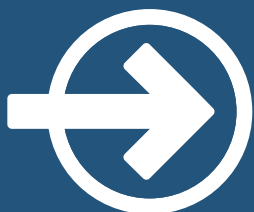
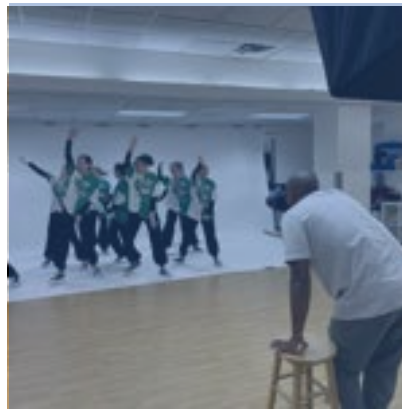


2024

SUMMER PROGRAM GUIDE

AQUATICS | FITNESS | RECREATION | DANCE | SPECIAL EVENTS | PARTIES |



SUMMER REGISTRATION

CHP MEMBERS: JUNE 11TH
GENERAL PUBLIC: JUNE 12TH

COLEHARBOURPLACE.COM





Flooring Renovations

Beginning May 13th, 2024 we are undergoing renovations here at Cole Harbour Place as we replace the majority of the flooring on the main level. This project runs from May 13th until July 8th currently and will have impacts on how the building is accessed during different phases of the project. We will publish additional information on the impacts on our members and customers during this time on our website, but we will remain open during the entire renovation.

Pool Shutdown

Annual Pool Shutdown June 16- July 1st
The pool will reopen July 2, 2024*

For those who hold a full membership (not gym only) and would like to have a 2-week extension added because of this closure please email Kenzie MacLeod at kmacleod@coleharbourplace.com before June 16th, and a 2 week extension will be added to your membership.

Want to promote your business or organization?

Elevate Your Brand with Prime Advertising Space

Cole Harbour Place, a vibrant hub for sports, recreation, and community activities, is excited to offer premium advertising opportunities within our facility. Nestled in the heart of the community, Cole Harbour Place attracts a diverse audience, from enthusiastic sports fans to active families and dedicated community members. This makes it the ideal location to showcase your brand and connect with a wide range of potential customers.

Contact Kenzie MacLeod TODAY
kmacleod@coleharbourplace.com

SUMMER OPEN SWIM POOL PARTIES

NOW
AVAILABLE



SATURDAYS
&
SUNDAYS

BOOK
NOW

halifax.ca/myrec

SUMMER 2024 FACILITY HOURS

JULY 2ND - SEPTEMBER 2ND

MON 6:00AM - 10:00PM

TUES 6:00AM - 10:00PM

WED 6:00AM - 10:00PM

THURS 6:00AM - 10:00PM

FRI 6:00AM - 8:00PM

SAT 8:00AM - 5:00PM

SUN 8:00AM - 9:00PM

HOLIDAY HOURS

MONDAY, JULY 1ST **CLOSED** (CANADA DAY)

MONDAY, AUGUST 5TH **CLOSED** (NATAL DAY)

MONDAY, SEPTEMBER 2ND **CLOSED** (LABOUR DAY)

HOURS ARE SUBJECT TO CHANGE BASED ON STAFFING AT ANY TIME

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WELCOME TO OUR COMMUNITY
Take a look at our NEW programs!

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STAFF DIRECTORY

**Front Desk - General Inquiries
902.464.5100**

Jen Heddon - General Manager
902.464.5120 |
jheddon@coleharbourplace.com

Kenzie MacLeod - Acting Manager, Customer
Operations
902.464.5505 |
kmacleod@coleharbourplace.com

Matt Taylor - Controller
902.464.5118 |
mtaylor@coleharbourplace.com

Alicia Baker - Scheduling/Events Director
902.464.5109 |
abaker@coleharbourplace.com

Charlotte Jones - Acting Front Desk Manager
902.464.5565 |
cjones@coleharbourplace.com

Taylor Naugle - Fitness Director
902.464.5134 |
tnaugle@coleharbourplace.com

Jeff Baker - Operations Manager
902.464.5113 |
jbaker@coleharbourplace.com

Tara Curlett - Aquatic Director
902.464.5110 |
aquatics@coleharbourplace.com

Abbey Girard - Recreation Director
902.464.5106 |
agirard@coleharbourplace.com



MEMBERSHIP

Contact our **Front Desk Manager** Charlotte Jones at (902) 464-5565 or cjones@coleharbourplace.com

FITNESS

We have great fitness classes such as Zumba, Yoga, Chair-fit, Bootcamp, HIIT & MORE!



AQUATICS

Have you tried out Aqua Bootcamp? Plus, check-out our wide selection of parent & tot swims!



Members ONLY
Swims are BACK!

RECREATION

Check out our new Play Pals Program!



