



WINTER 2026 PROGRAM GUIDE



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Stay Connected
with Us!



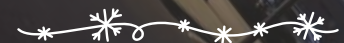
@zsportsplex



Zatzman
Sportsplex



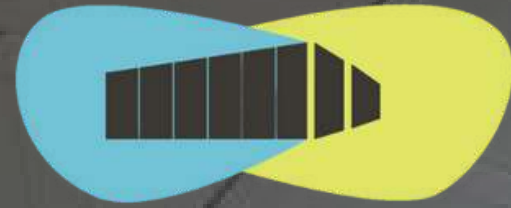
www.zatzman
sportsplex.com



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

HOLIDAY HOURS

Wednesday, Dec 24 - Closing at 12:00 PM
Thursday, Dec 25 - Closed for Christmas Day
Friday, Dec 26 - Closed for Boxing Day
Wednesday, Dec 31 - Closing at 4:00 PM
Thursday, Jan 1 - Closed for New Year's Day

Registration begins
December 11, 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. \$169.52

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. \$278.56

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. \$495.66



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



Swimming Lessons

All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 9 - 14 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:

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

SWIMMER 2:

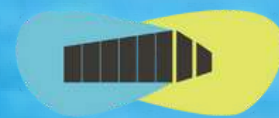
These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into water while wearing a life-jacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10m on their front and back, and be introduced to flutter kick training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

SWIMMER 3:

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

SWIMMER 1, 2 & 3
30 minutes

Swimming Lessons



All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 9 - 14 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 9 - 14 for course codes and times.

PATROL CLASSES (Ages 8 - 12)

ROOKIE PATROL SWIMMER 7:

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

RANGER PATROL SWIMMER 8:

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

STAR PATROL SWIMMER 9:

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

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

YOUTH SWIM CLASSES (Ages 9 - 14)

YOUTH SWIM 1

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

YOUTH SWIM 2

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

YOUTH SWIM 3

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

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

More Swimming Lessons



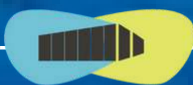
PRIVATE SWIMMING LESSONS (Ages 5+)

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

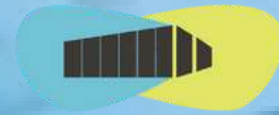
Classes are limited.

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

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



Aquatic Program Schedules



SUNDAYS

START DATE: JAN 11

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	43446
BIBS & BUBBLES 2	4:15 - 4:45 PM	43430
BIBS & BUBBLES 3	4:30 - 5:00 PM	43432
PRESCHOOL 1	4:00 - 4:30 PM	43428
PRESCHOOL 1	5:30 - 6:00 PM	43448
M3 PRESCHOOL 1	4:30 - 5:00 PM	43445
PRESCHOOL 2	4:00 - 4:30 PM	43427
PRESCHOOL 2	5:45 - 6:15 PM	43449
M3 PRESCHOOL 2	4:45 - 5:15 PM	43442
PRESCHOOL 3	4:00 - 4:30 PM	43426
PRESCHOOL 3	6:30 - 7:00 PM	43451
M3 PRESCHOOL 3	6:15 - 6:45 PM	43450
PRESCHOOL 4	4:00 - 4:30 PM	43429
M3 PRESCHOOL 4	5:30 - 6:00 PM	43447
PRESCHOOL 5	4:00 - 4:30 PM	43425
SWIMMER 1	4:00 - 4:30 PM	43295
SWIMMER 1	6:45 - 7:15 PM	43421
M3 SWIMMER 1	5:15 - 5:45 PM	43327
S&P SWIMMER 1	4:30 - 5:30 PM	43319
S&P SWIMMER 1	5:30 - 6:30 PM	43322
S&P SWIMMER 1	6:30 - 7:30 PM	43417
SWIMMER 2	6:00 - 6:30 PM	43326
SWIMMER 2	7:00 - 7:30 PM	43423
M3 SWIMMER 2	5:00 - 5:30 PM	43420
S&P SWIMMER 2	5:30 - 6:30 PM	43324

S&P SWIMMER 2	6:30 - 7:30 PM	43415
SWIMMER 3	7:00 - 7:30 PM	43422
M3 SWIMMER 3	6:30 - 7:00 PM	43419
S&P SWIMMER 3	4:30 - 5:30 PM	43313
S&P SWIMMER 3	5:30 - 6:30 PM	43413
S&P SWIMMER 3	6:30 - 7:30 PM	43418
SWIMMER 4	4:15 - 5:00 PM	43300
S&P SWIMMER 4	4:30 - 5:30 PM	43315
S&P SWIMMER 4	5:30 - 6:30 PM	43321
SWIMMER 5	4:00 - 4:45 PM	43298
SWIMMER 5	7:15 - 8:00 PM	43424
S&P SWIMMER 5	5:30 - 6:30 PM	43406
S&P SWIMMER 6	6:30 - 7:30 PM	43407
S&P ROOKIE PATROL	6:30 - 7:30 PM	43409
S&P RANGER PATROL*	4:30 - 5:30 PM	43404
S&P STAR PATROL*	4:30 - 5:30 PM	43405
YOUTH SWIM 1	5:45 - 6:30 PM	43412
YOUTH SWIM 2	4:45 - 5:30 PM	43410
YOUTH SWIM 3	5:00 - 5:45 PM	43411

