

2025

SPRING PROGRAM GUIDE



AQUATICS | FITNESS | RECREATION | DANCE | SPECIAL EVENTS



SPRING 2025 REGISTRATION
CHP MEMBERS: MARCH 18, 2025
GENERAL PUBLIC: MARCH 19, 2025

COLEHARBOURPLACE.COM



SPRING 2025 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, APRIL 18TH **CLOSED**

SUNDAY, APRIL 20TH **12:00PM-7:00PM**

MONDAY, MAY 19TH **CLOSED**

TUESDAY, JULY 1ST **CLOSED**

HOURS ARE SUBJECT TO CHANGE



HOURS



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

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STAFF DIRECTORY

Front Desk - General Inquiries
902.464.5100

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

Kenzie MacLeod - Manager, Customer
Operations/Front Desk Manager
902.464.5505 |
kmacleod@coleharbourplace.com

Matt Taylor - Controller
902.464.5118 |
mtaylor@coleharbourplace.com

Nick Meyer - Scheduling/Events Director
902.464.5109 |
nmeyer@coleharbourplace.com

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

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

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





HAPPY

EASTER

Free

event

Sunday, March 30th
10am-3pm



Meet Your
Farmer



Activities



Farm Bingo

Crafts & colouring

Wool felting activity

\$3 Swim

2:00pm- 3:00pm

*Swim is first come first serve, payment begins 30mins before swim time

MEET YOUR
FARMER

NSFA
NOVA SCOTIA
FEDERATION OF FARMERS

NOVA SCOTIA

Canada

MEMBERSHIP

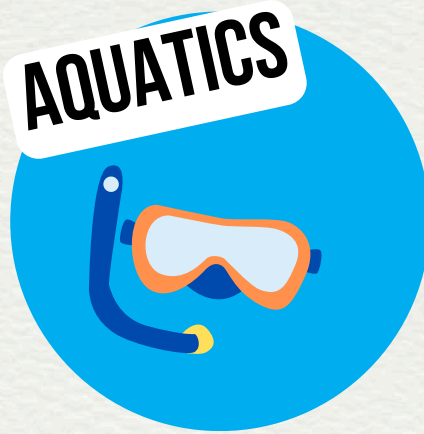


Contact our **Front Desk Manager Kenzie MacLeod** at (902) 464-5505 or kmacleod@coleharbourplace.com

FITNESS



AQUATICS



RECREATION



MEMBERSHIPS

- ✓ Weight Room
- ✓ Cardio Room
- ✓ TRX Area
- ✓ Fitness Classes
- ✓ Saunas*
- ✓ Swimming and Hot Tub
- ✓ Skating
- ✓ Squash Courts
- ✓ Program Registration Discounts
- *Saunas in Adult Changing rooms - Must 18+ to access

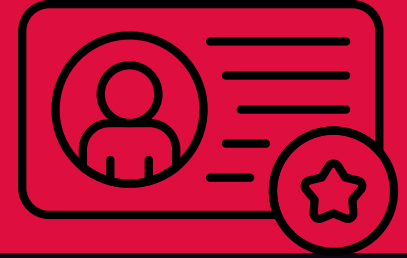
GYM ONLY

- ✓ Weight Room
- ✓ Cardio Room
- ✓ TRX Area
- ✓ Saunas *

up to **25% OFF**
**RECREATIONAL, FITNESS AND
AQUATIC PROGRAMS & CAMPS**
excluding gym only
memberships



MEMBERSHIP



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 ★ ★ ★ ★ ★

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

- Payment plan can be cancelled with 30 days' notice.
- Lump-sum memberships are non refundable& non-transferrable.
- These prices begin April 1, 2025



REGISTRATION



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

SPRING 2025

MEMBER REGISTRATION

March 18th, 2025

GENERAL PUBLIC REGISTRATION

March 19th, 2025

SUMMER CAMPS 2025

REGISTRATION

April 15th, 2025

Registration will occur in a new system.
Details to be shared soon.

