

# 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



Course Name	Age	Day	Time	Sessions	Course Location	Classes	Course Code	Cost	Date
<b>Preschool</b>									
Gymnastics - Tumblebugs	3-4	Sun	15:00	45	Bedford Hammonds Plains Community Centre	8	00007869	\$22.16	14-Apr-2019
Gymnastics - Tumblebugs	3-4	Sun	13:00	45	Bedford Hammonds Plains Community Centre	8	00007866	\$22.16	14-Apr-2019
Gymnastics - Tumblebugs	4-5	Sun	12:00	45	Bedford Hammonds Plains Community Centre	8	00007865	\$22.16	14-Apr-2019
Dance - Creative Movement	3-4	Tue	16:30	45	Bedford Hammonds Plains Community Centre	8	00007809	\$24.00	09-Apr-2019
Dance - Creative Movement	3-4	Tue	17:15	45	Bedford Hammonds Plains Community Centre	8	00007810	\$24.00	09-Apr-2019
Dance - Creative Movement	3-4	Sat	11:15	45	Bedford Hammonds Plains Community Centre	8	00007814	\$24.00	13-Apr-2019
Dance - Creative Movement	4-5	Sat	10:15	45	Bedford Hammonds Plains Community Centre	8	00008957	\$24.00	13-Apr-2019
Dance - Hip Hop	4-5	Thu	16:00	45	Bedford Hammonds Plains Community Centre	8	00007812	\$24.00	11-Apr-2019
Parent & Tot - Yoga	1-4	Sat	11:15	45	Bedford Hammonds Plains Community Centre	10	00007838	\$24.30	13-Apr-2019
Parent & Tot - Yoga	1-4	Sat	9:30	45	Bedford Hammonds Plains Community Centre	10	00007839	\$24.30	13-Apr-2019
Parent & Tot - Gym Time	1-4	Tue	9:30	60	Bedford Hammonds Plains Community Centre	10	00007846	\$24.70	09-Apr-2019
Parent & Tot - Gym Time	1-4	Tue	10:45	60	Bedford Hammonds Plains Community Centre	10	00007845	\$24.70	09-Apr-2019
Preschooler Play - ABC & Me	3-4	Mon	9:00	150	Bedford Hammonds Plains Community Centre	30	00007847	\$231.00	08-Apr-2019
Preschooler Play - ABC & Me	3-4	Tu/Th	9:00	150	Bedford Hammonds Plains Community Centre	20	00007848	\$154.00	09-Apr-2019
Basketball	4-5	Fri	17:00	30	Bedford Hammonds Plains Community Centre	8	00007863	\$13.52	12-Apr-2019
Basketball	4-5	Fri	17:30	30	Bedford Hammonds Plains Community Centre	8	00007864	\$13.52	12-Apr-2019
Soccer	3-4	Mon	16:00	30	Bedford Hammonds Plains Community Centre	8	00007852	\$13.52	08-Apr-2019
Soccer	3-5	Mon	16:30	30	Bedford Hammonds Plains Community Centre	8	00007853	\$13.52	08-Apr-2019
Dance - Pre Ballet	3-5	Sat	9:00	45	LeBrun Recreation Centre	8	00007363	\$30.00	13-Apr-2019
Dance - Intro to Dance	3-5	Sat	9:45	45	LeBrun Recreation Centre	8	00007364	\$30.00	13-Apr-2019
Dance - Intro to dance	3-5	Sat	11:30	45	LeBrun Recreation Centre	8	00007366	\$30.00	13-Apr-2019

