

SPRYFIELD/ SAMBRO

Captain William Spry Centre

16 Sussex Street

Phone: 902.477.POOL (7665) or 902.479.1111



Course Name	Age	Day	Start Time	Minutes	Course Location	Sessions	Course Code	Start Date	Cost
Preschool									
Dance/Music/Drama									
Dance - Ballet	3-4	Sat	11:45	45	Captain William Spry Community Centre	10	00003822	12-Jan-2019	\$30.00
Dance - Ballet	3-4	Sat	12:30	45	Captain William Spry Community Centre	10	00003823	12-Jan-2019	\$30.00
Dance - Intro to Dance	3-5	Sat	13:15	45	Captain William Spry Community Centre	10	00003824	12-Jan-2019	\$30.00
Sports									
Parent & Tot - Soccer	3-4	Mon	18:00	45	Central Spryfield Elementary School	8	00003829	21-Jan-2019	\$20.32
Parent & Tot - Basketball	3-4	Sat	10:00	45	Central Spryfield Elementary School	8	00003832	26-Jan-2019	\$20.32

Child									
Art									
Arts & Crafts - Tween Laugh & Craft	9-12	Wed	18:30	90	Captain William Spry Community Centre	8	00003815	23-Jan-2019	\$50.64
Dance/Music/Drama									
Dance - Hip Hop/Jazz	6-9	Sat	14:00	60	Captain William Spry Community Centre	10	00003825	12-Jan-2019	\$40.00
Fitness/ Wellness									
Fitness - Kids Zumba	3-6	Sat	16:00	45	Captain William Spry Community Centre	12	00003329	12-Jan-2019	\$29.28
Sports									
Basketball	6-8	Mon	19:00	60	Central Spryfield Elementary School	8	00003830	21-Jan-2019	\$27.12
Soccer	5-6	Sat	09:00	45	Central Spryfield Elementary School	8	00003831	26-Jan-2019	\$20.32
Camps									
March Break Camp - Age years	5-12	Mon	08:00	540	Captain William Spry Community Centre	5	00005631	18-Mar-2019	\$125.75

Course Name	Age	Day	Start Time	Minutes	Course Location	Sessions	Course Code	Start Date	Cost
Adult									
Fitness/ Wellness									
Fitness - 55 Fitness	18	Tue	10:00	60	Captain William Spry Community Centre	12	00003316	08-Jan-2019	\$51.12
Fitness - 55 Fitness	18	Thu	10:00	60	Captain William Spry Community Centre	12	00003321	10-Jan-2019	\$51.12
Fitness - Adult Zumba	18	Sat	10:00	60	Captain William Spry Community Centre	12	00005562	12-Jan-2019	\$60.00
Fitness - Adult Zumba	18	Mon	11:30	60	Captain William Spry Community Centre	10	00005564	14-Jan-2019	\$50.00
Fitness - Cardio Boot Camp	18	Thu	18:00	60	Captain William Spry Community Centre	12	00003324	10-Jan-2019	\$51.12
Fitness - Cardio Boot Camp	18	Sat	09:30	60	Captain William Spry Community Centre	12	00003327	12-Jan-2019	\$51.12
Fitness - Chair Fit Exercise	18	Tue	11:15	45	Captain William Spry Community Centre	12	00003317	08-Jan-2019	\$38.23
Fitness - Chair Fit Exercise	18	Thu	11:15	45	Captain William Spry Community Centre	12	00003322	10-Jan-2019	\$38.23
Fitness - DiscoFit	18	Mon	19:00	60	Captain William Spry Community Centre	11	00003314	07-Jan-2019	\$56.86
Fitness - Drum Fit	18	Mon	18:00	60	Captain William Spry Community Centre	11	00003313	07-Jan-2019	\$56.86
Fitness - Drum Fit	18	Fri	11:00	60	Captain William Spry Community Centre	12	00003325	11-Jan-2019	\$61.12
Fitness - Drum Fit	18	Wed	11:00	60	Captain William Spry Community Centre	12	00003328	09-Jan-2019	\$61.12
Fitness - Piloxing	18	Sun	18:00	60	Captain William Spry Community Centre	12	00003330	13-Jan-2019	\$61.12
Fitness - Piloxing	18	Thu	18:00	60	Captain William Spry Community Centre	11	00005567	17-Jan-2019	\$56.86
Fitness - Restorative Stretch	18	Mon	20:00	60	Captain William Spry Community Centre	11	00003315	07-Jan-2019	\$56.86
Fitness - Restorative Stretch	18	Wed	19:00	60	Captain William Spry Community Centre	12	00003320	09-Jan-2019	\$61.12
Fitness - Salsa Fit	18	Wed	18:00	60	Captain William Spry Community Centre	12	00003319	09-Jan-2019	\$61.12
Fitness - Strength & Tone	18	Tue	18:00	60	Captain William Spry Community Centre	12	00003318	08-Jan-2019	\$51.12
Fitness - Yamuna Body Rolling	18	Mon	06:45	60	Captain William Spry Community Centre	8	00003331	07-Jan-2019	\$44.08
Yoga	18	Thu	19:00	60	Captain William Spry Community Centre	12	00003323	10-Jan-2019	\$59.64
Photography - Digital SLR Photography	16	Thu	19:00	120	Captain William Spry Community Centre	8	00003835	24-Jan-2019	\$68.08
Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00005753	27-Jan-2019	\$12.76
Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00005754	03-Feb-2019	\$12.76
Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00005755	10-Feb-2019	\$12.76
Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00005756	17-Feb-2019	\$12.76
Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00005757	24-Feb-2019	\$12.76
Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00005758	03-Mar-2019	\$12.76
Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00005759	10-Mar-2019	\$12.76
Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00005760	17-Mar-2019	\$12.76
Sports									
Adult Badminton - Non-Instructional	18	Wed	19:30	120	Herring Cove Junior High	10	00003828	09-Jan-2019	\$69.50
Pickleball Adult/Senior- Non-Instructional	18	Wed	18:30	90	Central Spryfield Elementary School	11	00003827	09-Jan-2019	\$57.31

Drop In Programs - Winter 2019					
DROP IN NAME	AGES	DAY	TIME	LOCATION	COST
Youth After School Drop In	10-14 yrs	M, W, F	3:30-5:30pm	Capt Spry Centre	free
Rockingstone Drop In	7-16 yrs	Tues	6-9pm	Rockingstone Elem	free
Open Gym - Central Spry	all ages	Sat	1:30-3pm	Central Spry Elem	free