District of Lunenburg
Recreation Department
“Working with you to create recreational opportunities for all”

Director of Recreation Services: ____________________________ Trudy Payne
Program Coordinator: _________________________________ Tissy Bolivar
Trails & Open Space Coordinator: ______________________ Laura Barkhouse
Active Living Coordinator: ______________________________ Britt Vegsund
Park Supervisor: ______________________________________ Jason McCarthy
Administrative and Customer Service Assistant: ___________ Kristy Kaizer
Administrative Assistant: ________________________________ Sandra Challis
Summer Manager: _______________________________ Kaileigh Skinner
Special Events Manager: _____________________________ Victoria Burgoyne
Camps and Sports Manager: _____________________________ Jenna Nauss
Office/Public Relations Manager: __________________________ Mariah Kelley

Summer 2019: Doers & Dreamers
PROGRAM REGISTRATION INFORMATION
Registration Starts Monday, June 3, 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 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) 530-3285 or drop into our office
Regular office hours are 8:30 a.m. - 4:30 p.m., Monday to Friday.
• 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.

Please pay fees at least one full week prior to the program start date.

• 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.

For program cancellations, additions or changes please call (902) 541-1343. Watch for program updates in the LighthouseNOW Progress Bulletin.

Refund Procedures

• If notice is received during regular office hours (8:30 am - 4:30 pm) 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.

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

• Major Recreation Capital (Deadline: March 1)
• Annual Operating (Deadline: March 1)
• Leadership Training Grant
• Elite Athlete Travel
• Capital Grant
• Program Grant
• Youth Travel
• National/Provincial Event Grant
• Sponsorship Ad Grant

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.
**FINANCIAL ASSISTANCE FOR YOUTH ACTIVITIES**

**PRO Kids (Positive Recreation Opportunities)**

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.

**KidSport**

KidSport can provide youth ages 4+ with up to $300 per activity, to a maximum of $600 annually. For more information, or to apply online, please visit: www.jumpstart.canadiantire.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.

**Help us help youth!**

Businesses, organizations, groups, and communities, everyone is welcome to contribute or hold a fundraiser for PRO Kids. Tax receipts are provided for donations over $10. For information on how you can get involved, contact Tissy Bolivar at (902) 541-1335 or prokids@modl.ca.

**PLEASE NOTE:** We are referring all applicable sport and physical activity related applications to Canadian Tire Jumpstart and KidSport to help stretch our PRO Kids funds as far as possible.

**Bikes for Kids – here to help local youth**

Would you or someone you know (kid, youth or parent) be able to use a bike this summer but for financial reasons, simply can’t afford one? If so, please reach out to one of our Bikes for Kids Partners. The United Way and our partners want to help ensure that our kids have access to life building opportunities. Bike selection starts on **Tuesday, May 14**.

- Better Together Family Resource Centre (902) 543-3119
- Family Support Centre (902) 543-1301
- PRO Kids - Municipality of Chester (902) 275-3490
- **PRO Kids – Municipality of Lunenburg (902) 541-1343**
  - PRO Kids - Town of Bridgewater (902) 541-4367
  - PRO Kids - Town of Lunenburg (902) 634-4006

Bike pickup is on **Thursday, June 6** from 4:00 pm - 8:00 pm at the Centre Court of the Bridgewater Mall.

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“Every kid deserves a bike to ride.”

Support United Way of Lunenburg County Bikes for Kids.
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. There has been a rise in pet-related incidents in our parks and we encourage all users to abide by the guidelines set out to decrease the risk to all users. Please note: Dogs are not permitted on the beach of Mushamush Beach Park for health reasons. For information on the Municipality’s Dog By-Law, visit www.modl.ca

The Riverbank Habitat
Have you visited our newest gem? The Riverbank Habitat is a public art installation that celebrates the beauty of our region’s natural spaces and the creative spirit of our community. Located along the Bay to Bay Trail in Martin’s Brook, the Riverbank Habitat provides a visual feast in a beautiful setting. Jump on the Bay to Bay Trail and head towards Martin’s Brook and you’ll find it. The closest trailhead is at Schnare’s Crossing Road. We have beautiful trails in MODL, and the Riverbank Habitat gives us a reason to get out there, to be physically active, and to enjoy our trails.

If you have any questions about the Riverbank Habitat, please contact Britt Vegsund, Active Living Coordinator at (902) 541-1336, or britt.vegsund@modl.ca

MILLER POINT PEACE PARK

PHOTO CONTEST

Age 12 & Under; Age 13-18; and Adults

CATEGORIES: People; Plant Life; and Animal Life


Full contest details available at the recreation office at 210 Aberdeen Road or at www.modl.ca/recreation

Sponsored by

GIANT TIGER

Email photos to: tissy.bolivar@modl.ca

Questions call: (902) 541-1343

Hosted by the MODL Miller Point Peace Park Committee
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 a more trail opportunities, go to southshoreconnect.ca and look at all the wonderful local trails that will help you enjoy our beautiful region.

**Adventure 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

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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!

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Get out and enjoy our local parks and trails! Even a little bit of activity goes a long way to better health.

If you have any questions or concerns with the parks or trails, please contact the Trails and Open Space Coordinator, Laura Barkhouse at (902) 541-1352 or email laura.barkhouse@modl.ca

**Trail Width Openings**

Have you noticed the new yellow gates along some of the rail trails? The trail groups have been making the change from removable steel posts to gates to help the volunteers manage their trails, as it creates easier access for emergency vehicles and maintenance vehicles. The Nova Scotia Department of Lands and Forestry has stated that the trail groups must set the gate widths at 66”. Their statement reads:

“The Department of Natural Resources (DNR) reviewed the current 60-inch width restriction and gate installation for off-highway vehicles (OHV) and gates. This process involved a review of practices in other provinces, input from trail specialists at the Department of Communities Culture and Heritage as well as trail managers.”

Trails developed and managed on the former rail corridor have been constructed and maintained to allow for OHVs up to 60 inches wide to pass safely. The size of the opening and/or the configuration of the barriers to restrict access of OHVs wider than 60 inches was determined by the managing trail group. Unfortunately, this has caused inconsistency in the width of openings, resulting in frustration for trail managers and users. The review has been completed and the new consistent gate/barrier width will be 66 inches. The goal is to have all gate openings on the former rail corridor to 66 inches by 2023. Signage is to be posted at barriers and gates indicating the gate width, as soon as possible.”