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

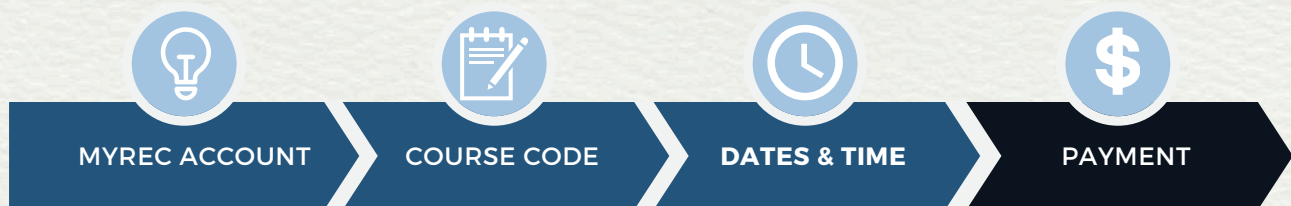


THIS IS THE COURSE CODE

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

halifax.ca/myREC

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



1

Make sure you have a MyRec account for any participants.

2

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

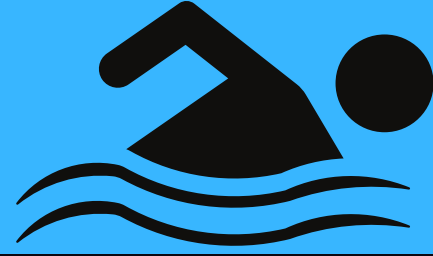
3

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

4

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

AQUATICS



SWIMMING LESSONS LEVEL COMPARISON CHART

[CLICK HERE](#)

Swimming Lessons					
CHP Skippers (3-5 years old) — Level Comparison Chart					
Skippers 1	Skippers 2	Skippers 3	Skippers 4	Skippers 5	Skippers 6
Enter/Exit water	Submerge head	Open eyes and breathe	Pool rules	10 rhythmic bobs	Standing front dive
Head wet	Avaloid exit from the pool	Into to main pool in PFD	Identify objects	Bring a wife skater	Forward roll (PFD)
Ears wet	2 rhythmic bobs	Jump in & recover to the side	3 rhythmic bobs	Whistle to swim	Wipe to the diving board
Face wet	Jump in with PFD (assisted)	Front glide & kick with underwater 20ft	Seated front dive	Wipe to sculling	Weight transfer
Back float (assisted)	Back float (head supports)	Back float (umbrella)	Rollover float	Big arms world (5mi)	Front crawl (5mi)
Front float (assisted)	Front float (umbrella)	Front float (umbrella)	Surface support (10sec.)	Back swim (5mi)	Back crawl (5mi)

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
PRICES BELOW BEGIN APRIL 1, 2025

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

*Prices include tax

DROP IN POOL SCHEDULE CAN BE FOUND ON OUR WEBSITE!

[POOL SCHEDULE](#)



No Mask Goggles Permitted



AQUATICS

WATERBABIES

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

30 Minutes/10 Sessions
\$118.00/\$88.50 Members

Sun	Mar 30-Jun 8	10:10 AM	00102794
Mon	Mar 31- Jun 9	04:35 PM	00102795
Thur	Apr 3 - Jun 5	04:00 PM	00102796

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
\$118.00/\$88.50 Members

Tue	Apr 1 - June 3	05:10 PM	00102800
Wed	Apr 2- June 4	04:00 PM	00102801
Sat	Apr 5- Jun 14	10:15 AM	00102802

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
\$118.00/\$88.50 Members

Sun	Mar 30-Jun 8	09:00AM	00102797
Mon	Mar 31- Jun 9	05:10 PM	00102798
Thu	Apr 3 - Jun 5	04:35 PM	00102799

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
\$118.00/\$88.50 Members

Tue	Apr 1 - June 3	04:35 PM	00102803
Wed	Apr 2- June 4	05:10 PM	00102804
Sat	Apr 5- Jun 14	09:00 AM	00102805

Please take our Mates programs in order!