Dance - Pre Ballet	3-5	Mon	5:45	45	LeBrun Recreation Centre	8	00007359	\$30.00	08-Apr-2019
Dance - Pre Ballet	3-5	Sat	12:30	45	LeBrun Recreation Centre	8	00007367	\$30.00	13-Apr-2019
Parent & Tot - Playtime	1-3	Mon	9:15	120	LeBrun Recreation Centre	8	00007388	\$61.60	08-Apr-2019
Parent & Tot - Playtime	1-3	Fri	9:15	120	LeBrun Recreation Centre	8	00005195	\$61.60	12-Apr-2019
Parent & Tot - Playtime	1-3	Wed	9:15	120	LeBrun Recreation Centre	8	00007389	\$61.60	10-Apr-2019
Preschooler Play	3-5	Wed	12:30	105	LeBrun Recreation Centre	8	00005194	\$49.40	10-Apr-2019
Preschooler Play - ABC & Me	3-5	Tu/Th	9:15	120	LeBrun Recreation Centre	16	00007387	\$204.80	09-Apr-2019
Soccer	3-5	Thu	17:00	45	LeBrun Recreation Centre	8	00005196	\$23.10	11-Apr-2019
Soccer - Little Kickers	3-4	Sat	9:30	30	Basinview Drive Community Elementary School	8	00007932	\$16.90	13-Apr-2019
Soccer - Little Kickers	3-4	Sat	9:00	30	Basinview Drive Community Elementary School	8	00007933	\$16.90	13-Apr-2019

## Child

Arts & Crafts	6-7	Wed	17:00	60	Bedford Hammonds Plains Community Centre	10	00007793	\$33.90	10-Apr-2019
Arts & Crafts	8-9	Wed	18:00	60	Bedford Hammonds Plains Community Centre	10	00007794	\$33.90	10-Apr-2019
Arts & Crafts	9-12	Wed	19:00	60	Bedford Hammonds Plains Community Centre	10	00007795	\$33.90	10-Apr-2019
Dance - Hip Hop	5-6	Thu	17:00	60	Bedford Hammonds Plains Community Centre	8	00007813	\$32.00	11-Apr-2019
Dance - Hip Hop	7-9	Thu	18:00	60	Bedford Hammonds Plains Community Centre	8	00007811	\$32.00	11-Apr-2019
Yoga Parent & Child	5-8	Sat	10:15	60	Bedford Hammonds Plains Community Centre	10	00007840	\$32.40	13-Apr-2019
Yoga	6-12	Mon	16:45	60	Bedford Hammonds Plains Community Centre	10	00007831	\$32.40	08-Apr-2019
Cooking - Kids Cooking	8-10	Wed	17:00	120	Bedford Hammonds Plains Community Centre	8	00007843	\$59.20	10-Apr-2019
Badminton	9-12	Wed	17:00	90	Bedford Hammonds Plains Community Centre	8	00007859	\$40.64	10-Apr-2019
Basketball - Jr. NBA	5-7	Thu	17:00	60	Bedford Hammonds Plains Community Centre	12	00007850	\$45.68	04-Apr-2019
Basketball - Jr. NBA	5-7	Tue	17:00	60	Bedford Hammonds Plains Community Centre	12	00007856	\$45.68	09-Apr-2019
Basketball - Jr. NBA for girls	5-7	Tues	17:00	60	Bedford Hammonds Plains Community Centre	12	00008955	\$45.68	11-Apr-2019
Basketball	8-10	Thu	16:00	60	Bedford Hammonds Plains Community Centre	8	00007861	\$27.12	11-Apr-2019
Soccer - Kicks for kids	4-7	Mon	17:00	60	Bedford Hammonds Plains Community Centre	8	00007854	\$27.12	08-Apr-2019
Bedford Multi-Sport	5-7	Tue	17:00	60	Bedford Hammonds Plains Community Centre	8	00007858	\$27.12	09-Apr-2019
Volleyball	6-8	Tue	18:00	60	Bedford Hammonds Plains Community Centre	8	00007855	\$27.12	09-Apr-2019
Volleyball	9-12	Tue	19:00	60	Bedford Hammonds Plains Community Centre	8	00007857	\$27.12	09-Apr-2019
Dance - Intro Ballet	5-7	Sat	10:30	60	LeBrun Recreation Centre	8	00007365	\$37.00	13-Apr-2019
Drama - Discover Drama	8-10	Mon	18:30	60	LeBrun Recreation Centre	8	00007361	\$37.00	08-Apr-2019
Arts & Crafts	5-8	Tue	6:15	45	LeBrun Recreation Centre	8	00007938	\$25.40	09-Apr-2019
Arts & Crafts s - Sketch & Draw	8-11	Sat	11:00	60	LeBrun Recreation Centre	8	00007939	\$33.90	13-Apr-2019
Dance - Hip Hop	5-7	Thu	17:00	60	LeBrun Recreation Centre	8	00007360	\$40.00	11-Apr-2019
Dance - Hip Hop	8-11	Thu	18:00	60	LeBrun Recreation Centre	8	00007362	\$40.00	11-Apr-2019
Basketball - Mini Basketball	5-7	Sat	11:00	60	LeBrun Recreation Centre	8	00007935	\$33.90	13-Apr-2019

