

Winter 2025

rec | HALIFAX

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									
Preschool Art Play Studio	3-51/2	Sa	3:00 PM	45min	Captain William Spry Community Centre	7	11-Jan	00098922	\$38.22
CHILD									
Basketball	5-7	M	6:00 PM	1hr	Rockingstone Heights Elementary School	8	6-Jan	00098024	\$49.92
Basketball - Girls only	8-12	M	7:00 PM	1hr	Rockingstone Heights Elementary School	8	6-Jan	00098025	\$49.92
Basketball	6-8	W	6:00 PM	1hr	Harrietsfield Elementary School	8	8-Jan	00098039	\$49.92
Ballet	3-4	Sa	11:45 AM	45min	Captain William Spry Community Centre	8	11-Jan	00098053	\$37.44
Ballet	3-4	Sa	12:30 PM	45min	Captain William Spry Community Centre	8	11-Jan	00098054	\$37.44
Dance - Intro	4-6	Sa	1:15 PM	45min	Captain William Spry Community Centre	8	11-Jan	00098055	\$37.44
Hip Hop/Jazz	6-10	Sa	2:00 PM	1hr	Captain William Spry Community Centre	8	11-Jan	00098056	\$49.92
Tumblebugs	4-5	Sa	10:30 AM	45min	Captain William Spry Community Centre	8	11-Jan	00098058	\$37.44
Tumblebugs	4-5	Sa	11:30 AM	45min	Captain William Spry Community Centre	8	11-Jan	00098057	\$37.44
Family Open Gym	3+	Sa	1:00 PM	2hrs	Central Spryfield Elementary School	8	11-Jan	00098059	FREE
Art Play Studio	5-7	Sa	4:00 PM	1hr	Captain William Spry Community Centre	7	15-Feb	00098923	\$50.96
Creative Play Studio	8-12	Sa	5:00 PM	1hr	Captain William Spry Community Centre	7	15-Feb	00098924	\$50.96
Piano	7-9	Th	4:30 PM	30min	Captain William Spry Community Centre	7	13-Feb	00098918	\$36.76
Piano	7-9	Th	5:00 PM	30min	Captain William Spry Community Centre	7	13-Feb	00098919	\$36.76
Piano	10-12	Th	6:00 PM	30min	Captain William Spry Community Centre	7	13-Feb	00098920	\$36.76
Piano	10-12	Th	6:30 PM	30min	Captain William Spry Community Centre	7	13-Feb	00098921	\$36.76
March Break Camp	5-12	M-F	8:30 AM	8hrs	Captain William Spry Community Centre	5	10-Mar	00098943	\$208.08
ADULT									
Line Dancing - Beginner/Intermediate	18+	M	9:30 AM	1hr	Captain William Spry Community Centre	7	6-Jan	00097837	\$50.96
Line Dancing - Beginner	18+	M	10:30 AM	1hr	Captain William Spry Community Centre	7	6-Jan	00097843	\$50.96
Line Dancing - Beginner	18+	M	6:00 PM	1hr	Captain William Spry Community Centre	7	6-Jan	00097846	\$50.96
Pilates - Beginner	18+	W	10:15 AM	1hr	Captain William Spry Community Centre	12	8-Jan	00098041	\$78.57
Pilates - Beginner	18+	F	10:15 AM	1hr	Captain William Spry Community Centre	12	10-Jan	00098049	\$78.57

Spryfield/Sambro

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ADULT									
Cardio Boot Camp	18+	W	6:00 PM	1hr	Captain William Spry Community Centre	12	8-Jan	00098042	\$78.57
Cardio Boot Camp	18+	F	6:00 PM	1hr	Captain William Spry Community Centre	12	10-Jan	00098047	\$78.57
Chair Fit Exercise	18+	Tu	11:15 AM	45min	Captain William Spry Community Centre	12	7-Jan	00098032	\$59.06
Chair Fit Exercise	18+	Th	11:15 AM	45min	Captain William Spry Community Centre	12	9-Jan	00098045	\$59.06
Drum Fit	18+	Th	10:00 AM	1hr	Captain William Spry Community Centre	12	9-Jan	00098046	\$78.57
Strength & Tone	18+	M	6:00 PM	1hr	Captain William Spry Community Centre	11	6-Jan	00097847	\$72.03
Yamuna Body Rolling	18+	Tu	9:30 AM	1hr	Captain William Spry Community Centre	12	7-Jan	00098033	\$78.57
Yoga	18+	M	7:15 PM	1hr	Captain William Spry Community Centre	11	6-Jan	00097848	\$72.03
Yoga	18+	W	9:00 AM	1hr	Captain William Spry Community Centre	12	8-Jan	00098043	\$78.57
Yoga	18+	Th	7:00 PM	1hr	Captain William Spry Community Centre	12	9-Jan	00098048	\$78.57
Yoga	18+	F	9:00 AM	1hr	Captain William Spry Community Centre	12	10-Jan	00098050	\$78.57
Zumba	18+	Su	7:00 PM	1hr	Captain William Spry Community Centre	12	5-Jan	00098311	\$78.57
Badminton - Non-Instructional	18+	W	7:30 PM	2hrs	Herring Cove Junior High	11	8-Jan	00098040	\$125.88
Pickleball - All Skill Levels- Non-Instructional	18+	W	6:00 PM	1.5hrs	Central Spryfield Elementary School	11	8-Jan	00098038	\$94.41
Pickleball - Experienced Players - Non Instructional	18+	M	6:00 PM	2hrs	Central Spryfield Elementary School	10	6-Jan	00098026	\$114.43
Pickleball - Experienced Players - Non Instructional	18+	Tu	8:00 PM	2hrs	Rockingstone Heights Elementary School	11	7-Jan	00098034	\$125.88
Pickleball - Experienced Players - Non Instructional	18+	F	6:00 PM	2hrs	Rockingstone Heights Elementary School	11	10-Jan	00098051	\$125.88
55+ Fitness	55+	Tu	10:00 AM	1hr	Captain William Spry Community Centre	12	7-Jan	00098031	\$78.57
55+ Fitness	55+	Th	10:00 AM	1hr	Captain William Spry Community Centre	12	9-Jan	00098044	\$78.57
Piano	18+	Tu	10:00 AM	45min	Captain William Spry Community Centre	7	11-Feb	00098902	\$43.96
Piano	18+	Tu	10:45 AM	45min	Captain William Spry Community Centre	7	11-Feb	00098903	\$43.96
Piano	18+	Tu	11:30 AM	45min	Captain William Spry Community Centre	7	11-Feb	00098904	\$43.96
Piano	18+	Tu	12:15 PM	45min	Captain William Spry Community Centre	7	11-Feb	00098905	\$43.96

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Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
ADULT									
Sketch & Draw	18+	F	10:00 AM	2hrs	Captain William Spry Community Centre	7	14-Feb	00098925	\$116.57
Zumba - Online	18+	Su	7:00 PM	1hr	Online	10	5-Jan	00097710	\$65.48
Zumba - Toning Online	18+	Su	8:00 PM	30min	Online	10	5-Jan	00097712	\$32.78
Explore Your Trails - Shaw Urban Wilderness	17+	F	10:00 AM	2hrs	Shaw Wilderness Park	1	31-Jan	00096611	FREE
Explore Your Trails - Long Lake	17+	F	10:00 AM	2hrs	Long Lake Drive Park - CENTRAL	1	24-Jan	00096612	FREE

PLEASE NOTE:

- Adult programs are +HST and senior discounts apply to clients 60 years of age and older.
- Some program fees and/or details may change over the course of registration. For the most current details, please log into myREC.

