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  
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E-mail: vanessa@town.windsor.ns.ca

Mailing Address: P.O. Box 158, Windsor, N.S., B0N 2T0  
Website: www.town.windsor.ns.ca  
Like us on Facebook

**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**

<table>
<thead>
<tr>
<th>Please note: Public swim July 1st is 2:00-4:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swims</td>
</tr>
<tr>
<td>Monday</td>
</tr>
<tr>
<td>Public Swim</td>
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<tr>
<td>Aquafit</td>
</tr>
<tr>
<td>Free Swim</td>
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<tr>
<td>Adult/Senior Swim</td>
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</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>No Family Swim or Free Swim August 3rd / Pool closed to public July 13th</th>
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</thead>
<tbody>
<tr>
<td>Swims</td>
</tr>
<tr>
<td>Monday</td>
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<tr>
<td>Early Bird</td>
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<tr>
<td>Lane Swim</td>
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<tr>
<td>Parent n Tot</td>
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<tr>
<td>Public Swim</td>
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<tr>
<td>Family Swim</td>
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<tr>
<td>Adult/Senior Swim</td>
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<tr>
<td>Free Swim</td>
</tr>
<tr>
<td>Aquafit</td>
</tr>
<tr>
<td>5:45-6:30pm</td>
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</tbody>
</table>

902-325-5525
Post Season schedule: in effect August 26th – September 1st 2019

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lane Swim</td>
<td>10:00am-1:00pm</td>
<td>10:00am-1:00pm</td>
<td>10:00am-1:00pm</td>
<td>10:00am-1:00pm</td>
<td>10:00am-1:00pm</td>
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</tr>
<tr>
<td>Public Swim</td>
<td>2:00-4:00pm</td>
<td>2:00-4:00pm</td>
<td>2:00-4:00pm</td>
<td>2:00-4:00pm</td>
<td>2:00-4:00pm</td>
<td>1:00-2:30pm</td>
<td>2:00-4:00pm</td>
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<td></td>
<td>6:30-8:00pm</td>
<td>6:30-8:00pm</td>
<td>6:30-8:00pm</td>
<td>6:30-8:00pm</td>
<td>6:30-8:00pm</td>
<td>6:00-7:30pm</td>
<td>6:00-7:30pm</td>
</tr>
<tr>
<td>Family Swim</td>
<td>2:30-4:00pm</td>
<td>2:00-4:00pm</td>
<td>6:00-7:30pm</td>
<td>4:00-6:00pm</td>
<td></td>
<td></td>
<td>4:00-5:00pm</td>
</tr>
<tr>
<td>Free Swim</td>
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</tr>
</tbody>
</table>

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 2\(^{nd}\) – July 13\(^{th}\) (9 classes)
Session 2: July 15\(^{th}\) – July 26\(^{th}\) (10 classes)
Session 3: July 29\(^{th}\) – August 9\(^{th}\) (9 classes)
Session 4: August 12\(^{th}\) – August 23\(^{rd}\) (10 classes)

No classes Monday August 5\(^{th}\)

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 (10 classes)/$148.50 (9 classes)  
Semi Private – $290.00 (10 classes)/$261.00 (9 classes)

Option 2: Monday/Wednesday (7 classes/session)
Session 1: July 3\(^{rd}\) – July 24\(^{th}\)
Session 2: July 29\(^{th}\) – August 21\(^{st}\)

No classes Monday August 5\(^{th}\)

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 2\(^{nd}\) – July 25\(^{th}\)
Session 2: July 30\(^{th}\) – August 22\(^{nd}\)

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\(^{th}\) – August 25\(^{th}\)

No classes July 13\(^{th}\)

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

<table>
<thead>
<tr>
<th>Levels</th>
<th>Option 1</th>
<th>Option 2</th>
<th>Option 3</th>
<th>Option 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent and Tot</td>
<td>Mon-Fri&lt;br&gt;4 sessions&lt;br&gt;9-10 classes/session</td>
<td>Mon/Wed&lt;br&gt;2 sessions&lt;br&gt;7 classes/session</td>
<td>Tues/Thurs&lt;br&gt;2 sessions&lt;br&gt;8 classes/session</td>
<td>Saturday&lt;br&gt;7 classes</td>
</tr>
<tr>
<td>Sea Otter</td>
<td>10:00-10:30am, 10:30-11:00am, 11:00-11:30am, 11:30am-12noon</td>
<td>4:00-4:30pm</td>
<td>4:30-5:00pm</td>
<td>10:00-10:30am, 10:30-11:00am</td>
</tr>
<tr>
<td>Salamander</td>
<td>10:30-11:00am, 11:30am-12:00noon</td>
<td>5:00-5:30pm</td>
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<td>10:30-11:00am</td>
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<tr>
<td>Sunfish</td>
<td>9:30-10:00am, 11:30am-12:00noon</td>
<td></td>
<td>5:00-5:30pm</td>
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<tr>
<td>Crocodile</td>
<td>9:30-10:00am</td>
<td></td>
<td>5:00-5:30pm</td>
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<tr>
<td>Swim Kids 1</td>
<td>9:30-10:00am, 10:30-11:00am, 11:30-12:00noon</td>
<td>4:00-4:30pm</td>
<td>5:00-5:30pm</td>
<td>9:00-9:30am, 10:30-11:00am</td>
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<tr>
<td>Swim Kids 2</td>
<td>10:00-10:30am, 11:00-11:30am</td>
<td>4:30-5:00pm</td>
<td>4:00-4:30pm</td>
<td>9:30-10:00am</td>
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<tr>
<td>Swim Kids 3</td>
<td>9:00-9:30am, 10:00-10:30am</td>
<td>4:30-5:00pm</td>
<td>6:00-6:30pm</td>
<td>9:30-10:00am</td>
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<tr>
<td>Swim Kids 4</td>
<td>9:00-9:30am, 10:00-10:30am</td>
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<td>6:00-6:30pm</td>
<td>9:00-9:30am</td>
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<td>Swim Kids 5</td>
<td>9:00-9:30am, 11:00-11:30am</td>
<td>6:00-6:30pm</td>
<td>5:30-6:00pm</td>
<td>9:00-9:30am</td>
</tr>
<tr>
<td>Swim Kids 6</td>
<td>9:00-9:30am, 11:30am-12:00noon</td>
<td>6:00-6:30pm</td>
<td>5:30-6:00pm</td>
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<tr>
<td>Swim Kids 7</td>
<td>10:30-11:15am</td>
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<td>5:30-6:15pm</td>
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<td>Swim Kids 8</td>
<td>10:30-11:15am</td>
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<td>5:30-6:15pm</td>
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<td>Swim Kids 9</td>
<td>9:30-10:15am</td>
<td></td>
<td>5:30-6:15pm</td>
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<tr>
<td>Swim Kids 10</td>
<td>9:30-10:15am</td>
<td></td>
<td></td>
<td>5:30-6:15pm</td>
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</tbody>
</table>

**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](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.