

Fall 2021

# MUSQUODOBOIT HARBOUR

Corner of #7 Highway and East Petpeswick Road  
902.889.4050



HALIFAX

# MUSQUODOBOIT HARBOUR

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>PRESCHOOL</b>									
Preschooler Play - Teddy Bears	3-5	Tu	09:30 AM	2hr	Musquodoboit Harbour Community Centre	8	21-Sep	00044371	\$49.28
Preschooler Play - Teddy Bears	3-5	F	09:30 AM	2hr	Musquodoboit Harbour Community Centre	8	24-Sep	00044399	\$49.28
Dance -Multi Dance	3-5	Tu	06:00 PM	30min	Eastern Shore District High School	8	21-Sep	00044330	\$16.00
Gymnastics - Tumblebugs	3-5	Th	05:30 PM	30min	Musquodoboit Harbour Community Centre	8	23-Sep	00044373	\$22.16
Gymnastics - Tumblebugs	3-5	Th	06:15 PM	30min	Musquodoboit Harbour Community Centre	8	23-Sep	00044374	\$22.16

<b>CHILD</b>									
Art - Mix it up	8-12	Tu	06:00 PM	1hr	Musquodoboit Harbour Community Centre	8	21-Sep	00045316	\$27.12
Multi-Sport Program	6-9	W	06:30 PM	1hr	Oyster Pond Academy	8	22-Sep	00044403	FREE
Badminton - Family	All	W	07:30 PM	1.5hr	Oyster Pond Academy	8	22-Sep	00045023	FREE
Dance - Multi Dance	6-8	Tu	06:45 PM	45min	Eastern Shore District High School	8	21-Sep	00044335	\$24.00
Craftsations	6-8	Sa	01:00 PM	45min	Musquodoboit Harbour Community Centre	8	25-Sep	00045187	\$27.12
Improv	9-12	Sa	02:00 PM	1hr15min	Musquodoboit Harbour Community Centre	8	25-Sep	00045186	\$29.60

<b>YOUTH</b>									
Basketball	11-14	Tu	06:00 PM	1hr	Eastern Shore District High School	8	21-Sep	00044354	FREE

<b>ADULT</b>									
Dance - Line Dancing - Beginner	18+	Th	06:30 PM	1hr	Gaetz Brook Legion	10	23-Sep	00044384	\$56.80
Dance- Line Dancing- Advanced	18+	Th	07:30 PM	1hr	Gaetz Brook Legion	10	23-Sep	00044386	\$56.80
Drawing	18+	Tu	07:15 PM	1.5hr	Musquodoboit Harbour Community Centre	8	21-Sep	00045317	\$51.04
Hiking	18+	Tu	11:00 AM	1hr	Musquodoboit Harbour Community Centre	6	21-Sep	00044361	FREE
Basketball	18+	Tu	07:30 PM	1.5hr	Eastern Shore District High School	10	21-Sep	00044357	\$28.80
Pickleball	18+	Th	07:00 AM	1.5hr	Gaetz Brook Junior High	10	23-Sep	00044381	\$28.80
Fitness - Cardio & Weights	18+	Tu	10:30 AM	45min	Petpeswick Yacht Club	10	21-Sep	00044320	\$31.90
Fitness - Cardio & Weights	18+	F	10:30 AM	45min	Petpeswick Yacht Club	10	24-Sep	00044392	\$31.90

# MUSQUODOBOIT HARBOUR

Fitness - Conditionnement Physique Doux-Gentle Fitness	18+	W	09:30 AM	45min	Acadian House Museum	10	22-Sep	00044428	\$31.90
Fitness - Conditionnement Physique Doux-Gentle Fitness	18+	F	12:45 PM	45min	Acadian House Museum	10	24-Sep	00044397	\$31.90
Fitness - Gentle Fitness	18+	M	10:00 AM	1hr	Ship Harbour Hall	6	20-Sep	00044305	\$19.14
Fitness - Gentle Fit	18+	Tu	09:30 AM	45min	Petpeswick Yacht Club	10	21-Sep	00044318	\$31.90
Fitness - Gentle Fitness	18+	W	10:00 AM	1hr	Ship Harbour Hall	6	22-Sep	00044415	\$25.56
Fitness - Gentle Fit	18+	F	09:30 AM	45min	Petpeswick Yacht Club	10	24-Sep	00044390	\$31.90
Fitness - Stability Ball	18+	W	12:30 PM	45min	Musquodoboit Harbour Community Centre	10	15-Sep	00045011	\$31.90
Fitness - Step & Weights	18+	W	06:30 PM	45min	Seaforth Community Hall	10	22-Sep	00044437	\$31.90
Fitness - Total Fit	18+	M	07:00 PM	45min	Seaforth Community Hall	10	20-Sep	00044303	\$31.90
Fitness - Total Fit	18+	Th	07:00 PM	45min	Musquodoboit Harbour Community Centre	10	23-Sep	00044379	\$31.90
Yoga- Hatha	18+	W	10:45 AM	1hr 15min	Petpeswick Yacht Club	10	22-Sep	00044398	\$62.10
Yoga	18+	W	06:30 PM	1hr	Oyster Pond Academy	6	22-Sep	00044417	\$29.82
Yoga	18+	Su	09:30 AM	1hr 15min	Seaforth Community Hall	10	26-Sep	00044410	\$62.10
Yoga-Hatha	18+	Th	09:00 AM	1hr	Musquodoboit Harbour Community Centre	10	23-Sep	00044368	\$49.70
Yoga - Baby & Me	18+	F	02:15 PM	1hr	Musquodoboit Harbour Community Centre	10	24-Sep	00044405	\$49.70
Yoga - Chair Yoga	18+	F	01:00 PM	1hr 15min	Musquodoboit Harbour Community Centre	10	24-Sep	00044401	\$62.10
Yoga - Gentle	18+	M	01:30 PM	1hr 15min	Musquodoboit Harbour Community Centre	10	20-Sep	00044293	\$62.10
Yoga - Gentle	18+	Tu	09:30 AM	1hr 15min	Ship Harbour Hall	10	21-Sep	00044327	\$62.10
Yoga - Gentle	18+	Th	09:30 AM	1hr 15min	Ship Harbour Hall	10	23-Sep	00044369	\$62.10
Yoga - Mellow Flow	18+	M	07:15 PM	1hr	Musquodoboit Harbour Community Centre	10	20-Sep	00044299	\$49.70
Yoga - Mellow Flow	18+	W	06:30 PM	1hr	Musquodoboit Harbour Community Centre	10	22-Sep	00044435	\$49.70
Yoga - Prenatal	18+	Su	11:00 AM	1hr	Seaforth Community Hall	6	17-Oct	00044413	\$29.82
Yoga - Trauma Informed	18+	M	06:00 PM	1hr	Musquodoboit Harbour Community Centre	10	20-Sep	00044297	\$62.10
Yoga- Yin	18+	Sa	09:00 AM	1hr	Musquodoboit Harbour Community Centre	10	25-Sep	00044407	\$62.10

## FAMILY/ALL AGES

Badminton - All Ages	All	W	07:30 PM	1.5hr	Oyster Pond Academy	8	22-Sep	00045023	FREE
----------------------	-----	---	----------	-------	---------------------	---	--------	----------	------