# Esquimalt Program & Event Guide Winter/Spring 2017

esquimalt.ca/recreation 250.412.8500

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ESQUIMALT PARKS+RECREATION

Cover: Japanese Gardens at Esquimalt's Gorge Park DID YOU KNOW... these historic gardens were the first of their kind in North America Photo Credit: Cedar & Stone Photography











13



### **General Information**

**Inside Cover Facility Hours** 4 **Admission Rates Facilities and Parks** 6 8 Calendar Bloomin' Beautiful 13 14 Announcements **Birthday Parties** 21 **Esquimalt Emergency Services** 40 **Staff Contacts** 70 71 **Community Contacts Facility Rentals** 74 Sponsorship Opportunities 75

### Programs

Early Childhood 16 22 School Aged Out of School Care 27 30 Youth Adult 36 44 50 +**Fitness** 48 59 Aquatics Ice Programs 66



### FACILITY HOURS & CONTACT

### **Esquimalt Recreation Centre**

Ph: 250-412-8500 Fax: 250-412-8529 527 Fraser St., V9A 6H6

Hours of Operation: 5:30AM-10:30PM 7 days a week Exceptions: Dec 24 & 31: 5:30am-4:00pm • Dec 25 & Jan 1: 1:30pm-4:00pm Archie Browning Sports Centre Ph: 250-412-8510 Fax: 250-412-8531

Fax: 250-412-8531 1151 Esquimalt Rd., V9A 3N6

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



SQUIMALT ADMISSIONS

### 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	e with adult admis	ssion		
Family	\$11.50	\$103.50	\$241.50	\$117.00	\$227.50	\$420.00	\$700.00
		Pog	ional Pocreation P	Dece*			

Regional Recreation Pass\*

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 70.

250-412-8500

\$492.00



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Welcome to the Winter/Spring 2016 edition of our Program and Event Guide.

We are so lucky to have both the facilities and the weather (most of the time!) to host events yearround in Esquimalt. Join us this winter and spring for a variety of events including the Celebration of Lights, the Pyjama Prance fun run and walk, our festive Christmas Tree Village, the New Year's Day Levee, our popular Esquimalt 5K event, and Earth Day at Highrock Park.

And make sure you mark January 21 to 29 for the National Junior Curling Championships at Archie Browning Sports Centre! You're sure to see some exciting curling action featuring the future stars in the sport! Have a look at our full event schedule in the following pages.

We are all very excited about the Esquimalt Adventure Park on Fraser Street. Construction has been moving along nicely and we are planning a grand opening for late spring 2017. This new park is such a great addition to our parks system and will be popular with both residents and visitors I'm sure. Watch for our Bloomin' Beautiful Home and Garden Contest in the spring of 2017. This wonderful spring event, a legacy of our 2012 centennial, celebrates community pride and brings everyone together in a common goal of beautification. New this year: a community photo gallery, and an open garden tour where participants invite the public to tour their gardens and share their landscaping ideas. Tour dates will be announced at www.esquimalt.ca.

In addition to recognizing the great work of our staff members in managing our many parks, facilities and programs, I would like to acknowledge the role that volunteers play in our community. In Esquimalt we have many dedicated volunteers who give so much of their time and talents to ensure that our events and programs run smoothly. Join me in celebrating our community volunteers during Volunteer Week, April 24 - 28, 2017. They truly make our community a special place.

On behalf of Council I encourage everyone to take advantage of the wealth of opportunities available through our Parks and Recreation Department this winter and spring.

Sincerely,

Sarbara Degande

Mayor Barbara Desjardins

### To Register for Programs:

#### 1. Phone in

Using AMEX, MasterCard or VISA to either of our centres

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

250-412-8500

NOTE: Due to the advanced printing of this guide, some information may have changed. For the most up-todate information on program offerings, visit esquimalt. ca/recreation or speak with our front desk staff at the Esquimalt Recreation Centre

#### 2. In Person:

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

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



**PARKS & FACILITIES** 



### Park & Facility Bookings with Esquimalt Parks & Recreation

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

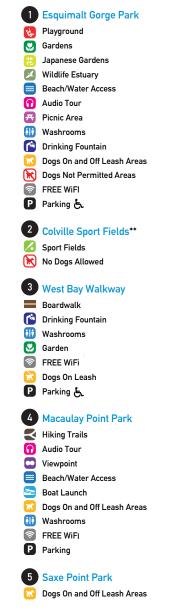
For more information on facility bookings visit us at www.esquimalt.ca/parksrecreation/facilityrentals





Boundary

N Rail Line



R	Dogs Not Permitted Areas	ÎĨ	Youth Activities
	Beach/Water Access		Outdoor Fitness Park
	Gardens	P	Parking 😓
₩	Picnic Area	_	
	Washrooms	10	Bullen Park
<b></b>	FREE WiFi	Ă	Concession (seasonal)
	Drinking Fountain		Baseball & Sports Fields
	Viewpoint	<b>R</b>	FREE WiFi
Р	Parking 😓	$\overline{\mathbf{R}}$	No Dogs Allowed
		P	Parking 😓
-	L'Ecole Brodeur*		
-	Theatre Programs		Archie Browning Sports Centre 🛓
-	Sport Fields	Ð	Curling
	No Dogs Allowed	X	Ice Rink
Р	Parking E	ä	Meeting Rooms
9	Historia Davis	<b>?</b>	FREE WiFi
_	Highrock Park	Р	Parking 😓
_	Hiking Trails		
_	Dogs Off Leash	12	Lampson Sport Fields
-	Viewpoint	Ð	Concession (seasonal)
U	Audio Tour	<b>%</b>	Baseball Fields
8	Anderson Park	it,	Playground
$\mathbf{-}$			Washrooms
-	Skateboard Park	$\mathbf{k}$	No Dogs Allowed
<u> </u>	Community Garden FREE WiFi		
-	No Dogs Allowed	13	Esquimalt Town Square
9	No Dogs Allowed	it.	Playground
9	Esquimalt Recreation Centre 😓	Æ	Picnic Area
$\mathbf{-}$	Art Classes	Р	Parking 😓
	Dance Classes	14	Memorial Park
-	Fitness Classes		
-	Gymnasium		Playground
-	FREE WiFi	-	Audio Tour
	Meeting Rooms	-	Picnic Area
_	Licensed Preschool	-	Cenotaph Gardens
-	Sauna & Steam Room		Dogs On Leash
	Indoor Swimming Pool	5	bogs on Leasn
_	Hot Tub	15	Captain Jacobsen Park
	Weight Room		Playground
À	Seniors Activities		Dogs Off Leash
		<b>W</b>	Dogo Oli Leasii

\*Joint Use Agreement with School District

\*\*Department of National Defense

### What's New?

Construction underway for the Esquimalt Adventure Park opening 2017 Donation program for park benches and tables accepting applications

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







Please follow us on Facebook and "JOIN" the events to stay informed with the latest event details. Additional information also available at www.esquimalt.ca as event approaches.

# Mark your calendar! Special Events & Important Dates

## January

### 1 FREE! New Year's Levee

Ring in the New Year with free admission to the Pool and Wellness Centre at the Esquimalt Recreation Centre, and public skating at the Archie Browning Sports Centre from 1:00pm-3:00pm. "Meet & Greet" with Mayor and Council 1:30-2:30pm in the atrium of the Esquimalt Recreation Centre.

 Sun
 Jan 1
 1:00pm-3:00pm
 FREE

 Location: Esquimalt Recreation Centre & Archie Browning Sports Centre

### 7 FREE! Recreation Open House

Demos, discounts, prizes, program sampler stations & more! Kick-start your new year with Esquimalt Recreation. Meet our awesome instructors, participate in free demo classes, enjoy discounts & enter to win great prizes! Arrive early & enjoy a pancake breakfast 8:30-10:30am, a fundraiser initiative by the Esquimalt Lions Club. Visit "http://www.esquimalt.ca/recreation" www. esquimalt.ca/recreation for a full schedule.

Sat Jan 7 9:00am-12:00pm FREE! Location: Esquimalt Recreation Centre

### NOTICE:

Modified Drop In Ice Programs Schedule in effect January 14-31. No Public Skating during Canadian Junior Curling Championships. Regular schedule resumes Feburary 3rd.

### 7 & 8 Tree Chipping – Proceeds to The Community Youth Program (by donation)

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

Sat/SunJan 7/810:00am-4:00pmLocation: Archie Browning Sports Centre – rear parking lot

### 21-29 2017 Canadian Junior Curling Championships

Our community will play host to 2017 Canadian Junior's Curling Championships at Archie Browning Recreation Centre on January 21st to 29th, 2017.

Come out to watch the best young curlers in the country compete for the national junior's men's and women's championships.

Draws will be held morning, afternoon and evenings on most days.

Full week, weekend and daily ticket packages are available from "Select your Tickets" at wwwselectyourtickets. com Call 250-220-7777 or purchase at Save on Foods Memorial Centre at 1925 Blanshard Avenue. Tickets can also be purchased at Archie Browning Centre during the event.



250-412-8500

### 29 TCAC Township Classics

A house concert series in The English Inn featuring outstanding musicians from Esquimalt and Victoria. The January 29 performance features"Faure Piano Trio" Please visit townshiparts.org for details.

Sun Jan 29 7:00pm \$15-25 Tickets available at The Sharkz Store, #101-1245 Esquimalt Road Location: The English Inn, 429 Lampson St.

## February

### 13 FREE! Family Day

We have all sorts of excitement in store

for our 2017 Family Day Event. Join us for Kindergym, Skating, Swimming as well as a variety of games and activities that you can do as a family – and do it all for FREE. This event includes an Esquimalt favourite; a by donation Esquimalt Lion's BBQ. More information and event schedule will be available on our website as the event approaches so check in at: www.esquimalt.ca or follow us on Facebook.

 Mon
 Feb 13
 10:30am-3:00pm
 Free

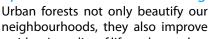
 Location: Esquimalt Recreation Centre & Archie Browning Sports Centre
 Free
 Free

## 18 FREE ADMISSION! Esquimalt's Gigantic (Kids Stuff) Garage Sale

This event is reserved for all things "kids". Clothes, books, toys, sports equipment – you'll find all sorts of treasures at the annual Gigantic (Kids Stuff) Garage Sale. A limited number of tables are available so register for yours early – 250.412.8500. Doors open at 9am; no early birds please. This is a community garage sale - no wholesale or retail vendors please. Table prices are: \$20: 1 table, \$38: 2 tables

Sat Feb 18 9:00am-12:00pm Location: Esquimalt Recreation Centre – Jubilee Hall

### 18 FREE! Branch Out! Invasive Species Pull & Native Planting



resident's quality of life and even the quality of the air we breathe. Come out and help our Parks staff keep these important community resources healthy by working alongside them to remove invasive species and assist with planting of native trees and shrubs.

Sat Feb 18 10:00am – 1:00pm Location: Macaulay Point Park Free



### 26 TCAC Township Classics

A house concert series in The English Inn featuring outstanding musicians from Esquimalt and Victoria. The February 26 performance theme: "Salute to Youth". Please visit townshiparts.org for details.

Sun Jan 29 7:00pm Tickets available at The Sharkz Store, #101-1245 Esquimalt Road Location: The English Inn, 429 Lampson St.

\$15-25

## March

### 2 Esquimalt Photography Club Annual Spring Photo Show & Open House

The atrium at Esquimalt Recreation Centre comes alive with photos provided by the Esquimalt Photography Club. The month-long exhibition kicks off with an open house where photographers will exhibit more of their art and explain the stories behind their captivating images. Photography Club Open House

ThuMar 26:30pm – 8:00pmLocation: Esquimalt Recreation Centre Atrium

### 20-31 Spring Break

Join us for additional drop in programs and exciting week-long camps while school is out!

For drop in program options please visit: esquimalt.ca/schedules

For camp information, please see page 28-29.









### 21 International Day of Forests

Join us in a Branch Out! Invasive Species Pull & Native Planting event to celebrate the International Day of Forests. Branch Out! Events provide a great opportunity for the whole family to learn how to maintain healthy parks, urban forests and other natural spaces. Keeping these areas healthy is a dirty job so make sure you come prepared to get a bit dirty as you help our Parks staff with invasive species removal and tree planting. Location to be announced – stay tuned.

TuesMar 2110:00am – 1:00pmLocation: Esquimalt's Gorge Park

## April

Did you know that April is National Poetry Month? It's true – since 1999, April has been recognized as National Poetry Month in Canada and UNESCO recognizes March 21st as World Poetry Day.

### 1-30 National Poetry Month

During the month of April, join Esquimalt Recreation in celebrating everything poetry. All events will be posted so stay tuned.

### 1 Esquimalt's Gigantic Garage Sale

This event does not include wholesale or retail vendors so it is a great opportunity to swap and shop with other community members. A limited number of tables are available so register for yours early – 250.412.8500. Doors open at 9am; no early birds please. Table prices are: \$20: 1 table, \$38: 2 tables, 3 tables: \$54, 4 tables: \$68 Sat Apr 1 9:00am-12:00pm Location: Archie Browning Sports Centre – Curling Rink (Dry Floor)

### 1 FREE! Spring Thaw

Sponsored by Coast Capital Savings. Come join us for the last free Skate of the Season!! We'll have music, games refreshments and lots of fun!

Sat April 1 2 Location: Archie Browning Sports Centre





Post your event photos to Instagram tagging @EsqParksandRec w/ #Esquimalt for your chance to WIN!

### 8 Esquimalt 5K & Kid's 1K Fun Run

Touted as one of the nicest 5K routes, come and enjoy a beautiful course that takes you through some gorgeous Esquimalt Parks. This is an excellent race to put your training to the test before the spring and summer run series gets into full swing. This year we are excited to ramp up our 5K run event to include a post race event at the Archie Browning Sports Centre complete with prize draws, kid's activities and games, the bouncy castle, a vendor marketplace and so much more. Plan to come for the run and stay for the fun!! 1K starts at 9:00am; 5K at 9:30am. Activities continue until 12:00pm. Register in person or by phone through the Esquimalt Recreation Centre at 250.412.8500.

Sat	Apr 8	9:00am-12:00pm
Registra	tion Fees	
Early bird	Until Jan 31	\$18
Regular	Feb 1 – Apr 1	\$22
Late	Apr 2 — Apr 8	\$30
Kids' 1K	Anytime*	\$5

\* Early registration encouraged.



### 14-17 Easter Weekend

The Recreation Centre is open from 5:30am – 10:30pm every day. Modified program schedules in effect. Please visit www.esquimalt.ca/schedules for details.

### 16 FREE! Lions Gorge Park Easter Egg Hunt

The Esquimalt Lions are again proud to present their annual Easter Egg Hunt at Gorge Park. The event includes entertainment, food, crafts, face-painting, a bouncy castle (weather permitting) and of course, a massive Easter Egg Hunt. An egg-ceptional event for the whole family!

250-412-8500

Sun Apr 16 Location: Esquimalt's Gorge Park 12:00pm – 3:00pm FREE

10

### 19 Esquimalt Celebrates Earth Day

Join us in a Branch Out! Invasive Species Pull & Native Planting event to celebrate Earth Day. This event is an opportunity to learn about our natural environment from our Parks staff while working to ensure we maintain healthy parks, urban forests and other natural spaces. Keeping these areas healthy is a dirty job so make sure you come prepared to get a bit dirty as you help with invasive species removal and tree planting. Wed Apr 19 9:30am-2:30pm Free Location: Highrock Park

### 24-28 Volunteer Week

This week we recognize the invaluable contributions of all the volunteers in our community that donate so much of their time and energy to making Esquimalt a great place to live, work and learn. Without the dedication of our volunteers, many of the things that have become synonymous with Esquimalt would not be possible; Buccaneer Days, The Esquimalt Lantern Festival, The Celebration of Lights, The Lions Easter Egg Hunt, Bloomin Beautiful and the Halloween Bonfire are just a few of the amazing events that could not happen without the unwavering support of community volunteers. Volunteers also run our Emergency Services Program, remove graffiti, sit on Committees of Council and participate in Neighbourhood Associations.

Help us recognize the amazing contributions that our volunteers make towards ensuring Esquimalt is an awesome place to call home. If you are interested in joining in on the fun, contact the Community Development Programmer at 250.412.8511 to find an opportunity that suits your interests.





## May

### 11-14 Buccaneer Days

Get your eye patch and sword ready – it's Pirate time!! Come out and celebrate with us during this historic annual event that has activities for all ages. Stay tuned for more details on the Buc Days pancake breakfast, craft & garden sale and the parade route. Thu-Sun May 11-14

Schedule & Info: esquimaltbuccaneerdays.ca

### 12 Buccaneer Days Senior's BBQ

Join your friends and neighbours for another delicious meal at the Buccaneer's Day Seniors BBQ. Space is limited so register early to reserve your seat. Lunch is served at noon with entertainment to follow. Thank you to Country grocer for sponsoring this event.

Fri May 12 12:00pm-1:30pm Location: Esquimalt Recreation Centre - Atrium

\$9/person

### 7-13 National Emergency Preparedness Week

Esquimalt's Emergency Program will host various opportunities through the week. Event information will be available at esquimalt.ca and through the Township Facebook page as the week approaches. Please see page 40 for details on Esquimalt's Emergency Program including FREE preparedness workshops available for Esquimalt Residents.





### CALENDAR



2016 Esquimalt 5K takes place April 8. Early bird registration discounts available, see page 10.



### **Esquimalt Farmers' Market**

EFM's 3rd season begins at Esquimalt Rec Centre with 4 indoor dates, Thursdays 4:30-7:30pm.:

- January 26th
   March 30th
- February 23rd 
   April 27th

Find local fresh produce, a variety of food products, beverages, local artisans, live music, enjoy dinner from the food trucks and join the community gathering!

