

# BEDFORD/ HAMMONDS PLAINS

## Spring 2020

### 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	Duration	Course Location	Classes	Course Code	Date	Cost
<b>Preschool</b>									
Creative Movement	3-4	Tu	4:30 PM	45m	Bedford Hammonds Plains Community Centre	8	00022810	7-Apr	\$24.00
Creative Movement	3-4	Tu	5:15 PM	45m	Bedford Hammonds Plains Community Centre	8	00022813	7-Apr	\$24.00
Pre Ballet	3-5	Sa	9:00 AM	45m	LeBrun Recreation Centre	8	00025921	11-Apr	\$24.00
Intro to Dance	3-5	Sa	9:45 AM	45m	LeBrun Recreation Centre	8	00025922	11-Apr	\$24.00
Intro to dance	3-5	Sa	11:30 AM	45m	LeBrun Recreation Centre	8	00025923	11-Apr	\$24.00
Pre Ballet	3-5	M	5:45 PM	45m	LeBrun Recreation Centre	10	00025924	6-Apr	\$30.00
Pre Ballet	3-5	Sa	12:30 PM	45m	LeBrun Recreation Centre	8	00025925	11-Apr	\$24.00
Hip Hop	4-5	W	5:00 PM	45m	Bedford Hammonds Plains Community Centre	8	00022812	8-Apr	\$24.00
Parent & Tot - Yoga	1-4	Sa	9:30 AM	45m	Bedford Hammonds Plains Community Centre	8	00022883	4-Apr	\$19.44
Parent & Tot - Yoga	1-4	Sa	11:15 AM	45m	Bedford Hammonds Plains Community Centre	8	00022884	4-Apr	\$19.44
Parent & Tot - Playtime	0-4	M	9:15 AM	2h	LeBrun Recreation Centre	8	00025944	6-Apr	\$49.28
Parent & Tot - Playtime	0-4	W	9:15 AM	2h	LeBrun Recreation Centre	8	00025945	8-Apr	\$49.28
Preschooler Play - ABC & Me	3-4	M/W/F	9:00 AM	2.5h	Bedford Hammonds Plains Community Centre	27	00022916	6-Apr	\$207.90
Preschooler Play - ABC & Me	3-4	Tu/Th	9:00 AM	2.5h	Bedford Hammonds Plains Community Centre	20	00022917	7-Apr	\$154.00
Preschooler Play - ABC & Me	3-5	Tu/Th	9:00 AM	2h	LeBrun Recreation Centre	16	00025948	7-Apr	\$125.00
Preschooler Play - Outdoor Time	3-5	W	12:30 PM	1.5h	LeBrun Recreation Centre	8	00025949	8-Apr	\$39.52
Gymnastics - Tumblebugs	3-4	Su	3:00 PM	45m	Bedford Hammonds Plains Community Centre	8	00022921	5-Apr	\$22.16
Gymnastics - Tumblebugs	3-4	Su	1:00 PM	45m	Bedford Hammonds Plains Community Centre	8	00022919	5-Apr	\$22.16
Gymnastics - Tumblebugs	4-5	Su	12:00 PM	45m	Bedford Hammonds Plains Community Centre	8	00022922	5-Apr	\$22.16

Gymnastics - Tumblebugs	4-5	Su	2:00 PM	45m	Bedford Hammonds Plains Community Centre	8	00022920	5-Apr	\$22.16
Basketball	4-5	F	5:00 PM	30m	Bedford Hammonds Plains Community Centre	7	00022930	17-Apr	\$11.83
Basketball	4-5	F	5:30 PM	30m	Bedford Hammonds Plains Community Centre	7	00022934	17-Apr	\$11.83
Soccer - Active Start	3-4	Sa	9:30 AM	30m	LeBrun Recreation Centre	8	00025954	11-Apr	\$13.52
Soccer - Active Start	3-4	Sa	9:00 AM	30m	LeBrun Recreation Centre	8	00025953	11-Apr	\$13.52
Soccer - Active Start	3-5	Th	5:00 PM	45m	LeBrun Recreation Centre	8	00025956	9-Apr	\$18.48
Soccer	3-5	M	4:30 PM	30m	Bedford Hammonds Plains Community Centre	6	00022924	6-Apr	\$10.14

