

Adult Fitness



July 3 to September 3, 2022

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. Ages 14+

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lengths @ ERC	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
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
Spin H2O @ ERC			6:30p-7:15p		6:30p-7:15p	12:00p-12:45p
Pickleball @ MAE		7:45p-9:15p	11:30a-1:00p 7:15p-8:45p	7:45p-9:15p	9:00a-10:30a	
Walking Track @ ECSC		7:00a-3:30p	7:00a-3:30p	7:00a-3:30p	7:00a-3:30p	7:00a-3:30p

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.
Membership Type	1 Visit	1 Month	3 Months	6 Months	1 Year	
Lengths/ Pickleball	\$4.00	\$23.00	\$65.00	\$125.00	\$230.00	
Aquafit/ Spin	\$4.00	\$37.50	\$105.00	\$200.00	\$375.00	

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

Recreational Programs

July 3 to September 3, 2022

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Rec Swims @ ERC	1:30p–3:00p	2:30p–4:00p	2:30p–4:00p	2:30p–4:00p	2:30p–4:00p	2:30p–4:00p
*Roller Skating @ ECSC (until AUG 17 th)			6:30p-8:30p			

Drop-In Fees		Participate often? 10% off your visit! Buy 10 visits for the price of 9 on any of our drop-in programs.
Individual Visit	*Family Visit	
\$4.00	\$12.00	
*Roller skate rentals are not available. *Family rate applies to 5 immediate family members of the same household - free for non-walking infants under 1 year.		

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!