



Fall 2025



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.

Adult programs are + HST. Senior discounts apply to residents over 60 years of age. Some program fees and/or details may change over the course of registration. For the latest details, visit [halifax.ca/myREC](http://halifax.ca/myREC)



# Cole Harbour



HALIFAX

Program Number	Program Name	Age from	Age to	Dates	Time	Days	Location	Classes	Price
<b>PRESCHOOL</b>									
17236	Parent & Tot Basketball	2	4	Sep 22 - Dec 1, 2025	5:45PM - 6:15PM	Mon	Cole Harbour Recreation Centre	11	\$31.90
17231	Parent & Tot Soccer	2	4	Sep 22 - Dec 1, 2025	5:00PM - 5:30PM	Mon	Cole Harbour Recreation Centre	10	\$31.90
17239	Messy Art	3	5	Sep 27 - Nov 29, 2025	10:30AM - 11:15AM	Sat	Cole Harbour Recreation Centre	10	\$55.70
17252	Ballet & Jazz Combo	3	5	Sep 22 - Dec 1, 2025	6:00PM - 6:45PM	Mon	Caldwell Road Elementary School	10	\$47.80
17704	Little Sports 4-5 Years	4	5	Sep 24 - Nov 26, 2025	6:00PM - 6:45PM	Wed	Cole Harbour District High School	10	\$47.80
18619	Tumblebugs 3-5 Years	3	5	Sep 25 - Nov 27, 2025	5:30PM - 6:15PM	Thu	Cole Harbour Recreation Centre	10	\$47.80
17710	Tumblebugs 3-5 Years	3	5	Sep 25 - Nov 27, 2025	4:30PM - 5:15PM	Thu	Cole Harbour Recreation Centre	10	\$47.80
17696	Soccer 3-5 Years	3	5	Sep 23 - Dec 2, 2025	6:00PM - 6:45PM	Tue	Colby Village Elementary School	9	\$43.02
<b>CHILD</b>									
18617	All Sorts of Sports 6-8 Years	6	12	Sep 24 - Nov 26, 2025	6:00PM - 6:45PM	Wed	Cole Harbour District High School	10	\$47.80
17705	Badminton	9	12	Sep 24 - Nov 26, 2025	7:00PM - 8:00PM	Wed	Cole Harbour District High School	10	\$63.70
17694	Basketball	5	7	Sep 23 - Dec 2, 2025	7:00PM - 7:45PM	Tue	Astral Drive Elementary School	9	\$43.02
17702	Basketball	5	7	Sep 24 - Nov 26, 2025	6:00PM - 6:45PM	Wed	Caldwell Road Elementary School	10	\$47.80
17693	Basketball	5	7	Sep 23 - Dec 2, 2025	6:00PM - 6:45PM	Tue	Astral Drive Elementary School	9	\$43.02
17703	Basketball	8	10	Sep 24 - Nov 26, 2025	7:00PM - 7:45PM	Wed	Caldwell Road Elementary School	10	\$47.80
17254	Ballet & Jazz Combo	6	11	Oct 6 - Dec 1, 2025	7:00PM - 7:45PM	Mon	Caldwell Road Elementary School	8	\$42.49

Program Number	Program Name	Age from	Age to	Dates	Time	Days	Location	Classes	Price
23464	Pop Dance Party!	6	10	December 12, 2025	6:00PM - 7:30PM	Fri	Cole Harbour Recreation Centre	1	\$7.97
23460	Improv Night Ages	6	10	November 21, 2025	7:15PM - 8:15PM	Fri	Cole Harbour Recreation Centre	1	\$5.31
17698	Broadway Kids	9	12	Sep 23 - Dec 2, 2025	6:15PM - 7:15PM	Tue	Cole Harbour Recreation Centre	11	\$58.41
23456	Improv Night Ages	6	10	November 21, 2025	6:00PM - 7:00PM	Fri	Cole Harbour Recreation Centre	1	\$5.31
17697	Broadway Kids	6	8	Sep 23 - Dec 2, 2025	5:00PM - 6:00PM	Tue	Cole Harbour Recreation Centre	9	\$47.79
18627	Artists in Action	5	12	Sep 27 - Nov 29, 2025	11:30AM - 12:15PM	Sat	Cole Harbour Recreation Centre	10	\$55.70
18628	Jr. Scientists	5	12	Sep 27 - Nov 29, 2025	12:30PM - 1:15PM	Sat	Cole Harbour Recreation Centre	10	\$57.00
17695	Soccer	6	8	Sep 23 - Dec 2, 2025	1:00PM - 1:45PM	Tue	Colby Village Elementary School	9	\$43.02

