ZATZMAN
SPORTSPLEX

Winter 2027

PROGRAM GUIDE



ZATZMAN SPORTSPLEX

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Welcome to

THE ZATZMAN SPORTSPLEX!

110 Wyse Road, Dartmouth
(902) 464 2600
www.zatzmansportsplex.com

WINTER HOURS

Weekdays: 6:00 am - 10:00 pm
Saturday: 6:00 am - 9:00 pm
Sunday: 8:00 am - 10:00 pm

Effective January 2, 2027 - June 30, 2027

Registration begins December 9, 9:00 AM

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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!

ZATZMAN SPORTSPLEX

AQUATICS

Winter 2027

PROGRAM GUIDE



Swimming Lessons

All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 11-17 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 11-17 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 11-17 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 11-17 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)

$103.70 Members | $122 Non-Members



PRESCHOOL LESSONS

Preschool 1–5 **(3–4 years)**
$103.70 Members | $122 Non-Members

M3 Preschool 1–5 (3–4 years)
$124.95 Members | $147 Non-Members



SWIMMER LESSONS

Swimmer 1–6 **(5 - 11 years)**
$103.70 Members | $122 Non-Members

M3 Swimmer 1–3 **(5 - 11 years)**
$124.95 Members | $147 Non-Members

S&P Swimmer 1–6 **(5 - 11 years)**
$131.75 Members | $155 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)**
$124.94 Members | $147.00 Non-Members

S&P Rookie, Ranger & Star Patrol **(5 - 11 years)**
$131.75 Members | $155 Non-Members

Youth Swim 1–3 **(9 - 14 years)**
$124.95 Members | $147 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: $214.20
Non-members: $252

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.

