

Fall 2024

Musquodoboit Harbour

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



Musquodoboit Harbour

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
PRESCHOOL									
Parent & Tot - Messy Art	2-5	Th	5:00 PM	30 min	Musquodoboit Harbour Community Centre	8	26-Sep	00093237	\$29.12
Parent & Tot - Little Sports	2-4	W	6:00 PM	30 min	Oyster Pond Academy	10	25-Sep	00093228	\$31.20
Preschooler Play - Teddy Bears	2.5-5	F	9:30 AM	2 hrs	Musquodoboit Harbour Community Centre	10	27-Sep	00093351	\$93.60
Ballet	3-5	Tu	4:30 PM	30 min	Musquodoboit Harbour Community Centre	10	24-Sep	00093200	\$31.20
Basketball/Soccer	3-5	Th	6:00 PM	30 min	Gaetz Brook Junior High	9	26-Sep	00093347	\$28.08
CHILD									
Improv	7-12	Th	6:00 PM	45 min	Musquodoboit Harbour Community Centre	8	26-Sep	00093239	\$31.20
Multi Dance	5-7	Tu	5:10 PM	45 min	Musquodoboit Harbour Community Centre	10	24-Sep	00093202	\$46.80
Multi Dance	8-12	Tu	6:10 PM	45 min	Musquodoboit Harbour Community Centre	10	24-Sep	00093203	\$46.80
Craft Central!	5-8	M	5:30 PM	45 min	Musquodoboit Harbour Community Centre	10	23-Sep	00093234	\$54.60
Craft Central!	9-13	M	6:30 PM	45 min	Musquodoboit Harbour Community Centre	10	23-Sep	00093235	\$54.60
All Sorts of Sports	5-9	W	6:35 PM	45 min	Oyster Pond Academy	10	25-Sep	00093229	\$46.80
Basketball/Soccer	6-8	Th	6:35 PM	45 min	Gaetz Brook Junior High	9	26-Sep	00093348	\$42.12
Basketball/Soccer	9-13	Th	7:25 PM	45 min	Gaetz Brook Junior High	9	26-Sep	00093348	\$42.12
ADULT									
Stability Ball Fitness	18+	M	10:15 AM	45 min	Musquodoboit Harbour Community Centre	11	16-Sep	00093188	\$54.12
Boot Camp	18+	F	7:00 AM	1 hr	Musquodoboit Harbour Community Centre	14	20-Sep	00093355	\$91.70
Cardio & Weights	18+	Tu	10:30 AM	45 min	Musquodoboit Harbour & District Lions Club	14	17-Sep	00093207	\$68.88
Cardio & Weights	18+	F	10:30 AM	45 min	Petpeswick Yacht Club	14	20-Sep	00093354	\$68.88
Circuit Fit	18+	M	11:15 AM	45 min	Musquodoboit Harbour Community Centre	11	16-Sep	00093189	\$54.12
Conditionnement Physique Doux - Gentle Fitness	18+	W	9:30 AM	45 min	Acadian House Museum	14	18-Sep	00093222	\$68.88
Conditionnement Physique Doux - Gentle Fitness	18+	F	12:45 PM	45 min	Acadian House Museum	14	20-Sep	00093356	\$68.88
Gentle Fit	18+	Tu	9:30 AM	45 min	Musquodoboit Harbour Community Centre	14	17-Sep	00093204	\$68.88

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ADULT									
Gentle Fit	18+	F	9:30 AM	45 min	Petpeswick Yacht Club	14	20-Sep	00093353	\$68.88
Hiking	18+	Tu	11:00 AM	2 hrs	Musquodoboit Harbour Community Centre	6	17-Sep	00093208	Free
Kickboxing	16+	W	6:00 PM	1 hr	Musquodoboit Harbour Community Centre	14	18-Sep	00093225	\$91.70
Pickleball	18+	Tu	7:45 PM	1.5 hrs	Eastern Shore District High School	10	24-Sep	00093210	\$87.50
Step & Weights	18+	W	6:30 PM	45 min	Seaforth Community Hall	14	18-Sep	00093226	\$68.88
Tai Chi	18+	W	7:15 PM	1 hr	Musquodoboit Harbour Community Centre	14	18-Sep	00093227	\$91.70
Total Fit	18+	M	7:00 PM	45 min	Seaforth Community Hall	11	16-Sep	00093190	\$54.12
Trim & Tone	18+	Th	7:00 PM	45 min	Seaforth Community Hall	14	19-Sep	00093346	\$68.88
Yoga	18+	Su	9:30 AM	1 hr 15 min	Seaforth Community Hall	13	15-Sep	00093358	\$106.47
Yoga - Gentle	18+	M	1:30 PM	1 hr 15 min	Musquodoboit Harbour Community Centre	11	16-Sep	00093192	\$90.09
Yoga- Candlelit Yin	18+	M	6:00 PM	1 hr	Musquodoboit Harbour Community Centre	11	16-Sep	00093191	\$72.05
Yoga	18+	Tu	9:30 AM	1 hr 15 min	Ship Harbour Hall	14	17-Sep	00093211	\$114.66
Yoga- Chair	18+	Tu	1:00 PM	1 hr	Acadian House Museum	14	17-Sep	00093213	\$91.70
Yoga- Flow	18+	Tu	11:30 AM	1 hr	Musquodoboit Harbour Community Centre	14	17-Sep	00093214	\$91.70
Yoga	18+	W	10:45 AM	1 hr 15 min	Musquodoboit Harbour Community Centre	14	18-Sep	00093223	\$114.66
Yoga- Chair	18+	W	10:00 AM	1 hr	Ship Harbour Hall	14	18-Sep	00093216	\$91.70
Yoga- Chair	18+	W	12:00 PM	1 hr	Musquodoboit Harbour Community Centre	14	18-Sep	00093810	\$91.70
Yoga- Rise & Shine	18+	W	8:00 AM	1 hr	Musquodoboit Harbour Community Centre	14	18-Sep	00093215	\$91.70
Yoga	18+	Th	9:30 AM	1 hr 15 min	Ship Harbour Hall	14	19-Sep	00093344	\$114.66
Yoga - Gentle	18+	Th	1:30 PM	1 hr 15 min	Musquodoboit Harbour Community Centre	14	19-Sep	00093345	\$114.66
Yoga- Yin	18+	Sa	9:00 AM	1 hr	Musquodoboit Harbour Community Centre	12	21-Sep	00093357	\$78.60
Step Up To Leadership	18+	W	6:30 PM	2 hrs	Graham Creighton Junior High	8	11-Sep	00093394	\$10.00
Step Up To Leadership	18+	W	6:30 PM	2 hrs	Findlay Community Centre	8	18-Sep	00093402	\$10.00
Explore Your Trails	17+	Sa	10:00 AM	2.5 hrs	Gibraltar Rock Loop	1	5-Oct	00094756	Free

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DROP INS									
Family Badminton	All	W	6:45 PM	1.5 hrs	Oyster Pond Academy	10	25-Sep		\$5.00
Youth Open Gym	13-16	Tu	8:15 PM	1hr	Gaetz Brook Jr High	10	24-Sep		FREE

PLEASE NOTE:

- Adult programs are +HST and senior discounts apply to clients 60 years of age and older.
- Some program fees and/or details may change over the course of registration. For the most current details, please log into MyRec.

