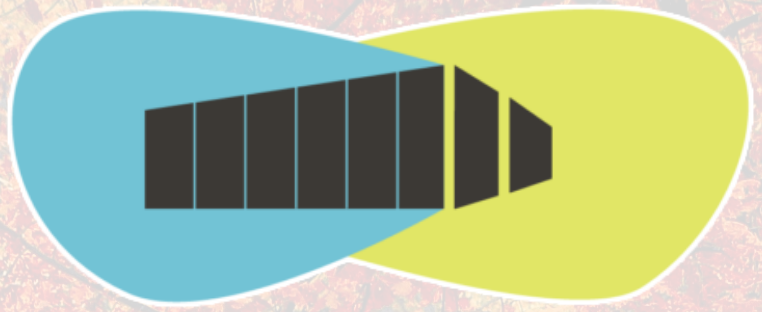




ZATZMAN  
SPORTSPLEX



FALL  
PROGRAM  
GUIDE  
2022





# ZATZMAN SPORTSPLEX

## TABLE OF CONTENTS

	<b>General Information.....1</b>		<b>Child &amp; Youth Rec Programs...14</b>
	<b>Membership at Zatzman Sportsplex 2</b>		<b>Adult Recreation Programs....16</b>
	<b>Aquatics Program Descriptions..... 3</b>		<b>Dartmouth Dance Academy.... 17</b>
	<b>Aquatics Leadership Courses.....4</b>		<b>In-Service Day Camps..... 22</b>
	<b>Drop-in Aquatics Programs.....5</b>		<b>Free Recreation at Zatzman.. 24</b>
	<b>Aquatics Program Schedule.....6</b>		<b>Event Space Rental..... 25</b>
	<b>Fitness Workshops.....10</b>		
	<b>Personal Training.....13</b>		



**@ZATZMANSPORTSPLEX**



**@ZSPORTSPLEX**



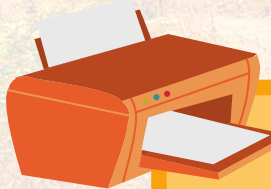
**@ZSPORTSPLEX**



**ZATZMANSPORTSPLEX.COM**



**FEEDLINK.IO/ZSPORTSPLEX**



### Want to print this guide?

We offer a printer-friendly version now with all the information and none of the colour!

Visit our Program Guide page at [zatzmansportsplex.com](http://zatzmansportsplex.com) to view and print the printer-friendly guide!



# GENERAL INFORMATION



110 WYSE RD.  
DARTMOUTH, NS  
(902) 464-2600 EXT 0

## FACILITY HOURS

Weekdays ..... 6 am - 10 pm  
Saturday ..... 6 am - 9 pm  
Sunday ..... 8 am - 10 pm  
Hours effective September 6, 2022 - June 30, 2023

### Facility Closed:

September 5th (Labour Day)  
December 24 (Christmas Eve) Closed at 4 pm.  
December 25 (Christmas Day)  
December 26 (Boxing Day)  
December 31 (New Years Eve) Closed at 4 pm.  
January 1 (New Years Day)

## STAFF DIRECTORY

Arne Buchanan - General Manager  
(902) 490-3179 | buchanar@halifax.ca

Lana McMullen - Director of Programs & Services  
(902) 490-3129 | mcmulll@halifax.ca

Kim Duffy - Accounting Director  
(902) 490-2979 | macdonki@halifax.ca

Ryan Kemp - Aquatics Coordinator  
(902) 490-3018 | kempr@halifax.ca

Tara Myra - Facility Events & Sport Coordinator  
(902) 490-2973 | myrat@halifax.ca

Andréa Morrison - Health, Fitness & Recreation Coordinator  
(902) 490-3132 | morrisan@halifax.ca

Michelle Harris - Welcome Desk Coordinator  
(902) 490-3283 | harrism@halifax.ca

Blayne Robinson - Sales & Marketing Coordinator  
(902) 490-2975 | blayne.robinson@halifax.ca

## Program Registration Dates:

Registration for Fitness Workshops, Dartmouth Dance, Child/Youth Rec Programs and Adult Rec Programs opens August 23rd at 9am.

Aquatic Program registration opens on August 30th at 9 am.

## How to Register for Programs:

Use Course Codes found in this guide to register for programs through Halifax MyRec at:

[RECREATION.HALIFAX.CA](https://recreation.halifax.ca)

### EXAMPLE CLASS

THURSDAYS

10:00 AM- 11:00 AM

\$22.50 (MEMBERS) | \$30.00 (NON-MEMBERS)

00056555



THIS IS THE COURSE CODE.

### REGISTRATION REQUIRES A MYREC ACCOUNT

PLEASE NOTE: HRM-RUN FACILITIES HAVE DIFFERENT REGISTRATION DATES THAN THE SPORTSPLEX.



Information within this guide may change at any time!

Visit [feedlink.io/zsportsplex](https://feedlink.io/zsportsplex) for quick access to the most recent:

Aquatics Schedule  
Fitness Class Schedule  
Gymnasium Schedule  
Track & Arena Schedule



[feedlink.io/zsportsplex](https://feedlink.io/zsportsplex)

## FACILITY AGE RESTRICTIONS

Walking/Running Track  
Open Skates  
& Gymnasium

Children 9 and under must be accompanied by an adult at all times.

Aquatics - Children 9 and under must be accompanied by an adult at all times. The adult must be 19+ and in the pool with the child.

Fitness Centre & Classes - Youth 16 and under must complete a fitness centre orientation program before using the centre.

These orientations can be booked online through Halifax MyRec. After login, choose 'Programs', then under Main Category choose either 'Youth Fitness' or 'Adult Fitness' and under sub-category choose "Dartmouth"

ZATZMAN SPORTSPLEX





# MEMBERS GET IT ALL!



## Fitness Classes

Yoga, Spin, Zumba,  
Weight Lifting, Boot Camp  
and more drop-in Fitness Classes!

When you become a Zatzman Sportsplex Member,  
you gain access to ALL of our facility!

Your Membership provides everything  
you need to begin or continue your  
personal fitness journey!

How will you use your Membership?

## Fitness Centre

Get moving in our Cardio Centre,  
Weight Room & Boxing Space  
inside our Fitness Centre!

## Gymnasium

Drop-in sports such as  
Pickleball & Basketball, or  
play what you like during  
open Gym time!

## Aquatics Centre

Swim in the Main Pool or  
unwind in our  
Leisure & Therapy Pools  
in our Aquatics Centre!

