

2025



FALL PROGRAMS BROCHURE



AQUATICS | FITNESS | RECREATION | DANCE | SPECIAL EVENTS



FALL 2025 REGISTRATION:
SEPTEMBER 2ND, 2025

COLEHARBOURPLACE.COM



FALL 2025 FACILITY HOURS

SEPTEMBER 2ND - DECEMBER 31ST

MONDAY

6:00AM – 10:00PM

TUESDAY

6:00AM – 10:00PM

WEDNESDAY

6:00AM – 10:00PM

THURSDAY

6:00AM – 10:00PM

FRIDAY

6:00AM – 10:00PM

SATURDAY

7:00AM – 8:00PM

SUNDAY

7:00AM – 9:00PM

HOLIDAY HOURS

MONDAY, SEPTEMBER 1ST **CLOSED**

TUESDAY, SEPTEMBER 30TH **CLOSED**

THANKSGIVING SUNDAY, OCTOBER 12TH **7:00AM-5:00PM**

FRIDAY, OCT 31ST **6:00AM- 5:00PM**

TUESDAY, NOVEMBER 11TH **12:00PM- 10:00PM**

WEDNESDAY, DECEMBER 24TH **6:00AM-12:00PM**

THURSDAY, DECEMBER 25TH **CLOSED**

FRIDAY, DECEMBER 26TH **CLOSED**

WEDNESDAY, DECEMBER 31ST **6:00AM- 12:00PM**

HOURS ARE SUBJECT TO CHANGE



HOURS



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STAFF DIRECTORY



Front Desk - General Inquiries
902.464.5100

Jen Heddon - General Manager

902.464.5120 |

jheddon@coleharbourplace.com

Jill Power - Manager, Customer Operations

902.464.5505 |

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Tara Curlett - Aquatic Director

902.464.5110 |

aquatics@coleharbourplace.com

Braden Gray - Recreation Director

902.464.5106 |

recreation@coleharbourplace.com

Kenzie MacLeod - Front Desk Manager

902.464.5565 |

kmacleod@coleharbourplace.com

Taylor Naugle - Fitness Director

902.464.5134 |

tnaugle@coleharbourplace.com

Nick Meyer - Scheduling & Events Director

902.464.5109 |

nmeyer@coleharbourplace.com

Matt Taylor - Controller

902.464.5118 |

mtaylor@coleharbourplace.com

Jeff Baker - Operations Manager

902.464.5113 |

jbaker@coleharbourplace.com



FALL iNTO fun

It's BACK! Our 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) and
MORE!

We can't wait to see you there!

Save the date

Saturday, October 4th

More details to come!



MEMBERSHIP



Contact our **Front Desk Manager** at (902) 464-5565 for more information about memberships!

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!



RECREATION

Check out our recreation programs!



Full

- ✓ Weight Room
- ✓ Cardio Room
- ✓ TRX Area
- ✓ Fitness Classes
- ✓ Swimming
- ✓ Skating
- ✓ Squash Courts

GYM ONLY

- ✓ Weight Room
- ✓ Cardio Room
- ✓ TRX Area

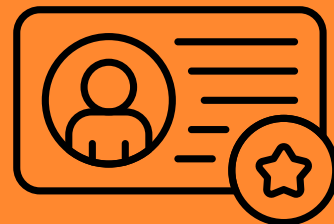
up to
25% OFF

**RECREATIONAL, FITNESS AND
AQUATIC PROGRAMS & CAMPS**

*excluding gym only memberships



MEMBERSHIP PRICES




MEMBER TESTIMONIAL

"This facility is centralized in Cole Harbour and provides the focal point for community involvement. Housing the library, municipal offices, pools, workout areas, physiotherapy centre, with rooms to provide meeting spaces, this is a great facility. New to the area - check it out."

-Edie H ★ ★ ★ ★ ★

SINGLE	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$75.34	\$757.36 / year	\$70.38 x 12 (\$849.96)
STUDENT/ CLUB 60	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$48.57	\$452.03 / year	\$42.63x 12 (\$511.56)
FAMILY	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$98.14	\$1019.06 / year	\$93.18 x 12 (\$1118.16)
ADULT COUPLE	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$91.20	\$965.00/ year	\$84.26 x 12 (\$1011.12)
ADULT COUPLE 60	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$72.37	\$725.63 / year	\$66.42 x 12 (\$797.04)
GYM ONLY MEMBERSHIP	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$32.71	\$392.56/ year	\$33.71 x 12 (\$392.56)

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



FALL

INTO FITNESS

6 MONTH MEMBERSHIP

Single	\$378.67
Student/Club 60	\$226
Family	\$509.52
Adult Couple	\$482.49
Adult Couple Club 60	\$362.80
Gym Only	\$196.27

**PRICES INCLUDE TAX
LUMP SUM
NON-TRANSFRABLE
NON-REFUNDABLE**

REGISTRATION



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

Phone registration is not available.

FALL 2025

MEMBER & GENERAL PUBLIC REGISTRATION

September 2nd, 2025

Starts at 9:00am

PLEASE NOTE: Classes require a minimum number of participants run. If the minimum requirement is not met the program will be cancelled.

Important Update to Our Cancellation Policy.

Effective Sept 2nd/25. Participants enrolled in a program or class may withdraw by phone up to 14 days prior to the program start date. A 10% cancellation fee will apply to all such withdrawals. This fee helps cover administrative costs and supports our continued commitment to providing high-quality services.

