

ZATZMAN
SPORTSPLEX



SPRING & SUMMER 2025

PROGRAM

GUIDE



SPRING & SUMMER 2025

PROGRAM GUIDE

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Follow us for
updates!



@zsportsplex



/ZatzmanSportsplex

Stay connected on our
website!



www.zatzmansportsplex.com

Welcome to

THE ZATZMAN SPORTSPLEX!

110 Wyse Road, Dartmouth

(902) 464 2600

www.zatzmansportsplex.com



SPRING HOURS

Weekdays: 6:00 am - 10:00 pm

Saturday: 6:00 am - 9:00 pm

Sunday: 8:00 am - 10:00 pm

SUMMER HOURS

Weekdays: 6:00 am - 9:00 pm

Saturday: 8:00 am - 6:00 pm

Sunday: 8:00 am - 6:00 pm

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Welcome Desk Supervisor

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Heads up! Registration for recreation programming is changing on April 1st!

Camp registration and Summer program registration will take place on a new registration platform. Spring registration will **remain on MyRec**.

More information:

- Residents **WITHOUT** an active **facility membership** will need to **create a new user profile** to register for programs and services
- Residents **with an active membership** will need to **set up a new password** and **link their payment information** to their new profile to complete online transactions.
 - Members will be prompted to do this in an email coming from:
communication@xplorrecreation.com
- The registration web page will remain the same



Scan here to log in
or sign up



Pool Parties

AT THE ZATZMAN SPORTSPLEX

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

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

Each party gets its own exclusive section of the pool. Available for booking now!

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. \$165.83

Party Package B - Half of Each Pool

Includes access to half of both the main and leisure pools along with slides and splash pad.

Up to 25 children and adults. \$272.44

Party Package C -

Both Pools (This party is available in the spring ONLY!)

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

Up to 40 children and adults. \$485.65



SWING



SPLASH



SLIDE

Our pool parties fill up fast!
Book early on Halifax MyRec!

SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 10-18 for Spring and pages 39-45 for Summer 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 gives children a head-start on learning to swim. Preschool programs develop an appreciation and healthy respect for the water.

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

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

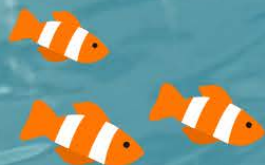
SWIMMER CLASSES

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

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

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

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



SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 10-18 for Spring and pages 39-45 for Summer course codes and times.

SWIMMER CLASSES CONTINUED:

SWIMMER 4: 45 min

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

SWIMMER 5: 45 min

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

SWIMMER 6: 45 min

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

+ STAY & PLAY

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

Swimmer 1-3:

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

All Other Lessons:

45 minutes of class
+15 minutes free play

MAX 3 SWIMMER CLASSES

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

MAX 3 (30 mins)

SWIMMER 1, 2, 3

SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 10-18 for Spring and pages 39-45 for Summer course codes and times.

PATROL CLASSES (Ages 6 - 12)

ROOKIE PATROL: SWIMMER 7 (45 min)

Rookie Patrol features timed 200m swims, 100m fitness medley and support/carry of 5lb. weight.

Content is challenging but achievable with effort. Skills enhance capability in the water, including non-contact rescue.

RANGER PATROL: SWIMMER 8 (45 min)

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

STAR PATROL: SWIMMER 9 (45 min)

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

YOUTH SWIM CLASSES (Ages 9 - 14)

YOUTH SWIM 1 (45 min)

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

YOUTH SWIM 2 (45 min)

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

YOUTH SWIM 3 (45 min)

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

MORE SWIMMING PROGRAMS

ADULT SWIMMING LESSONS

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

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

Adult Swimmer 1: for those unable to swim 5m and are not comfortable in water overhead

Adult Swimmer 2: for those who can swim 5m unassisted and are comfortable in water overhead.

Adult Swimmer 3: for those who can swim 25m unassisted

If you are looking for more, try out TriFit! **For questions, email**

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."

Adult Swimming Lessons

Sundays

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

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

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

Wednesdays

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

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

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

PRIVATE SWIMMING LESSONS (Ages 5+)

Private swim lessons are 30mins in length and are beneficial when your child is struggling with a skill, level, or special learning needs. Adults are also welcome to book a private lesson. Levels offered are Swimmer 1-6, Rookie, Ranger and Star patrol, Youth swim 1-3 and all adult levels

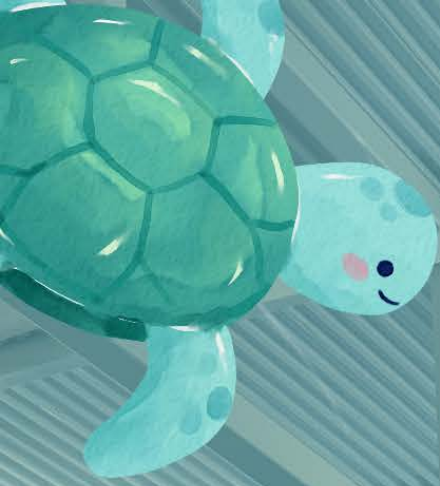
Classes are limited. Registration begins on March 25th at

9:00 am for Members and on March 26th at 9:00am for

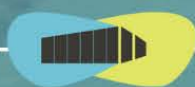
Non-Members.

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

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



SPRING SWIMMING PROGRAMS



AQUATIC PROGRAM SCHEDULES

SUNDAYS APRIL 6TH START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	00102144
BIBS & BUBBLES 2	4:00 - 4:30 PM	00102123
BIBS & BUBBLES 3	4:30 - 5:00 PM	00102139
PRESCHOOL 1	4:00 - 4:30 PM	00102130
PRESCHOOL 1	5:30 - 6:00 PM	00102152
M3 PRESCHOOL 1	4:30 - 5:30 PM	00102174
PRESCHOOL 2	4:00 - 4:30 PM	00102126
PRESCHOOL 2	5:30 - 6:00 PM	00102151
M3 PRESCHOOL 2	4:30 - 5:00 PM	00102175
PRESCHOOL 3	4:00 - 4:30 PM	00102125
PRESCHOOL 3	6:30 - 7:00 PM	00102162
M3 PRESCHOOL 3	6:00 - 6:30 PM	00102176
PRESCHOOL 4	4:00 - 4:30 PM	00102127
PRESCHOOL 4	5:30 - 6:00 PM	00102150
PRESCHOOL 5	4:00 - 4:30 PM	00102129
SWIMMER 1	4:00 - 4:30 PM	00102124
M3 SWIMMER 1	5:00 - 5:30 PM	00102178
S&P SWIMMER 1	5:30 - 6:30 PM	00102145
S&P SWIMMER 1	6:30 - 7:30 PM	00102157
SWIMMER 2	6:00 - 6:30 PM	00102154
SWIMMER 2	6:45 - 7:15 PM	00102164
M3 SWIMMER 2	5:00 - 5:30 PM	00102179

