



ZATZMAN
SPORTSPLEX

SUMMER 2024 PROGRAM GUIDE





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Follow us for
updates!

 @zsportsplex

 /ZatzmanSportsplex

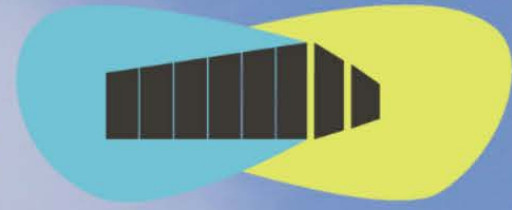
Stay connected
on our website!

 www.zatzmansportsplex.com



Welcome to

THE ZATZMAN SPORTSPLEX!



110 Wyse Road, Dartmouth

(902) 464 2600

www.zatzmansportsplex.com

When you call:

0-Welcome Desk

1-Ice, Arena & Room Rentals

2-Administration & Accounting

3-Marketing & Communications

4-Aquatics

5-Health & Fitness Centre

6-Gymnasium & Youth Programs

7-Housekeeping

REGULAR HOURS

Weekdays: 6:00 am - 9:00 pm

Saturday: 8:00 am - 6:00 pm

Sunday: 8:00 am - 6:00 pm

Staff

Lana McMullen

Director of Programs & Services

Acting General Manager

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

Kim Duffy

Accounting Director

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

Angela MacMaster

HR Coordinator

(902) 490-3172 | angela.macmaster@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 Supervisor

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

Michelle Harris

Welcome Desk Coordinator

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

ZATZMAN SPORTSPLEX

Membership



AT THE ZATZMAN SPORTSPLEX

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

**ALL PRICES
INCLUDE TAX**

Family

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

Adult

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

Seniors (60+)/Youth/Student

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

How will you use your membership?

Drop-In Classes

Yoga, Spin, Weight Lifting, Bootcamp and more!

Fitness Centre

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

Aquatics Centre

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

Gymnasium

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

Other Benefits

Early Program Registration
Childminding Service
(with Family or Youth Membership)
Access to Walking Track
Squash and Racquetball Courts
Open Swims and Skates
15% off Programs and Camps
(excluding 1-month memberships)
15% off Personal Training
(excluding 1-month memberships)



Corporate discounts are available. Check our website to see if your employer is listed!



Program Registration

SAVE THE DATE!

Member Registration starts June 18, 2024 at 9:00am
Non-Member Registration starts June 19, 2024 at 9:00am

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

How to register for programs online:

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

recreation.halifax.ca



EXAMPLE CLASS

THURSDAYS

10:00 AM - 11:00 AM

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

00056555



THIS IS THE COURSE CODE.

Registration requires a Halifax MyRec account.



Please note:

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



Free Rec

AT THE ZATZMAN SPORTSPLEX

These activities are free for everyone.
No membership required!



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!



Get ready to make a splash!

We offer a **free youth swim (ages 12-15) every Friday from 7:30-8:50pm!**

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



Pool Parties

AT THE ZATZMAN SPORTSPLEX

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

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

Each party gets its own exclusive section of the pool.

Party Package A - Half Leisure Pool

This party has shared use of the splash pad and blue slide. Up to 15 children with 5 adults. \$165.83

Party Package B - Half of Each Pool

Includes access to half of both the main and leisure pools along with slides and splash pad.
Up to 25 children and adults. \$272.44

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



SWING



SPLASH



SLIDE

Childminding Service

*Included with the cost of Family or Youth membership!

