**District of Lunenburg**

**Recreation Department**

"Working with you to create recreational opportunities for all"

**PROGRAM REGISTRATION INFORMATION**

Registration starts Wednesday, August 28, 2019

**ONLINE REGISTRATION!**

At your convenience, any time of day or night. Online registration requires Credit Card payment. A surcharge will be charged for credit card use.

**IT’S EASY!**

**Step 1.** Visit us online at [www.modl.ca](http://www.modl.ca) and click the blue “Register Online” button.

**Step 2.** “Create an Account”.

(Enter a login name and password, which you create yourself.)

**Step 3.** Next “View & Register for Activities”.

**Step 4.** Have FUN!

**REGISTER BY PHONE OR IN-PERSON**

- Call us (902) 541-1343 or drop into our office at 210 Aberdeen Road.
- **DROP-OFF:** Payments can be dropped off after hours in the drop-off slot by the front door.

Participants must verbally or electronically agree with the Municipal Waiver upon registration.

- All programs are subject to minimum and maximum enrollment.
- Register early to reserve your spot and avoid disappointment.
- Waiting lists will be taken for full programs and additional programs added if possible.
- Cheques payable to District of Lunenburg or MODL. Postdated cheques **will not** be accepted.
- Interac/debit available. Credit card available online only.
- Please pay fees at least one full week prior to the program start date.

**210 Aberdeen Road | Bridgewater, NS | B4V 4G8**

**Phone:** (902) 541-1343  |  **Fax:** (902) 527-1135

**Office Hours:** 8:30am - 4:30pm, Monday to Friday

**Web:** [www.modl.ca](http://www.modl.ca)

**Email:** recreation@modl.ca

**Like us on Facebook:** District of Lunenburg Recreation
Refund Procedures
• If notice is received during regular office hours (8:30am - 4:30pm) before the commencement of the second class of a program, a prorated refund will be issued less a 10% administrative fee.
• For workshops, clinics, and bus trips, if notice is received at least five working days prior to the program date, a refund will be issued less a 10% administrative fee.
• No refunds will be issued for cancellation notice received within 4 days of the program or for 'no-show' registrants.
• If an individual cannot continue participating in a program due to an illness or injury, a prorated refund will be issued less a 10% administrative fee. A doctor's note is required as proof that illness or injury prohibits further participation.

Recreation Integration Services
MODL recognizes and will help to meet the needs of people who have special needs. Staff will help identify leisure needs by exploring the individual’s interest, leisure involvement, awareness, skills, and available leisure time. Barriers such as transportation, equipment, accessibility, volunteer support time, fees, attitudes, and information will be identified. Supports including resources, activity sampling and equipment loan may be easily identified and provided. By becoming more aware of and accessing supports, people who have disabilities have greater recreation options available to them. Please contact Trudy Payne at (902) 541-1333 to discuss possibilities.

Municipal Grants for Non-Profit Organizations
The District of Lunenburg has grants for non-profit organizations within the District.

- Major Recreation Capital
- Annual Operating
- Leadership Training Grant
- Elite Athlete Travel
- Community Capital Grant
- Program Grant
- Youth Travel
- Community Event Grant
- Sponsorship Ad Grant

For application forms or more information, contact Trudy Payne, Director of Recreation Services, at (902) 541-1333 or visit our website at www.modl.ca.

Eight-To-Go
You can take advantage of our “8 to Go” plan! If you see a program in this brochure, or you have another great idea that you would like to see offered in your community, just find seven others and give us a call. We will do our best to make the program happen where and when you want it.

Looking for dance classes for the little one? No experience needed! You will find a class for her, him and yourself! French or English classes, Ballet, Jazz, Hip Hop, all boys Hip Hop class age 7+, Lyrical, Contemporary, Tap, Cardio Kick & Street Jazz for adults, and much more. Recreational and competitive dance studio with a focus on having fun, while learning the right technique in a respectful, caring and family-oriented environment, while promoting healthy habit, self-confidence, and self-respect.

La Vie en Danse Studio
Early Registration: July 2nd and July 4th - 4pm to 8pm @ the studio.

