



Windsor, Nova Scotia  
Summer 2018

Welcome to the Hants Aquatic Centre's exciting summer lineup of recreation, leisure and active living opportunities! Get active, cool off and have FUN in our **heated** pool!  
The Hants Aquatic Centre is jointly funded by the Town of Windsor and Municipality of West Hants through the Pool Governance Committee.

**Town of Windsor – Recreation Department  
Staff Location and Contact Information**

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**Inclusion and Accessible Services**

Persons requiring special attention will be assessed on an individual basis. The level of support will be determined by the Hants Aquatic Centre team who believe that good communication is essential to a successful experience.

**If you require financial assistance for any program (s) please contact VanEssa Roberts, Director of Community Development, Tourism and Recreation at 902-798-6679, or Dianne Levy, Manager of Recreation Services at 902-798-1162.**

## Registration for Programs

Registration will take place at the Hants County War Memorial Community Centre, located at 78 Thomas St. on **Thursday, June 7th from 6:00–9:00pm** and continues at the Hants Aquatic Centre (cash, cheque and debit only please). Each program must have sufficient registration to run, so please register early! Aquatic programs start July 3<sup>rd</sup>, unless otherwise indicated. **Keep in mind post dated cheques are accepted but must be dated one week before the program(s) start date. So come out and pre-register!!**

**Pool Opens: Tuesday, June 5<sup>th</sup>**

**Pool Closes: Sunday, September 2<sup>nd</sup>**

**Pre Season public swim schedule: In effect June 5<sup>th</sup> – July 1<sup>st</sup> 2018**

**Please Note: July 2<sup>nd</sup> public swim is 2:00-4:00 & 6:30-8:00pm**

Swims	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim		4:00-6:00pm		4:00-6:00pm		2:00-4:00pm	2:00-4:00pm
Aquafit Starts June 11th	12:05-12:50pm		12:05-12:50pm <b>No class June 27<sup>th</sup></b>		12:05-12:50pm		
Free Swim						1:00-2:00pm	
Adult/Senior Swim	12:00-1:00pm		12:00-1:00pm <b>No swim June 27th</b>		12:00-1:00pm		

**Please Note: All programs and lessons begin Tuesday July 3<sup>rd</sup> unless otherwise indicated**

## Swimming Schedule: In effect July 3<sup>rd</sup> – August 26<sup>th</sup> 2018

Swims	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird	7:30-9:00am		7:30-9:00am		7:30-9:00am		
Lane Swim	10:00am-1:00pm 6:30-8:00pm	9:00am-1:00pm 6:30-8:00pm	10:00am-1:00pm 6:30-8:00pm	9:00am-1:00pm 6:30-8:00pm	9:00am-1:00pm 6:30-8:00pm	9:00-11:00am	
Parent n Tot	11:00am-12noon 4:30-5:30pm	11:00am-12noon	11:00am-12 noon 4:30-5:30pm	11:00am-12 noon	11:00am-12 noon		
Public Swim	2:00-4:00pm 6:30-8:00pm	2:00-4:00pm 6:30-8:00pm	2:00-4:00pm 6:30-8:00pm	2:00-4:00pm 6:30-8:00pm	2:00-4:00pm 6:30-8:00pm	1:00-2:30pm	2:00-4:00pm 6:00-7:30pm
Family Swim						2:30-4:00pm	4:00-6:00pm
Adult/Senior Swim	9:00-10:00am		9:00-10:00am				4:00-6:00pm
Free Swim						4:00-5:00pm	
Aquafit	12:05- 12:50pm 5:45-6:30pm	12:05-12:50pm	12:05- 12:50pm 5:45-6:30pm	12:05-12:50pm			

**Post Season schedule: in effect August 27<sup>th</sup> – September 2<sup>nd</sup> 2018**

Swims	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim	2:00-4:00pm 6:30-8:00pm	2:00-4:00pm 6:30-8:00pm	2:00-4:00pm 6:30-8:00pm	2:00-4:00pm 6:30-8:00pm	2:00-4:00pm 6:30-8:00pm	1:00-2:30pm	2:00-4:00pm 6:00-7:30pm
Family Swim						2:30-4:00pm	4:00-6:00pm
Free Swim						4:00-5:00pm	



