

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
Preschool									
Dance - Ballet	3-5	M	05:00 PM	40m	Cole Harbour Recreation Centre	9	00018500	\$27.00	6-Jan
Dance - Ballet	3-5	M	05:45 PM	40m	Cole Harbour Recreation Centre	9	00018501	\$27.00	6-Jan
Gymnastics - Tumblebugs	3-5	W	05:30 PM	45m	Cole Harbour Recreation Centre	10	00018518	\$27.70	8-Jan
Gymnastics - Tumblebugs	3-5	W	06:30 PM	45m	Cole Harbour Recreation Centre	10	00018519	\$27.70	8-Jan
Music - Music Kids	3-5	Th	12:30 PM	45m	Cole Harbour Recreation Centre	10	00018550	\$27.70	9-Jan
Parent & Tot - Basketball	3-4	M	06:30 PM	30m	Eric Graves Memorial Junior High	7	00018553	\$11.83	13-Jan
Parent & Tot - Soccer	3-4	M	06:00 PM	30m	Eric Graves Memorial Junior High	7	00018554	\$11.83	13-Jan
Parent & Tot 16m-36m - Dance	1-3	M	9:15 AM	45m	Cole Harbour Recreation Centre	9	00018552	\$27.00	6-Jan
Parent & Tot 18m-36m - Music Babies	1-3	Th	11:30 AM	45m	Cole Harbour Recreation Centre	10	00018555	\$27.70	9-Jan
Soccer	3-5	Tu	06:00 PM	45m	Colby Village Elementary School	8	00018559	\$20.32	14-Jan
Little Sports	3-5	Sa	9:00 AM	45m	Astral Drive Junior High	8	00018561	\$20.32	18-Jan
Little Sports	3-5	W	06:00 PM	45m	Cole Harbour District High School	8	00018489	\$20.32	15-Jan
Yoga	3-5	Tu	10:00 AM	45m	Cole Harbour Recreation Centre	10	00018494	\$24.30	7-Jan
Yoga - Family Yoga	3+	Sa	11:15 AM	1h	Cole Harbour Recreation Centre	10	00018493	\$49.68	11-Jan
Child									
Arts & Crafts - Silly Science	6-11	Sa	01:30 PM	1h	Cole Harbour Recreation Centre	10	00018485	\$33.90	11-Jan
Dance - Ballet	5-7	M	06:30 PM	45m	Cole Harbour Recreation Centre	9	00018502	\$27.00	6-Jan
Drama - Broadway Kids	6-10	Sa	12:30 PM	1h	Cole Harbour Recreation Centre	10	00018486	\$37.00	11-Jan
Basketball	7-9	Tu	07:00 PM	1h	Astral Drive Elementary School	7	00018497	\$23.73	14-Jan
Basketball - Jr. NBA	5-7	Tu	06:00 PM	1h	Astral Drive Elementary School	7	00018496	\$31.50	14-Jan

Floor Hockey	7-9	W	06:00 PM	45m	Caldwell Road Elementary School	8	00018517	\$20.32	15-Jan
Floor Hockey	10-12	W	07:00 PM	45m	Caldwell Road Elementary School	8	00018488	\$20.32	15-Jan
Soccer	6-8	Tu	07:00 PM	45m	Colby Village Elementary School	8	00018560	\$20.32	14-Jan
All Sorts of Sports	6-10	W	06:45 PM	45m	Cole Harbour District High School	8	00018490	\$20.32	15-Jan
Run, Jump, Throw, Wheel	5-8	W	06:00 PM	45m	Cole Harbour District High School	8	00018562	\$20.32	15-Jan
Volleyball	6-8	M	06:00 PM	45m	Caldwell Road Elementary School	7	00018563	\$17.78	13-Jan
Volleyball	9-11	M	07:00 PM	45m	Caldwell Road Elementary School	7	00018564	\$17.78	13-Jan
Yoga - Family Yoga	3+	Sa	11:15 AM	1h	Cole Harbour Recreation Centre	10	00018493	\$49.68	11-Jan
Yoga - Yoga for Kids	6-10	Sa	10:15 AM	45m	Cole Harbour Recreation Centre	10	00018570	\$24.30	11-Jan