If you have any concerns or require clarification, please contact Doug Oliver, Program Administration Officer, at (902) 890-3777 or Doug.Oliver@novascotia.ca
Join the Municipality of the District of Lunenburg to celebrate the 2019 Provincial Bike Week between June 7 – 17, 2019. We will have many programs and events lined up for community members across the district to participate in such as:

- Group Bike Rides
- Cycling Safety
- Mountain Biking
- And more!

For more information, please contact Active Living Coordinator, Britt Vegsund at (902) 541-1336 or email britt.vegsund@modl.ca

**Group Cycle – “Bridges of Lunenburg County”**

Save the date for a fun leisurely ride on our trails! We will start in Chester Basin and count eleven bridges on our way to the Knot Pub in Lunenburg. Approximately 30km.

**Saturday, June 15, 9:00 am - 2:00 pm - Meet in the Park on Croft Road, Chester Basin**

It’s FREE! Donations for PRO Kids welcomed!

**Women on Wheels (WOW)**

Are you a woman 55+ looking for a little fun on your bike? Has it been years since you were on your bike and you’re looking to get back into it in a fun and supportive atmosphere? Join the Women on Wheels program! The group meets on Mondays for weekly rides at different locations around the Municipality of the District of Lunenburg throughout the spring, summer and autumn. Bring your bike, a helmet, and some water. If you would like to join, please contact Britt Vegsund, Active Living Coordinator, at (902) 541-1336 or email britt.vegsund@modl.ca to join our email list. If you would like to join, but don’t have a bike, please let Britt know.

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!
**Community Paddle & Island Clean-Up**

In partnership with Cape LaHave Adventures, we are celebrating World Oceans Day with a paddling beach clean-up adventure in the LaHave Islands! We will meet on the mainland and paddle to the beaches of Cape LaHave Island, removing any garbage we find along the way. Bring your own sea kayak, dory or canoe, plus snacks and drinking water. Motorized boat support provided to help remove any garbage we gather. Cape LaHave Adventures will also be offering sea kayak rentals at discounted rates of $25/person. Weather permitting. To reserve a kayak rental, contact Cape LaHave Adventures at info@capelahaveadventures.ca or (902) 693-2023.

**Saturday, June 8, 9:00 am – 1:00 pm**

Please allow time for gearing up so we can depart promptly at 9:00 am.

Crescent Beach (Please carpool or park at the larger parking lot on the west end (mainland side) of the beach and walk to the meeting point on the East end)

It’s FREE! Donations for PRO Kids welcomed!

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**Intro to Stand Up Paddleboard (SUP) for Women**

In partnership with Cape LaHave Adventures, we are offering an essentials course for women (ages 18+) who are interested in learning more about this growing activity! This 2-hour course introduces the beginner to the everything you need to know for standup paddling in enclosed sheltered waters and calm conditions. Skills covered include launching, landing, forward & turning strokes, and safety awareness - get started in this fun and accessible sport! No experience required!

**Friday, June 14, 7:00 pm – 9:00 pm**

Cape LaHave Adventures, LaHave

$40 (Includes instruction, SUP board & paddling gear)

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**Community Campfires**

Come join us around the campfire at the MARC for an evening including snacks, games, and so much more! Be sure to mark your calendars, as you do not want to miss these chances to enjoy s’more fun!

**Sunday, July 14, 6:00 pm - 8:00 pm, MARC, Dayspring**

**Sunday, July 21, 6:00 pm - 8:00 pm, MARC, Dayspring**

**Sunday, August 11, 6:00 pm - 8:00 pm, MARC, Dayspring**

It’s FREE! Donations to PRO Kids are welcomed!

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**Family Hike**

Come join the MODL staff and check out the MARC trails! A great way to get outside and enjoy fresh air as a family. There will be beautiful sites to see with multiple views of the LaHave River. We will meet in the parking lot and make our way to the milkshake point passing through the rapid express and home run trails, approximately 8km of trails varying in difficulty. Make sure to wear proper hiking footwear and sunscreen and bring water.

**Saturday, July 6, 9:30 am**

MARC, Dayspring

It’s FREE! Donations to PRO Kids welcomed!
NEW! Family Fun Days
Come find us at many of the magnificent parks throughout the summer for some fantastic family fun! There will be games, snacks, and much more! Be sure to mark your calendars for these dandy days of community fun!

**Sunday, July 7, 1:30 pm - 3:00 pm, Wiles Lake Park**  
**Sunday, July 21, 1:30 pm - 3:00 pm, Indian Falls Park**  
**Sunday, July 28, 1:30 pm - 3:00 pm, Petite Riviere Community Park**  
**Sunday, August 11, 6:00 pm - 8:00 pm, MARC, Dayspring**
**It’s FREE! Donations to PRO Kids are welcomed!**

Tancook Family Adventure
Join the MODL recreation staff for an afternoon of fun on Big Tancook Island! We will meet at the community centre for a picnic lunch before setting off to explore the island by foot or bike. We will also have backyard games and fun activities to do at the community centre. Be sure to bring a lunch, water bottle, as well as comfortable sneakers and/or bike. Your only cost is the **$7.00 ferry ticket** which is payable on the ferry, **children under 2 are free!**

**Wednesday, July 24, 12:00 pm - 3:30 pm**
**Big Tancook Island**
Ferry leaves Chester at 10:20 am; Ferry leaves Tancook at 4:30 pm

“Helping Dreamers Become Doers” – A PRO Kids Fundraiser
A fundraising event to give back to PRO Kids. One hundred percent of the profit is donate to PRO Kids.
PRO Kids provides assistance as well as recreation opportunities for children. The “Helping Dreamers Become Doers” fundraising event will allow families and community members to gather at the MARC for an afternoon of fun activities, whilst raising money for this excellent charity. This event will be paired with our final Community Fun Day and followed by our final Campfire of the summer.

**When?** Sunday, August 11, 4:00 pm – 6:00 pm, Community Fun Day & Campfire from 6:00 pm – 8:00 pm
**Where?** MARC, Dayspring
**What?** Silent Auction, BBQ, Live Music, Guest Performances, Games etc. followed by our Community Fun Day & Final Campfire

If you would like to be a sponsor for this event, please contact **Mariah Kelley**, at **902-530-3285**, or by email at **Mariah.Kelley@modl.ca**

More information coming soon!
This year the Annual Sandcastle Competition is celebrating its 20th Anniversary! People of all skills are welcome to participate in the competition. Not only will there be sandy creations but also a variety of fun activities and games for the entire family! We also have some phenomenal prizes to award the 1st, 2nd, and 3rd place of each age category, and the People's Choice winners. There's a place for everyone! So be sure to bring your friends and family out for a fun filled afternoon of shaping and creating at Rissers Beach.

