



Our Winter Programming Schedule is up and open for registration!

Note: For programs taking place in schools, if school is cancelled, the program is cancelled.

Fitness Programs

Seniors Dance for Health

An hour of fun moving through low impact, gentle-functional dance movements to music. Classes focus on, respond to and adapt to the needs of the participants. This program is best suited for those looking to improve and maintain mobility.

East Hants Sportsplex Todd Hunter Room
Fridays | Begins Jan. 10 | 10 – 11am | \$6/class

[Register](#)

Fitness Fun - 50+ Fitness

Join Terri for a fun hour of low impact cardio with strength, balance and stretching movements to finish. All levels are welcome with modifications to benefit individual needs. This is a class designed to be social, fun and invigorating.

East Hants Sportsplex Todd Hunter Room
Mondays & Wednesdays | Begins Jan. 6 | 10 – 11am | \$6/class

[Register](#)

Yoga Flow – All Levels

Join Julia through a series of postures that can help build strength, flexibility, cardiovascular endurance and mental focus. Modifications are provided throughout the class allowing all to work at their own ability and comfort level. All levels welcome.

East Hants Sportsplex Todd Hunter Room
Tuesdays | Begins Jan. 7 | 10 – 11am | \$6/class

[Register](#)

Hatha Yoga

Terri will guide you in a gentle one-hour class focusing on strength, balance and flexibility through basic yoga movements and mindful breathing. All levels are welcome.

East Hants Sportsplex Todd Hunter Room
Thursdays | Begins Jan. 9 | 9 – 10am | \$6/class

[Register](#)

Creative Arts Programs

Drop-In Art

Be creative, socialize and get extra art help with Quentin Syliboy! Various supplies will be available or bring your own projects you have already started.

Ages 8-15

East Hants Aquatic Centre Community Room
Thursdays | Begins Jan. 16 | 6:30 – 8pm | \$6/class

[Register](#)

Learn to Crochet

Our experienced instructor will guide participants through the basics to learn how to crochet a simple pattern. Some supplies provided (crochet hooks, some yarn, patterns).

Ages 8-14

East Hants Aquatic Centre Community Room
Wednesdays | Jan. 15 - Mar. 5 | 6:30 – 8pm | \$65

[Register](#)

Sport Programs

Ball Hockey

A fun hour of non-competitive, unstructured, play for fun Ball Hockey!

Ages 7-12

Enfield Elementary School

Mondays | Jan. 13 – Mar. 24 | 5:30 – 6:30pm | \$45

[Register](#)

Pickleball

Fun evening of recreational pickleball. All levels welcome. Registration required.

Ages 16+

Youth under the age of 16 must be accompanied by a parent/guardian.

Note: Registration is open for a month at a time.

Uniacke District School
Mondays Jan. 6 – Mar. 17
6 – 8pm | \$3/evening

[Register](#)

Maple Ridge Elementary
Wednesdays Jan. 8 – Mar. 19
6 – 9pm | \$3/evening

[Register](#)

Adult Drop-In Sport Night

Fun evening of unstructured intramural style sport. All levels welcome. Registration required.

Ages 16+

Rawdon District School

Wednesdays | Begins Jan. 15 | 6 – 7pm | \$3/evening

[Register](#)

All Sorts of Sports

An hour of non-competitive Fun! Participants will play different sports throughout the 6 weeks. Registration required.

Ages 6-11

Rawdon District School

Thursdays | Jan. 15 - Feb. 20 | 6 – 7pm | \$33.75

[Register](#)

Badminton

Fun evening of recreational badminton. All levels welcome. Equipment not provided. Registration required.

Ages 16+

Youth under the age of 16 must be accompanied by a parent/guardian.

Riverside Education Centre

Thursdays | Jan. 9 – Mar. 20 | 6:30 – 8:30pm | \$3/evening

[Register](#)

Shinny Hockey

Co-Ed Shinny hockey. Full Gear Mandatory.

Registration for each week opens a week in advance. Goalies play for free and not required to register.

Ages 15+

East Hants Sportsplex Ice Pad B

Fridays | Begins Jan. 10 | 3 – 4pm | \$10/session

[Register](#)

Indoor Golf Driving Range

Book a timeslot to practice your swing and hit a bucket of balls. Bring your own clubs and clean shoes.

Age 16+

East Hants Sportsplex Dome Field 3

Tuesdays & Thursdays | 1 – 3pm | \$15/hour

[Register](#)

Free Community Programs

Walk & Roll

Improve your health through walking! Join the Seniors Clinic at the Walk and Roll Program and walk the track at your own pace. Walkers are available to use at the program. All are welcome.

East Hants Sportsplex Walking Track

Tuesdays | Begins Jan. 7 | 9 – 10am

Run & Tumble

Run and Tumble is a drop-in group where kids can run, jump and play together in a safe and fun environment. Open to parents/caregivers and children under 5. Delivered by the [East Hants Family Resource Centre](#) in partnership with the Municipality of East Hants. Registration not required.

Ages 0-5

East Hants Sportsplex Dome

Thursdays | Begins Jan. 9 | 10:30 – 11:30am

Open Gym

Stop in for an hour of free time! Some equipment will be provided or bring your own. Children under the age of 12 must be supervised by a parent or guardian. Registration not required.

Uniacke District School

Fridays: Jan. 17, Feb. 14, Mar. 21 | 6 – 8pm

After School Turf Time

Get active after school and stop in for free play! Children under the age of 12 must be supervised by a parent/guardian age 16+. Registration not required.

East Hants Sportsplex Dome

Tuesdays & Thursdays | Begins Jan. 7 | 3 – 5pm

Public Skating

Bring the family to enjoy public skates at the East Hants Sportsplex! Helmets are required.

Parent & Tot | Tuesdays & Fridays | 10 – 11am

Public Skate | Tuesdays & Fridays | 11am – 12pm

Public Skate | Saturdays | Times vary

[View Schedule](#)

Senior Social

On the first Tuesday of each month join us for FREE socials. Enjoy coffee, tea, snacks and good company! Registration is not required.

East Hants Aquatic Centre Community Room

First Tuesday of the Month | 10am – 12pm

January 7, February 4, March 4

Day Camps

No School? Join us for a fun-filled day of activities at the East Hants Aquatic Centre!

All camps are open to ages 6-11. Hours are 8:30am - 4pm.

In-Service Day Splash Camp

Friday, March 7 | \$35

[Register](#)

March Break Splash Camp

March 10-14 | \$135

[Register](#)

Full March Break schedule coming in early February - watch your inbox!

Questions?

Reach out to us anytime at recreation@easthants.ca or call 902-883-3387