

# SPRYFIELD/SAMBRO

## Winter 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 | Cost    | Date   |
|------------------------|-----|-----|----------|----------|--|---------|-------------|---------|--------|
| <b>PRESCHOOL</b>       |     |     |          |          |  |         |             |         |        |
| Dance - Ballet         | 3-4 | Sa  | 11:45 AM | 45m      | Captain William Spry Community Centre  | 10      | 00019437    | \$30.00 | 18-Jan |
| Dance - Ballet         | 3-4 | Sa  | 12:30 PM | 45m      | Captain William Spry Community Centre  | 10      | 00019438    | \$30.00 | 18-Jan |
| Dance - Intro to Dance | 3-5 | Sa  | 01:15 PM | 45m      | Captain William Spry Recreation Centre | 10      | 00019439    | \$30.00 | 18-Jan |
| Fitness - Kids Zumba   | 3-6 | Sa  | 04:00 PM | 45m      | Captain William Spry Community Centre  | 8       | 00019388    | \$19.52 | 18-Jan |

|                                     |        |     |          |      |                                       |    |          |          |        |
|-------------------------------------|--------|-----|----------|------|---------------------------------------|----|----------|----------|--------|
| <b>CHILD/YOUTH</b>                  |        |     |          |      |                                       |    |          |          |        |
| Day Camp - March Break              | 5.5-12 | M   | 8:00 AM  | 9h   | Captain William Spry Community Centre | 5  | 00019750 | \$125.75 | 16-Mar |
| Dance - Hip Hop/Jazz                | 6-9    | Sa  | 02:00 PM | 1h   | Captain William Spry Community Centre | 10 | 00019440 | \$30.00  | 18-Jan |
| Yoga for Children                   | 4-6    | Sun | 04:00 PM | 45m  | Captain William Spry Community Centre | 8  | 00021898 | \$19.44  | 19-Jan |
| Yoga for Children                   | 6-9    | Sun | 05:00 PM | 45m  | Captain William Spry Community Centre | 8  | 00021900 | \$19.44  | 19-Jan |
| Yoga for Children                   | 9-12   | Tu  | 06:15 PM | 1h   | Captain William Spry Community Centre | 8  | 00021901 | \$25.92  | 21-Jan |
| Artists in Action                   | 7-11   | Sa  | 01:30 PM | 2h   | Captain William Spry Community Centre | 8  | 00019472 | \$54.24  | 18-Jan |
| Arts & Crafts - Tween Laugh & Craft | 9-12   | W   | 06:30 PM | 1.5h | Captain William Spry Community Centre | 8  | 00019473 | \$50.64  | 22-Jan |

|                                     |     |    |          |    |                                       |   |          |         |        |
|-------------------------------------|-----|----|----------|----|---------------------------------------|---|----------|---------|--------|
| <b>ADULT</b>                        |     |    |          |    |                                       |   |          |         |        |
| Arts & Crafts - Scrapbooking Nights | 18+ | Su | 06:00 PM | 3h | Captain William Spry Community Centre | 1 | 00019675 | \$12.76 | 19-Jan |
| Arts & Crafts - Scrapbooking Nights | 18+ | Su | 06:00 PM | 3h | Captain William Spry Community Centre | 1 | 00019676 | \$12.76 | 26-Jan |
| Arts & Crafts - Scrapbooking Nights | 18+ | Su | 06:00 PM | 3h | Captain William Spry Community Centre | 1 | 00019677 | \$12.76 | 2-Feb  |
| Arts & Crafts - Scrapbooking Nights | 18+ | Su | 06:00 PM | 3h | Captain William Spry Community Centre | 1 | 00019678 | \$12.76 | 9-Feb  |
| Arts & Crafts - Scrapbooking Nights | 18+ | Su | 06:00 PM | 3h | Captain William Spry Community Centre | 1 | 00019679 | \$12.76 | 16-Feb |
| Arts & Crafts - Scrapbooking Nights | 18+ | Su | 06:00 PM | 3h | Captain William Spry Community Centre | 1 | 00019680 | \$12.76 | 23-Feb |
| Arts & Crafts - Scrapbooking Nights | 18+ | Su | 06:00 PM | 3h | Captain William Spry Community Centre | 1 | 00019681 | \$12.76 | 1-Mar  |
| Arts & Crafts - Scrapbooking Nights | 18+ | Su | 06:00 PM | 3h | Captain William Spry Community Centre | 1 | 00019682 | \$12.76 | 8-Mar  |

