



FALL 2025 PROGRAM GUIDE



FALL 2025

PROGRAM

GUIDE

Table of Contents

- 2 Welcome to the Zatzman Sportsplex
- 3 Pool Parties
- 4 Aquatic Program Descriptions
- 8 Aquatic Program Schedules
- 14 Aquatic Leadership
- 16 Aquatic Drop-In Programs
- 17 Recreational Sport Programs
- 22 Sportball Programs
- 23 Pickleball Programs
- 24 Fitness Workshops
- 28 In-Service Day Camps
- 30 Dartmouth Dance Academy

Follow us for
updates!



@zsportsplex



/ZatzmanSportsplex

Stay connected on our
website!

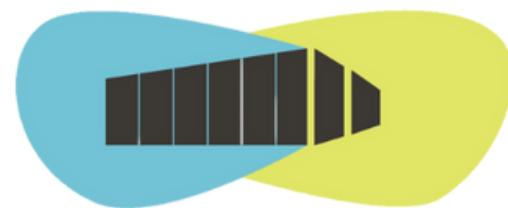


www.zatzmansportsplex.com



Welcome to

THE ZATZMAN SPORTSPLEX!



110 Wyse Road, Dartmouth

(902) 464 2600

www.zatzmansportsplex.com

FALL HOURS

Weekdays: 6:00 am - 10:00 pm

Saturday: 6:00 am - 9:00 pm

Sunday: 8:00 am - 10:00 pm

Holiday Hours

Monday, Sept 1 - Closed for Labor Day

Tuesday, Nov 11 - Open at 12:00PM

Wednesday, Dec 24 - Closing at 12:00PM

Thursday, Dec 25 - Closed for Christmas Day

Friday, Dec 26 - Closed for Boxing Day

Wednesday, Dec 31 - Closing at 4:00PM

Thursday, Jan 1 - Closed for New Year's Day

Registration starts
August 26, 9:00AM

Staff

Scott Forward

General Manager

(902) 490-3179 | scott.forward@halifax.ca

Lana McMullen

Director of Programs & Services

(902) 490-3129 | mcmulll@halifax.ca

Kim Duffy

Accounting Director

(902) 490-2979 | macdonki@halifax.ca

Miriam Mutale-Simmonds

People & Culture Manager

(902) 490-3014 | Miriam.MutaleSimmonds@halifax.ca

Ryan Kemp

Aquatics Coordinator

(902) 490-3018 | kempr@halifax.ca

Jason Ward

Health & Fitness Coordinator

(902) 490-3132 | jason.ward@halifax.ca

Tara Myra

Facility Rentals & Events Coordinator

(902) 490-2973 | myrat@halifax.ca

Laurel Myers

Sport & Recreation Coordinator

(902) 490-3170 | myersl@halifax.ca

Michelle Harris

Welcome Desk Coordinator

(902) 490-3283 | harrism@halifax.ca

Andrew Reid

Welcome Desk Supervisor

(902) 490-3282 | andrew.reid@halifax.ca

Stella Udekwe

Marketing & Communications Coordinator

(902) 490-2975 | ljeoma.udekwe@halifax.ca

Pool Parties

Each of our pool party packages includes one hour of swimming, followed by one hour in a party room!

Each party gets its own exclusive section of the pool. Available for booking now!

Party Package A - Half Leisure Pool

This party has shared access to the splash pad and blue slide. Up to 15 children with 5 adults. \$169.52

Party Package B - Half of Each Pool

Includes access to half of both the main and leisure pools along with slides and splash pad.

Up to 25 children and adults. \$278.56

Party Package C -

Both Pools (This party is available every second Saturday.)

The big one! Full use of slides, splash pad, rope swing and more!

Up to 40 children and adults. \$495.66



Parties are available for registration NOW on MyRec!

SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.

See pages 8 - 13 for course codes and times.

BIBS & BUBBLES

Bibs & Bubbles structures in-water interaction between parent and child to teach the importance of play in developing water-positive attitudes and skills.

Activities and progressions are based on child development, so parents are to register their child in the level appropriate to their age.

All Bibs & Bubbles classes are **30 minutes long**.

PRESCHOOL

The Preschool Program gives children a head-start on learning to swim. Preschool programs develop an appreciation and healthy respect for the water.

In our 5 basic aquatic progressions, we work to ensure 3-4 year-olds become comfortable in the water and have fun developing foundational skills. Children start at Level 1 and progress based on the instructor's recommendations.

All Preschool classes are **30 minutes long**. Also available as Max 3 classes where there are a maximum of 3 children in the class for more individual attention.

SWIMMER CLASSES

SWIMMER 1: 30 minutes **SWIMMER 2: 30 minutes** **SWIMMER 3: 30 minutes**

These beginners will become comfortable jumping into water with and without a life-jacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking on their front and back.

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into water while wearing a life-jacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10m on their front and back, and be introduced to flutter kick training (4 x 5m).

These junior swimmers will dive, do in-water front somersaults, and handstands. They'll work on 15m front crawl, back crawl and 10m of kick. Flutter kick interval training increases to 4 x 15m.



SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.

See pages 8 - 13 for course codes and times.

SWIMMER CLASSES CONTINUED:

SWIMMER 4: 45 min

These intermediate swimmers will swim 5m underwater and full lengths of back crawl, whip kick and breaststroke. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it off with front crawl sprints over 25m and 4 x 25m front or back crawl interval training.

SWIMMER 5: 45 min

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward summersaults. They'll refine their front and back crawl over 50m swims of each, and breaststroke over 25m. Then, they'll pick up the pace in 25m sprints and two interval training bouts: 4 x 50m front or back crawl and 4 x 15m breaststroke.

SWIMMER 6: 45 min

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps, and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25m. They'll easily swim lengths of front or back crawl and 300m workouts.

+ STAY & PLAY

Stay & Play classes include additional time for fun in the water. We offer Stay & Play on select Saturday and Sunday classes.

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

MAX 3 SWIMMER CLASSES

The following classes are offered with a maximum of 3 participants so each child gets more individual attention. These classes follow the same curriculum as regular Swimmer classes. See previous page for course descriptions. Max 3 classes are only for Swimmer 1, 2 & 3.

SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 8 -13 for course codes and times.

PATROL CLASSES (Ages 6 - 12)

ROOKIE PATROL: SWIMMER 7 (45 min)

Rookie Patrol features timed 200m swims, 100m fitness medley and support/carry of 5lb. weight. Content is challenging but achievable with effort. Skills enhance capability in the water, including non-contact rescue.

RANGER PATROL: SWIMMER 8 (45 min)

Ranger Patrol features timed 100m swims, 350m workouts and swims with clothes. A work hard/play hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart behaviour.

STAR PATROL: SWIMMER 9 (45 min)

Star Patrol features timed 300m swims, 600m workouts, lifeguard whistle signals, and airway and bleeding first-aid priorities. Demands good physical conditioning and lifesaving judgement.

