

Spring 2021

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 Date	Code	Fee
PRESCHOOL									
Preschooler Play - Kiddie Capers	3-5	Tu	9:00 AM	2.5hr	Captain William Spry Recreation Centre	8	13-Apr	00037961	\$61.60
Preschooler Play - Kiddie Capers	3-5	Th	9:00 AM	2.5hr	Captain William Spry Recreation Centre	8	15-Apr	00037974	\$61.60
Dance - Ballet	3-4	Sa	11:45 AM	45min	Captain William Spry Recreation Centre	8	10-Apr	00038004	\$24.00
Dance - Ballet	3-4	Sa	12:45 PM	45min	Captain William Spry Recreation Centre	8	10-Apr	00038005	\$24.00
Dance - Intro to Dance	3-5	Sa	1:45 PM	45min	Captain William Spry Recreation Centre	8	10-Apr	00038007	\$24.00
Gymnastics - Tumblebugs	3-4	Sa	10:30 AM	45min	Captain William Spry Recreation Centre	8	10-Apr	00037999	\$22.16

CHILD										
Arts & Crafts - Artists in Action	7-11	Sa	1:30 PM	2hr	Captain William Spry Recreation Centre	8	10-Apr	00038003	\$54.24	
Dance - Hip Hop/Jazz	6-9	Sa	2:45 PM	1hr	Captain William Spry Recreation Centre	8	10-Apr	00038006	\$24.00	
REC Games & Activities	6-8	Mo	6:00 PM	1.5hr	Captain William Spry Recreation Centre	8	12-Apr	00037960	\$33.20	*NEW
REC Games & Activities	8-10	We	6:00 PM	1.5hr	Captain William Spry Recreation Centre	8	14-Apr	00037976	\$33.20	*NEW
Basketball - Girls Only	8-10	Mo	7:15 PM	1hr	Rockingstone Heights Elementary School	7	12-Apr	00037959	\$31.50	*NEW
Basketball - Girls Only	8-10	Fr	6:00 PM	1hr	Harrietsfield Elementary School	6	16-Apr	00037991	\$27.00	*NEW
Basketball - Jr. NBA	5-7	Mo	6:00 PM	1hr	Rockingstone Heights Elementary School	8	12-Apr	00037958	\$36.00	*NEW
Basketball - Jr. NBA	5-7	We	6:00 PM	1hr	Harrietsfield Elementary School	7	14-Apr	00037977	\$31.50	*NEW
Gymnastics - Tumblebugs	4-5	Sa	11:30 AM	45min	Captain William Spry Recreation Centre	8	10-Apr	00038000	\$20.32	
Open Gym	7-11	Tu	6:00 PM	1.5hr	Rockingstone Heights Elementary School	7	13-Apr	00037970	FREE	
Sports - Little Sports	4-5	Sa	12:30 PM	45min	Captain William Spry Recreation Centre	8	10-Apr	00038002	\$20.32	*NEW
Fitness - Yoga for Children	9-12	Tu	6:30 PM	1hr	Captain William Spry Recreation Centre	8	13-Apr	00037966	\$25.92	
Fitness - Yoga for Children	4-6	Su	4:00 PM	45min	Captain William Spry Recreation Centre	8	11-Apr	00038008	\$19.44	
Fitness - Yoga for Children	6-9	Su	5:00 PM	45min	Captain William Spry Recreation Centre	8	11-Apr	00038009	\$19.44	

YOUTH									
Open Gym		Sa	1:00 PM	2hr	Central Spryfield Elementary School	8	10-Apr	00038001	FREE
Open Gym	12-15	Tu	7:30 PM	1.5hr	Rockingstone Heights Elementary School	7	13-Apr	00037972	FREE

ADULT									
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SPRYFIELD/SAMBRO

