

Spring 2025



# Musquodoboit Harbour



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

# Musquodoboit Harbour

| Program Name                                 | Ages    | Day | Start Time | Duration | Location                                   | Classes | Start Date | Code     | Cost     |
|--|---------|-----|------------|----------|--|---------|------------|----------|----------|
| <b>NEW PROGRAMS</b>                          |         |     |            |          |  |         |            |          |          |
| Gourmet Meals in the Home Kitchen            | 18+     | Sa  | 1:00 PM    | 2 hrs    | Musquodoboit Harbour Community Centre      | 6       | 12-Apr     | 00102741 | \$101.90 |
| <b>PRESCHOOL</b>                             |         |     |            |          |  |         |            |          |          |
| Parent & Tot - Little Sports                 | 2-4     | W   | 6:00 PM    | 30 min   | Oyster Pond Academy P-9                    | 8       | 9-Apr      | 00102334 | \$25.44  |
| Parent & Tot - Creative Movement             | 2-4     | Tu  | 4:30 PM    | 30 min   | Musquodoboit Harbour Community Centre      | 8       | 8-Apr      | 00102328 | \$25.44  |
| Ballet                                       | 3-5     | Tu  | 5:05 PM    | 30 min   | Musquodoboit Harbour Community Centre      | 7       | 8-Apr      | 00102323 | \$25.44  |
| Teddy Bears                                  | 2 1/2-5 | F   | 9:30 AM    | 2 hrs    | Musquodoboit Harbour Community Centre      | 7       | 11-Apr     | 00102350 | \$66.85  |
| <b>CHILD</b>                                 |         |     |            |          |  |         |            |          |          |
| Ballet                                       | 5-7     | Tu  | 5:45 PM    | 45min    | Musquodoboit Harbour Community Centre      | 7       | 8-Apr      | 00102324 | \$25.44  |
| Craft Central!                               | 5-7     | M   | 5:45 PM    | 45min    | Musquodoboit Harbour Community Centre      | 6       | 7-Apr      | 00101046 | \$33.42  |
| Craft Central!                               | 8-12    | M   | 6:45 PM    | 45min    | Musquodoboit Harbour Community Centre      | 6       | 7-Apr      | 00101047 | \$33.42  |
| All Sorts of Sports                          | 5-9     | W   | 6:35 PM    | 45min    | Oyster Pond Academy P-9                    | 8       | 9-Apr      | 00102333 | \$38.24  |
| Improv                                       | 8-12    | Th  | 6:00 PM    | 45min    | Musquodoboit Harbour Community Centre      | 7       | 10-Apr     | 00102343 | \$31.84  |
| <b>ADULT</b>                                 |         |     |            |          |  |         |            |          |          |
| Gourmet Meals in the Home Kitchen            | 18+     | Sa  | 1:00 PM    | 2 hrs    | Musquodoboit Harbour Community Centre      | 6       | 12-Apr     | 00102741 | \$101.90 |
| Boot Camp                                    | 18+     | Sa  | 7:00 AM    | 1 hr     | Musquodoboit Harbour Community Centre      | 11      | 12-Apr     | 00102351 | \$73.59  |
| Cardio & Weights                             | 18+     | Tu  | 10:30 AM   | 45 min   | Musquodoboit Harbour & District Lions Club | 11      | 8-Apr      | 00102325 | \$55.11  |
| Cardio & Weights                             | 18+     | F   | 10:30 AM   | 45 min   | Petpeswick Yacht Club                      | 10      | 11-Apr     | 00102348 | \$50.10  |
| Circuit Fit                                  | 18+     | M   | 11:15 AM   | 45 min   | Musquodoboit Harbour Community Centre      | 10      | 7-Apr      | 00102317 | \$50.10  |
| Conditionnement Physique Doux-Gentle Fitness | 18+     | W   | 9:30 AM    | 45 min   | Acadian House Museum                       | 10      | 9-Apr      | 00102335 | \$50.10  |
| Conditionnement Physique Doux-Gentle Fitness | 18+     | F   | 12:45 PM   | 45 min   | Acadian House Museum                       | 9       | 11-Apr     | 00102347 | \$45.09  |
| Gentle Fit                                   | 18+     | Tu  | 9:30 AM    | 45 min   | Musquodoboit Harbour Community Centre      | 11      | 8-Apr      | 00102324 | \$55.11  |
| Gentle Fit                                   | 18+     | F   | 9:30 AM    | 45 min   | Petpeswick Yacht Club                      | 10      | 11-Apr     | 00102349 | \$50.10  |
| Kickboxing                                   | 16+     | W   | 6:00 PM    | 1 hr     | Musquodoboit Harbour Community Centre      | 11      | 9-Apr      | 00102337 | \$73.59  |

