



Kings County **RECREATION GUIDE**

Fall 2018

**Kings County • Wolfville • Port Williams • Canning & District
New Minas • Kentville • Berwick • Kingston**

KINGS COUNTY RECREATION GUIDE

COUNTY OF KINGS RECREATION SERVICES

Nichole Gilbert
Coordinator of Recreation Services
(902) 690-6124
ngilbert@countyofkings.ca

Ashley Brooker
Active Living Programmer
(902) 690-6190
abrooker@countyofkings.ca

Check us out on Facebook:
Municipality of Kings Recreation Services
and online at: www.countyofkings.ca/common/pars

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VILLAGE OF PORT WILLIAMS

Laura Jacobs
Recreation Director
pwrecreation@ns.aliantzinc.ca
(902) 698-9086
www.portwilliams.com

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CANNING AND DISTRICT RECREATION

Jennie Wiesner
Recreation Director
(902) 582-2033
director@canningrecreation.com
www.canningrecreation.com

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VILLAGE OF NEW MINAS

John Ansara
Recreation Director
(902) 681-6577
johna@newminas.com
www.newminas.com

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TOWN OF KENTVILLE

Communications and
Resource Coordinator
(902) 679-2539
recreation@kentville.ca
www.kentville.ca

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TOWN OF BERWICK

Debbie Elliott, Director
of Community Development
(902) 538-8068 Ext. 4016
delliott@berwick.ca

Shawn Fevens
Active Living Coordinator
(902) 538-8068 ext. 4019
sfevens@berwick.ca

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VILLAGE OF KINGSTON

Glen Abriel
Recreation Coordinator
(902) 765-2800
recreation@kingstonnovascotia.ca
www.kingstonnovascotia.ca

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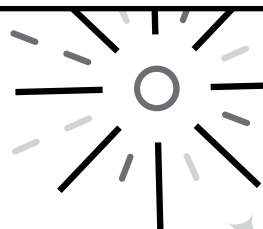


TOWN OF WOLFVILLE

Wolfville Department of
Community Development:

Nick Zamora, Community
Development Officer
(902) 670-0131
nzamora@wolfville.ca
General Inquiries: www.wolfville.ca

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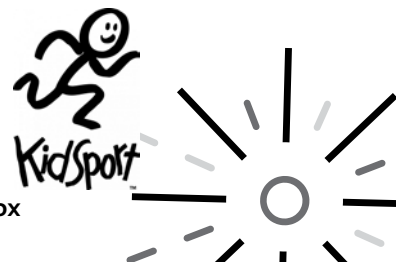
JUMPSTART/KIDSPORT FUNDS 2018

Jumpstart & Kidsport Funds help financially disadvantaged kids be involved in organized recreation and sport.

Application Deadlines: May 1st, July 1st, September 1st, November 1st



For more information please contact:
Nichole Gilbert
Municipality of the County of Kings
Phone: (902) 690-6124
Email: ngilbert@countyofkings.ca
www.countyofkings.ca/common/pars/kidsport.aspx



KINGS COUNTY



Community Support Programs, Grants, & Funding Opportunities:

Not for Profit Organizations interested in applying for funding programs are encouraged to contact the Municipality to ensure they meet funding criteria and deadlines for the following grant programs:

- Park, Playground, and Trail Maintenance and Development
- Community Hall Assistance Program
- Kings Economic Advancement Grant
- Festivals and Community Events
- Youth Travel Program
- Councillor Grants to Organizations

For more information on these grant opportunities please contact:

Amie Johnstone
(902) 690-6191
Toll Free: 1-888-337-2999
ajohnstone@countyofkings.ca
For more information on funding programs please visit:
www.countyofkings.ca/information/communitysupport.aspx



Kings Volunteer Resource Centre

Interested in volunteering?
We can help!

We inspire and lead the growth of a culture of volunteerism in the community through:

- Building and enhancing the capacity of the voluntary sector by offering Workshop Sessions throughout the year
- Promoting volunteer opportunities in the Annapolis Valley
- Hosting an annual Volunteer Leadership Symposium
- Promoting volunteerism and its value



www.kingsvolunteerresourcecentre.ca | (902) 678-1398 | P.O. Box 132 Kentville, NS B4N 3V9

KINGS COUNTY

RED CROSS LEARN TO SWIM

COST:

\$55 for up to Level 6
(30 minute class)

\$60 for Levels 7-10
(45 minute class)

Swimming lessons are located at the
NS Youth Facility:
1442 County Home Rd. Waterville, NS

Kings County Recreation offers
Fall, Winter, and Spring sessions
(10 weeks each)



Fall Registration Date: Monday, September 10, 2018.

Registration will be ONLINE at www.countyofkings.ca or in person at the Municipality of the County of Kings Office – 87 Cornwallis Street, Kentville at the Finance counter.

First Swim Lessons: Saturday, September 22, 2018 and Sunday, September 23, 2018.

Winter Registration Date: Monday, December 17, 2018.

Registration will be ONLINE at www.countyofkings.ca or in person at the Municipality of the County of Kings Office – 87 Cornwallis Street, Kentville at the Finance counter.

First Swim Lesson: Saturday, January 5, 2019 and Sunday, January 6, 2019.

Please note that this fall's registration will be ONLINE or in person.

For more information, contact: Nichole Gilbert at (902) 690-6124

Adult Learn to Swim Program: Please contact call (902) 690-6124 for more information. These lessons run for 10 weeks. The cost is \$60.

Public Drop In Swim Program:

Kings County Recreation's drop in swims at the NS Youth Facility, Waterville will resume on Sunday, September 23rd. We offer family swims, adult lane swims, parent and tot swims, seniors' swims and aquafit.

Look for our drop in swim schedule at: www.countyofkings.ca/common/pars/swimprograms.aspx

Cost: \$3.00/Adult \$1.00/Child

Youth Aquatic Corps:

Looking to enhance your aquatic leadership skills by working towards your Bronze Star, Bronze Medallion or Bronze Cross? Join the Youth Aquatic Corps!

Please contact Nichole at (902) 690-6124 or ngilbert@countyofkings.ca for more information.

KINGS COUNTY AQUATIC PUBLIC SWIM TIMES

TUESDAY

9:00 - 10:00 am Senior's Swim (50+)
10:00 - 11:00 am Aqua Fitness (Shallow Water)
11:00 - 11:45 am Parent/Tot
11:45 - 12:45 pm Aqua Fitness (Deep Water)

WEDNESDAY

4:30 - 5:30 pm Family Open Swim
5:30 - 6:30 pm Family Open Swim
6:30 - 7:30 pm Aqua Fitness (adults)
7:30 - 8:30 pm Adult Lane Swim

THURSDAY

9:00 - 10:00 am Senior's Swim (50+)
10:00 - 10:30 am Aqua Walk
10:30 - 11:30 am Shallow Water Aqua Fitness
11:30 - 12:00 pm Aqua Walk
12:00 - 1:00 pm Deep Water Aqua Fitness with Fins (adults)

SUNDAY

4:30 - 5:30 pm Family Open Swim
5:30 - 6:30 pm Family Open Swim
6:30 - 7:30 pm Aqua Fitness (adults)
7:30 - 8:30 pm Adult Lane Swim

These programs are offered to the general public and **there is no registration required. The price is \$3.00 per adult and \$1.00 per child, per session.**

POOL RENTALS:

Bookings for pool parties and group functions are available on Saturday's (January – May and October – December) from 4:30 pm - 5:20 pm, 5:30 pm - 6:20 pm, 6:30 pm - 7:20 pm. Cost \$30.

To book please contact (902) 690-6124 or ngilbert@countyofkings.ca

Please park across the street in the gravel parking lot at the Waterville Fire Department.

