

# MUSQUODOBOIT HARBOUR

Gaetz Brook to Ship Harbour - Corner of #7 Highway & East Petpeswick Road Phone: 902.889.4050 Toll FREE: 1.866.522.2422



Course Name	Age	Day	Time	Duration	Course Location	Classes	Course Code	Cost	Date
<b>Preschool</b>									
Dance - Ballet	3-5	Tu	6:00 PM	30m	Eastern Shore District High School	8	00014681	\$16.00	24-Sep
Preschooler Play - Teddy Bears	3-5	Tu	9:30 AM	2h	Musquodoboit Harbour Recreation Centre	12	00014679	\$73.92	17-Sep
Preschooler Play - Teddy Bears	3-5	Fr	9:30 AM	2h	Musquodoboit Harbour Recreation Centre	12	00014680	\$73.92	20-Sep
Run, Jump, Throw	3-5	W	6:00 PM	30m	Oyster Pond Academy P-9	8	00014685	\$13.52	25-Sep
Tumblebugs	3-5	Mo	6:00 PM	45m	Musquodoboit Harbour Recreation Centre	8	00014686	\$22.16	16-Sep
Gymnastics	3-5	Th	6:00 PM	30m	Gaetz Brook Junior High	8	00014686	\$22.16	26-Sep

<b>Child</b>									
Drawing & Sketching	9-12	Th	6:00 PM	1h	Musquodoboit Harbour Community Centre	6	00015278	\$20.34	19-Sep
Dance - Ballet	5-8	Tu	6:30 PM	45m	Eastern Shore District High School	8	00014682	\$24.00	24-Sep
Gymnastics	6-12	Th	6:30 PM	1h	Gaetz Brook Junior High	8	00014688	\$29.60	26-Sep
Floor Hockey	7-10	M	6:00PM	1h	Oyster Pond Academy	10	00015242	\$0.00	23-Sep
Soccer & Basketball	6-9	Th	6:30PM	1h	Oyster Pond Academy	10	00015245	\$0.00	25-Sep

<b>Youth</b>									
Basketball	11-14	Tu	6:30 PM	1.5h	Eastern Shore District High School	9	00015241	\$0.00	24-Sep
Babysitter's Training	11-16	Sa	9:00 AM	8h	Musquodoboit Harbour United Church	1	00015287	\$37.00	28-Sep

<b>Adult</b>									
Drawing & Sketching	18+	Th	7:30 PM	1.5h	Musquodoboit Harbour Community Centre	6	00015277	\$38.30	19-Sep
Watercolour - Intro	18+	M	7:00 PM	2h	Musquodoboit Harbour Community Centre	8	00015280	\$68.08	16-Sep
Line Dancing	18+	M	7:00 PM	1h	Royal Canadian Legion - Branch 161 (Gaetz Brook)	10	00014683	\$56.81	16-Sep