This larger than ever Sandcastle Competition will also be a Fundraiser for PROKids! PROkids provides financial assistance to youth ages 18 and under, who, due to lack of funds are not able to participate in sport, recreation and cultural activities. All registration fees will go to PROKids!

**Sandcastle Registration Categories and Fees per Team!**

12 & Under ........................................ FREE!
13-18 Years Old ................................. $5
Adult (18+ with no children) ............ $10
Family .................................................. $15

Sculpting supplies are NOT provided, please bring your own.

Registration begins at 10:00 am, Judging will begin at 2:00 pm. Saturday, July 13 (Rain date: Sunday, July 14), Rissers Beach

For questions about the competition please contact Victoria Burgoyne at (902) 530-3264.
LEADER IN TRAINING PROGRAM (L.I.T)

We are looking for mature, outgoing, recreation-oriented youth who enjoy working with children to volunteer with MODL this summer! If you like working with children and the public this volunteer opportunity is for you!

What is the Leader in Training Program?
Being a Leader in Training is an amazing way to gain valuable job experience while making your summer the best it can be! As a Leader in Training, you are scheduled to help staff with Special Events, Sports Programs, Kids Workshops, and Preschool Workshops.

What are the Requirements for the Leader in Training Program?
You must be aged 13-15 to become a Leader in Training. Leaders in Training are required to volunteer for two programs a week. The best part of this volunteer experience? You get your summer volunteer schedule for the ENTIRE SUMMER at the end of June! This allows you to plan your fun summer plans around your volunteer commitments.

How do I become a Leader in Training?
First, you submit your application, and go through an interview process. Once that is complete, you will attend a training session. Training will be scheduled in late June for you to come and meet other Leaders in Training and help you develop skills for the rest of the summer.

If you have any further questions or wish to request an application contact:
Kaileigh Skinner, Summer Manager, at 902-530-3286, by emailing kaileigh.skinner@modl.ca, or picking one up from the Summer Office at the MARC in Dayspring.

Deadline for applications is June 6, 2019
FREE SPECIAL EVENTS AT THE MARC

(Ages 3-12)

Join our active and friendly staff for our weekly themed events at the MARC. Bring a change of clothes, sunscreen and a water bottle. Expect to get wet if it’s a hot day! All Special Events can include games, crafts, walking adventures, a snack, and a special guest.

All our Special Events are FREE so bring as many friends as you can for an adventurous afternoon of fun and games! Donations to PRO kids are welcomed!

For more information contact Victoria Burgoyne, our Special Event Manager at (902) 530-3264 or Victoria.Burgoyne@modl.ca.

No pre-registration is needed for Special Events, you can register on site.

SPECIAL EVENT 1: The Magic Bean
Stomp on over to the MARC where there will be lots of fun to be had. On this day you will plant your magic beanstalk and see all there is to explore. This the event will start the summer off with a climb in the right direction with lots of fun activities and snacks in store!
Thursday, July 4, 1:00 pm – 3:30 pm
MARC, Dayspring

SPECIAL EVENT 2: The Royal Ball
Fellow Princes and Princesses we’re going to have a ball of fun! Ride over in your carriage and join us for a magical day with lots of fun things to enjoy! No need to worry, all the fun will be done by the time the clock strikes four.
Thursday, July 11, 1:00 pm – 3:30 pm
MARC, Dayspring

SPECIAL EVENT 3: Hometown Heroes
If there’s an emergency, you know who to call! We’re going to spend the day learning about our heroic hometown superheroes and what they do to help us every day!
Thursday, July 18, 1:00 pm – 3:30 pm
MARC, Dayspring

SPECIAL EVENT 4: Down the Rabbit Hole
You never know what you might discover while reading a good book! If you fall on down to the MARC who knows what you might find. You probably won’t find a talking rabbit, but you will find a fun filled day with all of us!
Thursday, July 25, 1:00 pm – 3:30 pm
MARC, Dayspring

SPECIAL EVENT 5: To Infinity and Beyond
Up, Up and Away! Rocket up to the MARC for an afternoon of out of this world fun! There will be lots of games, crafts, and snacks to keep your creative minds grounded as you prepare to blast off with us.
Thursday, August 1, 1:00 pm – 3:30 pm
MARC, Dayspring

SPECIAL EVENT 6: Wet N’ Wild Under the Sea
Hello all fishy friends! Come dive down our famous slip n’ slide at our annual end of summer Wet N’ Wild event. There will be lots of underwater fun including water games, relay races, prizes and a yummy BBQ! This day is always a day of timeless fun!
Thursday, August 8, 1:00 pm – 3:30 pm
MARC, Dayspring
PRESCHOOL PROGRAMS

(Ages 3-5)
Youngsters! It’s your chance to be in the spotlight! Join the enthusiastic staff of the District of Lunenburg’s Recreation Department for endless amusement and creativity as we use our imaginations and launch into a quest for fun! Preschool programs are drop off only. However, parents are more than welcome to remain on the premise but out of sight.
Pre-registration is required.

Teddy Bear’s Musical Dance Party
If you go into the woods today, you’ll be sure to find some happy musical friends! Bring your Teddy and your dancing shoes, we’re going to have a groovy party with our cuddly friends.
We are all excited to meet you!
Tuesday, July 2, 10:00 am – 12:00 pm
MARC, Dayspring
$5

NEW! Artists Extraordinaire
Your creative minds and young talent will love this afternoon of fun and exciting art! Get inspired by our beautiful world and the many types of art you can do, come and get artsy with us!
Tuesday, July 9, 10:00 am – 12:00 pm
MARC, Dayspring
$5

FAN FAVOURITE! Minichefs
Throw on your apron and wash your hands, there are yummy things to make and eat! With your creative imaginations we’ll make lunch and a treat! It’s never too early to learn what you like to munch on. With games and happy tummies, we’ll be a friendly bunch.
Tuesday, July 16, 10:00 am – 12:00 pm
MARC, Dayspring
$7

Super Sleuthers
Curious kids who love to solve mysteries, this is the perfect program for you! Your smart sleuthing skills along with teamwork and determination will be handy dandy to solve the clues that’ll unlock the mystery at the MARC.
Tuesday, July 23, 10:00 am – 12:00 pm
MARC, Dayspring
$5

Icky Sticky Slime Time
There are lots of fascinating slimes and goos to find – it is sure to be a messy time! Roll up your sleeves and be wowed by a sticky morning of mushy, goopy fun. Even our crafts and snacks will be a slimy time!
Tuesday, July 30, 10:00 am – 12:00 pm
MARC, Dayspring
$5

Breathe N’ Stretch
This calm and relaxing day will be fun for all, as we enjoy the beautiful outdoors and each other’s company! Stories will be shared, snacks will fill your tummy, and the stretching will put a smile on your face. Don’t miss this relaxing retreat!
Tuesday, August 6, 10:00 am – 12:00 pm
MARC, Dayspring
$5

NEW! Outdoor Adventurers
There are so many wonderful things growing around us! Bring your love of the outdoors and be prepared to get your hands dirty, as we learn and play with nature. Together we’ll discover the wonderful world we live in.
Tuesday, August 13, 10:00 am – 12:00 pm
MARC, Dayspring
$5
**Slimy Science**

It’s a messy world! Bring your imagination and come discover new goos and classic slime times. With games and snacks, this messy, sticky, goopy, mushy afternoon is always a favourite!