ALL PRICES ARE  
TAXES INCLUDED

## FAMILY MEMBERSHIP!

Annual (paid in full)	\$978
Annual (paid monthly)	\$98/month
6 month (paid in full)	\$675
1 month (paid in full)	\$150

## ADULT MEMBERSHIP!

Annual (paid in full)	\$685
Annual (paid monthly)	\$68/month
6 month (paid in full)	\$405
1 month (paid in full)	\$90

## SENIOR STUDENT/YOUTH MEMBERSHIP!

Annual (paid in full)	\$450
Annual (paid monthly)	\$45/month
6 month (paid in full)	\$270
1 month (paid in full)	\$60



Drop-in Fitness Classes  
Fitness Centre Access  
Use of Squash & Racquetball Courts  
Drop-in Gymnasium Sports  
Daily access to Walking/Running Track  
Access to Swims and Open Skates  
25% off Programs and Camps  
(excluding 1-month memberships)  
25% off Personal Training  
(excluding 1-month memberships)

Visit our Welcome Desk today to become a Member!  
Membership requires a Halifax MyRec account. Visit [recreation.halifax.ca](https://recreation.halifax.ca)



# AQUATIC PROGRAM DESCRIPTIONS



## BIBS & BUBBLES



This fun class introduces children to swimming with their parent or guardian helping them in the pool! All Bibs & Bubbles classes are 30 minutes in length.

**Bibs & Bubbles 1** (3 - 12 months)  
**Bibs & Bubbles 2** (12 - 24 months)  
**Bibs & Bubbles 3** (24 - 36 months)  
 \$97.20 (Members) | \$129.60 (Non-Members)

## PRESCHOOL



These classes introduce the fundamentals of swimming on their own to your child. All Preschool classes are 30 minutes in length.

**Preschool 1 - 5** (3 - 4 years)  
 \$97.20 (MEMBERS) | \$129.60 (NON-MEMBERS)  
**Max 3 Preschool 1 - 3**  
 \$120.60 (MEMBERS) | \$160.80 (NON-MEMBERS)

## ROOKIE PATROL



This course is for swimmers who have completed Swimmer 6 and want to continue their swimming development.

Patrol classes are 45 minutes in length

### Rookie Patrol

AGES 8-12  
 \$100.80 (MEMBERS) | \$134.40 (NON-MEMBERS)

## STAY & PLAY

Stay & Play is a brand new addition to our selection of Swimming Lessons. After we're done learning, it's time for fun! Stay longer for playtime in the pool! We offer Stay & Play on Saturdays & Sundays at 5:30 & 6:30 pm.

### Swimmer 1-3:

30 minutes of class  
 +15 minutes of games for learning  
 +15 minutes free play

### All Other Lessons:

45 minutes of class  
 +15 minutes free play

### Stay & Play Program

\$121.50 (MEMBERS) | \$162 (NON-MEMBERS)



LIFESAVING SOCIETY®

Our Swimming Lessons follow the Lifesaving Society curriculum, with programs available for infants as young as three-months-old!

All Programs are 12 classes long. See Aquatics Schedule on page 6 for Course Codes and lesson times.

## SWIMMER CLASSES



Swimmer 1, 2 & 3 classes are 30 minutes in length.  
 Swimmer 4, 5 & 6 classes are 45 minutes in length.  
 Lessons are for children ages 5 - 11. The only pre-requisite is the previous level. Children new to Swim Lessons start at Swimmer Level 1.

### Swimmer 1, 2 & 3

\$97.20 (MEMBERS) | \$129.60 (NON-MEMBERS)

### Swimmer 4, 5 & 6

\$100.80 (MEMBERS) | \$134.40 (NON-MEMBERS)

### Max 3 Swimmer 1, 2 & 3

\$120.60 (MEMBERS) | \$160.80 (NON-MEMBERS)

## YOUTH SWIM



Youth Swim classes are 45 minutes in length

This course will provide an understanding of the fundamentals of swimming in a comfortable environment

### Youth Swim 1, 2 & 3

\$100.80 (MEMBERS) | \$134.40 (NON-MEMBERS)

**Max 3 or 'M3' classes have a limit of 3 students.**

## RANGER PATROL



This course is for swimmers who have completed Rookie Patrol and want learn even more advanced swimming techniques.

Patrol classes are 45 minutes in length

### Ranger Patrol

AGES 8-12  
 \$100.80 (MEMBERS) | \$134.40 (NON-MEMBERS)

## STAR PATROL



This course is for swimmers who have completed Ranger Patrol and want to further their swimming skills and develop lifesaving and first aid skills

Patrol classes are 45 minutes in length

### Star Patrol

AGES 8-12  
 \$100.80 (MEMBERS) | \$134.40 (NON-MEMBERS)





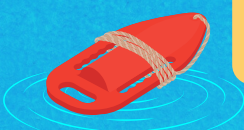
# AQUATIC LEADERSHIP PROGRAMS

ZATZMAN  
SPORTSPLEX

Bronze-level classes are for youth swimmers interested in becoming a lifeguard, swim instructor or want to undergo further aquatic training. These classes are for those who have completed Star Patrol or equivalent.



Registration for Aquatic Leadership Courses includes all materials, manuals, fees and exam.



## ■ BRONZE STAR



Bronze Star develops swimming proficiency, lifesaving skills and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts.

### Bronze Star

AGES 10-12  
SUNDAYS | SEPTEMBER 25 START  
10 SESSIONS | 12 HOURS TOTAL  
6:15 PM - 7:45 PM  
00060615  
\$90 (MEMBERS) | \$120 (NON-MEMBERS)

## ■ BRONZE MEDALLION +EMERGENCY FIRST AID

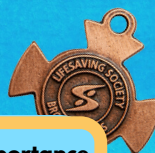


Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training.

### Bronze Medallion

AGES 13+ (or younger with Bronze Star cert.)  
SUNDAYS | SEPTEMBER 25 START  
11 SESSIONS  
4:00 PM - 6:00 PM  
00060614  
OR  
WEDNESDAY DECEMBER 21  
+ THURSDAY DECEMBER 22  
+ FRIDAY DECEMBER 23  
3 SESSIONS  
9:00 AM - 4:00 PM  
00060149  
\$97.50 (MEMBERS) | \$130 (NON-MEMBERS)

## ■ BRONZE CROSS +STANDARD FIRST AID



Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities.

### Bronze Cross

AGES 13+  
SUNDAYS | SEPTEMBER 25 START  
11 SESSIONS  
9:00 AM - 12:00 PM  
00060616  
OR  
TUESDAY, WEDNESDAY, THURSDAY + FRIDAY  
DECEMBER 27 - 30  
4 SESSIONS (4 CONSECUTIVE DAYS)  
9:00 AM - 4:30 PM  
00060150  
\$105 (MEMBERS) | \$140 (NON-MEMBERS)

REQUIRES BRONZE MEDALLION

## ■ SWIM FOR LIFE INSTRUCTOR



Do you want to become a swim instructor? Why not teach something you love! This course is what we look for when we recruit new Lifeguards and Swimming Instructors at our facility!

### Swim for Life Instructor

AGES 15+  
SUNDAY OCTOBER 2  
+ SATURDAY OCTOBER 15  
+ SUNDAY OCTOBER 16  
+ SATURDAY OCTOBER 22  
+ SUNDAY OCTOBER 23  
SEE MYREC FOR TIMES  
5 SESSIONS  
00060187  
OR  
DECEMBER 28 START  
5 SESSIONS (SEE MYREC FOR DATES)  
00060148  
\$154.40 (MEMBERS) | \$206 (NON-MEMBERS)

REQUIRES BRONZE CROSS

## ■ NATIONAL LIFEGUARD +STANDARD FIRST AID



Lifeguarding is an exciting and rewarding job that carries great responsibility! National Lifeguard is Canada's only nationally recognized lifeguard certification program. Hone your lifeguarding skills and learn first aid in this exciting course!

