

Esquimalt Program & Event Guide

# Fall 2016

[esquimalt.ca/recreation](http://esquimalt.ca/recreation) 250.412.8500





GREATER VICTORIA

# REGIONAL RECREATION PASS

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

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**\$41**  
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## FACILITY HOURS & CONTACT

### Esquimalt Recreation Centre

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

Hours of Operation:  
5:30AM-10:30PM 7 days a week

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

### Archie Browning Sports Centre

Ph: 250-412-8510  
Fax: 250-412-8531  
1151 Esquimalt Rd., V9A 3N6

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

# Welcome!

Welcome to the Fall 2016 edition of our Parks and Recreation Program and Event Guide. Please use the guide as your roadmap to health, fitness and fun this fall.

Some people think of fall as a second start to the year, a time to reassess and refocus. Whether going back to school, starting a new job, or making other life changes, participating in parks and recreation activities helps us through these changes by reducing stress and increasing health and happiness.

You may have noticed several recent changes recently in our parks. The playground at Memorial Park has been upgraded - we have had many positive comments about the new play equipment and layout. The Esquimalt Adventure Park on Fraser Street is under construction and should be completed in early 2017, with the water features opening later in the year.

Thank you to all of those residents who participated in the Bloomin' Beautiful Home and Garden Contest in 2016. The entries were all so impressive, and what a great opportunity for residents to share in the common effort of beautifying their community. Thanks also to Parks and Rec staff for their efforts in organization and to our many contest sponsors whose contributions make it all possible.

Do you need a guide for exploring our beautiful parks? Drop by any of our facilities and pick up a walking tour brochure. We have seven different

brochures covering different parks, green spaces and historic neighbourhoods in the Township. If you prefer a digital guide, please download our Explore Esquimalt App, available on iTunes, which features informative maps, audio and images.

In addition to the many programs on offer for people of all ages through the Sports Centre and Recreation Centre, our community events are becoming increasingly popular throughout the region. The Memorial Park Music Fest provided the best in local music through June and July. Everyone is raving about our Farmers Market, held on Thursdays at 4:30 p.m. until September 15. The crowd-pleasing RibFest (with the vintage car show) will be held again in September, and we have a variety of arts events scheduled over the coming months, including Outdoor Cinema at Bullen Park, the Esquimalt Arts Festival, Sculpture Splash and Township Classics. And don't forget the Living Christmas Tree Village starting in early December! Please see the event calendar for details.

On behalf of Council I encourage you to explore our many wonderful parks and take advantage of our program offerings this fall at the Archie Browning Sports Centre and the Esquimalt Recreation Centre.

Yours truly,



Mayor Barb Desjardins.

## To Register for Programs:

### 1. Phone in

Using AMEX, MasterCard or VISA to either of our centres

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

### 2. In Person:

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

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

## PASS & ADMISSION RATES (Tax Included)

	Single Drop in	Book of 10	Book of 25	1 Month Pass	3 Month Pass	6 Month Pass	1 Year Pass
Adult	\$5.75	\$51.75	\$120.75	\$58.50	\$113.75	\$210.00	\$350.00
60+ or Student	\$4.25	\$38.25	\$89.25	\$44.00	\$85.50	\$157.50	\$262.50
Youth (13-18yrs)	\$3.00	\$27.00	\$63.00	\$42.50	\$84.00	\$105.00	\$175.00
Child (6-12yrs)	\$2.75	\$24.75	\$57.75	\$26.00	\$45.75	\$84.75	\$141.00
Preschool	Free with adult admission						
Family	\$11.50	\$103.50	\$241.50	\$117.00	\$227.50	\$420.00	\$700.00
	Regional Recreation Pass* 12 Recreation Centres, 1 Pass = Over \$2000 Value						\$492.00

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 64.



**ONLY \$29.16**  
per month. Annual Adult Pass.



EXPERIENCE the value of an annual pass!  
**It's All included!**

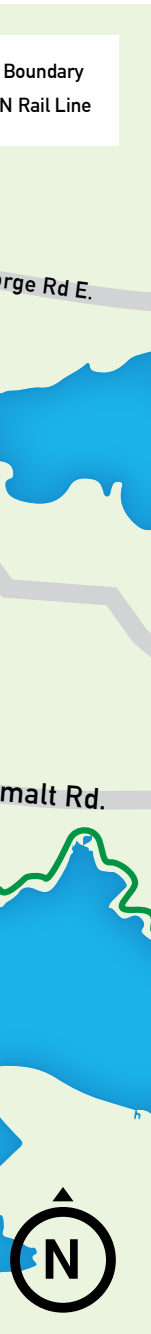
- **Admission** to all facilities: swimming, skating, wellness centre, drop in sports
- **Over 40** Drop in Fitness and WaterFit classes per week
- **Admission to** Drop in Sports Programs and Drop In Social Activities
- **Fitness Assessment & Weight Room Orientation**
- **Monthly payment plan** available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



## 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](mailto: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](http://www.esquimalt.ca/parksrecreation/facilityrentals)



**1 Esquimalt Gorge Park**

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

**2 Colville Sport Fields\*\***

- Sport Fields
- No Dogs Allowed

**3 West Bay Walkway**

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

**4 Macaulay Point Park**

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

**5 Saxe Point Park**

- Dogs On and Off Leash Areas

**Dogs Not Permitted Areas**

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

**6 L'Ecole Brodeur\***

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

**7 Highrock Park**

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

**8 Anderson Park**

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

**9 Esquimalt Recreation Centre**

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

**Youth Activities**

- Outdoor Fitness Park
- Parking

**10 Bullen Park**

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

**11 Archie Browning Sports Centre**

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

**12 Lampson Sport Fields**

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

**13 Esquimalt Town Square**

- Playground
- Picnic Area
- Parking

**14 Memorial Park**

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

**15 Captain Jacobsen Park**

- Playground
- Dogs Off Leash

\*Joint Use Agreement with School District

\*\*Department of National Defense

**What's New?**

Construction underway for the Esquimalt Adventure Park opening in 2017

Donation program for park benches and tables accepting applications

For a complete listing of our parks, please visit [esquimalt.ca](http://esquimalt.ca).



**ESQUIMALT**  
PARKS + RECREATION





# Mark your calendar!

## Special Events & Important Dates

Please follow us on Facebook and "JOIN" the events to stay informed on the latest event details. Additional information also available at [www.esquimalt.ca](http://www.esquimalt.ca) as event approaches.

## August

### FREE! Summer Outdoor Movie Series

Catch the last two outdoor movies of the summer! Don't miss out on this unique experience of watching a movie under the stars at Bullen Park. The movies start at dusk. Concession provided. Admission is FREE!

Wed	Aug 10	Bullen Park	Inside Out
Wed	Aug 24	Bullen Park	Toy Story*

\*At the August 24th Outdoor Summer Movie, we will be joined by Tour de Rock Ride Andree from CFB Esquimalt; we encourage attendees to support her fundraising efforts for the Cops for Cancer Tour de Rock (that will arrive in Esquimalt on October 7th).

### Esquimalt Farmers' Market

The market runs on Thursdays from 4:30pm to 7:30pm until September 15th. It features vendors with locally grown produce, artisan food products and a variety of arts and crafts. The aim of the market is to provide a community market place that encourages healthy, local living. More details: [www.esquimaltmarket.com](http://www.esquimaltmarket.com) or find them on social media at "Esquimalt Farmers Market".

Thu until Sep 15 4:30pm-7:30pm

Location: Esquimalt's Town Square

### August 7

#### FREE! Gorge Swim Fest

Come down to Esquimalt Gorge Park and take a dip in the warm ocean water! The Esquimalt Residents Association hosts this fun, free family event with live entertainment, bouncy castle and local food trucks - plus, there will be tons of give-a-ways! Details at [esquimalt.ca/events](http://esquimalt.ca/events)

Sun Aug 7 12:00pm - 4:30pm FREE

Location: Esquimalt Gorge Park

#### FREE! Park Play

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

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

Date	Location	Activity
August 9	Memorial Park	Sports N' Stuff
August 16	Captain Jacobsens'	Lantern Festival Fun
August 23	Fleming Beach	Under the Sea
August 30	Gorge Park	Summer Send-Off!



August 14

Esquimalt Arts Festival

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

For more info, please visit: [townshiparts.org](http://townshiparts.org)

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

Location: English Inn, 429 Lampson St

August 20

FREE! Esquimalt Lantern Festival

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

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

FREE

Location: Captain Jacobson Park

August 31-September 12

NOTICE: Pool Closure

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

August 27

NEW! Kool Days of Summer with 107.3 Kool FM & Red Barn Market

Listen to Today's Best Music, savour some delicious barbecue fresh from the Red Barn Market's Barn-B-Que and enjoy the newly expanded playground at Memorial Park on Saturday, August 27th during the Kool Days of Summer. Children can enjoy two bouncy castles thanks to Par-t-Perfect and Just Bounce Inflatables, and face painting by Brazen Face & Body Painting. From 11:00am-1:00pm take photos with special guests from Enchanted Fables Children's Parties. Esquimalt Parks & Recreation will be bringing out the prize wheel with tons of give-aways. Plus, enter to WIN the Kool FM & Red Barn Market Grand Prize Draw: \$1,000 in Red Barn Market Bucks!! First 150 participants will receive a FREE burger or smokey from Red Barn Market; products available for purchase with proceeds supporting the Cops for Cancer Tour de Rock.

Sat Aug 27 10:00am-2:00pm

Free

August 29-September 2

Beat the Heat Summer Skates!

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

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

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

Location: Archie Browning Sports Centre

Post your event photos to [Instagram](#) tagging [@EsqParksandRec](#) w/ [#Esquimalt](#) for Your Chance to WIN!



Instagram



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.

Fall pricing: \$50+tax.

Info: [esquimalt.ca/block party](http://esquimalt.ca/block party) or 250-412-8500.



# September

## September 5 Labour Day

Recreation Centre Hours of Operation: 5:30am-10:30pm.

## September 10

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

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

Sat Sep 10 10:00am-2:00pm

Admission is free for Car Show

Archie Browning Sports Centre

## September 9-11

### Esquimalt's RibFest

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

Fri-Sun Sep 9-11 [www.esquimaltribfest.com](http://www.esquimaltribfest.com) for schedule

Location: Bullen Park

## September 16

### Youth Centre Welcome Back BBQ!

Bring your friends and join us for a barbeque! Hang out in the NEW Teen Centre and have an awesome night as we kick off the 2016/2017 Esquimalt youth drop in programs at the Rec Centre. FREE admission including refreshments for Teen Centre participants aged 11-18. Please RSVP to the Facebook event so we know you'll be joining us!

Fri Sep 16 6:30pm-10:00pm

FREE

## September 16

### FREE! Community Swim sponsored by Coast Capital Savings

Coast Capital Savings sponsors this FREE community swim. Admission after 6pm on Friday, September 16 is FREE. Thank you to Coast Capital Savings for your support!

Fri Sep 16

6:00pm-10:00pm

FREE

## September 16

### FREE (with Esq Rec Pass)! Move It (Fitness)

Move It! Can you feel the pulsation of the music? Do you crave the beat? Then don't miss this sweat inducing, total body workout, once a month, only. Anything goes, as long as you MOVE IT! Regular drop in admission rate applies or, free with your Esquimalt Recreation or Regional Recreation Pass.

50218 Fri Sep 16 5:30pm-6:30pm \$5.75

FREE with Esquimalt Recreation or Regional Recreation Pass or \$5.75 drop in

Location: Esquimalt Recreation Centre

Instructor: Marcia Semenoff

## September 17-18

### Sculpture Splash

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

More info found at [townshiparts.org](http://townshiparts.org)

Sat Sep 17 9:00am-7:00pm

Sun Sep 18 9:00am-4:00pm

Location: Macaulay Point Park



September 24

**FREE! Kick Off to the Ice Season**

Learn about our seasons offerings, enter to win awesome prizes and enjoy a free community skate sponsored by Coast Capital Savings.

Sat Sep 24 2:30pm-4:00pm FREE

Location: Archie Browning Sports Centre

October

October 1

**Trick or Treat Cards on Sale**

Something to make the kids say, "SWEET!" - rather than consuming them. Limited quantities of Trick or Treat Cards will be available for the month of October. Passes are valid for children or youth and are valid November 1, 2016 to November 30, 2016.

5 Passes, \$5 or 25 Passes for \$20.

October 7

**Tour de Rock Riders Arrive in Esquimalt**

This two-week bicycle journey in which a team of police officers rides 1,000 kilometres from the north end of Vancouver Island to the south, raising money to fight childhood cancer arrives in Esquimalt at the Archie Browning Sports Centre Front Plaza on Friday, October 7th. The community is encouraged to join us in welcoming the Tour de Rock Team to Esquimalt. The Riders' arrival time will be announced as the event approaches; it is anticipated that they will arrive between 9am and 11am. Details will be posted to the events calendar at esquimalt.ca as they are available.

October 8-10

**Thanksgiving Weekend**

Thanksgiving Weekend schedules in effect. Esquimalt Recreation Centre open 5:30am-10:30pm each day. Please view program, pool and ice schedules at www.esquimalt.ca/schedules.

