

WINTER 2023

MUSQUODOBOIT VALLEY

Dutch Settlement to Dean
12046 Highway # 224,
Middle Musquodoboit
Phone: 902.384.3008



HALIFAX



MUSQUODOBOIT VALLEY

| Program Name | Age | Day | Start Time | Duration | Location | Sessions | Start Date | Code | Fee |
|-------------------------|-----|-----|------------|----------|--------------------------------------|----------|------------|----------|---------|
| PRESCHOOL | | | | | | | | | |
| Art Exploration | 2-5 | W | 10:00 AM | 1 hr | Carrolls Corner Community Centre | 8 | 11-Jan | 00063162 | \$56.00 |
| Puddle Jumpers! | 3-5 | M | 6:00 PM | 1 hr | Carrolls Corner Community Centre | 8 | 9-Jan | 00059577 | FREE |
| Soccer - Parent and Tot | 2-4 | Sa | 11:30 AM | 30 mins | Musquodoboit Valley Education Centre | 8 | 14-Jan | 00062918 | \$24.00 |

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|--|------|----|----------|---------|--------------------------------------|---|--------|----------|---------|
| CHILD | | | | | | | | | |
| Sketch and Draw | 6-12 | T | 2:45 PM | 1 hr | Musquodoboit Valley Education Centre | 8 | 10-Jan | 00063168 | \$56.00 |
| March Break Camp - Eggos and Leggos | 6-10 | Tu | 9:00 AM | 3 hrs | Carrolls Corner Community Centre | 1 | 14-Mar | 00063135 | \$15.00 |
| March Break Camp - Make a Mess | 6-10 | W | 9:00 AM | 3 hrs | Carrolls Corner Community Centre | 1 | 15-Mar | 00063138 | \$15.00 |
| March Break Camp - Survivor Challenge! | 6-10 | Th | 9:00 AM | 3 hrs | Carrolls Corner Community Centre | 1 | 16-Mar | 00063154 | \$15.00 |
| Soccer | 5-8 | Sa | 10:30 AM | 45 mins | Musquodoboit Valley Education Centre | 8 | 14-Jan | 00062917 | \$36.00 |

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| YOUTH | | | | | | | | | |
| Yoga - Beginner | 13+ | Th | 6:00 PM | 1 hr | Musquodoboit Valley Education Centre | 9 | 12-Jan | 00062920 | \$56.70 |
| Water Colour - Beginner Workshop | 16+ | Th | 6:30 PM | 1.5 hrs | Musquodoboit Valley Education Centre | 4 | 19-Jan | 00063186 | \$48.00 |
| Paint Night - Adult and Youth | 13+ | M | 6:30 PM | 1.5 hrs | Musquodoboit Valley Education Centre | 2 | 23-Jan | 00063197 | \$52.18 |
| Paint Night - Adult and Youth | 13+ | M | 6:30 PM | 1.5 hrs | Musquodoboit Valley Education Centre | 2 | 6-Feb | 00063202 | \$52.18 |
| Paint Night - Adult and Youth | 13+ | M | 6:30 PM | 1.5 hrs | Musquodoboit Valley Education Centre | 2 | 27-Feb | 00063203 | \$52.18 |

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|----------------------------------|-----|----|----------|---------|--------------------------------------|----|--------|----------|----------|
| ADULT | | | | | | | | | |
| Water Colour - Beginner Workshop | 16+ | Th | 6:30 PM | 1.5 hrs | Musquodoboit Valley Education Centre | 4 | 19-Jan | 00063186 | \$48.00 |
| Mixed Media | 18+ | W | 11:00 AM | 2 hrs | Carrolls Corner Community Centre | 8 | 11-Jan | 00063206 | \$128.00 |
| Yoga | 18+ | M | 7:30 PM | 1 hr | Carrolls Corner Community Centre | 8 | 9-Jan | 00063028 | \$50.40 |
| Yoga- Beginner | 13+ | Th | 6:00 PM | 1 hr | Musquodoboit Valley Education Centre | 9 | 12-Jan | 00062920 | \$56.70 |
| Yoga- Chair | 18+ | Th | 10:00 AM | 1 hr | Carrolls Corner Community Centre | 8 | 12-Jan | 00063054 | \$50.40 |
| Yoga- Gentle Yoga | 18+ | W | 9:30 AM | 1 hr | St Andrews United Church | 10 | 11-Jan | 00062921 | \$63.00 |
| Paint Night - Adult and Youth | 13+ | M | 6:30 PM | 1.5 hrs | Musquodoboit Valley Education Centre | 2 | 23-Jan | 00063197 | \$52.18 |
| Paint Night - Adult and Youth | 13+ | M | 6:30 PM | 1.5 hrs | Musquodoboit Valley Education Centre | 2 | 6-Feb | 00063202 | \$52.18 |