S&P SWIMMER 2	4:30 - 5:30 PM	00102133
S&P SWIMMER 2	5:30 - 6:30 PM	00102146
S&P SWIMMER 2	6:30 - 7:30 PM	00102158
SWIMMER 3	7:00 - 7:30 PM	00102165
M3 SWIMMER 3	6:15 - 6:45 PM	00102177
S&P SWIMMER 3	4:30 - 5:30 PM	00102132
S&P SWIMMER 3	5:30 - 6:30 PM	00102147
S&P SWIMMER 3	6:30 - 7:30 PM	00102161
SWIMMER 4	4:00 - 4:45 PM	00102131
SWIMMER 4	4:45 - 5:30 PM	00102143
S&P SWIMMER 4	4:30 - 5:30 PM	00102134
S&P SWIMMER 4	5:30 - 6:30 PM	00102148
SWIMMER 5	4:00 - 4:45 PM	00102128
SWIMMER 5	4:45 - 5:30 PM	00102140
S&P SWIMMER 5	5:30 - 6:30 PM	00102149
S&P SWIMMER 6	6:30 - 7:30 PM	00102159
S&P ROOKIE PATROL	6:30 - 7:30 PM	00102160
S&P RANGER PATROL*	4:30 - 5:30 PM	00102137
S&P STAR PATROL*	4:30 - 5:30 PM	00102138
YOUTH SWIM 1	7:15 - 8:00 PM	00102166
YOUTH SWIM 2	6:30 - 7:15 PM	00102163
YOUTH SWIM 3	5:30 - 6:15 PM	00102153

Bibs & Bubbles 1 (4 - 12 months)
Bibs & Bubbles 2 (13 - 24 months)
Bibs & Bubbles 3 (25 - 36 months)
 \$94.52 (Members) | \$115 (Non-Members)

Preschool 1-5 (3-4 Years)
 \$94.52 (Members) | \$115 (Non-Members)
MAX 3 Preschool 1-5
 \$138 (Members) | \$142 (Non-Members)

S&P = STAY & PLAY

M3 = MAX 3 PARTICIPANTS

***** = COMBINED CLASS

AQUATIC PROGRAM SCHEDULES

MONDAYS

APRIL 7 START

COURSE CODE

M3 PRESCHOOL 1	4:30 - 5:00 PM	00102973
PRESCHOOL 2	6:00 - 6:30 PM	00102199
M3 PRESCHOOL 2	5:00 - 5:30 PM	00102191
M3 PRESCHOOL 2	5:30 - 6:00 PM	00102974
M3 PRESCHOOL 3	5:00 - 5:30 PM	00103027
M3 PRESCHOOL 3	5:30 - 6:00PM	00102194
M3 PRESCHOOL 4	6:00 - 6:30PM	00102200
M3 PRESCHOOL 5	6:30 - 7:00 PM	00102203
SWIMMER 1	6:00 - 6:30 PM	00102197
M3 SWIMMER 1	4:30 - 5:00 PM	00102976

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

\$94.52(Members) | \$115 (Non-Members)

Swimmer 4, 5 & 6

\$117.71 (Members) | \$120.00 (Non-Members)

Stay & Play Program

\$118.25 (Members) | \$139 (Non-Members)

Max 3 Swimmer 1, 2 & 3

\$117.30 (Members) | \$142.00 (Non-Members)

COURSE CODE

M3 SWIMMER 1	6:30 - 7:00 PM	00102201
SWIMMER 2	6:00 - 6:30 PM	00102198
M3 SWIMMER 2	5:15 - 5:45 PM	00102977
M3 SWIMMER 2	6:30 - 7:00 PM	00102202
SWIMMER 3	6:00 - 6:30 PM	00102196
M3 SWIMMER 3	4:45 - 5:15 PM	00102978
M3 SWIMMER 3	7:00 - 7:30 PM	00102204
SWIMMER 4	5:45 - 6:30 PM	00102195

AQUATIC PROGRAM SCHEDULES

TUESDAYS

APRIL 8 START

COURSE CODE

BIBS & BUBBLES 1	4:00 - 4:30 PM	00102221
BIBS & BUBBLES 2	5:30 - 6:00 PM	00102236
PRESCHOOL 1	4:30 - 5:00 PM	00102225
PRESCHOOL 1	5:30 - 6:00 PM	00102237
PRESCHOOL 1	6:00 - 6:30 PM	00102242
PRESCHOOL 2	4:30 - 5:00 PM	00102224
PRESCHOOL 2	5:00 - 5:30 PM	00102229
PRESCHOOL 3	5:00 - 5:30 PM	00102231
PRESCHOOL 4	4:00 - 4:30 PM	00102220
PRESCHOOL 4	6:00 - 6:30 PM	00102239
PRESCHOOL 5	6:00 - 6:30 PM	00102240
SWIMMER 1	4:30 - 5:00 PM	00102226
SWIMMER 1	4:45 - 5:15 PM	00102228
SWIMMER 1	5:30 - 6:00 PM	00102234
SWIMMER 1	5:45 - 6:15 PM	00102238
SWIMMER 2	4:00 - 4:30 PM	00102218
SWIMMER 2	4:30 - 5:00 PM	00102223
SWIMMER 2	5:00 - 5:30 PM	00102230
SWIMMER 2	5:30 - 6:00 PM	00102235
SWIMMER 3	5:00 - 5:30 PM	00102248
SWIMMER 3	5:15 - 5:45 PM	00102233
SWIMMER 3	6:00 - 6:30 PM	00102241
SWIMMER 4	4:00 - 4:45 PM	00102219
SWIMMER 4	5:15 - 6:00 PM	00102232
SWIMMER 5	4:30 - 5:15 PM	00102222
SWIMMER 5	7:15 - 8:00 PM	00102246
SWIMMER 6	6:30 - 7:15 PM	00102244
ROOKIE PATROL	7:15 - 8:00 PM	00102247
RANGER PATROL	6:30 - 7:15 PM	00102245
STAR PATROL	6:00 - 6:45 PM	00102243

