

FALL 2023

# SPRYFIELD/ SAMBRO

Captain William Spry Centre  
16 Sussex Street  
Phone: 902.477.POOL (7665)  
or 902.479.1111



HALIFAX



# SPRYFIELD/SAMBRO

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>PRECHOOL</b>									
Ballet	3-4	Sa	11:45 AM	45 min	Captain William Spry Community Centre	10	16-Sep	00074434	\$45.90
Ballet	3-4	Sa	12:30 PM	45 min	Captain William Spry Community Centre	10	16-Sep	00074436	\$45.90
Intro to Dance	4-6	Sa	1:15 PM	45 min	Captain William Spry Community Centre	10	16-Sep	00074443	\$45.90
Gymnastics - Tumblebugs	3-4	Sa	10:30 AM	45 min	Captain William Spry Community Centre	10	16-Sep	00074411	\$45.90
Gymnastics - Tumblebugs	4-5	Sa	11:30 AM	45 min	Captain William Spry Community Centre	10	16-Sep	00074417	\$45.90
<b>CHILD</b>									
Hip Hop / Jazz	6-9	Sa	2:00 PM	1 hr	Captain William Spry Community Centre	10	16-Sep	00074453	\$45.90
Day Camp - Inservice	5-11	F	8:30 AM	8 hrs	Captain William Spry Community Centre	1	27-Oct	00074568	\$40.80
Day Camp - Inservice	5-11	M	8:30 AM	8 hrs	Captain William Spry Community Centre	1	4-Dec	00074570	\$40.80
Basketball	6-8	M	6:15 PM	1 hr	Rockingstone Heights Elementary School	8	18-Sep	00073782	\$48.96
Basketball - Girls Only	8-10	M	7:15 PM	1 hr	Rockingstone Heights Elementary School	8	18-Sep	00073837	\$48.96
Open Gym - Family	3+	Sa	1:00 PM	2 hrs	Central Spryfield Elementary School	11	23-Sep	00074463	FREE
Open Gym	7-11	W	6:00 PM	1.5 hrs	Rockingstone Heights Elementary School	13	20-Sep	00074335	FREE
Art Play Studio	5-8	Tu	4:00 PM	1 hr	Captain William Spry Community Centre	10	5-Sep	00073952	\$71.40
Art Play Studio	5-8	Sa	2:00 PM	1 hr	Captain William Spry Community Centre	10	16-Sep	00074555	\$71.40
Artists in Action	7-11	Sa	11:00 AM	2 hrs	Captain William Spry Community Centre	10	16-Sep	00074427	\$142.80
Creative Art Studio	8-12	Th	4:00 PM	1 hr	Captain William Spry Community Centre	8	7-Sep	00074340	\$57.12
Be Inspired and Create	4-8	Tu	10:00 AM	1.5 hrs	Captain William Spry Community Centre	8	5-Sep	00075369	\$85.68
Be Inspired and Create	8-13	Tu	11:30 AM	1.5 hrs	Captain William Spry Community Centre	8	5-Sep	00075372	\$85.68
Piano	7-8	F	3:00 PM	30 min	Captain William Spry Community Centre	8	8-Sep	00075380	\$36.72
Piano	7-8	F	3:30 PM	30 min	Captain William Spry Community Centre	8	8-Sep	00075381	\$36.72
Piano	9-12	F	4:00 PM	30 min	Captain William Spry Community Centre	8	8-Sep	00075382	\$36.72
Piano	9-12	F	4:30 PM	30 min	Captain William Spry Community Centre	8	8-Sep	00075383	\$36.72
<b>YOUTH</b>									
Open Gym	12-15	W	7:30 PM	1.5 hrs	Rockingstone Heights Elementary School	13	20-Sep	00074336	FREE