Bibs & Bubbles 1 (4 - 12 months)
Bibs & Bubbles 2 (13 - 24 months)
Bibs & Bubbles 3 (25 - 36 months)
\$97.50 (Members) | \$115 (Non-Members)

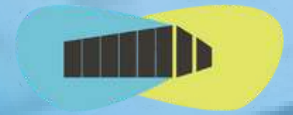
Preschool 1-5
\$97.50 (Members) | \$115 (Non-Members)
MAX 3 Preschool 1-5
\$120.70 (Members) | \$142 (Non-Members)

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



No classes March 15th for March Break!

Aquatic Program Schedules



MONDAYS

START DATE: JAN 5

COURSE CODE

COURSE CODE

M3 PRESCHOOL 1	4:30 - 5:00 PM	42666
PRESCHOOL 2	6:00 - 6:30 PM	42686
M3 PRESCHOOL 2	5:00 - 5:30 PM	42668
M3 PRESCHOOL 2	5:30 - 6:00 PM	42688
M3 PRESCHOOL 3	5:00 - 5:30 PM	42670
M3 PRESCHOOL 3	5:30 - 6:00PM	42689
M3 PRESCHOOL 3	6:30 - 7:00PM	42690
M3 PRESCHOOL 4	6:00 - 6:30 PM	42672
M3 PRESCHOOL 5	6:30 - 7:00 PM	42673
SWIMMER 1	5:00 - 5:30 PM	42657
SWIMMER 1	6:00 - 6:30 PM	42665

M3 SWIMMER 1	4:30 - 5:00 PM	42651
M3 SWIMMER 1	6:30 - 7:00 PM	42662
SWIMMER 2	6:00 - 6:30 PM	42660
M3 SWIMMER 2	5:15 - 5:45 PM	42656
M3 SWIMMER 2	6:30 - 7:00 PM	42663
SWIMMER 3	6:00 - 6:30 PM	42661
M3 SWIMMER 3	4:45 - 5:15 PM	42653
M3 SWMMER 3	7:00 - 7:30 PM	42664
SWIMMER 4	5:45 - 6:30 PM	42658

Swimmer 1, 2 & 3 (Ages 5-11)

\$97.50 (Members)
\$115 (Non-Members)

Swimmer 4, 5 & 6 (Ages 5-11)

\$102 (Members)
\$120 (Non-Members)

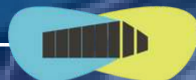
Stay & Play Program

\$127.50 (Members)
\$150 (Non-Members)

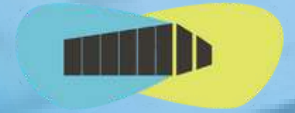
Max 3 Swimmer 1, 2 & 3

\$120.70 (Members)
\$142 (Non-Members)

**Classes will run as
scheduled on Heritage
Day.**



Aquatic Program Schedules



TUESDAYS

START DATE: JAN 6

COURSE CODE

BIBS & BUBBLES 1	4:00 - 4:30 PM	42778
BIBS & BUBBLES 2	5:30 - 6:00 PM	42784
BIBS & BUBBLES 3	4:30 - 5:00 PM	42783
PRESCHOOL 1	5:00 - 5:30 PM	42781
PRESCHOOL 1	5:30 - 6:00 PM	42788
PRESCHOOL 1	6:00 - 6:30 PM	42790
PRESCHOOL 2	4:30 - 5:00 PM	42785
PRESCHOOL 2	5:00 - 5:30 PM	42787
PRESCHOOL 3	5:00 - 5:30 PM	42782
PRESCHOOL 4	4:00 - 4:30 PM	42780
PRESCHOOL 4	6:00 - 6:30 PM	42791
PRESCHOOL 5	6:00 - 6:30 PM	42792
SWIMMER 1	4:30 - 5:00 PM	42761
SWIMMER 1	4:45 - 5:15 PM	42763
SWIMMER 1	5:00 - 5:30 PM	42764
SWIMMER 1	5:30 - 6:00 PM	42772
SWIMMER 2	4:00 - 4:30 PM	42753
SWIMMER 2	4:30 - 5:00 PM	42759
SWIMMER 2	5:00 - 5:30 PM	42777
SWIMMER 2	5:30 - 6:00 PM	42771
SWIMMER 3	4:30 - 5:00 PM	42762
SWIMMER 3	5:00 - 5:30 PM	42766
SWIMMER 3	5:15 - 5:45 PM	42768
SWIMMER 3	6:00 - 6:30 PM	42774
SWIMMER 4	4:00 - 4:45 PM	42758
SWIMMER 4	5:15 - 6:00 PM	42767
SWIMMER 5	4:30 - 5:15 PM	42754
SWIMMER 5	7:15 - 8:00 PM	42776
SWIMMER 6	6:30 - 7:15 PM	42755
RANGER PATROL	6:30 - 7:15 PM	42757
STAR PATROL	6:00 - 6:45 PM	42756