### National Lifeguard

AGES 15+  
SUNDAYS | OCTOBER 30 START  
6 SESSIONS  
9:00 AM - 5:00 PM  
00060152  
OR  
WED, THURS, FRI, SAT, SUN + MONDAY  
DECEMBER 21 START  
6 SESSIONS (SEE MYREC FOR DATES)  
9:00 AM - 5:00 PM  
00060151  
\$185.25 (MEMBERS) | \$247 (NON-MEMBERS)

REQUIRES BRONZE CROSS

## ■ LIFESAVING + FIRST AID INSTRUCTOR



Lifesaving Instructors are advanced and adept professionals qualified to teach Bronze Level Courses. Join us for this course and after 30 hours of training and practice teaching, you will be ready to go!

### Lifesaving + First Aid Instructor

AGES 16+  
SATURDAY DECEMBER 10  
+ SUNDAY DECEMBER 11  
+ SATURDAY DECEMBER 17  
+ CO-TEACH HOURS FOR CERTIFICATION  
3 SESSIONS + CO-TEACH HOURS  
9:00 AM - 5:00 PM  
\$135 (MEMBERS) | \$180 (NON-MEMBERS)  
00060153

REQUIRES BRONZE CROSS





# DROP-IN AQUATICS PROGRAMS

## ■ ADULT SWIMMING LESSONS



Are you an adult who wants to improve their swimming skills?

We offer three levels of Adult Swimming Lessons at our facility to help build your confidence in the water!

Participants are not required to register for an entire session; this course is week by week and no commitment!

This course is included with your Zatzman Sportsplex Membership. Non-Members must purchase a Day Pass to attend.

This course requires you to register through Halifax MyRec under 'drop-ins'.



SEPTEMBER 20 - DECEMBER 11  
SUNDAYS 4:15 PM - 5:00PM  
TUESDAYS 11:30 AM - 12:15 PM

## ■ PRIVATE SWIMMING LESSONS



Private swim lessons are available and suitable for when your child is struggling with a skill or level.

Classes are limited and will be available for registration on August 30th at 9M.

Lesson times are available to view on Halifax MyRec before registration.

Demand for this program is very high.

The Fall session is 12 weeks.

12 LESSONS

\$185.40 (MEMBERS) | \$247.20 (NON-MEMBERS)

Course times and prices are detailed on Halifax MyRec.

To register for Private Lessons:

- Log into Halifax MyRec
- Click "Search for Courses" on the left navigation pane
- Under "Advanced Search" type in "Private" for the program name
- Under Main Category select 'Youth Swimming'
- Select "Zatzman Sportsplex" as the Sub-Category
- Click the search button
- Select the lesson from the list of available times.

Info on Jr  
Guard and  
Tri-fit TBA!



# AQUATIC PROGRAMS SCHEDULE



## SUNDAYS SEPTEMBER 25 START

### COURSE CODE

### COURSE CODE

BIBS & BUBBLES 1	4:30 - 5:00 PM	00053696
BIBS & BUBBLES 2	4:00 - 4:30 PM	00053697
BIBS & BUBBLES 3	5:00 - 5:30 PM	00053698
PRESCHOOL 1	4:30 - 5:00 PM	00053699
PRESCHOOL 1	5:00 - 5:30 PM	00053700
M3 PRESCHOOL 1	9:15 - 9:45 AM	00060608
PRESCHOOL 2	4:30 - 5:00 PM	00053701
M3 PRESCHOOL 2	9:15 - 9:45 AM	00060609
PRESCHOOL 3	5:00 - 5:30 PM	00053702
M3 PRESCHOOL 3	8:45 - 9:15 AM	00060610
PRESCHOOL 4	5:00 - 5:30 PM	00053703
PRESCHOOL 5	5:00 - 5:30 PM	00053704
SWIMMER 1	5:00 - 5:30 PM	00060393
M3 SWIMMER 1	9:45 - 10:15 AM	00060611
S&P SWIMMER 1	5:30 - 6:30 PM	00053705

S&P SWIMMER 1	6:30 - 7:30 PM	00053706
SWIMMER 2	4:00 - 4:30 PM	00053707
M3 SWIMMER 2	9:45 - 10:15 AM	00060612
S&P SWIMMER 2	5:30 - 6:30 PM	00053708
S&P SWIMMER 2	6:30 - 7:30 PM	00053709
SWIMMER 3	4:00 - 4:30 PM	00053710
M3 SWIMMER 3	8:45 - 9:15 AM	00060613
S&P SWIMMER 3	5:30 - 6:30 PM	00053711
S&P SWIMMER 3	6:30 - 7:30 PM	00053712
S&P SWIMMER 4	5:30 - 6:30 PM	00053713
S&P SWIMMER 4	6:30 - 7:30 PM	00053714
S&P SWIMMER 5	5:30 - 6:30 PM	00053715
S&P SWIMMER 6	6:30 - 7:30 PM	00053716
S&P RANGER PATROL	6:30 - 7:30 PM	00053717
S&P ROOKIE PATROL	6:30 - 7:30 PM	00053718
S&P STAR PATROL	6:30 - 7:30 PM	00053719

\*S&P = Stay & Play  
\*M3 = Max 3 Participants

## MONDAYS SEPTEMBER 19 START

### COURSE CODE

### COURSE CODE

PRESCHOOL 1	4:30 - 5:00 PM	00053436
PRESCHOOL 2	5:00 - 5:30 PM	00053437
PRESCHOOL 3	5:30 - 6:00 PM	00053438
SWIMMER 1	4:00 - 4:30 PM	00059858

SWIMMER 1	6:00 - 6:30 PM	00053439
SWIMMER 2	6:00 - 6:30 PM	00053440
SWIMMER 3	6:00 - 6:30 PM	00053441
YOUTH SWIM 1	6:00 - 6:45 PM	00060400
YOUTH SWIM 2	6:45 - 7:30 PM	00060401





# AQUATIC PROGRAMS SCHEDULE



## TUESDAYS SEPTEMBER 20 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	4:00 - 4:30 PM	00053446
BIBS & BUBBLES 1	9:00 - 9:30 AM	00053447
BIBS & BUBBLES 2	5:30 - 6:00 PM	00053448
BIBS & BUBBLES 2	9:30 - 10:00 AM	00053449
BIBS & BUBBLES 3	10:00 - 10:30 AM	00060394
PRESCHOOL 1	5:30 - 6:00 PM	00053453
PRESCHOOL 1	6:00 - 6:30 PM	00053454
PRESCHOOL 1	4:00 - 4:30 PM	00060315
PRESCHOOL 2	5:00 - 5:30 PM	00053456
PRESCHOOL 2	6:00 - 6:30 PM	00053457
PRESCHOOL 2	4:30 - 5:00 PM	00053458
PRESCHOOL 3	5:00 - 5:30 PM	00053460
PRESCHOOL 4	6:00 - 6:30 PM	00053462
PRESCHOOL 5	6:00 - 6:30 PM	00053463

