

# **Recreation** **Guide** Summer 2013



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**Municipality of the District of Lunenburg Recreation Department**  
**530-3285**  
[www.modl.ca](http://www.modl.ca)

**p 26-54**  
**Bridgewater Parks, Recreation & Culture Department**  
**543-2274**  
[www.bridgewater.ca](http://www.bridgewater.ca)

**p 55**  
**YMCA**  
**543-9622**  
[www.ymcalunenburgcounty.org](http://www.ymcalunenburgcounty.org)

*Ryan Vanderwal of  
Bridgewater*

## Bridgewater Parks, Recreation &amp; Culture Department

# Summer Guide 2013



*Back (l-r) Alex Marshall (Assistant Pool Director); Moira MacNeil (Assistant Pool Director); Meghan Whynot (Pool Director) Middle (l-r) Julie Silmarie (Summer Manager); Ashley Cleveland (Special Events/Sport Co-ordinator); Kelly Cunningham (Daycamp Co-ordinator)  
Front Matt Snyder (Assistant Special Events/Sport Co-ordinator)*

## 543-2274

## Registration Information

**WALK IN REGISTRATION** for Summer 2013 begins at the Bridgewater Parks, Recreation and Culture Department Office at 60 Pleasant Street **Monday, June 3, 2013 from 8:30 a.m. to 7:00 p.m.** Fees must be paid at time of registration. Forms of payment: Cash, Cheque, Debit, Visa or Mastercard.

**PHONE IN REGISTRATION** will be accepted **WITH CREDIT CARD PAYMENT** ONLY (VISA OR MASTERCARD) starting **Tuesday, June 4, 2013 from 8:30 a.m. to 4:30 p.m.** Phone 543-2274.

**REGISTER EARLY** as excellent courses are canceled if everyone waits until the last minute to register.

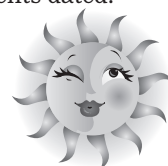
### DROP OFF BOX, FAX IN, MAIL IN

**REGISTRATION** will be processed after the WALK IN registration has been completed on **June 3, 2013**. Simply complete the registration form found on the next page and drop into the drop off box (located to the right of the main entrance of the Bridgewater Town Office, 60 Pleasant Street), along with your cheque made payable to the "Bridgewater Parks, Recreation and Culture Department." We recommend you do not put cash into the drop-off box. The box will be cleared daily and the contents dated.

**Fax:** 543-6876 **Mail:** 60 Pleasant Street, Bridgewater, NS B4V 3X9.

**E-mail:** [recreation@bridgewater.ca](mailto:recreation@bridgewater.ca)

**Web Page:** [www.bridgewater.ca](http://www.bridgewater.ca)



# Registration

Registration Form to accompany mail in payments or drop off box registration. Receipts will only be mailed out on request.

Program Participant's Name: \_\_\_\_\_

\*For Youth Programs Only: Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Health Care # \_\_\_\_\_ Family Doctor: \_\_\_\_\_ Phone # \_\_\_\_\_

Medication Considerations:

\_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone Number (home) \_\_\_\_\_ (contact name) \_\_\_\_\_

(work) \_\_\_\_\_ (contact name) \_\_\_\_\_

1. Program Name: \_\_\_\_\_ 2. Program Name: \_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_ Fee: \_\_\_\_\_ Location: \_\_\_\_\_ Fee: \_\_\_\_\_

Please note: If we cannot accommodate your program request, we will contact you!

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I, the above named candidate (Age 19+) or one of the parents/guardians of the above named candidate (age 18 or under) for the above specified program(s) hereby give my approval myself or for that child to participate in any and all activities pertaining to the above program.

IT IS UNDERSTOOD AND AGREED THAT THERE IS AN INHERENT RISK IN ANY PROGRAM AND THE BRIDGEWATER PARKS, RECREATION & CULTURE COMMISSION, SOMETIMES KNOWN AS THE BRIDGEWATER PARKS, RECREATION & CULTURE DEPARTMENT, ITS STAFF AND ITS PROFESSIONAL AND NON-PROFESSIONAL VOLUNTEERS ARE IN NO WAY RESPONSIBLE FOR DAMAGE TO OR LOSS OF PROPERTY, OR INJURY TO PARTICIPANTS. I, THE UNDERSIGNED, THEREFORE, RELEASE AND AGREE TO INDEMNIFY AND HOLD HARMLESS THE BRIDGEWATER PARKS, RECREATION & CULTURE COMMISSION, ITS STAFF AND PROFESSIONAL AND NON-PROFESSIONAL VOLUNTEERS, AND SPONSORS FROM ALL CLAIMS ARISING FROM ANY LOSS OR INJURY SUFFERED BY THE ABOVE NAMED PARTICIPANT ARISING FROM AND OUT OF ANY INJURY SUFFERED BY THE PARTICIPANT WHILE INVOLVED IN ANY RECREATIONAL PROGRAM.

Do you agree to having the participants photo taken for promotional purposes?  Yes  No Parent's Initials: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN/CANDIDATE: \_\_\_\_\_ DATE: \_\_\_\_\_

(PARENT/GUARDIAN SIGNATURE REQUIRED FOR PARTICIPANTS UNDER AGE 19)

**CALL OUR INFO LINE 541-4380  
FOR UPDATES TO THE SUMMER PROGRAM, POOL SCHEDULE AND SPECIAL EVENTS.**

### Cancellations

Public swim will not be held on Tuesday, July 23 from 5 p.m. onwards due to the Exhibition Parade and from due to the Bridgewater Invitational Swim Meet.

### Refunds

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 2-3 weeks for processing of refund.

### Aquatic Programs

Refunds will be granted if the Parks, Recreation and Culture Department office or Pool office is contacted one week prior to the commencement of all aquatic programs.

#### •Recreation/Leisure (Land Program)

At least 5 work days notice must be given for a refund.

### 2013 Summer Program & Aquatic Staff

The Bridgewater Parks, Recreation and Culture Department is proud to present its qualified, professional aquatic and program staff for the 2013 summer season.

Aquatic Pool Director	Meghan Whynot
Assistant Pool Director	Alex Marshall
Assistant Pool Director	Moira MacNeil
WSI/Lifeguard	Maia Laffin
WSI/Lifeguard	Ellen Snook
WSI/Lifeguard	Olivia Pitman
WSI/Lifeguard	Cal DeWolfe
WSI/Lifeguard	Breanna Laffin
Receptionist/WSI/Lifeguard	Kirsten Weagle
Receptionist/WSI/Lifeguard	Renee Taylor
Receptionist/WSI/Lifeguard	Shannon Harvie
Receptionist/WSI	Clare McNally

### Program

Summer Recreation Manager	Julie Silmarie
Day Camp Coordinator	Kelly Cunningham
Special Events/Sport Coordinator	Ashley Cleveland
Assistant Special Events /Sport Coordinator	Matthew Snyder
Day Camp Leader	Jordan Mullen
Day Camp Leader	Ashley Francis
Day Camp Leader	Jahvon Delaney
Day Camp Leader	Joel Cleveland

# Aquatics



### POOL DIRECTOR

*The pool is in great hands under the leadership of Pool Director, Meghan Whynot. Meghan has a BEd with a specialization in elementary education and a BA with a major in English. Meghan is also a National Lifeguard with Standard First Aid and CPR-C/AED, a Red Cross Water Safety Instructor and a Lifesaving Instructor.*

### FROM RED CROSS SWIM PRESCHOOL TO RED CROSS SWIM KIDS

If they took Red Cross Swim Preschool ...	And they completed/ incompleted	Then enroll them in Red Cross Swim Kids Level..
Starfish Level	Completed or Incompleted	1
Duck Level	Completed or Incompleted	1
Sea Turtle Level	Completed or Incompleted	1
Sea Otter Level	Completed or Incompleted	1
Salamander Level	Completed or Incompleted	1
Sunfish Level	Incompleted	1
Sunfish Level	Completed	2
Crocodile Level	Incompleted	2
Crocodile Level	Completed	3
Whale Level	Incompleted	3
Whale Level	Completed	4

The Red Cross Swim program consists of **Red Cross Swim Preschool and Red Cross Swim Kids.**

Red Cross Swim Preschool is an eight-level program with engaging animal themes for children from 6 months to 5 years of age, i.e. Starfish, Duck, Sea Turtle, Sea Otter, Salamander, Sunfish, Crocodile and Whale. Starfish, Duck and Sea Turtle are parented classes.

**Red Cross Swim Kids** for children 6 years and older is a fresh approach to swimming and water safety education. The 10 levels challenge those who took a preschool program, but will also provide a starting point for children with limited swimming experience.

Children who start in the Preschool program can move into the Kids program once they are 6 years of age. Please see the following chart for details.

# RED CROSS SWIM PRESCHOOL SCHEDULE (Age 6 months - 5 years)

\$35/child/1 session    \$65/child 2 sessions *(discount rate only applies when two sessions are paid in advance.)*

Session #1 \$28 (4 classes)

SESSION 1 July 2-5	SESSION 2 July 8-12	SESSION 3 July 15-19	SESSION 4 July 22-26	SESSION 5 July 29-Aug 2	SESSION 6 Aug 5-9	SESSION 7 Aug 12-16	SESSION 8 Aug 12-16
Starfish/ Duck Sea Turtle 11-11:30am	Starfish/ Duck Sea Turtle 11-11:30am	Starfish/ Duck Sea Turtle 11:30-12noon	Starfish/ Duck Sea Turtle 11:30-12noon	Starfish/ Duck Sea Turtle 11:15-11:45am	Starfish/ Duck Sea Turtle 11:15-11:45am	Starfish/ Duck Sea Turtle 11:30-12noon	Starfish/ Duck Sea Turtle 11:30-12noon
Sea Otter 11:30-12 noon 5:15-5:45pm	Sea Otter 11:30-12 noon 5:15-5:45pm	Sea Otter 11-11:30am 5:45-6:15pm	Sea Otter 11:00-11:30am 5:45-6:15pm	Sea Otter 10:30-11am 5:15-5:45pm	Sea Otter 10:30-11am 5:15-5:45pm	Sea Otter 11-11:30am 5:45-6:15pm	Sea Otter 11-11:30am 5:45-6:15pm
Salamander/ Sunfish 11:30-12noon 5:45-6:15pm	Salamander/ Sunfish 11:30-12noon 5:45-6:15pm	Salamander/ Sunfish 10:30-11am 5:15-5:45pm	Salamander/ Sunfish 10:30-11am 5:15-5:45pm	Salamander/ Sunfish 10-10:30am 6:15-6:45pm	Salamander/ Sunfish 10-10:30am 6:15-6:45pm	Salamander/ Sunfish 10:30-11am 6:15-6:45pm	Salamander/ Sunfish 10:30-11am 6:15-6:45pm
Crocodile/ Whale 10:30-11am 5:15-5:45pm-	Crocodile/ Whale 10:30-11am 5:15-5:45pm	Crocodile/ Whale 11:30-12noon 5:15-5:45pm	Crocodile/ Whale 11:30-12noon 5:15-5:45pm	Crocodile/ Whale 11:30-12noon 5:15-5:45pm	Crocodile/ Whale 11:30-12noon 5:15-5:45pm	Crocodile/ Whale 11:30-12noon 5:15-5:45pm	Crocodile/ Whale 11:30-12noon 5:15-5:45pm

