



FALL 2026 PROGRAM GUIDE



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Welcome to

THE ZATZMAN SPORTSPLEX!

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Registration begins
August 26, 9:00 AM

Pool Parties

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

Each party gets its own exclusive section of the pool.

Party Package A - Half Leisure Pool

This party has shared access to the splash pad and blue slide. Up to 15 children with 5 adults. \$175.00

Party Package B - Half of Each Pool

Includes access to half of both the main and leisure pools along with slides and splash pad. Up to 25 children and adults. \$287.00

Party Package C -

Both Pools (This party is available every second Saturday)

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

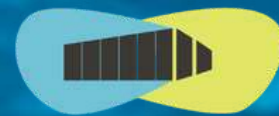
Up to 40 children and adults. \$511.01



Parties are available
for booking **NOW** on
MyRec!



Swimming Lessons



All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 10 - 16 for course codes and times.

BIBS & BUBBLES

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

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

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

PRESCHOOL

The Preschool Program provides children with a head start in learning to swim.

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

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



SWIMMER CLASSES

SWIMMER 1, 2 & 3
30 minutes

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 on their front and back.

SWIMMER 2:

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

SWIMMER 3:

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



Swimming Lessons

All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 10 - 16 for course codes and times.

SWIMMER CLASSES CONTINUED:

SWIMMER 4:

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

SWIMMER 5:

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

SWIMMER 6:

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

SWIMMER 4, 5 & 6
45 minutes

+ STAY & PLAY

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

Swimmer 1-3:

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

All Other Lessons:

45 minutes of class
+15 minutes free play

MAX 3 SWIMMER CLASSES

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

Max 3 classes are only for Swimmer 1, 2 & 3.



Swimming Lessons

All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 10 - 16 for course codes and times.

PATROL CLASSES

ROOKIE PATROL SWIMMER 7:

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

RANGER PATROL SWIMMER 8:

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

STAR PATROL SWIMMER 9:

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

**Rookie, Ranger & Star Patrol:
45 minutes**

YOUTH SWIM CLASSES

YOUTH SWIM 1

This is the beginner level for 9 - 11-year-olds. You'll work towards a 10-15m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-10m interval training.

YOUTH SWIM 2

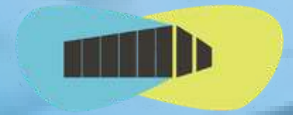
Kick it up a notch working on two interval training workouts of 4 x 25m, kicking front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. You'll be supporting yourself at the surface for 1 minute and showing off your handstands in shallow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

YOUTH SWIM 3

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

**Youth Swim 1, 2 & 3
45 minutes**

Find the Right Swimming Lesson



All of our swimming lessons follow the Lifesaving Society curriculum.
See pages **10 - 16** for course codes and times.



PARENT - ASSISTED LESSONS

Bibs & Bubbles 1 (4 - 12 months)
Bibs & Bubbles 2 (13 - 24 months)
Bibs & Bubbles 3 (25 - 36 months)

Preschool 1 P&T (3 - 4 years)

\$124.44 Members | \$146.40 Non-Members



PRESCHOOL LESSONS

Preschool 1-5 (3-4 years)

\$124.44 Members | \$146.40 Non-Members

M3 Preschool 1-5 (3-4 years)

\$149.94 Members | \$176.40 Non-Members



SWIMMER LESSONS

Swimmer 1-6 (5 - 11 years)

\$124.44 Members | \$146.40 Non-Members

M3 Swimmer 1-3 (5 - 11 years)

\$149.94 Members | \$176.40 Non-Members

S&P Swimmer 1-6 (5 - 11 years)

\$158.10 Members | \$186 Non-Members

S&P = STAY & PLAY

M3 = MAX 3 PARTICIPANTS

P&T = PARENT & TOT

* = COMBINED CLASS



PATROL AND YOUTH LESSONS

Rookie, Ranger & Star Patrol (8 - 12 years)

\$124.44 Members | \$146.40 Non-Members

S&P Rookie, Ranger & Star Patrol (5 - 11 years)

\$158.10 Members | \$186 Non-Members

Youth Swim 1-3 (9 - 14 years)

\$124.44 Members | \$146.40 Non-Members



More Swimming Lessons



PRIVATE SWIMMING LESSONS (Ages 5+)

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

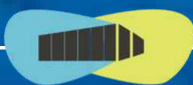
Classes are limited.

Members: \$257.04

Non Members: \$302.40

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

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



Aquatic Program Schedules

SUNDAYS

START DATE: SEPT 20

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	88322
BIBS & BUBBLES 2	4:15 - 4:45 PM	88323
BIBS & BUBBLES 3	4:30 - 5:00 PM	88406
PRESCHOOL 1	4:00 - 4:30 PM	82946
PRESCHOOL 1 P&T	5:30 - 6:00 PM	82947
M3 PRESCHOOL 1	4:15 - 4:45 PM	87995
PRESCHOOL 2	4:15 - 4:45 PM	83068
PRESCHOOL 2	5:45 - 6:15 PM	83069
M3 PRESCHOOL 2	4:30 - 5:00 PM	88127
PRESCHOOL 3	4:00 - 4:30 PM	86368
PRESCHOOL 3	4:45 - 5:15 PM	86366
M3 PRESCHOOL 3	5:15 - 5:45 PM	88144
PRESCHOOL 4	4:00 - 4:30 PM	86394
M3 PRESCHOOL 4	5:45 - 6:15 PM	88172
PRESCHOOL 5	4:00 - 4:30 PM	82727
SWIMMER 1	4:00 - 4:30 PM	82998
SWIMMER 1	6:45 - 7:15 PM	85907
M3 SWIMMER 1	6:15 - 6:45 PM	88175
S&P SWIMMER 1	4:45 - 5:45 PM	88269
S&P SWIMMER 1	5:30 - 6:30 PM	88275
S&P SWIMMER 1	6:30 - 7:30 PM	88278
SWIMMER 2	4:30 - 5:00 PM	86078
SWIMMER 2	6:15 - 6:45 PM	86079
M3 SWIMMER 2	5:00 - 5:30 PM	88211
S&P SWIMMER 2	5:30 - 6:30 PM	88283
S&P SWIMMER 2	6:30 - 7:30 PM	88285

