


ZATZMAN
SPORTSPLEX

WINTER 2025



PROGRAM

GUIDE



ZATZMAN SPORTSPLEX



WINTER 2025

PROGRAM

GUIDE

Table of Contents

- 2 Welcome to the Zatzman Sportsplex
- 3 Membership at the Sportsplex
- 4 Program Registration
- 5 Free Rec
- 6 Pool Parties
- 7 Childminding Services
- 8 Drop-In Fitness Classes
- 9 Swimming Lessons
- 12 Aquatic Leadership
- 15 Drop-In Aquatic Classes
- 16 Aquatics FAQs
- 17 Aquatics Program Schedules
- 23 Recreation Program Information
- 25 Youth Sport Programs
- 29 Pickleball Programs
- 30 Personal Training
- 31 Fitness Workshops
- 35 In-Service Day Camps
- 36 Dartmouth Dance Academy

Follow us for
updates!



@zsportsplex



/ZatzmanSportsplex

Stay connected on our
website!



www.zatzmansportsplex.com



Welcome to

THE ZATZMAN SPORTSPLEX!

110 Wyse Road, Dartmouth

(902) 464 2600

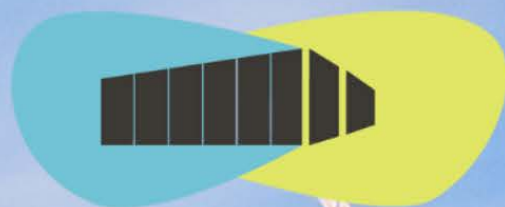
www.zatzmansportsplex.com

REGULAR HOURS

Weekdays: 6:00 am - 10:00 pm

Saturday: 6:00 am - 9:00 pm

Sunday: 8:00 am - 10:00 pm



Staff

Scott Forward

General Manager

(902) 490-3179 | scott.forward@halifax.ca

Lana McMullen

Director of Programs & Services

(902) 490-3129 | mcmulll@halifax.ca

Kim Duffy

Accounting Director

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

Olivia Trivett

Marketing & Communications Coordinator

(902) 490-2975 | olivia.trivett@halifax.ca

Ryan Kemp

Aquatics Coordinator

(902) 490-3018 | kempr@halifax.ca

Tara Myra

Facility Rentals & Events Coordinator

(902) 490-2973 | myrat@halifax.ca

Andréa Morrison

Health, Fitness & Recreation Coordinator

(902) 490-3132 | morrisan@halifax.ca

Laurel Myers

Sport & Recreation Coordinator

(902) 490-3170 | myersl@halifax.ca

Michelle Harris

Welcome Desk Coordinator

(902) 490-3283 | harrism@halifax.ca

Andrew Reid

Welcome Desk Supervisor

(902) 490-3282 | andrew.reid@halifax.ca

MEMBERSHIP

AT THE ZATZMAN SPORTSPLEX

**ALL PRICES
INCLUDE TAX**

Family

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

Adult

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

Seniors (60+)/Youth/Student

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

How will you use your membership?

Drop-In Classes

Yoga, Spin, Weight Lifting,
Bootcamp and more!

Fitness Centre

Get moving in our weight
room, cardio centre and
boxing space!

Aquatics Centre

Swim in our Main Pool or
unwind in our Leisure and
Therapy Pools!

Gymnasium

Drop-in sports (like
Pickleball and Basketball) or
play your way during Open
Gym!

Other Benefits

Early Program Registration

Childminding Service
(with Family or Child Membership)

Walking Track

Squash and Racquetball Courts

Open Swims and Skates

15% off Programs and Camps
(excluding 1-month memberships)

15% off Personal Training
(excluding 1-month memberships)



PROGRAM REGISTRATION

MARK YOUR CALENDARS:

Member Registration starts December 10th, 2024 at 9:00am

Non-Member Registration starts December 11th, 2024 at 9:00am

You can register for programs online or in-person at our Welcome Desk. You may cancel up to 14 days **before the start of your program**. Please contact the Welcome Desk for cancellations. There will be NO lessons the week of March Break (March 9 - 15). Programs are 10 weeks in length unless noted otherwise.



How to register for programs online:

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

recreation.halifax.ca



EXAMPLE CLASS

THURSDAYS

10:00 AM - 11:00 AM

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

00056555



THIS IS THE COURSE CODE.

Registration requires a Halifax MyRec account.



Please note:

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



Free Rec

AT THE ZATZMAN SPORTSPLEX

These activities are free for everyone. No membership required!



FREE TRACK ACCESS!

Take a stroll on our track no matter the weather!

Our walking track is open daily and is **free for non-members on Mondays, Wednesdays and Fridays!**

Just let our Welcome Desk staff know you're here to walk the track!

Join us **every Sunday at 9:30 am** for a free Zumba class!

Zumba incorporates elements of various dance styles, like salsa, merengue, cumbia, reggaeton and hip-hop with fitness movements for a total body workout!

Just visit our Welcome Desk and let them know you're here for Zumba!



FREE ZUMBA

FREE YOUTH GYM

Saturday Nights
Ages 12-15
7-8:30pm

Youth (ages 12-15) rule the Gym every **Saturday night from 7-8:30pm** for free!

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



Pool Parties

AT THE ZATZMAN SPORTSPLEX

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

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

Each party gets its own exclusive section of the pool. 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

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!