Grafton Street Dinner Theatre 55+ Bus Trip

Wednesday, November 21, 2018

 *\$75* *Christmas in
Killarney*

*Come celebrate the holidays with the
Connolly family as they welcome their
long-lost Irish relatives to Nova Scotia
for a heel-kickin', fiddle-wailin' good time!*

TRANSPORTATION ❄️ LIVE PERFORMANCE ❄️ 3 COURSE MEAL

TICKETS GO ON SALE SEPTEMBER 24, 2018

*The bus leaves Kingston Fire Hall at 3:30 p.m., Berwick School
at 4:00 p.m. and Louis Millett Complex, New Minas at 4:30 p.m.*

*Tickets are available at the Village of Kingston Office,
Berwick Town Hall and Municipality of the County of Kings
Payment is required in order to reserve your ticket*

*For more information please contact
Nichole Gilbert with the Municipality of
the County of Kings at 902-690-6124*

Municipality of the
COUNTY OF KINGS



CHAMPIONNAT RUGBY CHAMPIONSHIP

**Wolfville, NS - 2018
At Acadia University**

Thursday, Nov. 1 - Quarterfinals
Friday, Nov. 2 - Semi-finals
Saturday, Nov. 3 - Consolation SF
Sunday, Nov. 4 - Finals and Bronze

**Tournament ticket packages on sale
now at the Acadia Box Office**

JORDAN'S
HOME FURNISHINGS LTD.

Youth 17 years and younger
access all games for Free
Provided by
Jordan's Home Furnishings Ltd.
New Minas, NS



CONTINUE

KINGS COUNTY

FALL 2018 FAMILY RESOURCE CENTRE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Toddler Tonics 9:30 - 11 am</p> <p>Child Care 9:30 - 11 am</p> <p>Tumble Bugs 10:30 - 11:30 am Location: Louis Millet Centre - New Minas Sept. 17th - Nov. 26th</p>	<p>Preschool Program 9:30 - 11:30 am</p> <p>Parent Club 9:30 - 11:30 am</p> <p>County Crafters 9:30 - 11:30 am</p> <p>Child Care 9:30 - 11:30 am</p>	<p>Let's Get Up & Move 9:30 - 10:30 am 12 weeks: Sept. 19th - Dec. 5th</p> <p>Tumble Bugs 10:30 - 11:30 am 11 weeks: Sept. 19th - Nov. 28th</p>	<p>Preschool Program 9:30 - 11:30 am</p> <p>Parent Club 9:30 - 11:30 am</p> <p>Child Care 9:30 - 11:30 am</p>	<p>Dates for playgroups: October 5th - Dec. 14th</p> <p>Playful Pals Playgroups Wolfville RecCentre 9:30 - 11:30 am 7 Victoria Ave. Wolfville</p> <p>Waterville Fire Hall 9:30 - 11:30 am 1415 County Home Road, Cambridge</p>
 <p>Fun with Food 9:30 - 11 am Location: Louis Millet Centre - New Minas Sept. 17th - Nov. 26th</p>	<p>Scholastic Book orders are available monthly.</p> <p>Play With Me 12:30 - 2 pm Location: Autism Centre Kingston</p>	<p>Baby and Me 10:30 - 11:30 am</p> <p>Play Group Plus 10 - 11:30 am</p> <p>Child Care 9:30 - 11:30 am</p>	<p>Let's Get Messy! 9:30 - 10:30 am Location: Louis Millet Centre New Minas</p>	<p>New Beginnings Church 9:30 - 11:30 am 1151 Bridge St., Greenwood</p> <p>L.E. Shaw School 9:30 - 11:30 am 486 Oak Island Rd, Avonport</p> <p>Are you looking for a place to donate items? We accept all donations.</p>
<p>Canning 101 12:30 - 2 pm Oct. 15, 22, 29</p> <p>Fun Fall Cooking 12:30 - 2 pm Nov. 5, 12, 19, 26</p> <p>Child Care 12:30 - 2 pm</p> <p>Prenatal 6 - 8 pm Location: Louis Millet Centre New Minas Sept. 10 - Oct. 29</p> <p>Weekend Prenatal Nov. 17th - 18th</p>	<p>Mixing Generations 2:30 - 3:30 pm Shannex Oct. 2, Nov. 6, Dec. 4</p>  <p>Contact us for information on parenting workshops.</p>	<p>Rhyme Time 10 - 11 am Location: Louis Millet Centre - New Minas</p> <p>Express Yourself With Art 1 - 2 pm</p> <p>Family Fitness Time 6:30 - 7:30 pm Location: Louis Millet Centre Oct. 3th - Nov. 28th</p>	 <p>CONTACT US! (902) 678-5760 family.centre@ns.sympatico.ca www.kcfrc.ca</p> <p> Like us on Facebook</p>	<p>SATURDAY</p> <p>SHAFT: Super Happy Active Family - Fun Time Every Saturday from Nov. 17th - Dec. 15th Jan. 5th - March 16th 10 am - 12 noon Location: Kentville Soccer Dome</p> <p>Tumblebugs 9:30 - 10:30 am Berwick Town Hall Oct. 6th - Nov. 24th</p> <p>Tumblebugs 11 am - 12 pm Port Williams Elementary School Oct. 6th - Nov. 24th</p>

 **SCHOLASTIC BOOK ORDERS** are available monthly!

*Contact us for information on parenting workshops: (902) 678-5760 | family.centre@ns.sympatico.ca | www.kcfrc.ca 
503A Main Street, Kentville

TOWN OF WOLFFVILLE



For the most up to date information about recreation and active living opportunities in Wolfville visit www.wolfville.ca.
Program & event information can also be found at www.valleyconnect.ca

Wolfville Community Development Department:
Nick Zamora, Community Development Officer
(902) 670-0131
nzamora@wolfville.ca

THE MUDLEY FUND
Assisting residents from the Town of Wolfville to participate in recreational programming. **Please visit www.wolfville.ca/program-assistance.html for more information.**



TRAILS

Check out Wolfville's many walking/hiking trails and the Reservoir Park Bike Skills Park & Bike Trails!
Town of Wolfville Trails Map:
www.wolfville.ca/parks-and-trails.html

Wolfville Visitor Information Centre
The Visitor Information Centre at 11 Willow Avenue is open 10 am - 6 pm, 7 days per week from early May until the end of October. Here you can find information and resources about Wolfville and the entire Fundy Shore region.
For more information about the Visitor Information Centre please contact: Darrell Doucette, Visitor Information Centre Manager. (902) 542-7000 Toll Free: 1-877-999-7117 tourism@wolfville.ca

WOLFFVILLE'S NIGHT OF LIGHTS

Join us for an evening full of great entertainment and fun activities that the whole family can enjoy from 6:30 - 8:30 pm on November 30th, 2018 at Clock Park.

HARVEST MOON TRAILWAY

After years of planning, collaboration, consultations and trail-building, the Annapolis Valley Trails Coalition (AVTC), of which Wolfville is a member, is proud to present The Harvest Moon Trailway, a high-quality trail experience united under one name to increase trail use and experience in the Valley region.

The 117-kilometre Harvest Moon Trailway (HMT) traverses the Annapolis Valley through beautiful towns along the former rail line, connecting the UNESCO World Heritage Site of Grand Pré to the historic seaside town of Annapolis Royal.

BOOK BIKES

Bicycles can now be borrowed from the Annapolis Valley Regional Library in Wolfville with a Library Card!
<http://renewyourcuriosity.ca/bookbikes>



The HMT Trail Head in Wolfville is located at the East end of Main Street, across from Willow Park.



AFTER THE BELL PROGRAMS

Check www.wolfville.ca/recreation-programs for upcoming Yoga for Teens, Snow Divas and other after school programs for teens!

CONTINUED

TOWN OF WOLFVILLE

TOWN OF WOLFVILLE AFTER SCHOOL PROGRAMS

All programs are based out of Wolfville Rec Centre (7 Victoria Ave.).

Now offering classes 5 days a week!

