

Summer 2021 RECREATION GUIDE



Lunenburg County
Lifestyle Centre



902.530.4100
lclc.ca

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Town of
Lunenburg



902-634-4006
explorelunenburg.ca

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Municipality of the District of
Lunenburg Recreation Department



902.541.1343
modl.ca

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Town of Bridgewater,
Community Development
Department – Recreation



902.543.2274
bridgewater.ca

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Lunenburg County LIFESTYLE CENTRE

**ADULT**

\$24/month

\$259/year

COUPLE

\$41/month

\$456/year

FAMILY

\$47/month

\$519/year

YOUTH

\$15/month

\$166/year

STUDENT

\$18/month

\$197/year

SENIOR

\$18/month

\$197/year

*All prices listed are subject to HST***ALL INCLUSIVE MEMBERSHIP PERKS**

- Member Only swims
- Free Aquafit and Yoga
- Free public skate
- Member rates on swim lessons
- Member rates on room rentals
- Member rates ice rentals
- Member rates on kid camps
- Freeze membership if needed
- Priority ticket sales

Visit www.lclc.ca for more membership optionsweb: lclc.ca | email: info@lclc.ca | phone: (902) 530-4100

135 North Park Street Bridgewater, N.S. B4V 9B3



ROOMS TO RENT AT THE LCLC

PLEASE CALL TO ENQUIRE ABOUT SOCIAL DISTANCING
ROOM OCCUPANCY NUMBERS FOR YOUR EVENT.

LCLC | www.lclc.ca | 530-4100

Active Living Studio (\$25/hr)

- Host up to 24 participants in our 1200 sq. foot Active Living Studio
- This large open space is full of natural light
- Mirrored studio with ballet bar
- Includes a sound system



Meeting Room (\$15/hr)

- Host up to 10 people in our 350 sq. foot Meeting Room
- Large Boardroom Table and 10 nesting chairs
- Wifi throughout
- Projector, flip chart and white board available for rent
- Full catering/coffee and tea services available

Party Room(\$15/hr)

- Host up to 10 people in the 250 sq. foot room
- 1 boardroom table and 10 chairs
- Located conveniently next to the pool



Multi-Purpose Room (\$25/hr)

- Host up to 18 people in the 620 sq. foot room
- Endless layout options with flip tables and 30 chairs
- Wifi throughout
- Projector, flipchart and white board available for rent
- Full catering/coffee and tea services available

***All prices listed are subject to HST.**

For room rental, contact Guest Services at (902-530-4100), or at "info@lclc.ca"

ACTIVE LIVING SUMMER 2021 SCHEDULE

PRICING FOR SUMMER 2021

ALL CLASSES ARE FREE to Annual All-Inclusive LCLC members.

Non-Members: Drop In fee \$10 OR purchase a 10 pass for Aqua Fitness/Active Living Studio Classes for \$70.00.

PLEASE STOP AT GUEST SERVICES TO SIGN-IN EACH WEEK

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| Elderfit Elderfit and LCLC members 10:00 – 11:00 am | Elderfit Elderfit and LCLC members 10:00 – 11:00 am | Elderfit Elderfit and LCLC members 10:00 – 11:00 am | Elderfit Elderfit and LCLC members 10:00 – 11:00 am | Elderfit Elderfit and LCLC members 10:00 – 11:00 am |
| LCLC Gentle Yoga 8:00 – 9:15 am (Active Living Studio) |  | LCLC YIN YOGA 8:00 – 9:15 am (Active Living Studio) | | LCLC YIN/YANG YOGA 8:00 – 9:15 am (Active Living Studio) |
| LCLC Gentle Yoga 10:00 – 11:15 am (Active Living Studio) | YMCA/LCLC AQUA FITNESS 12:00 – 12:45 pm (Lap Pool) | LCLC YIN YOGA 10:00 – 11:15 am (Active Living Studio) | YMCA/LCLC AQUA FITNESS 12:00 – 12:45 pm (Lap Pool) | LCLC YIN/YANG YOGA 10:00 – 11:15 am (Active Living Studio) |
| LCLC/YMCA GENERAL TONING FITNESS CLASS 5:30 – 6:15 pm (Active Living Studio) | LCLC IYENGAR BEGINNER YOGA 6:30 – 8:00 pm (Active Living Studio) | | LCLC Hatha Flow 7:00 – 8:15 pm (Active Living Studio) | |
| LCLC/YMCA HATHA FLOW YOGA 7:00 – 8:15 pm (Active Living Studio) |  | | Stay Tuned to Facebook and www.lclc.ca for additional classes | |

**** Elderfit** A water exercise program designed for seniors and the physically compromised but it is open to everyone.
For more information, please visit www.elderfitlunenburg.ca and/or email: elderfitlunenburg@gmail.com

HATHA FLOW YOGA

Come work on breathing techniques, warming the body and building postures from the ground up.

With Joanne Green

LCLC/YMCA AQUA FITNESS

Aqua Fitness is a form of aerobic exercise that for the most part takes place in the shallow water end of the swimming pool. These classes focus on aerobic endurance, resistance training and creating an enjoyable atmosphere with music.

BEGINNER IYENGAR YOGA

Detail-oriented and slow-paced, Iyengar yoga focuses on getting into poses with correct alignment. The primary focus is holding poses rather than being in a flow. Poses are held for a longer period of time.

With Elizabeth Kingsland

LCLC/YMCA GENERAL TONING FITNESS CLASS

This program will enhance your fitness, strength, and connection to your core. This dynamic full-body workout utilizes simple equipment and focuses on quality movements over quantity.

YIN YANG YOGA

Combining two styles of yoga, this class improves energy and fitness while promoting relaxation and healing. In Yin Yoga, the poses target the connective tissues. As a result, the poses are more passive holds with little active engagement of the muscles. Yang Yoga warms the body and stretch and strengthen the muscles. **With Pam Greer**

YIN YOGA

Yin Yoga is a slow-paced style of yoga with postures that are held for longer periods of time. Yin Yoga poses apply moderate stress to the connective tissues of the body with the aim of increasing circulation in the joints and improving flexibility. Yin Yoga is a more meditative approach to yoga. **With Pam Greer**

AQUATICS

RED CROSS SWIM PRE-SCHOOL

BMO Financial Group Aquatic Centre



RED CROSS ADULT AND TEEN SWIM LESSONS (ALL LEVELS)

It is NEVER too late to learn or improve your skills! Gain knowledge and skills of swimming and water safety in a safe and enjoyable environment. Adult and Teen Lessons are tailored to meet your needs and interests based on your previous water-related experience. Whether you are new to swimming, wish to overcome a fear, want to develop or improve your swimming strokes or simply feel comfortable swimming with your friends or children – a class can be designed for you!

PREREQUISITE:

13 years – the young at heart!

- 8 weeks – 45 minutes of instruction per lesson
- **DATE:** Tuesdays, July 7 – Aug. 25, 2021
- **TIME:** 11:00 - 11:45 am
- **FEE:** Members \$47.50 / Non-Members \$95

All prices listed are subject to HST



PRIVATE LESSONS

Enjoy one-on-one instruction of an individualized swim program based on personal needs! Whether you are looking to improve your strokes, learn a new skill, overcome a fear of water or working your way through the Red Cross Swim Program, private lessons are for you! Classes are 30 minutes in length. Full payment is required upon booking. Private lessons will be offered in 10-class sessions.

The 10-class session runs the same course as the 10-class group swim lesson session.

To register for the 10-class session please register online or in-person at Guest Services. Note: the 10-class session registration begins June 14, 2021.

Age Requirement: 6 years +

Level Requirement: Swim Kids 5-10

PLEASE NOTE: We try our best to accommodate the needs of the swimmers by pairing them up with the appropriate instructor. Requests for instructors will be considered but cannot be guaranteed.

Private Lesson Fee:

Members \$195/Session

Non-Members: \$240/Session

Semi – Private Lesson Fee:

Members \$140 per child/Session

Non-Members: \$190 per child/Session





&



902.530.4100
info@lclc.ca | www.lclc.ca

**Registration is available June 1st for 2021 LCLC Summer Camps
On-Line, In-Person at Guest Services Desk or via Phone at 902-530-4100**

WEEKLY RATE:

Members \$125

Non-Members \$150

DAILY RATES:

Member \$30

Non-Members \$35

AGES
5 – 12

REGULAR DAILY CAMP HOURS:

8:30am – 5:00pm

DROP-OFF TIME: 8:00 am – 9:00 am**PICK-UP TIME:** 4:00 pm – 5:00 pm

- 8 themed weeks
- Swimming
- Aquatic Sports + Activities

- Outdoor Activities
- Skating
- Special Events

- Arts and Crafts
- And Stay tuned for much, much more



AQUATICS RECREATIONAL SWIMS

LCLC BMO Financial Group Aquatic Centre

**For our most up to date Recreational Swim Schedule
VISIT www.lclc.ca and click on "Live View Now"**

RECREATIONAL SWIMMING SCHEDULE is posted online at www.lclc.ca
Stay tuned for our April to June Swim Schedule.

| Day Passes | Adult | Family | Youth (under 18) | Student with ID (18+) | Senior |
|-----------------|---------|----------|---------------------|--------------------------|---------|
| Aquatics | \$6.09 | \$13.04 | \$4.35 | \$5.22 | \$5.22 |
| Skating | \$3.48 | \$8.70 | \$2.61 | N/A | N/A |
| 10 Visit Passes | Adult | Family | Youth (under 18) | Student with ID (18+) | Senior |
| Aquatics | \$52.18 | \$113.04 | \$34.78 | \$43.48 | \$43.48 |
| Skating | \$30.44 | N/A | N/A | N/A | N/A |

All prices listed are subject to HST.

AQUATICS AQUATIC LEADERSHIP

BMO Financial Group Aquatic Centre

The Lunenburg County Lifestyle Centre has an ongoing Interest List for our Aquatic Leadership courses. If you are interested in a course that is not listed, please contact our Guest Services and they will add you to our list.

LIFESAVING SPORT CLUB (9-15YRS)

Have fun learning the lifesaving sport events and developing your skills and endurance in the water!

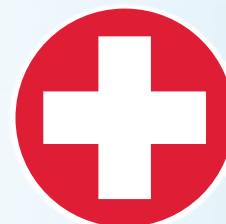
Wednesdays, July 3 – Aug 21: 6:00pm – 7:00pm
Fee: Members \$40 Non-members: \$60

BRONZE CROSS

Designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. This course is a pre-requisite for National Lifeguard Award (NLS).
Pre-requisites –holder of current Bronze Medallion certification.

Mondays – July 6 – Aug 31
6:00pm – 8:00pm

COST – Members \$150 / Non-Members \$180



LIFEGUARD

ADULT/TEEN LESSONS (8 WEEKS)

Learn to swim or improve your strokes and skills!
Tuesdays, July 7 – Aug 25 : 11:00am – 11:45am
Fee: Members \$42.75 Non-Members \$85.50

AQUATICS

RED CROSS SWIM KIDS

BMO Financial Group Aquatic Centre

Summer 2021

Swimmers are evaluated based on performance criteria and progress individually to the next level once all criteria have been successfully completed.



REGISTRATION BEGINS: June 14, 2021 (online, in-person and over the phone)

Summer 2021 – There are four different options for swimming lessons. Three 2-week sessions where the lessons are during the mornings of each weekday; and there is another session of Tuesday and Thursday evenings.

The 2-week sessions are (July 13 to July 24, July 27 to Aug 7, and Aug 10 to Aug 21).

The evening swimming lessons run July 14 – Aug 13, 2021)

SWIM KIDS 5-10

45 minutes in length / 10 classes

FEE: Member \$47.50 / Non-Member \$95

SWIM KIDS 1-4

30 minutes in length / 10 classes

FEE: Member \$42.50 / Non-Member \$85

| LEVEL | SESSION 1 JULY 13 – JULY 24 | SESSION 2 JULY 27 – AUG 7 | SESSION 3 AUG 10 – AUG 21 | TUES & THURS (PM) JULY 14 – AUG 13 |
|-----------------|------------------------------------|-----------------------------------|-----------------------------------|---------------------------------------|
| PRIVATE LESSONS | 10:25 – 10:55am | 9:15 – 9:45am 11:35 – 12:05am | 9:15 – 9:45am 11:35 – 12:05am | 4:00 – 4:30pm 6:15 – 6:45pm |
| Swim Kids 1* | 9:50 – 10:20am 11:20 – 11:50am | 9:35 – 10:05am 11:00 – 11:30am | 9:35 – 10:05am 11:00 – 11:30am | 4:15 – 4:45pm 6:20 – 6:50pm |
| Swim Kids 2* | 10:10 – 10:40am 11:15 – 11:45am | 10:25 – 10:35am | 10:25 – 10:35am | 6:00 – 6:30pm |
| Swim Kids 3 | 10:40 – 11:10am | 11:15 – 11:45am | 11:15 – 11:45am | 5:10 – 5:40pm |
| Swim Kids 4 | --- | 11:20 – 11:50am | 11:20 – 11:50am | 5:45 – 6:15pm |
| Swim Kids 5 | 9:50 – 10:35am | 9:35 – 10:20am | 9:35 – 10:20am | 5:25 – 6:10pm |
| Swim Kids 6 | 9:50 – 10:35am | 9:35 – 10:20am | 9:35 – 10:20am | 5:25 – 6:10pm |
| Swim Kids 7 | --- | 10:25 – 11:10am | 10:25 – 11:10am | --- |
| Swim Kids 8 | --- | 10:25 – 11:10am | 10:25 – 11:10am | --- |
| Swim Kids 9 | 9:00 – 9:45am | --- | --- | 4:35 – 5:20pm |
| Swim Kids 10 | 9:00 – 9:45am | --- | --- | 4:35 – 5:20 pm |

*With parent or caregiver.

