

East Hants Aquatic Centre Spring Lessons 2026



EAST HANTS

Click level title to see more! →

Level	Sunday AM	Sunday PM	Monday*	Tuesday	Wednesday	Thursday	Saturday
	April 12- June 7	April 12- June 7	April 13- June 15	April 14- June 9	April 15- June 10	April 16- June 11	April 18- June 13
P&T 1	9:00am 11:00am	5:25pm	4:00pm	10:25am			9:10am 10:30am
P&T 2	10:20am 12:15pm	6:05pm	5:35pm	11:05am	4:40pm		8:30am 11:10am
P&T 3	9:40am 11:35am		4:40pm	11:45am	5:20pm		9:50am 11:50am
PS 1	9:00am 9:35am 11:55am	5:25pm	5:20pm 6:15pm	10:25am 2:40pm 3:20pm 4:00pm 5:05pm	4:00pm 4:40pm 5:45pm	4:00pm 5:05pm 6:00pm	8:30am 9:40am 11:50am
PS 2	10:20am 11:35am 12:20pm	6:05pm	4:55pm	11:05am 4:25pm 5:45pm 6:25pm	5:05pm 5:20pm 6:00pm	4:00pm 4:40pm 5:20pm	9:10am 10:30am
PS 3	9:00am 9:35am 10:55am	5:25pm	4:00pm	11:45am 4:40pm 5:50pm 6:25pm	4:00pm 4:40pm 5:20pm	4:40pm 5:45pm	8:30am 9:50am 11:10am 11:15am
PS 4/5	10:15am 12:20pm 12:15pm	6:05pm	4:00pm 5:45pm	2:40pm 4:00pm 5:35pm	6:00pm	4:55pm 6:00pm	8:20am 9:10am 10:30am 11:10am
SW 1B	9:40am 11:00am 11:40am	5:25pm 6:45pm 7:25pm	4:00pm 5:45pm 6:25pm	3:20pm 5:20pm	4:00pm 4:40pm	4:25pm 5:50pm	10:30am 11:10am
SW 1A	9:00am 10:15am 11:10am	6:45pm 7:25pm	4:25pm 5:05pm 6:15pm	4:40pm 6:00pm	4:25pm 5:20pm	4:00pm 4:40pm	9:50am 11:50am
SW 2	8:55am 10:20am 11:00am	5:25pm	4:25pm 5:20pm 5:35pm	4:00pm	4:00pm 4:55pm	4:40pm 5:20pm	9:10am 9:50am
SW 3	8:55am 9:55am	5:25pm	5:05pm 5:35pm 6:25pm	4:25pm 5:20pm	6:25pm	4:00pm 5:35pm	8:30am 9:00am 12:10pm
SW 4	10:15am	6:05pm 7:00pm	6:00pm	4:00pm	4:00pm	4:00pm	8:20am
SW 5	9:00am	7:00pm	4:00pm	6:00pm	4:55pm	6:15pm	11:15am
SW 6		6:05pm	4:40pm	4:00pm	4:00pm	4:55pm	10:20am
SW 7	11:40am	7:00pm	6:00pm		5:50pm		
SW 8				4:55pm			
SW 9		6:05pm					
SW 8/9			4:40pm				
AD 1	11:40am				8:10pm		
AD 2		7:25pm				8:10pm	
AD 3						5:20pm	
Parent Tot 1 to Swimmer 3 = 35 mins			Swimmer 4 to 9 = 50 mins			Adult = 35 mins	

***No Lessons May 18**

Registration Day: March 25 at 12 p.m.

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

East Hants Aquatic Centre Spring Lessons 2026

Private Lessons

Level	Sunday AM	Sunday PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April 12- June 7	April 12- June 7	April 13- June 15	April 14- June 9	April 15- June 10	April 16- June 11	April 17- June 12	April 18- June 13
SW 1B or SW1A	9:40am 10:35am 12:20pm	6:45pm	6:15pm	5:05pm 6:00pm	6:00pm 6:15pm	5:20pm 6:00pm 6:25pm 6:30pm		10:30am 11:50am
SW 2+	9:35am 11:15am 11:40am 11:50am		4:40pm	4:40pm 5:20pm	5:35pm		4:00pm (3) 4:40pm (4) 5:20pm (3) 6:00pm (4)	8:30am 9:10am 10:35am 11:50am 11:55am

Click level title to see more! →

All Privates = 35 mins

Are you an adult or senior looking for private lessons, coaching or stroke development? We have limited space in our schedule Monday - Friday between 1pm - 4pm!
Email aquatics@easthants.ca for more information.

Inclusion Lessons

Inclusion Lessons intake date: March 18, 2026 12pm, [click here.](#)

Inclusion lessons are for participants who require extra support to participate in lessons. We are currently offering two methods of Inclusion lessons: one-on-one private lessons, and group lessons with an additional support staff.

Please note that inclusion spots are not guaranteed as space is limited. The Municipality will make every effort to accommodate as many requests as possible based on available resources. Waitlists will be available if all spaces fill.

Private					Group		
	Sunday	Tuesday	Friday	Saturday	Monday	Wednesday	Saturday
Start	April 12	April 14	April 17	April 18	April 13	April 15	April 18
End	June 7	June 9	June 12	June 13	June 15	June 10	June 13
SW 1B or SW 1A	9:40am 10:20am 10:55am	5:45pm 6:15pm		9:50am 9:55am 11:10am	Inclusion Group Classes will be assigned to classes on Monday, Wednesday or Saturday depending on demand and participant swim levels.		
SW 2+	8:55am 11:00am	4:55pm	4:00pm (2) 4:40pm (1) 5:20pm (2) 6:00pm (1)	9:15am			
All Privates = 35mins					Swimmer 1 Beginner to Swimmer 3 = 35 mins Swimmer 4 to 9 = 50 mins		

***No Lessons May 18**

Register in-person, call 902-758-3467,
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Leadership Programs

Click level title to see more! →

Program	Dates	Time	Cost
Bronze Star	Tuesdays (April 14-June 9)	5:30pm-6:45pm	\$50
Bronze Medallion & Basic Workplace First Aid	Sundays (April 12-June 7)	5:30pm-8:00pm	\$50
Bronze Cross & Intermediate Basic Workplace First Aid	Fridays (May 8-June 19)	4:00pm-9:00pm	\$50
Swim Instructor	Tuesdays & Thursdays	4:00pm-8:00pm (April 7, 9, 14, 16, 21, 23) 4:00pm-7:00pm (April 28, 30, and May 5)	\$50
National Lifeguard & Intermediate Workplace First Aid	Sundays (May 3-June 14)	9:00am-5:30pm	\$50
Recertification: National Lifeguard & Intermediate Workplace First Aid	Saturday April 25 & Sunday 26	9:00am-4:00pm	\$50
*Recertification: National Lifeguard & Intermediate Workplace First Aid	IWFA: June 20 9:00am - 5:30pm NL: June 21 or June 27	IWFA: 9:00am-5:30pm NL: 9:00am - 3:00pm	\$50
Swim Fit	Saturdays (April 18-June 6)	11:30am-12:25pm	\$186.36
Jr Lifeguards	Wednesdays (April 15-June 10)	6:00pm-7:00pm	\$50

Price Guide

Parent and Tot (P&T), Preschool (PS), Swimmer (SW) 1-3	\$91.39
Swimmer 4-9	\$98.39
Adult Lessons	\$104.18
Private Lessons	\$204.29
Semi Private Lessons [†]	\$295.68

[†]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.

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or [click here!](#)



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