WEDNESDAYS

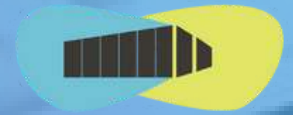
START DATE: JAN 7

COURSE CODE

BIBS & BUBBLES 2	9:15 - 9:45 AM	43505
M3 PRESCHOOL 1	4:45 - 5:15 PM	43508
M3 PRESCHOOL 1	5:00 - 5:30 PM	43509
M3 PRESCHOOL 1	5:15 - 5:45 PM	43511
M3 PRESCHOOL 2	5:45 - 6:15 PM	43513
M3 PRESCHOOL 2	6:00 - 6:30 PM	43514
M3 PRESCHOOL 3	4:00 - 4:30 PM	43506
M3 PRESCHOOL 3	5:00 - 5:30 PM	43510
M3 PRESCHOOL 3	5:30 - 6:00 PM	43512
M3 PRESCHOOL 4	4:15 - 4:45 PM	43507
SWIMMER 1	4:30 - 5:00 PM	43481
M3 SWIMMER 1	4:15 - 4:45 PM	43478
M3 SWIMMER 1	5:30 - 6:00 PM	43487
M3 SWIMMER 1	6:00 - 6:30 PM	43498
SWIMMER 2	4:00 - 4:30 PM	43477
M3 SWIMMER 2	4:30 - 5:00 PM	43482
M3 SWIMMER 2	6:00 - 6:30 PM	43499
M3 SWIMMER 2	6:30 - 7:00 PM	43502
M3 SWIMMER 3	4:45 - 5:15 PM	43483
M3 SWIMMER 3	6:30 - 7:00 PM	43500
SWIMMER 4	6:15 - 7:00 PM	43503
SWIMMER 5	7:00 - 7:45 PM	43504
RANGER PATROL*	5:15 - 6:00 PM	43484
STAR PATROL*	5:15 - 6:00 PM	43485

Rookie, Ranger and Star Patrol
\$102 (Members) | \$120 (Non-Members)

Aquatic Program Schedules



THURSDAYS

START DATE: JAN 8

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	9:30 - 10:00 AM	44054
BIBS & BUBBLES 1	4:00 - 4:30 PM	43028
BIBS & BUBBLES 2	9:00 - 9:30 AM	44047
BIBS & BUBBLES 2	5:00 - 5:30 PM	43029
G+S BIBS & BUBBLES 2/3	9:15 - 10:30 AM	44061
BIBS & BUBBLES 3	9:00 - 9:30 AM	44048
BIBS & BUBBLES 3	4:30 - 5:00 PM	43034
PRESCHOOL 1	9:00 - 9:30 AM	44049
PRESCHOOL 1	4:00 - 4:30 PM	45689
PRESCHOOL 1	5:00 - 5:30 PM	43042
PRESCHOOL 1	5:30 - 6:00 PM	43051
G+S PRESCHOOL 1	9:45 - 11:00 AM	44062
G+S PRESCHOOL 1	10:15 - 11:30 AM	44240
G+S PRESCHOOL 1	10:45 - 12:00 PM	44246
M3 PRESCHOOL 1	4:45 - 5:15 PM	43035
PRESCHOOL 2	9:30 - 10:00 AM	44050
PRESCHOOL 2	5:15 - 5:45 PM	43045
PRESCHOOL 2	6:00 - 6:30 PM	45690
G+S PRESCHOOL 2	9:45 - 11:00 AM	44063
G+S PRESCHOOL 2	10:15 - 11:30 AM	44241
G+S PRESCHOOL 2	10:45 - 12:00 PM	44243
M3 PRESCHOOL 2	5:00 - 5:30 PM	43036
PRESCHOOL 3	9:30 - 10:00 AM	44052
PRESCHOOL 3	4:30 - 5:00 PM	43047
PRESCHOOL 3	5:30 - 6:00 PM	43053
G+S PRESCHOOL 3	9:45 - 11:00 AM	44085
G+S PRESCHOOL 3	10:45 - 12:00 PM	44248
M3 PRESCHOOL 3	4:00 - 4:30 PM	43038
PRESCHOOL 4	10:00 - 10:30 AM	44059
PRESCHOOL 4	4:30 - 5:00 PM	43056
G+S PRESCHOOL 4	10:15 - 11:30 AM	44250
M3 PRESCHOOL 4	4:00 - 4:30 PM	43039
M3 PRESCHOOL 5	5:15 - 5:45 PM	43041
SWIMMER 1	4:15 - 4:45 PM	42880

