

Winter 2025



Sheet Harbour



East Ship Harbour to Ecum Secum
22756 Highway #7 Bluewater Building
Phone: 902.885.2988
Toll Free: 1.866.522.2422

Sheet Harbour

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
PRESCHOOL									
Ballet	3-5	M	2:50 PM	30min	Sheet Harbour Recreation Office & Seaside Fitness	6	13-Jan	00098323	\$18.72
Tumblebugs	3-5	M	3:20 PM	30min	Sheet Harbour Recreation Office & Seaside Fitness	6	13-Jan	00098324	\$18.72
Stories & Crafts	3-5	Tu	10:30 AM	1hr	Sheet Harbour Public Library	9	7-Jan	00098349	FREE
CHILD									
Basketball	5-8	M	6:00 PM	1hr	Marine Drive Academy	5	13-Jan	00098342	\$31.20
Basketball	9-12	M	6:00 PM	1hr	Marine Drive Academy	5	13-Jan	00098343	\$31.20
Skills & Drills	5-8	M	7:00 PM	1hr	Marine Drive Academy	5	13-Jan	00098325	\$31.20
Skills & Drills	9-12	M	7:00 PM	1hr	Marine Drive Academy	5	13-Jan	00098338	\$31.20
March Break Day Camp	5-11	Tu	9:00 AM	7hrs	Marine Drive Academy	1	11-Mar	00098363	\$36.41
March Break Day Camp	5-11	W	9:00 AM	7hrs	Marine Drive Academy	1	12-Mar	00098364	\$36.41
March Break Day Camp	5-11	Th	9:00 AM	7hrs	Marine Drive Academy	1	13-Mar	00098365	\$36.41
Open Gym	11-18	M	8:00 PM	2hrs	Marine Drive Academy	6	13-Jan	00098318	FREE
Open Gym	11-18	W	8:00 PM	2hrs	Marine Drive Academy	7	15-Jan	00098316	FREE
Family Open Gym	5+	Tu	6:00 PM	2hrs	Marine Drive Academy	7	14-Jan	00098358	FREE
Family Open Gym	5+	Tu	8:00 PM	2hrs	Marine Drive Academy	7	14-Jan	00098359	FREE
YOUTH									
Ski Trip	12-18	Sa	8:00 AM	12hrs	Sheet Harbour Recreation Office	1	25-Jan	00098360	\$45.00
Ski Trip	12-18	Sa	8:00 AM	12hrs	Sheet Harbour Recreation Office	1	8-Feb	00098361	\$45.00
Ski Trip	12-18	Sa	8:00 AM	12hrs	Sheet Harbour Recreation Office	1	22-Feb	00098362	\$45.00
Open Gym	14-24	F	8:00 PM	2hrs	Marine Drive Academy	8	17-Jan	00098315	FREE
Batting Cages Trip	15-18	W	2:30 PM	6hrs	Sheet Harbour Recreation Office	1	12-Feb	00098381	\$30.00
Batting Cages Trip	15-18	W	2:30 PM	6hrs	Sheet Harbour Recreation Office	1	5-Mar	00098380	\$30.00

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Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
ADULT									
Yoga - Yin	18+	M	9:30 AM	1hr	Four Harbours Legion	6	13-Jan	00098322	\$39.30
Yoga - Gentle	18+	M	10:45 AM	1hr	Four Harbours Legion	6	13-Jan	00098321	\$39.30
Yoga - Gentle	18+	W	12:30 PM	1hr	Samuel R Balcom Community Centre	6	15-Jan	00098319	\$39.30
Yoga - Chair	18+	W	1:40 PM	1hr	Samuel R Balcom Community Centre	6	15-Jan	00098320	\$39.30
Zumba - Online	18+	Su	7:00 PM	1hr	Online	10	5-Jan	00097710	\$65.48
Zumba - Toning Online	18+	Su	8:00 PM	30min	Online	10	5-Jan	00097712	\$32.78
DROP INS									
Open Gym	11-18	M	8:00 PM	2hrs	Marine Drive Academy	6	13-Jan	00098318	FREE
Family Open Gym	5+	Tu	6:00 PM	2hrs	Marine Drive Academy	7	14-Jan	00098358	FREE
Family Open Gym	5+	Tu	8:00 PM	2hrs	Marine Drive Academy	7	14-Jan	00098359	FREE
Open Gym	11-18	W	8:00 PM	2hrs	Marine Drive Academy	7	15-Jan	00098316	FREE
Open Gym	14-24	F	8:00 PM	2hrs	Marine Drive Academy	8	17-Jan	00098315	FREE

PLEASE NOTE:

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