YOUTH SWIM CLASSES (Ages 9 - 14)

YOUTH SWIM 1 (45 min)

You'll work towards a 10-15m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-10m interval training.

YOUTH SWIM 2 (45 min)

Kick it up a notch working on two interval training workouts of 4 x 25m, kicking front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. You'll be supporting yourself at the surface for 1 minute and showing off your handstands in shallow water.

YOUTH SWIM 3 (45 min)

You'll learn eggbeater, stride entries, and compact jumps. You'll be doing a 300m workout and sprinting 25-50m. You'll master front crawl, back crawl and breaststroke.



MORE SWIMMING PROGRAMS

ADULT SWIMMING LESSONS

Are you an adult aiming to make a splash with your swimming skills? Dive into our trio of Adult Swimming Lessons, designed to boost your aquatic confidence! No need to commit to a full session—our course rides the wave week by week!

Adult Swimmer 1: Perfect for those who can't swim 5m yet and feel like a fish out of water in deep ends.

Adult Swimmer 2: For those who can glide 5m solo and feel cozy in the deep.

Adult Swimmer 3: For the pros who can cruise through 25m unassisted.

Want to take it up a notch? Check out TriFit! Got questions? Drop a line to Ryan Kemp at kempr@halifax.ca.

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

Adult Swimming Lessons require registration. [Click here](#) to register. Under the Main Menu, select "Drop-In Bookings." Scroll to Aquatics and click Adult Swimming. You can also filter to narrow your search.

Adult Swimming Lessons

Sundays

Adult Swimmer 1: 7:30 - 8:15pm

Adult Swimmer 2: 6:45 - 7:30pm

Adult Swimmer 3: 6:00 - 6:45pm

Wednesdays

Adult Swimmer 1: 9:45 - 10:30am

Adult Swimmer 2: 10:30 - 11:15am

Adult Swimmer 3: 11:15am - 12:00pm

PRIVATE SWIMMING LESSONS (Ages 5+)

Private swim lessons are 30mins in length and are beneficial when your child is struggling with a skill, level, or special learning needs. Adults are also welcome to book a private lesson. Levels offered are Swimmer 1-6, Rookie, Ranger and Star patrol, Youth swim 1-3 and all adult levels. Classes are limited.

Lesson times are available to view online before registration starts. To view class times [click here](#).

- Log into your account
- Click the Menu icon
- Then click "Program Registration"
- Under the Aquatics heading, click "Private Lessons"
- Select "Private Swim Lessons (ZSP) and click "Show"
- Scroll and select the lesson from the list of available times.
- You can also click the Filter Icon beside "Private Lessons" to narrow your search.

AQUATIC PROGRAM SCHEDULES

SUNDAYS

START DATE: SEPT 21

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	27735
BIBS & BUBBLES 2	4:15 - 4:45 PM	27719
BIBS & BUBBLES 3	4:30 - 5:00 PM	27738
PRESCHOOL 1	4:00 - 4:30 PM	27457
PRESCHOOL 1	5:30 - 6:00 PM	27736
M3 PRESCHOOL 1	4:30 - 5:00 PM	27445
PRESCHOOL 2	4:00 - 4:30 PM	27443
PRESCHOOL 2	5:45 - 6:15 PM	27732
M3 PRESCHOOL 2	4:45 - 5:15 PM	27720
PRESCHOOL 3	4:00 - 4:30 PM	27065
PRESCHOOL 3	6:30 - 7:00 PM	27496
M3 PRESCHOOL 3	6:15 - 6:45 PM	27733
PRESCHOOL 4	4:00 - 4:30 PM	27737
M3 PRESCHOOL 4	5:30 - 6:00 PM	27493
PRESCHOOL 5	4:00 - 4:30 PM	27024
SWIMMER 1	4:00 - 4:30 PM	27045
SWIMMER 1	6:45 - 7:15 PM	27723
M3 SWIMMER 1	4:40 - 5:30 PM	32758
M3 SWIMMER 1	5:15 - 5:45 PM	27722
S&P SWIMMER 1	5:30 - 6:30 PM	27033
S&P SWIMMER 1	6:30 - 7:30 PM	27035
SWIMMER 2	6:00 - 6:30 PM	27495
SWIMMER 2	7:00 - 7:30 PM	27730
M3 SWIMMER 2	5:00 - 5:30 PM	27446
S&P SWIMMER 2	5:30 - 6:30 PM	27057

S&P SWIMMER 2	6:30 - 7:30 PM	27058
SWIMMER 3	7:00 - 7:30 PM	27497
M3 SWIMMER 3	6:30 - 7:30 PM	27729
S&P SWIMMER 3	4:30 - 5:30 PM	27028
S&P SWIMMER 3	5:30 - 6:30 PM	27434
S&P SWIMMER 3	6:30 - 7:30 PM	27476
SWIMMER 4	4:15 - 5:00 PM	27728
S&P SWIMMER 4	4:30 - 5:30 PM	27431
S&P SWIMMER 4	5:30 - 6:30 PM	27454
SWIMMER 5	4:00 - 4:45 PM	27479
SWIMMER 5	7:15 - 8:00 PM	27724
S&P SWIMMER 5	5:30 - 6:30 PM	27473
S&P SWIMMER 6	6:30 - 7:30 PM	27439
S&P ROOKIE PATROL	6:30 - 7:30 PM	27455
S&P RANGER PATROL*	4:30 - 5:30 PM	27459
S&P STAR PATROL*	4:30 - 5:30 PM	27463
YOUTH SWIM 1	5:45 - 6:30 PM	27759
YOUTH SWIM 2	4:45 - 5:30 PM	27485
YOUTH SWIM 3	5:00 - 5:45 PM	27755

S&P = STAY & PLAY

M3 = MAX 3 PARTICIPANTS

***** = COMBINED CLASS

Bibs & Bubbles 1 (4 - 12 months)
Bibs & Bubbles 2 (13 - 24 months)
Bibs & Bubbles 3 (25 - 36 months)
 \$117 (Members) | \$138 (Non-Members)

Preschool 1-5 (3-4 Years)
 \$117 (Members) | \$138 (Non-Members)
MAX 3 Preschool 1-5
 \$145 (Members) | \$170 (Non-Members)

AQUATIC PROGRAM SCHEDULES

MONDAYS

START DATE: SEPT 15

COURSE CODE

COURSE CODE

M3 PRESCHOOL 1	4:30 - 5:00 PM	27788
PRESCHOOL 2	6:00 - 6:30 PM	27802
M3 PRESCHOOL 2	5:00 - 5:30 PM	27790
M3 PRESCHOOL 2	5:30 - 6:00 PM	27792
M3 PRESCHOOL 3	5:00 - 5:30 PM	27789
M3 PRESCHOOL 3	5:30 - 6:00PM	27796
M3 PRESCHOOL 4	6:00 - 6:30PM	27798
M3 PRESCHOOL 5	6:30 - 7:00 PM	27801
SWIMMER 1	6:00 - 6:30 PM	27786
SWIMMER 1	5:00 - 5:30 PM	27782