**NOTE Session 4:** \*On Parade Day, Tuesday, July 23, evening swim lessons will take place between 3:30-5 p.m.



**CALL OUR INFO LINE 541-4380**

**FOR UPDATES TO THE SUMMER PROGRAM, POOL SCHEDULE AND SPECIAL EVENTS.**

## RED CROSS SWIM KIDS SCHEDULE (Age 6 +)

**\$35/child/1 session    \$65/child 2 sessions** *(discount rate only applies when two sessions are paid in advance.)*

**Session #1 \$28 (4 classes)**

SESSION 1 July 2-5	SESSION 2 July 8-12	SESSION 3 July 15-19	SESSION 4 July 22-26	SESSION 5 July 29-Aug 2	SESSION 6 Aug 5-9	SESSION 7 Aug 12-16	SESSION 8 Aug 12-16
<b>LEVEL 1</b> 5:15-5:45pm	<b>LEVEL 1</b> 5:15-5:45pm	<b>LEVEL 1</b> 6:15-6:45pm	<b>LEVEL 1</b> 6:15-6:45pm	<b>LEVEL 1</b> 11:30-12noon 5:45-6:15pm	<b>LEVEL 1</b> 11:30-12noon 5:45-6:15pm	<b>LEVEL 1</b> 5:15-5:45pm	<b>LEVEL 1</b> 5:15-5:45pm
<b>LEVEL 1/2</b> 10-10:30am	<b>LEVEL 1/2</b> 10-10:30am	<b>LEVEL 1/2</b> 11:30-12 noon	<b>LEVEL 1/2</b> 11:30-12 noon	<b>LEVEL 1/2</b> -----	<b>LEVEL 1/2</b> -----	<b>LEVEL 1/2</b> 11:30-12 noon	<b>LEVEL 1/2</b> 11:30-12 noon
<b>LEVEL 2</b> 5:45-6:15pm	<b>LEVEL 2</b> 5:45-6:15pm	<b>LEVEL 2</b> 5:45-6:15pm	<b>LEVEL 2</b> 5:45-6:15pm	<b>LEVEL 2</b> 10:45-11:15am 5:15-5:45pm	<b>LEVEL 2</b> 10:45-11:15am 5:15-5:45pm	<b>LEVEL 2</b> 5:45-6:15pm	<b>LEVEL 2</b> 5:45-6:15pm
<b>LEVEL 3/4</b> 11:30-12noon 6:15-6:45pm	<b>LEVEL 3/4</b> 11:30-12noon 6:15-6:45pm	<b>LEVEL 3/4</b> 10-10:30am 5:15-5:45pm	<b>LEVEL 3/4</b> 10-10:30am 5:15-5:45pm	<b>LEVEL 3/4</b> 11-11:30am 5:45-6:15pm	<b>LEVEL 3/4</b> 11-11:30am 5:45-6:15pm	<b>LEVEL 3/4</b> 10-10:30am 5:15-5:45pm	<b>LEVEL 3/4</b> 10-10:30am 5:15-5:45pm
<b>LEVEL 5</b> 10-10:45am	<b>LEVEL 5</b> 10-10:45am	<b>LEVEL 5</b> 10:45-11:30am	<b>LEVEL 5</b> 10:45-11:30am	<b>LEVEL 5</b> -----	<b>LEVEL 5</b> -----	<b>LEVEL 5</b> -----	<b>LEVEL 5</b> -----
<b>LEVEL 5/6</b> 6-6:45pm	<b>LEVEL 5/6</b> 6-6:45pm	<b>LEVEL 5/6</b> 6:15-7pm	<b>LEVEL 5/6</b> 6:15-7pm	<b>LEVEL 5/6</b> 10-10:45am 6-6:45pm	<b>LEVEL 5/6</b> 10-10:45am 6:00-6:45pm	<b>LEVEL 5/6</b> 10-10:45am 5:15-6pm	<b>LEVEL 5/6</b> 10-10:45am 5:15-6pm
<b>LEVEL 6</b> 10:45-11:30am	<b>LEVEL 6</b> 10:45-11:30am	<b>LEVEL 6</b> 10:45-11:30am	<b>LEVEL 6</b> 10:45-11:30am	<b>LEVEL 6</b> -----	<b>LEVEL 6</b> -----	<b>LEVEL 6</b> -----	<b>LEVEL 6</b> -----
<b>LEVEL 7</b> -----	<b>LEVEL 7</b> -----	<b>LEVEL 7</b> -----	<b>LEVEL 7</b> -----	<b>LEVEL 7</b> -----	<b>LEVEL 7</b> -----	<b>LEVEL 7</b> 10:45-11:30am	<b>LEVEL 7</b> 10:45-11:30am
<b>LEVEL 7/8</b> 10:45-11:30am 6:15-7pm	<b>LEVEL 7/8</b> 10:45-11:30am 6:15-7pm	<b>LEVEL 7/8</b> 10-10:45am 5:15-6pm	<b>LEVEL 7/8</b> 10-10:45am 5:15-6pm	<b>LEVEL 7/8</b> 10:45-11:30am 5:15-6pm	<b>LEVEL 7/8</b> 10:45-11:30am 5:15-6pm	<b>LEVEL 7/8</b> 6:15-7pm	<b>LEVEL 7/8</b> 6:15-7pm
<b>LEVEL 8</b> -----	<b>LEVEL 8</b> -----	<b>LEVEL 8</b> -----	<b>LEVEL 8</b> -----	<b>LEVEL 8</b> -----	<b>LEVEL 8</b> -----	<b>LEVEL 8</b> 10-10:45am	<b>LEVEL 8</b> 10-10:45am
<b>LEVEL 9/10</b> 10-10:45am 5:15-6pm	<b>LEVEL 9/10</b> 10-10:45am 5:15-6pm	<b>LEVEL 9/10</b> 10-10:45am 6-6:45pm	<b>LEVEL 9/10</b> 10-10:45am 6-6:45pm	<b>LEVEL 9/10</b> 10-10:45am 6:15-7pm	<b>LEVEL 9/10</b> 10-10:45am 6:15-7pm	<b>LEVEL 9/10</b> 10:45-11:30am 6-6:45pm	<b>LEVEL 9/10</b> 10:45-11:30am 6-6:45pm



# Other Instructional Lessons

## ADAPTED AQUATICS

Adapted aquatics teaches the Red Cross program while taking into account the abilities and needs of each individual without compromising the intent of the particular skill or safety of the individual. Please call the Pool Director at 543-2274 prior to June 29 or 543-7565 after June 29.

\$40/5 classes

## ADULT BEGINNER SWIM LESSONS

It's never too late to learn how to swim or swim better. Our adult swimming lessons can be tailor-made to suit your needs. They can be aimed at developing or increasing your comfort in the water and give you the skills you need to stay safe; increase your swimming skills and the distance you swim or; teach you how to swim to be fit. Please call the Pool Director at 543-2274 prior to June 29 or 543-7565 after June 29 to arrange lessons dates/times.

## PRIVATE LESSONS

One-on-one instruction with highly motivated and friendly instructors. Ideal for those who are having difficulty with a particular stroke/technique, older children who are beginners but don't want to experience lessons with "little ones", etc. Please stop by the Parks & Recreation office at 60 Pleasant Street to pick up an application prior to June 29 or the Bridgewater Pool after June 29.

### Private:

30 min. lessons  
\$20/lesson  
\$75/5 lessons  
\$125/10 lessons

### Semi-Private:

30 min. lessons  
\$30/lesson  
\$125/5 lessons  
\$175/10 lessons



# Aquatic Leadership Courses

## JUNIOR LIFEGUARD PROGRAM

The Junior Lifeguard Program is a volunteer training program for youth ages of 13 - 16 years, aimed at helping develop leadership skills in an aquatic setting. Junior Lifeguards must show an interest in advancing with aquatics and demonstrate a positive, cheerful attitude. Throughout the summer, Junior Lifeguards will be provided with firsthand experience assisting trained Water Safety Instructors during our Red Cross swimming lessons, as well as shadowing our certified Lifeguards during various swims. The Junior Lifeguard Program is designed to provide an opportunity for teens to experience the exciting field of aquatics in a relaxed, yet professional setting. The program should be viewed as a challenging, yet rewarding way to spend the summer. **Please pick up an application at, and return to, the Bridgewater Parks, Recreation & Culture Department, 60 Pleasant Street by June 14.** Candidates will be contacted to set up an interview date/time.

## LIFESAVING INSTRUCTOR COURSE

Certifies instructors to teach Bronze Star, Bronze Medallion and Bronze Cross etc. Pre-requisites: Age 16+ and current Bronze Cross or higher certification.

Saturday, June 29 8 a.m. - 6 p.m.  
Sunday, June 30 8 a.m. - 6 p.m.

Instructor: Krista Elvidge  
Bridgewater Pool and Town Office  
\$125 (include LSI kit)

## BRONZE MEDALLION & CPR-B

The Bronze Medallion course teaches an understanding of the lifesaving principles in preparation for challenging rescues of increased risk, involving conscious and unconscious victims of various types. Participants also develop stroke efficiency and endurance in timed swims. This is the first of two prerequisite courses needed to become a certified Lifeguard. Prerequisites: Bronze Star or 13 years old. Please bring a photocopy of your birth certificate and/or bronze star when registering. Exam will be on the last day of the course.