SWIMMER 3	5:15 - 5:45 PM	86095
SWIMMER 3	6:45 - 7:15 PM	86094
M3 SWIMMER 3	5:00 - 5:30 PM	88238
S&P SWIMMER 3	4:30 - 5:30 PM	88288
S&P SWIMMER 3	5:30 - 6:30 PM	88290
S&P SWIMMER 3	6:30 - 7:30 PM	88291
SWIMMER 4	4:15 - 5:00 PM	86107
S&P SWIMMER 4	4:30 - 5:30 PM	88294
S&P SWIMMER 4	5:30 - 6:30 PM	88295
SWIMMER 5	6:30 - 7:15 PM	88248
SWIMMER 5	7:15 - 8:00 PM	88054
S&P SWIMMER 5	5:30 - 6:30 PM	88296
S&P SWIMMER 6	6:30 - 7:30 PM	88299
S&P ROOKIE PATROL	6:30 - 7:30 PM	88302
S&P RANGER PATROL*	4:30 - 5:30 PM	88308
S&P STAR PATROL*	4:30 - 5:30 PM	88303
YOUTH SWIM 1	7:15 - 8:00 PM	88265
YOUTH SWIM 2	7:15 - 8:00 PM	88274
YOUTH SWIM 3	5:45 - 6:30 PM	88276

Aquatic Program Schedules

MONDAYS

START DATE: SEPT 14

COURSE CODE

PRESCHOOL 1	4:00 - 4:30 PM	82948
PRESCHOOL 1	5:00 - 5:30 PM	82950
M3 PRESCHOOL 1	4:30 - 5:00 PM	87997
M3 PRESCHOOL 1	5:30 - 6:00 PM	87998
PRESCHOOL 2	4:00 - 4:30 PM	83073
M3 PRESCHOOL 2	5:00 - 5:30 PM	88126
M3 PRESCHOOL 2	5:30 - 6:00 PM	88129
PRESCHOOL 3	6:00 - 6:30 PM	86369
M3 PRESCHOOL 3	4:30 - 5:00 PM	88146
M3 PRESCHOOL 3	5:00 - 5:30 PM	88148
SWIMMER 1	4:00 - 4:30 PM	85854
SWIMMER 1	5:30 - 6:00 PM	85855
M3 SWIMMER 1	4:30 - 5:00 PM	88181
M3 SWIMMER 1	5:00 - 5:30 PM	88179
SWIMMER 2	6:00 - 6:30 PM	85952
M3 SWIMMER 2	5:30 - 6:00 PM	88213
SWIMMER 3	6:00 - 6:30 PM	86080
SWIMMER 4	6:30 - 7:15 PM	88032

Fall Programs
are 12 weeks

Aquatic Program Schedules

TUESDAYS

START DATE: SEPT 15

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	88320
BIBS & BUBBLES 2	5:30 - 6:00 PM	88324
BIBS & BUBBLES 3	4:30 - 5:00 PM	88407
PRESCHOOL 1	5:00 - 5:30 PM	82953
PRESCHOOL 1	5:30 - 6:00 PM	82951
PRESCHOOL 1	6:00 - 6:30 PM	82952
PRESCHOOL 1 P&T	4:00 - 4:30 PM	82954
M3 PRESCHOOL 1	4:30 - 5:00 PM	89933
PRESCHOOL 2	4:00 - 4:30 PM	83074
PRESCHOOL 2	4:30 - 5:00 PM	83114
PRESCHOOL 2	5:00 - 5:30 PM	83075
M3 PRESCHOOL 2	5:30 - 6:00 PM	88132
PRESCHOOL 3	4:30 - 5:00 PM	86371
PRESCHOOL 3	5:00 - 5:30 PM	86370
M3 PRESCHOOL 3	4:00 - 4:30 PM	88150
PRESCHOOL 4	4:00 - 4:30 PM	86417
PRESCHOOL 4	5:00 - 5:30 PM	86419
PRESCHOOL 5	5:30 - 6:00 PM	82728
SWIMMER 1	4:30 - 5:00 PM	85861
SWIMMER 1	4:45 - 5:15 PM	85863
SWIMMER 1	5:00 - 5:30 PM	85859
SWIMMER 1	5:30 - 6:00 PM	85865
M3 SWIMMER 1	6:00 - 6:30 PM	88309
SWIMMER 2	4:00 - 4:30 PM	86062
SWIMMER 2	4:30 - 5:00 PM	86060
SWIMMER 2	5:30 - 6:00 PM	86061
SWIMMER 2	6:00 - 6:30 PM	86059
M3 SWIMMER 2	5:45 - 6:15 PM	88216