Childminding Hours

Mondays: 9am-12 pm

Wednesdays: 9am-12pm

Thursdays: 5-8pm

Fridays: 9am-12pm

Saturdays: 9am-12pm

These hours are effective July 2nd, 2024



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

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

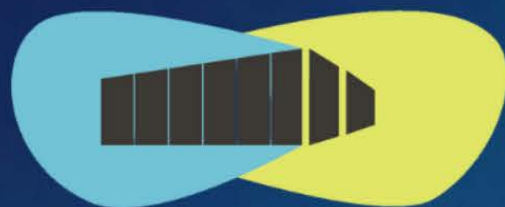
Care for ages 3 months-10 years

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

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



ZATZMAN SPORTSPLEX DROP-IN FITNESS CLASSES



MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

THURSDAYS

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

FRIDAYS

Spin *	6:30am
Bootcamp	9:30am
NIA	9:30am
Zumba Gold	10:30am
Healthy Heart, Strong Body	11:30am
Bootcamp (Fearless Fridays)	5:30pm
Beginner Yoga	6:30pm

SATURDAYS

Bootcamp	10:30am
Beginner Yoga	11:30am

SUNDAYS

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

All classes are included with your Sportsplex membership!

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

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

* Drop-in registration required on Halifax MyRec.

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

Zatzman Sportsplex PERSONAL TRAINING

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

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

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

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

Our trainers are certified by reputable organizations such as the ISSA (International Sport Sciences Association) and CanFitPro.

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

"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 suits 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

Swimming Lessons



LIFESAVING SOCIETY®
The Lifeguarding Experts



All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 18-20 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)
\$75.62 (Members) | \$88.96 (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)
\$75.62 (Members) | \$88.96 (Non-Members)
MAX 3 Preschool 1-5
\$93.84 (Members) | \$110.40 (Non-Members)

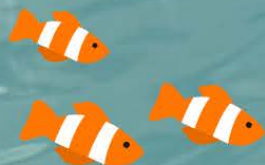
SWIMMER CLASSES

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

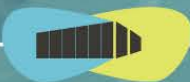
These beginners will become comfortable jumping into water with and without a life-jacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking on their front and back.

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)
\$75.62 (Members) | \$88.96 (Non-Members)



Swimming Lessons



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All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 18-20 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

\$78.47 (Members) | \$92.32 (Non-Members)

Stay & Play Program

\$94.59 (Members) | \$111.28 (Non-Members)

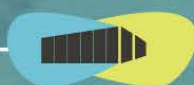
MAX 3 SWIMMER CLASSES

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

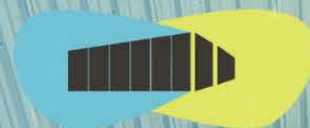
\$93.84 (Members) | \$110.40 (Non-Members)



Swimming Lessons



LIFESAVING SOCIETY®
The Lifeguarding Experts



All of our swimming lessons follow the Lifesaving Society curriculum.
See pages 18-20 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

\$78.47 (Members) | \$92.32 (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)

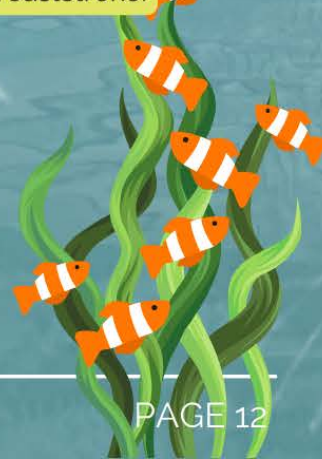
Kick it up a notch working on two interval training workouts of 4 x 25m, kicking front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15m. You'll be supporting yourself at the surface for 1 minute and showing off your handstands in shallow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

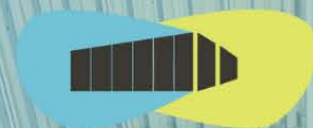
\$78.47 (Members) | \$92.32 (Non-Members)



Aquatic Leadership



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The Lifeguarding Experts



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

Registration for Aquatic Leadership Courses includes all materials, manuals, fees and exam.

Candidates are responsible to keep books from one course to the next.

BRONZE STAR

The Life Saving Society's Bronze Star develops swimming proficiency, life saving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills and apply fitness principles in training workouts. This course is a pre-requisite for Bronze Medallion for candidates under 13 years of age.



