

ZATZMAN
SPORTSPLEX

FALL 2024

PROGRAM

GUIDE

ZATZMAN SPORTSPLEX



FALL 2024

PROGRAM

GUIDE

Table of Contents

- 2 Welcome to the Zatzman Sportsplex
- 3 Membership at the Sportsplex
- 4 Program Registration
- 5 Free Rec
- 6 Pool Parties
- 7 Childminding Services
- 8 Drop-In Fitness Classes
- 9 Personal Training
- 10 Swimming Lessons
- 13 Aquatic Leadership
- 16 Drop-In Aquatic Classes
- 17 Aquatics FAQs
- 18 Aquatics Program Schedules
- 23 Recreation Program Information
- 25 Youth Sport Programs
- 30 Pickleball Programs
- 31 Fitness Workshops
- 35 In-Service Day Camps
- 36 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

When you call:

0-Welcome Desk

1-Ice, Arena & Room Rentals

2-Administration & Accounting

3-Marketing & Communications

4-Aquatics

5-Health & Fitness Centre

6-Gymnasium & Youth Programs

7-Housekeeping

REGULAR HOURS

Weekdays: 6:00 am - 10:00 pm

Saturday: 6:00 am - 9:00 pm

Sunday: 8:00 am - 10:00 pm

HOLIDAY HOURS

Labour Day: Closed

Remembrance Day: 12:00pm - 10:00pm

December 24 (Christmas eve): Closed at 12pm

December 25 (Christmas Day): Closed

December 26 (Boxing Day): Closed

December 31 (New Years Eve): Closed at 4pm

New Years Day: Closed

Staff

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Director of Programs & Services

Acting General Manager

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Welcome Desk Coordinator

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MEMBERSHIP

AT THE ZATZMAN SPORTSPLEX

**ALL PRICES
INCLUDE TAX**

Family

Annual (paid in full)	\$1105
Annual (paid monthly)	\$111/month
6 month (paid in full)	\$765
1 month (paid in full)	\$170

Adult

Annual (paid in full)	\$780
Annual (paid monthly)	\$78/month
6 month (paid in full)	\$465
1 month (paid in full)	\$103

Seniors (60+)/Youth/Student

Annual (paid in full)	\$510
Annual (paid monthly)	\$52/month
6 month (paid in full)	\$305
1 month (paid in full)	\$67

How will you use your membership?

Drop-In Classes

Yoga, Spin, Weight Lifting,
Bootcamp and more!

Fitness Centre

Get moving in our weight
room, cardio centre and
boxing space!

Aquatics Centre

Swim in our Main Pool or
unwind in our Leisure and
Therapy Pools!

Gymnasium

Drop-in sports (like
Pickleball and Basketball) or
play your way during Open
Gym!

Other Benefits

Early Program Registration

Childminding Service

(with Family or Child Membership)

Access to Walking Track

Squash and Racquetball Courts

Open Swims and Skates

15% off Programs and Camps

(excluding 1-month memberships)

15% off Personal Training

(excluding 1-month memberships)



PROGRAM REGISTRATION

MARK YOUR CALENDARS:

Member Registration starts August 27th, 2024 at 9:00am
Non-Member Registration starts August 28th, 2024 at 9:00am

You can register for programs online or in-person at our Welcome Desk. You may cancel up to 14 days **before the start of your program**. Please contact the Welcome Desk for cancellations. There will be NO lessons on Halloween (October 31st). Make up classes will take place December 12th



How to register for programs online:

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

recreation.halifax.ca



EXAMPLE CLASS

THURSDAYS

10:00 AM - 11:00 AM

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

00056555



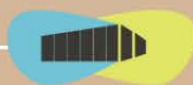
THIS IS THE COURSE CODE.

Registration requires a Halifax MyRec account.



Please note:

The Sportsplex has different registration dates than HRM-run facilities!



Free Rec

AT THE ZATZMAN SPORTSPLEX

These activities are free for everyone. No membership required!



Take a stroll on our track no matter the weather!

Our walking track is open daily and is **free for non-members on Mondays, Wednesdays and Fridays!**

Just let our Welcome Desk staff know you're here to walk the track!

Join us **every Sunday at 9:30 am** for a free Zumba class!

Zumba incorporates elements of various dance styles, like salsa, merengue, cumbia, reggaeton and hip-hop with fitness movements for a total body workout!

Just visit our Welcome Desk and let them know you're here for Zumba!



Get ready to make a splash!

We offer a **free youth swim (ages 12-15) every Friday from 7:30-8:50pm!**

75 spaces are available each week, and you must register on Halifax MyRec to reserve one.

Youth (ages 12-15) rule the Gym every **Saturday night from 7-8:30pm** for free!

75 spaces are available each week, and you must register on Halifax MyRec to reserve one.



Pool Parties

AT THE ZATZMAN SPORTSPLEX

Have a special occasion coming up?
Swim, splash, and slide to celebrate!

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 use of the splash pad and blue slide. Up to 15 children with 5 adults. \$165.83

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. \$272.44

Party Package C - Both Pools

The big one! Full use of slides, splash pad, rope swing and more!
Up to 40 children and adults. \$485.65



SWING



SPLASH



SLIDE

Our pool parties fill up fast!
Book early on Halifax MyRec!

CHILDMINDING SERVICE

*Included with the cost of Family or Youth membership!

Childminding Hours

Mondays: 9am-12pm

Tuesdays: 9am-12pm
5-8pm

Thursdays: 9am-12pm
5-8pm

Fridays: 9am-12pm

Saturdays: 9am-12pm

These hours are effective September 3rd, 2024

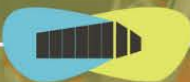
Non-members are able to utilize childminding with a
Child Day Pass | \$7.50

Care for ages 3 months-10 years

Spots **must be booked** in advance on
Halifax MyRec!

*Bookings are 90 minutes each, and you can book
back to back*

We provide age-appropriate
toys, games and activities for
your child while you swim,
skate, play sports, and work
out!



