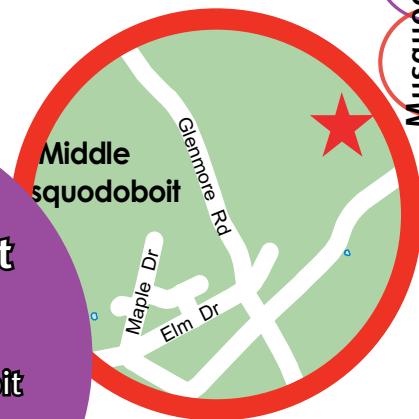


Musquodoboit Valley



Dutch Settlement to Dean
 12046 Highway # 224
 Middle Musquodoboit
 384-3008
 Toll Free: 1-866-522-2422

PRESCHOOL

Active Play Age: 3 - 5

- 206083 **Kinder Play**
M 6:00 PM-6:45 PM
Start Date: Apr 12
Musquodoboit Valley Education Centre
\$16 Classes: 6
- 206084 **Active Games n' Fun**
Th 6:00 PM-6:45 PM
Start Date: Apr 8
Carrolls Corner Community Centre
\$16 Classes: 6

Creative Play Age: 3 - 5

- 206093 **Mother's Day Craft**
Sa 10:00 AM-12:00 PM
Start Date: May 8
Middle Musquodoboit Fire Hall
\$7 Classes: 1
- 206094 **Father's Day Craft**
Sa 10:00 AM-12:00 PM
Start Date: Jun 12
Middle Musquodoboit Fire Hall
\$7 Classes: 1

CHILD

Art Age: 8 - 12

- 206095 **Sketch & Create**
M 6:00 PM-7:30 PM
Start Date: Apr 12
- 206096 **Art Invasion**
M 7:30 PM-9:00 PM
Start Date: Apr 12
Musquodoboit Valley Education Centre
\$27 Classes: 6

Floor Hockey Age: 8 - 12

- M 7:00 PM-8:00 PM
- 206100 Start Date: Apr 12
- 206101 Start Date: Apr 19
- 206102 Start Date: Apr 26
- 206103 Start Date: May 3
- 206104 Start Date: May 10
- 206105 Start Date: May 17
- 206106 Start Date: May 31
Musquodoboit Valley Education Centre
\$3 Classes: 1

Soccer Age: 5 - 8

- 206116 Th 6:00 PM-7:00 PM
- 206117 Th 7:00 PM-8:00 PM
Start Date: Apr 8
Musquodoboit Valley Education Centre
\$26 Classes: 8

Basketball Age: 9 - 12

- 209270 **Mini Basketball**
W 6:30PM-7:30 PM
Start Date: Apr 7
Musquodoboit Rural High School
\$20 Classes: 6

YOUTH

Activity Night Age: 12 - 16

- 206455 Tu 7:00 PM-8:30 PM
Start Date: May 4
Musquodoboit Valley Education Centre
\$25 Classes: 4

Day Trip Age: 10-16

- 209368 **A Day in the Park**
F 9:30 AM-3:30 PM
Start Date: May 7
\$20 Classes: 1

Floor Hockey

Age: 12 - 18

- Tu 7:00 PM-9:00 PM
- 206121 Start Date: Apr 6
- 206122 Start Date: Apr 13
- 206123 Start Date: Apr 20
- 206124 Start Date: Apr 27
- 206125 Start Date: May 4
- 206126 Start Date: May 11
- Musquodoboit Rural High School*
- \$3 Classes: 1

ADULT

Fitness

- Gentle Fitness**
- 206134 M 6:00 PM-7:00 PM
- Cardio Mix**
- 206135 M 7:00 PM-8:00 PM
- Start Date: Apr 12
- Meagheys Grant Volunteer Fire Dept*
- \$40 Classes: 10
- 206136 F 7:00 PM-8:00 PM
- Start Date: Apr 9
- Musquodoboit Valley Education Centre*
- \$36 Classes: 9

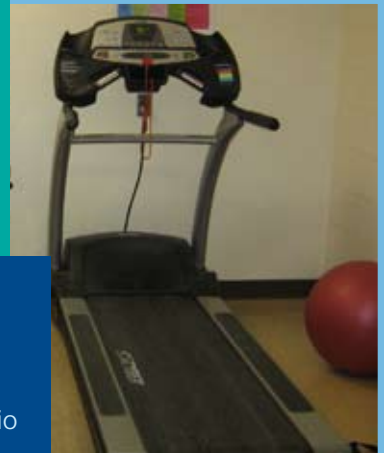
Yoga

- 206142 Tu 3:15 PM-4:45 PM
- Start Date: Apr 6
- Musquodoboit Valley Education Centre*
- \$56 Classes: 8
- Gentle Yoga**
- 206143 W 7:00 PM-8:00 PM
- Start Date: Apr 7
- Musquodoboit Valley Education Centre*
- \$37 Classes: 8
- Yoga I**
- 206144 W 8:00 PM-9:00 PM
- Start Date: Apr 7
- Musquodoboit Valley Education Centre*
- \$37 Classes: 8