WEDNESDAYS

APRIL 9 START

COURSE CODE

BIBS & BUBBLES 2	9:15 - 9:45 AM	00102249
M3 PRESCHOOL 1	4:15 - 4:45 PM	00102255
M3 PRESCHOOL 1	5:00 - 5:30 PM	00102261
M3 PRESCHOOL 1	6:15 - 6:45 PM	00102269
M3 PRESCHOOL 2	4:00 - 4:30 PM	00102252
M3 PRESCHOOL 2	4:30 - 5:00 PM	00102258
M3 PRESCHOOL 3	4:30 - 5:00 PM	00102257
M3 PRESCHOOL 3	6:00 - 6:30 PM	00102267
M3 PRESCHOOL 4	4:45 - 5:15 PM	00102260
SWIMMER 1	4:30 - 5:00 PM	00102256
M3 SWIMMER 1	4:00 - 4:30 PM	00102253
M3 SWIMMER 1	5:30 - 6:00 PM	00102263
M3 SWIMMER 1	6:00 - 6:30 PM	00102266
SWIMMER 2	4:30 - 5:00 PM	00102259
M3 SWIMMER 2	4:00 - 4:30 PM	00102251
M3 SWIMMER 2	5:15 - 5:45 PM	00102262
M3 SWIMMER 2	6:00 - 6:30 PM	00102268
M3 SWIMMER 3	4:00 - 4:30 PM	00102254
M3 SWIMMER 3	5:45 - 6:15 PM	00102264
SWIMMER 4	6:45 - 7:30 PM	00102272
SWIMMER 5	6:00 - 6:45 PM	00102265
RANGER PATROL*	6:45 - 7:30 PM	00102270
STAR PATROL*	6:45 - 7:30 PM	00102271

Rookie, Ranger and Star Patrol

\$98.09 (Members) | \$120.00 (Non-Members)

Youth Swim 1, 2 & 3

\$98.09 (Members) | \$120.00 (Non-Members)

AQUATIC PROGRAM SCHEDULES

THURSDAYS APRIL 10 START

COURSE CODE

BIBS & BUBBLES 1	5:30 - 6:00 PM	00102398
BIBS & BUBBLES 2	5:00 - 5:30 PM	00102390
BIBS & BUBBLES 3	4:30 - 5:00 PM	00102386
PRESCHOOL 1	4:45 - 5:15 PM	00102389
PRESCHOOL 1	5:00 - 5:30 PM	00102393
PRESCHOOL 1	6:00 - 6:30 PM	00102406
M3 PRESCHOOL 1	4:00 - 4:30 PM	00102376
PRESCHOOL 2	5:00 - 5:30 PM	00102392
PRESCHOOL 2	5:15 - 5:45 PM	00102397
PRESCHOOL 2	6:00 - 6:30 PM	00102405
M3 PRESCHOOL 2	4:15 - 4:45 PM	00102381
PRESCHOOL 3	4:30 - 5:00 PM	00102387
M3 PRESCHOOL 3	4:00 - 4:30 PM	00102377
PRESCHOOL 4	5:30 - 6:00 PM	00102402
M3 PRESCHOOL 4	4:00 - 4:30 PM	00102380
PRESCHOOL 5	5:30 - 6:00 PM	00102401
M3 PRESCHOOL 5	6:00 - 6:30 PM	00102407
SWIMMER 1	4:30 - 5:00 PM	00102383
SWIMMER 1	5:00 - 5:30 PM	00102394
SWIMMER 1	5:30 - 6:00 PM	00102400
SWIMMER 1	6:00 - 6:30 PM	00102410
M3 SWIMMER 1	4:00 - 4:30 PM	00102375
SWIMMER 2	4:30 - 5:00 PM	00102382
SWIMMER 2	5:00 - 5:30 PM	00102391
SWIMMER 2	5:30 - 6:00 PM	00102399
SWIMMER 2	6:00 - 6:30 PM	00102409
M3 SWIMMER 2	4:00 - 4:30 PM	00102378
SWIMMER 3	4:30 - 5:00 PM	00102388
SWIMMER 3	5:15 - 5:45 PM	00102396
SWIMMER 3	6:00 - 6:30 PM	00102408
M3 SWIMMER 3	4:00 - 4:30 PM	00102379

SWIMMER 4	4:30 - 5:15 PM	00102385
SWIMMER 4	5:45 - 6:30 PM	00102403
SWIMMER 4	7:15 - 8:00 PM	00102414
SWIMMER 5	7:15 - 8:00 PM	00102415
SWIMMER 6	5:15 - 6:00 PM	00102395
ROOKIE PATROL	6:30 - 7:15 PM	00102413
RANGER PATROL	5:45 - 6:30 PM	00102404
STAR PATROL	7:15 - 8:00 PM	00102416
YOUTH SWIM 1	4:30 - 5:15 PM	00102384
YOUTH SWIM 2	6:30 - 7:15 PM	00102411
YOUTH SWIM 3	6:30 - 7:15 PM	00102412



AQUATIC PROGRAM SCHEDULES

FRIDAYS

APRIL 11 START

COURSE CODE

BIBS & BUBBLES 1	5:30 - 6:00 PM	00102417
BIBS & BUBBLES 2	4:30 - 5:00 PM	00102418
BIBS & BUBBLES 3	5:00 - 5:30 PM	00102419
PRESCHOOL 1	4:30 - 5:00 PM	00102420
PRESCHOOL 1	5:30 - 6:00 PM	00102421
PRESCHOOL 2	5:00 - 5:30 PM	00102422
PRESCHOOL 2	5:30 - 6:00 PM	00102423
PRESCHOOL 2	5:45 - 6:15 PM	00102424
PRESCHOOL 3	4:30 - 5:00 PM	00102425
PRESCHOOL 3	5:00 - 5:30 PM	00102426
PRESCHOOL 3	5:30 - 6:00 PM	00102427
PRESCHOOL 4	4:30 - 5:00 PM	00102428
PRESCHOOL 5	5:00 - 5:30 PM	00102429
SWIMMER 1	4:45 - 5:15 PM	00102432
SWIMMER 1	5:00 - 5:30 PM	00102433
SWIMMER 1	5:15 - 5:45 PM	00102434
SWIMMER 1	5:30 - 6:00 PM	00102435
M3 SWIMMER 1	6:00 - 6:30 PM	00102430

SWIMMER 2	4:00 - 4:30 PM	00102436
SWIMMER 2	5:00 - 5:30 PM	00102437
SWIMMER 2	5:30 - 6:00 PM	00102438
SWIMMER 2	6:00 - 6:30 PM	00102439
M3 SWIMMER 2	6:30 - 7:00 PM	00102431
SWIMMER 3	4:00 - 4:30 PM	00102440
SWIMMER 3	4:30 - 5:00 PM	00102441
SWIMMER 3	6:00 - 6:30 PM	00102442
SWIMMER 3	6:30 - 7:00 PM	00102443
SWIMMER 4	4:00 - 4:45 PM	00102444
SWIMMER 4	5:30 - 6:15 PM	00102445
SWIMMER 5	4:00 - 4:45 PM	00102446
SWIMMER 5	6:15 - 7:00 PM	00102447
SWIMMER 6	4:45 - 5:30 PM	00102448
ROOKIE PATROL	6:15 - 7:00 PM	00102459
RANGER PATROL	6:30 - 7:15 PM	00102458
STAR PATROL	6:30 - 7:15 PM	00102460