SWIMMER 3	4:30 - 5:00 PM	86084
SWIMMER 3	5:00 - 5:30 PM	86082
SWIMMER 3	5:15 - 5:45 PM	86083
SWIMMER 3	6:00 - 6:30 PM	86081
M3 SWIMMER 3	4:00 - 4:30 PM	88241
SWIMMER 4	4:00 - 4:45 PM	86096
SWIMMER 4	5:15 - 6:00 PM	86097
SWIMMER 5	4:30 - 5:15 PM	88035
SWIMMER 5	7:15 - 8:00 PM	88036
SWIMMER 6	7:15 - 8:00 PM	88072
ROOKIE PATROL	6:30 - 7:15 PM	88083
RANGER PATROL	6:30 - 7:15 PM	88212
STAR PATROL	6:30 - 7:15 PM	88245
YOUTH SWIM 1	6:30 - 7:15 PM	88251
YOUTH SWIM 2	7:15 - 8:00 PM	88270

Aquatic Program Schedules

WEDNESDAYS

START DATE: SEPT 16

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	4:00 - 4:30 PM	88318
BIBS & BUBBLES 2	9:15 - 9:45 AM	88326
BIBS & BUBBLES 2	4:30 - 5:00 PM	88328
BIBS & BUBBLES 3	5:00 - 5:30 PM	88408
M3 PRESCHOOL 1	4:00 - 4:30 PM	87999
M3 PRESCHOOL 1	4:30 - 5:00 PM	88003
M3 PRESCHOOL 1	5:00 - 5:30 PM	88001
M3 PRESCHOOL 1	6:00 - 6:30 PM	88002
M3 PRESCHOOL 2	4:00 - 4:30 PM	88134
M3 PRESCHOOL 2	5:30 - 6:00 PM	88133
M3 PRESCHOOL 2	6:00 - 6:30 PM	88135
M3 PRESCHOOL 3	5:00 - 5:30 PM	88152
M3 PRESCHOOL 3	5:30 - 6:00 PM	88153
M3 PRESCHOOL 4	4:30 - 5:00 PM	88165
M3 PRESCHOOL 4	5:00 - 5:30 PM	88166
M3 PRESCHOOL 5	5:30 - 6:00 PM	82932
SWIMMER 1	6:00 - 6:30 PM	85869
M3 SWIMMER 1	4:00 - 4:30 PM	88201
M3 SWIMMER 1	4:00 - 4:30 PM	88197
M3 SWIMMER 1	4:30 - 5:00 PM	88200
M3 SWIMMER 1	5:30 - 6:00 PM	88198

SWIMMER 2	4:45 - 5:15 PM	86063
SWIMMER 2	5:15 - 5:45 PM	86064
M3 SWIMMER 2	4:30 - 5:00 PM	88220
M3 SWIMMER 2	5:00 - 5:30 PM	88218
M3 SWIMMER 2	6:00 - 6:30 PM	88222
M3 SWIMMER 3	5:30 - 6:00 PM	88243
M3 SWIMMER 3	5:45 - 6:15 PM	88247
M3 SWIMMER 3	6:00 - 6:30 PM	88246
M3 SWIMMER 3	6:30 - 7:00 PM	88249
SWIMMER 4	4:00 - 4:45 PM	86098
SWIMMER 5	7:00 - 7:45 PM	88038
SWIMMER 6	6:15 - 7:00 PM	88075
YOUTH SWIM 1	6:30 - 7:15 PM	88253

Aquatic Program Schedules

THURSDAYS

START DATE: SEPT 17

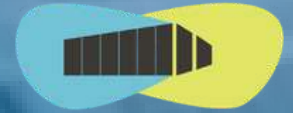
COURSE CODE

COURSE CODE

BIBS & BUBBLES 2	5:00 - 5:30 PM	88329
BIBS & BUBBLES 3	4:30 - 5:00 PM	88409
PRESCHOOL 1	5:00 - 5:30 PM	82956
PRESCHOOL 1	5:30 - 6:00 PM	82957
PRESCHOOL 1 P&T	4:00 - 4:30 PM	82955
M3 PRESCHOOL 1	4:45 - 5:15 PM	88004
PRESCHOOL 2	5:15 - 5:45 PM	85720
PRESCHOOL 2	6:00 - 6:30 PM	85719
M3 PRESCHOOL 2	5:00 - 5:30 PM	88136
PRESCHOOL 3	4:15 - 4:45 PM	86372
PRESCHOOL 3	5:30 - 6:00 PM	86373
M3 PRESCHOOL 3	4:00 - 4:30 PM	88154
PRESCHOOL 4	4:30 - 5:00 PM	86423
M3 PRESCHOOL 4	4:00 - 4:30 PM	88167
M3 PRESCHOOL 5	5:15 - 5:45 PM	82930
SWIMMER 1	4:30 - 5:00 PM	85884
SWIMMER 1	5:00 - 5:30 PM	85873
SWIMMER 1	5:30 - 6:00 PM	85875
M3 SWIMMER 1	4:00 - 4:30 PM	88457
M3 SWIMMER 1	6:00 - 6:30 PM	88202
SWIMMER 2	4:30 - 5:00 PM	86065
SWIMMER 2	5:30 - 6:00 PM	86066
SWIMMER 2	6:00 - 6:30 PM	86067
M3 SWIMMER 2	4:00 - 4:30 PM	88223
M3 SWIMMER 2	4:00 - 4:30 PM	88224
SWIMMER 3	4:30 - 5:00 PM	86086
SWIMMER 3	5:15 - 5:45 PM	86087
SWIMMER 3	6:00 - 6:30 PM	86085
M3 SWIMMER 3	4:00 - 4:30 PM	88250
M3 SWIMMER 3	5:00 - 5:30 PM	88252

