

WINTER 2024 PROGRAM GUIDE

DARTMOUTH FITS HERE

ZATZMAN SPORTSPLEX





**ZATZMAN
SPORTSPLEX**

Dartmouth Fits Here

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Follow us for
updates!



@zsportsplex



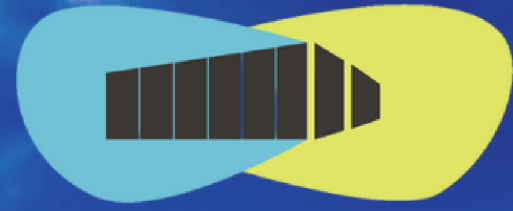
/ZatzmanSportsplex



@zatzmansportsplex

Welcome to

THE ZATZMAN SPORTSPLEX!



110 Wyse Road, Dartmouth
(902) 464 2600

www.zatzmansportsplex.com

REGULAR HOURS

Weekdays: 6:00 am - 10:00 pm

Saturday: 6:00 am - 9:00 pm

Sunday: 8:00 am - 10:00 pm

Effective September 5, 2023 - June 30, 2024

HOLIDAY HOURS:

December 24 - Christmas Eve (Closed at 4pm)

December 25 - Christmas Day (Closed)

December 26 - Boxing Day (Closed)

December 31 - New Year's Eve (Closed at 4pm)

January 1 - New Year's Day (Closed)

Staff

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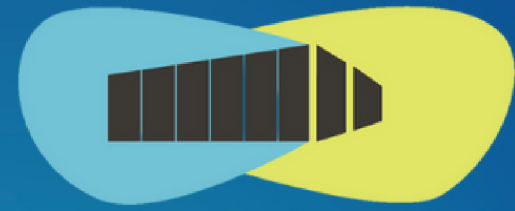
Marketing & Communications Coordinator

(902) 490-2975 | matt.wilush@halifax.ca

ZATZMAN SPORTSPLEX

Membership

AT THE ZATZMAN SPORTSPLEX



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

Family

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

Adult

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

Seniors (60+)/Youth/Student

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

ALL PRICES INCLUDE TAX

How Will You Use Your Membership?

Drop-In Classes

Yoga, Spin, Weight Lifting, Bootcamp and more!

Fitness Centre

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

Aquatics Centre

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

Gymnasium

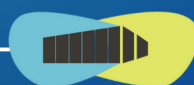
Drop-in sports (like Pickleball and Basketball) or play your way during Open Gym!

Other Benefits

- Early Program Registration
- Childminding Service
(with Family or Youth Membership)
- Access to Walking Track
- Squash and Racquetball Courts
- Open Swims and Skates
- 15% off Programs and Camps
(excluding 1-month memberships)
- 15% off Personal Training
(excluding 1-month memberships)

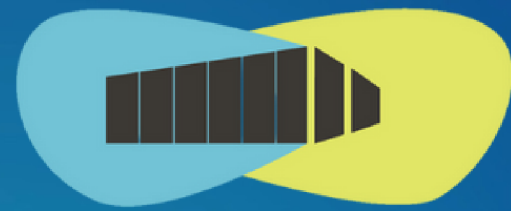


Corporate discounts are available. Check our website to see if your employer is listed!



Program Registration

SAVE THE DATE!



Member Registration starts December 12, 2023 at 9:00am
Non-Member Registration starts December 13, 2023 at 9:00am

You can register for programs online or in-person at our Welcome Desk.
Please bear in mind that registering in-person does not give an advantage over online registrants.

How to Register for Programs Online:

Use course codes found in this guide to register for programs through Halifax MyRec:

EXAMPLE CLASS

Saturday January 6

2:00pm-4:00pm

\$20.00 (Members) | \$30.00 (Non-Members)

00012345 (SAMPLE CODE)

recreation.halifax.ca



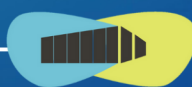
Registration requires a Halifax MyRec account

Please note:

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

Tips for Registration:

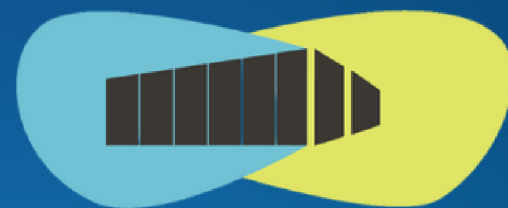
- 1) Be prepared! Know what level/time/day you want to register for before registration day.
- 2) Save course codes found in this guide to register for classes on registration day. It's recommended that you have multiple options ready in case your first choice is full.



Free Rec

AT THE ZATZMAN SPORTSPLEX

These activities are free for everyone.
No membership required!



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

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

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



Get out of the cold and take a stroll on our track!

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

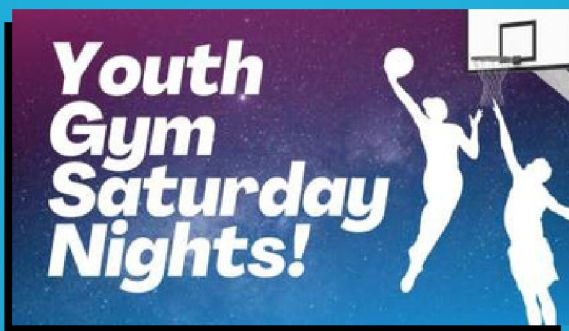
Just let our Welcome Desk staff know you're here to walk the track!



Get ready to make a splash!

We offer a **free youth swim (ages 12-16) every Friday from 7:30-8:50pm!**

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

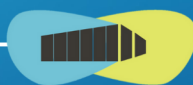


Youth (ages 12-16) rule the Gym every **Saturday night from 7-9pm!**

There's no membership required to drop-in for some basketball, volleyball, pickleball, dodgeball and more!

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

Be sure to check our facility schedule before arriving at
ZatzmanSportsplex.com



Pool Parties

AT THE ZATZMAN SPORTSPLEX

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

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

Each party gets its own exclusive section of the pool.

Party Package A - Half Leisure Pool

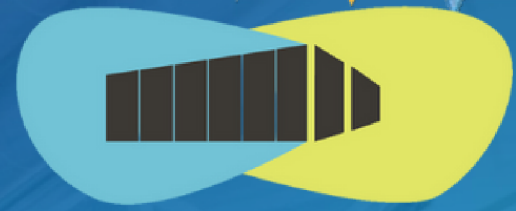
This party has shared use of the splash pad and blue slide. Up to 15 children with 5 adults. \$161.00

Party Package B - Half of Each Pool

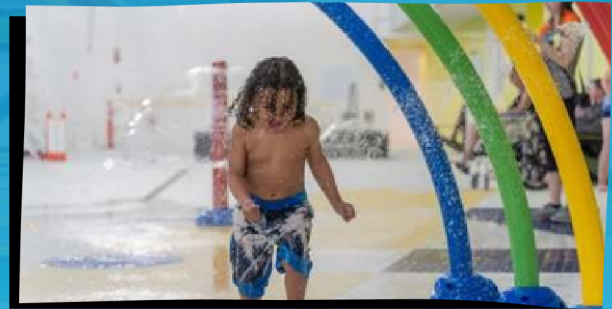
Includes access to half of both the main and leisure pools along with slides and splash pad.
Up to 25 children and adults. \$264.50

Party Package C - Both Pools

The big one! Full use of slides, splash pad, rope swing and more!
Up to 40 children and adults. \$471.50



Swing!