CHILDMINDING SERVICE

***Included with the cost of Family or Youth membership!**

Childminding Hours

Mondays: 9am-12pm

Tuesdays: 9am-12pm
5-8pm

Wednesdays: 5-8pm

Thursdays: 5-8pm

Fridays: 9am-12pm

Saturdays: 9am-12pm

These hours are effective January 2nd, 2025

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

Care for ages 3 months-10 years

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

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

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

DROP-IN FITNESS

SCHEDULE

MONDAYS

Yoga	7:30am
Weight Training	9:30am
Zumba Gold	10:30am
Shallow Water Aqua Fit	11:05am
Healthy Heart, Strong Body	11:30am
Bootcamp	5:30pm
Power Yoga	6:30pm

TUESDAYS

Dance & Sculpt	9:30am
Chair Fitness	10:30am
Gentle Strength & Cardio	11:30am
*Cycle & Core	5:30pm
Bodyweight Bootcamp	6:30pm

WEDNESDAYS

Spin *	6:30am
Yoga	7:30am
Bootcamp	9:30am
Pilates/Yoga Fusion	10:30am
Zumba Gold	10:30am
Shallow Water Aqua Fit	11:05am
Healthy Heart, Strong Body	11:30am
Weight Training	5:30pm
Bootcamp	6:30pm

THURSDAYS

Gentle Dance Fitness	9:30am
Tai Chi/Qi Gong	10:30am
Chair Yoga	11:30am
Spin *	5:30pm
Bodyweight Bootcamp	6:30pm

FRIDAYS

Spin *	6:30am
Bootcamp	9:30am
Zumba Gold	10:30am
Healthy Heart, Strong Body	11:30am
Bootcamp	5:30pm

SATURDAYS

Bootcamp	10:30am
Beginner Yoga	11:30am

SUNDAYS

Spin *	8:30am
Free Community Zumba Fusion	9:30am
	10:30am

All classes are included with your Sportsplex membership!

Non-member rates:
Adult Day Pass | \$12.50 (tax included)

*** Drop-in registration required on Halifax
MyRec.**

This schedule is subject to change at any time. Please check our online schedule before each class.

SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.

See pages 17 - 22 for course codes and times.

BIBS & BUBBLES

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

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

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

Bibs & Bubbles 1 (4 - 12 months)

Bibs & Bubbles 2 (13 - 24 months)

Bibs & Bubbles 3 (25 - 36 months)

\$94.52 (Members) | \$111.20 (Non-Members)

PRESCHOOL

The Preschool Program gives children a head-start on learning to swim. Preschool programs develop an appreciation and healthy respect for the water.

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

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

Preschool 1-5 (3-4 Years)

\$94.52 (Members) | \$111.20 (Non-Members)

MAX 3 Preschool 1-5

\$138 (Members) | \$117.30 (Non-Members)

SWIMMER CLASSES

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

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

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

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

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

\$94.52 (Members) | \$111.20 (Non-Members)

SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.

See pages 17 - 22 for course codes and times.

SWIMMER CLASSES CONTINUED:

SWIMMER 4: 45 min

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

SWIMMER 5: 45 min

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

SWIMMER 6: 45 min

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

+ STAY & PLAY

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

Swimmer 1-3:

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

All Other Lessons:

45 minutes of class
+15 minutes free play

Swimmer 4, 5 & 6

\$117.71 (Members) | \$138.48 (Non-Members)

Stay & Play Program

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

MAX 3 SWIMMER CLASSES

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

MAX 3 (30 mins) SWIMMER 1, 2, 3

Max 3 Swimmer 1, 2 & 3

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

SWIMMING LESSONS

All of our swimming lessons follow the Lifesaving Society curriculum.

See pages 17 - 22 for course codes and times.

PATROL CLASSES (Ages 6 - 12)

ROOKIE PATROL: SWIMMER 7 (45 min)

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

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

RANGER PATROL: SWIMMER 8 (45 min)

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

STAR PATROL: SWIMMER 9 (45 min)

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

Rookie, Ranger and Star Patrol

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

YOUTH SWIM CLASSES (Ages 9 - 14)

YOUTH SWIM 1 (45 min)

You'll work towards a 10-15m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water.

Improve your fitness and your flutter kick with 4 x 9-10m interval training.

YOUTH SWIM 2 (45 min)

Kick it up a notch working on two interval training workouts of 4 x 25m, kicking front or back crawl.

You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. You'll be supporting yourself at the surface for 1 minute and showing off your handstands in shallow water.

YOUTH SWIM 3 (45 min)

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

Youth Swim 1, 2 & 3

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

AQUATIC LEADERSHIP

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
January 5th Start (Sundays)
10 Sessions
6:15pm - 7:30pm
\$105.06 (Members) | \$123.60 (Non-Members)
00098890

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)
January 5th Start (Sundays)
4:00pm - 6:00pm
11 Sessions
00098891
March 10 - 14
4:00pm - 8:30pm
5 Sessions
00098896
\$140.08 (Members) | \$164.80 (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+
January 5th Start (Sundays)
9:00am - 12:00 pm
11 sessions
00098892
January 8th Start (Wednesdays)
4:30 - 7:45pm
10 Sessions
00098897
\$140.08 (Members) | \$164.80 (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 manuals used in Bronze Medallion and Cross

REQUIRES BRONZE CROSS

National Lifeguard

Ages 15+

February 2nd Start (Sundays)

9:00am - 5:00pm

6 Sessions

00098885

\$216.24 (Members) | \$254.40 (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+

February 23rd

11:00am - 4:00pm

00098888

March 30th

11:00am - 4:00pm

00098889

\$109.44 (Members) | \$128.75 (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

February 22nd

9am - 4pm

00099080

March 29th

9am - 4pm

00099081

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+

January 5th Start (Saturdays + Sundays)

9:00am - 5:00pm

5 Sessions

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

00098883

LIFESAVING INSTRUCTOR

Interested in teaching bronze level courses? This lifesaving instructor course will provide you with the skills required to teach bronze star, medallion + cross. Must be 15+ and have valid bronze cross.

