

ZATZMAN
SPORTSPLEX

SPRING 2024

PROGRAM

GUIDE

ZATZMAN SPORTSPLEX



ZATZMAN
SPORTSPLEX

SPRING 2024 PROGRAM GUIDE

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Follow us for
updates!



@zsportsplex



/ZatzmanSportsplex

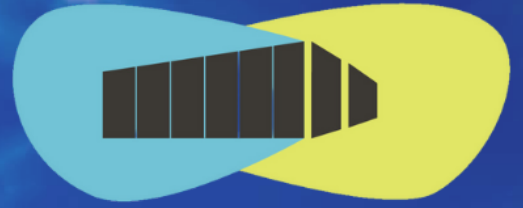
Stay connected
on our website!



www.zatzmansportsplex.com

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

Staff

Louis Brill
General Manager
(902) 490-3179 | louis.brill@halifax.ca

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

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

Angela MacMaster
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Marketing & Communications Coordinator
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Aquatics Coordinator
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Facility Rentals & Events Coordinator
(902) 490-2973 | myrat@halifax.ca

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

Laurel Myers
Sport & Recreation Supervisor
(902) 490-3170 | myersl@halifax.ca

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



ZATZMAN SPORTSPLEX

Membership



AT THE ZATZMAN SPORTSPLEX

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

**ALL PRICES
INCLUDE TAX**

Family

Annual (paid in full)	\$1105
Annual (paid monthly)	\$111/month
6 month (paid in full)	\$765
1 month (paid in full)	\$170

Adult

Annual (paid in full)	\$780
Annual (paid monthly)	\$78/month
6 month (paid in full)	\$465
1 month (paid in full)	\$103

Seniors (60+)/Youth/Student

Annual (paid in full)	\$510
Annual (paid monthly)	\$52/month
6 month (paid in full)	\$305
1 month (paid in full)	\$67

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 March 26, 2024 at 9:00am
Non-Member Registration starts March 27, 2024 at 9:00am

You can register for programs online or in-person at our Welcome Desk.
You may cancel up to 14 days before the start of your program. Please
contact the welcome desk for cancellations.

How to register for programs online:

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

recreation.halifax.ca



EXAMPLE CLASS

THURSDAYS

10:00 AM - 11:00 AM

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

00056555



THIS IS THE COURSE CODE.

Registration requires a Halifax MyRec account.



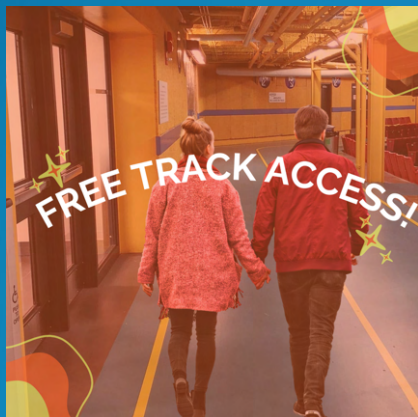
Please note:

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

Free Rec

AT THE ZATZMAN SPORTSPLEX

**These activities are free for everyone.
No membership required!**



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!

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 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 12-15) rule the Gym every **Saturday night from 7-9pm** for free!

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



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. \$165.83

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. \$272.44

Party Package C - Both Pools

The big one! Full use of slides, splash pad, rope swing and more!
Up to 40 children and adults. \$485.65



SWING



SPLASH



SLIDE

ZATZMAN SPORTSPLEX

Childminding Service

*Included with the cost of Family or Youth membership!

Childminding Hours

Mondays:	9am-12 pm
Tuesdays:	9am-12pm, 5-8pm
Wednesdays:	9am-12pm
Thursdays:	9am-12pm, 5-8pm
Fridays:	9am-12pm
Saturdays:	9am-12pm



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



Non-members are able to utilize childminding with a **Youth Day Pass | \$7.50**

Care for ages 3 months-10 years

Spots **must be booked** in advance on Halifax MyRec!

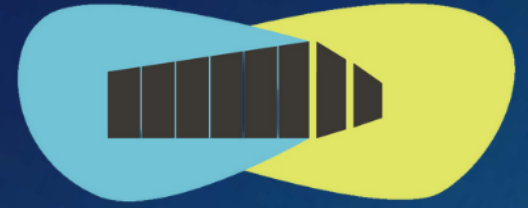
Bookings are 90 minutes each, and you can book back to back



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	11:30am
Bootcamp (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 | \$12.50 (tax included)

Senior/Student/Youth Day Pass
\$7.50 (tax included)

* Drop-in registration required on Halifax MyRec.

This schedule is subject to change at any time. Please 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	\$89.00	\$75.65
3	\$83.33	\$70.83
6	\$76.66	\$65.17
10	\$71.00	\$60.35

*These prices include HST

Swimming Lessons



LIFESAVING SOCIETY®
The Lifeguarding Experts



All of our swimming lessons follow the Lifesaving Society curriculum. See pages 19-23 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 (4 - 12 months)
Bibs & Bubbles 2 (13 - 24 months)
Bibs & Bubbles 3 (25 - 36 months)
\$94.52 (Members) | \$111.20 (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)
\$94.52 (Members) | \$111.20 (Non-Members)
MAX 3 Preschool 1-5
\$117.30 (Members) | \$138.00 (Non-Members)

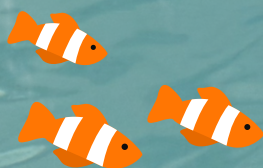
SWIMMER CLASSES

SWIMMER 1: 30 minutes SWIMMER 2: 30 minutes SWIMMER 3: 30 minutes

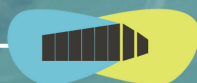
These beginners will become comfortable jumping into water with and without a life-jacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking on their front and back.

