



TOWN OF BRIDGEWATER

Bridgewater Parks, Recreation and Culture Department 543-2274

REGISTRATION INFORMATION

WALK IN REGISTRATION for **SPRING 2013** begins at the Bridgewater Parks, Recreation and Culture Department Office **MONDAY, MARCH 25** from **8:30 a.m. to 7:00 p.m.** Fees must be paid at time of registration. Forms of payment: Cash, Cheque, Interac, Visa or Mastercard.

PHONE IN REGISTRATION will be accepted **WITH CREDIT CARD PAYMENT ONLY (VISA OR MASTERCARD)** starting **Tuesday, March 26** 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 OR MAIL IN REGISTRATION will be processed **after the WALK IN registration** has been completed on March 25. Simply complete the registration form found at the bottom of the 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: c/o 60 Pleasant Street, Bridgewater, NS B4V 3X9

E-Mail: recreation@bridgewater.ca

Web Page: www.bridgewater.ca

Everyone Welcome

The Bridgewater Parks, Recreation and Culture Department encourages the participation of all citizens, regardless of ability. We would like to ensure people with special needs feel welcome to attend our recreation and leisure programs. If a particular program interests you, please contact our office at 543-2274 so that we can help you.

Program Locations

BHS - Bridgewater High School (100 York Street)

BES - Bridgewater Elementary School
(Queen Street entrance)

ACSBE - Acadia Centre for Small Business &
Entrepreneurship (473 King Street - old Dooly's
building)

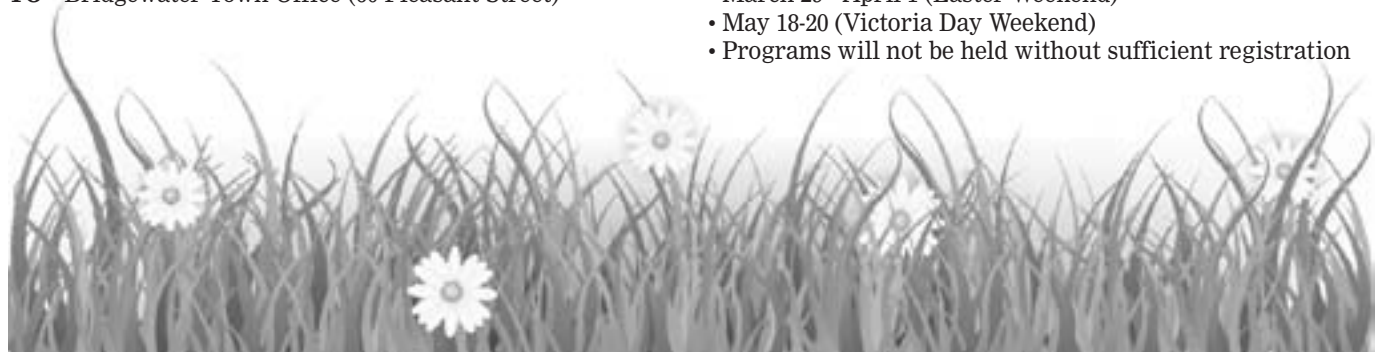
TO - Bridgewater Town Office (60 Pleasant Street)

Refund Policy

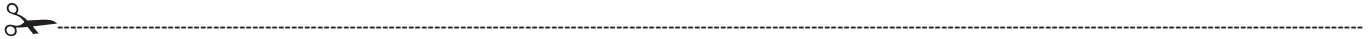
- for programs (5-10 weeks in duration) refunds will be granted up to the start of the second class if the office is contacted during regularly scheduled hours, Mon. to Fri., 8:30 a.m. to 4:30 p.m.
- for workshops, clinics and bus trips at least five working days notice must be given for a refund unless otherwise specified
- administration charge of **\$8** for all refund requests
- refund will be prorated after the completion of the one class
- a prorated refund will be granted due to illness or injury if a medical certificate is provided

Cancellations

- March 29 - April 1 (Easter Weekend)
- May 18-20 (Victoria Day Weekend)
- Programs will not be held without sufficient registration



REGISTRATION FORM



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 for 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.

