

Esquimalt Program & Event Guide

Summer 2017

esquimalt.ca/recreation • 250.412.8500



Online Registration Now Available!
esquimalt.ca/registration



ON SALE JUNE 1

**Summer
SALE**

**SUMMER
ACCESS PASS**

\$30/child or youth • \$60/adult

VALID JUNE 29-SEPTEMBER 4
Unlimited admissions. Ask Reception for details.



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ESQUIMALT
PARKS + RECREATION

Facility Hours & Contact

www.esquimalt.ca/recreation

Esquimalt Recreation Centre

Ph: 250-412-8500

Fax: 250-412-8529

527 Fraser St., V9A 6H6

Hours of Operation:

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

Exceptions:

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

Archie Browning Sports Centre

Ph: 250-412-8510

Fax: 250-412-8531

1151 Esquimalt Rd., V9A 3N6

Parks & Recreation Administration - located on the
2nd floor of the Archie Browning Sports Centre
8:30AM-4:30PM Mon-Fri

250-412-8500



REGISTER ONLINE! esquimalt.ca/recreation

Welcome!



Welcome to the Summer 2017 edition of our Program and Event Guide. This is your free summer guide to events, recreation programs and all of our parks and facilities in Esquimalt.

Making recreation a part of your life just got a lot easier: you can now register for Esquimalt Recreation programs from your own home. See all of the details on page 5!

Bloomin'Beautiful 2017 is well underway, celebrating the pride that residents and businesses have in their properties. This year's beautification campaign emphasizes participation and connecting with your community. Find out more at esquimalt.ca/blooming.

Again this year, we're primed for a very busy and entertaining summer season in the Township. Our Township Community Arts Council has put together a great lineup of entertainers for the Memorial Park Music Fest, featuring live outdoor music performances Tuesday nights from June 13 to July 18, 6 to 7:30 p.m. Memorial Park is also the place to be for the Esquimalt Farmers Market, running every Thursday from May 25 to September 14, 4:30 p.m. to 7:30 p.m. Have a look through our event calendar on the following pages for full details on these and other events, including the Annual Neighbourhood Block Party in June and the Esquimalt Lantern Festival in August

Looking for a fun way to explore Township parks? Our walking tour brochures have been updated into a new handy booklet format, and will be available at

Municipal Hall this June. Each tour takes less than an hour to complete and highlights Esquimalt's natural and historic features.

Or use our 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.

Throughout the spring you may have noticed the progress towards completion of our new Adventure Park on Fraser Street. The surfacing and landscaping will be completed by June and the spray park will be ready for the summer of 2017. Bring on the summer weather and watch for our grand opening!

For the kids, Esquimalt Recreation again has a number of programs on offer this summer, including summer camps for a variety of age groups. All the details are listed in the following pages.

On behalf of Council I encourage everyone to take advantage of the wealth of opportunities available through our Parks and Recreation Department. Have a wonderful and active summer of 2017.

Yours truly,



Mayor Barb Desjardins.



ONLINE REGISTRATION

NEW! Online Registration Now Available

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

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

Make the most of your online experience!

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

Payment Methods

Online:

- VISA
- MasterCard
- AMEX

In Person:

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

Phone or In-Person Registration

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

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

Parking

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

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

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

Additional Parking Coming!

We recognize during peak times (8:30am-10:30am and 5:00pm-7:00pm weekdays; 8am-12pm weekends) and events, parking in the Recreation Centre lot reaches capacity. Efforts to increase parking availability include:

- During the re-surfacing of the Esquimalt Recreation Centre parking lot June 21-July 3, 2017 (during our aquatic centre annual maintenance closure), allocation of additional accessible parking spaces through slight modifications to the lot will be made. *Specific dates of the re-surfacing were not available at time of print for this publication and will be posted at the Recreation Centre.*
- The development of the Esquimalt Town Square, an additional 300 parking spaces will be made available across the street from the Esquimalt Recreation Centre. Estimated project completion is not yet available.

Volunteer Opportunities

esquimalt.ca/volunteer

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

- Branch Out!: May 31
- World Ocean's Day Festival: June 3
- Esquimalt Neighbourhood Block Party: June 10
- Lantern Festival: August 19
- RibFest: September 9 - 11

Alternatively, please contact:

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



PASS & ADMISSION RATES (Tax Included)

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



ESQUIMALT
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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 21st. Join us for Everyone Welcome Skates August 21st to September 1st, 1:00pm-2:50pm



Park & Facility Bookings in Esquimalt

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

Boundary
N Rail Line

Large Rd E.

Esquimalt Rd.



1 Esquimalt Gorge Park

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

2 Colville Sport Fields**

- Sport Fields
- No Dogs Allowed

3 West Bay Walkway

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

4 Macaulay Point Park

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

5 Saxe Point Park

- Dogs On and Off Leash Areas

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

6 L'Ecole Brodeur*

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

7 Highrock Park

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

8 Anderson Park

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

9 Esquimalt Recreation Centre

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

- Youth Activities
- Outdoor Fitness Park
- Parking

10 Bullen Park

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

11 Archie Browning Sports Centre

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

12 Lampson Sport Fields

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

13 Esquimalt Town Square

- Playground
- Picnic Area
- Parking

14 Memorial Park

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

15 Captain Jacobsen Park

- Playground
- Dogs Off Leash

*Joint Use Agreement with School District

**Department of National Defense

What's New?

- Esquimalt Adventure Park Opening May 2017!
- Grand Opening Event --- tentative date, June 10th. The Grand Opening Event details will be confirmed/announced through the Esquimalt Municipal Website and Esquimalt Parks & Recreation social media channels. Stay tuned for details.



ESQUIMALT
PARKS + RECREATION



EVENTS CALENDAR

June 1

NEW! Resilient Streets Workshop

Building Resilient Neighbourhoods is excited to invite you to our spring Resilient Streets Kick-Off Workshops to meet others interested in strengthening neighbour-to-neighbour connections and learn about the resources available to support activities on your street or in your building.

Come join us in Esquimalt on for refreshments, meet some of your neighbours and learn more about micro-grants available in supporting social connectedness in your community. PRE-REGISTRATION REQUIRED.

More info & to register: resilientneighbourhoods.ca

June 3

FREE! World Ocean's Day Festival

Have you been to the Gorge Waterway Discovery Centre? Come out for the World Ocean's Day Festival to learn about protecting your local waterways and celebrate and learn about the ocean's diversity and importance to our ecosystems. Are you brave enough to stick your hands in the touch tank? Learn what local plant and animal sea life feels like and unveil some of the mystery around what it's like under the sea. Stay tuned for more event details.

Sat June 3

Location: Esquimalt's Gorge Park

June 10

FREE! Esquimalt's Annual Neighbourhood Block Party

Join Esquimalt Recreation as we bring you and your neighbours together for an outdoor party that celebrates a strong, resilient community through building relationships and having tons of FUN!! The party takes place on the Recreation Centre's doorstep so join us on Fraser Street for a fun filled afternoon suitable for the entire family. Let us show you how to throw a great party and, if you are interested, we have a kit available to assist you in running your very own Block Party this summer. Check it out at: www.esquimalt.ca/blockparty.

Sat June 10 1:00pm – 4:00pm Free

Location: Fraser Street – Esquimalt Recreation Centre Parking Lot

June 21-July 3

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, June 21st and re-opening at 5:30 a.m. on Tuesday, July 3rd. Your passes will be accepted at all other municipal recreation facilities in Greater Victoria during this time.

****Please also note:** for approximately 3 days during the annual maintenance pool closure the Esquimalt Recreation Centre parking lot will be closed for re-surfacing. At time of printing, dates have not yet been confirmed and will be posted at the Esquimalt Recreation Centre. Parking will be available at the Archie Browning Sports Centre, rear lot, during this time. Accessible parking will be available in the drop off zone and on Lyall Street. Your patience and understanding during this time is appreciated.

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, 2017, 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: Memorial Park

Contact: esquimaltmarket@gmail.com



Esquimalt is home to numerous festivals & events throughout the summer. Crowds gather to enjoy.

June 13 - July 18
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 13-Jul 18 6:00pm-7:30pm

June 23-24
Esquimalt Arts Festival

Come join us at Memorial Park for an amazing day filled with artists of all sorts! Stay tuned for more information (www.townshiparts.org) but mark it on your calendar NOW!
Fri-Sat June 23-24
Location: Memorial Park

July 30th
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 Jul 30
Location: Esquimalt Gorge Park



July 12 - August 23
FREE! Esquimalt’s Outdoor Cinema!

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

| Date | Movie Title |
|----------------------|------------------|
| Wednesday, July 12 | Stand By Me |
| Wednesday, July 26 | Meet The Fockers |
| Wednesday, August 9 | Finding Dory |
| Wednesday, August 23 | Star Wars |

August 19

Esquimalt Lantern Festival

This event never disappoints. 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 19
 Location: Captain Jacobson's Park

August 21-Sept 1

Beat the Heat Summer Skates

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

August 21-Sept 1 Mon-Fri 1:00PM-2:50PM
 \$3 admission; \$3.25 rentals
 Location: Archie Browning Sports Centre

September 8-10

Esquimalt's RibFest

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

Fri-Sun Sep 8-10

Location: Bullen Park

www.esquimaltribfest.com for schedule.

September 9

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

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

Sat Sep 9 10:00am - 2:00pm
 Location: Archie Browning Sports Centre Parking Lot

September 16-17

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 16 9:00am-7:00pm
 Sun Sep 17 9:00am-4:00pm

Location: Macaulay Point Park

Saturday September 30 - Save the date!

FREE! Ice Season Kick Off

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

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



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

Includes: six x 8ft tables, 24 chairs, one 10' x 10' pop up tent, & trailer delivery and pick up.
 Additional equipment available for a fee.

Spring/Summer: \$75/day + tax

info.esquimalt.ca/blockparty



FREE! Esquimalt’s ECO Community Champs Program

Are you ready to become an Esquimalt ECO Champ? This free, guardian involved, drop in program is specifically focused on teaching children to be ecologically focused and aware while providing a fun and inclusive learning environment. We will be learning through hand-on activities, presentations, speakers and sometimes, artistic expression, or just hanging out and learning about the Parks in our community. This program is most suitable for 3-6 yr olds. Pick up your ECO Passport at your first event and collect the stamps all summer long while we help you to become fully ECO Educated.

Check out Esquimalt.ca for a full list of weekly activites as we finalize our special guests and eco-tastic activities.

Tue July 4-Aug 22 10:30am-12:30pm FREE

| Date | Location | Date | Location |
|---------|------------------------|-----------|------------------------|
| July 4 | Esquimalt’s Gorge Park | August 1 | Highrock Park |
| July 11 | Highrock Park | August 8 | Saxe Point Park |
| July 18 | Saxe Point Park | August 15 | Esquimalt’s Gorge Park |
| July 25 | Esquimalt’s Gorge Park | | |





Play here.

Camp Hours

- Summer Playgrounds and Specialty Camps run 9:00am-3:00pm Mon-Fri. Extended care is available for an additional fee.
- Extended Care runs 7:00am-9:00am & 3:00pm-5:00pm Mon-Fri. Extended Care is for school aged children in Summer Playgrounds and Specialty Camps ONLY.
- Licensed Camps (Out of School Care) run 6:30am-6:00pm Mon-Fri with main camp activities running 9:00am-3:00pm
- Preschool Camps run 9:30-12:00pm Mon-Fri with some afternoon camps 12:30-3:00pm. **IMPORTANT: No care is available 12:00-12:30pm for Preschool-aged children**
- Camps do not run on statutory holidays (July 3 & August 7). Pricing is reflected appropriately.

Please Register early!

Registration opens April 12th. Take advantage of our NEW convenient online registration. Camp availability can also be viewed online - refer to "SPOTS LEFT" for your preferred camp(s) at www.esquimalt.ca/camps

Waiting Lists

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

Cancellations

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

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
- Rain gear on rainy days
- Closed toed shoes that your child can run in - please, no flip flops
- Backpack to put it all in
- Necessary medications or medical devices, ie. inhalers or Epipens. Permission to Administer Medication Form and/or Emergency Medical Care Plan for Anaphylaxis/Asthma Forms. These are available online at www.esquimalt.ca/camps or in person at the Rec 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

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!

For Parents/Guardians:

Photo ID Required at Pick Up.

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

NOTE: Children in Playground and Specialty Camps 10 years of age or older are permitted to sign themselves in/out of camp (with 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.

Getting to know your child...

