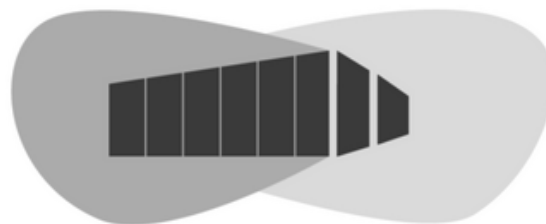


WINTER PROGRAM GUIDE 2023

Everything you need to know about:
RECREATION PROGRAMS
AQUATICS PROGRAMS
FITNESS WORKSHOPS
DARTMOUTH DANCE
& much more!

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**ZATZMAN
SPORTSPLEX**



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ZATZMANSPORTSPLEX.COM



FEEDLINK.IO/ZSPORTSPLEX

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:
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 December 13th at 9am.

Aquatic Program registration opens on December 20 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



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 16+ and in the pool with the child.

Fitness Centre & Classes - Youth 15 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"



MEMBERSHIP AT ZSP



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
TAX INCLUDED

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/YOUTH MEMBERSHIP!

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

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)

Members also save at these great local businesses!



Details at ZatzmanSportsplex.com

Corporate discounts are available, ask if your employer is included!

Prices effective January 2nd, 2023.

See next page for details.

UPCOMING CHANGES TO MEMBERSHIPS



As of January 2nd, 2023 our membership prices are increasing.

Existing memberships which are still in a term will not have a price increase until they renew .

Family Memberships

	Current Price	Price as of Jan 2 2023
Annual (paid in full)	\$978	\$1075
Annual (paid monthly)	\$98/month	\$108/month
6 Months	\$675	\$745
1 Month	\$150	\$165

Adult Memberships

	Current Price	Price as of Jan 2 2023
Annual (paid in full)	\$685	\$755
Annual (paid monthly)	\$68/month	\$76/month
6 Months	\$405	\$450
1 Month	\$90	\$100

Student | Senior | Youth Memberships

	Current Price	Price as of Jan 2 2023
Annual (paid in full)	\$450	\$495
Annual (paid monthly)	\$45/month	\$50/month
6 Months	\$270	\$295
1 Month	\$60	\$65

ALL PRICES ARE TAX INCLUDED

New members only registration:

Starting in Spring of 2023, members will have members-only early registration for programs and services. Details will be on our website and in our Spring 2023 Program Guide.

Starting in 2024:

As of 2024, our membership discount for programs and services is changing from 25% to 15%. This change will apply to all programs and services which begin in 2024.

Example: When program registration opens in December of 2023, any programs registered which begin in January of 2024 will have a discount of 15% off.

And lastly,

We are committed to freezing our membership prices until 2025.

AQUATIC PROGRAM INFORMATION



Important information for Aquatic Registration

This information is designed to help parents navigate lessons and will help you understand the leveling system and why lessons are structured the way they are. We will also go over some frequently asked questions and provide some tips to help place your child in the correct level and get them registered.

Swimming Levels

Swim levels are designed so that they build on skills learned in the previous level. It is very important to register your child for the correct level; too high is a safety risk, too low means that they won't improve. Instructors will not refer students to the next level if they do not meet criteria for their current level. Some children will do a level multiple times to develop the skills necessary to be safe and successful going forward. All children progress at their own pace.

Swimming levels are broken up into 5 groups:

Bibs & Bubbles

Bibs & Bubbles is our parented class where parents and children are in the water together. This class gets kids used to being in the water having fun, singing songs, and going over introductory skills such as blowing bubbles, floating, and kicking.

Bibs & Bubbles 1: Ages 3 months - 12 months

Bibs & Bubbles 2: Ages 13 months - 24 months

Bibs & Bubbles 3: Ages 25 months - 35 months

Preschool

In our Preschool levels, children are in the water with an instructor learning the basics of swimming in a group setting. Skills learned are blowing bubbles, floating, kicking, jumping and basic arm motions. The age range for the preschool program are 3 years - 4 years 11 months.

If your child will be 5 years old before the start of the next swimming term, they will register in the Swimmer levels. Preschoolers in levels 1, 2 or 3 register for Swimmer 1. If your child has been referred to Preschool 4 or 5, they can be registered in Swimmer 2.

AQUATIC PROGRAM INFORMATION CONT.



Preschool 1: Participants may be a little hesitant to put their face in the water or even get in the water with an instructor. Skills are performed with the assistance of the instructor.

Preschool 2: Participants are comfortable putting their face or head in the water and going with an instructor. Skills are performed with the assistance of the instructor or buoyant aids.

Preschool 3: Participants have been in swimming lessons before and are very comfortable in the water. Participants should be starting to float and glide on their own.

Preschool 4 & 5: Participants would be advanced swimmers for their age and would be performing skills easily on their own. The skills at this level are equal the skills that would be taught in Swimmer 1 & 2 but with less emphasis on technique and endurance.

Swimmer

Swimmer levels continue to build on the skills learned in the preschool levels or children who are new to swimming and are too old for the preschool program. The age range for the swimmer levels is from 5 years - 11 years 11 months.

Swimmer 1: This is a beginner swimming level, where participants learn to float, glide, breathe and swim on their own or with some assistance. They must swim without assistance for 5m. This lesson is primarily in the small pool.

Swimmer 2: Participants should be able to perform basic skills on their own or with minimal assistance from the instructor. Distance needed to swim unassisted is 10m. This lesson is primarily in the small pool.

