

**ZATZMAN
SPORTSPLEX**

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 **@zsportsplex**

 **@ZatzmanS**

 **/zatzmansportsplex**



Welcome to

ZATZMAN SPORTSPLEX!



**110 Wyse Rd.
Dartmouth, NS
(902) 464-2600 ext 0**

Staff Directory

Louis Brill
General Manager
(902) 490-3179 | louis.brill@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 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

Facility hours:

Weekdays 6 am - 10 pm
Saturday 6 am - 9 pm
Sunday 8 am - 10 pm

Effective September 5, 2023 - June 30, 2024

Facility closed:

Sept 4 - Labour Day
December 24 - Christmas Eve (Closed at 12pm)
December 25 - Christmas Day
December 26 - Boxing Day
December 31 - New Years Eve (Closed at 4pm)
January 1 - New Year's Day

Program Registration Dates:

August 29th at 9am for ZSP members.
August 30th at 9am for non-members.
See page 4 for details.



**Information within this guide
may change at any time!**

Visit feedlink.io/zsportsplex
for quick access to the most recent
version of this guide as well as
quick access to our:

Aquatics Schedule
Fitness Class Schedule
Gymnasium Schedule
Track & Arena Schedule



feedlink.io/zsportsplex

Facility Age Restrictions

Walking/Running Track Children 9 and under must be
Open Skates & Gymnasium 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 16+ and in the pool with
the child.

Fitness Centre & Classes - Patrons 17+ can access the weight room
without an orientation. Youth 16 and under must be cleared via a
1:1 consultation.

ZATZMAN SPORTSPLEX

Membership

AT ZATZMAN SPORTSPLEX



When you become a Zatzman Sportsplex member, you gain access to everything our facility has to offer!

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

How will you use your membership?

Fitness Classes

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

Fitness Centre

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

Aquatics Centre

Swim in our Main Pool or unwind in our Leisure & Therapy Pools.

Gymnasium

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

Members also save at these great local businesses!



10% off massage at Sore Spots Dartmouth & Halifax!



\$100 reimbursement of membership fee!

Details at zatzmansportsplex.com

Corporate discounts are available. Check our website to see if your employer is listed!

Family Membership

| | |
|------------------------|-------------|
| Annual (paid in full) | \$1075 |
| Annual (paid monthly) | \$108/month |
| 6 month (paid in full) | \$745 |
| 1 month (paid in full) | \$165 |

Adult Membership

| | |
|------------------------|------------|
| Annual (paid in full) | \$755 |
| Annual (paid monthly) | \$76/month |
| 6 month (paid in full) | \$450 |
| 1 month (paid in full) | \$100 |

Senior, Student or Youth Membership

| | |
|------------------------|------------|
| Annual (paid in full) | \$495 |
| Annual (paid monthly) | \$50/month |
| 6 month (paid in full) | \$295 |
| 1 month (paid in full) | \$65 |

ALL PRICES INCLUDE TAX



Other Benefits

Early Program Registration

Childminding Service

(with Family or Youth Membership)

Access to Walking/Running Track

Use of Squash & Racquetball Courts

Swims and Open Skates

25% off Programs and Camps

(excluding 1-month memberships)

25% off Personal Training

(excluding 1-month memberships)

Program Registration



SAVE THE DATE!

Member registration starts August 29th at 9am.

Non-member registration starts August 30th at 9am.

Zatzman Sportsplex members can register for programs a day earlier than non-members. Aquatics registration and sport program registration are open on the same day.

You can register for programs online or in-person at our Welcome Desk. A reminder that registering in-person will not guarantee a spot in programs and does not give an advantage over online registrants.

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:
HRM-run facilities have different registration dates than the Sportsplex.

Tips for Registration

- 1)** Be prepared! Know what level/day/time you want to register for before registration day. This program guide has all the classes we offer listed in advance of registration day.
- 2)** Save course codes found in this guide to register for classes swiftly on registration day. It's recommended that you have multiple options ready in case your first option is full.



Free Rec!

AT ZATZMAN SPORTSPLEX



**We're proud to offer the following free recreation options at our facility!
These activities are free for everyone, no membership is required!**



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

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

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



Escape the harsh weather and take a stroll on our track!

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

Strollers and non-marking walking poles are welcome!

Just visit our Welcome Desk and let them know you're here to use the track!

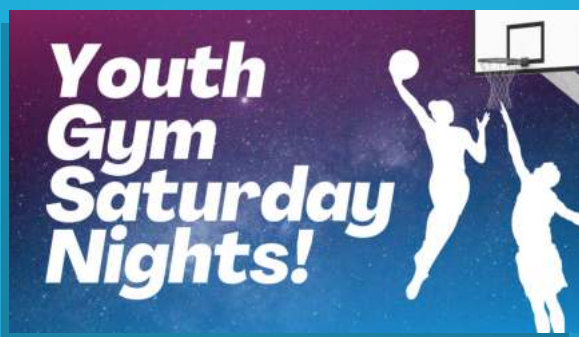


Get ready to make a splash!

We have a free youth swim for youth ages 12 to 16 every Friday from 7:30 - 8:50pm!

*75 spaces are available each week.
You must register on Halifax MyRec to reserve a space.*

Visit feedlink.io/zsportsplex and select Free Rec for details and to register!



Starting this October, youth ages 12 to 16 have free access to our gymnasium Saturdays from 7pm - 9pm!

Play basketball, volleyball, pickleball, dodgeball and more!

No membership required!

Check our social media and website for updates!

Be sure to check our facility schedule before each activity by visiting feedlink.io/zsportsplex.



Pool Parties

AT ZATZMAN SPORTSPLEX



ZATZMAN
SPORTSPLEX

Have a special occasion coming up?

**Swim, slide, and splash to
celebrate the occasion!**

Each of our pool party packages comes with one hour of swimming, followed by one hour in a party room! Each party gets its own exclusive section of the pool.

Bookings and payments are done through Halifax MyRec. For details on how to book visit page 4.

Party Package A - Half Leisure Pool

This party has shared use of the splash pad, blue slide and up to 15 children with 5 adults. \$161.00

Party Package B - Half of each pool

This party has access to half of both the large and small pools along with the slides, splash pad, etc. Up to 25 children and adults. \$264.50

Party Package C - Both Pools

This party has full use of the slides, splash pad, tarzan rope, etc. Up to 40 people both children and adults. \$471.50



Rope Swing!



Splash Pad!



Water Slides!



Private Party Room!





ZATZMAN SPORTSPLEX **Childminding Service**

*Included with your
Family Membership
or Youth Membership!*



Childminding is available:

Mondays: 9AM - 12PM

Tuesdays: 5PM - 8PM

Wednesdays: 9AM - 12PM

Thursdays: 5PM - 8PM

Saturdays: 9AM - 12PM



Let us watch your child while you enjoy our facility!

We provide age-appropriate toys, games and activities for your child while you swim, skate, play sports in our gym, work out in the Fitness Centre or enjoy one of our many fitness classes!



Non-member children can utilize Childminding
with a Youth Day Pass | \$7.00

Ages: 3 months to 10 years 11 months.

Spots must be booked in advance on Halifax MyRec.

Bookings are 90 min each.

Visit zatzmansportsplex.com for full details.



**Childminding schedule is subject
to change without notice.**

In-Service Day Camps



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

All Camps are 8:30am - 4:30pm
Fees: \$33.75/day (members) or \$45/day (non-members)
Ages: 5 years 6 months to 11 years
Campers must be in Grade Primary or later

What do we do at day 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!



IN-SERVICE DATES:

FRIDAY OCTOBER 27TH

00075586

THURSDAY NOVEMBER 23RD

00075587

MONDAY DECEMBER 4TH

00075588

HOLIDAY DATES:

THURSDAY DECEMBER 21ST

00075590

FRIDAY DECEMBER 22ND

00075591

Register for Day Camp on Halifax MyRec
using Course Codes above.

