

Aquatic Fall 2020

Essex Recreation Complex ~ Sept 13 - Nov 2, 2020

519-776-7336 x 1052

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Aquafit 14+	10:45am-11:30am	9:45am-10:30am 10:45am-11:30am 7:15pm-8:00pm	8:00am-8:45am 9:00am-9:45am 10:45am-11:30am 7:15pm-8:00pm	9:45am-10:30am 10:45am-11:30am 7:15pm-8:00pm	8:00am-8:45am 9:00am-9:45am 10:45am-11:30am 7:15pm-8:00pm	10:45am-11:30am
Adult 14+ Learn to Swim			6:30pm-7:00pm			
Adult 14+ Lengths	8:00am-9:00am	7:00am-8:00am 1:00pm-2:00pm 8:00pm-9:00pm	12:00pm-1:00pm	7:00am-8:00am 1:00pm-2:00pm 8:00pm-9:00pm	12:00pm-1:00pm	7:00am-8:00am
Youth 10-14 Lengths		4:30pm-5:00pm		4:30pm-5:00pm		
Spin 14+			6:30pm-7:15pm		6:30pm-7:15pm	
Rec Swims & *Leisure Swims	1:00pm-2:00pm	*4:00pm-5:00pm		*4:00pm-5:00pm		*10am-11:30am 6:30pm-8:00pm

Program	Program Limit	Fees	Details
Aquafit	Max 15	\$4.00 / 45 minutes	This class is an effective workout for your whole body! Pool will be sectioned off for participants to ensure physical distancing. Deep and shallow spaces available. Registration required.
Learn to Swim	Max 6	Sept 15-Oct 27 \$59.00 / 7 lessons	Never too young to start, never too old to learn! Gain confidence in the water as you learn the basics of breathing and floating, or set your own goals while you work to improve your swimming. Registration required #12555
Lengths	Max 4	\$3.50 / 30 minutes \$7.00 / 60 minutes	Join us for a swim! Lanes can be used for a swim or for therapeutic use. Max of 1 swimmer per lane. Registration required.
Spin	Max 6	\$4.75 / 45 minutes	This energized class is great for participants looking for a muscle conditioning workout to help you shape up and get fit. Water is great for creating fun and challenging workouts! Class time includes bike set up/removal. Registration required.
Recreational & *Leisure Swims	Rec = 30 *Leisure = 10	\$4.00 / person \$12.00 / family	Recreational Swims = Lap + Leisure pools *Leisure Swims = Leisure pool only Family rate applies to 5 members of the same household. No charge for non-walking infants under 1 year.

Registration is required ~ limited spacing available.

Cancellations will be credited to accounts if it is called in 24 hours in advance of your class. Please do not block off classes if you aren't sure that you can attend as others will miss out on opportunity to swim.

Thank you for your understanding and cooperation!