MEMBERSHIPS

- ✓ Weight Room
- ✓ Cardio Room
- ✓ TRX Area
- ✓ Fitness Classes
- ✓ Saunas in Adult Changing rooms *Must be 18+ to access saunas
- ✓ Swimming
- ✓ Skating
- ✓ Squash Courts
- ✓ Early Registration for Cole Harbour Place Programs with a members discount

GYM ONLY

- ✓ Weight Room
- ✓ Cardio Room
- ✓ TRX Area
- ✓ Saunas in Adult Changing rooms *Must be 18+ to access saunas

FAMILY

MEMBERSHIPS
STARTING AT
\$999.00/year

up to
25% OFF

RECREATIONAL, FITNESS AND
AQUATIC PROGRAMS & CAMPS

excluding gym only memberships

MEMBERSHIP

MEMBER TESTIMONIAL

"I have been coming to CHP since I was 4 years old. It has always felt like home here. The staff are friendly and courteous, the pool has everything you need, the gym is well equipped and the staff is knowledgeable. They always have fun stuff going on for all ages. 10 out of 10 recommend."

-Jessica R. (member for 34 years) ★★★★★

SINGLE	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$74.00	\$742.00 / year	\$69.00 x 12 (\$828.00)
STUDENT/ CLUB 60	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$48.00	\$443.00 / year	\$42.00x 12 (\$504.00)
FAMILY	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$97.00	\$999.00 / year	\$91.00x 12 (\$1092.00)
ADULT COUPLE	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$89.00	\$937.00 / year	\$83.00 x 12 (996.00)
ADULT COUPLE 60	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$71.00	\$711.00 / year	\$65.00 x 12 (\$780.00)
GYM ONLY MEMBERSHIP	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$32.00	\$384.00/ year	\$32.00 x 12 (\$384.00)

- Payment plan can be cancelled with 30 days' notice.
- Lump-sum is non refundable& non-transferrable

REGISTRATION

Registration can be done online or in person for those who need assistance with registration.

Phone registration will not be available.

SUMMER 2024

MEMBER REGISTRATION

June 11th, 2024

GENERAL PUBLIC REGISTRATION

June 12th, 2024

HOW TO REGISTER FOR PROGRAMS

Use the course codes found in this guide to register on Halifax MyRec

EXAMPLE PROGRAM BELOW:

Fridays

July 10th–August 21st

7 Sessions

\$61.50 \$46.13 Members

#00057360



THIS IS THE COURSE CODE

To register for recreation programs in Halifax, you will need a MyRec account.

halifax.ca/myREC



MYREC ACCOUNT

1

Make sure you have a MyRec account for any participants.



COURSE CODE

2

Pick your programs & get course codes ready. Have a backup selection in case programs fill.



DATES & TIME

3

Check registration dates & times. Enroll online. Online can be the fastest method!



PAYMENT

4

Have a credit card ready (Visa, Visa Debit, Mastercard & Mastercard Debit)

PLEASE NOTE: Some classes require the minimum requirement for programs to run. If the minimum requirement is not met the program may be cancelled.

POOL INFO

JUMP IN



**ANNUAL POOL SHUTDOWN
JUNE 16- JULY 1ST**

**THE POOL WILL REOPEN
JULY 2, 2024**

SWIMMING LESSONS LEVEL COMPARISON CHART

[CLICK HERE](#)



View our Swimming Lesson Level Comparison Chart to assist you in deciding what level is best for your child!

POOL PRICES

FOR POOL TIMES AND WATER FITNESS CLASSES

Adult (over 18 yrs)	\$9.50
Youth Lane (8-18 yrs)	\$6.50
Parent & Tot	\$9.00
2 Parents & Tot	\$11.50
Family - up to 5	\$16.50
Senior (60+)	\$6.50

*Prices include tax

**SUMMER 2024 DROP-IN POOL SCHEDULE CAN BE FOUND
ON OUR WEBSITE!**

[POOL SCHEDULE](#)

AQUATICS

WATER BABIES

3 months to walking: This lesson will focus on teaching parents how to get their babies comfortable in the water while practicing fundamental skills including getting the face wet and front/back floats. In addition, this level incorporates songs and games to ensure your babies first swimming lesson is a positive experience. (Parent Participation required)

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Wed Jul 10-Aug 21 05:20 PM 00090609

MATES SILVER

Walking to 3 years: As a continuation of our mates programs, this level is directed towards children who are walking and up to 3 years of age. Children should already be comfortable being splashed and putting their face in the water. Along with standing jumps from the side of the pool, children will be introduced to gliding on their front and back, retrieving objects from underwater, and blowing bubbles with their face submerged. (Parent Participation required)

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Tue Jul 9-Aug 20 05:25 PM 00090796

Thu Jul 11-Aug 22 06:30 PM 00090797

MATES BRONZE

Walking to 3 years: An introduction to the water directed towards children who are walking and up to 3 years of age. In addition to becoming comfortable in the water, children will learn a variety of skills including how to safely enter the water, blow bubbles, flutter kick, and float on their front and back. This level contains skills that are assisted and unassisted. (Parent Participation required)

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Tue Jul 9-Aug 20 04:35 PM 00090610

Thu Jul 11-Aug 22 04:00 PM 00090611

MATES GOLD

Walking to 3 years: As a continuation of our mates programs, this level is directed towards children who are walking and up to 3 years of age. This swimming lesson will expand on skills learned in previous mates classes by encouraging the practice of floats and glides with minimal support. The goal of this lesson is to allow children to become comfortable practicing skills without assistance. In addition, children will be introduced to wearing PFD.