Important



Please ensure that there is a valid email on your MyRec Account both under you and your child. This will ensure that you get important registration information in advance of camps.



Creative Workshops

MEMBERS SAVE 25%!
EXCLUDING 1-MONTH MEMBERSHIPS



*This fall we're excited to offer new creative workshops at our facility!
Join us for these introductory courses in fibre art and painting with acrylics! No experience is necessary!
Try something new this fall and get creative!*

INTRODUCTION TO FIBRE ART

Join crafters Barb Blakey and Karla Silver for an intro workshop in which you will create beautiful crafts using yarn. Children 10-16 yrs are welcome to register and attend with an adult. Bring your own supplies: Please bring one or more balls of yarn to work with. We recommend thicker yarn for beginners.

Introduction to Fibre Art

SATURDAY | OCTOBER 14TH

2:00 PM - 4:00 PM

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

00075550



PAINT NITE: INTRO TO ACRYLICS

Join artists Barb Blakey and Karla Silver for this beginner introduction to acrylic painting. This workshop will spark your creativity and teach you the basic techniques and methods for creating your own artwork. End the evening with an original, completed piece of your very own. Children 10-16 yrs are welcome to register and attend with an adult. Bring your own supplies. Please bring one canvas, a variety of acrylic brushes and paints.

Paint Nite: Intro to Acrylics

FRIDAY | NOVEMBER 10TH

6:00 PM - 8:00 PM

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

00075549



Fitness Workshops

MEMBERS SAVE 25%!
EXCLUDING 1-MONTH MEMBERSHIPS



Our Fitness Workshops are additional courses which are not included with your Zatzman Sportsplex Membership - Members save 25%!

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 is suitable for anyone.

Join us for this 60 minute intro to the TRX suspension system. Improve your balance, core strength, stability and mobility.

Space is limited!

Ages 13+



THESE STRAPS ARE ALL YOU NEED!

ALL THAT'S MISSING IS YOU!



Beginner TRX

Saturday | November 4th

1:00 pm - 2:00 pm

\$23.28 (Members) | \$31.05 (Non-Members)

00075545

BEGINNER MOBILITY TRAINING

Join a qualified Personal Trainer for this thorough class all about the tools and exercises you can do to increase your mobility and alleviate fascial issues; such as pain, tightness, nerve reactions and more. This class incorporates different types of flexibility training, as well as fascial release tools like foam rollers.



Beginner Mobility Training

WEDNESDAY | NOVEMBER 22ND

8:30 AM - 10:00 AM

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

00075543



Fitness Workshops

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



WOMEN'S INTRO TO FREE WEIGHT TRAINING

Join us in this weight training class, where you'll learn everything you need to know about safe, effective lifting!

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!

Women's Intro to Free Weight Training

SATURDAY | SEPTEMBER 30TH

1:00 PM - 2:30 PM

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

00075548



WEIGHT TRAINING FOR YOUTH

Join us 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 to see progress, and avoid injury.

Register today - space is limited!

Ages 10-17

Weight Training For Youth

FRIDAY | OCTOBER 20TH

4:00 PM - 5:30 PM

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

00075542



Fitness Workshops



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.



Cardiac Rebuild

SEPT 25TH - NOV 29TH
MONDAY & WEDNESDAY

20 SESSIONS

1:00 PM - 2:15 PM

\$60.03 (MEMBERS) | \$72.73 (NON-MEMBERS)

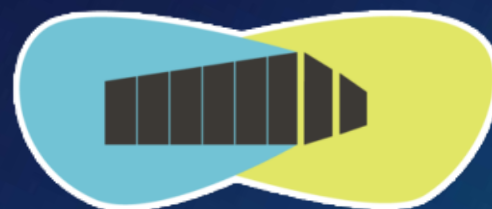


This course is by referral only.

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



ZATZMAN SPORTSPLEX DROP-IN FITNESS CLASSES



**ZATZMAN
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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 |
| Deep Water Aqua Fit | 7:35pm |

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 |
| Deep Water Aqua Fit | 7:35pm |

THURSDAYS

| | |
|---------------------|---------|
| Cycle & Core* | 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 Friday) | 5:30pm |
| Beginner Yoga | 6:30pm |

SATURDAYS

| | |
|---------------|---------|
| Bootcamp | 10:30am |
| Beginner Yoga | 11:30am |

SUNDAYS

| | |
|-------------------------------------|---------|
| Spin* | 9:30am |
| Free Community Zumba | 9:30am |
| On the Ball: Stability Ball Workout | 10:30am |

All classes are included with your Sportsplex membership!

Non-member rates:

Adult Day Pass | \$12 (tax included)

Senior/Student/Youth Day Pass | \$7 (tax included)

*Drop-in registration required on Halifax MyRec.

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

ZATZMAN SPORTSPLEX PERSONAL TRAINING



ZATZMAN
SPORTSPLEX

*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.

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.

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

"At its core training is about growth, physically and mentally.

Whether you train seasonally, recreationally, or professionally. To be able to help motivate and join others along their journey brings me great joy. I love what I do because for just one moment in time I can help others achieve their potential or simply brighten their day even if it's just one rep at a time."

-Piettro Tang, Personal Trainer

"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

Prices include tax

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 |

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

Child & Youth Recreation Programs



About our recreation programs:

Whether your child is starting a sport for the first time, or they are looking to refine their skills at an introductory level, our programs are designed to engage kids in the fun, active and competitive nature of sports. We believe that children should participate in physical activity daily. We provide fun and exciting programs in an age-appropriate environment with instructional implementation from our trained staff.

What does your child need to bring?

- indoor sneakers
- activewear attire
(shorts and t-shirt recommended)
- water bottle
- shin guards are encouraged but not required.
(for any programs with a soccer component)

For all sports programs, equipment is supplied.



What to expect from our programs?

Preschool Recreation Programs (Ages 3 -4)

Children at this age have a short attention span and learn best when they can explore, experiment, and copy others. Our preschool programs are designed to provide children with a fun experience and keep them active. These classes have an instructional component but are focused on fun and physical activity. We encourage parents' participation to help connect with the instructors.

Child Recreation Programs (Between ages of 5 - 11)

At these ages, most children have the basic motor skills for simple organized sports. Our programs are designed for participants to learn new skills and promote personal growth and development, while engaging in a social sports setting. Each week includes focused instruction and as children progress, they will move into small group games to encourage teamwork. At this level in their skill development, children should be confident enough to participate in our sessions without the assistance of their parents. For older youth (ages 9-11), most are ready for more complex sports. Our programs focus on skill development, fun, and participation, not competition. We encourage our participants to provide our instructors with feedback as they gain new skills so that they can focus future sessions on sport-specific skills that they want to learn.

Youth Recreation Programs (Ages 10 – 15)

These development level programs are designed to build the foundations and skills necessary to move on to recreational or potentially club/school level teams. This level is for development of coordination and fine motor control. It is for children to enjoy practicing their skills they learn and seeing their personal growth in the selected sport.

Child & Youth Recreation Programs



INTRO TO SOCCER

AGES 3-4

This 30 min class will have your little striker running and kicking the ball all over the gym each week.

AGES 3-4

SUNDAYS | SEPTEMBER 24 START

12 SESSIONS

11:30 AM - 12:00 PM

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

00075585



AGES 5-8

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 through the weeks, they will move into small group games as they prepare for the next level and team play.

AGES 5-8

THURSDAYS | SEPTEMBER 21 START

12 SESSIONS

5:30 PM - 6:30 PM

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

00075574



AGES 6-11

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

SUNDAYS BI-WEEKLY | SEPTEMBER 24 START

6 SESSIONS

10:30 AM - 11:30 AM

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

00075583



Child & Youth Recreation Programs



INTRO TO BASKETBALL

AGES 3-4

Your little one can get a head start on their basketball skills. Start dribbling skills, running while dribbling, shooting and more!

AGES 5-8

This program is designed to give kids a strong basketball skills foundation while having fun learning the game from young coaches.

