

COLE HARBOUR & LAWRENCETOWN

Cole Harbour Recreation Centre
1216 Cole Harbour Road Phone: 902.490.4711



| Course Name | Age | Day | Start Time | Minutes | Course Location | Sessions | Course Code | Start Time | Cost |
|-----------------------------------|-------|-----|------------|---------|---------------------------------------|----------|-------------|-------------|---------|
| Preschool | | | | | | | | | |
| Dance/Music/Drama | | | | | | | | | |
| Dance - Ballet | 3-5 | Mon | 17:00 | 40 | Cole Harbour Recreation Centre | 10 | 00005393 | 07-Jan-2019 | \$30.00 |
| Dance - Ballet | 3-5 | Mon | 17:45 | 40 | Cole Harbour Recreation Centre | 10 | 00005395 | 07-Jan-2019 | \$30.00 |
| Music - Music Kids | 3-5 | Thu | 12:30 | 45 | Cole Harbour Recreation Centre | 10 | 00005397 | 10-Jan-2019 | \$27.70 |
| Parent & Tot Music - Music Babies | 18m-3 | Thu | 11:30 | 45 | Cole Harbour Recreation Centre | 10 | 00005568 | 10-Jan-2019 | \$27.70 |
| Fitness/Wellness | | | | | | | | | |
| Yoga | 3-5 | Tue | 10:30 | 45 | Cole Harbour Recreation Centre | 10 | 00005581 | 08-Jan-2019 | \$25.40 |
| Sports | | | | | | | | | |
| Gymnastics - Tumblebugs | 3-5 | Wed | 17:30 | 45 | Cole Harbour Recreation Centre | 10 | 00005470 | 09-Jan-2019 | \$27.70 |
| Gymnastics - Tumblebugs | 3-5 | Wed | 18:30 | 45 | Cole Harbour Recreation Centre | 10 | 00005471 | 09-Jan-2019 | \$27.70 |
| Parent & Tot - Dance | 16m-3 | Mon | 09:00 | 45 | Cole Harbour Recreation Centre | 10 | 00005392 | 07-Jan-2019 | \$30.00 |
| Parent & Tot - Dance | 16m-3 | Mon | 10:00 | 45 | Cole Harbour Recreation Centre | 10 | 00005396 | 07-Jan-2019 | \$30.00 |
| Parent & Tot - Basketball | 3-4 | Mon | 18:30 | 30 | Eric Graves Memorial Junior High | 8 | 00005474 | 14-Jan-2019 | \$13.52 |
| Parent & Tot - Soccer | 3-4 | Mon | 18:00 | 30 | Eric Graves Memorial Junior High | 8 | 00005472 | 14-Jan-2019 | \$13.52 |
| Parent & Tot - Soccer | 3-4 | Tue | 18:30 | 30 | Colonel John Stuart Elementary School | 8 | 00005476 | 15-Jan-2019 | \$13.52 |
| Soccer | 4-5 | Tue | 17:30 | 45 | Colonel John Stuart Elementary School | 8 | 00005475 | 15-Jan-2019 | \$20.32 |
| Sports - Little Sports | 3-5 | Wed | 18:00 | 45 | Cole Harbour District High School | 8 | 00005479 | 16-Jan-2019 | \$20.32 |
| Sports - Little Sports | 3-5 | Sat | 09:00 | 45 | Astral Drive Junior High | 8 | 00005483 | 19-Jan-2019 | \$20.32 |

