

WINTER 2023

COLE HARBOUR/ LAWRENCETOWN

Cole Harbour Community Centre
1216 Cole Harbour Road
Phone: 902.490.4711



HALIFAX



COLE HARBOUR

Program Name	Age	Day	Start Time	Duration	Location	Sessions	Start Date	Code	Fee
PRECHOOL									
Ballet	3-5	M	5:00 PM	45 mins	Cole Harbour Recreation Centre	7	16-Jan	00062196	\$31.50
Ballet	3-5	M	6:00 PM	45 mins	Cole Harbour Recreation Centre	7	16-Jan	00062195	\$31.50
Gymnastics - Tumblebugs	3-5	W	4:30 PM	45 mins	Cole Harbour Recreation Centre	8	18-Jan	00062284	\$36.00
Gymnastics - Tumblebugs	3-5	W	5:30 PM	45 mins	Cole Harbour Recreation Centre	8	18-Jan	00062284	\$36.00
Gymnastics - Tumblebugs	3-5	W	6:30 PM	45 mins	Cole Harbour Recreation Centre	8	18-Jan	00062285	\$36.00
Soccer	3-5	Tu	6:00 PM	45 mins	Colby Village Elementary School	8	17-Jan	00062209	\$36.00
Little Sports	3-5	W	6:00 PM	45 mins	Cole Harbour District High School	8	18-Jan	00062286	\$36.00

CHILD									
Ballet	5-7	M	7:00 PM	45 mins	Cole Harbour Recreation Centre	7	16-Jan	00062197	\$31.50
March Break Camp	5-12	M	8:00 AM	8.5 hrs	Cole Harbour Recreation Centre	5	13-Mar	00062299	\$212.50
Cooking - Fun in the Kitchen	5-8	Tu	4:00 PM	1.5 hrs	Cole Harbour Recreation Centre	8	17-Jan	00062295	\$56.00
Cooking - Fun in the Kitchen	9-12	Tu	6:00 PM	1.5 hrs	Cole Harbour Recreation Centre	8	17-Jan	00062296	\$56.00
Basketball	5-7	Tu	6:00 PM	45 mins	Astral Drive Elementary School	7	17-Jan	00062203	\$31.50
Basketball	8-10	Tu	7:00 PM	45 mins	Astral Drive Elementary School	7	17-Jan	00062204	\$31.50
Basketball	5-7	W	6:00 PM	45 mins	Caldwell Road Elementary School	8	18-Jan	00062275	\$36.00
Basketball	8-10	W	7:00 PM	45 mins	Caldwell Road Elementary School	8	18-Jan	00062276	\$36.00
Soccer	6-8	Tu	7:00 PM	45 mins	Colby Village Elementary School	8	17-Jan	00062210	\$36.00
All Sorts of Sports	5-8	W	7:00 PM	45 mins	Cole Harbour District High School	8	18-Jan	00062287	\$36.00
Volleyball	7-9	W	6:00 PM	45 mins	Cole Harbour District High School	8	18-Jan	00062283	\$36.00
Home Alone Safety	9-11	Su	9:00 AM	7 hrs	Cole Harbour Recreation Centre	1	5-Mar	00063541	\$52.50
Home Alone Safety - Inservice Day	9-11	M	9:00 AM	7 hrs	Cole Harbour Recreation Centre	1	20-Mar	00064261	\$52.50

YOUTH									
Volleyball	10-12	W	7:00 PM	45 mins	Cole Harbour District High School	8	18-Jan	00062282	\$36.00
Basketball	14-17	W	8:00 PM	1 hr 15 mins	Cole Harbour District High School	8	18-Jan	00062277	FREE
Babysitter Training	11-16	Su	9:00 AM	7 hrs	Cole Harbour Recreation Centre	1	5-Feb	00063543	\$60.38
Inservice Day - Youth Emergency First Aid & CPR Level C	11-16	F	9:00 AM	7 hrs	Cole Harbour Recreation Centre	1	27-Jan	00064264	\$92.00