October 12

**VOLUNTEER! Branch Out!**

**Ivy Removal & Native Planting**

Esquimalt is branching out to protect our urban forest. Throughout the year, numerous opportunities will be available for the public to work alongside staff to remove invasive species, and plant native species and trees. Join us for this hands-on learning experience. All supplies and light refreshments provided.

Wed Oct 12 10:00am-11:30am

Location: Saxe Point Park

October 15

**FREE! Fire Department Open House**

In support of Fire Prevention Week and in connecting with the community, you are invited to the 2016 Esquimalt Fire Department Open House. Learn about fire safety, enjoy interactive activities for children including extinguishing a fire alongside our Crew, colouring station and a bouncy castle; refreshments will also be available. The team from the Esquimalt Emergency Program will be on site to answer your questions, too.

Sat Oct 15 11:00am-2:00pm FREE

Location: Esquimalt Fire Department, 500 Park Place

October 12

**FREE (with Esq Rec Pass)! Move It (Fitness)**

Move It! Can you feel the pulsation of the music? Do you crave the beat? Then don't miss this sweat inducing, total body workout, once a month, only. Anything goes, as long as you MOVE IT! Regular drop in admission rate applies or, free with your Esquimalt Recreation or Regional Recreation Pass.

50219 Fri Oct 21 5:30pm-6:30pm \$5.75

FREE with Esquimalt Recreation or Regional Recreation Pass or \$5.75 drop in

Location: Esquimalt Recreation Centre

Instructor: Marcia Semenoff

October 19

**FREE! Seniors Appreciation Day Event**

Celebrate Seniors Appreciation Day with us! Enjoy entertainment, refreshments & snacks while visiting with friends and neighbours. This event is for seniors 50 yrs+ and is free. Space is limited; pre-registration is required through our front desk 250-412-8500.

49465 Wed Oct 19 10:00am-12:00pm Free

Location: Esquimalt Recreation Centre

Post your event photos to [Instagram](#) tagging [@EsqParksandRec](#) w/ [#Esquimalt](#) for Your Chance to WIN!



## October 23

### FREE (with Esq Rec Pass)! Pumpkin Swim

You don't want to miss this one-of-a-kind family event! A Fun Leader will be on duty to play fun and spooky Halloween themed games. At the end of the swim each family may take one pumpkin home to carve for Halloween. Regular admission applies - or, FREE with Esq Rec or Regional Rec Pass.

Sat Oct 23 1:00pm-3:00pm

Location: Esquimalt Recreation Centre - Pool

### FREE! Halloween Bonfire

Hosted by the Esquimalt Lions, this is one of Esquimalt's favourite community events. Enjoy the huge bonfire while sipping hot chocolate and eating a hot dog. There is also a costume contest for all ages. Hot dogs and hot chocolate are by donation with proceeds going to the Esquimalt Lions' fundraising efforts for community initiatives.

Mon Oct 31 6:00pm-9:00pm FREE

Location: Archie Browning Arena

# November

## November 11

### Remembrance Day

The Township of Esquimalt Remembrance Day Service takes place at Memorial Park – beginning shortly before 11:00a.m.

Recreation Centre Hours of Operation: 5:30am-10:30pm.

## November 13

### Esquimalt Farmer's Market Winter Holiday Market

Come fill your baskets with local treats handmade by local makers, bakers & growers! You'll even get the chance to take a picture with Santa! A great opportunity to support local. The fun takes place at the Esquimalt Recreation Centre on Sunday, November 13th. See you there!

Sun Nov 13 11:00am-5:00pm

Location: Esquimalt Recreation Centre

## November 18

### FREE (with Esq Rec Pass)! Move It (Fitness)

Move It! Can you feel the pulsation of the music? Do you crave the beat? Then don't miss this sweat inducing, total body workout, once a month, only. Anything goes, as long as you MOVE IT! Regular drop in admission rate applies or, free with your Esquimalt Recreation or Regional Recreation Pass.

50220 Fri Nov 18 5:30pm-6:30pm \$5.755

FREE with Esquimalt Recreation or Regional Recreation Pass or \$5.75 drop in

Location: Esquimalt Recreation Centre

Instructor: Marcia Semenoff

## November 18-19

### FREE ADMISSION! Esquimalt Creative Knitters & Crafters Christmas Sale

Find unique, hand-crafted items for your family and friends during our annual Creative Knitters & Crafters Sale. Knitted items, handmade greeting cards and a wide assortment of gift ideas will be available. All items are handmade by our weekly Seniors groups and sales help to support Esquimalt Recreation Seniors programs.

Fri/Sat Nov 18-Nov 19 9:00am-3:00pm FREE Admission

Location: Esquimalt Recreation Centre

## November 21

### SPECIAL OFFER! Give the Gift of Recreation

Wrap up a set of swim lessons, a gym membership, yoga classes and more! Our 2016 Give the Gift of Recreation Special Offers are on sale November 21st! Details will be announced on our website at the holidays approach: [esquimalt.ca/recreation](http://esquimalt.ca/recreation).

# December

## December 4

### Celebration of Lights

This free event is a community celebration supported by volunteers, Esquimalt's Business Community and the Township. The event includes a parade, light up of the Esquimalt Plaza, Memorial Park, Municipal Hall/Library. Entertainment and refreshments. For detailed event and volunteer info go to [www.celebrationoflights.ca](http://www.celebrationoflights.ca)

Sun Dec 4 6:00-8:00pm FREE

Location: Esquimalt Plaza at Archie Browning Sports Centre



**December 4  
Pyjama Prance**

Come be a part of the 2nd Annual Pyjama Prance Fun Run/Walk on Sunday December 4th at 9am through the streets of Esquimalt in your PJ's! There will be medals, food, prizes and music at the finish line. Two distances to choose from, the Pyjama Prance 5km and Dasher's Delight 2km - this is not a timed event. Registration for this event is a minimum of 5 items of food and/or a suggested minimum donation of \$10. All food/funds raised will go to the Rainbow Kitchen. To register, please email [pyjamaprance@gmail.com](mailto:pyjamaprance@gmail.com) or [pajamaprance@gmail.com](mailto:pajamaprance@gmail.com) with your name, age, phone number and distance. All ages welcome, but please no pets, bikes, scooters or skates.

Sun Dec 4 9:00am start  
Location: Esquimalt United Church, 500 Admirals Road

**December 8-26  
FREE! Living Christmas Tree Village**

Experience the magic of the holidays in our Third Annual Living Christmas Tree Village. Dozens of trees decorated by local business and community groups will fill the Esquimalt Recreation Centre and Archie Browning Sports Centre. Be sure to vote for your favourite. The winning tree receives an Esquimalt Recreation prize packages valued at \$500. Open during regular facility hours at both the Esquimalt Recreation Centre and Archie Browning Sports Centre. Cost: No admission fee to view trees.

**Even More Festivities!** Holiday favourites will also take place in the Village including the very popular Christmas Cafes and Santa's workshops. Keep an eye out for details as event approaches.

**December 9  
Senior's Christmas Lunch**

Celebrate the season with us! Enjoy time with friends, a traditional turkey dinner, entertainment and a Christmas carol sing-along.

49466 Fri Dec 9 12:00pm-1:30pm \$17/person  
Location: Esquimalt Recreation Centre

**December 17  
Lion's Skate with Santa**

Santa is coming to Archie Browning Sports Centre! Join Santa and special guest on the ice for games, and fun! The Lion's Club of Esquimalt will be providing hot chocolate and hot dogs for skaters! Admission is \$2 + a non-perishable food item.

Sat Dec 17 2:30pm-4:00pm  
Location: Archie Browning Sports Centre

**December 24  
Recreation Centre Hours of Operation: 5:30am-4:00pm.**

**December 25  
Recreation Centre Hours of Operation: 1:30-4:00pm.  
\$2 Admissions.**

**December 31  
Recreation Centre Hours of Operation: 5:30am-4:00pm.**

**January 1  
Recreation Centre Hours of Operation: 1:30-4:00pm.  
\$2 Admissions.**

**January 7, 2017  
FREE! Esquimalt Recreation Open House**

Save the date! Choose from dozens of FREE demos, meet our fabulous instructors, enjoy a yummy pancake breakfast & enter to win awesome prizes. Esquimalt Rec's annual Open House features something for everyone including creative arts, sports, fitness & general interest activities for all ages. Bring your family & enjoy! Be sure to follow us on Facebook and rsvp to our event to keep up to date on everything this event has to offer. Event details will also be available at [www.esquimalt.ca](http://www.esquimalt.ca) as the event approaches.

Sat Jan 9 8:30am-12:00pm FREE  
(pancake breakfast available at concession prices)



# 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	Island Return It
2 Burley Men Moving Co.	KiSS 103.1
Barber's Landscaping & Garden Maintenance	Mac Renovations
Bingo Esquimalt	Ocean 98.5
Country Grocer	Par-t-Perfect
Enchanted Fables Princess Parties	Red Barn Market
Esquimalt Garden Club	Tally Ho Restaurant
Esquimalt Plaza Dry Cleaning	

HAVE YOUR NEXT

# Celebration

IN OUR FACILITIES/PARKS



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

Meeting Rooms

Family Celebrations

Weddings

Birthday Parties

Sports Team Rentals & Events

Park Rentals

Contact Francis Mathieson, [bookings@esquimalt.ca](mailto:bookings@esquimalt.ca) or by phone at 250.412.8525, to book.





# Summer is not over yet!

## Summer Camps this August

### Preschool Summer Camps

#### Creative Play Camp (3-5yrs)

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

49331 M/Tu/W/Th/F Aug 15-Aug 19 9:30am-12:00pm \$65/5

Location: Esquimalt Recreation Centre

#### Nature Adventures (3-5yrs)

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

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

Location: Saxe Point Park

#### Summer Kinderstart (4-5yrs)

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

49308 M/Tu/W/Th/F Aug 15-Aug 19 12:30pm-3:00pm \$65/5

49309 M/Tu/W/Th/F Aug 22-Aug 26 12:30pm-3:00pm \$65/5

Location: Esquimalt Recreation Centre

#### NEW! Wings & Wands! (3-5yrs)

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

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

Location: Esquimalt Recreation Centre

### School-Aged Summer Camps

#### 2D Animation on Tablet (11-14yrs)

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

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

Location: Esquimalts Archie Browning Sports Centre

Instructor: Byte Camp

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

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

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

Location: Esquimalts Archie Browning Sports Centre



**Art-Tastic (6-8yrs)**

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

49243 M/Tu/W/Th/F Aug 15-Aug 19 9:00am-3:00pm \$160/5  
 Location: Esquimalt Recreation Centre

**NEW! Bricks 4 Kidz Super Hero Camp (6-10yrs)**

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

49600 M/Tu/W/Th/F Aug 15-Aug 19 9:00am-12:00pm \$140/5  
 Location: Esquimalt Recreation Centre

**Explorin' (9-12yrs)**

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

49258 M/Tu/W/Th/F Aug 22-Aug 26 9:00am-3:00pm \$155/5  
 Location: Bullen Park

**Mini Mudders (9-12yrs)**

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

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

**Sports Mania (6-8yrs)**

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

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

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

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

49483 M/Tu/W/Th/F Aug 15-Aug 19 9:00am-3:00pm \$175/5  
 Location: Bullen Park  
 Instructor: Victoria German School

**NEW! Travel the World 6-12 yrs (French Camp)**

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

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

**NEW! Travel the World Camp 6-12 yrs (English Camp)**

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

49618 M/Tu/W/Th/F Aug 22-Aug 26 9:00am-12:00pm \$75/5  
 Location: Esquimalt Recreation Centre



# Kindergym & Playgroup



## Early Childhood Drop In Programs

### Kindergym (Crawling-5yrs)

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

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

Sat 10:00am-11:00am

Sat 10:00am-11:00am

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

Join us for drop in play time including games, 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). Co-sponsored by the Esquimalt Neighbourhood House. Please call 250-412-8500 to reserve your space after 7:00am on the day of interest. \$2.75/child

### 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.

#### August

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

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

#### September-December\*

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

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

Wed 5:30pm-7:30pm

\*Holiday schedule in effect December 19-January 2

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



# Creative Play & Preschool

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

## 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.

49540 Mon/Wed Sep 12-June 14 9:00am-11:30am

49541 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.

50360 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.

50358 Mon/Wed Sept 12-June 14 9:00am-12:00pm

50359 Tue/Thu Sept 13-June 15 9:00am-12:00pm

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

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

50361 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.



## Active Kids

### Jumping Jellybeans (3-5yrs)

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

50444	Tue	Sep 27-Nov 1	3:30pm-4:00pm	\$36/6
50445	Tue	Nov 8-Dec 13	3:30pm-4:00pm	\$36/6

Location: Esquimalt Recreation Centre

### Little Kickers Taekwondo (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.

50454	Sat	Sep 17-Oct 29	11:30am-12:00pm	\$36/6
50455	Sat	Nov 5-Dec 10	11:30am-12:00pm	\$36/6

No Classes Oct 8 & Nov 12

Location: L'Ecole Brodeur School

### 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.

#### 3- 4 yrs

50415	Sun	Sep 25-Nov 27	10:15am-10:45am	\$50/8
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#### 4-5 yrs

50416	Sun	Sep 25-Nov 27	10:50am-11:20am	\$50/8
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No classes Oct 9 & Nov 26

Location: Esquimalt Recreation Centre

### Yoga Zoo (3-5yrs)

Introduce your little one's to yoga in a fun way! They will learn poses while having fun with stories and games. Children learn breathing techniques to handle everyday stress. You will be surprised by your little yogini's and how they bring home what they've learnt!