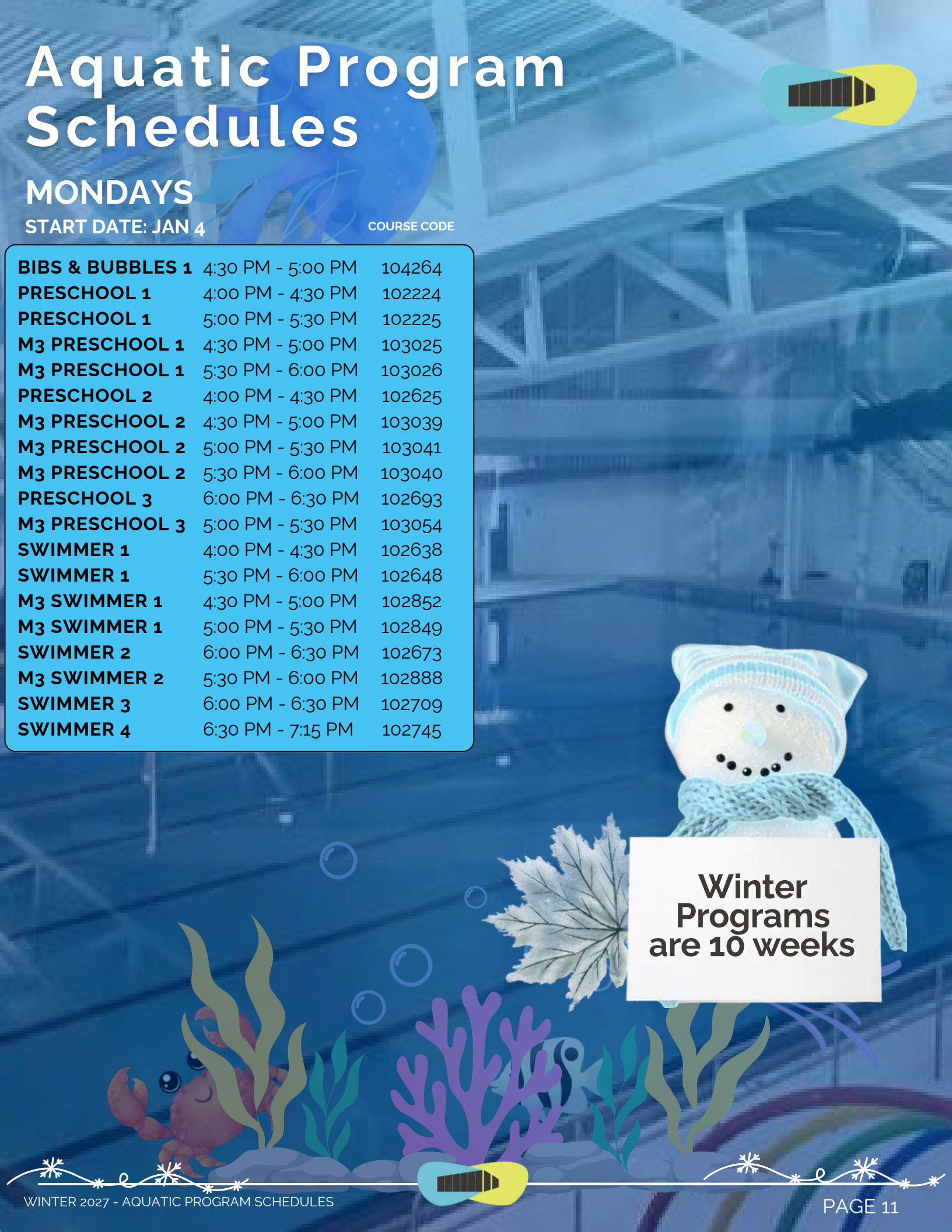


Aquatic Program Schedules

MONDAYS

START DATE: JAN 4

		COURSE CODE
BIBS & BUBBLES 1	4:30 PM - 5:00 PM	104264
PRESCHOOL 1	4:00 PM - 4:30 PM	102224
PRESCHOOL 1	5:00 PM - 5:30 PM	102225
M3 PRESCHOOL 1	4:30 PM - 5:00 PM	103025
M3 PRESCHOOL 1	5:30 PM - 6:00 PM	103026
PRESCHOOL 2	4:00 PM - 4:30 PM	102625
M3 PRESCHOOL 2	4:30 PM - 5:00 PM	103039
M3 PRESCHOOL 2	5:00 PM - 5:30 PM	103041
M3 PRESCHOOL 2	5:30 PM - 6:00 PM	103040
PRESCHOOL 3	6:00 PM - 6:30 PM	102693
M3 PRESCHOOL 3	5:00 PM - 5:30 PM	103054
SWIMMER 1	4:00 PM - 4:30 PM	102638
SWIMMER 1	5:30 PM - 6:00 PM	102648
M3 SWIMMER 1	4:30 PM - 5:00 PM	102852
M3 SWIMMER 1	5:00 PM - 5:30 PM	102849
SWIMMER 2	6:00 PM - 6:30 PM	102673
M3 SWIMMER 2	5:30 PM - 6:00 PM	102888
SWIMMER 3	6:00 PM - 6:30 PM	102709
SWIMMER 4	6:30 PM - 7:15 PM	102745



Aquatic Program Schedules

TUESDAYS

START DATE: JAN 5

		COURSE CODE
BIBS & BUBBLES 1	5:00 PM - 5:30 PM	102923
BIBS & BUBBLES 2	5:30 PM - 6:00 PM	102930
BIBS & BUBBLES 3	4:30 PM - 5:00 PM	102941
PRESCHOOL 1	5:00 PM - 5:30 PM	101985
PRESCHOOL 1	5:30 PM - 6:00 PM	101986
PRESCHOOL 1	6:00 PM - 6:30 PM	101987
PRESCHOOL 1 P&T	4:00 PM - 4:30 PM	102920
M3 PRESCHOOL 1	4:30 PM - 5:00 PM	103027
PRESCHOOL 2	4:00 PM - 4:30 PM	102662
PRESCHOOL 2	4:30 PM - 5:00 PM	102665
PRESCHOOL 2	5:00 PM - 5:30 PM	102667
M3 PRESCHOOL 2	5:30 PM - 6:00 PM	103042
PRESCHOOL 3	4:30 PM - 5:00 PM	102697
PRESCHOOL 3	5:00 PM - 5:30 PM	102695
M3 PRESCHOOL 3	4:00 PM - 4:30 PM	103055
PRESCHOOL 4	4:00 PM - 4:30 PM	104369
PRESCHOOL 4	5:00 PM - 5:30 PM	102787
PRESCHOOL 5	5:30 PM - 6:00 PM	102843
SWIMMER 1	4:30 PM - 5:00 PM	102650
SWIMMER 1	4:45 PM - 5:15 PM	102651
SWIMMER 1	5:00 PM - 5:30 PM	102649
SWIMMER 1	5:30 PM - 6:00 PM	102652
M3 SWIMMER 1	6:00 PM - 6:30 PM	102857
SWIMMER 2	4:00 PM - 4:30 PM	102679
SWIMMER 2	4:30 PM - 5:00 PM	102675
SWIMMER 2	5:30 PM - 6:00 PM	102677
SWIMMER 2	6:00 PM - 6:30 PM	102674
M3 SWIMMER 2	5:45 PM - 6:15 PM	102889
SWIMMER 3	4:30 PM - 5:00 PM	102713
SWIMMER 3	5:00 PM - 5:30 PM	102712
SWIMMER 3	5:15 PM - 5:45 PM	102711
SWIMMER 3	6:00 PM - 6:30 PM	102710
M3 SWIMMER 3	4:00 PM - 4:30 PM	102989
SWIMMER 4	4:00 PM - 4:45 PM	102747
SWIMMER 4	5:15 PM - 6:00 PM	102746
SWIMMER 5	4:30 PM - 5:15 PM	102770
SWIMMER 5	7:15 PM - 8:00 PM	102772
SWIMMER 6	7:15 PM - 8:00 PM	103093
ROOKIE PATROL	6:30 PM - 7:15 PM	102996
RANGER PATROL	6:30 PM - 7:15 PM	103010
STAR PATROL	6:30 PM - 7:15 PM	103016
YOUTH SWIM 1	6:30 PM - 7:15 PM	102971
YOUTH SWIM 2	7:15 PM - 8:00 PM	102978

Aquatic Program Schedules

WEDNESDAYS

START DATE: JAN 6

		COURSE CODE
BIBS & BUBBLES 1	4:00 PM - 4:30 PM	102956
BIBS & BUBBLES 2	9:15 AM - 9:45 AM	103152
BIBS & BUBBLES 2	4:30 PM - 5:00 PM	102931
BIBS & BUBBLES 3	5:00 PM - 5:30 PM	102942
M3 PRESCHOOL 1	4:00 PM - 4:30 PM	103028
M3 PRESCHOOL 1	4:30 PM - 5:00 PM	103046
M3 PRESCHOOL 1	5:00 PM - 5:30 PM	103029
M3 PRESCHOOL 1	6:00 PM - 6:30 PM	103030
M3 PRESCHOOL 2	4:00 PM - 4:30 PM	103044
M3 PRESCHOOL 2	5:30 PM - 6:00 PM	103043
M3 PRESCHOOL 2	6:00 PM - 6:30 PM	103045
M3 PRESCHOOL 3	5:00 PM - 5:30 PM	103056
M3 PRESCHOOL 3	5:30 PM - 6:00 PM	103057
M3 PRESCHOOL 4	4:30 PM - 5:00 PM	103066
M3 PRESCHOOL 4	5:00 PM - 5:30 PM	103067
M3 PRESCHOOL 5	5:30 PM - 6:00 PM	103071
SWIMMER 1	6:00 PM - 6:30 PM	102653
M3 SWIMMER 1	4:00 PM - 4:30 PM	102859
M3 SWIMMER 1	4:00 PM - 4:30 PM	102862

