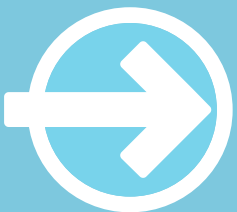
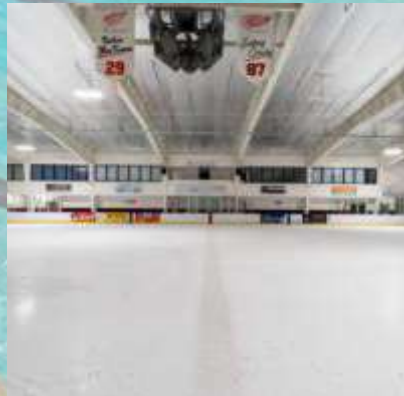


2026

# SUMMER PROGRAMS

## BROCHURE

AQUATICS | FITNESS | SPECIAL EVENTS



SUMMER REGISTRATION  
JUNE 15TH, 2026

[COLEHARBOURPLACE.COM](http://COLEHARBOURPLACE.COM)



# NEWS



# 2026 Pool Shutdown

**ANNUAL POOL SHUTDOWN**

**JUNE 18- JULY 2ND**

**THE POOL WILL REOPEN**

**JULY 3, 2026**

Want to promote your business or organization?

Elevate Your Brand with Prime Advertising Space

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.

Contact Jill Power today at [jpower@coleharbourplace.com](mailto:jpower@coleharbourplace.com)

# SUMMER POOL PARTIES

Open Swim, Semi  
& Private Pool  
Parties

SATURDAYS  
&  
SUNDAYS

**BOOK  
NOW**

**[halifax.ca/myrec](http://halifax.ca/myrec)**



# REC DAY

COMMUNITY. ACTIVE. TOGETHER.

JUNE 5<sup>TH</sup>, 2026

at Cole Harbour Place

## SCHEDULE OF EVENTS



**PARENT & TOT SWIM**  
\$3.00 per swimmer

4:00 PM - 6:00 PM



**PUBLIC SKATE SC2**  
FREE  
*(Must bring your own helmet and skates)*

4:00 PM - 6:00 PM



**COLORING  
IN CENTER COURT**  
FREE

4:00 PM - 7:00 PM



**BIKES AND SCOOTERS  
ON THE DRY PAD**  
FREE  
*(Must bring your own helmet)*

4:30 PM - 6:30 PM



**CANTEEN/BBQ**

4:30 PM - 6:30 PM



**OPEN SWIM**  
\$3.00 per swimmer

6:30 PM - 7:30 PM



**LINE DANCING  
ON THE DRY PAD**  
FREE

6:30 PM - 7:30 PM



**ROLLER SKATING SC1**  
FREE  
*(Bring your own roller skates and helmet)*

7:30 PM - 9:00 PM

**FUN FOR ALL AGES!**

COME OUT, GET ACTIVE  
AND ENJOY OUR COMMUNITY!



# SUMMER FACILITY HOURS

JULY 2ND- SEPTEMBER 7TH

**MONDAY** 6:00AM - 10:00PM

**TUESDAY** 6:00AM - 10:00PM

**WEDNESDAY** 6:00AM - 10:00PM

**THURSDAY** 6:00AM - 10:00PM

**FRIDAY** 6:00AM - 8:00PM

**SATURDAY** 8:00AM - 5:00PM

**SUNDAY** 8:00AM - 9:00PM

## HOLIDAY HOURS

WEDNESDAY, JULY 1ST **CLOSED**

MONDAY, AUGUST 3RD **CLOSED**

MONDAY, SEPTEMBER 7TH **CLOSED**

\*hours are subject to change & Tenants set their own hours



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WELCOME TO OUR COMMUNITY



# STAFF DIRECTORY



Front Desk - General Inquiries  
902.464.5100

**Jen Heddon - General Manager**

902.464.5120 |  
[jheddon@coleharbourplace.com](mailto:jheddon@coleharbourplace.com)

**Jill Power - Manager, Customer Operations**

902.464.5505 |  
[jpower@coleharbourplace.com](mailto:jpower@coleharbourplace.com)