1

MATES BRONZE



2

MATES SILVER



3

MATES GOLD



SKIPPERS 1 3 years to 5 years

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

30 Minutes/10 Sessions

\$118.00/\$88.50 Members

Sun	Mar 30- Jun 8	09:00 AM	00102809
Sun	Mar 30 - Jun 8	10:10 AM	00102810
Mon	Mar 31- Jun 9	04:35 PM	00102811
Mon	Mar 31- Jun 9	06:20 PM	00102812
Tue	Apr 1- Jun 3	04:40 PM	00102813
Tue	Apr 1- Jun 3	05:45 PM	00102814
Wed	Apr 2- Jun 4	05:10 PM	00102815
Thu	Apr 3- Jun 5	04:35 PM	00102816
Thu	Apr 3- Jun 5	05:10 PM	00102817
Sat	Apr 5- Jun 14	11:00 AM	00102818

WITH PARENT SKIPPERS 1

Sun	Mar 30-Jun 8	09:35 AM	00102806
Mon	Mar 31- Jun 9	04:00 PM	00102807
Sat	Apr 5 - Jun 14	11:30 AM	00102808

CONDENSED SKIPPERS 1

30 Minutes/10 Sessions

\$155.00/\$116.25 Members

Sun	Mar 30-Jun 8	11:30 PM	00102819
Mon	Mar 31- Jun 9	05:45 PM	00102820
Wed	Apr 2 - Jun 4	04:50 PM	00102821

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

\$118.00/\$88.50 Members

Sun	Mar 30- Jun 8	10:55 AM	00102822
Mon	Mar 31- Jun 9	4:00 PM	00102823
Tue	Apr 1- Jun 3	4:00 PM	00102824
Tue	Apr 1- Jun 3	5:10 PM	00102825
Wed	Apr 2- Jun 4	5:45 PM	00102827
Thu	Apr 3- Jun 5	5:25 PM	00102828
Thu	Apr 3- Jun 5	6:00 PM	00102829
Sat	Apr 5- Jun 14	9:00 AM	00102830

CONDENSED SKIPPERS 2

30 Minutes/10 Sessions

\$155.00/\$116.25 Members

Mon	Mar 31- Jun 9	05:10 PM	00102836
Tue	Apr 1- Jun 3	05:45 PM	00102837
Sat	Apr 5- Jun 14	10:10 AM	00102838

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



VISIT YOUR HRM REC ACCOUNT TO BOOK



SKIPPERS 3 3 years to 5 years

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

30 Minutes/10 Sessions

\$118.00/\$88.50 Members

Sun	Mar 30- Jun 8	9:35 AM	00102839
Mon	Mar 31- Jun 9	6:20 PM	00102840
Tue	Apr 1- Jun 3	4:00 PM	00102841
Wed	Apr 2- Jun 4	4:35 PM	00102842
Thu	Apr 3- Jun 5	4:00 PM	00102843
Sat	Apr 5- Jun 14	9:00 AM	00102844



CONDENSED SKIPPERS 3

30 Minutes/10 Sessions

\$155.00/\$116.25 Members

Wed	Apr 2- Jun 4	06:20 PM	00102845
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SKIPPERS 4 3 years to 5 years

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

30 Minutes/10 Sessions

\$118.00/\$88.50 Members

Sun	Mar 30- Jun 8	10:40 AM	00102846
Tue	Apr 1- Jun 3	6:20 PM	00102847



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

\$118.00/\$88.50 Members

Sun	Mar 30- Jun 8	11:30 AM	00102848
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SWIMMER 1 5 years to 12 years