Make sure to get your registration in to get your name entered into a draw for a $100 gift certificate.

Spaces limited, maximum of 15 dancers per class.

Swap and Sale: Bring your used dance wear & shoes

Visit our Facebook Page lavieendansestudio.ca
or contact
Miss Shany at lavieendansestudio@gmail.com
Mass registration Aug 28th & Aug 29th - 4pm to 8pm
Pinegrove Centre Unit 3, #305 Highway 10.
**PRO Kids** is a program that provides financial assistance to children and youth ages 18 and under, who reside in the District of Lunenburg, and who, due to lack of funds are not able to participate in sport, recreation and cultural activities. PRO Kids can assist with registration fees and equipment costs. Families can apply for assistance for sport, recreation or cultural activities. PRO Kids is financially supported by MODL, Lunenburg County United Way, and private donations. For information, contact Tissy Bolivar at (902) 541-1335, prokids@modl.ca or pick up a brochure in our office at 210 Aberdeen Road or from www.modl.ca.

**Canadian Tire Jumpstart** will cover up to $300 per activity, to a maximum of $600 annually. For more information, or to apply online, please visit: www.jumpstart.canadiantire.ca. You will be required to provide your most recent Notice of Assessment/Income tax summary or 3 consecutive pay stubs with your application.

**KidSport** can provide youth ages 4+ with up to $300 per year in funding for sport programs registered with a Provincial Sport Organization. You will be required to provide your most recent Notice of Assessment/Income tax summary. **Upcoming Deadlines:** September 3, October 1, and November 1. For more information, please contact Cosette Howlett at (902) 275-3490 or visit www.kidsport.ca

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**Expanding Your Horizons:**

**EXPLORE OUTDOORS**

“Celebrate Autumn at MODL Parks, Beaches & Waterfronts!”

**MARC Rentals**

Check out the Municipal Activity and Recreation Complex (MARC) in Dayspring! Facilities include: three ball fields, playground, fire pit, 6 km of trails, BMX park, ponds, disc golf course and plenty of open green spaces overlooking beautiful views of the LaHave River! All these outdoor areas are open to the public free of charge, every day, except for the ball fields. In addition to our beautiful outdoor spaces, the MARC has 2 buildings available for rentals.

**Program Building:** Our facility has 2 floors that can be rented out for meetings, birthday parties, baby & bridal showers, courses and much more. **Rate:** $11/hour + tax.

**Residence Building:** Our residence building has 5 rooms, sleeps up to 34 people and includes showers and kitchen facilities. This building can be rented for youth and adult groups or overnight birthday parties. **$5/person/night + tax.**

For group activities or if you need indoor space, please call (902) 541-1343, for rental information.

**Dogs in Municipal Parks:**

Please be a responsible pet owner by keeping your dog on leash in public areas, cleaning up after it and respecting other park users. Please note that for information on the Municipality's Dog By-law, visit www.modl.ca
River Ridge Common Park
Are you looking for a new place to explore and have an outdoor adventure? Drop into River Ridge Common – 4668 Highway 10 and follow the signs along the entrance trails. This park has something for everyone! Play space built from logs and stone, picnic tables, accessible washrooms, look off and low slope trails that can be accessed by wheelchairs.
The first phases are complete and open to the public but stay tuned for more adventure opportunities in the months ahead. We will be adding more trails, new play features, a shade structure, mountain bike trails and an OHV pull off area next to the rail trail through the park. We will also be adding an “art park” feature.

This 115 acre park, named River Ridge Common, is divided by the South Shore Annapolis Valley Trail into two distinct parcels: a 15-acre Lower Park, which was a former gravel pit, situated between Highway 10 and the rail trail and a 100-acre Upper Park area which is a former woodlot, to the north of the rail trail. The hillside site faces south towards the LaHave River and is bounded by Indian Brook to the west and Ross Brook to the east.

MODL has adopted a park concept plan, which was developed by a steering committee of local volunteers, the River Ridge Common Association, and MODL staff.
The success of this new park is due to the wonderful community commitment received to date. Local partnerships have been built with students and staff from New Germany Rural High School and the NS Community College, the New Germany Lions Club, community service organizations and local businesses. Outdoor recreation opportunities are valuable to help build healthy and active communities. River Ridge Common is a welcomed addition to our beautiful parks and trails in the District of Lunenburg. Enjoy!

