

# East Hants Aquatics

Program Guide | Summer 2023



EAST HANTS





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# Registration

Registration opens  
**June 7, 2023**  
**at 12 p.m.**

## How to Register

Registration can be completed in-person, over the phone or online with your [PerfectMind account](#). If you don't have an account you can [set up one today!](#)

## Register Online

1. Visit [easthants.perfectmind.com](http://easthants.perfectmind.com)
2. Click "Login to Your Account" (or Create an Account)
3. Click "Programs and Services"
4. Click on the class(es) you wish to register for
5. Complete the registration process

Online  
Registration  
Guide



Payment by Visa/Mastercard is required to register online. Visa debit is not accepted.

## Register In-Person

East Hants Aquatic Centre, 14 Commerce Court, Elmsdale

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

Saturday - 8 am - 8 pm

Sunday - 8 am - 5:30 pm

Visa, Mastercard, Debit and cash are accepted.

## Register via Phone

Call 902-758-3467 ext.1

Payment by Visa/Mastercard is required to register over the phone. Visa debit is not accepted.





# Recreation Access Funding

**Recreation Access** ([RecAccess](#)) is a funding program offered by the Municipality of East Hants designed to reduce financial barriers for adults, youth and children who wish to enroll in municipal recreation programs and services. The program came as a result of a [policy](#) passed by Council in 2020.

Each member of the qualified applicant's household will be eligible for a 75% discount on up to four registered recreation programs per year and 10 single entry passes to the East Hants Aquatic Centre.

## Deadline

Ongoing. Applicants must reapply on an annual basis.

## Who can apply?

All residents of East Hants (any age), new immigrants and refugees (who have resided in Canada for less than a year and not filed a tax return) whose total household taxable income\* is equal or lesser to the amounts in the table to the right.

Family Size	Family Taxable Income*
1 adult	\$27,946
2 adults	\$34,014
1 adult + 1 child	\$42,305
3 persons	\$52,067
4 persons	\$63,132
5 persons	\$71,592
6+ persons	\$80,704
*Taxable income is less than total income. Many deductions such as child care, RRSP and union dues are deducted to calculate taxable income. You may qualify and not know it.	

## What does the funding cover?

- Recreation programs offered by the Parks, Recreation & Culture Department (Example: summer day camps).
- Aquatic programs offered by the East Hants Aquatic Centre (Example: swimming lessons).
- **Funding does not** cover pool party or group bookings, facility rentals and private/semi private swimming lessons.



## How much does the funding cover and for how long?

You will receive a 75% discount on recreation programming offered by the Parks, Recreation and Culture Department (including aquatics programming), as well as one 10 visit pass for the East Hants Aquatic Centre per person, per year. This funding is granted on an annual basis, so each year you will need to reapply.

## How do I receive my funding?

Once approved, your funding will be connected to your online PerfectMind account. This is the website currently used for booking recreation programs.

- You will be contacted by phone or email for more details on how to register using your PerfectMind account.

## How do I apply?

- Create an East Hants recreation account [here](#) and click “Sign up”
- Once you create your account, you will need your “Contact ID” listed in “My Info” on [easthants.perfectmind.com](http://easthants.perfectmind.com)
- Download and print the RecAccess application [here](#) OR pick up a copy at the Municipal Office at the Lloyd E. Matheson Centre. To protect confidentiality, we are not accepting online applications at this time.
- Make sure the application is filled out and complete.
- Include **proof of household taxable income** (include acceptable documents such as CRA Notice of Assessment, child tax benefit).
- Submit your application to the Municipality of East Hants in person at the Lloyd E. Matheson Centre (front desk or drop box) or mail to 15 Commerce Court, Suite 230, Elmsdale, NS B2S 3K5

Click here for more information!





# Aquatic Centre Rentals

Host your birthday party, team event or community meeting at the Aquatic Centre!

## Pool Parties

[Book Now](#)

