

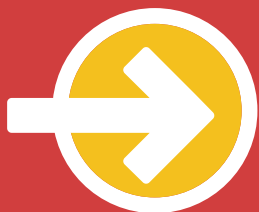
2026



FALL PROGRAMS BROCHURE



SPECIAL EVENTS | AQUATICS | FITNESS | RECREATION | DANCE |



FALL 2026 REGISTRATION:
AUGUST 31, 2026

COLEHARBOURPLACE.COM



FALL 2026 FACILITY HOURS

SEPTEMBER 8TH- 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 7TH CLOSED

WEDNESDAY, SEPTEMBER 30TH CLOSED

THANKSGIVING SUNDAY, OCTOBER 11TH 7:00AM-5:00PM

SATURDAY, OCT 31ST 7:00AM- 5:00PM

WEDNESDAY, NOVEMBER 11TH 12:00PM- 10:00PM

THURSDAY, DECEMBER 24TH 6:00AM-12:00PM

FRIDAY, DECEMBER 25TH CLOSED

SATURDAY, DECEMBER 26TH CLOSED

THURSDAY, DECEMBER 31ST 6:00AM- 12:00PM

FRIDAY, JANUARY 1ST CLOSED

HOURS ARE SUBJECT TO CHANGE



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 |

jpower@coleharbourplace.com

Tara Curlett - Aquatic Director

902.464.5110 |

aquatics@coleharbourplace.com

Corey Barnes - Recreation Director

902.464.5106 |

recreation@coleharbourplace.com

Mallory Peet - Acting Front Desk Manager

902.464.5565 |

mpeet@coleharbourplace.com

Taylor Naugle - Fitness Director

902.464.5134 |

tnaugle@coleharbourplace.com

Alicia Baker - Scheduling & Events Director

902.464.5109 |

abaker@coleharbourplace.com

Nick Meyer - Security Director

902.464.5267 |

nmeyer@coleharbourplace.com

Matt Taylor - Controller

902.464.5118 |

mtaylor@coleharbourplace.com

Jeff Baker - Operations Manager

902.464.5113 |

jbaker@coleharbourplace.com

Tony Rose - Assistant Chief Engineer

902.464.2337 |

trose@coleharbourplace.com





FALL INTO FUN

SATURDAY, OCTOBER, 3RD 2026
10:00am - 12:00noon

ANNUAL PUMPKIN CAFE

GLITTER TATTOOS
COLOURING STATION
COSTUME SWAP
& MORE



FREE FAMILY EVENT



SPECIAL EVENTS FOR KIDS

MONSTER MASH KID'S HALLOWEEN PARTY

Friday, October 30th

5:30pm-7:30pm

92106

AGES 5-12

\$26.78/ Member -\$20.89

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. This is a drop off event just for children.



SANTA'S WORKSHOP KID'S HOLIDAY PARTY

Friday, December 11th

5:30pm-7:30pm

92109

AGES 5-12

\$26.78/ Member -\$20.89

Celebrate the magic of the season at our Kids Christmas Party! Drop off your little elves for a joyful day evening of festive fun, holiday crafts, 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! This is a drop off event just for children.



COLE HARBOUR PLACE



NEW YEAR'S EVE FAMILY PARTY

December 31, 2026

10am to 12pm

RING IN THE NEW YEAR EARLY AT CHP!

★ CRAFTS

★ LIGHT SNACKS

★ SWIM (10AM-11:30 AM)

★ PHOTO STATION

★ SKATE (10AM-11:30 AM)

★ DANCE PARTY



**COUNTDOWN WITH CONFETTI AT
11:55 AM IN CENTRE COURT!!**

Admission \$12 per person. All people attending must pay admission

Must pre-book through your MyRec account

Course Code: 92123

MEMBERSHIPS



Contact our **Front Desk** at (902) 464-5100 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 MEMBERSHIPS

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

GYM ONLY

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

Members receive a discount on

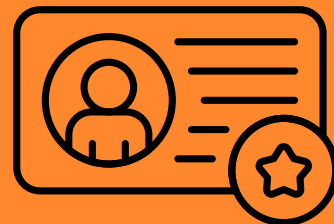
RECREATIONAL, FITNESS AND AQUATIC PROGRAMS & CAMPS

*excluding gym only memberships



INFO

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
	\$78.00	\$780.00 / year	\$73.00 x 12 (\$876.00)
STUDENT/ CLUB 60	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$50.00	\$466.00 / year	\$44.00 x 12 (\$528.00)
FAMILY	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$101.00	\$1050.00 / year	\$96.00 x 12 (\$1152.00)
ADULT COUPLE	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$95.00	\$965.00/ year	\$87.00 x 12 (\$1044.00)
ADULT COUPLE 60	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$75.00	\$750.00 / year	\$69.00 x 12 (\$828.00)
GYM ONLY MEMBERSHIP	ONE MONTH	LUMP SUM	ONE YEAR MONTHLY PAYMENTS
	\$35.00	\$420.00/ year	\$35.00 x 12 (\$420.00)

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



INFO

FALL PROGRAM DATES

PROGRAM SESSION DATES 10 WEEK SESSION

Sundays

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

Saturdays

Sep 20 – Nov 29

Sep 21 – Nov 30

Sep 22 – Nov 24

Sep 23 – Dec 02

Sep 24 – Nov 26

Sep 25 – Nov 27

Sep 26 – Dec 05

**No Registered Programs are running on the
following days:**

Wednesday, September 30th

Saturday, October 10th

Sunday, October 11th

Monday, October 12th

REGISTRATION



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

Phone registration is not available.

