-7:00am	\$56/8

Adult Swimming Lessons - Advanced

In this level you have the opportunity to work with your instructor to set your goals and priorities. Work towards stroke proficiency in one or multiple strokes and/or increase your endurance.

48383	Mon/Wed	Jun 1-Jun 29	7:00pm-8:00pm	\$63/9
49613	Tue/Thu	July 5-28	6:00am-7:00am	\$56/8
49614	Tue/Thu	Aug 2-25	6:00-7:00am	\$56/8

Child-minding while you swim!

Stories, crafts and free play for your child while you drop into our programs or use our facilities. 10 x 90 minute punch card, \$30. Discounts on multiple children, same family. No program on STAT Holidays.

Mon-Fri 9:00AM-10:30AM • Mon-Fri 11:45AM-1:15PM • Mon/Wed/Fri 10:30AM-11:45AM • Wed 5:45PM-7:45PM (May & June only)



Swim here.

Swim Lessons

All our swimming lessons are eligible for the Child Fitness Tax Credit with the exception of the mini sets offered in June. For scheduling information please contact Reception or refer to the Swim Lesson Supplement – available online or in hard copy at the Rec Centre. For scheduling information please contact Reception or refer to the Swim Lesson Supplement – available online or in hard copy at the Rec Centre.

Are you new to swim lessons?

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

Lesson Availability

Once a Week

Sunday July 3-Aug 28 (8 sessions)
*No session Sun, July 31, 2016

Two Week Daily Sessions

Monday-Thursday PM
Session 1: July 4-14 (8 sessions)
Session 2: July 18-28 (8 sessions)
Session 3: Aug 8-18 (8 sessions)

Tuesday-Friday AM
Session 1: July 5-15 (8 sessions)
Session 2: July 19-29 (8 sessions)
Session 3: Aug 2-13 (8 sessions)
Session 4: Aug 16-26 (8 sessions)

Twice a Week Sessions

Tuesday/Thursday
Session 1: July 5-28 (8 sessions)
Session 2: Aug 2-28 (8 sessions)

Pricing

30-minute preschool & school-aged

\$4.85/lesson

Red Cross Parented and Preschool levels include:

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

School-aged levels include: Swim Kids 1 & 2

45 minute school-aged

\$6.20/lesson

Levels include:

Swim Kids 3-7

60 minute school-aged

\$7.00/lesson

Levels include:

Swim Kids 8-10

End of June Mini Lesson Sets

Registered Private Lesson Mini Sets

Monday June 6-27 (4 sessions)

Thursday June 9-30 (4 sessions)

Community Lesson Mini Sets

Tuesday June 7-28 (4 sessions)

Wednesday June 8-29 (4 sessions)

Community Lesson Regular Set

Tue/Thu June 7-30 (8 sessions)





Private Swim Lessons with Esquimalt Recreation

Registered Private Lessons

\$17.00/30 minute lessons

- Registered Private lessons run alongside community lessons. Program times can be found at www.esquimalt.ca/recreation 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
- Call 250.412.8500 to register

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

What am I looking for in a Private Lesson?

Premium Private Lessons

Registered Private Lessons

The time I am looking for is during community lesson times

•

I would like to book a specific days/times

•

I would like to be able to re-schedule lessons if I am going to miss one

•

I want a full lesson set worth of Private Lessons

•

I only need 1 or 2 lessons or I would like to decide how many lessons I am going to take.

•

I would like to ensure I get a specific instructor

•

Advanced Aquatic Courses

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 is required. Pre-Requisite: 13 yrs +

49520 Mon/Tue/Wed/Thu Jul 4-Jul 7 10:30am-4:00pm \$140/4
 Location: Esquimalt Recreation Centre

Bronze Cross

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

Pre-requisite: 13 yrs+ and Bronze Medallion
 49521 Mon/Tue/Wed/Thu Jul 11-Jul 14 10:30am-4:00pm \$140/4
 Location: Esquimalt Recreation Centre

