

Winter 2024

# 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>PRESCHOOL</b>									
Ballet	3-4	Sa	11:45 AM	45min	Captain William Spry Community Centre	8	13-Jan	00080179	\$36.72
Ballet	3-4	Sa	12:30 PM	45min	Captain William Spry Community Centre	8	13-Jan	00080178	\$36.72
Dance - Intro	4-6	Sa	1:15 PM	45min	Captain William Spry Community Centre	8	13-Jan	00080180	\$36.72
Tumblebugs	3-4	Sa	10:30 AM	45min	Captain William Spry Community Centre	8	13-Jan	00080176	\$36.72
Soccer - Parent & Tot	3-4	W	6:00 PM	45min	Rockingstone Heights Elementary School	8	13-Jan	00080743	\$36.72
Tumblebugs	4-5	Sa	11:30 AM	45min	Captain William Spry Community Centre	8	13-Jan	00080177	\$36.72
<b>CHILD</b>									
Hip Hop / Jazz	6-9	Sa	2:00 PM	1 hr	Captain William Spry Community Centre	8	13-Jan	00080181	\$36.72
Basketball	6-8	M	6:00 PM	1 hr	Rockingstone Heights Elementary School	8	8-Jan	00079690	\$48.96
Basketball	6-8	W	6:00 PM	1 hr	Harrietsfield Elementary School	8	10-Jan	00080161	\$48.96
Basketball	9-12	W	7:00 PM	1 hr	Harrietsfield Elementary School	8	10-Jan	00080764	\$48.96
Basketball - Girls only	8-10	M	7:30 PM	1 hr	Rockingstone Heights Elementary School	8	8-Jan	00079696	\$48.96
Family Open Gym	3+	Sa	1:00 PM	2 hrs	Central Spryfield Elementary School	10	6-Jan	00080182	Free
Soccer	5-7	W	6:45 PM	1 hr	Rockingstone Heights Elementary School	8	10-Jan	00080745	\$48.96
Soccer	8-10	W	7:45 PM	1 hr	Rockingstone Heights Elementary School	8	10-Jan	00080751	\$48.96
Piano	7-8	F	3:00 PM	30 min	Captain William Spry Community Centre	10	1-Mar	00080755	\$45.90
Piano	7-8	F	3:30 PM	30 min	Captain William Spry Community Centre	10	1-Mar	00080754	\$45.90
Piano	9-12	F	4:00 PM	30 min	Captain William Spry Community Centre	10	1-Mar	00080753	\$45.90
Piano	9-12	F	4:30 PM	30 min	Captain William Spry Community Centre	10	1-Mar	00080752	\$45.90
Day Camp - March Break	5½- 12	M-F	8:30 AM	8 hrs	Captain William Spry Community Centre	5	11-Mar	00080766	\$204.00
Art Play Studio	4-8	Tu	4:00 PM	1 hr	Captain William Spry Community Centre	10	27-Feb	00080762	\$71.40
Art Play Studio	8-12	Th	4:00 PM	1 hr	Captain William Spry Community Centre	10	1-Feb	00080763	\$71.40
Soccer	7-11	W	6:00 PM	1.5 hrs	Rockingstone Heights Elementary School	8	10-Jan	00080164	FREE
<b>YOUTH</b>									
Soccer	12-15	W	7:30 PM	1.5 hrs	Rockingstone Heights Elementary School	8	10-Jan	00080165	FREE

# Spryfield/Sambro

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>ADULT</b>									
Line Dancing - Intermediate	18+	M	9:30 AM	45 min	Captain William Spry Community Centre	10	8-Jan	00079650	\$53.60
Line Dancing - Beginner/Intermediate	18+	M	10:15 AM	45 min	Captain William Spry Community Centre	10	8-Jan	00079652	\$53.60
Line Dancing - Beginner	18+	M	11:00 AM	45 min	Captain William Spry Community Centre	10	8-Jan	00079656	\$53.60
Fitness - 55+	18+	Tu	10:00 AM	1 hr	Captain William Spry Community Centre	12	2-Jan	00079709	\$83.59
Fitness - 55+	18+	Th	10:00 AM	1 hr	Captain William Spry Community Centre	12	4-Jan	00080166	\$83.59
Cardio Boot Camp	18+	Th	6:00 PM	1 hr	Captain William Spry Community Centre	13	4-Jan	00080168	\$83.59
Cardio Boot Camp	18+	Sa	9:00 AM	1 hr	Captain William Spry Community Centre	13	6-Jan	00080175	\$83.59
Chair Fit	18+	Tu	11:15 AM	45 min	Captain William Spry Community Centre	13	2-Jan	00079714	\$62.66
Chair Fit	18+	Th	11:15 AM	45 min	Captain William Spry Community Centre	13	4-Jan	00080167	\$62.66
Drum Fit	18+	Th	10:00 AM	1 hr	Captain William Spry Community Centre	12	4-Jan	00080170	\$88.68
Step - Intermediate	18+	Tu	6:00 PM	1 hr	Captain William Spry Community Centre	13	2-Jan	00079722	\$83.59
Strength & Tone	18+	M	6:00 PM	1 hr	Captain William Spry Community Centre	11	8-Jan	00079671	\$83.59
Yamuna Body Rolling	18+	Tu	9:15 AM	1 hr	Captain William Spry Community Centre	8	2-Jan	00079702	\$59.12
Yoga	18+	Tu	7:15 PM	1 hr	Captain William Spry Community Centre	13	2-Jan	00079725	\$83.59
Yoga	18+	Th	7:00 PM	1 hr	Captain William Spry Community Centre	13	4-Jan	00080169	\$83.59
Badminton - Non-Instructional	18+	W	7:30 PM	2 hrs	Herring Cove Junior High	8	3-Jan	00080163	\$89.76
Pickleball - Non-Instructional	18+	M	6:00 PM	2 hrs	Central Spryfield Elementary School	9	8-Jan	00079685	\$75.78
Pickleball - Non-Instructional	18+	Tu	6:00 PM	2 hrs	Rockingstone Heights Elementary School	10	2-Jan	00080758	\$84.20
Pickleball - Non-Instructional	18+	W	6:00 PM	1.5 hrs	Central Spryfield Elementary School	9	3-Jan	00080162	\$74.05
Piloxing	18+	Sun	7:00 PM	1 hr	Captain William Spry Community Centre	13	7-Jan	00080663	\$81.66
Zumba	18+	Sun	8:00 PM	1 hr	Captain William Spry Community Centre	13	07-Jan	00080665	\$81.66
Card Making	18+	Sun	1:00 PM	2 hrs	Captain William Spry Community Centre	1	14-Jan	00080756	\$20.00
Photography	18+	M	7:00 PM	2 hrs	Captain William Spry Community Centre	8	22-Jan	00080757	\$128.01
Pickleball - Non-Instructional	18+	F	6:00 PM	2 hrs	Rockingstone Heights Elementary School	10	5-Jan	00080171	\$112.20

**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.

