

2026

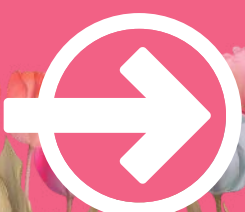
SPRING PROGRAM GUIDE



AQUATICS | FITNESS | RECREATION | SPECIAL EVENTS



SPRING 2026 REGISTRATION
MARCH 9, 2026



COLEHARBOURPLACE.COM



SPRING 2026 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 3RD **CLOSED**

SUNDAY, APRIL 5TH **12:00PM-9:00PM**

MONDAY, MAY 18TH **CLOSED**

WEDNESDAY, JULY 1ST **CLOSED**

HOURS ARE SUBJECT TO CHANGE





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

WELCOME

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AQUATICS

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STAFF DIRECTORY

Front Desk - General Inquiries
902.464.5100

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

Jill Power- Manager Customer Operations
902.464.5505 |
jpower@coleharbourplace.com

Mallory Peet - Acting Front Desk Manager
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Tara Curlett - Aquatic Director
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Corey Barnes- Recreation Director
902.464.5106 |
recreation@coleharbourplace.com

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

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

Nick Meyer- Security Director
902.464.5167 |
nmeyer@coleharbourplace.com

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





Come Celebrate Easter at CHP

Saturday, March 28th
11am-1pm

Activities

Crafts & Colouring

Photos with the Easter Bunny

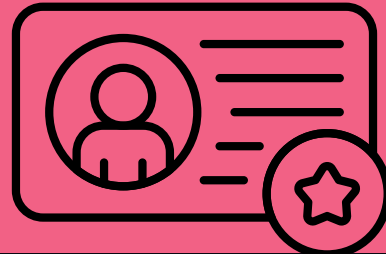
Glitter Tattoos

*\$3 Swim 1-2pm

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

HAPPY
Easter

MEMBERSHIP

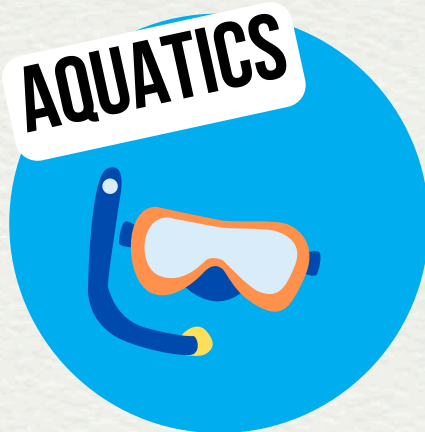


Contact our **Front Desk Manager** at (902) 464-5565 or mpeet@coleharbourplace.com

FITNESS



AQUATICS



RECREATION



MEMBERSHIPS

- ✓ Weight Room
- ✓ Cardio Room
- ✓ TRX Area
- ✓ Fitness Classes
- ✓ Swimming and Hot Tub
- ✓ Skating
- ✓ Squash Courts
- ✓ Program Registration Discounts

GYM ONLY

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

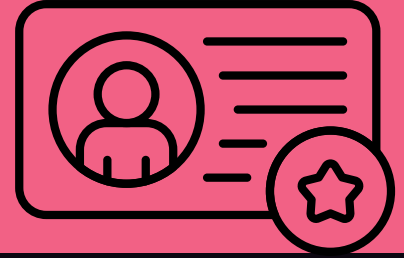
Members get Program Discounts

**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 | \$78.00 | \$780.00 / year | \$73.00 x 12 |
| STUDENT/ CLUB 60 | \$50.00 | \$466.00 / year | \$44.00 x 12 |
| FAMILY | \$101.00 | \$1050.00 / year | \$96.00 x 12 |
| ADULT COUPLE | \$95.00 | \$995.00/ year | \$87.00 x 12 |
| ADULT COUPLE 60 | \$75.00 | \$750.00/ year | \$69.00 x 12 |
| GYM ONLY MEMBERSHIP | \$35.00 | \$420.00/ year | \$35.00 x 12 |

- Payment plan can be cancelled with 30 days' notice.
- Lump-sum memberships are non refundable& non-transferrable.
- These prices begin April 1, 2026