AQUATICS

RED CROSS SWIM PRE-SCHOOL

BMO Financial Group Aquatic Centre

JULY-AUGUST

*Starfish, Duck, Sea Turtle:

Parented classes based on participation. Children move to the next level based on developmental stage and age.

Starfish: 4 months to 12 months
(able to hold their head up)

Duck: 12-24 months;

Sea Turtle: 24-36 months

***Sea Otter, Salamander, Sunfish:**
3 years to 5 years

Swimmers are evaluated based on performance criteria and progress individually to the next level once all criteria have been successfully completed.

Children 5 years and older may move into the Canadian Red Cross Swim Kids Program at the discretion of the Caregiver and/or the Aquatic Supervisory Staff.

Summer 2021

All Pre-School Classes are 10 sessions,
30 minutes in length



10 Lessons, 30 Minutes in Length Fee: Members \$42.50 Non-Members: \$85

Summer 2021 – There are four different options for swimming lessons. Three 2-week sessions where the lessons are during the mornings of each weekday; and there is another session of Tuesday and Thursday evenings.

The 2-week sessions are (July 13 to July 24, July 27 to Aug 7, and Aug 10 to Aug 21.

The evening swimming lessons run July 14 – Aug 13, 2021)

| LEVEL | SESSION 1 JULY 13 – JULY 24 | SESSION 2 JULY 27 – AUG 7 | SESSION 3 AUG 10 – AUG 21 | TUES & THURS (PM) JULY 14 – AUG 13 |
|-----------------|----------------------------------|----------------------------------|----------------------------------|---------------------------------------|
| Private Lessons | 10:25 – 10:55am | 9:15 – 9:45am 11:35 – 12:05pm | 9:15 – 9:45am 11:35 – 12:05pm | 4:00 – 4:30pm 6:15 – 6:45pm |
| Starfish* | 9:00 – 9:30am | 10:45 – 11:15am | 10:45 – 11:15am | 4:00 – 4:30pm |
| Duck* | 9:00 – 9:30am | 10:45 – 11:15am | 10:45 – 11:15am | 4:00 – 4:30pm |
| Sea Turtle* | 11:35 – 12:05pm | 9:50 – 10:20am | 9:50 – 10:20am | 5:25 – 5:55pm |
| Sea Otter* | 11:00 – 11:30am | 9:00 – 9:30am | 9:00 – 9:30am | 4:35 – 5:05pm |
| Salamander* | 9:15 – 9:45am 10:45 – 11:15am | 9:00 – 9:30am 10:10 – 10:40am | 9:00 – 9:30am 10:10 – 10:40am | 4:50 – 5:20pm |
| Sunfish* | 9:35 – 10:05am | --- | --- | 6:35 – 7:05pm |

*With parent or caregiver.

TOWN OF LUNENBURG RECREATION

Recreation Office & Lunenburg Community Centre

15 Green St., Lunenburg, NS, B0J 2C0

T: (902) 634-4006 | F: (902) 634-4416

Recreation Director: Kelly Cunningham
kcunningham@explorelunenburg.ca



Find us online at:  "Town of Lunenburg" | www.explorelunenburg.ca

REGISTRATION

ABOUT

Register for programs by calling the Recreation Office located in the Lunenburg Community Centre (cash or cheque only). Town Hall accepts debit. Drop-in programs do not require pre-registration. Fees include HST.

CANCELLATIONS

The "Town of Lunenburg" Facebook page will indicate if there are any cancellations or call the Recreation Office at 902-634-4006.

REFUND POLICY

Once a program has started, we will only issue a refund if a participant has to withdraw for medical reasons. In these cases, a 10% administration fee will be charged and the amount of the refund will be prorated.

COVID-19 INFORMATION

Please review the facility COVID-19 protocols prior to entering the facility. Protocols are at:
<https://www.explorelunenburg.ca/recreation.html>
If at any time Provincial directives change, the information listed may change. Program or facility changes would be announced on the Town's Facebook page and website.

****NOTE: Drop-in sports and weight room may alter depending on Provincial directive. Check the Town's website for updates****

DROP-IN PROGRAMS

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. It is played on three courts.

Sundays, 12pm-2pm

(excluding July & August)

Mondays, 11:30am-1:30pm;

Tuesdays, 9am-11:30am & 7pm-9pm;

Fridays, 1:30pm-4pm

\$3/drop-in

BADMINTON

Every Wednesday evening is for drop-in badminton!

This is open to everyone 16 years and older. All skill levels welcome.

Wednesdays, 7:00pm-9:00pm

\$5/drop-in

WALKIN' IN THE MORNIN'

Get your day off to a great start with an indoor walk.

Walk at your own pace, socialize with friends, and experience the benefits of a regular walking program. This is an unsupervised activity.

Mon, Tues, Wed & Fri, 8:00am- 9:00am

Free

LUNENBURG WEIGHT ROOM MEMBERSHIP

There are tremendous benefits to weight room training to improve health, build strength and enhance quality of life. The room is open weekdays from 8:00am until the building closes, or you can pay a key deposit of \$40 which permits access any day of the week from 6:00am-11:00pm. Ages 13+.

NEW Exercise in confidence and feel safe doing so by pre-booking your personal workout timeslot!

\$43/month or \$150/4 months for adults | \$10/month for students



SUMMER EVENTS IN LUNENBURG

Details may change due to updated Provincial regulations Any changes will be notified on the Town's Facebook page and website. For more information, call (902)-634-4006.

Lunenburg's 268th Birthday!

MONDAY, JUNE 7

Happy 268th Birthday Lunenburg!

It is time to celebrate Lunenburg! The Town will be congratulating those receiving Heritage Recognition Awards and Prominent Lunenburger Awards.

More details of how to celebrate this event coming soon.



Celebrate Canada Day!

THURSDAY, JULY 1

Stay tuned for more details



Lunenburg Craft & Food Festival



Lunenburg Arena & Community Centre

July 10: 10am • 5pm & July 11: 10am • 4pm

Featuring unique NS artisans, crafters & local food trucks

COVID PROTOCOLS WILL BE IN PLACE

info@darwineventgroup.com | 902-679-7177 x102

PRIDE FLAG RAISING

Support and recognize the 2SLGBTQ+ community in a pride flag raising event.

Date: Friday, July 16



FISHERS' MEMORIAL SERVICE

Dedicated to the memory of those who have gone down to the sea in ships and who have never returned. And in tribute to those who continue to occupy their business in great waters.

Sunday, September 12

*The public is invited and encouraged to lay a wreath in memory of a lost fishermen. Contact 902-634-4006 for details.

TRAILS AND BIKING

FRONT HARBOUR TRAIL



A walking short-cut to and from the Lunenburg waterfront and downtown. 350m one way.

BACK HARBOUR TRAIL



Enter by Second Story Women's Centre (18 Dufferin St) or Starr St at Kissing Bridge Rd. 2.9km one way.

South Shore Women On Wheels (WOW)

For women of all ages who want to improve skills, become more confident on roads, or are returning to cycling after a hiatus.

Meets weekly on **Monday mornings** (Spring & Summer) at various locations.

It's **FREE!**

To join, contact
Karen.Geddes-Selig@modl.ca



South Shore Bike Celebration: Lunenburg Ride



Saturday, June 12 @ 10:00am

FREE Destination: Blue Rocks
(Approx. 16km round trip)

Meet at the Lunenburg Bike Shop (151 Montague St.) *Rain or shine*

Pre-registration required at kcunningham@explorelunenburg.ca
or call the Recreation Office at 902-634-4006

Check out the great Lunenburg restaurants after the ride! Eat local!

This ride is in partnership with the Lunenburg Bike Shop and the Town of Lunenburg.



RENTALS IN THE COMMUNITY CENTRE & FIELDS

AUDITORIUM
(\$36/hr)



**FITNESS STUDIO/
MEETING ROOM**
(\$29/hr)



BASEBALL FIELD
(\$13/game)



SOCCER FIELD
(\$32/game)



EXPLORE LUNENBURG'S BEAUTIFUL OUTDOORS



Townsend Street



Victoria Road



**Lunenburg Academy
(Kaulbach Street)**



Skate Park (Green Street)



**250th Anniversary Park
(Medway Street)**

LUNENBURG ACADEMY'S 125TH ANNIVERSARY (1895-2020)



The former school, a National Historic Site, was completed in 1895 and opened for the 1895-1896 school year and continuously operated as a school until 2012. The Academy was designed by the well-known New Brunswick Architect H. H. Mott and completed under the supervision of local master builder Solomon Morash. The Academy opening was a significant milestone, marking the provincial educational system's transformation from the one-room schoolhouse to a multi-room academy style of education.

On the Lunenburg Academy's 125th Anniversary, we celebrated the Academy's transformation into a remarkable and significant Community Cultural Centre that will continue to serve residents and visitors alike for generations to come.

FINANCIAL ASSISTANCE FOR YOUTH ACTIVITIES

PRO Kids provides financial assistance to children and youth aged 18 and under living within the Town of Lunenburg who, due to lack of funds, are not able to participate in sport, recreation and cultural activities. The Town's PRO Kids can fund up to 50% of program registration cost, to a maximum of \$500.

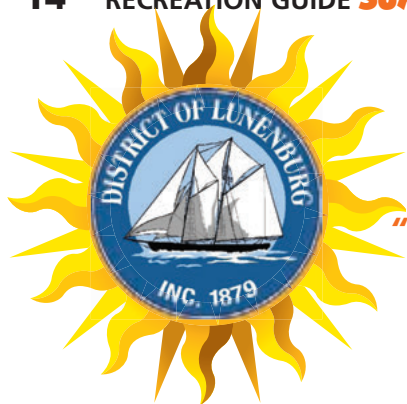


For more information or an application form, visit <https://www.explorelunenburg.ca/pro-kids-program.html> or contact kcunningham@explorelunenburg.ca

PRO Kids would not be possible without community support!

Everyone who gives a donation will receive a tax receipt.

To donation, please contact the Recreation Director at (902) 634-4006 or kcunningham@explorelunenburg.ca.



District of Lunenburg

Recreation Services



"Working with you to create recreational opportunities for all"

10 Allée Champlain Drive | Cookville, NS | B4V 9E4

Main Phone: (902) 541-1343 | **Fax:** (902) 543-7123

Main Office Hours: 8:00am - 5:00pm, Monday to Friday

Summer Phone: (902) 530-3285

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

Web: www.modl.ca | **Email:** recreation@modl.ca

f Like us on Facebook: District of Lunenburg Recreation @MODLRec



Director of Recreation Services: _____ Bill Schurman
Program Coordinator: _____ Tissy Bolivar
Trails & Open Space Coordinator: _____ Laura Barkhouse
Active Living Coordinator: _____ Karen Geddes-Selig
Active Smarter Kids Program Lead: _____ Britt Vegsund
Park Supervisor: _____ Jason McCarthy
Administrative & Customer Service Assistant: _____ Kristy Kaizer
Administrative Assistant: _____ Sandra Challis
Summer Manager: _____ Victoria Burgoyne
Special Events Manager: _____ Jenna Nauss
Sports & Camps Manager: _____ Ben Chisholm
Public Relations & Office Manager: _____ Mariah Kelley

We Welcome YOU!

We are committed to working with community organizations and residents to maximize recreational opportunities for everyone. Be it through programs, special events, facilities, parks, beaches, trails, open spaces, or community partnerships, we are dedicated to serving YOU!

To help ensure that we are welcoming to all users, we want to clearly state that everybody, regardless of race, gender, ability, or sexual orientation, are welcomed everywhere. We are embarking on a plan to ensure that our services better reflect the diverse population of people that enjoy them. Incidents of racism, discrimination or intolerance will not be tolerated.