SWIMMER 4	4:30 - 5:15 PM	86100
SWIMMER 4	5:45 - 6:30 PM	86099
SWIMMER 5	7:15 - 8:00 PM	88040
SWIMMER 6	4:30 - 5:15 PM	88076
ROOKIE PATROL	6:30 - 7:15 PM	88085
RANGER PATROL	6:30 - 7:15 PM	88228
STAR PATROL	7:15 - 8:00 PM	88244
YOUTH SWIM 1	5:45 - 6:30 PM	88263
YOUTH SWIM 2	7:15 - 8:00 PM	88272
YOUTH SWIM 3	6:30 - 7:15 PM	88279

Aquatic Program Schedules



FRIDAYS

START DATE: SEPT 18

COURSE CODE

COURSE CODE

PRESCHOOL 1	4:30 - 5:00 PM	82972
PRESCHOOL 1	4:45 - 5:15 PM	82973
PRESCHOOL 1 P&T	5:30 - 6:00 PM	88313
M3 PRESCHOOL 1	4:00 - 4:30 PM	88005
M3 PRESCHOOL 1	5:00 - 5:30 PM	88311
PRESCHOOL 2	4:30 - 5:00 PM	85722
PRESCHOOL 2	5:45 - 6:15 PM	85721
M3 PRESCHOOL 2	4:00 - 4:30 PM	88137
PRESCHOOL 3	4:30 - 5:00 PM	86374
PRESCHOOL 3	5:30 - 6:00 PM	86375
M3 PRESCHOOL 3	4:00 - 4:30 PM	88156
PRESCHOOL 4	4:30 - 5:00 PM	86424
PRESCHOOL 5	5:00 - 5:30 PM	82933
SWIMMER 1	4:45 - 5:15 PM	85889
SWIMMER 1	5:00 - 5:30 PM	86068
SWIMMER 1	5:15 - 5:45 PM	85892
M3 SWIMMER 1	4:30 - 5:00 PM	88205
M3 SWIMMER 1	5:15 - 5:45 PM	88206
M3 SWIMMER 1	6:00 - 6:30 PM	88203

SWIMMER 2	4:00 - 4:30 PM	86073
SWIMMER 2	5:00 - 5:30 PM	86072
SWIMMER 2	5:30 - 6:00 PM	86070
SWIMMER 2	6:00 - 6:30 PM	86069
M3 SWIMMER 2	5:30 - 6:00 PM	88225
M3 SWIMMER 2	6:00 - 6:30 PM	88227
SWIMMER 3	4:30 - 5:00 PM	86088
SWIMMER 3	6:00 - 6:30 PM	86089
M3 SWIMMER 3	4:00 - 4:30 PM	88254
M3 SWIMMER 3	5:00 - 5:30 PM	88256
SWIMMER 4	5:45 - 6:30 PM	86102
SWIMMER 4	6:45 - 7:30 PM	86101
SWIMMER 5	4:00 - 4:45 PM	88043
SWIMMER 5	6:30 - 7:15 PM	88042
SWIMMER 6	6:00 - 6:45 PM	88077
ROOKIE PATROL	6:15 - 7:00 PM	88087
RANGER PATROL	6:30 - 7:15 PM	88231
YOUTH SWIM 3	6:30 - 7:15 PM	88281
YOUTH SWIM 3	6:30 - 7:15 PM	88439



Aquatic Program Schedules

SATURDAYS

START DATE: SEPT 19

COURSE CODE

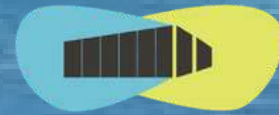
COURSE CODE

BIBS & BUBBLES 1	10:30 - 11:00 AM	88315
BIBS & BUBBLES 2	8:30 - 9:00 AM	88401
BIBS & BUBBLES 2	9:00 - 9:30 AM	88402
BIBS & BUBBLES 2	10:00 - 10:30 AM	88403
BIBS & BUBBLES 2	11:00 - 11:30 AM	88404
BIBS & BUBBLES 3	8:30 - 9:00 AM	90029
BIBS & BUBBLES 3	9:30 - 10:00 AM	88411
BIBS & BUBBLES 3	11:30 AM - 12 PM	88410
PRESCHOOL 1	10:00 - 10:30 AM	82977
PRESCHOOL 1	11:00 - 11:30 AM	82980
PRESCHOOL 1	11:30 AM - 12 PM	82979
M3 PRESCHOOL 1	8:30 - 9:00 AM	88006
M3 PRESCHOOL 1	9:00 - 9:30 AM	88009
M3 PRESCHOOL 1	9:30 - 10:00 AM	88010
M3 PRESCHOOL 1	10:30 - 11:00 AM	88008
PRESCHOOL 2	9:00 - 9:30 AM	85723
PRESCHOOL 2	10:00 - 10:30 AM	85726
PRESCHOOL 2	11:00 - 11:30 AM	85725
PRESCHOOL 2	11:30 AM - 12 PM	85724
M3 PRESCHOOL 2	8:30 - 9:00 AM	88138
M3 PRESCHOOL 2	9:30 - 10:00 AM	88139
M3 PRESCHOOL 2	9:45 - 10:15 AM	88141
PRESCHOOL 3	10:15 - 10:45 AM	86376
PRESCHOOL 3	11:30 AM - 12 PM	86377
M3 PRESCHOOL 3	9:00 - 9:30 AM	88159
M3 PRESCHOOL 3	9:30 - 10:00 AM	88162
M3 PRESCHOOL 3	10:00 - 10:30 AM	88158
PRESCHOOL 4	9:30 - 10:00 AM	86425
M3 PRESCHOOL 4	10:30 - 11:00 AM	88169
PRESCHOOL 5	11:00 - 11:30 AM	86426
M3 PRESCHOOL 5	9:00 - 9:30 AM	82928
SWIMMER 1	8:30 - 9:00 AM	85897
SWIMMER 1	9:00 - 9:30 AM	85900
SWIMMER 1	10:00 - 10:30 AM	85901
SWIMMER 1	10:30 - 11:00 AM	85895

