



2025/26

# WINTER PROGRAMS BROCHURE



AQUATICS | FITNESS | RECREATION | DANCE | SPECIAL EVENTS



WINTER 2025 REGISTRATION:  
DECEMBER 16TH, 2025

COLEHARBOURPLACE.COM



# HOLIDAY HOURS



Christmas Eve  
December 24th

**6:00 AM - 12:00 PM**

Christmas Day  
December 25th

**CLOSED**

Boxing Day  
December 26th

**CLOSED**

New Year's Eve  
December 31st

**6:00 AM - 12:00 PM**

New Year's Day  
January 1st

**CLOSED**

Rinks running as scheduled | Please contact tenants for their hours



HOURS

# WINTER 2025 FACILITY HOURS

**MONDAY**

6:00AM – 10:00PM

**TUESDAY**

6:00AM – 10:00PM

**WEDNESDAY**

6:00AM – 10:00PM

**THURSDAY**

6:00AM – 10:00PM

**FRIDAY**

6:00AM – 10:00PM

**SATURDAY**

7:00AM – 8:00PM

**SUNDAY**

7:00AM – 9:00PM

## HOLIDAY HOURS

THURSDAY, JANUARY 1ST **CLOSED**

MONDAY, FEBRUARY 16TH **6:00 AM- 8:00 PM**

HOURS ARE SUBJECT TO CHANGE



HOURS





COLE HARBOUR PLACE

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WELCOME TO OUR COMMUNITY

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COLE HARBOUR PLACE

# 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)

**Nick Meyer - Scheduling & Events Director**

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

**Matt Taylor - Controller**

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**Tara Curlett - Aquatic Director**

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

**Braden Gray - Recreation Director**

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

**Taylor Naugle - Fitness Director**

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

**Kenzie MacLeod - Front Desk Manager**

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





A heartfelt thank you to all our participants for  
bringing the holiday spirit to CHP Favourite Things  
this season!



COLE HARBOUR PLACE

# NEW YEAR'S EVE FAMILY PARTY

December 31, 2025

10am to 12pm

**RING IN THE NEW YEAR EARLY AT CHP!**

- ★ GLITTER TATTOS
- ★ CRAFTS
- ★ DANCE PARTY
- ★ SWIM (10AM-11:30 AM)
- ★ SKATE (10AM-11:30 AM)
- ★ COUNTDOWN  
CONFETTI AT 12:00 PM
- ★ LIGHT SNACKS
- ★ PHOTO STATION

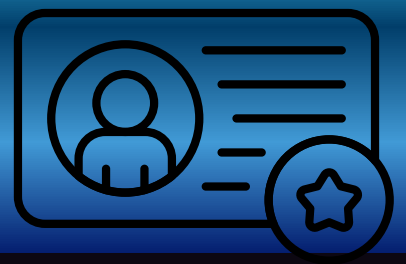
General Admission \$10 per person

Must pre-book through your MyRec account

Course Code: 48010



# MEMBERSHIP



Contact our **Front Desk Manager** at (902) 464-5565 for more information about memberships!

## FITNESS

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



## AQUATICS

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



## RECREATION

Check out our recreation programs!



### Full

#### MEMBERSHIPS

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

### GYM ONLY

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

up to  
**25% OFF**

RECREATIONAL, FITNESS AND  
AQUATIC PROGRAMS & CAMPS

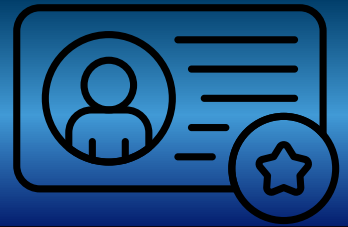
\*excluding gym only memberships



INFO



# MEMBERSHIP PRICES



## MEMBER TESTIMONIAL

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

-Edie H ★ ★ ★ ★ ★

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

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



# CHRISTMAS SPECIAL MEMBERSHIP

Club 60 Membership special: \$75.00

Adult Couple Club 60 Membership Special: \$125.00

Single Membership Special: \$130.00

Adult Couple Membership Special: \$160.00

Family Membership Special: \$175.00

Membership runs January 2nd, 2026 - March 2nd,  
2026 (8 weeks)

Memberships on sale December 1st 2025

\*Memberships come with CHP Gym Bag  
(while supplies last)\*

# STOCKING STUFFERS

## DAY PASSES

Senior Day Punch Pass - \$55.00

5 Student Day passes - \$38.00

5 Family Day Passes - \$75.00

## SWIM PASSES

Parent and Tot Swim Punch Pass - \$65.00

Senior Swim Punch pass - \$40.00

Adult Swim Punch Pass - \$70.00

Family Swim Punch Pass - \$125.00





# REGISTRATION



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

**Phone registration is not available.**

## WINTER 2025/26

### MEMBER & GENERAL PUBLIC REGISTRATION

December 16th, 2025

Starts at 9:00am

#### **Cancellation Policy**

**Participants enrolled in a program or class may withdraw by phone up to 14 days prior to the program start date. A 10% cancellation fee will apply to all such withdrawals. This fee helps cover administrative costs and supports our continued commitment to providing high-quality services.**

