

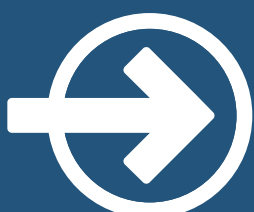
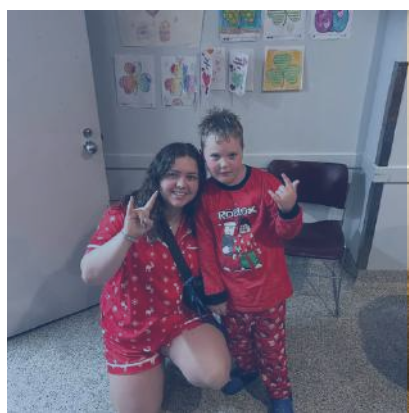
# FALL

2024

# PROGRAM GUIDE



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



FALL 2024 REGISTRATION

CHP MEMBERS: AUGUST 20TH, 2024  
GENERAL PUBLIC: AUGUST 21ST, 2024

[COLEHARBOURPLACE.COM](http://COLEHARBOURPLACE.COM)





# SAVE THE DATE

*Fall into FUN*

# OCTOBER 5TH

11:00 AM - 1:30 PM

It's BACK! Our 3rd annual Fall into FUN EVENT! Get ready for "Fall Into Fun" this October! Join us for face painting, crafts, a Pumpkin Café (while supplies last), Hope for Wildlife AND MORE! We can't wait to see you there!

# FALL 2024 FACILITY HOURS

BEGINNING SEPTEMBER 3RD, 2024

**MON** 6:00AM – 10:00PM

**TUES** 6:00AM – 10:00PM

**WED** 6:00AM – 10:00PM

**THURS** 6:00AM – 10:00PM

**FRI** 6:00AM – 10:00PM

**SAT** 7:00AM – 8:00PM

**SUN** 7:00AM – 9:00PM

## HOLIDAY HOURS

MONDAY, SEPTEMBER 2ND **CLOSED**

MONDAY, SEPTEMBER 30TH **CLOSED**

SUNDAY, OCTOBER 13TH **8:00AM-6:00PM**

THURSDAY, OCTOBER 31ST **6:00AM-5:00PM**

MONDAY, NOVEMBER 11TH **12:00PM-8:00PM**

TUESDAY, DECEMBER 24TH **7:00AM-12:00PM**

WEDNESDAY, DECEMBER 25TH **CLOSED**

THURSDAY, DECEMBER 26TH **CLOSED**

TUESDAY, DECEMBER 31ST **7:00AM-12:00PM**

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!

# 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

Nick Meyer - Acting Front Desk Manager  
902.464.5565 |  
nmeyer@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 Nick Meyer** at (902) 464-5565 or nmeyer@coleharbourplace.com

## ASK OUT OUR BACK TO REC MEMBERSHIP DEAL

### 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 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 18+ to access saunas

#### FAMILY MEMBERSHIPS STARTING AT \$999.00/year

**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) ★★★★★

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

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

# REGISTRATION

Registration can be done online or in person for those who need assistance with registration. Phone line registration will not be available.

## FALL 2024

### MEMBER REGISTRATION

August 20th, 2024

### GENERAL PUBLIC REGISTRATION

August 21st, 2024

## WINTER

## 2024/2025

### MEMBER REGISTRATION

December 10th, 2024

### GENERAL PUBLIC REGISTRATION

December 11th, 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

10 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](https://halifax.ca/myREC)



MYREC ACCOUNT



COURSE CODE



DATES & TIME



PAYMENT

1

Make sure you have a MyRec account for any participants.

2

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

3

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

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 will be cancelled.



# AQUATICS



## SWIMMING LESSONS LEVEL COMPARISON CHART

[CLICK HERE](#)

Skippers 1	Skippers 2	Skippers 3	Skippers 4	Skippers 5	Skippers 6
Enter/Exit water	Submerge head	Open eyes underwater	Pool rules	10 rhythmic bobs	Standing front dive
Head wet	Accented exit from the pool	Intro to main pool as PFD	Buoyant objects	Bring a safe skater	Forward roll (PFD)
Ears wet	2 rhythmic bobs	Jump in & recover to the side	5 rhythmic bobs	Where/when to swim	Intro to the diving board
Face wet	Jump in with PFD (assisted)	Front glide & kick with underwater pull	Seated front dive	Intro to sculling	Weight transfer
Back float (assisted)	Back float (head supports)	Back float (sunassisted)	Bolover floats	Big arms wind (5m)	Front crawl (5m)
Front float (assisted)	Front float (sunassisted)	Front float (sunassisted)	Surface support (PFDsec.)	Back swim (5m)	Back crawl (5m)

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

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

[POOL SCHEDULE](#)



## New pool policy

### No Mask Goggles Allowed

No glass or tempered glass goggles permitted on the pool deck or in the pools

## 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 baby's first swimming lesson is a positive experience. (Parent Participation)

30 Minutes/10 Sessions

\$117.00/\$87.75 Members

Sun	Sept 8–Nov 17	10:25 AM	00094888
Mon	Sept 9–Nov 25	05:00 PM	00094887

## 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)

30 Minutes/10 Sessions

\$117.00/\$87.75 Members

Tue	Sept 10–Nov 12	05:10 PM	00094892
Wed	Sept 11–Nov 13	07:00 PM	00094893
Thu	Sept 12–Nov 21	05:35 PM	00094894
Sat	Sept 14–Nov 23	10:15 AM	00094896

## MATES BRONZE

**Mates 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)

30 Minutes/10 Sessions

\$117.00/\$87.75 Members

Sun	Sept 8–Nov 17	11:30 AM	00094891
Mon	Sept 9–Nov 25	05:45 PM	00094889
Thu	Sept 12–Nov 21	04:00 PM	00094890

## MATES GOLD

**Mates 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)

30 Minutes/10 Sessions

\$117.00/\$87.75 Members

Tue	Sept 10–Nov 12	06:25 PM	00094897
Wed	Sept 11–Nov 13	05:15 PM	00094898
Thu	Sept 12–Nov 21	07:00 PM	00094899
Sat	Sept 14–Nov 23	09:00 AM	00094900

Please take our Mates programs in order!