From May 25th - September 14th, the outdoor Market runs weekly, Thursdays 4:30-7:30pm rain or shine, at Memorial Park, 1212 Esquimalt Road.

EFM supports local growers and producers, those who engage in environmentally sound, farming practices, and encourage backyard farmers to help nourish their community with their quality products.

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

### May

### 22 Victoria Day

The Recreation Centre is open from 5:30am – 10:30pm. Modified program schedules in effect. Please visit www. esquimalt.ca/schedules for details.

### 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 Jun 3 Location: Esquimalt's Gorge Park

### 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 the, 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 – in front of the Esquimalt Recreation Centre



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

Includes: delivery & pick up, 4 x 8ft tables, 20 chairs, multiple party games.

Winter Rate (until March 31): \$60 • Spring/Summer: \$75 Listed pricing does not include tax

250-412-8500

Info: esquimalt.ca/block party or 250-412-8500.



### **BLOOMIN' BEAUTIFUL**



**Bloomin' Beautiful,** a legacy from Esquimalt's Centennial in 2012, celebrates the pride residents and businesses have in their properties. It brings the community together to share resources, experiences and their passion for landscaping, gardening and property beautification.

#### SUBMIT YOUR PHOTO!

#### **Community Photo Gallery**

Submit photos of your property (online) at esquimalt. ca/blooming AFTER MARCH 1st, showcasing your garden, and in doing so – being entered to win some amazing prizes!

#### **NEW!** Open Garden Tour

Residents will be welcoming you onto their properties and sharing their experiences and insight! A variety of gardens will be showcased, highlighting: garden innovations in small spaces, landscape design and garden variety in large spaces, remarkable curb appeal, notable environmental practices, and artistic elements and creativity.

To showcase your garden, please submit the application form at esquimalt.ca/blooming – for more information please contact Christina Moog at 250-412-8501 or blooming@esquimalt.ca

To participate in the Tour, please note that Tour date(s) will be announced at esquimalt.ca and on the Esquimalt Parks & Recreation Facebook page in March.

#### Workshops

All workshops take place at the Esquimalt Recreation Centre and are instructed by Master Gardener, Jessica Kleinsteuber.

#### NEW! Build Your Own Fairy Garden (for Children)

Have fun getting your hands dirty while creating<br/>an imaginative fairy garden with colourful flowers,<br/>complete with a butterfly/bee bath pond! All materials<br/>included. This workshop is for school-aged children.<br/>SatMay 1310:30am-11:30am\$10

#### Herb Planter

Create a colourful container herb garden & enhance both your porch/balcony & your favorite recipes! Learn about companion planting & tips for keeping your plants thriving throughout the season. Plants, soil & containers are provided.

Sat May 27 10:30am-11:30am \$20

#### **NEW!** Succulent Planter

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

Sat Jun 10 10:30am-11:30am \$20











## Adventure Park Grand Opening Late Spring 2017!

### The adventure park will include:

two play areas: for children aged two to five and for children aged five to sixteen

### splash pad/water park

outdoor fitness park

washroom/change room facility

picnic area

landscaped with shade

Grand Opening Event to be announced at esquimalt.ca and through the Esquimalt Parks & Recreation Facebook page, stay tuned for details!







250-412-8500



## We're getting ready for an exciting change!

We are be transioning to a new computer system December 1st (through into the New Year). Please allow a few extra minutes for our team to assist you with your program registration and membership renewals during this transition.

### New Facility Access Cards

During a regular visit, our reception team will take a new photo and issue you a new access card. With the new software, we are pleased to offer a choice of a photo membership or a key tag card.

#### WIN AN ANNUAL PASS!

You will be automatically entered to win an annual pass after setting up your new facility access card in December. The winner will have their exiting membership extended by one (1) year. Winner chosen by random draw; announced in January.

### Winter/Spring 2017 Program Registration

Program Registration will open December 1st. All program registrations will be processed in the new software. Although best efforts will be made to migrate your account and ensure a seamless first registration in the new system, please allow a few extra minutes for our team members to verify your information or create a new account for you/your family.

#### WIN A \$50 TOWARDS A PROGRAM REGISTRATION!

For each registration completed in December, you will be entered to WIN \$50 towards a program of your choice. 3 winners will be chosen by random draw in January. The \$50 program credit prize can be used for a future registration only.

Your patience and understanding during this transition is appreciated!







EARLY CHILDHOOD

# Kindergym & Playgroup

### Early Childhood (Toddler & Preschool) 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	11:00am-12:00pm

### Everyone Welcome Playgroup (Birth-5yrs)

Join us for drop in play time including games, crafts, circle time and free play with the kindergym toys. Parents (or those in a parenting role) will receive resources and tips on positive parenting, child development, health and safety and much more. (As this is a parent-child interactive program, we ask that a parent attends with no more than three children). Cosponsored by the Esquimalt Neighbourhood House. Please call 250-412-8500 to reserve your space after 7:00am on the day of interest. \$2.75/child Thu 10:30am-11:45am

#### Stay & Play Childminding (3mon-6yrs)

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

Mon-Fri	9:00am-10:30am
Mon-Fri	11:45am-1:15pm
Wed	5:45pm-7:45pm *available until June 21st

Note:

Holiday schedule in effect December 17-January 2; please check website, esquimalt.ca/schedules

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.





### esquimalt.ca/recreation

### EARLY CHILDHOOD

**Creative Play & Preschool** 

Enhanced outdoor exploration with our creative play & preschool programs

### Ongoing registration for the 2016-2017 school year!



### Creative Play Programs

### **NEW! OUTDOOR EXPLORER!** Creative Play (3-5yrs)

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

Mon/Wed	Sep 12-June 14	9:00am-11:30am
Tue/Thu	Sep 13-June 15	9:00am-11:30am

### Creative Play – En Francais! (4-5yrs)

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

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

### Licensed Preschool

### **Esquimalt Preschool (3-5yrs)**

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

5 5	5	
Mon/Wed	Sept 12-June 14	9:00am-12:00pm
Tue/Thu	Sept 13-June 15	9:00am-12:00pm

### Esquimalt Preschool – Kinderstart (4-5yrs)

This program will focus on Kindergarten preparation. Children will learn through play, while developing fine & gross motor skills in addition to very important social skills around sharing, co-operating and friendships. This program is designed for children entering kindergarten the following year. Children must be 4 years of age by Dec. 31, 2016. Fees are calculated on \$12/class for 10 months. Monthly fees will vary. Ongoing registration while space permits. Mon/Wed/Fri Sep 12-June 16 12:30pm-2:30pm

#### For ALL Preschool Programs:

Children must be toilet trained and 3 years of age by December 31 of the enrolling year in order to register. Cancellation: We require 30 days written notice when withdrawing from any of the Preschool Programs in order to process a refund for the remainder of the year.

250-412-8500



### Dance

### Creative Dance (3-5 yrs)

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

Thu	Jan 19-Mar 9	12:30pm-1:00pm	\$72/8
Thu	Apr 6-May 11	12:30pm-1:00pm	\$54/6
Thu	May 18-Jun 22	12:30pm-1:00pm	\$54/6
· · –			

Location: Esquimalt Recreation Centre

Instructor: Nikko Snow of Moondance Dynamic Arts School

### Dance Together! (1-4 yrs)

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

Thu	Jan 19-Mar 9	12:00pm-12:30pm	\$72/8	
Thu	Apr 6-May 11	12:00pm-12:30pm	\$54/6	
Thu	May 18-Jun 22	12:00pm-12:30pm	\$54/6	
Location: Economical Programming Contro				

Location: Esquimalt Recreation Centre

Instructor: Nikko Snow of Moondance Dynamic Arts School

#### Move & Groove

Move & Groove classes give kids a chance to develop fundamental movement skills they'll be able to use in dance, sports & fitness activities they'll encounter as they grow. Active play, games and musical sequences are all part of the fun. Imagine all of this plus an introduction to drums & other percussion instruments! Parent participation is required in 9:30am class. Classes do not run on long weekends.

#### Parent & Tot (2-3yrs)

	· · · · · · · · · · · · · · · · · · ·		
Sun	Jan 22-Mar 5	9:30am-10:00am	\$45/6
Sun	Apr 9-May 14	9:30am-10:00am	\$38/5
Sun	May 28-Jun 25	9:30am-10:00am	\$38/5
Preschool	(3 1/2-5yrs)		
Sun	Jan 22-Mar 5	10:00am-10:30am	\$45/6
Sun	Apr 9-May 14	10:00am-10:30am	\$38/5
Sun	May 28-Jun 25	10:00am-10:30am	\$38/5
Location: Esquimalt Recreation Centre			
Instructor: Masako Hockey			

### Dance Classes with

Dance Unlimited



### Parent & Tot Dancing (18mo-3.5yrs)

Explore creative movement with your child while watching him/her develop skills applicable to music, sports & dance. Move & groove to music, engage in fun games & take on new challenges together. These classes are for tots & parents or caregivers. Classes do not run on long weekends.

Sat	Jan 14-Mar 11	10:10am-10:40am	\$52/8	
Sat	Apr 8-Jun 24	10:10am-10:40am	\$65/10	
Location: Esquimalt Recreation Centre				

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

Explore a variety dance styles while learning the fundamentals. Wear tap or hard-soled party shoes to class. Action songs, singing, and tapping will all be included. Classes do not run on long weekends.

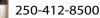
Sat	Jan 14-Mar 11	9:35am-10:05am	\$52/8	
Sat	Apr 8-Jun 24	9:35am-10:05am	\$65/10	
Location: Esquimalt Recreation Centre				

### Tiny Tutus (3-5yrs)

Learn ballet fundamentals while learning to move to music with grace and poise. Develop balance, confidence, coordination, a joy of dance and an appreciation for classical music. Family and friends will be invited to a group performance at the end of the term. Classes do not run on long weekends.

#### **Fundamentals**

Sat	Jan 14-Mar 11	9:00am-9:30am	\$52/8		
Sat	Apr 8-Jun 24	9:00am-9:30am	\$65/10		
Continuir	Continuing				
Sat	Jan 14-Mar 11	10:45am-11:15am	\$52/8		
Sat	Apr 8-Jun 24	10:45am-11:15am	\$65/10		
Location: Esquimalt Recreation Centre					



### EARLY CHILDHOOD

### **Dramatic Arts**

### Glee Club (4-6 yrs)

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

Thu	Jan 19-Mar 9	5:30pm-6:00pm	\$64/8	
Thu	Apr 6-May 11	5:30pm-6:00pm	\$48/6	
Thu	May 18-Jun 22	5:30pm-6:00pm	\$48/6	
Location: Esquimalt Recreation Centre				
Instructor: Julia French				

### Music

### Little Drummers - Parent & Child (2-5 yrs)

Bang a drum, tap a glockenspiel, shake the maracas, all while exploring musical expression in a fun group setting. Play back simple sequences, play fast, slow, softly, loudly...Classes include games & activities focused on developing confidence in creative play. These are parent & child classes. Classes do not run on long weekends.

Sun	Jan 22-Mar 5	10:45am-11:15am	\$45/6	
Sun	Apr 9-May 14	10:45am-11:15am	\$38/5	
Sun	May 28-Jun 25	10:45am-11:15am	\$38/5	
Location: Esquimalt Recreation Centre				
Instructor: Masako Hockey				

### Mark Your Calendar! Family Day • Feb 13

FREE Community Event. See details on page 9

250-412-8500



## Music Together: Bringing Harmony Home (Birth-5yrs)

Music Together is an internationally recognized mixedage music and movement program for children from birth to 5yrs and parents/caregivers. Through a combination of adult participation, improvisation, music immersion and playful activities, your child's natural music development is supported and nurtured - Come PLAY with Music!! First child registration fee (\$165) includes curriculum materials (2 CD's, songbook, resource guide & DVD for new families). Sibling discount \$108. Siblings up to 9 months at first class may attend session free of charge. More Info: www.musictogethervictoria.com

#### **Sticks Song Collection**

Tue	Jan 10-Mar 14	9:30am-10:15am	\$165/10	
Tue	Jan 10-Mar 14	10:30am-11:15am	\$165/10	
Fri	Jan 13-Mar 17	9:30am-10:15am	\$165/10	
Fri	Jan 13-Mar 17	10:30am-11:15am	\$165/10	
Maracas Song Collection				
Tue	Apr 4-Jun 6	9:30am-10:15am	\$165/10	
Tue	Apr 4-Jun 6	10:30am-11:15am	\$165/10	
Fri	Mar 31-Jun 9	9:30am-10:15am	\$165/10	
Fri	Mar 31-Jun 9	10:30am-11:15am	\$165/10	
Location: Esquimalt Recreation Centre				
Instructor: Music Together Victoria				

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ESQUIMALT EARLY CHILDHOOD

### Sports & Physical Literacy

### **NEW!** Mindful Munchkins

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

Mon	Feb 6- Mar 13	11:30-12:15	\$60/5	
	No class Feb 13			
Mon	April 3-May 15	11:30-12:15	\$72/6	
	No Class Apr 17			
Location: Esquimalt Recreation Centre				

### **Jumping Jellybeans**

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

Tue	Jan 24-Mar 14	3:30pm-4:00pm	\$48/8
Tue	Apr 4-May 9	3:30pm-4:00pm	\$36/6
Tue	May 16-Jun 13	3:30pm-4:00pm	\$30/5

Location: Esquimalt Recreation Centre

### NEW LOCATION & TIME! Little Kickers Tae Kwon Do (3-5yrs)

Led by MIJO Taekwondo Instructor Michelle Carpenter, kids will love this fun educational class, where they will practice the basics of movement, coordination and teamwork through original games and activities, while learning the foundation of Taekwondo skills. No classes: Feb 11, Apr 15 or May 20.

Sat	Jan 14-Feb 25	11:00am-11:30am	\$36/6	
Sat	Mar 4-Apr 29	11:00am-11:30am	\$36/6	
Sat	May 6-Jun 24	11:00am-11:30am	\$42/7	
Location: Esquimalt Recreation Centre				

### Active Preschoolers - Soccer (3-5yrs)

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

10:15am-10:45am	\$37.50/6			
10:15am-10:45am	\$50/8			
4-5yrs				
10:50am-11:20am	\$37.50/6			
10:50am-11:20am	\$50/8			
Location: Esquimalt Recreation Centre				
	10:15am-10:45am 10:50am-11:20am			

### Physical Literacy

Physical Literacy is the mastering of fundamental movement skills and fundamental sport skills that permit a child to read their environment and make appropriate decisions, allowing them to move confidently and with control in a wide range of physical activity situations. It supports long-term participation and performance to the best of one's ability. Esquimalt Recreation is pleased to offer several programs to support children develop their physical literacy. These programs are eligible for Canada Tire Jumpstart Funding. Learn more about Canadian Tire Jumpstart Funding on their website: http://jumpstart. canadiantire.ca/en/what-we-do



If your familiy requires financial assistance to support your program enrollment, you may be eligible for funding through the Canadian Tire Jumpstart Program.

Please speak with our Reception Supervisor in person or by phone, 250.412.8503.



### **BIRTHDAY PARTIES**



### **Kindergym Parties**

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

### Swim or Skate Parties

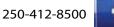
- Group discounted admission for parties of 10 or more
- Room Rental
- Rates vary depending on children and preferred room space
- Option to book host to lead games/activities and/or simply accompany children on ice or in pool for additional supervision
- Please call 250-412-8525 for availability and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

### **Event Trailer Rental**

Need extra supplies for your backyard party? Our Event Trailer includes: 4 x 8' tables, 20 chairs, two 10' x 10' pop up tents, backyard games, and trailer delivery and pick up. Info and to reserve, call 250.412.8525. Winter Rate (until March 31): \$50.00 • Spring/Summer: \$60.00

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

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









### Cooking

### NEW! Breakfast Extravaganza! (7-12 yrs)

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

Wed	May 17-Jun 21	6:00pm-7:30pm	\$66/6		
Thu	May 18-Jun 22	5:15pm-6:45pm	\$66/6		
Location: Esquimalt United Church, Rainbow Kitchen					
Instructor: Ariana Maragh					

### 5 Star Cooking (8-12 yrs)

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

Wed	Apr 5-Apr 19	6:00pm-7:30pm	\$39/3	
Thu	Apr 6-Apr 20	5:15pm-6:45pm	\$39/3	
Location: Esquimalt United Church, Rainbow Kitchen				
Instructor: Ariana Maragh				

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

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

	.,			
Wed	Jan 25-Mar 1	6:00pm-7:30pm	\$66/6	
Thu	Jan 26-Mar 2	5:15pm-6:45pm	\$66/6	
Location: Esquimalt United Church, Rainbow Kitchen				
Instructor: Ariana Maragh				

### Spring Baking for Kids (7-12yrs)

Bake cookies, cake & sweets you can duplicate at home on Mothers Day, Fathers Day & Easter. Learn how to make your baking look as good as it tastes and discover the functions of common baking baking tools.

