Lake & Shore
Community Recreation

Fall 2026 & Winter 2027

IMPORTANT DATES & INFORMATION:

Early fall Registration opens Tuesday, August 11-24
Over phone only

Fall Registration in person & over phone opens
Tuesday Aug. 25th at 8am
Winter Registration opens Tuesday Dec. 7th 2026 at 8am
in person & over phone

Winter Dance Showcase: Dec. 5th, 10-12pm FREE

Spring Recital: Saturday May 8th 10am-12pm
Adults: $5.00 Children: $2.00
Must purchase tickets prior to event

Center closed: Sept. 30, Oct. 12, Nov. 11, Dec. 21-Jan. 3, Feb. 15, March 8-12, 26 & 29 and May 24

Our competitive dance classes will be competing at Limelight
April 22nd to 25th More information to follow

Lake & Shore
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Lake & Shore Policies

To ensure a focused and safe learning environment for all participants, we have the following policy in place:

No parents or guardians in program room during class.

Programs are designed for children only. Parents and guardians are not permitted to stay in program room, but welcome to stay on site outside classroom areas.

Child readiness requirement

Children must be comfortable being away from their parents or guardians for the duration of the class and must be able to participate independently. This policy helps foster indendance, minimizes distractions and create a better learning experience.

Behavior Policy for Childrens Programs:

- Ability to follow instructions from staff
- Show respect for instructors, participants and equipment
- Participate appropriately and safely

Children unable to follow instructions, disrupt the class or demonstrate unsafe or inappropriate behavior may be asked to leave the program.

We appreciate your understanding and help to create a posative experience for all participants.

Winter Snow Policy:

When school is closed due to bad weather, the center is closed and all programs & rentals are cancelled. In the event of an evening or weekend storm, see our Facebook page for updates & closures. We will try to have make up classes, however this is not always possible.

RECREATION & DANCE

MONDAY

Art Club

Ages 6-8 | $80 per session

5:30-6:15pm

Fall Session: Sept. 28-Nov. 23

Winter Session: Jan. 11-Mar. 8

No classes: Oct. 12 & Feb. 15

Led by Ksenia P.

Learn visual art basics, drawing, painting & mixed media

Tumbling Tots

Ages 1.5-3 | $50 | 10:30-11:00am

Fall Session: Sept. 28-Nov. 23

Winter Session: Jan. 4-Mar. 1

No classes: Oct. 12 & Feb. 15

Led by Sara Philpott

Introduction to Tumbling

Parents attend with children

Adult Tumbling

11:15-12:15

$50 for 8 weeks

Fall Session: Sept. 28-Nov. 23

Winter Session: Jan. 4- Mar. 1

No classes Oct. 12 & Feb. 15

Led by Sara Philpott

Hip Hop Level 1

Ages 6-9 | Sept. 21-May 3

RECREATION: 6-6:45pm | $360

COMPETITIVE: 6:45-7:15pm | $180

Please wear comfortable clothing and sneakers

No Classes Oct. 12th, Dec. 7-28, Feb. 15th, Mar. 8th & Mar. 29th

Hip Hop Level 2

Ages 10-12 | Sept. 21-May 3

RECREATION: 4:30-5:30pm | $360

COMPETITIVE: 5:30-6pm | $180

Please wear comfortable clothing and sneakers

No Classes Oct. 12th, Dec. 7-28, Feb. 15th, Mar. 8th & Mar. 29th

RECREATION & DANCE

TUESDAY

Intro Sewing Club Level 1

Ages 9+ | $150 | 5:30-6:30pm
Winter Session: Jan. 12- Feb. 16
Led by Justine Wade
Learn basics of sewing. All supplies & sewing machine included in price. Kids will make a tote bag.

