



FALL 2017 & WINTER 2018

Recreation Program Catalogue

Fall registration | August 16 & 17
Winter registration | November 8 & December 13



Free Fun

Look in this catalogue for your preferred recreation centre and join in on free programming offered in your community.

Try something new or enjoy an old favorite. Halifax Recreation has a program for you. Here are some of our great options:

- Open Gyms
- Swimming
- Volleyball
- Skating
- Washer Toss
- Basketball
- Gym Walks
- Youth Night
- Arts & Crafts
- Badminton
- Roller Blading
- Tennis
- Nordic Walks
- Events
- Snowshoeing

Please look for exact times and venues throughout the upcoming pages as well as online at halifax.ca/recreation

REGISTRATION INFORMATION ON PAGE 107

Fall Registration | 10 a.m.
August 16 & 17

Winter Registration | 10 a.m.
November 8 & December 13

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CONTACT

halifax.ca/recreation

902.490.6666

🐦 @hfxrec

HALIFAX RECREATION

Strives to enrich the lives of residents & create vibrant communities by providing inclusive, affordable & accessible recreation services, facilities, & programs.

Our recreation programs & services aim to:

- Reflect the uniqueness & character of our communities & neighborhoods
- Offer accessible, inclusive & affordable programs & services
- Promote well-being & active lifestyles
- Emphasize priority groups like children, youth & neighborhoods



Due to the advanced printing of this catalogue, some information may have changed. For the most up-to-date information on program offerings, visit halifax.ca/RecConnect or contact your local recreation centre.

Please note all courses are introductory level unless otherwise stated.

Fall Programs

STARTING IN
SEPTEMBER

Winter Programs

STARTING IN
JANUARY

EVERY CHILD DESERVES A HIGH FIVE®

HIGH FIVE® is based on five Principles of healthy child development that are essential for quality programs. This foundation comes from extensive research into what constitutes quality experiences for children, and the practical application of our Principles in programs across Canada.



The five Principles of healthy child development are:

A Caring Adult: The existence of a caring adult who provides supportive relationships is the one key attribute that stood out in defining quality programs for children. The establishment of caring, positive, and supportive relationships with adults can help children 6 to 12 develop positive social skills, self-esteem, and self-confidence. A program's quality is dependent upon effective interactions between staff and youth within the environment that staff creates.

Friends: Positive peer interaction is a key component of effective programs. Friends expand the child's world beyond one's family; share in humour; test loyalty; form their first audience; and offer support and criticism. Positive environments foster inclusion, acceptance, the opportunity for fun in constructive play, and the opportunity to develop and practice pro-social skills.

Participation: Children need to make choices, have a voice, and do things by and for themselves, which supports positive self-expression, physical activity, and interaction with others.

Play: Stressing fun, creativity, and co-operation, play lets children shape their environment using their imaginations. In addition, play is integral to the acquisition and development of motor and social skills, cognitive function, and creativity.

Mastery: Mastering new skills is a key way for children to develop self-esteem & a positive identity. Quality programs help children develop their unique

The best way to play™

For more information visit highfive.org



Non-Competitive
Multi-Sport
Instruction for
Kids

ISLEVILLE | BEDFORD HAMMONDS PLAINS | TALLAHASSEE | LAKESIDE | GORDON SNOW

The leading provider in Canada of non-competitive sports instruction for children ages 16 months to 12 years is now available at HRM Recreation facilities

Sportball Junior (16-24 mos) | Parent & Child (2-3) | Multi-Sport (3-5, 6-8)

Birthday Parties (2-12)

HOCKEY | SOCCER | TENNIS | BASEBALL | BASKETBALL | VOLLEYBALL | GOLF | FOOTBALL

WWW.SPORTBALL.CA/NOVA-SCOTIA

902-478-1115 | NOVA_SCOTIA@SPORTBALL.CA

Sportball
Sports instruction for kids



HALIFAX



Bedford-Hammonds Plains Community Centre

Program Name	Age	Day	Time	Date	Classes	Code	Fee
Multi-Sport Indoor	3-5	Su	2:30PM-3:30PM	Oct 15	8	402138	\$65
Parent & Child Multi-Sport Indoor	16m-2	Su	3:45 PM-4:30PM	Oct 15	8	402136	\$65
Parent & Child Multi-Sport Indoor	2-3	Su	4:30PM-5:15PM	Oct 15	8	402137	\$65
Parent & Child Multi-Sport Indoor	16m-2	M	9:00AM-9:45AM	Oct 16	8	402127	\$65
Parent & Child Multi-Sport Indoor	2-3	M	10:00AM-10:45AM	Oct 16	8	402128	\$65
Multi-Sport Indoor	3-5	M	11:00AM-12:00PM	Oct 16	8	402129	\$65
Parent & Child Multi-Sport Indoor	2-3	Th	4:00PM-4:45PM	Oct 19	8	402130	\$65
Multi-Sport Indoor	3-5	Th	5:00PM-5:45PM	Oct 19	8	402131	\$65
Multi-Sport Indoor	6-8	Th	5:45PM-6:45PM	Oct 19	8	402132	\$65
Parent & Child Multi-Sport Indoor	16m-2	F	9:30AM-10:15AM	Oct 20	8	402133	\$65
Parent & Child Multi-Sport Indoor	2-3	F	10:30AM-11:15AM	Oct 20	8	402134	\$65
Multi-Sport Indoor	3-5	F	11:30AM-12:30PM	Oct 20	8	402135	\$65
Parent & Child Multi-Sport Indoor	16m-2	M	9:00AM-9:45AM	Jan 8	8	402139	\$65
Parent & Child Multi-Sport Indoor	2-3	M	10:00AM-10:45AM	Jan 8	8	402140	\$65
Multi-Sport Indoor	3-5	M	11:00AM-12:00PM	Jan 8	8	402141	\$65
Parent & Child Multi-Sport Indoor	2-3	Th	4:00PM-4:45PM	Jan 11	8	402142	\$65
Multi-Sport Indoor	3-5	Th	5:00PM-5:45PM	Jan 11	8	402143	\$65
Multi-Sport Indoor	6-8	Th	5:45PM-6:45PM	Jan 11	8	402144	\$65
Parent & Child Multi-Sport Indoor	16m-2	F	9:30AM-10:15AM	Jan 12	8	402145	\$65
Parent & Child Multi-Sport Indoor	2-3	F	10:30AM-11:15AM	Jan 12	8	402146	\$65
Multi-Sport Indoor	3-5	F	11:30AM-12:30PM	Jan 12	8	402147	\$65
Multi-Sport Indoor	3-5	Sa	2:30 PM-3:30PM	Jan 14	8	407606	\$65
Parent & Child Multi-Sport Indoor	16m-2	Sa	3:45 PM-4:30PM	Jan 14	8	402148	\$65
Parent & Child Multi-Sport Indoor	2-3	Sa	4:30PM-5:15PM	Jan 14	8	402149	\$65

Lakeside Community Centre

Program Name	Age	Day	Time	Date	Classes	Code	Fee
Parent & Child Multi-Sport Indoor	16m-2	W	9:30AM-10:15AM	Oct 18	8	408080	\$65
Parent & Child Multi-Sport Indoor	2-3	W	10:30AM-11:15AM	Oct 18	8	408081	\$65
Multi-Sport Indoor	3-5	W	11:30AM-12:30PM	Oct 18	8	408082	\$65
Parent & Child Multi-Sport Indoor	16m-2	W	9:30AM-10:15AM	Jan 10	8	408083	\$65
Parent & Child Multi-Sport Indoor	2-3	W	10:30AM-11:15AM	Jan 10	8	408084	\$65
Multi-Sport Indoor	3-5	W	11:30AM-12:30PM	Jan 10	8	408085	\$65

Additional programs and locations available. Visit RecConnect to view a complete list of Sportball programs.

Tallahassee Recreation Centre

Program Name	Age	Day	Time	Date	Classes	Code	Fee
Parent & Child Multi-Sport Indoor	16m-2	Sa	11:15AM-12:00PM	Oct 14	8	402409	\$65
Parent & Child Multi-Sport Indoor	2-3	Sa	12:15PM-1:00PM	Oct 14	8	402413	\$65
Multi-Sport Indoor	3-5	Sa	1:00PM-2:00PM	Oct 14	8	402411	\$65
Multi-Sport Indoor	5-8	M	2:15PM-3:15PM	Oct 16	8	402414	\$65
Parent & Child Multi-Sport Indoor	16m-2	M	3:30PM-4:15PM	Oct 16	8	402410	\$65
Parent & Child Multi-Sport Indoor	2-3	M	4:15PM-5:00PM	Oct 16	8	402412	\$65
Multi-Sport Indoor	3-5	M	5:00PM-6:00PM	Oct 16	8	402415	\$65
Parent & Child Multi-Sport Indoor	16m-2	Sa	11:15AM-12:00PM	Jan 13	8	406170	\$65
Parent & Child Multi-Sport Indoor	2-3	Sa	12:15PM-1:00PM	Jan 13	8	406171	\$65
Multi-Sport Indoor	3-5	Sa	1:00PM-2:00PM	Jan 13	8	406172	\$65
Multi-Sport Indoor	5-8	M	2:15PM-3:15PM	Jan 8	8	406177	\$65
Parent & Child Multi-Sport Indoor	16m-2	M	3:30PM-4:15PM	Jan 8	8	406178	\$65
Parent & Child Multi-Sport Indoor	2-3	M	4:15PM-5:00PM	Jan 8	8	406183	\$65
Multi-Sport Indoor	3-5	M	5:00PM-6:00PM	Jan 8	8	406184	\$65

Isleville Centre

Program Name	Age	Day	Time	Date	Classes	Code	Fee
Multi-Sport Indoor	6-8	Sa	2:00PM-3:00PM	Oct 14	8	406143	\$65
Multi-Sport Indoor	3-5	Sa	3:00PM-4:00PM	Oct 14	8	406144	\$65
Parent & Child Multi-Sport Indoor	2-3	Sa	4:15PM-5:00PM	Oct 14	8	406145	\$65
Parent & Child Multi-Sport Indoor	2-3	Sa	5:00PM-5:45PM	Oct 14	8	406146	\$65
Multi-Sport Indoor	6-8	Sa	2:00PM-3:00PM	Jan 13	8	406155	\$65
Multi-Sport Indoor	3-5	Sa	3:00PM-4:00PM	Jan 13	8	406156	\$65
Parent & Child Multi-Sport Indoor	2-3	Sa	4:15PM-5:00PM	Jan 13	8	406150	\$65
Parent & Child Multi-Sport Indoor	2-3	Sa	5:00PM-5:45PM	Jan 13	8	406151	\$65
Parent & Child Multi-Sport Indoor	16m-2	Su	9:00AM-9:45AM	Jan 14	8	406140	\$65
Parent & Child Multi-Sport Indoor	2-3	Su	10:00AM-10:45AM	Jan 14	8	406141	\$65
Parent & Child Multi-Sport Indoor	2-3	Su	11:00AM-12:00PM	Jan 14	8	406152	\$65
Multi-Sport Indoor	3-5	Su	12:15PM-1:15PM	Jan 14	8	406142	\$65

George Dixon Community Centre

Program Name	Age	Day	Time	Date	Classes	Code	Fee
Parent & Child Multi-Sport Indoor	16m-2	Th	9:30AM-10:15AM	Oct 19	8	406147	\$65
Parent & Child Multi-Sport Indoor	2-3	Th	10:15AM-11:00AM	Oct 19	8	406148	\$65
Multi-Sport Indoor	3-5	Th	11:00AM-12:00PM	Oct 19	8	406149	\$65
Parent & Child Multi-Sport Indoor	16m-2	Th	9:30AM-10:15AM	Jan 11	8	406157	\$65
Parent & Child Multi-Sport Indoor	2-3	Th	10:15AM-11:00AM	Jan 11	8	406158	\$65
Multi-Sport Indoor	3-5	Th	11:00AM-12:00PM	Jan 11	8	406159	\$65

Gordon R. Snow Community Centre

Program Name	Age	Day	Time	Date	Classes	Code	Fee
Parent & Child Multi-Sport Indoor	16m-2	F	10:00AM-10:45AM	Oct 20	8	407981	\$65
Parent & Child Multi-Sport Indoor	2-3	F	11:00 AM-11:45AM	Oct 20	8	407984	\$65
Multi-Sport Indoor	3-5	F	12:00 PM-1:00PM	Oct 20	8	407985	\$65
Parent & Child Multi-Sport Indoor	16m-2	F	10:00AM-10:45AM	Jan 12	8	407986	\$65
Parent & Child Multi-Sport Indoor	2-3	F	11:00 AM-11:45AM	Jan 12	8	407987	\$65
Multi-Sport Indoor	3-5	F	12:00 PM-1:00PM	Jan 12	8	407988	\$65



Stay active with Sportball
this **Fall** and **Winter!**



ONE REGISTRATION 8 SPORTS • PARENT PARTICIPATION AND DROP OFF PROGRAMS
PRESCHOOL AGES (16-24MO, 2-3YR, 3-5YR)

Sportball's multi-sport curriculum helps children develop socially as well as physically through a range of sports-related activities and skills designed to reinforce self-confidence, free from the pressure of competition. Developed for children from 16 months to 12 years of age, our programs introduce children to the fundamental concepts and skills directly related to eight different ball sports while delivering a high-energy and fun-filled experience for our families. Through research and development and the process of continuous learning, our evolving methodology sets the stage for a lifetime of healthy, active living.

[instagram.com/sportballatl](https://www.instagram.com/sportballatl)

[facebook.com/sportballatl](https://www.facebook.com/sportballatl)

twitter.com/sportballatlcan

FOR MORE INFO

VISIT **SPORTBALL.CA**

902-478-1115 | NOVASCOTIA@SPORTBALL.CA



Funding Access Application

Working to provide recreation opportunities to children, youth and adults in financial need.

(Individuals are eligible for support for ONE program per season, pertaining to Fall/Winter/Spring seasons. Please note that some programs may be excluded.)

If Applicable PARENT / GUARDIAN'S NAME (FIRST AND LAST NAME)		PHONE
PARTICIPANT MAILING ADDRESS (INCLUDE CITY/PROVINCE/POSTAL CODE)	FAMILY	
		SINGLE PARENT
		DUAL PARENTS
		# OF CHILDREN UNDER 18

PARTICIPANT NAME (FIRST AND LAST NAME)	AGE	DATE OF BIRTH (DD/MM/YY)
PROGRAM NAME AND CODE	RECREATION CENTRE	
REGISTRATION COST	START DATE	

FINANCIAL INFORMATION

Proof of financial need must accompany application form. You must include one of the following:

A. Proof of total family income (Notice of Assessment) -
Approval is based on Statistics Canada's Low Income Cut-offs.

B. Letter or stamp from the Department of Community Services

Signature: _____

Department of Community Services Stamp

ADULT PARTICIPANT / PARENT / GUARDIAN SIGNATURE	DATE

Funding Access Application Guidelines

This application form is for all Recreation Programs (excluding Sportball) in the Halifax Recreation Catalogue.

- ☐ All individuals must be residents of the Halifax Regional Municipality to be eligible.
- ☐ *The Funding Access Program does not reimburse individuals who have already paid. If you have already paid, you can apply for assistance for another season.
- ☐ *HRM Parks, Recreation and Communities has the right to limit access when necessary"

FOR OFFICE USE ONLY:
DATE RECEIVED:
PROCESSED BY:
TOTAL COST OF PROGRAM:

Please allow 2-3 weeks to process an application.

Drop Off your application/financials at the HRM Recreation Facility closest to you.

For questions concerning your application, please email: RecKids@halifax.ca

Use of Personal Information

In accordance with Section 485 of the Municipal Government Act (MGA), the personal information collected on this form will only be used by staff for purposes relating to the administration of the Access Program, including releasing necessary information to program providers. If you have any questions about the collection and use of this information, please contact the Access and Privacy Office at 902.490.4390 or accessandprivacy@halifax.ca.

FRM-009

PHYSICAL LITERACY

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

- The International Physical Literacy Association, May 2014



Physical activity is a lot more fun when we're physically literate. If we want children to be active for life, they need to develop physical literacy at a young age.

Halifax Recreation values physical health and mental well-being for all. We are aligning our program service delivery standards to physical literacy, long-term athlete/participant development and HIGH FIVE® to give residents the best opportunity for health and well-being. Halifax Regional Municipality is offering a number of programs that promote physical literacy. See below for program descriptions.



- Run Jump Throw Wheel (RJTW) is a national program developed by Athletics Canada that teaches fundamental movement skills and develops physical literacy.
- Using track and field inspired games, activities and skill challenges lead by instructors specifically trained to teach the fundamentals of running, jumping, throwing and wheeling (for children in wheelchairs).



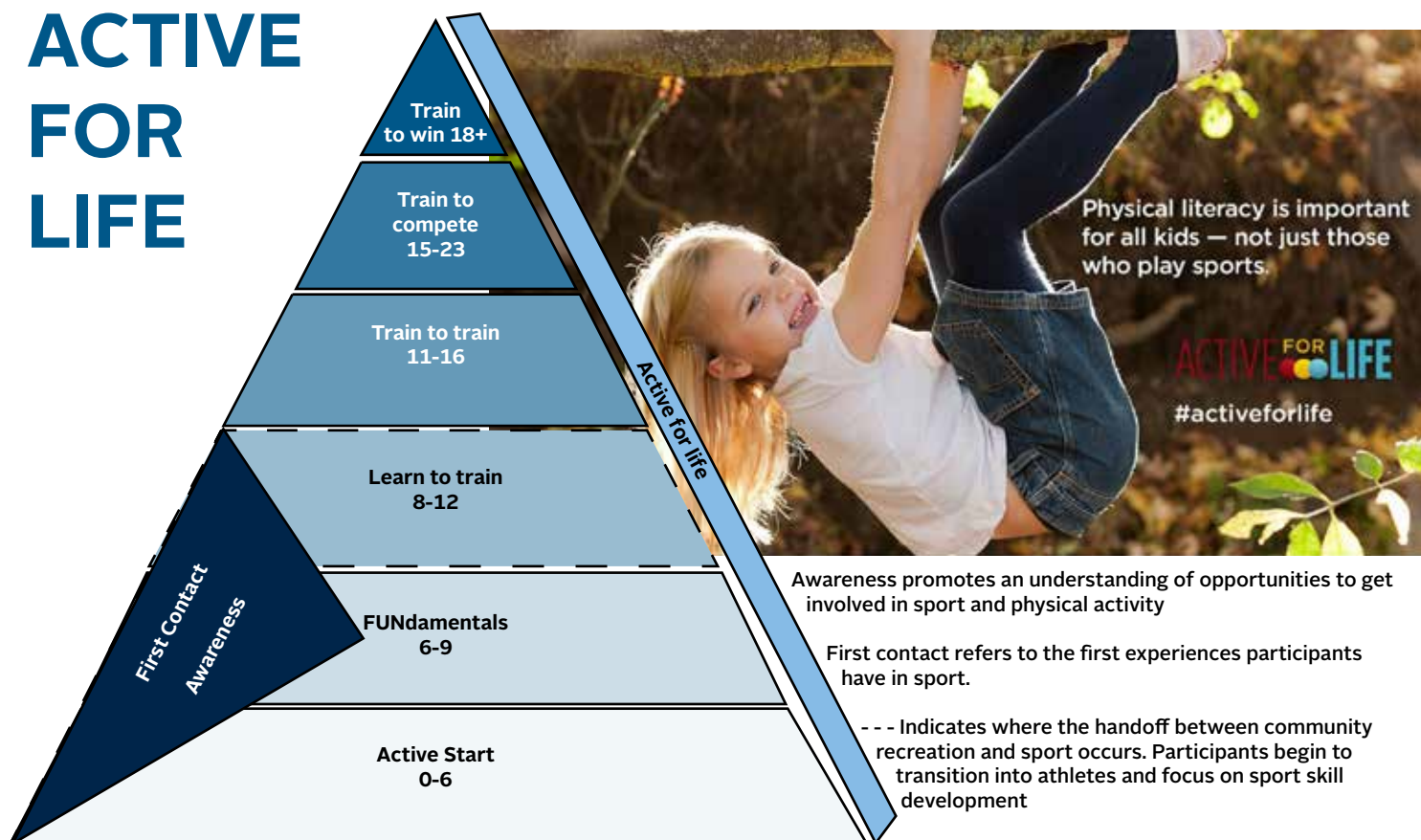
- Tumblebugs is an introductory program for basic movement and modified gymnastics that is fun, safe, inclusive and developmentally appropriate for 3 ½ to 5-year-old children in early childhood settings.
- Tumblebugs is about fundamental movement skills that support healthy growth and development, and improve physical literacy.



- Jr. NBA Rookie Division is an entry-level basketball program for young children 5 to 7 years old
- Provides a fun, active and healthy learning environment
- The Jr. NBA program is a 12 week program that runs once a week for 45 minutes
- Created in alliance with Canadian Sport 4 Life/Long Term Athlete Development initiatives.
- Aligned with Canada Basketball's Developmental Pathway
- Curriculum has been developed by NBA Basketball Operations and a team of experts in child development and physical literacy, and basketball fundamentals
- Games will be modified to be age-appropriate, simple and fun
- **Participants will receive a size-appropriate Spalding® Rookie Gear Basketball and NBA team branded t-shirt**



ACTIVE FOR LIFE



	WHERE	LEADERS	TRAINING	COMPETITION
Active for life	Municipal Recreation, Sport Clubs/Programs	N/A	N/A	N/A
Train to win	Post-Secondary Institutions, National Sport Organizations, Training Centres, Professional Sport	Professional Coaches, Integrated support teams	Regular structured practice, planned & periodization schedule, focus on 1 sport, Sport and position specific technical & tactical training	Selective, planned, 25% training to 75% actual competition and competition specific training
Train to compete	Schools, post-secondary Institutions, Provincial Sport Organizations, National Sport Organizations	Teachers, Volunteer & Professional Coaches, Sport Science, medicine & nutritional consultants	Regular structured practice, planned and periodization schedule, focus on 1 sport	Regular, 40% training to 60% actual competition and competition specific training
Train to train	Schools, Municipal Recreation, Provincial Sport Organizations	Teachers, Recreation Leaders, Volunteer & Professional Coaches	Regular structured practice, seasonal activities, more than 1 sport, sport-specific skill development	Regular, 60% training to 40% competition
Learn to train	Schools, Municipal Recreation, Community Sport Organizations, Home	Parents, Teachers, Recreation Leaders, Volunteer Coaches	Regular practice, seasonal activities, multiple sports, overall sport skills development	Occasional, 70% training to 30% competition
FUNDamentals	Schools, Municipal Recreation, Community Sport Organizations, Home	Parents, Teachers, Recreation Leaders, Volunteer Coaches	Unstructured & structured play, short seasons, multiple activities, overall movement skills	Minimal, all activity is FUN based
Active Start	Home, Day care, Pre-School programs, Municipal Recreation	Parents, Teachers, Day care providers	None; focus on basic movements	None



ADAPTED EQUIPMENT

A variety of adapted equipment is available for use at the Emera Oval and at local pools to support individuals of all ages and abilities to be physically active.

Adapted programming is currently being offered by a variety of the Recreation Facilities:

Circle of Friends (Youth) Locations: Cole Harbour, Musquodoboit, Chocolate Lake, Gordon R. Snow in Fall River

Adapted Zumba Classes (Children) Locations: Cole Harbour, Bedford/Hammonds Plains

Adapted Swim Lessons (Children); Locations: Captain Spry Center Pool & Sackville Sports Stadium

Assisted Family Swim (All Ages); Location: Sackville Sports Stadium

All Bodies Swims (13yrs and over): Location: Needham Pool

Female Only Swims (All ages): Location: Needham Pool

Halifax Recreation has partnered with the Nova Scotia Special Olympics to offer Fundamental & Active Start programs which promote the development of physical literacy skills for children & youth in the following locations: Gordon R. Snow Community Centre, Findlay Community Centre, Chocolate Lake Community Centre.

Halifax Regional Municipality has also partnered with Easter Seals Nova Scotia to offer a Learn to Sledge program at the BMO Centre in Hammonds Plains for children and youth which is supported by the LeBrun Community Centre in Bedford.





INCLUSION SUPPORT

Halifax Recreation invites individuals of all abilities to participate in our recreation and leisure programs. The municipality values inclusion and we strive to ensure that our programs are inclusive and welcoming to all.

We realize that some of our citizens will require assistance to participate, so we provide support via adaptive equipment, program modification and/or through providing a support staff if necessary, when resources are available.

The Inclusion Process:

Step 1. Select a program of interest to you.

Step 2. Register by phone 902.490.6666 or in person at your local community recreation centre or online at halifax.ca/recreation

- If registering in person or by phone, you will be registered at 100% awaiting approval of the availability of supports. Staff will notify the Coordinator responsible for the program within 24 hrs of the registration request and the Coordinator will follow up directly with the participant/parent/caregiver within at least 5 days of their registration to arrange an intake meeting.
- If registering on line through RecConnect, please ensure you contact the community recreation centre directly where the participant will be attending to notify the Coordinator that he/she will require support to participate. This should be done no later than 24 hours after registering on line to ensure supports can be put in place.
- If registering for an aquatics program, please contact the Aquatic Specialist directly at your local pool prior to registration to arrange and ensure inclusion supports are available.

Step 3. The Coordinator will follow up to arrange a meeting, so together you will be able to determine appropriate supports and modifications necessary for participation based on available resources. We encourage participants/parents/caregivers to play a key role in supporting the inclusion process to ensure a positive recreation experience. This will further ensure that the program modifications, supports and training of support staff are appropriate to provide a fun and enjoyable recreation experience. Once supports have been arranged, program fees will be charged to your account.

Step 4. If necessary, a program orientation will be arranged to further support a meaningful recreation experience. For additional information on Inclusion Services check out online halifax.ca/index.php/recreation/programs-activities/programs-registration
If you require information on additional recreation and leisure opportunities offered in the community, please refer "The PlayBook" at halifax.ca/sites/default/files/documents/recreation/programs-activities/InclusivityPlayBook2017.pdf



Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

BEDFORD & HAMMONDS PLAINS

LeBrun Centre

36 Holland Avenue Phone: 902.490.4665

Bedford-Hammonds Plains Community Centre

202 Innovation Drive Phone: 902.490.4238

BEDFORD & HAMMONDS PLAINS

Preschool

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Creative Movement	3-5	Tu	4:00PM-4:45PM	BHPCC	Sep 12	10	402094 \$30
	Creative Movement	3-5	Tu	4:45PM-5:30PM	BHPCC	Sep 12	10	402095 \$30
	Creative Movement	3-4	Sa	9:30AM-10:15PM	BHPCC	Sep 16	10	402096 \$30
	Pre Ballet	3-5	M	5:45PM-6:30PM	LeBrun Centre	Sep 11	10	401954 \$30
	Pre Ballet	3-5	Sa	9:00AM-9:45AM	LeBrun Centre	Sep 16	10	401955 \$30
	Pre Ballet	3-5	Sa	12:30PM-1:15PM	LeBrun Centre	Sep 16	10	401956 \$30
	Introduction to Dance	3-5	M	5:00PM-5:45PM	LeBrun Centre	Sep 11	10	401960 \$30
	Introduction to Dance	3-5	Sa	9:45AM-10:30AM	LeBrun Centre	Sep 16	10	401961 \$30
	Introduction to Dance	3-5	Sa	11:30AM-12:15PM	LeBrun Centre	Sep 16	10	401962 \$30
	Hip Hop	4-5	Th	4:45PM-5:30PM	BHPCC	Sep 14	10	402092 \$30
Parent & Tot	Gym Time!	18m-4	Tu	9:30AM-10:30AM	BHPCC	Sep 19	10	402100 \$28
	Gym Time!	18m-4	Tu	10:45AM-11:45AM	BHPCC	Sep 19	10	402101 \$28
	Parent & Tot Yoga	1-4	Sa	9:30AM-10:15AM	BHPCC	Sep 16	10	402102 \$28
	Parent & Tot Playtime	18m-3	M	9:15AM-11:15AM	LeBrun Centre	Sep 11	10	401966 \$56
	Parent & Tot Playtime	18m-3	W	9:15AM-11:15AM	LeBrun Centre	Sep 13	10	401967 \$56
Preschooler Play	ABC & Me	3-5	M,W,F	9:00AM-11:30AM	BHPCC	Sep 11	36	402106 \$306
	ABC & Me	3-5	Tu,Th	9:00AM-11:30AM	LeBrun Centre	Sep 12	24	401970 \$204
	ABC & Me	3-4	Tu,Th	9:00AM-11:30AM	BHPCC	Sep 12	24	402107 \$204
Sports & Fitness	Basketball	4-5	F	5:00PM-5:30PM	BHPCC	Sep 15	10	402088 \$17
	Basketball	4-5	F	5:30PM-6:00PM	BHPCC	Sep 15	10	402089 \$17
	Kindersport	3-4	Tu	4:30PM-5:15PM	Basinview School	Sep 12	10	401950 \$26
	Kindersport	3-4	Tu	5:15PM-6:00PM	Basinview School	Sep 12	10	401951 \$26
	Tumblebugs	3-4	Su	1:00PM-1:45PM	BHPCC	Sep 17	10	407746 \$28

	Tumblebugs	4-5	Su	2:00PM-2:45PM	BHPCC	Sep 17	10	407747	\$28
	Run, Jump & Roll	3-5	M	4:00PM-4:45PM	LeBrun Centre	Sep 11	10	401972	\$28
	Run, Jump & Roll	3-5	M	5:00PM-5:45PM	LeBrun Centre	Sep 11	10	401973	\$28
	Run, Jump & Roll	3-5	Th	4:00PM-4:45PM	LeBrun Centre	Sep 14	10	401974	\$28
	Run, Jump & Roll	3-5	Th	4:45PM-5:30PM	LeBrun Centre	Sep 14	10	401975	\$28
	Little Kickers	3-4	Th	6:00PM-6:30PM	Basinview School	Sep 28	10	401979	\$17
	Little Kickers	3-4	Th	6:00PM-6:30PM	Basinview School	Sep 28	10	401980	\$17
	Little Kickers	3-4	Th	6:30PM-7:00PM	Basinview School	Sep 28	10	401981	\$17
	Little Kickers	3-4	Th	6:30PM-7:00PM	Basinview School	Sep 28	10	401982	\$17
	Little Kickers	3-4	Sa	9:00AM-9:30AM	LeBrun Centre	Sep 16	10	401983	\$17
	Little Kickers	3-4	Sa	9:30AM-10:00AM	LeBrun Centre	Sep 16	10	401984	\$17
	Soccer	3-4	M	4:00PM-4:30PM	BHPCC	Sep 11	10	402110	\$17
	Soccer	3-4	M	4:30PM-5:00PM	BHPCC	Sep 11	10	402111	\$17
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Creative Movement	3-5	Tu	4:00PM-4:45PM	BHPCC	Jan 9	8	402097	\$24
	Creative Movement	3-5	Tu	4:45PM-5:30PM	BHPCC	Jan 9	8	402098	\$24
	Creative Movement	3-5	Sa	9:30AM-10:15PM	BHPCC	Jan 13	8	402099	\$24
	Pre Ballet	3-5	M	5:45PM-6:30PM	LeBrun Centre	Jan 8	8	401957	\$24
	Pre Ballet	3-5	Sa	9:00AM-9:45AM	LeBrun Centre	Jan 13	8	401958	\$24
	Pre Ballet	3-5	Sa	12:30PM-1:15PM	LeBrun Centre	Jan 13	8	401959	\$24
	Introduction to Dance	3-5	M	5:00PM-5:45PM	LeBrun Centre	Jan 8	8	401963	\$24
	Introduction to Dance	3-5	Sa	9:45AM-10:30AM	LeBrun Centre	Jan 13	8	401964	\$24
	Introduction to Dance	3-5	Sa	11:30AM-12:15PM	LeBrun Centre	Jan 13	8	401965	\$24
	Hip Hop	4-5	Th	4:45PM-5:30PM	BHPCC	Jan 11	8	402093	\$24
Parent & Tot	Gym Time!	18m-4	Tu	9:30AM-10:30AM	BHPCC	Jan 9	8	402103	\$23
	Gym Time!	18m-4	Tu	10:45AM-11:45AM	BHPCC	Jan 9	8	402104	\$23
	Parent & Tot Playtime	18m-3	M	9:15AM-11:15AM	LeBrun Centre	Jan 15	8	401968	\$46
	Parent & Tot Playtime	18m-3	W	9:15AM-11:15AM	LeBrun Centre	Jan 17	8	401969	\$46
	Parent & Tot Yoga	1-4	Sa	9:30AM-10:15AM	BHPCC	Jan 13	8	402105	\$23
Preschooler Play	ABC & Me	3-5	M,W,F	9:00AM-11:30AM	BHPCC	Jan 8	30	402108	\$255
	ABC & Me	3-5	Tu,Th	9:00AM-11:30AM	LeBrun Centre	Jan 16	20	401971	\$170
	ABC & Me	3-4	Tu,Th	9:00AM-11:30AM	BHPCC	Jan 9	20	402109	\$170
Sports & Fitness	Basketball	4-5	F	5:00PM-5:30PM	BHPCC	Jan 12	8	402090	\$14
	Basketball	4-5	F	5:30PM-6:00PM	BHPCC	Jan 12	8	402091	\$14
	Kindersport	3-4	Tu	4:30PM-5:15PM	Basinview School	Jan 9	8	401952	\$20
	Kindersport	3-4	Tu	5:15PM-6:00PM	Basinview School	Jan 9	8	401953	\$20
	Tumblebugs	3-4	Su	1:00PM-1:45PM	BHPCC	Jan 14	8	407748	\$23
	Tumblebugs	4-5	Su	2:00PM-2:45PM	BHPCC	Jan 14	8	407749	\$23
	Run, Jump & Roll	3-5	M	4:00PM-4:45PM	LeBrun Centre	Jan 8	8	401976	\$23
	Run, Jump & Roll	3-5	M	5:00PM-5:45PM	LeBrun Centre	Jan 8	8	401977	\$23
	Run, Jump & Roll	3-5	Tu	4:00PM-4:45PM	LeBrun Centre	Jan 9	8	401978	\$23
	Little Kickers	3-4	Th	6:00PM-6:30PM	Basinview School	Jan 11	8	401985	\$14
	Little Kickers	3-4	Th	6:00PM-6:30PM	Basinview School	Jan 11	8	401986	\$14
	Little Kickers	3-4	Th	6:30PM-7:00PM	Basinview School	Jan 11	8	401987	\$14

Little Kickers	3-4	Th	6:30PM-7:00PM	Basinview School	Jan 11	8	401988	\$14
Little Kickers	3-4	Sa	9:30AM-10:00AM	LeBrun Centre	Jan 13	8	401989	\$14
Soccer	3-4	M	4:00PM-4:30PM	BHPCC	Jan 8	8	402112	\$14
Soccer	3-4	M	4:30PM-5:00PM	BHPCC	Jan 8	8	402113	\$14

Child

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Arts & Crafts	5-7	W	6:15PM-7:00PM	LeBrun Centre	Sep 13	8	401891	\$27
	Arts & Crafts	8-11	W	7:00PM-8:00PM	LeBrun Centre	Sep 13	8	401892	\$27
	Arts & Crafts	5-7	Tu	6:15PM-7:00PM	LeBrun Centre	Sep 12	10	401893	\$39
	Arts & Crafts	8-11	Tu	7:00PM-8:00PM	LeBrun Centre	Sep 12	10	401894	\$49
Art	Art	6-8	W	3:00PM-4:00PM	BHPCC	Sep 13	10	402053	\$49
	Art	8-12	W	4:00PM-5:00PM	BHPCC	Sep 13	10	402054	\$49
	Art	6-8	W	5:30PM-6:30PM	BHPCC	Sep 13	10	402055	\$49
	Art	8-12	W	6:30PM-7:30PM	BHPCC	Sep 13	10	402056	\$49
Sketch & Draw	Sketch & Draw	8-11	Sa	10:00AM-11:00AM	LeBrun Centre	Sep 16	10	401898	\$34
	Sketch & Draw	8-11	Sa	11:00AM-12:00PM	LeBrun Centre	Sep 16	10	401899	\$34
Camps	In-Service Camp	4 ^{1/2} -11	F	8:30AM-4:30PM	BHPCC	Sep 29	1	407759	\$25
	In-Service Camp	4 ^{1/2} -11	F	8:30AM-4:30PM	BHPCC	Oct 27	1	407761	\$25
	In-Service Camp	4 ^{1/2} -11	W	8:30AM-4:30PM	BHPCC	Nov 22	1	407762	\$25
Dance & Drama	Intro to Creative Movement	4-5	M	5:00PM-5:45PM	LeBrun Centre	Sep 11	8	401889	\$28
	Intro Ballet	5-7	M	6:30PM-7:30PM	LeBrun Centre	Sep 11	10	401902	\$40
	Intro Ballet	5-7	Sa	10:30AM-11:30AM	LeBrun Centre	Sep 16	10	401903	\$40
	Discover Drama	8-10	M	6:30PM-7:30PM	LeBrun Centre	Sep 11	10	401906	\$37
	Highland Dance	8-10	M	7:00PM-8:00PM	LeBrun Centre	Sep 11	10	401911	\$40
	Highland Dance	5-7	M	6:00PM-7:00PM	LeBrun Centre	Sep 11	10	401908	\$40
	Hip Hop	7-9	Th	6:15PM-7:15PM	BHPCC	Sep 14	10	402066	\$40
	Hip Hop	5-6	Th	5:30PM-6:15PM	BHPCC	Sep 14	10	402067	\$30
	Hip Hop	5-7	Th	5:00PM-6:00PM	LeBrun Centre	Sep 14	10	401912	\$40
	Hip Hop	7-9	Th	6:00PM-7:00PM	LeBrun Centre	Sep 14	10	401913	\$40
	Hip Hop	9-12	Th	7:00PM-8:00PM	LeBrun Centre	Sep 14	10	401914	\$40
	Jazz	7-9	Sa	10:30AM-11:30AM	BHPCC	Sep 16	10	402070	\$40
	Jazz	5-7	Sa	11:30AM-12:30PM	LeBrun Centre	Sep 16	10	401918	\$40
	Lyrical	7-9	Sa	11:30AM-12:30PM	BHPCC	Sep 16	10	402071	\$40
General Interest	Kids Cooking	7-10	W	5:00PM-7:00PM	BHPCC	Sep 13	10	407780	\$68
Sports & Fitness	Badminton	9-12	W	5:00PM-6:30PM	BHPCC	Sep 20	10	402051	\$51
	Bedford Multi-Sport	5-6	Tu	5:00PM-6:00PM	BHPCC	Sep 9	12	407834	\$43
	Jr NBA Basketball	5-7	Th	5:00PM-6:00PM	BHPCC	Sep 14	12	402078	\$60
	Mini Basketball	8-11	Th	4:00PM-5:00PM	BHPCC	Sep 14	10	402079	\$34
	Mini Basketball	5-7	Sa	11:00AM-12:00PM	LeBrun Centre	Sep 16	10	401922	\$34
	Mini Basketball	8-10	Sa	12:00PM-1:00PM	LeBrun Centre	Sep 16	10	401923	\$34
	Mini Basketball	5-7	Sa	1:00PM-2:00PM	LeBrun Centre	Sep 16	10	401924	\$34
	Easter Seals NS/HRM Learn to Sledge	4-15	Sa	10:00AM-11:00AM	LeBrun Centre	Sep 30	10	401934	\$50
	Girls Sports of All Sorts	4-6	Sa	9:00AM-9:30AM	LeBrun Centre	Sep 23	10	401932	\$17

	Kicks for Kids	5-7	Th	7:00PM-8:00PM	Basinview School	Sep 28	10	401943	\$34
	Kicks for Kids	8-11	Th	7:00PM-8:00PM	Basinview School	Sep 28	10	401944	\$34
	Kicks for Kids	5-7	Sa	10:00AM-11:00AM	LeBrun Centre	Sep 16	10	401945	\$34
	Kicks for Kids	5-7	M	5:00PM-6:00PM	BHPCC	Sep 11	10	402082	\$34
	Rec Floor Hockey	8-11	W	6:00PM-7:00PM	LeBrun Centre	Sep 13	10	401928	\$28
	Rec Floor Hockey	8-11	W	7:00PM-8:00PM	LeBrun Centre	Sep 13	10	401929	\$28
	Run, Jump & Roll	5-8	W	5:00PM-6:00PM	Basinview School	Sep 20	10	401938	\$34
	Run, Jump & Roll	6-7	M	6:00PM-7:00PM	LeBrun Centre	Sep 11	10	401939	\$37
	Run, Jump & Roll	6-7	Th	4:45PM-5:45PM	LeBrun Centre	Sep 14	10	401940	\$37
	Tae Kwon Do	6-11	M	6:00PM-7:00PM	Kingswood Elementary	Sep 11	8	402007	\$30
	Volleyball	6-8	Tu	6:00PM-7:00PM	BHPCC	Sep 12	10	402074	\$34
	Volleyball	9-12	Tu	7:00PM-8:00PM	BHPCC	Sep 12	10	402075	\$34
Wellness	Yoga	8-12	Sa	11:00AM-11:45AM	BHPCC	Sep 16	10	402084	\$28
	Parent & Child Yoga	5-7	Sa	10:15AM-11:00AM	BHPCC	Sep 16	10	402085	\$28
	Parent & Child Yoga	8-12	M	4:45PM-5:45PM	BHPCC	Sep 18	10	407782	\$37
Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee	
Arts & Crafts	Arts & Crafts	5-7	Tu	6:15PM-7:00PM	LeBrun Centre	Jan 16	8	401896	\$34
	Arts & Crafts	8-11	Tu	7:00PM-8:00PM	LeBrun Centre	Jan 16	8	401897	\$40
	Art	6-8	W	3:00PM-4:00PM	BHPCC	Jan 10	8	402057	\$40
	Art	8-12	W	4:00PM-5:00PM	BHPCC	Jan 10	8	402058	\$40
	Art	6-8	W	5:30PM-6:30PM	BHPCC	Jan 10	8	402059	\$40
	Art	8-12	W	6:30PM-7:30PM	BHPCC	Jan 10	8	402060	\$40
	Sketch & Draw	8-11	Sa	10:00AM-11:00AM	LeBrun Centre	Jan 13	8	401900	\$27
	Sketch & Draw	8-11	Sa	11:00AM-12:00PM	LeBrun Centre	Jan 13	8	401901	\$27
Camps	March Break Day Camp	6-11	M	9:00AM-4:00PM	BHPCC	Mar 12	1	402061	\$20
	March Break Day Camp	6-11	Tu	9:00AM-4:00PM	BHPCC	Mar 13	1	402062	\$20
	March Break Day Camp	6-11	W	9:00AM-4:00PM	BHPCC	Mar 14	1	402063	\$20
	March Break Day Camp	6-11	Th	9:00AM-4:00PM	BHPCC	Mar 15	1	402064	\$20
	March Break Day Camp	6-11	F	9:00AM-4:00PM	BHPCC	Mar 16	1	402065	\$20
Dance & Drama	Intro Ballet	5-7	M	6:30PM-7:30PM	LeBrun Centre	Jan 8	8	401904	\$32
	Intro Ballet	5-7	Sa	10:30AM-11:30AM	LeBrun Centre	Jan 13	8	401905	\$32
	Discover Drama	8-10	M	6:30PM-7:30PM	LeBrun Centre	Jan 22	8	401907	\$30
	Highland Dance	8-10	M	7:00PM-8:00PM	LeBrun Centre	Jan 8	8	401909	\$32
	Highland Dance	5-7	M	6:00PM-7:00PM	LeBrun Centre	Jan 8	8	401910	\$32
	Hip Hop	7-9	Th	6:15PM-7:15PM	BHPCC	Jan 11	8	402068	\$32
	Hip Hop	5-6	Th	5:30PM-6:15PM	BHPCC	Jan 11	8	402069	\$24
	Hip Hop	5-7	Th	5:00PM-6:00PM	LeBrun Centre	Jan 11	8	401915	\$32
	Hip Hop	7-9	Th	6:00PM-7:00PM	LeBrun Centre	Jan 11	8	401916	\$32
	Hip Hop	9-12	Th	7:00PM-8:00PM	LeBrun Centre	Jan 11	8	401917	\$32
	Jazz	7-9	Sa	10:30AM-11:30AM	BHPCC	Jan 13	8	402072	\$32
	Jazz	5-7	Sa	11:30AM-12:30PM	LeBrun Centre	Jan 20	8	401919	\$32
	Lyrical	7-9	Sa	11:30AM-12:30PM	BHPCC	Jan 13	8	402073	\$32
General Interest	Kids Cooking	7-10	W	5:00PM-7:00PM	BHPCC	Jan 10	10	408630	\$68

Sports & Fitness	Bedford Multi-Sport	5-6	Tu	5:00PM-6:00PM	BHPCC	Jan 9	10	407835	\$36
	Badminton	9-12	W	5:00PM-6:30PM	BHPCC	Jan 10	8	402052	\$41
	Jr NBA Basketball	5-6	Th	5:00PM-6:00PM	BHPCC	Jan 11	12	402080	\$60
	Mini Basketball	8-11	Th	4:00PM-5:00PM	BHPCC	Jan 11	8	402081	\$28
	Mini Basketball	5-7	Sa	11:00AM-12:00PM	LeBrun Centre	Jan 13	8	401925	\$28
	Mini Basketball	8-10	Sa	12:00PM-1:00PM	LeBrun Centre	Jan 13	8	401926	\$28
	Mini Basketball	5-7	Sa	1:00PM-2:00PM	LeBrun Centre	Jan 13	8	401927	\$28
	Easter Seals NS/HRM Learn to Sledge	4-15	Sa	10:00AM-11:00AM	LeBrun Centre	Jan 13	10	401935	\$50
	Girls Sports of All Sorts	4-6	Sa	9:00AM-9:30AM	LeBrun Centre	Jan 13	10	401933	\$17
	Kicks for Kids	5-7	Th	7:00PM-8:00PM	Basinview School	Jan 11	8	401946	\$28
	Kicks for Kids	8-11	Th	7:00PM-8:00PM	Basinview School	Jan 11	8	401947	\$28
	Kicks for Kids	5-7	Sa	10:00AM-11:00AM	LeBrun Centre	Jan 13	8	401948	\$28
	Kicks for Kids	5-7	M	5:00PM-6:00PM	BHPCC	Jan 8	8	402083	\$28
	Rec Floor Hockey	8-11	W	6:00PM-7:00PM	LeBrun Centre	Jan 10	8	401930	\$23
	Rec Floor Hockey	8-11	W	7:00PM-8:00PM	LeBrun Centre	Jan 10	8	401931	\$23
	Run, Jump & Roll	6-7	M	6:00PM-7:00PM	LeBrun Centre	Jan 8	8	401941	\$30
	Run, Jump & Roll	6-7	Tu	4:45PM-5:45PM	LeBrun Centre	Jan 9	8	401942	\$30
	Tae Kwon Do	6-11	M	6:00PM-7:00PM	Kingswood Elementary	Jan 15	8	402008	\$30
	Volleyball	6-8	Tu	6:00PM-7:00PM	BHPCC	Jan 9	8	402076	\$28
	Volleyball	9-12	Tu	7:00PM-8:00PM	BHPCC	Jan 9	8	402077	\$28
Wellness	Yoga	8-12	Sa	11:00AM-11:45AM	BHPCC	Jan 13	8	402086	\$30
	Parent & Child Yoga	5-7	Sa	10:15AM-11:00AM	BHPCC	Jan 13	8	402087	\$26
	Parent & Child Yoga	8-12	M	4:45PM-5:45PM	BHPCC	Jan 15	8	407781	\$30

Youth

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Knitting	13-18	Tu	4:30PM-5:30PM	LeBrun Centre	Sep 12	8	401995	\$22
	Quilting	13-18	Th	4:30PM-5:30PM	LeBrun Centre	Sep 14	8	402006	\$34
General Interest	Babysitter's Training	11-14	Sa	9:00AM-12:00PM	LeBrun Centre	Sep 16	2	401996	\$37
	Babysitter's Training	11-14	Sa	9:00AM-12:00PM	LeBrun Centre	Nov 11	2	401997	\$37
Sports & Fitness	Badminton	12-18	W	6:30PM-8:00PM	BHPCC	Sep 20	10	402114	\$42
	Zumba	12-18	M	5:00PM-6:00PM	LeBrun Centre	Sep 11	10	401994	\$40
Wellness	Yoga	12-18	M	3:40PM-4:40PM	BHPCC	Sep 18	10	402116	\$37
	Yoga	12-15	Tu	5:00PM-6:00PM	LeBrun Centre	Sep 12	10	402004	\$37
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Comics & Visual Story Telling	12-15	Th	7:00PM-9:00PM	LeBrun Centre	Jan 11	10	401990	\$34
	Comics & Visual Story Telling	10-15	Sa	12:00PM-2:00PM	LeBrun Centre	Jan 13	10	401991	\$34
General Interest	Babysitter's Training	11-14	Sa	9:00AM-12:00PM	LeBrun Centre	Jan 13	2	401998	\$37
Sports & Fitness	Badminton	12-18	W	6:30PM-8:00PM	BHPCC	Jan 10	8	402115	\$34
Wellness	Yoga	12-18	M	3:40PM-4:40PM	BHPCC	Jan 8	8	402117	\$30
	Yoga	12-15	Tu	5:00PM-6:00PM	LeBrun Centre	Jan 9	8	402005	\$30

Adult

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Painting-Mixed Media	Tu	9:30AM-12:00PM	BHPCC	Oct 3	10	402019	\$107
	Sketch & Draw	M	7:00PM-9:00PM	LeBrun Centre	Sep 11	8	401845	\$68
	Sketch & Draw II	Tu	7:00PM-9:00PM	LeBrun Centre	Sep 12	8	401847	\$68
	Acrylic Painting	M	7:00PM-9:00PM	BHPCC	Sep 18	10	407830	\$83
	Watercolours	F	1:00PM-3:00PM	BHPCC	Sep 22	10	407831	\$83
General Interest	Digital SLR Photography	W	7:00PM-9:00PM	BHPCC	Sep 20	8	402022	\$68
	Photoshop	M	7:00PM-9:00PM	BHPCC	Sep 18	8	402023	\$68
Sports & Fitness	Boot Camp	M	6:00PM-7:00PM	BHPCC	Sep 11	12	402030	\$60
	Boot Camp	W	6:30PM-7:30PM	BHPCC	Sep 13	12	402031	\$60
	Men's Basketball	M	8:00PM-10:00PM	Basinview School	Sep 11	12	401869	\$85
	Men's Basketball	Tu	8:00PM-10:00PM	Basinview School	Sep 12	12	401870	\$85
	Co-ed Basketball	Th	8:30PM-10:00PM	Kingswood Elementary	Sep 14	10	401871	\$36
	Ladies Fit Club	Tu,Th	9:30AM-11:30AM	Bedford United Church	Sep 19	24	401860	\$51
	Ladies Cardio Kickbox	Tu	6:15PM-7:15PM	LeBrun Centre	Sep 19	12	402010	\$60
	Nordic Walking	Tu	2:00PM-3:00PM	BHPCC	Sep 19	10	408631	FREE
	Nordic Walking	F	1:00PM-2:00PM	Range Field	Sep 22	10	408633	FREE
	Pickle Ball	F	9:30AM-11:30AM	BHPCC	Sep 29	10	402038	\$71
	Zumba	M	7:15PM-8:15PM	LeBrun Centre	Sep 11	10	401857	\$50
	Zumba	Tu	6:00PM-7:00PM	LeBrun Centre	Sep 12	12	401858	\$50
	Zumba	W	6:30PM-7:30PM	LeBrun Centre	Sep 27	10	401859	\$50
	Zumba	M	9:30AM-10:30AM	BHPCC	Sep 11	12	402026	\$60
	Zumba	F	9:30AM-10:30AM	BHPCC	Sep 15	12	402027	\$60
	Zumba	Tu	7:00PM-8:00PM	BHPCC	Sep 12	12	402028	\$60
	Zumba	Th	7:00PM-8:00PM	BHPCC	Sep 14	12	402029	\$60
Wellness	Tai Chi	Th	7:15PM-8:45PM	BHPCC	Sep 14	10	402040	\$64
	Hatha Yoga	Tu	9:00AM-10:30AM	LeBrun Centre	Sep 12	12	401876	\$90
	Hatha Yoga	Tu	10:30AM-12:00PM	LeBrun Centre	Sep 12	12	401877	\$90
	Hatha Yoga	Tu	7:00PM-8:30PM	LeBrun Centre	Sep 12	12	401878	\$90
	Yoga	M	7:00PM-8:30PM	BHPCC	Sep 18	10	402042	\$75
	Chair Yoga	Tu	2:00PM-3:30PM	BHPCC	Sep 12	10	402043	\$75
	Yoga Mom & Me	F	11:30AM-12:15PM	LeBrun Centre	Sep 15	10	401887	\$38
Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Painting-Mixed Media	Tu	9:30AM-12:00PM	BHPCC	Jan 9	8	402020	\$85
	Sketch & Draw	M	7:00PM-9:00PM	LeBrun Centre	Jan 8	8	401846	\$68
	Sketch & Draw II	Tu	7:00PM-9:00PM	LeBrun Centre	Jan 9	8	401848	\$68
	Acrylic Painting	M	7:00PM-9:00PM	BHPCC	Jan 8	8	407832	\$68
	Watercolours	F	1:00PM-3:00PM	BHPCC	Jan 12	8	407833	\$68
Dance & Drama	Social Salsa Dance I	M	5:30PM-6:30PM	LeBrun Centre	Jan 8	10	401852	\$114
General Interest	Digital SLR Photography	W	7:00PM-9:00PM	BHPCC	Jan 10	8	402024	\$68
	Photoshop	M	7:00PM-9:00PM	BHPCC	Jan 8	8	402025	\$68
Sports & Fitness	Basketball Men's	M	8:00PM-10:00PM	Basinview School	Jan 8	18	401873	\$128
	Basketball Men's	Tu	8:00PM-10:00PM	Basinview School	Jan 9	18	401874	\$128

	Basketball Co-ed	Th	8:30PM-10:00PM	Kingswood Elementary	Jan 11	10	401872	\$36
	Boot Camp	M	6:00PM-7:00PM	BHPCC	Jan 8	8	402036	\$40
	Boot Camp	W	6:30PM-7:30PM	BHPCC	Jan 10	8	402037	\$40
	Ladies Fit Club	Tu,Th	9:30AM-11:30AM	Bedford United Church	Jan 9	36	401865	\$77
	Ladies Cardio Kickbox	Tu	6:15PM-7:15PM	LeBrun Centre	Jan 23	10	401861	\$50
	Nordic Walking	Tu	2:00PM-3:00PM	BHPCC	Jan 9	10	408632	FREE
	Nordic Walking /Snowshoeing	F	1:00PM-2:00PM	Range Field / BHPCC	Jan 12	10	408634	FREE
	Pickle Ball	F	9:30AM-11:00AM	BHPCC	Jan 5	10	402039	\$71
	Zumba	M	7:15PM-8:15PM	LeBrun Centre	Jan 8	10	401862	\$50
	Zumba	Tu	6:00PM-7:00PM	LeBrun Centre	Jan 16	10	401863	\$50
	Zumba	W	6:30PM-7:30PM	LeBrun Centre	Jan 10	10	401866	\$50
	Zumba	M	9:30AM-10:30AM	BHPCC	Jan 8	8	402032	\$40
	Zumba	Tu	7:00PM-8:00PM	BHPCC	Jan 9	10	402033	\$40
	Zumba	Th	7:00PM-8:00PM	BHPCC	Jan 11	8	402034	\$40
	Zumba	F	9:30AM-10:30AM	BHPCC	Jan 12	8	402035	\$40
Wellness	Chair Yoga	Tu	2:00PM-3:30PM	BHPCC	Jan 16	8	402045	\$60
	Hatha Yoga Beginner	Tu	7:00PM-8:30PM	LeBrun Centre	Jan 9	12	401886	\$90
	Hatha Yoga	Tu	9:00AM-10:30AM	LeBrun Centre	Jan 9	10	401882	\$75
	Hatha Yoga	Tu	10:30AM-12:00PM	LeBrun Centre	Jan 9	10	401883	\$75
	Yoga for Challenged Bodies/Chair Yoga	W	1:00PM-2:30PM	LeBrun Centre	Jan 10	10	401885	\$75
	Yoga	M	7:00PM-8:30PM	BHPCC	Jan 8	8	402044	\$60
	Yoga for Families	Th	6:30PM-7:30PM	LeBrun Centre	Jan 11	8	401880	\$40
	Yoga Mom & Me	F	11:30AM-12:15PM	LeBrun Centre	Jan 19	8	401888	\$30
	Tai Chi	Th	7:15PM-8:45PM	BHPCC	Jan 11	10	402041	\$64

FREE Open Gym at BHPCC

Preschool | Thursdays | Starts Sept. 21 & Jan. 11 | 9:30 - 11:30 a.m.
 Child | Monday, Wednesday, Friday | Starts Sept. 18 & Jan. 8 | 3:30 - 5 p.m.
 Youth | Tuesday, Thursday | Starts Sept. 19 & Jan. 9 | 3:30 - 5 p.m.
 Adult | Thursday | Starts Sept. 21 & Jan. 11 | 8 - 10 p.m.
 Senior | Tuesday | Starts Sept. 19 & Jan. 9 | 9:30 - 11:30 a.m.