Wed	Apr 26-May 10	6:00pm-7:30pm	\$39/3	
Thu	Apr 27-May 11	5:15pm-6:45pm	\$39/3	
Location: Esquimalt United Church, Rainbow Kitchen				
Instructor:	Ariana Maragh			

### **Creative Arts**

### Drawing, Storybooks & Comics

Unleash your imagination with these creative drawing & storytelling classes! Drawing basics such as proportion, perspective, shape, colour and shadow will be covered; story development skills will also be included. Create your own characters & setting in 3-D using 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

#### Junior (5-7 yrs)

Sun	Jan 22-Mar 5	9:30-10:30am	\$48/6
Sun	Apr 9-May 15	9:30-10:30am	\$40/5
Sun	May 28-Jun 25	9:30-10:30am	\$40/5
Senior (8	3-12 yrs)		
Sun	Jan 22-Mar 5	10:45-11:45am	\$48/6
Sun	Apr 9-May 14	10:45-11:45am	\$40/5
Sun	May 28-Jun 25	10:45-11:45am	\$40/5
Location: Esq	uimalt Recreation Cent	re	

250-412-8500

Instructor: Trisha Twiss



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

(6-9 yrs)

Tue	Jan 24-Mar 16	3:15pm-4:15pm	\$4 drop-in & \$20/6 punch pass
(10	-16 vrs)		

Tue Jan 24-May 16 4:30-6:00pm Instructor: Dixie Macuisdin Location: Esquimalt Recreation Centre \$5/drop-in & \$25/6 punch pass

### Dramatic Arts

### Intro to Improv (9-14yrs)

Learn the basics as you leap into the world of improv! Super Junior (4-6 yrs) Challenge yourself & gain confidence in your ability to listen, accept & problem-solve quickly. Practice thinking on your feet while focusing on your surroundings and making quick & clever decisions. This fun and engaging intro level class promotes participation and explores creativity in a safe and accepting environment.

creativity	in a sale and a	ccepting environm	ent.	
Tue	Jan 24-Feb 28	6:00pm-7:00pm	\$60/6	
Tue	Apr 4-May 9	6:00pm-7:00pm	\$60/6	
Tue	May 16-Jun 20	6:00pm-7:00pm	\$60/6	
Instructor: Julia French				
Location: l'Ecole Brodeur, Theatre				

### Dance Classes with Dance Unlimited

### Hip Hop (5-9yrs)

Dance to popular tunes while learning basic hip hop moves. Learn a short choreographed routine while keeping up with the beat of the music. Classes do not run on long weekends.

Sat	Jan 14-Mar 11	11:20am-11:50am	\$52/8	
Sat	Apr 8-Jun 24	11:20am-11:50am	\$65/10	
Location: Esquimalt Recreation Centre				

### Junior Ballet (5-9 yrs)

Spin, twirl & learn coordinated dance routines with confidence & poise! Learn dance skills that you can transfer to any other style of dance. Classes do not run on long weekends.

Sat	Jan 14-Mar 11	11:55am-12:25pm	\$52/8	
Sat	Apr 8-Jun 24	11:55am-12:25pm	\$65/10	
Location: Esquimalt Recreation Centre				

#### ation: Esquimait Recreation Centre

### Junior Jazz (5-9 yrs)

Learn this energetic & fun dance style. Routines include leaps, turns & fancy footwork. Great for kids that enjoy a fast beat & a lively atmosphere. Classes do not run on long weekends.

Fri/Sat	Jan 14-Mar 11	12:30pm-1:00pm	\$52/8
Sat	Apr 8-Jun 24	12:30pm-1:00pm	\$65/10
Location: Es	equimalt Recreation Ce	ntre	

### Glee Club

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

Thu	Jan 19-Mar 9	5:30pm-6:00pm	\$64/8
Thu	Apr 6-May 11	5:30pm-6:00pm	\$48/6
Thu	May 18-Jun 22	5:30pm-6:00pm	\$48/6
Junior (	7-9 yrs)		
Thu	Jan 19-Mar 9	6:10pm-6:50pm	\$68/8
Thu	Apr 6-May 11	6:10pm-6:50pm	\$50/6
Thu	May 18-Jun 22	6:10pm-6:50pm	\$50/6
Senior (	10-14 yrs)		
Thu	Jan 19-Mar 9	7:00-8:00pm	\$72/8
Thu	Apr 6-May 11	7:00-8:00pm	\$54/6
Thu	May 18-Jun 22	7:00-8:00pm	\$54/6
Location: Eso	quimalt Recreation Cent	re	
Instructor: Ju	ulia French		





ESQUIMALT SCHOOL-AGED

### Language

## NEW! Voyage en Français (culture, food and stories) (adult & child/youth 4-16 yrs)

#### **Travel to Brittany**

Enjoy a fun, beginner-level language class with your family & some English instructions! You will be introduced to simple phrases, watch a short language presentation & be amazed by how quickly you can learn vocabulary when matched with visuals. Learn how to make crêpes and flip them from the pan! This is the first in a "Travel to French speaking countries" workshop series. All supplies are included in your registration fee. Children under 11

yrs register with an adult. Sat May 27 1:30

Sat May 27 1:30pm-2:30pm Instructor: Anny Ruch

Location: Esquimalt Recreation Centre

### Gardening



\$35

### **NEW!** Build Your Own Fairy Garden (6-12yrs)

Have fun getting your hands dirty while creating an imaginative fairy garden with colourful flowers, complete with a butterfly/bee bath pond! All materials included.

Sat	May 13	10:30am-11:30am	\$10
Location: Esquin	nalt Recreation Centre		
Instructor:	Jessica Kleinstubler		

### Leadership & Education

### Home Alone (9yrs+)

The H.A.P.P.Y Program (Home Alone Program Preparing Youth) is designed to keep your child safe when they are not with an adult. The topics include: fire and emergency procedures, kitchen safety, meal prep, first aid and calling 911. Personal safety regarding telephone and internet safety, and the potential danger of strangers are also covered. Military discount available for this program.

Sat	Feb 25	9:00am-12:00pm	\$30		
Sat	Apr 29	9:00am-12:00pm	\$30		
Sun	Jun 25	9:00am-12:00pm	\$30		
Location: Esquimalt Recreation Centre					
Instructor: Kathy Lee					

### **NEW Program Partnership!**

NEW! Safe KIDS for Kids (5-10yrs)

Keeping our children informed, defensible and safer. We enlighten, not frighten, this workshop with include a child's 6 special powers, street safety rules, lost and in trouble rules, safe places, personal body & touching rules and realistic physical and verbal strategies. Parent attendance mandatory

Sat Feb 11 9:30am-10:30am Location: Esquimalt Recreation Centre \$25

### NEW! Safe KIDS for Tweens (10-13yrs)

KIDS: Keeping our Children Informed, Defensible and Safer. This workshop includes the 9 lures used to abduct or exploit kids, safety rules to remember when out and about, the 3 important rules to remember when in physical danger and how to physically escape a dangerous situation.

Sat Feb 11 11:00am-12:00pm \$25 Location: Esquimalt Recreation Centre

### **Martial Arts**

### Karate & Kobujutsu (9yrs+)

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

#### Beginner/Intermediate 6:30-7:30pm

#### Intermediate/Advanced 7:30 - 8:30pm

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

#### **Register for Multiple Sessions & SAVE!**

Wed	Jan 4-Apr 26	6:30pm-8:30pm	\$160/15
Wed	May 3-Jun 21	6:30pm-8:30pm	\$80/8

#### **Convenient Monthly Registration**

		<b>J</b>	
Wed	Jan 4-Jan 25	6:30pm-8:30pm	\$50/4
Wed	Feb 1-Feb 22	6:30pm-8:30pm	\$50/4
Wed	Mar 1-Mar 15	6:30pm-8:30pm	\$50/3
Wed	Apr 5-Apr 26	6:30pm-8:30pm	\$50/4
Wed	May 3-May 31	6:30pm-8:30pm	\$50/5
Wed	Jun 7-Jun 21	6:30pm-8:30pm	\$50/3
Location: L'Ecole Brodeur School		Sec. 1	www.
Instructor: Paul Zehr		الم کر	2
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See page 26 for ENGINEERING FOR KIDS programs

250-412-8500

### Music

### Guitar (7-14yrs)

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

#### Beginner

Tue	Jan 31-Mar 7	5:00pm-5:50pm	\$60/6
Tue	Apr 4-May 9	5:00pm-5:50pm	\$60/6
Tue	May 16-Jun 20	5:00pm-5:50pm	\$60/6
Continuir	ng		
Tue	Jan 31-Mar 7	6:00pm-6:50pm	\$60/6
Tue	Apr 4-May 9	6:00pm-6:50pm	\$60/6
Tue	May 16-Jun 20	6:00pm-6:50pm	\$60/6
Location: Esqui	malt Recreation Centre		
1			

Instructor: Alberto Ubach

### Percussion Jam (5-9 yrs)

Bang a drum, tap a glockenspiel, shake the maracas, all while exploring musical expression in a fun group setting. Play back simple sequences, play fast, slow, softly, loudly...Classes include games & activities focused on developing confidence in creative play. Classes do not run on long weekends.

Sun	Jan 22-Mar 5	11:30am-12:00pm	\$45/6	
Sun	Apr 9-May 14	11:30am-12:00pm	\$38/5	
Sun	May 28-Jun 25	11:30am-12:00pm	\$38/5	
Instructor: Masako Hockey				

Location: Esquimalt Recreation Centre

### Physical Literacy

### Active Kids - Gym Class 6-9yrs

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

		e. e ea		
ue	Jan 24-Mar 14	4:15pm-5:15pm	\$48/8	
Tue	Apr 4-May 9	4:15pm-5:15pm	\$36/6	
Tue	May 16-Jun 13	4:15pm-5:15pm	\$30/5	
Location: Esquimalt Recreation Centre				

## NEW! International Soccer Academy of Vancouver Island

### www.international-savi.com

Player Development Academy (PDA)

The PDA is a seasonal 8-week individual program for every player. Each training session focuses on a specific skill to stimulate the technical and tactical development of each player. Additionally, sessions will incorporate 2v1, 2v2, 3v2, and 3v3 situations. Professional coaching in a fun, competitive age/level appropriate environment. (limited to 16 players maximum).

Wed	Apr 3-May 25	5:00pm-6:15pm	\$150/9	
Elite Program PSA (Position Specific Academy				

The spring PSA program is an 8-week specific program on position specific hot to develop defenders, midfielders and strikers. Aimed at elite players from 11yrs old and up. (limied to 18 player)

WedApr 3-May 256:30pm-7:45pm\$150/9Location: Bullen Park

### Active Kids Soccer (6-10 yrs)

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

Wed	Jan 25-Mar 15	5:15pm-6:00pm	\$56/8	
Wed	Apr 5-May 10	5:15pm-6:00pm	\$42/6	
Wed	May 24-Jun 21	5:15pm-6:00pm	\$35/5	
Location: Esquimalt Recreation Centre				

### FREE! KATS Tennis

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

#### 5-8yrs

5 0915			
Sat	Jan 21-Mar 11	4:00pm-5:00pm	FREE
Sat	Apr 8-Jun 10	4:00pm-5:00pm	FREE
9-13yrs			
Sat	Jan 21-Mar 11	5:00pm-6:00pm	FREE
Sat	Apr 8-Jun 10	5:00pm-6:00pm	FREE
Location: Esqui	malt Recreation Centre	KATS	
Instructor: Will	iam Anderson	Society for Kic	ds At Tennis
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### Sports

#### **MIJO** Taekwondo

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

#### Once-a-week

Mar 4-Apr 29

May 2-Jun 24

Location: Esquimalt Recreation Centre

Tue	Jan 10-Feb 28	5:30pm-6:30pm	\$80/8
Tue	Mar 7-Apr 25	5:30pm-6:30pm	\$60/6
Tue	May 2-Jun 20	5:30pm-6:30pm	\$80/8
Sat	Jan 14-Feb 25	12:00pm-1:00pm	\$60/7
Sat	Mar 4-Apr 29	12:00pm-1:00pm	\$60/6
Sat	May 6-Jun 24	12:00pm-1:00pm	\$70/7
Twice-a-w	veek		
Jan 10-Feb 28	Tue 5:30pm-6:30pm	• Sat 12:00pm-1:00pm	\$140/15

Tue 5:30pm-6:30pm • Sat 12:00pm-1:00pm

Tue 5:30pm-6:30pm • Sat 12:00pm-1:00pm

### Tillman Briggs Mini Rugby (6-12yrs)

Boys and Girls will have a ton of fun during this highenergy program! Skills, Drills and Thrills from a team of excellent coaches including many with International Rugby experience. This rugby blitz includes introductory skills and strategies while focusing on teamwork, fitness, discipline (don't tell the kids) and fun!

Tue May 2-Jun 13 6:00pm-7:00pm \$40/7 Location: Bullen Park



\$120/12

\$150/15

If your familiy requires financial assistance to support your program enrollment, you may be eligible for funding through the Canadian Tire Jumpstart Program.

Please speak with our Reception Supervisor in person or by phone, 250.412.8503.



**Coming to Victoria Spring 2017.** Now Enrolling! SPRING BREAK SOCCER CAMP: March 27-31, 2017 from 2 pm to 5 pm,

Opportunities for boys and girls in Victoria to develop their ability in a positive environment. This camp is aimed at the youth soccer player ( ages 6-16 ). Players will be placed in age/level appropriate groups

#### ELITE SOCCER CAMP: March 27-31 , 2017 from 2 pm to 5 pm.

ISAVI Advanced camps are designed for the serious young soccer player looking to continually develop their game. Sessions will be highly competitive and technically focused. This specific camp is focused on developing defenders, midfielders and strikers. Aimed at elite players from 11 yrs old and up. (limited to 18 players maximum.)

### SPRING PROGRAM PDA: PLAYER DEVELOPMENT ACADEMY : PDA April 3 - May 25, from 5 pm – 6.15 pm.

#### Player assessment, written feedback & Individual Goal Setting:

Our most popular program offering, the Player Development Academy (PDA) is a seasonal 8-week individual program for every player. Each training session focuses on a specific skill to stimulate the technical and tactical development of each player. Additionally, sessions will incorporate 2v1, 2v2, 3v2, and 3v3 situations. Professional coaching in a fun, competitiveage/level appropriate environment. (limited to 16 players maximum.)

#### ELITE PROGRAM PSA: POSITION SPECIFIC ACADEMY : PSA Elite Program : April 3 – May 25, 2017 from 6,30 pm - 7,45 pm Player assessment, Written feedback on each player & Individual Goal Setting:

The spring PSA program is 8-week specific program on position specific how to develop defenders, midfielders and strikers. Aimed at elite players from 11 yrs old and up. (limited to 18 players)

For More information contact the Academy Manager Mohammed Rbah at m.rbah@international-savi.com or visit our website www.international-savi.com

250-412-8500

### SCHOOL-AGED: OUT OF SCHOOL CARE

Fall 2017-2018 Registration for Out of School Care will be open to the public on Monday April 10, 2017.



## Esquimalt Out of School Care Program

Before & After School Care - Macaulay Elementary Application forms: 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.

SQUIMALT

2:46pm-6:00pm

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



Important Information, please note:

### **Children with Special Needs**

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

### **Child Care Subsidy**

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

### Program Schedule Note

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 Break and Summer Camps. The OSC program is closed on all Statutory Holidays.







### SCHOOL AGE: ENGINEERING FOR KIDS

\$130/6

Engineering For Kids brings science, technology, engineering, and math (STEM), to kids ages 4 to 14 in a fun and challenging way through classes, camps, clubs, and parties.

"We are proud to inspire children to build on their natural curiosity by teaching engineering concepts through hands-on learning. Engineering is, after all, one of the fastest growing industries in the world!"

## **NEW!** Engineering for Kids: Apprentice Marine Engineering (7-11yrs)

During the Marine Engineering program, students use the Engineer Design Process to design, create, test and refine several types of maine based devices and vehicles. Students construct working prototypes that teach and reinforce the concepts of above water transportation, underwater exploration, and harnessing the power of water. They gain exposure to careers in naval, ocean and marine engineering as well as naval architecture.

Mon Jan 23-Mar 16 6:00pm-7:30pm No class Feb 13 Location: Esquimalt Recreation Centre

## NEW! Engineering for Kids: Apprentice Civil Engineering (7-14 yrs)

During our Civil Engineering program, students use the Engineering Design Process to design create, test and refine a balsawood bridge designed to withstand the greatest force. They examine several different types of bridge designs and discover how the forces of tension, compression, bending, torsion, and shear are distributed throughout their structures.

Mon Apr 10-May 29 6:00pm-7:30pm \$130/6 No classes April 17 & May 22 Location: Esquimalt Recreation Centre

### NEW! Engineering for Kids: Apprentice/ Master Minecraft EDU

MinecraftEDU is an expansive game that lets players design and create unique worlds with amazing structures. One of the more complicated aspects of Minecraft EDU is Redstone, which is Minecraft EDU's version of electrical circuitry. This program will introduce students to the many uses of Redstone through a Medieval Theme adventure of creation, exploration and castle besieging, with students making mine craft tracks to help them gather resources, working together to build their kingdom and designing traps to defend their castle. All with the use of Redstone.

ThuJan 25-Mar 16:00pm-7:00pm\$130/6Location: Archie Browning Sports Centre

### NEW! Engineering for Kids: Game Design-Kooky Karts

A go-kart built from leftover toys in a playroom, racing around a track of building blocks!? Only in Electronic Game Design: Racing Games - Kooky Karts! We will use the Engineering Design Process to create a storyboard to capture our awesome designs and the rules of play for our game. Then, we will use Clickteam Fusion 2.5 to bring our storyboard to life with programming. At the end of the unit, everyone takes home a working Windows-compatible game.

Thu Apr 5-May 24 6:00pm-7:30pm \$130/6 Location: Esquimalt Recreation Centre



### NEW! Spring Break Heroes Week: Engineering for Kids

Spring Break Camps

It's a bird, it's a plane, it's Heores Week! The morning is all hands on. Students will join other engineers their age as they seek ways to protect the world and save mankind in the process. The afternoons are Electronic Game Design. We will create our own version of an invader defense game where we will defend against invasion. We will use the Engineering Design Process to create a storyboard to outline the rules of play and characters for our game.