Child									
Arts & Crafts	5-8	Tu	06:15 PM	45m	LeBrun Recreation Centre	10	00025915	7-Apr	\$25.40
Arts & Crafts - Child Art program	7-9	W	06:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022803	8-Apr	\$27.12
Arts & Crafts - Child Art program	9-12	W	07:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022802	8-Apr	\$27.12
Arts & Crafts - Sketch & Draw	8-11	Sa	10:00 AM	60m	LeBrun Recreation Centre	8	00025916	11-Apr	\$27.12
Arts & Crafts - Sketch & Draw	8-11	Sa	11:00 AM	60m	LeBrun Recreation Centre	8	00026856	11-Apr	\$27.12
Dance - Hip Hop	5-6	W	06:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022814	8-Apr	\$32.00
Dance - Highland Dance	5-7	M	06:00 PM	60m	LeBrun Recreation Centre	10	00025926	6-Apr	\$40.00
Dance - Hip Hop	5-7	Th	05:00 PM	60m	LeBrun Recreation Centre	10	00025927	9-Apr	\$40.00
Dance - Intro Ballet	5-7	Sa	10:30 AM	60m	LeBrun Recreation Centre	8	00025928	11-Apr	\$29.60
Dance - Hip Hop	7-9	W	07:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022811	8-Apr	\$32.00
Dance - Hip Hop	8-11	Th	06:00 PM	60m	LeBrun Recreation Centre	10	00025930	9-Apr	\$40.00
Drama - Discover Drama	8-10	M	06:30 PM	60m	LeBrun Recreation Centre	10	00025931	6-Apr	\$37.00
Dance - Highland Dance	8-10	M	07:00 PM	60m	LeBrun Recreation Centre	10	00025929	6-Apr	\$27.70
Yoga - Parent & Child	5-8	Sa	10:15 AM	60m	Bedford Hammonds Plains Community Centre	8	00022885	4-Apr	\$25.92
Yoga	6-12	M	04:45 PM	60m	Bedford Hammonds Plains Community Centre	6	00022871	6-Apr	\$19.44
Zumba - Zumba Kids Jr	4-6	M	05:15 PM	45m	LeBrun Recreation Centre	8	00025964	6-Apr	\$19.52
Zumba - Zumba Kids	7-11	M	06:15 PM	45m	LeBrun Recreation Centre	8	00025965	6-Apr	\$19.52
Badminton 9-12 yrs	9-12	W	05:00 PM	1.5h	Bedford Hammonds Plains Community Centre	8	00022935	8-Apr	\$40.64
Basketball - Jr. NBA	5-7	Th	05:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022928	9-Apr	\$36.00
Basketball - Jr. NBA	5-7	Tu	05:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022925	7-Apr	\$36.00
Basketball - Jr. NBA for Girls	5-7	Th	05:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022932	9-Apr	\$36.00
Basketball - Jr. NBA	5-7	Sa	11:00 AM	60m	LeBrun Recreation Centre	8	00025917	11-Apr	\$27.12
Basketball - Jr. NBA	5-7	Sa	01:00 PM	60m	LeBrun Recreation Centre	8	00025918	11-Apr	\$27.12
Basketball	8-10	Th	04:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022929	9-Apr	\$27.12
Basketball - Jr. NBA	8-10	Sa	12:00 PM	60m	LeBrun Recreation Centre	8	00025919	11-Apr	\$27.12
Floor Hockey	5-7	W	05:00 PM	60m	LeBrun Recreation Centre	8	00025941	8-Apr	\$27.12

Floor Hockey	8-11	W	06:00 PM	60m	LeBrun Recreation Centre	8	00025942	8-Apr	\$27.12
Martial Arts - Tae Kwon Do	6-11	M	06:00 PM	60m	Basinview Drive Community Elementary School	8	00025943	6-Apr	\$29.60
Soccer	5-7	Sa	10:00 AM	60m	LeBrun Recreation Centre	8	00025957	11-Apr	\$27.12
Soccer - Kicks for kids	5-7	M	05:00 PM	60m	Bedford Hammonds Plains Community Centre	6	00022927	6-Apr	\$20.34
Soccer	6-8	Th	06:00 PM	60m	LeBrun Recreation Centre	8	00026857	9-Apr	\$27.12
Soccer	9-11	Th	07:00 PM	60m	LeBrun Recreation Centre	8	00025958	9-Apr	\$27.12
Sport - Bedford Multi-Sport	5-6	Tu	05:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022923	7-Apr	\$27.12
Volleyball	6-8	Tu	06:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022926	7-Apr	\$27.12
Volleyball	9-12	Tu	07:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022931	7-Apr	\$27.12