Swimmer 3: This is a transition level, participants should be able to perform basic skills on their own and be comfortable in water that's over their head. Class will slowly move from the small pool to the deep pool over the course of the term. Distance needed to swim is 25 meters in the deep pool.

Swimmer 4: Distance needed to swim is 50m. Class takes place in the deep pool.

Swimmer 5: Distance needed to swim is 75m. Class takes place in the deep pool.

Swimmer 6: Distance needed to swim is 300m. Class takes place in the deep pool.

AQUATIC PROGRAM INFORMATION CONT.



Canadian Swim Patrol

Canadian Swim Patrol are swimming levels with a heavy focus on first aid, survival and skill that prepare the participants for the Advanced Bronze level courses.

The levels are called Rookie, Ranger, and Star. The age range is 8 years-12 years 11 months. Participants should be able to swim 200-300 meters.

Youth Swim

Youth Swim program is designed to teach participants swimming while also keeping them in their peer group. The age range of the program is 8 years to 14 years 11 months.

Youth 1: New swimmers or swimmers still learning the basics of swimming, such as breathing in the water, floating, kicking and basic strokes. Skill level of Swimmer 1 and 2.

Youth 2: Basics of swimming and gaining comfort in water over their head. Will focus on learning proper swim strokes. Skill level of Swimmer 3 and 4.

Youth 3: Participants will improve their strokes and work on endurance. Skill level of Swimmer 5 and 6.

Tips for Registration

1) Be prepared! Know what level/day/time you want to register for before registration day. Our brochure will have all the classes listed in advance of registration day and you can find that on our website.

2) Use course codes to register for classes on MyRec. The course codes can be found in the brochure and will speed up how you find the specific class you're looking for. It is recommended that you have multiple options ready in case your first option is full.

AQUATIC PROGRAM INFORMATION CONT.



Frequently asked Questions

Q: When can I register for lessons?

A: We run four lesson terms a year Fall/Winter/Spring/Summer. We try to have our registration at least two weeks before the first day of lessons. Please check our website and our social media accounts for exact dates and times. We have a different registration date from the HRM operated facilities, so please get our registration date from Zatzman sources.

Q: How can I register for lessons?

A: You can register for lessons through Halifax MyRec or in person at the welcome desk. Please note that if you choose to book in person, if you are in a physical line, people that are booking online are booking ahead of you. We do not take registration over the phone.

Q: What level should I register my child for?

A: Please consult the info above and register your child for the level that best suits their skill level. If you need more info, please contact the aquatics department.

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 may 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 the area 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 a class 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 or the Aquatics department for cancellation.

AQUATIC PROGRAM DESCRIPTIONS



BIBS & BUBBLES

Bibs-N-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.

Bibs & Bubbles 1 (3 - 12 months)

Bibs & Bubbles 2 (13 - 24 months)

Bibs & Bubbles 3 (25 - 35 months)

\$81 (Members) | \$108 (Non-Members)

PRESCHOOL

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

Preschool 1 - 5 (3 - 4 years)

\$81 (MEMBERS) | \$108 (NON-MEMBERS)

Max 3 Preschool 1 - 4

\$100.50 (MEMBERS) | \$134 (NON-MEMBERS)

SWIMMER CLASSES

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

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 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

SWIMMER 4: These intermediate swimmers will swim 5 m underwater and lengths of front, 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 25 m 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 they'll have a blast swimming the 300 m workout.

Find Course Codes for the above courses on pages 17-21.
Register for courses on Halifax MyRec.

+ 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

Stay & Play Program

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

Swimmer 1, 2 & 3

\$81 (MEMBERS) | \$108 (NON-MEMBERS)

Swimmer 4, 5 & 6

\$84 (MEMBERS) | \$112 (NON-MEMBERS)

AQUATIC PROGRAM DESCRIPTIONS

MAX 3 SWIMMER CLASSES

The following classes are offered with a maximum of 3 participants per class:

M3 SWIMMER 1

M3 SWIMMER 2

M3 SWIMMER 3

These classes follow the same curriculum as regular Swimmer classes.
See descriptions on previous page.

Max 3 Swimmer 1, 2 & 3

\$100.50 (MEMBERS) | \$134.00 (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 9-12 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 1-2 minutes, and showing off your handstands in shallow water.

YOUTH SWIM 3:

No sweat (or at least none anyone can see). 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. Whew!

Youth Swim 1, 2 & 3

\$84 (MEMBERS) | \$112 (NON-MEMBERS)

PATROL CLASSES

ROOKIE PATROL

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.

Rookie Patrol

AGES 8-12

\$84 (MEMBERS) | \$112 (NON-MEMBERS)

RANGER PATROL

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.

Ranger Patrol

AGES 8-12

\$84 (MEMBERS) | \$112 (NON-MEMBERS)

STAR PATROL

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.

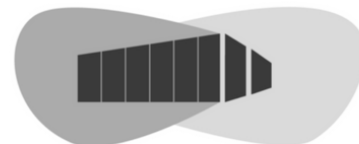
Star Patrol

AGES 8-12

\$84 (MEMBERS) | \$112 (NON-MEMBERS)

Find Course Codes for the above courses on pages 17-21.

AQUATIC LEADERSHIP



ZATZMAN
SPORTSPLEX



LIFESAVING SOCIETY®

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. Candidates are responsible to keep books from one course to the next. Books will not be reissued.