Bronze Star Course

Ages 10 - 12

July 8 - 12

5 Sessions

2:15pm - 4:30pm

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

00090195

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 8-12

9:00am - 1:00pm

00090197

OR

August 6-8

9:00am - 4:00pm

00090198

\$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+

July 15 - July 18

9:00am - 4:30pm

00090199

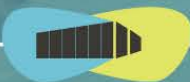
OR

August 12 - 15

9:00am - 4:30pm

00090200

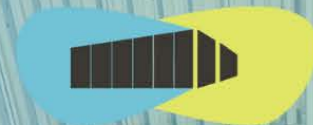
\$140.08 (Members) | \$164.80 (Non-Members)



Aquatic Leadership



LIFESAVING SOCIETY®
The Lifeguarding Experts



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, learn 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+

You must complete ALL sessions on:
August 19th, 20th, 21st, 28th, 29th, 30th
9:00am - 5:00pm

\$216.24 (Members) | \$254.40 (Non-Members)
00090202

REQUIRES PREVIOUS NL CERT

National Lifeguard Re-Certification

Ages 15+

September 3rd
9:00am - 1:00pm

\$109.44 (Members) | \$128.75 (Non-Members)
00090203

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+

July 22 - July 25th
12:00pm - 7:00pm

4 Sessions
\$180.35 (Members) | \$212.18 (Non-Members)
00090201

REQUIRES PREVIOUS FIRST AID CERT

First Aid Re-Certification

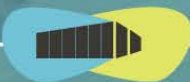
August 18th

9:00am - 4:00pm

\$69.78 (Members) | \$82.41 (Non-Members)
00090208

FIRST AID RE-CERTIFICATION

First Aid recert for Basic, Intermediate first aid and/or CPR-C. Previous first aid certification required.



More Swimming Programs

ADULT SWIMMING LESSONS

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

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

Start at Level 1 or email Aquatics Coordinator Ryan Kemp at kempr@halifax.ca for an assessment.

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

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

Adult Swimming Lessons

Mondays

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

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

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

Wednesdays

Adult Swimmer 1: 10:15 - 11:00am

Adult Swimmer 2: 10:15 - 11:00am

Adult Swimmer 3: 11:00 - 11:45am

PRIVATE SWIMMING LESSONS (Ages 5+)

Private swim lessons are 30mins in length and are beneficial when your child is struggling with a skill, level, or special learning needs. Adults are also welcome to book a private lesson. Levels offered are swimmer 1-6, rookie, ranger and star patrol, youth swims 1-3 and all adult levels

Classes are limited. Registration begins on June 18th at 9:00 am for Members and on June 19th at 9:00am for Non-Members.

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

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

ZATZMAN SPORTSPLEX

DROP-IN

AQUATICS

PROGRAMS

These drop-in programs do not require pre-registration and are included in your Membership! Non-Members can purchase a Day Pass or Punch Pass to attend. Be sure to check our facility schedule before each session!

JR./SR. GUARD

This running, paddling and swimming program is designed to keep aspiring lifeguards fit! !

Meet us at Shubie Park and practice swimming in a natural environment.

This course requires you to bring gear for running and swimming. Participants must be able to swim 300m.

This course requires you to register through Halifax MyRec under 'drop-ins'.

Payment for Shubie Park sessions must be made online when booking if not a Member.

Jr. Guard

Mondays

8 - 14 Years Old:

5:45-6:45pm

July 8th: On Site

July 15-Aug 26: Shubie Park

Sr. Guard

Thursdays

15+ Years Old:

5:00pm - 6:00pm

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!

Monday's we meet at Shubie Park where we dive into the lake to practice swimming in a natural environment. Participants must be able to swim 1000m.

This course requires you to register through Halifax MyRec under 'drop-ins'.

Payment for Shubie Park sessions must be made online when booking if not a Member.

