

## DROP-IN FITNESS WINTER SCHEDULE in effect Jan 8, 2018-June 22, 2018

For Yoga classes, please call 250.412.8500 after 8:00am to reserve your space on the day of interest. For spin classes, limited bikes available; first come, first served. Spin classes take place at the Archie Browning Sports Centre. All other classes take place at the Esquimalt Rec Centre.

	MON	TUE	WED	THU	FRI	SAT
6:15-7am	Total Body Conditioning	Circuit & Stretch	SPIN	Mixed Interval Challenge	SPIN	
NEW TIME! 8:15-9:10am						Mixed Interval Challenge
9:00-9:55am	Stretch & Strength (C)		OsteoFit (C)	Stretch & Strength (C)		
9:15-10:10am	Total Aerobic Challenge (C)	BellyFit (C)	Total Body Challenge (C)	Yogalates (C)	Total Step Challenge (C)	
10:20-11:15am		Core Yoga				
11:45am-12:45pm		Stroller Fit				
12:10-12:55pm	Yoga (C) SPIN (C)	Power Circuit (C)	Yoga (C) SPIN (C)	Power Circuit (C)	Yoga (C)	
5:05-6:00pm		Yoga				
5:30-6:25pm	Mixed Interval Challenge					
6:00-6:45pm			Bootcamp (C)*	H.I.I.T		

## DROP-IN SPORTS WINTER SCHEDULE in effect Jan 8, 2018-June 22, 2018

Schedules are subject to change, please view in real time online at: [esquimalt.ca/sports](http://esquimalt.ca/sports)  
 \*Indoor soccer, volleyball & basketball - reserve your space online after 7am on the day of interest or call after 10am at 250.412.8500.

Pickleball reservation by phone after 9am on the day of interest.  
 Floor hockey reservation available by phone at 250.412.8500 after 10am on the day of interest.

	MON	TUE	WED	THU	FRI	SUN
Pickleball	1:15-3:15pm	1:15-3:15pm	1:15-3:15pm	1:15-3:15pm		4:30-6:30pm
Indoor Soccer*		9:00-10:15pm				8:45-10:15pm
Floor Hockey	8:30-10:30pm					
Volleyball* (Everyone Welcome)				8:00-10:00pm		
Volleyball* (Competitive)						7:00-9:00pm
Basketball*						6:45-8:30pm

## DROP-IN 50 PLUS WINTER SCHEDULE in effect Jan 8, 2018-June 22, 2018

Schedules are subject to change. \$2/drop in or use your Esquimalt Recreation or Regional Recreation Pass.

	MON	TUE	WED	THU	FRI
10:00am-12:00pm	Conversation Café (until 11:30am)		Creative Crafters (9:30am start)	Writer's Group (until 12:00pm)	FREE! Community walking Group (until 11:15am) Scrabble
12:30pm-3:00pm	Mah Jong	Mexican Train Dominoes		Euchre Court Whist	
1:00pm-3:00pm	Duplicate Bridge with Lessons Music Jam	2nd & 4th Tue Each Month <b>FREE!</b> Blood Pressure Clinic Chess (weekly) Rumoli (weekly)		Bridge	Cribbage
1:00pm-3:30pm	Bridge	Ukulele Club			

# Drop In Schedules

Schedules subject to change. View in real time online: [esquimalt.ca/schedules](http://esquimalt.ca/schedules)

## HOURS OF OPERATION

### Esquimalt Recreation Centre

527 Fraser St | Ph: 250-412-8500

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

Exceptions:

Dec 24: 5:30AM-4:00PM

Dec 25: 1:30PM-4:00PM \$2 Admission

Dec 31: 5:30AM-4:00PM

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

Open 5:30am-10:30pm on all other holidays

### Archie Browning Sports Centre

1151 Esquimalt Rd | Ph: 250-412-8510

See inside this brochure for ice schedule.