Basketball - Mini Basketball	5-7	Sat	13:00	60	LeBrun Recreation Centre	8	00007937	\$33.90	13-Apr-2019
Basketball - Mini Basketball	8-10	Sat	12:00	60	LeBrun Recreation Centre	8	00007936	\$33.90	13-Apr-2019
Floor Hockey	5-7	Wed	17:00	60	LeBrun Recreation Centre	8	00007927	\$33.90	10-Apr-2019
Floor Hockey	8-11	Wed	18:00	60	LeBrun Recreation Centre	8	00007928	\$33.90	10-Apr-2019
Soccer	5-7	Sat	10:00	60	LeBrun Recreation Centre	8	00007934	\$33.90	13-Apr-2019
Zumba Kids Jr.	4-6	M	17:15	45	LeBrun Recreation Centre	8	00009122	\$24.00	8-Apr-2019
Zumba Kids	7-11	M	18:15	45	LeBrun Recreation Centre	8	00009123	\$24.00	8-Apr-2019
Highland Dance	5-7	M	18:00	60	LeBrun Recreation Centre	8	00009665	\$32.00	8-Apr-2019
Highland Dance	8-10	M	19:00	60	LeBrun Recreation Centre	8	00009666	\$32.00	8-Apr-2019
Tae Kwon Do	6-11	M	18:00	60	Basinview Drive Community Elementary School	8	00009708	\$30.00	8-Apr-2019
Highland Dance	8-10	M	19:00	60	LeBrun Recreation Centre	8	00009666	\$32.00	8-Apr-2019
Soccer	6-8	Th	18:00	60	LeBrun Recreation Centre	8	00009680	\$28.00	11-Apr-2019
Soccer	9-11	Th	19:00	60	LeBrun Recreation Centre	8	00009681	\$28.00	11-Apr-2019
Sketch & Draw	8-11	Sa	10:00	60	LeBrun Recreation Centre	8	00009156	\$27.12	12-Apr-2019

Youth									
Yoga	12-18	Mon	15:40	60	Bedford Hammonds Plains Community Centre	10	00007825	\$32.40	08-Apr-2019
Badminton	12-17	Wed	18:30	90	Bedford Hammonds Plains Community Centre	8	00007860	\$40.64	10-Apr-2019
Arts & Crafts - Comics & Visual Arts	12-15	Sat	12:00	120	LeBrun Recreation Centre	8	00007940	\$67.80	13-Apr-2019
Floor Hockey	12-15	Wed	19:00	60	LeBrun Recreation Centre	8	00007930	\$33.90	10-Apr-2019
Hip Hop	12-15	Th	19:00	60	LeBrun Recreation Centre	8	00009150	\$32.00	11-Apr-2019
Zumba	12-15	F	18:00	60	LeBrun Recreation Centre	8	00009145	\$24.00	11-Apr-2019

