

MUSQUODOBOIT HARBOUR

Spring 2020

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	Date	Cost
Preschool									
Dance - Ballet	3-5	Tu	06:00 PM	30	Eastern Shore District High School	8	00025197	7-Apr	\$16.00
Preschooler Play - Teddy Bears	3-5	Tu	9:30 AM	120	Musquodoboit Harbour Recreation Centre	10	00025222	7-Apr	\$61.60
Preschooler Play - Teddy Bears	3-5	F	9:30 AM	120	Musquodoboit Harbour Recreation Centre	10	00025223	17-Apr	\$61.60
Preschooler Sport - Run, Jump, Throw	3-5	W	06:00 PM	30	Oyster Pond Academy	8	00025224	8-Apr	\$13.52
Tumblebugs	3-5	M	06:00 PM	45	Musquodoboit Harbour Recreation Centre	8	00025233	6-Apr	\$22.16

Child									
Dance - Hip Hop	5-8	Tu	06:30 PM	45	Eastern Shore District High School	8	00025198	7-Apr	\$24.00
Activity Night	7-12	F	06:00 PM	165	Musquodoboit Harbour Recreation Centre	1	00025183	3-Apr	\$0.00
Activity Night - Art Explorers	7-12	F	06:00 PM	165	Musquodoboit Harbour Recreation Centre	1	00025184	17-Apr	\$0.00
Activity Night - Mad Science	7-12	F	06:00 PM	165	Musquodoboit Harbour Recreation Centre	1	00025185	24-Apr	\$0.00
Activity Night - Movie Night	7-12	F	06:00 PM	165	Musquodoboit Harbour Recreation Centre	1	00025186	1-May	\$0.00
Activity Night - Dance Party	7-12	F	06:00 PM	165	Musquodoboit Harbour Recreation Centre	1	00025187	8-May	\$0.00
Activity Night - Nature Night	7-12	F	06:00 PM	165	Musquodoboit Harbour Recreation Centre	1	00025188	15-May	\$0.00
Activity Night - Relay Olympics	7-12	F	06:00 PM	165	Musquodoboit Harbour Recreation Centre	1	00025189	22-May	\$0.00
Family Badminton	8+	M	07:00 PM	90	Oyster Pond Academy	6	00025193	6-Apr	\$0.00
Floor Hockey	7-10	M	06:00 PM	60	Oyster Pond Academy	6	00025213	6-Apr	\$0.00
Soccer Basketball	6-9	W	06:30 PM	60	Oyster Pond Academy	8	00025232	8-Apr	\$0.00

Youth									
Pickleball	10-14	W	07:30 PM	90	Oyster Pond Academy	8	00025231	8-Apr	\$0.00
Basketball- Drop In	11-14	Tu	06:30 PM	90	Eastern Shore District High School	8	00025194	7-Apr	\$0.00

Adult									
Dance - Line Dancing	18+	M	07:00 PM	60	Royal Canadian Legion - Branch 161 (Gaetz Brook)	9	00025195	6-Apr	\$51.12
Dance - Line Dancing - Returning	18+	Th	07:00 PM	60	Royal Canadian Legion - Branch 161 (Gaetz Brook)	10	00025196	2-Apr	\$56.80
Fitness - Boot Camp	18+	M	9:30 AM	60	Musquodoboit Harbour Recreation Centre	9	00025201	6-Apr	\$38.34
Fitness - Trim & Tone	18+	M	10:30 AM	45	Musquodoboit Harbour Recreation Centre	10	00025211	6-Apr	\$31.90
Fitness - Full Body Fitness	18+	M	07:15 PM	45	Musquodoboit Harbour Recreation Centre	10	00025205	6-Apr	\$31.90
Fitness - Baby & Me	18+	Tu	9:40 AM	45	Musquodoboit Harbour & District Lions Club	10	00020845	7-Apr	\$31.90
Fitness- Cardio & Weights	18+	Tu	10:35 AM	45	Musquodoboit Harbour & District Lions Club	10	00025209	7-Apr	\$31.90
Fitness - Circuit	18+	Tu	12:00 PM	45	Musquodoboit Harbour Recreation Centre	10	00025203	7-Apr	\$31.90
Fitness - Boot Camp	18+	W	9:30 AM	60	Musquodoboit Harbour Recreation Centre	10	00025202	8-Apr	\$42.60
Fitness - Trim & Tone	18+	W	10:30 AM	45	Musquodoboit Harbour Recreation Centre	10	00025212	8-Apr	\$31.90
Fitness - Stability Ball	18+	W	12:15 PM	45	Musquodoboit Harbour Recreation Centre	10	00025206	8-Apr	\$31.90
Fitness - Circuit	18+	Th	12:00 PM	45	Musquodoboit Harbour Recreation Centre	10	00025204	9-Apr	\$31.90
Fitness - Total Fit	18+	Th	07:00 PM	45	Musquodoboit Harbour Recreation Centre	10	00025208	9-Apr	\$31.90
Fitness - Cardio & Weights	18+	F	10:35 AM	45	Musquodoboit Harbour & District Lions Club	10	00025210	17-Apr	\$31.90
Fitness- Gentle Fitness	18+	F	9:40 AM	45	Musquodoboit Harbour & District Lions Club	10	00025214	17-Apr	\$31.90
Fitness - Step & Weights	18+	F	06:30 PM	45	Musquodoboit Harbour Recreation Centre	10	00025207	17-Apr	\$31.90
Karate & Self Defense for Seniors	18+	W	02:00 PM	60	Musquodoboit Harbour Recreation Centre	8	00025215	8-Apr	\$34.08
Tai Chi	18+	W	07:15 PM	90	Musquodoboit Harbour Recreation Centre	8	00026117	1-Apr	\$51.04
Yoga	18+	Tu	06:00 PM	75	Musquodoboit Harbour Recreation Centre	10	00025234	7-Apr	\$62.10
Yoga	18+	Tu	07:30 PM	75	Musquodoboit Harbour Recreation Centre	10	00025235	7-Apr	\$62.10
Yoga - Gentle	18+	M	11:15 AM	75	Ship Harbour Hall	9	00025236	6-Apr	\$55.89
Yoga - Gentle	18+	M	01:30 PM	75	Musquodoboit Harbour Recreation Centre	9	00025237	6-Apr	\$55.89
Yoga - Yin/Yang	18+	Th	9:00 AM	75	Musquodoboit Harbour Recreation Centre	10	00027537	9-Apr	\$62.10
Yoga - Gentle	18+	Th	11:15 AM	75	Ship Harbour Hall	10	00025238	9-Apr	\$62.10
Yoga- Chair Yoga	18+	Th	01:30 PM	60	Musquodoboit Harbour Recreation Centre	10	00025240	9-Apr	\$49.70
Yoga- Hatha	18+	Th	10:45 AM	75	Musquodoboit Harbour Recreation Centre	10	00025242	9-Apr	\$62.10
Yoga- Hatha	18+	W	10:45 AM	75	Musquodoboit Harbour Recreation Centre	10	00025241	8-Apr	\$62.10
Yoga - Meditation/Yin	18+	Sa	01:30 PM	90	Musquodoboit Harbour Recreation Centre	10	00025239	11-Apr	\$74.50
Badminton	18+	Tu	08:00 PM	90	Eastern Shore District High School	7	00025192	14-Apr	\$20.16
Pickleball	18+	Th	07:00 PM	90	Gaetz Brook Junior High	7	00025221	9-Apr	\$20.16

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

