

Musquodoboit Harbour



**Musquodoboit
Harbour to Ship
Harbour**
Corner of #7 Highway &
East Petpeswick Rd.
889-4050
Toll Free:
1-866-522-2422



Soccer

Age: 4-5

206329 Tu 5:45 PM-6:30 PM
Start Date: Apr 6
Eastern Shore District High
\$20 Classes: 8

Child

Activity Night

Age: 10-13

Come have fun practising your skills with Wii and DDR at this interactive video night!

209576 W 6:30PM-8:00PM
Start Date: Mar 31
Musquodoboit Harbour Rec Office
\$4 Classes: 1

Ballet

Age: 5 - 8

206333 Tu 6:30 PM-7:15 PM
Start Date: Apr 6
Eastern Shore District High
\$24 Classes: 8

Crafts

Age: 6-12

209574 Mother's Day
Sa 10:30AM-12:00PM
Start Date: May 8
209575 Father's Day
Sa 10:30AM-12:00PM
Start Date: Jun 19
Musquodoboit Harbour Rec Office
\$9 Classes: 1

PRESCHOOL

Active Play

Age: 3 - 5

206218 Parachutes & Play
Th 6:00 PM-6:30 PM
Start Date: Apr 8
Oyster Pond Academy
\$13 Classes: 8

206219 Tumble Bugs Gymnastics
M 6:00 PM-6:45 PM
Start Date: Apr 12
Musquodoboit Harbour Recreation Office
\$22 Classes: 8

Crafts

Age: 3-5

209573 Easter Craft & Egg Hunt
Sa 1:00PM-3:00PM
Start Date: Apr 3
Musquodoboit Harbour Rec Office
\$8 Classes: 1

Dance

Age: 3 - 5

206225 Dance Music & Play
Sa 10:00 AM-10:30 AM
Start Date: Apr 10
Musquodoboit Harbour Recreation Office
\$15 Classes: 8

206226 Pre-Ballet
Tu 5:30 PM-6:00 PM
Start Date: Apr 6
Eastern Shore District High
\$15 Classes: 8

206227 Tu 6:00 PM-6:30 PM
Start Date: Apr 6
Eastern Shore District High
\$15 Classes: 8

Preschooler Play

Age: 3 - 5

Children will participate in fun filled mornings of singing songs, making crafts, listening to stories, playing with others, and much more.

206236 Teddy Bear Play Group
Tu 9:30 AM-11:30 AM
Start Date: Apr 6
Musquodoboit Harbour Recreation Office
\$66 Classes: 11

206237 Th 9:30 AM-11:30 AM
Start Date: Apr 8
Musquodoboit Harbour Recreation Office
\$66 Classes: 11

206238 F 9:30 AM-11:30 AM
Start Date: Apr 9
Musquodoboit Harbour Recreation Office
\$66 Classes: 11

www.halifax.ca/rec

Drawing

Age: 9 - 12

206335 Basics of Drawing & Sketching
 Th 6:15 PM-7:15 PM
 Start Date: Apr 8
Musquodoboit Harbour Recreation Office
\$26 Classes: 8

Guitar

Age: 9-12

209577 Group Guitar
 Sa 1:30PM-2:30PM
 Start Date: Apr 10
School of Rock
209578 Sa 10:30AM-11:30AM
 Start Date: Apr 10
Musquodoboit Harbour Rec Office
\$29 Classes: 8

Horseback Riding

Age: 9 - 12

Participants will enjoy taking part in an hour long horseback ride. Participants will need extra money for lunch. Transportation is provided.