SWIMMER 1	4:00 - 4:30 PM	00059863
SWIMMER 1	5:45 - 6:15 PM	00053464
SWIMMER 1	5:30 - 6:15 PM	00053465
SWIMMER 1	4:45 - 5:15 PM	00053466
SWIMMER 2	5:00 - 5:30 PM	00053468
SWIMMER 2	4:30 - 5:00 PM	00053469
SWIMMER 3	5:15 - 5:45 PM	00053470
SWIMMER 3	4:30 - 5:00 PM	00053471
SWIMMER 4	5:15 - 6:00 PM	00053472
SWIMMER 4	4:00 - 4:45 PM	00053473
SWIMMER 5	4:30 - 5:15 PM	00053474
SWIMMER 5	7:15 - 8:00 PM	00053475
SWIMMER 6	6:30 - 7:15 PM	00053476
ROOKIE PATROL	7:15 - 8:00 PM	00053490
RANGER PATROL	6:30 - 7:15 PM	00053489
STAR PATROL	6:30 - 7:15 PM	00053491

## WEDNESDAYS SEPTEMBER 21 START

COURSE CODE

COURSE CODE

M3 PRESCHOOL 1	6:00 - 6:30 PM	00053492
M3 PRESCHOOL 2	6:00 - 6:30 PM	00053493
M3 PRESCHOOL 3	6:00 - 6:30 PM	00053494
M3 PRESCHOOL 4	5:30 - 6:00 PM	00053495
M3 PRESCHOOL 5	6:00 - 6:30 PM	00053496

M3 SWIMMER 1	6:00 - 6:30 PM	00053497
M3 SWIMMER 2	6:30 - 7:00 PM	00053498
M3 SWIMMER 3	5:30 - 6:00 PM	00053499
YOUTH SWIM 1	6:30 - 7:15 PM	00060402

\*M3 = Max 3 Participants



# AQUATIC PROGRAMS SCHEDULE



## THURSDAYS SEPTEMBER 22 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:30 - 6:00 PM	00053522
BIBS & BUBBLES 2	5:00 - 5:30 PM	00053523
BIBS & BUBBLES 3	4:30 - 5:00 PM	00053524
PRESCHOOL 1	5:00 - 5:30 PM	00053525
PRESCHOOL 1	6:00 - 6:30 PM	00053526
PRESCHOOL 1	4:30 - 5:00 PM	00053527
M3 PRESCHOOL 1	4:00 - 4:30 PM	00053529
PRESCHOOL 2	6:00 - 6:30 PM	00053530
PRESCHOOL 2	5:15 - 5:45 PM	00053531
M3 PRESCHOOL 2	4:00 - 4:30 PM	00053532
PRESCHOOL 3	4:30 - 5:00 PM	00053533
M3 PRESCHOOL 3	4:00 - 4:30 PM	00053534
PRESCHOOL 4	5:30 - 6:00 PM	00053535
PRESCHOOL 5	5:30 - 6:00 PM	00053536
M3 SWIMMER 1	4:00 - 4:30 PM	00053539
SWIMMER 1	5:00 - 5:30 PM	00053542
SWIMMER 1	5:45 - 6:15 PM	00053543

SWIMMER 1	6:00 - 6:30 PM	00053544
M3 SWIMMER 2	4:00 - 4:30 PM	00053540
SWIMMER 2	5:00 - 5:30 PM	00059900
SWIMMER 2	4:30 - 5:00 PM	00053545
SWIMMER 2	5:30 - 6:00 PM	00053546
M3 SWIMMER 3	4:00 - 4:30 PM	00053541
SWIMMER 3	4:30 - 5:00 PM	00053547
SWIMMER 3	5:15 - 5:45 PM	00053548
SWIMMER 4	7:15 - 8:00 PM	00053549
SWIMMER 4	4:30 - 5:15 PM	00053550
SWIMMER 5	5:00 - 5:45 PM	00053551
SWIMMER 6	4:30 - 5:15 PM	00053552
RANGER PATROL	5:45 - 6:30 PM	00053554
ROOKIE PATROL	6:30 - 7:15 PM	00053555
STAR PATROL	7:15 - 8:00 PM	00053556
YOUTH SWIM 1	5:45 - 6:30 PM	00053572
YOUTH SWIM 2	6:30 - 7:15 PM	00053573
YOUTH SWIM 3	6:00 - 6:45 PM	00053574

\*M3 = Max 3 Participants

## FRIDAYS SEPTEMBER 23 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	4:00 - 4:30 PM	00053578
BIBS & BUBBLES 2	4:30 - 5:00 PM	00053579
BIBS & BUBBLES 3	5:45 - 6:15 PM	00053580
PRESCHOOL 1	4:45 - 5:15 PM	00053581
PRESCHOOL 1	4:00 - 4:30 PM	00053582
PRESCHOOL 1	5:00 - 5:30 PM	00059932
PRESCHOOL 1	6:00 - 6:30 PM	00059934
PRESCHOOL 2	4:30 - 5:00 PM	00059933
PRESCHOOL 2	4:30 - 5:00 PM	00053583
PRESCHOOL 2	5:30 - 6:00 PM	00053584
PRESCHOOL 3	5:15 - 5:45 PM	00053585
PRESCHOOL 3	4:15 - 4:45 PM	00053586
PRESCHOOL 4	4:00 - 4:30 PM	00053587
PRESCHOOL 5	5:45 - 6:15 PM	00053588

SWIMMER 1	4:00 - 4:30 PM	00059935
SWIMMER 1	6:00 - 6:30 PM	00053591
SWIMMER 1	5:00 - 5:30 PM	00053592
SWIMMER 2	5:15 - 5:45 PM	00060674
SWIMMER 2	5:30 - 6:00 PM	00059936
SWIMMER 2	6:15 - 6:45 PM	00053593
SWIMMER 3	5:45 - 6:15 PM	00053595
SWIMMER 3	6:15 - 6:45 PM	00053594
SWIMMER 3	6:30 - 7:00 PM	00059937
SWIMMER 4	4:00 - 4:45 PM	00053597
SWIMMER 5	4:30 - 5:15 PM	00053598
SWIMMER 6	4:45 - 5:30 PM	00053599
ROOKIE PATROL	5:00 - 5:45 PM	00053603



# AQUATIC PROGRAMS SCHEDULE



## SATURDAYS SEPTEMBER 24 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	10:30 - 11:00 AM	00053620
BIBS & BUBBLES 2	9:00 - 9:30 AM	00053621
BIBS & BUBBLES 2	10:00 - 10:30 AM	00053622
BIBS & BUBBLES 2	11:00 - 11:30 AM	00053623
BIBS & BUBBLES 3	9:30 - 10:00 AM	00053625
BIBS & BUBBLES 3	11:30 - 12:00 PM	00053624

