



**Registration Begins for all Christmas and Winter Programs
Wednesday, November 23rd at 9am.
Register by phone or simply stop by!**

Fitness Centre Information

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$30.00	\$79.00	\$132.00	\$195.00	\$23.00	\$40.00
Adult 19+	\$40.00	\$105.00	\$175.00	\$260.00	\$30.00	\$52.00
Senior 55+	\$30.00	\$79.00	\$132.00	\$195.00	\$23.00	\$40.00
Partners (2 adults, same address)	\$64.00	\$168.00	\$280.00	\$416.00		
Family (2 adults/ 3 youth)		\$290.00	\$375.00	\$490.00		

Birthday Party Options

Type of Party	With/Without Staff	Cost
Sports	With Staff	\$85.00
Sports	Without Staff	\$70.00
Girls - Nails/Lip gloss	With Staff	\$125.00
Craft	With Staff + Supplies	\$125.00
Craft	Without Staff + Supplies	\$70.00
Baking	With Staff + Supplies	\$125.00
Dance	With Staff	\$125.00



**Winter is almost here!
Join our Indoor Walking Club Today!**

Tues/Thurs – 8:30-10:30am

Sun – 8-10am

\$2.00 per visit



**NEW YEARS EVE DANCE
Dec 31st – 9pm-1:30am
\$15 per person/ \$25 per couple
Tickets Available at PRCC**



Prospect Road Community Centre – Winter Programming 2012

Soccer – Partnered with Halifax County United for Children 6-8yrs/9-10yrs Soccer Program

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
3-5 yrs	Wednesday	5:15-6pm	10	\$34	Jan 11	Mar 14
6-8 yrs	Monday	5:15-6pm	10	\$40	Jan 9	Mar 12
9-10 yrs	Monday	6-7pm	10	\$40	Jan 9	Mar 12
Adult (Co-Ed)	Friday	8-9pm	10	\$35	Jan 13	

Basketball

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
5-7 yrs	Tuesday	5:45-6:30pm	10	\$34	Jan 10	Mar 13
NEW Men (19+)	Friday	9-10pm	10	\$34	Jan 13	
Senior Men (40 +)	Thursday	7:30-9pm	12	\$62	Jan 12	

Floor Hockey

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
5-7 yrs	Thursday	5:45-6:30pm	10	\$34	Jan 12	Mar 15
8-11 yrs	Thursday	6:30-7:30pm	10	\$34	Jan 12	Mar 15
Men's	Tuesday	9-10pm	12	\$41	Jan 10	
	Thursday	9-10pm	12	\$41	Jan 12	

Badminton

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Gr. 6-9	Monday	7-8:30pm	10	\$34	Jan 9	Mar 12
Adult	Monday	8:30-10pm	12	\$62	Jan 9	

Volleyball

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Teen (14+) & Adult	Wednesday	8:30-10pm	12	\$62	Jan 11	

Rugby - *NEW*

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Gr. 6-9	Wed AND Fri	Wed – 6-7pm Fri – 5:30-6:30	10	\$65	Jan 11	

Cooking

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
7-12yrs	Tuesday	6:30-7:45pm	6	\$45	Jan 10	

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Winter Programming 2012

Fitness Classes

****Check out our Child Care Service during Fitness Class Hours Option****

<u>Class Title</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Zumba	Monday	7:45-8:45pm	12	\$65	Jan 9	
	Tuesday	7-8pm	12	\$65	Jan 10	
	Friday	11am-12pm	11	\$60	Jan 13	01/27,03/23,04/6
All-In-One Fitness	Tuesday	6-7pm	12	\$50	Jan 10	
Older Adult Fitness	Tuesday	12:30-1:30pm	12	\$35	Jan 10	
Cardio/Strengthening	Wednesday	11am-12pm	12	\$50	Jan 11	
Youth Bootcamp Teen Fit – Gr. 6-9	Wednesday	2:30-3:30pm	12	\$41	Jan 11	Mar 14
Dance Fit	Thursday	6-7pm	12	\$50	Jan 12	
Core Cross Training	Saturday	9-10am	11	\$46	Jan 14	Jan 28, Mar 24

