

# 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	06:00 PM	30m	Eastern Shore District High School	8	00020843	\$16.00	14-Jan
Preschooler Play - Teddy Bears	3-5	Tu	9:30 AM	2h	Musquodoboit Harbour Recreation Centre	11	00020794	\$67.76	14-Jan
Preschooler Play - Teddy Bears	3-5	F	9:30 AM	2h	Musquodoboit Harbour Recreation Centre	11	00020795	\$67.76	17-Jan
Preschooler Sport - Run, Jump, Throw	3-5	W	06:00 PM	30m	Oyster Pond Academy	8	00020832	\$13.52	22-Jan
Tumblebugs	3-5	M	06:00 PM	45m	Musquodoboit Harbour Recreation Centre	8	00020864	\$22.16	13-Jan
<b>Child</b>									
Activity Night - Kids Night Out	7-12	F	06:00 PM	3h	Musquodoboit Harbour Recreation Centre	8	00020857	FREE	17-Jan
Art - Sketch & Draw	9-12	W	06:00 PM	1h	Musquodoboit Harbour Recreation Centre	6	00021337	\$20.34	15-Jan
Dance - Ballet	5-8	Tu	06:30 PM	45m	Eastern Shore District High School	8	00020844	\$24.00	14-Jan
Floor Hockey	7-10	M	06:00 PM	1h	Oyster Pond Academy	10	00020856	FREE	13-Jan
Soccer & Basketball	6-9	W	06:30 PM	1h	Oyster Pond Academy	8	00020824	FREE	15-Jan
Pickleball	8-12	Th	06:00 PM	1h	Gaetz Brook Junior High	7	00021000	\$23.73	16-Jan
March Break Camp- Swim Trip	6-12	M	8:00 AM	9h	Eastern Shore Community Centre	1	00020992	\$26.15	16-Mar
March Break Camp- Bowling Trip	6-12	Tu	8:00 AM	9h	Eastern Shore Community Centre	1	00020993	\$24.15	17-Mar
March Break Camp- Movie Trip	6-12	W	8:00 AM	9h	Eastern Shore Community Centre	1	00020994	\$28.15	18-Mar
March Break Camp- Adventure Camp	6-12	Th	8:00 AM	9h	Eastern Shore Community Centre	1	00020995	\$21.15	19-Mar
March Break Camp- Skating and Fun	6-12	F	8:00 AM	9h	Eastern Shore Community Centre	1	00020996	\$21.15	20-Mar
<b>Youth</b>									
Basketball	11-14	Tu	8:00 AM	1.5h	Eastern Shore District High School	10	00020840	FREE	14-Jan
Soccer	11-14	W	07:30 PM	1.5h	Oyster Pond Academy	8	00020825	FREE	22-Jan
Ski Trip	12-18	Sa	9:00 AM	11h	Eastern Shore Recreation Bus	1	00021416	\$15-\$35	4-Jan

Ski Trip	12-18	Sa	9:00 AM	11h	Eastern Shore Recreation Bus	1	00021417	\$15-\$35	18-Jan
Ski Trip	12-18	Sa	9:00 AM	11h	Eastern Shore Recreation Bus	1	00021418	\$15-\$35	1-Feb
Ski Trip	12-18	Sa	9:00 AM	11h	Eastern Shore Recreation Bus	1	00021419	\$15-\$35	15-Feb
Ski Trip	12-18	Sa	9:00 AM	11h	Eastern Shore Recreation Bus	1	00021420	\$15-\$35	29-Feb
Ski Trip	12-18	Sa	9:00 AM	11h	Eastern Shore Recreation Bus	1	00021421	\$15-\$35	14-Mar
Ski Trip	12-18	Sa	9:00 AM	11h	Eastern Shore Recreation Bus	1	00021422	\$15-\$35	28-Mar