PRESCHOOL 1	11:00 - 11:30 AM	00053626
PRESCHOOL 1	10:00 - 10:30 AM	00053627
PRESCHOOL 1	11:30 - 12:00 PM	00053628
M3 PRESCHOOL 1	9:00 - 9:30 AM	00053629
M3 PRESCHOOL 1	9:30 - 10:00 AM	00053630
PRESCHOOL 2	11:30 - 12:00 PM	00053631
PRESCHOOL 2	10:00 - 10:30 AM	00053632
PRESCHOOL 2	10:30 - 11:00 AM	00053633
PRESCHOOL 2	11:00 - 11:30 AM	00053634
M3 PRESCHOOL 2	9:00 - 9:30 AM	00053635
M3 PRESCHOOL 2	9:30 - 10:00 AM	00053636
PRESCHOOL 3	10:00 - 10:30 AM	00053637
PRESCHOOL 3	9:30 - 10:00 AM	00053638
PRESCHOOL 3	11:30 - 12:00 PM	00053639
PRESCHOOL 3	10:15 - 10:45 AM	00053640
M3 PRESCHOOL 3	9:00 - 9:30 AM	00059938
M3 PRESCHOOL 3	10:30 - 11:00 AM	00053642
M3 PRESCHOOL 3	9:45 - 10:15 AM	00053643
PRESCHOOL 4	10:00 - 10:30 AM	00053644
PRESCHOOL 4	11:30 - 12:00 PM	00053645
M3 PRESCHOOL 4	9:00 - 9:30 AM	00053646
PRESCHOOL 5	10:00 - 10:30 AM	00053647
PRESCHOOL 5	9:00 - 9:30 AM	00053648
SWIMMER 1	10:30 - 11:00 AM	00053654
SWIMMER 1	11:00 - 11:30 AM	00053655
SWIMMER 1	9:30 - 10:00 AM	00053656

SWIMMER 1	11:30 - 12:00 PM	00053657
M3 SWIMMER 1	9:00 - 9:30 AM	00053650
M3 SWIMMER 1	9:30 - 10:00 AM	00053649
SWIMMER 2	9:45 - 10:15 AM	00053661
SWIMMER 2	10:30 - 11:00 AM	00053659
SWIMMER 2	11:00 - 11:30 AM	00053660
SWIMMER 2	11:30 - 12:00 PM	00053658
M3 SWIMMER 2	9:00 - 9:30 AM	00053651
M3 SWIMMER 2	9:30 - 10:00 AM	00053652
SWIMMER 3	10:00 - 10:30 AM	00053663
SWIMMER 3	11:30 - 12:00 PM	00053662
SWIMMER 3	10:30 - 11:00 AM	00053664
SWIMMER 3	11:00 - 11:30 AM	00053665
M3 SWIMMER 3	9:30 - 10:00 AM	00053653
M3 SWIMMER 3	9:00 - 9:30 AM	00060676
SWIMMER 4	9:00 - 9:45 AM	00053668
SWIMMER 4	10:00 - 10:45 AM	00053666
SWIMMER 4	10:30 - 11:15 AM	00053669
SWIMMER 4	11:00 - 11:45 AM	00053667
SWIMMER 5	9:00 - 9:45 AM	00053672
SWIMMER 5	9:30 - 10:15 AM	00053670
SWIMMER 5	11:00 - 11:45 AM	00053671
SWIMMER 6	10:15 - 11:00 AM	00053673
SWIMMER 6	10:45 - 11:30 AM	00053674
RANGER PATROL	9:00 - 9:45 AM	00053676
RANGER PATROL	10:30 - 11:15 AM	00053675
ROOKIE PATROL	9:45 - 10:30 AM	00053677
ROOKIE PATROL	11:15 - 12:00 PM	00053678
STAR PATROL	9:00 - 9:45 AM	00053680
STAR PATROL	10:30 - 11:15 AM	00053679
YOUTH SWIM 1	10:45 - 11:30 AM	00053693
YOUTH SWIM 2	10:15 - 11:00 AM	00060323
YOUTH SWIM 3	11:15 - 12:00 PM	00053695

\*M3 = Max 3 Participants



# FITNESS WORKSHOPS



**MEMBERS SAVE 25%!\***  
\*EXCLUDING 1-MONTH MEMBERSHIPS

Our Fitness Workshops are paid classes not included with your Zatzman Sportsplex membership.

We offer a variety of classes designed to help begin your fitness journey, advance your fitness to the next level, or learn new strategies to stay healthy!

## BEGINNER TRX

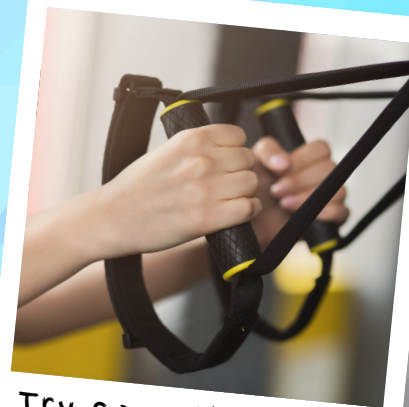
TRX (Total Body Resistance Exercise) training works wonders for overall functional strength, balance and endurance!

Whether you're brand new to fitness or looking for something fun and interesting to switch up your workouts, this class has something for everyone!

Join instructor Jason Skinner for this 60 minute intro to the TRX suspension system! Improve your balance, core strength, stability and mobility with movements you can use anywhere.

Register today - space is limited!  
Ages 13+

SATURDAY | OCTOBER 8  
10:00 AM- 11:00 AM  
\$20.25 (MEMBERS) | \$27 (NON-MEMBERS)  
00060334



Try something new!

THESE STRAPS ARE ALL YOU NEED!

ALL THAT'S MISSING IS YOU!



Beginners welcome!

Turn the page for more Fitness Workshops!





# FITNESS WORKSHOPS



## WOMEN'S INTRO TO WEIGHTLIFTING

Our experienced Personal Trainers will give you a simple, comprehensive introduction to weightlifting with tools and strategies you can use right away!

Free weights are an optimal training option for achieving the results you're looking for-whether it's fat loss, strength, muscle tone, higher energy levels, increased endurance, or simply a change in your workout routine!

**Register today - space is limited!**  
**Ages 18+**

**SATURDAY | OCTOBER 15**

**11:00 AM- 1:00 PM**

**\$30.87 (MEMBERS) | \$41.17 (NON-MEMBERS)**

**00060340**

**SATURDAY | NOVEMBER 19**

**11:00 PM- 1:00 PM**

**\$30.87 (MEMBERS) | \$41.17 (NON-MEMBERS)**

**00060341**



**MEMBERS SAVE 25%!\***  
**\*EXCLUDING 1-MONTH MEMBERSHIPS**

## WEIGHTLIFTING FOR YOUTH

Join us this Fall in this hands-on workshop where you'll learn how to safely and effectively begin to train with free weights while your body is still growing and developing.

You'll learn about many important aspects of fitness, such as workout design, training types, and what you need in order to progress and avoid injury.