M3 SWIMMER 1	9:30 - 10:00 AM	88207
M3 SWIMMER 1	9:45 - 10:15 AM	88208
M3 SWIMMER 1	11:30 AM - 12 PM	88209
SWIMMER 2	9:00 - 9:30 AM	86074
SWIMMER 2	10:00 - 10:30 AM	86076
SWIMMER 2	11:00 - 11:30 AM	86075
SWIMMER 2	11:30 AM - 12 PM	86077
M3 SWIMMER 2	9:30 - 10:00 AM	88229
M3 SWIMMER 2	10:30 - 11:00 AM	88232
SWIMMER 3	10:00 - 10:30 AM	86093
SWIMMER 3	10:30 - 11:00 AM	86090
SWIMMER 3	10:45 - 11:15 AM	86091
SWIMMER 3	11:00 - 11:30 AM	86092
M3 SWIMMER 3	9:00 - 9:30 AM	88262
M3 SWIMMER 3	9:30 - 10:00 AM	88258
M3 SWIMMER 3	11:30 AM - 12 PM	88261
SWIMMER 4	9:00 - 9:45 AM	86106
SWIMMER 4	10:00 - 10:45 AM	86104
SWIMMER 4	10:30 - 11:15 AM	86105
SWIMMER 4	11:00 - 11:45 AM	86103
SWIMMER 5	9:00 - 9:45 AM	88044
SWIMMER 5	10:15 - 11:00 AM	88045
SWIMMER 6	9:00 - 9:45 AM	88080
SWIMMER 6	10:45 - 11:30 AM	88081
ROOKIE PATROL	9:45 - 10:30 AM	88094
ROOKIE PATROL	11:15 AM - 12 PM	88095
RANGER PATROL*	10:30 - 11:15 AM	88236
RANGER PATROL	11:15 AM - 12 PM	88234
STAR PATROL*	10:30 - 11:15 AM	88239
STAR PATROL	11:15 AM - 12 PM	88240

Saturday, Oct 31 lessons will run as scheduled

Aquatic Leadership



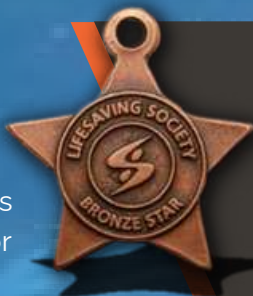
Bronze-level classes are for youth swimmers interested in becoming a lifeguard, swim instructor or want to further their aquatic training. These classes are for those who have completed Star Patrol or equivalent.

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

Candidates are responsible to keep books from one course to the next.

BRONZE STAR

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



Bronze Star Course

Ages 10 - 12 (*Recommended for 12*)

Mondays | Sept 14 Start

10 Sessions

4:15 pm - 5:30 pm

\$112.20 (Members) | \$132.00 (Non-Members)

88446

BRONZE MEDALLION +BASIC FIRST AID

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



Bronze Medallion Course

Ages 13+ (or completion of Bronze Star)

Mondays | Sept 14 Start

5:45 pm - 7:45 pm (11 Sessions)

88452

December 19 - 21

9:00 am - 4:00 pm

88438

\$145.35 (Members) | \$171 (Non-Members)

BRONZE CROSS +INTERMEDIATE FIRST AID

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



REQUIRES BRONZE MEDALLION
Ages 13+ (or completion of Bronze Star)

Bronze Cross Course

Sept 11, 12, 13, Sept 18 & 20

Fri: 5 - 9 pm | Sat & Sun: 9 am - 5 pm

88089

Mon - Wed | Dec 22 - 30

9:00 am - 4:00 pm (5 Sessions)

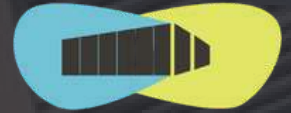
88439

\$128 (Members) | \$150 (Non-Members)

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.**



HST INCLUDED!

NATIONAL LIFEGUARD + OXYGEN ADMINISTRATION

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

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

REQUIRES BRONZE
CROSS

National Lifeguard (Ages 15+)

Start: Nov 1
6 Sessions
Sundays
9:00 am - 5:00 pm
88099

Start: Dec 27
6 Sessions
Saturday - Sunday
9:00 am - 5:00 pm
88443

\$228 (Members) | \$268 (Non-Members)

NATIONAL LIFEGUARD RE-CERTIFICATION COURSE

This course is the re-certification for the National Lifeguard program. This course includes Airway Management.

Re-certification is required every 2 years.

This course requires current intermediate workplace first aid

National Lifeguard Re-Certification

Ages 15+
Nov 11
Wednesday
12:00 pm - 7:00 pm
88464

Ages 15+
Dec 21 & 26
Monday
9:00 pm - 4:00 pm
88465

\$113.04 (Members) | \$133 (Non-Members)

FIRST AID + CPR C BASIC OR INTERMEDIATE

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

First Aid Course - Ages 14+

Basic workplace first aid + CPR-C - Oct 24 (88468)

Saturday from 9:00 am - 4:00 pm

\$114.74 (Members) | \$135 (Non-Members)

Intermediate workplace first aid + CPR-C - Oct 24 - 25 (88469)

Saturday & Sunday from 9:00 am - 4:00 pm

\$149.60 (Members) | \$176 (Non-Members)

FIRST AID + CPR C RE-CERTIFICATION COURSE

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

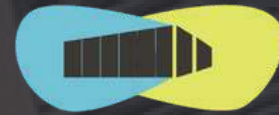
First Aid + CPR C Re-Certification (Ages 15+)

Nov 7
Saturday
9:00 am - 4:30 pm
88466

Dec 19
Saturday
9:00 am - 4:30 pm
88467

\$114.74 (Members) | \$135 (Non-Members)

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.**

LIFESAVING INSTRUCTOR

Lifesaving Instructors are trained to teach the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, and Bronze Cross awards. Candidates are trained in and must demonstrate skills, knowledge, and attitudes at Competency Level 1, including all aspects of learning and the various approaches required to teach water rescue, first aid, and related aquatic skills in the Canadian Lifesaving Program.