Take The Roof Off Winter is Nova Scotia's winter active campaign designed to help Nova Scotians of all ages improve their health and quality of life by being outdoors and active this winter.

Visit taketherooffwinter.ca where you will find cool tips and ideas for having fun in the outdoors.



The Long Term Athlete Development promotes physical activity for all based upon a developmental progression.

BEECHVILLE, LAKESIDE & TIMBERLEA

Lakeside Community Centre

1492 St. Margaret's Bay Road Phone: 902.876.8812

Preschool

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Creative Movement	3-5	W	5:45PM-6:30PM	Lakeside Community Centre	Sep 20	8	402455	\$24
	Creative Movement	3-5	Sa	9:15AM-10:00AM	Lakeside Community Centre	Sep 30	8	402457	\$24
Preschooler Play	Tiny Tot Fun	3-5	Tu	9:00AM-11:00AM	Lakeside Community Centre	Sep 19	10	402458	\$62
	Tiny Tot Fun	3-5	Th	9:00AM-11:00AM	Lakeside Community Centre	Sep 21	10	402459	\$62
	Tiny Tot Fun	3-5	F	9:00AM-11:00AM	Lakeside Community Centre	Sep 22	10	406388	\$62
Sports & Fitness	Tumblebugs	3-5	F	4:00PM-4:45PM	Lakeside Community Centre	Sep 29	8	402460	\$21
	Tumblebugs	3-5	F	5:00PM-5:45PM	Lakeside Community Centre	Sep 29	8	402461	\$21
	Tumblebugs	3-5	F	6:00PM-6:45PM	Lakeside Community Centre	Sep 29	8	402462	\$21
	Soccer & Activities	3-5	Th	5:30PM-6:15PM	Lakeside Community Centre	Sep 21	8	402463	\$20
	Soccer & Activities	3-5	Sa	1:15PM-2:00PM	BLT Senior Elementary	Sep 16	6	402464	\$16
	Zumba Kids	4-6	F	6:00PM-6:45PM	Lakeside Community Centre	Oct 6	8	402465	\$24

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Creative Movement	3-5	W	5:45PM-6:30PM	Lakeside Community Centre	Jan 17	8	403907	\$24
	Creative Movement	3-5	Sa	9:15AM-10:00AM	Lakeside Community Centre	Jan 20	8	403908	\$24
Preschooler Play	Tiny Tot Fun	3-5	Tu	9:00AM-11:00AM	Lakeside Community Centre	Jan 16	10	403909	\$62
	Tiny Tot Fun	3-5	Th	9:00AM-11:00AM	Lakeside Community Centre	Jan 18	10	403910	\$62
	Tiny Tot Fun	3-5	F	9:00AM-11:00AM	Lakeside Community Centre	Jan 19	10	406396	\$62
Sports & Fitness	Tumblebugs	3-5	F	4:00PM-4:45PM	Lakeside Community Centre	Jan 19	8	403911	\$21
	Tumblebugs	3-5	F	5:00PM-5:45PM	Lakeside Community Centre	Jan 19	8	403912	\$21
	Tumblebugs	3-5	F	6:00PM-6:45PM	Lakeside Community Centre	Jan 19	8	403913	\$21
	Soccer & Activities	3-5	Th	5:30PM-6:15PM	Lakeside Community Centre	Jan 18	8	403914	\$20
	Soccer & Activities	3-5	Sa	1:15PM-2:00PM	BLT Senior Elementary	Jan 13	8	403915	\$20
	Zumba Kids	4-6	F	6:00PM-6:45PM	Lakeside Community Centre	Jan 19	8	403916	\$24

Child

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Art Hive		Sa	9:00AM-12:00PM	Lakeside Community Centre	Sep 30	8	402453	FREE
Dance & Drama	Ballet	4-6	Sa	10:15AM-11:00AM	Lakeside Community Centre	Sep 30	8	402439	\$24
	Ballet	7-10	Sa	11:00AM-11:45AM	Lakeside Community Centre	Sep 30	8	402440	\$24
	Hip Hop Dance	6-9	W	6:30PM-7:15PM	Lakeside Community Centre	Sep 20	8	402441	\$24
Sports & Fitness	Active “Camp-Style” Games	8-12	Sa	12:00PM-1:00PM	BLT Senior Elementary	Sep 16	10	402442	\$34
	Aikido	7-12	M	6:00PM-7:15PM	Lakeside Community Centre	Sep 18	5	402444	\$24
	Basketball	6-7	M	6:15PM-7:15PM	BLT Junior Elementary	Sep 18	8	402445	\$28
	Basketball	8-10	M	7:15PM-8:15PM	BLT Junior Elementary	Sep 18	8	402446	\$28
	Tae Kwon Do	5-10	Sa	1:00PM-2:00PM	Lakeside Community Centre	Oct 7	8	402447	\$30
	Soccer & Activities	5-7	Tu	6:00PM-7:00PM	BLT Junior Elementary	Sep 19	10	402448	\$34
	Zumba Kids	7-11	F	7:00PM-7:45PM	Lakeside Community Centre	Oct 6	8	402449	\$24
Wellness	Yoga	8-11	Tu	5:30PM-6:15PM	Lakeside Community Centre	Sep 12	8	402450	\$23
	Yoga	12-14	Th	5:30PM-6:15PM	Lakeside Community Centre	Sep 14	8	402451	\$23
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Art Hive		Sa	9:00AM-12:00PM	Lakeside Community Centre	Jan 20	8	403905	FREE
Camps	Spies & Secret Agents	6-11	M	9:00AM-4:00PM	Lakeside Community Centre	Mar 12	1	403933	\$20
	Game Show Mania	6-11	Tu	9:00AM-4:00PM	Lakeside Community Centre	Mar 13	1	403934	\$20
	Amazing Race	6-11	W	9:00AM-4:00PM	Lakeside Community Centre	Mar 14	1	403935	\$20
	Silly Science	6-11	Th	9:00AM-4:00PM	Lakeside Community Centre	Mar 15	1	403936	\$20
	Going Green	6-11	F	9:00AM-4:00PM	Lakeside Community Centre	Mar 16	1	403937	\$20
Dance & Drama	Ballet	4-6	Sa	10:15AM-11:00AM	Lakeside Community Centre	Jan 20	8	403893	\$24
	Ballet	7-10	Sa	11:00AM-11:45AM	Lakeside Community Centre	Jan 20	8	403894	\$24
	Hip Hop Dance	6-9	W	6:30PM-7:15PM	Lakeside Community Centre	Jan 17	8	403895	\$24
General Interest	Active “Camp-Style” Games	8-12	Sa	12:00PM-1:00PM	BLT Senior Elementary	Jan 13	8	403896	\$28
Sports & Fitness	Aikido	7-12	M	6:00PM-7:15PM	Lakeside Community Centre	Jan 15	5	403897	\$24
	Basketball	6-7	M	6:15PM-7:15PM	BLT Junior Elementary	Jan 15	8	403898	\$28
	Basketball	8-10	M	7:15PM-8:15PM	BLT Junior Elementary	Jan 15	8	403899	\$28
	Tae Kwon Do	5-10	Sa	1:00PM-2:00PM	Lakeside Community Centre	Jan 20	8	403900	\$30
	Soccer & Activities	5-7	Tu	6:00PM-7:00PM	BLT Junior Elementary	Jan 16	8	403901	\$28
	Zumba Kids	7-11	F	7:00PM-7:45PM	Lakeside Community Centre	Jan 19	8	403902	\$24
Wellness	Yoga	8-11	Tu	5:30PM-6:15PM	Lakeside Community Centre	Jan 9	8	403903	\$23
	Yoga	12-14	Th	5:30PM-6:15PM	Lakeside Community Centre	Jan 11	8	403904	\$23

Family Open Gym at BLT Senior Elementary

Saturdays | 2 - 4 p.m. | Starts Sept. 16 | 10 weeks | Barcode: 402454 | FREE

Saturdays | 2 - 4 p.m. | Starts Jan. 13 | 8 weeks | Barcode: 403906 | FREE

Youth

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Babysitter's Training	11-14	Sa	9:00AM-4:00PM	Lakeside Community Centre	Oct 21	1	402466 \$37
Sports & Fitness	Sports Night	10-16	Tu	6:30PM-8:30PM	BLT Senior Elementary	Sep 19	10	402469 FREE
	Sports Night	10-16	Th	6:30PM-8:30PM	BLT Senior Elementary	Sep 21	10	402470 FREE
	Co-ed Volleyball	12-15	M	8:15PM-9:15PM	BLT Junior Elementary	Sep 18	8	402471 FREE
Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Babysitter's Training	11-14	Sa	9:00AM-4:00PM	Lakeside Community Centre	Feb 17	1	403917 \$37
Sports & Fitness	Sports Night	10-16	Tu	6:30PM-8:30PM	BLT Senior Elementary	Jan 9	9	403918 FREE
	Sports Night	10-16	Th	6:30PM-8:30PM	BLT Senior Elementary	Jan 11	9	403919 FREE
	Co-ed Volleyball	12-15	M	8:15PM-9:15PM	BLT Junior Elementary	Jan 15	8	403920 FREE

Adult

Program Name	Day	Time	Location	Start	Classes	Code	Fee
Sports & Fitness	Aikido	M	7:30PM-9:00PM	Lakeside Community Centre	Sep 18	5	402427 \$32
	Basketball	Tu	8:00PM-9:30PM	BLT Junior Elementary	Sep 12	10	402426 \$54
	Senior's Fitness	Tu	10:00AM-11:00AM	Lakeside Community Centre	Sep 12	10	402428 \$33
	Senior's Fitness	Th	10:00AM-11:00AM	Lakeside Community Centre	Sep 14	10	402429 \$33
	Women's Self Defence-Be Your Own Superhero	Sa	1:00PM-3:00PM	Lakeside Community Centre	Oct 21	1	402430 \$20
	Zumba	Su	7:00PM-8:00PM	Lakeside Community Centre	Sep 17	10	402431 \$50
	Zumba Toning	Su	8:00PM-8:30PM	Lakeside Community Centre	Sep 17	10	402432 \$25
	Zumba	W	7:30PM-8:30PM	Lakeside Community Centre	Sep 20	10	402433 \$50
	Yoga Intro	Tu	6:30PM-7:30PM	Lakeside Community Centre	Sep 12	10	402434 \$50
Wellness	Yoga (Returning)	Tu	7:30PM-9:00PM	Lakeside Community Centre	Sep 12	10	402435 \$75
	Yoga-Flow	M	6:30PM-7:30PM	Lakeside Community Centre	Sep 18	10	402436 \$50
	Yoga Intro	Th	6:30PM-7:30PM	Lakeside Community Centre	Sep 14	10	402437 \$50
	Yoga (Returning)	Th	7:30PM-9:00PM	Lakeside Community Centre	Sep 14	10	402438 \$75
Program Name	Day	Time	Location	Start	Classes	Code	Fee
Sports & Fitness	Aikido	M	7:30PM-9:00PM	Lakeside Community Centre	Jan 15	5	403881 \$32
	Basketball	Tu	8:00PM-9:30PM	BLT Junior Elementary	Jan 9	10	403880 \$43
	Senior's Fitness	Tu	10:00AM-11:00AM	Lakeside Community Centre	Jan 9	10	403882 \$33
	Senior's Fitness	Th	10:00AM-11:00AM	Lakeside Community Centre	Jan 11	10	403883 \$33
	Women's Self Defence-Be Your Own Superhero	Sa	1:00PM-3:00PM	Lakeside Community Centre	Feb 17	1	403884 \$20
	Zumba	Su	7:00PM-8:00PM	Lakeside Community Centre	Jan 7	10	403885 \$50
	Zumba Toning	Su	8:00PM-8:30PM	Lakeside Community Centre	Jan 7	10	403886 \$25
	Zumba	W	7:30PM-8:30PM	Lakeside Community Centre	Jan 10	10	403887 \$50
	Yoga Intro	Tu	6:30PM-7:30PM	Lakeside Community Centre	Jan 2	10	403888 \$50
Wellness	Yoga (Returning)	Tu	7:30PM-9:00PM	Lakeside Community Centre	Jan 2	10	403889 \$75
	Yoga-Flow	M	6:30PM-7:30PM	Lakeside Community Centre	Jan 8	10	403890 \$50
	Yoga Intro	Th	6:30PM-7:30PM	Lakeside Community Centre	Jan 4	10	403891 \$50
	Yoga (Returning)	Th	7:30PM-9:00PM	Lakeside Community Centre	Jan 4	10	403892 \$75



Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

COLE HARBOUR, CHERRYBROOK & LAWRENCETOWN

Cole Harbour Community Centre

1216 Cole Harbour Road Phone: 902.490.4711

Preschool

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Parent/Tot Art Exploration!	1-5	Tu	1:00PM-1:45PM	Cole Harbour Recreation Centre	Sep 26	8	404826 \$23
	Family Book Club (with songs & crafts)	1-4	W	10:00AM-10:45AM	Cole Harbour Recreation Centre	Sep 27	8	401445 \$23
Dance & Drama	Parent & Tot Dance	18m-3	M	10:00AM-10:45AM	Cole Harbour Recreation Centre	Sep 25	10	401446 \$28
General Interest	Music Kids	3-5	Th	1:00PM-1:45PM	Cole Harbour Recreation Centre	Sep 21	10	401449 \$37
Parent & Tot	Parent & Tot-Active Play	6-5	F	9:30AM-11:00AM	Cole Harbour Recreation Centre	Sep 29	8	401451 \$30
Sports & Fitness	Parent & Tot Basketball	3-5	M	6:30PM-7:00PM	Eric Graves Junior High	Sep 18	10	401452 \$14
	Tumblebugs	42m-5	W	5:30PM-6:15PM	Cole Harbour Recreation Centre	Sep 13	8	401453 \$23
	Tumblebugs	42m-5	W	6:30PM-7:15PM	Cole Harbour Recreation Centre	Sep 13	8	401454 \$23
	Little Sports	3-5	W	6:00PM-6:45PM	Cole Harbour District High	Sep 20	8	401458 \$21
	Little Sports	3-5	Sa	9:00AM-9:45AM	Astral Drive Junior High	Sep 23	8	401459 \$21
	Parent & Tot Soccer	3-4	M	6:00PM-6:30PM	Eric Graves Junior High	Sep 18	10	401455 \$14
	Parent & Tot Soccer	3-4	Tu	6:00PM-6:30PM	Atlantic View Elementary	Sep 19	8	401456 \$12
	Preschool Soccer	4-5	Tu	5:30PM-6:15PM	Colonel John Stuart Elementary	Sep 19	10	401457 \$26
Wellness	Yoga for Preschoolers	3-5	W	10:00AM-10:45AM	Cole Harbour Recreation Centre	Sep 27	10	401460 \$30

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Parent/Tot Art Exploration!	1-5	Tu	1:00PM-1:45PM	Cole Harbour Recreation Centre	Jan 16	8	401554 \$23
	Family Book Club (with songs & crafts)	1-4	W	10:00AM-10:45AM	Cole Harbour Recreation Centre	Jan 17	8	401553 \$23
Dance & Drama	Parent & Tot Dance	18m-3	M	10:00AM-10:45AM	Cole Harbour Recreation Centre	Jan 22	8	401555 \$23
General Interest	Music Kids	3-5	Th	1:00PM-1:45PM	Cole Harbour Recreation Centre	Jan 11	10	401558 \$37
Parent & Tot	Parent & Tot-Active Play	6-5	F	9:30AM-11:00AM	Cole Harbour Recreation Centre	Jan 26	8	401560 \$30
Sports & Fitness	Parent & Tot Basketball	3-5	M	6:30PM-7:00PM	Eric Graves Junior High	Jan 8	8	401561 \$12
	Tumblebugs	42m-5	W	5:30PM-6:15PM	Cole Harbour Recreation Centre	Jan 17	8	401562 \$23
	Tumblebugs	42m-5	W	6:30PM-7:15PM	Cole Harbour Recreation Centre	Jan 17	8	401563 \$23
	Little Sports	3-5	W	6:00PM-6:45PM	Cole Harbour District High	Jan 17	8	401567 \$21
	Little Sports	3-5	Sa	9:00AM-9:45AM	Astral Drive Junior High	Jan 20	8	401568 \$21
	Parent & Tot Soccer	3-4	M	6:00PM-6:30PM	Eric Graves Junior High	Jan 8	8	401564 \$12
	Parent & Tot Soccer	3-4	Tu	6:00PM-6:30PM	Atlantic View Elementary	Jan 9	8	401565 \$12
	Preschool Soccer	4-5	Tu	5:30PM-6:15PM	Colonel John Stuart Elementary	Jan 16	8	401566 \$21
Wellness	Yoga for Preschoolers	3-5	W	10:00AM-10:45AM	Cole Harbour Recreation Centre	Jan 10	10	401569 \$30

Child

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Crafty Kids	6-8	Sa	10:00AM-11:00AM	Graham Creighton Junior High	Sep 30	8	402260	\$27
	Crafty Kids!	6-12	F	4:00PM-5:00PM	Cole Harbour Recreation Centre	Sep 22	10	404622	\$34
Dance & Drama	Ballet	5-7	M	6:30PM-7:15PM	Cole Harbour Recreation Centre	Sep 18	10	401425	\$30
	Broadway Kids	5-7	Sa	1:00PM-2:00PM	Cole Harbour Recreation Centre	Sep 23	10	401426	\$37
	Drama-Rama	8-12	Sa	2:00PM-3:00PM	Cole Harbour Recreation Centre	Sep 23	10	401427	\$37
Sports & Fitness	Basketball	5-6	Tu	6:00PM-7:00PM	Astral Drive Elementary	Sep 19	10	401428	\$34
	Basketball	7-9	Tu	7:00PM-8:00PM	Astral Drive Elementary	Sep 19	10	401429	\$34
	Basketball	6-10	F	6:30PM-7:15PM	Atlantic View Elementary	Sep 22	10	401430	\$26
	Floor Hockey	5-7	W	6:00PM-6:45PM	Caldwell Road Elementary	Sep 20	10	401431	\$25
	Floor Hockey	7-10	W	7:00PM-7:45PM	Caldwell Road Elementary	Sep 20	10	401432	\$25
	Karate-Beginner	6-12	Sa	9:00AM-10:00AM	Cole Harbour Recreation Centre	Sep 23	10	401433	\$37
	All Sorts of Sports	6-10	W	6:45PM-7:30PM	Cole Harbour District High	Sep 20	8	401435	\$21
	All Sorts of Sports	6-10	Tu	6:45PM-7:30PM	Atlantic View Elementary	Sep 26	8	401434	\$21
	Run, Jump, Throw	5-8	W	6:00PM-6:45PM	Cole Harbour District High	Sep 20	10	401437	\$26
	Soccer	6-8	Tu	6:15PM-7:00PM	Colonel John Stuart Elementary	Sep 19	10	401438	\$26
	Mini Volleyball	5-8	M	6:00PM-6:45PM	Caldwell Road Elementary	Sep 18	10	401439	\$26
	Mini Volleyball	8-12	M	6:45PM-7:45PM	Caldwell Road Elementary	Sep 18	10	401440	\$34
	Badminton	9-12	M	7:45PM-8:30PM	Caldwell Road Elementary	Sep 18	10	401441	\$26
	Family Open Gym	4+	Sa	10:00AM-12:00PM	Astral Drive Junior High	Sep 23	12	401443	FREE
	Family Open Gym	4+	W	6:45PM-8:15PM	Cole Harbour District High	Sep 27	12	401444	FREE
Wellness	Yoga for Kids	6-10	Sa	10:30AM-11:15AM	Cole Harbour Recreation Centre	Sep 23	8	401424	\$32

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Crafty Kids	6-8	Sa	10:00AM-11:00AM	Graham Creighton Junior High	Jan 13	8	402261	\$27
	Crafty Kids!	6-12	F	4:00PM-5:00PM	Cole Harbour Recreation Centre	Jan 12	8	401533	\$27
Dance & Drama	Ballet	5-7	M	6:30PM-7:15PM	Cole Harbour Recreation Centre	Jan 15	10	401535	\$30
	Broadway Kids	5-7	Sa	1:00PM-2:00PM	Cole Harbour Recreation Centre	Jan 20	10	401536	\$37
	Drama-Rama	8-12	Sa	2:00PM-3:00PM	Cole Harbour Recreation Centre	Jan 20	10	401537	\$37
Sports & Fitness	Basketball	5-6	Tu	6:00PM-7:00PM	Astral Drive Elementary	Jan 9	8	401538	\$28
	Basketball	7-9	Tu	7:00PM-8:00PM	Astral Drive Elementary	Jan 9	8	401539	\$28
	Basketball	6-10	F	6:30PM-7:15PM	Atlantic View Elementary	Jan 19	8	401540	\$21
	Floor Hockey	5-7	W	6:00PM-6:45PM	Caldwell Road Elementary	Jan 17	8	401541	\$21
	Floor Hockey	7-10	W	7:00PM-7:45PM	Caldwell Road Elementary	Jan 17	8	401542	\$21
	Karate-Beginner	6-12	Sa	9:00AM-10:00AM	Cole Harbour Recreation Centre	Jan 27	10	401543	\$37
	All Sorts of Sports	6-10	W	6:45PM-7:30PM	Cole Harbour District High	Jan 17	8	401545	\$21
	All Sorts of Sports	6-10	Tu	6:45PM-7:30PM	Atlantic View Elementary	Jan 23	8	401544	\$21
	Run, Jump, Throw	5-8	W	6:00PM-6:45PM	Cole Harbour District High	Jan 17	8	401547	\$21
	Soccer	6-8	Tu	6:15PM-7:00PM	Colonel John Stuart Elementary	Jan 16	8	401548	\$21
	Mini Volleyball	5-8	M	6:00PM-6:45PM	Caldwell Road Elementary	Jan 15	7	401549	\$21
	Mini Volleyball	8-12	M	6:45PM-7:45PM	Caldwell Road Elementary	Jan 15	7	401550	\$28
	Badminton	9-12	M	7:45PM-8:30PM	Caldwell Road Elementary	Jan 15	7	401551	\$21
	Family Open Gym	4+	W	6:45PM-8:15PM	Cole Harbour District High	Jan 10	10	403932	FREE
	Family Open Gym	4+	Sa	10:00AM-12:00PM	Astral Drive Junior High	Jan 13	10	401552	FREE
Wellness	Yoga for Kids	6-10	Sa	10:30AM-11:15AM	Cole Harbour Recreation Centre	Jan 20	8	401532	\$32

Youth

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Babysitter's Training	11-16	F	9:00AM-4:00PM	Cole Harbour Recreation Centre	Oct 27	1	401463 \$37
	Youth Leadership Program	13-15	Tu	7:00PM-8:00PM	Cole Harbour Recreation Centre	Sep 26	10	401464 \$25
Sports & Fitness	Basketball Drop In	14-18	W	7:45PM-9:30PM	Cole Harbour District High	Sep 20	12	401462 FREE
	Youth Badminton Drop-in	13-15	F	8:00PM-9:30PM	Astral Drive Junior High	Sep 15	11	401465 \$2
Wellness	Youth Yoga	12-17	Tu	6:15PM-7:15PM	Cole Harbour Recreation Centre	Sep 26	8	401466 \$28
Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Sports & Fitness	Basketball Drop In	14-18	W	7:45PM-9:30PM	Cole Harbour District High	Jan 10	11	401571 FREE
	Youth Badminton Drop-in	13-15	F	8:00PM-9:30PM	Astral Drive Junior High	Jan 12	8	401574 \$2
General Interest	Babysitter's Training	11-16	M	9:00AM-4:00PM	Cole Harbour Recreation Centre	Mar 12	1	401572 \$37
	Youth Leadership Program	13-15	Tu	7:00PM-8:00PM	Cole Harbour Recreation Centre	Jan 9	10	401573 \$25
Wellness	Youth Yoga	12-17	Tu	6:15PM-7:15PM	Cole Harbour Recreation Centre	Jan 16	8	401575 \$28

Adult

Program Name	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Oil Painting	Sa	10:00AM-12:00PM	Cole Harbour Recreation Centre	Sep 23	10	401414 \$86
	Paint Party	F	7:00PM-9:00PM	Graham Creighton Junior High	Sep 22	1	402258 \$30
	Paint Party	F	7:00PM-9:00PM	Graham Creighton Junior High	Nov 24	1	403938 \$30
	NEW Paint Night	F	7:00PM-9:00PM	Cole Harbour Recreation Centre	Oct 27	1	401518 \$30
	NEW Paint Night	F	7:00PM-9:00PM	Cole Harbour Recreation Centre	Dec 1	1	404582 \$30
	NEW Knitting	W	2:00PM-3:30PM	Cole Harbour Recreation Centre	Sep 20	10	406646 \$64
Dance & Drama	Belly Dance	W	7:30PM-8:30PM	Cole Harbour Recreation Centre	Sep 27	8	401415 \$46
Sports & Fitness	Pilates	M	6:30PM-7:15PM	Cole Harbour Recreation Centre	Sep 11	12	401396 \$39
	Zumba	M	7:30PM-8:30PM	Cole Harbour Recreation Centre	Sep 11	12	401397 \$60
	Pilates-Healthy Back & Core	Tu	9:30AM-10:15AM	Cole Harbour Recreation Centre	Sep 12	12	401398 \$39
	50 + Fitness	Tu	10:30AM-11:15AM	Cole Harbour Recreation Centre	Sep 12	12	401399 \$39
	Cardio-Strength	Tu	6:30PM-7:15PM	Cole Harbour Recreation Centre	Sep 12	12	401400 \$39
	Core Conditioning	Tu	7:20PM-7:50PM	Cole Harbour Recreation Centre	Sep 12	12	401401 \$30
	Yoga-lates	W	9:15AM-10:15AM	Cole Harbour Recreation Centre	Sep 13	12	401402 \$60
	50 + Fitness	W	10:30AM-11:15AM	Cole Harbour Recreation Centre	Sep 13	12	401403 \$39
	Skip 'n Abs	W	6:30PM-7:15PM	Cole Harbour Recreation Centre	Sep 13	12	401405 \$39
	50 + Fitness	Th	9:15AM-10:00AM	Cole Harbour Recreation Centre	Sep 14	12	401407 \$39
	Pilates-Strength & Sculpt	Th	10:15AM-11:00AM	Cole Harbour Recreation Centre	Sep 14	12	401408 \$39
	Cardio-Strength	Th	6:30PM-7:15PM	Cole Harbour Recreation Centre	Sep 14	12	401409 \$39
	Core Conditioning	Th	7:20PM-7:50PM	Cole Harbour Recreation Centre	Sep 14	12	401410 \$26
	Yoga-lates	F	9:00AM-10:00AM	Cole Harbour Recreation Centre	Sep 15	12	401411 \$60
	Zumba GOLD	F	10:15AM-11:15AM	Cole Harbour Recreation Centre	Sep 15	12	401412 \$60
	Couple's Badminton	M	7:30PM-9:00PM	Graham Creighton Junior High	Sep 25	10	402259 \$36
	Kickboxing	W	7:00PM-8:00PM	Graham Creighton Junior High	Sep 27	8	404577 \$34
	Adapted Zumba	W	7:00PM-7:45PM	Astral Drive Junior High	Sep 27	10	401413 \$38
	NEW Seated Pilates	W	1:00PM-2:00PM	Cole Harbour Recreation Centre	Sept 13	12	406038 \$60
Wellness	Tai Chi Beginner	Th	6:30PM-7:30PM	Cole Harbour Recreation Centre	Sep 28	12	401417 \$51
	Tai Chi Long Form	Th	8:00PM-9:15PM	Cole Harbour Recreation Centre	Sep 28	12	401416 \$64
	Yang/Yin Restorative Yoga	M	10:30AM-11:45AM	Cole Harbour Recreation Centre	Sep 11	12	401524 \$75
	Yoga Basics	Tu	11:30AM-12:30PM	Cole Harbour Recreation Centre	Sep 12	12	401418 \$60

	Yin Yoga	Tu	12:45PM-1:45PM	Cole Harbour Recreation Centre	Sep 12	12	401419	\$60
	Gentle Yoga	Tu	2:00PM-3:00PM	Cole Harbour Recreation Centre	Sep 12	12	404596	\$60
	Yoga	Tu	7:30PM-8:45PM	Cole Harbour Recreation Centre	Sep 12	12	401420	\$75
	Yoga	Th	10:30AM-11:45AM	Cole Harbour Recreation Centre	Sep 14	12	401422	\$75
	Mom & Baby Yoga	W	11:00AM-12:00PM	Cole Harbour Recreation Centre	Sep 20	10	404598	\$50
	Family Yoga	Sa	11:30AM-12:30PM	Cole Harbour Recreation Centre	Sep 23	10	404607	\$40
	NEW Yoga Vinyasa Flow	W	6:00PM-7:00PM	Astral Drive Junior High	Sep 27	10	406032	\$50
Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Oil Painting	Sa	10:00AM-12:00PM	Cole Harbour Recreation Centre	Jan 20	10	401517	\$86
	NEW Paint Night	F	7:00PM-9:00PM	Cole Harbour Recreation Centre	Mar 9	1	401520	\$30
	NEW Paint Night	F	7:00PM-9:00PM	Cole Harbour Recreation Centre	Feb 2	1	401519	\$30
	Paint Party	F	7:00PM-9:00PM	Graham Creighton Junior High	Feb 9	1	403939	\$30
	NEW Knitting	W	2:00PM-3:30PM	Cole Harbour Recreation Centre	Jan 17	10	406647	\$64
Dance & Drama	Belly Dance	W	7:30PM-8:30PM	Cole Harbour Recreation Centre	Jan 24	8	401521	\$46
Sports & Fitness	Pilates	M	6:30PM-7:15PM	Cole Harbour Recreation Centre	Jan 8	10	401498	\$32
	Zumba	M	7:30PM-8:30PM	Cole Harbour Recreation Centre	Jan 8	10	401499	\$50
	Pilates-Healthy Back & Core	Tu	9:30AM-10:15AM	Cole Harbour Recreation Centre	Jan 9	10	401500	\$32
	50 + Fitness	Tu	10:30AM-11:15AM	Cole Harbour Recreation Centre	Jan 9	10	401501	\$32
	Cardio-Strength	Tu	6:30PM-7:15PM	Cole Harbour Recreation Centre	Jan 9	10	401502	\$32
	Core Conditioning	Tu	7:20PM-7:50PM	Cole Harbour Recreation Centre	Jan 9	10	401503	\$22
	Yoga-lates	W	9:15AM-10:15AM	Cole Harbour Recreation Centre	Jan 10	10	401504	\$43
	50 + Fitness	W	10:30AM-11:15AM	Cole Harbour Recreation Centre	Jan 10	10	401505	\$32
	Glutes & Abs	W	6:30PM-7:15PM	Cole Harbour Recreation Centre	Jan 10	10	401508	\$32
	50 + Fitness	Th	9:15AM-10:00AM	Cole Harbour Recreation Centre	Jan 11	10	401509	\$32
	Pilates-Strength & Sculpt	Th	10:15AM-11:00AM	Cole Harbour Recreation Centre	Jan 11	10	401510	\$32
	Cardio-Strength	Th	6:30PM-7:15PM	Cole Harbour Recreation Centre	Jan 11	10	401511	\$32
	Core Conditioning	Th	7:20PM-7:50PM	Cole Harbour Recreation Centre	Jan 11	10	401512	\$22
	Yoga-lates	F	9:00AM-10:00AM	Cole Harbour Recreation Centre	Jan 12	10	401513	\$50
	Zumba GOLD	F	10:15AM-11:15AM	Cole Harbour Recreation Centre	Jan 12	10	401514	\$50
	Adapted Zumba	W	7:00PM-7:45PM	Astral Drive Junior High	Jan 17	8	401515	\$30
	NEW Seated Pilates	W	1:00PM-2:00PM	Cole Harbour Recreation Centre	Jan 10	10	406039	\$60
Wellness	Tai Chi Beginner	Th	6:30PM-7:30PM	Cole Harbour Recreation Centre	Jan 11	12	401523	\$51
	Tai Chi Long Form	Th	8:00PM-9:15PM	Cole Harbour Recreation Centre	Jan 11	12	401522	\$64
	Yang/Yin Restorative Yoga	M	10:30AM-11:45AM	Cole Harbour Recreation Centre	Jan 8	10	401525	\$62
	Yoga Basics	Tu	11:30AM-12:30PM	Cole Harbour Recreation Centre	Jan 9	10	401526	\$50
	Yin Yoga	Tu	12:45PM-1:45PM	Cole Harbour Recreation Centre	Jan 9	10	401527	\$50
	Gentle Yoga	Tu	2:00PM-3:00PM	Cole Harbour Recreation Centre	Jan 9	10	404597	\$50
	Yoga	Tu	7:30PM-8:45PM	Cole Harbour Recreation Centre	Jan 9	10	401528	\$63
	Yoga	Th	10:30AM-11:45AM	Cole Harbour Recreation Centre	Jan 11	10	401530	\$63
	Mom & Baby Yoga	W	11:00AM-12:00PM	Cole Harbour Recreation Centre	Jan 17	10	404604	\$50
	Family Yoga	Sa	11:30AM-12:30PM	Cole Harbour Recreation Centre	Jan 20	10	404608	\$40
	NEW Yoga Vinyasa Flow	W	6:00PM-7:00PM	Astral Drive Junior High	Jan 17	8	406035	\$46



Research has shown that being physically active later in life depends on an individual's ability to feel confident in an activity setting.

DARTMOUTH

Findlay Community Centre

26 Elliot Street Phone: 902.490.4728

Dartmouth North Community Centre

105 Highfield Park Drive Phone: 902.490.5900

Preschool

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts NEW Creative Start	3-5	Sa	10:00AM-11:00AM	Dartmouth North Community Centre	Oct 7	8	406243	\$27
Dance & Drama Pre Ballet	3-5	W	4:45PM-5:30PM	Findlay Community Centre	Sep 27	8	401239	\$24
Pre Ballet	3-5	W	5:45PM-6:30PM	Findlay Community Centre	Sep 27	8	401240	\$24
Pre Ballet	3-5	W	6:00PM-6:40PM	Ian Forsyth Elementary	Oct 4	8	405232	\$24
Pre Ballet	3-5	W	6:40PM-7:20PM	Ian Forsyth Elementary	Oct 4	8	405233	\$24
Parent & Tot Parent & Tot		M	9:30AM-11:30AM	Findlay Community Centre	Sep 11	11	401243	\$59
Parent & Tot		W	9:30AM-11:30AM	Findlay Community Centre	Sep 13	12	401244	\$59
MusicBabies	3-18m	Tu	9:30AM-10:15AM	Findlay Community Centre	Sep 26	10	401245	\$28
MusicTots	18-34m	Tu	10:30AM-11:15AM	Findlay Community Centre	Sep 26	10	401246	\$28
Preschool Play Tot Time	3-5	M	9:30AM-11:30AM	Findlay Community Centre	Sep 11	13	401251	\$80
Tot Time	3-5	Tu	9:30AM-11:30AM	Findlay Community Centre	Sep 12	13	401252	\$80
Tot Time	3-5	W	9:30AM-11:30AM	Findlay Community Centre	Sep 13	13	401253	\$80
Tot Time	3-5	Th	9:30AM-11:30AM	Findlay Community Centre	Sep 14	13	401254	\$80
Tot Time	3-5	F	9:30AM-11:30AM	Findlay Community Centre	Sep 15	13	401255	\$80
ABC & ME	4-5	M, W	1:00PM-3:00PM	Findlay Community Centre	Sep 11	26	404483	\$124
ABC & ME	4-5	Tu, Th	1:00PM-3:00PM	Findlay Community Centre	Sep 12	26	401256	\$148
Tot Time	3-5	M	9:30AM-11:30AM	Port Wallis Church	Sep 11	13	406196	\$81
Tot Time	3-5	W	9:30AM-11:30AM	Port Wallis Church	Sep 13	13	406197	\$81
Tot Time	3-5	F	9:30AM-11:30AM	Port Wallis Church	Sep 15	13	406198	\$81
Music Kids	3-5	Tu	11:45AM-12:30PM	Findlay Community Centre	Sep 26	10	401263	\$28
Music Kids	3-5	Tu	12:30PM-1:15PM	Findlay Community Centre	Sep 26	10	401264	\$28
Sports & Fitness Parent & Tot Soccer	3-4	Sa	10:00AM-10:30AM	Findlay Community Centre	Sep 30	8	401267	\$14
Preschool Soccer	3-5	Sa	10:45AM-11:30AM	Findlay Community Centre	Sep 30	8	401268	\$21
Preschool Soccer	3-5	Sa	11:45AM-12:30PM	Findlay Community Centre	Sep 30	8	401269	\$21
Little Sports	3-5	Su	9:00AM-9:45AM	Findlay Community Centre	Sep 24	8	401273	\$21
NEW Tumblebugs	3-5	Sa	9:00AM-10:00AM	Dartmouth North Community Centre	Oct 7	8	406238	\$30

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	NEW Creative Start	3-5	Sa	10:00AM-11:00AM	Dartmouth North Community Centre	Jan 13	8	406244 \$28
Dance & Drama	Pre Ballet	3-5	W	4:45PM-5:30PM	Findlay Community Centre	Jan 17	8	401241 \$24
	Pre Ballet	3-5	W	5:45PM-6:30PM	Findlay Community Centre	Jan 17	8	401242 \$24
	Pre Ballet	3-5	W	6:00PM-6:40PM	Ian Forsyth Elementary	Jan 10	8	405236 \$24
	Pre Ballet	3-5	W	6:40PM-7:20PM	Ian Forsyth Elementary	Jan 10	8	405237 \$24
Parent & Tot	Parent & Tot		M	9:30AM-11:30AM	Findlay Community Centre	Jan 8	10	401247 \$50
	Parent & Tot		W	9:30AM-11:30AM	Findlay Community Centre	Jan 10	10	401248 \$50
	MusicBabies	3-18m	Tu	9:30AM-10:15AM	Findlay Community Centre	Jan 9	10	401249 \$28
	MusicTots	18-34m	Tu	10:30AM-11:15AM	Findlay Community Centre	Jan 9	10	401250 \$28
Preschool Play	Tot Time	3-5	M	9:30AM-11:30AM	Findlay Community Centre	Jan 8	10	401257 \$62
	Tot Time	3-5	Tu	9:30AM-11:30AM	Findlay Community Centre	Jan 2	10	401258 \$62
	Tot Time	3-5	W	9:30AM-11:30AM	Findlay Community Centre	Jan 3	10	401259 \$62
	Tot Time	3-5	Th	9:30AM-11:30AM	Findlay Community Centre	Jan 4	10	401260 \$62
	Tot Time	3-5	F	9:30AM-11:30AM	Findlay Community Centre	Jan 5	10	401261 \$62
	ABC & ME	4-5	M,W	1:00PM-3:00PM	Findlay Community Centre	Jan 3	24	404485 \$124
	ABC & ME	4-5	Tu,Th	1:00PM-3:00PM	Findlay Community Centre	Jan 2	20	401262 \$124
	Music Kids	3-5	Tu	11:45AM-12:30PM	Findlay Community Centre	Jan 9	10	401265 \$28
	Music Kids	3-5	Tu	12:30PM-1:15PM	Findlay Community Centre	Jan 9	10	401266 \$28
	Tot Time	3-5	M	9:30AM-11:30AM	Port Wallis Church	Jan 8	10	406199 \$62
	Tot Time	3-5	W	9:30AM-11:30AM	Port Wallis Church	Jan 10	10	406200 \$62
	Tot Time	3-5	F	9:30AM-11:30AM	Port Wallis Church	Jan 12	10	406201 \$62
Sports & Fitness	Parent & Tot Soccer	3-4	Sa	10:00AM-10:30AM	Findlay Community Centre	Jan 13	8	401270 \$14
	Preschool Soccer	4-5	Sa	10:45AM-11:30AM	Findlay Community Centre	Jan 13	8	401271 \$21
	Preschool Soccer	3-5	Sa	11:45AM-12:30PM	Findlay Community Centre	Jan 13	8	401272 \$21
	Little Sports	3-5	Su	9:00AM-9:45AM	Findlay Community Centre	Jan 21	8	401274 \$21
	NEW Tumblebugs	3-5	Sa	9:00AM-10:00AM	Dartmouth North Community Centre	Jan 13	8	406239 \$30

Child

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Pottery	7-9	M	4:00PM-6:00PM	Findlay Community Centre	Sep 25	8	401195 \$80
	Pottery	7-9	Tu	4:00PM-6:00PM	Findlay Community Centre	Sep 26	8	401196 \$80
	Pottery	10-13	W	4:00PM-6:00PM	Findlay Community Centre	Sep 27	8	401197 \$80
	NEW Creative Start	6-8	Sa	11:00AM-12:00PM	Dartmouth North Community Centre	Oct 7	8	406246 \$27
	NEW Creative 4 Life	9-12	Sa	12:00PM-1:00PM	Dartmouth North Community Centre	Oct 7	8	406249 \$27
Dance & Drama	Ballet	6-9	W	6:45PM-7:30PM	Findlay Community Centre	Sep 27	8	401207 \$24
	Hip Hop	7-10	F	5:30PM-6:30PM	Findlay Community Centre	Sep 29	8	401209 \$32
	Hip Hop	10-14	F	6:30PM-7:30PM	Findlay Community Centre	Sep 29	8	401210 \$32
	NEW Hip Hop Break (Girls)	9-12	M	6:00PM-7:00PM	Dartmouth North Community Centre	Oct 16	8	406251 \$32
	NEW Hip Hop Break (Boys)	9-12	W	6:00PM-7:00PM	Dartmouth North Community Centre	Oct 18	8	406987 \$32
	Jazz	5-9	W	7:20PM-8:00PM	Ian Forsyth Elementary	Oct 4	8	406136 \$24
General Interest	Cooking For Fun	6-8	Sa	9:00AM-10:00AM	Findlay Community Centre	Sep 30	8	401213 \$36
	Cooking For Fun	9-13	Sa	10:15AM-11:15AM	Findlay Community Centre	Sep 30	8	401214 \$36
	Kidz in the Kitchen	8-12	F	3:15PM-5:00PM	Dartmouth North Community Centre	Oct 6	8	406222 \$40
	Guitar	8-11	M	6:00PM-7:00PM	Findlay Community Centre	Sep 25	8	401217 \$30

Sports & Fitness	All Sorts of Sports	6-10	Su	10:00AM-11:00AM	Findlay Community Centre	Sep 24	8	401231	\$28
	Basketball	5-7	Tu	6:00PM-7:00PM	Ian Forsyth Elementary	Oct 3	8	406130	\$28
	Basketball	8-12	Tu	7:00PM-8:00PM	Ian Forsyth Elementary	Oct 3	8	406131	\$28
	Basketball	6-8	W	6:00PM-7:00PM	Findlay Community Centre	Sep 27	8	401219	\$28
	Basketball	9-12	W	7:00PM-8:00PM	Findlay Community Centre	Sep 27	8	401220	\$28
	Floor Hockey	7-9	Th	6:00PM-7:00PM	Findlay Community Centre	Sep 28	8	401223	\$28
	Floor Hockey	10-13	Th	7:00PM-8:00PM	Findlay Community Centre	Sep 28	8	401224	\$28
	Golf	8-12	F	6:00PM-7:00PM	Prince Andrew High School	Oct 6	6	406188	\$48
	Soccer	6-8	Sa	12:30PM-1:15PM	Findlay Community Centre	Sep 30	8	401227	\$21
	Soccer	9-12	Sa	1:15PM-2:15PM	Findlay Community Centre	Sep 30	8	401228	\$28
	NEW Soccer	5-7	Tu	6:00PM-7:00PM	Dartmouth North Community Centre	Oct 3	8	406232	\$28
	NEW Soccer	8-12	Tu	7:00PM-8:00PM	Dartmouth North Community Centre	Oct 3	8	406234	\$28
	Soccer en français	6-8	Sa	9:00AM-10:00AM	Findlay Community Centre	Sep 30	8	401683	\$28
	NEW Run Jump Throw	6-8	Sa	10:00AM-11:00AM	Dartmouth North Community Centre	Oct 7	8	406240	\$28
Wellness	Yoga	5-7	M	4:30PM-5:15PM	Findlay Community Centre	Sep 25	7	401233	\$22
	Yoga	5-7	M	5:15PM-6:00PM	Findlay Community Centre	Sep 25	7	401235	\$22
	Yoga	8-12	M	6:00PM-7:00PM	Findlay Community Centre	Sep 25	7	401234	\$32
	Yoga	6-12	Sa	9:00AM-10:00AM	Dartmouth North Community Centre	Oct 7	8	406224	\$24
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Pottery	7-9	M	4:00PM-6:00PM	Findlay Community Centre	Jan 22	7	401198	\$80
	Pottery	7-9	Tu	4:00PM-6:00PM	Findlay Community Centre	Jan 23	8	401199	\$80
	Pottery	10-13	W	4:00PM-6:00PM	Findlay Community Centre	Jan 24	8	401200	\$80
	NEW Creative Start	6-8	Sa	11:00AM-12:00PM	Dartmouth North Community Centre	Jan 13	8	406247	\$27
	NEW Creative 4 Life	9-12	Sa	12:00PM-1:00PM	Dartmouth North Community Centre	Jan 13	8	406250	\$27
Camps	March Break Camp	5-12	M-F	9:00AM-4:00PM	Findlay Community Centre	Mar 12	5	401201	\$93
	March Break Camp	6-12	M-F	8:30AM-4:30PM	Dartmouth North Community Centre	Mar 12	5	406202	\$94
Dance & Drama	Ballet	6-9	W	6:45PM-7:30PM	Findlay Community Centre	Jan 17	8	401208	\$24
	Hip Hop	7-10	F	5:30PM-6:30PM	Findlay Community Centre	Jan 19	8	401211	\$32
	Hip Hop	10-14	F	6:30PM-7:30PM	Findlay Community Centre	Jan 19	8	401212	\$32
	NEW Hip Hop Break (Girls)	9-12	M	6:00PM-7:00PM	Dartmouth North Community Centre	Jan 15	8	406252	\$32
	NEW Hip Hop Break (Boys)	9-12	W	6:00PM-7:00PM	Dartmouth North Community Centre	Jan 17	8	406988	\$32
	Jazz	5-9	W	7:20PM-8:00PM	Ian Forsyth Elementary	Jan 10	8	406138	\$24
General Interest	Cooking For Fun	6-8	Sa	9:00AM-10:00AM	Findlay Community Centre	Jan 13	8	401215	\$36
	Cooking For Fun	9-13	Sa	10:15AM-11:15AM	Findlay Community Centre	Jan 13	8	401216	\$36
	Kidz in the Kitchen	8-12	F	3:15PM-5:00PM	Dartmouth North Community Centre	Jan 12	8	406223	\$40
	Guitar	8-11	M	6:00PM-7:00PM	Findlay Community Centre	Jan 15	8	401218	\$30
Sports & Fitness	All Sorts of Sports	6-10	Su	10:00AM-11:00AM	Findlay Community Centre	Jan 21	8	401232	\$28
	Basketball	5-7	Tu	6:00PM-7:00PM	Ian Forsyth Elementary	Jan 9	8	406132	\$28

FREE Family Open Gym at the Dartmouth North Community Centre

Saturdays | 11 a.m. - 1 p.m. | Starts Sep. 9 & Jan. 13

FREE Sports Night at South Woodside Community Centre

Age 5-8 | Fridays | 6 - 7:30 p.m. | Starts Oct. 6 & Jan. 12

Age 9-12 | Fridays | 7:30 - 9 p.m. | Starts Oct. 6 & Jan. 12

	Basketball	8-12	Tu	7:00PM-8:00PM	Ian Forsyth Elementary	Jan 9	8	406133	\$28
	Basketball	6-8	W	6:00PM-7:00PM	Findlay Community Centre	Jan 10	8	401221	\$28
	Basketball	9-12	W	7:00PM-8:00PM	Findlay Community Centre	Jan 10	8	401222	\$28
	Floor Hockey	7-9	Th	6:00PM-7:00PM	Findlay Community Centre	Jan 11	8	401225	\$28
	Floor Hockey	10-13	Th	7:00PM-8:00PM	Findlay Community Centre	Jan 11	8	401226	\$28
	Golf	8-12	F	6:00PM-7:00PM	Prince Andrew High School	Jan 26	6	406189	\$48
	Soccer	6-8	Sa	12:30PM-1:15PM	Findlay Community Centre	Jan 13	8	401229	\$21
	Soccer	9-12	Sa	1:15PM-2:15PM	Findlay Community Centre	Jan 13	8	401230	\$28
	NEW Soccer	5-7	Tu	6:00PM-7:00PM	Dartmouth North Community Centre	Jan 9	8	406233	\$28
	NEW Soccer	8-12	Tu	7:00PM-8:00PM	Dartmouth North Community Centre	Jan 9	8	406235	\$28
	Soccer en français	6-8	Sa	9:00AM-10:00AM	Findlay Community Centre	Jan 13	8	401682	\$28
	NEW Run Jump Throw	6-8	Sa	10:00AM-11:00AM	Dartmouth North Community Centre	Jan 13	8	406241	\$28
Wellness	Yoga	5-7	M	4:30PM-5:15PM	Findlay Community Centre	Jan 15	8	401236	\$22
	Yoga	5-7	M	5:15PM-6:00PM	Findlay Community Centre	Jan 15	8	401238	\$22
	Yoga	8-12	M	6:00PM-7:00PM	Findlay Community Centre	Jan 15	8	401237	\$28
	Yoga	6-12	Sa	9:00AM-10:00AM	Dartmouth North Community Centre	Jan 13	8	406226	\$24

Youth

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Pottery	13-16	Th	4:00PM-6:00PM	Findlay Community Centre	Sep 28	8	401275 \$80
	Girl's Art Club	11-15	Sa	1:00PM-3:00PM	Findlay Community Centre	Sep 30	8	401277 \$64
Dance & Drama	NEW Hip Hop Break (Girls)	13-17	M	7:00PM-8:00PM	Dartmouth North Community Centre	Oct 16	8	406229 \$32
	NEW Hip Hop Break (Boys)	13-17	W	7:00PM-8:00PM	Dartmouth North Community Centre	Oct 18	8	406984 \$32
General Interest	Guitar	12-16	M	7:00PM-8:00PM	Findlay Community Centre	Sep 25	8	401278 \$30
Sports & Fitness	Golf	13-18	F	6:00PM-7:00PM	Prince Andrew High School	Oct 6	6	406190 \$48
Wellness	Yoga	13-18	Su	2:30PM-3:30PM	Findlay Community Centre	Sep 24	8	401284 \$28