Doers and Dreamers, Dreamt and Done
We had a marvelous time during the summer! We had a blast playing games, making crafts, and exploring nature. Of course, our PRO Kids fundraiser was a huge success and helped us raise money to support youth involvement in recreation. Keep your eyes peeled for employment and volunteer opportunities with us next summer, which will be posted in the Winter Recreation Guide.
COMMUNITY TRAILS

A great way to enjoy the warming weather is to get out and enjoy one of our local trails. The rail-trails are constructed along the former railway lines and have a flat, level surface. They connect between our local communities and vary in length. If you are seeking something slightly more challenging, you can check out the Miller Point Peace Park or the MARC trails (both located in Dayspring). These trails are well surfaced but have some hills and slopes along their routes. If you are ready to set off on a footpath adventure, check out Gaff Point at the end of Hirtle’s Beach in Kingsburg or the Indian Path Common off the Fish Peddler Road in Indian Path. Whatever you choose, make sure that you have good footwear, take snacks and water, and tell someone where you are headed. If you are interested in checking out more trail opportunities, go to southshoreconnect.ca and look at all the wonderful local trails that will help you enjoy our beautiful region.

**Adventures Trail** - 15km trail
Mahone Bay to Bridgewater

**Bay to Bay Trail** - 11km trail
Mahone Bay to Lunenburg

**Bull Run Trail** - 27km trail
Bridgewater to the Region of Queens

**Dynamite Trail** - 10km trail
Martins River to Mahone Bay

**LaHave River Trail** - 21km trail
Sections completed between Bridgewater to New Germany. No through traffic.

**South Shore Annapolis Valley Trail** – 125km trail
New Germany North to Middleton and to Highway 208 in Colpton

To be a considerate trail user, remember the following:
- Stay on the trail;
- Leash your pet (or maybe leave them home if they are not a good leash walker!);
- Clean up after your animal;
- Travel SLOWLY around other trail users while on a bicycle or an OHV;
- ALL OHV’s MUST be registered and insured to use the rail-trails — ignoring the law doesn’t help anyone;
- No unauthorized use — follow the rules of each trail;
- Smile at other trail users — everyone deserves to enjoy the trails!

Are you ready to explore the Municipality? It’s your time to find the hidden gems within the Municipality, MODL has hidden over 30 geocaches at Municipal Parks and Trails. Email recreation@modl.ca or stop into our office to pick up your Geocache Challenge Passport today! Once you complete the challenge, bring your completed passport to the office to get your very own geocache coin!

**What is geocaching?**
Geocaching is the ultimate treasure hunt. A geocacher can locate a cache using a GPS. MODL caches always contains a logbook and any number of items. Remember, if you take something, leave something of equal or greater value in return.

Anyone with a GPS device can try to locate a geocache. If you don’t have a GPS there’s no need to fret! Google Maps or the Map App can be used as a GPS. Just enter your coordinates and discover MODL!
YOUTH

Trailblazers Afterschool Program
We are pleased to offer an all outdoors afterschool program called Trailblazers for children in grades 4 – 9 throughout the District. The aim of this program is to encourage children to be physically active, play outdoors and connect with nature. With funding provided by the Province of NS, we can offer these programs free of charge. The program will start up again in late September.

Home Alone Course
Home Alone is for kids who may have to spend a brief amount of time alone due to parents stuck in traffic, or any unforeseen circumstances. Students will learn home safety procedures, ways to obtain emergency help and when it is appropriate to call 911. Other topics include basic safety tips, healthy eating, fighting boredom, overcoming fears, and fire safety. Ages 9-11. Pre-registration is required. Wednesday, September 5, 9:00am – 1:00pm MARC, Dayspring $35 (includes a manual)

