

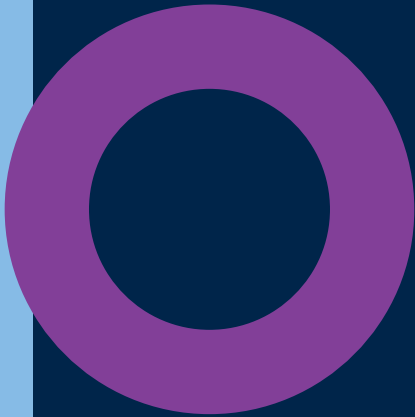
Winter 2022

SPRYFIELD/SAMBRO

Captain William Spry Centre

16 Sussex Street

Phone: 902.477.POOL (7665) or 902.479.1111



HALIFAX

SPRYFIELD/SAMBRO

| Program Name | Age | Day | Start Time | Duration | Location | Classes | Start Date | Code | Fee |
|----------------------------------|-----|-----|------------|----------|---------------------------------------|---------|------------|----------|---------|
| PRESCHOOL | | | | | | | | | |
| Preschooler Play - Kiddie Capers | 3-5 | Tu | 9:00 AM | 2.5hrs | Captain William Spry Community Centre | 8 | 11-Jan | 00048848 | \$61.60 |
| Preschooler Play - Kiddie Capers | 3-5 | Th | 9:00 AM | 2.5hrs | Captain William Spry Community Centre | 8 | 13-Jan | 00048868 | \$61.60 |
| Dance - Ballet | 3-4 | Sa | 11:45 AM | 45min | Captain William Spry Community Centre | 10 | 15-Jan | 00048890 | \$30.00 |
| Dance - Ballet | 3-4 | Sa | 12:30 PM | 45min | Captain William Spry Community Centre | 10 | 15-Jan | 00048891 | \$30.00 |
| Dance - Introducion | 4-6 | Sa | 1:15 PM | 45min | Captain William Spry Community Centre | 10 | 15-Jan | 00048892 | \$30.00 |
| Gymnastics - Tumblebugs | 3-4 | Sa | 10:30 AM | 45min | Captain William Spry Community Centre | 10 | 15-Jan | 00048886 | \$27.70 |
| Gymnastics - Tumblebugs | 4-5 | Sa | 11:30 AM | 45min | Captain William Spry Community Centre | 10 | 15-Jan | 00048887 | \$27.70 |

| | | | | | | | | | |
|-------------------------------|----------|-----|----------|--------|--|----|--------|----------|---------|
| CHILD | | | | | | | | | |
| Artists in Action | 7-11 | Sa | 1:30 PM | 2hrs | Captain William Spry Community Centre | 10 | 15-Jan | 00048889 | \$67.80 |
| Dance - Hip Hop/Jazz Dance | 6-9 | Sa | 2:00 PM | 1hr | Captain William Spry Community Centre | 10 | 15-Jan | 00048893 | \$30.00 |
| Sports - Little Sports | 4-5 | Sa | 12:30 PM | 45min | Captain William Spry Community Centre | 10 | 15-Jan | 00048888 | \$25.40 |
| Day Camp - Inservice | 5.5-11 | F | 8:30 AM | 8hrs | Captain William Spry Community Centre | 1 | 18-Feb | 00048899 | \$18.80 |
| Day Camp - March Break Camp | 5.5-11 | M-F | 8:30 AM | 8hrs | Captain William Spry Community Centre | 5 | 14-Mar | 00049027 | \$94.00 |
| Basketball - Girls Only | 8-10 | M | 7:15 PM | 1hr | Rockingstone Heights Elementary School | 10 | 10-Jan | 00048847 | \$45.00 |
| Basketball - Jr NBA | 5-7 | M | 6:15 PM | 1hr | Rockingstone Heights Elementary School | 10 | 10-Jan | 00048846 | \$45.00 |
| Basketball - Jr NBA | 5-7 | W | 6:00 PM | 1hr | Harrietsfield Elementary School | 10 | 12-Jan | 00048856 | \$45.00 |
| Open Gym - All ages | All ages | Sa | 1:30 PM | 2hrs | Central Spryfield Elementary School | 11 | 8-Jan | 00048894 | FREE |
| Rockingstone Open Gym - Child | 7-11 | W | 6:00 PM | 1.5hrs | Rockingstone Heights Elementary School | 11 | 12-Jan | 00048866 | FREE |
| Yoga for Children | 9-12 | Tu | 6:15 PM | 1hr | Captain William Spry Community Centre | 8 | 11-Jan | 00048852 | \$25.92 |
| Yoga for Children | 4-6 | Su | 4:00 PM | 45min | Captain William Spry Community Centre | 8 | 16-Jan | 00048895 | \$19.44 |
| Yoga for Children | 6-9 | Su | 5:00 PM | 45min | Captain William Spry Community Centre | 8 | 16-Jan | 00048896 | \$19.44 |

| | | | | | | | | | |
|-------------------------------|-------|---|---------|--------|--|----|--------|----------|------|
| YOUTH | | | | | | | | | |
| Rockingstone Open Gym - Youth | 12-15 | W | 7:30 PM | 1.5hrs | Rockingstone Heights Elementary School | 11 | 12-Jan | 00048867 | FREE |

