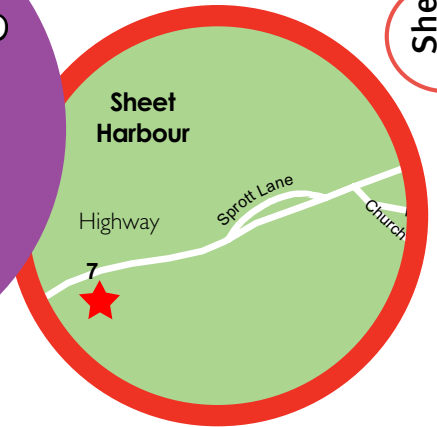


Sheet Harbour



**East Ship Harbour to
Ecum Secum**
22756 Highway #7
Bluewater Building
885-2988
Toll Free 1-866-522-2422



Child

PRESCHOOL

Active Play

Age: 3 - 5

Play, Learn, Move, Stay Active! Burn off some energy in a program just for preschoolers! Regular physical activity builds strong bones and muscles.

Tumblebugs
206239 F 10:00 AM-10:45 AM
Start Date: Apr 23
Sheet Harbour
\$18 Classes: 6

Dance

Age: 3 - 5

Ballet
206265 Th 6:00 PM-6:30 PM
Start Date: Apr 8
Samuel R. Balcom Recreation Centre
\$15 Classes: 8

Preschooler Play

Age: 3 - 5

Playgroup fun for children with a focus on fun and social skills in a creative setting. Crafts, circle time, special events, free play and story time are part of the daily activities. Children are to dress for fun and bring a nutritious snack (peanut free).

Stories & Crafts
206288 M 9:00 AM-11:00 AM
Start Date: Apr 12
Sheet Harbour Lion's Centre
\$60 Classes: 10

206289 W 9:00 AM-11:00 AM
Start Date: Apr 7
Sheet Harbour Lion's Centre
\$60 Classes: 10

206290 Th 9:00 AM-11:00 AM
Start Date: Apr 8
Sheet Harbour Lion's Centre
\$60 Classes: 10

206291 Tu 9:00 AM-11:00 AM
Start Date: Apr 6
Eastern Consolidated School
\$60 Classes: 10

206292 M 9:00 AM-11:00 AM
Start Date: Aug 16
Sheet Harbour
\$5 Classes: 1

Activity Night

Age: 6 - 12

Children will enjoy socializing with friends while playing sports, games, and activities.

Thursday Rocks
206242 Th 6:00 PM-8:00 PM
Start Date: Apr 8
Sheet Harbour Consolidated
\$2 Drop In

Multi-Activity
206243 Tu 2:00 PM-3:30 PM
Start Date: Apr 6
Eastern Consolidated School
\$2 Drop In

206244 M 6:00 PM-7:30 PM
Start Date: Apr 12
Moser River Fire Hall
\$2 Drop In

206245 Tu 6:00 PM-7:30 PM
Start Date: Apr 6
Holy Trinity Church
\$2 Drop In

Thursday Rocks Dance
206246 Th 6:30 PM-8:30 PM
Start Date: Aug 12
Sheet Harbour Lion's Centre
\$3 Drop In

Crafts

Age: 5 - 12

Sheet Harbour

206258 **Mother's Day Craft**
W 2:10 PM-3:40 PM
Start Date: May 5
Lakefront Consolidated School
\$5 Classes: 1

206259 **Mother's Day Craft**
W 2:00 PM-3:30 PM
Start Date: May 5
Eastern Consolidated School
\$5 Classes: 1

206260 **Father's Day Craft**
W 2:10 PM-3:40 PM
Start Date: Jun 16
Lakefront Consolidated School
\$5 Classes: 1

206261 **Father's Day Craft**
W 2:00 PM-3:30 PM
Start Date: Jun 16
Eastern Consolidated School
\$5 Classes: 1

Ballet

206262 **Age: 5-8**
Th 6:45 PM-7:30 PM
Start Date: Apr 8
Samuel R. Balcom Recreation Centre
\$23 Classes: 8

206263 **Age: 9-12**
Th 7:45 PM-8:30 PM
Start Date: Apr 8
Samuel R. Balcom Recreation Centre
\$23 Classes: 8

Day Trip

Age: 5 - 12

206266 **Aylsford Zoo & Strawberry Picking**
M 9:00 AM-8:00 PM
Start Date: Jul 19
Bluewater Building
\$35 Classes: 1

206296 **Rock Climbing & Movie**
F 9:30 AM- 6:00 PM
Start Date: Aug 20
Bluewater Building
\$30 Classes: 1

206298 **Day In The Dark**
F 10:00 AM- 6:00 PM
Start Date: Jul 9
Bluewater Building
\$30 Classes: 1

206299 **Sherbrooke Village Trip**
F 9:00 AM- 4:00 PM
Start Date: Aug 13
Bluewater Building
\$20 Classes: 1