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Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>ADULT</b>									
Line Dancing - Beginner/Intermediate	18+	M	10:15 AM	45 min	Captain William Spry Community Centre	10	11-Sep	00073684	\$53.60
Line Dancing - Beginner	18+	M	11:00 AM	45 min	Captain William Spry Community Centre	10	11-Sep	00073691	\$53.60
Line Dancing - Intermediate	18+	M	9:30 AM	45 min	Captain William Spry Community Centre	10	11-Sep	00073683	\$53.60
Card Making Workshop	16+	Su	1:00 PM	3 hrs	Captain William Spry Community Centre	1	5-Nov	00074564	\$20.00
Digital SLR Photography	16+	Th	7:00 PM	2 hrs	Captain William Spry Community Centre	8	5-Oct	00074345	\$130.56
Badminton - Non-Instructional	18+	W	7:30 PM	2 hrs	Herring Cove Junior High	8	20-Sep	00074266	\$89.76
Pickleball - Intermediate	18+	F	6:00 PM	2 hrs	Rockingstone Heights Elementary School	9	22-Sep	00074348	\$100.98
Pickleball - Non-Instructional	18+	M	6:00 PM	2 hrs	Central Spryfield Elementary School	9	11-Sep	00073755	\$100.98
Pickleball - Non-Instructional	18+	W	6:00 PM	1.5 hrs	Central Spryfield Elementary School	12	20-Sep	00074262	\$101.04
Pickleball - Non-Instructional Intermediate	18+	Tu	6:00 PM	2 hrs	Rockingstone Heights Elementary School	10	19-Sep	00073962	\$112.20
Chair Fit Exercise	18+	Tu	11:15 AM	45 min	Captain William Spry Community Centre	16	5-Sep	00073948	\$77.12
Chair Fit Exercise	18+	Th	11:15 AM	45 min	Captain William Spry Community Centre	16	7-Sep	00074339	\$77.12
Fitness - 55+ Fitness	18+	Tu	10:00 AM	1 hr	Captain William Spry Community Centre	16	5-Sep	00073888	\$102.88
Fitness - 55+ Fitness	18+	Th	10:00 AM	1 hr	Captain William Spry Community Centre	16	7-Sep	00074338	\$102.88
Fitness - Boot Camp Cardio	18+	Th	6:00 PM	1 hr	Captain William Spry Community Centre	15	7-Sep	00074343	\$96.45
Fitness - Boot Camp Cardio	18+	Sa	9:00 AM	1 hr	Captain William Spry Community Centre	13	9-Sep	00074405	\$83.59
Fitness - Drum Fit	18+	W	10:30 AM	1 hr	Captain William Spry Community Centre	10	27-Sep	00074240	\$64.30
Fitness - Strength & Tone	18+	M	6:00 PM	1 hr	Captain William Spry Community Centre	12	11-Sep	00073743	\$77.16
Fitness - Yamuna Body Rolling	18+	Tu	9:15 AM	1 hr	Captain William Spry Community Centre	8	3-Oct	00073893	\$51.44
Fitness - Step Class Intermediate	18+	Tu	6:00 PM	1 hr	Captain William Spry Community Centre	15	5-Sep	00073958	\$96.45
Pilates	18+	Tu	7:30 PM	1 hr	Captain William Spry Community Centre	8	3-Oct	00073963	\$51.44
Piloxing - Online or In-Person Option	18+	Su	6:00 PM	1 hr	Captain William Spry Community Centre	15	10-Sep	00074562	\$96.45
Yoga	18+	Tu	7:15 PM	1 hr	Captain William Spry Community Centre	15	5-Sep	00073960	\$96.45
Yoga	18+	Th	7:00 PM	1 hr	Captain William Spry Community Centre	15	7-Sep	00074344	\$96.45
Yoga	18+	F	10:30 AM	1 hr	Captain William Spry Community Centre	15	15-Sep	00074350	\$96.45
Zumba Gold	18+	W	9:30 AM	1 hr	Captain William Spry Community Centre	15	13-Sep	00074238	\$96.45

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<b>ADULT</b>									
Zumba Gold Chair	18+	F	9:30 AM	1 hr	Captain William Spry Community Centre	15	15-Sep	00074346	\$96.45
Acrylic Painting	18+	Tu	5:00 PM	1 hr	Captain William Spry Community Centre	8	5-Sep	00073957	\$130.56
Acrylic Painting	18+	Th	5:00 PM	2 hrs	Captain William Spry Community Centre	8	7-Sep	00074342	\$130.56
Oil Painting	18+	Sa	3:00 PM	2 hrs	Captain William Spry Community Centre	10	16-Sep	00074557	\$163.20
Explore Your Trails - Herring Cove	17+	Th	10:00 AM	2 hrs	Herring Cove	1	12-Oct	00073714	FREE
Explore Your Trails - Long Lake	17+	Th	10:00 AM	2 hrs	Long Lake	1	2-Nov	00074623	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.

