

Spring 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
<b>NEW PROGRAMS</b>									
Board Games Club	7-12	Sa	3:00 PM	1 hr	Cole Harbour Community Centre (2nd Floor of Cole Harbour Place)	8	12-Apr	00101231	\$59.44
<b>PRESCHOOL</b>									
Soccer - Parent & Tot	2-4	M	6:00 PM	30 min	Eric Graves Memorial Junior High	6	7-Apr	00101188	\$19.08
Ballet	3-5	M	6:00 PM	45 min	Caldwell Road Elementary School	6	7-Apr	00101170	\$28.68
Basketball - Parent & Tot	3-5	M	6:45 PM	30 min	Eric Graves Memorial Junior High	6	7-Apr	00101189	\$19.08
Soccer	3-5	Tu	6:00 PM	45 min	Colby Village Elementary School	8	8-Apr	00101200	\$38.24
Tumblebugs	3-5	W	4:45 PM	45 min	Graham Creighton Junior High	8	9-Apr	00101212	\$38.24
Tumblebugs	3-5	W	5:45 PM	45 min	Graham Creighton Junior High	8	9-Apr	00101213	\$38.24
Creative Movement	3-5	Th	5:30 PM	45 min	Graham Creighton Junior High	8	10-Apr	00101222	\$38.24
Little Sports	3-5	W	6:00 PM	45 min	Cole Harbour District High School	8	9-Apr	00101215	\$38.24
Messy Art	3-5	Th	4:30 PM	45 min	Cole Harbour Community Centre (2nd Floor of Cole Harbour Place)	8	10-Apr	00101219	\$44.56
<b>CHILD</b>									
Ballet	4-6	M	7:00 PM	45 min	Caldwell Road Elementary School	6	7-Apr	00101171	\$28.68
Basketball	5-7	Tu	6:00 PM	45 min	Astral Drive Elementary School	8	8-Apr	00101192	\$38.24
Basketball	8-11	Tu	7:00 PM	45 min	Astral Drive Elementary School	8	8-Apr	00101193	\$38.24
Drama - Broadway Kids	6-8	Tu	6:00 PM	45 min	Graham Creighton Junior High	8	8-Apr	00101194	\$31.84
Drama - Broadway Kids	9-12	Tu	7:00 PM	45 min	Graham Creighton Junior High	8	8-Apr	00101195	\$31.84
Soccer	6-8	Tu	7:00 PM	45 min	Colby Village Elementary School	8	8-Apr	00101201	\$38.24
Basketball	5-7	W	6:00 PM	45 min	Caldwell Road Elementary School	8	8-Apr	00102540	\$38.24
Basketball	8-10	W	7:00 PM	45 min	Caldwell Road Elementary School	8	9-Apr	00101207	\$38.24
Badminton	10-12	W	7:00 PM	1 hr	Cole Harbour District High School	8	9-Apr	00101205	\$50.96
All Sorts of Sports	5-8	W	6:00 PM	45 min	Cole Harbour District High School	8	9-Apr	00101216	\$38.24
Hip Hop	5-7	Th	6:30 PM	45 min	Graham Creighton Junior High	8	10-Apr	00101223	\$38.24
Artists in Action	5-7	Th	5:30 PM	45 min	Cole Harbour Community Centre (2nd Floor of Cole Harbour Place)	8	10-Apr	00101220	\$44.56