(Parent Participation required)

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Wed Jul 10-Aug 21 04:00 PM 00090617

Please take our Mates programs in order!

1 MATES BRONZE → 2 MATES SILVER → 3 MATES GOLD



AQUATICS

SKIPPERS 1 3 years to 5 years

These preschoolers will be introduced to the water and learn basic pool safety to allow them to progress to assisted front and back floats.

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Tue	Jul 9-Aug 20	04:50 PM	00090619
Tue	Jul 9-Aug 20	05:40 PM	00090620
Wed	Jul 10-Aug 21	04:00 PM	00090799
Wed	Jul 10-Aug 21	05:55 PM	00090621
Thu	Jul 11-Aug 22	04:00 PM	00090622
Thu	Jul 11-Aug 22	06:00 PM	00090623

WITH PARENT

Parents complete the class with their child.

Wed	Jul 10-Aug 21	04:00 PM	00090618
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CONDENSED SKIPPERS 1

Condensed levels are recommended for children who may need some extra support. Each class has only 3 swimmers. The same skills as the regular class are completed.

30 Minutes/7 Sessions

\$105.00/\$78.75 Members

Tue	Jul 9-Aug 20	06:00 PM	00091288
Wed	Jul 10-Aug 21	04:35 PM	00091289
Thu	Jul 11-Aug 22	06:30 PM	00091290

SKIPPERS 2 3 years to 5 years

These preschoolers are beginning to perform their front and back floats independently, and will be introduced to assisted front and back glides.

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Tue	Jul 9-Aug 20	04:00 PM	00090798
Wed	Jul 10-Aug 21	04:50 PM	00090800
Wed	Jul 10-Aug 21	06:30 PM	00090801
Thu	Jul 11-Aug 22	04:35 PM	00090803
Thu	Jul 11-Aug 22	05:45 PM	00090804

CONDENSED SKIPPERS 2

Condensed levels are recommended for children who may need some extra support. Each class has only 3 swimmers. The same skills as the regular class are completed.

30 Minutes/7 Sessions

\$105.00/\$78.75 Members

Tue	Jul 9-Aug 20	06:30 PM	00091291
Thu	Jul 11-Aug 22	05:25 PM	00091292

SKIPPERS 3 3 years to 5 years

These preschoolers will master their unassisted front and back floats and glides. They will be introduced to the main pool for the first time and learn how to open their eyes underwater.

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Tue	Jul 9-Aug 20	04:35 PM	00090805
Wed	Jul 10-Aug 21	05:10 PM	00090806
Thu	Jul 11-Aug 22	06:00 PM	00090807

SKIPPERS 4 3 years to 5 years

These preschoolers will graduate from the leisure pool and now complete their whole lesson in the main pool. They will be introduced to seated dives and front crawl.

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Tue	Jul 9-Aug 20	06:00 PM	00090808
Thu	Jul 11-Aug 22	04:30 PM	00090809

SKIPPERS 5 3 years to 5 years

These preschoolers will progress to swimming 5m front crawl and learn to perform a kneeling front dive. These lessons have an emphasis on ice and water safety.

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Wed	Jul 10-Aug 21	05:25 AM	00090810
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AQUATICS



SWIMMER 1 5 years to 12 years

These swimmers have completed Skippers 1 and 2 or are taking the first step in their swimming journey. These lessons take place in the main pool where they will be introduced to skills to increase their comfortability in the water. They will progress to completing their front and back floats and glide independently.

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Tue	Jul 9-Aug 20	05:20 PM	00090818
Tue	Jul 9-Aug 20	06:30 PM	00090819
Wed	Jul 10-Aug 21	04:35 PM	00090820
Wed	Jul 10-Aug 21	05:55 PM	00090821
Thu	Jul 11-Aug 22	04:00 PM	00090822
Thu	Jul 11-Aug 22	05:25 PM	00090823

CONDENSED SWIMMER 1

Condensed levels are recommended for children who may need some extra support. Each class has only 3 swimmers. The same skills as the regular class are completed.

30 Minutes/10 Sessions

\$105.00/\$78.75 Members

Tue	Jul 9-Aug 20	04:00 PM	00091293
Wed	Jul 10-Aug 21	06:30 PM	00091294
Thu	Jul 11-Aug 22	04:35 PM	00091295

SWIMMER 1 - 8 YEARS OLD+

Wed	Jul 10-Aug 21	06:00 PM	00090824
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30 Minutes/10 Sessions

\$83.00/\$62.25 Members

SWIMMER 2 5 years to 12 years

These swimmers will be introduced to swimming 10-15m of front and back crawl, this lesson has a big emphasis on flutter kicks on their back and sides. In this class, they will learn whip kick for the first time and learn water-smart skills

Recommend for children who have completed Swimmers 1 or Skippers 3 and/or 4.

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Tue	Jul 9-Aug 20	04:45 PM	00090825
Wed	Jul 10-Aug 21	04:00 PM	00090826
Wed	Jul 10-Aug 21	05:45 PM	00090827
Thu	Jul 11-Aug 22	06:00 PM	00090829
Thu	Jul 11-Aug 22	06:30 PM	00090828

CONDENSED SWIMMER 2

Condensed levels are recommended for children who may need some extra support. Each class has only 3 swimmers. The same skills as the regular class are completed.