AGES 9-11

This program is designed to give kids a strong basketball skills foundation while having fun learning the game from young coaches.



Intro to Basketball

AGES 3-4

SATURDAYS | SEPTEMBER 23 START

12 SESSIONS

11:30 - 12:00 PM

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

00075579

AGES 5-8

SATURDAYS | SEPTEMBER 23 START

12 SESSIONS

10:30 - 11:30 AM

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

00075578

AGES 9-11

SATURDAYS | SEPTEMBER 23 START

12 SESSIONS

9:30 - 10:30 AM

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

00075577

MULTI-SPORT



AGES 3-4

This program concentrates on ensuring children have a solid foundation of the fundamental movement skills (Run, Jump, Throw) necessary for participation in many sports.

AGES 6-11

This program focuses on helping children further develop fundamental movement skills to enhance their participation in a multitude of different sports. This is a bi-weekly program.

Multi Sport

AGES 3-4

SATURDAYS | SEPTEMBER 23 START

12 SESSIONS

12:00 - 12:30 PM

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

00075580

AGES 6-11

SUNDAYS | OCTOBER 1 START

6 SESSIONS BI-WEEKLY

10:30 - 11:30 AM

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

00075584



Child & Youth Recreation Programs



*All equipment needed to play is provided!
No experience is necessary!*



INTRO TO BADMINTON

This is a developmental 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 through the sessions, they will move into games play and skill refinement.

Intro to Badminton

AGES 10-15

WEDNESDAYS | SEPTEMBER 20TH START

12 SESSIONS

7:00 PM - 8:00 PM

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

00075573



INTRO TO VOLLEYBALL

This 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.

Intro to Volleyball

AGES 10-15

TUESDAYS | SEPTEMBER 19TH START

12 SESSIONS

7:30 PM - 8:30 PM

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

00075570



Child & Youth Recreation Programs



LEARN TO PLAY RACQUETBALL FOR YOUTH

Learn to Play Racquetball - Youth

AGES 12-17

TUESDAY | OCTOBER 3RD START

6:00 PM - 6:30 PM

\$21.56 (MEMBERS) | \$28.75 (NON-MEMBERS)

00075546 4 classes



WANT TO PLAY RACQUETBALL?

You can reserve our racquetball or squash court at no charge on Halifax MyRec!

- First visit recreation.halifax.ca.
- Log in and select Drop-in Bookings on the left side panel.
- Select Zatzman Sportsplex under the Rec Centre field.
- Click Book Classes under Category.
- Then choose either the racquetball or squash for your desired time and select 'Book'.
- Then choose 'Buy now', the price will be \$0.

Non-members will need to purchase a Day Pass to access the courts.

Adult Day Pass | \$12 (tax included)

Senior/Student/Youth Day Pass | \$7 (tax included)

Equipment, racquets and balls are not provided.



Adult Recreation Programs



Athletic programs aren't just for kids!

Join our adult recreation programs and get moving in a fun and social setting!

Racquets & balls are supplied for all pickleball programs. See next page for pickleball skill levels.



BEGINNER PICKLEBALL HOW TO PLAY- LEVEL 0-2.5

Adult Beginner Pickleball is a 10-week development program to introduce and teach the fast-growing sport of pickleball. Sessions are designed to teach the basic rules and gameplay. Each week focuses on basic skills, strategies, and control.

Beginner Pickleball

AGES 18+

TUESDAYS | SEPTEMBER 19 START

12 SESSIONS

12:30 PM - 2:00 PM

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

00075568

SATURDAYS | SEPTEMBER 23 START

12 SESSIONS

12:30 PM - 2:00 PM

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

00075581

WEDNESDAYS | SEPTEMBER 20 START

12 SESSIONS

5:30 PM - 7:00 PM

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

00075572



INTERMEDIATE PICKLEBALL HOW TO PLAY- LEVEL 2.5-3

Intermediate Pickleball is a 10-week development program designed for players that have a 2.5 to 3 grade. Sessions are focused on serve and return techniques, consistent drop shots, drive shots. You will also learn advanced dinking strategies, more on lobs, drives, groundstrokes, blocks and recoveries.

Intermediate Pickleball

AGES 18+

SATURDAYS | SEPTEMBER 23 START

12 SESSIONS

2:00 PM - 3:30 PM

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

00075582



Adult Recreation Programs



ADVANCED PICKLEBALL MASTER YOUR SKILLS! LEVEL 3.5+

This 10-week development program is designed for players that have a 3.5+ grade or higher. Sessions are focused on advanced serve, return, recovery techniques, master dinking, master drop shots, transition zone. You will also learn strategies to handle drives, hard volleys, spin, and lobs as well as advanced doubles team strategies.

Advanced Pickleball

AGES 18+

MONDAYS | SEPTEMBER 18 START

12 SESSIONS

12:30 PM - 2:00 PM

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

00075575

FRIDAYS | SEPTEMBER 22 START

12 SESSIONS

5:30 PM - 7:00 PM

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

00075576



PICKLEBALL SKILLS & DRILLS

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

Pickleball Drills & Skills

AGES 18+

TUESDAYS | SEPTEMBER 19 START

6 SESSIONS

5:30 PM - 7:30 PM

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

00075569

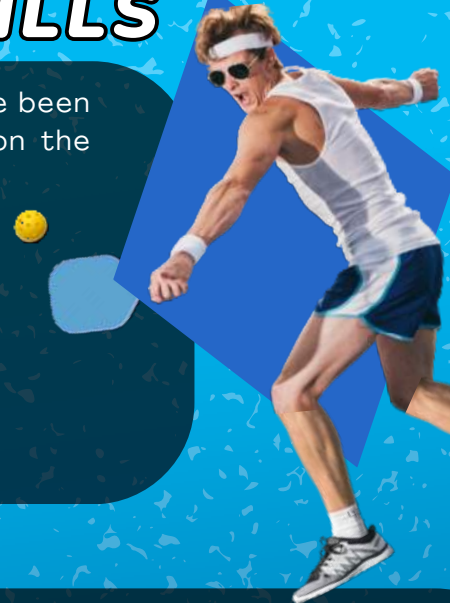
TUESDAYS | NOVEMBER 7 START

6 SESSIONS

5:30 PM - 7:30 PM

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

00075571



PICKLEBALL SKILL LEVELS

LEVEL 1-2.5

Pickleball players with a skill level in this range are just starting the game. These are new players with a basic grasp of the rules. They might be able to maintain a short rally but they're just beginning their pickleball journey.

LEVEL 2.5-3.5

Players with this skill rating are skilled enough to compete in a pickleball tournament. They understand the fundamentals of pickleball and have a firm grasp on different pickleball strategies. Players at the higher end of this range are able to manipulate the ball skillfully with their paddles, pulling off specific shot strategies and returning their opponent's shots with purpose.

LEVEL 3+

Anyone with a 3.0 rating or higher is an advanced pickleball player. They consistently win matches and could win pickleball tournaments. Players at this level know how to dominate the court, have a strong grasp of pickleball strategy, and rarely make unforced errors.



Adult Recreation Programs



LEARN TO PLAY RACQUETBALL FOR ADULTS

Learn to Play Racquetball - Adult
TUESDAY | OCTOBER 3RD START
6:30 PM - 7:00 PM
\$21.56(MEMBERS) | \$28.75(NON-MEMBERS)
00075547 4 classes



WANT TO PLAY RACQUETBALL?

You can reserve our racquetball or squash court at no charge on Halifax MyRec!