Lifesaving Instructor

Ages 15+

January 24 - 26

9:00am - 5:00pm, 5:00pm-9:00pm, 5:00-9:00pm

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

00098884



MORE SWIMMING PROGRAMS

ADULT SWIMMING LESSONS

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

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

Start at Level 1 for beginners. Go to level 2 if you are comfortable in deep water. Try level 3 if you can swim 25 meters continuously. 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 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.

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

11 - 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!

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

SWIMMING LESSON FAQ'S

Please note there is NO lessons over March Break (March 9-15)

Q: What level should I register my child for?

A: Please consult the **info on pages 10-12** and register your child for the level that best suits their skill level. If you need more info, please contact our Aquatics Coordinator, Ryan, at kempr@halifax.ca

Q: Do the levels matter?

A: Yes! **It is very important that your child is in the correct level** to have the best chance of success. Registering your child in a level too high can be a safety risk and will have a negative effect on their experience.

Q: The level I need to have my child in is full. What do I do now?

A: Currently the demand for lessons has out-paced what we can supply. While we wish we could get every child into lessons, we are limited by staffing and pool space. **Please add your child to a wait list and we will contact you if a spot becomes available.**

Q: Why didn't my child get referred to the next level?

A: Participants move to the next level when they are deemed proficient in their current level. The Life Saving Society sets benchmarks that must be achieved to complete the level. We do not use terms such as "pass" or "fail." If a participant does not complete it simply means they need more time to build a better foundation before moving on. **It is very common for a participant to be in a level for more than one session.**

Q: How can I register for lessons?

A: See page 4 for registration information.

AQUATIC PROGRAM SCHEDULES

SUNDAYS

Please note there are NO lessons over March Break (March 9-15)

JANUARY 5TH START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	00098828
BIBS & BUBBLES 2	4:00 - 4:30 PM	00098807
BIBS & BUBBLES 3	4:30 - 5:00 PM	00098822
PRESCHOOL 1	4:00 - 4:30 PM	00098814
PRESCHOOL 1	4:30 - 5:00 PM	00098836
PRESCHOOL 1	5:30 - 6:00 PM	00098894
M3 PRESCHOOL 1	8:45 - 9:15 AM	00098801
PRESCHOOL 2	4:00 - 4:30 PM	00098810
PRESCHOOL 2	4:30 - 5:00 PM	00098819
PRESCHOOL 2	5:30 - 6:00 PM	00098835
M3 PRESCHOOL 2	8:45 - 9:15 AM	00098802
PRESCHOOL 3	4:00 - 4:30 PM	00098809
PRESCHOOL 3	6:00 - 6:30 PM	00098839
PRESCHOOL 3	6:30 - 7:00 PM	00098846
M3 PRESCHOOL 3	9:15 - 9:45 AM	00098803
PRESCHOOL 4	4:00 - 4:30 PM	00098811
PRESCHOOL 4	5:30 - 6:00 PM	00098834
PRESCHOOL 5	4:00 - 4:30 PM	00098813
SWIMMER 1	4:00 - 4:30 PM	00098808
SWIMMER 1	5:00 - 5:30 PM	00098827
M3 SWIMMER 1	9:45 - 10:15 AM	00098805
S&P SWIMMER 1	5:30 - 6:30 PM	00098829
S&P SWIMMER 1	6:30 - 7:30 PM	00098841
SWIMMER 2	5:00 - 5:30 PM	00098893
SWIMMER 2	6:00 - 6:30 PM	00098838
SWIMMER 2	6:45 - 7:15 PM	00098848

M3 SWIMMER 2	9:45 - 10:15 AM	00098806
S&P SWIMMER 2	4:30 - 5:30 PM	00098816
S&P SWIMMER 2	5:30 - 6:30 PM	00098830
S&P SWIMMER 2	6:30 - 7:30 PM	00098842
SWIMMER 3	6:15 - 6:45 PM	00098840
SWIMMER 3	7:00 - 7:30 PM	00098849
M3 SWIMMER 3	9:15 - 9:45 AM	00098804
S&P SWIMMER 3	4:30 - 5:30 PM	00098815
S&P SWIMMER 3	5:30 - 6:30 PM	00098831
S&P SWIMMER 3	6:30 - 7:30 PM	00098845
SWIMMER 4	4:00 - 4:45 PM	00098823
SWIMMER 4	4:45 - 5:30 PM	00098825
S&P SWIMMER 4	4:30 - 5:30 PM	00098817
S&P SWIMMER 4	5:30 - 6:30 PM	00098832
SWIMMER 5	4:00 - 4:45 PM	00098812
SWIMMER 5	4:45 - 5:30 PM	00098824
S&P SWIMMER 5	5:30 - 6:30 PM	00098833
S&P SWIMMER 6	6:30 - 7:30 PM	00098843
S&P ROOKIE PATROL	6:30 - 7:30 PM	00098844
S&P RANGER PATROL*	4:30 - 5:30 PM	00098821
S&P STAR PATROL*	4:30 - 5:30 PM	00098820
YOUTH SWIM 1	7:15 - 8:00 PM	00098850
YOUTH SWIM 2	6:30 - 7:15 PM	00098847
YOUTH SWIM 3	5:30 - 6:15 PM	00098837