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

30 Minutes/10 Sessions

\$118.00/\$88.50 Members

Sun	Mar 30- Jun 8	9:35 AM	00102849
Sun	Mar 30- Jun 8	10:25 AM	00102850
Mon	Mar 31- Jun 9	4:00 PM	00102851
Mon	Mar 31- Jun 9	6:10 PM	00102852
Tue	Apr 1- Jun 3	4:35 PM	00102853
Tue	Apr 1- Jun 3	6:05 PM	00102855
Tue	Apr 1- Jun 3	6:55 PM	00102856
Wed	Apr 2- Jun 4	4:00 PM	00102857
Wed	Apr 2- Jun 4	5:35 PM	00102858
Thu	Apr 3- Jun 5	5:10 PM	00102859
Thu	Apr 3- Jun 5	6:55 PM	00102860
Sat	Apr 5- Jun 14	9:40 AM	00102861
Sat	Apr 5- Jun 14	11:30 AM	00102863

CONDENSED SWIMMER 1

30 Minutes/10 Sessions

\$155.00/\$116.25 Members

Sun	Mar 30- Jun 8	9:00 AM	00102865
Mon	Mar 31- Jun 9	5:45 PM	00102866
Tue	Apr 1- Jun 3	4:00 PM	00102867
Wed	Apr 2- Jun 4	6:55 PM	00102868
Thu	Apr 3- Jun 5	6:20 PM	00102869
Sat	Apr 5- Jun 14	10:45 PM	00102870

SWIMMER 1 - 8 YEARS OLD +

30 Minutes/10 Sessions

\$117.00/\$87.75 Members

Mon	Mar 31- Jun 9	07:00 PM	00102871
Wed	Apr 2- Jun 4	07:00 PM	00102872

SWIMMER 2 5 years to 12 years

These swimmers will be introduced to swimming 10-15m of front and back crawl, this lesson has a big emphasis on flutter kicks on their back and sides. In this class, they will learn whip kick for the first time and learn water-smart skills. Recommended for children who have completed Swimmers 1 or Skippers 3 and/or 4.

30 Minutes/10 Sessions

\$118.00/\$88.50 Members

Sun	Mar 30- Jun 8	11:30 AM	00102873
Mon	Mar 31- Jun 9	4:50 PM	00102874
Tue	Apr 1- Jun 3	4:00 PM	00102875
Tue	Apr 1- Jun 3	6:20 PM	00102876
Tue	Apr 1- Jun 3	7:00 PM	00102877
Wed	Apr 2- Jun 4	4:35 PM	00102878
Wed	Apr 2- Jun 4	6:10 PM	00102879
Thu	Apr 3- Jun 5	7:00 PM	00102880
Sat	Apr 5- Jun 14	9:35 AM	00102881
Sat	Apr 5- Jun 14	10:25 AM	00102882

CONDENSED SWIMMER 2

30 Minutes/10 Sessions

\$155.00/\$116.25 Members

Sun	Mar 30- Jun 8	10:10 AM	00102883
Mon	Mar 31- Jun 9	6:55 PM	00102884
Wed	Apr 2- Jun 4	5:25 PM	00102885
Thu	Apr 3- Jun 5	4:00 PM	00102886



SWIMMER 3 5 years to 12 years

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

30 Minutes/10 Sessions
\$118.00/\$88.50 Members

Sun	Mar 30- Jun 8	9:00 AM	00102887
Mon	Mar 31- Jun 9	4:35 PM	00102888
Tue	Apr 1- Jun 3	4:35 PM	00102889
Wed	Apr 2- Jun 4	6:20 PM	00102890
Thu	Apr 3- Jun 5	4:00 PM	00102891
Sat	Apr 5- Jun 14	9:05 AM	00102892
Sat	Apr 5- Jun 14	10:55 AM	00102893

CONDENSED SWIMMER 3

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

Tue	Apr 1- Jun 3	05:10 PM	00102894
Thu	Apr 3- Jun 5	05:45 PM	00102895

SWIMMER 5 5 years to 12 years

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

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

Sun	Mar 30- Jun 8	10:40 AM	00102900
Mon	Mar 31- Jun 9	5:55 PM	00102901
Thu	Apr 3- Jun 5	6:40 PM	00102902

SWIMMER 4 5 years to 12 years

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

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

Mon	Mar 31- Jun 9	6:45 PM	00102896
Tue	Apr 1- Jun 3	5:50 PM	00102897
Thu	Apr 3- Jun 5	4:35 PM	00102898
Sat	Apr 5- Jun 14	11:15 AM	00102899

