

LUNENBURG RECREATION DEPARTMENT



Town of Lunenburg

15 Green St., Lunenburg, NS B0J 2C0

W: www.explorelunenburg.ca

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

Facebook: "Town of Lunenburg"



REGISTRATION

ABOUT

Register for programs in the Recreation Office located in the Lunenburg Community Centre (cash or cheque only). Town Hall can also take 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.

*If school is cancelled for a storm, Fitness Class and Senior Fitness are also cancelled.

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.

QUESTIONS?

Contact: **Kelly Cunningham**

Recreation Director

kcunningham@explorelunenburg.ca

Lunenburg's Volunteer Recognition Nominations

Do you know someone who lives in the Town of Lunenburg that deserves recognition for their outstanding volunteering?

Each year the Town of Lunenburg, the Mayor and Council recognize the extraordinary contributions of volunteers who give of their time and skills to provide services and programs in our community.

The Town invites and encourages nominations of volunteers to be recognized at our annual Civic Volunteer Appreciation Reception. In addition a Representative Volunteer is selected annually to be recognized at the Provincial Volunteer Awards ceremony in Halifax.

To nominate a volunteer, please contact the Recreation Department for an application form. Deadline for nominations is: **January 31st, 2020.**



LUNENBURG ARENA

The Lunenburg War Memorial Arena is open until March 29, 2020!
 19 Green Street, Lunenburg, NS
 902-634-8744

SKATING TIMES

Public Skating:

Mondays, Wednesdays and Fridays
 3:00pm–4:30pm

Adult Skating:

Mondays, Wednesdays and Fridays
 11:15am–12:45pm

Family Skating:

Sundays, 6:15pm–7:30pm

Parents & Tots:

Tuesdays, 1:00pm–2:00pm (FREE!)

ADMISSION RATES

Children & Youth \$3.00
 Adults \$4.00

Season Passes:

Youth \$82.00
 Adults \$105.00
 Family \$142.00

Skate Sharpening: \$5.00



PICK-UP HOCKEY PROGRAMS

SENIORS HOCKEY (50+)

Gear up and play a little shinny in the true spirit of the game! Every Friday afternoon is dedicated for adults to enjoy the game just to have fun.

Fridays, 1:00 pm – 2:30 pm
\$10/session

DROP-IN HOCKEY

Shinny hockey on Monday evenings! A great opportunity to play Canada’s national pastime. No slap shots or dangerous play. Organized by: John Jenkins.

Mondays, 8:45 pm – 9:45 pm
\$10/session



Upcoming Tournaments:

Gary L Wentzell March Break
 Tournament: March 18-22

Burg Classic Charity Hockey
 Tournament: March 26-29

ICE RENTALS

Looking for some winter fun with friends or work colleagues? Wanting to play hockey or host a skating birthday party? Rent the Lunenburg Arena for recreational fun for all ages!

All prices include HST

Youth and schools: \$149/hr

Primetime: \$176/hr

Non-Primetime: \$149/hr

Mornings: \$114/hr (not including March break)

Check availability or changes to any skating schedules at:

<https://www.explorelunenburg.ca/town-arena.html>

DON'T FORGET YOUR HELMET!

The Town of Lunenburg adopted a Mandatory Helmet Policy which requires ALL arena users (adults and youth) to wear a CSA approved helmet while skating.

If you don't have one, no problem! Borrow a helmet from the Arena during your skate.



Ocean Friendly Nova Scotia: Reducing single-use plastics at restaurants and cafés
Led by Coastal Action

Ocean Friendly Nova Scotia (OFNS) is an environmental recognition program developed by Coastal Action that aims to eliminate single-use plastics at cafés and restaurants, addressing the expansive problem of single-use plastic pollution on our coastlines and in our ocean. The program is currently in its pilot year in Lunenburg (2019-2020). Coastal Action has been working closely with businesses and other environmental non-profits to reduce our communities' plastic consumption, in turn preventing negative impacts to wildlife, our oceans, human health, and the economy.

This workshop will include a brief overview of OFNS program, sustainable alternatives for businesses and customers, how to transition away from single-use items and qualify for the program, and success stories from OFNS Lunenburg!

