

# BEDFORD/ HAMMOND'S PLAINS

**LeBrun Centre**

36 Holland Avenue Phone: 902.490.4665

**Bedford-Hammonds Plains Community Centre**

202 Innovation Drive Phone: 902.490.4238



Program Name	Ages	Days	Start Time	Duration	Location	Classes	Code	Fee	Date
<b>Preschool</b>									
Creative Movement	3-4	Tu	4:30 PM	45m	Bedford Hammonds Plains Community Centre	10	00015343	\$30.00	24-Sep
Creative Movement	3-4	Tu	5:15 PM	45m	Bedford Hammonds Plains Community Centre	10	00015344	\$30.00	24-Sep
Creative Movement	3-4	Sa	10:30 AM	45m	Bedford Hammonds Plains Community Centre	10	00013958	\$30.00	28-Sep
Creative Movement	3-4	Sa	11:15 AM	45m	Bedford Hammonds Plains Community Centre	10	00013957	\$30.00	28-Sep
Dance - Intro to Dance	3-5	Sa	9:45 AM	45m	LeBrun Recreation Centre	10	00015513	\$30.00	21-Sep
Dance - Intro to dance	3-5	Sa	11:30 AM	45m	LeBrun Recreation Centre	10	00015514	\$30.00	21-Sep
Dance - Pre Ballet	3-5	M	5:45 PM	45m	LeBrun Recreation Centre	10	00015515	\$30.00	16-Sep
Dance - Pre Ballet	3-5	Sa	9:00 AM	45m	LeBrun Recreation Centre	10	00015511	\$30.00	21-Sep
Dance - Pre Ballet	3-5	Sa	12:30 PM	45m	LeBrun Recreation Centre	10	00015516	\$30.00	21-Sep
Dance Hip Hop	4-5	W	5:00 PM	45m	Bedford Hammonds Plains Community Centre	10	00015305	\$30.00	25-Sep
Parent & Tot - Gym time	1-4	Tu	9:30 AM	1h	Bedford Hammonds Plains Community Centre	13	00007846	\$32.11	17-Sep
Parent & Tot - Gym time	1-4	Tu	10:45 AM	1h	Bedford Hammonds Plains Community Centre	13	00007845	\$32.11	17-Sep
Parent & Tot - Playtime	18-36m	M	9:15 AM	2h	LeBrun Recreation Centre	13	00015538	\$80.08	16-Sep
Parent & Tot - Playtime	18-36m	W	9:15 AM	2h	LeBrun Recreation Centre	13	00015539	\$80.08	18-Sep
Parent & Tot - Playtime	18-36m	Fr	9:15 AM	2h	LeBrun Recreation Centre	13	00015540	\$80.08	20-Sep
Parent & Tot Yoga	1-4	Sa	9:30 AM	45m	Bedford Hammonds Plains Community Centre	11	00013606	\$26.73	21-Sep
Parent & Tot Yoga	1-4	Sa	11:15 AM	45m	Bedford Hammonds Plains Community Centre	11	00013604	\$26.73	21-Sep
Preschooler Play - ABC & Me	3-4	M/W/F	9:00 AM	2.5h	Bedford Hammonds Plains Community Centre	39	00007847	\$300.30	16-Sep
Preschooler Play - ABC & Me	3-4	Tu/Th	9:00 AM	2.5h	Bedford Hammonds Plains Community Centre	26	00007848	\$200.20	17-Sep
Preschooler Play - ABC & Me	3-5	Tu/Th	9:00 AM	2.5h	LeBrun Recreation Centre	26	00015542	\$200.20	17-Sep

