



Winter 2026



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



Program Number	Program Name	Age	Dates	Time	Days	Facility	Location	Classes	Price
PRESCHOOL									
42627	Tumblebugs	3 - 4 Y	Jan 17 - Mar 7, 2026	10:00AM - 10:45AM	Sat	Multipurpose Community Room	Captain William Spry Community Centre	8	\$38.24
42633	Intro to Ballet	3 - 5 Y	Jan 17 - Mar 7, 2026	11:00AM - 11:45AM	Sat	MacIntosh Dance Studio	Captain William Spry Community Centre	8	\$38.24
42626	Tumblebugs	3 - 4 Y	Jan 17 - Mar 7, 2026	11:00AM - 11:45AM	Sat	Multipurpose Community Room	Captain William Spry Community Centre	8	\$38.24
42635	Intro to Ballet	3 - 5 Y	Jan 17 - Mar 7, 2026	12:00PM - 12:45PM	Sat	MacIntosh Dance Studio	Captain William Spry Community Centre	8	\$38.24
42637	Creative Movement	3 - 5 Y	Jan 17 - Mar 7, 2026	1:00PM - 1:45PM	Sat	MacIntosh Dance Studio	Captain William Spry Community Centre	8	\$38.24
42630	Pre Schooler Play Time	3 - 4 Y	Jan 18 - Mar 8, 2026	1:00PM - 1:45PM	Sun	Multipurpose Community Room	Captain William Spry Community Centre	8	\$44.56
CHILD									
45188	Badminton	8 - 12 Y	Jan 14 - Mar 18, 2026	6:00PM - 7:00PM	Wed	Gymnasium	Rockingstone Heights Elementary School	9	\$57.33
45189	Badminton	13 - 18 Y	Jan 14 - Mar 18, 2026	7:00PM - 8:00PM	Wed	Gymnasium	Rockingstone Heights Elementary School	9	\$57.33
42615	Basketball	5 - 7 Y	Jan 17 - Mar 7, 2026	1:00PM - 2:00PM	Sat	Gymnasium	Central Spryfield Elementary School	8	\$50.96
42616	Basketball	8 - 12 Y	Jan 17 - Mar 7, 2026	2:00PM - 3:00PM	Sat	Gymnasium	Central Spryfield Elementary School	8	\$50.96
42639	Introduction to Dance	5 - 7 Y	Jan 17 - Mar 7, 2026	2:00PM - 3:00PM	Sat	MacIntosh Dance Studio	Captain William Spry Community Centre	8	\$50.96
42621	Soccer	5 - 7 Y	Jan 17 - Mar 7, 2026	3:00PM - 4:00PM	Sat	Gymnasium	Central Spryfield Elementary School	8	\$50.96
42640	Introduction to Dance	5 - 7 Y	Jan 18 - Mar 8, 2026	10:00AM - 11:00AM	Sun	MacIntosh Dance Studio	Captain William Spry Community Centre	8	\$50.96
42643	Tik Tok Dances	7 - 12 Y	Jan 18 - Mar 8, 2026	11:15AM - 12:15PM	Sun	MacIntosh Dance Studio	Captain William Spry Community Centre	8	\$50.96
43010	March Break Day Camp	6 - 12 Y	Mar 16 - Mar 20, 2026	8:30AM - 4:30PM	M-F	Multipurpose Community Room	Captain William Spry Community Centre	5	\$212.40
ADULT									
41604	Yogalates	18 Y +	Jan 5 - Mar 23, 2026	10:00AM - 11:00AM	Mon	Multipurpose Community Room	Captain William Spry Community Centre	11	\$73.59
42548	Line Dancing	18 Y +	Jan 5 - Mar 23, 2026	10:00AM - 11:00AM	Mon	MacIntosh Dance Studio	Captain William Spry Community Centre	11	\$81.73
42538	55+ Stretching and Mobility	18 Y +	Jan 5 - Mar 23, 2026	11:15AM - 12:00PM	Mon	MacIntosh Dance Studio	Captain William Spry Community Centre	11	\$55.22
42541	*Introduction to Belly Dance	18 Y +	Jan 5 - Mar 23, 2026	12:15PM - 1:15PM	Mon	MacIntosh Dance Studio	Captain William Spry Community Centre	11	\$81.73
42963	Non-Instructional Pickleball	18 Y +	Jan 5 - Mar 23, 2026	6:00PM - 8:00PM	Mon	Gymnasium	Central Spryfield Elementary School	10	\$116.80
42550	Strength & Tone	18 Y +	Jan 5 - Mar 23, 2026	6:00PM - 7:00PM	Mon	Multipurpose Community Room	Captain William Spry Community Centre	11	\$73.59
42552	Yoga	18 Y +	Jan 5 - Mar 23, 2026	7:15PM - 8:15PM	Mon	MacIntosh Dance Studio	Captain William Spry Community Centre	11	\$73.59
42554	Yamuna Body Rolling	18 Y +	Jan 6 - Mar 03, 2026	9:30AM - 10:30AM	Tue	MacIntosh Dance Studio	Captain William Spry Community Centre	9	\$60.21
42561	55+ Fitness	18 Y +	Jan 6 - Mar 24, 2026	10:00AM - 11:00AM	Tue	Multipurpose Community Room	Captain William Spry Community Centre	12	\$80.28
42574	Beginner Line Dancing	18 Y +	Jan 6 - Mar 24, 2026	10:30AM - 11:30AM	Tue	MacIntosh Dance Studio	Captain William Spry Community Centre	12	\$89.16
42568	Chair Fit	18 Y +	Jan 6 - Mar 24, 2026	11:15AM - 12:00PM	Tue	Multipurpose Community Room	Captain William Spry Community Centre	12	\$60.24
42576	Beginner Line Dancing	18 Y +	Jan 6 - Mar 24, 2026	6:00PM - 7:00PM	Tue	MacIntosh Dance Studio	Captain William Spry Community Centre	12	\$89.16
42980	Non-Instructional Pickleball - Experienced	18 Y +	Jan 6 - Mar 03, 2026	8:00PM - 10:00PM	Tue	Gymnasium	Rockingstone Heights Elementary School	9	\$105.12
42580	Yoga	18 Y +	Jan 7 - Mar 25, 2026	9:00AM - 10:00AM	Wed	MacIntosh Dance Studio	Captain William Spry Community Centre	12	\$80.28
42582	Pilates	18 Y +	Jan 7 - Mar 25, 2026	10:15AM - 11:15AM	Wed	MacIntosh Dance Studio	Captain William Spry Community Centre	12	\$80.28
42986	Non-Instructional Badminton	18 Y +	Jan 7 - Mar 25, 2026	2:30PM - 4:30PM	Wed	Gymnasium	Herring Cove Junior High School	11	\$128.48
42590	Cardio Boot	18 Y +	Jan 7 - Mar 25, 2026	6:00PM - 7:00PM	Wed	MacIntosh Dance Studio	Captain William Spry Community Centre	12	\$80.28
42968	Non-Instructional Pickleball	18 Y +	Jan 7 - Mar 25, 2026	6:00PM - 7:30PM	Wed	Gymnasium	Central Spryfield Elementary School	11	\$96.36
42591	Drum Fit	18 Y +	Jan 8 - Mar 12, 2026	10:00AM - 11:00AM	Thu	MacIntosh Dance Studio	Captain William Spry Community Centre	10	\$66.90
42564	55+ Fitness	55 Y +	Jan 8 - Mar 26, 2026	10:00AM - 11:00AM	Thu	Multipurpose Community Room	Captain William Spry Community Centre	12	\$80.28
42571	Chair Fit	18 Y +	Jan 8 - Mar 26, 2026	11:15AM - 12:00PM	Thu	Multipurpose Community Room	Captain William Spry Community Centre	12	\$60.24
42594	Strength & Tone	18 Y +	Jan 8 - Mar 26, 2026	6:00PM - 7:00PM	Thu	MacIntosh Dance Studio	Captain William Spry Community Centre	12	\$80.28