To best support your child and provide an exceptional camp experience, a **CAMP FORM** must be completed prior to your child beginning their first 2017 summer camp. Camp forms will be delivered to your inbox after you have registered and in advance of camps beginning. Please provide information as requested. This information helps to ensure a safe and enjoyable summer for your children. Alternatively, if preferable, registration forms are also available to complete at the Esquimalt Recreation Centre or online at www.esquimalt.ca/camps

Completed camp forms can be returned to the Esquimalt Recreation Centre front desk or emailed to: campforms@esquimalt.ca

Funding Opportunities

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

Swimming

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

Camp Forms

Completed 2017 camp forms are required before your child's first camp begins. This information helps to ensure a safe and enjoyable summer for your children. Camp forms are available:

- for pick up Esquimalt Rec Centre
- through the Esquimalt municipal website at: www.esquimalt.ca/camps

Please return your completed camp form:

- in person to the Esquimalt Recreation Centre front desk
- by email - to campforms@esquimalt.ca

Policies

Withdrawals

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

Payment

ONLINE REGISTRATION

- Payment required for all camps at time of registration.

IN PERSON OR PHONE REGISTRATION

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

Child Care Subsidy

Children must be registered in the Licensed (OSC) Camps in order to be eligible to receive Child Care Subsidy. It is the parent/guardian's responsibility to apply for subsidy. Caregiver Information Forms can be picked up from reception. Please apply early as subsidy can take up to 3 months to be processed through the Ministry of Children & Family Development.

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.



ESQUIMALT SUMMER CAMPS: AT-A-GLANCE

PARKS + RECREATION

| 1 JULY 4-7 | 2 JULY 10-14 | 3 JULY 17-21 | 4 JULY 24-28 | 5 JULY 31-AUGUST 4 |
|---------------|-----------------|-----------------|-----------------|-----------------------|
|---------------|-----------------|-----------------|-----------------|-----------------------|

Preschool (3*-5yrs) unless otherwise indicated. *3yrs by August 31, 2017 (No care available 12:00-12:30 for preschool camps)

| | | | | |
|---|--|--|--|--|
| My First Day Camp 9:30-12:00 Bullen Field | Let's Play Soccer 9:30-12:00 Bullen Park | 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 |
| Art-Tastic 9:30-12:00 Lower Multipurpose | Creative Play Camp 9:30-12:00 Pioneer A | Pirate Adventures 9:30-12:00 Pioneer A | Art-Tastic 9:30-12:00 Lower Multipurpose | Wings & Wands 9:30-12:00 Pioneer A |
| | | | Creative Play Camp 12:30-3:00 Pioneer A | |

Children (Completed Kindergarten to 12yrs)

OSC Licensed Summer Camps

Voyageurs 6*-7yrs & Buccaneers 8-11yrs • 6:30am-6:00pm (*6yrs by December 31, 2017)

Esquimalt Recreation Centre

Summer Playgrounds: Fun Seekers 6*-7yrs & Adventure Kids 8-11yrs • 9:00-3:00pm (*6yrs by December 31, 2017)

Bullen Park

Extended care available: 7:00am-9:00am & 3:00pm-5:00pm at the Esquimalt Rec Centre

Specialty Camps (Completed Kindergarten to 16yrs) Extended care available: 7:00am-9:00am & 3:00pm-5:00pm at the Esquimalt Rec Centre

| | | | | |
|---|---|---|--|---|
| School for Mutants (6-7yrs) 9:00-3:00 Bullen Park | Secret Agent Spy Academy (6-7yrs) 9:00-3:00 Bullen Park | Zombie Survival (6-7yrs) 9:00-3:00 Bullen Park | Sea Adventures (6-7yrs) 9:00-3:00 Bullen Park | Messy Mucky Yucky (6-7yrs) 9:00-12:00 Lower Multipurpose |
| | | | | Search for Fantastic Beasts 12:30-3:00 Lower Multipurpose |
| Travel the World (6-11yrs) 9:00-12:00 Kanaka | Dumbledore's Army (7-11yrs) 9:00-3:00 Bullen Field | Sea Adventures (8-11yrs) 9:00-3:00 Bullen Field | Mad Science – Eureka! (6-11yrs) 9:00-12:00 & 9:00-3:00 Kanaka | Jedi Training (8-11yrs) 9:00-3:00 Bullen Field |
| Be a Photographer! (6-11yrs) 12:30-3:00 Kanaka | German Immersion (6-10yrs) 9:00-3:00 Bullen Field | German Immersion (6-10yrs) 9:00-3:00 Bullen Field | Zombie Survival (8-11yrs) 9:00-3:00 Bullen Field | Eli Pasquale Basketball HALF DAY (6-9yrs) & (10-14yrs) 9:00-12:00 Brodeur Gym |
| Byte Camp - 2D Tablet Animation (9-12yrs) 9:00-3:00 - Lounge | Engineering for Kids MinecraftEDU (8-12yrs) 9:00-3:00 - Lounge | Bricks 4 Kids – Ninja camp (6-11yrs) 9:00-12:00 HALF DAY Lounge | Soccertron (6-9yrs) & 1(10-14yrs) 9:00-12:00 Bullen Field | Eli Pasquale Basketball (8-14yrs) 9:00-4:00 Brodeur Gym |
| Rec Leadership 101 (14-16yrs) 9:00-3:00 Atrium Convertible | | Bricks 4 Kids – Ninja camp (6-11yrs) 9:00-3:00 FULL DAY Lounge | Soccertron (8-14yrs) 9:00-4:00 Bullen Field | |

CAMP FORMS: Completed 2017 camp forms are required before your child's first camp begins. This information helps to ensure a safe and enjoyable summer for your children. Camp forms are available for pick up Esquimalt Rec Centre or through the Esquimalt municipal website at www.esquimalt.ca/camps

Please return your completed camp form in person to the Esquimalt Recreation Centre front desk or by email to: campforms@esquimalt.ca



| | 6 AUGUST 8-11 | 7 AUGUST 14-18 | 8 AUGUST 21-25 | 9 AUGUST 28-SEPT 1 |
|--|---|--|--|--|
| | Let's Play Soccer 9:30-12:00 Bullen Park | 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 |
| | Creative Play Camp 9:30-12:00 Pioneer A | Art-Tastic 9:30-12:00 Lower Multipurpose | Superheroes 9:30-12:00 Pioneer A | Creative Play Camp 9:30-12:00 Pioneer A |
| | | | Kinderstart (4-5yrs) 12:30-3:00 Pioneer A | Kinderstart (4-5yrs) 12:30-3:00 Pioneer A |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | Explorin' (6-7yrs) 9:00-3:00 Bullen Park | Jedi Training (6-7yrs) 9:00-3:00 Bullen Park | Sea Adventures (6-7yrs) 9:00-3:00 Bullen Park | Trailblazers Strategy Camp (6-7yrs) 9:00-3:00 Bullen Park |
| | Secret Agent Spy Academy (8-11yrs) 9:00-3:00 Bullen Field | Sea Adventures (8-11yrs) 9:00-3:00 Bullen Field | Ultimate Supervillains (8-11yrs) 9:00-3:00 Bullen Field | Explorin' (8-11yrs) 9:00-3:00 Bullen Field |
| | Glee 9:00-12:00 6-7yrs 12:30-3:00 8-12yrs Brodeur Theatre | Engineering for Kids Medieval Mayhem (8-12yrs) 9:00-3:00 - Lounge | Creative Painting (6-9yrs) 9:00-12:00 Lower Multi. | Byte Camp - Intro to Coding (9-12yrs) 9:00-3:00 - Lounge |
| | Yoga & Mindfulness 9:00-12:00 8-12yrs 12:30-3:00 6-7yrs Lower Multi. | | Yoga & Mindfulness (6-9yrs) 12:30-3:00 Lower Multi. | |
| | Byte Camp – 2D Video Game Design (9-12yrs) 9:00-3:00 -Lounge | | Acting Out (6-12yrs) 9:00-4:00 Brodeur Theatre | |



View camp availability & register online:

www.esquimalt.ca/camps



Ignite their imaginations.

Esquimalt Recreation Preschool Summer Camps



Preschool Camps

Minimum age for Preschool Camps is based on child turning 3 by August 31, 2017 unless otherwise indicated. Child 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 in this publication and online.



Art-Tastic 3-5yrs

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

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|------------------|---------|----------|
| Tue-Fri | Jul 4-7 | 9:30AM - 12:00PM | \$56.00 | 00004417 |
| Mon-Fri | Jul 24-28 | 9:30AM - 12:00PM | \$70.00 | 00004418 |
| Mon-Fri | Aug 14-18 | 9:30AM - 12:00PM | \$70.00 | 00004419 |

Location: Esquimalt Recreation Centre

Creative Play 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.

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|------------------|---------|----------|
| Mon-Fri | Jul 10-14 | 9:30AM - 12:00PM | \$70.00 | 00004420 |
| Mon-Fri | Jul 24-28 | 12:30PM - 3:00PM | \$70.00 | 00004423 |
| Tue-Fri | Aug 8-11 | 9:30AM - 12:00PM | \$56.00 | 00004421 |
| Mon-Fri | Aug 28-Sep 1 | 9:30AM - 12:00PM | \$70.00 | 00004422 |

Location: Esquimalt Recreation Centre

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, songs, games, activities and more

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|------------------|---------|----------|
| Mon-Fri | Jul 31-Aug 4 | 9:30AM - 12:00PM | \$70.00 | 00004425 |

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.

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|------------------|---------|----------|
| Mon-Fri | Jul 10-14 | 9:30AM - 12:00PM | \$70.00 | 00004412 |
| Mon-Fri | Jul 24-28 | 9:30AM - 12:00PM | \$70.00 | 00004413 |
| Tue-Fri | Aug 8-11 | 9:30AM - 12:00PM | \$56.00 | 00004414 |
| Mon-Fri | Aug 21-25 | 9:30AM - 12:00PM | \$70.00 | 00004415 |

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.

| DAY | DATES | TIME | COST | CODE |
|---------|---------|------------------|---------|----------|
| Tue-Fri | Jul 4-7 | 9:30AM - 12:00PM | \$56.00 | 00004416 |

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 stories related to the daily theme. We'll meet at the picnic bench by the parking lot on the field.

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|------------------|---------|----------|
| Mon-Fri | Jul 17-21 | 9:30AM - 12:00PM | \$70.00 | 00004406 |
| Mon-Fri | Jul 31-Aug 4 | 9:30AM - 12:00PM | \$70.00 | 00004409 |
| Mon-Fri | Aug 14-18 | 9:30AM - 12:00PM | \$70.00 | 00004410 |
| Mon-Fri | Aug 28-Sep 1 | 9:30AM - 12:00PM | \$70.00 | 00004411 |

Location: Saxe Point Park

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!

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|------------------|---------|----------|
| Mon-Fri | Jul 17-21 | 9:30AM - 12:00PM | \$70.00 | 00004424 |

Location: Esquimalt Recreation Centre

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.

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. Camp only for children going into Kindergarten Sept. 2017. No care is available 12:00-12:30pm.

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|------------------|---------|----------|
| Mon-Fri | Aug 21-25 | 12:30PM - 3:00PM | \$70.00 | 00004407 |
| Mon-Fri | Aug 28-Sep 1 | 12:30PM - 3:00PM | \$70.00 | 00004408 |

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!

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|------------------|---------|----------|
| Mon-Fri | Aug 21-25 | 9:30AM - 12:00PM | \$70.00 | 00004426 |

Location: Esquimalt Recreation Centre



WE LEARN. WE BUILD. WE PLAY.

See Bricks 4 Kidz camps for school aged children on page 23.



Summer Playgrounds

Come and join the Summer Playgrounds (SPG) Camps for summer fun. All camps include swimming, arts & crafts, games, songs, theme days, and out trips to local parks. Children are to be dropped off and picked up on Bullen Field, adjacent to the Archie Browning Sport Centre parking lot. Fun Seekers must have completed Kindergarten or Grade 1. Adventure Kids must have completed Grade 2.

Age Requirement

Fun Seekers: Minimum age based on child turning 6 by December 31, 2017. 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.