Program Name	Ages	Days	Start Time	Duration	Location	Classes	Code	Fee	Start Date
Preschooler Play - Nature Walks	3-5	W	12:30 PM	1.5h	LeBrun Recreation Centre	13	00015541	\$64.22	18-Sep
Basketball - Active Start	4-5	Fr	5:00 PM	30m	Bedford Hammonds Plains Community Centre	10	00013962	\$16.90	20-Sep
Basketball - Active Start	4-5	Fr	5:30 PM	30m	Bedford Hammonds Plains Community Centre	10	00013963	\$16.90	20-Sep
Soccer - Active Start	3-5	Th	5:00 PM	45m	Basinview Drive Community Elementary School	9	00015546	\$20.79	19-Sep
Soccer - Active Start	3-4	M	4:00 PM	30m	Bedford Hammonds Plains Community Centre	10	00015355	\$16.90	16-Sep
Soccer - Active Start	3-5	M	4:30 PM	30m	Bedford Hammonds Plains Community Centre	10	00015357	\$16.90	16-Sep
Soccer - Active Start	3-4	Sa	9:00 AM	30m	LeBrun Recreation Centre	10	00015544	\$21.00	21-Sep
Soccer - Active Start	3-4	Sa	9:30 AM	30m	LeBrun Recreation Centre	10	00015543	\$21.00	21-Sep
Tumblebugs	4-5	Su	12:00 PM	45m	Bedford Hammonds Plains Community Centre	12	00013621	\$33.24	22-Sep
Tumblebugs	3-4	Su	1:00 PM	45m	Bedford Hammonds Plains Community Centre	12	00013622	\$33.24	22-Sep
Tumblebugs	4-5	Su	2:00 PM	45m	Bedford Hammonds Plains Community Centre	12	00013620	\$33.24	22-Sep
Tumblebugs	3-4	Su	3:00 PM	45m	Bedford Hammonds Plains Community Centre	12	00013623	\$33.24	22-Sep
Zumba - Zumba Kids Jr	4-6	M	5:15 PM	45m	LeBrun Recreation Centre	10	00015554	\$24.40	16-Sep

CHILD									
Arts & Crafts	5-8	Tu	6:15 PM	45m	LeBrun Recreation Centre	10	00015498	\$31.00	17-Sep
Arts & Crafts - Art program	6-8	W	5:00 PM	1h	Bedford Hammonds Plains Community Centre	10	00007794	\$33.90	25-Sep
Arts & Crafts - Art program	8-9	W	6:00 PM	1h	Bedford Hammonds Plains Community Centre	10	00015360	\$33.90	25-Sep
Arts & Crafts - Art program	9-12	W	7:00 PM	1h	Bedford Hammonds Plains Community Centre	10	00007795	\$33.90	25-Sep
Sketch & Draw	8-11	Sa	10:00 AM	1h	LeBrun Recreation Centre	10	00015501	\$42.00	21-Sep
Sketch & Draw	8-11	Sa	11:00 AM	1h	LeBrun Recreation Centre	10	00015500	\$42.00	21-Sep
Dance - Highland Dance	5-7	M	6:00 PM	1h	LeBrun Recreation Centre	10	00015518	\$40.00	16-Sep
Dance - Highland Dance	8-10	M	7:00 PM	1h	LeBrun Recreation Centre	10	00015555	\$27.70	16-Sep
Dance - Hip Hop	5-6	W	6:00 PM	1h	Bedford Hammonds Plains Community Centre	10	00015306	\$40.00	25-Sep
Dance - Hip Hop	7-9	W	7:00 PM	1h	Bedford Hammonds Plains Community Centre	10	00015307	\$40.00	25-Sep
Dance - Hip Hop	5-7	Th	5:00 PM	1h	LeBrun Recreation Centre	10	00015519	\$50.00	19-Sep
Dance - Hip Hop	8-11	Th	6:00 PM	1h	LeBrun Recreation Centre	10	00015523	\$50.00	19-Sep
Dance - Intro Ballet	5-7	Sa	10:30 AM	1h	LeBrun Recreation Centre	10	00015521	\$37.00	21-Sep
Day Camp - Inservice	4-11	Th	8:00 AM	9h	Bedford Hammonds Plains Community Centre	1	00015835	\$21.15	28-Nov
Day Camp - Inservice	4-11	Fr	8:00 AM	9h	Bedford Hammonds Plains Community Centre	1	00013972	\$21.15	27-Sep
Day Camp - Inservice	4-11	Fr	8:00 AM	9h	Bedford Hammonds Plains Community Centre	1	00013973	\$21.15	25-Oct
Drama - Discover Drama	8-10	M	6:30 PM	1h	LeBrun Recreation Centre	10	00015524	\$37.00	16-Sep
Badminton	9-12	W	5:00 PM	1.5h	Bedford Hammonds Plains Community Centre	12	00015362	\$60.96	18-Sep
Basketball	8-10	Th	4:00 PM	1h	Bedford Hammonds Plains Community Centre	12	00015289	\$40.68	19-Sep
Basketball - Jr. NBA	5-7	Th	5:00 PM	1h	Bedford Hammonds Plains Community Centre	13	00013614	\$44.07	12-Sep

