

COLE HARBOUR/ LAWRENCETOWN

Spring 2020

Cole Harbour Community Centre
1216 Cole Harbour Road Phone: 902.490.4711



| Course Name | Age | Day | Time | Duration | Course Location | Classes | Course Code | Date | Cost |
|-----------------------------------|------|-----|----------|----------|-----------------------------------|---------|-------------|--------|---------|
| Preschool | | | | | | | | | |
| Dance - Ballet | 3-5 | M | 05:00 PM | 40 | Cole Harbour Recreation Centre | 8 | 00025255 | 6-Apr | \$24.00 |
| Dance - Ballet | 3-5 | M | 05:45 PM | 40 | Cole Harbour Recreation Centre | 8 | 00025256 | 6-Apr | \$24.00 |
| Parent & Tot - Basketball | 3-4 | M | 06:30 PM | 30 | Eric Graves Memorial Junior High | 6 | 00025285 | 6-Apr | \$10.14 |
| Music - Music Kids | 3-5 | Th | 12:30 PM | 45 | Cole Harbour Recreation Centre | 10 | 00025282 | 9-Apr | \$27.70 |
| Sports - Little Sports | 3-5 | Sa | 9:00 AM | 45 | Astral Drive Junior High | 8 | 00025290 | 11-Apr | \$20.32 |
| Sports - Little Sports | 3-5 | W | 06:00 PM | 45 | Cole Harbour District High School | 8 | 00025291 | 8-Apr | \$20.32 |
| Parent & Tot - Dance | 1-3 | M | 9:15 AM | 45 | Cole Harbour Recreation Centre | 8 | 00025284 | 6-Apr | \$24.00 |
| Parent & Tot Music - Music Babies | 1-3 | Th | 11:30 AM | 45 | Cole Harbour Recreation Centre | 10 | 00025287 | 9-Apr | \$27.70 |
| Gymnastics - Tumblebugs | 3-5 | W | 05:30 PM | 45 | Cole Harbour Recreation Centre | 10 | 00025280 | 8-Apr | \$27.70 |
| Gymnastics - Tumblebugs | 3-5 | W | 06:30 PM | 45 | Cole Harbour Recreation Centre | 10 | 00025281 | 8-Apr | \$27.70 |
| Parent & Tot - Soccer | 3-4 | M | 06:00 PM | 30 | Eric Graves Memorial Junior High | 6 | 00025286 | 6-Apr | \$10.14 |
| Preschool Soccer | 3-5 | Tu | 06:00 PM | 45 | Colby Village Elementary School | 10 | 00025288 | 7-Apr | \$25.40 |
| Yoga - Family Yoga | 3-99 | Sa | 11:15 AM | 60 | Cole Harbour Recreation Centre | 10 | 00025300 | 11-Apr | \$49.70 |
| Yoga | 3-5 | Tu | 10:00 AM | 45 | Cole Harbour Recreation Centre | 10 | 00025305 | 7-Apr | \$24.30 |

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| Child | | | | | | | | | |
| Arts & Crafts - Silly Science | 6-11 | Sa | 01:30 PM | 60 | Cole Harbour Recreation Centre | 10 | 00025251 | 11-Apr | \$33.90 |
| Dance - Ballet | 5-7 | M | 06:30 PM | 45 | Cole Harbour Recreation Centre | 8 | 00025257 | 6-Apr | \$24.00 |
| Drama - Broadway Kids | 6-10 | Sa | 12:30 PM | 60 | Cole Harbour Recreation Centre | 10 | 00025258 | 11-Apr | \$37.00 |
| Yoga - Yoga for Kids | 6-10 | Sa | 10:15 AM | 45 | Cole Harbour Recreation Centre | 10 | 00025306 | 11-Apr | \$24.30 |
| Basketball | 7-9 | Tu | 07:00 PM | 60 | Astral Drive Elementary School | 8 | 00025253 | 7-Apr | \$27.12 |

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| Basketball - Jr. NBA | 5-7 | Tu | 06:00 PM | 60 | Astral Drive Elementary School | 8 | 00025252 | 7-Apr | \$36.00 |
| Floor Hockey | 7-9 | W | 06:00 PM | 45 | Caldwell Road Elementary School | 8 | 00025279 | 8-Apr | \$20.32 |
| Floor Hockey | 10-12 | W | 07:00 PM | 45 | Caldwell Road Elementary School | 8 | 00025278 | 8-Apr | \$20.32 |
| Soccer | 6-8 | Tu | 07:00 PM | 45 | Colby Village Elementary School | 8 | 00025289 | 7-Apr | \$20.32 |
| Sports - All Sorts of Sports | 6-10 | W | 06:45 PM | 45 | Cole Harbour District High School | 8 | 00025293 | 8-Apr | \$20.32 |
| Sports - Run, Jump, Throw, Wheel | 5-8 | W | 06:00 PM | 45 | Cole Harbour District High School | 8 | 00025292 | 8-Apr | \$20.32 |
| Volleyball | 6-8 | M | 06:00 PM | 45 | Caldwell Road Elementary School | 6 | 00025294 | 6-Apr | \$15.24 |
| Volleyball | 9-11 | M | 07:00 PM | 45 | Caldwell Road Elementary School | 6 | 00025295 | 6-Apr | \$15.24 |

