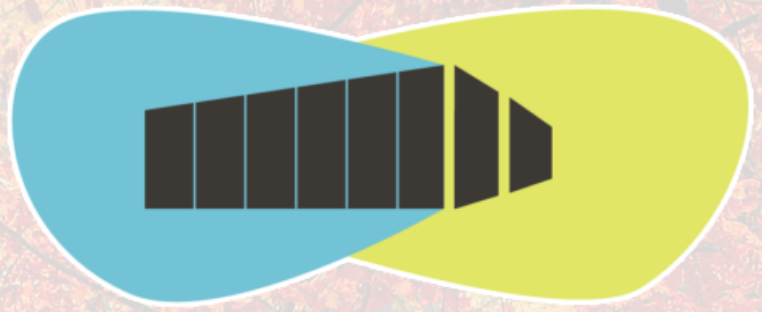




ZATZMAN
SPORTSPLEX

FALL
PROGRAM
GUIDE
2022



ZATZMAN SPORTSPLEX

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@ZSPORTSPLEX



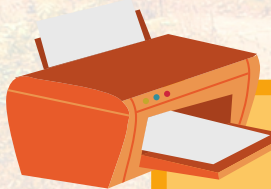
@ZSPORTSPLEX



ZATZMANSPORTSPLEX.COM



FEEDLINK.IO/ZSPORTSPLEX



Want to print this guide?

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

Visit our Program Guide page at zatzmansportsplex.com to view and print the printer-friendly guide!

GENERAL INFORMATION



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

FACILITY HOURS

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

Facility Closed:

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

STAFF DIRECTORY

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

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

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

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

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

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

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

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

Program Registration Dates:

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

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

How to Register for Programs:

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

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

EXAMPLE CLASS

THURSDAYS

10:00 AM- 11:00 AM

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

00056555



THIS IS THE COURSE CODE.

REGISTRATION REQUIRES A MYREC ACCOUNT

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



Information within this guide may change at any time!

Visit feedlink.io/zsportsplex for quick access to the most recent:

Aquatics Schedule
Fitness Class Schedule
Gymnasium Schedule
Track & Arena Schedule



feedlink.io/zsportsplex

FACILITY AGE RESTRICTIONS

Walking/Running Track
Open Skates
& Gymnasium

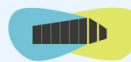
Children 9 and under must be accompanied by an adult at all times.

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

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

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

ZATZMAN SPORTSPLEX



MEMBERS GET IT ALL!



Fitness Classes

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

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

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

How will you use your Membership?

Fitness Centre

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

Gymnasium

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

Aquatics Centre

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

ALL PRICES ARE
TAXES INCLUDED

FAMILY MEMBERSHIP!

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

ADULT MEMBERSHIP!

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

SENIOR STUDENT/YOUTH MEMBERSHIP!

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



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

Visit our Welcome Desk today to become a Member!
Membership requires a Halifax MyRec account. Visit recreation.halifax.ca

AQUATIC PROGRAM DESCRIPTIONS



BIBS & BUBBLES



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

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

PRESCHOOL



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

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

ROOKIE PATROL



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

Patrol classes are 45 minutes in length

Rookie Patrol

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

STAY & PLAY

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

Swimmer 1-3:

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

All Other Lessons:

45 minutes of class
 +15 minutes free play

Stay & Play Program

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



LIFESAVING SOCIETY®

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

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

SWIMMER CLASSES



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

Swimmer 1, 2 & 3

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

Swimmer 4, 5 & 6

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

Max 3 Swimmer 1, 2 & 3

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

YOUTH SWIM



Youth Swim classes are 45 minutes in length

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

Youth Swim 1, 2 & 3

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

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

RANGER PATROL



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

Patrol classes are 45 minutes in length

Ranger Patrol

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

STAR PATROL



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

Patrol classes are 45 minutes in length

Star Patrol

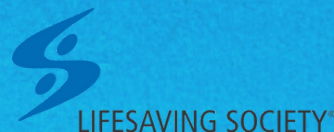
AGES 8-12
 \$100.80 (MEMBERS) | \$134.40 (NON-MEMBERS)



AQUATIC LEADERSHIP PROGRAMS

ZATZMAN
SPORTSPLEX

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



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



■ BRONZE STAR



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

Bronze Star

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

■ BRONZE MEDALLION +EMERGENCY FIRST AID



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

Bronze Medallion

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

■ BRONZE CROSS +STANDARD FIRST AID



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

Bronze Cross

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

REQUIRES BRONZE MEDALLION

■ SWIM FOR LIFE INSTRUCTOR



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

Swim for Life Instructor

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

REQUIRES BRONZE CROSS

■ NATIONAL LIFEGUARD +STANDARD FIRST AID



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

National Lifeguard

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

REQUIRES BRONZE CROSS

■ LIFESAVING + FIRST AID INSTRUCTOR



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

Lifesaving + First Aid Instructor

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

REQUIRES BRONZE CROSS



DROP-IN AQUATICS PROGRAMS

■ ADULT SWIMMING LESSONS



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

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

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

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

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



SEPTEMBER 20 - DECEMBER 11
SUNDAYS 4:15 PM - 5:00PM
OR
TUESDAYS
ADULT SWIMMER 1 10:30 AM - 11:15 AM
ADULT SWIMMER 2 & 3 11:15 AM - 12:00 PM

■ PRIVATE SWIMMING LESSONS



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

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

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

Demand for this program is very high.