Program Name	Ages	Days	Start Time	Duration	Location	Classes	Code	Fee	Start Date
Basketball - Jr. NBA	5-7	Tu	5:00 PM	1h	Bedford Hammonds Plains Community Centre	12	00013618	\$40.68	17-Sep
Basketball - Jr. NBA	5-7	Sa	5:00 PM	1h	Bedford Hammonds Plains Community Centre	12	00015119	\$40.68	21-Sep
Basketball - Jr. NBA for Girls	5-7	Th	5:00 PM	1h	Bedford Hammonds Plains Community Centre	13	00013615	\$44.07	12-Sep
Basketball - Jr. NBA	5-7	Sa	11:00 AM	1h	LeBrun Recreation Centre	10	00015504	\$34.00	21-Sep
Basketball - Jr. NBA	8-10	Sa	12:00 PM	1h	LeBrun Recreation Centre	10	00015507	\$34.00	21-Sep
Basketball - Jr. NBA	5-7	Sa	1:00 PM	1h	LeBrun Recreation Centre	10	00015506	\$34.00	21-Sep
Floor Hockey	5-7	W	5:00 PM	1h	LeBrun Recreation Centre	10	00015535	\$42.00	18-Sep
Floor Hockey	8-11	W	6:00 PM	1h	LeBrun Recreation Centre	10	00015536	\$42.00	18-Sep
Martial Arts - Tae Kwon Do	6-11	M	6:00 PM	1h	Basinview Drive Community Elementary School	10	00015537	\$37.00	16-Sep
Multi Sport - Grades P &1	4-6	Tu	5:00 PM	1h	Bedford Hammonds Plains Community Centre	12	00015346	\$40.68	17-Sep
Run, Jump, Throw & Wheel	5-7	Sa	6:00 PM	1h	Bedford Hammonds Plains Community Centre	10	00015836	\$33.90	28-Sep
Zumba Kids	7-11	M	6:15 PM	45m	LeBrun Recreation Centre	10	00016288	\$24.20	16-Sep
Learn to Sledge, Easter Seals	4-15	Sa	10:00 AM	1h	BMO Centre	13	00015560	\$36.00	21-Sep
Soccer	6-8	Th	6:00 PM	1h	Basinview Drive Community Elementary School	9	00015548	\$30.51	19-Sep
Soccer	9-11	Th	7:00 PM	1h	Basinview Drive Community Elementary School	9	00015549	\$30.51	19-Sep
Soccer	5-7	Sa	10:00 AM	1h	LeBrun Recreation Centre	10	00015547	\$33.90	21-Sep
Soccer - Kicks for kids	5-7	M	5:00 PM	1h	Bedford Hammonds Plains Community Centre	10	00015358	\$33.90	16-Sep
Volleyball	6-8	Tu	6:00 PM	1h	Bedford Hammonds Plains Community Centre	12	00015348	\$40.68	17-Sep
Volleyball	9-12	Tu	7:00 PM	1h	Bedford Hammonds Plains Community Centre	12	00015349	\$40.68	17-Sep
Yoga	6-12	M	4:45 PM	1h	Bedford Hammonds Plains Community Centre	11	00013593	\$35.64	16-Sep
Yoga - Parent & Child	5-8	Sa	10:15 AM	1h	Bedford Hammonds Plains Community Centre	11	00013605	\$35.64	21-Sep

