

Fall 2024

# Spryfield/Sambro

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



HALIFAX



# Spryfield/Sambro

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>NEW PROGRAMS</b>									
Preschool Art Play Studio	3-5	T	9:30 AM	1 hr	Captain William Spry Community Centre	9	1-Oct	00093872	\$65.52
Basketball - Girls Only	8-12	M	7:00 PM	1 hr	Rockingstone Heights School	8	16-Sep	00093486	\$49.92
Pickleball	10-15	W	6:00 PM	1 hr	Rockingstone Heights School	14	18-Sep	00093490	FREE
Night Hoops	13-18	W	7:00 PM	1 hr	Rockingstone Heights School	14	18-Sep	00093491	FREE
Sketching & Painting	18+	M	10:00 AM	2 hrs	Captain William Spry Community Centre	8	23-Sep	00093871	\$130.22
Line Dancing - Beginner	18+	M	6:00pm	1 hr	Captain William Spry Community Centre	10	9-Sep	00094288	\$83.70
Yoga	18+	Sa	10:00am	1.5hr	Captain William Spry Community Centre	8	7-Sep	00093874	\$76.84
Yoga - Vinyasa Flow	18+	W	9:00 AM	1 hr	Captain William Spry Community Centre	9	4-Sep	00093246	\$58.95
<b>PRESCHOOL</b>									
Preschool Art Play Studio	3-5	T	9:30 AM	1 hr	Captain William Spry Community Centre	9	1-Oct	00093872	\$65.52
<b>CHILD</b>									
Basketball	5-7	M	6:00 PM	1 hr	Rockingstone Heights School	8	16-Sep	00093485	\$49.92
Basketball - Girls Only	8-12	M	7:00 PM	1 hr	Rockingstone Heights School	8	16-Sep	00093486	\$49.92
Basketball	5-7	W	6:00 PM	1 hr	Harrietsfield Elementary School	10	18-Sep	00093487	\$62.40
Family Open Gym	3+	Sa	1:00 PM	2 hrs	Captain William Spry Community Centre	10	21-Sep	00093398	FREE
Ballet	3-4	Sa	11:45 AM	45 min	Captain William Spry Community Centre	10	21-Sep	00093393	\$46.80
Ballet	3-4	Sa	12:30 PM	45 min	Captain William Spry Community Centre	10	21-Sep	00093395	\$46.80
Intro to Dance	4-6	Sa	1:15 PM	45 min	Captain William Spry Community Centre	10	21-Sep	00093396	\$46.80
Hip Hop/Jazz Dance	6-10	Sa	2:00 PM	1 hr	Captain William Spry Community Centre	10	21-Sep	00093397	\$62.40
Tumblebugs	4-5	Sa	10:30 AM	45 min	Captain William Spry Community Centre	10	21-Sep	00093389	\$46.80
Tumble Bugs	4-5	Sa	11:30 AM	45 min	Captain William Spry Community Centre	10	21-Sep	00093391	\$46.80
Creative Play Studio	8-12	W	5:00 PM	2 hrs	Captain William Spry Community Centre	10	4-Sep	00093873	\$78.20
<b>YOUTH</b>									
Pickleball	10-15	W	6:00 PM	1 hr	Rockingstone Heights School	14	18-Sep	00093490	FREE
Night Hoops	13-18	W	7:00 PM	1 hr	Rockingstone Heights School	14	18-Sep	00093491	FREE

