

Winter 2024

Musquodoboit Harbour

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



HALIFAX



Musquodoboit Harbour

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
PRESCHOOL									
Messy Art - Parent & Tot	2-4	Th	4:45 PM	30 min	Musquodoboit Harbour Community Centre	8	18-Jan	00080112	\$28.56
Preschooler Play - Teddy Bears	2 1/2-5	F	9:30 AM	2 hrs	Musquodoboit Harbour Community Centre	8	19-Jan	00080128	\$73.44
Basketball/Soccer	3-5	Th	6:00 PM	30 min	Gaetz Brook Junior High	8	18-Jan	00080102	\$24.48
Ballet	3-5	Tu	4:30 PM	30 min	Musquodoboit Harbour Community Centre	8	16-Jan	00079966	\$24.48
Little Sports - Parent & Tot	2-4	W	6:00 PM	30 min	Oyster Pond Academy	8	17-Jan	00080010	\$24.48
CHILD									
Craft Central!	5-8	M	5:45 PM	45 min	Musquodoboit Harbour Community Centre	7	15-Jan	00079908	\$37.52
Craft Central!	9-13	M	6:45 PM	45 min	Musquodoboit Harbour Community Centre	7	15-Jan	00079914	\$37.52
Ballet	5-7	Tu	5:10 PM	45 min	Musquodoboit Harbour Community Centre	8	16-Jan	00079967	\$36.72
Drama Fun	5-7	Th	5:30 PM	45 min	Musquodoboit Harbour Community Centre	8	18-Jan	00080113	\$30.64
Drama Fun	8-12	Th	6:20 PM	45 min	Musquodoboit Harbour Community Centre	8	18-Jan	00080114	\$30.64
Multi-Dance	8-12	Tu	6:10 PM	45 min	Musquodoboit Harbour Community Centre	8	16-Jan	00079968	\$36.72
All Sorts of Sports	5-7	W	6:35 PM	45 min	Oyster Pond Academy P-9	8	17-Jan	00080011	\$36.72
All Sorts of Sports	8-12	W	7:25 PM	45 min	Oyster Pond Academy P-9	8	17-Jan	00080012	\$36.72
Basketball/Football	9-12	Th	7:25 PM	45 min	Gaetz Brook Junior High	8	18-Jan	00080106	\$36.72
Basketball/Soccer	6-8	Th	6:35 PM	45 min	Gaetz Brook Junior High	8	18-Jan	00080104	\$36.72
YOUTH									
Kickboxing	10-15	W	5:00 PM	45 min	Musquodoboit Harbour Community Centre	8	17-Jan	00080133	\$30.64
ADULT									
Boot Camp	18+	Sa	7:00 AM	1 hr	Musquodoboit Harbour Community Centre	10	13-Jan	00080142	\$64.30
Cardio & Weights	18+	Tu	10:30 AM	45 min	Musquodoboit Harbour Community Centre	11	9-Jan	00079973	\$53.02
Cardio & Weights	18+	F	10:30 AM	45 min	Petpeswick Yacht Club	10	12-Jan	00080136	\$48.20
Circuit Fitness	18+	M	11:15 AM	45 min	Musquodoboit Harbour Community Centre	10	8-Jan	00079934	\$48.20
Conditionnement Physique Doux-Gentle Fitness	18+	W	9:30 AM	45 min	Acadian House Museum	11	10-Jan	00079995	\$53.02
Conditionnement Physique Doux-Gentle Fitness	18+	F	12:45 PM	45 min	Acadian House Museum	10	12-Jan	00080137	\$48.20

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ADULT									
Kickboxing	18+	W	6:00 PM	1 hr	Musquodoboit Harbour Community Centre	11	10-Jan	00079998	\$70.73
Gentle Fit	18+	Tu	9:30 AM	45 min	Musquodoboit Harbour Community Centre	11	9-Jan	00079972	\$53.02
Gentle Fit	18+	F	9:30 AM	45 min	Petpeswick Yacht Club	10	12-Jan	00080135	\$48.20
Stability Ball	18+	M	10:15 AM	45 min	Musquodoboit Harbour Community Centre	10	8-Jan	00079933	\$48.20
Step & Weights	18+	W	6:30 PM	45 min	Seaforth Community Hall	11	10-Jan	00079999	\$53.02
Strength and Conditioning	18+	F	6:00 AM	1 hr	Musquodoboit Harbour Community Centre	10	12-Jan	00080134	\$64.30
Total Fit	18+	M	7:00 PM	45 min	Seaforth Community Hall	10	8-Jan	00079935	\$48.20
Trim & Tone	18+	Th	7:00 PM	45 min	Seaforth Community Hall	11	11-Jan	00080094	\$53.02
Yoga	18+	M	7:00 PM	1 hr	Musquodoboit Harbour Community Centre	10	15-Jan	00080821	\$64.30
Yoga	18+	Tu	9:30 AM	1hr 15min	Ship Harbour Hall	11	9-Jan	00079975	\$88.33
Yoga	18+	W	10:45 AM	1hr 15min	Musquodoboit Harbour Community Centre	11	17-Jan	00079997	\$88.33
Yoga	18+	Th	9:30 AM	1hr 15min	Ship Harbour Hall	11	11-Jan	00080085	\$88.33
Yoga	18+	Th	10:00 AM	1 hr	Musquodoboit Harbour Community Centre	11	18-Jan	00080086	\$70.73
Yoga - Chair	18+	W	10:00 AM	1 hr	Ship Harbour Hall	11	17-Jan	00079996	\$70.73
Yoga - Gentle	18+	M	1:30 PM	1hr 15min	Musquodoboit Harbour Community Centre	10	15-Jan	00079939	\$80.30
Yoga - Gentle	18+	Th	1:30 PM	1hr 15min	Musquodoboit Harbour Community Centre	11	18-Jan	00080087	\$88.33
Yoga - Yin	18+	Sa	9:00 AM	1 hr	Musquodoboit Harbour Community Centre	10	20-Jan	00080143	\$64.30
Yoga- Rise & Shine	18+	Tu	7:30 AM	1 hr	Musquodoboit Harbour Community Centre	11	16-Jan	00079970	\$70.73
Pickleball	18+	Tu	7:45 PM	1.5 hrs	Eastern Shore District High School	8	16-Jan	00079976	\$67.36

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.