1 MATES BRONZE → 2 MATES SILVER → 3 MATES GOLD



## 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/10 Sessions

\$117.00/\$87.75 Members

Sun	Sept 8–Nov 17	09:00 AM	00094913
Sun	Sept 8–Nov 17	11:20 AM	00094914
Mon	Sept 9–Nov 25	05:10 PM	00094904
Mon	Sept 9–Nov 25	06:20 PM	00094905
Tue	Sept 10–Nov 12	05:00 PM	00094906
Tue	Sept 10–Nov 12	07:00 PM	00094907
Wed	Sept 11–Nov 13	05:00 PM	00094908
Wed	Sept 11–Nov 13	06:25 PM	00094909
Thu	Sept 12–Nov 21	04:00 PM	00094910
Thu	Sept 12–Nov 21	06:25 PM	00094911
Sat	Sept 14–Nov 23	11:00 AM	00094912

### WITH PARENT SKIPPERS 1

Mon	Sept 9–Nov 25	04:00 PM	00094901
Thu	Sept 12–Nov 21	05:25 PM	00094902
Sat	Sept 14–Nov 23	11:30 AM	00094903

### CONDENSED SKIPPERS 1

30 Minutes/10 Sessions

\$155.00/\$116.25 Members

Mon	Sept 9–Nov 25	05:35 PM	00094915
Thu	Sept 12–Nov 21	04:35 PM	00094916

**Condensed levels are recommended for children who may benefit from more one on one support during class. Each class has 3 swimmers instead of the regular 5 swimmers and complete all the same skills as the regular class.**

## 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/10 Sessions

\$117.00/\$87.75 Members

Sun	Sept 8–Nov 17	10:45 AM	00094924
Mon	Sept 9–Nov 25	07:00 PM	00094919
Tue	Sept 10–Nov 12	05:45 PM	00094920
Wed	Sept 11–Nov 13	04:00 PM	00094921
Wed	Sept 11–Nov 13	07:00 PM	00094925
Thu	Sept 12–Nov 21	06:00 PM	00094922
Sat	Sept 14–Nov 23	09:00 AM	00094923

### CONDENSED SKIPPERS 2

30 Minutes/10 Sessions

\$155.00/\$116.25 Members

Mon	Sept 9–Nov 25	04:35 PM	00094926
Sat	Sept 14–Nov 23	10:10 AM	00094927

# DID YOU KNOW.. **CHP** OFFERS **POOL PARTIES**



**VISIT YOUR HRM REC ACCOUNT TO BOOK**

### 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/10 Sessions*

*\$117.00/\$87.75Members*

Mon	Sept 9–Nov 25	04:15 PM	00094918
Tue	Sept 10–Nov 12	06:20 PM	00094929
Wed	Sept 11–Nov 13	05:40 PM	00094928
Sat	Sept 14–Nov 23	09:00 AM	00094935
Sun	Sept 8–Nov 17	09:35 AM	00094930

### CONDENSED SKIPPERS 3

*30 Minutes/10 Sessions*

*\$150.00/\$112.50 Members*

Wed	Sept 11–Nov 13	06:25 PM	00094937
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### 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/10 Sessions*

*\$117.00/\$87.75 Members*

Sun	Sept 8–Nov 17	09:35 AM	00094955
Mon	Sept 9–Nov 25	05:25 PM	00094950
Thu	Sept 12–Nov 21	04:35 PM	00094953

### 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/10 Sessions*

*\$117.00/\$87.75Members*

Sun	Sept 8–Nov 17	09:00 AM	00094943
Tue	Sept 10–Nov 12	06:05 PM	00094938
Thu	Sept 12–Nov 21	05:50 PM	00094940
Sat	Sept 14–Nov 23	10:40 AM	00094942

### CONDENSED SKIPPERS 4

*30 Minutes/10 Sessions*

*\$155.00/\$116.25 Members*

Thu	Sept 12–Nov 21	05:00 PM	00094947
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### SKIPPERS 6 3 years to 5 years

These preschoolers will master their front and back crawl and progress to treading water for 30 seconds. In this lesson, they will be introduced to the diving board.

*30 Minutes/10 Sessions*

*\$117.00/\$87.75 Members*

Tue	Sept 10–Nov 12	04:00 PM	00094957
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## SWIMMERS 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/10 Sessions  
\$117.00/\$87.75 Members

Sun	Sept 8–Nov 17	10:10 AM	00095008
Sun	Sept 8–Nov 17	10:55 AM	00095009
Mon	Sept 9–Nov 25	04:00 PM	00094998
Tue	Sept 10–Nov 12	05:00 PM	00094999
Tue	Sept 10–Nov 12	05:35 PM	00095001
Wed	Sept 11–Nov 13	04:10 PM	00095002
Wed	Sept 11–Nov 13	07:00 PM	00095003
Thu	Sept 12–Nov 21	04:30 PM	00095004
Thu	Sept 12–Nov 21	05:10 PM	00095005
Sat	Sept 14–Nov 23	09:40 AM	00095006
Sat	Sept 14–Nov 23	11:20 AM	00095007

### CONDENSED SWIMMER 1

30 Minutes/10 Sessions  
\$155.00/\$116.25 Members

Sun	Sept 8–Nov 17	11:30 AM	00095013
Mon	Sept 9–Nov 25	04:50 PM	00095010
Tue	Sept 10–Nov 12	04:00 PM	00095011
Sat	Sept 14–Nov 23	10:45 AM	00095012

### SWIMMER 1 - 8 YEARS +

30 Minutes/10 Sessions  
\$117.00/\$87.75 Members

Mon	Sept 9–Nov 25	07:00 PM	00095014
Tue	Sept 10–Nov 12	04:35 PM	00095015

## SWIMMERS 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. Recommended for children who have completed Swimmers 1 or Skippers 3 and/or 4.

