

Winter 2025

rec | HALIFAX

Cole Harbour & Lawrencetown

Cole Harbour Community Centre
51 Forest Hills Parkway
Second floor (above the CHP Arena)
Phone: 902.490.4711

Note: Cole Harbour Recreation Centre is relocating to the second floor of Cole Harbour Place (CHP) but will continue to operate separate from CHP with a focus on community-driven recreation programs.



Cole Harbour & Lawrencetown

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
NEW PROGRAMS									
Broadway Kids - Graham Creighton Junior High	5-8	Tu	6:00 PM	45min	Graham Creighton Junior High	8	14-Jan	00098898	\$31.20
Broadway Kids - Graham Creighton Junior High	9-12	Tu	7:00 PM	45min	Graham Creighton Junior High	8	14-Jan	00098899	\$31.20
Tumblebugs En Francais - Graham Creighton Jr. High	3-5	W	6:45 PM	45min	Graham Creighton Junior High	8	15-Jan	00096440	\$37.44
Badminton Drop-In - Cole Harbour High	13-16	W	8:00 PM	60min	Cole Harbour District High School	8	15-Jan		FREE
PRESCHOOL									
Soccer - Parent & Tot - Eric Graves Junior High	2-4	M	6:00 PM	30min	Eric Graves Memorial Junior High	7	13-Jan	00096368	\$21.84
Basketball - Parent & Tot - Eric Graves Junior High	3-5	M	6:45 PM	30min	Eric Graves Memorial Junior High	7	13-Jan	00096369	\$21.84
Soccer - Colby Village Elementary	3-5	Tu	6:00 PM	45min	Colby Village Elementary School	8	14-Jan	00096412	\$37.44
Little Sports - Cole Harbour High	3-5	W	6:00 PM	45min	Cole Harbour District High School	8	15-Jan	00096442	\$37.44
Messy Art - Cole Harbour Community Centre	3-5	Th	4:30 PM	45min	Cole Harbour Community Centre (2nd floor Cole Harbour Place)	7	23-Jan	00096806	\$38.22
Ballet - Caldwell Road Elementary	3-5	M	6:00 PM	45min	Caldwell Road Elementary School	7	13-Jan	00096356	\$32.76
Creative Movement - Graham Creighton Junior High	3-5	Th	5:30 PM	45min	Graham Creighton Junior High	8	16-Jan	00098378	\$37.44
Tumblebugs - Graham Creighton Junior High	3-5	W	4:30 PM	45min	Graham Creighton Junior High	8	15-Jan	00096439	\$37.44
Tumblebugs - Graham Creighton Junior High	3-5	W	5:30 PM	45min	Graham Creighton Junior High	8	15-Jan	00096441	\$37.44
Tumblebugs En Francais - Graham Creighton Junior High	3-5	W	6:45 PM	45min	Graham Creighton Junior High	8	15-Jan	00096440	\$37.44
CHILD									
Arts & Crafts - Cole Harbour Community Centre	5-7	Th	5:30 PM	45min	Cole Harbour Community Centre (2nd floor Cole Harbour Place)	7	23-Jan	00096809	\$38.22
Arts & Crafts - Cole Harbour Community Centre	8-12	Th	6:30 PM	45min	Cole Harbour Community Centre (2nd floor Cole Harbour Place)	7	23-Jan	00098901	\$38.22
Basketball - Astral Drive Elementary	5-7	Tu	6:00 PM	45min	Astral Drive Elementary School	8	14-Jan	00096372	\$37.44
Basketball - Caldwell Road Elementary	5-7	W	6:00 PM	45min	Caldwell Road Elementary School	8	15-Jan	00096437	\$37.44
Ballet - Caldwell Road Elementary	5-8	M	7:00 PM	45min	Caldwell Road Elementary School	8	13-Jan	00096358	\$32.76
Broadway Kids - Graham Creighton Junior High	5-8	Tu	6:00PM	45min	Graham Creighton Junior High	8	14-Jan	00098898	\$31.20
Broadway Kids - Graham Creighton Junior High	9-12	Tu	7:00PM	45min	Graham Creighton Junior High	8	14-Jan	00098899	\$31.20

