

Winter 2024

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 | | | | | | | | | |
| Messy Art | 3-5 | Th | 4:30 PM | 45 min | Cole Harbour Recreation Centre | 8 | 18-Jan | 00078321 | \$42.88 |
| Ballet | 3-5 | Tu | 5:00 PM | 45 min | Cole Harbour Recreation Centre | 8 | 16-Jan | 00078288 | \$36.72 |
| Ballet | 3-5 | Tu | 6:00 PM | 45 min | Cole Harbour Recreation Centre | 8 | 16-Jan | 00078287 | \$36.72 |
| Creative Movement | 3-5 | Th | 5:00 PM | 45 min | Graham Creighton Junior High | 8 | 18-Jan | 00078324 | \$36.72 |
| Yoga - Parent & Tot | 3-5 | W | 5:30 PM | 45 min | Cole Harbour Recreation Centre | 8 | 17-Jan | 00078316 | \$30.64 |
| Basketball - Parent & Tot | 2-5 | M | 6:45 PM | 30 min | Eric Graves Memorial Junior High | 7 | 15-Jan | 00078105 | \$21.42 |
| Little Sports | 3-5 | W | 6:00 PM | 45 min | Cole Harbour District High School | 8 | 17-Jan | 00078312 | \$36.72 |
| Soccer | 3-5 | Tu | 6:00 PM | 45 min | Colby Village Elementary School | 8 | 16-Jan | 00078296 | \$36.72 |
| Soccer - Parent & Tot | 2-4 | M | 6:00 PM | 30 min | Eric Graves Memorial Junior High | 7 | 15-Jan | 00078104 | \$21.42 |
| Tumblebugs | 3-5 | W | 4:30 PM | 45 min | Cole Harbour Recreation Centre | 8 | 17-Jan | 00078311 | \$36.72 |
| Tumblebugs | 3-5 | W | 5:30 PM | 45 min | Cole Harbour Recreation Centre | 8 | 17-Jan | 00078308 | \$36.72 |
| Tumblebugs | 3-5 | W | 6:30 PM | 45 min | Cole Harbour Recreation Centre | 8 | 17-Jan | 00078310 | \$36.72 |
| CHILD | | | | | | | | | |
| Arts & Crafts | 5-7 | Th | 5:30 PM | 45 min | Cole Harbour Recreation Centre | 8 | 18-Jan | 00078322 | \$42.88 |
| Arts & Crafts | 8-11 | Th | 6:30 PM | 45 min | Cole Harbour Recreation Centre | 8 | 18-Jan | 00078323 | \$42.88 |
| Jr. Scientists | 6-10 | Sa | 12:45 PM | 45 min | Cole Harbour Recreation Centre | 8 | 20-Jan | 00078344 | \$57.12 |
| Day Camp - March Break | 5-12 | M | 8:30 AM | 8 hrs | Cole Harbour Recreation Centre | 5 | 11-Mar | 00079368 | \$204.00 |
| Ballet | 5-7 | Tu | 7:00 PM | 45 min | Cole Harbour Recreation Centre | 8 | 16-Jan | 00078289 | \$36.72 |
| Multi-Dance | 5-7 | Th | 6:00 PM | 45 min | Graham Creighton Junior High | 8 | 18-Jan | 00078326 | \$36.72 |
| Multi-Dance | 8-11 | Th | 7:00 PM | 45 min | Graham Creighton Junior High | 8 | 18-Jan | 00078328 | \$36.72 |
| Yoga - Parent & Child | 6-10 | W | 6:30 PM | 45 min | Cole Harbour Recreation Centre | 8 | 17-Jan | 00078315 | \$30.64 |
| Chess - Beginner | 7-12 | Sa | 1:45 PM | 1 hr | Cole Harbour Recreation Centre | 8 | 20-Jan | 00078345 | \$57.12 |
| Chess - Intermediate | 7-12 | Sa | 3:00 PM | 1 hr | Cole Harbour Recreation Centre | 8 | 20-Jan | 00078346 | \$57.12 |
| Fun in the Kitchen | 5-8 | M | 5:00 PM | 1hr 15min | Cole Harbour Recreation Centre | 6 | 22-Jan | 00078097 | \$64.26 |
| Fun in the Kitchen | 9-11 | M | 6:30 PM | 1hr 15min | Cole Harbour Recreation Centre | 6 | 22-Jan | 00078098 | \$64.26 |
| All Sorts of Sports | 5-8 | W | 6:00 PM | 45 min | Cole Harbour District High School | 8 | 17-Jan | 00078313 | \$36.72 |