Wolfville After School Programs are open to P-5 students from Wolfville and the surrounding area. Students may bus from Gaspereau and L.E. Shaw Elementary Schools, or be dropped off at Wolfville School. Program Instructors will meet participants at Wolfville School between 2:45 and 3 pm and walk them to the Rec Centre for programming.

To register, please email:
rbrennan@wolfville.ca

MONDAY

THEATRE

12 classes starting September 10th, 2018.
Open to children ages 5 -12.
\$80 for 12-class session or
\$10 for one-day drop-in.

TUESDAY

ART

12 classes starting September 11th, 2018.
Open to children ages 5 - 12.
\$100 for 12-class session or
\$10 for one-day drop-in.

WEDNESDAY

TRAILBLAZERS

14 classes starting September 12th, 2018.
Open to children ages 5 - 12.
FREE for 14-class session!

THURSDAY

COOKING

12 classes starting September 13th, 2018.
Open to children ages 5 - 12.
\$100 for 12-class session or
\$10 for one-day drop-in.

FRIDAY

PLAY DAY!

11 classes starting September 10th, 2018.
Open to children ages 5 - 12.
\$80 for 11-class session or
\$10 for one-day drop-in.

COMMUNITY CLUB PROGRAMS

WOLFVILLE CURLING CLUB

Curling programs for children, adults and seniors. **For information, contact: Violy Curry, Coordinator, (902) 542-3615 or visit: www.wolfvillecurlingclub.ca**

The men and women Seniors (age 50+) curl on Monday, Wednesday and Friday mornings from 9:30 - 11:30am. New curlers are always welcome and pay only \$200 in their first season with the club. Regular membership fees are \$300 if paid on or before December 1 and \$330 after December 1, in any given year. New members are always welcome and need only arrive before 9:15 am in order to be placed on a team. Stick curling is thriving at the Wolfville Curling Centre. with over 30 or more members already using the stick for regular play. Come and give it a try.

Visit www.wolfvillecurlingclub.ca for more information on curling programs in Wolfville.



WOLFVILLE GYMNASTICS CLUB

Starts mid Oct. and runs to the end of March for ages 3-4 and the end of April for 5yrs and up. The club runs on the weekends from Wolfville School. There are various 1 hr times and programs that you may choose from. Coaches are all qualified instructors, most of whom are Acadia University students and all of which have years of experience in coaching or training in gymnastics. The gymnasts are exposed to all of the Artistic gymnastic apparatuses: floor, vault, bars, beam, pommel horse, rings etc.
www.wolfvillegymnastics@ns.sympatico.ca

BLOMIDON MULTISPORT CLUB

The club offers an opportunity to explore a variety of fundamental sport and movement skills that encourage lifelong participation in swimming, cycling and running.
www.wolfvilletriathlonclub.wordpress.com

WOLFVILLE SKATING CLUB

CanSkate and STARSkate programs beginning in October.
Visit www.wolfvilleskatingclub.ca for more information.

VALLEY ATHLETICS

valleyathleticsclub@gmail.com

WOLFVILLE TENNIS CLUB

www.wolfvilletennisclub.com

HIKE NOVA SCOTIA

www.hikenovascotia.ca/news-events

PLAYFUL PALS PLAYGROUP

Fridays at Wolfville Rec Centre
9:30 - 11:30 am. Offered by Kings County Family Resource Centre
(902) 678-5760.

PORT WILLIAMS



Information about Village organizations and activities can be found on the Port Williams website www.portwilliams.com Under **Community** choose **Recreation**.

If you have any questions please contact Recreation Director Laura Jacobs at (902) 698-9086 or email pwrecreation@ns.aliantzinc.ca

INDOOR WALKING GROUP

Every Monday and Friday at 9 am

CHAIR YOGA

Accessible, gentle poses seated or standing.
Wednesdays at 9 am

ACADIA'S ACTIVE AGING

This program is focused on improving health through aerobic, flexibility and strength exercise.
Tuesdays: 10:30 - 11:30 am
Thursdays: 4:30 - 5:30 pm
New session in the September
\$30/10-week session or \$50 for a couple

YOGA

Mondays: 7- 8 pm
Friday: 10 am
All levels flow class.

ZUMBA

Mondays at 5:30 pm
Dance to great music, with great people, and burn a ton of calories without even realizing it.

CO-ED SLOW PITCH

Wednesdays at 7 pm
No experience necessary!

COMMUNITY GROUPS

SCOTIABLES RUN/WALK CLUB

Tuesdays at 6:30 pm
Saturdays at 8:30 am

Contact: stephanie.jones@acadiu.ca

DANCETIME AT PORT WILLIAMS

Social ballroom dance club.
Sundays: 3 - 5 pm
dancetime.portwilliams@gmail.com

LAUNCHERS ATHLETICS

The club offers specialized training in shot put, discus and javelin.
Email: launchers_canada@yahoo.com

PLAYGROUP

Tuesday at 10 am
For infants up to preschoolers.
Port Williams Baptist Church
office@pwubc.org

PORT WILLIAMS SOCCER ASSOCIATION

Community Soccer program for kids from 3-10
portwilliamssoccer@gmail.com

VALLEY BULLDOGS RUGBY

Offering Rookie Rugby (ages 5-12) and men's and women's teams. All are welcome
valleybulldogsrfc@gmail.com

KEN-WO BRIDGE CLUB

Contact: Joy Cavazzi
(902) 678-6738 or email Brain DeLong
goose231@eastlink.ca

WOMEN'S INSTITUTE CRAFT TIME

Tuesdays: 9 -11 am

EVENTS

REMEMBRANCE DAY OBSERVATION

The Village will hold its annual Remembrance Day Observance at the Veteran's Memorial (behind the Community Centre) November 4th at 2 pm

SANTA BREAKFAST

Saturday, November 24th
8 am - 10 am
Pancakes and sausages will be served at the Port Williams Community Centre. Free will offering accepted, all proceeds going to the PWES Breakfast programs.

HOLIDAY TREE LIGHTING

Sunday, November 25th at 6 pm
Carol singing, tree lighting and meet Santa as he rides in on the PWVFD firetruck!

RECREATION FACILITIES

Port Williams Park
Belcher St. Sports Fields
Soccer, tennis, baseball, volleyball
Benedict Soccer Field, Collins Rd.
The Launch Pad

NEW PROGRAMS COMING SOON!

For further information on any of our programs or events, please contact our Recreation Director at (902) 698-9086 or pwrecreation@ns.aliantzinc.ca

Check out our facebook page and website to stay tuned for program updates! www.portwilliams.com

TAKE A HIKE THIS FALL

Hiking Tips

Research the trail before you visit it- lots of websites, blogs, and social media have tips and tricks for specific trails.

Tell someone where you are going, how long you think it will take and when you'll be back!

Hike during the daytime.

Check the weather forecast and be prepared for inclement weather.

If you're hiking with a group, stay together!

Pack a bag with things you may need, but don't over pack so that it is too heavy.

If there is a marked trail, follow it! Our trail associations make a great effort to keep the trails looking beautiful for you to enjoy.

Leave no trace. It is important to take anything you brought in, out and don't take anything that belongs there!

Things to Pack for Hiking

FIRST AID KIT: DIY or store bought work great! Band-aids, anti-septic, wraps and materials for slings all are great ideas to have.

HYDRATION: it's important to stay hydrated on a hike!

SNACKS: you use a lot of energy when you hike! Bring along some snacks to help you refuel. Remember to pack lightly and take all garbage with you.

NAVIGATION: bring a compass, phone, GPS unit when you hike. Just in case you need it.

LIGHT: pack a flashlight with you in case something doesn't go as planned or you are nearing dusk.