Sewing Club Level 2

Ages 9+ | $160 | 6:30-8pm
Winter Session: Jan. 12-Feb. 16
Led by Justine Wade
Must have attended Sewing Level 1
All supplies & sewing machine included in price. Kids will make a sweatshirt.
Must complete Sewing Level 1

Intro to Hip Hop

Ages 4-5 | 6-6:30pm
Fall Session: Sept. 22-Dec 1 | $80
Winter Session: Jan. 5-May 4 | $120
Please wear comfortable clothing and sneakers
No Classes March 9th

Hip Hop Level 3

Ages 13+ | Sept. 22-May 4
RECREATION: 4:30-5:30pm | $360
COMPETITIVE: 5:30-6pm | $180
Please wear comfortable clothing and sneakers
No Classes March 9th & Dec. 8-29

Our Competitive Classes will be competing at Limelight Dance competition at the end of April. Dancers must be signed up for both the Recreation and Competitive classes to compete. Dancers new to competitive classes will be given a 3-week trial to make sure the class is the right fit. Additional cost of costumes and competition fees may apply.

RECREATION & DANCE

WEDNESDAY

Comic Character Design Level 1

Ages 8-10 | $70 per session
5:30-6:30pm
Fall Session: Oct. 7-Nov. 25
No class Nov. 11
Winter Session: Jan. 20-March 10
Class led by Kai Vandenheuvel
Kids will create and draw their own comic character & comic book

Comic Character Design Level 2

Ages 11-15 | $70 per session
6:40-7:40pm
Fall Session: Oct. 7-Nov. 25
No class Nov. 11
Winter Session: Jan. 20- March 10
Class led by Kai Vandenheuvel
Must complete level 1

Eastern Shore Breakers Lacrosse

Ages 6+ | $70 per session
6:00-7:00pm
Fall Session: Oct. 7-Nov. 25
Winter Session: Jan. 13-Feb. 25
Introduction to Lacrosse

Jazz Rec Level 2

Ages 8+ | Sept. 16-May 5
RECREATION: 4:45-5:45pm | $360
COMPETITIVE: 5:45-6:15pm | $180
An energetic and dynamic dance style that uses sharp and fluid movements
No classes Sept. 30th, Nov. 11th Dec. 9-30th & March 10th

RECREATION & DANCE

WEDNESDAY

Tumbling Classes

Fall Session: Oct. 14-Nov. 25

Winter Session: Jan. 13-Feb. 24

No classes Nov. 11

Tiny Tumblers | Ages 3&4 | 4:45-5:15 | $48/session

Tumbling Jr | Ages 5-7 | 5:15-6:00pm | $72/session

Tumbling Sr | Ages 8-12 | 6-7pm | $96/session

Learn the fundamentals of Tumbling

Classes led by Sara Philpott, a certified women's gymnastic coach

Due to high demand, there are no refunds/credits for this program.

Children must be able to participate without parents.

Tumbling Showcases:

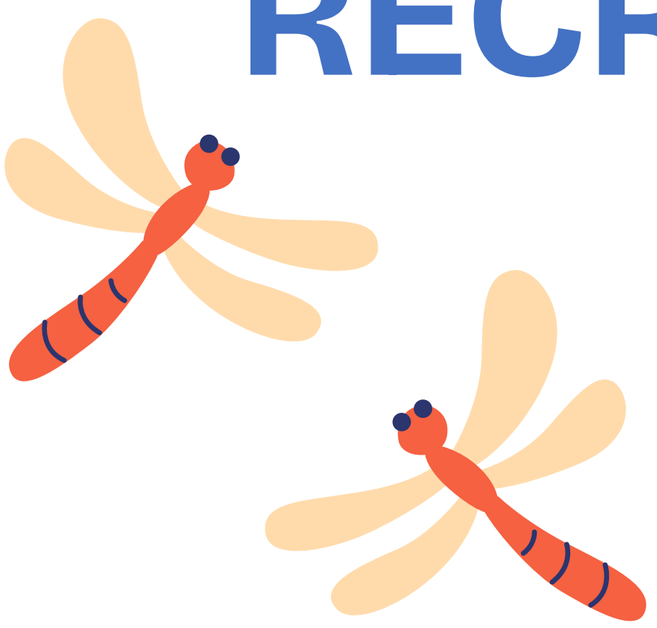
Fall Session: Wednesday, Nov. 25

Winter Session Session: Wednesday, Feb. 24

Please note: Due to the After School program the center will be open at 4:30 to allow participants in before class

RECREATION & DANCE

THURSDAY



Lake & Shore Improv

Ages 8+ | $80 per session | 6-7pm

Fall Session: Oct. 8-Nov. 26

Winter Session: Jan. 14-March 4

Class taught by Ben Delorey. Kids learn the basic of improv and fun acting games.

