

# COLE HARBOUR/ LAWRENCETOWN

Cole Harbour Community Centre  
1216 Cole Harbour Road Phone: 902.490.4711



Course Name	Age	Day	Time	Duration	Course Location	Classes	Course Code	Cost	Date
<b>Preschool</b>									
Dance - Ballet	3-5	M	5:00 PM	40m	Cole Harbour Recreation Centre	8	00014851	\$24.00	23-Sep
Dance - Ballet	3-5	M	5:45 PM	40m	Cole Harbour Recreation Centre	8	00014857	\$24.00	23-Sep
Music - Music Kids	3-5	Th	12:30 PM	45m	Cole Harbour Recreation Centre	8	00014915	\$22.16	26-Sep
Parent & Tot - Dance	16-36m	M	9:15 AM	45m	Cole Harbour Recreation Centre	10	00014917	\$30.00	16-Sep
Parent & Tot Music - Music Babies	18-36m	Th	11:30 AM	45m	Cole Harbour Recreation Centre	8	00014969	\$22.16	26-Sep
Parent & Tot - Basketball	3-4	M	6:30 PM	30m	Eric Graves Memorial Junior High	8	00014919	\$13.52	23-Sep
Parent & Tot - Soccer	3-4	M	6:00 PM	30m	Eric Graves Memorial Junior High	8	00014918	\$13.52	23-Sep
Soccer	3-5	Tu	6:00 PM	45m	Colby Village Elementary	10	00014920	\$25.40	24-Sep
Sports - Little Sports	3-5	W	6:00 PM	45m	Cole Harbour District High School	10	00014924	\$25.40	25-Sep
Sports - Little Sports	3-5	Sa	9:00 AM	45m	Astral Drive Junior High	10	00014925	\$25.40	28-Sep
Tumblebugs	3-5	W	5:30 PM	45m	Cole Harbour Recreation Centre	10	00014912	\$27.70	25-Sep
Tumblebugs	3-5	W	6:30 PM	45m	Cole Harbour Recreation Centre	10	00014913	\$27.70	25-Sep
Yoga	3-5	Tu	10:00 AM	45m	Cole Harbour Recreation Centre	10	00014978	\$25.40	17-Sep

<b>Child</b>									
Arts & Crafts - Silly Science	6-11	Sa	1:30 PM	1h	Cole Harbour Recreation Centre	10	00014826	\$33.90	28-Sep
Dance - Ballet	5-7	M	6:30 PM	45m	Cole Harbour Recreation Centre	8	00014860	\$24.00	23-Sep
Drama - Broadway Kids	6-10	Sa	12:30 PM	1h	Cole Harbour Recreation Centre	10	00014863	\$37.00	28-Sep
Basketball	7-9	Tu	7:00 PM	1h	Astral Drive Elementary School	10	00014839	\$33.90	24-Sep
Basketball - Jr. NBA	5-7	Tu	6:00 PM	1h	Astral Drive Elementary School	10	00014966	\$45.00	24-Sep
Floor Hockey	7-9	W	6:00 PM	45m	Caldwell Road Elementary School	9	00014911	\$22.86	25-Sep

Course Name	Age	Day	Time	Duration	Course Location	Classes	Course Code	Cost	Date
Floor Hockey	10-12	W	7:00 PM	45m	Caldwell Road Elementary School	9	00014968	\$22.86	25-Sep
Soccer	6-8	Tu	7:00 PM	45m	Colby Village Elementary	10	00014921	\$25.40	24-Sep
Sports - All Sorts of Sports	6-10	W	6:45 PM	45m	Cole Harbour District High School	10	00014946	\$25.40	25-Sep
Sports - Run, Jump, Throw, Wheel	5-8	W	6:00 PM	45m	Cole Harbour District High School	10	00014926	\$25.40	25-Sep
Volleyball	6-8	M	6:00 PM	45m	Caldwell Road Elementary School	8	00014947	\$20.32	23-Sep
Volleyball	9-11	M	7:00 PM	45m	Caldwell Road Elementary School	8	00014970	\$20.32	23-Sep
Yoga	6-10	Sa	10:00 AM	45m	Cole Harbour Recreation Centre	10	00014961	\$24.30	28-Sep

## YOUTH

Babysitter Training	11-16	F	9:00 AM	8h	Cole Harbour Recreation Centre	1	00014963	\$37.00	27-Sep
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## ADULT