#### HOW TO REGISTER FOR PROGRAMS

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

#### EXAMPLE PROGRAM BELOW:

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



#### THIS IS THE COURSE CODE

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

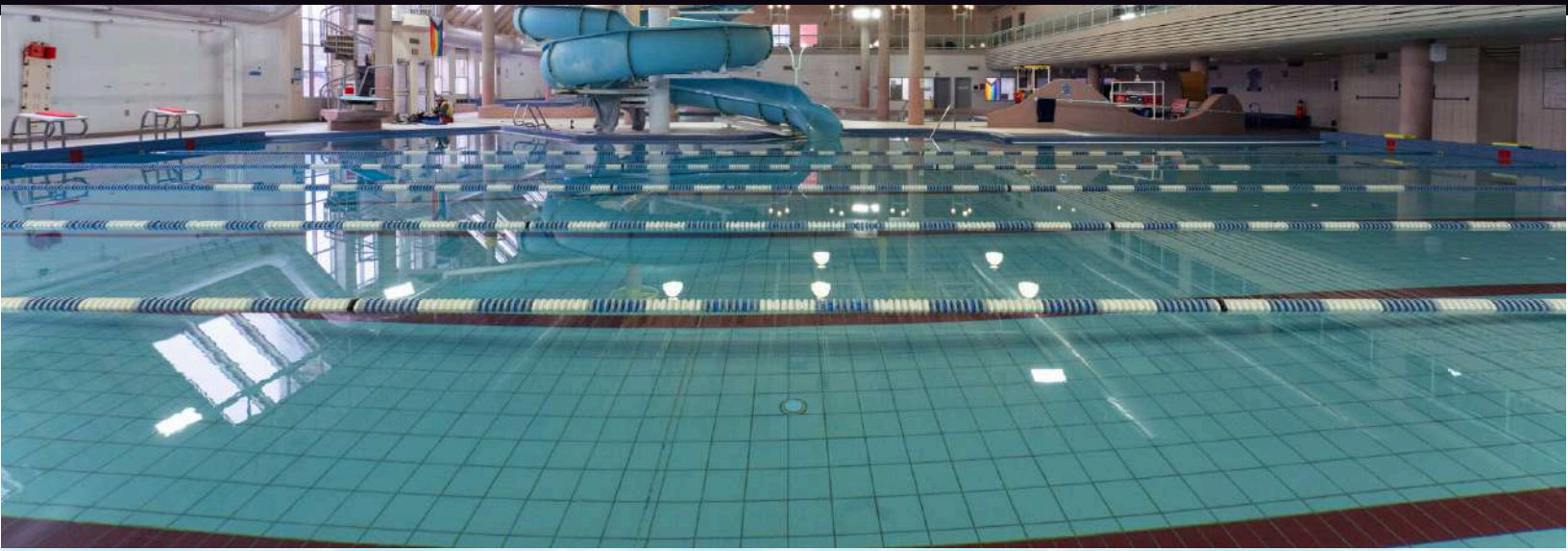
**[halifax.ca/myREC](https://halifax.ca/myREC)**



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




# POOL INFORMATION



## SWIMMING LESSONS LEVEL COMPARISON CHART

[CLICK HERE](#)



Swimming Lessons					
CHIP 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 underwater	Pool rules	10 rhythmic bobs	Standing front flip
Head wet	Avoided exit from the pool	Not to main pool in PFD	Identify objects	Being a safe skater	Forward roll (PFD)
Ears wet	2 rhythmic bobs	Jump in & recover to the side	3 rhythmic bobs	Whose here to swim	Wipe to the diving board
Face wet	Jump in with PFD (assisted)	Front glide & kick with underwater pull	Seated front dive	Wipe to scaling	Weight transfer
Back float (assisted)	Back float (head supports)	Back float (unassisted)	Rollover float	Big arms equal (5m)	Front crawl (5m)
Front float (assisted)	Front float (arms & head)	Front float (unassisted)	Surface supports (10sec.)	Back swim (5m)	Back crawl (5m)
Back kick	Front kick	Front kick	Front kick	Front kick	Front kick

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)	\$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

110



## 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/8 Sessions  
\$97.00/ \$73.00 Members

Mon	12-Jan	5:15 PM - 05:45 PM	46494
Tue	13-Jan	08:30 AM - 09:00 AM	46497
Tue	13-Jan	04:00 PM - 04:30 PM	46495
Thu	15-Jan	10:50 AM - 11:20 AM	46498
Thu	15-Jan	05:45 PM - 06:15 PM	46496



## MATES SILVER

**1 year 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/8 Sessions  
\$97.00/ \$73.00 Members

Sun	11-Jan	10:50 PM - 11:20 PM	46504
Mon	12-Jan	05:45 PM - 06:15 PM	46505
Tue	13-Jan	05:00 PM - 05:30 PM	46506
Thu	15-Jan	09:05 AM - 09:35 AM	46507



## 2 MATES SILVER

## MATES BRONZE



**Mates 1 year 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/8 Sessions

\$97.00/ \$73.00 Members

Sun	11-Jan	09:00 AM - 09:30 AM	46501
Mon	12-Jan	04:35 PM - 05:05 PM	46499
Tues	13-Jan	09:05 AM - 09:35 AM	46502
Wed	14-Jan	06:20 PM - 06:50 PM	46500
Thu	15-Jan	09:40 AM - 10:10 AM	47389
Thu	15-Jan	04:35 PM - 05:05 PM	46503



## MATES GOLD

**Mates 1 year 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/8 Sessions  
\$97.00/ \$73.00 Members

Tue	13-Jan	09:40 AM - 10:10 AM	46511
Wed	14-Jan	04:00 PM - 04:30 PM	46508
Thu	15-Jan	08:30 AM - 09:00 AM	46512
Thu	15-Jan	06:20 PM - 06:50 PM	46509
Sat	17-Jan	11:30 AM - 12:00 PM	46510



## 3 MATES GOLD

1 MATES BRONZE

Please take our Mates programs in order!