M/Tu/W/Th/F Mar 20-Mar 24 9:00am-4:00pm \$230/5 Location: Archie Browning Sports Centre

## **NEW!** Spring Break Camp: Engineering for Kids: Apprentice/Master Minecraft EDU

MinecraftEDU is an expansive game that lets players design and create unique worlds with amazing structures. One of the more complicated aspects of Minecraft EDU is Redstone, which is Minecraft EDU's version of electrical circuitry. This program will introduce students to the many uses of Redstone through a Medieval Theme adventure of creation, exploration and castle besieging, with students making mine craft tracks to help them gather resources, working together to build their kingdom and designing traps to defend their castle. All with the use of Redstone.

250-412-8500

M/Tu/W/Th/F Mar 27-Mar 31 9:00am-4:00pm Location: Archie Browning Sports Centre

\$230/5



28



### Spring Break Playground Camps

Join these active and fun filled Spring Break Camps, available for 2 age groups! Activities include swimming, skating, arts & crafts and outtrips to local parks. Drop Off and Pick up will be at the Recreation Centre in the Lower Multipurpose Room.

#### Kindergarten to Grade 2

M/Tu/W/Th/F	Mar 20-Mar 24
M/Tu/W/Th/F	Mar 27-Mar 31
Grades 3	to 5
M/Tu/W/Th/F	Mar 20-Mar 24
M/Tu/W/Th/F	Mar 27-Mar 31

Location: Esquimalt Recreation Centre

9:00am-3:00pm 9:00am-3:00pm 9:00am-3:00pm

9:00am-3:00pm

\$100/5 \$100/5

\$100/5

\$100/5

### Extended Care (K-5)

#### (for Spring Break Playgrounds Camps)

Extended Care for Spring Break Playgrounds Camp- All grades K-5.

#### Morning

M/Tu/W/Th/F	Mar 20-Mar 24	7:00am-9:00am	\$33/5
M/Tu/W/Th/F	Mar 27-Mar 31	7:00am-9:00am	\$33/5
Afternoor	n		
M/Tu/W/Th/F	Mar 20-Mar 24	3:00pm-5:00pm	\$33/5
M/Tu/W/Th/F	Mar 27-Mar 31	3:00pm-5:00pm	\$33/5
Location: Esquir	nalt Recreation Centre		

### **Spring Break Drop In Activities!**

Check esquimalt.ca/schedules for additional Pool & Skate sessions over Spring Break!

Dance is about more than the steps, it's about life lessons.









## **TEEN CENTRE DROP IN PROGRAMS**

Tuesday	Wednesday	Thursday	Friday	Saturday
After School Drop In 3:00-5:00pm	Raven's Club Drop In @ Rockheights Middle School 3:00-5:00pm	After School Drop In 3:00-5:00pm Sep 8-Dec 15	Teen Night 7:00pm-10:00pm May & June	Teen Night 7:00pm-10:00pm May & June
		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 29th

### 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 29th Location: Rockheights Middle School

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

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

Thu-Sat 7:00pm-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)





### 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.

## **FIT FOR THE FUTURE!**

### Youth Admission Rates

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









### Fit for the Future!

#### Youth Intro to Wellness Centre (11yrs+)

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

#### Fridays

Fri	Jan 13-20	5:00pm-7:00pm	\$25/2
Fri	Feb 10-17	5:00pm-7:00pm	\$25/2
Fri	Apr 21-28	5:00pm-7:00pm	\$25/2
Fri	May 12-19	5:00pm-7:00pm	\$25/2
Fri	Jun 9-16	5:00pm-7:00pm	\$25/2
Sundays			
Sun	Jan 8-15	12:00pm-2:00pm	\$25/2
Sun	Feb 12-19	12:00pm-2:00pm	\$25/2
Sun	Apr 2-9	12:00pm-2:00pm	\$25/2
Sun	May 7-14	12:00pm-2:00pm	\$25/2
Sun	Jun 11-18	12:00pm-2:00pm	\$25/2

Location: Esquimalt Recreation Centre

Instructor: Esquimalt Recreation Certified Weight Room Attendants & Personal Trainers

### **Aquatics**

### Water Polo Skills

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

Fri Jan 13-Mar 17 6:30pm-7:30pm \$70/10 Location: Esquimalt Aquatic Centre

### Mark Your Calendar! Esquimalt 5K • April 8

See details on page 10



### **A Great Job Awaits!**

Did you know... at any time in **Greater Victoria** at least one aquatic facility is hiring?

### **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 +

Sat	Jan 14-Feb 4	9:00am-2:00pm	\$140/4	
Sat/Sun	Jan 3-Jun 11	9:00am-2:00pm	\$140/4	
Location: Esquimalt Recreation Centre				

### **Bronze Cross**

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

Pre-requisite: 13 yrs+ and Bronze Medallion				
Sat	Feb 18-Mar 11	9:00am-2:00pm	\$140/4	
Sat/Sun	Jun 17-Jun 25	9:00am-2:00pm	\$140/4	
Location: Esquimalt Recreation Centre				

### National Lifeguard Full Course

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

250-412-8500

\$320/6 Fri/Sat/Sun Fri 5:00-9:00pm • Sat/Sun 9:00am-6:00pm Location: Esquimalt Recreation Centre

### **Creative Arts**

## NEW! **ArtLab: Open Studio**

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

#### (10-16 yrs)

Tue Jan 24-May 16 4:30-6:00pm Instructor: Dixie Macuisdin Location: Esquimalt Recreation Centre \$5/drop-in & \$25/6 punch pass



### **Dramatic Arts**

### Glee Club (10-14 yrs)

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

Thu	Jan 19-Mar 9	7:00-8:00pm	\$72/8
Thu	Apr 6-May 11	7:00-8:00pm	\$54/6
Thu	May 18-Jun 22	7:00-8:00pm	\$54/6
Instructor:	Julia French		
La cation, F	continualt Decreation Cont	**	

Location: Esquimalt Recreation Centre

### Intro to Improv (9-14yrs)

Learn the basics as you leap into the world of improv! Challenge yourself & gain confidence in your ability to listen, accept & problem-solve quickly. Practice thinking on your feet while focusing on your surroundings and making quick & clever decisions. This fun and engaging intro level class promotes participation and explores creativity in a safe and accepting environment.

Tue	Jan 24-Feb 28	6:00pm-7:00pm	\$60/6
Tue	Apr 4-May 9	6:00pm-7:00pm	\$60/6
Tue	May 16-Jun 20	6:00pm-7:00pm	\$60/6
Location: L'E	cole Brodeur School, The	eatre	
Instructor: Ju	ılia French		

### Winter/Spring 2017 Program Registration

We are transitioning to a new computer system (starting December 1 through into the new year). Although best efforts will be made to migrate your account and ensure a seamless first registration in the new system, please allow a few extra minutes for our team members to verify your information or create a new account for you/ your family as you enroll in winter/spring programs.

### WIN \$50 TOWARDS A PROGRAM REGISTRATION!

For each registration completed in December, you will be entered to WIN \$50 towards a program of your choice. 3 winners will be chosen by random draw in January. \$50 program credit prize to be used for a future registration only.

250-412-8500



ESQUIMALT YOUTH

### Leadership & Education

### Babysitting (11-15yrs)

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

• •	•		
Fri	Feb 24	9:00am-5:00pm	\$55
Fri	May 19	9:00am-5:00pm	\$55
Sat	Jul 1	9:00am-5:00pm	\$55
Location, Fo	auimalt Decreation (		

Location: Esquimalt Recreation Centre

### NEW! Fight Back for Women

#### (18yrs+ or 16-17yrs with parental consent)

This seminar provides participants with realistic selfdefence techniques that are usable and retainable. we develop your skills to 'stun' your attacker giving you the chance to get away. Topics include: situational awareness, the advantage of being a woman, striking first and using fear as your ally. Plus assertiveness skills, physical self defence and predator/prey mindset. Registration includes book: 'Total Awareness: A Woman's Safety.

Sun	Apr 30	9:00am-4:00pm	\$89
Location:	Esquimalt Recreation Centre		

### NEW! Safe KIDS for Tweens (10-13yrs)

KIDS: Keeping our Children Informed, Defensible and Safer. This workshop includes the 9 lures used to abduct or exploit kids, safety rules to remember when out and about, the 3 important rules to remember when in physical danger and how to physically escape a dangerous situation.

Sat	Feb 11-Feb 11	11:00am-12:00pm	\$25
Location: F	squimalt Recreation Centre	2	

#### Home Alone (9yrs+)

The H.A.P.P.Y Program (Home Alone Program Preparing Youth) is designed to keep your child safe when they are not with an adult. The topics include: fire and emergency procedures, kitchen safety, meal prep, first aid and calling 911. Personal safety regarding telephone and internet safety, and the potential danger of strangers are also covered. Military discount available for this program.

Sat	Feb 25	9:00am-12:00pm	\$30	
Sat	Apr 29	9:00am-12:00pm	\$30	
Sun	Jun 25	9:00am-12:00pm	\$30	
Location: Esquimalt Recreation Centre				

Instructor: Kathy Lee

#### **FREE!** Toastmasters

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

Sun Jan 29-Jun 4 10:00am-11:30am FREE Location: Esquimalt Recreation Centre

### Music

### Guitar (7-14yrs)

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

#### Beginner

Tue	Jan 31-Mar 7	5:00pm-5:50pm	\$60/6
Tue	Apr 4-May 9	5:00pm-5:50pm	\$60/6
Tue	May 16-Jun 20	5:00pm-5:50pm	\$60/6
Continuir	g		
Tue	Jan 31-Mar 7	6:00pm-6:50pm	\$60/6
Tue	Apr 4-May 9	6:00pm-6:50pm	\$60/6
Tue	May 16-Jun 20	6:00pm-6:50pm	\$60/6
Location: Esquir	nalt Recreation Centre		

Instructor: Alberto Ubach



250-412-8500



### Sports

### Krav Maga (16yrs+)

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

		/	
Tue	Jan 10-Feb 28	6:30pm-7:30pm	\$80/8
Tue	Mar 7-Apr 25	6:30pm-7:30pm	\$60/6
Tue	May 2-Jun 20	6:30pm-7:30pm	\$80/8
Location: Eso	uimalt Recreation Cent	re	

### **MIJO Taekwondo**

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

#### Once-a-week

Tue	Jan 10-Feb 28	5:30pm-6:30pm	\$80/8
Tue	Mar 7-Apr 25	5:30pm-6:30pm	\$60/6
Tue	May 2-Jun 20	5:30pm-6:30pm	\$80/8
Sat	Jan 14-Feb 25	12:00pm-1:00pm	\$60/7
Sat	Mar 4-Apr 29	12:00pm-1:00pm	\$60/6
Sat	May 6-Jun 24	12:00pm-1:00pm	\$70/7

#### Twice-a-week

Jan 10-Feb 28 Mar 4-Apr 29		<ul><li>Sat 12:00pm-1:00pm</li><li>Sat 12:00pm-1:00pm</li></ul>	\$140/15 \$120/12
May 2-Jun 24	Tue 5:30pm-6:30pm	• Sat 12:00pm-1:00pm	\$150/15
Location: Esquim	alt Recreation Centre		
Instructor: MIJO	Sport		

### Western Martial Arts

### LARP Combat

Obtain skill in various weapons adapted from medieval fight manuals. This class is for beginners + and will be taught through class instruction with padded swords and reinforced through sparring with padded weapons. Perfect for LARP combat enthusiasts who wish to expand their skills. No class Thursday, June 8th. Drop in \$7 per class Classes take place at L'Ecole Brodeur

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

Jan 26-Mar 16	7:15pm-8:15pm	\$40/8		
Apr 6-Jun 15	7:15pm-8:15pm	\$50/10		
Individual class drop in: \$7/class				
Location: L'Ecole Brodeur School				
	Jan 26-Mar 16 Apr 6-Jun 15 class drop in: \$7/class	Apr 6-Jun 15 7:15pm-8:15pm class drop in: \$7/class		

### Advanced Longsword Combat

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

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

 Tue
 Jan 24-Mar 14
 7:45pm-8:45pm
 \$35/8

 Tue
 Apr 4-Jun 13
 7:45pm-8:45pm
 \$355/11

 Individual class drop in: \$7/class
 Location: Esquimalt Recreation Centre

### Location: Esquimalt Recreation Centre

### Longsword Combat

Obtain skill in longword combat based on the medieval fight manual written in 1409 Fiore dei Liberi, an Italian Master of Fighting. The class is for beginners and advanced students to have rebated steel swords. Bring gloves and be ready to fight! No class Thursday, June 8th.

Register for the session & save or enjoy the flexibility of drop in!						
Thu	Jan 26-Mar 16	8:15pm-9:15pm	\$40/8			
Thu	Apr 6-Jun 15	8:15pm-9:15pm	\$50/10			
Individual class drop in: \$7/class						
Leasting I/Feels Decideur Cale al						

Location: L'Ecole Brodeur School

Mark Your Calendar! Esquimalt 5K • April 8

See details on page 10





### Cooking

### **NEW!** Flavors of Punjab

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



#### Flavors 1

Week 1:

Vegetarian samosas in hand-rolled pastry & mint chutney. Time-permitting, we may fry up a batch of veggie pakoras.

Week 2:

Butter chicken...from scratch! Served with Basmati rice, raita (yogurt condiment) & tomato daikon salad. Week 3:

Vegetarian subzi of potato and cauliflower. Served with roti, paratha (a variation of roti) & coconut chutney.

Fri

	of folly & cocorrue	chuthey.
Apr 21-May 12	7:00pm-9:00pm	\$85/3
(no class May 5)		

### Flavors 2

Week 1:

Chaat (layered punjabi potato salad) & tandoori chicken with a mint chutney.

Week 2:

Saag (pureed mustard greens), corn roti with onion & daikon pickle.

Week 3:

Coconut Curry Chickpeas with Puri (deep fried roti) & khutta (yogurt and buttermilk condiment).

Fri	Feb 10-Feb 24	7:00pm-9:00pm	\$85/3
Fri	May 19-Jun 9	7:00pm-9:00pm	\$85/3
	(no class Jun 2)		

Location: Esquimalt United Church, Rainbow Kitchen Instructor: Manjit Dhaliwal

### **Creative Arts**

### **Acrylics for Absolute Beginners**

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

 Wed
 Apr 5-May 10
 1:00pm-3:00pm
 \$72/6

 Location: Esquimalt Recreation Centre
 Instructor: Dixie Macuisdin
 \$100 mm/s
 \$100 mm/s

### NEW! Intro to Colour for Absolute Beginners

Join Dixie for this relaxed, hands-on introduction to the basics of colour. Using acrylic paints and the Double Primary approach, students will create their own colour wheel to use as a guide in simple exercises exploring the fundamental properties of colour including value, temperature, and saturation. An additional \$25 materials fee for paint, paper, handouts, the use of brushes and all necessary supplies is required with each registration.

 Tue
 Jan 31-Mar
 7
 1:00pm-2:45pm
 \$72/6

 Location: Esquimalt Recreation Centre
 Instructor: Dixie Macuisdin

### Creating a Visual Workbook

Create a personalized piece of art while gaining a deeper understanding of your sources of inspiration. Learn to use collage, printmaking, image transfer, acrylic mediums, paints and/or stencils to build your workbook and to express your artistic voice. Classes will be held in a fun and relaxed environment and no experience is needed to participate. An additional \$25 material fee for printmaking supplies, paints & specialty papers is required with each registration and you are welcome to bring source material from home to include in your project.

 Fri
 Jan 27-Mar 24
 2:00pm-3:30pm
 \$99/9

 Location: Esquimalt Recreation Centre
 Instructor: Tony Bounsall



### Drawing

Learn drawing fundamentals, techniques & styles using various materials in a supportive environment. Become familiar with the elements and principles of design while you gain an understanding of how to plan, develop, create and conclude a drawing.

#### Fundamentals

Fri	Jan 20-Feb 24	6:30pm-8:00pm	\$66/6	
Beyond th	ne Basics			
Fri	Apr 7-May 19	6:30pm-8:00pm	\$66/6	
Location: Esquimalt Recreation Centre				
Instructor: Jim Genovese				

### Mixed Media Mash-up!

Take a close look at the works of famous artists, then mash their styles together & create pieces of your own. Picasso, Matisse, Pollock, Van Gogh, Dali & Monet all developed unique artistic techniques that influence present day art & culture. Learn about cubism, splatter art, impressionism...while experimenting with mixed media. Use a wide assortment of materials and experiment with pastels, acrylics, watercolours, chalk & pencils while creating your paintings, drawings & 2D/3D creations. a \$25 Materials fee is due at the time of registration. Classes do not run on long weekends.

Mon	Jan 23-Mar 6	7:00pm-8:30pm	\$72/6		
Mon	Apr 3-May 15	7:00pm-8:30pm	\$72/6		
Location: Esquimalt Recreation Centre					

### Watercolour on Masa Paper

Learn to create attractive watercolor on Japanese art paper using the Chinese brush in a fun and stress free environment. All levels welcome. Beginners are especially encouraged. All students are required to pay a \$10 course manual fee directly to the instructor on the first day of class. Classes do not run on long weekends.

Mon	Jan 23-Mar 6	6:45pm-8:30pm	\$72/6		
Wed	Jan 25-Mar 1	10:15am-12:00pm	\$72/6		
Mon	Apr 3-May 15	6:45pm-8:30pm	\$72/6		
Wed	Apr 5-May 10	10:15am-12:00pm	\$72/6		
Location: Esquimalt Recreation Centre					
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#### Instructor: Richard Wong

### Important Program Registration Notice

Please allow a few extra minutes for our team to process your January program registrations as we transition to a new computer system.



### Watercolours for Absolute Beginners

Discover the wonderful properties of watercolours in this introduction to basic supplies and techniques. Explore wet-into-wet, glazing, colour mixing, masking, and using ink for detail. A great place to begin! An additional \$25 materials fee for paint, paper, handouts, the use of brushes and all necessary supplies is required with each registration.

