



Fall 2025



HALIFAX

# Spryfield & Sambro

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

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)



Program Number	Program Name	Age from	Age to	Dates	Time	Days	Location	Classes	Price
<b>PRESCHOOL</b>									
26632	Loose Parts Play	1 Y 6 Mos	3 Y	Sep 21 - Nov 9, 2025	1:00PM - 2:00PM	Sun	Captain William Spry Community Centre	8	\$59.44
26619	Soccer	3 Y	4 Y 11 Mos	Sep 26 - Nov 14, 2025	5:00PM - 5:45PM	Fri	Captain William Spry Community Centre	8	\$38.24
26620	Soccer	3 Y	4 Y 11 Mos	Sep 26 - Nov 14, 2025	6:00PM - 6:45PM	Fri	Captain William Spry Community Centre	8	\$38.24
26674	Intro to Ballet	3 Y	4 Y 11 Mos	Sep 27 - Nov 15, 2025	11:00AM - 11:45AM	Sat	Captain William Spry Community Centre	8	\$38.24
26675	Creative Movement	3 Y	4 Y 11 Mos	Sep 27 - Nov 15, 2025	12:00PM - 12:45PM	Sat	Captain William Spry Community Centre	8	\$38.24
26671	Tumblebugs	3 Y	4 Y 11 Mos	Sep 27 - Nov 15, 2025	10:00AM - 10:45AM	Sat	Captain William Spry Community Centre	8	\$38.24
26673	Tumblebugs	3 Y	4 Y 11 Mos	Sep 27 - Nov 15, 2025	11:00AM - 11:45AM	Sat	Captain William Spry Community Centre	8	\$38.24
<b>CHILD</b>									
26640	Basketball	5 Y	8 Y 11 Mos	Sep 27 - Nov 15, 2025	1:00PM - 2:00PM	Sat	Central Spryfield Elementary School	8	\$50.96
26667	Basketball	9 Y	12 Y 11 Mos	Sep 27 - Nov 15, 2025	2:00PM - 3:00PM	Sat	Central Spryfield Elementary School	8	\$50.96
26679	Intro to Hip Hop	8 Y	12 Y 11 Mos	Sep 27 - Nov 15, 2025	2:00PM - 3:00PM	Sat	Captain William Spry Community Centre	8	\$50.96
26625	Introduction to Dance	5 Y	7 Y 11 Mos	Sep 28 - Nov 16, 2025	10:00AM - 10:45AM	Sun	Captain William Spry Community Centre	8	\$38.24
26629	Intro to Hip Hop	8 Y	12 Y 11 Mos	Sep 28 - Nov 16, 2025	11:00AM - 12:00PM	Sun	Captain William Spry Community Centre	8	\$50.96
26677	Introduction to Dance	5 Y	7 Y 11 Mos	Sep 27 - Nov 15, 2025	1:00PM - 2:00PM	Sat	Captain William Spry Community Centre	8	\$50.96

