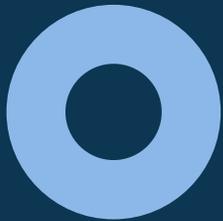


WINTER 2023

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									
Dance - Ballet	3-4	Sa	11:45 AM	45 mins	Captain William Spry Community Centre	10	14-Jan	00062498	\$45.00
Dance - Ballet	3-4	Sa	12:30 PM	45 mins	Captain William Spry Community Centre	10	14-Jan	00062497	\$45.00
Intro to Dance	4-6	Sa	1:15 PM	45 mins	Captain William Spry Community Centre	10	14-Jan	00062499	\$45.00
Gymnastics - Tumblebugs	3-4	Sa	10:30 AM	45 mins	Captain William Spry Community Centre	10	14-Jan	00062494	\$45.00
Gymnastics - Tumblebugs	4-5	Sa	11:30 AM	45 mins	Captain William Spry Community Centre	10	14-Jan	00062495	\$45.00

CHILD									
Artists in Action	7-11	Sa	11:00 AM	2 hrs	Captain William Spry Community Centre	10	14-Jan	00062496	\$140.00
Art Play Studio	5-8	T	4:00 PM	1 hr	Captain William Spry Community Centre	9	17-Jan	00064179	\$63.00
Art Play Studio	5-8	Sa	2:00 PM	1 hr	Captain William Spry Community Centre	9	21-Jan	00064235	\$63.00
Creative Art Studio	8-12	Th	4:00 PM	1 hr	Captain William Spry Community Centre	9	19-Jan	00064233	\$63.00
Dance - Hip Hop / Jazz	6-9	Sa	2:00 PM	1 hr	Captain William Spry Community Centre	10	14-Jan	00062500	\$45.00
March Break Camp	5 1/2-11	M	8:30 AM	8 hrs	Captain William Spry Community Centre	5	13-Mar	00062502	\$200.00
Basketball	6-8	M	6:01 PM	1 hr	Rockingstone Elementary School	8	16-Jan	00062423	\$48.00
Basketball	6-8	W	6:00 PM	1 hr	Harrietsfield Elementary	8	18-Jan	00062438	\$48.00
Basketball - Girls Only	8-10	M	7:15 PM	1 hr	Rockingstone Elementary	8	16-Jan	00062424	\$48.00
Open Gym - Rockingstone	7-11	W	6:00 PM	1.5 hrs	Rockingstone Elementary	10	11-Jan	00062440	FREE
Family Open Gym - Central Spry	3+	Sa	1:00 PM	2 hrs	Central Spry School	8	21-Jan	00062501	FREE

YOUTH									
Open Gym - Rockingstone	12-15	W	7:30 PM	1.5 hrs	Rockingstone Elementary	10	11-Jan	00062441	FREE

ADULT									
Arts & Crafts - Acrylics	18+	Tu	5:00 PM	2 hrs	Captain William Spry Community Centre	9	17-Jan	00064193	\$144.00
Arts & Crafts - Acrylics	18+	Th	5:00 PM	2 hrs	Captain William Spry Community Centre	9	19-Jan	00064234	\$144.00
Oil Painting	18+		3:00 PM	2 hrs	Captain William Spry Community Centre	9	21-Jan	00064236	\$144.00
Dance - Line Dancing - Intermediate	18+	M	9:30 AM	45 mins	Captain William Spry Community Centre	10	9-Jan	00062419	\$52.50
Dance - Line Dancing - Beginners	18+	M	10:15 AM	45 mins	Captain William Spry Community Centre	10	9-Jan	00062420	\$52.50

