

SPRYFIELD/ SAMBRO

Captain William Spry Centre

16 Sussex Street

Phone: 902.477.POOL (7665) or 902.479.1111



Course Name	Age	Day	Time	Sessions	Course Location	Classes	Course Code	Cost	Date
Preschool									
Dance - Ballet	3-4	Sat	11:45	45	Captain William Spry Community Centre	8	00007802	\$24.00	13-Apr-2019
Dance - Ballet	3-4	Sat	12:30	45	Captain William Spry Community Centre	8	00007803	\$24.00	13-Apr-2019
Dance - Intro to Dance	3-5	Sat	13:15	45	Captain William Spry Community Centre	8	00007805	\$24.00	13-Apr-2019
Parent & Tot - Basketball	3-5	Sat	10:00	45	Central Spryfield Elementary School	5	00007881	\$12.70	13-Apr-2019

Child									
Child Guitar	8-11	Mon	17:30	30	Captain William Spry Community Centre	8	00007804	\$24.80	08-Apr-2019
Youth Guitar	12-15	Mon	18:10	30	Captain William Spry Community Centre	8	00007807	\$24.80	08-Apr-2019
Arts & Crafts - Tween Laugh & Craft	9-12	Wed	18:30	90	Captain William Spry Community Centre	8	00003815	\$50.64	17-Apr-2019
Inservice Day Camp	5-12	Fri	8:00	540	Captain William Spry Community Centre	1	00008006	\$21.15	17-May-2019
Dance - Hip Hop/Jazz	6-9	Sat	14:00	45	Captain William Spry Community Centre	8	00007806	\$24.00	13-Apr-2019
Fitness - Kids Zumba	3-6	Sat	16:00	45	Captain William Spry Community Centre	10	00007993	\$24.40	13-Apr-2019
Soccer	5-6	Sat	9:00	45	Central Spryfield Elementary School	5	00007882	\$12.70	13-Apr-2019

Adult									
Fitness - 55_ Fitness	18	Tue	10:00	60	Captain William Spry Community Centre	13	00007977	\$55.38	02-Apr-2019
Fitness - 55_ Fitness	18	Thu	10:00	60	Captain William Spry Community Centre	13	00007986	\$55.38	04-Apr-2019
Fitness - Adult Zumba	18	Sat	16:00	60	Captain William Spry Community Centre	10	00007995	\$50.00	13-Apr-2019
Fitness - Cardio Boot Camp	18	Thu	18:00	60	Captain William Spry Community Centre	13	00007988	\$55.38	04-Apr-2019
Fitness - Cardio Boot Camp	18	Sat	9:30	60	Captain William Spry Community Centre	13	00007991	\$55.38	06-Apr-2019
Fitness - Chair Fit Exercise	18	Tue	11:15	45	Captain William Spry Community Centre	13	00007981	\$41.47	02-Apr-2019
Fitness - Chair Fit Exercise	18	Thu	11:15	45	Captain William Spry Community Centre	13	00007987	\$41.47	04-Apr-2019
Fitness - DiscoFit	18	Mon	19:00	60	Captain William Spry Community Centre	11	00007978	\$56.86	01-Apr-2019

Fitness - Drum Fit	18	Mon	18:00	60	Captain William Spry Community Centre	11	00007976	\$56.86	01-Apr-2019
Fitness - Drum Fit	18	Wed	11:00	60	Captain William Spry Community Centre	13	00007982	\$65.38	03-Apr-2019
Fitness - Drum Fit	18	Fri	12:00	60	Captain William Spry Community Centre	12	00007990	\$61.12	05-Apr-2019
Fitness - Piloxing	18	Sun	18:00	60	Captain William Spry Community Centre	10	00007992	\$52.60	14-Apr-2019
Fitness - Piloxing	18	Thu	19:00	60	Captain William Spry Community Centre	12	00007994	\$61.12	11-Apr-2019
Fitness - Restorative Stretch	18	Mon	20:00	60	Captain William Spry Community Centre	11	00007979	\$56.86	01-Apr-2019
Fitness - Restorative Stretch	18	Wed	19:00	60	Captain William Spry Community Centre	13	00007984	\$65.38	03-Apr-2019
Fitness - Salsa Fit	18	Wed	18:00	60	Captain William Spry Community Centre	13	00007983	\$65.38	03-Apr-2019
Fitness - Strength & Tone	18	Tue	18:00	60	Captain William Spry Community Centre	13	00007980	\$55.38	02-Apr-2019
Fitness - Yamuna Body Rolling	18	Mon	18:45	60	Captain William Spry Community Centre	8	00007975	\$44.08	08-Apr-2019
Fitness - Yamuna Body Rolling	18	Thu	9:15	60	Captain William Spry Community Centre	8	00007985	\$44.08	11-Apr-2019
Yoga	18	Thu	19:00	60	Captain William Spry Community Centre	13	00007989	\$64.61	04-Apr-2019
Arts & Crafts - Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00007996	\$12.76	28-Apr-2019
Arts & Crafts - Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00007998	\$12.76	05-May-2019
Arts & Crafts - Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00007999	\$12.76	19-May-2019
Arts & Crafts - Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00008000	\$12.76	12-May-2019
Arts & Crafts - Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00008001	\$12.76	26-May-2019
Arts & Crafts - Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00008002	\$12.76	02-Jun-2019
Arts & Crafts - Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00008003	\$12.76	09-Jun-2019
Arts & Crafts - Scrapbooking Nights	18	Sun	18:00	180	Captain William Spry Community Centre	1	00008004	\$12.76	16-Jun-2019
Photography - Digital SLR Photography	16	Thu	19:00	120	Captain William Spry Community Centre	8	00007997	\$68.08	18-Apr-2019
Adult Guitar	16	Mon	18:50	45	Captain William Spry Community Centre	8	00007808	\$44.08	08-Apr-2019
Badminton	18	Wed	19:30	120	Herring Cove Junior High	8	00007880	\$55.60	03-Apr-2019
Pickleball - Non-Instructional 1.5 hr	18	Wed	18:30	90	Central Spryfield Elementary School	9	00007878	\$46.89	03-Apr-2019
Pickleball Non-Instructional 2h	18	Mon	18:00	120	Central Spryfield Elementary School	7	00007879	\$48.65	01-Apr-2019

Drop In Programs							
PROGRAM NAME	AGES	DAY	TIME	LOCATION	START DATE	COST	
Rockingstone Drop In	7-16	Tuesday	6-9pm	Rockingstone Heights Elementary -Gymnasium (excluding March Break)	Apr 9th to May 28th 2019	free	
Open Gym Central Spry School	All ages	Saturday	1:30-3pm	Central Spry School – Gymnasium (excluding March Break)	April 6th to May 25th 2019	free	
Youth After School Drop In	10-14	Mon, Wed & Fri	3:30-5:30pm	Captain William Spry Community Centre – Kidston Activity Room (excluding Holidays and March Break)	April 8th to June 21st 2019	free	