Tri-Fit

Ages 16+

7:00-8:15pm

July 8th: On-Site

Mondays: Shubie Park

Wednesdays: On Site

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

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

JULY 7 START

COURSE CODE

COURSE CODE

BIBS & BUBBLES 1	5:00 - 5:30 PM	00090022
BIBS & BUBBLES 2	5:30 - 6:00 PM	00090030
BIBS & BUBBLES 3	4:30 - 5:00 PM	00090016
PRESCHOOL 1	2:30 - 3:00 PM	00089999
PRESCHOOL 1	4:30 - 5:00 PM	00090018
M3 PRESCHOOL 1	5:00 - 5:30 PM	00090021
PRESCHOOL 2	3:00 - 3:30 PM	00090001
PRESCHOOL 2	4:30 - 5:00 PM	00090017
M3 PRESCHOOL 2	5:30 - 6:00 PM	00090032
PRESCHOOL 3	3:30 - 4:00 PM	00090002
M3 PRESCHOOL 3	5:00 - 5:30 PM	00090024
PRESCHOOL 4	4:00 - 4:30 PM	00090014
PRESCHOOL 5	4:30 - 5:00 PM	00090015
SWIMMER 1	4:30 - 5:00 PM	00090019
M3 SWIMMER 1	5:30 - 6:00 PM	00090029
S&P SWIMMER 1	2:30 - 3:30 PM	00089996
S&P SWIMMER 1	3:30 - 4:30 PM	00090009
SWIMMER 2	4:30 - 5:00 PM	00090020
M3 SWIMMER 2	5:00 - 5:30 PM	00090023
S&P SWIMMER 2	2:30 - 3:30 PM	00089997
S&P SWIMMER 2	3:30 - 4:30 PM	00090010
M3 SWIMMER 3	5:30 - 6:30 PM	00090031
S&P SWIMMER 3	2:30 - 3:30 PM	00089998
S&P SWIMMER 3	3:30 - 4:30 PM	00090012
S&P SWIMMER 4	2:30 - 3:30 PM	00089995

S&P SWIMMER 4	3:30 - 4:30 PM	00090011
S&P SWIMMER 5	2:30 - 3:30 PM	00090000
S&P SWIMMER 6	3:30 - 4:30 PM	00090013
S&P ROOKIE PATROL	5:00 - 6:00 PM	00090026
S&P RANGER PATROL*	5:00 - 6:00 PM	00090027
S&P STAR PATROL*	5:00 - 6:00 PM	00090028



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 2 START

COURSE CODE

BIBS & BUBBLES 1/2	5:00 - 5:30 PM	00090133
BIBS & BUBBLES 2/3	4:30 - 5:00 PM	00090128
PRESCHOOL 1	5:45 - 6:15 PM	00090146
M3 PRESCHOOL 1	4:15 - 4:45 PM	00090122
PRESCHOOL 2	5:15 - 5:45 PM	00090137
M3 PRESCHOOL 2	4:15 - 4:45 PM	00090123
PRESCHOOL 3	5:15 - 5:45 PM	00090135
M3 PRESCHOOL 3	4:15 - 4:45 PM	00090124
PRESCHOOL 4	5:15 - 5:45 PM	00090138
PRESCHOOL 5	5:15 - 5:45 PM	00090134
SWIMMER 1	4:45 - 5:15 PM	00090129
SWIMMER 1	5:15 - 5:45 PM	00090136
M3 SWIMMER 1	5:30 - 6:00 PM	00090139
SWIMMER 2	4:45 - 5:15 PM	00090130
SWIMMER 2	5:45 - 6:15 PM	00090141
M3 SWIMMER 2	5:00 - 5:30 PM	00090132
SWIMMER 3	4:45 - 5:15 PM	00090131
SWIMMER 3	5:45 - 6:15 PM	00090142
M3 SWIMMER 3	4:30 - 5:00 PM	00090127
SWIMMER 4	4:30 - 5:15 PM	00090125
SWIMMER 5	4:30 - 5:15 PM	00090126
SWIMMER 6	5:30 - 6:15 PM	00090140
ROOKIE PATROL	6:15 - 7:00 PM	00090150
RANGER PATROL*	6:00 - 6:45 PM	00090148
STAR PATROL*	6:00 - 6:45 PM	00090149

