

essex Recreational

Adult Programs

September 8 to December 19, 2026

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.

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball @ MAE		9:00a-11:00a	7:30p – 9:00p	9:00a-11:00a	7:30p-9:00p	9:00a-11:00a	
Badminton @ MAE				7:45p – 9:00p			
Walking Track (Free) @ ECSC	7:00a-11:00p	7:00a-11:00p	7:00a-6:00p	7:00a-11:00p	7:00a-11:00p	7:00a-11:00p	7:00a-11:00p
Drop-In + Membership Fees						Participate often? 10% off your visit! Buy 10 visits for the price of 9 on any of our drop-in programs.	
Membership Type	1 Visit	1 Month	3 Months	6 Months	1 Year		
Pickleball Badminton	\$5.00	\$27.50	\$77.00	\$150.00	\$275.00		

Maedel Community Centre (MAE)
25 Gosfield Townline W
519-776-7336 x 1052

Essex Centre Sports Complex (ECSC)
60 Fairview St W
519-776-7336 x 1301

Harrow & Colchester South Community Centre (HCCC)
243 McAfee St
519-776-7336 x 1322

STAY ACTIVE WITH 

SIGN UP FOR A FALL ADULT FITNESS/SPORT PROGRAM 

 **Adult Yoga**
 **NEW! Premium Pickleball**

 **Mama & Me Fit**
 **SitFit**
 **Zoomer Fit**

 See details and register at essexconnect.ca

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 Jul 24, 2026