Red Cross Babysitters Training Course
Teaches the skills and knowledge needed to care for infants, toddlers, preschoolers and school aged children. Topics include the rights and responsibilities of a babysitter, first aid, dealing with emergencies, childcare skills, and ideas for fun. Bring an infant sized teddy bear or doll, pencil and lunch. This is a safety education course, not a guarantee of competence. Ages 11-14. Pre-registration is required. Saturday, September 14, 9:00am – 3:00pm MARC, Dayspring Saturday, November 16, 9:00am – 3:00pm Mahone Bay Centre $35 (includes booklet and certification card)

Hug A Tree: An Adventure Smart Program
Hug A Tree is an adventure smart program that teaches children how not to become lost in the woods, and what to do should they become lost. Kids will learn about staying put, keeping warm and dry, and helping searchers find them. This fun session includes a video, talk, and demos by Lunenburg County Ground Search and Rescue volunteers. Participants will go home with a mini-survival pack. Ages 6-12. Pre-registration is required. Monday, October 28, 5:30pm – 6:30pm MARC, Dayspring $5

Fun with Textiles
Spend the afternoon exploring the wonderful world of textiles, with simple weaving techniques and the magic of natural dye. Ages 8-12. Instructor Karen Mackenzie is a weaver, dyer, and homesteader in Lunenburg County. All supplies included. Please wear old clothes. Bring your own lunch. Saturday, November 9, 10:30am – 2:30pm MARC, Dayspring $30
We want to help kids reach their potential through sport!

11 sports
6 months
1 registration

All sessions will be facilitated by recreation program coordinators and delivered by community sport organizations. Each lesson focuses on developing physical literacy through skill development and fun, setting the groundwork for a love of sport and an 'I can play anything!' attitude.

January to June 2020
$225 (payment options available)
Funding assistance available

Registration opens September 3; closes October 11, 2019

For more information and program schedule:
P: 902.541.1343
E: Lunenburgcountymultisport@gmail.com
Facebook / LunenburgCountyMultisport

All abilities welcome!

Children must be in grade two or three.
Maximum of 30 Participants.
**Food Handlers Course**

Food safety courses are for those who handle and work with food. It’s essential to protect the health and safety of your customers. This course will be delivered in a format that’s interesting, fun and straightforward. It will cover the causes and types of food borne illness and emphasizes practices designed to enhance food safety. Topics include food preparation and storage, personal hygiene and sanitation. **Pre-registration is required.**

- **Tuesday, November 5, 5:00pm – Finish**
- **Tuesday, November 12, 9:00am – 4:00pm**
- **MARC, Dayspring**
- $55 (Includes manual and certificate)

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**Beachcombing and Treasure Hunting**

Discover our beaches, meet new friends & collect new treasures! Our guides will provide you with a bag to collect your treasures and then we’ll create a little beach art in a provided mason jar.

- **Wednesday, September 4, 1:00pm – 2:30pm**
  - Hirtle’s Beach, Kingsburg
- **Friday, September 13, 6:00pm – 7:30pm**
  - Crescent Beach
- **Monday, September 30, 10:00am – 11:30am**
  - Westhaver’s Beach, Mader’s Cove

It’s FREE! Donations for PRO Kids welcomed

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**Bridgewater PHOTO CLUB**

Meetings 6:45pm to 9:15pm
2nd and 4th Tuesday of each month
September through May
at the M.A.R.C.
33 Leary Fraser Rd, Dayspring
Memberships: Single $40, Couple $60

The Bridgewater Photo Club invites photographers of all levels, from novice to professional, to join us for presentations, workshops, field trips, exhibits, and socials. Our members are from the local area and as far away as Yarmouth, Wolfville, and Chester.

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**FAMILY AND SPECIAL EVENTS**

See you on Tuesday September 10th!

