

FALL 2023

# SHEET HARBOUR

**East Ship Harbour to Ecum Secum**  
22756 Highway #7 Bluewater Building  
Phone: 902.885.2988  
Toll FREE: 1.866.522.2422



HALIFAX



# SHEET HARBOUR

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>PRESCHOOL</b>									
Preschooler Play - Stories & Crafts	3-5	Tu	10:30 AM	1 hr	Sheet Harbour Public Library	12	19-Sep	00074221	FREE
Ballet	3-5	W	4:00 AM	30 min	Sheet Harbour Recreation Office	6	20-Sep	00074223	\$18.36
<b>CHILD</b>									
Creative Movement	5-10	W	2:50 PM	1 hr	Sheet Harbour Recreation Office	6	20-Sep	00074224	\$36.72
Drama - Broadway Kids	5-8	F	2:30 PM	1.5 hrs	Sheet Harbour Recreation Office	3	15-Sep	00074226	\$22.95
Drama - Broadway Kids	5-8	F	2:30 PM	1.5 hrs	Sheet Harbour Recreation Office	3	6-Oct	00074227	\$22.95
Drama - Drama-Rama	9-12	F	2:30 PM	1.5 hrs	Sheet Harbour Recreation Office	3	15-Sep	00074228	\$22.95
Drama - Drama-Rama	9-12	F	2:30 PM	1.5 hrs	Sheet Harbour Recreation Office	3	6-Oct	00074229	\$22.95
Afterschool Club	6-12	Tu	2:30 PM	2 hrs	Sheet Harbour Recreation Office	3	19-Sep	00074230	\$21.42
Afterschool Club	6-12	Tu	2:30 PM	2 hrs	Sheet Harbour Recreation Office	3	10-Oct	00074231	\$21.42
Soccer	5-8	M	6:00 PM	1 hr	Marine Drive Academy	6	18-Sep	00074235	\$36.72
Soccer	9-12	M	6:00 PM	1 hr	Marine Drive Academy	6	18-Sep	00074237	\$36.72
Sports - Skills & Drills	5-8	M	7:00 PM	1 hr	Marine Drive Academy	6	18-Sep	00074239	\$36.72
Sports - Skills & Drills	9-12	M	7:00 PM	1 hr	Marine Drive Academy	6	18-Sep	00074241	\$36.72
<b>YOUTH</b>									
Open Gym	11-18	M	8:00 PM	2 hrs	Marine Drive Academy	8	18-Sep	00074258	FREE
Open Gym	11-18	W	8:00 PM	2 hrs	Marine Drive Academy	12	20-Sep	00074260	FREE
Open Gym	11-18	F	8:00 PM	2 hrs	Marine Drive Academy	11	22-Sep	00074283	FREE
Youth Learn to Stand Up Paddleboard	13-17	Sa	10:00 AM	2 hrs	Malay Falls	1	16-Sep	00075478	\$12.24
Youth Learn to Stand Up Paddleboard	13-17	Sa	1:00 PM	2 hrs	Malay Falls	1	16-Sep	00075479	\$12.24

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Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>ADULT</b>									
Pickleball	18+	W	6:00 PM	2 hrs	Marine Drive Academy	12	20-Sep	00074232	\$134.64
Pickleball	18+	F	6:00 PM	2 hrs	Marine Drive Academy	10	22-Sep	00074233	\$112.20
Yoga - Chair Yoga	18+	W	1:40 PM	1 hr	Samuel R Balcom Community Centre	8	20-Sep	00074249	\$51.44
Yoga - Gentle Yoga	18+	M	10:45 AM	1 hr	Four Harbours Legion	8	18-Sep	00074254	\$51.44
Yoga - Gentle Yoga	18+	W	12:30 PM	1 hr	Samuel R Balcom Community Centre	8	20-Sep	00074245	\$51.44
Yoga - Yin	18+	M	9:30 AM	1 hr	Four Harbours Legion	8	18-Sep	00074250	\$51.44
Learn To Stand Up Paddleboard	17+	F	4:00 PM	1.5 hrs	Sheet Harbour	1	15-Sep	00074561	\$12.24
Learn To Stand Up Paddleboard	17+	F	6:00 PM	1.5 hrs	Sheet Harbour	1	15-Sep	00074471	\$12.24

**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.

