

East Hants Aquatic Centre Winter Lessons 2025



Level	Sunday January 19 - March 23	Monday January 20 - March 31*	Tuesday January 21 - March 25	Wednesday January 22 - March 26	Thursday January 23 - March 27	Saturday January 25 - March 29
ALL DAYS: No Lessons March 9-15 (March Break) *No lessons on February 17 (NS Heritage Day)						
P&T 1	9:00-9:35am		10:10-10:45am			8:30-9:05am
P&T 2	9:40-10:15am		10:55-11:30am	4:40-5:15pm		9:10-9:45am
P&T 3	10:25-11:00am	4:40-5:15pm	11:40am-12:15pm 4:40-5:15pm			
PS 1	9:40-10:15am 11:50am-12:25pm	4:00-4:35pm 6:05-6:40pm	4:00-4:35pm 4:40-5:15pm	4:00-4:35pm 5:25-6:00pm	4:55-5:30pm 6:20-6:55pm	8:30-9:05am 9:50-10:25am 10:25-11:00am 11:15-11:50am 11:55am-12:30pm
PS 2	9:00-9:35am 11:10-11:45am	4:40-5:15pm	4:40-5:15pm 6:05-6:40pm	4:40-5:15pm 6:05-6:40pm	4:00-4:35pm 5:40-6:15pm	9:10-9:45am
PS 3	10:25-11:00am 11:50am-12:25pm	5:25-6:00pm	4:00-4:35pm 5:35-6:10pm	4:00-4:35pm	4:40-5:15pm	10:35-11:10am
PS 4	9:40-10:15am	5:25-6:00pm		4:00-4:35pm		8:30-9:05am 11:55am-12:30pm
PS 5	10:20-10:55am	6:05-6:40pm			5:25-6:00pm	
Sw 1B	9:00-9:35am 9:40-10:15am 11:10-11:45am	4:00-4:35pm 5:25-6:00pm	4:00-4:35pm 5:25-6:00pm	4:40-5:15pm 5:25-6:00pm	4:40-5:15pm 6:05-6:40pm	8:30-9:05am 9:50-10:25am 11:15-11:50am
Sw 1A	10:25-11:00am 11:10-11:45am 11:50am-12:25pm	4:00-4:35pm 4:40-5:15pm	5:20-5:55pm 5:25-6:00pm 6:20-6:55pm	4:00-4:35pm	4:55-5:30pm	9:10-9:45am 10:35-11:10am
Sw 2	9:00-9:35am 11:10-11:45am	4:40-5:15pm 5:25-6:00pm	4:00-4:35pm	4:00-4:35pm 5:25-6:00pm	5:40-6:15pm	10:35-11:10am 11:05-11:40am
Sw 3		4:00-4:35pm	4:00-4:35pm 5:25-6:00pm	4:40-5:15pm 5:25-6:00pm	5:25-6:00pm	9:10-9:45am 9:50-10:25am
Sw 4		6:05-6:55pm	4:40-5:30pm	6:05-6:55pm	4:00-4:50pm	8:30-9:20 11:30-12:20
Sw 5	11:40am-12:30pm		6:05-6:40pm			10:35-11:25am
Sw 6		6:05-6:55pm			6:05-6:55pm	
Sw 7						9:25-10:15am
Sw 8			6:05-6:55pm			
Sw 9					4:00-4:50pm	
Adult 1			4:40-5:15pm		11:15-11:50am	
Adult 2				6:05-6:40pm	11:55am-12:30pm	
Adult 3					12:35-1:10pm	

Private Swimming Lessons

Sunday January 19 - March 23	Monday January 20 - March 31*	Wednesday January 22 - March 26	Friday January 24 - March 28	Saturday January 25 - March 29
ALL DAYS: No Lessons March 9-15 (March Break) *No lessons on February 17				
11:00-11:35am 11:50am- 12:25pm	4:40-5:15pm 5:25-6:00pm	4:40-5:15pm 6:05-6:40pm x2	4:00-4:35pm x3 4:40-5:15pm x 2 5:20-5:55pm x 2 6:00-6:35pm x3 6:30-7:05pm	9:50-10:25am 11:15-11:50am



Junior Lifeguard
Mondays
January 20 - March 31
6:05-7:05pm

Registration Day: December 16 at 12 p.m.

Register at easthants.perfectmind.com or call 902-758-3467 or come in-person.

If you're registering online, make sure your online profile is created and up-to-date. Please call 902-758-3467 and select option 1 if you need help creating or updating your online profile.

Inclusion Lessons

Inclusion lessons are for children who require extra support to participate in lessons.

We are currently offering two methods of Inclusion lessons:

1. One-on-one private lessons
2. Group lessons with an additional support staff

One-on-one private lessons will take place in the Lap Pool or Leisure Pool as space permits. Group lessons are assigned an additional support staff to assist your child throughout the class. If needed, the support staff can take your child one-on-one for a few moments and re-join the group when they're ready.

Those interested in registering for Inclusion lessons are required to apply. **Applications for Inclusion lessons will open on December 9 at 12:00 p.m.** online, in-person, or over the phone at 902-758-3467. We can accept the first thirty applicants. Once your application is submitted, our staff will be in touch regarding program placement.

Please note: Inclusion spots are not guaranteed and space is limited. The Municipality will make every effort to accommodate as many requests as possible based on available resources. Applications will be reviewed on an on-going basis. Waitlists will be available if all spaces fill.

Available Times for Private Inclusion Lessons					
If seeking a private inclusive lesson, please indicate preferred times on the intake form.					
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9:00-9:35am 9:40-10:15am 10:25-11:00am	4:00-4:35pm	5:25-6:00pm	4:00-4:35pm	4:30-5:05pm 5:10-5:45pm x2 5:50-6:25pm x2	11:55am-12:30pm 11:45am-12:20pm

Price Guide

Parent and Tot (P&T), Preschool (PS), Swimmer (Sw) 1-3	\$89.25
Swimmer 4-9	\$96.08
Adult Lessons	\$89.25 + tax
Adult Private Lessons	\$199.50
Private Lessons	\$199.50
Semi Private Lessons†	\$288.75
†Can have up to 2 participants per lesson. Participants cannot be more than one level apart.	

Register for all programs at
easthants.perfectmind.com
 or call 902-758-3467



EAST HANTS