



SPRING & SUMMER 2026 PROGRAM GUIDE





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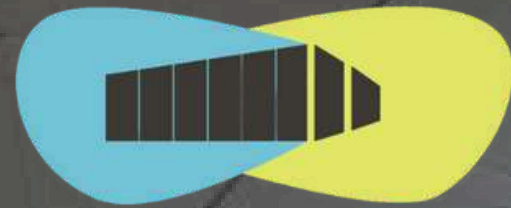
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Welcome to

THE ZATZMAN SPORTSPLEX!

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www.zatzmansportsplex.com



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Registration begins:



Spring: March 25



Summer: June 18

Time: 9:00 AM



Pool Parties



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

Each party gets its own exclusive section of the pool.

Party Package A - Half Leisure Pool

This party has shared access to the splash pad and blue slide. Up to 15 children with 5 adults. \$175

Party Package B - Half of Each Pool

Includes access to half of both the main and leisure pools along with slides and splash pad. Up to 25 children and adults. \$287

Party Package C -

Both Pools (This party is available every second Saturday)

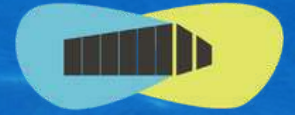
The big one! Full use of slides, splash pad, rope swing and more!

Up to 40 children and adults. \$511



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

Swimming Lessons



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

BIBS & BUBBLES

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

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

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

PRESCHOOL

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

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

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



SWIMMER CLASSES

SWIMMER 1, 2 & 3
30 minutes

SWIMMER 1:

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

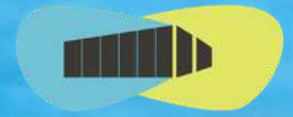
SWIMMER 2:

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

SWIMMER 3:

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

Swimming Lessons



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

SWIMMER CLASSES CONTINUED:

SWIMMER 4:

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

SWIMMER 5:

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

SWIMMER 6:

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

SWIMMER 4, 5 & 6
45 minutes

+ STAY & PLAY

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

Swimmer 1-3:

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

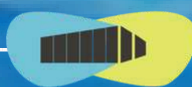
All Other Lessons:

45 minutes of class
+15 minutes free play

MAX 3 SWIMMER CLASSES

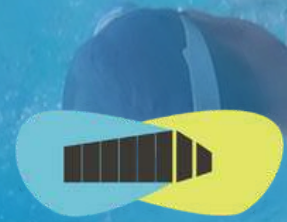
The following classes are offered with a maximum of 3 participants so each child gets more individual attention. These classes follow the same curriculum as regular Swimmer classes. See previous page for course descriptions.

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





Swimming Lessons



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

PATROL CLASSES (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.

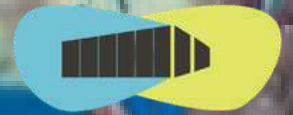
YOUTH SWIM 3

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



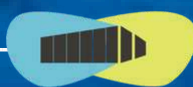
PRIVATE SWIMMING LESSONS (Ages 5+)


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.

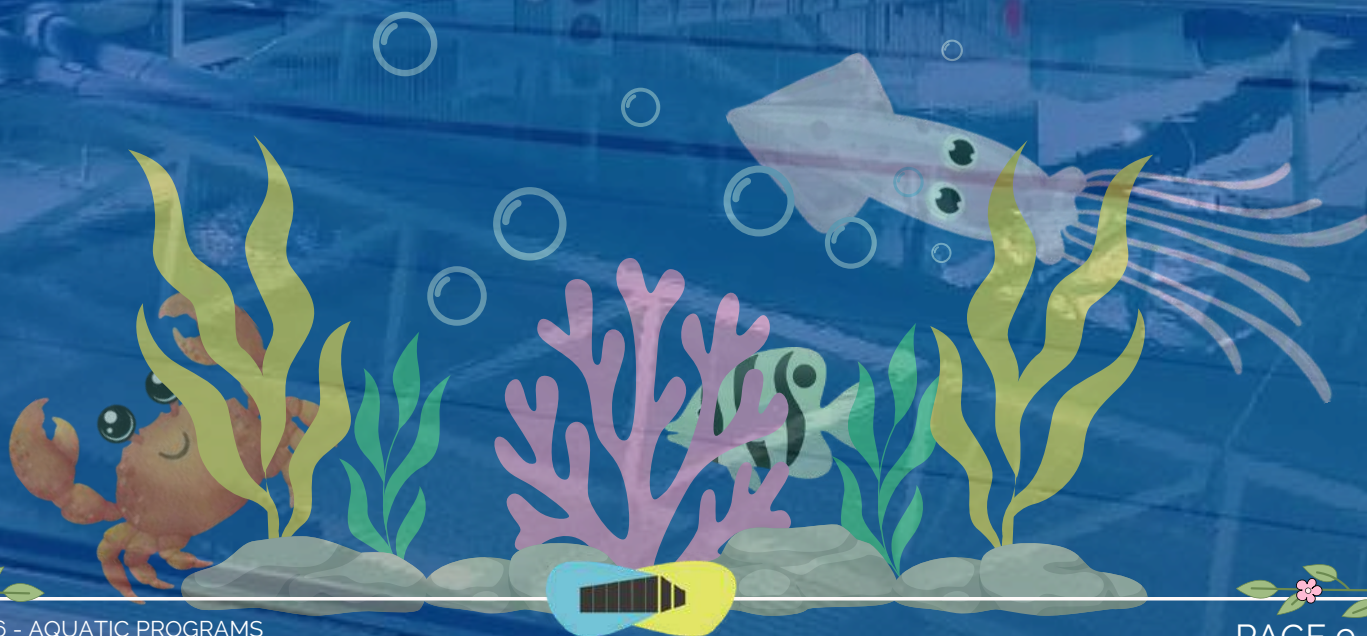
Lesson times are available to view online before registration starts. To view class times [click here](#).

- 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.

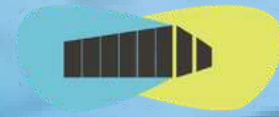




SPRING AQUATIC PROGRAMS



Aquatic Program Schedules



SUNDAYS

START DATE: APR 12

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	57462	S&P SWIMMER 2	6:30 - 7:30 PM	57405
BIBS & BUBBLES 2	4:15 - 4:45 PM	57441	SWIMMER 3	5:15 - 5:45 PM	57350
BIBS & BUBBLES 3	4:30 - 5:00 PM	57459	SWIMMER 3	6:45 - 7:15 PM	57411
PRESCHOOL 1	4:00 - 4:30 PM	57443	M3 SWIMMER 3	5:00 - 5:30 PM	57346
PRESCHOOL 1	5:30 - 6:00 PM	57475	S&P SWIMMER 3	4:30 - 5:30 PM	57336
M3 PRESCHOOL 1	4:15 - 4:45 PM	57456	S&P SWIMMER 3	5:30 - 6:30 PM	57353
PRESCHOOL 2	4:15 - 4:45 PM	57450	S&P SWIMMER 3	6:30 - 7:30 PM	57408
PRESCHOOL 2	5:45 - 6:15 PM	57477	SWIMMER 4	4:15 - 5:00 PM	57335
M3 PRESCHOOL 2	4:45 - 5:15 PM	57460	S&P SWIMMER 4	4:30 - 5:30 PM	57344
PRESCHOOL 3	4:00 - 4:30 PM	57430	S&P SWIMMER 4	5:30 - 6:30 PM	57372
PRESCHOOL 3	4:45 - 5:15 PM	57461	SWIMMER 5	6:30 - 7:15 PM	57386
M3 PRESCHOOL 3	5:15 - 5:45 PM	57474	SWIMMER 5	7:15 - 8:00 PM	57416
PRESCHOOL 4	4:00 - 4:30 PM	57445	S&P SWIMMER 5	5:30 - 6:30 PM	57371
M3 PRESCHOOL 4	5:45 - 6:15 PM	57476	S&P SWIMMER 6	6:30 - 7:30 PM	57400
PRESCHOOL 5	4:00 - 4:30 PM	57428	S&P ROOKIE PATROL	6:30 - 7:30 PM	57410
SWIMMER 1	4:00 - 4:30 PM	57334	S&P RANGER PATROL*	4:30 - 5:30 PM	57340
SWIMMER 1	6:45 - 7:15 PM	57413	S&P STAR PATROL*	4:30 - 5:30 PM	57341
M3 SWIMMER 1	6:15 - 6:45 PM	57385	YOUTH SWIM 1	7:15 - 8:00 PM	57415
S&P SWIMMER 1	4:45 - 5:45 PM	57349	YOUTH SWIM 2	7:15 - 8:00 PM	57417
S&P SWIMMER 1	5:30 - 6:30 PM	57360	YOUTH SWIM 3	5:45 - 6:30 PM	57373
S&P SWIMMER 1	6:30 - 7:30 PM	57407			
SWIMMER 2	4:30 - 5:00 PM	57338			
SWIMMER 2	6:15 - 6:45 PM	57378			
M3 SWIMMER 2	5:00 - 5:30 PM	57345			
S&P SWIMMER 2	5:30 - 6:30 PM	57357			