Parent Tip: Pedal & Pump class 6:15-7pm

“NEW” Fashion Design

Ages 9+ | $200/session | 6-7:30pm

Led by Karin S. Lifshitz, a Naot shoe designer with international fashion experience spanning Paris, China, and beyond.

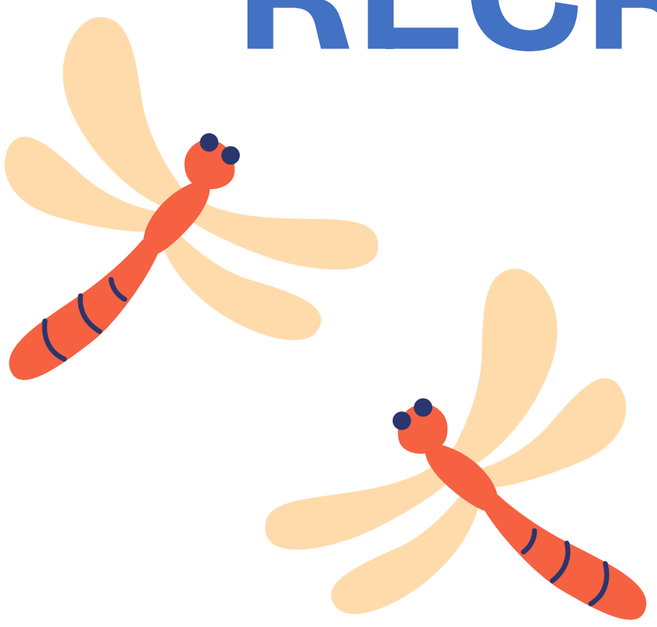
Fall Session: Oct. 1-Nov. 19

Get creative while exploring fashion and textile design! Participants will learn about thrift shopping, upcycling, and the impact of fashion on the environment as well as experiment with printmaking techniques such as stamps, stencils, layered printing, and mixed materials. Kids will begin by designing a unique Halloween hoodie with fun additions like wings, eyes, teeth, and other imaginative details.

Winter Session: Jan. 7-Feb. 25

Explore the fashion design process from inspiration to finished creation! Participants will discover how designers develop collections through trends, color, personal style, and creative sketching while designing their own mini collection. They will also experiment with Japanese shibori folding and dyeing techniques using bleach and natural spices, then learn basic pattern-making and sewing skills to create a hoodie-scraf.

RECREATION & DANCE



FRIDAY

Contemporary Level 2

Ages 8+ | 7-8pm

Fall Session: Oct. 2-Dec. 4 | $145

Winter Session: Jan. 15-May 7 | $200

This is a combination class bending many styles of dance including ballet and jazz. This class is about telling a story through dance. Contemporary is all about being creative.

No classes Feb. 12, March 12 &26

See Fun Fridays Section for more!!!

SATURDAY

Saturday Fall Session: Sept. 19-Nov. 28

Saturday Winter Session: Jan. 9-May 1

No classes: Oct. 10th, Oct. 31st, Feb. 13th, Mar. 13th, & Mar. 27th

Tiny Dancers

Ages 2-3 |

Fall Session: $65

Winter Session: $100

Class A | 8:55-9:25am

Class B | 9:25-9:55am

Kids explore how their bodies move through music and learn fundamental steps. One parent attends with child.

Girls Attire: Pink leotard, pink tights, ballet shoes. Optional tutu.

Boys attire: Black pants, white t-shirt, ballet shoes.

No spectators and please note the exception is for one parent to participate and be responsible for the child in the class.