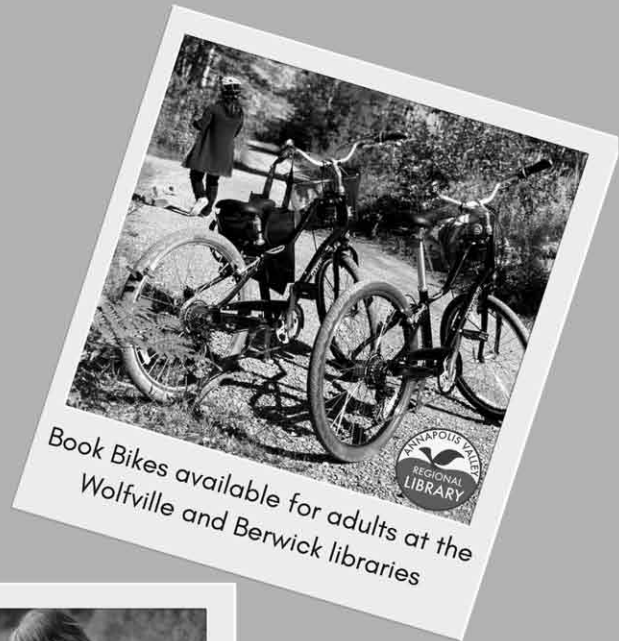
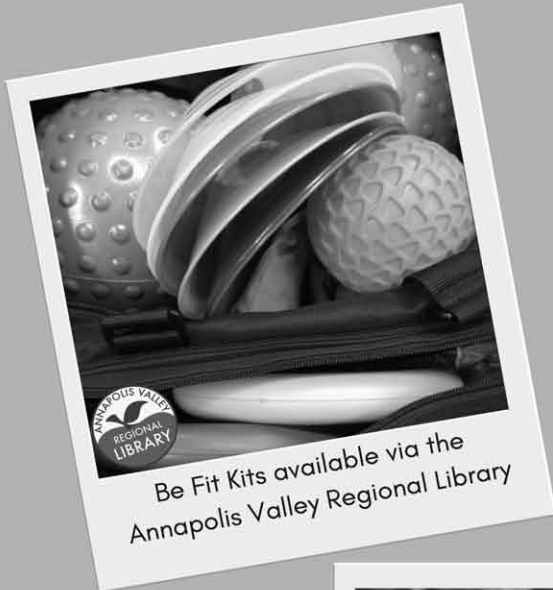
LAYERS: wear a few light layers and a rain coat that you can pack away if you don't need them. It's nice to be able to adjust!

CAMERA: take the memory of the hike and show it off to your friends!

BE ACTIVE, TOGETHER

FREE SELF-DIRECTED RECREATION EXPERIENCES

Check out some great loan programs at your local recreation department or library! There are so many great opportunities for self-directed recreation for families of all types.



CANNING & DISTRICT

RECREATIONAL COMMISSION



CANNING & DISTRICT RECREATIONAL COMMISSION

Jennie Weisner
Recreation Director
(902) 582-2033
director@canningrecreation.com
www.canningrecreation.com
www.facebook.com/canningrecreation

AFTER SCHOOL PROGRAM

Jennie will be working with the great teams at Glooscap and NKEC again this year to continue to provide a fantastic and FREE after school program for everyone! Be sure to check out the information sent out in early September. Are you interested in leading an After School Program at either location? Let Jennie know today!

OPEN GYM & RACKET SPORT ROULETTE

We will be back with our open gym and pickleball/badminton programming this fall! Beginning the second week of September. **Check our facebook page for more information!**

“BC” FALL HIKE SERIES

Canning Recreation will be partnering with local hiking clubs to offer a fall hike series in “BC – Back of Canning”! Our first hike will take place on October 27th at Blomidon Provincial Park at 11 am; our second will have us leaving Baxter’s Harbour on November 3rd at 11:30 am for a waterfall tour! **Check hikenovascotia.ca for more information.** This programming is

possible by financial contributions from the Department of Communities, Culture, and Heritage Access to Facilities Grant.

ANNAPOLIS VALLEY TABLE TENNIS CLUB

The Annapolis Valley Table Tennis Club (AVTTC) is open to everyone of all ages. The group meets at NKEC (Northeast Kings Education Centre) on Wednesdays from 5 pm - 6:30 pm or Sundays from 1 pm - 3 pm.



GLOOSCAP DISTRICT ARENA

The ice will be back in and ready for rentals in October! Free skate times will be announced in mid-September! **For more information contact Arena Manager Frank Spicer by email at canningarena@xcountry.tv or by phone (902) 670-0674.**

CANNING BOXING CLUB

Located in the basement of the Lion’s Club, 1000 Seminary Avenue. Open to individuals of all skills levels, recreational or competitive boxers, the club meets Monday, Wednesday, and Friday from 7 pm - 8:30 pm, cost is \$35/month or \$30 with a foodbank donation. **More information can be found on their facebook page or by contacting Natasha at nweisner@hotmail.com.**

ARCHERY

Every Sunday at NKEC join Gordon Porter from 1- 3 pm there is a drop in archery program. It is \$4 per person for the afternoon. Children (who are old enough to understand and respect all safety rules) and adults are invited. All needed equipment is provided by Gordon Porter.

KINGSPORT FITNESS & WELLNESS SOCIETY PROGRAM

Want to improve your fitness, strength and feel great too? Join us! The Kingsport Fitness and Wellness Society has something for everyone! We run a variety of programs at affordable prices throughout the year at the Lloyd Memorial Centre in Kingsport.

All classes are listed on our events calendar at canningrecreation.com! For more information please contact Kingsportfitnessandwellness@gmail.com. Check out our Facebook page by searching Kingsport Fitness and Wellness Society.

Our programs are partially funded by Kings Active Seniors Grant, the Eastern Kings Memorial Health Foundation and Canning & District Recreation Commission.

STEPS TO CONNECT

Steps to Connect is a locally developed, evidence based leisure education program designed for adults who are interested in, but not currently accessing, recreation opportunities. Steps to Connect invites discovery of personal recreation triggers, and the program helps people recognize their “best self” in recreation. Through a series of activities, participants build their self-awareness to the point where the group chooses a recreation activity to take part in together. They collaboratively assess the feasibility and appropriateness of the activity and then come up with a plan for actually doing it the next time they are together. The goal is to create a safe and supportive environment for people to satisfy curiosity or take on a small challenge. We are very lucky to have Gord Tate from Chester Recreation facilitate a session in Canning on September 18th, 20th and 25th from 10 am - 12:30 pm; **this session is free of charge to participants but registration is required by September 13th.**

NEW MINAS



FALL PROGRAMS

Drop in, or register on line and save \$\$ on our fun and affordable fitness classes!
To register, visit: www.newminas.com/recreation and follow the seasonal program links

Please note that, while we do our best to ensure accuracy of information, all dates and times are subject to change post publication. Please call the recreation department to confirm details prior to attending classes and/or registration.

FITNESS FOR ALL

HATHA YOGA

Come out and join us for gentle Hatha Yoga. Get fit and have fun.
Wednesdays, September 19, 2018 to December 19, 2018
Louis Millett Community Complex Facilities - Multi Purpose Room 121
Time: 6:30 - 7:30 pm
Cost: \$6 to drop in
Instructor: Gary Ross

ZUMBA

Zumba combines Latin and International music with a fun and effective workout system.
Wednesdays, September 19, 2018 - December 19, 2018
Location: Lynn Spencer Hall (LMCC)
Time: 6 - 7 pm
Cost: \$4 Drop in
Instructor: Merve Kayahan

KIDS MULTI SPORT

Teaching kids the FUNdamentals of Sport and Physical Activity!
September 22 - November 3
Ages 3 - 5: 10 - 10:45 am
Ages 6 - 9: 11 - 11:45 am

CULTURAL PROGRAMS

GIRLS NIGHT OUT

Social Recreation for girls aged 8-14
****Online Registration opens September 18****
Fridays: 6 - 8 pm
September 28 - November 30
\$20 must register online. Payments can be made at the Village Offices in the LMCC

FOR THE BOYS

Social Recreation for boys aged 8-14
****Online Registration opens September 18****
Fridays: 4 - 5:30 pm
September 28 - November 30
Free program, must register online.
Payments can be made at the Village Offices in the LMCC

INTRODUCTION TO ASIAN CULTURE (FOR KIDS!)

