

FALL 2022

# SHEET HARBOUR

East Ship Harbour to Ecum Secum  
22756 Highway #7 Bluewater Building  
Phone: 902.885.2988  
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HALIFAX



# SHEET HARBOUR

Program Name	Age	Day	Start Time	Duration	Location	Classes	Start Date	Code	Fee
<b>PRESCHOOL</b>									
Dance - Ballet	3-5	Th	2:50 PM	30 min	Sheet Harbour Recreation Office & Seaside Fitness	8	22-Sep	00059028	\$24.00
Preschool Play - Stories & Crafts	3-5	Tu	10:45 AM	1 hr	Sheet Harbour Public Library	12	20-Sep	00059177	Free

<b>CHILD</b>									
Camp - Christmas Crafts & More	5-9	Tu	2:30 PM	2 hr	Sheet Harbour Recreation Office & Seaside Fitness	1	13-Dec	00059027	\$5.00
Camp - Halloween Craft	5-9	Tu	2:30 PM	2 hr	Sheet Harbour Recreation Office & Seaside Fitness	1	25-Oct	00059024	\$5.00
Dance - Creative Movement	5-10	Th	3:30 PM	1 hr	Sheet Harbour Recreation Office & Seaside Fitness	8	22-Sep	00059034	\$48.00
Open Gym	5-12	M	6:00 PM	1 hr 30 min	Marine Drive Academy	12	19-Sep	00059047	Free

<b>FAMILY</b>									
Canoeing - Family Learn To Canoe	5+	Sa	10:00 AM	2 hr	Malay Falls Beach	1	17-Sep	00059556	\$17.39

<b>YOUTH</b>									
Open Gym	11-18	M	8:00 PM	2 hr	Marine Drive Academy	12	19-Sep	00059304	Free
Open Gym	11-18	Tu	6:00 PM	2 hr	Marine Drive Academy	14	20-Sep	00059100	Free
Open Gym	11-18	Tu	8:00 PM	2 hr	Marine Drive Academy	14	20-Sep	00059103	Free
Open Gym	11-18	W	8:00 PM	2 hr	Marine Drive Academy	13	21-Sep	00059306	Free
Open Gym	11-18	F	8:00 PM	2 hr	Marine Drive Academy	10	23-Sep	00059308	Free

<b>ADULT</b>									
Pickleball	12+	W	6:00 PM	2 hr	Marine Drive Academy	6	21-Sep	00059113	\$60.00
Pickleball	12+	W	6:00 PM	2 hr	Marine Drive Academy	6	2-Nov	00059114	\$60.00
Pickleball	12+	F	6:00 PM	2 hr	Marine Drive Academy	5	23-Sep	00059115	\$50.00
Pickleball	12+	F	6:00 PM	2 hr	Marine Drive Academy	5	18-Nov	00059172	\$50.00
Yoga - Chair Yoga	18+	W	2:00 PM	1 hr	Sheet Harbour Recreation Office & Seaside Fitness	8	21-Sep	00059313	\$50.40
Yoga - Gentle Yoga	18+	M	12:30 PM	1 hr	Four Harbours Legion	8	19-Sep	00059112	\$50.40
Yoga - Gentle Yoga	18+	W	12:50 PM	1 hr	Sheet Harbour Recreation Office & Seaside Fitness	8	21-Sep	00059311	\$50.40
Yoga - Yin Yoga	18+	M	9:30 AM	1 hr	Four Harbours Legion	8	19-Sep	00059105	\$50.40