Splash!



Slide!



ZATZMAN SPORTSPLEX

Childminding Service

Included with your Family or Youth membership!

Childminding is available:

Mondays: 9:00am - 12:00pm

Tuesdays: 5:00pm - 8:00pm

Wednesdays: 9:00am - 12:00pm

Thursdays: 5:00pm - 8:00pm

Fridays: 9:00am - 12:00pm

Saturdays: 9:00am - 12:00pm

Childminding schedule is subject to change without notice

Let us watch your child while you enjoy the Plex!

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

Non-members can utilize childminding with a **Youth Day Pass | \$7.00**

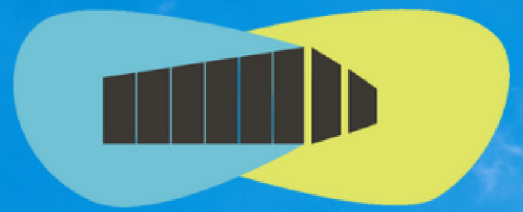
Ages: 3 months - 10 years

Spots must be booked in advance on Halifax MyRec.

Bookings are 90 mins each.

ZATZMAN SPORTSPLEX

March Break Day Camp



Join us for a week of fun!
March Break Day Camp
includes sports, swimming,
arts and crafts, and other fun
activities!



swing into the pool!



shoot hoops in the gym!



make arts & crafts!

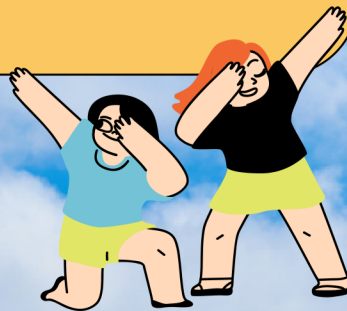
Monday March 11 - Friday March 15

8:30am - 4:30pm

Ages: 5 1/2 - 11

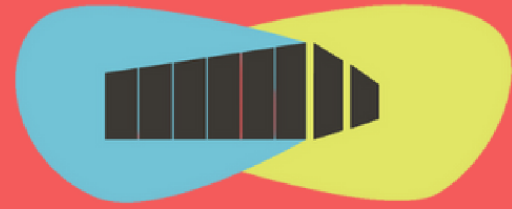
\$191.25 (Members) | \$225.00 (Non-Members

00080628



Creative Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS



Time to get crafty, Dartmouth!
No experience necessary!

PAINT NITE: INTRO TO ACRYLICS

Join artists Barb Blakey and Karla Silver for this beginner introduction to acrylic painting.

This workshop will spark your creativity and teach you the basic techniques and methods for creating your own artwork. Children 10-16 yrs are welcome to register and attend with an adult.

Bring your own supplies: one canvas, a palette, a variety of acrylic brushes and paints.

Introduction to Acrylics

Thursday March 21

6:00pm - 8:00pm

\$35.00 (Members) | \$41.17 (Non-Members)

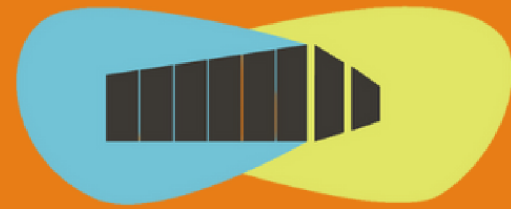
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ALL PRICES INCLUDE TAX



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS



Begin your fitness journey or take it to the next level!

BEGINNER TRX

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

Beginner TRX

Saturday February 3
1:00pm - 2:00pm
\$26.40 (Members) | \$31.05 (Non-Members)
00080558

ALL PRICES INCLUDE TAX



WORKOUT PLANNING 101

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

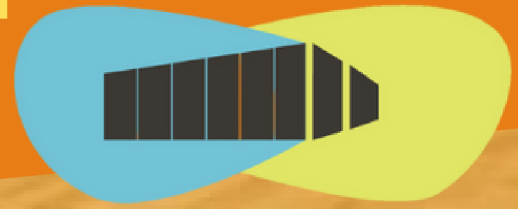
Workout Planning 101

Saturday March 23
1:00pm - 2:30pm
\$35.00 (Members) | \$41.17 (Non-Members)
00080560



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS



WOMEN'S INTRO TO FREE WEIGHT TRAINING

Free weights are an optimal training option for achieving the results you're looking for - whether it's fat loss, strength, muscle tone, higher energy levels, or increased endurance. Join us and learn everything you need to know about safe, effective lifting! Space is limited.



Women's Intro to Free Weight Training

Saturday January 27

1:00pm - 2:30pm

\$35.00 (Members) | \$41.17 (Non-Members)

00080559

WEIGHT TRAINING FOR YOUTH

In this introductory course, youth aged 10-16 will learn how to safely and effectively train with free weights! Participants will learn the principles of weight training specifically in relation to adolescent physiology. Join qualified Personal Trainer Haitham Chehadi for this highly informative workshop, and gain the tools you need to create a solid foundation for training.



Weight Training for Youth

Friday March 8

4:15pm - 5:15pm

\$26.39 (Members) | \$31.05 (Non-Members)

00080563



Fitness Workshops



CARDIAC REBUILD

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

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

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

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



Cardiac Rebuild

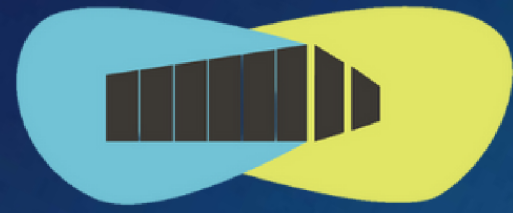
Monday January 8 - Monday March 13
1:00pm - 2:15pm
\$72.73 (Members and Non-Members)

Cardiac Rebuild

Monday January 8 - Monday March 13
2:30pm - 3:45pm
\$72.73 (Members and Non-Members)



ZATZMAN SPORTSPLEX DROP-IN FITNESS CLASSES



MONDAYS

Yoga	7:30am
Weight Training	9:30am
Zumba Gold	10:30am
Shallow Water Aqua Fit	11:05am
Healthy Heart, Strong Body	11:30am
Bootcamp	5:30pm
Power Yoga	6:30pm
Deep Water Aqua Fit	7:35pm

TUESDAYS

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

WEDNESDAYS

Spin *	6:30am
Yoga	7:30am
Bootcamp	9:30am
Pilates/Yoga Fusion	10:30am
Zumba Gold	10:30am
Shallow Water Aqua Fit	11:05am
Healthy Heart, Strong Body	11:30am
Weight Training	5:30pm
Bootcamp	6:30pm
Deep Water Aqua Fit	7:35pm

THURSDAYS

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

FRIDAYS

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

SATURDAYS

Bootcamp	10:30am
Beginner Yoga	11:30am

SUNDAYS

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

All classes are included with your Sportsplex membership!

