

Winter 2022

MUSQUODOBOIT VALLEY

Dutch Settlement to Dean

12046 Highway # 224, Middle Musquodoboit

Phone: 902.384.3008



HALIFAX

MUSQUODOBOIT VALLEY

Program Name	Age	Day	Start Time	Duration	Location	Sessions	Start Date	Code	Fee
PRESCHOOL									
Gymnastics - Tumblebugs	3-5	W	6:00 PM	45min	Carrolls Corner Community Centre	8	12-Jan	00044988	\$22.16
Gymnastics - Tumblebugs	3-5	Th	6:00 PM	45min	Musquodoboit Valley Education Centre	8	13-Jan	00047704	\$22.16

CHILD									
Gym Time	5-12	M	6:30 PM	1h30min	Musquodoboit Valley Education Centre	7	10-Jan	00047701	FREE

ADULT									
Pickleball	18+	Th	7:00 PM	1h30min	Musquodoboit Valley Education Centre	8	13-Jan	00047705	FREE
Yoga	16+	W	7:00 PM	1hr	Carrolls Corner Community Centre	8	12-Jan	00047703	\$39.76
Yoga- Gentle	18-	W	9:30 AM	1hr	St Andrews United Church	8	12-Jan	00047706	\$39.76

DROP INS							
Program Name	Ages	Day	Start Time	Duration	Location	Start Date	Cost
Open Gym- Youth	12-16	T	7:00 p.m.	2 hr	Musquodoboit Rural High School	11-Jan	FREE
Open Gym - Youth/Adult	13 +	F	6:30 p.m.	2.5 hr	Musquodoboit Rural High School	14-Jan	FREE
Fitness Centre	16 +	M	6:30 p.m.	2.5 hr	Musquodoboit Rural High School	10-Jan	FREE
Fitness Centre	16 +	W	6:30 p.m.	2.5 hr	Musquodoboit Rural High School	12-Jan	FREE
Fitness Centre	16+	F	6:30 p.m.	2.5 hr	Musquodoboit Rural High School	14-Jan	FREE
Yoga Drop In	16+	W	7:00 p.m.	1 hr	Carrolls Corner Ccommunity Centre	13-Jan	\$5.75

Musquodoboit Valley Recreation Office Hours:

Monday 4:00 – 8:30 p.m.

Wednesday 8:30 a.m.- 12:30 p.m.

Thursday 4:00 – 8:30 p.m.

Pop Up Programs

Staff with Parks and Recreation are always coming up with new programs and events that may not be make the production schedule of the PDF when it is posted on line.

Join the email for the Musquodoboit Valley area by registering for the Pop Up Program Mailing List !

Registration Bar Code: 00049064