The Fall session is 12 weeks.

12 LESSONS

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

Course times and prices are detailed on Halifax MyRec.

To register for Private Lessons:

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



DROP-IN AQUATICS PROGRAMS

■ TRI-FIT

This course is designed to help prepare you for the swimming portion of a Tri-Athlon or just get fit!

During the Fall & Winter seasons, we do Tri-Fit indoors at our facility's Aquatics Centre.

Participants must be able to swim 1000m.

MONDAYS & WEDNESDAYS @ ZATZMAN SPORTSPLEX
7:30 PM - 8:45 PM

NO-PRE REGISTRATION REQUIRED

No additional cost for Members.

Non-Members must pay for a Day-Pass (\$12 for Adults)



■ JR. GUARD

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

Learn how to use a rescue board like a professional lifeguard!

During the Fall & Winter seasons, we do Jr. Guard indoors at our facility's Aquatics Centre.

Participants must be able to swim 300m.

SUNDAYS @ ZATZMAN SPORTSPLEX | AGES 8-11
9:00 AM - 10:00 AM

OR

SUNDAYS @ ZATZMAN SPORTSPLEX | AGES 12-15
10:00 AM - 11:00 AM

NO-PRE REGISTRATION REQUIRED

No additional cost for Members.

Non-Members must pay for a Day-Pass (\$7 for Youth/Students)



AQUATIC PROGRAMS SCHEDULE



SUNDAYS SEPTEMBER 25 START

COURSE CODE

COURSE CODE

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

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

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

MONDAYS SEPTEMBER 19 START

COURSE CODE

COURSE CODE

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

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



AQUATIC PROGRAMS SCHEDULE



TUESDAYS SEPTEMBER 20 START

COURSE CODE

COURSE CODE

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

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

WEDNESDAYS SEPTEMBER 21 START

COURSE CODE

COURSE CODE

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

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

*M3 = Max 3 Participants

AQUATIC PROGRAMS SCHEDULE



THURSDAYS SEPTEMBER 22 START

COURSE CODE

COURSE CODE

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

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

FRIDAYS SEPTEMBER 23 START

COURSE CODE

COURSE CODE

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

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

*M3 = Max 3 Participants

AQUATIC PROGRAMS SCHEDULE



SATURDAYS SEPTEMBER 24 START

COURSE CODE

COURSE CODE

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

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

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

*M3 = Max 3 Participants

FITNESS WORKSHOPS



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

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

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

BEGINNER TRX

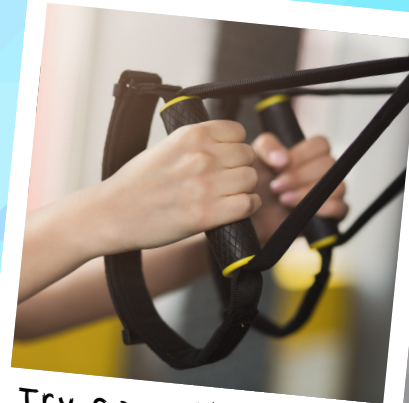
TRX (Total Body Resistance Exercise) training works wonders for overall functional strength, balance and endurance!

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

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

Register today - space is limited!
Ages 13+

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



Try something new!

THESE STRAPS ARE ALL YOU NEED!

ALL THAT'S MISSING IS YOU!



Beginners welcome!

Turn the page for more Fitness Workshops!



FITNESS WORKSHOPS



WOMEN'S INTRO TO WEIGHTLIFTING

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

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

Register today - space is limited!
Ages 18+

SATURDAY | OCTOBER 15

11:00 AM- 1:00 PM

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

00060340

SATURDAY | NOVEMBER 19

11:00 PM- 1:00 PM

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

00060341



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

WEIGHTLIFTING FOR YOUTH

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

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

Register today - space is limited!