**Swimming and Drop in Fees (taxes included)**

**Note: Pool will be closed to public June 27<sup>th</sup> & July 14<sup>th</sup>**

Public/Adult Swim Admission	\$4.00
Family Rate	\$12.00 (immediate family members only)
Parent & Tot	\$4.00
Lane Swim/Earlybird	\$5.00
Aqua Fit	\$6.50

**Swim Passes (taxes included)**

Single	\$85.00 for July or August Full Season (Jun-Sept): \$160.00
Family	\$155.00 for July or August Full Season: \$300.00 (Jun-Sept)
Aqua Fit	\$60.00 (10 class punch card)
Lane Swim/Earlybird	\$45.00 (10 swim punch card)





## Swimming Lessons

### Fees and Session Schedule

Includes Red Cross Swim Preschool, Red Cross Swim Kids, private lessons, teen/adult lessons and stroke improvement

#### Red Cross Swimming Lesson Options

##### Option 1: Monday – Friday (9-10 classes/session)

Session 1: July 3<sup>rd</sup> – July 13<sup>th</sup> (9 classes)

Session 2: July 16<sup>th</sup> – July 27<sup>th</sup> (10 classes)

Session 3: July 30<sup>th</sup> – August 10<sup>th</sup> (9 classes)

Session 4: August 13<sup>th</sup> – August 24<sup>th</sup> (10 classes)

No classes August 6<sup>th</sup>



**Cost:** 30 min class – \$70.00 (10 classes)/\$63.00 (9 classes)  
45 min class – \$80.00 (10 classes)/\$72.00 (9 classes)  
Private class – \$165.00 (10classes)/\$148.50 (9 classes)  
Semi Private – \$290.00 (10 classes)/\$261.00 (9 classes)

##### Option 2: Monday/Wednesday (7 classes/session)

Session 1: July 4<sup>th</sup> – July 25<sup>th</sup>

Session 2: July 30<sup>th</sup> – August 22<sup>nd</sup>

No classes August 6<sup>th</sup>

**Cost:** 30 min class – \$49.00  
45 min class – \$56.00  
Private class – \$115.50  
Semi Private – \$203.00

##### Option 3: Tuesday/Thursday (8 classes/session)

Session 1: July 3<sup>rd</sup> – July 26<sup>th</sup>

Session 2: July 31<sup>st</sup> – August 23<sup>rd</sup>

**Cost:** 30 min class – \$56.00  
45 min class – \$64.00  
Private class – \$132.00  
Semi Private – \$232.00

##### Option 4: Saturday (7 classes)

July 7<sup>th</sup> – August 25<sup>th</sup>

No classes July 14<sup>th</sup>

**Cost:** 30 min class – \$49.00  
Private class – \$115.50  
Semi Private – \$203.00

Not sure what level your child goes into? Call 798-5523 to schedule a free swim test.

## Lesson Schedule

	Option 1	Option 2	Option 3	Option 4
Levels	Mon-Fri 4 sessions 9-10 classes/session	Mon/Wed 2 sessions 7 classes/session	Tues/Thurs 2 sessions 8 classes/session	Saturday 7 classes
Parent and Tot			4:30-5:00pm	10:00-10:30am
Sea Otter	10:00-10:30am, 10:30-11:00am, 11:00-11:30am, 11:30am-12noon	4:00-4:30pm	4:30-5:00pm	10:00-10:30am, 10:30-11:00am
Salamander	10:30-11:00am, 11:30am-12:00noon	5:00-5:30pm		10:30-11:00am
Sunfish	9:30-10:00am, 11:30am-12:00noon		5:00-5:30pm	
Crocodile	9:30-10:00am		5:00-5:30pm	
Whale	10:30-11:00am			
Swim Kids 1	9:30-10:00am, 10:30-11:00am, 11:30-12:00noon	4:00-4:30pm	5:00-5:30pm	9:00-9:30am 10:30-11:00am
Swim Kids 2	10:00-10:30am, 11:00-11:30am	4:30-5:00pm	4:00-4:30pm	9:30-10:00am
Swim Kids 3	9:00-9:30am, 10:00-10:30am	4:30-5:00pm	6:00-6:30pm	9:30-10:00am
Swim Kids 4	9:00-9:30am, 10:00-10:30am	5:30-6:00pm	6:00-6:30pm	9:00-9:30am
Swim Kids 5	9:00-9:30am, 11:00-11:30am	6:00-6:30pm	5:30-6:00pm	9:00-9:30am
Swim Kids 6	9:00-9:30am, 11:30am-12:00noon	6:00-6:30pm	5:30-6:00pm	
Swim Kids 7	10:30-11:15am	5:30-6:15pm		
Swim Kids 8	10:30-11:15am	5:30-6:15pm		
Swim Kids 9	9:30-10:15am		5:30-6:15pm	
Swim Kids 10	9:30-10:15am		5:30-6:15pm	

