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IMPORTANT DATES

Spring Registration Tuesday March 19th @ 8:00am

Full Time Summer Camp Registration Must commit to at least 5 weeks of Summer Camp April 22nd @ 8:00am

All Other Camp Registration April 29th @ 8:00am

Dance & Choir Recital May 4th 10am-12pm

KIDS SPRING RECREATION

Tumble Tots

Ages 1.5-3 | \$35 | 10:25-10:55am
 Mondays | Apr 29th-June 3rd
 Introduction to Tumbling
 Parents attend with children.
 No Class May 20

Tumbling & Parkour

Ages 6+ | \$65 | 11am-12pm
 Mondays | Apr 29th-June 3rd
 Learn basics of tumbling and
 parkour with fun obstacles.
 No Class May 20

Art Club

Ages 7+ | \$60 | 5:30-6:30pm
 Mondays | April 8th-May 13th
 Learn visual art basics, drawing,
 painting & mixed media

All Sports

Ages 3-4 | \$25
 Mondays | 5:45-6:15pm
 May 6th-June 10th
 No Class May 20
 Introduction to new sport each
 week

Rocking the Ropes

Ages 4-6 | \$45 | 6:15-7pm
 Ages 7+ | \$50 | 7-8pm
 Mondays May 6th-June 10th
 No Class May 20th

Intro to Badminton

Tuesdays | May 7th-May 28th
 Ages 8+ | 6:20-7:10pm | \$25
 Learn how to play badminton with
 Rod Mackenzie



KIDS SPRING RECREATION



Playgroup

\$2 per family | 10-11:30am
Wednesdays | Jan 10th-April 25th

Drop-in play group for kids, parents, guardians and/or babysitters to socialize and play together. Feel free to bring a coffee and snacks.

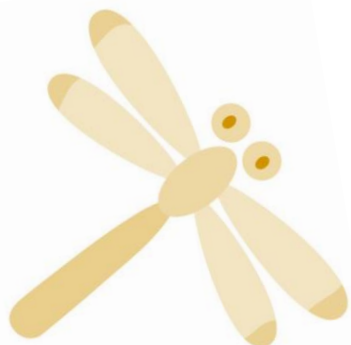
Peanut-Free Zone

No classes on PD Days.



Eastern Shore Breakers Lacrosse

Ages 6+ | \$25 | 6-7pm
Wednesdays | Mar 20th-Apr 10th
Introduction to Lacrosse



Grit Athletics

Wednesdays with Terry Sweeney
Mar 20th-May 7th

Mini Grit Ages 5-7 | 5-6pm

Grit Advance Ages 8+ | 6-7:30pm

introduction to Running. For price and registration email

Gritathleticsteam@gmail.com



Grit Athletics

Dance Workshop

Ages 6+ | \$40 | 5-6pm

Thursday | May 9th-May 30th

A fun Intro dance class with a focus on a different style each class. Learn the basics of Hip Hop, Jazz, Ballet, & Tap.

** Ballet, Jazz, and Tap shoes not required. Just sneakers and comfortable clothing. **



FUN FRIDAYS

Mar

8: PAINT NIGHT (\$15)
8: LAZER TAG (Ages 9+) (\$15)
22: GAMES GALORE (\$15)

April

5: NERF & NINJA (\$15)
12: LASER TAG AGES 9+ (\$15)
12: PAINT NIGHT (\$15)
19: GAMES GALORE (\$15)
26: MOVIE NIGHT (\$10)

May

3: PAINT NIGHT FUND RAISER
HOPE FOR WILDLIFE (\$15)
10: GAMES GALORE (\$15)
24: NERF NIGHT (\$15)

June

7: FAMILY FORMAL DANCE \$10 per family.
Dance party for the whole family. Formal wear not
required. Canteen, Photo booth, & DJ

****NEW**** Family
Formal Dance!

Must pre-
register &
Parents
responsible for
kids.

Bring water bottle & indoor shoes. Canteen items
available for purchase (\$)

Call to register. Must Pay at time of registration. No
Refunds.

AGES
5-12

6-8:30pm

SUMMER CAMP

Registration for 5 + weeks April 22. **MUST** commit to at least 5 weeks.

All other registration April 29

Ages 4-12

\$160 per week/ \$150 siblings

Early drop off 7:30am

Late pick up 5:30pm

Camp 9-4pm

Weekly Themes

July 2-5: Crazy Competitions

July 8-12: Game Show Mania

July 15-19: Around the World

July 22-26: Hollywood & Music

July 29-Aug 2: Olympics

Aug 6-9: Get Creative

Aug 12-16: Mystery Week

Aug 19-23: Best of the Best

Cancellation Fee of \$20 per week.

*** Limited space available ***



ADULT PROGRAMS

Adult Basketball

Wednesdays | 8-9:30pm

Jan 10th-June 12th

Mondays | 8-9:30 pm

May 6th-June 10th

No classes May 20th

\$8 drop in

Please bring indoor shoes
& water bottle.

Latin Dance Classes

Led By: Yovana Russell

Tuesdays | 5:45-6:45pm | \$90

April 9th-May 28th

Mar 21st-May 30th

Learn Salsa, Bachata & Merengue. An excellent program that will teach you all the techniques and moves. No partner required.