Ages 10-17

FRIDAY | OCTOBER 14

4:00 PM - 5:00 PM

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

00060335

FRIDAY | NOVEMBER 18

4:00 PM - 5:00 PM

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

00060336

FRIDAY | DECEMBER 2

4:00 PM - 5:00 PM

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

00060337



FITNESS WORKSHOPS



BEGINNER MOBILITY & MYOFASCIAL RELEASE



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

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

THURSDAY | OCTOBER 13

6:30 PM - 8:00 PM

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

00060339

WEDNESDAY | DECEMBER 7

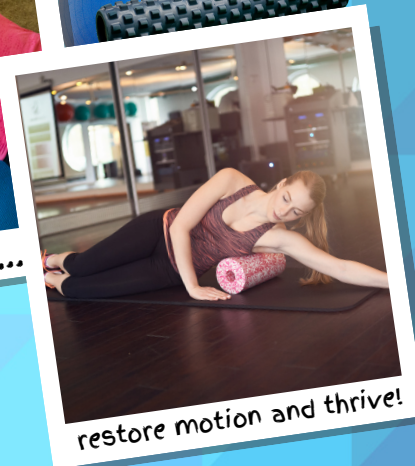
8:30 AM - 10:00 AM

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

00060338



relieve tension...



restore motion and thrive!

CARDIAC REBUILD



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

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

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

MONDAYS & WEDNESDAYS | SEPTEMBER 19 - NOVEMBER 23

20 SESSIONS

1:00 PM - 2:15 PM

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

00060333

This course is by referral only.

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

MEMBERS SAVE 25%!*

***EXCLUDING 1-MONTH MEMBERSHIPS**



get moving again!



get stronger!

ZATZMAN SPORTSPLEX PERSONAL TRAINING

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



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

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

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

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

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

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

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

-Laura Albert, Personal Trainer & Nutrition Coach

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

-Tam Nguyen, Personal Trainer & Yoga Instructor

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

-Haitham Chehadi, Personal Trainer

Personal Training Packages

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

Prices include tax.



CHILD & YOUTH RECREATION PROGRAMS



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



INTRO TO SOCCER

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

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

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

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



INTRO TO BASKETBALL

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

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

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

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



INTRO TO VOLLEYBALL

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

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



INTRO TO BADMINTON

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

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

CHILD & YOUTH RECREATION PROGRAMS



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

MULTI SPORT!



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

MULTI SPORT

AGES 3-4

SATURDAYS | SEPTEMBER 24 START

12 SESSIONS

12:00 PM - 12:25 PM

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

00059928

AGES 6-11

SUNDAYS BI-WEEKLY | OCTOBER 2 START

6 SESSIONS

10:30 AM - 11:25 AM

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

00059930



TRY SOMETHING NEW! FIND YOUR SPORT!

ADULT RECREATION PROGRAMS



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



ADULT BEGINNER PICKLEBALL

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

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

TUESDAYS | SEPTEMBER 20 START

12 SESSIONS

12:30PM- 2PM

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

00059916

AGES 18+

WEDNESDAYS | SEPTEMBER 21 START

12 SESSIONS

5:30PM- 7PM

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

00059915

AGES 18+



ADULT INTERMEDIATE/ADVANCED PICKLEBALL

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

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

FRIDAYS | SEPTEMBER 23 START

12 SESSIONS

5:30PM- 7PM

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

00059917

AGES 18+



PICKLEBALL SKILLS & DRILLS

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

TUESDAYS | SEPTEMBER 20 START

6 SESSIONS

5:30PM- 7:30PM

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

00059918

AGES 18+

TUESDAYS | NOVEMBER 1 START

6 SESSIONS

5:30PM- 7:30PM

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

00059919

AGES 18+





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



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

■ PARENT & TOT

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

■ LITTLE STARS

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

■ PRESCHOOL COMBO

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

■ CHILDRENS COMBO

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

■ LEVEL 1 BALLET JAZZ & TAP

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



Register for DDA courses on Halifax MyRec.

■ LEVEL 2 BALLET JAZZ & TAP

AGES 7-9

SUNDAYS | SEPTEMBER 25 START

15 SESSIONS

2:00 - 3:15PM

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

00060050

■ DANCE TIL YOU DROP

AGES 4-6

SATURDAYS | SEPTEMBER 24 START

10 SESSIONS

10:00AM - 10:45AM

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

00060051

■ MINI HIP HOP

AGES 6-9

SATURDAYS | SEPTEMBER 24 START

10 SESSIONS

10:45AM - 11:30AM

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

00060052

■ DISNEY ALL DAY

AGES 4-6

SATURDAYS | SEPTEMBER 24 START

10 SESSIONS

11:30AM - 12:15PM

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

00060053



Register for DDA courses on Halifax MyRec.

■ CREATIVE MOVEMENT

AGES 3-4

MONDAYS | SEPTEMBER 19 START

15 SESSIONS

4:00PM - 4:45PM

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

00060054

■ PRESCHOOL COMBO

AGES 4-5

MONDAYS | SEPTEMBER 19 START

15 SESSIONS

4:45PM - 5:30PM

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

00060055

■ MINI ACRO

AGES 4-6

MONDAYS | SEPTEMBER 19 START

15 SESSIONS

5:30PM - 6:15PM

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

00060056

■ BEGINNER BALLET & JAZZ

AGES 8-11

MONDAYS | SEPTEMBER 19 START

15 SESSIONS

6:15PM - 7:00PM

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

00060057



Register for DDA courses on Halifax MyRec.

