

SPRING 2022

COLE HARBOUR/ LAWRENCETOWN

Cole Harbour Community Centre
1216 Cole Harbour Road
Phone: 902.490.4711



HALIFAX



COLE HARBOUR

The spring 2022 fees reflect the Parks & Recreation fee changes taking effect on April 1, 2022. Please also note that adult programs are +HST and senior discounts apply to clients 60 years and older.

Learn more at <https://halifax.ca/parks-rec-fee-changes>

Program Name	Age	Day	Start Time	Duration	Location	Sessions	Start Date	Code	Fee
PRESCHOOL									
Dance - Ballet	3-5	M	5:00 PM	45min	Cole Harbour Recreation Centre	6	11-Apr	00050481	\$27.00
Dance - Ballet	3-5	M	6:00 PM	45min	Cole Harbour Recreation Centre	6	11-Apr	00050482	\$27.00
Soccer	3-5	Tu	6:00 PM	45min	Colby Village Elementary School	8	12-Apr	00050495	\$36.00
Gymnastics - Tumblebugs	3-5	W	5:30 PM	45min	Cole Harbour Recreation Centre	8	13-Apr	00051918	\$36.00
Gymnastics - Tumblebugs	3-5	W	6:30PM	45min	Cole Harbour Recreation Centre	8	13-Apr	00051919	\$36.00
Sports - Little Sports	3-5	W	6:00PM	45min	Cole Harbour District High School	6	13-Apr	00051928	\$27.00
Family Open Gym	3+	W	7:00 PM	1hr 15min	Cole Harbour District High School	6	13-Apr	00050501	FREE
Family Open Gym	3+	Sa	10:00 AM	2hrs	Astral Drive Junior High	7	16-Apr	00050598	FREE
Sports - Little Sports	3-5	Sa	9:00 AM	45min	Astral Drive Junior High	7	16-Apr	00050600	\$31.50

CHILD									
Arts & Crafts - Silly Science	6-8	Sa	1:30 PM	45min	Cole Harbour Recreation Centre	8	16-Apr	00050597	\$42.00
Dance - Ballet	5-7	M	7:00 PM	45min	Cole Harbour Recreation Centre	6	11-Apr	00050484	\$27.00
Floor Hockey	7-9	W	6:00PM	45min	Caldwell Road Elementary	6	13-Apr	00051929	\$27.00
Floor Hockey	10-12	W	7:00PM	45min	Caldwell Road Elementary	6	13-Apr	00051934	\$27.00
Basketball	5-7	Tu	6:00 PM	45min	Astral Drive Elementary School	6	12-Apr	00050490	\$27.00
Basketball	8-10	Tu	7:00 PM	45min	Astral Drive Elementary School	6	12-Apr	00050491	\$27.00
Soccer	6-8	Tu	7:00 PM	45min	Colby Village Elementary School	8	12-Apr	00050496	\$36.00
Sports - Run, Jump, Throw, Wheel	5-8	W	6:00 PM	45min	Cole Harbour District High School	6	13-Apr	00051940	\$27.00
Sports - All Sorts of Sports	6-10	W	7:00 PM	45min	Cole Harbour District High School	6	13-Apr	00050572	\$27.00

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YOUTH

Basketball	14-17	W	8:15 PM	1hr 15min	Cole Harbour District High School	6	13-Apr	00050500	FREE
Youth Open Gym	14-17	Sa	12:00 PM	1hr	Astral Drive Junior High	8	16-Apr	00050601	FREE