M3 SWIMMER 1	4:30 - 5:00 PM	27781
M3 SWIMMER 1	6:30 - 7:00 PM	27772
SWIMMER 2	6:00 - 6:30 PM	27787
M3 SWIMMER 2	5:15 - 5:45 PM	27767
M3 SWIMMER 2	6:30 - 7:00 PM	27780
SWIMMER 3	6:00 - 6:30 PM	27783
M3 SWIMMER 3	4:45 - 5:15 PM	27760
M3 SWIMMER 3	7:00 - 7:30 PM	27775
SWIMMER 4	5:45 - 6:30 PM	27785

Swimmer 1, 2 & 3 (Ages 5-11)

\$117(Members) | \$138 (Non-Members)

Swimmer 4, 5 & 6

\$122 (Members) | \$144 (Non-Members)

Stay & Play Program

\$153 (Members) | \$180 (Non-Members)

Max 3 Swimmer 1, 2 & 3

\$145 (Members) | \$170 (Non-Members)

Fall Programs are
12 weeks unless
otherwise noted.



AQUATIC PROGRAM SCHEDULES

TUESDAYS

START DATE: SEPT 16

COURSE CODE

BIBS & BUBBLES 1	4:00 - 4:30 PM	27947
BIBS & BUBBLES 2	5:30 - 6:00 PM	27948
BIBS & BUBBLES 3	3:30 - 4:00 PM	27946
PRESCHOOL 1	4:30 - 5:00 PM	27949
PRESCHOOL 1	5:30 - 6:00 PM	27951
PRESCHOOL 1	6:00 - 6:30 PM	27950
PRESCHOOL 2	4:30 - 5:00 PM	27953
PRESCHOOL 2	5:00 - 5:30 PM	27952
PRESCHOOL 3	5:00 - 5:30 PM	27954
PRESCHOOL 4	4:00 - 4:30 PM	27956
PRESCHOOL 4	6:00 - 6:30 PM	27955
PRESCHOOL 5	6:00 - 6:30 PM	27957
SWIMMER 1	4:45 - 5:15 PM	27933
SWIMMER 1	5:00 - 5:30 PM	27931
SWIMMER 1	5:00 - 5:30 PM	27932
SWIMMER 1	5:30 - 6:00 PM	27930
SWIMMER 2	4:00 - 4:30 PM	27941
SWIMMER 2	4:30 - 5:00 PM	27935
SWIMMER 2	5:00 - 5:30 PM	27937
SWIMMER 2	5:30 - 6:00 PM	27936
SWIMMER 3	4:30 - 5:00 PM	27944
SWIMMER 3	5:00 - 5:30 PM	27945
SWIMMER 3	5:15 - 5:45 PM	27939
SWIMMER 3	6:00 - 6:30 PM	27938
SWIMMER 4	4:00 - 4:45 PM	27940
SWIMMER 4	5:15 - 6:00 PM	27923
SWIMMER 5	4:30 - 5:15 PM	27920
SWIMMER 5	7:15 - 8:00 PM	27921
SWIMMER 6	6:30 - 7:15 PM	27922
RANGER PATROL	6:30 - 7:15 PM	27942
STAR PATROL	6:00 - 6:45 PM	27943

WEDNESDAYS

START DATE: SEPT 17

COURSE CODE

M3 PRESCHOOL 1	4:45 - 5:15 PM	27958
M3 PRESCHOOL 1	3:45 - 4:15 PM	27959
M3 PRESCHOOL 1	5:00 - 5:30 PM	27962
M3 PRESCHOOL 2	3:45 - 4:15 PM	27960
M3 PRESCHOOL 2	6:00 - 6:30 PM	27961
M3 PRESCHOOL 3	4:00 - 4:30 PM	27963
M3 PRESCHOOL 3	5:00 - 5:30 PM	27964
M3 PRESCHOOL 4	4:15 - 4:45 PM	27965
SWIMMER 1	4:30 - 5:00 PM	27974
M3 SWIMMER 1	4:15 - 4:45 PM	27973
M3 SWIMMER 1	5:30 - 6:00 PM	27966
M3 SWIMMER 1	6:00 - 6:30 PM	27967
M3 SWIMMER 2	4:30 - 5:00 PM	27969
M3 SWIMMER 2	5:30 - 6:00 PM	27970
M3 SWIMMER 2	6:00 - 6:30 PM	27971
M3 SWIMMER 3	4:45 - 5:15 PM	27973
M3 SWIMMER 3	6:00 - 6:30 PM	27972
SWIMMER 4	6:30 - 7:15 PM	27976
SWIMMER 5	5:15 - 6:00 PM	27977
RANGER PATROL*	5:15 - 6:00 PM	27978
STAR PATROL*	5:15 - 6:00 PM	27979

Rookie, Ranger and Star Patrol

\$122 (Members) | \$143.00 (Non-Members)

AQUATIC PROGRAM SCHEDULES

THURSDAYS START DATE: SEPT 18

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	4:00 - 4:30 PM	28194
BIBS & BUBBLES 2	5:00 - 5:30 PM	28193
BIBS & BUBBLES 3	4:30 - 5:00 PM	28211
PRESCHOOL 1	4:45 - 5:15 PM	28203
PRESCHOOL 1	5:00 - 5:30 PM	28204
PRESCHOOL 1	5:30 - 6:00 PM	28205
M3 PRESCHOOL 1	4:00 - 4:30 PM	28219
PRESCHOOL 2	5:15 - 5:45 PM	28202
PRESCHOOL 2	6:00 - 6:30 PM	28200
M3 PRESCHOOL 2	5:00 - 5:30 PM	20220
PRESCHOOL 3	4:30 - 5:00 PM	28196
PRESCHOOL 3	5:30 - 6:00 PM	28207
M3 PRESCHOOL 3	4:00 - 4:30 PM	28222
PRESCHOOL 4	4:30 - 5:00 PM	28217
M3 PRESCHOOL 4	4:00 - 4:30 PM	28224
M3 PRESCHOOL 5	5:15 - 5:45 PM	28226
SWIMMER 1	4:15 - 4:45 PM	28136
SWIMMER 1	5:30 - 6:00 PM	28133
SWIMMER 1	6:00 - 6:30 PM	28139
M3 SWIMMER 1	4:00 - 4:30 PM	28113
M3 SWIMMER 1	5:00 - 5:30 PM	28114