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



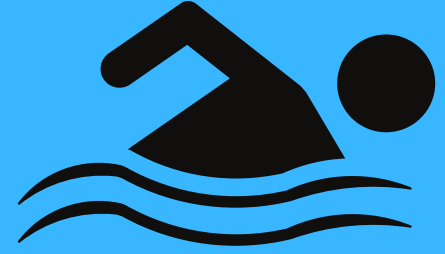
THIS IS THE COURSE CODE

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

halifax.ca/myREC



POOL INFORMATION



SWIMMING LESSONS LEVEL COMPARISON CHART

[CLICK HERE](#)



Swimming Lessons
CHP Skippers (3-5 years old) — Level Comparison Chart

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 flip
Head wet	Avoided exit from the pool	Into to main pool in PFD	Identify objects	Being a safe skater	Forward roll (PFD)
Ears wet	2 rhythmic bobs	Jump in & recover to the side	3 rhythmic bobs	Whose here to swim	Into to the diving board
Face wet	Jump in with PFD (assisted)	Front glide & kick with underwater pull	Seated front dive	Wipe to sculling	Weight transfer
Back float (assisted)	Back float (head supported)	Back float (unassisted)	Rollover float	Big arms equal (5m)	Front crawl (5m)
Front float (assisted)	Front float (arms & head)	Front float (unassisted)	Surface support (10sec.)	Back swim (5m)	Back crawl (5m)
Back kick	Front kick	Front kick	Front kick	Front kick	Front kick

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)	\$9.69
Youth Lane (8-18 yrs)	\$6.70
Parent & Tot	\$9.12
2 Parents & Tot	\$11.74
Family - up to 5	\$17.10
Senior (60+)	\$6.61

*Prices include tax

DROP IN POOL SCHEDULE CAN BE FOUND ON OUR WEBSITE!

[POOL SCHEDULE](#)



No Mask Goggles Permitted



AQUATICS

| 8



WATERBABIES

3 months to 1 year: 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
\$121.00/\$91.00 Members

Sun	Sep 21- Nov 30	10:25 AM	31743
Mon	Sep 15 - Nov 24	05:00 PM	31736

MATES SILVER



1 year 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
\$121.00/\$91.00 Members

Sat	Sep 20-Nov 29	10:15 AM	31755
Tue	Sep 16- Nov 25	04:00 PM	31754
Wed	Sep 17-Nov 19	04:00 PM	31751

MATES BRONZE



Mates 1 year 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
\$121.00/\$91.00 Members

Mon	Sep 15- Nov 24	05:45 PM	31745
Thu	Sep 18- Nov 20	06:20 PM	31749
Sun	Sep 21- Nov 30	11:30 AM	31747

MATES GOLD



Mates 1 year 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
\$121.00/\$91.00 Members

Sat	Sep 20- Nov 29	09:00 AM	31774
Wed	Sep 17- Nov 19	05:15 PM	31758
Tue	Sep 16-Nov 25	04:35 PM	31757

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

\$121.00/\$91.00 Members

Mon	15 Sep - 24 Nov	5:10 PM	32254
Wed	17 Sep - 19 Nov	5:45 PM	32259
Sun	21 Sep - 30 Nov	9:00 AM	32261
Wed	17 Sep - 19 Nov	5:00 PM	32258
Mon	15 Sep - 24 Nov	6:20 PM	32255
Tue	16 Sep - 25 Nov	4:00 PM	32256
Sun	21 Sep - 30 Nov	11:20 AM	32262
Tue	16 Sep - 25 Nov	7:00 PM	32257
Sat	20 Sep - 29 Nov	10:50 AM	32260

WITH PARENT SKIPPERS 1

Wed	17 Sep - 19 Nov	6:00 PM	31777
Sat	20 Sep - 29 Nov	11:30 AM	31781
Thu	18 Sep - 20 Nov	5:40 PM	31778

CONDENSED SKIPPERS 1

30 Minutes/10 Sessions

\$160.00/\$120.00 Members

Wed	17 Sep- 19 Nov	6:25 PM	31810
Sun	21 Sep- 30 Nov	9:50 AM	31811
Mon	15 Sep- 24 Nov	5:35 PM	31804

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

\$121.00/\$91.00 Members

Tue	16 Sep - 25 Nov	5:45 PM	31824
Thu	18 Sep - 20 Nov	4:00 PM	31828
Sun	21 Sep - 30 Nov	10:45 AM	31830
Wed	17 Sep - 19 Nov	7:00 PM	31827
Tue	16 Sep - 25 Nov	5:10 PM	31819
Mon	15 Sep - 24 Nov	7:00 PM	31813
Sat	20 Sep - 22 Nov	9:00 AM	31829

CONDENSED SKIPPERS 2

30 Minutes/10 Sessions

\$160.00/\$120.00 Members

Mon	15 Sep- 24 Nov	4:35 PM	31835
Sat	20 Sep- 29 Nov	10:10 AM	31837

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

\$121.00/\$91.00 Members

Wed	17 Sep - 19 Nov	5:10 PM	31855
Sun	21 Sep - 30 Nov	9:35 AM	31857
Sat	20 Sep - 22 Nov	9:00 AM	31856
Tue	16 Sep - 25 Nov	6:20 PM	31848
Wed	17 Sep - 19 Nov	5:40 PM	31851
Mon	15 Sep - 24 Nov	4:25 PM	31842

CONDENSED SKIPPERS 3

30 Minutes/10 Sessions

\$160.00/\$120.00 Members

Wed	17 Sep - 19 Nov	06:25 PM	31861
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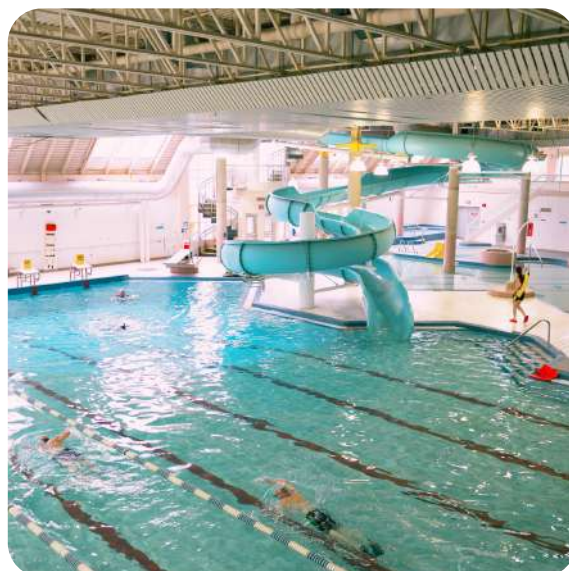
SKIPPERS 4 3 years to 5 years

