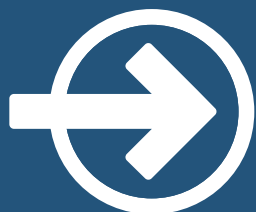
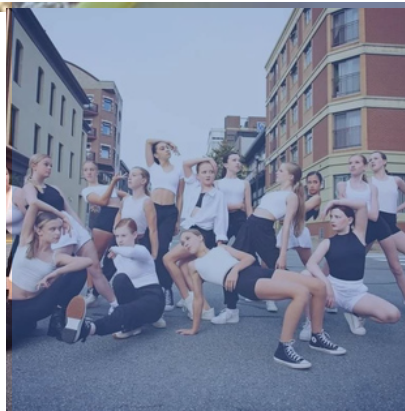


# Spring & Summer Camps

## PROGRAM GUIDE 2024

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




SPRING AND SUMMER CAMP REGISTRATION

CHP MEMBERS: MARCH 26TH  
GENERAL PUBLIC: MARCH 27TH

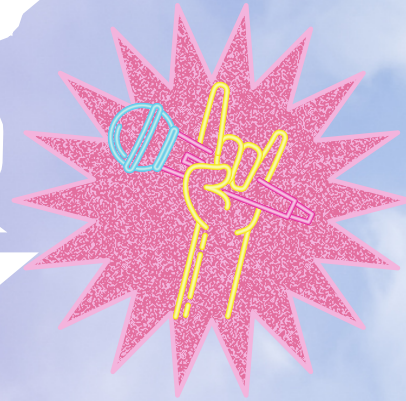
[COLEHARBORPLACE.COM](https://coleharbourplace.com)







# SWIFTIE ENCORE



**COME "SHAKE IT OFF" WITH US AT  
COLE HARBOUR PLACE**

**MAY 10TH 2024**

**4:00PM - 5:00PM AGES: 3-6**

**6:00PM - 8:00PM AGES: 7-12**



**Friendship bracelets  
Dance Party  
Kids Drinks  
Food  
Photo Booth  
& Much more**



**Ages 3-6: \$24.00/ Members \$18.00**

**Ages 7-12: \$24.00 / member \$18.00**

**COME IN YOUR BEST TAYLOR INSPIRED OUTFIT**

# IT'S BACK

## CLUB 50

a place to meet up and get together after your fitness class!

- Board games & cards
- Activities
- Coffee & Tea (bring your own mug & dairy)

## HOURS

Monday - Friday  
9:00 AM - 1:00 PM

\*excluding holidays

Located on the second floor in the Bisset Room. From the front desk, go up the stairs, turn left, make a right through the double doors, and take a right at the end of the hallway. Keep going until you see the Bisset Room.

50+







# SPRING 2024 FACILITY HOURS

**MON**

6:00AM – 10:00PM

**TUES**

6:00AM – 10:00PM

**WED**

6:00AM – 10:00PM

**THURS**

6:00AM – 10:00PM

**FRI**

6:00AM – 10:00PM

**SAT**

7:00AM – 8:00PM

**SUN**

7:00AM – 9:00PM

## HOLIDAY HOURS

**FRIDAY, MARCH 29TH- CLOSED FOR GOOD FRIDAY**

**SUNDAY, MARCH 31ST- 12:00 PM- 7:00 PM**

**MONDAY, MAY 20TH- CLOSED FOR VICTORIA DAY**

**HOURS ARE SUBJECT TO CHANGE BASED ON STAFFING AT ANYTIME**



# CONTENTS

AQUATICS  
PAGES: 6-17

FITNESS  
PAGES: 18-21

RECREATION  
PAGES: 22-24



## WELCOME NOTE

Staff Directory .....	2
Memberships.....	3
Registration.....	4-5

## AQUATICS

Aquatics Information.....	6-14
---------------------------	------

## FITNESS

Fitness Programs.....	15-18
Personal Training.....	

## RECREATION

Recreation Programs.....	20-23
Summer Camps.....	24-33

## DANCE

Dartmouth Dance.....	34
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WELCOME TO OUR COMMUNITY

Take a look at our NEW programs!

# STAFF DIRECTORY

Front Desk - General Inquiries  
902.464.5100

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

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

Matt Taylor - Controller  
902.464.5118 |  
mtaylor@coleharbourplace.com

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

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

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

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

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

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





# MEMBERSHIP

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

## FITNESS

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



## AQUATICS

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



**Members ONLY**  
**Swims are BACK!**

## RECREATION

Check out our new Play Pals Program!



### MEMBERSHIPS

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

### GYM ONLY

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

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

**25% OFF**

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

excluding gym only memberships

# MEMBERSHIP

## MEMBER TESTIMONIAL

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

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

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

- Prices increase to these prices April 1, 2024
- Payment plan can be cancelled with 30 days' notice.
- Lump-sum is non refundable& non-transferrable



# REGISTRATION

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

Our phone line registration will not be available.

