

FALL 2023

COLE HARBOUR/ LAWRENCETOWN

Cole Harbour Community Centre
1216 Cole Harbour Road
Phone: 902.490.4711



HALIFAX

COLE HARBOUR/LAWRENCETOWN

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
PRESCHOOL									
Ballet	3-5	Tu	5:00 PM	45 min	Cole Harbour Recreation Centre	9	26-Sep	00072125	\$41.31
Ballet	3-5	Tu	6:00 PM	45min	Cole Harbour Recreation Centre	9	26-Sep	00072124	\$41.31
Creative Movement - Graham Creighton Jr. High	3-5	Th	5:00 PM	45 min	Graham Creighton Junior High	10	28-Sep	00072146	\$45.90
Parent & Tot - Basketball	2-4	M	6:45 PM	30 min	Eric Graves Memorial Junior High	6	16-Oct	00072135	\$18.36
Gymnastics - Tumblebugs	3-5	W	4:30 PM	45 min	Cole Harbour Recreation Centre	10	27-Sep	00072969	\$45.90
Gymnastics - Tumblebugs	3-5	W	5:30 PM	45 min	Cole Harbour Recreation Centre	10	27-Sep	00072967	\$45.90
Gymnastics - Tumblebugs	3-5	W	6:30 PM	45 min	Cole Harbour Recreation Centre	10	27-Sep	00072968	\$45.90
Little Sports - Cole Harbour District High	3-5	W	6:00 PM	45 min	Cole Harbour District High School	10	27-Sep	00072985	\$45.90
Messy Art	3-5	Th	4:30 PM	45 min	Cole Harbour Recreation Centre	10	28-Sep	00072993	\$53.60
Soccer - Parent & Tot	2-4	M	6:00 PM	30 min	Eric Graves Memorial Junior High	6	16-Oct	00072134	\$18.36
Soccer - Colby Village Elementary	3-5	Tu	6:00 PM	45 min	Colby Village Elementary School	9	26-Sep	00072396	\$41.31
Yoga - Parent & Tot	3-5	W	5:30 PM	45 min	Cole Harbour Recreation Centre	10	27-Sep	00073143	\$38.30
CHILD									
Ballet	5-7	Tu	7:00 PM	45 min	Cole Harbour Recreation Centre	9	26-Sep	00072126	\$41.31
Multi-Dance - Graham Creighton Jr. High	5-7	Th	6:00 PM	45 min	Graham Creighton Junior High	10	28-Sep	00072147	\$45.90
Multi-Dance - Graham Creighton Jr. High	8-11	Th	7:00 PM	45 min	Graham Creighton Junior High	10	28-Sep	00072996	\$45.90
Chess - Beginner	7-12	Sa	1:45 PM	1 hr	Cole Harbour Recreation Centre	8	7-Oct	00072998	\$57.12
Chess - Intermediate	7-12	Sa	3:00 PM	1 hr	Cole Harbour Recreation Centre	8	7-Oct	00072999	\$57.12
Cooking - Fun In The Kitchen	5-8	M	5:00 PM	1hr 15min	Cole Harbour Recreation Centre	6	16-Oct	00072957	\$64.26
Cooking - Fun In The Kitchen	9-11	M	6:30 PM	1hr 15min	Cole Harbour Recreation Centre	6	16-Oct	00072958	\$64.26
All Sorts of Sports - Cole Harbour District High	5-8	W	6:00 PM	45 min	Cole Harbour District High School	10	27-Sep	00072986	\$45.90
Badminton - Cole Harbour District High	10-12	W	7:00 PM	45 min	Cole Harbour District High School	10	27-Sep	00074201	\$45.90
Badminton - Cole Harbour District High	7-9	W	7:00 PM	45 min	Cole Harbour District High School	10	27-Sep	00074203	\$45.90
Basketball - Astral Drive Elementary	5-7	Tu	6:00 PM	45 min	Astral Drive Elementary School	9	26-Sep	00072141	\$41.31
Basketball - Astral Drive Elementary	8-11	Tu	7:00 PM	45 min	Astral Drive Elementary School	9	26-Sep	00072142	\$41.31