Questions?
email: bpsexecutive@gmail.com
website: www.bridgewaterphotoclub.ca
Learn to Paddle with Kids
Thinking about taking your family canoeing? Join us for a session designed to make getting out on the water together safer and more enjoyable. Learn the importance of properly fitting PDFs, positioning, snacks, and other helpful hints and tricks. We will also go over canoeing basics, so no experience is necessary. Bring the whole family or just get comfortable with your paddle partner, your choice! All equipment will be provided, but feel free to bring your own if you have it. Looking to paddle, but not with children? Join us for the open paddle session in the afternoon!
Pre-registration is required.
Saturday, September 7, 10:00am – 12:00pm
Wile’s Lake Park, #3270 Highway 325, Wileville
It’s FREE! Donations for PRO Kids welcomed

Paddle Wile’s Lake
Join us for a casual open water paddle on Wile’s Lake following our Learn to Paddle with Kids workshop. Bring the whole family or just get comfortable with your paddle partner, your choice! We will also go over canoeing basics, so no experience is necessary. All equipment will be provided, but feel free to bring your own if you have it. Pre-registration is required.
Saturday, September 7, 1:00pm – 3:00pm
Wile’s Lake Park, #3270 Highway 325, Wileville
It’s FREE! Donations for PRO Kids welcomed

South Shore Soccer
The South Shore District Soccer Association will be offering indoor soccer programs at the HB Studios Sports Centre for this 2019/2020 Fall/Winter season. All programs are focused on skill development provided in a structured and positive environment. Programs follow Canada Soccer’s and Soccer Nova Scotia Long Term Player Pathway (LTPD) guidelines.

Programs will be made available for U5 to senior players.
• U5 & U7 (Birth Year 2015-2016, 2013-2014) programs.
• U9 & U11 (Birth Year 2011-2012, 2009-2010) programs will include skill training session and player scrimmages.
• U13 League (Birth Year 2007-2008) will consist on one training session per week plus one league game.
• In addition to the above programs U15, U17 and Senior leagues will be offered.

All programming is subject to participation numbers.

Please visit our website www.sssoccer.ca in September for complete program details and registration information.

Player Centered - Community Driven!

Website: www.sssoccer.ca
Email: administrator@sssoccer.ca

Fairy Lanterns and Houses
Make a cute fairy lantern with a mason jar, tea lite and some forest finds. We’ll also gather natural materials from the woods (leaves, mosses, branches, pebbles, acorns, dried grasses, etc., to decorate our whimsical fairy houses. All ages welcome.
Sunday, September 8, 2:00pm – 4:00pm
Miller Point Peace Park, Dayspring
It’s FREE! Donations for PRO Kids welcomed
**Family and Special Events**

**Family Campfire**
Come join us around the campfire at the MARC for an evening of snacks, games, and so much more! We will be making bannock over our log cabin campfire with Sam Wentzell of Sam’s Woodland Tours.
**Thursday, October 3, 6:00pm – 8:00pm**
MARC, Dayspring
It’s FREE! Donations for PRO Kids welcomed

**Family Christmas Wreath Making**
The time of year has come to decorate your home (or at least front door)! for the holidays! This event is fun for the whole family as we will learn and create a beautiful balsam fir wreath to take home. All materials are supplied but you can bring additional decorations if you wish. Snacks provided. We will have a community campfire following the event.
**Pre-registration is required.**
**Sunday, December 8, 3:00pm – 5:00pm**
MARC, Dayspring
$10 per family

**Family Pumpkin Parties**
Gather the family for an afternoon of pumpkin fun! Wear your pumpkin carving clothes, bring some cutting tools and your creativity. Pumpkins provided while supplies last. One per family. We’ll have a pumpkin rolling contest, pumpkin games, pumpkin treats, wagon rides, bonfire and more! We’ll display and judge your Jack O’Lantern. Be festive and wear a costume or something orange!
**Saturday, October 19, 3:00pm – 5:00pm**
MARC, Dayspring
It’s FREE! Donations for PRO Kids welcomed

**Festive Campfire**
We will be getting into the festive spirit after our Family Christmas Wreath Making with a holiday-inspired campfire! We will make apple cider over the open fire with s’mores and other yummy treats!
**Sunday, December 8, 5:30pm – 7:00pm**
MARC, Dayspring
It’s FREE! Donations for PRO Kids welcomed

**Historic Campfire – 1800’S Style**
Join us for a trip “back in time” around the campfire. Enjoy some chili, cornbread and dessert on the fire in cast iron pots and while learning about traditional camping in the 1800’s and see a Canadian Candle (Swedish Log) in action with Sam Wentzell of Sam’s Woodland Tours!
**Sunday, October 20, 4:00pm – 6:00pm**
MARC, Dayspring
$10 per family
ACTIVE PROGRAMS