## SPRING 2024

### MEMBER REGISTRATION

March 26th, 2024

### GENERAL PUBLIC REGISTRATION

March 27th, 2024

#### HOW TO REGISTER FOR PROGRAMS

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

#### EXAMPLE PROGRAM BELOW:

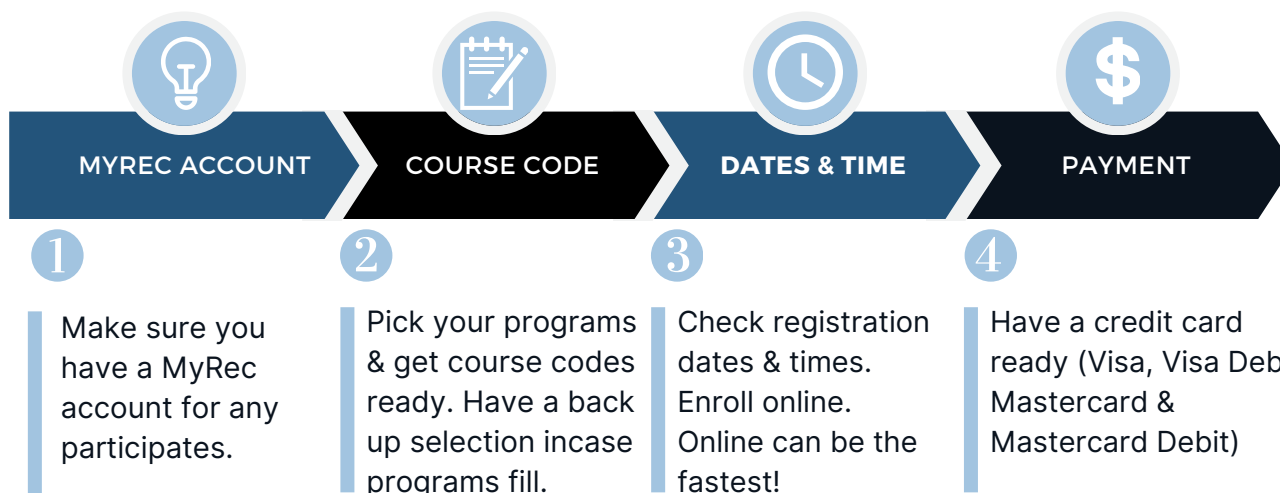
Fridays  
July 10th–August 21st  
10 Sessions  
\$61.50 \$46.13 Members  
**#00057360**



#### THIS IS THE COURSE CODE

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

**[halifax.ca/myREC](https://halifax.ca/myREC)**



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

# POOL INFO



## 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	Intro 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	When/where to swim	Intro to the diving board
Face wet	Jump in with PFD (assisted)	Front glide & kick with underwater pull	Seated front dive	Intro to sculling	Weight transfer
Back float (assisted)	Back float (head support)	Back float (unassisted)	Roller floats	Big arms wind (5m)	Front crawl (5m)
Front float (assisted)	Front float (unassisted)	Front float (unassisted)	Surface support (10sec)	Back swim (5m)	Back crawl (5m)
Crab Walk	Front glide	Front glide	Front swim (5m)	Back swim (5m)	Front swim

## POOL PRICES

FOR POOL TIMES AND WATER FITNESS CLASSES

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

\*Prices include tax

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

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

[POOL SCHEDULE](#)



# AQUATICS

## WATER BABIES

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

30 Minutes/10 Sessions

\$114.00/\$85.50 Members

Sun	Apr 7-Jun 9	11:30 AM	00088173
Wed	Apr 10-Jun 12	04:00 PM	00088174
Thu	Apr 11-Jun 13	05:25 PM	00088175
Sat	Apr 13-Jun 15	10:45 AM	00088176

## MATES SILVER

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

30 Minutes/10 Sessions

\$114.00/\$85.50 Members

Sun	Apr 7-Jun 9	09:00 AM	00088183
Wed	Apr 10-Jun 12	04:35 PM	00088182
Thu	Apr 11-Jun 13	04:00 PM	00088181

## MATES BRONZE

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

30 Minutes/10 Sessions

\$114.00/\$85.50 Members

Sun	Apr 7-Jun 9	10:55 AM	00088180
Tue	Apr 9-Jun 11	05:15 PM	00088177
Wed	Apr 10-Jun 12	06:25 PM	00088178
Sat	Apr 13-Jun 15	09:35 AM	00088179

## MATES GOLD

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

30 Minutes/10 Sessions

\$114.00/\$85.50 Members

Sun	Apr 7-Jun 9	09:35 AM	00088186
Tue	Apr 9-Jun 11	06:10 PM	00088185
Thu	Apr 11-Jun 13	06:25 PM	00088184

Please take our Mates programs in order!

1 MATES BRONZE → 2 MATES SILVER → 3 MATES GOLD



# AQUATICS

## SKIPPERS 1 3 years to 5 years

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

30 Minutes/10 Sessions

\$114.00/\$85.50 Members

Sun	Apr 7-Jun 9	09:10 AM	00088199
Sun	Apr 7-Jun 9	10:20 AM	00088200
Tue	Apr 9-Jun 11	04:05 PM	00088193
Tue	Apr 9-Jun 11	05:35 PM	00088197
Wed	Apr 10-Jun 12	04:35 PM	00088201
Wed	Apr 10-Jun 12	06:20 PM	00088202
Thu	Apr 11-Jun 13	05:10 PM	00088194
Thu	Apr 11-Jun 13	06:10 PM	00088195
Sat	Apr 13-Jun 15	09:00 AM	00088196
Sat	Apr 13-Jun 15	10:10 AM	00088198