SWIMMER 6 5 years to 12 years

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

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

Mon	Mar 31- Jun 9	05:10 PM	00102903
Thu	Apr 3- Jun 5	05:45 PM	00102904
Sat	Apr 5- Jun 14	09:35 AM	00102905



SWIMMER 7 5 years to 12 years

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

45 Minutes/10 Sessions

\$135.00/\$101.25 Members

Tue	Apr 1- Jun 3	06:45 PM	00102906
Thu	Apr 3- Jun 5	06:30 PM	00102907

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

\$135.00/\$101.25 Members

Wed	Apr 2- Jun 4	06:45 PM	00102908
Thu	Apr 3- Jun 5	04:50 PM	00102909

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

\$135.00/\$101.25 Members

Sun	Mar 30- Jun 8	9:35 AM	00102910
Thu	Apr 3- Jun 5	5:40 PM	00102911



ADULT SWIM 1

Adult Swim 1 is designed to teach beginners aged 16+ to be comfortable in deep water, to float on their fronts and backs, and an introduction to front and back crawl.

45 Minutes/10 Sessions

\$133.40/\$100.05 Members

Fri	Apr 4- Jun 13	04:00 PM	00102937
Fri	Apr 4- Jun 13	05:45 PM	00102938

ADULT SWIM 2

Adult swim 2 is recommended for beginners who have completed Adult Swim 1. In this program, they will learn how to properly swim front and back crawl and be introduced to breaststroke.

45 Minutes/10 Sessions

\$133.40/ \$100.05 Members

Fri	Apr 4- Jun 13	04:55 PM	00102939
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CHP PRIVATE LESSONS

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

45 Minutes/10 Sessions

\$275.00/\$206.25 Members

Sun	Mar 30- Jun 8	10:45 AM	00102912
Mon	Mar 31- Jun 9	4:00 PM	00102913
Mon	Mar 31- Jun 9	6:45 PM	00102914
Tue	Apr 1- Jun 3	6:45 PM	00102915
Wed	Apr 2- Jun 4	4:45 PM	00102916
Wed	Apr 2- Jun 4	6:45 PM	00102917
Thu	Apr 3- Jun 5	4:00 PM	00102918
Thu	Apr 3- Jun 5	6:00 PM	00102919
Thu	Apr 3- Jun 5	6:35 PM	00102920
Sat	Apr 5- Jun 14	9:35 PM	00102921
Sat	Apr 5- Jun 14	11:15 AM	00102922

WAITLIST: 00102969

INCLUSION PRIVATE LESSONS

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

45 Minutes/10 Sessions

\$275.00/\$206.25 Members

Sun	Mar 30- Jun 8	11:15 AM	00102923
Mon	Mar 31- Jun 9	5:25 PM	00102924
Tue	Apr 1- Jun 3	5:10 PM	00102925
Wed	Apr 2- Jun 4	6:00 PM	00102926
Thu	Apr 3- Jun 5	5:10 PM	00102927
Fri	Apr 4- Jun 13	4:05 PM	00102928
Fri	Apr 4- Jun 13	4:55 PM	00102929
Fri	Apr 4- Jun 13	5:45 PM	00102930
Fri	Apr 4- Jun 13	5:45 PM	00102931
Fri	Apr 4- Jun 13	5:45 PM	00102932
Sat	Apr 5- Jun 14	10:25 AM	00102933

WAITLIST: 00102970

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

\$150.00/\$112.50 Members

Swimmer 1	Fri	Apr 4- Jun 13	4:00 PM	00102934
Swimmer 2	Fri	Apr 4- Jun 13	4:35 PM	00102935
Swimmer 3	Fri	Apr 4- Jun 13	5:10 PM	00102936



LEADERSHIP CLASSES



BRONZE STAR

Bronze Star provides challenging training for your body and your brain for those who are good swimmers. Participants will develop problem-solving and decision-making skills. Learn CPR and the skills needed to be your own personal lifeguard.