30 Minutes/10 Sessions  
\$117.00/\$87.75 Members

Sun	Sept 8–Nov 17	11:30 AM	00095049
Mon	Sept 9–Nov 25	04:35 PM	00095029
Mon	Sept 9–Nov 25	06:10 PM	00095051
Tue	Sept 10–Nov 12	06:10 PM	00095033
Tue	Sept 10–Nov 12	06:55 PM	00095036
Wed	Sept 11–Nov 13	04:45 PM	00095041
Thu	Sept 12–Nov 21	05:50 PM	00095042
Thu	Sept 12–Nov 21	07:00 PM	00095045
Sat	Sept 14–Nov 23	09:35 AM	00095047

### CONDENSED SWIMMER 2

30 Minutes/10 Sessions  
\$155.00/\$116.25 Members

Sun	Sept 8–Nov 17	10:10 AM	00095063
Mon	Sept 9–Nov 25	06:55 PM	00095058
Thu	Sept 12–Nov 21	04:00 PM	00095060



## SWIMMERS 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. Recommended for children who have completed Swimmers 2 or Skippers 5.

30 Minutes/10 Sessions  
\$117.00/\$87.75 Members

Sun	Sept 8–Nov 17	09:00 AM	00095080
Mon	Sept 9–Nov 25	06:25 PM	00095068
Mon	Sept 9–Nov 25	07:00 PM	00095065
Tue	Sept 10–Nov 12	04:35 PM	00095071
Wed	Sept 11–Nov 13	05:20 PM	00095073
Wed	Sept 11–Nov 13	06:00 PM	00095075
Thu	Sept 12–Nov 21	05:15 PM	00095076
Sat	Sept 14–Nov 23	09:05 AM	00095077
Sat	Sept 14–Nov 23	10:35 AM	00095078
Sat	Sept 14–Nov 23	11:30 AM	00095079

### CONDENSED SWIMMER 3

30 Minutes/10 Sessions  
\$155.00/\$116.25 Members

Tue	Sept 10–Nov 12	05:30 PM	00095081
Thu	Sept 12–Nov 21	06:25 PM	00095082

## SWIMMERS 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. Recommended for children who have completed Swimmers 4.

45 Minutes/10 Sessions  
\$135.00/\$101.25 Members

Sun	Sept 8–Nov 17	10:45 AM	00095092
Mon	Sept 9–Nov 25	04:10 PM	00095090
Thu	Sept 12–Nov 21	05:35 PM	00095091

## SWIMMERS 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. Recommended for children who have completed Swimmers 3 or Skippers 6.

45 Minutes/10 Sessions  
\$130.00/\$97.50 Members

Sun	Sept 8–Nov 17	09:35 AM	00095089
Mon	Sept 9–Nov 25	06:45 PM	00095083
Tue	Sept 10–Nov 12	04:00 PM	00095084
Wed	Sept 11–Nov 13	06:40 PM	00095085
Thu	Sept 12–Nov 21	04:35 PM	00095086
Thu	Sept 12–Nov 21	06:35 PM	00095087
Sat	Sept 14–Nov 23	11:15 AM	00095088

## SWIMMERS 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. Recommended for children who have completed Swimmers 5

45 Minutes/10 Sessions  
\$135.00/\$101.25 Members

Mon	Sept 9–Nov 25	05:10 PM	00095241
Wed	Sept 11–Nov 13	05:35 PM	00095093
Sat	Sept 14–Nov 23	09:35 AM	00095094

## SWIMMERS 7 5 years to 12 years

These advanced swimmers will be challenged in a new way with endurance and lifesaving first aid skills. During this lesson, they will complete a 350m workout, and a 100m timed swim and will be educated on victim recognition and caring for external bleeding. Recommended for children who have completed Swimmers 6.

45 Minutes/10 Sessions

\$135.00/\$101.25 Members

Mon	Sept 9–Nov 25	06:05 PM	00095095
Tue	Sept 10–Nov 12	04:50 PM	00095096

## SWIMMERS 9 5 years to 12 years

These advanced swimmers will prepare for the Bronze program by learning defense methods, how to remove an unconscious victim and how to care for a bone or joint injury. This program will push them physically when they swim 300m in 9 minutes and complete the 600m swim. Recommended for children who have completed Swimmers 8.

45 Minutes/10 Sessions

\$135.00/\$101.25 Members

Sun	Sept 8–Nov 17	09:00 AM	00095100
Tue	Sept 10–Nov 12	05:10 PM	00095099

## 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.

45 Minutes/10 Sessions

\$133.40/\$100.05 Members

Fri	Sept 13–Nov 15	04:00 PM	00095136
Fri	Sept 13–Nov 15	05:45 PM	00095137

## SWIMMERS 8 5 years to 12 years

These advanced swimmers will add to their skills they learned in Swimmers 7 by learning how to safely remove conscious victims, and care for a victim in shock and an obstructed airway. They will push themselves physically by supporting a 2.3kg object for 1 minute and swimming 200m in 6 minutes.

45 Minutes/10 Sessions

\$135.00/\$101.25 Members

Sun	Sept 8–Nov 17	09:50 AM	00095098
Wed	Sept 11–Nov 13	04:50 PM	00095097

## ADULT STROKES

Adults Strokes is recommended for swimmers who have either completed Adult Basics 1 and 2 or have previous swimming experience. This lesson will be focused on technique and endurance for front and back crawl, as well as breaststroke progressions.