|                                       |     |    |          |      |                                       |    |          |         |        |
|---------------------------------------|-----|----|----------|------|---------------------------------------|----|----------|---------|--------|
| Photography - Digital SLR Photography | 16+ | Th | 07:00 PM | 2h   | Captain William Spry Community Centre | 8  | 00019683 | \$68.08 | 30-Jan |
| Badminton                             | 18+ | W  | 07:30 PM | 2h   | Herring Cove Junior High              | 10 | 00019751 | \$69.50 | 8-Jan  |
| Fitness - Cardio Boot Camp            | 18+ | Sa | 9:00 AM  | 1h   | Captain William Spry Community Centre | 12 | 00019370 | \$51.12 | 11-Jan |
| Fitness - 55_ Fitness                 | 18+ | Th | 10:00 AM | 1h   | Captain William Spry Community Centre | 12 | 00019372 | \$51.12 | 9-Jan  |
| Fitness - 55_ Fitness                 | 18+ | Tu | 10:00 AM | 1h   | Captain William Spry Community Centre | 13 | 00019371 | \$55.38 | 7-Jan  |
| Fitness - Adult Zumba                 | 18+ | Sa | 10:00 AM | 1h   | Captain William Spry Community Centre | 12 | 00019373 | \$60.00 | 11-Jan |
| Fitness - Cardio Boot Camp            | 18+ | Th | 06:00 PM | 1h   | Captain William Spry Community Centre | 12 | 00019375 | \$51.12 | 9-Jan  |
| Fitness - Chair Fit Exercise          | 18+ | Th | 11:15 AM | 45m  | Captain William Spry Community Centre | 12 | 00019377 | \$38.28 | 9-Jan  |
| Fitness - Chair Fit Exercise          | 18+ | Tu | 11:15 AM | 45m  | Captain William Spry Community Centre | 13 | 00019376 | \$41.47 | 7-Jan  |
| Fitness - DiscoFit                    | 18+ | M  | 07:00 PM | 1h   | Captain William Spry Community Centre | 12 | 00019378 | \$61.12 | 6-Jan  |
| Fitness - Drum Fit                    | 18+ | W  | 11:00 AM | 1h   | Captain William Spry Community Centre | 12 | 00019379 | \$61.12 | 8-Jan  |
| Fitness - Drum Fit                    | 18+ | F  | 12:00 PM | 1h   | Captain William Spry Community Centre | 12 | 00019380 | \$61.12 | 10-Jan |
| Fitness - Drum Fit                    | 18+ | M  | 06:00 PM | 1h   | Captain William Spry Community Centre | 12 | 00019381 | \$61.12 | 6-Jan  |
| Fitness – Forever Young Seniors       | 18+ | W  | 09:30 AM | 1h   | Captain William Spry Community Centre | 12 | 00021911 | \$51.12 | 8-Jan  |
| Fitness - Piloxing                    | 18+ | Su | 06:00 PM | 1h   | Captain William Spry Community Centre | 12 | 00019382 | \$61.12 | 12-Jan |
| Fitness - Restorative Stretch         | 18+ | W  | 07:00 PM | 1h   | Captain William Spry Community Centre | 12 | 00019383 | \$61.12 | 8-Jan  |
| Fitness - Restorative Stretch         | 18+ | M  | 08:00 PM | 1h   | Captain William Spry Community Centre | 12 | 00019384 | \$61.12 | 6-Jan  |
| Fitness - Salsa Fit                   | 18+ | W  | 06:00 PM | 1h   | Captain William Spry Community Centre | 12 | 00019385 | \$61.12 | 8-Jan  |
| Fitness - Strength & Tone             | 18+ | Tu | 06:00 PM | 1h   | Captain William Spry Community Centre | 13 | 00019386 | \$55.38 | 7-Jan  |
| Fitness - Yamuna Body Rolling         | 18+ | Th | 9:15 AM  | 1h   | Captain William Spry Community Centre | 8  | 00019387 | \$44.08 | 23-Jan |
| Fitness – Zumba Gold Chair Class      | 18+ | F  | 09:30 AM | 1h   | Captain William Spry Community Centre | 12 | 00021912 | \$60.00 | 10-Jan |
| Pickleball - Non-Instructional        | 18+ | W  | 06:00 PM | 1.5h | Central Spryfield Elementary School   | 11 | 00019752 | \$57.31 | 8-Jan  |
| Pickleball - Non-Instructional        | 18+ | M  | 06:00 PM | 2h   | Central Spryfield Elementary School   | 11 | 00019753 | \$76.45 | 6-Jan  |
| Pilates - Beginners                   | 18+ | M  | 07:00 PM | 1h   | Captain William Spry Community Centre | 8  | 00019389 | \$44.08 | 20-Jan |
| Yoga                                  | 18+ | Th | 07:00 PM | 1h   | Captain William Spry Community Centre | 12 | 00019390 | \$59.64 | 9-Jan  |
| Yoga for Beginners                    | 18+ | W  | 08:30 AM | 1h   | Captain William Spry Community Centre | 12 | 00021909 | \$59.64 | 8-Jan  |
| Yoga for Beginners                    | 18+ | W  | 08:30 AM | 1h   | Captain William Spry Community Centre | 12 | 00021910 | \$59.64 | 10-Jan |

## DROP IN PROGRAMS

| PROGRAM NAME                  | AGES | DAY  | TIME | DURATION | LOCATION                        | START DATE | COST |
|-------------------------------|------|------|------|----------|---------------------------------|------------|------|
| Rockingstone Drop In Open Gym | 7-16 | Tues | 6pm  | 3h       | Rockingstone Heights Elementary | 14-Jan     | Free |
| Central Spry Family Open Gym  | all  | Sat  | 1pm  | 2h       | Central Spry Elementary         | 11-Jan     | Free |