### WITH PARENT

Sun	Apr 7-Jun 9	09:45 AM	00088190
Tue	Apr 9-Jun 11	04:40 PM	00088187
Wed	Apr 10-Jun 12	04:00 PM	00088192
Wed	Apr 10-Jun 12	07:00 PM	00088191
Thu	Apr 11-Jun 13	05:15 PM	00088188
Sat	Apr 13-Jun 15	10:40 AM	00088189

### CONDENSED

Sun	Apr 7-Jun 9	11:20 AM	00088205
Tue	Apr 9-Jun 11	05:50 PM	00088203
Wed	Apr 10-Jun 12	05:10 PM	00088206
Thu	Apr 11-Jun 13	04:35 PM	00088204

30 Minutes/10 Sessions

\$150.00/\$112.50 Members

**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

\$114.00/\$85.50 Members

Sun	Apr 7-Jun 9	11:30 AM	00088212
Tue	Apr 9-Jun 11	05:15 PM	00088207
Tue	Apr 9-Jun 11	07:00 PM	00088208
Wed	Apr 10-Jun 12	04:35 PM	00088213
Wed	Apr 10-Jun 12	05:40 PM	00088215
Thu	Apr 11-Jun 13	04:00 PM	00088209
Thu	Apr 11-Jun 13	05:15 PM	00088210
Sat	Apr 13-Jun 15	09:35 PM	00088211

### CONDENSED

Sun	Apr 7-Jun 9	09:00 AM	00088220
Tue	Apr 9-Jun 11	06:25 PM	00088218
Wed	Apr 10-Jun 12	05:10 PM	00088219
Thu	Apr 11-Jun 13	05:45 PM	00088216
Sat	Apr 13-Jun 15	11:30 AM	00088217

30 Minutes/10 Sessions

\$150.00/\$112.50 Members

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



**VISIT YOUR HRM REC ACCOUNT TO BOOK**



# AQUATICS

## 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

\$114.00/\$85.50 Members

Sun	Apr 7-Jun 9	10:40 AM	00088240
Tue	Apr 9-Jun 11	05:00 PM	00088221
Wed	Apr 10-Jun 12	05:50 PM	00088239
Thu	Apr 11-Jun 13	07:00 PM	00088237
Sat	Apr 13-Jun 15	11:20 AM	00088238

### CONDENSED

Thu	Apr 11-Jun 13	05:50 PM	00088242
Sat	Apr 13-Jun 15	10:10 AM	00088241

30 Minutes/10 Sessions

\$150.00/\$112.50 Members

## 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

\$114.00/\$85.50 Members

Thu	Apr 11-Jun 13	07:00 PM	00088248
Sat	Apr 13-Jun 15	09:35 AM	00088249

## 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

\$114.00/\$85.50 Members

Sun	Apr 7-Jun 9	10:45 AM	00088246
Tue	Apr 9-Jun 11	04:05 PM	00088243
Thu	Apr 11-Jun 13	05:50 PM	00088244
Sat	Apr 13-Jun 15	09:00 AM	00088245

### CONDENSED

Wed	Apr 10-Jun 12	07:00 PM	00088247
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30 Minutes/10 Sessions

\$150.00/\$112.50 Members

## 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

\$114.00/\$85.50 Members

Tue	Apr 9-Jun 11	07:00 PM	00088250
Thu	Apr 11-Jun 13	06:25 PM	00088552



# AQUATICS

## SWIMMERS 1 5 years to 12 years

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

30 Minutes/10 Sessions

\$114.00/\$85.50 Members

Sun	Apr 7-Jun 9	09:45 AM	00088297
Sun	Apr 7-Jun 9	10:55 AM	00088299
Tue	Apr 9-Jun 11	04:00 PM	00088251
Tue	Apr 9-Jun 11	05:15 PM	00088252
Tue	Apr 9-Jun 11	05:50 PM	00088253
Wed	Apr 10-Jun 12	04:00 PM	00088298
Wed	Apr 10-Jun 12	05:10 PM	00088300
Thu	Apr 11-Jun 13	04:00 PM	00088294
Thu	Apr 11-Jun 13	04:35 PM	00088291
Thu	Apr 11-Jun 13	05:40 PM	00088293
Sat	Apr 13-Jun 15	09:00 AM	00088295
Sat	Apr 13-Jun 15	10:55 AM	00088296

### CONDENSED

Sun	Apr 7-Jun 9	09:00 AM	00088309
Sun	Apr 7-Jun 9	10:10 AM	00088307
Tue	Apr 9-Jun 11	04:40 PM	00088303
Wed	Apr 10-Jun 12	07:00 PM	00088308
Thu	Apr 11-Jun 13	07:00 PM	00088304
Sat	Apr 13-Jun 15	11:30 AM	00088306