## Adult

Art - Drawing & Sketching	18+	Tu	01:30 PM	1.5h	Musquodoboit Harbour Recreation Centre	6	00020837	\$38.30	16-Jan
Art - Intro to Watercolour	18+	M	07:00 PM	2h	Musquodoboit Harbour Recreation Centre	8	00020859	\$68.08	13-Jan
Dance - Line Dancing	18+	M	07:00 PM	1h	Gaetz Brook Legion	10	00020841	\$56.81	6-Jan
Dance - Line Dancing - Returning	18+	Th	07:00 PM	1h	Gaetz Brook Legion	10	00020842	\$56.81	9-Jan
Badminton	18+	Tu	08:00 PM	1.5h	Eastern Shore District High School	8	00020838	\$41.68	14-Jan
Karate and Self Defense for Seniors	18+	W	03:00 PM	1h	Musquodoboit Harbour Recreation Centre	8	00020863	\$34.08	15-Jan
Fitness - Baby & Me	18+	Tu	9:40 AM	45m	Lions Club	10	00020861	\$31.86	7-Jan
Fitness - Boot Camp	18+	M	9:30 AM	1h	Musquodoboit Harbour Recreation Centre	10	00020819	\$42.55	13-Jan
Fitness - Boot Camp	18+	W	9:30 AM	1h	Musquodoboit Harbour Recreation Centre	10	00020846	\$42.55	15-Jan
Fitness - Circuit	18+	Tu	12:00 PM	45m	Musquodoboit Harbour Recreation Centre	10	00020847	\$31.86	14-Jan
Fitness - Circuit	18+	Th	12:00 PM	45m	Musquodoboit Harbour Recreation Centre	10	00020848	\$31.86	16-Jan
Fitness - Full Body Fitness	18+	M	07:00 PM	45m	Musquodoboit Harbour Recreation Centre	10	00020849	\$31.86	6-Jan
Fitness - Gentle	18+	F	9:40 AM	45m	Lions Club	10	00020858	\$31.86	10-Jan
Fitness - Stability Ball	18+	W	12:15 PM	45m	Musquodoboit Harbour Recreation Centre	10	00020850	\$31.86	8-Jan
Fitness - Step & Weights	18+	F	06:30 PM	45m	Musquodoboit Harbour Recreation Centre	10	00020851	\$31.86	10-Jan
Fitness - Total Fit	18+	Th	07:00 PM	45m	Musquodoboit Harbour Recreation Centre	10	00020852	\$31.86	9-Jan
Fitness - Trim & Tone	18+	Tu	10:35 AM	45m	Lions Club	10	00020854	\$31.86	7-Jan
Fitness - Trim & Tone	18+	F	10:35 AM	45m	Lions Club	10	00020853	\$31.86	10-Jan
Fitness - Trim & Tone	18+	M	10:30 AM	45m	Musquodoboit Harbour Recreation Centre	10	00020818	\$31.86	13-Jan
Fitness - Trim & Tone	18+	W	10:30 AM	45m	Musquodoboit Harbour Recreation Centre	10	00020862	\$31.86	15-Jan
Yoga	18+	Tu	06:00 PM	1h15m	Musquodoboit Harbour Recreation Centre	10	00021429	\$62.10	7-Jan
Yoga	18+	Tu	07:30 PM	1h15m	Musquodoboit Harbour Recreation Centre	10	00020822	\$62.10	7-Jan
Yoga- Chair Yoga	18+	Th	1:30-2:30	1h	Musquodoboit Harbour Recreation Centre	10	00020823	\$49.70	9-Jan
Yoga - Gentle	18+	M	11:15 AM	1h15m	Ship Harbour Hall	10	00020820	\$62.10	6-Jan
Yoga - Gentle	18+	Th	11:15 AM	1h15m	Ship Harbour Hall	10	00020836	\$62.10	9-Jan
Yoga - Gentle	18+	M	01:30 PM	1h15m	Musquodoboit Harbour Recreation Centre	10	00020821	\$62.10	13-Jan
Yoga- Hatha	18+	W	10:45 AM	1h15m	Musquodoboit Harbour Recreation Centre	10	00020834	\$62.10	8-Jan
Yoga- Hatha	18+	Th	10:45 AM	1h15m	Musquodoboit Harbour Recreation Centre	10	00020835	\$62.10	9-Jan
Yoga- Yin	18+	Th	9:00 AM	1h15m	Musquodoboit Harbour Recreation Centre	10	00021428	\$62.10	9-Jan

Yoga- Meditation/Yin	18+	Sa	01:30 PM	1h30m	Musquodoboit Harbour Recreation Centre	10	00021001	\$74.50	11-Jan
Pickleball	18+	Th	07:00 PM	1.5h	Gaetz Brook Junior High	8	00020833	\$23.04	9-Jan

### Family

Family Badminton	8-	M	07:00 PM	1.5h	Oyster Pond Academy	10	00020839	FREE	13-Jan
Family Yoga	18+	Sa	10:00 AM	1h	Musquodoboit Harbour Recreation Centre	8	00020860	\$39.74	18-Jan

# 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