SPRYFIELD/SAMBRO

Holiday Card Making Workshop	16+	Su	1:00 PM	3 hrs	Captain William Spry Community Centre	1	12-Feb	00062417	\$20.00
Photography - Digital SLR Photography	16+	F	7:00 PM	2 hrs	Captain William Spry Community Centre	8	27-Jan	00062447	\$128.00
Pickleball - Non-Instructional	18+	M	6:00 PM	2 hrs	Central Spry School	10	9-Jan	00062422	\$110.00
Pickleball - Intermediate - Non-Instructional	18+	Tu	6:00 PM	2 hrs	Rockingstone Elementary School	12	3-Jan	00062435	\$132.00
Pickleball - Non-Instructional	18+	W	6:00 PM	1.5 hrs	Central Spry School	12	4-Jan	00062439	\$99.00
Pickleball - Non-Instructional	18+	F	6:30 PM	2 hrs	Rockingstone Elementary School	11	6-Jan	00062452	\$121.00
Badminton - Non-Instructional	18+	W	7:30 PM	2 hrs	Herring Cove Junior High	10	4-Jan	00062442	\$110.00
Fitness - 55 - Fitness	18+	Tu	10:00 AM	1 hr	Captain William Spry Community Centre	13	3-Jan	00062430	\$81.90
Fitness - 55 - Fitness	18+	Th	10:00 AM	1 hr	Captain William Spry Community Centre	13	5-Jan	00062443	\$81.90
Fitness - Cardio Boot Camp	18+	Th	6:00 PM	1 hr	Captain William Spry Community Centre	13	5-Jan	00062445	\$81.90
Fitness - Cardio Boot Camp	18+	Sa	9:00 AM	1 hr	Captain William Spry Community Centre	12	7-Jan	00062455	\$75.60
Fitness - Chair Fit Exercise	18+	Tu	11:15 AM	45 mins	Captain William Spry Community Centre	13	3-Jan	00062431	\$61.50
Fitness - Chair Fit Exercise	18+	Th	11:15 AM	45 mins	Captain William Spry Community Centre	13	5-Jan	00062444	\$61.50
Fitness - Drum Fit	18+	W	10:30 AM	1 hr	Captain William Spry Community Centre	13	4-Jan	00062437	\$81.90
Fitness - Pilates	18+	Tu	7:30 PM	1 hr	Captain William Spry Community Centre	8	3-Jan	00062429	\$50.40
Fitness - Piloxing - Online or In-Person Option	18+	Su	6:00 PM	1 hr	Captain William Spry Community Centre	12	8-Jan	00062418	\$75.60
Fitness - Step Class - Intermediate	18+	Tu	6:00 PM	1 hr	Captain William Spry Community Centre	13	3-Jan	00062432	\$81.90
Fitness - Strength & Tone	18+	M	6:00 PM	1 hr	Captain William Spry Community Centre	11	9-Jan	00062421	\$69.30
Fitness - Yamuna Body Rolling	18+	Tu	9:15 AM	1 hr	Captain William Spry Community Centre	8	3-Jan	00062428	\$50.40
Fitness - Zumba Gold Class	18+	W	9:30 AM	1 hr	Captain William Spry Community Centre	13	4-Jan	00062436	\$81.90
Fitness - Zumba Gold Class	18+	F	9:30 AM	1 hr	Captain William Spry Community Centre	13	6-Jan	00062449	\$81.90
Fitness - Yoga	18+	Tu	7:15 PM	1 hr	Captain William Spry Community Centre	13	3-Jan	00062433	\$81.90
Fitness - Yoga	18+	Th	7:00 PM	1 hr	Captain William Spry Community Centre	13	5-Jan	00062446	\$81.90
Fitness - Yoga	18+	F	10:30 AM	1 hr	Captain William Spry Community Centre	13	6-Jan	00062454	\$81.90
Explore Your Trails - Long Lake	16+	M	10:00 AM	2 hrs	Long Lake Provincial Park	1	30-Jan	00062796	FREE

Please note that adult programs are +HST and senior discounts apply to clients 60 years of age and older.

SPRYFIELD/SAMBRO



PASSWORD ALERT!

To improve security for our users, our online registration platform will be changing its password requirements. Starting Nov. 16, 2022, the minimum password length to log into a MyRec account will be extended from eight to 10 characters.

New and existing users with passwords less than 10 characters will be required to change their password before logging into their MyRec account. Existing users with passwords of 10 or more characters are unaffected. For enhanced security, users are required to update their own password rather than seek assistance from recreation staff.

We urge all impacted users to change their password to 10 or more characters before the upcoming winter recreation programming registration on Dec. 7 and 8, 2022 or at the next available opportunity. To change your password, visit the account login page and follow the password reset instructions. Questions can be directed to your local recreation centre or call (902) 490.6666.