SWIMMER 1	5:00 - 5:30 PM	45683
SWIMMER 1	5:30 - 6:00 PM	42895
M3 SWIMMER 1	4:00 - 4:30 PM	42875
M3 SWIMMER 1	6:00 - 6:30 PM	42899
SWIMMER 2	4:30 - 5:00 PM	42881
SWIMMER 2	5:30 - 6:00 PM	45685
SWIMMER 2	6:00 - 6:30 PM	42901
M3 SWIMMER 2	4:00 - 4:30 PM	42873
SWIMMER 3	4:30 - 5:00 PM	45687
SWIMMER 3	5:15 - 5:45 PM	42892
SWIMMER 3	6:00 - 6:30 PM	42904
M3 SWIMMER 3	4:00 - 4:30 PM	42879
M3 SWIMMER 3	5:00 - 5:30 PM	42888
SWIMMER 4	4:30 - 5:15 PM	42883
SWIMMER 4	5:45 - 6:30 PM	42897
SWIMMER 5	7:15 - 8:00 PM	43025
SWIMMER 6	4:30 - 5:15 PM	42885
ROOKIE PATROL	6:30 - 7:15 PM	43005
RANGER PATROL	6:30 - 7:15 PM	43020
STAR PATROL	7:15 - 8:00 PM	43023
YOUTH SWIM 1	5:45 - 6:30 PM	43008
YOUTH SWIM 2	7:15 - 8:00 PM	43012
YOUTH SWIM 3	6:30 - 7:15 PM	43014

G+S: GYM & SWIM

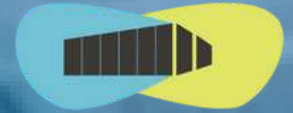
Your little one gets the **best of both worlds!**

Each class begins with gym play that builds coordination, balance, and confidence through fun activities like throwing, catching, kicking, jumping, and balancing. After a quick change, kids head to the pool to grow their water skills and confidence through guided swim lessons.

- **Bibs & Bubbles - 18 to 35 months**
- **Preschool 1,2,3&4 - 3 to 4 years 11 months**

\$127.50 (Members) | \$150 (Non-Members)

Aquatic Program Schedules



FRIDAYS

START DATE: JAN 9

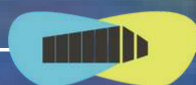
COURSE CODE

COURSE CODE

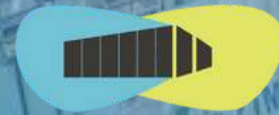
BIBS & BUBBLES 1	5:30 - 6:00 PM	45679
BIBS & BUBBLES 2	4:30 - 5:00 PM	45677
BIBS & BUBBLES 3	5:00 - 5:30 PM	45678
PRESCHOOL 1	4:30 - 5:00 PM	43142
PRESCHOOL 1	6:00 - 6:30 PM	45680
M3 PRESCHOOL 1	5:00 - 5:30 PM	43143
PRESCHOOL 2	5:30 - 6:00 PM	43147
PRESCHOOL 2	5:45 - 6:15 PM	43150
PRESCHOOL 3	4:30 - 5:00 PM	43140
PRESCHOOL 3	5:30 - 6:00 PM	43148
PRESCHOOL 4	4:30 - 5:00 PM	43141
PRESCHOOL 5	5:00 - 5:30 PM	43144
SWIMMER 1	4:45 - 5:15 PM	43122
SWIMMER 1	5:00 - 5:30 PM	43123
SWIMMER 1	5:15 - 5:45 PM	43126
M3 SWIMMER 1	6:00 - 6:30 PM	43131
M3 SWIMMER 1	6:30 - 7:00 PM	43138

SWIMMER 2	4:00 - 4:30 PM	43118
SWIMMER 2	5:00 - 5:30 PM	43124
SWIMMER 2	5:30 - 6:00 PM	43128
SWIMMER 2	6:00 - 6:30 PM	43130
M3 SWIMMER 2	5:30 - 6:00 PM	43125
SWIMMER 3	4:30 - 5:00 PM	43120
SWIMMER 3	6:00 - 6:30 PM	43132
M3 SWIMMER 3	4:00 - 4:30 PM	43117
M3 SWIMMER 3	6:30 - 7:00 PM	45681
SWIMMER 4	4:00 - 4:45 PM	43119
SWIMMER 4	5:30 - 6:15 PM	43129
SWIMMER 5	4:00 - 4:45 PM	43116
SWIMMER 5	6:15 - 7:00 PM	43134
SWIMMER 6	4:45 - 5:30 PM	43121
ROOKIE PATROL	6:15 - 7:00 PM	43136
RANGER PATROL*	6:30 - 7:15 PM	43137
STAR PATROL*	6:30 - 7:15 PM	43139