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Pottery	13-16	Th	4:00PM-6:00PM	Findlay Community Centre	Jan 25	8	401276 \$80
	NEW Celtic Art Workshop	10-15	Sa	1:00PM-3:00PM	Findlay Community Centre	Jan 27	4	404392 \$35
Dance & Drama	NEW Hip Hop Break (Girls)	13-17	M	7:00PM-8:00PM	Dartmouth North Community Centre	Jan 15	8	406231 \$32
	NEW Hip Hop Break (Boys)	13-17	W	7:00PM-8:00PM	Dartmouth North Community Centre	Jan 17	8	406986 \$32
General Interest	Guitar	12-16	M	7:00PM-8:00PM	Findlay Community Centre	Jan 15	8	401279 \$30
Sports & Fitness	Golf	13-18	F	6:00PM-7:00PM	Prince Andrew High School	Jan 26	6	406191 \$48
Wellness	Yoga	13-18	Su	2:30PM-3:30PM	Findlay Community Centre	Jan 21	8	401285 \$28

Adult

Program Name	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Pottery	Tu	9:30AM-12:00PM	Findlay Community Centre	Sep 19	10	401149 \$150
	Pottery	Tu	6:30PM-9:00PM	Findlay Community Centre	Sep 19	10	401150 \$150
	Pottery Returning	W	9:30AM-12:30PM	Findlay Community Centre	Sep 20	10	401151 \$180
	Pottery Returning	W	6:30PM-9:30PM	Findlay Community Centre	Sep 20	10	401152 \$180
	Pottery Returning	Th	9:30AM-12:30PM	Findlay Community Centre	Sep 21	10	401153 \$180
	Pottery Sculpture	Th	6:30PM-9:30PM	Findlay Community Centre	Sep 21	10	401154 \$180
	NEW Crochet	Tu	12:00PM-1:00PM	Dartmouth North Community Centre	Sep 12	6	406168 \$26
	NEW Crochet	M	6:00PM-7:00PM	Dartmouth North Community Centre	Sep 11	5	406211 \$26
	NEW Creative 4 Life	Tu	7:00PM-8:30PM	Dartmouth North Community Centre	Oct 10	8	406254 \$51

	NEW Creative 4 Life	Th	7:00PM-8:30PM	Dartmouth North Community Centre	Oct 12	8	406256	\$51
Dance & Drama	NEW Hip Hop Line Dancing	Th	7:00PM-8:00PM	Dartmouth North Community Centre	Sep 28	8	406236	\$46
General Interest	Bridge	Tu	12:15PM-2:15PM	Findlay Community Centre	Sep 19	10	401161	\$54
	Advanced Basic Bridge	Tu	2:30PM-4:30PM	Findlay Community Centre	Sep 19	10	401162	\$54
	Guitar	M	8:00PM-9:00PM	Findlay Community Centre	Sep 25	7	401166	\$57
	Digital SLR Photography	W	7:00PM-8:30PM	Dartmouth North Community Centre	Oct 4	10	406214	\$64
Sports & Fitness	Badminton	M	7:00PM-8:30PM	Eric Graves Junior High	Sep 18	10	401168	\$54
	Badminton	M	8:30PM-10:00PM	Eric Graves Junior High	Sep 18	10	401169	\$54
	Badminton	Tu	6:00PM-8:00PM	Bicentennial School	Sep 19	10	401170	\$71
	Golf	F	7:00PM-8:00PM	Prince Andrew High School	Oct 6	6	406192	\$64
	Golf	F	8:00PM-9:00PM	Prince Andrew High School	Oct 6	6	406193	\$64
	NEW Beginner Pickle Ball	Sa	9:00AM-10:00AM	Harbourview Elementary School	Oct 7	8	406173	\$29
	NEW Intermediate Pickle Ball	Sa	10:00AM-12:00PM	Harbourview Elementary School	Oct 7	8	406174	\$58
	Step Challenge	M	9:00AM-10:00AM	Findlay Community Centre	Sep 11	13	401177	\$60
	Low Impact Fitness	Tu	9:00AM-10:00AM	Findlay Community Centre	Sep 12	14	401178	\$60
	Step & Stability Ball Class	W	9:00AM-10:00AM	Findlay Community Centre	Sep 13	14	401179	\$60
	Low Impact Fitness	Th	9:00AM-10:00AM	Findlay Community Centre	Sep 14	14	401180	\$60
	NEW Spin & Tone	Su	10:30AM-11:30AM	Findlay Community Centre	Sep 17	10	404283	\$43
	NEW Spin & Tone	Tu	5:15PM-6:15PM	Findlay Community Centre	Sep 19	10	404355	\$43
	NEW Spin & Core	Th	5:15PM-6:15PM	Findlay Community Centre	Sep 21	10	404353	\$43
	Zumba	M	6:30PM-7:30PM	Findlay Community Centre	Sep 25	9	401185	\$50
	NEW Zumba Gold	Tu	7:00PM-8:00PM	Findlay Community Centre	Sep 26	10	401186	\$50
	ZumbaA	F	9:00AM-10:00AM	Findlay Community Centre	Sep 15	13	401187	\$65
	NEW Zumba Gold	F	12:30PM-1:30PM	Findlay Community Centre	Sep 15	13	404281	\$65
Wellness	Yoga	M	7:30PM-8:45PM	Findlay Community Centre	Sep 18	9	401138	\$62
	Yoga	W	6:00PM-7:15PM	Findlay Community Centre	Sep 20	10	401139	\$62
	Yoga	F	9:30AM-10:45AM	Findlay Community Centre	Sep 22	10	401140	\$62
	Family Yoga	Su	1:30PM-2:30PM	Findlay Community Centre	Sep 24	8	401141	\$46
	NEW Yoga Fusion	Su	11:00AM-12:00PM	Findlay Community Centre	Sep 24	8	404412	\$30
	Hatha Yoga	Sa	10:00AM-11:00AM	Dartmouth North Community Centre	Oct 7	8	406218	\$40
	Restorative Yoga	Th	8:00PM-9:00PM	Dartmouth North Community Centre	Oct 5	8	406220	\$40
Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Drawing	Tu	10:00AM-12:00PM	Findlay Community Centre	Jan 16	8	401148	\$68
	Pottery	Tu	9:30AM-12:00PM	Findlay Community Centre	Jan 16	8	401155	\$120
	Pottery	Tu	6:30PM-9:00PM	Findlay Community Centre	Jan 16	8	401156	\$120
	Pottery Returning	W	9:30AM-12:30PM	Findlay Community Centre	Jan 17	8	401157	\$144
	Pottery Returning	W	6:30PM-9:30PM	Findlay Community Centre	Jan 17	8	401158	\$144
	Pottery Returning	Th	9:30AM-12:30PM	Findlay Community Centre	Jan 18	8	401159	\$144
	Pottery Sculpture	Th	6:30PM-9:30PM	Findlay Community Centre	Jan 18	8	401160	\$144
	NEW Creative 4 Life	Tu	7:00PM-8:30PM	Dartmouth North Community Centre	Jan 23	8	406255	\$51
	NEW Creative 4 Life	Th	7:00PM-8:30PM	Dartmouth North Community Centre	Jan 25	8	406257	\$51
	NEW Crochet	Tu	12:00PM-1:00PM	Dartmouth North Community Centre	Jan 16	6	406212	\$26
	NEW Crochet	M	6:00PM-7:00PM	Dartmouth North Community Centre	Jan 15	6	406213	\$26
Dance & Drama	NEW Hip Hop Line Dancing	Th	7:00PM-8:00PM	Dartmouth North Community Centre	Jan 11	8	406237	\$46

General Interest	Bridge 2	Tu	12:15PM-2:15PM	Findlay Community Centre	Jan 9	10	401163	\$54
	Advanced Basic Bridge 2	Tu	2:30PM-4:30PM	Findlay Community Centre	Jan 9	10	401164	\$54
	Digital SLR Photography	W	7:00PM-8:30PM	Dartmouth North Community Centre	Jan 17	10	406215	\$64
	Guitar	M	8:00PM-9:00PM	Findlay Community Centre	Jan 15	8	401167	\$57
Sports & Fitness	Badminton	M	7:00PM-8:30PM	Eric Graves Junior High	Jan 8	10	401171	\$54
	Badminton	M	8:30PM-10:00PM	Eric Graves Junior High	Jan 8	10	401172	\$54
	Badminton	Tu	6:00PM-8:00PM	Bicentennial School	Jan 9	10	401173	\$71
	Golf	F	7:00PM-8:00PM	Prince Andrew High School	Jan 26	6	406194	\$64
	Golf	F	8:00PM-9:00PM	Prince Andrew High School	Jan 26	6	406195	\$64
	Step Challenge	M	9:00AM-10:00AM	Findlay Community Centre	Jan 8	11	401181	\$52
	NEW Beginner Pickle Ball	Sa	9:00AM-10:00AM	Harbourview Elementary School	Jan 13	8	406175	\$29
	NEW Intermediate Pickle Ball	Sa	10:00AM-12:00PM	Harbourview Elementary School	Jan 13	8	406176	\$58
	Low Impact Fitness	Tu	9:00AM-10:00AM	Findlay Community Centre	Jan 9	12	401182	\$52
	Step & Stability Ball Class	W	9:00AM-10:00AM	Findlay Community Centre	Jan 10	12	401183	\$52
	Low Impact Fitness	Th	9:00AM-10:00AM	Findlay Community Centre	Jan 11	12	401184	\$52
	NEW Spin & Tone	Su	10:30AM-11:30AM	Findlay Community Centre	Jan 7	10	404352	\$43
	NEW Spin & Tone	Tu	5:15PM-6:15PM	Findlay Community Centre	Jan 9	10	404387	\$43
	NEW Spin & Core	Th	5:15PM-6:15PM	Findlay Community Centre	Jan 11	10	404354	\$43
	Zumba	M	6:30PM-7:30PM	Findlay Community Centre	Jan 15	9	401188	\$50
	NEW Zumba Gold	Tu	7:00PM-8:00PM	Findlay Community Centre	Jan 16	10	401189	\$50
	Zumba	F	9:00AM-10:00AM	Findlay Community Centre	Jan 12	12	401190	\$60
	NEW Zumba Gold	F	12:00PM-1:00PM	Findlay Community Centre	Jan 12	12	404282	\$60
Wellness	Yoga	M	7:30PM-8:45PM	Findlay Community Centre	Jan 8	9	401142	\$62
	Yoga	W	6:00PM-7:15PM	Findlay Community Centre	Jan 10	10	401143	\$62
	Yoga	F	9:30AM-10:45AM	Findlay Community Centre	Jan 12	10	401144	\$62
	Family Yoga	Su	1:30PM-2:30PM	Findlay Community Centre	Jan 21	8	401145	\$46
	NEW Yoga Fusion	Su	11:00AM-12:00PM	Findlay Community Centre	Jan 7	8	404413	\$30
	Hatha Yoga	Sa	10:00AM-11:00AM	Dartmouth North Community Centre	Jan 13	8	406219	\$40
	Restorative Yoga	Th	8:00PM-9:00PM	Dartmouth North Community Centre	Jan 18	8	406221	\$40





Fundamental movement skills are critical to establishing the foundation for participation in physical activities

EASTERN PASSAGE

Tallahassee Centre

168 Redoubt Way Phone: 902.465.5267

Preschool

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Storytime Adventures	1-5	F	9:00AM-9:45AM	Tallahassee Recreation Centre	Oct 6	10	401734	\$23
	Parent & Tot Music	1-5	M	9:15AM-10:00AM	Tallahassee Recreation Centre	Oct 2	10	401735	\$23
Dance & Drama	Pre-Ballet	3-5	Su	10:00AM-10:45AM	Tallahassee Recreation Centre	Oct 1	10	401730	\$32
	Pre-Ballet	3-5	Su	10:45AM-11:30AM	Tallahassee Recreation Centre	Oct 1	10	401731	\$32
	Hip Hop	4-5	Th	5:30PM-6:15PM	Tallahassee Recreation Centre	Oct 5	10	401732	\$32
	Pre-Tap	3-4	W	5:30PM-6:15PM	Tallahassee Recreation Center	Oct 5	10	407680	\$32
Parent & Tot	Parent & Tot Soccer	2-3	Sa	10:45AM-11:30AM	Tallahassee Recreation Centre	Oct 7	10	401132	\$28
	Parent & Tot Drop-In	1-5	W	8:30AM-11:00AM	Tallahassee Recreation Centre	Oct 4	12	401133	\$5
	Parent & Tot Drop-In	1-5	Th	8:30AM-11:00AM	Tallahassee Recreation Centre	Oct 5	12	401134	\$5
Sports & Fitness	Tumble Bugs	3-5	Sa	10:00AM-10:45AM	Tallahassee Recreation Centre	Oct 7	10	401739	\$30
	Tumble Bugs	3-5	Sa	11:00AM-11:45AM	Tallahassee Recreation Centre	Oct 7	10	401740	\$30
	Soccer	4-5	Sa	11:30AM-12:15PM	Tallahassee Recreation Centre	Oct 7	10	401744	\$28

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Parent & Tot Music	1-5	M	9:15AM-10:00AM	Tallahassee Recreation Centre	Jan 8	8	403787	\$17
	Storytime Adventures	1-5	F	9:00AM-9:45AM	Tallahassee Recreation Centre	Jan 12	8	403788	\$17
	Messy Art Play!	1-5	Tu	9:00AM-9:45AM	Tallahassee Recreation Centre	Jan 9	8	403789	\$27
Dance & Drama	Pre-Ballet	3-5	Su	10:00AM-10:45AM	Tallahassee Recreation Centre	Jan 7	8	403784	\$24
	Pre-Ballet	3-5	Su	10:45AM-11:30AM	Tallahassee Recreation Centre	Jan 7	8	403785	\$24
	Hip Hop	4-5	Th	5:30PM-6:15PM	Tallahassee Recreation Centre	Jan 11	8	403786	\$24
	Pre-Tap	3-4	W	5:30PM-6:15PM	Tallahassee Recreation Center	Jan 11	8	407682	\$24
Parent & Tot	Parent & Tot Drop-In	1-5	W	8:30AM-11:00AM	Tallahassee Recreation Centre	Jan 10	11	403780	\$5
	Parent & Tot Drop-In	1-5	Th	8:30AM-11:00AM	Tallahassee Recreation Centre	Jan 11	11	403781	\$5
	Parent & Tot Soccer	2-3	Sa	10:45AM-11:30AM	Tallahassee Recreation Centre	Jan 13	8	403782	\$21
Sports & Fitness	Tumble Bugs	3-5	Sa	10:00AM-10:45AM	Tallahassee Recreation Centre	Jan 13	8	403790	\$23
	Tumble Bugs	3-5	Sa	11:00AM-11:45AM	Tallahassee Recreation Centre	Jan 13	8	403791	\$23
	Soccer	4-5	Sa	11:30AM-12:15PM	Tallahassee Recreation Centre	Jan 13	8	403783	\$21

Child

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Ballet	5-9	Su	11:30AM-12:30PM	Tallahassee Recreation Centre	Oct 1	10	401747	\$40
	Hip Hop	6-8	Th	6:15PM-7:00PM	Tallahassee Recreation Centre	Oct 5	10	401748	\$32
	Hip Hop	9-12	Th	7:00PM-8:00PM	Tallahassee Recreation Centre	Oct 5	10	401749	\$40
	Tap	5-8	W	6:15PM-7:00PM	Tallahassee Recreation Center	Oct 5	10	407681	\$32
Sports & Fitness	All Sorts of Sports	5-8	M	6:00PM-7:00PM	Tallahassee Recreation Centre	Oct 2	10	401755	\$34
	All Sorts of Sports	9-12	M	7:00PM-8:00PM	Tallahassee Recreation Centre	Oct 2	10	401756	\$34
	Basketball	5-7	Th	5:30PM-6:30PM	Tallahassee Recreation Centre	Oct 5	10	401757	\$34
	Basketball	8-12	Th	6:30PM-7:30PM	Tallahassee Recreation Centre	Oct 5	10	401758	\$34
	Floor Hockey	5-7	Th	4:45PM-5:30PM	Tallahassee Recreation Centre	Oct 5	10	401751	\$28
	Floor Hockey	8-12	Th	5:30PM-6:30PM	Tallahassee Recreation Centre	Oct 5	10	401752	\$34
	Karate	6-12	Sa	9:00AM-10:00AM	Tallahassee Recreation Centre	Oct 7	10	401759	\$37
	Karate Returning	6-12	Sa	10:00AM-11:00AM	Tallahassee Recreation Centre	Oct 7	10	401760	\$37
	Soccer	5-7	Sa	12:30PM-1:15PM	Tallahassee Recreation Centre	Oct 7	10	401753	\$28
	Soccer	8-12	Sa	1:15PM-2:15PM	Tallahassee Recreation Centre	Oct 7	10	401754	\$34
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	NEW Art Adventures	5-8	M	3:30PM-4:30PM	Tallahassee Recreation Centre	Jan 8	8	403792	\$27
	NEW Art Adventures	5-8	W	3:30PM-4:30PM	Tallahassee Recreation Centre	Jan 10	8	403793	\$27
Camps	In-Service Camp	5-12	F	8:00AM-5:00PM	Tallahassee Recreation Center	Mar 9	1	406383	\$25
	In-Service Camp	5-12	W	8:00AM-5:00PM	Tallahassee Recreation Center	Apr 19	1	406384	\$25
	In-Service Camp	5-12	Th	8:00AM-5:00PM	Tallahassee Recreation Center	May 18	1	406385	\$25
	March Break Camp	5-12	M-F	8:00AM-5:00PM	Tallahassee Recreation Centre	Mar 12	5	403814	\$113
General Interest	Fun in the Kitchen	5-7	Tu	3:15PM-4:15PM	Tallahassee Recreation Centre	Jan 9	8	403808	\$28
	Fun in the Kitchen	8-10	Tu	4:30PM-5:30PM	Tallahassee Recreation Centre	Jan 9	8	403809	\$28
	Fun in the Kitchen	11-12	Tu	5:45PM-6:45PM	Tallahassee Recreation Centre	Jan 9	8	403810	\$28
	NEW Fun in the Kitchen	5-7	Th	3:15PM-4:15PM	Tallahassee Recreation Centre	Jan 11	8	403811	\$28
	NEW Fun in the Kitchen	8-10	Th	4:30PM-5:30PM	Tallahassee Recreation Centre	Jan 11	8	403812	\$28
	NEW Fun in the Kitchen	11-12	Th	5:45PM-6:45PM	Tallahassee Recreation Centre	Jan 11	8	403813	\$28
Dance & Drama	Ballet	5-9	Su	11:30AM-12:30PM	Tallahassee Recreation Centre	Jan 7	8	403794	\$32
	Hip Hop	6-8	Th	6:15PM-7:00PM	Tallahassee Recreation Centre	Jan 11	8	403795	\$24
	Hip Hop	9-12	Th	7:00PM-8:00PM	Tallahassee Recreation Centre	Jan 11	8	403796	\$32
	Tap	5-8	W	6:15PM-7:00PM	Tallahassee Recreation Center	Jan 11	8	407683	\$24
Sports & Fitness	All Sorts of Sports	5-8	M	6:00PM-7:00PM	Tallahassee Recreation Centre	Jan 8	8	403802	\$28
	All Sorts of Sports	9-12	M	7:00PM-8:00PM	Tallahassee Recreation Centre	Jan 8	8	403803	\$28
	Basketball	5-7	Th	5:30PM-6:30PM	Tallahassee Recreation Centre	Jan 11	8	403804	\$28
	Basketball	8-12	Th	6:30PM-7:30PM	Tallahassee Recreation Centre	Jan 11	8	403805	\$28
	Floor Hockey	5-7	Th	4:45PM-5:30PM	Tallahassee Recreation Centre	Jan 11	8	403798	\$21
	Floor Hockey	8-12	Th	5:30PM-6:30PM	Tallahassee Recreation Centre	Jan 11	8	403799	\$28
	Karate	6-12	Sa	9:00AM-10:00AM	Tallahassee Recreation Centre	Jan 13	8	403806	\$30
	Karate Returning	6-12	Sa	10:00AM-11:00AM	Tallahassee Recreation Centre	Jan 13	8	403807	\$30
	Soccer	5-7	Sa	12:30PM-1:15PM	Tallahassee Recreation Centre	Jan 13	8	403800	\$21
	Soccer	8-12	Sa	1:15PM-2:15PM	Tallahassee Recreation Centre	Jan 13	8	403801	\$28

Youth

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	NEW Creative Art	11-16	M	7:00PM-8:30M	Tallahassee Recreation Centre	Oct 2	10	404680	\$52
General Interest	Haunted Hike Trip	12-18	Th	6:00PM-10:00PM	Tallahassee Recreation Center	Oct 26	1	402240	\$30
	Babysitter's Training	11-16	Sa	9:00AM-4:00PM	Tallahassee Recreation Centre	Nov 4	1	402208	\$37
Sports & Fitness	NEW Zumba	13-16	M	6:00PM-7:00PM	Tallahassee Recreation Centre	Oct 2	10	402207	\$40
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	NEW Creative Art	11-16	M	7:00PM-9:00PM	Tallahassee Recreation Centre	Jan 8	8	404681	\$42
General Interest	NEW Chopped! Cooking Club	13-16	Th	7:00PM-8:30PM	Tallahassee Recreation Center	Jan 11	8	403826	\$42
	Photography	13-16	Tu	7:00PM-8:00PM	Tallahassee Recreation Center	Jan 9	8	403827	\$27
	NEW Escape Room Trip!	12-18	Th	6:00PM-10:00PM	Tallahassee Recreation Center	Feb 22	1	403828	\$30
	Babysitter's Training	11-16	Sa	9:00AM-4:00PM	Tallahassee Recreation Centre	Feb 10	1	403848	\$37
Sports & Fitness	Zumba	13-16	M	6:00PM-7:00PM	Tallahassee Recreation Centre	Jan 8	8	403847	\$32

Youth Action Team

A fun youth group that focuses on community volunteering and event planning that everyone can enjoy. What a great way to build your resume, work as part of a team and contribute to your community. Grade 8-12 | Meetings starting Oct. 5 & Jan. 11 | Thursdays | 6 -7:30 p.m.

FREE Youth Night at Tallahassee

Join us for a night of games, music, movies, door prizes and more!
Eastern Passage Junior High Students | Starts Oct. 6 & Jan. 12 | Fridays | 6 - 9 p.m.

Adult

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	NEW Paint Night	Tu	7:00PM-9:00PM	Tallahassee Recreation Centre	Oct 17	1	402247	\$30
	NEW Paint Night	Tu	7:00PM-9:00PM	Tallahassee Recreation Centre	Nov 14	1	402248	\$30
	NEW Paint Night	Tu	7:00PM-9:00PM	Tallahassee Recreation Centre	Dec 12	1	402249	\$30
General Interest	Photography	Th	7:30PM-9:30PM	Tallahassee Recreation Centre	Oct 5	10	402223	\$80
Sports & Fitness	Pickleball-Drop In	Su	12:00PM-2:00PM	Tallahassee Recreation Centre	Oct 1	12	402254	\$3
	Badminton-Drop In	Tu	6:00PM-7:00PM	Tallahassee Recreation Centre	Oct 3	11	402225	\$5
	Basketball-Drop In	W	8:15PM-9:45PM	Tallahassee Recreation Centre	Oct 4	12	402242	\$5
	NEW Zumba	W	7:00PM-8:00PM	Tallahassee Recreation Centre	Oct 4	10	402241	\$50
Wellness	Yoga Basics	M	6:00PM-7:00PM	Tallahassee Recreation Centre	Oct 2	10	402210	\$50
	Yoga Hatha/Flow	M	7:00PM-8:15PM	Tallahassee Recreation Centre	Oct 2	10	402211	\$62
	Family Yoga-Drop In	Tu	6:00PM-6:50PM	Tallahassee Recreation Centre	Oct 3	10	402212	\$5
	Yoga-Drop In	Tu	7:00PM-8:00PM	Tallahassee Recreation Centre	Oct 3	10	402213	\$5
	Yoga-Drop In	Su	7:00PM-8:00PM	Tallahassee Recreation Centre	Oct 1	10	402214	\$5

FREE Family Open Gym

Tallahassee Community Center | Sundays | Starts Oct. 7 & Jan. 7 | 2 -4 p.m.

FREE Walking Club

Tallahassee Community Center | Monday-Friday | Starts October 2 & January 8 | noon - 1 p.m.

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	NEW Paint Night	Tu	7:00PM-9:00PM	Tallahassee Recreation Centre	Jan 16	1	404043	\$30
	NEW Paint Night	Tu	7:00PM-9:00PM	Tallahassee Recreation Centre	Feb 13	1	404044	\$30
	NEW Paint Night	Tu	7:00PM-9:00PM	Tallahassee Recreation Centre	Mar 20	1	404045	\$30
General Interest	NEW Cooking 101	M	6:00PM-8:00PM	Tallahassee Recreation Centre	Jan 8	8	404035	\$91
	NEW Baking 101	W	6:00PM-8:00PM	Tallahassee Recreation Centre	Jan 10	8	404036	\$91
	Photography	Th	7:30PM-9:30PM	Tallahassee Recreation Centre	Jan 11	10	404032	\$80
	NEW Seniors Cards-Drop In	Tu	1:00PM-4:00PM	Tallahassee Recreation Centre	Jan 9	10	404046	\$5
	NEW Seniors Cards-Drop In	Th	1:00PM-4:00PM	Tallahassee Recreation Centre	Jan 11	10	404047	\$5
	Badminton-Drop In	Tu	6:00PM-7:00PM	Tallahassee Recreation Centre	Jan 9	10	404033	\$5
	Basketball-Drop In	W	8:15PM-9:45PM	Tallahassee Recreation Centre	Jan 10	11	404034	\$5
Sports & Fitness	NEW 50+ Fitness	M	8:00AM-10:00AM	Tallahassee Recreation Centre	Jan 8	8	404030	\$34
	NEW 50+ Fitness	F	8:00AM-10:00AM	Tallahassee Recreation Centre	Jan 12	8	404031	\$34
	Pickleball-Drop In	Su	12:00PM-2:00PM	Tallahassee Recreation Centre	Jan 7	11	404048	\$3
	NEW Zumba	W	7:00PM-8:00PM	Tallahassee Recreation Centre	Jan 10	8	403985	\$40
	Family Yoga-Drop In	Tu	6:00PM-6:50PM	Tallahassee Recreation Centre	Jan 9	10	403980	\$5
	Yoga-Drop In	Tu	7:00PM-8:00PM	Tallahassee Recreation Centre	Jan 9	10	403981	\$5
Wellness	Yoga-Drop In	Su	7:00PM-8:00PM	Tallahassee Recreation Centre	Jan 14	10	403982	\$5
	Yoga Basics	M	6:00PM-7:00PM	Tallahassee Recreation Centre	Jan 8	8	403983	\$40
	Yoga Hatha/Flow	M	7:00PM-8:15PM	Tallahassee Recreation Centre	Jan 8	8	403984	\$50





FALL RIVER

Gordon R. Snow Community Centre

1359 Fall River Road Phone: 902.860.4570

Preschool

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama Creative Movement	3-4	W	4:00PM-4:30PM	Gordon R. Snow Comm Centre	Sep 13	10	403746	\$20
Preschooler Play Creative Play	4-5	M,W,F	9:00AM-11:30AM	Gordon R. Snow Comm Centre	Sep 11	36	402416	\$306
	3	Tu	9:00AM-11:30AM	Gordon R. Snow Comm Centre	Sep 12	12	402417	\$102
	3	Th	9:00AM-11:30AM	Gordon R. Snow Comm Centre	Sep 14	12	402418	\$102
Parent & Tot Playgroup Drop In	0-4	M	9:30AM-11:30AM	Gordon R. Snow Comm Centre	Sep 11	13	403627	\$3
Gym Time	18m-4	W	9:30AM-10:30AM	Gordon R. Snow Comm Centre	Sep 13	10	403628	\$28
Gym Time	18m-4	W	10:30AM-11:30AM	Gordon R. Snow Comm Centre	Sep 13	10	403636	\$28
Sports & Fitness Active Start-Special Olympics	3-6	Sa	12:30PM-1:15PM	Gordon R. Snow Comm Centre	Sep 16	10	403829	\$26
Kindersport	3-5	F	4:15PM-5:00PM	Gordon R. Snow Comm Centre	Sep 15	10	403744	\$26
Basketball	3-4	M	5:00PM-5:30PM	Gordon R. Snow Comm Centre	Sep 11	10	403732	\$17
Basketball	4-5	M	5:30PM-6:00PM	Gordon R. Snow Comm Centre	Sep 11	10	403733	\$17
Soccer	3-4	Tu	4:00PM-4:30PM	Gordon R. Snow Comm Centre	Sep 12	10	403736	\$17
Soccer	4-5	Tu	4:30PM-5:00PM	Gordon R. Snow Comm Centre	Sep 12	10	403737	\$17
Soccer	3-4	M	5:00PM-5:30PM	Gordon R. Snow Comm Centre	Sep 11	10	403738	\$17
Soccer	4-5	M	5:30PM-6:00PM	Gordon R. Snow Comm Centre	Sep 11	10	403739	\$17

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama Creative Movement	3-4	W	4:00PM-4:30PM	Gordon R. Snow Comm Centre	Jan 10	8	403747	\$16
Parent & Tot Playgroup Drop In	0-5	M	9:30AM-11:30AM	Gordon R. Snow Comm Centre	Jan 8	8	403629	\$3
Gym Time	18m-4	W	9:30AM-10:30AM	Gordon R. Snow Comm Centre	Jan 10	8	403637	\$23
Gym Time	18m-4	W	10:30AM-11:30AM	Gordon R. Snow Comm Centre	Jan 10	8	403638	\$23
Preschooler Play Creative Play	4-5	M,W,F	9:00AM-11:30AM	Gordon R. Snow Comm Centre	Jan 8	30	402419	\$255
	3	Tu	9:00AM-11:30AM	Gordon R. Snow Comm Centre	Jan 9	10	402420	\$85
	3	Th	9:00AM-11:30AM	Gordon R. Snow Comm Centre	Jan 11	10	402421	\$85
Sports & Fitness Active Start-Special Olympics	3-6	Sa	12:30PM-1:15PM	Gordon R. Snow Comm Centre	Jan 13	8	403831	\$21
Kindersport	3-5	F	4:15PM-5:00PM	Gordon R. Snow Comm Centre	Jan 12	8	403745	\$21
Basketball	3-4	M	5:00PM-5:30PM	Gordon R. Snow Comm Centre	Jan 8	8	403734	\$14

Basketball	4-5	M	5:30PM-6:00PM	Gordon R. Snow Comm Centre	Jan 8	8	403735	\$14
Soccer	3-4	Tu	4:00PM-4:30PM	Gordon R. Snow Comm Centre	Jan 9	8	403740	\$14
Soccer	4-5	Tu	4:30PM-5:00PM	Gordon R. Snow Comm Centre	Jan 9	8	403741	\$14
Soccer	3-4	M	5:00PM-5:30PM	Gordon R. Snow Comm Centre	Jan 8	8	403742	\$14
Soccer	4-5	M	5:30PM-6:00PM	Gordon R. Snow Comm Centre	Jan 8	8	403743	\$14

Child

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts Art	6-8	Tu	3:30PM-5:00PM	Gordon R. Snow Comm Centre	Sep 12	8	403834	\$51
Arts & Crafts Art	9-12	Tu	5:15PM-6:45PM	Gordon R. Snow Comm Centre	Sep 12	8	403836	\$51
Dance & Drama Creative Movement	5-6	W	4:30PM-5:15PM	Gordon R. Snow Comm Centre	Sep 13	10	403944	\$30
Dance & Drama Creative Dance	7-10	W	5:15PM-6:00PM	Gordon R. Snow Comm Centre	Sep 13	10	403948	\$30
Sports & Fitness FUNDamentals-Special Olympics	7-12	Sa	1:15PM-2:00PM	Gordon R. Snow Comm Centre	Sep 16	10	403832	\$26
Sports & Fitness Floor Hockey	6-9	Th	6:00PM-7:00PM	Holland Road Elementary School	Sep 14	10	403940	\$34
Sports & Fitness Soccer	6-9	Tu	5:00PM-5:45PM	Gordon R. Snow Comm Centre	Sep 12	10	403838	\$26
Sports & Fitness Badminton	9-12	Th	5:00PM-6:30PM	Gordon R. Snow Comm Centre	Sep 14	10	403840	\$51
Sports & Fitness Basketball	6-9	Tu	5:45PM-6:30PM	Gordon R. Snow Comm Centre	Sep 12	10	403842	\$26
Sports & Fitness Volleyball	7-10	M	6:00PM-7:00PM	Gordon R. Snow Comm Centre	Sep 11	10	403849	\$34
Wellness Yoga	5-7	Tu	4:30PM-5:00PM	Gordon R. Snow Comm Centre	Sep 12	10	403950	\$20
Wellness Yoga	8-12	Tu	5:00PM-5:45PM	Gordon R. Snow Comm Centre	Sep 12	10	403951	\$30

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts Art	6-8	Tu	3:30PM-5:00PM	Gordon R. Snow Comm Centre	Jan 9	8	403835	\$51
Arts & Crafts Art	9-12	Tu	5:15PM-6:45PM	Gordon R. Snow Comm Centre	Jan 9	8	403837	\$51
Camps March Monday Madness!	6-12	M	8:00AM-5:00PM	Gordon R. Snow Comm Centre	Mar 12	1	403954	\$25
Camps Camping in March!	6-12	Tu	8:00AM-5:00PM	Gordon R. Snow Comm Centre	Mar 13	1	403955	\$25
Camps Pay it Forward Day!	6-12	W	8:00AM-5:00PM	Gordon R. Snow Comm Centre	Mar 14	1	403956	\$25
Camps Zany Zoo Animals!	6-12	Th	8:00AM-5:00PM	Gordon R. Snow Comm Centre	Mar 15	1	403957	\$25
Camps Faboulous Friday!	6-12	F	8:00AM-5:00PM	Gordon R. Snow Comm Centre	Mar 16	1	403958	\$25
Dance & Drama Creative Movement	5-6	W	4:30PM-5:15PM	Gordon R. Snow Comm Centre	Jan 10	8	403945	\$24
Dance & Drama Creative Dance	7-10	W	5:15PM-6:00PM	Gordon R. Snow Comm Centre	Jan 10	8	403949	\$24
Sports & Fitness FUNDamentals-Special Olympics	7-12	Sa	1:15PM-2:00PM	Gordon R. Snow Comm Centre	Jan 13	8	403833	\$21
Sports & Fitness Floor Hockey	6-9	W	6:00PM-7:00PM	Holland Road Elementary School	Jan 10	8	403941	\$28
Sports & Fitness Soccer	6-9	Tu	5:00PM-5:45PM	Gordon R. Snow Comm Centre	Jan 9	8	403843	\$21
Sports & Fitness Badminton	9-12	Th	5:00PM-6:30PM	Gordon R. Snow Comm Centre	Jan 11	8	403841	\$41
Sports & Fitness Basketball	6-9	Tu	5:45PM-6:30PM	Gordon R. Snow Comm Centre	Jan 9	8	403845	\$21
Sports & Fitness Volleyball	7-10	M	6:00PM-7:00PM	Gordon R. Snow Comm Centre	Jan 8	8	403850	\$28
Wellness Yoga	5-7	Tu	4:30PM-5:00PM	Gordon R. Snow Comm Centre	Jan 9	8	403952	\$16
Wellness Yoga	8-12	Tu	5:00PM-5:45PM	Gordon R. Snow Comm Centre	Jan 9	8	403953	\$24

Youth

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts Art Studio	12-17	Tu	7:00PM-8:30PM	Gordon R. Snow Comm Centre	Sep 12	10	404130	\$34
Sports & Fitness Badminton	12-17	Th	6:30PM-8:00PM	Gordon R. Snow Comm Centre	Sep 14	10	404140	\$51
Wellness Yoga	12-18	Th	5:45PM-7:00PM	Gordon R. Snow Comm Centre	Sep 14	10	404181	\$50

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Art	12-17	Tu	7:00PM-8:30PM	Gordon R. Snow Comm Centre	Jan 9	8	404131	\$27
Sports & Fitness	Badminton	12-17	Th	6:30PM-8:00PM	Gordon R. Snow Comm Centre	Jan 11	8	404180	\$41
Wellness	Yoga	12-18	Th	5:45PM-7:00PM	Gordon R. Snow Comm Centre	Jan 11	8	404182	\$40

Adult

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Creative Art Project	M	7:00PM-9:00PM	Gordon R. Snow Comm Centre	Sep 18	4	404400	\$40
	Mixed Media Artists Afternoon	M	1:30PM-4:00PM	Gordon R. Snow Comm Centre	Sep 25	8	404573	\$85
General Interest	Book Club	M	7:00PM-8:00PM	Gordon R. Snow Comm Centre	Sep 18	3	404488	FREE
	First Aid	Su	9:00AM-5:00PM	Gordon R. Snow Comm Centre	Nov 5	1	404505	\$87
Sports & Fitness	Badminton	Su	7:30PM-9:00PM	Gordon R. Snow Comm Centre	Sep 17	10	404496	\$54
	Basketball	Tu	8:30PM-10:00PM	Gordon R. Snow Comm Centre	Sep 12	12	404500	\$64
	Pilates	W	7:00PM-8:00PM	Gordon R. Snow Comm Centre	Sep 13	10	404056	\$83
	Bellyfit	Th	7:15PM-8:15PM	Gordon R. Snow Comm Centre	Sep 14	10	404057	\$43
	Barre/Pilates Fusion	W	6:00PM-7:00PM	Gordon R. Snow Comm Centre	Sep 13	10	404058	\$83
	Firefighter Style Bootcamp	M	6:00PM-7:00PM	Gordon R. Snow Comm Centre	Sep 11	10	404065	\$50
	Power Walking with Weights	Tu	11:45AM-12:45PM	Gordon R. Snow Comm Centre	Sep 12	10	404066	\$43
	Power Walking with Weights	Th	11:45AM-12:45PM	Gordon R. Snow Comm Centre	Sep 14	10	404070	\$43
	Morning Fitness Classes	M-F	9:00AM-10:00AM	Gordon R. Snow Comm Centre	Sep 5	67	404067	Punch Pass
	Pickleball	M	10:30AM-12:30PM	Gordon R. Snow Comm Centre	Sep 18	10	404502	\$71
	Tai Chi	M	7:00PM-8:30PM	Gordon R. Snow Comm Centre	Sep 18	10	404513	\$64
	Yoga	Tu	7:15PM-8:45PM	Gordon R. Snow Comm Centre	Sep 12	10	404569	\$75
Wellness	Gentle Yoga	F	10:15AM-11:30AM	Gordon R. Snow Comm Centre	Sep 15	10	404571	\$62

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Creative Art Project	M	7:00PM-9:00PM	Gordon R. Snow Comm Centre	Jan 15	2	404487	\$20
	Mixed Media Artists Afternoon	M	1:30PM-4:00PM	Gordon R. Snow Comm Centre	Jan 15	8	404574	\$85
General Interest	Book Club	M	7:00PM-8:00PM	Gordon R. Snow Comm Centre	Jan 15	3	404489	FREE
	First Aid	Su	9:00AM-5:00PM	Gordon R. Snow Comm Centre	Jan 21	1	404506	\$87
Sports & Fitness	Badminton	Su	7:30PM-9:00PM	Gordon R. Snow Comm Centre	Jan 14	8	404499	\$43
	Basketball	Tu	8:30PM-10:00PM	Gordon R. Snow Comm Centre	Jan 9	10	404501	\$54
	Pilates	W	7:00PM-8:00PM	Gordon R. Snow Comm Centre	Jan 10	8	404062	\$67
	Bellyfit	Th	7:15PM-8:15PM	Gordon R. Snow Comm Centre	Jan 11	8	404063	\$34
	Barre/Pilates Fusion	W	6:00PM-7:00PM	Gordon R. Snow Comm Centre	Jan 10	8	404064	\$67
	Firefighter Style Bootcamp	M	6:00PM-7:00PM	Gordon R. Snow Comm Centre	Jan 8	8	404068	\$40
	Power Walking with Weights	Tu	11:45AM-12:45PM	Gordon R. Snow Comm Centre	Jan 9	8	404071	\$34
	Power Walking with Weight	Th	11:45AM-12:45PM	Gordon R. Snow Comm Centre	Jan 11	8	404076	\$34
	Morning Fitness Classes	M-F	9:00AM-10:00AM	Gordon R. Snow Comm Centre	Jan 8	55	404074	Punch Pass
	Pickleball	M	10:30AM-12:30PM	Gordon R. Snow Comm Centre	Jan 8	8	404503	\$57
	Tai Chi	M	7:00PM-8:30PM	Gordon R. Snow Comm Centre	Jan 8	8	404514	\$51
	Yoga	Tu	7:15PM-8:45PM	Gordon R. Snow Comm Centre	Jan 9	8	404570	\$60
Wellness	Gentle Yoga	F	10:15AM-11:30AM	Gordon R. Snow Comm Centre	Jan 12	8	404572	\$50



Physical literacy is important for reducing the risk of injury in physical activity and sport.

HALIFAX

Citadel Community Centre

1955 Trollope Street
Phone: 902.490.3895

Adventure Earth Centre

68 Parkhill Road (Fleming Park)
Phone: 902.490.4539

Captain William Spry Centre

16 Sussex Street - Page 72
Phone: 902.477.POOL (7665)
or 902.479.1111

St. Mary's Boat Club

1641 Fairfield Road
Phone: 902.490.4688

Isleville Centre

3460 Isleville Street
Phone: 902.490.4633

Larry O'Connell Centre

6691 Fourth Street
902.490.3895

Needham Community Centre & Pool

3372 Devonshire Avenue
Phone: 902.490.4633

George Dixon Community Centre

2502 Brunswick Street
Phone: 902.490.4550

Chocolate Lake Community Centre

14 Purcell's Cove Road
Phone: 902.490.4607

St. Andrew's Community Centre

3380 Barnstead Lane
Phone: 902.490.4693

Emera Oval

5775 Cogswell Street
Phone: 902.490.2343

Pavilion

5816 Cogswell Street
Phone: 902.490.3895

HALIFAX

Preschool

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee	
Arts & Crafts	Pottery-Parent & Tot	3-5	M	10:00AM-11:30AM	St. Andrews Community Centre	Sep 18	8	401820	\$60	
	Pottery-Parent & Tot	3-5	M	1:00PM-2:30PM	St. Andrews Community Centre	Sep 18	8	401821	\$60	
	NEW Pottery-Parent & Tot	3-5	Tu	10:00AM-11:30AM	George Dixon Community Centre	Sep 19	8	406740	\$60	
Dance & Drama	Pre-Ballet	3-5	Sa	9:00AM-9:45AM	Citadel Community Centre	Sep 16	10	399177	\$30	
	Pre-Ballet	3-5	Sa	9:00AM-9:45AM	Needham Community Centre	Sep 16	8	404338	\$24	
	Pre-Ballet	3-5	Sa	10:00AM-10:45AM	Needham Community Centre	Sep 16	8	404339	\$24	
	Pre-Ballet II	3-5	Sa	11:00AM-11:45AM	Needham Community Centre	Sep 16	8	404340	\$24	
	Pre-Ballet	3-3	Sa	9:00AM-9:45AM	St. Andrews Community Centre	Sep 23	8	401822	\$24	
	Ballet	4-5	Sa	9:45AM-10:30AM	St. Andrews Community Centre	Sep 23	8	401823	\$24	
	Pre-Ballet	4-5	Sa	9:00AM-9:45AM	Chocolate Lake Community Centre	Sep 30	10	400678	\$30	
	Pre-Ballet	4-5	Sa	10:00AM-10:45AM	Chocolate Lake Community Centre	Sep 30	10	400679	\$30	
	Creative Movement	3-5	Sa	10:00AM-10:45AM	Citadel Community Centre	Sep 16	10	399179	\$30	
	Creative Movement	3-5	Sa	11:00AM-11:45AM	Citadel Community Centre	Sep 16	10	399180	\$30	
	Parent & Tot	Parent & Tot	1½-3	W	9:15AM-11:15AM	Larry O'Connell	Sep 20	10	399183	\$56
		Mini-Soccer	2-3	Su	9:00AM-9:45AM	Citadel Community Centre	Sep 17	10	399185	\$26
		Mini-Soccer	2-3	Sa	11:00AM-11:45AM	Citadel Community Centre	Sep 16	10	399186	\$26
Mini-Basketball		2-3	Sa	9:00AM-9:45AM	Citadel Community Centre	Sep 16	10	399187	\$26	
Mini-Basketball		2-3	Su	11:00AM-11:45AM	Citadel Community Centre	Sep 17	10	399188	\$26	
Parent & Tot		1½-3	M	9:15AM-11:15AM	Chocolate Lake Community Centre	Sep 11	11	400682	\$61	
Parent & Tot		1½-3	T	9:15AM-11:15AM	Chocolate Lake Community Centre	Sep 12	12	400683	\$67	
Parent & Tot		1½-3	W	9:15AM-11:15AM	Chocolate Lake Community Centre	Sep 13	12	400684	\$67	
Parent & Tot		1½-3	Th	9:15AM-11:15AM	Chocolate Lake Community Centre	Sep 14	12	400685	\$67	
Parent & Tot		1½-3	F	9:15AM-11:15AM	Chocolate Lake Community Centre	Sep 15	12	400686	\$67	
	Music Babies	3m-1½	F	9:30AM-10:15AM	Chocolate Lake Community Centre	Sep 22	10	400687	\$28	
	Music Tots	3m-3½	F	10:30AM-11:15AM	Chocolate Lake Community Centre	Sep 22	10	400688	\$28	
Preschooler Play	Kiddie Capers	3-4	M	9:00AM-11:30AM	Larry O'Connell	Sep 18	10	399193	\$77	
	ABC & Me	3-4	Tu	9:00AM-11:30AM	Larry O'Connell	Sep 19	10	399194	\$77	
	Kiddie Capers	3-4	Th	9:00AM-11:30AM	Larry O'Connell	Sep 21	10	399195	\$77	
	Kiddie Capers	3-4	F	9:00AM-11:30AM	Larry O'Connell	Sep 22	10	399196	\$77	
	Kiddie Capers	3-5	M	9:15AM-11:45AM	Chocolate Lake Community Centre	Sep 11	13	400697	\$100	
	Kiddie Capers	3-5	Tu	9:15AM-11:15AM	Chocolate Lake Community Centre	Sep 12	14	400698	\$108	
	Kiddie Capers	3-5	W	9:15AM-11:15AM	Chocolate Lake Community Centre	Sep 13	14	400699	\$108	
	Kiddie Capers	3-5	Th	9:15AM-11:45AM	Chocolate Lake Community Centre	Sep 14	14	400700	\$108	
	Kiddie Capers	3-5	F	9:15AM-11:45AM	Chocolate Lake Community Centre	Sep 15	14	400701	\$108	
	ABC & Me	3-5	Tu,Th	1:00PM-3:30PM	Chocolate Lake Community Centre	Sep 12	28	400702	\$185	
	ABC & Me	3-5	M, W	1:00PM-3:30PM	Chocolate Lake Community Centre	Sep 11	27	403730	\$172	
	Fun with French	3-5	M	9:00AM-11:30AM	St. Andrews Community Centre	Sep 18	10	401824	\$77	
	ABC & ME	3-5	Tu	9:00AM-11:30AM	St. Andrews Community Centre	Sep 19	10	401825	\$77	
	ABC & ME	3-5	W	9:00AM-11:30AM	St. Andrews Community Centre	Sep 20	10	401826	\$77	
	ABC & ME	3-5	Th	9:00AM-11:30AM	St. Andrews Community Centre	Sep 21	10	401827	\$77	
	Fun with French	3-5	F	9:00AM-11:30AM	St. Andrews Community Centre	Sep 22	10	401828	\$77	
	Holiday Camp	3-5	M-F	9:00AM-11:30AM	St. Andrews Community Centre	Dec 4	5	403680	\$39	

	Holiday Camp	3-5	M-F	9:00AM-11:30AM	St. Andrews Community Centre	Dec 11	5	403681	\$39
	Baby & Me Music	4m-1 ^{1/2}	M	9:00AM-9:30AM	Needham Community Centre	Sep 18	8	404341	\$45
	Baby & Me Music	1 ^{1/2} -3	M	10:00AM-10:30AM	Needham Community Centre	Sep 18	8	404342	\$45
	Baby & Me Music	3-5	M	11:00AM-11:30AM	Needham Community Centre	Sep 18	8	404343	\$45
	Baby & Me Music Family	4m-5	M	12:00PM-12:30PM	Needham Community Centre	Sep 18	8	404344	\$45
Sports & Fitness	Basketball	3-4	Sa	12:00PM-12:45PM	Citadel Community Centre	Sep 16	10	399201	\$26
	Basketball	4-5	Sa	10:00AM-10:45AM	Citadel Community Centre	Sep 16	10	399202	\$26
	Tumble Tot Gymnastics	4-5	Su	9:00AM-9:45AM	Citadel Community Centre	Sep 17	10	399205	\$28
	Parent & Tot Gymnastics	2-3	Su	10:00AM-10:45AM	Citadel Community Centre	Sep 17	10	399206	\$28
	Tumbling Tots Active Play	3-5	Th	5:30PM-6:15PM	Citadel Community Centre	Sep 21	10	399207	\$28
	Tumblebugs	4-6	Sa	10:15AM-11:00AM	Chocolate Lake Community Centre	Sep 30	10	400711	\$28
	Tumblebugs Parent & Tot	3-4	Sa	9:30AM-10:15AM	Chocolate Lake Community Centre	Sep 30	10	400712	\$28
	Kiddie Kickers	3-4	Sa	9:00AM-9:45AM	Citadel Community Centre	Sep 16	10	399211	\$26
	Kiddie Kickers	4-5	Sa	10:00AM-10:45AM	Citadel Community Centre	Sep 16	10	399212	\$26
	Kiddie Kickers	3-4	Su	11:00AM-11:45AM	Citadel Community Centre	Sep 17	10	399213	\$26
	Kiddie Kickers	4-5	Su	10:00AM-10:45AM	Citadel Community Centre	Sep 17	10	399214	\$26
	Parent & Tot Gymnastics	2 ^{1/2} -4	Sa	9:00AM-9:45AM	St. Andrews Community Centre	Sep 23	8	401829	\$22
	Parent & Tot Gymnastics	2 ^{1/2} -4	Sa	9:45AM-10:30AM	St. Andrews Community Centre	Sep 23	8	401830	\$22
	NEW Tumblebugs	3 ^{1/2} -5	Sa	10:30AM-11:15AM	St. Andrews Community Centre	Sep 23	8	401831	\$22
	NEW Tumblebugs	3 ^{1/2} -5	Sa	11:15AM-12:00PM	St. Andrews Community Centre	Sep 23	8	401832	\$22
	Tennis	3-5	Sa	1:15PM-2:00PM	St. Stephen's School	Sep 16	8	405832	\$55
	Soccer	3-5	Sa	2:00PM-2:50PM	Needham Community Centre	Sep 16	8	404345	\$21
	Parent & Tot Soccer	1-4	Sa	9:00AM-9:45AM	George Dixon Community Centre	Sep 16	8	406776	\$21
	Parent & Tot Soccer	1-4	Sa	10:00AM-10:45AM	George Dixon Community Centre	Sep 16	8	406778	\$21
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Pottery-Parent & Tot	3-5	M	10:00AM-11:30AM	St. Andrews Community Centre	Jan 8	8	402393	\$60
	Pottery-Parent & Tot	3-5	M	1:00PM-2:30PM	St. Andrews Community Centre	Jan 8	8	402394	\$60
	NEW Pottery-Parent & Tot	3-5	Tu	10:00AM-11:30AM	George Dixon Community Centre	Jan 16	8	406741	\$60
Dance & Drama	Pre-Ballet	3-5	Sa	9:00AM-9:45AM	Needham Community Centre	Jan 13	8	404554	\$24
	Pre-Ballet	3-5	Sa	10:00AM-10:45AM	Needham Community Centre	Jan 13	8	404555	\$24
	Pre-Ballet II	3-5	Sa	11:00AM-11:45AM	Needham Community Centre	Jan 13	8	404556	\$24
	Pre-Ballet	3-3	Sa	9:00AM-9:45AM	St. Andrews Community Centre	Jan 13	8	402395	\$24
	Ballet	4-5	Sa	9:45AM-10:30AM	St. Andrews Community Centre	Jan 13	8	402396	\$24
	Pre-Ballet	4-5	Sa	9:00AM-9:45AM	Chocolate Lake Community Centre	Jan 13	8	400680	\$24
	Pre-Ballet	4-5	Sa	10:00AM-10:45AM	Chocolate Lake Community Centre	Jan 13	8	400681	\$24
	Pre-Ballet	3-5	Sa	9:00AM-9:45AM	Citadel Community Centre	Jan 13	10	399178	\$30
	Creative Movement	3-5	Sa	10:00AM-10:45AM	Citadel Community Centre	Jan 13	10	399181	\$30
	Creative Movement	3-5	Sa	11:00AM-11:45AM	Citadel Community Centre	Jan 13	10	399182	\$30
Parent & Tot	Parent & Tot	1 ^{1/2} -3	W	9:15AM-11:15AM	Larry O'Connell	Jan 10	10	399184	\$56
	Mini-Soccer	2-3	Su	9:00AM-9:45AM	Citadel Community Centre	Jan 14	10	399189	\$26
	Mini-Soccer	2-3	Sa	11:00AM-11:45AM	Citadel Community Centre	Jan 13	10	399190	\$26
	Mini-Basketball	2-3	Sa	9:00AM-9:45AM	Citadel Community Centre	Jan 13	10	399191	\$26
	Mini-Basketball	2-3	Su	11:00AM-11:45AM	Citadel Community Centre	Jan 14	10	399192	\$26

