

Fall 2021

MUSQUODOBOIT VALLEY

Dutch Settlement to Dean

12046 Highway # 224, Middle Musquodoboit

Phone: 902.384.3008



HALIFAX

MUSQUODOBOIT VALLEY

Program Name	Age	Day	Start Time	Duration	Location	Start Date	Sessions	Code	Fee
PRESCHOOL									
Gymnastics - Tumblebugs	3-5	Th	06:00 PM	45min	Musquodoboit Valley Education Centre	8	7-Oct	00044987	\$22.16
Preschooler Play - Tumblebugs	3-5	Tu	06:00 PM	45min	Carrolls Corner Community Centre	9	13-Oct	00044988	\$24.93

CHILD									
Gym Time	5-12	M	06:30 PM	1.5hr	Musquodoboit Valley Education Centre	10	4-Oct	00045016	FREE

YOUTH									
Youth Ops - Musquodoboit Valley	13-18	M	01:00 AM	3.5hr	Musquodoboit Valley Recreation Office	1	27-Oct	00045021	FREE

ADULT									
Yoga	18+	Tu	07:00 PM	1hr	Carrolls Corner Community Centre	10	5-Oct	00044989	\$49.70
Yoga- Gentle	18+	Th	09:30 AM	1hr	St Andrews United Church	10	7-Oct	00044990	\$49.70
Gym Time - Ladies	18+	W	07:00 PM	1.5hr	Musquodoboit Valley Education Centre	9	6-Oct	00045017	FREE
Pickleball	18+	Th	07:00 PM	1.5hr	Musquodoboit Valley Education Centre	8	7-Oct	00045015	FREE
Rug Hooking - Beginner	16+	W	6:00 PM	3 hrs	Musquodoboit Valley Education Centre	1	27-Oct	00045310	TBA

DROP INS							
Program Name	Ages	Day	Start Time	Duration	Location	Start Date	Cost
Open Gym- Youth	12-16	T	7:00 p.m.	2 hr	Musquodoboit Rural High School	5-Oct	FREE
Open Gym - Youth/Adult	13 up	F	6:30 p.m.	2.5 hr	Musquodoboit Rural High School	8-Oct	FREE
Fitness Centre	16 up	M	6:30 p.m.	2.5 hr	Musquodoboit Rural High School	4-Oct	FREE
Fitness Centre	16 up	W	6:30 p.m.	2.5 hr	Musquodoboit Rural High School	6-Oct	FREE
Fitness Centre	16 up	F	6:30 p.m.	2.5 hr	Musquodoboit Rural High School	8-Oct	FREE

MUSQUODOBOIT VALLEY

Youth Ops

Are you between the ages of 13-18? We want you!

Seriously... we do!

Youth in the Bedford, Sackville, Fall River and Musquodoboit Valley are invited to explore recreation opportunities in their communities. Our staff will reach out and together, we will explore your leisure interests and work with you to meet your recreation needs.

Are you looking to develop your leadership skills? Wanting to find social activities to meet new friends? Do you have a group of friends that would love to try a new activity but just don't know where to start? Are you thinking about volunteering to boost up your university applications? Have you always thought it would be cool to work with Halifax Parks and Recreation? Do you have a skill you would like to share with your peers? Get your name on the list and lets build a program, create a support or provide a space to get you active, engaged and interested in recreation!

Register for your community or area and staff will be in touch:

Bedford #00045033

Sackville #000450022

Fall River #00045020

Musquodoboit Valley #00045021