S&P = STAY & PLAY

M3 = MAX 3 PARTICIPANTS

***** = COMBINED CLASS

AQUATIC PROGRAM SCHEDULES

MONDAYS JANUARY 6 START

Please note there are NO lessons over March Break (March 9-15)

COURSE CODE

PRESCHOOL 1	4:30 - 5:00 PM	00098344
PRESCHOOL 2	5:30 - 6:00 PM	00098353
PRESCHOOL 2	6:00 - 6:30 PM	00098354
M3 PRESCHOOL 2	5:00 - 5:30 PM	00098366
PRESCHOOL 3	5:00 - 5:30 PM	00098351
M3 PRESCHOOL 3	5:30 - 6:00PM	00098367
M3 PRESCHOOL 4	6:00 - 6:30PM	00098368
M3 PRESCHOOL 5	6:30 - 7:00 PM	00098369
SWIMMER 1	4:30 - 5:00 PM	00098347
SWIMMER 1	6:00 - 6:30 PM	00098372

COURSE CODE

M3 SWIMMER 1	6:30 - 7:00 PM	00098377
SWIMMER 2	5:15 - 5:45 PM	00098352
SWIMMER 2	6:00 - 6:30 PM	00098373
M3 SWIMMER 2	6:30 - 7:00 PM	00098375
SWIMMER 3	4:45 - 5:15 PM	00098350
SWIMMER 3	6:00 - 6:30 PM	00098371
M3 SWIMMER 3	6:30 - 7:00 PM	00098374
SWIMMER 4	5:45 - 6:30 PM	00098370



AQUATIC PROGRAM SCHEDULES

Please note there are NO lessons over March Break (March 9-15)

TUESDAYS

JANUARY 7 START

COURSE CODE

WEDNESDAYS

JANUARY 8 START

COURSE CODE

BIBS & BUBBLES 1	4:00 - 4:30 PM	00098403
BIBS & BUBBLES 2	5:30 - 6:00 PM	00098570
PRESCHOOL 1	4:30 - 5:00 PM	00098407
PRESCHOOL 1	5:30 - 6:00 PM	00098571
PRESCHOOL 1	6:00 - 6:30 PM	00098578
PRESCHOOL 2	4:00 - 4:30 PM	00098392
PRESCHOOL 2	4:30 - 5:00 PM	00098411
PRESCHOOL 2	5:00 - 5:30 PM	00098414
PRESCHOOL 3	5:00 - 5:30 PM	00098444
PRESCHOOL 4	4:00 - 4:30 PM	00098402
PRESCHOOL 4	6:00 - 6:30 PM	00098572
PRESCHOOL 5	6:00 - 6:30 PM	00098573
SWIMMER 1	4:30 - 5:00 PM	00098410
SWIMMER 1	4:45 - 5:15 PM	00098412
SWIMMER 1	5:30 - 6:00 PM	00098447
SWIMMER 1	5:45 - 6:15 PM	00098577
SWIMMER 2	4:00 - 4:30 PM	00098390
SWIMMER 2	4:30 - 5:00 PM	00098405
SWIMMER 2	5:00 - 5:30 PM	00098424
SWIMMER 2	5:30 - 6:00 PM	00098450
SWIMMER 3	5:00 - 5:30 PM	00098420
SWIMMER 3	5:15 - 5:45 PM	00098445
SWIMMER 3	6:00 - 6:30 PM	00098576
SWIMMER 4	4:00 - 4:45 PM	00098394
SWIMMER 4	5:15 - 6:00 PM	00098413
SWIMMER 5	4:30 - 5:15 PM	00098404
SWIMMER 5	7:15 - 8:00 PM	00098584
SWIMMER 6	6:30 - 7:15 PM	00098580
ROOKIE PATROL	7:15 - 8:00 PM	00098587
RANGER PATROL	6:30 - 7:15 PM	00098583
STAR PATROL	6:00 - 6:45 PM	00098579