	Active Start	3-5	Su	2:00PM-2:45PM	Chocolate Lake Community Centre	Sep 24	8	407233	\$21
	Active Start	3-5	Su	2:00PM-2:45PM	Chocolate Lake Community Centre	Jan 14	8	407234	\$21
	Parent & Tot	1½-3	M	9:15AM-11:15AM	Chocolate Lake Community Centre	Jan 8	8	400690	\$45
	Parent & Tot	1½-3	T	9:15AM-11:15AM	Chocolate Lake Community Centre	Jan 9	9	400691	\$50
	Parent & Tot	1½-3	W	9:15AM-11:15AM	Chocolate Lake Community Centre	Jan 10	9	400692	\$50
	Parent & Tot	1½-3	Th	9:15AM-11:15AM	Chocolate Lake Community Centre	Jan 11	9	400693	\$50
	Parent & Tot	1½-3	F	9:15AM-11:15AM	Chocolate Lake Community Centre	Jan 12	9	400694	\$50
	Music Babies	3m-1½	F	9:30AM-10:15AM	Chocolate Lake Community Centre	Jan 12	9	400695	\$25
	Music Tots	3m-3½	F	10:30AM-11:15AM	Chocolate Lake Community Centre	Jan 12	9	400696	\$25
Preschooler Play	Kiddie Capers	3-5	Th	9:00AM-11:30AM	Larry O'Connell	Jan 18	10	399199	\$77
	Kiddie Capers	3-5	F	9:00AM-11:30AM	Larry O'Connell	Jan 19	10	399200	\$77
	Fun with French	3-5	M	9:00AM-11:30AM	St. Andrews Community Centre	Jan 8	10	402397	\$77
	ABC & ME	3-5	Tu	9:00AM-11:30AM	St. Andrews Community Centre	Jan 9	10	402398	\$77
	ABC & ME	3-5	W	9:00AM-11:30AM	St. Andrews Community Centre	Jan 10	10	402399	\$77
	ABC & ME	3-5	Th	9:00AM-11:30AM	St. Andrews Community Centre	Jan 11	10	402400	\$77
	Fun with French	3-5	F	9:00AM-11:30AM	St. Andrews Community Centre	Jan 12	10	402401	\$77
	Baby & Me Music	4m-1½	M	9:00AM-9:30AM	Needham Community Centre	Jan 8	8	404557	\$45
	Baby & Me Music	1½-3	M	10:00AM-10:30AM	Needham Community Centre	Jan 8	8	404558	\$45
	Baby & Me Music	3-5	M	11:00AM-11:30AM	Needham Community Centre	Jan 8	8	404559	\$45
	Baby & Me Music Family	4m-5	M	12:00PM-12:30PM	Needham Community Centre	Jan 8	8	404560	\$45
	Kiddie Capers	3-5	M	9:15AM-11:45AM	Chocolate Lake Community Centre	Jan 8	10	400705	\$78
	Kiddie Capers	3-5	Tu	9:15AM-11:45AM	Chocolate Lake Community Centre	Jan 9	11	400706	\$86
	ABC & Me	4-5	Tu,Th	1:00PM-3:30PM	Chocolate Lake Community Centre	Jan 9	11	400707	\$170
	ABC & Me	4-5	M, W	1:00PM-3:30PM	Chocolate Lake Community Centre	Jan 8	11	403731	\$170
	Kiddie Capers	3-5	W	9:15AM-11:45AM	Chocolate Lake Community Centre	Jan 10	11	400708	\$86
	Kiddie Capers	3-5	Th	9:15AM-11:45AM	Chocolate Lake Community Centre	Jan 11	11	400709	\$86
	Kiddie Capers	3-5	F	9:15AM-11:45AM	Chocolate Lake Community Centre	Jan 12	11	400710	\$86
Sports & Fitness	Basketball	3-4	Sa	12:00PM-12:45PM	Citadel Community Centre	Jan 13	10	399203	\$26
	Basketball	4-5	Sa	10:00AM-10:45AM	Citadel Community Centre	Jan 13	10	399204	\$26
	Kiddie Kickers	3-4	Sa	9:00AM-9:45AM	Citadel Community Centre	Jan 13	10	399215	\$26
	Kiddie Kickers	4-5	Sa	10:00AM-10:45AM	Citadel Community Centre	Jan 13	10	399216	\$26
	Kiddie Kickers	3-4	Su	11:00AM-11:45AM	Citadel Community Centre	Jan 14	10	399217	\$26
	Kiddie Kickers	4-5	Su	10:00AM-10:45AM	Citadel Community Centre	Jan 14	10	399218	\$26
	Tumble Tot Gymnastics	4-5	Su	9:00AM-9:45AM	Citadel Community Centre	Jan 14	10	399208	\$28
	Parent & Tot Gymnastics	2-4	Su	10:00AM-10:45AM	Citadel Community Centre	Jan 14	10	399209	\$28
	Tumbling Tots Active Play	4-5	Th	5:30PM-6:15PM	Citadel Community Centre	Jan 18	10	399210	\$28
	Parent & Tot Gymnastics	2½-4	Sa	9:00AM-9:45AM	St. Andrews Community Centre	Jan 13	8	402402	\$22
	Parent & Tot Gymnastics	2½-4	Sa	9:45AM-10:30AM	St. Andrews Community Centre	Jan 13	8	402403	\$22
	NEW Tumblebugs	3½-5	Sa	10:30AM-11:15AM	St. Andrews Community Centre	Jan 13	8	402404	\$22
	NEW Tumblebugs	3½-5	Sa	11:15AM-12:00PM	St. Andrews Community Centre	Jan 13	8	402405	\$22
	Tennis	3-5	Sa	1:15PM-2:00PM	St. Stephen's School	Jan 13	8	405843	\$55
	Soccer	3-5	Sa	2:00PM-2:50PM	Needham Community Centre	Jan 13	8	404561	\$28
	Parent & Tot Soccer	1-4	Sa	9:00AM-9:45AM	George Dixon Community Centre	Jan 13	8	406838	\$21
	Parent & Tot Soccer	1-4	Sa	10:00AM-10:45AM	George Dixon Community Centre	Jan 13	8	406840	\$21

Child

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Artists in Action	5-6	Sa	9:00AM-9:45AM	Chocolate Lake Community Centre	Sep 30	10	407230 \$34
	Pottery	7-16	M	4:00PM-6:00PM	St. Andrews Community Centre	Sep 18	8	401801 \$80
	Pottery	7-16	W	4:00PM-6:00PM	St. Andrews Community Centre	Sep 20	8	401802 \$80
	Pottery	7-16	Sa	9:00AM-10:30AM	St. Andrews Community Centre	Sep 16	8	401799 \$60
	Pottery	7-16	Sa	10:30AM-12:00PM	St. Andrews Community Centre	Sep 16	8	401800 \$60
	Pottery-Thanksgiving Workshop	6-16	Sa	1:30PM-3:30PM	St. Andrews Community Centre	Sep 16	2	401803 \$20
	Pottery-Halloween Workshop	6-16	Sa	1:30PM-3:30PM	St. Andrews Community Centre	Oct 14	2	401804 \$20
	Pottery-Holiday Workshop	6-16	Sa	1:30PM-3:30PM	St. Andrews Community Centre	Nov 4	2	401805 \$20
	Pottery-Parent & Child	6-16	M	6:00PM-7:30PM	St. Andrews Community Centre	Sep 18	8	401817 \$60
	Pottery-Parent & Child	6-16	Th	4:30PM-6:00PM	St. Andrews Community Centre	Sep 28	8	401819 \$60
	Pottery-Parent & Child	6-16	Th	6:00PM-7:30PM	St. Andrews Community Centre	Sep 28	8	401818 \$60
	Sketch & Draw	7-11	M	4:00PM-5:00PM	Needham Community Centre	Sep 18	8	404319 \$27
	Drawing	5-7	Sa	9:00AM-10:00AM	St. Andrews Community Centre	Sep 23	8	401795 \$27
	Drawing	7-10	Sa	10:00AM-11:00AM	St. Andrews Community Centre	Sep 23	8	401796 \$27
	Painting	8-16	Sa	11:00AM-12:30PM	St. Andrews Community Centre	Sep 23	8	401797 \$27
	Drawing	5-7	Sa	1:00PM-2:00PM	St. Andrews Community Centre	Sep 23	8	401798 \$27
	Artists in Action	7-10	Sa	10:00AM-12:00PM	Chocolate Lake Community Centre	Sep 30	10	400636 \$68
	Pottery-Parent & Child	6-16	M	6:00PM-8:00PM	George Dixon Community Centre	Sep 18	8	406738 \$80
Camps	In-Service Camp	5-7	F	8:30AM-5:30PM	Needham Community Centre	Sep 29	1	404320 \$25
	In-Service Camp	8-11	F	8:30AM-5:30PM	Needham Community Centre	Sep 29	1	404321 \$25
	In-Service Camp	8-11	F	8:30AM-5:30PM	Needham Community Centre	Oct 27	1	404322 \$25
	In-Service Camp	5-7	F	8:30AM-5:30PM	Needham Community Centre	Oct 27	1	404323 \$25
	Holiday Fun Camp	5-12	F	9:00AM-4:30PM	Needham Community Centre	Dec 22	1	404326 \$25
	In-Service Camp	5-12	Tu	8:00AM-5:00PM	St. Mary's Boat Club	Sep 5	1	406203 \$25
	In-Service Camp	5-12	W	8:00AM-5:00PM	St. Mary's Boat Club	Sep 6	1	406204 \$25
	In-Service Camp	5-12	W	8:00AM-5:00PM	St. Mary's Boat Club	Nov 22	1	406205 \$25
	In-Service Camp	5-12	Th	8:00AM-5:00PM	St. Mary's Boat Club	Dec 7	1	406206 \$25
	In-Service Camp	5-12	F	8:00AM-5:00PM	St. Mary's Boat Club	Dec 22	1	406207 \$25
	In-Service Camp	4-7	F	8:30AM-4:30PM	George Dixon Community Centre	Sep 29	1	406751 \$19
	In-Service Camp	8-12	F	8:30AM-4:30PM	George Dixon Community Centre	Sep 29	1	406752 \$19
	Halloween In-Service	4-7	F	8:30AM-4:30PM	George Dixon Community Centre	Oct 27	1	406753 \$19
	Halloween In-Service	8-12	F	8:30AM-4:30PM	George Dixon Community Centre	Oct 27	1	406754 \$19
	In-Service Camp	4-7	Th	8:30AM-4:30PM	George Dixon Community Centre	Nov 22	1	406757 \$19
	In-Service Camp	8-12	Th	8:30AM-4:30PM	George Dixon Community Centre	Nov 22	1	406758 \$19
	In-Service Camp	4-12	W	8:00AM-5:00PM	George Dixon Community Centre	Dec 6	1	406763 \$25
Dance & Drama	Ballet	6-10	Sa	11:30AM-12:30PM	St. Andrews Community Centre	Sep 23	8	401807 \$32
	Ballet	5-7	Sa	12:00PM-1:00PM	Citadel Community Centre	Sep 16	10	399128 \$40
	Ballet	5-11	Sa	11:00AM-11:45AM	Chocolate Lake Community Centre	Sep 30	10	400650 \$30
	Ballet	5-8	Sa	12:00PM-1:00PM	Needham Community Centre	Sep 16	8	404331 \$32
	Hip Hop	6-11	Sa	12:15PM-1:15PM	Chocolate Lake Community Centre	Sep 30	10	400652 \$40
	Hip Hop	6-11	Sa	10:30AM-11:30AM	St. Andrews Community Centre	Sep 23	8	401806 \$32
General Interest	Highland Dance	5-7	Sa	1:00PM-1:45PM	Citadel Community Centre	Sep 16	10	399130 \$30
	Piano	6-10	Tu	4:00PM-5:00PM	St. Andrews Community Centre	Sep 19	6	401808 \$48

	Piano	6-10	Tu	5:00PM-6:00PM	St. Andrews Community Centre	Sep 19	6	401809	\$48
	Guitar	10-12	Th	6:00PM-6:50PM	Chocolate Lake Community Centre	Sep 21	10	400654	\$37
Sports & Fitness	Archery	10-15	Sa	6:30PM-7:45PM	Citadel Community Centre	Sep 16	8	399225	\$95
	Archery-Returning	10-15	Sa	5:15PM-6:30PM	Citadel Community Centre	Sep 16	8	399227	\$95
	Badminton	8-11	M	4:30PM-5:30PM	Citadel Community Centre	Sep 18	10	399158	\$28
	Basketball Skills	5-7	Sa	11:00AM-12:00PM	Citadel Community Centre	Sep 16	10	399162	\$35
	Basketball Skills	8-11	Sa	12:00PM-1:00PM	Citadel Community Centre	Sep 16	10	399163	\$35
	NEW Basketball	8-10	Sa	2:00PM-3:00PM	St. Andrews Community Centre	Sep 23	8	400657	\$28
	Mini Basketball Skills	5-8	Sa	11:00AM-11:50AM	George Dixon Community Centre	Sep 16	8	406765	\$28
	Mini Basketball	7-10	W	5:00PM-6:00PM	Chocolate Lake Community Centre	Sep 27	10	400658	\$34
	Jr. NBA Rookie Program	5-7	W	4:00PM-5:00PM	Chocolate Lake Community Centre	Sep 27	12	406398	\$60
	Cheerleading	5-9	Tu	5:45PM-6:45PM	George Dixon Community Centre	Sep 26	8	406766	\$30
	Gymnastics Introductory	6-7	Sa	11:15AM-12:00PM	Chocolate Lake Community Centre	Sep 30	10	400661	\$37
	Gymnastics Introduction	7-8	Sa	12:45PM-1:45PM	Chocolate Lake Community Centre	Sep 30	10	400662	\$37
	Gymnastics Introduction	9-10	Sa	1:45PM-2:45PM	Chocolate Lake Community Centre	Sep 30	10	400663	\$37
	Gymnastics-Tumbling/Floor	10-13	Sa	2:45PM-3:45PM	Chocolate Lake Community Centre	Sep 30	10	400664	\$37
	Drop In Floor Hockey	5-15	F	7:00PM-9:00PM	George Dixon Community Centre	Sep 15	13	406767	FREE
	Inline to Ice Speed Skate	5-8	W	4:00PM-5:00PM	Needham Community Centre	Sep 13	6	404337	\$28
	Kindaibujitsu-Level I	5-12	Sa	9:00AM-10:00AM	St. Andrews Community Centre	Sep 23	10	401810	\$37
	Kindaibujitsu-Returning	5-18	Sa	10:00AM-11:00AM	St. Andrews Community Centre	Sep 23	10	401811	\$37
	Kindaibujitsu-Returning II	5-18	Sa	11:00AM-12:00PM	St. Andrews Community Centre	Sep 23	10	401812	\$37
	Open Gym	1-101	Su	1:30PM-3:00PM	Citadel Community Centre	Oct 1	10	399134	FREE
	Plays Soccer	8-12	Sa	11:00AM-12:00PM	Needham Community Centre	Sep 6	8	404336	\$28
	FMS for Special Olympics	4-6	Su	3:00PM-4:00PM	Chocolate Lake Community Centre	Sep 24	10	406397	\$34
	Soccer	5-8	Su	12:00PM-1:00PM	Citadel Community Centre	Sep 17	10	399166	\$35
	Soccer	5-7	M	4:00PM-5:00PM	Chocolate Lake Community Centre	Sep 25	10	400671	\$34
	Soccer	7-10	M	5:00PM-6:00PM	Chocolate Lake Community Centre	Sep 25	10	400672	\$34
	Soccer	5-7	Sa	12:00PM-1:00PM	St. Andrews Community Centre	Sep 23	8	401841	\$28
	Soccer	8-10	Sa	1:00PM-2:00PM	St. Andrews Community Centre	Sep 23	8	401813	\$28
	Tennis	6-8	F	4:00PM-5:00PM	HEADstart Tennis Centre	Sep 15	6	401814	\$54
	Tennis	9-12	F	5:00PM-6:00PM	HEADstart Tennis Centre	Sep 15	6	401815	\$54
	Tennis	8-11	Su	12:00PM-1:00PM	Citadel Community Centre	Sep 17	10	399168	\$34
	Quidditch	8-12	Sa	9:00AM-9:55AM	St. Stephen's School	Sep 16	8	405838	FREE
	Jugger	12-16	Sa	10:00PM-10:55PM	St. Stephen's School	Sep 16	8	405837	FREE
	Zany Sports	8-12	Sa	11:00AM-11:55AM	St. Stephen's School	Sep 16	8	405830	\$20
	Zany Sports for Girls	13-16	Sa	12:00PM-12:55PM	St. Stephen's School	Sep 16	8	405831	\$20
	Tennis	5-7	Sa	2:00PM-2:45PM	St. Stephen's School	Sep 16	8	405833	\$55
	Tennis	7-9	Sa	3:00PM-4:00PM	St. Stephen's School	Sep 16	8	405834	\$55
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Artists in Action	5-6	Sa	9:00AM-9:45AM	Chocolate Lake Community Centre	Jan 13	8	407231	\$28
	Artists in Action	7-10	Sa	10:00AM-12:00PM	Chocolate Lake Community Centre	Jan 13	8	400637	\$54
	Pottery	7-16	M	4:00PM-6:00PM	St. Andrews Community Centre	Jan 8	8	402373	\$80
	Pottery	7-16	W	4:00PM-6:00PM	St. Andrews Community Centre	Jan 10	8	402374	\$80
	Pottery	7-16	Sa	9:00AM-10:30AM	St. Andrews Community Centre	Jan 13	8	402371	\$60
	Pottery	7-16	Sa	10:30AM-12:00PM	St. Andrews Community Centre	Jan 13	8	402372	\$60

	Pottery-Valentine's Day Workshop	6-16	Sa	1:30PM-3:30PM	St. Andrews Community Centre	Jan 20	2	402375	\$20
	Pottery-St. Patrick's Day Workshop	6-16	Sa	1:30PM-3:30PM	St. Andrews Community Centre	Feb 3	2	402376	\$20
	Pottery-Easter Workshop	6-16	Sa	1:30PM-3:30PM	St. Andrews Community Centre	Feb 24	2	402377	\$20
	Pottery-Parent & Child	6-16	M	6:00PM-7:30PM	St. Andrews Community Centre	Jan 8	8	402390	\$60
	Pottery-Parent & Child	6-16	Th	4:30PM-6:00PM	St. Andrews Community Centre	Jan 11	8	402392	\$60
	Pottery-Parent & Child	6-16	Th	6:00PM-7:30PM	St. Andrews Community Centre	Jan 11	8	402391	\$60
	Pottery-Parent & Child	6-16	M	6:00PM-8:00PM	George Dixon Community Centre	Jan 15	8	406739	\$80
	Sketch & Draw	7-12	M	4:00PM-5:00PM	Needham Community Centre	Jan 15	8	404546	\$27
	Drawing	5-7	Sa	9:00AM-10:00AM	St. Andrews Community Centre	Jan 13	8	402367	\$27
	Drawing	7-10	Sa	10:00AM-11:00AM	St. Andrews Community Centre	Jan 13	8	402368	\$27
	Painting	8-16	Sa	11:00AM-12:30PM	St. Andrews Community Centre	Jan 13	8	402369	\$27
	Drawing	5-7	Sa	1:00PM-2:00PM	St. Andrews Community Centre	Jan 13	8	402370	\$27
Camps	March Break Camp	5 ^{1/2} -11	M-F	8:30AM-4:30PM	St. Andrews Community Centre	Mar 12	5	402423	\$104
	March Break Day Camp	5-7	M-F	8:00AM-5:00PM	Needham Community Centre	Mar 12	5	404552	\$116
	March Break Day Camp	8-12	M-F	8:00AM-5:00PM	Needham Community Centre	Mar 12	5	404553	\$116
	March Break Day Camp	5-8	M-F	9:00AM-4:00PM	Chocolate Lake Community Centre	Mar 12	5	400656	\$89
	March Break Day Camp	9-12	M-F	9:00AM-4:00PM	Chocolate Lake Community Centre	Mar 12	5	400830	\$89
	March Break Adventure	4-7	M-F	8:30AM-4:30PM	George Dixon Community Centre	Mar 12	5	406825	\$94
	March Break Adventure	8-12	M-F	8:30AM-4:30PM	George Dixon Community Centre	Mar 12	5	406826	\$94
	March Break Extended Hours	4-12	M-F	8:00AM-8:30AM	George Dixon Community Centre	Mar 12	5	406827	\$10
	In-Service Camp	5-12	Tu	8:00AM-5:00PM	St. Mary's Boat Club	Jan 2	1	406216	\$25
	In-Service Camp	5-12	Th	8:00AM-5:00PM	St. Mary's Boat Club	Feb 1	1	406217	\$25
	In-Service Camp	5-12	F	8:00AM-5:00PM	St. Mary's Boat Club	Mar 9	1	406208	\$25
	In-Service Camp	4-12	F	8:00AM-5:00PM	George Dixon Community Centre	Feb 23	1	406823	\$25
Dance & Drama	Ballet	5-8	Sa	12:00PM-1:00PM	Needham Community Centre	Jan 13	8	404549	\$32
	Ballet	5-7	Sa	12:00PM-1:00PM	Citadel Community Centre	Jan 13	10	399129	\$40
	Ballet	5-11	Sa	11:00AM-11:45AM	Chocolate Lake Community Centre	Jan 13	8	400651	\$27
	Ballet	6-10	Sa	11:30AM-12:30PM	St. Andrews Community Centre	Jan 13	8	402379	\$32
	Hip Hop	6-11	Sa	10:30AM-11:30AM	St. Andrews Community Centre	Jan 13	8	402378	\$32
	Hip Hop	6-11	Sa	12:15PM-1:15PM	Chocolate Lake Community Centre	Jan 13	8	400653	\$36
	Highland Dance	5-7	Sa	1:00PM-1:45PM	Citadel Community Centre	Jan 13	10	399131	\$27
General Interest	Guitar	10-12	Th	6:00PM-6:50PM	Chocolate Lake Community Centre	Jan 11	8	400655	\$30
	Piano	6-10	Tu	4:00PM-5:00PM	St. Andrews Community Centre	Jan 9	6	402380	\$48
	Piano	6-10	Tu	5:00PM-6:00PM	St. Andrews Community Centre	Jan 9	6	402381	\$48
Sports & Fitness	Archery	10-15	Sa	6:30PM-7:45PM	Citadel Community Centre	Jan 13	8	399226	\$95
	Archery-Returning	10-15	Sa	5:15PM-6:30PM	Citadel Community Centre	Jan 13	8	399228	\$95
	Badminton	8-11	M	4:30PM-5:30PM	Citadel Community Centre	Jan 15	10	399159	\$32
	Basketball Skills	5-7	Sa	11:00AM-12:00PM	Citadel Community Centre	Jan 13	10	399164	\$32
	Basketball Skills	8-11	Sa	12:00PM-1:00PM	Citadel Community Centre	Jan 13	10	399165	\$32
	NEW Basketball	8-10	Sa	2:00PM-3:00PM	St. Andrews Community Centre	Jan 13	8	402382	\$28
	Mini Basketball	5-7	W	4:00PM-5:00PM	Chocolate Lake Community Centre	Jan 10	8	400659	\$28
	Mini Basketball	7-10	W	5:00PM-6:00PM	Chocolate Lake Community Centre	Jan 10	8	400660	\$28
	Mini Basketball Skills	5-8	Sa	11:00AM-11:50AM	George Dixon Community Centre	Jan 20	8	406828	\$28
	Drop In Floor Hockey	5-15	F	7:00PM-9:00PM	George Dixon Community Centre	Sep 15	13	406767	FREE

Drop In Floor Hockey	5-15	F	7:00PM-9:00PM	George Dixon Community Centre	Jan 19	20	406829	FREE
Gymnastics	6-7	Sa	11:15AM-12:00PM	Chocolate Lake Community Centre	Jan 6	10	400666	\$37
Gymnastics	7-8	Sa	12:45PM-1:45PM	Chocolate Lake Community Centre	Jan 6	10	400667	\$37
Gymnastics	9-10	Sa	1:45PM-2:45PM	Chocolate Lake Community Centre	Jan 6	10	400668	\$37
Gymnastics-Tumbling/Floor	10-13	Sa	2:45PM-3:45PM	Chocolate Lake Community Centre	Jan 6	10	400669	\$37
Kindaibujitsu	5-12	Sa	9:00AM-10:00AM	St. Andrews Community Centre	Jan 13	10	402383	\$37
Kindaibujitsu-Returning	5-18	Sa	10:00AM-11:00AM	St. Andrews Community Centre	Jan 13	10	402384	\$37
Kindaibujitsu-Returning II	5-18	Sa	11:00AM-12:00PM	St. Andrews Community Centre	Jan 13	10	402385	\$37
Open Gym	3+	Su	1:30PM-3:00PM	Citadel Community Centre	Jan 14	10	399135	FREE
FMS for Special Olympics	4-6	Su	3:00PM-4:00PM	Chocolate Lake Community Centre	Jan 14	10	406681	\$34
Soccer	5-8	Su	12:00PM-1:00PM	Citadel Community Centre	Jan 14	10	399167	\$32
Soccer	5-7	Sa	12:00PM-1:00PM	St. Andrews Community Centre	Jan 13	8	402386	\$28
Soccer	8-10	Sa	1:00PM-2:00PM	St. Andrews Community Centre	Jan 13	8	402387	\$28
Soccer	5-7	M	4:00PM-5:00PM	Chocolate Lake Community Centre	Jan 8	8	400673	\$28
Soccer	7-10	M	5:00PM-6:00PM	Chocolate Lake Community Centre	Jan 8	8	400674	\$28
Tennis	6-8	F	4:00PM-5:00PM	Headstart Tennis Centre	Jan 5	6	402388	\$54
Tennis	9-12	F	5:00PM-6:00PM	Headstart Tennis Centre	Jan 5	6	402389	\$54
Tennis	8-11	Su	12:00PM-1:00PM	Citadel Community Centre	Jan 14	10	399169	\$31
Quidditch	8-12	Sa	9:00AM-9:55AM	St. Stephen's School	Jan 13	8	405839	FREE
Jugger	12-16	Sa	10:00PM-10:55PM	St. Stephen's School	Jan 13	8	405840	FREE
Zany Sports	8-12	Sa	11:00AM-11:55AM	St. Stephen's School	Jan 13	8	405841	\$20
Zany Sports for Girls	13-16	Sa	12:00PM-12:55PM	St. Stephen's School	Jan 13	8	405842	\$20
Tennis	5-7	Sa	2:00PM-2:45PM	St. Stephen's School	Jan 13	8	405844	\$55
Tennis	7-9	Sa	3:00PM-4:00PM	St. Stephen's School	Jan 13	8	405845	\$55

Youth

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest Youth Program	12-17	Th	6:00PM-8:00PM	Needham Community Centre	Sep 21	10	404348	FREE
Sports & Fitness Badminton	12-15	M	5:30PM-6:30PM	Citadel Community Centre	Sep 18	10	399229	\$35
Badminton	12-15	F	5:30PM-6:30PM	Citadel Community Centre	Sep 15	10	400355	\$35
Badminton	11-15	Tu	4:00PM-5:00PM	Chocolate Lake Community Centre	Sep 26	10	400726	\$34
Boot Camp Girls Be Strong	11-15	Tu	4:30PM-5:30PM	Chocolate Lake Community Centre	Sep 19	8	407353	\$30
Boot Camp Girls Be Strong	11-15	Th	4:30PM-5:30PM	Chocolate Lake Community Centre	Sep 21	8	407354	\$30
Fencing	10-13	Sa	9:00AM-10:00AM	Needham Community Centre	Sep 16	10	404350	\$75
Fencing	14-20	Sa	10:00AM-11:00AM	Needham Community Centre	Sep 16	10	404351	\$75
Inline to Ice Speed Skating	9-17	W	5:00PM-6:00PM	Needham Community Centre	Sep 13	6	404349	\$28
Tennis	13-17	F	6:00PM-7:00PM	Headstart Tennis Centre	Sep 15	6	401837	\$54
Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest Youth Program	12-17	Th	6:00PM-8:00PM	Needham Community Centre	Jan 18	10	404565	FREE
Sports & Fitness Badminton	12-15	M	5:30PM-6:30PM	Citadel Community Centre	Jan 15	10	399230	\$35
Badminton	12-15	F	5:30PM-6:30PM	Citadel Community Centre	Jan 19	10	400356	\$35
Badminton	11-15	Tu	4:00PM-5:00PM	Chocolate Lake Community Centre	Jan 9	8	400727	\$28
Boot Camp Girls Be Strong	11-15	Tu	4:30PM-5:30PM	Chocolate Lake Community Centre	Jan 9	8	407355	\$30
Boot Camp Girls Be Strong	11-15	Th	4:30PM-5:30PM	Chocolate Lake Community Centre	Jan 11	8	407356	\$30

Fencing	10-13	Sa	9:00AM-10:00AM	Needham Community Centre	Jan 6	10	404566	\$75
Fencing	14-20	Sa	10:00AM-11:00AM	Needham Community Centre	Jan 6	10	404567	\$75
Tennis	13-17	F	6:00PM-7:00PM	Headstart Tennis Centre	Jan 5	6	402408	\$54

Adult

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Acrylic Painting	W	9:30AM-12:00PM	Needham Community Centre	Sep 20	9	404285	\$96
	Intermediate Acrylic Painting	W	1:00PM-3:30PM	Needham Community Centre	Sep 20	9	404284	\$96
	Drawing	Tu	10:00AM-12:00PM	Needham Community Centre	Sep 19	8	404287	\$68
	Drawing	Tu	1:00PM-3:00PM	Needham Community Centre	Sep 19	8	404388	\$68
	Drawing Portraits	W	6:30PM-8:30PM	Isleville Centre	Sep 13	8	404286	\$68
	Watercolours	Th	9:30AM-12:00PM	Needham Community Centre	Sep 21	9	404289	\$96
	Watercolours	Th	12:30PM-3:00PM	Needham Community Centre	Sep 21	9	404290	\$96
	Watercolours	Sa	9:30AM-12:00PM	Isleville Centre	Sep 16	9	404291	\$96
	Watercolours	M	6:30PM-8:30PM	Isleville Centre	Sep 11	8	404292	\$68
	Mixed Media Afternoon	Tu	1:00PM-4:00PM	St. Andrews Community Centre	Sep 19	10	401780	\$128
	Pottery	Tu	9:30AM-12:30PM	St. Andrews Community Centre	Sep 19	10	401781	\$180
	Pottery	W	6:30PM-9:00PM	St. Andrews Community Centre	Sep 20	10	401782	\$150
	Quilting	M	1:00PM-3:30PM	St. Andrews Community Centre	Sep 18	8	401783	\$85
	Quilting	W	1:00PM-3:30PM	St. Andrews Community Centre	Sep 20	8	401784	\$85
	NEW Card Making Workshop	Su	1:00PM-3:00PM	St. Andrews Community Centre	Sep 24	1	406242	\$15
	NEW Rug Making Workshop	Su	1:00PM-5:00PM	St. Andrews Community Centre	Oct 1	1	401838	\$80
	Wreath Making	Sa	2:00PM-4:00PM	Chocolate Lake Community Centre	Nov 25	1	400584	\$40
Dance & Drama	Pottery	Su	6:30PM-9:00PM	George Dixon Community Centre	Sep 17	10	406742	\$150
	Pottery	W	6:30PM-9:00PM	George Dixon Community Centre	Sep 20	10	406743	\$150
	Pottery-Mornings	W	9:30AM-12:00PM	George Dixon Community Centre	Sep 27	10	406745	\$150
	Pottery	Th	6:30PM-9:00PM	George Dixon Community Centre	Sep 28	10	406746	\$150
	Social Dance Level I	W	7:00PM-8:00PM	Citadel Community Centre	Sep 20	10	400342	\$57
General Interest	Social Dance Level II	M	6:00PM-7:00PM	St. Andrews Community Centre	Sep 18	10	401785	\$57
	Social Dance Level I	M	7:00PM-8:00PM	St. Andrews Community Centre	Sep 18	10	401786	\$57
	Fly Tying	W	7:00PM-9:00PM	Citadel Community Centre	Oct 11	6	399085	\$51
	Women's Intro to Hiking	W	9:00AM-12:00PM	Adventure Earth Centre	Oct 4	4	402330	FREE
	Family Learn to Camp Program	W,Sa-Su	6:30PM-8:30PM	Adventure Earth Centre	Sep 6	6	402331	\$20
	Intro to Map & Compass	W, Sa	6:30PM-8:30PM	Adventure Earth Centre	Oct 4	3	402332	\$10
	Adult Intro to Hiking	Su	1:00PM-4:00PM	Adventure Earth Centre	Oct 1	5	402337	FREE
	Outdoor & Landscape Photography	Su	2:30PM-4:30PM	Adventure Earth Centre	Sep 17	4	400601	\$34
	Bridge Beginner	M	9:30AM-11:30AM	Chocolate Lake Community Centre	Sep 18	9	400586	\$54
	Bridge Beginner Plus	M	7:00PM-9:00PM	Chocolate Lake Community Centre	Sep 18	9	400587	\$54
	Bridge Intermediate	W	9:30AM-11:30AM	Chocolate Lake Community Centre	Sep 20	11	400588	\$59
	Bridge Beginner Plus	Th	9:30AM-11:30AM	Chocolate Lake Community Centre	Sep 21	11	400589	\$59
	Guitar Beginner	Th	7:00PM-7:50PM	Chocolate Lake Community Centre	Sep 21	10	400594	\$71
	Guitar Returning	Th	8:00PM-8:50PM	Chocolate Lake Community Centre	Sep 21	10	400595	\$71
	Digital SLR Photography	Tu	7:30PM-9:30PM	Chocolate Lake Community Centre	Sep 19	8	400598	\$68
Guitar	Guitar Beginner	Tu	7:00PM-8:00PM	Needham Community Centre	Sep 19	8	404295	\$57
	Guitar	Tu	8:00PM-9:00PM	Needham Community Centre	Sep 19	8	404296	\$57

Sports & Fitness	Badminton	M	7:00PM-9:00PM	Citadel Community Centre	Sep 25	10	399090	\$71
	Badminton	Tu	7:00PM-9:00PM	Citadel Community Centre	Sep 19	10	400284	\$71
	Basketball	Tu	7:45PM-9:30PM	Chocolate Lake Community Centre	Sep 19	14	400604	\$93
	Boot Camp Commit To Fit	Tu	5:30PM-6:30PM	Chocolate Lake Community Centre	Sep 19	8	407346	\$40
	Boot Camp Power Core	Th	5:30PM-6:30PM	Chocolate Lake Community Centre	Sep 21	8	407344	\$40
	Walking	W	10:30AM-11:30AM	Citadel Community Centre	Sep 27	13	399087	FREE
	Walking	W	11:30AM-12:30PM	Citadel Community Centre	Sep 27	12	399089	FREE
	Volleyball	Th	8:00PM-10:00PM	Citadel Community Centre	Sep 21	10	400286	\$71
	Zumba	Tu	5:30PM-6:30PM	Citadel Community Centre	Sep 19	10	399097	\$50
	Tennis	F	7:00PM-8:00PM	Headstart Tennis Centre	Sep 15	6	401788	\$74
	Stay Active Stay Fit 55+	M	1:30PM-2:30PM	Chocolate Lake Community Centre	Sep 18	12	400606	\$56
	Zumba	M	7:00PM-8:00PM	Chocolate Lake Community Centre	Sep 18	11	400607	\$60
	Use It-Don't Lose It!	Tu	9:00AM-10:00AM	Chocolate Lake Community Centre	Sep 19	12	400608	\$51
	Zumba	W	6:00PM-7:00PM	Chocolate Lake Community Centre	Sep 20	12	400609	\$60
	Use It-Don't Lose It!	Th	9:00AM-10:00AM	Chocolate Lake Community Centre	Sep 21	12	400610	\$51
	Zumba	Th	6:30PM-7:30PM	Chocolate Lake Community Centre	Sep 21	12	400611	\$60
	Indoor Gym Walking	Tu, Th	12:00PM-1:00PM	Chocolate Lake Community Centre	Sep 19	24	400612	FREE
	Badminton	Tu	7:00PM-9:00PM	St. Stephen's School	Sep 12	10	404297	\$71
	Badminton	M	8:00PM-10:00PM	St. Andrews Community Centre	Sep 18	10	401787	\$71
	Outdoor Fitness & Nordic Walking	Tu	5:30PM-7:00PM	Needham Community Centre	Sep 19	13	404298	\$83
	Boot Camp Workout	Tu, Th	12:05PM-12:50PM	Needham Community Centre	Sep 12	24	404299	\$102
	Chairfit	M	1:00PM-2:00PM	Needham Community Centre	Sep 18	8	404300	\$40
	Nordic Walking	Th	9:00AM-10:00AM	Needham Community Centre	Sep 21	10	404301	\$43
	Pickleball	Th	5:00PM-6:30PM	Needham Community Centre	Sep 21	10	404302	\$54
	Pickleball Free Try it Day	Th	5:00PM-6:30PM	Needham Community Centre	Sep 14	1	404303	FREE
	Pickleball Drop in Sept 21	Th	5:00PM-6:30PM	Needham Community Centre	Sep 21	1	404304	\$6
	Pickleball Drop in Sept 28	Th	5:00PM-6:30PM	Needham Community Centre	Sep 28	1	404305	\$6
	Pickleball Drop in Oct 5	Th	5:00PM-6:30PM	Needham Community Centre	Oct 5	1	404306	\$6
	Pickleball Drop in Oct 12	Th	5:00PM-6:30PM	Needham Community Centre	Oct 12	1	404307	\$6
	Pickleball Drop in Oct 19	Th	5:00PM-6:30PM	Needham Community Centre	Oct 19	1	404308	\$6
	Pickleball Drop in Oct 26	Th	5:00PM-6:30PM	Needham Community Centre	Oct 26	1	404309	\$6
	Pickleball Drop in Nov 2	Th	5:00PM-6:30PM	Needham Community Centre	Nov 2	1	404310	\$6
	Pickleball Drop in Nov 9	Th	5:00PM-6:30PM	Needham Community Centre	Nov 9	1	404311	\$6
	Volleyball	W	8:00PM-10:00PM	St. Andrews Community Centre	Sep 20	10	401789	\$71
	Cardio Dance Fit/Zumba	Th	5:30PM-6:30PM	Needham Community Centre	Sep 21	8	404312	\$40
Wellness	Yoga	W	6:30PM-8:00PM	Citadel Community Centre	Sep 20	10	399115	\$75
	Yoga	Tu	6:30PM-8:00PM	Larry O'Connell	Sep 19	10	399117	\$75
	Kripalu Yoga-Gentle	M	10:00AM-11:30AM	Chocolate Lake Community Centre	Sep 18	10	400623	\$75
	Kripala Yoga-All Levels	M	5:15PM-6:45PM	Chocolate Lake Community Centre	Sep 18	10	400624	\$75
	Kripalu Yoga-all Levels	Tu	10:00AM-11:30AM	Chocolate Lake Community Centre	Sep 19	12	400626	\$90
	Yoga	W	7:00PM-8:30PM	Chocolate Lake Community Centre	Sep 20	10	400627	\$75
	Kripalu Yoga-Gentle	W	1:00PM-2:30PM	Chocolate Lake Community Centre	Sep 20	10	400628	\$75
	Kripalu Yoga-All Levels	F	10:00AM-11:30AM	Chocolate Lake Community Centre	Sep 22	12	400629	\$90
	NEW Kripalu Yoga	W	6:00PM-7:00PM	St. Andrews Community Centre	Sep 20	10	406134	\$50

	Tai Chi Returning	Tu	11:45AM-1:15PM	St. Andrews Community Centre	Sep 19	10	401790	\$64
	Tai Chi	Th	11:45AM-1:15PM	St. Andrews Community Centre	Sep 21	10	401792	\$64
	Yoga	Tu	5:30PM-7:00PM	Isleville Centre	Sep 19	10	404313	\$75
	Yoga	Tu	7:10PM-8:40PM	Isleville Centre	Sep 19	10	404314	\$75
	Yoga	Th	5:30PM-7:00PM	Isleville Centre	Sep 21	10	404315	\$75
	Yoga	Th	7:10PM-8:40PM	Isleville Centre	Sep 21	10	404316	\$75
	Chair Yoga	Tu	10:00AM-11:00AM	Isleville Centre	Sep 19	10	404473	\$50
	Chair Yoga	Th	10:00AM-11:00AM	Isleville Centre	Sep 21	10	404475	\$50
	Yoga in the Park	Th	10:00AM-11:30AM	Adventure Earth Centre	Sep 14	6	407232	\$45
	Yoga & Well Being for all levels	Su	1:00PM-2:30PM	Chocolate Lake Community Centre	Sep 17	12	403818	\$90
	Family Yoga & Well Being	Su	3:00PM-4:00PM	Chocolate Lake Community Centre	Sep 17	8	403823	\$60
	Light/GentleYoga	W	10:15AM-11:30AM	Chocolate Lake Community Centre	Sep 13	10	403824	\$75
Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Acrylic Painting	W	9:30AM-12:00PM	Needham Community Centre	Jan 17	8	404515	\$85
	Intermediate Acrylic Painting	W	1:00PM-3:30PM	Needham Community Centre	Jan 17	8	404516	\$85
	Drawing Explorations	W	6:30PM-8:30PM	Isleville Centre	Jan 10	8	404518	\$68
	Watercolours	Sa	9:30AM-12:00PM	Isleville Centre	Jan 13	9	404520	\$96
	Watercolours	M	6:30PM-8:30PM	Isleville Centre	Jan 8	8	404521	\$68
	Watercolours	Th	9:30AM-12:00PM	Needham Community Centre	Jan 11	8	404522	\$85
	Watercolours	Th	12:30PM-3:00PM	Needham Community Centre	Jan 11	8	404523	\$85
	Drawing	Tu	10:00AM-12:00PM	Needham Community Centre	Jan 16	8	404517	\$68
	Drawing	Tu	1:00PM-3:00PM	Needham Community Centre	Jan 16	8	404568	\$68
	Painting	M	1:00PM-3:00PM	Pavilion	Jan 15	10	400354	\$128
	Pottery	Tu	9:30AM-12:30PM	St. Andrews Community Centre	Jan 9	10	402349	\$180
	Pottery	W	6:30PM-9:00PM	St. Andrews Community Centre	Jan 10	10	402350	\$150
	Quilting	M	1:00PM-3:30PM	St. Andrews Community Centre	Jan 8	8	402351	\$85
	Quilting	W	1:00PM-3:30PM	St. Andrews Community Centre	Jan 10	8	402352	\$85
	Mixed Media Afternoon	Tu	1:00PM-4:00PM	St. Andrews Community Centre	Jan 9	10	402348	\$128
	Pottery	Su	6:30PM-9:00PM	George Dixon Community Centre	Jan 14	10	406813	\$150
	Pottery	W	6:30PM-9:00PM	George Dixon Community Centre	Jan 17	10	406814	\$150
	Pottery	Su	3:45PM-6:15PM	George Dixon Community Centre	Jan 14	10	406816	\$150
	Pottery	Th	6:30PM-9:00PM	George Dixon Community Centre	Jan 18	10	406817	\$150
	Pottery Mornings	W	9:30AM-12:00PM	George Dixon Community Centre	Jan 17	10	406818	\$150
Dance & Drama	Social Dance Level I	W	7:00PM-8:00PM	Citadel Community Centre	Jan 17	10	400343	\$57
	Social Dance Level II	M	6:00PM-7:00PM	St. Andrews Community Centre	Jan 8	10	402354	\$57
	Social Dance Level I	M	7:00PM-8:00PM	St. Andrews Community Centre	Jan 8	10	402355	\$57
General Interest	Fly Tying	W	7:00PM-9:00PM	Citadel Community Centre	Jan 17	6	399086	\$51
	Bridge Beginner	M	9:30AM-11:30AM	Chocolate Lake Community Centre	Jan 8	8	400590	\$44
	Bridge Beginner Plus	M	7:00PM-9:00PM	Chocolate Lake Community Centre	Jan 8	8	400591	\$44
	Bridge Intermediate	W	9:30AM-11:30AM	Chocolate Lake Community Centre	Jan 10	9	400592	\$49
	Bridge Beginner Plus	Th	9:30AM-11:30AM	Chocolate Lake Community Centre	Jan 11	9	400593	\$49
	Guitar	Th	7:00PM-7:50PM	Chocolate Lake Community Centre	Jan 11	8	400596	\$57
	Guitar Returning	Th	8:00PM-8:50PM	Chocolate Lake Community Centre	Jan 11	8	400597	\$57
	Digital SLR Photography	Tu	7:30PM-9:30PM	Chocolate Lake Community Centre	Jan 9	7	400602	\$68

	Guitar	Tu	7:00PM-8:00PM	Needham Community Centre	Jan 16	8	404526	\$57
	Guitar	Tu	8:00PM-9:00PM	Needham Community Centre	Jan 16	8	404527	\$57
	Badminton	M	8:00PM-10:00PM	St. Andrews Community Centre	Jan 8	10	402356	\$71
Sports & Fitness	Basketball	Tu	7:45PM-9:30PM	Chocolate Lake Community Centre	Jan 9	11	400605	\$69
	Cardio Dance Fit/Zumba	Th	5:30PM-6:30PM	Needham Community Centre	Jan 11	8	404541	\$40
	Moonlight Snowshoe	W	7:00PM-9:00PM	Adventure Earth Centre	Jan 31	1	402333	FREE
	Moonlight Snowshoe	Th	7:00PM-9:00PM	Adventure Earth Centre	Mar 1	1	402334	FREE
	Walking	W	10:30AM-11:30AM	Citadel Community Centre	Jan 10	13	399088	FREE
	Walking	W	11:30AM-12:30PM	Citadel Community Centre	Jan 10	12	400283	FREE
	Tennis	F	7:00PM-8:00PM	Headstart Tennis Centre	Jan 5	6	402357	\$74
	Badminton	M	7:00PM-9:00PM	Citadel Community Centre	Jan 8	10	399091	\$71
	Badminton	Tu	7:00PM-9:00PM	Citadel Community Centre	Jan 9	10	400285	\$71
	Boot Camp Commit To Fit	Tu	5:30PM-6:30PM	Chocolate Lake Community Centre	Jan 9	8	407346	\$40
	Boot Camp Power Core	Th	5:30PM-6:30PM	Chocolate Lake Community Centre	Jan 11	8	407344	\$40
	Zumba	Tu	5:30PM-6:30PM	Citadel Community Centre	Jan 9	10	399098	\$50
	Zumba	M	7:00PM-8:00PM	Chocolate Lake Community Centre	Jan 8	10	400613	\$50
	Stay Active Stay Fit 55+	M	1:30PM-2:30PM	Chocolate Lake Community Centre	Jan 8	11	400614	\$47
	Use It-Don't Lose It!	Tu	9:00AM-10:00AM	Chocolate Lake Community Centre	Jan 9	10	400615	\$43
	Zumba	W	6:00PM-7:00PM	Chocolate Lake Community Centre	Jan 10	10	400616	\$50
	Zumba	Th	6:30PM-7:30PM	Chocolate Lake Community Centre	Jan 11	10	400617	\$50
	Use It-Don't Lose It!	Th	9:00AM-10:00AM	Chocolate Lake Community Centre	Jan 11	10	400618	\$43
	Volleyball	Th	8:00PM-10:00PM	Citadel Community Centre	Jan 11	10	400287	\$71
	Volleyball	Th	8:00PM-10:00PM	Citadel Community Centre	Jan 11	10	402358	\$71
	Badminton	Tu	7:00PM-9:00PM	St. Stephen's School	Jan 9	9	404528	\$71
	Winter Outdoor Activity Fitness	Tu	5:30PM-7:00PM	Needham Community Centre	Jan 16	7	404529	\$66
	Boot Camp Workout	Tu, Th	12:05PM-12:50PM	Needham Community Centre	Jan 9	20	404530	\$85
	Pickleball	Th	5:00PM-6:30PM	Needham Community Centre	Jan 11	9	404532	\$48
	Pickleball	Tu	10:00AM-11:30AM	Needham Community Centre	Jan 23	7	404533	\$38
	Pickleball Drop In (Limited spots)	Tu	10:00AM-11:30AM	Needham Community Centre	Jan 23	1	404534	\$6
	Pickleball Drop In	Tu	10:00AM-11:30AM	Needham Community Centre	Jan 30	1	404535	\$6
	Pickleball Drop In	Tu	10:00AM-11:30AM	Needham Community Centre	Feb 6	1	404536	\$6
	Pickleball Drop In	Tu	10:00AM-11:30AM	Needham Community Centre	Feb 13	1	404537	\$6
	Pickleball Drop In	Tu	10:00AM-11:30AM	Needham Community Centre	Feb 20	1	404538	\$6
	Pickleball Drop In	Tu	10:00AM-11:30AM	Needham Community Centre	Feb 27	1	404539	\$6
	Pickleball Drop In	Tu	10:00AM-11:30AM	Needham Community Centre	Mar 6	1	404540	\$6
	Volleyball	W	8:00PM-10:00PM	St. Andrews Community Centre	Jan 10	10	402359	\$71
Wellness	Winter Try It!	Su	1:00PM-3:00PM	Chocolate Lake Community Centre	Jan 14	5	404396	\$22
	Tai Chi Returning	Tu	11:45AM-1:15PM	St. Andrews Community Centre	Jan 9	10	402360	\$64
	Tai Chi	Th	11:45AM-1:15PM	St. Andrews Community Centre	Jan 11	10	402362	\$64
	Tai Chi	Th	6:30PM-8:00PM	Citadel Community Centre	Jan 18	10	400337	\$64
	Chair Yoga	Tu	10:00AM-11:00AM	Isleville Centre	Jan 9	10	404575	\$50
	Chair Yoga	Th	10:00AM-11:00AM	Isleville Centre	Jan 11	10	404576	\$50
	Yoga-Gentle Kripalu	M	10:00AM-11:30AM	Chocolate Lake Community Centre	Jan 8	8	400630	\$60
	Yoga Kripalu-All Levels	M	5:15PM-6:45PM	Chocolate Lake Community Centre	Jan 8	8	400631	\$60

Yoga Kripalu-All Levels	Tu	10:00AM-11:30AM	Chocolate Lake Community Centre	Jan 9	9	400632	\$67
Yoga	W	7:00PM-8:30PM	Chocolate Lake Community Centre	Jan 10	8	400633	\$60
Yoga-Gentle Kripalu	W	1:00PM-2:30PM	Chocolate Lake Community Centre	Jan 10	8	400634	\$60
Yoga Kripalu-All Levels	F	10:00AM-11:30AM	Chocolate Lake Community Centre	Jan 12	8	400635	\$60
NEW Yoga Kripalu	W	6:00PM-7:00PM	St. Andrews Community Centre	Jan 10	8	406135	\$40
Yoga	W	6:35PM-8:00PM	Citadel Community Centre	Jan 10	10	399116	\$75
Yoga	Tu	6:30PM-8:00PM	Larry O'Connell	Jan 9	10	399118	\$67
Yoga & Well Being for all levels	Su	1:00PM-2:30PM	Chocolate Lake Community Centre	Jan 14	8	404267	\$60
Family Yoga & Well Being	Su	3:00PM-4:00PM	Chocolate Lake Community Centre	Jan 14	8	404268	\$60
Yoga Light/Gentle	W	10:15AM-11:30AM	Chocolate Lake Community Centre	Jan 10	8	404269	\$60
Yoga	Tu	5:30PM-7:00PM	Isleville Centre	Jan 9	9	404542	\$67
Yoga	Tu	7:10PM-8:40PM	Isleville Centre	Jan 9	9	404543	\$67
Yoga	Th	5:30PM-7:00PM	Isleville Centre	Jan 11	9	404544	\$67
Yoga	Th	7:10PM-8:40PM	Isleville Centre	Jan 11	9	404545	\$67

Party Room Rentals at Chocolate Lake Available Saturday & Sunday 2 p.m. – 5 p.m. Cost \$68

The Chocolate Lake Multipurpose Room/Kitchen is the perfect venue for your next celebration, family gathering, baby/bridal shower or birthday party. Our facility is equipped with a variety of tables, chairs, and kitchen facilities. Call for more information.

Chocolate Lake Weight Room

14 Purcell's Cove Road

902.490.4607

Hours: M-F 9 a.m. - 9 p.m.

Sa 9 a.m. - 5 p.m. Su 1 - 5 p.m.

Term	Youth & Senior	Adult	Payment Plans
1 month	\$26	\$34	Available
3 month	\$40	\$63	Day Pass \$5
6 month	\$75	\$100	
Annual	\$130	\$174	

NEW Fitness Boosters

Option A: Workout Plan will allow you to meet with our trainer who will design an effective, results oriented program that fits your fitness goals. This is a consultation only. Fee: \$30/1 hour

Option B: Workout Booster will provide you with new or modified exercises to add to your current workout plan. This helps to insure you continue to improve as well as helps to prevent boredom. Cost: \$20/30 minutes

Option C: Turbo Boost - a trainer will take you through an intensive 30-minute workout based on your fitness goals. Cost: \$20/30 minutes

Time: (1) Monday 5 - 6 p.m., (2) Tuesday 6:30 - 7:30 p.m., (3) Thursday 5 - 6 p.m., (4) Thursday 6:30 - 7:30 p.m.

* There are more weekday and weekend times available! These sessions are by appointment only. Participants will have to speak directly to Front Desk staff at Chocolate Lake to book a session. 24 hours advanced notice of cancellation is required or fees will not be returned. Senior and Youth discount applies at 25% off the rate.

Please allow extra time for your own warm up and cool down.