Bibs & Bubbles 1 (4 - 12 months)
Bibs & Bubbles 2 (13 - 24 months)
Bibs & Bubbles 3 (25 - 36 months)
\$103.70 (Members) | \$122.00 (Non-Members)

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

Preschool 1-5
\$103.70 (Members) | \$122.00 (Non-Members)
MAX 3 Preschool 1-5
\$124.10 (Members) | \$146.00 (Non-Members)

Aquatic Program Schedules

MONDAYS

START DATE: APR 6

COURSE CODE

PRESCHOOL 1	4:00 - 4:30 PM	54808
PRESCHOOL 1	5:00 - 5:30 PM	54807
M3 PRESCHOOL 1	4:30 - 5:00 PM	54810
M3 PRESCHOOL 1	5:30 - 6:00 PM	54811
PRESCHOOL 2	4:00 - 4:30 PM	54809
M3 PRESCHOOL 2	4:30 - 5:00 PM	54813
M3 PRESCHOOL 2	5:30 - 6:00 PM	54816
PRESCHOOL 3	6:00 - 6:30 PM	56164
M3 PRESCHOOL 3	4:30 - 5:00 PM	54818
M3 PRESCHOOL 3	5:00 - 5:30PM	54822
SWIMMER 1	4:00 - 4:30 PM	54844
SWIMMER 1	6:00 - 6:30 PM	54847
M3 SWIMMER 1	5:00 - 5:30 PM	54850
M3 SWIMMER 1	6:30 - 7:00 PM	54851
SWIMMER 2	6:00 - 6:30 PM	54848
M3 SWIMMER 2	5:30 - 6:00 PM	54853
SWIMMER 3	6:30 - 7:00 PM	54849
SWIMMER 4	7:00 - 7:45 PM	54859

Stay & Play Program

\$131.75 (Members)
\$155.00 (Non-Members)

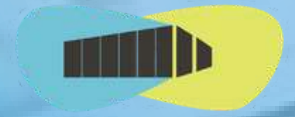
Max 3 Swimmer 1, 2 & 3

\$124.10 (Members)
\$146.00 (Non-Members)

Swimmer 1, 2, 3, 4, 5 & 6 (Ages 5-11)

\$103.70 (Members)
\$122.00 (Non-Members)

Aquatic Program Schedules



TUESDAYS

START DATE: APR 7

COURSE CODE

COURSE CODE

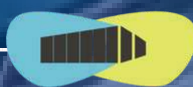
BIBS & BUBBLES 1	5:00 - 5:30 PM	55819
BIBS & BUBBLES 2	5:30 - 6:00 PM	55821
BIBS & BUBBLES 3	4:30 - 5:00 PM	55823
PRESCHOOL 1	5:00 - 5:30 PM	55829
PRESCHOOL 1	5:30 - 6:00 PM	55838
PRESCHOOL 1	6:00 - 6:30 PM	55840
M3 PRESCHOOL 1	4:30 - 5:00 PM	55832
PRESCHOOL 2	4:00 - 4:30 PM	55828
PRESCHOOL 2	4:30 - 5:00 PM	55826
PRESCHOOL 2	5:00 - 5:30 PM	55831
M3 PRESCHOOL 2	5:30 - 6:00 PM	55839
PRESCHOOL 3	4:30 - 5:00 PM	55827
PRESCHOOL 3	5:00 - 5:30 PM	55830
M3 PRESCHOOL 3	4:00 - 4:30 PM	55824
PRESCHOOL 4	4:00 - 4:30 PM	55825
PRESCHOOL 4	5:00 - 5:30 PM	55834
PRESCHOOL 5	5:30 - 6:00 PM	55836
SWIMMER 1	4:30 - 5:00 PM	55780
SWIMMER 1	4:45 - 5:15 PM	55783
SWIMMER 1	5:00 - 5:30 PM	55786
SWIMMER 1	5:30 - 6:00 PM	55795
M3 SWIMMER 1	6:00 - 6:30 PM	55798
SWIMMER 2	4:00 - 4:30 PM	55775
SWIMMER 2	4:30 - 5:00 PM	55779
SWIMMER 2	5:30 - 6:00 PM	55793
SWIMMER 2	6:00 - 6:30 PM	55797
M3 SWIMMER 2	5:45 - 6:15 PM	55796

SWIMMER 3	4:30 - 5:00 PM	55782
SWIMMER 3	5:00 - 5:30 PM	55788
SWIMMER 3	5:15 - 5:45 PM	55790
SWIMMER 3	6:00 - 6:30 PM	55799
M3 SWIMMER 3	4:00 - 4:30 PM	55774
SWIMMER 4	4:00 - 4:45 PM	55776
SWIMMER 4	5:15 - 6:00 PM	55792
SWIMMER 5	4:30 - 5:15 PM	55777
SWIMMER 5	7:15 - 8:00 PM	55800
SWIMMER 6	7:15 - 8:00 PM	55801
ROOKIE PATROL	6:30 - 7:15 PM	55803
RANGER PATROL	6:30 - 7:15 PM	55810
STAR PATROL	6:30 - 7:15 PM	55807
YOUTH SWIM 1	6:30 - 7:15 PM	55815
YOUTH SWIM 2	7:15 - 8:00 PM	55816

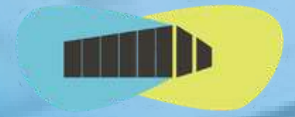


Rookie, Ranger and Star Patrol

\$103.70 (Members)
\$122.00 (Non-Members)



Aquatic Program Schedules



WEDNESDAYS

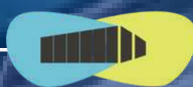
START DATE: APR 8

COURSE CODE

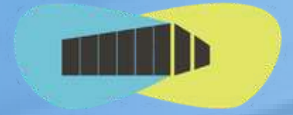
COURSE CODE

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BIBS & BUBBLES 2	9:15 - 9:45 AM	56195
BIBS & BUBBLES 2	4:30 - 5:00 PM	56216
BIBS & BUBBLES 3	5:00 - 5:30 PM	56217
M3 PRESCHOOL 1	4:45 - 5:15 PM	56208
M3 PRESCHOOL 1	5:15 - 5:45 PM	56209
M3 PRESCHOOL 1	5:30 - 6:00 PM	56219
M3 PRESCHOOL 2	4:00 - 4:30 PM	56211
M3 PRESCHOOL 2	5:45 - 6:15 PM	56210
M3 PRESCHOOL 2	6:00 - 6:30 PM	56214
M3 PRESCHOOL 3	5:00 - 5:30 PM	56212
M3 PRESCHOOL 3	5:30 - 6:00 PM	56213
M3 PRESCHOOL 4	4:15 - 4:45 PM	56190
M3 PRESCHOOL 4	5:00 - 5:30 PM	56218
M3 PRESCHOOL 5	5:30 - 6:00 PM	56194
SWIMMER 1	6:00 - 6:30 PM	56244
M3 SWIMMER 1	4:30 - 5:00 PM	56243
M3 SWIMMER 1	6:30 - 7:00 PM	56228
M3 SWIMMER 1	7:00 - 7:30 PM	56238
SWIMMER 2	5:30 - 6:00 PM	56239
SWIMMER 2	6:15 - 6:45 PM	56236