Winter Programs
are 10 weeks



Aquatic Program Schedules



SATURDAYS

START DATE: JAN 10

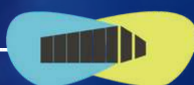
COURSE CODE

COURSE CODE

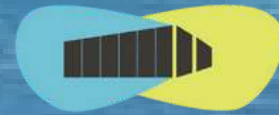
BIBS & BUBBLES 1	10:30 - 11:00 AM	43239
BIBS & BUBBLES 2	8:30 - 9:00 AM	47588
BIBS & BUBBLES 2	9:00 - 9:30 AM	43218
BIBS & BUBBLES 2	10:00 - 10:30 AM	43232
BIBS & BUBBLES 2	11:00 - 11:30 AM	43242
BIBS & BUBBLES 3	8:30 - 9:30 AM	43215
BIBS & BUBBLES 3	9:30 - 10:00 AM	43225
BIBS & BUBBLES 3	11:30 - 12:00 PM	43244
PRESCHOOL 1	10:00 - 10:30 AM	43231
PRESCHOOL 1	11:00 - 11:30 AM	43240
M3 PRESCHOOL 1	9:00 - 9:30 AM	43216
M3 PRESCHOOL 1	9:30 - 10:00 AM	43222
M3 PRESCHOOL 1	9:30 - 10:00 AM	43224
PRESCHOOL 2	9:00 - 9:30 AM	43217
PRESCHOOL 2	10:00 - 10:30 AM	43234
PRESCHOOL 2	10:30 - 11:00 AM	43238
PRESCHOOL 2	11:00 - 11:30 AM	43241
M3 PRESCHOOL 2	9:00 - 9:30 AM	43220
M3 PRESCHOOL 2	9:30 - 10:00 AM	43223
PRESCHOOL 3	10:15 - 10:45 AM	43235
PRESCHOOL 3	11:30 - 12:00 PM	43245
M3 PRESCHOOL 3	9:00 - 9:30 AM	43221
M3 PRESCHOOL 3	9:30 - 10:00 AM	43226
M3 PRESCHOOL 3	10:30 - 11:00 AM	43237
PRESCHOOL 4	10:30 - 11:00 AM	43236
M3 PRESCHOOL 4	9:00 - 9:30 AM	43219
PRESCHOOL 5	11:00 - 11:30 AM	43243
M3 PRESCHOOL 5	10:00 - 10:30 AM	43230
SWIMMER 1	10:00 - 10:30 AM	43184
SWIMMER 1	10:30 - 11:00 AM	43189
M3 SWIMMER 1	9:00 - 9:30 AM	43171
M3 SWIMMER 1	9:30 - 10:00 AM	43176
M3 SWIMMER 1	9:45 - 10:15 AM	43181
M3 SWIMMER 1	11:30 - 12:00 PM	43212

S&P SWIMMER 1	11:00 - 12:00 PM	43203
SWIMMER 2	10:00 - 10:30 AM	43186
SWIMMER 2	11:30 - 12:00 PM	43202
M3 SWIMMER 2	9:00 - 9:30 AM	43170
M3 SWIMMER 2	9:30 - 10:00 AM	43177
M3 SWIMMER 2	10:30 - 11:00 AM	43190
S&P SWIMMER 2	11:00 - 12:00 PM	43205
SWIMMER 3	10:00 - 10:30 AM	43187
SWIMMER 3	10:30 - 11:00 AM	43194
SWIMMER 3	10:45 - 11:15 AM	43200
M3 SWIMMER 3	9:00 - 9:30 AM	43172
M3 SWIMMER 3	9:30 - 10:00 AM	43175
M3 SWIMMER 3	11:30 - 12:00 PM	43211
S&P SWIMMER 3	11:00 - 12:00 PM	43204
SWIMMER 4	9:00 - 9:45 AM	43173
SWIMMER 4	10:00 - 10:45 AM	43183
S&P SWIMMER 4	11:00 - 12:00 PM	43207
SWIMMER 5	9:00 - 9:45 AM	43174
SWIMMER 5	9:30 - 10:15 AM	43178
SWIMMER 6	10:15 - 11:00 AM	43188
SWIMMER 6	10:45 - 11:30 AM	43201
ROOKIE PATROL	9:45 - 10:30 AM	43182
ROOKIE PATROL	11:15 - 12:00 PM	43210
RANGER PATROL*	10:30 - 11:15 AM	43197
RANGER PATROL*	11:15 - 12:00 PM	43208
STAR PATROL*	10:30 - 11:15 AM	43198
STAR PATROL*	11:15 - 12:00 PM	43209

**No classes on March 14 for
March Break!**



Aquatic Leadership



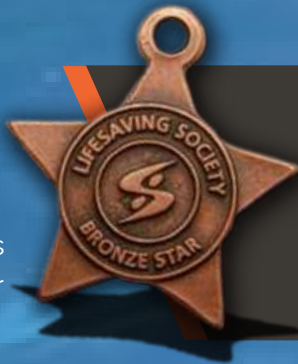
Bronze-level classes are for youth swimmers interested in becoming a lifeguard, swim instructor or want to further their aquatic training. These classes are for those who have completed Star Patrol or equivalent.