REGISTRATION



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

SPRING 2026

REGISTRATION

March 9th, 2026 9am

SUMMER CAMPS 2026

REGISTRATION

April 13th, 2025 9am

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

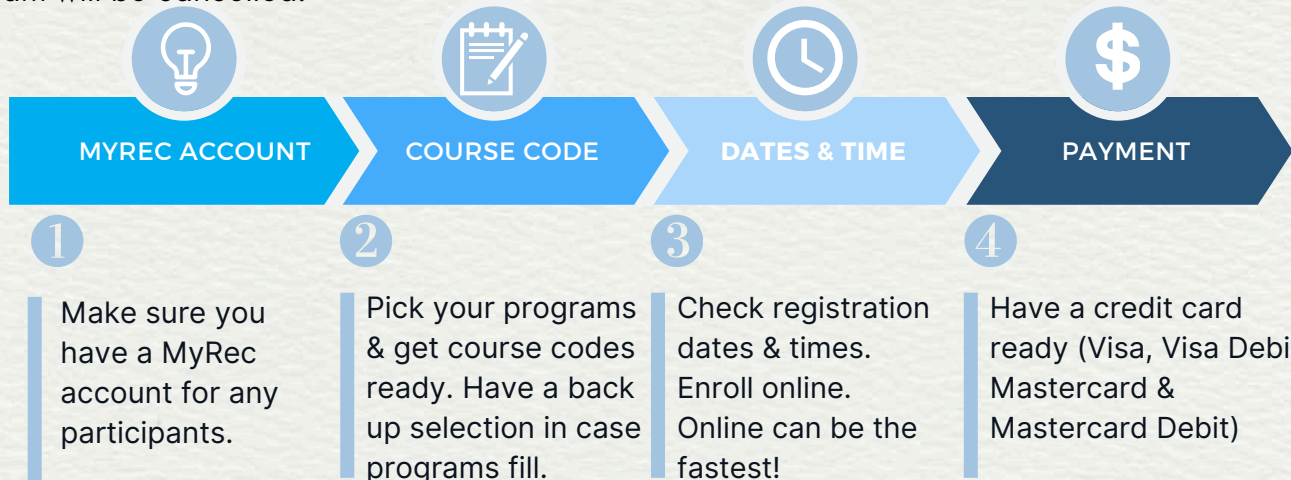


THIS IS THE COURSE CODE

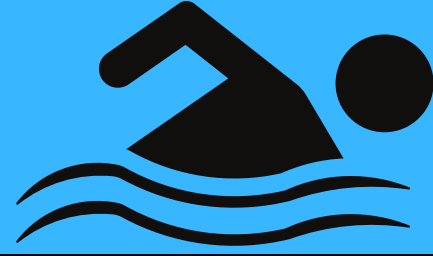
To register for recreation programs in Halifax, you will need a MyRec account.

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.



AQUATICS



SWIMMING LESSONS LEVEL COMPARISON CHART

[CLICK HERE](#)

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

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

POOL PRICES

FOR POOL TIMES AND WATER FITNESS CLASSES
PRICES BELOW BEGIN APRIL 1, 2026

| | |
|-----------------------|---------|
| Adult (over 18 yrs) | \$10.00 |
| Youth Lane (8-18 yrs) | \$6.85 |
| Parent & Tot | \$9.40 |
| 2 Parents & Tot | \$12.74 |
| Family - up to 5 | \$17.75 |
| Senior (60+) | \$6.85 |

*Prices include tax

DROP IN POOL SCHEDULE CAN BE FOUND ON OUR WEBSITE!

[POOL SCHEDULE](#)



No Mask Goggles Permitted



WATERBABIES

3 months to 1 year: This lesson will focus on teaching parents how to get their babies comfortable in the water while practicing fundamental skills including getting the face wet and front/back floats. In addition, this level incorporates songs and games to ensure your baby's first swimming lesson is a positive experience. (Parent Participation)

30 Minutes/10 Sessions

\$121.00/\$91.00 Members

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 05:15 PM - 05:45 PM | 57639 |
| Sa | 28-Mar | 10:10 AM - 10:40 AM | 57642 |

MATES SILVER

This level is **recommended for children who are 18 to 24 months old** that have previously completed Mates Bronze. Children should already be comfortable being splashed and putting their face in the water. Children will be introduced to gliding on their front and back, unassisted floats in a lifejacket, retrieving objects from underwater, and blowing bubbles with their face submerged. (Parent Participation)

30 Minutes/10 Sessions

\$121.00/\$91.00 Members

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 05:50 PM - 06:20 PM | 57656 |
| Tu | 24-Mar | 04:00 PM - 04:30 PM | 57661 |
| W | 25-Mar | 05:10 PM - 05:40 PM | 57662 |
| Th | 26-Mar | 05:50 PM - 06:20 PM | 57664 |

MATES BRONZE



This level is **recommended for 12 to 18 months old** who are being introduced to the water. In addition to becoming comfortable in the water, children will learn a variety of skills including how to safely enter the water, blow bubbles, flutter kick, and float on their front and back with assistance. (Parent Participation)

30 Minutes/10 Sessions

\$121.00/\$91.00 Members

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 04:35 PM - 05:05 PM | 57644 |
| Tu | 24-Mar | 05:10 PM - 05:40 PM | 57649 |
| Th | 26-Mar | 04:00 PM - 04:30 PM | 57651 |
| Sa | 28-Mar | 09:00 AM - 09:30 AM | 57652 |

MATES GOLD



This level is **recommended for children who are 24 to 35 months old** that have previously completed Mates Silver. This swimming lesson will expand on skills learned in previous mates classes, children will learn to float on their front and back unassisted, jump in fully submerged and complete a side glide with assistance. The goal of this lesson is to allow children to become comfortable practicing skills without assistance. (Parent Participation)

30 Minutes/10 Sessions

\$121.00/\$91.00 Members

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 06:25 PM - 06:55 PM | 57668 |
| Tu | 24-Mar | 05:50 PM - 06:20 PM | 57665 |
| W | 25-Mar | 04:00 PM - 04:30 PM | 57667 |
| Sa | 28-Mar | 11:30 AM - 12:00 PM | 57669 |

Please take our Mates programs in order!