| Course Name | Age | Day | Start Time | Minutes | Course Location | Sessions | Course Code | Start Time | Cost |
|----------------------------------|-------|-----|------------|---------|-----------------------------------|----------|-------------|-------------|---------------------------|
| Child | | | | | | | | | |
| Art | | | | | | | | | |
| Arts & Crafts - Silly Science | 6-11 | Sat | 13:30 | 60 | Cole Harbour Recreation Centre | 10 | 00005335 | 12-Jan-2019 | \$33.90 |
| Dance/Music/Drama | | | | | | | | | |
| Dance - Ballet | 6-8 | Mon | 18:30 | 45 | Cole Harbour Recreation Centre | 10 | 00005394 | 07-Jan-2019 | \$30.00 |
| Drama - Broadway Kids | 6-10 | Sat | 12:30 | 60 | Cole Harbour Recreation Centre | 10 | 00005398 | 12-Jan-2019 | \$37.00 |
| Fitness/Wellness | | | | | | | | | |
| Yoga - Family Yoga | 3+ | Sat | 11:00 | 60 | Cole Harbour Recreation Centre | 10 | 00005431 | 12-Jan-2019 | \$49.70/ Child \$10 |
| Yoga - Yoga for Kids | 6-10 | Sat | 10:00 | 45 | Cole Harbour Recreation Centre | 10 | 00005429 | 12-Jan-2019 | \$24.30 |
| Sport | | | | | | | | | |
| Basketball | 5-11 | Fri | 18:30 | 45 | Atlantic View Elementary School | 8 | 00005484 | 18-Jan-2019 | \$20.32 |
| Basketball - Jr. NBA | 5-7 | Tue | 18:00 | 60 | Astral Drive Elementary School | 8 | 00005477 | 15-Jan-2019 | \$27.12 |
| Basketball | 7-9 | Tue | 19:00 | 60 | Astral Drive Elementary School | 8 | 00005478 | 15-Jan-2019 | \$27.12 |
| Floor Hockey | 10-12 | Wed | 19:00 | 45 | Caldwell Road Elementary School | 8 | 00005583 | 16-Jan-2019 | \$20.32 |
| Floor Hockey | 7-9 | Wed | 18:00 | 45 | Caldwell Road Elementary School | 8 | 00005482 | 16-Jan-2019 | \$20.32 |
| Sports - Run, Jump, Throw, Wheel | 5-8 | Wed | 18:00 | 45 | Cole Harbour District High School | 8 | 00005481 | 16-Jan-2019 | \$20.32 |
| Sports - All Sorts of Sports | 6-10 | Wed | 18:45 | 45 | Cole Harbour District High School | 8 | 00005480 | 16-Jan-2019 | \$20.32 |
| Volleyball | 6-8 | Mon | 18:00 | 45 | Caldwell Road Elementary School | 8 | 00005473 | 14-Jan-2019 | \$20.32 |
| Volleyball | 9-11 | Mon | 18:45 | 45 | Caldwell Road Elementary School | 8 | 00005569 | 14-Jan-2019 | \$20.32 |

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| Youth | | | | | | | | | |
| Fitness/Wellness | | | | | | | | | |
| Yoga - Girl on Fire | 12-17 | Tue | 18:15 | 60 | Cole Harbour Recreation Centre | 10 | 00005592 | 08-Jan-2019 | \$32.40 |

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| Adult | | | | | | | | | |
| Art | | | | | | | | | |
| Arts & Crafts - Knitting | 18 | Wed | 14:00 | 90 | Cole Harbour Recreation Centre | 10 | 00005333 | 09-Jan-2019 | \$63.80 |
| Oil Painting | 18 | Sat | 10:00 | 120 | Cole Harbour Recreation Centre | 10 | 00005334 | 12-Jan-2019 | \$85.10 |
| Fitness/Wellness | | | | | | | | | |
| Chair Yoga | 18 | Fri | 11:30 | 60 | Cole Harbour Recreation Centre | 10 | 00005584 | 11-Jan-2019 | \$49.70 |