Drama

Age: 8 - 12

206269 **Movie Makers**
F 3:15 PM-4:15 PM
Start Date: Apr 9
Duncan MacMillan High School
\$29 Classes: 8

Judo

Age: 5 & Up

206284 Tu 7:00 PM-8:00 PM
Start Date: Apr 6
Sheet Harbour Lion's Centre
\$29 Classes: 8

Soccer

206294 **Age: 5-8**
M 6:00 PM-7:00 PM
Start Date: Apr 12
Lakefront Consolidated School
\$26 Classes: 8

206295 **Age: 9-12**
M 7:00 PM-8:00 PM
Start Date: Apr 12
Lakefront Consolidated School
\$26 Classes: 8

206327 **Age: 5-8**
W 6:00 PM-7:00 PM
Start Date: Apr 7
Sheet Harbour Consolidated
\$26 Classes: 8

206328 **Age: 9-12**
W 7:00 PM-8:00 PM
Start Date: Apr 7
Sheet Harbour Consolidated
\$26 Classes: 8

Outdoor Movie



Everyone is invited to join Community Recreation on Friday August 13 for our 5th Annual "Outdoor Movie". Bring your lawn chairs to to the Sheet Harbour Rockets Field for this enjoyable evening event. For more information please call the Recreation Office at 885-2988.

Youth

Activity Night

Age: 12 - 19

Youth will enjoy socializing with friends while playing sports, games and activities.

206240 **Monday Youth Night**
M 6:30 PM-9:30 PM
Start Date: Apr 12
Duncan MacMillan High School
Youth Dance

206241 Th 9:00 PM-12:00 PM
Start Date: Aug 12
Sheet Harbour Lion's Centre
\$7 Classes: 1

Sea Kayaking

Age: 11 & Up

206247 **Sea Kayaking with Coastal Adventures**
Tu 9:00 AM-3:00 PM
Start Date: Jul 6
Coastal Adventures
\$25 Classes: 1

206251 **Sea Kayaking with Coastal Adventures**
W 9:00 AM-3:00 PM
Start Date: Jul 7
Coastal Adventures
\$25 Classes: 1

206252 **Safety and Sea Kayaking**
Tu 5:00 PM-8:00 PM
Start Date: Jul 6
Coastal Adventures
\$10 Classes: 1

206253 Tu 5:00 PM-8:00 PM
Start Date: Aug 17
Coastal Adventures
\$10 Classes: 1

206254 **Eskimo Rolling Lessons**
Tu 2:30 PM-4:30 PM
Start Date: Jul 6
Coastal Adventures
\$15 Classes: 1

206255 Tu 2:30 PM-4:30 PM
Start Date: Aug 17
Coastal Adventures
\$15 Classes: 1

206256 **Sea Kayaking with Coastal Adventures**
W 9:00 AM-4:00 PM
Start Date: Aug 18
Coastal Adventures
\$40 Classes: 1

210470 **CRCA Kayaking Course - Flatwater level I**
Ages 15-18
Sa,Su 9:00 AM
Start Date: Sept 25, 26
Coastal Adventures
\$200 All Inclusive

Day Trips

Age: 12 - 18

- 206249 Upper Clements Park
M 8:30 AM-11:00 PM
Start Date: Jul 26
Eastern Shore Recreation Van
\$30 Classes: 1
- 206250 Tidal Bore Rafting
Sa 9:30 AM-6:00 PM
Start Date: Jul 10
Eastern Shore Recreation Van
\$70 Classes: 1

Defensive Driving

Age: 16 & Up

- 206268 Defensive Driving
Su 9:00 AM-5:00 PM
Start Date: May 30
Sheet Harbour
\$110 Classes: 1

Floor Hockey

Age: 16 & Up

- 206281 Th 8:00 PM-10:00 PM
Start Date: Apr 8
Sheet Harbour Consolidated

Youth Leadership

Age: 12 - 15

- 206285 Information Session
W 7:00 PM-8:00 PM
Start Date: Jun 9
Sheet Harbour Lion's Centre
- 206286 Leadership Program
M 9:00 AM-4:00 PM
Start Date: Jun 28
Sheet Harbour Lion's Centre
\$35 Classes: 8

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

Adult

Boat Operators Course

Age: 14 & up

Boating regulations state that operators of power boats and personal watercraft less than 14' in length are required to obtain a certificate showing proof of competency. This program is recognized by the Canadian Coast Guard. Upon successful certification, your operators card is good for life. Fee includes instruction, manual and exam fee.