Contact oceanfriendlyns@coastalaction.org or call **902-634-9977** with questions.

Thursday, February 6 at 6:00 pm
 Lunenburg & District Fire Hall
FREE! No pre-registration required.



WEIGHT ROOM MEMBERSHIP

There are tremendous benefits to weight room training for good health, improve strength and can enhance quality of life. The room is open during the weekday 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+.

\$42/month or \$148/4 months for adults
\$10/month for students



DROP-IN PROGRAMS

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. It is played on three courts. All ages and abilities welcome. Balls and racquets provided.

Sundays, 12 pm-2 pm;
Tuesdays, 9am -11:30am & 7pm-9pm;
Fridays, 1:30pm-4pm
\$3/drop-in



BADMINTON

We offer drop-in badminton each week. 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, 8:00 am – 9:00 am
Free

IN THE COMMUNITY CENTRE

FITNESS STUDIO

KARATE

Mondays & Wednesdays: 6:45pm-7:45pm
 Terry Lantz
terrylantz58@gmail.com

BALLET, TAP, JAZZ & LYRICAL DANCE
Sundays (Ages 3-10) & Tuesdays (Ages 5-8)
 En Pointe Performing Arts Studio Inc.
enpointe@eastlink.ca

MUSICAL THEATRE
Sundays (Ages 3-10)
 En Pointe Performing Arts Studio Inc.
 Ballet, Tap, Jazz & Lyrical
enpointe@eastlink.ca

AUDITORIUM

ZUMBA

Tuesdays: 5:15pm-6:15pm
 Christina Palao
palaofitness@gmail.com
 Find us on Facebook at "Palao Fitness"
 "A fitness class for everybody & everybody."

TUMBLING

Mondays & Wednesdays: Afterschool
 En Pointe Performing Arts Studio Inc.
 Beginner to Advanced Classes
 (Ages 5-9)
enpointe@eastlink.ca

FITNESS PROGRAMS

FITNESS CLASS

This fitness program offers 3 moderate intensity classes per week in our fitness studio with experienced instructor Paula Masson. Classes provide a combination of cardio workouts with strength and toning exercises.

**New session begins Monday, January 6*

Mondays, Wednesdays & Fridays

8:30am-9:30am

\$42/month or \$5/drop in

SENIORS FITNESS

This program is designed primarily for seniors and those who prefer to exercise with ease. Our instructor, Madeline Oxner, leads the class with emphasis on improving muscle tone, flexibility and strength in an atmosphere of fun and friendship.

**New session begins Monday, January 6*

Mondays, Wednesdays & Fridays

9:30am-10:15am

\$60/12 weeks or \$3/drop in

UPCOMING EVENTS IN LUNENBURG!

New Years' Levee	January 1	Lunenburg Fire Dept. & Legion
Rotary Club Flea Market	February 1 (9am – 12pm)	Community Centre
Rotary Club Flea Market	March 7 (9am – 12pm)	Community Centre
Gary L Wentzell March Break Tournament	March 18-22	Arena
Burg Classic Charity Hockey Tournament	March 26 – 29	Arena & Community Centre
Volunteer Civic Reception	Mid April	Lunenburg Fire Dept.

RENTALS IN THE COMMUNITY CENTRE



AUDITORIUM

Large gymnasium with stage, access to a newly renovated kitchen and sports equipment. Perfect for birthday parties, weddings, fundraisers, dances, and more!

\$35/hour



FITNESS STUDIO/MEETING ROOM

Large open space with natural light and mirrored walls. Adjoined to additional meeting room. Weights, aerobic steps, stability balls available for use. Perfect for fitness, dance, or small group classes.

\$29/hour



Town of Lunenburg PRO Kids



The Town of Lunenburg is accepting applications for our PRO Kids Program!

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.

PRO Kids would not be possible without donations!

If you or someone you know would like to contribute, please contact Kelly Cunningham, Recreation Director, at kcunningham@explorelunenburg.ca or **902-634-4006**.

For an application, visit the Town's website at <https://www.explorelunenburg.ca/pro-kids-program.html> or Lunenburg Town office at 119 Cumberland Street, Lunenburg.