SIGNATURE OF PARENT/GUARDIAN/CANDIDATE _____ DATE: _____

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

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

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

**CALL OUR INFO LINE 541-4380
FOR UPDATES TO THE SPRING PROGRAM**

AQUATICS

ADULT BEGINNER SWIMMING LESSONS

The focus of this class will be on increasing swimmers' comfort in the water. Through a step-by-step approach, you will progress from floats, kicks and glides to a front and back swim. Instructor Sophia Creaser will help you relax, have fun and learn basic swimming skills.

Instructor: TBA

Mon., April 8 - May 27, 6:15-7 p.m. (No class May 20)

Days Inn

\$59.13 + \$8.87 HST = \$68/7 weeks

ADULT STROKE IMPROVEMENT - Swimming Lessons

Develop and improve your strokes and work towards increasing your distance. We will work on the front crawl, back crawl, breaststroke and sidestroke proficiency. Class will be adjusted to participant skill level.

Karen Geddes-Selig

Mon., April 8 - May 27, 6:15-7 p.m. (No class May 20)

Days Inn

\$59.13 + \$8.87 HST = \$68/7 weeks

AQUA-ARTHRITIS

Aqua-Arthritis is a gentle water class that moves your muscles in a way that imitates real life situations, helping you maintain your independence, strength and health. The exercises and movements you do in this class will also help improve your range of motion, balance, flexibility and coordination.

Karen Geddes-Selig

Thurs., April 4 - May 23, 9:30-10:30 a.m.

Days Inn

\$62.61 + \$9.39 HST = \$72/8 weeks

SWIMMING LESSONS

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 6 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 of age 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.

AQUA-FIT

A fun, invigorating workout! Requires no swimming skills but promises to get your feet moving and heart pumping. Karen will add noodles, barbells, and snoodles for resistance and toning, in addition to a little aqua-boxing, jobbing and dance like moves.

Karen Geddes-Selig

Mon., April 8 - June 3, 9:30-10:30 a.m. (No class May 20)

Days Inn

\$62.61 + \$9.39 HST = \$72/8 weeks

WATER WALKING/RUNNING/CYCLING

Looking for a great workout? Leave your gym shoes in the closet and try Water Walking/Running/Cycling. Water provides 12 times the resistance of air, so as you walk

and cycle you're strengthening and building muscles! A perfect way to achieve cardiovascular conditioning while being low impact on the knees and ankles.

This fun class, with motivational music, will help you move towards a fitter, more sculpted body. (Instruction 45 minutes). Great for young and older adults, athletes and individuals recovering from an injury. Work at a pace comfortable for you.

Karen Geddes-Selig

Tues., April 2 - May 21, 6-7 p.m.

Days Inn

\$65.22 + \$9.78 HST = \$75/8 weeks



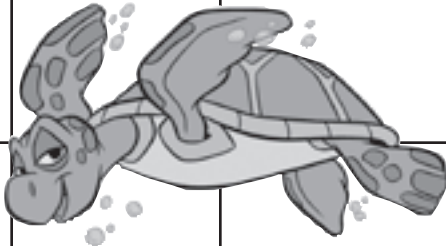
FROM RED CROSS SWIM PRESCHOOL TO RED CROSS SWIM KIDS

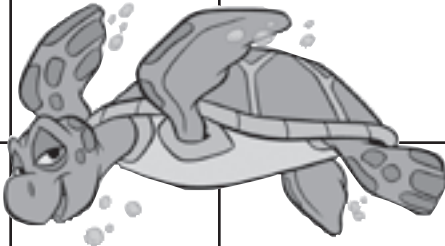
If they took Red Cross Swim Preschool ...	And they completed/ incompleted	Then enroll them in Red Cross Swim Kids Level..
Starfish Level	Completed or Incompleted	1
Duck Level	Completed or Incompleted	1
Sea Turtle Level	Completed or Incompleted	1
Sea Otter Level	Completed or Incompleted	1
Salamander Level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

SPRING RED CROSS SWIM PRESCHOOL SCHEDULE

Classes are held at the Days Inn, 50 North Street.