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

\$121.00/\$91.00 Members

Tue	16 Sept - 25 Nov	6:05 PM	31870
Wed	17 Sept - 19 Nov	5:50 PM	31876
Sun	21 Sept - 23 Nov	9:00 AM	31883



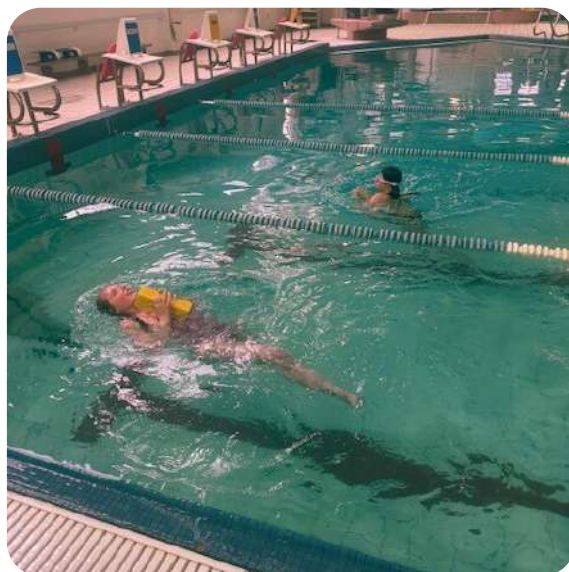
SKIPPERS 5 3 years to 5 years

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

\$121.00/\$91.00 Members

Sun	21 Sep - 30 Nov	9:35 AM	32039
Thu	18 Sep - 20 Nov	4:35 PM	31951



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

\$121.00/\$91.00 Members

Thu	18 Sep - 20 Nov	6:20 PM	32037
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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/10 Sessions
\$121.00/\$91.00 Members

M	15 Sep - 24 Nov	4:00 PM	32046
W	17 Sep - 19 Nov	4:10 PM	32049
Th	18 Sep - 20 Nov	5:10 PM	32052
Tu	16 Sep - 25 Nov	5:50 PM	32047
Sa	20 Sep - 29 Nov	9:40 AM	32057
Su	21 Sep - 30 Nov	11:00 AM	32059
Su	21 Sep - 30 Nov	10:10 AM	32058
W	17 Sep - 19 Nov	7:00 PM	32051
Th	18 Sep - 20 Nov	7:00 PM	32053

CONDENSED SWIMMER 1

30 Minutes/10 Sessions
\$160.00/\$120.00 Members

Tue	16 Sep - 25 Nov	4:00 PM	32060
Sat	20 Sep - 29 Nov	10:45 AM	32063
Sun	21 Sep - 30 Nov	11:30 AM	32064

SWIMMER 1 - 8 YEARS OLD +

30 Minutes/10 Sessions
\$121.00/\$91.00 Members

Mon	15 Sep - 24 Nov	7:00 PM	32041
Tue	16 Sep - 25 Nov	4:35 PM	32044

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

30 Minutes/10 Sessions
\$121.00/\$91.00 Members

Sat	20 Sep - 29 Nov	9:35 AM	32101
Sat	20 Sep - 29 Nov	10:50 AM	32088
Tue	16 Sep - 25 Nov	4:00 PM	32081
Sun	21 Sep - 30 Nov	11:30 AM	32104
Wed	17 Sep - 19 Nov	4:45 PM	32085
Tue	16 Sep - 25 Nov	6:55 PM	32083
Sat	20 Sep - 29 Nov	10:15 AM	32103
Thu	18 Sep - 20 Nov	7:00 PM	32098
Mon	15 Sep - 24 Nov	6:10 PM	32065

CONDENSED SWIMMER 2

30 Minutes/10 Sessions
\$160.00/\$120.00 Members

Wed	17 Sep - 19 Nov	4:30 PM	32108
Wed	17 Sep - 19 Nov	6:55 PM	32105
Sun	21 Sep - 30 Nov	10:10 AM	32109





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

30 Minutes/10 Sessions

\$121.00/\$91.00 Members

Mon	15 Sep - 24 Nov	6:25 PM	32180
Thu	18 Sep - 20 Nov	5:00 PM	32183
Sun	21 Sep - 30 Nov	9:00 AM	32186
Sat	20 Sep - 29 Nov	11:25 AM	32185
Wed	17 Sep - 19 Nov	5:20 PM	32182
Sat	20 Sep - 29 Nov	9:05 AM	32184

CONDENSED SWIMMER 3

30 Minutes/10 Sessions

\$160.00/\$120.00 Members

Tue	16 Sep - 25 Nov	5:30 PM	32190
Thu	18 Sep - 20 Nov	6:25 PM	32191

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. Recommended for children who have completed Swimmers 4.