 Wed
 Jan 25-Mar 1
 1:00pm-3:00pm
 \$72/6

 Location: Esquimalt Recreation Centre

 Instructor: Dixie Macuisdin

### NEW! Watercolours Inspired by ....

Come and be inspired by master painters as you learn new watercolour techniques through creative practice. Each class will focus on one painter and their iconic style. Suitable for those with some watercolour experience. Supplies required.

Tue	Apr 4-May 9	1:00pm-2:45pm	\$72/6
Location: Esqu	imalt Recreation Cent	tre	
Instructor: Dix	tie Macuisdin		

### Watercolour Studio

Our watercolour studio is an ongoing 'studio time' for those with or without previous watercolour experience. Students work on their own projects with expert help from our facilitator. Each session includes a mini lesson, exploring a relevant technique or skill. Register for a session or purchase a 10-class punchcard for \$90. Classes do not take place on long weekends.

Mon	Jan 16-Mar 6	1:00pm-3:00pm	\$56/7
Mon	Mar 13-May 1	1:00pm-3:00pm	\$56/67
Mon	May 8-Jun 26	1:00pm-3:00pm	\$56/7
Location: Esquin	nalt Recreation Centre	2	
Instructor: Jim G	enovese		





### Dance

### **Club Latin Dance**

Latin dancing in nightclubs has never been more popular! These courses are suitable for beginners and anyone wanting a Latin dance refresher. Each session begins with an overview of basic Salsa & Merengue techniques, then moves into a unique selection of figures

then moves into a unique selection of figures					
Tue	Jan 17-Feb 14	8:00pm-9:00pm	\$45/5		
Tue	Feb 21-Mar 21	8:00pm-9:00pm	\$45/5		
Location: Esquimalt Recreation Centre					
Instructor: E & R Ballroom Dance Society Instructors					

**NEW!** Romantic Dancing for Nightclubs and Weddings

This is the perfect activity for couples, whether you have been together for many years or just about to be married. Each session begins with an overview of basic techniques and moves into a unique selection of figures. Use your newfound dance skills at parties, school reunions, cruises, nightclubs and wedding receptions.

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Tue	Jan 17-Feb 14	7:00pm-8:00pm	\$45/5		
Tue	Feb 21-Mar 21	7:00pm-8:00pm	\$45/5		
Location: Esquimalt Recreation Centre					
Instructor: E & R Ballroom Dance Society Instructors					

### Country 2-Step

Learn the cornerstone of Country Dance in a fun and lively atmosphere! This popular form of country partner dance is derived from the American Foxtrot. Country 2 step features spins, turns and weaves as it travels around the dance floor.

#### Beginner

Wed	Jan 25-Mar 15	7:00pm-8:00pm	\$80/8		
Wed	Apr 5-May 10	7:00pm-8:00pm	\$60/6		
Wed	May 17-Jun 21	7:00pm-8:00pm	\$60/6		
Beyond E	Beginner				
Wed	Jan 25-Mar 15	8:00pm-9:00pm	\$80/8		
Wed	Apr 5-May 10	8:00pm-9:00pm	\$60/6		
Wed	May 17-Jun 21	8:00pm-9:00pm	\$60/6		
Location: Esquimalt Recreation Centre					

Instructor: Carole Mason

### Important Program Registration Notice

Please allow a few extra minutes for our team to process your January program registrations as we transition to a new computer system.

### Line Dancing

Learn line dances while dancing to your old favourites and enjoy a great workout at the same time! Beyond Beginner classes include longer sequences and slightly more complicated steps. Classes do not run on long weekends.

#### Beginner

Mon	Jan 23-Mar 6	2:30pm-3:30pm	\$60/6
Mon	Jan 23-Mar 6	7:00pm-8:00pm	\$60/6
Mon	Apr 3-May 15	2:30pm-3:30pm	\$60/6
Mon	Apr 3-May 15	7:00pm-8:00pm	\$60/6
Mon	May 29-Jun 26	2:30pm-3:30pm	\$50/5
Mon	May 29-Jun 26	7:00pm-8:00pm	\$50/5
Beyond	Beginner		
Mon	Jan 23-Mar 6	3:30pm-4:30pm	\$60/6
Mon	Jan 23-Mar 6	8:00pm-9:00pm	\$60/6
Mon	Apr 3-May 15	3:30pm-4:30pm	\$60/6
Mon	Apr 3-May 15	8:00pm-9:00pm	\$60/6
Mon	May 29-Jun 26	3:30pm-4:30pm	\$50/5
Mon	May 29-Jun 26	8:00pm-9:00pm	\$50/5
Location: Esgu	imalt Recreation Cent	re	

Location: Esquimalt Recreation Centre

Instructor: Carole Mason

### Education

### NEW! Fight Back for Women

#### (18yrs+ or 16yrs+ with parental consent)

This seminar provides participants with realistic selfdefence techniques that are usable and retainable. we develop your skills to 'stun' your attacker giving you the chance to get away. Topics include: situational awareness, the advantage of being a woman, striking first and using fear as your ally. Plus assertiveness skills, physical self defence and predator/prey mindset. Registration includes book: 'Total Awareness: A Woman's Safety

Sun Apr 30-Apr 30 9:00am-4:00pm \$89 Location: Esquimalt Recreation Centre

### NEW! Safe Travels (16yrs+)

Travelling near or far, let us help you develop the skills to keep you safer. This 3 hour program includes: situational awareness, the 4 D's of any confrontation, mental attitude vs. technique, physical self-defence techniques and so much more.

SatApr 22-Apr 229:00am-12:00pm\$65Location: Esquimalt Recreation Centre



### NEW! Intro to IPad

You have an IPad...now what? Familiarize yourself with your device and the basic features & applications that come with it.

#### Intro

Learn to navigate your home screen, buttons and apps. Learn to use email, wifi, maps, photos and calendar functions and choose your settings. Access the apps store to add new apps, music and books, then learn how to sync your devices. This class is suitable for both beginners and experienced iPad users.

 Wed
 Feb 1-Mar 8
 1:00pm-2:30pm
 \$66/6

#### Intermediate

Review the newest operating system changes & take a more in depth view of applications that come with the iPad. Alternative applications will also be discussed. Completion of a Beginner's course and/or a working familiarity with the iPad is recommended before participating in intermediate level classes.

 Wed
 Feb 1-Mar 8
 10:00am-11:30am
 \$66/6

 Instructor: Monica McGarrigle

Location: Archie Browning Sports Centre, Boardroom

### **BLOOMIN' BEAUTIFUL GARDENING WORKSHOPS**

Herb Planter • Sat, May 27 10:30am-11:30pm

Succulent Planter • Sat, June 10 10:30am-11:30am Details on page 41

### Language

### NEW! American Sign Language for Beginners

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

Wed	Feb 1-Mar 8	6:00pm-7:15pm	\$60/6		
Wed	Apr 5-May 10	6:00pm-7:15pm	\$60/6		
Wed	May 17-Jun 21	6:00pm-7:15pm	\$60/6		
Instructor: Lindsey Melvin					
Location: Esquimalt Rec Centre					

### NEW! French language & Culture Class for Beginners

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

Tue	Apr 4-May 2	6:30pm-8:30pm	\$90/5
Tue	May 9-Jun 6	6:30pm-8:30pm	\$90/5
Instructor:	Anny Ruch		

Location: Archie Browning Sports Centre, Boardroom

#### **NEW!** Japanese

Learn basic Japanese from a native speaker and experienced instructor. This course doesn't assume any previous learning/knowledge and focuses on speaking (so you don't have to learn thousands of Japanese characters). Three commonly used Japanese sentence patterns will be covered, with lots of time for practice. Continuing course will expand on vocabulary and conjugation learned in the basic course for more diverse expressions. All participants are charged \$7 to cover the cost of handouts (to be paid directly to the instructor during first class). Classes do not run on long weekends.

#### **Beginner**

Mon	Jan 30-Mar 27	6:00pm-7:00pm	\$72/8
Mon	Apr 3-May 29	6:00pm-7:00pm	\$72/8
Contin	uing		
Mon	Jan 30-Mar 27	7:15pm-8:15pm	\$72/8
Mon	Apr 3-May 29	7:15pm-8:15pm	\$72/8
Instructor:	Daisuke Haruki		

Location: Archie Browning Sports Centre, Boardroom

### Spanish

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

#### Beginner

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Wed	Jan 18-Feb 22	5:45pm-7:15pm	\$90/6
Wed	Mar 8-Apr 12	5:45pm-7:15pm	\$90/6
Wed	Apr 26-May 31	5:45pm-7:15pm	\$90/6
Beyond	Beginner		
Wed	Jan 18-Feb 22	7:30pm-9:00pm	\$90/6
Wed	Mar 8-Apr 12	7:30pm-9:00pm	\$90/6
Wed	Apr 26-May 31	7:30pm-9:00pm	\$90/6
Instructor: Sa	rah Loeppky		

Location: Archie Browning Sports Centre, Boardroom







### 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

### May 7-13

### National Emergency Preparedness Week

Esquimalt's Emergency Program will host various opportunities through the week. Event information will be available at esquimalt.ca and through the Township Facebook page as the week approaches.

### **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.



### Gardening



### Gardening Workshops with Jessica Kleinsteuber

Register for one or both gardening workshops with master organic gardener and eco-garden design specialist Jessica Kleinsteuber.

### Herb Planter

Create a colourful container herb garden & enhance both your porch/balcony & your favorite recipes! Learn about companion planting & tips for keeping your plants thriving throughout the season. Plants, soil & containers are provided.

Sat	May 27	10:30am-11:30am	\$20
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### **NEW! Succulent Planter**

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

Sat	Jun 10	10:30am-11:30am	\$20
Location	n: Esquimalt Recreation	n Centre	
Instruct	or: Jessica Kleinsteube	r	

### Music

### Guitar

Learn picking and strumming techniques, scales, chords and riffs in a lively and supportive atmosphere. Become familiar with this unique instrument and learn songs to suit your musical interests. Continuing classes build on your skills with reading tablature and more sophisticated songs.

#### **Fundamentals**

Instructor: Alberto Ubach

Tue	Jan 31-Mar 7	7:00pm-7:50pm	\$66/6
Tue	Apr 4-May 9	7:00pm-7:50pm	\$66/6
Tue	May 16-Jun 20	7:00pm-7:50pm	\$66/6
Location: Esquin	nalt Recreation Centre		
Instructor: Alber	rto Ubach		
Continuin	g		
Tue	Jan 31-Mar 7	8:00pm-8:50pm	\$66/6
Tue	Apr 4-May 9	8:00pm-8:50pm	\$66/6
Tue	May 16-Jun 20	8:00pm-8:50pm	\$66/6
Location: Esquir	nalt Recreation Centre		

### Percussion Jam

Participate in group music classes with glockenspiels, drums and a variety of percussion instruments. Develop skills in rhythm, tempo, improvisation and musical expression. No prior musical experience needed to participate. All instruments are provided. Classes do not take place on long weekends.

Sun	Jan 22-Mar 5	12:00pm-12:45pm	\$60/6
Sun	Apr 2-May 14	12:00pm-12:45pm	\$60/6
Sun	May 28-Jun 25	12:00pm-12:45pm	\$50/5
Location: Esq	uimalt Recreation Cent	re	

Instructor: Masako Hockey

### **Ukulele for Beginners**

Learn to play the Ukulele during this fun 8-week course. You'll learn two, three, and four chord songs in five keys plus a foundation in chord voicings and chord progressions. The first week is an information session and you will begin playing on week two (you do not need to bring a ukulele until your second class). An additional \$5 (non-refundable) course manual fee is charged at registration time.

Tue	Jan 17-Mar 7	6:30pm-7:30pm	\$64/8
Tue	Apr 4-May 23	6:30pm-7:30pm	\$64/8
Location: Es	quimalt Recreation Cent	re	
Instructor: J	amyang Lodto		

### Photography

### Digital Photography

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

 Tue
 Jan 31-Feb
 28
 6:30pm-8:30pm
 \$90/5

 Location: Archie Browning Sports Centre, Boardroom

### Important Program Registration Notice

Please allow a few extra minutes for our team to process your January program registrations as we transition to a new computer system.





### Sports

### 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.

Mon	May 1-May 29	5:30pm-6:30pm	\$125/5
Mon	Jun 5-Jun 26	5:30pm-6:30pm	\$125/4
Location: Go	rge Vale Golf Club		
Instructor:			

### Men's Golf Clinics

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!

Mon	May 1-May 29	6:30pm-7:30pm	\$125/4
	No class May 22		
Mon	Jun 5-Jun 26	6:30pm-7:30pm	\$125/4
Location: G	orge Vale Golf Club		



### Coed 6's Volleyball League - Competitive

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

Thu Jan 26-Mar 2 \$249 per team; \$45 per individual/8 Thu Mar 9-Apr 20 \$249 per team; \$45 per individual/6 Location: L'Ecole Brodeur School

6:00pm-11:00pm 6:00pm-11:00pm

### Krav Maga (16yrs+)

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

Tue	Jan 10-Feb 28	6:30pm-7:30pm	\$80/8
ue	Mar 7-Apr 25	6:30pm-7:30pm	\$60/6
Tue	May 2-Jun 20	6:30pm-7:30pm	\$80/8
Location: Esquin	nalt Recreation Centre		

### **MIJO Tae Kwon Do**

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

#### Once-a-week

Tue	Jan 10-Feb 28	5:30pm-6:30pm	\$80/8
Tue	Mar 7-Apr 25	5:30pm-6:30pm	\$60/6
Tue	May 2-Jun 20	5:30pm-6:30pm	\$80/8
Sat	Jan 14-Feb 25	12:00pm-1:00pm	\$60/7
Sat	Mar 4-Apr 29	12:00pm-1:00pm	\$60/6
Sat	May 6-Jun 24	12:00pm-1:00pm	\$70/7
Twice-a-w	eek		
Jan 10-Feb 28	Tue 5:30pm-6:30pm	• Sat 12:00pm-1:00pm	\$140/15
Mar 4-Apr 29	Tue 5:30pm-6:30pm	• Sat 12:00pm-1:00pm	\$120/12

Mar 4-Apr 29

May 2-Jun 24 Tue 5:30pm-6:30pm • Sat 12:00pm-1:00pm \$150/15 Location: Esquimalt Recreation Centre

Instructor: MIJO Sport

### **NEW!** Don't Assume – Play (Pilot Program)

These are multi-sport development sessions for adults 18-29 with disabilities. This pilot program will be for adults 18-29 years old with a disability.

Facilitated by an overcomer (Cerebral Palsy) who was never supposed to walk but later played sports and did all the things the doctors were sure he would never be able to do.

This includes a social time together after each gym time.

250-412-8500

#### **Drop In Weekly:**

Tues 3:30-4:30pm 1:00-2:00pm Fri **Regular Admission Rates Apply** Location: Esquimalt Recreation Centre, Gymnasium

esquimalt.ca/recreation

### Western Martial Arts

### **Advanced Longsword Combat**

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

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

Tue	Jan 24-Mar 14	7:45pm-8:45pm	\$35/8
Tue	Apr 4-Jun 13	7:45pm-8:45pm	\$55/11
Individ	ual class drop in: \$7/class		
Locatio	n: Esquimalt Recreation Centre		

### Important Program Registration Notice

Please allow a few extra minutes for our team to process your January program registrations as we transition to a new computer system.

### Longsword Combat

Obtain skill in longword combat based on the medieval fight manual written in 1409 Fiore dei Liberi, an Italian Master of Fighting. The class is for beginners and advanced students to have rebated steel swords. Bring gloves and be ready to fight! No class Thursday, June 8th.

Register for the session & save or enjoy the flexibility of drop in!ThuJan 26-Mar 168:15pm-9:15pm\$40/8ThuApr 6-Jun 158:15pm-9:15pm\$50/10

Thu Apr 6-Jun 15 2 Location: L'Ecole Brodeur School

### LARP Combat

Obtain skill in various weapons adapted from medieval fight manuals. This class is for beginners + and will be taught through class instruction with padded swords and reinforced through sparring with padded weapons. Perfect for LARP combat enthusiasts who wish to expand their skills. No class Thursday, June 8th. Drop in \$7 per class Classes take place at L'Ecole Brodeur

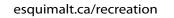
Register for the session & save or enjoy the flexibility of drop in!ThuJan 26-Mar 167:15pm-8:15pm\$40/8ThuApr 6-Jun 157:15pm-8:15pm\$50/10Individual class drop in: \$7/classLocation: L'Ecole Brodeur School

### **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 (Starting June 1) 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		*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'ecole Victor Brodeur







### Education

### **Bridge for Beginners**

These classes are suitable for beginners and those looking for a refresher, designed to provide a comfortable and supportive learning environment. Learn basic rules, strategy and etiquette for this fun and competitive game. Each class includes a lesson with tips, discussion and practice time. Registration fee includes a Learn to Play Bridge workbook.

 Tue
 Jan 31-Feb 28
 9:00am-12:00pm
 \$30/5

 Location: Esquimalt Recreation Centre

 Instructor: Terry Martin

#### Death and Dying: Talking About it Won't Kill You

Death is still a taboo subject for many people in our society. Join us to open conversations, learn, and share your thoughts and experiences. Get more comfortable with something that affects us all. Includes information on advance care planning, assisted dying and patient rights. An Advance Care Planning Kit can be purchased from the facilitator for \$5.

ThuFeb 1610:00am-12:00pm\$2Facilitators: Dying With Dignity Canada, Victoria Chapter

### NEW! Safe Travels (16yrs+)

Travelling near or far, let us help you develop the skills to keep you safer. This 3 hour program includes: situational awareness, the 4 D's of any confrontation, mental attitude vs. technique, physical self-defence techniques and so much more.