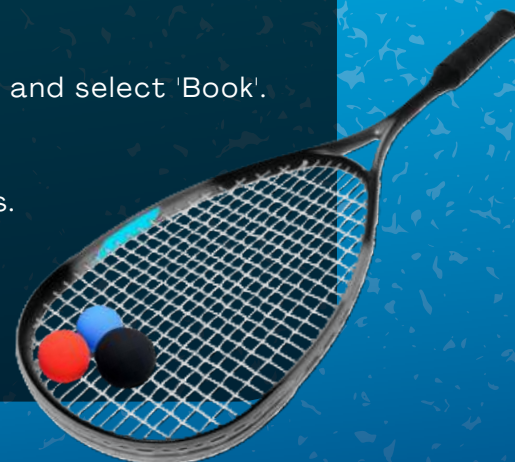
- First visit recreation.halifax.ca.
- Log in and select Drop-in Bookings on the left side panel.
- Select Zatzman Sportsplex under the Rec Centre field.
- Click Book Classes under Category.
- Then choose either the racquetball or squash for your desired time and select 'Book'.
- Then choose 'Buy now', the price will be \$0.

Non-members will need to purchase a Day Pass to access the courts.

Adult Day Pass | \$12 (tax included)

Senior/Student/Youth Day Pass | \$7 (tax included)

Equipment, racquets and balls are not provided.





Contact the DDA Director at:
DDAZatzman@gmail.com with all questions about DDA.
These courses participate in the fall recital in November and the year end recital in May.
There is also a dress code requirement.
For dress code requirements, visit
dartmouthdanceacademy.com

BEGINNER ACRO

This energetic and playful class is specially designed to introduce children to the exciting world of acrobatics. In this class, kids will have a blast while learning fundamental acro techniques and exploring the joy of movement in a safe and supportive environment. They will learn basic acro poses, partner balancing, and group formations while focusing on building strength, coordination, and flexibility.

MINI HIP-HOP

Get ready to groove and move in our Mini Hip Hop Class for Kids! Our experienced instructors will guide the children through age-appropriate choreography and exercises focusing on rhythm, musicality, and individual expression. They will introduce basic hip-hop techniques, including isolations, popping, locking, and fun footwork patterns.

BEGINNER LYRICAL & JAZZ

This class offers a delightful blend of lyrical and jazz dance styles, allowing young dancers to express themselves through fluid movements and vibrant rhythms. In this class, kids will learn the foundations of both lyrical and jazz techniques while exploring their creativity and emotions through dance. They will learn fundamental techniques such as turns, leaps, jumps, and expressive movements that convey emotions and storytelling through dance.

BEGINNER LYRICAL & JAZZ

AGES 8-11
MONDAYS | SEPTEMBER 18 START
15 SESSIONS
6:30 - 7:30 PM
\$185.25 (MEMBERS) | \$240 (NON-MEMBERS)
00075530

BEGINNER ACRO

AGES 7-9
MONDAYS | SEPTEMBER 18 START
15 SESSIONS
5:00-5:45 PM
\$154.50 (MEMBERS) | \$205 (NON-MEMBERS)
00075528

MINI HIP-HOP

AGES 6-8
MONDAYS | SEPTEMBER 18 START
15 SESSIONS
5:45 - 6:30 PM
\$154.50 (MEMBERS) | \$205 (NON-MEMBERS)
00075529





Contact the DDA Director at:
DDAZatzman@gmail.com
with all questions about DDA.

These courses participate in the fall recital in November and the year end recital in May. There is also a dress code requirement. For dress code requirements, visit dartmouthdanceacademy.com

LITTLE STARS

This preschool dance class is designed to explore movement, improve motor skills, rhythm, and self-expression, all while having fun and building friendships with their fellow dancers. Whether your child is twirling around the living room or dreams of being on stage, our Little Stars Dance Class offers the perfect introduction to the magic of dance.

PRESCHOOL COMBO

Throughout the course, our experienced instructors will guide the preschoolers through a curriculum that combines the fundamentals of tap and ballet in an age-appropriate and engaging way. The children will learn basic tap techniques such as shuffles, toe taps, and simple rhythms. They will also be introduced to the grace and elegance of ballet, learning foundational ballet positions, pliés, tendus, and simple ballet movements.

CHILDREN'S COMBO

This dynamic and exciting class offers a wonderful opportunity for young dancers to explore multiple dance styles in one fun-filled session. In this class, children will develop their skills in ballet, jazz, and tap, while fostering a love for dance, musicality, and self-expression. Whether your child is a budding ballerina, a jazzy mover, or a tapper with rhythm in their feet, our Children's Ballet, Jazz & Tap Combo Class is the perfect opportunity for them to explore and embrace multiple dance styles.

CHILDREN'S COMBO

AGES 5-6
SUNDAYS | SEPTEMBER 24 START
15 SESSIONS
11:30 - 12:30 PM
\$185.25 (MEMBERS) | \$240 (NON-MEMBERS)
00075536

LITTLE STARS

AGES 3-4
SUNDAYS | SEPTEMBER 24 START
15 SESSIONS
10:00 - 10:45 AM
\$154.50 (MEMBERS) | \$205 (NON-MEMBERS)
00075534

PRESCHOOL COMBO

AGES 4-5
SUNDAYS | SEPTEMBER 24 START
15 SESSIONS
10:45 - 11:30 AM
\$154.50 (MEMBERS) | \$205 (NON-MEMBERS)
00075535





Contact the DDA Director at:
DDAZatzman@gmail.com
with all questions about DDA.

These courses participate in the fall recital in November and the year end recital in May. There is also a dress code requirement. For dress code requirements, visit dartmouthdanceacademy.com

Level 1 Ballet, Tap & Jazz

Elements of all three dance styles are covered to bring the dancer through a natural progression in skills. The dancers will explore the movements with the use of the instructors engaging teaching techniques. Emphasis in all 3 dance styles will be skill development, rhythm and movement awareness. Ballet and Tap shoes are required.

LEVEL 1 BALLET TAP JAZZ

AGES 6-8

SUNDAYS | SEPTEMBER 24 START

15 SESSIONS

12:45 - 1:45 PM

\$185.25 (MEMBERS) | \$247 (NON-MEMBERS)

00075537

Level 2 Ballet, Jazz and Tap

This class will continue progressions in all 3 dance styles to take the dancers skills to the next level. They will progress individually and as a group blending technique and personality to further develop their skills while exploring dance fundamentals in rhythm, movement, and coordination. Ballet and Tap shoes are required.

LEVEL 2 BALLET JAZZ TAP

AGES 7-9

SUNDAYS | SEPTEMBER 24 START

15 SESSIONS

1:45 - 3:00 PM

\$222.75 (MEMBERS) | \$297 (NON-MEMBERS)

00075538





Contact the DDA Director at:
DDAZatzman@gmail.com
with all questions about DDA.

These courses do not participate in the recitals and do not have a dress code requirement.

CREATIVE MOVEMENT

Throughout the course, our experienced instructors will guide the children through a curriculum that encourages self-expression, imagination, and exploration of movement. This class will encourage dancers to move through storytelling and imagery, providing prompts and themes that inspire their imagination and shape their movements. They will encourage the children to use their bodies as instruments of expression, inviting them to dance like animals, move through imaginary landscapes, and create their own unique movements.

DISNEY DANCE PARTY

This magical and enchanting class is designed to bring the beloved characters and timeless stories of Disney to life through the joy of dance. From graceful ballet movements in "Cinderella" to high-energy jazz numbers in "The Little Mermaid," the children will have the chance to embody the characters and express the emotions of these beloved stories through their dance.

Learn choreography and dance routines inspired by their favorite Disney movies and characters. They will explore a variety of dance styles, including ballet, jazz, hip-hop, and even some magical prop work, all infused with the magic and spirit of Disney!

GET UP AND DANCE!

Get ready to groove, move, and express yourself in our Get Up and Dance! Jazz & Hip Hop Class. This high-energy and dynamic class combines the sizzling moves of jazz dance with the urban vibes of hip hop, offering a thrilling dance experience for all levels. In this class, you'll unleash your inner dancer, develop your skills, and let the music fuel your every step.

GET UP AND DANCE!