**Monday, July 15, 9:00 am - 12:00 pm**

MARC, Dayspring  
$8

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**FAN FAVOURITE! MasterChef**

Throw on your apron and bring your taste buds — your creativity and cooking skills will be of great use! These recipes are making us hungry and we have a yummy lunch that we cannot wait for you to make! With games and treats, this afternoon is super neat!

**Monday, July 29, 9:00 am - 12:00 pm**

MARC, Dayspring  
$10

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**NEW! Outdoor Adventurers**

There are so many wonderful things to see in nature! Join us for outdoor games, and fort building. This is sure to be a fun time with a focus on outdoor education, and adventure! Please dress appropriately for the weather. Please bring your own lunch.

**Monday, July 8, 10:00 am – 3:00 pm**

MARC, Dayspring  
$15

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**Multisport Day Camp**

Do you love to be active and play and learn new sports? Then this event is right for you! Come join the MODL staff for lots of physical activity. Participants will partake in a variety of team and individual sports while exploring the beautiful MARC facility. This event is focussed on physical activity and all levels of experience our welcome! Bring your running shoes and a great attitude. Please bring a packed lunch.

**Wednesday, July 3, 9:00 am – 4:00 pm**

MARC, Dayspring  
$10

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*(Ages 6-12)*

It’s your chance to do something new! Join the enthusiastic staff of the District of Lunenburg Recreation Department for endless amusement and creativity as we dive into awesome activities that are fantastically fun! Be sure to wear clothing that can get dirty. **Pre-registration is required.**

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**KIDS WORKSHOPS**
NEW! Artists Extraordinaire
Your budding talent and passion for creativity will enjoy this afternoon of natural art! New exciting art ideas are sure to stir your appreciation for nature. Be inspired by the beautiful world around us and don’t miss this opportunity to get artsy!
Monday, July 29, 12:00 pm – 3:00 pm
MARC, Dayspring
$10

NEW! Master Artists in Pleasantville
Bring your pals on out to Pleasantville District Fire Hall for an afternoon of making and creating! We will be mastering our cooking and art skills by making a magnificent lunch time meal, along with some amazing art pieces to enjoy. So, come on down to create with us for a day of fun filled activities!
Monday, July 29, 9:00 am – 3:00 pm
Pleasantville District Fire Department
$15

“X” MARC’s the Spot
Enjoy treasure hunts? If so, then this is the event for you! Bring your sleuthing skills with you down to the MARC, as we try to solve clues and puzzles to uncover the treasure! Games and snacks will be provided to keep those minds sharp.
Monday, August 5, 1:00 pm – 4:00 pm
MARC, Dayspring
$10

Adventure Day Camp
Come out to the MARC for a preview of our Adventure Camp. If you love the outdoors then this event is for you! We will be heading deep into the MARC forest for a fun filled adventurous day! Expect to play lots of incredible games in the forest, learn survival skills and much, much more! Please bring a packed lunch.
Wednesday, August 7, 9:00 am – 4:00 pm
MARC, Dayspring
$10
OVERNIGHT CAMPS

(Ages 7-12)
There’s no better way to spend your summer than in the great outdoors. Come out and join our awesome and energetic staff at our overnight camps. You can expect lots of games, activities, and new experiences. For more information on our overnight camps, please call Jenna Nauss, Sports and Camps Manager at (902) 530-3266 or email jenna.nauss@modl.ca.

CLASSIC! Camp Survivor
The MODL Summer staff is heading deep into the Midville Branch woods this summer and we’re looking for the most adventurous campers to join us! Campers will spend two action-packed days at Camp WoHeLo full of hiking and canoeing excursions, athletic and creative challenges, as well as opportunities for swimming, games, campfires and more!

Tuesday, July 16, 8:30 am -
Wednesday, July 17, 4:30 pm
Camp WoHeLo, Midville Branch
$50

NEW! Adventure Camp
Do you love the outdoors? Exploring outside? The MODL staff are excited to host a camp surrounded in the outdoors! Learn how to use a compass, build a fire, and many more tips and tricks on how to survive in the wilderness. Hike the MARC trails and participate in canoeing adventures, plus much more. There is no better way to spend your summer than in the Great Outdoors. Can’t wait to see you there.

Tuesday, August 13, 8:30 am -
Wednesday, August 14, 4:30 pm
MARC, Dayspring
$50

Fan Favourite! Wild and Wacky Science Camp
Calling all who love to learn! Join our MODL staff for a night filled with science. Have you always been curious and love to learn new things? Then this camp is perfect for you. We will use our brains and learn about this mysterious world in a fun and interactive way. You can expect crazy experiments, crafts and mysteries to be solved.

Tuesday, July 30, 8:30 am -
Wednesday, July 31, 4:30 pm
MARC, Dayspring
$50

LUTHERAN CAMP MUSH-A-MUSH

Lutheran Camp Mush-A-Mush has been a place for kids and families to come since 1948.

Located in Middle Cornwall, Nova Scotia, Camp Mush offers many children’s camps during the summer, and rents out its facilities from May until November.

Register online at www.campmush.ca
Or mail registration to: Lutheran Camp Mush-a-Mush
P.O. Box 196, Bridgewater, N.S. B4V 2W8
Attention: Personnel Committee
Include non-refundable deposit cheque of $50 for each registrant.