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).

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 (Ages 5-11)
\$94.52 (Members) | \$111.20 (Non-Members)



Swimming Lessons



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All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 19-23 for course codes and times.

SWIMMER CLASSES CONTINUED:

SWIMMER 4: 45 min

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: 45 min

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: 45 min

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

\$98.09 (Members) | \$115.40 (Non-Members)

Stay & Play Program

\$118.24 (Members) | \$139.10 (Non-Members)

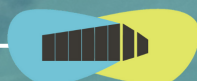
MAX 3 SWIMMER CLASSES

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 (30 mins) SWIMMER 1, 2, 3

Max 3 Swimmer 1, 2 & 3

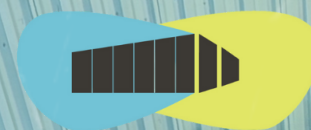
\$117.30 (Members) | \$138.00 (Non-Members)



Swimming Lessons



LIFESAVING SOCIETY®
The Lifeguarding Experts



All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 19-23 for course codes and times.

PATROL CLASSES (Ages 6 - 12)

ROOKIE PATROL: SWIMMER 7 (45 min)

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 (45 min)

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 (45 min)

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
\$98.09 (Members) | \$115.40 (Non-Members)

YOUTH SWIM CLASSES (Ages 9 - 14)

YOUTH SWIM 1 (45 min)

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.

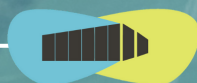
YOUTH SWIM 2 (45 min)

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 (45 min)

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
\$98.09 (Members) | \$115.40 (Non-Members)



Aquatic Leadership



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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 | April 14 Start

10 Sessions

6:15pm - 7:30pm

\$105.06 (Members) | \$123.60 (Non-Members)

00085493

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 12+ (or completion of Bronze Star)

Sundays | April 14 Start

11 Sessions

4:00pm - 6:00pm

\$140.08 (Members) | \$164.80 (Non-Members)

00085492

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 | April 14 Start

11 Sessions

9:00am - 12:00pm

\$140.08 (Members) | \$164.80 (Non-Members)

00085480



Aquatic Leadership



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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

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

Ages 15+

You must complete ALL sessions on:

April 7th, April 14th, April 21st, April 28th,

May 5th and May 12th

9:00am - 5:00pm

\$216.24 (Members) | \$254.40 (Non-Members)

00085436

REQUIRES PREVIOUS NL CERT

National Lifeguard Re-Certification

Ages 15+

Sunday May 19 Session

9:00am - 6:00pm

\$109.44(Members) | \$128.75 (Non-Members)

00085478

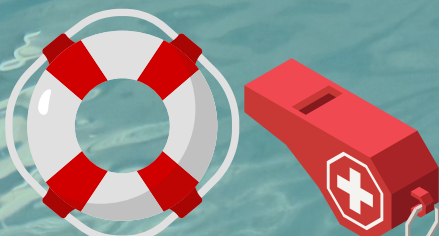
Ages 15+

Sunday June 16 Session

9:00am - 6:00pm

\$109.44(Members) | \$128.75 (Non-Members)

00085479



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!

REQUIRES BRONZE CROSS

Swim for Life Instructor

Ages 15+

Saturdays | May 26th Start

5 Sessions

View program schedule on Halifax MyRec

\$180.35 (Members) | \$212.18 (Non-Members)

00085477



More Swimming Programs

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 (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 swims 1-3 and all adult levels. Classes are limited. Registration begins on March 26 at 9:00 am for Members and on March 27 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, Child, or Adult 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 - 6:25pm

11 - 14 Years Old:

6:30pm - 7:25pm

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: What level should I register my child for?

A: Please consult the **info on pages 10-12** 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: How can I register for lessons?

A: See page 4 for registration information.

Aquatic Program Schedules

SUNDAYS

April 14 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	00085408
BIBS & BUBBLES 2	4:00 - 4:30 PM	00085362
BIBS & BUBBLES 3	4:30 - 4:00 PM	00085397
PRESCHOOL 1	4:00 - 4:30 PM	00085373
PRESCHOOL 1	4:30 - 5:00 PM	00085384
PRESCHOOL 1	5:30 - 6:00 PM	00085416
M3 PRESCHOOL 1	8:45 - 9:15 AM	00085358
PRESCHOOL 2	4:00 - 4:30 PM	00085367
PRESCHOOL 2	4:30 - 5:00 PM	00085394
PRESCHOOL 2	5:00 - 5:30 PM	00085407
M3 PRESCHOOL 2	8:45 - 9:15 AM	00084956
PRESCHOOL 3	4:00 - 4:30 PM	00085364
PRESCHOOL 3	4:30 - 5:00 PM	00085395
PRESCHOOL 3	5:30 - 6:00 PM	00085415
M3 PRESCHOOL 3	9:15 - 9:45 AM	00085359
PRESCHOOL 4	4:00 - 4:30 PM	00085369
PRESCHOOL 4	5:30 - 6:00 PM	00085414
PRESCHOOL 5	4:30 - 5:00 PM	00085396
M3 SWIMMER 1	9:45 - 10:15 AM	00085011
SWIMMER 1	4:00 - 4:30 PM	00085363
SWIMMER 1	5:00 - 5:30 PM	00085405
S&P SWIMMER 1	5:30 - 6:30 PM	00085409