Adult									
Arts & Crafts - Acrylic Painting	16	Sun	18:00	120	Bedford Hammonds Plains Community Centre	10	00007790	\$96.60	07-Apr-2019
Arts & Crafts - Acrylic Painting	16	Mon	19:00	120	Bedford Hammonds Plains Community Centre	10	00007791	\$96.60	08-Apr-2019
Arts & Crafts - Acrylic Painting	16	Thu	13:00	120	Bedford Hammonds Plains Community Centre	10	00007797	\$96.60	11-Apr-2019
Arts & Crafts - Mixed Media Painting	18	Tue	9:30	150	Bedford Hammonds Plains Community Centre	10	00007792	\$106.38	09-Apr-2019
Arts & Crafts - Watercolours	18	Fri	13:00	120	Bedford Hammonds Plains Community Centre	10	00007796	\$96.60	12-Apr-2019
Photography – Digital Photography	16+	Wed	19:00	120	Bedford Hammonds Plains Community Centre	10	00008941	\$85.10	12-Apr-2019
Photography – Photoshop	16+	Mon	19:00	120	Bedford Hammonds Plains Community Centre	10	00008956	\$85.10	10-Apr-2019
Fitness - Active Seniors	53	Mon	13:00	60	Bedford Hammonds Plains Community Centre	10	00007823	\$42.55	08-Apr-2019
Fitness - Active Seniors	53	Thu	14:00	60	Bedford Hammonds Plains Community Centre	10	00007835	\$42.55	11-Apr-2019
Fitness - Boot Camp	16	Mon	18:00	60	Bedford Hammonds Plains Community Centre	10	00007827	\$49.68	08-Apr-2019
Fitness - Boot Camp	16	Wed	18:30	60	Bedford Hammonds Plains Community Centre	10	00007832	\$49.68	10-Apr-2019
Fitness - Strong by Zumba	16	Tue	18:15	60	Bedford Hammonds Plains Community Centre	10	00007830	\$50.03	09-Apr-2019

Fitness - Strong Express by Zumba	16	Mon	12:10	30	Bedford Hammonds Plains Community Centre	10	00007826	\$21.28	08-Apr-2019
Fitness - Zumba	18	Mon	9:30	60	Bedford Hammonds Plains Community Centre	10	00007822	\$50.03	08-Apr-2019
Fitness - Zumba	16	Tue	19:15	60	Bedford Hammonds Plains Community Centre	10	00007833	\$50.03	09-Apr-2019
Fitness - Zumba	16	Thu	19:00	60	Bedford Hammonds Plains Community Centre	10	00007834	\$50.03	11-Apr-2019
Fitness - Zumba	18	Fri	9:30	60	Bedford Hammonds Plains Community Centre	10	00007837	\$50.03	12-Apr-2019
Fitness - Zumba Gold	18	Mon	10:45	45	Bedford Hammonds Plains Community Centre	10	00007824	\$50.03	08-Apr-2019
Yoga	16	Mon	19:00	90	Bedford Hammonds Plains Community Centre	10	00007828	\$74.52	08-Apr-2019
Yoga	16	Thu	19:00	90	Bedford Hammonds Plains Community Centre	10	00007836	\$74.52	11-Apr-2019
Yoga - Chair yoga	16	Tue	14:00	60	Bedford Hammonds Plains Community Centre	10	00007829	\$49.68	09-Apr-2019
Nordic Walking	18	Tue	10:00	60	Bedford Hammonds Plains Community Centre	8	00007841	\$0.00	09-Apr-2019
Nordic Walking	18	Thu	10:00	60	Bedford Hammonds Plains Community Centre	8	00007844	\$0.00	11-Apr-2019
Fitness - Tai Chi	16	Thu	19:00	90	Bedford Hammonds Plains Community Centre	8	00007862	\$42.50	11-Apr-2019
Pickleball	18	Fri	9:30	120	Bedford Hammonds Plains Community Centre	9	00007851	\$62.51	05-Apr-2019
Fitness - Tai Chi	18	Mon	9:00	90	LeBrun Recreation Centre	8	00007926	\$53.13	08-Apr-2019
Fitness - Tai Chi	18	Mon	9:00	90	LeBrun Recreation Centre	16	00007929	\$100.00	08-Apr-2019
Fitness - Tai Chi	18	Thu	9:00	90	LeBrun Recreation Centre	8	00007931	\$53.13	11-Apr-2019
Zumba	18+	Tu	18:00	60	LeBrun Recreation Centre	8	00009143	\$40.00	9-Apr-2019
Zumba	18+	W	18:30	60	LeBrun Recreation Centre	8	00009148	\$40.00	10-Apr-2019
Hatha Yoga	18+	T	9:00	90	LeBrun Recreation Centre	8	00009140	\$75.00	9-Apr-2019
Hatha Yoga	18+	T	10:30	90	LeBrun Recreation Centre	8	00009142	\$75.00	9-Apr-2019
Hatha Yoga	18+	T	19:00	90	LeBrun Recreation Centre	8	00009146	\$75.00	9-Apr-2019
Yoga	18+	Th	18:30	75	LeBrun Recreation Centre	8	00009151	\$75.00	11-Apr-2019
Sketch & Draw	18+	T	19:00	120	LeBrun Recreation Centre	8	00009144	\$68.08	9-Apr-2019