# Spryfield/Sambro

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>YOUTH</b>									
Piano	12-17	Tu	10:00 AM	45 min	Captain William Spry Community Centre	9	1-Oct	00093863	\$42.12
Piano	12-17	Tu	10:45 AM	45 min	Captain William Spry Community Centre	9	1-Oct	00093864	\$42.12
Piano	12-17	Tu	11:30 AM	45 min	Captain William Spry Community Centre	9	1-Oct	00093865	\$42.12
Piano	12-17	Tu	12:15 PM	45 min	Captain William Spry Community Centre	9	1-Oct	00093866	\$42.12
<b>ADULT</b>									
Yoga	18+	M	7:15 PM	1 hr	Captain William Spry Community Centre	13	2-Sep	00093248	\$85.15
55+ Fitness Class	18+	Tu	10:00 AM	1 hr	Captain William Spry Community Centre	16	3-Sep	00093241	\$104.80
Chair Fit Exercise	18+	Tu	11:15 AM	45 min	Captain William Spry Community Centre	16	3-Sep	00093243	\$78.72
Yoga - Vinyasa Flow	18+	W	9:00 AM	1 hr	Captain William Spry Community Centre	9	4-Sep	00093246	\$58.95
Pilates	18+	W	10:15 AM	1 hr	Captain William Spry Community Centre	9	4-Sep	00093307	\$58.95
Cardio Boot Camp	18+	W	6:00 PM	1 hr	Captain William Spry Community Centre	16	4-Sep	00091529	\$104.80
55+ Fitness Class	18+	Th	10:00 AM	1 hr	Captain William Spry Community Centre	16	5-Sep	00093242	\$104.80
Drum Fit	18+	Th	10:00 AM	1 hr	Captain William Spry Community Centre	10	5-Sep	00093343	\$65.50
Chair Fit Exercise	18+	Th	11:15 AM	45 min	Captain William Spry Community Centre	16	5-Sep	00093244	\$78.72
Yoga	18+	F	9:00 AM	1 hr	Captain William Spry Community Centre	9	6-Sep	00093308	\$58.95
Pilates	18+	F	10:15 AM	1 hr	Captain William Spry Community Centre	9	6-Sep	00093341	\$58.95
Line Dancing - Beginner/Intermediate	18+	M	9:30 AM	1 hr	Captain William Spry Community Centre	10	9-Sep	00094286	\$83.70
Line Dancing - Beginner	18+	M	10:30 AM	1 hr	Captain William Spry Community Centre	10	9-Sep	00094287	\$83.70
Line Dancing - Beginner	18+	M	6:00pm	1 hr	Captain William Spry Community Centre	10	9-Sep	00094288	\$83.70
Strength & Tone	18+	M	6:00 PM	1 hr	Captain William Spry Community Centre	12	9-Sep	00091527	\$78.60
Piloxing - Online Option Available	18+	Su	6:00 PM	1 hr	Captain William Spry Community Centre	12	15-Sep	00093400	\$78.60
Zumba	18+	Su	7:00 PM	1 hr	Captain William Spry Community Centre	12	15-Sep	00093399	\$78.60
Yoga	18+	Th	6:00 PM	1 hr	Captain William Spry Community Centre	13	19-Sep	00093401	\$85.15
Yamuna Body Rolling	18+	Tu	9:30 AM	1hr	Captain William Spry Community Centre	8	5-Nov	00093622	\$60.24
Yoga	18+	Sa	10:00 AM	1. 5 hrs	Captain William Spry Community Centre	8	7-Sep	00093874	\$90.40
Pickleball - Experienced Players - Non Instructional	18+	M	6:00pm	2 hrs	Central Spryfield Elementary School	11	16-Sep	00093451	\$123.05

# Spryfield/Sambro

Program Name	Ages	Day	Start Time	Duration	Location	Classes	Start Date	Code	Cost
<b>ADULT</b>									
Pickleball - All Skill Levels - Non-Instructional	18+	W	6:00 PM	1.5 hrs	Central Spryfield Elementary School	13	18-Sep	00093483	\$109.06
Pickleball - Experienced Players - Non Instructional	18+	Tu	8:00 PM	2 hrs	Rockingstone Heights Elementary School	13	17-Sep	00093452	\$145.42
Pickleball - Experienced Players - Non Instructional	18+	F	6:00 PM	2 hrs	Rockingstone Heights Elementary School	11	20-Sep	00093484	\$123.05
Piano	18+	Th	11:15 AM	45 min	Captain William Spry Community Centre	9	3-Oct	00093867	\$48.04
Piano	18+	Th	12:00 PM	45 min	Captain William Spry Community Centre	9	3-Oct	00093868	\$48.04
Piano	18+	Th	12:45 PM	45 min	Captain William Spry Community Centre	9	3-Oct	00093869	\$48.04
Piano	18+	Th	1:30 PM	45 min	Captain William Spry Community Centre	9	03-Oct	00093870	\$48.04
Step Up To Leadership	18+	W	6:30 PM	2 hrs	Graham Creighton Junior High	8	11-Sep	00093394	\$10.00
Step Up To Leadership	18+	W	6:30 PM	2 hrs	Findlay Community Centre	8	18-Sep	00093402	\$10.00

**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.