Photography - Digital SLR Photography	16+	Th	7:00 PM	2hr	Captain William Spry Recreation Centre	8	15-Apr	00037988	\$68.08
Holiday Card Making Workshop	16+	We	6:30 PM	2hr	Captain William Spry Recreation Centre	1	28-Apr	00038441	\$15.00
Badminton	18+	We	7:30 PM	2hr	Herring Cove Junior High	8	7-Apr	00037979	\$55.60
Pickleball - Non-Instructional	18+	We	6:00 PM	1.5hr	Central Spryfield Elementary School	8	7-Apr	00037978	\$41.68
Pickleball Non-Instructional	18+	Mo	6:00 PM	2hr	Central Spryfield Elementary School	7	12-Apr	00037955	\$48.65
Pickleball Non-Instructional - Intermediate	18+	Tu	6:30 PM	2hr	William King Elementary School	8	6-Apr	00037968	\$55.60
Pickleball Non-Instructional	18+	Fr	6:30 PM	2hr	William King Elementary School	6	9-Apr	00037992	\$41.70
Fitness - 55_ Fitness	18+	Tu	10:00 AM	1hr	Captain William Spry Recreation Centre	13	6-Apr	00037962	\$55.38
Fitness - 55_ Fitness	18+	Th	10:00 AM	1hr	Captain William Spry Recreation Centre	12	8-Apr	00037982	\$51.12
Fitness - Adult Zumba	18+	Sa	10:00 AM	1hr	Captain William Spry Recreation Centre	12	10-Apr	00037996	\$60.00
Fitness - Athletic Training	18+	Sa	9:00 AM	1hr	Captain William Spry Recreation Centre	12	10-Apr	00037997	\$51.12
Fitness - Athletic Training	18+	Mo	6:00 PM	1hr	Captain William Spry Recreation Centre	11	12-Apr	00037952	\$46.86
Fitness - Cardio Boot Camp	18+	Th	6:00 PM	1hr	Captain William Spry Recreation Centre	12	8-Apr	00037983	\$51.12
Fitness - Chair Fit Exercise	18+	Tu	11:15 AM	45min	Captain William Spry Recreation Centre	13	6-Apr	00037964	\$41.47
Fitness - Chair Fit Exercise	18+	Th	11:15 AM	45min	Captain William Spry Recreation Centre	12	8-Apr	00038064	\$38.28
Fitness - Forever Young Seniors	18+	We	9:30 AM	1hr	Captain William Spry Recreation Centre	12	14-Apr	00037975	\$51.12
Fitness - Pilates - Beginners	18+	We	7:00 PM	1hr	Captain William Spry Recreation Centre	8	7-Apr	00037980	\$44.08
Fitness - Piloxing	18+	Su	6:00 PM	1hr	Captain William Spry Recreation Centre	12	11-Apr	00038010	\$61.12
Fitness - Strength & Tone	18+	Tu	6:00 PM	1hr	Captain William Spry Recreation Centre	13	6-Apr	00037965	\$55.38
Fitness - Yamuna Body Rolling	18+	Th	9:15 AM	1hr	Captain William Spry Recreation Centre	8	8-Apr	00037981	\$44.08
Fitness - Yoga	18+	Mo	7:15 PM	1hr	Captain William Spry Recreation Centre	11	12-Apr	00037953	\$54.67
Fitness - Yoga	18+	We	8:30 AM	1hr	Captain William Spry Recreation Centre	12	14-Apr	00038065	\$59.64
Fitness - Yoga	18+	Th	7:00 PM	1hr	Captain William Spry Recreation Centre	12	8-Apr	00037986	\$59.64
Fitness - Yoga	18+	Fr	8:30 AM	1hr	Captain William Spry Recreation Centre	12	9-Apr	00037989	\$59.64
Fitness - Yoga	18+	Sa	10:15 AM	1hr	Captain William Spry Recreation Centre	12	10-Apr	00037998	\$59.64
Fitness - Zumba Gold Class	18+	Fr	9:45 AM	1hr	Captain William Spry Recreation Centre	12	9-Apr	00037990	\$60.00