AQUATIC PROGRAM SCHEDULES

SATURDAYS

APRIL 12 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	10:30 - 11:00 AM	00102461
BIBS & BUBBLES 2	9:00 - 9:30 AM	00102462
BIBS & BUBBLES 2	10:00 - 10:30 AM	00102463
BIBS & BUBBLES 2	11:00 - 11:30 AM	00102464
BIBS & BUBBLES 3	9:30 - 10:00 AM	00102465
BIBS & BUBBLES 3	11:30 - 12:00 PM	00102466
PRESCHOOL 1	10:00 - 10:30 AM	00102467
PRESCHOOL 1	11:00 - 11:30 AM	00102468
M3 PRESCHOOL 1	9:00 - 9:30 AM	00102469
M3 PRESCHOOL 1	9:30 - 10:00 AM	00102470
PRESCHOOL 2	9:00 - 9:30 AM	00102471
PRESCHOOL 2	10:00 - 10:30 AM	00102472
PRESCHOOL 2	10:30 - 11:00 AM	00102473
PRESCHOOL 2	11:00 - 11:30 AM	00102474
M3 PRESCHOOL 2	9:00 - 9:30 AM	00102475
M3 PRESCHOOL 2	9:30 - 10:00 AM	00102476
PRESCHOOL 3	9:30 - 10:00 AM	00102477
PRESCHOOL 3	10:15 - 10:45 AM	00102478
PRESCHOOL 3	11:30 - 12:00 PM	00102479
M3 PRESCHOOL 3	9:00 - 9:30 AM	00102480
M3 PRESCHOOL 3	9:30 - 10:00 AM	00102482
M3 PRESCHOOL 3	10:30 - 11:00 AM	00102481
PRESCHOOL 4	10:30 - 11:00 AM	00102483
M3 PRESCHOOL 4	9:00 - 9:30 AM	00102484
PRESCHOOL 5	11:30 - 12:00 PM	00102485
M3 PRESCHOOL 5	10:00 - 10:30 AM	00102486
SWIMMER 1	10:00 - 10:30 AM	00102494
SWIMMER 1	10:30 - 11:00 AM	00102495
M3 SWIMMER 1	9:00 - 9:30 AM	00102487
M3 SWIMMER 1	9:30 - 10:00 AM	00102488
S&P SWIMMER 1	11:00 - 12:00 PM	00102496

SWIMMER 2	9:45 - 10:15 AM	00102497
SWIMMER 2	10:00 - 10:30 AM	00102498
SWIMMER 2	11:30 - 12:00 PM	00102499
M3 SWIMMER 2	9:00 - 9:30 AM	00102489
M3 SWIMMER 2	9:30 - 10:00 AM	00102490
M3 SWIMMER 2	10:30 - 11:00 AM	00102491
S&P SWIMMER 2	11:00 - 12:00 PM	00102500
SWIMMER 3	10:00 - 10:30 AM	00102501
SWIMMER 3	10:30 - 11:00 AM	00102502
SWIMMER 3	10:45 - 11:15 AM	00102503
M3 SWIMMER 3	9:00 - 9:30 AM	00102492
M3 SWIMMER 3	9:30 - 10:00 AM	00102493
S&P SWIMMER 3	11:00 - 12:00 PM	00102504
SWIMMER 4	9:00 - 9:45 AM	00102505
SWIMMER 4	10:00 - 10:45 AM	00102506
S&P SWIMMER 4	11:00 - 12:00 PM	00102507
SWIMMER 5	9:00 - 9:45 AM	00102508
SWIMMER 5	9:30 - 10:15 AM	00102509
S&P SWIMMER 5	11:00 - 12:00 PM	00102510
SWIMMER 6	10:15 - 11:00 AM	00102511
SWIMMER 6	10:45 - 11:30 AM	00102512
ROOKIE PATROL	9:45 - 10:30 AM	00102518
ROOKIE PATROL	11:15 - 12:00 PM	00102517
RANGER PATROL*	10:30 - 11:15 AM	00102513
RANGER PATROL*	11:15 - 12:00 PM	00102515
STAR PATROL*	10:30 - 11:15 AM	00102514
STAR PATROL*	11:15 - 12:00 PM	00102516

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. Please check Halifax MyRec for dates over March Break.**

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 - 13
April 13th Start (Sundays)
10 Sessions
6:15pm - 7:30pm
\$108.80 (Members) | \$128 (Non-Members)
00102692

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)
April 13th Start (Sundays)
4:00pm - 6:00pm
\$140.50 (Members) | \$166 (Non-Members)
11 Sessions
00102691

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)
April 9th Start (Wednesdays)
4:30pm - 7:45pm
\$140.50 (Members) | \$166 (Non-Members)
10 Sessions
00102693

AQUATIC LEADERSHIP

These programs are for those who want to learn to teach swim and water safety. 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

REQUIRES BRONZE CROSS

National Lifeguard

Ages 15+

April 27th Start (Se MyRec for dates and times)

6 Sessions

00102694

\$221 (Members) | \$260 (Non-Members)

NATIONAL LIFEGUARD

RE-CERTIFICATION COURSE

This course is the re-certification for the National Lifeguard program

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+

May 18th

11:00am - 5:00pm

00102697

June 7th

11:00am - 5:00pm

00102698

\$112.20 (Members) | \$132 (Non-Members)

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

May 17

9am - 4pm

00102700

May 31

9am - 4pm

00102701

\$62.05 (Members) | \$73 (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!

REQUIRES BRONZE CROSS

Swim for Life Instructor

Ages 15+

April 13th Start (Saturdays + Sundays)

9:00am - 5:00pm

4 Sessions

\$184.45 (Members) | \$217 (Non-Members)

00102695

FIRST AID + CPR C

FULL COURSE

This course allows you to take basic and/or intermediate workplace first aid. If you wish to only take basic first aid, this course will only be on Saturday June 21st, if you wish to take intermediate workplace first aid, this course will be June 21st-22nd.

First Aid Full Course

June 21st -22nd

9am - 4pm

June 21st Basic Workplace First Aid

June 21st-22nd Intermediate Workplace First Aid

\$105.43 (Members) | \$128 (Non-members)

00102748

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:

5:30-6:30pm

12 - 15 Years Old:

6:30-7:30pm

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, come 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

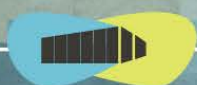
Ages 16+

Mondays & Wednesdays

11:05am - 11:55am



SPRING CHILD & YOUTH RECREATION PROGRAMS



CHILD & YOUTH RECREATION PROGRAMS

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

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

PRESCHOOL 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 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.