DROP-IN FITNESS

SCHEDULE

MONDAYS

Yoga	7:30am
Weight Training	9:30am
Zumba Gold	10:30am
Shallow Water Aqua Fit	11:05am
Healthy Heart, Strong Body	11:30am
Bootcamp	5:30pm
Power Yoga	6:30pm

TUESDAYS

Dance & Sculpt	9:30am
Chair Fitness	10:30am
Chair Yoga	11:30am
Cycle & Core*	5:30pm
Bodyweight Bootcamp	6:30pm

WEDNESDAYS

Spin*	6:30am
Yoga	7:30am
Bootcamp	9:30am
Pilates/Yoga Fusion	10:30am
Zumba Gold	10:30am
Shallow Water Aqua Fit	11:05am
Healthy Heart, Strong Body	11:30am
Weight Training	5:30pm
Bootcamp	6:30pm

THURSDAYS

NIA	9:30am
Tai Chi/Qi Gong	10:30am
Chair Yoga	11:30am
Spin*	5:30pm
Bodyweight Bootcamp	6:30pm

FRIDAYS

Spin*	6:30am
Bootcamp	9:30am
NIA	9:30am
Zumba Gold	10:30am
Healthy Heart, Strong Body	11:30am
Bootcamp (Fearless Fridays)	5:30pm
Beginner Yoga	6:30pm

SATURDAYS

Bootcamp	10:30am
Beginner Yoga	11:30am

SUNDAYS

Spin*	8:30am
Free Community Zumba	9:30am

All classes are included with your Sportsplex membership!

Non-member rates:
Adult Day Pass | \$12.50 (tax included)

Drop-in registration required on Halifax MyRec.

This schedule is subject to change at any time. Please check our online schedule before each class.



PERSONAL TRAINING

Begin or advance your personal fitness journey with guidance from our experienced Personal Trainers!

At Zatzman Sportsplex, we offer in-house personal training with our experienced staff of trainers.

Our trainers will work with you to develop a workout plan which accounts for your current fitness, abilities, and goals!

Our trainers are certified by reputable organizations such as the ISSA (International Sport Sciences Association) and CanFitPro.

For more information, contact our Health, Fitness and Recreation Coordinator, Andréa Morrison at morrison@halifax.ca

"The best thing about personal training is that you'll learn about health, fitness, and your body. It means I am doing a customized plan for each client that can help them achieve their goals and can suits their lifestyle and their needs."

-Rita Flatoos, Personal Trainer

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

- Haitham Chehadi, Personal Trainer

"What I find most fulfilling about fitness and personal training is the opportunity to share my knowledge and experience with others, empowering them to reach their fitness goals and unlock their full potential."

-Haniyeh Samari, Personal Trainer

Personal Training Packages

Number of Sessions	Non-Member Rate/Hour	Member Rate/Hour
1	\$89.00	\$75.65
3	\$83.33	\$70.83
6	\$76.66	\$65.17
10	\$71.00	\$60.35

*These prices include HST



SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.

See pages 18 - 23 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**.

Bibs & Bubbles 1 (4 - 12 months)

Bibs & Bubbles 2 (13 - 24 months)

Bibs & Bubbles 3 (25 - 36 months)

\$113.42 (Members) | \$133.44 (Non-Members)

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**.

Preschool 1-5 (3-4 Years)

\$113.42 (Members) | \$133.44 (Non-Members)

MAX 3 Preschool 1-5

\$140.76 (Members) | \$165.60 (Non-Members)

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.

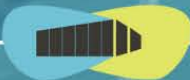
These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into water while wearing a life-jacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10m on their front and back, and be introduced to flutter kick training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



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

\$113.42 (Members) | \$133.44 (Non-Members)



SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.

See pages 18 - 23 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 SWIMMER 6: 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.

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

Swimmer 4, 5 & 6

\$117.71 (Members) | \$138.48 (Non-Members)

Stay & Play Program

\$141.88 (Members) | \$166.92 (Non-Members)

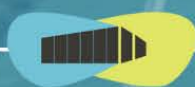
MAX 3 SWIMMER CLASSES

The following classes are offered with a maximum of 3 participants. These classes follow the same curriculum as regular Swimmer classes. See previous page for course descriptions.

MAX 3 (30 mins) SWIMMER 1, 2, 3

Max 3 Swimmer 1, 2 & 3

\$140.76 (Members) | \$165.60 (Non-Members)



SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.

See pages 18 - 23 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.

Rookie, Ranger and Star Patrol

\$117.71 (Members) | \$138.48 (Non-Members)

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.

Youth Swim 1, 2 & 3

\$117.71 (Members) | \$138.48 (Non-Members)

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 - 12
September 22 - November 24 (Sundays)
10 Sessions
6:15pm - 7:30pm
\$105.06 (Members) | \$123.60 (Non-Members)
00094276

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)
September 11- October 16 (Wednesdays)
4:30pm - 8:30pm
00094327
September 22-December 1st (Sundays)
4:00pm - 6:00pm
00094275
December 21 - 23
9:00am - 5:00pm
00094271
\$140.08 (Members) | \$164.80 (Non-Members)

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+
September 22 - December 1 (Sundays)
9:00am - 2:00pm
00094277
October 23 - December 11 (Wednesdays)
4:30 - 8:30pm
00094326
December 27 - 30
9:00am - 5:00pm
00094272
\$140.08 (Members) | \$164.80 (Non-Members)

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, learn 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+

November 9 - December 14 (Saturdays)

9:00am - 5:00pm

00094267

December 23 - January 2nd

9:00am - 5:00pm

00094268

\$216.24 (Members) | \$254.40 (Non-Members)

NATIONAL LIFEGUARD RE-CERTIFICATION COURSE

This course is the re-certification for the National Lifeguard program

Re-certification is required every 2 years.