45 Minutes/10 Sessions

\$140.00/\$105.00 Members

Thu	18 Sep - 20 Nov	5:35 PM	32203
Mon	15 Sep - 24 Nov	4:10 PM	32201
Sun	21 Sep - 30 Nov	10:45 AM	32204

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

45 Minutes/10 Sessions

\$140.00/\$105.00 Members

Sat	20 Sep - 29 Nov	11:05 AM	32199
Mon	15 Sep - 24 Nov	6:45 PM	32192
Tue	16 Sep - 25 Nov	4:00 PM	32195
Wed	17 Sep - 19 Nov	5:30 PM	32197
Sun	21 Sep - 30 Nov	9:35 AM	32200
Thu	18 Sep - 20 Nov	4:35 PM	32198

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. Recommended for children who have completed Swimmers 5

45 Minutes/10 Sessions

\$140.00/\$105.00 Members

Wed	17 Sep - 19 Nov	6:40 PM	32215
Sat	20 Sep - 29 Nov	9:35 AM	32216
Mon	15 Sep - 24 Nov	5:15 PM	32209



SWIMMER 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

\$140.00/\$105.00 Members

Tue	16 Sep - 25 Nov	06:45 PM	32218
Mon	15 Sep - 24 Nov	06:10 PM	32217

SWIMMER 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

\$140.00/\$105.00 Members

Wed	17 Sep - 26 Nov	04:35 PM	32222
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SWIMMER 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

\$140.00/\$105.00 Members

Sun	21 Sep- 30 Nov	09:00 AM	32223
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AQUA TEENS 1

Aqua Teens 1 is recommended for children aged 13-16 who have little to no swimming experience (Swimmers 1-3) and would like to learn the basics of floating, glides, and beginning front and back crawl with peers of similar age.

45 Minutes/10 Sessions

\$140.00/\$105.00 Members

Mon	15 Sep- 24 Nov	05:35 PM	32224
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AQUA TEENS 2

Aqua Teens 2 is recommended for children ages 13-16 who have previous swimming experience (Swimmers 4-9) who would like to work on technique and endurance for front crawl, back crawl and breaststroke with peers of a similar age.

45 Minutes/10 Sessions

\$140.00/ \$105.00 Members

Tue	16 Sep - 25 Nov	06:40 PM	32225
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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.

45 Minutes/10 Sessions

\$139.99/\$104.99Members

Fri	19 Sep- 28 Nov	04:00 PM	32244
Fri	19 Sep- 28 Nov	05:45 PM	32245

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

\$139.99/ \$104.99 Members

Fri	19 Sep- 28 Nov	04:55 PM	32246
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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

\$139.99/ \$104.99 Members

Fri	19 Sep - 28 Nov	05:45PM	32248
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INCLUSION GROUP LESSONS

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 contact our Aquatics Director at aquatic@colehabourplace.com or (902)464-5110.

30 Minutes/10 Sessions

\$155.00/\$116.00 Members

Inclusion Swimmers 1

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.

Inclusion Swimmers 2

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.

Inclusion Swimmers 3

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.

CHP Inclusion Swimmers 1	Fri	19 Sep - 28 Nov	4:00 PM	32241
CHP Inclusion Swimmers 2	Fri	19 Sep - 28 Nov	4:35 PM	32242
CHP Inclusion Swimmers 3	Fri	19 Sep - 28 Nov	5:10 PM	32243





CHP PRIVATE LESSONS

Private Lessons are 30-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.

30 Minutes/10 Sessions

\$216.00/\$162.00 Members

Tue	16 Sep - 25 Nov	06:25 PM	33257
Thu	18 Sep - 20 Nov	06:55 PM	33267
Thu	18 Sep - 20 Nov	05:45 PM	33263
Wed	17 Sep - 19 Nov	04:40 PM	33258
Wed	17 Sep - 19 Nov	07:00 PM	33261
Mon	15 Sep - 24 Nov	06:55 PM	33255
Sat	20 Sep - 29 Nov	09:35 AM	33270
Mon	15 Sep - 24 Nov	05:00 PM	33253
Wed	17 Sep - 19 Nov	06:20 PM	33260
Wed	17 Sep - 19 Nov	06:25 PM	33262
Sat	20 Sep - 29 Nov	10:25 AM	33273
Sun	21 Sep - 30 Nov	10:25 AM	33275
Tue	16-Sep - 25 Nov	05:40 PM	33256

INCLUSION PRIVATE LESSONS

Inclusion private lessons are 30-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.

30 Minutes/10 Sessions

\$216.00/\$162.00 Members

Fri	19 Sep - 28 Nov	05:20 PM	33290
Fri	19 Sep - 28 Nov	04:40 PM	33289
Thu	18 Sep - 20 Nov	04:00 PM	33288
Fri	19 Sep - 28 Nov	05:45 PM	33291
Wed	17 Sep - 19 Nov	05:55 PM	33286
Sat	20 Sep - 29 Nov	11:30 AM	33298
Tue	16 Sep - 25 Nov	07:00 PM	33280
Fri	19 Sep - 28 Nov	06:00 PM	33296
Wed	17 Sep - 19 Nov	04:00 PM	33284





CHP PRIVATE CLASS DECEMBER SESSION

With a couple of extra weeks in December before the Holidays, we have some extra private lessons that we are offering at the end of our Fall term.

Private Lessons are 30-minute lessons. These one off lessons are great for those who may benefit from extra one-on-one instruction or for those who are interested in training that may differ from our Swimmer levels.

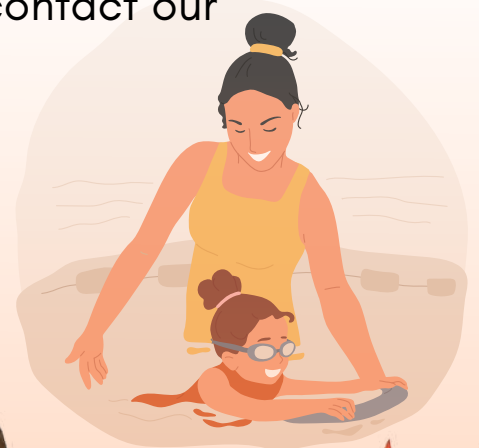
30 Minutes/1 session

\$21.60/\$16.20 Members

Lessons are listed for registration as **"CHP Private Class"**. These classes will run between November 26th–December 14th at a variety of days and times so take a look online at our many options available!