* REQUIRES BRONZE CROSS

Lifesaving Instructor (Ages 15+)

Dates: Dec. 18 - 20
Saturday & Sunday 9:00 am - 5:00 pm | Friday 5:00 am - 9:00 pm
88099
\$189.98 (Members) | \$223.50 (Non-Members)

NATIONAL LIFEGUARD INSTRUCTOR

This course provides candidates with an understanding of the principles and practices on which the National Lifeguard program is based and explores teaching approaches and techniques appropriate for National Lifeguard candidates. This course requires Lifesaving instructor and Lifeguard experience.

National Lifeguard Instructor

Ages 17+
Dec. 21 - 23
Monday and Wednesday from 9:00 am - 6:00 pm
88445
\$272.06 (Members) | \$313.50 (Non-Members)

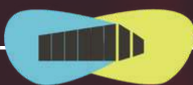
SWIM FOR LIFE INSTRUCTOR

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

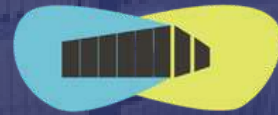
Swim for Life Instructor

Ages 15+
Oct. 4 - 25
Sunday: 11:00 am - 7:00 pm
4 Sessions
\$227.80 (Members) | \$255 (Non-Members)
88092

* REQUIRES BRONZE CROSS



DROP-IN AQUATIC PROGRAMS



These drop-in programs are included in your Membership!
Non-Members can purchase a Day Pass or Punch Pass to attend. **Please book ahead of time, as space is limited.**

Be sure to check our facility schedule before each session!

GUARD PRACTICE

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

Sundays

8 - 11 Years Old:

5:30-6:25pm

12 - 15 Years Old:

6:30-7:25pm

Sundays

Ages 16+

4:15pm - 5:30pm

SWIM WORKOUT

Our coach is on deck and ready to help you elevate your swim workouts. Come join us!

Jr. Swim Workout

Fridays

Ages 11-15

6:45 - 7:30pm

Swim Workout

Mondays & Wednesdays

Ages 16+

7:30-8:45pm

AQUA-FIT

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

Shallow Water

Aqua-Fit

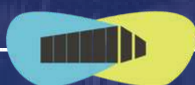
Ages 16+

Mondays & Wednesdays

11:05am - 11:55am

Fridays

1:05 - 1:55 pm



DROP-IN AQUATIC PROGRAMS

These drop-in programs do not require pre-registration and are included in your Membership! Non-Members can purchase a Day Pass or Punch Pass to attend.

Be sure to check our facility schedule before each session!

ADULTS SWIMMING LESSONS

Looking to make a splash? Join our Adult Swimming Lessons and build confidence in the water - one week at a time! No full-session commitment, just easy, flexible fun that fits your schedule.

Adult Swimmer 1: Can't swim 5 m yet or feel uneasy in deep water? Start here and learn to float, breathe, and move with ease.

Adult Swimmer 2: You can swim 5 m and feel comfortable in deep water. Time to polish your strokes - front crawl, back crawl, and breaststroke.

Adult Swimmer 3: Cruising 25 m unassisted? Let's fine-tune your technique and boost endurance.

Want more of a challenge? Try **TriFit!**

Questions? Reach out to **Ryan Kemp** at kempr@halifax.ca.

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

*Adult Swimming Lessons **require** registration through **Halifax MyRec** under "**Drop-In Bookings**."*

Sundays

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

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

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

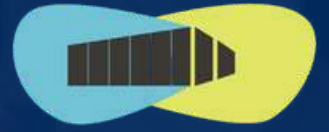
Wednesdays

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

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

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

PRESCHOOL & CHILD SPORT PROGRAMS



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

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

Preschool Recreation Programs Ages 2-5

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

Child Recreation Programs Ages 6-12

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

PRESCHOOL & CHILD SPORT PROGRAMS

MEMBERS SAVE 15%



LITTLE DRIBBLERS

Your little one gets a head start on basketball basics - dribbling, shooting, and running with the ball.

Ages: 4-5 yrs

Saturdays | Sept. 19 - Dec. 5

12 sessions

9:15 - 10:00 am

Member \$95 | Non-Member \$112

88107



LITTLE KICKERS

Watch your child run, kick, and score while learning early soccer skills and teamwork through fun drills and games!

Ages: 4-5 yrs

Saturdays | Sept. 19 - Dec. 5

12 sessions

10:00 - 10:45 am

Member \$95 | Non-Member \$112

88108



ALL SORTS OF SPORTS



Each week brings a different sport! From basketball and soccer to floor hockey and frisbee, your child will develop catching, throwing, and kicking skills while having fun.