RECREATION & DANCE
SATURDAY

Pre Tap

Ages 3-4 | 10-10:30am

Fall Session: $65

Winter Session: $100

Introduction to tap.

Girls Attire: Purple leotard, pink tights, tap shoes. Optional tutu.

Boys attire: Black pants, white t-shirt, tap shoes.

No parents in class.

Pre Ballet & Pre Jazz

Ages 4-5 | 10:30-11:30am

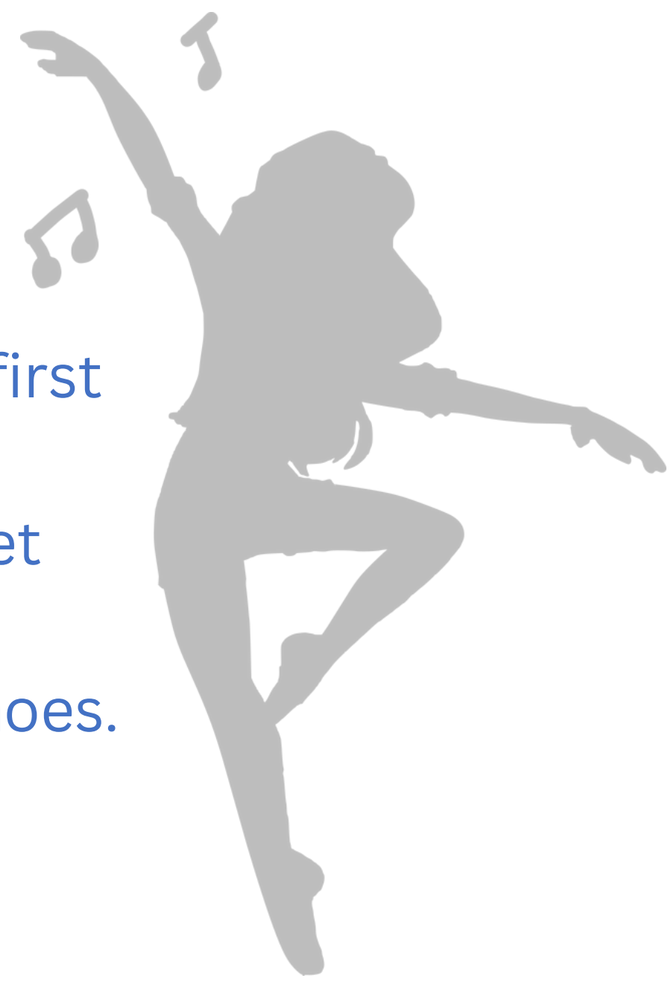
Fall Session: $130

Winter Session: $200

Intro to ballet & jazz class will focus on plies, first position, skips and pivot turns.

Girls Attire: Purple leotard, pink tights, ballet shoes. Optional tutu

Boys attire: Black pants, white t-shirt, ballet shoes.

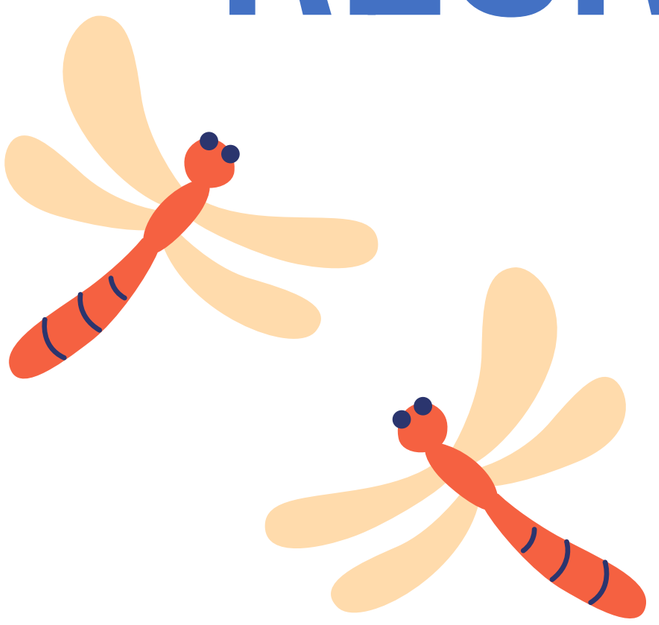


Dance attire is a suggestion; children can wear what they feel comfortable in. Costumes may need to be purchased for Winter Showcase and Spring Recital