Fun Seekers 6-7yrs

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|-----------------|---------|----------|
| Tue-Fri | Jul 4-7 | 9:00AM - 3:00PM | \$72.00 | 00004303 |
| Mon-Fri | Jul 10-14 | 9:00AM - 3:00PM | \$90.00 | 00004345 |
| Mon-Fri | Jul 17-21 | 9:00AM - 3:00PM | \$90.00 | 00004346 |
| Mon-Fri | Jul 24-28 | 9:00AM - 3:00PM | \$90.00 | 00004347 |
| Mon-Fri | Jul 31-Aug 4 | 9:00AM - 3:00PM | \$90.00 | 00004348 |
| Tue-Fri | Aug 8-11 | 9:00AM - 3:00PM | \$72.00 | 00004349 |
| Mon-Fri | Aug 14-18 | 9:00AM - 3:00PM | \$90.00 | 00004350 |
| Mon-Fri | Aug 21-25 | 9:00AM - 3:00PM | \$90.00 | 00004351 |
| Mon-Fri | Aug 28-Sep 1 | 9:00AM - 3:00PM | \$90.00 | 00004352 |

Location: Bullen Park

Adventure Kids 8-11 yrs

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|-----------------|---------|----------|
| Tue-Fri | Jul 4-7 | 9:00AM - 3:00PM | \$72.00 | 00004353 |
| Mon-Fri | Jul 10-14 | 9:00AM - 3:00PM | \$90.00 | 00004362 |
| Mon-Fri | Jul 17-21 | 9:00AM - 3:00PM | \$90.00 | 00004363 |
| Mon-Fri | Jul 24-28 | 9:00AM - 3:00PM | \$90.00 | 00004364 |
| Mon-Fri | Jul 31-Aug 4 | 9:00AM - 3:00PM | \$90.00 | 00004365 |
| Tue-Fri | Aug 8-11 | 9:00AM - 3:00PM | \$72.00 | 00004366 |
| Mon-Fri | Aug 14-18 | 9:00AM - 3:00PM | \$90.00 | 00004367 |
| Mon-Fri | Aug 21-25 | 9:00AM - 3:00PM | \$90.00 | 00004368 |
| Mon-Fri | Aug 28-Sep 1 | 9:00AM - 3:00PM | \$90.00 | 00004369 |

Location: Bullen Park

Extended Care

Mornings: 7:00AM-9:00AM

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|-----------------|---------|----------|
| Tue-Fri | Jul 4-7 | 7:00AM - 9:00AM | \$26.00 | 00004388 |
| Mon-Fri | Jul 10-14 | 7:00AM - 9:00AM | \$33.00 | 00004389 |
| Mon-Fri | Jul 17-21 | 7:00AM - 9:00AM | \$33.00 | 00004390 |
| Mon-Fri | Jul 24-28 | 7:00AM - 9:00AM | \$33.00 | 00004391 |
| Mon-Fri | Jul 31-Aug 4 | 7:00AM - 9:00AM | \$33.00 | 00004392 |
| Tue-Fri | Aug 8-11 | 7:00AM - 9:00AM | \$26.00 | 00004393 |
| Mon-Fri | Aug 14-18 | 7:00AM - 9:00AM | \$33.00 | 00004394 |
| Mon-Fri | Aug 21-25 | 7:00AM - 9:00AM | \$33.00 | 00004395 |
| Mon-Fri | Aug 28-Sep 1 | 7:00AM - 9:00AM | \$33.00 | 00004396 |

Location: Esquimalt Recreation Centre

Afternoons - 3:00PM-5:00PM

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|-----------------|---------|----------|
| Tue-Fri | Jul 4-7 | 3:00PM - 5:00PM | \$26.00 | 00004397 |
| Mon-Fri | Jul 10-14 | 3:00PM - 5:00PM | \$33.00 | 00004398 |
| Mon-Fri | Jul 17-21 | 3:00PM - 5:00PM | \$33.00 | 00004399 |
| Mon-Fri | Jul 24-28 | 3:00PM - 5:00PM | \$33.00 | 00004400 |
| Mon-Fri | Jul 31-Aug 4 | 3:00PM - 5:00PM | \$33.00 | 00004401 |
| Tue-Fri | Aug 8-11 | 3:00PM - 5:00PM | \$26.00 | 00004402 |
| Mon-Fri | Aug 14-18 | 3:00PM - 5:00PM | \$33.00 | 00004403 |
| Mon-Fri | Aug 21-25 | 3:00PM - 5:00PM | \$33.00 | 00004404 |
| Mon-Fri | Aug 28-Sep 1 | 3:00PM - 5:00PM | \$33.00 | 00004405 |

Location: Esquimalt Recreation Centre



Licensed Camps

Try new activities and travel around town in one of our Licensed Out of School Care (OSC) summer camps. 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. Flexible hours: drop off between 6:30-9:00am and pick-up between 3:00-6:00pm.

Age Requirement

Minimum age for Voyageurs based on child turning 6 by December 31, 2017. 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. Caregiver Information Forms can be picked up from reception. Please apply early as subsidy can take up to 3 months to be processed through the Ministry of Children & Family Development. Subsidy available for licensed camps only.

Camp Forms

Completed 2017 camp forms are required before your child’s first camp begins. This information helps to ensure a safe and enjoyable summer for your children. Camp forms are available:

- for pick up Esquimalt Rec Centre
- through the Esquimalt municipal website at www.esquimalt.ca/camps

Please return your completed camp form:

- in person to the Esquimalt Recreation Centre front desk
- by email - to campforms@esquimalt.ca

OSC Voyageurs 6-7yrs

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|-----------------|----------|----------|
| Tue-Fri | Jul 4-7 | 6:30AM - 6:00PM | \$136.00 | 00004370 |
| Mon-Fri | Jul 10-14 | 6:30AM - 6:00PM | \$170.00 | 00004371 |
| Mon-Fri | Jul 17-21 | 6:30AM - 6:00PM | \$170.00 | 00004372 |
| Mon-Fri | Jul 24-28 | 6:30AM - 6:00PM | \$170.00 | 00004373 |
| Mon-Fri | Jul 31-Aug 4 | 6:30AM - 6:30PM | \$170.00 | 00004374 |
| Tue-Fri | Aug 8-11 | 6:30AM - 6:00PM | \$136.00 | 00004375 |
| Mon-Fri | Aug 14-18 | 6:30AM - 6:00PM | \$170.00 | 00004376 |
| Mon-Fri | Aug 21-25 | 6:30AM - 6:00PM | \$170.00 | 00004377 |
| Mon-Fri | Aug 28-Sep 1 | 6:30AM - 6:00PM | \$170.00 | 00004378 |

Location: Esquimalt Recreation Centre

Buccaneers 8-11yrs

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|-----------------|----------|----------|
| Tue-Fri | Jul 4-7 | 6:30AM - 6:00PM | \$136.00 | 00004379 |
| Mon-Fri | Jul 10-14 | 6:30AM - 6:00PM | \$170.00 | 00004380 |
| Mon-Fri | Jul 17-21 | 6:30AM - 6:00PM | \$170.00 | 00004381 |
| Mon-Fri | Jul 24-28 | 6:30AM - 6:00PM | \$170.00 | 00004382 |
| Mon-Fri | Jul 31-Aug 4 | 6:30AM - 6:00PM | \$170.00 | 00004383 |
| Tue-Fri | Aug 8-11 | 6:30AM - 6:00PM | \$136.00 | 00004384 |
| Mon-Fri | Aug 14-18 | 6:30AM - 6:00PM | \$170.00 | 00004385 |
| Mon-Fri | Aug 21-25 | 6:30AM - 6:00PM | \$170.00 | 00004386 |
| Mon-Fri | Aug 28-Sep 1 | 6:30AM - 6:00PM | \$170.00 | 00004387 |

Location: Esquimalt Recreation Centre



www.esquimalt.ca/camps



School Aged Specialty Camps

Age Requirement

Minimum age based on child turning 6 by December 31, 2017. Child must have also completed Kindergarten.

Drop Off/Pick Up Location

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

Hours

Hours vary per camp. 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

Programs do not run on statutory holidays. July 4-7 & August 8-11 are \$26/4.

Location: Esquimalt Recreation Centre

Acting Out! 6-12yrs

Join Jennifer Callioux (BA in Theatre) for some drama fun! Explore scripts, characterization, puppets, improv and costumes while preparing a play for family and friends to enjoy. Extended Care available 8-9am and 4-5pm.

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Aug 21-25 | 9:00AM - 4:00PM | \$194.00 | 00004566 |

Extended Care

| | | | | |
|---------|-----------|-----------------|---------|----------|
| Mon-Fri | Aug 21-25 | 8:00AM - 9:00AM | \$30.00 | 00004567 |
| Mon-Fri | Aug 21-25 | 4:00PM - 5:00PM | \$30.00 | 00004568 |

Location: L'ecole Brodeur School

Be a Photographer! 6-11yrs

New York Institute of Photography grad Anny is offering a kid-friendly, fun and creative Digital Photography camp for kids. Techniques will be hands-on, including a wooden plaque ModPodged from their best shot, an ocean discovery shoot, some editing pointers, and how to have your friends fit in a lime green Croc shoe!

Pair with Travel the World 9am-12pm for a full day of camp.

| DAY | DATES | TIME | COST | CODE |
|---------|---------|------------------|---------|----------|
| Tue-Fri | Jul 4-7 | 12:30PM - 3:00PM | \$70.00 | 00004559 |

Location: Esquimalt Recreation Centre



www.esquimalt.ca/camps

Bricks 4 Kids Ninja Camp 6-11yrs

Lego Ninjago fans will spin with excitement in this action-packed camp! Come build motorized models including spinners using the Bricks 4 Kidz model kits. Compete in a Spinjitzu Tournament, where Ninjas spin into tornadoes to defeat their enemies. Enter the Spinjitzu Zone and show off your building skills. Take on challenges as we journey through the LEGO Ninjago board game. Imagination and creativity will abound as campers build cool models, battle with their minifigures, customized battle arenas, tools, vehicles, and more!

Full Day Camp

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Jul 17-21 | 9:00AM - 3:00PM | \$230.00 | 00004551 |

Half Day Camp

| | | | | |
|---------|-----------|----------------|----------|----------|
| Mon-Fri | Jul 17-21 | 9:00AM-12:00PM | \$140.00 | 00004552 |
|---------|-----------|----------------|----------|----------|

Location: Archie Browning Sports Centre



NEW! Creative Painting 6-9yrs

Unleash your creativity through fun projects for watercolour and tempera. Learn about colour, texture, special effects, and collage. Each class will feature demos and a project idea or two. Wear your messy clothes and bring a snack. All supply costs are included with registration. Pair this with Yoga & Mindfulness for a full day of camp.

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|------------------|----------|----------|
| Mon-Fri | Aug 21-25 | 9:00AM - 12:00PM | \$105.00 | 00004570 |

Location: Esquimalt Recreation Centre

NEW! Dumbledore's Army (DA) 7-11yrs

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

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Jul 10-14 | 9:00AM - 3:00PM | \$150.00 | 00004534 |

Location: Bullen Park



Byte Camp 2D Tablet Animation 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.

| DAY | DATES | TIME | COST | CODE |
|---------|---------|-----------------|----------|----------|
| Tue-Fri | Jul 4-7 | 9:00AM - 3:00PM | \$220.00 | 00004555 |

Location: Archie Browning Sports Centre

Byte Camp 2D Video Game Design 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.

| DAY | DATES | TIME | COST | CODE |
|---------|----------|-----------------|----------|----------|
| Tue-Fri | Aug 8-11 | 9:00AM - 3:00PM | \$220.00 | 00004556 |

Location: Archie Browning Sports Centre

Byte Camp Intro to Coding 9-12yrs

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

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|-----------------|----------|----------|
| Mon-Fri | Aug 28-Sep 1 | 9:00AM - 3:00PM | \$260.00 | 00004557 |

Location: Archie Browning Sports Centre





FULL DAY & HALF DAY OPTION!

NEW! Eli Pasquale Basketball Camps (6-14yrs)

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

FULL DAY CAMP 8-14yrs

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|-----------------|----------|----------|
| Mon-Fri | Jul 31-Aug 4 | 9:00AM - 4:00PM | \$210.00 | 00004562 |

HALF DAY CAMP 6-9yrs

| | | | | |
|---------|--------------|------------------|----------|----------|
| Mon-Fri | Jul 31-Aug 4 | 9:00AM - 12:00PM | \$130.00 | 00004560 |
|---------|--------------|------------------|----------|----------|

HALF DAY CAMP 10-14yrs

| | | | | |
|---------|--------------|------------------|----------|----------|
| Mon-Fri | Jul 31-Aug 4 | 9:00AM - 12:00PM | \$130.00 | 00004561 |
|---------|--------------|------------------|----------|----------|

Location: L'école Brodeur School

Explorin' 6-11yrs

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

6-7yrs

| DAY | DATES | TIME | COST | CODE |
|---------|----------|-----------------|----------|----------|
| Tue-Fri | Aug 8-11 | 9:00AM - 3:00PM | \$124.00 | 00004435 |

8-11yrs

| | | | | |
|---------|--------------|-----------------|----------|----------|
| Mon-Fri | Aug 28-Sep 1 | 9:00AM - 3:00PM | \$155.00 | 00004436 |
|---------|--------------|-----------------|----------|----------|

Location: Bullen Park

German Immersion Summer Camp 6-10yrs



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

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Jul 10-14 | 9:00AM - 3:00PM | \$175.00 | 00004553 |
| Mon-Fri | Jul 17-21 | 9:00AM - 3:00PM | \$175.00 | 00004554 |

Location: Bullen Park

Glee Camp 6-12yrs

Singing, dancing and musical theatre are all a part of this exciting camp. Perform hits and songs from your favourite movies in a fun and lively environment. Invite your family and friends to a performance on stage at the end of the week. Indulge your dreams of being a superstar! Pair this with Yoga & Mindfulness for a full day of camp.