SWIMMER 2	4:30 - 5:00 PM	28127
SWIMMER 2	5:30 - 6:00 PM	28130
SWIMMER 2	6:00 - 6:30 PM	28132
M3 SWIMMER 2	4:00 - 4:30 PM	28123
SWIMMER 3	5:00 - 5:30 PM	28170
SWIMMER 3	5:15 - 5:45 PM	28168
SWIMMER 3	6:00 - 6:30 PM	28169
M3 SWIMMER 3	4:00 - 4:30 PM	28116
M3 SWIMMER 3	4:30 - 5:00 PM	28121
SWIMMER 4	4:30 - 5:15 PM	28176
SWIMMER 4	5:45 - 6:30 PM	28174
SWIMMER 5	7:15 - 8:00 PM	28178
SWIMMER 6	4:30 - 5:15 PM	28179
ROOKIE PATROL	6:30 - 7:15 PM	28180
RANGER PATROL	6:30 - 7:15 PM	28183
STAR PATROL	7:15 - 8:00 PM	28186
YOUTH SWIM 1	5:45 - 6:30 PM	28190
YOUTH SWIM 2	7:15 - 8:00 PM	28188
YOUTH SWIM 3	6:30 - 7:15 PM	28189



AQUATIC PROGRAM SCHEDULES

FRIDAYS

START DATE: SEPT 19

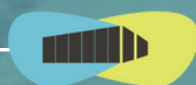
COURSE CODE

COURSE CODE

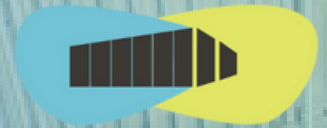
BIBS & BUBBLES 1	5:30 - 6:00 PM	28295
BIBS & BUBBLES 2	4:30 - 5:00 PM	28296
BIBS & BUBBLES 3	5:00 - 5:30 PM	28298
PRESCHOOL 1	4:30 - 5:00 PM	28270
PRESCHOOL 1	5:30 - 6:00 PM	28271
M3 PRESCHOOL 1	5:00 - 5:30 PM	28299
PRESCHOOL 2	5:30 - 6:00 PM	28274
PRESCHOOL 2	5:45 - 6:15 PM	28273
PRESCHOOL 3	4:30 - 5:00 PM	28275
PRESCHOOL 3	5:30 - 6:00 PM	28290
PRESCHOOL 4	4:30 - 5:00 PM	28291
PRESCHOOL 5	5:00 - 5:30 PM	28293
SWIMMER 1	4:45 - 5:15 PM	28316
SWIMMER 1	5:00 - 5:30 PM	28318
SWIMMER 1	5:15 - 5:45 PM	28317
M3 SWIMMER 1	6:00 - 6:30 PM	28300
M3 SWIMMER 1	6:30 - 7:00 PM	28301

SWIMMER 2	4:00 - 4:30 PM	28329
SWIMMER 2	5:00 - 5:30 PM	28321
SWIMMER 2	5:30 - 6:00 PM	28320
SWIMMER 2	6:00 - 6:30 PM	28323
M3 SWIMMER 2	5:30 - 6:00 PM	28313
SWIMMER 3	4:00 - 4:30 PM	28326
SWIMMER 3	4:30 - 5:00 PM	28324
SWIMMER 3	6:00 - 6:30 PM	28325
M3 SWIMMER 3	6:30 - 7:00 PM	28315
SWIMMER 4	4:00 - 4:45 PM	28327
SWIMMER 4	5:30 - 6:15 PM	28328
SWIMMER 5	4:00 - 4:45 PM	28330
SWIMMER 5	6:15 - 7:00 PM	28331
SWIMMER 6	4:45 - 5:30 PM	28333
ROOKIE PATROL	6:15 - 7:00 PM	28334
RANGER PATROL	6:30 - 7:15 PM	28335
STAR PATROL	6:30 - 7:15 PM	28338

There will be no lessons on
Friday , October 31 after 4:00 PM.
Any programs before 4:00PM
will happen as scheduled.



AQUATIC PROGRAM SCHEDULES



SATURDAYS

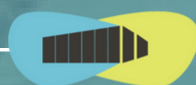
START DATE: SEPT 20

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	10:30 - 11:00 AM	28414
BIBS & BUBBLES 2	9:00 - 9:30 AM	28416
BIBS & BUBBLES 2	10:00 - 10:30 AM	28415
BIBS & BUBBLES 2	11:00 - 11:30 AM	28417
BIBS & BUBBLES 3	9:30 - 10:00 AM	28418
BIBS & BUBBLES 3	11:30 - 12:00 PM	28419
PRESCHOOL 1	10:00 - 10:30 AM	28420
PRESCHOOL 1	11:00 - 11:30 AM	28421
M3 PRESCHOOL 1	9:00 - 9:30 AM	28406
M3 PRESCHOOL 1	9:30 - 10:00 AM	28404
M3 PRESCHOOL 1	9:30 - 10:00 AM	28405
PRESCHOOL 2	9:00 - 9:30 AM	28424
PRESCHOOL 2	10:00 - 10:30 AM	28422
PRESCHOOL 2	10:30 - 11:00 AM	28423
PRESCHOOL 2	11:00 - 11:30 AM	28425
M3 PRESCHOOL 2	9:00 - 9:30 AM	28407
M3 PRESCHOOL 2	9:30 - 10:00 AM	28408
PRESCHOOL 3	10:15 - 10:45 AM	28427
PRESCHOOL 3	11:30 - 12:00 PM	28426
M3 PRESCHOOL 3	9:00 - 9:30 AM	28409
M3 PRESCHOOL 3	9:30 - 10:00 AM	28410
M3 PRESCHOOL 3	10:30 - 11:00 AM	28411
PRESCHOOL 4	10:30 - 11:00 AM	28428
M3 PRESCHOOL 4	9:00 - 9:30 AM	28412
PRESCHOOL 5	11:00 - 11:30 AM	28429
M3 PRESCHOOL 5	10:00 - 10:30 AM	28413
SWIMMER 1	10:00 - 10:30 AM	28440
SWIMMER 1	10:30 - 11:00 AM	28439
M3 SWIMMER 1	9:00 - 9:30 AM	28431
M3 SWIMMER 1	9:30 - 10:00 AM	28430