		COURSE CODE
M3 SWIMMER 1	4:30 PM - 5:00 PM	102864
M3 SWIMMER 1	5:30 PM - 6:00 PM	102860
SWIMMER 2	4:45 PM - 5:15 PM	102684
SWIMMER 2	5:15 PM - 5:45 PM	102685
M3 SWIMMER 2	4:30 PM - 5:00 PM	102892
M3 SWIMMER 2	5:00 PM - 5:30 PM	102891
M3 SWIMMER 2	6:00 PM - 6:30 PM	102894
M3 SWIMMER 3	5:30 PM - 6:00 PM	102993
M3 SWIMMER 3	5:45 PM - 6:15 PM	102994
M3 SWIMMER 3	6:00 PM - 6:30 PM	102992
M3 SWIMMER 3	6:30 PM - 7:00 PM	102995
SWIMMER 4	4:00 PM - 4:45 PM	102749
SWIMMER 5	7:00 PM - 7:45 PM	102775
SWIMMER 6	6:15 PM - 7:00 PM	102807
YOUTH SWIM 1	6:30 PM - 7:15 PM	102972

Aquatic Program Schedules

THURSDAYS

START DATE: JAN 7

		COURSE CODE
BIBS & BUBBLES 2	5:00 PM - 5:30 PM	102932
BIBS & BUBBLES 3	4:30 PM - 5:00 PM	102943
PRESCHOOL 1	5:00 PM - 5:30 PM	102222
PRESCHOOL 1	5:30 PM - 6:00 PM	102223
PRESCHOOL 1 P&T	4:00 PM - 4:30 PM	102221
M3 PRESCHOOL 1	4:45 PM - 5:15 PM	103031
PRESCHOOL 2	5:15 PM - 5:45 PM	102669
PRESCHOOL 2	6:00 PM - 6:30 PM	102672
M3 PRESCHOOL 2	5:00 PM - 5:30 PM	103047
PRESCHOOL 3	4:15 PM - 4:45 PM	104788
PRESCHOOL 3	5:30 PM - 6:00 PM	102702
M3 PRESCHOOL 3	4:00 PM - 4:30 PM	103058
PRESCHOOL 4	4:30 PM - 5:00 PM	102791
M3 PRESCHOOL 4	4:00 PM - 4:30 PM	103068
M3 PRESCHOOL 5	5:15 PM - 5:45 PM	103072
SWIMMER 1	4:30 PM - 5:00 PM	102656
SWIMMER 1	5:00 PM - 5:30 PM	102654
SWIMMER 1	5:30 PM - 6:00 PM	102655
M3 SWIMMER 1	4:00 PM - 4:30 PM	102865
M3 SWIMMER 1	6:00 PM - 6:30 PM	102867
SWIMMER 2	4:30 PM - 5:00 PM	102686
SWIMMER 2	5:30 PM - 6:00 PM	102687
SWIMMER 2	6:00 PM - 6:30 PM	102688
M3 SWIMMER 2	4:00 PM - 4:30 PM	102898
M3 SWIMMER 2	5:00 PM - 5:30 PM	102899
SWIMMER 3	4:30 PM - 5:00 PM	102714
SWIMMER 3	5:15 PM - 5:45 PM	102715
SWIMMER 3	6:00 PM - 6:30 PM	102716
M3 SWIMMER 3	4:00 PM - 4:30 PM	102997
M3 SWIMMER 3	5:00 PM - 5:30 PM	102998
SWIMMER 4	4:30 PM - 5:15 PM	102751
SWIMMER 4	5:45 PM - 6:30 PM	102750
SWIMMER 5	7:15 PM - 8:00 PM	102780
SWIMMER 6	4:30 PM - 5:15 PM	102809
ROOKIE PATROL	6:30 PM - 7:15 PM	102999
RANGER PATROL	6:30 PM - 7:15 PM	103011
STAR PATROL	7:15 PM - 8:00 PM	103017
YOUTH SWIM 1	5:45 PM - 6:30 PM	102974
YOUTH SWIM 2	7:15 PM - 8:00 PM	102979
YOUTH SWIM 3	6:30 PM - 7:15 PM	102984

Aquatic Program Schedules

FRIDAYS

START DATE: JAN 8

		COURSE CODE
PRESCHOOL 1	4:30 PM - 5:00 PM	102609
PRESCHOOL 1	4:45 PM - 5:15 PM	102607
PRESCHOOL 1 P&T	5:30 PM - 6:00 PM	102611
M3 PRESCHOOL 1	4:00 PM - 4:30 PM	103032
M3 PRESCHOOL 1	5:00 PM - 5:30 PM	103033
PRESCHOOL 2	4:30 PM - 5:00 PM	102676
PRESCHOOL 2	5:45 PM - 6:15 PM	102678
M3 PRESCHOOL 2	4:00 PM - 4:30 PM	103048
PRESCHOOL 3	4:30 PM - 5:00 PM	102704
PRESCHOOL 3	5:30 PM - 6:00 PM	102705
M3 PRESCHOOL 3	4:00 PM - 4:30 PM	103059
PRESCHOOL 4	4:30 PM - 5:00 PM	102804
PRESCHOOL 5	5:00 PM - 5:30 PM	102848
SWIMMER 1	4:45 PM - 5:15 PM	102658
SWIMMER 1	5:00 PM - 5:30 PM	102657
SWIMMER 1	5:15 PM - 5:45 PM	102659
M3 SWIMMER 1	4:30 PM - 5:00 PM	102870
M3 SWIMMER 1	5:15 PM - 5:45 PM	102872
M3 SWIMMER 1	6:00 PM - 6:30 PM	102868
SWIMMER 2	4:00 PM - 4:30 PM	102696
SWIMMER 2	5:00 PM - 5:30 PM	102694
SWIMMER 2	5:30 PM - 6:00 PM	102692
SWIMMER 2	6:00 PM - 6:30 PM	102690
M3 SWIMMER 2	5:30 PM - 6:00 PM	102902
M3 SWIMMER 2	6:00 PM - 6:30 PM	103061