M3 SWIMMER 2	4:30 - 5:00 PM	56227
M3 SWIMMER 2	5:45 - 6:15 PM	56235
M3 SWIMMER 2	6:00 - 6:30 PM	56240
M3 SWIMMER 2	6:15 - 6:45 PM	56221
M3 SWIMMER 3	4:00 - 4:30 PM	56242
M3 SWIMMER 3	4:45 - 5:15 PM	56233
M3 SWIMMER 3	5:15 - 5:45 PM	56234
M3 SWIMMER 3	6:30 - 7:00 PM	56245
SWIMMER 4	4:00 - 4:45 PM	56232
SWIMMER 5	6:00 - 6:45 PM	56226
SWIMMER 5	6:45 - 7:30 PM	56237
SWIMMER 6	4:00 - 4:45 PM	56224
ROOKIE PATROL	4:45 - 5:30 PM	56225
RANGER PATROL*	6:45 - 7:30 PM	56222
STAR PATROL*	6:45 - 7:30 PM	56223
YOUTH SWIM 1	6:30 - 7:15 PM	56241



Aquatic Program Schedules



THURSDAYS

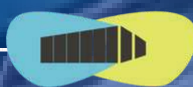
START DATE: APR 9

COURSE CODE

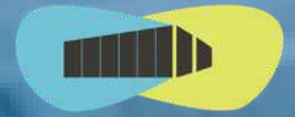
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BIBS & BUBBLES 1	9:30 - 10:00 AM	56443
BIBS & BUBBLES 1	4:00 - 4:30 PM	56453
BIBS & BUBBLES 2	9:00 - 9:30 AM	56436
BIBS & BUBBLES 2	5:00 - 5:30 PM	56252
BIBS & BUBBLES 3	9:00 - 9:30 AM	56439
BIBS & BUBBLES 3	4:30 - 5:00 PM	56425
PRESCHOOL 1	9:00 - 9:30 AM	56440
PRESCHOOL 1	4:00 - 4:30 PM	55867
PRESCHOOL 1	5:00 - 5:30 PM	56430
PRESCHOOL 1	5:30 - 6:00 PM	56433
M3 PRESCHOOL 1	4:45 - 5:15 PM	56254
PRESCHOOL 2	9:30 - 10:00 AM	56441
PRESCHOOL 2	5:15 - 5:45 PM	56662
PRESCHOOL 2	6:00 - 6:30 PM	56253
M3 PRESCHOOL 2	5:00 - 5:30 PM	56426
PRESCHOOL 3	9:30 - 10:00 AM	56442
PRESCHOOL 3	4:15 - 4:45 PM	55874
PRESCHOOL 3	5:30 - 6:00 PM	56428
M3 PRESCHOOL 3	4:00 - 4:30 PM	55871
PRESCHOOL 4	10:00 - 10:30 AM	56449
PRESCHOOL 4	4:30 - 5:00 PM	56432
M3 PRESCHOOL 4	4:00 - 4:30 PM	55872
M3 PRESCHOOL 5	5:15 - 5:45 PM	56316
SWIMMER 1	4:30 - 5:00 PM	56664

SWIMMER 1	5:00 - 5:30 PM	56559
SWIMMER 1	5:30 - 6:00 PM	56552
M3 SWIMMER 1	4:00 - 4:30 PM	56663
M3 SWIMMER 1	6:00 - 6:30 PM	56671
SWIMMER 2	4:30 - 5:00 PM	56551
SWIMMER 2	5:30 - 6:00 PM	56560
SWIMMER 2	6:00 - 6:30 PM	56668
M3 SWIMMER 2	4:00 - 4:30 PM	56660
SWIMMER 3	4:30 - 5:00 PM	56558
SWIMMER 3	5:15 - 5:45 PM	56658
SWIMMER 3	6:00 - 6:30 PM	56665
M3 SWIMMER 3	4:00 - 4:30 PM	56669
M3 SWIMMER 3	5:00 - 5:30 PM	56670
SWIMMER 4	4:30 - 5:15 PM	56661
SWIMMER 4	5:45 - 6:30 PM	56659
SWIMMER 5	7:15 - 8:00 PM	56673
SWIMMER 6	4:30 - 5:15 PM	56657
ROOKIE PATROL	6:30 - 7:15 PM	56666
RANGER PATROL	6:30 - 7:15 PM	56554
STAR PATROL	7:15 - 8:00 PM	56667
YOUTH SWIM 1	5:45 - 6:30 PM	56562
YOUTH SWIM 2	7:15 - 8:00 PM	56556
YOUTH SWIM 3	6:30 - 7:15 PM	56672



Aquatic Program Schedules



FRIDAYS

START DATE: APR 10

COURSE CODE

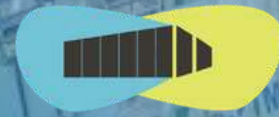
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PRESCHOOL 1	4:30 - 5:00 PM	56705
PRESCHOOL 1	5:30 - 6:00 PM	56706
M3 PRESCHOOL 1	5:00 - 5:30 PM	56703
PRESCHOOL 2	5:30 - 6:00 PM	56704
PRESCHOOL 2	5:45 - 6:15 PM	56701
PRESCHOOL 3	4:30 - 5:00 PM	56700
PRESCHOOL 3	5:30 - 6:00 PM	56708
PRESCHOOL 4	4:30 - 5:00 PM	56702
PRESCHOOL 5	5:00 - 5:30 PM	56707
SWIMMER 1	4:45 - 5:15 PM	56679
SWIMMER 1	5:00 - 5:30 PM	56675
SWIMMER 1	5:15 - 5:45 PM	56680
M3 SWIMMER 1	6:00 - 6:30 PM	56685
M3 SWIMMER 1	6:30 - 7:00 PM	56691
SWIMMER 2	4:00 - 4:30 PM	56692
SWIMMER 2	5:00 - 5:30 PM	56687
SWIMMER 2	5:30 - 6:00 PM	56684
SWIMMER 2	6:00 - 6:30 PM	56677

M3 SWIMMER 2	5:30 - 6:00 PM	56676
SWIMMER 3	4:30 - 5:00 PM	56683
SWIMMER 3	6:00 - 6:30 PM	56688
M3 SWIMMER 3	4:00 - 4:30 PM	56686
M3 SWIMMER 3	5:00 - 5:30 PM	56694
SWIMMER 4	4:00 - 4:45 PM	56696
SWIMMER 4	5:30 - 6:15 PM	56698
SWIMMER 5	4:00 - 4:45 PM	56674
SWIMMER 5	6:15 - 7:00 PM	56699
SWIMMER 6	4:45 - 5:30 PM	56697
ROOKIE PATROL	6:15 - 7:00 PM	56681
RANGER PATROL	6:30 - 7:15 PM	56678
STAR PATROL	6:30 - 7:15 PM	56693
YOUTH SWIM 3	6:30 - 7:15 PM	56695



Aquatic Program Schedules



SATURDAYS

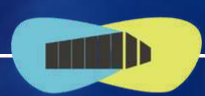
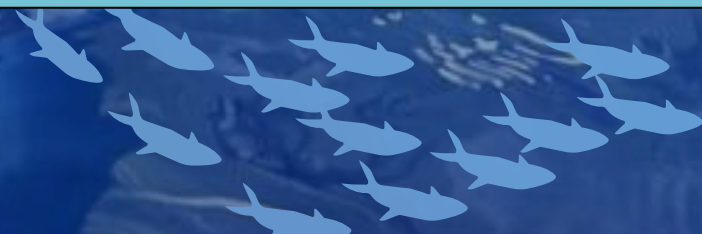
START DATE: APR 11