Camp Office:
(902) 624-9649
office@campmush.ca

<table>
<thead>
<tr>
<th>Program</th>
<th>Ages</th>
<th>2108 Dates</th>
<th>Registration Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>5 - 8</td>
<td>July 7 - 10</td>
<td>$95 + Tax</td>
</tr>
<tr>
<td>Young Camper</td>
<td>5 - 8</td>
<td>July 7 - 12</td>
<td>$190 + TAX</td>
</tr>
<tr>
<td>Junior 1</td>
<td>9 - 11</td>
<td>July 14 - 19</td>
<td>$190 + TAX</td>
</tr>
<tr>
<td>Intermediate</td>
<td>12 - 15</td>
<td>July 22 - 26</td>
<td>$190 + TAX</td>
</tr>
<tr>
<td>Multi Age</td>
<td>10 - 14</td>
<td>July 28 - Aug 2</td>
<td>$190 + TAX</td>
</tr>
<tr>
<td>Day Camp 1</td>
<td>5 - 12</td>
<td>July 29 - Aug 2</td>
<td>$130/week or $30/day</td>
</tr>
<tr>
<td>Multi Age 2</td>
<td>7 - 14</td>
<td>Aug 04 – 09</td>
<td>$185 + TAX</td>
</tr>
<tr>
<td>Day Camp 2</td>
<td>5 - 12</td>
<td>Aug 5 – Aug 09</td>
<td>$130/week or $30/day</td>
</tr>
<tr>
<td>Family</td>
<td>All Ages!</td>
<td>August 11 - 16</td>
<td>350.00 per family/4</td>
</tr>
</tbody>
</table>
Swimmers Itch Information
Swimmer’s itch is a skin rash caused by an allergic reaction to certain parasites that infect some birds and mammals. The parasites can get under your skin after exposure to freshwater such as lakes and ponds. The rash usually goes away on its own and doesn’t need treatment. The rash cannot be spread from person to person.

Symptoms of swimmer’s itch may include:
- tingling, burning, or itching of the skin
- small reddish pimples
- small blisters

In most cases the rash will go away on its own, some helpful tips include putting cool wet cloths (compresses) on your skin. Use anti-itch creams that you can buy without a prescription in a grocery store or pharmacy. Put calamine lotion on your skin. Add a handful of oatmeal (ground to a powder) to your bath. Or you can try an oatmeal bath product, such as Aveeno.

Be aware that swimmer’s itch is not the only rash that may occur after swimming in fresh or salt water.

To reduce the likelihood of developing swimmer’s itch
- Rinse and Towel dry immediately after leaving the water.
- Apply sunscreen prior to entering waters
- Avoid shallow or marshy areas of water
- Do not feed birds or animals near docks or near swimming areas

**Information obtained from CDC as well as myhealthAlberta.ca

Sun Safety Tips
- Wear sunglasses with UV protection against both UVA and UVB rays
- Cover up. When the UV Index is 3 or higher, protect your skin as much as possible. Wear loose-fitting, tightly woven and lightweight clothing.
- Wear a wide-brimmed hat made from breathable fabric.
- Stay in the shade as much as possible.
- Use sunscreen with an SPF of 30 or higher labelled “broad spectrum” and “water resistant” on exposed parts of your body. Apply it at least 20 minutes before going outside.
- Try to keep out of the sun and heat between 11:00 a.m. and 3:00 pm, this is when the UV index is the highest.
- Drink water to prevent dehydration.
- Avoid using tanning equipment. Using tanning equipment damages your skin and increases your risk of developing skin cancer.

Tick Safety

To prevent ticks:
- Use insect repellent that contains DEET
- Cover as much of your skin as possible whenever you are in an area where ticks are found. Wear enclosed shoes. Tuck your shirt into your pants. Tuck your pant legs into your socks.
- Wear light coloured clothing with a tight weave to aid in spotting ticks.
- Avoid long grass and vegetation.

To check for ticks:
- Check clothing for unattached ticks
- Check body carefully. Feel for bumps and look for brown spots on the skin. Remember to check in your hair and hairline, behind ears, back of neck, armpits, elbows, waist, back of knees and between toes.
- Remove ticks as soon as possible, if a tick is removed within 24 hours, the chances of transmitting Lyme disease, transmitted by black legged ticks, or other infections are much less: carefully grasp the tick with fine-point tweezers getting as close to the skin as possible. Gently and slowly pull the tick straight out, do not jerk, twist, or squeeze it. Wash the site with soap and water, disinfect with rubbing alcohol or hydrogen peroxide. Never use a burned match, petroleum jelly or nail polish to remove ticks.
- Record the date and location of the tick bite, contact your health care provider right away if you develop flu-like symptoms or a rash appears.

**For more information, including how to remove a tick safely, visit novascotia.ca/ticksafety
**Pour obtenir plus d’information, y compris sur la façon d’enlever une tique de façon sécuritaire, consultez le novascotia.ca/ticksafety (en anglais seulement).
Our sports programs are designed to be fun, physical and give your child a positive experience. Play is recreational, but skill development is one of our goals. Come out and be active with our energetic and fun staff, in a non-competitive environment! Programs will run rain or shine!

Pre-registration is required.

Please note: Our sports programs are dependent on registration numbers, if minimum registration numbers are not reached, participants will be contacted with further information.

For more information on any of the sports programs, please call Jenna Nauss, Sports and Camps Manager at (902) 530-3266 or jenna.nauss@modl.ca

Sports programming registration opens Tuesday, May 21.

**Summer Recreational Youth Soccer**

Put your shin pads on, lace up your cleats and join us for some soccer fun! When we arrive on the field we will be brushing up and fine tuning your skills. Emphasis will be on non-competitive soccer fun and activity. Be sure to bring sun protection and your water bottle. A parent/guardian must be present for preschool soccer. No makeup rain dates. Any cancellations will be made by 3:00 pm, available on our Facebook page. T-shirt included in registration.

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Times</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mahone Bay Centre</strong></td>
<td>3&amp;4, 5&amp;6</td>
<td>6:00 pm - 6:30 pm</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>5&amp;6</td>
<td>6:30 pm - 7:15 pm</td>
<td>$45</td>
</tr>
<tr>
<td><strong>Hebbville Academy</strong></td>
<td>3&amp;4, 5&amp;6</td>
<td>5:45 pm - 6:15 pm</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>3&amp;4, 6&amp;7</td>
<td>6:15 pm - 6:45 pm</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>6&amp;7</td>
<td>6:45 pm - 7:30 pm</td>
<td>$45</td>
</tr>
<tr>
<td><strong>Centre Consolidated School</strong></td>
<td>3&amp;4, 5&amp;6</td>
<td>5:45 pm - 6:15 pm</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>5&amp;6</td>
<td>6:15 pm - 7:00 pm</td>
<td>$45</td>
</tr>
</tbody>
</table>

Mondays, June 3 to August 12
(No soccer July 1 or August 5), 9 weeks

Tuesdays, June 4 to August 13
(No soccer July 23), 10 weeks

**Summer Recreational Youth Softball**

Grab your glove and join the MODL staff to learn the basic skills of softball and have some fun. Emphasis is on non-competitive softball fun and activity. Remember to wear sun protection and bring your water bottle. No makeup rain dates. Any cancellations will be made by 3:00 pm and are available on our Facebook page. T-shirt included with registration.