Non-member rates:
Adult Day Pass | \$12 (tax included)

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

* Drop-in registration required on Halifax MyRec.

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



Zatzman Sportsplex PERSONAL TRAINING

MEMBERS SAVE 15%
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.

Sessions are 1-on-1. Our trainers will work with you to develop a workout plan which accounts for your current fitness, abilities, and goals!

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

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

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

- Pietro Tang, Personal Trainer

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

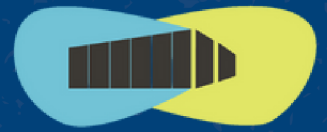
- Haitham Chehadi, Personal Trainer

Personal Training Packages

Number of Sessions	Non-Member Rate/Hour	Member Rate/Hour
1	\$75.00	\$63.75
3	\$70.00	\$59.50
6	\$65.00	\$55.25
10	\$60.00	\$51.00



CHILD & YOUTH RECREATION PROGRAMS



Whether your child is starting a sport for the first time or they are looking to refine their skills, our programs are designed to engage kids in the fun, active and competitive nature of sport. We provide **fun and exciting programs in an age-appropriate environment** with instruction from our trained staff.



What does your child need to bring?

- Indoor Sneakers
- Activewear Attire (shorts and t-shirt recommended)
- Water Bottle
- Shin Guards (encouraged for any soccer programs)



What to expect from our programs:

Preschool Recreation Programs

Ages 3-4

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

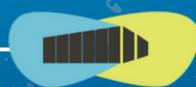
Ages 5-11

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

Youth Recreation Programs

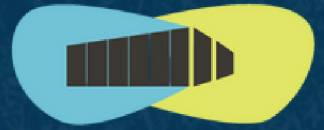
Ages 11-15

These development-level programs are designed to **build the foundations and skills** necessary to move on to recreational or club/school-level teams. These programs are for children who enjoy **practicing their skills** and **seeing personal growth** in their selected sport.



CHILD & YOUTH RECREATION PROGRAMS

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS



INTRO TO SOCCER

This 30-min class will have your little striker running and kicking the ball all over the gym!

AGES 3-4

Intro to Soccer: Ages 3-4

Sundays | January 14 Start

10 Sessions

11:30am-12:00pm

\$68.00 (Members) | \$80.00 (Non-Members)

00080613



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

AGES 5-8

Intro to Soccer: Ages 5-8

Thursdays | January 11 Start

10 Sessions

5:30pm - 6:25pm

\$80.75 (Members) | \$95.00 (Non-Members)

00080617



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

This is a bi-weekly program.

AGES 6-11

Intro to Soccer: Ages 6-11

Sundays (Biweekly) | January 14 Start

5 Sessions

10:30am - 11:25am

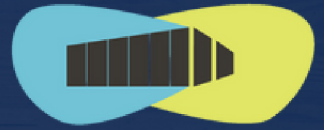
\$40.38 (Members) | \$47.50 (Non-Members)

00080614



Child & Youth Recreation Programs

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS



INTRO TO BASKETBALL



AGES 3 & 4

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

AGES 5 - 8

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

AGES 9 - 11

This program further develops kids' movement skills and abilities.

Intro to Basketball

Ages 3 & 4

Saturdays | January 13 Start
10 Sessions
11:30am - 12:00pm
\$68.00 (Members) | \$80.00 (Non-Members)
00080619

Ages 5-8

Saturdays | January 13 Start
10 Sessions
10:30am - 11:25am
\$80.75 (Members) | \$95.00 (Non-Members)
00080620

Ages 9-11

Saturdays | January 13 Start
10 Sessions
9:30am - 10:25am
\$80.75 (Members) | \$95.00 (Non-Members)
00080621

MULTI-SPORT

AGES 3 & 4

This program concentrates on ensuring children have a solid foundation of fundamental movement skills

AGES 6 - 11

This program focuses on helping children further develop their movement skills to enhance their abilities in a number of different sports.

This is a bi-weekly program.



Multi Sport

Ages 3 & 4

Saturdays | January 13 Start
10 Sessions
12:00pm - 12:30pm
\$68.00 (Members) | \$80.00 (Non-Members)
00080622

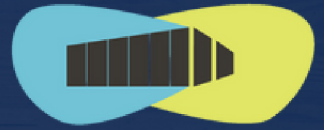
Ages 6-11

Sundays (Biweekly) | January 21 Start
5 Sessions
10:30am - 11:25am
\$40.38 (Members) | \$47.50 (Non-Members)
00080615



Child & Youth Recreation Programs

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS



All equipment is provided!
No experience necessary!



INTRO TO BADMINTON

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

Intro to Badminton

Ages 10 - 15

Wednesdays | January 10 Start

10 Sessions

7:00pm - 7:55pm

\$80.75 (Members) | \$95.00 (Non-Members)

00080607



INTRO TO VOLLEYBALL

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

Intro to Volleyball

Ages 10 - 15

Tuesdays | January 9 Start

10 Sessions

7:30pm - 8:25pm

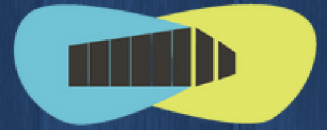
\$80.75 (Members) | \$95.00 (Non-Members)

00080608



Court Sports Programs

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS



Get to know our courts with our Intro to Sport Courts programs! Try out an Intro to Handball or Racquetball class with one of our seasoned instructors, then reserve the courts to add a fun new activity to your Wellness Journey!

Court bookings are free with your Sportsplex Membership or Day Pass.

**All equipment is provided!
No experience necessary!**

Intro to Racquetball

Join world-class racquetball coach Daniel Smith in this simple 30 minute, 4-week introductory program! Participants will learn the basics of Racquetball, progressing over the course of the month until comfortable playing on their own.



Youth Intro to Racquetball

Ages 12 - 17

Tuesdays | January 9 Start

4 Sessions

7:00pm - 7:30pm

\$24.44 (Members) | \$28.75 (Non-Members)

00080947

Adult Intro to Racquetball

Ages 18+

Tuesdays | January 9 Start

4 Sessions

7:30pm - 8:00pm

\$24.44 (Members) | \$28.75 (Non-Members)

00080948

Intro to Handball

Join our seasoned instructor, Ed Dugas, for this Introduction to Handball. Participants will learn the basic skills for a fun and inexpensive game,

Youth Intro to Handball

Ages 12 - 17

Tuesdays | February 6 Start

4 Sessions

7:00pm - 7:30pm

\$24.44 (Members) | \$28.75 (Non-Members)

00080949

Adult Intro to Handball

Ages 18+

Tuesdays | February 6 Start

4 Sessions

7:30pm - 8:00pm

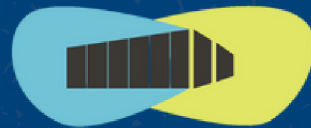
\$24.44 (Members) | \$28.75 (Non-Members)

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Adult Recreation Programs Pickleball at the Plex

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS



All Pickleball equipment
is provided!