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

AGES 10-12
SUNDAYS | JANUARY 15 START
11 SESSIONS
6:15 PM - 7:45 PM
00062229
\$90 (MEMBERS) | \$120 (NON-MEMBERS)

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

AGES 13+ (or younger with Bronze Star cert.)
SUNDAYS | JANUARY 15 START
11 SESSIONS
4:00 PM - 6:00 PM
00062227
\$97.50 (MEMBERS) | \$130 (NON-MEMBERS)

REQUIRES BRONZE STAR

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 and begin to learn scanning techniques. This program includes Intermediate First Aid certification and is a prerequisite for National Lifeguard training.

Bronze Cross

AGES 13+
SUNDAYS | JANUARY 15 START
11 SESSIONS
9:00 AM - 12:00PM
00062228
\$105 (MEMBERS) | \$140 (NON-MEMBERS)

REQUIRES BRONZE MEDALLION

AQUATIC LEADERSHIP



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.
Books will not be reissued.

NATIONAL LIFEGUARD +INTERMEDIATE FIRST AID

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!

National Lifeguard +Intermediate First Aid

AGES 15+
SUNDAYS | FEBRUARY 5 START
6 SESSIONS
9:00 AM - 5:00 PM
\$185.25 (MEMBERS) | \$247 (NON-MEMBERS)
00062225

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 JANUARY 15
+ JANUARY 21
+ JANUARY 22
+ JANUARY 28
+ JANUARY 29
SEE MYREC FOR TIMES
5 SESSIONS
\$154.50 (MEMBERS) | \$206 (NON-MEMBERS)
00062224

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+
SUNDAY JANUARY 8TH
1 SESSION
9:00 AM - 5:00 PM
\$75 (MEMBERS) | \$100 (NON-MEMBERS)
00062223
OR
SUNDAY FEBRUARY 19TH
1 SESSION
9:00 AM - 5:00 PM
\$75 (MEMBERS) | \$100 (NON-MEMBERS)
00062226



DROP-IN AQUATICS PROGRAMS

These drop-in programs do not require pre-registration. Just show up at the times below. These courses are free to members. Non-members can purchase a Day Pass or Punch Pass to attend.

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

AGES 8-11: 9:00 AM - 10:00 AM

AGES 12-15: 10:00 AM - 11:00 AM

AQUA FIT

Come get your workout on in the pool! Shallow water classes are for everyone and take place at 11am Monday and Wednesday, Deep Water classes are for those who are comfortable in deep water with a floatation belt, these classes are Mondays and Wednesdays at 7:30pm.

Shallow Water Aqua Fit

MONDAYS & WEDNESDAYS

11:00 AM - 12:00 PM

Deep Water Aqua Fit

MONDAYS & WEDNESDAYS

7:30 PM - 8:30 PM

TRI FIT

Want to upgrade you 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 make you go even faster. Open to swimmers 16 years of age and older with most participants 30+; you must be able to swim 500m continuously before signing up.

Tri Fit

MONDAYS & WEDNESDAYS

7:30 PM - 8:45 PM

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-in Bookings'.

Adult Swimming Lessons

JANUARY 15TH - MARCH 19TH

SUNDAYS 4:15 PM - 5:00 PM

OR

TUESDAYS

ADULT SWIMMER 1 9:30 AM - 10:15 AM

ADULT SWIMMER 2 10:15 AM - 11:00 AM

ADULT SWIMMER 3 11:15 AM - 11:45 AM

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 on December 20th at 9AM.

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

Private Swimming Lessons

10 LESSONS

\$154.50 (MEMBERS) | \$206 (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.

AQUATIC PROGRAMS SCHEDULE



SUNDAYS JANUARY 15 START

		COURSE CODE			COURSE CODE
BIBS & BUBBLES 1	4:30 - 5:00 PM	00057604	S&P SWIMMER 1	6:30 - 7:30 PM	00057614
BIBS & BUBBLES 2	4:00 - 4:30 PM	00057605	SWIMMER 2	4:00 - 4:30 PM	00057615
BIBS & BUBBLES 3	5:00 - 5:30 PM	00057606	M3 SWIMMER 2	9:45 - 10:15 AM	00061835
PRESCHOOL 1	4:30 - 5:00 PM	00057607	S&P SWIMMER 2	5:30 - 6:30 PM	00057616
PRESCHOOL 1	5:00 - 5:30 PM	00057608	S&P SWIMMER 2	6:30 - 7:30 PM	00057617
M3 PRESCHOOL 1	9:15 - 9:45 AM	00061833	SWIMMER 3	4:00 - 4:30 PM	00057618
PRESCHOOL 2	4:30 - 5:00 PM	00057609	M3 SWIMMER 3	8:45 - 9:15 AM	00061836
PRESCHOOL 2	5:00 - 5:30 PM	00064124	S&P SWIMMER 3	5:30 - 6:30 PM	00057619
M3 PRESCHOOL 2	9:15 - 9:45 AM	00061832	S&P SWIMMER 3	6:30 - 7:30 PM	00057620
PRESCHOOL 3	5:00 - 5:30 PM	00057610	S&P SWIMMER 4	5:30 - 6:30 PM	00057621
M3 PRESCHOOL 3	8:45 - 9:15 AM	00061831	S&P SWIMMER 4	6:30 - 7:30 PM	00057622
PRESCHOOL 4	5:00 - 5:30 PM	00057611	S&P SWIMMER 5	5:30 - 6:30 PM	00057623
SWIMMER 1	5:00 - 5:30 PM	00062219	S&P SWIMMER 6	6:30 - 7:30 PM	00057624
M3 SWIMMER 1	9:45 - 10:15 AM	00061834	S&P ROOKIE PATROL	6:30 - 7:30 PM	00057625
S&P SWIMMER 1	5:30 - 6:30 PM	00057613	S&P RANGER PATROL	6:30 - 7:30 PM	00057626
			S&P STAR PATROL	6:30 - 7:30 PM	00057627