ADVENTURE EARTH CENTRE

68 Parkhill Road (Fleming Park) 902.490.4539 [f@hfxaec](https://www.facebook.com/hfxaec)
halifax.ca/index.php/recreation/facilities-fields/rec-centres/st-marys-boat-club

Family Learn to Camp Program - Have you ever wanted to go camping as a family but don't feel like you have the skills? Learn how to set up a camp, tie knots, build fires, cook outdoors, and more! This program consists of four evening classes with a camping trip on September 30 to October 1. Wednesday September 6, 13, 20, and 27 6:30 – 8:30 p.m. | Saturday September 30 – Sunday October 1 overnight camping trip. \$20 per family member | Barcode: 402331

Intro to Map & Compass - Learn how to navigate in outdoor settings by learning how to use a map and compass with the staff at the AEC. Basic skills will be taught in two evening sessions with a full day outdoors to practice on Saturday October 14. Wednesday October 4 and 11, 6:30 – 8:30 p.m. | Plus full day session Saturday October 14. \$10 | Barcode: 402332

Outdoor & Landscape Photography - Learn all about: Recommended gear and how to manage it, light quality, direction & color, sunrise/sunset, mid day, low light, overcast weather, shooting into the sun, silhouettes, shooting snow, black and white, white balance, dominant foregrounds, close up & macro, aerial photography, depth of field, adding scale & empathy- the human element, and wildlife in the landscape! We will also cover basic outdoor safety and hiking skills. 4 classes | Starts Sunday September 17 | 2:30 – 4:30 p.m. | Barcode: 400601

Snowshoe Loans - Free drop-in snowshoeing at the Adventure Earth Centre in Fleming Park! If there is snow on the ground, drop by the Adventure Earth Centre during the designated times and try out a great winter activity. Whether you are new to snowshoeing or have experience, we will have staff onsite to help set you up. A valid, government issued ID is required to book out the snowshoes for use in the park. Sundays and Wednesdays in February 2 – 5 p.m.

Moonlight Snowshoe Hikes - Join us at the Adventure Earth Centre for one of two moonlight snowshoe hikes! Participants will be given basic snowshoe instruction and guided on a moonlight trail. Please bring winter boots, pants, jacket, gloves, and hat for the hike. Wednesday January 31, 7 – 9 p.m. FREE Barcode: 402333
 Thursday March 1, 7 – 9 p.m. FREE Barcode: 402334





ST MARY'S BOAT CLUB

1641 Fairfield Road Phone: 902.490.4688

halifax.ca/index.php/recreation/facilities-fields/rec-centres/adventure-earth-centre

Free Canoe Rental

Saturdays & Sundays | May 30 to September 25 | 11 a.m. - 7 p.m.

Photo ID required

Adult Paddle Night

Mondays | 6 - 8 p.m. | September

St. Mary's Lawn Bowling Club

Programs begin in May. No experience necessary as free training clinics will be available. Contact Paul Knox 902.454.5493.

Reception Hall | Rental

Visit halifax.ca/index.php/recreation/facilities-fields/rec-centres/adventure-earth-centre for details





The Long Term Athlete Development promotes physical activity for all based upon a developmental progression.

MUSQUODOBOIT HARBOUR

Gaetz Brook to Ship Harbour -

Corner of #7 Highway & East Petpeswick Road

Phone: 902.889.4050 Toll Free: 1.866.522.2422

Preschool

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Halloween Craft & Play	3-5	Sa	10:00AM-12:00PM	United Church Hall-Musq Harbour	Oct 28	1	405585 \$10
	Christmas Craft & Play Party	3-5	Sa	10:00AM-12:00PM	Musquodoboit Harbour Recreation Office	Dec 16	1	405586 \$10
Dance & Drama	Pre-Ballet	3-5	Tu	6:00PM-6:30PM	Eastern Shore District High	Sep 19	8	405587 \$16
	Pre-Ballet	3-5	W	6:00PM-6:30PM	Eastern Shore Community Centre	Sep 20	8	408280 \$16
Preschooler Play	Teddy Bear Play Group	3-5	Tu	9:30AM-11:30AM	Eastern Shore Community Centre	Sep 12	14	405588 \$85
	Teddy Bear Play Group	3-5	Th	9:30AM-11:30AM	Eastern Shore Community Centre	Sep 14	14	405589 \$85
	Teddy Bear Play Group	3-5	F	9:30AM-11:30AM	Eastern Shore Community Centre	Sep 15	14	405590 \$85
Sports & Fitness	Tumble Bugs Gymnastics	3-5	M	6:00PM-6:45PM	Petpeswick Yacht Club	Sep 18	8	405591 \$21
	Tumble Bugs Gymnastics	3-5	Th	6:00PM-6:45PM	Petpeswick Yacht Club	Sep 21	8	405592 \$21
	Soccer	3-4	W	6:00PM-6:30PM	Oyster Pond Academy	Sep 20	8	405593 \$16
Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Pre-Ballet	3-5	Tu	6:00PM-6:30PM	Eastern Shore District High	Jan 9	8	405767 \$16
	Pre-Ballet	3-5	W	6:00PM-6:30PM	Eastern Shore Community Centre	Jan 10	8	408281 \$16
Preschooler Play	Teddy Bear Play Group	3-5	Tu	9:30AM-11:30AM	Musquodoboit Harbour Recreation Office	Jan 9	11	405768 \$66
	Teddy Bear Play Group	3-5	Th	9:30AM-11:30AM	Musquodoboit Harbour Recreation Office	Jan 11	11	405771 \$66
	Teddy Bear Play Group	3-5	F	9:30AM-11:30AM	Musquodoboit Harbour Recreation Office	Jan 12	11	405772 \$66
Sports & Fitness	Tumble Bugs Gymnastics	3-5	M	6:00PM-6:45PM	Musquodoboit Harbour Recreation Office	Jan 15	8	405773 \$21
	Tumble Bugs Gymnastics	3-5	Th	6:00PM-6:45PM	Musquodoboit Harbour Recreation Office	Jan 11	8	405774 \$21
	Soccer	3-4	W	6:00PM-6:30PM	Oyster Pond Academy	Jan 10	8	405775 \$16

Child

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Paint A Masterpiece Nite	6-10	F	6:00PM-8:00PM	Old School Musquodoboit Harbour	Oct 6	1	405572 \$20
	Sketchbook Creations Drawing	9-14	Th	6:00PM-7:00PM	Old School Musquodoboit Harbour	Sep 21	6	405573 \$18
Dance & Drama	Ballet	5-8	Tu	6:30PM-7:15PM	Eastern Shore District High	Sep 19	8	405575 \$24
	Multi-Dance	8-11	W	6:45PM-7:30PM	Eastern Shore Community Centre	Sep 20	8	405576 \$24
General Interest	Spa & Yoga Night	8-12	F	6:00PM-9:00PM	United Church Hall- Musq Harbour	Oct 20	1	405578 \$10

Sports & Fitness	Floor Hockey Drop In	7-10	M	6:00PM-7:00PM	Oyster Pond Academy	Sep 11	10	405581	FREE
	Soccer/Basketball	5-9	W	6:30PM-7:30PM	Oyster Pond Academy	Sep 20	8	405584	FREE
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Ballet	5-8	Tu	6:30PM-7:15PM	Eastern Shore District High	Jan 9	8	405764	\$24
Camps	Dance, Drama & Yoga Day	6-12	M	8:00AM-5:00PM	Eastern Shore Community Centre	Mar 12	1	405628	\$30
	Wild & Wacky Science Camp	6-12	Tu	8:00AM-5:00PM	Eastern Shore Community Centre	Mar 13	1	405629	\$30
	Swim Trip & Camp	6-12	W	8:00AM-5:00PM	Eastern Shore Community Centre	Mar 14	1	405630	\$30
	Movie Trip & Camp	6-12	Th	8:00AM-5:00PM	Eastern Shore Community Centre	Mar 15	1	405631	\$30
	Bowling & Pizza Party Camp	6-12	F	8:00AM-5:00PM	Eastern Shore Community Centre	Mar 16	1	405632	\$30
Dance & Drama	Multi-Dance	8-11	W	6:45PM-7:30PM	Eastern Shore Community Centre	Sep 20	8	408282	\$24
Sports & Fitness	Floor Hockey Drop In	7-10	M	6:00PM-7:00PM	Oyster Pond Academy	Jan 8	10	405765	FREE
	Soccer/Basketball	5-9	W	6:30PM-7:30PM	Oyster Pond Academy	Jan 10	8	405766	FREE

Youth

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Babysitter's Training	11-15	Sa	9:00AM-4:00PM	United Church Hall-Musq Harbour	Oct 7	1	405594	\$37
Sports & Fitness	Badminton Family Drop In		M	7:00PM-8:30PM	Oyster Pond Academy	Sep 18	10	405595	FREE
	Basketball Drop In	10-14	Tu	6:30PM-8:00PM	Eastern Shore District High	Sep 12	10	405596	FREE
	Ball Hockey	11-14	W	7:30PM-9:00PM	Oyster Pond Academy	Sep 20	10	405597	FREE
	Youth Soccer	10-14	Th	7:30PM-9:00PM	Eastern Shore District High	Sep 21	10	405598	FREE
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Ski Saturday	12-18	Sa	9:00AM-7:00PM	Eastern Shore Recreation Bus	Jan 6	1	405621	\$35
	Ski Saturday	12-18	Sa	9:00AM-7:00PM	Eastern Shore Recreation Bus	Jan 20	1	405622	\$35
	Ski Saturday	12-18	Sa	9:00AM-7:00PM	Eastern Shore Recreation Bus	Feb 3	1	405623	\$35
	Ski Saturday	12-18	Sa	9:00AM-7:00PM	Eastern Shore Recreation Bus	Feb 17	1	405624	\$35
	Ski Saturday	12-18	Sa	9:00AM-7:00PM	Eastern Shore Recreation Bus	Mar 3	1	405625	\$35
	Ski Saturday	12-18	Sa	9:00AM-7:00PM	Eastern Shore Recreation Bus	Mar 17	1	405626	\$35
	Night Ski	12-18	W	3:30PM-10:30PM	Eastern Shore Recreation Bus	Mar 14	1	405627	\$35
Sports & Fitness	Badminton Family Drop In		M	7:00PM-8:30PM	Oyster Pond Academy	Jan 8	10	405776	FREE
	Basketball Drop In	10-14	Tu	6:30PM-8:00PM	Eastern Shore District High	Jan 9	10	405777	FREE
	Youth Soccer	10-14	Th	7:30PM-9:00PM	Eastern Shore District High	Jan 11	9	405778	FREE

Adult

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Paint Day Social	F	1:00PM-3:30PM	Petpeswick Yacht Club	Sep 29	1	405530	\$25
	Paint Day Social	F	1:00PM-3:30PM	Petpeswick Yacht Club	Nov 3	1	405531	\$25
	Rug Crochet Workshop	Su	1:00PM-5:00PM	Musquodoboit Harbour Library Room	Sep 24	1	405532	\$80
	Drawing & Sketching	Th	7:30PM-9:00PM	Old School Musquodoboit Harbour	Sep 21	6	405533	\$35
Dance & Drama	Couples Dance-Beginner	W	7:00PM-8:00PM	Gaetz Brook Legion	Sep 20	10	405536	\$57
	Couples Dance-Returning	W	8:00PM-9:00PM	Gaetz Brook Legion	Sep 20	10	405537	\$57
	Line Dancing-Beginner	M	7:00PM-8:00PM	Gaetz Brook Legion	Sep 11	10	405538	\$57
	Line Dancing-Returning	Th	7:00PM-8:00PM	Gaetz Brook Legion	Sep 14	10	405539	\$57
General Interest	Emergency First Aid & Level C CPR	Sa	9:00AM-5:00PM	Petpeswick Yacht Club	Sep 30	1	405544	\$80
	Hiking Club	Sa	11:00AM-1:00PM	Musquodoboit Harbour Recreation Office	Oct 7	5	405545	FREE
	Moonlight Night Hike	F	8:00PM-10:00PM	Musquodoboit Harbour Recreation Office	Oct 6	1	405546	FREE

MUSQUODOBOIT HARBOUR

Sports & Fitness	Moonlight Night Hike	F	8:00PM-10:00PM	Musquodoboit Harbour Recreation Office	Nov 3	1	405547	FREE
	Mens Basketball Drop In	F	6:30PM-8:00PM	Eastern Shore District High	Sep 15	10	405548	\$20
	Badminton Night	Tu	8:00PM-9:30PM	Eastern Shore District High	Sep 19	10	405549	\$20
	Trim & Tone	M	11:00AM-11:45AM	Musquodoboit Harbour Lions Centre	Sep 11	10	405550	\$32
	Trim & Tone	M	12:15PM-1:00PM	Musquodoboit Harbour Lions Centre	Sep 11	10	405551	\$32
	Trim & Tone	W	10:30AM-11:15AM	Musquodoboit Harbour Lions Centre	Sep 13	10	405559	\$32
	Trim & Tone	F	12:15PM-1:00PM	Musquodoboit Harbour Lions Centre	Sep 15	10	408283	\$32
	Full Body Fit	M	7:00PM-7:45PM	Petpeswick Yacht Club	Sep 11	10	405552	\$32
	Boot Camp	M	9:30AM-10:30AM	Musquodoboit Harbour Lions Centre	Sep 11	10	405553	\$43
	Boot Camp	W	9:00AM-10:00AM	Musquodoboit Harbour Lions Centre	Sep 13	10	405563	\$43
	Circuit Fitness	Tu	12:00PM-12:45PM	Musquodoboit Harbour Fitness Centre	Sep 12	8	405554	\$26
	Circuit Fitness	Th	12:00PM-12:45PM	Musquodoboit Harbour Fitness Centre	Sep 14	8	405555	\$26
	Ball Fitness	W	12:30PM-1:15PM	Musquodoboit Harbour Lions Centre	Sep 13	10	405556	\$32
	50+ Fitness	Tu	1:30PM-2:30PM	Musquodoboit Harbour Lions Centre	Sep 12	10	405557	\$43
	50+ Fitness	Th	1:30PM-2:30PM	Musquodoboit Harbour Lions Centre	Sep 14	10	405564	\$43
	50+ Fitness	F	9:00AM-10:00AM	Ship Harbour Hall	Sep 15	10	405569	\$45
	50+ Fitness	F	10:00AM-11:00AM	Ship Harbour Hall	Sep 15	10	405558	\$45
	Fit Yoga	W	6:30PM-7:30PM	Oyster Pond Academy	Sep 13	10	405560	\$50
	Fit Yoga	W	7:30PM-8:30PM	Oyster Pond Academy	Sep 13	10	405568	\$50
	Step & Weights Fitness	F	6:30PM-7:15PM	Musquodoboit Harbour Lions Centre	Sep 15	10	405561	\$32
	Total Fit	Th	7:00PM-7:45PM	Musquodoboit Harbour Recreation Office	Sep 14	10	405562	\$32
	Body Blast Circuit	Tu	10:00AM-10:45AM	Musquodoboit Harbour Lions Centre	Sep 12	10	405565	\$32
	Body Blast Circuit	Th	10:00AM-10:45AM	Musquodoboit Harbour Lions Centre	Sep 14	10	405566	\$32
	Cardio & Strength Fitness	W	5:45PM-6:45PM	Musquodoboit Harbour Lions Centre	Sep 13	8	405567	\$32
Wellness	Tai Chi	W	7:00PM-8:00PM	Eastern Shore District High	Sep 13	10	405571	\$43
	Yoga-Gentle	M	1:30PM-2:45PM	Musquodoboit Harbour Lions Centre	Sep 11	10	405601	\$62
	Yoga	M	8:00PM-9:00PM	Petpeswick Yacht Club	Sep 11	8	405603	\$40
	Yoga-Gentle	W	10:00AM-11:00AM	Ship Harbour Hall	Sep 13	10	405604	\$50
	Yoga	Tu	6:00PM-7:15PM	Petpeswick Yacht Club	Sep 12	10	405605	\$62
	Yoga	Tu	7:30PM-8:45PM	Petpeswick Yacht Club	Sep 12	10	405606	\$62
	Yoga	W	10:45AM-12:00PM	Petpeswick Yacht Club	Sep 13	10	405607	\$62
	Yoga	W	2:00PM-3:15PM	Musquodoboit Harbour Lions Centre	Sep 13	10	405608	\$62
	Yoga-Gentle	M	10:00AM-11:00AM	Ship Harbour Hall	Sep 18	10	405609	\$50
Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Drawing & Sketching	Th	7:30PM-9:00PM	Old School Musquodoboit Harbour	Jan 18	6	405683	\$35
Dance & Drama	Line Dancing-Beginner	M	7:00PM-8:00PM	Gaetz Brook Legion	Jan 8	10	405688	\$57
	Line Dancing-Returning	Th	7:00PM-8:00PM	Gaetz Brook Legion	Jan 11	10	405689	\$57
Sports & Fitness	Mens Basketball Drop In	F	6:30PM-8:00PM	Eastern Shore District High	Jan 12	10	405740	\$20
	Badminton Night	Tu	8:00PM-9:30PM	Eastern Shore District High	Jan 9	9	405741	\$20
	Trim & Tone	M	11:00AM-11:45AM	Musquodoboit Harbour Recreation Office	Jan 8	10	405742	\$32
	Trim & Tone	M	12:15PM-1:00PM	Musquodoboit Harbour Recreation Office	Jan 8	10	405743	\$32
	Trim & Tone	W	10:30AM-11:15AM	Musquodoboit Harbour Recreation Office	Jan 10	10	405751	\$32
	Trim & Tone	F	12:15PM-1:00PM	Musquodoboit Harbour Recreation Office	Jan 12	10	408284	\$32
	Full Body Fit	M	7:00PM-7:45PM	Musquodoboit Harbour Recreation Office	Jan 8	8	405744	\$26

	Boot Camp	M	9:30AM-10:30AM	Musquodoboit Harbour Recreation Office	Jan 8	10	405745	\$43
	Boot Camp	W	9:00AM-10:00AM	Musquodoboit Harbour Recreation Office	Jan 10	10	405755	\$43
	Circuit Fitness	Tu	12:00PM-12:45PM	Musquodoboit Harbour Fitness Centre	Jan 9	8	405746	\$26
	Circuit Fitness	Th	12:00PM-12:45PM	Musquodoboit Harbour Fitness Centre	Jan 11	8	405747	\$26
	Ball Fitness	W	12:30PM-1:15PM	Musquodoboit Harbour Recreation Office	Jan 10	10	405748	\$32
	50+ Fitness	Tu	1:30PM-2:30PM	Musquodoboit Harbour Recreation Office	Jan 9	10	405749	\$43
	50+ Fitness	Th	1:30PM-2:30PM	Musquodoboit Harbour Recreation Office	Jan 11	10	405756	\$43
	50+ Fitness	F	9:00AM-10:00AM	Ship Harbour Hall	Jan 12	9	405761	\$40
	50+ Fitness	F	10:00AM-11:00AM	Ship Harbour Hall	Jan 12	9	405750	\$40
	Fit Yoga	W	6:30PM-7:30PM	Oyster Pond Academy	Jan 10	9	405752	\$45
	Fit Yoga	W	7:30PM-8:30PM	Oyster Pond Academy	Jan 10	9	405760	\$45
	Step & Weights Fitness	F	6:30PM-7:15PM	Musquodoboit Harbour Recreation Office	Jan 12	10	405753	\$32
	Total Fit	Th	7:00PM-7:45PM	Musquodoboit Harbour Recreation Office	Jan 11	10	405754	\$32
	Body Blast Circuit	Tu	10:00AM-10:45AM	Musquodoboit Harbour Lions Centre	Jan 9	10	405757	\$32
	Body Blast Circuit	Th	10:00AM-10:45AM	Musquodoboit Harbour Lions Centre	Jan 11	10	405758	\$32
	Cardio & Strength Fitness	W	5:45PM-6:45PM	Musquodoboit Harbour Recreation Office	Jan 10	8	405759	\$32
Wellness	Tai Chi	W	7:00PM-8:00PM	Eastern Shore District High	Jan 10	10	405763	\$43
	Yoga	M	8:00PM-9:00PM	Musquodoboit Harbour Recreation Office	Jan 8	8	405732	\$40
	Yoga-Gentle	W	10:00AM-11:00AM	Ship Harbour Hall	Jan 10	9	405733	\$45
	Yoga	Tu	6:00PM-7:15PM	Musquodoboit Harbour Recreation Office	Jan 9	10	405734	\$62
	Yoga	Tu	7:30PM-8:45PM	Musquodoboit Harbour Recreation Office	Jan 9	10	405735	\$62
	Yoga	W	10:45AM-12:00PM	Musquodoboit Harbour Lions Centre	Jan 10	10	405736	\$62
	Yoga	W	2:00PM-3:15PM	Musquodoboit Harbour Recreation Office	Jan 10	10	405737	\$62
	Yoga-Gentle	M	10:00AM-11:00AM	Ship Harbour Hall	Jan 8	8	405738	\$40
	Yoga-Gentle	M	1:30PM-2:45PM	Musquodoboit Harbour Recreation Office	Jan 8	10	405730	\$62

Musquodoboit Harbour Fitness Centre

7900, #7 Highway - corner of #7 Hwy & East Petpeswick Rd. 902.889.4058

Hours of Operation: Monday-Friday 7:30 - 11:30 a.m. & 1 -9 p.m. Saturday 8 a.m. - noon

Membership Fees	Adult	Student/Senior	Family
Drop In (1 visit)	\$6.00	\$4.50	N.A.
10 Visit Card	\$33.00	\$24.75	N.A.
One Month	\$43.00	\$32.25	N.A.
Three Month	\$115.00	\$86.25	\$170.00
Six Month	\$190.00	\$142.50	\$285.00
12 Month	\$280.00	\$210.00	\$420.00



Parents & caregivers play a crucial role in ensuring that their child is provided with ample opportunities to develop physical literacy.

MUSQUODOBOIT VALLEY

Dutch Settlement to Dean

12046 Highway # 224, Middle Musquodoboit

Phone: 902.384.3008

Preschool

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama Creative Movement	3-5	Sa	9:00AM-9:45AM	Middleton United Church	Oct 7	8	404468	\$24
Sports & Fitness Jump, Jiggle&Giggle	3-5	Tu	6:00PM-6:45PM	Carrolls Corner Community Centre	Oct 3	6	404441	\$12
Jump, Jiggle&Giggle	3-5	Th	6:00PM-6:45PM	Musquodoboit Valley Education Centre	Oct 5	6	408480	\$12
Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama Creative Movement	3-5	Sa	9:00AM-9:45AM	Middleton United Church	Jan 13	8	404460	\$24
Sports & Fitness Jump, Jiggle&Giggle	3-5	Tu	6:00PM-6:45PM	Carrolls Corner Community Centre	Jan 9	6	404442	\$12
Jump, Jiggle&Giggle	3-5	Th	6:00PM-6:45PM	Musquodoboit Valley Education Centre	Jan 11	6	406697	\$12

Child

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts Crafters Corner	5-8	Tu	3:00PM-4:00PM	Musquodoboit Valley Education Centre	Oct 3	6	404428	\$21
Camps Inservice Camp	6-12	F	8:00AM-5:00PM	Carrolls Corner Community Centre	Oct 27	1	406689	\$30
Inservice Camp	6-12	F	8:00AM-5:00PM	Carrolls Corner Community Centre	Nov 22	1	406690	\$30
Inservice Camp	6-12	F	8:00AM-5:00PM	Carrolls Corner Community Centre	Dec 7	1	406691	\$30
Dance & Drama Intro to Jazz	5-10	Sa	10:00AM-10:45AM	Middleton United Church	Oct 7	8	404430	\$24
General Interest Activity Night	7-12	Tu	6:30PM-7:30PM	Carrolls Corner Community Centre	Oct 3	10	404433	FREE
Sports & Fitness Family Gym Time	3-12	Th	7:00PM-8:00PM	Musquodoboit Valley Education Centre	Oct 5	8	404435	FREE
Soccer/Basketball	7-12	W	6:30PM-8:00PM	Musquodoboit Valley Education Centre	Oct 4	8	404436	\$33
Open Gym	6-12	M	6:30PM-8:00PM	Musquodoboit Valley Education Centre	Oct 2	7	404439	FREE
Wellness Yoga Kids	5-12	W	6:30PM-7:30PM	Musquodoboit Valley Education Centre	Oct 4	8	404463	\$25

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Crafters Corner	5-8	Tu	3:00PM-4:00PM	Musquodoboit Valley Education Centre	Jan 9	6	404429 \$21
	In-service Camp	6-12	F	8:00AM-5:00PM	Carrolls Corner Community Centre	Mar 9	1	406692 \$30
Camps	March Break-Fun & Games	6-12	Tu	10:00AM-2:00PM	Carrolls Corner Community Centre	Mar 13	1	404424 FREE
	March Break-Spring Fever	6-12	W	10:00AM-2:00PM	Carrolls Corner Community Centre	Mar 14	1	404425 FREE
	March Break-Art Attack	6-12	F	10:00AM-2:00PM	Carrolls Corner Community Centre	Mar 16	1	404426 FREE
Dance & Drama	Intro to Jazz	5-10	Sa	10:00AM-10:45AM	Middleton United Church	Jan 13	8	404431 \$24
General Interest	Activity Night	7-12	Tu	6:45PM-7:45PM	Carrolls Corner Community Centre	Jan 9	8	404434 FREE
Sports & Fitness	Basketball/Soccer	6-12	W	6:30PM-8:00PM	Musquodoboit Valley Education Centre	Jan 10	8	404437 \$33
	Family Gym Time	6-12	Th	7:00PM-8:00PM	Musquodoboit Valley Education Centre	Jan 11	8	FREE
	Open Gym	6-12	M	6:30PM-8:00PM	Musquodoboit Valley Education Centre	Jan 8	8	404440 FREE
	Family Gym Time	6-12	Th	7:00PM-8:00PM	Musquodoboit Valley Education Centre	Jan 11	8	404438 \$33
Wellness	Yoga Kids	5-12	W	6:30PM-7:30PM	Musquodoboit Valley Education Centre	Jan 10	8	404464 \$25

Youth

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Hip Hop	12-18	Sat	11:00AM-12:00PM	Middleton United Church	Oct 7	8	383852 \$32
General Interest	4CY	12-16	F	6:30PM-9:00PM	Carrolls Corner Community Centre	Oct 6	14	404443 \$3
Sports & Fitness	Fit & Fab Girls Program	12-16	Tu,Th	3:00PM-5:00PM	Musquodoboit Valley Education Centre	Oct 3	20	404450 FREE
	Open Gym	12-18	Tu	7:00PM-9:00PM	Musquodoboit Rural High School	Oct 3	8	404451 FREE
Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Hip Hop	12-18	Sat	11:00AM-12:00PM	Middleton United Church	Jan 12	8	391982 \$32
General Interest	4CY	12-16	F	6:30PM-9:00PM	Carrolls Corner Community Centre	Jan 12	14	404443 FREE
Sports & Fitness	Ski/Snowboard Trip Martock	12-17	Sa	9:00AM-4:00PM	Middle Musquodoboit Recreation Office	Jan 6	1	404444 \$35
	Ski/Snowboard Trip Martock	12-17	Sa	9:00AM-4:00PM	Middle Musquodoboit Recreation Office	Jan 20	1	404445 \$35
	Ski/Snowboard Trip Martock	12-17	Sa	9:00AM-4:00PM	Middle Musquodoboit Recreation Office	Feb 3	1	404446 \$35
	Ski/Snowboard Trip Martock	12-17	Sa	9:00AM-4:00PM	Middle Musquodoboit Recreation Office	Feb 17	1	404447 \$35
	Ski/Snowboard Trip Martock	12-17	Sa	9:00AM-4:00PM	Middle Musquodoboit Recreation Office	Mar 3	1	404448 \$35
	Ski/Snowboard Trip Martock	12-17	Sa	9:00AM-4:00PM	Middle Musquodoboit Recreation Office	Mar 17	1	404449 \$35
	Fit & Fab Girls Program	12-16	Tu,Th	3:00PM-5:30PM	Musquodoboit Valley Education Centre	Jan 9	16	404453 FREE
	Open Gym	12-18	Tu	7:00PM-9:00PM	Musquodoboit Rural High School	Jan 9	9	404454 FREE
	Fitness Centre	12+	M,W,F	6:30PM-9:30PM	Musquodoboit Rural High School	Jan 8	42	404457 FREE

Adult

Program Name	Day	Time	Location	Start	Classes	Code	Fee
Sports & Fitness	Belly Fit	Th	7:00PM-8:00PM	Musquodoboit Valley Education Centre	Oct 5	8	404414 \$30
	Belly Fit	M	7:00PM-8:00PM	Musquodoboit Valley Education Centre	Oct 2	8	404415 \$34
	Fitness Centre	M,W,F	6:30PM-9:30PM	Musquodoboit Rural High School	Oct 2	42	404457 FREE
	Youth & Adult Open Gym	F	7:00PM-9:00PM	Musquodoboit Rural High School	Oct 6		377038 FREE
Wellness	Gentle Yoga	Th	9:30AM-10:30AM	Carrolls Corner Community Centre	Oct 5	8	408481 \$50
	Yoga	Th	4:00PM-5:00PM	Middle Musquodoboit Recreation Office	Oct 5	10	404421 \$50
	Yoga	W	7:30PM-8:30PM	Musquodoboit Valley Education Centre	Oct 4	8	404423 \$40
	Yoga	Tu	9:30AM-10:30AM	Carroll's Corner Community Centre	Oct 3	10	406693 \$50

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Sports & Fitness	Belly Fit	Th	7:00PM-8:00PM	Musquodoboit Valley Education Centre	Jan 11	8	404416	\$30
	Belly Fit	M	7:00PM-8:00PM	Musquodoboit Valley Education Centre	Jan 8	8	404417	\$34
	Family Gym Night	F	7:00PM-9:00PM	Musquodoboit Rural High School	Jan 12	10	404418	FREE
	Drop In Badminton	W	7:00PM-9:00PM	Musquodoboit Rural High School	Jan 10	12	404419	FREE
Wellness	Gentle Yoga	Th	9:30AM-10:30AM	St. Andrew's United Church	Jan 9	8	404420	\$40
	Yoga	Th	4:00PM-5:00PM	Middle Musquodoboit Forestry Complex	Jan 11	8	404422	\$40

MUSQUODOBOIT VALLEY





Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

NORTH PRESTON/EAST PRESTON AREA

North Preston Community Centre

44 Simmonds Road Phone: 902.462.4161

Child

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Parent & Child Pottery	6-14	W	6:00PM-8:00PM	North Preston Community Centre	Sep 27	8	406930	\$80
Camps	Inservice Camp	4-12	F	9:00AM-4:00PM	North Preston Community Centre	Sep 29	1	402286	\$20
	Inservice Camp	4-12	F	9:00AM-4:00PM	North Preston Community Centre	Oct 27	1	402287	\$20
	Inservice Camp	4-12	W	9:00AM-4:00PM	North Preston Community Centre	Nov 22	1	402288	\$20
	Inservice Camp	4-12	Th	9:00AM-4:00PM	North Preston Community Centre	Dec 7	1	402289	\$20
Sport & Fitness	Drop In Dodgeball	8-12	W	6:00PM-7:30PM	Bell Park Academic Centre	Sep 27	8	402263	FREE
	Floor Hockey	8-12	Th	7:00PM-8:00PM	North Preston Community Centre	Sep 28	10	406730	\$28
	Sports Night	6-12	F	7:00PM-8:00PM	North Preston Community Centre	Sep 29	10	406732	\$28
	Sports Night	6-8	F	6:00PM-6:55PM	Bell Park Academic Centre	Oct 6	8	402265	\$23
	Sports Night	9-12	F	7:00PM-8:00PM	Bell Park Academic Centre	Oct 6	8	403943	\$23

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Parent & Child Pottery	6-14	W	6:00PM-8:00PM	North Preston Community Centre	Jan 17	8	406391	\$80
Camps	Inservice Camp	4-12	F	9:00AM-4:00PM	North Preston Community Centre	Mar 9	1	402290	\$20
	Imagination Adventurers March Break Camp	4-12	M-F	9:00AM-4:00PM	North Preston Community Centre	Mar 12	5	402292	\$83
Sport & Fitness	Floor Hockey	8-12	Th	7:00PM-8:00PM	North Preston Community Centre	Jan 18	10	406731	\$28
	Sports Night	6-12	F	7:00PM-8:00PM	North Preston Community Centre	Jan 19	10	406733	\$28
	Dodgeball Drop In	8-12	W	6:00PM-7:30PM	Bell Park Academic Centre	Jan 17	8	402237	FREE
	Sports Night	6-8	F	6:00PM-6:55pm	Bell Park Academic Centre	Jan 19	8	402269	\$23
	Sports Night	9-12	F	7:00PM-8:00PM	Bell Park Academic Centre	Jan 19	8	402270	\$23

Youth

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Teen Cuisine	12-18	M	6:00PM-7:30PM	North Preston Community Centre	Sep 25	6	406734	\$43
	We Got Talent	10-15	W	5:30PM-7:00PM	North Preston Community Centre	Sep 27	6	406736	\$43
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Teen Cuisine	12-18	M	6:00PM-7:30PM	North Preston Community Centre	Jan 15	6	406735	\$43

Adult

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Paint Party	F	7:00PM-9:00PM	East Preston Recreation Centre	Oct 20	1	402262	\$30
	Pottery	Tu	6:00PM-9:00PM	North Preston Community Centre	Sep 26	8	402271	\$144
	Pottery	W	9:30AM-12:30PM	North Preston Community Centre	Sep 27	8	402272	\$144
	Pottery	Th	9:30AM-12:30PM	North Preston Community Centre	Sep 28	10	402273	\$180
	Pottery	Th	6:00PM-9:00PM	North Preston Community Centre	Sep 28	8	403946	\$144
Sport & Fitness	Core Strength	M	7:00PM-8:00PM	North Preston Community Centre	Sep 25	10	402279	\$50
	Kickboxing	Th	7:00PM-8:00PM	North Preston Community Centre	Sep 28	10	402281	\$50

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Paint Party	F	7:00PM-9:00PM	East Preston Recreation Centre	Jan 19	1	403942	\$30
	Pottery	Tu	6:00PM-9:00PM	North Preston Community Centre	Jan 16	8	402275	\$144
	Pottery	W	9:30AM-12:30PM	North Preston Community Centre	Jan 17	8	402276	\$144
	Pottery	Th	9:30AM-12:30PM	North Preston Community Centre	Jan 18	10	402277	\$180
	Pottery	Th	6:00PM-9:00PM	North Preston Community Centre	Jan 18	8	403947	\$144
Sport & Fitness	Core Strength	M	7:00PM-8:00PM	North Preston Community Centre	Jan 15	10	402282	\$50
	Kickboxing	Th	7:00PM-8:00PM	North Preston Community Centre	Jan 18	10	402283	\$50

NORTH PRESTON / EAST PRESTON AREA





Research has shown that being physically active later in life depends on an individual's ability to feel confident in an activity setting.

SACKVILLE

Acadia School

636 Sackville Drive, Lower Sackville Phone: 902.869.4200

Sackville Sports Stadium

409 Glendale Dr, Lower Sackville Phone: 902.869.4141

Preschool

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Creative Movement	4-5	Sa	9:45AM-10:15AM	Sackville Municipal Building	Sep 16	10	404213	\$20
	Creative Movement	4-5	Sa	11:15AM-11:45AM	Sackville Municipal Building	Sep 16	10	404214	\$20
	Creative Movement	3-4	Sa	12:45PM-1:15PM	Sackville Municipal Building	Sep 16	10	404215	\$20
	Creative Movement	3-4	Sa	9:00AM-9:30AM	Sackville Municipal Building	Sep 16	10	404216	\$20
	Creative Movement	3-4	Sa	10:30AM-11:00AM	Sackville Municipal Building	Sep 16	10	404217	\$20
Parent & Tot	Messy Play – Parent & Tot	16m-3	Su	9:00AM-9:55AM	Sackville Sports Stadium	Sep 17	8	406608	\$28
Preschooler Play	Creative Play	3-5	Tu,Th	9:00AM-11:00AM	Sackville Municipal Building	Sep 19	24	404218	\$163
	ABC & Me	4-5	M, W	9:00AM-11:30AM	Sackville Municipal Building	Sep 18	22	404219	\$196
	Music Makers	3-5	W	12:45PM-1:30PM	Sackville Municipal Building	Sep 13	8	404220	\$22
	Jump Jiggle & Giggle	3-5	W	6:00PM-6:45PM	Sackville Sports Stadium	Sep 20	8	400252	\$16
	Caregiver Play & Splash	3-5	M,W,F	9:00AM-11:00AM	Sackville Sports Stadium	Sep 11	42	400253	FREE
	Messy Play	3-5	Su	11:00AM-12:00PM	Sackville Sports Stadium	Sep 17	8	400254	\$28
	Messy Play-Parent & Tot	16m-3	Su	10:00AM-10:55AM	Sackville Sports Stadium	Sep 17	8	400265	\$28
	KinderSport	4-5	Su	12:15PM-1:00PM	Sackville Sports Stadium	Sept 17	8	406695	\$28
Sports & Fitness	KinderSport	5-6	Su	1:00PM-1:45PM	Sackville Sports Stadium	Sept 17	8	406696	\$28
	Parent & Tot Soccer	3-5	Sa	9:00AM-9:30AM	A.J. Smeltzer Junior High	Sep 16	10	404221	\$17
	Gym Dandy	3-5	Sa	9:00AM-9:45AM	Leslie Thomas Junior High	Sep 16	8	407030	\$14
	Soccer	4-5	Sa	10:00AM-10:30AM	A.J. Smeltzer Junior High	Sep 16	10	404222	\$17
	Soccer	3-4	Sa	9:30AM-10:00AM	A.J. Smeltzer Junior High	Sep 16	10	404223	\$17
	Soccer	3-5	Sa	10:30AM-11:00AM	A.J. Smeltzer Junior High	Sep 16	10	404224	\$17
	Soccer	4-5	M	4:30PM-5:00PM	Sackville Sports Stadium	Oct 16	8	408343	\$14
	Soccer	3-4	M	4:00PM-4:30PM	Sackville Sports Stadium	Oct 16	8	408344	\$14

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Creative Movement	4-5	Sa	9:45AM-10:15AM	Sackville Municipal Building	Jan 13	8	404256 \$16
	Creative Movement	3-4	Sa	10:30AM-11:00AM	Sackville Municipal Building	Jan 13	8	404257 \$16
	Creative Movement	4-5	Sa	11:15AM-11:45AM	Sackville Municipal Building	Jan 13	8	404258 \$16
	Creative Movement	3-5	Sa	12:45PM-1:15PM	Sackville Municipal Building	Jan 13	8	404259 \$16
	Creative Movement	3-5	Sa	9:00AM-9:30AM	Sackville Municipal Building	Jan 13	8	404260 \$16
Parent & Tot	Messy Play – Parent & Tot	16m-3	Sun	10:00AM-10:55AM	Sackville Sports Stadium	Jan 14	8	406681 \$28
Preschooler Play	Creative Play	3-5	Tu,Th	9:00AM-11:00AM	Sackville Municipal Building	Jan 9	18	404261 \$136
	ABC & Me	4-5	M, W	9:00AM-11:30AM	Sackville Municipal Building	Jan 8	17	404262 \$153
	Music Makers	3-5	W	12:45PM-1:30PM	Sackville Municipal Building	Jan 10	8	404263 \$22
	Jump Jiggle & Giggle	3-5	W	6:00PM-6:45PM	Sackville Sports Stadium	Jan 17	8	404378 \$16
	Caregiver Play & Splash	3-5	M,W, F	9:00AM-11:00AM	Sackville Sports Stadium	Jan 15	42	404379 FREE
	Messy Play	3-5	Su	11:00AM-12:00PM	Sackville Sports Stadium	Jan 14	8	404380 \$28
	Messy Play-Parent & Tot	16-3	Su	9:00AM-9:55AM	Sackville Sports Stadium	Jan 14	8	404381 \$28
Sports & Fitness	Preschool Soccer	3-5	Sa	9:00AM-9:30AM	A.J. Smeltzer Junior High	Jan 13	8	404264 \$14
	KinderSport	4-5	Su	12:15PM-1:00PM	Sackville Sports Stadium	Jan 14	8	406698 \$28
	KinderSport	5-6	Su	1:00PM-1:45PM	Sackville Sports Stadium	Jan 14	8	406699 \$28
	Soccer	3-4	Sa	9:30AM-10:00AM	A.J. Smeltzer Junior High	Jan 13	8	404265 \$14
	Soccer	4-5	Sa	10:00AM-10:30AM	A.J. Smeltzer Junior High	Jan 13	8	404266 \$14
	Soccer	4-5	M	4:30PM-5:00PM	Sackville Sports Stadium	Jan 15	8	408133 \$14
	Soccer	3-4	M	4:00PM-4:30PM	Sackville Sports Stadium	Jan 15	8	408134 \$14
	Gym Dandy	3-5	Sa	9:00AM-9:45AM	Leslie Thomas Junior High	Jan 13	8	404842 \$14
Wellness	Preschooler Yoga	5+	Tu	4:00PM-4:45PM	Sackville Municipal Building	Jan 9	8	404249 \$17

Child

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Sketch & Draw Club	9-12	M	5:30PM-6:25PM	Sackville Sports Stadium	Sep 18	8	400239 \$32
	Clay Creations	8-10	M	4:00PM-5:00PM	Sackville Sports Stadium	Sep 18	8	400240 \$32
	Creative Space	4-6	Tu	4:00PM-4:45PM	Sackville Sports Stadium	Sep 19	8	404391 \$40
	Funology-Science Art	5-7	M	6:30PM-7:30PM	Sackville Sports Stadium	Sep 18	8	404393 \$32
	Mixed Media	6-8	Th	4:15PM-5:15PM	Sackville Sports Stadium	Sep 21	8	400247 \$40
	Mixed Media	9-12	Th	5:15PM-6:15PM	Sackville Sports Stadium	Sep 21	8	400264 \$40
Dance & Drama	Hip Hop	5-7	Sa	12:00PM-12:45PM	Sackville Municipal Building	Sep 16	10	404197 \$30
	Hip Hop-Boys Only	6-10	Sa	1:15PM-2:00PM	Sackville Municipal Building	Sep 16	10	404198 \$30
	Hip Hop	6-8	Sa	2:15PM-3:00PM	Sackville Municipal Building	Sep 16	10	404199 \$30
	Hip Hop	8-12	Sa	3:00PM-3:45PM	Sackville Municipal Building	Sep 16	10	404200 \$30
General Interest	Lego Club	6-8	Tu	5:00PM-5:50PM	Sackville Sports Stadium	Sep 19	8	400244 \$32
	Lego Club	4-6	Tu	4:00PM-4:50PM	Sackville Sports Stadium	Sep 19	8	400245 \$32
	Lego Club	8-10	Tu	6:00PM-7:00PM	Sackville Sports Stadium	Sep 19	8	400262 \$32
	Intro to Curling	6-8	M	4:45PM-5:45PM	Sackville Sports Stadium	Oct 2	8	404481 \$28
	Intro To Curling	9-12	M	4:45PM-5:45PM	Sackville Sports Stadium	Oct 2	8	404482 \$28
	Kids in The Kitchen	9-13	F	4:00PM-5:00PM	Sackville Sports Stadium	Sep 22	6	400242 \$36
	Kids in The Kitchen	9-13	F	5:00PM-6:00PM	Sackville Sports Stadium	Sep 22	6	400243 \$36
	Kids in The Kitchen II	9-13	F	4:00PM-5:00PM	Sackville Sports Stadium	Nov 10	6	400261 \$24

Sports & Fitness	All Sports	6-10	Sa	9:45AM-10:30AM	Leslie Thomas Junior High	Sep 16	10	407031	\$26
	Basketball	6-8	M	5:00PM-6:00PM	Sackville Sports Stadium	Oct 16	8	408335	\$21
	Basketball	8-10	M	6:00PM-7:00PM	Sackville Sports Stadium	Oct 16	8	408336	\$21
	Wheelchair Basketball	6-10	Th	6:00PM-7:00PM	Sackville Sports Stadium	Oct 19	8	408339	\$21
	Floor Hockey	8-10	F	6:00PM-7:00PM	Leslie Thomas Junior High	Sep 15	10	404201	\$28
	Floor Hockey	10-12	F	7:15PM-8:15PM	Leslie Thomas Junior High	Sep 15	10	404202	\$28
	Floor Hockey	10-12	W	6:00PM-7:00PM	Sackville Sports Stadium	Oct 18	8	408337	\$21
	Floor Hockey	8-9	W	5:00PM-6:00PM	Sackville Sports Stadium	Oct 18	8	408338	\$21
	Tae Kwon Do	5-7	Sa	10:00AM-11:00AM	Hiltz Tae Kwon Do & Fitness Centre	Sep 16	10	404203	\$37
	Tae Kwon Do	7-12	Sa	10:45AM-11:45AM	Hiltz Tae Kwon Do & Fitness Centre	Sep 16	10	404204	\$37
	Soccer	5-6	Sa	11:00AM-11:45AM	A.J. Smeltzer Junior High	Sep 16	10	404205	\$26
	Soccer	7-8	Sa	11:15AM-12:00PM	A.J. Smeltzer Junior High	Sep 16	10	404206	\$26
Wellness	Yoga Kids	5-7	Th	3:45PM-4:15PM	Sackville Municipal Building	Sep 21	8	404207	\$17
	Yoga kids	8-12	Th	4:15PM-5:00PM	Sackville Municipal Building	Sep 21	8	404208	\$17
	Parent & Child Yoga	3+	Th	3:15PM-3:45PM	Sackville Municipal Building	Sep 21	8	404209	\$28
	Kids Yoga	5-6	W	4:00PM-4:30PM	Sackville Sports Stadium	Sep 20	8	406683	\$17
	Kids Yoga	6-8	W	4:30PM-5:00PM	Sackville Sports Stadium	Sep 20	8	406684	\$17
	Kids Yoga	9-12	W	5:00PM-6:00PM	Sackville Sports Stadium	Sep 20	8	406685	\$25
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Mixed Media	9-12	Th	5:15PM-6:15PM	Sackville Sports Stadium	Jan 18	8	406682	\$40
	Creative Space	6-8	Tu	4:00PM-5:00PM	Sackville Sports Stadium	Jan 16	8	404364	\$40
	Sketch & Draw Club	9-12	M	5:30PM-6:25PM	Sackville Sports Stadium	Jan 15	8	404365	\$32
	Clay Modeling & Sculpture	8-10	M	4:00PM-5:00PM	Sackville Sports Stadium	Jan 15	8	404366	\$32
	Funology-Science Art	7-9	M	6:30PM-7:30PM	Sackville Sports Stadium	Jan 15	8	404367	\$32
Camps	March Break Fun Factor	6-10	M-F	8:30AM-4:30PM	Sackville Municipal Building	Mar 12	5	404237	\$94
Dance & Drama	Hip Hop	5-7	Sa	12:00PM-12:45PM	Sackville Municipal Building	Jan 13	8	404239	\$24
	Hip Hop-Boys Only	6-10	Sa	1:15PM-2:00PM	Sackville Municipal Building	Jan 13	8	404240	\$24
	Hip Hop	6-10	Sa	1:15PM-2:00PM	Sackville Municipal Building	Jan 13	8	404241	\$24
	Hip Hop	8-12	Sa	3:00PM-3:45PM	Sackville Municipal Building	Jan 13	8	404242	\$24
General Interest	Lego Club	6-8	Tu	5:00PM-5:50PM	Sackville Sports Stadium	Jan 16	8	404370	\$32
	Lego Club	4-6	Tu	4:00PM-4:50PM	Sackville Sports Stadium	Jan 16	8	404371	\$32
	Lego Club	8-10	Tu	6:00PM-7:00PM	Sackville Sports Stadium	Jan 16	8	404395	\$32
	Intro to Curling	6-8	M	4:45PM-5:45PM	Sackville Sports Stadium	Jan 8	8	404493	\$28
	Intro To Curling	9-12	M	4:45PM-5:45PM	Sackville Sports Stadium	Jan 8	8	404494	\$28
	Kids in The Kitchen	9-13	F	4:00PM-5:00PM	Sackville Sports Stadium	Jan 19	6	404368	\$36
	Kids in The Kitchen	9-13	F	5:00PM-6:00PM	Sackville Sports Stadium	Jan 19	6	404369	\$36
	Kids in The Kitchen II	9-13	F	4:00PM-5:00PM	Sackville Sports Stadium	Mar 9	4	404394	\$24
Sports & Fitness	All Sports	6-10	Sa	9:45AM-10:30AM	Leslie Thomas Junior High	Jan 13	10	407052	\$26
	Basketball	6-8	M	5:00PM-6:00PM	Sackville Sports Stadium	Jan 15	8	408135	\$21
	Basketball	8-10	M	6:00PM-7:00PM	Sackville Sports Stadium	Jan 15	8	408136	\$21
	Wheelchair Basketball	6-10	Th	6:00PM-7:00PM	Sackville Sports Stadium	Jan 18	8	408334	\$21
	Floor Hockey	8-10	F	6:00PM-7:00PM	Leslie Thomas Junior High	Jan 12	8	404243	\$23
	Floor Hockey	10-12	F	7:15PM-8:15PM	Leslie Thomas Junior High	Jan 12	8	404244	\$23

	Floor Hockey	10-12	W	6:00PM-7:00PM	Sackville Sports Stadium	Jan 17	8	408332	\$21
	Floor Hockey	8-9	W	5:00PM-6:00PM	Sackville Sports Stadium	Jan 17	8	408333	\$21
	Tae Kwon Do	5-7	Sa	9:30AM-10:30AM	Hiltz Tae Kwon Do & Fitness Centre	Jan 13	8	404245	\$30
	Tae Kwon Do	7-12	Sa	10:45AM-11:45AM	Hiltz Tae Kwon Do & Fitness Centre	Jan 13	8	404246	\$30
	Soccer	5-8	Sa	10:30AM-11:15AM	A.J. Smeltzer Junior High	Jan 13	8	404248	\$21
	Soccer	3-5	Sa	11:15AM-11:45AM	A.J. Smeltzer Junior High	Jan 13	8	404247	\$14
	Soccer	5-7	Tu	4:00PM-5:00PM	Sackville Sports Stadium	Jan 16	8	408130	\$28
	Soccer	7-9	Tu	5:00PM-6:00PM	Sackville Sports Stadium	Jan 16	8	408131	\$28
	Soccer	9-12	Tu	6:00PM-7:00PM	Sackville Sports Stadium	Jan 16	8	408132	\$28
Wellness	Yoga Kids	8-12	Th	4:15PM-5:00PM	Sackville Municipal Building	Jan 11	8	404250	\$25
	Yoga Kids	5-7	Th	3:45PM-4:15PM	Sackville Municipal Building	Jan 11	8	404251	\$17
	Kids Yoga	5-6	W	4:00PM-4:30PM	Sackville Sports Stadium	Jan 17	8	406686	\$17
	Kids Yoga	6-8	W	4:30PM-5:00PM	Sackville Sports Stadium	Jan 17	8	406687	\$17
	Kids Yoga	9-12	W	5:00PM-6:00PM	Sackville Sports Stadium	Jan 17	8	406688	\$25
	Parent & Child Yoga	3-99	Th	3:15PM-3:45PM	Sackville Municipal Building	Jan 11	8	404252	\$28

Youth

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Friday Rocks - Grade 6-8		F	6:30PM-9:00PM	Sackville Sports Stadium	Sep 22	8	400259	FREE
	Intro to Curling	13-16	M	3:30PM-4:30PM	Sackville Sports Stadium	Oct 2	8	404479	\$28
	In the Kitchen	13-15	Tu	6:30PM-8:00PM	Sackville Sports Stadium	Sep 19	6	400260	\$36
Sports & Fitness	Floor Hockey	13-15	W	7:00PM-8:00PM	Sackville Sports Stadium	Oct 18	8	408340	\$21
	Floor Hockey	16-18	W	8:00PM-9:00PM	Sackville Sports Stadium	Oct 18	8	408341	\$21
	Girls On The Go	11-13	W	4:00PM-5:30PM	Sackville Sports Stadium	Oct 11	8	408358	\$28
	Intro to Archery Skills	12-14	F	5:30PM-6:30PM	Sackville Sports Stadium	Oct 13	8	408342	\$28
	Join In	14-21	Sa	10:30AM-12:00PM	Leslie Thomas Junior High	Sep 16	10	407033	\$10

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Friday Rocks - Grade 6-8		F	6:30PM-9:00PM	Sackville Sports Stadium	Jan 19	8	404385	FREE
	In the Kitchen	13-15	Tu	6:30PM-8:00PM	Sackville Sports Stadium	Jan 16	6	404386	\$36
	Intro to Curling	13-16	M	3:30PM-4:30PM	Sackville Sports Stadium	Jan 8	8	404492	\$28
Sports & Fitness	Floor Hockey	13-15	W	7:00PM-8:00PM	Sackville Sports Stadium	Jan 17	8	408330	\$21
	Floor Hockey	16-18	W	8:00PM-9:00PM	Sackville Sports Stadium	Jan 17	8	408331	\$21
	Intro to Archery Skills	12-14	F	5:30-6:30pm	Sackville Sports Stadium	Jan 12	8	408230	\$28
	Join In	14-21	Sa	10:30AM-12:00PM	Leslie Thomas Junior High	Jan 13	10	408483	\$10

Adult

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Acrylic Painting	Su	6:00PM-8:00PM	Sackville Sports Stadium	Sep 17	6	400232	\$52
Dance & Drama	Belly Dancing	W	7:30PM-8:30PM	Sackville Municipal Building	Sep 13	10	404187	\$57
	Belly Dancing-Returning	W	6:30PM-7:30PM	Sackville Municipal Building	Sep 13	10	404188	\$57
General Interest	Basics of Flower Design	Th	12:30PM-1:30PM	Sackville Sports Stadium	Sep 14	4	400231	\$51
	Seniors Intro to Curling	Tu	8:30AM-9:30AM	Sackville Sports Stadium	Oct 3	8	404484	\$29
	Rug Hooking	W	6:30PM-8:30PM	Sackville Municipal Building	Sep 13	6	404186	\$80
Sports & Fitness	Pilates-Beginner	Th	6:15PM-7:15PM	Sackville Municipal Building	Sep 14	10	404183	\$83

	Pilates-Returning	Th	6:45PM-7:45PM	Sackville Municipal Building	Sep 14	10	404184	\$83
	Basketball	Tu	8:00PM-10:00PM	Cavalier Drive School	Sep 12	10	404189	\$71
	Badminton	M	8:00PM-10:00PM	Sackville Heights Junior High	Sep 11	10	404190	\$71
	Join In	Sa	10:30AM-12:00PM	Leslie Thomas Junior High	Sep 16	10	407083	\$10
Wellness	Yoga-Beginner	Tu	5:00PM-6:00PM	Sackville Municipal Building	Sep 12	10	404191	\$50
	Yoga-Beginner	Tu	6:15PM-7:15PM	Sackville Municipal Building	Sep 12	10	404192	\$50
	Gentle Kripalu Yoga	W	9:30AM-11:00AM	Sackville Sports Stadium	Sep 13	10	404193	\$75
	Yoga-Beginner	Th	5:15PM-6:15PM	Sackville Municipal Building	Sep 14	10	404194	\$50
	Gentle Kripalu Yoga	M	9:30AM-11:00AM	Sackville Sports Stadium	Sep 11	10	404195	\$75
	Indoor Walking Club	Sa	2:00PM-3:00PM	Leslie Thomas Junior High	Sep 16	12	404185	\$66

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Acrylic Painting	Su	6:00PM-8:00PM	Sackville Sports Stadium	Jan 14	6	404358	\$52
	Acrylic Painting	Su	4:00PM-6:00PM	Sackville Sports Stadium	Jan 14	6	404390	\$52
Dance & Drama	Belly Dancing	W	7:30PM-8:30PM	Sackville Municipal Building	Jan 10	8	404228	\$46
	Belly Dancing-Returning	W	6:30PM-7:30PM	Sackville Municipal Building	Jan 10	8	404229	\$46
General Interest	Basics of Flower Design	Th	12:30PM-1:30PM	Sackville Sports Stadium	Jan 11	4	404357	\$51
	Seniors Intro to Curling	Tu	8:30AM-9:30AM	Sackville Sports Stadium	Jan 9	8	404491	\$29
Sports & Fitness	Pilates-Beginner	Th	7:00PM-8:00PM	Sackville Municipal Building	Jan 11	8	404225	\$66
	Pilates-Returning	Th	7:15PM-8:15PM	Sackville Municipal Building	Jan 11	8	404226	\$66
	Indoor Walking Club	Sa	2:00PM-3:00PM	Leslie Thomas Junior High	Jan 13	8	404227	\$66
	Basketball	Tu	8:00PM-10:00PM	Cavalier Drive School	Jan 16	8	404230	\$57
	Badminton	M	8:00PM-10:00PM	Sackville Heights Junior High	Jan 15	8	404231	\$57
Wellness	Join In	Sa	10:30AM-12:00PM	Leslie Thomas Junior High	Jan 13	10	408483	\$10
	Yoga-Beginner	Tu	5:00PM-6:00PM	Sackville Municipal Building	Jan 9	8	404232	\$40
	Yoga-Beginner	Tu	6:15PM-7:15PM	Sackville Municipal Building	Jan 9	8	404233	\$40
	Gentle Kripalu Yoga	W	9:30AM-11:00AM	Sackville Sports Stadium	Jan 10	8	404234	\$60
	Yoga-Beginner	Th	5:15PM-6:15PM	Sackville Municipal Building	Jan 11	8	404235	\$40
	Gentle Kripalu Yoga	M	9:30AM-11:00AM	Sackville Sports Stadium	Jan 8	8	404236	\$60

Open Gym

Saturdays | 1 p.m. – 3 p.m. | AJ Smeltzer Junior High | Code: 404210 | FREE

Walking Meet-ups

Experience the beauty of the fall: Walking can help you maintain a healthy weight, manage conditions such as heart disease, high blood pressure and type 2 diabetes, as well as strengthen your bones and muscles, and improve your mood and your balance.