**Tara Curlett - Aquatic Director**

902.464.5110 |  
[aquatics@coleharbourplace.com](mailto:aquatics@coleharbourplace.com)

**Corey Barnes - Recreation Director**

902.464.5106 |  
[recreation@coleharbourplace.com](mailto:recreation@coleharbourplace.com)

**Mallory Peet - Acting Front Desk Manager**

902.464.5565 |  
[kmacleod@coleharbourplace.com](mailto:kmacleod@coleharbourplace.com)

**Taylor Naugle - Fitness Director**

902.464.5134 |  
[tnaugle@coleharbourplace.com](mailto:tnaugle@coleharbourplace.com)

**Alicia Baker - Scheduling & Events Director**

902.464.5109 |  
[nmeyer@coleharbourplace.com](mailto:nmeyer@coleharbourplace.com)

**Nick Meyer - Security Director**

902.464.5267 |  
[nmeyer@coleharbourplace.com](mailto:nmeyer@coleharbourplace.com)

**Matt Taylor - Controller**

902.464.5118 |  
[mtaylor@coleharbourplace.com](mailto:mtaylor@coleharbourplace.com)

**Jeff Baker - Operations Manager**

902.464.5113 |  
[jbaker@coleharbourplace.com](mailto:jbaker@coleharbourplace.com)

**Tony Rose - Assistant Chief Engineer**

902.464.2337 |  
[trose@coleharbourplace.com](mailto:trose@coleharbourplace.com)



# MEMBERSHIP INFO



## FITNESS

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



## AQUATICS

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



## RECREATION

Check out our recreation programs!



### Full

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

### GYM ONLY

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

up to **20% OFF**

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

\*excluding gym only memberships



# MEMBERSHIP PRICES



## MEMBER TESTIMONIAL

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

-Edie H ★★★★★

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

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

# REGISTRATION



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

**Phone registration is not available.**

## SUMMER 2026

### MEMBER & GENERAL PUBLIC REGISTRATION

June 15th, 2026  
starting at 9:00 am

#### HOW TO REGISTER FOR PROGRAMS

Use the course codes found in this guide to register on [Halifax.ca/MyRec](https://Halifax.ca/MyRec)

#### EXAMPLE PROGRAM BELOW:

Thursdays  
July 10th–August 21st  
7 Sessions  
\$125.00/ \$100.00 Members

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

Instructions on how to register can be found [here](#)

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



MYREC ACCOUNT

1

Make sure you have a MyRec account for any participants.



COURSE CODE

2

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



DATES & TIME

3

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



PAYMENT

4

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

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



# POOL INFORMATION



**ANNUAL POOL SHUTDOWN  
IS JUNE 18- JULY 2**

**THE POOL WILL REOPEN  
JULY 3, 2026**

## SWIMMING LESSONS LEVEL COMPARISON CHART

[CLICK HERE](#)

Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Swimmer 5	Swimmer 6
Direct instruction	Submerged head	Start legs underwater	Start swim	Float with arms held	Swimming from side
Head out	Arms out from the pool	Kick to chest level with CD	Rescue object	Bring a life preserver	Rescue float device
Use ear	2 rhythmic kicks	Jump and recover off the side	2 rhythmic kicks	Swim towards swim	Get to the shore head
Face out	Swim to 200 YDS (optional)	Swim 200 yds with arm extended out	Swim 200 yds	Swim to pool	Height transfer
Back float (optional)	Back float (optional)	Back float (optional)	Back float (optional)	Swim 200 yds	Swim 200 yds
Front float (optional)	Front float (optional)	Front float (optional)	Front float (optional)	Back swim (optional)	Back swim (optional)

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

## POOL PRICES

FOR POOL TIMES AND WATER FITNESS CLASSES

Adult (over 18 yrs)	<b>\$10.00</b>
Youth Lane (8-18 yrs)	<b>\$6.85</b>
Parent & Tot	<b>\$9.40</b>
2 Parents & Tot	<b>\$12.11</b>
Family - up to 5	<b>\$17.75</b>
Senior (60+)	<b>\$6.85</b>

