



EAST HANTS

# Aquatics & Recreation Guide



**Fall 2026**





EAST HANTS

## Recreation in East Hants

The Municipality of East Hants offers recreation opportunities for all ages through municipal facilities, parks, trails, community spaces and partnerships with local organizations. This guide highlights recreation opportunities and services available throughout the municipality.

### East Hants Aquatic Centre

902-758-3467 | [aquatics@easthants.ca](mailto:aquatics@easthants.ca)

### East Hants Sportsplex

902-883-9906 | [sportsplex@easthants.ca](mailto:sportsplex@easthants.ca)

### General Recreation Inquiries

902-883-3387 | [recreation@easthants.ca](mailto:recreation@easthants.ca)

Explore our parks, playgrounds, and trails, [here!](#)





# Municipal Recreation Facilities

## East Hants Sportsplex

### About the Facility

The East Hants Sportsplex is one of the municipality's primary recreation facilities, featuring two ice surfaces, an indoor artificial turf field house, indoor walking track, community meeting rooms and a café. During the off-season, the arenas also host markets, fairs, and a variety of music and community events. For more information, click [here](#).

### Amenities

- Twin ice surfaces
- Indoor turf field
- Indoor walking track
- Community rooms
- Café
- Spectator seating



## East Hants Aquatic Centre

### About the Facility

The East Hants Aquatic Centre is a fully accessible aquatic facility serving residents of East Hants and surrounding communities. The facility includes competitive and leisure swimming opportunities for all ages. Our change rooms are fully assessable and there is ramp access to all pools. For more information, click [here](#).

### Amenities

- Lap pool, leisure pool
- Lazy river
- Hot tub
- Waterslide
- Climbing wall
- Community room



# Recreation Access Program

## What is RecAccess?

A funding program to help reduce barriers for you and your family to participate in East Hants recreation programming.

## The Funding:

Each member of a qualified household is eligible for:

- 75% discounted fee on up to four registered recreation programs per year
- 10 single entry passes to the East Hants Aquatic Centre

## What is covered?

Pre-registered aquatic and recreation programming offered by the Municipality of East Hants (i.e. group swim lessons, day camp).

## Not covered:

Membership fees, pool parties & group bookings, rentals or private/semi-private lessons.

## Application:

Ongoing. Applicants must reapply every year. For eligibility requirements visit [easthants.ca/recaccess](http://easthants.ca/recaccess)

## Questions?

Contact us at [recreation@easthants.ca](mailto:recreation@easthants.ca) or 902-883-2299.





# Registration

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! Click [here](#) to get started.

## Register Online

1. Visit [www.easthants.ca/residents/aquatics](http://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

## Register In-Person

East Hants Aquatic Centre, 14 Commerce Court, Elmsdale

Monday – Friday 6:00 am – 9:00 pm

Saturday – 8:00 am – 8:00 pm

Sunday – 8:00 am – 5:30 pm

## Register Via Phone

Call 902-758-3467 ext. 1.

## Refunds

The Municipality will issue a full refund to the client 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 (7) days prior to the start date of the program.

A refund of 50% will be issued if request to withdraw is received within seven (7) days of the start date of the program. No refund will be issued on or after the start date of a program.

If a program is cancelled by the Municipality of East Hants, credit will be issued to the clients account and if requested, the credit may be paid out by cheque. Please allow 4-5 weeks for processing.



# Things to Know

- Check the program description to see if registration is required.
- Program start dates are listed in PerfectMind.
- Check the program description to see if equipment or supplies are provided.
- Youth under the age of 12 must be accompanied by a parent or guardian during all Aquatics & Recreation programs.
- For programs held in schools, sessions will be cancelled if the school is closed due to weather or other circumstances.
- Dates and times are subject to change due to other events and activities.





