

East Hants Aquatic Centre

Spring 2021 Program Days & Times



PROGRAM GUIDE



For full program descriptions visit easthants.ca/residents/aquatics or contact us at 902-758-3467 ext.1

Registration

HOW TO REGISTER

Registration can be completed in-person, over the phone or online with your Perfect Mind Account. If you don't have an account you can set up one today!

REGISTER ONLINE

1. Visit <https://www.easthants.ca/residents/aquatics/>
2. Scroll Down and click aquatic program registration
3. Click login to Your Account
4. Click Programs and Services -> Aquatic Programs and Services
5. Click on the class you wish to register for
6. Complete the registration process

Online
Registration
Guide

Visa or a Mastercard required to register online. Visa debit not accepted.

REGISTER IN-PERSON

East Hants Aquatic Centre, 14 Commerce Court, Elmsdale

Hours of Operation: Monday - Friday 6:00 am - 9:00 pm

Saturday - 8:00 am - 8:00 pm

Sunday - 8:00 am - 5:30 pm

Visa, Mastercard, Debit, and cash all accepted.

REGISTER VIA PHONE

Call 902-758-3467 ext. 1.

Visa or a Mastercard required to register over the phone. Visa debit not accepted.



Registration for all programs
begins March 23 at 12:00pm

Swim Lesson Days & Times

[CLICK HERE TO BOOK NOW](#)

There are no programs on Monday, May 24, 2021

	MONDAY APRIL 19 - JUNE 21	TUESDAY APRIL 20 - JUNE 15	THURSDAY APRIL 22 - JUNE 17	SATURDAY APRIL 17 - JUNE 12	SUNDAY APRIL 18 - JUNE 13
PARENT & TOT 1		10:00 AM 4:00 PM	10:00 AM	8:30 AM	8:30 AM 11:50 AM
PARENT & TOT 2	5:20 PM	10:40 AM	10:40 AM 4:00 PM	9:10 AM 11:00 AM	9:10 AM
PARENT & TOT 3	6:00 PM	5:20 PM	11:20 AM 4:40 PM	9:50 AM 10:30 AM 11:40 AM	9:50 AM 11:10 AM
PRESCHOOL 1	4:00 PM 5:20 PM	11:20 AM 4:40 PM 6:00 PM	4:00 PM	8:30 AM 11:10 AM	9:10 AM 10:30 AM
PRESCHOOL 2	4:40 PM 6:15 PM	4:00 PM 6:00 PM	6:00 PM	9:10 AM 11:50 AM	8:30 AM 11:10 AM
PRESCHOOL 3	4:00 PM	4:40 PM 5:35 PM	6:00 PM	9:50 AM 10:30 AM	11:50 AM
PRESCHOOL 4			5:20 PM	11:25 AM	
PRESCHOOL 5	5:35 PM				
SWIMMER 1 BEGINNER	4:00 PM 4:40 PM	4:40 PM 6:15 PM	4:40 PM 5:20 PM 6:00 PM	9:50 AM 10:20 AM	9:50 AM 11:15 AM
SWIMMER 1 ADVANCED	4:40 PM 6:00 PM	4:55 PM 5:20 PM	4:40 PM 5:20 PM	9:50 AM 10:20 AM 11:50 AM	10:30 AM 11:50 AM
SWIMMER 2	4:00 PM	4:00 PM 6:00 PM	4:00 PM 4:40 PM	11:10 AM 11:50 AM	9:50 AM 11:10 AM
SWIMMER 3	4:40 PM 5:20 PM	5:20 PM	4:00 PM 5:20 PM	8:30 AM 11:10 AM	9:10 AM 10:30 AM
SWIMMER 4	4:00 PM	4:00 PM	4:40 PM	8:30 AM 9:25 AM	10:20 AM
SWIMMER 5	6:00 PM	6:00 PM		8:30 AM 10:30 AM	8:30 AM
SWIMMER 6	4:40 PM		5:35 PM	9:25 AM	9:25 AM
SWIMMER 7	6:00 PM				10:30 AM
SWIMMER 8		5:05 PM			
SWIMMER 9					11:25 AM

If time slot is full please add yourself to our waitlist & we'll contact you if space becomes available.