M3 SWIMMER 1	9:45 - 10:15 AM	28432
M3 SWIMMER 1	11:30 - 12:00 PM	28441
S&P SWIMMER 1	11:00 - 12:00 PM	28459
SWIMMER 2	10:00 - 10:30 AM	28442
SWIMMER 2	11:30 - 12:00 PM	28443
M3 SWIMMER 2	9:00 - 9:30 AM	28433
M3 SWIMMER 2	9:30 - 10:00 AM	28434
M3 SWIMMER 2	10:30 - 11:00 AM	28435
S&P SWIMMER 2	11:00 - 12:00 PM	28460
SWIMMER 3	10:00 - 10:30 AM	28446
SWIMMER 3	10:30 - 11:00 AM	28444
SWIMMER 3	10:45 - 11:15 AM	28445
M3 SWIMMER 3	9:00 - 9:30 AM	28437
M3 SWIMMER 3	9:30 - 10:00 AM	28436
M3 SWIMMER 3	11:30 - 12:00 PM	28438
S&P SWIMMER 3	11:00 - 12:00 PM	28461
SWIMMER 4	9:00 - 9:45 AM	28448
SWIMMER 4	10:00 - 10:45 AM	28447
S&P SWIMMER 4	11:00 - 12:00 PM	28462
SWIMMER 5	9:00 - 9:45 AM	28450
SWIMMER 5	9:30 - 10:15 AM	28449
SWIMMER 6	10:15 - 11:00 AM	28451
SWIMMER 6	10:45 - 11:30 AM	28452
ROOKIE PATROL	9:45 - 10:30 AM	28453
ROOKIE PATROL	11:15 - 12:00 PM	28454
RANGER PATROL*	10:30 - 11:15 AM	28455
RANGER PATROL*	11:15 - 12:00 PM	28456
STAR PATROL*	10:30 - 11:15 AM	28457
STAR PATROL*	11:15 - 12:00 PM	28458



AQUATIC LEADERSHIP

Bronze-level classes are for youth swimmers interested in becoming a lifeguard, swim instructor or want to further their 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. **Candidates are responsible to keep books from one course to the next.**

BRONZE STAR

The Life Saving Society's Bronze Star develops swimming proficiency, life saving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills and apply fitness principles in training workouts. This course is a pre-requisite for Bronze Medallion for candidates under 13 years of age.



Bronze Star Course

Ages 10 - 13
Start Date: Sept 21
10 Sessions
Sundays, 6:15pm - 7:30pm
\$108.80 (Members) | \$128 (Non-Members)
28401

BRONZE MEDALLION +BASIC FIRST AID

The Life Saving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill and fitness are the four components for water rescue which form the basis of this course. Bronze Medallion now includes Basic First Aid certification and is a prerequisite for taking Bronze Cross.



Bronze Medallion Course

Ages 13+ (or completion of Bronze Star)
Start Date: Sept 21
Sundays, 4:00pm - 6:00pm
\$140.50 (Members) | \$166 (Non-Members)
11 Sessions
28392
Dates: Dec 20, 21 & 22, 9:00AM - 4:30PM
\$140.50 (Members) | \$166 (Non-Members)
32878

BRONZE CROSS +INTERMEDIATE FIRST AID

The Life Saving Society's Bronze Cross begins the transition from lifesaving to lifeguarding. Candidates strengthen and expand their lifesaving skills. This program includes Intermediate First Aid certification and is a pre-requisite for National Lifeguard training. ***Candidates must have their manuals from Bronze Medallion.**

REQUIRES BRONZE MEDALLION



Bronze Cross Course

Ages 13+ (or completion of Bronze Star)
Start date: Sept 17
Wednesdays, 5:30pm - 8:30pm
\$140.50 (Members) | \$166 (Non-Members)
10 Sessions
28402
Dates: Dec 27 -30, 9:00AM - 5:00PM
\$140.50 (Members) | \$166 (Non-Members)
32881

AQUATIC LEADERSHIP

These programs are for those who want to learn to teach swim and water safety. Registration for Aquatic Leadership Courses includes all materials, manuals, fees and exam. **Candidates are responsible to keep books from one course to the next.**

NATIONAL LIFEGUARD +OXYGEN ADMINISTRATION

Interested in Lifeguarding? Join us in this nationally-recognized lifeguarding course and learn how to identify hazards, airway management, and how to intervene before a scenario becomes life-threatening.

*Candidates must have their manuals used in Bronze Medallion and Cross

REQUIRES BRONZE CROSS

National Lifeguard

Ages 15+
START DATE: Sept 28
6 Sessions
28383
Dates: Dec 20 - 23 & 29 from 9:00 am - 5:00 pm
33106
\$221 (Members) | \$260 (Non-Members)

NATIONAL LIFEGUARD RE-CERTIFICATION COURSE

This course is the re-certification for the National Lifeguard program. This course includes Airway Management. Re-certification is required every 2 years. This course requires current intermediate workplace first aid

REQUIRES PREVIOUS NL CERTIFICATION

National Lifeguard Re-Certification

Ages 15+
Start Date: Dec 7 from 9:00 am - 4:30 pm
33070
Start Date: Dec 23 from 9:00 am - 4:30 pm
33077
\$96 (Members) | \$113 (Non-Members)

FIRST AID + CPR C RE-CERTIFICATION COURSE

This course is a recertification for basic or intermediate workplace first aid and CPR-C. Valid first aid certification is required.

First Aid + CPR C Re-Certification

Date: Dec 6, Saturday from 9:00 am - 4:00 pm
33096
\$100 (Members) | \$115 (Non-Members)

SWIM FOR LIFE INSTRUCTOR

Want to become a Swim Instructor?
This nationally-recognized course equips you with the skills you need to instruct aquatics programs - including most of the ones we teach at the Sportsplex!

REQUIRES BRONZE CROSS

Swim for Life Instructor

DATE: Nov 9 - 30
11:00am - 7:00pm
4 Sessions
\$184.45 (Members) | \$217 (Non-Members)
28384

FIRST AID + CPR C Basic or Intermediate

This course allows you to take basic and/or intermediate workplace first aid.

First Aid Course

Basic First Aid
Date: Oct 4 Saturday 9:00 am - 4:00 pm
33101
\$100 (Members) | \$115 (Non-Members)
Intermediate First Aid
Date: Oct 4 & 5 Saturday & Sunday 9:00 am - 4:00 pm
33100
\$130 (Members) | \$150 (Non-Members)



DROP-IN AQUATIC PROGRAMS

These drop-in programs do not require pre-registration and are included in your Membership! Non-Members can purchase a Day Pass or Punch Pass to attend. Be sure to check our facility schedule before each session!

JR./SR. GUARD

This swimming and rescue program is designed to keep aspiring lifeguards fit!

Jr. Guard

Sundays

8 - 11 Years Old:

5:30-6:25pm

12 - 15 Years Old:

6:30-7:25pm

Sr. Guard

Saturdays

15+ Years Old:

12:30pm - 1:30pm

TRI-FIT

Want to upgrade your lap swimming workout? Whether you are swimming to prepare for an open water race or just to get fit, come join us!

Jr. Tri-Fit

Wednesdays

Ages 8-11

6:00-6:45pm

Ages 12-15

6:45 - 7:30pm

Tri-Fit

Mondays & Wednesdays

Ages 16+

7:30-8:45pm

AQUA-FIT

Come get your workout on in the pool! Shallow water classes are for everyone!