ADULT

Arts & Crafts - Oil Painting	18+	Sa	10:00 AM	2hrs	Cole Harbour Recreation Centre	10	16-Apr	00050599	\$160.00
Fitness - 50+ Fitness	18+	Tu	10:30 AM	45min	Cole Harbour Recreation Centre	10	12-Apr	00050493	\$47.25
Fitness - 50+ Fitness	18+	W	10:30 AM	45min	Cole Harbour Recreation Centre	10	13-Apr	00050502	\$47.25
Fitness - 50+ Fitness	18+	Th	9:15 AM	45min	Cole Harbour Recreation Centre	10	14-Apr	00050591	\$47.25
Fitness - 50+ Fitness	18+	F	9:15 AM	45min	Cole Harbour Recreation Centre	9	22-Apr	00050594	\$42.53
Fitness - Ball Fit	18+	Tu	9:15 AM	60min	Cole Harbour Recreation Centre	10	12-Apr	00050494	\$54.40
Fitness - Crossfit	18+	Tu	6:30 PM	45min	Cole Harbour Recreation Centre	7	12-Apr	00050492	\$50.68
Fitness - Crossfit	18+	Th	6:30 PM	45min	Cole Harbour Recreation Centre	7	14-Apr	00050590	\$50.68
Fitness - Pilates	18+	M	6:30 PM	1hr	Cole Harbour Recreation Centre	8	11-Apr	00050485	\$50.40
Fitness - Pilates	18+	Th	10:30 AM	45min	Cole Harbour Recreation Centre	10	14-Apr	00050592	\$47.25
Fitness - Seated Pilates	18+	W	11:30 AM	1hr	Cole Harbour Recreation Centre	10	13-Apr	00050503	\$63.00
Fitness - Zumba	18+	M	7:45 PM	1hr	Cole Harbour Recreation Centre	8	11-Apr	00050486	\$50.40
Tai Chi for Arthritis	18+	W	1:15 PM	1hr	Cole Harbour Recreation Centre	8	13-Apr	00050574	\$37.80
Yoga	18+	Tu	11:00 AM	1hr	Cole Harbour Recreation Centre	10	12-Apr	00050497	\$63.00
Yoga	18+	Th	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	10	14-Apr	00050593	\$78.75
Yoga - Gentle Yoga	18+	Tu	1:30 PM	1hr	Cole Harbour Recreation Centre	10	12-Apr	00050498	\$63.00
Yoga - Restorative	18+	F	11:30 AM	1hr 15min	Cole Harbour Recreation Centre	9	22-Apr	00050595	\$65.16
Yoga - Stability Ball Yoga	18+	M	12:00 PM	45min	Cole Harbour Recreation Centre	8	11-Apr	00050487	\$50.40
Yoga - Yang/Yin Yoga	18+	M	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	8	11-Apr	00050488	\$63.00
Yoga - Yin Yoga	18+	Tu	12:15 PM	1hr	Cole Harbour Recreation Centre	10	12-Apr	00050499	\$63.00
Yoga - Yoga-Lates	18+	W	9:15 AM	1hr	Cole Harbour Recreation Centre	10	13-Apr	00050575	\$63.00
Zumba - Zumba Gold	18+	M	1:15 PM	1hr	Cole Harbour Recreation Centre	8	11-Apr	00050489	\$50.40
Zumba - Zumba Gold	18+	F	10:15 AM	1hr	Cole Harbour Recreation Centre	9	22-Apr	00050596	\$56.70

Virtual Adult Fitness Classes

Fitness - Piloxing (online)	18+	Tu	7:00 PM	1hr	Online (Offered by Lakeside Community Centre)	11	5-Apr	00051076	\$69.30
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Fitness - Zumba Online	18+	Su	7:00 PM	1hr	Online (Offered by Lakeside Community Centre)	10	10-Apr	00051070	\$69.30
Fitness - Zumba Toning Online	18+	Su	8:00 PM	30min	Online (Offered by Lakeside Community Centre)	10	10-Apr	00051074	\$34.65
Fitness - Piloxing - Online	18+	Su	6:00 PM	1hr	Online (Offered by Captain William Spry Community Centre)	12	3-Apr	00051219	\$75.60
Fitness - Zumba - Online	18+	M	6:30 PM	1hr	Online (Offered by Chocolate Lake Community Centre)	10	11-Apr	00051012	\$63.00