

Lunenburg Recreation

15 Green St., Lunenburg, NS B0J 2C0

Recreation Director: Tissy Bolivar

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Upcoming Events

September 10

Fishermen's Memorial Service

October 7

Rotary Club Flea Market

November 25

Christmas Craft Show
Santa Claus Parade

The Recreation Department is pleased to offer a variety of programs to give residents an opportunity to embrace a physically active lifestyle and achieve the benefits for good health. Please take a few moments to look over our brochure and hopefully you find something of interest to you.

Some of our programs may require pre-registration so please call our office to indicate your interest in a particular program. Fees and registration are usually collected at the first class or they can be paid at the Town Hall.

All our published fees include the HST.

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.

Lunenburg Arena Schedule

The target date for opening the Arena for the 2017-2018 season is Monday, October 2. Regular skating sessions are as follows:

Public Skating: Mondays, Wednesdays and Fridays, 2:45pm-4:15pm
Adult Skating: Mondays, Wednesdays and Fridays, 11:15pm-12:45pm
Family Skating: Sundays, 6:15pm-7:30pm
Parents & Tots: Tuesdays, 1:00pm-2:00pm (no charge)

Admission Rates:	Children & Youth	\$3.00
	Adults	\$4.00
	Shinny	\$5.00
Season Passes:	Children	\$80.00
	Adults	\$102.00
	Family	\$137.00
Skate Sharpening:		\$5.00

Important Announcement

The Town of Lunenburg has adopted a **Mandatory Helmet Policy** which will require ALL arena users to wear a CSA approved helmet while skating. Adults and youth alike will be subjected to this policy effective immediately. Should you not have a helmet, you are able to borrow one from the arena.

For more information, please contact the Recreation Director.

Upcoming Programs

Weight Training

Weight training offers tremendous benefits to good health, strength, muscle tone, and body shape. The room is open through the week from 8:00am daily until the building closes each night or you can pay a deposit of \$40 and sign out a key which permits access any day of the week from 6:00am-11:00pm.

Cost: \$41/month or \$145/4 months

Pickle Ball

This wonderful game is gaining in popularity and is played on three courts. Balls and racquets are provided.

Sundays from 10:00am-12:00pm; Tuesdays from 9:00am-11:30am and 7:00pm-9:00pm; Fridays from 1:30pm-4:00pm at the Community Centre
Cost: \$3/drop-in

Walkin' in the Mornin'

Get your day off to a great start with an indoor walk. Bring your favorite CD music, walk at your own pace and experience the benefits of a regular walking program. This is an unsupervised activity.

Mondays, Tuesdays, Wednesdays and Fridays from 8:00am-9:00am at the Community Centre
Cost: Free

Seniors Fitness

This program is designed primarily for seniors and those who do not wish to participate in our regular aerobic fitness classes. Our instructor, Madeline Oxner, leads the class where emphasis is on improving muscle tone, flexibility and strength in an atmosphere of fun and friendship.

Mondays, Wednesdays, and Fridays from 9:30am-10:15am
Begins September 11 at the Community Centre
Cost: \$71/15 weeks or \$3/drop-in

Fitness Classes

This fitness program offers 3 moderate intensity classes per week in our fitness studio with instructor Paula Masson.

Mondays, Wednesdays, and Fridays from 8:30am-9:30am
Begins October 16 in the Community Centre Fitness Studio
Cost: \$41/month or \$5/drop-in



In the Community

Karate

Mondays and Wednesdays from 6:45pm-8:30pm at the Community Centre Fitness Studio.

Zumba

Tuesdays from 5:15pm-6:15pm at the Community Centre.

Yogamatics

Wednesdays from 11:00am-12:00pm at the Community Centre Fitness Studio. Begins September 13. Pre-registration at heatherdennis902@gmail.com

Fitness Class: Power Hour

Wednesdays from 5:15pm-6:15pm and Sundays from 11:00am-12:00pm at the Community Centre Fitness Studio. Begins September 13.

Lunenburg Skating Club

Junior Development and StarSkate on Saturdays from 10:00am-11:00am and CanSkate on Saturdays from 11:00am-12:00pm. Begins October 7.

Badminton

We offer drop-in badminton each week. This is open to everyone 16 years and older. All skill levels welcome.

Wednesdays from 7:00pm-9:00pm at the Community Centre
Cost: \$5/drop-in

Yoga

In a safe, supportive environment, learn how to access inner strength and cultivate balance through gentle movements. This introduction to a yoga practice includes proper alignment, breathing techniques, relaxation skills and a sequence of poses. Classes are led by certified instructor Don Himmelman.

Thursdays from 6:30pm- 8:00pm at the Community Centre
Begins September 14
Cost: \$70/7 weeks or \$12/drop-in

Seniors Hockey

A special time has been set aside for seniors (50+) to get the gear on again and play a little pick up hockey in the true spirit of the game - just to have fun. Full equipment is required.

Fridays from 1:00pm-2:30pm at the Lunenburg Arena
Begins October 6
Cost: \$10/session

Learn to Curl

The Lunenburg Curling Club, in partnership with the Recreation Department, offers a five session introduction to the game of curling. Participants of all ages will learn the basic fundamentals of skills and strategies for this great winter sport. All equipment is provided.

Tuesdays from 7:00pm- 9:00pm at the Lunenburg Curling Club
Begins November 7
Cost: \$40/5 weeks

Christmas Craft Show

The annual Christmas Craft Show will be held in the Lunenburg Community Centre. We have 60 booths of some of the area's best craft producers so this is an ideal time to look for that unique and special Christmas gift. Vendors interested in booking a table should contact the Recreation Director.

Saturday, November 25 from 10:00am-5:00pm



WANTED: After School Program Coordinators

The After School Program Coordinators are key members of a team who plan and implement quality after school programs for elementary/junior high students at Bluenose Academy 1-3 days/week.

The programs will have a focus on physical activity and healthy living, and provide a positive environment in which youth can develop lifelong physical activity habits.

The ideal candidate will have recreation programming experience, strong leadership skills, and is an organized and capable team member.

Job description available at www.explorelunenburg.ca

Only successful applicants will be contacted.



- Baseball
- Basketball
- Biking
- Curling
- Fencing
- Football
- Gymnastics
- Sledge Hockey
- Soccer
- Swimming
- Tae Kwon Do
- Triathlon

All abilities welcome!
 Children must be in grade two or three.
 Maximum of 30 Participants.
 *Program requires a minimum of 25 participants



**12 SPORTS,
 6 MONTHS,
 1 REGISTRATION**

WE WANT TO HELP YOUTH REACH THEIR POTENTIAL THROUGH SPORT.

Multisport participation leads to:

- Better overall skills and ability;
- Smarter and more creative players;
- Less burnout and overuse injuries;
- More lifelong enjoyment in sport; and
- Most importantly, **IT'S MORE FUN!**

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 ground work for a love of sport and an 'I can play anything!' attitude.

January to June 2018

\$225 with payment options available
 Funding Assistance available through Municipal recreation department

Registration opens September 5, 2017, and closes November 3, 2017

Municipality of the District Of Lunenburg: 902 541-1343
 Town of Lunenburg: 902 634-4006
 lunenburgcountymultisport@gmail.com
 Facebook Lunenburg County Multisport