*S&P = Stay & Play

*M3 = Max 3 Participants

MONDAYS JANUARY 9 START

		COURSE CODE			COURSE CODE
PRESCHOOL 1	4:30 - 5:00 PM	00057371	SWIMMER 1	6:00 - 6:30 PM	00062068
PRESCHOOL 2	5:00 - 5:30 PM	00057372	SWIMMER 2	6:00 - 6:30 PM	00057375
PRESCHOOL 3	5:30 - 6:00 PM	00057373	SWIMMER 3	6:00 - 6:30 PM	00057376
SWIMMER 1	4:00 - 4:30 PM	00061837	YOUTH SWIM 1	6:00 - 6:45 PM	00061839
			YOUTH SWIM 2	6:45 - 7:30 PM	00061840

AQUATIC PROGRAMS SCHEDULE



TUESDAYS JANUARY 10 START

		COURSE CODE			COURSE CODE
BIBS & BUBBLES 1	4:00 - 4:30 PM	00057381	SWIMMER 1	5:45 - 6:15 PM	00057399
BIBS & BUBBLES 2	5:30 - 6:00 PM	00057383	SWIMMER 2	4:30 - 5:00 PM	00057404
PRESCHOOL 1	4:00 - 4:30 PM	00057387	SWIMMER 2	5:00 - 5:30 PM	00057403
PRESCHOOL 1	5:30 - 6:00 PM	00057388	SWIMMER 3	4:30 - 5:00 PM	00057406
PRESCHOOL 1	6:00 - 6:30 PM	00057389	SWIMMER 3	5:15 - 5:45 PM	00057405
PRESCHOOL 2	4:30 - 5:00 PM	00057393	SWIMMER 4	4:00 - 4:45 PM	00057408
PRESCHOOL 2	5:00 - 5:30 PM	00057391	SWIMMER 4	5:15 - 6:00 PM	00057407
PRESCHOOL 2	6:00 - 6:30 PM	00057392	SWIMMER 5	4:30 - 5:15 PM	00057409
PRESCHOOL 3	5:00 - 5:30 PM	00057395	SWIMMER 5	7:15 - 8:00 PM	00057410
PRESCHOOL 4	6:00 - 6:30 PM	00057397	SWIMMER 6	6:30 - 7:15 PM	00057411
PRESCHOOL 5	6:00 - 6:30 PM	00057398	ROOKIE PATROL	7:15 - 8:00 PM	00057413
SWIMMER 1	4:00 - 4:30 PM	00062069	RANGER PATROL	6:30 - 7:15 PM	00057412
SWIMMER 1	4:45 - 5:15 PM	00057401	STAR PATROL	6:30 - 7:15 PM	00057414
SWIMMER 1	5:30 - 6:00 PM	00057400			

WEDNESDAYS JANUARY 11 START

		COURSE CODE			COURSE CODE
M3 PRESCHOOL 1	5:30 - 6:00 PM	00064123	M3 SWIMMER 1	6:00 - 6:30 PM	00061842
M3 PRESCHOOL 1	6:00 - 6:30 PM	00057427	M3 SWIMMER 2	6:30 - 7:00 PM	00061843
M3 PRESCHOOL 2	6:00 - 6:30 PM	00057428	M3 SWIMMER 3	5:30 - 6:00 PM	00057434
M3 PRESCHOOL 3	6:00 - 6:30 PM	00057429	YOUTH SWIM 1	6:30 - 7:15 PM	00061845
M3 PRESCHOOL 4	6:00 - 6:30 PM	00057430			

*M3 = Max 3 Participants

AQUATIC PROGRAMS SCHEDULE



THURSDAYS JANUARY 12 START

		COURSE CODE			COURSE CODE
BIBS & BUBBLES 1	5:30 - 6:00 PM	00057442	SWIMMER 1	5:00 - 5:30 PM	00057460
BIBS & BUBBLES 1	9:30 - 10:00 AM	00064118	SWIMMER 1	5:30 - 6:00 PM	00057462
BIBS & BUBBLES 1	11:30 - 12:00 PM	00064122	SWIMMER 1	5:45 - 6:15 PM	00057461
BIBS & BUBBLES 2	5:00 - 5:30 PM	00057443	SWIMMER 1	6:00 - 6:30 PM	00062071
BIBS & BUBBLES 2	9:00 - 9:30 AM	00064117	M3 SWIMMER 1	4:00 - 4:30 PM	00057457
BIBS & BUBBLES 2	10:30 - 11:00 AM	00064120	SWIMMER 2	4:30 - 5:00 PM	00057463
BIBS & BUBBLES 3	4:30 - 5:00 PM	00057444	SWIMMER 2	5:00 - 5:30 PM	00057464
BIBS & BUBBLES 3	10:00 - 10:30 AM	00064119	SWIMMER 2	5:30 - 6:00 PM	00062073
BIBS & BUBBLES 3	11:00 - 11:30 AM	00064121	SWIMMER 2	6:00 - 6:30 PM	00062072
PRESCHOOL 1	4:30 - 5:00 PM	00057447	M3 SWIMMER 2	4:00 - 4:30 PM	00057458
PRESCHOOL 1	5:00 - 5:30 PM	00057445	SWIMMER 3	4:30 - 5:00 PM	00057465
PRESCHOOL 1	5:45 - 6:15 PM	00057448	SWIMMER 3	5:15 - 5:45 PM	00057466
PRESCHOOL 1	6:00 - 6:30 PM	00057446	M3 SWIMMER 3	4:00 - 4:30 PM	00057459
M3 PRESCHOOL 1	4:00 - 4:30 PM	00057449	SWIMMER 4	4:30 - 5:15 PM	00057468
PRESCHOOL 2	5:00 - 5:30 PM	00062074	SWIMMER 4	7:15 - 8:00 PM	00057467
PRESCHOOL 2	5:15 - 5:45 PM	00057451	SWIMMER 5	7:15 - 8:00 PM	00057469
PRESCHOOL 2	6:00 - 6:30 PM	00057450	SWIMMER 6	4:30 - 5:15 PM	00057470
M3 PRESCHOOL 2	4:00 - 4:30 PM	00057452	ROOKIE PATROL	6:30 - 7:15 PM	00057471
PRESCHOOL 3	4:30 - 5:00 PM	00057453	RANGER PATROL	5:45 - 6:30 PM	00057472
M3 PRESCHOOL 3	4:00 - 4:30 PM	00057454	STAR PATROL	7:15 - 8:00 PM	00057473
PRESCHOOL 4	5:30 - 6:00 PM	00057455	YOUTH SWIM 1	5:00 - 5:45 PM	00057488
PRESCHOOL 5	5:30 - 6:00 PM	00057456	YOUTH SWIM 2	6:30 - 7:15 PM	00057489
SWIMMER 1	4:30 - 5:00 PM	00062070	YOUTH SWIM 3	6:30 - 7:15 PM	00057490