COURSE CODE

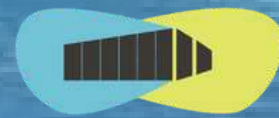
COURSE CODE

BIBS & BUBBLES 1	10:30 - 11:00 AM	57268
BIBS & BUBBLES 2	8:30 - 9:00 AM	57246
BIBS & BUBBLES 2	9:00 - 9:30 AM	57252
BIBS & BUBBLES 2	10:00 - 10:30 AM	57263
BIBS & BUBBLES 2	11:00 - 11:30 AM	57272
BIBS & BUBBLES 3	8:30 - 9:30 AM	57249
BIBS & BUBBLES 3	9:30 - 10:00 AM	57258
BIBS & BUBBLES 3	11:30 - 12:00 PM	57273
PRESCHOOL 1	10:00 - 10:30 AM	57262
PRESCHOOL 1	11:00 - 11:30 AM	57269
PRESCHOOL 1	11:30 - 12:00 PM	57275
M3 PRESCHOOL 1	8:30 - 9:00 AM	57248
M3 PRESCHOOL 1	9:00 - 9:30 AM	57253
M3 PRESCHOOL 1	9:30 - 10:00 AM	57255
M3 PRESCHOOL 1	10:30 - 11:00 AM	57266
PRESCHOOL 2	9:00 - 9:30 AM	57251
PRESCHOOL 2	10:00 - 10:30 AM	57264
PRESCHOOL 2	11:00 - 11:30 AM	57270
PRESCHOOL 2	11:30 - 12:00 PM	57274
M3 PRESCHOOL 2	8:30 - 9:00 AM	57245
M3 PRESCHOOL 2	9:30 - 10:00 AM	57256
M3 PRESCHOOL 2	9:45 - 10:15 AM	57260
PRESCHOOL 3	10:15 - 10:45 AM	57265
PRESCHOOL 3	11:30 - 12:00 PM	57276
M3 PRESCHOOL 3	9:00 - 9:30 AM	57254
M3 PRESCHOOL 3	9:30 - 10:00 AM	57259
M3 PRESCHOOL 3	10:00 - 10:30 AM	57261
PRESCHOOL 4	9:30 - 10:00 AM	57257
M3 PRESCHOOL 4	10:30 - 11:00 AM	57267
PRESCHOOL 5	11:00 - 11:30 AM	57271
M3 PRESCHOOL 5	9:00 - 9:30 AM	57250
SWIMMER 1	8:30 - 9:00 AM	57195
SWIMMER 1	9:00 - 9:30 AM	57200
SWIMMER 1	10:00 - 10:30 AM	57211
SWIMMER 1	10:30 - 11:00 AM	57218

M3 SWIMMER 1	9:30 - 10:00 AM	57208
M3 SWIMMER 1	9:45 - 10:15 AM	57224
M3 SWIMMER 1	11:30 - 12:00 PM	57243
SWIMMER 2	9:00 - 9:30 AM	57199
SWIMMER 2	10:00 - 10:30 AM	57213
SWIMMER 2	11:00 - 11:30 AM	57235
SWIMMER 2	11:30 - 12:00 PM	57244
M3 SWIMMER 2	9:30 - 10:00 AM	57210
M3 SWIMMER 2	10:30 - 11:00 AM	57221
SWIMMER 3	10:00 - 10:30 AM	57214
SWIMMER 3	10:30 - 11:00 AM	57222
SWIMMER 3	10:45 - 11:15 AM	57231
SWIMMER 3	11:00 - 11:30 AM	57234
M3 SWIMMER 3	9:00 - 9:30 AM	57202
M3 SWIMMER 3	9:30 - 10:00 AM	57207
M3 SWIMMER 3	11:30 - 12:00 PM	57242
SWIMMER 4	9:00 - 9:45 AM	57205
SWIMMER 4	10:00 - 10:45 AM	57209
SWIMMER 4	10:30 - 11:15 AM	57240
SWIMMER 4	11:00 - 11:15 AM	57233
SWIMMER 5	9:00 - 9:45 AM	57206
SWIMMER 5	10:15 - 11:00 AM	57219
SWIMMER 6	9:00 - 9:45 AM	57204
SWIMMER 6	10:45 - 11:30 AM	57232
ROOKIE PATROL	9:45 - 10:30 AM	57227
ROOKIE PATROL	11:15 - 12:00 PM	57239
RANGER PATROL*	10:30 - 11:15 AM	57230
RANGER PATROL	11:15 - 12:00 PM	57238
STAR PATROL*	10:30 - 11:15 AM	57229
STAR PATROL	11:15 - 12:00 PM	57228



Aquatic Leadership

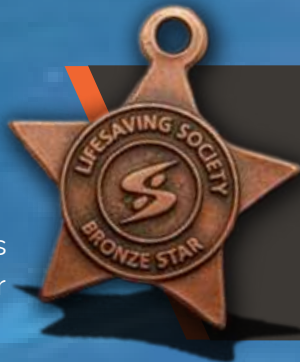


Bronze-level classes are for youth swimmers interested in becoming a lifeguard, swim instructor or want to further their aquatic training. These classes are for those who have completed Star Patrol or equivalent.

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
Mondays | April 6 Start
10 Sessions
4:15pm - 5:30pm
\$112.20 (Members) | \$132.00 (Non-Members)
56186

BRONZE MEDALLION +BASIC FIRST AID

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



Bronze Medallion Course

Ages 13+ (or completion of Bronze Star)
Mondays | April 6 Start
11 Sessions
5:45pm - 7:45pm
\$145.35 (Members) | \$171 (Non-Member)
56185

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.**

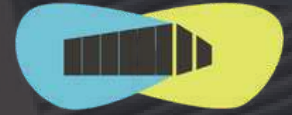
BRONZE MEDALLION REQUIRED

Bronze Cross Course

Ages 13+ (completion of Bronze Medallion)
Mondays | April 6 Start
11 Sessions
5:30 pm - 8:30 pm
56181
\$145.35 (Members) | \$171 (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

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 RE-CERTIFICATION COURSE

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

FIRST AID + CPR C BASIC OR INTERMEDIATE

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

National Lifeguard

Ages 15+

START DATE: April 5

6 Sessions

Sunday from 9:00 am - 5:00 pm

57568

\$227.80 (Members) | \$268 (Non-Members)

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

*** REQUIRES PREVIOUS NL CERTIFICATION**

National Lifeguard Re-Certification

Ages 15+

May 17

Sunday: 9:00 am - 4:00 pm

57721

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

June 13

Saturday: 9:00 am - 4:00 pm

57739

Swim for Life Instructor

Ages 15+

Sunday | May 24 Start

4 Sessions

11:00am - 7:30pm

\$216.94 (Members) | \$255 (Non-Members)

57582

*** REQUIRES BRONZE CROSS**

First Aid + CPR C Re-Certification

Ages 15+

May 16

June 6

57751

57755

Saturday from 9:00 am - 4:00 pm

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

First Aid Course - Ages 14+

Basic workplace first aid + CPR-C - June 20 (57927)

Saturday from 9:00 am - 4:00 pm

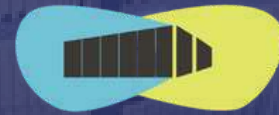
\$100.65 (Members) | \$118.42 (Non-Members)

Intermediate workplace first aid + CPR-C - June 20 (57925)

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

\$149.60 (Members) | \$176 (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

Sundays

15+ Years Old:

4:15pm - 5:30pm

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

Fridays

Ages 11-15

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!

Deep Water

Aqua-Fit

Ages 16+

Tuesdays

1:05pm - 1:55pm

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 - AGES 16+

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

Start Date: APR 5

Adult Swimmer 1	7:30pm - 8:15pm
Adult Swimmer 2	6:45pm - 7:30pm
Adult Swimmer 3	6:00pm - 6:45pm

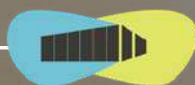
WEDNESDAYS

Start Date: APR 1

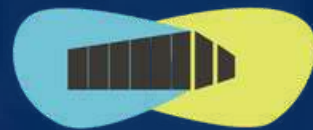
Adult Swimmer 1	9:45am - 10:30am
Adult Swimmer 2	10:30am - 11:15am
Adult Swimmer 3	11:15am - 12:00pm



SPRING PRESCHOOL & CHILD SPORT PROGRAMS



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

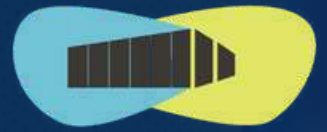
Children at this age learn best when they can explore, experiment and copy others. Our preschool programs are designed to provide children with a fun experience, and to keep them active. They're **focused on fun and physical activity**.

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 | April 11 Start

10 sessions

9:15 - 10:00 am

Member \$79.05 | Non-Member \$93.00

56843



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 | April 11 Start

10 sessions

10:00 - 10:45 am

Member \$79.05 | Non-Member \$93.00

56849

ALL SORTS OF SPORTS

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

Ages: 4-5 yrs

Saturdays | April 11 Start

10 sessions

10:45 - 11:30 am

Member \$79.05 | Non-Member \$93.00

56853

Ages: 6-8 yrs

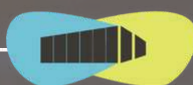
Saturdays | April 11 Start

10 sessions

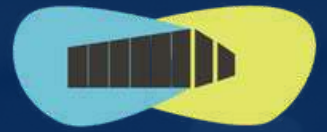
11:30 am - 12:25 pm

Member \$87.55 | Non-Member \$103

56800



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 | April 7 Start

10 Sessions

6:30 pm - 7:25 pm

Member \$87.55 | Non-Member \$103

56792



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 | April 7 Start

10 Sessions

7:30 pm - 8:25 pm

Member \$87.55 | Non-Member \$103

56795



TODDLER MESS & PLAY

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

Ages: 1 – 4 yrs

Saturdays | April 25 Start

6 Sessions

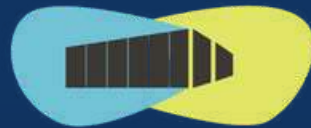
12:30 pm - 2:00 pm

Member \$63.75 | Non-Member \$75

56859



PRESCHOOL & CHILD SPORT PROGRAMS



MEMBERS SAVE 15%

New!