<table>
<thead>
<tr>
<th>Location</th>
<th>Ages</th>
<th>Times</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MARC, Dayspring Upper Field 1</strong></td>
<td>3-5, 3-5</td>
<td>5:45 pm - 6:15 pm</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>6-8</td>
<td>6:15 pm - 6:45 pm</td>
<td>$40</td>
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<tr>
<td></td>
<td>6-8</td>
<td>6:45 pm - 7:30 pm</td>
<td>$45</td>
</tr>
<tr>
<td><strong>Park View Education Centre Soccer Field, Bridgewater</strong></td>
<td>3-5</td>
<td>5:45 pm - 6:15 pm</td>
<td>$10</td>
</tr>
<tr>
<td><strong>Track and Field Day</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Park View Education Centre Soccer Field, Bridgewater</td>
<td>3-5</td>
<td>5:45 pm - 6:15 pm</td>
<td>$10</td>
</tr>
</tbody>
</table>

Ages 6-8, 6:45 pm - 7:30 pm, $45

Wednesday, June 12 to August 14, 10 weeks

On your mark... get set... GO! Tie up your laces and get ready to run, jump and throw! Get a taste of several different events and learn fundamental skills involved in the sport of Track and Field. Whether you are an experienced athlete or not, there will be lots of active fun. Remember to pack a lunch. Ages 7-12

Monday, July 22,
10:00 am - 2:00 pm
Park View Education Centre Soccer Field, Bridgewater
$10
**Disc Golf at the MARC**

Have you ever heard of Disc Golf? It’s similar in approach to “Ball Golf” in that the objective is to finish a hole in the least number of throws. Never thrown a disc? Not sure how to play? Don’t have any discs? Not a problem! Come join us every Tuesday evening at 6:30 pm for some friendly disc golf. Discs will be available to borrow or bring your own if you have them. If you are new to the sport, we will help you learn. If you are an experienced disc golfer this is a great opportunity to meet others that share this passion and grow the sport. No need to sign up but if you’re interested you can contact @southshorediscgolfns on Facebook.

**Tuesdays at 6:30 pm**
**MARC, Dayspring**
**It’s FREE!**

**Cherry Hill Fun Walk/Run**

Come out to the 10K event that loops through Broad Cove before returning to Cherry Hill. Open to ages 16+. T-shirt included with registration. For more information, please call Larry Blackler, Race Director, at (902) 935-2102 or email ucfd.ca@gmail.com. Online Registration at www.events.runningroom.com/site/16028/cherry-hill-fun-run-2019/

**Saturday, August 3, 9:30 am**
**United Communities Fire Department, Cherry Hill**
**$25**

**Youth Beach and Back Run**

In partnership with the 28th Annual Cherry Hill Fun Run, the District of Lunenburg Recreation will be providing a 1.2 K run for children. Parents must sign a waiver on site. **Ages 11 and Under.**

**Saturday, August 3**
**Run starts at 10:15 am, Registration starts at 9:00 am**
**United Communities Fire Department, Cherry Hill**
**$10 payable on site**

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**THE MAHONE BAY AND AREA SWIMMING POOL**

**2019 SEASON: JUNE 28 to AUGUST 30**

Free opening party on Friday, June 28 at 11:30 am
Free Family Swims and Water Polo:
Saturday Afternoons 2 - 5 p.m.

**2019 Summer Schedule**

<table>
<thead>
<tr>
<th>Swimming and Lifesaving Classes</th>
<th>Recreational Swims</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sessions</strong></td>
<td><strong>Times</strong></td>
</tr>
<tr>
<td>July 1</td>
<td>Mondays – Fridays</td>
</tr>
<tr>
<td>July 12</td>
<td>2:00 pm – 4:30 pm</td>
</tr>
<tr>
<td>July 15</td>
<td>5:00 pm – 6:00 pm</td>
</tr>
<tr>
<td>July 26</td>
<td>Open/Lap Swim</td>
</tr>
<tr>
<td>Aug. 9</td>
<td>Family Swim</td>
</tr>
<tr>
<td>Aug. 12</td>
<td>6:00 pm – 7:00 pm</td>
</tr>
<tr>
<td>Aug. 23</td>
<td>Public Swim</td>
</tr>
<tr>
<td>Aug. 23</td>
<td>7:00 pm – 8:00 pm</td>
</tr>
<tr>
<td>Aug. 23</td>
<td>Saturdays</td>
</tr>
<tr>
<td>Aug. 23</td>
<td>12:00 pm – 1:00 pm</td>
</tr>
<tr>
<td>Aug. 23</td>
<td>2:00 pm – 5:00 pm</td>
</tr>
<tr>
<td>Aug. 23</td>
<td>Aquafit</td>
</tr>
<tr>
<td>Aug. 23</td>
<td>Sundays</td>
</tr>
<tr>
<td>Aug. 23</td>
<td>2:00 pm – 5:00 pm</td>
</tr>
<tr>
<td>Aug. 23</td>
<td>Public Swim</td>
</tr>
</tbody>
</table>

Registration for Lessons and Memberships for 2019 Season:
For more information, go to our website:
www.mahonebaypool.com or call 902–624–6193
https://www.facebook.com/mahonebaypool/
SEA WHERE THE WIND TAKES THEM

SUMMER SAILING CAMPS
LUNENBURG YACHT CLUB

AGES 6 AND UP
ALL SKILL LEVELS
DISCOUNTS FOR LUNENBURG COUNTY STUDENTS

REGISTER TODAY AT WWW.LYC.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 elipticals
- 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 B0J 2E0
Reach us at 902 624-0890, Open 7am to 10pm Daily
centrefit@mahonebaycentre.org | CENTREFIT.CA
The District of Lunenburg Recreation is partnering with the LCLC Aquatics again this summer to offer swimming lessons for a variety of ages and levels. Join the LCLC Swim Instructors at one of our three sessions offered at Lake Mush-A-Mush and Lake William. Lessons will be scheduled between 1:00 pm and 5:00 pm, daily.