FALL 2026

MEMBER & GENERAL PUBLIC REGISTRATION

August 31, 2026

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.

Registered Program Cancellation Policy

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
00956



THIS IS THE COURSE CODE

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

halifax.ca/myREC



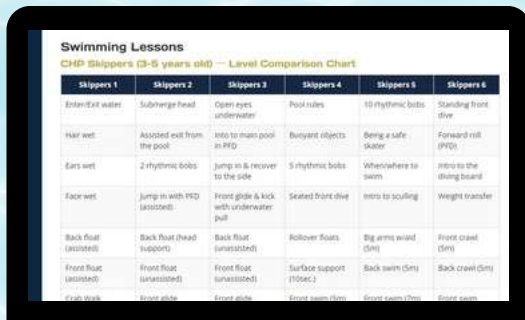
INFO

POOL INFORMATION



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
Hair wet	Assisted exit from the pool	Into to main pool in PFD	Buoyant objects	Being a safe skater	Forward roll (PFD)
Ears wet	2 rhythmic bobs	Jump in & recover to the side	5 rhythmic bobs	Where/when to swim	Into to the diving board
Face wet	Jump in with PFD (assisted)	Front glide & kick with underwater pull	Seated front dive	Into to sculling	Weight transfer
Back float (assisted)	Back float (head supported)	Back float (sunbobs)	Roll over floats	Big arms wind (5m)	Front crawl (5m)
Front float (assisted)	Front float (sunbobs)	Front float (sunbobs)	Surface support (PFD)	Back swim (5m)	Back crawl (5m)
Back stroke	Front stroke	Front stroke	Front swim (5m)	Front swim (5m)	Front swim

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)	\$10.00
Youth Lane (8-18 yrs)	\$6.85
Parent & Tot	\$9.40
2 Parents & Tot	\$12.11
Family – up to 5	\$17.75
Senior (60+)	\$6.85

*Prices include tax

DROP IN POOL SCHEDULE CAN BE FOUND ON OUR WEBSITE!

[POOL SCHEDULE](#)



No Mask Goggles Permitted



AQUATICS

SWIM LESSONS- PARENT AND TOT



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

\$124.60 / \$97.20 Members

Sun	10:25AM	89773
Mon	4:50PM	89767



MATES SILVER

1 year to 3 years: This level is recommended for children who are 18 to 24 months that have previously completed Mates Bronze. Children should already be comfortable being splashed and putting their face in the water. Children will be introduced to gliding on their front and back, unassisted floats in a lifejacket, retrieving objects from underwater, and blowing bubbles with their face submerged. This level requires parent participation.

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

Sat	9:35 AM	89827
Wed	4:00 PM	89826
Thu	4:35 PM	89822



MATES BRONZE

Mates 1 year to 3 years: This level is recommended for 12 to 18 month olds who are being introduced to the water. 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 with assistance. This level requires parent participation.

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

Sun	11:30 AM	89824
Mon	5:15 PM	89777
Thu	4:00 PM	89774



MATES GOLD

Mates 1 year to 3 years: This level is recommended for 25-35 month olds who are being introduced to the water. 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 with assistance. This level requires parent participation.

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

Sat	9:00 AM	89841
Wed	5:10 PM	89832
Tue	6:15 PM	89830

Please take our Mates programs in order!

1

MATES BRONZE



2

MATES SILVER



3

MATES GOLD



AQUATICS

SWIM LESSONS- PRESCHOOL



SKIPPERS 1 3 years to 5 years

This level is recommended for children who have no swimming experience. In this level children will be introduced to the water, learn to complete front and back floats, flutter kick, front and back glides with assistance.

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

Mon	6:15 PM	89897
Mon	4:35 PM	89876
Sat	9:35 AM	89904
Sun	11:20 AM	89863
Sun	9:00 AM	89861
Thu	6:55 PM	89903
Tue	5:25 PM	89899
Tue	4:00 PM	89898
Wed	5:10 PM	89901
Wed	4:35 PM	89900

WITH PARENT SKIPPERS 1

Sat	10:10 AM	89844
Thu	4:35 PM	89843
Wed	5:45 PM	89842

CONDENSED SKIPPERS 1

30 Minutes/10 Sessions

\$165.00/\$128.70 Members

Sun	9:50 AM	89908
Wed	6:20 PM	89907
Mon	5:50 PM	89906

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

This level is recommended for children who have previously completed Mates Bronze and/or Mates Silver or Skippers 1. In this level children will progress to complete their front and back floats independently and their front and back glides in lifejackets.

