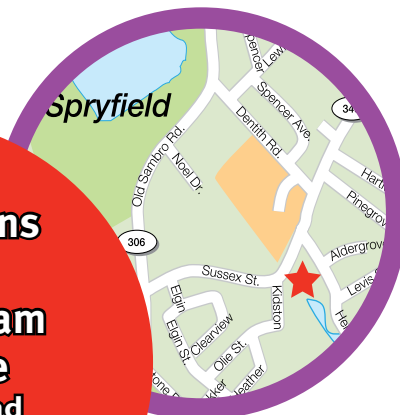


Springvale to Sambro

Springvale to Spryfield



**Spryfield Lions
Wave Pool
Captain William
Spry Centre**
10 Kidston Road
Telephone: 477-POOL (7665)
or 479-1111
Fax: 479-1177



PRESCHOOL

Preschooler Play

Age: 3 - 5

- 203060** Kiddie Korner
Tu 9:30 AM-11:30 AM
Start Date: Apr 6
Herring Cove Fire Hall
\$60 Classes: 10
- 203061** Aquatic Kiddie Korner
W 9:30 AM-11:30 AM
Start Date: Apr 7
Captain William Spry Community Centre
\$60 Classes: 10
- 203062** Kiddie Korner
Th 9:30 AM-11:30 AM
Start Date: Apr 8
Herring Cove Fire Hall
\$60 Classes: 10
- 203063** ABC & Me
F 9:30 AM-11:30 AM
Start Date: Apr 2
Captain William Spry Community Centre
\$60 Classes: 10

Child Sports Night

- Age: 6-8
203029 W 6:00 PM-7:00 PM
- Age: 9-11
203030 W 7:00 PM-8:00 PM
Start Date: Apr 14
William King Elementary
\$26 Classes: 8
- Age: 6-8
203022 Tu 6:00 PM-6:45 PM
- Age: 9-11
203023 Tu 6:45 PM-7:30 PM
Start Date: Apr 13
Harrietsfield Elementary
\$20 Classes: 8

Youth

Badminton

Age: 12 - 18

- 203028** W 6:15 PM-7:15 PM
Start Date: Apr 14
Herring Cove Junior High
Classes: 8

Hip Hop Dance

Age: 11 - 13

- 203056** Su 12:30 PM-2:00 PM
Start Date: Apr 18
Captain William Spry Community Centre
\$35 Classes: 6

Multi Media Club

Age: 10 - 13

- Explore video, sound recording and film making.
- 203053** Tu 6:00 PM-7:30 PM
Start Date: Apr 13
Captain William Spry Community Centre
\$20 Classes: 8

Weight Training

Age: 13 - 18

- 203099** Th 3:45 PM-4:45 PM
Start Date: Apr 22
Captain William Spry Community Centre
\$20 Classes: 6

Yoga

Age: 13 - 16

- 203103** Su 2:30 PM-3:30 PM
Start Date: Apr 11
Captain William Spry Community Centre
\$33 Classes: 10

Youth Leadership Program

Information Sessions

- 203104 Th 6:30 PM-7:30 PM
Start Date: Jun 10
Captain William Spry Community Centre
- 203106 Tu 6:30 PM-7:30 PM
Start Date: Jun 8
Captain William Spry Community Centre

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

Adult Badminton

- 203027 **Badminton**
W 7:30 PM-9:00 PM
Start Date: Apr 14
Herring Cove Junior High
\$41 Classes: 8

Fitness

Age: 50 & up

- 205619 **55+ fitness class**
Tu 1:30 PM-2:30 PM
Start Date: Apr 6
- 205620 Th 1:30 PM-2:30 PM
Start Date: Apr 8
- 205622 **Step**
Th 6:30 PM-7:30 PM
Start Date: Apr 8
- 205624 **Get Strong Fitness**
Tu 6:00 PM-7:00 PM
Start Date: Apr 6
Captain William Spry Community Centre
\$41 Classes: 10

Men's Sport Night

- 203057 M 9:00 PM-10:00 PM
Start Date: Apr 12
Elizabeth Sutherland School
\$27 Classes: 8

Nordic Walking

Learn the 7 steps of Nordic Walking - the latest trend hitting the Maritimes! This course will cover all aspects of technique. Did you know that Nordic walking burns more calories than walking? It also reduces stress to the knees and lower joints, strengthens upper body and creates resistance needed to build bone density. Dress appropriately for the outdoors! Meet at the Capt Spry foyer/Cunard Junior High. Warm up, stretches and training all done outdoors.