1

MATES BRONZE



2

MATES SILVER



3

MATES GOLD



SKIPPERS 1 3 years to 5 years

This level is recommended for children ages 3 to 5 years old, who have no swimming experience. In this level children will be introduced to the water, learn to complete front and back floats, flutter kick, front and back glides with assistance.

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

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 04:35 PM - 05:05 PM | 57677 |
| M | 23-Mar | 05:10 PM - 05:40 PM | 59799 |
| M | 23-Mar | 05:50 PM - 06:20 PM | 57680 |
| Tu | 24-Mar | 04:35 PM - 05:05 PM | 57683 |
| Tu | 24-Mar | 05:10 PM - 05:40 PM | 57684 |
| Tu | 24-Mar | 06:20 PM - 06:50 PM | 59800 |
| W | 25-Mar | 04:00 PM - 04:30 PM | 57686 |
| W | 25-Mar | 07:00 PM - 07:30 PM | 57687 |
| Th | 26-Mar | 04:35 PM - 05:05 PM | 57688 |
| Th | 26-Mar | 05:45 PM - 06:15 PM | 57690 |
| Sa | 28-Mar | 09:10 AM - 09:40 AM | 57691 |

WITH PARENT SKIPPERS 1

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 04:00 PM - 04:30 PM | 57670 |
| W | 25-Mar | 04:35 PM - 05:05 PM | 57672 |
| Th | 26-Mar | 05:10 PM - 05:40 PM | 57673 |
| Sa | 28-Mar | 09:35 AM - 10:05 AM | 57675 |

CONDENSED SKIPPERS 1

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

| | | | |
|----|--------|---------------------|-------|
| Tu | 24-Mar | 05:45 PM - 06:15 PM | 58018 |
| Tu | 24-Mar | 07:00 PM - 07:30 PM | 58021 |
| Th | 26-Mar | 04:00 PM - 04:30 PM | 58022 |
| Sa | 28-Mar | 10:20 AM - 10:50 AM | 58023 |
| Sa | 28-Mar | 11:20 AM - 11:50 AM | 58024 |

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

SKIPPERS 2 3 years to 5 years

This level is recommended for children ages 3 to 5, who have previously completed Mates Bronze and/or Mates Silver or Skippers 1. In this level children will progress to complete their front and back floats independently and their front and back glides in lifejackets.

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

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 06:25 PM - 06:55 PM | 62041 |
| Tu | 24-Mar | 06:20 PM - 06:50 PM | 57694 |
| Tu | 24-Mar | 06:55 PM - 07:25 PM | 59802 |
| W | 25-Mar | 04:30 PM - 05:00 PM | 57696 |
| W | 25-Mar | 05:45 PM - 06:15 PM | 57697 |
| Th | 26-Mar | 04:00 PM - 04:30 PM | 57703 |
| Th | 26-Mar | 05:10 PM - 05:40 PM | 57704 |
| Sa | 28-Mar | 11:30 AM - 12:00 PM | 57705 |

CONDENSED SKIPPERS 2

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

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 04:00 PM - 04:30 PM | 58027 |
| Th | 26-Mar | 06:20 PM - 06:50 PM | 58032 |
| Sa | 28-Mar | 11:00 AM - 11:30 AM | 58034 |

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



VISIT YOUR HRM REC ACCOUNT TO BOOK



SKIPPERS 3 3 years to 5 years

This level is recommended for children ages 3 to 5, who have previously completed Mates Gold or Skippers 2. In this level children will progress to complete their front and back glides independently, be introduced to side glides and complete 5 head submersions with exhales.

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

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 05:00 PM - 05:30 PM | 62042 |
| Tu | 24-Mar | 05:45 PM - 06:15 PM | 57707 |
| W | 25-Mar | 06:20 PM - 06:50 PM | 57708 |
| Th | 26-Mar | 04:35 PM - 05:05 PM | 57709 |
| Sa | 28-Mar | 09:45 AM - 10:15 AM | 57710 |
| Sa | 28-Mar | 10:25 AM - 10:55 AM | 57714 |



CONDENSED SKIPPERS 3

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

| | | | |
|----|--------|---------------------|-------|
| Tu | 24-Mar | 05:00 PM - 05:30 PM | 58039 |
| Th | 26-Mar | 07:00 PM - 07:30 PM | 58060 |



SKIPPERS 4 3 years to 5 years

This level is recommended for children ages 3 to 5, who have previously completed Skippers 3. Children will be introduced to the competition pool, where they will learn to roll-over-float, glide with kicks and jump independently.

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

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 07:00 PM - 07:30 PM | 57718 |
| Tu | 24-Mar | 04:00 PM - 04:30 PM | 57725 |
| W | 25-Mar | 05:10 PM - 05:40 PM | 57723 |

SKIPPERS 5 3 years to 5 years

This level is recommended for children ages 3 to 5, who have previously completed Skippers 4. In this level children will be introduced to treading water, seated dives, front and back crawl wearing lifejackets and 5 second breath holds. This level is completed in the competition pool.

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

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 05:45 PM - 06:15 PM | 57728 |
| Th | 26-Mar | 07:00 PM - 07:30 PM | 58015 |

SKIPPERS 6 3 years to 5 years

This level is recommended for children ages 3 to 5, who have previously completed Skippers 5. In this level children will master their front and back crawl and progress to treading water for 30 seconds. In this lesson they will be introduced to the diving board.