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

Sundays | January 11 Start

10 Sessions

6:15pm - 7:30pm

\$108.80 (Members) | \$128.00 (Non-Members)

46121

Excludes March 15 for March Break

BRONZE MEDALLION +BASIC FIRST AID

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



Bronze Medallion Course

Ages 13+ (or completion of Bronze Star)

Sundays | January 11 Start

4:00pm - 6:00pm (11 Sessions)

43545

March 16 - 20 (March Break)

4:30 pm - 8:30 pm

43546

\$140.50 (Members) | \$166 (Non-Members)

BRONZE CROSS +INTERMEDIATE FIRST AID

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

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

REQUIRES BRONZE MEDALLION

Bronze Cross Course

Ages 13+ (or completion of Bronze Star)

Wednesdays | January 7 Start

5:30 pm - 8:30 pm (10 Sessions)

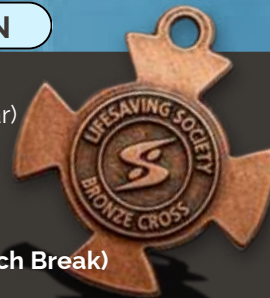
43543

Monday - Friday | March 16 - 20 (March Break)

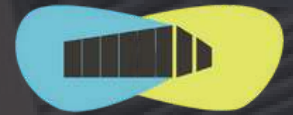
2:00 pm - 8:30 pm

43544

\$140.50 (Members) | \$166 (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.**

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**

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

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.

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!

FIRST AID + CPR C BASIC OR INTERMEDIATE

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

National Lifeguard

Ages 15+
START DATE: Jan 25
6 Sessions
Sunday from 9:00 am - 5:00 pm
44312
\$221 (Members) | \$260 (Non-Members)

*** REQUIRES BRONZE
CROSS & INTERMEDIATE
WORKPLACE FIRST AID**

National Lifeguard Re-Certification

Ages 15+
March 29
Sunday from 9:00 am - 4:00 pm
44314
\$96 (Members) | \$112.94 (Non-Members)

*** REQUIRES
PREVIOUS NL
CERTIFICATION**

First Aid + CPR C Re-Certification

Ages 15+
March 28
Saturday from 9:00 am - 4:00 pm
44319
\$100 (Members) | \$115 (Non-Members)

Swim for Life Instructor

Dates: Jan 10 - 18
Saturday: 9:00 am - 5:00 pm
Sunday: 11:00 am - 7:00 PM
4 Sessions
\$184.45 (Members) | \$217 (Non-Members)
44311

*** REQUIRES
BRONZE
CROSS**

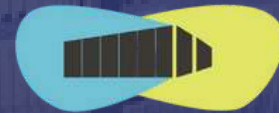
First Aid Course - Ages 14+

Basic workplace first aid + CPR-C - March 7 (44321)
Saturday from 9:00 am - 4:00 pm
\$100 (Members) | \$115 (Non-Members)

Intermediate workplace first aid + CPR-C - March 7 - 8 (44320)
Saturday & Sunday from 9:00 am - 4:00 pm
\$130 (Members) | \$150 (Non-Members)



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!

JR./SR. GUARD

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

Jr. Guard

Sundays

8 - 11 Years Old:

5:30-6:25pm

12 - 15 Years Old:

6:30-7:25pm

Sr. Guard

Saturdays

15+ Years Old:

12:30pm - 1:30pm

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. Join us!

Jr. Tri-Fit

Wednesdays

Ages 8-11

6:00-6:45pm

Ages 12-15

6:45 - 7:30pm

Tri-Fit

Mondays & Wednesdays

Ages 16+

7:30-8:45pm

AQUA-FIT

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

Shallow Water

Aqua-Fit

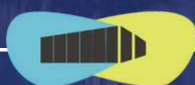
Ages 16+

Mondays & Wednesdays

11:05am - 11:55am

Fridays

1:05 - 1:55 pm



DROP-IN AQUATIC PROGRAMS

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

Be sure to check our facility schedule before each session!

ADULTS SWIMMING LESSONS

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

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

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

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

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

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

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

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

Sundays

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

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

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

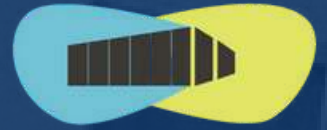
Wednesdays

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

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

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

PRESCHOOL & CHILD SPORT PROGRAMS



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

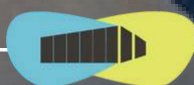
We provide **fun and exciting programs in an age-appropriate environment** with instruction from our trained staff.