Adult

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|------------------------------------|-----|----|----------|-----|--------------------------------|----|----------|--------|---------|
| Arts & Crafts - Knitting | 18+ | W | 01:00 PM | 90 | Cole Harbour Recreation Centre | 10 | 00025250 | 8-Apr | \$63.80 |
| Oil Painting | 18+ | Sa | 10:00 AM | 120 | Cole Harbour Recreation Centre | 10 | 00025283 | 11-Apr | \$85.10 |
| Dance - Bellydance | 18+ | W | 07:30 PM | 60 | Cole Harbour Recreation Centre | 10 | 00025254 | 8-Apr | \$56.80 |
| Fitness - 50+ Fitness | 18+ | F | 9:15 AM | 45 | Cole Harbour Recreation Centre | 10 | 00025262 | 10-Apr | \$31.90 |
| Fitness - 50+ Fitness | 18+ | Th | 9:15 AM | 45 | Cole Harbour Recreation Centre | 10 | 00025261 | 9-Apr | \$31.90 |
| Fitness - 50+ Fitness | 18+ | Tu | 10:30 AM | 45 | Cole Harbour Recreation Centre | 10 | 00025259 | 7-Apr | \$31.90 |
| Fitness - 50+ Fitness | 18+ | W | 10:30 AM | 45 | Cole Harbour Recreation Centre | 10 | 00025260 | 8-Apr | \$31.90 |
| Fitness - Bellyfit | 18+ | Sa | 9:00 AM | 60 | Cole Harbour Recreation Centre | 10 | 00025263 | 11-Apr | \$42.60 |
| Fitness - Cardio Strength | 18+ | Th | 06:30 PM | 45 | Cole Harbour Recreation Centre | 10 | 00025265 | 9-Apr | \$31.90 |
| Fitness - Cardio Strength | 18+ | Tu | 06:30 PM | 45 | Cole Harbour Recreation Centre | 10 | 00025264 | 7-Apr | \$31.90 |
| Fitness - CrossFit | 18+ | W | 06:30 PM | 45 | Cole Harbour Recreation Centre | 10 | 00025266 | 8-Apr | \$31.90 |
| Fitness - Pilates | 18+ | M | 06:15 PM | 60 | Cole Harbour Recreation Centre | 8 | 00025267 | 6-Apr | \$34.08 |
| Fitness - Pilates | 18+ | Th | 10:15 AM | 45 | Cole Harbour Recreation Centre | 10 | 00025269 | 9-Apr | \$31.90 |
| Fitness - Pilates | 18+ | Tu | 9:15 AM | 60 | Cole Harbour Recreation Centre | 10 | 00025268 | 7-Apr | \$42.60 |
| Fitness - Seated Pilates | 18+ | W | 11:30 AM | 60 | Cole Harbour Recreation Centre | 10 | 00025270 | 8-Apr | \$42.60 |
| Fitness - Yoga | 18+ | Tu | 07:30 PM | 75 | Cole Harbour Recreation Centre | 10 | 00025276 | 7-Apr | \$62.10 |
| Fitness - Zumba | 18+ | M | 07:30 PM | 60 | Cole Harbour Recreation Centre | 8 | 00025277 | 6-Apr | \$40.00 |
| Yoga | 18+ | Th | 10:30 AM | 75 | Cole Harbour Recreation Centre | 10 | 00025297 | 9-Apr | \$62.10 |
| Yoga | 18+ | Tu | 11:00 AM | 60 | Cole Harbour Recreation Centre | 10 | 00025296 | 7-Apr | \$49.70 |
| Yoga - Balance with Stability Ball | 18+ | M | 12:00 PM | 45 | Cole Harbour Recreation Centre | 8 | 00025298 | 6-Apr | \$25.52 |
| Yoga - Chair Yoga | 18+ | F | 11:30 AM | 60 | Cole Harbour Recreation Centre | 9 | 00025299 | 17-Apr | \$44.73 |
| Yoga - Gentle Yoga | 18+ | Tu | 01:45 PM | 60 | Cole Harbour Recreation Centre | 10 | 00025301 | 7-Apr | \$49.70 |
| Yoga - Yang/Yin Yoga | 18+ | M | 10:30 AM | 75 | Cole Harbour Recreation Centre | 8 | 00025302 | 6-Apr | \$49.68 |
| Yoga - Yin Yoga | 18+ | Tu | 12:30 PM | 60 | Cole Harbour Recreation Centre | 10 | 00025303 | 7-Apr | \$49.70 |
| Yoga - Yoga-Lates | 18+ | W | 9:15 AM | 60 | Cole Harbour Recreation Centre | 10 | 00025304 | 8-Apr | \$49.70 |
| Zumba - Zumba Gold | 18+ | F | 10:15 AM | 60 | Cole Harbour Recreation Centre | 9 | 00025307 | 17-Apr | \$45.00 |
| Badminton | 18+ | F | 06:00 PM | 90 | Astral Drive Junior High | 6 | 00025249 | 17-Apr | \$31.26 |

Drop-Ins

| PROGRAM NAME | AGES | DAY | START TIME | DURATION | LOCATION | START DATE | COST |
|------------------|-------|-----|------------|----------|-----------------------------------|------------|------|
| Family Open Gym | 3+ | Wed | 6:45PM | 75 | Cole Harbour District High School | 8-Apr | FREE |
| Youth Basketball | 12-17 | Wed | 8:00PM | 90 | Cole Harbour District High School | 8-Apr | FREE |
| Youth Open Gym | 12-17 | Fri | 7:30PM | 2h | Astral Drive Junior Hugh | 17-Apr | FREE |
| Family Open Gym | 3+ | Sat | 10:00AM | 2h | Astral Drive Junior Hugh | 11-Apr | FREE |
| Youth Open Gym | 12-17 | Sat | 12:00PM | 1h | Astral Drive Junior Hugh | 11-Apr | FREE |