		COURSE CODE
SWIMMER 3	4:30 PM - 5:00 PM	102717
SWIMMER 3	6:00 PM - 6:30 PM	102718
M3 SWIMMER 3	4:00 PM - 4:30 PM	103000
M3 SWIMMER 3	5:00 PM - 5:30 PM	103001
M3 SWIMMER 3	5:30 PM - 6:00 PM	103003
SWIMMER 4	5:45 PM - 6:30 PM	102757
SWIMMER 4	6:45 PM - 7:30 PM	102754
SWIMMER 5	4:00 PM - 4:45 PM	103060
SWIMMER 5	6:30 PM - 7:15 PM	102783
SWIMMER 6	6:00 PM - 6:45 PM	102810
ROOKIE PATROL	6:15 PM - 7:00 PM	103002
RANGER PATROL	6:30 PM - 7:15 PM	103012
YOUTH SWIM 2	6:30 PM - 7:15 PM	102983
YOUTH SWIM 3	6:30 PM - 7:15 PM	102986



Aquatic Program Schedules

SATURDAYS

START DATE: JAN 9

		COURSE CODE
BIBS & BUBBLES 1	10:30 AM - 11:00 AM	102924
BIBS & BUBBLES 2	8:30 AM - 9:00 AM	102934
BIBS & BUBBLES 2	9:00 AM - 9:30 AM	102935
BIBS & BUBBLES 2	10:00 AM - 10:30 AM	102937
BIBS & BUBBLES 2	11:00 AM - 11:30 AM	102938
BIBS & BUBBLES 3	8:30 AM - 9:00 AM	102947
BIBS & BUBBLES 3	9:30 AM - 10:00 AM	102950
BIBS & BUBBLES 3	11:30 AM - 12:00 PM	102953
PRESCHOOL 1	10:00 AM - 10:30 AM	102617
PRESCHOOL 1	11:00 AM - 11:30 AM	102613
PRESCHOOL 1	11:30 AM - 12:00 PM	102618
M3 PRESCHOOL 1	8:30 AM - 9:00 AM	103034
M3 PRESCHOOL 1	9:00 AM - 9:30 AM	103036
M3 PRESCHOOL 1	9:30 AM - 10:00 AM	103037
M3 PRESCHOOL 1	10:30 AM - 11:00 AM	103035
PRESCHOOL 2	9:00 AM - 9:30 AM	102680
PRESCHOOL 2	10:00 AM - 10:30 AM	102681
PRESCHOOL 2	11:00 AM - 11:30 AM	102682
PRESCHOOL 2	11:30 AM - 12:00 PM	102683
M3 PRESCHOOL 2	8:30 AM - 9:00 AM	103049
M3 PRESCHOOL 2	9:30 AM - 10:00 AM	103050
M3 PRESCHOOL 2	9:45 AM - 10:15 AM	103051
PRESCHOOL 3	10:15 AM - 10:45 AM	102707
PRESCHOOL 3	11:30 AM - 12:00 PM	102708
M3 PRESCHOOL 3	9:00 AM - 9:30 AM	103063
M3 PRESCHOOL 3	9:30 AM - 10:00 AM	103064
M3 PRESCHOOL 3	10:00 AM - 10:30 AM	103062
PRESCHOOL 4	9:30 AM - 10:00 AM	104901
M3 PRESCHOOL 4	10:30 AM - 11:00 AM	103069
PRESCHOOL 5	11:00 AM - 11:30 AM	102854
M3 PRESCHOOL 5	9:00 AM - 9:30 AM	103073
SWIMMER 1	8:30 AM - 9:00 AM	102661
SWIMMER 1	9:00 AM - 9:30 AM	102663
SWIMMER 1	10:00 AM - 10:30 AM	102664
SWIMMER 1	10:30 AM - 11:00 AM	102660

		COURSE CODE
M3 SWIMMER 1	9:30 AM - 10:00 AM	102874
M3 SWIMMER 1	9:45 AM - 10:15 AM	102879
M3 SWIMMER 1	11:30 AM - 12:00 PM	102876
SWIMMER 2	9:00 AM - 9:30 AM	102698
SWIMMER 2	10:00 AM - 10:30 AM	102701
SWIMMER 2	11:00 AM - 11:30 AM	102699
SWIMMER 2	11:30 AM - 12:00 PM	102703
M3 SWIMMER 2	9:30 AM - 10:00 AM	102903
M3 SWIMMER 2	10:30 AM - 11:00 AM	102904
SWIMMER 3	10:00 AM - 10:30 AM	102722
SWIMMER 3	10:30 AM - 11:00 AM	102719
SWIMMER 3	10:45 AM - 11:15 AM	102721
SWIMMER 3	11:00 AM - 11:30 AM	102720
M3 SWIMMER 3	9:00 AM - 9:30 AM	103007
M3 SWIMMER 3	9:30 AM - 10:00 AM	103004
M3 SWIMMER 3	11:30 AM - 12:00 PM	103006
SWIMMER 4	9:00 AM - 9:45 AM	102766
SWIMMER 4	10:00 AM - 10:45 AM	102763
SWIMMER 4	10:30 AM - 11:15 AM	102765
SWIMMER 4	11:00 AM - 11:45 AM	102759
SWIMMER 5	9:00 AM - 9:45 AM	102793
SWIMMER 5	10:15 AM - 11:00 AM	102789
SWIMMER 6	9:00 AM - 9:45 AM	102826
SWIMMER 6	10:45 AM - 11:30 AM	102829
ROOKIE PATROL	9:45 AM - 10:30 AM	103005
ROOKIE PATROL	11:15 AM - 12:00 PM	103008
RANGER PATROL*	10:30 AM - 11:15 AM	103015
RANGER PATROL	11:15 AM - 12:00 PM	103013
STAR PATROL*	10:30 AM - 11:15 AM	103019
STAR PATROL	11:15 AM - 12:00 PM	103018

