

FALL 2022

# COLE HARBOUR/ LAWRENCETOWN

**Cole Harbour Community Centre**  
1216 Cole Harbour Road  
Phone: 902.490.4711



HALIFAX

# COLE HARBOUR

Program Name	Age	Day	Start Time	Duration	Location	Sessions	Start Date	Code	Fee
<b>PRE-SCHOOL</b>									
Dance - Ballet	3-5	M	5:00 PM	45 min	Cole Harbour Recreation Centre	10	26-Sep	00056783	\$45.00
Dance - Ballet	3-5	M	6:00 PM	45 min	Cole Harbour Recreation Centre	10	26-Sep	00056782	\$45.00
Gymnastics - Tumble Bugs	3-5	W	5:30 PM	45 min	Cole Harbour Recreation Centre	10	28-Sep	00056805	\$45.00
Gymnastics - Tumble Bugs	3-5	W	6:30 PM	45 min	Cole Harbour Recreation Centre	10	28-Sep	00056806	\$45.00
Soccer	3-5	Tu	6:00 PM	45 min	Colby Village Elementary School	10	27-Sep	00056795	\$45.00
Sports - Little Sports	3-5	W	6:00 PM	45 min	Cole Harbour District High School	10	28-Sep	00056808	\$45.00

<b>CHILD</b>									
Holiday Crafts & Activites	5-10	Sa	12:30 PM	2hr	Cole Harbour Recreation Centre	1	10-Dec	00060067	\$14.00
Holiday Crafts & Activites	5-10	Sa	12:30 PM	2hr	Cole Harbour Recreation Centre	1	17-Dec	00060068	\$14.00
Dance - Ballet	5-7	M	7:00 PM	45 min	Cole Harbour Recreation Centre	10	26-Sep	00056784	\$45.00
Cooking - Fun in the Kitchen	5-7	Sa	12:30 PM	1 hr	Cole Harbour Recreation Centre	10	1-Oct	00057711	\$70.00
Cooking - Fun in the Kitchen	8-10	Sa	1:45 PM	1 hr	Cole Harbour Recreation Centre	10	1-Oct	00057712	\$70.00
Cooking - Fun in the Kitchen	11-12	Sa	3:00 PM	1 hr	Cole Harbour Recreation Centre	10	1-Oct	00057713	\$70.00
Home Alone Safety	9-11	Su	9:00 AM	5 hr	Cole Harbour Recreation Centre	1	20-Nov	00057715	\$52.50
All Sorts of Sports	5-8	W	7:00 PM	45 min	Cole Harbour District High School	10	28-Sep	00056809	\$45.00
Basketball	5-7	Tu	6:00 PM	45 min	Astral Drive Elementary School	10	27-Sep	00056791	\$45.00
Basketball	8-11	Tu	7:00 PM	45 min	Astral Drive Elementary School	10	27-Sep	00056792	\$45.00
Basketball	5-7	W	6:00 PM	45 min	Caldwell Road Elementary School	10	28-Sep	00056803	\$45.00
Basketball	8-10	W	7:00 PM	45 min	Caldwell Road Elementary School	10	28-Sep	00056804	\$45.00
Floor Hockey	7-9	W	6:00 PM	45 min	Cole Harbour District High School	10	28-Sep	00057099	\$45.00
Floor Hockey	10-12	W	7:00 PM	45 min	Cole Harbour District High School	10	21-Sep	00057098	\$45.00
Ready For Rec-Multisport	5-11	M	6:00 PM	1 hr	Eric Graves Memorial Junior High	6	26-Sep	00058982	\$27.00
Soccer	6-8	Tu	7:00 PM	45 min	Colby Village Elementary School	10	27-Sep	00056796	\$45.00

<b>FAMILY</b>									
Canoeing - Family Learn To Canoe	5+	Sa	2:00 PM	2 hr	Bissett Lake Park	1	1-Oct	00059558	\$17.39

# COLE HARBOUR

## YOUTH

Babysitter Training	11-16	Su	9:00 AM	7 hr	Cole Harbour Recreation Centre	1	23-Oct	00057714	\$52.50
Basketball	14-17	W	8:15 PM	1 hr 15 min	Cole Harbour District High School	8	14-Sep	00056800	Free