30 Minutes/10 Sessions

\$105.00/\$78.75 Members

Tue	Jul 9-Aug 20	05:55 PM	00091296
Wed	Jul 10-Aug 21	06:30 PM	00091297



AQUATICS

SWIMMER 3 5 years to 12 years

These swimmers will focus on front and back crawl techniques and learn self-water rescue skills like a forward roll into deep water and treading water. In this class, they will perfect their whip kick skills and be introduced to a kneeling dive. Recommend for children who have completed Swimmers 2 or Skippers 5.

30 Minutes/7 Sessions

\$83.00/\$62.25 Members

Tue	Jul 9-Aug 20	05:05 PM	00090830
Tue	Jul 9-Aug 20	06:30 PM	00090831
Thu	Jul 11-Aug 22	04:00 PM	00090832
Thu	Jul 11-Aug 22	04:50 PM	00090833

SWIMMER 5 5 years to 12 years

These swimmers will try breaststroke for the first time as well as a shallow dive into deep water. They will progress to interval training with a 50m front or back crawl with 30 seconds rest and learn how to do stationary eggbeater. Recommend for children who have completed Swimmers 4.

45 Minutes/7 Sessions

\$91.00/\$68.25 Members

Thu	Jul 11-Aug 22	05:10 PM	00090836
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ADULT BASICS 1

Adult Basics 1 is designed to teach beginners aged 16+ to be comfortable in deep water, to float on their fronts and backs, and an introduction to front and back crawl. No class Aug 5th.

45 Minutes/7 Sessions

\$93.15/\$69.86 Members

Mon	Jul 8-Aug 26	07:00 PM	00090848
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SWIMMER 4 5 years to 12 years

These swimmers will progress to swimming 25-50m of front and back crawl, and begin incorporating breaststroke arms into their whip kick. They will be introduced to interval training doing 4x25 front or back crawl with 30 seconds rest. Recommend for children who have completed Swimmers 3 or Skippers 6.

45 Minutes/7 Sessions

\$91.00/\$68.25 Members

Tue	Jul 9-Aug 20	04:00 PM	00090834
Wed	Jul 10-Aug 21	05:25 PM	00090835

SWIMMER 6 5 years to 12 years

These swimmers will be preparing to start the Patrol levels, in these lessons they will learn beginner lifesaving skills like a stride entry and lifesaving kick. They will progress to completing a 25-50m breaststroke as well as a 50-100m front and back crawl. Recommend for children who have completed Swimmers 5.

45 Minutes/7 Sessions

\$91.00/\$68.25 Members

Wed	Jul 10-Aug 21	04:30 PM	00090837
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ADULT BASICS 2

Adult basics 2 is recommended for beginners who have completed Adult Basics 1. In this program, they will learn how to properly swim front and back crawl and be introduced to breaststroke. No class Aug 5th.

45 Minutes/7 Sessions

\$93.15/ \$69.86 Members

Mon	Jul 8-Aug 26	08:00 PM	00090849
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AQUATICS

PRIVATE LESSONS

Private Lessons are 45-minute lessons. These lessons are great for those who may benefit from extra one on one instruction or who are interested in training that may differ from our Swimmer levels.

45 Minutes/**7 Sessions**

\$214.00/\$173.34 Members

Tue	Jul 9-Aug 20	04:00 PM	00090838
Tue	Jul 9-Aug 20	05:10 PM	00090839
Wed	Jul 10-Aug 21	05:05 PM	00090840
Wed	Jul 10-Aug 21	06:15 PM	00090841
Thu	Jul 11-Aug 22	04:35 PM	00090842

INCLUSION PRIVATE LESSONS

Inclusion private lessons are 45 minute classes taught by an instructor who has had specialized training in inclusion to help swimmers who may have specific adaptations or require additional support. Each lesson is one-on-one and can be tailored to suit individuals goals or can follow our Skippers and Swimmers levels.

45 Minutes/**7 Sessions**

\$147.00/\$110.25 Members

Tue	Jul 9-Aug 20	06:15 PM	00090843
Wed	Jul 10-Aug 21	04:00 PM	00090845
Wed	Jul 10-Aug 21	04:35 PM	00090844
Thu	Jul 11-Aug 22	04:00 PM	00090846
Thu	Jul 11-Aug 22	06:15 PM	00090847

If you have any questions regarding if this program is right for your child please get in touch with our Aquatics Director at aquatics@colehabourplace.com or (902) 464-5110.

AQUATIC WAITING LISTS

If private lessons and inclusion lessons are full when you go to register you can sign up for the waiting lists. These waiting lists are not for specific times or days, but you can indicate your preference and if openings become available our Aquatic Director will contact you.

WAITLIST PRIVATE LESSONS

Tue	Jul 9-Aug 20	06:00 AM	00090850
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WAITLIST INCLUSION PRIVATE LESSONS

Tue	Jul 9-Aug 20	06:00 AM	00090851
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FITNESS

ALL AGES

START YOUR FITNESS JOURNEY TODAY



FITNESS CLASSES CARDS

Attendance will be taken at the beginning of the class. If you are not registered you will have to go down to the desk and get a fitness receipt from our front desk staff. You can find our drop-in program schedule on our website!

