

Fall 2020

# SPRYFIELD/SAMBRO

**Captain William Spry Centre**

16 Sussex Street

Phone: 902.477.POOL (7665) or 902.479.1111



HALIFAX

# SPRYFIELD/SAMBRO

Program Name	Age	Day	Start Time	Duration	Location	Classes	Start Time	Code	Fee
<b>PRESCHOOL</b>									
Dance - Ballet	3-4	Sa	11:45 AM	45min	Captain William Spry Community Centre	8	24-Oct	00030105	\$24.00
Dance - Ballet	3-4	Sa	12:45 PM	45min	Captain William Spry Community Centre	8	24-Oct	00030106	\$24.00
Dance - Intro to Dance	3-5	Sa	1:45 PM	45min	Captain William Spry Community Centre	8	24-Oct	00030107	\$24.00
Gymnastics - Tumblebugs	3.5-4	Sa	10:30 AM	45min	Captain William Spry Community Centre	8	24-Oct	00033298	\$22.16
Preschooler Play - Kiddie Capers	3-5	Tu	9:00 AM	2.5hr	Captain William Spry Centre	8	20-Oct	00033471	\$61.60
Preschooler Play - Kiddie Capers	3-5	Th	9:00 AM	2.5hr	Captain William Spry Centre	8	22-Oct	00033472	\$61.60

<b>CHILD</b>									
Artists in Action	7-11	Sa	01:30 PM	2hrs	Captain William Spry Community Centre	8	24-Oct	00030098	\$54.24
Camp - In-Service Camp	5.5-11	Th	8:30 AM	8hrs	Captain William Spry Community Centre	1	3-Dec	00030172	\$20.00
Dance - Hip Hop/Jazz	6-9	Sa	2:45 PM	45min	Captain William Spry Community Centre	8	24-Oct	00030108	\$24.00
Parent & Child Paint Night	6+	Su	01:30 PM	1.5hrs	Captain William Spry Community Centre	1	22-Nov	00033228	\$10.00
REC Games & Activities	6-8	M	06:00 PM	1.5hrs	Captain William Spry Community Centre	8	19-Oct	00033301	\$33.20
REC Games & Activities	8-10	W	06:00 PM	1.5hrs	Captain William Spry Community Centre	8	21-Oct	00033303	\$33.20
Gymnastics - Tumblebugs	4-5	Sa	11:30 AM	45min	Captain William Spry Community Centre	8	24-Oct	00033299	\$20.32
Sports - Little Sports	4-5	Sa	12:30 PM	45min	Captain William Spry Community Centre	8	24-Oct	00033300	\$20.32
Yoga for Children	9-12	Tu	06:30 PM	1hr	Captain William Spry Community Centre	8	20-Oct	00030027	\$25.92
Yoga for Children	4-6	Su	04:00 PM	45min	Captain William Spry Community Centre	8	25-Oct	00030167	\$19.44
Yoga for Children	6-9	Su	05:00 PM	45min	Captain William Spry Community Centre	8	25-Oct	00030168	\$19.44

<b>ADULT</b>									
Digital SLR Photography	16+	Th	07:00 PM	2hrs	Captain William Spry Community Centre	8	22-Oct	00030091	\$68.08
Fitness - 55+ Fitness	18+	Tu	10:00 AM	1hr	Captain William Spry Community Centre	8	20-Oct	00030028	\$34.08
Fitness - 55+ Fitness	18+	Th	10:00 AM	1hr	Captain William Spry Community Centre	8	22-Oct	00030083	\$34.08
Fitness - Adult Zumba	18+	Sa	10:00 AM	1hr	Captain William Spry Community Centre	8	24-Oct	00030096	\$40.00
Fitness - Cardio Boot Camp	18+	Th	06:00 PM	1hr	Captain William Spry Community Centre	8	22-Oct	00030084	\$34.08
Fitness - Cardio Boot Camp	18+	Sa	9:00 AM	1hr	Captain William Spry Community Centre	8	24-Oct	00030095	\$34.08

# SPRYFIELD/SAMBRO

Fitness - Chair Fit Exercise	18+	Tu	11:15 AM	45min	Captain William Spry Community Centre	8	20-Oct	00030029	\$25.52
Fitness - Chair Fit Exercise	18+	Th	11:15 AM	45min	Captain William Spry Community Centre	8	22-Oct	00030085	\$25.52
Fitness - Forever Young Seniors	18+	W	09:45 PM	1hr	Captain William Spry Community Centre	8	21-Oct	00030077	\$34.08
Fitness - Piloxing	18+	Su	06:00 PM	1hr	Captain William Spry Community Centre	8	25-Oct	00030166	\$44.08
Fitness - Strength & Tone	18+	Tu	06:00 PM	1hr	Captain William Spry Community Centre	8	20-Oct	00030030	\$34.08
Fitness - Yamuna Body Rolling	18+	Th	9:15 AM	1hr	Captain William Spry Community Centre	8	22-Oct	00030086	\$44.08
Pilates - Beginners	18+	Tu	07:00 PM	1hr	Captain William Spry Community Centre	8	20-Oct	00030031	\$44.08
Yoga - Beginner	18+	W	8:30 AM	1hr	Captain William Spry Community Centre	8	21-Oct	00030075	\$39.76
Yoga - Beginner	18+	F	8:30 AM	1hr	Captain William Spry Community Centre	8	23-Oct	00030092	\$39.76
Yoga	18+	Th	7:00PM	1hr	Captain William Spry Community Centre	8	22-Oct	00030087	\$39.76
Zumba Gold Chair Class	18+	F	9:45 AM	1hr	Captain William Spry Community Centre	8	23-Oct	00030094	\$40.00
Holiday Card Making Workshop	16+	W	6:30 PM	2 hr	Captain William Spry Centre	1	28-Oct	00033474	\$15.00
Holiday Card Making Workshop	16+	Su	1:00 PM	2 hr	Captain William Spry Centre	1	6-Dec	00033475	\$15.00