*M3 = Max 3 Participants

AQUATIC PROGRAMS SCHEDULE



FRIDAYS JANUARY 13 START

		COURSE CODE			COURSE CODE
BIBS & BUBBLES 1	4:00 - 4:30 PM	00057491	SWIMMER 1	5:15 - 5:45 PM	00057502
BIBS & BUBBLES 2	4:30 - 5:00 PM	00057492	SWIMMER 1	6:00 - 6:30 PM	00057503
BIBS & BUBBLES 3	5:45 - 6:15 PM	00057493	M3 SWIMMER 1	6:30 - 7:00 PM	00061865
PRESCHOOL 1	4:00 - 4:30 PM	00057495	SWIMMER 2	5:00 - 5:30 PM	00057504
PRESCHOOL 1	4:45 - 5:15 PM	00057494	SWIMMER 2	5:30 - 6:00 PM	00061861
PRESCHOOL 1	5:00 - 5:30 PM	00061854	SWIMMER 2	6:00 - 6:30 PM	00061862
PRESCHOOL 1	6:00 - 6:30 PM	00061855	SWIMMER 2	6:15 - 6:45 PM	00057505
PRESCHOOL 1	6:15 - 6:45 PM	00061860	M3 SWIMMER 2	6:30 - 7:00 PM	00061864
PRESCHOOL 2	4:30 - 5:00 PM	00057496	SWIMMER 3	5:45 - 6:15 PM	00057507
PRESCHOOL 2	4:30 - 5:00 PM	00062231	SWIMMER 3	6:15 - 6:45 PM	00057506
PRESCHOOL 2	5:30 - 6:00 PM	00057497	SWIMMER 3	6:30 - 7:00 PM	00057508
PRESCHOOL 3	4:15 - 4:45 PM	00057499	SWIMMER 4	4:00 - 4:45 PM	00057509
PRESCHOOL 3	5:15 - 5:45 PM	00057498	SWIMMER 5	4:30 - 5:15 PM	00057510
PRESCHOOL 3	5:45 - 6:15 PM	00064127	SWIMMER 6	4:45 - 5:30 PM	00057511
SWIMMER 1	4:00 - 4:30 PM	00061863	ROOKIE PATROL	5:00 - 5:45 PM	00057513