SPRYFIELD/SAMBRO

| ADULT | | | | | | | | | |
|---------------------------------------|-----|----|----------|--------|--|----|--------|----------|---------|
| Card Making Workshop - Holiday | 18+ | Th | 6:00 PM | 3hrs | Captain William Spry Community Centre | 1 | 3-Feb | 00048927 | \$20.00 |
| Photography - Digital SLR Photography | 18+ | Th | 7:00 PM | 2hrs | Captain William Spry Community Centre | 8 | 13-Jan | 00048873 | \$68.08 |
| Badminton | 18+ | W | 7:30 PM | 2hrs | Herring Cove Junior High | 12 | 5-Jan | 00048865 | \$83.40 |
| Pickleball | 18+ | M | 6:00 PM | 2hrs | Central Spryfield Elementary School | 10 | 10-Jan | 00048845 | \$69.50 |
| Pickleball - Intermediate | 18+ | Tu | 6:30 PM | 2hrs | Rockingstone Heights Elementary School | 12 | 4-Jan | 00048854 | \$83.40 |
| Pickleball | 18+ | W | 6:00 PM | 1.5hrs | Central Spryfield Elementary School | 12 | 5-Jan | 00048861 | \$62.52 |
| Pickleball | 18+ | F | 6:30 PM | 2hrs | Rockingstone Heights Elementary School | 10 | 7-Jan | 00048876 | \$69.50 |
| Fitness - 55+ Fitness | 18+ | Tu | 10:00 AM | 1hr | Captain William Spry Community Centre | 13 | 4-Jan | 00048849 | \$55.38 |
| Fitness - 55+ Fitness | 18+ | Th | 10:00 AM | 1hr | Captain William Spry Community Centre | 13 | 6-Jan | 00048869 | \$55.38 |
| Fitness - Cardio Boot Camp | 18+ | Sa | 9:00 AM | 1hr | Captain William Spry Community Centre | 12 | 8-Jan | 00048884 | \$51.12 |
| Fitness - Cardio Boot Camp | 18+ | M | 6:00 PM | 1hr | Captain William Spry Community Centre | 12 | 3-Jan | 00048842 | \$51.12 |
| Fitness - Cardio Boot Camp | 18+ | Th | 6:00 PM | 1hr | Captain William Spry Community Centre | 13 | 6-Jan | 00048871 | \$55.38 |
| Fitness - Chair Fit Exercise | 18+ | Tu | 11:15 AM | 45min | Captain William Spry Community Centre | 13 | 4-Jan | 00048850 | \$41.47 |
| Fitness - Chair Fit Exercise | 18+ | Th | 11:15 AM | 45min | Captain William Spry Community Centre | 13 | 6-Jan | 00048870 | \$41.47 |
| Fitness - Pilates | 18+ | Tu | 7:30 PM | 1hr | Captain William Spry Community Centre | 8 | 11-Jan | 00048841 | \$44.08 |
| Fitness - Piloxing | 18+ | Su | 6:00 PM | 1hr | Captain William Spry Community Centre | 11 | 16-Jan | 00048897 | \$56.86 |
| Fitness - Step Class | 18+ | W | 6:30 PM | 1hr | Captain William Spry Community Centre | 13 | 5-Jan | 00048864 | \$55.38 |
| Fitness - Strength & Tone | 18+ | Tu | 6:00 PM | 1hr | Captain William Spry Community Centre | 13 | 4-Jan | 00048851 | \$55.38 |
| Fitness - Zumba Gold Class | 18+ | W | 9:30 AM | 1hr | Captain William Spry Community Centre | 11 | 19-Jan | 00048974 | \$55.00 |
| Fitness - Zumba Gold Class | 18+ | F | 9:30 AM | 1hr | Captain William Spry Community Centre | 11 | 14-Jan | 00048874 | \$55.00 |
| Fitness - Yamuna Body Rolling | 18+ | Tu | 9:15 AM | 1hr | Captain William Spry Community Centre | 8 | 11-Jan | 00049016 | \$44.08 |
| Yoga | 18+ | M | 7:15 PM | 1hr | Captain William Spry Community Centre | 12 | 3-Jan | 00048843 | \$59.64 |
| Yoga | 18+ | Th | 7:00 PM | 1hr | Captain William Spry Community Centre | 13 | 6-Jan | 00048872 | \$64.61 |
| Yoga | 18+ | Sa | 10:15 AM | 1hr | Captain William Spry Community Centre | 12 | 8-Jan | 00048885 | \$59.64 |