206452 Sa 10:00 AM-3:00 PM
 Start Date: May 1
Musquodoboit Harbour Recreation Office
\$30 Classes: 1

Karate

Age: 6 - 11

206337 M 6:00 PM-7:00 PM
 Start Date: Apr 12
Ship Harbour Hall
\$29 Classes: 8

Soccer

Age: 5 - 8

206339 Th 6:30 PM-7:15 PM
 Start Date: Apr 8
Oyster Pond Academy
\$16 Classes: 8

Volleyball

Age: 9-12

209579 Mini Volleyball
 W 6:30PM-7:30PM
 Start Date: Apr 7
Oyster Pond Academy
\$22 Classes: 8
\$3 Drop in

Youth

Babysitter's Training

Age: 11 - 15

206341 Sa 9:00 AM-5:00 PM
 Start Date: Apr 17
United Church Hall - Musq Harbour
\$35 Classes: 1

Badminton

Age: 12 - 16

206343 Tu 6:30 PM-8:00 PM
 Start Date: Apr 13
Eastern Shore District High
\$20 Classes: 10
\$3 Drop In

Basketball & Volleyball

Age: 12-16

Both sports are available each night.

209580 W 7:30PM-9:00PM
 Start Date: Apr 7
Oyster Pond Academy
\$3 Drop In

Day Trip

Age: 13-16

Inservice Trip - Have you ever wanted to go to circus school? This is your opportunity to learn how to juggle, use a trapeze, trampoline acts, and so much more!

209581 Atlantic Cirque School
 F 9:30AM-2:30PM
 Start Date: May 7
\$30 Classes: 1

Music

Age: 13-16

209582 Group Guitar
 Sa 2:30PM-3:30PM
 Start Date: Apr 10
School of Rock
209583 Sa 11:30AM-12:30PM
 Start Date: Apr 10
Musquodoboit Harbour Rec Office
\$29 Classes: 8

Youth Leadership

Age: 13-15

209586 Information Session
 Su 7:00PM-8:00PM
 Start Date: May 30th
209587 Tu 7:00PM-8:00PM
 Start Date: June 1st
Musquodoboit Harbour Rec Office

ADULT

Badminton

206346 Tu 8:00 PM-9:30 PM
 Start Date: Apr 6
Eastern Shore District High
\$32 Classes: 10
\$4 Drop In

Craft Workshops

206449 Ukrainian Egg Decorating
 Sa 1:00 PM-4:00 PM
 Start Date: Mar 20
206451 Sa 1:00 PM-4:00 PM
 Start Date: Mar 27
Musquodoboit Harbour Recreation Office
\$10 Classes: 1

Rug Making

Learn how to make a rug using rug ragging technique. All supplies are included. No experience necessary.

206448 Su 1:00PM-4:00PM
 Start Date: March 28
Musquodoboit Harbour Rec Office
\$75 Classes: 1

Dance

206352 Couples Dance I
 Th 6:30 PM-7:30 PM
Couples Dance II
206353 Th 7:45 PM-8:45 PM
 Start Date: Apr 1
Gaetz Brook Legion
\$54 Classes: 10
\$108 Per Couple

Drawing

206355 Th 7:30 PM-9:00 PM
 Start Date: Apr 8
Musquodoboit Harbour Recreation Office
\$36 Classes: 6

First Aid

206357 First Aid Certification
 Sa 9:00 AM-5:00 PM
 Start Date: Apr 10
United Church Hall - Musq Harbour
\$65 Classes: 1

Please refer to Page: 6
for more information
on Youth Leadership

Fitness

Musquodoboit Harbour

- 206360** M 12:30 PM-1:15 PM
Start Date: Apr 12
Musquodoboit Harbour Recreation Office
\$31 Classes: 10
- 206361** Tu 12:00 PM-12:45 PM
Start Date: Apr 6
Musquodoboit Harbour Recreation Office
\$31 Classes: 10
- 206363** W 12:30 PM-1:15 PM
Start Date: Apr 7
Musquodoboit Harbour Recreation Office
\$31 Classes: 10
- 206364** F 7:00 PM-8:00 PM
Start Date: Apr 9
Musquodoboit Harbour Recreation Office
\$40 Classes: 10
- 206365** Tu 1:30 PM-2:30 PM
Start Date: Apr 6
Musquodoboit Harbour Fire Hall
\$40 Classes: 10
- 206366** W 7:30 PM-8:30 PM
Start Date: Apr 7
Petpeswick Yacht Club
\$40 Classes: 10
- 206367** M 7:30 PM-8:30 PM
Start Date: Apr 12
Ship Harbour Hall
\$40 Classes: 10