50208	Mon	Sep 19-Nov 7	10:15am-10:45am	\$36/6
50209	Mon	Nov 14-Dec 19	10:15am-10:45am	\$36/6

Location: Esquimalt Recreation Centre

Instructor: Tyne Ferreira

### Skating Lessons

See page 60

### Swim Lessons

See page 56

## Dance

### Creative Dance for Kids (3-5yrs)

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.

50655	Thu	Sep 15-Oct 27	12:30pm-1:00pm	\$54/7
50656	Thu	Nov 3-Dec 15	12:30pm-1:00pm	\$54/7

Instructor: Nikko Snow of MoonDance Dynamic Arts School

Location: Esquimalt Recreation Centre

### 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.

50650	Thu	Sep 15-Oct 27	12:00pm-12:30pm	\$54/7
50651	Thu	Nov 3-Dec 15	12:00pm-12:30pm	\$54/7

Instructor: Nikko Snow of Moondance Dynamic Arts School

Location: Esquimalt Recreation Centre



**NEW! 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.

**Parent & Tots (2-3yrs)**

50304	Sun	Sep 18-Nov 6	9:30am-10:00am	\$45/6
50305	Sun	Nov 20-Dec 18	9:30am-10:00am	\$38/5

**Preschoolers (3 1/2-5yrs)**

50306	Sun	Sep 18-Nov 6	10:00am-10:30am	\$45/6
50307	Sun	Nov 20-Dec 18	10:00am-10:30am	\$38/5

Location: Esquimalt Recreation Centre

Instructor: Masako Hockey

Esquimalt Recreation  
**FREE Admission**  
 Children 5 & Under swim & skate drop in admissions are always FREE!

*Did you know...* If 2 adults, same household, each purchase an annual pass, up to 3 child in the same household (up to 18yrs) are FREE! No processing fees on monthly payment plan. Less than \$2 a day for your entire family to enjoy our drop in facilities and programs. That's the value of the Esquimalt Recreation Family Pass! Ask Reception for details.

# Dance Classes with Dance Unlimited

Classes do not run Oct 8 & Oct 22

**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.

49386	Sat	Sep 24-Dec 10	10:10am - 10:40am	\$60/10
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Location: Esquimalt Recreation Centre

Instructor: Miss Maddy, Dance Unlimited

**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.

49380	Sat	Sep 24-Dec 10	9:00am-9:30am	\$60/10
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Location: Esquimalt Recreation Centre

Instructor: Miss Maddy, Dance Unlimited

**Tap, Jazz & Creative Movement Combo (3-5 yrs)**

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.

49383	Sat	Sep 24-Dec 10	9:35am-10:05am	\$60/10
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Location: Esquimalt Recreation Centre

Instructor: Miss Maddy, Dance Unlimited





## Music

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

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.

50308	Sun	Sep 18-Nov 6	10:45am-11:15am	\$45/6
50309	Sun	Nov 20-Dec 18	10:45am-11:15am	\$38/5

Location: Esquimalt Recreation Centre  
Instructor: Masako Hockey



### 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!

49849	Thu	Sep 22-Oct 27	5:30pm-6:00pm	\$45/6
49850	Thu	Nov 3-Dec 8	5:30pm-6:00pm	\$45/6

Location: Esquimalt Recreation Centre  
Instructor: Julia French

### Music Together:

#### Bringing Harmony Home (Birth-5yrs)

Music Together is an internationally recognized mixed-age 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](http://www.musictogethervictoria.com)

#### Flute Song Collection

50328	Fri	Sep 23-Dec 2	9:30am-10:15am	\$165/10
50329	Fri	Sep 23-Dec 2	10:30am-11:15am	\$165/10

Location: Esquimalt Recreation Centre

Instructor: Jennifer Hobson Roy Music Together



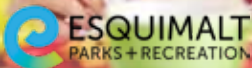
## Enchanted Fables

Princess, Pirate, and Superhero  
Parties in Victoria, BC!

Birthday Parties, Events,  
Fundraisers, Corporate, and more!

[enchantedfables.com](http://enchantedfables.com)





# Birthday Parties

## Kindergym Parties

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

## Swim or Skate Parties

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

## Event Trailer Rental

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

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

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



## Active Kids

### FREE! Tennis

Esquimalt Parks and Recreation is 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 requires a Tennis Grant Application to be filled out prior to registering. See reception for details.

#### 5-8yrs

50585 Sat Sep 17-Dec 17 4:00pm-5:00pm FREE

#### 9-12yrs

50587 Sat Sep 17-Dec 17 5:00pm-6:00pm FREE

No classes: Oct 8 & 22 and Nov 12 & 26

Location: Esquimalt Recreation Centre



### 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

50456 Tue Sep 13-Oct 25 5:30pm-6:30pm \$70/7

50459 Tue Nov 1-Dec 13 5:30pm-6:30pm \$70/7

50457 Sat Sep 17-Oct 29 12:00pm-1:00pm \$60/6

50460 Sat Nov 5-Dec 17 12:00pm-1:00pm \$70/7

#### Twice-A-Week

50458 Tue/Sat Sep 13-Oct 29 5:30pm-6:30pm \$130/13

50461 Tue/Sat Nov 1-Dec 17 5:30pm-6:30pm \$140/14

Location:

Tuesdays: Esquimalt Recreation Centre

Saturdays: L'école Victor Brodeur

## Active Girls 2016 Fall Award Applications

### For 10-14 & 15-18 year olds residing in the CRD

KidSport Greater Victoria and Active Girls are proud to announce a second call for "Proud to Play like Girl" (\$250) and "Performance Development" (\$500) grants in the fall of 2016. The \$250 award can be used by young females living in the CRD to attend a training clinic or camp or other form of athletic or leadership training. The \$500 award is intended to support girls' ongoing performance development in two categories: (1) sport OR (2) physical activity pursuit to help cover costs related to their continuing involvement such as travel, equipment, coaching fees, or program registration fees.

Look for grant applications through the Active Girls page on the KidSport web site early in the fall  
[www.activegirls.ca](http://www.activegirls.ca).





### 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](http://www.zehr.ca)) with over 25 years of martial arts teaching experience. NOTE: After an initial period, students must also join a provincial and a national association with once-per-year fees.

Beginner/Intermediate 6:30 - 7:30pm

Intermediate/Advanced 7:30 - 8:30pm

Register for the Season & SAVE!!!

50596 Wed Sep 14-Dec 14 6:30pm-8:30pm \$160/14

#### Monthly Registration

50592 Wed Sep 14-Sep 28 6:30pm-8:30pm \$50/3

50593 Wed Oct 5-Oct 26 6:30pm-8:30pm \$50/4

50594 Wed Nov 9-Nov 30 6:30pm-8:30pm \$50/5

50595 Wed Dec 7-Dec 14 6:30pm-8:30pm \$50/2

Location: L'Ecole Brodeur School

Instructor: Paul Zehr

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

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

50405 Tue Sep 27-Nov 1 4:15pm-5:15pm \$36/6

50406 Tue Nov 8-Dec 13 4:15pm-5:15pm \$36/6

Location: Esquimalt Recreation Centre

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

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.

50410 Wed Sep 28-Nov 2 5:00pm-5:45pm \$42/6

50411 Wed Nov 9-Dec 14 5:00pm-5:45pm \$42/6

Location: Esquimalt Recreation Centre

## Cooking

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

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

50028 Tue Sep 20-Oct 25 6:00-7:30pm \$66/6

Instructor: Ariana Maragh

Location: Esquimalt United Church, Lower Kitchen

### 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.

50029 Tue Nov 1-Nov 15 6:00pm-7:30pm \$39/3

49436 Wed Nov 2-Nov 16 6:00pm-7:30pm \$39/3

Instructor: Ariana Maragh

Location: Esquimalt United Church, Rainbow Kitchen

### MARK YOUR CALENDAR!

September 24 | 2:30pm-4:00pm

**FREE!** Kick Off to Ice Season

sponsored by Coast Capital Savings

KIDSPORT GREATER VICTORIA

## So ALL Kids Can Play!

For the children of many families in the Capital Regional District, participating in organized sports continues to be out of reach. Thanks to KidSport Greater Victoria, thousands of these kids have been able to enjoy a season of sport and camaraderie with their friends. To date we have helped over 7,000 kids get on the playing field but many more could use your help. To donate, volunteer or for further information please contact us at [www.kidsportvictoria.ca](http://www.kidsportvictoria.ca)





## Cooking

### Christmas Baking (6-12 yrs)

Get ready for the holiday season with some baking classes. Make cookies, cake and sweets with a Christmas-twist while learning to use measuring and baking tools.

49438 Tue Nov 29-Dec 13 6:00pm-7:30pm \$39/3

49439 Wed Nov 30-Dec 14 6:00pm-7:30pm \$39/3

Location: Esquimalt United Church, Rainbow Kitchen

## Creative Arts

### NEW! 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. Classes do not run on Halloween & long weekends.

#### Mini- Mashers (7-9 yrs)

50337 Mon Sep 19-Nov 7 4:30-5:30pm \$48/6

50338 Mon Nov 14-Dec 19 4:30-5:30pm \$48/6

#### Mega-Mashers (10-14 yrs)

50339 Mon Sep 19-Nov 7 5:30-6:30pm \$48/6

50340 Mon Nov 14-Dec 19 5:30-6:30pm \$48/6

Instructor: Joel Skogman

Location: Esquimalt Recreation Centre

### 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 create a multi-page story or one-page ideas. Classes do not take place on long weekends.

#### Junior (5-7 yrs)

49403 Sun Sep 18-Oct 30 9:30am-10:15am \$45/6

49404 Sun Nov 6-Dec 18 9:30am-10:15am \$45/6

#### Senior (8-12 yrs)

49408 Sun Sep 18-Oct 30 10:30am-11:30am \$45/6

49409 Sun Nov 6-Dec 18 10:30am-11:30am \$45/6

Instructor: Joel Skogman

Location: Esquimalt Recreation Centre

## Dance classes with Dance Unlimited

Classes do not run on Oct 8 & Oct 22

### Showstoppers (5-7yrs)

Express your creative dance talent while grooving to popular tunes from movies & tv.

49391 Sat Sep 24-Dec 10 10:45-11:15am \$60/10

Instructor: Miss Maddy, Dance Unlimited

Location: Esquimalt Recreation Centre

### HipHop (5-9yrs)

Dance to popular tunes while learning basic hiphop moves. Learn a short choreographed routine while keeping up with the beat of the music.

49394 Sat Sep 24-Dec 10 11:20am-11:50am \$60/10

Instructor: Miss Maddy, Dance Unlimited

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.

49397 Sat Sep 24-Dec 10 11:55am-12:25pm \$60/10

Instructor: Miss Maddy, Dance Unlimited

Location: Esquimalt 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.

49400 Sat Sep 24-Dec 10 12:30pm-1:00pm \$60/10

Instructor: Miss Maddy, Dance Unlimited

Location: Esquimalt Recreation Centre



**Birthday Parties**

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

[esquimalt.ca](http://esquimalt.ca) or 250-412-8500 for party details.





## 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.

50429	Mon	Sep 19	9:00am-5:00pm	\$55
50430	Fri	Nov 18	9:00am-5:00pm	\$55

Location: Esquimalt Recreation Centre

## Dramatic Arts

### Glee Club

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

#### Super Junior (4-6 yrs)

49849	Thu	Sep 22-Oct 27	5:30-6:00pm	\$45/6
49850	Thu	Nov 3-Dec 8	5:30-6:00pm	\$45/6

#### Junior (7-9 yrs)

49855	Thu	Sep 22-Oct 27	6:10-6:50pm	\$48/6
49856	Thu	Nov 3-Dec 8	6:10-6:50pm	\$48/6

#### Senior (10-14 yrs)

49857	Thu	Sep 22-Oct 27	7:00-8:00pm	\$54/6
49858	Thu	Nov 3-Dec 8	7:00-8:00pm	\$54/6

Instructor: Julia French

Location: Esquimalt Recreation Centre

### NEW! Intro to Improv

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.

#### Middle School (10-14yrs)

50401	Tue	Sep 20-Oct 25	5:30-6:30pm	\$60/6
50402	Tue	Nov 1-Dec 6	5:30-6:30pm	\$60/6

Instructor: Julia French

Location: l'Ecole Brodeur, Theatre

### Home Alone (9yrs+)

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

Military Discount 10%

47513	Sun	Aug 14	1:00pm-4:00pm	\$30
50437	Sun	Sep 25	1:00pm-4:00pm	\$30
50438	Sat	Nov 12	9:00am-12:00pm	\$30

Location: Esquimalt Recreation Centre

Instructor: Kathy Lee

### NEW! Toast Masters Class (8-17yrs)

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.

50694	Sun	Sept 18-Dec 18	10:00am-11:30am
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FREE to register, nominal (\$20) material fee paid to instructor

No classes Oct 9 & Nov 13

**Music**

**NEW! Little Drummers**

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.

