

# SPRYFIELD/ SAMBRO

## Spring 2020

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	Date	Cost
<b>Preschool</b>									
Dance - Ballet	3-4	Sa	11:45 AM	45	Captain William Spry Community Centre	8	00025906	18-Apr	\$24.00
Dance - Ballet	3-4	Sa	12:30 PM	45	Captain William Spry Community Centre	8	00025907	18-Apr	\$24.00
Dance - Intro to Dance	3-5	Sa	01:15 PM	45	Captain William Spry Community Centre	8	00025908	18-Apr	\$24.00
Fitness - Kids Zumba	3-6	Sa	04:00 PM	45	Captain William Spry Community Centre	8	00025169	18-Apr	\$19.52

<b>Child</b>									
Artists in Action	7-11	Sa	01:30 PM	120	Captain William Spry Community Centre	8	00025905	18-Apr	\$54.24
In-Service Day Camp	5 <sup>1/2</sup> -12	F	8:00 AM	540	Captain William Spry Community Centre	1	00025910	15-May	\$21.15
Dance - Hip Hop/Jazz	6-9	Sa	02:00 PM	60	Captain William Spry Community Centre	8	00025909	18-Apr	\$24.00
Fitness - Yoga	9-12	Tu	06:15 PM	60	Captain William Spry Community Centre	8	00025869	21-Apr	\$25.92
Fitness - Yoga	4-6	Su	04:00 PM	45	Captain William Spry Community Centre	8	00025875	26-Apr	\$19.44
Fitness - Yoga	6-9	Su	05:00 PM	45	Captain William Spry Community Centre	8	00025876	26-Apr	\$19.44

<b>Adult</b>									
Parent & Child Paint Night	6+	Su	01:30 PM	90	Captain William Spry Community Centre	1	00026866	19-Apr	\$9.99
Fitness - Beginner Yoga	18+	F	8:30 AM	60	Captain William Spry Community Centre	12	00025873	3-Apr	\$59.64
Fitness - Beginner Yoga	18+	W	8:30 AM	60	Captain William Spry Community Centre	13	00025870	1-Apr	\$64.61
Fitness - Cardio Boot Camp	18+	Sa	9:00 AM	60	Captain William Spry Community Centre	13	00025345	4-Apr	\$55.38
Fitness - 55+ Fitness	18+	Th	10:00 AM	60	Captain William Spry Community Centre	13	00025129	2-Apr	\$55.38
Fitness - 55+ Fitness	18+	Tu	10:00 AM	60	Captain William Spry Community Centre	13	00025128	7-Apr	\$55.38
Fitness - Cardio Boot Camp	18+	Th	06:00 PM	60	Captain William Spry Community Centre	13	00025327	2-Apr	\$55.38
Fitness - Chair Fit Exercise	18+	Th	11:15 AM	45	Captain William Spry Community Centre	13	00025139	2-Apr	\$41.47
Fitness - Chair Fit Exercise	18+	Tu	11:15 AM	45	Captain William Spry Community Centre	13	00025329	7-Apr	\$41.47



Fitness - DiscoFit	18+	M	07:00 PM	60	Captain William Spry Community Centre	11	00025142	6-Apr	\$56.86
Fitness - Fascia Fit	18+	F	12:00 PM	60	Captain William Spry Community Centre	12	00025147	3-Apr	\$61.12
Fitness - Fascia Fit	18+	M	06:00 PM	60	Captain William Spry Community Centre	11	00025145	6-Apr	\$56.86
Fitness - Fascia Fit	18+	W	11:00 AM	60	Captain William Spry Community Centre	13	00025330	1-Apr	\$65.38
Fitness - Forever Young Seniors	18+	W	9:30 AM	60	Captain William Spry Community Centre	13	00025871	1-Apr	\$55.38
Fitness - Piloxing	18+	Su	06:00 PM	60	Captain William Spry Community Centre	12	00025154	5-Apr	\$61.12
Fitness - Restorative Stretch	18+	M	08:00 PM	60	Captain William Spry Community Centre	11	00025156	6-Apr	\$56.86
Fitness - Restorative Stretch	18+	W	07:00 PM	60	Captain William Spry Community Centre	13	00025331	1-Apr	\$65.38
Fitness - Salsa Fit	18+	W	06:00 PM	60	Captain William Spry Community Centre	13	00025332	1-Apr	\$65.38
Fitness - Strength & Tone	18+	Tu	06:00 PM	60	Captain William Spry Community Centre	13	00025333	7-Apr	\$55.38
Fitness - Yamuna Body Rolling	18+	Th	9:15 AM	60	Captain William Spry Community Centre	8	00025872	9-Apr	\$44.08
Fitness - Zumba	18+	Sa	10:00 AM	60	Captain William Spry Community Centre	13	00025326	4-Apr	\$65.00
Fitness - Pilates - Beginners	18+	Tu	07:00 PM	60	Captain William Spry Community Centre	8	00025867	7-Apr	\$44.08
Fitness - Yoga	18+	Th	07:00 PM	60	Captain William Spry Community Centre	13	00025334	2-Apr	\$64.61
Fitness - Zumba Gold Chair Class	18+	F	9:30 AM	60	Captain William Spry Community Centre	12	00025874	3-Apr	\$60.00
Photography - Digital SLR Photography	16+	Th	07:00 PM	120	Captain William Spry Community Centre	8	00025901	23-Apr	\$68.08
Badminton	18+	W	07:30 PM	120	Herring Cove Junior High	7	00025896	1-Apr	\$48.65
Pickleball - Non-Instructional	18+	W	06:00 PM	90	Central Spryfield Elementary School	9	00025897	1-Apr	\$46.89
Pickleball Non-Instructional	18+	M	06:00 PM	120	Central Spryfield Elementary School	6	00025898	6-Apr	\$41.70

## Drop In Programs

PROGRAM NAME	AGES	DAY	TIME	DURATION	LOCATION	START DATE	COST
Open Gym for Families	all	Sat	1pm	120 min	Central Spry Elementary School	4-Apr	free
Rockingstone Open Gym Drop In	7-16	Tues	6pm	180 min	Rockingstone Heights School	7-Apr	free