Guitar

- 209584** Sa 3:30PM-4:30PM
Start Date: Apr 10
Musquodoboit Harbour Rec Office
\$54 Classes: 8

Gyrokinesis

- 206379** M 9:00 AM-9:55 AM
Start Date: Mar 29
Musquodoboit Harbour Recreation Office
\$108 Classes: 11

Hiking

- 206456** Sa 1:00 PM-3:00 PM
Start Date: Apr 10
Musquodoboit Harbour Recreation Office
Foodbank Donation Classes: 6

Nordic Walking Workshop

- 209585** Su 1:00PM-3:00PM
Start Date: Apr 18
Musquodoboit Harbour Rec Office
\$20 Classes: 1

Photography

- 206382** Su 7:00 PM-9:00 PM
Start Date: Apr 11
Musquodoboit Harbour Recreation Office
\$25 Classes: 3

Pilates

- 206378** W 9:00 AM-9:55 AM
Start Date: Mar 31
Musquodoboit Harbour Recreation Office
\$118 Classes: 12

Running

This is a great opportunity to get outside and be active in a social environment. Whether you are an experienced runner, or have never ran before, this program is designed to meet everyone's needs and fitness levels. Participants will be grouped by experience and fitness level. Discussions will take place on topics such as proper running techniques and footwear, sport nutrition, proper stretching and much more. The group meets every Sunday evening at 6:00pm at the Musquodoboit Harbour Recreation Office and will be lead by a certified fitness instructor. A number of safe and marked routes will be used.

- Running Club**
206454 Su 6:00 PM-8:00 PM
Start Date: Apr 11
Musquodoboit Harbour Recreation Office
Classes: 8

Tai Chi

Condition your body and mind by joining instructors Ron and Mireille Wensel in this invigorating exercise program.

- 206457** W 3:30 PM-5:00 PM
Start Date: Apr 7
Musquodoboit Harbour Fire Hall
\$48 Classes: 8
- 206458** W 6:30 PM-8:00 PM
Start Date: Apr 7
Eastern Shore District High
\$48 Classes: 8

Watercolours

Instructed by Heather Crout! There is a maximum of 14 seats in this course, so be sure to register early to avoid disappointment.

- 206384** W 7:00 PM-9:00 PM
Start Date: Apr 7
Musquodoboit Harbour Recreation Office
\$47 Classes: 6

Yoga

- 206386** M 7:00 PM-8:30 PM
Start Date: Apr 12
Musquodoboit Harbour Fire Hall
\$57 Classes: 8
- 206387** W 7:00 PM-8:30 PM
Start Date: Apr 7
Gaetz Brook Legion
\$57 Classes: 8

Musquodoboit Harbour Fitness and Lifestyle Centre

Phone: 889 - 4058
Located at 7900, #7 Highway
(corner of #7 Highway and East Petpeswick Road)

Hours of Operation:

Monday - Friday 7:30am - 11:30 am
1:00pm - 9:00pm
Saturday 8:00am - 12:00 Noon

* Summer Hours in effect July & August
Please call for information

Our fitness centre staff would like to welcome everyone to visit us this upcoming season. Our staff consists of weight room certified instructors who are waiting to help you with your fitness goals. Individual fitness programs can be designed to meet each participant's needs. Call to book your Fitness Centre orientation appointment today. We will show you the equipment and how to use it properly. We can also set you up on a fitness program that will help you reach your individual goals.