### July 2 - 12 (Session 1 & 2)

Monday to Friday 10:30 a.m. - 12:30 p.m.

OR

Friday, July 26 6-10 p.m.

Saturday, July 27 10 a.m. - 6 p.m.

Sunday, July 28 10 a.m. - 2 p.m.

Tuesday, July 30 6-8 p.m.

Wednesday, July 31 EXAM starting at 6 p.m.

\$140 (includes manual & exam fee)

## NATIONAL LIFEGUARD COURSE

Pre-requisites: Age 16+ and Bronze Cross Certification.  
Fri., July 5 - Wed., July 10

Please call our office at 543-2274 for details.

## BRONZE CROSS

The Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. Bronze Cross is the second prerequisite course needed for all advanced training programs, including National Lifeguard Service® (NLS) and Water Safety Instructor certification. Prerequisites: Bronze Medallion. Please bring proof of completion of Bronze Medallion when registering. Exam will be on the last day of the course.

Instructor: Karen Selig

<b>Friday, July 5</b>	6-10 p.m.
<b>Saturday, July 6</b>	10 a.m. - 6 p.m.
<b>Sunday, July 7</b>	10 a.m. - 2 p.m.
<b>Tuesday, July 9</b>	6-8 p.m.
<b>Wednesday, July 10</b>	EXAM starting at 6 p.m.
OR	
<b>July 29 - August 9 (Session 5 &amp; 6)</b>	
Monday to Friday	10:30 a.m. - 12:30 p.m.
<b>\$125</b>	

## NATIONAL LIFEGUARD SERVICE (Pool Option) & STANDARD FIRST AID & CPR (BLSC) RE-CERT

Candidates will participate in a standard first aid and CPR-C recert clinic, followed by an evaluation of their personal lifeguarding skills. The following physical items will be included in evaluation:

Object Recovery: Starting in the water, swim 15m and surface dive to recover a 9kg(20lb) object, surface and carry the object 5m (all within 40 seconds).

Sprint Challenge: Starting in the water, swim 50m head up within 60 seconds.

Endurance Challenge: swim 400m within 10 minutes.

Candidates will also be required to demonstrate effective management of a distressed or drowning victim; a submerged, non-breathing victim; a suspected spinal-injured victim; and an injured swimmer.

Krista Elvidge

<b>Saturday, June 22</b>	9am-5pm
B'water Town Office	
<b>&amp; Sunday, June 23</b>	10am-2pm
B'water Outdoor Pool	
<b>\$75</b>	

## RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR (AWSI) COURSE (Age 15+)

This course is a prerequisite for the Red Cross Water Safety Instructor course. It involves 30 hours of instruction, plus 8 more hours of practice teaching. AWSI will introduce you to instructing, while providing you with knowledge that supports learning and teaching. Please bring proof of age when registering. Contact our office 543-2274 or the pool 543-7565 (after June 29th) to register.

\*This course is based upon patron interest and will be cancelled if not enough candidates enroll.

**Tues. - Fri., July 2-5, 8:30a.m. - 3:30 p.m.**  
**\$175 (includes manual)**

## WATER SAFETY INSTRUCTOR (WSI) (Age 15+ and Have AWSI)

This course develops instructional ability by focusing on how to apply the information learned in the AWSI course. Candidates will learn how to effectively plan and teach the Red Cross Swim Program. This is a 25 hour course, with 12 additional hours of teaching experience. Please bring proof of completion of AWSI when registering.

\*This course is based upon patron interest and will be cancelled if not enough candidates enroll.

**Tues. - Fri, July 16-19, 8:30 a.m. - 3:30 p.m.**  
**\$200 (includes manual)**



## WATERART INSTRUCTOR CERTIFICATION

This program provides aquatic fitness leaders with functional exercise techniques to design group exercise programs for a variety of ages, skills and fitness levels.

This intensive training provides a complete overview of using shallow and/or deep water techniques to build a safe, effective and well balanced program. The candidate will experience both theory (classroom) and practical (pool) sessions to develop an excellent foundation and growing career opportunity with water fitness leadership. NO Experience necessary - just a love of water exercise.

## WATER ART ARTHRITIS INSTRUCTOR CERTIFICATION

This is a leadership program intended to teach Aquatic fitness instructors how to modify and progress exercises to meet the diverse multi-level needs in an aquatic fitness class. This program will review exercise inventory appropriate for functional range of motion and joint action for people with the many forms of arthritis. The training program will target cardiovascular training, functional fitness, muscular endurance and strength, balance and flexibility training. This program will also introduce the use of flotation and resistive devices such as noodles and resistive paddles for improved performance. Water Walking and Tai Chi movements will be incorporated to train mobility, gait and balance.

**Call Bridgewater Parks, Recreation & Culture Department at 543-2274 or email us at [recreation@bridgewater.ca](mailto:recreation@bridgewater.ca) for detailed course information and fees.**

# Special Swims

## MASTERS SWIM CLUB

Once again, the Bridgewater Swimming Pool is pleased to offer a weekly training program for those individuals interested in triathlon training, basic stroke and/or fitness improvement. A new training schedule will be provided each week for those who wish to take part.

Mondays, July 8 - August 19, 8-9 p.m.

Drop-in Fee: \$6.96 + \$1.04 HST = \$8



## TEEN SWIMS (12-18 year olds)

Looking for a cool place to relax this summer? Get into the weekend groove and bring your friends to the Teen Swim at the Bridgewater Pool! Feel free to bring along you iPod so we can get the party rockin' by cranking your favourite tunes!

Every Thursday beginning on July 4  
9-10 p.m.

Regular admission fees apply

## POOCH POOL PARTY

A dog truly is man's best friend, so to honour our favourite furry companions the Bridgewater Pool is once again devoting our last swim of the summer to them! Treats will be provided, along with some dog-themed tunes and a doggie contest for best decorated bandana! Our animal loving staff will also be there to lifeguard and play games, including a biggest splash contest and a swim fetch competition! So, don't miss out .. "everyone and their dog" will be there!

\*Please note: All dogs must wear an I.D. tag and be on a leash when not in the pool. All vaccinations must be up to date. Please bring a pooper scooper/plastic bag.

Monday, August 26, 6-7 pm

\$5/dog and human companion



## FABULOUS FUN DAYS

Looking for some fabulous family bonding time this summer? Then the Bridgewater Pool is the place for you!

There will be activities for the whole family to enjoy, including **relay races; diving board competitions; pool toys** to play with; **cool prizes; delicious food and more!**

Everyone is welcome, so don't miss out! It's guaranteed to be a "whale" of a time!

We will be hosting three, themed, fun days throughout the summer and will announce each one during the week leading up to the event! Make sure you keep an eye out because you certainly don't want to miss our **Pirate Adventure, Mexican Fiesta or Tropical Hawaiian Celebration!** Regular entrance fees apply.



## BE SUNSMART

The Bridgewater Swimming Pool, along with the Bridgewater Atlantic Superstore, is holding a "Be SunSmart" campaign and needs your help!

You've been hired as our new marketing artist and are being asked to use your creative skills to **DESIGN YOUR OWN SUNSCREEN BOTTLE!** Please pick up an application at

Bridgewater Parks & Recreation between June 17 and 25 or at the pool beginning on June 26. The **CONTEST CLOSSES ON JULY 2, at 12 noon,** and the winners will be contacted by July 12!

**A BIG THANK YOU ALSO TO SHELLEY BLANCHARD AND HER TEAM AT THE BRIDGEWATER**




Atlantic  
**superstore**



for donating our sunscreen to keep our staff "sun safe" all summer! Your continued support is greatly appreciated!

# PRE-SEASON POOL SCHEDULE (BEGINS JUNE 24)

	Lane Swim	Everyone Welcome Swim	Family Swim	Cudas	
<b>Monday, June 24</b>	No Swims due to Training Day 9 - 12 noon	1 - 2:30 p.m.	2:30 - 4 p.m.		
<b>Tuesday, June 25</b>	Staff Training Day – No Swims				
<b>Wednesday, June 26</b>		4 - 6 p.m.	2-4 p.m.	11 a.m. - 2 p.m.	
<b>Thursday, June 27</b>	10 - 11 a.m.	2 - 4 p.m.	4-6 p.m.	11 a.m - 2 p.m.	
<b>Friday, June 28</b>	3:30 - 4:30 p.m.	2 - 3:30 p.m.	5 - 7 p.m. Welcome to Summer Party	11 a.m. - 2 p.m.	
<b>Saturday, June 29</b>	12 - 1 p.m.	1 - 3 p.m. 5 - 6 p.m.	3 - 4:30 p.m.		
<b>Sunday, June 30</b>	12 - 1 p.m.	1 - 3 p.m. 5 - 6 p.m.	3 - 4:30 p.m.		
<b>Monday, July 1</b>	Kids Triathlon 7 a.m. - 12 noon	Tim Horton's Free Swim 12:30 - 2 p.m.			

## SUPER-DUPER SUMMER POOL PARTY!

The Bridgewater Pool is back in action and ready for a fun-filled, splashy-splashy summer! On June 28 you have the opportunity to ring in the summer in the best way possible, by coming down to the pool for an evening of entertainment! The 2013 pool staff will be there to greet you and will, once again, be hosting various games that are fun for the whole family! We will also provide a few munchies, including cake and a drink! We're looking forward to "splashing into summer" and hope to see you there!

**Friday, June 28, 5-7 p.m.,  
Regular Entrance Fees Apply**

## POOL RENTALS

The pool is available on a rental basis for barbeques, reunions or social events. Want to enjoy a dip in the pool with a group of friends or co-workers? In the evenings, we'll turn on our underwater lighting and provide atmosphere. Rental includes use of our aquatic toys and sound system for music. Fee based on 25:1 swimmer to lifeguard ratio.

\$69.57 + \$10.43 HST = \$80/hour (Includes 1 guard)  
Additional guards: \$14.35 + \$2.15 HST = **\$16.50/hour**

## CHILDREN'S BIRTHDAY PARTIES

It's 'PARTY TIME' at the Bridgewater Pool! While you relax and "catch some rays" on the pool deck, your kids and their friends will party in the pool. Rental includes a 1 hour swim, 1 lifeguard, use of our aquatic toys and ½ hour use of teaching station. Maximum 16 children per party. Check the Bird's Eye View to select the most convenient time for you. (NOTE: Parties may not have exclusivity to the pool.) Call 543-2274 on or before June 28 or 543-7565 after June 28 to book your party.

