

# SHEET HARBOUR

## 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>PRECHOOL</b>									
Dance - Ballet	3-5	Th	04:00 PM	45m	Sheet Harbour Recreation Office	8	00020139	\$24.00	9-Jan
Preschool Play - Stories & Crafts	3-5	Tu	10:45 AM	1h	Sheet Harbour Public Library	8	00020147	FREE	14-Jan
Fitness - Mom & Me Yoga	1m-12m	W	11:30 AM	45m	Sheet Harbour Recreation Office	4	00021798	\$9.72	8-Jan
Fitness - Mom & Me Yoga	1m-12m	W	11:30 AM	45m	Sheet Harbour Recreation Office	4	00021799	\$9.72	12-Feb
<b>CHILD</b>									
Dance - Ballet	4-12	Th	03:00 PM	1h	Sheet Harbour Recreation Office	8	00020140	\$32.00	9-Jan
Cooking - Kid Active Cooking Club	8-12	M	02:40 PM	1h50m	Sheet Harbour Recreation Office	1	00020137	\$12.40	10-Feb
Cooking - Kid Active Cooking Club	8-12	M	02:40 PM	1h50m	Sheet Harbour Recreation Office	1	00020138	\$12.40	9-Mar
Sports - All Sports	9-12	W	06:00 PM	1.5h	Duncan MacMillan High School	6	00020148	\$30.48	15-Jan
Sports - All Sorts of Sports	5-8	W	06:00 PM	1h	Duncan MacMillan High School	6	00020149	\$20.34	15-Jan
General Interest - Minute to win it & MORE	5+	Tu	01:00 PM	2h	Sheet Harbour Public Library	1	00020143	FREE	17-Mar
General Interest - Kidz in the Kitchen	5+	W	01:00 PM	2h	Sheet Harbour Public Library	1	00020971	FREE	18-Mar
Trip - Putting Edge & Bowling	5-12	Th	9:00 AM	8h	Eastern Shore Recreation Bus	1	00020136	\$30.00	19-Mar
General Interest - Sheet Harbour Idol	5+	F	01:00 PM	2h	Sheet Harbour Public Library	1	00020972	FREE	20-Mar
<b>YOUTH</b>									
Youth Trip - Ski Wentworth	12-18	Sa	8:30 AM	12h	Sheet Harbour Recreation Office	1	00020156	\$35.00	11-Jan
Youth Trip - Ski Wentworth	12-18	Sa	8:30 AM	12h	Sheet Harbour Recreation Office	1	00020157	\$35.00	25-Jan
Youth Trip - Ski Wentworth	12-18	Sa	8:30 AM	12h	Sheet Harbour Recreation Office	1	00020158	\$35.00	8-Feb
Youth Trip - Ski Wentworth	12-18	Sa	8:30 AM	12h	Sheet Harbour Recreation Office	1	00020159	\$35.00	22-Feb
Youth Trip - Ski Wentworth	12-18	Sa	8:30 AM	12h	Sheet Harbour Recreation Office	1	00020291	\$35.00	7-Mar
Youth Trip - Ski Wentworth	12-18	Sa	8:30 AM	12h	Sheet Harbour Recreation Office	1	00020135	\$35.00	21-Mar
<b>ADULT</b>									
Beginner's (Wool) Hooking	16+	M	10:00 AM	6h	Samuel R Balcom Community Centre	4	00020791	\$170.00	13-Jan
Day Trip - Centre Stage Theatre	16+	Su	9:00 AM	9.5h	Sheet Harbour Recreation Office	1	00020789	\$40.00	22-Mar



Day Trip - Truro Shopping	18+	W	9:00 AM	8h	Eastern Shore Recreation Bus	1	00020141	\$15.00	19-Feb
Day Trip - Walk, Swim, Skate Recreate	16+	W	9:00 AM	7h	Sheet Harbour Recreation Office	1	00020142	\$20.00	22-Jan
Line Dancing	18+	F	08:00 PM	1h	Duncan MacMillan High School	3	00020790	\$17.04	10-Jan
Line Dancing	18+	F	08:00 PM	1h	Duncan MacMillan High School	4	00020987	\$22.72	21-Feb
Yoga - Chair Yoga	18+	F	02:00 PM	1h	Sheet Harbour Recreation Office	10	00020154	\$49.68	10-Jan
Yoga - Chair Yoga	18+	W	02:00 PM	1h	Sheet Harbour Recreation Office	10	00020153	\$49.68	8-Jan
Yoga - Gentle Yoga	18+	F	12:50 PM	1h	Sheet Harbour Recreation Office	10	00020401	\$49.68	10-Jan
Yoga - Gentle Yoga	18+	W	12:50 PM	1h	Sheet Harbour Recreation Office	10	00020155	\$49.68	8-Jan
Pottery	8+	Su	01:30 PM	2.5h	Sheet Harbour Recreation Office	1	20966	\$45.64	19-Jan
Pottery	8+	Su	01:30 PM	2.5h	Sheet Harbour Recreation Office	1	20967	\$45.64	16-Feb
Pottery	8+	Su	01:30 PM	2.5h	Sheet Harbour Recreation Office	1	20968	\$45.64	22-Mar

### General Interest

Foodhandlers Course	14+	Sa	9:00 AM	7h	Sheet Harbour Recreation Office	1	00021897	\$34.99	8-Feb
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### DROP IN PROGRAMS

DROP IN NAME	AGES	DAY	START TIME	DURATION	LOCATION	START DATE	COST
Parent & Tot Open Gym	18M+	M	05:00 PM	2h	Duncan MacMillan High School	13-Jan	FREE
Open Gym	9+	M	07:00 PM	2h	Duncan MacMillan High School	13-Jan	FREE
Open Gym	9+	W	07:30 PM	1.5h	Duncan MacMillan High School	15-Jan	FREE
Open Gym	5+	F	06:00 PM	1.5h	Duncan MacMillan High School	17-Jan	FREE

# Seaside Fitness Centre

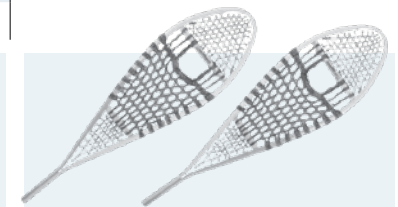
Bluewater Building 902.885.2654

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



### SNOWSHOE LENDING LIBRARY

Have you ever wanted to try snowshoeing? This is your opportunity! HRM Recreation has a supply of snowshoes of various sizes available to the community to utilize at no cost. All you need to do is fill out an equipment loan form at Seaside Fitness Centre, and return the equipment when your session is finished. For more information, please give us a call at 902.885.2654.