This course requires current intermediate workplace first aid

REQUIRES PREVIOUS NL CERT

National Lifeguard Re-Certification

Ages 15+

September 3 (Ongoing Registration)

9:00am - 1:00pm

00090203

October 5

9:00am - 5:00pm

00094269

December 22

9:00am - 5:00pm

00094270

\$109.44(Members) | \$128.75 (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

Ages 15+

October 20 - November 3 (Sundays)

9:00am - 5:00pm

5 Sessions

\$180.35 (Members) | \$212.18 (Non-Members)

00094266

MORE SWIMMING PROGRAMS

ADULT SWIMMING LESSONS

Are you an adult who wants to improve their swimming skills? We offer three levels of Adult Swimming Lessons to help build your confidence in the water!

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

Start at Level 1 or email Aquatics Coordinator Ryan Kemp at kempr@halifax.ca for an assessment.

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 through Halifax MyRec under "Drop-In Bookings."

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 swims 1-3 and all adult levels. Classes are limited. Registration begins on August 27th at 9:00 am for Members and on August 28th at 9:00am for Non-Members.

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

- 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," type in "Youth, Child, or Adult Swimming"
- Select "Zatzman Sportsplex" as the Sub-Category.
- Click "Search."
- Select the lesson from the list of available times.

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 running, paddling and swimming program is designed to keep aspiring lifeguards fit! !

Jr. Guard

Sundays

8 - 11 Years Old:

5:30-6:30pm

11 - 15 Years Old:

6:30-7:30pm

Sr. Guard

Saturdays

15+ Years Old:

12:00pm - 1:00pm

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!

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

SWIMMING LESSON FAQ'S

Q: What level should I register my child for?

A: Please consult the **info on pages 10-12** and register your child for the level that best suits their skill level. If you need more info, please contact our Aquatics Coordinator, Ryan, at kempr@halifax.ca

Q: Do the levels matter?

A: Yes! **It is very important that your child is in the correct level** to have the best chance of success. Registering your child in a level too high can be a safety risk and will have a negative effect on their experience.

Q: The level I need to have my child in is full. What do I do now?

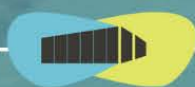
A: Currently the demand for lessons has out-paced what we can supply. While we wish we could get every child into lessons, we are limited by staffing and pool space. **Please add your child to a wait list and we will contact you if a spot becomes available.**

Q: Why didn't my child get referred to the next level?

A: Participants move to the next level when they are deemed proficient in their current level. The Life Saving Society sets benchmarks that must be achieved to complete the level. We do not use terms such as "pass" or "fail." If a participant does not complete it simply means they need more time to build a better foundation before moving on. **It is very common for a participant to be in a level for more than one session.**

Q: How can I register for lessons?

A: See page 4 for registration information.



AQUATIC PROGRAM SCHEDULES

SUNDAYS

SEPTEMBER 22 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	00094236
BIBS & BUBBLES 2	4:00 - 4:30 PM	00094185
BIBS & BUBBLES 3	4:30 - 5:00 PM	00094231
PRESCHOOL 1	4:00 - 4:30 PM	00094192
PRESCHOOL 1	4:30 - 5:00 PM	00094198
PRESCHOOL 1	5:30 - 6:00 PM	00094244
M3 PRESCHOOL 1	8:45 - 9:15 AM	00094179
PRESCHOOL 2	4:00 - 4:30 PM	00094188
PRESCHOOL 2	4:30 - 5:00 PM	00094199
PRESCHOOL 2	5:30 - 6:00 PM	00094243
M3 PRESCHOOL 2	8:45 - 9:15 AM	00094180
PRESCHOOL 3	4:00 - 4:30 PM	00094187
PRESCHOOL 3	6:00 - 6:30 PM	00094247
PRESCHOOL 3	6:30 - 7:00 PM	00094254
M3 PRESCHOOL 3	9:15 - 9:45 AM	00094181
PRESCHOOL 4	4:00 - 4:30 PM	00094189
PRESCHOOL 4	5:30 - 6:00 PM	00094242
PRESCHOOL 5	4:00 - 4:30 PM	00094191
SWIMMER 1	4:00 - 4:30 PM	00094186
SWIMMER 1	5:00 - 5:30 PM	00094235
M3 SWIMMER 1	9:45 - 10:15 AM	00094183
S&P SWIMMER 1	5:30 - 6:30 PM	00094237
S&P SWIMMER 1	6:30 - 7:30 PM	00094249
SWIMMER 2	5:00 - 5:30 PM	00094234
SWIMMER 2	6:00 - 6:30 PM	00094246
SWIMMER 2	6:45 - 7:15 PM	00094256

M3 SWIMMER 2	9:45 - 10:15 AM	00094184
S&P SWIMMER 2	4:30 - 5:30 PM	00094356
S&P SWIMMER 2	5:30 - 6:30 PM	00094238
S&P SWIMMER 2	6:30 - 7:30 PM	00094250
SWIMMER 3	6:15 - 6:45 PM	00094248
SWIMMER 3	7:00 - 7:30 PM	00094257
M3 SWIMMER 3	9:15 - 9:45 AM	00094182
S&P SWIMMER 3	4:30 - 5:30 PM	00094357
S&P SWIMMER 3	5:30 - 6:30 PM	00094239
S&P SWIMMER 3	6:30 - 7:30 PM	00094253
SWIMMER 4	4:00 - 4:45 PM	00094193
SWIMMER 4	4:45 - 5:30 PM	00094232
S&P SWIMMER 4	4:30 - 5:30 PM	00094358
S&P SWIMMER 4	5:30 - 6:30 PM	00094240
SWIMMER 5	4:00 - 4:45 PM	00094190
SWIMMER 5	4:45 - 5:30 PM	00094233
S&P SWIMMER 5	5:30 - 6:30 PM	00094241
S&P SWIMMER 6	6:30 - 7:30 PM	00094251
S&P ROOKIE PATROL	6:30 - 7:30 PM	00094252
S&P RANGER PATROL*	4:30 - 5:30 PM	00094230
S&P STAR PATROL*	4:30 - 5:30 PM	00094229
YOUTH SWIM 1	7:15 - 8:00 PM	00094258
YOUTH SWIM 2	6:30 - 7:15 PM	00094255
YOUTH SWIM 3	5:30 - 6:15 PM	00094245