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46474	* Rueda de Casino Salsa	18 Y +	Jan 8 - Mar 12, 2026	7:00PM - 8:00PM	Thu	Multipurpose Community Room	Captain William Spry Community Centre	10	\$74.30
42600	Piloxing	18 Y +	Jan 8 - Mar 26, 2026	7:15PM - 8:15PM	Thu	MacIntosh Dance Studio	Captain William Spry Community Centre	12	\$80.28
42602	Yoga	18 Y +	Jan 9 - Mar 27, 2026	9:00AM - 10:00AM	Fri	MacIntosh Dance Studio	Captain William Spry Community Centre	12	\$80.28
42612	Zumba Gold	18 Y +	Jan 9 - Mar 27, 2026	9:30AM - 10:30AM	Fri	Multipurpose Community Room	Captain William Spry Community Centre	12	\$80.28
42603	Pilates	18 Y +	Jan 9 - Mar 27, 2026	10:15AM - 11:15AM	Fri	MacIntosh Dance Studio	Captain William Spry Community Centre	12	\$80.28
42984	Non-Instructional Pickleball - Experienced	18 Y +	Jan 9 - Mar 27, 2026	6:00PM - 8:00PM	Fri	Gymnasium	Rockingstone Heights Elementary School	11	\$128.48
42606	Zumba	18 Y +	Jan 11 - Mar 29, 2026	6:00PM - 7:00PM	Sun	MacIntosh Dance Studio	Captain William Spry Community Centre	12	\$80.28
42609	Yoga	18 Y +	Jan 11 - Mar 29, 2026	7:15PM - 8:15PM	Sun	MacIntosh Dance Studio	Captain William Spry Community Centre	12	\$80.28

PLEASE NOTE:

*** New Programs**

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