YOUTH									
Babysitter's Training	11-14	Sa	9:00 AM	7h	LeBrun Recreation Centre	1	00015558	\$37.00	2-Nov
Badminton	12-17	W	6:30 PM	1.5h	Bedford Hammonds Plains Community Centre	12	00015363	\$60.96	18-Sep
Comics & Visual Arts	12-15	Sa	12:00 PM	2h	LeBrun Recreation Centre	10	00015496	\$84.00	21-Sep
Dance - Hip Hop	12-15	Th	7:00 PM	1h	LeBrun Recreation Centre	10	00015508	\$50.00	19-Sep
Floor Hockey	12-15	W	7:00 PM	1h	LeBrun Recreation Centre	10	00016285	\$42.00	18-Sep
Yoga	12-18	M	3:40 PM	1h	Bedford Hammonds Plains Community Centre	11	00013592	\$35.64	16-Sep
Zumba	12-18	Fr	6:00 PM	1h	LeBrun Recreation Centre	10	00015557	\$32.60	20-Sep

ADULT									
Arts & Crafts - Acrylic Painting	16+	Tu	7:00 PM	2h	Bedford Hammonds Plains Community Centre	10	00015352	\$102.35	24-Sep
Arts & Crafts - Acrylic Painting	16+	Th	7:00 PM	2h	Bedford Hammonds Plains Community Centre	10	00013955	\$102.35	26-Sep
Arts & Crafts - Acrylic Painting	16+	Th	1:00pm	2h	Bedford Hammonds Plains Community Centre	10	00007797	\$102.35	26-Sep
Arts & Crafts - Drawing	16+	W	1:00 PM	2h	Bedford Hammonds Plains Community Centre	10	00015367	\$102.35	25-Sep