# Swimming Lesson Schedule

| Level                               | Sunday AM                               | Sunday PM      | Monday*                  | Tuesday           | Wednesday                  | Thursday         | Saturday                    |
|-------------------------------------|-----------------------------------------|----------------|--------------------------|-------------------|----------------------------|------------------|-----------------------------|
|                                     | Sept 27-Nov 29                          | Sept 27-Nov 29 | Sept 28-Nov 30           | Sept 29-Nov 24    | Oct 7-Dec 9                | Oct 1-Nov 26     | Oct 3-Dec 5                 |
| <a href="#">P&amp;T 1</a>           | 9:00AM<br>12:20PM                       | 5:25PM         | 4:25PM                   | 10:25AM<br>4:40PM | 4:00PM                     |                  | 10:30AM                     |
| <a href="#">P&amp;T 2</a>           | 11:00AM                                 | 6:05PM         |                          | 11:05AM           |                            | 5:20PM           | 8:20AM<br>11:10AM           |
| <a href="#">P&amp;T 3</a>           | 10:20AM                                 |                | 5:20PM                   | 11:45AM<br>5:45PM | 5:20PM                     |                  | 9:10AM<br>11:55AM           |
| <a href="#">PS 1</a>                | 9:00AM<br>10:20AM<br>11:00AM            |                | 4:00PM<br>5:20PM         | 4:25PM<br>4:40PM  | 4:40PM                     | 4:15PM<br>6:00PM | 8:30AM<br>9:50AM<br>11:30AM |
| <a href="#">PS 2</a>                | 9:40AM<br>11:40AM                       |                | 4:40PM<br>5:35PM         | 5:05PM            | 4:00PM<br>5:05PM<br>5:20PM | 4:40PM<br>6:00PM | 9:10AM<br>10:30AM           |
| <a href="#">PS 3</a>                | 9:40AM<br>12:20PM                       | 5:25PM         | 4:00PM<br>6:25PM         |                   | 4:00PM<br>4:40PM<br>6:00PM | 4:00PM<br>5:20PM | 8:30AM<br>11:50AM           |
| <a href="#">PS 4</a>                |                                         |                | 6:15PM                   |                   |                            | 4:40PM           |                             |
| <a href="#">PS 5</a>                |                                         | 6:45PM         |                          |                   |                            | 5:20PM           |                             |
| <a href="#">PS 4/5</a>              | 10:20AM<br>11:40AM                      |                | 4:40PM                   | 4:25PM            | 6:00PM                     |                  | 9:50AM<br>11:10AM           |
| <a href="#">SW 1B</a>               | 9:00AM<br>10:20AM<br>11:00AM<br>12:20PM | 6:05PM         | 4:00PM<br>6:15PM         | 4:00PM<br>5:05PM  | 6:25PM                     | 4:00PM           | 9:10AM<br>10:30AM           |
| <a href="#">SW 1A</a>               | 9:40AM<br>11:40AM                       | 6:45PM         | 4:55PM<br>5:35PM         | 6:25PM            | 4:25PM<br>5:20PM           | 4:40PM<br>6:00PM | 9:50AM<br>11:50AM           |
| <a href="#">SW 2</a>                | 9:00AM<br>10:20AM                       | 5:25PM         | 5:05PM                   | 5:20PM<br>6:25PM  | 4:00PM                     | 4:00PM           | 8:20AM<br>9:40AM            |
| <a href="#">SW 3</a>                | 11:00AM                                 | 5:25PM         | 4:00PM<br>5:20PM         | 4:00PM            | 5:20PM                     | 4:00PM<br>5:35PM | 9:00AM<br>12:10PM           |
| <a href="#">SW 4</a>                | 9:40AM<br>11:30AM                       | 6:05PM         | 6:00PM                   |                   | 4:00PM                     | 6:15PM           | 9:15AM                      |
| <a href="#">SW 5</a>                | 10:35AM                                 | 7:00PM         | 4:00PM                   | 4:55PM            |                            |                  | 8:20AM                      |
| <a href="#">SW 6</a>                |                                         | 6:05PM         | 4:40PM                   | 6:00PM            |                            | 6:15PM           | 10:20AM                     |
| <a href="#">SW 7</a>                |                                         | 7:00PM         | 6:00PM                   |                   | 4:55PM                     |                  | 11:15AM                     |
| <a href="#">SW 7/8</a>              |                                         |                |                          |                   |                            | 4:40PM           |                             |
| <a href="#">SW 8</a>                |                                         |                |                          | 4:00PM            |                            |                  |                             |
| <a href="#">SW 8/9</a>              |                                         | 6:45PM         |                          |                   |                            |                  | 10:20AM                     |
| <a href="#">AD 1</a>                |                                         |                |                          | 8:10PM            | 6:00PM                     |                  |                             |
| <a href="#">AD 2</a>                |                                         |                |                          | 6:00PM            |                            | 8:10PM           |                             |
| Parent Tot 1 to Swimmer 3 = 35 mins |                                         |                | Swimmer 4 to 9 = 50 mins |                   |                            | Adult = 35 mins  |                             |