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| <b>ADULT</b>                                |      |     |            |           |                                       |         |            |          |         |
| Stability Ball                              | 18+  | M   | 10:15 AM   | 45 min    | Musquodoboit Harbour Community Centre | 10      | 7-Apr      | 00102318 | \$50.10 |
| Step & Weights                              | 18+  | W   | 6:30 PM    | 45 min    | Seaforth Community Hall               | 11      | 9-Apr      | 00102336 | \$55.11 |
| Total Fit                                   | 18+  | M   | 7:00 PM    | 45 min    | Seaforth Community Hall               | 10      | 7-Apr      | 00102319 | \$50.10 |
| Trim & Tone                                 | 18+  | Th  | 7:00 PM    | 45 min    | Seaforth Community Hall               | 11      | 10-Apr     | 00102342 | \$55.00 |
| Tai Chi                                     | 18+  | W   | 7:15 PM    | 1 hr      | Musquodoboit Harbour Community Centre | 11      | 9-Apr      | 00102339 | \$73.59 |
| Candlelit Yin Yoga                          | 18+  | M   | 6:00 PM    | 1 hr      | Musquodoboit Harbour Community Centre | 10      | 7-Apr      | 00102320 | \$66.90 |
| Chair Yoga                                  | 18+  | Tu  | 1:00 PM    | 1 hr      | Acadian House Museum                  | 10      | 8-Apr      | 00102332 | \$66.90 |
| Chair Yoga                                  | 18+  | W   | 10:00 AM   | 1 hr      | Ship Harbour Hall                     | 11      | 9-Apr      | 00102340 | \$73.59 |
| Chair Yoga                                  | 18+  | Th  | 12:00 PM   | 1 hr      | Musquodoboit Harbour Community Centre | 11      | 10-Apr     | 00102344 | \$73.59 |
| Gentle Yoga                                 | 18+  | M   | 1:30 PM    | 1hr 15min | Musquodoboit Harbour Community Centre | 10      | 7-Apr      | 00102321 | \$83.60 |
| Gentle Yoga                                 | 18+  | Th  | 1:30 PM    | 1hr 15min | Musquodoboit Harbour Community Centre | 11      | 10-Apr     | 00102345 | \$91.96 |
| Yin Yoga                                    | 18+  | Sa  | 9:00 AM    | 1 hr      | Musquodoboit Harbour Community Centre | 11      | 12-Apr     | 00102352 | \$73.59 |
| Yoga  | 18+  | Tu  | 9:30 AM    | 1hr 15min | Ship Harbour Hall                     | 11      | 8-Apr      | 00102331 | \$91.96 |
| Yoga- Beginner Series                       | 18+  | Tu  | 7:15 PM    | 1 hr      | Musquodoboit Harbour Community Centre | 11      | 8-Apr      | 00102322 | \$73.59 |
| Yoga - Rise & Shine                         | 18+  | W   | 8:00 AM    | 1 hr      | Musquodoboit Harbour Community Centre | 11      | 9-Apr      | 00102341 | \$73.59 |
| Yoga  | 18+  | W   | 10:45 AM   | 1hr 15min | Musquodoboit Harbour Community Centre | 11      | 9-Apr      | 00102339 | \$91.96 |
| Yoga  | 18+  | Th  | 9:30 AM    | 1hr 15min | Ship Harbour Hall                     | 11      | 10-Apr     | 00102346 | \$91.96 |
| Yoga  | 18+  | Su  | 9:30 AM    | 1hr 15min | Seaforth Community Hall               | 11      | 13-Apr     | 00102353 | \$91.96 |
| Hiking                                      | 18+  | Tu  | 11:00 AM   | 2 hrs     | Musquodoboit Harbour Community Centre | 6       | 8-Apr      | 00102327 | FREE    |
| Pickleball                                  | 18+  | Tu  | 8:00 PM    | 1.5 hrs   | Oyster Pond Academy P-9               | 9       | 8-Apr      | 00102330 | \$76.32 |
| Zumba Online                                | 18+  | Su  | 7:00 PM    | 1 hr      | Online                                | 8       | 6-Apr      | 00101090 | \$53.52 |
| Zumba Toning Online                         | 18+  | Su  | 8:00 PM    | 30 min    | Online                                | 8       | 6-Apr      | 00101094 | \$26.72 |
| Piloxing Online                             | 16+  | Tu  | 7:00 PM    | 1 hr      | Online                                | 10      | 8-Apr      | 00101122 | \$66.90 |
| Explore Your Trails - Musquodoboit Trailway | 17+  | Th  | 10:00 AM   | 2 hrs     | Peace Park                            | 1       | 24-Apr     | 00100895 | FREE    |

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| <b>COMMUNITY DEVELOPMENT WORKSHOPS</b>       |      |     |            |          |   |         |            |          |        |
| Leadership & Teamwork Part 1                 | 18+  | Th  | 6:30 PM    | 2 hrs    | Cole Harbour Community Centre (2nd Floor of Cole Harbour Place) | 1       | 6-Mar      | 00102684 | FREE   |
| Strategic Planning 101                       | 18+  | W   | 6:00 PM    | 2 hrs    | Chocolate Lake Community Centre                                 | 1       | 16-Apr     | 00102304 | FREE   |
| Communication & Conflict Resolution - Part 2 | 18+  | Th  | 6:30 PM    | 2 hrs    | Cole Harbour Community Centre (2nd Floor of Cole Harbour Place) | 1       | 20-Mar     | 00102685 | FREE   |
| Boards 101                                   | 18+  | Th  | 6:30 PM    | 2 hrs    | Halifax Central Commons Multi-Purpose Room                      | 1       | 1-May      | 00102645 | FREE   |
| Volunteer Recruitment & Retention            | 18+  | W   | 6:30 PM    | 2 hrs    | Findlay Community Centre  | 1       | 14-May     | 00102690 | FREE   |
| Strategic Planning 101                       | 18+  | M   | 6:30 PM    | 2 hrs    | Cole Harbour Community Centre (2nd Floor of Cole Harbour Place) | 1       | 23-Jun     | 00102686 | FREE   |
| <b>DROP INS</b>                              |      |     |            |          |   |         |            |          |        |
| Family Badminton                             | All  | W   | 7:30 PM    | 1.5 hrs  | Oyster Pond Academy P-9   | 8       | 9-Apr      |          | \$5.00 |

**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.