Sat Apr 22-Apr 22 9:00am-12:00pm \$65 Location: Esquimalt Recreation Centre

#### **NEW! Intro to IPad**

You have an IPad...now what? Familiarize yourself with your device and the basic features & applications that come with it.

#### Intro

Learn to navigate your home screen, buttons and apps. Learn to use email, wifi, maps, photos and calendar functions and choose your settings. Access the apps store to add new apps, music and books, then learn how to sync your devices. This class is suitable for both beginners and experienced iPad users.

Wed Feb 1-Mar 8 1:00pm-2:30pm \$66/6

#### Intermediate

Review the newest operating system changes & take a more in depth view of applications that come with the iPad. Alternative applications will also be discussed. Completion of a Beginner's course and/or a working familiarity with the iPad is recommended before participating in intermediate level classes.

 Wed
 Feb 1-Mar 8
 10:00am-11:30am
 \$66/6

 Instructor: Monica McGarrigle

Location: Archie Browning Sports Centre, Boardroom

### Health & Wellness

### FREE! Blood Pressure Drop-in Clinic

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



### Foot Care Clinic

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

Tue12:00pm-3:00pm by appointment

\$30 per 30 minute session

Esthetician: Donna Wildeman

Location: Esquimalt Recreation Centre

### 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. This program is suitable for newcomers to fitness, seniors and those recovering from injuries.

Jan 9	10:05am-10:50am	Free				
Jan 11	10:05am-10:50am	Free				
Jan 16-Feb 27	10:05am-10:50am	\$54/6				
Jan 18-Mar 1	10:05am-10:50am	\$63/7				
Mar 6-Apr 10	10:05am-10:50am	\$54/6				
May 1-Jun 19	10:05am-10:50am	\$63/7				
Mar 8-Apr 19	10:05am-10:50am	\$63/7				
May 3-Jun 21	10:05am-10:50am	\$72/8				
Location: Esquimalt Recreation Centre						
Instructor: Kay Inamura						
	Jan 11 Jan 16-Feb 27 Jan 18-Mar 1 Mar 6-Apr 10 May 1-Jun 19 Mar 8-Apr 19 May 3-Jun 21 imalt Recreation Centre	Jan 1110:05am-10:50amJan 16-Feb 2710:05am-10:50amJan 18-Mar 110:05am-10:50amMar 6-Apr 1010:05am-10:50amMay 1-Jun 1910:05am-10:50amMar 8-Apr 1910:05am-10:50amMay 3-Jun 2110:05am-10:50amimalt Recreation Centre10:05am-10:50am				

### Important Program Registration Notice

Please allow a few extra minutes for our team to process your January program registrations as we transition to a new computer system.

### Gentle Yoga

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

#### Tuesdays

Tue	Jan 3-Jan 24	9:30am-10:45am	\$24/4	
Tue	Feb 7-Feb 28	9:30am-10:45am	\$24/4	
Tue	Mar 7-Mar 28	9:30am-10:45am	\$24/4	
Tue	Apr 4-Apr 25	9:30am-10:45am	\$24/4	
Tue	May 2-May 30	9:30am-10:45am	\$30/5	
Tue	Jun 6-Jun 27	9:30am-10:45am	\$24/4	
Thursday	/S			
Thu	Jan 5-Jan 26	1:15pm-2:30pm	\$24/4	
Thu	Feb 2-Feb 23	1:15pm-2:30pm	\$24/4	
Thu	Mar 2-Mar 30	1:15pm-2:30pm	\$30/5	
Thu	Apr 6-Apr 27	1:15pm-2:30pm	\$30/4	
Thu	May 4-May 25	1:15pm-2:30pm	\$24/4	
Thu	Jun 1-Jun 29	1:15pm-2:30pm	\$30/5	
Location: Esquimalt Recreation Centre				

Instructor: Moira Tait

#### 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.

5				
Wed	Jan 4-Feb 22	1:30pm-3:00pm	\$52/8	
Wed	Mar 1-Apr 26	1:30pm-3:00pm	\$58.50/9	
Wed	May 3-Jun 21	1:30pm-3:00pm	\$52/8	
Location: Esquimalt Recreation Centre				





### Wellness Centre Orientations

Our Certified Personal Trainers will tour you through the facility, and give you an introduction to an effective and safe workout with both cardio and strength machines. This service is FREE with a purchase of any 3- Month, 6-Month or 1 Year Pass. Without pass, \$20/orientation. Flexible registration, 8:00am-9:00am, seven days a week. Pre-registration required.

Location: Esquimalt Recreation Centre – Wellness Centre

#### Zoomers

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

the chi		minute class.			
Mon	Jan 9-Feb 27	1:15pm-2:00pm	\$52.50/7		
Mon	Mar 6-Apr 24	1:15pm-2:00pm	\$52.50/7		
Wed	Jan 11-Mar 1	1:15pm-2:00pm	\$60/8		
Mon	May 1-Jun 19	1:15pm-2:00pm	\$52.50/7		
Wed	Mar 8-Apr 26	1:15pm-2:00pm	\$60/8		
Thu	Jan 12-Mar 2	2:00pm-3:00pm	\$52/8		
Thu	Mar 9-Apr 27	1:15pm-2:15pm	\$52/8		
Wed	May 3-Jun 21	1:15pm-2:00pm	\$60/8		
Thu	May 4-Jun 22	1:15pm-2:15pm	\$52/8		
Location: Esquimalt Aquatic Centre					
Instructor: Ann Henslowe					

### **BUS TRIPS**

Leave the driving to us while we explore the



sights! Bring along your sense of fun and adventure as we visit interesting places with other folks 50+ years of age. Trips usually include a stop for lunch, dinner or refreshments along the way (trip price does not include the price of meals/refreshments). Please note: We're going to purchase 2017 seasons tickets for Chemainus Theatre when they become available; please phone Crystal Pool for updates 250-361-0732 if you're interested. Be sure to pick-up our 3-fold flyer for more details, additional trips & pick-up/drop-off times.

Wentworth Villa Tour & Dinner at Padella

Thu	Jan12	\$30
Lunch at	Nourish Resta	iurant
Tue	Jan 24	\$20
Vancouv	er Island Brew	ery Tour & Lunch at Canoe
Brewpub	)	
Thu	Feb 9	\$20-25
<b>UBC Mus</b>	eum of Anthro	opology (Vancouver)
Tue	Feb 21	\$125-142
Shawnig	an Lake Muse	um & Lunch at Unsworth
Vineyard		
Thu	Mar 9	\$35



### **Drop In Social Programs**

Weekly drop-in social programs are free with a monthly or seasonal membership. Open to all ages. Nonmembers 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	Schedules are subject to change. Schedules available in "real time" online at esquimalt schedules or pick up our 1-page monthly flyer at the Recreation Centre.		
	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.





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



### Wellness Centre Schedule

Facility Hours	5:30am-10:30pm Monday-Sunday
Wellness Centre Orientations	Learn how to achieve an effective and safe workout in our wellness centre. Our certified staff will teach you to use both cardio and strength machines and you will leave with a basic workout program to do on your own. \$15 OR FREE with any 3-Month, 6-Month or 1-Year Pass Purchase. Call 250.412.8500 to book. Available: Monday-Friday 8:00am; Tuesday/Wed/Fri 7:00pm; Sat/Sun 11:00am
Fitness Assessments	Our Certified Personal Trainers take you through a through a baseline fitness assessment including cardio, strength and flexibility. This service is FREE with a purchase of any 3- Month, 6-Month or 1 Year Pass. Available: Monday/Thursday 6:00pm
Personal Training	Personal Trainers work on YOUR schedule! No matter what your fitness level or goals, our certified trainers will help you see results. See page 43 for all of our package details!

Admission Rates	Single Drop in	Book of 10	Book of 25	1 Month Pass	3 Month Pass	6 Month Pass	1 Year Pass
Adult	\$5.75	\$51.75	\$120.75	\$58.50	\$113.75	\$210.00	\$350.00
60+ or Student	\$4.25	\$38.25	\$89.25	\$44.00	\$85.50	\$157.50	\$262.50
Youth (13-18yrs)	\$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, Monthly scheduled payments available on Regio			tive fee applies				\$492.00

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

esquimalt.ca/recreation



## 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, and am working out in the gym on my own, continuing the work of 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 best program
- After the initial four weeks: Weekly 30-minute follow up sessions or Bi-weekly 1 hour sessions to monitor and enhance your program
- Add on UNLIMITED Facility Access: \$25/month

### Hourly Sessions PRIVATE/ SEMI-PRIVATE

• \$50/Hour \$25/Person/Hour

### ADVANCED PACKAGES

### RESULTS

12 Hours (\$42.50/hr) \$510 (private) \$255/person (2 people)

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

BONUS! 6 complementary facility admissions

### **RESULTS PLUS**

20 hours (\$37.50/hr) \$750 (private) \$375/person (2 people)

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

### AQUATIC PERSONAL TRAINING

\$50/hr (private)

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







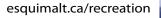
### **Drop In Fitness Classes**

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

### Schedule 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. Please see website for holiday schedule December 19-January 3.

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)	Yoga (C)	Power Circuit (C)	Yoga (C)	
5:05pm- 6:00pm		Yoga				
5:30pm- 6:25pm	Mixed Interval Challenge					
6:00pm- 6:45pm			Bootcamp (C)	H.I.I.T.		





You Tube

### **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"







### **Registered Fitness**

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

### **Bootcamp Classes**

### COMING SPRING 2017! Saxe Point Bootcamp

Come experience beautiful Saxe Pointe Park while getting your butt kicked with a variety of strength, agility and cardio workouts. All fitness levels welcome. Come get some fresh air and get ready for your fittest summer yet! Drop in available as long as minimum numbers are met, \$10 paid at Rec Centre.

Location: Saxe Point Park Instructor: Samantha Doney

### Tamara's Fitness Indoor Bootcamp

Are you interested in improving your overall physical appearance and well-being? Are you ready for a new challenge in your workouts? Are you ready to 'get fit' this winter? If you answered 'yes' to any of the above questions, please join us in a six-week boot camp program designed to increase Muscular Endurance, Energy, Flexibility, Motivation while gaining confidence, strength and muscle.

Tue/ThuJan 17-Feb 236:00pm-7:00pmBefore Dec 28:\$135/12 • After Dec 28\$155/12Location: L'Ecole Brodeur School

### Dance Inspired Fitness

#### **NEW!** Groove

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

Mon	Jan 9	5:30pm-6:30pm	FREE Demo	
Mon	Jan 16-Feb 27	5:30pm-6:30pm	\$54/6	
Mon	Mar 6-Apr 10	5:30pm-6:30pm	\$54/6	
Mon	Apr 24-Jun 5	5:30pm-6:30pm	\$54/6	
Location: Esquimalt Recreation Centre				
Instructor: Kristina Quinn				

Move It!

It's a fitness special event! 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! Event admission is FREE with your Esquimalt Recreation Pass or just \$5.75/ drop. Pre-registration required.

Fri	Jan 20-Jan 20	5:30pm-6:30pm	\$5.75		
Fri	Feb 17-Feb 17	5:30pm-6:30pm	\$5.75		
Fri	Mar 17-Mar 17	5:30pm-6:30pm	\$5.75		
Fri	Apr 21-Apr 21	5:30pm-6:30pm	\$5.75		
Fri	May 19-May 19	5:30pm-6:30pm	\$5.75		
Fri	Jun 16-Jun 16	5:30pm-6:30pm	\$5.75		
Location: Esquimalt Recreation Centre					

250-412-8500

Instructor: Marcia Semenoff

### Zumba

Take the 'work' out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorieburning dance fitness party! Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

	Mon	Jan 9-Jan 9	6:30-7:30pm	Free Demo	
	Mon	Jan 16-Feb 27	6:30-7:30pm	\$54/6	
	Mon	Mar 6-Apr 10	6:30-7:30pm	\$54/6	
	Mon	Apr 24-Jun 12	6:30-7:30pm	\$63/7	

### Parent & Child Fitness Classes

### Mom and Babe Circuit Training

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

Tue	Jan 10-Jan 10	11:45am- 12:45pm	Free		
Tue	Jan 17-Feb 28	11:45am-12:45pm	\$45.50/7		
Tue	Mar 7-Apr 25	11:45am-12:45pm	\$52/8		
Tue	May 2-Jun 20	11:45am-12:45pm	\$52/8		
Location: Archie Browning Sports Centre					
Instructor: Emma Sproule					

### Instructor: Emma Sproule

### SPIN for Mom and Babe with Kindergym

This class is designed for new moms looking for a balance of play and quiet time for their little one, and a social opportunity and a great workout for themselves. Start each class off in Kindergym where your children get to race and play then, have them relax alongside your spin bike in a stroller or carseat while our fitness instructor leads you through an awesome workout. Drop-ins available if space permits for \$8. Kindergym runs 10:30-11:45am

Mon	Jan 9-Jan 9	11:00am-11:45am	Free
Mon	Jan 16-Feb 27	11:00am-11:45am	\$48/6
Mon	Mar 6-Apr 10	11:00am-11:45am	\$48/6
Mon	May 1-Jun 19	11:00am-11:45am	\$56/7
Location: A	rchie Browning Sports (	entre	

#### ation: Archie Browning Sports Centre

### Important Program Registration Notice

Please allow a few extra minutes for our team to process your January program registrations as we transition to a new computer system.

### **Running/Walking**



Esquimalt presents our very own 14 week 10K training program including a graduated plan for walkers and runners of all levels. Expert training tips and the support and encouragement of experienced leaders will guide you on your path towards a 10K distance. Included in your registration: training plan, Esquimalt 5K event entry, TC 10 K event entry, and a 10- punch Esquimalt Recreation Centre Pass. Register by December 30 and receive a FRFF clinic T-Shirt.

Sat Jan 14-Apr 22 9:00am-11:00am \$130/13 Location: Esquimalt Recreation Centre

### Esquimalt 5K & Kid's 1K Fun Run

Touted as one of the nicest 5K routes, come and enjoy a beautiful course that takes you through some gorgeous Esquimalt Parks. This is an excellent race to put your training to the test before the spring and summer run series gets into full swing. This year we are excited to ramp up our 5K run event to include a post race event at the Archie Browning Sports Centre complete with prize draws, kid's activities and games, the bouncy castle, a vendor marketplace and so much more. Plan to come for the run and stay for the fun!! 1K starts at 9:00am; 5K at 9:30am. Activities continue until 12:00pm. Register in person or by phone through the Esquimalt Recreation Centre at 250.412.8500. Sat Apr 8 9:00am-12:00pm

### **Registration Fees**

Early bird	Until Jan 31	\$18	
Regular	Feb 1 – Apr 1	\$22	
Late	Apr 2 – Apr 8	\$30	
Kids' 1K	Anytime*	\$5	
* Early registration encouraged.			





### Spin Classes

### Spin & Conditioning

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

Tue	Jan 10	6:15pm-7:30pm	FREE Demo	
Tue	Jan 17-Feb 28	6:15pm-7:30pm	\$70/7	
Tue	Mar 7-Apr 25	6:15pm-7:30pm	\$80/8	
Tue	May 2-Jun 20	6:15pm-7:30pm	\$80/8	
Location: Archie Browning Sports Centre				

Instructor: Esther Bendall

### Spin - 3 in 1 Workout

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

Mon	Jan 9	5:15pm-6:30pm	FREE Demo		
Mon	Jan 16-Feb 27	5:15pm-6:30pm	\$66/6		
Mon	Mar 6-Apr 24	5:15pm-6:30pm	\$66/6		
Mon	Apr 24-Jun 12	5:15pm-6:30pm	\$77/7		
Location: Archie Browning Sports Centre					
Instructor: Lorraine Nygaard					

### Spin, Core & Stretch

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

Tue	Jan 10	9:00am-10:00am	FREE Demo	
Tue	Jan 17-Feb 28	9:00am-10:00am	\$56/7	
Tue	Mar 7-Apr 25	9:00am-10:00am	\$64/8	
Tue	May 2-Jun 20	9:00am-10:00am	\$64/8	
Location: Esquimalts Archie Browning Sports Centre				

Instructor: Emma Sproule

### BEST VALUE PERSONAL TRAINING!



Take part in the 2017 Esquimalt Fitness Challenge for your chance to win great prizes including several 3 month passes. The Challenge includes: your choice of 1 Hour Group training sessions, chose as many sessions as you'd like. Pre and Post Fitness testing and weigh in. Multiple mini-sessions with Personal trainers in the gym. Registration includes entry to gym on training days, and A 5 punch pass to get you started . Add a 2 Month unlimited access pass at time of registration for \$50 (includes 40+ drop in classes per week!) Along the way get newsletters with tips and hints to keep you on track and motivated as well as incentive prizes throughout the Challenge.

childughout the challenge.				
Mon	Jan 9-Mar 6 7:00am-8:00am	\$125/8		
Mon	Jan 9-Mar 6 9:00am-10:00am	\$125/8		
Mon	Jan 9-Mar 6 6:30pm-7:30pm	\$125/8		
Tue	Jan 10-Feb 28 7:00am-8:00am	\$125/8		
Tue	Jan 10-Feb 28 8:00am-9:00am	\$125/8		
Tue	Jan 10-Feb 28 6:30pm-7:30pm	\$125/8		
Tue	Jan 10-Feb 28 7:30pm-8:30pm	\$125/8		
Wed	Jan 11-Mar 1 8:00am-9:00am	\$120/8		
Wed	Jan 11-Mar 1 9:00am-10:00am	\$240/8		
Wed	Jan 11-Mar 1 6:30pm-7:30pm	\$125/8		
Thu	Jan 12-Mar 2 7:00am-8:00am	\$125/8		
Thu	Jan 12-Mar 2 8:00am-9:00am	\$125/8		
Thu	Jan 12-Mar 2 6:30pm-7:30pm	\$125/8		
Thu	Jan 12-Mar 2 7:30pm-8:30pm	\$125/8		
Fri	Jan 13-Mar 3 7:00am-8:00am	\$125/8		
Fri	Jan 13-Mar 3 1:00pm-2:00pm	\$125/8		
Sat	Jan 14-Mar 4 10:00am-11:00am	\$125/8		
Sat	Jan 14-Mar 4 11:00am-12:00pm	\$125/8		
Sun	Jan 15-Mar 5 9:00am-10:00am	\$125/8		
Location: Esquimalt Recreation Centre				
Instructor: Esquimalt Recreation Personal Trainers				





### 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!

Tue	Jan 10-Jan 10	10:15am-11:30am	FREE Demo	
Tue	Jan 17-Feb 28	10:15am-11:30am	\$72/7	
Tue	Mar 7-Apr 25	10:15am-11:30am	\$72/8	
Tue	May 2-Jun 20	10:15am-11:30am	\$72/8	
Thu	Jan 12-Mar 2	10:30am-11:45am	\$72/8	
Thu	Mar 9-Apr 27	10:30am-11:45am	\$72/8	
Thu	May 4-Jun 22	10:30am-11:45am	\$72/8	
Location: Esquimalt Recreation Centre				

Location: Esquimalt Recreation Centre Instructor: Emma Sproule

### **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. This program is suitable for newcomers to fitness, seniors and those recovering from injuries.