# Cole Harbour & Lawrencetown

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>CHILD</b>									
Artists in Action	8-11	Th	6:30 PM	45 min	Cole Harbour Community Centre (2nd Floor of Cole Harbour Place)	8	10-Apr	00101221	\$44.56
Jr. Scientists	6-10	Sa	12:45 PM	45 min	Cole Harbour Community Centre (2nd Floor of Cole Harbour Place)	8	12-Apr	00101229	\$59.44
Chess Club	7-12	Sa	2:00 PM	1 hr	Cole Harbour Community Centre (2nd Floor of Cole Harbour Place)	8	12-Apr	00101230	\$59.44
Board Games Club	7-12	Sa	3:00 PM	1 hr	Cole Harbour Community Centre (2nd Floor of Cole Harbour Place)	8	12-Apr	00101231	\$59.44
<b>YOUTH</b>									
Badminton Club	13-16	W	8:00 PM	1 hr	Cole Harbour District High School	8	9-Apr	00101206	FREE
<b>ADULT</b>									
Fitness - Strength & Stretch	18+	M	9:15AM	1 hr	Findlay Community Centre	8	31-Mar	00101186	\$60.21
Pilates	18+	M	6:30PM	1 hr	Findlay Community Centre	8	31-Mar	00101175	\$60.21
International Dance Fit	18+	M	7:45 AM	1 hr	Findlay Community Centre	8	31-Mar	00101218	\$66.90
Yoga - Stability Ball	18+	M	12:00 PM	45 min	Findlay Community Centre	7	7-Apr	00101190	\$45.76
Yoga - Yang/Yin	18+	M	10:30 AM	1 hr 15min	Findlay Community Centre	7	7-Apr	00101191	\$57.18
Fitness - Ball Fit	18+	Tu	9:15 AM	1 hr	Findlay Community Centre	10	1-Apr	00101197	\$66.90
50+ Fitness	18+	Tu	10:30 AM	45 min	Findlay Community Centre	10	1-Apr	00101196	\$50.10
Fitness - Ball Fit	18+	Tu	9:15 AM	1 hr	Findlay Community Centre	10	1-Apr	00101197	\$66.90
Fitness - Stability Ball Plus	18+	Tu	7:30 PM	1 hr	Findlay Community Centre	10	1-Apr	00101198	\$66.90
Fitness - Step & Strength	18+	Tu	6:15 PM	1 hr	Findlay Community Centre	10	1-Apr	00101199	\$66.90
Yoga -Yin	18+	Tu	12:15 PM	1 hr	Findlay Community Centre	9	8-Apr	00101204	\$60.21
Yoga	18+	Tu	11:00 AM	1 hr	Findlay Community Centre	10	1-Apr	00101202	\$66.90
Yoga - Gentle	18+	Tu	1:30 PM	1 hr	Findlay Community Centre	9	8-Apr	00101203	\$60.21
Tai Chi Long Form Returning	18+	Tu/Th	3:00PM	1 hr	Findlay Community Centre	12	1-Apr	00102743	\$79.03
Yoga-Lates	18+	W	9:15 AM	1 hr	Findlay Community Centre	10	2-Apr	00101217	\$66.90
50+ Fitness	18+	W	10:30 AM	45 min	Findlay Community Centre	10	2-Apr	00101208	\$50.10
Fitness - Barre	18+	W	6:30 PM	1 hr	Findlay Community Centre	10	2-Apr	00101210	\$66.90
Seated Pilates	18+	W	11:30 AM	1 hr	Findlay Community Centre	10	2-Apr	00101211	\$66.90

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Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>ADULT</b>									
Zumba Gold	18+	W	1:00 PM	1 hr	Findlay Community Centre	10	2-Apr	00101218	\$66.90
50+ Fitness	18+	Th	9:15 AM	45 min	Findlay Community Centre	10	3-Apr	00101224	\$50.10
Pilates	18+	Th	10:15 AM	45 min	Findlay Community Centre	10	3-Apr	00101225	\$50.10
Yoga	18+	Th	10:30 AM	1 hr 15min	Findlay Community Centre	9	10-Apr	00101226	\$75.24
Fitness - Restorative Yoga	18+	F	11:30 AM	1 hr 15min	Findlay Community Centre	9	4-Apr	00101228	\$75.24
50+ International Dance Fit	18+	F	10:30 AM	1 hr	Findlay Community Centre	9	4-Apr	00101227	\$60.21
Zumba Online	18+	Su	7:00 PM	1 hr	Online	8	6-Apr	00101090	\$53.52
Zumba Toning Online	18+	Su	8:00 PM	30 min	Online	8	6-Apr	00101094	\$26.72
Piloxing Online	16+	Tu	7:00 PM	1 hr	Online	10	8-Apr	00101122	\$66.90
Explore Your Trails - Cole Harbour Heritage Park	17+	Th	10:00 AM	2 hrs	Salt Marsh Trail	1	17-Apr	00100894	FREE
<b>COMMUNITY DEVELOPMENT WORKSHOPS</b>									
Leadership & Teamwork Part 1	18+	Th	6:30 PM	2 hrs	Cole Harbour Community Centre (2nd Floor of Cole Harbour Place)	1	6-Mar	00102684	FREE
Communication & Conflict Resolution - Part 2	18+	Th	6:30 PM	2 hrs	Cole Harbour Community Centre (2nd Floor of Cole Harbour Place)	1	20-Mar	00102685	FREE
Strategic Planning 101	18+	W	6:00 PM	2 hrs	Chocolate Lake Community Centre	1	16-Apr	00102304	FREE
Boards 101	18+	Th	6:30 PM	2 hrs	Halifax Central Commons Multi-Purpose Room	1	1-May	00102645	FREE
Volunteer Recruitment & Retention	18+	W	6:30 PM	2 hrs	Findlay Community Centre	1	14-May	00102690	FREE
Strategic Planning 101	18+	M	6:30 PM	2 hrs	Cole Harbour Community Centre (2nd Floor of Cole Harbour Place)	1	23-Jun	00102686	FREE

**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.