The adult dance classes and Restorative yoga class require registration. Call the centre to register.
902 827-2700

Modern Line Dancing

Led By: Yovana Russell

Fridays | April 5-May 10th

All Levels | 6:30-7:30pm | \$68

This class is more than just country dancing. Modern line dancing to a variety of rhythms including Latin, swing, and more!

No partner required. **No Class Mar 29**

Restorative Yoga

Led by: Brittany Rogers

Thursdays | 7:30-8:30pm | \$51

April 11-May 16th.

This 6-week series is a restful practice that will focus on slowing down and embracing the power of rest. You will enjoy deep relaxation for both body and mind. If you have a bolster please bring along, otherwise we have blankets on site you can use.

ADULT FITNESS

ADULT CLASSES ARE DROP IN ONLY

Check Class end dates.

PRICES:

Drop In Adults \$8.50 | Seniors (55+) \$7.50

SAVE and buy a 10-visit pass:

Adults \$75 | Seniors \$65

No classes Mar 11th-15th, Mar 29th, Apr 1st, May 17th, & May 20th

Kid Friendly Boot Camp

Mondays | 9-10am

Last Class June 17th

Led by: Shaunna McNamara

Great full body workout using a variety of fitness equipment & fitness styles. Area will be set up for kids to play. Kids are responsibility of the parents. All levels welcome.

Total Body Shaping

Led by: Anne MacNeil

Mondays | 7:30-8:30pm for March & April

"NEW TIME" 7-8pm

Starts May 6th - June 10th

Full body strength & cardio workout. Variety of equipment to use such as weights, body bars, TRX and more!

Teachers TRX

Led by: Sara Philpott

Mondays | 3:15-4:15pm

Last Class May 27th

Great full body workout. All levels. Everyone welcome, not just teachers.

Cardio Mix

Led by: Yovanna Russel

Tuesdays | 9-9:45am

Last Class June 18th

A fusion fitness class offering a variety of aerobic and fitness workouts to get you moving. Class may include Hula Fit, Drum Fit, Pound, Steps and more!

ADULT FITNESS

Kid Friendly Total Body Shaping

Led by: Sara Philpott
Wednesdays | 9-10am

Last Class June 17th

Full body strength & cardio workout. An area will be set up for kids to play. Kids are responsibility of the parents. All levels welcome.

Zumba Gold

Led by: Yovanna Russel
Wednesdays | 1-1:45pm

Last Class June 19th

Lower intensity, easy to follow steps, version of Zumba. Class can be done seated. Seniors \$6.50 per class.

Silver Fit

Led By: Yovana Russell

Last Class June 20th

Thursdays | 1-1:45pm

Safe strength class offering a practical alternative to traditional exercise class. Ideal for those with mobility issues, or who prefer to be seated during exercise. \$6.50/Class

Zumba

Led by: Trina Oickle-Pottie

Last Class June 19th

Wednesdays | 7:35-8:35pm

Latin and international music inspired cardio workout.

Dance & have fun!

Step & Pump

Led by: Shauna McNamara

Last Class June 20th

Thursdays | 9-9:45am

Step with weights.

Pedal & Pump

Led by: Angela MacLeod

Thursdays | 6:15-7pm

Last Class June 6th

Great full body weight workout with spin for cardio.

Please call to reserve your bike.

(902) 827-2700

Kid Friendly HIIT Class

Led by: Simone North

Last Class June 14th

Fridays | 9-9:45am

High intensity blend of interval training & strength with weights. An area will be set up for kids to play. Kids are responsibility of the parents.

ADULT YOGA

Yoga for Mobility

Led by: Mary Eliza Humphries
Tuesdays | 11am-12pm

Last Class June 18th

This Class is great for everyone and especially if you have mobility issues or recovering from an injury. Yoga can be done in a chair or standing. Improves mobility, sleep, muscle and bone strength. Mary Eliza came to yoga later in life after gone through cancer for a second time. Yoga helped heal her body, mind, heart, and set her on a path that led to becoming a yoga instructor at 60. First class is free for new participants. Drop-in rate is \$6.50.

Strength & Flow Yoga

Led by: Melanie Bryden
Saturdays | 10-11am

Last Class April 27th

Advance your strength, balance and flexibility 60-minute vinyasa flow.

Yoga & Pilates Blend

Led by: Shauna McNamara
Tuesdays | 7-8 pm

Last Class June 18th

Blend between Pilates and Yoga.
Great full body & core workout.
All level class.

Gentle Yoga

Led by: Simone North
Fridays | 10:10-11:10am

Last Class June 14th

Mindful gentle yoga flow with any modifications needed. Great for all levels including beginners.

Restorative Yoga

Led by: Brittany Rogers

Thursdays | 7:30-8:30pm | \$51 | April 4-May 9th.

This 6-week series is a restful practice that will focus on slowing down and embracing the power of rest. You will enjoy deep relaxation for both body and mind. If you have a bolster please bring along, otherwise we have blankets on site you can use.

This class requires registration. Call center to register