## 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/8 Sessions

\$97.00/ \$73.00 Members

Sun	11-Jan	09:35 AM - 10:05 AM	46579
Sun	11-Jan	10:25 AM - 10:55 AM	46588
Mon	12-Jan	05:50 PM - 06:20 PM	46580
Tue	13-Jan	08:30 AM - 09:00 AM	46591
Tue	13-Jan	05:10 PM - 05:40 PM	46582
Tue	13-Jan	04:35 PM - 05:05 PM	46581
Wed	14-Jan	07:00 PM - 07:30 PM	46584
Wed	14-Jan	05:10 PM - 05:40 PM	46583
Thu	15-Jan	09:05 AM - 09:35 AM	46592
Thu	15-Jan	10:50 AM - 11:20 AM	46593
Thu	15-Jan	05:10 PM - 05:40 PM	46585
Thu	15-Jan	05:45 PM - 06:15 PM	46586
Sat	17-Jan	09:10 AM - 09:40 AM	46587

### WITH PARENT SKIPPERS 1

Tue	13-Jan	10:50 AM - 11:20 AM	46515
Thu	15-Jan	11:25 AM - 11:55 AM	46578
Thu	15-Jan	07:00 PM - 07:30 PM	46513
Sat	17-Jan	10:25 AM - 10:55 AM	46514

### CONDENSED SKIPPERS 1

30 Minutes/8 Sessions

\$128.00/ \$96.00 Members

Sun	11-Jan	11:30 AM - 12:00 PM	46598
Tue	13-Jan	05:45 PM - 06:15 PM	46594
Tue	13-Jan	07:00 PM - 07:30 PM	46595
Thu	15-Jan	04:00 PM - 04:30 PM	46596
Sat	17-Jan	10:20 AM - 10:50 AM	46597

*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/8 Sessions

\$97.00/ \$73.00 Members

Sun	11-Jan	10:10 AM - 10:40 AM	46701
Mon	12-Jan	06:15 PM - 06:45 PM	46695
Tue	13-Jan	10:50 AM - 11:20 AM	46703
Tue	13-Jan	09:05 AM - 09:35 AM	46702
Tue	13-Jan	06:20 PM - 06:50 PM	46696
Wed	14-Jan	04:30 PM - 05:00 PM	46697
Wed	14-Jan	05:45 PM - 06:15 PM	46698
Thu	15-Jan	09:40 AM - 10:10 AM	46704
Thu	15-Jan	11:25 AM - 11:55 AM	46706
Thu	15-Jan	04:00 PM - 04:30 PM	46699
Sat	17-Jan	11:30 AM - 12:00 PM	46700

### CONDENSED SKIPPERS 2

30 Minutes/8 Sessions

\$128.00/ \$96.00 Members

Thu	15-Jan	06:20 PM - 06:50 PM	46707
Sat	17-Jan	11:00 AM - 11:30 AM	46708

## 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/8 Sessions

\$97.00/ \$73.00 Members

Sun	11-Jan	11:00 AM - 11:30 AM	46713
Mon	12-Jan	04:00 PM - 04:30 PM	46711
Tue	13-Jan	09:40 AM - 10:10 AM	46714
Tue	13-Jan	11:25 AM - 11:55 AM	46715
Tue	13-Jan	05:45 PM - 06:15 PM	46709
Wed	14-Jan	06:20 PM - 06:50 PM	47388
Thu	15-Jan	08:30 AM - 09:00 AM	46716
Thu	15-Jan	10:15 AM - 10:45 AM	46717
Thu	15-Jan	04:35 PM - 05:05 PM	46710
Sat	17-Jan	09:45 AM - 10:15 AM	46712





## CONDENSED SKIPPERS 3

30 Minutes/8 Sessions

\$128.00/ \$96.00 Members

Tue	13-Jan	05:00 PM - 05:30 PM	46718
Thu	15-Jan	07:00 PM - 07:30 PM	46720

## 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/8 Sessions

\$97.00/ \$73.00 Members

Sun	11-Jan	11:30 AM - 12:00 PM	46727
Mon	12-Jan	07:00 PM - 07:30 PM	46725
Wed	14-Jan	05:10 PM - 05:40 PM	46726

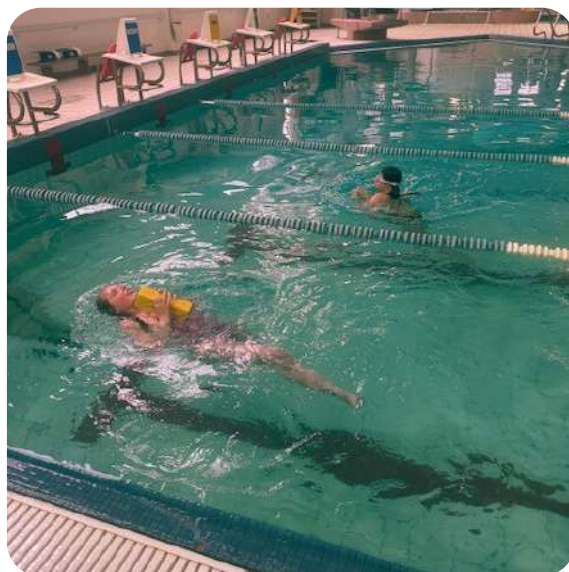
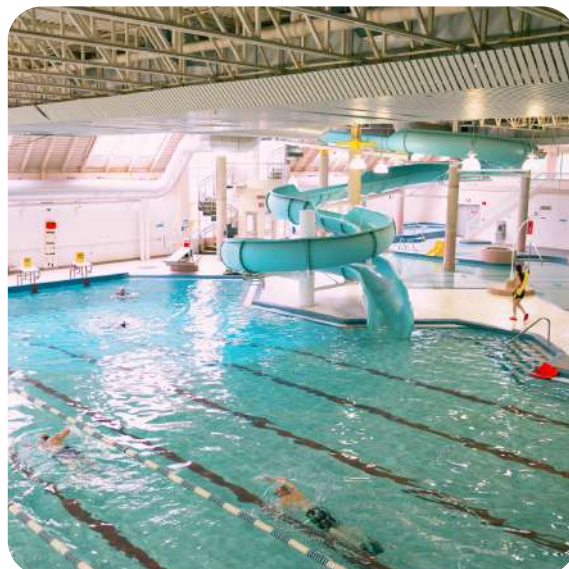
## SKIPPERS 5 3 years to 5 years