We are excited to be offering an 8 week course which introduces children to basic mandarin language and Asian culture, including etiquette, food and dress. Led by an experienced volunteer, Tian Kai Fan of Wolfville, this program is sure to challenge and stimulate young minds!
Ages 5 - 8: Sundays, 3 - 3:50 pm
Ages 9 - 12: Sundays, 4 - 4:50 pm
Cost: \$25. Register online
September 23 - November 18
***No class November 11*, Rm 117, LMCC**



KALEIDOSCOPE NEW MINAS

Social recreation for special needs (16+)
Wednesdays and Fridays
September 19 - December 14
Youth Room, Rm 117 & Gym
9:45 - 11:45 am
\$5 drop in (online registration is not available for this program)

KINGS FAMILY RESOURCE PROGRAMS @ THE LOUIS MILLETT COMMUNITY COMPLEX

Please register directly through the KCRFC by calling: (902) 678-5760 or by email: family.centre@ns.sympatico.ca

TUMBLE BUGS

Tumblebugs is a very popular 10-week program for children ages 3-5 years old and their parent or caregiver. Tumblebugs teaches basic movement activities and modified gymnastics that are fun, safe, and developmentally appropriate. Tumble on over and check us out!!
10:30 - 11:30 am
Location: Gymnasium, LMCC
September 17 - December 3

FUN WITH FOOD

Would you like to learn great new recipes that are healthy and nutritious? Looking to prepare snacks and meals on a budget and things that your children will eat? Join us at Fun with Food to explore new recipes and to cook with your child. This is a parent - child interactive group.
Mondays: 9:30 - 11 am
September 17 - December 3
Location: Kitchen, LMCC

PRENATAL

We offer a prenatal program for expectant women. You will receive information to help you become prepared for the weeks and months ahead. A few things we cover are: what to expect during each trimester, what you need to help keep you and your baby healthy, and what to anticipate during delivery. Our prenatal program is offered in a comfortable atmosphere with many opportunities to connect with other expectant mothers.
Mondays: 6 - 8:30 pm
Location: Rm 121, LMCC
September 10 - October 29

RHYME TIME

Children love to move and sing! Our Rhyme Time will teach you and your child many new songs, rhymes, and movement activities. Come out and join us for a great parent-child experience.
Wednesdays: 10 - 11 am
Location: Rm 119
September 19 - December 5

NEW MINAS

FAMILY FITNESS TIME

Come out with your family to a great night of movement and enjoyment. This is time for all family members to get active and enjoy spending time together.

All ages and abilities are welcome.

6 - 7 pm

Location: Gymnasium, LMCC

October 3 - November 28

Ladies Only (begins September 6)

Thursdays: 12:30 - 2 pm

Gymnasium

BADMINTON

Tuesdays: 7 - 9 pm

Beginning September 4

Gymnasium, LMCC



LET'S GET MESSY!

Children are naturally inclined to explore and get messy!! So let's help them along!

Bring your child out to explore various art forms and sensory opportunities. This program is a parent-child interactive group.

All ages welcome.

9:30 - 10:30 am

Location: Louis Millet Community Complex

New Minas

September 20 - December 13

www.kcfr.ca

LOT'S TO DO FOR \$2

New Minas Recreation offers a variety of drop in programs for only \$2 per class!

PICKLEBALL

Begins week of September 10

Mondays & Fridays: 1 - 3 pm

Wednesdays: 7 - 9 pm

LINE DANCING

Mondays and Wednesdays

9:30 - 10:30 am

September 5 - October 24

Gymnasium, LMCC

Instructor: Cynthia Kerr

FIT AS A FIDDLE

Fun Senior Fitness

Tuesdays & Thursdays

2 Sessions each day: 9 - 10 am

& 10:15 - 11:15 am

September 11 - May 24

Gymnasium, LMCC

OPEN GYM

Saturdays: 5 - 9 pm

Sundays: 5 - 7 pm

Children 12 and under MUST be accompanied by an adult 18 years of age or older.

Beginning September 1.

All open gym times are subject to change.

CO-ED VOLLEYBALL

Mondays: 6 - 7:30 pm

September 10, ongoing

Ages 14 +

FLOOR HOCKEY

Mondays: 8:30 pm - 10 pm

October 1, ongoing

CARD PARTIES

Saturdays: 7 - 9 pm

October, Room 120

FREE PROGRAMS

RADSQUAD (FORMERLY RADGIRLS)

Ongoing

Thursdays: 6 - 8 pm

Youth Room, LMCC

SPECIAL EVENTS



HALLOWEEN DANCE

October 26, 6 - 8 pm

Civic Centre, LMCC

NEW MINAS ROTARY PARADE OF LIGHTS

Saturday, November 17 at 6 pm

Commercial St, New Minas

55+ HOLIDAY DINNER & DANCE

December 7

Civic Centre, LMCC

TOWN OF KENTVILLE



Are you looking for something not listed here? Or are there barriers that prevent you from accessing sport or recreation? Get in touch and we'll do our best to help.

* All the information listed here is subject to change. **For more information and updates, please visit our website: kentville.ca**

Be sure to follow us on Facebook at Town of Kentville and on Twitter @TownOfKentville

Parks and Recreation Contact Information:

General Inquiries
Email: recreation@kentville.ca
Phone: (902) 679-2539
Website: www.kentville.ca

Active Living Community Coordinator

Julia Stephenson
Email: jstephenson@kentville.ca
Phone: (902) 679-3998

Facilities Manager

Kevin Bennett
Email: kbennett@kentville.ca
Phone: (902) 679-2533 or (902) 680-6407

Director of Parks and Recreation

Rachel Bedingfield
Email: rbedingfield@kentville.ca
Phone: (902) 679-2541



Follow us on

Facebook (@TownofKentville)
Twitter (@TownofKentville)
Instagram (@thereal_tok)

Book your next meeting or event in Kentville:

Recreation Centre: Located next to Town Hall, the building offers two levels appropriate for banquets, meetings, parties, dances, fitness classes, and all kinds of group activities.

Kentville Centennial Arena: The Centennial Arena is one of Kentville's sport and recreation focal points. It is an all-season facility which

hosts various events, such as hockey, figure skating, home shows, concerts, craft fairs, promotional events, and more.

PROGRAMS

INDOOR WALKING AND PARENT & TOT TIME

Visit the Credit Union Rec Complex on Gary Pearl Drive from November through April for warm and dry activity! Walk, run or bring the kids for quality play time. Monday through Friday, 10 am - 11 am. FREE!

RUG HOOKING

Join Lynn Denney and Mona Pearl for drop-in rug hooking on Tuesdays in the Lower Kentville Recreation Centre, 354 Main Street, from 1 - 3 pm! \$5 drop-in fee for each session, with expert advice, in a welcoming and social atmosphere. Bring your rug hooking (or any hand sewing or needlework craft) and come join the fun!



SHAFT – SUPER HAPPY ACTIVE FAMILY - FUN TIME

Saturdays: 10 am - noon at the Credit Union Rec Complex in Kentville:
November 17- December 15, January 5 - March 16.
Bring your friends, family, and a clean pair of shoes for some FREE indoor field play time for ALL AGES. Leadership provided by the Kings County Family Resource Centre.

PICKLEBALL

Adult 16+ Pickleball at KCA
Monday nights: 7 - 9 pm. \$12 for fall term (September 17 - December 17)
Registration is required please visit www.kentville.ca for registration form or phone The Parks and Recreation Department at (902) 679-2539 for full details.