*Registration will close 10 days before the lessons begins. No online registration. Schedules will be released at least one week prior to the lessons starting. Based on registration numbers some levels may be combined.*

**Session 1:**
Lake Mush-A-Mush, Sweetland
Monday – Friday; July 8 – July 19

**Session 2:**
Lake William, Barss Corner
Monday – Friday; July 22 – August 2

**Session 3:**
Lake Mush-A-Mush, Sweetland
Monday – Friday; August 12 – August 23

<table>
<thead>
<tr>
<th>Level</th>
<th>Participant requirement to register</th>
<th>Class Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Cross Swim Preschool - Starfish</td>
<td>4-12 months of age, able to hold their head up, and participating with a parent or caregiver (assisted)</td>
<td>30 minutes</td>
<td>$50</td>
</tr>
<tr>
<td>Red Cross Swim Preschool - Duck</td>
<td>12-24 months of age, participating with a parent or caregiver (assisted)</td>
<td>30 minutes</td>
<td>$50</td>
</tr>
<tr>
<td>Red Cross Swim Preschool - Sea Turtle</td>
<td>24-36 months of age, participating with or without a parent or caregiver</td>
<td>30 minutes</td>
<td>$50</td>
</tr>
<tr>
<td>Red Cross Swim Preschool - Sea Otter</td>
<td>3-5 years</td>
<td>30 minutes</td>
<td>$50</td>
</tr>
<tr>
<td>Red Cross Swim Preschool - Salamander</td>
<td>3-5 years, successful completion of the skills in Red Cross Swim Preschool Sea Otter</td>
<td>30 minutes</td>
<td>$50</td>
</tr>
<tr>
<td>Red Cross Swim Preschool - Sunfish</td>
<td>3-6 years, successful completion of the skills in Red Cross Swim Preschool Salamander</td>
<td>30 minutes</td>
<td>$50</td>
</tr>
<tr>
<td>Red Cross Swim Preschool - Crocodile</td>
<td>3-6 years, successful completion of the skills in Red Cross Swim Preschool Sunfish</td>
<td>30 minutes</td>
<td>$50</td>
</tr>
<tr>
<td>Red Cross Swim Preschool - Whale</td>
<td>3-6 years, successful completion of the skills in Red Cross Swim Preschool Crocodile</td>
<td>30 minutes</td>
<td>$50</td>
</tr>
<tr>
<td>Swim Kids - Levels 1-4</td>
<td>School-aged children (6+)</td>
<td>30 minutes</td>
<td>$50</td>
</tr>
<tr>
<td>Swim Kids - Levels 5-10</td>
<td>School-aged children (6+)</td>
<td>45 minutes</td>
<td>$55</td>
</tr>
</tbody>
</table>

To register or for more information on Swimming Lessons, please call **Jenna Nauss**, Sports and Camps Manager at (902) 530-3266 or jenna.nauss@modl.ca
Mariners Swim Team

Join the Mariners to improve strokes, meet new friends, have fun, and compete in weekend swim meets! The ability to swim two pool lengths is the only requirement.

We have a FREE Swim Team Week!
Come and check us out:
June 25 - 28, with practices at 4-5:30pm.

THEN…. Regular Swim Team starts
July 1, 4:00-5:30pm

2019 Swim Team Fee
Season Membership plus $125 for 1st child and $105 for each additional child.

CLASSES

Mon. to Fri. 9 -11:30 am & 6 - 6:30 pm
Session 1: July 2-12  Session 2 July 16-27
Session 3: July 30- Aug 10  Session 4: Aug 13-24

Do you have a teen interested in aquatics?
Try our Leader Program!

REGISTRATION

June 10 - 3:00-6:00 pm
Lunenburg Community Centre

Pool Rentals
Available
Sat and Sun 4:00-6:00
So BOOK EARLY……

Sunday
Free Swim throughout the season

POOL SCHEDULE

(Schedule starts July 1st - Free Open Swim)

Monday to Friday
7:45 am - 8:45 am  Early Bird Swim
9:00 am - 11:30 am  Swimming Lessons
11:30 am - 1:00 pm  Pool Maintenance/In-service
1:00 pm - 2:00 pm  Family Swim
2:00 pm - 4:00 pm  Open Public Swim
4:00 pm - 5:30 pm  Swim Team
5:00 pm - 5:30 pm  Lap Swim ½ Pool
5:30 pm - 6:00 pm  Lap Swim Full Pool
6:00 pm - 6:30 pm  Swimming Lessons
6:30 pm - 7:30 pm  Family Swim
7:30 pm - 8:30 pm  Open Public Swim

Saturday & Sunday
12:00 pm -1:00 pm  Lap Swim
1:00 pm - 2:00 pm  Family Swim
2:00 pm - 4:00 pm  Public Swim

Lunenburg & District SWIMMING POOL
ourlunenburgpool@gmail.com
902-634-4499

Our Lunenburg Pool

222 MODL  |  www.modl.ca  |  902-530-3285

POOL RATES/MEMBERSHIPS

MEMBERS  Per SESSION  SEASON
First Child  $53  $165
Additional Child  $48  $155
Adult  $53  $165

Non MEMBERS
First Child  $65  $200
Additional Child  $60  $180
Adult  $65  $200

DAILY  MONTHLY  SEASONAL
Child/Student  $4.00  $50  $85
Seniors  $4.50  $50  $100
Adults (19+)  $5.00  $50  $125
Family  $15.50  $103  $160

Do you have a teen interested in aquatics?
Try our Leader Program!

Try our Leader Program!
NEW! Ice Cream Social
Join us for a sweet summer treat with lots of toppings, live music from the soothing sounds of Southwind, fun activities to get you moving and great company to make you smile as we welcome the beginning of the Summer season. Bring your friends for a fun afternoon, you won’t want to miss out!
Thursday, June 20, 1:30 pm – 3:00 pm
Newcombville Fire Hall
It’s FREE! Donations for PRO Kids welcomed!

Fan Favourite! Seniors Mussel Bake
This event is a delight year after year. It could have something to do with the delicious steamed mussels, the entertaining musical performances, the friendship and laughter that is shared, or the beautiful scenery in breath-taking Petite Riviere. Whatever it is, we hope to see you there!
Tuesday, July 9, 2:00 pm – 4:00 pm
Petite Riviere Fire Hall
It’s FREE! Donations for PRO Kids welcomed!

