

SPRING 2022

# SHEET HARBOUR

**East Ship Harbour to Ecum Secum**  
22756 Highway #7 Bluewater Building  
Phone: 902.885.2988  
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HALIFAX



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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	Classes	Start Date	Code	Fee
<b>PRESCHOOL</b>									
Preschool Play -Stories & Crafts	3-5	Tu	10:45 AM	1hr	Sheet Harbour Public Library	8	12-Apr	00051492	FREE
Dance - Ballet	3-5	Th	2:50 PM	30min	Sheet Harbour Recreation Office	6	14-Apr	00051158	\$18.00
Dance - Creative Movement	3-5	Th	3:30 PM	30min	Sheet Harbour Recreation Office	6	14-Apr	00051159	\$18.00

<b>CHILD</b>									
All Sorts of Sports	5-8	M	6:00 PM	1hr	Marine Drive Academy	6	11-Apr	00051535	\$30.48
All Sorts of Sports	9-12	M	7:00 PM	1hr	Marine Drive Academy	6	11-Apr	00051536	\$30.48
Dance - Creative Movement	5-10	Th	4:10 PM	50min	Sheet Harbour Recreation Office	6	14-Apr	00051160	\$36.00

<b>YOUTH</b>									
Open Gym	12-18	M	8:00 PM	2hrs	Marine Drive Academy	6	11-Apr	00051163	FREE
Open Gym - Grades 7-12	12-18	Tu	6:00 PM	2hrs	Marine Drive Academy	8	12-Apr	00051166	FREE
Open Gym - Grades 7-12	12-18	Tu	8:00 PM	2hrs	Marine Drive Academy	8	12-Apr	00051167	FREE
Open Gym	12-18	W	8:00 PM	2hrs	Marine Drive Academy	7	13-Apr	00051164	FREE
Open Gym	12-18	F	8:00 PM	2hrs	Marine Drive Academy	5	22-Apr	00051165	FREE

<b>ADULT</b>									
Yin Yoga	18+	M	9:30 AM	1hr	Four Harbours Legion	8	25-Apr	00051175	\$50.40
Gentle Yoga	18+	M	10:45 AM	1hr	Four Harbours Legion	8	25-Apr	00051174	\$50.40
Chair Yoga	18+	W	1:40 PM	1hr	Samuel R Balcom Community Centre	8	13-Apr	00051171	\$50.40
Gentle Yoga	18+	W	12:30 PM	1hr	Samuel R Balcom Community Centre	8	13-Apr	00051172	\$50.40

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Pickleball	18+	W	6:00 PM	2hrs	Marine Drive Academy	7	13-Apr	00051168	\$77.00
Pickleball	18+	F	6:00 PM	2hrs	Marine Drive Academy	5	22-Apr	00051169	\$55.00
Emergency First Aid	12+	Sa	9:00 AM	8hrs	Sheet Harbour Recreation Office	1	2-Apr	00051161	\$80.00
General Interest - Foodhandlers Course	12+	Sa	9:00 AM	6hrs	Sheet Harbour Recreation Office	1	30-Apr	00051518	\$45.00

## 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
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