#### YOUTH

23435	Youth Movie Night - Mean Girls the Musical	13	17	October 3, 2025	6:00PM - 9:00PM	Fri	Cole Harbour Recreation Centre	1	FREE
30041	Badminton Club	13	15	Sep 24-Nov 26, 2025	8:15PM-9:15PM	Wed	Cole Harbour District High School	10	FREE

#### ADULT

17334	Pilates	18+		Sep 8 - Dec 8, 2025	6:30PM - 7:30PM	Mon	Cole Harbour Recreation Centre	14	\$93.66
17706	Barre	18+		Sep 10 - Dec 10, 2025	6:30PM - 7:15PM	Wed	Cole Harbour Recreation Centre	14	\$70.28
17687	50+ Cardio Fitness	18+		Sep 9 - Dec 9, 2025	10:00AM - 10:45AM	Tue	Cole Harbour Recreation Centre	12	\$60.24
17700	50+ Fitness	18+		Sep 10 - Dec 10, 2025	10:30AM - 11:15AM	Wed	Cole Harbour Recreation Centre	14	\$70.28
17708	Pilates	18+		Sep 11 - Dec 11, 2025	10:15AM - 11:00AM	Thu	Cole Harbour Recreation Centre	14	\$70.28
17691	Step & Strength	18+		Sep 9 - Dec 9, 2025	7:30PM - 8:30PM	Tue	Cole Harbour Recreation Centre	12	\$80.28
17707	Healthy Bones for Functional Fitness 50+	18+		Sep 11 - Dec 11, 2025	9:15AM - 10:00AM	Thu	Cole Harbour Recreation Centre	14	\$70.28

<b>Program Number</b>	<b>Program Name</b>	<b>Age from</b>	<b>Age to</b>	<b>Dates</b>	<b>Time</b>	<b>Days</b>	<b>Location</b>	<b>Classes</b>	<b>Price</b>
16903	Morning Strength & Stretch	18+		Sep 8 - Dec 8, 2025	9:00AM - 10:00AM	Mon	Cole Harbour Recreation Centre	13	\$86.97
27564	Asset Mapping 101	18+		October 30, 2025	6:00PM - 8:00PM	Thu	Cole Harbour Recreation Centre	1	\$0.00
27561	Boards 101	18+		October 8, 2025	6:00PM - 8:00PM	Wed	Cole Harbour Recreation Centre	1	\$0.00
20232	50+ Walking Soccer	50+		Oct 6 - Dec 8, 2025	6:00PM - 7:00PM	Mon	Eric Graves Memorial Junior High School	9	\$66.87
<b>18623</b>	Restorative Yoga	18+		Sep 12 - Dec 12, 2025	11:30AM - 12:15PM	Fri	Cole Harbour Recreation Centre	14	\$70.28
16916	Stability Ball Yoga	18+		Sep 8 - Dec 8, 2025	12:00PM - 1:00PM	Mon	Cole Harbour Recreation Centre	13	\$86.97
17709	Yoga	18+		Sep 11 - Dec 11, 2025	11:30AM - 12:30PM	Thu	Cole Harbour Recreation Centre	14	\$93.66
16913	Yang/Yin Yoga	18+		Sep 8 - Dec 8, 2025	10:30AM - 11:45AM	Mon	Cole Harbour Recreation Centre	13	\$108.68
17699	Yoga-Lates	18+		Sep 10 - Dec 10, 2025	9:15AM - 10:15AM	Wed	Cole Harbour Recreation Centre	14	\$93.66
17690	Gentle Yoga	18+		Sep 9 - Dec 9, 2025	1:30PM - 2:30PM	Tue	Cole Harbour Recreation Centre	12	\$80.28
17689	Yin Yoga	18+		Sep 9 - Dec 9, 2025	12:15PM - 1:15PM	Tue	Cole Harbour Recreation Centre	12	\$80.28
17688	Yoga	18+		Sep 9 - Dec 9, 2025	11:00AM - 12:00PM	Tue	Cole Harbour Recreation Centre	12	\$80.28
18622	50+ International Dance Fit	50 +		Sep 12 - Dec 12, 2025	10:15AM - 11:15AM	Fri	Cole Harbour Recreation Centre	14	\$93.66
17701	Zumba Gold	18+		Sep 10 - Dec 10, 2025	1:00PM - 2:00PM	Wed	Cole Harbour Recreation Centre	14	\$93.66
17686	International Dance Fit	18+		Sep 8 - Dec 8, 2025	7:45PM - 8:45PM	Mon	Cole Harbour Recreation Centre	13	\$86.97

**PLEASE NOTE:**

**For a full refund, withdrawal requests must be received no later than 7 days prior to the program start date.**

**Adult programs are +HST and senior discounts apply to clients 60 years of age or older.**

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