

# SHEET HARBOUR

## Spring 2020

East Ship Harbour to Ecum Secum

22756 Highway #7 Bluewater Building

Phone: 902.885.2988 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	Th	04:15 PM	45m	Sheet Harbour Recreation Office	6	00021961	16-Apr	\$18.00
Preschool Play - Stories & Crafts	3-5	Tu	10:45 AM	60m	Sheet Harbour Public Library	8	00026046	14-Apr	\$0.00
Mom & Me Yoga	0-1	F	11:30 AM	45m	Sheet Harbour Recreation Office	4	00026479	17-Apr	\$9.72
Mom & Me Yoga	0-1	F	11:30 AM	45m	Sheet Harbour Recreation Office	4	00026481	15-May	\$9.72

<b>Child &amp; Youth</b>									
Dance - Ballet	4-12	Th	03:00 PM	60m	Sheet Harbour Recreation Office	6	00021960	16-Apr	\$24.00
Dance - Line Dancing	6-12	Tu	4:00PM	60m	Sheet Harbour Recreation Office	4	00027525	31-Mar	\$16.00
Music - Ukulele	8+	W	03:30 PM	60m	Sheet Harbour Recreation Office	3	00026958	1-Apr	\$12.00
Pottery - Hands On Hand-made pottery	8+	Su	01:30 PM	2.5h	Sheet Harbour Recreation Office	1	00020968	22-Mar	\$33.48
Pottery - Hands On Hand-made pottery	8+	Su	01:30 PM	2.5h	New WhorlDs Pottery Studio	1	00027562	24-May	\$33.48
Pottery - Hands On Hand-made pottery	8+	Su	01:30 PM	2.5h	New WhorlDs Pottery Studio	1	00027563	21-Jun	\$33.48
Fitness - Fit & Fab -Yoga	9-18	W	03:00 PM	45m	Sheet Harbour Recreation Office	1	00026487	15-Apr	\$2.43
Fitness - Fit & Fab -Yoga	9-18	W	03:00 PM	45m	Sheet Harbour Recreation Office	1	00026490	6-May	\$2.43
Fitness - Fit & Fab -Yoga	9-18	W	03:00 PM	45m	Sheet Harbour Recreation Office	1	00026491	20-May	\$2.43
Fitness - Fit & Fab -Yoga	9-18	W	03:00 PM	45m	Sheet Harbour Recreation Office	1	00026494	3-Jun	\$2.43

<b>Adult</b>									
Emergency First Aid	16+	Sa	9:00 AM	8h	Sheet Harbour Recreation Office	1	00026858	28-Mar	\$80.00
Emergency First Aid	16+	Sa	10:00 AM	8h	Sheet Harbour Recreation Office	2	00027527	4-Apr	\$80.00
Line Dancing	18+	F	8:00 PM	60m	Duncan MacMillan High School	3	00020988	17-Apr	\$17.04
Pottery - Hands On Hand-made pottery	8+	Su	1:30 PM	2.5h	Sheet Harbour Recreation Office	1	00020968	22-Mar	\$45.64
Pottery - Hands On Hand-made pottery	8+	Su	1:30 PM	2.5h	New WhorlDs Pottery Studio	1	00027562	24-May	\$45.64
Pottery - Hands On Hand-made pottery	8+	Su	1:30 PM	2.5h	New WhorlDs Pottery Studio	1	00027563	21-Jun	\$45.64



General Interest-Foodhandlers Course	14+	Sa	9:00 AM	7h	Sheet Harbour Recreation Office	1	00021897	7-Mar	\$34.99
Music - Ukulele	7+	W	03:30 PM	60m	Sheet Harbour Recreation Office	3	00026958	1-Apr	\$12.00
Yoga - Chair Yoga	18+	F	02:00 PM	60m	Sheet Harbour Recreation Office	8	00026462	17-Apr	\$39.76
Yoga - Chair Yoga	18+	W	02:00 PM	60m	Sheet Harbour Recreation Office	8	00026460	15-Apr	\$39.76
Yoga - Gentle Yoga	18+	F	12:50 PM	60m	Sheet Harbour Recreation Office	8	00026466	17-Apr	\$39.76
Yoga - Gentle Yoga	18+	W	12:50 PM	60m	Sheet Harbour Recreation Office	8	00026465	15-Apr	\$39.76
Day Trip - Centre Stage Theatre	16+	Su	9:00 AM	9.5h	Sheet Harbour Recreation Office	1	00020789	8-Mar	\$40.00
Day Trip - Masstown & Area	16+	F	9:00 AM	9h	Sheet Harbour Recreation Office	1	00026838	22-May	\$30.00
Day Trip - Tatamagouche & Area	16+	F	9:00 AM	9h	Sheet Harbour Recreation Office	1	00026839	26-Jun	\$30.00
Day Trip - Thrift Shopping	18+	Sa	9:00 AM	8.5h	Sheet Harbour Recreation Office	1	00026836	25-Apr	\$25.00
Day Trip - Shopping in New Glasgow	16+	F	9:00 AM	8h	Sheet Harbour Recreation Office	1	00026837	3-Apr	\$20.00

Drop In							
DROP IN NAME	AGES	DAY	TIME	DURATION	LOCATION	START DATE	COST
Parent & Tot Open Gym	18m+	M	5:00PM	2 Hrs	DuncanMacMillan High School	Apr-06	Free
Youth Open Gym	9+	M	7:00PM	2 Hrs	DuncanMacMillan High School	Apr-06	Free
Open Gym	9+	W	6:00PM	3 Hrs	DuncanMacMillan High School	Apr-08	Free
Open Gym	ALL	F	6:00PM	1.5 Hrs	DuncanMacMillan High School	Apr-17	Free
Open Gym	9+	F	7:30PM	1.5 Hrs	DuncanMacMillan High School	Apr-17	Free

# Seaside Fitness Centre

Bluewater Building 902.885.2654

Hours of operation:

Monday – Friday 7:30am – 11:30am & 1:00-9:00 PM

Saturday 8:00am – 12:00pm

Membership Fees	Adult	Student/Senior	Family
Drop In (1 visit)	\$5.00	\$3.00 student \$4.00 senior	N.A.
10 Visit Card	\$33.00	\$24.75	N.A.
One Month	\$43.00	\$32.50	N.A.
Three Month	\$115.00	\$86.25	\$170.00
12 Month	\$280.00	\$210.00	\$420.00