## MEMBERSHIP & DROP IN ADMISSION RATES

	SINGLE	10 ADMISSIONS	25 ADMISSIONS	1 MONTH	3 MONTH	6 MONTH	1 YEAR
ADULT	\$5.75	\$51.75	\$120.75	\$58.50	\$113.75	\$210.00	\$350.00
SENIOR (60+) & 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
FAMILY	\$11.50	\$103.50	\$241.50	\$117.00	\$227.50	\$420.00	\$700.00
ANNUAL REGIONAL PASS	Access all 13 Municipal Recreation Facilities <b>\$492.00</b>						

## SPECIAL OFFERS!

**Specialized passes valid during winter & spring break.**

Winter Break Pass Valid: Dec 22, 2017-January 7, 2018 | Spring Break Pass Valid: March 17-April 2, 2018

### \$10 for 10 Child/Youth Pass

Children & youth aged 6-18 can take advantage of a great deal this winter or spring break! This specialized pass provides 10 admissions for just \$10.

### NEW! Interchangeable Skate Admission/Skate Rental Pass, 10 punches for \$20

All ages, this pass is valid for both skate admissions and/or skate rentals for a limited period: during winter OR spring break. Pass cannot be used for both periods. Passes are non-refundable and non transferrable.

### DROP-IN PRESCHOOL SCHEDULE in effect Jan 8, 2018-June 22, 2018

Not included with pass. Drop in admission rates: \$3.50/childminding; \$3.00/Kindergym. Childminding 10-punch Pass available, \$30.00/child. Program does not run on statutory holidays.

#### To Reserve Your Child's Space:

**Kindergym/Playgroup:** Please call 250.412.8500 after 7am on the day of interest.

**Childminding:** Reserve up to 24 hours in advance of the program online: [esquimalt.ca/childminding](http://esquimalt.ca/childminding) or by phone.

Payment required at time of reservation.

	MON	TUE	WED	THU	FRI	SAT
9am-10:30am	Childminding	Childminding	Childminding	Childminding	Childminding	
9:30am-10:30am						Kindergym
10:30am-11:45am*	Kindergym			Playgroup	Kindergym	Kindergym *until 11:30am
11:45am-1:15pm	Childminding	Childminding	Childminding	Childminding	Childminding	
5:30pm-7:30pm			Childminding			

### DROP-IN YOUTH SCHEDULE in effect Jan 8, 2018-June 22, 2018

Not included with pass. Drop in admission rates: \$3.50/childminding; \$3.00/Kindergym. Childminding 10-punch Pass available, \$30.00/child. Program does not run on statutory holidays.

	MON	TUE	WED	THU	FRI	SAT
3:00pm-5:00pm	<b>FREE!</b> Middle School Drop In	<b>FREE!</b> Raven's Club	<b>FREE!</b> Middle School Drop In			
4:30pm-6:00pm				StitchLab* (10-16yrs)		
5:00pm-6:00pm		ArtLab* (10-16yrs)				
5:00pm-6:30pm	The Secret Ingredient* (11-16yrs)					
6:45pm-8:45pm	<b>FREE!</b> Girls' Group Drop In					
7:00pm-10:00pm				<b>FREE!</b> Teen Night Drop In	<b>FREE!</b> Teen Night Drop In	<b>FREE!</b> Teen Night Drop In

\*Advanced registration strongly encouraged for these youth programs. Select session date, see below:

Fee Based Youth Drop In Programs	Dates	Seasonal Program Pass	Drop in Rate (space permitting)
ArtLab (10-16yrs)	Jan 9-Mar 13	\$50.00	\$8.00/1
StitchLab (10-16yrs)	Jan 11-Mar 15	\$50.00	\$8.00/1
<b>NEW!</b> The Secret Ingredient	Jan 15-Mar 26	\$50.00	\$8.00/1
<b>NEW!</b> Trek'in	Jan 30-Mar 13	\$35.00	\$8.00/1

**FREE! FAMILY DAY CELEBRATION**  
[esquimalt.ca/events](http://esquimalt.ca/events)  
**Mon, Feb 12 | 12:00pm-3:00pm**

**SPRING THAW!**  
 Last Public Skate of the Season  
**Wed, Mar 28 | 1:00pm-2:50pm**  
**FREE Admission!**  
 Limited skate rentals available, \$3.25/pair