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| CHILD | | | | | | | | | |
| Badminton | 8-10 | W | 7:00 PM | 45 min | Cole Harbour District High School | 8 | 17-Jan | 00078303 | \$36.72 |
| Basketball | 5-7 | Tu | 6:00 PM | 45 min | Astral Drive Elementary School | 8 | 16-Jan | 00078285 | \$36.72 |
| Basketball | 8-10 | Tu | 7:00 PM | 45 min | Astral Drive Elementary School | 8 | 16-Jan | 00078286 | \$36.72 |
| Basketball | 5-7 | W | 6:00 PM | 45 min | Caldwell Road Elementary School | 8 | 17-Jan | 00078304 | \$36.72 |
| Basketball | 8-10 | W | 7:00 PM | 45 min | Caldwell Road Elementary School | 8 | 17-Jan | 00078305 | \$36.72 |
| Soccer | 6-8 | Tu | 7:00 PM | 45 min | Colby Village Elementary School | 9 | 16-Jan | 00078297 | \$41.31 |
| YOUTH | | | | | | | | | |
| Badminton | 11-13 | W | 7:00 PM | 45 min | Cole Harbour District High School | 8 | 17-Jan | 00078302 | \$36.72 |
| Yoga | 11-14 | W | 7:30 PM | 1 hr | Cole Harbour Recreation Centre | 8 | 17-Jan | 00078318 | \$40.80 |
| Basketball | 15-17 | W | 8:00 PM | 1hr 15min | Cole Harbour District High School | 8 | 17-Jan | 00078306 | Free |
| ADULT | | | | | | | | | |
| 50+ Fitness | 18+ | Tu | 10:30 AM | 45 min | Cole Harbour Recreation Centre | 11 | 9-Jan | 00078290 | \$53.02 |
| 50+ Fitness | 18+ | W | 10:30 AM | 45 min | Cole Harbour Recreation Centre | 11 | 10-Jan | 00080630 | \$53.02 |
| 50+ Fitness | 18+ | Th | 9:15 AM | 45 min | Cole Harbour Recreation Centre | 11 | 11-Jan | 00078330 | \$53.02 |
| Ball Fit | 18+ | Tu | 9:15 AM | 1 hr | Cole Harbour Recreation Centre | 11 | 9-Jan | 00078291 | \$70.73 |
| Barre | 18+ | Th | 6:30 PM | 1 hr | Cole Harbour Recreation Centre | 11 | 11-Jan | 00078331 | \$70.73 |
| Pilates | 18+ | M | 6:30 PM | 1 hr | Cole Harbour Recreation Centre | 10 | 8-Jan | 00078102 | \$64.30 |
| Pilates | 18+ | Th | 10:15 AM | 45 min | Cole Harbour Recreation Centre | 11 | 11-Jan | 00078334 | \$53.02 |
| Pilates - Seated | 18+ | W | 11:30 AM | 1 hr | Cole Harbour Recreation Centre | 11 | 10-Jan | 00078307 | \$70.73 |
| Fitness - Step | 18+ | M | 9:00 AM | 1 hr | Cole Harbour Recreation Centre | 10 | 8-Jan | 00079882 | \$64.30 |
| Fitness - Strength | 18+ | M | 10:15 AM | 1 hr | Cole Harbour Recreation Centre | 10 | 8-Jan | 00079882 | \$64.30 |
| Step & Strength | 18+ | Tu | 7:00 PM | 1 hr | Cole Harbour Recreation Centre | 11 | 9-Jan | 00078292 | \$70.73 |

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| ADULT | | | | | | | | | |
| Tai Chi Returning - 4 Week Fast Track | 18+ | Tu | 3:00 PM | 1 hr | Cole Harbour Recreation Centre | 8 | 13-Feb | 00078298 | \$51.44 |
| Yoga | 18+ | Tu | 11:00 AM | 1 hr | Cole Harbour Recreation Centre | 11 | 9-Jan | 00078299 | \$70.73 |
| Yoga | 18+ | Th | 10:30 AM | 1hr 15min | Cole Harbour Recreation Centre | 11 | 11-Jan | 00078335 | \$88.33 |
| Yoga - Gentle | 18+ | Tu | 1:30 PM | 1 hr | Cole Harbour Recreation Centre | 11 | 9-Jan | 00078300 | \$70.73 |
| Yoga - Restorative | 18+ | F | 11:30 AM | 1hr 15min | Cole Harbour Recreation Centre | 10 | 12-Jan | 00078340 | \$80.30 |
| Yoga - Stability Ball | 18+ | M | 12:00 PM | 45 min | Cole Harbour Recreation Centre | 10 | 8-Jan | 00078107 | \$64.30 |
| Yoga - Yang/Yin | 18+ | M | 10:30 AM | 1hr 15min | Cole Harbour Recreation Centre | 10 | 8-Jan | 00078108 | \$80.30 |
| Yoga - Yin | 18+ | Tu | 12:15 PM | 1 hr | Cole Harbour Recreation Centre | 11 | 9-Jan | 00078301 | \$70.73 |
| Yoga - Lates | 18+ | W | 9:15 AM | 1 hr | Cole Harbour Recreation Centre | 11 | 10-Jan | 00078317 | \$70.73 |
| Zumba | 18+ | M | 7:45 PM | 1 hr | Cole Harbour Recreation Centre | 10 | 8-Jan | 00078103 | \$64.30 |
| Zumba Gold | 18+ | W | 1:00 PM | 45 min | Cole Harbour Recreation Centre | 11 | 10-Jan | 00078319 | \$53.02 |
| Zumba Gold | 18+ | F | 10:15 AM | 1 hr | Cole Harbour Recreation Centre | 10 | 12-Jan | 00078339 | \$64.30 |

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.