**Friendly Reminder: Parents/guardians are responsible for the prompt drop-off and pick-up of children for swimming lessons**

### Private/ Semi Private Classes

Offered in 30 minute time blocks. Spots fill up quickly so register early.

**Option 1:** 9:00am-12:00noon

**Option 2:** 10:00am-12:00noon & 4:00-6:30pm

**Option 3:** 10:00am- 12:00noon & 4:00- 6:30pm

**Option 4:** 9:00-11:00am

If you are looking for only one or two classes for private lessons we offer that as well. Please book with an instructor by calling 798-5523 and we can arrange times.

**Cost:** Private – \$18.00/class

Semi Private – \$30.00/class

**Please note: For semi-private classes the participants must be in the same level**

**Please pre-register. There are a minimum of 3 participants required for programs to run, with the exception of private lessons. The decision to cancel or split classes will be made 5 days prior to the start date of the program. Some group classes may already be split.**

## Teen/Adult Programs

### Teen/Adult Lessons

Lessons for adults and teens who would like to learn how to swim or to improve their strokes can be arranged on an individual basis. Call 798-5523 to arrange.

### Aquafit (ages 13 and up)

When: Monday-Thursday

Time: Monday – Thursday 12:05 – 12:50pm

Monday and Wednesday 5:45- 6:30pm

Session: July 3<sup>rd</sup> –August 23<sup>rd</sup>

Cost: \$6.50/class or \$60.00 for an Aquafit pass (10 class punch card)

### Aquatic Leadership

#### Bronze Medallion (13 + or completion of Bronze Star)

This course teaches the four components of water rescue: education, judgment, skills and fitness. Course fee includes training, manual and exam fees.

When: Monday and Wednesday

Session: July 4<sup>th</sup> – July 25<sup>th</sup> **No class July 2<sup>nd</sup>**

Time: 3:30-6:30pm

Exam Date: July 25<sup>th</sup>

Cost: \$140.00 taxes included (minimum numbers required to run)



#### Bronze Cross (prerequisite: Bronze Medallion 13 years of age or older)

This course provides an introduction to safe supervision in an aquatic setting and is a requirement for further lifeguard training. Course fee includes training, manual and exam fees.

When: Monday and Wednesday

Session: July 30<sup>th</sup> – August 22<sup>nd</sup> **No class August 6<sup>th</sup>**

Time: 3:30-6:30pm

Exam Date: August 22<sup>nd</sup>

Cost: \$130.00 taxes included - additional \$30.00 if you don't have a manual (minimum numbers required to run)

## **Aquatic Volunteers Needed!**

Hants Aquatic Centre is seeking volunteers ages 12 and up to assist with lessons and special events. If you love the water and want to build your skills call Melissa at 902-798-5523 or email [mbahri@town.windsor.ns.ca](mailto:mbahri@town.windsor.ns.ca)

## **Pool Rentals**

We now offer a variety of pool rental options. You can rent all three pools, our main pool, leisure pool/tot pool, 3 lanes or just one single lane. Plan to have your birthday party at the pool. Make sure to book your pool times as spots will fill up fast.