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/8 Sessions

\$97.00/ \$73.00 Members

Sun	11-Jan	09:00 AM - 09:30 AM	46730
Mon	12-Jan	04:35 PM - 05:05 PM	46728







## 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/8 Sessions

\$97.00/ \$73.00 Members

Sun	11-Jan	10:55 AM - 11:25 AM	46751
Sun	11-Jan	09:45 AM - 10:15 AM	46744
Sun	11-Jan	11:30 AM - 12:00 PM	46745
Mon	12-Jan	04:00 PM - 04:30 PM	46734
Tues	13-Jan	05:35 PM - 06:05 PM	46736
Tues	13-Jan	04:00 PM - 04:30 PM	46735
Wed	14-Jan	07:00 PM - 07:30 PM	46738
Thu	15-Jan	04:35 PM - 05:05 PM	46739
Thu	15-Jan	05:10 PM - 05:40 PM	46740
Thu	15-Jan	07:00 PM - 07:30 PM	46750
Sat	17-Jan	09:00 AM - 09:30 AM	46741
Sat	17-Jan	10:55 AM - 11:25 AM	46742

## CONDENSED SWIMMER 1

30 Minutes/8 Sessions

\$128.00/ \$96.00 Members

Tue	13-Jan	06:10 PM - 06:40 PM	46748
Sat	17-Jan	09:35 AM - 10:05 AM	46749
Mon	12-Jan	05:10 PM - 05:40 PM	46747

## SWIMMER 1 - 8 YEARS +

30 Minutes/8 Sessions

\$97.00/ \$73.00 Members

Sun	11-Jan	10:55 AM-11:25 AM	46751
Thu	15-Jan	7:00 PM - 7:30 PM	46750

## 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/8 Sessions

\$97.00/ \$73.00 Members

Sun	11-Jan	09:00 AM - 09:30 AM	46769
Sun	11-Jan	10:20 AM - 10:50 AM	46770
Mon	12-Jan	06:25 PM - 06:55 PM	46752
Tue	13-Jan	05:10 PM - 05:40 PM	46753
Tue	13-Jan	06:20 PM - 06:50 PM	46755
Wed	14-Jan	04:35 PM - 05:05 PM	46756
Thu	15-Jan	05:00 PM - 05:30 PM	46757
Thu	15-Jan	05:45 PM - 06:15 PM	46763
Sat	17-Jan	09:35 AM - 10:05 AM	46767
Sat	17-Jan	10:10 AM - 10:40 AM	46768

## CONDENSED SWIMMER 2

30 Minutes/8 Sessions

\$128.00/ \$96.00 Members

Sun	11-Jan	11:30 AM - 12:00 PM	46775
Mon	12-Jan	07:00 PM - 07:30 PM	46771
Wed	14-Jan	05:10 PM - 05:40 PM	46772
Thu	15-Jan	06:25 PM - 06:55 PM	46773
Sat	17-Jan	11:00 AM - 11:30 AM	46774







## 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/8 Sessions

\$97.00/ \$73.00 Members

Sun	11-Jan	10:55 AM - 11:25 AM	46784
Sun	11-Jan	10:10 AM - 10:40 AM	46782
Mon	12-Jan	05:45 PM - 06:15 PM	46776
Tue	13-Jan	05:35 PM - 06:05 PM	46778
Thu	15-Jan	04:00 PM - 04:30 PM	46779
Thu	15-Jan	07:00 PM - 07:30 PM	46780
Sat	17-Jan	11:30 AM - 12:00 PM	46781

## CONDENSED SWIMMER 3

30 Minutes/8 Sessions

\$128.00/ \$96.00 Members

Tue	13-Jan	04:35 PM - 05:05 PM	46796
Wed	14-Jan	05:45 PM - 06:15 PM	46798
Sat	17-Jan	09:50 AM - 10:20 AM	46801

## 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/8 Sessions

\$112.00/ \$84.00 Members

Mon	12-Jan	05:15 PM - 06:00 PM	46812
Tue	13-Jan	06:45 PM - 07:30 PM	46830
Sat	17-Jan	11:15 AM - 12:00 PM	46832

## 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/8 Sessions

\$112.00/ \$84.00 Members

Mon	12-Jan	06:45 PM - 07:30 PM	46803
Wed	14-Jan	05:05 PM - 05:50 PM	46806
Thu	15-Jan	05:35 PM - 06:20 PM	46808
Sat	17-Jan	09:00 AM - 09:45 AM	46811

## 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/8 Sessions

\$112.00/ \$84.00 Members

Mon	12-Jan	06:10 PM - 06:55 PM	46835
Tue	13-Jan	06:45 PM - 07:30 PM	46846





## **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/8 Sessions*

*\$112.00/ \$84.00 Members*

Wed 14-Jan 05:55 PM - 06:40 PM 46847

## **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/8 Sessions*

*\$112.00/ \$84.00 Members*

Sat 17-Jan 10:10 AM - 10:55 AM 46848

## **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/8 Sessions*

*\$112.00/ \$84.00 Members*

Sun 11-Jan 09:35 AM - 10:20 AM 32223



## **AQUA TEENS**

Aqua Teens is recommended for children aged 13-16 who have little to no swimming experience (Swimmers 1-3) and would like to learn the basics of floating, glides, and beginning front and back crawl with peers of similar age.

*45 Minutes/8 Sessions*

*\$112.00/ \$84.00 Members*

Wed 14-Jan 06:45 PM - 07:30 PM 46850





## ADULT BASICS

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

45 Minutes/8 Sessions

\$112.00/ \$84.00 Members

Sun	11-Jan	07:15 AM - 08:00 AM	46954
Sun	11-Jan	08:15 AM - 09:00 AM	46955
Fri	16-Jan	05:45 PM - 06:30 PM	46953
Fri	16-Jan	04:00 PM - 04:45 PM	46947



## ADULT INTERMEDIATE

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

45 Minutes/8 Sessions

\$112.00/ \$84.00 Members

Fri	16-Jan	04:55 PM - 05:40 PM	46956
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## ADULT STROKES

Adults Strokes is recommended for swimmers who have either completed Adult Basics 1 and 2 or have previous swimming experience. This lesson will be focused on technique and endurance for front and back crawl, as well as breaststroke progressions.