## Youth

Babysitter's Training	11-14	Sa	9:00 AM	7h	LeBrun Recreation Centre	1	00026439	9-May	\$0.00
Arts & Crafts - Comics & Visual Arts	12-15	Sa	12:00 PM	2h	LeBrun Recreation Centre	8	00025914	11-Apr	\$54.24
Dance - Hip Hop	12-15	Th	07:00 PM	60m	LeBrun Recreation Centre	10	00025920	9-Apr	\$40.00
Floor Hockey	12-15	W	07:00 PM	60m	LeBrun Recreation Centre	8	00025940	8-Apr	\$27.12
Badminton	12-17	W	06:30 PM	1.5h	Bedford Hammonds Plains Community Centre	8	00022933	8-Apr	\$33.20
Zumba	12-18	Th	06:00 PM	60m	LeBrun Recreation Centre	10	00025939	9-Apr	\$32.60
Yoga	12-18	M	03:40 PM	60m	Bedford Hammonds Plains Community Centre	6	00023301	6-Apr	\$19.44

## Adult

Arts & Crafts - Acrylic Painting	16+	Tu	07:00 PM	2h	Bedford Hammonds Plains Community Centre	8	00022804	7-Apr	\$68.08
Arts & Crafts - Mixed Media Painting	18+	Tu	9:30 AM	150	Bedford Hammonds Plains Community Centre	8	00022801	7-Apr	\$85.12
Arts & Crafts - Sketch and Draw	18+	Tu	07:00 PM	2h	LeBrun Recreation Centre	10	00025913	7-Apr	\$85.10
Arts & Crafts - Watercolours	18+	F	01:00 PM	2h	Bedford Hammonds Plains Community Centre	8	00022800	3-Apr	\$68.08
Fitness - Active Seniors	53+	M	01:00 PM	60m	Bedford Hammonds Plains Community Centre	6	00022870	6-Apr	\$25.56
Fitness - Active Seniors	53+	Th	01:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022878	9-Apr	\$34.08
Fitness - Boot Camp	16+	M	06:00 PM	60m	Bedford Hammonds Plains Community Centre	6	00022873	6-Apr	\$29.82
Fitness - Express Circuit Training	16+	W	06:00 PM	30m	Bedford Hammonds Plains Community Centre	8	00023368	8-Apr	\$17.04
Fitness - Strong	18+	Th	06:15 PM	45m	Bedford Hammonds Plains Community Centre	8	00023366	9-Apr	\$25.52
Fitness - Strong Express	16+	M	12:10 PM	30m	Bedford Hammonds Plains Community Centre	6	00025123	6-Apr	\$12.78
Fitness - Tai Chi	18+	M	9:00 AM	1.5h	LeBrun Recreation Centre	8	00025932	6-Apr	\$42.48
Fitness - Tai Chi	18+	M/Th	9:00 AM	1.5h	LeBrun Recreation Centre	16	00025933	6-Apr	\$84.96
Fitness - Tai Chi	18+	Th	9:00 AM	1.5h	LeBrun Recreation Centre	8	00025934	9-Apr	\$42.48
Fitness - Zumba	18+	F	9:30 AM	60m	Bedford Hammonds Plains Community Centre	8	00022880	3-Apr	\$40.00
Fitness - Zumba	18+	M	9:30 AM	60m	Bedford Hammonds Plains Community Centre	6	00022869	6-Apr	\$30.00