SUMMER 2024 DROP-IN FITNESS SCHEDULE CAN BE FOUND ON OUR WEBSITE!

[FITNESS SCHEDULE](#)

Members of CHP receive up to a 25% discount on fitness programs when registering.

GET YOUR CHP MEMBERSHIP TODAY!

DAY PASS

FITNESS CLASSES, WEIGHT ROOM & POOL

Adult (over 18 years)

\$12.50

Senior/Student/Youth

\$9.00

Family

\$21.00

*Prices include tax

FITNESS: PARENT & BABY

PARENT & BABY FITNESS

A fun class for you and your baby to get moving! A mix of cardio and strength training for the parent. Class will be held in our Dance Studio and will incorporate stability balls, bosu balls, dumbbells and mat work. The little ones will be incorporated into the exercises for a portion of the class, and can enjoy playtime on the mats for the remainder. The babies can enjoy fun social time for the last 15 minutes of class. It is recommended to bring a blanket and a toy for the little ones.

60 Minutes/**7 Sessions** - \$72.45 Member- \$54.34

Tue Jul 9-Aug 20 11:00AM 00091280

PARENT & BABY WATERFIT

A great way to get active and introduce your baby to the water! A mix of cardio and strength training for the parent, mixed in with fun songs, games and water skills for your little one. Enjoy fun social time for the last 15 minutes of class. Lead by Taylor, a certified water and fitness instructor.

60 Minutes/**7 Sessions** - \$101.20 Member- \$75.90

Wed Jul 10-Aug 21 9:00AM 00090876

Wed Jul 10-Aug 21 10:00AM 00091281



STROLLER STRIDES*NEW*

Looking to get some fresh air and incorporate some movement into your day? This parent & baby outdoor workout class is a great way to get active and get outside. We will meet in the functional training room at 11:00am and move through some dynamic stretches and a warm up. At 11:10 we will head outside to the back trail. Our class will consist of 15 minutes of walking, a 15 minute body weight strength session, another 15 minutes (walking back to CHP) and a 5 minute stretch and cool down. Please bring a mat and water. If the weather is not cooperative, we will do an indoor class in the functional training centre. No class on August 5th.

60 Minutes/**7 Sessions** - \$72.45 Member- \$54.34

Mon Jul 8-Aug 26 11:00AM 00091282

STROLLER CIRCUIT

A circuit based cardio and strength training workout for the parent. Class will be held in the functional training center and will incorporate various strength training equipment including barbells, dumbbells and kettlebells. The little ones will spend the majority of the class in their strollers and may also be incorporated into the exercises for a portion of the class. The babies can enjoy fun social time for the last 15 minutes of class. It is recommended to bring a blanket and a toy for the little ones.

60 Minutes/**7 Sessions** - \$72.45 Member- \$54.34

Thu Jul 11-Aug 22 11:00AM 00091283

FITNESS

PERSONAL TRAINING

Fitness is Lifestyle.

We understand how difficult it can be to incorporate physical activity into your busy schedule. Our goal is to make fitness work for you. Whether you are looking to train twice a week, or twice a month we are here to support you and help you achieve your fitness goals. We can't wait to work with you!

Book a FREE consultation with one of our personal trainers today!
Contact Taylor Naugle at tnaugle@coleharbourplace.com for more information.



TRAINING SESSION PACKAGES	MEMBER Cost of package per person			NON-MEMBER Cost of package per person		
	ONE ON ONE	SEMI-PRIVATE	SMALL GROUP	ONE ON ONE	SEMI-PRIVATE	SMALL GROUP
INDIVIDUAL SESSION	\$67.00	\$41.00	\$28.00	\$82.00	\$57.00	\$33.00
PACKAGES OF 5	\$283.00	\$180.00	\$139.00	\$361.00	\$258.00	\$165.00
PACKAGES OF 10	\$515.00	\$309.00	\$258.00	\$670.00	\$464.00	\$309.00
PACKAGES OF 20	\$927.00	\$515.00	\$453.00	\$1,236.00	\$824.00	\$559.00

*Taxes not included in above prices. Small group 3-5 people.

DRYLAND TEAM TRAINING

Dryland workouts provide a way to complement the training in your sport by working on building strength, power, speed and agility as well as improving flexibility and range of motion to prevent injuries. We have certified trainers from different backgrounds and training experiences that will help you build a foundation of strength and mobility to improve performance. Dryland training is an excellent way for your team to learn how to train safely so that they can look forward to a lifetime of sports.

Sessions cost \$115 + HST/ per hour for groups up to 15 people.

SMALL GROUP & COUPLES TRAINING

Contact Taylor Naugle at tnaugle@coleharbourplace.com for more information.

SUMMER CAMPS

WHO'S READY FOR SUMMER?

It's all about the camper experience at CHP Summer Camps! Our team is dedicated to ensuring your camper has a fabulous and safe summer. We have tons of daily, weekly, and summer-long traditions and activities that keep camp exciting but also provide the campers with a routine.