Real Fitness Kickboxing - Group Training (no drop-ins for this class)

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Adult	Monday	6:45-7:45pm	12	\$100	Jan 9	

Yogalates

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Adult	Wednesday	1-2pm	12	\$65	Jan 11	
Adult	Saturday	10-11am	11	\$60	Jan 14	Jan 28, Mar 24

Yoga

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Youth Yoga – Gr. 6-9	Monday	2:30-3:30pm	12	\$41	Jan 9	Mar 12
Adult	Monday	8:45-9:45pm	12	\$65	Jan 9	
	Thursday	7-8pm	12	\$65	Jan 12	
	Friday	10-11am	11	\$60	Jan 13	01/27,03/23,04/6
Senior	Wednesday	9-10am	12	\$55	Jan 11	

Belly Dancing - *NEW*

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Adult	Tuesday	8-9pm	8	\$55	Jan 10	

Active Playgroup - *NEW* - See website for program description!

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
3-5 yrs	Tuesday	5:45-6:30pm	10	\$34	Jan 10	Mar 13

Dance Classes - *NEW* Break Dancing Class Available – Concrete Roots – See website for details!

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Winter Programming 2012

<u>Class Title</u>	<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Ballet & Jazz	3-5 yrs	Wednesday	5:15-6pm	10	\$28	Jan 11	Mar 14
Hip Hop	6-9 yrs	Wednesday	6-7pm	6	\$23	Jan 11	
Hip Hop	10-13yrs	Wednesday	7-8pm	6	\$23	Jan 11	
Break Dancing	6-11yrs	Wednesday	6-7pm	10	\$75	Feb 22	Mar 14
Break Dancing	12 yrs +	Wednesday	7-8pm	10	\$75	Feb22	Mar 14
Salsa Dance	Adult	Sunday	7:30-8:30pm	8	\$42 single/ \$84 couple	Jan 8	

Pottery – See website for project descriptions!

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Parent/Child	Thursday	6:30-8pm	2	\$25	Dec 8	
Gr. 2-4	Thursday	6:30-8pm	4	\$40	Jan 12	
Parent/Child	Thursday	6:30-8pm	2	\$25	Feb 16	

Digital Photography – Beginners

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
14 yrs +	Saturday	1:30-3pm	5	\$47	Jan 14	

Digital Photography – Intermediate

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
14 yrs +	Saturday	1:30-3pm	5	\$47	Feb 25	

Hardanger – Embroidery Course – See website for supplies list/description! - *NEW*

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Adult	Tuesday	7-8:30pm	8	\$40	Jan 10	

Child Care during Fitness Class Hours

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
3-10 yrs	Tuesday	6-7pm	12	\$36	Jan 10	
	Tuesday	7-8pm	12	\$36	Jan 10	
	Saturday	9-10am	12	\$36	Jan 14	Jan 28
	Saturday	10-11am	12	\$36	Jan 14	Jan 28

Computers for Seniors - *NEW*

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Senior	Thursday	11am-12pm	6	\$25	Jan 12	

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Prospect Road Community Centre – Winter Programming 2012

Tot Time – Terence Bay Elementary

This program is for children age 3-5 years old – must be fully potty trained and will run for 10 weeks (excluding March 13/14) starting Jan 10th and 11th Tuesday or Wednesday – 9:30-11:30am

Fee: \$60

Participants must register at PRCC

Self Defence Basics

The Prospect Road Community Centre is offering a three hour seminar on Self-Defence basics. Designed for those who have little or no self-defence training, this seminar will cover simple techniques to assist you in removing yourself from confrontational situations.

****Sunday, Dec 4th – 1-4pm - \$15****

In-service Day Camps @ PRCC

Full Day Camps – 7am-6pm

Fee: \$27 per day

Nov 14, Nov 28, Feb 17, Mar 30, May 11, Jun 28

Half Day Camps – 11:30am-6pm

Fee: \$17.50 per day

Nov 9, Apr 26

These camps are open to students from both Prospect Road Elementary School and Atlantic Memorial Terence Bay School. Children must bring lunch and 2 snacks.