Please reach out to let us know how we are doing and provide us an opportunity to serve you better -
(902) 541-1343 or email recreation@modl.ca



DID YOU KNOW? The Canadian Parks and Recreation Association (CPRA) have an overarching National Framework for Recreation which the Recreation Nova Scotia (RNS) Shared Strategy for Advancing Recreation ties into. Our department is guided by three strategic plans which align with these policies— the Active Living Strategy, the Open Space Strategic Plan, and the Active Transportation Plan. These documents are adopted by Council and provide staff with direction for our work. Over next year, we will be reviewing all documents to update and refresh the content to ensure they are relevant. We encourage YOU to review these documents at www.modl.ca and provide your feedback!

PROGRAM REGISTRATION INFORMATION

Registration Starts Wednesday, May 26

Pre-registration is required for ALL programs!

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



- Call us at (902) 530-3285 or (902) 541-1343.
- **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 will follow province mandated COVID-19 guidelines and are subject to change.**
- 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.

For program cancellations, additions or changes please call (902) 530-3285.

Watch for program updates in the LighthouseNOW Progress Bulletin and on our Facebook page

Refund Procedures

- If notice is received during regular office hours (8:00am - 5:00pm) 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 **Tissy Bolivar** at (902) 541-1335 to discuss opportunities.



MODL On the Move - Bringing Recreation to You

MEET THE SUMMER STAFF

Meet the 2021 summer recreation management team! We are super excited to bring you some exciting programs and activities to stay active and healthy this summer! We hope to see all your friendly faces, until then stay safe!

Victoria Burgoyne

Victoria Burgoyne is the Summer Manager. This will be her fifth summer working for the recreation department, and her second time holding the position of Summer Manager. She has been involved with recreational sports and activities throughout her life. That is why she is so excited to be able to provide that amazing experience for others! She cannot wait to see what this summer will bring!



Jenna Nauss

Jenna Nauss is the Special Events Manager this summer, this is her fifth year working for MODL recreation. She is very excited for the changing role of recreation in this unique point in time. She hopes everyone will continue to incorporate movement into their daily routine and looks forward to learn what unique ways others are staying physically active.



Mariah Kelley

Mariah Kelley is the PR/Office Manager. This is her third summer working in this position, and she is very excited to be back. Now more than ever, recreation is so important for all of us, so she hopes everyone will continue to stay active, healthy, and safe throughout the summer.



Ben Chisholm

Ben Chisholm is this summer's Sports and Camps Manager. He has been involved in just about every recreational program available for as long as he can remember. This will be his second summer working with MODL, and he could not be more excited for what is bound to be a unique and fun summer!

MODL On the Move - Bringing Recreation to You

MODL RECREATION CRUISER



DO YOU SPEND TIME AT OUR PARKS AND ARE LOOKING FOR SOMETHING TO DO? Well, MODL Recreation is coming to a location near you! We will be branching out and bringing the fun to you to discover your own backyards. Watch out for us at parks and open spaces this summer for pop-up games, activities, and surprises. Keep an eye on our **Facebook page @MODLRec** throughout the summer to find out where we are heading.

Summer Fun Activity Kits

This summer we are bringing recreation to you! We are lending out activity kits and backyard games to families on a four-day basis to use at home! We currently have five themed kits - loose parts, sports, outdoor games, active smarter kids, and nature/gardening. We also have croquet, ladder toss, lawn darts, spike ball, washer toss and more available to lend! Equipment is allocated on a first-come, first-served basis. Loan requests must be made at least 24 hours in advance. All equipment is sanitized following COVID-19 Guidelines. If you are interested in booking a kit or backyard game, you can do so by filling out our equipment loan form found on our website 24 hours in advance and emailing it to Mariah.Kelley@modl.ca or call (902) 530-3285 for more information.

Pick up/drop off: Tuesdays and Fridays, by appointment
MARC, Dayspring
It's FREE! Donations for PRO Kids welcomed

We Challenge YOU!

Bored inside with nothing to do? We challenge YOU! Over the span of the summer, we will be posting bi-weekly challenges on Facebook for the chance to win some amazing prizes. These challenges will be for all ages and will include a wide array of activities so one will never be like the other.

Be sure to keep your eyes peeled on our

Facebook page @MODLRec!



**Challenge
ACCEPTED**



SEE WHERE THE WIND TAKES THEM

SUMMER SAILING CAMP Lunenburg Yacht Club

**Ages 6
and up!
All Skill
Levels!**



**REGISTER TODAY AT
WWW.LYC.CA**

**SESSIONS ALL JULY AND AUGUST
DISCOUNTS FOR LOCAL KIDS**

PRESCHOOL CORNER (AGES 3-5)

Pre-registration is required for all in-person programs. All programs subject to change.

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 premises but out of sight. **Each preschool program will be taking place at two separate locations during the same time and date, please choose one location when registering for the program.**

For more information on any of the Preschool Corner programs, please call **Jenna Nauss**, Special Events Manager at **(902) 530-3264** or Jenna.Nauss@modl.ca



Movers & Shakers

For the runners, jumpers and movers who love to try new things. This event is all about having fun while getting active. Join MODL Recreation staff for an afternoon of movement. Don't forget your running shoes!

Monday, July 5, 1:30pm - 3:30pm
Petite Elementary School
West Northfield Elementary School
\$5

Teddy Bears Musical Dance Party

If you go into the woods today, you will 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 27, 1:00pm – 3:00pm
Miller Point Peace Park, Dayspring
Garber's Family Playground, Hemford
\$5

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.

Thursday, August 5, 10:00am – 12:00pm
Newcombville Elementary School
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, and the stretching will put a smile on your face. Don't miss this relaxing retreat!

Wednesday, August 11, 10:00am – 12:00pm
Miller Point Peace Park, Dayspring
River Ridge Common, Pinehurst
\$5



Natural Artists

Your creative minds and young talent will love this afternoon of fun and exciting natural art! Get inspired by the beautiful world we live in and don't miss the opportunity to get outside and get artsy!

Wednesday, July 14, 10:00am – 12:00pm
MARC, Dayspring
River Ridge Common, Pinehurst
\$5



Icky Sticky Slime Time

There are lots of fascinating slimes and goos to discover - it is sure to be a messy time! Roll up your sleeves and be amazed by a sticky, mushy, goopy time!

Monday, July 19, 9:30am – 11:30am
TBA
West Northfield Community Hall
\$5



CREATE A MUD KITCHEN

Loose Parts Outdoor Play

According to Outdoor Play Canada, the top equipment used for outdoor play is mud kitchens and loose parts.

What is loose parts play? It is a type of play that supports invention, divergent thinking, problem solving and offers a sense of wonder for children. Let's get outdoors this summer!

Benefits:

- Children are more physically active.
- Increases levels of creative and imaginative play.
- Children play co-operatively and socialize more.
- Loose parts and mud kitchens facilitate communication and negotiation skills when added to an outdoor space.

KIDS ZONE (AGES 6-12)

Pre-registration is required for all in-person programs. All programs subject to change.

It's your chance to try 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! Kids programs are drop off only, be sure to wear clothing that can get dirty. **Each kids program will be taking place at two separate locations during the same time and date, please choose one location when registering for the program.**

For more information on any of the Kids Zone programs,
please call **Jenna Nauss**, Special Events Manager at **(902) 530-3264** or Jenna.Nauss@modl.ca

Multisport Day Camp

Do you love to be active, 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 outdoors. This event is focused on physical activity and all levels of experience are welcome! Bring your running shoes, water, a great attitude and a packed lunch.

Tuesday, July 6, 10:00am – 2:00pm

Pine Grove Outdoor Park

Hebville Academy

\$10

Creative Crafters

Calling all artsy, crafty folks, it's time to be creative! Bring your imagination and creativity to design and learn new things. Be prepared to get messy! This event will be packed with games and crafts! The MODL staff can't wait to see you and all your originality.

Monday, July 12, 9:00am – 12:00pm

Pleasantville & District Fire Department

West Northfield Community Hall

\$10



NEW! Mission MODL

Are you ready for an outdoor competition? Ready to explore outside? We will be heading deep into the woods for an adventure. You will have to find clues, solve riddles, play games, learn survival skills and so much more! Please wear closed toed shoes and appropriate clothing for the weather.

Tuesday, July 20, 1:00pm – 4:00pm

MARC, Dayspring

River Ridge Common, Pinehurst

\$10

Track and Field Day

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, water, and wear sneakers.

Wednesday, July 28, 10:00am – 2:00pm

Park View Education Centre

MARC, Dayspring

\$10



Slimy Science

It's a messy world! Bring your imagination and come discover new goos and classic slime. There will be some messy recipes and games at this sticky, goopy, mushy event that is always a favourite!

Tuesday, August 3, 1:00pm – 4:00pm

Tri District Fire Rescue, Newcombville

TBA

\$10

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 an adventurous time with a focus on outdoor education and exploration! Please dress appropriately for the weather and bring a packed lunch.

Monday, August 9, 10:00am – 3:00pm

Miller Point Peace Park, Dayspring

River Ridge Common, Pinehurst

\$10

SUN SAFETY TIPS

- Wear sunglasses with UV protection.
- Cover up and 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.
- Drink water to prevent dehydration.
- Try to keep out of the sun between 11:00 am and 3:00 pm, when the UV index is the highest.
- Avoid using tanning equipment; it damages your skin and increases your risk of developing skin cancer.



YOUTH SPORTS (AGES 3-8)

Pre-registration is required for all in-person programs. All programs subject to change.

Our programs are designed to provide a positive recreational sports experience. We provide a non-competitive, engaging atmosphere, with a priority to develop and improve basic skills. Come out and enjoy with our staff, rain or shine!

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

Youth Recreational Soccer

Slip on your shinpads and lace up your cleats for some soccer fun! The main goal of our soccer programs are to help build motor skills, as well as fine tuning the basic soccer techniques. Emphasis of this 10-week program will be on non-competitive soccer fun and activity! Make sure to bring water and wear sunscreen! Cancellations will be made by 3:00 pm on our facebook page, and there are no makeup rain dates. T-shirts included in registration.

Newcombsville Elementary School

Ages 3-4; 5:15pm – 5:45pm. **\$40**

Ages 5-7; 6:00pm – 6:45pm. **\$45**

Mondays, June 7 to August 16 (no soccer August 2)

10 weeks

Hebbville Academy

Ages 3-4; 5:15pm - 5:45pm or 6:00pm – 6:30pm. **\$40**

Ages 5-7; 6:45pm - 7:30pm. **\$45**

Tuesdays, June 8 to August 10

10 weeks

Centre Consolidated School

Ages 3-4; 5:15pm - 5:45pm. **\$40**

Ages 5-7; 6:00pm - 6:45pm. **\$45**

Wednesdays, June 9 to August 11

10 weeks



Youth Recreational Softball

Grab your glove and bat to join the MODL leaders on the diamond! We will aim to perfect the fundamentals and teach children the primary rules of softball! Make sure to bring water and wear sunscreen! Cancellations will be made by 3:00 pm on our facebook page, and there are no makeup rain dates. T-shirts included in registration.



New Germany Ballfield

Ages 3-5; 5:15pm - 5:45pm or

6:00pm – 6:30pm. **\$40**

Ages 6-8; 6:45pm - 7:30pm. **\$45**

Mondays, June 7 to August 16 (no softball August 2)

9 weeks

MARC Ballfields

Ages 3-5; 5:15pm - 5:45pm or 6:00pm – 6:30pm. **\$40**

Ages 6-8; 6:45pm - 7:30pm. **\$45**

Wednesdays, June 9 to August 11

10 weeks

Volunteers

THANK YOU FOR BEING AWESOME!

A special Thank YOU to all our park and trail volunteers in the District of Lunenburg! Without their volunteer dedication and commitment to making our communities better, we would not have the amazing outdoor opportunities that we do have available.

We simply couldn't do it without them!

- Adventure Trail Association
- Bay to Bay Trail Association
- Big Tanook Island Recreational Centre Association
- Brookfield Mines Trail Association
- Bull Run Trail Association
- Central Nova ATV Club
- Chelsea United Baptist Church
- Crossburn Snowmobile Club
- Dynamite Trail Association
- Indian Path Common Committee
- Kingsburg Coastal Conservancy

- LaHave River Trail Association
- Lunenburg County Mountain Bike Association
- Lunenburg County Wildlife Association
- Miller Point Peace Park Committee
- Petite Riviere Community Park Association
- Pinegrove Outdoor Play Association
- Rose Bay Marine Park Society
- Sawpit Wharf Committee
- South Shore Annapolis Valley Recreational Trail Association
- United Communities Marine Park Society



If you are interested in volunteering for one of these wonderful groups, contact the Trails and Open Space Coordinator at **(902) 521-7910** or email Laura.Barkhouse@modl.ca

LEADERS IN TRAINING (LIT) (AGES 13-15)

We are looking for mature, outgoing, recreation-oriented youth who enjoy working with children to volunteer with MODL this summer!