AFTER SCHOOL PROGRAMS

After school programs are available for KCA students in grades P-8, with various sessions running from October through the end of May. Programs are physical activity based and will allow children to experience a wide variety of recreation opportunities.

For more information or to sign your child up please contact Julia Stephenson at (902) 679-3998 or by email at jstephenson@kentville.ca

TOWN OF KENTVILLE



KENTVILLE CENTENNIAL ARENA

*schedule subject to change; when in doubt, please call (902) 679-2539 or (902) 679-2542. Helmets and skates are available to borrow. Please ask.

Tuesday

Adult Skating: 9:30 - 10:30 am
Parent & Tot: 10:30 - 11:30 am
Adult Shinny: 12 - 1:30 pm
After School Skate: 3 - 4 pm

Wednesday

Public Skate: 12 - 1:30 pm
After School Skate: 3 - 4 pm

Thursday

Adult Skating: 9:30 - 10:30 am
Parent & Tot: 10:30 - 11:30 am
Adult Shinny: 12 - 1:30 pm
After School Skate: 3 - 4 pm

Friday

Adult Shinny: 12 - 1:30 pm

Sunday

Public Skate: 4 - 5 pm

EVANGELINE BOXING CLUB

Join Coach Gibson to learn how to box or to master your boxing skills. Ages 10 to adult. No experience necessary.

For information, call (902) 678-6218 or email bt_gibson@hotmail.com

GLOOSCAP CURLING CLUB

The Glooscap Curling Club (19 Crescent Avenue) offers curling for folks of all ages and abilities, including: Learn to Curl, Stick Curling, Mixed Doubles, morning and evening adult League, and a Junior Program. They also have social events, fun bonspiels, potlucks, crib tournaments, Pass-the-Ace and more! **For information, call (902) 678-4637, email: info@glooscapcurling.ca or visit: glooscapcurling.ca**

NEW HORIZONS CLUB FOR 50+

Located at the Kentville Recreation Centre, 354 Main Street, New Horizons is a social club for seniors! Annual membership fee of \$8 for programs

Mondays: Carpet Bowling, 1-3 pm (open to non-members, \$1)

Tuesdays: Art Sessions, 1- 4 pm

Wednesdays: Cards & Social, 12:30 pm

2nd Wed of the month: Meeting at 1:15 pm

2nd and 4th Friday each month: Bingo 1 pm

1st and 3rd Saturday each month: Card Party 1 pm

Drop by for more information!

KENTVILLE FARMERS MARKET

Check out the Market each Wednesday from 10 am - 2 pm (outdoors at Centre Square until late October, then indoors for the winter at the Calkin Building - 38 Cornwallis St).

Be sure to follow them on Facebook to stay up to date with the Market offerings as well as their workshops!

www.kentvillefarmersmarket.ca

KENTVILLE LIBRARY

Visit the new location of the Kentville Library at 440 Main Street. **For program information, call (902) 679-2544, or see valleylibrary.ca**

CONTINUE

TOWN OF KENTVILLE

ENJOY THE OUTDOORS

FLYING SQUIRREL ADVENTURES

Join us for this free outdoor program for adults and children every 3rd Saturday of the month starting at 9:45 am, rain or shine, year-round at the Kentville Ravine. We help you connect with nature through games, activities, challenges, discussions, workshops and more! There are streams for adults and children each month, come check it out!

EQUIPMENT LOANS

Enjoy all the weather that fall brings with free equipment! We have skates to borrow at the arena, and at Town Hall you can borrow walking poles, bikes, scooters, skateboards, yoga mats, snowshoes and more.

Contact us for more information at (902) 679-2539 or recreation@kentville.ca

KENTVILLE TRAILS

The variety of trails found in Kentville is vast, from challenging mountain bike terrain to easily travelled active transportation routes, wetland sites, bird sanctuaries and ravine walks. Come check it out for yourself, you won't be disappointed!

This fall be sure to explore:

Miners Marsh
Memorial Park
The Gorge
Oakdene Park
(with a new Natural Playground!)
Burgher Hill 4X
Harvest Moon Trail
Kentville Ravine

KENTVILLE SKATEPARK

The new Skatepark is open, and the fresh landscaping makes it an idyllic place to skate, scooter or bike! The Skatepark is located on the corner of West Main St. and Gary Pearl Dr. Need to borrow some equipment? Be in touch and we'll get you squared away with free loans!

KENTVILLE PLAYBOXES

We have two Kentville Playboxes out (at Oakdene Park and Memorial Park) with a third coming soon! Each Playbox is filled with a collection of equipment (skipping ropes, footballs, volleyballs, lawn games, etc.) and are here to ensure everyone has access to play. Please feel free to add new or gently used sports equipment or toys to the boxes, and stay tuned as we add gear for the winter!

FITNESS CLASSES

AT THE KENTVILLE RECREATION CENTRE

Are you looking for ways to get fit and lead a healthier lifestyle moving forward into 2019? Why not join one of our fitness programs offered this fall and winter?

OLDER ADULT FITNESS

Join Suzi Fevens for a fun, low impact cardio class designed for older participants or those wishing to have lower intensity workouts.

Tuesday: 10:30 am - 11:30 am

Thursday: 10:30 am - 11:30 am

Cost: \$2/class

Location: Kentville Recreation Centre

ZUMBA GOLD

Join Suzi Fevens and dance your way to good health! This class is the same dance that has taken the world by storm for older adults or those

COMMUNITY YOGA

Stay tuned to our website and facebook for information about fall and winter yoga at the Recreation Centre.

EVENTS

KENTVILLE HARVEST FESTIVAL

October 6th, 9 am - 2 pm

Join the Town of Kentville and the Kentville Business Community as we celebrate the Harvest season and downtown Kentville.

A guided hike at The Gorge will begin the day at 9 am, and at 10 am festivities will begin downtown (complete with live music and pumpkin people workshop!).

For full event details visit www.kentville.ca or phone (902) 679-2539.



wishing to workout at a lower intensity level.

Friday: 10:30 am - 11:30 am

Cost: \$2/class

Location: Kentville Recreation Centre

KENTVILLE ACTIVE LIVING

Join Certified Exercise Physiologist Kelsey Brumm for a mixture of gentle aerobics, resistance band, body weight, and dumbbell exercises to keep you active, build strength, and join a support system! Open to all, this is a 10 - week program with classes twice a week running Mondays 6:30 pm & Fridays 10 am from Sept. 24 - Nov. 30. Option to register for the full program (\$40) or join for drop-ins (\$3).

For details and to register visit Kentville.ca/recreation or call (902) 679-2539.

PUMPKIN WALK AT MINER'S MARSH

Bring a flashlight, stroll the marsh, and view over 300 carved pumpkins along the trail. Date and time to be announced!

KENTVILLE TORCHLIGHT PARADE

Friday, November 16th, 6 pm - 9 pm

Join us as we light up the Christmas tree downtown and being celebrating the Festive season in Kentville. There will be caroling, merriment and a free skate at the Kentville Arena.

BERWICK



CONTACT INFORMATION FOR THE TOWN OF BERWICK

Debbie Elliott, Director of Recreation
and Community Development
(902) 538-8068 Ext 4016
delliott@berwick.ca

Shawn Fevens, Active Living Coordinator
(902) 538-8068 Ext 4019
sfevens@berwick.ca

CONTACTS FOR MINOR SPORTS

Berwick Minor Hockey

info.bdmha@gmail.com
(902) 599-3710
www.berwickminorhockey.com

Berwick & District Ringette Association

Marlene Connell
(902) 670-3175
marlene.connell52@gmail.com

Berwick Curling Club

(902) 538-8488
www.berwickcurlingclub.com

Valley Thunder Lacrosse

Sara White
vtlacrosse@eastlink.ca
www.valleylacrosse.ca

BERWICK FITNESS CENTRE

Coming soon in October!

