

Fall 2021

# 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 Date	Code	Fee
<b>PRESCHOOL</b>									
Dance - Ballet	3-5	M	5:00 PM	45min	Cole Harbour Recreation Centre	10	20-Sep	00043257	\$30.00
Dance - Ballet	3-5	M	6:00 PM	45min	Cole Harbour Recreation Centre	10	20-Sep	00043255	\$30.00
Music - Music Kids	3-5	Th	12:30 PM	45min	Cole Harbour Recreation Centre	10	23-Sep	00044044	\$27.70
Parent & Tot Music - Music Babies	1-3	Th	11:30 AM	45min	Cole Harbour Recreation Centre	10	23-Sep	00044045	\$27.70
Gymnastics - Tumblebugs	3-5	W	5:30 PM	45min	Cole Harbour Recreation Centre	10	22-Sep	00044001	\$27.70
Gymnastics - Tumblebugs	3-5	W	6:30 PM	45min	Cole Harbour Recreation Centre	10	22-Sep	00044002	\$27.70
Soccer	3-5	Tu	6:00 PM	45min	Colby Village Elementary School	10	21-Sep	00043979	\$25.40
Sports - Little Sports	3-5	W	6:00 PM	45min	Cole Harbour District High School	10	22-Sep	00045005	\$25.40
Sports - Little Sports	3-5	Sa	9:00 AM	45min	Astral Drive Junior High	10	25-Sep	00044053	\$25.40
Arts & Crafts - Stories & Scribbles	3-5	Sa	12:30PM	45min	Cole Harbour Recreation Centre	10	25-Sep	00045239	\$25.40

<b>CHILD</b>									
Arts & Crafts - Silly Science	6-8	Sa	1:30 PM	45min	Cole Harbour Recreation Centre	10	25-Sep	00044050	\$25.40
Board Game Bonanza	8-10	Sa	2:30 PM	1hr	Cole Harbour Recreation Centre	10	25-Sep	00045240	\$27.70
Dance - Ballet	5-7	M	7:00 PM	45min	Cole Harbour Recreation Centre	10	20-Sep	00043258	\$30.00
Basketball	8-10	Tu	7:00 PM	45min	Astral Drive Elementary School	10	21-Sep	00043538	\$25.40
Basketball - Jr. NBA 45m	5-7	Tu	6:00 PM	45min	Astral Drive Elementary School	10	21-Sep	00043537	\$37.50
Floor Hockey	7-9	W	6:00 PM	45min	Caldwell Road Elementary School	10	22-Sep	00043999	\$25.40
Floor Hockey	10-12	W	7:00 PM	45min	Caldwell Road Elementary School	10	22-Sep	00044000	\$25.40
Soccer	6-8	Tu	7:00 PM	45min	Colby Village Elementary School	10	21-Sep	00043981	\$25.40
Sports - All Sorts of Sports	6-10	W	6:45 PM	45min	Cole Harbour District High School	10	22-Sep	00045007	\$25.40
Sports - Run, Jump, Throw, Wheel	5-8	W	6:00 PM	45min	Cole Harbour District High School	10	22-Sep	00045006	\$25.40

<b>ADULT</b>									
Art - Oil Painting	18+	Sa	10:00 AM	2hr	Cole Harbour Recreation Centre	13	18-Sep	00044052	\$110.63
Fitness - 50+ Fitness	18+	Tu	10:30 AM	45min	Cole Harbour Recreation Centre	14	14-Sep	00043887	\$44.66
Fitness - 50+ Fitness	18+	W	10:30 AM	45min	Cole Harbour Recreation Centre	14	15-Sep	00043997	\$44.66
Fitness - 50+ Fitness	18+	Th	9:15 AM	45min	Cole Harbour Recreation Centre	14	16-Sep	00044040	\$44.66
Fitness - 50+ Fitness	18+	F	9:15 AM	45min	Cole Harbour Recreation Centre	14	17-Sep	00044047	\$44.66

# COLE HARBOUR

Fitness - Abs & Crossfit	18+	Tu	5:30 PM	1hr 15min	Cole Harbour Recreation Centre	14	14-Sep	00043992	\$69.58
Fitness - Abs & Crossfit	18+	Th	5:30 PM	1hr 15min	Cole Harbour Recreation Centre	14	16-Sep	00043992	\$69.58
Fitness - Pilates	18+	M	6:30 PM	1hr	Cole Harbour Recreation Centre	13	13-Sep	00043260	\$55.38
Fitness - Pilates	18+	Tu	9:15 AM	1hr	Cole Harbour Recreation Centre	14	14-Sep	00043894	\$59.64
Fitness - Pilates	18+	Th	10:15 AM	45min	Cole Harbour Recreation Centre	14	16-Sep	00044042	\$44.66
Fitness - Seated Pilates	18+	W	11:30 AM	1hr	Cole Harbour Recreation Centre	14	15-Sep	00043998	\$59.64
Fitness - Tai Chi Returning Long Form	16+	Th	6:30 PM	1hr	Cole Harbour Recreation Centre	6	28-Oct	00044043	\$19.14
Fitness - Zumba	18+	M	7:45 PM	1hr	Cole Harbour Recreation Centre	13	13-Sep	00043518	\$65.00
Yoga	18+	Tu	11:00 AM	1hr	Cole Harbour Recreation Centre	14	14-Sep	00043897	\$69.58
Yoga	18+	Th	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	14	16-Sep	00044046	\$86.94
Yoga - Chair Yoga	18+	F	11:30 AM	1hr	Cole Harbour Recreation Centre	14	17-Sep	00044048	\$69.58
Yoga - Gentle Yoga	18+	Tu	1:30 PM	1hr	Cole Harbour Recreation Centre	14	14-Sep	00043982	\$69.58
Yoga - Power Yoga	18+	W	6:00 PM	1hr	Cole Harbour Recreation Centre	14	15-Sep	00043996	\$69.58
Yoga - Stability Ball Yoga	18+	M	12:00 PM	45min	Cole Harbour Recreation Centre	13	13-Sep	00043534	\$64.61
Yoga - Yang/Yin Yoga	18+	M	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	13	13-Sep	00043536	\$80.73
Yoga - Yin Yoga	18+	Tu	12:15 PM	1hr	Cole Harbour Recreation Centre	14	14-Sep	00043984	\$69.58
Yoga - Yoga-Lates	18+	W	9:15 AM	1hr	Cole Harbour Recreation Centre	14	15-Sep	00044039	\$69.58
Zumba - Zumba Gold	18+	M	1:15 PM	1hr	Cole Harbour Recreation Centre	13	13-Sep	00043993	\$65.00
Zumba - Zumba Gold	18+	F	10:15 AM	1hr	Cole Harbour Recreation Centre	14	17-Sep	00044049	\$70.00

## DROP INS

Program Name	Ages	Day	Start Time	Duration	Location	Start Date	Cost
Family Open Gym	3+	W	7:00 PM	1hr	Cole Harbour District High School	23-Sep	FREE
Youth Basketball	12-17	W	8:15 PM	1hr15mins	Cole Harbour District High School	23-Sep	FREE
Family Open Gym	3+	Sa	10:00 AM	1hr 45	Cole Harbour District High School	25-Sep	FREE
Youth Open Gym	12-17	Sa	12:00PM	1hr	Cole Harbour District High School	25-Sep	FREE