# Private Lesson Schedule

| Level                                                                          | Sunday                                                                                                                                                                                                                                                                     | Monday           | Tuesday        | Wednesday        | Thursday     | Friday                                           | Saturday                      |
|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------------|------------------|--------------|--------------------------------------------------|-------------------------------|
|                                                                                | Sept 27-Nov 29                                                                                                                                                                                                                                                             | Sept 28-Nov 30   | Sept 29-Nov 24 | Oct 7-Dec 9      | Oct 1-Nov 26 | Oct 2-Nov 27                                     | Oct 3-Dec 5                   |
| <a href="#">SW 1B</a><br><a href="#">OR</a><br><a href="#">SW 1A</a>           | 9:00AM<br>9:40AM X2<br>11:00AM<br>11:40AM                                                                                                                                                                                                                                  | 4:40PM<br>5:45PM | 5:45PM         | 4:40PM<br>6:00PM | 4:55PM       |                                                  | 10:10AM<br>11:15AM<br>11:50AM |
| <a href="#">SW 2+</a>                                                          | 9:00AM                                                                                                                                                                                                                                                                     |                  | 6:30PM         | 4:40PM           | 5:35PM       | 4:00PM X3<br>4:40PM X3<br>5:20PM X3<br>6:00PM X3 | 9:40AM<br>10:50AM<br>12:10PM  |
| <a href="#">Adult</a>                                                          | Are you an adult or senior looking for Private lessons, coaching or stroke development?<br>We have limited space in our schedule Monday – Friday between 1pm – 4pm!<br>Email <b><a href="mailto:aquatics@easthants.ca">aquatics@easthants.ca</a></b> for more information! |                  |                |                  |              |                                                  |                               |
| *No Lessons Sun Oct 11th, Mon Oct 12th, Wed Sept 30th & Nov 11th, Sat Oct 10th |                                                                                                                                                                                                                                                                            |                  |                |                  |              |                                                  |                               |
| All Privates = 35mins                                                          |                                                                                                                                                                                                                                                                            |                  |                |                  |              |                                                  |                               |

Registration Day: August 26 at 12 p.m.

Register in-person, call 902-758-3467, or [click here!](#)



# Inclusion Lessons

Inclusion swimming lessons are for participants who require extra support to participate in the swim lesson programs. We offer one-to-one support in group lessons as well as one-to-one private lessons for those who are unable to participate in group lessons.

All Inclusion lessons are planned through an easy two-step process:

### Step 1: Fill out our intake form

This form tells us everything we need to know about your child for lessons. We will use the information you provide to help determine what type of lesson is best and what supports are needed. The form can be found [here](#).

### Step 2: Registration

A representative from the East Hants Aquatic Centre will give you a call within seven days to schedule your child’s lesson based on the information in the intake form.

Please Note: Inclusion Lessons are not guaranteed until they have been booked by the East Hants Aquatic Centre. In times where more applications are received than spots available, preference will be given to early applicants.

