

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	30 min	Sheet Harbour Recreation Office & Seaside Fitness	6	7-Apr	00102283	\$19.08
Stories & Crafts	3-5	Tu	10:30 AM	1 hr	Sheet Harbour Recreation Office & Seaside Fitness	6	8-Apr	00102285	FREE
Tumblebugs	3-5	M	3:20 PM	30 min	Sheet Harbour Recreation Office & Seaside Fitness	6	7-Apr	00102284	\$19.08
CHILD									
Soccer	5-8	M	6:00 PM	1 hr	Marine Drive Academy	6	7-Apr	00102287	\$38.22
Soccer	9-12	M	6:00 PM	1 hr	Marine Drive Academy	6	7-Apr	00102288	\$38.22
Skills & Drills	5-8	M	7:00 PM	1 hr	Marine Drive Academy	6	7-Apr	00102289	\$38.22
Skills & Drills	9-12	M	7:00 PM	1 hr	Marine Drive Academy	6	7-Apr	00102290	\$38.22
Open Gym	11-18	M	8:00 PM	2 hrs	Marine Drive Academy	6	7-Apr	00102273	FREE
Open Gym	11-18	W	8:00 PM	2 hrs	Marine Drive Academy	7	9-Apr	00102274	FREE
Family Open Gym	5+	Tu	6:00 PM	2 hrs	Marine Drive Academy	7	8-Apr	00102276	FREE
Family Open Gym	5+	Tu	8:00 PM	2 hrs	Marine Drive Academy	7	8-Apr	00102277	FREE
YOUTH									
Open Gym	11-18	M	8:00 PM	2 hrs	Marine Drive Academy	6	7-Apr	00102273	FREE
Open Gym	11-18	W	8:00 PM	2 hrs	Marine Drive Academy	7	9-Apr	00102274	FREE
Open Gym	14-24	F	8:00 PM	2 hrs	Marine Drive Academy	7	11-Apr	00102275	FREE
Batting Cages Trip	15-18	W	2:30 PM	6 hrs	Sheet Harbour Recreation Office / REC Bus	1	16-Apr	00102286	\$34.50
ADULT									
Yoga -Yin	18+	M	9:30 AM	1 hr	Four Harbours Legion	6	7-Apr	00102278	\$40.14
Yoga - Gentle	18+	M	10:45 AM	1 hr	Four Harbours Legion	6	7-Apr	00102279	\$40.14
Yoga - Gentle	18+	W	12:30 PM	1 hr	Samuel R Balcom Community Centre	8	9-Apr	00102280	\$53.52
Chair Yoga	18+	W	1:40 PM	1 hr	Samuel R Balcom Community Centre	8	9-Apr	00102281	\$53.52

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Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
ADULT									
Hiking	14+	F	11:00 AM	2 hrs	Taylor Head Beach Park	6	11-Apr	00102282	FREE
Creekside Maple Farm and Shopping Trip in New Glasgow	18+	F	9:00 AM	8 hrs	Eastern Shore Recreation Bus	1	04-Apr	00102596	\$25.00
Centre Stage Theatre Trip	18+	Su	9:00 AM	9.5 hrs	Eastern Shore Recreation Bus	1	27-Apr	00102601	\$45.00
Halifax Public Garden, Waterfront Area Shopping	18+	F	9:00 AM	8 hrs	Eastern Shore Recreation Bus	1	06-Jun	00102604	\$25.00
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
COMMUNITY DEVELOPMENT WORKSHOPS									
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
Strategic Planning 101	18+	W	6:00 PM	2 hrs	Chocolate Lake Community Centre	1	16-Apr	00102304	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
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 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.