*M3 = Max 3 Participants

AQUATIC PROGRAMS SCHEDULE



SATURDAYS JANUARY 14 START

		COURSE CODE			COURSE CODE
BIBS & BUBBLES 1	10:30 - 11:00 AM	00057529	S&P SWIMMER 1	11:00 - 12:00 PM	00062063
BIBS & BUBBLES 2	9:00 - 9:30 AM	00057530	SWIMMER 2	9:45 - 10:15 AM	00057569
BIBS & BUBBLES 2	10:00 - 10:30 AM	00057531	SWIMMER 2	10:30 - 11:00 AM	00057567
BIBS & BUBBLES 2	11:00 - 11:30 AM	00057532	SWIMMER 2	11:30 - 12:00 PM	00057566
BIBS & BUBBLES 3	9:30 - 10:00 AM	00057534	M3 SWIMMER 2	9:00 - 9:30 AM	00057559
BIBS & BUBBLES 3	11:30 - 12:00 PM	00057533	M3 SWIMMER 2	9:30 - 10:00 AM	00062077
PRESCHOOL 1	10:00 - 10:30 AM	00062076	S&P SWIMMER 2	11:00 - 12:00 PM	00062064
PRESCHOOL 1	11:00 - 11:30 AM	00057535	SWIMMER 3	10:00 - 10:30 AM	00057571
M3 PRESCHOOL 1	9:00 - 9:30 AM	00057538	SWIMMER 3	10:30 - 11:00 AM	00057572
M3 PRESCHOOL 1	9:30 - 10:00 AM	00057539	SWIMMER 3	11:30 - 12:00 PM	00057570
PRESCHOOL 2	10:00 - 10:30 AM	00057541	M3 SWIMMER 3	9:00 - 9:30 AM	00062061
PRESCHOOL 2	10:30 - 11:00 AM	00057542	M3 SWIMMER 3	9:30 - 10:00 AM	00057561
PRESCHOOL 2	11:00 - 11:30 AM	00057543	S&P SWIMMER 3	11:00 - 12:00 PM	00062078
PRESCHOOL 2	11:30 - 12:00 PM	00057540	SWIMMER 4	9:00 - 9:45 AM	00057576
M3 PRESCHOOL 2	9:00 - 9:30 AM	00057544	SWIMMER 4	10:00 - 10:45 AM	00057574
M3 PRESCHOOL 2	9:30 - 10:00 AM	00057545	SWIMMER 4	10:30 - 11:15 AM	00057577
PRESCHOOL 3	9:30 - 10:00 AM	00057547	S&P SWIMMER 4	11:00 - 12:00 PM	00062066
PRESCHOOL 3	10:00 - 10:30 AM	00057546	SWIMMER 5	9:00 - 9:45 AM	00057580
PRESCHOOL 3	10:15 - 10:45 AM	00057549	SWIMMER 5	9:30 - 10:15 AM	00057578
PRESCHOOL 3	11:30 - 12:00 PM	00064125	S&P SWIMMER 5	11:00 - 12:00 PM	00062067
M3 PRESCHOOL 3	9:00 - 9:30 AM	00062058	SWIMMER 6	10:15 - 11:00 AM	00057581
M3 PRESCHOOL 3	9:45 - 10:15 AM	00057551	SWIMMER 6	10:45 - 11:30 AM	00057582
M3 PRESCHOOL 3	10:30 - 11:00 AM	00057550	ROOKIE PATROL	9:45 - 10:30 AM	00057585
M3 PRESCHOOL 4	9:00 - 9:30 AM	00057554	ROOKIE PATROL	11:15 - 12:00 PM	00057586
PRESCHOOL 5	9:00 - 9:30 AM	00057556	RANGER PATROL	9:00 - 9:45 AM	00057584
SWIMMER 1	9:30 - 10:00 AM	00057563	RANGER PATROL	10:30 - 11:15 AM	00057583
SWIMMER 1	10:00 - 10:30 AM	00064709	STAR PATROL	9:00 - 9:45 AM	00057588
SWIMMER 1	10:30 - 11:00 AM	00057562	STAR PATROL	10:30 - 11:15 AM	00057587
M3 SWIMMER 1	9:00 - 9:30 AM	00062059	YOUTH SWIM 1	10:45 - 11:30 AM	00057601
M3 SWIMMER 1	9:30 - 10:00 AM	00062060	YOUTH SWIM 2	10:15 - 11:00 AM	00057602
			YOUTH SWIM 3	11:15 - 12:00 PM	00057603

*M3 = Max 3 Participants

*S&P = Stay & Play

FITNESS WORKSHOPS



MEMBERS SAVE 25%!*

***EXCLUDING 1-MONTH MEMBERSHIPS**

Our Fitness Workshops are additional courses which are not included with your Zatzman Sportsplex Membership - however 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 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. Participation is limited-reserve your spot today!

Register today - space is limited!

Ages 13+

SATURDAY | FEBRUARY 4TH

10:00 AM- 11:00 AM

\$23.29 (MEMBERS) | \$31.05 (NON-MEMBERS)

00062391

SATURDAY | MARCH 11TH

10:00 AM- 11:00 AM

\$23.29 (MEMBERS) | \$31.05 (NON-MEMBERS)

00062392

Turn the page for more
Fitness Workshops!

FITNESS WORKSHOPS



New! INTRO TO FREE WEIGHT TRAINING

Did you know free weight training is integral for our bone, joint and muscular health? Join Personal Trainer and Instructor Haitham Chehadi for this highly informative, hands-on class all about how to safely and effectively create and implement free weight exercises into your training regimen.

Register today - space is limited!
Ages 18+

SATURDAY | JANUARY 28TH
1:00 - 2:30 PM
\$30.87 (MEMBERS) | \$41.17 (NON-MEMBERS)
00062396

SATURDAY | MARCH 18TH
1:00 - 2:30 PM
\$30.87 (MEMBERS) | \$41.17 (NON-MEMBERS)
00062397

WEIGHT TRAINING FOR YOUTH

Join Personal Trainer and Instructor Tam Nguyen 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

FRIDAY | JANUARY 20TH
4:00 PM - 5:00 PM
\$23.29 (MEMBERS) | \$31.05 (NON-MEMBERS)
00062318

FRIDAY | FEBRUARY 10TH
4:00 PM - 5:00 PM
\$23.29 (MEMBERS) | \$31.05 (NON-MEMBERS)
00062393

FRIDAY | MARCH 17TH
4:00 PM - 5:00 PM
\$23.29 (MEMBERS) | \$31.05 (NON-MEMBERS)
00062390

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

FITNESS WORKSHOPS



BEGINNER MOBILITY & MYOFASCIAL RELEASE

Join Personal Trainer and Instructor Tam Nguyen for this thorough practical class all about tools and exercises you can do to increase your mobility, and alleviate fascial 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 | JANUARY 26TH

6:30 PM - 8:00 PM

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

00062394

THURSDAY | MARCH 23RD

6:30 PM - 8:00 PM

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

00062395

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.