## ADULT

Oil Painting	18+	Sa	10:00 AM	2 hr	Cole Harbour Recreation Centre	14	17-Sep	00056835	\$224.00
Emergency First Aid	16+	Su	9:00AM	7hr	Cole Harbour Recreation Centre	1	6-Nov	00060066	\$92.00
Fitness - 50+ Fitness	18+	Tu	44817.4375	45 min	Cole Harbour Recreation Centre	14	13-Sep	00056793	\$66.22
Fitness - 50+ Fitness	18+	W	10:30 AM	45 min	Cole Harbour Recreation Centre	14	14-Sep	00056801	\$66.22
Fitness - 50+ Fitness	18+	Th	9:15 AM	45 min	Cole Harbour Recreation Centre	14	15-Sep	00056829	\$66.22
Fitness - Ball Fit	18+	Tu	9:15 AM	1 hr	Cole Harbour Recreation Centre	14	13-Sep	00056845	\$101.36
Fitness - Cardio Sculpt	18+	W	6:00 PM	1 hr	Cole Harbour Recreation Centre	14	14-Sep	00057704	\$88.20
Fitness - Pilates	18+	M	6:30 PM	1 hr	Cole Harbour Recreation Centre	13	12-Sep	00056785	\$81.90
Fitness - Pilates	18+	Th	10:15 AM	45 min	Cole Harbour Recreation Centre	14	15-Sep	00056830	\$66.22
Fitness - Restorative Yoga	18+	F	11:30 AM	45 min	Cole Harbour Recreation Centre	11	16-Sep	00056833	\$52.03
Fitness - Seated Pilates	18+	W	11:30 AM	1 hr	Cole Harbour Recreation Centre	14	14-Sep	00056802	\$88.20
Fitness - Weights & Abs	18+	W	7:15 PM	1 hr	Cole Harbour Recreation Centre	14	14-Sep	00057705	\$88.20
Fitness - Zumba	18+	M	7:45 PM	1 hr	Cole Harbour Recreation Centre	13	12-Sep	00056786	\$81.90
Fitness Mix	18+	Tu	7:00 PM	1 hr	Cole Harbour Recreation Centre	14	13-Sep	00057094	\$88.20
Fitness Mix	18+	Th	7:00 PM	1 hr	Cole Harbour Recreation Centre	14	15-Sep	00057095	\$88.20
Weights & Abs	18+	Sa	8:00 AM	1 hr	Cole Harbour Recreation Centre	14	17-Sep	00057706	\$88.20
Yoga	18+	Tu	11:00 AM	1 hr	Cole Harbour Recreation Centre	14	13-Sep	00056797	\$88.20
Yoga	18+	Th	10:30 AM	1 hr 15 min	Cole Harbour Recreation Centre	12	15-Sep	00056832	\$94.56
Yoga - Gentle Yoga	18+	Tu	1:30 PM	1 hr	Cole Harbour Recreation Centre	14	13-Sep	00056798	\$88.20
Yoga - Stability Ball Yoga	18+	M	12:00 PM	45 min	Cole Harbour Recreation Centre	13	12-Sep	00056787	\$81.90
Yoga - Yang/Yin Yoga	18+	M	10:30 AM	1 hr 15 min	Cole Harbour Recreation Centre	13	12-Sep	00056788	\$102.44
Yoga - Yin Yoga	18+	Tu	12:15 PM	1 hr	Cole Harbour Recreation Centre	14	13-Sep	00056799	\$88.20
Yoga - Yoga-Lates	18+	W	9:15 AM	1 hr	Cole Harbour Recreation Centre	14	14-Sep	00056810	\$88.20
Zumba - Zumba Gold	18+	M	1:15 PM	45min	Cole Harbour Recreation Centre	13	12-Sep	00056789	\$70.72
Zumba - Zumba Gold	18+	F	10:15 AM	1 hr	Cole Harbour Recreation Centre	12	16-Sep	00056834	\$75.60

# COLE HARBOUR

OVERNIGHT CAMPS									
Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
Fall H.E.A.T. Camp	13-18	F	7:00 PM	48 hr	Camp Mockingee	3	4-Nov	00058472	\$50.00
Re Gen Overnight Camp	18+	Sa	9:00 AM	30 hr	Camp Mockingee	2	15-Oct	00060683	\$50.00