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

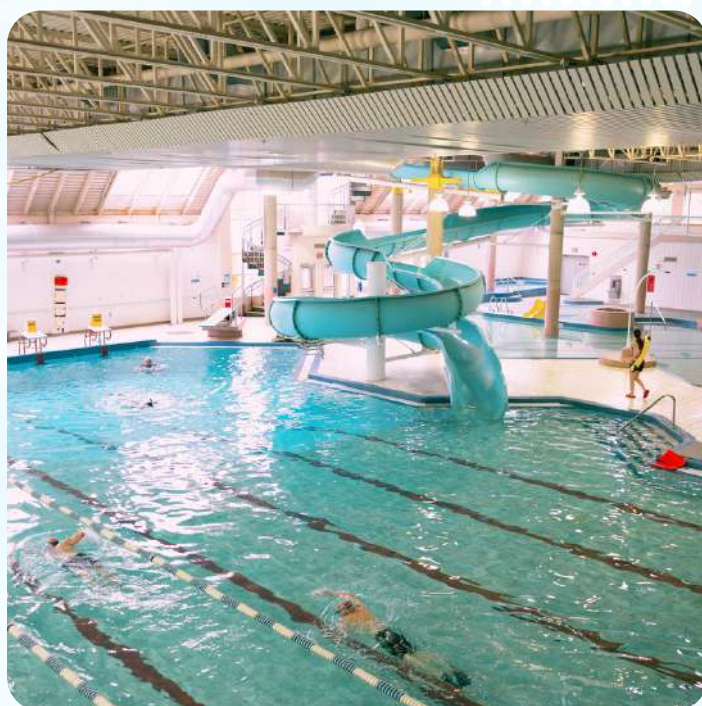
Mon	6:50 PM	89910
Sat	9:35 AM	90075
Sun	10:45 AM	90068
Thu	4:00 PM	90074
Tue	6:00 PM	90071
Tue	5:10 PM	90070
Wed	6:55 PM	90073

CONDENSED SKIPPERS 2

30 Minutes/10 Sessions

\$165.00/\$128.70 Members

Mon	4:00 PM	90077
Thu	6:20 PM	90078



AQUATICS

SWIM LESSONS- PRESCHOOL



SKIPPERS 3 3 years to 5 years

This level is recommended for children who have previously completed Mates Gold or Skippers 2. In this level children will progress to complete their front and back glides independently, be introduced to side glides and complete 5 head submersions with exhalations.

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

Mon	5:10 PM	90083
Sat	9:00 AM	90088
Sun	9:35 AM	90082
Thu	4:35 PM	90087
Tue	5:45 PM	90084
Wed	6:20 PM	90085

CONDENSED SKIPPERS 3

30 Minutes/10 Sessions

\$165.00/\$128.70 Members

Wed	06:25 PM	90090
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SKIPPERS 4 3 years to 5 years

This level is recommended for children who have previously completed Skippers 3. Children will be introduced to the competition pool, where they will learn to roll-over-float, glide with kicks and jump independently.

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

Sun	9:00 AM	90091
Tue	4:35 PM	90092
Wed	5:45 PM	90093



SKIPPERS 5 3 years to 5 years

This level is recommended for children who have previously completed Skippers 4. In this level children will be introduced to treading water, seated dives, front and back crawl wearing lifejackets and 5 second breath holds. This level is completed in the competition pool.

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

Sun	9:35 AM	90095
Thu	5:45 PM	90097

SKIPPERS 6 3 years to 5 years

This level is recommended for children who have previously completed Skippers 5. In this level children will complete 5m of front and back crawl independently, learn a kneeling front dive and progress to treading water for 20 seconds. This level is completed in the competition pool.

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

Thu	5:10PM	90098
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AQUATICS

SWIM LESSONS- CHILD



SWIMMER 1 5 years to 12 years

These swimmers have completed up to Skippers 3 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

\$124.60 / \$97.20 Members

Sun	11:00 AM	90101
Sun	10:10 AM	90099
Mon	4:35 PM	90102
Tue	7:00 PM	90107
Wed	6:55 PM	90109
Wed	4:00 PM	90108
Thu	7:00 PM	90111
Thu	5:45 PM	90110
Sat	9:00 AM	90112

CONDENSED SWIMMER 1

30 Minutes/10 Sessions

\$165.00/\$128.70 Members

Tue	4:30 PM	90113
Sat	10:25 AM	90114

SWIMMER 1 - 8 YEARS OLD +

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

Mon	7:00 PM	90117
Tue	4:50 PM	90133

SWIMMER 2 5 years to 12 years

Recommended for children who have completed Swimmers 1 or Skippers 4, up to Skippers 6. 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

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

Sun	9:00 AM	90142
Mon	6:20 PM	90145
Tue	6:25 PM	90150
Tue	5:10 PM	90149
Wed	4:35 PM	90157
Thu	4:00 PM	90159
Thu	5:10 PM	90158
Sat	10:10 AM	90160

CONDENSED SWIMMER 2

30 Minutes/10 Sessions

\$165.00/\$128.70 Members

Thu	6:15 PM	90397
Wed	5:45 PM	90395



AQUATICS

SWIM LESSONS- CHILD



SWIMMER 3 5 years to 12 years

Recommended for children who have completed Swimmers 2. 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.