45 Minutes/10 Sessions

\$133.40/\$100.05 Members

Fri	Sept 13–Nov 15	05:45 PM	00095139
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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.

45 Minutes/10 Sessions

\$133.40/\$100.05 Members

Fri	Sept 13–Nov 15	04:55 PM	00095138
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## TEEN SWIMMER 1

Participants ages 12-17 years old are just getting used to the water and progress to complete front and back floats and glides independently. This program is for beginners who are ready to take the first steps in learning how to swim.

45 Minutes/10 Sessions

\$135.00/\$101.25 Members

Mon	Sept 9–Nov 25	05:40 PM	00095101
Sat	Sept 14–Nov 23	09:50 AM	00095102

## TEEN SWIMMER 2

Participants ages 12-17 years old have completed Swimmers 1, Teen Swim 1 or are comfortable in the water but do not yet have the proper skills. In this program swimmers are introduced to front and back crawl, whip kick and life preservation skills.

45 Minutes/10 Sessions

\$135/\$101.05 Members

Tue	Sept 10–Nov 12	06:40 PM	00095103
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## 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/10 Sessions

\$275.00/\$206.25 Members

Sun	Sept 8–Nov 17	10:40 AM	00095135
Mon	Sept 9–Nov 25	04:50 PM	00095118
Mon	Sept 9–Nov 25	06:00 PM	00095119
Tue	Sept 10–Nov 12	05:40 PM	00095121
Tue	Sept 10–Nov 12	05:55 PM	00095123
Tue	Sept 10–Nov 12	06:45 PM	00095122
Wed	Sept 11–Nov 13	04:00 PM	00095124
Wed	Sept 11–Nov 13	04:25 PM	00095125
Wed	Sept 11–Nov 13	05:10 PM	00095126
Wed	Sept 11–Nov 13	06:15 PM	00095127
Wed	Sept 11–Nov 13	06:45 PM	00095128
Thu	Sept 12–Nov 21	05:45 PM	00095130
Thu	Sept 12–Nov 21	06:35 PM	00095131
Sat	Sept 14–Nov 23	09:00 AM	00095132
Sat	Sept 14–Nov 23	09:35 AM	00095133
Sat	Sept 14–Nov 23	10:25 AM	00095134





## INCLUSION GROUP LESSONS

Group Inclusion group lessons are 30 minute classes taught by two instructors who have specialized training in inclusion to help swimmers who may have specific adaptations or require additional one on one support. Each lesson has a maximum of three swimmers, each child will have one on one support while completing skills and will be introduced into participating in group activities.

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](mailto:aquatics@colehabourplace.com) or (902)464-5110.

30 Minutes/10 Sessions

\$150.00/\$112.50 Members

### SWIMMERS 1 INCLUSION

Fri Sept 13–Nov 15 04:00 PM 00095113

### SWIMMERS 2 INCLUSION

Fri Sept 13–Nov 15 04:35 PM 00095114

### SWIMMERS 3 INCLUSION

Fri Sept 13–Nov 15 05:10 PM 00095115

## 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 individual goals or can follow our Skippers and Swimmers levels.

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](mailto:aquatics@colehabourplace.com) or (902)464-5110.

45 Minutes/10 Sessions

\$210.00/\$157.50 Members

Mon	Sept 9–Nov 25	04:00 PM	00095104
Wed	Sept 11–Nov 13	05:55 PM	00095106
Thu	Sept 12–Nov 21	04:00 PM	00095107
Fri	Sept 13–Nov 15	04:00 PM	00095108
Fri	Sept 13–Nov 15	04:50 PM	00095109
Fri	Sept 13–Nov 15	05:40 PM	00095110
Fri	Sept 13–Nov 15	05:45 PM	00095111
Sat	Sept 14–Nov 23	11:15 AM	00095112

## 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

#00095188

### WAITLIST INCLUSION PRIVATE LESSONS

#00095187

# LEADERSHIP CLASSES



## NATIONAL LIFEGUARD

The National Lifeguard and airway management course prepares candidates to successfully respond to and prevent emergencies in the aquatic setting. This course develops the skills and first aid knowledge learned in the Bronze programs. Successful completion of this course allows candidates to work as a certified lifeguard in a pool. There will be an exam scheduled after all course dates have been completed. 100% attendance is required for this course.

Prerequisites: Bronze Cross, intermediate workplace first aid and 15 years old by the end of the course.

\$276.00/ Members-\$207

Fridays Sept 13-Nov29 5:00 PM- 10:00 PM 00095240

**\*no classes on Oct 11th and Nov 15th**



## BRONZE CROSS AND INTERMEDIATE FIRST AID

The Bronze Cross and Intermediate workplace first aid prepares candidates to become a lifeguard by strengthening the four lifesaving principles which are judgment, knowledge, skill and fitness. Bronze Cross certification is a prerequisite for becoming an assistant lifeguard, Swim for life instructor or taking the National Lifeguard course. This program teaches candidates aquatic emergency prevention and improves lifesaving skills. There will be an exam scheduled after all course dates have been completed. 100% attendance is required for this course.

Prerequisites: Bronze Medallion and basic workplace first aid

\$171.35/ members-\$128.51

Sundays Sept 8-Oct 6 2:00 PM- 9:00 PM 00095239



# FITNESS



## FITNESS CLASSES

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.

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

[FITNESS SCHEDULE](#)



Members of CHP receive a 25% discount on fitness programs when registering (unless otherwise stated)

**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 IS GOLDEN 55+

SAFE Strength Training for those 55 and over. Muscle strength & endurance, heart & lungs, balance, bone building, flexibility and more! Get comfortable using the equipment in our weight room safely.