- 205636 W 6:00 PM-7:00 PM
Start Date: April 14
Captain William Spry Community Centre
\$25 Classes: 5
- 203058 Tu 6:00 PM-7:00 PM
Start Date: Apr 13
Cunard Junior High School
\$25 Classes: 5

Yoga

- 203100 Su 4:00 PM-5:30 PM
Start Date: Apr 11
Captain William Spry Community Centre
\$71 Classes: 10
- 203102 Su 4:00 PM-5:30 PM
Start Date: Jul 4
Captain William Spry Community Centre
\$43 Classes: 6



Camps

Children

Summer Camps

Date	Age	Title	Time	Location	Code	Fee
July 5-9	6-8	Summer Adventures	8:30 am - 4:00 pm	Capt Spry Centre	203075	\$85
July 12-16	6-8	Colours of the Rainbow	8:30 am - 4:00 pm	Capt Spry Centre	203076	\$85
July 19-22	6-8	Summer Adventures	8:30 am - 4:00 pm	Capt Spry Centre	203077	\$68
July 26-30	6-8	Super Heroes	8:30 am - 4:00 pm	Capt Spry Centre	203078	\$85
Aug 3-6	6-8	Summer Adventures	8:30 am - 4:00 pm	Capt Spry Centre	203079	\$68
Aug 9-13	6-8	Camp Rocks!	8:30 am - 4:00 pm	Capt Spry Centre	203080	\$85
Aug 16-20	6-8	Wet n'Wild	8:30 am - 4:00 pm	Capt Spry Centre	203081	\$85
Aug 23-27	6-8	Best of Summer Fun	8:30 am - 4:00 pm	Capt Spry Centre	203082	\$85

Summer Camps

Date	Age	Title	Time	Location	Code	Fee
July 5-9	9-12	Back in the Day	8:30 am - 4:00 pm	Capt Spry Centre	203083	\$85
July 12-16	9-12	Summer Adventures	8:30 am - 4:00 pm	Capt Spry Centre	203084	\$85
July 19-22	9-12	Community Explorers	8:30 am - 4:00 pm	Capt Spry Centre	203085	\$68
July 26-30	9-12	Summer Adventures	8:30 am - 4:00 pm	Capt Spry Centre	203086	\$85
Aug 3-6	9-12	Wacky Science	8:30 am - 4:00 pm	Capt Spry Centre	203087	\$68
Aug 9-13	9-12	Summer Adventures	8:30 am - 4:00 pm	Capt Spry Centre	203088	\$85
Aug 16-20	9-12	Wet n'Wild	8:30 am - 4:00 pm	Capt Spry Centre	203089	\$85
Aug 23-27	9-12	Best of Summer Fun	8:30 am - 4:00 pm	Capt Spry Centre	203090	\$85

Capt Spry Camps incorporate 3 days of swimming in the pool each week and camp cost covers outings and special guests.

***Please note no camps on Friday July 23th or Monday August 2nd

Please note extended hours available for above camps (for either camp age group) for a separate weekly fee and will cover time periods from 8:00am-8:30am and 4:00pm to 5:00pm, activity code J2CE, \$ 17/5 days, \$14/4 days..

Community Based Camps

Date	Age	Title	Time	Location	Code	Fee
July 5-9	6-12	Summer Adventures	8:30 am - 3:00 pm	Sambro Elementary	203031	\$75
July 12-16	6-12	Summer Adventures	8:30 am - 3:00 pm	William King Elementary	203032	\$75
July 26-30	6-12	Summer Adventures	8:30 am - 3:00 pm	Sambro Elementary	203034	\$75
Aug 3-6	6-12	Summer Adventures	8:30 am - 3:00 pm	William King Elementary	203035	\$60
July 19-22	7-9	Skateboarding Camp	8:30 am - 3:00 pm	Capt Spry Centre Sk8 Park	203033	\$80
Aug 9-13	10-12	Skateboarding Camp	8:30 am - 3:00 pm	Capt Spry Centre Sk8 Park	203036	\$100
Aug 16-20	7-9	Skateboarding Camp	8:30 am - 3:00 pm	Capt Spry Centre Sk8 Park	203037	\$100
Aug 23-27	10-12	Skateboarding Camp	8:30 am - 3:00 pm	Capt Spry Centre Sk8 Park	203038	\$100

**Please note no camps on July 23th or Monday Aug 2nd