30 Minutes/10 Sessions

\$124.60 / \$97.20 Members

Sun	11:30 AM	90204
Mon	6:55 PM	90206
Wed	5:10 PM	90207
Thu	6:20 PM	90208
Sat	9:00 AM	90209

CONDENSED SWIMMER 3

30 Minutes/10 Sessions

\$165.00/\$128.70 Members

Tue	5:45 PM	90398
Wed	6:55 PM	90399

SWIMMER 4 5 years to 12 years

Recommended for children who have completed Swimmers 3. 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.

45 Minutes/10 Sessions

\$144.20/\$112.50 Members

Sun	9:35 AM	90210
Mon	6:45 PM	90213
Tue	4:00 PM	90215
Thu	4:35 PM	90216
Sat	10:05 AM	90219

SWIMMER 5 5 years to 12 years

Recommended for children who have completed Swimmers 4. 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.

45 Minutes/10 Sessions

\$144.20/\$112.50 Members

Sun	10:45 AM	90372
Mon	4:00 PM	90373
Thu	5:25 PM	90375

SWIMMER 6 5 years to 12 years

Recommended for children who have completed Swimmers 5. 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.

45 Minutes/10 Sessions

\$144.20/\$112.50 Members

Mon	5:25 PM	90390
Wed	6:45 PM	90393
Sat	9:35 AM	90394



AQUATICS

SWIM LESSONS- CHILD & TEEN



SWIMMER 7 5 years to 12 years

Recommended for children who have completed Swimmers 6. 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.

45 Minutes/10 Sessions

\$144.20/\$112.50 Members

Mon	6:00 PM	90401
Tue	6:50 PM	90403

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

\$144.20/\$112.50 Members

Wed	05:05 PM	90405
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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

\$144.20/\$112.50 Members

Sun	09:00 AM	90407
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AQUA TEENS 1

Aqua Teens 1 is recommended for children aged 13-16 who have little to no swimming experience 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

\$144.20/\$112.50 Members

Mon	05:10 PM	91224
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AQUA TEENS 2

Aqua Teens 2 is recommended for children ages 13-16 who have previous swimming experience 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

\$144.20/\$112.50 Members

Tue	06:35 PM	91225
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AQUATICS



ADULT BASICS

Adult Basics 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

\$144.20/\$112.50 Members

Fri 05:45 PM 90968



ADULT INTERMEDIATE

Adult Intermediate is recommended for beginners who have completed Adult Basics. In this program, they will learn how to properly swim front and back crawl and be introduced to breaststroke.

45 Minutes/10 Sessions

\$144.20/\$112.50 Members

Fri 04:50 PM 90966

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

\$144.20/\$112.50 Members

Fri 05:45PM 32248





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

\$165.00/\$128.70 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.

CHP Inclusion Swimmers 1

Sat

11:30 AM

90440

CHP Inclusion Swimmers 2

Sat

10:55 AM

90441



AQUATICS

SWIM LESSONS- PRIVATE & INCLUSION



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

\$354.00/\$276.10 Members

Sun	10:25 AM	90410
Mon	5:45 PM	90412
Mon	4:00 PM	90411
Tue	6:55 PM	90416
Tue	5:45 PM	90415
Tue	5:05 PM	90414
Tue	4:00 PM	90413
Wed	6:20 PM	90423
Wed	4:35 PM	90417
Thu	6:55 PM	90429
Thu	6:20 PM	90428
Thu	5:45 PM	90427
Thu	4:35 PM	90426
Sat	11:30 AM	90432
Sat	10:55 AM	90431

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

\$354.00/\$276.10 Members

Sun	10:55 AM	90433
Mon	6:25 PM	90434
Wed	4:00 PM	90436
Thu	5:10 PM	90437
Sat	11:30 AM	90439
Sat	10:55 AM	90438



AQUATICS



CHP PRIVATE SWIM CLASSES IN DECEMBER



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. These classes are for ages 5 years old to adults.

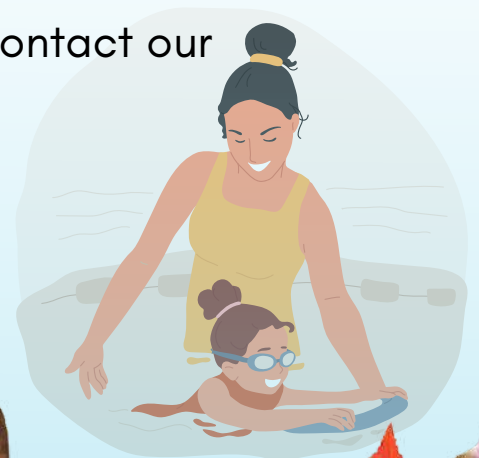
Private Lessons are 30-minute lessons. These one off lessons that are great for those who may benefit from extra one-on-one instruction or for those who are interested in training that may differ from our Swimmer levels.