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

| | | | |
|----|--------|--------------------|-------|
| Th | 26-Mar | 06:25 PM - 6:55 PM | 58016 |
|----|--------|--------------------|-------|



SWIMMER 1 5 years to 12 years

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

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

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 04:00 PM - 04:30 PM | 58071 |
| M | 23-Mar | 04:35 PM - 05:05 PM | 59803 |
| M | 23-Mar | 05:10 PM - 05:40 PM | 58104 |
| Tu | 24-Mar | 04:00 PM - 04:30 PM | 58115 |
| Tu | 24-Mar | 05:45 PM - 06:15 PM | 58091 |
| Tu | 24-Mar | 06:40 PM - 07:10 PM | 62045 |
| W | 25-Mar | 04:00 PM - 04:30 PM | 58118 |
| W | 25-Mar | 06:20 PM - 06:50 PM | 58120 |
| Th | 26-Mar | 04:35 PM - 05:05 PM | 58121 |
| Th | 26-Mar | 05:10 PM - 05:40 PM | 58122 |
| Sa | 28-Mar | 09:00 AM - 09:30 AM | 58125 |
| Sa | 28-Mar | 10:55 AM - 11:25 AM | 58126 |

CONDENSED SWIMMER 1

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

| | | | |
|-----|--------|---------------------|-------|
| Mon | 23-Mar | 05:10 PM - 05:40 PM | 58219 |
| Tu | 24-Mar | 04:35 PM - 05:05 PM | 58568 |
| W | 25-Mar | 05:50 PM - 06:20 PM | 58569 |
| Sa | 28-Mar | 09:35 AM - 10:05 AM | 58570 |

SWIMMER 2 5 years to 12 years

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

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

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 04:00 PM - 04:30 PM | 62048 |
| M | 23-Mar | 06:25 PM - 06:55 PM | 58080 |
| Tu | 24-Mar | 05:10 PM - 05:40 PM | 58127 |
| Tu | 24-Mar | 06:20 PM - 06:50 PM | 58128 |
| W | 25-Mar | 05:10 PM - 05:40 PM | 58129 |
| W | 25-Mar | 06:25 PM - 06:55 PM | 58135 |
| W | 25-Mar | 06:55 PM - 07:25 PM | 58131 |
| Th | 26-Mar | 05:15 PM - 05:45 PM | 58133 |
| Th | 26-Mar | 05:45 PM - 06:15 PM | 58134 |
| Sa | 28-Mar | 11:30 AM - 12:00 PM | 58136 |

CONDENSED SWIMMER 2

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

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 07:00 PM - 07:30 PM | 58222 |
| Tu | 24-Mar | 06:25 PM - 06:55 PM | 58571 |
| W | 25-Mar | 04:35 PM - 05:05 PM | 58573 |
| Th | 26-Mar | 06:25 PM - 06:55 PM | 58572 |
| Sa | 28-Mar | 10:45 AM - 11:15 AM | 58574 |



SWIMMER 3 5 years to 12 years

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

30 Minutes/10 Sessions

\$121.00/\$91.00 Members

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 05:45 PM - 06:15 PM | 58137 |
| M | 23-Mar | 06:25 PM - 06:55 PM | 58139 |
| Tu | 24-Mar | 05:10 PM - 05:40 PM | 58140 |
| Tu | 24-Mar | 05:35 PM - 06:05 PM | 58142 |
| W | 25-Mar | 04:35 PM - 05:05 PM | 58081 |
| W | 25-Mar | 07:00 PM - 07:30 PM | 58144 |
| Th | 26-Mar | 04:00 PM - 04:30 PM | 58146 |
| Th | 26-Mar | 06:25 PM - 06:55 PM | 58148 |
| Sa | 28-Mar | 10:10 AM - 10:40 AM | 58149 |

CONDENSED SWIMMER 3

30 Minutes/10 Sessions

\$160.00/\$120.00 Members

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 07:00 PM - 07:30 PM | 58577 |
| Tu | 24-Mar | 04:35 PM - 05:05 PM | 58224 |
| W | 25-Mar | 05:45 PM - 06:15 PM | 58575 |
| Sa | 28-Mar | 09:50 AM - 10:20 AM | 58576 |

SWIMMER 5 5 years to 12 years

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

45 Minutes/10 Sessions

\$140.00/\$105.00 Members

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 05:35 PM - 06:20 PM | 62067 |
| Tu | 24-Mar | 04:10 PM - 04:55 PM | 58087 |
| Th | 26-Mar | 05:55 PM - 06:40 PM | 58563 |
| Sa | 28-Mar | 11:15 AM - 12:00 PM | 58564 |

SWIMMER 4 5 years to 12 years

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

45 Minutes/10 Sessions

\$140.00/\$105.00 Members

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 06:45 PM - 07:30 PM | 58084 |
| Tu | 24-Mar | 05:00 PM - 05:45 PM | 62063 |
| Tu | 24-Mar | 05:50 PM - 06:40 PM | 62064 |
| W | 25-Mar | 05:05 PM - 05:50 PM | 58560 |
| Th | 26-Mar | 06:45 PM - 07:30 PM | 58561 |
| Sa | 28-Mar | 09:00 AM - 09:45 AM | 58562 |

