



PROGRAM	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Aquafit			9:15a-9:45a		9:15a-9:45a	9:15a-9:45a	
Energy Aquafit		9:15a-10:00a 10:00a-10:45a 7:15p-8:00p	7:15p-8:00p	9:15a-10:00a 10:00a-10:45a 7:15p-8:00p	7:15p-8:00p		
Shallow Aquafit	10:45a-11:45a	10:45a-11:45a	10:45a-11:45a	10:45a-11:45a	10:45a-11:45a	10:45a-11:45a	10:45a-11:45a
Deep Aquafit			8:00a-9:00a		8:00a-9:00a		
Lengths	6:30a-8:00a	6:30a-8:00a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p	6:30a-8:00a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p	6:30a-8:00a	

Details: Swimming has almost no impact, reducing stress on joints and increasing strength and flexibility with little or no muscle soreness. Class limits apply. **Be sure to check out the details, policies and rates on pages 43/44 of our Recreation Guide.**

PROGRAM	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Rec Swim @ ERC 	1pm- 2:30pm					7pm-9pm
	Details: All pools available during our Recreational Swims, plus slide and rope. Admission Policy applies to all swims. Be sure to check our policies and rates on page 40/41 of our Recreation Guide.					
Leisure Swim @ ERC 		10am-11:30am 7pm-8pm		10am-11:30am 7pm-8pm		6pm-7pm
	Details: Leisure and Training pools available during our Leisure Swims. Admission Policy applies to all swims. Be sure to check our policies and rates on page 40/41 of our Recreation Guide.					

PROGRAM	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Pickleball @ECC		7:15pm-9:15pm	9:30am-11:30am	9:30am-11:30am 7:15pm-9:15pm	9:30am-11:30am	
Stretch & Restore			6:30pm-7:30pm @ MCC		7:45pm-8:45pm @ ECC	
Yoga Fit			7:30pm-8:30pm @ MCC		6:45pm-7:45pm @ ECC	
Dance Fusion		7:30pm-8:30pm @ HCSCC	7:30pm-8:30pm @ MCC		7:45pm-8:45pm @ MCC	

Details: The Town of Essex offers adult programs that focus on fun and fitness, providing great opportunities to stay healthy and active while meeting new people. **Be sure to check out the details, policies and rates on pages 25 of our Recreation Guide.**

Participate often? Get 10% off your visits!
Buy 10 visits for the price of 9 on any of our drop-in programs.



Learn and play together! Look for this symbol on programs where you can participate with your child, have some fun and stay active!


www.essex.ca
 519-776-8992




Drop In Schedule: Skating Programs

This schedule is effective January 6 to March 16 (please call/visit us online for updates after this date).
Harrow weekday programs end April 4 – all other programs end May 31.

Essex Centre Sports Complex ~ 519-776-7336 x 1301						
Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Top-Shelf Toddlers 		9:00am-11:00am		11:00am-1:00pm		9:00am-11:00am
Parent-Tot Skate 	4:00pm-5:00pm		9:00am-11:00am		11:00am-1:00pm	
Adult Skills Skate		11:00am-1:00pm		9:00am-11:00am		11:00am-1:00pm
Adult Skate			11:00am-1:00pm		9:00am-11:00am	
Figure Skating				3:00pm-4:00pm	3:00pm-4:00pm	
Recreational Skate 	12:00pm-1:30pm					3:30pm-5:00pm

Harrow and Colchester South Community Centre ~ 519-776-7336 x 1325						
Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Top-Shelf Toddlers 			11:00am-1:00pm		9:30am-11:00am	
Parent-Tot Skate 		9:00am-11:00am		11:00am-1:00pm		
Adult Skills Skate			9:00am-11:00am		11:00am-1:00pm	
Adult Skate		11:00am-1:00pm		9:00am-11:00am		
Figure Skating		3:00pm-4:00pm		3:00pm-4:00pm		
Recreational Skate 					3:30pm-5:00pm	1:00pm-2:30pm

Details: Participation for each program varies. **Be sure to check out the details, policies and rates on pages 29 of our Fall Rec Guide.**

 Learn and play together! Look for this symbol on programs where you can participate with your child, have some fun and stay active!

Please keep in mind that there could be occasional amendments to the schedule, give us a call and be sure to check out our PA Days and Holiday schedules in Rec Guide to stay active with your family.

Follow us on Facebook/Twitter to stay up to date with the Town of Essex!



essex

Need ice time? We have it.



**Ice available in Essex and Harrow.
Call 519-776-8717 to book.**