Prerequisites: 10 years old

\$138.00/ Members-\$103.50

Fridays April 4th- May 16th 5:00 PM- 7:00 PM 00102940

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.

\$170.00/ Members-\$127.50

Saturdays April 12th- May 17th 1:00 PM- 5:00 PM 00102941

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

\$171.35/ Members-\$128.51

Sundays April 13th - May 18th 2:00 PM- 8:00 PM 00102942

NATIONAL LIFEGUARD

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

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

\$273.60/ Members-\$205.20

Saturdays & Sundays May 31st- Jun 15th 9:00 AM- 5:00 PM 00102943



FITNESS



FITNESS CLASSES

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

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

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



FITNESS SCHEDULE



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

GET YOUR CHP MEMBERSHIP TODAY!

DAY PASS
FITNESS CLASSES, WEIGHT ROOM & POOL

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

*Prices as of April 1, 2025



ADVANCED CHAIR FIT

Are you a chairfit pro? Are you looking to take your chair workout routine to the next level? Come join Carol Anne for an advanced chairfit class. Exercise both your body and your mind with a mix of tricky footwork and some advanced, safe seated movement

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

Mon Mar 31- Jun 9 1:00 PM 00102951 Stewart Hall

CHAIR DANCE FIT

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

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

Fri Jan 8-Mar 19 09:30 AM 00102952 Stewart Hall

NEW!

STRENGTH & SPLASH

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

60 Minutes/10 Sessions - \$144.90 Member- \$108.67

Wed Apr 2- June 4 02:00 PM 00102950 Dance Studio & Pool

NEW!

HEAVY BAG FITNESS

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

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

Fri Apr 4- Jun 13 08:30 AM 00102949 Weight Room/Squash Court

STROLLER STRIDES

Looking to get some fresh air and incorporate some movement into your day? This parent & baby outdoor workout class is a great way to get active and get outside. We will meet in the functional training room at 9:00am and move through some dynamic stretches and a warm up. At 9:10 we will head outside to the back trail. Our class will consist of 15 minutes of walking, a 15 minute body weight strength session, another 15 minutes (walking back to CHP) and a 5 minute stretch and cool down. Please bring a mat and water. If the weather is not cooperative, we will do an indoor class in the functional training centre.

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

Mon Mar 31- Jun 9 09:00 AM 00102953 Outdoors (FTR in bad weather)



STROLLER CIRCUIT

A circuit based cardio and strength training workout for the parent. Class will be held in the functional training center and will incorporate various strength training equipment including barbells, dumbbells and kettlebells. The little ones will spend the majority of the class in their strollers and may also be incorporated into the exercises for a portion of the class. The babies can enjoy fun social time for the last 15 minutes of class. It is recommended to bring a blanket and a toy for the little ones. Babies 24 months and under, still using a stroller are welcome to attend!

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

Tue Apr 1- Jun 3 05:15 PM 00102946 Functional Training Center

Thur Apr 3- Jun 5 11:15 AM 00102948 Functional Training Center



PARENT & BABY FITNESS

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

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

Tue Mar 31- Jun 9 11:00 AM 00102947 Dance Studio



PARENT & BABY WATERFIT

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

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

Wed Apr 2- Jun 4 10:00 AM 00102960 Pool Deck

Wed Apr 2- Jun 4 11:00 AM 00102961 Pool Deck

NEW!

STRENGTH CIRCUIT FOR PARENTS (DROP-OFF CHILD)

Has your little one outgrown stroller fitness classes? Come try our childcare circuit hybrid program. Enjoy having a dedicated hour to yourself each week to get in a great workout while your child enjoys structured activities and playtime. Drop off your child at 10am in our Flying Cloud room. Head to our Functional Training room for an **instructor lead circuit** based cardio and strength training class from 10:10-11:10. Class will incorporate various strength training equipment including barbells, dumbbells and kettlebells. Pickup after class in the Flying Cloud room at 11:15am. Ages 2-4.