6-7yrs

| DAY | DATES | TIME | COST | CODE |
|---------|----------|------------------|---------|----------|
| Tue-Fri | Aug 8-11 | 9:00AM - 12:00PM | \$80.00 | 00004550 |

8-12yrs

| | | | | |
|---------|----------|------------------|---------|----------|
| Tue-Fri | Aug 8-11 | 12:30PM - 3:00PM | \$80.00 | 00004549 |
|---------|----------|------------------|---------|----------|

Location: L'école Brodeur School

Jedi Training 6-11yrs

Discover your inner Jedi. Campers will practice stealth, speed, endurance, and accuracy through a variety of activities each day. The final day will consist of an obstacle course that will put all of their skills to the test in the most fun way possible.

6-7yrs

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Aug 14-18 | 9:00AM - 3:00PM | \$150.00 | 00004433 |

8-11yrs

| | | | | |
|---------|--------------|-----------------|----------|----------|
| Mon-Fri | Jul 31-Aug 4 | 9:00AM - 3:00PM | \$150.00 | 00004434 |
|---------|--------------|-----------------|----------|----------|

Location: Bullen Park

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.

NEW!

Kids Yoga & Mindfulness Camp 6-11yrs

At Kids Yoga and Mindfulness camp, your child will learn to balance their bodies and minds in a healthy way while having fun! Join us for yoga adventures, games and crafts! Pair this with Creative Painting or Glee Camp for a full day of camp.

| 6-7yrs | DAY | DATES | TIME | COST | CODE |
|---------|---------|-----------|------------------|---------|----------|
| | Tue-Fri | Aug 8-11 | 12:30PM - 3:00PM | \$65.00 | 00004545 |
| 6-9yrs | | | | | |
| | Mon-Fri | Aug 21-25 | 12:30PM - 3:00PM | \$80.00 | 00004569 |
| 8-12yrs | | | | | |
| | Tue-Fri | Aug 8-11 | 9:00AM - 12:00PM | \$65.00 | 00004546 |

Location: Esquimalt Recreation Centre

NEW! Mad Science - Eureka! 6-11yrs

Creative Contraption Warning! This is a camp designed by our own creative inventors! Each day campers will be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all... their mind. While Thomas Edison said invention is 10% inspiration and 90% perspiration, this camp is 100% fun!

| FULL DAY CAMP | DAY | DATES | TIME | COST | CODE |
|---------------|---------|-----------|------------------|----------|----------|
| | Mon-Fri | Jul 24-28 | 9:00AM - 3:00PM | \$230.00 | 00004541 |
| HALF DAY CAMP | | | | | |
| | Mon-Fri | Jul 24-28 | 9:00AM - 12:00PM | \$138.00 | 00004544 |

Location: Esquimalt Recreation Centre



Messy Mucky Yucky 6-7yrs

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! Care provided 12:00-12:30pm when registered for "Searching for Fantastic Beasts" in the afternoon.

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|------------------|---------|----------|
| Mon-Fri | Jul 31-Aug 4 | 9:00AM - 12:00PM | \$75.00 | 00004531 |

Location: Esquimalt Recreation Centre

Recreation Leadership 101 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.

| DAY | DATES | TIME | COST | CODE |
|---------|---------|-----------------|----------|----------|
| Tue-Fri | Jul 4-7 | 9:00AM - 3:00PM | \$160.00 | 00004533 |

Location: Esquimalt Recreation Centre

NEW! School for Mutants 6-7yrs

Welcome to Mutant High, where you will completely immerse yourself in the training to become part of the X-Men Team. Can you produce powerful energy like Rogue or control the elements like Storm; maybe you're not sure what the full capabilities of your mutant powers are? This week-long intensive, high energy training will enhance your special mutant talent, but will it be enough to stop Magneto in his next plot to destroy mankind? Join us and we'll find out together.

| DAY | DATES | TIME | COST | CODE |
|---------|---------|-----------------|----------|----------|
| Tue-Fri | Jul 4-7 | 9:00AM - 3:00PM | \$120.00 | 00004526 |

Location: Bullen Park



www.esquimalt.ca/camps



Sea Adventures 6-11yrs

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

6-7yrs

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Jul 24-28 | 9:00AM - 3:00PM | \$155.00 | 00004427 |
| Mon-Fri | Aug 21-25 | 9:00AM - 3:00PM | \$155.00 | 00004428 |

8-11yrs

| | | | | |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Jul 17-21 | 9:00AM - 3:00PM | \$155.00 | 00004429 |
| Mon-Fri | Aug 14-18 | 9:00AM - 3:00PM | \$155.00 | 00004430 |

Location: Bullen Park



NEW! Searching for Fantastic Beasts 6-7yrs

Draco Dormiens nanquam titillandus, "Never tickle a sleeping dragon" – unless of course you are a courageous and adventurous camper! Leave your Niffler at home, but bring your BIG imaginations and maybe your Phoenix as we track and uncover the Fantastic Beasts living in our parks! Let your big imaginations run wild as we create our own Fantastic Beasts and display them for the No-Maj at the end of the week. Of course we will have to obliterate their memories after!

Care provided 12:00-12:30pm when registered for Messy Mucky Yucky in the morning.

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|------------------|---------|----------|
| Mon-Fri | Jul 31-Aug 4 | 12:30PM - 3:00PM | \$70.00 | 00004532 |

Location: Esquimalt Recreation Centre

NEW! Secret Agent Spy Academy 6-11yrs

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

6-7yrs

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Jul 10-14 | 9:00AM - 3:00PM | \$150.00 | 00004522 |

8-11yrs

| DAY | DATES | TIME | COST | CODE |
|---------|----------|-----------------|----------|----------|
| Tue-Fri | Aug 8-11 | 9:00AM - 3:00PM | \$120.00 | 00004524 |

Location: Bullen Park

FULL DAY & HALF DAY OPTION!

Soccertron Camps 6-14yrs

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

FULL DAY CAMP 6-14yrs

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Jul 24-28 | 9:00AM - 4:00PM | \$210.00 | 00004565 |

HALF DAY CAMP 6-9yrs

| | | | | |
|---------|-----------|------------------|----------|----------|
| Mon-Fri | Jul 24-28 | 9:00AM - 12:00PM | \$130.00 | 00004563 |
|---------|-----------|------------------|----------|----------|

HALF DAY CAMP 10-14yrs

| | | | | |
|---------|-----------|------------------|----------|----------|
| Mon-Fri | Jul 24-28 | 9:00AM - 12:00PM | \$130.00 | 00004564 |
|---------|-----------|------------------|----------|----------|

Location: Bullen Park

Trailblazers Strategy Camp 6-7yrs

Can't get enough of those strategy based camp games? This camp is for you. We will incorporate all of your favourite strategy games like capture the flag, ambush and manhunt! This camp is sure to get your heart pumping through our insane obstacles and near impossible missions. What tactical strategies will you use to come out on top?

| DAY | DATES | TIME | COST | CODE |
|---------|--------------|-----------------|----------|----------|
| Mon-Fri | Aug 28-Sep 1 | 9:00AM - 3:00PM | \$150.00 | 00004536 |

Location: Bullen Park



www.esquimalt.ca/camps

Travel the World 6-11yrs

Come to Morocco, French Polynesia, Switzerland, France and Gabon! While this is an English camp, you will learn the vocabulary of these all-French speaking countries, making shiny paper beads, flipping crepes, shaking cream into butter and rolling chocolate truffles, pouring your very own coconut lip balm in a fun environment of creativity, games and laughter. We may or may not have thrown a coconut on the concrete last year in order to crack it, peaked inside, drunk its water from the shell and pried open its flesh. It's an adventure! Join in! All supplies provided and you take home the final products.

Pair with Be a Photographer 12:30-3pm for a full day of camp.

| DAY | DATES | TIME | COST | CODE |
|---------|---------|------------------|---------|----------|
| Tue-Fri | Jul 4-7 | 9:00AM - 12:00PM | \$75.00 | 00004558 |

Location: Esquimalt Recreation Centre

NEW! Ultimate Super Villains 8-11yrs

Ever dream of taking over the world? Do you excel in advanced scheming? Become a master of mayhem as the rising forces of supervillains unite to conquer our camp. Show off your super-evil genius at our Villain-Con tradeshow, bring your Minons or Henchmen and prove you have the evil cunning, charm and leadership it takes to rule the world. Today's camper is tomorrow's nemesis.

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Aug 21-25 | 9:00AM - 3:00PM | \$150.00 | 00004535 |

Location: Bullen Park



Zombie Survival 6-11yrs

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!

6-7yrs

| DAY | DATES | TIME | COST | CODE |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Jul 17-21 | 9:00AM - 3:00PM | \$150.00 | 00004431 |

8-11yrs

| | | | | |
|---------|-----------|-----------------|----------|----------|
| Mon-Fri | Jul 24-28 | 9:00AM - 3:00PM | \$150.00 | 00004432 |
|---------|-----------|-----------------|----------|----------|

Location: Bullen Park

Camp Forms

Completed 2017 camp forms are required before your child's first camp begins. This information helps to ensure a safe and enjoyable summer for your children. Camp forms are available:

- for pick up Esquimalt Rec Centre
- through the Esquimalt municipal website at www.esquimalt.ca/camps

Please return your completed camp form:

- in person to the Esquimalt Recreation Centre front desk
- by email - to campforms@esquimalt.ca

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Open 7 Days

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. 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.

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

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

*Wed 5:30pm-7:30pm *available until June 21

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.

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.

Swim Lessons

View availability & register online! Please visit www.esquimalt.ca/recreation.

NEW! Violin for Budding Beginners 4-6yrs

You can try the violin this summer! This one-week intensive summer course provides a chance to try the violin without committing to several months of classes. Instructor and strings specialist instructor Catheryn Kennedy will bring all instruments and equipment, so you won't need to rent or purchase anything. Just bring your enthusiasm! Perfect for kids considering weekly classes in the future and/or playing at home for fun. Class size is limited to 7, providing plenty of personal attention in a supportive learning environment. Topics include: introduction to violin and fiddle, caring for and handling the violin, rhythm, pitch recognition and finger dexterity, basic music notation and theory, solo and group performance. An end-of-the week group performance will give families a chance to experience it all first hand. A mandatory \$25 extra fee will be charged at registration time to cover the cost of equipment and supplies.

| DAY | DATES | TIME | COST | CODE |
|---------|-----------------|------------------|----------|--------|
| Mon-Fri | Jul 31 - Aug 4 | 9:30AM - 11:30AM | \$125.00 | 000580 |
| Mon-Fri | Aug 14 - Aug 18 | 9:30AM - 11:30AM | \$125.00 | 000581 |
| Mon-Fri | Aug 28 - Sep 1 | 9:30AM - 11:30AM | \$125.00 | 000582 |

Instructor: Catheryn Kennedy

Location: Esquimalt Recreation Centre

Instructor Profile



Meet Catheryn Kennedy

Catheryn Kennedy is an early-childhood music education specialist. For over 20 years she's been teaching across the USA and Canada, and continually training with some of the world's best strings pedagogues. Catheryn was the lead instructor and Suzuki department coordinator and at the Victoria Conservatory of Music for eight years and has since opened her own downtown studio. Catheryn regularly performs with orchestras, in musical theatre productions and weddings.

"For me, music lessons are so much more than just a lesson in music; they are a passing on of skills, character, work ethic, appreciation, respect... I believe that music should engage the whole person and in the end, be fulfilling and fun. Together we build a relationship, trust, and a skill that will last a lifetime and transcend music into all other walks of life. My goal is to embrace what I see in each individual - all unique abilities and characters - and gently guide my students toward their true potential; far beyond what they thought possible - and to bring this opportunity to every child who seeks it."

Birthday Parties

Come and celebrates with us. Our Kindergym parties include: gym rental for 2 hours, bouncy castle, a birthday party host to assist throughout, tables, chairs, dishes and clean up. We can also do specialized activity requests in the Gym with a little bit of notice. Kindergym parties are limited to 20 children.

NEW! View availability & book your party online: esquimalt.ca/registration





Preschool Program Delivery:

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



For ALL Preschool Programs:

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

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



PRESCHOOL

Esquimalt Preschool (3-5yrs)

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

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

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

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

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

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

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

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

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

NEW TIME!

Creative Play –Puddle Jumpers(3-5yrs)

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

Drop Off Location: Saxe Point Park

Pick Up Location: Esquimalt Recreation Centre

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

Mon/Wed: Our Monday/Wednesday class will be based on demand. If you are interested please sign up on the waitlist at no charge, if there is enough interest, we will offer a Mon/Wed Class.