PICKLEBALL PROGRAMS

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

Beginner Pickleball

Tuesdays | January 9 Start

10 Sessions

12:30pm - 2:00pm

\$95.63 (Members) | \$112.50 (Non-Members)

00080609

Beginner Pickleball

Wednesdays | January 10 Start

10 Sessions

5:30pm - 7:00pm

\$95.63 (Members) | \$112.50 (Non-Members)

00080616

Intermediate Pickleball

Fridays | January 12 Start

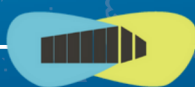
10 Sessions

5:30pm - 7:00pm

\$95.63 (Members) | \$112.50 (Non-Members)

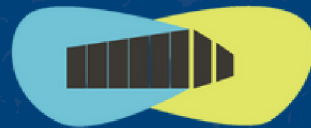
00080618

ALL PRICES INCLUDE TAX.



Adult Recreation Programs Pickleball at the Plex

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS



All Pickleball equipment
is provided!



PICKLEBALL SKILLS & DRILLS

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

Pickleball Skills & Drills

Tuesdays | January 9 Start

5 Sessions

5:30pm - 7:00pm

\$63.75 (Members) | \$75.00 (Non-Members)

00080610

Pickleball Skills & Drills

Tuesdays | February 20 Start

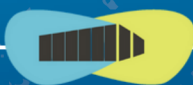
5 Sessions

5:30pm - 7:00pm

\$63.75 (Members) | \$75.00 (Non-Members)

00080611

ALL PRICES INCLUDE TAX





These courses participate in the May Recital.
There is a dress code requirement.
Visit dartmouthdanceacademy.com to learn more.

Course fee includes a \$20.00 recital fee.

Contact the DDA Director at:
DDAZatzman@gmail.com

BEGINNER ACRO

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

Beginner Acro

Ages 7 - 9

Mondays | January 29 Start

15 Sessions

5:00pm - 5:45pm

\$174.17 (Members) | \$205.00 (Non-Members)

00080668

CHILDREN'S COMBO

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

Children's Combo

Ages 5 & 6

Sundays | February 4 Start

15 Sessions

11:30am - 12:30pm

\$204.00 (Members) | \$240.00 (Non-Members)

00080671

LEVEL 1 BALLET, TAP & JAZZ

Elements of all three dance styles are covered to bring the dancer through a natural progression in skills. The dancers will explore the movements with the use of the instructor's engaging teaching techniques. Ballet and Tap shoes are required.

Level 1 Ballet, Tap & Jazz

Ages 6 - 8

Sundays | February 4 Start

15 Sessions

12:45pm - 1:45pm

\$204.00 (Members) | \$240.00 (Non-Members)

00080672





Visit dartmouthdanceacademy.com to learn more.

Contact the DDA Director at:
DDAZatzman@gmail.com

CREATIVE MOVEMENT

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

Creative Movement Ages 3 & 4

Saturdays | February 3 Start
10 Sessions
10:00am - 10:45am
\$116.11 (Members) | \$136.60 (Non-Members)
00080673

DISNEY DANCE PARTY

This enchanting class is designed to bring the beloved characters and timeless stories of Disney to life through the joy of dance. From graceful ballet movements in "Cinderella," to high-energy jazz numbers in "The Little Mermaid," the children will have the chance to embody the characters of these beloved stories through dance. They will explore a variety of styles, including ballet, jazz, hip-hop and even some magical prop work, all infused with the magic of Disney!

Disney Dance Party Ages 4 - 6

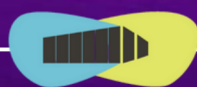
Saturdays | February 3 Start
10 Sessions
10:45am - 11:30am
\$116.11 (Members) | \$136.60 (Non-Members)
00080670

GET UP AND DANCE!

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

Get Up and Dance! Ages 6-8

Saturdays | February 3 Start
10 Sessions
11:30am - 12:15pm
\$116.11 (Members) | \$136.60 (Non-Members)
00080674





These courses participate in the May Recital.
There is a dress code requirement.
Visit dartmouthdanceacademy.com to learn more.

Contact the DDA Director at:
DDAZatzman@gmail.com

ADULT TAP

This lively class is designed specifically for adults who want to explore the joy and excitement of tap dancing. In this class, you will learn and refine the essential techniques of tap as you immerse yourself in the infectious sounds and rhythms of this timeless dance form.

This class is open to adults of all levels, from beginners with no prior experience to those with some previous training. Whether you're new to tap or looking to refine your skills, our class offers a welcoming and supportive environment where you can learn, grow, and have a great time!

Adult Tap

Ages 18+

Wednesdays | January 31 Start

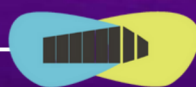
15 Sessions

7:30pm - 8:15pm

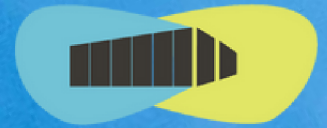
\$204.00 (Members) | \$240.00 (Non-Members)

00080669

ALL PRICES INCLUDE TAX



Swimming Lessons



LIFESAVING SOCIETY®
The Lifeguarding Experts

All of our swimming lessons follow the Lifesaving Society curriculum. See pages 34-38 for course codes and times.

BIBS & BUBBLES

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

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

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

Bibs & Bubbles 1 (3 - 12 months)
Bibs & Bubbles 2 (13 - 24 months)
Bibs & Bubbles 3 (25 - 35 months)
\$91.80 (Members) | \$108.00 (Non-Members)

PRESCHOOL

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

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

All Preschool classes are **30 minutes long**.

Preschool 1-5 (3-4 Years)
\$91.80 (Members) | \$108.00 (Non-Members)
MAX 3 Preschool 1-3
\$113.90 (Members) | \$134.00 (Non-Members)

SWIMMER CLASSES

SWIMMER 1:

These beginners will become comfortable jumping into water with and without a life-jacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking on their front and back.

SWIMMER 2:

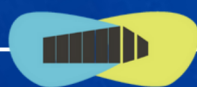
These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into water while wearing a life-jacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10m on their front and back, and be introduced to flutter kick training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

Swimmer 1, 2 & 3

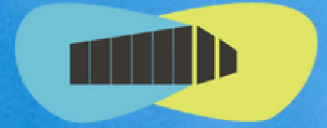
\$91.80 (Members) | \$108.00 (Non-Members)



Swimming Lessons



LIFESAVING SOCIETY®
The Lifeguarding Experts



All of our swimming lessons follow the Lifesaving Society curriculum. See pages 34-38 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 summersaults. They'll refine their front and back crawl over 50m swims of each, and breaststroke over 25m. Then, they'll pick up the pace in 25m sprints and two interval training bouts: 4 x 50m front or back crawl and 4 x 15m breaststroke.

