



Winter 2026



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



Sheet Harbour



HALIFAX

Program Number	Program Name	Age	Dates	Time	Days	Facility	Location	Classes	Price
CHILD									
41809	Youth Open Gym	6-18 Y	Jan 6 - Mar 31, 2026	6:00PM - 8:00PM	Tue	Gymnasium Full	Marine Drive Academy	12	FREE
YOUTH									
41787	Youth Open Gym	12-18 Y	Jan 5- Mar 30, 2026	8:00PM - 10:00PM	Mon	Gymnasium Full	Marine Drive Academy	11	FREE
41809	Youth Open Gym	6-18 Y	Jan 6 - Mar 31, 2026	6:00PM - 8:00PM	Tue	Gymnasium Full	Marine Drive Academy	12	FREE
41813	Youth Open Gym	12-18 Y	Jan 7- Mar 25, 2026	8:00PM - 10:00PM	Wed	Gymnasium Full	Marine Drive Academy	10	FREE
41820	Youth Open Gym	12-18 Y	Jan 9 - Mar 27, 2026	8:00PM - 10:00PM	Fri	Gymnasium Full	Marine Drive Academy	11	FREE
44193	Ski Martock Trip	12-18 Y	Jan 17, 2026	8:00AM - 8:00PM	Once	Eastern Shore Recreation Bus	Sheet Harbour Recreation Office	1	\$45.00
44197	Ski Martock Trip	12-18 Y	Feb 21, 2026	8:00AM - 8:00PM	Once	Eastern Shore Recreation Bus	Sheet Harbour Recreation Office	1	\$45.00
44198	Ski Martock Trip	12-18 Y	Mar 14, 2026	8:00AM - 8:00PM	Once	Eastern Shore Recreation Bus	Sheet Harbour Recreation Office	1	\$45.00
ADULT									
42144	Yin Yoga	19 Y +	Jan 12 - Mar 9, 2026	9:30AM - 10:30AM	Mon	Four Harbours Legion (Branch 120)	Sheet Harbour Recreation Office	8	\$53.52
42157	Gentle Yoga	19 Y+	Jan 12 - Mar 9, 2026	10:45AM - 11:45AM	Mon	Four Harbours Legion (Branch 120)	Sheet Harbour Recreation Office	8	\$53.52
42162	Gentle Yoga	19 Y +	Jan 14 - Mar 4, 2026	12:15PM - 1:15PM	Wed	Program Room	Sheet Harbour Recreation Office	8	\$53.52
42166	Chair Yoga	19 Y+	Jan 14 - Mar 4, 2026	1:30PM - 2:30PM	Wed	Program Room	Sheet Harbour Recreation Office	8	\$53.52
45638	Centre Stage Theatre Trip "Too Many Cooks"	19 Y +	Jan 18, 2026	9:00AM - 6:30PM	Once	Eastern Shore Recreation Bus	Sheet Harbour Recreation Office	1	\$45.00
45674	Thrift Shopping in Truro and Elmsdale	19 Y +	Feb 20, 2026	9:00AM - 6:00PM	Once	Eastern Shore Recreation Bus	Sheet Harbour Recreation Office	1	\$20.00

PLEASE NOTE:

Adult programs are +HST and senior discounts apply to clients 60 years of age or older.
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