SPRING SCHEDULE


LEVEL	DESCRIPTION	SUNDAY April 7 - June 2 No class May 19 \$60/8 weeks	TUESDAY April 2 - May 28 \$65/9 weeks	WEDNESDAY April 3 - May 29 \$65/9 weeks	THURSDAY April 4 - May 30 \$65/9 weeks
Starfish/Duck (6 - 24 mos.) Parented	Explore water movement through songs, games, and play. Orientation to water for toddlers and caregivers.	Hannah Kelley FULL 10 - 10:30 a.m.			Karen-Geddes Selig 10:45 - 11:15 a.m. <i>(April 4 - May 23 - \$60)/8 wks.</i>
Sea Turtle (24-36 months) Parented	Orientation to water for toddlers and caregivers.	Hannah Kelley FULL 10:30 - 11 a.m.			Karen-Geddes Selig 11:15 - 11:45 a.m. <i>(April 4 - May 23 - \$60)/8 wks.</i>
Sea Otter (Age 3 - 5)	Transitional level. Learn to open eyes underwater. Introduced to floats and glides.	Hannah Kelley FULL 11 - 11:30 a.m. Kirsten Ernst 12 - 12:30 p.m. Cal DeWolfe 5:30 - 6 p.m.	TBA 4:30 - 5 p.m.	Shannon Harvie 4 - 4:30 p.m.	Alison Bryan 4:30 - 5 p.m. Alison Bryan 5:30 - 6 p.m.
Salamander (Age 3 - 5)	Learn to swim 2m. Develop floats and glides. Jump into chest deep water.	Kirsten Ernst FULL 11 - 11:30 a.m. Charli Zwicker FULL 5:30 - 6 p.m.	Charli Zwicker 5 - 5:30 p.m.	Breanna Laffin FULL 4 - 4:30 p.m.	Corey Hebb 4:30 - 5 p.m.
Sunfish (Age 3 - 6)	Learn to swim 5m. Develop roll-over glide, side glide and front swim.	Hannah Kelley FULL 11:30 a.m. - 12 noon Cal DeWolfe 5 - 5:30 p.m.	TBA 5 - 5:30 p.m.	Shannon Harvie 4:30 - 5 p.m.	Corey Hebb 5 - 5:30 p.m.
Crocodile/Whale (Age 3 - 6)	Crocodile - Increase swim to 10m. Introduce back swim, dolphin kick and rhythmic breathing. Surface support 10 seconds. Whale - Distance swim 15m. Surface support 20 seconds. Throwing assists.	Kirsten Ernst 11:30 a.m. - 12 noon		Breanna Laffin 4:30 - 5 p.m.	Alison Bryan 5 - 5:30 p.m.



SPRING RED CROSS SWIM KIDS SCHEDULE

Classes are held at the Days Inn, 50 North Street.

