

# essex Aquatic Fitness

**September 8 to December 21, 2024**

Essex Recreation Complex – 242 Talbot St N

519-776-7336 x 1052

**Limited space available in all drop-in fitness programs.** Membership pass holders are given priority admittance and can check in for a class 30 minutes prior to class time. Drop-in visitors will be permitted entry 15 minutes before the start of the program if space permits. Schedule is subject to change. Ages 14+

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lengths</b>	7:30a-8:30a	6:30a-8:30a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p	6:30a-8:30a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p	6:30a-8:30a 2:30p-4:00p	
<b>Aquafit 30</b>		9:30a-10:00a		9:30a-10:00a			
<b>Aquafit 45</b>		11:00a-11:45a 7:15p-8:00p	9:00a-9:45a 11:00a-11:45a 7:15p-8:00p	11:00a-11:45a 7:15p-8:00p	9:00a-9:45a 11:00a-11:45a 7:15p-8:00p	9:00a-9:45a	9:00a-9:45a
<b>Aquafit 60</b>	11:00a-12:00p	10:00a-11:00a	8:00a-9:00a	10:00a-11:00a	8:00a-9:00a	11:00a-12:00p	
<b>Spin H20</b>	8:30a-9:15a		5:45p-6:30p		5:45p-6:30p	11:45a-12:30p	9:45a-10:30a

Drop-In + Membership Fees						<p><b>Participate often?</b></p> <p><b>10% off your visit!</b> Buy 10 visits for the price of 9 on any of our drop-in programs.</p> <p><b>Pre-Register for Spin H20!</b> Call us to reserve your bike 519-776-7336 x 1052</p>
Membership Type	1 Visit	1 Month	3 Months	6 Months	1 Year	
<b>Lengths</b>	\$4.50	\$25.50	\$76.50	\$138.75	\$255.00	
<b>30/45 min Fitness</b>	\$4.50	\$40.00	\$112.50	\$215.00	\$400.00	
<b>60 min Fitness</b>	\$5.00					
<p><b>Aquafit 30:</b> This is a 30-minute class focused on cardio. Lap Pool Only.  <b>Aquafit 45:</b> This is a 45-minute class, full body workout. Lap Pool Only.  <b>Aquafit 60:</b> This is 45-min class + 15 min free swim. Lap + Training Pools.</p>						

Please note possible changes to schedule for holidays and PA Days.

Follow us online at [www.essex.ca](http://www.essex.ca) or at [facebook.com/TownofEssex](https://facebook.com/TownofEssex) for more information!

Revised July 26, 2024

# essex Aquatic Recreation

September 8 to December 21, 2024

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Leisure Swims</b>		11:00a-11:45a 7:15p-8:00p		11:00a-11:45a 7:15p-8:00p		11:00a-11:45a	
<b>Recreational Swims</b>	1:30p-3:00p					7:30p-9:00p	
<b>Essex Swim &amp; Lifesaving Club Practice</b>	5:30p-6:30p					6:15p-7:15p	7:45a-8:45a

## Drop-In Fees:

Family rate applies to 5 immediate family members of the same household - free for non-walking infants under 1 year.

<p><b>Leisure Swim</b> Leisure pool only. <b>\$4.00 Individual / \$12.00 Family</b></p>	<p><b>Essex Swim &amp; Lifesaving Club Practice</b> Minimum requirement 8 to 15-years + completed the Sport Fundamentals Levels 1-5. Develop fitness and technical sport skills. <b>\$4.50 Individual</b></p>
<p><b>Recreational Swim</b> Includes ALL pools + slide + rope. <b>\$4.50 Individual / \$15.00 Family</b></p>	

## essex Aquatic Admission Policy



### STOP!

All Swimmers  
Ages 0-6

Maximum of 2 swimmers      Age 14+

← within arms reach →

### CAUTION!

Non Swimmers  
Ages 7-13

Maximum of 2 swimmers      Age 14+

← within arms reach →

### GO!

Proficient Swimmers  
Ages 7+

Passed swim test?  
Can swim unaccompanied.  
Slide and rope access permitted.

\*Swimmers with serious medical conditions must always be accompanied 1:1 by an individual knowledgeable of the condition and responsible for their direct supervision.

**Swimmers must pass the GO! swim test and be wearing a green band to ride the slide!**

Please note possible changes to schedule for holidays and PA Days.

Follow us online at [www.essex.ca](http://www.essex.ca) or at [facebook.com/TownofEssex](https://facebook.com/TownofEssex) for more information!

Revised July 26, 2024