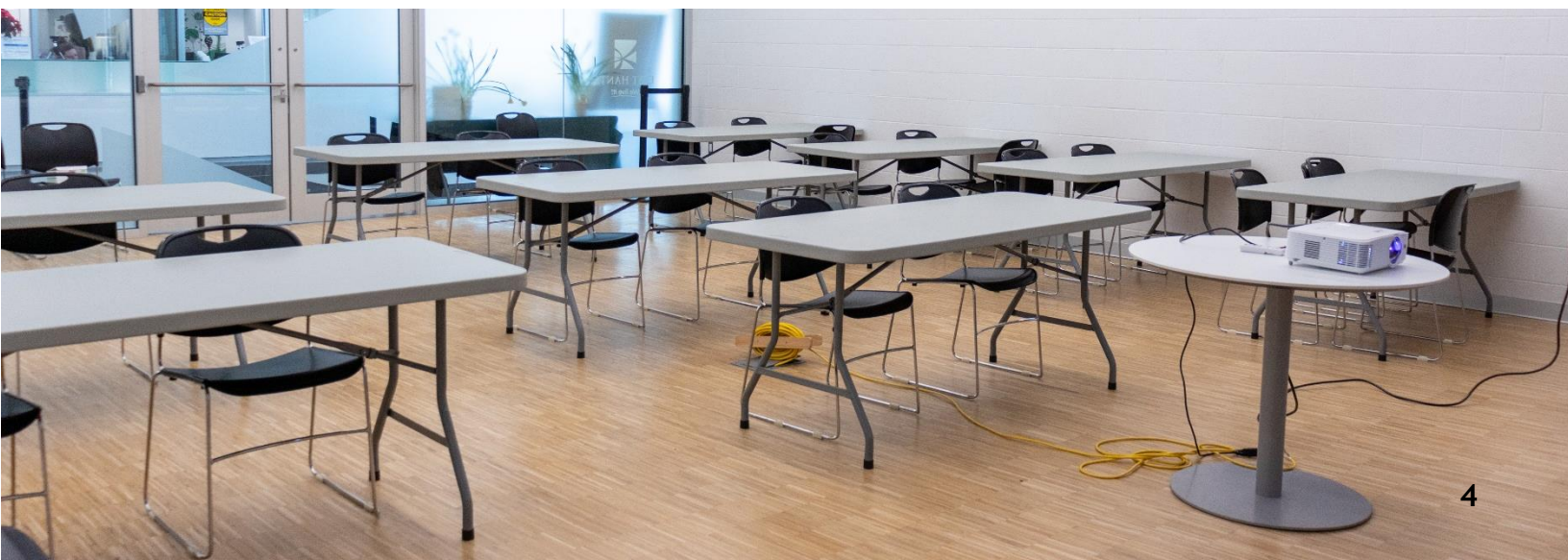
- The East Hants Aquatic Centre has various times available for [pool parties](#) on Fridays, Saturdays and Sundays.
- All parties consist of one hour in the pool followed by one hour in our community room.
- Our community room has a kitchen with a four-burner stovetop and fridge available for use while rented. Please bring your own party tableware. Each booking gets 15 minutes of set-up time prior to the community room time, and 15 minutes of clean-up after the community room time.
- **Please note:** Party bookings do not get exclusive use of the pool(s) and will be shared with any open swims that are scheduled for the same time as your party. Always check the [Aquatic Centre's schedule](#) for availability of the leisure and lap pools, waterslide, climbing wall and other features.
- Please read our [pool party terms and conditions](#) before booking.
- **NEW:** Registration is ongoing! Parties will become available two months prior to the party date, visit us online for more details.

Pool Party Size	Cost (+ tax)	
25 or Less	\$183.75	1 hour pool + 1 hour room. Access to both pools, spa, water slide, climbing wall and diving board based on the <a href="#">schedule</a> .
26 to 50	\$210.00	1 hour pool + 1 hour room. Access to both pools, spa, water slide, climbing wall and diving board based on the <a href="#">schedule</a> .

## Community Room Rentals

[Inquire Now](#)

- Available for non-profit organizations and businesses only.
- Includes use of the room and kitchen for meetings, courses or events.
- Does not include any pool time.



# Summer Lesson Schedule

\*No Lessons August 7

Register



	Monday - Friday Mornings July 4 - July 14	Monday / Wednesday Evenings July 17 - August 16	Tuesday / Thursday Evenings July 18 - August 15
Parent & Tot 1 & 2	9:10 am		4:40 pm
Parent & Tot 3	9:50 am		4:00 pm
Preschool 1	11:10 am	4:00 pm 4:40 pm	4:00 pm 5:35 pm
Preschool 2	9:50 am	4:00 pm 5:20 pm	4:40 pm 6:00 pm
Preschool 3	11:10 am	4:40 pm 6:00 pm	4:55 pm 6:00 pm
Preschool 4	12:05 pm	4:55 pm	5:20 pm
Preschool 5	12:05 pm	6:00 pm	
Swimmer 1 Beginner	9:50 am	5:35 pm 6:15 pm	5:20 pm 6:15 pm
Swimmer 1 Advanced	10:30 am	4:40 pm 5:20 pm	5:20 pm 6:15 pm
Swimmer 2	10:30 am	4:40 pm 6:15 pm	4:55 pm
Swimmer 3	10:45 am	5:20 pm	5:35 pm
Swimmer 4	9:50 am	4:00 pm	4:40 pm
Swimmer 5	11:50 am	6:00 pm	4:00 pm
Swimmer 6	11:10 am	5:20 pm	4:00 pm
Swimmer 7	11:10 am		6:00 pm
Swimmer 8 / 9	11:50 am	4:00 pm	

Parent & Tot - Swimmer 3 are 35-minute classes. Swimmer 4 - 9 are 50-minute classes.  
If your desired time slot is full, please add your child to our waitlist & we'll contact you via email if space becomes available.