Sign up for our Walking Meet-ups and enjoy weekly walks with others.

A combination of morning and evening walks will be offered starting Sept. 9, 2017 at the following locations: First Lake Trail, Carroll's Corner CC, Sandy Lake trail, Laurie Park and McDonald Sports Park.

Register at the recreation centre nearest you (see below) and receive a complete schedule of Walking Meet Up days and times. Registration is Free and all participants will receive a reflective arm band and have a chance to win a prize at the end of session. Walkers, you can also sign out a pedometer for free to track each step.

Fall River & Area (Gordon R. Snow Community Centre) – Code 408485

Sackville & Area (Sackville Recreation Office) - Code 408484

Bedford & Area (Bedford Hammonds Plains Community Centre) - Code 408487

Carroll's Corner & Area (Musquodoboit Valley Recreation Office) - Code 408486

Intergenerational

Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	The Art Hive	W	4:00PM-6:00PM	Sackville Sports Stadium	Sep 20	8	400250	FREE
General Interest	Intermediate Guitar - Age 10+	W	7:45PM-8:40PM	Sackville Sports Stadium	Sep 20	8	400263	\$30
	Beginner Guitar - Age 10+	W	6:45PM-7:40PM	Sackville Sports Stadium	Sep 20	8	404398	\$30
	Digital SLR & Nature	Th	7:30PM-9:00PM	Sackville Sports Stadium	Sep 21	6	400248	\$39
	Family Intro to Curling	Sa	4:00PM-6:00PM	Sackville Sports Stadium	Oct 7	8	404486	\$40
Sports & Fitness	Open Gym	Sa	1:00PM-3:00PM	Sackville Sports Stadium	Oct 21	8	408356	\$0
Program Name		Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts	Mixed Media	Th	4:15PM-5:45PM	Sackville Sports Stadium	Jan 18	8	404373	\$40
	The Art Hive	W	4:00PM-6:00PM	Sackville Sports Stadium	Jan 17	8	404376	FREE
General Interest	Beginner Guitar - Age 10+	W	6:45PM-7:40PM	Sackville Sports Stadium	Jan 17	8	400246	\$30
	Intermediate Guitar - Age 10+	W	7:45PM-8:40PM	Sackville Sports Stadium	Jan 17	8	404397	\$30
	Digital SLR & Nature	Th	7:30PM-9:00PM	Sackville Sports Stadium	Jan 18	6	404374	\$39
	Family Intro to Curling	Sa	4:00PM-6:00PM	Sackville Sports Stadium	Jan 13	8	404490	\$40



SACKVILLE SPORTS STADIUM

409 Glendale Drive, Lower Sackville, NS, B4C 2T6
Phone: 902.869.4141 thestadium.ca



The Sackville Sports Stadium offers programs and services in the areas of aquatic, fitness, sport, wellness, arts, crafts, outdoor education, and general leisure programs.

Swimming Lessons, Aquatic Leadership, First Aid Programs, Kindai Bujitsu, Dance, Gymnastics, Bootcamps, Fitness Classes, Chair Fit & Yoga, Indoor Cycling, Pilates, Inservice Day Camps, Pool Parties, Music Lessons, Mixed Media, Digital SLR & Nature, & so much more.



Fundamental movement skills are critical to establishing the foundation for participation in physical activities

SHEET HARBOUR

East Ship Harbour to Ecum Secum

22756 Highway #7 Bluewater Building

Phone: 902.885.2988 Toll Free 1.866.522.2422

Preschool

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Preschooler Play Stories & Crafts	3-5	Tu	1:00PM-2:30PM	Bluewater Building	Sep 19	12	404132	FREE
Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Preschooler Play Stories & Crafts	3-5	Tu	1:00PM-2:30PM	Bluewater Building	Jan 16	8	404133	FREE

Child

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Arts & Crafts Holiday Craft	5-12	Sa	10:00AM-12:00PM	Sheet Harbour Recreation Office	Dec 9	1	404583	\$10
Dance & Drama Ballet	5-11	Th	3:15PM-4:15PM	Sheet Harbour Recreation Office	Oct 5	8	404624	\$24
Jazz	5-11	Th	4:15PM-5:15PM	Sheet Harbour Recreation Office	Oct 5	8	404625	\$24
General Interest Family Open Gym	5-12	F	6:00PM-8:00PM	Duncan MacMillan High School	Oct 6	8	402189	FREE
Halloween Spooktacular	1-12	W	3:30PM-4:30PM	Bluewater Building	Oct 25	1	404275	FREE
Pumpkin Carving Party	5-12	Sa	10:00AM-12:00PM	Sheet Harbour Recreation Office	Oct 28	1	404276	\$10
Holiday Surprise	1-12	W	3:30PM-4:30PM	Bluewater Building	Dec 13	1	404277	FREE
Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama Ballet	5-11	Th	3:15PM-4:15PM	Sheet Harbour Recreation Office	Jan 18	8	404626	\$24
Jazz	5-11	Th	4:15PM-5:15PM	Sheet Harbour Recreation Office	Jan 18	8	404627	\$24
General Interest Rock Climbing & Swimming -Truro Trip	5-12	M	9:00AM-5:00PM	Eastern Shore Recreation Bus	Mar 12	1	404599	\$25
Bowling & Movie Day Trip	5-12	Tu	9:00AM-5:00PM	Eastern Shore Recreation Bus	Mar 13	1	404600	\$28
Family Fun Day at Lily's Hill	3+	W	1:00PM-4:00PM	Lily's Hill	Mar 14	1	404601	FREE
Just Dance "Dance"	5-12	Th	1:00PM-4:00PM	Sheet Harbour Recreation Office	Mar 15	1	404602	\$2
Friday Rocks Family Event Lily's Hill	3+	F	6:00PM-8:00PM	Lily's Hill	Mar 16	1	404603	FREE
Family Open Gym	5-12	F	6:00PM-8:00PM	Duncan MacMillan High School	Jan 19	8	402190	\$2
Parents' Night Off	5-12	W	5:00PM-9:00PM	Sheet Harbour Recreation Office	Feb 14	1	404584	\$10

Youth

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Fit & Fun	11-16	Th	3:00PM-5:00PM	Sheet Harbour Recreation Office	Oct 5	8	402230	FREE
	Girls Walking Club	12- 16	M	3:00PM-5:00PM	Sheet Harbour Recreation Office	Oct 2	8	402237	FREE
	Haunted Maze Trip	12-18	Sa	3:30PM-11:30PM	Eastern Shore Recreation Bus	Oct 21	1	404629	\$30
	Fitness Friday	12-18	F	3:00PM-5:00PM	Seaside Fitness Centre	Sep 29	12	404610	\$2
	Movie & Games	12-18	Th	6:00PM-8:00PM	Sheet Harbour Recreation Office	Oct 5	8	404620	\$2
	Ugly Christmas Sweater Party	12-18	Th	6:00PM-8:00PM	Sheet Harbour Recreation Office	Dec 14	1	404623	FREE
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Fit & Fun	11-16	Th	3:00PM-5:00PM	Sheet Harbour Recreation Office	Jan 18	8	402232	FREE
	Girls Walking Club	12- 16	M	3:00PM-5:00PM	Sheet Harbour Recreation Office	Jan 15	8	404595	FREE
	Movie & Games Night	12-18	Th	6:00PM-8:00PM	Sheet Harbour Recreation Office	Jan 18	8	404621	\$2
	Ski Martock	12-18	Sa	8:30AM-8:30PM	Eastern Shore Recreation Bus	Jan 27	1	404633	\$35
	Ski Martock	12-18	Sa	8:30AM-8:30PM	Eastern Shore Recreation Bus	Feb 24	1	404634	\$35
	Ski Martock	12-18	Sa	8:30AM-8:30PM	Eastern Shore Recreation Bus	Mar 10	1	404635	\$35

Adult

Program Name		Day	Time	Location	Start	Classes	Code	Fee
General Interest	Sherbrooke Village Tree Lighting	F	4:00PM-11:00PM	Eastern Shore Recreation Bus	Nov 24	1	404646	\$10
	Apple Picking & Harvest Trip	W	9:00AM-7:00PM	Eastern Shore Recreation Bus	Oct 4	1	404647	\$35
	Dartmouth Crossing	W	9:00AM-7:00PM	Eastern Shore Recreation Bus	Dec 13	1	404649	\$20
Sports & Fitness	Badminton	M	6:00PM-7:30PM	Duncan MacMillan High School	Oct 2	8	402183	FREE
	Boot Camp Fitness	Th	6:00PM-7:00PM	Sheet Harbour Lion’s Centre	Oct 5	8	402180	\$26
	Circuit Fitness	Tu	12:00PM-12:45PM	Seaside Fitness Centre	Oct 3	10	402181	\$32
	Circuit Fitness	Th	12:00PM-12:45PM	Seaside Fitness Centre	Oct 5	10	406983	\$32
	Floor Hockey	W	6:00PM-8:00PM	Duncan MacMillan High School	Oct 4	8	402185	\$4
Wellness	Yoga	M	5:00PM-6:00PM	Duncan MacMillan High School	Oct 2	8	402187	\$40
	Yoga	W	1:00PM-2:00PM	Sheet Harbour Recreation Office	Sep 13	12	404580	\$75
	Chair Yoga	W	2:00PM-3:00PM	Sheet Harbour Recreation Office	Sep 13	8	404581	\$40
Program Name		Day	Time	Location	Start	Classes	Code	Fee
General Interest	Snowshoeing	Su	11:00AM-12:00PM	Lily’s Hill	Jan 14	1	404605	FREE
	Snowshoeing	Su	11:00AM-12:00PM	Lily’s Hill	Feb 11	1	404606	FREE
	Spring Fling	W	3:30PM-4:30PM	Bluewater Building	Mar 28	1	402194	FREE
Sports & Fitness	Badminton	M	6:00PM-7:00PM	Duncan MacMillan High School	Jan 16	8	402184	FREE
	Floor Hockey	W	6:00PM-8:00PM	Duncan MacMillan High School	Jan 17	8	402186	\$4
	Boot Camp Fitness	Th	6:00PM-7:00PM	Seaside Fitness Centre	Jan 18	8	402182	\$26
	Circuit Fitness	Tu	12:00PM-12:45PM	Seaside Fitness Centre	Jan 16	10	404645	\$32
	Circuit Fitness	Th	12:00PM-12:45PM	Seaside Fitness Centre	Jan 18	10	406985	\$32
Wellness	Yoga	M	5:00PM-6:00PM	Duncan MacMillan High School	Jan 15	8	402188	\$40

Seaside Fitness Centre

Bluewater Building 902.885.2654

Hours of Operation: Monday-Friday: 7:30 -11:30 a.m. & 1 -9 p.m. Saturday 8 a.m. - noon

Membership Fees	Adult	Student/Senior	Family
Drop In (1 visit)	\$6.00	\$4.50	N.A.
10 Visit Card	\$33.00	\$24.75	N.A.
One Month	\$43.00	\$32.25	N.A.
Three Month	\$115.00	\$86.25	\$170.00
Six Month	\$190.00	\$142.50	\$285.00
12 Month	\$280.00	\$210.00	\$420.00



SHEET HARBOUR



Parents & caregivers play a crucial role in ensuring that their child is provided with ample opportunities to develop physical literacy.

SPRYFIELD & SAMBRO

Captain William Spry Centre

16 Sussex Street

Phone: 902.477.POOL (7665) or 902.479.1111

Preschool

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Ballet	3-5	Sa	12:30PM-1:15PM	Captain William Spry Community Centre	Sep 16	8	401496	\$24
	Intro to dance/Creative Movement	3-4	Sa	1:15PM-2:00PM	Captain William Spry Community Centre	Sep 16	8	401497	\$24
Parent & Tot	Mini Soccer	3-4	M	6:00PM-6:45PM	Central Spryfield School	Sep 25	8	406581	\$20
	Basketball	3-5	Sa	10:00AM-10:45AM	Central Spryfield School	Sep 23	8	406583	\$20
Preschooler Play	Preschool Play	3-5	Tu	9:30AM-11:30AM	Captain William Spry Community Centre	Sep 12	10	401391	\$62
	Preschool Gym & Swim	4-5	Th	9:15AM-11:30AM	Captain William Spry Community Centre	Sep 14	10	401392	\$77
	ABC & Me	4-5	F	9:30AM-11:30AM	Captain William Spry Community Centre	Sep 15	10	401393	\$62
Sport & Fitness	Soccer	4-5	Sa	9:00AM-9:45AM	Central Spryfield School	Sep 23	8	406642	\$21
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Dance & Drama	Ballet	3-5	Sa	12:30PM-1:15PM	Captain William Spry Community Centre	Jan 13	8	401604	\$24
	Intro to Dance/Creative Movement	3-4	Sa	1:15PM-2:00PM	Captain William Spry Community Centre	Jan 13	8	401605	\$24
Parent & Tot	Mini Soccer	3-4	M	6:00PM-6:45PM	Central Spryfield School	Jan 15	8	406582	\$20
	Basketball	3-5	Sa	10:00AM-10:45AM	Central Spryfield School	Jan 20	8	406585	\$20
Preschooler Play	Preschool Play	3-5	Tu	9:30AM-11:30AM	Captain William Spry Community Centre	Jan 9	10	401394	\$62
	Preschool Gym & Swim	4-5	Th	9:15AM-11:30AM	Captain William Spry Community Centre	Jan 11	10	401395	\$77
	ABC & Me	4-5	F	9:30AM-11:30AM	Captain William Spry Community Centre	Jan 12	10	406400	\$62
Sport & Fitness	Soccer	4-5	Sa	9:00AM-9:45AM	Central Spryfield School	Jan 20	8	406643	\$21

Child

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Camps	In-Service Camp	5-11	F	8:00AM-5:00PM	Captain William Spry Community Centre	Sep 29	1	401611 \$25
	In-Service Camp	5-11	M	8:00AM-5:00PM	Captain William Spry Community Centre	Oct 27	1	401612 \$25
	In-Service Camp	5-11	Tu	8:00AM-5:00PM	Captain William Spry Community Centre	Nov 22	1	401613 \$25
	In-Service Camp	5-11	Th	8:00AM-5:00PM	Captain William Spry Community Centre	Nov 23	1	403073 \$22
	In-Service Camp	5-11	F	8:00AM-5:00PM	Captain William Spry Community Centre	Nov 24	1	403074 \$22
Dance & Drama	Hip Hop Jazz Dance	6-10	Sa	2:00PM-3:00PM	Captain William Spry Community Centre	Sep 16	8	401606 \$32
Sport & Fitness	Soccer	5-8	W	6:00PM-7:00PM	Central Spryfield School	Sep 27	8	406638 \$27
	Basketball	6-10	M	7:00PM-8:00PM	Central Spryfield School	Sep 25	8	406640 \$27
	Family Open Gym	6+	Sa	1:31PM-3:00PM	Central Spryfield School	Sep 23	10	406644 FREE

Program Name	Age	Day	Time	Location	Start	Classes	Code	Fee
Camps	March Break Camp	5-11	M-F	8:00AM-5:00PM	Captain William Spry Community Centre	Mar 12	5	401614 \$124
Dance & Drama	Hip Hop Jazz Dance	6-10	Sa	2:00PM-3:00PM	Captain William Spry Community Centre	Jan 13	8	401607 \$32
Sport & Fitness	Soccer	5-8	W	6:00PM-7:00PM	Central Spryfield School	Jan 17	8	406639 \$27
	Basketball	6-10	M	7:00PM-8:00PM	Central Spryfield School	Jan 15	8	406641 \$27
	Family Open Gym	6+	Sa	1:31PM-3:00PM	Central Spryfield School	Jan 20	10	406645 FREE

Adult

Program Name	Day	Time	Location	Start	Classes	Code	Fee
Sport & Fitness	55+ Fitness Class	Tu	10:00AM-11:00AM	Captain William Spry Community Centre	Sep 12	12	401335 \$51
	Chair Fit + Exercise	Tu	11:15AM-12:00PM	Captain William Spry Community Centre	Sep 12	12	401336 \$38
	Strength & Tone	Tu	6:00PM-7:00PM	Captain William Spry Community Centre	Sep 12	13	401337 \$56
	55+ Fitness	Th	10:00AM-11:00AM	Captain William Spry Community Centre	Sep 14	12	401338 \$51
	Chair Fit + Exercise	Th	11:15AM-12:00PM	Captain William Spry Community Centre	Sep 14	12	401339 \$38
	Step Class	Th	6:00PM-7:00PM	Captain William Spry Community Centre	Sep 7	16	401343 \$68
	Cardio Bootcamp	Sa	9:30AM-10:30AM	Captain William Spry Community Centre	Sep 9	15	401344 \$64
	DrumFit	M	6:00PM-7:00PM	Captain William Spry Community Centre	Sep 18	10	401347 \$50
	Disco Fit	M	7:00PM-8:00PM	Captain William Spry Community Centre	Sep 18	10	401348 \$50
	DrumFit	M	10:00AM-11:00AM	Captain William Spry Community Centre	Sep 18	10	401381 \$50
	Restorative Stretch	M	11:00AM-12:00PM	Captain William Spry Community Centre	Sep 18	10	401382 \$50
	Restorative Stretch	M	8:00PM-9:00PM	Captain William Spry Community Centre	Sep 18	10	401349 \$50
	DrumFit	W	11:00AM-12:00PM	Captain William Spry Community Centre	Sep 20	10	401350 \$50
	Salsa Fit	W	6:00PM-7:00PM	Captain William Spry Community Centre	Sep 20	10	401351 \$50
	Restorative Stretch	W	7:00PM-8:00PM	Captain William Spry Community Centre	Sep 20	10	401352 \$50
	Simply Fit Board Exercise Class	F	10:00AM-11:00AM	Captain William Spry Community Centre	Sep 22	10	401353 \$50
	Restorative Stretch	F	11:00AM-12:00PM	Captain William Spry Community Centre	Sep 22	10	401354 \$50
	DrumFit	F	6:00PM-7:00PM	Captain William Spry Community Centre	Sep 22	10	401355 \$50
	Simply Fit Board Exercise Class	F	7:00PM-8:00PM	Captain William Spry Community Centre	Sep 22	10	401356 \$50
	Badminton	W	7:30PM-9:15PM	Herring Cove Junior High	Sep 12	12	406530 \$70
	Pickle Ball	W	7:00PM-8:00PM	Central Spryfield School	Sep 27	10	406532 \$40
Wellness	Yamuna Body Rolling	M	6:45PM-8:00PM	Captain William Spry Community Centre	Sep 18	8	401383 \$40
	Yamuna Body Rolling	Th	9:00AM-10:00AM	Captain William Spry Community Centre	Sep 21	8	401384 \$40
	Yoga	Th	7:00PM-8:00PM	Captain William Spry Community Centre	Sep 7	16	401385 \$80
	Yoga	Su	2:00PM-3:00PM	Captain William Spry Community Centre	Sep 17	10	401386 \$50

Program Name	Day	Time	Location	Start	Classes	Code	Fee
Sport & Fitness							
55+ Fitness Class	Tu	10:00AM-11:00AM	Captain William Spry Community Centre	Jan 9	10	401340	\$44
Chari Fit + Exercise	Tu	11:15AM-12:00PM	Captain William Spry Community Centre	Jan 9	10	401341	\$32
Strength & Tone	Tu	6:00PM-7:00PM	Captain William Spry Community Centre	Jan 9	12	401342	\$51
Step Class	Th	6:00PM-7:00PM	Captain William Spry Community Centre	Jan 4	13	401345	\$55
Cardio Bootcamp	Sa	9:30AM-10:30AM	Captain William Spry Community Centre	Jan 6	13	401346	\$55
DrumFit	M	10:00AM-11:00AM	Captain William Spry Community Centre	Jan 8	10	401357	\$50
DrumFit	F	6:00PM-7:00PM	Captain William Spry Community Centre	Jan 12	10	401367	\$50
Simply Fit Board Exercise Class	F	7:00PM-8:00PM	Captain William Spry Community Centre	Jan 12	10	401368	\$50
Restorative Stretch	M	11:00AM-12:00PM	Captain William Spry Community Centre	Jan 8	10	401358	\$50
DrumFit	M	6:00PM-7:00PM	Captain William Spry Community Centre	Jan 8	10	401359	\$50
Disco Fit	M	7:00PM-8:00PM	Captain William Spry Community Centre	Jan 8	10	401360	\$50
Restorative Stretch	M	8:00PM-9:00PM	Captain William Spry Community Centre	Jan 8	10	401361	\$50
DrumFit	W	11:00AM-12:00PM	Captain William Spry Community Centre	Jan 10	10	401362	\$50
Salsa Fit	W	6:00PM-7:00PM	Captain William Spry Community Centre	Jan 10	10	401363	\$50
Restorative Stretch	W	7:00AM-8:00AM	Captain William Spry Community Centre	Jan 10	10	401364	\$50
Simply Fit Board Exercise Class	F	10:00AM-11:00AM	Captain William Spry Community Centre	Jan 12	10	401365	\$50
Restorative Stretch	F	11:00AM-12:00PM	Captain William Spry Community Centre	Jan 12	10	401366	\$50
Badminton	W	7:30PM-9:15PM	Herring Cove Junior High	Jan 10	12	406531	\$70
Pickle Ball	W	7:00PM-8:00PM	Central Spryfield School	Jan 17	10	406533	\$40
Wellness							
Yoga	Th	7:00PM-8:00PM	Captain William Spry Community Centre	Jan 4	12	401389	\$60
Yamuna Body Rolling	M	6:45PM-7:45PM	Captain William Spry Community Centre	Jan 15	8	401387	\$40
Yoga	Su	2:00PM-3:00PM	Captain William Spry Community Centre	Jan 21	10	401390	\$50
Yamuna Body Rolling	Th	9:00AM-10:00AM	Captain William Spry Community Centre	Jan 18	8	401388	\$40

SPRYFIELD & SAMBRO





Physical literacy is important for reducing the risk of injury in physical activity and sport.

TANTALLON & HUBBARDS

Phone: 902.876.8812

Preschool

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Sports & Fitness	Kiddie Kickers	3-5	M	6:00PM-6:45PM	Tantallon Junior Elementary	Sep 18	8	402480	\$21
	Kiddie Kickers	3-5	W	6:00PM-6:45PM	Tantallon Junior Elementary	Sep 20	8	402481	\$21
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Sports & Fitness	Kiddie Kickers	3-5	M	6:00PM-6:45PM	Tantallon Junior Elementary	Jan 15	8	403929	\$21
	Kiddie Kickers	3-5	W	6:00PM-6:45PM	Tantallon Junior Elementary	Jan 17	8	403930	\$21

Child

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Piano	6-10	F	3:00PM-4:00PM	Tantallon Senior Elementary	Sep 15	6	402472	\$48
	Piano	6-10	F	4:00PM-5:00PM	Tantallon Senior Elementary	Sep 15	6	402473	\$48
	Piano	6-10	F	5:00PM-6:00PM	Tantallon Senior Elementary	Sep 15	6	402474	\$48
	Piano	6-10	F	6:00PM-7:00PM	Tantallon Senior Elementary	Sep 15	6	402475	\$48
Sports & Fitness	Basketball	6-8	Th	6:15PM-7:15PM	Tantallon Junior Elementary	Sep 21	8	402476	\$23
	Basketball	9-12	Th	7:15PM-8:15PM	Tantallon Junior Elementary	Sep 21	8	402477	\$23
	Kiddie Kickers	5-7	M	6:45PM-7:30PM	Tantallon Junior Elementary	Sep 18	8	402478	\$21
Wellness	Yoga	9-13	W	7:00PM-7:45PM	Tantallon Junior Elementary	Sep 27	8	402479	\$23
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
General Interest	Piano	6-10	F	3:00PM-4:00PM	Tantallon Senior Elementary	Jan 19	6	403921	\$48
	Piano	6-10	F	4:00PM-5:00PM	Tantallon Senior Elementary	Jan 19	6	403922	\$48
	Piano	6-10	F	5:00PM-6:00PM	Tantallon Senior Elementary	Jan 19	6	403923	\$48
	Piano	6-10	F	6:00PM-7:00PM	Tantallon Senior Elementary	Jan 19	6	403924	\$48
Sports & Fitness	Basketball	6-8	Th	6:15PM-7:15PM	Tantallon Junior Elementary	Jan 18	8	403925	\$23
	Basketball	9-12	Th	7:15PM-8:15PM	Tantallon Junior Elementary	Jan 18	8	403926	\$23
	Kiddie Kickers	5-7	M	6:45PM-7:30PM	Tantallon Junior Elementary	Jan 15	8	403927	\$21
Wellness	Yoga	9-13	W	7:00PM-7:45PM	Tantallon Junior Elementary	Jan 17	8	403928	\$23

Youth

Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Sports & Fitness	Badminton	12-16	W	6:30PM-8:00PM	Tantallon Senior Elementary	Sep 20	8	402482	FREE
Program Name		Age	Day	Time	Location	Start	Classes	Code	Fee
Sports & Fitness	Badminton	12-16	W	6:30PM-8:00PM	Tantallon Senior Elementary	Jan 17	8	403931	FREE



The Hubbard's Recreation Centre

is a small rural recreation centre located at 9856 #3 Highway, Queensland, Nova Scotia.

The building contains a kitchen, meeting room, washrooms, & showers. The centre is located within a park area containing baseball fields, playground equipment, a tennis court & a new skate park.

For further information on rentals or programs call 902.876.8812.





SKATING

Dartmouth - Location to be determined
15 Monique Avenue, Dartmouth

Spryfield Lions Rink
111 Drysdale Road, Halifax

Cole Harbour Place
51 Forest Hills Parkway, Dartmouth

Forum and Civic Arenas
2901 Windsor Street, Halifax

Eastern Shore Community Centre
67 Park Road, Musquodoboit Harbour

DARTMOUTH - Location to be determined

CLASSES: 8

Program	Description	FALL					WINTER				
		Age	Day	Time	Date	Code	Age	Day	Time	Date	Code
Boots to Blades Fee \$30	Instruction through movement and games adapted to enhance skating skills. This level is for children with no previous skating experience. Parent must accompany child on the ice.	3-4	Su	2:00PM-2:25PM	Oct 15	406263	3-4	Su	2:00PM-2:25PM	Jan 14	406278
		3-4	Su	2:00PM-2:25PM	Oct 15	406264	3-4	Su	2:00PM-2:25PM	Jan 14	406279
		3-4	Su	2:00PM-2:25PM	Oct 15	406265	3-4	Su	2:00PM-2:25PM	Jan 14	406280
		3-4	Su	2:00PM-2:25PM	Oct 15	406266	3-4	Su	2:00PM-2:25PM	Jan 14	406281
		3-4	Su	2:00PM-2:25PM	Oct 15	406267	3-4	Su	2:00PM-2:25PM	Jan 14	406282
		4-5	Su	2:30PM-2:55PM	Oct 15	406268	3-4	Su	2:30PM-2:55PM	Jan 14	406283
		4-5	Su	2:30PM-2:55PM	Oct 15	406269	4-5	Su	2:30PM-2:55PM	Jan 14	406284
		4-5	Su	2:30PM-2:55PM	Oct 15	406270	4-5	Su	2:30PM-2:55PM	Jan 14	406285
		4-5	Su	2:30PM-2:55PM	Oct 15	406271	4-5	Su	2:30PM-2:55PM	Jan 14	406286
		4-5	Su	2:30PM-2:55PM	Oct 15	406272	4-5	Su	2:30PM-2:55PM	Jan 14	406287
Program	Description	FALL					WINTER				
		Age	Day	Time	Date	Code	Age	Day	Time	Date	Code
Mini Gliders Fee: \$45	This course is designed for children who can stand up and shuffle on the ice unaided.	4-6	Su	3:05PM-3:50PM	Oct 15	406273	4-6	Su	3:05PM-3:50PM	Jan 14	406288
		4-6	Su	3:05PM-3:50PM	Oct 15	406274	4-6	Su	3:05PM-3:50PM	Jan 14	406289
		4-6	Su	3:05PM-3:50PM	Oct 15	406275	4-6	Su	3:05PM-3:50PM	Jan 14	406290
		4-6	Su	3:05PM-3:50PM	Oct 15	406276	4-6	Su	3:05PM-3:50PM	Jan 14	406291
		4-6	Su	3:05PM-3:50PM	Oct 15	406277	4-6	Su	3:05PM-3:50PM	Jan 14	406292

All participants must wear a C.S.A. approved ice skating/hockey helmet. Face shield and thick gloves/mittens are strongly recommended. Bicycle helmets will not be permitted on the ice.

All participants must wear a C.S.A. approved ice skating/hockey helmet. Face shield and thick gloves/mittens are strongly recommended. Bicycle helmets will not be permitted on the ice.

Note: As a result of ongoing assessments, participants may be moved to a different level. This will assist in ensuring the success of the participant and the safety of all in the program.

COLE HARBOUR PLACE

CLASSES: 10

Skating Group 1

FALL

WINTER

For children who cannot skate.

Skills taught: walking- marching with support, beginning to walk and push off-without support

Fee: \$38

Age	Day	Time	Date	Code	Age	Day	Time	Date	Code
4-12	Tu	4:30PM-4:55PM	Oct 3	401467	4-12	Tu	4:30PM-4:55PM	Jan 2	401576
4-12	Tu	5:00PM-5:25PM	Oct 3	401468	4-12	Tu	5:00PM-5:25PM	Jan 2	401577
4-12	W	4:00PM-4:25PM	Oct 4	401469	4-12	W	4:00PM-4:25PM	Jan 3	401578
4-12	W	4:30PM-4:55PM	Oct 4	401470	4-12	W	4:30PM-4:55PM	Jan 3	401579
4-12	W	5:00PM-5:25PM	Oct 4	401471	4-12	W	5:00PM-5:25PM	Jan 3	401580
4-12	W	5:30PM-5:55PM	Oct 4	401472	4-12	W	5:30PM-5:55PM	Jan 3	401581

Skating Group 2

FALL

WINTER

For children who can walk and march on skates.

Skills taught: push and glide-glide on 2 feet-glide and squat- pushes using support-push off using pylons-beginning to develop balance and skating stride.

Fee: \$38

Age	Day	Time	Date	Code	Age	Day	Time	Date	Code
4-12	Tu	4:30PM-4:55PM	Oct 3	401473	4-12	Tu	4:30PM-4:55PM	Jan 2	401582
4-12	Tu	5:00PM-5:25PM	Oct 3	401474	4-12	Tu	5:00PM-5:25PM	Jan 2	401583
4-12	W	4:00PM-4:25PM	Oct 4	401475	4-12	W	4:00PM-4:25PM	Jan 3	401584
4-12	W	4:30PM-4:55PM	Oct 4	401476	4-12	W	4:30PM-4:55PM	Jan 3	401585
4-12	W	5:00PM-5:25PM	Oct 4	401477	4-12	W	5:00PM-5:25PM	Jan 3	401586
4-12	W	5:30PM-5:55PM	Oct 4	401478	4-12	W	5:30PM-5:55PM	Jan 3	401587

Skating Group 3

FALL

WINTER

For children who can push, stride and have developed balance.

Skills taught: striding right/left-T pushes-beginning crossovers- t turns-circle crossovers

Fee: \$38

Age	Day	Time	Date	Code	Age	Day	Time	Date	Code
4-12	Tu	4:30PM-4:55PM	Oct 3	401479	4-12	Tu	4:30PM-4:55PM	Jan 2	401588
4-12	Tu	5:00PM-5:25PM	Oct 3	401480	4-12	Tu	5:00PM-5:25PM	Jan 2	401589
4-12	W	4:00PM-4:25PM	Oct 4	401481	4-12	W	4:00PM-4:25PM	Jan 3	401590
4-12	W	4:30PM-4:55PM	Oct 4	401482	4-12	W	4:30PM-4:55PM	Jan 3	401591
4-12	W	5:00PM-5:25PM	Oct 4	401483	4-12	W	5:00PM-5:25PM	Jan 3	401592
4-12	W	5:30PM-5:55PM	Oct 4	401484	4-12	W	5:30PM-5:55PM	Jan 3	401593

Skating Group 4

FALL

WINTER

For children who have developed skating stride and balance.

Skills taught: developing T pushes-T turns-crossovers- circle cross overs- balance (rt/lt)- glide-beginning inside edges-stops-starts

Fee: \$38

Age	Day	Time	Date	Code	Age	Day	Time	Date	Code
4-12	Tu	4:30PM-4:55PM	Oct 3	401485	4-12	Tu	4:30PM-4:55PM	Jan 2	401594
4-12	Tu	5:00PM-5:25PM	Oct 3	401486	4-12	Tu	5:00PM-5:25PM	Jan 2	401595
4-12	W	4:00PM-4:25PM	Oct 4	401487	4-12	W	4:00PM-4:25PM	Jan 3	401596
4-12	W	4:30PM-4:55PM	Oct 4	401488	4-12	W	4:30PM-4:55PM	Jan 3	401597
4-12	W	5:00PM-5:25PM	Oct 4	401489	4-12	W	5:00PM-5:25PM	Jan 3	401598
4-12	W	5:30PM-5:55PM	Oct 4	401490	4-12	W	5:30PM-5:55PM	Jan 3	401599

Description

FALL

Power I Fee: \$75

Children must be able to skate with good balance and successfully perform all skills taught in Skating Group 4. Skills taught: developing balance-forward skating (push stride, T turns, crossovers, stops, starts, pivots)-back skating skills introduced (back hard C-back circle push off, back circle crossovers, 1/2 pivots)

Power II Fee: \$75

Children must be able to skate with good balance. Skills taught: balance (push-stride, sculling, edges, hard C's, forward skating T-pushes, T turns, crossovers, circle crossovers, stops-starts, 360 degree pivots-balance fluency back skating, back hard C's, back circle, push off, back circle crossovers, 1/4 and 1/2 pivots-transitions, backward skating

Power III Fee: \$75

Children must possess an advanced balance and fluency on skates. Skills taught: refining balance, foot speed and agility. Refining forward and back skating skills. See Power II for outline of skills refined.

Program	Age	Day	Time	Date	Code
Power I	6-12	Tu	5:30PM-6:20PM	Oct 3	401491
Power II	7-12	W	6:00PM-6:50PM	Oct 4	401492
Power III	8-12	Tu	6:30PM-7:20PM	Oct 3	401493
WINTER					
Power I	6-12	Tu	5:30PM-6:20PM	Jan 2	401600
Power II	7-12	W	6:00PM-6:50PM	Jan 3	401601
Power III	8-12	Tu	6:30PM-7:20PM	Jan 2	401602

HALIFAX FORUM & CIVIC ARENAS

CLASSES: 9

Boots to Blades							FALL						WINTER					
Instruction using music, movement and games adapted to enhance skating skills. This level is for children with no previous skating experience. Parent must accompany child on the ice and should wear skates. It is recommended that parents wear skates. Components include skill sessions, creative movement, and free skate. Fee: \$40	Age	Day	Time	Rink	Date	Code	Age	Day	Time	Rink	Date	Code						
	2-8	Sa	11:00AM-11:30AM	Forum	Oct 7	406771	2-8	Sa	11:00AM-11:30AM	Forum	Jan 13	406834						
	2-8	Sa	11:35AM-12:05PM	Forum	Oct 7	406772	2-8	Sa	11:35AM-12:05PM	Forum	Jan 13	406835						
	2-8	Sa	4:10PM-4:40PM	Forum	Oct 7	406773	2-8	Sa	4:10PM-4:40PM	Forum	Jan 13	406836						
	2-8	Sa	12:10PM-12:40PM	Forum	Oct 7	406775												
Mini Gliders							FALL						WINTER					
Skills session/creative movement/free skate. Children who can stand up/shuffle on ice unaided. UnParented. Fee: \$67	4-8	Sa	12:10PM-12:50PM	Forum	Oct 7	406774	4-8	Sa	12:10PM-12:50PM	Forum	Jan 13	406837						
Level 1 Blue							FALL						WINTER					
Children are introduced to skating in a fun-filled atmosphere. Skaters will work on skills such as forward skating, gliding on two feet and two foot jumping on the spot. Skaters must be able to walk on their skates unaided. Fee: \$67	5-12	Sa	1:10PM-2:00PM	Forum	Oct 7	406792	5-12	Sa	1:10PM-2:00PM	Forum	Jan 13	406857						
	5-12	Sa	2:10PM-3:00PM	Forum	Oct 7	406793	5-12	Sa	2:10PM-3:00PM	Forum	Jan 13	406858						
	5-12	Sa	3:10PM-4:00PM	Forum	Oct 7	406794	5-12	Sa	3:10PM-4:00PM	Forum	Jan 13	406859						
	5-12	Th	6:30PM-7:20PM	Civic	Oct 5	406791	5-12	Sa	12:10PM-12:50PM	Forum	Jan 13	406860						
							5-12	Th	6:30PM-7:20PM	Civic	Jan 11	406856						
Level 2 Green							FALL						WINTER					
Skaters must have mastered the skills required at the Blue level. Skaters will work on elements such as T push offs, turning, stroking, stopping and gliding. Fee: \$67	5-12	Sa	1:10PM-2:00PM	Forum	Oct 7	406802	5-12	Sa	1:10PM-2:00PM	Forum	Jan 13	406868						
	5-12	Sa	2:10PM-3:00PM	Forum	Oct 7	406803	5-12	Sa	2:10PM-3:00PM	Forum	Jan 13	406869						
	5-12	Sa	3:10PM-4:00PM	Forum	Oct 7	406804	5-12	Sa	3:10PM-4:00PM	Forum	Jan 13	406870						
	5-12	Th	6:30PM-7:20PM	Civic	Oct 5	406801	5-12	Sa	12:10PM-12:50PM	Forum	Jan 13	406871						
							5-12	Th	6:30PM-7:20PM	Civic	Jan 11	406867						
Level 3 Burgundy							FALL						WINTER					
The first strength training level. Skaters will work on mastering skills introduced in the Green level. Fee: \$67	5-16	Sa	1:10PM-2:00PM	Forum	Oct 7	406798	5-16	Sa	1:10PM-2:00PM	Forum	Jan 13	406864						
	5-16	Sa	2:10PM-3:00PM	Forum	Oct 7	406799	5-16	Sa	2:10PM-3:00PM	Forum	Jan 13	406865						
	5-16	Sa	3:10PM-4:00PM	Forum	Oct 7	406800	5-16	Sa	3:10PM-4:00PM	Forum	Jan 13	406866						
	5-16	Th	6:30PM-7:20PM	Civic	Oct 5	406797	5-16	Th	6:30PM-7:20PM	Civic	Jan 11	406863						
Level 4 Red							FALL						WINTER					
Skaters will work on combining T push offs and snow plow stops, as well as one foot gliding techniques. Fee: \$67	6-12	Sa	1:10PM-2:00PM	Forum	Oct 7	406788	6-12	Sa	1:10PM-2:00PM	Forum	Jan 13	406853						
	6-12	Sa	2:10PM-3:00PM	Forum	Oct 7	406789	6-12	Sa	2:10PM-3:00PM	Forum	Jan 13	406854						
	6-12	Sa	3:10PM-4:00PM	Forum	Oct 7	406790	6-12	Sa	3:10PM-4:00PM	Forum	Jan 13	406855						
	6-12	Th	6:30PM-7:20PM	Civic	Oct 5	406787	6-12	Th	6:30PM-7:20PM	Civic	Jan 11	406852						
Level 5 Brown							FALL						WINTER					
Skills include forward circle thrusts/cross cuts/two foot jump forward to backward/three turns/two foot backward. Fee: \$67	6-17	Sa	2:10PM-3:00PM	Forum	Oct 7	406785	6-17	Sa	2:10PM-3:00PM	Forum	Jan 13	406850						
	6-17	Sa	3:10PM-4:00PM	Forum	Oct 7	406786	6-17	Sa	3:10PM-4:00PM	Forum	Jan 13	406851						
	6-17	Th	6:30PM-7:20PM	Civic	Oct 5	406784	6-17	Th	6:30PM-7:20PM	Civic	Jan 11	406849						

All participants must wear a C.S.A. approved ice skating/hockey helmet. Face shield and thick gloves/mittens are strongly recommended. Bicycle helmets will not be permitted on the ice.

SKATING

HALIFAX FORUM & CIVIC ARENAS

CLASSES: 9

Description

Level 6 Gold Fee: \$67

Skaters work on mastering skills introduced in the brown level. The focus will be on forward crosscuts, three turns, backwards skating and edges.

Level 7 Yellow Fee: \$67

Skaters are working on skills such as forward crosscuts, backward skating, snowplow and one foot glide.

Level 8 Purple Fee: \$67

The focus is on backward circle thrusts, backward cross cuts and forward inside edges.

Level 9 Orange Fee: \$67

Skater's at this level are working on two foot parallel stop, cross cut sequence using mohawks, turns and backward inside edges.

Level 10 Royal Blue Fee: \$67

Backward circle thrusts, backward cross cuts and forward inside edges are some of the skills to be mastered in this badge.

White Fee: \$67

Once the Royal Blue Level has been completed, skaters will have the opportunity to work on some figure skating elements such as entry level spins, jumps and footwork.

Power Skate Strength Training Fee: \$70

Power Skate Strength Training: For skaters between levels 5 – 11 who want to improve and strengthen their speed, stride and quickness.

Youth Level 1 Fee: \$67

For those who have not had any lessons or want to improve.

Youth Level 2 Fee: \$67

Must have completed Level 1 of our program.

Beginner Fee: \$116

For adults with little skating experience. Learn how to stop, glide, and skate forwards and backwards.

Elementary Fee: \$116

For adults who have completed the beginner level and now are working on elements such as forward skating, gliding on one foot, two foot turns, gliding on a curve and stopping.

Intermediate Fee: \$116

For adults who have completed the elementary level and are ready to work on the following elements: two foot turning, forward and backward skating, circle thrusts, cross cuts and two foot jumps.

Advanced Fee: \$116

Skaters have completed the intermediate level and are working on skills such as backward circle thrusts, cross cuts (forward and backward), mohawk turns, three turns and edges.

FALL

Program	Age	Day	Time	Rink	Date	Code
Level 6 Gold	6-18	Th	7:30PM-8:20PM	Civic	Oct 5	406796
Level 7 Yellow	6-17	Th	7:30PM-8:20PM	Civic	Oct 5	406795
Level 8 Purple	6-17	Th	7:30PM-8:20PM	Civic	Oct 5	406783
Level 9 Orange	6-18	Th	7:30PM-8:20PM	Civic	Oct 5	406805
Level 10 Royal Blue	6-18	Th	7:30PM-8:20PM	Civic	Oct 5	406806
White	8-19	Th	7:30PM-8:20PM	Civic	Oct 5	406809
NEW Power Skate Strength Training	8-14	Th	7:30PM-8:20PM	Civic	Oct 5	408359
Youth Level 1	10-17	Th	7:30PM-8:20PM	Civic	Oct 5	406810
Youth Level 2	10-17	Th	7:30PM-8:20PM	Civic	Oct 5	406811
Beginner	18+	Th	8:30PM-9:20PM	Civic	Oct 5	406782
Elementary	18+	Th	8:30PM-9:20PM	Civic	Oct 5	406807
Intermediate	18+	Th	8:30PM-9:20PM	Civic	Oct 5	406808
Advanced	18+	Th	8:30PM-9:20PM	Civic	Oct 5	406781

WINTER

Level 6 Gold	6-17	Th	7:30PM-8:20PM	Civic	Jan 11	406862
Level 7 Yellow	6-17	Th	7:30PM-8:20PM	Civic	Jan 11	406861
Level 8 Purple	6-17	Th	7:30PM-8:20PM	Civic	Jan 11	406848
Level 9 Orange	6-18	Th	7:30PM-8:20PM	Civic	Jan 11	406872
Level 10 Royal Blue	6-18	Th	7:30PM-8:20PM	Civic	Jan 11	406873
White	8-19	Th	7:30PM-8:20PM	Civic	Jan 11	406876
NEW Power Skate Strength Training	8-14	Th	7:30PM-8:20PM	Civic	Jan 11	408360
Youth Level 1	10-17	Th	7:30PM-8:20PM	Civic	Jan 11	406877
Youth Level 2	10-17	Th	7:30PM-8:20PM	Civic	Jan 11	406878
Beginner	18+	Th	8:30PM-9:20PM	Civic	Jan 11	406847
Elementary	18+	Th	8:30PM-9:20PM	Civic	Jan 11	406874
Intermediate	18+	Th	8:30PM-9:20PM	Civic	Jan 11	406875
Advanced	18+	Th	8:30PM-9:20PM	Civic	Jan 11	406846

All participants must wear a C.S.A. approved ice skating/hockey helmet. Face shield and thick gloves/mittens are strongly recommended. Bicycle helmets will not be permitted on the ice.



EASTERN SHORE COMMUNITY CENTRE

CLASSES: 9

Description

Pink Parent & Tot Fee: \$66

Designed for preschoolers who cannot skate. Parent/Adult must accompany participant on the ice. Skills taught: standing, walking, and getting up from a fall.

Red Fee: \$66

For children who cannot skate. Skills taught: walking, marching with support, beginning to walk and push off-without support

Orange Fee: \$66

Children can walk and march on skates Skills taught: push and glide-glide on 2 feet-glide and squat-T pushes using support push off using pylons-beginning to develop balance and skating stride.

Yellow Fee: \$66

Children can push, stride and have developed balance. Skills taught: striding right/left. T pushes-beginning cross overs-T turns-circle cross.

Blue Fee: \$66

Children must be able to skate with good balance and can successfully perform all skills taught in skating group Yellow. Skills taught: developing balance-forward skating (push stride, T turns, crossovers, stops, starts, pivots)-back skating skills introduced (back hard c-back circle push off, circle crossover, 1/2 pivots).

All participants must wear a C.S.A. approved ice skating/hockey helmet. Face shield and thick gloves/mittens are strongly recommended. Bicycle helmets will not be permitted on the ice.

SPRYFIELD LION'S ARENA

CLASSES: 8

Boots to Blades

FALL

WINTER

Instruction through music, movement and games adapted to enhance skating skills.

This level is for children with no previous skating experience. Parent must accompany child on the ice and should wear skates. It is strongly recommended that parents wear skates. Components include skill sessions, creative movement, and free skate.

Fee \$30

Age	Day	Time	Date	Code	Age	Day	Time	Date	Code
2-6	Su	12:05PM-12:35PM	Oct 15	405044	2-6	Su	12:05PM-12:35PM	Jan 7	405056
2-6	Su	12:35PM-1:05PM	Oct 15	405046	2-5	Su	12:35PM-1:05PM	Jan 7	405058
2-6	Su	1:05PM-1:35PM	Oct 15	405048	2-6	Su	1:05PM-1:35PM	Jan 7	405060
2-6	Su	1:35PM-2:05PM	Oct 15	405050					

Mini Gliders

FALL

WINTER

Your preschooler will be delighted in the opportunity to glide on their own!

Components include skills session, creative movement and free skate. This course is designed for children who can stand up and shuffle on the ice unaided. Parents do not accompany the child on the ice. Fee \$30

3-8	Su	12:05PM-12:35PM	Oct 15	405045	3-8	Su	12:05PM-12:35PM	Jan 7	405057
3-8	Su	12:35PM-1:05PM	Oct 15	405047	3-8	Su	12:35PM-1:05PM	Jan 7	405059
3-8	Su	1:35PM-2:05PM	Oct 15	405049	3-8	Su	1:35PM-2:05PM	Jan 7	405061

Description

Level 1 Fee \$60

Children are introduced to skating in a fun-filled atmosphere. Skaters will work on skills such as forward skating, gliding on two feet and two foot jumping on the spot. Skaters must be able to walk on their skates unaided.

Level 2 Fee \$60

Skaters must have mastered the skills required at the Blue level. Skaters will work on elements such as T push offs, turning, stroking, stopping and gliding.

Level 3 Fee \$60

The first strength training level. Skaters will work on mastering skills introduced in the Green level.

Level 4 Fee \$60

Skaters will work on combining T push offs and snow plow stops, as well as one foot gliding techniques.

FALL

Program	Age	Day	Time	Date	Code
Level 1	5-10	Su	1:05PM-1:50PM	Oct 15	405052
Level 1	5-10	Su	2:05PM-2:50PM	Oct 15	405053
Level 2	5-10	Su	2:05PM-2:50PM	Oct 15	405055
Level 3	5-12	Su	2:05PM-2:50PM	Oct 15	405054
Level 4	5-12	Su	2:05PM-2:50PM	Oct 15	405051

WINTER

Level 1	5-10	Su	1:05PM-1:50PM	Jan 7	405063
Level 1	5-10	Su	2:05PM-2:50PM	Jan 7	405064
Level 2	5-10	Su	2:05PM-2:50PM	Jan 7	405066
Level 3	5-12	Su	2:05PM-2:50PM	Jan 7	405065
Level 4	5-12	Su	2:05PM-2:50PM	Jan 7	405062

All participants must wear a C.S.A. approved ice skating/hockey helmet. Face shield and thick gloves/mittens are strongly recommended. Bicycle helmets will not be permitted on the ice.