Program Name	Ages	Days	Start Time	Duration	Location	Classes	Code	Fee	Start Date
Arts & Crafts - Mixed Media	18+	Tu	9:30 AM	2.5h	Bedford Hammonds Plains Community Centre	10	00007792	\$106.40	24-Sep
Arts & Crafts - Sketch and Draw	18+	Tu	7:00 PM	2h	LeBrun Recreation Centre	10	00015495	\$85.10	17-Sep
Arts & Crafts - Watercolours	18+	W	10:00 AM	2h	Bedford Hammonds Plains Community Centre	10	00013677	\$102.35	25-Sep
Arts & Crafts - Watercolours	18+	Fr	1:00pm	2h	Bedford Hammonds Plains Community Centre	10	00007796	\$102.35	27-Sep
Fitness - Active Seniors	53+	M	1:00 PM	1h	Bedford Hammonds Plains Community Centre	11	00013591	\$46.86	16-Sep
Fitness - Active Seniors	53+	Th	1:00 PM	1h	Bedford Hammonds Plains Community Centre	11	00013602	\$46.86	19-Sep
Fitness - Boot Camp	16+	M	6:00 PM	1h	Bedford Hammonds Plains Community Centre	11	00013597	\$54.67	16-Sep
Fitness - Boot Camp	16+	W	6:30 PM	1h	Bedford Hammonds Plains Community Centre	11	00013599	\$54.67	18-Sep
Fitness - Ladies Fit Club	18+	Tu/Th	9:30 AM	2h	LeBrun Recreation Centre	24	00015563	\$102.24	17-Sep
Fitness - Ladies Fit Club	18+	Tu	9:30 AM	2h	LeBrun Recreation Centre	13	00015564	\$55.38	17-Sep
Fitness - Ladies Fit Club	18+	Th	9:30 AM	2h	LeBrun Recreation Centre	13	00015565	\$55.38	19-Sep
Fitness - Mom & Baby	18+	Th	1:30 PM	1h	Bedford Hammonds Plains Community Centre	10	000	\$50.00	03-Oct
Fitness - Strong by Zumba	16+	Tu	6:15 PM	45m	Bedford Hammonds Plains Community Centre	11	00013595	\$55.00	17-Sep
Fitness - Strong Express by Zumba	16+	M	12:10 PM	30m	Bedford Hammonds Plains Community Centre	11	00013590	\$23.43	16-Sep
Fitness - Tai Chi	16+	Th	7:00 PM	1.5h	Bedford Hammonds Plains Community Centre	12	00015292	\$63.72	19-Sep
Fitness - Zumba	18+	M	9:30 AM	1h	Bedford Hammonds Plains Community Centre	11	00013589	\$55.00	16-Sep
Fitness - Zumba	16+	Tu	7:15 PM	1h	Bedford Hammonds Plains Community Centre	11	00013594	\$55.00	17-Sep
Fitness - Zumba	16+	Th	7:00 PM	1h	Bedford Hammonds Plains Community Centre	12	00013603	\$60.00	19-Sep
Fitness - Zumba	18+	Fr	9:30 AM	1h	Bedford Hammonds Plains Community Centre	11	00013600	\$55.00	20-Sep
Fitness - Zumba	18+	M	7:15 PM	1h	LeBrun Recreation Centre	10	00015531	\$50.00	16-Sep
Fitness - Zumba	18+	Tu	6:00 PM	1h	LeBrun Recreation Centre	10	00015556	\$50.00	17-Sep
Fitness - Zumba	18+	W	6:30 PM	1h	LeBrun Recreation Centre	10	00015533	\$50.00	18-Sep
Nordic Walking	18+	Tu	10:00 AM	1h	Bedford Hammonds Plains Community Centre	14	00013609	Free	10-Sep
Nordic Walking	18+	Th	10:00 AM	1h	Bedford Hammonds Plains Community Centre	14	00013607	Free	12-Sep
Photography - Digital Photography	16+	W	7:00 PM	2h	Bedford Hammonds Plains Community Centre	8	00015365	\$68.08	2-Oct
Photography - Photoshop	16+	M	7:00 PM	2h	Bedford Hammonds Plains Community Centre	8	00013608	\$68.08	30-Sep
Basketball - Men's	18+	M	8:00 PM	2h	Basinview Drive Community Elementary School	10	00015561	\$71.00	16-Sep
Basketball - Men's	18+	Tu	8:00 PM	2h	Basinview Drive Community Elementary School	10	00015562	\$71.00	17-Sep
Pickleball	18+	Tu	1:00 PM	2h	Bedford Hammonds Plains Community Centre	14	00015359	\$97.30	10-Sep
Pickleball	18+	Fr	9:30 AM	2h	Bedford Hammonds Plains Community Centre	13	00013616	\$90.35	13-Sep
Pickleball	18+	Fr	1:00 PM	2h	Bedford Hammonds Plains Community Centre	13	00015118	\$90.35	13-Sep
Pilates	18+	Tu	6:00 PM	1h	Bedford Hammonds Plains Community Centre	12	00013965	\$51.12	17-Sep
Pilates	18+	W	6:15 PM	1h	Bedford Hammonds Plains Community Centre	12	00013966	\$51.12	18-Sep
Tai Chi	18+	M	9:00 AM	1.5h	LeBrun Recreation Centre	10	00015526	\$66.00	16-Sep
Tai Chi	18+	M/Th	9:00 AM	1.5h	LeBrun Recreation Centre	20	00015528	\$132.00	16-Sep
Tai Chi	18+	M	9:00 AM	1.5h	LeBrun Recreation Centre	10	00015530	\$66.00	19-Sep