TUMBLEBUGS

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

Ages: 2 – 3 yrs

Sundays | April 12 Start

10 Sessions

12:30 pm - 1:15 pm

Member \$79.05 | Non-Member \$93

56833

Ages: 4 – 5 yrs

Sundays | April 12 Start

10 Sessions

1:15 pm - 2:00 pm

Member \$79.05 | Non-Member \$93

56837

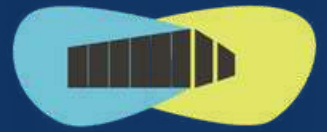
PARENTED

INDEPENDENT



PRESCHOOL & CHILD SPORT PROGRAMS

sportball



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



SPORTBALL JUNIOR

Ages 16 - 24 months

Sundays | April 12 Start

10 Sessions

3:30 pm - 4:15 pm

Member \$210.80 | Non-Member \$248

57030

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 | April 12 Start

10 Sessions

4:15pm - 5:00pm

Member \$210.80 | Non-Member \$248

57033



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 | April 12 Start

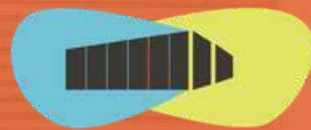
10 Sessions

2:30 pm - 3:30 pm

Member \$210.80 | Non-Member \$248

57028

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.

TAX INCLUDED

BEGINNER

Ages 18+

Tuesdays | April 7 Start
12:30 pm - 2:00 pm
Member \$76.51 | Non-Member \$90
56776

Ages 18+

Wednesdays | April 8 Start
5:00 pm - 6:30 pm
Member \$76.51 | Non-Member \$90
56784

Ages 18+

Tuesdays | May 12 Start
12:30 pm - 2:00 pm
Member \$76.51 | Non-Member \$90
56778

Ages 18+

Wednesdays | May 13 Start
5:00 pm - 6:30 pm
Member \$76.51 | Non-Member \$90
56791

TAX INCLUDED

SKILLS AND DRILLS

INTERMEDIATE

Ages 18+

Thursdays | April 9 Start
5:00 pm - 6:30 pm
Member \$76.51 | Non-Member \$90
56863

Ages 18+

Thursdays | May 14 Start
5:00 pm - 6:30 pm
Member \$76.51 | Non-Member \$90
56867

ADVANCED

Ages 18+

Fridays | April 10 Start
5:30 pm - 7:00 pm
Member \$76.51 | Non-Member \$90
56872

Ages 18+

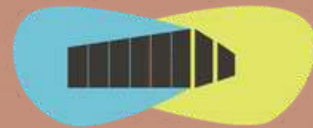
Fridays | May 15 Start
5:30 pm - 7:00 pm
Member \$76.51 | Non-Member \$90
56882



SPRING FITNESS WORKSHOPS



FITNESS WORKSHOPS



TAX INCLUDED!

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

ROOT TO RISE: A YINYASA SPRING 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 continue 2026 on the best foot yet!

Ages 18+

Sundays | Start: April 26

4 sessions

11:30 am - 1:00 pm

Member \$71.66 | Non-Member \$86

57055



WOMEN'S INTRO TO WEIGHT TRAINING



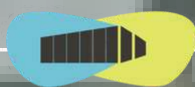
Kickstart your strength journey with a fun, two-hour confidence-boosting workshop! Learn simple weight-training principles, try the equipment, and get a clear plan to help you feel strong, capable, and ready to own the weight room. Space is limited. **Ages 18+**

Saturday | April 11
1:00 pm - 3:00 pm
57012

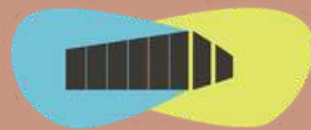
Saturday | June 13
1:00 pm - 3:00 pm
57015

Saturday | May 9
1:00 pm - 3:00 pm
57014

Member \$41.67 | Non-Member \$49.02



FITNESS WORKSHOPS



TAX INCLUDED!

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

FUNCTIONAL FITNESS FOR BEGINNERS

This one-hour class is perfect if you're new to the gym or getting back into a routine. Over six sessions, you'll learn key movements like squatting, lifting, pushing, and pulling with proper form, building strength that supports everyday life. Each class focuses on improving balance, coordination, and overall fitness in a supportive, safe, and coach-led environment. No experience needed!

Ages 18+

Thursdays | Start: April 9

6 sessions

6:30 pm - 7:30 pm

Member \$71.66 | Non-Member \$86

59742



STRETCH TO WIN

This is a one-hour guided mobility and flexibility class designed to reduce stiffness and improve range of motion. Through stretching, mobility work, and mindful movement, you'll ease tight muscles, improve posture, and support recovery from workouts or daily stress. Perfect for all fitness levels and a great complement to any training program.

Ages 18+

Wednesdays | Start: April 8

6 sessions

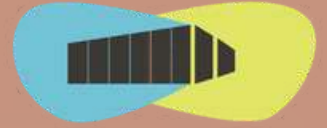
6:30 pm - 7:30 pm

Member \$71.66 | Non-Member \$86

62257



FITNESS WORKSHOPS



TAX INCLUDED!

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

AGING GRACEFULLY

This one-hour class helps you maintain strength, balance, and mobility in a safe, inclusive, and welcoming environment. Each class focuses on joint-friendly exercises, fall prevention, and functional movements that support everyday life. It's never too late to build strength and confidence - this is movement designed for longevity and living well.

Ages 18+

Saturday | Start: April 11

6 sessions

10:00 am - 11:00 am

Member \$71.66 | Non-Member \$86

62767



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.

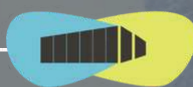
Ages 13 - 17 yrs

Saturday | April 11

1:30 pm - 3:00 pm

Member \$15.30 | Non-member \$18

62770





ZATZMAN SPORTSPLEX DAY CAMPS



IN-SERVICE DAY CAMPS

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

Ages: 5 1/2 - 12 yrs



Thursday, April 2nd
8:30 am - 4:30 pm
\$42.50 (Members) | \$50 (Non-Members)
56890



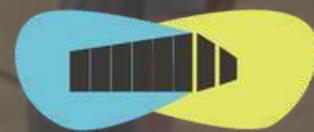
Wednesday, April 29th
8:30 am - 4:30 pm
\$42.50 (Members) | \$50 (Non-Members)
56892



Monday, June 29th
8:30 am - 4:30 pm
\$42.50 (Members) | \$50 (Non-Members)
56897

SUMMER DAY CAMPS

Join us this summer at the Sportsplex! We'll swim, play, create, have fun, and make new friends every day! Great for shy kids, energetic kids, creative kids, and first-time campers.



WHAT DOES A DAY AT CAMP LOOK LIKE?

All of our camps include a mix of movement, creativity, and free play:

- Swimming & water play
- Gym games & group activities
- Arts & crafts
- Two snack times & a lunch break
- Weekly Excursions
- Outdoor play, games, AND MORE!

Campers stay busy, make friends, and go home happy **(AND A LITTLE TIRED!)**.

PLEASE NOTE!



Please make sure a **valid email is on your account**, as we will be sending out important information to parents/guardians in advance of camps.

WHO CAN ATTEND?

Ages 5½ – 10 yrs

- Campers must have completed Grade Primary, NOT Pre-Primary

CAMP HOURS

8:30 AM – 4:30 PM
Monday – Friday

FEES

\$203.15 Members

\$239.00 Non-Members

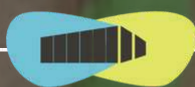


Early care from 7:30-8:30 am and late care from 4:30-5:30 pm are available at an additional charge:

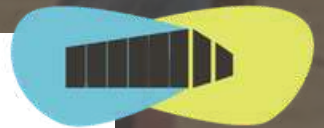
\$18.50 each, or both for \$37



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



SUMMER CAMPS



UNDER THE SEA THEME CAMP

- JULY 6 - JULY 10
- 57934

ALL SORTS OF SPORTS THEME CAMP

- JULY 13 - JULY 17
- 57935

DISNEY DAYS THEME CAMP

- JULY 20 - JULY 24
- 57942



MAD SCIENTISTS THEME CAMP

- JULY 27 - JULY 31
- 57943

ANIMAL PLANET THEME CAMP

- AUG 3 - AUG 7
- 57969

WACKY WEEK THEME CAMP

- AUG 10 - AUG 14
- 57970

HOLIDAY MIX-UP THEME CAMP

- AUG 17 - AUG 21
- 57972

ZATZMAN'S GOT TALENT THEME CAMP

- AUG 24 - AUG 28
- 57974



PRESCHOOL CAMPS

Our day camps for preschoolers! Little ones will play, swim, and create!

