



Aquatic

June 30 to September 1, 2024

Essex Recreation Complex – 242 Talbot St N

519-776-7336 x 1052

Limited space available in all 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
Lengths	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 4:00p-5:00p
Aquafit	11:00a-12:00p	10:00a-11:00a 11:00a-11:45a 7:15p-8:00p	8:00a-9:00a 9:00a-9:45a 11:00a-11:45a 7:15p-8:00p	10:00a-11:00a 11:00a-11:45a 7:15p-8:00p	8:00a-9:00a 9:00a-9:45a 11:00a-11:45a 7:15p-8:00p	9:00a-9:45a 11:00a-12:00p
Spin H2O	8:30a-9:15a		5:45p-6:30p		5:45p-6:30p	11:45a-12:30p
Rec Swims	1:30p-3:00p	2:30p-4:00p	2:30p-4:00p	2:30p-4:00p	2:30p-4:00p	2:30p-4:00p
Leisure Swims		1:00p-2:00p		1:00p-2:00p		

Drop-In + Membership Fees						
Membership	1 Visit	1 Month	3 Months	6 Months	1 Year	Recreational Swim Includes ALL pools + slide + rope. \$4.50 Individual / \$15.00 Family
Lengths	\$4.50	\$25.50	\$76.50	\$138.75	\$255.00	
Aquafit/Spin	\$4.50/\$5.00	\$40.00	\$112.50	\$215.00	\$400.00	

Training Pool open during Lengths and the last few minutes of Aquafit.

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. Children under 10 yrs must always be supervised in Town Facilities.