FREE SKATING EMERA OVAL CLASSES 1

Child

Program	Age	Day	Time	Date	Code
Learn to Speed Skate	5+	Sa	10:15AM-11:00AM	Jan 6	404730
Learn to Speed Skate	5+	Sa	10:15AM-11:00AM	Jan 13	404731
Learn to Speed Skate	5+	Sa	10:15AM-11:00AM	Jan 20	404732
Learn to Speed Skate	5+	Sa	10:15AM-11:00AM	Feb 3	404733
Learn to Speed Skate	5+	Sa	10:15AM-11:00AM	Feb 10	404734
Learn to Speed Skate	5+	Sa	10:15AM-11:00AM	Feb 24	404735
Learn to Speed Skate	5+	Sa	10:15AM-11:00AM	Mar 10	404736
Learn to Skate	5-12	Sa	11:00AM-11:30AM	Jan 6	404738
Learn to Skate	5-12	Sa	11:00AM-11:30AM	Jan 13	404739
Learn to Skate	5-12	Sa	11:00AM-11:30AM	Jan 20	404740
Learn to Skate	5-12	Sa	11:00AM-11:30AM	Jan 27	404741
Learn to Skate	5-12	Sa	11:00AM-11:30AM	Feb 3	404742
Learn to Skate	5-12	Sa	11:00AM-11:30AM	Feb 10	404810
Learn to Skate	5-12	Sa	11:30AM-12:00PM	Feb 10	404811
Learn to Skate	5-12	Sa	11:00AM-11:30AM	Feb 17	404743
Learn to Skate	5-12	Sa	11:00AM-11:30AM	Feb 24	404744
Learn to Skate	5-12	Sa	11:00AM-11:30AM	Mar 3	404816
Learn to Skate	5-12	Sa	11:30AM-12:00PM	Mar 3	404825
Learn to Skate	5-12	Sa	11:00AM-11:30AM	Mar 10	404745
Learn to Skate	5-12	Sa	11:00AM-11:30AM	Mar 17	404746
Learn to Skate	5-12	Sa	11:30AM-12:00PM	Jan 6	404747
Learn to Skate	5-12	Sa	11:30AM-12:00PM	Jan 13	404748
Learn to Skate	5-12	Sa	11:30AM-12:00PM	Jan 20	404749
Learn to Skate	5-12	Sa	11:30AM-12:00PM	Jan 27	404750
Learn to Skate	5-12	Sa	11:30AM-12:00PM	Feb 3	404751
Learn to Skate	5-12	Sa	11:30AM-12:00PM	Feb 17	404752
Learn to Skate	5-12	Sa	11:30AM-12:00PM	Feb 24	404753
Learn to Skate	5-12	Sa	11:30AM-12:00PM	Mar 10	404754
Learn to Skate	5-12	Sa	11:30AM-12:00PM	Mar 17	404755

Intergenerational

Program	Age	Day	Time	Date	Code
Learn to Skate Family Class	1+	Sa	11:30AM-12:00PM	Jan 6	404756
Learn to Skate Family Class	1+	Sa	11:30AM-12:00PM	Jan 13	404757
Learn to Skate Family Class	1+	Sa	11:30AM-12:00PM	Jan 20	404758
Learn to Skate Family Class	1+	Sa	11:30AM-12:00PM	Jan 27	404759
Learn to Skate Family Class	1+	Sa	11:30AM-12:00PM	Feb 3	404760
Learn to Skate Family Class	1+	Sa	11:00AM-11:30AM	Feb 10	404817
Learn to Skate Family Class	1+	Sa	11:30AM-12:00PM	Feb 10	404814
Learn to Skate Family Class	1+	Sa	11:30AM-12:00PM	Feb 17	404761
Learn to Skate Family Class	1+	Sa	11:30AM-12:00PM	Feb 24	404762
Learn to Skate Family Class	1+	Sa	11:00AM-11:30AM	Mar 3	404819
Learn to Skate Family Class	1+	Sa	11:30AM-12:00PM	Mar 3	404824
Learn to Skate Family Class	1+	Sa	11:30AM-12:00PM	Mar 10	404763
Learn to Skate Family Class	1+	Sa	11:30AM-12:00PM	Mar 17	404764
Learn to Skate Family Class	1+	Sa	11:00AM-11:30AM	Jan 6	404765
Learn to Skate Family Class	1+	Sa	11:00AM-11:30AM	Jan 13	404766
Learn to Skate Family Class	1+	Sa	11:00AM-11:30AM	Jan 20	404767
Learn to Skate Family Class	1+	Sa	11:00AM-11:30AM	Jan 27	404768
Learn to Skate Family Class	1+	Sa	11:00AM-11:30AM	Feb 3	404769
Learn to Skate Family Class	1+	Sa	11:00AM-11:30AM	Feb 17	404770
Learn to Skate Family Class	1+	Sa	11:00AM-11:30AM	Feb 24	404771
Learn to Skate Family Class	1+	Sa	11:00AM-11:30AM	Mar 10	404772
Learn to Skate Family Class	1+	Sa	11:00AM-11:30AM	Mar 17	404773



Youth

Program	Age	Day	Time	Date	Code
Learn to Skate	13-17	Sa	11:30AM-12:00PM	Jan 6	404792
Learn to Skate	13-17	Sa	11:30AM-12:00PM	Jan 13	404793
Learn to Skate	13-17	Sa	11:30AM-12:00PM	Jan 20	404794
Learn to Skate	13-17	Sa	11:30AM-12:00PM	Jan 27	404795
Learn to Skate	13-17	Sa	11:30AM-12:00PM	Feb 3	404796
Learn to Skate	13-17	Sa	11:30AM-12:00PM	Feb 10	404812
Learn to Skate	13-17	Sa	11:00AM-11:30AM	Feb 10	404813
Learn to Skate	13-17	Sa	11:30AM-12:00PM	Feb 17	404797
Learn to Skate	13-17	Sa	11:30AM-12:00PM	Feb 24	404798
Learn to Skate	13-17	Sa	11:00AM-11:30AM	Mar 3	404821
Learn to Skate	13-17	Sa	11:30AM-12:00PM	Mar 3	404822
Learn to Skate	13-17	Sa	11:30AM-12:00PM	Mar 10	404799
Learn to Skate	13-17	Sa	11:30AM-12:00PM	Mar 17	404800
Learn to Skate	13-17	Sa	11:00AM-11:30AM	Jan 6	404801
Learn to Skate	13-17	Sa	11:00AM-11:30AM	Jan 13	404802
Learn to Skate	13-17	Sa	11:00AM-11:30AM	Jan 20	404803
Learn to Skate	13-17	Sa	11:00AM-11:30AM	Jan 27	404804
Learn to Skate	13-17	Sa	11:00AM-11:30AM	Feb 3	404805
Learn to Skate	13-17	Sa	11:00AM-11:30AM	Feb 17	404806
Learn to Skate	13-17	Sa	11:00AM-11:30AM	Feb 24	404807
Learn to Skate	13-17	Sa	11:00AM-11:30AM	Mar 10	404808
Learn to Skate	13-17	Sa	11:00AM-11:30AM	Mar 17	404809

Adult

Program	Age	Day	Time	Date	Code
Learn to Skate Adults & Seniors	18+	Sa	11:00AM-11:30AM	Jan 6	404774
Learn to Skate Adults & Seniors	18+	Sa	11:00AM-11:30AM	Jan 13	404775
Learn to Skate Adults & Seniors	18+	Sa	11:00AM-11:30AM	Jan 20	404776
Learn to Skate Adults & Seniors	18+	Sa	11:00AM-11:30AM	Jan 27	404777
Learn to Skate Adults & Seniors	18+	Sa	11:00AM-11:30AM	Feb 3	404778
Learn to Skate Adults & Seniors	18+	Sa	11:00AM-11:30AM	Feb 10	404815
Learn to Skate Adults & Seniors	18+	Sa	11:30AM-12:00PM	Feb 10	404818
Learn to Skate Adults & Seniors	18+	Sa	11:00AM-11:30AM	Feb 17	404779
Learn to Skate Adults & Seniors	18+	Sa	11:00AM-11:30AM	Feb 24	404780
Learn to Skate Adults & Seniors	18+	Sa	11:00AM-11:30AM	Mar 3	404820
Learn to Skate Adults & Seniors	18+	Sa	11:30AM-12:00PM	Mar 3	404823
Learn to Skate Adults & Seniors	18+	Sa	11:00AM-11:30AM	Mar 10	404781
Learn to Skate Adults & Seniors	18+	Sa	11:00AM-11:30AM	Mar 17	404782
Learn to Skate Adults & Seniors	18+	Sa	11:30AM-12:00PM	Jan 6	404783
Learn to Skate Adults & Seniors	18+	Sa	11:30AM-12:00PM	Jan 13	404784
Learn to Skate Adults & Seniors	18+	Sa	11:30AM-12:00PM	Jan 20	404785
Learn to Skate Adults & Seniors	18+	Sa	11:30AM-12:00PM	Jan 27	404786
Learn to Skate Adults & Seniors	18+	Sa	11:30AM-12:00PM	Feb 3	404787
Learn to Skate Adults & Seniors	18+	Sa	11:30AM-12:00PM	Feb 17	404788
Learn to Skate Adults & Seniors	18+	Sa	11:30AM-12:00PM	Feb 24	404789
Learn to Skate Adults & Seniors	18+	Sa	11:30AM-12:00PM	Mar 10	404790
Learn to Skate Adults & Seniors	18+	Sa	11:30AM-12:00PM	Mar 17	404791

SKATING

JOIN US ON THE EMERA OVAL

Get outside on the Emera Oval year-round. In-line skating in the summer and ice skating in the winter. It is the largest outdoor, artificially-refrigerated ice surface east of Quebec City. At the Emera Oval you can borrow helmets, hockey skates, figure skates, speed skates, sledges and snowshoes in the winter. All children, 12 and under, must wear a CSA multi-impact helmet in the winter. Rentals are free with a valid government issued photo ID

Accessibility for visitors to the Emera Oval includes:

- Accessible parking (on Cogswell Street)
- An accessible washroom
- In winter season - free sledge rentals (for use in outside lane only)
- Wheelchairs allowed on concrete/ice (in outside lane only)

For Fall and Winter schedules check us out at halifax.ca/recreation/facilities-fields/emera-oval or our hotline for daily updates at 902.490.2347



The Long Term Athlete Development promotes physical activity for all based upon a developmental progression.

SPRYFIELD WAVE POOL

16 Sussex Street Phone: 902.477.POOL (7665)

Pool Fees

Spryfield Wave Pool

Fees:	1 Visit	10 Visits	20 Visits	30 Visits	3 Months	6 Months	1 Yr
Preschool (up to 4 yrs)	\$1.75	\$17	\$32	\$42	-	-	-
1 Parent 1 Tot	\$4.50	\$41	\$72	\$95	\$166	\$250	\$375
Child (5-12 yrs)	\$2.25	\$20	\$36	\$47	\$62	\$92	\$139
Youth (13-18yrs)	\$3	\$27	\$48	\$63	\$83	\$123	\$185
Adult (19+)	\$4	\$36	\$64	\$84	\$110	\$165	\$248
Senior (55 +)	\$3	\$27	\$48	\$63	\$83	\$123	\$185
Family (max. 5 people)	\$9	\$81	\$144	\$189	\$220	\$330	\$440

All children under 8 years must be accompanied in the water by an adult.

Screening

If you are uncertain in which swimming level to register yourself or your child, please contact your pool for details & to schedule your lessons.

Birthday Parties

Private birthday parties are offered at all pools. Please call your local pool to set up your party.

Bedford Pool Rentals

One hour private pool rental at Bedford Pool. Maximum 25. Ratio one adult per 3 under age 8; & one adult per 6 over age 8.

Adult Lessons

Adult Learn to Swim

Private & Semi-Private Lessons

Individualized instruction is available at all of our pools. Please contact your Aquatic Specialist for details & to schedule your lessons.

Swim Preschool

Age 4 & under

See page 87 for Aquatic Preschool on Monday and Wednesday

Swim Kids

Age 5 & over

Specialty Courses

- Swim Patrol
- First Aid-CPR Courses
- Junior Lifeguard Club
- Aquatic Volunteers
- Youth Learn to Swim
- Youth Stroke Improvement
- Swim to Survive



Fundamental movement skills are critical to establishing the foundation for participation in physical activities

NEEDHAM COMMUNITY POOL

3372 Devonshire Avenue Phone: 902.490.4633

Pool Fees

Needham Community Pool

Fees:	1 Visit	10 Visits	20 Visits	30 Visits	3 Months	6 Months	1 Yr
Preschool (up to 4 yrs)	\$1.75	\$17	\$32	\$42	-	-	-
1 Parent 1 Tot	\$4.50	\$41	\$72	\$95	\$166	\$250	\$375
Child (5-12 yrs)	\$2.25	\$20	\$36	\$47	\$62	\$92	\$139
Youth (13-18yrs)	\$3	\$27	\$48	\$63	\$83	\$123	\$185
Adult (19+)	\$4	\$36	\$64	\$84	\$110	\$165	\$248
Senior (55 +)	\$3	\$27	\$48	\$63	\$83	\$123	\$185
Family (max. 5 people)	\$9	\$81	\$144	\$189	\$220	\$330	\$440

SWIMMING

All children under 8 years must be accompanied in the water by an adult.

Screening

If you are uncertain in which swimming level to register yourself or your child, please contact your pool for details & to schedule your lessons.

Birthday Parties

Private birthday parties are offered at all pools. Please call your local pool to set up your party.

Adult Lessons

- Adult Learn to Swim
- Adult Stroke Improvement
- Adult Synchronized Swimming
- Swim Club
- 1st Responders
- Swim to Survive

Private & Semi-Private Lessons

Individualized instruction is available at all of our pools. Please contact your Aquatic Specialist for details & to schedule your lessons.

Swim Preschool

Age 4 & under

Swim Kids

Age 5 & over

Specialty Courses

- Swim Patrol
- First Aid-CPR Courses
- Junior Lifeguard Club
- Aquatic Volunteers
- Youth Learn to Swim
- Youth Stroke Improvement
- Swim to Survive

FALL 2017 & WINTER 2018 SWIM SCHEDULES

Needham

Day	Program	Time	Day	Program	Time	Day	Program	Time
M	Water Exercise	9:00AM-10:00AM	W	Water Exercise	9:30AM-10:30AM	F	Water Exercise	9:00AM-10:00AM
	Water Exercise	10:30AM-11:30AM		Water Exercise	10:30AM-11:30AM		Water Exercise	10:30AM-11:30AM
	Adult Lane Swim	11:30AM-1:00PM		Adult Lane Swim	11:30AM-1:00PM		Adult Lane Swim	11:30AM-1:00PM
	Open Swim	7:00PM-8:00PM		Family Swim	7:00PM-8:00PM		Free Swim	5:00PM-6:30PM
	Lane Swim	8:00PM-9:00PM		Lane Swim	8:00PM-9:00PM		Lane Swim	6:30PM-7:30PM
Tu	Parent & Tot/Senior Swim	9:00AM-10:00AM	Th	Parent & Tot/Senior Swim	10:00AM-11:00AM	Sa	Pool Rental	1:00PM-2:00PM
	Adult Lane Swim	11:30AM-1:00PM		Adult Lane Swim	11:30AM-1:00PM		Open Swim	2:00PM-3:00PM
	Water Exercise	6:30PM-7:30PM		Open Swim	5:00PM-6:30PM		Pool Rental	3:30PM-4:30PM
	Open Swim	7:30PM-8:30PM		Water Exercise	6:30PM-7:30PM		Pool Rental	4:30PM-5:30PM
				Adult Lessons	7:30PM-8:30PM	Su	Pool Rental	1:00PM-2:00PM
							Open Swim	2:00PM-3:30PM
							Pool Rental	3:30PM-4:30PM
							Pool Rental	4:30PM-5:30PM
							Water Exercise	5:45PM-6:45PM

SWIMMING

Wavepool

Day	Program	Time	Day	Program	Time	Day	Program	Time
M	Early Bird	6:30AM-9:00AM	W	Early Bird	6:30AM-9:00AM	F	Early Bird	6:30AM-9:00AM
	Aquafit	9:00AM-10:00AM		Aquafit	9:00AM-10:00AM		Aquafit	9:00AM-10:00AM
	Parent & Tot	9:00AM-1:00PM		Aquafit	10:00AM-11:00AM		Aquafit	10:00-11:00AM
	Aquafit	10:00AM-11:00AM		Parent & Tot	9:00AM-1:00PM		Lane Swim /Parent & Tot	11:00AM-1:00PM
	Lane Swim	11:00AM-1:00PM		Lane Swim	11:00AM-1:00PM		Gentle Aquafit	1:00PM-2:00PM
	Gentle Aqua	1:00PM-2:00PM		Gentle Aqua	1:00PM-2:00PM		Free Family Swim	7:00PM-8:00PM
	Aquafit	7:00PM-8:00PM		Aquafit	7:00PM-8:00PM		Free Youth Swim	8:00PM-9:00PM
	Lane Swim	8:00PM-9:00PM		Lane Swim	8:00PM-9:00PM	Sa	Wave Swim	2:00PM-3:00PM
Tu	Early Bird	6:30AM-9:00AM	Th	Early Bird	6:30AM-9:00AM		Family Swim	3:00PM-4:00PM
	Aqua Fit	9:00AM-10:00AM		Aquafit	9:00AM-10:00AM		Pool Rental	4:30PM-5:30PM
	Aqua Fit	10:00AM-11:00AM		Aqua Fit	10:00AM-11:00AM		Pool Rental	5:45PM-6:45PM
	Lane Swim /Parent & Tot	11:00AM-1:00PM		Parent & Tot	9:00AM-1:00PM		Pool Rental	7:00PM-8:00PM
	Wave Swim	7:00PM-8:00PM		Lane Swim	11:00AM-1:00PM	Su	Lane Swim	9:00AM-11:00AM
	Lane Swim	8:00PM-9:00PM		Aqua Zumba	7:00PM-8:00PM		Pool Rental	11:00AM- 12:00PM
				Lane Swim	8:00PM-9:00PM		Pool Rental	12:00PM- 1:00PM
							Lane Swim /Parent & Tot	1:00PM-2:00PM
							Wave Swim	2:00PM-3:00PM

Family swims are for adults & children together. For all swims, children under the age of 8 require adult accompaniment at all times in the pool. Please note: we enforce an “arm length” policy, which means your child should be within arms reach at all times.

PRESCHOOL

Aquatic Kiddie Capers

Age 3-5

Playtime & swim time! Come make new friends with us. Play games, make crafts, read stories & swim. Prerequisite: minimum age of 3 & toilet trained.

\$77 Classes: 10

Wave Pool Swim Preschool, As soon as your child is age 5 they will be moved up into the appropriate swim kids level—a swim test may be needed to determine which level.

Aquatic Kiddie Capers

Location	Start	Day	Time	Code
Wave Pool	Sep 11	M	9:15AM-11:30AM	402731
Wave Pool	Sep 13	W	9:15AM-11:30AM	402730

Aquatic Kiddie Capers

Location	Start	Day	Time	Code
Wave Pool	Jan 8	M	9:15AM-11:30AM	403292
Wave Pool	Jan 11	W	9:15AM-11:30AM	403293

Starfish/Duck

Age: 4m-3

This is a parent & tot swim class where the parent accompanies the child into the water for the class. Focus is on getting children comfortable in the water while starting to learn skills such as blowing bubbles, floats & glides. Ages: 4 months- 3 years.

\$58 Classes: 10



Starfish /Duck

Location	Start	Day	Time	Code
Wave Pool	Sep 11	M	5:00PM-5:30PM	402547
Wave Pool	Sep 11	M	6:00PM-6:30PM	402548
Wave Pool	Sep 12	Tu	5:00PM-5:30PM	402549
Wave Pool	Sep 12	Tu	10:30AM-11:00AM	402550
Wave Pool	Sep 12	Tu	6:00PM-6:30PM	402551
Wave Pool	Sep 13	W	5:00PM-5:30PM	402552
Wave Pool	Sep 13	W	6:00PM-6:30PM	402553
Wave Pool	Sep 14	Th	5:00PM-5:30PM	402554
Wave Pool	Sep 14	Th	6:00PM-6:30PM	402555
Wave Pool	Sep 15	F	9:30AM-10:00AM	402556
Wave Pool	Sep 15	F	5:00PM-5:30PM	402557
Wave Pool	Sep 15	F	6:00PM-6:30PM	402558
Wave Pool	Sep 16	Sa	9:00AM-9:30AM	402559
Wave Pool	Sep 16	Sa	10:30AM-11:00AM	402560
Wave Pool	Sep 16	Sa	1:00PM-1:30PM	402561
Wave Pool	Sep 17	Su	9:00AM-9:30AM	402562
Wave Pool	Sep 17	Su	10:00AM-10:30AM	402563
Wave Pool	Sep 17	Su	4:30PM-5:00PM	402564
Wave Pool	Sep 17	Su	6:00PM-6:30PM	402565
Wave Pool	Sep 16	Sa	11:00AM-11:30AM	402566
Wave Pool	Sep 17	Su	4:00PM-4:30PM	402567
Needham	Sep 13	W	5:45PM-6:15PM	404828
Needham	Sep 16	Sa	9:30AM-10:00AM	404829
Needham	Sep 16	Sa	9:00AM-9:30AM	404830

Starfish /Duck

Location	Start	Day	Time	Code
Wave Pool	Jan 8	M	6:30PM-7:00PM	403119
Wave Pool	Jan 9	Tu	9:30AM-10:00AM	403120
Wave Pool	Jan 9	Tu	4:30PM-5:00PM	403121
Wave Pool	Jan 9	Tu	5:30PM-6:00PM	403122
Wave Pool	Jan 10	W	6:00PM-6:30PM	403123
Wave Pool	Jan 11	Th	6:00PM-6:30PM	403124
Wave Pool	Jan 12	F	9:30AM-10:00AM	403125
Wave Pool	Jan 12	F	4:00PM-4:30PM	403126
Wave Pool	Jan 12	F	6:00PM-6:30PM	403127
Wave Pool	Jan 13	Sa	9:30AM-10:00AM	403128
Wave Pool	Jan 13	Sa	11:30AM-12:00PM	403129
Wave Pool	Jan 13	Sa	9:00AM-9:30AM	403130
Wave Pool	Jan 13	Sa	11:00AM-11:30AM	403131
Wave Pool	Jan 13	Sa	1:00PM-1:30PM	403132
Wave Pool	Jan 14	Su	9:30AM-10:00AM	403133
Wave Pool	Jan 14	Su	10:00AM-10:30AM	403134
Wave Pool	Jan 14	Su	6:00PM-6:30PM	403135
Wave Pool	Jan 8	M	4:30PM-5:00PM	403136
Wave Pool	Jan 13	Sa	10:30AM-11:00AM	403137
Wave Pool	Jan 14	Su	4:00PM-4:30PM	403138
Needham	Jan 13	Sa	9:00AM-9:30AM	404950
Needham	Jan 8	M	4:00PM-4:30PM	404951
Needham	Jan 13	Sa	9:30AM-10:00AM	404952
Needham	Jan 13	Sa	12:00PM-12:30PM	404953

Sea Turtle

Age: 30m-5

This is a parented class, with the intention of moving the child to be on their own in the water.

Children must be with a parent.

\$58 Classes: 10



Sea Turtle					
Location	Start	Day	Time	Code	
Wave Pool	Sep 11	M	5:00PM-5:30PM	402568	
Wave Pool	Sep 11	M	4:00PM-4:30PM	402569	
Wave Pool	Sep 12	Tu	4:30PM-5:00PM	402570	
Wave Pool	Sep 12	Tu	5:30PM-6:00PM	402571	
Wave Pool	Sep 13	W	4:30PM-5:00PM	402572	
Wave Pool	Sep 14	Th	4:30PM-5:00PM	402573	
Wave Pool	Sep 14	Th	4:00PM-4:30PM	402574	
Wave Pool	Sep 15	F	4:00PM-4:30PM	402575	
Wave Pool	Sep 15	F	5:00PM-5:30PM	402576	
Wave Pool	Sep 17	Su	10:00AM-10:30AM	402577	
Wave Pool	Sep 17	Su	4:30PM-5:00PM	402578	
Wave Pool	Sep 17	Su	5:30PM-6:00PM	402579	
Wave Pool	Sep 16	Sa	11:45AM-12:15PM	402580	
Wave Pool	Sep 16	Sa	10:00AM-10:30AM	402581	
Wave Pool	Sep 16	Sa	12:30PM-1:00PM	402582	
Wave Pool	Sep 17	Su	5:00PM-5:30PM	402583	
Wave Pool	Sep 17	Su	6:00PM-6:30PM	402584	
Wave Pool	Sep 16	Sa	11:30AM-12:00PM	402585	
Wave Pool	Sep 16	Sa	12:00PM-12:30PM	402586	

Sea Turtle					
Location	Start	Day	Time	Code	
Wave Pool	Jan 8	M	4:00PM-4:30PM	403139	
Wave Pool	Jan 8	M	5:30PM-6:00PM	403140	
Wave Pool	Jan 10	W	4:30PM-5:00PM	403141	
Wave Pool	Jan 10	W	5:30AM-6:00PM	403142	
Wave Pool	Jan 11	Th	5:00PM-5:30PM	403143	
Wave Pool	Jan 9	Tu	4:00PM-4:30PM	403144	
Wave Pool	Jan 9	Tu	6:00PM-6:30PM	403145	
Wave Pool	Jan 11	Th	5:30PM-6:00PM	403146	
Wave Pool	Jan 12	F	4:30PM-5:00PM	403147	
Wave Pool	Jan 13	Sa	10:00AM-10:30AM	403148	
Wave Pool	Jan 13	Sa	12:30PM-1:00PM	403149	
Wave Pool	Jan 14	Su	9:00AM-9:30AM	403150	
Wave Pool	Jan 14	Su	10:30AM-11:00AM	403151	

Sea Otter

Age: 3-5

Sea Otter is the next Red Cross Preschool Level after Turtle. It is unparented. Focus is on assisted front floats & back floats, glides and working on a distance swim. Should be comfortable putting face under water.

\$58 Classes: 10



Sea Otter					
Location	Start	Day	Time	Code	
Wave Pool	Sep 11	M	4:00PM-4:30PM	402587	
Wave Pool	Sep 11	M	5:30PM-6:00PM	402588	
Wave Pool	Sep 11	M	4:00PM-4:30PM	402589	
Wave Pool	Sep 11	M	4:30PM-5:00PM	402590	
Wave Pool	Sep 11	M	5:00PM-5:30PM	402591	
Wave Pool	Sep 11	M	6:00PM-6:30PM	402592	
Wave Pool	Sep 11	M	6:30PM-7:00PM	402593	
Wave Pool	Sep 12	Tu	4:00PM-4:30PM	402594	
Wave Pool	Sep 12	Tu	4:30PM-5:00PM	402595	
Wave Pool	Sep 12	Tu	6:30PM-7:00PM	402596	
Wave Pool	Sep 12	Tu	5:30PM-6:00PM	402597	
Wave Pool	Sep 12	Tu	10:00AM-10:30AM	402598	
Wave Pool	Sep 12	Tu	4:30PM-5:00PM	402599	
Wave Pool	Sep 13	W	6:30PM-7:00PM	402600	
Wave Pool	Sep 13	W	6:00PM-6:30PM	402601	
Wave Pool	Sep 13	W	4:00PM-4:30PM	402602	
Wave Pool	Sep 13	W	5:30PM-6:00PM	402603	
Wave Pool	Sep 13	W	6:30PM-7:00PM	402604	
Wave Pool	Sep 14	Th	6:00PM-6:30PM	402605	
Wave Pool	Sep 14	Th	4:00PM-4:30PM	402606	
Wave Pool	Sep 14	Th	4:30PM-5:00PM	402607	

Sea Otter					
Location	Start	Day	Time	Code	
Wave Pool	Jan 9	Tu	6:00PM-6:30PM	403155	
Wave Pool	Jan 9	Tu	4:30PM-5:00PM	403152	
Wave Pool	Jan 9	Tu	5:30PM-6:00PM	403153	
Wave Pool	Jan 12	F	9:00AM-9:30AM	403154	
Wave Pool	Jan 9	Tu	5:30PM-6:00PM	403156	
Wave Pool	Jan 8	M	4:00PM-4:30PM	403157	
Wave Pool	Jan 8	M	5:30PM-6:00PM	403158	
Wave Pool	Jan 8	M	6:00PM-6:30PM	403159	
Wave Pool	Jan 8	M	6:30PM-7:00PM	403160	
Wave Pool	Jan 8	M	4:30PM-5:00PM	403161	
Wave Pool	Jan 9	Tu	9:00AM-9:30AM	403162	
Wave Pool	Jan 9	Tu	10:00AM-10:30AM	403163	
Wave Pool	Jan 9	Tu	4:00PM-4:30PM	403164	
Wave Pool	Jan 9	Tu	5:00PM-5:30PM	403165	
Wave Pool	Jan 9	Tu	6:00PM-6:30PM	403166	
Wave Pool	Jan 9	Tu	6:30PM-7:00PM	403167	
Wave Pool	Jan 10	W	4:00PM-4:30PM	403168	
Wave Pool	Jan 10	W	5:00PM-5:30PM	403169	
Wave Pool	Jan 10	W	5:30PM-6:00PM	403170	
Wave Pool	Jan 10	W	6:00PM-6:30PM	403171	
Wave Pool	Jan 10	W	6:00PM-6:30PM	403172	

Sea Otter

Age: 3-5

Sea Otter is the next Red Cross Preschool Level after Turtle. It is unparented. Focus is on assisted front floats & back floats, glides & working on a distance swim. Should be comfortable putting face under water.

\$58 Classes: 10



Wave Pool	Sep 14	Th	5:30PM-6:00PM	402608	Wave Pool	Jan 10	W	6:30PM-7:00PM	403173
Wave Pool	Sep 14	Th	6:30PM-7:00PM	402609	Wave Pool	Jan 11	Th	6:30PM-7:00PM	403174
Wave Pool	Sep 15	F	4:30PM-5:00PM	402610	Wave Pool	Jan 11	Th	4:00PM-4:30PM	403175
Wave Pool	Sep 15	F	5:00PM-5:30PM	402611	Wave Pool	Jan 11	Th	4:30PM-5:00PM	403176
Wave Pool	Sep 15	F	5:30PM-6:00PM	402612	Wave Pool	Jan 11	Th	5:45PM-6:15PM	403177
Wave Pool	Sep 15	F	6:00PM-6:30PM	402613	Wave Pool	Jan 12	F	4:00PM-4:30PM	403178
Wave Pool	Sep 15	F	9:00AM-9:30AM	402614	Wave Pool	Jan 12	F	4:30PM-5:00PM	403179
Wave Pool	Sep 15	F	10:30AM-11:00AM	402615	Wave Pool	Jan 10	W	4:00PM-4:30PM	403180
Wave Pool	Sep 16	Sa	11:30AM-12:00PM	402616	Wave Pool	Jan 12	F	5:00PM-5:30PM	403181
Wave Pool	Sep 16	Sa	11:00AM-11:30AM	402617	Wave Pool	Jan 12	F	5:00PM-5:30PM	403182
Wave Pool	Sep 16	Sa	1:00PM-1:30PM	402618	Wave Pool	Jan 13	Sa	9:00AM-9:30AM	403183
Wave Pool	Sep 16	Sa	10:00AM-10:30AM	402619	Wave Pool	Jan 13	Sa	9:30AM-10:00AM	403184
Wave Pool	Sep 16	Sa	9:00AM-9:30AM	402620	Wave Pool	Jan 13	Sa	10:00AM-10:30AM	403185
Wave Pool	Sep 16	Sa	10:00AM-10:30AM	402621	Wave Pool	Jan 13	Sa	10:30AM-11:00AM	403186
Wave Pool	Sep 16	Sa	11:00AM-11:30AM	402622	Wave Pool	Jan 13	Sa	12:30PM-1:00PM	403187
Wave Pool	Sep 16	Sa	12:30PM-1:00PM	402623	Wave Pool	Jan 13	Sa	1:00PM-1:30PM	403188
Wave Pool	Sep 16	Sa	12:00PM-12:30PM	402624	Wave Pool	Jan 13	Sa	10:00AM-10:30AM	403189
Wave Pool	Sep 16	Sa	1:00PM-1:30PM	402625	Wave Pool	Jan 13	Sa	10:45AM-11:15AM	403190
Wave Pool	Sep 16	Sa	9:30AM-10:00AM	402626	Wave Pool	Jan 14	Su	10:00AM-10:30AM	403191
Wave Pool	Sep 16	Sa	11:30AM-12:00PM	402627	Wave Pool	Jan 14	Su	9:30AM-10:00AM	403192
Wave Pool	Sep 16	Sa	12:30PM-1:00PM	402628	Wave Pool	Jan 14	Su	10:30AM-11:00AM	403193
Wave Pool	Sep 12	Tu	9:00AM-9:30AM	402629	Wave Pool	Jan 14	Su	4:30PM-5:00PM	403194
Wave Pool	Sep 16	Sa	9:30AM-10:00AM	402630	Wave Pool	Jan 14	Su	5:00PM-5:30PM	403195
Wave Pool	Sep 17	Su	9:00AM-9:30AM	402631	Wave Pool	Jan 14	Su	6:30PM-7:00PM	403196
Wave Pool	Sep 17	Su	9:30AM-10:00AM	402632	Wave Pool	Jan 8	M	4:30PM-5:00PM	403197
Wave Pool	Sep 17	Su	10:00AM-10:30AM	402633	Wave Pool	Jan 14	Su	4:00PM-4:30PM	403198
Wave Pool	Sep 17	Su	10:30AM-11:00AM	402634	Needham	Jan 20	Sa	10:30AM-11:00AM	404956
Wave Pool	Sep 17	Su	4:30PM-5:00PM	402635					
Wave Pool	Sep 17	Su	5:30PM-6:00PM	402636					
Wave Pool	Sep 17	Su	5:30PM-6:00PM	402637					
Wave Pool	Sep 17	Su	4:00PM-4:30PM	402638					
Wave Pool	Sep 13	W	5:45PM-6:15PM	402639					
Needham	Sep 16	Sa	9:30AM-10:00AM	404831					
Needham	Sep 16	Sa	11:00AM-11:30AM	404832					
Needham	Sep 11	M	6:00PM-6:30PM	404833					
Needham	Sep 11	M	5:00PM-5:30PM	404834					
Needham	Sep 11	M	6:30PM-7:00PM	404835					
Needham	Sep 13	W	4:45PM-5:15PM	404836					
Needham	Sep 16	Sa	10:00AM-10:30AM	404838					
Needham	Sep 16	Sa	10:30AM-11:00AM	404839					
Needham	Sep 16	Sa	11:45AM-12:15PM	404840					
Needham	Sep 16	Sa	12:30PM-1:00PM	404841					

Salamander

Age: 3-5

Children actively learn new swimming skills including unassisted floats & glides through games & songs. The fun includes learning to jump into chest deep water.

Prerequisite: Sea Otter.

\$58 Classes: 10



SWIMMING

Salamander					
Location	Start	Day	Time	Code	
Wave Pool	Sep 11	M	5:00PM-5:30PM	402640	
Wave Pool	Sep 11	M	6:00PM-6:30PM	402641	
Wave Pool	Sep 11	M	6:30PM-7:00PM	402642	
Wave Pool	Sep 11	M	4:00PM-4:30PM	402643	
Wave Pool	Sep 12	Tu	6:00PM-6:30PM	402644	
Wave Pool	Sep 12	Tu	9:30AM-10:00AM	402645	
Wave Pool	Sep 12	Tu	6:30PM-7:00PM	402646	
Wave Pool	Sep 12	Tu	4:30PM-5:00PM	402647	
Wave Pool	Sep 13	W	4:30PM-5:00PM	402648	
Wave Pool	Sep 13	W	6:00PM-6:30PM	402649	
Wave Pool	Sep 13	W	6:30PM-7:00PM	402650	
Wave Pool	Sep 13	W	5:30PM-6:00PM	402651	
Wave Pool	Sep 13	W	4:00PM-4:30PM	402652	
Wave Pool	Sep 14	Th	4:30PM-5:00PM	402653	
Wave Pool	Sep 14	Th	6:00PM-6:30PM	402654	
Wave Pool	Sep 14	Th	6:30PM-7:00PM	402655	
Wave Pool	Sep 14	Th	6:00PM-6:30PM	402656	
Wave Pool	Sep 14	Th	5:00PM-5:30PM	402657	
Wave Pool	Sep 14	Th	5:30PM-6:00PM	402658	
Wave Pool	Sep 15	F	4:30PM-5:00PM	402659	
Wave Pool	Sep 15	F	6:00PM-6:30PM	402660	
Wave Pool	Sep 15	F	6:30PM-7:00PM	402661	
Wave Pool	Sep 15	F	10:00AM-10:30AM	402662	
Wave Pool	Sep 16	Sa	1:00PM-1:30PM	402663	
Wave Pool	Sep 16	Sa	9:00AM-9:30AM	402664	
Wave Pool	Sep 16	Sa	9:30AM-10:00AM	402665	
Wave Pool	Sep 16	Sa	10:00AM-10:30AM	402666	
Wave Pool	Sep 16	Sa	11:00AM-11:30AM	402667	
Wave Pool	Sep 16	Sa	12:00PM-12:30PM	402668	
Wave Pool	Sep 16	Sa	11:30AM-12:00PM	402669	
Wave Pool	Sep 17	Su	6:00PM-6:30PM	402670	
Wave Pool	Sep 17	Su	9:00AM-9:30AM	402671	
Wave Pool	Sep 17	Su	9:30AM-10:00AM	402672	
Wave Pool	Sep 16	Sa	9:30AM-10:00AM	402673	
Wave Pool	Sep 17	Su	4:30PM-5:00PM	402674	
Wave Pool	Sep 17	Su	10:00AM-10:30AM	402675	
Wave Pool	Sep 17	Su	6:30PM-7:00PM	402676	
Wave Pool	Sep 16	Sa	12:30PM-1:00PM	402677	
Wave Pool	Sep 13	W	4:00PM-4:30PM	402678	

Salamander					
Location	Start	Day	Time	Code	
Wave Pool	Jan 8	M	4:00PM-4:30PM	403199	
Wave Pool	Jan 8	M	4:30PM-5:00PM	403200	
Wave Pool	Jan 8	M	6:00PM-6:30PM	403201	
Wave Pool	Jan 8	M	6:30PM-7:00PM	403202	
Wave Pool	Jan 9	Tu	4:30PM-5:00PM	403203	
Wave Pool	Jan 9	Tu	5:30PM-6:00PM	403204	
Wave Pool	Jan 9	Tu	5:30PM-6:00PM	403205	
Wave Pool	Jan 9	Tu	6:00PM-6:30PM	403206	
Wave Pool	Jan 9	Tu	6:30PM-7:00PM	403207	
Wave Pool	Jan 9	Tu	10:30AM-11:00AM	403208	
Wave Pool	Jan 10	W	4:00PM-4:30PM	403209	
Wave Pool	Jan 10	W	5:00PM-5:30PM	403210	
Wave Pool	Jan 10	W	5:30PM-6:00PM	403211	
Wave Pool	Jan 10	W	6:00PM-6:30PM	403212	
Wave Pool	Jan 11	Th	5:00PM-5:30PM	403213	
Wave Pool	Jan 11	Th	5:30PM-6:00PM	403214	
Wave Pool	Jan 11	Th	4:30PM-5:00PM	403215	
Wave Pool	Jan 11	Th	4:30PM-5:00PM	403216	
Wave Pool	Jan 11	Th	5:00PM-5:30PM	403217	
Wave Pool	Jan 12	F	4:30PM-5:00PM	403218	
Wave Pool	Jan 12	F	5:00PM-5:30PM	403219	
Wave Pool	Jan 12	F	6:00PM-6:30PM	403220	
Wave Pool	Jan 12	F	10:00AM-10:30AM	403221	
Wave Pool	Jan 12	F	4:00PM-4:30PM	403222	
Wave Pool	Jan 12	F	5:30PM-6:00PM	403223	
Wave Pool	Jan 13	Sa	9:00AM-9:30AM	403224	
Wave Pool	Jan 13	Sa	10:00AM-10:30AM	403225	
Wave Pool	Jan 13	Sa	10:30AM-11:00AM	403226	
Wave Pool	Jan 13	Sa	1:00PM-1:30PM	403227	
Wave Pool	Jan 13	Sa	12:30PM-1:00PM	403228	
Wave Pool	Jan 13	Sa	11:30AM-12:00PM	403229	
Wave Pool	Jan 13	Sa	12:30PM-1:00PM	403230	
Wave Pool	Jan 13	Sa	12:00PM-12:30PM	403231	
Wave Pool	Jan 14	Su	9:00AM-9:30AM	403232	
Wave Pool	Jan 14	Su	9:30AM-10:00AM	403233	
Wave Pool	Jan 14	Su	10:30AM-11:00AM	403234	
Wave Pool	Jan 14	Su	4:30PM-5:00PM	403235	
Wave Pool	Jan 14	Su	5:00PM-5:30PM	403236	
Wave Pool	Jan 14	Su	5:30PM-6:00PM	403237	

Salamander

Age: 3-5

Children actively learn new swimming skills including unassisted floats & glides through games & songs. The fun includes learning to jump into chest deep water.

Prerequisite: Sea Otter.

\$58 Classes: 10



Wave Pool	Sep 17	Su	6:30PM-7:00PM	402679
Wave Pool	Sep 17	Su	8:30AM-9:00AM	402680
Wave Pool	Sep 12	Tu	4:00PM-4:30PM	402681
Wave Pool	Sep 17	Su	4:00PM-4:30PM	402682
Needham	Sep 12	Tu	5:00PM-5:30PM	404844
Needham	Sep 11	M	5:00PM-5:30PM	404845
Needham	Sep 11	M	6:00PM-6:30PM	404846
Needham	Sep 11	M	4:00PM-4:30PM	404847
Needham	Sep 13	W	5:30PM-6:00PM	404848
Needham	Sep 16	Sa	9:00AM-9:30AM	404849
Needham	Sep 16	Sa	10:00AM-10:30AM	404850
Needham	Sep 16	Sa	10:30AM-11:00AM	404851
Needham	Sep 16	Sa	11:00AM-11:30AM	404852
Needham	Sep 16	Sa	9:30AM-10:00AM	404853
Needham	Sep 13	W	4:45PM-5:15PM	404843

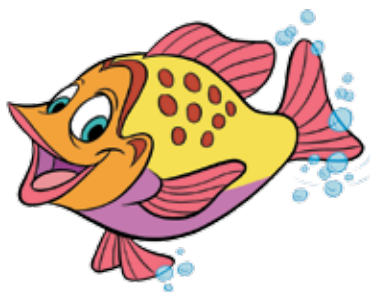
Wave Pool	Jan 14	Su	6:30PM-7:00PM	403238
Wave Pool	Jan 10	W	6:30PM-7:00PM	403239
Wave Pool	Jan 11	Th	5:45PM-6:15PM	403240
Wave Pool	Jan 12	F	11:30AM-12:00PM	403241
Wave Pool	Jan 11	Th	4:00PM-4:30PM	403242
Wave Pool	Jan 14	Su	4:00PM-4:30PM	403243
Needham	Jan 13	Sa	9:30AM-10:00AM	404960
Needham	Jan 10	W	6:00PM-6:30PM	404961
Needham	Jan 8	M	5:00PM-5:30PM	404962
Needham	Jan 8	M	6:00PM-6:30PM	404963
Needham	Jan 10	W	5:00PM-5:30PM	404964

Sunfish

Age: 3-5

Children work on stroke & skills progressions. Learning also focuses on good judgment in, on & around the water, & entries & floats in the deep water. Prerequisite: Salamander

\$58 Classes: 10



Sunfish					
Location	Start	Day	Time	Code	
Wave Pool	Sep 17	Su	8:30AM-9:00AM	402683	
Wave Pool	Sep 11	M	4:00PM-4:30PM	402684	
Wave Pool	Sep 17	Su	4:00PM-4:30PM	402685	
Wave Pool	Sep 11	M	4:30PM-5:00PM	402686	
Wave Pool	Sep 11	M	5:30PM-6:00PM	402687	
Wave Pool	Sep 12	Tu	4:00PM-4:30PM	402688	
Wave Pool	Sep 12	Tu	4:30PM-5:00PM	402689	
Wave Pool	Sep 12	Tu	5:30PM-6:15PM	402690	
Wave Pool	Sep 13	W	4:00PM-4:30PM	402691	
Wave Pool	Sep 13	W	4:45PM-5:15PM	402692	
Wave Pool	Sep 13	W	6:30PM-7:00PM	402693	
Wave Pool	Sep 14	Th	4:00PM-4:30PM	402694	
Wave Pool	Sep 14	Th	4:45PM-5:15PM	402695	
Wave Pool	Sep 14	Th	6:30PM-7:00PM	402696	
Wave Pool	Sep 15	F	4:00PM-4:30PM	402697	
Wave Pool	Sep 15	F	4:30PM-5:00PM	402698	
Wave Pool	Sep 15	F	6:30PM-7:00PM	402699	
Wave Pool	Sep 16	Sa	9:00AM-9:30AM	402700	
Wave Pool	Sep 16	Sa	9:45AM-10:15AM	402701	
Wave Pool	Sep 16	Sa	11:00AM-11:30AM	402702	
Wave Pool	Sep 16	Sa	12:30PM-1:00PM	402703	
Wave Pool	Sep 17	Su	5:00PM-5:30PM	402704	

Sunfish					
Location	Start	Day	Time	Code	
Wave Pool	Jan 9	Tu	4:00PM-4:30PM	403247	
Wave Pool	Jan 9	Tu	4:30PM-5:00PM	403248	
Wave Pool	Jan 9	Tu	6:30PM-7:00PM	403249	
Wave Pool	Jan 10	W	4:30PM-5:00PM	403250	
Wave Pool	Jan 10	W	5:30PM-6:00PM	403251	
Wave Pool	Jan 10	W	6:00PM-6:30PM	403252	
Wave Pool	Jan 14	Su	4:00PM-4:30PM	403253	
Wave Pool	Jan 11	Th	5:00PM-5:30PM	403254	
Wave Pool	Jan 11	Th	6:30PM-7:00PM	403255	
Wave Pool	Jan 12	F	10:30AM-11:00AM	403256	
Wave Pool	Jan 12	F	5:30PM-6:00PM	403257	
Wave Pool	Jan 12	F	6:30PM-7:00PM	403258	
Wave Pool	Jan 13	Sa	9:00AM-9:30AM	403259	
Wave Pool	Jan 13	Sa	9:30AM-10:00AM	403260	
Wave Pool	Jan 13	Sa	9:45AM-10:15AM	403261	
Wave Pool	Jan 13	Sa	11:00AM-11:30AM	403262	
Wave Pool	Jan 13	Sa	12:00PM-12:30PM	403263	
Wave Pool	Jan 13	Sa	1:00PM-1:30PM	403264	
Wave Pool	Jan 14	Su	9:30AM-10:00AM	403265	
Wave Pool	Jan 14	Su	10:00AM-10:30AM	403266	
Wave Pool	Jan 14	Su	5:00PM-5:30PM	403267	
Wave Pool	Jan 14	Su	6:30PM-7:00PM	403268	

Sunfish

Age: 3-5

Children work on stroke & skills progressions. Learning also focuses on good judgment in, on & around the water, & entries & floats in the deep water. Prerequisite: Salamander

\$58 Classes: 10

Wave Pool	Sep 17	Su	6:00PM-6:30PM	402705
Wave Pool	Sep 17	Su	10:00AM-10:30AM	402706
Needham	Sep 13	W	6:00PM-6:30PM	404854



Wave Pool	Jan 14	Su	4:30PM-5:00PM	403269
Wave Pool	Jan 9	Tu	11:30AM-12:00PM	403270
Wave Pool	Jan 8	M	4:00PM-4:30PM	403244
Wave Pool	Jan 8	M	5:30PM-6:00PM	403245
Wave Pool	Jan 12	F	5:00PM-5:30PM	403246
Needham	Jan 10	W	6:00PM-6:30PM	404968

Crocodile

Age: 3-5

Children start independent glides & kicking in deep water. Endurance is built through increasing distance for front & back swims. Swimmers learn about the dolphin kick & try synchro skills in the water. Prerequisite: Sunfish

\$58 Classes: 10

Crocodile				
Location	Start	Day	Time	Code
Wave Pool	Sep 11	M	4:00PM-4:30PM	402707
Wave Pool	Sep 11	M	6:30PM-7:00PM	402708
Wave Pool	Sep 12	Tu	4:00PM-4:30PM	402709
Wave Pool	Sep 13	W	6:30PM-7:00PM	402710
Wave Pool	Sep 13	W	4:00PM-4:30PM	402711
Wave Pool	Sep 14	Th	4:00PM-4:30PM	402712
Wave Pool	Sep 15	F	4:00PM-4:30PM	402713
Wave Pool	Sep 16	Sa	12:30PM-1:00PM	402714
Wave Pool	Sep 16	Sa	11:00AM-11:30AM	402715
Wave Pool	Sep 17	Su	5:00PM-5:30PM	402716
Wave Pool	Sep 16	Sa	9:30AM-10:00AM	402717
Wave Pool	Sep 17	Su	4:00PM-4:30PM	402718
Needham	Sep 16	Sa	9:00AM-9:30AM	404858

Crocodile				
Location	Start	Day	Time	Code
Wave Pool	Jan 9	Tu	5:00PM-5:30PM	403271
Wave Pool	Jan 11	Th	5:30PM-6:00PM	403272
Wave Pool	Jan 13	Sa	9:45AM-10:15AM	403273
Wave Pool	Jan 13	Sa	12:00PM-12:30PM	403274
Wave Pool	Jan 8	M	5:30PM-6:00PM	403275
Wave Pool	Jan 9	Tu	6:00PM-6:30PM	403276
Wave Pool	Jan 10	W	4:00PM-4:30PM	403277
Wave Pool	Jan 10	W	5:30PM-6:00PM	403278
Wave Pool	Jan 11	Th	6:30PM-7:00PM	403279
Wave Pool	Jan 12	F	4:00PM-4:30PM	403280
Wave Pool	Jan 13	Sa	11:15AM-11:45AM	403281
Wave Pool	Jan 14	Su	5:00PM-5:30PM	403282
Wave Pool	Jan 14	Su	6:00PM-6:30PM	403283
Needham	Jan 13	Sa	9:00AM-9:30AM	404969

SWIMMING



Sunfish & Crocodile

Age: 3-5

See above for descriptions.

\$58 Classes: 10

Sunfish & Crocodile Combined				
Location	Start	Day	Time	Code
Needham	Sep 16	Sa	11:00AM-11:30AM	404855
Needham	Sep 16	Sa	10:00AM-10:30AM	404856

Sunfish & Crocodile Combined				
Location	Start	Day	Time	Code
Needham	Jan 13	Sa	10:00AM-10:30AM	404966
Needham	Jan 13	Sa	11:30AM-12:00PM	404967
Needham	Jan 8	M	4:00PM-4:30PM	404975

Whale

Age: 3-5

Children will learn to swim independently & participate in team games. Preschoolers will increase their distance & improve skills in front & back swims. Swimmers also learn about throwing assists to help another person in the water.

Prerequisite: Crocodile

\$58 Classes: 10



Whale					
Location	Start	Day	Time	Code	
Wave Pool	Sep 12	Tu	5:00PM-5:30PM	402719	
Wave Pool	Sep 13	W	4:30PM-5:00PM	402720	
Wave Pool	Sep 14	Th	5:00PM-5:30PM	402721	
Wave Pool	Sep 15	F	4:30PM-5:00PM	402722	
Wave Pool	Sep 16	Sa	10:30AM-11:00AM	402723	
Wave Pool	Sep 11	M	4:30PM-5:00PM	402724	
Wave Pool	Sep 11	M	6:00PM-6:30PM	402725	
Wave Pool	Sep 17	Su	4:30PM-5:00PM	402726	
Wave Pool	Sep 17	Su	9:30AM-10:30AM	402727	
Wave Pool	Sep 17	Su	6:00PM-6:30PM	402728	
Wave Pool	Sep 17	Su	4:00PM-4:30PM	402729	

Whale					
Location	Start	Day	Time	Code	
Wave Pool	Jan 9	Tu	6:30PM-7:00PM	403284	
Wave Pool	Jan 10	W	4:30PM-5:00PM	403285	
Wave Pool	Jan 11	Th	6:00PM-6:30PM	403286	
Wave Pool	Jan 12	F	4:30PM-5:00PM	403287	
Wave Pool	Jan 13	Sa	10:15AM-10:45AM	403288	
Wave Pool	Jan 13	Sa	1:00PM-1:30PM	403289	
Wave Pool	Jan 14	Su	6:00PM-6:30PM	403290	
Wave Pool	Jan 8	M	5:00PM-5:30PM	403291	
Needham	Jan 8	M	5:00PM-5:30PM	404970	
Needham	Jan 13	Sa	11:30AM-12:00PM	404971	

CHILD

Swim Kids 1

Age: 5-14

This is an entry level for children ready to move in shallow water. This level provides an orientation to the water & the pool area & introduces floats & glides with kicks. Children build their endurance by improving distance. Prerequisite: minimum age of 5 years.

