EAST HANTS

Aquatics & Recreation Guide







Winter 2027

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

East Hants Sportsplex
902-883-9906 | sportsplex@easthants.ca

General Recreation Inquiries
902-883-3387 | recreation@easthants.ca

Explore our parks, playgrounds, and trails**,** **here!**



Municipal Recreation Facilities

East Hants Sportsplex

The East Hants Sportsplex is one of the municipality's primary recreation facilities. During the off-season, our 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

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 assessible 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-registed 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

Questions?
Contact us at 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
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.







Registration Day: December 2 at 12 p.m.

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	*Monday	Tuesday	Wednesday	Thursday	*Saturday	*Sunday
	Jan 4-Mar 15	Jan 5-Mar 2	Jan 6-Mar 3	Jan 7-Mar 4	Jan 9-Mar 20	Jan 10-Mar 21
P&T 1	4:25PM	10:25AM	4:00PM		9:50AM	9:00AM 12:20PM
P&T 2		11:05AM	5:20PM	5:35PM	8:30AM 11:10AM	11:00AM
P&T 3	5:20PM	11:45AM			9:10AM 11:55AM	10:20AM
PS 1	4:00PM 5:20PM	2:40PM 4:40PM	4:40PM	4:15PM 6:15PM	8:20AM 11:30AM	9:00AM 10:20AM 11:00AM
PS 2	4:40PM 5:35PM	2:40PM 5:05PM	4:00PM 5:05PM 5:20PM	4:40PM 6:00PM	9:10AM 10:30AM X2	9:40AM 11:40AM
PS 3	4:00PM 6:25PM	3:20PM 4:40PM	4:00PM 4:40PM 6:00PM	4:00PM 5:20PM	8:30AM 11:50AM	9:40AM 12:20PM
PS 4	6:15PM			6:15PM		
PS 5				5:20PM		
PS 4/5	4:40PM	6:00PM			9:50AM 11:10AM	10:20AM 11:40AM
SW 1B	4:00PM 6:15PM	3:20PM 4:00PM 5:05PM	6:25PM	4:00PM	9:10AM 10:30AM	9:00AM 10:20AM 11:00AM 12:20PM
SW 1A	4:55PM 5:35PM	4:25PM 5:45PM 6:25PM	4:25PM 5:20PM	4:40PM 6:00PM	9:50AM 11:50AM	9:40AM 11:40AM
SW 2	5:05PM	4:25PM 5:20PM	4:00PM	4:00PM	8:20AM 9:40AM	9:00AM 10:20AM
SW 3	4:00PM 5:20PM	4:00PM	5:20PM	4:00PM 5:35PM	9:00AM 12:10PM	11:00AM
SW 4	6:00PM		4:00PM	4:40PM	9:15AM	9:40AM 11:30AM
SW 5	4:00PM	4:55PM			8:20AM	10:35AM
SW 6	4:40PM	6:00PM	4:55PM	4:40PM	10:20AM	
SW 7	6:00PM				11:15AM	
SW 7/8				6:15PM		
SW 8		4:00PM				
SW 8/9					10:20AM	
AD 1		8:10PM	6:00PM			
AD 2		6:25PM		8:10PM		
Parent Tot 1 to Swimmer 3 = 35 mins			Swimmer 4 to 9 = 50 mins			Adult = 35 mins

Private Lesson Schedule

Level	*Monday	Tuesday	Wednesday	Thursday	Friday	*Saturday	*Sunday
SW 1B OR SW 1A	5:45PM	5:45PM 6:30PM	6:00PM			10:10AM 11:15AM 11:50AM	9:00AM 9:40AM 11:00AM 11:40AM
SW 2+			4:40PM 5:50PM	5:35PM	4:00PM X3 4:40PM X3 5:20PM X3 6:00PM X3	9:40AM 12:10PM	9:00AM
All Privates = 35mins							

*Sundays – No lessons February 14th, March 7th
*Mondays – No lessons February 15th, March 8th
*Saturdays – No lessons February 13th, March 6th



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 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.

Private Inclusion Lesson Schedule

Level	*Monday	Tuesday	Wednesday	Thursday	Friday	*Saturday	Sunday
SW 1B OR SW 1A	4:40PM	5:50PM	4:40PM 5:45PM	4:55PM		9:00AM 11:10AM	9:40AM 12:20PM
SW 2+		5:20PM			4:00PM X2 4:40PM X2 5:20PM X2 6:00PM X2	8:30AM 10:50AM	11:40AM
Inclusion group classes are available and are booked based on Instructor availability.							

Inclusion Intake: November 16 at 12 p.m.

Register in-person, call 902-758-3467, or click here!



Aquatics Drop-in Programming

Bubbles and Babies

Monday 11:30am-12:30pm and Wednesdays 9:00am-10:00am

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!

Aqua Cardio Blast

Wednesday 9:10am-10:00am

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.

Core Splash

Wednesdays 12:15pm-12:55pm

This 40 minute high intensity, low impact class will focus on cardio training and core strengthening.