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 Sports Programs, Kids Workshops, and Preschool Programs.

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 once a week. The best part of this volunteer experience? You will get your summer volunteer schedule for the ENTIRE SUMMER at the end of June! This allows you to make summer plans around your volunteer commitments.

How do I become a Leader in Training?

First you must submit your application, then participate in an interview process. Once that is complete you will attend a training session scheduled in late June where you will meet the other



Leaders in Training and develop skills you will use for the rest of the summer.

If you have any further questions or wish to request an application contact: **Victoria Burgoyne**, Summer Manager, at (902) 530-3286, or by emailing Victoria.Burgoyne@modl.ca
Deadline for applications is June 14, 2021

FINANCIAL ASSISTANCE FOR YOUTH ACTIVITIES



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. PRO Kids is financially supported by MODL, United Way, Rotary Club of Lunenburg, and private donations. For information, contact **Tissy Bolivar** at (902) 541-1335 or pick up a brochure at our office at 10 Allée Champlain Drive or from www.modl.ca/pro-kids



Bolivar at (902) 541-1335 or pick up a brochure at our office at 10 Allée Champlain Drive or from www.modl.ca/pro-kids

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.



Income tax summary or 3 consecutive pay stubs with your application.

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/



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: July 1.** For more information, please contact **Cosette Howlett** at (902) 275-3490 or visit www.kidsport.ca

Help us help youth!

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

RECREATION AT HOME



We are excited to continue our popular Rec at Home virtual programming series. With the popularity of online programming coming to light over the past year, we are happy to partner with our

local instructors to bring you programs right to your home! Registration is not required. Visit our Facebook page, call us at (902) 530-3285 or (902) 541-1343, or email recreation@modl.ca to receive the login details for the ZOOM class. Information will be available the day before the program.

Chair Yoga

A great class for students who are new to yoga, or unable to participate in a regular yoga class due to injury or mobility limitations. Postures are adapted to sitting in a chair and using the chair for balance and assistance in standing poses. Emphasis on de-stressing, breathing, and gentle movement to deepen flexibility, increase range of motion and healing mindfulness and relaxation. Open to all levels. Lead by Alexandra Needergerd of Blockhouse Yoga and Wellness. Alexandra has been teaching Yoga in Toronto and Mahone Bay since 2000. Her classes weave playful reverence with yoga philosophy, postures and breath work, designed to meet you where you are. Learn more at www.blockhouseyoga.com

Tuesdays, 10:00am – 11:00am

Online via ZOOM

It's FREE!



Vinyasa Yoga

Create inner heat as you move with your breath through poses that will improve your balance, strength, and flexibility, as well as open and expand your emotional body and heart. Open to all levels. Lead by Tracy Murdoch of Blockhouse Yoga and Wellness. Tracy is a farmer, mother, wife, yoga teacher, reiki facilitator, pranassage practitioner, chanter,



medium and more. She does what she does because she wants to help you be the healthiest, most vibrant version of yourself that you can be. Learn more at www.blockhouseyoga.com

Saturdays, 9:30am – 10:45am

Online via ZOOM

It's FREE!



Zumba Gold

Ditch the Workout, Join the Party! Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party™ Feel the music and let loose! Come have fun with Zumba® instructors Christina & David Palao. Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

Every other Friday, 10:00am – 11:00am

Online via ZOOM

It's FREE!

Are you a local instructor, artist, musician, or chef? Do you have a skill, practice, or experience you would like to share virtually? We want to hear from you! If you would like to work with us in our Rec at Home program, please contact Tissy Bolivar at (902) 541-1335 or email Tissy.Bolivar@modl.ca



The 2021 Heartland Tour will not include community mass participation events. Join us on our adapted virtual Tour - VIRTUAL EVENTS for all ages and abilities. REGISTRATION is free and opens at 12:01am, Saturday, June 5 online at www.heartlandtour.ca. ANY ACTIVITY, ANY TIME, ANY PLACE - IT ALL COUNTS! You pick the challenge that suits you.

TOUR DATES - Saturday July 10 to Friday, July 30 - 21 days. LOG BOOKS AND PRIZE DRAWS. Record your activity, submit your Log Book to be entered for prize draws including gift certificates for the Bluenose Store, children's bikes etc. Please follow all COVID-19 guidelines issued by Public Health.

Our message - Get Moving, Stay Well

www.heartlandtour.ca Follow us on Facebook.

Thank you to our many volunteers and sponsors who make the Heartland Tour possible each year.

RURAL WALKING SUPPORTS



"In every walk with nature one receives far more than he seeks." —John Muir

Walking is a great activity for all! We want to support walking on rural roads in the District of Lunenburg by improving safety and motivating you and your family to move every day. Walking is Canada's most beneficial physical activity for all ages. Walking can reduce stress, strengthen the heart and lungs, increase energy levels, and help you maintain a healthy and active lifestyle.

To support you, we are offering a number of items to assist with walking/cycling on your rural road to keep you safe and comfortable. Please keep in mind that items offered are intended for those who would not easily access or buy them without support or a nudge.

We have the following items to support your rural walking while supplies last:

- reflective vests
- walk friendly lawn signs
- walking app suggestions
- pedometers
- reflective arm bands

Donations to PRO Kids welcomed

Please contact Active Living Coordinator,

Karen.Geddes-Selig@modl.ca or
(902) 541-5302



ACTIVE LIVING CHAMPIONS

Heather Haughn, Chelsea

Heather enjoys hiking, birdwatching, and treasure hunting on the beach. Most of these activities she does with her family. Her children have also really enjoyed searching for painted rocks and completing nature scavenger hunts on walks. Her love of the outdoors



is what prompted her to volunteer as a leader for the South Shore Young Naturalists Club, as this allows her to explore and investigate local areas. The hike challenge was a great motivator for her and her family to continue to get outside and be active even when the weather conditions were not ideal. It's also important to note that being active doesn't have to be a large undertaking - it can be a short walk down the road, a stroll along the beach, or taking time to explore different elements of the earth around us.

Calum MacEachen, Mahone Bay

Calum has been biking for 12 years. His favourite part of mountain biking is exploring to see what else is out there, and he finds it relaxing. Calum's favourite spot to ride of all time is/ was Brevard, North Carolina but it may be a while before he



gets back there. Locally, River Ridge Common is a favourite with the new trails. Calum enjoys the MARC too, especially the new work on the Boulder Dash Trail. Calum believes anyone can get into mountain biking. You don't always have to have lessons but riding with experienced riders always helps. Calum emphasizes that you should always have a good helmet that fits well, gloves for grip, always know your limits, and be aware of your surroundings/the surface you are riding to ensure safe rides!



South Shore Bike Celebration Month

JUNE 2021



Bike Celebration Photo Contest

We want a photo of you and/or your family enjoying a bike ride during Bike Celebration Month in Lunenburg County! All bikers are encouraged to participate. Your photo submission must include a bike and be taken somewhere in beautiful Lunenburg County. There will be prizes for photos that are picturesque, fun, and show us how much you love to bike in your communities! The grand prize will be a \$50 gift certificate!



Submissions are due Wednesday June 30, 4:00pm

Send submissions to Active Living Coordinator, Karen.Geddes-Selig@modl.ca with subject line: Bike Celebration Month photo. Caption your photos with the subject, location, and name of photographer. Please include your full name and contact phone number.

BIKE FIT-IT STATIONS

What is a Bike Fix-it Station?

A Bike Fix-it Station includes all the tools necessary to perform basic bike repairs, pump your tires and maintenance. Everything from changing a flat tire to adjusting brakes and derailleurs. Hanging your bike allows the pedals and wheels to spin freely while adjusting. For cyclists looking to pump their tires or adjust their seat – check out our two Bike Fix-it Stations at **Lahave Bakery & Bay to Bay trailhead in Mahone Bay**



Sweet Ride Night Road Ride

This designated drop-bar road ride is approximately 40-50km in length and will introduce group training rides, practicing techniques such as pace-line and drafting. Two paces are offered, and a base fitness level will allow you to enjoy the benefit of these training rides.

Pre-registration is required through Sweet Ride Cycling:

Info@sweetridecycling.com or rose@sweetridecycling.com

Wednesday, June 2, 6:00pm (Rain Date: June 9)

Mahone Bay. Meet at the Public parking lot on Clairmont Street (behind Pharmasave)

It's FREE!



Women's Ride Day with Sweet Ride Cycling

Bring your mother, daughter, sister, cousins, and friends and enjoy the start of Spring.

Pre-registration is required through Sweet Ride Cycling:

Info@sweetridecycling.com or rose@sweetridecycling.com

Saturday, June 5, 9:00am – 1:00pm (Rain Date: June 21)

Bay to Bay Trail, Mahone Bay. Meet at the Public parking lot on Clairmont Street (behind Pharmasave)

Lunenburg to Blue Rocks Ride

Pre-registration required at Town of Lunenburg Recreation Department, kcunningham@explorelunenburg.ca or call Town of Lunenburg Recreation Office at **(902) 634-4006**

Saturday, June 12, 10:00am

Meet at the Lunenburg Bike Shop (151 Montague St.)

It's FREE!

June is Bike Celebration Month

Slow Ride in Chester

Relax. Chill out. Take it easy. In honor of June is Bike Celebration Month across Lunenburg County, we want you to get into your riding season with a slow ride. Ride slow and pause often and allow yourself to get distracted by trailside diversions. Going slow has its benefits, it gives your head time to be curious about exploring new routes. Random slow riders will be chosen from all submissions received. Send your pictures and/or tracks to recreation@chester.ca.

Family Ride with MODL

Join us for a great ride for the whole family (mountain bikes, hybrids recommended) along the Bull Run Trail. The ride will be approximately 10-15km. Bring water and a snack. All ages welcome. Children under 12 must be accompanied by an adult. Pre-registration is required.

**Wednesday, June 16,
6:00pm – 7:30pm**

(Rain Date: June 23)

Meet opposite the Tastee Freeze, 15390 Highway 3, Hebbville

It's FREE!

Donations to PRO Kids welcomed



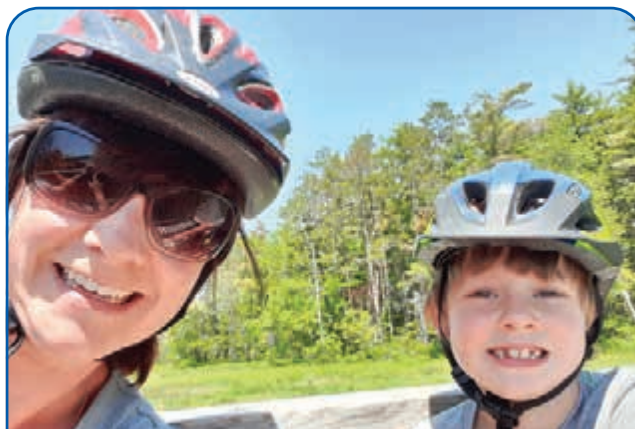
Forest Trail Ride

This ride is for intermediate riders, starting from Bayview Community School, travelling along Clearland Road to Ernst Woodlot then Spondo Lake and return, approximately 30km. Mixed surface, mainly dirt road and off trail ride. Pre-registration is required

Tuesday, June 22, 9:00am – 12:00pm (Rain Date: June 23)

Bayview Community School – Ernst Woodlot, Spondo Lake

It's FREE! Donations to PRO Kids welcomed



Family Bicycle Scavenger Hunt

Looking for a fun challenge for you and your family? Do you enjoy biking the trails? Why not try our scavenger hunt while you do it? On your own time, find up to six colourful pinecones hanging at the MARC (hint sheet posted at parking lot). Send us a picture of your family biking along the trail to be entered to win gift certificates!

Send all entries to: Karen.Geddes-Selig@modl.ca

June 1 – June 30

MARC, Dayspring

It's FREE!

Lahave Bakery to Green Bay with Women on Wheels (WOW)

Come join the WOW group for a scenic road ride (out and back) past Crescent & Rissers Beach, to Green Bay, finishing at LaHave Bakery, approximately 30km. Pre-registration is required. This spring the group will meet bi-weekly on Monday mornings for MODL lead rides at various locations. Interested in becoming a bike leader for the WOW program? Please contact the Active Living Coordinator at Karen.Geddes-Selig@modl.ca

Monday, June 28, 9:45am

Meet at Fort Point Museum parking lot,
100 Fort Point Road, LaHave

It's FREE!



