



TOWN OF LUNENBURG RECREATION DEPARTMENT SPRING PROGRAM GUIDE - 2017

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 will find something of interest to you. Some of our programs may require pre-registration so please call our office at **(902) 634-4006** or email **tbolivar@explorelunenburg.ca** to indicate your interest in a particular program. Fees and registration are usually collected at the first class or can be paid at the Town Hall.

All of 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.

Recreation Department Contact Information

Recreation Director: Tissy Bolivar

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Community Centre Rentals

The Lunenburg Community Centre is available for rentals for birthday parties, dances, wedding receptions, sports, meetings, etc. We have a full catering kitchen available as well.

For more information or for rate quotes, please call the Recreation Director.

Adaptive Recreation Equipment Loan Program

The Lunenburg/Queens Recreation Coordinators/Directors Association has a variety of equipment available for use by families of children and youth who have a physical disability or acquired brain injury. These pieces of equipment will enable those children and youth to experience new leisure and recreational opportunities.

The equipment available is as follows:

- Two Hippocampes - modified wheelchairs which can take on any terrain and get in the surf as well
- Two Fat Wheels - helps give bicycles extra stability
- Three Trikes - one for children 2.5 - 5 years, one for 4.5 and older, one for 8 year olds and up

Equipment is loaned on a first come - first served basis. Booking requests should be one week in advance of the required date. The equipment may be borrowed for two weeks at a time. Reservations for the equipment can be made by calling the Recreation Department at (902) 634-4006.

There is a \$15 rental fee to help with equipment maintenance.

Upcoming Programs

Walkin' in the Mornin'

Get your day off to a great start with an indoor walk! Bring your favorite CD, 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 this class with an emphasis on improving muscle tone, flexibility and strength in an atmosphere of fun and friendship.

Mondays, Wednesdays, and Fridays from 9:30am-10:15am
Runs April 3-June 9 at the Community Centre
Cost: \$71



Fitness Classes

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

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

Pickle Ball

This popular game is played on three badminton courts. Balls and racquets are available.

Tuesdays from 9:00am-11:30am and 7:00pm-9:00pm; Fridays from 1:30pm-4:00pm; and Sundays from 2:00pm-4:00pm at the Community Centre
Cost: \$3/drop-in

Building Better Posture

This is an 8 week yoga based postural therapy class for anyone interested in improving their posture. The class, taught by Lynn Collins, a certified yoga instructor, consists of gentle postural exercises and basic yoga poses. Suitable for all ages and fitness levels and you can drop-in at any point during the session. No yoga experience is necessary but a yoga mat is required.

Tuesdays from 7:00pm-8:00pm, beginning April 11 in the Community Centre Fitness Studio
Cost: \$10/class. Pre-registration is not required.

Yogamatics: Change At Any Age

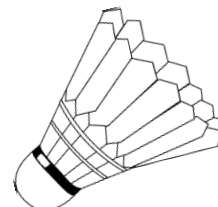
Do you sleep poorly, have problems with your digestion, or have aches and pains that keep you from enjoying your life or participating in the activities you love? Yogamatics, led by instructor Heather Dennis, uses gentle movements to bring awareness to chronic tension that can be the source of dysfunction.

Wednesdays from 11:00am-12:00pm, beginning May 3 in the Community Centre Fitness Studio
Cost: \$90/6 weeks or \$20/drop-in

Badminton

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

Wednesdays from 7:00pm-9:30pm 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 yoga includes proper alignment, breathing techniques, relaxation skills and a sequence of poses. Classes are led by certified instructor Don Himmelman.

Thursdays, beginning April 6 from 6:30pm-8:00pm at the Community Centre
Cost: \$80/8 weeks or \$12 drop-in fee

Fitness Class: Power Hour

Join certified fitness instructor, Christa Heyne, for a high intensity workout using intervals of resistance training and cardio to blast calories and tone muscles. Upbeat music and party atmosphere make you forget that you sweat and enjoy yourself while working out. Designed for intermediate levels but modifications provided so all can perform exercises safely. For more information, contact Christa at christaheyne@hotmail.com or (902) 529-2814.

Sundays from 11:00am-12:00pm and Wednesdays from 5:15pm-6:15pm at the Community Centre
Cost: \$15 drop-in or \$90 for full session (April 2-April 30)

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



In the Community

NEW Lunenburg Minor Baseball

Our programs are designed for boys and girls at all skill levels as we'll be partnering with Baseball Nova Scotia and taking full advantage of their "Rally Cap" Program which is an initiative to enhance players' and coaches' first experience with the game. Play will be held on Tuesdays and Thursdays, 6:00pm-8:00pm at the Lunenburg ball field, from May 30-September 9. Registration Fees for the development program for ages 5-10 is \$50. New & exciting for this spring season is our U13 Travel Team. Registration fees are \$190 (Development Program Fees included). For more information, contact: Jamie, Barry, Mike, Claudia or Vicki at: LunenburgAMB@gmail.com or www.facebook.com/groups/100168173752416.

West Nova Fuels/Lunenburg United Soccer Club

Registration and information for all levels for children and youth can only be done online between April 1-7 at www.wnfsoccerclub.ca. In person payment and issuing of receipts will take place at Bluenose Academy on April 4 from 6:00pm-7:30pm. For more information, please contact Sherry Ritcey at (902) 634-3938.

Junior Golf

The Bluenose Golf Club conducts a junior golf program for youth ages 6-18 on Thursdays from 8:00am-11:00am between June 30 and August 25. More information can be found at www.bluenosegolfclub.com.

Tennis Club/Swimming Pool Registration

Registration for swimming classes and youth tennis will take place in the Community Centre on Thursday, June 15 from 3:00pm-6:00pm. For more information on tennis, please contact kcmcal@eastlink.ca or (902) 634-8513.

Upcoming Events

Rotary Club Flea Market	May 13	Community Centre
South Shore Kennel Club Dog Show	June 3-4	Lunenburg Arena
Lunenburg's Birthday Celebrations	June 7-11	TBA
Heritage 5 km Muffin Run	June 11	Community Centre
Swimming Pool / Tennis Registration	June 15	Community Centre
Legion Track & Field Day	June 17	Lunenburg Track
Canada Day Celebrations	July 1	250 th Anniversary Park
Lunenburg Craft Festival	July 8, 9	Lunenburg Arena
Paint Sea On Site	July 20-21	Community Centre
Folk Art Festival	August 6	Lunenburg Arena
Tall Ships in Lunenburg	August 10-12	Waterfront
Lunenburg Folk Harbour Festival	August 10-12	Various locations
LAMP Rock The Lobster	August 27	Community Centre
Fishermen's Memorial Service	September 11	Waterfront

2017 Nova Scotia 55+ Games

The host committee for the 2017 Nova Scotia 55+ Games has been busy planning for this provincial event coming to Lunenburg County **September 13-16, 2017**. Over 800 participants are expected to take part. Save the dates to become a part of the action. The event's theme is "**Fun, Fitness and Friendship**", so there is sure to be something for everyone to enjoy.

Sports/Activities include: 5km/10km run, badminton, bowling, 45's, contract bridge, duplicate bridge, cribbage, scrabble, skip-bo, pickle ball, curling, stick curling, darts, pool, golf, horseshoes, washer toss, men's and women's hockey, women's soccer, tennis, track and field, swimming, mountain biking, and floor shuffleboard.

You can view the rules for these sports/activities at www.novascotia55plusgames.com and click on the Games Rules box.



Registration will open on April 3, 2017 and close on July 28, 2017