



**Windsor, Nova Scotia
Summer 2019**

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**

Melissa Bahri

Aquatics Manager
Hants Aquatic Centre, 306 Stannus St
Email: mbahri@town.windsor.ns.ca
Phone: 902-798-5523

Dianne Levy

Manager of Recreation Services
Windsor Community Centre, 78 Thomas St
Phone: 902-798-1162 Fax: 902-798-9409
Email: dlevy@town.windsor.ns.ca

VanEssa Roberts

Director of Community Development, Tourism and Recreation
Windsor Town Office, 100 King St
Phone: 902-798-6679 Fax: 902-798-5679
E-mail: vanessa@town.windsor.ns.ca

Mailing Address: P.O. Box 158, Windsor, N.S., B0N 2T0

Website: www.town.windsor.ns.ca

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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 need funding for any program (s) please contact 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 6th from 6:00–9:00pm** and continues at the Hants Aquatic Centre (cash, cheque and debit only please). Each program must have enough registration to run, so please register early! Aquatic programs start July 2nd unless otherwise indicated. **Keep in mind postdated cheques are accepted but must be dated one week before the program(s) start date. Come out and pre-register!!**

Pool Opens: Tuesday, June 4th

Pool Closes: Sunday, September 1st

Pre-season public swim schedule: In effect June 4th – June 30th 2019

Please note: Public swim July 1st is 2:00-4:00pm

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 18th		1:05-1:50pm		1:05-1:50pm			
Free Swim						1:00-2:00pm	
Adult/Senior Swim		1:00-2:00pm		1:00-2:00pm			

Please Note: All programs and lessons begin Tuesday July 2nd, unless otherwise indicated

Swimming Schedule: In effect July 2nd – August 25th, 2019

No Family Swim or Free Swim August 3rd / Pool closed to public July 13th

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	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	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	1:05-1:50pm 5:45-6:30pm	12:05-12:50pm	1:05- 1:50pm 5:45-6:30pm	12:05-12:50pm			

Post Season schedule: in effect August 26th – September 1st 2019

Swims	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	10:00am-1:00pm	10:00am-1:00pm	10:00am-1:00pm	10:00am-1:00pm	10:00am-1:00pm		
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 26th & July 13th

Public/Adult Swim	\$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 2nd – July 13th (9 classes)

Session 2: July 15th – July 26th (10 classes)

Session 3: July 29th – August 9th (9 classes)

Session 4: August 12th – August 23rd (10 classes)

No classes Monday August 5th

Cost: 30 min class – \$75.00 (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 3rd – July 24th

Session 2: July 29th – August 21st

No classes Monday August 5th

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 2nd – July 25th

Session 2: July 30th – August 22nd

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 7th – August 25th

No classes July 13th

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	
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 & 4:00-5:30pm SK 3 and under & 5:30-6:30pm

Option 3: 10:00am- 12:00noon & 4:00- 5:30pm SK 3 and under & 5:30-6:30pm

Option 4: 9:00-11:00am

If you are looking for private lessons on an individual basis, 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 is a minimum of 3 participants required for programs to run, except for 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)

No classes Monday August 5th

When: Monday-Thursday

Time: Monday and Wednesday 1:05-1:50pm and 5:45- 6:30pm

Tuesday and Thursday 12:05 – 12:50pm

Session: July 2nd –August 22nd

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 3rd – July 24th **No class July 1st**

Time: 3:30-6:30pm

Exam Date: July 24th

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 29th – August 21st **No class August 5th**

Time: 3:30-6:30pm

Exam Date: August 21st

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

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 5th 11:00am-2:00pm

Some availability in June!

No rentals available July 13th

Call 902-798-5523 or email 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 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 2nd

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 3rd

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

Cost: \$5.00 no pre-registration, first come first serve

Where: Hants Aquatic Centre

Rain Date: Sunday August 4th



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 14th

Time: 7:00am-5:00pm

Where: Hants Aquatic Centre

15th 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

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

Date: Sunday, August 11th

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

Event starts shortly after registration ends

Cost: \$10.00 Until June 14th (with t-shirt)

\$15.00 June 15th – July 25th (with t-shirt)

\$15.00 July 26th – August 8th (no t-shirt)

\$20.00 August 11th (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 6th 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/2019/24150/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.