

Fall 2021

SPRYFIELD/SAMBRO

Captain William Spry Centre
16 Sussex Street
Phone: 902.477.POOL (7665)
or 902.479.1111



HALIFAX



SPRYFIELD/SAMBRO

PRESCHOOL

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
Preschooler Play - Kiddie Capers	3-5	Tu	09:00 AM	2.5hr	Captain William Spry Community Centre	8	19-Oct	00044412	\$61.60
Preschooler Play - Kiddie Capers	3-5	Th	09:00 AM	2.5hr	Captain William Spry Community Centre	8	21-Oct	00044474	\$61.60
Sports - Little Sports	4-5	Sa	12:30 PM	45min	Captain William Spry Community Centre	10	2-Oct	00044513	\$25.40
Ballet	3-4	Sa	11:45 AM	45min	Captain William Spry Community Centre	10	2-Oct	00044518	\$30.00
Ballet	3-4	Sa	12:30 PM	45min	Captain William Spry Community Centre	10	2-Oct	00044519	\$30.00
Dance - Intro to Dance	3-5	Sa	01:15 PM	45min	Captain William Spry Community Centre	10	2-Oct	00044524	\$30.00
Gymnastics - Tumblebugs	3-4	Sa	10:30 AM	45min	Captain William Spry Community Centre	10	2-Oct	00044511	\$27.70

CHILD

Arts & Crafts - Artists in Action	7-11	Sa	01:30 PM	2hr	Captain William Spry Community Centre	8	2-Oct	00044514	\$54.24
Dance - Hip Hop/Jazz	6-9	Sa	02:00 PM	1hr	Captain William Spry Community Centre	10	2-Oct	00044525	\$30.00
Day Camp - Inservice	5-11	F	08:30 AM	8hr	Captain William Spry Community Centre	1	24-Sep	00044757	\$18.80
Day Camp - Inservice	5-11	F	08:30 AM	8hr	Captain William Spry Community Centre	1	22-Oct	00044758	\$18.80
REC Games & Activities	8-10	W	06:00 PM	1.5hr	Captain William Spry Community Centre	10	29-Sep	00044436	\$41.50
REC Games & Activities	6-8	M	06:00 PM	1.5hr	Captain William Spry Community Centre	10	27-Sep	00044385	\$41.50
Basketball - Girls Only	8-10	M	07:15 PM	1hr	Rockingstone Heights Elementary School	10	27-Sep	00044411	\$45.00
Basketball - Jr. NBA	5-7	M	06:00 PM	1hr	Rockingstone Heights Elementary School	10	27-Sep	00044408	\$45.00
Basketball - Jr. NBA	5-7	W	06:00 PM	1hr	Harrietsfield Elementary School	10	29-Sep	00044442	\$45.00
Gymnastics - Tumblebugs	4-5	Sa	11:30 AM	45min	Captain William Spry Community Centre	10	2-Oct	00044512	\$25.40
Open Gym	7-11	W	06:00 PM	1.5hr	Rockingstone Heights Elementary School	12	22-Sep	00044454	FREE
Open Gym		Sa	01:00 PM	2hr	Central Spryfield Elementary School	13	25-Sep	00044527	FREE
Yoga for Children	9-12	Tu	06:15 PM	1hr	Captain William Spry Community Centre	8	19-Oct	00044423	\$25.92
Yoga for Children	4-6	Su	04:00 PM	45min	Captain William Spry Community Centre	8	17-Oct	00044528	\$19.44
Yoga for Children	6-9	Su	05:00 PM	45min	Captain William Spry Community Centre	8	17-Oct	00044530	\$19.44

YOUTH

Open Gym	12-15	W	07:30 PM	1.5hr	Rockingstone Heights Elementary School	12	22-Sep	00044455	FREE
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SPRYFIELD/SAMBRO