*60 Minutes/10 Sessions - \$86.25 Member- \$64.69*

Tues Sept 10–Nov 12 10:30 AM 00095146 Weight Room

## HEAVY BAG FITNESS

Learn basic kickboxing techniques and how to use a heavy bag for fun and fitness. Pad work and footwork drills. Gloves provided or bring your own.

*60 Minutes/10 Sessions - \$86.25 Member- \$64.69*

Fri Sept 13–Nov 15 09:00 AM 00095116 Weight Room

## YIN YOGA & CHAKRA MEDITATION

Relax in a recovery yin yoga pose or sit in a chair. Calm the mind and soothe the body. Chakras are energy centers in the body that govern your physical & emotional well being. Bring a blanket and a pillow.

*60 Minutes/10 Sessions - \$129.50 Member- \$97.13*

Sat Sept 14–Nov 23 09:00 AM 00095147 Dance Studio

## WALKING & WEIGHTS

Intervals of walking, functional training, and strength training using various equipment. All levels. Meet in the Dance Studio and head outside weather permitting. If it is raining, we will remain indoors in the Dance Studio.

*60 Minutes/10 Sessions - \$86.25 Member- \$64.69*

Sun Sept 8–Nov 17 11:30 AM 00095117 Outdoors or Dance Studio

## INTRODUCTION TO THE WEIGHT ROOM

Welcome to the weight room! Come learn the basics of using the gym. This class will include cardio, core, strength training and stretching. Get comfortable adjusting and using gym equipment.

*60 Minutes/10 Sessions - \$86.25 Member- \$64.69*

Sat Sept 14–Nov 23 10:30 AM 00095148 Weight Room

## STRENGTH & SPLASH

An aquatic fitness & resistance training hybrid class! The first half of the class will be held in Stewart Hall, and the second half will be in the pool. The workout will consist of a warm up, approximately 25 minutes of strength training using resistance bands, followed by 25 minutes of aqua fitness and a stretch in the pool.

*60 Minutes/10 Sessions - \$129.95 Member- \$97.46*

Wed Sept 11–Nov 13 02:00 PM 00095143 Dance Studio & Pool



## STROLLER STRIDES

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.

60 Minutes/10 Sessions - \$103.50 Member- \$77.63

Mon Sept 9-Nov 25 11:00 AM 00095144 Outdoors or Functional Training Center

Mon Sept 9-Nov 25 5:15 PM 00095402 Outdoors or Functional Training Center



## STROLLER CIRCUIT (FORMERLY STROLLERFIT)

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/10 Sessions - \$103.50 Member- \$77.63

Thu Sept 12-Nov 21 11:00 AM 00095145 Functional Training Center

Tues Sept 10-Nov 19 6:15 PM 00095403 Functional Training Center



## 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/10 Sessions - \$103.50 Member- \$77.63

Tue Sept 10-Nov 12 11:00 AM 00095140 Dance Studio



## 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/10 Sessions - \$129.95 Member- \$97.46

Wed Sept 11-Nov 13 10:00 AM 00095141 Pool Deck

Wed Sept 11-Nov 13 11:00 AM 00095142 Pool Deck



# WORKSHOPS

## YIN YOGA & CHAKRA MEDITATION WORKSHOP

Relax in a recovery Yin yoga pose or sit in a chair. Calm the mind & soothe the body. Enjoy yin yoga, meditation, or both. Bring a blanket and a pillow.

60 Minutes/1 Session \$14.95/ Members \$0.00

Saturday, September 7th 09:00 AM 00095246 Dance Studio

## HOW TO DESIGN YOUR OWN YOGA PRACTICE WORKSHOP

From beginners to advanced, personalize your practice to target specific areas in strength, flexibility, functional movement and balance.

60 Minutes/1 Session \$14.95 Members \$0.00

Sunday, October 20th 01:30 PM 00095247 Dance Studio

## LOVE YOUR FEET WORKSHOP

Stretch and strengthen your feet.

60 Minutes/1 Session \$14.95/ Members \$0.00

Sunday, November 10th 01:30 PM 00095248 Dance Studio



## BONE BUILDERS

Check your calcium intake and learn exercises that help build bone density.

60 Minutes/1 Session \$14.95/ Members \$0.00

Sunday, December 1st 01:30 PM 00095249 Weight Room



# PERSONAL TRAINING

## 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](mailto: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	\$75.00	\$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 \$115.50 + HST/ per hour for groups up to 15 people.**

### SMALL GROUP & COUPLES TRAINING

Contact Taylor Naugle at [tnaugle@coleharbourplace.com](mailto:tnaugle@coleharbourplace.com) for more information.

# RECREATION



## **BABY BOPPERS** Ages: 1-2

An exciting program that is centered around building gross motor skills and socialization! Play with fun equipment and enjoy age-appropriate music and games. Ages 1-2 . \*Parent/guardian participation is required.  
30 Minutes/10 Sessions - \$52.00 Member- \$39.00

Fri Sept 19 - Dec 6 3:15 PM - 3:45 PM 00095206

**\*no class November 15th & 22nd**

## **MINI DASH & SPLASH** Ages 8 months - 5 years

Bring your child for some fun play-time, large form blocks, climbers, parachutes, balls, ribbons, hoops, ropes to scarves. After jump into our parent & tot swim session and enjoy some further socialization for both you & your child.  
\*This is a play-based program with very little structure.  
Ages 8 months - 5 years

1:15 PM - 1:45 PM Dash gymnastic obstacle course & play  
1:45 PM - 2:00 PM Transition time  
2:00 PM - 3:00 PM Parent & Tot Swim

90 Minutes/10 Sessions - \$155.00 Member- \$116.25

Thu Sept 19 - Dec 5 3:15 PM - 3:45 PM 00095207

**\*no class November 14th & 21st**



## **SPLASH CAPADES: PARENT & CHILD**

Get ready to splash and splash! This two-part program includes 30 minutes of circle-time & a 30 minute "structured" swim, with a certified swimming instructor. Splash Capades focuses on Physical, Cognitive and Social development.