**Junior (5-7yrs)**

50310	Sun	Sep 18-Nov 6	11:30am-12:00pm	\$45/6
50311	Sun	Nov 20-Dec 18	11:30am-12:00am	\$38/5

**Senior (8-10yrs)**

50312	Sun	Sep 18-Nov 6	12:00pm-12:45pm	\$48/6
50313	Sun	Nov 20-Dec 18	12:00pm-12:45pm	\$40/5

Instructor: Masako Hockey

Location: Esquimalt Recreation Centre

**Group Guitar (7-14 yrs)**

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

**Beginner**

49420	Tue	Sep 20-Oct 25	5:00-5:50pm	\$60/6
49421	Tue	Nov 1-Dec 6	5:00-5:50pm	\$60/6

**Continuing**

49847	Tue	Sep 20-Oct 25	4:00-4:50pm	\$60/6
49422	Tue	Sep 20-Oct 25	6:00-6:50pm	\$60/6
49848	Tue	Nov 1-Dec 6	4:00-4:50pm	\$60/6
49423	Tue	Nov 1-Dec 6	6:00-6:50pm	\$60/6

Instructor: Alberto Ubach

Location: Esquimalt Recreation Centre

**WALK AMONG GIANTS**

**MAMMOTHS**  
GIANTS OF THE ICE AGE

EXHIBITION OPEN  
JUN 3 – DEC 31, 2016

This exhibition was created by The Field Museum, Chicago.

**GET TICKETS AT [ROYALBCMUSEUM.BC.CA/MAMMOTHS](http://ROYALBCMUSEUM.BC.CA/MAMMOTHS)**



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Before & After School Care  
Macaulay Elementary



# Esquimalt Out of School Care Program

Application forms available at Esquimalt Recreation Centre or [www.esquimalt.ca/recreation](http://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. 0

2:46pm-6:00pm

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

## Winter Break Camps

For your convenience choose the days you would like your child to attend camps. Don't delay as camp days fill up fast.

49869	Mon Dec 19	6:30am-6:00pm	\$38/day
49870	Tue Dec 20	6:30am-6:00pm	\$38/day
49871	Wed Dec 21	6:30am-6:00pm	\$38/day
49868	Thu Dec 22	6:30am-6:00pm	\$38/day
49872	Fri Dec 23	6:30am-6:00pm	\$38/day
49873	Wed Dec 28	6:30am-6:00pm	\$38/day
49867	Thu Dec 29	6:30am-6:00pm	\$38/day
49886	Fri Dec 30	6:30am-6:00pm	\$38/day

## OSC Pro-D Days

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

49874	Mon	Sep 19	6:30am-6:00pm	\$38/day
49877	Fri	Oct 21	6:30am-6:00pm	\$38/day
49875	Fri	Nov 18	6:30am-6:00pm	\$38/day
49880	Mon	Jan 23	6:30am-6:00pm	\$38/day
49887	Fri	Feb 10	6:30am-6:00pm	\$38/day
49881	Fri	Feb 24	6:30am-6:00pm	\$38/day
49876	Fri	May 19	6:30am-6:00pm	\$38/day

Please note:

### Children with Special Needs

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

### Child Care Subsidy

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

OSC days of operation follow the School Calendar Year.

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





## Teen Centre Drop In Programs

Tuesday	Wednesday	Thursday	Friday	Saturday
<b>After School Drop In</b> 3:00-5:00pm Sep 13-Dec 13	<b>Raven's Club Drop In @ Rockheights Middle School</b> 3:00-5:00pm Sep 7-Dec 15	<b>After School Drop In</b> 3:00-5:00pm Sep 8-Dec 15	<b>Teen Night</b> 7:00pm-10:00pm	<b>Teen Night</b> 7:00pm-10:00pm
		<b>Teen Night</b> 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 3:00-5:00pm

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

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

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

Location: Rockheights Middle School

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

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

Thu-Sat 7:00pm-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)

## FIT FOR THE FUTURE!

### Youth Memberships - Less than \$15/month

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

### Youth Admission Rates

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



## Aquatics

### NEW! Youth Fit

**Youth-Fit Swimming** This program offers teens 12+ a chance to keep swimming after they have completed their swim lessons in a non-competitive environment. With support from coaches at West Shore Aquatic Club, teens will be given a structured dryland and swim practice where the emphasis is on personal growth and fun. The swimmer(s) has the choice to join all three lessons per week, or can pick two. Practices run at Esquimalt Recreation Centre M,W,F from 4:45-6pm

50641 Mon/Wed/Fri Sep 19-Dec 23 4:45pm-6:00pm

3 times per week: \$386.40/fall season

2 times per week: \$292/fall season

Location: Esquimalt Aquatic Centre

### 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.

50642 Sat Sep 24-Dec 3 4:00pm-5:00pm \$77/11

Location: Esquimalt Aquatic Centre

## 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 +

50567 Sat Sep 17-Oct 8 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

50570 Sat Oct 15-Nov 5 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

50573 Fri/Sat/Sun Nov 18-Nov 27 \$320/6

Friday: 5:00pm-9:30pm

Saturday & Sunday: 9:00am-6:00pm

Location: Esquimalt Recreation Centre



## Creative Arts

### NEW! Mixed Media Mash-up (10-14 yrs)

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. Classes do not run on Halloween & long weekends.

50339	Mon	Sep 19-Nov 7	5:30-6:30pm	\$48/6
50340	Mon	Nov 14-Dec 19	5:30-6:30pm	\$48/6

Instructor: Joel Skogman

Location: Esquimalt Recreation Centre

### Drawing, Storybooks & Comics (8-12 yrs)

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

49408	Sun	Sep 18-Oct 30	10:30am-11:30am	\$45/6
49409	Sun	Nov 6-Dec 18	10:30am-11:30am	\$45/6

Instructor: Joel Skogman

Location: Esquimalt Recreation Centre

### Photography – Basics & Beyond

Learn framing, lighting & editing techniques for better digital photo results. New Your Institute of Photography Grad Anny Ruch will teach you how to maximize your camera's settings, take you on a China Town photowalk, and provide you with tips, tricks & coaching in a fun & supportive setting.

50362	Tue	Nov 1-Nov 29	6:30pm-8:30pm	\$90/5
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Instructor: Anny Ruch

Location: Archie Browning Sports Centre Boardroom



## 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 favorite movies in a fun and lively environment. Invite your family and friends to a performance during the final class of each session. Indulge your dreams of being a superstar!

49857	Thu	Sep 22-Oct 27	7:00-8:00pm	\$54/6
49858	Thu	Nov 3-Dec 8	7:00-8:00pm	\$54/6

Instructor: Julia French

Location: Esquimalt Recreation Centre

### NEW! Intro to Improv

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.

#### Middle School (10-14yrs)

50401	Tue	Sep 20-Oct 25	5:30-6:30pm	\$60/6
50402	Tue	Nov 1-Dec 6	5:30-6:30pm	\$60/6

#### High School (15-18yrs)

50403	Tue	Sep 20-Oct 25	6:40-7:40pm	\$60/6
50404	Tue	Nov 1-Dec 6	6:40-7:40pm	\$60/6

Instructor: Julia French

Location: l'Ecole Brodeur, Theatre



## Education & Leadership

### 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.

50429	Mon	Sep 19	9:00am-5:00pm	\$55
50430	Fri	Nov 18	9:00am-5:00pm	\$55

Location: Esquimalt Recreation Centre

### NEW! Toast Masters Class (8-17yrs)

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.

50694 Sun Sept 18-Dec 18 10:00am-11:30am

FREE to register, nominal (\$20) material fee paid to instructor

No classes Oct 9 & Nov 13

### Home Alone

The H.A.P.P.Y Program (Home Alone Program Preparing Youth) is designed to keep your child safe when they are not with an adult. The topics include: fire and emergency procedures, kitchen safety, meal prep, first aid and calling 911. Personal safety regarding telephone and internet safety, and the potential danger of strangers are also covered. Military Discount 10%

47513	Sun	Aug 14	1:00pm-4:00pm	\$30
50437	Sun	Sep 25	1:00pm-4:00pm	\$30
50438	Sat	Nov 12	9:00am-12:00pm	\$30

Location: Esquimalt Recreation Centre

Instructor: Kathy Lee

### MARK YOUR CALENDAR!

September 24 | 2:30pm-4:00pm

**FREE!** Kick Off to Ice Season

*sponsored by Coast Capital Savings*

## Music

### Guitar (7-14 yrs)

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

#### Beginner

49420	Tue	Sep 20-Oct 25	5:00pm-5:50pm	\$60/6
49421	Tue	Nov 1-Dec 6	5:00pm-5:50pm	\$60/6

#### Intermediate & Continuing

49422	Tue	Sep 20-Oct	6:00pm-6:50pm	\$60/6
49423	Tue	Nov 1-Dec 6	6:00pm-6:50pm	\$60/6

Instructor: Alberto Ubach

Location: Esquimalt Recreation Centre

## Health, Wellness & Fitness

### Essential Oils 101 (14yrs+)

Learn about essential oils and their benefits from certified Aromatherapy instructor Anny Ruch. Make your own health & beauty products and bring them home to use or share. All supplies and handouts are included in your registration fee.

#### Skin Care

50364	Tue	Oct 12	6:30-8:30pm	\$35/person
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#### Pain Relief

50365	Tue	Oct 19	6:30-8:30pm	\$35/person
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Location: Esquimalt Recreation Centre

Instructor: Anny Ruch

### NEW! Krav Maga (16+yrs)

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.

50695	Tue	Sept 13- Oct 25	6:30-7:30pm	\$70/7
50696	Tue	Nov 1-Dec 13	6:30-7:30pm	\$70/7

Location: Esquimalt Recreation Centre



### 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

50456	Tue	Sep 13-Oct 25	5:30pm-6:30pm	\$70/7
50459	Tue	Nov 1-Dec 13	5:30pm-6:30pm	\$70/7
50457	Sat	Sep 17-Oct 29	12:00pm-1:00pm	\$60/6
50460	Sat	Nov 5-Dec 17	12:00pm-1:00pm	\$70/7

#### Twice-A-Week

50458	Tue/Sat	Sep 13-Oct 29	5:30pm-6:30pm	\$130/13
50461	Tue/Sat	Nov 1-Dec 17	5:30pm-6:30pm	\$140/14

Location:

Tuesdays: Esquimalt Recreation Centre

Saturdays: L'école Victor Brodeur

### TRY FOR FREE! Speed Skating with the 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.

September 8 - March 7

Tue 6:00pm - 7:20pm • Thu 5:00pm - 6:30pm • Sat 6:15am - 7:20am

Location: Archie Browning Sports Centre

Membership Fees :

Youth (under 16): \$350

Adult: \$395

**TRY IT FOR FREE (First 3 sessions)**

FOR MORE INFORMATION ON THE CLUB AND TO REGISTER PLEASE GO TO CLUB WEBSITE:

[www.esquimaltspeedskating.org](http://www.esquimaltspeedskating.org)

### Teen Intro to the Wellness Centre(11+ yrs)

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.

49582	Thu	Aug 11-Aug 18	10:00am-12:00pm	\$25/2
49578	Sun	Aug 21-Aug 28	12:00pm-2:00pm	\$25/2
50238	Fri	Sep 16-Sep 23	5:00pm-7:00pm	\$25/2
50243	Sun	Sep 18-Sep 25	12:00pm-2:00pm	\$25/2
50239	Fri	Oct 14-Oct 21	5:00pm-7:00pm	\$25/2
50244	Sun	Oct 16-Oct 23	12:00pm-2:00pm	\$25/2
50240	Fri	Nov 18-Nov 25	5:00pm-7:00pm	\$25/2
50252	Sun	Nov 20-Nov 27	12:00pm-2:00pm	\$25/2
50245	Mon/Wed	Dec 19-Dec 21	2:00pm-4:00pm	\$25/2

Location: Esquimalt Recreation Centre

Instructor: Samantha Doney



### Affordable Opportunities for Youth

Esquimalt Parks & Recreation Youth Programs include:

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



## Creative Arts

### NEW! 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.

50393 Wed Nov 2-Dec 7 1:00pm-3:00pm \$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. Part 2 takes you further into developing an understanding of your creative process. Workbook techniques covered will include page extensions and modifications, paper decoration, stamping & reduction poetry. Artist trading cards, printmaking, image and acrylic skin transfer will all be examined. 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.

#### Part 1

50056 Fri Sep 16-Oct 21 2:00pm-3:30pm \$66/6

#### Part 2

50057 Fri Oct 28-Dec 9 2:00pm-3:30pm \$66/6

Location: Esquimalt Recreation Centre  
Instructor: Tony Bounsall

### Digital Photography - Basics & Beyond

Learn framing, lighting & editing techniques for better digital photo results. New Your Institute of Photography Grad Anny Ruch will teach you how to maximize your camera's settings, take you on a China Town photowalk, and provide you with tips, tricks & coaching in a fun & supportive setting.