\$58 Classes: 10

Swim Kids 1					
Location	Start	Day	Time	Code	
Wave Pool	Sep 11	M	4:00PM-4:30PM	402897	
Wave Pool	Sep 11	M	5:00PM-5:30PM	402898	
Wave Pool	Sep 11	M	5:30PM-6:00PM	402899	
Wave Pool	Sep 11	M	6:00PM-6:30PM	402900	
Wave Pool	Sep 12	Tu	6:00PM-6:30PM	402901	
Wave Pool	Sep 12	Tu	4:30PM-5:00PM	402902	
Wave Pool	Sep 12	Tu	5:30PM-6:00PM	402903	
Wave Pool	Sep 12	Tu	5:00PM-5:30PM	402904	
Wave Pool	Sep 13	W	6:00PM-6:30PM	402905	
Wave Pool	Sep 13	W	4:30PM-5:00PM	402906	
Wave Pool	Sep 13	W	5:45PM-6:15PM	402907	
Wave Pool	Sep 13	W	6:30PM-7:00PM	402908	
Wave Pool	Sep 13	W	4:00PM-4:30PM	402909	
Wave Pool	Sep 14	Th	6:00PM-6:30PM	402910	
Wave Pool	Sep 14	Th	5:00PM-5:30PM	402911	
Wave Pool	Sep 14	Th	6:30PM-7:00PM	402912	
Wave Pool	Sep 14	Th	4:00PM-4:30PM	402913	
Wave Pool	Sep 15	F	4:00PM-4:30PM	402914	
Wave Pool	Sep 15	F	6:00PM-6:30PM	402915	
Wave Pool	Sep 16	Sa	12:30PM-1:00PM	402916	
Wave Pool	Sep 16	Sa	1:00PM-1:30PM	402917	
Wave Pool	Sep 16	Sa	9:00AM-9:30AM	402918	
Wave Pool	Sep 16	Sa	10:00AM-10:30AM	402919	
Wave Pool	Sep 16	Sa	11:00AM-11:30AM	402920	

Swim Kids 1					
Location	Start	Day	Time	Code	
Wave Pool	Jan 8	M	6:00PM-6:30PM	403445	
Wave Pool	Jan 8	M	6:30PM-7:00PM	403446	
Wave Pool	Jan 8	M	4:00PM-4:30PM	403447	
Wave Pool	Jan 9	Tu	4:30PM-5:00PM	403448	
Wave Pool	Jan 9	Tu	5:30PM-6:00PM	403449	
Wave Pool	Jan 9	Tu	6:30PM-7:00PM	403450	
Wave Pool	Jan 9	Tu	4:00PM-4:30PM	403451	
Wave Pool	Jan 9	Tu	5:00PM-5:30PM	403452	
Wave Pool	Jan 10	W	4:30PM-5:00PM	403453	
Wave Pool	Jan 10	W	6:00PM-6:30PM	403454	
Wave Pool	Jan 10	W	6:30PM-7:00PM	403455	
Wave Pool	Jan 11	Th	6:30PM-7:00PM	403456	
Wave Pool	Jan 11	Th	4:30PM-5:00PM	403457	
Wave Pool	Jan 11	Th	5:00PM-5:30PM	403458	
Wave Pool	Jan 11	Th	4:00PM-4:30PM	403459	
Wave Pool	Jan 11	Th	4:00PM-4:30PM	403460	
Wave Pool	Jan 12	F	4:00PM-4:30PM	403461	
Wave Pool	Jan 12	F	5:00PM-5:30PM	403462	
Wave Pool	Jan 12	F	6:30PM-7:00PM	403463	
Wave Pool	Jan 13	Sa	9:00AM-9:30AM	403464	
Wave Pool	Jan 13	Sa	10:00AM-10:30AM	403465	
Wave Pool	Jan 13	Sa	10:30AM-11:00AM	403466	
Wave Pool	Jan 13	Sa	11:30AM-12:00PM	403467	
Wave Pool	Jan 13	Sa	12:30PM-1:30PM	403468	
Wave Pool	Jan 13	Sa	1:00PM-1:30PM	403469	

CHILD

Swim Kids 1

Age: 5-14

This is an entry level for children ready to move in shallow water. This level provides an orientation to the water & the pool area & introduces floats & glides with kicks. Children build their endurance by improving distance. Prerequisite: minimum age of 5 years.

\$58 Classes: 10

Wave Pool	Sep 16	Sa	12:00PM-12:30PM	402921
Wave Pool	Sep 16	Sa	1:00PM-1:30PM	402922
Wave Pool	Sep 17	Su	10:30AM-11:00AM	402923
Wave Pool	Sep 17	Su	5:00PM-5:30PM	402924
Wave Pool	Sep 17	Su	4:30PM-5:00PM	402925
Wave Pool	Sep 17	Su	5:30PM-6:00PM	402926
Wave Pool	Sep 17	Su	6:30PM-7:00PM	402927
Wave Pool	Sep 17	Su	4:00PM-4:30PM	402928
Wave Pool	Sep 12	Tu	4:00PM-4:30PM	402929
Needham	Sep 11	M	4:00PM-4:30PM	404878
Needham	Sep 11	M	5:30PM-6:00PM	404879
Needham	Sep 11	M	6:00PM-6:30PM	404880
Needham	Sep 12	Tu	5:30PM-6:00PM	404881
Needham	Sep 12	Tu	4:30PM-5:00PM	404882
Needham	Sep 13	W	6:00PM-6:30PM	404883
Needham	Sep 16	Sa	11:00AM-11:30AM	404884
Needham	Sep 16	Sa	11:45AM-12:15PM	404885
Needham	Sep 16	Sa	10:00AM-10:30AM	404886
Needham	Sep 13	W	5:15PM-5:45PM	404887
Needham	Sep 16	Sa	10:30AM-11:00AM	404877

Swim Kids 2

Location	Start	Day	Time	Code
Wave Pool	Sep 17	Su	8:30AM-9:00AM	402931
Wave Pool	Sep 11	M	4:30PM-5:00PM	402932
Wave Pool	Sep 11	M	5:30PM-6:00PM	402933
Wave Pool	Sep 11	M	6:30PM-7:00PM	402934
Wave Pool	Sep 12	Tu	4:00PM-4:30PM	402935
Wave Pool	Sep 12	Tu	5:30PM-6:00PM	402936
Wave Pool	Sep 12	Tu	5:00PM-5:30PM	402937
Wave Pool	Sep 12	Tu	6:00PM-6:30PM	402938
Wave Pool	Sep 13	W	4:00PM-4:30PM	402939
Wave Pool	Sep 13	W	5:00PM-5:30PM	402940
Wave Pool	Sep 13	W	5:45PM-6:15PM	402941
Wave Pool	Sep 14	Th	4:30PM-5:00PM	402942
Wave Pool	Sep 14	Th	5:30PM-6:00PM	402943
Wave Pool	Sep 15	F	5:00PM-5:30PM	402945
Wave Pool	Sep 15	F	6:30PM-7:00PM	402946
Wave Pool	Sep 16	Sa	9:00AM-9:30AM	402947
Wave Pool	Sep 16	Sa	10:00AM-10:30AM	402948
Wave Pool	Sep 16	Sa	11:00AM-11:30AM	402949
Wave Pool	Sep 16	Sa	10:30AM-11:00AM	402950
Wave Pool	Sep 16	Sa	1:00PM-1:30PM	402951

Wave Pool	Jan 13	Sa	9:30AM-10:00AM	403470
Wave Pool	Jan 14	Su	5:15PM-5:45PM	403471
Wave Pool	Jan 14	Su	4:30PM-5:00PM	403472
Wave Pool	Jan 14	Su	6:30PM-7:00PM	403473
Wave Pool	Jan 14	Su	9:00AM-9:30AM	403474
Wave Pool	Jan 14	Su	10:00AM-10:30AM	403475
Wave Pool	Jan 14	Su	4:00PM-4:30PM	403476
Needham	Jan 13	Sa	10:30AM-11:00AM	404987
Needham	Jan 13	Sa	9:30AM-10:00AM	404988
Needham	Jan 13	Sa	12:30PM-1:00PM	404989
Needham	Jan 13	Sa	11:00AM-11:30AM	404990
Needham	Jan 9	Tu	4:30PM-5:00PM	404991
Needham	Jan 9	Tu	5:30PM-6:00PM	404992
Needham	Jan 8	M	5:30PM-6:00PM	404993
Needham	Jan 10	W	4:30PM-5:00PM	404994
Needham	Jan 10	W	6:30PM-7:00PM	404995

Swim Kids 2

Location	Start	Day	Time	Code
Wave Pool	Jan 8	M	5:00PM-5:30PM	403479
Wave Pool	Jan 8	M	4:00PM-4:30PM	403480
Wave Pool	Jan 8	M	6:00PM-6:30PM	403481
Wave Pool	Jan 8	M	6:30PM-7:00PM	403482
Wave Pool	Jan 9	Tu	5:00PM-5:30PM	403483
Wave Pool	Jan 9	Tu	6:00PM-6:30PM	403484
Wave Pool	Jan 10	W	4:00PM-4:30PM	403485
Wave Pool	Jan 10	W	4:30PM-5:00PM	403486
Wave Pool	Jan 10	W	5:30PM-6:00PM	403487
Wave Pool	Jan 10	W	6:30PM-7:00PM	403488
Wave Pool	Jan 11	Th	4:30PM-5:00PM	403489
Wave Pool	Jan 11	Th	6:30PM-7:00PM	403490
Wave Pool	Jan 12	F	5:30PM-6:00PM	403491
Wave Pool	Jan 12	F	6:30PM-7:00PM	403492
Wave Pool	Jan 12	F	4:30PM-5:00PM	403493
Wave Pool	Jan 13	Sa	9:30AM-10:00AM	403494
Wave Pool	Jan 13	Sa	10:30AM-11:00AM	403495
Wave Pool	Jan 13	Sa	12:30PM-1:00PM	403496
Wave Pool	Jan 14	Su	4:30PM-5:00PM	403497
Wave Pool	Jan 14	Su	5:30PM-6:00PM	403498

Swim Kids 2

Age: 5-14

This level helps the child build skills in front & back swims. Children are introduced to deep water activities & proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides. Prerequisite: minimum age 5 years.

\$58 Classes: 10

Swim Kids 2

Age: 5-14

This level helps the child build skills in front & back swims. Children are introduced to deep water activities & proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides. Prerequisite: minimum age 5 years.

\$58 Classes: 10

Wave Pool	Sep 17	Su	5:00PM-5:30PM	402952
Wave Pool	Sep 17	Su	5:30PM-6:00PM	402953
Wave Pool	Sep 17	Su	4:00PM-4:30PM	402954
Wave Pool	Sep 16	Sa	9:30AM-10:00AM	402955
Needham	Sep 16	Sa	11:00AM-11:30AM	404889
Needham	Sep 12	Tu	5:30PM-6:00PM	404890
Needham	Sep 11	M	5:30PM-6:00PM	404892
Needham	Sep 11	M	4:45PM-5:15PM	404893
Needham	Sep 12	Tu	4:30PM-5:00PM	404895
Needham	Sep 13	W	5:15PM-5:45PM	404896
Needham	Sep 13	W	6:30PM-7:00PM	404897
Needham	Sep 16	Sa	10:30AM-11:00AM	404899
Needham	Sep 16	Sa	11:30AM-12:00PM	404900
Needham	Sep 16	Sa	9:00AM-9:30AM	404891

Wave Pool	Jan 14	Su	6:30PM-7:00PM	403499
Wave Pool	Jan 14	Su	4:00PM-4:30PM	403500
Needham	Jan 13	Sa	11:00AM-11:30AM	404997
Needham	Jan 13	Sa	10:30AM-11:00AM	404998
Needham	Jan 13	Sa	9:45AM-10:15AM	404999
Needham	Jan 8	M	5:30PM-6:00PM	405000
Needham	Jan 9	Tu	5:30PM-6:00PM	405001
Needham	Jan 9	Tu	4:30PM-5:00PM	405002
Needham	Jan 10	W	4:30PM-5:00PM	405003
Needham	Jan 10	W	5:30PM-6:00PM	405004
Needham	Jan 10	W	6:30PM-7:00PM	405005

Swim Kids 3

Age: 5 - 14

This level provides an introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing directions. Endurance is achieved by building strength in flutter kick and a 15-metre swim. Prerequisite: minimum age of 5 years.

\$58 Classes: 10

Swim Kids 3				
Location	Start	Day	Time	Code
Wave Pool	Sep 11	M	5:00PM-5:30PM	402957
Wave Pool	Sep 11	M	4:30PM-5:00PM	402958
Wave Pool	Sep 11	M	6:30PM-7:00PM	402959
Wave Pool	Sep 12	Tu	4:00PM-4:30PM	402960
Wave Pool	Sep 12	Tu	5:00PM-5:30PM	402961
Wave Pool	Sep 12	Tu	6:00PM-6:30PM	402962
Wave Pool	Sep 13	W	4:00PM-4:30PM	402963
Wave Pool	Sep 13	W	5:15PM-5:45PM	402964
Wave Pool	Sep 13	W	5:45PM-6:15PM	402965
Wave Pool	Sep 14	Th	4:30PM-5:00PM	402966
Wave Pool	Sep 15	F	4:30PM-5:00PM	402967
Wave Pool	Sep 15	F	5:30PM-6:00PM	402968
Wave Pool	Sep 16	Sa	9:00AM-9:30AM	402969
Wave Pool	Sep 16	Sa	1:00PM-1:30PM	402970
Wave Pool	Sep 16	Sa	11:00AM-11:30AM	402971
Wave Pool	Sep 16	Sa	10:00AM-10:30AM	402972
Wave Pool	Sep 16	Sa	11:30AM-12:00PM	402973
Wave Pool	Sep 17	Su	5:15PM-5:45PM	402974
Wave Pool	Sep 17	Su	6:30PM-7:00PM	402975
Wave Pool	Sep 14	Th	5:30PM-6:00PM	402976
Wave Pool	Sep 17	Su	8:30AM-9:00AM	402977
Wave Pool	Sep 17	Su	4:00PM-4:30PM	402978

Swim Kids 3				
Location	Start	Day	Time	Code
Wave Pool	Jan 8	M	5:30PM-6:00PM	403503
Wave Pool	Jan 8	M	6:30PM-7:00PM	403504
Wave Pool	Jan 9	Tu	4:00PM-4:30PM	403505
Wave Pool	Jan 9	Tu	4:30PM-5:00PM	403506
Wave Pool	Jan 9	Tu	6:30PM-7:00PM	403507
Wave Pool	Jan 10	W	4:00PM-4:30PM	403508
Wave Pool	Jan 10	W	5:00PM-5:30PM	403509
Wave Pool	Jan 10	W	6:30PM-7:00PM	403510
Wave Pool	Jan 11	Th	4:00PM-4:30PM	403511
Wave Pool	Jan 11	Th	4:30PM-5:00PM	403512
Wave Pool	Jan 11	Th	6:30PM-7:00PM	403513
Wave Pool	Jan 11	Th	5:00PM-5:30PM	403514
Wave Pool	Jan 12	F	4:30PM-5:00PM	403515
Wave Pool	Jan 12	F	5:30PM-6:00PM	403516
Wave Pool	Jan 12	F	6:00PM-6:30PM	403517
Wave Pool	Jan 13	Sa	10:30AM-11:00AM	403518
Wave Pool	Jan 13	Sa	12:00PM-12:30PM	403519
Wave Pool	Jan 13	Sa	1:00PM-1:30PM	403520
Wave Pool	Jan 13	Sa	11:30AM-12:00PM	403521
Wave Pool	Jan 13	Sa	10:00AM-10:30AM	403522
Wave Pool	Jan 13	Sa	12:15PM-12:45PM	403523
Wave Pool	Jan 13	Sa	9:00AM-9:30AM	403524

Swim Kids 3

Age: 5 - 14

This level provides an introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing directions. Endurance is achieved by building strength in flutter kick and a 15-metre swim.

Prerequisite: minimum age of 5 years.

\$58 Classes: 10

Needham	Sep 16	Sa	10:00AM-10:30AM	404902
Needham	Sep 11	M	4:30PM-5:00PM	404903
Needham	Sep 11	M	6:30PM-7:00PM	404904
Needham	Sep 12	Tu	6:00PM-6:30PM	404905
Needham	Sep 12	Tu	4:00PM-4:30PM	404906
Needham	Sep 13	W	6:30PM-7:00PM	404907
Needham	Sep 16	Sa	11:30AM-12:00PM	404908
Needham	Sep 16	Sa	9:30AM-10:00AM	404909
Needham	Sep 16	Sa	10:30AM-11:00AM	404910

Wave Pool	Jan 14	Su	5:00PM-5:30PM	403525
Wave Pool	Jan 14	Su	5:30PM-6:00PM	403526
Wave Pool	Jan 8	M	4:30PM-5:00PM	403527
Wave Pool	Jan 8	M	4:00PM-4:30PM	403528
Wave Pool	Jan 14	Su	4:00PM-4:30PM	403529
Needham	Jan 13	Sa	10:30AM-11:00AM	405006
Needham	Jan 13	Sa	11:00AM-11:30AM	405007
Needham	Jan 8	M	4:30PM-5:00PM	405008
Needham	Jan 8	M	6:30PM-7:00PM	405009
Needham	Jan 10	W	4:00PM-4:30PM	405010
Needham	Jan 10	W	5:30PM-6:00PM	405011
Needham	Jan 13	Sa	11:30AM-12:00PM	405012
Needham	Jan 9	Tu	4:00PM-4:30PM	405013
Needham	Jan 9	Tu	6:00PM-6:30PM	405014

Swim Kids 2/3

Age: 5 - 14

See above for descriptions.

\$58 Classes: 10

Swim Kids 2/3

Location	Start	Day	Time	Code
Wave Pool	Sep 14	Th	6:30PM-7:00PM	402944

Swim Kids 4

Age: 5-14

The front crawl, back glide & shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support & developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25-metre swim. Prerequisite: minimum age of 5 years old.

\$58 Classes: 10

Swim Kids 4

Location	Start	Day	Time	Code
Wave Pool	Sep 16	Sa	12:15PM-12:45PM	402980
Wave Pool	Sep 13	W	4:45PM-5:15PM	402981
Wave Pool	Sep 16	Sa	12:00PM-12:30PM	402982
Wave Pool	Sep 11	M	4:00PM-4:30PM	402983
Wave Pool	Sep 11	M	5:45PM-6:15PM	402984
Wave Pool	Sep 11	M	5:30PM-6:00PM	402985
Wave Pool	Sep 11	M	4:30PM-5:00PM	402986
Wave Pool	Sep 12	Tu	4:30PM-5:00PM	402987
Wave Pool	Sep 12	Tu	6:00PM-6:30PM	402988
Wave Pool	Sep 12	Tu	6:30PM-7:00PM	402989
Wave Pool	Sep 13	W	5:15PM-5:45PM	402990
Wave Pool	Sep 13	W	4:30PM-5:00PM	402991
Wave Pool	Sep 14	Th	4:00PM-4:30PM	402992
Wave Pool	Sep 14	Th	6:30PM-7:00PM	402993
Wave Pool	Sep 15	F	4:00PM-4:30PM	402994
Wave Pool	Sep 15	F	6:30PM-7:00PM	402995
Wave Pool	Sep 16	Sa	1:00PM-1:30PM	402996
Wave Pool	Sep 16	Sa	10:30AM-11:00AM	402997

Swim Kids 4

Location	Start	Day	Time	Code
Wave Pool	Jan 8	M	4:00PM-4:30PM	403531
Wave Pool	Jan 8	M	5:00PM-5:30PM	403532
Wave Pool	Jan 8	M	4:30PM-5:00PM	403533
Wave Pool	Jan 9	Tu	4:45PM-5:15PM	403534
Wave Pool	Jan 9	Tu	6:30PM-7:00PM	403535
Wave Pool	Jan 10	W	4:00PM-4:30PM	403536
Wave Pool	Jan 10	W	5:00PM-5:30PM	403537
Wave Pool	Jan 10	W	6:30PM-7:00PM	403538
Wave Pool	Jan 11	Th	6:30PM-7:00PM	403539
Wave Pool	Jan 11	Th	5:30PM-6:00PM	403540
Wave Pool	Jan 11	Th	4:30PM-5:00PM	403541
Wave Pool	Jan 12	F	4:45PM-5:15PM	403542
Wave Pool	Jan 12	F	6:30PM-7:00PM	403543
Wave Pool	Jan 13	Sa	10:30AM-11:00AM	403544
Wave Pool	Jan 13	Sa	11:00AM-11:30AM	403545
Wave Pool	Jan 13	Sa	12:15PM-12:45PM	403546
Wave Pool	Jan 14	Su	6:00PM-6:30PM	403547
Wave Pool	Jan 14	Su	5:30PM-6:00PM	403548

Swim Kids 4**Age: 5-14**

The front crawl, back glide & shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support & developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25-metre swim. Prerequisite: minimum age of 5 years old.

\$58 Classes: 10

Wave Pool	Sep 16	Sa	12:00PM-12:30PM	402998
Wave Pool	Sep 16	Sa	9:30AM-10:00AM	402999
Wave Pool	Sep 16	Sa	10:30AM-11:00AM	403000
Wave Pool	Sep 17	Su	5:00PM-5:30PM	403001
Wave Pool	Sep 17	Su	5:30PM-6:00PM	403002
Wave Pool	Sep 17	Su	5:45PM-6:15PM	403003
Wave Pool	Sep 17	Su	8:30AM-9:00AM	403004
Wave Pool	Sep 17	Su	4:00PM-4:30PM	403005
Needham	Sep 11	M	4:30PM-5:00PM	404912
Needham	Sep 11	M	6:30PM-7:00PM	404913
Needham	Sep 12	Tu	4:00PM-4:30PM	404914
Needham	Sep 12	Tu	6:00PM-6:30PM	404915
Needham	Sep 13	W	4:15PM-4:45PM	404916
Needham	Sep 16	Sa	11:30AM-12:00PM	404917
Needham	Sep 16	Sa	9:30AM-10:00AM	404918
Needham	Sep 16	Sa	9:00AM-9:30AM	404919

Wave Pool	Jan 14	Su	4:00PM-4:30PM	403549
Needham	Jan 10	W	4:00PM-4:30PM	405016
Needham	Jan 8	M	4:30PM-5:00PM	405017
Needham	Jan 13	Sa	11:00AM-11:30AM	405018
Needham	Jan 8	M	6:30PM-7:00PM	405019
Needham	Jan 13	Sa	12:30PM-1:00PM	405020
Needham	Jan 9	Tu	4:00PM-4:30PM	405021
Needham	Jan 9	Tu	6:00PM-6:30PM	405022

Swim Kids 5**Age: 5-14**

Back crawl is introduced, along with sculling skills & whip kick on the back. Children try stride dives & receive an introduction to safe boating skills. Endurance is developed through dolphin kick & a 50-metre swim. Prerequisite: minimum age of 5 years.

\$61 Classes: 10

Swim Kids 5				
Location	Start	Day	Time	Code
Wave Pool	Sep 11	M	4:00PM-4:45PM	403007
Wave Pool	Sep 11	M	5:30PM-6:15PM	403008
Wave Pool	Sep 12	Tu	5:30PM-6:15PM	403009
Wave Pool	Sep 12	Tu	4:00PM-4:45PM	403010
Wave Pool	Sep 13	W	4:00PM-4:45PM	403011
Wave Pool	Sep 13	W	5:00PM-5:45PM	403012
Wave Pool	Sep 14	Th	4:00PM-4:45PM	403013
Wave Pool	Sep 14	Th	5:30PM-6:15PM	403014
Wave Pool	Sep 15	F	5:30PM-6:15PM	403015
Wave Pool	Sep 16	Sa	11:30AM-12:15PM	403016
Wave Pool	Sep 16	Sa	10:15AM-11:00AM	403017
Wave Pool	Sep 16	Sa	11:45AM-12:30PM	403018
Wave Pool	Sep 16	Sa	9:00AM-9:45AM	403019
Wave Pool	Sep 17	Su	6:15PM-7:00PM	403020
Wave Pool	Sep 17	Su	4:30PM-5:15PM	403021
Wave Pool	Sep 17	Su	6:00PM-6:45PM	403022
Wave Pool	Sep 11	M	5:00PM-5:45PM	403023
Needham	Sep 11	M	4:00PM-4:45PM	404921
Needham	Sep 13	W	4:00PM-4:45PM	404922
Needham	Sep 16	Sa	12:15PM-1:00PM	404923

Swim Kids 5				
Location	Start	Day	Time	Code
Wave Pool	Jan 8	M	5:30PM-6:15PM	403552
Wave Pool	Jan 8	M	4:00PM-4:45PM	403553
Wave Pool	Jan 9	Tu	4:00PM-4:45PM	403554
Wave Pool	Jan 9	Tu	5:00PM-5:45PM	403555
Wave Pool	Jan 10	W	4:45PM-5:30PM	403556
Wave Pool	Jan 10	W	6:15PM-7:00PM	403557
Wave Pool	Jan 11	Th	4:00PM-4:45PM	403558
Wave Pool	Jan 11	Th	5:45PM-6:30PM	403559
Wave Pool	Jan 12	F	4:00PM-4:45PM	403560
Wave Pool	Jan 13	Sa	10:00AM-10:45AM	403561
Wave Pool	Jan 13	Sa	9:00AM-9:45AM	403562
Wave Pool	Jan 13	Sa	10:45AM-11:30AM	403563
Wave Pool	Jan 13	Sa	11:30AM-12:15PM	403564
Wave Pool	Jan 14	Su	6:15PM-7:00PM	403565
Wave Pool	Jan 14	Su	5:30PM-6:15PM	403566
Wave Pool	Jan 14	Su	5:00PM-5:45PM	403567
Wave Pool	Jan 14	Su	4:00PM-4:45PM	403568
Wave Pool	Jan 12	F	5:30PM-6:15PM	403551

Swim Kids 6

Age: 5-14

Front & back crawl continue to be refined as the elementary backstroke is introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water & the front dive. Endurance is built through a 75-metre swim. Prerequisite: minimum age of 5 years old.

\$61 Classes: 10

Swim Kids 6

Location	Start	Day	Time	Code
Wave Pool	Sep 11	M	4:00PM-4:45PM	403025
Wave Pool	Sep 11	M	5:30PM-6:15PM	403026
Wave Pool	Sep 12	Tu	4:30PM-5:15PM	403027
Wave Pool	Sep 12	Tu	5:30PM-6:15PM	403028
Wave Pool	Sep 13	W	4:00PM-4:45PM	403029
Wave Pool	Sep 13	W	5:00PM-5:45PM	403030
Wave Pool	Sep 14	Th	4:00PM-4:45PM	403031
Wave Pool	Sep 14	Th	5:30PM-6:15PM	403032
Wave Pool	Sep 15	F	4:00PM-4:45PM	403033
Wave Pool	Sep 15	F	5:45PM-6:30PM	403034
Wave Pool	Sep 16	Sa	9:45AM-10:30AM	403035
Wave Pool	Sep 16	Sa	10:30AM-11:15AM	403036
Wave Pool	Sep 16	Sa	11:15AM-12:00PM	403037
Wave Pool	Sep 17	Su	4:30PM-5:15PM	403038
Wave Pool	Sep 17	Su	5:30PM-6:15PM	403039
Needham	Sep 13	W	4:00PM-4:45PM	404931
Needham	Sep 16	Sa	12:15PM-1:00PM	404932
Needham	Sep 11	M	5:15PM-6:00PM	404930

Swim Kids 5/6

Location	Start	Day	Time	Code
Needham	Sep 12	Tu	4:00PM-4:45PM	404926
Needham	Sep 13	W	6:15PM-7:00PM	404927
Needham	Sep 16	Sa	11:30AM-12:15PM	404928

Swim Kids 7

Location	Start	Day	Time	Code
Wave Pool	Sep 11	M	6:15PM-7:00PM	403041
Wave Pool	Sep 11	M	5:00PM-5:45PM	403042
Wave Pool	Sep 12	Tu	5:00PM-5:45PM	403043
Wave Pool	Sep 12	Tu	6:15PM-7:00PM	403044
Wave Pool	Sep 13	W	5:00PM-5:45PM	403045
Wave Pool	Sep 13	W	6:15PM-7:00PM	403046
Wave Pool	Sep 14	Th	4:45PM-5:30PM	403047
Wave Pool	Sep 15	F	5:00PM-5:45PM	403048
Wave Pool	Sep 16	Sa	11:45AM-12:30PM	403049
Wave Pool	Sep 16	Sa	9:45AM-10:30AM	403050
Wave Pool	Sep 17	Su	4:30PM-5:15PM	403051

Swim Kids 6

Location	Start	Day	Time	Code
Wave Pool	Jan 9	Tu	4:00PM-4:45PM	403570
Wave Pool	Jan 8	M	4:00PM-4:45PM	403571
Wave Pool	Jan 8	M	5:45PM-6:30PM	403572
Wave Pool	Jan 9	Tu	5:15PM-6:00PM	403573
Wave Pool	Jan 10	W	5:30PM-6:15PM	403574
Wave Pool	Jan 10	W	4:30PM-5:15PM	403575
Wave Pool	Jan 11	Th	4:45PM-5:30PM	403576
Wave Pool	Jan 11	Th	5:45PM-6:30PM	403577
Wave Pool	Jan 12	F	5:45PM-6:30PM	403578
Wave Pool	Jan 12	F	6:15PM-7:00PM	403579
Wave Pool	Jan 13	Sa	11:30AM-12:15PM	403580
Wave Pool	Jan 13	Sa	9:00AM-9:45AM	403581
Wave Pool	Jan 14	Su	5:15PM-6:00PM	403582
Wave Pool	Jan 14	Su	4:30PM-5:15PM	403583
Needham	Jan 10	W	4:45PM-5:30PM	405036
Needham	Jan 13	Sa	9:30AM-10:15AM	405037
Needham	Jan 13	Sa	11:30AM-12:15PM	405038
Needham	Jan 8	M	5:30PM-6:15PM	405039
Needham	Jan 9	Tu	4:45PM-5:30PM	405040

Swim Kids 5/6

Location	Start	Day	Time	Code
Needham	Jan 10	W	4:00PM-4:45PM	405023
Needham	Jan 8	M	6:15PM-7:00PM	405024
Needham	Jan 10	W	6:00PM-6:45PM	405025
Needham	Jan 13	Sa	9:00AM-9:45AM	405026
Needham	Jan 13	Sa	12:15PM-1:00PM	405027
Needham	Jan 13	Sa	10:15AM-11:00AM	405028
Needham	Jan 9	Tu	4:00PM-4:45PM	405029

Swim Kids 7

Location	Start	Day	Time	Code
Wave Pool	Jan 8	M	5:15PM-6:00PM	403585
Wave Pool	Jan 8	M	4:45PM-5:30PM	403586
Wave Pool	Jan 9	Tu	5:00PM-5:45PM	403587
Wave Pool	Jan 9	Tu	4:00PM-4:45PM	403588
Wave Pool	Jan 10	W	4:30PM-5:15PM	403589
Wave Pool	Jan 10	W	5:30PM-6:15PM	403590
Wave Pool	Jan 11	Th	5:00PM-5:45PM	403591
Wave Pool	Jan 12	F	5:45PM-6:30PM	403592
Wave Pool	Jan 13	Sa	9:00AM-9:45AM	403593
Wave Pool	Jan 13	Sa	11:30AM-12:15PM	403594
Wave Pool	Jan 14	Su	5:30PM-6:15PM	403595

Swim Kids 7

Age: 5-14

Level 7 continues to build skills & endurance for front crawl, back crawl & elementary back stroke & introduces whip kick on the front. Children learn about airway & breathing obstructions, & participate in timed treading water for increasing endurance. Endurance is also built through a 150-metre swim. Prerequisite: minimum age of 5 years old. See Swim Kids 7/8 for additional courses.

\$61 Classes: 10

Swim Kids 8**Age: 5-14**

Level 8 provides an introduction to the breaststroke, foot first surface dives, & rescue entries. Children learn about the dangers of open water, hypothermia, & the performance of rescue breathing on children & adults. Endurance is built on the dolphin kick & 300-metre swim. Prerequisite: minimum age of 5 years old. See also Swim Kids 7/8 for additional courses.

\$61 Classes: 10**Swim Kids 8**

Location	Start	Day	Time	Code
Wave Pool	Sep 11	M	6:15PM-7:00PM	403053
Wave Pool	Sep 12	Tu	6:15PM-7:00PM	403054
Wave Pool	Sep 13	W	6:15PM-7:00PM	403055
Wave Pool	Sep 14	Th	6:15PM-7:00PM	403056
Wave Pool	Sep 15	F	6:15PM-7:00PM	403057
Wave Pool	Sep 16	Sa	9:00AM-9:45AM	403058
Wave Pool	Sep 16	Sa	12:15PM-1:00PM	403059
Wave Pool	Sep 17	Su	6:00PM-6:45PM	403060

Swim Kids 8

Location	Start	Day	Time	Code
Wave Pool	Jan 8	M	5:00PM-5:45PM	403596
Wave Pool	Jan 9	Tu	5:45PM-6:30PM	403597
Wave Pool	Jan 10	W	4:00PM-4:45PM	403598
Wave Pool	Jan 10	W	6:15PM-7:00PM	403599
Wave Pool	Jan 11	Th	4:00PM-4:45PM	403600
Wave Pool	Jan 12	F	5:45PM-6:30PM	403601
Wave Pool	Jan 13	Sa	10:15AM-11:00AM	403602
Wave Pool	Jan 13	Sa	12:45PM-1:30PM	403603
Wave Pool	Jan 14	Su	6:15PM-7:00PM	403604

Swim Kids 7/8**Age: 5-14**

See above for descriptions.

\$61 Classes: 10**Swim Kids 7/8**

Location	Start	Day	Time	Code
Needham	Sep 12	Tu	4:45PM-5:30PM	404939
Needham	Sep 13	W	5:15PM-6:00PM	404940
Needham	Sep 16	Sa	11:30AM-12:15PM	404941
Needham	Sep 16	Sa	12:15PM-1:00PM	404942

Swim Kids 9/10**Age: 5-14****\$61 Classes: 10****Swim Kids 9/10**

Location	Start	Day	Time	Code
Wave Pool	Sep 11	M	6:15PM-7:00PM	403062
Wave Pool	Sep 12	Tu	6:15PM-7:00PM	403063
Wave Pool	Sep 13	W	6:15PM-7:00PM	403064
Wave Pool	Sep 14	Th	6:15PM-7:00PM	403065
Wave Pool	Sep 16	Sa	9:00AM-9:45AM	403066
Wave Pool	Sep 16	Sa	12:30PM-1:15PM	403067
Wave Pool	Sep 17	Su	6:30PM-7:15PM	403068
Needham	Sep 16	Sa	12:15PM-1:00PM	404934
Needham	Sep 12	Tu	5:30PM-6:15PM	404935
Needham	Sep 13	W	4:45PM-5:15PM	404936
Needham	Sep 16	Sa	10:30AM-11:15AM	404937

Swim Kids 9/10

Location	Start	Day	Time	Code
Wave Pool	Jan 8	Tu	6:00PM-6:45PM	403606
Wave Pool	Jan 10	W	5:15PM-6:00PM	403607
Wave Pool	Jan 11	Th	6:15PM-7:00PM	403608
Wave Pool	Jan 12	F	6:15PM-7:00PM	403609
Wave Pool	Jan 13	Sa	9:00AM-9:45AM	403610
Wave Pool	Jan 14	Su	4:30PM-5:15PM	403611
Wave Pool	Jan 9	Tu	5:45PM-6:30PM	403612
Needham	Jan 13	Sa	12:15PM-1:00PM	405032
Needham	Jan 8	M	5:30PM-6:15PM	405033
Needham	Jan 9	Tu	5:30PM-6:15PM	405034

SWIM KIDS INSTRUCTED IN FRENCH

Swim Kids 1 French

Location	Start	Day	Time	Code
Wave Pool	Sep 15	F	4:00PM-4:30PM	402930

Swim Kids 2 French

Location	Start	Day	Time	Code
Wave Pool	Sep 15	F	4:30PM-5:00PM	402956

Swim Kids 1/2 French

Location	Start	Day	Time	Code
Needham	Sep 16	Sa	11:45AM-12:15PM	404888

Swim Kids 3 French

Location	Start	Day	Time	Code
Wave Pool	Sep 15	F	5:00PM-5:30PM	402979
Needham	Sep 16	Sa	11:15AM-11:45AM	404911

Swim Kids 4 French

Location	Start	Day	Time	Code
Needham	Sep 16	Sa	12:15PM-12:45PM	404920
Wave Pool	Sep 15	F	4:00PM-4:30PM	403006

Swim Kids 5 French

Location	Start	Day	Time	Code
Wave Pool	Sep 15	F	6:15PM-7:00PM	403024

Swim Kids 6 French

Location	Start	Day	Time	Code
Wave Pool	Sep 15	F	6:15PM-7:00PM	403040

Swim Kids 5/6 French

Location	Start	Day	Time	Code
Needham	Sep 16	Sa	10:30AM-11:15AM	404929

Swim Kids 7 French

Location	Start	Day	Time	Code
Wave Pool	Sep 15	F	5:30PM-6:15PM	403052

Swim Kids 8 French

Location	Start	Day	Time	Code
Wave Pool	Sep 15	F	5:30PM-6:15PM	403061

Swim Kids 7/8 French

Location	Start	Day	Time	Code
Needham	Sep 16	Sa	9:45AM-10:30AM	404933

Swim Kids 9/10 French

Location	Start	Day	Time	Code
Needham	Sep 16	Sa	9:00AM-9:45AM	404938
Wave Pool	Sep 15	F	4:30PM-5:15PM	403069

Swim Kids 1 French

Location	Start	Day	Time	Code
Wave Pool	Jan 12	F	4:00PM-4:30PM	403477

Wave Pool	Jan 12	F	5:45PM-6:15PM	403478
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Swim Kids 2 French

Location	Start	Day	Time	Code
Wave Pool	Jan 12	F	4:00PM-4:30PM	403501

Wave Pool	Jan 12	F	5:45PM-6:15PM	403502
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Swim Kids 1/2 French

Location	Start	Day	Time	Code
Needham	Jan 13	Sa	12:00PM-12:30PM	404996

Swim Kids 3 French

Location	Start	Day	Time	Code
Wave Pool	Jan 12	F	4:30PM-5:00PM	403530

Swim Kids 4 French

Location	Start	Day	Time	Code
Wave Pool	Jan 12	F	4:30PM-5:00PM	403550

Swim Kids 3/4 French

Location	Start	Day	Time	Code
Needham	Jan 13	Sa	11:15AM-11:45AM	405015

Swim Kids 5 French

Location	Start	Day	Time	Code
Wave Pool	Jan 12	F	6:15PM-7:00PM	403569

Swim Kids 6 French

Location	Start	Day	Time	Code
Wave Pool	Jan 12	F	6:15PM-7:00PM	403584

Swim Kids 7/8 French

Location	Start	Day	Time	Code
Wave Pool	Jan 12	F	6:15AM-7:00PM	403605

Needham	Jan 13	Sa	9:45AM-10:30AM	405031
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Swim Kids 9/10 French

Location	Start	Day	Time	Code
Needham	Jan 13	Sa	9:00AM-9:45AM	405035

Wave Pool	Jan 12	F	5:00PM-5:45PM	403613
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YOUTH

Aquatic Junior Leadership - Wave Runners

Age: 11-14

The Wave Pool will be offering an Aquatic Junior Leadership Program that will focus on Aquatic Programming & Life Guarding Skills. The participants will help the swimming instructors with the swimming lessons, assist lifeguards during public swims, as well as learn first aid skills & participate in the Swim to Survive Program.

\$60

Wave Runners				
Location	Start	Day	Time	Code
Wave Pool	Sep 17	Su	2:00PM-3:00PM	403093
Wave Pool	Sep 16	Sa	2:00PM-3:00PM	403091

Wave Runners				
Location	Start	Day	Time	Code
Wave Pool	Jan 13	Sa	2:00PM-3:00PM	403631
Wave Pool	Jan 14	Su	2:00PM-3:00PM	403632

Junior Guardians

Age: 8-15

The Junior Guardians Lifesaving Club is designed to let kids participate in activities similar to those of real lifeguards, in a safe, fun & controlled setting. Participants experience the skills, & even some of the thrills, of lifesaving & lifeguarding. They train for friendly competitions & aim for personal-best performances. They promote water safety in the community, do fitness drills, & learn lifesaving skills. The Junior Guardians Lifesaving Club builds self-esteem, confidence, & friendships. Prerequisite: must be able to swim at least 50m & tread water for at least 2 minutes.

\$30

Junior Lifeguard Club				
Location	Start	Day	Time	Code
Needham	Jan 9	Tu	5:00PM-6:00PM	405043

Swim Patrol

Age: 8-13

The Swim Patrol provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels -Rookie, Ranger, & Star-continue to develop participants' swim strokes & provide the skill foundation that prepares them for success in the Society's Bronze medal awards. Swimmers are challenged with distance swim workouts, timed swims & object carries in the water. First aid focuses on assessment of unconscious victims, treatment of victims in shock & obstructed airway procedures, treatment of bone or joint injuries & respiratory emergencies including asthma & allergic reactions. Lifesaving skills include defence methods, victim removals & rolling over & supporting a victim face up in shallow water.

\$61 10 Classes

Swim Patrol				
Location	Start	Day	Time	Code
Wave Pool	Sep 13	W	4:00PM-4:45PM	403086
Wave Pool	Sep 14	Th	4:00PM-4:45PM	403087
Wave Pool	Sep 15	F	5:30PM-6:15PM	403088
Wave Pool	Sep 17	Su	6:15PM-7:00PM	403089

Swim Patrol				
Location	Start	Day	Time	Code
Wave Pool	Jan 8	M	5:00PM-5:45PM	403623
Wave Pool	Jan 10	W	5:00PM-5:45PM	403624
Wave Pool	Jan 14	Su	4:00PM-4:45PM	403625

Bronze Star

Age: 10-13

Bronze Star is the pre-Bronze Medallion training standard & is preparation for success in Bronze Medallion. Bronze Star participants develop problem-solving & decision-making skills as individuals and teams. Learn CPR & develop Water Smart confidence & lifesaving skills needed to be their own personal lifeguard. Bronze Star Prerequisite: Swimming ability, recommended to have Star Patrol. Provide a photocopy of a proof of age to the instructor on the first day of class. **\$80 + \$24 if book is required**

Bronze Star				
Location	Start	Day	Time	Code
Wave Pool	Sep 14	Th	5:15PM-6:15PM	403081
Wave Pool	Sep 12	Tu	5:15PM-6:15PM	403082
Wave Pool	Sep 13	W	5:30PM-6:30PM	403083
Needham	Sep 12	Tu	5:00PM-6:00PM	404946

Bronze Star				
Location	Start	Day	Time	Code
Wave Pool	Jan 8	M	6:00PM-7:00PM	403620
Wave Pool	Jan 14	Su	5:00PM-6:00PM	403621

Bronze Medallion

Age: 13 & Up or Bronze Star

The Lifesaving Society Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education-judgment, knowledge, skill, & fitness. Bronze Medallion Prerequisite-Swimming ability & 13 years old or Bronze Star. No age prerequisite if they hold the Bronze Star award.

\$80 + \$24 if book is required

Bronze Medallion					
Location	Start	Day	Time	Code	
Wave Pool	Sep 11	M	6:00PM-8:00PM	403079	
Wave Pool	Sep 14	Th	6:00PM-8:00PM	403080	
Needham	Sep 13	W	5:00PM-7:00PM	404945	

Bronze Medallion					
Location	Start	Day	Time	Code	
Wave Pool	Jan 8	M	6:00PM-8:00PM	403618	
Wave Pool	Jan 11	Th	6:00PM-8:00PM	403619	

Bronze Cross

Bronze Medallion required

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard & Lifesaving Instructor certification. Prerequisite: Bronze Medallion & CPR B, no age prerequisite.

\$80 + \$24 if book is required

Bronze Cross					
Location	Start	Day	Time	Code	
Wave Pool	Sep 11	M	6:00PM-8:00PM	403078	
Wave Pool	Sep 14	Th	6:00PM-8:00PM	403077	
Needham	Sep 13	W	5:00PM-7:00PM	404944	

Bronze Cross					
Location	Start	Day	Time	Code	
Wave Pool	Jan 8	M	6:00PM-8:00PM	403616	
Wave Pool	Jan 11	Th	6:00PM-8:00PM	403617	

AWSI & WSI Combined- Assistant Water Safety Instructor & Water Safety Instructor Age: 15+

This leadership course will train the participant in both AWSI & WSI. Proof of age must be provided to the instructor on the first class. This course will prepare & train candidates to be fully certified Red Cross Swim Instructors at the successful completion of the course. No previous training is required, but candidates should be able to swim comfortably for 500 meters.

\$203 all materials included

AWSI & WSI Combined					
Location	Start	Day	Time	Code	
Wave Pool	Sep 13	W	5:00PM-7:00PM	403075	

AWSI & WSI Combined					
Location	Start	Day	Time	Code	
Wave Pool	Jan 10	W	5:00PM-7:00PM	403614	
Wave Pool	Mar 12	M-F	9:00AM-4:00PM	403615	
Needham	Mar 12	M-F	9:00AM-4:00PM	405042	

National Lifeguard

National Lifeguard Course is the Nationally recognized Lifeguard Training. It is a world leading course and the minimum level of certification for lifeguards. Deals with aspects of team building, water chemistry, public relations legal liability, emergency prevention, rescue and follow-up. Standard First Aid is also included in this course. National Lifeguard Service Prerequisite - Minimum age of 16 years old and a current Bronze Cross Award.

\$206 includes materials/exam fees

National Lifeguard					
Location	Start	Day	Time	Code	
Wave Pool	Sep 17	Su	4:00PM-5:00PM	403084	
Wave Pool	Dec 12	Tu	4:00PM-7:00PM	403097	
Wave Pool	Dec 13	W	9:00AM-2:00PM	403098	

National Lifeguard					
Location	Start	Day	Time	Code	
Wave Pool	Jan 14	Su	4:00PM-5:00PM	403622	

ADULT

Learn To Swim

Age: 18 & Up

Introduction to water movement & basic swimming skills for adult non-swimmers with a goal of becoming more comfortable in water. Participants who can already float or swim will work on learning front crawl & becoming comfortable with deep water. All participants are able to decide which skills they would like to work on & are encouraged to go at their own pace.

\$66 Adult

\$51 Senior 10 Lessons

Learn To Swim

Location	Start	Day	Time	Code
Wave Pool	Sep 12	Tu	12:00PM-12:45PM	402530
Wave Pool	Sep 12	Tu	8:00PM-8:45PM	402080
Wave Pool	Sep 15	F	12:00PM-12:45PM	402531
Needham	Sep 14	Th	7:30PM-8:15PM	404827

Learn To Swim

Location	Start	Day	Time	Code
Wave Pool	Jan 9	Tu	12:00PM-12:45PM	403100
Wave Pool	Jan 9	Tu	8:00PM-8:45PM	405081
Wave Pool	Jan 12	F	12:00PM-12:45PM	403101
Needham	Jan 18	Th	7:30PM-8:15PM	404949

Stroke Improvement

Age: 18 & Up

Participants will focus on setting goals to improve stroke technique, endurance & speed, & swim workouts. Prerequisite: Ability to swim comfortably on front & back in shallow & deep water.

\$66 Adult

\$51 Senior 10 Lessons

Stroke Improvement

Location	Start	Day	Time	Code
Needham	Sep 14	Th	7:30PM-8:15PM	404943

Stroke Improvement

Location	Start	Day	Time	Code
Needham	Jan 18	Th	7:30PM-8:15PM	405041



COMMUNITY NEIGHBOURHOOD FACILITIES

Community Neighbourhood Facilities	Address	Phone
Alderney Landing	2 Octerloney Street, Dartmouth	902.461.4698
Bay Community Centre	11 Station Rd, Head of St. Margaret's Bay	902.826.7900
Beaver Bank Kinsac Community Centre	1583 Beaver Bank Road, Beaver Bank	902.865.5114
Bicentennial Theatre & Community Centre	12390 Highway #224, Middle Musquodoboit	902.384.2819 / 902.384.2048
Canada Games Centre	26 Thomas Raddall Drive, Halifax	902.490.2400
Carroll's Corner Community Centre	9 Milford Road, Carroll's Corner	902.758.3753
Centennial Pool	1970 Gottingen Street, Halifax	902.490.7219
Cole Harbour Place	51 Forest Hills Parkway, Dartmouth	902.464.5100
Cole Harbour Outdoor Pool & Tennis Courts	609 Colby Drive, Cole Harbour	902.462.8877 (July & August)
Dartmouth Sportsplex	110 Wyse Road, Dartmouth	902.464.2600
East Dartmouth Community Centre	50 Caledonia Road, Dartmouth	902.435.6211
East Preston Recreation Centre	24 Brooks Drive, East Preston	902.435.9894
Halifax Forum	2901 Windsor Street, Halifax	902.490.4614
Harrietsfield/Williamswood Community Centre	1138 Old Sambro Road, Harrietsfield	902.446.4847
Lake Echo Community Recreation Centre	3168 Highway # 7, Lake Echo	902.829.2512
Lake & Shore Community Recreation Centre	40 Inspiration Drive, Porters Lake	902.827.2700
Meagher's Grant Recreation Hall	4413 Highway # 357, Meagher's Grant	902.384.2672
Moser River Community Hall	28975 Highway # 7, Moser River	902.347.2114
North Woodside Community Centre	230 Pleasant Street, Dartmouth	902.463.9276
Prospect Road Community Centre	2141 Prospect Road, Hatchet Lake	902.852.2711
Sackville Heights Community & Cultural Centre	45 Connolly Road, Lower Sackville	902.869.4764
Sackville Sports Stadium	409 Glendale Drive, Lower Sackville	902.869.4141
Samuel R. Balcom Community Centre	25718 Hwy # 7, RR 1, Port Dufferin	902.654.2512
Sheet Harbour Lions Community Centre	183 Pool Road, Sheet Harbour	902.885.2280
Springfield Lake Community Centre	266 Lakeview Avenue, Middle Sackville	902.865.9449
St. Margaret's Centre	12 Westwood Blvd, Upper Tantallon	902.826.2100
Upper Sackville Recreation Facility/ Weir Field	2476 Sackville Drive, Upper Sackville	902.865.9449
Upper Hammonds Plains Community Centre	711 Pockwock Road, Hammonds Plains	902.835.3511
Wallace Lucas Community Centre	596 Lucasville Road, Lucasville	902.865.0944
West Chezzetcook/Ste. Therese Community Centre	17 Conrod Road, West Chezzetcook	902.827.1902

POLICIES & GUIDELINES

Administration of Medication

If a program participant requires medication to be administered or stored by staff during the program, please complete the Administration of Medication form available at your recreation centre. These forms are to be filled out by a parent/guardian & returned to the centre prior to the start of the program.

Age Policies

Program participants must meet the required age within one month following the start of the program. Please note that some programs may be exempt from this policy due to guidelines set by outside governing agencies.

55+ (Senior's Discount)

Individuals are eligible to receive a 25% senior's discount on adult fee programs.

Course Requirements

All participants must meet the course requirements stated in the recreation catalogue. If the participant does not meet course requirements, they may call their local recreation centre to speak to a program supervisor for clarification & review.

NSF Cheques

Halifax Regional Municipality charges an NSF Fee (non sufficient funds fee) on cheques. You will be required to pay by cash, or debit/credit card following notification of the NSF, plus the NSF fee.

Payment Options

Payment plans are available by calling your local recreation centre. If your financial circumstances make it difficult for you to pay the full fee for a program, call your local recreation centre. Various options are available.

Program Changes

Due to the advanced printing of the recreation catalogue, fees, dates, times, & program locations are subject to change. For the most-up-to-date information on recreation programs, visit halifax.ca/RecConnect

Program Cancellation

Halifax Regional Municipality reserves the right to cancel any program or change class times and/or locations. Do not wait until the last minute to register, as programs with low registration may be cancelled. If the program is cancelled, a refund will be given automatically & pro-rated, if applicable.

Class Cancellation

There are times when Halifax Regional Municipality must cancel an individual class due to inclement weather or instructor or facility related conflicts. In this occurrence, every effort will be made to reschedule the cancelled classes. If classes cannot be rescheduled, a credit will be placed on your account for future use. Account credits must be used within one year from date of issue. Credits over \$5 will be refunded. Credits under \$5 will be removed from the account.

Refund Policy

Halifax Regional Municipality is committed to the satisfaction of all participants in our recreation programs. Participants requesting to withdraw from the program or class, must refer to the following policy:

Programs/Classes - Refund & Cancellation Policy

- Participants enrolled in a program or class may withdraw online, on the phone or in person up to five days prior to the program start date.
- Within five days prior to the start date, refunds will only be issued if a waiting list is active for the program and the spot is able to be filled. Please contact the Recreation Centre to request a refund.
- If due to unforeseen circumstances or if you are unsatisfied with the program, please contact the Recreation centre to discuss your eligibility for a refund. Once the program has begun, a pro-rated refund will be issued.
- Halifax Regional Municipality Recreation Programming reserves the right to cancel programs or classes if minimum registration numbers are not obtained prior to the start date. In this case a full refund will be issued.

Scent Free

We support a scent free environment. Please do not wear perfume, scented hairspray, cologne, scented deodorant, aftershave or other scented products while in our facilities.

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REGISTRATION

Fall Programs

August 16 - Beginning at 10 a.m.
Preschool, Child, Youth & Adult Programs
(Excluding Aquatic & Skating Programs)

August 17 - Beginning at 10 a.m.
Aquatic & Skating Programs

Winter Programs

November 8 - Beginning at 10 a.m.
Preschool, Child, Youth & Adult Programs
(Excluding Aquatic & Skating Programs)

December 13 - Beginning at 10 a.m.
Aquatic & Skating Programs

HOW TO REGISTER

Online
halifax.ca/RecConnect

Phone
902.490.6666

**Recreation
Centres**

What You Need:

- A RecConnect login ID & Family PIN
- Course codes for 1st choice & alternates
- A valid credit card (VISA, Mastercard, American Express) & expiry date
- Course codes for 1st choice & alternates
- A valid credit card (VISA, Mastercard, American Express) & expiry date
- Cash, cheque, debit card, or a valid credit card (VISA, Mastercard, American Express) & expiry date

1. Ensure your account is set up for online registration prior to the registration date.
2. Remember to have your credit card & course code ready.
3. Browse through the catalogue & make any program inquiries prior to the start of registration for each season.

POPULAR PROGRAMS FILL QUICKLY THROUGH ONLINE & PHONE REGISTRATION.



FACILITY SCHEDULING

If you're looking to get a group together to enjoy a ball game, hockey game, family picnic, or a wedding, we will help you to secure that perfect location.

The municipality has many facilities available including:

All-weather fields

Arenas

Ball diamonds

Halifax Regional School Board facilities

Parks

Sport courts and tracks

Sport fields

St. Mary's Boat Club

All rental applications are subject to a \$15 non-refundable application fee.

To find more information or to rent a facility please visit halifax.ca/recreation or call 311.

Check **field conditions** daily by calling 311 or by checking online at halifax.ca/recreation