# Summer Private & Semi-Private Lesson Schedule

Register

Ages 3+ years | 9 lessons | 35 minutes per lesson | \$199.50 / \$288.75 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.

	Monday - Friday Mornings July 4 - July 14	Monday / Wednesday Evenings July 17 - August 16	Tuesday / Thursday Evenings July 18 - August 15
Swimmer 1A and lower		6:15 pm	4:40 pm
Any level	10:30 am 11:25 am 12:05 pm	4:00 pm 5:35 pm	4:00 pm 5:35 pm

If your desired time slot is full, please add your child to our waitlist & we'll contact you via email if space becomes available.

## Swim Level Assessments

Looking to enroll in lessons but unsure which level? Register for a swim level assessment! These 10-minute assessments are conducted by one of our certified swim instructors, who will give you a recommendation of level.

Date & Time:

June 2 | 4 - 6 pm

Register





# Inclusion Swimming Lessons

Ages 3+ years | 9 lessons | 35 minutes/lesson | \$89.25 per session

**Registration Opens  
on May 31 at 12 pm**

Inclusion lessons are for children with a disability who require extra support to participate in lessons. All Inclusion lessons are planned through an easy two-step process:

## Step 1: Fill out the Inclusion Lessons Intake Form

This form tells us everything we need to know about your child for lessons. Staff will review these forms on an on-going basis throughout the year. We recommend applying at least two weeks prior to registration day.

**Complete Step 1**

## Step 2: Registration

If your child has been approved for inclusion lessons their account will be given access to our inclusion lessons for one-year. Inclusion lessons will open prior to our general registration date and **will only be accessible to those who have filled out the intake form and have been approved.**

	Monday - Friday Mornings July 4 - July 14	Monday / Wednesday Evenings July 17 - August 16	Tuesday / Thursday Evenings July 18 - August 15
<b>PRESCHOOL 1</b>	11:10 am		4:00 pm
<b>PRESCHOOL 2</b>	10:30 am	5:20 pm	
<b>PRESCHOOL 3</b>	11:10 am	4:40 pm	
<b>PRESCHOOL 4</b>	12:05 pm		5:20 pm
<b>PRESCHOOL 5</b>	12:05 pm	6:00 pm	
<b>SWIMMER 1 BEGINNER</b>	9:50 am		6:15pm
<b>SWIMMER 1 ADVANCED</b>	9:50 am		5:20 pm
<b>SWIMMER 2</b>	10:30 am		4:55 pm
<b>SWIMMER 3</b>	10:45 am		5:35 pm
<b>SWIMMER 4</b>	9:50 am	4:00 pm	
<b>SWIMMER 5</b>	11:50 am		4:00 pm
<b>SWIMMER 6</b>	11:10 am	5:20 pm	
<b>SWIMMER 7</b>	11:10 am		6:00 pm
<b>SWIMMER 8 / 9</b>	11:50 am	4:00 pm	
<b>PRIVATE</b>	9:50 am 10:30 am 12:05 pm	4:00 pm 4:55 pm	4:00 pm 6:15 pm

# Swim Level Descriptions

## Parent and Tot

9 lessons | 35 minutes per lesson | \$89.25 per session

[Register](#)

### Parent & Tot 1 (4 months -12 months)

Designed for four to 12-month-olds to learn to enjoy the water with a 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 (12 months - 24 months)

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

### Parent & Tot 3 (24 months - 36 months)

Designed for 24- to 36-month-olds to learn to enjoy the water with a parent. Children will learn to float on their front and back (assisted), while continuing work on kicking in the water.

## Preschool

Ages 3-5 years | 9 lessons | 35 minutes per lesson | \$89.25 per session

**\*Note:** if your child has not yet finished their preschool levels but has turned five, please check with their instructor for the correct Swimmer level to enroll them in.

