

# BEACHES

Come enjoy our 20 beautiful beaches!

## Beach Site Locations

Albro Beach	Big Albro Lake	Dartmouth
Birch Cove Beach	Banook Lake	Dartmouth
Campbell Point Beach	Hatchet Lake	Halifax
Chocolate Beach	Chocolate Lake	Halifax
Commons Pool	Central Commons Park	Halifax
Cunard	Cunard Pond	Halifax
Kearney Beach	Kearney Lake	Halifax
Kidston Beach	Kidston Lake	Halifax
*Kinap Beach	Porter's Lake	Eastern Shore
Lake Echo Beach	Lake Echo	Eastern Shore
Long Pond Beach	Long Pond	Halifax
*Malay Falls	Sheet Harbour	Eastern Shore
Oakfield	Grand Lake	Oakfield
Penhorn Beach	Penhorn Lake	Dartmouth
Pleasant Drive Beach	Petpeswick Lake	Eastern Shore
Sandy Lake	Sandy Lake	Bedford
Saunders	Paper Mill Lake	Bedford
Shubie Beach	Shubie Park	Dartmouth
Springfield Beach	Springfield Lake	Sackville
Webber's Beach	Lake Charlotte	Eastern Shore

\* No weekend supervision at these sites.



## Supervised Beaches

Halifax Regional Municipality & the Red Cross encourage residents to swim & play at supervised beaches. Municipal beaches are supervised with certified lifeguards every day beginning July 1, 2019 to August 31, 2019, from 11 am - 5 pm.

- Halifax Regional Municipality lifeguards are certified with specialized training in injury prevention, first aid, and emergency situations
- Maintenance is conducted daily
- Lifeguards provide on-site water safety education.

## FREE Beach Swim Lessons

The Halifax Regional Municipality Beaches Program offers four sessions of swimming lessons which run Monday to Friday mornings. Here are some great reasons to enroll your child in swimming lessons at the local beach:

- All programs at supervised beaches are offered FREE of charge.
- There are many local supervised beaches to enjoy sand, sunshine & fresh water
- Most beach locations offer a gently sloping sandy beach ideal for beginners.
- Families can enjoy the beach & parklands while a child participates in lessons
- Qualified instructional staff are certified by Red Cross
- All Red Cross lessons are 30 minutes long
- Lessons will be taught rain or shine

**Preschool Swimming - Ages 2-5 | Classes are 30 Minutes**

July 2	July 15	July 29	August 12	Location	Time
00011821	00011959	00011960	00011961	Albro Lake Park Beach	11:30 AM
00011839	00012026	00012226		Birch Cove Beach	10:30 AM
00011823	00012024	00012227	00012086	Birch Cove Beach	11:30 AM
00011822	00012033	00012228	00012091	Campbell Point Beach	11:30 AM
00011840	00012028	00012230		Chocolate Lake Beach	10:30 AM
00011824	00012064	00012229	00012094	Chocolate Lake Beach	11:30 AM
00011825	00012035	00012232	00012100	Cunard Junior High School Park Beach	11:30 AM
00011850	00012034	00012231	00012103	Halifax Commons Outdoor Pool	11:30 AM
00011841	00012030	00012233		Kearney Lake Beach	10:30 AM
00011826	00012036	00012234	00012106	Kearney Lake Beach	11:30 AM
00011827	00012037	00012236	00012110	Kidston Lake Park Beach	11:30 AM
00011851	00012039	00012238	00012116	Kinap Beach	11:30 AM
00011828	00012041	00012240	00012125	Lake Echo Recreation Park Beach	11:30 AM
00011829	00012054	00012242	00012128	Long Pond Beach	11:30 AM
00011830	00012055	00012244	00012132	Malay Falls Beach	11:30 AM
00011855	00012031	00012246	00012426	Oakfield Beach	10:30 AM
00011831	00012056	00012247	00012136	Oakfield Beach	11:30 AM
00011832	00012058	00012249	00012140	Penhorn Drive Park Beach	11:30 AM
00011833	00012059	00012251	00012144	Pleasant Drive Park Beach	11:30 AM
00011834	00012061	00012252	00012147	Sandy Lake Park Beach	11:30 AM
00011835	00012062	00012427	00012428	Scott Saunders Memorial Park Beach	11:30 AM
00011836	00012066	00012256	00012153	Shubie Park Campsite Beach	11:30 AM
00011837	00012068	00012258	00012157	Springfield Lake Park Beach	11:30 AM
00011838	00012069	00012259	00012159	Webber's Beach	11:30 AM