Course Name	Age	Day	Time	Duration	Course Location	Classes	Course Code	Cost	Date
Line Dancing - Returning	18+	Th	7:00 PM	1h	Royal Canadian Legion - Branch 161 (Gaetz Brook)	10	00014684	\$56.81	19-Sep
Fitness - Baby & Me	18+	Tu	10:40 AM	45m	Musquodoboit Harbour & District Lions Club	10	00015933	\$38.23	10-Sep
Fitness - Boot Camp	18+	M	9:30 AM	1h	Musquodoboit Harbour Recreation Centre	12	00015646	\$38.28	9-Sep
Fitness - Boot Camp	18+	W	9:30 AM	1h	Musquodoboit Harbour Community Centre	12	00015662	\$38.28	11-Sep
Fitness - Circuit	18+	Th	12:00 PM	45m	Musquodoboit Harbour Community Centre	12	00015671	\$38.28	12-Sep
Fitness - Full Body Fitness	18+	M	7:00 PM	45m	Musquodoboit Harbour Community Centre	12	00015655	\$38.28	9-Sep
Fitness - Gentle Fitness	18+	F	9:40 AM	45m	Musquodoboit Harbour & District Lions Club	12	00015673	\$38.28	13-Sep
Fitness - Stability Ball	18+	W	12:15 PM	45m	Musquodoboit Harbour Community Centre	12	00015664	\$38.28	11-Sep
Fitness - Step & Weights	18+	F	6:30 PM	45m	Musquodoboit Harbour Community Centre	12	00015675	\$38.28	13-Sep
Fitness - Circuit	18+	Tu	12:00 PM	45m	Musquodoboit Harbour Community Centre	12	00015658	\$38.28	10-Sep
Fitness - Total Fit	18+	Th	7:00 PM	45m	Musquodoboit Harbour Community Centre	12	00015672	\$38.28	12-Sep
Fitness - Trim & Tone	18+	M	10:30 AM	45m	Musquodoboit Harbour Recreation Centre	12	00015648	\$38.28	9-Sep
Fitness - Trim & Tone	18+	Tu	10:35 AM	45m	Musquodoboit Harbour & District Lions Club	12	00015936	\$38.28	13-Sep
Fitness - Trim & Tone	18+	F	10:35 AM	45m	Musquodoboit Harbour & District Lions Club	12	00015674	\$38.28	13-Sep
Yoga	18+	Tu	6:00 PM	1h15m	Musquodoboit Harbour Community Centre	12	00015659	\$74.52	10-Sep
Yoga	18+	Tu	7:30 PM	1h15m	Musquodoboit Harbour Community Centre	12	00015660	\$74.52	10-Sep
Yoga	18+	W	10:45 AM	1h15m	Musquodoboit Harbour Community Centre	12	00015663	\$74.52	11-Sep
Yoga	18+	W	1:15 PM	1h15m	Musquodoboit Harbour Community Centre	12	00015665	\$74.52	11-Sep
Yoga - Chair Yoga	18+	Th	9:30 AM	1h	Musquodoboit Harbour Community Centre	12	00015667	\$59.62	12-Sep
Yoga - Family Yoga	3+	Sa	10:00 AM	1h	Musquodoboit Harbour Community Centre	8	00015676	\$39.75	21-Sep
Yoga - Gentle	18+	M	11:15 AM	1h15m	Ship Harbour Hall	10	00015651	\$62.10	9-Sep
Yoga - Gentle	18+	M	1:30 PM	1h15m	Musquodoboit Harbour Recreation Centre	10	00015652	\$62.10	9-Sep
Yoga - Gentle	18+	Th	11:15 AM	1h15m	Ship Harbour Hall	12	00015669	\$74.52	12-Sep
Yoga - Meditation/Yin	18+	M	8:00 PM	1h	Musquodoboit Harbour Recreation Centre	10	00015653	\$49.68	9-Sep
Yoga - Vinyasa	18+	Sa	10:15 AM	1h15m	Musquodoboit Harbour Community Centre	8	00015677	\$49.68	21-Sep
First Aid - Emergency Level C CPR	16+	Sa	9:00 AM	7h	Musquodoboit Harbour United Church	1	00015290	\$80.00	19-Oct
Rug Crocheting	18+	Su	1:00 AM	3h	Musquodoboit Harbour Community Centre	1	00015284	\$80.00	22-Sep
Badminton	18+	Tu	8:00 PM	1.5h	Eastern Shore District High School	10	00014690	\$20.00	24-Sep
Pickleball	18+	Th	8:00 PM	1.5h	Gaetz Brook Junior High	10	00015243	\$20.00	26-Sep
Tai Chi	18+	W	7:00 PM	1h	Musquodoboit Harbour Recreation Centre	10	00015246	\$35.42	18-Sep
Hiking Club	18+	Sa	1:00PM	2h	Musquodoboit Harbour Community Centre	6	00015282	\$0.00	14-Sep

## DROP IN PROGRAMS

PROGRAM NAME	AGES	DAY	TIME	SESSIONS	LOCATION	COST	START DATE
Soccer	11-14	W	7:30PM	1.5h	Oyster Pond Academy	Free	25-Sep
Kids Night Out	8-12	Fr	6:00PM	3h	Eastern Shore District High	Free	20-Sep
Badminton - Family	8+	M	7:00 PM	1.5h	Oyster Pond Academy P-9	Free	23-Sep

## Musquodoboit Harbour Fitness Centre

7900, #7 Highway-corner of #7 Hwy & East Petpeswick Rd. 902.889.4058

Hours of Operation: Monday-Friday 7:30AM-11:30AM & 1:00PM-9:00PM Saturday 8:00AM-1:00PM

Membership Fees	Adult	Student/Senior	Family
Drop In (1 visit)	\$6.00	\$4.50	N.A.
10 Visit Card	\$33.00	\$24.75	N.A.
One Month	\$43.00	\$32.25	N.A.
Three Month	\$115.00	\$86.25	\$170.00
12 Month	\$280.00	\$210.00	\$420.00