[Register](#)

### 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.



## Swimmer Levels 1 – 3

Ages 5+ years | 9 lessons | 35 minutes | \$89.25 per session

Register

### 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 | \$96.08 per session

Register

### 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.





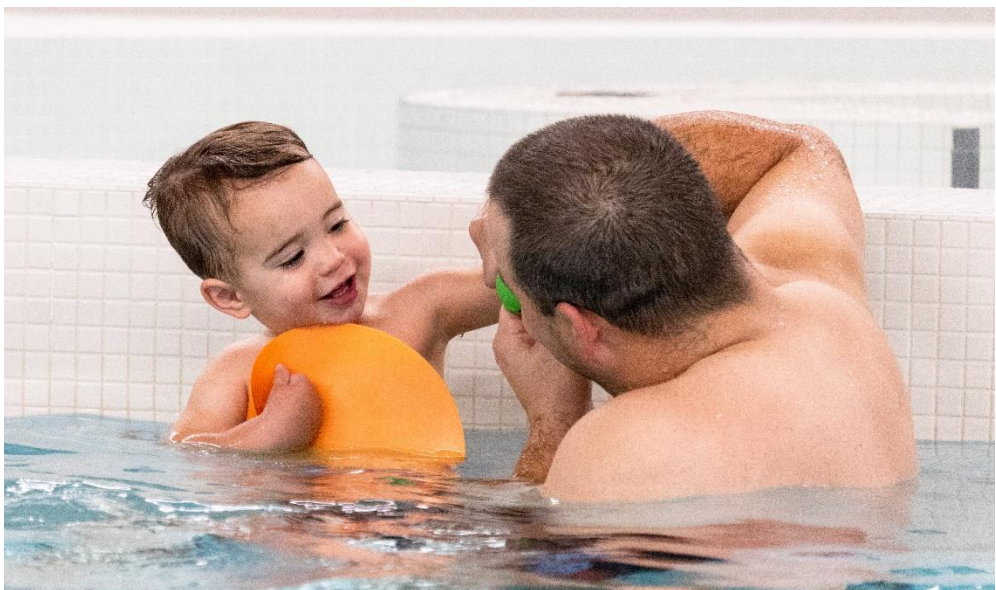
# Parent & Tot Programs

## Bubbles and Babies

July 18 - August 15 | Tuesdays  
11 am - 12 pm | \$46

Bubbles and Babies is designed for babies aged 4 - 24 months to enjoy time in the pool with a parent while also learning! Each day will begin with structured songs, games, and activities with an instructor, followed by free play.

Register



## Aquatic Sport Programs

### Artistic Swimming - AquaGO!

Register

Ages 5-11 years | 10 - 10:50 am / 11:10 am - 12 pm | Fridays | July 14 - August 18 | \$50

AquaGO! is a program designed to introduce children to the world of Artistic Swimming. Taught in a group lesson by certified instructors, children move through different stations where they learn through games, using music and equipment in a fun, active atmosphere. They will also receive ongoing positive group and individual feedback from their instructors.





# Drop In Nights

Register

## Lifesaving Sport

Ages 8+ years | 7 - 8 pm | July 6 | Aug 3  
\$6/session | Registration opens 7 days before program

Combines lifesaving with the sporting world! Participants will complete an obstacle swim, manikin carry, relay race and more! Lifesaving sport is ideal for participants who wish to combine their skills in lifeguarding in a fun competitive atmosphere.



## Water Basketball

Ages 8+ years | 7 - 8 pm | July 24 | Aug 14  
\$6/session | Registration opens 7 days before program

Join us in our leisure pool for a night of basketball! Each session will consist of fun mini games, a free throw competition, and a full basketball game at the end!

## Underwater Hockey

Ages 8+ years | 7 - 8 pm | July 20 | Aug 10 | \$6/session | Registration opens 7 days before program

Underwater hockey is a sport in which two teams compete to maneuver a puck across the bottom of the pool into a net! This game is played with a short stick, and requires players to be able to swim along the bottom of the shallow end of the lap pool.

## Water Polo

Ages 8+ years | 7 - 8 pm | July 27 | Aug 17 | \$6/session | Registration opens 7 days before program

Water Polo is a fun sport where two teams compete against each other to score the most goals! Water polo is comparable to soccer and utilizes similar tactics as basketball with hands on contact like rugby! A game for all ages where participants will increase their swimming ability and endurance!





## East Hants Stingrays

Looking to make a splash this summer? Check out the East Hants Stingrays! Last year the East Hants Stingrays summer swim team finished off their 2022 season with an outstanding showing at summer provincials. The club walked away the Small Team High Point award, the Most Improved Team award and placed two swimmers on the Provincial All-Star Team.