**Swim Kids 1/2 Ages 5-14 | Classes are 30 minutes**

July 2	July 15	July 29	August 12	Location	Time
00011844	00011962	00011963	00011964	Albro Lake Park Beach	11:00 AM
00011852	00011985	00011988	00012429	Birch Cove Beach	10:00 AM
00011857	00011984	00011992	00012430	Birch Cove Beach	11:00 AM
00011917	00011986	00011994	00012180	Campbell Point Beach	11:00 AM

00011853	00011989	00011997	00012431	Chocolate Lake Beach	10:00 AM
00011858	00011987	00011999	00012181	Chocolate Lake Beach	11:00 AM
00012432	00011995	00012012	00012183	Cunard Junior High School Park Beach	11:00 AM
00011859	00011993	00012011	00012191	Halifax Commons Outdoor Pool	11:00 AM
00011854	00011990	00012013	00012433	Kearney Lake Beach	10:00 AM
00011867	00011996	00012014	00012193	Kearney Lake Beach	11:00 AM
00011868	00011998	00012015	00012194	Kidston Lake Park Beach	11:00 AM
00012434	00012000	00012016	00012195	Kinap Beach	11:00 AM
00011860	00012001	00012017	00012197	Lake Echo Recreation Park Beach	11:00 AM
00011861	00012002	00012018	00012203	Long Pond Beach	11:00 AM
00011862	00012003	00012019	00012208	Malay Falls Beach	11:00 AM
00011856	00011991	00012020	00012435	Oakfield Beach	10:00 AM
00011863	00012004	00012021	00012211	Oakfield Beach	11:00 AM
00011864	00012005	00012023	00012213	Penhorn Drive Park Beach	11:00 AM
00011865	00012006	00012025	00012215	Pleasant Drive Park Beach	11:00 AM
00011866	00012007	00012027	00012218	Sandy Lake Park Beach	11:00 AM
00011869	00012008	00012029	00012220	Scott Saunders Memorial Park Beach	11:00 AM
00011870	00012009	00012032	00012222	Shubie Park Campsite Beach	11:00 AM
00011871	00012010	00012038	00012224	Springfield Lake Park Beach	11:00 AM
00011872	00012022	00012040	00012225	Webber's Beach	11:00 AM

**Swim Kids 3/4** Ages 5-14 | Classes are 30 minutes

July 2	July 15	July 29	August 12	Location	Time
00011898	00012096	00012048	00012248	Kidston Lake Park Beach	10:30 AM
00011899	00012097	00012049	00012250	Kinap Beach	10:30 AM
00011900	00012099	00012050	00012253	Lake Echo Recreation Park Beach	10:30 AM
00011901	00012101	00012051	00012255	Long Pond Beach	10:30 AM
00011903	00012102	00012052	00012260	Malay Falls Beach	10:30 AM
00011904	00012105	00012053	00012264	Oakfield Beach	10:30 AM
00011905	00012107	00012057	00012265	Penhorn Drive Park Beach	10:30 AM
00011906	00012109	00012060	00012266	Pleasant Drive Park Beach	10:30 AM
00011907	00012112	00012063	00012267	Sandy Lake Park Beach	10:30 AM
00011909	00012113	00012065	00012268	Scott Saunders Memorial Park Beach	10:30 AM

00011911	00012114	00012067	00012274	Shubie Park Campsite Beach	10:30 AM
00011912	00012117	00012070	00012276	Springfield Lake Park Beach	10:30 AM
00011913	00012118	00012071	00012278	Webber's Beach	10:30 AM
00011845	00011965	00011966	00011967	Albro Lake Park Beach	10:30 AM
00011892	00012084	00012042	00012235	Birch Cove Beach	10:30 AM
00011893	00012085	00012043	00012237	Campbell Point Beach	10:30 AM
00011894	00012088	00012044	00012239	Chocolate Lake Beach	10:30 AM
00011896	00012092	00012046	00012241	Cunard Junior High School Park Beach	10:30 AM
00011895	00012089	00012045	00012243	Halifax Commons Outdoor Pool	10:30 AM
00011897	00012093	00012047	00012245	Kearney Lake Beach	10:30 AM