Women’s Drop-In Basketball
Recreational basketball for women ages 18+. A great way to stay active and have fun!
Mondays, 7:00pm – 8:30pm, starting September 9
Lunenburg County YMCA, Bridgewater
$30/10 punch pass – payable to Lunenburg County YMCA

Men’s Drop-In Basketball
Tuesdays, 7:30pm – 9:00pm, starting September 10
Bayview Community School, Mahone Bay
$5/night

Chair Yoga
Chair Yoga is gentle and slow-paced and is suitable for most adults with mobility or balance issues. Students will learn simple, Hatha-based poses and breathing, that can be done seated in or assisted by a chair. Classes will help improve circulation, increase flexibility, and promote relaxation. Please bring a rolled-up blanket, or towel. Pre-registration is required.
Fridays, 10:00am – 11:00am, September 27 – November 15
Mahone Bay Centre, Mahone Bay
$70/8 weeks

River Ridge Common Hike
Have you heard about our newest park? Join us as we explore the natural playground and accessible trails throughout this beautiful, 115-acre property. Approximately 5km, easy-moderate terrain.
Sunday, October 6, 2:00pm – 4:00pm
River Ridge Common, New Germany
It’s FREE! Donations for PRO Kids welcomed

Bolivar Farms Hike
As the holiday season approaches, enjoy a moderate morning walk through a managed Christmas tree woodlot. The smell of fresh balsam fir is sure to put you in the festive spirit! For safety, please wear orange. Approximately 6km, moderate terrain.
Saturday, November 2, 10:00am – 12:00pm
5357 Highway 325, Baker Settlement
It’s FREE! Donations for PRO Kids welcomed

Note: In all hiking situations, it is recommended that you bring along water, sunscreen, snack, possibly a change of socks and alternate clothing in case of a weather change. Tick precautions, appropriate footwear and comfortable clothing are always recommended.

6 SPORTS • 6 WEEKS • 1 REGISTRATION

DISC GOLF • SLEDGE HOCKEY • PICKLEBALL • ARCHERY • BOXING • CURLING

SESSIONS:
All sessions will be delivered by community sport organizations. Each lesson focuses on skill development and fun.

October 2 – November 4
6:00pm – 8:00pm
Registration Fee: $50

SCHEDULE AND LOCATIONS:
October 2: Disc Golf – MARC, Dayspring
October 9: Sledge Hockey – LCLC
October 16: Pickleball – TBD
October 23: Archery – TBD
October 30: Boxing – Dave’s Multisport Gym
November 4: Curling – Bridgewater Curling Club

Open to ages 19+
Maximum of 20 participants

For More Information: Municipality of the District of Lunenburg
Phone: (902) 541-1343
**ADULTS 55+**

**Mahone Bay Fun and Fitness**
A fun, low impact class with Madeline Oxner that will make you feel great! Classes include a walk/warm-up, followed by cardio and a cool down — all to music! Wands, bender balls and light weights make classes interesting. No Floor Work. Those over 69 should get permission from their Doctor. **Pre-registration is required.**
*Tuesdays and Thursdays, 10:00am – 10:45am*
**September 10 – November 28**
Royal Canadian Legion Hall, Mahone Bay
$90/24 classes

**Healthy Senior/Active Senior Health Fair**
Come and enjoy a fun-filled day of information, demonstrations, activities and so much more to help you age healthy and actively! Interested in being an exhibitor? Contact Town of Bridgewater Recreation Department at (902) 541-4367.
*Thursday, November 7, 10:00am – 4:00pm*
Lunenburg County Lifestyle Centre, Bridgewater
It’s FREE!