# Private Inclusion Lesson Schedule

|                                                                                        | Sunday            | Tuesday        | Wednesday   | Friday                                           | Saturday          |
|----------------------------------------------------------------------------------------|-------------------|----------------|-------------|--------------------------------------------------|-------------------|
|                                                                                        | Sept 27-Nov 29    | Sept 29-Nov 24 | Oct 7-Dec 9 | Oct 2-Nov 27                                     | Oct 3-Dec5        |
| SW 1B<br>OR<br>SW 1A                                                                   | 12:20PM<br>7:25PM | 5:50PM         | 5:45PM      |                                                  | 9:00AM<br>11:10AM |
| SW 2+                                                                                  | 11:40AM<br>7:25PM | 5:20PM         | 5:50PM      | 4:00PM x2<br>4:40PM x2<br>5:20PM x2<br>6:00PM X2 | 8:30AM            |
| Inclusion group classes are available and are booked based on Instructor availability. |                   |                |             |                                                  |                   |
| *No Lessons Sun Oct 11th, Mon Oct 12th, Wed Sept 30th & Nov 11th, Sat Oct 10th         |                   |                |             |                                                  |                   |

### Registration Day: August 17 at 12 p.m.

Register in-person, call 902-758-3467, or [click here!](#)





# Aquatics Drop-in Programming

|                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Bubbles and Babies</b><br>Monday 11:30am-12:30pm and<br>Wednesdays 9:00am-10:00am<br><br>Bubbles and Babies is designed for babies aged 4 months – 36 months to enjoy time in the pool with a parent while learning some essential swimming skills!                              | <b>Aqua Cardio Blast</b><br>Wednesday 9:10am-10:00am<br><br>This class is designed to challenge your cardiovascular system. Movements will include jogging, skiing, cycling, and more! This class is best experienced in shallow water, but buoyancy belts will be provided to those who wish to participate in deep water. |
| <b>Core Splash</b><br>Wednesdays 12:15pm-12:55pm<br><br>This 40 minute high intensity, low impact class will focus on cardio training and core strengthening.                                                                                                                       | <b>Skills and Drills</b><br>Saturdays 10:30am-11:30am<br><br>Get tips from Coach Oleg on how to improve your strokes and switch up your swim routine with a variety of drills.<br><br>We recommend that all swimmers be able to swim 50m of any stroke before participating in this class.                                  |
| <b>Gentle Function Fitness</b><br>Monday through Friday 10:30am-11:20am<br><br>This low to no impact aquafitness class that focuses on working through their current range of motion and strengthening muscles that are required for daily functional movements.                    | <b>Splash Classies with Lads and Lassies</b><br>Tuesdays 7:10pm-8:00pm<br><br>This fun class will combine cardio and muscle strengthening with lots of laughter. For the lads and lassies                                                                                                                                   |
| <b>Water Walking</b><br>Thursdays 9:10am-10:00am<br><br>This no-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. Participants will wear buoyancy belts. | <b>The Gauntlet</b><br>Fridays 7:15am-8:00am<br><br>This drop in class four advanced aqua fitters. It includes games, circuit training, and cardio training. Water shoes are recommended. Registration fir this class opens at 7:00am one week before each class.                                                           |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Aqua Strength</b><br>Mondays 9:10am-10:00am and<br>Wednesdays 7:10pm-8:00pm<br><br>This shallow water class focus on muscle strengthening and include elements of cardiovascular training. Participants will use a variety of equipment throughout the class.                                                                                                                                                                                                                                                   | <b>Aqua Full Flow Fitness</b><br>Tuesday, Thursday, and Fridays 9:10am-10:00am<br><br>This shallow water aquafit class provides a well-rounded workout that includes cardio, muscle strengthening, and stretching.                  |
| <b>Aqua Strength and Cardio</b><br>Tuesdays and Thursdays 8:10am-9:00am<br><br>This deep water aquafit class is a true challenge for your core. While wearing buoyancy belts, participants receive an impact free muscle strengthening and cardio workout.                                                                                                                                                                                                                                                         | <b>Aqua Yoga</b><br>Wednesdays 11:25am-12:10pm<br><br>This low impact class will improve flexibility, balance, and strength by using modified yoga poses, breathwork, and meditation with the buoyancy and resistance of the water. |
| <b>Let's Keep Moving</b><br>Tuesdays 2:30pm-3:30pm, and<br>Thursdays 1:00pm-2:00pm<br><br>An hour-long class that is designed to help maintain mobility for the purpose of performing activities of daily living. This class takes place in our warm leisure pool, and will have a maximum of 6 participants in order to keep the exercises tailored to the needs within the class. Registrants are encouraged to invite caregivers, friends, or family to support in order to support participation in the class. | <b>Aqua Zumba</b><br>Mondays 7:10pm-8:00pm<br><br>Aqua Zumba® is the perfect class for Zumba® lovers and water aerobics enthusiasts who want to dance to upbeat music while enjoying a low-impact workout.                          |