AGES 6-8

SATURDAYS | OCTOBER 7 START

10 SESSIONS

11:30-12:15 PM

\$86.25 (MEMBERS) | \$115 (NON-MEMBERS)

00075541

CREATIVE MOVEMENT

AGES 3-4

SATURDAYS | OCTOBER 7 START

10 SESSIONS

10:00-10:45 AM

\$86.25 (MEMBERS) | \$115 (NON-MEMBERS)

00075539

DISNEY DANCE PARTY

AGES 4-6

SATURDAYS | OCTOBER 7 START

10 SESSIONS

10:45-11:30 AM

\$86.25 (MEMBERS) | \$115 (NON-

MEMBERS) 00075540





Contact the DDA Director at:
DDAZatzman@gmail.com
with all questions about DDA.

These courses participate in the fall recital in November and the year end recital in May. There is also a dress code requirement. For dress code requirements, visit dartmouthdanceacademy.com

ADULT TAP

This lively and rhythmic class is designed specifically for adults who want to explore the joy and excitement of tap dancing. In this class, you will learn and refine the essential techniques of tap while immersing yourself in the infectious sounds and rhythms of this timeless dance form. This Adult Tap Dance Class is open to adults of all levels, from beginners with no prior tap experience to those with some previous training. Whether you're new to tap or looking to refine your skills, our class offers a welcoming and supportive environment where you can learn, grow, and have a great time!

ADULT JAZZ

This vibrant and energetic class is designed for adults who want to explore the dynamic and expressive world of jazz dance. In this class, you will learn the fundamental techniques of jazz while embracing your individuality, enhancing your strength, and grooving to infectious rhythms. This Adult Jazz Dance Class is open to participants of all levels, from beginners with little or no jazz dance experience to those with prior training.

ADULT BALLET

This class offers a beautiful blend of grace, technique, and artistry, specifically designed for adults who have a passion for ballet or are interested in exploring this elegant dance form. In this class, you will discover the joy of ballet while improving your strength, flexibility, and body alignment. Adult Ballet is designed for adults of all levels, from beginners with little to no dance experience to those with some previous training. Whether you are seeking a new challenge, a creative outlet, or simply a fun way to stay active, our class offers a supportive and inclusive environment where you can improve your dance skills and build confidence.

ADULT TAP

AGES 18+
WEDNESDAY | SEPTEMBER 20 START
15 SESSIONS
7:30 - 8:15 PM
\$180.00 (MEMBERS) | \$240.00 (NON-MEMBERS)
00075532

ADULT JAZZ

AGES 18+
WEDNESDAY | SEPTEMBER 20 START
15 SESSIONS
6:45 - 7:30 PM
\$180.00 (MEMBERS) | \$240.00 (NON-MEMBERS)
00075532

ADULT BALLET

AGES 18+
WEDNESDAY | SEPTEMBER 20 START
15 SESSIONS
6:00 - 6:45 PM
\$180.00 (MEMBERS) | \$240.00 (NON-MEMBERS)
00075531



Swimming Lessons



LIFESAVING SOCIETY® All of our swimming lessons follow the Lifesaving Society curriculum. See pages 36 - 40 for course codes and times.

BIBS & BUBBLES

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

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

All Bibs & Bubbles classes are 30 minutes in length.

PRESCHOOL

The Preschool Program gives children a head start on learning to swim. Preschool programs develop an appreciation and healthy respect for the water before kids get in too deep. In our 5 basic aquatic progressions, we work to ensure 3-4 year olds become comfortable in the water and have fun developing a foundation of water skills.

Children start at Level 1 and progress to the next level based on the instructor's recommendation.

All Preschool classes are 30 minutes in length.

SWIMMER CLASSES

SWIMMER 1:

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 through the water on their front and back

SWIMMER 2:

These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4x5m).

SWIMMER 3:

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

Bibs & Bubbles 1 (3 - 12 months)

Bibs & Bubbles 2 (13 - 24 months)

Bibs & Bubbles 3 (25 - 35 months)

\$97.20 (Members) | \$129.60 (Non-Members)

Preschool 1 - 5 (3 - 4 years)

\$97.20 (Members) | \$129.60 (Non-Members)

Max 3 Preschool 1 - 4

\$120.60 (Members) | \$160.80 (Non-Members)

Swimmer 1, 2 & 3

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



Swimming Lessons



 **LIFESAVING SOCIETY™** All of our swimming lessons follow the Lifesaving Society curriculum. See pages 36 - 40 for course codes and times.

SWIMMER CLASSES CONTINUED:

SWIMMER 4:

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

SWIMMER 5:

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

SWIMMER 6:

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 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and a 300 m workout.

+STAY & PLAY

Stay & Play is a relatively 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 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

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

Stay & Play Program

\$121.50 (MEMBERS) | \$162 (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.

M3 SWIMMER 1

M3 SWIMMER 2

M3 SWIMMER 3

Max 3 Swimmer 1, 2 & 3

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



Swimming Lessons

 LIFESAVING SOCIETY™ All of our swimming lessons follow the Lifesaving Society curriculum. See page for more information about each lesson level. See pages 36 - 40 for course codes and times.



PATROL CLASSES

Ages 8 - 12

ROOKIE PATROL: SWIMMER 7

Rookie Patrol features timed 100 m swims, 350 m 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.



RANGER PATROL: SWIMMER 8

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



STAR PATROL: SWIMMER 9

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



Rookie, Ranger & Star Patrol

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

YOUTH SWIM CLASSES

Ages 8 - 14

YOUTH SWIM 1:

You'll work towards a 10-15 m 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 9-10 m interval training.

YOUTH SWIM 2:

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

YOUTH SWIM 3:

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

Youth Swim 1, 2 & 3

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



Aquatic Leadership Programs



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
Sundays | September 24 start
10 Sessions
6:15 pm - 7:30 pm
\$90(Members) | \$120 (Non-Members)
00075595

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 younger with Bronze Star cert.)
Sundays | September 24 start
11 Sessions
4:00 pm - 6:00 pm
\$120.00(Members) | \$160.00 (Non-Members)
00075594

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 used in Bronze Medallion.

Bronze Cross Course

Ages 13+
Sundays | September 24 Start
11 Sessions
9:00 am - 12:00 pm
\$120(Members) | \$160 (Non-Members)
00075593



REQUIRES BRONZE MEDALLION

Aquatic Leadership Programs



These programs are for those who want to advance their swimming skills even further and pursue Lifeguarding. 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, intervene before a scenario becomes life-threatening and learn Oxygen Administration. Graduates of this course are certified Lifeguards and can begin working in the field. *Candidates must have their manuals used in Bronze Medallion and Cross.



REQUIRES BRONZE CROSS

National Lifeguard +Intermediate First Aid

Ages 15+
Requires Bronze Cross
Sundays | November 5 Start
6 Sessions
Session times are provided at registration
\$185.25 (Members) | \$247 (Non-Members)
00075598

NATIONAL LIFEGUARD RE-CERTIFICATION COURSE

This course is the re-certification for the National Lifeguard program. This course includes Intermediate First Aid & Oxygen Administration re-certification. Re-certification is required every 2 years.



National Lifeguard Re-certification Course

Ages 15+
Requires Bronze Cross
Three upcoming dates:

September 5th
1 Session
9:00 am - 6:00 pm
\$93.75 (Members) | \$125.00 (Non-Members)
00072378

October 1st
1 Session
9:00 am - 6:00 pm
\$93.75 (Members) | \$125.00 (Non-Members)
00075596

December 17th
1 Session
9:00 am - 6:00 pm
\$93.75 (Members) | \$125.00 (Non-Members)
00075599

SWIM FOR LIFE INSTRUCTOR

Want to become a Swim Instructor? This nationally recognized course equips you with the skills needed to instruct aquatics programs like our Bibs and Bubbles program, our Preschool aquatics program, our Swimmer levels, and Youth Swim Levels.



REQUIRES BRONZE CROSS

Swim for Life Instructor

Ages 15+
Requires Bronze Cross
5 Sessions
October 15th
+October 21st
+October 22nd
+October 25th
+October 29th
\$154.50 Members | \$206.00 Non-Members
00075597

More Swim Lessons

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! Start at Level 1 of email kempr@halifax.ca for an assessment.

