

Adult Fitness



Apr 25 to Jun 24, 2023

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
Lengths @ ERC	7:30a-8:30a	6:30a-8:30a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p 2:30p-4:00p	6:30a-8:30a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p 2:30p-4:00p	6:30a-8:30a 2:30p-4:00p	7:30a-8:30a
Aquafit @ ERC	11:00a-11:45a	10:00a-10:45a 11:00a-11:45a 7:15p-8:00p	8:00a-8:45a 9:00a-9:45a 11:00a-11:45a 7:15p-8:00p	10:00a-10:45a 11:00a-11:45a 7:15p-8:00p	8:00a-8:45a 9:00a-9:45a 11:00a-11:45a 7:15p-8:00p	9:00a-9:45a 11:00a-11:45a	9:00a-9:45a
Spin H2O @ ERC	8:30a-9:15a	4:15p-5:00p	5:45p-6:30p	4:15p-5:00p	5:45p-6:30p	11:45a-12:30p 6:30p-7:15p	9:45a-10:30a
Pickleball @ MAE	2:15p-3:45p		10:30a-12:00p 5:30p – 7:30p	3:00p-4:30p		10:30a-12:00p	
Walking Track (Free) @ ECSC		7:00a-4:00p	7:00a-4:00p	7:00a-4:00p	7:00a-4:00p	7:00a-4:00p	

Drop-In + Membership Fees						Participate often? 10% off your visit! Buy 10 visits for the price of 9 on any of our drop-in programs. Pre-Register for Spin H2O! Call us to reserve your bike 519-776-7336 x 1052
Membership Type	1 Visit	1 Month	3 Months	6 Months	1 Year	
Lengths/ Pickleball	\$4.50	\$25.50	\$76.50	\$138.75	\$255.00	
Aquafit/ Spin	\$4.50	\$40.00	\$112.50	\$215.00	\$400.00	
*Training Pool open during Lengths and the last few minutes of Aquafit.						

ERC

Essex Recreation Complex
242 Talbot St N
519-776-7336 x 1052

MAE

Maedel Community Centre
25 Gosfield Townline W
519-776-7336 x 1052

ECSC

Essex Centre Sports Complex
60 Fairview St W
519-776-7336 x 1301

Rec Programs



Apr 10 to Jun 24, 2023

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leisure Swims @ ERC		11:00a-11:45a 7:15p-8:00p		11:00a-11:45a 7:15p-8:00p		11:00a-11:45a *7:15p-8:00p	
Rec Swims @ ERC	1:30p-3:00p					8:00p-9:00p	
Parent-Tot Stay & Play @ MAE	11:00a-12:00p		9:00a-10:00a				
Open Gym @ MAE	12:30p-2:00p						

Drop-In Fees	
<p>Leisure Swim Leisure pool only <i>*Indicates slide available.</i> \$4.00 Individual / \$12.00 Family</p>	<p>Recreational Swim Includes ALL pools + slide + rope. \$4.50 Individual / \$15.00 Family</p>
<p>Family rate applies to 5 immediate family members of the same household - free for non-walking infants under 1 year.</p>	
<p>Parent-Tot Stay & Play Gym play program with a variety of equipment available. \$10.00 / Parent with Tot (#16937 or #16997)</p>	<p>Open Gym Includes access to sports equipment. \$10.00 / Individual (#16996)</p>
<p>Gym programs - register and save! Use the course code to register for all 8 weeks and save on drop-in rates.</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!