

Children - Youth

Program Title	Day	Time	# of Weeks	Price	Start Date	Dates Excluded
Ages 7 - 9 Kid's Floor Hockey With Logan and Tristan (Block 1)	Monday	5:30pm - 7:00pm	5	\$60	January 6	-
Ages 7 - 9 Kid's Floor Hockey With Logan and Tristan (Block 2)	Monday	5:30pm - 7:00pm	5	\$60	February 10	February 17
Ages 5-6 Kid's Floor Hockey With Landon and Tristan (Block 1)	Tuesdays	5:30pm - 6:15pm	5	\$45	January 9	
Ages 5-6 Kid's Floor Hockey With Landon and Tristan (Block 2)	Tuesdays	5:30pm - 6:15pm	5	\$45	February 11	
Ages 3-4 Kid's Soccer With Landon and Tristan (Block 1)	Wednesday	5:30pm - 6:15pm	5	\$45	January 8	-

Ages 3-4 Kid's Soccer with Landon and Tristan (Block 2)	Wednesday	5:30pm - 6:15pm	5	\$45	February 12	-
Ages 5-6 Kid's Floor Hockey With Landon and Tristan (Block 1)	Thursday	5:15pm - 6:00pm	5	\$45	January 9	-
Ages 5-6 Kid's Floor Hockey With Landon and Tristan (Block 2)	Thursday	5:15pm - 6:00pm	5	\$45	February 13	-
Ages 7-12 Kid's Indoor Beginner Lacrosse - provided by NS Lacrosse (Block 1)	Thursday	6:00pm - 7:00pm	5	\$50	January 9	-
Ages 7-12 Kid's Indoor Beginner Lacrosse - provided by NS Lacrosse (Block 2)	Thursday	6:00pm - 7:00pm	5	\$50	February 13	-
Ages 5-7 Mini Hip Hop with Lauren and Maddie	Saturday	8:15am - 9:00am	10	\$80	January 11	-

Ages 8-11 Musical Theatre and Dance with Lauren and Maddie	Saturday	9:00am - 9:45am	10	\$80	January 11	-
Ages 2-3 Creative Movement with Lauren and Maddie	Saturday	10:00am - 10:45am	10	\$80	January 11	-
Ages 3-5 Ballet with Lauren and Maddie	Saturday	10:45am - 11:30am	10	\$80	January 11	-
Ages 3-4 Indoor T-Ball with Landon and Logan (Block 1)	Sunday	12:30pm - 1:30pm	5	\$45	January 12	-
Ages 3-4 Indoor T-Ball with Landon and Logan (Block 2)	Sunday	12:30pm - 1:30pm	5	\$45	February 16	-
Ages 5-7 Indoor Baseball with Landon and Logan (Block 1)	Sunday	1:30pm - 2:30pm	5	\$45	January 12	-
Ages 5-7 Indoor Baseball with Landon and Logan (Block 2)	Sunday	1:30pm - 2:30pm	5	\$45	February 16	-

Adult and Senior

Program Title	Day	Time	# of Weeks	Price	Start Date	Excluded Dates
<i>Hatha Yoga with Sherri (Block 1)</i>	<i>Monday</i>	<i>10:00am – 11:00am</i>	<i>5</i>	<i>\$50</i>	<i>January 6</i>	<i>February 17</i>
<i>Hatha Yoga with Sherri (Block 2)</i>	<i>Monday</i>	<i>10:00am – 11:00am</i>	<i>5</i>	<i>\$50</i>	<i>February 10</i>	<i>February 17 March 10</i>
<i>Yin Yoga with Winston</i>	<i>Monday</i>	<i>7:00pm - 8:00pm</i>	<i>10</i>	<i>\$80</i>	<i>January 6</i>	<i>February 17</i>
<i>Lunchtime Barre with Sabrina (Block 1)</i>	<i>Tuesday</i>	<i>12:15pm - 1:00pm</i>	<i>5</i>	<i>\$50</i>	<i>January 7</i>	<i>-</i>
<i>Lunchtime Barre with Sabrina (Block 2)</i>	<i>Tuesday</i>	<i>12:15pm - 1:00pm</i>	<i>5</i>	<i>\$50</i>	<i>February 11</i>	<i>March 11</i>
<i>Golden Bootcamp with Sabrina (Block 1)</i>	<i>Tuesday</i>	<i>1:15pm - 2:00pm</i>	<i>5</i>	<i>\$50</i>	<i>January 7</i>	<i>-</i>
<i>Golden Bootcamp with Sabrina (Block 2)</i>	<i>Tuesday</i>	<i>1:15pm - 2:00pm</i>	<i>5</i>	<i>\$50</i>	<i>February 11</i>	<i>March 11</i>
<i>Restorative Pilates with Andrea (Block 1)</i>	<i>Tuesday</i>	<i>4:30pm - 5:30pm</i>	<i>5</i>	<i>\$50</i>	<i>January 7</i>	<i>-</i>

Restorative Pilates with Andrea (Block 2)	Tuesday	4:30pm - 5:30pm	5	\$50	February 11	-
Pilates Body Sculpt with Andrea (Block 1)	Tuesday	5:30pm - 6:30pm	5	\$50	January 7	-
Pilates Body Sculpt with Andrea (Block 2)	Tuesday	5:30pm - 6:30pm	5	\$50	February 11	-
Evening Barre with Laurel	Tuesday	6:30pm - 7:15pm	10	\$85	January 7	-
Evening Vinyassa Yoga with Laurel	Tuesday	7:15 - 8:00pm	10	\$85	January 7	-
Evening Adult Spin Class with Rachel	Thursday	7:00pm - 7:45pm	6	\$45	January 9	-
Adult Basketball	Thursday	7:00pm - 8:30pm	11 Weeks	\$80	January 9	-
Adult Floor Hockey	Thursday	8:30pm - 10:00pm	11 Weeks	\$80	January 9	-
Morning Kettlebell with Laurel	Saturday	9:00am - 9:45am	10	\$85	January 11	-
Adult Volleyball	Saturday	11:00am - 12:30pm	10	\$80	January 11	-

Workshops and Classes

Tai Chi Workshop	Monday	6:30am - 7:30pm	3	\$20	January 6 February 3 March 3	-
Restorative Yoga Nidra Workshop	Sunday	6:00pm - 7:30pm	2	\$30	January 26 February 23	-
Paint Night	Thursday	7:00 - 8:30	2	\$35	TBD	-
Adult Soccer Monthly Pick Up Game	Saturday	6:00 - 7:30pm	3	\$8.00	January 25 February 22nd March 22	
Standard First Aid/ CPR and AED	Saturday	9:00am - 5:00pm	1	\$120	TBD	-
Home Alone and Babysitting Course	Saturday	Home Alone 9:00am - 2:00pm Babysitting 9:00am - 4:00pm	1	Home Alone - \$65 Babysitter - \$70	January 11	-
Youth and Adult Career Workshops	TBD	TBD	Series	TBD	TBD	-

New workshops, courses, and classes will be added as they are planned and scheduled. With each new workshop, course or class, we will communicate to the community through our Monthly Newsletter (sign up via our website), social media channels (follow @prospectcommunities), and through our internal and external signage.