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<b>ADULT</b>									
26553	Badminton - Non-Instructional	18	Y	Sep 24 - Dec 3, 2025	6:00PM - 8:00PM	Wed	Herring Cove Junior High School	10	\$116.80
23642	Line Dancing Beginner	18	Y	Sep 9 - Dec 16, 2025	6:00PM - 7:00PM	Tue	Captain William Spry Community Centre	13	\$111.41
30665	Rueda de Casino Salsa	18	Y	Sep 11 - Oct 16, 2025	6:00PM - 7:00PM	Thu	Captain William Spry Community Centre	6	\$44.58
23606	Line Dancing - Beginner	18	Y	Sep 9 - Dec 16, 2025	10:30AM - 11:30AM	Tue	Captain William Spry Community Centre	13	\$96.59
23603	Line Dancing	18	Y	Sep 8 - Dec 15, 2025	10:00AM - 11:00AM	Mon	Captain William Spry Community Centre	14	\$111.44
23658	Strength & Tone	18	Y	Sep 8 - Dec 15, 2025	6:00PM - 7:00PM	Mon	Captain William Spry Community Centre	14	\$93.66
23665	55+ Fitness	18	Y	Sep 9 - Dec 16, 2025	10:00AM - 11:00AM	Tue	Captain William Spry Community Centre	13	\$86.97
23667	55+ Fitness	18	Y	Sep 11 - Dec 18, 2025	10:00AM - 11:00AM	Thu	Captain William Spry Community Centre	15	\$100.35
23673	Chair Fitness	18	Y	Sep 9 - Dec 16, 2025	11:15AM - 12:15PM	Tue	Captain William Spry Community Centre	13	\$86.97
23674	Chair Fitness	18	Y	Sep 11 - Dec 18, 2025	11:15AM - 12:15PM	Thu	Captain William Spry Community Centre	15	\$100.35
23678	Drum Fit	18	Y	Sep 11 - Dec 18, 2025	10:00AM - 11:00AM	Thu	Captain William Spry Community Centre	15	\$100.35
<b>26524</b>	Pilates - Beginner	18	Y	Sep 10 - Dec 17, 2025	10:15AM - 11:15AM	Wed	Captain William Spry Community Centre	15	\$100.35
26603	Cardio Boot	18	Y	Sep 10 - Dec 17, 2025	6:00PM - 7:00PM	Wed	Captain William Spry Community Centre	15	\$100.35
26615	Pilates	18	Y	Sep 12 - Dec 19, 2025	10:15AM - 11:15AM	Fri	Captain William Spry Community Centre	15	\$100.35
26319	Yamuna Body Rolling	18	Y	Oct 7 - Dec 23, 2025	9:30AM - 10:30AM	Tue	Captain William Spry Community Centre	11	\$73.59
23662	55+ Stretching & Mobility	18	Y	Sep 8 - Dec 15, 2025	11:15AM - 12:00PM	Mon	Captain William Spry Community Centre	14	\$70.28
26891	Pickleball	18	Y	Sep 26 - Dec 19, 2025	6:00PM - 8:00PM	Fri	Rockingstone Heights Elementary School	10	\$116.80

<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>
26881	Pickleball	18 Y		Sep 24 - Dec 17, 2025	6:00PM - 7:30PM	Wed	Central Spryfield Elementary School	12	\$105.12
26878	Pickleball	18 Y		Sep 23 - Dec 2, 2025	8:00PM - 10:00PM	Tue	Rockingstone Heights Elementary School	10	\$116.80
26871	Pickleball	18 Y		Sep 22 - Dec 15, 2025	6:00PM - 8:00PM	Mon	Central Spryfield Elementary School	11	\$128.48
30690	Yoga	18 Y		Sep 14 - Dec 14, 2025	7:15PM - 8:15PM	Sun	Captain William Spry Community Centre	14	\$93.66
23313	Yogalates	18 Y		Sep 8 - Dec 15, 2025	10:00AM - 11:00AM	Mon	Captain William Spry Community Centre	14	\$81.90
26268	Yoga	18 Y		Sep 8 - Dec 15, 2025	7:15PM - 8:15PM	Mon	Captain William Spry Community Centre	14	\$93.66
<b>26518</b>	Yoga	18 Y		Sep 10 - Dec 17, 2025	9:00AM - 10:00AM	Wed	Captain William Spry Community Centre	15	\$100.35
26610	Yoga	18 Y		Sep 12 - Dec 19, 2025	9:00AM - 10:00AM	Fri	Captain William Spry Community Centre	15	\$100.35
26976	Zumba Gold	18 Y		Sep 12 - Dec 19, 2025	9:30AM - 10:30AM	Fri	Captain William Spry Community Centre	15	\$100.35
30667	Zumba	18 Y		Sep 14 - Dec 14, 2025	6:00PM - 7:00PM	Sun	Captain William Spry Community Centre	14	\$93.66
19934	Boards 101	18 Y		November 5, 2025	06:00PM - 08:00PM	Wed	Sackville Sports Stadium	1	\$0.00

**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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