30 Minutes/1 session

\$35.40/\$27.61 Members

Lessons are listed for registration as **"CHP Private Class"**. These classes will run between December 7th - December 21st at a variety of days and times so take a look online at our many options available!

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

Mondays Sep 21- Nov 23 07:30 PM - 08:00 PM 90984

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.

\$220.00/ Members-\$175.00

Saturdays Nov 7- Dec 12 1:00 PM- 5:00 PM 90988

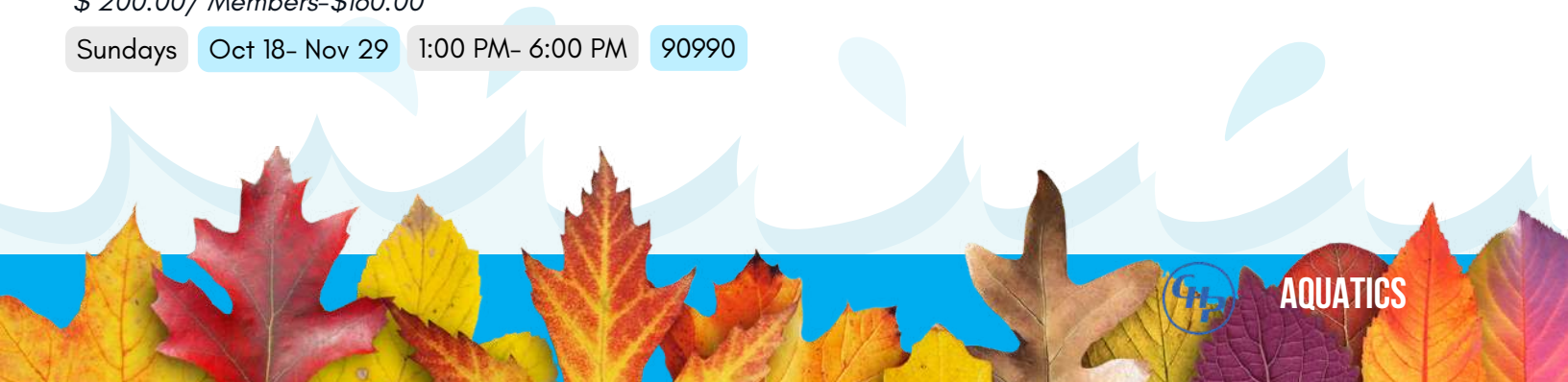
BRONZE CROSS AND INTERMEDIATE WORKPLACE FIRST AID

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

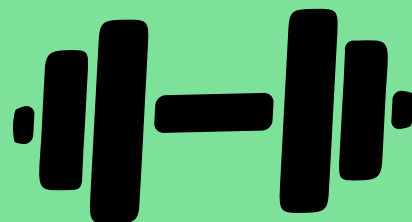
\$ 200.00/ Members-\$160.00

Sundays Oct 18- Nov 29 1:00 PM- 6:00 PM 90990



AQUATICS

FITNESS



START YOUR FITNESS JOURNEY TODAY

FITNESS CLASSES

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 discount on
fitness programs when registering
(unless otherwise stated)**

GET YOUR CHP MEMBERSHIP TODAY!

DAY PASS

FITNESS CLASSES, WEIGHT ROOM & POOL

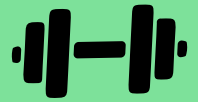
Adult (over 18 years)	\$13.20
Senior	\$9.50
Student/Youth	\$9.50
Family	\$22.50

**Prices include tax*



FITNESS

PARENT & CHILD FITNESS: WITH TAYLOR



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 social & connection time for the first few minutes of class. Designed for parents who have been cleared by their hcp to resume regular exercise, this class provides dedicated time each week for movement, strength and connection. Class will be held in our leisure pool, meeting on the pool deck.

60 Minutes/10 Sessions - \$137.38 Member- \$102.6

Wed 11:00 AM 90872 Pool Deck

STROLLER CIRCUIT

This circuit based cardio and strength training class combines barbells, dumbbells and kettlebells for a full body workout. Learn the basics of strength training, or expand your existing knowledge in this supportive group environment. Designed for parents who have been cleared by their hcp to resume regular exercise, this class provides dedicated time each week for movement, strength and connection. 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. Babies 24 months and under, still using a stroller are welcome to attend. Class will be held in our Dance Studio.

P.S. check out the fall session of Stroll & Stretch for an outdoor cooldown post circuit!

60 Minutes/10 Sessions - \$106.59 Member- \$83.11

Thu 11:00 AM 90882 Functional Training Center

STROLL AND STRETCH

Enjoy the beauty of the fall in this outdoor session of parent and baby fitness! Stroll & Stretch is a great way to get active and get outside before the colder months. Enjoy a dedicated time each week to meet up with other parents and their little ones. Designed for parents who have been cleared by their hcp to resume regular exercise. This class provides dedicated time each week for movement, cardio and connection. We will meet in the functional training centre, move through a dynamic warmup, walk down the trail behind chp for 30-40 minutes, followed by a 10-15 minute stretch at the end. Please bring a baby carrier or stroller.