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

Thur Apr 3- Jun 5 10:00 AM 00102965 Flying Cloud (Drop-off)/ Functional Training Center (Circuit)



WORKSHOPS



NECK & BACK PAIN WORKSHOP

Learn how to safely train weak muscles in your neck and back to promote proper posture and to experience less pain.

Taught by Janice

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

Sunday, March 23rd 01:30 PM 00099382 Weight Room

LOVE YOUR FEET

Stretch & strengthen your feet!

Taught by Janice

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

Sunday, April 27th 01:30 PM 00099383 Dance Studio



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			NON-MEMBER Cost of package per person		
	ONE ON ONE	SEMI-PRIVATE	SMALL GROUP	ONE ON ONE	SEMI-PRIVATE	SMALL GROUP
INDIVIDUAL SESSION	\$76.38	\$46.74	\$31.92	\$93.48	\$64.98	\$37.62
PACKAGES OF 5	\$332.62	\$205.20	\$158.46	\$411.54	\$294.12	\$191.52
PACKAGES OF 10	\$587.10	\$352.26	\$294.12	\$783.80	\$528.96	\$352.26
PACKAGES OF 20	\$1056.78	\$587.10	\$516.42	\$1,409.04	\$939.36	\$633.84

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

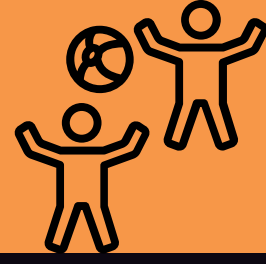
DRYLAND TEAM TRAINING

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

Sessions cost \$120.00 + HST/ per hour for groups up to 15 people.
Contact Taylor Naugle at tnaugle@coleharbourplace.com for more information.



RECREATION



KIDSCAPADES Ages: 3-4

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

8 Sessions

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

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

DATES

CODE

SPRING #1

Apr 2- Apr 30

00102957

SPRING #2

May 2- May 28

00102985

DASH & SPLASH Ages: 5-10

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

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

Sat

Apr 12- Jun 14

10:15 AM - 12:00 PM

00102961



SPLASH CAPADES: PARENT & CHILD

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

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

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

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

BABIES: 0 - 12 MONTHS

Tue

Apr 1- Jun 3

9:30am

00102963

WALKERS: 13 MONTHS - 3 YEARS

Thur

Apr 3- Jun 5

9:30am

00102964



PAW-TROL PALS **Ages: 3-5**

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

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

Mon Apr 7- Jun 16 5:15 pm 00102959

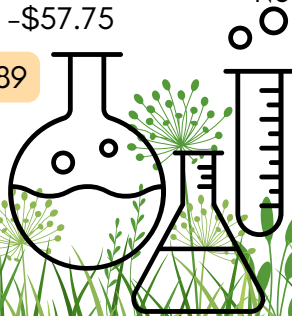


THE WONDER LAB **Ages: 6-10**

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

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

Mon Apr 7- Jun 16 6:15 pm 00102989



FREAKY FRIDAYS **Ages: 5-12**

Are you looking for a night out or some peace and quiet for a couple of hours? We've got you covered! Check out our Friday drop-off program for ages 5 - 12. This program includes swimming, games, crafts, movie time, 1 slice of pizza. Please have participants bring a water bottle to fill up so they can have a drink.

Ages: 5-12

\$25.00/\$18.75 Members

Fridays 5:30pm-8:30pm

DAY **CODE**

April 11 00099099

May 16th 00099100

June 13th 00099096



LITTLE BLADES SKATING **Ages: 2.5-5**

Introduce your little one to the joy of skating in a fun and supportive environment! In this program, parents join their children on the ice, helping them build confidence and develop basic skating skills like balance, coordination, and forward movement through engaging games and activities with an instructor. No skating experience is required for parents or tots. CSA approved skating helmets and skates are mandatory for all participants. (no bike helmets permitted)