\*Prices include tax

**SUMMER 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 required)

*30 Minutes/7 Sessions*

*\$84.70/\$63.56 Members*

Wed Jul 8-Aug 19 04:35 PM 75948

## 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 required)

*30 Minutes/7 Sessions*

*\$84.70/\$63.56 Members*

Wed Jul 8-Aug 19 05:20 PM 75950

## MATES BRONZE

**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 required)

*30 Minutes/7 Sessions*

*\$84.70/\$63.56 Members*

Sun Jul 5- Aug 16 10:25 AM 75986

## MATES GOLD

**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 required)

*30 Minutes/7 Sessions*

*\$84.70/\$63.56 Members*

Sun Jul 5- Aug 16 9:35 AM 75987

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/7 Sessions*

*\$84.70/\$63.56 Members*

Sun	Jul 5- Aug 16	09:45 AM	75965
Sun	Jul 5- Aug 16	10:45 AM	75967
Wed	Jul 8-Aug 19	05:10 PM	75956

### **WITH PARENT**

Parents complete the class with their child.

Wed	Jul 8-Aug 19	05:55 PM	75951
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## **CONDENSED SKIPPER 1**

Condensed levels are recommended for children who may need some extra support. Each class has only 3 swimmers. The same skills as the regular class are completed.

*30 Minutes/7 Sessions*

*\$112.00/\$84.00 Members*

Sun	Jul 5- Aug 16	09:10 AM	75971
Wed	Jul 8-Aug 19	04:45 PM	75969

## **SKIPPER 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/7 Sessions*

*\$84.70/\$63.56 Members*

Sun	Jul 5- Aug 16	10:55 AM	75974
Sun	Jul 5- Aug 16	11:20 AM	75976
Wed	Jul 8- Aug 19	04:35 PM	75973

## **CONDENSED SKIPPER 2**

Condensed levels are recommended for children who may need some extra support. Each class has only 3 swimmers. The same skills as the regular class are completed.

*30 Minutes/7 Sessions*

*\$112.00/\$84.00 Members*

Wed	Jul 8-Aug 19	05:40 PM	75982
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## **SKIPPER 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/7 Sessions*

*\$84.70/\$63.56 Members*

Sun	Jul 5- Aug 16	11:00 AM	75984
Wed	Jul 8-Aug 19	04:00 PM	75983

## **SKIPPER 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/7 Sessions*

*\$84.70/\$63.56 Members*

Wed	Jul 8-Aug 19	05:25 PM	75985
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# 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/7 Sessions*

*\$84.70/\$63.56 Members*

Sun	Jul 5- Aug 16	09:00 AM	75991
Sun	Jul 5- Aug 16	10:20 AM	75992
Sun	Jul 5- Aug 16	10:45 AM	75993
Wed	Jul 8- Aug 19	04:00 PM	75988
Wed	Jul 8- Aug 19	05:45 PM	75989

## **CONDENSED SWIMMERS 1**

Condensed levels are recommended for children who may need some extra support. Each class has only 3 swimmers. The same skills as the regular class are completed.

*30 Minutes/7 Sessions*

*\$112.00/\$84.00 Members*

Sun	Jul 5- Aug 16	11:25 AM	76196
Wed	Jul 8- Aug 19	04:35 PM	75995

## **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/7 Sessions*

*\$84.70/\$63.56 Members*

Sun	Jul 5- Aug 16	09:00 AM	76199
Wed	Jul 8- Aug 19	05:55 PM	76197
Wed	Jul 8- Aug 19	06:30 PM	76198

## **CONDENSED SWIMMERS 2**

Condensed levels are recommended for children who may need some extra support. Each class has only 3 swimmers. The same skills as the regular class are completed.

