

Spring 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
<b>PRESCHOOL</b>									
Ballet	3-5	Tu	4:30 PM	30 min	Musquodoboit Harbour Community Centre	8	9-Apr	00086255	\$24.96
Parent & Tot - Little Sports	2-4	W	6:00 PM	30 min	Oyster Pond Academy P-9	8	10-Apr	00086272	\$24.96
Parent & Tot - Messy Art	2-5	Th	4:45 PM	30 min	Musquodoboit Harbour Community Centre	8	11-Apr	00086297	\$29.12
Basketball/Soccer	3-5	Th	6:00 PM	30 min	Gaetz Brook Junior High	8	11-Apr	00086293	\$24.96
Teddy Bears	21/2 5	F	9:30 AM	2 hrs	Musquodoboit Harbour Community Centre	8	12-Apr	00086308	\$74.88
<b>CHILD</b>									
Craft Central!	5-8	M	5:45 PM	45 min	Musquodoboit Harbour Community Centre	7	8-Apr	00086236	\$38.22
Craft Central!	9-13	M	6:45 PM	45 min	Musquodoboit Harbour Community Centre	7	8-Apr	00086237	\$38.22
Ballet	5-7	Tu	5:10 PM	45 min	Musquodoboit Harbour Community Centre	8	9-Apr	00086256	\$37.44
Multi Dance	8-12	Tu	6:10 PM	45 min	Musquodoboit Harbour Community Centre	8	9-Apr	00086257	\$37.44
Kickboxing	10-15	W	5:00 PM	45 min	Musquodoboit Harbour Community Centre	9	10-Apr	00086278	\$35.10
All Sorts of Sports	5-9	W	6:35 PM	45 min	Oyster Pond Academy P-9	8	10-Apr	00086273	\$37.44
Drama	5-7	Th	5:30 PM	45 min	Musquodoboit Harbour Community Centre	8	11-Apr	00086298	\$31.20
Drama	8-12	Th	6:20 PM	45 min	Musquodoboit Harbour Community Centre	8	11-Apr	00086299	\$31.20
Basketball/Soccer	6-8	Th	6:35 PM	45 min	Gaetz Brook Junior High	8	11-Apr	00086294	\$37.44
Basketball/Soccer	9-12	Th	7:25 PM	45 min	Gaetz Brook Junior High	8	11-Apr	00086295	\$37.44
<b>SUMMER OVERNIGHT CAMPS</b>									
Sunship Week 1	10-12	M-F	10:00 AM		Camp Mockingee	5	08-Jul	00085365	\$485.00
Sunship Week 2	10-12	M-F	10:00 AM		Camp Mockingee	5	15-Jul	00085366	\$485.00
L.E.A.D	13-16	M-F	10:00 AM		Camp Mockingee	5	23-Jul	00085368	\$485.00

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Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>ADULT</b>									
Fitness - Stability Ball	18+	M	10:15 AM	45 min	Musquodoboit Harbour Community Centre	10	8-Apr	00086238	\$49.20
Fitness - Circuit Fitness	18+	M	11:15 AM	45 min	Musquodoboit Harbour Community Centre	10	8-Apr	00086239	\$49.20
Fitness - Gentle Fit	18+	Tu	9:30 AM	45 min	Musquodoboit Harbour Community Centre	12	2-Apr	00086265	\$59.04
Fitness - Cardio & Weights	18+	Tu	10:30 AM	45 min	Musquodoboit Harbour Community Centre	12	2-Apr	00086266	\$59.04
Fitness - Kickboxing	18+	W	6:00 PM	1 hr	Musquodoboit Harbour Community Centre	11	10-Apr	00086281	\$72.05
Fitness - Strength and Conditioning	18+	F	6:00 AM	1 hr	Musquodoboit Harbour Community Centre	11	12-Apr	00086307	\$72.05
Fitness - Boot Camp	18+	F	7:00 AM	1 hr	Musquodoboit Harbour Community Centre	12	5-Apr	00086309	\$78.60
Conditionnement Physique Doux- Gentle Fitness	18+	W	9:30 AM	45 min	Acadian House Museum	12	3-Apr	00086290	\$59.04
Conditionnement Physique Doux- Gentle Fitness	18+	F	12:45 PM	45 min	Acadian House Museum	10	5-Apr	00086306	\$49.20
Fitness - Gentle Fit	18+	F	9:30 AM	45 min	Petpeswick Yacht Club	12	5-Apr	00086304	\$59.04
Fitness - Cardio & Weights	18+	F	10:30 AM	45 min	Petpeswick Yacht Club	12	5-Apr	00086305	\$59.04
Fitness - Total Fit	18+	M	7:00 PM	45 min	Seaforth Community Hall	10	8-Apr	00086240	\$49.20
Fitness - Step & Weights	18+	W	6:30 PM	45 min	Seaforth Community Hall	12	3-Apr	00086282	\$59.04
Fitness - Trim & Tone	18+	Th	7:00 PM	45 min	Seaforth Community Hall	11	4-Apr	00086302	\$54.12
Yoga	18+	Tu	9:30 AM	1hr 15min	Ship Harbour Hall	12	2-Apr	00086260	\$98.28
Yoga - Chair	18+	W	10:00 AM	1 hr	Ship Harbour Hall	12	3-Apr	00086287	\$78.60
Yoga	18+	Th	9:30 AM	1hr 15min	Ship Harbour Hall	12	4-Apr	00086300	\$98.28
Yoga - Chair	18+	Tu	1:00 PM	1 hr	Acadian House Museum	12	3-Apr	00087517	\$78.60
Yoga - Yin	18+	Sa	9:00 AM	1 hr	Musquodoboit Harbour Community Centre	12	06-Apr	00086310	\$78.60
Yoga - Candlelight	18+	Su	1:00 PM	1 hr	Musquodoboit Harbour Community Centre	12	07-Apr	00087507	\$72.05
Yoga - Gentle	18+	M	1:30 PM	1hr 15min	Musquodoboit Harbour Community Centre	10	8-Apr	00086241	\$81.90
Yoga	18+	M	7:00 PM	1 hr	Musquodoboit Harbour Community Centre	10	8-Apr	00086243	\$65.50

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<b>ADULT</b>									
Yoga - Yin/Restorative	18+	Tu	11:30 AM	1 hr	Musquodoboit Harbour Community Centre	11	9-Apr	00086264	\$72.05
Yoga - Rise & Shine	18+	W	8:00 AM	1 hr	Musquodoboit Harbour Community Centre	12	3-Apr	00086283	\$78.60
Yoga	18+	W	10:45 AM	1hr 15min	Musquodoboit Harbour Community Centre	12	3-Apr	00086286	\$98.28
Yoga - Gentle	18+	Th	1:30 PM	1hr 15min	Musquodoboit Harbour Community Centre	12	4-Apr	00086301	\$98.28
Pickleball - Non-Instructional	18+	Tu	7:30 PM	1.5 hrs	Eastern Shore District High School	8	2-Apr	00086267	\$70.00
Badminton - Non-Instructional	18+	W	7:30 PM	1.5 hrs	Oyster Pond Academy P-9	8	10-Apr	00086274	\$70.00

**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.