DAILY ACTIVITIES

- Swimming
- Outdoor time
- Field games
- Arts & Crafts
- Indoor games
- Quiet time



CAMP HOURS

7:30 AM - 8:30 AM	Beforecare
8:30 AM - 9:00 AM	Camp Drop-off
9:00 AM - 4:00 PM	Camp Hours
4:00 PM - 4:30 PM	Camp pick-up
4:30 PM - 5:30 PM	Aftercare

CAMP TRADITIONS

Monday	Camp Kick-off, Dance Party
Tuesday	Playground Day, Ice Cream Social
Wednesday	Workshop Wednesday: special guest/workshops
Thursday	Field Day/Water Day & Camp Photos
Friday	Talent Show Spirit Day Camp Closing

*Schedule subject to change

SUMMER CAMPS

SUMMER CAMP PRICING GUIDE

Item	CHP MEMBER	PUBLIC
5 Day Camp	\$179.30	\$211
*4 Day Camp	\$143.60	\$169
5 Day Specialty Camp	\$181.50	\$242
Camp Peak-A-Boo 5 Day	\$67.50	\$90.00
Camp Peak-A-Boo 4 Day	\$54.00	\$72.00
5 Day Beforecare	\$30.00/wk	\$30.00/wk
5 Day Aftercare	30.00/wk	\$30.00/wk
4 Day Beforecare	\$25.00/wk	\$25.00/wk
4 Day Aftercare	\$25.00/wk	\$25.00/wk

*4 Day Camps apply to camps that fall on a holiday



QUICK FAQ

CAMPER AGES?

Our Full Day camps are for children ages 5-12 & our Half Day Camps are for ages 3-4.

ARE THEY DIVIDED BY AGES?

Yes, campers are divided by age. However, there are many camp-wide activities.

DO THEY GO OUTSIDE?

Yes, campers go outside multiple times a day weather permitting. On days when there are heat warnings, the camps may spend less time outside.

DO YOU OFFER LUNCHES?

Yes! We offer hot lunches 1-2 times a week for \$5.00 each.

MY CHILD ISN'T A STRONG SWIMMER...

We have a coloured wristband system to help us identify campers who are not strong swimmers, okay swimmers, and great swimmers! Each day campers are given a wristband to wear so our camp staff and lifeguards know who many require extra help!

SUMMER CAMPS

IMPORTANT CAMP INFORMATION

All Camp Registration forms must be fill-out and **dropped off at the front desk at least two weeks prior** to your child's camp start date.

The purpose of this form is to gather contact and emergency information about your child(ren). It also provides us with important information about what we need to do to make sure your child(ren) has a safe and enjoyable camp experience.

Please complete the form to the fullest extent you can. It is very important to identify swimming ability and any other information we should know about your child to make their experience at camp better.

When we ask for your child(ren)'s swimming ability we are asking where they can comfortably manage themselves in the water and also where parents are comfortable letting them go. If the parents do not know the swimming ability of their child we have staff available who can give swimming assessments. The information sheet also lets us know of any medications/allergies we need to be aware of.

Quality Staff members are always our top priority.

All our day camp leaders have demonstrated leadership skills and experience working with children. We carefully select the best applicants based on their creativity, enthusiasm, and experience. We ensure all our staff members complete criminal background checks and are first aid certified. At CHP all camps have on-site supervisors responsible for staff management and the main contact person for parents and guardians. Our maximum staff-to-participant ratio is one leader to 10 participants. Ratios are generally lower as leaders-in-training and volunteers further reduce these numbers. Our specialty camps are led by experienced coaches and instructors who are knowledgeable in their fields.



SUMMER CAMPS

KICK-OFF: JULY 2-5

Kicking, throwing, catching, running, jumping, skipping, and hopping. Help us kick off our first week of summer 2024 with this multi-sports ball action-pack week plus featuring a preview of all our

AGES	ROOM	CODE
5-6	FOREST	00088572
7-8	HARBOUR	00088573
9-12	LAGARDE	00088574

OCEAN: JULY 8-12

Jump into CHP Ocean week! Learn about cool critters and wildlife in the ocean. Have fun swimming, water day, search for treasure, and making fun ocean crafts.

AGES	ROOM	CODE
5-6	FOREST	00088577
7-8	HARBOUR	00088578
9-12	LAGARDE	00088579

CAMP SURVIOUR: JULY 15-19

Are you ready to embark on an adventure filled with challenges, teamwork, and outdoor fun? Join us at Survivor Day Camp, where every day is an opportunity to learn new skills, make friends, and test your limits in a safe and supportive environment.

AGES	ROOM	CODE
5-6	FOREST	00088585
7-8	HARBOUR	00088584
9-12	LAGARDE	00088580

HOLIDAY CAMP: JULY 22-26

Does your child LOVE the holidays? This camp was made for them. Every day is a different holiday party Easter, Valentine's day, Christmas, Halloween, and New years! This week is complete with holiday-themed scavenger hunts, challenges, easter egg hunts, treat-or-treating, and finishes off we a New years balloon drop.

AGES	ROOM	CODE
5-6	FOREST	00088588
7-8	HARBOUR	00088589
9-12	LAGARDE	00088590

SUMMER CAMPS

CIRCUS CAMP: JULY 29 - AUG 2

Come one, come all for a week of imagination and fun! Learn a variety of fun circus-themed skills, play games-themed arts and crafts, face painting, and even a mini circus during camp!