Course codes range from 34635 to 34827.

For any questions regarding these lessons, please contact our Aquatics Director at 902-464-5110.



AQUATICS LEADERSHIP CLASSES



BRONZE STAR AND FUNDAMENTAL WORKPLACE FIRST AID

The Bronze Star and Fundamental workplace first aid develops candidates swimming proficiency, and teaches basic lifesaving skills. This program helps candidates prepare for Bronze Medallion. Swim Patrol experience is recommended prior to participating in Bronze Star.

Prerequisites: 10 years old

\$142.00/ Members-\$106.50

Fridays 3 Oct - 14 Nov 04:00 PM - 06:30 PM 32250

BRONZE MEDALLION AND BASIC WORKPLACE FIRST AID

The Bronze Medallion and basic workplace first aid teaches candidates the four lifesaving principles which are judgment, knowledge, skill and fitness. This program is designed to challenge the candidate physically by improving stroke efficiency and endurance and mentally by learning to respond to complex first aid situations. Prerequisites: Minimum 13 years of age or Bronze Star certification. If under the age of 13 please reach out to our aquatics director via email at Aquatics@coleharbourplace.com or over the phone at (902)464-5110 to register.

\$175.00/ Members-\$131.25

Saturdays 18 Oct- 29 Nov 1:00 PM- 5:00 PM 32253

BRONZE CROSS AND INTERMEDIATE WORKPLACE 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

\$180.00/ Members-\$135.00

Sundays 21 Sep - 26 Oct 1:00 PM- 6:00 PM 33490

INTERMEDIATE WORKPLACE FIRST AID COURSE

The Nova Scotia Department of Labour, Skills and Immigration recognizes this course. Includes CPR-C certification. Intermediate Workplace First Aid provides comprehensive training covering all first aid and CPR aspects. Intermediate Workplace First Aid incorporates all of Basic Workplace First Aid. It is designed for those who require a more in-depth understanding of first aid, including the legal implications of first aid treatment, spinal injuries, heat and cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies.

Participants must attend BOTH days.

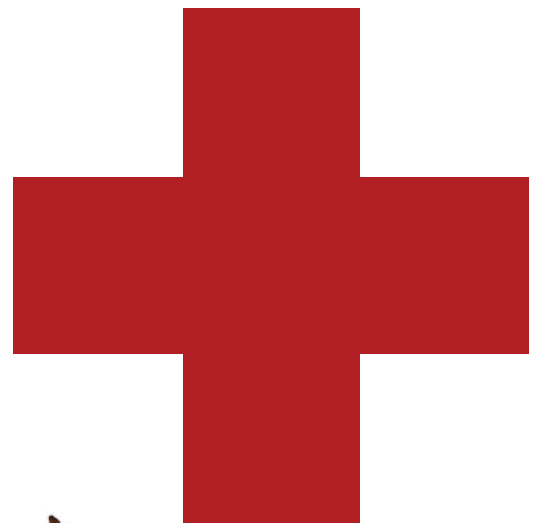
\$150.00/ Members-\$112.50

Saturday & Sunday

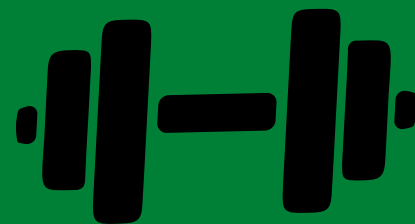
Sept 13th & 14th

10:00 AM- 6:00 PM

34320



FITNESS



FITNESS CLASSES

Attendance will be taken at the beginning of the class to ensure that everyone attending has registered for the class.

If you registered and are unable to make it, please call and cancel your spot, so that it can be available for another person.

**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)

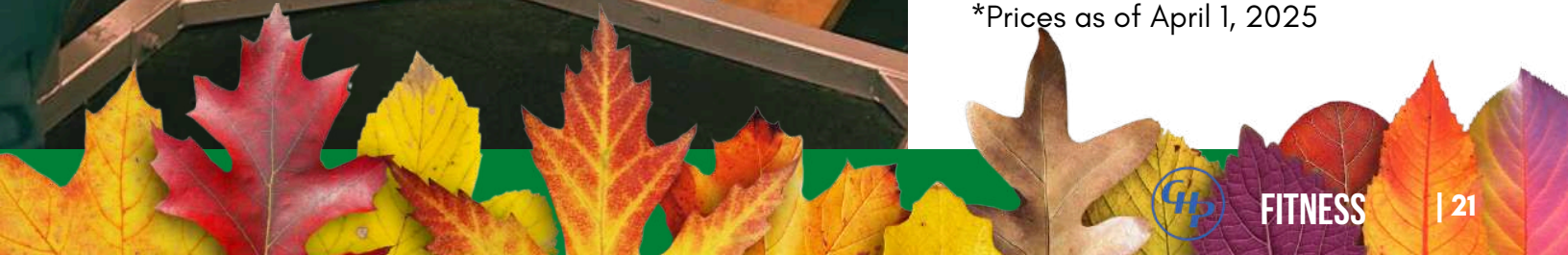
GET YOUR CHP MEMBERSHIP TODAY!

DAY PASS

FITNESS CLASSES, WEIGHT ROOM & POOL

Adult (over 18 years)	\$12.77
Senior	\$9.18
Student/Youth	\$9.30
Family	\$21.55

*Prices as of April 1, 2025



FITNESS

| 21



CHAIR DANCE FIT

Love to dance? Come try a fun new chair dance class led by Jan! This seated dance workout class is tons of fun and perfect for those who want to participate in a dance style exercise class, but find standing to be a challenge. Enjoy music and movement while safely seated in a chair.

