

MUSQUODOBOIT VALLEY

Dutch Settlement to Dean

12046 Highway # 224, Middle Musquodoboit

Phone: 902.384.3008



Course Name	Age	Day	Time	Sessions	Course Location	Classes	Course Code	Cost	Date
Preschool									
Preschooler Play - Tumble Bugs	3-5	Tue	18:00	45	Carrolls Corner Community Centre	6	00007744	\$16.62	09-Apr-2019
Preschooler Play - Tumble Bugs	3-5	Thu	18:00	45	Musquodoboit Valley Education Centre	6	00007747	\$16.62	18-Apr-2019

Child									
Sport - Run, Jump, Roll	6-8	Tue	19:00	45	Carrolls Corner Community Centre	6	00007745	\$15.24	09-Apr-2019
Sports Ages- Soccer and Baseball	6-12	Wed	18:30	90	Musquodoboit Valley Education Centre	6	00007746	\$30.48	24-Apr-2019

Youth									

Adult									
Fitness - Belly Fit	18	Mon	19:00	60	Musquodoboit Valley Education Centre	6	00007752	\$25.56	08-Apr-2019
Fitness - Belly Fit	18	Wed	19:00	60	Musquodoboit Valley Education Centre	6	00007754	\$25.53	24-Apr-2019
Yoga	18	Thu	16:00	60	Musquodoboit Family Resource Centre	9	00007755	\$44.71	11-Apr-2019
Yoga	18	Tue	20:00	60	Carrolls Corner Community Centre	8	00008379	\$39.74	09-Apr-2019
Yoga- Gentle	18	Thu	9:30	60	St Andrews United Church	9	00007753	\$44.71	11-Apr-2019

Drop In Programs						
PROGRAM NAME	AGES	DAY	TIME	LOCATION	START DATE	COST
Children Open Gym	6-12	Mon	6:30 -8:00 p.m.	Musquodoboit Valley Education Centre	April 1, 2019	Free
Youth Open Gym	12-18	Tues	7:00 – 9:00 p.m.	Musquodoboit Rural High School	April 2, 2019	Free
Adult and Youth Open Gym	13+	Fri	7:00- 9:00 p.m.	Musquodoboit Rural High School	April 5, 2019	Free

Fitness Centre	14+	Mon	6:30- 9:00 p.m.	Musquodoboit Rural High School	April 1, 2019	Free
Fitness Centre	14+	Wed	6:30- 9:00 p.m.	Musquodoboit Rural High School	April 3, 2019	Free
Fitness Centre	14+	Fri	6:30- 9:00 p.m.	Musquodoboit Rural High School	April 5, 2019	Free
Walking Club	14+	Wed	6:30- 8:00 p.m.	Carroll's Corner Mastodon Trail	April 3, 2019	Free
Drop In Pickleball	18+	Thurs	7:00-8:30 p.m.	Musquodoboit Valley Education Centre	April 4, 2019	Free
Fit and Fab	12-18	Wed	3:00-5:00 p.m.	Musquodoboit Valley Education Centre	April 5, 2019	Free