

HALIFAX



Fall 2025



# Sheet Harbour

## East Ship Harbour to Ecum Secum

22756 Highway #7 Bluewater Building

Phone: 902.885.2988

Toll Free: 1.866.522.2422

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)



# Sheet Harbour



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| Program Number | Program Name   | Age from | Age to      | Dates                 | Time              | Days | Location                        | Classes | Price    |
|----------------|----------------|----------|-------------|-----------------------|-------------------|------|---------------------------------|---------|----------|
| <b>CHILD</b>   |                |          |             |                       |                   |      |                                 |         |          |
| 21724          | Karate         | 7 Y      | 12 Y 11 Mos | Oct 20 - May 25, 2026 | 06:00PM - 06:45PM | Mon  | Marine Drive Academy            | 24      | \$114.72 |
| <b>YOUTH</b>   |                |          |             |                       |                   |      |                                 |         |          |
| 23354          | Basketball     | 14 Y     | 18 Y 11 Mos | Nov 18 - Dec 2, 2025  | 09:00PM - 10:00PM | Tue  | Marine Drive Academy            | 3       | 19.74    |
| 21738          | Karate         | 13 Y     | 18 Y 11 Mos | Oct 20 - May 25, 2026 | 07:00PM - 07:45PM | Mon  | Marine Drive Academy            | 24      | \$114.72 |
| 23346          | Volleyball     | 13 Y     | 18 Y 11 Mos | Oct 7 - Nov 4, 2025   | 08:00PM - 09:00PM | Tue  | Marine Drive Academy            | 5       | \$31.85  |
| <b>ADULT</b>   |                |          |             |                       |                   |      |                                 |         |          |
| 23446          | Basketball     | 19 Y     |             | Nov 18 - Dec 2, 2025  | 09:00PM - 10:00PM | Tue  | Marine Drive Academy            | 3       | \$17.85  |
| 21746          | Karate         | 18 Y     |             | Oct 20 - May 25, 2026 | 07:00PM - 07:45PM | Mon  | Marine Drive Academy            | 24      | \$133.68 |
| 21822          | Volleyball     | 19 Y     |             | Oct 7 - Nov 0, 2025   | 08:00PM - 09:30PM | Tue  | Marine Drive Academy            | 5       | \$43.80  |
| 21763          | Try-It Qi Gong | 19 Y     |             | Oct 15 - Oct 29, 2025 | 7:00 AM - 8:00AM  | Mon  | Sheet Harbour Recreation Office | 3       | \$22.74  |
| 21766          | Try-It Qi Gong | 19 Y     |             | Oct 17 - Oct 31, 2025 | 7:00 AM - 8:00AM  | Wed  | Sheet Harbour Recreation Office | 3       | \$22.74  |
| 21776          | Qi Gong        | 18 Y     |             | Oct 20 - Dec 8, 2025  | 7:00 AM - 8:00AM  | Mon  | Sheet Harbour Recreation Office | 8       | \$60.64  |
| 21778          | Qi Gong        | 18 Y     |             | Oct 22 - Dec 9, 2025  | 7:00 AM - 8:00AM  | Wed  | Sheet Harbour Recreation Office | 8       | \$60.64  |

## 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.

Some program fees and/or details may changed over the course of registration. Visit [Halifax.ca/MyRec](http://Halifax.ca/MyRec) for the most current information.