**Seniors Christmas Party**
The man in red, holiday music, and delicious food — that is what is in store for you in you attend our Annual Seniors Christmas Party! This will be the party of the season with fun games, activities, and prizes. You will not want to miss the joyous sounds of Southwind or the soup and sandwich luncheon sure to impress even Scrooge. With Christmas just around the corner, this is sure to get you in the festive spirit! **Pre-registration is required.** Tickets are limited. Reserve your seat by calling (902) 541-1343.
*Thursday, December 12, 11:00am – 2:00pm*
Oakhill Fire Hall, Oakhill
$12

**BUS TRIPS**

**ALL TOURS IN THE COMFORT OF A COACH ATLANTIC CHARTER BUS.**
Meals at participant’s expense
**Pre-registration is required**

**Bargain Shopping Trip to the Valley**
We LOVE a good deal and we want you to join us as we set off for the Annapolis Valley to visit various Frenchy’s, consignment shops and the Greenwood Mall, to name a few! The possibilities to find a bargain are endless and we know this is a popular trip you don’t want to miss out on!
*Tuesday, September 17, 8:00am – 6:00pm*
Meet in the Bridgewater Walmart parking lot
$50

**Valley Harvest Tour**
Take in the spectacular scenery and enjoy the festive fall season in the Annapolis Valley. Visit Just Us, the Tangled Garden, Henningar’s Farm Market, Lightfoot & Wolfville Wines, and Noggins Corner Farm (Option for U-Pick Apples, & wagon ride at participant’s expense.) We’ll also drive by Kentville’s Pumpkins and may stop at Wheaton’s in Berwick, if time permits.
*Wednesday, October 9, 8:00am - 6:00pm*
Meet in the Bridgewater Walmart parking lot
$50

**Christmas Shopping Trip to Halifax**
This is a great opportunity for a daytrip to Halifax to either start your Christmas shopping, or find something special for yourself! We will set out to visit Bayers Lake, Halifax Shopping Centre, and Dartmouth Crossing before we make our way home. This will be a busy day so be sure to wear your shopping shoes!
*Wednesday, November 13, 8:00am - 8:00pm*
Meet in the Bridgewater Walmart parking lot. Pre-arranged pickups available along Highway 103.
$50

Note: A minimum of 40 people are needed for each bus trip. Itinerary available two weeks prior to trip.
New Germany & Area Outdoor Recreation Club
This club will be offering a variety of introductory activities throughout the Fall months including canoeing, orienteering, Archery, and more. Sessions will be facilitated by NGRHS Phys Ed Leadership students. They are free and all necessary equipment will be provided. Check out their Facebook page for more details!

Community Hiking Group
Visit and join on their Facebook page called Lunenburg County Hikers. Upcoming hikes are listed under Events. Not on Facebook? Email janiceprand@gmail.com to be added to the email list.

Yoga One
A traditional hatha yoga class designed for those with limited yoga experience, people who have been away from a practice for a while, or those looking for a gentler approach. Each class is comprised of yoga poses (asanas), breathing practices (pranayama), and relaxation so you can experience the joys and benefits yoga brings. A smaller class size allows for more personalized attention. Wednesdays, 5:00pm - 6:30pm at the SaltSpa in Bridgewater, starting September 11. $100/8 weeks or $15/drop-in. Contact Susan Robertson at srobertson58@hotmail.com or (902) 531-2256.

Open Farm Day
Open Farm Day is a province wide event where farmers open their farms to the community on Sunday, September 15. It's a backstage pass to meet your farmer, see where your food comes from and see firsthand the hard work and dedication that goes into top quality products. Visit www.meetyourfarmer.ca for a map and information on participating farmers or call (902) 893-2293.

Girls Realizing their Unlimited Potential Program
Building confidence, leadership skills and resiliency through mentorship and hands on activities. Themes for the fall program are personal development, yoga, positive mental health, public speaking, outdoor survival and recreation, women in non-traditional trades, women in music and the arts, physical health and nutrition, volunteering, women in Emergency Services, science, and technology. Wednesdays, September 25 - December 11 $50 for 12-week program For registration information, contact Shelly Skinner at shelleyskinner@xplornet.ca

Do you have a bike that you no longer ride or have simply outgrown? Bring it to Centre Court at the Bridgewater Mall between September 23 and November 8, 2019. Here the bikes will be collected, refurbished by volunteers, and distributed in June of 2020 to local kids who would otherwise not have one. Over 75 bikes were given away this past June and over 525 to date. For information email office@lunenburgcounty.unitedway.ca or leave a message at (902) 530-3072. Special thanks to our many community partners, donors and volunteers.