Aquatic Program Schedules

SUNDAYS

START DATE: JAN 10

		COURSE CODE
BIBS & BUBBLES 2	5:00 PM - 5:30 PM	102921
BIBS & BUBBLES 3	4:30 PM - 5:00 PM	102940
PRESCHOOL 1	4:00 PM - 4:30 PM	101983
PRESCHOOL 1 P&T	5:30 PM - 6:00 PM	101984
M3 PRESCHOOL 1	4:15 PM - 4:45 PM	103024
PRESCHOOL 2	4:15 PM - 4:45 PM	102620
PRESCHOOL 2	5:45 PM - 6:15 PM	102623
M3 PRESCHOOL 2	4:45 PM - 5:15 PM	103038
PRESCHOOL 3	4:00 PM - 4:30 PM	102689
PRESCHOOL 3	4:45 PM - 5:15 PM	102691
M3 PRESCHOOL 3	4:15 PM - 4:45 PM	104904
M3 PRESCHOOL 3	5:15 PM - 5:45 PM	103052
PRESCHOOL 4	4:00 PM - 4:30 PM	102782
M3 PRESCHOOL 4	5:45 PM - 6:15 PM	103065
PRESCHOOL 5	4:00 PM - 4:30 PM	102839
SWIMMER 1	4:00 PM - 4:30 PM	102634
SWIMMER 1	6:45 PM - 7:15 PM	102635
M3 SWIMMER 1	6:15 PM - 6:45 PM	102846
S&P SWIMMER 1	4:45 PM - 5:45 PM	103077
S&P SWIMMER 1	5:30 PM - 6:30 PM	103075
S&P SWIMMER 1	6:30 PM - 7:30 PM	103076
SWIMMER 2	4:30 PM - 5:00 PM	102666
SWIMMER 2	6:15 PM - 6:45 PM	102668
M3 SWIMMER 2	5:00 PM - 5:30 PM	102886
S&P SWIMMER 2	5:30 PM - 6:30 PM	103078

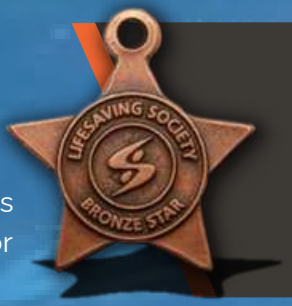
		COURSE CODE
S&P SWIMMER 2	6:30 PM - 7:30 PM	103079
SWIMMER 3	5:15 PM - 5:45 PM	103083
SWIMMER 3	6:45 PM - 7:15 PM	102706
M3 SWIMMER 3	5:00 PM - 5:30 PM	102981
S&P SWIMMER 3	4:30 PM - 5:30 PM	103080
S&P SWIMMER 3	5:30 PM - 6:30 PM	103081
S&P SWIMMER 3	6:30 PM - 7:30 PM	103082
SWIMMER 4	4:15 PM - 5:00 PM	102742
S&P SWIMMER 4	4:30 PM - 5:30 PM	103084
S&P SWIMMER 4	5:30 PM - 6:30 PM	103085
SWIMMER 5	6:30 PM - 7:15 PM	103074
SWIMMER 5	7:15 PM - 8:00 PM	103089
S&P SWIMMER 5	5:30 PM - 6:30 PM	103086
S&P SWIMMER 6	6:30 PM - 7:30 PM	103088
S&P ROOKIE PATROL	6:30 PM - 7:30 PM	103090
S&P RANGER PATROL*	4:30 PM - 5:30 PM	103092
S&P STAR PATROL*	4:30 PM - 5:30 PM	103091
YOUTH SWIM 1	7:15 PM - 8:00 PM	102970
YOUTH SWIM 2	7:15 PM - 8:00 PM	102976
YOUTH SWIM 3	5:45 PM - 6:30 PM	102988

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 | Jan 4 Start
11 Sessions
4:15 pm - 5:30 pm
$112.20 (Members) | $132.00 (Non-Members)
103020

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 of water rescue that form the basis of this course. Bronze Medallion now includes Basic First Aid certification and is a prerequisite for taking Bronze Cross.
If under age 13, contact zspaquatics@halifax.ca



Bronze Medallion Course

Ages 13+ (or completion of Bronze Star)
Mondays | Jan 4 Start
5:45 pm – 7:45 pm (11 Sessions)
103021

Mon-Thu | Mar 8 - Mar 11
1:00 pm - 7:00 pm
103022

127.50 (Members) | $150.00 (Non-Members)

BRONZE CROSS

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

Saturday | Jan 9 - Feb 6
1:00 pm - 8:30 pm
103096

Saturday | Feb 13 - Mar 13
1:00 pm - 8:30 pm
105970

Mon-Fri | Mar 8 - Mar 12
12:00 pm - 7:30 pm
103023

$127.50 (Members) | $150.00 (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+)

Sunday | Jan 17 Start
6 Sessions
9:00 am - 6:00 pm
$199.83 (Members) | $235.09 (Non-Members)
103094

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

Sunday | Feb 28
9:00 am - 4:00 pm
$99.16 (Members) | $116.67 (Non-Members)
103103

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 - Feb 20 (103106)
Saturday from 9:00 am - 4:30 pm
$100.65 (Members) | $118.42 (Non-Members)

Intermediate workplace first aid + CPR-C - Feb 20 & 21 (103108)
Saturday & Sunday from 9:00 am - 4:00 pm
$ (Members) | $ (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.**

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+
Saturday | Feb 27
9:00 am - 4:30 pm
$100.65 (Members) | $118.42 (Non-Members)
103105

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

* REQUIRES BRONZE CROSS

Ages 15+
Feb 27 Start
Saturday: 9:00 am - 5:00 pm
Sunday: 11:00 am - 7:00 pm
103100

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.

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

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!

ADULT 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 **Swim Workout**!