*30 Minutes/7 Sessions*

*\$112.00/\$84.00 Members*

Sun	Jul 5- Aug 16	09:35 AM	76201
Wed	Jul 8- Aug 19	04:00 PM	76200

## **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/7 Sessions*

*\$84.70/\$63.56 Members*

Sun	Jul 5- Aug 16	11:30 AM	76586
Wed	Jul 8- Aug 19	05:15 PM	76202



# AQUATICS

## **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/**7 Sessions**

\$98.00/\$73.50 Members

Wed Jul 8-Aug 19 06:15 PM 76587

## **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/**7 Sessions**

\$98.00/\$73.50 Members

Sun Jul 5- Aug 16 09:35 AM 76593

## **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/**7 Sessions**

\$98.00/\$73.50 Members

Mon July 6 - Aug 24 05:00 PM 76584

## **PRIVATE LESSONS** 5 years +

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/**7 Sessions**

\$151.20/\$113.40 Members

Sun	Jul 5- Aug 16	09:00 AM	76610
Sun	Jul 5- Aug 16	10:10 AM	76177
Wed	Jul 8- Aug 19	04:00 PM	76173

## **INCLUSION PRIVATE LESSONS**

Inclusion private lessons are 45 minute classes 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/**7 Sessions**

\$151.20/\$113.40 Members

Sun	Jul 5- Aug 16	11:30 AM	76191
Wed	Jul 8-Aug 19	05:10 PM	76180
Wed	Jul 8-Aug 19	06:30 PM	76190

## **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/**7 Sessions**

\$98.00/\$73.50 Members

Tues July 14 - Aug 25 06:00 PM 76585

**If you have any questions regarding if this program is right for your child please get in touch with our**

**Aquatics Director Tara at**

**[aquatics@colehourplace.com](mailto:aquatics@colehourplace.com) or (902) 464-5110.**



# FITNESS



START YOUR FITNESS JOURNEY TODAY



## FITNESS CLASSES

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!

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

[FITNESS SCHEDULE](#)



Members of CHP receive up to a 25% discount on fitness programs when registering.

**GET YOUR CHP MEMBERSHIP TODAY!**

## DAY PASS

FITNESS CLASSES, WEIGHT ROOM & POOL

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

\*Prices include tax



# PARENT & BABY FITNESS SUMMER 2026



## 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, body bars, dumbbells and mat work. Enjoy fun social & connection time for the first few minutes of class. The little ones will be incorporated into the exercises for a portion of the class, and can enjoy playtime on the mats for the remainder. It is recommended to bring a blanket and a toy for baby. **Tuesday 11:00am, 76840**

\$82.80 Member- \$62.10 Non Member

## P&B Waterfit 10am

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 & connection time for the first few minutes of class. Lead by Taylor, a certified water and fitness instructor.

**Wednesday 10:00am, 76847**

\$103.66 Non Member- \$77.75 Member

## Stroller Circuit

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

**Thursday 11:00am, 76850**

\$82.80 Member- \$62.10 Non Member

## Stroll & Stretch

A new summer session of parent and baby fitness! Stroll & Stretch is a great way to get active and get outside. Enjoy a dedicated time each week to meet up with other parents and their little ones. We will walk down the trail behind chp for 30-40 minutes, followed by a 10-15 minute stretch at the end. Please bring a stroller or a baby carrier and a yoga mat. We will remain indoors in the event of rain. A great addition after Stroller Circuit!

**Thursday 12:15am, 76861**

\$82.80 Member- \$62.10 Non Member

# 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!

**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
<b>INDIVIDUAL SESSION</b>	\$80.00	\$48.00	\$33.00	\$97.00	\$67.00	\$40.00
<b>PACKAGES OF 5</b>	\$333.00	\$211.00	\$164.00	\$425.00	\$302.00	\$194.00.
<b>PACKAGES OF 10</b>	\$605.00	\$363.00	\$303.00	\$671.00	\$545.00	\$363.00
<b>PACKAGES OF 20</b>	\$1089.00	\$604.00	\$532.00	\$1,451.00	\$968.00	\$654.00

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



# DANCE



## NON COMPETITIVE CLASSES - SATURDAYS

### SUMMER DANCE PARTY-BALLET/JAZZ

Ages 6-8 years old

45 Minutes/6 Sessions - \$93.00- Non Member / \$79.00- Member

11 July-15 Aug

10:00 AM - 10:45 AM

77679

### SUMMER GROOVE - JAZZ/HIP HOP

Ages 8-10 years old

45 Minutes/6 Sessions - \$93.00- Non Member / \$79.00- Member

11- July-15 Aug

10:45 AM - 11:30 AM

77736