Mon	Jan 9	10:05am-10:50am	FREE Demo
Wed	Jan 11	10:05am-10:50am	FREE Demo
Mon	Jan 16-Feb 27	10:05am-10:50am	\$54/6
Wed	Jan 18-Mar 1	10:05am-10:50am	\$63/7
Mon	Mar 6-Apr 10	10:05am-10:50am	\$54/6
Mon	May 1-Jun 19	10:05am-10:50am	\$63/7
Wed	Mar 8-Apr 19	10:05am-10:50am	\$63/7
Wed	May 3-Jun 21	10:05am-10:50am	\$72/8

Location: Esquimalt Recreation Centre Instructor: Kay Inamura

### Kettlebell

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!

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Tue	Jan 10	7:00-8:00pm	FREE Demo		
Tue	Jan 17-Feb 28	7:00-8:00pm	\$49/7		
Tue	Mar 7-Apr 25	7:00-8:00pm	\$56/8		
Tue	May 2-Jun 13	7:00-8:00pm	\$49/7		
Location: Esquimalt Recreation Centre					

### TRX training

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

#### Weekday Afternoon

Thu	Jan 5-Jan 26	1:30pm-2:30pm	\$40/4
Thu	Feb 2-Feb 23	1:30pm-2:30pm	\$40/4
Thu	Mar 2-Mar 30	1:30pm-2:30pm	\$50/5
Thu	Apr 6-Apr 27	1:30pm-2:30pm	\$40/4
Thu	May 4-May 25	1:30pm-2:30pm	\$40/4
Location: Esc	uimalt Recreation Cent	re	
Instructor: N	larcia		
Lunch H	lour		
Mon	Jan 9-Jan 30	12:05pm-12:50pm	\$40/4
Mon	Feb 6-Feb 27	12:05pm-12:50pm	\$30/3
Mon	Mar 6-Mar 27	12:05pm-12:50pm	\$40/4
Mon	Apr 3-Apr 24	12:05pm-12:55pm	\$30/3
Mon	May 1-May 29	12:05pm-12:55pm	\$40/4
Mon	Jun 5-Jun 26	12:05pm-12:55pm	\$40/4
Location: Esc	uimalt Recreation Cent	re	
Instructor: N	larcia		
Evening			

#### Evening

Thu	Jan 12-Mar 2	7:00pm-7:45pm	\$80/8	
Thu	Mar 9-Apr 27	7:00pm-7:45pm	\$80/8	
Thu	Jun 1-Jun 22	1:30pm-2:30pm	\$40/4	
Thu	May 4-Jun 22	7:00pm-7:45pm	\$80/8	
Location: Esquimalt Recreation Centre				

Instructor: Samantha Doney







### Strength & Conditioning

#### **Fitness Assessments**

Our Certified Personal Trainers take you through a through a baseline fitness assessment including cardio, strength and flexibility. This service is FREE with a purchase of any 3- Month, 6-Month or 1 Year Pass. Without Pass, \$15/assessment. Flexible registration on Monday or Thursday, 6:00pm-7:00pm.

Pre-registration required.

Location: Esquimalt Recreation Centre - Wellness Centre (Weight Room)

### Wellness Centre Orientations

Our Certified Personal Trainers will tour you through the facility, and give you an introduction to an effective and safe workout with both cardio and strength machines. This service is FREE with a purchase of any 3- Month, 6-Month or 1 Year Pass. Without pass, \$20/orientation. Flexible registration, 8:00am-9:00am, seven days a week. Pre-registration required.

Location: Esquimalt Recreation Centre - Wellness Centre

### Zoomers

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

Mon	Jan 9-Feb 27	1:15pm-2:00pm	\$52.50/7
Mon	Mar 6-Apr 10	1:15pm-2:00pm	\$45/6
Wed	Jan 11-Mar 1	1:15pm-2:00pm	\$60/8
Mon	Apr 24-Jun 19	1:15pm-2:00pm	\$60/8
Wed	Mar 8-Apr 26	1:15pm-2:00pm	\$60/8
Wed	May 3-Jun 21	1:15pm-2:00pm	\$60/8
Location: Esquimalt Aquatic Centre			

### Pilates

### **Pilates- Back to Basics**

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

Wed	Jan 11-Jan 11	5:30pm-6:25pm	FREE Demo	
Wed	Jan 18-Mar 1	5:30pm-6:25pm	\$66.50/8	
Wed	Mar 8-Apr 26	5:30pm-6:25pm	\$76/8	
Wed	May 3-Jun 21	5:30pm-6:25pm	\$76/8	
Location: Esquimalt Recreation Centre				
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Instructor: Emma Sproule

### Pilates-Beginner/Intermediate7

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.

Fri	Jan 13-Jan 13	5:00pm-6:00pm	FREE Demo	
Fri	Jan 20-Mar 3	5:00pm-6:00pm	\$66.50/7	
Fri	May 5-Jun 23	5:00pm-6:00pm	\$76/8	
Fri	Mar 10-Apr 28	5:00pm-6:00pm	\$66.50/7	
Location: Esquimalt Recreation Centre				

Instructor: Emma Sproule

### 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.

5			
Wed	Jan 11-Jan 11	6:30pm-7:25pm	FREE Demo
Wed	Jan 18-Mar 1	6:30pm-7:25pm	\$66.50/7
Wed	Mar 8-Apr 26	6:30pm-7:25pm	\$76/8
Wed	May 3-Jun 21	6:30pm-7:25pm	\$76/8
1E.			

Location: Esquimalt Recreation Centre Instructor: Emma Sproule

Instructor: Ann Henslowe

### Yoga

### Gentle Yoga

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

### Tuesdays

Tue	Jan 3-Jan 24	9:30am-10:45am	\$24/4		
Tue	Feb 7-Feb 28	9:30am-10:45am	\$24/4		
Tue	Mar 7-Mar 28	9:30am-10:45am	\$24/4		
Tue	Apr 4-Apr 25	9:30am-10:45am	\$24/4		
Tue	May 2-May 30	9:30am-10:45am	\$30/5		
Tue	Jun 6-Jun 27	9:30am-10:45am	\$24/4		
Thursdays					
Thu	Jan 5-Jan 26	1:15pm-2:30pm	\$24/4		
Thu	Feb 2-Feb 23	1:15pm-2:30pm	\$24/4		
Thu	Mar 2-Mar 30	1:15pm-2:30pm	\$30/5		
Thu	Apr 6-Apr 27	1:15pm-2:30pm	\$30/4		
Thu	May 4-May 25	1:15pm-2:30pm	\$24/4		
Thu	Jun 1-Jun 29	1:15pm-2:30pm	\$30/5		
Location: Esquimalt Recreation Centre					
Instructor Maira	Tait				

Instructor: Moira Tait

### Gentle Hatha Yoga

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

Sun	Jan 8-Jan 8	2:30pm-3:30pm	Free Demo		
Sun	Jan15-Feb26	2:30pm-3:30pm	\$60/6		
Sun	Mar 5-Apr30	2:30pm-3:30pm	\$60/6		
Sun	May 7-Jun18	2:30pm-3:30pm	\$70/7		
Location: Equimalt Decreation Contro					

Location: Esquimalt Recreation Centre Instructor: Dawn Meier

Winter/Spring 2017 Program Registration

We are transitioning to a new computer system (starting December 1 through into the new year). Although best efforts will be made to migrate your account and ensure a seamless first registration in the new system, please allow a few extra minutes for our team members to verify your information or create a new account for you/your family as you enroll in winter/spring programs.

### WIN \$50 TOWARDS A PROGRAM REGISTRATION!

250-412-8500

For each registration completed in December, you will be entered to WIN \$50 towards a program of your choice. 3 winners will be chosen by random draw in January. *\$50 program credit prize to be used for a future registration only.* 



### Mindfull Movement Chair Yoga

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

Mon	Jan 9-Feb 27	11:00am-12:00pm	\$70/7	
Mon	Mar 6-Apr 10	11:00am-12:00pm	\$60/6	
Mon	Apr 24-Jun 19	11:00am-12:00pm	\$80/8	
Location: Esquimalt Recreation Centre				

Instructor: Janice Arnot

### NEW! Mindfulness & Motherhood

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

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Thu	Jan 26-Mar 16	9:30am-10:30am	\$96/8
Thu	Apr 6-May 25	9:30am-10:30am	\$96/8
Location: Eso	quimalt Recreation Centre	1	





### **Restorative Yoga**

Join us for this yoga class that seeks to achieve physical, mental and emotional relaxation with the aid of props. The use of props will make it easier for you to maintain balance while you are stimulating and relaxing your body. This class will focus on both restorative yoga poses that are beneficial to the entire body as well as others that will target specific parts of the body, such as the heart or the lungs.

	<b>.</b> .		
Wed	Jan 11-Jan 11	6:30pm-8:00pm	Free Demo
Wed	Jan 18-Feb 22	6:30pm-8:00pm	\$66/6
Wed	Mar 1-Apr 26	6:30pm-8:00pm	\$99/9
Wed	May 3-Jun 14	6:30pm-8:00pm	\$77/7
Location: Esquin	nalt Recreation Centre		

### Therapeutic Yoga

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

Jan 10-Feb 28 \$88/8 Tue 7:00pm-8:30pm Mar 7-Apr 25 \$88/8 Tue 7:00pm-8:30pm May 2-Jun 20 7:00pm-8:30pm \$88/8 Tue Location: Esquimalt Recreation Centre Instructor:

#### Yin Yoga

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.

Thu	Jan 12-Jan 12	6:30pm-8:00pm	Free Demo		
Thu	Jan 19-Feb 23	6:3pm0-8:00pm	\$77/7		
Thu	Mar 2-Apr 27	6:30pm-8:00pm	\$99/9		
Thu	May 4-Jun 15	6:30pm-8:00pm	\$77/7		
Location: Esquimalt Recreation Centre					

Location: Esquimalt Recreation Centre

#### Important Notice for Pass Holders

We will be transitioning to a new computer system on Decemebr 1st. Please allow a few extra minutes during a regular visit for our reception team to take your photo and issue you a new facility access card.





### esquimalt.ca/recreation

### **AOUATIC FITNESS**



### **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 9:05am-9:55am Tue/Thu

### **Cardio Conditioning**

Designed for those 60 plus that are looking for an enjoyable and motivating workout. Set to the music of the good old days, the emphasis is on improving endurance, strength and mobility. Tue/Thu 10:35am-11:25am

#### **Foundations**

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

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

#### Foundations +

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

10:35am-11:25am Fri

#### **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

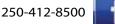
7:05pm-7:55pm

#### **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 7:05pm - 7:55pm





### **Registered Aquatic Fitness**

### Aquatic HIIT

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

Tue	Jan 10-Jan 10	6:15am-7:00am	Free Demo	
Tue	Jan 17-Feb 28	6:15am-7:00am	\$42/7	
Tue	Mar 7-Apr 25	6:15am-7:00am	\$48/8	
Tue	May 2-Jun 20	6:15am-7:00am	\$48/8	
Instructor: Ann Henslowe				

### **NEW!** Water Running

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

Thu	Jan 12-Jan 12	6:15am-7:00am	FREE Demo	
Thu	Jan 19-Mar 2	6:15am-7:00am	\$42/7	
Thu	Mar 9-Apr 27	6:15am-7:00am	\$48/8	
Thu	May 4-Jun 22	6:15am-7:00am	\$48/8	
Instructor: Ann Henslowe				

### Zoomers Aquatic Bootcamp

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

Tue	Jan 10-Jan 10	1:15pm-2:15pm	FREE Demo
Tue	Jan 17-Feb 28	1:15pm-2:15pm	\$45.50/7
Tue	Mar 7-Apr 25	1:15pm-2:15pm	\$52/8
Tue	May 2-Jun 20	1:15pm-2:15pm	\$52/8
Instructor A	nn Hanslowa		



### **NEW!** Zoomers Water Running

Calling all Zoomers! Suspended in deep water, this zero impact workout uses running drills, interval training and resistance to maintain or improve your Fitness. Great for runners who are just getting started, recovering from an injury or those looking for a new way to challenge their cardiovascular fitness. Drop in when space available,

29.			
Thu	Jan 12-Jan 12	1:15pm-2:15pm	FREE Demo
Thu	Jan 19-Feb 23	1:15pm-2:15pm	\$48/6
Thu	Mar 2-Apr 20	1:15pm-2:15pm	\$64/8
Thu	May 4-Jun 22	1:15pm-2:15pm	\$64/8
Instructor: A	nn Henslowe		

### Zoomers (Land & Water Fitness Class)

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

#### Mondays

Mon	Jan 9-Feb 27	1:15pm-2:00pm	\$52.50/7
Mon	Mar 6-Apr 24	1:15pm-2:00pm	\$52.50/7
Mon	May 1-Jun 19	1:15pm-2:00pm	\$52.50/7
Wednes	days		
Wed	Jan 11-Mar 1	1:15pm-2:00pm	\$60/8
Wed	Mar 8-Apr 26	1:15pm-2:00pm	\$60/8
Wed	May 3-Jun 21	1:15pm-2:00pm	\$60/8
Location: Esq	uimalt Aquatic Centre		
Instructor: Ar	n Henslowe		

#### **Pre/Post Natal**

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

Thu	Jan 12-Jan 26	6:00-7:00pm	\$21/3
Thu	Feb 2-Feb 23	6:00-7:00pm	\$28/4
Thu	Mar 2-Mar 30	6:00-7:00pm	\$35/5
Thu	Apr 6-Apr 27	6:00-7:00pm	\$28/4
Thu	May 4-May 25	6:00-7:00pm	\$28/4
Thu	Jun 1-Jun 22	6:00-7:00pm	\$28/4
Instructor: A	nn Henslowe		

Instructor: Ann Henslowe



### **NEW!** Masters Synchro

For swimmers aged 18 and older, this program is geared to adults. Masters swimmers can be complete beginners with no previous experience in synchro or they can be ex-recreational or competitive synchronized swimmers who want to keep swimming. The program is designed to give an excellent aquatic workout, develop synchro skills and prepare routines for those who want to attend masters competitions or just participate in are twice yearly club water shows!

MonJan 16-Mar 13MonApr 3-Jun 19Location: Esquimalt Aquatic CentreInstructor: Victoria Synchro

1:45pm-2:30pm 1:45pm-2:30pm \$80/8 \$100/10



### Adult Swim Lessons

### Beginner

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

### Intermediate

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

### Advanced

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

#### Monday/Wednesdays

Mon/Wed	Jan 9-Feb 8	7:00pm-8:00pm	\$70/10
Mon/Wed	Feb 20-Mar 15	7:00pm-8:00pm	\$56/8
Mon/Wed	Apr 3-May 3	7:00pm-8:00pm	\$63/9
Mon/Wed	May 8-May 31	7:00pm-8:00pm	\$49/7
Mon/Wed	Jun 5-Jun 28	7:00pm-8:00pm	\$56/8
Saturdays			
Sat	Jan 7-Mar 18	7:00am-8:00am	\$70/10
Sat	Apr 22-Jun 17	7:00am-8:00am	\$56/8
Location: Esquir	nalt Aquatic Centre		

### **Registered Swim Lessons**

\$17.00/30 minute lessons

- Registered Private lessons run alongside community lessons. Program times can be found at www.esquimalt.ca/recreation or in the swimming lesson supplement.
- Progress cards are issued at the end of each set
- We are NOT able to re-book any missed lessons HOWEVER please feel free to send a sibling, cousin, or friend in place of the registered participant
- Call 250.412.8500 to register

Registered Private Lesson Session Dates:

### Winter - Registration OPEN

#### Monday

January 16-March 13 (8) - No class Feb 13th

### Thursday

January 19-March 16 (9)

### Spring - Registration OPENS March 1

Monday April 3-June 12 (9) - No class April 17th or May 22nd

Thursday April 6-June 8 (10)







### Swim Lessons

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

### Pricing

### 30-minute Preschool & School Aged Lessons

\$4.85/lesson

Red Cross Parented and Preschool levels include:

- Starfish
- Duck
- Sea Turtle
- Sea Otter
- Salamander
- Sunfish
- Crocodile
- Whale
- Red Cross school aged levels include:
- Swim Kids 1 and 2

### 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

#### For details on registration private swim lessons, please see page 61.

### 45-minute School Aged Lessons

\$6.20/lesson Levels include: Swim Kids 3-7

60-minute School Aged Lessons

\$7.00/lesson Levels include:

Swim Kids 8-10

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### 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.