S&P SWIMMER 1	6:30 - 7:30 PM	00088162
SWIMMER 2	4:00 - 4:30 PM	00085371
SWIMMER 2	5:00 - 5:30 PM	00085404
SWIMMER 2	6:00 - 6:30 PM	00085419
S&P SWIMMER 2	4:30 - 5:30 PM	00085382
S&P SWIMMER 2	5:30 - 6:30 PM	00088163
S&P SWIMMER 2	5:30 - 6:30 PM	00085410
M3 SWIMMER 2	9:45 - 10:15 AM	00085361
SWIMMER 3	4:00 - 4:30 PM	00085372
SWIMMER 3	5:00 - 5:30 PM	00085406
S&P SWIMMER 3	4:30 - 5:30 PM	00085377
S&P SWIMMER 3	5:30 - 6:30 PM	00085411
S&P SWIMMER 3	6:30 - 7:30 PM	00088166
M3 SWIMMER 3	9:15 - 9:45 AM	00085360
SWIMMER 4	4:00 - 4:45 PM	00085374
SWIMMER 4	6:00 - 6:45 PM	00085418
S&P SWIMMER 4	4:30 - 5:30 PM	00085383
S&P SWIMMER 4	5:30 - 6:30 PM	00085412
SWIMMER 5	4:45 - 5:30 PM	00085399
SWIMMER 5	6:45 - 7:30 PM	00085427
S&P SWIMMER 5	5:30 - 6:30 PM	00085413
S&P SWIMMER 6	6:30 - 7:30 PM	00088164
S&P ROOKIE PATROL	6:30 - 7:30 PM	00088165
*S&P RANGER PATROL	6:30 - 7:30 PM	00088168
*S&P STAR PATROL	6:30 - 7:30 PM	00088167
YOUTH SWIM 1	7:00 - 7:45 PM	00085428
YOUTH SWIM 2	6:15 - 7:00 PM	00087180
YOUTH SWIM 3	5:30 - 6:15 PM	00085417

MONDAYS

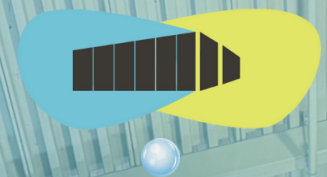
APRIL 8 START

COURSE CODE

PRESCHOOL 1	4:00 - 4:30 PM	00081709
PRESCHOOL 2	4:00 - 4:30 PM	00081717
PRESCHOOL 3	4:30 - 5:00 PM	00081718
SWIMMER 1	4:30 - 5:00 PM	00081710
SWIMMER 1	6:00 - 6:30 PM	00081714
SWIMMER 2	5:15 - 5:45 PM	00083036
SWIMMER 2	6:00 - 6:30 PM	00081716
SWIMMER 3	4:45 - 5:15 PM	00083037
SWIMMER 3	6:00 - 6:30 PM	00081711
SWIMMER 4	5:45 - 6:30 PM	00081731

S&P = STAY & PLAY
M3 = MAX 3 PARTICIPANTS
 * = COMBINED CLASS

Aquatic Program Schedules



TUESDAYS

APRIL 9 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	4:00 - 4:30 PM	00083044
BIBS & BUBBLES 2	5:30 - 6:00 PM	00083069
PRESCHOOL 1	4:30 - 5:00 PM	00083047
PRESCHOOL 1	5:30 - 6:00 PM	00083070
PRESCHOOL 1	6:00 - 6:30 PM	00083080
PRESCHOOL 2	4:00 - 4:30 PM	00083039
PRESCHOOL 2	4:30 - 5:00 PM	00083050
PRESCHOOL 2	5:00 - 5:30 PM	00081737
PRESCHOOL 2	6:00 - 6:30 PM	00083081
PRESCHOOL 3	5:00 - 5:30 PM	00083063
PRESCHOOL 4	4:00 - 4:30 PM	00083043
PRESCHOOL 4	6:00 - 6:30 PM	00081733
PRESCHOOL 5	6:00 - 6:30 PM	00081739
SWIMMER 1	4:30 - 5:00 PM	00083049
SWIMMER 1	4:45 - 5:15 PM	00083051
SWIMMER 1	5:30 - 6:00 PM	00081738
SWIMMER 1	5:45 - 6:15 PM	00083073