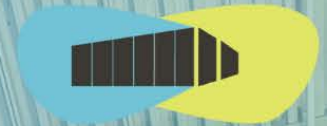
TUESDAYS/THURSDAYS

JULY 30 START

COURSE CODE

BIBS & BUBBLES 1/2	5:00 - 5:30 PM	00090182
BIBS & BUBBLES 2/3	4:30 - 5:00 PM	00090183
PRESCHOOL 1	5:45 - 6:15 PM	00090184
M3 PRESCHOOL 1	4:15 - 4:45 PM	00090185
PRESCHOOL 2	5:15 - 5:45 PM	00090186
M3 PRESCHOOL 2	4:15 - 4:45 PM	00090187
PRESCHOOL 3	5:15 - 5:45 PM	00090188
M3 PRESCHOOL 3	4:15 - 4:45 PM	00090189
PRESCHOOL 4	5:15 - 5:45 PM	00090190
PRESCHOOL 5	5:15 - 5:45 PM	00090191
SWIMMER 1	4:45 - 5:15 PM	00090172
SWIMMER 1	5:15 - 5:45 PM	00090173
M3 SWIMMER 1	5:30 - 6:00 PM	00090169
SWIMMER 2	4:45 - 5:15 PM	00090174
SWIMMER 2	5:45 - 6:15 PM	00090175
M3 SWIMMER 2	5:00 - 5:30 PM	00090170
SWIMMER 3	4:45 - 5:15 PM	00090176
SWIMMER 3	5:45 - 6:15 PM	00090177
M3 SWIMMER 3	4:30 - 5:00 PM	00090171
SWIMMER 4	4:30 - 5:15 PM	00090178
SWIMMER 5	4:30 - 5:15 PM	00090179
SWIMMER 6	5:30 - 6:15 PM	00090180
ROOKIE PATROL	6:15 - 7:00 PM	00090193
RANGER PATROL*	6:00 - 6:45 PM	00090192
STAR PATROL*	6:00 - 6:45 PM	00090194

Aquatic Program Schedules



WEDNESDAYS

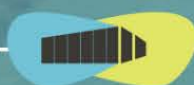
JULY 3RD START

COURSE CODE

BIBS & BUBBLES 1/2	4:30 - 5:00 PM	00090048
BIBS & BUBBLES 2/3	5:00 - 5:30 PM	00090054
PRESCHOOL 1	3:45 - 4:15 PM	00090039
M3 PRESCHOOL 1	4:15 - 4:45 PM	00090045
PRESCHOOL 2	4:00 - 4:30 PM	00090043
M3 PRESCHOOL 2	4:45 - 5:15 PM	00090052
PRESCHOOL 3	3:45 - 4:15 PM	00090040
M3 PRESCHOOL 3	5:15 - 5:45 PM	00090025
PRESCHOOL 4	4:30 - 5:00 PM	00090049
PRESCHOOL 5	4:30 - 5:00 PM	00090050
SWIMMER 1	5:00 - 5:30 PM	00090055
SWIMMER 1	5:45 - 6:15 PM	00090064
M3 SWIMMER 1	4:15 - 4:45 PM	00090046
SWIMMER 2	4:00 - 4:30 PM	00090044
SWIMMER 2	5:45 - 6:15 PM	00090063
M3 SWIMMER 2	4:45 - 5:15 PM	00090051
SWIMMER 3	4:00 - 4:30 PM	00090042
SWIMMER 3	5:00 - 5:30 PM	00090056
M3 SWIMMER 3	5:15 - 5:45 PM	00090057
SWIMMER 4	5:30 - 6:15 PM	00090058
SWIMMER 5	5:30 - 6:15 PM	00090059
SWIMMER 6	5:30 - 6:15 PM	00090060
ROOKIE PATROL	6:15 - 7:00 PM	00090534
RANGER PATROL*	6:15 - 7:00 PM	00090066
STAR PATROL*	6:15 - 7:00 PM	00090067
YOUTH SWIM 1	5:45 - 6:30 PM	00090061
YOUTH SWIM 2	4:15 - 5:00 PM	00090047
YOUTH SWIM 3	5:00 - 5:45 PM	00090053

Thursday's schedule is the same as Tuesday's.