SWIMMER 6 5 years to 12 years

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

45 Minutes/10 Sessions

\$140.00/\$105.00 Members

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 06:10 PM - 06:55 PM | 58089 |
| Tu | 24-Mar | 06:45 PM - 07:30 PM | 58565 |
| W | 25-Mar | 05:55 PM - 06:40 PM | 58566 |



SWIMMER 7 5 years to 12 years

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

45 Minutes/10 Sessions

\$140.00/\$105.00 Members

| | | | |
|----|--------|---------------------|-------|
| M | 23-Mar | 05:15 PM - 06:00 PM | 58093 |
| Sa | 28-Mar | 09:35 AM - 10:20 AM | 58567 |

SWIMMER 8 5 years to 12 years

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

45 Minutes/10 Sessions

\$140.00/\$105.00 Members

| | | | |
|----|--------|---------------------|-------|
| Sa | 28-Mar | 10:25 AM - 11:10 AM | 58108 |
|----|--------|---------------------|-------|

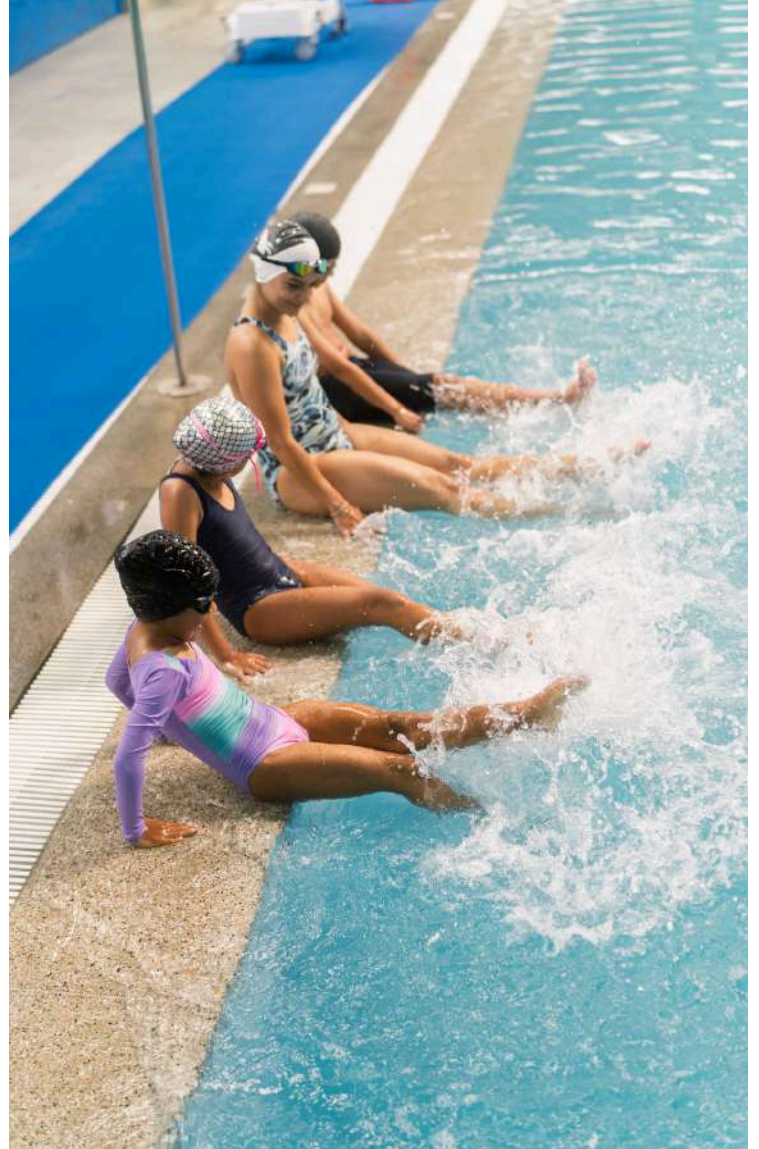
SWIMMER 9 5 years to 12 years

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

45 Minutes/10 Sessions

\$140.00/\$105.00 Members

| | | | |
|---|--------|---------------------|-------|
| W | 25-Mar | 06:45 PM - 07:30 PM | 58112 |
|---|--------|---------------------|-------|



ADULT SWIM

ADULT BASICS

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

\$140.00/\$105.00 Members

| | | | |
|-----|--------|---------------------|-------|
| Fri | 27-Mar | 05:40 PM -06:10 PM | 58283 |
| Sun | 29-Mar | 10:00 AM - 10:45 AM | 63372 |



ADULT INTERMEDIATE

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

\$140.00/ \$105.00 Members

| | | | |
|-----|--------|---------------------|-------|
| Fri | 27-Mar | 04:50 PM - 05:35 PM | 58291 |
|-----|--------|---------------------|-------|

MASTERS SWIM TEAM

CHP Masters Swim Program is designed for adult swimmers (over the age 18 years old) who have a strong understanding of front and back crawl, participants will be required to be able to comfortably swim 100m (4 lengths of the pool). This 13 week program is great for former competitive swimmers, fitness swimmers interested in structured workouts, triathletes and swimmers who have previously completed our Adults Strokes program.