SWIMMER 2	4:00 - 4:30 PM	00081736
SWIMMER 2	4:30 - 5:00 PM	00083045
SWIMMER 2	5:00 - 5:30 PM	00083062
SWIMMER 2	5:30 - 6:00 PM	00083067
SWIMMER 3	5:00 - 5:30 PM	00083060
SWIMMER 3	5:15 - 5:45 PM	00087176
SWIMMER 3	6:00 - 6:30 PM	00083077
SWIMMER 4	4:00 - 4:45 PM	00083041
SWIMMER 4	5:15 - 6:00 PM	00081732
SWIMMER 5	4:30 - 5:15 PM	00081730
SWIMMER 5	7:15 - 8:00 PM	00083095
SWIMMER 6	6:30 - 7:15 PM	00081734
ROOKIE PATROL	7:15 - 8:00 PM	00083097
*RANGER PATROL	6:30 - 7:15 PM	00083088
*STAR PATROL	6:30 - 7:15 PM	00083090

WEDNESDAYS

APRIL 10 START

COURSE CODE

BIBS & BUBBLES 2	9:15 - 9:45 AM	00083216
M3 PRESCHOOL 1	5:00 - 5:30 PM	00083235
M3 PRESCHOOL 1	6:00 - 6:30 PM	00083220
M3 PRESCHOOL 2	6:00 - 6:30 PM	00083231
M3 PRESCHOOL 3	6:00 - 6:30 PM	00083230
SWIMMER 1	4:15 - 4:45 PM	00083217
M3 SWIMMER 1	6:00 - 6:30 PM	00083222
SWIMMER 2	4:30 - 5:00 PM	00083233
M3 SWIMMER 2	5:30 - 6:00 PM	00083236
M3 SWIMMER 3	5:30 - 6:00 PM	00083219
SWIMMER 4	6:30 - 7:15 PM	00083239
SWIMMER 5	4:45 - 5:30 PM	00083218



Aquatic Program Schedules

THURSDAYS

APRIL 11 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:30 - 6:00 PM	00083561
BIBS & BUBBLES 2	5:00 - 5:30 PM	00083550
BIBS & BUBBLES 3	4:30 - 5:00 PM	00083533
PRESCHOOL 1	4:45 - 5:15 PM	00083545
PRESCHOOL 1	5:00 - 5:30 PM	00083555
PRESCHOOL 1	6:00 - 6:30 PM	00083596
M3 PRESCHOOL 1	4:00 - 4:30 PM	00083252
PRESCHOOL 2	5:00 - 5:30 PM	00083554
PRESCHOOL 2	5:15 - 5:45 PM	00083560
PRESCHOOL 2	6:00 - 6:30 PM	00083591
M3 PRESCHOOL 2	4:15 - 4:45 PM	00083436
PRESCHOOL 3	4:30 - 5:00 PM	00083536
M3 PRESCHOOL 3	4:00 - 4:30 PM	00083253
PRESCHOOL 4	5:30 - 6:00 PM	00083563
PRESCHOOL 5	5:30 - 6:00 PM	00083579
M3 PRESCHOOL 5	6:00 - 6:30 PM	00083600
SWIMMER 1	4:30 - 5:00 PM	00083449
SWIMMER 1	5:00 - 5:30 PM	00083551
SWIMMER 1	5:30 - 6:00 PM	00083567
SWIMMER 1	6:00 - 6:30 PM	00083593
M3 SWIMMER 1	4:00 - 4:30 PM	00083251
SWIMMER 2	4:30 - 5:00 PM	00083437
SWIMMER 2	5:00 - 5:30 PM	00083552
SWIMMER 2	5:30 - 6:00 PM	00083564
SWIMMER 2	6:00 - 6:30 PM	00083603
M3 SWIMMER 2	4:00 - 4:30 PM	00083254
SWIMMER 3	4:30 - 5:00 PM	00083446
SWIMMER 3	5:15 - 5:45 PM	00083559
SWIMMER 3	6:00 - 6:30 PM	00083602
M3 SWIMMER 3	4:00 - 4:30 PM	00083256

SWIMMER 4	4:30 - 5:15 PM	00083530
SWIMMER 4	5:45 - 6:30 PM	00083586
SWIMMER 4	7:15 - 8:00 PM	00083663
SWIMMER 5	7:15 - 8:00 PM	00083665
SWIMMER 6	5:15 - 6:00 PM	00083558
ROOKIE PATROL	6:30 - 7:15 PM	00086411
RANGER PATROL	5:45 - 6:30 PM	00083589
STAR PATROL	7:15 - 8:00 PM	00083668
YOUTH SWIM 1	4:30 - 5:15 PM	00083501
YOUTH SWIM 2	6:30 - 7:15 PM	00083605
YOUTH SWIM 3	6:30 - 7:15 PM	00083607