The club has continued to grow throughout the year and now has over 40 swimmers in the water training on a weekly basis! The club offers training throughout the week all summer long, with optional swim meets on the weekends.

For more information on the East Hants Stingrays, you can check out the club's [Facebook group](#), [website](#) and direct any questions via email to: [general@ehstingrays.onmicrosoft.com](mailto:general@ehstingrays.onmicrosoft.com)



# Leadership Courses

Register

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

**Please Note:** Exams may be scheduled after the last session.

If you're 15 years or older, you could become a lifeguard & swim instructor by the end of the summer (for only \$200 + tax!) by taking the following courses:

## Bronze Star

July 4 - 7 | Mon - Fri | 4 pm - 6:30 pm | \$50

Prerequisite: None, recommended ages 10+ and a strong swimmer

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.



## Bronze Medallion & Basic Workplace First Aid

July 10 - 14 | Mon - Fri | 4 pm - 9 pm | \$50

Prerequisite: Must be 13+ or hold Bronze Star (need not be current)

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness - the four components of water rescue - form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water.



## Bronze Cross & Intermediate First Aid

July 17 - July 21 | Mon - Fri | 9 am - 5 pm | \$50

Prerequisite: Must hold Bronze Medallion (need not be current)

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.





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### Swim Instructor

July 28, 4 - 8pm; July 29 & 30, 9 am - 5 pm | \$50 + tax

Prerequisites: Must be 15+ and hold 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 may be required after the course and will be assigned by the Aquatic Supervisor.



### National Lifeguard & Intermediate First Aid with CPR-C & AED

August 8 - 11 + August 14 - 15 | 8:30 am - 4:30 pm | \$50 + tax

Prerequisites: Must be 15+ (as of the last class) and hold 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.



**Apply to  
work at  
EHAC!**

### National Lifeguard & Intermediate First Aid With CPR-C & AED Recertification

July 8 & 9 | 9 am - 5 pm | \$50 + tax

Prerequisite: Must have previously held National Lifeguard & Intermediate Workplace First Aid

This is a recertification course for those who have previously held a National Lifeguard Pool and Intermediate Workplace First Aid Certification. Candidates are expected to attend both days of the course.



# Adult Programs

For ages 18+. See drop-in adult programming like Aquafit, Gentle Function Fitness, Aqua Zumba and more on [PerfectMind](#).

## Adult Lessons

9 lessons | 35 minutes per lesson | Private Lessons \$199.50 / 288.75 + tax

Register

Adult lessons are designed for participants wanting to learn to swim or improve their current strokes. Our instructors work with participants to improve their aquatic abilities and ensure they have a comfortable and safe learning environment!

Adult lessons are available upon request depending on instructor availability. Call **902-758-3467** for more info.

## Water Walking

July 5 - August 9 | Wednesdays | 9:10 - 10am | \$37.80 + tax

Register

Water Walking is a low-impact, light-intensity class focused on using the natural resistance of water to assist those looking to improve balance, joint mobility, gait, leg, hip and core strength. This class will take place in our leisure pool and make use of the lazy river and jets.





# Policies & Regulations

## 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.**

- There are no photos allowed during class time.
- A patron may take a photo or video of **only their child** or children they are responsible for at the end of their class.
  - *Exception:* photos with additional children are permitted if permission is granted from a staff member or guardian(s) of the child(ren) not in the photographer's care.
- The Municipality is not responsible for the loss or damage of any personal devices.

## Pool Regulations

- Children under the age of 12 require a parent or guardian in the building at all times.
- No food or beverage except water is permitted on the pool deck.
- Ensure you are not ill-including having conditions such as diarrhea, vomiting, open sores, bandages, head colds, discharging ears or noses, or ear infections.
  - Persons with related symptoms should not enter the pool until 48 hours after cessation of these symptoms.
- No person shall bring a glass container onto the deck or into the pool.
- No person shall pollute the water in the pool in any manner.
- Spitting, spouting of water or blowing nose in the pool or on the deck is prohibited.
- No person shall engage in boisterous play in or about the pool.
- Anyone not toilet trained must wear water-resistant swimwear to prevent contamination of the pool. Cloth or disposable diapers are not accepted.
- Outdoor footwear and strollers are not permitted on the pool deck.



# 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 seven 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](mailto:recreation@easthants.ca) or [aquatics@easthants.ca](mailto: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](mailto:aquatics@easthants.ca).

## Cancellation of Programs

The 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

Phone: 902-758-3467

Email: [aquatics@easthants.ca](mailto:aquatics@easthants.ca)