SPRING SCHEDULE

LEVEL	DESCRIPTION	SUNDAY April 7 - June 2 No class May 19 \$60/8 weeks	TUESDAY April 2 - May 28 \$65/9 weeks	WEDNESDAY April 3 - May 29 \$65/9 weeks	THURSDAY April 4 - May 30 \$65/9 weeks
1	Orientation to water. Introduces floats and glides with kicks. Work on 5m front swim.	Hannah Kelley 12 - 12:30 p.m. Charli Zwicker 4:30 - 5 p.m.	TBA 4 - 4:30 p.m.	Shannon Harvie 5 - 5:30 p.m. Breanna Laffin 5:45 - 6:15 p.m.	Corey Hebb 5:30 - 6 p.m.
2	Build skills in front and back swims. Intro to deep water with PFD. Includes 10m flutter kick and 10m swim.	Hannah Kelley 12:30 - 1 p.m. Cal DeWolfe 4:30 - 5 p.m.	Charli Zwicker 4 - 4:30 p.m.	Breanna Laffin 5 - 5:30 p.m.	Corey Hebb 6 - 6:30 p.m.
3	Build strength in flutter kick and 15m swim.	Kirsten Ernst 12:30 - 1 p.m. Charli Zwicker 5 - 5:30 p.m. Shannon Harvie 5:30 - 6 p.m. (Deep)	Charli Zwicker 4:30 - 5 p.m.	Shannon Harvie 5:45 - 6:15 p.m.	Alison Bryan 6 - 6:30 p.m.
4	Intro to front crawl (10m) and back swim (15m). Surface support 45 seconds. Endurance swim 25m.	Breanna Laffin 10 - 10:45 a.m. Breanna Laffin 12:15 - 1 p.m. Shannon Harvie 4:45 - 5:30 p.m. Lauren Peters 5:30 - 6 p.m. (Deep)	Brad Savage 4 - 4:45 p.m.	Rebekah Strang 4 - 4:45 p.m.	Bailey Mosher 5:45 - 6:30 p.m.
5	Back crawl is introduced (15m), skulling and whip kick on back. Stride dive, dolphin kick and 50m swim.	Jordan Wheeler 10 - 10:45 a.m. Breanna Laffin 10:45 - 11:30 a.m.	Grace Clarke 4 - 4:45 p.m.	Hart Millett 4 - 4:45 p.m.	Hart Millett 5:45 - 6:30 p.m.
5 & 6		Lauren Peters 4:45 - 5:30 p.m.			
6	Refines front crawl (25m) and back crawl (25m). Introduces elementary backstroke (15m). Endurance built through dolphin kick (75m).	Jordan Wheeler 10:45 - 11:30 a.m. Jordan Wheeler 12:15 - 1 p.m.	Brad Savage 4:45 - 5:30 p.m.	Rebekah Strang 4:45 - 5:30 p.m.	Bailey Mosher 4:45 - 5:30 p.m.
7 & 8		Shannon Harvie 4 - 4:45 p.m.	Grace Clarke 4:45 - 5:30 p.m.		
7	Whip kick on front introduced. Front crawl (50m). Back crawl (50m). Elementary backstroke (25m). Endurance swim (150m).	Breanna Laffin 11:30 a.m. - 12:15 p.m.		Hart Millett 4:45 - 5:30 p.m.	Hart Millett 4:45 - 5:30 p.m.
8	Introduction to breaststroke, foot first dives and rescue entries. Endurance built on the dolphin kick and 300m swim. Front and back crawl 75m.	Jordan Wheeler 11:30 a.m. - 12:15 p.m.		Hart Millett 5:30 - 6:15 p.m.	Bailey Mosher 4 - 4:45 p.m.
9 & 10	Level 9 - 400m swim. Level 10 - 500m swim. Front crawl (100m). Back crawl (100m). Elementary backstroke (50m). Sidestroke (25m).	Lauren Peters 4 - 4:45 p.m. FULL		Rebekah Strang 5:30 - 6:15 p.m.	Hart Millett 4 - 4:45 p.m.

CANADIAN RED CROSS AND LIFESAVING SOCIETY OF NOVA SCOTIA LEADERSHIP COURSES

The following courses are subsidized and supported by the Lunenburg/Queens Recreation Coordinators/Directors' Association and Shelburne County Recreation.

BRONZE MEDALLION & CPR "B"

(Age 13+ or Have Bronze Star)

Course covers endurance swimming and technique, basic first aid, CPR, self-rescue and rescue skills. This is a pre-requisite for the Bronze Cross course. Proof of age or bronze star is required at registration.