WHAT DO WE DO AT PRESCHOOL CAMP?

All of our preschool camps include outdoor play, swimming, gym play, arts & crafts, and games! We have one snack time. Campers go home happy and tired! Preschoolers will go swimming twice a week on Tuesdays and Thursdays!

WHO CAN ATTEND?

Ages 4 - 5 ½ yrs

CAMP HOURS

8:30 AM – 11:30 AM
Monday – Friday

FEES

\$76.50 Members

\$90.00 Non-Members

PLEASE NOTE!



Please make sure a valid email is on your account, as we will be sending out important information to parents/guardians in advance of camps.



See the next page for our preschool camp themes and dates!



PRESCHOOL CAMPS

UNDER THE SEA THEME CAMP

- JULY 6 - JULY 10
- 58095

ALL SORTS OF SPORTS THEME CAMP

- JULY 13 - JULY 17
- 58097

DISNEY DAYS THEME CAMP

- JULY 20 - JULY 24
- 58100

OOEY GOOEY FUN THEME CAMP

- JULY 27 - JULY 31
- 58101

BARNYARD BASH THEME CAMP

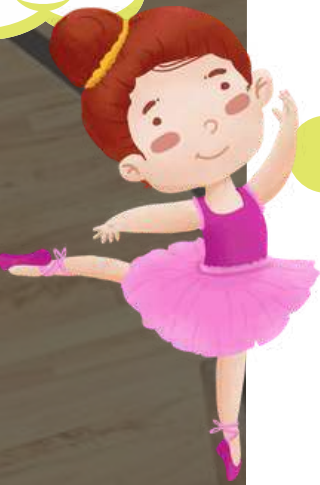
- AUG 3 - AUG 7
- 58105

WACKY WEEK THEME CAMP

- AUG 10 - AUG 14
- 58109

HOLIDAY MIX-UP THEME CAMP

- AUG 17 - AUG 21
- 58116





CITY EXPLORERS CAMPS

Designed for kids ages 11-13 years, this camp offers campers the chance to explore HRM through daily offsite excursions such as hikes, beach days, and visits to local museums.

The schedule is built so that kids are outside and active as much as possible. This is weather permitting; indoor excursions are planned for inclement weather. Campers will also have access to daily swims at our facility.

Please make sure your MyRec account has a valid email, as we will send important information to parents/guardians in advance of the camp.

- July 6 - 58030
- July 13 - 58028
- July 20 - 58026
- July 27 - 58012
- Aug 3 - 58009
- Aug 10 - 58003
- Aug 17 - 58001
- Aug 24 - 57977

MONDAY - FRIDAY
8:30 AM - 4:30 PM


\$214.20 weekly (members)

\$252 weekly (non-members)

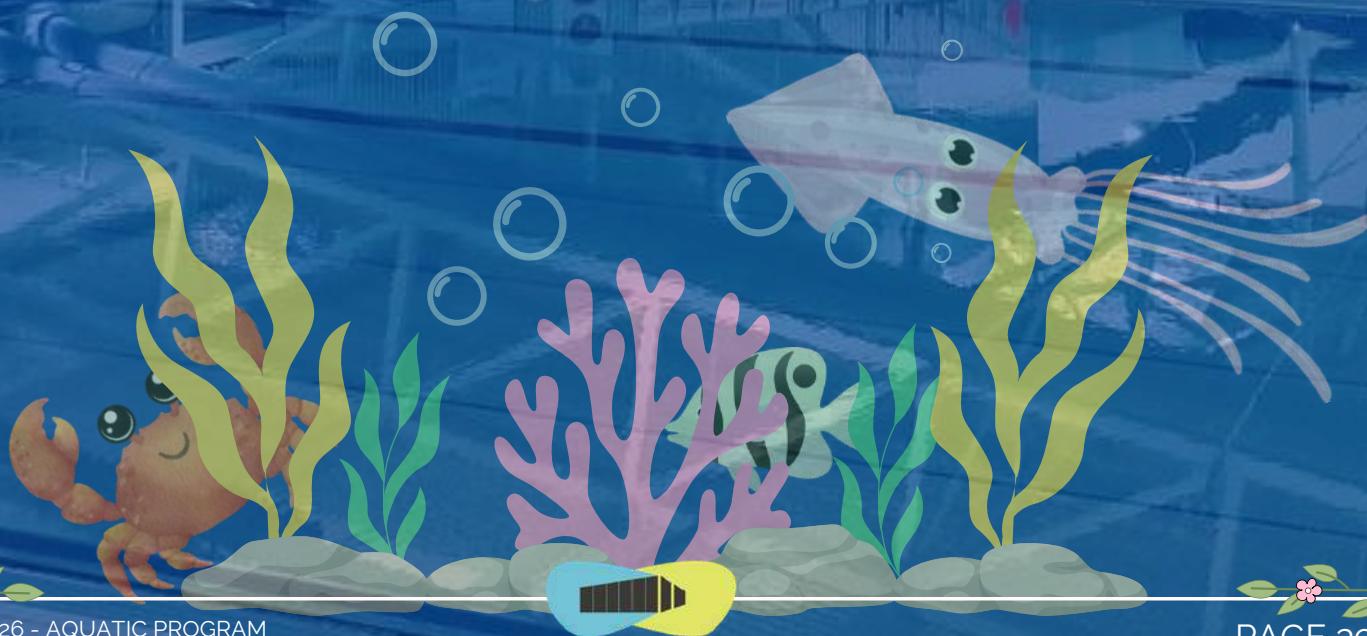


Early care from 7:30-8:30 am and late care from 4:30-5:30 pm are available at an additional charge:

\$18.50 each, or both for \$37



SUMMER AQUATIC PROGRAMS



Aquatic Program Schedules

SUNDAYS

START DATE: JUL 12

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	58042
BIBS & BUBBLES 2	5:30 - 6:00 PM	58047
BIBS & BUBBLES 3	4:30 - 5:00 PM	58048
PRESCHOOL 1	2:30 - 3:00 PM	58013
PRESCHOOL 1	4:30 - 5:00 PM	58035
M3 PRESCHOOL 1	5:00 - 5:30 PM	58050
PRESCHOOL 2	3:00 - 3:30 PM	58031
PRESCHOOL 2	4:30 - 5:00 PM	58033
M3 PRESCHOOL 2	5:30 - 6:00 PM	58052
PRESCHOOL 3	3:30 - 4:00 PM	58036
M3 PRESCHOOL 3	5:00 - 5:30 PM	58053
PRESCHOOL 4	4:00 - 4:30 PM	58038
PRESCHOOL 5	4:30 - 5:00 PM	58041
SWIMMER 1	4:30 - 5:00 PM	57999
M3 SWIMMER 1	5:30 - 6:00 PM	58007
S&P SWIMMER 1	2:30 - 3:30 PM	57914
S&P SWIMMER 1	3:30 - 4:30 PM	57915
SWIMMER 2	4:30 - 5:00 PM	58002
M3 SWIMMER 2	5:00 - 5:30 PM	58006
S&P SWIMMER 2	2:30 - 3:30 PM	57919
S&P SWIMMER 2	3:30 - 4:30 PM	57921
SWIMMER 3	5:30 - 6:00 PM	58004
S&P SWIMMER 3	2:30 - 3:30 PM	57928
S&P SWIMMER 3	3:30 - 4:30 PM	57968
S&P SWIMMER 4	2:30 - 3:30 PM	57907
S&P SWIMMER 4	3:30 - 4:30 PM	57910
S&P SWIMMER 5	2:30 - 3:30 PM	57992
S&P SWIMMER 6	3:30 - 4:30 PM	57993
S&P ROOKIE PATROL	5:00 - 6:00 PM	58000
S&P RANGER PATROL	5:00 - 6:00 PM	57996
S&P STAR PATROL	5:00 - 6:00 PM	57997

