



Fall 2020

COLE HARBOUR/ LAWRENCETOWN

Cole Harbour Community Centre

1216 Cole Harbour Road Phone: 902.490.4711



HALIFAX



COLE HARBOUR

Program Name	Age	Day	Start Time	Duration	Location	Classes	Start Time	Code	Fee
PRESCHOOL									
Ballet	3-5	M	05:00 PM	40min	Cole Harbour Recreation Centre	8	19-Oct	00029169	\$24.00
Ballet	3-5	M	06:00 PM	40min	Cole Harbour Recreation Centre	8	19-Oct	00029170	\$24.00
Gymnastics - Tumblebugs	3-5	W	05:30 PM	45min	Cole Harbour Recreation Centre	7	21-Oct	00029236	\$19.39
Gymnastics - Tumblebugs	3-5	W	06:30 PM	45min	Cole Harbour Recreation Centre	7	21-Oct	00029235	\$19.39
Music Kids	3-5	Th	12:30 PM	45min	Cole Harbour Recreation Centre	8	22-Oct	00029215	\$22.16
Music Babies - Parent & Tot	18mo-3	Th	11:30 AM	45min	Cole Harbour Recreation Centre	8	22-Oct	00029216	\$22.16

CHILD									
Art Adventures	6-11	Sa	11:30 AM	45min	Cole Harbour Recreation Centre	8	24-Oct	00032697	\$27.12
Dance - Ballet	5-7	M	07:00 PM	45min	Cole Harbour Recreation Centre	8	19-Oct	00029171	\$24.00
Fun with Rec	5-8	Sa	02:00 PM	1hr	Cole Harbour Recreation Centre	8	24-Oct	00033225	\$22.16
Fun with Rec	9-11	Sa	03:30 PM	1hr	Cole Harbour Recreation Centre	8	24-Oct	00033227	\$22.16
Silly Science	6-11	Sa	12:45 PM	45min	Cole Harbour Recreation Centre	8	24-Oct	00029220	\$27.12
Sport - Mini Sticks	5-8	Tu	05:00 PM	45min	Cole Harbour Recreation Centre	8	20-Oct	00032691	\$20.32
Sport - Mini Sticks	8-10	Tu	06:00 PM	45min	Cole Harbour Recreation Centre	8	20-Oct	00032698	\$20.32

ADULT									
Art - Oil Painting	18+	Sa	9:00 AM	2hrs	Cole Harbour Recreation Centre	8	24-Oct	00029222	\$68.08
Fitness - 50+ Fitness	18+	Tu	10:45 AM	45min	Cole Harbour Recreation Centre	8	20-Oct	00029185	\$25.52
Fitness - 50+ Fitness	18+	W	10:15 AM	45min	Cole Harbour Recreation Centre	7	21-Oct	00029228	\$22.33
Fitness - 50+ Fitness	18+	Th	9:15 AM	45min	Cole Harbour Recreation Centre	8	22-Oct	00029211	\$25.52
Fitness - 50+ Fitness	18+	F	9:15 AM	45min	Cole Harbour Recreation Centre	8	23-Oct	00031446	\$25.48
Fitness - Cardio Strength	18+	Tu	06:30 PM	45min	Cole Harbour Recreation Centre	8	20-Oct	00029186	\$25.52
Fitness - Cardio Strength	18+	Th	06:30 PM	45min	Cole Harbour Recreation Centre	8	22-Oct	00029212	\$25.52
Fitness	18+	F	01:30 PM	30min	Cole Harbour Recreation Centre	4	20-Nov	00032693	\$17.02
Fitness - CrossFit	18+	W	06:30 PM	45min	Cole Harbour Recreation Centre	7	21-Oct	00029229	\$22.33
Fitness - Pilates	18+	M	06:30 PM	45min	Cole Harbour Recreation Centre	8	19-Oct	00029173	\$25.48
Fitness - Pilates	18+	Tu	9:15 AM	1hr	Cole Harbour Recreation Centre	8	20-Oct	00029188	\$25.48
Fitness - Pilates	18+	Th	9:15 AM	45min	Cole Harbour Recreation Centre	8	22-Oct	00029213	\$25.48

COLE HARBOUR

Fitness - Seated Pilates	18+	W	11:30 AM	1hr	Cole Harbour Recreation Centre	7	21-Oct	00029230	\$29.82
Tai Chi - Beginner	18+	Th	08:00 PM	1hr	Cole Harbour Recreation Centre	8	22-Oct	00031447	\$34.04
Tai Chi - Continuing 24	18+	W	11:15 AM	1hr	Cole Harbour Recreation Centre	7	21-Oct	00029231	\$29.82
Tai Chi - Long Form	18+	Th	06:30 PM	1hr	Cole Harbour Recreation Centre	8	22-Oct	00029214	\$42.50
Yoga	18+	Tu	11:00 AM	1hr	Cole Harbour Recreation Centre	8	20-Oct	00033117	\$39.74
Yoga	18+	Th	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	8	22-Oct	00029217	\$49.68
Yoga - Chair Yoga	18+	F	12:00 PM	1hr	Cole Harbour Recreation Centre	8	23-Oct	00032692	\$39.74
Yoga - Gentle Yoga	18+	Tu	01:45 PM	1hr	Cole Harbour Recreation Centre	8	20-Oct	00033121	\$39.74
Yoga - Stability Yoga	18+	M	12:00 PM	1hr 15min	Cole Harbour Recreation Centre	8	19-Oct	00032686	\$49.68
Yoga - Yang/Yin Yoga	18+	M	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	8	19-Oct	00029180	\$49.68
Yoga - Yin Yoga	18+	Tu	12:30 PM	1hr	Cole Harbour Recreation Centre	8	20-Oct	00033123	\$39.74
Yoga - Yoga-Lates	18+	W	9:00 AM	1hr	Cole Harbour Recreation Centre	7	21-Oct	00029268	\$34.77
Zumba	18+	M	07:30 PM	1hr	Cole Harbour Recreation Centre	8	19-Oct	00029174	\$40.02
Zumba - Zumba Gold	18+	F	10:30 AM	1hr	Cole Harbour Recreation Centre	8	23-Oct	00029219	\$40.02