Cost including tax:    Whole complex - \$150.00/hour  
                                  Main pool - \$115.00/hour  
                                  Leisure/tot pool - \$100.00/hour  
                                  3 lanes - \$57.00/hour  
                                  1 lane - \$20.00/hour  
Party Package – \$165.00 includes 1 hour pool plus  
                                  use of pergola for 1 hour after swim



**All rentals include 2 lifeguards for up to 50 people, toys and equipment.  
\$17.00 an hour for extra guard(s) if needed.**

**Rental times: Saturdays 11:00am-1:00pm, 5:00-8:00pm & Sundays 9:00am-2:00pm  
& Monday August 6<sup>th</sup> 11:00am-2:00pm**

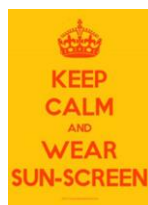
**Some availability in June!**

**No rentals available July 14<sup>th</sup>**

**Call 902-798-5523 or email [mbahri@town.windsor.ns.ca](mailto:mbahri@town.windsor.ns.ca) to book.**

## **It's Summer Time...Not Sizzle Time!**

The Town of Windsor is continuing to make sun safety a priority for both staff and participants. Nova Scotia has the highest rate of skin cancer in the country; the number of cases of other cancers is declining while the cases of skin cancer are increasing! The risk of developing skin cancer increases due to the number of sunburns one has throughout their lifetime. So remember to SLIP, SLAP, SLOP this summer. Slip on a shirt, Slap on a hat, and Slop on the sunscreen (SPF 30+ with broad spectrum UV protection and water resistant/proof) and of course seek shade. Try your best to avoid the peak UV hours which are 11:00am-3:00pm. Don't forget to wear your close fitting sunglasses with UV protection.



## Special Events



### Avon River Days

Wet'n'Wild Pool Party from **2:00-4:00pm**, followed by a BBQ and activities in the park from **3:00-5:00pm**. Price includes pool party, hot dog, drink and activities in the park such as parachute games, water balloons, face painting and more.

When: August 3<sup>rd</sup>

Time: 2:00pm-5:00pm

Cost: \$ 4.00

Where: Hants Aquatic Centre/ Elmcroft Park

**Please note: Swim passes cannot be used for this event.**

### Halifax Mermaids at Avon River Days

Meet and swim with the Halifax Mermaids!

When: August 4<sup>th</sup>

Time: 2:30-3:30pm & 3:30-4:30, 50 people max for each hour.

Cost: \$5.00/person. No pre registration, first come first serve

Where: Hants Aquatic Centre

### Swim Meet

Windsor Bluefins host their annual swim meet, which is the first one of the season. The Hants Aquatic Centre will be closed for programs and swims during this time, but you are welcome to cheer on your Windsor Bluefins!

When: July 14<sup>th</sup>

Time: 7:00am-5:00pm

Where: Hants Aquatic Centre

### 14<sup>th</sup> Annual Windsor Kids Triathlon (ages 3-16)

Swimming, biking and running event!

For information on the program, or to volunteer please contact Melissa 902-798-5523 or email [mbahri@town.windsor.ns.ca](mailto:mbahri@town.windsor.ns.ca)

**After the race join us at the Hants Aquatic Centre for a pool party,**

Date: Sunday, August 12<sup>th</sup>

Time: 8:30am registration, **must check in by 9:15am.**

Event starts shortly after registration ends

Cost: \$10.00 until June 7<sup>th</sup> (with t-shirt)  
\$15.00 June 8<sup>th</sup> – July 5<sup>th</sup> (with t-shirt)  
\$20.00 after July 5<sup>th</sup> (no t-shirt)

**Includes TNS Insurance Fee of \$3.00**

Place: Windsor Community Centre

**All participants will receive a medal.**

**Registration:** Come to registration night on June 7<sup>th</sup> from 6:00 - 9:00pm, or pick up a form at the Windsor Town Office, Community Centre or the Hants Aquatic Centre.

You can register online at <https://raceroster.com/events/2018/14641/14th-annual-windsor-kids-triathlon>

Parents must fill out a waiver on the day of the event. Please do not drop children off without signing the waiver as they will not be allowed to participate without it.