Musquodoboit Valley Fitness Centre

Located in Musquodoboit Rural High School
11980 Highway 224, Middle Musquodoboit
Phone: 384-3008

Hours of Operation:
Monday, Wednesday, Friday
6:30PM-9:00PM
*** Centre Closed for Summer**

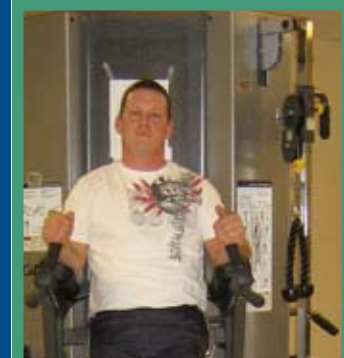


Our Fitness Centre program would like to welcome everyone to visit the centre this upcoming season. Our centre is located in the Musquodoboit Rural High School and consists of a variety of resistance weight machines and cardio equipment.

Orientation Nights

Not sure how to get started? No problem, we will be hosting a series of orientation nights which will provide explanation and demonstration on proper machine use. These sessions will be instructed by a certified fitness trainer who can answer all of your questions. If interested, call to book yourself into a session.

Fees:	Adult	Student/Senior
Drop In	\$4.00	\$3.00
10 Visit Pass	\$30.00	\$22.50



Passes (10 Visit) can be purchase on site with cash or cheque. They can also be purchased at the HRM Community Recreation Office during regular office hours with debit, credit card, cash or cheque. The office is located in the Musquodoboit Valley Education Centre.

Drop in fees must be paid in cash directly to the fitness centre upon arrival.

HRM would like to thank and acknowledge the Musquodoboit Rural High School administration for their dedication and cooperation in making this project happen by providing us access to the facility. It is greatly appreciated!

Camps

Location - Middle Musquodoboit Recreation Office, 12046 Hwy 224, 384-3008

Preschool

Preschooler Play Camps

Date	Age	Title	Time	Location	Code	Fee
July 13-15	3-5	When I Grow Up	9:30 am - 11:30 am	MVEC	208739	\$16
July 27-29	3-5	Art Attack	9:30 am - 11:30 am	MVEC	208740	\$16
Aug 10-12	3-5	Playground Pirates	9:30 am - 11:30 am	MVEC	208741	\$16

Children

Summer Camps

Date	Age	Title	Time	Location	Code	Fee
July 6	6-12	Pirates "RRRRRR" Us	9:00 am- 3:00 pm	MVEC	208722	\$14
July 7	6-12	Pirates "RRRRRR" Us	9:00 am- 3:00 pm	MVEC	208731	\$14
July 8	6-12	Pirates "RRRRRR" Us	9:00 am- 3:00 pm	MVEC	208732	\$14
July 20	6-12	Wet n'Wild	9:00 am- 3:00 pm	MVEC	208733	\$14
July 21	6-12	Wet n'Wild	9:00 am- 3:00 pm	MVEC	208734	\$14
July 22	6-12	Wet n'Wild	9:00 am- 3:00 pm	MVEC	208735	\$14
Aug 3	6-12	World Travellers	9:00 am- 3:00 pm	MVEC	208736	\$14
Aug 4	6-12	World Travellers	9:00 am- 3:00 pm	MVEC	208737	\$14
Aug 5	6-12	World Travellers	9:00 am- 3:00 pm	MVEC	208738	\$14

Speciality Camps

Date	Age	Title	Time	Location	Code	Fee
July 12-14	6-12	Art Invasion	12:00 pm - 3:00 pm	MVEC	208768	\$25
July 28-30	6-12	Sports Mania	12:00 pm - 3:00 pm	MVEC	208769	\$25
Aug 9-11	6-12	Science Camp...CSI Style	12:00 pm - 3:00 pm	MVEC	208770	\$25
July 23	6-12	Playground Fun	9:00 am - 3:00 pm	St. James United Church	209319	\$14
Aug 6	6-12	Playground Fun	9:00 am - 3:00 pm	Meagher's Grant Fire Hall	209318	\$14

Day Trips

Date	Age	Title	Time	Location	Code	Fee
July 15	10-15	Day in the Dark	10:00 am - 5:00 pm	MVEC	208771	\$20
July 27	6-10	All Aboard Theodore	9:00 am - 4:00 pm	MVEC	208772	\$30
Aug 12	6-12	Clay Cafe & Victoria Park	10:00 am - 4:00 pm	MVEC	208773	\$20
Aug 24	6-12	Parent & Tot Train Trip to Truro	9:00 am - 4:00 pm	MVEC	208527	\$30

Youth

Date	Age	Title	Time	Location	Code	Fee
Aug 24	12-17	Introduction to Canoeing	10:00 am - 4:00 pm	Dollar Lake	208818	\$25