District of Lunenburg Hikers Challenge – Get The Badge

To earn the badge, choose three of the designated hikes listed on our website at www.modl.ca/hike-badge. Customize your challenge with a total distance from 11 km to 20 km. You will find hiking trails that suit all skills and abilities. Hike NS Badges are part of effort to inspire, motivate and reward hikers - especially new and novice hikers - to get out in the District of Lunenburg to enjoy the beautiful trails. Badges are free while supplies last!

**For more information, contact the
Active Living Coordinator,
Karen.Geddes-Selig@modl.ca**



FAMILY PROGRAMS & SPECIAL EVENTS

NEW! Walk & Talks

Everyone is welcome to come out for a bi-weekly leisurely walk with an expert! Topics may include healthy eating, physical activity, climate change, outdoor education and much more! Have a topic you want to discuss? Let us know! Keep an eye on our **Facebook page @MODLRec** for dates, times, and locations. Hope to see you there!

Details TBA.



Safe Knife and Axe Handling

If you like to spend time outdoors, hiking, camping, or just enjoy learning new skills, this one's for you! Learn how to safely handle a variety of knives used for outdoor purposes including an opportunity to try your hand at whittling with Sam from Sam's Woodland Tours. Ages 12+; adults must accompany youth. Work gloves are required. Pre-registration is required.

Sunday, June 6, 2:00pm – 4:00pm

MARC, Dayspring

It's FREE! Donations for PRO Kids welcomed



Healthy Family Day

It's time to get up, get out, and get active! National Health and Fitness Day is an initiative to challenge Canada to become the Fittest Nation on Earth as we face an inactivity crisis. We have partnered with the Lunenburg County YMCA, Town of Bridgewater and Lunenburg County Lifestyle Centre to help make it easier for you to try new activities, get involved, and increase your activity levels. Join us for a series of five activities you will enjoy for 20 minutes each, including road hockey, an obstacle course, skateboarding, a scavenger hunt and Zumba! Pre-registration is required. We will group you in bubbles to participate in one of two timeslots.

Saturday, June 26, 10:00am – 12:00pm

OR 1:00pm – 3:00pm

Lunenburg County Lifestyle Centre (LCLC), Bridgewater

It's FREE!

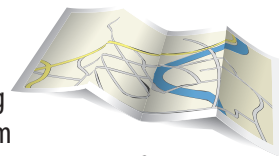
NEW! Try-It Orienteering

Do you want to learn some navigation skills using a map to find markers along the wooded trails? Join Kara Turner from South Shore Orienteers and Orienteering Nova Scotia for an interactive morning of orienteering. This is a great way to get active, explore the Commons, and learn something new. There will be some instruction for those who are new to map reading and then a route marked out along the trails to explore at your own pace. Maps will be provided.

Saturday, July 10, 10:30am

Indian Path Common

It's FREE!



NEW! Outdoor Paint Night

Get your creative juices flowing and join us for an outdoor paint night. Supplies will be provided just bring your imagination and originality. These events will be a mixture of structure and unstructured instruction and suited for all ages! Come out for these relaxing events to find some beauty in the outdoors!

Thursday, July 8, 6:00pm – 8:00pm

Lahave Sunset Park

Thursday, July 29, 2:00pm – 4:00pm

Indian Falls Park, Newburne

\$5 per canvas



Annual Fishing Derby goes VIRTUAL

With the ever-changing environment, we will be hosting our Annual Fishing Derby online this year. That's right, you can fish all weekend at your favorite fishing hole, submit photos of your catch to us, and win PRIZES! We will be sharing fishing tips, information, and photos the whole weekend in celebration of National Go Fishing Day on Friday, June 18! Oh, and don't forget that Father's Day is on Sunday. A great opportunity to spend some quality time with Dad.

Friday, June 18 – Sunday, June 20

Please follow all fishing regulations, including a fishing license, as required.





22ND ANNUAL SANDCASTLE COMPETITION

Whether you are an expert sculptor or just a beginner, people of all ages and skill levels are invited to participate in the 22nd Annual Sandcastle Competition! Not only will we be building sand sculptures, there will also be a variety of fun activities and games for the entire family! Everyone is invited to come design, dig, shape, and decorate their very own sand creation! Prizes will be awarded to some of the most unique and magnificent creations from each age group. There will also be a beach volleyball tournament happening at 2:00pm. Come on out for a fun day at the beach that you surely do not want to miss! But don't worry if you can't make it for the in-person sandcastle competition, we will be accepting virtual submissions until **Friday, July 16 at 4:30pm**. To enter the competition virtually all you need to do is email a picture of you and your sandcastle creation to Jenna.Nauss@modl.ca along with your name, age and category.

Sandcastle Age Categories:

12 & Under, Ages 13-18, Adult (18+ with no children), Family. Sculpting supplies are NOT provided, please bring your own.

Saturday, July 17

**Registration begins at 10:00am,
judging will begin at 2:00pm.**

Rissers Beach Provincial Park, Petite Riviere

The entire event is **FREE!** Donations to PRO Kids welcomed

NEW! Beach Volleyball

Join the MODL Recreation staff for a fun Saturday in the sun! On July 17, we will be at Rissers Beach to host our Annual Sandcastle Competition and a recreational beach volleyball tournament! Volleyball will start at 2:00pm, following the sandcastle competition. Get ready to bump, volley and spike! Ages 12+

Saturday, July 17, 2:00pm

Rissers Beach Provincial Park, Petite Riviere

It's FREE! Donations to PRO Kids welcomed

Community Campfires

Come join us around the campfire at the MARC for an evening filled with games, campfire songs and so much more! Snacks will not be provided but feel free to bring your own favorite campfire snacks! Make sure to mark your calendars, you do not want to miss the chance to get outdoors and enjoy s'more fun! Subject to Provincial Burn Restrictions.

Sunday, July 11, 6:00pm – 8:00pm

Sunday, July 25, 6:00pm – 8:00pm

MARC, Dayspring

It's FREE! Donations to PRO Kids welcomed



NEW! MODL Trailblazing Scavenger Hunt

Tie up your runners and pop on your detective hat! We're welcoming you to our first trailblazing scavenger hunt. We will be exploring the rail trails in search of special treasures! Fun for all ages!

Friday, July 23, 1:30pm – 3:30pm

Head, Long Hill, Mahone Bay and Bay-to-Bay Trail

It's FREE! Donations to PRO Kids welcomed

NEW! Washer Toss Tournament

Join us for a competitive day of washers at the MARC! Recommended for all ages! Limited spots available. Grab a partner and show off your washer skills.

Saturday, August 7, 2:00pm

MARC, Dayspring

It's FREE! Donations to PRO Kids welcomed

Eight-To-Go

You can take advantage of our "Eight-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.

Tancook Geocache Family Adventure

Join MODL Recreation staff for an afternoon of adventure on Big Tancook Island! We will meet at the community centre for a picnic lunch before setting off to explore the island and find geocaches around the island! Be sure to bring a lunch, water bottle, sneakers and appropriate hiking clothes for the weather.

Thursday, August 12, 12:00pm – 3:30pm

Big Tancook Island

Ferry leaves Chester at 10:20am; Ferry leaves Tancook at 4:30pm

\$7 ferry ticket, children under 2 are free



Save the Date: Drive-In Movie for PRO Kids

We are so excited to host another drive-in movie as a fundraiser for PRO Kids! Bring your snacks and come enjoy a family friendly movie with us. Watch our **Facebook page @MODLRec** and the LighthouseNOW Progress Bulletin for more details to come as we plan our movie night. We can't wait to see you there! What is PRO Kids? For more information on PRO Kids see page 20.

Saturday, August 14

Date subject to change.

Donations for PRO Kids encouraged!



WE HAVE FUNDING

Are you a local organization that needs help, or do you have a big idea that you may need some financial assistance with?

The Municipality offers a wide range of grant opportunities to support local organizations to assist with operating costs, to improve their facilities, expand their programming, hold an event, or support them through sponsorship. We also provide opportunities for individuals and teams too! The Municipality offers grants for training of volunteers to further the benefits of their volunteerism, with financial support to local athletes competing in international events and to youth travelling to national competitions in sports or cultural events.

- Annual Operating – grant maximum \$5000*
- Canada Day – grant maximum \$1200*
- Comfort Centre Generator Funding – grant maximum \$8000*
- Community Event – grant maximum \$2000
- Community Recreation Capital – grant maximum \$1000
- Community Recreation Program – grant maximum \$500
- Elite Athlete – grant maximum \$2000
- Leadership Training – grant maximum \$300
- Major Recreation Capital – grant maximum \$10,000*
- Remembrance Day – grant maximum \$250*
- Sponsorship Ad – grant maximum \$500
- Youth Travel – grant maximum \$50 for individuals/\$200 per team

*Grant applications are accepted all year round, except those marked, when an annual deadline date applies.

For more information or application forms, please see our website: www.modl.ca or call Sandra Challis on **(902) 541-1321**, she'd love to hear from you!



World Ocean Day Beach Clean-Up

On World Ocean Day, people everywhere can celebrate and take action for our shared ocean, which connects us all. We are excited to join forces with Coastal Action to help do our share by cleaning up our coastlines while providing education and awareness on themes such as ocean plastics. This is our opportunity to come together to create a better future for our blue planet. By working together, we can – and will – protect and restore our shared ocean. Unable to join us? We encourage you to go to your local oceanfront and support our efforts by cleaning up any garbage you find. Let us know how you are celebrating World Ocean Day!

Follow us on Facebook for details @MODLRec.

Tuesday, June 8





June 1 - 30, 2021

Did you know that *everything gets better when you get active?* Even communities! Participate in the challenge this June to get moving and help your community get crowned **Canada's Most Active Community.**



**town of
BRIDGEWATER**

Join the ParticipACTION Community Better Challenge

MODL has entered the **ParticipACTION Community Better Challenge!** We need your help!

The challenge runs from June 1 – 30 and is open to everyone, ultimately recognizing the community with the most tracked minutes and awarding it with \$100,000 to support local physical activity initiatives or \$15,000 for most active in Nova Scotia. All types of movement/physical activity count - gardening, housework, walking, biking, yoga, etc.

Step 1: Register at MODL active net.

Step 2: Download the free ParticipACTION app.

Step 3: We are challenging our citizens to be active and move for 30 minutes a day.

Step 4: Help us earn the big prize **by tracking your activity on the ParticipACTION app or email/call daily minutes to recreation@modl.ca or (902) 541-1343.**

Every move counts! #CommunityBetterChallenge

For more information contact: Karen.Geddes-Selig@modl.ca, Active Living Coordinator.

**Weekly
prize
draws!**

ACTIVE PROGRAMS

Hike Gaff Point

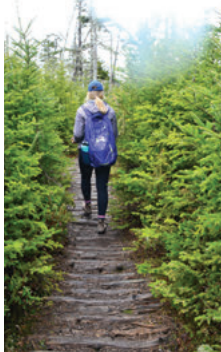
A spectacular, rugged headland with steep cliffs to Hartling Bay and the LaHave estuary. We will meet in the Hirtle's Beach parking area before hiking to the southwest end of the beach to access the trail. Washroom facilities are available. Weather permitting. Pre-registration is required.

Saturday, June 12,

9:00am – 12:00pm

Hirtle's Beach, Kingsburg

It's FREE! Donations for PRO Kids welcomed



International Day of Yoga

Yoga is a physical, mental, and spiritual practice which originated in India. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. We are excited to partner with Tracy Murdoch and Alexandra Needergard of Blockhouse Yoga and Wellness to bring you a mix of in-person and online classes, Q&A information sessions, and opportunities. There will be lots of wonderful prizes for online and in-person participation! While International Day of Yoga is celebrated on June 21, we will have offerings all weekend long! Save the date. More details to follow.

Saturday, June 19 – Monday, June 21

In-person/Online

It's FREE!

FOR THE YOUNG AT HEART (ADULTS 55+)

NEW!

MODL Pen Pals

Help us make new and long-lasting connections within the Municipality. We are looking to create pen pals between youth and seniors across our communities. Stationary kits and stamps will be provided for you to start! Email Victoria.Burgoyne@modl.ca or call us at **(902) 530-3286** to sign up!



NEW! Life Advice

Have any life advice for the younger generation? Send us an email or give us a call with your name, age, and best piece of advice to

Victoria.Burgoyne@modl.ca or

(902) 530-3286 and we will post it on our Facebook page for everyone to see!

NEW! Share your recipes!

We are looking for the best family recipes in the Municipality! If you have one, please send an email to Victoria.Burgoyne@modl.ca or mail it to us at our main office (10 Allée Champlain Drive, Cookville, NS, B4V 9E4). Those who participate will receive a free compilation of the Municipality's yummiest recipes and copies will be sold with the proceeds going to PRO Kids!