BIBS & BUBBLES 2	9:15 - 9:45 AM	00098617
M3 PRESCHOOL 1	4:15 - 4:45 PM	00098593
M3 PRESCHOOL 1	5:00 - 5:30 PM	00098600
M3 PRESCHOOL 1	6:15 - 6:45 PM	00098607
M3 PRESCHOOL 2	4:30 - 5:00 PM	00098596
M3 PRESCHOOL 2	6:00 - 6:30 PM	00098605
M3 PRESCHOOL 3	4:30 - 5:00 PM	00098595
M3 PRESCHOOL 3	6:00 - 6:30 PM	00098599
M3 PRESCHOOL 4	4:45 - 5:15 PM	00098598
SWIMMER 1	4:30 - 5:00 PM	00098594
M3 SWIMMER 1	5:30 - 6:00 PM	00098602
M3 SWIMMER 1	6:00 - 6:30 PM	00098606
M3 SWIMMER 1	6:30 - 7:00 PM	00098610
SWIMMER 2	4:30 - 5:00 PM	00098597
M3 SWIMMER 2	4:00 - 4:30 PM	00098590
M3 SWIMMER 2	5:15 - 5:45 PM	00098601
M3 SWIMMER 2	6:30 - 7:00 PM	00098609
M3 SWIMMER 3	5:45 - 6:15 PM	00098603
M3 SWIMMER 3	6:30 - 7:00 PM	00098608
SWIMMER 4	6:45 - 7:30 PM	00098613
SWIMMER 5	6:00 - 6:45 PM	00098604
RANGER PATROL*	6:45 - 7:30 PM	00098611
STAR PATROL*	6:45 - 7:30 PM	00098612



AQUATIC PROGRAM SCHEDULES

Please note there are NO lessons over March Break (March 9-15)

THURSDAYS JANUARY 9 START

COURSE CODE

BIBS & BUBBLES 1	5:30 - 6:00 PM	00098642
BIBS & BUBBLES 2	5:00 - 5:30 PM	00098636
BIBS & BUBBLES 3	4:30 - 5:00 PM	00098632
PRESCHOOL 1	4:45 - 5:15 PM	00098635
PRESCHOOL 1	5:00 - 5:30 PM	00098655
PRESCHOOL 1	6:00 - 6:30 PM	00098640
M3 PRESCHOOL 1	4:00 - 4:30 PM	00098620
PRESCHOOL 2	5:00 - 5:30 PM	00098639
PRESCHOOL 2	5:15 - 5:45 PM	00098647
PRESCHOOL 2	6:00 - 6:30 PM	00098653
M3 PRESCHOOL 2	4:15 - 4:45 PM	00098626
PRESCHOOL 3	4:30 - 5:00 PM	00098633
M3 PRESCHOOL 3	4:00 - 4:30 PM	00098621
PRESCHOOL 4	5:30 - 6:00 PM	00098643
M3 PRESCHOOL 4	4:00 - 4:30 PM	00098624
PRESCHOOL 5	5:30 - 6:00 PM	00098649
M3 PRESCHOOL 5	6:00 - 6:30 PM	00098656
SWIMMER 1	4:30 - 5:00 PM	00098629
SWIMMER 1	5:00 - 5:30 PM	00098637
SWIMMER 1	5:30 - 6:00 PM	00098648
SWIMMER 1	6:00 - 6:30 PM	00098654
M3 SWIMMER 1	4:00 - 4:30 PM	00098619
SWIMMER 2	4:30 - 5:00 PM	00098627
SWIMMER 2	5:00 - 5:30 PM	00098638
SWIMMER 2	5:30 - 6:00 PM	00098644
SWIMMER 2	6:00 - 6:30 PM	00098658
M3 SWIMMER 2	4:00 - 4:30 PM	00098622
SWIMMER 3	4:30 - 5:00 PM	00098628
SWIMMER 3	5:15 - 5:45 PM	00098646
SWIMMER 3	6:00 - 6:30 PM	00098657
M3 SWIMMER 3	4:00 - 4:30 PM	00098623

SWIMMER 4	4:30 - 5:15 PM	00098631
SWIMMER 4	5:45 - 6:30 PM	00098651
SWIMMER 4	7:15 - 8:00 PM	00098663
SWIMMER 5	7:15 - 8:00 PM	00098664
SWIMMER 6	5:15 - 6:00 PM	00098645
ROOKIE PATROL	6:30 - 7:15 PM	00098662
RANGER PATROL	5:45 - 6:30 PM	00098652
STAR PATROL	7:15 - 8:00 PM	00098665
YOUTH SWIM 1	4:30 - 5:15 PM	00098630
YOUTH SWIM 2	6:30 - 7:15 PM	00098660
YOUTH SWIM 3	6:30 - 7:15 PM	00098661



AQUATIC PROGRAM SCHEDULES

FRIDAYS Please note there are NO lessons over March Break (March 9-15)

JANUARY 10 START

COURSE CODE

BIBS & BUBBLES 1	5:30 - 6:00 PM	00098688
BIBS & BUBBLES 2	4:30 - 5:00 PM	00098673
BIBS & BUBBLES 3	5:00 - 5:30 PM	00098681
PRESCHOOL 1	4:30 - 5:00 PM	00098677
PRESCHOOL 1	5:30 - 6:00 PM	00098692
PRESCHOOL 2	5:00 - 5:30 PM	00098685
PRESCHOOL 2	5:30 - 6:00 PM	00098690
PRESCHOOL 2	5:45 - 6:15 PM	00098695
PRESCHOOL 3	4:30 - 5:00 PM	00098676
PRESCHOOL 3	5:00 - 5:30 PM	00098682
PRESCHOOL 3	5:30 - 6:00 PM	00098689
PRESCHOOL 4	4:30 - 5:00 PM	00098675
PRESCHOOL 5	5:00 - 5:30 PM	00098686
SWIMMER 1	4:45 - 5:15 PM	00098680
SWIMMER 1	5:00 - 5:30 PM	00098684
SWIMMER 1	5:15 - 5:45 PM	00098687
SWIMMER 1	5:30 - 6:00 PM	00098691
M3 SWIMMER 1	6:00 - 6:30 PM	00098697