45 Minutes/ Twice a week

\$390.00 / \$292.50 Members

| | | |
|----------|-----------------|-------|
| Tues/Wed | 7-Apr - 17-June | 63373 |
|----------|-----------------|-------|

Tuesdays 7:30pm-8:15pm and Wednesdays 6:30pm-7:15pm



PRIVATE LESSONS

CHP PRIVATE LESSONS

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

There are many times and days available, simply search “private lesson” when you are logged into the registration system and all that are available will show up

30 Minutes/10 Sessions

\$216.00/\$162.00 Members

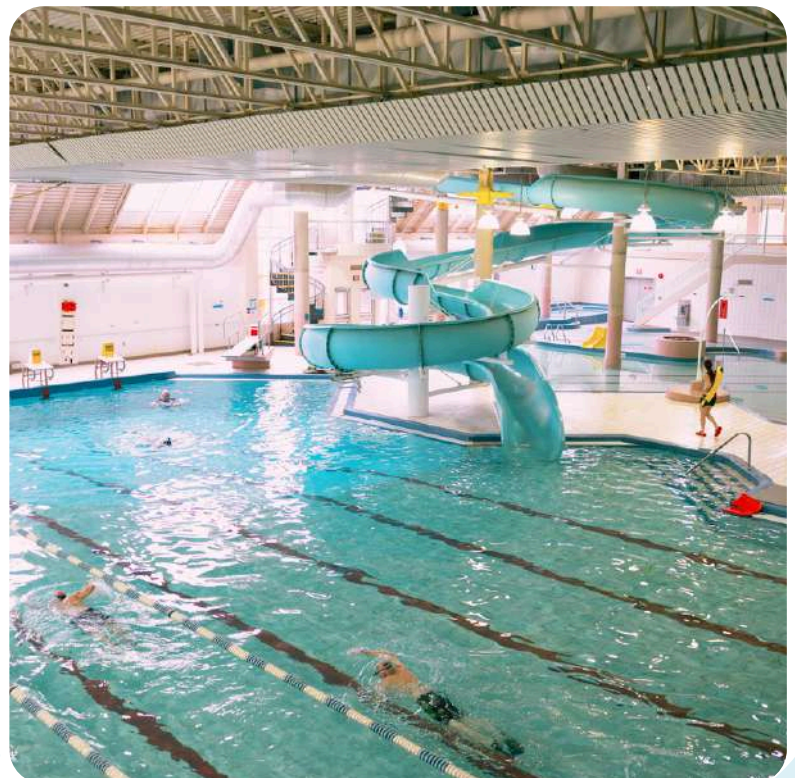
INCLUSION PRIVATE LESSONS

Inclusion private lessons are 30-minute classes taught by an instructor who has had specialized training in inclusion to help swimmers who may have specific adaptations or require additional support. Each lesson is one-on-one and can be tailored to suit individuals’ goals or can follow our Skippers and Swimmers levels.

There are many times and days available, simply search “inclusion private lesson” when you are logged into the registration system and all that are available will show up

30 Minutes/10 Sessions

\$216.00/ \$162.00 Members



LEADERSHIP CLASSES



Bronze Star



Bronze Medallion



Bronze Cross



National Lifeguard

BRONZE STAR AND FUNDAMENTAL WORKPLACE FIRST AID

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

Prerequisites: 10 years old

\$142.00/ Members-\$106.50

Fridays

10-Apr

04:00 PM - 07:30 PM

62329

BRONZE MEDALLION AND BASIC WORKPLACE FIRST AID

The Bronze Medallion and basic workplace first aid teaches candidates the four lifesaving principles which are judgment, knowledge, skill and fitness. This program is designed to challenge the candidate physically by improving stroke efficiency and endurance and mentally by learning to respond to complex first aid situations.

Prerequisites:

Minimum 13 years of age or Bronze Star certification. If under the age of 13 please reach out to our aquatics director via email at Aquatics@coleharbourplace.com or over the phone at (902)464-5110 to register

\$175.00/ Members-\$131.25

Sat

11-Apr

1:00 PM - 5:00 PM

62747

BRONZE CROSS AND INTERMEDIATE WORKPLACE FIRST AID

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

\$180.00/ Members-\$135.00

Sun

12-Apr

1:00 PM - 6:00 PM

63370

LEADERSHIP CLASSES



Bronze Star



Bronze Medallion



Bronze Cross



National Lifeguard

SWIM FOR LIFE INSTRUCTOR COURSE

The swim for life course teaches candidates how to properly safely instruct and evaluate students in swim strokes and beginner lifesaving skills. During this program candidates are taught different teaching strategies, correction techniques and specific drills tailored to each skill. After successful completion of this course candidates will be qualified to teach swimming lessons to children ages 0-12. Full course participant is required.

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

Co teaching portion of the course will be completed Monday April 20th to Thursday April 23rd 4-7:30 PM & Saturday April 25th 9-12 PM

\$228.00/ Members-\$171.00

Thurs

March 26th to April 16th

5:00 PM - 10:00 PM

63682

NATIONAL LIFEGUARD COURSE

The National Lifeguard and airway management course prepares candidates to successfully respond to and prevent emergencies in the aquatic setting. This course develops the skills and first aid knowledge learned in the Bronze programs. Successful completion of this course allows candidates to work as a certified lifeguard in a pool.