30 Minutes/10 Sessions

\$150.00/\$112.50 Members

## SWIMMER 1 - 8 YEARS +

Tue	Apr 9-Jun 11	07:00 PM	00088301
Thu	Apr 11-Jun 13	06:20 PM	00088302

30 Minutes/10 Sessions

\$114.00/\$85.50 Members

## SWIMMERS 2 5 years to 12 years

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

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

30 Minutes/10 Sessions

\$114.00/\$85.50 Members

Sun	Apr 7-Jun 9	09:35 AM	00088318
Sun	Apr 7-Jun 9	10:20 AM	00088319
Sun	Apr 7-Jun 9	10:45 AM	00088320
Sun	Apr 7-Jun 9	11:20 AM	00088321
Tue	Apr 9-Jun 11	04:05 PM	00088310
Wed	Apr 10-Jun 12	04:35 PM	00088317
Wed	Apr 10-Jun 12	05:45 PM	00088315
Wed	Apr 10-Jun 12	06:25 PM	00088316
Thu	Apr 11-Jun 13	04:35 PM	00088311
Thu	Apr 11-Jun 13	06:25 PM	00088312
Sat	Apr 13-Jun 15	10:10 AM	00088313
Sat	Apr 13-Jun 15	11:20 AM	00088314

### CONDENSED

Tue	Apr 9-Jun 11	06:25 PM	00088322
Wed	Apr 10-Jun 12	04:00 PM	00088324
Thu	Apr 11-Jun 13	05:50 PM	00088325
Thu	Apr 11-Jun 13	07:00 PM	00088553
Sat	Apr 13-Jun 15	09:00 AM	00088323

30 Minutes/10 Sessions

\$150.00/\$112.50 Members



# AQUATICS

## SWIMMERS 3 5 years to 12 years

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

30 Minutes/10 Sessions

\$114.00/\$85.50 Members

Sun	Apr 7-Jun 9	10:10 AM	00088331
Tue	Apr 9-Jun 11	04:40 PM	00088326
Tue	Apr 9-Jun 11	07:00 PM	00088327
Wed	Apr 10-Jun 12	06:25 PM	00088333
Wed	Apr 10-Jun 12	07:00 PM	00088334
Thu	Apr 11-Jun 13	05:10 PM	00088328
Sat	Apr 13-Jun 15	09:35 AM	00088329
Sat	Apr 13-Jun 15	10:45 AM	00088330

### CONDENSED

Tue	Apr 9-Jun 11	05:50 PM	00088335
Thu	Apr 11-Jun 13	04:00 PM	00088336
Sat	Apr 13-Jun 15	11:30 AM	00088337

30 Minutes/10 Sessions

\$150.00/\$112.50 Members

## SWIMMERS 5 5 years to 12 years

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

45 Minutes/10 Sessions

\$130.00/\$97.50 Members

Wed	Apr 10-Jun 12	05:55 PM	00088347
Thu	Apr 11-Jun 13	04:50 PM	00088345
Sat	Apr 13-Jun 15	09:00 AM	00088346

## SWIMMERS 4 5 years to 12 years

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

45 Minutes/10 Sessions

\$130.00/\$97.50 Members

Sun	Apr 7-Jun 9	09:00 AM	00088341
Tue	Apr 9-Jun 11	04:35 PM	00088338
Wed	Apr 10-Jun 12	04:00 PM	00088342
Wed	Apr 10-Jun 12	06:45 PM	00088343
Thu	Apr 11-Jun 13	04:00 PM	00088339
Sat	Apr 13-Jun 15	11:15 AM	00088340