50362 Tue Nov 1-Nov 29 6:30pm-8:30pm \$90/5

Location: Esquimalts Archie Browning Sports Centre, Boardroom  
Instructor: Anny Ruch

### 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

49442 Thu Nov 10-Dec 15 6:30pm-8:00pm \$66/6

#### Beyond the Basics

50388 Thu Sep 22-Oct 27 6:30pm-8:00pm \$66/6

Location: Esquimalt Recreation Centre  
Instructor: Jim Genovese

### MARK YOUR CALENDAR!

December 4 | 6:00pm-8:00pm

**FREE!** Celebration of Lights

*details on page 12 & see website as event approaches: [esquimalt.ca/events](http://esquimalt.ca/events)*

## 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.

49444	Mon	Sep 19-Oct 31	1:00pm-3:00pm	\$45/6
49445	Mon	Nov 7-Dec 12	1:00pm-3:00pm	\$45/6

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. Classes do not run on Halloween & long weekends.

50341	Mon	Sep 19-Nov 7	6:45pm-8:30pm	\$66/6
50342	Mon	Nov 14-Dec 19	6:45pm-8:30pm	\$66/6

Location: Esquimalt Recreation Centre

Instructor: Joel Skogman

## 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.

49888	Mon	Sep 19-Nov 7	6:45pm-8:30pm	\$72/6
49893	Wed	Sep 21-Oct 26	10:15am-12:00pm	\$72/6
49889	Mon	Nov 14-Dec 19	6:45pm-8:30pm	\$72/6
49894	Wed	Nov 2-Dec 7	10:15am-12:00pm	\$72/6

Location: Esquimalt Recreation Centre

Instructor: Richard Wong

## MARK YOUR CALENDAR!

November 18-19 19:00am-3:00pm

**FREE ADMISSION!**

**Esquimalt Creative Knitters & Crafters  
Christmas Sale**

*details on page 12 & see website as event  
approaches: [esquimalt.ca/events](http://esquimalt.ca/events)*

## NEW! 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.

49440	Wed	Sep 21-Oct 26	1:00pm-3:00pm	\$72/6
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Location: Esquimalt Recreation Centre

Instructor: Dixie Macuisdin

## Cooking

### NEW! Flavors of Punjab

Prepare traditional Punjabi food with Manjit Dhaliwal, a native of Northern India. Classes include both demonstrations and hands on cooking so bring an apron! The course outline is as follows:

- Week 1 - Vegetarian samosas in hand-rolled pastry, with a mint chutney. Time-permitting, we may fry up a batch of veggie pakoras too.
- Week 2 - Everyone's favourite, butter chicken... from scratch! Served with Basmati rice, raita (yogurt condiment) and a tomato daikon salad.
- Week 3 - Vegetarian subzi of potato and cauliflower. Served with roti, paratha (a variation of roti), and coconut chutney.

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)!

50394	Fri	Oct 14-Oct 28	7:00pm-9:00pm	\$85/3
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Location: Esquimalt United Church, Rainbow Kitchen

Instructor: Manjit Dhaliwal



# Dance

## Country 2-Step

Learn the cornerstone of Country Dance in a fun and lively atmosphere! This popular form of country partner dance is derived from the American Foxtrot. Country 2 step features spins, turns and weaves as it travels around the dance floor. For more information visit [www.countrydancevictoria.com](http://www.countrydancevictoria.com)

### Beginner

50343	Wed	Sep 21-Oct 26	7:00pm-8:00pm	\$59/6
50344	Wed	Nov 2-Dec 7	7:00pm-8:00pm	\$59/6

### Beyond Beginner

50369	Wed	Sep 21-Oct 26	8:00pm-9:00pm	\$59/6
50370	Wed	Nov 2-Dec 7	8:00pm-9:00pm	\$59/6

Location: Esquimalt Recreation Centre, Jubilee Hall

Instructor: Carole Mason



## 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

50068	Mon	Sep 19-Oct 24	7:00pm-8:00pm	\$45/5
50073	Mon	Sep 19-Oct 24	2:30pm-3:30pm	\$45/5
50069	Mon	Nov 7-Dec 12	7:00pm-8:00pm	\$54/6
50389	Mon	Nov 7-Dec 12	2:30pm-3:30pm	\$54/6

### Beyond Beginner

50079	Mon	Sep 19-Oct 24	8:00pm-9:00pm	\$45/5
50080	Mon	Nov 7-Dec 12	8:00pm-9:00pm	\$54/6

Location: Esquimalt Recreation Centre

Instructor: Carole Mason

# Education

## NEW! Intro to the iPad

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

50374	Thu	Sep 29-Oct 27	1:00pm-2:30pm	\$55/5
50375	Thu	Nov 3-Dec 1	1:00pm-2:30pm	\$55/5

Location: Esquimalt Recreation Centre

Instructor: Monica McGarrigle

## E & R Ballroom Dance Classes

Register for one or more ballroom dance classes and learn dance skills you can enjoy throughout your lifetime. Classes are taught in a fun and social atmosphere and are suitable for both beginners and experienced dancers wanting to refresh dance skills. Contact us before registering if you don't have a partner.

### Social Ballroom Level 1

These classes provide an introduction to the world of ballroom, Latin and swing dance styles. A variety of basic, easy steps for the most popular dance styles will be covered.

50058	Tue	Sep 27-Nov 29	7:00pm-8:00pm	\$90/10
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### Swing

Probably the most popular dance ever invented! Lively, fun, good exercise, great music. Swing basics are introduced in the beginner class and variations are added in the intermediate class to spice things up.

### Beginner Basics

50059	Tue	Sep 27-Oct 25	8:00pm-9:00pm	\$45/5
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### Swing Intermediate Variations

50067	Tue	Nov 1-Nov 29	8:00-9:00pm	\$45/5
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Instructor: Ron Smailes, E & R Ballroom Dance Society

Location: Esquimalt Recreation Centre

## Gardening

### Make a Winter Flower & Spring Bulb Container

Create your own winter flowering planter with layers of bulbs to surprise and delight you in the the Spring! Learn container gardening tips & tricks to keep all of your planters looking their best throughout the year. Bulbs, plants, container & all materials are provided.

50478 Sat Nov 5 10:30am-11:30am \$35

Location: Esquimalt Recreation Centre

Instructor: Jessica Kleinsteuber

## Health & Wellness

### Essential Oils 101

Learn about essential oils and their benefits from certified Aromatherapy instructor Anny Ruch. Make your own health & beauty products and bring them home to use or share. All supplies and handouts are included in your registration fee.

#### Skin Care

50364 Wed Oct 12 6:30pm-8:30pm \$35

#### Pain Relief

50365 Wed Oct 19 6:30pm-8:30pm \$35

#### Care for Children & Babies

50366 Wed Oct 26-Oct 26 6:30pm-8:30pm \$35

Location: Esquimalt Recreation Centre

Instructor: Anny Ruch

### MARK YOUR CALENDAR!

September 24 | 2:30pm-4:00pm

**FREE!** Kick Off to Ice Season

*sponsored by Coast Capital Savings*

## Language

### NEW! Japanese for Beginners

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. All participants are charged \$7 to cover the cost of handouts (to be paid directly to instructor during first class).

50398 Tue Sep 20-Oct 25 7:30pm-8:30pm \$54/6

50399 Tue Nov 1-Dec 13 7:30pm-8:30pm \$54/6

Location: Esquimalt Recreation Centre

Instructor: Daisuke Haruki

### Spanish

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

#### Beginner

50292 Wed Oct 5-Nov 2 5:45pm-7:15pm \$55/5

50295 Wed Nov 9-Dec 7 5:45pm-7:15pm \$55/5

#### Beyond Beginner

50298 Wed Oct 5-Nov 2 7:30pm-9:00pm \$55/5

50301 Wed Nov 9-Dec 7 7:30pm-9:00pm \$55/5

Location: Archie Browning Sports Centre, Boardroom

Instructor: Marie-Helen La Rocque

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## 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. (When you're ready): Continuing classes build on your skills with reading tablature, lead guitar techniques and more sophisticated songs.

#### Fundamentals

49454	Fri	Sep 16-Oct 21	5:30pm-6:15pm	\$66/6
49455	Fri	Oct 28-Dec 9	5:30pm-6:15pm	\$66/6

#### Continuing

49459	Fri	Sep 16-Oct 21	6:30pm-7:15pm	\$66/6
49460	Fri	Oct 28-Dec 9	6:30pm-7:15pm	\$66/6

Location: Esquimalt Recreation Centre

Instructor: Peter Grealey

### Keyboarding - Fundamentals

Learn basic keyboarding skills, scales, chords and melodies. Play simple tunes you know and enjoy while coordinating with both hands.

49449	Fri	Sep 16-Oct 21	7:30pm-8:15pm	\$66/6
49450	Fri	Oct 28-Dec 9	7:30pm-8:15pm	\$66/6

Location: Esquimalt Recreation Centre

Instructor: Peter Grealey

### MARK YOUR CALENDAR!

December 8-26 | 9:00am-3:00pm

**EXPERIENCE THE MAGIC!**

**Esquimalt's Live Christmas Tree Village**

*details on page 13 & see website as event*

*approaches: [esquimalt.ca/events](http://esquimalt.ca/events)*



### Percussion

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.

50314	Sun	Sep 18-Nov 6	1:00pm-1:45pm	\$60/6
50315	Sun	Nov 20-Dec 25	1:00pm-1:45pm	\$60/6

Location: Esquimalt Recreation Centre

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 to class until your second class). An additional \$5 (non-refundable) course manual fee is charged at registration time.

50023	Tue	Sep 27-Nov 15	6:30pm-7:30pm	\$64/8
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Location: Esquimalt Recreation Centre

Instructor: Jamyang Lodto

## Photography

### Photography – Basics & Beyond

Learn framing, lighting & editing techniques for better digital photo results. New Your Institute of Photography Grad Anny Ruch will teach you how to maximize your camera's settings, take you on a China Town photowalk, and provide you with tips, tricks & coaching in a fun & supportive setting.

50362 Tue Nov 1-Nov 29 6:30pm-8:30pm \$90/5

Instructor: Anny Ruch

Location: Archie Browning Sports Centre, Boardroom

## Sports

### 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.

50435 Thu Sep 22-Oct 27 6:30pm-11:00pm  
\$257.14/team • \$45/individual for 6 sessions

50436 Thu Nov 3-Dec 8 6:30pm-11:00pm  
\$249/team • \$45/individual for 6 sessions

Location: L'Ecole Brodeur School



### NEW! Krav Maga (16+yrs)

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.

50695 Tue Sept 13-Oct 25 6:30-7:30pm \$70/7

50696 Tue Nov 1-Dec 13 6:30-7:30pm \$70/7

Location: Esquimalt Recreation Centre

### 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

50456 Tue Sep 13-Oct 25 5:30pm-6:30pm \$70/7

50459 Tue Nov 1-Dec 13 5:30pm-6:30pm \$70/7

50457 Sat Sep 17-Oct 29 12:00pm-1:00pm \$60/6

50460 Sat Nov 5-Dec 17 12:00pm-1:00pm \$70/7

#### Twice-A-Week

50458 Tue/Sat Sep 13-Oct 29 5:30pm-6:30pm \$130/13

50461 Tue/Sat Nov 1-Dec 17 5:30pm-6:30pm \$140/14

Location:

Tuesdays: Esquimalt Recreation Centre

Saturdays: L'Ecole Victor Brodeur

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### 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. Drop in \$7 per class. Classes take place at L'Ecole Brodeur

50489	Thu	Sep 29-Nov 3	7:15pm-8:15pm	\$30/6
50490	Thu	Nov 10-Dec 15	7:15pm-8:15pm	\$30/6

Drop In Available: \$7/class

Location: L'Ecole Brodeur School

### NEW! 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. Drop in, \$7/class.

#### REGISTER FOR THE SESSION & SAVE!

50664	Tue	Sept 13-Oct 25	7:30-8:30pm	\$30/7
50665	Tue	Nov 1-Dec 13	7:30-8:30pm	\$30/7

Location: Esquimalt Recreation Centre

### Western Martial Arts - Longsword Combat

Obtain skill in longsword 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!

50497	Thu	Sep 29-Nov 3	8:15pm-9:15pm	\$30/6
50498	Thu	Nov 10-Dec 15	8:15pm-9:15pm	\$30/6

Drop In Available: \$7/class

Location: 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](http://www.esquimalt.ca/schedules) for "real time" schedule. All program take place at the Esquimalt Recreation Centre unless otherwise indicated.

Pickle Ball	Indoor Soccer	Floor Hockey	Outdoor Soccer	Volleyball	Basketball
Mondays 1:15pm-3:15pm	Tuesdays 8:45pm-10:00pm	Mondays 8:30pm-10:30pm	Thursdays 9:15pm-10:30pm	EVERYONE WELCOME: Thursdays 7:45pm-9:45pm	Sundays 6:45pm-8:30pm
Tuesdays 1:15pm-3:15pm	Sundays 8:45pm-10:00pm		*Weather permitting. Cleats and shin pad mandatory. Please note the last day of this outdoor program is Sept 1.	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



## 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

### Buddhist Meditation

Discover the power of meditation to feel less stressed, think more positively and creatively in the face of problems and difficulties, and respond more openly towards others. Ongoing classes are appropriate for all levels of experience. Chairs are provided for all sessions. Each class begins with a short guided meditation followed by a discussion on a particular aspect of Buddhist meditation. A brief refreshment break is followed by a longer meditation focused on that evening's discussion. No previous experience in meditation is needed to join. Drop-in is \$10/class. Classes are led by Sachi Tamura of the Bodhichitta Buddhist Centre.