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

## BRIDGEWATER SUMMER FUN

*Tim Hortons*®

## FREE SWIMS

### AT THE BRIDGEWATER OUTDOOR POOL

Monday	July 1	12:30-2:00 p.m.
Saturday	July 6	5:00-6:30 p.m.
Saturday	July 13	5:00-6:30 p.m.
Saturday	July 27	5:00-6:30 p.m.
Saturday	August 3	5:00-6:30 p.m.
Saturday	August 10	5:00-6:30 p.m.
Saturday	August 17	5:00-6:30 p.m.

## EVERYONE IS WELCOME!



# Soak up the Summer At the



## Bridgewater Outdoor Pool



154 Jubilee Road, Bridgewater, NS  
543-7565 after June 28 and 543-2274 on or before June 28

There's nothing like taking a dip in the outdoor pool. The sparkling water, the sun, the breeze. It's the only way to spend the summer! Come relax on our deck furniture, enjoy our awesome **pool toys**, including a sea serpent, mini boat, log roll, basketball net and ring toss (and more) or let your little one play quietly in our shaded **pre-school area**, which has a water table, mini sand box and toys.

Bring your little one to a Parent & Tot Swim or our Finding Nemo Pool Party; swim for fitness, enroll your child in swimming lessons or attend one of our special events. We have something for everyone!!

### PUBLIC SWIM FEES

(\*all fees include HST)

	Family (Max. 5)	Adult	Youth	Age 60+
Season	\$155	\$80	\$75	\$65
Monthly	\$90	\$55	\$45	\$45
One Swim	\$12 (Max. 5)	\$5	\$4	\$4



### SPECIAL PUBLIC SWIM ACTIVITIES

We will be hosting weekly special events at the pool this summer. Details on the upcoming event will be posted and announced on Mondays. Make sure you keep an eye out, every MONDAY, because you certainly don't want to miss out on the FUN! The following events will take place during our Everyone Welcome Swims!

- Water Polo
- Water Basketball
- Underwater Hockey
- Water Balloon Toss and Noodle Horse Race
- Introduction to Deep Water Entries and Sinker Toy Scavenger Hunt
- Aqua Aerobics
- "Find the Coin" Treasure Hunt and Sharks & Dolphins
- Race Day

## Bridgewater Outdoor Swimming Pool

154 Jubilee Road, Bridgewater NS (543-7565 after June 29, 543-2274 on or before June 29)

# BIRD'S EYE VIEW OF THE 2013 POOL SCHEDULE

**\*Call the INFO LINE at 541-4380 for updates to the pool schedule.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat. & Sun.
7:15-8:15 a.m.	Swim Team Practice			Swim Team Practice		
8:15-9 a.m.	Lane Swim			Lane Swim		
9-10 a.m.	<b>PRIVATE LESSONS</b>					Book a Birthday
10-12 noon	<b>RED CROSS SWIM LESSONS</b>					Party Here
12-1 p.m.	<b>LANE SWIM &amp; PARENT /TOT SWIM</b>					
1-2 p.m.	Day Camp	Inservice	Day Camp	Inservice	Day Camp	
2-3 p.m.	<b>EVERYONE WELCOME SWIM</b>					Everyone Welcome Swim (1-3 p.m.)
3:15-5:15 p.m.	<b>SWIM TEAM PRACTICE</b>					
5:15-6:45 p.m.	<b>RED CROSS SWIM LESSONS</b>					Family & Lane Swim (3:15-4:45 p.m.)
7-8 p.m.	<b>FAMILY SWIM</b>					
8-9 p.m.	Masters	<b>EVERYONE WELCOME</b>				Everyone Welcome 5-6:30 p.m.
9-10 p.m.			Swim Team Practice	Teen Swim		

## SWIM DEFINITIONS

### Lane Swim

Anyone of any age can come and swim lengths of the pool, keeping in mind they respect those with whom they are sharing a lane.

### Everyone Welcome Swim

A public swim. All are welcome!

Please note, for the safety and enjoyment of all swimmers, the Bridgewater Swimming Pool has put the following policy for swimmers into effect: All youth under 8 years must be accompanied and supervised by a responsible person aged 16 or older. Group ratio is 1 adult to every 4 youth.

### Family Swim

A fun swim designed with the family in mind. Pool toys are available for use. All children/youth must be accompanied by a parent or guardian.

### Teen Swim

An open swim in the evenings, only for youth between the ages of 13 and 19.

### Masters Swim

This weekly swim is for those individuals interested in triathlon training, basic stroke and fitness improvement.

### Parent & Preschool

Enjoy a swim with your little one during the Bridgewater Pool Parent and Preschool swim time. Open for one or both parents and their pre-school aged children (5 yrs of age and under)

## REGULAR SEASON SWIM SCHEDULE (Begins July 2nd)



### Everyone Welcome

Monday - Friday - 2:00-3:00 p.m.  
 Tuesday - Friday - 8:00-9:00 p.m.  
 Saturday & Sunday - 1:00-3:00 p.m.  
 Saturday & Sunday - 5:00-6:30 p.m.

### Family

Monday - Friday - 7:00-8:00 p.m.  
 Saturday & Sunday - 3:15-4:45 p.m.

### Teen

Thursday - 9:00-10:00 p.m.

### Lane Swim (all ages)

Monday & Thursday - 8:15-9:00 a.m.  
 Monday - Friday - 12-1 p.m.  
 Saturday & Sunday - 3:15-4:45 p.m. (with family swim)

### Master

Monday - 8-9 p.m.

### Parent & Preschool

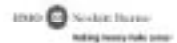
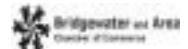
Monday-Friday - 12:00-1:00 p.m. (with lane swim)

*\*All public swims will be cancelled on July 20 due to the Invitational Swim Meet; and Family and Everyone Swim will be cancelled on Tuesday, July 23 (South Shore Exhibition Parade).*

walk, ride, paddle or sail to...



In partnership with the



### fresh air films summer line-up

Date	Movie
June 28	The Karate Kid
July 5	ET
July 12	The Pirates Band of Misfits
July 19	Surf's Up
July 26	Homeward Bound
August 2	Field of Dreams
August 16	Mamma Mia
August 23	Despicable Me
August 30	UP

Fresh Air Films aims to bring free outdoor family films to downtown Bridgewater. This seasonal project will provide barrier-free entertainment with the support of the Town of Bridgewater, the local business community and other community organizations.

Starting at dusk on **Friday, June 28<sup>th</sup>** head to Shipyard's Landing to enjoy a family friendly movie under the stars. Come early and have a ball participating in the pre-movie activities.

**Don't forget your blanket or lawn chair!**

**Cost: FREE** – however we will be requesting donations each Friday so we can continue to bring you great movies each Friday night throughout the summer.

Pass it Along...

We are looking for non-profit organizations, sports teams, etc. to make this event even cooler. If you know of a group that would like the opportunity to fundraise on Friday nights by selling concessions we'd love to chat with them.

We are also on the look out for amazing volunteers to dedicate their time and energy to make this a great community event possible. We have a variety of positions available to fit your interest and schedule for any age.

For more info: email: [bridgewaterfreshairfilms@gmail.com](mailto:bridgewaterfreshairfilms@gmail.com)



[www.facebook.com/freshairfilmsbridgewater](http://www.facebook.com/freshairfilmsbridgewater)



# BRIDGEWATER ProKids

providing recreation and cultural opportunities for children 9-18 years

Bridgewater Pro Kids is a special fund that families, who reside in the Town of Bridgewater, can access to cover the cost of registration fees, equipment, and transportation for a sport or recreational activity of your child's choice.

So ... if your child (age 18 or under) would like to take music or dance lessons, or participate in a sport, swimming lessons or youth group, but your family currently cannot afford these costs ... **PLEASE CALL the Bridgewater Parks, Recreation & Culture Department at 543-2274** or send an email to [recreation@bridgewater.ca](mailto:recreation@bridgewater.ca) or drop into our office, located at 60 Pleasant Street. The application process is easy and we can assist you.

## HOW CAN YOU LEND YOUR SUPPORT?

*"If children are our future...don't they deserve every opportunity?"*

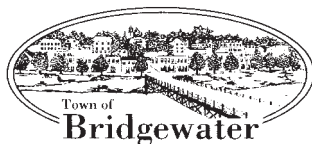
PRO Kids relies on the generous support of many businesses and individuals. The following are ways you can help:

- Make a donation to support a child who lives in the Town of Bridgewater, District of Lunenburg or Chester. Call us at 543-2274 and we will tell you how.
- Host your own event to support PRO Kids
- Support a fundraising event for ProKids, United Way of Lunenburg County or Canadian Tire Jumpstart

## THE FOLLOWING ARE GENEROUS BRIDGEWATER PRO KIDS SUPPORTERS

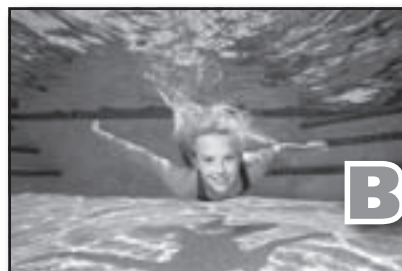


United Way of Lunenburg County



## GO! Health and Fitness Lifestyle Coaching

Please note: If you reside anywhere else in the District of Lunenburg, call Janice Rand at 541-1335 or Cosette Howlett at the Municipality of the District of Chester at 275-3490 for assistance.



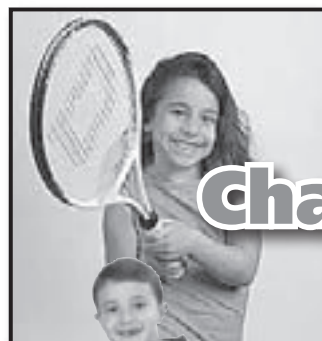
**Because**



**Everyone**



**Deserves a**



**Chance to**



**Participate**



## "Tammy is taking on EPIC Dartmouth for PROKids... again!"

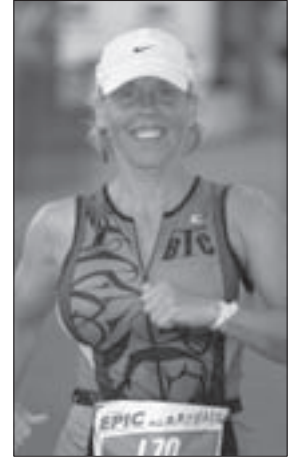
Last summer, Tammy Slauenwhite raised an amazing **\$4688.23** for ProKids (Positive Recreation Opportunities for Kids!) through Epic Dartmouth. These funds have given kids in Bridgewater and Lunenburg County the chance to play, dance, sing and compete in the sport or recreational activity of their choice. These funds have made a difference, by helping economically disadvantaged families cover the cost of registration fees and equipment for dance, gymnastics, soccer, martial arts, baseball, hockey, swimming, music lessons....and so much more!