COMING SOON! Panikiskiaq “Sun Beams Through” Nature Pathway

The Municipality, in partnership with the Province of NS and Shawn Feener, a conservationist, and member of our local Mi'kmaq community, created a nature pathway at the MARC in Dayspring. This pathway highlights the plants and animals that inhabit this lush forest. Many of these flora and fauna have been beautifully carved into boulders and placed strategically in locations where they live. Carson Tarnasky, an artist from Lunenburg, designed and carved the boulders used for the pathway. The boulders blend into the forest bed and are a delight to find and enjoy for their aesthetic beauty. They also symbolize the importance of enjoying the forest while being mindful of the plants and animals that need these habitats to exist.



Art on the Trail & Nature Pathway Photo Contest

This summer is a great time to check out our public art installations: **Riverbank Habitat** on the Bay-to-Bay trail and **Rise** on the Adventure trail. The Riverbank Habitat was created by Artist Gillian Maradyn-Jousey and the Rise by Artist Samantha Battaglia.

When you are out enjoying our art on the trail installments and our newest nature pathway, Panikiskiaq, take a photo with you enjoying the artwork! (Each location is a separate entry). You will be entered to win a \$50 gift certificate or numerous swag items!

Send your photos to our Active Living Coordinator at Karen.Geddes-Selig@modl.ca

Deadline to enter is August 15

For directions to the Art on the Trail sculptures please check out www.modl.ca/art-on-the-trail

COMMUNITY TRAILS

A great way to enjoy being outdoors is to get out and explore some 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 **River Ridge Common**, **Miller Point Peace Park** or the **MARC** trails. 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.

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

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;
- Be aware of other trail users – stay alert;
- Walk or wheel on the right-hand side of the trail - do not block passage;
- Cyclists – use your bell to let others know you are approaching so they are not startled;
- 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;
- **No one** is entitled to trail access – we all have to share the space!
- Smile at other trail users – everyone deserves to enjoy the trails!



PARKS AND OPEN SPACE

Waterside Parks and Trails

Are you looking for a waterside park or trail that you haven't yet explored here in your own District? Here are a few that are worth a look! Check out www.modl.ca for more information on where to go to enjoy yourself this summer.

Church Lake Park: 311 Newburne Road, Newburne - The public access site at Church Lake Park in Newburn is well used for a variety of outdoor activities. There is a parking lot, a seasonal dock and a wheelchair accessible boat ramp. Adjacent to the dock, there is a natural slipway for launching canoes and kayaks.

Hirtle's Beach: Hirtle Beach Rd, Kingsburg Beach - This beach is the "gateway" to the Gaff Point Trail. The District of Lunenburg maintains the parking area and washrooms at Hirtle's Beach during the summer months.

Molega Lake Park: 564 Molega Lake Road, Molega Lake - Molega Lake Park is a sweet spot to visit and enjoy an outdoor picnic. This lovely lakeside park offers picnic tables, benches and unsupervised swimming during the summer months. Outdoor privies are usually available.



Old Southeast Cove Wharf Day Park: Old Southeast Cove Wharf Park, on Big Tancook Island, a small but beautiful gem on the island. It is located near what was once a thriving public wharf site that brought supplies to and from the mainland. Now visitors will find a cozy lookoff area with views of the Atlantic Ocean and Ironbound Island in the distance.

Pine Grove Outdoor Park: 72 Charlie Lane, Pine Grove - Pine Grove Outdoor Play Park includes a walking trail, a mountain bike trail, playground, a concrete pad that is available for inline skating, ball hockey and ice skating in Winter, a Gazebo for relaxing, a fireplace for a BBQ, and park benches for your pleasure. There is also a splash pad for the littles to enjoy! Check out the registered little free library on site. Basketball and hockey nets are in place. Washroom facilities are on site.

Rose Bay Marine Park: 447 Kingsburg Road, Lower Rose Bay - This picturesque public access site is one of the only public wharf sites in the surrounding communities.

Sawpit Wharf:

28 Back Harbour Road, Garden Lots - Sawpit Park is a waterfront area that allows water access to Lunenburg's Back Harbour and the Atlantic Ocean. The park offers a boat launch and a floating finger wharf to access the water, but there's so much more! Picnic tables, a wharf that you can walk on, parking areas, a privy (seasonal) and plenty of green space right on the water, an excellent spot to enjoy the beautiful islands off our wonderful coastline. While space for recreation boaters is allocated based on a permit system, there may still be some public tie-up spots for day use, please contact the Recreation Department at (902) 541-1343 to find out more.



Sucker Lake: 2820 Northfield Road, Upper Northfield - Sucker Lake provides a location to fish from the shore or launch a small boat.

United Communities Marine Park: 8809 Highway 331, Voglers Cove - United Communities Marine Park is a stunning seaside park offering visitors a place to stop, rest, and enjoy the views along the waterfront. There is also a dock for you to launch canoes and kayaks with a small stabilizing platform to assist those with mobility impairments. Picnic tables and wooden deck chairs are placed in the park during the summer season. There is also usually a wheelchair accessible porta-potty available during the summer.

Wiles Lake Park: 3270 Highway 325, Wileville - Wiles Lake Park is a sweet waterfront site that was once a provincial depot. Here you will find picnic tables, lake access for swimming (unsupervised) and an area to launch a canoe or kayak. There are also usually porta-potties on-site during the summer season. No supervision at swim site.

You will also want to check out what the province has to offer! **The Second Peninsula Provincial Park** is located at 781 Second Peninsula Road and is a large scenic picnic park on the ocean with access to a cobble beach. The park has tables scattered under a stand of spruce and fir and can easily accommodate picnics.

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.



Disc Golf at the MARC

Have you ever heard of Disc Golf? Disc Golf is played much like golf. Instead of a ball and clubs, though, players use a flying disc or Frisbee® with the objective to finish a hole in the least number of throws. Don't have any discs? Never thrown a Frisbee®! Not sure how to play? Not a problem! 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. Discs will be available to borrow or bring your own.

Follow @southshorediscgolfNS on Facebook for more information or email southshorediscgolfNS@gmail.com. Any changes/cancellations due to COVID or otherwise will be posted on Facebook.

Tuesdays, 6:30pm
MARC, Dayspring
It's FREE!



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 DEVELOPMENT DEPARTMENT - RECREATION

60 Pleasant Street, Bridgewater, NS B4V 3X9

Phone: (902) 543-2274 Fax: (902) 543-6876

Office Hours: 8:30 a.m. – 4:30 p.m., after July 1, 8 a.m. – 4 p.m., Monday to Friday

Email: recreation@bridgewater.ca Website: www.bridgewater.ca



"Like" us on Facebook "Town of Bridgewater"

PROGRAM REGISTRATION starts on **WEDNESDAY, MAY 26** from **8:30 a.m. to 4:30 p.m.** at the Bridgewater Recreation Office located on the first floor (rear entrance) of the Town Hall at 60 Pleasant Street. **You can register in person or by calling 902-543-2274.**

Fees must be paid at time of registration. Forms of payment: Cash, Cheque, Interac, Visa or Mastercard.

Drop-off payments can be deposited into the drop-off box located to the right of the main entrance of the Bridgewater Town Hall, 60 Pleasant Street. Cheques made payable to the "Town of Bridgewater". We recommend you do not put cash in the drop-off box. The box will be cleared daily and the contents dated.

Register Early as excellent courses are canceled if everyone waits until the last minute to register.

Refund Policy

- 5 work days' notice must be given for a refund unless otherwise specified
- a prorated refund will be granted due to illness or injury if a medical certificate is provided
- administration charge of \$8 for all refund requests. Please allow 3-4 weeks for processing of refund



Stay tuned to our Facebook page for additional activities happening throughout the summer!

"IN THE COMMUNITY"

There are many groups/organizations that offer recreation programs/activities throughout the Town. Check out our Community Organizations Directory on the Town's website: www.bridgewater.ca.



GET OUT AND ENJOY A FEW OF BRIDGEWATER'S MOST POPULAR PARKS & TRAILS THIS SUMMER!

CENTENNIAL TRAIL- 8 km multi-use trail. There are many points to access this trail. Trail passes through the center of Town and follows alongside the picturesque LaHave River and through scenic woods. Main focal point is the walking bridge crossing the LaHave River.

GLEN ALLAN PARK TRAIL - Main entrance at 199 Glen Allan Drive. Trail with connections to Hollingsworth Drive, Streach Drive and Centennial Trail. Trail runs along a brook with four bridges through the park's woodland.

WOODLAND GARDENS PARK - Enter park on Alexandra Avenue or via the DesBrisay Museum. 24 acres of nature trails, passive parkland and pond.

SOUTH SHORE VET DOG ZONE- 543 Glen Allan Drive – right next to HB Studios Sports Centre. Off-leash dog park which features a double-gated small dog area for dogs under 30lbs and dogs with mobility issues, as well as an all-dog area. Trails and rain gardens surround the park.

Explore BRIDGEWATER

Check out the new Explore Bridgewater website www.explorebridgewater.ca to learn about all of the great locations, activities and events Bridgewater has to offer!

On our website you can also find more information on Bridgewater's Parks, Green spaces, Playgrounds, Trails, Recreation Facilities and our favourite Walking Loops!

Wondering where bike racks are located around town? We have them all mapped out for you!

Explore Bridgewater brochures are also available at the Town of Bridgewater's Parks, Recreation and Culture Department at 60 Pleasant Street!



FREE! LET'S GET MOVING WALKING CLUB



Come join us for **Guided Walks** around the Bridgewater area. We will be joined again this year with a doctor, as part of the **Walk with a DOC program**. This program is a grassroots program where local doctors walk with the public to

promote health and wellness in our community. Come join them for a walk on one of our beautiful trails/walkways in the Bridgewater area. Led by Karen Geddes-Selig, Heart and Stroke Walkabout Leader, Outdoor Canada Field Leader.

Please **PRE-REGISTER** with the Bridgewater Recreation Office by calling **902-543-2274** or email: recreation@bridgewater.ca.

TOWN OF BRIDGEWATER HISTORIAN PETER OICKLE (1km)

The Town Rises from the Ashes: The Great Commercial Street Fire of 1899 changed the downtown of Bridgewater. Once a prosperous and active commercial center nestled on the banks of the LaHave, the streetscape changed forever once the fire had burned through the cores.

Meet at look off at Pijiniuiskaq Park on King St. .Spend an evening learning about the early rise of Bridgewater, its transformation after the fire into the Main Street of the South Shore.

Mon., May 31, 6-7 p.m.

WILE'S CARDING MILL LOOP (Approx. 2-5km)

Meet at the parking lot at Victoria Road and High Street. We will walk the Wile Carding Mill Loop which incorporates part of the Centennial Trail, where water gently drips down the rock cuts.

Mon., June 7, 6-7 p.m.

GLEN ALLAN PARK LOOP & GENERATION ACTIVE PARK (Approx. 2-3 km)

Meet at South Shore Vet Dog Park parking lot. This beautiful route will take us from the entrance of Glen Allan Park, through Generations Active Park's dog park, past HB Studios Sports Centre, and right by the LaHave Athletic Fields. This is a beautiful forest trail.

Mon., June 14, 6-7 p.m.

OUR ENVIRONMENT WALK WITH COASTAL ACTION FOUNDATION

Meet at the LCLC back parking lot (behind the LCLC). Coastal Action's goal is to promote the restoration, enhancement, and conservation of our environment through research, education and action. **Shawn Feener**, a wildlife conservationist, will join us for a walk along the Centennial Trail. Shawn will point out indigenous plants and their use.

Mon., June 21, 6-7 p.m

BUTTERFLY WALK (2-3 km)

Meet at the Town of Bridgewater Hodge Podge Community Garden. Join **Nicole Hubley**, Monarch Butterfly Program Coordinator, Mersey Tobeatic Research Institute for a walk to the Centennial Trail Bridge. She will talk all about Monarch butterflies.

Mon., June 28, 6-7 p.m.



GET OUTSIDE... WALK THE CENTENNIAL TRAIL!!



EXPLORE OUR PARKS AND TRAILS PUNCH CARD CHALLENGE!

MAY 1 - JUNE 30

Your mission, should you choose to accept it:

- Stop by Bridgewater Recreation Monday – Friday between 8:30 a.m. and 4:30 p.m. to pick up your Explore Bridgewater map and punch card.
- Venture out to the points indicated on the map to locate our top secret punch stations. (All are located on our favorite walking loops!)
- Punch your card (Only once per location. We can tell because each puncher is unique!).

- Locate as many punch stations as you can throughout the Town!
- Return to the Recreation Office with your cards and be entered in a draw with awesome prizes!