S&P = STAY & PLAY

M3 = MAX 3 PARTICIPANTS

*** = COMBINED CLASS**



AQUATIC PROGRAM SCHEDULES

MONDAYS
SEPTEMBER 16 START

COURSE CODE

COURSE CODE

PRESCHOOL 1	4:00 - 4:30 PM	00091618
PRESCHOOL 2	4:00 - 4:30 PM	00091622
PRESCHOOL 3	4:30 - 5:00 PM	00091623
SWIMMER 1	4:30 - 5:00 PM	00091621
SWIMMER 1	6:00 - 6:30 PM	00091629
SWIMMER 2	5:15 - 5:45PM	00091626
SWIMMER 2	6:00 - 6:30PM	00091630
SWIMMER 3	4:45 - 5:15 PM	00091625
SWIMMER 3	6:00 - 6:30 PM	00091628
SWIMMER 4	5:45 - 6:30 PM	00091627



AQUATIC PROGRAM SCHEDULES

TUESDAYS

SEPTEMBER 17 START

COURSE CODE

BIBS & BUBBLES 1	4:00 - 4:30 PM	00091643
BIBS & BUBBLES 2	5:30 - 6:00 PM	00091744
PRESCHOOL 1	4:30 - 5:00 PM	00091647
PRESCHOOL 1	5:30 - 6:00 PM	00091745
PRESCHOOL 1	6:00 - 6:30 PM	00091752
PRESCHOOL 2	4:00 - 4:30 PM	00091639
PRESCHOOL 2	4:30 - 5:00 PM	00091649
PRESCHOOL 2	5:00 - 5:30 PM	00091652
PRESCHOOL 3	5:00 - 5:30 PM	00091706
PRESCHOOL 4	4:00 - 4:30 PM	00091642
PRESCHOOL 4	6:00 - 6:30 PM	00091747
PRESCHOOL 5	6:00 - 6:30 PM	00091748
SWIMMER 1	4:30 - 5:00 PM	00091650
SWIMMER 1	4:45 - 5:15 PM	00091651
SWIMMER 1	5:30 - 6:00 PM	00091714
SWIMMER 1	5:45 - 6:15 PM	00091746
SWIMMER 2	4:00 - 4:30 PM	00091637
SWIMMER 2	4:30 - 5:00 PM	000091645
SWIMMER 2	5:00 - 5:30 PM	00091704
SWIMMER 2	5:30 - 6:00 PM	00091716
SWIMMER 3	5:00 - 5:30 PM	00091654
SWIMMER 3	5:15 - 5:45 PM	00091713
SWIMMER 3	6:00 - 6:30 PM	00091750
SWIMMER 4	4:00 - 4:45 PM	00091641
SWIMMER 4	5:15 - 6:00 PM	00091710
SWIMMER 5	4:30 - 5:15 PM	00091644
SWIMMER 5	7:15 - 8:00 PM	00091760
SWIMMER 6	6:30 - 7:15 PM	00091754
ROOKIE PATROL	7:15 - 8:00 PM	00091763
RANGER PATROL	6:30 - 7:15 PM	00091757
STAR PATROL	6:00 - 6:45 PM	00091753

WEDNESDAYS

SEPTEMBER 18 START

COURSE CODE

BIBS & BUBBLES 2	9:15 - 9:45 AM	00094872
M3 PRESCHOOL 1	5:00 - 5:30 PM	00091784
M3 PRESCHOOL 1	6:00 - 6:30 PM	00094311
M3 PRESCHOOL 2	6:00 - 6:30 PM	00091791
M3 PRESCHOOL 3	6:00 - 6:30 PM	00091788
M3 PRESCHOOL 4	6:00 - 6:30 PM	00091787
SWIMMER 1	4:15 - 4:45 PM	00091777
M3 SWIMMER 1	6:00 - 6:30 PM	00091789
SWIMMER 2	4:30 - 5:00 PM	00091782
M3 SWIMMER 2	5:30 - 6:00 PM	00091785
M3 SWIMMER 3	5:30 - 6:00 PM	00091786
SWIMMER 4	6:30 - 7:15 PM	00091792
SWIMMER 5	4:45 - 5:30 PM	00091783
RANGER PATROL*	6:30 - 7:15 PM	00094312
STAR PATROL*	6:30 - 7:15 PM	00094313