No classes: Oct. 10th, Oct. 31st, Feb. 13th, Mar. 20th, & Mar. 27th

RECREATION & DANCE

SATURDAY



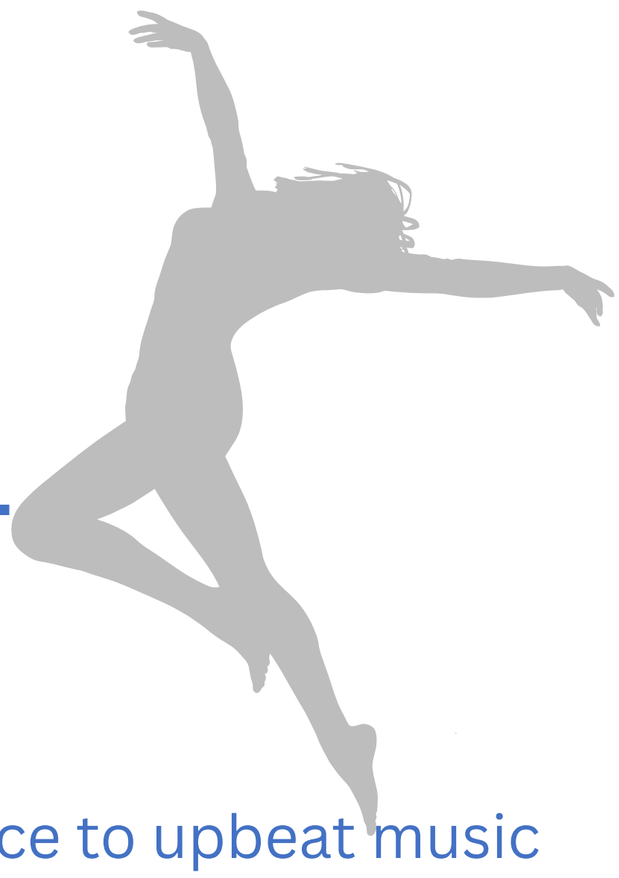
Tap Level 1

Ages 5-7 | 11:45-12:15

Fall Session: $65

Winter Session: $100

Tap class for beginners. Tap shoes needed.



Contemporary & Jazz Level 1

Ages 6-9 | $130 | 12:15-1:15pm

Fall Session: $130

Winter Session: $200

Dancers will learn jumps, technique, turns and floorwork. Dance to upbeat music and slower songs.

Tap Level 2

Ages 8+ | 1:15-2pm

Fall Session: $88

Winter Session: $145

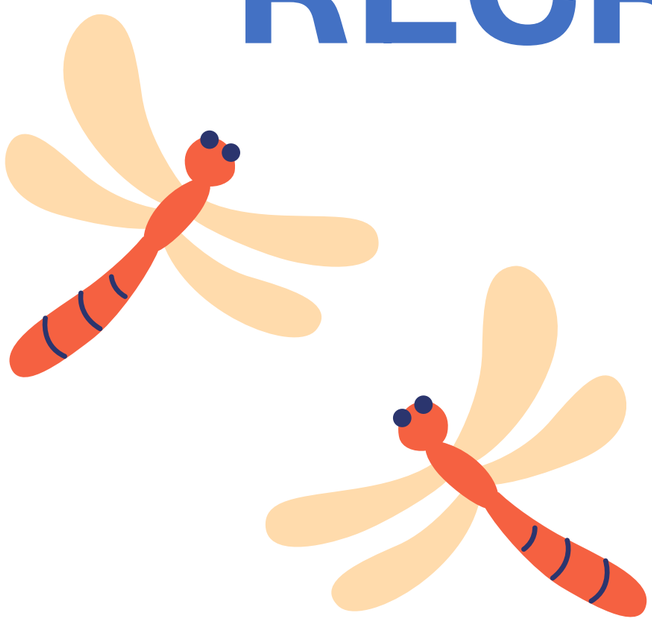
Builds on the fundamentals of Level 1 with a structured, rhythm-driven approach. Tap shoes required.