Circle-time: Sing classic age-appropriate songs, story-time, play with fun props (sensory-based), cuddle time, learn fun parent & child movements and enjoy socialization time.

Pool-time: Enjoy a "structured" swim time, free swim and socialization time.

60 Minutes/10 Sessions - \$105.00 Member \$78.75

## **BABIES: 0 - 12 MONTHS**

Tue Sept 10 - Nov 12 9:30am 00095231

## **WALKERS: 13 MONTHS - 3 YEARS**

Thurs Sept 12-Nov 14 9:30am 00095232



## FREAKY FRIDAYS **Ages: 5-12**

Are you looking for a night out or some peace and quiet for a couple of hours? We've got you covered! Check out our Friday drop-off program for KRAZY KIDS ages 5 - 12. This program includes swimming, games, crafts, movie time, 1 slice of pizza & popcorn!

Ages: 5-12

\$25.00/\$18.75 Members

Fridays 5:30pm-8:30pm

DAY	CODE
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Sept 13	00095216
Sept 20	00095217
Sept 27	00095218
Oct 4	00095219
Oct 11	00095220
Oct 25	00095221
Nov 1	00095222
Nov 8	00095223
Nov 29	00095224
Dec 6	00095225
Dec 13	00095226



## PLAY PALS

Introducing Play Pals, our exciting NEW program! Join us for an afternoon of fun-filled activities, including circle time and themed Storytime, followed by a themed sensory bin and craft. Afterward, there is plenty of time for parents to chat and kiddos to play with various toys and soft play items. Ages: 1y 6m - 5y

After jump into our parent & tot swim session and enjoy some further socialization for both you & your child.

4:00 PM - 4:45 PM Program

4:45 PM - 5:00 PM Transition/free play time

5:00 PM - 6:00 PM Parent & Tot

120 Minutes/1 Session - \$16.67 Member- \$12.50

Rainbow Fish	Sept 21	4:00 PM	00095257
Halloween	Oct 19	4:00 PM	00095388
Christmas	Dec 14	4:00 PM	00095389
Penguin Playtime	Dec 28	4:00 PM	00095390



## CHEERLEADING **Ages: 7-12**

Learn the basic techniques and skills of cheerleading- stunts, motions/dance, jumps and tumbling. This program is completely for FUN and focuses on making friends and learning about teamwork! Athletes will also learn how it all goes together to make a routine that they will perform for their families on the last day! Ages 7-12.

45 Minutes/10 Sessions - \$82.00 Member- \$61.50

Fri Sept 20 - Dec 6 5:15 PM-6:00 PM 00095254

**\*no class November 15th & 22nd**

## MUSICAL THEATRE **Ages: 7-12**

During each class, students will learn about proper physical and vocal warm-ups, improvisational techniques, character development and script work. This program will focus on building confidence, teamwork and leadership skills. Musical Theatre is designed for children who are bursting at the seams to express themselves, and also children who need a little extra help finding their voice.

45 Minutes/10 Sessions - \$82.00 Member- \$61.50

Fri Sept 20 - Dec 6 6:15 PM-7:00 PM 00095401

**\*no class November 15th & 22nd**

## CHEERLEADING & MUSICAL THEATRE COMBO **Ages: 7-12**

Double the Fun, One Great Price!

We're excited to offer a special combo package for our Cheer and Theatre programs, both held on the same night. Book both classes together and enjoy a discounted rate, giving your child 105 minutes of non-stop fun and creativity! Drop them off and let them experience the best of both worlds—cheerleading and theatre—in one convenient evening.

105 Minutes/10 Sessions - \$124.00 Member- \$93.00

Fri Sept 20 - Dec 6 5:15 PM-7:00 PM 00095255

**\*no class November 15th & 22nd**

**Savings of up to \$40.00 if you enroll in the combo!!!**

## DASH & SPLASH **Ages: 5-12**

An exciting program that combines fun games on land and in the pool. This 10-week high-energy class is perfect for kids to improve coordination, flexibility, balance, and endurance while having a blast! Children are dropped off in the dance studio and picked up on the pool deck.

105 Minutes/10 Sessions - \$155.00 Member - \$116.25

Sat Sept 14 - Nov 23 10:15 AM - 12:00 PM 00095203

**\*no class October 12th**

## CRAFT & SPLASH **Ages: 7-12**

Dive into fun with Craft & Splash! Kids will enjoy creative arts and crafts followed by exciting pool activities. It's the perfect mix of art and aquatic fun!

120 Minutes/10 Sessions - \$155.00 Member - \$116.25

Mon Sept 9 - Nov 25 6:00 PM - 8:00 PM 00095204

**\*no class September 30th & October 14th**

## SWIFTIE SOCIAL CLUB **Ages: 7-12**

Join us for the Swiftie Social Club, a fun and engaging 10-week program for Taylor Swift fans! Each 1.5-hour session features a mix of activities, including trivia, songwriting, crafts, karaoke, and more. Meet fellow Swifties, share your love for Taylor, and create unforgettable memories!

90 Minutes/10 Sessions - \$155.00 Member - \$116.25

Tues Sept 10 - Nov 12 6:30 PM - 8:00 PM 00095205



## TUMBLING BUGS Ages: 2-3

Learn the basics of balance, flexibility, tumbling body positions, and work towards gaining strength. Play with fun equipment and enjoy age-appropriate music and games. Parent Participation required.

