

Spring 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	Sessions	Start Date	Code	Fee
<b>PRESCHOOL</b>									
Dance - Ballet	3-5	M	5:00 PM	45min	Cole Harbour Recreation Centre	7	12-Apr	00037369	\$21.00
Dance - Ballet	3-5	M	6:00 PM	45min	Cole Harbour Recreation Centre	7	12-Apr	00037368	\$21.00
Music - Music Kids	3-5	Th	12:30 PM	45min	Cole Harbour Recreation Centre	8	15-Apr	00037399	\$22.16
Parent & Tot Music - Music Babies	1-3	Th	11:30 AM	45min	Cole Harbour Recreation Centre	8	15-Apr	00037398	\$22.16
Gymnastics - Tumblebugs	3-5	W	5:30 PM	45min	Cole Harbour Recreation Centre	8	14-Apr	00037391	\$22.16
Gymnastics - Tumblebugs	3-5	W	6:30 PM	45min	Cole Harbour Recreation Centre	8	14-Apr	00037390	\$22.16
Sport 3-5 Years - Little Sports	3-5	Sa	9:00AM	45min	Astral Drive Junior High	8	17-Apr	00038489	\$20.32
Parent & Tot - Soccer	3-4	Sa	11:00AM	45min	Astral Drive Junior High	8	17-Apr	00038487	\$20.32
Parent & Tot - Soccer	3-4	Sa	12:00PM	45min	Astral Drive Junior High	8	17-Apr	00038488	\$20.32

<b>CHILD</b>									
Arts & Crafts - Art Adventures	6-11	Sa	11:30 AM	45min	Cole Harbour Recreation Centre	8	17-Apr	00037404	\$27.12
Arts & Crafts - Silly Science	6-11	Sa	12:45 PM	45min	Cole Harbour Recreation Centre	8	17-Apr	00037405	\$27.12
Dance - Ballet	5-7	M	7:00 PM	45min	Cole Harbour Recreation Centre	7	12-Apr	00037370	\$21.00
Basketball	5-7	Tu	6:00 PM	45min	Astral Drive Elementary School	7	13-Apr	00037376	\$17.78
Basketball	8-10	Tu	7:00 PM	45min	Astral Drive Elementary School	7	13-Apr	00037377	\$17.78
Sport 5-8 Years - All Sorts of Sports	5-8	Sa	10:00AM	45min	Astral Drive Junior High	8	17-Apr	00038485	\$20.32

<b>YOUTH</b>									
Youth Basketball Night	13-16	W	8:00 PM	1.5hr	Cole Harbour District High School	8	14-Apr	00037393	FREE
Youth Games Night	13-16	F	6:00PM	2hr	Cole Harbour Recreation Centre	1	7-May	00038490	FREE

<b>FAMILY</b>									
Family Gym Time	3+	W	6:00 PM	1.5hr	Cole Harbour District High School	8	14-Apr	00037385	FREE

<b>ADULT</b>									
Arts & Crafts - Oil Painting	18+	Sa	9:00 AM	2hr	Cole Harbour Recreation Centre	10	10-Apr	00038486	\$85.10
Fitness - 50 + Fitness	18+	Tu	10:30 AM	45min	Cole Harbour Recreation Centre	10	6-Apr	00037378	\$31.90
Fitness - 50 + Fitness	18+	W	10:30 AM	45min	Cole Harbour Recreation Centre	10	7-Apr	00037386	\$31.90

# COLE HARBOUR

Fitness - 50 + Fitness	18+	Th	9:15 AM	45min	Cole Harbour Recreation Centre	10	8-Apr	00037394	\$31.90
Fitness - 50 + Fitness	18+	F	12:00 PM	45min	Cole Harbour Recreation Centre	10	9-Apr	00037401	\$31.90
Fitness - CrossFit	18+	Tu	6:00 PM	45min	Cole Harbour Recreation Centre	10	6-Apr	00037379	\$31.90
Fitness - CrossFit	18+	Th	6:00 PM	45min	Cole Harbour Recreation Centre	10	8-Apr	00037395	\$31.90
Fitness - Power Yoga	18+	W	6:00 PM	45min	Cole Harbour Recreation Centre	10	7-Apr	00037387	\$37.30
Fitness - Pilates	18+	M	6:30 PM	1hr	Cole Harbour Recreation Centre	8	12-Apr	00037371	\$34.08
Fitness - Pilates	18+	Tu	9:15 AM	1hr	Cole Harbour Recreation Centre	10	6-Apr	00037380	\$42.60
Fitness - Pilates	18+	Th	10:15 AM	1hr	Cole Harbour Recreation Centre	10	8-Apr	00037396	\$42.60
Fitness - Seated Pilates	18+	W	11:30 AM	1hr	Cole Harbour Recreation Centre	10	7-Apr	00037388	\$42.60
Fitness	18+	W	1:00 PM	1hr	Cole Harbour Recreation Centre	4	7-Apr	00037389	\$17.04
Fitness - Zumba	18+	M	7:45 PM	1hr	Cole Harbour Recreation Centre	8	12-Apr	00037372	\$40.00
Yoga	18+	Tu	11:00 AM	1hr	Cole Harbour Recreation Centre	10	6-Apr	00037382	\$49.70
Yoga	18+	Th	10:30 AM	1h15m	Cole Harbour Recreation Centre	10	8-Apr	00037400	\$62.10
Yoga - Chair Yoga	18+	Th	12:00 PM	1hr	Cole Harbour Recreation Centre	10	8-Apr	00037402	\$49.70
Yoga - Gentle Yoga	18+	Tu	1:45 PM	1hr	Cole Harbour Recreation Centre	10	6-Apr	00037383	\$49.70
Yoga - Stability Ball Yoga	18+	M	12:00 PM	45min	Cole Harbour Recreation Centre	8	12-Apr	00037373	\$39.76
Yoga - Yang/Yin Yoga	18+	M	10:30 AM	1h15m	Cole Harbour Recreation Centre	8	12-Apr	00037375	\$49.68
Yoga - Yin Yoga	18+	Tu	12:30 PM	1hr	Cole Harbour Recreation Centre	10	6-Apr	00037384	\$49.70
Yoga - Yoga-Lates	18+	W	9:15 AM	1hr	Cole Harbour Recreation Centre	10	7-Apr	00037392	\$49.70
Zumba - Zumba Gold	18+	M	1:15 PM	1hr	Cole Harbour Recreation Centre	8	12-Apr	00037374	\$40.00
Zumba - Zumba Gold	18+	F	10:30 AM	1hr	Cole Harbour Recreation Centre	10	9-Apr	00037403	\$50.00