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-in Bookings'.



Adult Swimming Lessons

September 20 - December 10 Ages 16+

Sundays

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

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

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

Wednesdays

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

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

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

PRIVATE SWIMMING LESSONS

Private swim lessons are 30min in length and beneficial when your child is struggling with a skill or level. Classes are limited and will be available for registration beginning on August 29th at 9am for ZSP members, and on August 30th at 9am 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 select 'Youth Swimming'.
- Select 'Zatzman Sportsplex' as the Sub-Category.
- Click the search button.
- Select the lesson from the list of available times.

Private Swimming Lessons

12 Lessons

Ages 5+

\$207.00 (Members) | \$276 (Non-Members)



Swimming Lesson info



Frequently asked questions:

Q: How can I register for lessons?

A: You can register for lessons through Halifax MyRec or in person at the welcome desk. We do not take registrations over the phone. Online registration will give you the best chance at getting the spot you would like.

Q: What level should I register my child for?

A: Please consult the info on pages 8-10 and register your child for the level that best suits their skill level. If you need more info, please contact our Aquatics Coordinator 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. Also registering your child in a level too high can be a safety risk and will have a negative effect on their experience at swimming lessons.

Q: The level I need to have my child in is full, what do I do?

A: Right now, 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. Add your child's name to a wait list and we will contact you if a spot becomes available. Please do not register your child for the wrong level because there is space available; we will be unable to transfer them to their appropriate level.

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

A: Participants move to the next level when they are 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"; we use term such as "complete" or "incomplete". If a participant does not complete it simply means they need more time to work on skills and build a better foundation before moving to the next level. It is very common for a participant to be in a level for more than one session.

Q: What is your cancelation policy?

A: You can cancel up to 14 days before the start of your program. Please contact the Welcome Desk to cancel.



ZATZMAN SPORTSPLEX **DROP-IN** AQUATICS PROGRAMS



These drop-in programs do not require pre-registration.

Just show up at the times below! These programs 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. GUARD

Come out and enjoy our Lifesaving Sport practice. This program focuses on stroke technique, endurance and speed. See how fast you can save a person with a rope, how fast you can sprint past obstacles or carry a manikin across the pool. Participants should be in Swimmer 5 or higher or be able to swim 300m continuously.

Jr. Guard

Sundays | September 10 Start

Ages 8-11

5:30 pm - 6:25 pm

Ages 12-14

6:30 pm - 7:25 pm

TRI-FIT

Want to upgrade your lap swimming workout? Whether you are swimming to prepare for an open water swimming race like a triathlon or just swimming to get fit come join us at Tri Fit. This is mainly a Freestyle workout based swim program with some technique tips to improve your pace. Open to swimmers 16 years of age and older with most participants 30+; you must be able to swim 500m continuously to attend.

Tri-Fit

Ages 16+

Mondays & Wednesdays | September 6 Start

7:30 pm - 8:45 pm

AQUA-FIT

Come get your workout on in the pool! Shallow water classes are for everyone. Deep Water classes are for those who are comfortable in deep water with a floatation belt.

Shallow Water Aqua-Fit

September 6 Start

Mondays & Wednesdays

11:05 am - 11:55 am

Deep Water Aqua-Fit

September 6 Start

Mondays & Wednesdays

7:35 pm - 8:25 pm



AQUATIC PROGRAMS SCHEDULE



SUNDAYS

SEPTEMBER 24 START

| | | COURSE CODE | | | COURSE CODE |
|------------------|-----------------|-------------|-------------------|----------------|-------------|
| M3 PRESCHOOL 1 | 8:45 - 9:15 AM | 00068895 | BIBS & BUBBLES 3 | 5:00 - 5:30 PM | 00068890 |
| M3 PRESCHOOL 2 | 8:45 - 9:15 AM | 00068899 | PRESCHOOL 1 | 5:00 - 5:30 PM | 00068892 |
| M3 SWIMMER 3 | 9:15 - 9:45 AM | 00068907 | PRESCHOOL 2 | 5:00 - 5:30 PM | 00068897 |
| M3 PRESCHOOL 3 | 9:15 - 9:45 AM | 00068903 | PRESCHOOL 3 | 5:00 - 5:30 PM | 00068900 |
| M3 SWIMMER 1 | 9:45 - 10:15 AM | 00068905 | PRESCHOOL 4 | 5:00 - 5:30 PM | 00068904 |
| M3 SWIMMER 2 | 9:45 - 10:15 AM | 00068906 | SWIMMER 1 | 5:00 - 5:30 PM | 00068908 |
| BIBS & BUBBLES 2 | 4:00 - 4:30 PM | 00068889 | SWIMMER 2 | 5:00 - 5:30 PM | 00068914 |
| PRESCHOOL 1 | 4:00 - 4:30 PM | 00068893 | PRESCHOOL 1 | 5:30 - 6:00 PM | 00068894 |
| PRESCHOOL 2 | 4:00 - 4:30 PM | 00068898 | S&P SWIMMER 1 | 5:30 - 6:30 PM | 00068910 |
| PRESCHOOL 3 | 4:00 - 4:30 PM | 00068901 | S&P SWIMMER 2 | 5:30 - 6:30 PM | 00068915 |
| SWIMMER 1 | 4:00 - 4:30 PM | 00068909 | S&P SWIMMER 3 | 5:30 - 6:30 PM | 00068919 |
| SWIMMER 2 | 4:00 - 4:30 PM | 00068912 | S&P SWIMMER 4 | 5:30 - 6:30 PM | 00068922 |
| SWIMMER 3 | 4:00 - 4:30 PM | 00068917 | S&P SWIMMER 5 | 5:30 - 6:30 PM | 00068925 |
| SWIMMER 4 | 4:00 - 4:45 PM | 00068921 | S&P ROOKIE PATROL | 6:30 - 7:30 PM | 00068928 |
| BIBS & BUBBLES 1 | 4:30 - 5:00 PM | 00068888 | S&P RANGER PATROL | 6:30 - 7:30 PM | 00068927 |
| PRESCHOOL 1 | 4:30 - 5:00 PM | 00068891 | S&P STAR PATROL * | 6:30 - 7:30 PM | 00068929 |
| PRESCHOOL 2 | 4:30 - 5:00 PM | 00068896 | S&P SWIMMER 1 | 6:30 - 7:30 PM | 00068911 |
| PRESCHOOL 3 | 4:30 - 5:00 PM | 00068902 | S&P SWIMMER 2 | 6:30 - 7:30 PM | 00068916 |
| SWIMMER 1 | 4:30 - 5:00 PM | 00075483 | S&P SWIMMER 3 | 6:30 - 7:30 PM | 00068920 |
| SWIMMER 2 | 4:30 - 5:00 PM | 00068913 | S&P SWIMMER 4 | 6:30 - 7:30 PM | 00068923 |
| SWIMMER 3 | 4:30 - 5:00 PM | 00068918 | S&P SWIMMER 6 | 6:30 - 7:30 PM | 00068926 |
| SWIMMER 5 | 4:45 - 5:30 PM | 00068924 | | | |

S&P = Stay & Play

M3 = Max 3 Participants

* = Combined Class

MONDAYS

SEPTEMBER 18 START

| | | |
|--------------|----------------|----------|
| PRESCHOOL 1 | 4:00 - 4:30 PM | 00068655 |
| PRESCHOOL 2 | 4:00 - 4:30 PM | 00068656 |
| PRESCHOOL 3 | 4:30 - 5:00 PM | 00068657 |
| SWIMMER 1 | 4:30 - 5:00 PM | 00068658 |
| YOUTH SWIM 1 | 5:00 - 5:45 PM | 00068673 |
| YOUTH SWIM 2 | 5:45 - 6:30 PM | 00068674 |
| SWIMMER 1 | 6:00 - 6:30 PM | 00068659 |
| SWIMMER 2 | 6:00 - 6:30 PM | 00068660 |
| SWIMMER 3 | 6:00 - 6:30 PM | 00068661 |