Ages: 4-5 yrs

Saturdays | Sept. 19 - Dec. 5

12 sessions

10:45 - 11:30 am

Member \$95 | Non-Member \$112

88109

Ages: 6-8 yrs

Saturdays | Sept. 19 - Dec. 5

12 sessions

11:30 - 12:25 pm

Member \$105 | Non-Member \$124

88102

PRESCHOOL & CHILD SPORT PROGRAMS

MEMBERS SAVE 15%



INTRO TO VOLLEYBALL

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

Ages: 9 – 12 yrs

Tuesdays | Sept. 15 – Dec. 1

12 Sessions

6:30 pm - 7:25 pm

Member \$105 | Non-Member \$124

88098



INTRO TO BADMINTON

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

Ages: 9 - 12 yrs

Tuesdays | Sept. 15 – Dec. 1

12 Sessions

7:30 pm - 8:25 pm

Member \$105 | Non-Member \$124

88101



TODDLER MESS & PLAY

Come get messy with us! Each week, your child will get to do a messy art activity and then have play time with age-appropriate toys and games. They could make slime, puffy paint, oobleck, and more! Kids under 2 years require an adult to stay in the room with them for the duration of the class.

Ages: 1 – 4 yrs

Saturdays

Sept. 19 – Oct 24

12:30 pm - 2:00 pm

Member \$64

Non-Member \$75

88110

Ages: 1 – 4 yrs

Saturdays

Oct. 31–Dec. 5

12:30 pm - 2:00 pm

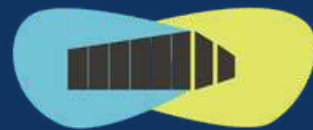
Member \$64

Non-Member \$75

88111



PRESCHOOL & CHILD SPORT PROGRAMS



MEMBERS SAVE 15%



TUMBLEBUGS

Watch your little one build confidence through movement and play! Tumblebugs is a fun and safe introduction to gymnastics for toddlers and preschoolers, where kids jump, balance, roll, and explore in a supportive and age-appropriate environment. Through guided activities and playful discovery, your child will build coordination, strength, listening skills, and social confidence - all while staying active, making friends, and developing a lifelong love of physical activity.

Ages: 2 – 3 yrs

Sundays | Sept 20 - Dec 6

12 Sessions

12:30 pm - 1:15 pm

Member \$95 | Non-Member \$112

88112

PARENTED

Ages: 4 – 5 yrs

Sundays | Sept 20 - Dec 6

12 Sessions

1:15 pm - 2:00 pm

Member \$95 | Non-Member \$112

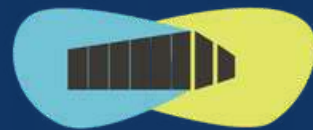
88113

INDEPENDENT



PRESCHOOL & CHILD SPORT PROGRAMS

sportball



Sportball Multi-Sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything, including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

SPORTBALL JUNIOR

Ages 16 - 24 months

Sundays | Sept. 20 - Nov. 1

3:30 pm - 4:15 pm

Member \$123

Non-Member \$145

88171

NO CLASS OCT 11TH!

Ages 16 - 24 months

Sundays | Nov. 8 - Dec. 13

3:30 pm - 4:15 pm

Member \$145

Non-Member \$193

88176

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

SPORTBALL - PARENT & TOT

Ages 2 - 3 yrs

Sundays | Sept. 20 - Nov. 1

4:15 pm - 5:00 pm

Member \$123

Non-Member \$145

88173

NO CLASS OCT 11TH!

Ages 2 - 3 yrs

Sundays | Nov. 8 - Dec. 13

4:15 pm - 5:00 pm

Member \$123

Non-Member \$145

88178

SPORTBALL - MULTI-SPORT

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

Ages 3 - 5 yrs

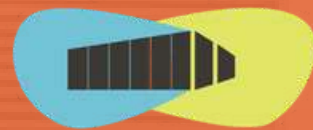
Sundays | Sept. 20 - Nov. 1 (88168)

Sundays | Nov. 8 - Dec. 13 (88174)

2:30 pm - 3:30 pm

Member \$123 | Non-Member \$145

ADULT PICKLEBALL



Whether you're just starting out or a pickleball pro, our pickleball programs will help you develop your skills on the court. All classes are 6 weeks.

TAX INCLUDED

BEGINNER PICKLEBALL - HOW TO PLAY

Ages 18+

Tuesdays | Sept. 15 – Oct. 20

12:30 pm - 2:00 pm

Member \$91.79 | Non-Member \$108

88096

Ages 18+

Tuesdays | Oct. 27 – Dec. 1

12:30 pm - 2:00 pm

Member \$91.79 | Non-Member \$108

88097

Ages 18+

Wednesdays | Sept. 16 – Oct. 21

5:00 pm - 6:30 pm

Member \$91.79 | Non-Member \$108

88103

Ages 18+

Wednesdays | Oct. 28 – Dec. 2

5:00 pm - 6:30 pm

Member \$91.79 | Non-Member \$108

88104

TAX INCLUDED

SKILLS AND DRILLS

INTERMEDIATE

Ages 18+

Thursdays | Sept. 17 – Oct. 22

5:00pm - 6:30pm

Member \$91.79 | Non-Member \$108

88105

Ages 18+

Thursdays | Oct. 29 – Dec. 3

5:00pm - 6:30pm

Member \$91.79 | Non-Member \$108

88106

ADVANCED

Ages 18+

Fridays | Sept. 18 – Oct. 23

5:30pm - 7:00pm

Member \$91.79 | Non-Member \$108

88115

Ages 18+

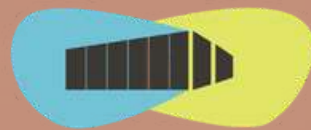
Fridays | Oct. 30 – Dec. 4

5:30pm - 7:00pm

Member \$91.79 | Non-Member \$108

88116

FITNESS WORKSHOPS



TAX INCLUDED!