Karen Geddes-Selig

Fri., April 12	6-8 p.m.	emOcean Spa, Lun.
	8-10 p.m.	Lun. Fire Hall
Sat., April 13	10-12 noon	Lun. Fire Hall
	12-2 p.m.	emOcean Spa
	2-4 p.m.	Lun. Fire Hall
	4-6 p.m.	emOcean Spa
Sun., April 14	10-12 noon	emOcean Spa
	12-2 p.m.	Lun. Fire Hall
Wed., April 24	6-8 p.m.	emOcean Spa
TBA (EXAM)		emOcean Spa

Karen Geddes-Selig

Fee TBA

BRONZE CROSS

(Have Bronze Medallion)

Bronze Cross is designed for lifesavers who want the challenge of more advanced training. Teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork. This is a pre-requisite for the National Lifeguard Course. Proof of bronze medallion is required at registration.

Fletch Selig

*SAME DATES/TIMES AS LISTED ABOVE.

Fee TBA

WATER SAFETY INSTRUCTOR (Must have Assistant Water Safety Certification)

This course develops instructional ability by focusing on how to apply the information learned in the Assistant Water Safety Instructor Course. Candidates will learn how to effectively plan and teach the Red Cross Swim Program (i.e. preschool, swim kids and aquaadults). This is a 25-hour course, with 12 hours of additional teaching experience. Upon successful completion, candidates are certified as WSI. Proof of AWSI is required at registration.

Karen Geddes-Selig

Thurs., May 2, 9, 16 & 23

5-6:30 p.m.

6:30-7:30 p.m.

7:30-9:30 p.m.

Sun., May 5 & 26

\$175 (includes manual)

Days Inn (with lessons)

Days Inn

Bridgewater Town Office

emOcean Spa, Lun.

WSI RE-CERT

Recert your WSI qualifications.

Karen Geddes-Selig

Fri., May 10	5-7pm	B'water Town Office
	7:15-9:15pm	Days Inn Pool

OR

Thurs., June 6	5-7pm	B'water Town Office
	7:15-9:15pm	Days Inn Pool

\$65

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

Sun., May 26	9am-5pm	B'water Town Office
& Sun. June 2	10am-2pm	emOcean Spa, Lun.

OR

Sat., June 22	9am-5pm	B'water Town Office
& Sun., June 23	10am-2pm	B'water Outdoor Pool

\$75



SPLASHBACK (for former Water Safety Instructors)

If you are a former Red Cross Swimming and Water Safety Instructor who would like to teach again, we are offering a quick refresher for you to “splash back” and begin teaching the Red Cross Swim programs. Candidate certification must have been expired a minimum of 3 years. Even if it has been 10-20 years since you took your original certification, the Canadian Red Cross will recognize your previous training and experience and invites you to “splash back” into swimming and water safety through this unique program. Candidates must complete some assignments prior to attending a one day classroom/pool clinic. It will be a fun, easy process. You will also have the **option** of attending 5, one hour pool sessions to review and refine your swimming skills prior to attending the splashback clinic.

Review sessions: Bridgewater Days Inn
Tues., April 2, 9, 16, 23 & 30, 7-8 p.m.

Instructor: Karen Geddes-Selig
&

Splashback Clinic:

Sat., May 4

8:30-10 a.m.

10-12 noon

1-4 p.m.

4-6 p.m.

Lunenburg Fire Hall

emOcean Spa Pool

Lunenburg Fire Hall

emOcean Spa

Instructors: Aileen Nauss & Karen Geddes-Selig

Fee TBA (includes Assistant Water Safety Instructor Manual & Water Safety Instructor Manual, Lesson Plan CD, Stroke Chart, Binder, Splashback Clinic and Review Sessions.)

YOUTH PROGRAMS

RED CROSS BABYSITTING COURSE (Age 11+)

Get prepared for spring and summer babysitting. Course will cover handling emergencies, injury prevention (i.e. personal safety and security, home, fire and toy safety), babysitting rights and responsibilities, basic first aid and child care, etc. Bring a doll (or stuffed animal), pencil, snack and supper.

Karen Geddes-Selig

Wed. & Thurs., April 24 & 25, 4-8 p.m.