**Swim Kids 5/6** Ages 5-14 | Classes are 30 minutes

July 2	July 15	July 29	August 12	Location	Time
00011847	00011968	00011969	00011970	Albro Lake Park Beach	10:30 AM
00011914	00012120	00012072	00012261	Birch Cove Beach	10:30 AM
00011915	00012121	00012073	00012262	Campbell Point Beach	10:30 AM
00011916	00012122	00012074	00012263	Chocolate Lake Beach	10:30 AM
00011922	00012124	00012076	00012270	Cunard Junior High School Park Beach	10:30 AM
00011920	00012123	00012075	00012269	Halifax Commons Outdoor Pool	10:30 AM
00011923	00012126	00012077	00012271	Kearney Lake Beach	10:30 AM
00011924	00012127	00012078	00012272	Kidston Lake Park Beach	10:30 AM
00011925	00012129	00012079	00012273	Kinap Beach	10:30 AM
00011926	00012130	00012080	00012275	Lake Echo Recreation Park Beach	10:30 AM
00011928	00012131	00012081	00012277	Long Pond Beach	10:30 AM
00011929	00012133	00012082	00012279	Malay Falls Beach	10:30 AM
00011930	00012134	00012087	00012281	Oakfield Beach	10:30 AM
00011933	00012137	00012090	00012282	Penhorn Drive Park Beach	10:30 AM
00011934	00012138	00012095	00012283	Pleasant Drive Park Beach	10:30 AM
00011935	00012141	00012098	00012284	Sandy Lake Park Beach	10:30 AM
00011936	00012220	00012104	00012286	Scott Saunders Memorial Park Beach	10:30 AM
00011937	00012145	00012108	00012287	Shubie Park Campsite Beach	10:30 AM
00011938	00012146	00012111	00012288	Springfield Lake Park Beach	10:30 AM
00011939	00012148	00012115	00012289	Webber's Beach	10:30 AM

<b>Swim Kids 7/8</b> Ages 5-14   Classes are 30 minutes					
July 2	July 15	July 29	August 12	Location	Time
00011848	00011971	00011972	00011973	Albro Lake Park Beach	10:00 AM
00011873	00012149	00012135	00012329	Birch Cove Beach	10:00 AM
00011874	00012151	00012139	00012330	Campbell Point Beach	10:00 AM
00011875	00012152	00012142	00012331	Chocolate Lake Beach	10:00 AM
00011877	00012156	00012174	00012333	Cunard Junior High School Park Beach	10:00 AM
00011876	00012154	00012155	00012332	Halifax Commons Outdoor Pool	10:00 AM
00011878	00012158	00012175	00012334	Kearney Lake Beach	10:00 AM
00011879	00012160	00012176	00012335	Kidston Lake Park Beach	10:00 AM
00011880	00012161	00012177	00012336	Kinap Beach	10:00 AM
00011881	00012162	00012178	00012337	Lake Echo Recreation Park Beach	10:00 AM
00011882	00012163	00012179	00012338	Long Pond Beach	10:00 AM
00011883	00012164	00012182	00012339	Malay Falls Beach	10:00 AM
00011884	00012165	00012184	00012340	Oakfield Beach	10:00 AM
00011885	00012166	00012185	00012341	Penhorn Drive Park Beach	10:00 AM
00011886	00012167	00012186	00012342	Pleasant Drive Park Beach	10:00 AM
00011908	00012168	00012187	00012343	Sandy Lake Park Beach	10:00 AM
00011888	00012169	00012188	00012344	Scott Saunders Memorial Park Beach	10:00 AM
00011889	00012170	00012189	00012345	Shubie Park Campsite Beach	10:00 AM
00011890	00012171	00012190	00012346	Springfield Lake Park Beach	10:00 AM
00011891	00012172	00012192	00012347	Webber's Beach	10:00 AM

<b>Swim Kids 9/10</b> Ages 5-14   Classes are 30 minutes					
July 2	July 15	July 29	August 12	Location	Time
00011849	00011974	00011975	00011976	Albro Lake Park Beach	10:00 AM
00011940	00012294	00012196	00012285	Birch Cove Beach	10:00 AM
00011941	00012297	00012198	00012290	Campbell Point Beach	10:00 AM
00011942	00012300	00012199	00012291	Chocolate Lake Beach	10:00 AM
00011943	00012303	00012201	00012292	Cunard Junior High School Park Beach	10:00 AM
00011944	00012302	00012200	00012293	Halifax Commons Outdoor Pool	10:00 AM
00011945	00012304	00012202	00012295	Kearney Lake Beach	10:00 AM