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.

+ STAY & PLAY

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

Swimmer 1-3:

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

All Other Lessons:

45 minutes of class
+15 minutes free play

Swimmer 4, 5 & 6

\$95.20 (Members) | \$112.00 (Non-Members)

Stay & Play Program

\$114.75 (Members) | \$135.00 (Non-Members)

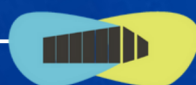
MAX 3 SWIMMER CLASSES

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

MAX 3 SWIMMER 1, 2, 3

Max 3 Swimmer 1, 2 & 3

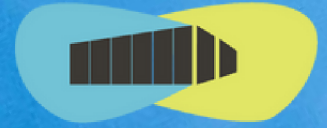
\$113.90 (Members) | \$134.00 (Non-Members)



Swimming Lessons



LIFESAVING SOCIETY®
The Lifeguarding Experts



All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 34-38 for course codes and times.

PATROL CLASSES (Ages 8 - 12)

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 and Star Patrol

\$95.20 (Members) | \$112.00 (Non-Members)



YOUTH SWIM CLASSES (Ages 9 - 14)

YOUTH SWIM 1

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.

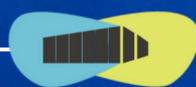
You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. You'll be supporting yourself at the surface for 1 minute and showing off your handstands in shallow water.

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

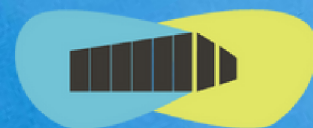
\$95.20 (Members) | \$112.00 (Non-Members)



Aquatic Leadership



LIFESAVING SOCIETY®
The Lifeguarding Experts



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

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

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

BRONZE STAR

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



Bronze Star Course

Ages 10 - 12
Sundays | January 14 Start
10 Sessions
6:15pm - 7:30pm
\$102.00 (Members) | \$120.00 (Non-Members)
00078577

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+
Sundays | January 14 Start
11 Sessions
4:00pm - 6:00pm
\$136.00 (Members) | \$160.00 (Non-Members)
00078572

BRONZE CROSS +INTERMEDIATE FIRST AID

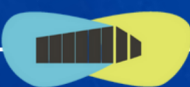
The Life Saving Society's Bronze Cross begins the transition from lifesaving to lifeguarding. Candidates strengthen and expand their lifesaving skills. This program includes Intermediate First Aid certification and is a pre-requisite for National Lifeguard training.

***Candidates must have their manuals from Bronze Medallion.**

REQUIRES BRONZE MEDALLION

Bronze Cross Course

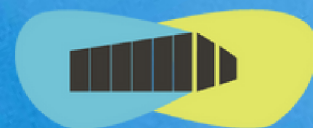
Ages 13+
Sundays | January 14 Start
11 Sessions
9:00am - 12:00pm
\$136.00 (Members) | \$160.00 (Non-Members)
00078569



Aquatic Leadership



LIFESAVING SOCIETY®
The Lifeguarding Experts



These programs are for those who want to advance their swimming skills even further and pursue Lifeguarding.

Registration for Aquatic Leadership Courses includes all materials, manuals, fees and exam. **Candidates are responsible to keep books from one course to the next.**

NATIONAL LIFEGUARD +OXYGEN ADMINISTRATION

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

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



NATIONAL LIFEGUARD
LIFESAVING SOCIETY

REQUIRES BRONZE CROSS

National Lifeguard

Ages 15+

You must complete ALL sessions on:
February 11, February 25, March 3, March 10,
March 17, and March 24

9:00am - 5:00pm

\$209.95 (Members) | \$247.00 (Non-Members)
00078578

NATIONAL LIFEGUARD RE-CERTIFICATION COURSE

This course is the re-certification for the National Lifeguard program, including Intermediate First Aid and Oxygen Administration.

We are offering two re-certification sessions this season.

Re-certification is required every 2 years.

REQUIRES BRONZE CROSS

National Lifeguard Re-Certification

Ages 15+

Sunday February 18 Session

9:00am - 6:00pm

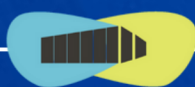
\$106.25(Members) | \$125.00 (Non-Members)
00080316

Ages 15+

Friday March 29 Session

9:00am - 6:00pm

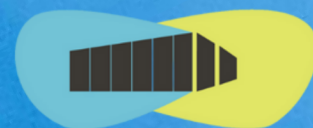
\$106.25(Members) | \$125.00 (Non-Members)
00078576



Aquatic Leadership



LIFESAVING SOCIETY®
The Lifeguarding Experts



These programs are for those who want to advance their swimming skills even further and pursue a career in aquatics instructing.

Registration for Aquatic Leadership Courses includes all materials, manuals, fees and exam. **Candidates are responsible to keep books from one course to the next.**

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!



LIFESAVING INSTRUCTOR

Want to become an advanced instructor?

This course will allow you to teach advanced lifesaving courses including bronze star, bronze medallion, and bronze cross.

This course also includes a first aid instructors and exam standards clinic, allowing participants to teach first aid.

REQUIRES BRONZE CROSS

Swim for Life Instructor

Ages 15+

January 21 Start

5 Sessions

View program schedule on Halifax MyRec

\$175.10 (Members) | \$206.00 (Non-Members)

00078579

REQUIRES BRONZE CROSS & INTERMEDIATE FIRST AID

Lifesaving Instructor

Ages 16+

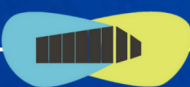
You must complete all three classes:

February 9, 10, and 11

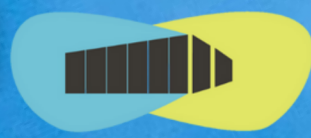
9:00am - 5:00pm

\$153.00 (Members) | \$180.01 (Non-Members)

00080980



More Swimming Lessons



ADULT SWIMMING LESSONS

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

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

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

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

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



Adult Swimming Lessons

Sundays

Adult Swimmer 1: 7:30pm - 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

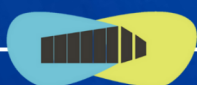
PRIVATE SWIMMING LESSONS

Private swim lessons are 30mins in length and are beneficial when your child is struggling with a skill or level.

Classes are limited. Registration begins on December 12 at 9:00 am for Members and on December 13 at 9:00am for Non-Members.

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

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

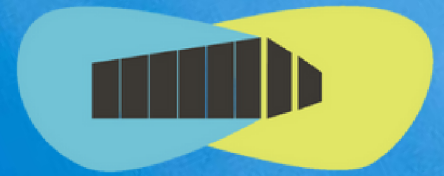


ZATZMAN SPORTSPLEX

DROP-IN

AQUATICS

PROGRAMS



These drop-in programs do not require pre-registration and are included in your Membership! Non-Members can purchase a Day Pass or Punch Pass to attend. Be sure to check our facility schedule before each session!