SWIMMER 2	4:00 - 4:30 PM	00098671
SWIMMER 2	5:00 - 5:30 PM	00098683
SWIMMER 2	5:30 - 6:00 PM	00098693
SWIMMER 2	6:00 - 6:30 PM	00098699
M3 SWIMMER 2	6:30 - 7:00 PM	00098727
SWIMMER 3	4:00 - 4:30 PM	00098669
SWIMMER 3	4:30 - 5:00 PM	00098674
SWIMMER 3	6:00 - 6:30 PM	00098698
SWIMMER 3	6:30 - 7:00 PM	00098728
SWIMMER 4	4:00 - 4:45 PM	00098672
SWIMMER 4	5:30 - 6:15 PM	00098694
SWIMMER 5	4:00 - 4:45 PM	00098667
SWIMMER 5	6:15 - 7:00 PM	00098723
SWIMMER 6	4:45 - 5:15 PM	00098679
ROOKIE PATROL	6:15 - 7:00 PM	00098722
RANGER PATROL	6:30 - 7:15 PM	00098724
STAR PATROL	6:30 - 7:15 PM	00098729



AQUATIC PROGRAM SCHEDULES

SATURDAYS JANUARY 11 START

Please note there are NO lessons over March Break (March 9-15)

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	10:30 - 11:00 AM	00098779
BIBS & BUBBLES 2	9:00 - 9:30 AM	00098736
BIBS & BUBBLES 2	10:00 - 10:30 AM	00098769
BIBS & BUBBLES 2	11:00 - 11:30 AM	00098789
BIBS & BUBBLES 3	9:30 - 10:00 AM	00098760
BIBS & BUBBLES 3	11:30 - 12:00 PM	00098797
PRESCHOOL 1	10:00 - 10:30 AM	00098766
PRESCHOOL 1	11:00 - 11:30 AM	00098790
M3 PRESCHOOL 1	9:00 - 9:30 AM	00098738
M3 PRESCHOOL 1	9:30 - 10:00 AM	00098761
PRESCHOOL 2	9:00 - 9:30 AM	00098754
PRESCHOOL 2	10:00 - 10:30 AM	00098771
PRESCHOOL 2	10:30 - 11:00 AM	00098780
PRESCHOOL 2	11:00 - 11:30 AM	00098793
M3 PRESCHOOL 2	9:00 - 9:30 AM	00098730
M3 PRESCHOOL 2	9:30 - 10:00 AM	00098755
PRESCHOOL 3	9:30 - 10:00 AM	00098757
PRESCHOOL 3	10:15 - 10:45 AM	00098774
PRESCHOOL 3	11:30 - 12:00 PM	00098798
M3 PRESCHOOL 3	9:00 - 9:30 AM	00098731
M3 PRESCHOOL 3	9:30 - 10:00 AM	00098900
M3 PRESCHOOL 3	10:30 - 11:00 AM	00098776
PRESCHOOL 4	10:30 - 11:00 AM	00098778
M3 PRESCHOOL 4	9:00 - 9:30 AM	00098732
PRESCHOOL 5	11:30 - 12:00 PM	00098800
M3 PRESCHOOL 5	10:00 - 10:30 AM	00098765
SWIMMER 1	10:00 - 10:30 AM	00098767
SWIMMER 1	10:30 - 11:00 AM	00098775
M3 SWIMMER 1	9:00 - 9:30 AM	00098733
M3 SWIMMER 1	9:30 - 10:00 AM	00098756
S&P SWIMMER 1	11:00 - 12:00 PM	00098786

SWIMMER 2	9:45 - 10:15 AM	00098764
SWIMMER 2	10:00 - 10:30 AM	00098770
SWIMMER 2	11:30 - 12:00 PM	00098799
M3 SWIMMER 2	9:00 - 9:30 AM	00098735
M3 SWIMMER 2	9:30 - 10:00 AM	00098758
M3 SWIMMER 2	10:30 - 11:00 AM	00098783
S&P SWIMMER 2	11:00 - 12:00 PM	00098787
SWIMMER 3	10:00 - 10:30 AM	00098772
SWIMMER 3	10:30 - 11:00 AM	00098777
SWIMMER 3	10:45 - 11:15 AM	00098784
M3 SWIMMER 3	9:00 - 9:30 AM	00098737
M3 SWIMMER 3	9:30 - 10:00 AM	00098759
S&P SWIMMER 3	11:00 - 12:00 PM	00098788
SWIMMER 4	9:00 - 9:45 AM	00098739
SWIMMER 4	10:00 - 10:45 AM	00098768
S&P SWIMMER 4	11:00 - 12:00 PM	00098791
SWIMMER 5	9:00 - 9:45 AM	00098740
SWIMMER 5	9:30 - 10:15 AM	00098762
S&P SWIMMER 5	11:00 - 12:00 PM	00098792
SWIMMER 6	10:15 - 11:00 AM	00098773
SWIMMER 6	10:45 - 11:30 AM	00098785
ROOKIE PATROL	9:45 - 10:30 AM	00098763
ROOKIE PATROL	11:15 - 12:00 PM	00098796
RANGER PATROL*	10:30 - 11:15 AM	00098781
RANGER PATROL*	11:15 - 12:00 PM	00098794
STAR PATROL*	10:30 - 11:15 AM	00098782
STAR PATROL*	11:15 - 12:00 PM	00098795

