

HALIFAX



Fall 2025



Musquodoboit Harbour

7900 Highway #7
Corner of #7 Highway
& East Petpeswick Road
Phone: 902.889.4050

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



Musquodoboit Harbour



HALIFAX

Program Number	Program Name	Age from	Age to	Dates	Time	Days	Location	Classes	Price
PRESCHOOL									
30764	P&T Creative Movement	2 Y	4 Y	Sep 23 - Nov 25, 2025	4:30PM - 5:00PM	Tue	Musquodoboit Harbour Community Centre	8	\$25.52
30765	Creative Movement	3 Y	5 Y	Sep 23 - Nov 25, 2025	5:05PM - 5:35PM	Tue	Musquodoboit Harbour Community Centre	8	\$25.52
30771	P&T Little Sports	2 Y	4 Y	Sep 24 - Nov 12, 2025	6:00PM - 6:30PM	Wed	Oyster Pond Academy	8	\$25.52
30777	Teddy Bears Play Group	2 Y 6 M	5 Y	Oct 3 - Nov 28, 2025	9:30AM - 11:30AM	Fri	Musquodoboit Harbour Community Centre	9	\$133.74
CHILD									
24389	Craft Central	5 Y	7 Y	Sep 22 - Nov 17, 2025	5:30PM - 6:15PM	Mon	Musquodoboit Harbour Community Centre	8	\$44.56
24390	Craft Central	8 Y	12 Y	Sep 22 - Nov 17, 2025	6:30PM - 7:15PM	Mon	Musquodoboit Harbour Community Centre	9	\$44.56
30763	Multi Dance	5 Y	8 Y	Sep 23 - Nov 25, 2025	5:45PM - 6:45PM	Tue	Musquodoboit Harbour Community Centre	8	\$50.96
24402	All Sorts of Sports	5 Y	8 Y	Sep 24 - Nov 12, 2025	6:35PM - 7:20PM	Wed	Oyster Pond Academy	8	\$38.24
30776	Improv	8 Y	12 Y	Sep 25 - Nov 20, 2025	6:00PM - 6:45PM	Thu	Musquodoboit Harbour Community Centre	8	\$31.84
ADULT									
23692	Stability Ball	19 Y		Sep 15 - Dec 8, 2025	9:45AM - 10:30AM	Mon	Musquodoboit Harbour Community Centre	12	\$60.24
23696	Circuit Fit	19 Y		Sep 15 - Dec 8, 2025	11:00AM - 11:45AM	Mon	Musquodoboit Harbour Community Centre	12	\$60.24
23698	Total Fit	19 Y		Sep 15 - Dec 8, 2025	7:00PM - 7:45PM	Mon	Seaforth Community Hall	12	\$60.24
23392	Gentle Fitness	19 Y		Sep 9 - Dec 9, 2025	9:00AM - 9:45AM	Tue	Musquodoboit Harbour Community Centre	13	\$65.26