Seniors Corn Boil
As we look forward to the fall season, join us for our annual end of summer corn boil, which is sure to be a tasty, foot-stomping good time! We will have live music to get you up out of your chairs, lawn games outside to work off all the delicious food, and did we mention PRIZES? This is one you don’t want to miss!
Thursday, August 29, 11:00 am – 1:30 pm
Parkdale/Maplewood Community Centre
It’s FREE! Donations for PRO Kids welcomed!
ALL TOURS IN THE COMFORT OF A COACH ATLANTIC CHARTER BUS. Meals at participant’s expense

**Bargain Shopping Trip to Metro**
The possibilities are endless for our bargain shopping trip around HRM. Many discount stores, thrift shops, and second-hand stores to satisfy the need for a deal! Join us as for a shopping-filled day which will leave your pocketbook a little lighter.

**Thursday, June 13, 8:00 am - 6:00 pm**
Meet in the Bridgewater Walmart parking lot. Pre-arranged pickups available along Highway 103.

$50

**Destination Lunenburg County**
Join us for local bus tour that celebrates our local farmers, artisans and craftspeople. Shop for fresh produce and enjoy some fresh air and beautiful scenery! We may visit such gems as Wiles Farm Market, La Have Bakery, Westcote Bell Pottery & Studio, the LaHave Craft Coop, and the beautiful Petite Riviere, Mahone Bay and Lunenburg.

**Wednesday, July 10, 9:00 am – 6:00 pm**
Meet in the Bridgewater Walmart parking lot

$50

Note: A minimum of 40 people are needed for each bus trip. Itineraries will be available 2 weeks prior to trip. Stops subject to change.
**BUS TRIPS**

**Local Beverage Tour**
Are you a budding wine connoisseur? Do you enjoy new flavors? Are you interested in the growing craft beer market? Do you enjoy supporting local businesses? This delectable bus tour is for you if you answered yes to any of the above. We will be touring around Lunenburg County to sample the tastes of our area through wine, beer, and spirits. We will stop in Lunenburg for lunch, at the participants expense. This is sure to be a fun-filled trip, so don’t miss out!

**Thursday, August 22, 8:00 am – 6:00 pm**
Meet in the Bridgewater Walmart parking lot
$50

**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, 8:00 am – 6:00 pm**
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, Hennigar’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, 8:00 am - 6:00 pm**
Meet in the Bridgewater Walmart parking lot
$50

**Christmas Shopping Trip to Halifax**
This is a great opportunity for a day-trip to Halifax to either start your Christmas shopping, or find something special for yourself! We will set out in an attempt 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, 8:00 am - 8:00 pm**
Meet in the Bridgewater Walmart parking lot. Pre-arranged pickups available along Highway 103.
$50
Heartland Tour
The 80k road ride leaves Shipyards Landing, Bridgewater on Thursday, July 11 at 9:00 am. The ride goes to Mahone Bay via Highway 325, proceeds to Indian Point, returns through Mahone Bay around Maders Cove and onto Lunenburg where lunch is provided by the Old Fish Factory on the waterfront. After lunch the ride goes along Masons Beach road onto to Riverpoint and along the LaHave River back to Bridgewater. Riders have a choice of doing the complete route or any segment(s). Refer to www.HeartLandTour.ca for additional details and to register. There is a 30k trail ride starting at the Mahone Centre, School Street, Mahone Bay at 10:30 am. The ride will use the Bay to Bay trail to Lunenburg and back and lunch provided by the Old Fish Factory on the waterfront. The Heart and Stroke 3km walk starts at 9:00 am from Shipyards Landing. The events are suitable for all abilities. Join us for a fun day!

Heartland Tour - Children’s Activity Day
Come on out to the Shipyards Landing and join this community event jam-packed with games, relay races, obstacle courses, face painting and much more! The focus is physical activity and healthy living, so dig out your sneakers and get ready to have a blast! Did we mention there are prizes? You have a chance to win amazing prizes including 4 bikes donated by ABCO, Bank of Montreal and High Liner Foods, by simply participating! Don’t miss out! The best part?
Thursday, July 11, 1:00 pm - 3:30 pm
Shipyards Landing, Bridgewater
It’s all FREE!
Lyme Disease Conference in Bridgewater in October
The Lunenburg Lyme Group is planning a free Lyme Disease Conference at the Bridgewater Cineplex on the weekend of October 5 and 6, 2019.

LYME SOS
Saturday, October 5
9:00am - 1:00am
This session for medical and health professionals will offer a learning opportunity to listen and respond to physicians and Lyme researchers.
For information, please contact info@lymeconference@gmail.com.
902 441 6200  902 980 0043
Registration will open on September 1, 2019

LYME 101
Sunday, October 6
9:00am - 1:00am
This session for the public will offer an opportunity to hear from experts with diverse perspectives on the symptoms, diagnosis and treatment of Lyme Disease.

Coastal Action Earth Adventure Camps 2019
Programs take place at the Morton Centre on Heckman’s Island, just 15 minutes outside of Lunenburg! The Earth Adventure Camps will be back again this summer, with environmentally-themed programs to engage and educate local children and youth.
All day camps take place outdoors and are designed to provide participants with opportunities to enjoy experiential learning, science, discovery, and being active in nature.

CAMP SCHEDULE:
EARTH QUEST (Ages 12-14) – July 2-6 – 9AM-4PM
The Earth Quest challenge is an exciting and interactive game that will test each campers’ skills as they advance through the challenges and make it to the finish line. Includes an overnight camp-out from Friday to Saturday. ($165 hst incl.)

PIRATES’ COVE (Ages 6-8) – July 16-20 – 9AM-4PM
Currently full – contact Clare to join the waitlist
Join our merry band of buccaneers as we explore this strange new world, discover its natural treasures, and find out what it takes to be a modern-day, earth-friendly pirate! ($145 hst incl.)

WILD ADVENTURERS (Ages 9-11) – July 29-Aug 2 – 9AM-4PM
Each day we will learn skills from wild animals about how to live in harmony with the natural world! Includes an overnight camp-out from Thursday to Friday. ($165 hst incl.)

TRAILBLAZERS (Ages 9-11) – Aug 12-16 – 9AM-4PM
Explore the forest and learn how to build shelters, fires, and more! Includes an overnight camp-out from Thursday to Friday. ($165 hst incl.)

*EARLY BIRD DISCOUNT*
Receive 15% off of the registration costs when you register before April 30.

Receive a $50 discount when registering a second child from the same family for a camp.

*FINANCIAL SUPPORT OPTIONS*
Help to subsidize registration fees for those in need OR sign-up to be considered for financial support for your child. This support will be dependent on the availability of subsidized donations.

Registration
contact Clare at (902) 634-9977 or clare@coastalaction.org
www.coastalaction.org

For More Info Contact Natasha Mosher @ 902 321 7161
Or Email: natashazwicker@hotmail.com
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.