**Register today - space is limited!**  
**Ages 10-17**

**FRIDAY | OCTOBER 14**

**4:00 PM - 5:00 PM**

**\$23.28 (MEMBERS) | \$31.05 (NON-MEMBERS)**

**00060335**

**FRIDAY | NOVEMBER 18**

**4:00 PM - 5:00 PM**

**\$23.28 (MEMBERS) | \$31.05 (NON-MEMBERS)**

**00060336**

**FRIDAY | DECEMBER 2**

**4:00 PM - 5:00 PM**

**\$23.28 (MEMBERS) | \$31.05 (NON-MEMBERS)**

**00060337**





# FITNESS WORKSHOPS



## BEGINNER MOBILITY & MYOFASCIAL RELEASE



This class demonstrates safe and effective techniques to relieve muscle tension and pain, and restore motion. Join Personal Trainer and Instructor Tam Nguyen for this thorough and practical class all about tools and exercises you can use to increase your mobility, and alleviate fascial tissue issues (such as pain, tightness, nerve reactions, etc)

This class uses props such as massage balls and foam rollers to release tension, returning the fascia to a more flexible state!

THURSDAY | OCTOBER 13

6:30 PM - 8:00 PM

\$30.87 (MEMBERS) | \$41.17 (NON-MEMBERS)

00060339

WEDNESDAY | DECEMBER 7

8:30 AM - 10:00 AM

\$30.87 (MEMBERS) | \$41.17 (NON-MEMBERS)

00060338



relieve tension...



restore motion and thrive!

## CARDIAC REBUILD



Join experienced Seniors' Fitness Instructor, Nesrine El Masry in this specialized class for a gentle return to exercise. This program is designed for individuals who have experienced a cardiac episode and have been through the "Hearts in Motion" program, or directly referred for exercise by their health practitioner.

Safely rebuild your cardiopulmonary health and overall fitness under the guidance of an attentive, highly qualified professional.

Held in our highly accessible, state-of-the-art weight room, this program is suitable for those with any level of experience and mobility.

MONDAYS & WEDNESDAYS | SEPTEMBER 19 - NOVEMBER 23

20 SESSIONS

1:00 PM - 2:15 PM

\$54.55 (MEMBERS) | \$72.73 (NON-MEMBERS)

00060333

This course is by referral only.

To register for this course, email our Health, Fitness & Recreation Coordinator Andréa Morrison, at [morrison@halifax.ca](mailto:morrison@halifax.ca)

**MEMBERS SAVE 25%!\***

\*EXCLUDING 1-MONTH MEMBERSHIPS



get moving again!



get stronger!



# ZATZMAN SPORTSPLEX PERSONAL TRAINING

**MEMBERS SAVE 25%!\*  
\*EXCLUDING 1- MONTH MEMBERSHIPS**



At Zatzman Sportsplex, we offer in-house Personal Training with our experienced staff of Trainers.

Signing up for Personal Training includes entry to our Fitness Centre; you are not required to have a Membership or pay for a Day Pass to meet with our Trainers; however, Members save 25% on Personal Training!

Sessions are 1 on 1. 'Personal' Training means our Trainers will work with you to develop a workout plan which accounts for your current fitness, your abilities and your fitness goals!

Our Trainers are certified in Personal Training by reputable organizations such as the ISSA (International Sport Sciences Association) and CanFitPro.

In addition to Personal Training, some of our Trainers are also certified in Nutrition and can help you develop a personalized Nutritional Plan as well.

For more information, or to book a commitment-free consultation, contact our Health, Fitness & Recreation Coordinator, Andréa Morrison at [morrison@halifax.ca](mailto:morrison@halifax.ca)

**"My favourite thing about my job is showing other people that they are so much stronger than they know and that the smallest changes can give you big results!"**

**-Laura Albert, Personal Trainer & Nutrition Coach**

**"It's always a wonderful and magical feeling for me to see my clients' quality of life improve as a reward for their sweat, time, and determination. I see this job as the way I can help; how I create my value; how I dedicate my life to this world."**

**-Tam Nguyen, Personal Trainer & Yoga Instructor**

**"My approach to why I love fitness is to look and feel great, and stay healthy as we get older. As it gives us a feeling of accomplishment & achievement. That feeling and satisfaction is what I work towards with my clients. I believe that fitness helps our overall health, raises self-esteem mentally and physically. It's simply fun, good for you and a great challenge!"**

**-Haitham Chehadi, Personal Trainer**

## Personal Training Packages

NUMBER OF SESSIONS	NON-MEMBER RATE/HOUR	MEMBER RATE/HOUR
1	\$109.25	\$81.94
3	\$103.50	\$77.63
6	\$97.75	\$73.31
10	\$92.00	\$69.00

**Prices include tax.**





# CHILD & YOUTH RECREATION PROGRAMS



These programs are designed to engage kids in the fun, active, and competitive nature of sports. Whether your kid is looking to level up their athletic skills, try something new, or stay active in a social setting, there's a program that's right for you! Programs are 12 weeks or 6 bi-weekly.



## INTRO TO SOCCER

This is a development program in a fun-filled and caring environment. Sessions are designed to promote personal growth and development. Each week includes focused instruction, and as players progress, they will move into small group games as they prepare for the next level & team play.

AGES 3-4  
SUNDAYS | SEPTEMBER 25 START  
12 SESSIONS  
11:30 AM - 12:00 PM  
\$72 (MEMBERS) | \$96 (NON-MEMBERS)  
00059924

AGES 5-8  
THURSDAYS | SEPTEMBER 25 START  
12 SESSIONS  
5:30 PM - 6:25 PM  
\$85.50 (MEMBERS) | \$114 (NON-MEMBERS)  
00059925

AGES 6-11  
SUNDAYS BI-WEEKLY | SEPTEMBER 25 START  
6 SESSIONS  
10:30 AM - 11:25 AM  
\$42.75 (MEMBERS) | \$57.00 (NON-MEMBERS)  
00059926



## INTRO TO BASKETBALL

This program is designed to give kids a strong basketball skills foundation while having fun learning the game from high-level young coaches. Is your little on the next LeBron James? Not if they don't start young!

AGES 3-4  
SATURDAYS | SEPTEMBER 24 START  
12 SESSIONS  
11:30 AM - 12:00 PM  
\$72 (MEMBERS) | \$96 (NON-MEMBERS)  
00059920

AGES 5-8  
SATURDAYS | SEPTEMBER 24 START  
12 SESSIONS  
10:30 AM - 11:25 AM  
\$85.50 (MEMBERS) | \$114 (NON-MEMBERS)  
00059921

AGES 9-11  
SATURDAYS | SEPTEMBER 24 START  
12 SESSIONS  
9:30 AM - 10:25 AM  
\$85.50 (MEMBERS) | \$114 (NON-MEMBERS)  
00059922



## INTRO TO VOLLEYBALL

Intro to Volleyball is a developmental level volleyball program designed to build the foundations and skills necessary to move on to recreation and potentially club and school level teams.

AGES 10-15  
TUESDAYS | SEPTEMBER 20 START  
12 SESSIONS  
7:30 PM - 8:25 PM  
\$85.50 (MEMBERS) | \$114 (NON-MEMBERS)  
00059927



## INTRO TO BADMINTON

Intro to Badminton is a development program in a fun-filled environment! Sessions are designed to promote personal growth and development. Each week includes focused instruction. As players progress, they will move into gameplay and skill refinement.