60 Minutes/8 Sessions - \$103.00 Member -\$77.25

Fri Apr 11- June 20 9:00 am 00102968

No classes April 18, May 16, May 30



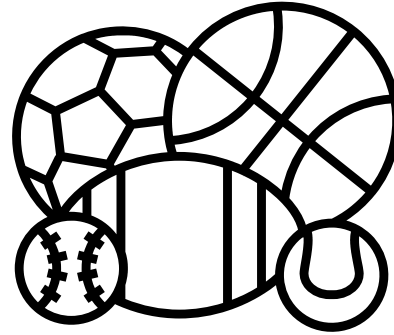
THE PLAY BOOK **Ages: 6-10** *NEW!*

Get ready to move, play, and have fun in Try It All: Sports & Play! This action-packed program introduces kids aged 6-10 to a variety of sports and activities in a fun, supportive environment. Each session features a new sport or game, helping participants develop fundamental movement skills, teamwork, and confidence. No experience needed—just bring your energy and enthusiasm!

Key Features:

- 🏀 Try a different sport or activity each week
- 👥 Develop coordination, teamwork, and confidence
- 🎉 Fun, inclusive, and non-competitive atmosphere
- 🏆 Perfect for kids of all skill levels

Come join the fun and find your next favorite way to play!



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

Thr Apr 10- Jun 12 6:00 pm 00102990

SUMMER BEGINNINGS DANCE PARTY **Ages: 5-12**

Kick off summer with a week of music, movement, and fun at Summer Beginnings Dance Party! Designed for kids who love to move, this high-energy evening will be a fun and welcoming environment.

\$25.00/\$18.75 Members

Fri June 27 5:30-8:30pm 00102988



BABYSITTING COURSE

Babysitters Training Course: The Babysitters Training Course is one of Canada's Safety Council's longest-running programs. The course is an ideal community project, which can help prevent injuries and promote the responsible management of common situations that may arise while children are under the care of babysitters. Ages 12 - 16.

\$57.00 Member- \$42.75

Sat

Apr 12

9:00 AM - 3:00 PM

00103002



HOME ALONE

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

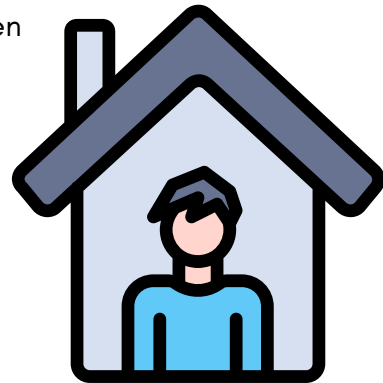
\$57.00 Member- \$42.75

Sat

May 3

12:30 PM - 3:30 PM

00102987



SUMMER CAMPS



SUMMER CAMP SNEAK PEAK

Summer Camp Registration April 15th, 2025 | Brochure out early April

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.

Camp Dates

Week 1: July 2nd - 4th

Week 2: July 7th - 11th

Week 3: July 14th- 18th

Week 4: July 21st - 25th

Week 5: July 28th - August 1st

Week 6: August 5th-8th

Week 7: August 11th-15th

Week 8: August 18th - 22nd

Week 9: August 25th- 29th



Day Camp Prices

3 day weeks: General Public: \$144.00 Members: \$108.00

4 day weeks: General Public: \$192.00 Members: \$144.00

5 day weeks: General Public: \$240.00 Members: \$180.00

Sunrise and Sunset before and After Hours Prices

3 day weeks: General Public: \$21.00 Members: \$15.75

4 day weeks: General Public: \$28.00 Members: \$21.00

5 day weeks: General Public: \$35.00 Members: \$26.25



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



COLE HARBOUR ADVERTISING OPPORTUNITIES

Elevate Your Brand with Prime Advertising Space

Prime Locations for Maximum Visibility

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



RINKS

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



COMMON AREAS

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



EVENTS

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

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



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

WHY ADVERTISE WITH US?



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



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



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



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

ARE YOU READY TO JOIN OUR COMMUNITY? ★

Contact Kenzie MacLeod TODAY
kmacleod@coleharbourplace.com