The Town of Berwick is excited to announce that the new Fitness Centre, located at the Kings Mutual Century Centre, will be opening in early October 2018 and will house state of the art fitness equipment and offer membership rates to meet the community's needs. The Town will be providing membership pricing soon so stay tuned and **if you have any questions about the new facility please feel free to contact Town Hall at (902) 538-8068 or visit www.berwick.ca/fitness-centre**

BERWICK & DISTRICT LIBRARY

The Community's Living Room

The chilly weather is here, but the library is warm and inviting with its fireplace, comfy seating, books, newspapers, magazines and lots of programs for all ages. Tune up your bicycle and check your tires for air with our new **Fixit Bike Service Station**. Free WiFi, Books, DVDs, TV Series, Magazines, kits, audios, language kits, downloadable eBooks, audio books, magazines, large print, Be Fit Kits, pedometers, energy meters, Radon Kits, games, puzzles, Wii and X-box games All free with your library card!

Please visit our website www.valleylibrary.ca or call (902) 538-8060 for details.

We are open:

Tuesdays: 10 am - 5 pm
Wednesdays: 10 am - 5 pm
Thursday: 12 pm - 8 pm
Friday: 12 pm - 8 pm
Saturday: 10 am - 2 pm
236 Commercial Street, Berwick, NS

INDOOR WALKING AT KINGS MUTUAL CENTURY CENTRE

Start walking, stay active and warm during the winter months!

Visit kmccbberwick.ca for information on Indoor Walking times for the upcoming season.

Location: Kings Mutual Century Centre (Walking Track)

Cost: Donations box on site

Contact: Apple Dome Arena Manager, Bob Best at (902) 679-2031

PROGRAMS FOR YOUTH

AFTER SCHOOL PROGRAM

This popular program is an exciting way to spend time after school being physically active and making new friends. Pre-registration is required.

Date: Starts Wednesday, September 5th

Time: 3 pm - 5:30 pm

Location: Berwick Town Hall

Contact: Berwick Recreation (902) 538-8068

PLAYTIME FOR PARENTS AND TOTS

Start your morning with "Story Time" at the Berwick Library then head to the Gym to play and share parenting ideas with other parents.

Date: Wednesdays, starting September 12th

Time: 10 am - 11:30 am

Location: Berwick Town Hall

Cost: \$3 Drop In Fee for Gym Time

BERWICK MULTI-SPORT PROGRAM

Coming soon in 2018

Over 6 sports

Over 6 months

1 registration

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

Children must be in primary to grade three.

Maximum of 30 Participants.

ALL ABILITIES WELCOME!

This program's goal is to be welcoming and accessible to all abilities. Should the participant need extra supports or equipment to join the program, please call for a consultation. **Contact: Shawn Fevens at sfevens@berwick.ca or call (902) 538-8068 Ext. 4019.**

Contact: Shawn Fevens at sfevens@berwick.ca or call (902) 538-8068 Ext. 4019.

TAE KWON DO

Date: Tuesdays & Fridays starting September 11th

Time: 6 pm - 7 pm

Location: Berwick Town Hall Gymnasium

Cost: Various

Contact: Greg Durling, (902) 825-3489 or durlingstkd@gmail.com

2ND BERWICK SCOUTING

We are ready to begin another year of fun, games, camping, and adventure.

Contact people for each section are as follows:

Beavers (5 - 7yrs) – (Thursdays)

6:30 pm - 7:30 pm at Berwick Baptist Church

Contact: Tyler Whelen

whelentoye@gmail.com

Cubs (8 - 10yrs) – (Tuesdays)

6:30 pm - 8 pm at Berwick Baptist Church

Contact: Robyn Rix

hunbun38_6@hotmail.com

Scouts (11 - 14 yrs) – (Thursdays)

7 pm - 8:30 pm at Berwick Baptist Church

Contact: Kris Graham

krissyflowers@hotmail.com

CONTINUED BERWICK

Venturers (14 - 17yrs) – (Wednesdays)
7 pm - 9 pm at the United Church
Contact: Robert Chittick (902) 680-8753
or robert.chittick@bellaliant.com

Registration is done online at Scouts.ca
or **contact us directly.**

The fee for 2018 - 2019 year is \$230.

For families that qualify for assistance,
there are also Jump Start and No One
Left Behind programs available.

GIRL GUIDES OF CANADA

Berwick Girl Guides offers programs for girls
and women of many ages and interests.
Your are welcome to join anytime, with formal
programs September through June, and lots
of seasonal camp and outing opportunities.
Crafty? Community service minded? Like
STEM? Gardening? Culture and heritage?
Fitness and the outdoors? Civics and issues?
Just plain fun and friends? **Come join us. Find
a unit on the online map at girlguides.ca**



Register online or contact Sara White
for details on Berwick-based units
(cskeddy@hotmail.ca)

Sparks (ages 5 & 6)
Wednesdays at 6:15 pm - 7:15 pm

Brownies (ages 7 & 8)
Tuesdays at 6 pm - 7:30 pm

Guides (ages 9 - 12)
Wednesdays at 6 pm - 8 pm

Pathfinders (ages 12 - 15)
Mondays at 6:45 pm - 8:30 pm



TUMBLEBUGS

Tumblebugs is a very popular 8-week
program for children ages 3-5 years old
and their parent or caregiver. Tumblebugs
teaches basic movement activities and
modified gymnastics that are fun, safe,
and developmentally appropriate.
Tumble on over and check us out!!
Date: Starts Saturday October 6th
and runs until November 24th.

Cost: Free

Contact Shawn Fevens at (902) 538-8068
or email sfevens@berwick.ca to register.

VALLEY THUNDER LACROSSE

Offers youth box lacrosse programming,
based out of the Kingston and Berwick rinks.
Youth ages 5 - 18 are welcome to register,
with all experiences welcome at any entry
age. The season runs from mid-April, with
teams generally practicing twice a week with
a game or two on weekends through mid-June.
For more information, visit valleylacrosse.ca,
valleythunderlacrosse on Instagram,
Valley Thunder Lacrosse on Facebook;
or contact VTL president Sara White,
cskeddy@hotmail.ca

ADULT PROGRAMS

SENIOR /OLDER ADULT FITNESS

Popular Fitness Program designed to help
older adults maintain cardiovascular health,
strength and flexibility.
Open to all ages who want a lighter workout.
Date: Ongoing Mondays & Thursdays,
beginning September 6th

Time: 9:30 am - 10:30 am
Location: Berwick Town Hall Gymnasium
Cost: \$3 Drop In Fee
Contact: Berwick Recreation (902) 538-8068

FLEX AND FLOW FITNESS CLASSES

Based on the new exercise recommendations
by Osteoporosis Canada - This class focuses
on multicomponent exercises including
balance and strength training in addition to
aerobic training for the best health benefits.
All levels of fitness welcome!

Cost: \$5 drop in. Time: 8:15 am - 9:30 am
Monday and Wednesdays
beginning September 10th

Location: Berwick Town Hall Gymnasium
Contact: Ann Corbin (CANfit certified)
(902) 538-8378, (902) 670-1436



BODY SCULPT

A full body strength building and muscular
endurance training class that will work you
from head to toe. All equipment provided at
the location, please bring an exercise mat if
you have one.

When: Every Wednesday starting September 5th
Time: 6:30 pm - 7:30 pm

Where: Berwick Town Hall Gymnasium
Cost: \$8 drop-in or \$33 for 5 - class punch card

PICKLEBALL

Come join us and get involved in one of the
fastest growing sports in Canada!