Questions? Reach out to **Ryan Kemp at zspaquatics@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

ZATZMAN SPORTSPLEX

PRESCHOOL & CHILD SPORT

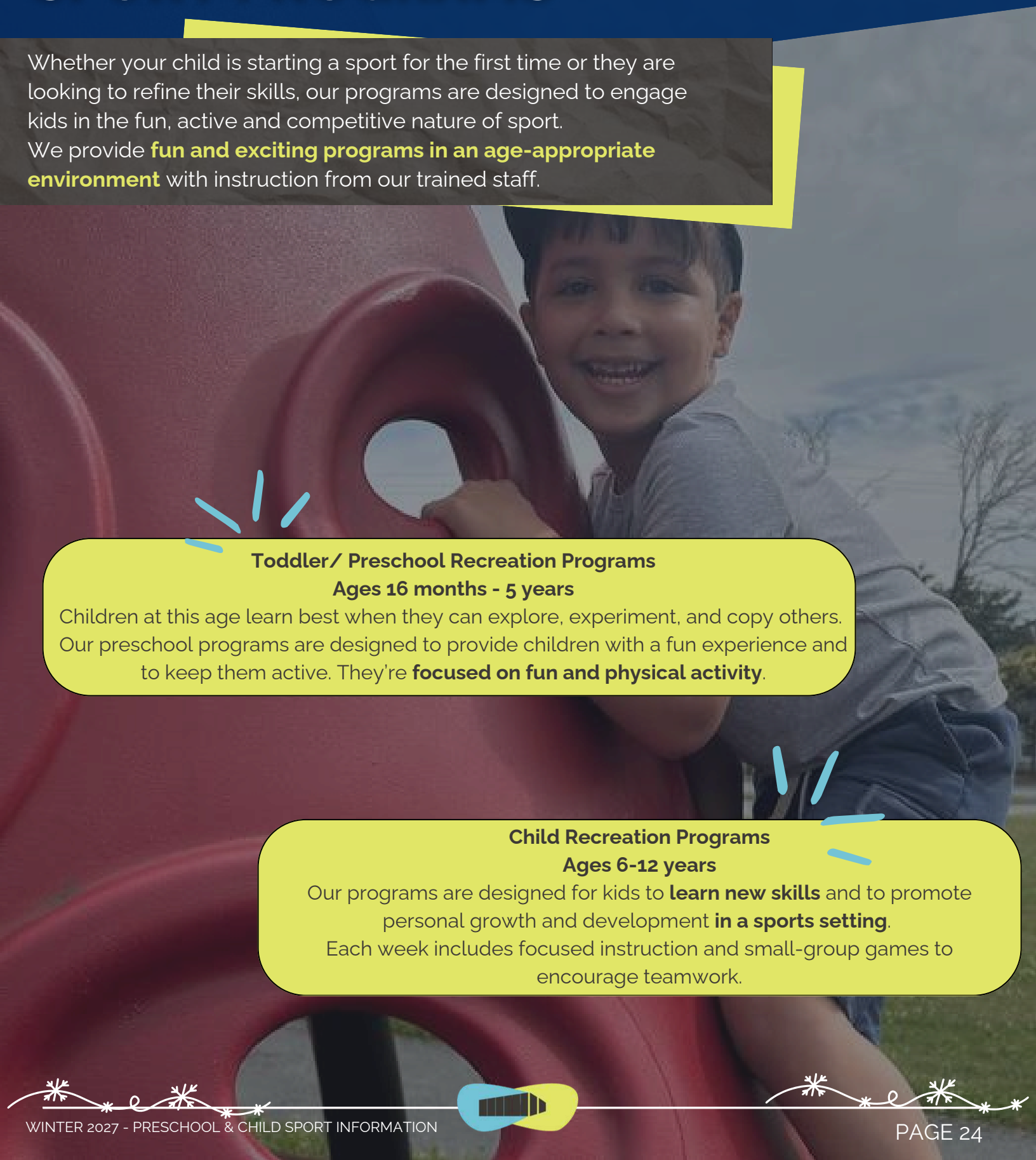
Winter 2027

PROGRAM GUIDE



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.



Toddler/ Preschool Recreation Programs
Ages 16 months - 5 years
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 years
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 the basics of basketball, dribbling, passing, shooting, running with the ball, and more!

NO CLASS MARCH 6TH!

Ages: 4–5 yrs
Saturday | Jan 9 - Mar 20
10 Sessions
9:15 am - 10:00 am
$79.00 (Members) | $93.00 (Non-Members)
101914



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
Saturday | Jan 9 - Mar 20
10 Sessions
10:00 am - 10:45 am
$79.00 (Members) | $93.00 (Non-Members)
101915



ALL SORTS OF SPORTS

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

Ages: 4–5 yrs
Saturday | Jan 9 - Mar 20
10 Sessions
10:45 am - 11:30 am
$79.00 (Members) | $93.00 (Non-Members)
101916

Ages: 6–8 yrs
Saturday | Jan 9 - Mar 20
10 Sessions
11:30 am - 12:25 pm
$88.00 (Members) | $103.00 (Non-Members)
101934

PRESCHOOL & CHILD SPORT PROGRAMS

MEMBERS SAVE 15%



INTRO TO VOLLEYBALL

This 10-week 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
Tuesday | Jan 5 - Mar 16
Sessions: confirm
6:30 pm - 7:25 pm
$88.00 (Members) | $103.00 (Non-Members)
101948

NO CLASS MARCH 9TH!



INTRO TO BADMINTON

This 10- week development program is tailored to foster personal growth, skill enhancement, and overall development. Each week features targeted instruction, and as players advance, they can participate in matches!

Ages: 9 - 12 yrs
Tuesday | Jan 5 - Mar 16
Sessions: confirm
7:30 pm - 8:25 pm
$88.00 (Members) | $103.00 (Non-Members)
101949

NO CLASS MARCH 6TH!



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
Jan 9 - Feb 6
12:30 pm - 2:00 pm
$54.00 (Members)
$63.00 (Non-Members)
102570

Ages: 1 – 4 yrs
Saturdays
Feb 13 - Mar 20
12:30 pm - 2:00 pm
$54.00 (Members)
$63.00 (Non-Members)
102571

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
Sunday | Jan 10 - Mar 21
10 Sessions
12:30 pm - 1:15 pm
$79.00 (Members) | $93.00 (Non-Members)
101923

PARENTED

Ages: 4 – 5 yrs
Sunday | Jan 10 - Mar 21
10 Sessions
1:15 pm - 2:00 pm
$79.00 (Members) | $93.00 (Non-Members)
101929

INDEPENDENT



NO CLASS MAR 7TH!

