

# MUSQUODOBOIT VALLEY

## Dutch Settlement to Dean

12046 Highway # 224, Middle Musquodoboit

Phone: 902.384.3008



Course Name	Age	Day	Time	Duration	Location	Date	Classes	Course Code	Cost
<b>PRESCHOOL</b>									
Tumblebugs	3-5	Tu	06:00 PM	45m	Carrolls Corner Community Centre	8	00019886	\$22.16	14-Jan
Tumblebugs	3-5	Th	06:00 PM	45m	Musquodoboit Valley Education Centre	8	00019885	\$22.16	16-Jan
<b>CHILD</b>									
March Break Workshop - Teddy Bear Tuesday	6-8	Tu	9:00 AM	6h	Carrolls Corner Community Centre	1	00020771	\$15.00	17-Mar
March Break Workshop - Mission Impossible	6-12	W	9:00 AM	6h	Carrolls Corner Community Centre	1	00020769	\$15.00	18-Mar
March Break Workshop - Young At Art	6-12	Th	9:00 AM	6h	Carrolls Corner Community Centre	1	00020768	\$15.00	19-Mar
<b>ADULT</b>									
Fitness - Belly Fit	18+	M	07:00 PM	1h	Musquodoboit Valley Education Centre	8	00019883	\$34.04	13-Jan
Fitness - Belly Fit	18+	W	07:00 PM	1h	Musquodoboit Valley Education Centre	8	00019884	\$34.04	15-Jan
Yoga - Family	6+	Tu	06:30 PM	1h	Musquodoboit Valley Education Centre	8	00021426	39.74	14-Jan
Yoga	18+	Tu	08:00 PM	1h	Carrolls Corner Community Centre	8	00019887	\$39.74	14-Jan

<b>DROP IN PROGRAMS</b>									
PROGRAM NAME	AGES	DAY	TIME	LOCATION	START DATE	COST			
Open Gym - Child	6-12	Mon	06:30 PM	1.5h	Musquodoboit Valley Education Centre	6-Jan	Free		
Fitness Centre	16+	Mon	06:30 PM	2.5h	Musquodoboit Rural High School	6-Jan	Free		
Activity Night	6-12	Tues	07:00 PM	1 h	Carroll's Corner Community Centre	14-Jan	Free		
Open Gym- Youth	12-16	Tues	07:00 PM	2h	Musquodoboit Rural High School	7-Jan	Free		
Open Gym - Adults	30+	Wed	7:00 PM	1.5 h	Musquodoboit Valley Education Centre	8-Jan	Free		
Fitness Centre	16+	Wed	06:30 PM	2.5 h	Musquodoboit Rural High School	8-Jan	Free		
Pickle Ball	16+	Thurs	07:00 PM	1.5h	Musquodoboit Valley Education Centre	9-Jan	Free		
Fitness Centre	16+	Fri	06:30 PM	2.5h	Musquodoboit Rural High School	9-Jan	Free		