



## **COLE HARBOUR PLACE MONTHLY NEWSLETTER**

**- Sept / Dec 2019 -**

### **BACK TO SCHOOL LUNCH IDEAS KIDS WILL LOVE!**



#### **OPTION #1**

Turkey + Cheddar Roll-up  
Fresh Berries  
Yogurt  
Trail Mix

#### **OPTION #3**

Cheese Quesadilla  
Salsa  
Tortilla Chips  
Strawberries

#### **OPTION #5**

Hard Boiled Eggs  
Baby Carrots + Ranch  
Pretzels  
Peaches or Applesauce

#### **OPTION #2**

Hummus  
Pita Bread  
Grape Tomatoes  
Cucumbers  
Sliced Oranges

#### **OPTION #4**

Deli Meat + Cheese  
Kabobs  
Red Pepper Slices  
Apples

#### **OPTION #6**

Bagel + Cream Cheese  
Yogurt Tube  
Baby Carrots  
Fruit Snacks

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## **CONTACT US**

#### **Event & Scheduling Coordinator**

(Parties / Room Rental / Group Skating)  
Darlene Barrett  
(902) 464-5109  
dbarrett@coleharbourplace.com

#### **Aquatics Coordinator**

(Swim Lessons / Pool Rentals)  
Jillian Power  
(902) 464-5110  
aquatics@coleharbourplace.com

#### **Training Room Coordinator / Fitness Coordinator**

(Functional Training / Fitness Programs)  
Susan Hardiman  
(902) 464-5134  
shardiman@coleharbourplace.com

#### **Athletic Programmer / Dartmouth Dance Director**

(Day Camps / Child Programs / Dance)  
Lisa Hart  
(902) 464-5106  
lhart@coleharbourplace.com



#### **MAILING ADDRESS**

51 Forest Hills Parkway  
Box 17  
Dartmouth, NS  
B2W 6C6

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coleharbourplace.com



Register online for fall programs.



Enjoy accessing online recreation services from the comfort of your home.



Create a new user profile.

## FALL SESSION 2 REGISTRATION DATES

October 15th – Members of CHP  
October 17th– Past Participants/General Public

## WINTER 2020 REGISTRATION DATES

December 10th—Members of CHP  
December 12th—Past Participants/General Public

Please visit [www.halifax.ca/myrec](http://www.halifax.ca/myrec) to register for programs or to create your online account.

Registration opens at 9am each day.

## FAMILY FITNESS

Children ages 10-13 are welcome in the weight room and functional training area, when they are accompanied by a parent. This is a great way to spend family time together!

Join us on October 31st at Cole Harbour Place for our first annual  
*Festival of Frights!*

All ages welcome!

Visit our website at [www.coleharbourplace.com](http://www.coleharbourplace.com) for more information



## CHILDREN'S PROGRAMS

### FLIP & DIP

(October 27-December 8)

Dance Studio 10:30am-11:00am  
Pool 11:15am-12:00pm

\$97.75/mem \$115/public

### DANCE & DIP

(October 27 - December 8)

Creative Movement 9am-9:30am  
Skippers (1,2 or 3) 9:45am-10:30am

\$108.80/mem \$128/public

## ADULT PROGRAMS

### Open Public Skates

Mon, Wed & Fri– Adult Skate  
9:00am - 10:00am

Saturdays– Family Skate  
2:30pm - 4:00pm



### \$3 SPLASH/OPEN SWIMS

Fridays -\$3 Splash  
7:15pm - 8:30pm

Saturdays-Open Swim  
3:00pm-4:30pm

Sundays– Open Swim  
2:00pm-3:30pm

Children under 8 require an adult in the water with them.

### BALLROOM



10 week program starting September 28th

Open to anyone 18 years old and over

Saturdays - 4:45pm-5:45pm

\$103.50/mem \$115.00/public

### ADULT SWIM LESSONS

(November 7th-December 19th)

Basics & Stroke Improvement Classes Available

Thursday Nights

\$71.40/mem \$102.00/public