COLE HARBOUR

ADULT									
Oil Painting	18+	Sa	10:00 AM	2 hrs	Cole Harbour Recreation Centre	11	14-Jan	00062297	\$176.00
Emergency First Aid	18+	Su	9:00 AM	7 hrs	Cole Harbour Recreation Centre	1	26-Mar	00063542	\$80.00
Fitness - 50 + Fitness	18+	Tu	10:30 AM	45 mins	Cole Harbour Recreation Centre	11	10-Jan	00062205	\$52.03
Fitness - 50 + Fitness	18+	W	10:30 AM	45 mins	Cole Harbour Recreation Centre	11	11-Jan	00062278	\$52.03
Fitness - 50 + Fitness	18+	Th	9:15 AM	45 mins	Cole Harbour Recreation Centre	11	12-Jan	00062289	\$52.03
Fitness - Ball Fit	18+	Tu	9:15 AM	1 hr	Cole Harbour Recreation Centre	11	10-Jan	00062206	\$69.30
Fitness - Cardio Sculpt	18+	W	6:00 PM	1 hr	Cole Harbour Recreation Centre	11	11-Jan	00062279	\$69.30
Fitness Mix	18+	Tu	6:00 PM	1 hr	Cole Harbour Recreation Centre	11	10-Jan	00062208	\$69.30
Fitness Mix	18+	Th	7:00 PM	1 hr	Cole Harbour Recreation Centre	11	12-Jan	00062291	\$69.30
Fitness - Pilates	18+	M	6:30 PM	1 hr	Cole Harbour Recreation Centre	10	9-Jan	00062198	\$63.00
Fitness - Pilates	18+	Tu	9:15 AM	1 hr	Cole Harbour Recreation Centre	11	10-Jan	00062207	\$69.30
Fitness - Pilates	18+	Th	10:15 AM	1hr	Cole Harbour Recreation Centre	11	12-Jan	00062290	\$69.30
Fitness - Seated Pilates	18+	W	11:30 AM	1 hr	Cole Harbour Recreation Centre	11	11-Jan	00062280	\$69.30
Fitness - Weights & Abs	18+	W	7:15 PM	1 hr	Cole Harbour Recreation Centre	11	11-Jan	00062281	\$69.30
Fitness - Zumba	18+	M	7:45 PM	1 hr	Cole Harbour Recreation Centre	10	9-Jan	00062199	\$63.00
Fitness - Zumba Gold	18+	M	1:15 PM	1 hr	Cole Harbour Recreation Centre	10	9-Jan	00062202	\$47.30
Fitness - Zumba Gold	18+	F	10:15 AM	1 hr	Cole Harbour Recreation Centre	11	13-Jan	00062294	\$69.30
Tai Chi - 4 Week Fast Track	18+	Tu	2:45 PM	1hr	Cole Harbour Recreation Centre	4	14-Feb	00061432	\$25.18
Tai Chi - 4 Week Fast Track	18+	Th	1:30 AM	1hr	Cole Harbour Recreation Centre	4	16-Feb	00061433	\$25.18
Yoga	18+	Tu	11:00 AM	1 hr	Cole Harbour Recreation Centre	11	10-Jan	00062211	\$69.30
Yoga	18+	Th	10:30 AM	1 hr 15 mins	Cole Harbour Recreation Centre	11	12-Jan	00062292	\$86.68
Yoga - Gentle Yoga	18+	Tu	1:30 PM	1 hr	Cole Harbour Recreation Centre	11	10-Jan	00062212	\$69.30
Yoga - Restorative	18+	F	11:30 AM	1 hr 15 mins	Cole Harbour Recreation Centre	11	13-Jan	00062293	\$52.03
Yoga - Stability Ball Yoga	18+	M	12:00 PM	45 mins	Cole Harbour Recreation Centre	10	9-Jan	00062200	\$63.00
Yoga - Yang/Yin Yoga	18+	M	10:30 AM	1 hr 15 mins	Cole Harbour Recreation Centre	10	9-Jan	00062201	\$78.80
Yoga - Yin Yoga	18+	Tu	12:15 PM	1 hr	Cole Harbour Recreation Centre	11	10-Jan	00062213	\$69.30
Yoga - Yoga-Lates	18+	W	9:15 AM	1 hr	Cole Harbour Recreation Centre	11	11-Jan	00062288	\$69.30
Explore Your Trails - Salt Marsh Trail	16+	M	10:00 AM	2 hrs	Salt Marsh Trail	1	13-Feb	00062798	FREE

Please note that adult programs are +HST and senior discounts apply to clients 60 years of age and older.

COLE HARBOUR



PASSWORD ALERT!

To improve security for our users, our online registration platform will be changing its password requirements. Starting Nov. 16, 2022, the minimum password length to log into a MyRec account will be extended from eight to 10 characters.

New and existing users with passwords less than 10 characters will be required to change their password before logging into their MyRec account. Existing users with passwords of 10 or more characters are unaffected. For enhanced security, users are required to update their own password rather than seek assistance from recreation staff.

We urge all impacted users to change their password to 10 or more characters before the upcoming winter recreation programming registration on Dec. 7 and 8, 2022 or at the next available opportunity. To change your password, visit the account login page and follow the password reset instructions. Questions can be directed to your local recreation centre or call (902) 490.6666.