JANUARY 9TH - MARCH 15TH

MONDAY & WEDNESDAY

20 SESSIONS

1:00 PM - 2:15 PM

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

MEMBERS SAVE 25%!*

***EXCLUDING 1-MONTH MEMBERSHIPS**

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 PERSONAL TRAINING

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



**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.

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.

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

"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.

**BOOK A COMMITMENT FREE
CONSULTATION TODAY!**

CHILD & YOUTH RECREATION PROGRAM INFORMATION

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.

Programs are 10 weeks or 5 bi-weekly.

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 (racquets and balls).

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.

Youth Recreation Programs (Ages 5 – 8, 6 – 11, 9 – 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. Our participants will have progress to understand basic rules, tactics and strategy in games and refinement of sport specific skills.

CHILD & YOUTH RECREATION PROGRAMS



INTRO TO SOCCER

Ages 3-4: This 30 min class will have your little kicker running and kicking the ball all over the gym each week.

AGES 3-4
SUNDAYS | JANUARY 15 START
10 SESSIONS
11:30 AM - 12:00 PM
\$60 (MEMBERS) | \$80 (NON-MEMBERS)
00061666

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 | JANUARY 12 START
10 SESSIONS
5:30 PM - 6:30 PM
\$71.25 (MEMBERS) | \$95 (NON-MEMBERS)
00061659

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.

AGES 6-11
SUNDAYS BI-WEEKLY | JANUARY 15 START
5 SESSIONS
10:30 AM - 11:30 AM
\$35.63 (MEMBERS) | \$47.50 (NON-MEMBERS)
00061667

CHILD & YOUTH RECREATION PROGRAMS



INTRO TO BASKETBALL

- Ages 3-4:** Your little one can come and 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.

AGES 3-4
SATURDAYS | JANUARY 14 START
10 SESSIONS
11:30 AM - 12:00 PM
\$60 (MEMBERS) | \$80 (NON-MEMBERS)
00061662

AGES 5-8
SATURDAYS | JANUARY 14 START
10 SESSIONS
10:30 AM - 11:30 AM
\$71.25 (MEMBERS) | \$95 (NON-MEMBERS)
00061663

AGES 9-11
SATURDAYS | JANUARY 14 START
10 SESSIONS
9:30 AM - 10:30 AM
\$71.25 (MEMBERS) | \$95 (NON-MEMBERS)
00061664

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!

- 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. Sports such as soccer and basketball, along with other movement challenges, will provide the main basis of this program.
- 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.

AGES 3-4
SATURDAYS | JANUARY 14 START
10 SESSIONS
12:00 PM - 12:30 PM
\$60 (MEMBERS) | \$80 (NON-MEMBERS)
00061665

AGES 6-11
SUNDAYS BI-WEEKLY | JANUARY 22 START
5 SESSIONS
10:30 AM - 11:30 AM
\$35.63 (MEMBERS) | \$47.50 (NON-MEMBERS)
00061668

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

CHILD & YOUTH RECREATION PROGRAMS



YOUTH BEGINNER PICKLEBALL

Pickleball is the newest sport taking North America by storm. It is a combination of several racquet sports including table tennis, badminton, squash, racquetball and tennis.

No experience is necessary to come and try this dynamic sport. It is fun, social and can be played by anyone at any age. Our classes will introduce you to the skills and rules to guide you to play at whatever level you wish to achieve from recreational to competitive.

All equipment will be provided.

AGES 14-17

SATURDAYS | JANUARY 14 START

10 SESSIONS

2:00 PM - 3:00 PM

\$71.25 (MEMBERS) | \$95 (NON-MEMBERS)

00062307



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 seasons, they will move into games play and skill refinement.

AGES 10-15

WEDNESDAYS | JANUARY 11 START

10 SESSIONS

7:00 PM - 8:00 PM

\$71.25 (MEMBERS) | \$95 (NON-MEMBERS)

00061658



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.

AGES 10-15

TUESDAYS | JANUARY 10 START

10 SESSIONS

7:30 PM - 8:30 PM

\$71.25 (MEMBERS) | \$95 (NON-MEMBERS)

00061654

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 ages 18+

ADULT BEGINNER PICKLEBALL

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 rules and build skill. Each week includes focused instruction, and as players progress, they will move into games and team play.

Ages 18+

TUESDAYS | JANUARY 10 START

10 SESSIONS

12:30PM- 2PM

\$84.38 (MEMBERS) | \$112.50 (NON-MEMBERS)

00061653

AGES 18+

WEDNESDAYS | JANUARY 11 START

10 SESSIONS

5:30PM- 7PM

\$84.38 (MEMBERS) | \$112.50 (NON-MEMBERS)

00061657

AGES 18+

SATURDAYS | JANUARY 14 START

10 SESSIONS

12:30PM- 2PM

\$84.38 (MEMBERS) | \$112.50 (NON-MEMBERS)

00061661

AGES 18+

For all sports programs, equipment is supplied (racquets & balls).

ADULT INTERMEDIATE/ ADVANCED PICKLEBALL

Adult Intermediate/Advanced Pickleball is a 10-week development program designed for players that have taken the Adult Beginner Pickleball course. Sessions are designed to improve skill development and technique. Includes focused instruction, games, and team play.