49368	Wed	Sep 7-Oct 5	7:15pm-8:45pm	\$40/5
49369	Wed	Oct 19-Dec 7	7:15pm-8:45pm	\$64/8
49373	Fri	Sep 9-Sep 30	12:00pm-1:30pm	\$32/4
49374	Fri	Oct 21-Dec 9	12:00pm-1:30pm	\$56/7

Location: Esquimalt Recreation Centre

Instructor: Sachi Tamura

### Foot Care Clinic

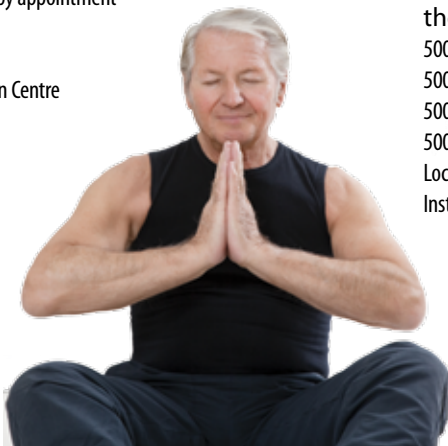
Book an appointment for our foot care clinic with Esthetician Donna Wildeman by calling our Rec Centre's front desk 250.412.8500. Each appointment is 30 minutes in length and includes a foot soak and toenail clipping in a comfortable and private atmosphere. You can also have your fingernails clipped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

Tue 11:00am-2:00pm by appointment

\$30 per 30 minute session

Esthetician: Donna Wildeman

Location: Esquimalt Recreation Centre



### Minds in Motion

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

50202	Wed	Sep 7-Oct 26	1:30pm-3:00pm	\$52/8
50203	Wed	Nov 2-Dec 21	1:30pm-3:00pm	\$52/8

Location: Esquimalt Recreation Centre

### Qi Gong - Gentle (chair)

Improve health, balance, range of motion and stamina with Qi Gong. Learn a simple and gentle sequence of 18 flowing movements that can be performed in a seated or standing position, suitable for all ages. Register for the session & SAVE! Or, enjoy the flexibility of drop in. Please note drop-in option is available only once the minimum registration has been met.

50197	Wed	Sep 14-Oct 26	1:30pm-2:30pm	\$35/senior • \$45.50/adult for 7 sessions
50198	Wed	Nov 2-Dec 14	1:30pm-2:30pm	\$35/senior • \$45.50/adult for 7 sessions

Location: Esquimalt Recreation Centre

Instructor: Brenda Davie

### 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.

50086	Mon	Sep 19-Oct 31	1:15pm-2:00pm	\$45/6
50087	Mon	Nov 7-Dec 19	1:15pm-2:00pm	\$52.50/7
50088	Wed	Sep 14-Oct 26	1:15pm-2:00pm	\$52.50/7
50089	Wed	Nov 2-Dec 21	1:15pm-2:00pm	\$60/8

Location: Esquimalt Recreation 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.



### Saltwest Farm Tour & West Coast Grill

Thu Sep 8 \$35

### Mitchell's Farm Stop & Walk along Island View Beach

Tue Sep 13 \$20

### Folki Herb Farm & Brew Pub Lunch

Tue Sep 20 \$40

### Chemainus Theatre, A Lovely Sunday for Creve Coeur

Sat Sep 24 \$120

### Rocky Point Bird Observatory & Lunch at My Chosen Café

Tue Sep 27 \$40

### Saturna Island Overnight

Tue/Wed Oct 4-5 \$195

### Saanich Inlet Eco Cruise & Lunch at Brentwood Bay Pub

Mon Oct 24 \$68

### Chemainus Theatre, Hilda's Yard

Sat Oct 29 \$120

### BC Aviation Museum & Lunch at Mary's

Tue Nov 1 \$25

### Shaw Ocean Discover Centre & Lunch at Sabhai Thai

Thu Nov 17 \$35

### Chemainus Theatre, A Christmas Story

Sat Nov 2 \$120

### Songhees Wellness Centre & Lunch

Thu Dec 1 \$30

### Westin Bear Mountain Resort & Lunch

Thu Dec 15 \$20

## SPECIAL EVENTS

### Creative Knitters & Crafters Sale

Find unique, hand-crafted items for your family and friends during our annual Creative Knitters & Crafters Sale. Knitted items, handmade greeting cards and a wide assortment of gift ideas will be for sale! All items are handmade by our weekly Seniors groups; sales from this sale support our Seniors programs.

49464 Fri/Sat Nov 18 & 19 9:00am-3:00pm Free admission

Location: Esquimalt Rec Centre, Atrium

### Seniors Appreciation Day

Celebrate Seniors Appreciation Day with us! Enjoy entertainment, refreshments & snacks while visiting with friends and neighbours. This event is for seniors 50 yrs+ and is free. Pre-registration is required through our front desk 250-412-8500.

49465 Wed Oct 19 10:00am-12:00pm

Location: Esquimalt Rec Centre, Atrium

### Seniors Christmas Luncheon

Celebrate the season with us! Enjoy time with friends, entertainment, a traditional turkey dinner and a Christmas carol sing-along.

49466 Fri Dec 9 12:00-1:30pm \$17/person

Location: Esquimalt Rec Centre, Atrium



# Drop In Social Programs

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Conversation Café</b> 10:00AM-11:30AM (cancelled most stat holidays)	<b>Mexican Train Dominoes</b> 12:30PM-2:30PM	<b>Creative Crafters</b> 9:30AM-11:30AM	<b>Writer's Group</b> 10:00AM-12:00PM	<b>Scrabble</b> 10:00AM-12:00PM
<b>Bridge</b> 1:00PM-3:30PM	<b>Blood Pressure Clinic</b> 2nd & 4th Tuesday 1:00PM-3:00PM Sept-June	<b>Bring Your Own Lunch &amp; Social</b> 12:00PM-1:00PM	<b>Euchre</b> 12:30PM-3:00PM	<b>Community Walking Group</b> 10:00AM-11:15AM Meet in Rec Centre Atrium
<b>Duplicate Bridge</b> 1:00PM-3:00PM (cancelled stat holidays)	<b>Foot Care Clinic</b> 12:30pm-3:00pm 30min appts/\$30 Must pre-register through our reception desk.	<b>NEW! Canasta</b> 1:00PM-3:00PM Starts September 14th!	<b>Bridge</b> 1:00PM-3:30PM	<b>Cribbage</b> 1:00PM-3:00PM
<b>Mah Jong</b> 12:30PM-3:00PM	<b>Chess</b> 1:00PM-3:00PM	<b>Knit &amp; Crochet</b> 1:15PM-3:15PM	<b>Court Whist</b> 1:00PM-3:00PM	
	<b>Rumoli</b> 1:00PM-3:00PM	Schedules are subject to change. Schedules available in "real time" online at <a href="http://esquimalt.ca/schedules">esquimalt.ca/schedules</a> or pick up our 1-page monthly flyer at the Esquimalt Recreation Centre.		
	<b>Ukulele Club</b> 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.

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## Wellness Centre Schedule

<b>Facility Hours</b>	5:30am-10:30pm Monday-Sunday
<b>Wellness Centre Orientations</b>	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
<b>Fitness Assessments</b>	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
<b>Personal Training</b>	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, 1 Pass = Over \$2000 Value Monthly scheduled payments available on Regional Pass, \$25.00 administrative fee applies.							\$492.00

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

# PERSONAL TRAINING



## Our Certified Personal Trainers get you results NOW!

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

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



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



### ADVANCED PACKAGES

#### RESULTS

- 12 Hours (\$42.50/hr)
- \$510 (private)
- \$255/person (2 people)
- Fitness Assessment: cardio, strength, measurements, flexibility
- Schedule planning your "fitness" week
- 12 hours of Personal Training
- BONUS!** 6 complementary facility admissions

#### RESULTS PLUS

- 20 hours (\$37.50/hr)
- \$750 (private)
- \$375/person (2 people)
- Fitness Assessment: cardio, strength, measurements, flexibility
- Schedule planning your "fitness" week
- 20 hours of Personal Training
- **BONUS!** 10 complementary facility admissions

### THE 3 MONTH PLAN

- 3-month investment for just \$99/month!
- During the initial four weeks: Weekly 1 hour sessions with a Certified Personal Trainer to develop and adapt your best program
- After the initial four weeks: Weekly 30-minute follow up sessions or Bi-weekly 1 hour sessions to monitor and enhance your program
- Add on UNLIMITED Facility Access: \$25/month

### Hourly Sessions

#### PRIVATE/ SEMI-PRIVATE

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

### AQUATIC PERSONAL TRAINING

- \$50/hr (private)
- Ideal for those who would like to start swimming, advance their skills, cross-train and those who are recovering from injury.
- Can be combined with any personal training package.





## Drop In Fitness Classes

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

## Schedule 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](mailto: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			<b>NEW TIME!</b> Bootcamp (C)	H.I.I.T.		





# Drop In Fitness Class

## Descriptions

### BellyFit

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

### Bootcamp

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

### Circuit & Stretch

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

### H.I.I.T

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

### Mixed Interval Challenge

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

### Osteo Fit

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

### Power Circuit

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

### SPIN

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

### Stretch & Strength

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

### Total Aerobic Challenge

Gets you moving with fun and easy to follow combinations.

### Total Body Challenge

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

### Total Body Conditioning

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

### Total Step Challenge

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

### Yogalates

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

### Yoga

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

[Schedules subject to change](#)

[esquimalt.ca/schedules](http://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.

### 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!

50100	Tue	Sep 20-Oct 25	10:15am-11:30am	\$54/6
50101	Tue	Nov 8-Dec 20	10:15am-11:30am	\$63/7
50108	Thu	Sep 22-Oct 27	10:30am-11:45am	\$54/6
50109	Thu	Nov 10-Dec 22	10:30am-11:45am	\$63/7

Location: Esquimalt Recreation Centre  
 Instructor: Emma Sproule

### Kettlebells

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

50154	Tue	Sep 20-Nov 1	7:00pm-8:00pm	\$49/6
50155	Tue	Nov 1-Dec 6	7:00pm-8:00pm	\$49/5

Location: Esquimalt Recreation Centre  
 Instructor: Samantha Doney

### Mom and Babe Circuit Training

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

50121	Tue	Sep 20-Oct 25	11:45am-12:45pm	\$36/6
50122	Tue	Nov 8-Dec 20	11:45am-12:45pm	\$42/7

Location: Esquimalt Recreation Centre  
 Instructor: Emma Sproule

### Move It

Move It! Can you feel the pulsation of the music? Do you crave the beat? Then don't miss this sweat inducing, total body workout, once a month, only. Anything goes, as long as you MOVE IT! Regular drop in admission rate applies or, free with your Esquimalt Recreation or Regional Recreation Pass.

50218	Fri	Sep 16	5:30pm-6:30pm	\$5.75
50219	Fri	Oct 21	5:30pm-6:30pm	\$5.75
50220	Fri	Nov 18	5:30pm-6:30pm	\$5.75

Location: Esquimalt Recreation Centre  
 Instructor: Marcia Semenoff

### Nordic Pole Walking- Introduction

Join Ann for this introduction to Nordic pole walking. She will teach the technique, and then put it in to practice over two weeks of walking with coaching! Poles are not included, but we will have some for you to try.

50188	Tue	Sep 13-Sep 20	11:00am-12:00pm	\$20/2
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Location: Esquimalt Recreation Centre  
 Instructor: Ann Henslowe

### Nordic Pole Walking & Stretch

Join Ann, our certified Pole Walker instructor who will introduce the technique of Nordic pole walking. Nordic pole walking uses up to 90% of muscles and is a whole body work out! Each session will involve a walk through our neighbourhoods and park spaces followed by a long stretch. Limited poles available, please request at time of registration.

50191 Tue Sep 27-Oct 25 12:00pm-1:00pm \$37.50/5  
 Location: Esquimalt Recreation Centre  
 Instructor: Ann Henslowe

### The Challenge

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

50279 Tue Sep 13-Oct 25 6:00pm-6:45pm \$49/7  
 50280 Tue Nov 1-Dec 13 6:00pm-6:45pm \$49/7  
 Location: Esquimalt Recreation Centre  
 Instructor: Samantha Doney

### 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.)

50184 Thu Sep 8-Sep 29 1:30pm-2:30pm \$40/4  
 50185 Thu Oct 6-Oct 27 1:30pm-2:30pm \$40/4  
 50186 Thu Oct 30-Nov 24 1:30pm-2:30pm \$40/4  
 50187 Thu Dec 1-Dec 22 1:30pm-2:30pm \$40/4  
 50503 Mon Sep 5-Sep 26 12:05pm-12:50pm \$40/4  
 50504 Mon Oct 3-Oct 31 12:05pm-12:50pm \$40/5  
 50505 Mon Nov 7-Nov 28 12:05pm-12:50pm \$40/4  
 50506 Mon Dec 5-Dec 19 12:05pm-12:50pm \$30/3  
 50508 Thu Sep 8-Oct 20 7:00pm-7:45pm \$70/7  
 50509 Thu Nov 2-Dec 14 7:00pm-7:45pm \$70/7

Location: Esquimalt Recreation Centre  
 Instructor:  
 Monday and Thursday Afternoon: Marcia Semenoff  
 Thursday Evening: Samantha Doney

### 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.

50150 Mon Sep 12-Oct 3 5:15pm-6:00pm \$26/4  
 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.

50030 Tue/Thu Nov 8-Dec 15 6:00pm-7:00pm  
 Before Oct 21: \$135/12 • After Oct 21 \$155/12  
 Location: L'Ecole Brodeur School

### 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.

50086 Mon Sep 19-Oct 31 1:15pm-2:00pm \$45/6  
 50087 Mon Nov 7-Dec 19 1:15pm-2:00pm \$52.50/7  
 50088 Wed Sep 14-Oct 26 1:15pm-2:00pm \$52.50/7  
 50089 Wed Nov 2-Dec 21 1:15pm-2:00pm \$60/8

Location: Esquimalt Recreation Centre  
 Instructor: Ann Henslowe

### Spin - Indoor Cycling

#### 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.

50231 Tue Sep 13-Oct 25 6:15pm-7:30pm \$70/7  
 50232 Tue Nov 1-Dec 20 6:15pm-7:30pm \$80/8

Location: Archie Browning Sports Centre  
 Instructor: Esther Bendall



## Spin - Indoor Cycling

### 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.

50224	Mon	Sep 12-Oct 17	5:30pm-6:45pm	\$66/6
50225	Mon	Nov 7-Dec 19	5:30pm-6:45pm	\$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 if space permits, \$9.