Tammy, owner of GO! Health and Fitness Lifestyle Coaching, is once again planning on participating in EPIC Dartmouth's ultra-distance triathlon event on June 30, 2013 to raise more funds for PROKids. Epic Dartmouth is "the greatest one day endurance event in Dartmouth's history" and Tammy is entering the race via the charity option. The funds she raises will go directly to assist youth in Bridgewater and the District of Lunenburg.

To follow Tammy or receive information on upcoming PRO Kids fundraising events visit: <https://www.facebook.com/TammyTakesOnEPIC4PROKids> and <https://www.facebook.com/GOHealthyFitLife>. To find out more about EPIC Dartmouth, visit [www.epicdartmouth.com](http://www.epicdartmouth.com)

### PLEASE DONATE!

If you wish to make a donation, please contact Tammy at [tammy@gohealthyfitlife.ca](mailto:tammy@gohealthyfitlife.ca) or call 553-0310.



# Pre-school Programs

## SUMMER MANAGER



*Summer Manager, Julie Silmarie will be entering her 2nd year in the Bachelor of Education program at St. FX University, and just finished up her first practicum at the Bridgewater Elementary School. She was a Day Camp Coordinator last summer at Mount Saint Vincent University Day Camp. In addition to supervising our entire summer program, Julie will lead the Littl' Sunshine Gang and assist with other activities and events. She is very excited to meet everyone!*

## LITTL' SUNSHINE GANG (Age 3-5)

With weekly themes, the Littl' Sunshine Gang offers preschoolers ample opportunity to discover, explore and delight in outdoor play and fun! **The program runs from 10-12 noon. We will meet at the Woodland Gardens, behind the DesBrisay Museum, or on the grassy area beside the Bridgewater Memorial Arena, weather permitting.** On bad weather days, we will meet inside the Bridgewater Memorial Arena. Participants will be notified of daily locations prior to program commencement.

### SESSION #1: JULY 22-26 – UNDER THE SEA

Is under water your favourite place to be? Dive in with us as we explore the world under the sea! We'll jump in by creating our own "fish tanks", hand print mermaids and much, much more. Make sure you have your swimming legs when we play "ship to shore" and keep an eye out for the sea creature's scavenger hunt!

**\$35**



### SESSION #2: AUGUST 19-23 JUNIOR JUNGLE STAMPEDE

Come sneak into the "Jungle" with your favourite leaders as we make our own animal masks, play a game of Monkey, Monkey, Tiger, and go on a hunt around the Bridgewater Jungle to complete the mysterious scavenger hunt. Why stop there, let's create our OWN jungle with items you would find deep in the woods. Come to camp this week with your favourite jungle animal in mind as we play jungle games, take part in nature crafts and read your all-time favourite jungle books.

**\$35**



# Pre-school Sport Programs

## SUPER SPORTY

**(Age 4-6) JULY 2-5 (Tues. - Fri.)**

Calling all lil' sport lovers! Come join our sport lovin' leaders for a sport-filled week! We will start off the week playing handball to warm up our hand eye coordination skills, and then move on to t-ball, soccer and football later in the week! This camp is filled with fun games and great drills! Run in and learn the FUN-damentals needed to be a sports fanatic!

9-10 a.m.

Bridgewater Elementary School Turf  
(Rain Location: Bridgewater Elementary School Gym)  
\$22

## LITTL' DRIBBLERS

**(Age 4-6) AUGUST 6-9 (Tues. - Fri.)**

We're playin' basketball!! Lace up your sneakers, grab your water bottle and come shoot some hoops! Relay races, games and fun drills are sure to "be a ball" in this all about basketball camp! Learn new skills while ballin' with friends in a safe environment.



9-10 a.m.

Bridgewater Elementary School Gym  
\$22

## TUMBLEBUGS

**(Age 3-6) AUGUST 13-16 (Tues. - Fri.)**

It's tumble time! Calling all the tumblin tots! Put on your t-shirt and shorts, grab your water bottle and come join your tumblebug certified and experienced gymnasts Ashley Cleveland and Julie Silmarie as we introduce basic skills such as rolls, jumps, "animal walks" and much, much more! Balance your way to Friday while laughing, exploring and having fun!

9-10 a.m.

Bridgewater Elementary School Gym  
(Equipment provided)  
\$22



# Pre-school Special Events

Come on out and join us for some pre-school aged fun! The below special events require that children are accompanied by an adult for the duration of the program.

## POOH'S PERFECT PICNIC

**(Age 3-6) WEDNESDAY, JULY 10**

Ohhh Bother! Eeyore has lost his tail again! Come help Winnie the Pooh and his friends find and pin the tail on Eeyore, make awesome crafts, play games, and read stories!

Bring along your favourite Teddy Bear and a blanket and join in as we play in the grass at Shipyards Landing!

12-2 p.m.

Shipyards Landing  
(South King Street)

\$5

**Rain Location:**  
Bridgewater Elementary School



## SUPERHERO TEA PARTY

**(Age 3-6) WEDNESDAY, JULY 31**

Spiderman says "With great power comes great responsibility!" Come along with us dressed up as your favourite superhero, as we design our own capes and masks, play superhero seas, and many more superhero games! Join us as we use our "super powers" during this superhero tea party!

6-7:30 p.m.

Woodland Gardens (behind the DesBrisay Museum)  
\$5

**Rain Location:** Bridgewater Elementary School

## FINDING NEMO POOL PARTY

**(Age 3-6) SATURDAY, AUGUST 10**

Nemo? Nemo? Where did he go? Help Marlin and Dory find Nemo while swimming at the Bridgewater Pool! Bring your swimsuit, towel and your "finding" eyes as we splish and splash in the water with Nemo and his friends!

11 a.m. - 12:30 p.m.

Bridgewater Swimming Pool (Jubilee Road)  
\$4

# Youth Sport Programs



*Matt Snyder was a Day Camp leader with us last summer and will be our Assistant Special Events/Sport Coordinator this season. He recently graduated from Acadia University with a degree in Kinesiology and this fall, he will be enrolled in a Masters of Science in Occupational Therapy degree at Dalhousie University. His favourite pastimes are playing sports, such as basketball and*

*tennis, watching movies, and living the cottage lifestyle. He's always up for having fun and ready for new, exciting adventures! He can't wait to see you at our sports camps, "Extreme Camping Adventure" and other activities, programs and events this summer!*

## **INTRO TO SKATEBOARDING - "SKATE PASS" (Age 7-12) JULY 9 - 12 (Tues. - Fri.)**

Is Skateboarding your thing and you want to learn more? Come ride along with us where all the equipment for this indoor adventure is provided: helmets, elbow pads, knee pads, and boards! We will learn how to balance, push, and ride along with friends! "Hop on board" with us and become an awesome skateboarder in a super fun and safe environment!

10-11 a.m.

Bridgewater Memorial Arena

\$22

## **HOOP IT UP BASKETBALL CAMP (Age 7-12) AUGUST 6-9 (Tues. - Fri.)**

Is playing ball all you want to do this summer? Us too! Come join Jordan Mullen and Matt Snyder as they help you build the basic skills with some cool tricks along the way. We'll play games to work on our offense and run some drills to improve our defense. Most fun of all, we'll scrimmage at the end of the day to show off our ballin' skills!

Age 7-9: 10:15-11:15 a.m. Age 10-12: 11:30-12:30 p.m.

Bridgewater Elementary School gym

\$22

## **BEGINNER GYMNASTICS (Age 7-12) AUGUST 13-16 (Tues.-Fri.)**

Do you roll on your couch? Jump on the beds? Cartwheel on the grass? If so, this camp is for you! Join tumblebug certified and experienced gymnasts Ashley Cleveland and Julie Silmarie as we tumble our way through the week by learning the essential skills for your journey of becoming a gymnast! All you need is shorts, water and a SMILE!

10:15-11:15 a.m.

Bridgewater Elementary School

\$22



## **OLYMPIC/PARALYMPIC (Age 7-12) JULY 29 - AUGUST 1 (Mon. - Thurs.)**

The final countdown has come to an end and your favourite runner has just won the 100m race in the Olympics! Ever wanted to try the different events in the Olympics, but never had the opportunity? Now's your chance! This week you can learn the basic on how to run, jump and throw like a pro. You'll also have the opportunity to play some **Paralympic games** such as **Goal Ball, Boccia Ball, and Sit Volleyball** that are also in the Summer Olympics! Grab your shorts, water bottle, and spikes and start your journey to the Olympic games! See you on the finish line!

**Age 7 - 9:**

10-11 a.m.

**Age 10-12:**

11:15 a.m. - 12:15 p.m.

Bridgewater Elementary School Gym & Kinsmen Field

\$22



# Specialty Camps (Age 7-12)

## SHIMMER AND SHINE SLUMBER PARTY

July 25 - 26

(Thurs. evening - Fri. morning)

MAKE OVER TIME! Come join us for our SUPER Slumber Party! We will paint our nails, do our hair, and paint our faces! We will be making bracelets, our very own lip gloss and ooey gooey chocolate chip cookies! To finish things off, we will make Silly Putty and giggle our way to the morning! Girl Guide Cabin (Dominion Street)

6 p.m. - 11 a.m.

\$25

Leader: Ashley Cleveland

## TENTING ADVENTURE

JULY 25-26

(Thurs. evening - Fri. morning)

Set DOWN the video games, and go tenting with friends on this ADVENTURE! Bring your sleeping bags and pillows for a night of games, camping activities, sports and make a marshmallow sling shot! We'll put on our own beards and learn how to shave while in the wilderness!

Kinsmen Field

*Rain location: Bridgewater Memorial Arena*

6 p.m. - 11 a.m.