Ages 18+

FRIDAYS | JANUARY 13 START

10 SESSIONS

5:30PM- 7PM

\$84.38 (MEMBERS) | \$112.50 (NON-MEMBERS)

00061660

AGES 18+

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. Ages 18+

TUESDAYS | JANUARY 10 START

5 SESSIONS

5:30PM- 7:30PM

\$56.25 (MEMBERS) | \$75 (NON-MEMBERS)

00061655

AGES 18+

TUESDAYS | FEBRUARY 21 START

5 SESSIONS

5:30PM- 7:30PM

\$56.25 (MEMBERS) | \$75 (NON-MEMBERS)

00061656

AGES 18+



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



*The following courses are continued from the Fall term.
These courses participate in the year end recital in May and have a dress code requirement.
For dress code requirements, visit dartmouthdanceacademy.com*

■ PARENT & TOT

AGES 2-4
SUNDAYS | JANUARY 29 START
15 SESSIONS
10:15AM - 11:00AM
\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)
00062930

■ PRESCHOOL COMBO

AGES 4-5
SUNDAYS | JANUARY 29 START
15 SESSIONS
11:00AM - 11:45AM
\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)
00062931

■ CHILDRENS COMBO

AGES 5-6
SUNDAYS | JANUARY 29 START
15 SESSIONS
12:00PM - 1:00PM
\$180 (MEMBERS) | \$240 (NON-MEMBERS)
00062926

Register for DDA courses on Halifax MyRec.



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



*The following courses are continued from the Fall term.
These courses participate in the year end recital in May and have a dress code requirement.
For dress code requirements, visit dartmouthdanceacademy.com*

■ LEVEL 2 BALLET JAZZ & TAP

AGES 7-9
SUNDAYS | JANUARY 29 START
15 SESSIONS
1:00 - 2:15PM
\$217.50 (MEMBERS) | \$290 (NON-MEMBERS)
00062928

■ MINI ACRO

AGES 4-6
MONDAYS | JANUARY 23 START
15 SESSIONS
5:30PM - 6:15PM
\$153.75 (MEMBERS) | \$205 (NON-MEMBERS)
00062929

■ ADULT TAP

AGES 18+
WEDNESDAYS | JANUARY 25 START
15 SESSIONS
7:15PM - 8:15PM
\$180 (MEMBERS) | \$240 (NON-MEMBERS)
00062924

■ ADULT BALLET & JAZZ

AGES 18+
WEDNESDAYS | JANUARY 25 START
15 SESSIONS
8:15PM - 9:15PM
\$180 (MEMBERS) | \$240 (NON-MEMBERS)
00062923

Register for DDA courses on Halifax MyRec.



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



*The following programs do not have a dress code requirement and are open to all dancers.
They do not participate in the year end recital in May.*

■ PARENT & TOT

AGES 2-4

WEDNESDAYS | JANUARY 25 START

15 SESSIONS

5:00PM - 5:45PM

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

00062932

■ CREATIVE MOVEMENT

AGES 3-4

SATURDAYS | FEBRUARY 4 START

10 SESSIONS

10:45AM - 11:30AM

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

00063340

■ DISNEY ALL DAY

AGES 3-5

WEDNESDAYS | FEBRUARY 1 START

10 SESSIONS

5:45PM - 6:30PM

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

00062934

■ DANCE TIL YOU DROP

AGES 4-6

SATURDAYS | FEBRUARY 4 START

10 SESSIONS

10:00AM - 10:45AM

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

00062927

■ INTRODUCTION TO DANCE

AGES 5-8

WEDNESDAYS | FEBRUARY 1 START

10 SESSIONS

6:30PM - 7:15PM

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

00062935

Register for DDA courses on Halifax MyRec.

March Break Epic Fun Camp!



Spend your March Break at the Sportsplex!
We will swim, play, create and have lots of fun!

Camp is 8:30am - 4:30pm

Monday March 13th - Friday March 17th.

\$131.25/week (Members) | \$175/week (Non-Members)

Ages 5 1/2 - 11.

Campers must be 5 years 6 months of age and must be in Primary.

**To register for March Break Day
Camp, login to Halifax MyRec and
register using Course Code
00061774**

+ EARLY DROP-OFF & LATE PICK UP

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!**

**We offer early drop-off and late pick-up options
for our March Break Day Camps.**

\$13.50 for members or \$18 for non-members.

Early drop-off is 7:30 - 8:30 AM

Late pick-up is 4:30 - 5:30 PM

**Select early drop-off or late pick-up when registering
for your March Break Day Camp on Halifax MyRec.**

Upcoming In-Service Day Camps

Come join us at the Zatzman Sportsplex for a day of fun!
**In-service day camp includes sports, games, arts & crafts, swimming,
and other fun activities!**

Join us on the following dates for in-service day camps!

December 21st | Course Code 00059998

December 22nd | Course Code 00059999

December 23rd | Course Code 0006000

March 20th | Course Code 00060001

March 30th | Course Code 00060002

June 29th | Course Code 00060003

All Day Camps are 8:30am - 4:30pm

\$26.25/Day (Members) | \$35/Day (Non-Members)

Ages 5 1/2 - 11 years old.

Campers must be 5 years 6 months of age and must be in Primary.

**To register for in-service day camps, login to Halifax MyRec and
register using Course Codes found above.**

Walking Track AT ZATZMAN SPORTSPLEX



■ 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 with rubber tips 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.

OPEN SKATES ARE BACK!

MONDAYS & FRIDAYS: 10:30AM – 11:50AM
WEDNESDAYS: 4:00PM – 4:50PM
SATURDAYS: 12:30PM – 1:20PM

Open Skates are free to members!

Non-members rates:

Adult | \$7
Student/Senior/Youth | \$5
Family | \$14

Skate rentals are not available.

Children 12 years of age and younger are required to wear a CSA approved helmet.

For everyone's safety, we suggest that all participants wear a CSA approved helmet.

Visit our website for further Open Skate details.