

# Spryfield & Sambro

Captain William Spry Centre  
16 Sussex Street  
Phone: 902.477.POOL (7665)  
or 902.479.1111



# Spryfield/Sambro

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>PRESCHOOL</b>									
Preschool Art Play	3-5	Sa	3:00 PM	45 min	Captain William Spry Community Centre	8	12-Apr	00100254	\$44.56
<b>CHILD</b>									
Ballet	3-4	Sa	11:45 AM	45 min	Captain William Spry Community Centre	8	12-Apr	00100240	\$38.24
Ballet	3-4	Sa	12:30 PM	45 min	Captain William Spry Community Centre	8	12-Apr	00100242	\$38.24
Dance - Intro	4-6	Sa	1:15 PM	45 min	Captain William Spry Community Centre	8	12-Apr	00100243	\$38.24
Hip Hop/Jazz	6-10	Sa	2:00 PM	1 hr	Captain William Spry Community Centre	8	12-Apr	00100248	\$50.96
Tumblebugs	4-5	Sa	10:30 AM	45 min	Captain William Spry Community Centre	8	12-Apr	00100238	\$38.24
Tumblebugs	4-5	Sa	11:30 AM	45 min	Captain William Spry Community Centre	8	12-Apr	00100236	\$38.24
Art Play Studio	5-7	Sa	4:00 PM	1 hr	Captain William Spry Community Centre	8	12-Apr	00100258	\$59.44
Basketball	5-7	W	6:00 PM	1 hr	Harrietsfield Elementary School	7	16-Apr	00100208	\$44.59
Piano	7-9	Th	4:30 PM	30 min	Captain William Spry Community Centre	8	10-Apr	00100220	\$38.24
Piano	7-9	Th	5:00 PM	30 min	Captain William Spry Community Centre	8	10-Apr	00100221	\$38.24
Piano	10-13	Th	6:00 PM	30 min	Captain William Spry Community Centre	8	10-Apr	00100223	\$38.24
Piano	10-13	Th	5:30 PM	30 min	Captain William Spry Community Centre	8	10-Apr	00100222	\$38.24
<b>YOUTH</b>									
Youth Multisport Night	All	W	7:00 PM	1 hr	Rockingstone Heights Elementary School	8	9-Apr	00100215	FREE
Youth Sport - Pickleball	All	W	6:00 PM	1 hr	Rockingstone Heights Elementary School	8	9-Apr	00100214	FREE
<b>FAMILY</b>									
Family Sport - Open Gym	3+	Sa	1:00 PM	2 hrs	Central Spryfield Elementary School	8	12-Apr	00100253	FREE
<b>ADULT</b>									
55+ Fitness	18+	Tu	10:00 AM	1 hr	Captain William Spry Community Centre	12	8-Apr	00100043	\$80.28
55+ Fitness	18+	Th	10:00 AM	1 hr	Captain William Spry Community Centre	12	10-Apr	00100217	\$80.28
Pilates - Beginner	18+	W	10:15 AM	1 hr	Captain William Spry Community Centre	12	9-Apr	00100204	\$80.28
Pilates - Beginner	18+	F	10:15 AM	1 hr	Captain William Spry Community Centre	10	11-Apr	00100226	\$66.90
Cardio Boot Camp	18+	W	6:00 PM	1 hr	Captain William Spry Community Centre	12	9-Apr	00100205	\$80.28
Cardio Boot Camp	18+	F	6:00 PM	1 hr	Captain William Spry Community Centre	10	11-Apr	00100228	\$66.90
Chair Fit Exercise	18+	Tu	11:15 AM	45 min	Captain William Spry Community Centre	12	8-Apr	00100057	\$60.12

