

Aquatic Winter 2021

Essex Recreation Complex ~ Jan 3 until Feb 27, 2021

519-776-7336 x 1052

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Aquafit 14+	11:00am-11:45am	9:00am-9:45am 10:00am-10:45am 11:00am-11:45am 7:15pm-8:00pm	8:00am-8:45am 9:00am-9:45am 10:00am-10:45am 11:00am-11:45am 7:15pm-8:00pm	9:00am-9:45am 10:00am-10:45am 11:00am-11:45am 7:15pm-8:00pm	8:00am-8:45am 9:00am-9:45am 10:00am-10:45am 11:00am-11:45am 7:15pm-8:00pm	9:00am-9:45am 10:00am-10:45am 11:00am-11:45am
Adult 14+ Lengths	8:00am-9:00am	6:30am-7:30am 7:30am-8:30am 12:00pm-1:00pm 1:00pm-2:00pm 8:00pm-9:00pm	12:00pm-1:00pm 4:00pm-4:30pm* 8:00pm-8:30pm*	6:30am-7:30am 7:30am-8:30am 12:00pm-1:00pm 1:00pm-2:00pm 8:00pm-9:00pm	12:00pm-1:00pm 3:30pm-4:30pm	6:30am-7:30am 7:30am-8:00am* 8:00am-8:30am* 12:00pm-1:00pm 1:00pm-2:00pm
Youth 10-14 Lengths		4:30pm-5:00pm		4:30pm-5:00pm		
Spin 14+			6:30pm-7:15pm			
Rec Swims & *Leisure Swims	1:00pm-2:00pm					*10:30am-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.
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 = 12	\$4.00 / person \$12.00 / person	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 required.

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! www.essexconnect.ca