

# East Hants Aquatic Centre

## Winter Lessons 2026



EAST HANTS



### Swim for Life Group Lessons

| Level   | Sunday<br>January 11 -<br>March 8                                       | Monday<br>January 5 -<br>March 9                | Tuesday<br>January 6 -<br>March 3               | Wednesday<br>January 7 -<br>March 4             | Thursday<br>January 8 -<br>March 5 | Saturday<br>January 10 -<br>March 7                                   |
|---------|---|---|---|---|------------------------------------|---|
| PT 1    | 9:00 - 9:35am<br>11:00 - 11:35am  | 4:00 - 4:35pm                                   | 10:25 - 11:00am                                 | 4:25 - 5:00pm                                   |                                    | 8:30 - 9:05am<br>10:30 - 11:05am                                      |
| PT 2    | 10:20 - 10:55am   | 5:35 - 6:10pm                                   | 11:05 - 11:40am<br>2:30 - 3:05pm                | 4:40 - 5:15pm                                   |                                    | 9:10 - 9:45am<br>11:10am - 11:45am                                    |
| PT 3    | 9:40 - 10:15am<br>11:35am - 12:10pm                                     |   | 11:45 - 12:20pm<br>4:40 - 5:15pm                | 5:20 - 5:55pm                                   |                                    | 9:50 - 10:25am<br>11:50am - 12:25pm                                   |
| PS 1    | 9:00 - 9:35am<br>9:35 - 10:10am   | 5:20 - 5:55pm<br>6:15 - 6:50pm                  | 2:30 - 3:05pm<br>5:05 - 5:40pm<br>6:25 - 7:00pm | 4:00 - 4:35pm<br>5:45 - 6:20pm                  | 5:05 - 5:40pm<br>6:00 - 6:35pm     | 8:30 - 9:05am<br>9:40 - 10:15am<br>11:50am - 12:25pm                  |
| PS 2    | 10:20 - 10:55am<br>11:35am - 12:10pm<br>12:20 - 12:55pm                 | 4:55 - 5:30pm                                   | 4:25 - 5:00pm<br>5:45 - 6:20pm<br>5:50 - 6:25pm | 5:05 - 5:40pm<br>6:00 - 6:35pm                  | 4:00 - 4:35pm<br>5:20 - 5:55pm     | 9:10 - 9:45am<br>10:30 - 11:05am                                      |
| PS 3    | 9:00 - 9:35am<br>9:35 - 10:10am<br>10:55 - 11:30am<br>11:50am - 12:25pm | 4:00 - 4:35pm                                   | 4:40 - 5:15pm<br>6:15 - 6:50pm                  | 4:40 - 5:15pm<br>5:20 - 5:55pm                  | 4:40 - 5:15pm<br>5:45 - 6:20pm     | 9:50 - 10:25am<br>11:10 - 11:45am<br>11:30am - 12:05pm                |
| PS 4/5  | 10:15 - 10:50am<br>12:15 - 12:50pm                                      | 5:45 - 6:20pm                                   | 4:00 - 4:35pm<br>5:35 - 6:10pm                  | 5:20 - 5:55pm                                   | 4:55 - 5:30pm<br>6:00 - 6:35pm     | 9:00am - 9:35am<br>10:30 - 11:05am<br>11:10am - 11:45am               |
| SW 1B   | 9:40 - 10:15am<br>11:00 - 11:35am<br>11:40am - 12:15pm                  | 4:00 - 4:35pm<br>5:45 - 6:20pm<br>6:25 - 7:00pm | 3:10 - 3:45pm<br>4:00 - 4:35pm<br>5:20 - 5:55pm | 4:00 - 4:35pm<br>4:40 - 5:15pm                  | 4:25 - 5:00pm<br>5:50 - 6:25pm     | 9:10 - 9:45am<br>10:30 - 11:05am<br>11:10 - 11:45am                   |
| SW 1A   | 9:00 - 9:35am<br>10:15 - 10:50am<br>11:10 - 11:45am<br>12:20 - 12:55pm  | 4:25 - 5:00pm<br>5:05 - 5:40pm<br>6:15 - 6:50pm | 4:40 - 5:15pm<br>6:00 - 6:35pm                  | 4:25 - 5:00pm<br>6:25 - 7:00pm                  | 4:00 - 4:35pm<br>4:40 - 5:15pm     | 8:30 - 9:05am<br>9:50 - 10:25am<br>11:50am - 12:25pm                  |
| SW 2    | 8:55 - 9:30am<br>10:20 - 10:55am<br>11:00 - 11:35am                     | 4:25 - 5:00pm<br>5:35 - 6:10pm                  | 3:10 - 3:45pm<br>4:00 - 4:35pm                  | 4:00 - 4:35pm<br>4:55 - 5:30pm<br>6:25 - 7:00pm | 4:40 - 5:15pm<br>5:20 - 5:55pm     | 8:20 - 8:55am<br>9:10 - 9:45am<br>9:50 - 10:25am<br>12:10pm - 12:45pm |
| SW 3    | 8:55 - 9:30am<br>9:55 - 10:30am<br>12:15 - 12:50pm                      | 5:05 - 5:40pm<br>5:35 - 6:10pm<br>6:25 - 7:00pm | 4:25 - 5:00pm<br>5:20 - 5:55pm                  | 5:05 - 5:40pm<br>6:00 - 6:35pm                  | 4:00 - 4:35pm<br>5:35 - 6:10pm     | 8:30 - 9:05am<br>9:00 - 9:35am<br>12:10 - 12:45pm                     |
| SW 4    | 10:15 - 11:05am   | 4:40 - 5:30pm                                   | 4:00 - 4:50pm                                   | 4:00 - 4:50pm                                   | 4:55 - 5:45pm                      | 8:20 - 9:10am<br>10:20 - 11:10am                                      |
| SW 5    | 9:00 - 9:50am   | 4:00 - 4:50pm                                   | 6:00 - 6:50pm                                   | 4:55 - 5:45pm                                   | 4:00 - 4:50pm                      | 11:15am - 12:05pm   |
| SW 6    |   | 4:40 - 5:30pm                                   | 4:00 - 4:50pm                                   | 4:00 - 4:50pm                                   | 4:00 - 4:50pm                      | 10:20 - 11:10am   |
| SW 7    | 11:40am - 12:30pm   |   |   | 5:50 - 6:40pm                                   |                                    | 9:15 - 10:05am  |
| SW 7/8  |   | 6:00 - 6:50pm                                   |   |   |                                    |   |
| SW 8/9  |   |   | 4:55 - 5:45pm                                   |   | 6:15 - 7:05pm                      | 11:15am - 12:05pm   |
| Adult 1 | 11:40am - 12:15pm   |   |   | 8:10 - 8:45pm                                   | 4:00 - 4:35pm                      |   |
| Adult 2 | 12:20 - 12:55pm   |   |   |   | 4:40 - 5:15pm<br>8:10 - 8:45pm     |   |
| Adult 3 | 11:55am - 12:30pm   |   |   |   | 5:20 - 5:55pm                      |   |