PRIVATES/SEMI-PRIVATES

Ages 3 years + *There are no programs on Monday, May 24, 2021*
 9 lessons | 35 minutes per lesson | \$190/\$275 per session

Private and Semi-private lessons are available for ages 3+. These lessons take place during regular lessons, and will allow the child to learn in an individual setting. Children in semi-privates must be within one level of each other

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Swimmer 1A and Lower			6:00 PM		9:10 AM	
Swimmer 2+						
Any Level	4:00 PM 4:55 PM 5:20 PM 6:15 PM	4:00 PM 4:40 PM 5:20 PM 6:00PM	4:00 PM	4:00 PM 4:40 PM 5:20 PM 6:00 PM	8:30 AM 10:30 AM 11:00 AM 11:10 AM 11:40 AM 11:50 AM	8:30 AM 9:10 AM 9:50 AM 11:10 AM 11:50 AM 11:55 AM

Swim Level Descriptions

PARENT AND TOT

Ages 4 months - 36 months
 9 lessons | 35 minutes per lesson | \$85 per session

Parent & Tot 1 (4 months -12 months)

Designed for the 4 to 12-month-old to learn to enjoy the water with the parent. Through structured in-water interaction between parent and child, we stress the importance of play in developing water positive attitudes and skills.

Parent & Tot 2 (13 months - 24 months)

Designed for the 13 to 24-month-old to learn to enjoy the water with the parent. Through structured play children learn how to blow bubbles and get their face wet.

Parent & Tot 3 (24 months - 36 months)

Designed for the 2 to 3-year-old to learn to enjoy the water both with and without a parent. Children will learn to float on their front and back (assisted), while continuing work on kicking in the water.

PRESCHOOL

Ages 3 years - 5 years
 9 lessons | 35 minutes per lesson | \$85 per session

Preschool 1

Preschoolers in this level will learn how to get in and out of shallow water safely. They'll also learn how to move safely in shallow water while using a lifejacket (as needed) to become comfortable with their floats and glides.

Preschool 2

Preschoolers in this level explore submerging and exhaling underwater and jumping into chest deep water. Children also discover how to roll from their front to their back using an aid.

Preschool 3

These preschoolers will master their floats, glides, and short swims (2-3m) on their front and back. They'll be able to pick up objects from waist deep water and use their lifejackets to jump and roll into the deep end.



Preschool 4

These capable preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and by the end perform jumps and side rolls on their own. Their lifejacket will support them while they learn to tread water and swim to safety (5-10m) in the deep end.

Preschool 5

These skilled and independent preschoolers will master short swims doing front crawl (5-10m) and back crawl (3-5m). They are ready to take on a forward roll into deep water with their lifejacket on and to tread water without the extra support. Here they will get their first chance to try whip kick and fitness training.

*Note - if your child has not yet finished their preschool levels but has turned 5 please check with their instructor for the correct level to enroll them in for Swimmer Levels

SWIMMER LEVELS 1 - 3

Ages 5 years +

9 lessons | 35 minutes | \$85 per session

Swimmer 1B (Beginner)

These beginner swimmers will work on safe entries, exits, and moving through the water. When ready, they'll do floats, glides, and kicking on their front and back with assistance. They'll even explore jumping into deep water and treading water with their lifejackets on.

Swimmer 1A (Advanced)

These swimmers will be able to float, glide, and kick on their front and back without assistance. They will also learn the basics of front crawl and back crawl using an aid. They'll even explore jumping into deep water.

Swimmer 2

These children will be able to jump or side roll into deep water, tread water, and swim (10-15m) using either front or back crawl. They'll try 'vertical' whip kick and begin to work on their endurance with interval training.

Swimmer 3

These swimmers will dive and do forward rolls into deep water. They'll work on their front crawl,

back crawl, and whip kick over short distances, and develop their Swim to Survive skills: roll into deep water, tread water (30 sec), and swim (25m).

SWIMMER LEVELS 4 - 9

Ages 5 years +

9 lessons | 50 minutes | \$91.50 per session

Swimmer 4

These swimmers will get introduced to breaststroke arms drills, underwater swims, and front crawl sprints. Interval training will add to their fitness level. By the end of lessons they'll be able meet the swim to survive standard: roll into deep water, tread water (1min), swim (50 meters)

Swimmer 5

These swimmers will try eggbeater kick, head up front crawl, and shallow dives. Just for fun, they'll try 'tuck' jumps and underwater back somersaults. They'll easily go the distance with a strong front crawl, back crawl, and breaststroke.

Swimmer 6

These swimmers will master eggbeater and scissor kicks, front crawl, breaststroke, and back crawl. With interval training and sprint racing drills, they'll be ready to complete a 300m endurance workout. As an introduction to rescue skills they'll try stride jumps and compact jumps.

Swimmer 7

Features a timed 100m swim, 350m workouts, and swims with clothing. With a balance of hard work and fun, swimmers will develop swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behavior.