YOUTH AGES 13-16:

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

What To Bring:

- ☐ **Indoor Sneakers**
- ☐ **Activewear Attire**
- ☐ **Water Bottle**
- ☐ **Shin Guards** (optional for soccer programs)

YOUTH SPORT PROGRAMS

INTRO TO SOCCER

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

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

Intro to Soccer: Ages 4 & 5

Sundays | April 6 Start

10 Sessions

12:30pm-1:15pm

\$72.25 (Members) | \$85 (Non-Members)

00102673

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

Intro to Soccer: Ages 6-8

Sundays | April 6 Start

10 Sessions

11:30am - 12:25pm

\$85 (Members) | \$100 (Non-Members)

00102674

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

Intro to Soccer: Ages 9-12

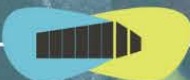
Sundays | April 6 Start

10 Sessions

10:30am - 11:25am

\$85 (Members) | \$100 (Non-Members)

00102675



YOUTH SPORT PROGRAMS

INTRO TO BASKETBALL

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

Intro to Basketball: Ages 4 & 5

Saturdays | April 12 Start

10 Sessions

11:30am - 12:15pm

\$72.25 (Members) | \$85 (Non-Members)

00102703

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

Intro to Basketball: Ages 6-8

Saturdays | April 12 Start

10 Sessions

10:30am - 11:25am

\$85 (Members) | \$100 (Non-Members)

00102704

This program further develops kids' movement skills and abilities.

Intro to Basketball: Ages 9-12

Saturdays | April 12 Start

10 Sessions

9:30am - 10:25am

\$85 (Members) | \$100 (Non-Members)

00102705

AGES 4-5

AGES 6-8

AGES 9-12

YOUTH SPORT PROGRAMS

INTRO TO VOLLEYBALL

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



Ages 9 - 12

Tuesdays | April 8 Start

10 Sessions

6:30pm - 7:25pm

\$85 (Members) | \$100 (Non-Members)

00102676



Ages 13 - 16

Tuesdays | April 8 Start

10 Sessions

7:30pm - 8:25pm

\$85 (Members) | \$100 (Non-Members)

00102677

INTRO TO BADMINTON

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



Ages 9 - 12

Wednesdays | April 9 Start

10 Sessions

6:00pm - 6:55pm

\$85 (Members) | \$100 (Non-Members)

00102682



Ages 13 - 16

Wednesdays | April 9 Start

10 Sessions

7:00pm - 7:55pm

\$85 (Members) | \$100 (Non-Members)

00102683

YOUTH SPORT PROGRAMS

INTRO TO ULTIMATE FRISBEE

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



Ages 12-15

Sundays | April 6 Start

10 Sessions

6:00pm - 7:00pm

\$85 (Members) | \$100 (Non-Members)

00102678

NEW

INTRO TO PICKLEBALL

Intro to Pickleball is a 10-week development program in a fun filled and caring environment. Sessions are designed to promote personal growth and development. Each week includes focused instruction, and as players progress, they will move into game play and skill refinement.



Ages 9-12

Fridays | April 11 Start

10 Sessions

5:30pm - 6:30pm

\$85 (Members) | \$100 (Non-Members)

00102710



Ages 13-16

Fridays | April 11 Start

10 Sessions

6:30pm - 7:30pm

\$85 (Members) | \$100 (Non-Members)

00102711

sportball

PARTNERSHIP PROGRAMS

Sportsplex is excited to be partnering with Sportball Canada 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.

SPORTBALL JUNIOR

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.



**AGES 16-
24 MTHS**

Ages 16 - 24 Months

Sundays | April 27 Start

8 Sessions

2:30pm - 3:15pm

\$160

00102680

SPORTBALL PARENT & TOT

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.

Ages 2-3

Sundays | April 27 Start

8 Sessions

3:15pm - 4:00pm

\$160

00102681



AGES 2-3

SPORTBALL

Please note, this is a drop off format program where children participate independently. It's a great opportunity to practice independence and make new friends in a fun and safe environment!



AGES 3-4

Ages 3-4

Sundays | April 27 Start

8 Sessions

1:30pm - 2:30pm

\$160

00102679

PICKLEBALL

PROGRAMS

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

BEGINNER PICKLEBALL



Tuesdays | April 8 Start
10 Sessions
12:30pm - 2:00pm
\$99.44 (Members) | \$117 (Non-Members)
00102706



Wednesdays | April 9 Start
10 Sessions
5:00pm - 6:30pm
\$99.44 (Members) | \$117 (Non-Members)
00102707

INTERMEDIATE PICKLEBALL



Fridays | April 11 Start
10 Sessions
5:30pm - 7:00pm
\$99.44 (Members) | \$117 (Non-Members)
00102709

PICKLEBALL SKILLS & DRILLS

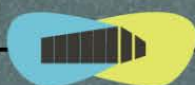
This class is designed for players who have taken a beginner class or have experience playing pickleball. The class will emphasize skill development and build on your technique to improve your overall game.



Thursdays | April 10 Start
10 Sessions
5:00pm - 6:30pm
\$99.44 (Members) | \$117 (Non-Members)
00102708



SPRING FITNESS WORKSHOPS



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

ALL PRICES INCLUDE TAX

Hanna Somatics

Hanna Somatics is a mind-body technique which targets muscles we've forgotten how to relax. This program will teach basic safe and gentle movements which help to ease pain and stiffness, and which can be practiced at home. Suitable for all fitness levels (requires the ability to get up and down from the floor) Please wear comfortable clothing and bring a mat (or use one of ours)

Hanna Somatics

Mondays 6:30pm

May 8 Start- 8 sessions

\$83.31 (Members) | \$98 (Non-Members)

00102775



Build and Burn

Learn everything you need to know about meeting your strength training goals with Personal Trainer Haitham Chehadi in this progressive 4-week Small Group training. With the help of a seasoned professional, participants will discover how to reach and maintain their goals, and will receive a full workout plan to continue using once the training has ended

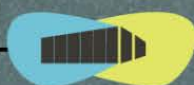
Build and Burn

Saturdays 6:30pm

April 12 start-4 sessions

\$37.40 (Members) | \$44 (Non-Members)

00102776



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

ALL PRICES INCLUDE TAX

Women's Intro to Weight Training

Free weights are an optimal training option for achieving the results you're looking for - whether it's fat loss, strength, muscle tone, higher energy levels, or increased endurance. Join us and learn everything you need to know about safe, effective lifting! Space is limited. Ages 13+

Women's Intro to Weight Training

Saturday April 12th 10:00am - 11:30am

\$37.40 (Members) | \$44 (Non-Members)

00102777



Weight Training for Youth

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

Ages 10 - 17

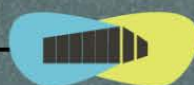
Weight Training for Youth

Friday April 25th

2:00pm - 3:00pm

\$28.05 (Members) | \$33 (Non-Members)