PRESCHOOL & CHILD SPORT PROGRAMS

sportball

MEMBERS SAVE 15%

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. **All classes are 9 weeks!**

SPORTBALL JUNIOR

NO CLASS FEB 14TH & MAR 7TH!

Ages 16 - 24 months
Sundays | Jan 10 - Mar 21
3:30 pm - 4:15 pm
$185.00 (Members) | $218.00 (Non-Members)
102527

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 | Jan 10 - Mar 21
4:15 pm - 5:00 pm
$185.00 (Members)
$218.00 (Non-Members)
102528

NO CLASS FEB 14TH & MAR 7TH!

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 | Jan 10 - Mar 21
2:30 pm - 3:30 pm
$185.00 (Members) | $218.00 (Non-Members)
102521

MARCH BREAK CAMP

Join us for a week of fun! March Break Camp features a variety of activities, including sports, games, arts & crafts, swimming, and more. Campers are sure to be tired at pick up!





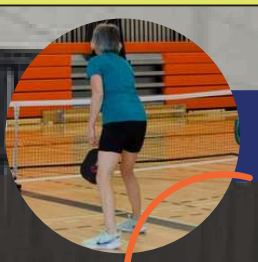
Monday, March 8 - Friday, March 12
8:30 am - 4:30 pm
Ages: 5 1/2 - 12 yrs
$203.15 (Members) | $239 (Non-Members
102554



Early care from 7:30-8:30 am and late care from 4:30-5:30 pm are available for the week at an additional charge: $18.50 each.

ADULT PICKLEBALL

Whether you're just starting out or looking to refine your skills, our pickleball programs will help you develop your game on the court. All classes are 5 weeks.



TAX INCLUDED

PICKLEBALL FOUNDATIONS

This is a beginner-level development program to introduce and teach the fast-growing sport of pickleball. Sessions are designed to teach the basic rules and gameplay. Each week focuses on basic skills, strategies, and control! **Ages 18+**

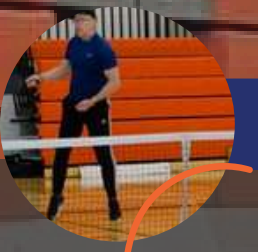
NO CLASS MAR 9TH & 10TH!

Tuesdays | Jan 5 - Feb 2
12:30 pm - 2:00 pm
$76.50 (Members) | $90 (Non-Members)
102604

Tuesdays | Feb 9 - Mar 16
12:30 pm - 2:00 pm
$76.50 (Members) | $90 (Non-Members)
102612

Wednesdays | Jan 6 - Feb 3
5:00 pm - 6:30 pm
$76.50 (Members) | $90 (Non-Members)
102615

Wednesdays | Feb 10 - Mar 17
5:00 pm - 6:30 pm
$76.50 (Members) | $90 (Non-Members)
102616



TAX INCLUDED

PICKLEBALL SKILLS AND STRATEGY

Have you completed a beginner class, feel confident playing pickleball, and want to improve your game? This class emphasizes skill development and builds on your technique to improve your overall game. ***Please do not register if you are new to this sport.*** You must have completed a beginner class to register for Pickleball Skills & Strategy. **Ages 18+**

NO CLASS MAR 11TH & 12TH!

Thursdays | Jan 7 - Feb 4
5:00 pm - 6:30 pm
$$76.50 (Members) | $90 (Non-Members)
102823

Thursdays | Feb 11 - Mar 18
5:00 pm - 6:30 pm
$76.50 (Members) | $90 (Non-Members)
102841

Fridays | Jan 8 - Feb 5
5:30 pm - 7:00 pm
$76.50 (Members) | $90 (Non-Members)
102845

Fridays | Feb 12 - Mar 19
5:30 pm - 7:00 pm
$76.50 (Members) | $90 (Non-Members)
102851

ZATZMAN SPORTSPLEX

HEALTH & FITNESS

Winter 2027

PROGRAM GUIDE



FITNESS CENTRE

Everything you need to know to make the most of your fitness experience at the Zatzman Sportsplex! For more information on our Fitness Programs please contact the Health & Fitness Coordinator at melissa.millar@halifax.ca



GROUP FITNESS

Looking to join a class? Click here to view our drop-in group fitness schedule, including class times. **All classes and activities are included with your Sportsplex Membership!**

Registration is now available for all fitness classes. Please register to reserve your space. Registration is at $0 online then non-members purchase a day pass to access the facility and fitness classes.



PERSONAL TRAINING

Need some one-on-one support with your workouts? Personal training is available at the Zatzman Sportsplex. Click here to explore our services and find the option that is right for you! **Members receive a 15% Discount on ALL Personal Training packages!**

FITNESS CENTRE AGE REQUIREMENTS

Under 12 years

Children under 12 years of age are not permitted in the Fitness Centre.

12 - 15 years

Youth aged 12 - 15 must complete a Fitness Centre Orientation before using the weight room. See below.

FITNESS CENTRE GROUP ORIENTATION

Feel more confident in the gym. Tour our three workout areas and learn what each machine does and how to use it safely. **Included for all ZSP members**. You can also arrange individual orientations through the Welcome Desk. **FREE for members, but registration is required. MAX 5 people per session.**



Sunday | Jan 10 4:00 pm - 5:00 pm 102593	Sunday | Jan 17 4:00 pm - 5:00 pm 102596	Tuesday | Jan 12 7:30 pm - 8:30 pm 102597	Tuesday | Jan 19 7:30 pm - 8:30 pm 102598

FITNESS PROGRAMS

TAX INCLUDED!

Begin your fitness journey. Build Confidence. Improve Health. Have fun and take your fitness to the next level!