Drop In Programs						
PROGRAM NAME	AGES	DAY	TIME	LOCATION	START DATE	COST
Child Open gym	5-12	Monday	3:30-5pm	Bedford Hammonds Plains Community Centre	Free	Free
Child Open gym	5-12	Wednesday	3:30-5pm	Bedford Hammonds Plains Community Centre	Free	Free
Child Open gym	5-12	Friday	3:30-5pm	Bedford Hammonds Plains Community Centre	Free	Free
Youth open gym	12-18	Tuesday	3:30-5pm	Bedford Hammonds Plains Community Centre	Free	Free
Youth open gym	12-18	Thursday	3:30-5pm	Bedford Hammonds Plains Community Centre	Free	Free
Youth meditation	14-18	Tuesday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Youth meditation	14-18	Thursday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Nordic walking	20-99	Tuesday	10:00-11:30	Bedford Hammonds Plains Community Centre	Free	Free
Nordic walking	20-99	Friday	10:00-11:30	Bedford Hammonds Plains Community Centre	Free	Free
Preschool (parent and tot) open gym	6m-5y	Thursday	9:30am-11:30am	Bedford Hammonds Plains Community Centre	Free	Free
Adult open gym	20-60	Tuesday	8-10pm	Bedford Hammonds Plains Community Centre	Free	Free
Seniors open gym (pickleball)	55 & up	Wednesday	9:30am-11:30am	Bedford Hammonds Plains Community Centre	Free	Free
Youth drop in	14-18	Monday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Youth drop in	14-18	Tuesday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Youth drop in	14-18	Wednesday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Youth drop in	14-18	Thursday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Youth drop in	14-18	Friday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Seniors time	55 & up	Wednesday	1-3pm	Bedford Hammonds Plains Community Centre	Free	Free
Indoor walking (gym)	20-99	Wednesday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Indoor walking (gym)	20-99	Thursday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Indoor walking (gym)	20-99	Monday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Indoor walking (gym)	20-99	Tuesday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Indoor walking (gym)	20-99	Friday	11:45-12:45pm	Bedford Hammonds Plains Community Centre	Free	Free
Exercise bikes	12-99	everyday	during open hours	Bedford Hammonds Plains Community Centre	Free	Free
Open Gym	All Ages	Fri	1 pm-4pm	LeBrun Recreation Centre	April 12, 2019	free
Open Gym	All Ages	Fri	6pm-8pm	LeBrun Recreation Centre	April 12, 2019	free
Open Gym	All Ages	Sat	2pm-4pm	LeBrun Recreation Centre	April 13, 2019	free

# YOUTH LEADERSHIP

Level	Age	Day	Time	Location	Start	Code
I & II	13-16	Th	6:00PM-7:00PM	BHPCC	June 7	415634
III	13-17	Th	6:00PM-7:00PM	Gordon R. Snow Comm Centre	May 31	415635