Aquatic Program Schedules

FRIDAYS

APRIL 12 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	00083718
BIBS & BUBBLES 2	5:30 - 6:00 PM	00083724
BIBS & BUBBLES 3	6:00 - 6:30 PM	00083753
PRESCHOOL 1	4:00 - 4:30 PM	00083699
PRESCHOOL 2	4:30 - 5:00 PM	00083711
PRESCHOOL 2	5:30 - 6:00 PM	00083725
PRESCHOOL 2	6:00 - 6:30 PM	00083752
PRESCHOOL 3	4:00 - 4:30 PM	00083706
PRESCHOOL 3	4:15 - 4:45 PM	00083708
PRESCHOOL 3	5:45 - 6:15 PM	00083729
PRESCHOOL 4	4:30 - 5:00 PM	00083709
SWIMMER 1	4:00 - 4:30 PM	00083704
SWIMMER 1	5:15 - 5:45 PM	00083722
SWIMMER 1	5:30 - 6:00 PM	00083726
SWIMMER 1	6:00 - 6:30 PM	00083754
M3 SWIMMER 1	6:30 - 7:00 PM	00083794
SWIMMER 2	4:30 - 5:00 PM	00083714

SWIMMER 2	5:30 - 6:00 PM	00083728
SWIMMER 2	6:00 - 6:30 PM	00086698
SWIMMER 2	6:15 - 6:45 PM	00083790
M3 SWIMMER 2	6:30 - 7:00 PM	00083793
SWIMMER 3	6:30 - 7:00 PM	00083797
SWIMMER 3	5:00 - 5:30 PM	00083717
SWIMMER 3	5:30 - 6:00 PM	00083723
SWIMMER 3	6:30 - 7:00 PM	00083792
SWIMMER 4	4:00 - 4:45 PM	00083702
SWIMMER 4	5:00 - 5:45 PM	00083721
SWIMMER 5	4:30 - 5:15 PM	00083710
SWIMMER 5	5:45 - 6:30 PM	00083751
SWIMMER 6	4:45 - 5:30 PM	00083716
ROOKIE PATROL	4:45 - 5:30 PM	00083715

Aquatic Program Schedules

SATURDAYS

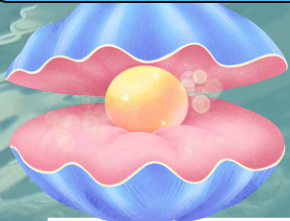
APRIL 13 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	10:30 - 11:00 AM	00085295
BIBS & BUBBLES 2	9:00 - 9:30 AM	00084961
BIBS & BUBBLES 2	10:00 - 10:30 AM	00085182
BIBS & BUBBLES 2	11:00 - 11:30 AM	00085346
BIBS & BUBBLES 3	9:30 - 10:00 AM	00085015
BIBS & BUBBLES 3	11:30 - 12:00 PM	00085354
PRESCHOOL 1	10:00 - 10:30 AM	00085178
PRESCHOOL 1	11:00 - 11:30 AM	00085347
M3 PRESCHOOL 1	9:00 - 9:30 AM	00084963
M3 PRESCHOOL 1	9:30 - 9:00 AM	00085123
PRESCHOOL 2	9:00 - 9:30 AM	00084966
PRESCHOOL 2	10:00 - 10:30 AM	00085241
PRESCHOOL 2	10:30 - 11:00 AM	00085319
PRESCHOOL 2	11:00 - 11:30 AM	00085350
M3 PRESCHOOL 2	9:00 - 9:30 AM	00084955
M3 PRESCHOOL 2	9:30 - 10:00 AM	00084967
PRESCHOOL 3	9:30 - 10:00 AM	00085012
PRESCHOOL 3	10:00 - 10:30 AM	00085177
PRESCHOOL 3	10:15 - 10:45 AM	00085278
PRESCHOOL 3	11:30 - 12:00 PM	00085355
M3 PRESCHOOL 3	9:00 - 9:30 AM	00084957
M3 PRESCHOOL 3	9:30 - 10:00 AM	00085126
M3 PRESCHOOL 3	10:30 - 11:00 AM	00087177
M3 PRESCHOOL 4	9:00 - 9:30 AM	00084958
M3 PRESCHOOL 4	9:30 - 10:00 AM	00085013
PRESCHOOL 5	11:30 - 12:00 PM	00085357
SWIMMER 1	10:00 - 10:30 AM	00085180
SWIMMER 1	10:30 - 11:00 AM	00085281
M3 SWIMMER 1	9:00 - 9:30 AM	00084959
M3 SWIMMER 1	9:30 - 10:00 AM	00084968
S&P SWIMMER 1	11:00 - 12:00 PM	00085328

SWIMMER 2	9:45 - 10:15 AM	00085171
SWIMMER 2	10:00 - 10:30 AM	00085185
SWIMMER 2	11:30 - 12:00 PM	00085356
M3 SWIMMER 2	9:00 - 9:30 AM	00084960
M3 SWIMMER 2	10:30 - 11:00 AM	00085294
M3 SWIMMER 2	10:30 - 11:00 AM	00085323
S&P SWIMMER 2	11:00 - 12:00 PM	00085330
SWIMMER 3	10:00 - 10:30 AM	00085273
SWIMMER 3	10:30 - 11:00 AM	00085289
SWIMMER 3	10:45 - 11:15 AM	00085324
M3 SWIMMER 3	9:00 - 9:30 AM	00084962
M3 SWIMMER 3	9:30 - 10:00 AM	00085014
S&P SWIMMER 3	11:00 - 12:00 PM	00085345
SWIMMER 4	9:00 - 9:45 AM	00084964
SWIMMER 4	10:00 - 10:45 AM	00085181
S&P SWIMMER 4	11:00 - 12:00 PM	00085348
SWIMMER 5	9:00 - 9:45 AM	00084965
SWIMMER 5	9:30 - 10:15 AM	00085124
S&P SWIMMER 5	11:00 - 12:00 PM	00085349
SWIMMER 6	10:15 - 11:00 AM	00085275
SWIMMER 6	10:45 - 11:30 AM	00085326
ROOKIE PATROL	9:45 - 10:30 AM	00085174
ROOKIE PATROL	11:15 - 12:00 PM	00085353
*RANGER PATROL	10:30 - 11:15 AM	00085320
*RANGER PATROL	11:15 - 12:00 PM	00085351
*STAR PATROL	10:30 - 11:15 AM	00085321
*STAR PATROL	11:15 - 12:00 PM	00085352