00102778



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

ALL PRICES INCLUDE TAX

Functional Fitness for Beginners

Join Personal Trainer Haitham Chehadi to improve your functional fitness, so you can lower your risk of injury, improve your body and brain health, and better your quality of life – especially in later years! This progressive course will give you the tools you need to move better, which will help you live better. Participants will receive a full workout plan to use once the training has ended

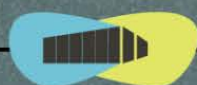
Functional Fitness for Beginners

Thursday 6:45pm

May 8th start - 4 sessions

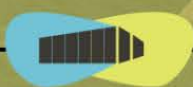
\$37.40 (Members) | \$44 (Non-Members)

00102774





ZSP DAY CAMPS



INSERVICE DAY CAMPS

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

Ages 5 1/2 - 11

Thursday April 3rd

8:30am - 4:30pm

\$40.80 (Members)

\$48.00 (Non-Members)

00102712

Wednesday April 30th

8:30am - 4:30pm

\$40.80 (Members)

\$48.00 (Non-Members)

00102713

Friday June 27th

8:30am - 4:30pm

\$40.80 (Members)

\$48.00 (Non-Members)

00102714



SUMMER CAMPS

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

Camps are 8:30am - 4:30pm Monday - Friday
\$197.20 a week (Members) | \$232 a week (Non-Members)

Ages 5 1/2 - 10

Campers must have completed Grade Primary.

+ Early drop-off & late pick-up

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

\$18.50 each.

Early drop-off is 7:30 - 8:30 AM

Late pick-up is 4:30 - 5:30 PM

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

Please Note!

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

What do we do at summer camp?

All of our day camps include swimming, gym play, arts & crafts, outdoor play and games!

We have two snack times and a lunch break.

Campers are sure to be tired at pick up!

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



SUMMER CAMPS



WELCOME SUMMER! THEME CAMP

JULY 2ND - JULY 4TH

00002383

MAD SCIENTISTS THEME CAMP

JULY 7TH - JULY 11TH

00002384



UNDER THE SEA THEME CAMP

JULY 14TH - JULY 18TH

00002623

ALL SORTS OF SPORTS THEME CAMP

JULY 21ST - JULY 25TH

00002640



MOVIN' & GROOVIN' THEME CAMP

JULY 28TH - AUGUST 1ST

00002717

ANIMAL PLANET THEME CAMP

AUGUST 4TH - AUGUST 8TH

00002719



HOLIDAY MIX UP THEME CAMP

AUGUST 11TH - AUGUST 15TH

00002720

WHACKY WEEK THEME CAMP

AUGUST 18TH - AUGUST 22ND

00002721



LAST BLAST OF SUMMER THEME CAMP

AUGUST 25TH - AUGUST 29TH

00002722



PRESCHOOL CAMPS

New this summer is our day camps for preschoolers!
Little ones will play, swim, and create!

Camps are 8:30am - 11:30am Monday - Friday
\$73.95 a week (Members) | \$87 a week (Non-Members)
Ages 4 - 5 1/2

What do we do at preschool camp?

All of our preschool camps include swimming, gym play, arts & crafts and games!

We have one snack time.

Campers are sure to be tired at pick up!
Preschoolers will go swimming twice a week on Tuesdays and Thursdays!

Please Note!

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

**See the following page for
our preschool camp dates and
themes!**



NEW

PRESCHOOL CAMPS



OOEY GOOEY FUN THEME CAMP

JULY 7TH - JULY 11TH

00002779

UNDER THE SEA THEME CAMP

JULY 14TH - JULY 18TH

00002780



ALL SORTS OF SPORTS THEME CAMP

JULY 21ST - JULY 25TH

00002781

MOVIN' & GROOVIN' THEME CAMP

JULY 28TH - AUGUST 1ST

00002782



BARNYARD BASH THEME CAMP

AUGUST 4TH - AUGUST 8TH

00002783

HOLIDAY MIX UP THEME CAMP

AUGUST 11TH - AUGUST 15TH

00002784



WHACKY WEEK THEME CAMP

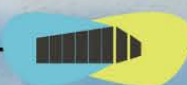
AUGUST 18TH - AUGUST 22ND

00002785

LAST BLAST OF SUMMER THEME CAMP

AUGUST 25TH - AUGUST 29TH

00002786



CITY EXPLORERS CAMPS

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

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

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

Campers will have access to daily swims at our facility.

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

This email will be sent approximately 7 days prior to the first day of camp.

We offer early drop-off and late pick-up options for our Summer Camps. \$18.50 each. Early drop-off is 7:30 - 8:30 AM. Late pick-up is 4:30 - 5:30 PM.

JULY 7 - 11: 00002723

JULY 14 - 18: 00002724

JULY 21 - 25: 00002725

JULY 28 - AUGUST 1: 00002773

AUGUST 4 - 8: 00002774

AUGUST 11 - 15: 00002775

AUGUST 18 - 22: 00002776

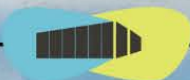
AUGUST 25 - 29: 00002777

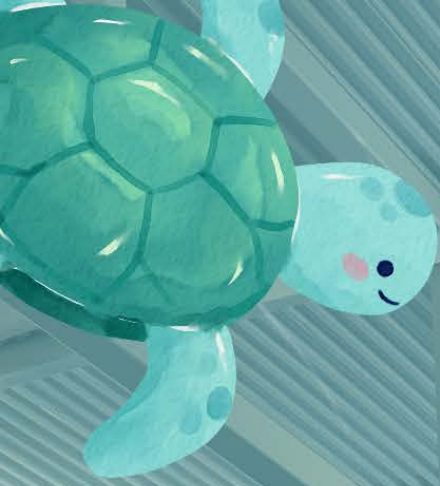
MONDAY - FRIDAY

8:30AM - 4:30PM

\$207.40/WEEK (MEMBERS)

\$244/WEEK (NON-MEMBERS)





SUMMER SWIMMING PROGRAMS



AQUATIC PROGRAM SCHEDULES

SUNDAYS JULY 6TH START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	00002826
BIBS & BUBBLES 2	5:30 - 6:00 PM	00002827
BIBS & BUBBLES 3	4:30 - 5:00 PM	00002825
PRESCHOOL 1	2:30 - 3:00 PM	00002820
PRESCHOOL 1	4:30 - 5:00 PM	00002824
M3 PRESCHOOL 1	5:00 - 5:30 PM	00002830
PRESCHOOL 2	3:00 - 3:30 PM	00002821
PRESCHOOL 2	4:30 - 5:00 PM	00002828
M3 PRESCHOOL 2	5:30 - 6:00 PM	00002832
PRESCHOOL 3	3:30 - 4:00 PM	00002822
M3 PRESCHOOL 3	5:00 - 5:30 PM	00002831
PRESCHOOL 4	4:00 - 4:30 PM	00002823
PRESCHOOL 5	4:30 - 5:00 PM	00002829
SWIMMER 1	4:30 - 5:00 PM	00002816
M3 SWIMMER 1	5:30 - 6:00 PM	00002818
S&P SWIMMER 1	2:30 - 3:30 PM	00002116
S&P SWIMMER 1	3:30 - 4:30 PM	00002811
SWIMMER 2	4:30 - 5:00 PM	00002817