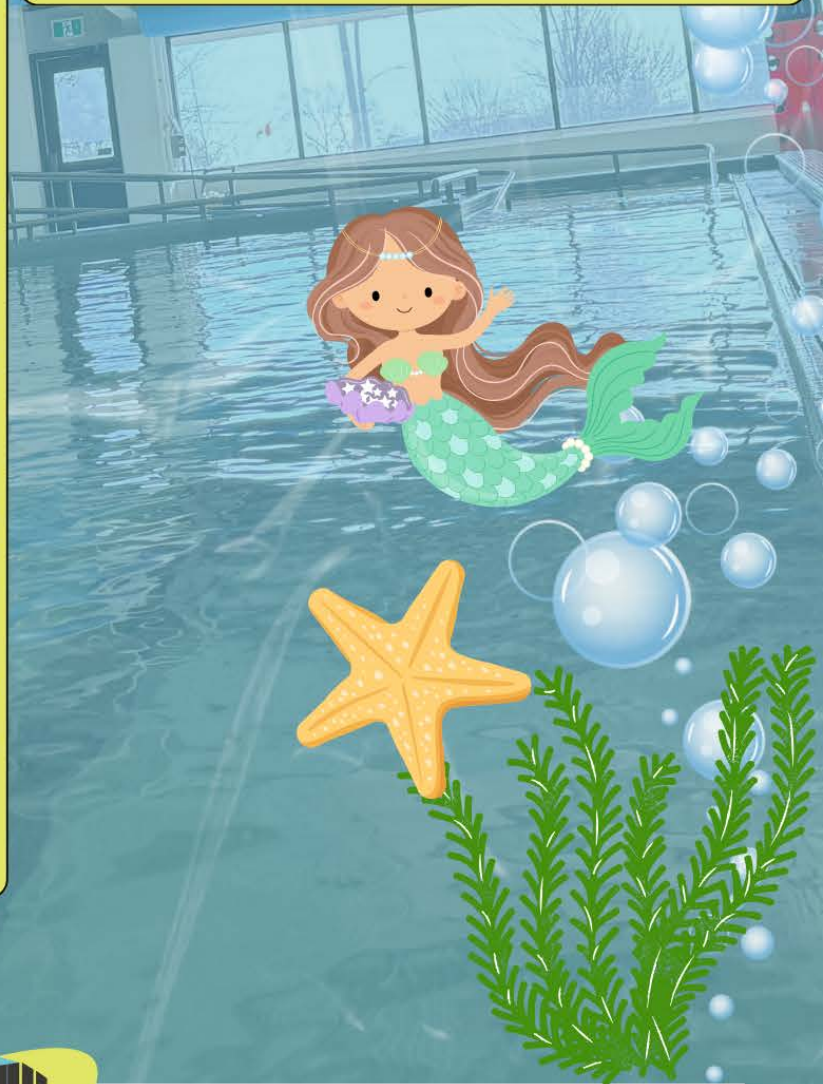
AQUATIC PROGRAM SCHEDULES

THURSDAYS
SEPTEMBER 19 START

COURSE CODE

BIBS & BUBBLES 1	5:30 - 6:00 PM	00093686
BIBS & BUBBLES 2	5:00 - 5:30 PM	00093676
BIBS & BUBBLES 3	4:30 - 5:00 PM	00093054
PRESCHOOL 1	4:45 - 5:15 PM	00093679
PRESCHOOL 1	5:00 - 5:30 PM	00093681
PRESCHOOL 1	6:00 - 6:30 PM	00093704
M3 PRESCHOOL 1	4:00 - 4:30 PM	00091794
PRESCHOOL 2	5:00 - 5:30 PM	00093680
PRESCHOOL 2	5:15 - 5:45 PM	00093685
PRESCHOOL 2	6:00 - 6:30 PM	00093702
M3 PRESCHOOL 2	4:15 - 4:45 PM	00091800
PRESCHOOL 3	4:30 - 5:00 PM	00093674
M3 PRESCHOOL 3	4:00 - 4:30 PM	00091795
PRESCHOOL 4	5:30 - 6:00 PM	00093687
PRESCHOOL 5	5:30 - 6:00 PM	00093690
M3 PRESCHOOL 5	6:00 - 6:30 PM	00093705
SWIMMER 1	4:30 - 5:00 PM	00092877
SWIMMER 1	5:00 - 5:30 PM	00093677
SWIMMER 1	5:30 - 6:00 PM	00093689
SWIMMER 1	6:00 - 6:30 PM	00093703
M3 SWIMMER 1	4:00 - 4:30 PM	00091793
SWIMMER 2	4:30 - 5:00 PM	00092875
SWIMMER 2	5:00 - 5:30 PM	00093678
SWIMMER 2	5:30 - 6:00 PM	00093688
SWIMMER 2	6:00 - 6:30 PM	00093707
M3 SWIMMER 2	4:00 - 4:30 PM	00091796
SWIMMER 3	4:30 - 5:00 PM	00092876
SWIMMER 3	5:15 - 5:45 PM	00093684
SWIMMER 3	6:00 - 6:30 PM	00093706
M3 SWIMMER 3	4:00 - 4:30 PM	00091797
SWIMMER 4	4:30 - 5:15 PM	00092913

SWIMMER 4	5:45 - 6:30 PM	00093700
SWIMMER 4	7:15 - 8:00 PM	00093712
SWIMMER 5	7:15 - 8:00 PM	00093713
SWIMMER 6	5:15 - 6:00 PM	00093683
ROOKIE PATROL	6:30 - 7:15 PM	00093711
RANGER PATROL	5:45 - 6:30 PM	00093701
STAR PATROL	7:15 - 8:00 PM	00093714
YOUTH SWIM 1	4:30 - 5:15 PM	00092879
YOUTH SWIM 2	6:30 - 7:15 PM	00093709
YOUTH SWIM 3	6:30 - 7:15 PM	00093710



AQUATIC PROGRAM SCHEDULES

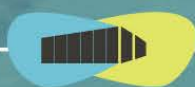
FRIDAYS

SEPTEMBER 20 START

COURSE CODE

BIBS & BUBBLES 1	4:30 - 5:00 PM	00093726
BIBS & BUBBLES 2	5:00 - 5:30 PM	00093814
BIBS & BUBBLES 3	5:30 - 6:00 PM	00093821
PRESCHOOL 1	4:30 - 5:00 PM	00093728
PRESCHOOL 2	4:30 - 5:00 PM	00093727
PRESCHOOL 2	5:00 - 5:30 PM	00093818
PRESCHOOL 2	5:30 - 6:00 PM	00093824
PRESCHOOL 3	4:15 - 4:45 PM	00093724
PRESCHOOL 3	5:00 - 5:30 PM	00093815
PRESCHOOL 3	5:30 - 6:00 PM	00093823
PRESCHOOL 4	4:45 - 5:15 PM	00093730
SWIMMER 1	4:30 - 5:00 PM	00093725
SWIMMER 1	5:00 - 5:30 PM	00093817
SWIMMER 1	5:30 - 6:00 PM	00093825
SWIMMER 1	6:00 - 6:30 PM	00093834
M3 SWIMMER 1	6:00 - 6:30 PM	00093833