Youth Sport Drop In

BJHS students are invited to join us for Youth Sport Drop In 3 days a week for FREE!

Monday/Wednesday/Friday

2:30-3:30pm

Youth Floor Hockey Drop In

Students in Grade 10-12 are invited to come play Floor Hockey for FREE!

Fridays – 6-7pm

12 Weeks – Starting Jan 13

Ladies Afternoon at PRCC

Come, browse and purchase from great local vendors!

November 20th 2011

2pm-5pm

æ ARBONNE.

JOCKEY
Person to person.

Vendors Include:

Dolly's Passion for Fashion

Arbonne Canada

AVON Canada



Feroz Design Handcrafted Jewellery and Accessories

Jockey Person to Person

Arlene's Enchanting Portraits

...And MORE!

This will be a Cash Only Event !

**Wine and Door Prize
Sponsored by Barefoot
Wine !**

19 + yrs
Event!

Arlene's
Enchanting Portraits
Making Your Memories Magical

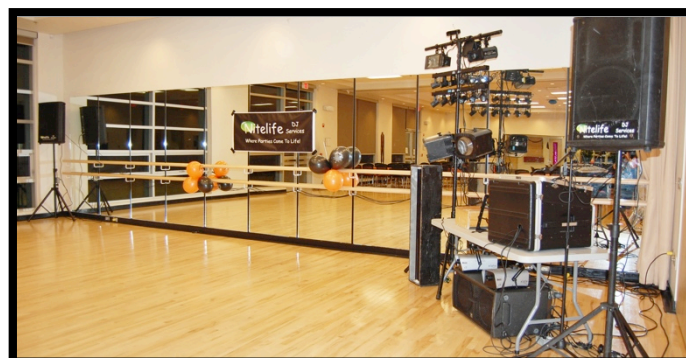
Room Rentals Available!

PRCC has many different rooms available to rent by the hour for any sort of event, program or meeting!

Don't forget to book your
Family or Staff Christmas Party!

Wedding and Special Event Packages also available!

All rental fees and information available online!



For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Winter Programming 2012



March Break Day Camp

Theme: Random Theme Week!

These camps are open to students from both Prospect Road Elementary School and Atlantic Memorial Terence Bay School.

Children must bring lunch and 2 snacks.

Date:

March 12th-16th 2012

8:30am-5pm

Cost:

\$100 for the week

\$15 for 7-8:30am (Early Drop off)

\$10 for 7:30-8:30am (Early Drop off)

\$10 for 5-6pm (Late Pick up)

See Website
for Full Theme
Details !

Senior Washer Toss Social

Come out and play indoor washer toss!

Play in tournaments or just for fun.

Coffee, Tea and Refreshments Available!

Spectators Welcome!

Winter Washer Toss Dates:

January 12 and 26

February 9 and 23

March 8 and 22

1-3pm

\$3 per participant !



Snow Storm Policy

1. If school is closed in the morning our Preschool Program will also be cancelled.
2. If school is closed in the morning, we will offer a full day camp for our Before and After School children, including students not enrolled in that program depending on availability. Please call the front desk at 8:30am to confirm availability. The cost is \$27 per day.
3. For evening programs, we will update our voicemail and website by 3pm if we are cancelling programs. If snow starts after 3pm, please call front desk to confirm if programs are running.
4. If a program is cancelled due to inclement weather we will attempt to add an additional class to the end of the session. If we are unable to do so, a refund or credit to account will be given for the value of that class upon request.