**Registration for drop in classes opens 7:30am, 7 days prior to each class.**

# Aquatics Programming

|                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SwimFit</b><br>Saturdays   Oct 3rd – Dec 5th   11:30am – 12:25pm   \$159.29<br><a href="#">Register</a>                                                                                         |
| <b>Jr Lifeguards</b><br>Mondays  Sept 28th – Nov 30th   6:00pm – 7:00pm   \$69.02<br><a href="#">Register</a>                                                                                      |
| <b>Bronze Star</b><br>Sundays  Sept 27th-Nov 29th (excluding Oct 11th)  5:25pm – 6:40pm   \$51.30<br><a href="#">Register</a>                                                                      |
| <b>Bronze Medallion &amp; Basic Workplace First Aid</b><br>December 4th, 7th, 9th, 11th, 14th, 16th, 18th   4:00pm – 7:00pm   \$51.30<br><a href="#">Register</a>                                  |
| <b>Bronze Cross &amp; Intermediate Workplace First Aid</b><br>Fridays   Oct 2nd – Nov 13th   4:00pm-9:00pm   \$51.30<br><a href="#">Register</a>                                                   |
| <b>Swim Instructor</b><br>Oct 17th, 18th, 24th, 25th, 31st & Nov 1st   9:00am-3:00pm   \$59<br><a href="#">Register</a>                                                                            |
| <b>National Lifeguard &amp; Intermediate Workplace First Aid</b><br>Nov 8th, 15th, 22nd, 29th, Dec 6th, and Dec 13th   9:00-5:30<br>& December 20th - 9:00-3:00   \$59<br><a href="#">Register</a> |
| <b>Recertification: National Lifeguard &amp; Intermediate Workplace First Aid</b><br>Oct 31st & Nov 1st 9:00am-5:00pm   \$59<br><a href="#">Register</a>                                           |
| <b>Recertification: National Lifeguard &amp; Intermediate Workplace First Aid</b><br>Dec 21st & 22nd   9:00am-5:00pm   \$59<br><a href="#">Register</a>                                            |

Please note 100% attendance is mandatory for these programs.

## In-Service Splash Camps

No School? Come hang out with us and participate in fun games and activities! All camps are open to ages 6-11. Includes at least an hour of swimming. [Register](#)

Fri Sept 25 | 8:30am – 4:00pm | \$36.94

Fri Oct 23 | 8:30am – 4:00pm | \$36.94

Fri Nov 20 | 8:30am – 4:00pm | \$36.94

Fri Dec 4 | 8:30am – 4:00pm | \$36.94

## Swimming Lesson Price Guide

|                                                        |          |
|--------------------------------------------------------|----------|
| Parent and Tot (P&T), Preschool (PS), Swimmer (SW) 1-3 | \$93.77  |
| Swimmer 4-9                                            | \$100.95 |
| Adult Lessons                                          | \$109.90 |
| Private Lessons                                        | \$209.60 |
| Semi Private Lessons <sup>†</sup>                      | \$303.37 |

<sup>†</sup>Can have up to 2 participants per lesson. Participants cannot be more than one level apart.No refunds are provided once the program has started.

