

Fall 2020

MUSQUODOBOIT HARBOUR

Corner of #7 Highway and East Petpeswick Road
902.889.4050



HALIFAX

MUSQUODOBOIT HARBOUR

Program Name	Age	Day	Start Time	Duration	Location	Classes	Start Time	Code	Fee
PRESCHOOL									
Dance - Multi Dance	3-5	Tu	05:00 PM	30min	Musquodoboit Harbour Recreation Centre	8	20-Oct	00031006	\$14.80

CHILD									
Arts & Crafts - Craftsations	5-7	Th	05:30 PM	45min	Musquodoboit Harbour Recreation Centre	8	22-Oct	00033314	\$20.32
Arts & Crafts - Craftsations	8-11	Th	06:45 PM	45min	Musquodoboit Harbour Recreation Centre	8	22-Oct	00033315	\$20.32
Dance - Multi Dance	6-9	Tu	05:45 PM	45min	Musquodoboit Harbour Recreation Centre	8	20-Oct	00033434	\$24.00
Gym Games	7-10	Tu	06:45 PM	45min	Musquodoboit Harbour Recreation Centre	8	20-Oct	00031007	\$20.32

ADULT									
Art & Crafts - Sketch & Draw	18+	W	07:00 PM	1.5hrs	Musquodoboit Harbour Recreation Centre	6	21-Oct	00030999	\$38.30
Dance - Line Dancing	18+	Tu	07:00 PM	1hr	Gaetz Brook Legion	9	19-Oct	00031004	\$51.13
Dance - Line Dancing	18+	Th	07:00 PM	1hr	Gaetz Brook Legion	9	22-Oct	00031005	\$51.13
Fitness - Boot Camp	18+	M	9:30 AM	1hr	Musquodoboit Harbour Recreation Centre	9	19-Oct	00031008	\$38.30
Fitness - Trim & Tone	18+	M	11:00 AM	45min	Petpeswick Yacht Club	9	19-Oct	00031018	\$28.71
Fitness - Full Body Fit	18+	M	07:00 PM	45min	Seaforth Community Hall	9	19-Oct	00033435	\$28.71
Fitness- Cardio & Weights	18+	Tu	10:35 AM	45min	Petpeswick Yacht Club	9	20-Oct	00031021	\$28.71
Fitness - Boot Camp	18+	W	9:30 AM	1hr	Musquodoboit Harbour Recreation Centre	9	21-Oct	00031009	\$38.30
Fitness - Conditionnement Physique Doux/ Gentle Fitness	18+	W	10:00 AM	45min	Acadia House - La Grange	9	21-Oct	00031015	\$28.71
Fitness - Trim & Tone	18+	W	11:00 AM	45min	Musquodoboit Harbour Recreation Centre	9	21-Oct	00031020	\$28.71
Fitness - Gentle Fitness	18+	F	9:40 AM	45min	Petpeswick Yacht Club	9	23-Oct	00031022	\$28.71
Fitness - Cardio & Weights	18+	F	10:30 AM	45min	Petpeswick Yacht Club	9	23-Oct	00031010	\$28.71
Fitness - Step & Weights	18+	F	06:30 PM	45min	Seaforth Community Hall	9	23-Oct	00031016	\$28.71
Fitness - Total Fit	18+	Th	07:00 PM	45min	Petpeswick Yacht Club	9	22-Oct	00031017	\$28.71
Tai Chi	18+	Tu	07:00 PM	1hr 30min	Petpeswick Yacht Club	8	21-Oct	00029010	\$51.04
Yoga - Gentle Yoga	18+	M	10:30 AM	1hr 15min	Ship Harbour Hall	9	19-Oct	00031086	\$55.89

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Yoga - Gentle Yoga	18+	M	12:45 AM	1hr 15min	Petpeswick Yacht Club	9	19-Oct	00031035	\$55.89
Yoga - Gentle Yoga	18+	Th	9:30 AM	1hr 15min	Ship Harbour Hall	9	22-Oct	00031037	\$55.89
Yoga - Hatha Yoga	18+	W	10:45 AM	1hr 15min	Petpeswick Yacht Club	9	21-Oct	00031040	\$55.89
Yoga - Hatha Yoga	18+	Th	10:45 AM	1hr 15min	Petpeswick Yacht Club	9	22-Oct	00031041	\$55.89