Our facility offers the following equipment:

- Treadmills
- Cybex
- Bikes and Rowers
- Elliptical
- Free Weights
- Pacific Multi-station
- Nautilus Equipment
- Stability Ball
- Air Conditioned Facility
- NSFA Certified Staff
- Personal exercise programs available
- Friendly and Helpful staff

Membership Options:

Membership Fees	Adult	Student/Senior	Family
Drop In (1 visit)	\$5.00	\$3.75	N.A.
10 Visit Card	\$30.00	\$22.50	N.A.
One Month	\$40.00	\$30.00	N.A.
Three Month	\$105.00	\$78.75	\$157.50
Six Month	\$175.00	\$131.25	\$262.50
12 Month	\$260.00	\$195.00	\$390.00

Camps

Musquodoboit Harbour Recreation Office, 7900 Highway 7 889-4050

Preschool

Preschooler Play Camps

Date	Age	Title	Time	Location	Code	Fee
July 6-8	3-5	Funny Farm	9:00 am - 11:00 am	Musq Harbour Rec Office	208380	\$16
July 10	3-5	Teddy Bear Picnic	10:00 am - 12:00 pm	Musq Harbour Rec Office	208381	FREE
July 13-15	3-5	Creepy Crawley Creatures	9:00 am - 11:00 am	Musq Harbour Rec Office	208382	\$16
July 20-22	3-5	Cookie Monsters	9:00 am - 11:00 am	United Church Hall	208383	\$16
July 24	3-5	Royal Tea Party	10:00 am - 1:00 pm	Musq Harbour Rec Office	208387	\$8
Aug 3-5	3-5	A Hatful of Seuss	9:00 am - 11:00 am	Musq Harbour Rec Office	208384	\$16
Aug 10- 12	3-5	Under the Sea	9:00 am - 11:00 am	Musq Harbour Rec Office	208385	\$16
Aug 17- 19	3-5	When I Grow Up	9:00 am - 11:00 am	Musq Harbour Rec Office	208386	\$16
Aug 24	3-6	Parent & Tot Train Trip to Truro	9:00 am - 4:00 pm	Musq Harbour Rec Office	208527	\$30

Children

Summer Camps

Date	Age	Title	Time	Webbers Campground	Petpeswick Yacht Club	Fee
July 6	5-12	Circus of Friends	9:00 am - 3:00 pm	208394	208426	\$14
July 7	5-12	Circus of Friends	9:00 am - 3:00 pm	208395	208427	\$14
July 8	5-12	Circus of Friends	9:00 am - 3:00 pm	208396	208428	\$14
July 9	5-12	Circus of Friends	9:00 am - 3:00 pm	208397	208429	\$14
July 13	5-12	In the Jungle	9:00 am - 3:00 pm	208398	208430	\$14
July 14	5-12	In the Jungle	9:00 am - 3:00 pm	208399	208431	\$14
July 15	5-12	In the Jungle	9:00 am - 3:00 pm	208400	208432	\$14
July 16	5-12	In the Jungle	9:00 am - 3:00 pm	208401	208433	\$14
July 20	5-12	Happy Holidays	9:00 am - 3:00 pm	208402	208434	\$14
July 21	5-12	Happy Holidays	9:00 am - 3:00 pm	208403	208435	\$14
July 22	5-12	Happy Holidays	9:00 am - 3:00 pm	208404	208436	\$14
July 23	5-12	Happy Holidays	9:00 am - 3:00 pm	208405	208437	\$14
July 27	5-12	Beach Party	9:00 am - 3:00 pm	208406	208470	\$14
July 28	5-12	Beach Party	9:00 am - 3:00 pm	208407	208471	\$14
July 29	5-12	Beach Party	9:00 am - 3:00 pm	208408	208472	\$14
July 30	5-12	Beach Party	9:00 am - 3:00 pm	208409	208473	\$14
Aug 3	5-12	Super Heros	9:00 am - 3:00 pm	208410	208474	\$14
Aug 4	5-12	Super Heros	9:00 am - 3:00 pm	208411	208475	\$14
Aug 5	5-12	Super Heros	9:00 am - 3:00 pm	208412	208476	\$14
Aug 6	5-12	Super Heros	9:00 am - 3:00 pm	208413	208477	\$14
Aug 10	5-12	Camping We Will Go	9:00 am - 3:00 pm	208414	208478	\$14
Aug 11	5-12	Camping We Will Go	9:00 am - 3:00 pm	208415	208479	\$14
Aug 12	5-12	Camping We Will Go	9:00 am - 3:00 pm	208416	208480	\$14
Aug 13	5-12	Camping We Will Go	9:00 am - 3:00 pm	208417	208481	\$14
Aug 17	5-12	Wild Wild West	9:00 am - 3:00 pm	208418	208482	\$14
Aug 18	5-12	Wild Wild West	9:00 am - 3:00 pm	208419	208483	\$14
Aug 19	5-12	Wild Wild West	9:00 am - 3:00 pm	208420	208484	\$14
Aug 20	5-12	Wild Wild West	9:00 am - 3:00 pm	208421	208485	\$14