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 4-5

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

Child Recreation Programs

Ages 6-10

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

AGES 4-5

Intro to Soccer: Ages 4-5

Sundays | April 14 Start

10 Sessions

11:15am-12:00pm

\$74.46 (Members) | \$87.60 (Non-Members)

00085337



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 6-8

Intro to Soccer: Ages 6-8

Thursdays | April 11 Start

10 Sessions

5:30pm - 6:25pm

\$83.22 (Members) | \$97.90 (Non-Members)

00085336

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 6-12

Intro to Soccer: Ages 6-12

Sundays (Biweekly) | April 14 Start

5 Sessions

10:15am - 11:10am

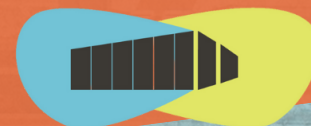
\$41.61 (Members) | \$48.95 (Non-Members)

00085338



CHILD & YOUTH RECREATION PROGRAMS

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS



INTRO TO BASKETBALL

AGES 4 & 5

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

AGES 6 - 8

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

AGES 9 - 12

This program further develops kids' movement skills and abilities.

Intro to Basketball

Ages 4 & 5

Saturdays | April 13 Start

10 Sessions

11:30am - 12:15pm

\$74.46 (Members) | \$87.60 (Non-Members)

00085299

Ages 6-8

Saturdays | April 13 Start

10 Sessions

10:30am - 11:25am

\$83.22 (Members) | \$97.90 (Non-Members)

00085296

Ages 9-12

Saturdays | April 13 Start

10 Sessions

9:30am - 10:25am

\$83.22 (Members) | \$97.90 (Non-Members)

00085293



MULTI-SPORT

AGES 4 & 5

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

AGES 6 - 12

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 4 & 5

Saturdays | April 13 Start

10 Sessions

12:15pm - 1:00pm

\$74.46 (Members) | \$87.60 (Non-Members)

00085334

Ages 6-12

Sundays (Biweekly) | April 21 Start

5 Sessions

10:15am - 11:10 am

\$41.61 (Members) | \$48.95 (Non-Members)

00085339



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 | April 10 Start

10 Sessions

7:00pm - 7:55pm

\$83.22 (Members) | \$97.90 (Non-Members)

00085335



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 | April 9 Start

10 Sessions

7:30pm - 8:25pm

\$83.22 (Members) | \$97.90 (Non-Members)

00085318



CHILD & YOUTH RECREATION PROGRAMS

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

All equipment is provided!
No experience necessary!

NEW!

INTRO TO ULTIMATE FRISBEE

AGES 12-15

This Intro to Ultimate Frisbee program is made for beginners to learn the rules and basic skills of the game- throwing, catching, running and jumping. Ultimate Frisbee is a co-ed team sport known for its excitement, fitness benefits, and friendly atmosphere!

Intro to Ultimate Frisbee

Ages 12-15

Sundays | April 14 Start

10 Sessions

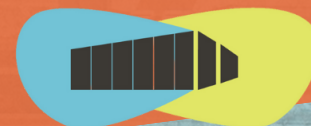
6:00pm - 7:00pm

\$83.22 (Members) | \$97.90 (Non-Members)

00086685

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!**

Learn to Play 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.

Learn to Play Racquetball

Ages 18+

Tuesdays | April 9 Start

4 Sessions

7:00 - 7:30 pm

00087951

7:30pm - 8:00pm

00087950

\$25.17 (Members) | \$29.61 (Non-Members)



Learn to Play Handball

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

Learn to Play Handball

Ages 18+

Tuesdays | May 7 Start

4 Sessions

7:00pm - 7:30pm

00087999

7:30pm - 8:00pm

00088000

\$25.17 (Members) | \$29.61 (Non-Members)



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 | April 9 Start

10 Sessions

12:30pm - 2:00pm

\$98.43 (Members) | \$115.80 (Non-Members)

00085314

Beginner Pickleball

Wednesdays | April 10 Start

10 Sessions

5:30pm - 7:00pm

\$98.43 (Members) | \$115.80 (Non-Members)