AQUATIC PROGRAMS SCHEDULE



TUESDAYS SEPTEMBER 19 START

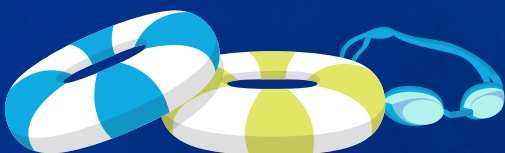
| | | COURSE CODE | | | COURSE CODE |
|------------------|----------------|-------------|------------------|----------------|-------------|
| BIBS & BUBBLES 1 | 4:00 - 4:30 PM | 00068675 | SWIMMER 4 | 5:15 - 6:00 PM | 00068695 |
| PRESCHOOL 1 | 4:00 - 4:30 PM | 00068678 | BIBS & BUBBLES 2 | 5:30 - 6:00 PM | 00068676 |
| SWIMMER 1 | 4:00 - 4:30 PM | 00068690 | PRESCHOOL 1 | 5:30 - 6:00 PM | 00068679 |
| SWIMMER 4 | 4:00 - 4:45 PM | 00068696 | SWIMMER 1 | 5:30 - 6:00 PM | 00068688 |
| PRESCHOOL 2 | 4:00 - 4:30 PM | 00075423 | SWIMMER 1 | 5:45 - 6:15 PM | 00068687 |
| PRESCHOOL 2 | 4:30 - 5:00 PM | 00068683 | SWIMMER 2 | 5:30 - 6:00 PM | 00075425 |
| SWIMMER 2 | 4:30 - 5:00 PM | 00068692 | PRESCHOOL 1 | 6:00 - 6:30 PM | 00068680 |
| SWIMMER 3 | 4:30 - 5:00 PM | 00068694 | PRESCHOOL 2 | 6:00 - 6:30 PM | 00068682 |
| SWIMMER 5 | 4:30 - 5:15 PM | 00068697 | PRESCHOOL 4 | 6:00 - 6:30 PM | 00068685 |
| PRESCHOOL 1 | 4:30 - 5:00 PM | 00075422 | PRESCHOOL 5 | 6:00 - 6:30 PM | 00068686 |
| SWIMMER 1 | 4:45 - 5:15 PM | 00068689 | SWIMMER 3 | 6:00 - 6:30 PM | 00075426 |
| PRESCHOOL 2 | 5:00 - 5:30 PM | 00068681 | SWIMMER 6 | 6:30 - 7:15 PM | 00068699 |
| PRESCHOOL 3 | 5:00 - 5:30 PM | 00068684 | SWIMMER 5 | 7:15 - 8:00 PM | 00068698 |
| SWIMMER 1 | 5:00 - 5:30 PM | 00075424 | ROOKIE PATROL | 7:15 - 8:00 PM | 00068701 |
| SWIMMER 2 | 5:00 - 5:30 PM | 00068691 | RANGER PATROL* | 6:30 - 7:15 PM | 00068700 |
| SWIMMER 3 | 5:15 - 5:45 PM | 00068693 | STAR PATROL* | 6:30 - 7:15 PM | 00068702 |

*= Combined Class

WEDNESDAYS SEPTEMBER 20 START

| | | COURSE CODE |
|------------------|----------------|-------------|
| BIBS & BUBBLES 2 | 9:00 - 9:30 AM | 00075445 |
| SWIMMER 2 | 4:30 - 5:00 PM | 00068727 |
| SWIMMER 1 | 5:00 - 5:30 PM | 00068726 |
| M3 PRESCHOOL 1 | 5:00 - 5:30 PM | 00068719 |
| M3 SWIMMER 2 | 5:30 - 6:00 PM | 00068724 |
| M3 SWIMMER 3 | 5:30 - 6:00 PM | 00068725 |
| M3 SWIMMER 1 | 6:00 - 6:30 PM | 00068723 |
| M3 PRESCHOOL 1 | 6:00 - 6:30 PM | 00068718 |
| M3 PRESCHOOL 2 | 6:00 - 6:30 PM | 00068720 |
| M3 PRESCHOOL 3 | 6:00 - 6:30 PM | 00068721 |
| M3 PRESCHOOL 4 | 6:00 - 6:30 PM | 00068722 |
| YOUTH SWIM 1 | 6:30 - 7:15 PM | 00068737 |

*M3 = Max 3 Participants



AQUATIC PROGRAMS SCHEDULE



THURSDAYS SEPTEMBER 21 START

COURSE CODE

| | | |
|------------------|----------------|----------|
| M3 PRESCHOOL 1 | 4:00 - 4:30 PM | 00068751 |
| M3 PRESCHOOL 3 | 4:00 - 4:30 PM | 00068757 |
| M3 SWIMMER 1 | 4:00 - 4:30 PM | 00068760 |
| M3 SWIMMER 2 | 4:00 - 4:30 PM | 00068761 |
| M3 SWIMMER 3 | 4:00 - 4:30 PM | 00068762 |
| M3 PRESCHOOL 2 | 4:15 - 4:45 PM | 00068755 |
| BIBS & BUBBLES 3 | 4:30 - 5:00 PM | 00068744 |
| PRESCHOOL 3 | 4:30 - 5:00 PM | 00068756 |
| SWIMMER 1 | 4:30 - 5:00 PM | 00068766 |
| SWIMMER 2 | 4:30 - 5:00 PM | 00068768 |
| SWIMMER 3 | 4:30 - 5:00 PM | 00068772 |
| SWIMMER 4 | 4:30 - 5:15 PM | 00068775 |
| YOUTH SWIM 1 | 4:30 - 5:15 PM | 00068782 |
| PRESCHOOL 1 | 4:45 - 5:15 PM | 00068749 |
| BIBS & BUBBLES 2 | 5:00 - 5:30 PM | 00068741 |
| PRESCHOOL 1 | 5:00 - 5:30 PM | 00068747 |
| PRESCHOOL 2 | 5:00 - 5:30 PM | 00068754 |

COURSE CODE

| | | |
|------------------|----------------|----------|
| SWIMMER 1 | 5:00 - 5:30 PM | 00068763 |
| SWIMMER 2 | 5:00 - 5:30 PM | 00068769 |
| PRESCHOOL 2 | 5:15 - 5:45 PM | 00068753 |
| SWIMMER 3 | 5:15 - 5:45 PM | 00068773 |
| SWIMMER 6 | 5:15 - 6:00 PM | 00068777 |
| BIBS & BUBBLES 1 | 5:30 - 6:00 PM | 00068738 |
| PRESCHOOL 4 | 5:30 - 6:00 PM | 00068758 |
| PRESCHOOL 5 | 5:30 - 6:00 PM | 00068759 |
| SWIMMER 1 | 5:30 - 6:00 PM | 00068765 |
| SWIMMER 2 | 5:30 - 6:00 PM | 00068771 |
| SWIMMER 1 | 5:45 - 6:15 PM | 00068764 |
| RANGER PATROL | 5:45 - 6:30 PM | 00068778 |
| PRESCHOOL 1 | 6:00 - 6:30 PM | 00068748 |
| PRESCHOOL 1 | 6:00 - 6:30 PM | 00068750 |
| PRESCHOOL 2 | 6:00 - 6:30 PM | 00068752 |
| SWIMMER 1 | 6:00 - 6:30 PM | 00068767 |
| SWIMMER 2 | 6:00 - 6:30 PM | 00068770 |
| ROOKIE PATROL | 6:30 - 7:15 PM | 00068779 |
| YOUTH SWIM 2 | 6:30 - 7:15 PM | 00068783 |
| YOUTH SWIM 3 | 6:30 - 7:15 PM | 00068784 |
| SWIMMER 4 | 7:15 - 8:00 PM | 00068774 |
| SWIMMER 5 | 7:15 - 8:00 PM | 00068776 |
| STAR PATROL | 7:15 - 8:00 PM | 00068780 |