Specialty Camps

Date	Age	Title	Time	Location	Code	Fee
July 6-8	9-12	Soccer Camp	12:00 pm - 2:00 pm	ESDH	208389	\$16
July 20-22	5-8	Ballet	12:00 pm - 3:00 pm	United Church Hall	208390	\$16
July 27-29	5-8	Multi Sports Camp	9:00 am - 11:00 pm	ESDH	208391	\$16
July 27-29	9-12	Multi Sports Camp	12:00 pm - 2:00 pm	ESDH	208392	\$16
Aug 3	6-10	Spa Night	6:30 pm - 9:00 pm	Musq. Harbour Rec Office	208393	\$10
Aug 4-6	9-12	CSI Camp	12:00 pm - 3:00 pm	United Church Hall	208468	\$24
Aug 17-19	5-8	Kidz Art	12:00 pm - 3:00 pm	Musq. Harbour Rec Office	208469	\$24

Day Trips

Date	Age	Title	Time	Location	Code	Fee
July 16	5-12	Parrsboro Fossil Hunt	9:00 am - 4:00 pm	Musq Harbour Rec Office	208520	\$25
July 26	5-8	Theodore Tug Boat	9:00 am - 4:00pm	Musq Harbour Rec Office	208521	\$30
July 30	9-12	McNabs Island Adventure	9:00 am - 4:00pm	Musq Harbour Rec Office	208522	\$25
Aug 9	9-12	Tree Nursery & Victoria Park	9:00 am - 4:00pm	Musq. Harbour Rec Office	208523	\$25
Aug 11	9-12	Wild Life Park Night Tour	5:00 pm - 10:00pm	Musq Harbour Rec Office	208524	\$30
Aug 13-14	10-12	Overnight Keji Camping Trip	10:00 am - 2:00pm	Musq Harbour Rec Office	208525	\$60
Aug 23	9-12	Blueberry Picking & Zoo	9:00 am - 4:00pm	Musq Harbout Rec Office	208526	\$30
Aug 24	3-6	Parent & Tot Train Trip to Truro	9:00 am - 4:00pm	Musq Harbour Rec Office	208527	\$30
Aug 25	9-12	Upper Clements Park	8:00 am - 8:00pm	Musq Harbour Rec Office	208528	\$30

Fee includes all admissions and transportation.

Youth

Camps/Trips

Date	Age	Title	Time	Location	Code	Fee
July 6-8	13-16	Soccer Camp	2:00 pm- 4:00 pm	ESDH	208568	\$16
July 12	13-16	Tubing on Gaspereau	9:00 am- 4:00 pm	Musq Harbour Rec Office	208569	\$25
July 14	12-15	Wall Climbing	3:00 pm- 7:00 pm	Musq Harbour Rec Office	208570	\$25
July 19	12- 15	Ultimate Frisbee	6:00 pm- 8:30 pm	ESDH	208571	\$5
July 27	13-16	Learn to Surf	10:00 am- 3:00 pm	Martinique Beach	208572	\$45
July 28	12-15	Upper Clements Park	8:00 am- 8:00 pm	Musq Harbour Rec Office	208573	\$30
Aug 8	12-15	Flashlight Tag	8:30 pm- 10:00 pm	Peace Park (Rink)	208574	\$5
Aug 16	12-15	Murder Mystery Night	8:30 pm- 10:00 pm	Peace Park (Rink)	208575	\$5

Fee includes all admissions and transportation.