Shallow Water

Aqua-Fit

Ages 16+

Mondays & Wednesdays

11:05am - 11:55am

Fridays

1:05 - 1:55 pm

CHILD & YOUTH RECREATIONAL SPORT PROGRAMS

Whether your child is starting a sport for the first time or they are looking to refine their skills, our programs are designed to engage kids in the fun, active and competitive nature of sport.

We provide **fun and exciting programs in an age-appropriate environment** with instruction from our trained staff.

PRESCHOOL AGES 4-5:

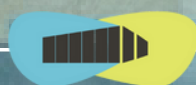
Children at this age learn best when they can explore, experiment and copy others. Our preschool programs are designed to provide children with a fun experience, and to keep them active. They're **focused on fun and physical activity.**

CHILD AGES 6-12:

Our programs are designed for kids to **learn new skills** and to promote personal growth and development **in a sports setting.** Each week includes focused instruction and small group games to encourage teamwork.

YOUTH AGES 13-16:

These development-level programs are designed to **build the foundations and skills** necessary to move on to recreational or club/school-level teams. These programs are for children who enjoy **practicing their skills** and **seeing personal growth** in their selected sport.





SOCCER

MEMBERS SAVE 15%

AGES 4-5

This 45-min class will have your little striker running and kicking the ball all over the gym!

Intro to Soccer: Ages 4 & 5

Start Date: Sept 21

12 Sessions

Sundays 1:30pm-2:15pm

\$92 (Members) | \$108 (Non-Members)

26460

AGES 6-8

This program is designed to promote personal growth and development. Each week includes focused instruction, and as players progress, they will move onto small group games!

Intro to Soccer: Ages 6-8

Start Date: Sept 21

12 Sessions

Sundays 12:30pm - 1:25pm

\$102 (Members) | \$120 (Non-Members)

26286

AGES 9-12

This development program is designed to promote personal growth and development. Each week includes focused instruction, and as players progress, they will move onto small group games!

Intro to Soccer: Ages 9-12

Start Date: Sept 21

12 Sessions

Sundays 11:30am - 12:25pm

\$102 (Members) | \$120 (Non-Members)

26274





BASKETBALL

AGES 4-5

Give your little one a head start on their dribbling skills, running, shooting, and more!

Intro to Basketball: Ages 4 & 5

Start Date: Sept 20

12 Sessions

Saturdays 11:30am - 12:15pm

\$92 (Members) | \$108 (Non-Members)

27545

AGES 6-8

This program is designed to give kids a strong basketball skills foundation while having fun!

Intro to Basketball: Ages 6-8

Start Date: Sept 20

12 Sessions

Saturdays 10:30am - 11:25am

\$102 (Members) | \$120 (Non-Members)

27543

AGES 9-12

This program further develops kids' movement skills and abilities.

Intro to Basketball: Ages 9-12

Start Date: Sept 20

12 Sessions

Saturdays 9:30am - 10:25am

\$102 (Members) | \$120 (Non-Members)

27539



VOLLEYBALL

This developmental volleyball program aims to establish the essential skills and foundations required for advancement to recreational teams and, potentially, club and school-level teams.

Ages 9 - 12

Start Date: Sept 16

12 Sessions

Tuesdays 6:30pm - 7:25pm

\$102 (Members) | \$120 (Non-Members)

27086

Ages 13 - 16

Start Date: Sept 16

12 Sessions

Tuesdays 7:30pm - 8:25pm

\$102 (Members) | \$120 (Non-Members)

27097



BADMINTON

This development program is tailored to foster personal growth, skill enhancement, and overall development. Each week features targeted instruction, and as players advance, they will have the opportunity to participate in matches!

Ages 9 - 12

Start Date: Sept 17

12 Sessions

Wednesdays 6:00pm - 6:55pm

\$102 (Members) | \$120 (Non-Members)

27110

Ages 13-16

Start Date: Sept 17

12 Sessions

Wednesdays 7:00pm - 7:55pm

\$102 (Members) | \$120 (Non-Members)

27111



ULTIMATE FRISBEE

This Intro to Ultimate Frisbee program is made for beginners to learn the rules and basic skills of the game- throwing, catching, running and jumping. Ultimate Frisbee is a co-ed team sport known for its excitement, fitness benefits, and friendly atmosphere!

Ages 12-15

Start Date: Sept 21

12 Sessions

Sundays 6:00pm - 7:00pm

\$102 (Members) | \$120 (Non-Members)

27413



PICKLEBALL

This Intro to Pickleball program is a 12-week development experience set in a fun and supportive atmosphere. Each session is crafted to encourage personal growth and skill advancement. Weekly classes feature targeted instruction, and as participants improve, they will transition into gameplay and skill refinement.

Ages 9-12

Start Date: Sept 19

12 Sessions

Fridays 5:30pm - 6:30pm

\$102 (Members) | \$120 (Non-Members)

27574

Ages 13-16

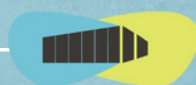
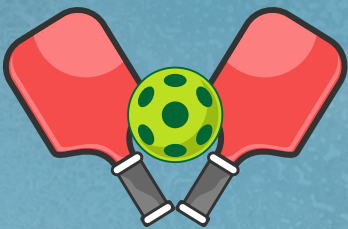
Start Date: Sept 19

12 Sessions

Fridays 6:30pm - 7:30pm

\$102 (Members) | \$120 (Non-Members)

27580



sportball

Sportsplex is excited to be partnering with Sportball Atlantic to introduce more programs for little ones! Multi-Sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

SPORTBALL JUNIOR

Please note, parents are required to participate with their children throughout the program with a 1:1 parent to child ratio. Due to space limitations, no additional spectators are permitted.

Ages 16 - 24 Months

Start date: Sept 21

6 Sessions

Sundays 3:30pm - 4:15pm

\$121 (Members) | \$142 (Non-Members)

27125

Ages 16 - 24 Months

Start date: Nov 2

6 Sessions

Sundays 3:30pm - 4:15pm

\$121 (Members) | \$142 (Non-Members)

27127

SPORTBALL PARENT & TOT

Please note, parents are required to participate with their children throughout the program with a 1:1 parent to child ratio. Due to space limitations, no additional spectators are permitted.

Ages 2-3

Start date: Sept 21

6 Sessions

Sundays 4:15pm - 5:00pm

\$121 (Members) | \$142 (Non-Members)

27401

Ages 2-3

Start date: Nov 2

6 Sessions

Sundays 4:15pm - 5:00pm

\$121 (Members) | \$142 (Non-Members)

27412

SPORTBALL MULTISPORT

Children participate independently in this program. It's a great opportunity to practice independence and make new friends in a fun and safe environment!