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 | January 5 Start

10 Sessions

12:30pm-1:15pm

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

00098702

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 | January 5 Start

10 Sessions

11:30am - 12:25pm

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

00098703

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

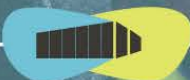
Sundays | January 5 Start

10 Sessions

10:30am - 11:25am

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

00098704



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 | January 11 Start

10 Sessions

11:30am - 12:15pm

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

00098717

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

Intro to Basketball: Ages 6-8

Saturdays | January 11 Start

10 Sessions

10:30am - 11:25am

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

00098718

This program further develops kids' movement skills and abilities.

Intro to Basketball: Ages 9-12

Saturdays | January 11 Start

10 Sessions

9:30am - 10:25am

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

00098719

AGES 4-5

AGES 6-8

AGES 9-12



YOUTH SPORT PROGRAMS

MULTI-SPORT



AGES 4-5

Want your child to try different sports to see what they're interested in? In this program, the instructors will lead a different sport every week such as basketball, soccer, floor hockey. They will run drills and play small games.

Multi-sport: Ages 4 & 5

Thursdays | January 9 Start
10 Sessions

5:15pm - 6:00pm

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

00098713



AGES 6-8

Want your child to try different sports to see what they're interested in? In this program, the instructors will lead a different sport every week such as basketball, soccer, floor hockey. They will run drills and play small games.

Multi-Sport: Ages 6-8

Thursdays | January 9 Start
10 Sessions

6:00pm - 6:55pm

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

00098714

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 | January 7 Start

10 Sessions

6:30pm - 7:25pm

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

00098707



Ages 13 - 16

Tuesdays | January 7 Start

10 Sessions

7:30pm - 8:25pm

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

00098708

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 | January 8 Start

10 Sessions

6:00pm - 6:55pm

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

00098710



Ages 13 - 16

Wednesdays | January 8 Start

10 Sessions

7:00pm - 7:55pm

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

00098711

YOUTH / ADULT

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

Ages 12-15

Sundays | January 5 Start

10 Sessions

6:00pm - 7:00pm

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

00098705

AGES 16+

Ages 16+

Sundays | January 5 Start

10 Sessions

7:00pm - 8:00pm

\$90.75 (Members) | \$95.00 (Non-Members)

00098706

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



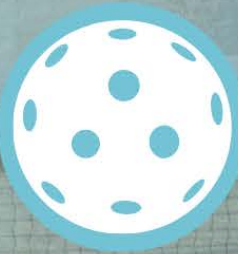
Tuesdays | January 7 Start

10 Sessions

12:30pm - 2:00pm

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

00098709



Wednesdays | January 8 Start

10 Sessions

5:00pm - 6:30pm

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

00098712

INTERMEDIATE PICKLEBALL



Fridays | January 10 Start

10 Sessions

5:30pm - 7:00pm

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

00098716

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.



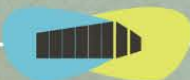
Thursdays | January 9 Start

10 Sessions

5:00pm - 6:30pm

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

00098715



PERSONAL TRAINING

Begin or advance your personal fitness journey with guidance from our experienced Personal Trainers!

At Zatzman Sportsplex, we offer in-house personal training with our experienced staff of trainers.

Our trainers will work with you to develop a workout plan which accounts for your current fitness, abilities, and goals!

Our trainers are certified by reputable organizations such as the NSFA and CanFitPro.

For more information, contact our Health, Fitness and Recreation Coordinator, Andréa Morrison at morrison@halifax.ca

"The best thing about personal training is that you'll learn about health, fitness, and your body. It means I am doing a customized plan for each client that can help them achieve their goals and can suit their lifestyle and their needs."

-Rita Flatoos, Personal Trainer

"My approach to why I love fitness is to look and feel great, and to stay healthy as we get older. It gives us a feeling of accomplishment and achievement. That feeling and satisfaction is what I work towards with my clients. I believe that fitness helps our overall health, raises self-esteem. It's simply fun, good for you, and a great challenge!"

- Haitham Chehadi, Personal Trainer

"What I find most fulfilling about fitness and personal training is the opportunity to share my knowledge and experience with others, empowering them to reach their fitness goals and unlock their full potential."

-Haniyeh Samari, Personal Trainer

Personal Training Packages

Number of Sessions	Non-Member Rate/Hour	Member Rate/Hour
1	\$89.00	\$75.65
3	\$83.33	\$70.83
6	\$76.66	\$65.17
10	\$71.00	\$60.35

*These prices include HST

Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

ALL PRICES INCLUDE TAX

Sculpt and Tone

Join Personal Trainer Arij Saidi for this progressive 4 week class, which will teach you how to tone and shape your body while improving strength, endurance, and overall fitness. Participants will learn how to safely and effectively perform a wide variety of exercises, which you can use to create workout plans of your own once the course has concluded.