60 Minutes/10 Sessions - \$106.59 Member- \$83.11

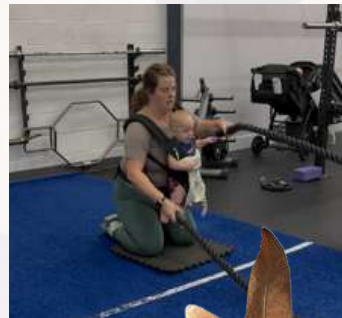
Thur 12:15 PM 90886 Functional Training Center

PARENT & BABY FITNESS

A fun class for you and your baby to get moving ! This full body workout combines cardio and strength training for parents using stability balls, bosu balls, body bars, dumbbells and mat work. Enjoy social time and connection for the first few minutes of class. 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 baby. Designed for parents who have been cleared by their hcp to resume regular exercise, this class provides dedicated time each week for movement, strength and connection. Class will be held in our Dance Studio.

60 Minutes/10 Sessions - \$106.59 Member- \$83.11

Tue 11:00 AM 90868 Dance Studio





WORKSHOPS WITH JANICE

Workshops are education and movement sessions designed to help promote recovery and injury prevention. Each session will focus on a specific topic, providing education and support while guiding you through new skills. Workshops are once per month.

BEGINNER CORE & SPINE ALIGN

Stretch and strengthen your spine! Using core drills for strengthening the abdominals and spine support. The goal of this workshop is to have less pain, and more confidence.

60 Minutes/1 Session -
\$13.20/ Member- Free

Sun, Sept 27 1:00pm 93226 Dance Studio

FOAM ROLLER & YOGA BLOCK THERAPY

Learn to do your own massage with a foam roller and yoga block. Mats and blocks will be provided, or, you are welcome to bring your own from home.

60 Minutes/1 Session -
\$13.20/ Member- Free

Sun, Nov 15 1:00pm 93232 Dance Studio

RANGE OF MOTION (R.O.M)

All about R.O.M! Learn about the range of movement of joints and muscles. This workshop will teach you to increase your ROM using stretching, massage, foam rollers, block therapy, voodoo wraps, and fascia lines.

60 Minutes/1 Session -
\$13.20/ Member- Free

Sun, Oct 18 1:00pm 93231 Dance Studio

LOVE YOUR FEET!

Learn to stretch, strengthen and sooth your feet.

60 Minutes/1 Session -
\$13.20/ Member- Free

Sun, Dec 6 1:00pm 93233 Dance Studio



FITNESS

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.

Interested in PT?

Email tnaugle@coleharbourplace.com for more information, and to be paired with a trainer!



BABY & PRESCHOOL RECREATION

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 - \$113.30 Member \$88.30

BABIES: 0 - 14 MONTHS

Tue 9:30am 92105

WALKERS: 13 MONTHS - 3 YEARS

Thur 9:30am 90391



SPORT & SPLASH Ages: 2-5

Looking for a great way to get you and your preschooler active? Drop off your child at 9:30am in our Westphal room. Children will enjoy 30 minutes of sport play, followed by a 30 minute swim in our tot pool with certified water instructors. The parent will be provided a day pass to access our gym or pool for the duration of the program. Pickup after class on the pool deck. Ages 2-5.

60 Minutes/ 10 Sessions - \$103.00 Member -\$80.30

Fridays 9:30 am 90380

Please Note: This program starts October 2nd, and has no class on October 23rd, 2026 and December 4th. The last week will be December 18th, 2026



CHILD RECREATION



ACTIVE KIDS **Ages: 5-10**

Keep kids active, engaged and having fun! Each session features a mix of sports, active games, recreation activities and swimming some weeks. Children will enjoy a variety of age-appropriate activities designed to build confidence, coordination and teamwork.

60 Minutes/ 10 Sessions - \$103.00 Member - \$80.30

Tuesdays 6:00 pm 92150

DASH & SPLASH- SATURDAY **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 - \$165.00 Member - \$128.70

Sat 10:15 AM - 12:00 PM 90368

DASH & SPLASH- SUNDAY **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 - \$165.00 Member - \$128.70

Sat 11:15 AM - 1:00 PM 90370

DROP & PLAY **Ages: 5-10**

Our Drop & Play program is a fun-filled 3-hour program designed to give kids an opportunity to play, swim, create, and make new friends while parents enjoy some time to themselves. Each session includes an active swim, a snack, and a movie or hands-on craft activity. Kids will enjoy a mix of structured activities and free time in a fun, welcoming environment. Please bring a water bottle and swim gear.

180 Minutes/1 Sessions - \$26.78 Member - \$20.89

Friday, September 25th 5:30pm-8:30pm 92055

Friday, October 16th 5:30pm-8:30pm 92059

Friday, November 20th 5:30pm-8:30pm 92061

HOLIDAY DROP & PLAY **Ages: 5-10**

Our Holiday Drop & Play program is a fun-filled 3-hour experience designed to give parents and guardians some time to shop, run errands, or simply enjoy a little extra time during the busy holiday season. Children will enjoy a swim in the pool, a holiday movie, a snack, and a craft activity. Please bring a water bottle, swimsuit, and towel.