## SWIMMERS 6 5 years to 12 years

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

45 Minutes/10 Sessions

\$130.00/\$97.50 Members

Tue	Apr 9-Jun 11	06:15 PM	00088348
Sat	Apr 13-Jun 15	09:50 AM	00088349

# AQUATICS

## SWIMMERS 7 5 years to 12 years

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

45 Minutes/10 Sessions

\$130.00/\$97.50 Members

Thu Apr 11-Jun 13 05:55 PM 00088350

## SWIMMERS 9 5 years to 12 years

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

45 Minutes/10 Sessions

\$130.00/\$97.50 Members

Tue Apr 9-Jun 11 06:45 PM 00088352

## 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

\$129.95/\$97.46 Members

Fri Apr 12-Jun 14 05:40 PM 00088397

## SWIMMERS 8 5 years to 12 years

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

45 Minutes/10 Sessions

\$130.00/\$97.50 Members

Sat Apr 13-Jun 15 10:40 AM 00088351

## 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

\$129.95/\$97.46 Members

Fri Apr 12-Jun 14 04:00 PM 00088394

Fri Apr 12-Jun 14 05:45 PM 00088395

## 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

\$129.95/\$97.46 Members

Fri Apr 12-Jun 14 04:50 PM 00088396



# AQUATICS

## PRIVATE LESSONS

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

45 Minutes/10 Sessions

\$267.00/\$200.25 Members

Sun	Apr 7-Jun 9	09:00 AM	00088373
Sun	Apr 7-Jun 9	09:35 AM	00088374
Sun	Apr 7-Jun 9	10:25 AM	00088375
Sun	Apr 7-Jun 9	10:40 AM	00088376
Tue	Apr 9-Jun 11	05:05 PM	00088354
Tue	Apr 9-Jun 11	05:55 PM	00088355
Tue	Apr 9-Jun 11	06:45 PM	00088356
Wed	Apr 10-Jun 12	04:00 PM	00088369
Wed	Apr 10-Jun 12	05:35 PM	00088370
Wed	Apr 10-Jun 12	05:45 PM	00088440
Wed	Apr 10-Jun 12	06:40 PM	00088371
Thu	Apr 11-Jun 13	05:00 PM	00088357
Thu	Apr 11-Jun 13	05:55 PM	00088358
Thu	Apr 11-Jun 13	06:45 PM	00088362
Thu	Apr 11-Jun 13	06:45 PM	00088359
Thu	Apr 11-Jun 13	06:45 PM	00088363
Fri	Apr 12-Jun 14	04:00 PM	00088361
Fri	Apr 12-Jun 14	04:05 PM	00088365
Fri	Apr 12-Jun 14	04:05 PM	00088364
Fri	Apr 12-Jun 14	04:55 PM	00088366
Fri	Apr 12-Jun 14	05:45 PM	00088367
Sat	Apr 13-Jun 15	09:00 AM	00088368
Sat	Apr 13-Jun 15	09:50 AM	00088372

## INCLUSION PRIVATE LESSONS

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

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

45 Minutes/10 Sessions

\$208.00/\$156.00 Members

Sun	Apr 7-Jun 9	09:50 AM	00088390
Sun	Apr 7-Jun 9	11:15 AM	00088391
Tue	Apr 9-Jun 11	04:15 PM	00088377
Tue	Apr 9-Jun 11	05:25 PM	00088378
Wed	Apr 10-Jun 12	05:05 PM	00088384
Wed	Apr 10-Jun 12	05:10 PM	00088385
Thu	Apr 11-Jun 13	04:35 PM	00088379
Fri	Apr 12-Jun 14	04:00 PM	00088380
Fri	Apr 12-Jun 14	04:00 PM	00088381
Fri	Apr 12-Jun 14	04:50 PM	00088382
Fri	Apr 12-Jun 14	04:55 PM	00088383
Fri	Apr 12-Jun 14	05:00 PM	00088386
Fri	Apr 12-Jun 14	05:40 PM	00088387
Fri	Apr 12-Jun 14	05:45 PM	00088388
Sat	Apr 13-Jun 15	10:40 AM	00088389

# AQUATICS

## INCLUSION GROUP LESSONS

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

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

30 Minutes/10 Sessions

\$146.00/\$109.50 Members

### **SWIMMERS 1 INCLUSION**

Fri Apr 12-Jun 14 05:25 PM 00088400

### **SWIMMERS 2 INCLUSION**

Fri Apr 12-Jun 14 06:00 PM 00088401

### **SWIMMERS 3 INCLUSION**

Fri Apr 12-Jun 14 04:50 PM 00088439





# AQUATICS



## AQUA TEENS 1

Aqua teens 1 is recommended for children aged 12-15 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

\$130.00/\$97.50 Members

Wed Apr 10-Jun 12 04:50 PM 00088392

## AQUA TEENS 2

Aqua teens 2 is recommended for children ages 12-15 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

\$130.00/\$97.50 Members

Thu Apr 11-Jun 13 06:45 PM 00088393

## 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.

\$165.00/\$123.75 Members

Saturdays and Sundays Apr 27-May 12 2:00- 7:00PM 00088634

Wednesdays May 8- June 12 5:00- 9:00 PM 00088633



## BRONZE CROSS AND INTERMEDIATE FIRST AID

The Bronze Cross and Intermediate workplace first aid prepares candidates to become a lifeguard by strengthening the four lifesaving principles which are judgment, knowledge, skill and fitness. Bronze Cross certification is a prerequisite for becoming an assistant lifeguard, Swim for life instructor or taking the National Lifeguard course. This program teaches candidates aquatic emergency prevention and improves lifesaving skills.

Prerequisites: Bronze Medallion and basic workplace first aid

\$165.60/\$124.20 Members

Saturdays and Sundays May 18- June 9 2:00- 8:00PM 00088632



# FITNESS

ALL AGES

START YOUR FITNESS JOURNEY TODAY



## FITNESS CLASSES CARDS

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

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

[FITNESS SCHEDULE](#)

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

**GET YOUR CHP MEMBERSHIP TODAY!**

## DAY PASS

FITNESS CLASSES, WEIGHT ROOM & POOL

Adult (over 18 years)

\$12.50

Senior/Student/Youth

\$9.00

Family

\$21.00

\*Prices include tax

# FITNESS: ADULT

## FITNESS IS GOLDEN 55+

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

Tue, Apr 9 – June 11

10:30 AM

00088545

60 Minutes/10 Sessions – \$83.95 Member- \$62.96

## HEAVY BAG

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

Fri, Apr 12 – Jun 14

08:00 AM

00088539

60 Minutes/10 Sessions – \$83.95 Member- \$62.96



## YIN YOGA & CHAKRA MEDITATION

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

Wed, Apr 10 – Jun 12

07:30 PM

00088544

60 Minutes/10 Sessions – \$83.95 Member- \$62.96

## WALKING & WEIGHTS

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

Mon, Apr 8 – Jun 17

2:00pm

00088536

60 Minutes/10 Sessions – \$83.95 Member- \$62.96





# FITNESS: PARENT & BABY

## PARENT & BABY FITNESS

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

60 Minutes/10 Sessions - \$83.95 Member- \$62.96

Tue Apr 9-Jun 11 11:00AM 00088524

## PARENT & BABY WATERFIT

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

60 Minutes/10 Sessions - \$83.95 Member- \$62.96

Wed Apr 10-Jun 12 10:00AM 00088526

Wed Apr 10-Jun 12 11:00AM 00088528



## STROLLER STRIDES\*NEW\*

Looking to get some fresh air and incorporate some movement into your day? This parent & baby outdoor workout class is a great way to get active and get outside. We will meet in the functional training room at 11:00am and move through some dynamic stretches and a warm up. At 11:10 we will head outside to the back trail. Our class will consist of 15 minutes of walking, a 15 minute body weight strength session, another 15 minutes (walking back to CHP) and a 5 minute stretch and cool down. Please bring a mat and water. If the weather is not cooperative, we will do an indoor class in the functional training centre.