**Registration Day: August 26 at 12 p.m.**

Register in-person, call 902-758-3467, or [click here!](#)





# Sportsplex Programming - Fitness

| Program                                   | Time            | Day                   | Location         | Cost             | Age        | Description                                                                                                                                                                                                                |
|-------------------------------------------|-----------------|-----------------------|------------------|------------------|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <a href="#">Fitness Fun</a>               | 10:00AM-11:00AM | Mondays & Wednesdays  | Todd Hunter Room | \$6/class        | 50+        | A fun hour of low impact cardio with strength, balance and stretching movements to finish. All levels are welcome with modifications to benefit individual needs.                                                          |
| <a href="#">Strength &amp; Resistance</a> | 9:00AM-9:45AM   | Tuesdays              | Todd Hunter Room | \$6/class        | 50+        | This strength class focuses on building and maintaining strength using bodyweight, light dumbbells and resistance bands. Targeting all major muscle groups and improving overall fitness.                                  |
| <a href="#">Yoga Flow</a>                 | 10:00AM-11:30AM | Tuesdays              | Todd Hunter Room | \$6/class        | All levels | Focuses on build ing strength, flexibility, cardiovascular endurance and mental focus. Modifications are provided throughout the class.                                                                                    |
| <a href="#">Basic Mat Pilates</a>         | 6:00PM-7:00PM   | Mondays & Wednesdays  | Todd Hunter Room | \$8.21/class     | All levels | A dynamic mat-based Pilates class focusing on core strength, breathing, posture alignment, and mobility. Includes stretching, a light cardio-style warm-up, and small equipment exercises for added challenge and support. |
| <a href="#">Progressive Pilates</a>       | 7:00PM-8:00PM   | Mondays or Wednesdays | Todd Hunter Room | \$86.18/12 weeks | All levels | Uses small equipment, targeting core strength, posture alignment, and overall mobility. modifications provided.                                                                                                            |
| <a href="#">Hatha Yoga</a>                | 9:00AM-10:00AM  | Thursdays             | Todd Hunter Room | \$6/class        | All levels | A gentle one-hour class focusing on strength, balance and flexibility through basic yoga movements and mindful breathing.                                                                                                  |



# Sportsplex Programming

## Sports

| Program                                   | Time                                 | Day                  | Location                   | Cost    | Age                | Description                                                                                                                    |
|-------------------------------------------|--------------------------------------|----------------------|----------------------------|---------|--------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <a href="#">Stick &amp; Puck Skating</a>  | 3:30PM-4:30PM<br>or<br>4:30PM-5:30PM | Wednesdays           | East Hants Sportsplex      | \$4.10  | 4-9<br>or<br>10-15 | Bring your own stick and puck and practice your shooting, passing and stick handling. Goalies welcome.                         |
| <a href="#">Co-Ed Shinny</a>              | 3:00PM-4:00PM                        | Fridays              | East Hants Sportsplex      | \$10.26 | All levels         | A fun hour of pick-up hockey. All levels welcome. Registration required.                                                       |
| <a href="#">Indoor Golf Driving Range</a> | 1:00PM-2:00PM<br>or<br>2:00PM-3:00PM | Tuesdays & Thursdays | East Hants Sportsplex Turf | \$15.39 | All levels         | Book a timeslot to practice your swing and hit a bucket of balls. Bring your own clubs and clean shoes. Registration required. |
| <a href="#">Public Skate</a>              | 9:00AM-10:00AM                       | Tuesdays             | East Hants Sportsplex      | Free    | Seniors            | Bring the family to enjoy public skates at the East Hants Sportsplex! Helmets are required.                                    |
|                                           | 10:00AM-11:00AM                      | Tuesdays & Fridays   |                            |         | Parent & tot       |                                                                                                                                |
|                                           | 11:00AM-12:00PM                      | Tuesdays & Fridays   |                            |         | Public skate       |                                                                                                                                |
|                                           | Times vary                           | Saturdays & Sundays  |                            |         | Public skate       |                                                                                                                                |