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|---------------------------------------|-----|-----|------------|---------|--------------------------------|----------|-------------|-------------|---------|
| Fitness - 50+ Fitness | 18 | Tue | 10:30 | 45 | Cole Harbour Recreation Centre | 12 | 00005414 | 08-Jan-2019 | \$38.28 |
| Fitness - 50+ Fitness | 18 | Wed | 10:30 | 45 | Cole Harbour Recreation Centre | 12 | 00005420 | 09-Jan-2019 | \$38.28 |
| Fitness - 50+ Fitness | 18 | Thu | 09:15 | 45 | Cole Harbour Recreation Centre | 12 | 00005424 | 10-Jan-2019 | \$38.28 |
| Fitness - 50+ Fitness | 18 | Fri | 09:15 | 45 | Cole Harbour Recreation Centre | 12 | 00005427 | 11-Jan-2019 | \$38.28 |
| Fitness - Cardio Strength | 18 | Tue | 18:30 | 45 | Cole Harbour Recreation Centre | 12 | 00005416 | 08-Jan-2019 | \$38.28 |
| Fitness - Cardio Strength | 18 | Thu | 18:30 | 45 | Cole Harbour Recreation Centre | 12 | 00005425 | 10-Jan-2019 | \$38.28 |
| Fitness - CrossFit | 18 | Wed | 18:30 | 45 | Cole Harbour Recreation Centre | 12 | 00005422 | 09-Jan-2019 | \$38.28 |
| Fitness - Pilates | 18 | Mon | 18:30 | 45 | Cole Harbour Recreation Centre | 11 | 00005411 | 07-Jan-2019 | \$35.09 |
| Fitness - Pilates | 18 | Tue | 09:30 | 45 | Cole Harbour Recreation Centre | 12 | 00005412 | 08-Jan-2019 | \$38.28 |
| Fitness - Seated Pilates | 18 | Wed | 11:30 | 60 | Cole Harbour Recreation Centre | 12 | 00005421 | 09-Jan-2019 | \$51.12 |
| Fitness - Tai Chi - Long Form | 18 | Thu | 19:30 | 75 | Cole Harbour Recreation Centre | 10 | 00005486 | 10-Jan-2019 | \$53.10 |
| Fitness - Tai Chi - Returning Friends | 18 | Mon | 19:30 | 75 | Cole Harbour Recreation Centre | 10 | 00005485 | 07-Jan-2019 | \$53.10 |
| Fitness - Tai Chi Beginner | 18 | Thu | 18:15 | 60 | Cole Harbour Recreation Centre | 10 | 00005430 | 10-Jan-2019 | \$42.60 |
| Fitness - Yoga | 18 | Tue | 19:30 | 60 | Cole Harbour Recreation Centre | 10 | 00005417 | 08-Jan-2019 | \$49.70 |
| Fitness - Zumba | 18 | Mon | 19:30 | 60 | Cole Harbour Recreation Centre | 11 | 00005413 | 07-Jan-2019 | \$55.00 |
| Pilates | 18 | Thu | 10:15 | 60 | Cole Harbour Recreation Centre | 12 | 00005590 | 10-Jan-2019 | \$51.12 |
| Yoga | 18 | Thu | 10:30 | 75 | Cole Harbour Recreation Centre | 12 | 00005426 | 10-Jan-2019 | \$74.52 |
| Yoga - Vinyasa Flow | 18 | Wed | 18:00 | 60 | Astral Drive Junior High | 8 | 00005586 | 16-Jan-2019 | \$39.76 |
| Yoga - Yang/Yin Yoga | 18 | Mon | 10:30 | 75 | Cole Harbour Recreation Centre | 11 | 00005410 | 07-Jan-2019 | \$68.31 |
| Yoga - Yin Yoga | 18 | Tue | 12:45 | 60 | Cole Harbour Recreation Centre | 12 | 00005418 | 08-Jan-2019 | \$59.64 |
| Yoga - Yoga Basics | 18 | Tue | 11:30 | 60 | Cole Harbour Recreation Centre | 12 | 00005415 | 08-Jan-2019 | \$59.64 |
| Yoga - Yoga-Lates | 18 | Wed | 09:15 | 60 | Cole Harbour Recreation Centre | 12 | 00005419 | 09-Jan-2019 | \$59.64 |
| Zumba - Adapted Zumba | 18 | Wed | 19:00 | 45 | Astral Drive Junior High | 8 | 00005585 | 16-Jan-2019 | \$40.00 |
| Zumba - Zumba Gold | 18 | Fri | 10:15 | 60 | Cole Harbour Recreation Centre | 12 | 00005428 | 11-Jan-2019 | \$60.00 |