60 Minutes/10 Sessions - \$83.95 Member- \$62.96

Mon Apr 8-Jun 17 11:00AM 00088523

## STROLLER CIRCUIT (FORMERLY STROLLERFIT)

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

60 Minutes/10 Sessions - \$83.95 Member- \$62.96

Thu Apr 11-Jun 13 11:00AM 00088530

# FITNESS: WORKSHOPS



## ROM: RANGE OF MOTION

Increase ROM of joints & muscles. Stretching, massage with foam roller & yoga block, Voodoo Wraps, Facia Lines.  
*60 Minutes/1 Session - Free Members - Day Pass Non Member*

Sat Apr 20 9:30am 00088546

## FOAM ROLLER & YOGA BLOCK THERAPY

Do your own massage to increase ROM, reduce pain and muscle tightness.

*60 Minutes/1 Session - Free Members - Day Pass Non Member*

Sat May 4 9:30am 00088547

## LOVE YOUR FEET

Stretch & strengthen your feet!

*60 Minutes/1 Session - Free Members - Day Pass Non Member*

Sat May 11 9:30am 00088548



# FITNESS

## PERSONAL TRAINING

*Fitness is Lifestyle.*

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

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



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

\*Taxes not included in above prices. Small group 3-5 people. New prices above go into effect April 1st

## DRYLAND TEAM TRAINING

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

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

## SMALL GROUP & COUPLES TRAINING

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



# RECREATION

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

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

Ages: 5-12

\$24.00/\$18.00 Members

Fridays 5:30pm-8:30pm

DAY	CODE
Mar 22	00080876
Mar 29	00080877
Apr 5	00080878
Apr 12	00080880
Apr 19	00080881
Apr 26	00080882
May 3	00080883
May 10	00080884
May 24	00080885
May 31	00080886

## SWIFTIE ENCORE **Ages: 7-12**

Come "Shake it off" with us at Cole Harbour Place Friendship bracelets, Dance PartKids drinks, Food, Photo Booth & Much more. This is a drop-off event for children.

\$24.00/\$18.00 Members

Fri May 10th 6:00 PM 00088648

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

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

105 Minutes/10 Sessions - \$150.00 Member -\$112.50

Sat Apr 13-Jun 15 10:30AM 00088157

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

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

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

Mon Apr 8-Jun 17 5:15 PM 00088156

## COOKING & CRAFTS **Ages: 7-12**

Join our program where we blend creativity and tasty treats! Each week, young chefs-in-training whip up something delicious while also learning about healthy eating, chopping techniques, and kitchen safety. In between cooking sessions, participants dive into fun crafts to keep the creativity flowing!

120 Minutes/10 Sessions - \$150.00 Member -\$112.50

Tue Apr 9-Jun 11 5:30 PM 00088160

# RECREATION

## PLAY PALS

Introducing Play Pals, our exciting NEW program designed to bring pre-primary and primary kids together before the school day begins! Join us for a morning of fun-filled activities, including circle time and an enchanting Rainbow Fish Storytime, followed by a themed sensory bin and craft. Afterward, there is plenty for parents to chat and kiddos to play with various toys and soft play items.

\*Please sign up for your designated school\*

60 minutes/1 Session – \$5.00

Caldwell Road School	April 4	4:30pm	00088127
Portland Estates Elementary	Apr 12	4:30pm	00088144
Joseph Giles Elementary	Apr 19	4:30pm	00088145
Mount Edward Elementary	Apr 26	4:30pm	00088146
Robert Kemp Turner Elementary	May 3	4:30pm	00088147
Bel Ayr Elementary	May 10	4:30pm	00088148
Brookhouse Elementary	May 17	4:30pm	00088149
Colonel John Stuart Elementary	May 24	4:30pm	00088150
Colby Village Elementary	May 31	4:30pm	00088151
Astral Drive Elementary	Jun 6	4:30pm	00088154
Ross Road School	Jun 14	4:30pm	00088154
George Bissett School	June 7	4:30pm	00088152



## DROP-IN PLAYGROUP

Introducing our **Friday Fun** Playgroup, held weekly from 9:00 AM to 10:00 AM in our childcare room. With fun sensory toys and soft play items, children are free to create their own adventures. No structured activities—just time to explore! Open to all children under the age of 6 and their caregivers. The cost will be \$2.00 per visit (each caregiver). Payment is required at the desk during sign-in. Maximum capacity is 12 children, ensuring an intimate and enjoyable experience for all. First come–first serve. This is an unsupervised program.