AGES	ROOM	CODE
5-6	FOREST	00088594
7-8	HARBOUR	00088593
9-12	LAGARDE	00088583

CAMP ROCK: AUGUST 12-16

Get ready to rock out and unleash your inner rock star at Camp Rock! Join us for an electrifying summer experience filled with music, dance, and unforgettable memories.

AGES	ROOM	CODE
5-6	FOREST	00088607
7-8	HARBOUR	00088605
9-12	LAGARDE	00088601

SUMMER SCIENCE: AUG 6-9

It's time to get messy! Campers will develop an understanding and appreciation of science through participation in explosions, bubbling potions, and chemical reaction experiments.

4-DAY CAMP

AGES	ROOM	CODE
5-6	FOREST	00088597
7-8	HARBOUR	00088598
9-12	LAGARDE	00088631

GRAND FINALE: AUG 19-23

It's the end of the Summer Camp season and we want to go out with a BANG! Join our camp closing camp as we look back at all the fun. Rewind through our summer by having a different camp theme each day; Ocean, Circus, Science, Jungle & Holiday. The last day of camp will be a huge party and all week will be a NEW YEARS style countdown!

AGES	DATES	CODE
5-6	FOREST	00088610
7-8	HARBOUR	00088611
9-12	LAGARDE	00088612

SUMMER CAMPS

WELCOME TO THE ERAS CAMP



THE ERAS CAMP

Welcome to the ERAS CAMP! Join us as we move through two TS eras a day (dressing up is encouraged), make friendship bracelets, sing-a-longs, trivia, dance parties, and so many amazing TS-inspired crafts and movies!

AGES	DATES	LOCATION	CODE
8-12	July 29 - August 2	STEWERT HALL	00088613
8-12	August 12-16	STEWERT HALL	00088614

EXTENDED CARE

This service is available for an additional cost. Sunrise starts at 7:30 am & Sunset goes until 5:30 pm. Please find your corresponding course codes and enroll in sunrise and sunset programs; you must make a payment to receive your spot. During this time campers colour, enjoy quiet play and watch a movie.

JULY 2-5

TIME	CODE
BEFORE 7:30-8:30 AM	00088398
AFTER 4:30-5:30 PM	00088571

JULY 8-12

TIME	CODE
BEFORE 7:30-8:30 AM	00088575
AFTER 4:30-5:30 PM	00088576

JULY 15-19

TIME	CODE
BEFORE 7:30-8:30 AM	00088581
AFTER 4:30-5:30 PM	00088582

JULY 22-26

TIME	CODE
BEFORE 7:30-8:30 AM	00088587
AFTER 4:30-5:30 PM	00088586

JULY 29 - AUG 2

TIME	CODE
BEFORE 7:30-8:30 AM	00088592
AFTER 4:30-5:30 PM	00088591

AUG 6-9

TIME	CODE
BEFORE 7:30-8:30 AM	00088596
AFTER 4:30-5:30 PM	00088595

AUGUSTS 12-16

TIME	CODE
BEFORE 7:30-8:30 AM	00088599
AFTER 4:30-5:30 PM	00088600

AUG 19-23

TIME	CODE
BEFORE 7:30-8:30 AM	00088608
AFTER 4:30-5:30 PM	00088609



CAMP PEEK-A-BOO

Welcome to Camp Peek-a-boo! This camp is a perfect first camp experience for little campers. Every morning is filled with singing, games, crafts, and play-based learning. Learn about colours, weather, letters, numbers, and shapes! Campers will enjoy some full camp traditions such as ice cream day, dance party, camp photos and show & tell day. Plus, each week has a fun theme! Perfect for socialization for the kiddos and a great opportunity for guardians to run errands or take a break. Please pack a snack, drink, an extra change of clothes! Morning drop-off will be in our Babysitting Room.

CAMP HOURS 9:00 AM - 12:00 PM

SPORTS

AGES	DATES	CODE
3-4	July 2-5	00088615

ALL THINGS SEA (PIRATES & MERMAIDS)

AGES	DATES	CODE
3-4	July 8-12	00088616

PRINCESS & SUPERHERO

AGES	DATES	CODE
3-4	July 15-19	00088617

HOLIDAY

AGES	DATES	CODE
3-4	July 22-26	00088618

UNDER THE BIG TOP

AGES	DATES	CODE
3-4	July 29-2	00088619

SUMMER SCIENCE

AGES	DATES	CODE
3-4	Aug 6-9	00088620

LITTLE ROCKERS

AGES	DATES	CODE
3-4	August 12-16	00088621

GOODBYE SUMMER

AGES	DATES	CODE
3-4	August 19-23	00088622

INCLUSION SUPPORT

How do I know if an individual will require extra support?

When assessing whether a One-to-One Inclusion Support Person is required, please consider the following:

- Is extra support required at school and/or in the community?
- Is extra help required at home for basic care?
- Is there an existing physical, medical, behavioral, and/or developmental disability that could affect the safety and enjoyment of the participant and/or other participants?

