

Spring 2024

Spryfield/Sambro

Captain William Spry Centre
16 Sussex Street
Phone: 902.477.POOL (7665)
or 902.479.1111



Spryfield/Sambro

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
PRESCHOOL									
Ballet	3-4	Sa	11:45 AM	45 min	Captain William Spry Community Centre	8	6-Apr	00086631	\$37.44
Ballet	3-4	Sa	12:30 PM	45 min	Captain William Spry Community Centre	8	6-Apr	00086632	\$37.44
Intro to Dance	4-6	Sa	1:15 PM	45 min	Captain William Spry Community Centre	8	6-Apr	00086633	\$37.44
Gymnastics - Tumblebugs	3 1/2-4	Sa	10:30 AM	45 min	Captain William Spry Community Centre	8	6-Apr	00086628	\$37.44
Gymnastics - Tumblebugs	4-5	Sa	11:30 AM	45 min	Captain William Spry Community Centre	8	6-Apr	00086629	\$37.44
CHILD									
Hip Hop / Jazz	6-9	Sa	2:00 PM	1 hr	Captain William Spry Community Centre	8	6-Apr	00086634	\$37.44
Basketball	6-8	M	6:30 PM	1 hr	Rockingstone Heights Elementary School	7	8-Apr	00086648	\$43.68
Basketball - Girls Only	8-10	M	7:30 PM	1 hr	Rockingstone Heights Elementary School	7	8-Apr	00086649	\$43.68
Basketball	6-8	W	6:00 PM	1 hr	Harrietsfield Elementary School	8	10-Apr	00086654	\$49.92
Basketball	7-10	W	7:30 PM	1 hr	Harrietsfield Elementary School	8	10-Apr	00086655	\$49.92
Family Open Gym	3+	Sa	1:00 PM	2 hrs	Central Spryfield Elementary School	8	6-Apr	00087518	FREE
YOUTH									
Youth - Night Hoops	10-13	W	6:00 PM	1 hr	Rockingstone Heights Elementary School	8	10-Apr	00086657	FREE
Youth - Night Hoops	14-17	W	7:00 PM	1 hr	Rockingstone Heights Elementary School	8	10-Apr	00086658	FREE
SUMMER OVERNIGHT CAMPS									
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
ADULT									
Line Dancing - Intermediate	18+	M	9:30 AM	45 min	Captain William Spry Community Centre	6	25-Mar	00086415	\$31.42
Line Dancing - Beginner/Intermediate	18+	M	10:15 AM	45 min	Captain William Spry Community Centre	6	25-Mar	00086412	\$31.42
Line Dancing - Beginner	18+	M	11:00 AM	45 min	Captain William Spry Community Centre	6	25-Mar	00086413	\$31.42
Badminton - Non-Instructional	18+	W	7:30 PM	2 hrs	Herring Cove Junior High	8	3-Apr	00086659	\$89.49
Pickleball - Experienced Players - Non Instructional - Central Spryfield Elementary	18+	M	6:00 PM	2 hrs	Central Spryfield Elementary School	7	8-Apr	00086642	\$78.30
Pickleball - All Skill levels - Non Instructional - Central Spryfield Elementary	18+	W	6:00 PM	1.5 hrs	Central Spryfield Elementary School	9	3-Apr	00086644	\$75.51

Spryfield/Sambro

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
ADULT									
Pickleball - Experienced Players - Non Instructional - Rockingstone Heights	18+	Tu	6:00 PM	2 hrs	Rockingstone Heights Elementary School	9	2-Apr	00086643	\$100.67
Pickleball - Experienced Players - Non Instructional - Rockingstone Heights	18+	F	6:00 PM	2 hrs	Rockingstone Heights Elementary School	8	5-Apr	00086645	\$89.49
Belly Dance	18+	M	1:15 PM	1 hr	Captain William Spry Community Centre	6	08-Apr	00087529	\$42.69
Fitness - Chair Fit	18+	Tu	11:15 AM	45 min	Captain William Spry Community Centre	12	02-Apr	00086430	\$57.73
Fitness - Chair Fit	18+	Th	11:15 AM	45 min	Captain William Spry Community Centre	12	04-Apr	00086443	\$57.73
Fitness - 55+ Fitness	18+	Tu	10:00 AM	1 hr	Captain William Spry Community Centre	12	02-Apr	00086429	\$76.81
Fitness - 55+ Fitness	18+	Th	10:00 AM	1 hr	Captain William Spry Community Centre	12	04-Apr	00086441	\$76.81
Fitness - Boot Camp Cardio	18+	Th	6:00 PM	1 hr	Captain William Spry Community Centre	12	04-Apr	00086447	\$76.81
Fitness - Boot Camp Cardio	18+	Sa	9:00 AM	1 hr	Captain William Spry Community Centre	12	06-Apr	00086627	\$76.81
Fitness - Strength & Tone	18+	M	6:00 PM	1 hr	Captain William Spry Community Centre	12	01-Apr	00086417	\$76.81
Fitness - Advanced Yamuna Body Rolling	18+	Tu	9:15 AM	1 hr	Captain William Spry Community Centre	8	26-Mar	00086417	\$50.25
Fitness - Step - Intermediate	18+	Tu	6:00 PM	1 hr	Captain William Spry Community Centre	12	02-Apr	00086431	\$76.81
Fitness - Drum Fit	18+	W	10:00 AM	1 hr	Captain William Spry Community Centre	10	11-Apr	00086444	\$64.01
Fitness - Pilates	18+	W	10:15 AM	1 hr	Captain William Spry Community Centre	6	10-Apr	00087532	\$38.40
Fitness - Piloxing - Online or In-Person Option	18+	Su	6:00 PM	1 hr	Captain William Spry Community Centre	12	07-Apr	00086635	\$76.81
Fitness - Zumba	18+	Su	7:00 PM	1 hr	Captain William Spry Community Centre	12	07-Apr	00086636	\$76.81
Yogalates	18+	M	12:00 PM	1 hr	Captain William Spry Community Centre	6	08-Apr	00087155	\$38.40
Yoga	18+	Tu	7:15 PM	1 hr	Captain William Spry Community Centre	12	02-Apr	00086432	\$76.81
Yoga	18+	W	9:00 AM	1 hr	Captain William Spry Community Centre	6	10-Apr	00087531	\$38.40
Yoga	18+	Th	7:00 PM	1 hr	Captain William Spry Community Centre	12	04-Apr	00086448	\$76.81

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.

