

MUSQUODOBOIT VALLEY

Spring 2020

Dutch Settlement to Dean

12046 Highway # 224, Middle Musquodoboit

Phone: 902.384.3008



Course Name	Age	Day	Time	Duration	Location	Classes	Code	Date	Cost
Preschool									
Gymnastics - Tumblebugs	3-5	Tu	06:00 PM	45m	Carrolls Corner Community Centre	8	00022939	7-Apr	\$22.16
Gymnastics - Tumblebugs	3-5	Th	06:00 PM	45m	Musquodoboit Valley Education Centre	7	00022938	9-Apr	\$19.39
Adult									
Fitness - Belly Fit	18+	M	07:00 PM	60m	Musquodoboit Valley Education Centre	6	00022936	6-Apr	\$25.56
Fitness - Belly Fit	18+	W	07:00 PM	60m	Musquodoboit Valley Education Centre	8	00022937	1-Apr	\$29.82
Yoga	18+	Tu	08:00 PM	60m	Carrolls Corner Community Centre	8	00022940	7-Apr	\$39.76
Yoga- Gentle	18+	W	9:30 AM	60m	St. Andrews United Church	10	00022784	1-Apr	\$49.70

Drop In							
Program Name	Age	Day	Time	Duration	Location	Start Date	Cost
Open Gym - Child	6-12	Mon	06:30 PM	1.5h	Musquodoboit Valley Education Centre	6-Apr	Free
Fitness Centre	16+	Mon	06:30 PM	2.5h	Musquodoboit Rural High School	6-Apr	Free
Activity Night	6-12	Tues	07:00 PM	1 h	Carroll's Corner Community Centre	7-Apr	Free
Open Gym- Youth	12-16	Tues	07:00 PM	2h	Musquodoboit Rural High School	7-Apr	Free
Open Gym - Ladies Night	16+	Wed	07:00 PM	1.5 h	Musquodoboit Valley Education Centre	1-Apr	Free
Fitness Centre	16+	Wed	06:30 PM	2.5 h	Musquodoboit Rural High School	1-Apr	Free
Pickle Ball	16+	Thurs	07:00 PM	1.5h	Musquodoboit Valley Education Centre	2-Apr	Free
Fitness Centre	16+	Fri	06:30 PM	2.5h	Musquodoboit Rural High School	3-Apr	Free
Open Gym - Adult/Youth	13+	Fri	06:30 PM	2.5h	Musquodoboit Rural High School	3-Apr	Free