JR./SR. GUARD

Test how fast you can save a person with a rope, how fast you can sprint past obstacles, carry a manikin across the pool, and other Lifesaving techniques! This program focuses on stroke technique, endurance, and speed. **Participants should be in Swimmer 5 or higher, or be able to swim 300 m consistently.**

Jr. Guard

Sundays

8 - 11 Years Old:

5:30pm - 6:30pm

11 - 14 Years Old:

6:30pm - 7:30pm

Sr. Guard

Saturdays

15+ Years Old:

12:00pm - 1:00pm

TRI-FIT

Want to upgrade your lap swimming workout? Whether you are swimming to prepare for an open water race or just to get fit, come join us! This is mainly a freestyle-based workout swim program with some technique tips to improve your pace. **Open to swimmers aged 16 years and older who are able to swim 500 m continuously.**

Tri-Fit

Ages 16+

Mondays & Wednesdays

7:30pm - 8:45pm

AQUA-FIT

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

Shallow Water

Aqua-Fit

Ages 16+

Mondays & Wednesdays

11:05am - 11:55am

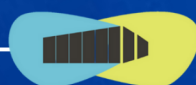
Deep Water

Aqua-Fit

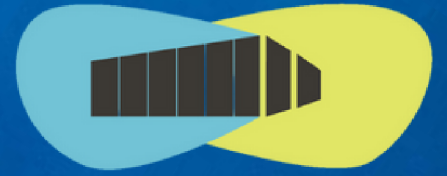
Ages 16+

Mondays & Wednesdays

7:30pm - 8:25pm



Swimming Lesson FAQ's



Q: How can I register for lessons?

A: You can register for lessons through Halifax MyRec or in-person at the Welcome Desk. We do not take registrations over the phone. **Registering online will give you the best chance at getting your preferred spot.**

Q: What level should I register my child for?

A: Please consult the **info on pages 24-26** and register your child for the level that best suits their skill level. If you need more info, please contact our Aquatics Coordinator, Ryan, at kempr@halifax.ca

Q: Do the levels matter?

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

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

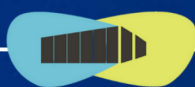
A: Currently the demand for lessons has out-paced what we can supply. While we wish we could get every child into lessons, we are limited by staffing and pool space. **Please add your child to a wait list and we will contact you if a spot becomes available.**

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

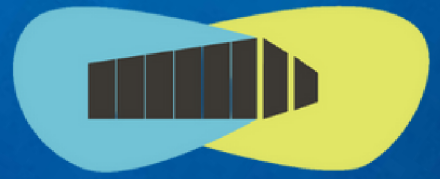
A: Participants move to the next level when they are deemed proficient in their current level. The Life Saving Society sets benchmarks that must be achieved to complete the level. We do not use terms such as "pass" or "fail." If a participant does not complete it simply means they need more time to build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

Q: What is your cancellation policy?

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



Aquatic Program Schedules



SUNDAYS

JANUARY 14 START

COURSE CODE

COURSE CODE

M3 PRESCHOOL 1	8:45 - 9:15 AM	00078541
M3 PRESCHOOL 2	8:45 - 9:15 AM	00078540
M3 SWIMMER 3	9:15 - 9:45 AM	00078437
M3 PRESCHOOL 3	9:15 - 9:45 AM	00078539
M3 SWIMMER 1	9:45 - 10:15 AM	00078438
M3 SWIMMER 2	9:45 - 10:15 AM	00078439
SWIMMER 1	4:00 - 4:30 PM	00078436
SWIMMER 2	4:00 - 4:30 PM	00078445
SWIMMER 3	4:00 - 4:30 PM	00078443
SWIMMER 4	4:00 - 4:45 PM	00078441
PRESCHOOL 1	4:00 - 4:30 PM	00078545
PRESCHOOL 2	4:00 - 4:30 PM	00078542
PRESCHOOL 3	4:00 - 4:30 PM	00078543
BIBS & BUBBLES 2	4:00 - 4:30 PM	00078546
SWIMMER 1	4:30 - 5:00 PM	00078447
SWIMMER 2	4:30 - 5:00 PM	00078442
SWIMMER 3	4:30 - 5:00 PM	00078444
BIBS & BUBBLES 1	4:30 - 5:00 PM	00078544
PRESCHOOL 1	4:30 - 5:00 PM	00078548
PRESCHOOL 2	4:30 - 5:00 PM	00078551
PRESCHOOL 3	4:30 - 5:00 PM	00078550

SWIMMER 5	4:45 - 5:30 PM	00078446
SWIMMER 1	5:00 - 5:30 PM	00078448
SWIMMER 2	5:00 - 5:30 PM	00078449
BIBS & BUBBLES 3	5:00 - 5:30 PM	00078547
PRESCHOOL 1	5:00 - 5:30 PM	00078549
PRESCHOOL 2	5:00 - 5:30 PM	00078554
PRESCHOOL 3	5:00 - 5:30 PM	00078552
PRESCHOOL 4	5:00 - 5:30 PM	00078553
S&P SWIMMER 1	5:30 - 6:30 PM	00078450
S&P SWIMMER 2	5:30 - 6:30 PM	00078455
S&P SWIMMER 3	5:30 - 6:30 PM	00078453
S&P SWIMMER 4	5:30 - 6:30 PM	00078454
S&P SWIMMER 5	5:30 - 6:30 PM	00078451
PRESCHOOL 1	5:30 - 6:00 PM	00078555
S&P SWIMMER 1	6:30 - 7:30 PM	00078452
S&P SWIMMER 2	6:30 - 7:30 PM	00078456
S&P SWIMMER 3	6:30 - 7:30 PM	00078458
S&P SWIMMER 4	6:30 - 7:30 PM	00078460
S&P SWIMMER 6	6:30 - 7:30 PM	00078457
*S&P RANGER PATROL	6:30 - 7:30 PM	00078573
S&P ROOKIE PATROL	6:30 - 7:30 PM	00078574
*S&P STAR PATROL	6:30 - 7:30 PM	00078575

MONDAYS

JANUARY 8 START

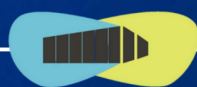
COURSE CODE

PRESCHOOL 1	4:00 - 4:30 PM	00078463
PRESCHOOL 2	4:00 - 4:30 PM	00078466
SWIMMER 1	4:30 - 5:00 PM	00078351
PRESCHOOL 3	4:30 - 5:00 PM	00078462
YOUTH SWIM 1	5:00 - 5:45 PM	00078586
YOUTH SWIM 2	5:45 - 6:30 PM	00078587
SWIMMER 1	6:00 - 6:30 PM	00078355
SWIMMER 2	6:00 - 6:30 PM	00078354
SWIMMER 3	6:00 - 6:30 PM	00078352