M3 SWIMMER 2	5:00 - 5:30 PM	00002815
S&P SWIMMER 2	2:30 - 3:30 PM	00002117
S&P SWIMMER 2	3:30 - 4:30 PM	00002812
M3 SWIMMER 3	5:30 - 6:00 PM	00002819
S&P SWIMMER 3	2:30 - 3:30 PM	00002115
S&P SWIMMER 3	3:30 - 4:30 PM	00002814
S&P SWIMMER 4	2:30 - 3:30 PM	00002114
S&P SWIMMER 4	3:30 - 4:30 PM	00002813
S&P SWIMMER 5	2:30 - 3:30 PM	00002806
S&P SWIMMER 6	3:30 - 4:30 PM	00002807
S&P ROOKIE PATROL	5:00 - 6:00 PM	00002810
S&P RANGER PATROL*	5:00 - 6:00 PM	00002808
S&P STAR PATROL*	5:00 - 6:00 PM	00002809

Bibs & Bubbles 1 (4 - 12 months)
Bibs & Bubbles 2 (13 - 24 months)
Bibs & Bubbles 3 (25 - 36 months)
 \$77.84 (Members) | \$91.60 (Non-Members)

Preschool 1-5 (3-4 Years)
 \$77.84 (Members) | \$91.60 (Non-Members)
MAX 3 Preschool 1-5
 \$95.20 (Members) | \$112 (Non-Members)

S&P = STAY & PLAY

M3 = MAX 3 PARTICIPANTS

***** = COMBINED CLASS

AQUATIC PROGRAM SCHEDULES

THE FOLLOWING COURSES ARE TWICE A WEEK STARTING ON TUESDAY
AND AGAIN ON THURSDAY.

THE THURSDAY COURSES ARE THE SAME TIME AS ON TUESDAY.

TUESDAYS / THURSDAYS

JULY 8 START

COURSE CODE

BIBS & BUBBLES 1/2	5:00 - 5:30 PM	00002622
BIBS & BUBBLES 2/3	4:30 - 5:00 PM	00002585
PRESCHOOL 1	5:45 - 6:15 PM	00002652
M3 PRESCHOOL 1	4:15 - 4:45 PM	00002530
M3 PRESCHOOL 2	4:15 - 4:45 PM	00002541
PRESCHOOL 3	5:15 - 5:45 PM	00002635
M3 PRESCHOOL 3	4:15 - 4:45 PM	00002540
PRESCHOOL 4	5:15 - 5:45 PM	00002643
SWIMMER 1	5:15 - 5:45 PM	00002599
SWIMMER 1	4:45 - 5:15 PM	00002602
M3 SWIMMER 1	5:15 - 5:45 PM	00002646
SWIMMER 2	5:30 - 6:00 PM	00002586
SWIMMER 2	4:45 - 5:15 PM	00002603
M3 SWIMMER 2	5:45 - 6:15 PM	00002617
SWIMMER 3	5:00 - 5:30 PM	00002607
SWIMMER 3	4:45 - 5:15 PM	00002608
M3 SWIMMER 3	5:45 - 6:15 PM	00002584
SWIMMER 4	4:30 - 5:00 PM	00002577
SWIMMER 5	4:30 - 5:15 PM	00002583
SWIMMER 6	4:30 - 5:15 PM	00002649

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

\$81.60 (Members) | \$96 (Non-Members)

Swimmer 4, 5 & 6

\$88.40 (Members) | \$104 (Non-Members)

Stay & Play Program (Swimmer 4 -6)

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

TUESDAYS / THURSDAYS

AUGUST 5 START

COURSE CODE

BIBS & BUBBLES 1/2	5:00 - 5:30 PM	00002791
BIBS & BUBBLES 2/3	4:30 - 5:00 PM	00002790
PRESCHOOL 1	5:45 - 6:15 PM	00002793
M3 PRESCHOOL 1	4:15 - 4:45 PM	00002787
M3 PRESCHOOL 2	4:15 - 4:45 PM	00002789
PRESCHOOL 3	5:15 - 5:45 PM	00002792
M3 PRESCHOOL 3	4:15 - 4:45 PM	00002788
PRESCHOOL 4	5:15 - 5:45 PM	00004498
SWIMMER 1	4:45 - 5:15 PM	00002796
SWIMMER 1	5:15 - 5:45 PM	00002797
M3 SWIMMER 1	5:30 - 6:00 PM	00002802
SWIMMER 2	4:45 - 5:15 PM	00002798
SWIMMER 2	5:45 - 6:15 PM	00002804
M3 SWIMMER 2	5:00 - 5:30 PM	00002801
SWIMMER 3	4:45 - 5:15 PM	00002799
SWIMMER 3	5:45 - 6:15 PM	00002805
M3 SWIMMER 3	5:00 - 5:30 PM	00002800
SWIMMER 4	4:30 - 5:15 PM	00002794
SWIMMER 5	4:30 - 5:15 PM	00002795
SWIMMER 6	5:30 - 6:15 PM	00002803

Max 3 Swimmer 1, 2 & 3

\$95.20 (Members) | \$112 (Non-Members)

Stay & Play Program (Swimmer 1 -3)

\$88.40 (Members) | \$104 (Non-Members)

AQUATIC PROGRAM SCHEDULES

WEDNESDAYS JULY 9 START

COURSE CODE

BIBS & BUBBLES 1/2	4:30 - 5:00 PM	00002691
BIBS & BUBBLES 2/3	5:00 - 5:30 PM	00002692
M3 PRESCHOOL 1	4:15 - 4:45 PM	00002688
PRESCHOOL 2	4:00 - 4:30 PM	00002686
M3 PRESCHOOL 2	4:45 - 5:15 PM	00002693
PRESCHOOL 3	3:45 - 4:15 PM	00002683
M3 PRESCHOOL 3	5:15 - 5:45 PM	00002694
PRESCHOOL 4	4:30 - 5:00 PM	00002689
PRESCHOOL 5	4:30 - 5:00 PM	00002690
SWIMMER 1	5:00 - 5:30 PM	00002715
SWIMMER 1	5:45 - 6:15 PM	00002716
M3 SWIMMER 1	4:15 - 4:45 PM	00002707
SWIMMER 2	4:00 - 4:30 PM	00002712
SWIMMER 2	5:45 - 6:15 PM	00002713
M3 SWIMMER 2	4:45 - 5:15 PM	00002708
SWIMMER 3	4:00 - 4:30 PM	00002710
SWIMMER 3	5:00 - 5:30 PM	00002711
M3 SWIMMER 3	5:15 - 5:45 PM	00002709
SWIMMER 4	5:30 - 6:15 PM	00002718
SWIMMER 5	5:30 - 6:15 PM	00002730
SWIMMER 6	5:30 - 6:15 PM	00002731
ROOKIE PATROL	6:15 - 7:00 PM	00002732
*RANGER PATROL	6:15 - 7:00 PM	00002733
*STAR PATROL	6:15 - 7:00 PM	00002734
YOUTH SWIM 1	5:45 - 6:15 PM	00002742
YOUTH SWIM 2	4:15 - 5:00 PM	00002744
YOUTH SWIM 3	5:00 - 5:45 PM	00002746

Thursday's schedule runs with
Tuesday's.