00085333

Intermediate Pickleball

Fridays | April 12 Start

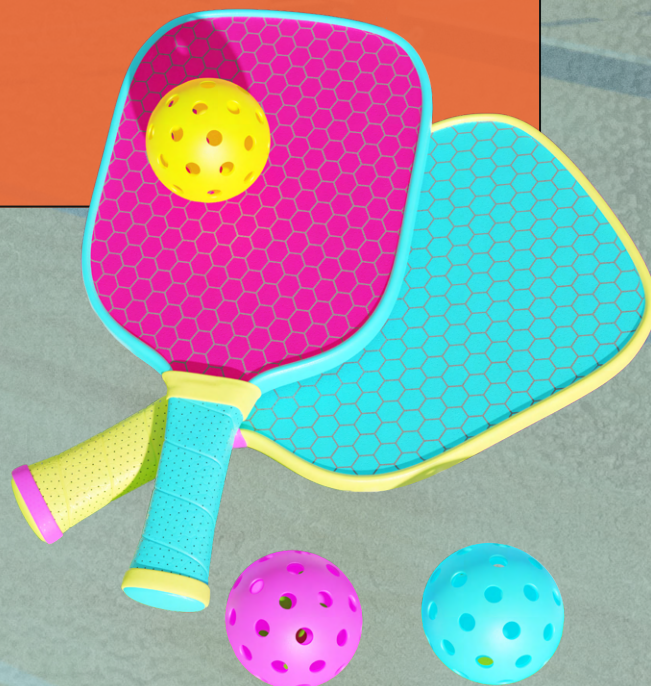
10 Sessions

5:30pm - 7:00pm

\$98.43 (Members) | \$115.80 (Non-Members)

00085403

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 | April 9 Start

5 Sessions

5:30pm - 7:30pm

\$65.66 (Members) | \$77.25 (Non-Members)

00085316

Pickleball Skills & Drills

Tuesdays | May 14 Start

5 Sessions

5:30pm - 7:30pm

\$65.66 (Members) | \$77.25 (Non-Members)

00085317

NEW! INTRO TO ULTIMATE FRISBEE

Ages 16+

Sundays | April 14 Start

10 Sessions

7:00pm - 8:00pm

\$95.65 (Members) | \$112.53 (Non-Members)

00086686

This Intro to Ultimate Frisbee program is made for beginners to learn the rules and basic skills of the game- throwing, catching, running and jumping. Ultimate Frisbee is a co-ed team sport known for its fun, fitness benefits, and friendly atmosphere!

ALL PRICES INCLUDE TAX



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.

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

Introduction to Acrylics

Thursday May 9

6:00pm - 8:00pm

\$36.04 (Members) | \$42.40 (Non-Members)

00087992

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

Sunday April 21

10:00am - 11:00am

\$27.18 (Members) | \$31.98 (Non-Members)

00088001

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. Ages 13+

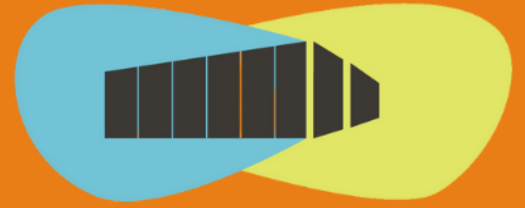
Workout Planning 101

Sunday May 19th

1:00pm - 2:30pm

\$36.04 (Members) | \$42.40 (Non-Members)

00088007



MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

Fitness Workshops

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. Ages 13+

Women's Intro to Free Weight Training

Sunday April 21

1:00pm - 2:30pm

\$36.04 (Members) | \$42.40 (Non-Members)

00087991



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.

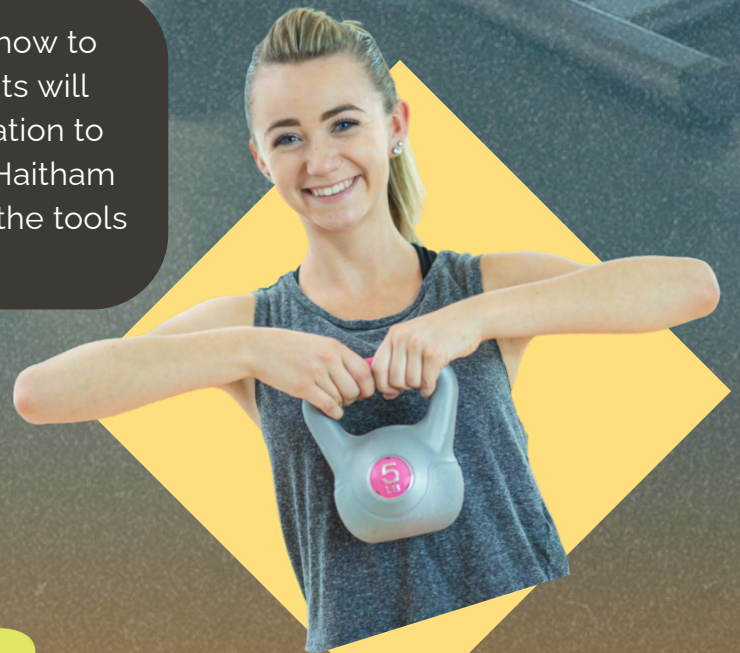
Weight Training for Youth

Friday May 3

4:30pm - 5:30pm

\$27.18 (Members) | \$31.98 (Non-Members)

00088002





ZATZMAN SPORTSPLEX Summer Camps!