<sup>1</sup>No lessons on Monday, February 16

The East Hants Aquatic Centre is a proud affiliate of the Lifesaving Society of Nova Scotia. We teach their Swim for Life curriculum at our facility.



### Registration Day: December 10 at 12 p.m.

Register at [easthants.perfectmind.com](http://easthants.perfectmind.com), call 902-758-3467 or come in-person.

# Swim for Life Private/Semi-Private



| Level         | Sunday<br>January 11 -<br>March 8                | Monday<br>January 5 -<br>March 9 | Tuesday<br>January 6 -<br>March 3 | Wednesday<br>January 7 -<br>March 4 | Thursday<br>January 8 -<br>March 5        | Friday<br>January 9 -<br>March 6                         | Saturday<br>January 10 -<br>March 7   |
|---------------|--|----------------------------------|-----------------------------------|-------------------------------------|---|--|---|
| SW 1B & 1A    | 9:40-10:15am<br>10:35-11:10am<br>10:55-11:30am   | 6:15-6:50pm                      | 5:05-5:40pm<br>6:00-6:35pm        | 6:15-6:50pm                         | 5:20-5:55pm<br>6:25-7:00pm<br>6:30-7:05pm |  | 10:30-11:05am<br>11:50am-12:25pm  |
| SW 2 & Higher | 9:35-10:10am<br>11:15-11:50am<br>11:40am-12:15pm | 4:40-5:15pm                      | 5:20-5:55pm                       | 5:35-6:10pm                         |   | 4:00-4:35pm<br>4:40-5:15pm<br>5:20-5:55pm<br>6:00-6:35pm | 8:20-8:55am<br>9:10-9:45am<br>10:50-11:25am<br>11:50am-12:25pm<br>12:10-12:45pm |

<sup>1</sup>No lessons on Monday, February 16

## Inclusion Lessons

Inclusion lessons are for children who require extra support to participate in lessons. Space is limited, our staff will make every effort to accommodate as many requests as possible. Waitlists will be available.

Applications are open until December 3, and can be submitted online, in-person, or by phone at 902-758-3467.

## Leadership Courses

| Program          | Dates                             | Time  | Prerequisite                                    | Cost    |
|------------------|-----------------------------------|---|---|---------|
| Junior Lifeguard | Jan 7 - Mar 4                     | Wednesdays 6:00-7:00pm  | None  | \$50    |
| Bronze Star      | Jan 6 - Mar 3                     | Tuesdays 5:30-6:45pm  | None. Recommended ages 10+ and a strong swimmer | \$50    |
| Bronze Medallion | Jan 9 - 30<br>Jan 31              | Fridays 4:00-9:00pm<br>Saturday 1:00-4:00pm                           | Must be 13+ or hold Bronze Star                 | \$57.50 |
| Bronze Cross     | Feb 6 - Mar 6<br>Mar 27<br>Mar 28 | Fridays 4:00-9:00pm<br>Friday 4:00pm-9:00pm<br>Saturday 1:00pm-4:00pm | Must hold Bronze Medallion                      | \$57.50 |
| Swim Instructor  | Jan 24, 25, 31, Feb 1             | 9:00am-2:30pm   | Must be 15+ and hold Bronze Cross               | \$50    |

## Swim Fit

Youth (\$139.77) and Adult (\$159.34) Swim Fit programs run January 10–February 14. Participants should be able to swim 50 meters of any stroke comfortably.

## Price Guide

|   |          |
|---|----------|
| Parent and Tot (P&T), Preschool (PS),<br>Swimmer (SW) 1-3 | \$91.39  |
| Swimmer 4-9   | \$98.39  |
| Adult Lessons   | \$104.18 |
| Private Lessons   | \$204.29 |
| Semi Private Lessons <sup>†</sup>                         | \$295.68 |

<sup>†</sup>Can have up to 2 participants per lesson. Participants cannot be more than one level apart. Cancellations made more than 7 days before the start date and time of the program will receive a full refund. Cancellations made less than 7 days before the start date and time of the program will receive a 50% refund. No refunds are provided once the program has started.

Register for all programs at  
[easthants.perfectmind.com](http://easthants.perfectmind.com)  
or call 902-758-3467



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