Program Number	Program Name	Age from	Age to	Dates	Time	Days	Location	Classes	Price
23395	Cardio & Weights	19 Y		Sep 9 - Dec 9, 2025	10:00AM - 10:45AM	Tue	Musquodoboit Harbour Lion's Club	13	\$65.26
29877	Roll & Stretch	19 Y		Sep 10 - Dec 10, 2025	10:45AM - 11:45AM	Wed	Musquodoboit Harbour Community Centre	14	\$93.66
29876	Strength Class	19 Y		Sep 11 - Dec 11, 2025	6:30AM - 7:30AM	Thu	Musquodoboit Harbour Community Centre	14	\$93.66
30769	Conditionnement Physique Doux- Gentle Fitness	19 Y		Sep 17 - Dec 17, 2025	9:30AM - 10:15AM	Wed	Acadian House Museum	14	\$70.28
30775	Step & Weights	19 Y		Sep 17 - Dec 17, 2025	6:30PM - 7:15PM	Wed	Seaforth Community Hall	14	\$70.28
30774	Tai Chi	19 Y		Sep 24 - Dec 10, 2025	7:00PM - 8:00PM	Wed	Musquodoboit Harbour Community Centre	12	\$89.16
23720	Trim & Tone	19 Y		Sep 11 - Dec 11, 2025	7:00PM - 7:45PM	Thu	Seaforth Community Hall	14	\$70.28
23722	Gentle Fitness	19 Y		Sep 12 - Dec 12, 2025	9:00AM - 9:45AM	Fri	Petpeswick Yacht Club	14	\$70.28
23724	Cardio & Weights	19 Y		Sep 12 - Dec 12, 2025	10:00AM - 10:45AM	Fri	Petpeswick Yacht Club	14	\$70.28
30770	Conditionnement Physique Doux- Gentle Fitness	19 Y		Sep 19 - Dec 19, 2025	12:45PM - 01:30PM	Fri	Acadian House Museum	14	\$70.28
29873	Boot Camp	19 Y		Sep 6 - Dec 13, 2025	9:00AM - 10:00AM	Sat	Musquodoboit Harbour Community Centre	15	\$100.35
23703	Gentle Yoga	19 Y		Sep 15 - Dec 08, 2025	1:30PM - 2:45PM	Mon	Musquodoboit Harbour Community Centre	12	\$100.32
23700	Yin Yoga	19 Y		Sep 15 - Dec 08, 2025	6:00PM - 7:00PM	Mon	Musquodoboit Harbour Community Centre	12	\$80.28
23397	Yoga-Ship Hbr	19 Y		Sep 9 - Dec 9, 2025	9:30AM - 10:45AM	Tue	Ship Harbour Hall	13	\$108.68
23708	Rise & Shine Yoga	19 Y		Sep 10 - Dec 10, 2025	8:00AM - 9:00AM	Wed	Musquodoboit Harbour Community Centre	14	\$93.66
23714	Yoga	19 Y		Sep 10 - Dec 10, 2025	9:30AM - 10:30AM	Wed	Musquodoboit Harbour Community Centre	14	\$93.66

Program Number	Program Name	Age from	Age to	Dates	Time	Days	Location	Classes	Price
23713	Chair Yoga-Ship Hbr	19 Y		Sep 10 - Dec 10, 2025	10:00AM - 11:00AM	Wed	Ship Harbour Hall	14	\$93.66
23718	Yoga-Ship Hbr	19 Y		Sep 11 - Dec 11, 2025	9:30AM - 10:45AM	Thu	Ship Harbour Hall	14	\$117.04
30766	Chair Yoga	19 Y		Sep 18 - Dec 18, 2025	12:00PM - 1:00PM	Thu	Musquodoboit Harbour Community Centre	14	\$93.66
23719	Gentle Yoga	19 Y		Sep 11 - Dec 11, 2025	1:30PM - 2:45PM	Thu	Musquodoboit Harbour Community Centre	14	\$117.04
30767	Yin Yoga	19 Y		Sep 13 - Dec 13, 2025	9:00AM - 10:00AM	Sat	Musquodoboit Harbour Community Centre	14	\$93.66
30768	Yoga	19 Y		Sep 14 - Dec 14, 2025	9:30AM - 10:45AM	Sun	Seaforth Community Hall	13	\$108.68
23683	Hiking	19 Y		Sep 23 - Nov 25, 2025	11:00AM - 1:00PM	Tue	Musquodoboit Harbour Trail	8	\$135.84
26876	Pickleball	19 Y		Sep 23 - Dec 9, 2025	7:45PM - 9:15PM	Tue	Oyster Pond Academy	10	\$87.60
DROP-INS									
	Family Badminton	5 Y		Sep 24 - Nov 12, 2025	6:35PM - 7:20PM	Wed	Oyster Pond Academy	8	

PLEASE NOTE:

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

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