\$25

Leader: Matt Snyder



(Age 8-13)

**AUGUST 12-16 (Mon. to Fri.)**

A camp for music enthusiasts. No experience is necessary. Requirements include a desire to explore your acting and vocal abilities, discover your hidden talents and have fun! This camp will culminate with a Finale Performance on Friday afternoon. Parents, family and friends are welcome to attend! Bring a lunch, snack and plenty of water. Please no peanut products, as some participants may have allergies. (Camp limited to 20 participants).

9 a.m. - 3 p.m.

Bridgewater Elementary School

Instructor: Meghan Jamieson

**\$90**



### **Instructor bio**

Meghan is a student entering her final year of a Bachelor of Music in Performance at Dalhousie University. In addition to her varied music courses, Meghan has also taken courses in Dal's theatre department. She has had the opportunity to perform with the NS Youth Choir, the Halifax Camerata Singers, the Dalhousie Chamber Choir and Coro Collegium. She has been presented with several vocal awards including the Erik Perth Memorial Award (presented to the most promising opera singer - February 2013.) She was also the recipient of the Jan Simons Award for the Best Song Interpretation when she represented NS at the National Music Festival in Fort McMurray, Alberta in August 2012. Performances include the DGM Music Inc. production of Rent and several Dalhousie Opera Workshops including Mahagonny Songspiel, where she sang the role of Jessie. Her performance as Cathleen in Riders to the Sea at the Halifax Summer Opera Workshop was reviewed in the magazine Opera Canada, where she was described as "an exciting and beautiful young singer with a wide vocal range and much acting ability."

### SPECIAL EVENTS/SPORT COORDINATOR

Ashley Cleveland is returning as Special Events/Sport Coordinator this summer! She just completed her 2nd year as a Bachelor of Arts student at Mount Saint Vincent University, and plans to work in a field where she can help children excel! She is a trampoline and tumbling judge and a gymnastic coach, who loves playing sports and games, and going to the beach! Ashley is so excited to lead some of our super AWESOME special events, sports camps, "Shimmer and Shine Slumber Party" and Adult (Age 55+) bus trips this summer and can't wait to have an active and exciting summer with all of you!



## 8th Annual Canada Day Street Hockey Tournament



**AGE 7-8, 9-10, 11-12, 13-14, 15-17 & 18 + ( Co-ed )  
and Slap Shot Shoot Score!**

Grab your teammates, your sticks and enter a team in our "8th Annual Canada Day Street Hockey Tournament." Teams will consist of **1 goalie** and **4-5 players** (only 3 players allowed on the floor at once). Players must wear a helmet with full mask and gloves. (Jocks and shin pads are optional, but encouraged.) Goalie gear is NOT provided. Teams are guaranteed 3 games. Teams are able to be CO-ED. This event is being hosted by the **Bridgewater Parks, Recreation and Culture Department** and **South Shore Mustangs**.

**Registration DEADLINE:**  
**Monday, June 24.**  
**Age 7-12 approx. 9 a.m. -1 p.m.**  
**Age 13-18+ approx. 1:30-6 p.m.**  
Bridgewater Memorial Arena  
**\$75/team (5 players)**  
**& \$90/team (6 players)**  
**"SWEET DRAW PRIZES!!"**  
donated by businesses  
in our community.



# HeartLand Tour 2013

*The Heartland Tour is a public awareness campaign that uses the bicycle as a vehicle to educate and draw attention to a topic that is of vital importance - the reduction of cardiac and health risk factors in the health of Nova Scotians. Our priority is to increase awareness and grow family participation, understanding that obesity and high blood pressure trends are a threat to our children, families and health care system.*

## HEARTLAND TOUR

**Thursday, July 11 (starting at 9 a.m.  
Bridgewater Kinsmen Field)**

All cyclists are encouraged to join us for a 90 km ride through beautiful Lunenburg. Participant may choose to take part in the whole ride or only 1 or 2 sections of the ride based on ability. You may sign up on line at <http://heartlandtour.ca/> or at the Bridgewater Kinsmen Field, Mahone Bay (three Churches parking lot), Lunenburg (Museum of the Atlantic) or Riverport (Scotian Bay building). The shorter sections will start as follows...  
Bridgewater- Kinsmen Field at 9:00 a.m.to Mahone Bay, approx 17K

**Mahone Bay** – The Three churches at 10:00 a.m.  
out to Indian Point and back, approx 17K

**Mahone Bay** – The Three Churches at 11:00 a.m.  
to Lunenburg, approx 15K

**Lunenburg** – Fisheries Museum at 12:45 p.m.  
to Riverport, approx 17K

**Riverport** – Across from the Fire Hall at 2:00pm  
to Bridgewater, approx. 23K

Everyone is responsible for their own safety – RIDE SAFE!

**It's FREE!**

For information contact  
coordinator Ian McRae at 543-6038  
or visit [www.heartlandtour.ca](http://www.heartlandtour.ca)

## HEARTLAND TOUR - KIDS ACTIVITY DAY (Ages 3 – 12 years)

Thursday, July 11, 1:00 p.m. – 4:00 p.m.

Join us for an afternoon of FUN and physical activity! Play backyard and parachute games, get your face painted, take part in relay races, or conquer an obstacle course. Also, experience tennis; a hit, run and throw and football toss. The aim of this special event is to promote active living through play and physical activity. All participants will have a chance to win one of 4 bikes donated by the Bank of Montreal and High Liner Foods Incorporated! The best part is... that this event is FREE! Organized and facilitated by the 2013 Heartland Tour, in partnership with Bridgewater Parks, Recreation & Culture and Lunenburg Municipal Recreation. For information contact coordinator Ian McRae at 543-6038 or email [ian@spitfiresigns.ca](mailto:ian@spitfiresigns.ca).  
Bridgewater Kinsmen Field (Rain Location – HB Studios Sports Centre)



# 11th ANNUAL SOUTH SHORE KIDS TRIATHLON

## MONDAY, JULY 1

For Boys & Girls Ages 3-15 years  
**Registration Fee: \$14** (Guaranteed a t-shirt if registered by **June 1**, Goodie Bag & Pizza)

Check in at 7:45 am at the Bridgewater Swimming Pool  
Events run from 8:45 am - 12 noon

**A fun SWIM, BIKE & RUN event!**  
**Enter as an individual or team. No prior experience necessary.**

Year Born	Swim	Bike	Run
2008/09/10	sprinkler	50m	25m (with parent)
2006/07	sprinkler/or 25m	75m	100m
2004/05	50m	2km	500m
2002/03	75m	3km	750m
2000/01	100m	5km	1km
98/99	125m	6km	1.25km
<b>Relay Teams</b>			
2002/03/04/05	75m	3km	750m
1998/99/2000/01	125m	6km	1.25km

\*Swimmers are welcome to take breaks.



### LOTS OF DRAW PRIZES!

To register call the Bridgewater Parks, Recreation and Culture Department at **543-2274** or drop into our office located at **60 Pleasant Street.**

Please note: Registration is with payment only.

For more information go to **bridgewatertriclub.com**  
or visit us soon on **facebook** at South Shore Kids Triathlon.

# Day Camp Age 5 (In School Last Year) to 12

Join our energetic and enthusiastic staff for eight, week-long day camp sessions! Each theme week, will be filled with crazy crafts, goofy games, fun field trips and much more! We will visit the Bridgewater Pool every Monday, Wednesday and Friday from 1-2 p.m. (bring money if you want to purchase anything from the canteen). Day campers should bring a bag lunch, snacks, extra drinks, a hat, sunscreen, bathing suit and towel. Drop off and pick up at the Bridgewater Memorial Arena (upstairs). Daily excursions to the Woodland Gardens.

## Monday-Friday, 8:15 a.m. - 4:15 p.m. (Pick up 4:15-4:30 p.m.)

\$115/ week      \$175/week (2 children from same family)      \$210/week (3 children from same family)  
 \$27 Drop in/day (\* Please note: drop-in fee does not apply to bus trip days).  
 NOTE: July 2-5 & August 6-9 Fee:\$100/week (session Tuesday to Friday)

**NOTE: Session #3 July 15-19: Optional bus trip to Upper Clements Theme Park additional \$15/child.**

\*Late pick up 4:30-5:15 p.m. Additional fee of \$5/day

### Session #1 (No Camp July 1) **SUMMER SUN-SATION JULY 2-5**

School's out and summer's in! It's time to let loose and burn off that energy you've been holding back in the classroom. Run, jump and play outdoors in the fresh air when it's all fun and no homework. See how many pins you can knock over at Bowl-More Lanes, as we bowl our way into a fantastic summer. Let's kick off the summer right with fun, friends and a fabulous time.

### Session #2 **GET YOUR GAME ON! JULY 8-12**

Do you want to play on a human size game board? You can be your own "game piece", as you move around the room to win the game. Minesfield, Beat the Leaders, and so much more. Fling a life size "Angry Bird" through the air as you try to hit standing objects. Play your favourite TV game shows, as you compete in the most daring Fear Factor challenges, and put on your thinking cap to remember some of the most popular song lyrics. But, the fun has only just begun. Bounce your way on the most incredible gravity defying ever - an Inflatable Bounce Castle, AND venture around Bridgewater, as we compete in our own "amazing race." Come get your game on!

### Session #3 **THE ULTIMATE ISLAND JULY 15-19**

**(Bus trip to Upper Clements Theme Park - See description on page 48) Additional fee \$15/child**  
 We need YOU! Challenge yourself with different tasks and competitions throughout the week. Put on some face paint, tighten your bandana, and see if your tribe has what it takes to come out on top. Take an adventure through the Bridgewater Police Department to see how they conquer daring quests each day. But, why stop there? Continue your journey to Upper Clements Theme Park where you will never have a dull moment; either going on thrilling rides or just takin' it easy. This is an action-packed week that is sure to bring out the survivor in everyone.

### Session #4 **DISCOVER THIS JULY 22-26**

**(Bus trip to Discovery Centre & Dartmouth Sportsplex - See description on page 48)**  
 Release the inner scientist in you! Help us create a slime basket and explosions that will blow your mind. Count down as our very own rockets fly through the air; make your own bouncy ball, and construct an unbreakable egg drop to show your creative side. Use your imagination with hands-on exploring at the Discovery Centre, followed by whirling and twirling on the water slides at the Dartmouth Sportsplex. You're sure to discover something new, as we turn science into an unforgettable experience for you!