60 Minutes/12 Sessions - \$107.93 Member- \$80.98

Mon 15 Sep- 8 Dec 10:00 AM 32194 Stewart Hall

HEAVY BAG FITNESS

Heavy Bag Fitness is a small group, class for beginners training footwork, punching and kicking to be able to safely use a heavy bag for fun and fitness. We will also be doing pad work and conditioning drills to build on stamina and coordination. There is no sparring in this class. Required equipment: Boxing Gloves , Proper Footwear / Sneakers, Water Bottle

Optional equipment: Hand wraps and Mouth Guard

60 Minutes/12 Sessions - \$107.93 Member- \$80.98

Fri 19 Sep- 5 Dec 08:00 AM 32117 Weight Room/Squash Court





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. It is recommended to bring a blanket and a toy for the little ones. Babies 24 months and under, still using a stroller are welcome to attend! PLEASE NOTE* This course is being offered twice, at 10:15am and 11:15am. If needed, the classes will be combined and will start at 10:45am.

60 Minutes/12 Sessions - \$141.59 Member- \$106.16

Thu	18 Sep- 4 Dec	10:15 AM	32096	Functional Training Center
Thu	18 Sep- 4 Dec	11:15 AM	32107	Functional Training Centre



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. It is recommended to bring a blanket and a toy for the little ones. PLEASE NOTE* This course is being offered twice at 10:15 and 11:15, if needed the classes will be combined and will start at 10:45.

60 Minutes/10 Sessions - \$117.99 Member- \$88.46

Tue	16 Sep- 2 Dec	10:15 AM	32076	Dance Studio
Tue	16 Sep- 2 Dec	11:15 AM	32084	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 few minutes of class. Lead by Taylor, a certified water and fitness instructor.

60 Minutes/12 Sessions - \$177.84 Member- \$133.38

Wed	17 Sep- 3 Dec	10:00 AM	32110	Pool Deck
Wed	17 Sep - 3 Dec	11:00 AM	32111	Pool Deck



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 for more information.



TRAINING SESSION PACKAGES	MEMBER Cost of package per person			GENERAL PUBLIC Cost of package per person		
	ONE ON ONE	SEMI-PRIVATE	SMALL GROUP	ONE ON ONE	SEMI-PRIVATE	SMALL GROUP
INDIVIDUAL SESSION	\$80.00	\$48.00	\$33.00	\$97.00	\$67.00	\$40.00
PACKAGES OF 5	\$333.00	\$211.00	\$164.00	\$425.00	\$302.00	\$194.00
PACKAGES OF 10	\$605.00	\$363.00	\$303.00	\$691.00	\$545.00	\$363.00
PACKAGES OF 20	\$1089.00	\$604.00	\$532.00	\$1,451.00	\$968.00	\$654.00

*Taxes included in above prices. Small group 3-5 people.

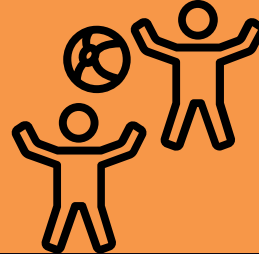
DRYLAND TEAM TRAINING

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.

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



RECREATION



DASH & SPLASH Ages: 5-10

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 - \$160.00 Member -\$120.00

Sat Sept 20- Nov 29 10:15 AM - 12:00 PM 32080



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 - \$110.00 Member \$82.50

BABIES: 0 - 14 MONTHS

Tue Sept 16- Dec 2 9:30am 33337

WALKERS: 13 MONTHS - 3 YEARS

Thur Sept 18- Nov 20 9:30am 33338



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 - \$80.00 Member -\$60.00

Mon Sept 15 - Nov 24 5:15 pm 33806

THE WONDER LAB **Ages: 6-10**

Step into The Wonder Lab, where young scientists explore the magic of science through hands-on experiments! Designed for curious minds aged 6-10, this exciting program introduces basic scientific concepts in a fun and interactive way. Each session features engaging, age-appropriate experiments that spark creativity, encourage problem-solving, and inspire a love for discovery. From bubbling potions to simple physics tricks, kids will have a blast while learning about the world around them.

45 Minutes/10 Sessions - \$80.00 Member -\$60.00

Mon Sept 15- Nov 24 6:15 pm 33808

LIGHTS, CAMERA, CRAFT **Ages: 5-12**

Kids will enjoy watching a fantastic movie together, followed by a creative craft activity inspired by the film. It's the perfect way to relax, imagine, and get hands-on with some crafty fun!

Great for kids who love stories and making cool projects
Come for the movie, stay for the creativity!

Ages: 5-12

\$26.00/\$19.50 Members

Fridays 5:30pm-7:30pm

DAY	CODE
Sept 26	33343
Nov 7th	33347
Dec 5th	33348

MOVIE NIGHT





SPECIAL EVENTS FOR KIDS

MONSTER MASH KIDS HALLOWEEN PARTY

Fri Oct 17 5:30 PM 33339 **AGES 5-12**

\$26.00/ Member -\$19.50

Get ready for a spook-tacular time at our Kids Halloween Party! Join us for a fang-tastic evening filled with costume contests, creepy crafts, spooky snacks, and thrilling games that'll make your little ghouls and goblins howl with delight! Whether they're witches, superheroes, or friendly monsters, all kids are invited to celebrate the most boo-tiful night of the year with fun, laughter, and treats galore. Don't miss out on the magic — it's going to be a hauntingly good time!



SANTAS WORKSHOP KIDS CHRISTMAS PARTY

Fri Dec 12 5:30 PM 33340 **AGES 5-12**

\$26.00/ Member -\$19.50

Celebrate the magic of the season at our Kids Christmas Party! Bring your little elves for a joyful day evening of festive fun — holiday crafts to sing-alongs and a special visit from Santa himself! There will be games, laughter, and plenty of merry moments to make this a Christmas to remember. Dress up in your favorite holiday shirt and get ready to sparkle with cheer!