S&P = STAY & PLAY

M3 = MAX 3 PARTICIPANTS

* = COMBINED CLASS

Stay & Play Program

\$105.40 (Members)

\$124.00 (Non-Members)

Bibs & Bubbles 1 (4 - 12 months)

Bibs & Bubbles 2 (13 - 24 months)

Bibs & Bubbles 3 (25 - 36 months)

\$82.96 (Members) | \$97.60 (Non-Members)

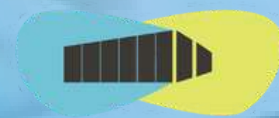
Preschool 1-5

\$82.96 (Members) | \$97.60 (Non-Members)

MAX 3 Preschool 1-5

\$95.56 (Members) | \$113.60 (Non-Members)

Aquatic Program Schedules



TUESDAYS & THURSDAYS

START DATE: JULY 7

COURSE CODE

BIBS AND BUBBLES 1/2	5:00 - 5:30 PM	58189
BIBS AND BUBBLES 2/3	4:30 - 5:00 PM	58191
PRESCHOOL 1	5:45 - 6:15 PM	58210
M3 PRESCHOOL 1	4:15 - 4:45 PM	58204
PRESCHOOL 2	5:15 - 5:45 PM	58257
M3 PRESCHOOL 2	4:15 - 4:45 PM	58206
PRESCHOOL 3	5:15 - 5:45 PM	58260
M3 PRESCHOOL 3	4:15 - 4:45 PM	58208
PRESCHOOL 4	5:15 - 5:45 PM	58267
SWIMMER 1	4:45 - 5:15 PM	58165
SWIMMER 1	5:15 - 5:45 PM	58167
M3 SWIMMER 1	5:30 - 6:00 PM	58151
SWIMMER 2	4:45 - 5:15 PM	58171
SWIMMER 2	5:45 - 6:15 PM	58174
M3 SWIMMER 2	5:00 - 5:30 PM	58153
SWIMMER 3	4:45 - 5:15 PM	58179
SWIMMER 3	5:45 - 6:15 PM	58176
M3 SWIMMER 3	4:30 - 5:00 PM	58156
SWIMMER 4	4:30 - 5:15 PM	58182
SWIMMER 5	5:45 - 6:30 PM	58185
SWIMMER 6	5:30 - 6:15 PM	58187
ROOKIE PATROL	6:15 - 7:00 PM	58163
RANGER PATROL*	6:30 - 7:15 PM	58159
STAR PATROL*	6:30 - 7:15 PM	58161

TUESDAYS & THURSDAYS

START DATE: AUGUST 4

COURSE CODE

BIBS AND BUBBLES 1/2	5:00 - 5:30 PM	58190
BIBS AND BUBBLES 2/3	4:30 - 5:00 PM	58192
PRESCHOOL 1	5:45 - 6:15 PM	58212
M3 PRESCHOOL 1	4:15 - 4:45 PM	58205
PRESCHOOL 2	5:15 - 5:45 PM	58258
M3 PRESCHOOL 2	4:15 - 4:45 PM	58207
PRESCHOOL 3	5:15 - 5:45 PM	58261
M3 PRESCHOOL 3	4:15 - 4:45 PM	63524
PRESCHOOL 4	5:15 - 5:45 PM	58268
SWIMMER 1	4:45 - 5:15 PM	58166
SWIMMER 1	5:15 - 5:45 PM	58169
M3 SWIMMER 1	5:30 - 6:00 PM	58152
SWIMMER 2	4:45 - 5:15 PM	58173
SWIMMER 2	5:45 - 6:15 PM	58175
M3 SWIMMER 2	5:00 - 5:30 PM	58154
SWIMMER 3	4:45 - 5:15 PM	58180
SWIMMER 3	5:45 - 6:15 PM	58177
M3 SWIMMER 3	4:30 - 5:00 PM	58157
SWIMMER 4	4:30 - 5:15 PM	58184
SWIMMER 5	5:45 - 6:30 PM	58186
SWIMMER 6	5:30 - 6:15 PM	58188
ROOKIE PATROL	6:15 - 7:00 PM	58164
RANGER PATROL*	6:30 - 7:15 PM	58160
STAR PATROL*	6:30 - 7:15 PM	58162

Swimmer 1, 2, 3, 4, 5 & 6 (Ages 5-11)

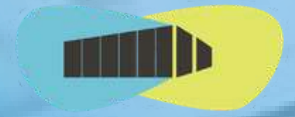
\$82.96 (Members)
\$97.60 (Non-Members)

Max 3 Swimmer 1, 2 & 3

\$99.28 (Members)
\$116.80 (Non-Members)

The above courses are twice a week, starting on Tuesday and again on Thursday. The Thursday courses are the same time as on Tuesday.

Aquatic Program Schedules



WEDNESDAYS

START DATE: JULY 8

COURSE CODE

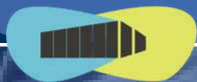
BIBS AND BUBBLES 1/2	4:30 - 5:00 PM	58096
BIBS AND BUBBLES 2/3	5:00 - 5:30 PM	58099
PRESCHOOL 1	3:45 - 4:15 PM	58113
M3 PRESCHOOL 1	4:15 - 4:45 PM	58102
PRESCHOOL 2	4:00 - 4:30 PM	58114
M3 PRESCHOOL 2	4:45 - 5:15 PM	58103
PRESCHOOL 3	3:45 - 4:15 PM	58117
M3 PRESCHOOL 3	5:15 - 5:45 PM	58106
PRESCHOOL 4	4:30 - 5:00 PM	58123
PRESCHOOL 5	4:30 - 5:00 PM	58124
SWIMMER 1	5:00 - 5:30 PM	58076
SWIMMER 1	5:45 - 6:15 PM	58074
M3 SWIMMER 1	4:15 - 4:45 PM	58064
SWIMMER 2	4:00 - 4:30 PM	58078
SWIMMER 2	5:45 - 6:15 PM	58077
M3 SWIMMER 2	4:45 - 5:15 PM	58066
SWIMMER 3	4:00 - 4:30 PM	58085
SWIMMER 3	5:00 - 5:30 PM	58079
M3 SWIMMER 3	5:15 - 5:45 PM	58068
SWIMMER 4	5:30 - 6:15 PM	58082
SWIMMER 5	5:30 - 6:15 PM	58083
SWIMMER 6	5:30 - 6:15 PM	58086
ROOKIE PATROL	6:15 - 7:00 PM	58070
RANGER PATROL*	6:15 - 7:00 PM	58069
STAR PATROL*	6:15 - 7:00 PM	58072
YOUTH SWIM 1	5:45 - 6:30 PM	58088
YOUTH SWIM 2	4:15 - 5:15 PM	58090
YOUTH SWIM 3	5:00 - 5:45 PM	58092

Youth swims 1,2 & 3

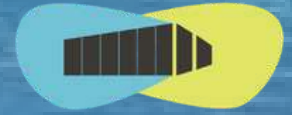
\$82.96 (Members)
\$97.60 (Non-Members)

Rookie, Ranger and Star Patrol

\$82.96 (Members)
\$97.60 (Non-Members)



Aquatic Leadership

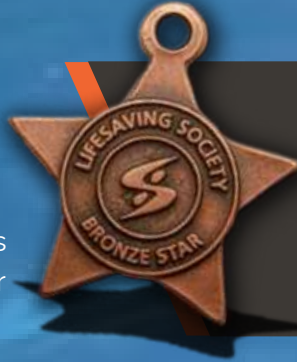


Bronze-level classes are for youth swimmers interested in becoming a lifeguard, swim instructor or want to further their aquatic training. These classes are for those who have completed Star Patrol or equivalent.