180 Minutes/1 Sessions - \$26.78 Member - \$20.89

Friday, December 11th 5:30pm-8:30pm 92062



REC

YOUTH RECREATION COURSES

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.

Dates available:

\$73.00 / Member \$60.00

Sun	Oct 18th	2:30 PM - 8:30 PM	90748
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Sun	Nov 22nd	2:30 PM - 8:30 PM	90754
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HOME ALONE COURSE

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.

\$65.00 / Member \$52.00

Sun	Oct 25th	2:30 PM - 5:30 PM	90764
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Sun	Nov 29th	2:30 PM - 5:30 PM	90770
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PD DAY 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 1st

91233

September 2nd

91236

September 25th

92111

October 23rd

92112

December 4th

92113

Ages 5-12

8:30 am-4:30 pm

Price: \$49.00 General Public

\$39.20 Members

No before or aftercare available on PD days.



REC

HOLIDAY CAMPS



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

**Join us for some holiday camps for a fun day
of activities, games, crafts & and swimming!**

December 21 st	92114
December 22 nd	92116
December 23 rd	92117
December 29 th	92119
December 30 th	92120

Ages 5-12

8:30 am-4:30 pm

Price: \$49.00 General Public

\$39.20 Members

No before or aftercare available for these camps.



REC

"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



DARTMOUTH DANCE ACADEMY

Competitive and Non-Competitive Class Options 2026/2027



Any questions regarding dance can be sent to Lisa at
directordartmouthdance@gmail.com

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 September 21st
- No classes December 14th – January 3rd for the Holidays.
- Classes resume for term one on January 4, 2027.



REC DRESS CODE

Little Stars, Level 1 & 2, Intro to Dance, Preschool & Children's Combo

- Pink tights
- Pink leotard
- Pink skirt (optional)

- Pink leather ballet shoes
- Beige tap shoes (if applicable)

Level 3+

- Pink tights
- Black leotard
- Beige jazz shoes

- Pink leather ballet shoes
- Beige tap shoes

Acro

- Black leotard/t-shirt
- Black jazz shorts/leggings
- Bare feet

Boys

- Black pants
- White T-shirt
- Black dance shoes
(ballet, tap, or jazz)

DANCE

NON COMPETITIVE CLASSES- SATURDAYS

LITTLE STARS

Ages 3-4 years old

45 Minutes/15 Sessions - \$235.00 Member- \$211.50

Saturdays 09:30 AM - 10:15 AM 93087

PRESCHOOL COMBO BALLET/TAP

Ages 4-5 years old

45 Minutes/15 Sessions - \$235.00 Member- \$211.50

Saturdays 10:15 - 11:00 AM 93097

CHILDREN'S COMBO BALLET/TAP /JAZZ

Ages 5-6 years old

60 Minutes/15 Sessions - \$262.00 Member -\$235.80

Saturdays 11:15 AM - 12:15 PM 93103

LEVEL 1 BALLET/TAP/JAZZ

Ages 6-7 years old

60 Minutes/15 Sessions - \$262.00 Member -\$235.80

Saturdays 12:15 PM - 1:15 PM 93106

LEVEL 2 BALLET/TAP/JAZZ

Ages 7-9 years old

60 Minutes/15 Sessions - \$262.00 Member -\$235.80

Saturdays 1:15 PM - 2:15 PM 93109

SESSION DATES

Saturdays

Sep 26 - Jan 23

No Classes on the following dates:

December 14th, 2026- January 3rd 2027



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

DANCE

COMPETITIVE GROUPS

Session Dates

Mondays
Tuesdays
Thursdays
Fridays

Sep 21 - Jan 18
Sep 22 - Jan 19
Sep 24 - Jan 21
Sep 25 - Jan 22

No Classes on the following dates:
December 14th, 2026- January 3rd, 2027

**Registration for the
2026/27 season opens
August 31st at 9:00 am**



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

DANCE

MONDAYS

ELEMENTARY JAZZ - OPEN TO FEARLESS AND FINESSE

45 Minutes/15 Sessions - \$175 Member- \$157.50

Mondays 06:15 PM - 07:00 PM 92084

GRADE 3 JAZZ- OPEN TO FLAIR AND FRESH

45 Minutes/15 Sessions - \$175.00 Member- \$157.50

Mondays 08:00 PM - 08:45 PM 92087

GRADE 2 BALLET AND PRE POINT- OPEN TO FLAIR AND FRESH

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Mondays 07:00 PM - 08:00 PM 92086

FIRECRACKERS/ FIREFLIES HOP HOP

45 Minutes/15 Sessions - \$175.00 Member- \$157.50

Mondays 05:15 PM - 06:00 PM 92088

GRADE 5 BALLET-OPEN TO FEARLESS AND FINESSE

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Mondays 04:45 PM - 05:45 PM 92074



DANCE

TUESDAYS

FRESH BALLET

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Tuesdays 04:00 PM- 05:00 PM 92177