### DROP-IN POOL SCHEDULE in effect January 8, 2018-March 16, 2018

For full schedule details please see our online schedule [www.esquimalt.ca/schedules](http://www.esquimalt.ca/schedules)

\*A separate schedule will be put out for Spring Break March 17-April 2, 2018.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lengths &amp; Family Swim 5:30-8:00AM</b>						
<b>Programs &amp; Family Swim 8:00-11:30AM</b>					<b>Programs &amp; Family Swim 8:00-12:00PM</b> <b>*Very limited public space</b>	
Deep Fit 8:05-8:55am Shallow Fit 9:05-9:55am Foundations	Shallow Fit 8:00-8:50am Deep Fit 9:05-9:55am Cardio Conditioning	Deep Fit 8:05-8:55am Shallow Fit 9:05-9:55am Foundations	Shallow Fit 8:05-8:55am Deep Fit 9:05-9:55am Cardio Conditioning	Deep Fit 8:05-8:55am Shallow Fit 9:05-9:55am Foundations Plus		
<b>Lengths &amp; Rehabilitation 11:30AM-12:30PM</b>						
<b>Lengths &amp; Family Swim 12:30-1:00PM</b>						<i>Very limited space in both pools during this time.</i>
<b>Everyone Welcome 1:00-3:30PM</b>	<b>Everyone Welcome 1:00-3:30PM</b> <b>*Limited space Jan 16-Mar 6</b>	<b>Everyone Welcome 1:00-3:30PM</b>			<b>Everyone Welcome 12:00-10:30PM</b>	<b>Everyone Welcome 12:00-4:00PM</b> <i>*Programs begin at 3:30PM</i>
		<b>Everyone Welcome &amp; Programs 3:30-4:00PM</b>				
<b>Programs &amp; Family Swim 4:00-7:00PM</b> <i>Very limited space in both pools during this time. One lane will remain open for public lap use. Designated space will be provided for Family swim in the leisure pool. Please follow the direction of the lifeguards.</i>						<b>Programs &amp; Family Swim 4:00-7:00PM</b> <b>*Very limited public space</b>
Total Body Workout 6:05pm-6:55pm		Total Body Workout 6:05pm-6:55pm				
<b>Everyone Welcome &amp; Programs 7:00-9:00PM</b>				<b>Everyone Welcome \$3 7:00-9:00PM</b>	<b>Everyone Welcome 7:00-9:00PM</b>	
	Cardio Blast 7:05-7:55pm		Cardio Blast 7:05-7:55pm			
<b>Adult Only 16+ - 9:00-10:30PM \$2 Admission</b>				<b>Everyone Welcome \$2 9:00-10:30PM</b>	<b>Adult Only 16+ \$2 9:00-10:30PM</b>	

### DROP-IN ICE SCHEDULE in effect Jan 6, 2018-Mach 18, 2018

(Spring Break Schedule in effect March 19-28)

View online in real time: [esquimalt.ca/arendadropin](http://esquimalt.ca/arendadropin). \*Please note Sunday's Sticks & Stones Curling Drop In Schedule changes regularly due to Bonspiel booking. Please check online or call 250.412.8500 to confirm program is running.

MON	TUE	WED	THU	FRI	SAT	SUN*
<b>Everyone Welcome Skate 1:00-2:50PM</b>	<b>Everyone Welcome Skate 1:00-2:50PM</b>	<b>Drop-In Hockey 16+ 11:30AM-12:50PM</b>	<b>Drop-In Hockey 16+ 11:30AM-12:50PM</b> <i>Helmets, sticks, shin pads, hockey gloves required</i>	<b>Drop-In Hockey 16+ 11:30AM-12:50PM</b> <i>Helmets, sticks, shin pads, hockey gloves required</i>	<b>Everyone Welcome Skate 2:30PM-4:00PM</b>	<b>Sticks &amp; Stones Curling 1:00PM-3:00PM</b>
		<b>Everyone Welcome Skate 1:00-2:50PM</b>	<b>Everyone Welcome Skate 1:00-2:50PM</b>	<b>Everyone Welcome Skate 1:00-2:50PM</b>		