50112	Tue	Sep 20-Oct 25	9:00am-10:00am	\$48/6
50113	Tue	Nov 8-Dec 20	9:00am-10:00am	\$56/7

Location: Archie Browning Sports Centre

Instructor: Emma Sproule

### NEW! Spin- 50+ Spin

New to Spin or looking for a gentler class? Learn how to set up the bike to fit your body so you can progress into indoor cycling comfortably. Gradually build muscle endurance in the legs and gain amazing cardio benefits in the process. Class will end with a long, deep stretch. Drop in when space available, \$9.

50194	Thu	Sep 15-Oct 27	2:45pm-3:45pm	\$49/7
50195	Thu	Nov 3-Dec 15	2:45pm-3:45pm	\$49/7

Location: Esquimalts Archie Browning Sports Centre

Instructor: Ann Henslowe

### Spin & Core for Mom and Babe (with Kinderym)

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 Kinderym 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. Kinderym runs 10:30-11:00am.

50684	Mon	Sep 19-Oct 31	11:00-11:45am	\$42/6
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\*No Session Oct 10

50684	Mon	Nov 7-Dec 12	11:00-11:45am	\$42/6
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Location: Archie Browning Sports Centre

## Yoga & Pilates

### Core Yoga

This class will introduce you to a new concept of movement to connect to your 'whole body core'. Explore the Tensegirty Repair Series and yoga asana to increase mobility, flexibility, stability and strength. Learn to connect to the power within to be stronger and more resilient while working less. Great class for experienced practitioners who want to deepen their yoga practice, as well as for students with no experience who want explore a new way of movement.

50671	Tue	Sep 13-Oct 25	12:00pm-1:00pm	\$70/7
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Location: Esquimalt Recreation Centre

Instructor: Marisela Martinez

### 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!

50032	Tue	Sep 6-Sep 27	9:30am-10:45am	\$24/4
50034	Thu	Sep 1-Sep 29	1:15pm-2:30pm	\$30/5
50033	Tue	Oct 4-Oct 25	9:30am-10:45am	\$24/4
50035	Thu	Oct 6-Oct 27	1:15pm-2:30pm	\$24/4
50036	Tue	Nov 1-Nov 29	9:30am-10:45am	\$30/5
50037	Thu	Nov 3-Nov 24	1:15pm-2:30pm	\$24/4
50038	Tue	Dec 6-Dec 27	9:30am-10:45am	\$24/4
50040	Thu	Dec 1-Dec 29	1:15pm-2:30pm	\$30/5

Location: Esquimalt Recreation Centre

Instructor: Moira Tait

### NEW! Mindful 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!

50316	Mon	Sep 19-Oct 31	11:00am-12:00pm	\$48/6
50317	Mon	Nov 7-Dec 19	11:00am-12:00pm	\$56/7

Location: Esquimalt Recreation Centre

Instructor: Janice Arnot

**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.

50127 Wed Sep 21-Oct 26 5:30pm-6:25pm \$57/6  
 50128 Wed Nov 9-Dec 21 5:30pm-6:25pm \$66.50/7

Location: Esquimalt Recreation Centre

Instructor: Emma Sproule

**Pilates- Beginner/Intermediate**

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

50142 Fri Sep 23-Oct 28 5:00pm-6:00pm \$57/6  
 50144 Fri Nov 18-Dec 23 5:00pm-6:00pm \$57/6

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.

50134 Wed Sep 21-Oct 26 6:30pm-7:25pm \$57/6  
 50135 Wed Nov 9-Dec 21 6:30pm-7:25pm \$66.50/7

Location: Esquimalt Recreation Centre

Instructor: Emma Sproule

**Therapeutic Yoga**

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

50326 Tue Sep 13-Oct 25 7:45pm-9:15pm \$77/7  
 50327 Tue Nov 8-Dec 20 7:45pm-9:15pm \$77/7

Location: Esquimalt Recreation Centre

**Yin Yoga with Allana**

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

50289 Thu Sep 15-Nov 3 6:30pm-8:00pm \$77/7

Location: Esquimalt Recreation Centre

Instructor: Allana McConachy

**Yoga for Runners**

Designed for participants who are looking for a yoga class to complement their running. Whether you are a runner, cyclist, or simply an aspiring athlete, you'll benefit from this yoga practice that will help you develop strength, flexibility, and balance. Learn to move mindfully on and off the mat, improve your efficiency, and recover faster. Drop-in's welcome if space permits.

50350 Wed Sep 14-Oct 19 5:30pm-6:45pm \$60/6  
 50351 Wed Nov 2-Dec 7 5:30pm-6:45pm \$60/6

Location: Esquimalt Recreation Centre

Instructor: Sarah Cook

**ISLAND FITNESS CONFERENCE**  
 Presented by **FITNESS TOWN**  
 Your Fitness Equipment Experts.

<p><b>FRI NOVEMBER 4<sup>TH</sup></b>                  PRE CONFERENCE                  Queenax Playground  <a href="http://www.precor.com/en-ca/queenax">www.precor.com/en-ca/queenax</a>  <b>ERICA TILLINGHAST</b>                  at West Shore Parks &amp; Recreation                  1767 Island Highway, Victoria</p>	<p><b>SAT NOVEMBER 5<sup>TH</sup></b>                  FEATURE PRESENTER  <b>DR. DEAN KRIELLAARS</b>                  at PISE                  (Pacific Institute for Sport Excellence)                  4371 Interurban Road, Victoria</p>	<p><b>SUN NOVEMBER 6<sup>TH</sup></b>                  FEATURE PRESENTER  <b>SGT KEN</b>                  Victoria Conference Centre                  720 Douglas Street, Victoria</p>
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Credits Available from BCRPA, CSEP, BCAA, NSCA, CATA, ACSM and NFPT  
**WWW.ISLANDFITNESSCONFERENCE.COM**

**GROUP FITNESS, PERSONAL TRAINING AND REHABILITATION CONFERENCE & TRADE SHOW**



## Pool Schedule

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

## Drop In WaterFit Classes

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

### Shallow

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

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

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

### Deep

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

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

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

### Cardio Conditioning

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

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

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

Low intensity, no impact (Beginner)

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

Mon/Wed	10:35am-11:25am
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### Foundations +

Moderate intensity, low impact (Beginner to Advanced)

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

Fri	10:35am-11:25am
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### Cardio Blast

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

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

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

Moderate intensity, moderate impact (Beginner to Advanced)

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

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

## Registered Aquatic Fitness

### NEW! 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.

50666	Tue	Sep 20-Oct 25	6:15am-7:00am	\$36/6
50667	Tue	Nov 1-Dec 6	6:15am-7:00am	\$36/6

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.

50668	Thu	Sep 22-Oct 27	6:15am-7:00am	\$36/6
50670	Thu	Nov 3-Dec 3	6:15am-7:00am	\$36/6

Instructor: Ann Henslowe

### Parent with Baby Bootcamp

The perfect afternoon for you and your little one (aged 6-24 months)! Enjoy a modified Bootcamp H2O class in the pool where your little ones participate with you floating in the dolphin seats and engaged in activities.

50692	Thu	Sep 22-Oct 27	2:30pm-3:00pm	\$30/6
50693	Thu	Nov 3-Dec 8	2:30pm-3:00pm	\$30/6

Instructor: Ann Henslowe

### Pre/Post Natal

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

50676	Thu	Oct 6-Oct 27	6:00pm-7:00pm	\$28/4
50677	Thu	Nov 3-Nov 24	6:00pm-7:00pm	\$28/4
50678	Thu	Dec 1-Dec 22	6:00pm-7:00pm	\$28/4

### 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.

50086	Mon	Sep 19-Oct 31	1:15pm-3:00pm	\$45/6
50087	Mon	Nov 7-Dec 19	1:15pm-3:00pm	\$52.50/7
50088	Wed	Sept 14-Oct 26	1:15pm-3:00pm	\$52.50/7
50089	Wed	Nov 2-Dec 21	1:15pm-3:00pm	\$60/8

Instructor: Ann Henslowe



## 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.

50510	Mon/Wed	Sep 19-Oct 19	7:00pm-8:00pm	\$35/5
50511	Mon/Wed	Oct 24-Nov 16	7:00am-8:00am	\$28/4
50512	Mon/Wed	Nov 21-Dec 14	7:00pm-8:00pm	\$28/4
50513	Sat	Sep 17-Oct 29	7:00am-8:00am	\$49/7
50514	Sat	Nov 5-Dec 17	7:00am-8:00am	\$49/7

### 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.

50525	Mon/Wed	Sep 19-Oct 19	7:00pm-8:00pm	\$35/5
50526	Mon/Wed	Oct 24-Nov 16	7:00pm-8:00pm	\$28/4
50527	Mon/Wed	Nov 21-Dec 14	7:00pm-8:00pm	\$28/4
50528	Sat	Sep 17-Oct 29	7:00am-8:00am	\$49/7
50529	Sat	Nov 5-Dec 17	7:00am-8:00am	\$49/7

### 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.

50543	Mon/Wed	Sep 19-Oct 19	7:00pm-8:00pm	\$35/5
50544	Mon/Wed	Oct 24-Nov 16	7:00pm-8:00pm	\$28/4
50545	Mon/Wed	Nov 21-Dec 14	7:00pm-8:00pm	\$28/4
50546	Sat	Sep 17-Oct 29	7:00am-8:00am	\$49/7
50547	Sat	Nov 5-Dec 17	7:00am-8:00am	\$49/7



# Swim here.

## Swim Lessons

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

### Are you new to swim lessons?

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

## Lesson Availability

### Once-A-Week

Tuesdays  
Sept 20 – Nov 15 (9)

Wednesday  
Sept 21 – Nov 16 (9)

Fridays Sept 23 – Nov 18 (8)  
\* no lesson November 11

Saturdays  
Sept 17 – Oct 29 (7)  
Nov 5 – Dec 17 (7)

Sunday (am and pm)  
Sept 18–Oct 30 (7)  
Nov 6 – Dec 18 (7)

### Twice-A-Week

Tuesday/Thursday  
Sept 20 – Oct 13 (8)

Tuesday/Thursday  
Oct 18 – Nov 10 (8)

Tuesday/Thursday  
Nov 15–Dec 8 (8)

### Registered Private Lessons

Mondays  
Sept 19 - Nov 14 (8)

Thursdays Sept 22 – Nov 16 (9)

#### Mini Sets:

Monday: Nov 21-Dec 12(4)

Tuesday: Nov 22 - Dec 13(4)

Wednesday: Nov 23-Dec 14 (4)

Thursday: Nov 24-Dec 15 (4)

Friday: Nov 25 - Dec 16(4)

Saturday: Nov 26-Dec 17 (4)

Sunday (pm): Sept 22 - Nov 17 (9)

Nov 27-Dec 18 (4)

\*\* See Pricing for Registered Privates on Page 53.

## Pricing

**30-minute preschool & school-aged**  
\$4.85/lesson

Red Cross Parented and Preschool levels include:  
Starfish, Duck, Sea Turtle, Sea Otter, Salamander, Sunfish, Crocodile & Whale

School-aged levels include: Swim Kids 1 & 2

**45 minute school-aged**

\$6.20/lesson

Levels include: Swim Kids 3-7

**60 minute school-aged**

\$7.00/lesson

Levels include: Swim Kids 8-10

## FINAL SUMMER LESSON SETS OF THE SEASON!

### Two Week Daily Sessions

Monday-Thursday PM

Session 3: Aug 8-18 (8 sessions)

Tuesday-Friday AM

Session 3: Aug 2-13 (8 sessions) • Session 4: Aug 16-26 (8 sessions)





## Private Swim Lessons with Esquimalt Recreation

### Registered Private Lessons

\$17.00/30 minute lessons

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

### Premium Private Lessons

\$27.00/30 minute lessons

- Available any day or time – when it fits your schedule
- Re-schedule up to 3 lessons as needed (with minimum 6 hours notice).
- Request your favourite instructor
- Book up to 2 people/lesson
- Progress cards are issued when booking 5 or more lessons
- Call 250.412.8533 or email [aquatics@esquimalt.ca](mailto:aquatics@esquimalt.ca) to book

### What am I looking for in a Private Lesson?

	Premium Private Lessons	Registered Private Lessons
The time I am looking for is during community lesson times		•
I would like to book a specific days/times	•	
I would like to be able to re-schedule lessons if I am going to miss one	•	
I want a full lesson set worth of Private Lessons		•
I only need 1 or 2 lessons or I would like to decide how many lessons I am going to take.	•	
I would like to ensure I get a specific instructor	•	



## Registered Aquatic Programs for Children & Youth

### Tyee Swimming Skills

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.