The Gauntlet

Fridays 7:15am-8:00am

This drop in class is for advanced aqua fitters. It includes games, circuit training, and cardio training. Water shoes are recommended. Registration for this class opens at 7:00am one week before each class.

Gentle Function Fitness

Monday through Friday 10:30am-11:20am

This low to no impact aquafitness class focuses on working through their current range of motion and strengthening muscles that are required for daily functional movements.

Splash Classies with Lads and Lassies

Tuesdays 7:10pm-8:00pm

This fun class will combine cardio and muscle strengthening with lots of laughter. For the lads and lassies.

Water Walking

Thursdays 9:10am-10:00am

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.

Registration for drop in classes opens 7:30am, 7 days prior to each class.
For the most up to date information, please see our class schedule.
All classes are subject to change.

Aqua Strength

Mondays 9:10am-10:00am

This shallow water class focus on muscle strengthening and include elements of cardiovascular training. Participants will use a variety of equipment throughout the class.

Aqua Full Flow Fitness

Tuesday, Thursday, and Fridays 9:10am-10:00am

This shallow water aquafit class provides a well-rounded workout that includes cardio, muscle strengthening, and stretching.

Aqua Strength and Cardio

Tuesdays and Thursdays 8:10am-9:00am

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.

Aqua Yoga

Wednesdays 11:25am-12:10pm

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.

Let's Keep Moving

Tuesdays & Thursdays 1:00pm-2:00pm

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.

Aqua Zumba

Mondays 7:10pm-8:00pm

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.



***Note: there is no additional charge for caregivers, friends, or family who are coming to support your participation in the class. Please indicate on registration questionnaire if you are bringing a support person.**

Aquatics Programming

Jr Lifeguards
Mondays | January 4 - March 15 | 6:00pm – 7:00pm | Ages 8-12
Wednesdays | January 6-March 3 | 6:00pm – 7:00pm | Ages 13-16
Register

Bronze Medallion
Wednesdays | January 6 - March 3 | 4:00pm – 6:30pm | Register

National Lifeguard Recertification with IWFA
March 6 and 7 | 9:00am – 4:00pm | Register

Swim Instructor
January 23 and 24 | January 30 and 31 | February 6 and 7
9:00am – 3:30pm | Register

Bronze Cross
Fridays | January 8 - March 5 | 5:30pm – 9:00pm | Exam on Friday
March 19, 4:00pm - 8:00pm | Register

Bronze Star
Fridays | January 8 – March 5 | 4:00pm - 5:15pm | Register

Bootcamp Blast

Thursdays | January 14 – February 18 | 7:10pm-8:00pm $48 | Register

Aqua Running

Thursdays | March 4 – April 8 | 7:10pm-8:00pm |$48 | Register

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.

Friday, March 5 | 8:30AM - 4:00PM | $36.94 | Register

Swimming Lesson Price Guide

Parent and Tot (P&T), Preschool (PS), Swimmer (SW) 1-3	$93.77
Swimmer 4-9	$100.95
Adult Lessons	$115.08
Private Lessons	$209.60
Semi Private Lessons†	$303.37

†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: December 2 at 12 p.m.

Register in-person, call 902-758-3467, or click here!



Sportsplex Programming - Fitness

Program	Time	Day	Location	Cost	Age	Description
Fitness Fun	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.
Strength & Resistance	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.
Yoga Flow	10:00AM-11:30AM	Tuesdays	Todd Hunter Room	$6/class	All levels	Focuses on building strength, flexibility, cardiovascular endurance and mental focus. Modifications are provided throughout the class.
Basic Mat Pilates	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.
Progressive Pilates	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.
Hatha Yoga	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.

Registration Day: December 2 at 12

Register in-person, call 902-758-3467, or click here!



Sportsplex Programming

Sports

Program	Time	Day	Location	Cost	Age	Description
Stick & Puck Skating	3:30PM-4:30PM or 4:30PM-5:30PM	Wednesdays	East Hants Sportsplex	$4.10	4-9 or 10-15	Bring your own stick and puck and practice your shooting, passing and stick handling. Goalies welcome.
Co-Ed Shinny	3:00PM-4:00PM	Fridays	East Hants Sportsplex	$10.26	All levels	A fun hour of pick-up hockey. All levels welcome. Registration required.
Indoor Golf Driving Range	1:00PM-2:00PM or 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.
Public Skate	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	Dates vary			Public skate	