Fridays in the Flying Cloud Room

9:30am	\$2.00/drop-in	10:30am	\$2.00/drop-in
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# RECREATION

## TUMBLING BUGS **Ages: 3-5**

Check out our Tumble Tots program! Learn the basics of balance, flexibility, tumbling body positions, and work towards gaining strength. Play with fun equipment and enjoy age-appropriate music and games.

30 Minutes/10 Sessions - \$50.00 Member - \$37.50

Mon Apr 8-Jun 17 4:30pm 00088155

## STORY & STRETCH **Ages: 3-5**

Kids will enjoy a fun story followed by themed stretching and movement activities. They'll listen to exciting tales and then stretch and move like characters from the story. It's a playful way to spark imagination, get active, and have fun!

45 Minutes/10 Sessions - \$50.00 Member - \$37.50

Tue Apr 9-Jun 11 4:30pm 00088402

## 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 - \$50.00 Member - \$37.50

Mon Apr 8-Jun 17 5:15pm 00088416

## SPLASH CAPADES: PARENT & CHILD

Get ready to splash and splash! This NEW 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 - \$100.00 member \$75.00

### BABIES: 0 - 12 MONTHS

Tue Apr 9-Jun 11 9:30am 00088158

### WALKERS: 13 MONTHS - 3 YEARS

Thurs Apr 11-Jun 13 9:30am 00088159

### TOTS: 3YEARS- 5 YEARS

Sat Apr 11-Jun 13 9:30am 00088403

## KIDSCAPEDES **Ages: 3-4**

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

Mondays & Wednesdays 9:30 AM - 11:30 AM

### DAY, DATE

### CODE

Mon, Mar 18 - Apr 17 00081655 \*no class Apr 1 & 3  
Mon, Apr 22 May 15 00081656



# RECREATION

## 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.

9:00 AM - 3:00 PM - \$55.00 Member- \$41.25

Sat May 25 9:00 AM 00088550

## STARBREWS

Each week, we gather to whip up fun and fancy café-inspired drinks. But that's not all - we mix things up with swimming, crafts, library visits, workshops, movie nights, and game nights each week! Join us for a week of non-stop fun and friendship at Starbrews.

Mon Apr 15- Jun 17 6:30 PM - 8:00 PM 00088550

## HOME ALONE

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

12:30 PM - 3:30 PM - \$55.00 Member- \$41.25

Sat May 5 12:30 PM 00088549




# SUMMER CAMPS

## WHO'S READY FOR SUMMER?


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



### DAILY ACTIVITIES



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



### CAMP HOURS

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

### CAMP TRADITIONS

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

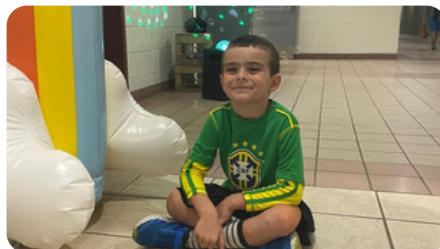
\*Schedule subject to change

# SUMMER CAMPS

## SUMMER CAMP PRICING GUIDE

Item	CHP MEMBER	PUBLIC
5 Day Camp	\$179.35	\$211
*4 Day Camp	\$146.65	\$169
5 Day Specialty Camp	\$181.50	\$242
Camp Peak-A-Boo 5 Day	\$67.50	\$90.00
Camp Peak-A-Boo 4 Day	\$54.00	\$72.00
5 Day Beforecare	\$30.00/wk	\$30.00/wk
5 Day Aftercare	\$30.00/wk	\$30.00/wk
4 Day Beforecare	\$25.00/wk	\$25.00/wk
4 Day Aftercare	\$25.00/wk	\$25.00/wk

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



## QUICK FAQ

### CAMPER AGES?

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

### ARE THEY DIVIDED BY AGES?

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

### DO THEY GO OUTSIDE?

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

### DO YOU OFFER LUNCHES?

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

### MY CHILD ISN'T A STRONG SWIMMER...

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



# SUMMER CAMPS

## IMPORTANT CAMP INFORMATION

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

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

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

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

### **Quality Staff members are always our top priority.**

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



# SUMMER CAMPS

## KICK-OFF: JULY 2-5

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

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

## CAMP SURVIOUR: JULY 15-19

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

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

## OCEAN: JULY 8-12

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

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

## HOLIDAY CAMP: JULY 22-26

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

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

# SUMMER CAMPS

## CIRCUS CAMP: JULY 29 - AUG 2

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

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

## CAMP ROCK: AUGUST 12-16

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

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

## SUMMER SCIENCE: AUG 6-9

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

## 4-DAY CAMP

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

## GRAND FINALE: AUG 19-23

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

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



# SUMMER CAMPS

## WELCOME TO THE ERAS CAMP



### THE ERAS CAMP

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

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

# EXTENDED CARE

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

## JULY 2-5

TIME	CODE
<b>BEFORE</b> 7:30-8:30 AM	<b>00088398</b>
<b>AFTER</b> 4:30-5:30 PM	<b>00088571</b>

## JULY 8-12

TIME	CODE
<b>BEFORE</b> 7:30-8:30 AM	<b>00088575</b>
<b>AFTER</b> 4:30-5:30 PM	<b>00088576</b>