TOP 8 EXERCISES TO IMPROVE POSTURE & MOBILITY



Spending long hours sitting and noticing poor posture or an aching back? Learn eight simple exercises you can do at home, at the gym, or at your desk! Build everyday habits that support better posture, movement, and well-being.

Thursday | Jan 28
6:30 pm - 7:30 pm
$20.00 (Members) | $23.00 (Non-Members)
103320

WOMEN'S INTRO TO WEIGHT TRAINING



New to strength training or looking to feel more comfortable in the weight room? Learn the benefits of resistance training, proper form and technique, and then practice with free weights and gym equipment. Includes a short educational session, hands-on instruction, and time for questions in a supportive setting. **Ages 18+**

Saturday | Jan 9
11:00 am - 1:30pm
30180

Saturday | Feb 6
11:00 am - 1:30 pm
103516

Saturday | Mar 6
11:00 am - 1:30 pm
103517

$42.50 (Members) | $50.00 (Non-Members)

FITNESS PROGRAMS

TAX INCLUDED!

Begin your fitness journey. Build Confidence. Improve Health. Have fun and take your fitness to the next level!

INTRO TO BOXING FOR FITNESS



Want to mix up your workouts and feel stronger? Learn punches, blocks, footwork, and cardio drills with guidance from our trainers. This non-competitive program for **ages 17+** focuses on safe boxing techniques using bags and pads. Build speed, strength, and confidence, meet others, and take home your own hand wraps.

Saturdays | Start: Jan 16
9:30 am - 10:15 am
6 sessions
$74.00 (Members) | $85.10 (Non-Members)
103656

INTRO TO SPIN



Join us for a fun introduction to indoor cycling (spin)! In this class, you will learn how to set up a spin bike to fit you, how to position your body on the bike, how to adjust your speed and tension, and the different exercises commonly used in class. Every class starts with a warm-up, moves into the workout, and wraps up with a cool-down and stretch, all cued to music. You don't need any special equipment, but bring water and a hand towel!

Monday | Jan 11
6:30 am - 7:30 am
102952

Monday | Jan 18
6:30am - 7:30 am
102954

$0.00 (Members) | $14.00 (Non-Members)

DARTMOUTH DANCE ACADEMY

Winter 2027

PROGRAM GUIDE



DARTMOUTH DANCE ACADEMY

These classes are all 15 weeks long and include a recital. An additional recital fee of $32 applies to each registration. These classes have a dress code; please visit the DDA website for details. For questions, please get in touch with the DDA Director at directordartmouthdance@gmail.com



LEVEL 1 BALLET/JAZZ/TAP

Keep your dancer's skills growing. Designed for Level 1 dancers, this class builds ballet, jazz, and tap technique through upbeat music and having fun!

Ages 6 - 8
Sunday | Start: Jan 31
12:30 pm - 1:30 pm
$223.00 (Members) | $263.00 (Non-Members)
102503



No Classes

Mar 13
Mar 14
Mar 27
Mar 28





CHILDREN'S COMBO

Three dance styles, plenty to discover! Children learn ballet, jazz, and tap while developing dance skills, musicality, and self-expression in a fun, varied class!

BALLET/JAZZ/TAP
Ages 5
Sunday | Start: Jan 31
11:30 am - 12:30 pm
$223.00 (Members) | $263.00 (Non-Members)
102491

DARTMOUTH DANCE ACADEMY

These classes are all 15 weeks long and include a recital. An additional recital fee of $32 applies to each registration. These classes have a dress code; please visit the DDA website for details. For questions, please get in touch with the DDA Director at directordartmouthdance@gmail.com



JUNIOR HIP HOP

Explore hip hop and develop dance technique in this 15-week program for young dancers!

Ages 7 - 10
Sunday | Start: Jan 31
1:30 pm - 2:15 pm
$198.00 (Members) | $233.00 (Non-Members)
102504



No Classes

Mar 13
Mar 14
Mar 27
Mar 28





PRESCHOOL BALLET/TAP

Introduce your child to two dance styles in one class. Dancers explore beginner ballet and tap steps as they take their first steps into dance!

Ages 4
Sunday | Start: Jan 31
10:45 am - 11:30 am
$198.00 (Members) | $233.00 (Non-Members)
102445

DARTMOUTH DANCE ACADEMY

These classes are all 15 weeks long and include a recital. An additional recital fee of $32 applies to each registration. These classes have a dress code; please visit the DDA website for details. For questions, please get in touch with the DDA Director at directordartmouthdance@gmail.com



PETITE HIP HOP

Put that energy into dance! Young dancers learn hip hop techniques in a 15-week program designed for their age group.

Ages 5 - 6
Saturday | Start: Jan 30
11:00 am - 11:45 am
$198.00 (Members) | $233.00 (Non-Members)
102505



No Classes

Mar 13
Mar 14
Mar 27
Mar 28





LITTLE STARS

Give your little dancer room to move, imagine, and make friends! This playful introduction to dance develops motor skills, rhythm, and self-expression through creative movement.

Ages 3
Sunday | Start: Jan 31
10:00 am - 10:45 am
$198.00 (Members) | $233.00 (Non-Members)
102444

Ages 3
Saturday | Start: Jan 30
10:15 am - 11:00 am
$198.00 (Members) | $233.00 (Non-Members)
102443

DARTMOUTH DANCE ACADEMY

These classes are all 15 weeks long and include a recital. An additional recital fee of $32 applies to each registration. These classes have a dress code; please visit the DDA website for details. For questions, please get in touch with the DDA Director at directordartmouthdance@gmail.com



PARENT & TOT DANCE

Explore music, imagination, and dance together. Little ones discover movement with their parent or caregiver by their side.
Parent/caregiver participation is required!

Ages 18 months - 3 years
Saturday | Start: Jan 30
9:30 am - 10:15 am
$198.00 (Members) | $233.00 (Non-Members)
102518

No Classes

Mar 13
Mar 14
Mar 27
Mar 28

ZATZMAN
SPORTSPLEX

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