- 206257 Boat Operator's Course
Sa 9:00 AM-5:00 PM
Start Date: Mar 27
Blewater Building
\$70 Classes: 1

First Aid

- 206271 Emergency First Aid
Su 9:00 AM-5:00 PM
Start Date: Apr 25
Sheet Harbour Fire Hall
\$90 Classes: 1

Fitness

- 206275 Women's Circuit Fitness
M 12:00 PM-12:45 PM
Start Date: Apr 12
Sheet Harbour
\$33 Classes: 10
- 206277 Women's Circuit Fitness
W 12:00 PM-12:45 PM
Start Date: Apr 7
Sheet Harbour
\$33 Classes: 10

Tai Chi

- 206278 Tai Chi
Tu 6:30 PM-8:00 PM
Start Date: Apr 6
Sheet Harbour
\$49 Classes: 8

Amazing Race Sheet Harbour

Everyone is encouraged to join Community Recreation on Sunday August 15 for our 2nd Annual Amazing Race Sheet Harbour. Get your team of 4-6 together to travel through the community and perform challenges! Prizes will be awarded!

Further info: call 885-2988

Seaside Fitness Centre

Located in the Bluewater Building
22756 Hwy #7, Sheet Harbour, NS
Phone: (902) 885-2654

Hours of Operation:

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

* Summer Hours in effect July & August

Our fitness centre staff would like to welcome everyone to visit the Seaside Fitness Centre. Our staff consists of weight room certified instructors who are waiting to help you with your fitness goals and front desk staff. Individual fitness programs can be designed to meet each participant's needs. The fitness centre entrance is located in the back of the Bluewater building. Parking available. 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.

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



Our facility offers the following equipment:

- Cross Training Machines
- Treadmills
- Bikes & Rowers
- Leg Extension
- Leg Curl
- Horizontal Leg Press
- Power Rack
- Calf Machine
- Seated Chest Press
- Lat Pull Down
- Low Cable Row
- Hyper Extension Bench
- Chin/Dip/Leg Raise
- Converging Shoulder Press
- Seated Preacher Curl
- Hi/Lo Cable Cross-over
- Abductor/Adductor
- Free Weights/Barbells
- Benches
- Stability Balls

Camps

Children

Summer Camps

Date	Age	Title	Time	Location	Code	Fee
July 5	5-12	Splash into Summer	9:00 am - 3:30 pm	Sheet Harbour	206297	\$15
July 6	5-12	Summer Olympics	9:00 am - 3:30 pm	Sheet Harbour	206300	\$15
July 7	5-12	Super Soaked	9:00 am - 3:30 pm	Sheet Harbour	206301	\$15
July 8	5-12	Art Attack	9:00 am - 3:30 pm	Sheet Harbour	206302	\$15
July 13	5-12	Kids in the Kitchen	9:00 am - 3:30 pm	Sheet Harbour	206304	\$15
July 14	5-12	Mystery Camp	9:00 am - 3:30 pm	Sheet Harbour	206305	\$15
July 15	5-12	Jest for fun Talent	9:00 am - 3:30 pm	Sheet Harbour	206311	\$15
July 19	5-12	Movie Makers	9:00 am - 3:30 pm	Sheet Harbour	206323	\$15
July 20	5-12	Pirates & Treasures	9:00 am - 3:30 pm	Sheet Harbour	206307	\$15
July 21	5-12	Wet 'N' Wild	9:00 am - 3:30 pm	Sheet Harbour	206308	\$15
July 22	5-12	Wacky Wilderness	9:00 am - 3:30 pm	Sheet Harbour	206309	\$15
July 27	5-12	Survivor Camp	9:00 am - 3:30 pm	Sheet Harbour	206310	\$15
July 28	5-12	Fear Factor	9:00 am - 3:30 pm	Sheet Harbour	206312	\$15
July 29	5-12	Around the World	9:00 am - 3:30 pm	Sheet Harbour	206313	\$15
Aug 3	5-12	Musical Madness	9:00 am - 4:00 pm	Sheet Harbour	206314	\$16
Aug 4	5-12	Boot Camp	9:00 am - 4:00 pm	Sheet Harbour	206316	\$16
Aug 5	5-12	Lost in Space	9:00 am - 4:00 pm	Sheet Harbour	206317	\$16
Aug 10	5-12	Creepy, Crawly, Wild, Weird	9:00 am - 4:00 pm	Sheet Harbour	206319	\$16
Aug 11	5-12	Xtreme Sports	9:00 am - 4:00 pm	Sheet Harbour	206322	\$16
Aug 12	5-12	Crazy Carnival	9:00 am - 4:00 pm	Sheet Harbour	206318	\$16
Aug 16	5-12	Out & About	9:00 am - 4:00 pm	Sheet Harbour	206320	\$16
Aug 17	5-12	H2O To Go	9:00 am - 4:00 pm	Sheet Harbour	206321	\$16
Aug 18	5-12	Happy Hikes	9:00 am - 4:00 pm	Sheet Harbour	206306	\$16
Aug 19	5-12	Blast from the Past	9:00 am - 4:00 pm	Sheet Harbour	206235	\$16