## DAY CAMP CO-ORDINATOR

**Kelly Cunningham** is returning as Day Camp Co-ordinator this summer! She's been looking forward to day camp the entire year while she has been at Acadia University studying towards a Bachelor of Kinesiology. Playing games, dancing and acting goofy are her favourite parts about day camp! Being on the Acadia Track and Field Team got her ready to swim, run and play. She can't wait to meet new faces and see everyone from last year!

## Session #5 JULY 29-AUGUST 2 RUMBLE IN THE JUNGLE

Deep in the heart of the Day Camp jungle, you can hear our campers rumble. This is the place where animal lovers and nature nuts come together to have one of their best outdoor experiences. Get up close and personal as you touch some real live reptiles from the **Maritime Reptile Zoo**. Watch as **BARC** (Bluenose Agility & Recreational Canines) amazes us with a dog show consisting of fancy tricks, doggie dancing and much, much more. Let's end with a quacking good time, as we feed the ducks and practice swimming away from the alligators.



## Session #6 (No Camp August 5) WICKED, WILD & WACKY AUGUST 6-9

Ever want a place where you can be as crazy and goofy as you want? Here anything goes! Wear your clothes backwards or strips with polka dots; the "fashion police" is nowhere to be seen. Test out your skills with jumps, rolls, and cartwheels, as we bounce our way to test out our gymnastic abilities. Be amazed by our very own magician as he performs some of his bizarre and mind blowing tricks. What better way than cooling off the week by making your very own Dairy Queen ice cream cone with some silly sprinkles. The fun has just begun with a new wacky twist.

## Session #7 AUGUST 12-16 SUPER SOAKIN'

(Bus trip to Risser's Beach - see description on next page) Summer's hot, so why not cool off at day camp? Toss around some water balloons and play some wet n' wild water games. Take a sneak peek behind the scenes of the Bridgewater Fire Department and, who knows, maybe even get a water hose to spray the leaders. Let's soak up the sun, swim in the beautiful ocean, and compete in a sandcastle competition at Risser's Beach. Good luck staying dry, as we have a super soakin' good time!

## Session #8 WE ALL SCREAM FOR ... AUGUST 19-23

(Bus trip to Hatfield Farm - See description on next page) Games, crafts, gaga ball and ... ICE CREAM! Come on out for the "best of the best" activities, as we end our summer with a bang. You want it and we'll do it! The most requested games of the summer, along with the Annual Day Camp Talent Show, will be a great way to end your summer. Watch the Bridgewater Police Department dog, Dax, in action as he searches through the woods to sniff out hidden objects. Hop on a horse-drawn wagon ride and show your moves on the rubber rodeo, as we have an outdoor party at Hatfield Farm. Why not finish the summer with the best you can ask for!



# Leadership Programs

## JUNIOR LEADERS FOR DAY CAMP (Age 14-16)

Calling Day Camp Leaders of the future! By volunteering with us, you will gain leadership skills and learn program planning, teaching techniques, behaviour management, crafts, games and songs through hands-on experience, not to mention having an awesome time doing so! This is the perfect opportunity to gain valuable experience for future employment. Please send or drop off a letter/resume to the Summer Recreation Manager, at our office located at 60 Pleasant Street or mail to 60 Pleasant Street, Bridgewater, NS B4V 3X9 by Friday, June 17.

## RED CROSS BABYSITTING COURSE (Age 11+)

Get prepared for your summer 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, snack and supper.

Karen Geddes-Selig

Wed., June 26, 9 a.m. - 1 p.m. &

Thurs., June 27, 9 a.m. - 1 p.m.

Bridgewater Town Office

\$32 (includes manual and certification)

# Bus Trips Age 5 (In School Last Year) to 12 unless specified

Bus trips will depart from and return to the Bridgewater Memorial Arena. Please remember to bring a bag lunch, snacks, extra drinks, sunscreen, and a hat ( as well as anything else needed for the trip, i.e. swim suits.) Note: Bus trips will only run if there is sufficient registration.

## UPPER CLEMENTS PARK (CLEMENTSPORT) Tuesday, July 16 (Rain Date: Wednesday, July 17)



Do you enjoy going to theme parks? If so, we've got just the day for you! We're going to load up the bus and head to Upper Clements Park where there is fun for everyone. If you like gentle rides, then riding airplanes, trucks and bumper boats will be your thing! If you have a need for speed, the roller coaster and flume ride is perfect

for you. Join us for a jam-packed day full of adventure!  
8:30 a.m.- 5:30 p.m. \$45

## DISCOVERY CENTRE & DARTMOUTH SPORTSPLEX (HALIFAX) Tuesday, July 23

We are going to be busy bees on this summer's day as we explore the Discovery Centre and head over to the Dartmouth Sportsplex for a swim. Bring out your inner scientist as we experiment with the hands-on science exhibits! After lunch, once our belly's settle, we will board the bus and take a slip down the Pirates Cove slides.



We will end this fabulous day splishin' and splashin' in the pool. See ya on the slides!

9:30 a.m.- 6 p.m. \$35

## RISSER'S BEACH (PETITE RIVIERE) Tuesday, August 13 (Rain date: Wednesday, August 14)

What better way to beat the heat than packing up and heading to Risser's Beach for the day! Pack a lunch, some snacks, and bring plenty of water as we have fun in the sun. Grab a partner and start in on your sandcastle creation, jump the waves, and end the day with a yummy ice cream. This will be a great way to show of your cool shades, hats and, let's not forget, to slap on our sunscreen. See ya on the beach!



9:30 a.m.-4 p.m.  
\$27

## HATFIELD FARMS (HAMMONDS PLAINS) Tuesday, August 20 (Rain or Shine)

Howdy partner! Saddle up as we ride to Hammonds Plains famous Hatfield Farms for a day of fun-filled adventure. We will climb on the wagon and let the work horses take us



on a trip through the woods to our destination Fort Clayton. We will bounce around in the rubber rodeo, explore the playground and end things off by visiting the petting zoo. YEEEEEE-HAWWW we hope you can join us! Complimentary hot dogs provided.

10 a.m.- 4 p.m.  
\$37

# Women at Work

May 19-Sept. 8, 2013



Meet working women of Bridgewater, including...

- Victoria Ernst, Physician,
- Emma Gow, Telephone Operator
- Miss E. Hebb, Ladies' Tailor

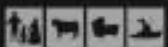
*Lighthouse Rug Hookers*  
**From Mat to Masterpiece**  
July 2 - July 28

*Mahone Bay Quilters Guild*  
**Quilts Through the Centuries**  
August 4 - September 1

**Guided Tours of Brookside Cemetery**  
*Meet the people who shaped Bridgewater's history. Tickets are \$5 and available at DesBrisay Museum. Tours run about 1.5 hours*

**Tour #1**  
**A Thriving Town**  
Thursday, July 4, 7:00pm  
Thursday, August 1, 7:00pm

**Tour #2**  
**The Women of Bridgewater**  
Thursday, July 11, 7:00pm  
Thursday, August 8, 7:00pm





# MUSIC IN THE PARK SERIES CITIZENS' BANDSTAND SHIPYARDS LANDING

(South End of King Street, weather permitting)

**Wednesday, July 3**

Bridgewater Fire Department Band .....7:00 p.m.

**Wednesday, July 17**

Bridgewater Fire Department Band .....7:00 p.m.

**Wednesday, August 14**

Bridgewater Fire Department Band .....7:00 p.m.

**Saturday, August 28**

The Dairy FarmKids ..... 6:30-7:30 p.m.

## First Aid

### ST. JOHN AMBULANCE STANDARD FIRST AID & CPR (BLSC)

Learn the skills and knowledge necessary to deal with life threatening situations and provide assistance to persons in physical distress. Includes care for fractures, head and spinal injuries, cuts, burns, poisoning, choking, cardiac arrest and other sudden medical conditions. CPR on adults, infants and children will also be covered.

Patty Joudrey

Thurs. & Fri., June 13 & 14, 8:30 a.m. - 4:30 p.m.

**OR**

Patty Joudrey

Sat. & Sun., July 6 & 7, 9 a.m. - 5 p.m.

**OR**

David Nash

Tues. & Wed., Aug. 13 & 14, 8:30 a.m. - 4:30 p.m.

Bridgewater Town Office

\$91.30 + \$13.70 HST = \$105

### ST. JOHN AMBULANCE EMERGENCY FIRST AID & CPR (BLSB)

Learn the basic skills necessary to deal with emergency first aid situations necessary to sustain life. Covers techniques for dealing with shock, unconsciousness, bleeding, choking and cardiac arrest, etc. CPR on adults will also be covered.

Patty Joudrey

Thurs., June 13, 8:30 a.m. - 4:30 p.m.

**OR**

Patty Joudrey

Sat., July 6, 9 a.m. - 5 p.m.

**OR**

David Nash

Tues., Aug. 13, 8:30 a.m. - 4:30 p.m.

Bridgewater Town Office

\$65.22 + \$9.78 HST = \$75

### FIRST AID AT YOUR CONVENIENCE

If you have a group of friends or staff that require first aid or CPR training, and our current courses don't fit your schedule, please give us a call at 543-2274. We can arrange a course for you.

### MARINE BASIC FIRST AID (MBFA)

This is an excellent course for the professional mariner and recreational boater. Similar to the standard first aid and CPR. It includes a marine supplement, which includes information on marine related topics. This course is approved by Transport Canada and meets the requirement for those in the marine industry who require certification. If interested in taking a course this summer, please call our office at 543-2274 or email us at [recreation@bridgewater.ns.ca](mailto:recreation@bridgewater.ns.ca) and leave your name, contact number and dates you are available. Course will take place over 2 days, i.e. 8:30 a.m. 4:30 p.m.

Instructor: Patty Joudrey

\$95.65 + \$14.35 = \$110

# Fitness, Health & Sport

Connie Banfield is a CAN FIT PRO Certified Fitness and Weight Room Instructor, who comes with 10 years teaching experience. She continues to take workshops and training to keep her classes safe, fun and up-to-date.