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

\$311.90/ Members-\$234.38

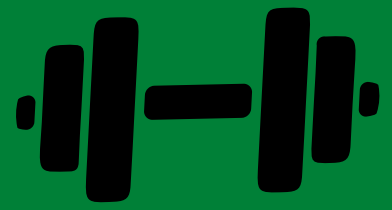
Friday, Saturday, Sunday

April 10th,11th,12th, 17th,18th, 19th

63675

Fridays 5-9 PM, Saturday and Sunday 9-5 PM

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 discount on fitness programs when registering (unless otherwise stated)

GET YOUR CHP MEMBERSHIP TODAY!

DAY PASS

FITNESS CLASSES, WEIGHT ROOM & POOL

| | |
|-----------------------|---------|
| Adult (over 18 years) | \$13.20 |
| Senior | \$10.94 |
| Student/Youth | \$10.94 |
| Family | \$22.50 |

*Prices as of April 1, 2026



FITNESS

| 18

PARENT & BABY FITNESS

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 - \$117.99 Member- \$88.46

Th 26-Mar 11:00 AM - 12:00 PM 56382 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 - \$117.99 Member- \$88.46

Tue 24-Mar 11:00 AM - 12:00 PM 56369 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 - \$148.09 Member- \$111.04

Wed 25-Mar 10:00 AM - 11:00 AM 56372 Pool Deck
Wed 25-Mar 11:00 AM - 12:00 PM 56380 Pool Deck



ADULT CLASSES

HEAVY BAG BASICS

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 - \$89.95 Member- \$67.49

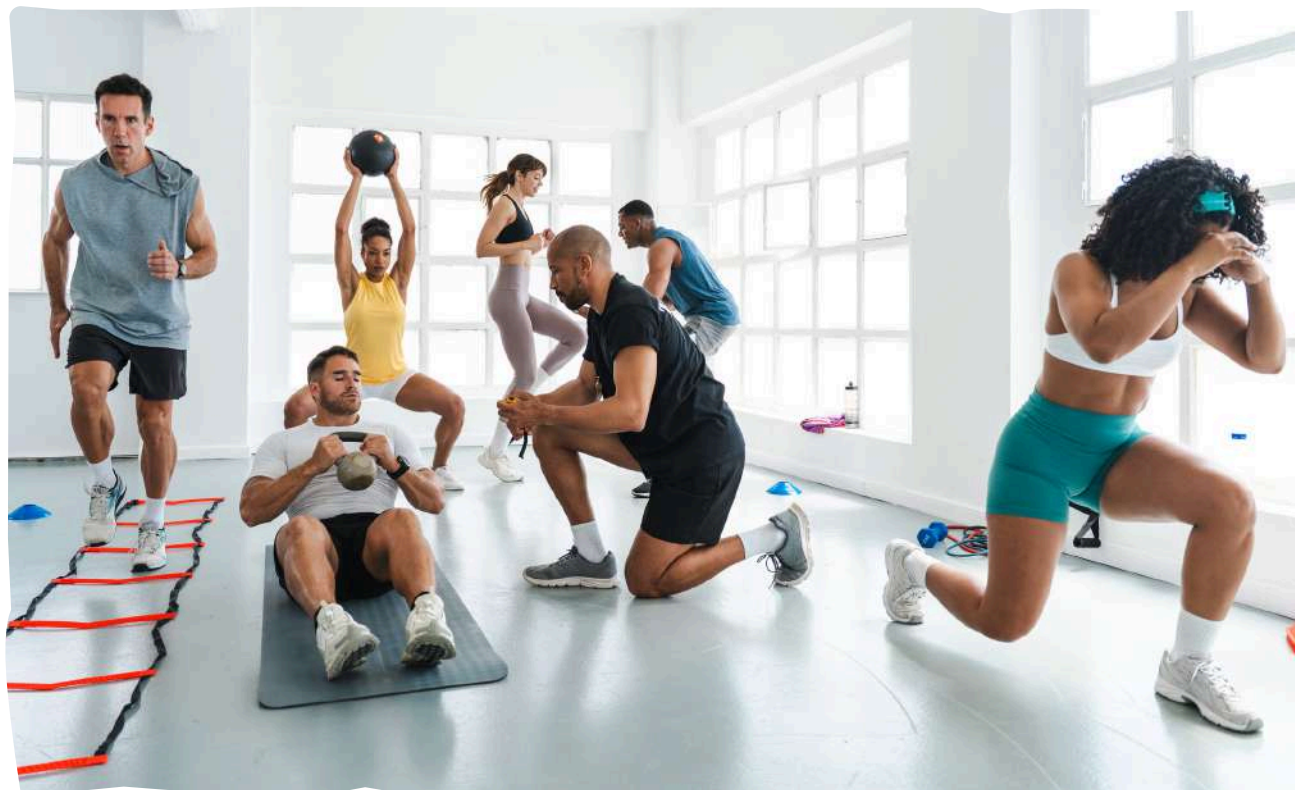
Sun 29-Mar 8:00 AM - 9:00 AM 61141 Functional Training Center

ADVANCED BOOTCAMP

This high intensity, strength focused advanced bootcamp is designed for participants who are ready to level up. Expect a combination of heavy strength training and cardio in high intensity intervals. A higher intensity than our drop-in boRecommended for those who have experience with HIIT or bootcamp style training. Come join Chris & Emilie if you're ready to push your limits.