## Activities

| Program                                | Time            | Day                          | Location                            | Cost    | Age   | Description                                                                                                                                                                                                                     |
|----------------------------------------|-----------------|------------------------------|-------------------------------------|---------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <a href="#">Youth Learn to Crochet</a> | 6:30PM-8:30PM   | Wednesdays<br>(Oct 7-Nov 25) | East Hants Sportsplex Boardroom     | \$68.23 | 10-16 | Learn the fundamentals from basics, to material choice, foundation stitches, and more!                                                                                                                                          |
| <a href="#">Wellness Walk</a>          | 11:00AM-12:00PM | Mondays                      | East Hants Sportsplex Walking Track | Free    | All   | Join the Northern Zone Mobile Health and Wellness Team for an hour of walking for wellness. A dietician and/or a pharmacist will be on site to discuss various health topics.healthy snacks provided. Walkers available to use. |
| <a href="#">Walk &amp; Roll</a>        | 9:00AM-10:00AM  | Tuesdays                     | East Hants Sportsplex walking track | Free    | All   | Walk the track at your own pace. Walkers are available.                                                                                                                                                                         |
| <a href="#">Run &amp; Tumble</a>       | 10:30AM-11:30AM | Thursdays                    | East Hants Sportsplex Dome          | Free    | 0-5   | Drop-in group where kids can run, jump and play together courtesy of the East Hants Family Resource Centre in partnership with the Municipality of East Hants.                                                                  |
| <a href="#">After School Turf Time</a> | 3:00PM-5:00PM   | Wednesdays                   | East Hants Sportsplex Dome          | Free    | All   | Get Active after school and stop in for free play! Registration not required. No batting, formal coaching or practices.                                                                                                         |
| <a href="#">Senior Social</a>          | 10:00AM-12:00PM | Second Tuesday of the Month  | East Hants Sportsplex Cafe          | Free    | 50+   | Join us for FREE socials! Enjoy coffee, tea, snacks and good company! Registration is not required.                                                                                                                             |

**Don't miss our Skating Into Winter event!**  
East Hants Sportsplex | Monday  
December 21 | 1pm - 3pm | FREE



# Community Programming

## Sports

| Program                                 | Time            | Day        | Location                   | Cost    | Age      | Description                                                                                                                           |
|-----------------------------------------|-----------------|------------|----------------------------|---------|----------|---------------------------------------------------------------------------------------------------------------------------------------|
| <a href="#">Ball Hockey</a>             | 5:30PM-6:30PM   | Mondays    | Enfield Elementary School  | \$60    | 7-12     | Non-competitive, pick-up ball hockey with multiple games and an exciting shootout!                                                    |
| <a href="#">All Sorts of Sports</a>     | 6:00PM-7:00PM   | Mondays    | Uniacke District School    | \$60    | 7-12     | Pick-up and play program with multiple sports each week including ball hockey, indoor soccer, and basketball.                         |
|                                         |                 | Wednesdays | Rawdon District School     |         |          |                                                                                                                                       |
| <a href="#">Pickleball</a>              | 7:30PM-9:00PM   | Mondays    | Uniacke District School    | \$3.50  | 16+      | Join us for a fun evening of drop-in recreational pickleball!                                                                         |
|                                         | 6:00PM-7:30PM   | Tuesdays   | Hants North Rural High     |         |          |                                                                                                                                       |
|                                         | 6:30PM-9:00PM   | Wednesdays | Maple Ridge Elementary     |         |          |                                                                                                                                       |
| <a href="#">Badminton</a>               | 6:30PM-8:30PM   | Thursdays  | Riverside Education Centre | \$3.50  | 12+      | A fun evening of recreational badminton. All levels welcome. Equipment not provided.                                                  |
| <a href="#">East Hants Active Start</a> | 6:00PM-7:00PM   | Tuesdays   | Riverside Education Centre | \$87.21 | 5-7      | Over 8 weeks, 8 sports will be featured with basic movementand coordination. Students are given weekly feedback on their development. |
|                                         | 5:00PM-6:00PM   | Thursdays  | Enfield District School    |         |          |                                                                                                                                       |
| <a href="#">Intro to Pickleball</a>     | 6:00PM-8:00PM   | Fridays    | Uniacke District School    | \$68.23 | 16+      | A beginner pickleball program Facilitated by a Level 1 Certified pickleball coach,                                                    |
| <a href="#">Open Gym</a>                | 6:00PM-7:00PM   | Thursdays  | Rawdon District School     | Free    | All Ages | Some equipment will be provided or bring your own. Registration not required.                                                         |
|                                         | 6:00PM - 7:00PM | Fridays    | Uniacke District School    |         | Under 12 |                                                                                                                                       |
|                                         | 7:00PM-8:00PM   |            |                            |         | 12+      |                                                                                                                                       |