00011946	00012305	00012204	00012296	Kidston Lake Park Beach	10:00 AM
00011947	00012308	00012205	00012298	Kinap Beach	10:00 AM
00011948	00012309	00012206	00012299	Lake Echo Recreation Park Beach	10:00 AM
00011949	00012310	00012207	00012301	Long Pond Beach	10:00 AM
00011950	00012314	00012209	00012306	Malay Falls Beach	10:00 AM
00011951	00012319	00012210	00012307	Oakfield Beach	10:00 AM
00011952	00012320	00012212	00012311	Penhorn Drive Park Beach	10:00 AM
00011953	00012323	00012214	00012312	Pleasant Drive Park Beach	10:00 AM
00011954	00012324	00012216	00012313	Sandy Lake Park Beach	10:00 AM
00011955	00012325	00012217	00012315	Scott Saunders Memorial Park Beach	10:00 AM
00011956	00012326	00012219	00012318	Shubie Park Campsite Beach	10:00 AM
00011957	00012327	00012221	00012321	Springfield Lake Park Beach	10:00 AM
00011958	00012328	00012223	00012322	Webber's Beach	10:00 AM

**FRENCH Swim Kids** Ages 5-14 | Classes are 30 minutes

July 2	July 15	July 29	August 12	Location	Time
	00011980		00011981	Birch Cove Beach	9:30 AM
00011842		00011978		Chocolate Lake Beach	9:30 AM
00011843		00011979		Birch Cove Beach	9:30 AM
	00011982		00011983	Chocolate Lake Beach	9:30 AM

**FREE Junior Lifeguard** (Ages 8-15)

Starts: July 2nd

Description: The Junior Lifeguard program provides candidates with lifeguard skills and experience. Water safety, public education, fitness and rescue skills will all be covered. Students will have the opportunity to train with the lifeguards, act as victims in lifeguard training and be part of the beach rescue team outside of class.

HRM Junior Lifeguard	8-15	11:00 AM	00012490	Albro Lake Park Beach
HRM Junior Lifeguard	8-15	10:00 AM	00012486	Birch Cove Beach
HRM Junior Lifeguard	8-15	11:00 AM	00012491	Campbell Point Beach
HRM Junior Lifeguard	8-15	10:00 AM	00012487	Chocolate Lake Beach
HRM Junior Lifeguard	8-15	11:00 AM	00012492	Cunard Junior High School Park Beach
HRM Junior Lifeguard	8-15	10:00 AM	00012488	Kearney Lake Beach

HRM Junior Lifeguard	8-15	11:00 AM	00012493	Kidston Lake Park Beach
HRM Junior Lifeguard	8-15	11:00 AM	00012494	Kinap Beach
HRM Junior Lifeguard	8-15	11:00 AM	00012495	Lake Echo Recreation Park Beach
HRM Junior Lifeguard	8-15	11:00 AM	00012496	Malay Falls Beach
HRM Junior Lifeguard	8-15	10:00 AM	00012489	Oakfield Beach
HRM Junior Lifeguard	8-15	11:00 AM	00012497	Pleasant Drive Park Beach
HRM Junior Lifeguard	8-15	11:00 AM	00012498	Sandy Lake Park Beach
HRM Junior Lifeguard	8-15	11:00 AM	00012499	Scott Saunders Memorial Park Beach
HRM Junior Lifeguard	8-15	11:00 AM	00012500	Shubie Park Campsite Beach
HRM Junior Lifeguard	8-15	11:00 AM	00012501	Webber's Beach

### FREE Bronze Medallion/Cross

This program provides an opportunity for certification with HRM, the Red Cross, and the Lifesaving Society. Participants will learn self rescue, aquatic related CPR, First Aid and lifesaving techniques. These certification course are the first steps in becoming a lifeguard.

Bronze Medallion/Cross	10-18	10:00 AM	00012482	July 2	Birch Cove Beach
Bronze Medallion/Cross	10-18	10:00 AM	00012483	July 2	Chocolate Lake Beach
Bronze Medallion/Cross	10-18	10:00 AM	00012484	July 29	Pleasant Drive Park Beach
Bronze Medallion/Cross	10-18	10:00 AM	00012485	July 29	Webber's Beach

### FREE National Lifeguard Services

National Lifeguard Service is the nationally recognized Lifeguard Training program. It is a world leading course and the minimum level of certification for lifeguards. Course covers aspects of team building, water chemistry, public relations, legal liability, emergency prevention, rescue and follow-up. Standard First Aid is also included in this course. National Lifeguard Service Pre-requisite – Min age of 16

M-F	July 22-26	Birch Cove Beach	00012521
M-F	Aug 19-23	Pleasant Drive Beach	00012522

### FREE Water Safety Instructor

This leadership course will train the participant in Water Safety Instructor. Proof of age must be provided to the instructor on the first class. This course will prepare and train candidates to be fully certified Red Cross Swim Instructors at the successful completion of the course. No previous training is required, but candidates should be able to swim comfortably for 500 meters. Min age of 15 years.

M-F	July 15-19	Chocolate Lake	00012523
M-F	Aug 12-16	Pleasant Drive Beach	00012524