Swimmer 8

Features a timed 200m swim, 100m fitness medley, and the support/carrying of a 5lb weight. Content is challenging but achievable. Skill drills enhance capability in the water including a non-contact rescue.

Swimmer 9

Features a timed 300m swim, 3x600m workouts, swimming with clothing, defense methods, and support & carry of a 10lb weight. Scene assessment and towing rescue are introduced.

Swim Fit

Wednesdays | April 21 - June 16 | \$135

Swim Fit is designed for swimmers who are looking to work on their swimming strokes and endurance. This program focuses on improving swimming strokes and skill through different training sets each week.

Swim Fit Junior (Ages 8-11) 5:00 pm - 6:00 pm

Swim Fit Senior (Ages 12-16) 4:00 pm - 5:00 pm

Swim Fit Adult (Ages 18+) 6:00 pm - 7:00 pm



NEW! Water Polo

Thursdays | April 22 - June 17 | 7:00 - 8:00 pm | FREE

The East Hants Water Polo program is designed for youth ages 12-16 who are interested in learning the fast-paced exciting sport of Water Polo! This introductory program will teach water polo strokes, endurance, and technique all while learning the ins and outs of water polo. Funded by the East Hants After School Program.

Leadership Courses

Our leadership courses are for those who are interested in advancing their aquatics training and knowledge, and for anyone interested in becoming a lifeguard.

Junior Lifeguard (April 20 - June 15)
Tuesdays | 4:00pm - 5:00pm | \$58.50 | Ages 8-12

Junior Lifeguard focuses on a variety of lifesaving and first aid skills in combination with swimming strokes. This program will help students learn about the world of lifeguarding and help students build up their endurance. In addition, students will work on lifesaving sport skills.

Bronze Star (April 22 - June 17)
Thursday | 5:20pm - 6:30pm | \$85.50 per 9 week session
Prerequisite: None, recommended ages 10+ and a strong swimmer

Bronze Star is a training standard for youth who are excellent swimmers. This course prepares youth for success in Bronze Medallion as students develop problem-solving and decision-making skills individually and in teams. Candidates learn CPR and develop the lifesaving skills needed perform

self-rescues. Physical standards include lifesaving medley and a 400m timed swim.

Bronze Medallion (April 17 - June 12)
Saturday | 8:30am - 11:00am | \$140
Prerequisite: Must be 13+ or hold Bronze Star (need not be current)

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education. Rescuers learn tows, carries, and various rescues for both conscious and unconscious victims. Participants develop stroke efficiency and endurance in a 500m timed swim among other physical skills. Registration includes books. Please note: Exam may be scheduled after the last session.

Bronze Cross (April 18 - June 13)

Sunday | 8:30am - 11:00am | \$125

Prerequisite: Must have completed Bronze Medallion

Bronze Cross is designed for lifesavers who want to advance their lifesaving skills and learn safe supervision in aquatic facilities. Lifesavers will build on their skills from Bronze Medallion, and learn more about primary victim care, deep water rescues, and performing first aid. Physical standard includes a 600m timed swim among other physical skills. Please note: Exam may be scheduled after the last session. Participants will use the same book as Bronze Medallion, or can purchase one for an additional fee.



National Lifeguard & Standard First Aid with CPR-C & AED

Dates to be announced

Prerequisite: Must be 15+ and have completed Bronze Cross (need not be current)

National Lifeguard training builds on the fundamental skills, knowledge, and values taught in previous Lifesaving Awards to develop the practical skills and knowledge required by lifeguards. Recognized as the standard measurement of lifeguard performance in Canada, National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the role of the

lifeguard. Participants develop teamwork, leadership, and effective communication skills in a challenging situation among specific lifesaving skills. Participants will be evaluated on a 400m timed swim, object recovery, 50m rescue, and more. Registration includes books. Please note: Exam may be scheduled after the course is complete.

Swim Instructor

Dates to be announced

Prerequisite: Must be 15+ and have completed Bronze Cross (need not be current)

The *Swim For Life* course prepares the instructor to teach and evaluate swim strokes and lifesaving skills in the Swim For Life program. Instructor candidates explore different teaching methods, learning strategies, activities, a variety of stroke and skill drills, effective correction techniques, and evaluation criteria.

Candidates learn to evaluate participants in Swim for Life and Swim Patrol program. Please note: Practice teaching hours will be required after the course and will be assigned by the Aquatic Supervisor.