Participant Categories:

Tiny Trekkers (9&Under), Stealthy Students (10-16), Adventurous Adults (17-54), Wise Wanderers (55+)

Draws will take place at 1:00 pm on June 30!!



O'REGAN'S SUBARU OUTDOOR POOL

154 JUBILEE ROAD, BRIDGEWATER
JULY 2 - AUGUST 27, 2021

*"Summer, Sun and
Outdoor Fun"*

- Surrounded by the luscious woodland gardens, DesBrisay Museum and the Kinsmen Tiny Tot Playground
- Crystal clear water and seating in the shade
- A shaded children's play area, complete with water tables and a sandbox
- There are swims throughout the day, so you can swim in the bright afternoon sun or the relaxing shadows
- We are excited to announce that all swims on the weekends are FREE
- It's a perfect stop during a day of family fun in the fresh air!

POOL RENTALS & BIRTHDAY PARTIES

It's time to party at the O'Regan's Subaru Outdoor Pool! Celebrate birthdays and special events or just get a group of great people together for a splashing afternoon at the pool! With full use of our spectacular slide, daring diving board, and exciting equipment, your get-together is sure to be a hit with people of any age. All rentals include 1 hour in the pool and a half hour in the teaching station. Maximum 25 swimmers per lifeguard. Note that parties may not have exclusivity to the pool.

\$69.57 + \$10.43 HST = \$80/hour

Additional guards:

\$14.35 + \$2.15 HST = \$16.50/hour



S P O N S O R S H I P *opportunity*

HELP OUR RESIDENTS BEAT THE HEAT
THIS SUMMER BY SPONSORING SWIMS AT
THE O'REGAN'S SUBARU OUTDOOR POOL

Do you want to promote your business while helping residents of our community cool down at the pool this summer? The Town of Bridgewater is now inviting inquiries from those interested in sponsoring Beat the Heat Swims and Free Weekend Swims at our outdoor pool in the Summer of 2021. For just \$200 per event, your business can help our residents enjoy a refreshing free swim!

Phone 902-543-2274 or email recreation@bridgewater.ca
for complete details on how to become a sponsor.

| PUBLIC SWIM MEMBERSHIP FEES (INCLUDES HST) | | | | |
|--|--------------|-------|-------|---------|
| | FAMILY | ADULT | YOUTH | AGE 60+ |
| SEASON | \$130 | \$70 | \$60 | \$60 |
| MONTHLY | \$75 | \$40 | \$30 | \$35 |
| ONE SWIM | \$10(Max. 5) | \$4 | \$3 | \$3 |

The O'Regan's Subaru Outdoor Swimming Pool is scheduled to open for the summer season of 2021. While we are excited to offer daily open/public swims and hope to include private lessons this summer, we want to let the public know that the current pandemic has provided some challenges in determining a complete pool schedule at this time.

We invite you to stay tuned to the Town of Bridgewater's social media pages or to visit www.bridgewater.ca/pool for up-to-date information regarding memberships, swim times, and more over the next several weeks.

WHAT TO EXPECT AT THE POOL THIS YEAR

Entering and exiting the pool will look a little different this year. There will be no access through the building as in years past – swimmers will be entering through the side gate and should come dressed ready to swim. We're also asking swimmers to limit the number of personal items as safe storage will not be provided.

Following the direction of Nova Scotia Public Health, masks will be required on the pool deck and/or when not in the swimming pool. Physical distancing will be required as well and will be monitored by staff.

Pool memberships can be purchased in advance by calling the Community Development Department at 902-543-2274. Cash will be accepted on site at the pool, but no debit or credit cards.

RECIPROCAL POOL PRIVILEGES

"BEAT THE HEAT" in Bridgewater by using one single membership for two pools!

Just like previous summers, an agreement between O'Regan's Subaru Outdoor Pool and the Lunenburg County Lifestyle Centre (LCLC) will mean that folks of all ages in Bridgewater and the surrounding area can enjoy two public swimming pools with a single pass. The agreement gives swim pass holders at each facility reciprocal pool privileges – meaning that pass holders can

make use of the outdoor pool at O'Regan's Subaru Outdoor Pool and the indoor pool at the Lunenburg County Lifestyle Centre. If you purchased a summer pool pass for the Outdoor Pool, you can swim at the LCLC at no extra cost. If you are already an LCLC member, you can swim at the Outdoor Pool for free! Show your membership card at either pool to enjoy these recreation privileges.



FREE SWIMS EVERYONE WELCOME

**Beat the Heat
and Weekend Swims are FREE this summer!**

**Includes: Saturdays and
Sundays, 1:30 - 4 p.m. & 5 - 6:30 p.m.**

Thank you to our Sponsors:








LCLC

135 North Park Street
Bridgewater, N.S.
B4V 9B3

902.530.4100
info@lclc.ca
www.lclc.ca



**Registration is now available for 2021 LCLC Summer Camps
On-Line, In-Person at Guest Services Desk or via Phone at 902-530-4100**

WEEKLY RATE:

Members \$120

Non-Members \$140

*Ask us about early
morning and late drop off.*

**AGES
5 – 12**

REGULAR DAILY CAMP HOURS:

8:30am – 5:00pm

DROP-OFF TIME: 8:00 am – 9:00 am

PICK-UP TIME: 4:00 pm – 5:00 pm

- 8 themed weeks
- Swimming every day
- Aquatic Sports + Activities

- Outdoor Activities
- Skating every day
- Special Events

- Arts and Crafts
- And Stay tuned
for much, much more



YOUTH PROGRAMS

RED CROSS BABYSITTING COURSE (AGE 11+)

Get prepared for your summer and fall babysitting. The course will cover handling emergencies, injury prevention (i.e., personal safety, and security, and home, fire and toy safety), babysitter rights and responsibilities, basic first aid and child care, etc. Bring a doll (stuffed animal), pencil, and supper.

Thurs. & Fri., June 24 & 25, 4:15-8 p.m.

OR

Thurs., & Fri., August 19 & 20 4-8 p.m.

Bridgewater Town Office

\$35 (includes manual & certification)

RED CROSS STAY SAFE (AGE 9-13)

Real-world scenarios often call on children to respond to challenges. The Stay Safe! Program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. You will be taught better tools to Stay Safe in a variety of different situations. Course content includes: the importance of responsibility and respect while being accountable for yourself; setting and following rules around safety when staying on your own; how to stay safe at home and within the community; how to prepare, recognize and respond to unexpected situations (i.e. inclement weather, strangers, unanticipated visits); phoning EMS/911, and first aid. Bring snacks, and lunch.

Fri., August 20, 9 a.m. – 2 p.m.

Bridgewater Town Office

\$35 (includes manual & certification)

MUSIC BEARS NATURE - UNPLUGGED (AGE 5 & UNDER - PLUS PARENT)

Your Instructor Janette Georges taught Kindermusik at the Maritime Conservatory of Performing Arts in Halifax, and created many musical child development programs at various locations throughout HRM and the South Shore. In 2008, she earned the prestigious Maestro recognition from Kindermusik International for her work in reach programming of young children. She is also a composer and runs a successful piano studio in Bridgewater.



MUSIC BEARS is Janette's original music program for kids. Each class is filled with a variety of fun songs, dances and creative games which prepare young minds for academic and social successes in life. Music classes are a great investment in your child's future. Plus, your child will discover just how wonderful it is to be a musician, even at such a young age. (Please bring a small, clean mat to each class.)

Sun., June 6


9-9:45 a.m.

LCLC Active Living Studio

\$15/child




STRUGGLING TO COVER REGISTRATION FEES FOR YOUR CHILD?



PRO Kids CAN HELP!

We accept applications for funding on an ongoing basis.



Find application forms on our website at www.bridgewater.ca or call 902-5432274

KidSport is another option for financial assistance. Organizations must be registered with Sport Nova Scotia. Next deadlines are July 5 and September 6. For further information contact Cosette Howlett, Lunenburg County Chapter, 902-275-3490 or email: chowlett@chester.ca or visit www.kidsportcanada.ca



Another option for financial assistance is through

Canadian Tire Jumpstart

Apply on-line by visiting www.jumpstart.canadiantire.ca





2021 HEARTLAND TOUR - 15th year

The 2021 Heartland Tour will not include community mass participation events. Join us on our adapted virtual Tour - VIRTUAL EVENTS for all ages and abilities. You select your activity. REGISTRATION is free and opens at 12:01 am, Saturday, June 5 online at www.heartlandtour.ca

It is ANY ACTIVITY, ANY TIME, ANY PLACE - IT ALL COUNTS! You pick the challenge that suits you.

TOUR DATES - Saturday July 10 to Friday, July 30 - 21 days. LOG BOOKS AND PRIZE DRAWS. Record your activity, submit your Log Book to be entered for prize draws including gift certificates for the Bluenose Store. Also prizes of children's bikes.

Covid - Please take all recommended precautions - distancing, wearing masks, hand sanitizing and limiting gatherings and movements according to public health guidelines. *Sound public health advice and responsible actions must govern everything we do. Regardless what health issue you face, aim to be in the best personal health you can be - it helps with prevention, treatment and recovery.*

Our message - Get Moving, Stay Well

www.heartlandtour.ca

Follow us on Facebook. 

Thank you to our many volunteers and sponsors who make the Heartland Tour possible each year.



HEALTHY FAMILY DAY

It's time to get up, get out, and get active! National Health and Fitness Day is an initiative to challenge Canada to become the Fittest Nation on Earth as we face an inactivity crisis. We have partnered with the Lunenburg County YMCA, Town of Bridgewater, and Lunenburg County Lifestyle Centre to help make it easier for you to try new activities, get involved, and increase your activity levels. Join us for a series of 5 activities you will enjoy for 20 minutes each, including road hockey, an obstacle course, skateboarding, a scavenger hunt, and Zumba! Pre-registration is required. We will group you in bubbles to participate in one of two timeslots. Can't join us in person? The Lunenburg County YMCA will be hosting virtual fitness programs throughout the day. Stay tuned for more details.

Saturday, June 26, 10:00am – 12:00pm

OR 1:00pm – 3:00pm

Lunenburg County Lifestyle Centre (LCLC), Bridgewater
It's FREE!



Scavenger Hunts

Stay tuned to the Town of Bridgewater social media and website for more scavenger hunt adventures. Not only are they fun but they are a great way to be physically active and enjoy time with friends and family.



COMMUNITY BETTER, TOGETHER

Join the **PARTICIPACTION COMMUNITY BETTER CHALLENGE: JUNE 1-30, 2021** Get moving with friends, family, coworkers and neighbors and help our community win \$150,000 to support local physical activity initiatives.

The challenge is open to all individuals, organizations, schools, sport groups and workplaces to participate and track their minutes. All group physical activity counts.

Track your group exercise classes, practices, events or even lunchtime walks. Every minute tracked goes toward your community's score.

Download the ParticipACTION app or visit www.participation.com to track your physical activity minutes.

The Town of Bridgewater invites you to join the Community Better, Together Challenge by getting out on the trails during the month of June while participating in the Punch Card Challenge, see details on page 35.

A random prize draw will take place for those who submit pictures to recreation@bridgewater.ca

FIRST AID/CPR/AED**ST. JOHN AMBULANCE
EMERGENCY FIRST AID/CPR-C/AED**

Emergency First Aid offers instruction on prevention, recognition and treatment of life-threatening emergencies. Initial assessment, preventing disease transmission, rescue breathing, CPR-C, major bleeding, unconsciousness, shock and secondary assessment is covered.

Sherry Dickson

Sat., June 26, 9 a.m. 5 p.m.

Bridgewater Town Hall

\$90

STANDARD FIRST AID/CPR-C/AED

Covers everything in the Emergency First Aid course. In addition, injuries due to heat and cold, poisons, medical conditions, bone and joint injuries, head and spinal injuries.

Sherry Dickson

Sat. & Sun., June 26 & 27, 9 a.m. 5 p.m.

Bridgewater Town Office

\$120

If you would like to take a First Aid course in July and/or August, please call the Recreation Office at 902-543-2274 or email recreation@bridgewater.ca and leave your name and phone number.

**ADULTS AGE 50+****FUN & FITNESS FOR OVER 50**

Maintaining a consistent fitness routine is important at any age. We are pleased to offer a fitness class for older adults looking to increase cardiovascular health and build strength and balance. Our senior fitness class is low to medium intensity designed to prevent injury while also increasing muscular strength, range of movement, and activities for daily living. Whether you are a fitness class enthusiast or new to group workouts, you can customize this class to your needs. Strength, mobility, endurance and flexibility are all components of this class. Hand-held weights, resistance bands and mats are used.