Ages 3-4

Start Date: Sept 21

6 Sessions

Sundays 2:30pm - 3:30pm

\$121 (Members) | \$142 (Non-Members)

27122

Ages 3-4

Start Date: Nov 2

6 Sessions

Sundays 2:30pm - 3:30pm

\$121 (Members) | \$142 (Non-Members)

27123



ADULT PICKLEBALL

BEGINNER

Ages 18+

Start Date: Sept 16

6 Sessions

Tuesdays 12:30pm - 2:00pm

\$77 (Members) | \$90 (Non-Members)

27425

Ages 18+

Start Date: Sept 17

6 Sessions

Wednesdays 5:00pm - 6:30pm

\$77 (Members) | \$90 (Non-Members)

27433

Ages 18+

Start Date: Oct 28

6 Sessions

Tuesdays 12:30pm - 2:00pm

\$77 (Members) | \$90 (Non-Members)

27430

Ages 18+

Start Date: Oct 29

6 Sessions

Wednesdays 5:00pm - 6:30pm

\$77 (Members) | \$90 (Non-Members)

27436

SKILLS & DRILLS

Ages 18+

Start Date: Sept 18

6 Sessions

Thursdays 5:00pm - 6:30pm

\$77 (Members) | \$90 (Non-Members)

27447

Ages 18+

Start Date: Sept 19

6 Sessions

Fridays 5:30pm - 7:00pm

\$77 (Members) | \$90 (Non-Members)

27534

INTERMEDIATE

Ages 18+

Start Date: Oct 30

6 Sessions

Thursdays 5:00pm - 6:30pm

\$77 (Members) | \$90 (Non-Members)

27451

Ages 18+

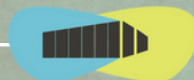
Start Date: Oct 31

6 Sessions

Fridays 5:30pm - 7:00pm

\$77 (Members) | \$90 (Non-Members)

27535



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

Fit to Function

ALL PRICES INCLUDE TAX

Strength starts with skill.

In this 2-class intensive, we break down the foundations of lifting—so you can build strength safely, confidently, and effectively. Perfect for beginners or anyone ready to refine their form and level up their performance.

- ✓ Learn proper technique
- ✓ Build real strength, not just sweat
- ✓ Set a strong foundation for long-term gains

Saturday, October 18th & 25th - 5:30 - 6:30PM
\$37.40 (Members) | \$44 (Non-Members)
31177

Stretch to Success

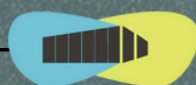
Tight hips? Stiff back? Chronic “desk body”?

It's time to release and reset with this 2-session recovery series.

You'll learn how to use stretching, foam rolling, and dynamic movement to unlock mobility, reduce pain, and feel like your best self again.

- 🧘♂️ Breathe, release, recover
- 🌀 Reduce tension & move more freely
- ✨ Your body will thank you

Saturday, September 27th and October 4th 5:30 - 6:30PM)
\$37.40 (Members) | \$44 (Non-Members)
31175



Fitness Workshops

MEMBERS SAVE 15%

ALL PRICES INCLUDE TAX

Women's Intro to Weight Training

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, or increased endurance. Join us and learn everything you need to know about safe, effective lifting! Space is limited. Ages 13+

Women's Intro to Weight Training

Saturday, October 4, 1:30pm - 3:00pm

\$37.40 (Members) | \$44 (Non-Members)

30180

Saturday, November 15, 1:30pm - 3:00pm

\$37.40 (Members) | \$44 (Non-Members)

30181

Weight Training for Youth

In this introductory course, youth aged 10-16 will learn how to safely and effectively train with free weights! Participants will learn the principles of weight training specifically in relation to adolescent physiology.

Ages 10 - 17

Weight Training for Youth

Saturday, September 27, 1:30 - 2:30 pm

\$28.05 (Members) | \$33 (Non-Members)

30183

Sunday, October 26, 1:30 - 2:30 pm

\$28.05 (Members) | \$33 (Non-Members)

30185

Saturday, November 22, 1:30 - 2:30 pm

\$28.05 (Members) | \$33 (Non-Members)

30187



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

ALL PRICES INCLUDE TAX

Body Weight Builder Series

No gym? No problem.

This series teaches you how to build serious strength and control using your own body as resistance.

Whether you're training at home or curious about calisthenics, this is your launchpad to a more capable, mobile, and confident you.

- 👉 Minimal equipment, maximum impact
- 🔥 Calisthenics & bodyweight progressions
- 🏠 Train anywhere, build everywhere

Saturday, September 27th, and October 4th, 4:00 - 5:00PM

\$37.40 (Members) | \$44 (Non-Members)

31178

Booty Bootcamp

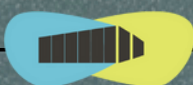
Get ready to sculpt, strengthen, and activate your peach like never before! 🍑 This 4-class series is all about building shape and function—because strong glutes aren't just for show, they power your movement, posture, and performance. Expect sweat, burn, and serious booty gains.

- 🔥 Glute-focused strength & activation
- 🔥 Improve posture, power, and performance
- 🔥 All levels welcome—bring the cheeks, we'll bring the heat

Sunday, September 28th to Oct 26th, 12:30 - 1:30PM

\$37.40 (Members) | \$44 (Non-Members)

31170



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

ALL PRICES INCLUDE TAX

Kettlebell Fundamentals - Intro to Get-ups and Swings

The kettlebell is a game-changer for strength, stamina, and skill—if you know how to use it right.

In this 2-hour workshop, you'll get hands-on coaching to master two of the most powerful full-body movements out there:

- ✓ The Kettlebell Swing
- ✓ The Turkish Get-Up

Once you've locked in the form, we'll crank up the intensity with a spicy kettlebell finisher workout to put your new skills to the test!

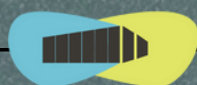
- ✳ Boost power, coordination & control
- 🧠 Learn proper technique to stay safe & strong
- 🔥 Walk away stronger, sweatier, and more confident with the bell

Whether you're new to kettlebells or want to sharpen your fundamentals—this is where it starts.

Saturday, October 18th, 2:00 - 4:00PM - Start (2 Sessions)

\$37.40 (Members) | \$44 (Non-Members)

31077



INSERVICE DAY CAMPS

Join us for a day of fun! In-service Day Camp includes sports, swimming, arts and crafts, and other fun activities!