Lifesaving Society Instructor

Prerequisite: Must be 16+ and Bronze Cross

The Lifesaving Instructor course prepares the instructor to teach and evaluate lifesaving skills taught in Bronze Star, Medallion, and Cross. Throughout the course instructor candidates explore proven teaching methods, learning strategies and activities, a variety of stroke and skill drills, effective correction techniques, and evaluation criteria.

Candidates learn to evaluate participants in Bronze Medal awards, Lifesaving Fitness, Basic first aid. Please note: Practice teaching hours will be required after the course and will be assigned by the Aquatic Supervisor.



Adult Lessons

Ages 18+ | 9 lessons | 35 minutes per lesson

This program is designed for participants wanting to learn to swim or have very minimal skills in an aquatic environment.

Daytime privates are available on Thursdays upon request depending on instructor availability.

Group Lessons - \$95 + tax

Thursday April 22nd - June 17th

Adult 1: 11:30 AM

Adult 2: 12:10 PM

Adult 3: 12:50 PM

Adult Privates - \$190 or \$275 + tax

Wednesday April 21st - June 16th

4:00PM

4:50PM

5:20PM

6:00PM

Policies and Regulations

Covid-19 Policies

**Please note: these are subject to change based on updates to government restrictions.*

- Masks are to be worn by parents and anyone on pool deck not in programs. (Unless child is under 2 or there are underlying medical concerns)
- We recommend only one guardian per participant.
- If your child is feeling ill they are not permitted to attend their program. Call 811 for directions.
- If you are feeling ill but your child is not sick they can still attend their program if someone else brings them.
- All personal belongings must remain in lockers (includes towels).
 - Please bring your own lock for the locker.

Personal Device and Photo Policy

Personal devices are not permitted to be used in our change rooms or in the water. No Go Pro's or underwater cameras or phones in the water. Personal devices may be used on the deck, **but this is not recommended.**

- A person may take a photo or video of their child or children they are responsible for at the end of their class. There are no photos allowed during class time.
- The municipality is not responsible for the loss or damage of any personal devices.

We have indicated no personal belongings on deck during COVID-19 pandemic; however, personal devices are an exception to this rule.

Exception: If a patron has received permission from a staff member or guardians of children who are in the photo - this is ok.

Pool Regulations

- No person infected with a communicable disease or having open sores on the body shall enter the pool.
- Outdoor footwear and strollers are not permitted on the pool deck.
- No food or beverage except water is permitted on the pool deck.
- Anyone not toilet trained must wear water resistant swimwear to prevent contamination of the pool. Cloth or disposable diapers are not accepted.
- Ensure you are not ill-including having conditions such as diarrhea, vomiting, open sores, bandages, head colds, discharging ears or noses, or ear infections.

Recreation & Aquatic Program Terms & Conditions

Withdrawing from Programs

The Municipality of East Hants will issue a refund for the full amount of a payment received for a program (swim lessons, day camps, etc.) if notice of request to withdraw from a recreation or aquatics program is received a **minimum of 7 days prior** to its start. The request must be made in person at the East Hants Aquatic Centre or via email to recreation@easthants.ca or aquatics@easthants.ca

Withdrawing from Pre-booked Drop-In Events

Pre-booked drop-in events (lane swimming, aquafit, open swims, etc.) may be refunded in full to the client if they request a refund or transfer **at least one hour** before their start time.

These requests can be made in person, by phone 902-758-3467 or by email to aquatics@easthants.ca

Cancellation of Programs

Municipality of East Hants may cancel programs due to weather conditions, unexpected issues, or low enrollment in a program. In these circumstances, the Municipality of East Hants may refund or extend program sessions for participants.

Liability Waiver

By enrolling in a recreation/aquatics program by the Municipality of East Hants you are choosing to waive all claims against the Municipality of the District of East Hants, its employees and councillors, and release them from all liability for any loss, damage, injury or expense related to the Aquatic Centre, due to any cause whatsoever, including COVID-19.

Late Registrations

Program fees may be pro-rated for late registrants until the second day of a particular session or program. As some programs have evaluated or instructional components, the municipality reserves the right to restrict participants from joining certain programs after the initial start date.

Age Policies

For programs with age restrictions, program participants must meet the required age by the start date of the program. Please note that some programs are available to any age group.

Attendance

The Municipality of East Hants will not reschedule sessions, or issue credit, for programs or sessions which a registered participant does not attend.

Course Requirements

Programs may have prerequisites or other requirements for participation outlined in the program description. All participants must show evidence that they meet the requirements stated in the program description prior to the start date of the program.

HST

HST will be added to pricing for registered programs as required.

Contact Us: 902-758-3467 recreation@easthants.ca **Facebook - East Hants Aquatic Centre**