### Winter Sessions: \*\* Registration Open \*\*

### Once a week lessons:

#### **Tuesday**

• January 10-March 14 (10)

### Wednesday

January 18-March 15 (9)

#### **Fridays**

January 13-March 17 (10)

### Saturday

• January 7-March 11 (9) - No class February 11th

### Sunday (AM & PM)

January 8-March 12 (9) - No class February 12th

### Twice a week lessons:

### Tuesday/Thursday

- January 10-February 9 (10)
- February 14-March 16 (10)

### Spring Sessions: \*\* Registration Opens March 1st \*\*

### Once a week lessons:

### Tuesday

April 4-May 30 (9)

### Wednesday

• April 5-June 7 (10)

#### Fridays

• April 7-June 9 (9) - No Class April 14

### Saturday

• April 8-June 17 (9) - No class May 20th

### Sunday (AM & PM)

April 9-June 18 (9) - No class April 16 or May 21st

### Twice a week lessons:

### Tuesday/Thursday

- April 4-May 4 (10)
- May 9 -June 8 (10)

For scheduling information please contact Reception or refer to the Swim Lesson Supplement – available online or in hard copy at the Rec Centre.





### Registered Aquatic Programs for Children & Youth

\$80/8

\$100/10

### **NEW!** Synchro Kids Preschool

This program is designed to enhance a child's water experience in a fun way. It introduces swimming and synchro-specfic skills. It incorporates a variety of activities that are designed to increase a swimmer's comfort level with any water activity. It puts an emphasis on fun and imagination. Swimmers participate in club watershows! Participants must be comfortable submerging, blowing bubbles and being in deep water with a life jacket. Taught but qualified and experienced coaches from Victoria Synchro. www.victoriasynchro.com

Mon Jan 16-Mar 13 Mon Apr 3-Jun 19 Location: Esquimalt Aquatic Centre

1:00pm-1:45pm 1:00pm-1:45pm

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Instructor: Victoria Synchro

### Tyee Swimming Skills (TSS)

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

 Sun
 Jan 8-Mar 12
 4:00pm-5:00pm

 \$151.56 - \$198.7/9
 4:15pm-5:15pm

 Mon
 Jan 9-Mar 13
 4:15pm-5:15pm

 \$164.19-\$215.28/9
 4:15pm-5:15pm

 Wed
 Jan 11-Mar 15
 4:15pm-5:15pm

 \$164.19 - \$215.28/10
 Location: Esquimalt Aquatic Centre

### **Tyee Wavemakers**

Participants of Wavemakers will learn complex movements (dolphin kick, tumbling, underwater swimming) and from consistent use of these, to build up endurance to swim back and forth across the pool.

Sun Jan 8-Mar 12 4:00pm-4:45pm \$163.80/\$124.68/9 Mon Jan 9-Mar 13 4:15pm-5:00pm \$177.45/\$135.07/9 Wed Jan 11-Mar 15 4:15pm-5:00pm \$177.45/\$135.07/10 Location: Esquimalt Aquatic Centre

### Important Notice for Pass Holders

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### Water Polo Skills

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

Fri	Jan 13-Mar 17	6:30pm-7:30pm	\$70/10
Fri	Apr 21-June 9	6:30pm-7:30pm	\$64/8
Location: E	squimalt Aquatic Centre		

### Winter/Spring 2017 Program Registration

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### WIN \$50 TOWARDS A PROGRAM REGISTRATION!

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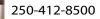
### **Special Offers & Events**

### Winter Break: 10 for \$10

Make a splash when school's out over winter break. Our 10 for \$10 pass provides children/youth admissions valid December 19, 2016 to January 3, 2017. Passes on sale through the month of December.

### Spring Break: 5 for \$5

Enjoy discounted admissions with pre-purchased admission tickets valid on child/youth admissions over Spring Break: March 18-April 2, 2017. Pass on sale March 1-17 only.



### **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 +

Sat	Jan 14-Feb 4	9:00am-2:00pm	\$140/4	
Sat/Sun	Jan 3-Jun 11	9:00am-2:00pm	\$140/4	
Location: Esquimalt Recreation Centre				

### **Bronze Cross**

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

Pre-requisite: 13 yrs+ and Bronze Medallion				
Sat	Feb 18-Mar 11	9:00am-2:00pm	\$140/4	
Sat/Sun	Jun 17-Jun 25	9:00am-2:00pm	\$140/4	
Location: Esquimalt Recreation Centre				

### National Lifeguard Full Course

This is the final stage in becoming a Lifeguard. Included are: scanning, teamwork, hand signals, and basic pool chemistry and filtration. 100% participation is required. Pre-requisites: 16yrs+, Bronze Cross (not current); Current SFA/CPR-C Fri/Sat/Sun \$320/6 Fri 5:00-9:00pm • Sat/Sun 9:00am-6:00pm Location: Esquimalt Recreation Centre

### Become a Swim Instructor

### Water Safety Instructor

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

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

Part 1

Sun Jan 29 and Mar 12 12:00-5:00pm \$220/2

#### Part 2

Pre-requisite: Part 1Mon-WedMar 20-2210:00am-6:00pm\$165/3Location: Esquimalt Recreation Centre



Canadian Red Cross \*\* Water Safety Services

### Recertifications

### Water Safety Instructor Re-cert

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

Sun	Apr16	12:00-5:00pm	\$102/1		
Thu	Jun 22	12:00-5:00pm	\$102/1		
Location: Esquimalt Recreation Centre					

### National Lifeguard Re-cert

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

Sat	Apr 15	10:00am-6:00pm	\$95/1
Tue	Jun 20	10:00am-6:00pm	\$95/1
Location: Esquin	nalt Recreation Centre		







ICE PROGRAMS



# SKATE PROGRAMS

at the Archie Browning Sports Centre

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

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

### **Toddler & Preschool**

### Parent & Tot

(2-4 Years) First time skaters will get comfortable on the ice with an adult, who is comfortable on skates. The adult will be given tools and skills to assist their child in accomplishing basics of skating. Skills adults will work on with their child are: balancing on two feet, touching toes, marching, falling down and getting up! Participants must wear skates. (NOT A PREREQUSITE TO PRESCHOOL 1). Tue Feb 7-Mar 14 4:00pm-4:30pm \$34.50/6

### Preschool1

No prerequisite

Participants will be taught basic skating skills including: balancing on two feet, touching toes, walking forwards, marching, and falling down and getting up. \$37.50/6

Tue Feb 7-Mar 14 4:00pm-4:30pm

### Preschool 2

Prerequisite: Preschool 1 For children who can skate independently. Skills include: gliding, two foot jumps, making snow, and walking backwards. Tue Feb 7-Mar 14 4:00pm-4:30pm \$37.50/6

### Preschool 3

Prerequisite: Preschool 2 Children will learn skills in this course including: v-pushes, one foot gliding, two foot jump while gliding, walking backwards with some glide, two foot guarter-turns on the spot, and stopping. Tue Feb 7-Mar 14 4:00pm-4:30pm \$37.50/6

### Preschool 4

Prerequisite: Preschool 3 Children will learn skills in this course including: two-foot glides on a curve, walking cross cuts, backward sculling, and backwards stopping. Tue Feb 7-Mar 14 4:00pm-4:30pm \$37.50/6



### ICE PROGRAMS



### School Aged

#### Level 1

For children that do not have a lot of skating experience. Children will build confidence on the ice. Skills covered include: forwards gliding, marching forward, making snow, falling down and getting up, and walking backwards. Feb 7-Mar 14 Tue 4:30pm-5:00pm OR 5:00pm-5:30pm \$37.50/6

#### Level 2

#### Prerequisite: Level 1 or Preschool 3

For children who can skate independently on the ice. Skills include: forward sculling, one foot forward glides, stopping, walking backwards with some glide, and two foot half turns on the spot. 4:30pm-5:00pm OR 5:00pm-5:30pm Tue Feb 7-Mar 14 \$37.50/6

#### Level 3

Prerequisite: Level 2 or Preschool 4 Children will learn skills in this course including: one foot glides on a curve, forwards walking cross cuts, backwards skating and sculling, two foot backwards glide to one foot and snow plow stop. Feb 7-Mar 14 4:30pm-5:00pm OR 5:00pm-5:30pm Tue \$37.50/6

#### Level 4

Prerequisite: Preschool 3 Children will learn skills in this course including: two foot stop, forwards crosscuts, turning forwards to backwards and backwards to forwards, and two foot jump in a glide backwards. 4:30pm-5:00pm OR 5:00pm-5:30pm Tue Feb 7-Mar 14 \$37.50/6

#### Level 5

Prerequisite: Preschool 4

Children will learn skills in this course including: Backwards Mohawk turn, two foot stop in both directions, one foot jump gliding forward, fast backwards start and fast forward start from back stop. Feb 7-Mar 14 Tue 5:00pm-5:30pm \$37.50/6

#### Level 6

Prerequisite: Preschool 5 This is an introduction to advanced skating skills, while continuing to focus and enhance acquired skills. Participants will have the opportunity to request specific skills they would like to focus on with unstructured practice time with instructor supervision. 5:00pm-5:30pm

Feb 7-Mar 14 Tue

\$37.50/6







### **Hockey Programs**

#### Intro to Hockey

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

TueFeb7-Mar144:30pm-5:00pm\$37.50/6Location: Archie Browning Sports Centre

### **Tot Hockey**

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

Tue Feb 7-Mar 14 4:00pm-4:30pm Location: Archie Browning Sports Centre \$37.50/6

### Drop In Cougars' Pond Hockey

Sundays 2-3pm • Regular Admission Note: Modified schedule during Curling Championships esquimalt.ca/schedules



### **Curling Programs**

### Start Curling Program

The program will be comprised of new and inexperienced curlers who wish to learn all aspects of the game over an 8 week curling program. Each session will include instruction to build your skills in all areas of the sport so that by the end of the course you are ready to join a league.

Sun Feb 5-Mar 12 7:00pm-9:00pm Location: Archie Browning Sports Centre \$60/6

### Sticks & Stones-Curling Drop In - Sundays

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

Sundays 1:00pm-3:00pm

Please call ahead or look online as schedules do change.

### **Esquimalt Speed Skating Club**

All ages and abilities. The Esquimalt Speedskating Club offers speedskating for all ages and abilities. Learn the techniques of speed skating from experienced coaches. Practices include drills, games and lap skating just like in the Olympics. Programs are designed for both recreational and competitive members. Speedskates are available to rent at reasonable rates. Three - 45minute sessions/week.

Until - March 7

Tue 6:00pm - 7:20pm • Thu 5:00pm - 6:30pm • Sat 6:15am - 7:20am Location: Archie Browning Sports Centre Membership Fees - TRY IT FOR FREE (First 3 sessions) Youth (under 16): \$350 • Adult: \$395 Info & to register: www.esquimaltspeedskating.org

esquimalt.ca/recreation



Board		
President	Ken Whitehead	250-385-6593
Vice President	Samantha Cameron	250-661-4925
Secretary	Sandra Harden	250-744-1200
Treasurer	Lynn Hoadley	250-479-2946

League Contacts	Contact	Day	Time
Afternoon Ladies League	Yvonne MacDonald 250-382-9233	Mon	12:30-2:30pm
Logistic League	Boyd Clark 250-363-5878	Wed	3:30-5:30pm
Evening Ladies League	Mhairi MacDonell 250-727-9903	Tue	6:45-8:45pm
Men's League	Jim Williams 250-361-1247	Mon/Wed	6:30-10:45pm
Rebel's Mixed League	Cammie Slater 250-361-1329	Fri	7:00-9:00pm
Senior's Mixed League	Roy Johnson 250-479-4263	Thu	9:50am-12:00pm
Senior's Select League	Dave Davies 250-477-7429	Mon/Wed	9:30-11:30am
Senior's Men's League	Al Teasdale 250-419-3149	Tue/Fri	9:30-11:30am
Sportsmen's League	Ken O'Connor 250-382-0143	Sat	9:30-11:30am
Sunday Funday Mixed League	Karen Hoban 250-478-5303	Sun	4:30-6:30pm
White Ensign Mixed League	Al Schyf 250-383-4721	Thu	6:30-10:30pm
Youth League	Rachelle Perry 250-920-0921	Mon	4:00-6:00pm

250-412-8500

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### 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 Creative Arts & Seniors Gillian Rowan | 250-412-8532 gillian.rowan@esquimalt.ca

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

#### **Supervisor - Aquatics**

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

#### **Reception Supervisor**

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

#### Facility Booking Clerk Francis Mathieson | 250-412-8525 francis.mathieson@esquimalt.ca

Arena & Events Supervisor Todd Boothroyd | 250-412-8515 todd.boothroyd@esquimalt.ca

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

#### **Skating & Youth Supervisor**

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

#### **Recreation Supervisor**

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

### Frequenty Asked Contacts:

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

Drop In Schedules: www.esquimalt.ca/schedules

To book facility space: 250-412-8525

To submit a Tree Cutting Permit: www.esquimalt.ca/parks Payment Accepted at the Esquimalt Recreation Centre

250-412-8500

### **Registration & Pass Sale Policies:**

Refunds/Credits:

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

#### NSF Fee:

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

#### Passes:

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

### esquimalt.ca/recreation

### **COMMUNITY CONTACTS**



### **Community Contacts**

### COMMUNITY RESOURCES

Boys & Girls Club bgvic.org

Esquimalt Chamber of Commerce esquimaltchamberofcommerce.com

Esquimalt Kiwanis Club kiwanisvictoria.com

Esquimalt Lions Club lionsdistrict19-i.org

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

Rock Solid rocksolid.bc.ca

Royal Canadian Legion BR#172 legion172.com

### SPECIAL INTEREST

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

Girl Guides of Canada svigirlguides.bc.ca

Esquimalt Anglers eanglers[at]islandnet.com

### **Community Contacts**

Esquimalt Curling Club esquimaltcurlingclub.ca

Esquimalt Baseball Assoc. esquimaltbaseball[at]gmail.com

Esquimalt Garden Club paulwickens[at]shaw.ca

Esquimalt Photo Club esquimaltphotoclub.org

Esquimalt Speed Skating Club esquimaltspeedskating.org

Gorge Soccer Assoc. gorgesoccer.ca

Greater Victoria Minor Football Assoc. victoriafootball.ca

Victoria/Esquimalt Minor Hockey Victoriaminorhockey.ca

Victoria/Esquimalt Minor Lacrosse velacrosse.com

Victoria Wheelchair Sports victoriawheelchairsports.ca

COMMUNITY SERVICES Esquimalt Neighbourhood House enh.bc.ca

Military Family Resource Centre esquimaltmfrc.com

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

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

Single Parent Resource Centre singleparentvictoria.ca

Vancouver Island Health Authority viha.ca

Esq. Public Health Unit 250-519-5311

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

Victoria Police Department West Division 250-995-7502

To have your organization listed, please email eileen.abbott[at] esquimalt.ca with the subject "Guide Community Contacts".







### **MUNICPAL ARCHIVES & EMERGENCY PROGAM**

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 k now. And, let us know how we can help you in your research endeavours.



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

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

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

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

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

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

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

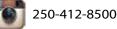
**Emergency Radio Communications** 

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.

esquimalt.ca/recreation





### Welcome to

### ESQUIMALT BRANCH LIBRARY

### 1231 Esquimalt Road

Monday, Tuesday, Wednesday, Saturday....... 10:00 am-6:00 pm Thursday, Friday...... 10:00 am-9:00 pm Sunday... 1:00-5:00 pm (October-April)



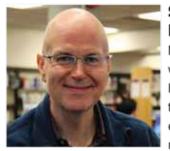
### New Faces at Esquimalt Branch



### Fatima Ferreira Public Services Librarian

Part of my role at Esquimalt Branch is to create an inclusive space for everyone. I'm here to make you feel welcome as you search for a new book, research a subject, or attend

one of our diverse programs. The library is your place to connect, discover and imagine.



### Scott Munro Public Services Librarian

No matter your comfort level with technology, I am here to help. I will teach you to explore the library's digital collections ebooks, e-audiobooks, digital movies and music — and

You

encourage you to give new technologies a try. Through tech, you'll discover all the places your library card can take you.



### Resources in French for all ages

Informez-vous auprès de votre bibliothèque pour découvrir nos collections de livres numériques pour enfants, ados et adultes.

- MaBiblio Numérique
- Biblioenfants
- Encyclopédie Universalis

### Connect with us!



# gvpl.ca



**HAVE YOUR NEXT** 

UN OUR FACILITIES/PARKS



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

Meeting Rooms Birthday Parties Family Celebrations Sports Team Rentals & Events Weddings Park Rentals

250-412-8500



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

You Tube



# Show it.

Your support for the community.

### Sponsorship & Advertising Opportunities available through Esquimalt Parks & Recreation

Customized sponsorship packages are designed to promote your business while supporting Esquimalt Parks & Recreation host numerous free community events. Receive great exposure and bring more events to the community; we invite you to "Show it: your support for the community."

### Special thanks to our 2016 partners:

107.1 Kool FM 2 Burley Men Moving Co. Arriba Mexican Restaurant Barber's Landscaping & Garden Maintenance Bingo Esquimalt Country Grocer Enchanted Fables Princess Parties Esquimalt Garden Club Esquimalt Plaza Dry Cleaning GardenWorks Island Return It



LifeMark Health KiSS 103.1 Mac Renovations Ocean 98.5 Par-t-Perfect Red Barn Market SEASPAN Victoria Shipyards Tally Ho Restaurant The Renaissance Victoria Buzz

Please contact 250.412.8501 or marketing@esquimalt.ca for more information.



# 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 2<sup>nd</sup> floor tel: 250-477-1441 mckenzie@lifemark.ca



### www.lifemark.ca