Athletics Gymnastics Academy
Located at: 215 Dominion St. Bridgewater, NS (Plaza Mall - behind Great Canadian Dollar Store)
Offering recreational gymnastics programs for ages 2 & up, and recreational trampoline programs for ages 8 & up!
Now taking registrations for NEW Members for our Fall 2019 Session September 3rd to 5th, 2019 4:00-8:00pm

United Way of Lunenburg County Bikes for Kids
“Every kid deserves a bike to ride.”
Support United Way of Lunenburg County Bikes for Kids.

Find Us on 
@athleticsgymnastics
email: athleticsgymnasticsacademy@gmail.com
phone: (902) 530-2528
O’Regan’s Subaru Riverport Duathlon “Do-a-Du!”
The Bridgewater Triathlon Club is hosting the Annual Riverport Duathlon from the Riverport Community Centre on Sunday, October 6. The bike course is a loop over mostly flat terrain with some rolling hills in the middle. The run is very flat and fast. Chip timed, great prizes plus a post-race hot meal. The classic solo race distance: 4 K run / 28 k bike / 4 k run. www.bridgewatertriclub.com or on Facebook!

Health and Wellness Expo
Wednesday, October 30, 1:00pm - 5:30pm, New Germany Rural High School. For information or to register a booth, contact Greg Selig at (902) 644-2153 or gdselig@ns.sympatico.ca or www.newgermany-cap.ednet.ns.ca. Sponsored by the New Germany and Area Promotion Society.

Christmas on the LaHave – Parade and Fireworks
Visit the Christmas on the LaHave Facebook page or www.bridgewater.ca for details on all festival events. Saturday, November 30, 6:00pm, Bridgewater

Elderfit
A water exercise program designed for seniors and the physically compromised but is open to everyone. Classes available at 4 venues. For fees and information, please contact Sue Rushton at (902) 527-1887 or email elderfitlunenburg@gmail.com or read more at www.elderfitlunenburg.ca

A “self-service” gym with key fob access, located on the lower level of the Mahone Bay Centre

CARDIO FITNESS ROOM:
• Two treadmills • Two ellipticals
• Vision Fitness U70 Upright Exercise Bike
• Vision Fitness R70 Recumbent Exercise Bike
• Lateral X8000 Eliptical Trainer
• ARC-102 Air Rowing Machine
• BOSU, Steppers, mats
• Light dumb bell weights (2 – 8 lbs)

WEIGHT FITNESS ROOM:
• 310 lb. Olympic Rubber Weight Set (44 lb barbell, 265 lbs weights)
• 5 – 45 lb. Rubber Hex Dumbbell set • 9 lb and 15 lb Cardio Bar
• Squat Rack/Pull Up bar • Chin/Dip, Leg Raise Station
• H4400 4 Stack Multi Gym (includes leg press, lat pulldown, chest press, mid-row, leg extension, standing curl, adjustable cable column).
• Kettle Bells • Medicine and Slam Balls
• BOSU, mats, exercise balls

Sign up and become a member at CENTREFIT.CA
Located at the Mahone Bay Centre, 45 School St., Mahone Bay, NS BOJ 2E0
Reach us at 902 624-0890, Open 7am to 10pm Daily
centrefit@mahonebaycentre.org | CENTREFIT.CA
Looking to get active, outside & involved locally? See what southshoreconnect.ca can do for you.

What is southshoreconnect.ca?

A complete online directory of sport, recreation and active living opportunities for residents across all of the South Shore. If you are connected to a community group or active living opportunity, we ask that you be on the lookout for emails or communications regarding the South Shore Connect project.

WHAT DO I USE IT FOR?

Looking for a trail, swimming or photography class, a playground or a drop in sports or arts class?

1. Go to www.southshoreconnect.ca
2. Look up News and Events or local rec guide on Featured Connections
3. Click on the Active Living Guide button
4. Search by location, interest and organization

For more information, please contact your local recreation department.