**Begin your fitness journey. Build Confidence. Gain Strength.
Have fun or take your fitness to the next level!**

YIN YOGA SERIES

This is a 6-week Yoga series where you'll explore the connections between Mind and Body while creating a space to build new confidence, clarity, and connection. Each week will have a 90-minute session of Yoga and journaling to help you continue 2026 on the best foot yet!

Ages 18+

Fridays | Start: Sept. 4

6 sessions

6:30 pm - 7:30 pm

Member \$73.10 | Non-Member \$86

85702



WOMEN'S INTRO TO WEIGHT TRAINING

Kickstart your strength journey with a fun, confidence-boosting workshop! Learn simple weight-training principles, try the equipment, and get a clear plan to help you feel strong, capable, and ready to own the weight room. Space is limited. **Ages 18+**

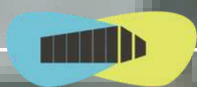
Saturday | Sept. 12
11:00 am - 1:30 pm
85213

Saturday | Oct. 10
11:00 am - 1:30 pm
85217

Saturday | Nov. 7
11:00 am - 1:30 pm
85231

Saturday | Dec 12
11:00 am - 1:30 pm
85232

Member \$42.49 | Non-Member \$50



IN-SERVICE DAY CAMPS

Join us for a day of fun! Inservice Day Camps feature a variety of activities, including sports, games, arts & crafts, swimming, and more. Campers are sure to be tired at pick up!

Ages: 5 1/2 - 12 yrs



Friday, September 25th

8:30 am – 4:30 pm

\$42.50 (Members) | \$50 (Non-Members)
88145

Friday, October 23rd

8:30 am - 4:30 pm

\$42.50 (Members) | \$50 (Non-Members)
88147

Friday, December 4th

8:30 am - 4:30 pm

\$42.50 (Members) | \$50 (Non-Members)
88149



HOLIDAY CAMPS!

Come join us at the Zatzman Sportsplex for a day of fun! Holiday day camps include sports, games, arts & crafts, swimming, and other fun holiday-themed activities. Campers are sure to be tired at pick up!

Ages: 5 1/2 - 12 yrs



Monday, December 21st

8:30 am – 4:30 pm

\$42.50 (Members) | \$50 (Non-Members)
88155



Tuesday, December 22nd

8:30 am - 4:30 pm

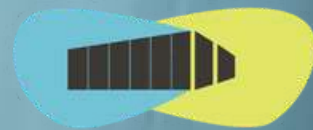
\$42.50 (Members) | \$50 (Non-Members)
88160



Wednesday, December 23rd

8:30 am - 4:30 pm

\$42.50 (Members) | \$50 (Non-Members)
88163



NO CLASSES DEC 14 - JAN 3

These classes are all 15 weeks and include a recital before the holidays. An additional recital fee of \$32 applies to each registration. There is a dress code for these classes, please visit the DDA website for more details. For questions, please get in touch with the DDA Director at: directordartmouthdance@gmail.com



LITTLE STARS

Ages 3

Sunday | Start: September 27

10:00 am – 10:45 am

Member \$198 | Non-Member \$233

88230



BABY BALLET

Ages 3 - 4

Saturday | Start: September 26

10:00 am – 10:45 am

Member \$198 | Non-Member \$233

88217



PRESCHOOL COMBO

BALLET/JAZZ

Ages 4

Saturday | Start: September 26

10:45 am – 11:30 am

Member \$198 | Non-Member \$233

88221

BALLET/TAP

Ages 4

Sunday | Start: September 27

10:45 am – 11:30 am

Member \$198 | Non-Member \$233

88286



Saturday classes excludes:

Dec 19

Dec 26

Jan 2

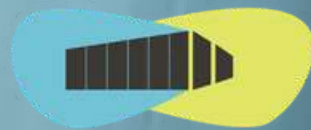
Sunday classes excludes:

Dec 20

Dec 27

Jan 3





NO CLASSES DEC 14 - JAN 3

These classes are all 15 weeks and include a recital before the holidays. An additional recital fee of \$32 applies to each registration. There is a dress code for these classes, please visit the DDA website for more details. For questions, please get in touch with the DDA Director at: directordartmouthdance@gmail.com



LEVEL 1 BALLET/JAZZ/TAP

Ages 6 - 8

Sunday | Start: September 27

12:30 pm – 1:30 pm

Member \$223 | Non-Member \$263

88304



CHILDREN'S COMBO

BALLET/JAZZ/TAP

Ages 5

Sunday | Start: September 27

11:30 am – 12:30 pm

Member \$223 | Non-Member \$263

88292



JUNIOR HIP HOP

Ages 7 - 10

Sunday | Start: September 27

1:30 pm – 2:15 pm

Member \$198 | Non-Member \$233

88306



Saturday classes excludes:

Dec 19

Dec 26

Jan 2

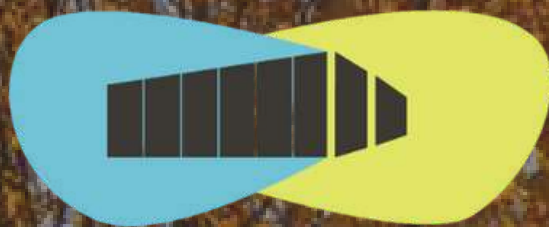
Sunday classes excludes:

Dec 20

Dec 27

Jan 3





ZATZMAN
SPORTSPLEX



(902) 464-2600



www.zatzmansportsplex.com



info@zatzmansportsplex.com



110 Wyse Rd, Dartmouth, NS B3A 1M2

ZATZMAN SPORTSPLEX

YOUR COMMUNITY. YOUR SPORTSPLEX.