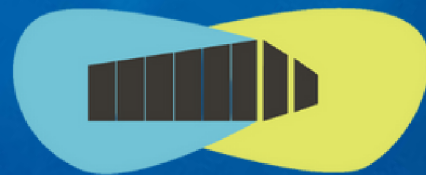
S&P = STAY & PLAY

M3 = MAX 3 PARTICIPANTS

* = COMBINED CLASS



Aquatic Program Schedules



TUESDAYS

JANUARY 9 START

COURSE CODE

COURSE CODE

SWIMMER 1	4:00 - 4:30 PM	00078353
SWIMMER 4	4:00 - 4:45 PM	00078357
BIBS & BUBBLES 1	4:00 - 4:30 PM	00078464
PRESCHOOL 1	4:00 - 4:30 PM	00078465
PRESCHOOL 2	4:00 - 4:30 PM	00078467
SWIMMER 2	4:30 - 5:00 PM	00078356
SWIMMER 3	4:30 - 5:00 PM	00078359
SWIMMER 5	4:30 - 5:15 PM	00078360
PRESCHOOL 1	4:30 - 5:00 PM	00078468
PRESCHOOL 2	4:30 - 5:00 PM	00078471
SWIMMER 1	4:45 - 5:15 PM	00078358
SWIMMER 1	5:00 - 5:30 PM	00078365
SWIMMER 2	5:00 - 5:30 PM	00078364
PRESCHOOL 2	5:00 - 5:30 PM	00078469
PRESCHOOL 3	5:00 - 5:30 PM	00078470
SWIMMER 3	5:15 - 5:45 PM	00078363

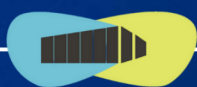
SWIMMER 4	5:15 - 6:00 PM	00078362
SWIMMER 1	5:30 - 6:00 PM	00078361
SWIMMER 2	5:30 - 6:00 PM	00078366
PRESCHOOL 1	5:30 - 6:00 PM	00078474
BIBS & BUBBLES 2	5:30 - 6:00 PM	00078476
SWIMMER 1	5:45 - 6:15 PM	00078368
SWIMMER 3	6:00 - 6:30 PM	00078370
PRESCHOOL 1	6:00 - 6:30 PM	00078472
PRESCHOOL 2	6:00 - 6:30 PM	00078475
PRESCHOOL 4	6:00 - 6:30 PM	00078473
PRESCHOOL 5	6:00 - 6:30 PM	00078481
SWIMMER 6	6:30 - 7:15 PM	00078367
*STAR PATROL	6:30 - 7:15 PM	00078558
*RANGER PATROL	6:30 - 7:15 PM	00078559
SWIMMER 5	7:15 - 8:00 PM	00078369
ROOKIE PATROL	7:15 - 8:00 PM	00078561

WEDNESDAYS

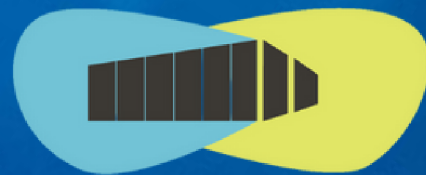
JANUARY 10 START

COURSE CODE

BIBS & BUBBLES 2	9:00 - 9:30 AM	00078480
SWIMMER 2	4:30 - 5:00 PM	00078375
SWIMMER 1	5:00 - 5:30 PM	00078374
M3 PRESCHOOL 1	5:00 - 5:30 PM	00078477
M3 SWIMMER 2	5:30 - 6:00 PM	00078373
M3 SWIMMER 3	5:30 - 6:00 PM	00078372
M3 SWIMMER 1	6:00 - 6:30 PM	00078371
M3 PRESCHOOL 1	6:00 - 6:30 PM	00078478
M3 PRESCHOOL 2	6:00 - 6:30 PM	00078479
M3 PRESCHOOL 3	6:00 - 6:30 PM	00078482
M3 PRESCHOOL 4	6:00 - 6:30 PM	00078483
YOUTH SWIM 1	6:30 - 7:15 PM	00078607



Aquatic Program Schedules



THURSDAYS

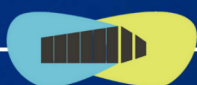
JANUARY 11 START

COURSE CODE

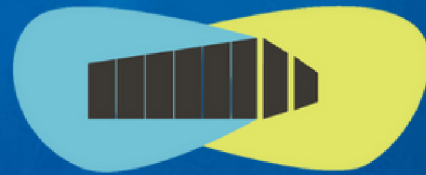
COURSE CODE

M3 SWIMMER 1	4:00 - 4:30 PM	00078377
M3 SWIMMER 2	4:00 - 4:30 PM	00078376
M3 SWIMMER 3	4:00 - 4:30 PM	00078380
M3 PRESCHOOL 1	4:00 - 4:30 PM	00078485
M3 PRESCHOOL 3	4:00 - 4:30 PM	00078484
M3 PRESCHOOL 3	4:15 - 4:45 PM	00078486
SWIMMER 1	4:30 - 5:00 PM	00078378
SWIMMER 2	4:30 - 5:00 PM	00078379
SWIMMER 3	4:30 - 5:00 PM	00078381
SWIMMER 4	4:30 - 5:15 PM	00078385
PRESCHOOL 3	4:30 - 5:00 PM	00078488
BIBS & BUBBLES 3	4:30 - 5:00 PM	00078490
YOUTH SWIM 1	4:30 - 5:15 PM	00078608
PRESCHOOL 1	4:45 - 5:15 PM	00078491
SWIMMER 1	5:00 - 5:30 PM	00078382
SWIMMER 2	5:00 - 5:30 PM	00078383
BIBS & BUBBLES 2	5:00 - 5:30 PM	00078487
PRESCHOOL 1	5:00 - 5:30 PM	00078489
PRESCHOOL 2	5:00 - 5:30 PM	00078495
SWIMMER 3	5:15 - 5:45 PM	00078384
SWIMMER 6	5:15 - 6:00 PM	00078389
PRESCHOOL 2	5:15 - 5:45 PM	00078493
SWIMMER 1	5:30 - 6:00 PM	00078390
SWIMMER 2	5:30 - 6:00 PM	00078386
PRESCHOOL 4	5:30 - 6:00 PM	00078494
PRESCHOOL 5	5:30 - 6:00 PM	00078492
BIBS & BUBBLES 1	5:30 - 6:00 PM	00078496

SWIMMER 1	5:45 - 6:15 PM	00078387
RANGER PATROL	5:45 - 6:30 PM	00078562
SWIMMER 1	6:00 - 6:30 PM	00078388
SWIMMER 2	6:00 - 6:30 PM	00078394
SWIMMER 3	6:00 - 6:30 PM	00078459
PRESCHOOL 1	6:00 - 6:30 PM	00078497
PRESCHOOL 1	6:00 - 6:30 PM	00078501
PRESCHOOL 2	6:00 - 6:30 PM	00078499
ROOKIE PATROL	6:30 - 7:15 PM	00078560
YOUTH SWIM 2	6:30 - 7:15 PM	00078616
YOUTH SWIM 3	6:30 - 7:15 PM	00078615
SWIMMER 4	7:15 - 8:00 PM	00078391
SWIMMER 5	7:15 - 8:00 PM	00078395
STAR PATROL	7:15 - 8:00 PM	00078566



