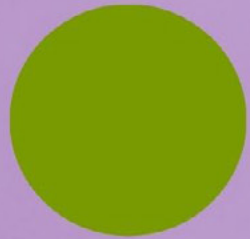


Winter 2025



# 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>PRESCHOOL</b>									
Parent & Tot - Creative Movements	2-4	Tu	4:30 PM	30min	Musquodoboit Harbour Community Centre	7	14-Jan	00098911	\$21.84
Ballet	3-5	Tu	5:05 PM	30min	Musquodoboit Harbour Community Centre	7	14-Jan	00097833	\$21.84
Parent & Tot - Little Sports	2-4	W	6:00 PM	30min	Oyster Pond Academy P-9	8	15-Jan	00097849	\$24.96
Parent & Tot - Messy Art	2-5	Th	5:00 PM	30min	Musquodoboit Harbour Community Centre	7	16-Jan	00097862	\$25.48
Teddy Bears	2 1/2-5	F	9:30 AM	2hrs	Musquodoboit Harbour Community Centre	7	17-Jan	00097867	\$65.52
<b>CHILD</b>									
Craft Central!	5-8	M	5:45 PM	45min	Musquodoboit Harbour Community Centre	6	13-Jan	00097798	\$32.76
Craft Central!	9-13	M	6:45 PM	45min	Musquodoboit Harbour Community Centre	6	13-Jan	00097799	\$32.76
March Break Camp	5-12	M-F	8:00 AM	9hrs	Eastern Shore Community Centre	5	10-Mar	00098255	\$234.10
Ballet	5-7	Tu	5:45 PM	45min	Musquodoboit Harbour Community Centre	7	14-Jan	00097834	\$32.76
All Sorts of Sports	5-9	W	6:35 PM	45min	Oyster Pond Academy P-9	7	15-Jan	00097850	\$32.76
Improv	8-12	Th	6:00 PM	45min	Musquodoboit Harbour Community Centre	7	16-Jan	00097863	\$27.30
<b>YOUTH</b>									
Martock Ski Trip	12-17	Sa	9:00 AM	10hrs	Musquodoboit Harbour Community Centre	1	18-Jan	00098016	\$45.00
Martock Ski Trip	12-17	Sa	9:00 AM	10hrs	Musquodoboit Harbour Community Centre	1	15-Feb	00098017	\$45.00
<b>ADULT</b>									
Boot Camp	18+	Sa	7:00 AM	1hr	Musquodoboit Harbour Community Centre	12	11-Jan	00097868	\$78.57
Cardio & Weights	18+	Tu	10:30 AM	45min	Musquodoboit Harbour & District Lions Club	12	7-Jan	00097839	\$59.06
Cardio & Weights	18+	F	10:30 AM	45min	Musquodoboit Harbour & District Lions Club	12	10-Jan	00097865	\$59.06
Circuit Fit	18+	M	11:15 AM	45min	Musquodoboit Harbour Community Centre	12	6-Jan	00097804	\$59.06
Conditionnement Physique Doux-Gentle Fitness	18+	W	9:30 AM	45min	Acadian House Museum	12	8-Jan	00097851	\$59.06
Conditionnement Physique Doux-Gentle Fitness	18+	F	12:45 PM	45min	Acadian House Museum	12	10-Jan	00097866	\$59.06

# Musquodoboit Harbour

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>ADULT</b>									
Gentle Fit	18+	Tu	9:30 AM	45min	Musquodoboit Harbour Community Centre	12	7-Jan	00097838	\$59.06
Gentle Fit	18+	F	9:30 AM	45min	Musquodoboit Harbour & District Lions Club	12	10-Jan	00097864	\$59.06
Kickboxing	16+	W	6:00 PM	1hr	Musquodoboit Harbour Community Centre	12	8-Jan	00097852	\$90.36
Stability Ball	18+	M	10:15 AM	45min	Musquodoboit Harbour Community Centre	12	6-Jan	00097805	\$59.06
Total Fit	18+	M	7:00 PM	45min	Seaforth Community Hall	12	6-Jan	00097806	\$59.06
Step & Weights	18+	W	6:30 PM	45min	Seaforth Community Hall	12	8-Jan	00097853	\$59.06
Trim & Tone	18+	Th	7:00 PM	45min	Seaforth Community Hall	12	9-Jan	00097861	\$59.06
Tai Chi	18+	W	7:15 PM	1hr	Musquodoboit Harbour Community Centre	12	8-Jan	00097854	\$78.57
Yoga - Candlelit Yin	18+	M	6:00 PM	1hr	Musquodoboit Harbour Community Centre	12	6-Jan	00097832	\$78.57
Yoga - Chair	18+	Tu	1:00 PM	1hr	Acadian House Museum	12	7-Jan	00097845	\$78.57
Yoga - Chair	18+	W	10:00 AM	1hr	Ship Harbour Hall	12	8-Jan	00097856	\$78.57
Yoga - Chair	18+	Th	12:00 PM	1hr	Musquodoboit Harbour Community Centre	12	9-Jan	00097860	\$78.57
Yoga - Gentle	18+	M	1:30 PM	1hr 15min	Musquodoboit Harbour Community Centre	12	6-Jan	00097831	\$98.30
Yoga - Gentle	18+	Th	1:30 PM	1hr 15min	Musquodoboit Harbour Community Centre	12	9-Jan	00097858	\$98.30
Yoga - Yin	18+	Sa	9:00 AM	1hr	Musquodoboit Harbour Community Centre	12	11-Jan	00097869	\$78.57
Yoga	18+	Tu	9:30 AM	1hr 15min	Ship Harbour Hall	12	7-Jan	00097844	\$98.30
Yoga	18+	Tu	7:15 PM	1hr	Musquodoboit Harbour Community Centre	12	7-Jan	00098912	\$78.57
Yoga - Rise & Shine	18+	W	8:00 AM	1hr	Musquodoboit Harbour Community Centre	12	8-Jan	00097855	\$78.57
Yoga	18+	W	10:45 AM	1hr 15min	Musquodoboit Harbour Community Centre	12	8-Jan	00097857	\$98.30
Yoga	18+	Th	9:30 AM	1hr 15min	Ship Harbour Hall	12	9-Jan	00097859	\$98.30
Yoga	18+	Su	9:30 AM	1hr 15min	Seaforth Community Hall	12	12-Jan	00097875	\$98.30
Pickleball	18+	Tu	8:00 PM	1.5hrs	Oyster Pond Academy P-9	11	7-Jan	00097842	\$96.23

# Musquodoboit Harbour

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>ADULT</b>									
Zumba - Online	18+	Su	7:00 PM	1hr	Online	10	5-Jan	00097710	\$65.48
Zumba - Toning Online	18+	Su	8:00 PM	30min	Online	10	5-Jan	00097712	\$32.78
Explore Your Trails - Musquodoboit Trailway	17+	Th	10:00 AM	2hrs	Peace Park - EAST	1	23-Jan	00096608	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.