<p><b>Cardio Strength</b> A muscular strengthening and endurance workout for both the upper and lower body. With the use of tubing and light hand weights, this class is guaranteed to make you sweat, and will help you get stronger and learner, while improving your fitness level. Includes floor work.</p>	Monday	5:30-6:30 p.m.	Connie Banfield	Michelin Social & Athletic Club  <b>*BES</b>	June 10 - July 22 6 classes (No class July 1)  <b>*June 17</b>
<p><b>Badminton</b> Play badminton for a fun, cardiovascular workout. Absolute beginners, as well as experienced players are welcome. There is a court for all levels.</p>	Tuesday	5:30-6:30 p.m.	Connie Banfield	Michelin Social & Athletic Club <b>BES</b>	June 11 - July 23 7 classes <b>June 18</b> <b>(Tentative)</b>

## SUMMER FITNESS PASS PUNCH CARD

(Connie's Classes)

**6 PASS - \$36.52 + \$5.48 HST = \$42**

**7 PASS - \$42.61 + \$6.39 HST = \$49**

**13 PASS - \$60.87 + \$9.13 HST = \$70**

Pass expires July 23, 2013.

## INTRO TO SAILING

Sailing is a very popular activity in Lunenburg County and this is your opportunity to learn the basics. Like anything new, you need to spend time getting familiar with its skills and terms. Your persistence will pay off and you will find sailing can provide enjoyment for many years to come. This course will include:

helming, sail handling, upwind and downwind sailing, crew overboard, and, if possible, basic navigation, right of way rules, a few knots, anchoring and reefing.

There will be a daytime session followed by an evening session of instruction and cruise among the Mahone Bay islands. The course will be run by Sail Mahone Bay, a Canadian Yachting Association Member School. (For more info, please contact Michael S. Ernst at sailmahonebay@auracom.com). Maximum 4 participants per course (You must be accompanied by an adult. Age 10 is the minimum recommended age.) Sailing coat, lifejacket and dry bag will be provided during course. Sailing will take place on an Achilles, a 23' racer/cruiser.

**Choose one Day Session & one Evening Session from the following:**

**10 a.m. - 5 p.m. June 15, 16, 22 or 23**

**5:30-8 p.m. June 19, 21, 24, 26 & 28**

*\*Please note evening session follows day session.*

**\$73.91 + \$11.09 HST = \$85/person**

**\$260.89 + \$39.13 HST = \$300 (Group of 4)**

**Meet at 189 Hirtle Cove Road, Oakland, Mahone Bay**



## DROP-IN HATHA YOGA - OUTDOORS

Come experience Hatha Yoga with certified Hatha Yoga Instructor **Maureen Nowlan**. No experience necessary. Just bring a beach towel or yoga mat and some water, and find out why yoga is so popular. Maureen underwent 200 hours of training to become a certified instructor and took an additional 100 hours of training in India in 2005 to become an advanced yoga teacher. Enjoy some fresh air and fitness this summer. Classes will not take place when weather conditions are poor. Check out info line at 541-4380 for weekly updates on class status. Participants must complete a waiver form before participating in classes.

**Tuesdays, July 2 - August 27, 6-7 p.m.**

(Meet behind DesBrisay Museum)

**Donation**

# Adults (Age 50+)

## HISTORIC GARDENS & FORT ANNE NATIONAL PARK TUES., JUNE 18 (Rain date: THURS., JUNE 20)

Come join us as we head to the Annapolis Valley and sightsee two beautiful historic locations. First, we will tour the Historic Gardens and see many different gardening methods, designs and materials which showcase over 400 years of local history! We will also grab a bite to eat for lunch at their café. Then we will visit Fort Anne National Historic Site where we will go on a tour, have a beautiful view of the Annapolis Basin, and have a peek in the museum. Depart from Bridgewater Memorial Arena  
9:30 a.m. - 4:30 p.m. \$34.78 + \$5.22 HST = \$40  
(Individual admission fees. Lunch not included.)



## 1950's THEME GARDEN PARTY FRIDAY, AUGUST 9 (Rain date: MONDAY, AUGUST 12)

Travel back to the 50's and enjoy music by the South Shore Ukulele Players. Sip on some lemonade or ice tea, enjoy some cheese and crackers, cookies and squares, and play classic games like washer toss, croquet, baggo, bocce ball, checkers and hillbilly golf! Sunshine, music, fun and friendship! (If weather is inclement, please call 543-2274 for event status.)

1:00-2:30 p.m.

Bridgewater Woodland Gardens  
(Behind the DesBrisay Museum)  
\$4

## THE ROYAL NOVA SCOTIA INTERNATIONAL TATTOO SAT., JULY 6

Featuring over 2000 world-class Canadian and International military and civilian performers, the Tattoo continues to live up to its reputation as one of the world's premiere cultural and entertainment events. It features pipes and drums, drama, historic re-enactments, dancers, acrobatics, choirs, military displays and competitions and more. We will stop to dine at a restaurant on the way home. Coach has air conditioning, washroom services and video. Our tickets are reserved in Section 8 of the Lower Bowl. Space is limited, so register now!

Depart 12:15 p.m. from Bridgewater Memorial Arena.  
Showtime 2:30 p.m. Dine at restaurant after show.  
\$65.22 + \$9.78 HST = \$75 (Fee does not include dinner)

## ANNAPOLIS VALLEY TOUR MON., JULY 15 (Rain date: WED., JULY 17)

Come explore the beautiful Annapolis Valley! We will first head to Hall's Harbour, an authentic fishing village with tides that rise as much as an inch a minute to the 40 foot high tide mark on the wharf. Truly a phenomenon to experience! Take a walk along the harbour front, enjoy a guided tour of the Lobster Pound, and/or join us for a meal of lobster or tea/coffee and dessert (Additional meal options available. We have a menu so you can pre-order your snack/meal). We will then continue on to Hennigar's Farm Market (near Wolfville) for fresh produce, baked goods or an ice cream...or you can enjoy the park and trail. Then it's off to Lockett's Vineyards for a tour of the Vineyard, which overlooks the magnificent Gaspereau Valley, with an option to sample the wine. (Purchase a flight of 5 wines for \$7)  
9:15 a.m. - 5 p.m.



Depart from Bridgewater Memorial Arena  
Fee: \$30.43 + \$4.57 HST = \$35  
(Does not include meal, snacks, and wine sampling.)

## PRIMETIMERS

Come join Connie 1, 2 or 3 times a week to improve your strength, endurance, flexibility and balance. Monday is "Step" (use step and risers or get a wonderful cardio workout using the floor), Wednesday is "Weight/Resistance Day" ... working head-to-toe, and Friday is "Strengthen and Sculpt Walk" ... a combination of walking, floor aerobics, and resistance training. An excellent low impact workout that is easy on your joints.

Mon., June 3 - July 29/8 classes (No class July 1)

Wed., June 5 - July 24/8 classes

Fri., June 7 - 28/ 4 classes

June 17 Bridgewater Fire Hall 9:30-10:30 a.m.

Michelin Social & Athletic Club

Drop-in Fee: \$2.83 + .42 HST = \$3.25/class

## NICE & EASY

A decrease in strength, balance, energy, flexibility and fitness level can develop as we get older. "Nice and Easy" is for people with joint problems, who are older or have not exercised lately and adults "who understand if you don't use it, you'll lose it." Studies have shown this type of activity dramatically increases mobility, confidence and improves quality of life. A gentle warm-up will be followed by exercises, a cool down and stretches. All can be done standing or using a chair. "Lots of jokes, cooking tips and laughs with instructor Connie Banfield."

Mon., June 10 - July 29, 10:45-11:45 a.m.

Michelin Social and Athletic Club

June 17\* Bridgewater Fire Hall

(No class July 1)

\$30.43 + \$4.57 HST = \$35/7 classes

# CANADA DAY WASHER TOSS TOURNAMENT

Call Bridgewater Parks, Recreation & Culture at **543-2274** for tournament details. If you would like tournament information emailed to you, email us at [recreation@bridgewater.ca](mailto:recreation@bridgewater.ca).



# HAPPY BIRTHDAY CANADA!!

Join us on  
**MONDAY, JULY 1st**  
2:30 pm until after the Fireworks  
for the

## *Celebration of* **CANADA DAY!!**

There will be treats and games for all,  
so bring the whole family.  
Shipyards Landing, Bridgewater, NS

# Growing Green

## Sustainability Festival

### ***Building a Sustainable Local Economy: What's the Next Step?***

**Thursday, August 15** **Nature Trail Tour:** Celebrate one of the first events of the 2013 Growing Green Sustainability Festival with a nature trail tour at the Bridgewater Best Western in Cookville.

**Reel Green Film Fest:** Join us at King Street Court for an outdoor film screening along the banks of the LaHave River. Free admission.



**Friday August 16** **Opening Ceremonies & Outdoor Concert:** The official kick-off at King St. Court in downtown Bridgewater at 7PM. Featuring Mike Aubé followed by the official opening ceremonies and our headliner, southern country rock band **Witchitaw**. "Their live show comes out of the gate at a hundred miles an hour and maintains an unparalleled energy through to the final note!" Music for the Festival is provided by the Bridgewater & Area Performing Arts Society. Free admission.

**Saturday August 17** **Street Festival:** This free event will run from 10AM to 3PM on King Street between Empire and Dominion. More than 55 exhibitors and performers will share a host of educational activities, delicious farm-fresh foods, and fun activities for all ages. Musical entertainment includes Collage, John Barr & Art Cole, Smoke 'n' Mirrors and The Worry Birds (courtesy of the Bridgewater & Area Performing Arts Society)

**Tours:** See our website for information and to register for guided bus tours of sustainable projects around Lunenburg County.

**"Close to Home" Local Food Dinner:** An evening event at Wile's Lake Farm Market featuring the best of local fare and talent! Check website for up-to-date ticket information.

**New This Year: Special Family Film Night Tuesday August 13 at Town Hall!**



See website for details: [www.growinggreenfest.com](http://www.growinggreenfest.com)

*Schedule subject to change without notice*





# *Where would you like to volunteer?*

With over 1100 not-for-profit organizations, groups and associations in Lunenburg & Queens, there are many opportunities available!

One hour, one day or a long-term commitment, we can help you find the right fit.

Not sure where to start? Contact us today!

Volunteer Navigator | 902.277.1587  
lqvolynteerpartnership@gmail.com





presents

# A NIGHT UNDER THE STARS

An Outdoor Movie Event



**Friday, August 9**

at the MARC in Dayspring

Parking, Games & Concessions open at **7:00 pm**

Movie starts at Dusk

**\$5** per person **\$15** per car

Proceeds in support of **PRO Kids**

**Bring your lawn chair or blanket!**

For information call 530-3285

Rain location TBA