SWIMMER 2	4:00 - 4:30 PM	00093722
SWIMMER 2	5:00 - 5:30 PM	00093816
SWIMMER 2	5:30 - 6:00 PM	00093827
SWIMMER 2	6:00 - 6:30 PM	00093835
M3 SWIMMER 2	6:30 - 7:00 PM	00093844
SWIMMER 3	4:00 - 4:30 PM	00093717
SWIMMER 3	5:15 - 5:45 PM	00093820
SWIMMER 3	5:45 - 6:15 PM	00093829
SWIMMER 3	6:30 - 7:00 PM	00093845
SWIMMER 4	4:00 - 4:45 PM	00093723
SWIMMER 4	5:30 - 6:15 PM	00093828
SWIMMER 5	4:00 - 4:45 PM	00093716
SWIMMER 5	6:15 - 7:00 PM	00093838
SWIMMER 6	4:45 - 5:15 PM	00093731
ROOKIE PATROL	6:15 - 7:00 PM	00093839



AQUATIC PROGRAM SCHEDULES



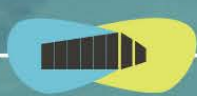
SATURDAYS
SEPTEMBER 21 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	10:30 - 11:00 AM	00094142
BIBS & BUBBLES 2	9:00 - 9:30 AM	00093856
BIBS & BUBBLES 2	10:00 - 10:30 AM	00094132
BIBS & BUBBLES 2	11:00 - 11:30 AM	00094153
BIBS & BUBBLES 3	9:30 - 10:00 AM	00094124
BIBS & BUBBLES 3	11:30 - 12:00 PM	00094163
PRESCHOOL 1	10:00 - 10:30 AM	00094129
PRESCHOOL 1	11:00 - 11:30 AM	00094154
M3 PRESCHOOL 1	9:00 - 9:30 AM	00093858
M3 PRESCHOOL 1	10:30 - 11:00 AM	00094125
PRESCHOOL 2	9:00 - 9:30 AM	00093861
PRESCHOOL 2	10:00 - 10:30 AM	00094134
PRESCHOOL 2	11:00 - 11:30 AM	00094159
M3 PRESCHOOL 2	9:00 - 9:30 AM	00093850
M3 PRESCHOOL 2	9:30 - 10:00 AM	00093862
PRESCHOOL 3	9:30 - 10:00 AM	00094121
PRESCHOOL 3	10:15 - 10:45 AM	00094145
PRESCHOOL 3	11:30 - 12:00 PM	00094164
M3 PRESCHOOL 3	9:00 - 9:30 AM	00093851
M3 PRESCHOOL 3	9:30 - 10:00 AM	00094127
M3 PRESCHOOL 3	10:30 - 11:00 AM	00094139
PRESCHOOL 4	9:30 - 10:00 AM	00094122
M3 PRESCHOOL 4	9:00 - 9:30 AM	00093852
PRESCHOOL 5	11:30 - 12:00 PM	00094166
M3 PRESCHOOL 5	10:00 - 10:30 AM	00094128
SWIMMER 1	10:00 - 10:30 AM	00094130
SWIMMER 1	10:30 - 11:00 AM	00094138
M3 SWIMMER 1	9:00 - 9:30 AM	00093853
M3 SWIMMER 1	9:30 - 10:00 AM	00094120
S&P SWIMMER 1	11:00 - 12:00 PM	00094149

SWIMMER 2	9:45 - 10:15 AM	00094135
SWIMMER 2	10:00 - 10:30 AM	00094133
SWIMMER 2	11:30 - 12:00 PM	00094165
M3 SWIMMER 2	9:00 - 9:30 AM	00093854
M3 SWIMMER 2	10:30 - 11:00 AM	00094148
S&P SWIMMER 2	11:00 - 12:00 PM	00094150
SWIMMER 3	10:00 - 10:30 AM	00094137
SWIMMER 3	10:30 - 11:00 AM	00094140
SWIMMER 3	10:45 - 11:15 AM	00094152
M3 SWIMMER 3	9:00 - 9:30 AM	00093857
M3 SWIMMER 3	9:30 - 10:00 AM	00094123
S&P SWIMMER 3	11:00 - 12:00 PM	00094151
SWIMMER 4	9:00 - 9:45 AM	00093859
SWIMMER 4	10:00 - 10:45 AM	00094131
S&P SWIMMER 4	11:00 - 12:00 PM	00094155
SWIMMER 5	9:00 - 9:45 AM	00093860
SWIMMER 5	9:30 - 10:15 AM	00094126
S&P SWIMMER 5	11:00 - 12:00 PM	00094156
SWIMMER 6	10:15 - 11:00 AM	00094144
SWIMMER 6	10:45 - 11:30 AM	00094157
ROOKIE PATROL	9:45 - 10:30 AM	00094136
ROOKIE PATROL	11:15 - 12:00 PM	00094162
*RANGER PATROL	10:30 - 11:15 AM	00094146
*RANGER PATROL	11:15 - 12:00 PM	00094160
*STAR PATROL	10:30 - 11:15 AM	00094147
*STAR PATROL	11:15 - 12:00 PM	00094161



CHILD & YOUTH

RECREATION 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 6-10:

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 11-15:

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.