See previous page.

Except for Aquatic Leadership
Courses, there are no registered
swim programs on Mondays,
Fridays,
or Saturdays for the summer.

Rookie, Ranger and Star Patrol

\$81.28 (Members) | \$95.20 (Non-Members)

Youth Swim 1, 2 & 3

\$81.60 (Members) | \$96 (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. Please check Halifax MyRec for dates over March Break.**

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
July 7th - 11th
9:30am - 12:00pm
\$108.80 (Members) | \$128 (Non-Members)
00003137

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 14th - 18th
9:00am - 2:00pm
00003138
August 5th - 8th
9:00am - 4:00pm
00003145
\$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)
July 21st - 25th
9:00pm - 4:00pm
00003140
August 11th - 15th
9:00am - 4:00pm
00003144
\$140.50 (Members) | \$166 (Non-Members)

AQUATIC LEADERSHIP

These programs are for those who want to learn to teach swim and water safety. 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 Canadian lifesaving manual used in Bronze Medallion and Cross

REQUIRES BRONZE CROSS

National Lifeguard

Ages 15+

August 19th, 20th, 21st, 26th, 27th, 28th

9:00am - 5:00pm

6 Sessions (Must attend all sessions)

00003147

\$221 (Members) | \$260 (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! Candidates who wish to take Bronze Cross and Swim for Life can enroll in 00003140 and complete both courses as the end of Bronze Cross course comes before the end of the Swim for Life course. Candidates must be successful in the Bronze Cross course to complete both courses if done this way.

REQUIRES BRONZE CROSS

Swim for Life Instructor

Ages 15+

July 19th Start (Saturdays + Sundays)

9:00am - 5:00pm (Sat), 9:00am - 6:00pm (Sun)

4 Sessions

\$184.45 (Members) | \$217 (Non-Members)

00003146

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 outdoor swimming and rescue program is designed to keep aspiring lifeguards fit! Check online schedule for location.

Jr. Guard
Mondays
8-14 Years Old
5:00 - 5:45pm

Sr. Guard
Mondays
15+ Years Old:
6:00 - 7:00pm

TRI-FIT

Want to upgrade your lap swimming workout? Whether you are swimming to prepare for an open water race or just to get fit, come join us! Wednesdays will be held outdoors. We recommend wearing a swim buoy to outdoor sessions. Check online schedule for location.

Tri-Fit
Mondays Inside
Wednesdays Outside
Ages 16+
7:00-8:00pm

Jr. Tri-Fit
Wednesdays
Ages
6:00-6:45pm

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

MORE SWIMMING PROGRAMS

ADULT SWIMMING LESSONS

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

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

Adult Swimmer 1: for those unable to swim 5m and are not comfortable in water overhead

Adult Swimmer 2: for those who can swim 5m unassisted and are comfortable in water overhead.

Adult Swimmer 3: for those who can swim 25m unassisted

If you are looking for more, try out TriFit! **For questions, email**

Ryan Kemp at kempr@halifax.ca.

Adult Swimming Lessons

Mondays

Adult Swimmer 1: 5:15 - 6:00pm

Adult Swimmer 2: 6:00 - 6:45pm

Adult Swimmer 3: 6:45 - 7:30pm

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."

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. Registration begins on December 10th at 9:00 am for Members and on December 11th at 9:00am for Non-Members.

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

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



SUMMER RECREATION PROGRAMS

PICKLEBALL

PROGRAMS

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

BEGINNER PICKLEBALL



Tuesdays | July 8 Start
4 Sessions
5:30pm - 7:00pm
\$41.76 (Members) | \$49.12 (Non-Members)
00002385



Tuesdays | August 5 Start
4 Sessions
5:30pm - 7:00pm
\$41.76 (Members) | \$49.12 (Non-Members)
00002386

PICKLEBALL SKILLS & DRILLS

This class is designed for players who have taken a beginner class or have experience playing pickleball. The class will emphasize skill development and build on your technique to improve your overall game. You must have completed a beginner course to sign up for Skills & Drills, please do not sign up if you are new to this sport..

Thursdays | July 10 Start
4 Sessions
5:30pm - 7:00pm
\$41.76 (Members) | \$49.12 (Non-Members)
00002387



Thursdays | August 7 Start
4 Sessions
5:30pm - 7:00pm
\$41.76 (Members) | \$49.12 (Non-Members)
00002388





DARTMOUTH DANCE ACADEMY

Contact the DDA Director at:

DDAZatzman@gmail.com with all questions about DDA. All prices include tax

BABY BALLET

AGE 3

TUESDAYS | JULY 8 START

6 SESSIONS

5:00PM - 5:45PM

\$77.04 (Members) | \$90.60 (Non-Members)

00004464

LITTLE STARS

AGES 3-4

SATURDAYS | JULY 5 START

6 SESSIONS

10:00AM - 10:45AM

\$77.04 (Members) | \$90.60 (Non-Members)

00003131

JUMPS AND TWIRLS

AGES 4 - 6

TUESDAYS | JULY 8 START

6 SESSIONS

5:45PM - 6:30PM

\$77.04 (Members) | \$90.60 (Non-Members)

00004465

DISNEY DANCE PARTY

AGES 4 - 5

SATURDAYS | JULY 5 START

6 SESSIONS

10:45AM - 11:30AM

\$77.04 (Members) | \$90.60 (Non-Members)

00004463





DARTMOUTH DANCE ACADEMY

Contact the DDA Director at:

DDAZatzman@gmail.com with all questions about DDA

SUMMER DANCE FUN

AGES 6 - 8

SATURDAYS | JULY 5 START

6 SESSIONS

11:30 AM - 12:30PM

\$86.64 (Members) | \$101.94 (Non-Members)

00002499

ADULT BALLET & BALLET BARRE

AGES 18+

TUESDAYS | JULY 8 START

6 SESSIONS

6:30 PM - 7:15 PM

\$89.46 (Members) | \$105.24 (Non-Members)

00004472