Holiday Hours

Dec 24th & Dec 31st – Closes at 12pm

Dec 25th & 26th – Closed

Dec 27th – Open 9-5pm

Jan 1st – Closed

Jan 2nd – 9-5pm



Regular Hours / Contact Information

Monday-Friday – 8:30am-10pm

Saturday/Sunday – 8am-9pm




Front Desk – 852-2711

Email: admin@prospectcommunities.com



For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Winter Programming 2012

<p style="text-align: center;">Holiday Blast Fitness Class!</p> <p>Enjoy energy building cardio choreography, muscle strengthening and flexibility all in one fun class. Appropriate for all fitness levels, so join us and jump start your fitness program and get ready for the holiday festivities.</p> <p style="text-align: center;">Wednesday Dec 7th, 14th and 21st 1 – 2pm. 3 weeks @ \$15 Registration begins November 23rd @ 9am !</p>	<p style="text-align: center;">Christmas Tree Lighting @ PRCC</p> <p>Join us for our 2nd Annual Christmas Tree Lighting event – A fun filled evening with hot chocolate, cookies, entertainment and more!</p> <p style="text-align: right;"></p> <p>Date: Monday, December 5th, 2011 Time: 7-9 pm</p>
<p style="text-align: center;">Teen Dance Gr. 6-9 – Christmas Semi-Formal Friday, December 2nd 8-11pm \$4 – BJHS Students / \$5 – Non-BJHS Students Students Must show ID !</p>	<p style="text-align: center;">Sleepover at PRCC</p> <p>Parents; do you need a night to go Christmas shopping? Sign your children up to sleepover at PRCC while you shop!</p> <p style="text-align: right;">Date: Dec 3rd to 4th Age Group: <u>Grade 1-5</u> Time: 6:30pm – 10am Fee: \$20 Registration Required</p>
<p style="text-align: center;"> Seniors Christmas Social Dance! Join us for a Christmas Social Event on Friday, December 9th – 6:30-10pm Cash Bar, Tea, Coffee, Treats, Music and More! \$5 per person</p>	
<p style="text-align: center;">Family Gingerbread House Workshop December 11th, 2011 – 1-3pm \$25 per house Price includes Gingerbread house, candy, icing and packaging to take the house home. Registration required, space is limited!</p>	<p style="text-align: center;">Christmas Break Day Camp Theme: Christmas Around the World! These camps are open to students from both Prospect Road Elementary School and Atlantic Memorial Terence Bay School. Children must bring lunch and 2 snacks.</p> <p style="text-align: right;"> Date: Dec 19th – 23rd 2011 8:30am-5pm Cost: \$100 for the week \$15 for 7-8:30am (Early Drop off) \$10 for 7:30-8:30am (Early Drop off) \$10 for 5-6pm (Late Pick up)</p>
<p style="text-align: center;">Breakfast with Santa Come join us and our special guest for a pancake breakfast, served with bacon and/or sausage, fruit and drinks!  Date: Saturday, Dec 17th Tickets available for 9am OR 10am \$5 per person/ \$4 with food bank item Santa will visit with everyone and will have time to talk to all the children! Visit PRCC Front desk for Tickets</p>	
<p style="text-align: center;">Winter Activities Stay tuned this winter for Community Sledding Events and Snow Shoe Events!</p> <p>PRCC is happy to provide snow shoes for community members to borrow throughout the winter. Visit the centre for full details.</p> <p style="text-align: right;"></p>	<p>PRCC is happy to announce we will be hosting the Salvation Army Angel Giving Tree Program again this year. You can pick up your tag starting Nov 1st. Gifts must be returned by Nov 30th.</p> <p style="text-align: right;"></p>

For further details visit: www.centre.prospectcommunities.com



Capital Health



Addiction Services

Addiction Prevention & Treatment Services
Tobacco Intervention Programming

ANY CONCERNS ABOUT TOBACCO USE?

THEN COME OUT TO A

“GETTING STARTED”

INFORMATION SESSION.

This session provides information to support individuals in making choices about their use of tobacco products.

PLACE: Prospect Road Community Centre

DATE: Thursday January 12th 2011

TIME: 7-8pm

FOR MORE INFORMATION

PLEASE CALL 424-2025,

**OR VISIT OUR WEBSITE - WWW.CDHA.NSHEALTH.CA, CLICK
ON CAPITAL HEALTH A-Z, THEN CLICK ON
*TOBACCO INTERVENTION PROGRAM***