



Winter 2026



HALIFAX

# Musquodoboit Valley

**Dutch Settlement to Dean**  
**12046 Highway # 224,**  
Middle Musquodoboit  
Phone: 902.384.3008

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)



# Musquodoboit Valley



HALIFAX

| Program Number           | Program Name                                        | Age        | Dates                 | Time              | Days  | Facility                          | Location                              | Classes | Price   |
|--------------------------|-----------------------------------------------------|------------|-----------------------|-------------------|-------|-----------------------------------|---------------------------------------|---------|---------|
| <b>PRESCHOOL</b>         |                                                     |            |                       |                   |       |                                   |                                       |         |         |
| 43742                    | Little Sports                                       | 3-5 Y      | Jan 5 - Mar 2, 2026   | 6:00PM - 6:30PM   | Mon   | Gymnasium                         | Musquodoboit Valley Education Centre  | 8       | \$25.52 |
| <b>CHILD &amp; YOUTH</b> |                                                     |            |                       |                   |       |                                   |                                       |         |         |
| 42238                    | Tween Try It- Girls Only                            | 10-12 Y    | Jan 5 - Mar 9, 2026   | 6:30PM - 7:30PM   | Mon   | Gymnasium                         | Musquodoboit Valley Education Centre  | 9       | \$57.33 |
| 42039                    | Open Gym and More                                   | 6-11Y      | Jan 6 - Mar 10, 2026  | 6:00PM - 7:30PM   | Tue   | Upper Musquodoboit Community Hall | Musquodoboit Valley Recreation Office | 10      | FREE    |
| 42038                    | Open Gym and More                                   | 6-11 Y     | Jan 8 - Mar 12, 2026  | 6:00PM - 7:30PM   | Thu   | Gymnasium                         | Musquodoboit Valley Education Centre  | 10      | FREE    |
| 41669                    | Baseball Skills                                     | 9-12 Y     | Jan 17 - Mar 7, 2026  | 10:00AM - 11:00AM | Sat   | Gymnasium                         | Musquodoboit Valley Education Centre  | 8       | \$50.96 |
| 42275                    | Baseball Skills                                     | 5-8 Y      | Jan 17 - Mar 7, 2026  | 11:00AM - 12:00PM | Sat   | Gymnasium                         | Musquodoboit Valley Education Centre  | 8       | \$50.96 |
| 23270                    | Stars and other Things Up Far! - Intro to Astronomy | 91/2- 15 Y | Jan 19 - Mar 2, 2026  | 7:00PM - 8:00PM   | Mon   | Carrolls Corner Community Ctr     | Musquodoboit Valley Recreation Office | 6       | \$44.58 |
| <b>ADULT</b>             |                                                     |            |                       |                   |       |                                   |                                       |         |         |
| 42024                    | Pickleball                                          | 19 Y +     | Jan 5, - Mar 30, 2026 | 7:30PM - 9:00PM   | Mon   | Gymnasium                         | Musquodoboit Valley Education Centre  | 11      | FREE    |
| 42032                    | Badminton                                           | 16 Y +     | Jan 7 - Mar 25, 2026  | 7:30PM - 9:00PM   | Wed   | Gymnasium                         | Musquodoboit Rural High School        | 11      | FREE    |
| 42206                    | Yoga                                                | 19 Y +     | Jan 8 - Mar 12, 2026  | 6:00PM - 7:00PM   | Thu   | Music Room                        | Musquodoboit Valley Education Centre  | 10      | \$66.90 |
| 42027                    | Pickleball                                          | 19 Y +     | Jan 8 - Mar 26, 2026  | 7:30PM - 9:00PM   | Thu   | Gymnasium                         | Musquodoboit Valley Education Centre  | 11      | FREE    |
| 42137                    | Knitting Club /Learn to Knit                        | 19 Y +     | Jan 15 - Mar 05, 2026 | 6:00PM - 7:30PM   | Thu   | Cafeteria                         | Musquodoboit Valley Education Centre  | 8       | \$40.00 |
| 42308                    | Bus Trip - Beat the Blahs - Oval & Swimming         | 19 Y +     | Jan 23, 2026          | 9:00AM - 5:00PM   | Once  | Gymnasium                         | Musquodoboit Valley Recreation Office | 1       | \$15.00 |
| 42312                    | Bus Trip - Dinner and a Movie                       | 19 Y +     | Feb 10, 2026          | 4:00PM - 9:00PM   | Once  | Gymnasium                         | Musquodoboit Valley Recreation Office | 1       | \$25.00 |
| 42320                    | Bus Trip - Thrifting Trip                           | 19 Y +     | Mar 27, 2026          | 9:00AM - 5:00PM   | Once  | Gymnasium                         | Musquodoboit Valley Recreation Office | 1       | \$15.00 |
| <b>DROP-INS</b>          |                                                     |            |                       |                   |       |                                   |                                       |         |         |
| 42035                    | Fitness Centre                                      | 16 Y +     | Jan 5 - Mar 30, 2026  | 6:00PM - 9:00PM   | M,W,F | Fitness Room                      | Musquodoboit Rural High               | 33      | FREE    |
| 42047                    | Open Gym - Youth                                    | 13-17 Y    | Jan 6 - Mar 31, 2026  | 7:00PM - 9:00PM   | Tue   | Gymnasium                         | Musquodoboit Rural High               | 10      | FREE    |
| 42036                    | Fitness Centre                                      | 16 Y +     | Jan 6 - Mar 31, 2026  | 7:00PM - 9:00PM   | Tue   | Fitness Room                      | Musquodoboit Rural High               | 11      | FREE    |
| 42032                    | Badminton                                           | 16+        | Jan 7- Mar 25, 2026   | 7:00PM - 9:00PM   | W     | Gymnasium                         | Musquodobit Rural High                | 11      | FREE    |

| Program Number | Program Name             | Age    | Dates                 | Time            | Days | Facility  | Location                | Classes | Price |
|----------------|--------------------------|--------|-----------------------|-----------------|------|-----------|-------------------------|---------|-------|
| 42046          | Open Gym - Adult & Youth | 13 Y + | Jan 16 - Mar 27, 2026 | 6:30PM - 9:00PM | Fri  | Gymnasium | Musquodoboit Rural High | 10      | FREE  |

**PLEASE NOTE:**

Adult programs are +HST and senior discounts apply to clients 60 years of age or older.  
Some program fees and/or details may change over the course of registration. Visit [Halifax.ca/MyRec](http://Halifax.ca/MyRec) for the most current information.