Cole Harbour & Lawrencetown

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
CHILD									
All Sorts of Sports - Cole Harbour High	5-8	W	6:00 PM	45min	Cole Harbour District High School	8	15-Jan	00096443	\$37.44
March Break Camp - Cole Harbour High	5-12	M	8:30 AM	8hr	Cole Harbour District High School	5	10-Mar	00096813	\$208.10
Soccer - Colby Village Elementary	6-8	Tu	7:00 PM	45min	Colby Village Elementary School	8	14-Jan	00096413	\$37.44
Hip Hop - Graham Creighton Junior High	5-7	Th	6:30PM	45min	Graham Creighton Junior High	8	16-Jan	00089752	\$37.44
Jr. Scientists - Cole Harbour Community Centre	6-10	Sa	12:45 PM	45min	Cole Harbour Community Centre (2nd floor Cole Harbour Place)	7	25-Jan	00097677	\$50.96
Chess - Beginner - Cole Harbour Community Centre	7-12	Sa	1:45 PM	1hr	Cole Harbour Community Centre (2nd floor Cole Harbour Place)	7	25-Jan	00097678	\$50.96
Chess - Intermediate - Cole Harbour Community Centre	7-12	Sa	3:00 PM	1hr	Cole Harbour Community Centre (2nd floor Cole Harbour Place)	7	25-Jan	00097679	\$50.96
Basketball - Caldwell Road Elementary	8-10	W	7:00 PM	45min	Caldwell Road Elementary School	8	15-Jan	00096438	\$37.44
Basketball - Astral Drive Elementary	8-11	Tu	7:00 PM	45min	Astral Drive Elementary School	8	14-Jan	00096374	\$37.44
Badminton - Cole Harbour High	10-12	W	7:00 PM	1hr	Cole Harbour District High School	8	15-Jan	00096436	\$49.92
Badminton Drop-In - Cole Harbour High	13-16	W	8:00 PM	1hr	Cole Harbour District High School	8	15-Jan		FREE
ADULT									
BallFit	18+	Tu	9:15 AM	1hr	Findlay Community Centre	9	21-Jan	00096558	\$58.93
Barre	18+	W	6:30 PM	1hr	Findlay Community Centre	9	22-Jan	00097042	\$58.93
Yoga - Gentle	18+	Tu	1:30 PM	1hr	Findlay Community Centre	9	21-Jan	00096549	\$58.93
Pilates	18+	M	6:30 PM	1hr	Findlay Community Centre	8	20-Jan	00096544	\$52.38
Pilates	18+	Th	10:15 AM	45min	Findlay Community Centre	9	23-Jan	00096555	\$44.30
Yoga - Restorative	18+	F	11:30 AM	1hr 15min	Findlay Community Centre	9	24-Jan	00096561	\$73.72
Pilates - Seated	18+	W	11:30 AM	1hr	Findlay Community Centre	9	22-Jan	00096559	\$58.93
Stability Ball Plus	18+	Tu	7:30 PM	1hr	Findlay Community Centre	9	21-Jan	00096560	\$58.93
Yoga - Stability Ball	18+	M	12:00 PM	45min	Findlay Community Centre	8	20-Jan	00096541	\$52.38
Step & Strength	18+	Tu	6:15 PM	1hr	Findlay Community Centre	9	21-Jan	00096546	\$58.93
Strength & Stretch	18+	M	9:15 AM	1hr	Findlay Community Centre	8	20-Jan	00096540	\$52.38
Tai Chi - 4 Week Fast Track	18+	Tu/ Th	3:00 PM	1hr	Findlay Community Centre	12	21-Jan	00096547	\$90.36
Yoga - Yang/Yin	18+	M	10:30 AM	1hr 15min	Findlay Community Centre	8	20-Jan	00096542	\$65.53

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ADULT									
Yoga - Yin	18+	Tu	12:15 PM	1hr	Findlay Community Centre	9	21-Jan	00096550	\$58.93
Yoga	18+	Tu	11:00 AM	1hr	Findlay Community Centre	9	21-Jan	00096548	\$58.93
Yoga	18+	Th	10:30 AM	1hr 15min	Findlay Community Centre	9	23-Jan	00096556	\$73.72
Yoga-Lates	18+	W	9:15 AM	1hr	Findlay Community Centre	9	22-Jan	00096552	\$58.93
Zumba	18+	M	7:45 PM	1hr	Findlay Community Centre	8	20-Jan	00096543	\$52.38
Zumba Gold	18+	W	1:00 PM	1hr	Findlay Community Centre	9	22-Jan	00096553	\$52.38
Zumba Gold	18+	F	10:30 AM	1hr	Findlay Community Centre	9	24-Jan	00096557	\$52.38
50+ Fitness	50+	Tu	10:30 AM	45min	Findlay Community Centre	9	21-Jan	00096545	\$44.30
50+ Fitness	50+	W	10:30 AM	45min	Findlay Community Centre	9	22-Jan	00096551	\$44.30
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
Explore Your Trails - Cole Harbour Heritage Park	17+	Th	10:00 AM	2hrs	Cole Harbour Heritage Park	1	16-Jan	00097038	FREE
Explore Your Trails - Salt Marsh Trail	17+	F	10:00 AM	2hrs	Salt Marsh Trail - EAST	1	7-Feb	00096606	FREE

PLEASE NOTE:

- Cole Harbour Recreation Centre (CHRC) is relocating to the second floor of Cole Harbour Place (CHP) but will continue to operate separate from CHP with a focus on community-driven recreation programs. All adult programs will be temporarily moved to Findlay Community Centre in Dartmouth during the renovations. Programs for children will take place in schools within the community and in a temporary office space on the second floor of CHP (above the arena). The CHRC front desk will also operate and take registrations from this temporary space.
- 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.