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.

Three dates available:

\$60.00 / Member \$45.00

Sat	Sept 20	9:00 AM - 3:00 PM	32092
Sat	Oct 18	9:00 AM - 3:00 PM	33328
Sat	Nov 22	9:00 AM - 3:00 PM	33329



PD CAMPS



**It's all about the camper
experience at CHP PD Camps!**

**Join us on your PD days for a fun day of activities,
games, crafts & and swimming!**

September 29th - Course Code: 34860

October 24th - Course Code: 34861

December 4th - Course Code: 34862

Ages 5-12

8:30 am-4:30 pm

Price: \$40.00 General Public

\$30.00 Members

No before or aftercare available on PD days.



REC

| 29

DARTMOUTH DANCE ACADEMY

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



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

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

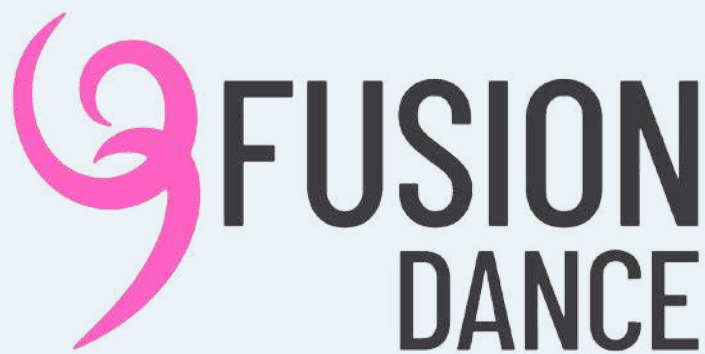
- All classes begin week of Sept 22-28
- No Classes September 30th
- No Classes October 13th
- No Classes October 31st
- Classes end for Christmas break the week of December 15th
- Classes resume for term one Jan 5

DRESS CODE

Little Stars - Level 2	Level 3+	Acro	Boys
<ul style="list-style-type: none">• Pink tights• Pink leotard• Pink leather ballet shoes• Beige tap shoes (if applicable)• Pink skirt (optional)	<ul style="list-style-type: none">• Black leotard• Pink tights• Pink leather ballet shoes• Beige tap shoes• Beige jazz shoes	<ul style="list-style-type: none">• Black leotard• Black jazz shorts• Bare feet	<ul style="list-style-type: none">• Black pants• White t shirt• Black dance shoes (ballet, tap, or jazz)
HAIR SHOULD ALWAYS BE TIED UP FOR SAFETY!			

Please direct all questions regarding dance to Lisa at directordartmouthdance@gmail.com

DANCE



COMPETITIVE GROUPS

**Registration
for Fusion is
now open!**

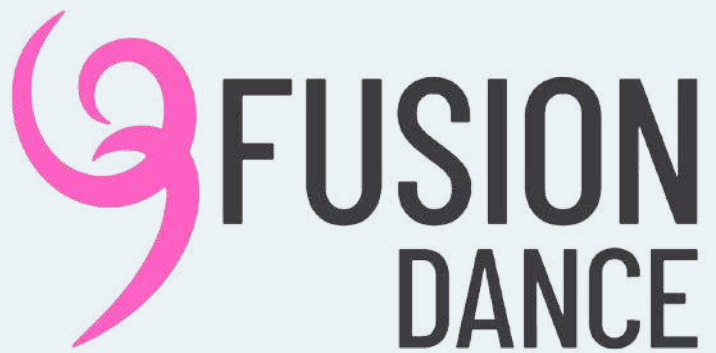
Register today by emailing
directordartmouthdance@gmail.com

**Registration for the
2025/26 season is now
open!**



Please direct all questions regarding dance to Lisa at directordartmouthdance@gmail.com