What To Bring:

- Indoor Sneakers**
- Activewear Attire**
- Water Bottle**
- Shin Guards** (optional for soccer programs)

YOUTH SPORT PROGRAMS

INTRO TO SOCCER

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

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

Intro to Soccer: Ages 4 & 5

Sundays | September 22 Start

12 Sessions

12:30pm-1:15pm

\$89.35 (Members) | \$105.12 (Non-Members)

00094347

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

Sundays | September 22 Start

12 Sessions

11:30am - 12:25pm

\$99.86 (Members) | \$117.48 (Non-Members)

00094348

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

Sundays | September 22 Start

12 Sessions

10:30am - 11:25am

\$99.86 (Members) | \$117.48 (Non-Members)

00094349

AGES 4-5

AGES 6-8

AGES 9-12

YOUTH SPORT

PROGRAMS

INTRO TO BASKETBALL

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

Intro to Basketball: Ages 4 & 5

Saturdays | September 21 Start

12 Sessions

11:30am - 12:15pm

\$89.35 (Members) | \$105.12 (Non-Members)

00094490

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

Intro to Basketball: Ages 6-8

Saturdays | September 21 Start

12 Sessions

10:30am - 11:25am

\$99.86 (Members) | \$117.48 (Non-Members)

00094491

This program further develops kids' movement skills and abilities.

Intro to Basketball: Ages 9-12

Saturdays | September 21 Start

12 Sessions

9:30am - 10:25am

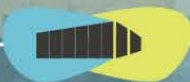
\$99.86 (Members) | \$117.48 (Non-Members)

00094492

AGES 4-5

AGES 6-8

AGES 9-12



YOUTH SPORT PROGRAMS

MULTI-SPORT



AGES 4-5

Want your child to try different sports to see what they're interested in? In this program, the instructors will lead a different sport every week such as basketball, soccer, floor hockey. They will run drills and play small games.

Multi-sport: Ages 4 & 5

Thursdays | September 19 Start
12 Sessions

5:15pm - 6:00pm

\$89.35 (Members) |

\$105.12 (Non-Members)

00094502



AGES 6-8

Want your child to try different sports to see what they're interested in? In this program, the instructors will lead a different sport every week such as basketball, soccer, floor hockey. They will run drills and play small games.

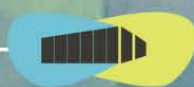
Multi-Sport: Ages 6-8

Thursdays | September 19 Start
12 Sessions

6:00pm - 6:55pm

\$99.86 (Members) | \$117.48 (Non-Members)

00094503



YOUTH SPORT PROGRAMS

INTRO TO VOLLEYBALL

This development-level volleyball program is designed to build the foundations and skills necessary to progress to recreation and potentially club- and school-level teams.



Ages 9 - 12

Tuesdays | September 17 Start

12 Sessions

6:30pm - 7:25pm

\$99.86 (Members) | \$117.48 (Non-Members)

00094350



Ages 13 - 16

Tuesdays | September 17 Start

12 Sessions

7:30pm - 8:25pm

\$99.86 (Members) | \$117.48 (Non-Members)

00094351

INTRO TO BADMINTON

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



Ages 9 - 12

Wednesdays | September 18 Start

12 Sessions

6:00pm - 6:55pm

\$99.86 (Members) | \$117.48 (Non-Members)

00094352



Ages 13 - 16

Wednesdays | September 18 Start

12 Sessions

7:00pm - 7:55pm

\$99.86 (Members) | \$117.48 (Non-Members)

00094353

YOUTH / ADULT

PROGRAMS

INTRO TO 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

Ages 12-15

Sundays | September 22 Start

12 Sessions

6:00pm - 7:00pm

\$99.86 (Members) | \$117.48 (Non-Members)

00094494

AGES 16+

Ages 16+

Sundays | September 22 Start

12 Sessions

7:00pm - 8:00pm

\$99.86 (Members) | \$117.48 (Non-Members)

00094495

PICKLEBALL

PROGRAMS

Whether you're just starting out or a pickleball pro, our pickleball programs will help you develop your skills on the court.

BEGINNER PICKLEBALL



Tuesdays | October 8 Start
10 Sessions
12:30pm - 2:00pm
\$85.60 (Members) | \$100.70 (Non-Members)
00094498



Wednesdays | October 9 Start
10 Sessions
5:00pm - 6:30pm
\$85.60 (Members) | \$100.70 (Non-Members)
00094501

INTERMEDIATE PICKLEBALL



Fridays | October 11 Start
10 Sessions
5:30pm - 7:00pm
\$85.60 (Members) | \$100.70 (Non-Members)
00094499

PICKLEBALL SKILLS & DRILLS

This class is designed for players who have taken a beginner class or have experience playing pickleball. The class will emphasize skill development and build on your technique to improve your overall game.



Thursdays | October 10 Start
10 Sessions
5:00pm - 6:30pm
\$71.06 (Members) | \$83.60 (Non-Members)
00094500



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

The "Move Better" Workshop: Improving Mobility, Flexibility and Balance

ALL PRICES INCLUDE TAX

Join a seasoned Personal Trainer for this thorough, practical class all about simple tools and exercises you can use to increase your mobility and flexibility, and improve balance! These techniques will help to better your overall Fitness, as well as alleviate many chronic issues (such as joint pain, muscle pain, headaches, sleep disorder, etc).

The "Move Better" Workshop

Saturday November 16th 1:00pm - 2:30pm
\$36.04 (Members) | \$42.40 (Non-Members)
00094529

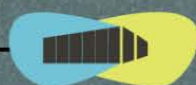


WORKOUT PLANNING 101

Learn the basics of safe, effective training while you create a personalized workout plan specific to your needs, under the guidance of a highly qualified Personal Trainer! Participants will practice basic exercises with a focus on proper alignment, movement, and weight selection, while creating a framework which can be used to create new workouts as their fitness levels change. Ages 13+

Workout Planning 101

Saturday November 30
1:00pm - 2:30pm
\$36.04 (Members) | \$42.40 (Non-Members)
00094530



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

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

Sunday October 20th 11:00am - 12:30pm

\$36.04 (Members) | \$42.40 (Non-Members)

00094523



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. Join qualified Personal Trainer Haitham Chehadi for this highly informative workshop, and gain the tools you need to create a solid foundation for training.