Preschool Recreation Programs Ages 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 6-12

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



PRESCHOOL & CHILD SPORT PROGRAMS

MEMBERS SAVE 15%



LITTLE DRIBBLERS

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

Ages: 4-5 yrs

Saturdays | January 10 – March 21

10 sessions

9:15 – 10:00 am

Member \$76.50 | Non-Member \$90.00

44289

**No Programs March
15 for March Break.**

LITTLE KICKERS

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

Ages: 4-5 yrs

Saturdays | January 10 – March 21

10 sessions

10:00 – 10:45 am

Member \$76.50 | Non-Member \$90.00

44292

ALL SORTS OF SPORTS

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

Ages: 4-5 yrs

Saturdays | January 10 – March 21

10 sessions

10:45 – 11:30 am

Member \$76.50 | Non-Member \$90.00

44419

Ages: 6-8 yrs

Saturdays | January 10 – March 21

10 sessions

11:30 – 12:25 pm

Member \$85 | Non-Member \$100

44405



PRESCHOOL & CHILD SPORT PROGRAMS

MEMBERS SAVE 15%



VOLLEYBALL

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

Ages: 9 – 12 yrs

Tuesdays | January 6 - March 10

10 Sessions

6:30 pm - 7:25 pm

Member \$85 | Non-Member \$100

44259



BADMINTON

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

Ages: 9 - 12 yrs

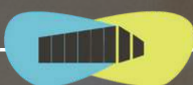
Tuesdays | January 6 - March 10

10 Sessions

7:30 pm - 8:25 pm

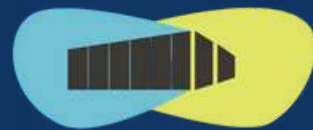
Member \$85 | Non-Member \$100

44261



PRESCHOOL & CHILD SPORT PROGRAMS

sportball



No Programs March 15 for
March Break.

Zatzman Sportsplex is excited to be partnering with Sportball Atlantic to introduce more programs for little ones! 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 10 sessions

SPORTBALL JUNIOR

Ages 16 - 24 months

Sundays | January 11 - March 22

3:30 pm - 4:15 pm

Member \$165 | Non-Member \$194

44303

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 | January 11 - March 22

4:15pm - 5:00pm

Member \$165 | Non-Member \$194

44306

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 - 4 yrs

Sundays | January 11 - March 22

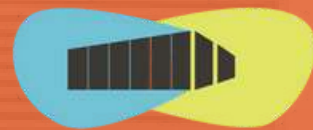
2:30 pm - 3:30 pm

Member \$165 | Non-Member \$194

44295



ADULT PICKLEBALL



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



BEGINNER

Ages 18+

Tuesdays | January 6 - February 3
12:30 pm - 2:00 pm
Member \$63.75 | Non-Member \$75
44200

Ages 18+

Wednesdays | January 7 - February 4
5:00pm - 6:30pm
Member \$63.75 | Non-Member \$75
44203

Ages 18+

Tuesdays | February 10 - March 10
12:30pm - 2:00pm
Member \$63.75 | Non-Member \$75
44201

Ages 18+

Wednesdays | February 11 - March 11
5:00pm - 6:30pm
Member \$63.75 | Non-Member \$75
44205



SKILLS AND DRILLS

INTERMEDIATE

Ages 18+

Thursdays | January 8 - February 5
5:00pm - 6:30pm
Member \$63.75 | Non-Member \$75
44264

Ages 18+

Thursdays | February 12 - March 12
5:00pm - 6:30pm
Member \$63.75 | Non-Member \$75
44266

ADVANCED

Ages 18+

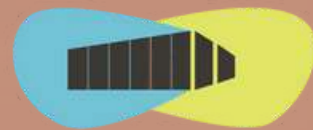
Fridays | January 9 - February 6
5:30pm - 7:00pm
Member \$63.75 | Non-Member \$75
44275

Ages 18+

Fridays | February 13 - March 13
5:30pm - 7:00pm
Member \$63.75 | Non-Member \$75
44288



FITNESS WORKSHOPS



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

FUNCTIONAL FITNESS FOR BEGINNERS

A beginner-friendly program focused on improving strength, mobility, balance, and endurance through full-body functional exercises. Participants will build a strong foundation for daily movement and fitness, learning proper technique and progression in a supportive environment. This class is ideal for adults who are new to exercise or returning after a break.

Ages 13+

Thursdays | Start: January 22

6 sessions

6:30 pm - 7:30 pm

Member \$67.75 | Non-Member \$80

47125

Tax Incl.



YOUTH INTRO TO WEIGHT TRAINING

This workshop introduces youth to the fundamentals of safe and effective weight training in the gym environment. Participants will learn proper technique, posture, and breathing while gaining confidence using gym equipment. Each session focuses on form, control, and injury prevention, with fun, progressive strength challenges. By the end, participants will understand how to train safely and independently in a gym setting.

Ages 13 - 17 yrs

Saturdays | Start: January 17

6 sessions

2:00 pm - 3:00 pm

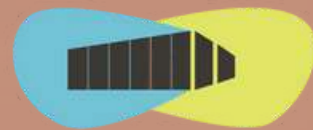
Member \$59.50 | Non-Member \$70

47124

No Tax



FITNESS WORKSHOPS



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

RESET & RENEW: A WINTER WELLNESS YOGA SERIES

This is a 4-week Yoga series where you'll explore the connections between Mind and Body while creating a space to build new confidence, clarity, and connection. Each week will have a 90-minute session of Yoga and journaling to help you start 2026 on the best foot yet!