National Lifeguard Full Course

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

49522 Su/M/Tu/W/Th/F Jul 17-Jul 22 10:00am-6:30pm \$320/6
 Location: Esquimalt Recreation Centre

Become a Swim Instructor

Water Safety Instructor - Part 1 & 2

This NEW training program prepares candidates to teach Red Cross swimming lessons. During Part 1 of this training program candidates will have their swimming strokes and skills as well as their first aid skills evaluated; they will complete an independent online learning component; and they will co-teach with Esquimalt Rec staff to complete 4 teaching assignments. During Part 2 of this training program candidates will participate in classroom learning with a Red Cross Instructor Trainer 100% Participation is required.

Pre-requisite: 15 years of age; Level 10 Swimming skills or equivalent and one of: Standard First Aid or Bronze Cross.

Part 1

49523 Wed Jun 29-Jun 29 12:00pm-5:00pm \$220

Part 2

48327 Sun/Sat May 28-Jun 5 10:00am-6:00pm \$165/4

49524 Mon/Tue/Wed/Thu Aug 8-Aug 11 10:00am-5:00pm \$165/4

Location: Esquimalt Recreation Centre



Recertification

Water Safety Instructor Re-cert

This recertification course is for WSI's who wish to stay current. Candidates will go through program changes to Red Cross Tots and Swim Kids program as well as update their teaching skills with new information, games, drills and activities. 100% participation is required. Pre-requisite: Water Safety Instructor course or re-cert taken within the last 5 years

49532 Fri Jun 24 12:00pm-5:00pm \$102
 49533 Wed Aug 24 12:00pm-5:00pm \$102

Location: Esquimalt Recreation Centre

National Lifeguard Re-cert

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.

49530 Tue/Thu Jun 21/23 5:00pm-9:00pm \$95/1
 49531 Sat Aug 20 12:00pm-8:30pm \$95/1

Location: Esquimalt Recreation Centre

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

Melissa Wight | 250-412-8502
fitness@esquimalt.ca

Community Development

Vicki Klyne | 250-412-8511
vicki.klyne@esquimalt.ca

Programmer - Adult & Arts

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

Programmer - Aquatics

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

Supervisor - Aquatics

Holly Courtright | 250-412-8533
holly.courtright@esquimalt.ca

Reception Supervisor

Gabe Bosworth-Rumm | 250-412-8503
registration@esquimalt.ca

Facility Booking Clerk

Francis Mathieson | 250-412-8525
francis.mathieson@esquimalt.ca

Arena & Events Supervisor

Todd Boothroyd | 250-412-8515
todd.boothroyd@esquimalt.ca

Program Support

Eileen Abbott | 250-412-8513
eileen.abbott@esquimalt.ca

Skating & Youth Supervisor

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

Recreation Supervisor

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

Frequently Asked Contacts:

Program Registration:

250-412-8500
5:30am-10:30pm 7 days a wk

Drop In Schedules:

www.esquimalt.ca/schedules

To book facility space: 250-

412-8525

To submit a Tree Cutting Permit:

www.esquimalt.ca/parks
Payment Accepted at the Esquimalt Recreation Centre

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 and pro-d days one (1) week notice is required.

NSF Fee:

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

Passes:

- \$2 replacement fee for lost cards
- Pass cancellation fee is \$29.76. Regional Pass sales are final. Passes are not transferable.
- \$5 replacement fee for LIFE passes.



In the community - at Saxe Point Park

Community Contacts

COMMUNITY RESOURCES

Boys & Girls Club
bgvic.org

Esquimalt Chamber of Commerce
esquimaltchamberofcommerce.com

Esquimalt Kiwanis Club
kiwanisvictoria.com

Esquimalt Lions Club
lionsdistrict19-i.org

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

Rock Solid
rocksolid.bc.ca

Royal Canadian Legion BR#172
legion172.com

SPECIAL INTEREST

1st Arbutus Scouts, Cubs, Beavers,
Venturers & Rovers
1arbutus[at]victoriascouts.ca