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
Monday - Thursday | July 6 Start
4 Sessions
9:00am - 12:00pm
\$112.20 (Members) | \$132.00 (Non-Members)
57604

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)

July 13 Start	August 4 Start
5 Sessions	3 Sessions
9:00am - 2:00pm	9:00am - 4:30pm
57607	57612
Mondays - Fridays	

\$145.35 (Members) | \$171.00 (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.**

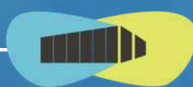
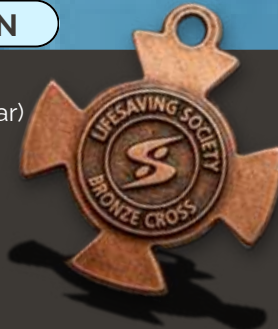
REQUIRES BRONZE MEDALLION

Bronze Cross Course

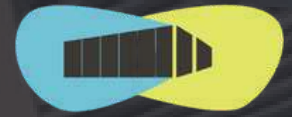
Ages 13+ (or completion of Bronze Star)

July 20 Start	August 10 Start
5 Sessions	5 Sessions
9:00am - 4:30pm	9:00am - 4:30pm
57609	57613
Mondays - Fridays	

\$145.35 (Members) | \$171.00 (Non-Members)



Aquatic Leadership



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

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

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**

Mondays, Tuesdays & Wednesdays

National Lifeguard

Ages 15+
Aug 17 Start
6 Sessions
from 9:00 am - 5:00 pm
57614
\$277.80 (Members) | \$268 (Non-Members)

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

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

* REQUIRES PREVIOUS NL CERTIFICATION

National Lifeguard Re-Certification

Ages 15+
Aug 31
Monday from 9:00 am - 4:00 pm
57617
\$113.04 (Members) | \$133 (Non-Members)

SWIM FOR LIFE INSTRUCTOR

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

Swim for Life Instructor

Ages 15+
Monday - Friday | July 27 Start
4 Sessions
10:30am - 7:00pm
\$216.94 (Members) | \$255 (Non-Members)
57610

*** REQUIRES BRONZE CROSS**

FIRST AID + CPR C RE-CERTIFICATION COURSE

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

First Aid + CPR C Re-Certification

Ages 15+
Aug 28
57620
Friday from 9:00 am - 4:30 pm
\$114.74 (Members) | \$135 (Non-Members)

FIRST AID + CPR C BASIC OR INTERMEDIATE

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

First Aid Course - Ages 14+

Basic workplace first aid + CPR-C - August 20 (57623)
Thursday from 9:00 am - 4:00 pm
\$100.65 (Members) | \$118.42 (Non-Members)

Intermediate workplace first aid + CPR-C - August 20-21 (57621)
Thursday & Friday from 9:00 am - 4:00 pm
\$149.60 (Members) | \$176 (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!

ADULTS SWIMMING LESSONS - AGES 16+

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.*

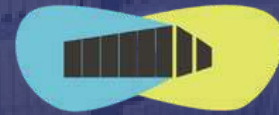
*Adult Swimming Lessons **require** registration through **Halifax MyRec** under "**Drop-In Bookings.**"*

MONDAYS

Start Date: JUL 6

Adult Swimmer 1	5:15pm - 6:00pm
Adult Swimmer 2	6:00pm - 6:45pm
Adult Swimmer 3	6:45pm - 7:30pm

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. GUARD

This swimming prepares athletes to compete in the Junior Lifeguard Games, and also helps aspiring lifeguards get fit!

Mondays

Ages 10-14

5:45 pm - 6:45 pm
Shubie Beach

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!

Must be able to swim 1000m continuously for the outdoor program!

Ages 15+

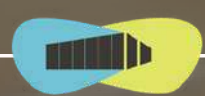
Mondays

7:00pm - 8:15 pm
Shubie Beach

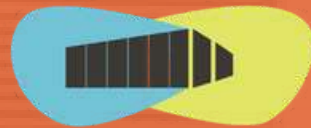
Wednesdays

7:00pm - 8:15 pm
Zatzman Sportsplex

SUMMER RECREATION PROGRAMS



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 4 WEEKS.

TAX INCLUDED

BEGINNER

Ages 18+

Tuesdays | July 7 Start

5:30 pm - 7:00 pm

Member \$60.35 | Non-Member \$71

57051

Ages 18+

Tuesdays | August 4 Start

5:30 pm - 7:00 pm

Member \$60.35 | Non-Member \$71

57053

TAX INCLUDED

SKILLS AND DRILLS

INTERMEDIATE

Ages 18+

Thursdays | July 9 Start

5:30 pm - 7:00 pm

Member \$60.35 | Non-Member \$71

57056

Ages 18+

Thursdays | Aug 6 Start

5:30 pm - 7:00 pm

Member \$60.35 | Non-Member \$71

57059

ADVANCED

Ages 18+

Fridays | July 10 Start

5:30 pm - 7:00 pm

Member \$60.35 | Non-Member \$71

57062

Ages 18+

Fridays | Aug 7 Start

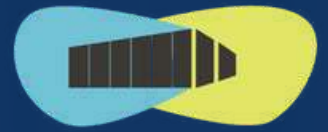
5:30 pm - 7:00 pm

Member \$60.35 | Non-Member \$71

57063

PRESCHOOL & CHILD SPORT PROGRAMS

SPORTBALL



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

SPORTBALL JUNIOR

Ages 16 - 24 months

Saturday | July 4 Start

8 Sessions

9:00 am - 9:45 am

Member \$170 | Non-Member \$200

57846

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

Saturdays | July 4 Start

8 Sessions

9:45 am - 10:30 am

Member \$170 | Non-Member \$200

57849

Ages 2 - 3 yrs

Mondays | July 6 Start

8 Sessions

5:00 pm - 5:45 pm

Member \$170 | Non-Member \$200

57844

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

Saturdays | July 4 Start

10:30 am - 11:30 am

57850

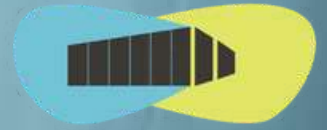
Mondays | July 6 Start

5:45 pm - 6:45 pm

57845

8 Sessions

Member \$170 | Non-Member \$200



These classes are all 6 weeks. For questions, please get in touch with the DDA Director at: directordartmouthdance@gmail.com



LITTLE STARS

Ages: 3 - 4 yrs

Saturdays | Start: July 11

10:00 am - 10:45 am

Member \$79.05 | Non-Member \$93.00
57241



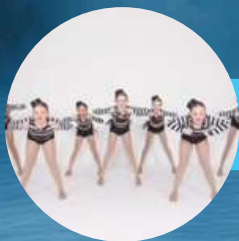
INTRO TO DANCE

Ages: 3 - 5 yrs

Tuesday | Start: July 7

5:30 pm - 6:15 pm

Member \$79.05 | Non-Member \$93.00
57280



K-POP SUMMER DANCE FUN

Ages: 5 - 7 yrs

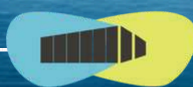
Saturday | Start: July 11

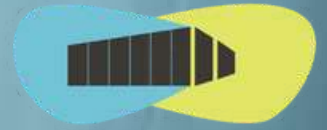
10:45 am - 11:30 am

Member \$79.05 | Non-Member \$93.00
57285



Dress code for our summer 6 week programs is dance clothing (no particular color) and ballet shoes or bare feet





These classes are all 6 weeks. For questions, please get in touch with the DDA Director at: directordartmouthdance@gmail.com



GROOVE & GO

Ages: 6 - 8 yrs

Tuesdays | Start: July 7

6:15 pm - 7:00 pm

Member \$79.05 | Non-Member \$93.00

57812



BEGINNER ACRO

Ages: 7 - 10 yrs

Tuesday | Start: July 7

7:00 pm - 8:00 pm

Member \$89.25 | Non-Member \$105

57286



BEGINNER BALLET/JAZZ

Ages: 8 - 11 yrs

Saturday | Start: July 11

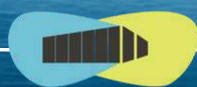
11:30 am - 12:30 pm

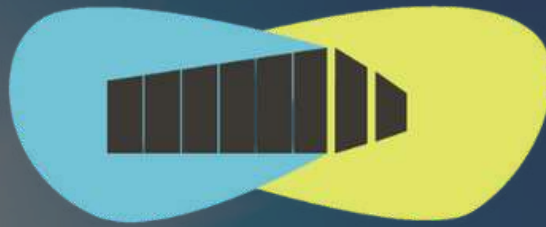
Member \$89.25 | Non-Member \$105

57807



Dress code for our summer 6 week programs is dance clothing (no particular color) and ballet shoes or bare feet





ZATZMAN
SPORTSPLEX



(902) 464-2600



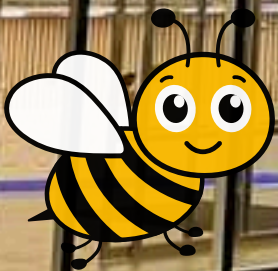
www.zatzmansportsplex.com



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