

essex Aquatic Fitness

March 8 to June 20, 2026

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	7:00a-8:30a		7:00a-8:30a		7:00a-8:30a	
			12:00p-1:00p		12:00p-1:00p		
		1:00p-2:30p		1:00p-2:30p		1:00p-2:30p	
		8:00p-9:00p		8:00p-9:00p			
AquaFit			8:00a-9:00a		8:00a-9:00a		
		9:30a-10:00a	9:00a-9:45a	9:30a-10:00a	9:00a-9:45a	9:00a-9:45a	
		10:00a-11:00a		10:00a-11:00a		10:00a-11:00a	10:00a-11:00a
	11:00a-12:00p	11:00a-11:45a	11:00a-11:45a	11:00a-11:45a	11:00a-11:45a		
		7:15p-8:00p	7:15p-8:00p	7:15p-8:00p	7:15p-8:00p		
Spin H2O	8:30a-9:15a						
			5:45p-6:30p		5:45p-6:30p		

Drop-In + Membership Fees					
Membership Type	1 Visit	1 Month	3 Months	6 Months	1 Year
Lengths	\$5.00	\$27.50	\$77.00	\$150.00	\$275.00
30/45 min Fitness	\$5.00	\$43.50	\$120.00	\$235.00	\$430.00
60 min Fitness	\$5.50				
AquaFit 30 min: This class focused on cardio (Lap Pool Only). AquaFit 45 min: This class is a full body workout (Lap Pool Only). AquaFit 60 min: 45-min class+15 min free swim (Lap + Training Pools).					

Participate often?

10% off your visit!

Buy 10 visits for the price of 9 on any of our drop-in programs.

Pre-Register for Spin H2O!

Call us to reserve your bike

519-776-7336 x 1052

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!

Revised Mar 8, 2026

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Please be sure to check the Aquatic Admission Policy below prior to your visit. Swimmers with serious medical conditions must always be accompanied by an individual knowledgeable of the condition and be responsible for their direct supervision.

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leisure Swims						9:30a-11:00a	
Recreational Swims	1:30p-3:00p					7:30p-9:00p	

Drop-In Fees:

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

Leisure Swim Leisure pool only. \$4.50 Individual / \$14.00 Family	Recreational Swim Includes ALL pools + slide + rope. \$5.00 Individual / \$17.00 Family
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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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