

Recreational Swims

Recreational Swim Times

Open Swim	6:30 - 7:30 p.m.
Tuesday	6:30 - 8:00 p.m.
Friday	3:00 - 4:30 p.m.
Saturday	6:30 - 8:00 p.m.
Family Swim*	2:30 - 4:00 p.m.
Sunday	

Lane Swims	Mon., Wed., Fri. 6:30 - 8:30 a.m.
Monday - Friday	12:00 - 1:30 p.m.
Monday - Thursday	8:30 - 9:30 p.m.
Sunday	1:00 - 2:30 p.m.

Parent & Tot Swim

Monday - Friday	10:15 - 11:15 a.m.
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Please note:

- Children under **52 inches (4'4")** must be accompanied by a guardian in the water.
- ***Family Swim** requires children and adults to accompany each other in the pool.
- **Parent & Tot Swim** refers to an adult with a preschooler—shallow end only. (deep-end may be open at the lifeguard's discretion.)
- **Open Swim** refers to a recreational swim available to adults, families and children with the use of inner tubes, diving board, Tarzan rope, balls, and mats.
- **Lane Swim** - pool lanes will be set up to facilitate lane swimming.
- During the **Lane Swims** lanes will be set up and jogging belts are available.

*Facility's **lifejackets** are not available for use during swims. Patrons are welcome to bring their own.

Pool & Balcony Rental Information

Pool Rentals

Includes one hour of supervised recreational swimming with use of diving board, slide, floating toys, tot docks, Tarzan rope, inner tubes and bubbles. Facility's lifejackets are not available for general use, however patrons are welcome to bring their own.

Fees	
1-25 people	\$89.25
26-50 people	\$107.00
51-75 people	\$124.00
76-100 people	\$141.75

Balcony Rentals

Includes one hour in the mezzanine level of the pool building. The balcony may be used for meetings or get-togethers.

Fee
Up to 50 people \$19.50

Cancellation Policy:

Payment for a rental is required at the time of booking and is non-refundable.

Ask our staff for available times

We hope to see you again soon!



EAST HANTS SWIMMING POOL
2359 Highway #2, Milford
(902) 758-3467 (phone)
1-866-758-2299 ext. 145 (toll free phone)
www.easthants.ca

Fitness Classes

AQUAFIT

A fun, invigorating workout in the Pool. Requires no swimming skills but promises to get your feet moving and your heart pumping.

Time: Tuesday & Thursday 7:30-8:30 pm
Monday & Wednesday & Friday 9:00-10:00 am

Cost: 10-visit punch pass: \$62.00
Once a week: \$80.50 (members \$48.50)
Twice a week: \$113.00 (members \$68.50)
Flexible Fitness: \$133.00 (members \$80.50)
Drop in fee: \$7.00 (members \$6.50)

All classes are pro-rated after the second week, therefore you can join anytime
Fitness classes run from **March 27-June 27th**.
12 weeks, 60 Classes! Registration is unlimited.



Arthritis Water Therapy

- Not just for those with Arthritis!

This program will target cardiovascular training, functional fitness, muscular endurance and strength, balance and flexibility training. Water Walking will be incorporated to train mobility, gait and balance. Classes run from **March 30th - June 24th**, 13 weeks, 26 Classes! Registration is unlimited.

Tuesdays & Thursdays 9:00 a.m. - 10:00 a.m.

Cost: 10-Visit punch pass \$62.00
Once per week: Non-members \$80.50 Members: \$48.50
Twice per week: Non-members \$112.75 Members: \$68.50
Drop in fee: Non Members \$7.00 Members \$6.50

Leadership Programs

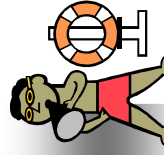
Junior Lifeguard I – ages 8 – 11

Wednesdays 6:00 - 7:00 p.m. Cost: \$25.00

Junior Lifeguard II – ages 12 - 15

Wednesdays 7:15 - 8:15 p.m. Cost: \$25.00

Start: April 7th



Are you an energetic adult who is interested in becoming a lifeguard/ swim instructor? 758-3467 ext3
For Details

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification.

Bronze Medallion & CPR B is a pre-requisite for this course.

Mondays 6:00 - 8:00 pm

Classes begin Tuesday, April 12th

Registration is limited.

Non Members \$107 (+ books) Members \$93.25 (+ books)



Assistant Water Safety Instructor Course (AWSI)

This is a prerequisite to becoming a Red Cross Water Safety Instructor! Must be 15 years old by May 31st, 2010 and have completed Swim Kids 10 or equivalent. Candidates learn foundation instructional skills including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback.

The course will run on **February 26, 27 and 28, 2010: Friday 6:00 - 9:00 pm, Saturday 9:00 - 5:00 pm, & Sunday 9:00 - 5:00 pm**. There are approximately 8 hour of practice teaching to be completed outside of course time.

Course Cost: \$160.00+ book

Recreational Programs



Synchro I

ages 8 - 11

Mondays: 6:00 - 7:00 p.m.

Cost: \$74.75

Pre-requisite: Complete SK5

Synchro II

ages 12 & up

Mondays 7:00 - 8:00 p.m.

Cost: \$74.75

Pre-requisite: Complete SK5

Intro Water Polo

Get in the game! Stay fit and have fun in this action packed sport. No experience needed.

Pre-requisite: Complete SK 5 and be at least 8 years of age

Fridays 5-6:15pm

Start: April 9th

Cost: \$74.75

TUMBLERBOGS

This playful program explores the joy of movement, teaching modified gymnastics to preschoolers. This 45 minute active program will be followed by our pre-school swim. Tuesdays and Thursdays: 9:15-10 am (dry) 10:15-11:15 (wet)

Cost: \$125 members \$144 non members

Start: April 6th



Start: April 8th

New Pool Program interests? Let us know!

Springboard Diving

This program introduces diving on a recreational level for all abilities. Have fun while you increase your fitness and learn the fundamentals of springboard diving.

Pre-requisite: Complete SK 5 and be at least 7 years old

Thursdays

6:15 - 7:15 p.m.

Cost: \$74.75

Red Cross Swimming Lessons

Register for Swimming Lessons Today

We offer an **ongoing** registration process. This process allows you to register for any session (up to one year in advance), at anytime! We make our schedule from the registration we receive, on a first come first serve basis. You will be called to confirm your lesson times about a week or two prior to the first day.

Fees:

Non-members:

Members:

Red Cross Swim Preschool \$74.75 \$63.75

Red Cross Swim Kids 1-5 \$74.75 \$63.75

Red Cross Swim Kids 6 - 10 \$80.50 \$68.50

Private Lessons \$153.00

Semi-Private Lessons \$215.25



Family Rate: Third and subsequent members of the same immediate family registering in the same session for Red Cross Swim Preschool, Red Cross Swim Kids and Adult Learn to swim programs (excluding privates) will receive 50% discount on the lowest program fee.

If you are uncertain in which swimming level to register yourself or your child, please contact the Pool Program Supervisor prior to registration to arrange a free screening. (758-3467 ext. 2)

Refunds and Credit Notes:

If you cannot be accommodated, you will have the option to attend another session or receive a credit note or refund. ****Please note that registration does not guarantee that all needs will be met; we only have so many instructors and space available for lessons.**

The municipality reserves the right to cancel any programs or change class times due to insufficient registration. There are no refunds for memberships or programs unless classes are cancelled; credit may be given for medical reasons if more than 5 consecutive classes are missed, and a doctor's note is provided.

Spring Lessons begin April 6, 2010

Interested in a **Masters Swim team for adults?** If so, contact Kat MacPhee for more details. 758-3467 ext3