Girl Guides of Canada
svgirlguides.bc.ca

Esquimalt Anglers
eanglers[at]islandnet.com

Community Contacts

Esquimalt Curling Club
esquimaltcurlingclub.ca

Esquimalt Baseball Assoc.
esquimaltbaseball[at]gmail.com

Esquimalt Garden Club
paulwickens[at]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 eileen.abbott[at]
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

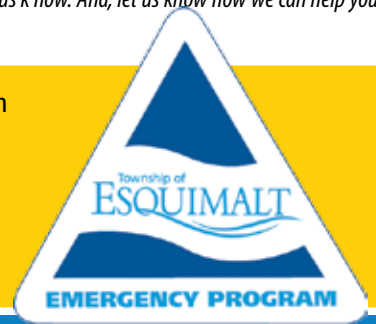
This year Esquimalt High School will celebrate its centenary. Classes were originally held in Lampton Street Elementary School but in 1926 the new Esquimalt High School opened on Head Street, under the direction of Gwendolyn Hewlings, the first woman high school principal in the province. A Latin teacher,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

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

We offer free Individual and Family Preparedness, Disaster First Aid and Light Urban Search and Rescue training to Esquimalt residents.

Program details available at www.esquimalt.ca/prepare or see below.

For more information or to leave a message call 250-412-8543 or email esquimaltess@esq-eoc.com



Emergency Social Services (ESS) provides short-term assistance to British Columbians who are forced to leave their homes because of fire, floods, earthquakes or other emergencies. This assistance includes food, lodging, clothing, emotional support and family reunification.

Esquimalt Emergency Social Services is looking for new volunteers to join our team.

We are residents of Esquimalt who care about helping our community and our neighbours in times of emergencies or disaster. Find out about the free training we offer, the practise exercises and how we prepare our community for disaster.

For more information about this volunteer opportunity, please contact esquimalt-ess@esq-eoc.com or leave a message at 250-412-8543.

Emergency Radio Communications

We are recruiting local residents to provide communication services to support Emergency Operations to the Township in the event of a major emergency or disaster. All training provided. Team meets weekly on Wednesdays evenings to test systems and practice their skills.

For more information about this volunteer opportunity, please contact john.fuller@esquimalt.ca or call 250-414-7120.



EVERY *Summer* HAS A *Story*

SUMMER READING CLUB - BOOK A TRIP!

For kids 12 and under

Travel the universe page by page with GVPL's Summer Reading Club! Whether you're reading at home or on holidays, you can track your daily reading on your reading record and enjoy weekly incentives along the way.

SUMMER CHALLENGE

Tween to adult

Choose from 24 fabulous library-related activities including selfies, shelfies, book recommendations and a hunt for a free little library box. Every challenge completed will earn you an entry into our prize draws. The more you enter, the more chances you have to win.

FREE LIBRARY PROGRAMS

All ages

GVPL supports literacy and lifelong learning through free programs and events. There's DigiLab for teens to explore tech tools; story and craft sessions for kids; and cultural learning opportunities for all! Visit gvpl.ca or any of our branches for more information.



ESQUIMALT BRANCH LIBRARY

1231 Esquimalt Road

(Back of the Town Hall/Library Building,
facing the Town Square)



**GREATER VICTORIA
PUBLIC LIBRARY**

gvpl.ca



Get back to life

Don't let pain keep you from doing everything you want to do. We can help you move better and feel great!

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ATHLETIC THERAPY

Did you know?

You receive full FREE gym & pool access before or after your treatment session at our Esquimalt location.

Have a Worksafe claim?

Call us at 250-382-9992 to find out about funded supervised pool therapy.

Lifemark Esquimalt
527 Fraser Street
(Inside the Esquimalt Rec Centre)
tel: 250-382-9992
esquimalt@lifemark.ca

Lifemark McKenzie
3941 Shelbourne Street
2nd floor
tel: 250-477-1441
mckenzie@lifemark.ca

www.lifemark.ca

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eodrotten.apples@gmail.com




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 [EODRollerDerby](https://twitter.com/EODRollerDerby)