See previous page.
Except for Aquatic Leadership Courses, there are no swim programs on Fridays or Saturdays for the summer.



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

Begin your fitness journey or take it to the next level!

The "Move Better" Workshop: Improving Mobility, Flexibility and Balance

Join a seasoned Personal Trainer for this thorough, practical class all about simple tools and exercises you can use to increase your mobility and flexibility, and improve balance! These techniques will help to better your overall Fitness, as well as alleviate many chronic issues (such as joint pain, muscle pain, headaches, sleep disorder, etc)."

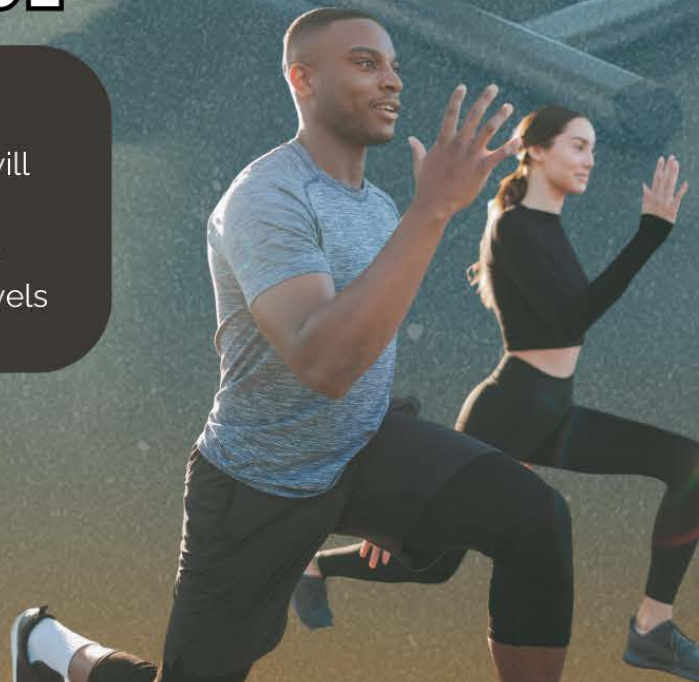
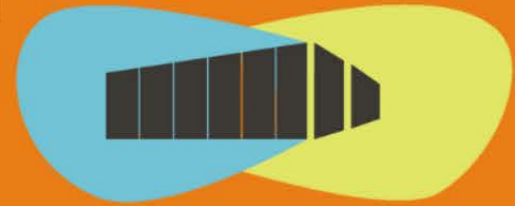
The "Move Better" Workshop
Sunday August 4th
1:00pm - 2:30pm
\$36.04 (Members) | \$42.40 (Non-Members)
00090181

WORKOUT PLANNING 101

Learn the basics of safe, effective training while you create a personalized workout plan specific to your needs, under the guidance of a highly qualified Personal Trainer! Participants will practice basic exercises with a focus on proper alignment, movement, and weight selection, while creating a framework which can be used to create new workouts as their fitness levels change. Ages 13+

Workout Planning 101
Saturday August 3rd
1:00pm - 2:30pm
\$36.04 (Members) | \$42.40 (Non-Members)
00090147

ALL PRICES INCLUDE TAX



Fitness Workshops

MEMBERS SAVE 15%
EXCLUDING 1-MONTH MEMBERSHIPS

Begin your fitness journey or take it to the next level!

WEIGHT TRAINING FOR YOUTH

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

Weight Training for Youth

Sunday July 28th

1:30pm - 2:30pm

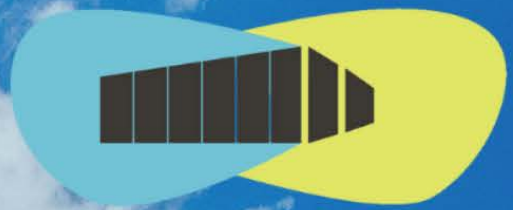
\$27.18 (Members) | \$31.98 (Non-Members)

00090143





ZATZMAN SPORTSPLEX Summer Camps!



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

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

Ages 5 1/2 - 10

Campers must have completed Grade Primary.