60 Minutes/10 Sessions - \$89.95 Member- \$67.49

Sun 29-Mar 9:00 AM - 10:00 AM 61145 Funtional Training Center



FITNESS SEMINARS

Love Your Feet

60 Minutes/1 Sessions - \$12.77 Members- FREE

Learn to stretch & strengthen your feet with Janice! Come try our spring session of the Love your Feet workshop. Free for members, day pass for non members.

Sat 14-Mar 12:45PM 62269 Dance Studio

Bone Builders

60 Minutes/1 Sessions - \$12.77 Members- FREE

All about bones! Learn about calcium and weight bearing on bones. Come try the spring session of our Bone Builders workshop with Janice. Free for members, day pass for non members.

Sat 11-Apr 10:00 AM 62270 Weight Room



PERSONAL TRAINING

PERSONAL TRAINING

Fitness is Lifestyle.

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

Book a FREE consultation with one of our personal trainers today!
Contact Taylor Naugle at tnaugle@coleharbourplace.com 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.

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



RECREATION



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 - \$160.00 Member -\$120.00

Sat 28-Mar 10:15 AM - 12:00 PM 56373

SPORT & SPLASH Ages: 2-5

New!

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

60 Minutes/10 Sessions - \$100.00 Member -\$75.00

Fri 27-Mar 09:30 AM - 10:30 AM 56384

SPLASH CAPADES: PARENT & CHILD

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

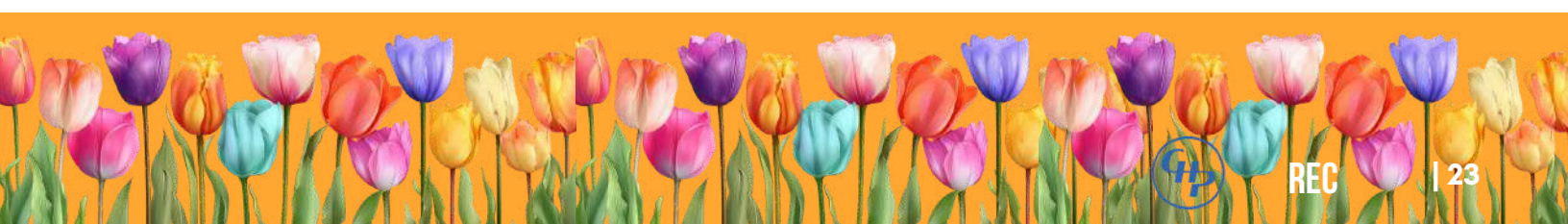
Circle-time: Sing classic age-appropriate songs, story-time, play with fun props (sensory-based), cuddle time, learn fun parent & child movements and enjoy socialization time.

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

60 Minutes/10 Sessions - \$110.00 Member \$83.00

AGES: 6 MONTHS- 3 YEARS

Th 26-Mar 09:30 AM - 10:45 AM 56386



YOUTH COURSES

BABYSITTING COURSE

Babysitters Training Course: The Babysitters Training Course is one of Canada's Safety Council's longest-running programs. The course is an ideal community project, which can help prevent injuries and promote the responsible management of common situations that may arise while children are under the care of babysitters. Ages 11 - 16.

\$60.00 Member- \$45.00

| | | | |
|----|--------|---------------------|-------|
| Su | 19-Apr | 02:30 PM - 08:30 PM | 57096 |
| Su | 17-May | 02:30 PM - 08:30 PM | 57101 |



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.

\$60.00 Member- \$45.00

| | | | |
|----|--------|---------------------|-------|
| Su | 26-Apr | 02:30 PM - 05:30 PM | 57107 |
| Su | 24-May | 02:30 PM - 05:30 PM | 57108 |



PD CAMPS



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

April 2nd - Course Code: 57155

April 29th - Course Code: 57127

Ages 5-12

8:30 am-4:30 pm

Price: \$49.00 General Public

\$39.00 Members

No before or aftercare available on PD days.



SUMMER CAMPS



SUMMER CAMP SNEAK PEAK

Summer Camp Registration April 13th, 2026 | 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 6th-10th

Week 2: July 13th-17th

Week 3: July 20th-24th

Week 4: July 27th- 31st

Week 5: August 4th-7th

Week 6: August 10th-14th

Week 7: August 17th-21st

Week 8: August 24th-28th

Week 9: August 31st - September 3rd



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



COLE HARBOUR ADVERTISING OPPORTUNITIES

Elevate Your Brand with Prime Advertising Space

Prime Locations for Maximum Visibility

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



RINKS

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



COMMON AREAS

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



EVENTS

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

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

WHY ADVERTISE WITH US?



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



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



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



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

ARE YOU READY TO JOIN OUR COMMUNITY? ★

Contact Jill Power TODAY
jpower@coleharbourplace.com