Dance attire is a suggestion; children can wear what they feel comfortable in. Costumes may need to be purchased for Winter Showcase and Spring Recital

No classes: Oct. 10th, Oct. 31st, Feb. 13th, Mar. 20th, & Mar. 27th

RECREATION & DANCE

SUNDAY



“NEW” Flag Football

Ages 8-11 | $80 | 9am-10:30am

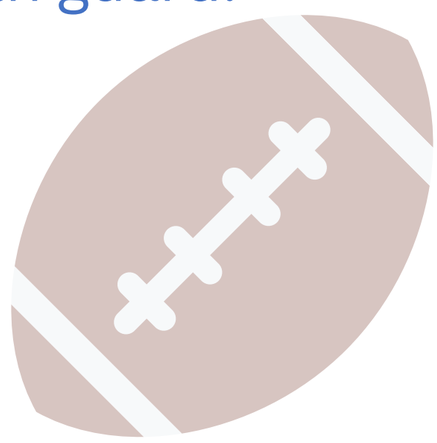
Winter Session: Jan . 10-Feb. 7

Ages 12-15 | $100 | 10:30am-12:30pm

Led by Justine Wade & Tim Henderson

Learn the basics of Flag Football

Please bring water bottle, indoor shoes, and a mouth guard.



Intro Tae Kwon Do

Ages 6-8 | $25 | 9-9:40am

Winter Session: Jan. 10-Jan. 31

Led by junior leader David Lever, second level Black Belt. This program is meant to introduce participants to the basics of Tae Kwon Do. Participants who wish to further their practice are asked to reach out to Whites Tae Kwon Do. Kids bring a water bottle, wear comfortable clothing and bare feet. No uniform required.

FUN FRIDAYS $15 Ages 5-12

OCT

2: Nerf & Ninja
9: Paint & Play
16: Laser Tag 8+
23: Movie & Games
30: Halloween Dance Party

NOV

6: Nerf & Ninja
13: Paint & Play
20: Laser Tag 8+
27: Movie & Games

DEC

18: Christmas Movie & Games
Fundraiser 6-8pm $20
All funds go towards our competitive dance classes

6-8pm

Bring water bottle and indoor shoes. Canteen iems available for purchase
Call 902-827-2700 to register

FUN FRIDAYS $15 Ages 5-12

JAN

15: Nerf & Ninja
22: Paint & Play
29: Laser Tag 8+

FEB

5: Nerf & Ninja
26: Movie & Games

MAR

5: Nerf & Ninja
12: Paint & Play

APR

2: Nerf & Ninja
9: Paint & Play
16: Laser Tag 8+
23: Movie & Games

6-8pm

Bring water bottle and indoor shoes. Canteen iems available for purchase
Call 902-827-2700 to register

Did you know that the following organizations have their programs here?

Rockets Basketball – Monday nights, October to April
https://www.rocketsbasketball.ca/

French Sparks– Monday nights.
https://www.girlguides.ca/sparks

Pathfinders – Tuesday nights.
https://www.girlguides.ca/web/

Porters Lake Soccer – Tuesday & Thursday nights, September-November
https://www.porterslakesoccer.ca/

Dartmouth Volleyball – Tuesdays and Thursdays, January to April
https://www.dartmouthvolleyballclub.com

Scotia Skippers – Wednesday nights
https://www.instagram.com/scotiaskippers/?hl=en

Girl Guides/Embers – Wednesday nights
https://www.girlguides.ca/web/

Eastern Shore Lacrosse Breakers- Wednesday nights
https://www.breakerslax.ca/

Special Olympics - Saturday mornings
email: program_coord@specialolympicsdartmouth.ca

Eastern Shore Flag Football - Sundays