45 Minutes/8 Sessions

\$112.00/ \$84.00 Members

Fri	16-Jan	05:45 PM - 06:30 PM	46958
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## MASTER 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	6-Jan	7:30 PM-8:45 PM	48158
Wed	7-Jan	06:00 PM- 07:00PM	







## 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](mailto:aquatic@colehabourplace.com) or (902)464-5110.

**30 Minutes/8 Sessions**

**\$124.00 / \$94.00 Members**

### Inclusion Swimmers 1

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

### Inclusion Swimmers 2

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

### Inclusion Swimmers 3

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.

**CHP Inclusion Swimmers 1**

Fri

16-Jan

4:00 PM-4:30 PM

46935

**CHP Inclusion Swimmers 2**

Fri

16-Jan

4:35 PM-5:05 PM

46943

**CHP Inclusion Swimmers 3**

Fri

16-Jan

5:10 PM-5:40 PM

46946





## 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/8 Sessions**

**\$172.80/\$129.60 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/8 Sessions**

**\$172.80/ \$129.60 Members**



# AQUATICS LEADERSHIP CLASSES



## BRONZE STAR AND FUNDAMENTAL WORKPLACE FIRST AID

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

Prerequisites: 10 years old

*\$142.00/ Members-\$106.50*

Saturdays Jan 10-Feb 7th 9:00 AM - 12:00 PM 47249

## 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](mailto:Aquatics@coleharbourplace.com) or over the phone at (902)464-5110 to register.

*\$175.00/ Members-\$131.25*

Saturdays Jan 10th-Feb 14th 1:00 PM- 5:00 PM 47249

## 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*

Sundays Jan 11th-Feb 15th 1:00 PM- 6:00 PM 47251



# ADVANCED LEADERSHIP CLASSES

## EXAMINERS COURSE

The Examiner course is the first step in the three-step process to become certified as an Examiner for the Lifesaving Society. The Examiner course prepares candidates to apprentice successfully as an Examiner on the exam of their choice, and it builds on the evaluation experience that candidates have attained in instructor-evaluated awards and content. Prerequisites: Candidates must have taught or co-taught at least one course in the stream(s) in which they are seeking certification as an examiner.

*\$171.00/ Members-\$128.82*

Thursday January 22nd 5:00 PM - 10:00 PM 48141

## LIFESAVING INSTRUCTOR/FIRST AID INSTRUCTOR COURSE

The Lifesaving Instructor/First Aid Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards.

*\$300.00/Members-\$225.00*

Friday, Saturday & Sunday Jan 23rd-Jan 25th 5:00 PM-9:00PM Fri, 9:00 AM-5:00PM Sat/Sun 48143

## NATIONAL LIFEGUARD INSTRUCTOR COURSE

The National Lifeguard Instructor course provides candidates with an understanding of the principles and practices on which the National Lifeguard program is based and explores teaching approaches and techniques appropriate for National Lifeguard candidates.

*\$300.00/Members-\$225.00*

Friday, Saturday & Sunday Feb 27th-March 1st 5:00 PM-9:00PM Fri, 9:00 AM-5:00PM Sat/Sun 48155

# WORKPLACE FIRST AID COURSES

## BASIC WORKPLACE FIRST AID WITH CPR-B

Basic Workplace First Aid is for people who require a general knowledge of first aid principles and the emergency treatment of injuries. Skills include victim assessment, rescue breathing, CPR, choking, and allergies, managing severe bleeding, heart attack and stroke.

*February 21<sup>st</sup>, 2026*

*9:00am-5:00pm*

*\$150.00/ Members-\$112.50*

*Course Code: 47253*

## INTERMEDIATE WORKPLACE FIRST AID WITH CPR-C

The Nova Scotia Department of Labour, Skills and Immigration recognizes this course. Includes CPR-C certification. Intermediate Workplace First Aid provides comprehensive training covering all first aid and CPR aspects. Intermediate Workplace First Aid incorporates all of Basic Workplace First Aid. It is designed for those who require a more in-depth understanding of first aid, including the legal implications of first aid treatment, spinal injuries, heat and cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies.

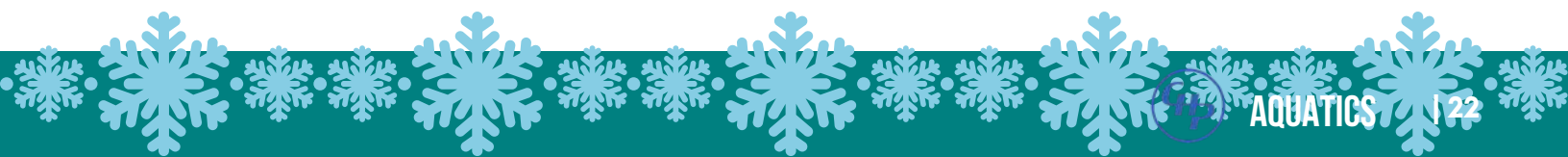
Participants must attend BOTH days.

*March 7<sup>th</sup> & March 8<sup>th</sup> 2026*

*9:00am-5:00pm both days*

*\$150.00/ Members-\$112.50*

*Course Code: 47255*



# 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**



FITNESS

123





## HEAVY BAG BOOTCAMP

**New!**

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.

Optional equipment: Hand wraps and Mouth Guard

*60 Minutes/8 Sessions - \$71.95 Member- \$53.96*

Friday Jan 16-March 6 08:00 AM 47004 Functional Training Room

## YIN YOGA & CHAKRA MEDITATION

Yin Yoga & Chakra Meditation with Janice. Relax in a recovery Yin yoga pose or sit in a chair. Calm the mind & soothe the body. Enjoy yin yoga, meditation, or both. Bring a blanket and a pillow.