AGES 10-15  
WEDNESDAYS | SEPTEMBER 21 START  
12 SESSIONS  
7:00 PM - 7:55 PM  
\$85.50 (MEMBERS) | \$114 (NON-MEMBERS)  
00059923



# CHILD & YOUTH RECREATION PROGRAMS



These programs are designed to engage kids in the fun, active, and competitive nature of sports. Whether your kid is looking to level up their athletic skills, try something new, or stay active in a social setting, there's a program that's right for you! Programs are 12 weeks or 6 bi-weekly.

## ***MULTI SPORT!***



**This program has a little bit of everything! This course gives kids the basics of soccer, basketball as well as other sports such as dodgeball and floorball!**

### **MULTI SPORT**

**AGES 3-4**

**SATURDAYS | SEPTEMBER 24 START**

**12 SESSIONS**

**1:00 PM - 1:25 PM**

**\$72 (MEMBERS) | \$96 (NON-MEMBERS)**

**00059928**

**AGES 5-8**

**SATURDAYS | SEPTEMBER 24 START**

**12 SESSIONS**

**12:00 PM - 12:55 PM**

**\$85.50 (MEMBERS) | \$114 (NON-MEMBERS)**

**00059929**

**AGES 6-11**

**SUNDAYS BI-WEEKLY | OCTOBER 2 START**

**6 SESSIONS**

**10:30 AM - 11:25 AM**

**\$42.75 (MEMBERS) | \$57 (NON-MEMBERS)**

**00059930**



***TRY SOMETHING NEW! FIND YOUR SPORT!***



# ADULT RECREATION PROGRAMS



*Athletic programs aren't just for kids!*  
*Join our adult recreation programs and get moving in a fun and social setting!*  
*All classes are 18+*



## ADULT BEGINNER PICKLEBALL

Adult Beginner Pickleball is a 12-week development program to introduce and teach the fast-growing sport of pickleball!

Sessions are designed to teach the rules and build skills. Each week includes focused instruction, and as players progress, they will move into games and team play.

TUESDAYS | SEPTEMBER 20 START

12 SESSIONS

12:30PM- 2PM

\$101.25 (MEMBERS) | \$135 (NON-MEMBERS)

00059916

AGES 18+

WEDNESDAYS | SEPTEMBER 21 START

12 SESSIONS

5:30PM- 7PM

\$101.25 (MEMBERS) | \$135 (NON-MEMBERS)

00059915

AGES 18+



## ADULT INTERMEDIATE/ADVANCED PICKLEBALL

Adult Intermediate/Advanced Pickleball is a 12-week development program designed for players that have taken the Adult Beginner Pickleball course or have a minimum of two years of playing experience.

Sessions are designed to improve skill development and technique. Includes focused instruction, games, and team play.

FRIDAYS | SEPTEMBER 23 START

12 SESSIONS

5:30PM- 7PM

\$101.25 (MEMBERS) | \$135 (NON-MEMBERS)

00059917

AGES 18+



## PICKLEBALL SKILLS & DRILLS

This class is designed for experienced Pickleball players looking to further develop skills and build on the techniques to improve their overall game.

TUESDAYS | SEPTEMBER 20 START

6 SESSIONS

5:30PM- 7:30PM

\$67.50 (MEMBERS) | \$90 (NON-MEMBERS)

00059918

AGES 18+

TUESDAYS | NOVEMBER 1 START

6 SESSIONS

5:30PM- 7:30PM

\$67.50 (MEMBERS) | \$90 (NON-MEMBERS)

00059919

AGES 18+







Contact the DDA Director at:  
[DDAZatzman@gmail.com](mailto:DDAZatzman@gmail.com)  
with all questions about DDA



*Join us this Fall for a new season of dance!*  
*Whether you're a life-long dancer, returning to dance or joining dance for the first time- we have programs for any stage of your dance journey!*

## ■ PARENT & TOT

AGES 2-4  
SUNDAYS | SEPTEMBER 25 START  
15 SESSIONS  
9:30AM - 10:15AM  
\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)  
00060045

## ■ LITTLE STARS

AGES 3-4  
SUNDAYS | SEPTEMBER 25 START  
15 SESSIONS  
10:15AM - 11:00AM  
\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)  
00060046

## ■ PRESCHOOL COMBO

AGES 4-5  
SUNDAYS | SEPTEMBER 25 START  
15 SESSIONS  
11:00AM - 11:45AM  
\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)  
00060047

## ■ CHILDRENS COMBO

AGES 5-6  
SUNDAYS | SEPTEMBER 25 START  
15 SESSIONS  
12:00PM - 1:00PM  
\$180 (MEMBERS) | \$240 (NON-MEMBERS)  
00060048

## ■ LEVEL 1 BALLET JAZZ & TAP

AGES 6-7  
SUNDAYS | SEPTEMBER 25 START  
15 SESSIONS  
1:00PM - 2:00PM  
\$180 (MEMBERS) | \$240 (NON-MEMBERS)  
00060049



*Register for DDA courses on Halifax MyRec.*



## ■ LEVEL 2 BALLET JAZZ & TAP

AGES 7-9

SUNDAYS | SEPTEMBER 25 START

15 SESSIONS

2:00 - 3:15PM

\$217.50 (MEMBERS) | \$290 (NON-MEMBERS)

00060050

## ■ DANCE TIL YOU DROP

AGES 4-6

SATURDAYS | SEPTEMBER 24 START

10 SESSIONS

10:00AM - 10:45AM

\$86.50 (MEMBERS) | \$115 (NON-MEMBERS)

00060051

## ■ MINI HIP HOP

AGES 6-9

SATURDAYS | SEPTEMBER 24 START

10 SESSIONS

10:45AM - 11:30AM

\$86.50 (MEMBERS) | \$115 (NON-MEMBERS)

00060052

## ■ DISNEY ALL DAY

AGES 4-6

SATURDAYS | SEPTEMBER 24 START

10 SESSIONS

11:30AM - 12:15PM

\$86.50 (MEMBERS) | \$115 (NON-MEMBERS)

00060053



*Register for DDA courses on Halifax MyRec.*



## ■ CREATIVE MOVEMENT

AGES 3-4

MONDAYS | SEPTEMBER 19 START

15 SESSIONS

4:00PM - 4:45PM

\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)

00060054

## ■ PRESCHOOL COMBO

AGES 4-5

MONDAYS | SEPTEMBER 19 START

15 SESSIONS

4:45PM - 5:30PM

\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)

00060055

## ■ MINI ACRO

AGES 4-6

MONDAYS | SEPTEMBER 19 START

15 SESSIONS

5:30PM - 6:15PM

\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)

00060056

## ■ BEGINNER BALLET & JAZZ

AGES 8-11

MONDAYS | SEPTEMBER 19 START

15 SESSIONS

6:15PM - 7:00PM

\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)