AQUATIC PROGRAMS SCHEDULE



FRIDAYS SEPTEMBER 22 START

| | | COURSE CODE | | | COURSE CODE |
|------------------|----------------|-------------|------------------|----------------|-------------|
| PRESCHOOL 1 | 4:00 - 4:30 PM | 00068789 | PRESCHOOL 2 | 5:30 - 6:00 PM | 00068794 |
| SWIMMER 1 | 4:00 - 4:30 PM | 00068803 | SWIMMER 1 | 5:30 - 6:00 PM | 00075460 |
| SWIMMER 4 | 4:00 - 4:45 PM | 00068811 | SWIMMER 2 | 5:30 - 6:00 PM | 00068806 |
| PRESCHOOL 3 | 4:00 - 4:30 PM | 00075458 | SWIMMER 3 | 5:30 - 6:00 PM | 00068809 |
| PRESCHOOL 3 | 4:15 - 4:45 PM | 00068797 | PRESCHOOL 3 | 5:45 - 6:15 PM | 00068798 |
| PRESCHOOL 2 | 4:30 - 5:00 PM | 00068793 | PRESCHOOL 1 | 6:00 - 6:30 PM | 00068791 |
| PRESCHOOL 2 | 4:30 - 5:00 PM | 00068795 | PRESCHOOL 1 | 6:00 - 6:30 PM | 00068792 |
| SWIMMER 5 | 4:30 - 5:00 PM | 00068812 | BIBS & BUBBLES 3 | 6:00 - 6:30 PM | 00068787 |
| SWIMMER 6 | 4:45 - 5:30 PM | 00068813 | SWIMMER 1 | 6:00 - 6:30 PM | 00068802 |
| ROOKIE PATROL | 4:45 - 5:30 PM | 00068814 | SWIMMER 2 | 6:00 - 6:30 PM | 00068807 |
| PRESCHOOL 1 | 5:00 - 5:30 PM | 00068788 | SWIMMER 2 | 6:15 - 6:45 PM | 00068805 |
| PRESCHOOL 1 | 5:00 - 5:30 PM | 00068790 | M3 SWIMMER 1 | 6:30 - 7:00 PM | 00068799 |
| BIBS & BUBBLES 1 | 5:00 - 5:30 PM | 00068785 | M3 SWIMMER 2 | 6:30 - 7:00 PM | 00068800 |
| SWIMMER 1 | 5:15 - 5:45 PM | 00068801 | SWIMMER 3 | 6:30 - 7:00 PM | 00068808 |
| BIBS & BUBBLES 2 | 5:30 - 6:00 PM | 00068786 | SWIMMER 3 | 6:30 - 7:00 PM | 00068810 |



AQUATIC PROGRAMS SCHEDULE



SATURDAYS SEPTEMBER 23 START

| COURSE CODE | | | COURSE CODE | | |
|------------------|------------------|----------|------------------|------------------|----------|
| BIBS & BUBBLES 2 | 9:00 - 9:30 AM | 00068828 | SWIMMER 4 | 10:00 - 10:45 AM | 00068870 |
| M3 PRESCHOOL 1 | 9:00 - 9:30 AM | 00068835 | PRESCHOOL 3 | 10:15 - 10:45 AM | 00068845 |
| M3 PRESCHOOL 2 | 9:00 - 9:30 AM | 00068841 | SWIMMER 6 | 10:15 - 11:00 AM | 00068877 |
| M3 PRESCHOOL 3 | 9:00 - 9:30 AM | 00068849 | YOUTH SWIM 2 | 10:15 - 11:00 AM | 00068886 |
| M3 PRESCHOOL 4 | 9:00 - 9:30 AM | 00068850 | BIBS & BUBBLES 1 | 10:30 - 11:00 AM | 00068827 |
| PRESCHOOL 5 | 9:00 - 9:30 AM | 00068851 | PRESCHOOL 2 | 10:30 - 11:00 AM | 00068839 |
| M3 SWIMMER 1 | 9:00 - 9:30 AM | 00068852 | M3 PRESCHOOL 3 | 10:30 - 11:00 AM | 00068847 |
| M3 SWIMMER 2 | 9:00 - 9:30 AM | 00068854 | SWIMMER 1 | 10:30 - 11:00 AM | 00068860 |
| M3 SWIMMER 3 | 9:00 - 9:30 AM | 00068857 | SWIMMER 2 | 10:30 - 11:00 AM | 00068863 |
| SWIMMER 4 | 9:00 - 9:45 AM | 00068871 | SWIMMER 3 | 10:30 - 11:00 AM | 00068868 |
| SWIMMER 5 | 9:00 - 9:45 AM | 00068875 | SWIMMER 4 | 10:30 - 11:15 AM | 00068872 |
| RANGER PATROL * | 9:00 - 9:45 AM | 00068880 | RANGER PATROL * | 10:30 - 11:15 AM | 00068879 |
| STAR PATROL * | 9:00 - 9:45 AM | 00068884 | STAR PATROL * | 10:30 - 11:15 AM | 00068883 |
| BIBS & BUBBLES 3 | 9:30 - 10:00 AM | 00068832 | SWIMMER 6 | 10:45 - 11:30 AM | 00068878 |
| M3 PRESCHOOL 1 | 9:30 - 10:00 AM | 00068836 | YOUTH SWIM 1 | 10:45 - 11:30 AM | 00068885 |
| M3 PRESCHOOL 2 | 9:30 - 10:00 AM | 00068842 | BIBS & BUBBLES 2 | 11:00 - 11:30 AM | 00068830 |
| PRESCHOOL 3 | 9:30 - 10:00 AM | 00068844 | PRESCHOOL 1 | 11:00 - 11:30 AM | 00068833 |
| M3 SWIMMER 1 | 9:30 - 10:00 AM | 00068853 | PRESCHOOL 2 | 11:00 - 11:30 AM | 00068840 |
| M3 SWIMMER 2 | 9:30 - 10:00 AM | 00068855 | S&P SWIMMER 1 | 11:00 - 12:00 PM | 00068861 |
| M3 SWIMMER 3 | 9:30 - 10:00 AM | 00068856 | S&P SWIMMER 2 | 11:00 - 12:00 PM | 00068865 |
| SWIMMER 1 | 9:30 - 10:00 AM | 00068859 | S&P SWIMMER 3 | 11:00 - 12:00 PM | 00068869 |
| SWIMMER 5 | 9:30 - 10:15 AM | 00068874 | S&P SWIMMER 4 | 11:00 - 12:00 PM | 00068873 |
| M3 PRESCHOOL 3 | 9:45 - 10:15 AM | 00068848 | S&P SWIMMER 5 | 11:00 - 12:00 PM | 00068876 |
| SWIMMER 2 | 9:45 - 10:15 AM | 00068864 | ROOKIE PATROL | 11:15 - 12:00 PM | 00068882 |
| ROOKIE PATROL | 9:45 - 10:30 AM | 00068881 | YOUTH SWIM 3 | 11:15 - 12:00 PM | 00068887 |
| BIBS & BUBBLES 2 | 10:00 - 10:30 AM | 00068829 | BIBS & BUBBLES 3 | 11:30 - 12:00 PM | 00068831 |
| PRESCHOOL 1 | 10:00 - 10:30 AM | 00068834 | PRESCHOOL 2 | 11:30 - 12:00 PM | 00068837 |
| PRESCHOOL 2 | 10:00 - 10:30 AM | 00068838 | PRESCHOOL 3 | 11:30 - 12:00 PM | 00068846 |
| PRESCHOOL 3 | 10:00 - 10:30 AM | 00068843 | SWIMMER 2 | 11:30 - 12:00 PM | 00068862 |
| SWIMMER 1 | 10:00 - 10:30 AM | 00068858 | SWIMMER 3 | 11:30 - 12:00 PM | 00068866 |
| SWIMMER 3 | 10:00 - 10:30 AM | 00068867 | | | |

S&P = Stay & Play

M3 = Max 3 Participants

* = Combined Class