Ages 13+

Saturdays | Start: January 3

4 sessions

10:00 am - 11:30 am

Member \$67.75 | Non-Member \$80

47128

Tax Incl.

Ages 13+

Sundays | Start: January 4

4 sessions

8:20 am - 9:50 am

Member \$67.75 | Non-Member \$80

47129

Tax Incl.



TRX FUNDAMENTALS

A one-hour introduction to TRX (**Total Body Resistance Exercise**). Learn basic postures, adjustments, and movements, and then enjoy a fast-paced and challenging bootcamp-style workout to wrap up the session. You'll have a newfound appreciation for your body and a new tool you can add to your workouts moving forward!

Ages 13+

Sunday | January 18

10:00 am - 11:00 am

Member \$21.25 | Non-Member \$25

47122

Tax Incl.

Ages 13+

Wednesday | January 28

6:00 pm - 7:00 pm

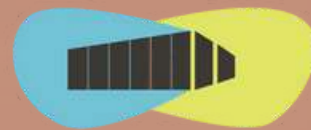
Member \$21.25 | Non-Member \$25

47123

Tax Incl.



FITNESS WORKSHOPS



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

WOMEN'S INTRO TO WEIGHT TRAINING

Kickstart your strength journey with a fun, two-hour confidence-boosting workshop! Learn simple weight-training principles, try the equipment, and get a clear plan to help you feel strong, capable, and ready to own the weight room. Space is limited. **Ages 13+**

Saturday | December 13
1:00 pm - 3:00 pm
47117

Saturday | February 14
1:00 pm - 3:00 pm
47120

Saturday | January 10
1:00 pm - 3:00 pm
47118

Saturday | March 14
1:00 pm - 3:00 pm
47121

Member \$37.40 | Non-Member \$44

Tax Incl.



CONCUSSION SERIES WITH ELIZABETH PEIRCE

This two-part workshop helps you support your brain as it heals. **Part 1** focuses on creating an ideal healing environment through pacing, gentle movement, and practical tools to calm your nervous system. **Part 2** shifts to using food as a healing tool, showing you how to make simple, nutritious meals and snacks that support recovery. Together, both sessions give you a grounded, empowering roadmap for your concussion-healing journey.

Saturdays | Start: January 31
2 sessions
10:00 am - 12:00 pm
Member \$67.75 | Non-Member \$80
47227

Tax Incl.

Interested but unsure if the workshop is right for you? Please reach out to Elizabeth at elizabethpeircewriter@gmail.com



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 16 - Friday, March 20

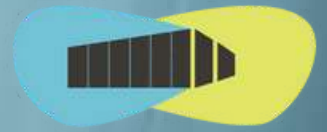
8:30 am - 4:30 pm

Ages: 5 1/2 - 12 yrs

\$204 (Members) | \$240 (Non-Members)
44186



**Early care from 7:30-8:30 am and
late care from 4:30-5:30 pm are
available at an additional charge:
\$18.50 each, or both for \$37**



These classes are all 15 weeks and there will be a recital at the end of the program. An additional recital fee of \$32 applies to each registration. A costume fee is paid at the start of the session directly to DDA.

For questions please contact the DDA Director at:
directordartmouthdance@gmail.com



PRESCHOOL COMBO

BALLET/JAZZ

Ages 4 - 5

Saturdays | Start: January 31

12:45 pm - 1:30 pm

Member \$192.60 | Non-Member \$226.50

44396

BALLET/TAP

Age 4

Sundays | Start: February 1

10:45 am - 11:30 am

Member \$192.60 | Non-Member \$226.50

44388



CHILDREN'S COMBO

BALLET/JAZZ

Ages 4 - 6

Saturdays | Start: January 31

1:30pm - 2:15pm

Member \$192.60 | Non-Member \$226.50

44394

BALLET/ JAZZ / TAP

Age 5

Sundays | Start: February 1

11:30 am - 12:30 pm

Member \$217 | Non-Member \$255

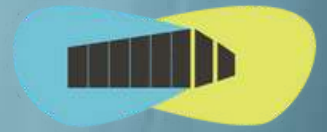
44391

No class on March 21
and 22 for March Break!



No class April 4 and 5 for
Easter!





These classes are all 15 weeks and there will be a recital at the end of the program. An additional recital fee of \$32 applies to each registration. A costume fee is paid at the start of the session directly to DDA.

For questions please contact the DDA Director at:
directordartmouthdance@gmail.com



MINI HIP HOP

Ages 6 - 8 yrs

Sundays | Start: February 1

12:45 pm - 1:30 pm

Member \$192.60 | Non-Member \$226.50

44392

No class on March 21
and 22 for March Break!



LITTLE STARS

Age: 3 yrs

Sundays | Start: February 1

10:00 am - 10:45 am

Member \$192.60 | Non-Member \$226.50

44387

No class April 4 and 5 for
Easter!



INTRO TO DANCE

Ages: 3 - 4 yrs

Saturday | Start: January 31

12:00 pm - 12:45 pm

Member \$192.60 | Non-Member \$226.50

44398





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