What support CHP cannot offer:

Cole Harbour Place staff are not qualified to carry out procedures such as catheterization, tube feeding or assisted feeding, suctioning, injections, and/or managing aggressive behaviors. In these cases, we require families to make alternative arrangements. Any medications that are required must be taken independently by a child under the supervision of an Inclusion staff member. Participants must also be able to use the washroom independently.

OUR INCLUSION STAFF WILL

- Provide 1:1 support during regular camp hours 8:30 AM - 4:30 PM
- Swim each day with your child
- Make accommodations and adaptations specific to your child's needs to ensure they are fully included in Summer Camps
- Request daily communication check-ins from parents
- Report end of day feedback to parents



INCLUSION SUPPORT

INCLUSION is assuring that all people have the same opportunities to engage in meaningful experiences and build meaningful relationships. When these beliefs drive every aspect of programming, EVERYONE benefits - not only kids with disabilities, but also their peers, their families, your staff, and the community as a whole. It is our goal at CHP to offer a fully inclusive summer camp experience.

KICK-OFF: JULY 2-5

AGES	CODE
5-12	00088623

OCEAN: JULY 8-12

AGES	CODE
5-12	00088624

CAMP SURVIVOUR: JULY 15-19

AGES	CODE
5-12	00088625

HOLIDAY CAMP: JULY 22-26

AGES	CODE
5-12	00088626

CIRCUS CAMP: JULY 29 - AUG 2

AGES	CODE
5-12	00088627

SUMMER SCIENCE: AUG 6-9

AGES	CODE
5-12	00088628

CAMP ROCK: AUGUST 12-16

AGES	CODE
5-12	00088629

GRAND FINALE: AUG 19-23

AGES	CODE
5-12	00088630

DANCE



NEW STUDENTS WELCOME

RECREATIONAL SUMMER CLASSES

MONDAYS

PRESCHOOL COMBO (BALLET/JAZZ)

Ages 4-5

45 Minutes/**6 Sessions** - \$102.00 Member- \$91.80

Mon Jul 8-Aug 12 04:30 PM 00090738

MINI HIP HOP

Age 6-8

45 Minutes/**6 Sessions** - \$102.00 Member- \$91.80

Mon Jul 8-Aug 12 05:15 PM 00090739

CHILDRENS COMBO (JAZZ HIP HOP)

Ages 5-6

60 Minutes/**6 Sessions** - \$108.00 Member- \$97.20

Mon Jul 8-Aug 12 06:00 PM 00090740

SATURDAYS

LITTLE STARS

Ages 3-4

45 Minutes/**6 Sessions** - \$102.00 Member- \$91.80

Sat Jul 13-Aug 17 10:00 AM 00090741

CREATIVE MOVEMENT

Ages 3-5

45 Minutes/**6 Sessions** - \$102.00 Member- \$91.80

Sat Jul 13-Aug 17 10:45 AM 00090742

SUMMER DANCE FUN (BALLET JAZZ AND HIP HOP)

Ages 7-9

60 Minutes/**6 Sessions** - \$108.00 Member- \$97.20

Sat Jul 13-Aug 17 11:30 AM 00090743

COMPETITIVE TEAM

SUMMER CLASSES ACRO

60 Minutes/**6 Sessions** - \$102.00 Member- \$91.80

Thu Jul 11-Aug 22 04:00 PM 00091267 Ages 8-11

Thu Jul 11-Aug 22 05:00 PM 00091266 Ages 11 +

Summer training for FUSION DANCERS ONLY



**Members of CHP receive a discount on
Dartmouth Dance Programs at CHP**

"Cole Harbour Place, a vibrant hub for sports, recreation, and community."



COLE HARBOUR ADVERTISING OPPORTUNITIES

Elevate Your Brand with Prime Advertising Space

Prime Locations for Maximum Visibility

We provide a variety of advertising spaces strategically placed to ensure your brand receives maximum exposure:



RINKS

Capture the attention of sports enthusiasts and spectators with high-impact advertising space around our busy ice rinks.



COMMON AREAS

Utilize our high-traffic hallways and common areas to reach visitors as they move through the facility.



EVENTS

Promote your business during community events, concerts, and gatherings held in our versatile event spaces.

RINK BOARDS STARTING AT \$530/YEAR^{+tax}

Cole Harbour Place, a vibrant hub for sports, recreation, and community activities, is excited to offer premium advertising opportunities within our facility. Nestled in the heart of the community, Cole Harbour Place attracts a diverse audience, from enthusiastic sports fans to active families and dedicated community members. This makes it the ideal location to showcase your brand and connect with a wide range of potential customers.

WHY ADVERTISE WITH US?



High Traffic Volume: Thousands of visitors pass through Cole Harbour Place every week, ensuring your advertisement is seen by a large and varied audience.



Targeted Audience: Reach specific demographics, including sports teams, fitness enthusiasts, families, and community groups.



Community Engagement: Align your brand with community-driven activities and events, enhancing your reputation and community presence.



Affordable Rates: We offer competitive pricing for our advertising spaces, providing excellent value for your marketing budget.

ARE YOU READY TO JOIN OUR COMMUNITY? ★

Contact Kenzie MacLeod TODAY
kmacleod@coleharbourplace.com