## Activities

| Program                                 | Time            | Day                        | Location                                  | Cost    | Age  | Description                                                                                                                             |
|-----------------------------------------|-----------------|----------------------------|-------------------------------------------|---------|------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <a href="#">Crafty Creators</a>         | 6:00PM-7:00PM   | Mondays                    | East Hants Aquatics Centre Community Room | \$68.23 | 6-12 | Creating and designing various arts & crafts each week creating a craft to bring home. All skill levels are welcome! Supplies provided. |
| <a href="#">Youth Arts &amp; Crafts</a> | 6:00PM-7:30PM   | Wednesdays                 | Uniacke District School Cafeteria         | \$68.23 | 7-13 | Explore a wide range of materials and techniques—such as drawing, painting, sculpting, crafting.                                        |
| <a href="#">Senior Social</a>           | 10:00AM-12:00PM | First Tuesday of the month | East Hants Aquatics Centre Community Room | Free    | 50+  | Enjoy coffee, tea, snacks and good company! Registration is not required.                                                               |



# Sportsplex Facilities Rentals

## Community Rooms Rentals

| Facility          | Capacity | Price   | Link                       |
|-------------------|----------|---------|----------------------------|
| Todd Hunter Room  | 80       | \$39.68 | <a href="#">Book here</a>  |
| Breaden Bannister | 16       | \$39.68 | <a href="#">Book here.</a> |
| Boardroom         | 25       | \$39.68 | <a href="#">Book here.</a> |

## Dome Rentals

| Facility         | Prime    | Non-Prime | Link                       |
|------------------|----------|-----------|----------------------------|
| FH 1 - Guardian  | \$124.17 | \$40.80   | <a href="#">Book here</a>  |
| FH 2 - Shaw      | \$124.17 | \$40.80   | <a href="#">Book here.</a> |
| FH 3 - Basin     | \$124.17 | \$40.80   | <a href="#">Book here.</a> |
| Full Field House | \$326.40 | \$122.40  | <a href="#">Book here.</a> |

## Arena Rentals

| Facility           | Prime    | Non-Prime | Link                       |
|--------------------|----------|-----------|----------------------------|
| Keith Miller Arena | \$227.83 | \$119.74  | <a href="#">Book here</a>  |
| Ice Pad B          | \$227.83 | \$119.74  | <a href="#">Book here.</a> |

For facility corporate rates, see our [website](#) under Rental Fees.

The East Hants Aquatic Centre Community Room is also available to rent by nonprofit organizations and businesses across East Hants. Includes use of the room and kitchenette for meetings, courses or events. This rental does not include any pool time.

To book, please contact **[aquatics@easthants.ca](mailto:aquatics@easthants.ca)**.





EAST HANTS

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