When: Every Sunday and Thursday nights
Time: 6:30 pm - 8:30 pm

Location: Berwick Town Hall Gymnasium
Contact: Jim Rose at (902) 670-1356

BERWICK



SPECIAL OLYMPICS NS - VALLEY

Special Olympics offers persons with intellectual disabilities of all ages with the opportunity to train and compete in a fun and safe environment. **To find out what programs are offered in the Berwick area please contact Marty Arsenault at martya@mail.com or visit www.specialolympicsns.ca.**

MOONCOAST YOGA

New to Berwick, Why MoonCoast Yoga
We are passionate about health and helping others feel what we have found: Invigoration of the body, mind and spirit. Let go of any ideas you already have about yoga and come make it your own! You will take something different and exciting away from each class. Everyone is welcome!
Time: Check out our website for our class schedule and different styles of yoga, fit for everyone. www.mooncoastyoga.weebly.com
Contact: Cassie Doucette at (902) 300-9389

BERWICK COMMUNITY GARDENS

After a very successful year the Berwick Community Garden Club is anxious to begin planning for the upcoming season. Monthly meetings in the new year will help to plan for

the upcoming planting season. We are always looking for new members, no gardening experience necessary! **For more information visit the Berwick Community Gardens facebook site at www.facebook.com/berwickcommunitygardens or contact Berwick Recreation.**

VALLEY JR. A WILDCATS

After a very entertaining season last year the Valley Jr. A Wildcats are back!
Take in some action at the KMCC, season schedule can be found at valleywildcats.ca

NORDIC POLE WALKING

Are you curious about the Nordic walking pole workout? Nordic walking is becoming popular in Berwick and a new workout favourite in the fitness field. The Nordic walking has toning, calorie-burning and posture benefits, great for anyone with arthritis, knee replacement rehab and more. A group walk will meet at the Town Hall Gym on Wednesday mornings at 9:30 am. Nordic Poles are available through the Recreation Department. Annie Corbin will cover proper walking technique prior to the outing.
Nordic Urban Instructor - Annie Corbin (902) 538-8378 or (902) 670-1436

SPECIAL EVENTS

BERWICK HALLOWEEN PARTY

Games, healthy treats, and prizes for the best costume. All ghosts and goblins up to age 12 are invited to join in Berwick Recreation's Annual Halloween Party. Come in costume and play games, make new Friends and win prizes!
Date: Tuesday, October 30, 2018
Time: 6 pm - 8 pm
Location: Kings Mutual Century Centre, Berwick Lions Hall

BERWICK SANTA CLAUS CELEBRATIONS

The Town of Berwick continues to kick off the Holiday Season with celebrations for one and all. Events include Breakfast with Santa, Free Skate, Craft Fair and Flea Market, Children's Activities, Magical Evening Parade and Hay and Wagon Rides.
Date: November 23 - 24, 2018
Time and Location: Various

KINGSTON



KINGSTON/GREENWOOD MINOR BASKETBALL

Contact : Justin Veinot (KMBA President)
(902) 760-0906. Email: justin@justinveinot.ca

1ST KINGSTON SCOUTING

Scouting is a great opportunity for youth of all ages to experience a fun and challenging program where they can explore their community, participate in exciting outdoors activities including camping, make great friends and build amazing memories!

Our Group is co-ed and includes: Beavers 5-7, Cubs 8 -10, Scouts 11-13 and Venturers 14 -17. Interested?

Please contact Debbie at registrar@1stkingston.ca
or the Group Commissioner, Robert,
at commissioner@1stkingston.ca **with inquiries or questions.**

TERRY FOX RUN KINGSTON/GREENWOOD

Sunday, September 16th. Registration begins at 12 noon. Run starts at 1 pm. **Check** www.kingstonnovascotia.ca **for updates.**

KASA - KINGSTON AREA SENIORS ASSOCIATION

Meet the 2nd Wednesday of each month at 10 am at the Kingston Legion excluding July & August. Fun Days are the 2nd & 4th Fridays of each month excluding July & August.

CHAIR YOGA FOR SENIORS

Tuesdays & Thursdays, 9 am - 10 am at the Kingston Legion. Cost \$1/class.



KINGSTON



KINGSTON OLDER ADULT FITNESS 2018 FALL/WINTER SESSION

Starting in the Fall of 2018. Session will be 10 am located at the Kingston Legion and continuing every Tuesday and Thursday until mid-Dec, 2018. **For inquiries contact the Village Office at 765-2800 or Email: recreation@kingstonnovascotia.ca**

PARAGON GOLF COURSE

Starting in September, look for 2018 membership specials and Jr. Golf programming.

KINGSTON FREE OUTDOOR CONCERTS AT CENTENNIAL PARK

Sunday, September 16th at 3:30 pm
14 Wing Concert Band. Battle of Britain Memorial Concert. More details to follow.

SQUASH CF

Cystic Fibrosis Pumpkin Launch – Saturday November 3rd, 2018. Fundraiser for Cystic Fibrosis at the Kingston recreation Grounds on Elm ST. Kingston. Come launch your own pumpkin from a giant sling shot. Rain Date: Sunday, November 4th. **Mark your calendar and watch the website: www.squashcf.org**

KINGSTON STRONACH PARK FITNESS TRAIL

Bridge St. Kingston, NS. The Fitness trail is a beautiful place to stop and have a healthy lunch, enjoy feeding the ducks and then take a walk through the 1.5 km fitness trail which has eight (8) fitness stations for your enjoyment.

ADULT SKATING @ KINGSTON CREDIT UNION CENTRE

Starting Wednesday late Sept early October at 10:30 am - Noon and continuing every Wednesday until Dec. Cost is \$4/skate. **Contact Glen at (902) 765-2800 or email recreation@kingstonnovascotia.ca**

Free Spirit Therapeutic Riding (FSTRA) is a non-profit program for individuals of all ages and abilities. Rohan Wood Stables in Aylesford Nova Scotia, FSTRA offers traditional therapeutic riding lessons for individuals who present with exceptionalities, as young as three years of age. FSTRA requires volunteers to assist with each lesson by either leading horses or providing support. We cannot run this program without the help of volunteers. Contact us if you would like to get involved in your community. **To ride or volunteer contact Brittany Pulsifer at (902) 670-8402 or at fstra12@gmail.com**

FREE PUBLIC SKATING

Times TBA at the Kingston Credit Union Centre. Times to be announced. **Please call (902) 765-2516 or visit www.wkaa.ca**

FREE YOUTH INSERVICE DAY SKATES

at Kingston Credit Union Centre. Please call (902) 765-2516 to confirm dates. October/November dates include: **More skates TBA for December & into 2018/19.**

KINGSTON WALKING CLUB

Free to all. The walking club meets on Wednesday afternoons at the Village Office in Kingston at 1 pm. 671 Main St. Limited number of Nordic Walking Poles available.

SANTA COMES TO KINGSTON

Friday, Dec 7th. 6 pm - 8 pm. Kingston Credit Union Center, 1490 Westwood St. Kingston. **FREE TO ALL: Hot Chocolate, Hot Apple Cider, Hot Chilli, a Visit from Santa, Free Family Skating.**

KINGSTON NEW YEARS EVE CELEBRATION

Monday, Dec 31st. 6 - 8:30 pm (Fireworks at 9 pm) – Kingston Credit Union Center. 1490 Westwood St. Kingston. **Free to All: Hot Chocolate, Hot Apple Cider, Hot Chilli, popcorn, free family skating. Fireworks at 9 pm from the Superstore Parking Lot.**

AFTERSCHOOL PROGRAMMING

Kingston Recreation works closely with schools within Kingston & surrounding communities. If you have a skill you would like to share as an afterschool program, Kingston Recreation Department has funding available. **Please contact (902) 765-2800 or email recreation@kingstonnovascotia.ca to discuss possibilities.**

FREE SOUP LUNCHEON

12 noon - 1 pm at the Kingston United Church – Come join some friendly folks at the Kingston United Church as they reap the harvest from the summer time Community vegetable garden to enjoy FREE Soup on the 1st & 3rd Wednesdays each month.

Valley Connect.ca

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The Direct Route to recreation, sports,
cultural programs, activities and events.



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