*60 Minutes/8 Sessions - \$136.80 Member- \$102.60*

Thurs Jan 15-March 5 07:00 PM 47044 Stewart Hall





## 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. 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/8 Sessions - \$82.81 Member- \$62.11

Thu Jan 15-March 5 11:00 AM 47002 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. It is recommended to bring a blanket and a toy for the little ones.

60 Minutes/8 Sessions - \$82.81 Member- \$62.11

Tue Jan 13-March 3 11:00 AM 46994 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 few minutes of class. Lead by Taylor, a certified water and fitness instructor.

60 Minutes/8 Sessions - \$86.64 Member- \$64.93

Wed Jan 14-March 4 11:00 AM 46996 Pool Deck

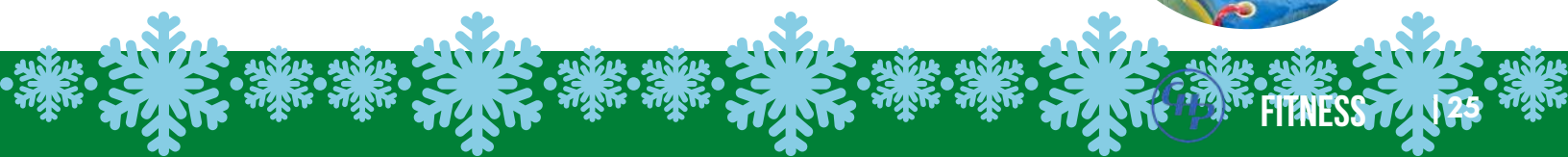
## STRENGTH CIRCUIT FOR PARENTS

**New!**

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 11am in our Flying Cloud room. Head to our Functional Training room for an instructor lead circuit based cardio and strength training class from 11:10-12:10. Class will incorporate various strength training equipment including barbells, dumbbells and kettlebells. Pickup after class in the Flying Cloud room at 12:15pm. Ages 2-4.

60 Minutes/8 Sessions - \$95.00 Member- \$71.25

Mon Jan 12-March 2 11:00 AM 46993 Flying Cloud Room



# SMALL GROUP PERSONAL TRAINING CLASSES



**Learn the skills to confidently conquer your goals in the gym with a personalized workout program created just for you. Limited to just 3-5 spaces per group, we provide a focused and supportive environment to learn and connect with others who share similar goals. Get the motivation of a team, the guidance of a coach, and the accountability to reach your goals over this tailored 8 week program.**

## GROUP PERSONAL TRAINING FOR WOMEN

*60 Minutes/8 Sessions - \$290.40/Members \$217.78*

Mon Jan 12-March 2 5:15 PM 47422

## GROUP PERSONAL TRAINING FOR BEGINNERS

*60 Minutes/8 Sessions - \$290.40/Members \$217.78*

Fri Jan 16-March 6 1:00 PM 47440

## GROUP PERSONAL TRAINING FOR YOUTH

*60 Minutes/8 Sessions - \$260.00/Members \$195.00*

Sat Jan 17-March 7 1:00 PM 48199

## GROUP PERSONAL TRAINING - BARBELL BASICS

*60 Minutes/8 Sessions - \$290.40/Members \$217.78*

Sun Jan 11-March 1 10:00 AM 47443





# 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](mailto:tnaugle@coleharbourplace.com) for more information.



TRAINING SESSION PACKAGES	MEMBER Cost of package per person			GENERAL PUBLIC Cost of package per person		
	ONE ON ONE	SEMI-PRIVATE	SMALL GROUP	ONE ON ONE	SEMI-PRIVATE	SMALL GROUP
INDIVIDUAL SESSION	\$80.00	\$48.00	\$33.00	\$97.00	\$67.00	\$40.00
PACKAGES OF 5	\$333.00	\$211.00	\$164.00	\$425.00	\$302.00	\$194.00
PACKAGES OF 10	\$605.00	\$363.00	\$303.00	\$691.00	\$545.00	\$363.00
PACKAGES OF 20	\$1089.00	\$604.00	\$532.00	\$1,451.00	\$968.00	\$654.00

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

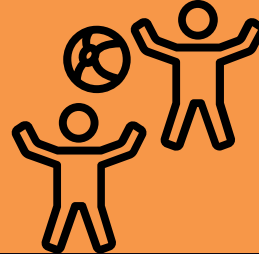
## DRYLAND TEAM TRAINING

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](mailto:tnaugle@coleharbourplace.com) for more information.



# RECREATION



## 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/8 Sessions - \$128.00 Member -\$96.00

Sat Jan 17th-March 7th 10:15 AM - 12:00 PM 47479



## 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/8 Sessions - \$88.00 Member \$66.00

### BABIES: 0 - 14 MONTHS

Tue Jan 13-March 3 9:30am 46961

### WALKERS: 13 MONTHS - 3 YEARS

Thur Jan 15-March 5 9:30am 46962



## 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/8 Sessions - \$64.00 Member -\$48.00

Mon Jan 12-March 2nd 5:15 pm 47480

## 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/8 Sessions - \$95.00 Member -\$71.25.

Fri Jan 16-March 6 9:30 AM 47091





# SPECIAL EVENTS FOR KIDS

## The Sweetheart Shuffle Party

**February 13<sup>th</sup> 5:30pm-7:30pm**

Join us for the Sweetheart Shuffle! A fun Valentine's-themed dance for kids filled with music, laughter, and sweet treats. Dress in your favorite red, pink, or white outfit and get ready to show off your best dance moves, enjoy some snacks, and celebrate friendship and fun all night long!