Sculpt & Tone

Saturdays 9:30 am

January 4th Start- 4 sessions

\$36.00 (Members) | \$42.40 (Non-Members)

00098865



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

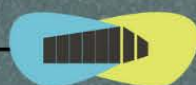
Functional Fitness for Beginners

Fridays 6:30pm

February 7th start - 4 sessions

\$36.00 (Members) | \$42.40 (Non-Members)

00098864



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

Thursdays 6:30pm

January 30th Start- 8 sessions

\$80.58 (Members) | \$94.80 (Non-Members)

00098862



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

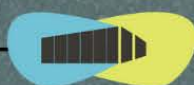
Build and Burn

Fridays 6:30pm

January 3rd -24th

\$36.00 (Members) | \$42.40 (Non-Members)

00098863



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 March 8th 10:00am - 11:30am

\$36.00 (Members) | \$42.40 (Non-Members)

00098866



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

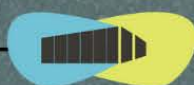
Weight Training for Youth

Sunday February 23

2:00pm - 3:00pm

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

00098868



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

ALL PRICES INCLUDE TAX

CARDIAC REBUILD LEVEL 1

This program is designed for new Cardiac Rebuild participants, who have never been enrolled in Cardiac Rebuild the past. Potential enrollees have completed the Hearts in Motion program, or have experienced a cardiac episode, and been cleared by their healthcare professional for unsupervised exercise. In addition, they have submitted a referral form from a Healthcare Professional directly to the Program Instructor, or their supervisor (the Health, Fitness and Recreation Coordinator).

This course is designed to assist participants in returning to exercise independently. Please note that previous enrollment does not guarantee future enrollment. A referral from a healthcare professional, and assessment completed by the course instructor, are required for all enrollees, regardless of whether or not they have participated in the past. Course admission is by referral only (written referral from a medical professional is required).

Please note that an up-to-date referral is required for every enrollment and re-enrollment. Questions can be directed to Andréa Morrison via email morrison@halifax.ca

Cardiac Rebuild 1

Mondays & Wednesdays, January 6 – May 19

2:30 pm

\$74.80

00096393

CARDIAC REBUILD LEVEL 2

This program is designed for individuals who have successfully completed Cardiac Rebuild Level 1, and remain cleared for exercise by their Healthcare Professional. Please note that a new referral is required for re-enrollment. This course is designed to assist participants in returning to exercise independently. Please note that previous enrollment does not guarantee future enrollment. A referral from a healthcare professional, and assessment completed by the course instructor, are required for all enrollees regardless of whether or not they have participated in the past. Course admission is by referral only (written referral from a medical professional is required). Please note that an up-to-date referral is required for every enrollment and re-enrollment.

Questions can be directed to Andréa Morrison via email morrison@halifax.ca

Cardiac Rebuild 2

Mondays & Wednesdays, January 6 – May 19

1:00 pm

\$93

00096392



DAY CAMPS

INSERVICE DAYCAMP

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

INSERVICE DAY CAMP

Friday March 7th

8:30am - 4:30pm

\$38.25 (Members) | \$45.00 (Non-Members)

00098700



MARCH BREAK DAYCAMP

Join us for a week of fun!

March Break Day Camp includes sports, swimming, arts and crafts, and other fun activities!

Ages 5 1/2 - 11

MARCH BREAK DAY CAMP

Monday March 10th - Friday March 14th

8:30am - 4:30pm

\$196.99 (Members) | \$231.75 (Non-Members)

00098701

Early drop off from 7:30 -8:30am and/or late pickup from 4:30 - 5:30pm is available.

\$18 each (Non-Members) | \$15.30 (Members)





DARTMOUTH DANCE ACADEMY

Contact the DDA Director at:

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

BABY BALLET

AGES 18MTH - 3

SATURDAYS | FEBRUARY 8 START

15 SESSIONS

10:00AM - 10:45AM

\$144.46 (Members) | \$169.95 (Non-Members)

00098906

LITTLE STARS

AGES 3-4

SUNDAYS | FEBRUARY 9 START

15 SESSIONS

10:00AM - 10:45AM

\$186.92 (Members) | \$219.90 (Non-Members)

00098909

SATURDAYS | FEBRUARY 8 START

11:30AM - 12:15 PM

00098917

PRESCHOOL BALLET/JAZZ

AGES 4 - 5

SATURDAYS | FEBRUARY 8 START

15 SESSIONS

10:45AM - 11:30AM

\$186.92 (Members) | \$219.90 (Non-Members)

00098910

BEGINNER BALLET/JAZZ

AGES 6 - 9

SATURDAYS | FEBRUARY 8 START

15 SESSIONS

12:15PM - 1:00PM

\$186.92 (Members) | \$219.90 (Non-Members)

00099029





DARTMOUTH DANCE ACADEMY

Contact the DDA Director at:

DDAZatzman@gmail.com with all questions about DDA

CHILDRENS COMBO

AGE 5

SUNDAYS | FEBRUARY 9 START

15 SESSIONS

10:45 AM - 11:30AM

\$186.92 (Members) | \$219.90 (Non-Members)

00098907

LEVEL 1 BALLET, JAZZ, TAP

AGES 6 - 11

SUNDAYS | FEBRUARY 9 START

15 SESSIONS

11:30 AM - 12:30 PM

\$209.99 (Members) | \$247.05 (Non-Members)

00098908

ADULT TAP

AGE 18+

WEDNESDAYS | FEBRUARY 5 START

15 SESSIONS

7:30PM - 8:15PM

\$241.49 (Members) | \$284.10 (Non-Members)

00099030