50611	Sun	Sep 18-Dec 18	4:00pm-5:00pm	\$198.72/13
50612	Mon	Sep 19-Dec 19	4:15pm-5:15pm	\$215.28/14
50613	Wed	Sep 21-Dec 21	4:15pm-5:15pm	\$215.28/14

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.

50626	Sun	Sep 18-Dec 18	4:00pm-4:45pm	\$163.80/13
50627	Mon	Sep 19-Dec 19	4:15pm-5:00pm	\$177.45/14
50628	Wed	Sep 21-Dec 21	4:15pm-5:00pm	\$177.45/14

Location: Esquimalt Aquatic Centre

### 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.

50642	Fri	Sep 16-Nov 4	6:00pm-7:00pm	\$56/8
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Location: Esquimalt Aquatic Centre

### NEW! Youth Fit

Youth-Fit Swimming This program offers teens 12+ a chance to keep swimming after they have completed their swim lessons in a non-competitive environment. With support from coaches at West Shore Aquatic Club, teens will be given a structured dryland and swim practice where the emphasis is on personal growth and fun. The swimmer(s) has the choice to join all three lessons per week, or can pick two. Practices run at Esquimalt Recreation Centre M,W,F from 4:45-6pm.

50641	Mon/Wed/Fri	Sep 19-Dec 23
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Mon: 4:45pm-6:00pm

Wed: 7:00pm-8:00pm

Fri: 7:00pm-8:00pm

3 times per week: \$386.40

2 times per week: \$294

Location: Esquimalt Aquatic Centre

## Special Offers & Events

### 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.

### Pumpkin Swim

You don't want to miss this one-of-a-kind family event! A Fun Leader will be on duty to play fun and spooky Halloween themed games. At the end of the swim each family may take one pumpkin home to carve for Halloween. Regular admission applies.

Sat	Oct 23	1:00pm-3:00pm
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Location: Esquimalt Recreation Centre - Pool

GREATER VICTORIA

# REGIONAL RECREATION PASS

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

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

Greater Victoria **ACTIVE COMMUNITIES**  
fitinfitness.ca



## 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 +

50567 Sat Sep 17-Oct 8 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

50570 Sat Oct 15-Nov 5 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

50573 Fri/Sat/Sun Nov 18-Nov 27 \$320/6

Friday: 5:00pm-9:30pm

Saturday & Sunday: 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 2

Pre-requisite: Part 1

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

Location: Esquimalt Recreation Centre



## Recertification

### Water Safety Instructor Re-cert

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

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

Location: Esquimalt Recreation Centre

### National Lifeguard Re-cert

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

49531 Sat Aug 20 12:00pm-8:30pm \$95/1

50578 Sat Dec 17 12:00pm-8:30pm \$95

Location: Esquimalt Recreation Centre



# 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 transferred from one centre to another.

Preschool
<p><b>Parent &amp; Tot</b> (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 PREREQUISITE TO PRESCHOOL 1).</p>
<p><b>Preschool 1</b> 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.</p>
<p><b>Preschool 2</b> Prerequisite: Preschool 1 For children who can skate independently. Skills include: gliding, two foot jumps, making snow, and walking backwards.</p>
<p><b>Preschool 3</b> 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 quarter-turns on the spot, and stopping.</p>
<p><b>Preschool 4</b> 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.</p>

School Aged
<p><b>Level 1</b> 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.</p>
<p><b>Level 2</b> 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.</p>
<p><b>Level 3</b> 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.</p>
<p><b>Level 4</b> 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.</p>
<p><b>Level 5</b> 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.</p>
<p><b>Level 6</b> 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.</p>



## Skate Lesson Availability

### Preschool Age Levels 1 & 2

50475	Tue	Sept 27-Nov 1	4:00-4:30pm	\$37.50/6
50477	Tue	Nov 8-Dec 13	4:00-4:30pm	\$37.50/6

### Preschool Age Levels 3 & 4

50476	Tue	Sept 27-Nov 1	4:00-4:30pm	\$37.50/6
50482	Tue	Nov 8-Dec 13	4:00-4:30pm	\$37.50/6

### School Age Levels 1 & 2

50483	Tue	Sept 27-Nov 1	4:30-5:00pm	\$37.50/6
50487	Tue	Sept 27-Nov 1	5:00-5:30pm	\$37.50/6
50485	Tue	Nov 8-Dec 13	4:30-5:00pm	\$37.50/6
50552	Tue	Nov 8-Dec 13	5:00-5:30pm	\$37.50/6

### School Age Level 3 & 4

50484	Tue	Sept 27-Nov 1	4:30-5:00pm	\$37.50/6
50488	Tue	Sept 27-Nov 1	5:00-5:30pm	\$37.50/6
50486	Tue	Nov 8-Dec 13	4:30-5:00pm	\$37.50/6
50560	Tue	Nov 8-Dec 13	5:00-5:30pm	\$37.50/6

### School Age Level 5 & 6

50542	Tue	Sept 27-Nov 1	5:00-5:30pm	\$37.50/6
50561	Tue	Nov 8-Dec 13	5:00-5:30pm	\$37.50/6

### Parent & Tot (2 1/2-5yrs)

First time skaters will get comfortable on the ice with an adult, to assist their child in accomplishing the basics of skating. The instructor will circulate class to assist the group. 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.

50605	Tue	Sep 27-Nov 1	4:00-4:30pm	\$34.50/6
50606	Tue	Nov 8-Dec 13	4:00-4:30pm	\$34.50/6



## Helmets

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.

thank you!

Greater Victoria **ACTIVE COMMUNITIES**  
fitinfitness.ca

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



## Registered Ice Sports

### Hockey

#### Intro to Hockey (5-10yrs)

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

50562 Tue Nov 8-Dec 13 4:30pm-5:00pm \$37.50/6

Location: Archie Browning Sports Centre

#### Tot Hockey (5-10yrs)

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.

Some fundamental skating skills recommended: Preschool Level 1 or 2.

50566 Tue Nov 8-Dec 13 4:00pm-4:30pm \$37.50/6

Location: Archie Browning Sports Centre

### Speed Skating

#### TRY FOR FREE! 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.

September 8 - March 7

Tue 6:00pm-7:20pm • Thu 5:00pm-6:30pm • Sat 6:15am-7:20am

Location: Archie Browning Sports Centre

Membership Fees :

Youth (under 16): \$350

Adult: \$395

TRY IT FOR FREE (First 3 sessions)

FOR MORE INFORMATION ON THE CLUB AND TO REGISTER PLEASE GO TO CLUB WEBSITE:

[www.esquimaltspeedskating.org](http://www.esquimaltspeedskating.org)

## Curling Programs

Please see contacts for the Esquimalt Curling Club on next page.

#### 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.

#### MARK YOUR CALENDAR!

September 24 | 1:30pm-4:00pm

**FREE!** Kick Off to Ice Season

*sponsored by Coast Capital Savings*

*2:30pm-4:00pm*

## Esquimalt In the News...

On October 6, 2015 Curling Canada announced that Esquimalt's Archie Browning Sports Centre will be the site of the 2017 Canadian Junior Curling Championships, running January 21-29, 2017.

"We are so very proud and thrilled to be hosting the 2017 Canadian Junior Curling Championships here in Esquimalt at the Archie Browning Sports Centre," said Mayor Barbara Desjardins.

"We are a curling community with a rich tradition in the sport that includes promoting local youth curling. I know that visiting athletes and fans will appreciate the impressive upgrades we recently completed at our facility as well."

**Save the date!** January 21-29, 2017

Canadian Junior Curling Championships  
at Archie Browning Sports Centre

# Esquimalt Curling Club



## 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

## 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

Meghan Nicklin | 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

Vicki Klyne | 250-412-8505  
vicki.klyne@esquimalt.ca

### Supervisor - Aquatics

Lauren Schubert | 250-412-8533  
lauren.schubert@esquimalt.ca

### Reception Supervisor

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

### Facility Booking Clerk

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

### Arena & Events Supervisor

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

### Program Support

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

### Skating & Youth Supervisor

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

### Recreation Supervisor

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

## Frequently Asked Contacts:

### Program Registration:

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

### Drop In Schedules:

[www.esquimalt.ca/schedules](http://www.esquimalt.ca/schedules)

### To book facility space:

250-412-8525

### To submit a Tree Cutting Permit:

[www.esquimalt.ca/parks](http://www.esquimalt.ca/parks)  
Payment Accepted at the Esquimalt Recreation Centre

## Registration & Pass Sale Policies:

### Refunds/Credits:

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

### NSF Fee:

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

### Passes:

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





In the community - at Saxe Point Park

### Community Contacts

### COMMUNITY RESOURCES

Boys & Girls Club  
bgvic.org

Esquimalt Chamber of Commerce  
esquimaltchamberofcommerce.com

Esquimalt Kiwanis Club  
kiwanisvictoria.com

Esquimalt Lions Club  
lionsdistrict19-i.org

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

Rock Solid  
rocksolid.bc.ca

Royal Canadian Legion BR#172  
legion172.com

### SPECIAL INTEREST

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

Girl Guides of Canada  
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/block-  
watch.aspx

Victoria Police Department  
West Division 250-995-7502

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

**LOCATION:**

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

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

gregory.evans@esquimalt.ca

**WEBSITE:**

esquimalt.ca/Main/archives.htm

**HOURS:**

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

**Esquimalt High School  
Class Photo, 1948**

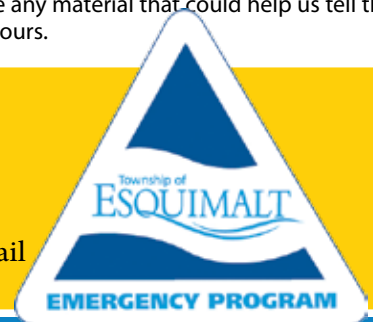
This year Esquimalt High School will celebrate its centenary. Classes were originally held in Lampson Street Elementary School but in 1926 the new Esquimalt High School opened on Head Street, under the direction of Gwendolyn Hewlings, the first woman high school principal in the province. A Latin teacher,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

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

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

Program details available at [www.esquimalt.ca/prepare](http://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](mailto: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](mailto: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](mailto:john.fuller@esquimalt.ca) or call 250-414-7120.

September to December programs at

# ESQUIMALT BRANCH LIBRARY

1231 Esquimalt Rd

(Back of the Town Hall/Library Building)

## BRANCH HOURS

**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 to April)



THE ESQUIMALT BRANCH IS YOUR PLACE  
TO CONNECT, DISCOVER & IMAGINE.



## DIGILAB IS DESIGNED FOR TEENS, BY TEENS

For ages 13-18. Learn and create using trendy tech tools and craft supplies. Have fun exploring and innovating with peers. [gvpl.ca/digilab](http://gvpl.ca/digilab)

### At Esquimalt Branch:

Tech Night · Sept. 23, 7:00–8:30 pm

Digital Art · Nov. 18, 7:00–8:30 pm

Registration begins Sept. 6.

## DROP-IN PROGRAMS FOR CHILDREN

### Baby Time

For babies 0-15 months and parent or caregiver. Learn songs, rhymes and fingerplays to use with your baby every day.

**Fridays, September 16–December 2, 10:30-11:00 am**

**Note: No program November 11**

### Family Storytime

For young children and their families; children under 3 must be accompanied by an adult. Fun-filled stories, songs, rhymes and friendly puppets.

**Wednesdays, September 14–November 30, 10:30-11:00 am**

### Esquimalt Story Festival

Join Esquimalt Recreation and the Esquimalt Branch for a festival in the plaza. Storytellers will delight children of all ages.

**October 1, 11:00 am–2:00 pm**

### Elephant, Piggie and Friends

For ages 5-8. Fans of Mo Willems' Elephant and Piggie books will enjoy this celebration of stories, a craft and a puppet play.

**November 17, 3:30–4:30 pm**

### Christmas Crafts

Everyone welcome; children under 3 must be accompanied by an adult. Make holiday-themed crafts and spread your Christmas spirit. Supplies provided.

**December 16, 10:30–11:30 am**

VISIT OUR WEBSITE FOR OUR FULL GUIDE OF FREE PROGRAMS FOR ALL AGES.



GREATER VICTORIA  
PUBLIC LIBRARY

[gvpl.ca](http://gvpl.ca)  
250-940-4875



# 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](mailto:esquimalt@lifemark.ca)

### Lifemark McKenzie

3941 Shelbourne Street

2<sup>nd</sup> floor

tel: 250-477-1441

[mckenzie@lifemark.ca](mailto:mckenzie@lifemark.ca)

[www.lifemark.ca](http://www.lifemark.ca)

**lifemark** 