Arts & Crafts - Knitting	18+	W	2:00 PM	1.5h	Cole Harbour Recreation Centre	10	00014825	\$63.80	25-Sep
Oil Painting	18+	Sa	10:00 AM	2h	Cole Harbour Recreation Centre	10	00014916	\$85.10	28-Sep
Dance - Bellydance	18+	W	7:30 PM	1h	Cole Harbour Recreation Centre	10	00014847	\$56.80	25-Sep
Badminton	18+	F	6:00 pm	1.5h	Astral Drive Junior High	10	00016022	\$52.10	27-Sep
Fitness - 50+ Fitness	18+	Tu	10:30 AM	45m	Cole Harbour Recreation Centre	12	00014888	\$38.28	17-Sep
Fitness - 50+ Fitness	18+	W	10:30 AM	45m	Cole Harbour Recreation Centre	12	00014890	\$38.28	18-Sep
Fitness - 50+ Fitness	18+	Th	9:15 AM	45m	Cole Harbour Recreation Centre	12	00014891	\$38.28	19-Sep
Fitness - 50+ Fitness	18+	F	9:15 AM	45m	Cole Harbour Recreation Centre	12	00014893	\$38.28	20-Sep
Fitness - Bellyfit	18+	Sa	9:00 AM	1h	Cole Harbour Recreation Centre	10	00014988	\$42.60	28-Sep
Fitness - Cardio Strength	18+	Tu	6:30 PM	45m	Cole Harbour Recreation Centre	10	00014895	\$31.90	24-Sep
Fitness - Cardio Strength	18+	Th	6:30 PM	45m	Cole Harbour Recreation Centre	10	00014897	\$31.90	26-Sep
Fitness - CrossFit	18+	W	6:30 PM	45m	Cole Harbour Recreation Centre	10	00014898	\$31.90	25-Sep
Fitness - Pilates	18+	Tu	9:30 AM	45m	Cole Harbour Recreation Centre	12	00014903	\$38.28	17-Sep
Fitness - Pilates	18+	Th	10:15 AM	45m	Cole Harbour Recreation Centre	12	00014904	\$38.28	19-Sep
Fitness - Pilates	18+	M	6:30 PM	45m	Cole Harbour Recreation Centre	8	00014902	\$25.52	23-Sep
Fitness - Seated Pilates	18+	W	11:30 AM	1h	Cole Harbour Recreation Centre	12	00014905	\$51.12	18-Sep
Fitness - Tai Chi Continuing	18+	W	11:15 AM	1h	Cole Harbour Recreation Centre	7	00015267	\$29.82	23-Oct
Fitness - Yoga	18+	Tu	7:30 PM	1h15m	Cole Harbour Recreation Centre	10	00014909	\$62.10	24-Sep
Fitness - Zumba	18+	M	7:30 PM	1h	Cole Harbour Recreation Centre	8	00014910	\$40.00	23-Sep
Tai Chi - Long Form	18+	Th	7:45 PM	1h15m	Cole Harbour Recreation Centre	6	00014907	\$31.86	24-Oct
Tai Chi Beginner	18+	Th	6:30 PM	1h	Cole Harbour Recreation Centre	6	00014908	\$25.56	24-Oct
Yoga	18+	Tu	11:00 AM	1h	Cole Harbour Recreation Centre	12	00014958	\$59.64	17-Sep
Yoga	18+	Th	10:30 AM	1h15m	Cole Harbour Recreation Centre	12	00014950	\$74.52	19-Sep

Course Name	Age	Day	Time	Duration	Course Location	Classes	Course Code	Cost	Date
Yoga - Chair Yoga	18+	F	11:30 AM	1h	Cole Harbour Recreation Centre	12	00014987	\$59.64	20-Sep
Yoga - Family Yoga	3+	Sa	11:00 AM	1h	Cole Harbour Recreation Centre	10	00014953	\$49.70	28-Sep
Yoga - Gentle Yoga	18+	Tu	1:45 PM	1h	Cole Harbour Recreation Centre	12	00014977	\$59.64	17-Sep
Yoga - Yang/Yin Yoga	18+	M	10:30 AM	1h15m	Cole Harbour Recreation Centre	10	00014954	\$62.10	16-Sep
Yoga - Yin Yoga	18+	Tu	12:30 PM	1h	Cole Harbour Recreation Centre	12	00014956	\$59.64	17-Sep
Yoga - Yoga-Lates	18+	W	9:15 AM	1h	Cole Harbour Recreation Centre	12	00014960	\$59.64	18-Sep
Zumba - Zumba Gold	18+	F	10:15 AM	1h	Cole Harbour Recreation Centre	12	00014964	\$60.00	20-Sep

DROP INS							
Program Name	Ages	Day	Start Time	Duration	Location	Start Date	Cost
Family Open Gym	0-99	W	6:45 PM	1h15m	Cole Harbour District High School	25-Sep	FREE
Youth Basketball	13-18	W	8:00 PM	1.5h	Cole Harbour District High School	25-Sep	FREE
Youth Open Gym	13-18	F	7:30 PM	2h	Astral Drive Junior High	27-Sep	FREE
Family Open Gym	0-99	S	10:00 AM	2h	Astral Drive Junior High	28-Sep	FREE
Youth Open Gym	13-18	S	12:00 PM	1h	Astral Drive Junior High	28-Sep	FREE