Deborah Kiceniuk

Mon., May 24 – June 14

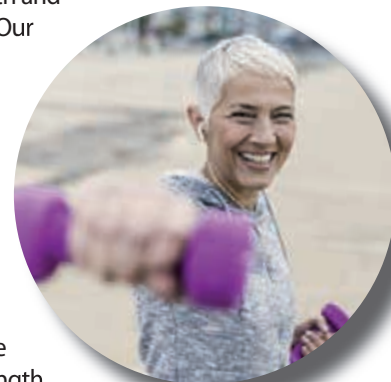
Wed. May 26 – June 16

Fri., May 28 – June 18

9:30-10:30 a.m.

Michelin Social & Athletic Club

Drop-in Fee: \$4.00/class

**Chalk Art Contest****LET'S GET OUTSIDE THIS
SUMMER AND CREATE
SOME REALLY COOL ART!**

For the months of May, June, July and August create as many chalk art drawings as your heart desires. Take a picture of each creation and send it along to recreation@bridgewater.ca



Each email entry will be placed
in 1 of 3 random prize draws.

Entries will be sorted according to age:

Children ages 10 and under

Youth ages 11-18

Adult ages 19 and up

HAVE FUN!



Walk, Bike & Roll

The past few years the Town's Active Transportation Committee has organized Bike to School days in Bridgewater. Unfortunately we can't this year, but we want to take this opportunity to encourage everyone to walk, bike and roll around their community!

For some inspiration on places to explore, take a look at the open space map shown later in this guide to see what parks and trails are located near you.

As always, if you're driving, keep a look out for people crossing the street, walking along the edge of street, and make sure to leave 1 meter between your vehicle and cyclists.



Bridgewater Transit

Passes are available to purchase at our community vendors, which are listed online.

Single Ride Adult/Senior - \$2.00

Single Ride Youth/Student - \$1.50

Children 5 and under - Free

10-ride pass Adult/Senior - \$18.00

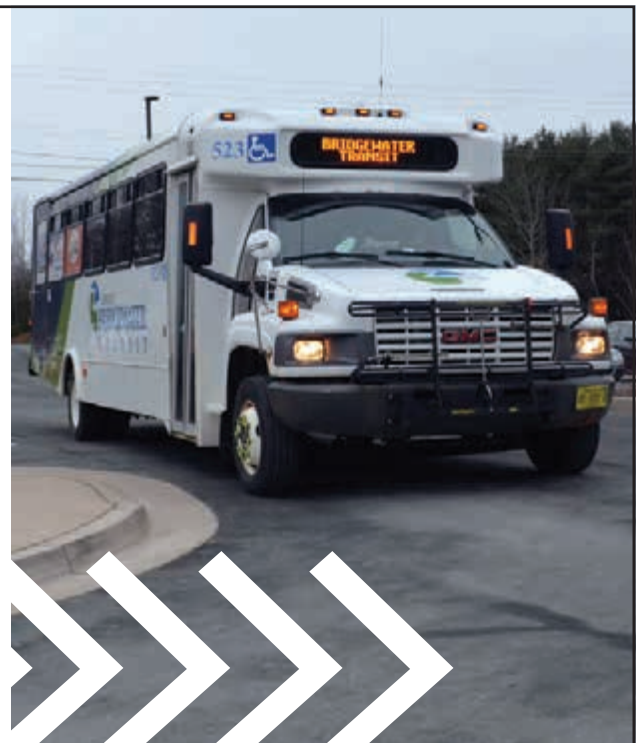
10-ride pass Youth/Student - \$13.50

Unlimited monthly Adult/Senior - \$45.00

Unlimited monthly Youth/Student - \$30.00



www.bridgewater.ca/transit • 902-543-4651



EQUIPMENT LOAN PROGRAM

To help make play and healthy living accessible to everyone, Bridgewater has some equipment available to borrow, completely free of charge, to residents of Bridgewater to help you try out new activities.

EQUIPMENT AVAILABLE FOR LOAN:

- Nordic Walking Poles

Equipment can be booked by calling the Recreation Department at 902-543-2274 or email: recreation@bridgewater.ca.

Equipment can be loaned for up to 4 days at a time and must be picked up and returned to the Community Development Office, 1st floor (rear entrance) of Town Hall.



We have a wide range of games available to borrow completely free of charge.

Games include: giant Yahtzee, giant Jenga, bean bag toss, bocce, croquet, disc slam, dominoes, shuffle board, giant checkers/chess, giant scrabble, ladder ball and washer toss.

Any resident of the Town of Bridgewater can call the Recreation Office at 902-543-2274 or email: recreation@bridgewater.ca to reserve a maximum of two games. Games can be reserved on Tuesday and Wednesday of each week, no advanced bookings.

Games to be picked up on Thursday morning at the O'Regan's Subaru Outdoor Pool and delivered back on Monday morning.



BIKE REPAIR STATIONS!!

You can find three Bike Fix-It Stations installed near trail access points around town.

Locations:

- The parking area of the Centennial Trail off Victoria Road near High Street
- The parking area near the Centennial Trail off LaHave Street
- At the trail intersection of Glen Allan Drive

The stations include all the tools necessary to perform basic bike repairs and maintenance, from changing a flat to adjusting brakes and derailleurs.

Tools included:

- A bicycle pump
- A stand to elevate and stabilize the bicycle
- A selection of common bicycle tools

Bike repair stations will give cyclists the confidence that they can reliably complete their cycling trip even if they experience a tire puncture or other mechanical issues. Additional bike repair stations will be installed over the next month at various locations around town.





**BRIDGEWATER
COMMUNITY GARDENS**

A program of  **town of
BRIDGEWATER**

Connect with us!

www.bridgewater.ca/communitygardens

communitygardens@bridgewater.ca

(902)543-2274

 "Bridgewater Community Gardens' Network"

**A BIG THANK YOU TO OUR INDUSTRY SPONSOR FOR
SUPPORTING US FOR 5 YEARS AND COUNTING!**



Helping Nature Heal
ECOLOGICAL LANDSCAPING

Our current projects are:

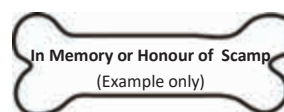


SOUTH SHORE VET DOG ZONE

Generations Active Park

What dog park amenities would you like to see to make your visit to our **Off-Leash Dog Park** a more pleasant one? Help us raise funds for agility hoops and jumps, fire hydrant, etc. by ordering a **Small or Large Dog Bone** that will be affixed to the fence around the Dog Park. Made of **stainless steel** and engraved, this will serve as a long term special dedication in memory or in honour of your pet.

**SMALL
DOG BONE**
6.25" x 3.5"
\$25 EACH



**LARGE
DOG BONE**
12.5" x 7"
\$50 EACH

ORDER TODAY at the Bridgewater Town Hall

(60 Pleasant Street) or call 543-2274 for more information.



**WOULD YOU LIKE TO MAKE A
DONATION
THAT COUNTS FOR YOUR
COMMUNITY?**



ARE YOU A LOCAL BUSINESS OR A PRIVATE CITIZEN LOOKING FOR
CREATIVE WAYS TO GIVE BACK TO THE COMMUNITY?

DID YOU KNOW THE TOWN OF BRIDGEWATER HAS A
DONATIONS POLICY TO MAKE GIVING BACK TO OUR TOWN EASY?

WHETHER YOUR INTEREST IS IN SUPPORTING THE INSTALLATION
OF PUBLIC ART, PLANTING COMMEMORATIVE TREES, THE PURCHASE
OF A PARK BENCH OR SOMETHING ELSE INSPIRING, WE WELCOME
YOU TO CONTACT US TO LEARN MORE ABOUT HOW YOU CAN MAKE
OUR COMMUNITY A BETTER PLACE TO LIVE, WORK, AND PLAY!

FOR MORE INFORMATION, CONTACT THE COMMUNITY DEVELOPMENT
DEPARTMENT AT 902-543-2274 OR E-MAIL RECREATION@BRIDGEWATER.CA.

ENGAGE & EXPLORE

at

BRIDGEWATER'S MUSEUMS

DesBrisay
museum



heritage. art. culture.



Wile
Carding Mill
Museum

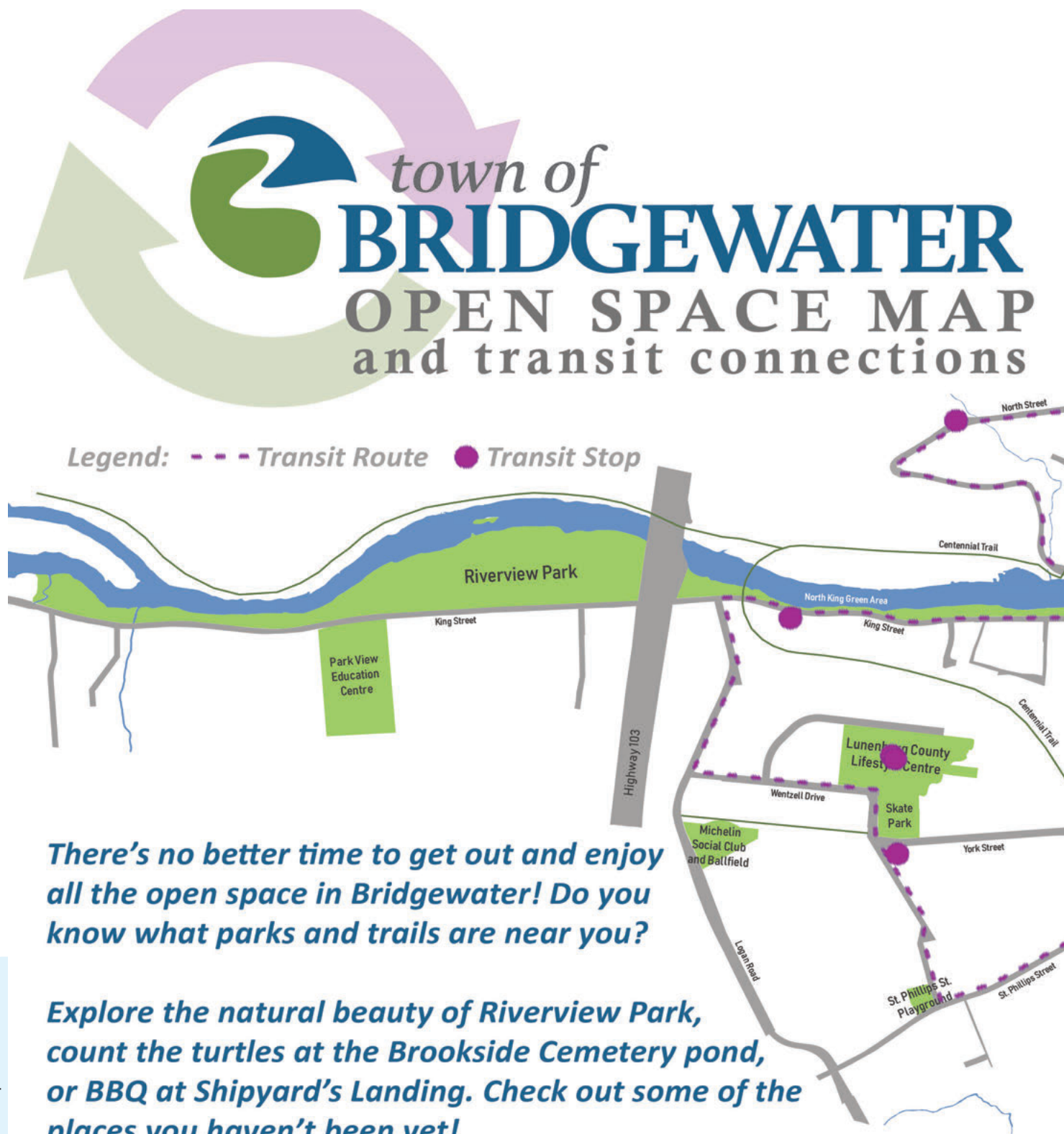
A PART OF THE NOVA SCOTIA MUSEUM

The DesBrisay Museum and the Wile Carding Mill Museum will be hosting Engage & Explore, every Saturday this summer!

Family friendly, free programming on alternating weeks at each location!

Visit desbrisaymuseum.ca or our facebook page for more information.

Please note that COVID-19 protocols per direction of Nova Scotia Public Health will be in effect.



Did you know that Bridgewater Transit can drop you off near many of the Town's parks?



***Visit www.bridgewater.ca/transit
for more information.***

Explore - Discover - Play South Shore



*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.** Enter a search term, and click 'Search' to access thousands of things to do on the South Shore
- 3.** Or click on 'Advanced Search' at the top of the page to refine your search based on activity or location

*For more information, please contact
your local recreation department.*

South Shore
Connect.ca