00060057



*Register for DDA courses on Halifax MyRec.*



## ■ BALLET & LYRICAL

AGES 9-12

MONDAYS | SEPTEMBER 19 START

15 SESSIONS

7:00PM - 8:00PM

\$180 (MEMBERS) | \$240 (NON-MEMBERS)

00060058

## ■ BEGINNER HIP HOP

AGES 7-10

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

4:00PM - 4:45PM

\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)

00060059

## ■ TEEN HIP HOP

AGES 10-13

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

4:45PM - 5:30PM

\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)

00060060

## ■ NON COMPETITIVE TAP

AGES 9-15

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

5:30PM - 6:15PM

\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)

00060061



*Register for DDA courses on Halifax MyRec.*





## ■ NON COMPETITIVE BALLET & JAZZ

AGES 9-15

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

6:15PM - 7:15PM

\$180 (MEMBERS) | \$240 (NON-MEMBERS)

00060062

## ■ PRE-COMPETITIVE

AGES 8-12

THURSDAYS | SEPTEMBER 21 START

15 SESSIONS

4:30PM - 8:25PM

\$371.25 (MEMBERS) | \$495 (NON-MEMBERS)

00060606

## ■ ADULT TAP

AGES 18+

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

7:15PM - 8:15PM

\$180 (MEMBERS) | \$240 (NON-MEMBERS)

00060063

## ■ ADULT BALLET & JAZZ

AGES 18+

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

8:15PM - 9:15PM

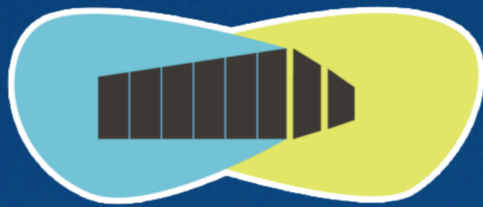
\$180 (MEMBERS) | \$240 (NON-MEMBERS)

00060064



*We hope you join us for another amazing season at DDA!*





**ZATZMAN  
SPORTSPLEX**

# In-Service Day Camps!



**Come join us at the Zatzman Sportsplex for a day of fun!**

**All camps are 8:30am - 4:30pm  
\$26.25/Day (Members) | \$35/Day (Non-Members)  
Ages 5 1/2 - 11  
Campers 5 years 6 months of age must be in Primary.**

## WHAT DO WE DO AT CAMP?



**All of our Day Camps include  
swimming, open gym, arts & crafts and games!  
We have two snack times and a lunch break.  
Campers are sure to be tired at pick-up time!**



## IN-SERVICE DATES:

**FRIDAY OCTOBER 28TH**  
00059851

**MONDAY NOVEMBER 21ST**  
00059996

**THURSDAY DECEMBER 1ST**  
00059997

**FRIDAY DECEMBER 2ND**  
00059995

## HOLIDAY DATES:

**WEDNESDAY DECEMBER 21ST**  
00059998

**THURSDAY DECEMBER 22ND**  
00059999

**FRIDAY DECEMBER 23RD**  
00060000

# Holiday Camps!



**Come join us over the Holidays for Day Camp!**

**To register, login to Halifax MyRec and register using  
the course code for the date you have chosen.**





ZATZMAN SPORTSPLEX

# Summer Camps!

From all of our Camp Counsellors,

Thanks for an amazing Summer! We hope you had a blast at camp!

See you next Summer!



# Free Recreation! AT ZATZMAN SPORTSPLEX



As part of our Community Access Program, we are happy to offer these free recreation options at Zatzman Sportsplex!

**free!**

## ■ WALKING/RUNNING TRACK



Our track is open year-round for those who like an indoor alternative for walking and running.

Walkers and runners are welcome to bring strollers or walking poles on the track.

The track schedule is as follows:

Tuesday, Wednesday, Thursday & Sunday: the track is free for everyone.

Monday, Friday & Saturday: non-Members may use the track by purchasing a Day Pass or Punch Pass.



take a stroll indoors!



## ■ TEEN TAKEOVER!

*Coming!  
Soon!*

After two years off, Teen Takeover will return later this Fall!

On Friday nights, teens takeover the Zatzman Sportsplex to unwind from a busy week and hang out in a fun, safe, and inclusive environment.

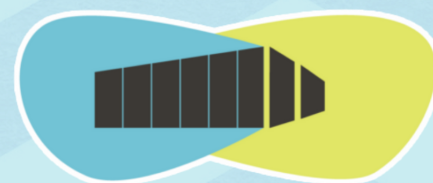
They can play sports in our Gymnasium, swim in our Aquatics Centre, do activities in our Multi-purpose rooms and more!

Follow us on social media for updates on Teen Takeover's future return!



# NEED SPACE TO HOST AN EVENT?

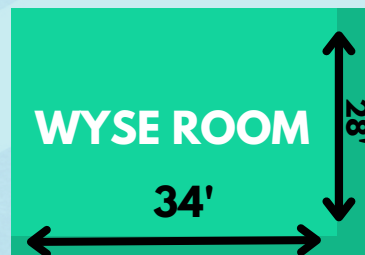
Our three multipurpose rooms can accommodate your corporate event, education seminar or social gathering!



**ZATZMAN  
SPORTSPLEX**

## ■ WYSE ROOM

This rental space is approximately 1000 sqft.  
Maximum Capacity of 70 people when standing.  
Rent this space for \$213 for a ½ day OR \$270 for a full day.



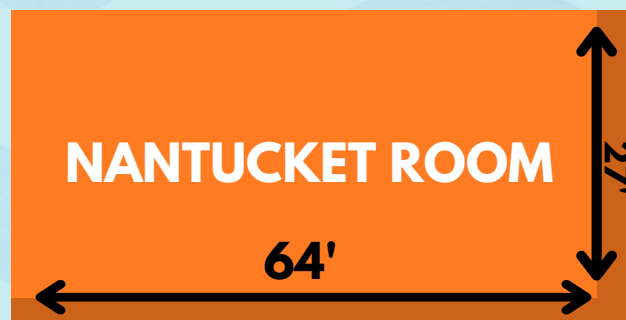
## ■ THISTLE ROOM

This large space is approximately 1400 sqft.  
Maximum capacity of 110 people when standing.  
This room features a refrigerator, sink & microwave.  
Rent this space for only \$270 for a ½ day or \$397 for a full day.



## ■ NANTUCKET ROOM

This is our largest space at approximately 1700 sqft.  
Maximum capacity of 165 people when standing.  
This room features a refrigerator, sink & microwave.  
Rent this space for only \$270 for a ½ day or \$397 for a full day (same as Thistle Room)



**Half day rental is 4 hours. Full day rental is 8 hours.  
Setup before your event is part of rental time.**

**Each room rental features:**

- Tables & chairs (setup by Sportsplex Staff)
  - A mounted 50" TV for your use
  - Projection Screen (projector available)
  - Natural lighting
  - Privacy from rest of facility
- (Tables wheeled with 2'x6' tabletops)

**Prices include tax. Registered Non-profits save 25%!  
Book 6 or more events in a year at once to save 25%!**

**Email Tara at [MyraT@halifax.ca](mailto:MyraT@halifax.ca) to book your event!**