30 Minutes/10 Sessions - \$52.00 Member -\$39.00

Fri Sept 20 - Dec 6 4:00pm 00095194

**\*no class November 15th & 22nd**

## PAW-TROL PALS Ages: 3-5

Join us at the Paw-trol Pals Club, where every week is filled with excitement and learning! Our program is designed for children aged 3-5, offering a variety of engaging activities centered around the beloved Paw Patrol theme. Children will have the opportunity to earn special Paw Patrol badges each week, rewarding their participation and achievements. From exploring sensory bins to practicing letters and counting through fun games & crafts, our activities aim to help develop fine & gross motor skills. Of course, no Paw-trol Pals meeting would be complete without watching a Paw Patrol episode together! With plenty of time for free play, children can socialize and make friends.

45 Minutes/10 Sessions - \$77.00 Member -\$57.75

Mon Sept 9- Nov 25 5:00pm 00095190

**\*no class September 30th & October 14th**



## TUMBLING TOTS Ages: 4-5

Learn the basics of balance, flexibility, tumbling body positions, and work towards gaining strength. Play with fun equipment and enjoy age-appropriate music and games. Drop-off program.

30 Minutes/10 Sessions - \$52.00 Member -\$39.00

Fri Sept 20 - Dec 6 4:30pm 00095193

**\*no class November 15th & 22nd**

## KIDSCAPADES Ages: 3-4

Join us for a morning filled with singing, games, crafts, and play-based learning. Each week will have a different theme: animals, colours, weather, letters, numbers, and shapes! Perfect for socialization for the kiddos and a great opportunity for guardians to run errands or take a break. Please pack a snack, drink and an extra change of clothes. 8 Sessions Wednesdays & Fridays 9:30 AM - 11:30 AM

60 Minutes/8 Sessions - \$124.00 Member -\$93.00

	DATES	CODE
FALL #1	Sept 11 - Oct 4	00095197
FALL #2	Oct 9 - Nov 1	00095198
WINTER #1	Nov 6 - Nov 29	00095199
Christmas Special	Dec 4 - Dec 20	00095233

\*Mondays, Wednesdays & Fridays

A special edition of Kidscapades finishing with a Mini Christmas Concert December 18th 11:30 AM - 12:00 PM, in the Harbour Room.



## BABYSITTING COURSE

Babysitters Training Course: The Babysitters Training Course is one of Canada's Safety Council's longest-running programs. The course is an ideal community project, which can help prevent injuries and promote the responsible management of common situations that may arise while children are under the care of babysitters.

Ages 12 - 16.

\$57.00 Member- \$42.75

Sat Dec 7 9:00 AM - 3:00 PM 00095227

## HOME ALONE

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

\$57.00 Member- \$42.75

Sat Dec 8 12:30 PM - 3:30 PM 00095228

## BABYSITTERS TRAINING CAMP

Babysitters Training combined with our Day camp fun! Play games, swimming, craft & outdoor time!

\$82.00 Member- \$61.50

Fri Oct 11 8:30 AM - 4:30 PM 00095229

## HOME ALONE TRAINING CAMP

Home Alone combined with our Day camp fun! Play games, swimming, craft & outdoor time!

\$82.00 Member- \$61.50

Fri Oct 25 8:30 AM - 4:30 PM 00095230



# DAY CAMPS



## NO SCHOOL- NO PROBLEM

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



### CAMP HOURS

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

#### DAY, DATE

#### CODE

Fri, Oct 11	00095208	<b>FALL</b>
Fri, Oct 25	00095209	<b>HALLOWEEN</b>
Thurs, Dec 5	00095210	<b>CHRISTMAS</b>
Fri, Dec 27	00095211	<b>WINTER</b>
Mon, Dec 30	00095212	<b>NYE</b>
Thurs, Jan 2	00095213	<b>MAGIC</b>
Thurs, Apr 3	00095214	<b>EASTER</b>
Wed, Apr 30	00095234	<b>SPRING</b>

\$39.00/ Member - \$29.25

## MARCH BREAK CAMP MARCH 10TH - 14TH BOOK YOUR EPIC WEEK

Get ready for a week of fun activities! Don't miss out on the perfect break for kids! Includes daily craft, swimming, outdoor play, st. Patrick's Day party, dance parties, and more!

\$211.00/ Member - \$179.35

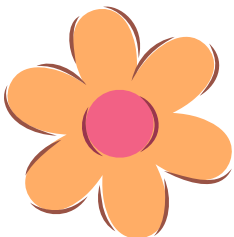
**MARCH 10TH - 14TH**

**#00095235**

### DAILY ACTIVITIES

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

\*Schedule subject to change



# KIDS DANCES AGES: 7-12

Get ready to dance the night away with the latest hits and party anthems. Plus, Enjoy dancing, crafts, snack, a photo booth, prizes and more.

\*This is a drop-off program

\$25.00/ Member- \$18.75

## MONSTER MASH



Come dressed in your best costume and enjoy dancing, exciting games, tasty treats, a photo booth, and much more.

**00095236**

Sat

Oct 19

6:00 PM - 8:00 PM



## SNOWBALL



Celebrate the season at our enchanting Snowball Christmas Dance for kids ages 7-12! Enjoy dancing to festive tunes, create holiday cards at our card-making station, and participate in fun themed games. Delight in tasty treats, a holiday photo booth, and much more. Come dressed in your holiday wear!

**00095237**

Sat

Dec 14

6:00 PM - 8:00 PM



## NYE MASQUERADE GALA

Ring in the New Year at our exciting Kids New Year's Eve Celebration Dance Party! Dance to the year's best hits, enjoy fun games, craft, treats, a photo booth, confetti cannon and more. Don't forget your Masquerade mask!