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|-------------------------------|-----|----|---------|---------|--------------------------------------|----|--------|----------|---------|
| Paint Night - Adult and Youth | 13+ | M | 6:30 PM | 1.5 hrs | Musquodoboit Valley Education Centre | 2 | 27-Feb | 00063203 | \$52.18 |
| Pickleball | 18+ | M | 7:00 PM | 1 hr | Musquodoboit Valley Education Centre | 10 | 9-Jan | 00062915 | FREE |
| Pickleball | 18+ | Th | 7:00 PM | 1.5 hrs | Musquodoboit Valley Education Centre | 10 | 12-Jan | 00062916 | FREE |

Please note that adult programs are +HST and senior discounts apply to clients 60 years of age and older.

FAMILY

| | | | | | | | | | |
|-----------------|----|----|----------|-------|-------------------------------|---|--------|----------|------|
| Hiking - Family | 5+ | Su | 10:30 AM | 2 hrs | Chaswood Educational Wood Lot | 1 | 22-Jan | 00063076 | FREE |
| Hiking - Family | 5+ | Su | 10:30 AM | 2 hrs | Chaswood Educational Wood Lot | 1 | 5-Feb | 00063080 | FREE |
| Hiking - Family | 5+ | Su | 10:30 AM | 2 hrs | Chaswood Educational Wood Lot | 1 | 19-Feb | 00063083 | FREE |
| Hiking - Family | 5+ | Su | 10:30 AM | 2 hrs | Chaswood Educational Wood Lot | 1 | 5-Mar | 00063084 | FREE |
| Hiking - Family | 5+ | Su | 10:30 AM | 2 hrs | Chaswood Educational Wood Lot | 1 | 19-Mar | 00063085 | FREE |

DROP INS

| Program Name | Ages | Day | Start Time | Duration | Location | Start Date | Cost |
|----------------------------------|-------|-----|------------|----------|--------------------------------------|------------|------|
| Fitness Centre | 16+ | M | 6:30 PM | 2.5 hrs | Musquodoboit Rural High School | 9-Jan | FREE |
| Fitness Centre | 16+ | W | 6:30 PM | 2.5 hrs | Musquodoboit Rural High School | 11-Jan | FREE |
| Fitness Centre | 16+ | F | 6:30 PM | 2.5 hrs | Musquodoboit Rural High School | 13-Jan | FREE |
| Open Gym - Child | 6-12 | M | 6:00 PM | 1 hr | Musquodoboit Valley Education Centre | 9-Jan | FREE |
| Open Gym - Youth | 13-18 | Tu | 7:00 PM | 2 hrs | Musquodoboit Rural High School | 10-Jan | FREE |
| Open Gym - Youth and Adult | 13 + | F | 6:30 PM | 2.5hrs | Musquodoboit Rural High School | 13-Jan | FREE |
| Saturday Morning Active - Family | 5 + | Sa | 9:00 AM | 1.5 hrs | Musquodoboit Valley Education Centre | 14-Jan | FREE |

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PASSWORD ALERT!

To improve security for our users, our online registration platform will be changing its password requirements. Starting Nov. 16, 2022, the minimum password length to log into a MyRec account will be extended from eight to 10 characters.

New and existing users with passwords less than 10 characters will be required to change their password before logging into their MyRec account. Existing users with passwords of 10 or more characters are unaffected. For enhanced security, users are required to update their own password rather than seek assistance from recreation staff.

We urge all impacted users to change their password to 10 or more characters before the upcoming winter recreation programming registration on Dec. 7 and 8, 2022 or at the next available opportunity. To change your password, visit the account login page and follow the password reset instructions. Questions can be directed to your local recreation centre or call (902) 490.6666.