FRESH JAZZ

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Tuesdays 05:00 PM- 06:00 PM 92570

FRESH/ FLAIR MODERN

45 Minutes/15 Sessions - \$175.00 Member- \$157.50

Tuesdays 06:00 PM- 06:45 PM 92193

FINESSE BALLET

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Tuesdays 07:45 PM - 08:45 PM 92524

FINESSE JAZZ

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Tuesdays 06:45 PM- 07:45 PM 92583

FINESSE/ FEARLESS MODERN

45 Minutes/15 Sessions - \$175.00 Member- \$157.50

Tuesdays 06:00 PM- 06:45 PM 92577

FEARLESS BALLET

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Tuesdays 06:45 PM- 07:45 PM 92199

FEARLESS JAZZ

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Tuesdays 07:45 PM - 08:45 PM 92586

FLAIR BALLET

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Tuesdays 05:00 PM- 06:00 PM 92178

FLAIR JAZZ

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Tuesdays 04:00 PM - 05:00 PM 92568

FIREFLIES BALLET/ JAZZ

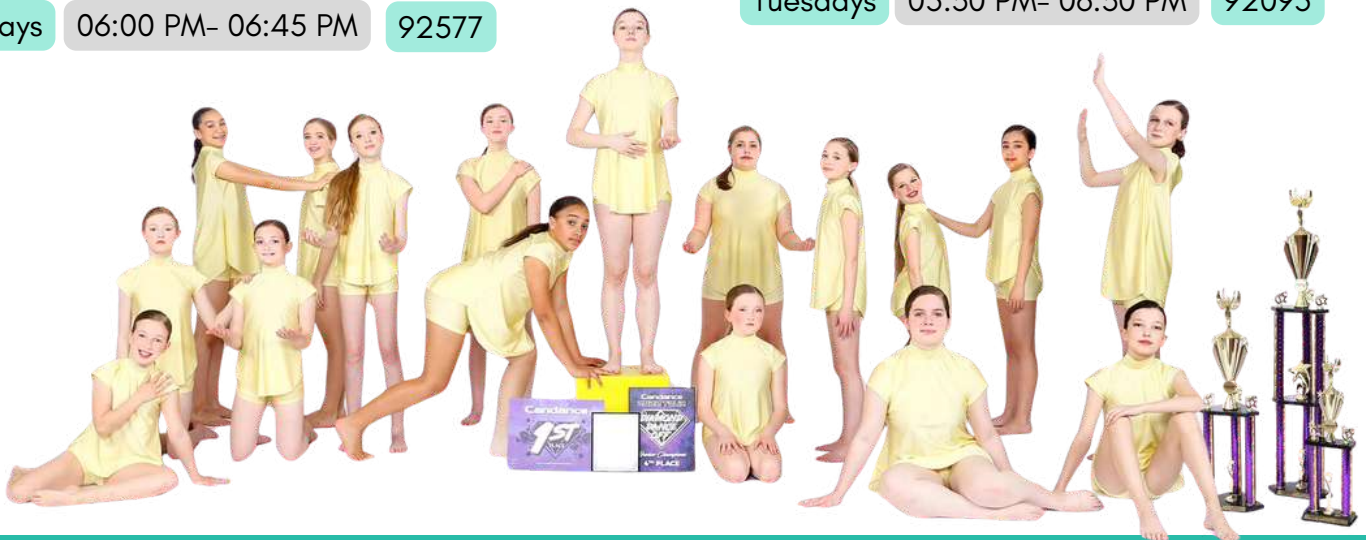
45 Minutes/15 Sessions - \$175.00 Member- \$157.50

Tuesdays 04:00 PM- 05:00 PM 92092

FIRECRACKERS BALLET/ JAZZ

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Tuesdays 05:30 PM- 06:30 PM 92095



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

DANCE

THURSDAYS

FLAIR ACRO

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Thursdays 06:00 PM - 07:00 PM 93063

FRESH ACRO

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Thursdays 04:00 PM - 05:00 PM 93038

FLAIR/FRESH TAP

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Thursdays 05:00 PM - 06:00 PM 93072

FINESSE AND FEARLESS ACRO

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Thursdays 05:00 PM - 06:00 PM 93055

FEARLESS AND FINESSE TAP

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Thursdays 06:00 PM - 07:00 PM 93075

*JUMPS & TURNS

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Thursdays 04:00 PM - 05:00 PM 93068

*OPEN TO FLAIR, FEARLESS AND FINESSE

FRIDAYS

*ACROBATIC ARTS EXAM

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Fridays 05:30 PM - 06:30 PM 93083

*STRETCH STRENGTH JUMPS AND TURNS

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Fridays 06:30 PM - 07:30 PM 93084

FIRECRACKERS/ FIREFLIES ACRO

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Fridays 04:45 PM - 05:30 PM 93080

FIRECRACKERS/ FIREFLIES TAP

60 Minutes/15 Sessions - \$240.00 Member- \$216.00

Fridays 04:00 PM - 04:45 PM 93076

*OPEN TO TEAMS FLAIR, FINESSE, FRESH & FEARLESS

