

Winter 2022

COLE HARBOUR/ LAWRENCETOWN

Cole Harbour Community Centre
1216 Cole Harbour Road
Phone: 902.490.4711



HALIFAX

COLE HARBOUR

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	8	17-Jan	00047181	\$24.00
Dance - Ballet	3-5	M	6:00 PM	45min	Cole Harbour Recreation Centre	8	17-Jan	00047182	\$24.00
Gymnastics - Tumblebugs	3-5	W	5:30 PM	45min	Cole Harbour Recreation Centre	8	19-Jan	00047452	\$22.16
Gymnastics - Tumblebugs	3-5	W	6:30 PM	45min	Cole Harbour Recreation Centre	8	19-Jan	00047453	\$22.16
Soccer	3-5	Tu	6:00 PM	45min	Colby Village Elementary School	8	18-Jan	00047441	\$20.32
Sports - Little Sports	3-5	W	6:00 PM	45min	Cole Harbour District High School	8	19-Jan	00047480	\$20.32
Sports - Little Sports	3-5	Sa	9:00 AM	45min	Astral Drive Junior High	8	15-Jan	00047495	\$20.32
Family Open Gym	3+	W	7:00 PM	1hr 15min	Cole Harbour District High School	8	19-Jan	00048613	FREE

CHILD									
Arts & Crafts - Silly Science	6-8	Sa	1:30 PM	45min	Cole Harbour Recreation Centre	8	15-Jan	00047492	\$20.32
Basketball	5-7	Tu	6:00 PM	45min	Astral Drive Elementary School	8	18-Jan	00049030	\$20.32
Basketball	8-10	Tu	7:00 PM	45min	Astral Drive Elementary School	8	18-Jan	00049031	\$20.32
Dance - Ballet	5-7	M	7:00 PM	45min	Cole Harbour Recreation Centre	8	17-Jan	00047422	\$24.00
Floor Hockey	7-9	W	6:00 PM	45min	Caldwell Road Elementary School	8	19-Jan	00047451	\$20.32
Floor Hockey	10-12	W	7:00 PM	45min	Caldwell Road Elementary School	8	19-Jan	00047450	\$20.32
Soccer	6-8	Tu	7:00 PM	45min	Colby Village Elementary School	8	18-Jan	00047442	\$20.32
Sports - All Sorts of Sports	6-10	W	7:00 PM	45min	Cole Harbour District High School	8	19-Jan	00047482	\$20.32
Sports - Run, Jump, Throw, Wheel	5-8	W	6:00 PM	45min	Cole Harbour District High School	8	19-Jan	00047481	\$20.32

YOUTH									
Basketball	14-17	W	8:15 PM	1hr 15min	Cole Harbour District High School	8	19-Jan	00047447	FREE

ADULT									
Arts & Crafts - Oil Painting	18+	Sa	10:00 AM	2hrs	Cole Harbour Recreation Centre	12	15-Jan	00047494	\$102.12
Fitness - 50+ Fitness	18+	Tu	10:30 AM	45min	Cole Harbour Recreation Centre	12	11-Jan	00047431	\$38.28
Fitness - 50+ Fitness	18+	W	10:30 AM	45min	Cole Harbour Recreation Centre	12	19-Jan	00047448	\$38.28
Fitness - 50+ Fitness	18+	Th	9:15 AM	45min	Cole Harbour Recreation Centre	12	13-Jan	00047485	\$38.28
Fitness - 50+ Fitness	18+	Fr	9:15 AM	45min	Cole Harbour Recreation Centre	12	14-Jan	00047490	\$38.28

COLE HARBOUR

Fitness - Ball Fit	18+	Tu	9:15 AM	45min	Cole Harbour Recreation Centre	12	11-Jan	00048083	\$38.28
Fitness - Crossfit	18+	Tu	6:30 PM	45min	Cole Harbour Recreation Centre	12	11-Jan	00047429	\$59.64
Fitness - Crossfit	18+	Th	6:30 PM	1hr 15min	Cole Harbour Recreation Centre	12	11-Jan	00047484	\$59.64
Fitness - Pilates	18+	M	6:30 PM	1hr	Cole Harbour Recreation Centre	11	10-Jan	00047423	\$46.86
Fitness - Pilates	18+	Th	10:30 AM	45min	Cole Harbour Recreation Centre	12	13-Jan	00047486	\$38.28
Fitness - Seated Pilates	18+	W	11:30 AM	1hr	Cole Harbour Recreation Centre	12	12-Jan	00047449	\$51.12
Fitness - Zumba	18+	M	7:45 PM	1hr	Cole Harbour Recreation Centre	11	10-Jan	00047424	\$55.00
Fitness - Zumba Gold	18+	M	1:15 PM	1hr	Cole Harbour Recreation Centre	11	10-Jan	00047427	\$55.00
Fitness - Zumba Gold	18+	Fr	10:15 AM	1hr	Cole Harbour Recreation Centre	12	14-Jan	00047491	\$60.00
Tai Chi for Arthritis	18+	Th	6:30 PM	1hr	Cole Harbour Recreation Centre	8	13-Jan	00047488	\$25.52
Yoga	18+	Tu	11:00 AM	1hr	Cole Harbour Recreation Centre	12	11-Jan	00047443	\$59.64
Yoga	18+	Th	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	12	13-Jan	00047489	\$74.52
Yoga - Gentle Yoga	18+	Tu	1:30 PM	1hr	Cole Harbour Recreation Centre	12	11-Jan	00047444	\$59.64
Yoga - Restorative	18+	Fr	11:30 AM	1hr	Cole Harbour Recreation Centre	12	14-Jan	00048655	\$59.64
Yoga - Stability Ball Yoga	18+	M	12:00 PM	45min	Cole Harbour Recreation Centre	11	10-Jan	00047425	\$54.64
Yoga - Yang/Yin Yoga	18+	M	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	11	10-Jan	00047426	\$68.31
Yoga - Yin Yoga	18+	Tu	12:15 PM	1hr	Cole Harbour Recreation Centre	12	11-Jan	00047445	\$59.64
Yoga - Yoga-Lates	18+	W	9:15 AM	1hr	Cole Harbour Recreation Centre	12	12-Jan	00047483	\$59.64
Family Open Gym	3+	W	7:00 PM	1hr 15min	Cole Harbour District High School	8	19-Jan	00048613	FREE