

Spring 2024

# Cole Harbour/ Lawrencetown

Cole Harbour Community Centre  
1216 Cole Harbour Road  
Phone: 902.490.4711



HALIFAX



# Cole Harbour/Lawrencetown

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>PRESCHOOL</b>									
Messy Art	3-5	Th	4:30 PM	45 min	Cole Harbour Recreation Centre	8	11-Apr	00083590	\$43.68
Ballet	3-5	Tu	6:00 PM	45 min	Cole Harbour Recreation Centre	8	9-Apr	00083539	\$37.44
Parent & Tot - Yoga	3-5	W	5:30 PM	45 min	Cole Harbour Recreation Centre	8	10-Apr	00083585	\$31.20
Little Sports	3-5	W	6:00 PM	45 min	Cole Harbour District High School	8	10-Apr	00083581	\$37.44
Parent & Tot - Soccer	2-4	M	6:00 PM	30 min	Eric Graves Memorial Junior High	6	8-Apr	00083072	\$18.72
Parent & Tot - Basketball	2-5	M	6:45 PM	30 min	Eric Graves Memorial Junior High	6	8-Apr	00083075	\$18.72
Soccer	3-5	Tu	6:00 PM	45 min	Colby Village Elementary School	8	9-Apr	00083542	\$37.44
Tumblebugs	3-5	W	4:30 PM	45 min	Cole Harbour Recreation Centre	8	10-Apr	00083580	\$37.44
Tumblebugs	3-5	W	5:30 PM	45 min	Cole Harbour Recreation Centre	8	10-Apr	00083577	\$37.44
Tumblebugs	3-5	W	6:30 PM	45 min	Cole Harbour Recreation Centre	8	10-Apr	00083578	\$37.44
<b>CHILD</b>									
Arts & Crafts	5-7	Th	5:30 PM	45 min	Cole Harbour Recreation Centre	8	11-Apr	00083592	\$43.68
Arts & Crafts	8-10	Th	6:30 PM	45 min	Cole Harbour Recreation Centre	8	11-Apr	00083594	\$43.68
Jr. Scientists	6-10	Sa	12:45 PM	45 min	Cole Harbour Recreation Centre	8	13-Apr	00083611	\$58.24
Mother's Day Crafts	5-10	Su	10:00 AM	1.5 hrs	Cole Harbour Recreation Centre	1	5-May	00083730	\$10.92
Ballet	5-7	Tu	7:00 PM	45 min	Cole Harbour Recreation Centre	8	9-Apr	00083540	\$37.44
Yoga - Parented	6-10	W	6:30 PM	45 min	Cole Harbour Recreation Centre	8	10-Apr	00083584	\$31.20
Chess - Beginner	7-12	Sa	1:45 PM	1 hr	Cole Harbour Recreation Centre	8	13-Apr	00083613	\$58.24
Chess - Intermediate	7-12	Sa	3:00 PM	1 hr	Cole Harbour Recreation Centre	8	13-Apr	00083614	\$58.24
Fun In The Kitchen	5-8	M	5:00 PM	1hr 15min	Cole Harbour Recreation Centre	6	8-Apr	00083053	\$65.52
Fun In The Kitchen	9-11	M	6:30 PM	1hr 15min	Cole Harbour Recreation Centre	6	8-Apr	00083054	\$65.52
All Sorts of Sports	5-8	W	6:00 PM	45 min	Cole Harbour District High School	8	10-Apr	00083583	\$37.44
Badminton	11-13	W	7:00 PM	45 min	Cole Harbour District High School	8	10-Apr	00083568	\$37.44
Basketball	5-7	Tu	6:00 PM	45 min	Astral Drive Elementary School	8	9-Apr	00083537	\$37.44
Basketball	8-10	Tu	7:00 PM	45 min	Astral Drive Elementary School	8	9-Apr	00083538	\$37.44
Basketball	5-7	W	6:00 PM	45 min	Caldwell Road Elementary School	7	17-Apr	00083569	\$32.76
Basketball	8-10	W	7:00 PM	45 min	Caldwell Road Elementary School	7	17-Apr	00083571	\$32.76
Soccer	6-8	Tu	7:00 PM	45 min	Colby Village Elementary School	8	9-Apr	00083546	\$37.44