Fitness - Zumba	16+	Th	07:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022879	9-Apr	\$40.00
Fitness - Zumba	16+	Tu	07:15 PM	60m	Bedford Hammonds Plains Community Centre	8	00022876	7-Apr	\$40.00
Fitness - Zumba	18+	M	07:15 PM	60m	LeBrun Recreation Centre	10	00025935	6-Apr	\$50.00
Fitness - Zumba	18+	Tu	06:00 PM	60m	LeBrun Recreation Centre	10	00025936	7-Apr	\$50.00
Fitness - Zumba	18+	W	06:30 PM	60m	LeBrun Recreation Centre	10	00025937	8-Apr	\$50.00
Pilates	18+	Th	06:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00023369	9-Apr	\$34.08
Pilates	18+	Tu	06:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022874	7-Apr	\$34.08
Pilates	18+	W	11:00 AM	60m	LeBrun Recreation Centre	8	00025947	8-Apr	\$39.76
Yoga	16+	M	07:00 PM	1.5h	Bedford Hammonds Plains Community Centre	6	00022872	6-Apr	\$44.70
Yoga	18+	Th	06:30 PM	1h15m	LeBrun Recreation Centre	8	00025960	9-Apr	\$49.68
Yoga	18+	Tu	9:00 AM	1.5h	LeBrun Recreation Centre	8	00025961	7-Apr	\$59.60
Yoga	18+	Tu	10:30 AM	1.5h	LeBrun Recreation Centre	8	00025962	7-Apr	\$59.60
Yoga - Beginner Intermediate	18+	Tu	07:00 PM	1.5h	LeBrun Recreation Centre	8	00025959	7-Apr	\$59.60
Yoga - Intermediate	16+	Th	07:30 PM	60m	Bedford Hammonds Plains Community Centre	8	00022881	9-Apr	\$39.76
Yoga - Chair yoga	16+	F	11:00 AM	60m	Bedford Hammonds Plains Community Centre	8	00022882	3-Apr	\$39.76
Yoga - Chair yoga	16+	Tu	02:00 PM	60m	Bedford Hammonds Plains Community Centre	8	00022877	7-Apr	\$39.76
Yoga - Gentle	18+	W	9:15 AM	1h15m	LeBrun Recreation Centre	8	00025963	8-Apr	\$49.68
Yoga - Mom and Baby	18+	Th	10:30 AM	45m	Bedford Hammonds Plains Community Centre	8	00022875	9-Apr	\$25.52
Photography - Digital Photography	16+	W	07:00 PM	2h	Bedford Hammonds Plains Community Centre	8	00022915	8-Apr	\$68.08
Photography - Photoshop	16+	M	07:00 PM	2h	Bedford Hammonds Plains Community Centre	6	00022914	6-Apr	\$51.06
Pickleball	18+	F	9:30 AM	2h	Bedford Hammonds Plains Community Centre	7	00022918	17-Apr	\$48.65

#### DROP IN PROGRAMS

PROGRAM NAME	AGES	DAY	TIME	DURATION	LOCATION	START DATE	COST
Open Gym	All	Friday	7:00PM	120	LeBrun Recreation Centre	Apr-20	Free
Parent & Tot drop in	12m & up	Tu	9:00-11:30am	150	BHPCC gym	Mar-31	FREE
Parent & Tot drop in	12m & up	Th	9:00-11:30am	150	BHPCC gym	Apr-02	FREE
Child open gym	4-11	M	3:30 -5:00	90	BHPCC gym	Mar-30	FREE
Child open gym	4-11	W	3:30 -5:00	90	BHPCC gym	Apr-01	FREE
Child open gym	4-11	F	3:30 -5:00	90	BHPCC gym	Apr-17	FREE
Youth open gym	12-17	Tu	3:30 -5:00	90	BHPCC gym	Mar-31	FREE
Youth open gym	12-17	Th	3:30 -5:00	90	BHPCC gym	Apr-02	FREE
Indoor walking	18+	M	11:55-12:40pm	45	BHPCC gym	Mar-30	FREE
Indoor walking	18+	TU	11:55-12:40pm	45	BHPCC gym	Mar-31	FREE
Indoor walking	18+	W	11:55-12:40pm	45	BHPCC gym	Apr-01	FREE

Indoor walking	18+	TH	11:55-12:40pm	45	BHPCC gym	Apr-02	FREE
Indoor walking	18+	F	11:55-12:40pm	45	BHPCC gym	Apr-17	FREE
Nordic Walking	18+	tu,F	10-11:30am	90	Call 902.490.4238	Mar-31	FREE
Adult open gym	18+	Tues	8-10pm	120	BHPCC Gym	Apr-03	FREE
Pickleball	18+	Tues	1-3pm	120	BHPCC Gym	Mar-31	\$4
Pickleball	18+	Fri	1-3pm	120	BHPCC Gym	Apr-17	\$4
Seniors open gym (pickleball)	55+	W	9:30-11:30am	120	BHPCC gym	Apr-01	FREE
Pickleball lessons	55+	W	8:30-9:30am	60	BHPCC gym	Apr-01	FREE