Ages 10 - 17

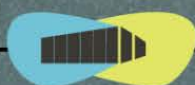
Weight Training for Youth

Saturday October 19

2:00pm - 3:00pm

\$27.18 (Members) | \$31.98 (Non-Members)

00094526



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

ALL PRICES INCLUDE TAX

Beginner TRX

TRX (Total Body Resistance Exercise) training works wonders for overall functional strength, balance and endurance. Join us for this 60-minute intro to the TRX suspension system. Improve your balance, strength, stability and mobility. Space is limited. Ages 13+

Beginner TRX

Sunday October 6th

10:00am - 11:00am

\$27.18 (Members) | \$31.98 (Non-Members)

00094524



TRX Strength

Join seasoned instructor Jason Skinner for this active and educational workshop, in which you will learn how to use the TRX Suspension Training System to build strength and endurance! TRX is a versatile, compact and portable piece of equipment that can be set up just about anywhere, and offers effective exercise options for all levels of fitness and ability. Register today, as space is limited!

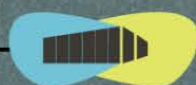
TRX Strength

Sunday November 3rd

10:00am - 11:00am

\$27.18 (Members) | \$31.98 (Non-Members)

00094525



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

ALL PRICES INCLUDE TAX

CARDIAC REBUILD

This program is designed for individuals who have experienced a cardiac episode and have been through the "Hearts in Motion" program, or were directly referred for exercise by their health practitioner.

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

This program is suitable for any level of experience and mobility. This program is **by referral only**.

To register for this program, email our Health, Fitness & Recreation Coordinator, **Andréa Morrison**, at morrison@halifax.ca

Cardiac Rebuild

Monday September 16 - Monday November 20
1:00pm - 2:15pm
\$74.91 (Members and Non-Members)
00094527

Cardiac Rebuild

Monday September 16 - Monday November 20
2:30pm - 3:45pm
\$74.91 (Members and Non-Members)
00094528



IN-SERVICE DAY CAMPS

Join us for a day of fun!

In-service Day Camp includes sports, swimming, arts and crafts, and other fun activities!

**FRIDAY OCTOBER
11TH**

8:30am - 4:30pm

Ages: 5 1/2 - 11

\$38.25 (Members) |

\$45.00 (Non-
Members)

00094520

**FRIDAY OCTOBER
25TH**

8:30am - 4:30pm

Ages: 5 1/2 - 11

\$38.25 (Members) |

\$45.00 (Non-
Members)

00094521

**FRIDAY NOVEMBER
22ND**

8:30am - 4:30pm

Ages: 5 1/2 - 11

\$38.25 (Members) |

\$45.00 (Non-
Members)

00094531

**THURSDAY
DECEMBER 5TH**

8:30am - 4:30pm

Ages: 5 1/2 - 11

\$38.25 (Members) |

\$45.00 (Non-
Members)

00094532





DARTMOUTH DANCE ACADEMY

Contact the DDA Director at:

DDAZatzman@gmail.com with all questions about DDA. All prices include tax

BABY BALLET

AGES 18MTH - 3

SATURDAYS | SEPTEMBER 28 START

15 SESSIONS

10:00AM - 10:45AM

\$187 (Members) | \$220 (Non-Members)

00094544

LITTLE STARS

AGES 3-4

SUNDAYS | SEPTEMBER 29 START

15 SESSIONS

10:00AM - 10:45AM

\$187.00 (Members) | \$220.00 (Non-Members)

00094342

CHILDREN'S COMBO

AGE 5

SUNDAYS | SEPTEMBER 29 START

15 SESSIONS

10:45AM - 11:30AM

\$187.00 (Members) | \$220.00 (Non-Members)

00094343

PRESCHOOL BALLET + JAZZ

AGES 4+5

SATURDAYS | SEPTEMBER 28 START

15 SESSIONS

10:45AM - 11:30AM

\$187.00 (Members) | \$220.00 (Non-Members)

00094545





DARTMOUTH DANCE ACADEMY

Contact the DDA Director at:

DDAZatzman@gmail.com with all questions about DDA

LEVEL 1 BALLET, TAP, JAZZ

AGE 6

SUNDAYS | SEPTEMBER 29 START

15 SESSIONS

11:30AM - 12:30PM

\$209.95 (Members) | \$247(Non-Members)

00094344

BEGINNER HIP HOP

AGES 6 - 11

SUNDAYS | SEPTEMBER 29 START

15 SESSIONS

1:30PM - 2:15PM

\$187.00 (Members) | \$220.00 (Non-Members)

00094346

LEVEL 2 BALLET, TAP, JAZZ

AGE 7

SUNDAYS | SEPTEMBER 29 START

15 SESSIONS

12:30PM - 1:30PM

\$209.95 (Members) | \$247.00(Non-Members)

00094345

BEGINNER ACRO

AGES 7 - 9

MONDAYS | SEPTEMBER 23 START

15 SESSIONS

6:15PM - 7:00PM

\$187.00 (Members) | \$220.00 (Non-Members)

00094403





DARTMOUTH DANCE ACADEMY

Contact the DDA Director at:

DDAZatzman@gmail.com with all questions about DDA

INTERMEDIATE ACRO

AGES 8 - 11

MONDAYS | SEPTEMBER 23 START

15 SESSIONS

7:00PM - 7:45PM

\$187.00 (Members) | \$220.00 (Non-Members)

00094406

TEEN COMBO

AGES 11 - 16

MONDAYS | SEPTEMBER 23 START

15 SESSIONS

7:45PM - 8:30PM

\$187.00 (Members) | \$220.00 (Non-Members)

00094366

ADULT BALLET

AGE 18+

WEDNESDAYS | SEPTEMBER 25 START

15 SESSIONS

6:45PM - 7:30PM

\$215.05 (Members) | \$253.00 (Non-Members)

00094367

ADULT TAP

AGES 18+

WEDNESDAYS | SEPTEMBER 25 START

15 SESSIONS

7:30PM - 8:15PM

\$215.05 (Members) | \$253.00 (Non-Members)

00094368