VIEW ONLINE:

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

HAVE YOUR NEXT

Celebration

IN OUR FACILITIES AND PARKS



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

Meeting Rooms
Birthday Parties

Family Celebrations
Sports Team Rentals & Events

Weddings
Park Rentals

Contact Chris Millan, bookings@esquimalt.ca or by phone at 250.412.8525, to book.

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Celebrate With Us!

Birthday Parties

**NEW**

View availability & book your party online:
esquimalt.ca/registration

Kindergym Parties

- 2 hours in the Gym
- Host for 2 hours: greet birthday child & family, supervise Bouncy Castle, assist with handing out food & cake, 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: 6' x 8' tables, 24 chairs, one 10' x 10' pop up tents, and trailer delivery and pick up. For info and to reserve, call 250.412.8525. \$75+tax/day.

Kindergym Set-up Includes: tables and chairs for eating, plastic table cloths, IKEA kids plates, cups, and cutlery for children; 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.



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

NEW!

ArtLab Summer Studio (6-9 yrs)&(10-16 yrs)

Draw, paint, make & create this summer during ArtLab Open Studio time! No experience needed, just bring your enthusiasm & drop-in when it suits your schedule. All supplies & equipment are provided. This is an encouraging, creative space designed for you to explore your creativity at your own pace. Visiting artists will share their knowledge in illustration, painting, mixed media (schedule will be published online and available in print format). Punch passes & single drop-in prices are available.

6-9yrs

Tue Jul 4 - Aug 29 3:15PM - 4:15PM
 \$5.00/drop in or use your Art Lab Punch Pass (\$25/6-punch pass) 0005155

10-16yrs

Tue Jul 4 - Aug 29 4:15PM - 5:15PM
 \$5.00/drop in or use your Art Lab Punch Pass (\$25/6-punch pass) 0005153

Instructor: Dixie MacUisdin

Location: Esquimalt Recreation Centre

Drawing, Storybooks & Comics (5 - 12yrs)

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

5-7yrs

| DAY | DATES | TIME | COST | CODE |
|-----|-----------------|------------------|---------|---------|
| Sun | May 28 - Jun 25 | 9:30AM - 10:30AM | \$40.00 | 0000254 |

8 - 12 yrs

| DAY | DATES | TIME | COST | CODE |
|-----|-----------------|-------------------|---------|---------|
| Sun | May 28 - Jun 25 | 10:45AM - 11:45AM | \$40.00 | 0000257 |

Instructor: Trisha Twiss

Location: Esquimalt Recreation Centre



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

View availability & book your party online:
esquimalt.ca/registration

Leadership & Education

Home Alone

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%.

| DAY | DATES | TIME | COST | CODE |
|-----|--------|------------------|---------|---------|
| Sun | Jun 25 | 9:00AM - 12:00PM | \$30.00 | 0000763 |

Location: Esquimalt Recreation Centre

Martial Arts

Karate & Kobujutsu

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 | | | | |
| DAY | DATES | TIME | COST | CODE |
| Wed | Jun 7 - Jun 21 | 6:30PM - 8:30PM | \$50.00 | 0000748 |

Location: L'ecole Brodeur School

NEW! Summer Intensive Courses

NEW! Violin for Budding Beginners (4-6yrs)

You can try the violin this summer. This one-week intensive summer course provides a chance to try the violin without committing to several months of classes. Instructor and strings specialist Instructor: Catheryn Kennedy will bring instruments and equipment, so you won't need to rent or purchase anything. Just bring your enthusiasm! Perfect for anyone considering joining a school band in the future and/or playing at home for fun. Small class size, providing plenty of personal attention in a supportive learning environment. Topics include: introduction to violin and fiddle, caring for and handling the violin, rhythm, pitch recognition and finger dexterity, basic music notation and theory, solo and group performance. An end-of-the week group performance will give families a chance to experience it all first hand. A mandatory \$25 extra fee will be charged at registration time to cover the cost of equipment and supplies.

| 4-6yrs | | | | |
|---------|-----------------|------------------|----------|--------|
| DAY | DATES | TIME | COST | CODE |
| Mon-Fri | Jul 31 - Aug 4 | 9:30AM - 11:30AM | \$125.00 | 000580 |
| Mon-Fri | Aug 14 - Aug 18 | 9:30AM - 11:30AM | \$125.00 | 000581 |
| Mon-Fri | Aug 28 - Sep 1 | 9:30AM - 11:30AM | \$125.00 | 000582 |

| 7-10yrs | | | | |
|---------|-----------------|------------------|----------|--------|
| DAY | DATES | TIME | COST | CODE |
| Mon-Fri | Jul 31 - Aug 4 | 12:30PM - 2:30PM | \$125.00 | 000583 |
| Mon-Fri | Aug 14 - Aug 18 | 12:30PM - 2:30PM | \$125.00 | 000512 |
| Mon-Fri | Aug 28 - Sep 1 | 12:30PM - 2:30PM | \$125.00 | 000515 |

Instructor: Catheryn Kennedy
Location: Esquimalt Recreation Centre

NEW! Violin for Continuing Players (7-14yrs)

Play violin with a bunch of enthusiastic players! Expand your musical knowledge in a fun and supportive group setting during our one-week intensive summer course for kids and youth. This course is ideal for anyone with 1 to 4 years of strings experience. Classes include daily technique for violin & fiddle, solo & group performance, musical theory, plus fun and challenging activities. Instructor and strings specialist Instructor: Catheryn Kennedy will help you take your skills to the next level in your musical training. Please bring two songs you enjoy playing; one piece you can play well and a second piece you're currently working on. An end-of-the week group performance will give you a chance to play for family and friends in an orchestra-style setting.

| DAY | DATES | TIME | COST | CODE |
|---------|-----------------|-----------------|----------|---------|
| Mon-Fri | Jul 31 - Aug 4 | 3:00PM - 5:30PM | \$125.00 | 0005111 |
| Mon-Fri | Aug 14 - Aug 18 | 3:00PM - 5:30PM | \$125.00 | 0005113 |
| Mon-Fri | Aug 28 - Sep 1 | 3:00PM - 5:30PM | \$125.00 | 0005115 |

Instructor: Catheryn Kennedy
Location: Esquimalt Recreation Centre





Before & After School Care
Macaulay Elementary

Taking Waitlist!

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 registration@esquimalt.ca for more information.

OSC days of operation follow the School Calendar Year.

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

TEEN DROP-IN ZONE



| Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|------------------------------|------------------------------|
| After School Drop In 3:00-5:00pm Until June 20th | Raven's Club Drop In @ Rockheights Middle School 3:00-5:00pm Until June 21st | After School Drop In 3:00-5:00pm Until June 22nd | Teen Night 7:00pm-10:00pm | Teen Night 7:00pm-10:00pm |
| | | Teen Night 7:00pm-10:00pm | | |

FREE! Tues/Thur Middle School Drop In

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

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

*Runs during school year - until June 22nd

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

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

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

*Runs during school year - until June 21st

Location: Rockheights Middle School

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

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

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

NEW! Roving Teen Night

In partnership with the Harbourside Boys and Girls Club we are proud to offer this drop in Teen Night. Youth will travel between the Esquimalt Teen Centre and the Harbourside Club hanging out with friends, playing pool at either location, swimming and more.

Thu 6:30pm-9:30pm

Location: Meet at the Esquimalt Recreation Centre (downstairs Teen Centre)



Creative Arts

NEW! ArtLab Summer Studio (10-16yrs)

Draw, paint, make & create this summer during ArtLab Open Studio time! No experience needed, just bring your enthusiasm & drop-in when it suits your schedule. All supplies & equipment are provided. This is an encouraging, creative space designed for you to explore your creativity at your own pace. Visiting artists will share their knowledge in illustration, painting, mixed media (schedule will be published online and available in print format). Punch passes & single drop-in prices are available.

| DAY | DATES | TIME | COST | CODE |
|-----|-------|------|------|------|
|-----|-------|------|------|------|

| | | | | |
|-----|----------------|-----------------|--|--|
| Tue | Jul 4 - Aug 29 | 4:15PM - 5:15PM | | |
|-----|----------------|-----------------|--|--|

\$5.00/drop in or use your Art Lab Punch Pass (\$25/6-punch pass) 0005153

Instructor: Dixie MacUisdin

Location: Esquimalt Recreation Centre

Fitness

Youth Intro to Wellness Centre

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

| DAY | DATES | TIME | COST | CODE |
|-----|-------|------|------|------|
|-----|-------|------|------|------|

| | | | | |
|-----|-------|------------------|---------|---------|
| Sun | Jul 9 | 12:15PM - 4:15PM | \$25.00 | 0005177 |
|-----|-------|------------------|---------|---------|

| | | | | |
|---------|-----------------|-----------------|---------|---------|
| Mon/Thu | Jul 10 - Jul 13 | 2:00PM - 4:00PM | \$25.00 | 0005175 |
|---------|-----------------|-----------------|---------|---------|

| | | | | |
|---------|----------------|-----------------|---------|---------|
| Mon/Thu | Jul 31 - Aug 3 | 2:00PM - 4:00PM | \$25.00 | 0005176 |
|---------|----------------|-----------------|---------|---------|

| | | | | |
|-----|--------|------------------|---------|---------|
| Sun | Aug 13 | 12:15PM - 4:15PM | \$25.00 | 0005179 |
|-----|--------|------------------|---------|---------|

Location: Esquimalt Recreation Centre

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 available | \$14.58/mo |



NEW! Summer Intensive Courses

NEW! Intro to Watercolours (10-16yrs)

Especially for teens & pre-teens! Spend time exploring watercolours with local painter Instructor: Dixie MacUisdin. Learn and develop brush and masking techniques, colour mixing and layering with ink while developing your own painting style. A chance to gather with peers for a few hours each day for creative painting. A mandatory \$20 extra fee will be charged at registration time to cover the cost of supplies.

| DAY | DATES | TIME | COST | CODE |
|---------|-----------------|-----------------|---------|---------|
| Mon-Fri | Jul 24 - Jul 28 | 1:00PM - 3:00PM | \$75.00 | 0005126 |

Instructor: Dixie MacUisdin

Location: Esquimalt Recreation Centre



NEW! Ready, Set, Sew! (10-17 yrs)

Especially for teens & pre-teens! Spend time exploring the art of sewing with The Makehouse. Learn machine and hand sewing skills while awakening the fashion designer in you! Create garments from patterns as well as altering and re-designing existing clothing. A mandatory \$30 extra fee will be charged at registration time to cover the cost of materials. Participants will be required to bring their own sewing machine and basic tool kit. There are 2 machines available to loan students on a first come first serve basis.

Basic sewing kit: Sewing machine, fabric scissors & pins/pin cushion. All other tools will be provided by the instructor and can be purchased at a discount during or after the course.

| DAY | DATES | TIME | COST | CODE |
|---------|-------------|-----------------|----------|----------|
| Mon-Fri | Aug 14 - 18 | 1:00pm - 3:00PM | \$125.00 | 00005125 |

Instructor: Jenny Ambrose

Location: Esquimalt Recreation Centre

NEW! Violin for Continuing Players (7-14 yrs)

Play violin with a bunch of enthusiastic players! Expand your musical knowledge in a fun and supportive group setting during our one-week intensive summer course for kids and youth. This course is ideal for anyone with 1 to 4 years of strings experience. Classes include daily technique for violin & fiddle, solo & group performance, musical theory, plus fun and challenging activities. Instructor and strings specialist Instructor: Catheryn Kennedy will help you take your skills to the next level in your musical training. Please bring two songs you enjoy playing; one piece you can play well and a second piece you're currently working on. An end-of-the week group performance will give you a chance to play for family and friends in an orchestra-style setting.

| DAY | DATES | TIME | COST | CODE |
|---------|-----------------|-----------------|----------|---------|
| Mon-Fri | Jul 31 - Aug 4 | 3:00PM - 5:30PM | \$125.00 | 0005111 |
| Mon-Fri | Aug 14 - Aug 18 | 3:00PM - 5:30PM | \$125.00 | 0005113 |
| Mon-Fri | Aug 28 - Sep 1 | 3:00PM - 5:30PM | \$125.00 | 0005115 |

Instructor: Catheryn Kennedy

Location: Esquimalt Recreation Centre



Summer SALE

ON SALE JUNE 1

SUMMER ACCESS PASS

\$30/child or youth • \$60/adult

VALID JUNE 29-SEPTEMBER 4

Unlimited admissions. Ask Reception for details.