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<b>ADULT</b>									
Chair Fit Exercise	18+	Th	11:15 AM	45 min	Captain William Spry Community Centre	12	10-Apr	00100218	\$60.12
Drum Fit	18+	Th	10:00 AM	1 hr	Captain William Spry Community Centre	12	10-Apr	00100219	\$80.28
Gentle Yoga	18+	Th	9:00 AM	1 hr	Captain William Spry Community Centre	10	10-Apr	00100216	\$66.90
Line Dancing - Beginner	18+	M	10:30 AM	45 min	Captain William Spry Community Centre	8	7-Apr	00091526	\$57.28
Line Dancing - Beginner	18+	M	6:00 PM	1 hr	Captain William Spry Community Centre	8	7-Apr	00100038	\$74.32
Line Dancing - Improver/Intermediate	18+	Tu	1:00 PM	45 min	Captain William Spry Community Centre	8	8-Apr	00091525	\$57.28
Piano	18+	Tu	10:00 AM	45 min	Captain William Spry Community Centre	8	8-Apr	00100062	\$57.28
Piano	18+	Tu	10:45 AM	45 min	Captain William Spry Community Centre	8	8-Apr	00100063	\$57.28
Piano	18+	Tu	11:30 AM	45 min	Captain William Spry Community Centre	8	8-Apr	00100065	\$57.28
Piano	18+	Tu	12:15 PM	45 min	Captain William Spry Community Centre	8	8-Apr	00100066	\$57.28
Sketch & Draw	18+	F	10:00 AM	2 hrs	Captain William Spry Community Centre	8	11-Apr	00100227	\$135.84
Strength & Tone	18+	M	6:00 PM	1 hr	Captain William Spry Community Centre	10	7-Apr	00100039	\$66.90
Strength & Tone	18+	W	7:15 PM	1 hr	Captain William Spry Community Centre	12	9-Apr	00100206	\$80.28
Stretching & Mobility 55+	18+	M	11:15 AM	45 min	Captain William Spry Community Centre	10	7-Apr	00101658	\$50.10
Yamuna Body Rolling	18+	Tu	9:30 AM	1 hr	Captain William Spry Community Centre	10	8-Apr	00100042	\$66.90
Yoga	18+	M	7:15 PM	1 hr	Captain William Spry Community Centre	10	7-Apr	00100040	\$66.90
Yoga	18+	W	9:00 AM	1 hr	Captain William Spry Community Centre	12	9-Apr	00100203	\$80.28
Yoga	18+	F	9:00 AM	1 hr	Captain William Spry Community Centre	10	11-Apr	00100225	\$66.90
Yoga	18+	Su	6:00 PM	1 hr	Captain William Spry Community Centre	12	12-Apr	00100267	\$80.28
Yogalates	18+	M	10:00 AM	1 hr	Captain William Spry Community Centre	10	7-Apr	00101233	\$66.90
Zumba	18+	Su	7:00 PM	1 hr	Captain William Spry Community Centre	10	12-Apr	00100268	\$66.90
Zumba	18+	Th	6:30 PM	1 hr	Captain William Spry Community Centre	10	10-Apr	00100224	\$66.90
Pickleball - All Skill Levels - Non-Instructional	18+	W	6:00 PM	1.5 hrs	Central Spryfield Elementary School	8	9-Apr	00100210	\$70.00
Pickleball - Experienced Players - Non-Instructional	18+	M	6:00 PM	2 hrs	Central Spryfield Elementary School	6	7-Apr	00100041	\$70.00
Badminton - Non-Instructional - Herring Cove	18+	W	7:30 PM	2 hrs	Herring Cove Junior High	8	9-Apr	00100209	\$93.45
Pickleball - Experienced Players - Non Instructional	18+	F	6:00 PM	2 hrs	Rockingstone Heights Elementary School	6	11-Apr	00100230	\$70.00

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<b>ADULT</b>									
Pickleball - Experienced Players - Non-Instructional	18+	Tu	8:00 PM	2 hrs	Rockingstone Heights Elementary School	8	8-Apr	00100202	\$93.45
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 - Pennant Point Trail	17+	Sa	10:00 AM	3 hrs	Crystal Crescent Beach Prov Park	1	19-Apr	00100906	FREE
Explore Your Trails - Long Lake	17+	F	10:00 AM	2 hrs	Long Lake Drive Park	1	2-May	00100902	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
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 and older.
- Some program fees and/or details may change over the course of registration. For the most current details, please log into MyRec.

