

# SPRYFIELD/ SAMBRO

## Captain William Spry Centre

16 Sussex Street

Phone: 902.477.POOL (7665) or 902.479.1111



Course Name	Age	Day	Time	Duration	Course Location	Classes	Course Code	Cost	Date
<b>PRESCHOOL</b>									
Dance - Ballet	3-4	Sa	11:45 AM	45m	Captain William Spry Community Centre	10	00013766	\$30.00	21-Sep
Dance - Ballet	3-4	Sa	12:30 PM	45m	Captain William Spry Community Centre	10	00013767	\$30.00	21-Sep
Dance - Intro to Dance	3-5	Sa	1:15 PM	45m	Captain William Spry Community Centre	10	00013769	\$30.00	21-Sep
Kids Zumba	3-5	Sa	4:00 PM	45m	Captain William Spry Community Centre	10	00013711	\$24.40	21-Sep

<b>CHILD</b>									
Arts & Crafts - Tween Laugh & Craft	9-12	W	6:30 PM	1.5h	Captain William Spry Community Centre	8	00013771	\$50.64	2-Oct
Artists in Action	7-11	Sa	1:30 PM	2h	Captain William Spry Community Centre	1	00016294	\$67.80	28-Sep
Halloween Costume Party	5-12	Tu	6:30 PM	1.5h	Captain William Spry Community Centre	1	00013806	\$13.52	29-Oct
Inservice Day Camp	5-12	Fr	8:00 AM	9h	Captain William Spry Community Centre	1	00013793	\$21.15	27-Sep
Inservice Day Camp	5-12	Fr	8:00 AM	9h	Captain William Spry Community Centre	1	00013796	\$21.15	25-Oct
Inservice Day Camp	5-12	Fr	8:00 AM	9h	Captain William Spry Community Centre	1	00013800	\$21.15	22-Nov
Inservice Day Camp	5-12	Th	8:00 AM	9h	Captain William Spry Community Centre	1	00013803	\$21.15	28-Nov
Dance - Hip Hop/Jazz	6-9	Sa	2:00 PM	1h	Captain William Spry Community Centre	10	00013770	\$30.00	21-Sep
Holiday Craft & Movie Fun Night	5 1/2 - 11		6:00 PM			1	00013805	\$15.87	Dec 12

<b>ADULT</b>									
Fitness - Cardio Boot Camp	18+	Sa	9:30 AM	1h	Captain William Spry Community Centre	15	00013682	\$63.90	14-Sep
Fitness - 55+ Fitness	18+	Tu	10:00 AM	1h	Captain William Spry Community Centre	16	00013683	\$68.16	3-Sep
Fitness - 55+ Fitness	18+	Th	10:00 AM	1h	Captain William Spry Community Centre	16	00013684	\$68.16	5-Sep
Fitness - Adult Zumba	18+	Sa	10:00 AM	1h	Captain William Spry Community Centre	14	00013686	\$70.00	14-Sep
Fitness - Adult Zumba	18+	Sa	4:00 PM	1h	Captain William Spry Community Centre	14	00013685	\$70.00	14-Sep
Fitness - Cardio Boot Camp	18+	Th	6:00 PM	1h	Captain William Spry Community Centre	16	00013687	\$68.16	5-Sep

Course Name	Age	Day	Time	Duration	Course Location	Classes	Course Code	Cost	Date
Fitness - Chair Fit Exercise	18+	Tu	11:15 AM	45m	Captain William Spry Community Centre	16	00013688	\$51.04	3-Sep
Fitness - Chair Fit Exercise	18+	Th	11:15 AM	45m	Captain William Spry Community Centre	16	00013689	\$51.04	5-Sep
Fitness - DiscoFit	18+	M	7:00 PM	1h	Captain William Spry Community Centre	13	00013691	\$65.38	9-Sep
Fitness - Drum Fit	18+	W	11:00 AM	1h	Captain William Spry Community Centre	16	00013706	\$78.16	4-Sep
Fitness - Drum Fit	18+	Fr	12:00 PM	1h	Captain William Spry Community Centre	16	00013710	\$78.16	6-Sep
Fitness - Drum Fit	18+	M	6:00 PM	1h	Captain William Spry Community Centre	13	00013692	\$65.38	9-Sep
Fitness - Piloxing	18+	Su	6:00 PM	1h	Captain William Spry Community Centre	12	00013712	\$51.12	15-Sep
Fitness - Restorative Stretch	18+	W	7:00 PM	1h	Captain William Spry Community Centre	16	00013707	\$78.16	4-Sep
Fitness - Restorative Stretch	18+	M	8:00 PM	1h	Captain William Spry Community Centre	13	00013700	\$65.38	9-Sep
Fitness - Salsa Fit	18+	W	6:00 PM	1h	Captain William Spry Community Centre	16	00013708	\$78.16	4-Sep
Fitness - Strength & Tone	18+	Tu	6:00 PM	1h	Captain William Spry Community Centre	15	00013705	\$63.90	10-Sep
Fitness - Yamuna Body Rolling	18+	Th	9:15 AM	1h	Captain William Spry Community Centre	8	00013772	\$44.08	31-Oct
Pilates - Beginners	18+	M	7:00 PM	1h	Captain William Spry Community Centre	8	00013804	\$24.09	28-Oct
Yoga	18+	Th	7:00 PM	1h	Captain William Spry Community Centre	16	00013709	\$79.52	5-Sep
Scrapbooking Nights	18+	Su	6:00 PM	3h	Captain William Spry Community Centre	1	00013774	\$12.76	6-Oct
Scrapbooking Nights	18+	Su	6:00 PM	3h	Captain William Spry Community Centre	1	00013783	\$12.76	13-Oct
Scrapbooking Nights	18+	Su	6:00 PM	3h	Captain William Spry Community Centre	1	00013784	\$12.76	20-Oct
Scrapbooking Nights	18+	Su	6:00 PM	3h	Captain William Spry Community Centre	1	00013785	\$12.76	27-Oct
Scrapbooking Nights	18+	Su	6:00 PM	3h	Captain William Spry Community Centre	1	00013786	\$12.76	3-Nov
Scrapbooking Nights	18+	Su	6:00 PM	3h	Captain William Spry Community Centre	1	00013787	\$12.76	10-Nov
Scrapbooking Nights	18+	Su	6:00 PM	3h	Captain William Spry Community Centre	1	00013788	\$12.76	17-Nov
Scrapbooking Nights	18+	Su	6:00 PM	3h	Captain William Spry Community Centre	1	00013790	\$12.76	24-Nov
Digital SLR Photography	16+	Th	7:00 PM	2h	Captain William Spry Community Centre	8	00013773	\$68.08	3-Oct
Badminton	18+	W	7:30 PM	2h	Herring Cove Junior High	11	00013719	\$76.45	18-Sep
Pickleball	18+	W	6:00 PM	1.5h	Central Spryfield Elementary School	13	00013718	\$67.73	18-Sep
Pickleball	18+	M	6:00 PM	2h	Central Spryfield Elementary School	11	00013715	\$76.45	16-Sep

### DROP IN PROGRAMS

PROGRAM NAME	AGES	DAY	TIME	DURATION	LOCATION	START DATE	COST
Rockingstone Drop in	7-16	Tu	6:00 PM	3h	Rockingstone Elem - gym	17-Sep	0
Open Gym	all ages	Sa	1:00pm	2h	Central Spry School - gym	28-Sep	0