Activities

Program	Time	Day	Location	Cost	Age	Description
Wellness Walk	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.
Walk & Roll	9:00AM-10:00AM	Tuesdays	East Hants Sportsplex walking track	Free	All	Walk the track at your own pace. Walkers are available.
Run & Tumble	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.
After School Turf Time	3:00PM-5:00PM		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.
Senior Social	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
Ball Hockey	5:30PM-6:30PM	Mondays starting January 11/ 7 weeks	Enfield Elementary School	$52.50	7-12	Non-competitive, pick-up ball hockey with multiple games and an exciting shootout!
All Sorts of Sports	6:00PM-7:00PM	Mondays starting January 11/ 7 weeks	Uniacke District School	$52.50	7-12	Pick-up and play program with multiple sports each week including ball hockey, indoor soccer, and basketball.
Pickleball	7:30 – 9:00PM	Mondays starting January 11	Uniacke District School	$3.50	16+	Join us for a fun evening of drop-in recreational pickleball!
	6:30-9:00PM	Wednesdays starting January 13	Maple Ridge Elementary			
	6:00-7:30PM	Tuesdays starting January 12	Hants North Rural High			
Badminton	6:30PM-8:30PM	Thursdays starting January 14	Riverside Education Centre	$3.50	12+	A fun evening of recreational badminton. All levels welcome. Equipment not provided.
East Hants Active Start	5:00PM-6:00PM	Thursdays/ 8 weeks	Enfield District School	$87.21	5-7	Over 8 weeks, 8 sports will be featured with basic movementand coordination. Students are given weekly feedback on their development.
Open Gym	6:00PM-7:00PM	Thursdays: January 14 & February 11	Rawdon District School	Free	All Ages Under 12 12+	Some equipment will be provided or bring your own. Registration not required.
	6:00PM - 7:00PM	Fridays: January 15 & February 12	Uniacke District School			
	7:00PM-8:00PM	Fridays: January 15 & February 12	Uniacke District School			
Indoor Soccer	6:00PM-7:00PM	Tuesdays starting January 12/ 8 weeks	Riverside Education Centre	**$60**	**9-15**	Join our Indoor Soccer Program for youth ages 9–15! All skill levels are welcome to stay active, make friends, and enjoy soccer in a fun, non-competitive environment.
Sports Night	6:00PM-7:00PM	Wednesdays starting January 13	Rawdon District School	$3.50	**16+**	Join our weekly Adult Sport Night for drop-in fun, fitness, and friendly competition! Enjoy soccer, basketball, and more while staying active and connecting with your community. All skill levels welcome. No experience needed!
HIIT Class	12:00PM-1:00PM	Mondays starting January 11/7 weeks	East Hants Aquatics Centre Community Room	**$50.26**	**16+**	This dynamic full-body HIIT workout combines high-intensity bursts with active recovery to build strength, improve cardiovascular fitness, and boost endurance. Enjoy a mix of cardio, bodyweight, and functional exercises with modifications for all fitness levels.
Cardio & Mobility	2:30PM-3:30PM	Tuesdays starting January 12	East Hants Aquatics Centre Community Room	**$6**	**16+**	Drop in for our Cardio & Mobility Class! Enjoy two 30-minute sessions combining cardio and mobility exercises to boost endurance, flexibility, balance, and overall movement.
Step Class	6:00PM-7:00PM	Tuesdays starting January 12/ 8 weeks	East Hants Aquatics Centre Community Room	$57.44	**16+**	Join our 8-week Step Fitness Program featuring weekly workouts focused on legs, abs, cardio, and HIIT. Enjoy fun step patterns and full-body movements that build cardiovascular fitness, coordination, endurance, and strength. All fitness levels welcome. Equipment provided!
	2:30PM-3:30PM	Thursdays starting January 14/8 weeks				

Activities

Program	Time	Day	Location	Cost	Age	Description
Crafty Creators	5:30PM-6:30PM	Mondays starting January 11/7 weeks	East Hants Aquatics Centre Community Room	$59.64	6-12	Creating and designing various arts & crafts each week creating a craft to bring home. All skill levels are welcome! Supplies provided.
Youth Arts & Crafts	6:00PM-7:30PM	Wednesdays starting January 13/8 weeks	Uniacke District School Cafeteria	$68.23	7-13	Explore a wide range of materials and techniques—such as drawing, painting, sculpting, crafting.
Senior Social	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.

Note: For programs taking place in schools, if school is cancelled, the program is cancelled.

Registration Day: December 2 at 12 p.m.

Register in-person, call 902-758-3467, or click here!



Sportsplex Facilities Rentals

Community Rooms Rentals

Facility	Capacity	Price	Link
Todd Hunter Room	80	$39.68	Book here
Breaden Bannister	16	$39.68	Book here.
Boardroom	25	$39.68	Book here.

Dome Rentals

Facility	Prime	Non-Prime	Link
FH 1 – Guardian	$124.17	$40.80	Book here
FH 2 – Shaw	$124.17	$40.80	Book here.
FH 3 – Basin	$124.17	$40.80	Book here.
Full Field House	$326.40	$122.40	Book here.

Arena Rentals

Facility	Prime	Non-Prime	Link
Keith Miller Arena	$227.83	$119.74	Book here
Ice Pad B	$227.83	$119.74	Book here.

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.**







EAST HANTS

Box 230, Suite 170, 15 Commerce Court, Elmsdale, NS B2S 3K5
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YouTube