

FALL 2023

MUSQUODOBOIT HARBOUR

Corner of #7 Highway and East Petpeswick Road
Phone: 902.889.4050



MUSQUODOBOIT HARBOUR

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
PRESCHOOL									
Preschooler Play - Teddy Bears	2-5	F	9:30 AM	2 hrs	Musquodoboit Harbour Community Centre	10	22-Sep	00074574	\$91.80
Dance - Creative Movement	3-5	Tu	4:45 PM	30 mins	Musquodoboit Harbour Community Centre	10	26-Sep	00075394	\$30.60
Soccer - Parent & Tot	2-4	W	6:00 PM	30 min	Oyster Pond Academy P-9	10	27-Sep	00074597	\$30.60
Basketball - Parent & Tot	2-4	Th	6:00 PM	30 min	Gaetz Brook Junior High	8	28-Sep	00074601	\$24.48
CHILD									
Arts & Crafts - Craft Central!	5-7	M	5:45 PM	45 mins	Musquodoboit Harbour Community Centre	8	25-Sep	00075392	\$42.88
Arts & Crafts - Craft Central!	8-12	M	6:45 PM	45 mins	Musquodoboit Harbour Community Centre	8	25-Sep	00075393	\$42.88
Dance - Ballet	5-7	Tu	5:30 PM	45 mins	Musquodoboit Harbour Community Centre	10	26-Sep	00075395	\$45.90
Dance - Multi Dance	8-12	Tu	6:30 PM	45 mins	Musquodoboit Harbour Community Centre	10	26-Sep	00075396	\$45.90
Basketball	5-8	Th	6:35 PM	45 min	Gaetz Brook Junior High	7	28-Sep	00074602	\$32.13
Basketball	9-12	Th	7:25 PM	45 min	Gaetz Brook Junior High	7	28-Sep	00074603	\$32.13
Football	9-12	Th	7:25 PM	45 min	Gaetz Brook Junior High	7	28-Sep	00075397	\$32.13
Soccer	5-8	W	6:35 PM	45 min	Oyster Pond Academy P-9	10	27-Sep	00074598	\$45.90
Soccer	9-12	W	7:25 PM	45 min	Oyster Pond Academy P-9	8	27-Sep	00074599	\$36.72
YOUTH									
Soccer	12-15	W	8:15 PM	45 min	Oyster Pond Academy P-9	10	27-Sep	00074600	\$45.90
ADULT									
Hiking	18+	Tu	11:00 AM	2 hrs	Musquodoboit Harbour Community Centre	6	26-Sep	00074301	FREE
Pickleball	18+	Tu	7:45 PM	1.5 hrs	Eastern Shore District High	10	26-Sep	00075511	\$96.80
Conditionnement Physique Doux- Gentle Fitness	18+	W	9:30 AM	45 min	Acadian House Museum	14	13-Sep	00074359	\$67.48
Conditionnement Physique Doux- Gentle Fitness	18+	F	12:45 PM	45 min	Acadian House Museum	14	15-Sep	00074567	\$67.48
Fitness - Boot Camp	18+	W	7:30 AM	1 hr	Musquodoboit Harbour Community Centre	14	13-Sep	00074358	\$90.02
Fitness - Boot Camp	18+	F	6:00 AM	1 hr	Musquodoboit Harbour Community Centre	14	15-Sep	00074563	\$90.02
Fitness - Boot Camp	18+	Sa	7:00 AM	1 hr	Musquodoboit Harbour Community Centre	12	16-Sep	00074579	\$77.16
Fitness - Cardio & Weights	18+	Tu	10:30 AM	45 min	Musquodoboit Harbour Community Centre	14	12-Sep	00074292	\$67.48

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ADULT									
Fitness - Cardio & Weights	18+	F	10:30 AM	45 min	Petpeswick Yacht Club	14	15-Sep	00074566	\$67.48
Fitness - Circuit Fit	18+	M	11:15 AM	45 min	Musquodoboit Harbour Community Centre	11	11-Sep	00074255	\$53.02
Fitness - Gentle Fit	18+	Tu	9:30 AM	45 min	Musquodoboit Harbour Community Centre	14	12-Sep	00074261	\$67.48
Fitness - Gentle Fit	18+	F	9:30 AM	45 min	Petpeswick Yacht Club	14	15-Sep	00074565	\$67.48
Fitness - Stability Ball	18+	M	10:15 AM	45 min	Musquodoboit Harbour Community Centre	11	11-Sep	00074253	\$53.02
Fitness - Kickboxing	18+	W	6:00 PM	1 hr	Musquodoboit Harbour Community Centre	14	13-Sep	00074356	\$90.02
Fitness - Kickboxing	18+	F	6:00 PM	1 hr	Musquodoboit Harbour Community Centre	14	15-Sep	00074569	\$90.02
Yoga	18+	Su	9:30 AM	1hr 15min	Seaforth Community Hall	13	17-Sep	00074581	\$104.39
Fitness - Total Fit	18+	M	7:00 PM	45 min	Seaforth Community Hall	11	11-Sep	00074257	\$53.02
Fitness - Step & Weights	18+	W	6:30 PM	45 min	Seaforth Community Hall	14	13-Sep	00074360	\$67.48
Fitness - Trim & Tone	18+	Th	7:00 PM	45 min	Seaforth Community Hall	14	14-Sep	00074413	\$67.48
Yoga - Gentle Yoga	18+	M	1:30 PM	1hr 15min	Musquodoboit Harbour Community Centre	11	11-Sep	00074256	\$88.33
Yoga- Rise & Shine	18+	Tu	7:30 AM	1 hr	Musquodoboit Harbour Community Centre	14	12-Sep	00075509	\$103.46
Yoga- Hatha	18+	W	10:45 AM	1hr 15min	Musquodoboit Harbour Community Centre	14	13-Sep	00074361	\$112.42
Yoga	18+	Th	10:00 AM	1 hr	Musquodoboit Harbour Community Centre	14	14-Sep	00074556	\$90.02
Yoga - Yin	18+	Sa	9:00 AM	1 hr	Musquodoboit Harbour Community Centre	12	16-Sep	00074580	\$77.16
Yoga- Baby and Me	18+	Tu	11:30 AM	1 hr	Musquodoboit Harbour Community Centre	5	7-Nov	00074299	\$32.15
Yoga	18+	Tu	9:30 AM	1hr 15min	Ship Harbour Hall	14	12-Sep	00074294	\$112.42
Yoga	18+	Th	9:30 AM	1hr 15min	Ship Harbour Hall	14	14-Sep	00074554	\$112.42

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.