Creative Arts

NEW! Art-cation with Ink and Watercolour

Escape into the world of art, ink and watercolour in a relaxed and social setting. Explore line and pattern in ink, sample traditional and contemporary approaches, combine watercolour techniques for a dramatic effect. Suitable for beginners and experienced painters. A mandatory \$30 extra fee will be charged at registration time to cover the cost of supplies.

| DAY | DATES | TIME | COST | CODE |
|---------|-----------------|-----------------|---------|---------|
| Mon-Fri | Aug 21 - Aug 25 | 1:00PM - 3:00PM | \$60.00 | 0005127 |

Location: Esquimalt Recreation Centre

Instructor: Dixie MacUisdin

Gardening

Succulent Planter Workshop

Make and take a mini tiered succulent planter. Learn tips on growing and propagating succulents in your home and garden. All materials included.

| DAY | DATES | TIME | COST | CODE |
|-----|--------|-------------------|---------|---------|
| Sat | Jun 10 | 10:30AM - 11:30AM | \$20.00 | 0000486 |

Instructor: Jessica Kleinsteuber

Location: Esquimalt Recreation Centre

NEW! Bloomin' Beautiful Community Garden Tour

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

- a welcome package with information sheets on 6 gardens
- 3 hour shuttle tour (including transportation with 6 stops: Japanese Garden at Gorge Park, Gardens at Saxe Point Park & 4 Residential Gardens
- light refreshments at each tour stop
- draw prize entry

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

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

| DAY | DATES | TIME | COST | CODE |
|-----|--------|------------------|---------|----------|
| Sat | Jun 17 | 10:00AM - 1:00PM | \$20.00 | 00005584 |

Thank you to our 2017 Campaign Sponsors:

Garden Works
 Island Return-It
 Country Grocer

Health & Wellness

FREE! Blood Pressure Drop-In Clinic

Stop by for a quick check of your blood pressure in the comfortable atmosphere of our Senior's Lounge on the 2nd and 4th Tuesday of each month (September to June) 1:00-3:00pm. Facilitated by Lynda Halbert.

Buddhist Meditation (D)

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

| DAY | DATES | TIME | CODE |
|--|----------------|------------------|---------|
| Fri | Jun 9 - Jun 30 | 12:00PM - 1:30PM | 0000820 |
| COST: \$32.00/session; \$10.00/drop in | | | |
| Location: Esquimalt Recreation Centre | | | |

Foot Care Clinic

Book an appointment for our foot care clinic with Esthetician Donna Wildman by calling 250-412-8500. Each appointment is 30 minutes in length and includes a foot soak and toenail clipping in a comfortable and private atmosphere. You can also have your fingernails clipped at no extra charge.

Tue 1:30-4:30PM
\$30 per 30 minute appointment

Gentle Fit

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

| DAY | DATES | TIME | CODE |
|---------------------------------------|-----------------|-------------------|---------|
| Mon | Jul 10 - Aug 28 | 10:10AM - 10:55AM | 0005170 |
| COST: \$35.00/session; \$5.00/drop in | | | |
| Instructor: Kay Inamura | | | |
| Location: Esquimalt Recreation Centre | | | |

Minds in Motion

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

| DAY | DATES | TIME | COST | CODE |
|---------------------------------------|-----------------|-----------------|---------|--------|
| Wed | Jul 12 - Aug 30 | 1:30PM - 3:00PM | \$52.00 | 000436 |
| Instructor: Kay Inamura | | | | |
| Location: Esquimalt Recreation Centre | | | | |



Over and Over and Over and
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Is Over.

LISTEN TO THE 9 to 5
NO REPEAT WORKDAY

98.5
Ocean
Victoria's Perfect Music Mix

Sports

Men's Golf Clinic

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

| DAY | DATES | TIME | COST | CODE |
|-----|----------------|-----------------|----------|---------|
| Mon | Jun 5 - Jun 26 | 6:30PM - 7:30PM | \$125.00 | 0000842 |

Location: Gorge Vale Golf Club

Ladies Intro to Golf

This 4 week series provides students with the FUNdamentals. Our trained professionals will introduce you to the basics of putting, chipping, course management and the full swing.

| DAY | DATES | TIME | COST | CODE |
|-----|----------------|-----------------|----------|---------|
| Mon | Jun 5 - Jun 26 | 5:30PM - 6:30PM | \$125.00 | 0000835 |

Location: Gorge Vale Golf Club



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 | Tuesdays 8:45pm-10:00pm | 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 | Sundays 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 4:30pm-6:30pm | | | | | |

*Competitive Volleyball takes place at l'école Victor Brodeur

Drop In Social Programs

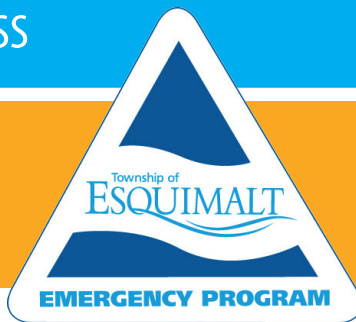
Weekly drop-in social programs are free with a monthly or annual membership. Open to all ages. Non-members pay \$2 per session. New members are always welcome! Some groups take breaks throughout the year. For details about specific groups & up-to-date schedule info visit our website at www.esquimalt.ca



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

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

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



Esquimalt Emergency Program

250.414.7120 or email: emergencyprogram@esquimalt.ca

Volunteer Opportunities

Emergency Social Services Team

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

Neighbourhood Emergency Preparedness Program

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

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

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

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



FREE Workshops for Esquimalt Residents: Individuals, Families & Strata's

The workshops below are offered periodically during the year depending on the level of interest - please check the schedule at esquimalt.ca. If you have any questions, or would like to schedule an on-site session for your community group, please send an e-mail to nepp@esquimalt.ca or leave a message at 250-414-7120.

Master Workshop – 1.5 hours

This workshop will provide a basic overview of general emergency preparedness including understanding hazards in our Region, how to make a family plan, build emergency kits, communicate during an emergency, and make your home safer.

Emergency Preparedness Sessions 30 minutes

Young Children –how to talk to young children about preparing for an emergency including plans for when they are at home, in pre-school or elementary school

- Pets – emergency kit for pets, plans for your pet if you aren't able to get home, and reducing stress in your pet.
- Seniors – emergency kits and additional considerations for health and mobility issues, medications, and working with the "Buddy System."
- People with Disabilities – emergency kits and additional considerations, evacuations that do not allow the use of mobility aids, special supplies, and working with the "Buddy System."

Neighbourhood Damage Assessment 1.5 hours

This workshop will provide you with information for assessing building damage in your neighbourhood following an earthquake that can help keep you safe. Please note that this is NOT a certification course.

MOVE IT. LIFT IT.

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



Wellness Centre Schedule

| | |
|------------------------------|---|
| Facility Hours | 5:30am-10:30pm Monday-Sunday |
| Wellness Centre Orientations | <p>Learn how to achieve an effective and safe workout in our Wellness Centre. Our certified staff will teach you to use both cardio and strength machines and you will leave with a basic workout program to do on your own. \$15 OR FREE with any 3-Month, 6-Month or 1-Year Pass purchase. Call 250.412.8500 to book.</p> <p>Available: Monday-Friday 8:00am; Tuesday/Wed/Fri 7:00pm; Sat/Sun 11:00am</p> |
| Fitness Assessments | <p>Our Certified Personal Trainers take you through a through a baseline fitness assessment including cardio, strength and flexibility. This service is FREE with a purchase of any 3- Month, 6-Month or 1 Year Pass.</p> <p>Available: Monday/Thursday 6:00pm</p> |
| Personal Training | <p>Personal Trainers work on YOUR schedule! No matter what your fitness level or goals, our certified trainers will help you see results. See page 48 for all of our package details!</p> |

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

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



Drop In Fitness Classes

Please see our website for our ongoing drop in schedule and course descriptions. We offer 25 drop in programs EVERY week, all included with your recreation centre pass!

Schedule September 6th to December 18th, 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 | 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 (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) | Spin (C) | Power Circuit (C) | Yoga (C) | |
| 5:05pm-6:00pm | | Yoga | | | | |
| 5:30pm-6:25pm | Mixed Interval Challenge | | | | | |
| 6:00pm-6:45pm | | | Bootcamp (C) | H.I.I.T. | | |



Drop In Fitness Class Descriptions

BellyFit

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

Bootcamp

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

Circuit & Stretch

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

H.I.I.T

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

Mixed Interval Challenge

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

Osteo Fit

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

Power Circuit

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

SPIN

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

Stretch & Strength

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

Total Aerobic Challenge

Gets you moving with fun and easy to follow combinations.

Total Body Challenge

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

Total Body Conditioning

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

Total Step Challenge

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

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"

PERSONAL TRAINING

Our Certified Trainers get you results NOW!

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

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



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



THE 3 MONTH PLAN

3 month investment for just \$99/month!

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

Hourly Sessions

PRIVATE/SEMI-PRIVATE

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

RESULTS

(12 Hours - \$42.50/hr)

\$510 (private)

\$255/person (2 people)

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

BONUS! 6 complementary facility admissions

RESULTS PLUS

(20 hours - \$37.50/hr)

\$750 (private)

\$375/person (2 people)

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

AQUATIC PERSONAL TRAINING

\$50/hr (private)

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



Registered Fitness Classes

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

Classes noted with (C) indicates: Childminding available during class for an additional nominal fee.

Bootcamp Classes

Zoomers Summer Fit (D)

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

| DAY | DATES | TIME | CODE |
|--|-----------------|-----------------|---------|
| Wed | Jul 5 - Aug 23 | 1:15PM - 2:45PM | 0005145 |
| COST: \$60.00/session; \$10.00/drop in | | | |
| Mon | Jul 10 - Aug 28 | 1:15PM - 2:45PM | 0005141 |
| COST: \$52.50/session; \$10.00/drop in | | | |
| Instructor: Ann Henslowe | | | |
| Location: Esquimalt Recreation Centre | | | |

Dance Inspired

Move It!

Can you feel the pulsation of the music? Do you crave the beat? Then don't miss this sweat inducing, total body workout, once a month, only. Anything goes, as long as you MOVE IT! FREE registration for Esquimalt Rec or Regional Rec Pass Holders (pre-registration required).

| DAY | DATES | TIME | CODE |
|--|--------|-----------------|---------|
| Fri | Jun 16 | 5:30PM - 6:30PM | 0000393 |
| COST: \$5.75/adult; \$4.25/student or senior | | | |
| Instructor: Instructor: Marcia Semenoff | | | |
| Location: Esquimalt Recreation Centre | | | |

Health & Wellness

Minds in Motion

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

| DAY | DATES | TIME | COST | CODE |
|---------------------------------------|-----------------|-----------------|---------|--------|
| Wed | Jul 12 - Aug 30 | 1:30PM - 3:00PM | \$52.00 | 000436 |
| Instructor: Kay Inamura | | | | |
| Location: Esquimalt Recreation Centre | | | | |



Buddhist Meditation

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

| DAY | DATES | TIME | CODE |
|-----|-------|------|------|
|-----|-------|------|------|

| | | | |
|-----|----------------|------------------|---------|
| Fri | Jun 9 - Jun 30 | 12:00PM - 1:30PM | 0000820 |
|-----|----------------|------------------|---------|

COST: \$32.00/session; \$10.00/drop in

Location: Esquimalt Recreation Centre

Parent & Child Fitness Classes

Stroller Fit Summer Circuit (D)

Keep your fitness up this summer with this flexible program. We know it can be difficult to commit to a weekly program when you are a busy parent. Pay a drop-in fee once or twice a week; or to solidify your commitment pay the full amount at a discounted rate! As with our other Parent and Babe programs stroller are utilized during the workout and mats also provided for your little one to stretch out and play while you work out!

| DAY | DATES | TIME | CODE |
|-----|-------|------|------|
|-----|-------|------|------|

| | | | |
|---------|----------------|-------------------|---------|
| Tue/Thu | Jul 11 - Aug 3 | 11:45AM - 12:45PM | 0005151 |
|---------|----------------|-------------------|---------|

COST: \$52.00/session; \$8.50/drop in

| | | | |
|---------|----------------|-------------------|---------|
| Tue/Thu | Aug 8 - Aug 31 | 11:45AM - 12:45PM | 0005158 |
|---------|----------------|-------------------|---------|

COST: \$52.00/session; \$8.50/drop in

Location: Esquimalt Recreation Centre

Spin Classes

Spin, Core & Stretch (D)

A great, non-impact way to increase your cardiovascular and muscular fitness! This class will have you work up a sweat, but will be less intense than our evening classes. Follow it up with a great stretch to leave you feeling ready to take on the day. Drop in when space available, \$9.

| DAY | DATES | TIME | CODE |
|-----|-------|------|------|
|-----|-------|------|------|

| | | | |
|-----|-----------------|----------------|----------|
| Tue | Jul 11 - Aug 29 | 9:00AM-10:00AM | 00005343 |
|-----|-----------------|----------------|----------|