**5-12 years old**

**\$26.00 General Public**

**\$19.50 Members**

**Course Code: 46969**

**Register online through your HRM Rec account.**

## 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.

**\$60.00 / Member \$45.00**

Sat	Jan 24th	9:00 AM - 3:00 PM	47095
Sat	Feb 21st	9:00 AM - 3:00 PM	46958



## HOME ALONE COURSE

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Ages 10-16

**\$60.00 / Member \$45.00**

Sat	Jan 31st	12:30 PM-3:30 PM	47089
Sat	Feb 28 <sup>th</sup>	12:30 PM-3:30 PM	47090





# MARCH BREAK CAMP

**Get ready for a week of fun activities! Don't miss out on the perfect break for kids! Includes daily craft, swimming, outdoor play, St. Patrick's Day fun, dance parties, and more!**

**Ages 5-12**

**8:30 am-4:30 pm**

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**\$240.00 General Public**

**\$180.00 Members**

**Course Code: 46971**

**No before or aftercare available for March break.**



**For any questions regarding March Break Camp, please contact  
[recreation@coleharbourplace.com](mailto:recreation@coleharbourplace.com)**



**Camper will need to bring to camp everyday:**

- Outdoor warm clothes/boots
- Swim suit
- Towel
- Indoor shoes
- Water bottle
- Lunch
- Snacks





# DARTMOUTH DANCE ACADEMY

## RULES

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



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

## ATTENDANCE

Please note DDA has an attendance policy in effect. Please see welcome/policy package for details. Dance classes run for 15 weeks.

Note: Ages are as of registration dates.

## RECITAL

All dancers perform in holiday and year end recital.

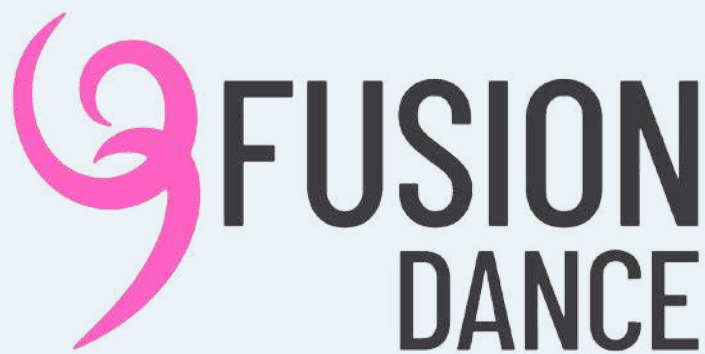
## DANCE DATES

- Jan 5<sup>th</sup> - Classes resume
- Jan 26<sup>th</sup> - Second term begins
- March 16<sup>th</sup> - 22<sup>nd</sup> - March Break, no classes
- April 3<sup>rd</sup> - 9<sup>th</sup> - Easter Break, no classes

## DRESS CODE

Little Stars - Level 2	Level 3+	Acro	Boys
<ul style="list-style-type: none"><li>• Pink tights</li><li>• Pink leotard</li><li>• Pink leather ballet shoes</li><li>• Beige tap shoes (if applicable)</li><li>• Pink skirt (optional)</li></ul>	<ul style="list-style-type: none"><li>• Black leotard</li><li>• Pink tights</li><li>• Pink leather ballet shoes</li><li>• Beige tap shoes</li><li>• Beige jazz shoes</li></ul>	<ul style="list-style-type: none"><li>• Black leotard</li><li>• Black jazz shorts</li><li>• Bare feet</li></ul>	<ul style="list-style-type: none"><li>• Black pants</li><li>• White t shirt</li><li>• Black dance shoes (ballet, tap, or jazz)</li></ul>
HAIR SHOULD ALWAYS BE TIED UP FOR SAFETY!			

# DANCE



## COMPETITIVE GROUPS

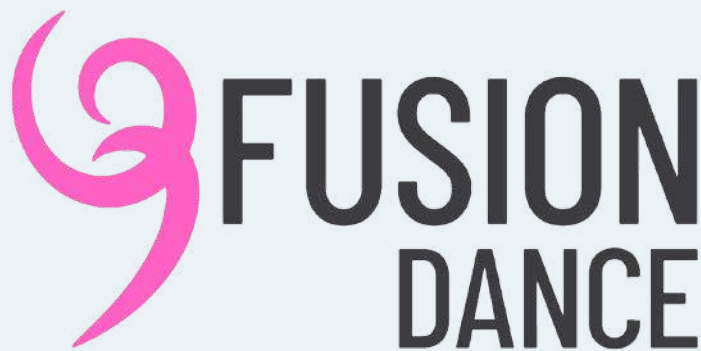


**Fusion registration  
for 2026 coming  
this spring, watch  
for details!**



Please direct all questions regarding dance to Lisa at [directordartmouthdance@gmail.com](mailto:directordartmouthdance@gmail.com)

# DANCE



## MONDAYS

### CDTA GRADE 1 BALLET

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

Jan 26-May 25 07:00PM - 07:45PM 46676

### CDTA GRADE 2 JAZZ

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

Jan 26-May 25 07:45 PM - 08:30 PM 46671

### CDTA GRADE 4 BALLET

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 26-May 25 04:45 PM - 05:45 PM 46682

### CDTA GRADE 4 JAZZ

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

Jan 26-May 25 06:15 PM - 07:00 PM 46690

### PRE POINTE/POINTE

30 Minutes/15 Sessions - \$117.00 Member- \$105.30

Jan 26-May 25 05:45 PM - 06:15 PM 46682

### FUSION JR HIP HOP

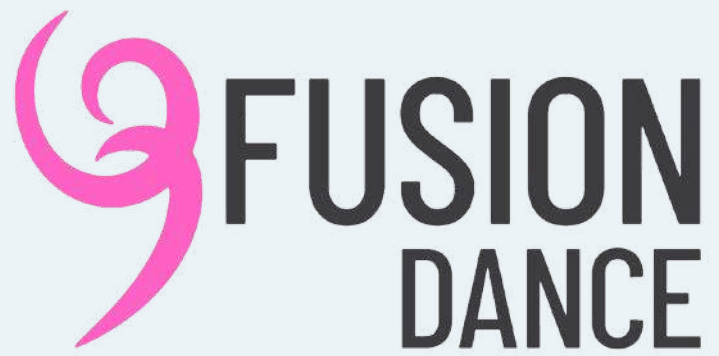
45 Minutes/15 Sessions - \$167.00 Member- \$150.30