ADULT

Arts & Crafts - Knitting	18+	W	01:00 PM	1.5h	Cole Harbour Recreation Centre	12	00018495	\$76.59	8-Jan
Arts & Crafts - Oil Painting	18+	Sa	10:00 AM	2h	Cole Harbour Recreation Centre	10	00018551	\$85.10	11-Jan
Badminton	18+	F	06:00 PM	1.5h	Astral Drive Junior High	8	00018484	\$41.68	17-Jan
Dance - Bellydance	18+	W	07:30 PM	1h	Cole Harbour Recreation Centre	10	00018499	\$56.81	8-Jan
Fitness - 50_ Fitness	18+	F	9:15 AM	45m	Cole Harbour Recreation Centre	12	00018487	\$38.23	10-Jan
Fitness - 50_ Fitness	18+	Th	9:15 AM	45m	Cole Harbour Recreation Centre	12	00018505	\$38.23	9-Jan
Fitness - 50_ Fitness	18+	Tu	10:30 AM	45m	Cole Harbour Recreation Centre	12	00018503	\$38.23	7-Jan
Fitness - 50_ Fitness	18+	W	10:30 AM	45m	Cole Harbour Recreation Centre	12	00018504	\$38.23	8-Jan
Fitness - Bellyfit	18+	Sa	9:00 AM	1h	Cole Harbour Recreation Centre	10	00018498	\$42.55	11-Jan
Fitness - Cardio Strength	18+	Th	06:30 PM	45m	Cole Harbour Recreation Centre	10	00018507	\$31.86	9-Jan
Fitness - Cardio Strength	18+	Tu	06:30 PM	45m	Cole Harbour Recreation Centre	10	00018506	\$31.86	7-Jan
Fitness - CrossFit	18+	W	06:30 PM	45m	Cole Harbour Recreation Centre	10	00018508	\$31.86	8-Jan
Fitness - Pilates	18+	M	06:15 PM	1h	Cole Harbour Recreation Centre	9	00018511	\$38.30	6-Jan
Fitness - Pilates	18+	Th	10:15 AM	45m	Cole Harbour Recreation Centre	12	00018510	\$38.23	9-Jan
Fitness - Pilates	18+	Tu	9:15 AM	1h	Cole Harbour Recreation Centre	12	00018509	\$51.06	7-Jan
Fitness - Seated Pilates	18+	W	11:30 AM	1h	Cole Harbour Recreation Centre	12	00018512	\$51.06	8-Jan
Fitness - Tai Chi Beginner	18+	Th	07:30 PM	1h	Cole Harbour Recreation Centre	11	00018514	\$46.86	9-Jan
Fitness - Tai Chi	18+	Thu	1:00pm	1hr	Cole Harbour Recreation Centre	11 weeks	00020962	\$46.86	Jan9th
Fitness - Tai Chi	18+	Wed	1:00pm	1hr	Cole Harbour Recreation Centre	11 weeks	00020963	\$46.86	Jan8th
Fitness - Yoga	18+	Tu	07:30 PM	1h15m	Cole Harbour Recreation Centre	10	00018515	\$62.10	7-Jan
Fitness - Zumba	18+	M	07:30 PM	1h	Cole Harbour Recreation Centre	9	00018516	\$45.02	6-Jan
Yoga	18+	Th	10:30 AM	1h15m	Cole Harbour Recreation Centre	12	00018565	\$74.52	9-Jan
Yoga	18+	Tu	11:00 AM	1h	Cole Harbour Recreation Centre	12	00018491	\$59.62	7-Jan
Yoga - Chair Yoga	18+	F	11:30 AM	1h	Cole Harbour Recreation Centre	12	00018492	\$59.62	10-Jan

Yoga - Family Yoga	3+	Sa	11:15 AM	1h	Cole Harbour Recreation Centre	10	00018493	\$49.68	11-Jan
Yoga - Gentle Yoga	18+	Tu	01:45 PM	1h	Cole Harbour Recreation Centre	12	00018566	\$59.62	7-Jan
Yoga - Yang/Yin Yoga	18+	M	10:30 AM	1h15m	Cole Harbour Recreation Centre	11	00018567	\$68.31	6-Jan
Yoga - Yin Yoga	18+	Tu	12:30 PM	1h	Cole Harbour Recreation Centre	12	00018568	\$59.62	7-Jan
Yoga - Yoga-Lates	18+	W	9:15 AM	1h	Cole Harbour Recreation Centre	12	00018569	\$59.62	8-Jan
Yoga - Stability Ball	18+	M	12:00PM	45m	Cole Harbour Recreation Centre	11	00021886	\$35.09	Jan6
Zumba - Zumba Gold	18+	F	10:15 AM	1h	Cole Harbour Recreation Centre	12	00018571	\$60.03	10-Jan

DROP INS

Program Name	Ages	Day	Start Time	Duration	Location	Start Date	Cost
Family Open Gym	3+	Wed	6:45pm	1hr15mins	Cole Harbour District High School	Jan 15	FREE
Youth Basketball	12-17	Wed	8pm	1hr30mins	Cole Harbour District High School	Jan 15	FREE
Youth Open Gym	12-17	Fri	7:30pm	2hrs	Astral Drive Junior High	Jan17th	FREE
Family Open Gym	3+	Sat	10am	2hrs	Astral Drive Junior High	Jan18	FREE
Youth Open Gym	12-17	Sat	12pm	1hr	Astral Drive Junior High	Jan18	FREE