# Cole Harbour/Lawrencetown

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>YOUTH</b>									
Basketball	15-17	W	8:00 PM	1hr 15min	Cole Harbour District High School	8	10-Apr	00083573	FREE
<b>ADULT</b>									
Fitness - Strength & Stretch	18+	M	9:30 AM	1 hr	Cole Harbour Recreation Centre	9	8-Apr	00086232	\$58.95
Fitness	18+	M	10:15 AM	1 hr	Cole Harbour Recreation Centre	9	8-Apr	00083056	\$58.95
Fitness - Ball Fit	18+	Tu	9:15 AM	1 hr	Cole Harbour Recreation Centre	11	2-Apr	00083566	\$72.05
Fitness - Step & Strength	18+	Tu	6:15 PM	1 hr	Cole Harbour Recreation Centre	11	2-Apr	00087051	\$58.95
Fitness - Somatics	18+	Tu	7:30 PM	1 hr	Cole Harbour Recreation Centre	11	2-Apr	00083541	\$72.05
Fitness - Barre	18+	Th	6:30 PM	1 hr	Cole Harbour Recreation Centre	11	4-Apr	00083598	\$72.05
Fitness - Pilates	18+	M	6:30 PM	1 hr	Cole Harbour Recreation Centre	9	8-Apr	00083055	\$58.95
Fitness - Pilates Seated	18+	W	11:30 AM	1 hr	Cole Harbour Recreation Centre	11	3-Apr	00083576	\$72.05
Fitness - Pilates	18+	Th	10:15 AM	45 min	Cole Harbour Recreation Centre	11	4-Apr	00083599	\$54.12
Fitness - 50+ Fitness	18+	Tu	10:30 AM	45 min	Cole Harbour Recreation Centre	11	2-Apr	00083565	\$54.12
Fitness - 50+ Fitness	18+	W	10:30 AM	45 min	Cole Harbour Recreation Centre	11	3-Apr	00083574	\$54.12
Fitness - 50+ Fitness	18+	Th	9:15 AM	45 min	Cole Harbour Recreation Centre	11	4-Apr	00083597	\$54.12
Fitness - Zumba	18+	M	7:45 PM	1 hr	Cole Harbour Recreation Centre	9	8-Apr	00083057	\$58.95
Fitness - Zumba Gold	18+	W	1:00 PM	1 hr	Cole Harbour Recreation Centre	11	3-Apr	00083588	\$72.05
Fitness - Zumba Gold	18+	F	10:15 AM	1 hr	Cole Harbour Recreation Centre	11	05-Apr	00083609	\$72.05
Yoga - Yang/Yin	18+	M	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	9	8-Apr	00083059	\$73.71
Yoga - Stability Ball	18+	M	12:00 PM	45 min	Cole Harbour Recreation Centre	9	8-Apr	00083058	\$58.95
Yoga	18+	Tu	11:00 AM	1 hr	Cole Harbour Recreation Centre	11	2-Apr	00083547	\$72.05
Yoga - Yin	18+	Tu	12:15 PM	1 hr	Cole Harbour Recreation Centre	11	2-Apr	00083549	\$72.05
Yoga - Gentle	18+	Tu	1:30 PM	1 hr	Cole Harbour Recreation Centre	11	2-Apr	00083548	\$72.05
Yoga-Lates	18+	W	9:15 AM	1 hr	Cole Harbour Recreation Centre	11	3-Apr	00083587	\$72.05
Yoga	18+	Th	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	11	4-Apr	00083601	\$90.09
Yoga - Restorative	18+	F	11:30 AM	1hr 15min	Cole Harbour Recreation Centre	11	5-Apr	00083606	\$90.09

# Cole Harbour/Lawrencetown

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>SUMMER OVERNIGHT CAMPS</b>									
Sunship Week 1	10-12	M-F	10:00 AM		Camp Mockingee	5	08-Jul	00085365	\$485.00
Sunship Week 2	10-12	M-F	10:00 AM		Camp Mockingee	5	15-Jul	00085366	\$485.00
L.E.A.D	13-16	M-F	10:00 AM		Camp Mockingee	5	23-Jul	00085368	\$485.00

**PLEASE NOTE:**

- Adult programs are +HST and senior discounts apply to clients 60 years and older.
- Some program fees and/or details may change over the course of registration. For the most current details, please log into MyRec.