Early drop-off & late pick-up

Please Note! 

**We offer early drop-off and late pick-up options for our Summer Camps.
\$15.76 for members or \$18.54 for non-members.**

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

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

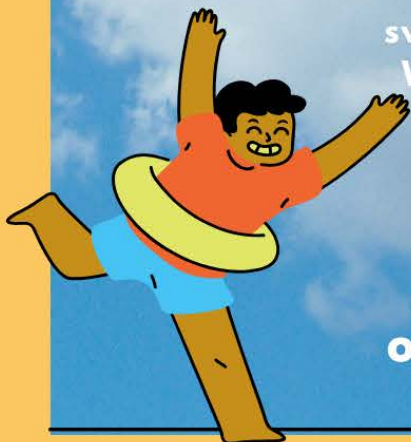
Select early drop-off or late pick-up when registering for your Summer Camp on Halifax MyRec.

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

What do we do at summer camp?

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

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





ZATZMAN SPORTSPLEX Summer Camps!

CHECK OUT OUR SELECTION
OF EPIC THEMED SUMMER CAMPS!



LIGHTS, CAMERA, ACTION!: HOLLYWOOD THEME CAMP

JULY 2ND - JULY 5TH

00085879



UNDER THE SEA: OCEAN THEME CAMP

JULY 8TH - JULY 12TH

00085880



HOLIDAY MIX UP: HOLIDAY THEME CAMP

JULY 15TH - JULY 19TH

00085889



OUT OF THIS WORLD: SPACE THEME CAMP

JULY 22ND - JULY 26TH

00085890



GAME ON!: SPORTS THEME CAMP

JULY 29TH - AUGUST 2ND

00085891



MAD SCIENTISTS: SCIENCE/STEM THEME CAMP

AUGUST 5TH - AUGUST 9TH

00085892



NATURE ADVENTURES: OUTDOORS THEME CAMP

AUGUST 12TH - AUGUST 16TH

00085893



OUTRAGEOUS OLYMPICS: OLYMPIC THEME CAMP

AUGUST 19TH - AUGUST 23RD

00085896



ZATZMAN SPIRIT: SPIRIT WEEK THEME CAMP

AUGUST 26TH - AUGUST 30TH

00085902

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



Early drop-off & late pick-up

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

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

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

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

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

SUMMER CAMPS FOR OLDER YOUTH

CITY EXPLORERS CAMP

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

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

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

Campers will have access to daily swims at our facility.

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

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

JULY 2 – 5, 2024: 00086691

JULY 8 – 12, 2024: 00086692

JULY 15 – JULY 19, 2024: 00086693

JULY 22 – JULY 26, 2024: 00086694

JULY 29 – AUGUST 2, 2024: 00086695

AUGUST 5 – AUGUST 9, 2024: 00086696

AUGUST 12 – AUGUST 16, 2024: 00086697

AUGUST 19 – AUGUST 23, 2024: 00086699

MONDAY – FRIDAY

8:30AM – 4:30PM

\$201.37/WEEK (MEMBERS)

\$236.90/WEEK (NON-MEMBERS)

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



Contact the DDA Director at:
DDAZatzman@gmail.com
with all questions about DDA



■ BABY BALLET

AGES 2-3
SUNDAYS | JULY 7 START
6 SESSIONS (THIS IS A PARENTED CLASS)
10:00AM - 10:45AM
\$102.

■ LITTLE STARS

AGES 3-4
SUNDAYS | JULY 7 START
6 SESSIONS
10:45AM - 11:30AM
\$102

■ JAZZ HIP-HOP

AGES 8-10
SUNDAYS | JULY 7 START
6 SESSIONS
11:30AM - 12:30PM
\$102

■ GET UP AND DANCE

AGES 7-9
WEDNESDAYS | JULY 10 START
6 SESSIONS
4:30PM - 5:30PM
\$102

■ BEGINNER HIP HOP

AGES 8-10
WEDNESDAYS | JULY 10 START
6 SESSIONS
5:30PM - 6:30PM
\$102

