

WINTER 2023

SHEET HARBOUR

East Ship Harbour to Ecum Secum
22756 Highway #7 Bluewater Building
Phone: 902.885.2988
Toll FREE: 1.866.522.2422



HALIFAX

SHEET HARBOUR

Program Name	Age	Day	Start Time	Duration	Location	Classes	Start Date	Code	Fee
PRESCHOOL									
Stories & Crafts	3-5	Tu	10:45 AM	1 hr	Sheet Harbour Public Library	8	17-Jan	00063551	FREE
Dance - Ballet	3-5	Th	2:50 PM	30 mins	Sheet Harbour Recreation Office & Seaside Fitness	8	19-Jan	00063547	\$24.00

CHILD									
Dance - Creative Movement	5-10	Th	3:30 PM	1 hr	Sheet Harbour Recreation Office & Seaside Fitness	8	19-Jan	00063548	\$48.00
Afterschool Activity	5-11	Tu	2:30 PM	2 hrs	Sheet Harbour Recreation Office & Seaside Fitness	6	17-Jan	00063552	\$42.00

YOUTH									
Ski Trip - Ski Martock	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	28-Jan	00064351	\$45.00
Ski Trip - Ski Martock	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	11-Feb	00064354	\$45.00
Ski Trip - Ski Martock	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	25-Feb	00064356	\$45.00
Ski Trip - Ski Martock	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	11-Mar	00064359	\$45.00
Ski Trip - Ski Martock (rent or lift)	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	28-Jan	00064363	\$30.00
Ski Trip - Ski Martock (rent or lift)	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	11-Feb	00064366	\$30.00
Ski Trip - Ski Martock (rent or lift)	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	25-Feb	00064371	\$30.00
Ski Trip - Ski Martock (rent or lift)	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	11-Mar	00064373	\$30.00
Ski Trip - Ski Martock (travel only)	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	28-Jan	00064374	\$15.00
Ski Trip - Ski Martock (travel only)	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	11-Feb	00064377	\$15.00
Ski Trip - Ski Martock (travel only)	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	25-Feb	00064378	\$15.00
Ski Trip - Ski Martock (travel only)	12-18	Sa	8:00 AM	12 hrs	Eastern Shore Recreation Bus	1	11-Mar	00064379	\$15.00

ADULT									
Pickleball	12+	W	6:00 PM	2 hrs	Marine Drive Academy	8	11-Jan	00063557	\$40.00
Pickleball	12+	F	6:00 PM	2 hrs	Marine Drive Academy	8	13-Jan	00063558	\$40.00
Yoga - Yin Yoga	18+	M	9:30 AM	1 hr	Four Harbours Legion	7	16-Jan	00063545	\$44.10
Yoga - Gentle Yoga	18+	M	12:30 PM	1 hr	Four Harbours Legion	7	16-Jan	00063546	\$44.10
Yoga - Gentle Yoga	18+	W	12:50 PM	1 hr	Samuel R Balcom Community Centre	8	18-Jan	00063544	\$50.40
Yoga - Chair Yoga	18+	W	2:00 PM	1 hr	Samuel R Balcom Community Centre	8	18-Jan	00063540	\$50.40

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

SHEET HARBOUR

DROP INS									
Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
Open Gym	5-12	M	6:00 PM	1.5 hrs	Marine Drive Academy	8	9-Jan	00063549	FREE
Open Gym	Gr 7-12	M	8:00 PM	2 hrs	Marine Drive Academy	8	9-Jan	00063550	FREE
Open Gym	Gr 7-12	Tu	6:00 PM	2 hrs	Marine Drive Academy	8	10-Jan	00063553	FREE
Open Gym	Gr 7-12	Tu	8:00 PM	2 hrs	Marine Drive Academy	8	10-Jan	00063554	FREE
Open Gym	Gr 7-12	W	8:00 PM	2 hrs	Marine Drive Academy	8	11-Jan	00063555	FREE
Open Gym	Gr 7-12	F	8:00 PM	2 hrs	Marine Drive Academy	8	13-Jan	00063556	FREE

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.