**00095238**

Sat

Dec 28

6:00 PM - 8:00 PM



# DANCE

## RULES

- No cell phones in class
- Combination classes are not required to change tights, specific tights will be required for the recital
- Girls' hair in a bun, off neck and face for all classes
- NO food, gum, jewellery, cell phones or cameras permitted in class, water bottles only please
- Ballet shoes must be proper leather ballet shoes, NO gymnastics shoes please

## ATTENDANCE

Please note DDA has an attendance policy in effect. Please see welcome/policy package for details.

Dance classes run for 15 weeks.

Note: Ages are as of registration dates.

## RECITAL

All dancers perform in holiday and year end recital.

## DANCE DATES

- September 23rd: Classes Start
- September 30th: Truth & Reconciliation Day - No Classes
- October 14th: Thanksgiving - No classes
- October 31st: Halloween - No Classes
- December 8th: Last Day Before Christmas Break
- December 9th - January 5th: No Classes - Christmas Break
- January 6th: Classes Resume
- February 2nd: First Term Ends
- February 3rd: Second Term Begins



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

# DANCE

NEW STUDENTS  
WELCOME



## SATURDAYS AT DDA

SEPT 28-FEB 1

### LITTLE STARS

Age 3-4 years old

45 Minutes/15 Sessions - \$220.00 Member- \$198.00

9:30 AM-10:15 AM 00094496 Auburn

### PRESCHOOL COMBO BALLET/TAP

Ages 4-6 years old

45 Minutes/15 Sessions - \$220.00 Member- \$198.00

10:15 AM-11:00 AM 00094497 Auburn

### CHILDREN'S COMBO BALLET/TAP /JAZZ

Ages 5-6 years old

60 Minutes/15 Sessions - \$247.00 Member -\$222.30

11:00 AM-12:00 PM 00094504 Auburn

### LEVEL 1 BALLET/TAP/JAZZ

Ages 6-7 years old

60 Minutes/15 Sessions - \$247.00 Member -\$222.300

12:15 PM - 1:15 PM 00094505 Auburn

### LEVEL 2 BALLET/TAP/JAZZ

Ages 7-8 years old

60 Minutes/15 Sessions - \$247.00 Member -\$222.300

1:15 PM-2:15 PM 00094546 Auburn

### BEGINNER ACRO

Ages 6-10 years old

45 Minutes/15 Sessions - \$220.00 Member- \$198.00

2:15 PM-3:00 PM 00094506 Auburn

### LEVEL 3/4 BALLET/TAP/JAZZ

Ages 8-10 years old

90 Minutes/15 Sessions - \$297.00 Member -\$263.30

3:00 PM-4:15 PM 00094932 Auburn





# DANCE

PLEASE CONTACT DDA  
BEFORE YOUR ENROLL  
COMPETITIVE GROUPS



## MONDAYS SEPT 23 TO JAN 27

### CDTA GRADE 3 JAZZ

45 Minutes/15 Sessions - \$160.00 Member- \$144.00

4:00 PM-4:45 PM 00094551 Auburn

### CDTA GRADE 3 BALLET

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

4:45 PM-5:45 PM 00094567 Auburn

### PREPOINTE/POINTE

30 Minutes/15 Sessions - \$110.00 Member- \$99.00

5:45 PM - 6:15 PM 00094967 Auburn

(must be taking Grade 3 Ballet to take Pointe)

### MINI STARS FUNKY HIP HOP

45 Minutes/15 Sessions - \$160.00 Member- \$144.00

6:15 PM-7:00 PM 00094581 Auburn



## THURSDAYS SEPT 26. TO JAN 30

### JUMPS, TURN, AND STRETCH FUNKY FRENZY FURY

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

4:00 PM-5:00 PM 00095163 Auburn

### ACRO FRENZY FURY

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

5:00 PM-6:00 PM 00095161 Dance Studio

### FRENZY/FURY TAP

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

6:00 PM-7:00 PM 00095165 Auburn

### FUNKY TAP

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

5:00 PM-6:00 PM 00095164 Auburn

### FUNKY ACRO

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

6:00 PM-7:00 PM 00095162 Dance Studio

### ACRO EXAM CLASS

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

7:00 PM-8:00 PM 00095185 Auburn Room



# DANCE

PLEASE CONTACT DDA  
BEFORE YOUR ENROLL  
COMPETITIVE GROUPS



## TUESDAYS SEPT 24 TO JAN 28

### MINI STARS BALLET/JAZZ FIREFLIES

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

4:00 PM-5:00 PM 00094590 Dance Studio

### MINI STARS NOVICE TEAM ACRO

45 Minutes/15 Sessions - \$160.00 Member- \$144.00

5:00 PM-5:45 PM 00094592 Auburn

### NOVICE FIRECRACKERS BALLET/JAZZ

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

4:00 PM-5:00 PM 00094591 Auburn

### FUNKY MODERN

45 Minutes/15 Sessions - \$160.00 Member- \$144.00

5:00 PM-5:45 PM 00094597 Stewart Hall

### FUNKY JAZZ DANCE

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

5:45 PM - 6:45 PM 00095156 Auburn

### FUNKY BALLET

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

6:45 PM - 7:45 PM 00095158 Auburn

### MODERN FURY FRENZY

45 Minutes/15 Sessions - \$160.00 Member- \$144.00

5:00 PM-5:45 PM 00094596 Dance Studio

### BALLET FURY FRENZY

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

5:45 PM-6:45 PM 00095157 Dance Studio

### JAZZ FURY FRENZY

60 Minutes/15 Sessions - \$225.00 Member- \$202.50

6:45 PM-7:45 PM 00095159 Dance Studio

### HIP HOP FURY FRENZY

45 Minutes/15 Sessions - \$160.00 Member- \$144.00

7:45 PM-8:30 PM 00095160 Dance Studio