**Join us this summer at the Sportsplex!
We'll swim, play, create and have lots of fun!**

Camps are 8:30am - 4:30pm Monday - Friday
\$170.72/week (Members) | \$200.85/week (Non-Members)

Ages 5 1/2 - 10



Early drop-off & late pick-up

Campers must have completed Grade Primary.

Please Note! 

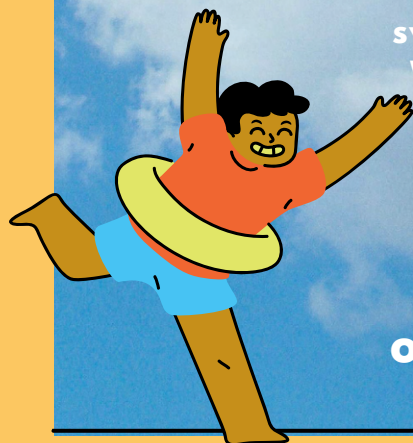
We offer early drop-off and late pick-up options for our Summer Camps.
\$15.76 for members or \$18.54 for non-members.
Early drop-off is 7:30 - 8:30 AM
Late pick-up is 4:30 - 5:30 PM
Select early drop-off or late pick-up when registering for your Summer Camp on Halifax MyRec.

Ensure that there is a valid email on your MyRec account, as we will be sending out important information to parents/guardians in advance of camps.

What do we do at summer camp?

All of our day camps include swimming, gym play, arts & crafts and games!
We have two snack times and a lunch break.
Campers are sure to be tired at pick up!

See the following page for our summer camp dates and themes!





ZATZMAN SPORTSPLEX Summer Camps!

CHECK OUT OUR SELECTION
OF EPIC THEMED SUMMER CAMPS!



LIGHTS, CAMERA, ACTION!: HOLLYWOOD THEME CAMP

JULY 2ND - JULY 5TH
00085879



UNDER THE SEA: OCEAN THEME CAMP

JULY 8TH - JULY 12TH
00085880



HOLIDAY MIX UP: HOLIDAY THEME CAMP

JULY 15TH - JULY 19TH
00085889



OUT OF THIS WORLD: SPACE THEME CAMP

JULY 22ND - JULY 26TH
00085890



GAME ON!: SPORTS THEME CAMP

JULY 29TH - AUGUST 2ND
00085891



MAD SCIENTISTS: SCIENCE/STEM THEME CAMP

AUGUST 5TH - AUGUST 9TH
00085892



NATURE ADVENTURES: OUTDOORS THEME CAMP

AUGUST 12TH - AUGUST 16TH
00085893



OUTRAGEOUS OLYMPICS: OLYMPIC THEME CAMP

AUGUST 19TH - AUGUST 23RD
00085896



ZATZMAN SPIRIT: SPIRIT WEEK THEME CAMP

AUGUST 26TH - AUGUST 30TH
00085902

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



SUMMER CAMPS FOR OLDER YOUTH

CITY EXPLORERS CAMP

This camp is designed for kids ages 11-13 years.

It allows for campers to explore HRM through daily offsite excursions such as hikes, beach days, and visiting local museums.

It is structured so that kids are outside and on the move as much as possible. This is weather permitting, with indoor excursions planned for inclement weather.

Campers will have access to daily swims at our facility.

Please ensure that there is a valid email on your MyRec account, as we will be sending out important information to parents/guardians in advance for this camp.

This email will be sent approximately 10-14 days prior to the first day of camp.

JULY 2 – 5, 2024: 00086691

JULY 8 – 12, 2024: 00086692

JULY 15 – JULY 19, 2024: 00086693

JULY 22 – JULY 26, 2024: 00086694

JULY 29 – AUGUST 2, 2024: 00086695

AUGUST 5 – AUGUST 9, 2024: 00086696

AUGUST 12 – AUGUST 16, 2024: 00086697

AUGUST 19 – AUGUST 23, 2024: 00086699

MONDAY – FRIDAY

8:30AM – 4:30PM

\$201.37/WEEK (MEMBERS)

\$236.90/WEEK (NON-MEMBERS)



Early drop-off & late pick-up

We offer early drop-off and late pick-up options for our Summer Camps.

\$15.76 for members or \$18.54 for non-members.

Early drop-off is 7:30 – 8:30 AM

Late pick-up is 4:30 – 5:30 PM

Select early drop-off or late pick-up when registering for your Summer Camp on Halifax MyRec.

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

ZATZMAN SPORTSPLEX IN-SERVICE Day Camp

Join us for a day of fun!
In-service Day Camp includes
sports, swimming, arts and
crafts, and other fun
activities!

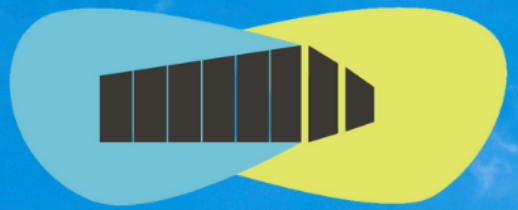
THURSDAY JUNE 27TH

8:30am - 4:30pm

Ages: 5 1/2 - 11

\$39.40 (Members) | \$46.35 (Non-Members)

00075589



swing into the pool!



shoot hoops in the gym!



make arts & crafts!