Aquatic Program Schedules



FRIDAYS

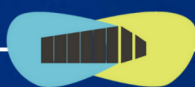
JANUARY 12 START

COURSE CODE

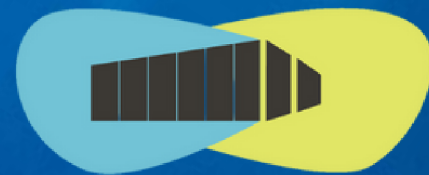
COURSE CODE

SWIMMER 1	4:00 - 4:30 PM	00078392
SWIMMER 4	4:00 - 4:45 PM	00078393
PRESCHOOL 1	4:00 - 4:30 PM	00078498
PRESCHOOL 3	4:00 - 4:30 PM	00078500
PRESCHOOL 3	4:15 - 4:45 PM	00078506
SWIMMER 2	4:30 - 5:00 PM	00078399
SWIMMER 5	4:30 - 5:15 PM	00078400
PRESCHOOL 2	4:30 - 5:00 PM	00078504
PRESCHOOL 2	4:30 - 5:00 PM	00078505
SWIMMER 6	4:45 - 5:30 PM	00078398
ROOKIE PATROL	4:45 - 5:30 PM	00078565
BIBS & BUBBLES 1	5:00 - 5:30 PM	00078502
PRESCHOOL 1	5:00 - 5:30 PM	00078503
PRESCHOOL 1	5:00 - 5:30 PM	00078511
SWIMMER 1	5:15 - 5:45 PM	00078397
SWIMMER 2	5:30 - 6:00 PM	00078396

SWIMMER 1	5:30 - 6:00 PM	00078403
SWIMMER 3	5:30 - 6:00 PM	00078405
PRESCHOOL 2	5:30 - 6:00 PM	00078507
BIBS & BUBBLES 2	5:30 - 6:00 PM	00078510
PRESCHOOL 3	5:45 - 6:15 PM	00078509
SWIMMER 1	6:00 - 6:30 PM	00078404
SWIMMER 2	6:00 - 6:30 PM	00078402
BIBS & BUBBLES 3	6:00 - 6:30 PM	00078508
PRESCHOOL 1	6:00 - 6:30 PM	00078515
PRESCHOOL 1	6:00 - 6:30 PM	00078516
SWIMMER 2	6:15 - 6:45 PM	00078401
M3 SWIMMER 1	6:30 - 7:00 PM	00078406
M3 SWIMMER 2	6:30 - 7:00 PM	00078409
SWIMMER 3	6:30 - 7:00 PM	00078407
SWIMMER 3	6:30 - 7:00 PM	00078410



Aquatic Program Schedules



SATURDAYS

JANUARY 13 START

COURSE CODE

COURSE CODE

M3 SWIMMER 1	9:00 - 9:30 AM	00078408
M3 SWIMMER 2	9:00 - 9:30 AM	00078414
M3 SWIMMER 3	9:00 - 9:30 AM	00078413
SWIMMER 4	9:00 - 9:45 AM	00078411
SWIMMER 5	9:00 - 9:45 AM	00078412
BIBS & BUBBLES 2	9:00 - 9:30 AM	00078512
M3 PRESCHOOL 1	9:00 - 9:30 AM	00078513
M3 PRESCHOOL 2	9:00 - 9:30 AM	00078514
M3 PRESCHOOL 3	9:00 - 9:30 AM	00078520
M3 PRESCHOOL 4	9:00 - 9:30 AM	00078521
PRESCHOOL 5	9:00 - 9:30 AM	00078518
*RANGER PATROL	9:00 - 9:45 AM	00078563
*STAR PATROL	9:00 - 9:45 AM	00078564
M3 SWIMMER 1	9:30 - 10:00 AM	00078415
SWIMMER 1	9:30 - 10:00 AM	00078416
SWIMMER 5	9:30 - 10:15 AM	00078417
M3 SWIMMER 2	9:30 - 10:00 AM	00078418
M3 SWIMMER 3	9:30 - 10:00 AM	00078420
BIBS & BUBBLES 3	9:30 - 10:00 AM	00078519
M3 PRESCHOOL 1	9:30 - 10:00 AM	00078517
M3 PRESCHOOL 2	9:30 - 10:00 AM	00078525
PRESCHOOL 3	9:30 - 10:00 AM	00078526
SWIMMER 2	9:45 - 10:15 AM	00078419
M3 PRESCHOOL 3	9:45 - 10:15 AM	00078523
ROOKIE PATROL	9:45 - 10:30 AM	00078567
SWIMMER 1	10:00 - 10:30 AM	00078425
SWIMMER 3	10:00 - 10:30 AM	00078423
SWIMMER 4	10:00 - 10:45 AM	00078421
BIBS & BUBBLES 2	10:00 - 10:30 AM	00078522
PRESCHOOL 1	10:00 - 10:30 AM	00078524

PRESCHOOL 2	10:00 - 10:30 AM	00078530
PRESCHOOL 3	10:00 - 10:30 AM	00078528
SWIMMER 6	10:15 - 11:00 AM	00078424
PRESCHOOL 3	10:15 - 10:45 AM	00078527
YOUTH SWIM 2	10:15 - 11:00 AM	00078631
SWIMMER 1	10:30 - 11:00 AM	00078422
SWIMMER 2	10:30 - 11:00 AM	00078430
SWIMMER 3	10:30 - 11:00 AM	00078426
SWIMMER 4	10:30 - 11:15 AM	00078428
BIBS & BUBBLES 1	10:30 - 11:00 AM	00078529
PRESCHOOL 2	10:30 - 11:00 AM	00078531
M3 PRESCHOOL 3	10:30 - 11:00 AM	00078536
*STAR PATROL	10:30 - 11:15 AM	00078568
*RANGER PATROL	10:30 - 11:15 AM	00078571
SWIMMER 6	10:45 - 11:30 AM	00078427
YOUTH SWIM 1	10:45 - 11:30 AM	00078628
S&P SWIMMER 1	11:00 - 12:00 PM	00078429
S&P SWIMMER 2	11:00 - 12:00 PM	00078432
S&P SWIMMER 3	11:00 - 12:00 PM	00078431
S&P SWIMMER 4	11:00 - 12:00 PM	00078433
S&P SWIMMER 5	11:00 - 12:00 PM	00078434
BIBS & BUBBLES 2	11:00 - 11:30 AM	00078532
PRESCHOOL 1	11:00 - 11:30 AM	00078534
PRESCHOOL 2	11:00 - 11:30 AM	00078533
ROOKIE PATROL	11:15 - 12:00 PM	00078570
YOUTH SWIM 3	11:15 - 12:00 PM	00078627
SWIMMER 2	11:30 - 12:00 PM	00078435
SWIMMER 3	11:30 - 12:00 PM	00078440
BIBS & BUBBLES 3	11:30 - 12:00 PM	00078535
PRESCHOOL 2	11:30 - 12:00 PM	00078538
PRESCHOOL 3	11:30 - 12:00 PM	00078537

