

essex Aquatic Fitness

Jan 7 to Mar 9, 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
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 2:30p-4:00p	
Aquafit 30		9:30a-10:00a		9:30a-10:00a			
Aquafit 45		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
Aquafit 60	11:00a-12:00p	10:00a-11:00a	8:00a-9:00a	10:00a-11:00a	8:00a-9:00a	11:00a-12:00p	
Spin H20		4:45p-5:30p <i>New time!</i>	5:45p-6:30p	4:45p-5:30p <i>New time!</i>	6:30p-7:15p <i>New time!</i>	11:45a-12:30p	9:45a-10:30a

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

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Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leisure Swims		11:00a-11:45a 7:15p-8:00p		11:00a-11:45a 7:15p-8:00p		11:00a-11:45a	
Recreational Swims	1:30p-3:00p					7:30p-9:00p <i>New time!</i>	
Essex Swim & Lifesaving Club JR	5:00p-6:00p <i>Technical</i>						7:30a-8:30a <i>Fitness</i>

Drop-In Fees:

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

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

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