COST: \$52.00/session; \$8.00/drop in

Instructor: Lorraine Nygaard

Location: Archie Browning Sports Centre

Spin & Conditioning (D)

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

| DAY | DATES | TIME | CODE |
|-----|-------|------|------|
|-----|-------|------|------|

| | | | |
|-----|-----------------|-----------------|---------|
| Tue | Jul 11 - Aug 29 | 6:15PM - 7:30PM | 0005154 |
|-----|-----------------|-----------------|---------|

COST: \$80.00/session; \$12.00/drop in

Instructor: Esther Bendall

Location: Archie Browning Sports Centre

NEW! Spin to the Road

Participants will start with indoor bike training on our indoor Keiser bikes. Then move into real road training. Topics covered will include: safety talk, bike supply list and biking nutrition. The last few classes participants will get on their own bikes and explore some of our fabulous bike trails in Victoria.

| DAY | DATES | TIME | COST | CODE |
|-----|-------|------|------|------|
|-----|-------|------|------|------|

| | | | | |
|-----|-----------------|-----------------|---------|--------|
| Fri | Jul 14 - Aug 25 | 5:41PM - 6:30PM | \$60.00 | 000524 |
|-----|-----------------|-----------------|---------|--------|

Instructor: Lorraine Nygaard

Location: Archie Browning Sports Centre

Strength & Conditioning

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!

| DAY | DATES | TIME | COST | CODE |
|-----|-------|------|------|------|
|-----|-------|------|------|------|

| | | | | |
|-----|-----------------|-------------------|---------|---------|
| Tue | Jul 11 - Aug 29 | 10:15AM - 11:30AM | \$72.00 | 0005168 |
|-----|-----------------|-------------------|---------|---------|

| | | | | |
|-----|----------------|------------------|---------|---------|
| Thu | Jul 6 - Aug 24 | 9:15AM - 10:30AM | \$72.00 | 0005169 |
|-----|----------------|------------------|---------|---------|

Instructor: Emma Sproule

Location: Esquimalt Recreation Centre



NEW! Fit Focus

Fit Focus are one-off classes that focus on one body part or activity. This series will focus on: Back, Abs, Chest, Glutes, Arms and Anaerobic Exercise/Sprints. In each class you will learn several exercise to target that specific body part or exercise. Class will vary from mild to intense depending on your own abilities.

| DAY | DATES | TIME | COST | CODE |
|--------|--------|------------------|---------|---------|
| Back | | | | |
| Sun | Jul 16 | 12:15PM - 1:45PM | \$15.00 | 0005198 |
| Chest | | | | |
| Sun | Jul 23 | 12:15PM - 1:45PM | \$15.00 | 0005200 |
| Glutes | | | | |
| Sun | Jul 30 | 12:15PM - 1:45PM | \$15.00 | 000521 |
| Arms | | | | |
| Sun | Aug 20 | 12:15PM - 1:45PM | \$15.00 | 000522 |
| Abs | | | | |
| Sun | Aug 27 | 12:00AM - 1:30AM | \$15.00 | 000523 |

Instructor: Leanne La Prairie Location: Esquimalt Recreation Centre

Kettlebells

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!

| DAY | DATES | TIME | COST | CODE |
|-----|-----------------|-----------------|---------|---------|
| Thu | Jul 13 - Aug 31 | 7:00PM - 7:45PM | \$56.00 | 0005171 |

Location: Esquimalt Recreation Centre

The Challenge (D)

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

| DAY | DATES | TIME | CODE |
|-----|-----------------|-----------------|---------|
| Tue | Jul 11 - Aug 29 | 6:10PM - 6:55PM | 0005174 |

\$56.00/session; \$9.00/drop in
Location: Esquimalt Recreation Centre

TRX Training (D)

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

| DAY | DATES | TIME | COST | CODE |
|-----|----------------|-----------------|---------|--------|
| Tue | Aug 8 - Aug 29 | 8:15AM - 8:45AM | \$40.00 | 000528 |

Instructor: Marcia Semenoff
Location: Esquimalt Recreation Centre

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!

| DAY | DATES | TIME | CODE |
|-----|----------------|-----------------|----------|
| Wed | Jul 12 - Aug 2 | 7:45PM - 8:30PM | 00005173 |

COST: \$36.00/session; \$11.50/drop in
Wed Aug 9 - Aug 30 7:45PM - 8:30PM 00005464
COST: 360.00/session; \$11.50/drop in
Instructor: Emma Sproule
Location: Esquimalt Recreation Centre

TRX Training (D)

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

| DAY | DATES | TIME | CODE |
|-----|----------------|-----------------|---------|
| Thu | Jun 1 - Jun 22 | 1:30PM - 2:30PM | 0000411 |

COST: \$40.00/session; \$10/drop in
Mon Jun 5 - Jun 26 12:05PM - 12:50PM 0000211
COST: \$40.00/session; \$10/drop in
Tue Jul 11 - Aug 1 8:15AM - 9:00AM 0005172
COST: \$40.00/session; \$10/drop in
Tue Aug 8 - Aug 29 8:15AM - 9:00AM 000528
COST: \$40.00/session; \$10/drop in
Instructor: Marcia Semenoff
Location: Esquimalt Recreation Centre



Yoga & Pilates

Restorative Yoga (D)

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

| DAY | DATES | TIME | CODE |
|-----|-----------------|-----------------|---------|
| Wed | Jul 12 - Aug 30 | 6:30PM - 8:00PM | 0005196 |

COST: \$88.00/session; \$13.00/drop in
Instructor: Janice Arnot
Location: Esquimalt Recreation Centre

Yin Yoga (D)

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

| DAY | DATES | TIME | CODE |
|-----|-----------------|-----------------|---------|
| Thu | Jul 13 - Aug 31 | 6:30PM - 8:00PM | 0005195 |

COST: \$88.00/session; \$13.00/drop in
Instructor: Janice Arnot
Location: Esquimalt Recreation Centre

Gentle Hatha Yoga Class (D)

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

| DAY | DATES | TIME | CODE |
|-----|----------------|-----------------|---------|
| Sun | Jul 9 - Aug 27 | 2:30PM - 3:30PM | 0005191 |

COST: \$70.00/session; \$12.00/drop in
Instructor: Dawn Meier
Location: Esquimalt Recreation Centre

Gentle Yoga

Start or infuse 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!

| DAY | DATES | TIME | CODE |
|---------------------------------------|-----------------|------------------|---------|
| Thu | Jun 1 - Jun 29 | 1:15PM - 2:30PM | 0000600 |
| COST: \$30.00/session; \$8.00/drop in | | | |
| Tue | Jun 6 - Jun 27 | 9:30AM - 10:45AM | 0000599 |
| COST: \$24.00/session; \$8.00/drop in | | | |
| Tue | Jul 11 - Aug 1 | 9:30AM - 10:45AM | 0005187 |
| COST: \$24.00/session; \$8.00/drop in | | | |
| Thu | Jul 13 - Aug 3 | 1:15PM - 2:30PM | 0005189 |
| COST: \$24.00/session; \$8.00/drop in | | | |
| Tue | Aug 8 - Aug 29 | 9:30AM - 10:45AM | 0005188 |
| COST: \$24.00/session; \$8.00/drop in | | | |
| Thu | Aug 10 - Aug 31 | 1:15PM - 2:30PM | 0005190 |
| COST: \$24.00/session; \$8.00/drop in | | | |

Instructor: Moira Tait; Kaylie Hutchison (Thu Jun 1-29 session)
Location: Esquimalt Recreation Centre

Mindful Movement Chair Yoga

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

| DAY | DATES | TIME | COST | CODE |
|-----|-----------------|-------------------|---------|---------|
| Mon | Jul 10 - Aug 28 | 11:00AM - 12:00PM | \$70.00 | 0005194 |

Instructor: Janice Arnot
Location: Esquimalt Recreation Centre

Pilates Back to Basics

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

| DAY | DATES | TIME | COST | CODE |
|-----|-----------------|-----------------|---------|---------|
| Wed | Jul 12 - Aug 30 | 5:30PM - 6:25PM | \$76.00 | 0005181 |

Instructor: Emma Sproule
Location: Esquimalt Recreation Centre

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.

| DAY | DATES | TIME | COST | CODE |
|---------------------------------------|----------------|-----------------|---------|---------|
| Fri | Jul 7 - Aug 25 | 5:00PM - 6:00PM | \$76.00 | 0005183 |
| Instructor: Emma Sproule | | | | |
| Location: Esquimalt Recreation Centre | | | | |



Pilates Intermediate

Pilates is an 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.

| DAY | DATES | TIME | COST | CODE |
|---------------------------------------|-----------------|-----------------|---------|---------|
| Wed | Jul 12 - Aug 30 | 6:30PM - 7:25PM | \$76.00 | 0005182 |
| Instructor: Emma Sproule | | | | |
| Location: Esquimalt Recreation Centre | | | | |

Power Flow Yoga (D)

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

| DAY | DATES | TIME | CODE |
|---------------------------------------|----------------|-----------------|---------|
| Wed | Jul 19 - Aug 9 | 6:00PM - 7:00PM | 0005192 |
| \$40.00/session; \$12.00/drop in | | | |
| Location: Esquimalt Recreation Centre | | | |

GREATER VICTORIA
REGIONAL RECREATION PASS

Greater Victoria **ACTIVE COMMUNITIES**
fitinfitness.ca

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

INCLUDING TAX
\$41
PER MONTH

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



Pool Schedule

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

Drop In WaterFit

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

Shallow

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

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

Deep

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

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

Cardio Conditioning

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

| | |
|---------|-----------------|
| Tue/Thu | 11:05am-11:55am |
|---------|-----------------|

Foundations

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

| | |
|---------|-----------------|
| Mon/Wed | 11:05am-11:55am |
|---------|-----------------|

Foundations +

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

| | |
|-----|-----------------|
| Fri | 11:05am-11:55am |
|-----|-----------------|

Cardio Blast

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

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

Total Body Workout

Moderate intensity, moderate impact (Beginner to Advanced)

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

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



Registered Aquatic Fitness

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

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

Classes noted with (C) indicates: Childminding available during class for additional, nominal, fee.

Water Running (D)

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

| DAY | DATES | TIME | CODE |
|---|----------------|-----------------|---------|
| Thu | Jul 6 - Jul 27 | 6:15AM - 7:00AM | 0005100 |
| COST: \$24.00/4 sessions; \$7.00/drop in | | | |
| Thu | Aug 3 - Aug 31 | 6:15AM - 7:00AM | 000511 |
| COST: \$30.00/ 5 sessions; \$7.00/drop in | | | |
| Instructor: Ann Henslowe | | | |
| Location: Esquimalt Recreation Centre | | | |

Pre/Post Natal (D)

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

| DAY | DATES | TIME | CODE |
|---|----------------|-----------------|---------|
| Thu | Jun 1 - Jun 15 | 6:00PM - 7:00PM | 0000920 |
| COST: \$21.00/ 3 sessions; \$8.00/drop in | | | |
| DAY | DATES | TIME | CODE |
| Thu | Jul 6 - Jul 27 | 6:00PM - 7:00PM | 000597 |
| COST: \$28.00/4 sessions; \$8.00/drop in | | | |
| DAY | DATES | TIME | CODE |
| Thu | Aug 3 - Aug 31 | 6:00PM - 7:00PM | 000599 |
| COST: \$35.00/ 5sessions; \$8.00/drop in | | | |
| Instructor: Ann Henslowe | | | |
| Location: Esquimalt Recreation Centre | | | |

Aquatic HIIT (D)

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

| DAY | DATES | TIME | CODE |
|---|----------------|-----------------|--------|
| Tue | Jul 4 - Jul 25 | 6:15AM - 7:00AM | 000595 |
| COST: \$24.00/ 4 sessions; \$7.00/drop in | | | |
| Tue | Aug 1 - Aug 29 | 6:15AM - 7:00AM | 000596 |
| COST: \$30.00/ 5 sessions; \$7.00/drop in | | | |
| Instructor: Ann Henslowe | | | |
| Location: Esquimalt Recreation Centre | | | |



www.esquimalt.ca/camps





Swim here.

Swim Lessons

View lesson schedule, availability & register online! Swim lesson registration opens June 1.

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

Daily Lessons

Mon-Thu PM

July 4-14 – 7 sessions
July 17-27 – 8 sessions
July 31-Aug10 – 7 sessions
*no lesson Aug 7
Aug 14-24 – 8 sessions

Tue-Fri AM

July 4-14 – 8 sessions
July 18-28 – 8 sessions
Aug 1-11 – 8 sessions
Aug 15-25 – 8 sessions

Twice a Week Lessons

Tues/Thur

July 4-27 – 8 sessions
Aug 1-24 – 8 sessions

Once a Week Lessons

Sunday
July 9-Aug 27 – 7 sessions
*no lesson Aug 6

NEW!