DANCE



MONDAYS

CDTA GRADE 1 BALLET

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

22 Sep - 19 Jan 07:00 PM - 07:45 PM 31715

CDTA GRADE 2 JAZZ

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

22 Sep - 19 Jan 07:45 PM - 08:30 PM 31716

CDTA GRADE 4 BALLET

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

22 Sep - 19 Jan 04:45 PM - 05:45 PM 31705

CDTA GRADE 4 JAZZ

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

22 Sep - 19 Jan 06:15 PM - 07:00 PM 31697

PRE POINTE/POINTE

30 Minutes/15 Sessions - \$117.00 Member- \$105.30

22 Sep - 19 Jan 05:45 PM - 06:15 PM 31713

FUSION JR HIP HOP

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

22 Sep - 19 Jan 06:15 PM - 07:00 PM 31686

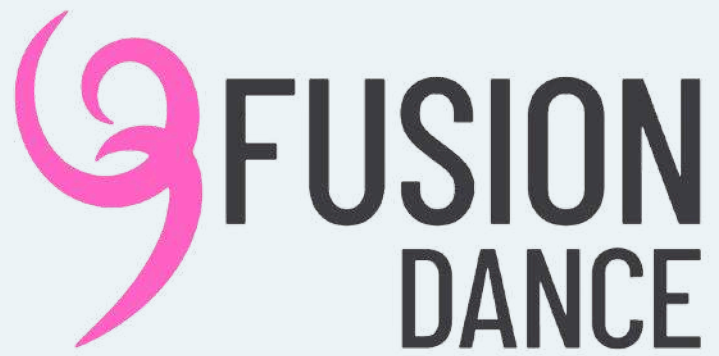
CDTA MODERN EXAM

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

22 Sep - 19 Jan 04:00 PM - 04:45 PM 31692



DANCE



TUESDAY

FURY/FRENZY BALLET

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

23 Sep - 20 Jan 06:15 PM - 07:15 PM 31730

FIESTA/ FIRE MODERN

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

23 Sep - 20 Jan 05:30 PM - 06:15 PM 31776

FURY/FRENZY JAZZ

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

23 Sep - 20 Jan 07:15 PM - 08:15 PM 31764

FIRE BALLET

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

23 Sep - 20 Jan 07:15 PM - 08:15 PM 31796

FIRE JAZZ

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

23 Sep - 20 Jan 06:15 PM - 07:15 PM 31789

FIREFLIES/FIRECRACKERS ACRO

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

23 Sep - 20 Jan 05:30 PM - 06:15 PM 31783

FRENZY/FURY HIP HOP

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

23 Sep - 20 Jan 08:15 PM - 09:00 PM 31769

FURY/FRENZY MODERN

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

23 Sep - 20 Jan 05:30 PM - 06:15 PM 31721

FIESTA BALLET/JAZZ

90 Minutes/15 Sessions - \$168.00 Member- \$241.20

23 Sep - 20 Jan 04:00 PM - 05:30 PM 31721

FIRECRACKERS/FIREFLIES BALLET/JAZZ

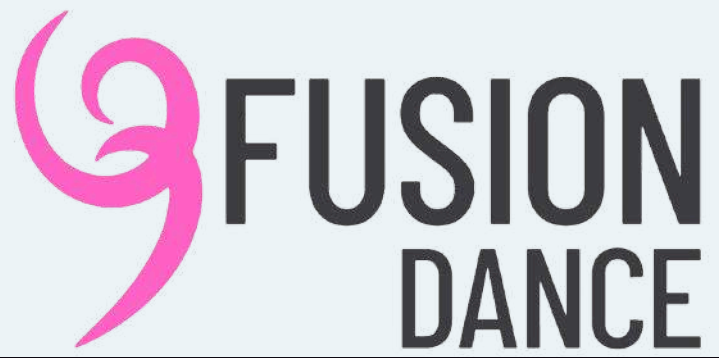
60 Minutes/15 Sessions - \$232.00 Member- \$208.80

23 Sep - 20 Jan 04:30 PM - 05:30 PM 31718



Please direct all questions regarding dance to Lisa at directordartmouthdance@gmail.com

DANCE



THURSDAY

FURY/FRENZY ACRO

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

25 Sep - 22 Jan 05:00 PM - 06:00 PM 32011

FIRE ACRO

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

25 Sep - 22 Jan 06:00 PM - 07:00 PM 32016

FIESTA ACRO

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

25 Sep - 22 Jan 04:00 PM - 05:00 PM 31812

FIRE TAP

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

25 Sep - 22 Jan 05:00 PM - 06:00 PM 32033

FIRECRACKERS/ FIESTA TAP

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

25 Sep - 22 Jan 04:00 PM - 05:00 PM 32029

FURY/FRENZY TAP

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

25 Sep - 22 Jan 06:00 PM - 07:00 PM 32036

JUMPS & TURNS -TEAM FIRE, FURY & FRENZY

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

25 Sep - 22 Jan 07:00 PM - 08:00 PM 32025

FRIDAY

ACROBATIC ARTS EXAM CLASS- FIRE & FIESTA

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

26 Sep - 23 Jan 06:30 PM - 07:30 PM 32062

ACROBATIC ARTS EXAM CLASS-FURY/FRENZY

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

26 Sep - 23 Jan 04:30 PM - 05:30 PM 32045

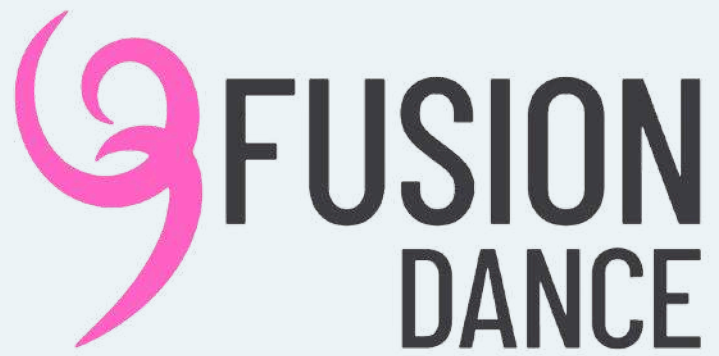
STRETCH & STRENGTH

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

26 Sep - 23 Jan 05:30 PM - 06:30 PM 32054



DANCE



NON COMPETITIVE CLASSES- SATURDAYS

LITTLE STARS

Ages 3-4 years old

45 Minutes/15 Sessions - \$227.00 Member- \$204.30

27 Sept-24 Jan

09:30 AM - 10:15 AM

32066

PRESCHOOL COMBO BALLET/TAP

Ages 4-5 years old

45 Minutes/15 Sessions - \$227.00 Member- \$204.30

27 Sept-24 Jan

10:15 - 11:00 AM

32069

CHILDREN'S COMBO BALLET/TAP /JAZZ

Ages 5-6 years old

60 Minutes/15 Sessions - \$254.00 Member -\$228.60

27 Sept-24 Jan

11:15 AM - 12:15 PM

32071

LEVEL 1/2 BALLET/TAP/JAZZ

Ages 6-7 years old

60 Minutes/15 Sessions - \$254.00 Member -\$228.60

27 Sept-24 Jan

12:15 PM - 1:15 PM

32075

BEGINNER ACRO

Age 7-11 years old

60 Minutes/15 Sessions - \$254.00 Member- \$228.60

27 Sept-24 Jan

01:15 PM - 02:15 PM

32093

LEVEL 2/3 BALLET/TAP/JAZZ

Ages 7-10 years old

75 Minutes/15 Sessions - \$279.00 Member -\$251.00

27 Sept-24 Jan

2:15 PM - 3:30 PM

33265



Please direct all questions regarding dance to Lisa at directordartmouthdance@gmail.com

"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.



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 Jill Power TODAY
jpower@coleharbourplace.com