Ages 5 1/2 - 11

Monday, September 29

8:30am - 4:30pm

\$40.80 (Members)

\$48.00 (Non-Members)

26533

Friday, October 24

8:30am - 4:30pm

\$40.80 (Members)

\$48.00 (Non-Members)

26541

Thursday, December 4

8:30am - 4:30pm

\$40.80 (Members)

\$48.00 (Non-Members)

26542

Monday, December 22

8:30am - 4:30pm

\$40.80 (Members)

\$48.00 (Non-Members)

26544

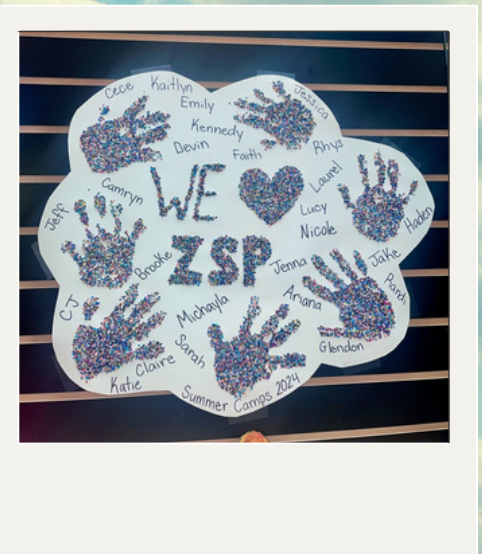
Tuesday, December 23

8:30am - 4:30pm

\$40.80 (Members)

\$48.00 (Non-Members)

26545



DARTMOUTH DANCE ACADEMY

**For questions please
contact the DDA**

Director at:

DDAZatzman@gmail.com

These classes are all 15 weeks and include a recital before the holidays. An additional recital fee of \$32 applies to each registration. A costume fee is required and paid directly to DDA.

BABY BALLET

PARENT & TOT CLASS

AGES 2-3

SATURDAYS | START: SEPT 27

12:00PM - 12:45PM

\$ 149 (Members) | \$175 (Non-Members)

27808

LITTLE STARS

AGE 3

SUNDAYS | STARTING SEPT 28

10:00AM - 10:45AM

\$193 (Members) | \$227 (Non-Members)

27847

LITTLE STARS

AGES 3-4

SATURDAYS | STARTING SEPT 27

12:45PM - 1:30PM

\$193 (Members)

\$227 (Non-Members)

27810

**These programs will have a
break over the holidays from
Dec 15 to Jan 4.**

LITTLE STARS

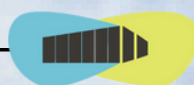
AGES 3-4

THURSDAYS | STARTING SEPT 25

5:00PM - 5:45PM

\$193 (Members) | \$227 Non-Members)

27715



DARTMOUTH DANCE ACADEMY

***For questions please
contact the DDA***

Director at:

DDAZatzman@gmail.com

These classes are all 15 weeks and include a recital before the holidays. An additional recital fee of \$32 applies to each registration. A costume fee is paid at the start of the session directly to DDA.

PRESCHOOL COMBO BALLET/JAZZ

AGES 4-5

THURSDAYS | STARTING SEPT 25

5:45PM - 6:30PM

\$193 (Members) | \$227 (Non-Members)

27797

PRESCHOOL COMBO BALLET/TAP

AGE 4

SUNDAYS | STARTING SEPT 28

10:45AM - 11:30AM

\$193 (Members) | \$227 (Non-Members)

28052

CHILDREN'S COMBO BALLET/JAZZ

AGES 4-6

SATURDAYS | STARTING SEPT 27

1:30PM - 2:15PM

\$193 (Members) | \$227 (Non-Members)

27806

**These programs will have a
break over the holidays from
Dec 15 to Jan 4.**

CHILDREN'S COMBO BALLET/JAZZ/TAP

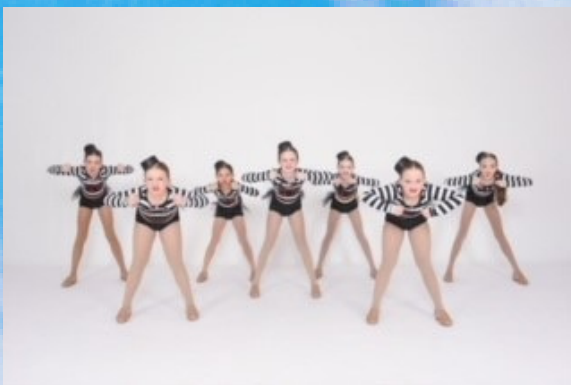
AGE 5

SUNDAYS | STARTING SEPT 28

11:30AM - 12:30PM

\$217 (Members) | \$255 (Non-Members)

28066



DARTMOUTH DANCE ACADEMY

**For questions please
contact the DDA**

**Director at:
DDAZatzman@gmail.com**

These classes are all 15 weeks and include a recital before the holidays. An additional recital fee of \$32 applies to each registration. A costume fee is paid at the start of the session directly to DDA.

MINI HIP HOP

AGES 6-8

SUNDAYS | STARTING SEPT 28

1:45PM - 2:30PM

\$193 (Members) | \$227 (Non-Members)

28110

LEVEL 1/2

BALLET/JAZZ/TAP

AGES 6-8

SUNDAYS | STARTING SEPT 28

12:45PM - 1:45PM

\$217 (Members) | \$255 (Non-Members)

28052

BEGINNER BALLET

AGES 7-11

THURSDAYS | STARTING SEPT 25

6:30PM - 7:30PM

\$217 (Members) | \$255 (Non-Members)

27803

**These programs will have a
break over the holidays from
Dec 15 to Jan 4.**

BEGINNER HIP HOP/JAZZ

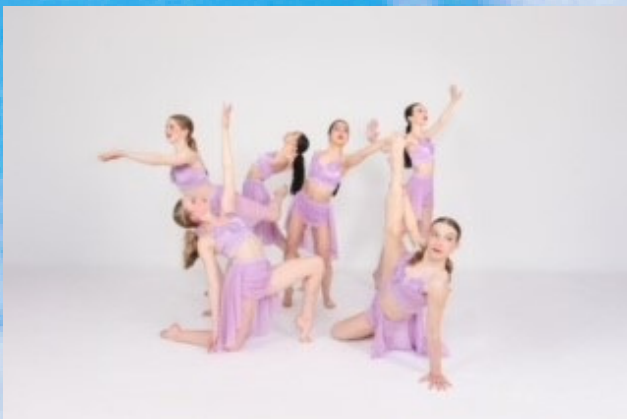
AGES 7-10

SUNDAYS | STARTING SEPT 28

2:30PM - 3:30PM

\$217 (Members) | \$255 (Non-Members)

28117



DARTMOUTH DANCE ACADEMY

***For questions please
contact the DDA***

Director at:

DDAZatzman@gmail.com

These classes are all 15 weeks and include a recital before the holidays. An additional recital fee of \$32 applies to each registration. A costume fee is paid at the start of the session directly to DDA.

ADULT BALLET/JAZZ

AGES 18+

WEDNESDAYS | STARTING SEPT 24

7:00PM - 7:45PM

\$ 224 (Members) | \$263 (Non-Members)

27548

ADULT TAP

AGES 18+

WEDNESDAYS | STARTING SEPT 24

7:45PM - 8:30PM

\$224 (Members) | \$263 (Non-Members)

27568

**These programs will have a
break over the holidays from
Dec 15 to Jan 4.**

