

Spring 2021

# 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 Date	Code	Fee
<b>PRESCHOOL</b>									
Dance - Multi Dance	3-5	Tu	6:00 PM	30min	Eastern Shore District High School	8	6-Apr	00037951	\$14.80
Dance - Multi Dance	6+	Tu	6:45 PM	45min	Eastern Shore District High School	8	6-Apr	00037954	\$24.00
Gymnastics - Tumblebugs	3-5	Th	5:45 PM	30min	Musquodoboit Harbour Community Centre	8	8-Apr	00038016	\$22.16
Preschooler Play- Teddy Bears	3-5	Tu	9:30 AM	2hr	Musquodoboit Harbour Community Centre	8	6-Apr	00037957	\$49.28
Preschooler Play- Teddy Bears	3-5	F	9:30 AM	2hr	Musquodoboit Harbour Community Centre	8	9-Apr	00038465	\$49.28

<b>CHILD</b>									
Arts & Crafts - Craftsations	6-10	Th	6:45 PM	45min	Musquodoboit Harbour Community Centre	8	8-Apr	00037944	\$20.32
Arts & Crafts - Sketch & Draw	9-12	Tu	6:00 PM	1hr	Musquodoboit Harbour Community Centre	6	13-Apr	00038521	\$20.34
Sport- Multi Sport	5-8	W	6:30 PM	1hr	Oyster Pond Academy	8	7-Apr	00038526	FREE

<b>YOUTH</b>									
Basketball	11-14	Tu	6:00 PM	1hr	Eastern Shore District High School	8	6-Apr	00037946	FREE

<b>ADULT</b>									
Arts & Crafts - Sketch & Draw	18+	Tu	7:30 PM	1h30m	Musquodoboit Harbour Community Centre	6	13-Apr	00038466	\$38.28
Dance - Line Dancing	18+	Th	7:00 PM	1hr	Gaetz Brook Legion	8	8-Apr	00037950	\$45.44
First Aid - Emergency First Aid & Level C CPR	16+	Sa	9:00 AM	7hr	Musquodoboit Harbour Community Centre	1	5-Jun	00037956	\$80.00
Hiking	18+	Tu	11:00 AM	1hr	Musquodoboit Harbour Community Centre	6	6-Apr	00038018	FREE
Hiking	18+	Sa	11:00 AM	1hr	Musquodoboit Harbour Community Centre	6	10-Apr	00038017	FREE
Basketball	18+	Tu	7:30 PM	1.5hr	Eastern Shore District High School	8	6-Apr	00037945	\$23.04
Pickleball	18+	Th	7:00 AM	1.5hr	Gaetz Brook Junior High	8	8-Apr	00038066	\$23.04
Conditionnement Physique Doux- Gentle Fitness	18+	W	10:00 AM	45min	Acadian House Museum	8	7-Apr	00037948	\$25.52
Conditionnement Physique Doux- Gentle Fitness	18+	F	12:45 PM	45min	Acadian House Museum	8	9-Apr	00037949	\$25.52
Fit Pregnancy	18+	Sa	1:00 PM	1hr	Musquodoboit Harbour Community Centre	8	10-Apr	00037957	\$34.08
Fitness - Boot Camp	18+	M	9:00 AM	1hr	Musquodoboit Harbour Community Centre	8	12-Apr	00037963	\$34.08

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Fitness - Boot Camp	18+	W	9:00 AM	1hr	Musquodoboit Harbour Community Centre	8	7-Apr	00037967	\$34.08
Fitness - Cardio & Weights	18+	Tu	10:30 AM	45min	Petpeswick Yacht Club	8	6-Apr	00037969	\$25.52
Fitness - Cardio & Weights	18+	F	10:30 AM	45min	Petpeswick Yacht Club	8	9-Apr	00037971	\$25.52
Fitness- Gentle Fitness	18+	M	10:00 AM	1hr	Ship Harbour Hall	8	12-Apr	00038013	\$25.52
Fitness- Gentle Fitness	18+	W	10:00 AM	1hr	Ship Harbour Hall	8	12-Apr	00038522	\$25.52
Fitness- Gentle Fitness	18+	Tu	9:30 AM	45min	Petpeswick Yacht Club	8	6-Apr	00038015	\$25.52
Fitness- Gentle Fitness	18+	F	9:30 AM	45min	Petpeswick Yacht Club	8	6-Apr	00038523	\$25.52
Fitness - Step & Weights	18+	W	6:30 PM	45min	Seaforth Community Hall	8	7-Apr	00037973	\$25.52
Fitness - Total Fit	18+	M	7:00 PM	45min	Seaforth Community Hall	8	12-Apr	00037985	\$25.52
Fitness - Total Fit	18+	Th	7:00 PM	45min	Petpeswick Yacht Club	8	8-Apr	00038011	\$25.52
Fitness - Trim & Tone	18+	M	10:15 AM	45min	Musquodoboit Harbour Community Centre	8	12-Apr	00038012	\$25.52
Fitness - Trim & Tone	18+	W	10:15 AM	45min	Musquodoboit Harbour Community Centre	8	7-Apr	00038014	\$25.52
Yoga	18+	Su	9:30 AM	1h15m	Seaforth Community Hall	8	11-Apr	00038067	\$49.68
Yoga - Baby & Me	18+	M	12:15 PM	1hr	Musquodoboit Harbour Community Centre	8	12-Apr	00038527	\$39.76
Yoga - Chair	18+	F	1:00 PM	1hr	Musquodoboit Harbour Community Centre	8	9-Apr	00038068	\$39.76
Yoga - Gentle	18+	M	1:45 PM	1h15m	Petpeswick Yacht Club	8	12-Apr	00038072	\$49.68
Yoga - Gentle	18+	Tu	9:30 AM	1h15m	Ship Harbour Hall	8	6-Apr	00038069	\$49.68
Yoga - Gentle	18+	Th	9:30 AM	1h15m	Ship Harbour Hall	8	8-Apr	00038071	\$49.68
Yoga - Hatha	18+	M	7:30 PM	1hr	Musquodoboit Harbour Community Centre	8	12-Apr	00038086	\$39.76
Yoga - Hatha	18+	W	10:45 AM	1h15m	Petpeswick Yacht Club	8	7-Apr	00038075	\$49.68
Yoga - Hatha	18+	Th	10:00 AM	1hr	Musquodoboit Harbour Community Centre	8	8-Apr	00038077	\$39.76
Yoga - Yin	18+	Sa	10:00 AM	1hr	Musquodoboit Harbour Community Centre	8	10-Apr	00038076	\$49.68
Yoga - Candlelight Yin	18+	W	7:40 PM	1hr	Musquodoboit Harbour Community Centre	8	7-Apr	00038467	\$39.76
Yoga - Yoga Flow	18+	W	6:30 PM	1hr	Musquodoboit Harbour Community Centre	8	7-Apr	00038074	\$39.76
Yoga - Trauma Informed	18+	M	6:00 PM	1h15m	Musquodoboit Harbour Community Centre	8	12-Apr	00038525	\$49.68