## JULY 15-19

TIME	CODE
<b>BEFORE</b> 7:30-8:30 AM	<b>00088581</b>
<b>AFTER</b> 4:30-5:30 PM	<b>00088582</b>

## JULY 22-26

TIME	CODE
<b>BEFORE</b> 7:30-8:30 AM	<b>00088587</b>
<b>AFTER</b> 4:30-5:30 PM	<b>00088586</b>

## JULY 29 - AUG 2

TIME	CODE
<b>BEFORE</b> 7:30-8:30 AM	<b>00088592</b>
<b>AFTER</b> 4:30-5:30 PM	<b>00088591</b>

## AUG 6-9

TIME	CODE
<b>BEFORE</b> 7:30-8:30 AM	<b>00088596</b>
<b>AFTER</b> 4:30-5:30 PM	<b>00088595</b>

## AUGUSTS 12-16

TIME	CODE
<b>BEFORE</b> 7:30-8:30 AM	<b>00088599</b>
<b>AFTER</b> 4:30-5:30 PM	<b>00088600</b>

## AUG 19-23

TIME	CODE
<b>BEFORE</b> 7:30-8:30 AM	<b>00088608</b>
<b>AFTER</b> 4:30-5:30 PM	<b>00088609</b>



# CAMP PEEK-A-BOO

Welcome to Camp Peek-a-boo! This camp is a perfect first camp experience for little campers. Every morning is filled with singing, games, crafts, and play-based learning. Learn about colours, weather, letters, numbers, and shapes! Campers will enjoy some full camp traditions such as ice cream day, dance party, camp photos and show & tell day. Plus, each week has a fun theme! Perfect for socialization for the kiddos and a great opportunity for guardians to run errands or take a break. Please pack a snack, drink, an extra change of clothes, and a swimsuit! Campers will be swimming every day 11:00 AM - 12:00 PM, parents will pick their child up on the pool deck. Morning drop-off will be in our Babysitting Room.

**CAMP HOURS 9:00 AM - 12:00 PM**

## SPORTS

AGES	DATES	CODE
3-4	July 2-5	00088615

## PRINCESS & SUPERHERO

AGES	DATES	CODE
3-4	July 15-19	00088617

## UNDER THE BIG TOP

AGES	DATES	CODE
3-4	July 29-2	00088619

## LITTLE ROCKERS

AGES	DATES	CODE
3-4	August 12-16	00088621

## ALL THINGS SEA (PIRATES & MERMAIDS)

AGES	DATES	CODE
3-4	July 8-12	00088616

## HOLIDAY

AGES	DATES	CODE
3-4	July 22-26	00088618

## SUMMER SCIENCE

AGES	DATES	CODE
3-4	Aug 6-9	00088620

## GOODBYE SUMMER

AGES	DATES	CODE
3-4	August 19-23	00088622



# INCLUSION SUPPORT

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

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

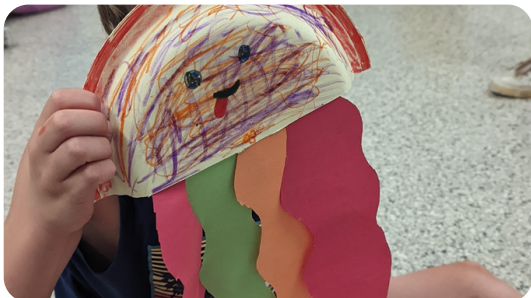
- Is extra support required at school and/or in the community?
- Is extra help required at home for basic care?
- Is there an existing physical, medical, behavioral, and/or developmental disability that could affect the safety and enjoyment of the participant and/or other participants?

## What support CHP cannot offer:

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

## OUR INCLUSION STAFF WILL

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



EXPLORING  
the **Spectrum**



NATIONAL  
INCLUSION  
PROJECT

# INCLUSION SUPPORT

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

## KICK-OFF: JULY 2-5

AGES	CODE
5-12	00088623

## OCEAN: JULY 8-12

AGES	CODE
5-12	00088624

## CAMP SURVIOUR: JULY 15-19

AGES	CODE
5-12	00088625

## HOLIDAY CAMP: JULY 22-26

AGES	CODE
5-12	00088626

## CIRCUS CAMP: JULY 29 - AUG 2

AGES	CODE
5-12	00088627

## SUMMER SCIENCE: AUG 6-9

AGES	CODE
5-12	00088628

## CAMP ROCK: AUGUST 12-16

AGES	CODE
5-12	00088629

## GRAND FINALE: AUG 19-23

AGES	CODE
5-12	00088630

# DANCE



## RULES

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

## ATTENDANCE

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

Dance classes run for 15 weeks.

Note: Ages are as of registration dates.

## RECITAL

November 26th - Holiday Recital (Spatz Theatre)

May 26th Year-end Dance Recital (Spatz Theatre)

## DANCE TERMS

September 18th Classes start

October 31st Halloween NO classes

November 26th Holiday Recital Spatz Theatre

December 10th Last day before Christmas break

Dec 11th-Jan 7th No classes Christmas Break

January 8th Classes resume

January 28th First Term ENDS

January 29th Second Term BEGINS

February 15th Costume Money Due (All REC Dancers)

March 11th-17th March Break NO classes

March 29th - April 4th Easter Break NO classes

May 11th CHP Dance Photos

May 26th Year-end Dance Recital (Spatz Theatre)



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