COLE HARBOUR/LAWRENCETOWN

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
CHILD									
Basketball - Caldwell Road Elementary	5-7	W	6:00 PM	45 min	Caldwell Road Elementary School	8	27-Sep	00072959	\$36.72
Basketball - Caldwell Road Elementary	8-10	W	7:00 PM	45 min	Caldwell Road Elementary School	8	27-Sep	00072960	\$36.72
Soccer - Colby Village Elementary	6-8	Tu	7:00 PM	45 min	Colby Village Elementary School	9	26-Sep	00072397	\$41.31
Volleyball - Caldwell Road Elementary	6-8	M	6:00 PM	45 min	Caldwell Road Elementary School	6	16-Oct	00072129	\$27.54
Volleyball - Caldwell Road Elementary	9-11	M	7:00 PM	45 min	Caldwell Road Elementary School	6	16-Oct	00072130	\$27.54
Yoga - Children's - Parented	6-10	W	6:30 PM	45 min	Cole Harbour Recreation Centre	10	27-Sep	00073144	\$38.30
Arts & Crafts	5-7	Th	5:30 PM	45 min	Cole Harbour Recreation Centre	10	28-Sep	00072994	\$53.60
Arts & Crafts	8-10	Th	6:30 PM	45 min	Cole Harbour Recreation Centre	10	28-Sep	00072995	\$53.60
Halloween Crafts & Activities	5-11	Su	10:00 AM	2 hrs	Graham Creighton Junior High	1	29-Oct	00073191	\$14.28
Halloween Crafts & Activities	5-11	Su	1:00 PM	2 hrs	Cole Harbour Recreation Centre	1	29-Oct	00073190	\$14.28
Holiday Crafts, Cookies & More!	5-11	Sa	10:00 AM	2 hrs	Graham Creighton Junior High	1	9-Dec	00073193	\$14.28
Holiday Crafts, Cookies & More!	5-11	Sa	1:00 PM	2 hrs	Cole Harbour Recreation Centre	1	9-Dec	00073192	\$14.28
Jr. Scientists	6-10	Sa	12:45 PM	45 min	Cole Harbour Recreation Centre	9	7-Oct	00072997	\$64.26
YOUTH									
Yoga	11-14	W	7:30 PM	1hr	Cole Harbour Recreation Centre	10	27-Sep	00073209	\$51.00
ADULT									
Fitness - 50+ Fitness	18+	Tu	10:30 AM	45min	Cole Harbour Recreation Centre	13	19-Sep	00072392	\$62.66
Fitness - 50+ Fitness	18+	W	10:30 AM	45min	Cole Harbour Recreation Centre	13	20-Sep	00072983	\$62.66
Fitness - 50+ Fitness	18+	Th	9:15 AM	45min	Cole Harbour Recreation Centre	13	21-Sep	00072989	\$62.66
Fitness - Ball Fit	18+	Tu	9:15 AM	1hr	Cole Harbour Recreation Centre	13	19-Sep	00072393	\$83.59
Fitness - Barre	18+	Th	6:30 PM	1hr	Cole Harbour Recreation Centre	13	21-Sep	00072174	\$83.59
Fitness - Step & Strength	18+	Tu	6:00 PM	1hr	Cole Harbour Recreation Centre	13	19-Sep	00072395	\$83.59
Pilates	18+	M	6:30 PM	1hr	Cole Harbour Recreation Centre	10	18-Sep	00072127	\$64.30
Pilates	18+	Th	10:15 AM	45min	Cole Harbour Recreation Centre	13	21-Sep	00072990	\$62.66
Pilates - Seated	18+	W	11:30 AM	1hr	Cole Harbour Recreation Centre	13	20-Sep	00072984	\$83.59
Tai Chi - 4 Week Fast Track	18+	Tu/Th	3:00 PM	1hr	Cole Harbour Recreation Centre	8	14-Nov	00073000	\$51.44
Yoga	18+	Tu	11:00 AM	1hr	Cole Harbour Recreation Centre	13	19-Sep	00072398	\$83.59

COLE HARBOUR/LAWRENCETOWN

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
ADULT									
Yoga	18+	Th	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	13	21-Sep	00072991	\$104.39
Yoga - Gentle Yoga	18+	Tu	1:30 PM	1hr	Cole Harbour Recreation Centre	13	19-Sep	00072400	\$83.59
Yoga - Restorative	18+	F	11:30 AM	45min	Cole Harbour Recreation Centre	13	22-Sep	00073001	\$62.66
Yoga - Stability Ball Yoga	18+	M	12:00 PM	45min	Cole Harbour Recreation Centre	10	18-Sep	00072131	\$64.30
Yoga - Yang/Yin	18+	M	10:30 AM	1hr 15min	Cole Harbour Recreation Centre	10	18-Sep	00072132	\$80.30
Yoga - Yin	18+	Tu	12:15 PM	1hr	Cole Harbour Recreation Centre	13	19-Sep	00072399	\$83.59
Yoga - Yoga-Lates	18+	W	9:15 AM	1hr	Cole Harbour Recreation Centre	13	20-Sep	00072987	\$83.59
Zumba	18+	M	7:45 PM	1hr	Cole Harbour Recreation Centre	10	18-Sep	00072128	\$64.30
Zumba Gold	18+	W	1:00 PM	45min	Cole Harbour Recreation Centre	13	20-Sep	00072133	\$62.66
Zumba Gold	18+	F	10:15 AM	1hr	Cole Harbour Recreation Centre	13	22-Sep	00073002	\$83.59
Explore Your Trails - Salt Marsh Trail	17+	Fr	10:00 AM	2 hrs	Salt Marsh Trail	1	13-Oct	00074628	FREE
DROP-INS									
Basketball	15-17	W	8:00 PM	1hr 15min	Cole Harbour District High School	10	27-Sep	00072964	FREE

PLEASE NOTE:

- Adult programs are +HST and senior discounts apply to clients 60 years and older.
- Some program fees and/or details may change over the course of registration. For the most current details, please log into MyRec.