Program Name	Ages	Days	Start Time	Duration	Location	Classes	Code	Fee	Start Date
Yoga	16+	M	7:00 PM	1.5h	Bedford Hammonds Plains Community Centre	11	00013598	\$81.95	16-Sep
Yoga	16+	Th	6:30 PM	1h	Bedford Hammonds Plains Community Centre	12	00013601	\$59.64	19-Sep
Yoga	18+	Tu	9:00 AM	1.5h	LeBrun Recreation Centre	10	00015550	\$90.00	17-Sep
Yoga	18+	Tu	10:30 AM	1.5h	LeBrun Recreation Centre	10	00015551	\$90.00	17-Sep
Yoga	18+	Tu	7:00 PM	1.5h	LeBrun Recreation Centre	10	00015552	\$90.00	17-Sep
Yoga	18+	Th	6:30 PM	1h15m	LeBrun Recreation Centre	10	00015553	\$80.00	19-Sep
Yoga - Chair yoga	16+	Tu	2:00 PM	1h	Bedford Hammonds Plains Community Centre	12	00013596	\$59.64	17-Sep
Yoga - Chair yoga	16+	Fr	11:00 AM	1h	Bedford Hammonds Plains Community Centre	12	00013679	\$59.64	27-Sep
Yoga for Veterans	18+	Su	1:00 PM	1h	Bedford Hammonds Plains Community Centre	12	00015117	Free	22-Sep
Yoga - Intermediate	16+	Th	7:30 PM	1h	Bedford Hammonds Plains Community Centre	12	00013964	\$59.64	19-Sep
Gentle Yoga	16+	W	9:15 AM	75m	LeBrun Recreation Centre	10	00016289	\$62.00	18-Sep
Pilates	16+	W	11 AM	1h	LeBrun Recreation Centre	10	00016293	\$50.00	18-Sep

## DROP INS

Program Name	Ages		Start Time	Duration	Location	Start Date	Cost
Child open gym	4-11	M	3:30 PM	1.5h	BHPCC gym	16-Sep	free
Child open gym	4-11	W	3:30 PM	1.5h	BHPCC gym	18-Sep	free
Child open gym	4-11	Fr	3:30 PM	1.5h	BHPCC gym	20-Sep	free
Youth open gym	12-17	Tu	3:30 PM	1.5h	BHPCC gym	17-Sep	free
Youth open gym	12-17	Th	3:30 PM	1.5h	BHPCC gym	19-Sep	free
Youth meditation	14-18	Tu	11:55 AM	45m	BHPCC fit st.	17-Sep	free
Youth meditation	14-18	Th	11:55 AM	45m	BHPCC fit st.	19-Sep	free
Seniors open gym (pickleball)	55+	W	9:30 AM	2h	BHPCC gym	4-Sep	free
Pickleball lessons	55+	W	8:30 AM	1h	BHPCC gym	4-Sep	free
Youth lunch time drop in	14-18	M	11:55 AM	45m	BHPCC Y&S	16-Sep	free
Youth lunch time drop in	14-18	Tu	12:55 PM	45m	BHPCC Y&S	17-Sep	free
Youth lunch time drop in	14-18	W	1:55 PM	45m	BHPCC Y&S	18-Sep	free
Youth lunch time drop in	14-18	Th	2:55 PM	45m	BHPCC Y&S	19-Sep	free
Youth lunch time drop in	14-18	Fr	3:55 PM	45m	BHPCC Y&S	20-Sep	free
Parent & Tot drop in	12m & up	Th	9:00 AM	2.5h	BHPCC gym	19-Sep	free
Indoor walking	18+	M	11:55 AM	45m	BHPCC gym	16-Sep	free
Indoor walking	18+	Tu	12:55 PM	45m	BHPCC gym	17-Sep	free
Indoor walking	18+	W	1:55 PM	45m	BHPCC gym	18-Sep	free
Indoor walking	18+	Th	2:55 PM	45m	BHPCC gym	19-Sep	free
Indoor walking	18+	Fr	3:55 PM	45m	BHPCC gym	20-Sep	free
Open Gym	Family	Fr	7:00 PM	2h	LeBrun Centre	20-Sep	Free
Open Gym	Family	Su	2:00 PM	2h	LeBrun Centre	22-Sep	Free