ADULT									
Crafts - Holiday Card Making Workshop	16+	Su	06:30 PM	3hr	Captain William Spry Community Centre	1	21-Nov	00045008	\$15.00
Photography - Digital SLR Photography	16+	Th	07:00 PM	2hr	Captain William Spry Community Centre	8	7-Oct	00044488	\$68.08
Badminton	18+	W	07:30 PM	2hr	Herring Cove Junior High	12	29-Sep	00044449	\$83.40
Pickleball - Intermediate Non-Instructional	18+	Tu	06:30 PM	2hr	Rockingstone Heights Elementary School	10	21-Sep	00044426	\$69.50
Pickleball - Non-Instructional	18+	W	06:00 PM	1.5hr	Central Spryfield Elementary School	12	22-Sep	00044447	\$62.52
Pickleball Non-Instructional	18+	M	06:00 PM	2hr	Central Spryfield Elementary School	12	20-Sep	00044402	\$83.40
Pickleball Non-Instructional	18+	F	06:30 PM	2hr	Rockingstone Heights Elementary School	10	24-Sep	00044507	\$69.50
Fitness - 55+ Fitness	18+	Tu	10:00 AM	1hr	Captain William Spry Community Centre	14	21-Sep	00044414	\$59.64
Fitness - 55+ Fitness	18+	Th	10:00 AM	1hr	Captain William Spry Community Centre	13	23-Sep	00044478	\$55.38
Fitness - Athletic Training	18+	M	06:00 PM	1hr	Captain William Spry Community Centre	13	20-Sep	00044387	\$55.38
Fitness - Athletic Training	18+	Sa	09:00 AM	1hr	Captain William Spry Community Centre	13	25-Sep	00044508	\$55.38
Fitness - Cardio Boot Camp	18+	Th	06:00 PM	1hr	Captain William Spry Community Centre	13	23-Sep	00044490	\$55.38
Fitness - Chair Fit Exercise	18+	Tu	11:15 AM	45min	Captain William Spry Community Centre	14	21-Sep	00044419	\$44.66
Fitness - Chair Fit Exercise	18+	Th	11:15 AM	45min	Captain William Spry Community Centre	13	23-Sep	00044480	\$41.47
Fitness - Forever Young Seniors	18+	W	09:30 AM	1hr	Captain William Spry Community Centre	14	22-Sep	00044432	\$59.64
Fitness - Pilates - Beginners	18+	W	07:00 PM	1hr	Captain William Spry Community Centre	8	6-Oct	00044451	\$44.08
Fitness - Piloxing	18+	Su	06:00 PM	1hr	Captain William Spry Community Centre	12	26-Sep	00044532	\$61.12
Fitness - Strength & Tone	18+	Tu	06:00 PM	1hr	Captain William Spry Community Centre	14	21-Sep	00044421	\$59.64
Fitness - Yamuna Body Rolling	18+	Th	09:15 AM	1hr	Captain William Spry Community Centre	8	7-Oct	00044475	\$44.08
Fitness - Zumba	18+	Sa	10:00 AM	1hr	Captain William Spry Community Centre	13	25-Sep	00044510	\$65.00
Fitness - Zumba Gold Class	18+	F	09:30 AM	1hr	Captain William Spry Community Centre	13	24-Sep	00044487	\$65.00
Yoga	18+	M	07:15 PM	1hr	Captain William Spry Community Centre	13	20-Sep	00044391	\$64.61
Yoga	18+	W	08:30 AM	1hr	Captain William Spry Community Centre	14	22-Sep	00044429	\$69.58
Yoga	18+	Th	07:00 PM	1hr	Captain William Spry Community Centre	13	23-Sep	00044491	\$64.61
Yoga	18+	Sa	10:15 AM	1hr	Captain William Spry Community Centre	13	25-Sep	00044509	\$64.61
Yoga	18+	F	08:30 AM	1hr	Captain William Spry Community Centre	13	24-Sep	00044486	\$64.61