Jan 26-May 25 06:15 PM - 07:00 PM 46691





# DANCE



## TUESDAY

### FURY/FRENZY BALLET

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 27-May 19 06:15 PM - 07:15 PM 46669

### FIESTA/ FIRE MODERN

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

Jan 27-May 19 05:30 PM - 06:15 PM 46687

### FURY/FRENZY JAZZ

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 27-May 19 07:15 PM - 08:15 PM 46677

### FIRE BALLET

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 27-May 19 07:15 PM - 08:15 PM 46681

### FIRE JAZZ

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 27-May 19 06:15 PM - 07:15 PM 46668

### FRENZY/FURY HIP HOP

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

Jan 27-May 19 08:15 PM - 09:00 PM 46689

### FURY/FRENZY MODERN

45 Minutes/15 Sessions - \$167.00 Member- \$150.30

Jan 27-May 19 05:30 PM - 06:15 PM 46673

### FIESTA BALLET/JAZZ

90 Minutes/15 Sessions - \$268.00 Member- \$241.20

Jan 27-May 19 04:00 PM - 05:30 PM 46670

### MINI STARS BALLET/JAZZ

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 27-May 19 04:30 PM - 05:30 PM 46692

### MINI STARS ACRO

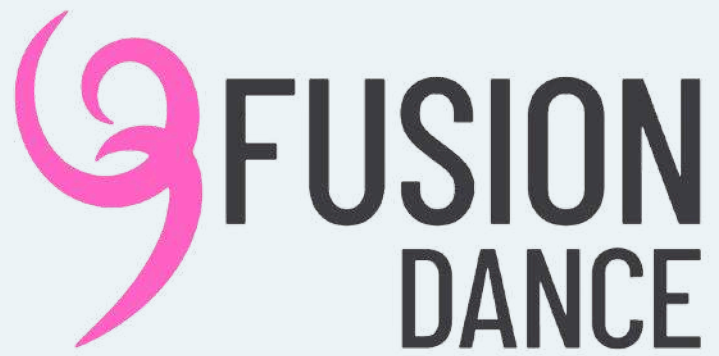
45 Minutes/15 Sessions - \$167.00 Member- \$150.30

Jan 27-May 19 05:30 PM - 06:15 PM 46665



Please direct all questions regarding dance to Lisa at [directordartmouthdance@gmail.com](mailto:directordartmouthdance@gmail.com)

# DANCE



## THURSDAY

### FURY/FRENZY ACRO

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 29-May 21 05:00 PM - 06:00 PM 46679

### FIRE ACRO

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 29-May 21 06:00 PM - 07:00 PM 46678

### FIESTA ACRO

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 29-May 21 04:00 PM - 05:00 PM 46680

### FIRE TAP

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 29-May 21 05:00 PM - 06:00 PM 46667

### FIRECRACKERS/ FIESTA TAP

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 29-May 21 04:00 PM - 05:00 PM 46688

### FURY/FRENZY TAP

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 29-May 21 06:00 PM - 07:00 PM 46674

### JUMPS & TURNS -TEAM FIRE, FURY & FRENZY

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 29-May 21 07:00 PM - 08:00 PM 46683

## FRIDAY

### FUSION ACRO

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 30-May 22 04:30 PM - 05:30 PM 46675

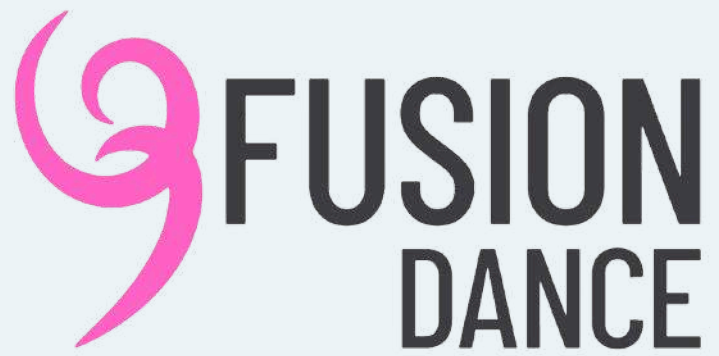
### STRETCH & STRENGTH

60 Minutes/15 Sessions - \$232.00 Member- \$208.80

Jan 30-May 22 05:30 PM - 06:30 PM 46666



# DANCE



## NON COMPETITIVE CLASSES- SATURDAYS

### LITTLE STARS

Ages 3-4 years old

45 Minutes/15 Sessions - \$227.00 Member- \$204.30

Jan 31-May 23

09:30 AM - 10:15 AM

46672

### PRESCHOOL COMBO BALLET/TAP

Ages 4-5 years old

45 Minutes/15 Sessions - \$227.00 Member- \$204.30

Jan 31-May 23

10:15 - 11:00 AM

46693

### CHILDREN'S COMBO BALLET/TAP /JAZZ

Ages 5-6 years old

60 Minutes/15 Sessions - \$254.00 Member -\$228.60

Jan 31-May 23

11:15 AM - 12:15 PM

46685

### LEVEL 1/2 BALLET/TAP/JAZZ

Ages 7-10 years old

60 Minutes/15 Sessions - \$254.00 Member -\$228.60

Jan 31-May 23

12:15 PM - 1:15 PM

46684



Please direct all questions regarding dance to Lisa at [directordartmouthdance@gmail.com](mailto:directordartmouthdance@gmail.com)



"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](mailto:jpower@coleharbourplace.com)