Quick set Registered Private Swim Lessons

See swim brochure at reception for details.

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



www.esquimalt.ca/registration



Private Swim Lessons with Esquimalt Recreation

Online registration **NOT** available for private swim lessons, please call 250.412.8500.

Registered Private Lessons

\$17.00/30 minute lessons

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

Adult Swim Lessons

Basic

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

| DAY | DATES | TIME | COST |
|-----|----------------|---------------|--------|
| Mon | July 10-Aug 21 | 7:00pm-8:00pm | \$42/6 |
| Wed | July 12-Aug 23 | 7:00pm-8:00pm | \$49/7 |

Location: Esquimalt Recreation Centre

Adult Lesson – Intermediate

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

| DAY | DATES | TIME | COST |
|-----|----------------|---------------|--------|
| Mon | July 10-Aug 21 | 7:00pm-8:00pm | \$42/6 |
| Wed | July 12-Aug 23 | 7:00pm-8:00pm | \$49/7 |

Location: Esquimalt Recreation Centre



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 +

| DAY | DATES | TIME | COST | CODE |
|---------|-----------------|------------------|----------|---------|
| Mon-Fri | Jul 24 - Jul 28 | 9:00AM - 4:00PM | \$140.00 | 000514 |
| Mon-Fri | Jul 17 - Jul 21 | 10:00AM - 4:00PM | \$140.00 | 0005134 |

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

| DAY | DATES | TIME | COST | CODE |
|---------|-----------------|-----------------|----------|---------|
| Sat/Sun | Jun 10 - Jun 18 | 9:00AM - 2:00PM | \$140.00 | 0002233 |

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

| DAY | DATES | TIME | COST | CODE |
|--------------|----------------|------------------|----------|--------|
| Mon-Fri, Sun | Jul 9 - Jul 14 | 10:00AM - 6:00PM | \$320.00 | 000518 |
| Mon-Fri, Sun | Aug 27 - Sep 1 | 10:00AM - 6:00PM | \$320.00 | 000519 |

Location: Esquimalt Recreation Centre

Become a Swim Instructor

Water Safety Instructor - Part 1 & 2

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

Water Safety Instructor Part 1

| DAY | DATES | TIME | COST | CODE |
|-----|-------|------------------|----------|---------|
| Tue | Jul 4 | 10:00AM - 4:00PM | \$220.00 | 0005110 |

Water Safety Instructor Part 2

| DAY | DATES | TIME | COST | CODE |
|---------|-----------------|------------------|----------|---------|
| Mon-Thu | Aug 21 - Aug 24 | 10:00AM - 4:00PM | \$165.00 | 0005112 |

Location: Esquimalt Recreation Centre

Re-Certifications

National Lifeguard Re-Certification

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

| DAY | DATES | TIME | COST | CODE |
|-----|--------|------------------|---------|--------|
| Sat | Jun 24 | 10:00AM - 6:00PM | \$95.00 | 000393 |
| Sat | Aug 19 | 10:00AM - 8:00PM | \$95.00 | 000516 |

Location: Esquimalt Recreation Centre

Water Safety Instructor Re-certification

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

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

| DAY | DATES | TIME | COST | CODE |
|-----|--------|------------------|----------|----------|
| Wed | Jun 21 | 12:00PM - 5:00PM | \$102.00 | 0002249 |
| Sat | Aug 26 | 12:00PM - 5:00PM | \$102.00 | 00005107 |

Location: Esquimalt Recreation Centre



www.esquimalt.ca/camps



Archie Browning Sports Centre

During the summer, the Archie Browning Sports Centre is home to lacrosse, roller derby, ball hockey and numerous community events.

For information on:

- Lacrosse, please visit: www.velacrosse.com
- Roller Derby, please visit: www.evesofdestructionrollerderby.com

Facility rentals for your meeting, event or party are also available through our Facility Booking Clerk. Please email: bookings@esquimalt.ca for rates and availability. Please include: preferred dates; anticipated number of persons attending and; any special requests including tables, chairs or other equipment.

Arena (Ice) Summer Drop In

Beat the Heat! Summer Holiday Skates

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

Mon-Fri Aug 21 - Sep 1

1:00PM - 2:50PM

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

Skate Rentals: \$3.25/pair

Location: Archie Browning Sports Centre



thank you!

Greater Victoria **ACTIVE COMMUNITIES**
fitnifitness.ca

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





Our Helpful Staff

Director of Parks & Recreation

Scott Hartman | 250-412-8509
scott.hartman@esquimalt.ca

Parks & Facilities Manager

Rick Daykin | 250-412-8508
rick.daykin@esquimalt.ca

Recreation Manager

Jeff Byron | 250-412-8517
jeff.byron@esquimalt.ca

Recreation Coordinator

Dan Henderson | 250-412-8507
dan.henderson@esquimalt.ca

Recreation Coordinator

Christina Moog | 250-412-8501
christina.moog@esquimalt.ca

Programmer - Children's Services, Arena & Sport Programs

Regan Pemberton | 250-412-8506
regan.pemberton@esquimalt.ca

Programmer - Fitness & Wellness

Vicki Klyne | 250-412-8502
fitness@esquimalt.ca

Community Development

Holly Courtright | 250-412-8511
holly.courtright@esquimalt.ca

Programmer - Adult & Arts

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

Programmer - Aquatics

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

Aquatic Supervisor

Lauren Schubert | 250-412-8533
aquatics@esquimalt.ca

Reception Supervisor

Dana Robertson | 250-412-8503
dana.robertson@esquimalt.ca

Facility Booking Clerk

Chris Millan | 250-412-8525
bookings@esquimalt.ca

Arena & Events Supervisor

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

Program Support

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

Skating & Youth Supervisor

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

Recreation Supervisor - OSC & Camps

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

Frequently Asked Contacts:

Program Registration

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

Drop In Schedules

www.esquimalt.ca/schedules

To book facility space

250-412-8525

To submit a Tree Cutting Permit

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

Registration & Pass Sale Policies:

Refunds/Credits:

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

NSF Fee:

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

Passes:

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





In the community - at Saxe Point Park

Community Contacts

COMMUNITY RESOURCES

Boys & Girls Club
bgvic.org

Esquimalt Chamber of Commerce
esquimaltchamberofcommerce.com

Esquimalt Kiwanis Club
kiwanisvictoria.com

Esquimalt Lions Club
lionsdistrict19-i.org

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

Rock Solid
rocksolid.bc.ca

Royal Canadian Legion BR#172
legion172.com

SPECIAL INTEREST

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

Girl Guides of Canada
svigirlguides.bc.ca

Esquimalt Anglers
eanglers@islandnet.com

Community Contacts

Esquimalt Curling Club
esquimaltcurlingclub.ca

Esquimalt Baseball Assoc.
esquimaltbaseball@gmail.com

Esquimalt Garden Club
paulwickens@shaw.ca

Esquimalt Photo Club
esquimaltphotoclub.org

Esquimalt Speed Skating Club
esquimaltspeedskating.org

Gorge Soccer Assoc.
gorgesoccer.ca

Greater Victoria Minor Football Assoc.
victoriafootball.ca

Victoria/Esquimalt Minor Hockey
Victoriaminorhockey.ca

Victoria/Esquimalt Minor Lacrosse
velacrosse.com

Victoria Wheelchair Sports
victoriawheelchairsports.ca

COMMUNITY SERVICES
Esquimalt Neighbourhood House
enh.bc.ca

Military Family Resource Centre
esquimaltmfrc.com

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

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

Single Parent Resource Centre
singleparentvictoria.ca

Vancouver Island Health Authority
viha.ca

Esq. Public Health Unit
250-519-5311

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

Victoria Police Department
West Division 250-995-7502

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

LOCATION:

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

PHONE: 250-412-8540

EMAIL:

gregory.evans@esquimalt.ca

WEBSITE:

esquimalt.ca/Main/archives.htm

HOURS:

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

*Esquimalt High School
 Class Photo, 1948*



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

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

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 practice 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 - WALK ON THE WILD SIDE!

For kids 12 and under

Take a walk on the wild side 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.

June 29-August 31

ALL THAT AND A BAG OF CHIPS

For kids 10-18

For ages 10-18 with a valid GVPL library card. Join GVPL's summer book review club, and kick it off with a free book and a bag of chips!

July 6-August 31

SUMMER CHALLENGE

Tween to adult

We challenge you to make the library part of your summer story! Choose from 18 challenges, and earn an entry into our weekly prize draws for every one you complete. Finish the challenges in any order, and repeat as many as you like. Participate on your own or as a family. **July 6-August 31**



ESQUIMALT BRANCH LIBRARY

1231 Esquimalt Road

Back of the Town Hall/Library Building.

During construction of the new Esquimalt Town Square, the branch is only accessible from Esquimalt Road. Alternate parking is available behind Archie Browning Sports Centre. For more information esquimalt.ca

CONNECT WITH US!



**GREATER VICTORIA
PUBLIC LIBRARY**

gvpl.ca



Esquimalt Adventure Park

GRAND OPENING
June 10 @ 12:30pm



Celebrate with us

Cake • Giveaways • Music • Block Party

Located at the Esquimalt Recreation Centre, 527 Fraser St.

****EVENT PARKING:** Behind the Archie Browning Sports Centre, 1151 Esquimalt Rd. Please note - on Saturday June 10 from 11:30am to 4:30pm, the Esquimalt Recreation Centre parking lot will be reserved for accessible parking only.

PARK INFO: www.esquimalt.ca/splashpad

Come Visit!

Japanese Garden at Gorge Park

Open Dawn to Dusk • FREE Admission

INFO: www.esquimalt.ca/gorgepark



ESQUIMALT FARMERS MARKET

THURSDAYS, 4:30 - 7:30PM!

INDOORS:

ESQUIMALT REC CENTRE

527 FRASER STREET

APRIL 27TH

WWW.ESQUIMALTMARKET.COM



OUTDOORS:

MEMORIAL PARK

1212 ESQUIMALT ROAD

WEEKLY, MAY 25TH - SEPTEMBER 14TH

@ESQUIMALTMARKET

NEW
LOCATION!



Memorial Park Music Fest

LIVE MUSIC EVERY TUESDAY NIGHT June 13 to July 18
6:00-7:30PM MEMORIAL PARK ESQUIMALT



JUNE 13

The Soul Shakers

5pm - Esquimalt High School Jazz Band



JUNE 20

Maureen Washington



JUNE 27

Bobby Dazzler



JULY 4

Montgomery County



JULY 11

Virtual Elvis



JULY 18

Bijoux du Bayou

Music Powered by



WWW.ESQUIMALT.CA

CHECK ONLINE FOR EVENT UPDATES

WWW.TOWNSHIPARTS.ORG



REGIONAL RECREATION PASS FOR GREATER VICTORIA

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

Greater Victoria **ACTIVE COMMUNITIES**
fitinfitness.ca

\$41 INCLUDING TAX PER MONTH

PENINSULA RECREATION 250-656-7271
1. Panorama Recreation Centre 1885 Forest Park Drive
2. Greenglade Community Centre 2151 Lannon Way

SAANICH RECREATION 250-475-5422
3. Saanich Commonwealth Place 4636 Elk Lake Drive
4. Gordon Head Recreation Centre 4100 Lambrick Way
5. G.R.Pearkes Recreation Centre 3100 Tillicum Road
6. Cedar Hill Recreation Centre 3220 Cedar Hill Road

RECREATION OAK BAY 250-595-7946
7. Oak Bay Recreation Centre 1975 Bee Street
8. Henderson Recreation Centre 2291 Cedar Hill X Road

CITY OF VICTORIA 250-361-0732
9. Crystal Pool and Fitness Centre 2275 Quadra Street
10. Save-On-Foods Memorial Centre 1925 Blanshard Street

ESQUIMALT RECREATION 250-412-8500
11. Esquimalt Recreation Centre 527 Fraser Street
12. Archie Browning Sports Centre 1151 Esquimalt Road

WEST SHORE PARKS & REC 250-478-8384
13. Juan de Fuca Recreation Centre 1767 Island Highway

SEAPARC RECREATION 250-642-8000
14. Seaparc Leisure Complex 2168 Phillips Road



Get back to life

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

Our team of therapists work with you, your doctor and those involved with your treatment, to ensure the most appropriate program is developed for you.

Contact us today and get back to living your normal life!



OUR SERVICES:

KINESIOLOGY
POOL THERAPY
PHYSIOTHERAPY
ACUPUNCTURE
MASSAGE THERAPY
CHIROPRACTIC
ATHLETIC THERAPY

Did you know?

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

Have a Worksafe claim?

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

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

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

www.lifemark.ca

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