■ **BALLET & LYRICAL**

AGES 9-12

MONDAYS | SEPTEMBER 19 START

15 SESSIONS

7:00PM - 8:00PM

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

00060058

■ **BEGINNER HIP HOP**

AGES 7-10

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

4:00PM - 4:45PM

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

00060059

■ **TEEN HIP HOP**

AGES 10-13

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

4:45PM - 5:30PM

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

00060060

■ **NON COMPETITIVE TAP**

AGES 9-15

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

5:30PM - 6:15PM

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

00060061



Register for DDA courses on Halifax MyRec.

■ NON COMPETITIVE BALLET & JAZZ

AGES 9-15

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

6:15PM - 7:15PM

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

00060062

■ PRE-COMPETITIVE

AGES 8-12

THURSDAYS | SEPTEMBER 21 START

15 SESSIONS

4:30PM - 8:25PM

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

00060606

■ ADULT TAP

AGES 18+

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

7:15PM - 8:15PM

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

00060063

■ ADULT BALLET & JAZZ

AGES 18+

WEDNESDAYS | SEPTEMBER 21 START

15 SESSIONS

8:15PM - 9:15PM

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

00060064



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



In-Service Day Camps!



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

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

WHAT DO WE DO AT CAMP?



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



IN-SERVICE DATES:

FRIDAY OCTOBER 28TH
00059851

MONDAY NOVEMBER 21ST
00059996

THURSDAY DECEMBER 1ST
00059997

FRIDAY DECEMBER 2ND
00059995

HOLIDAY DATES:

WEDNESDAY DECEMBER 21ST
00059998

THURSDAY DECEMBER 22ND
00059999

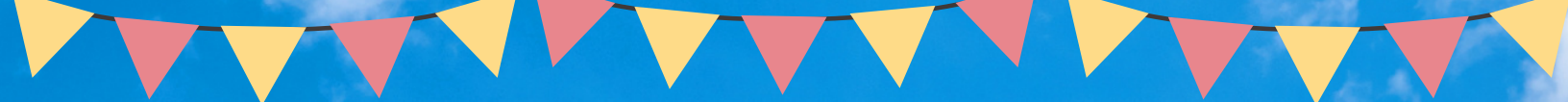
FRIDAY DECEMBER 23RD
00060000

Holiday Camps!



Come join us over the Holidays for Day Camp!

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



ZATZMAN SPORTSPLEX

Summer Camps!

From all of our Camp Counsellors,
Thanks for an amazing
Summer! We hope you
had a blast at camp!



See you next Summer!

Free Recreation! AT ZATZMAN SPORTSPLEX



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

free!

■ **WALKING/RUNNING TRACK**



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

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

The track schedule is as follows:

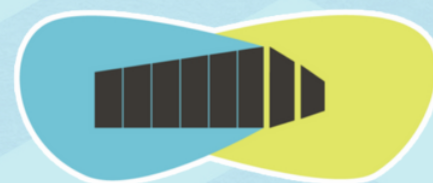
Tuesday, Wednesday, Thursday & Sunday: the track is free for everyone.

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



NEED SPACE TO HOST AN EVENT?

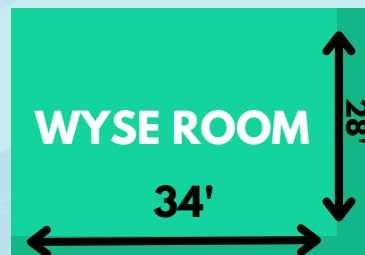
Our three multipurpose rooms can accommodate your corporate event, education seminar or social gathering!



**ZATZMAN
SPORTSPLEX**

■ WYSE ROOM

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



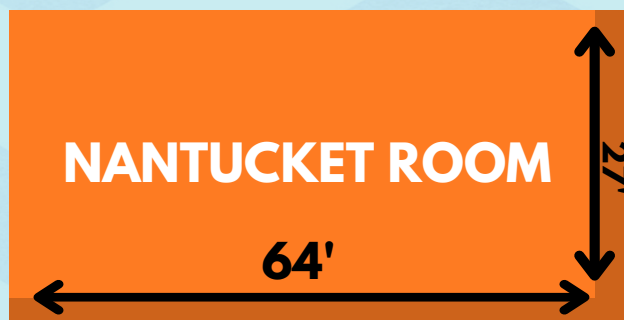
■ THISTLE ROOM

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



■ NANTUCKET ROOM

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



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

Each room rental features:

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

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

Email Tara at MyraT@halifax.ca to book your event!