Town Office

\$33 (includes manual and certification)

MINI VOLLEYBALL (Grade 3-4 & 5-6)

Discover the awesome sport of volleyball and learn the basics of the game in a fun, active environment. We will use bigger, lighter balls, adjust the net height, alter the court size, and play lots of games to make this enjoyable for the younger player.

Shannon Harvie & Liam Patterson

Tues., April 9 - May 28 (No class April 16)

Grade 3-4: 5:30-6:30 p.m.

Grade 5-6: 6:30-7:30 p.m.

BES

\$40/7 weeks

INSTRUCTIONAL & SCRIMMAGE BASKETBALL (Grades 1-3 & 4-6)

Develop a love for the “action-packed” sport of basketball. Learn rules of the game and how to pass, shoot and dribble through drills, skill-building exercises and FUN scrimmages.

Thurs., April 4 - May 16

Grades 1-3: 6-7 p.m.

(Mike Vandertoorn & Kristen Wentzell)

Grades 4-6: 7-8 p.m. (Jahvon Delaney & JP Chalupowski)

BES

\$40/7 weeks

KINDERCHEER (AGES 3-4 & 5-7)

Kinder Cheer is a fun introduction to cheerleading. The class will incorporate rhythm, motion, and movement, helping little ones discover their bodies. A great way to develop balance and co-ordination while playing games and dancing to music! Instructors Selena Oakes and Kajal Popat are members of the Bridgewater High School cheerleading team and have been receiving leadership training from Nena Erickson.

Wed., April 17 - May 29

Age 3-4: 5:30-6 p.m., **\$27/7 weeks**

Age 5-7: 6-6:45 p.m., **\$32/7 weeks**

BES

ALL-SORTS-OF SPORTS

Sample and enjoy a variety of fun sports and activities including **Dodgeball, Pickleball, Mini Tennis, Floor Hockey, Basketball, Table Tennis** and **Badminton** etc.

We'll warm-up, try sport-specific activities and drills, and learn a few rules, leaving ample time to play and scrimmage. “We'll have a blast!”

Tuesday

April 9-May 21

Grades 2-4: 5-6 p.m.

Grades 4-6: 6-7 p.m.

Michelin Social & Athletic Club

\$40/7 weeks



SUMMER DAY CAMP

AGES 5 (in school this year) to 12

Each camp will feature exciting weekly themes! Let us be your child's destination for summer fun and adventure. We'll take a dip in the Bridgewater Swimming Pool (Mon., Wed., & Fri.), have arts and crafts time, play games and sports, dance, go on weekly day trips or a bus trip to all kinds of awesome places and SO MUCH MORE!! Home base is upstairs at the Bridgewater Memorial Arena.

Mon.-Fri., 8:15 a.m. - 4:15 p.m. (Pick up 4:15-4:30 p.m.)

Session #1: July 2-5 (\$100 - No camp July 1)

Session#2: July 8-12

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

Session#4: July 22-26

Session#5: July 29-August 2

Session#6: August 6-9 (\$100 - No camp August 5)

Session#7: August 12-16

Session#8: August 19-23



\$115/week

\$175/week (2 children same family)

\$210/week (3 children same family)

\$27/day (Please note: drop-in fee does not apply to bus trip days)

***Late pick-up 4:30-5:15 p.m.**

There will be an additional fee of \$5/day/child

SPACE IS LIMITED.

REGISTRATION IS WITH PAYMENT ONLY. YOU MAY PAY WITH CREDIT CARD (VISA OR MASTERCARD)

Bridgewater Tennis Club

CANGA CAMPS (Age 5-16)

Canga Camps will cover tennis fundamentals. Aaron Cumberland, is a Tennis Canada and USPTR certified tennis and fitness coach has been teaching nearly 12 years. A former national player, he has taught thousands of kids. He has a belief in grassroots programing, bringing kids to the sport at a younger age. He encourages kids to have fun, live in the moment and enjoy the wonderful sport he has grown up with.

- 1. July 15-19** (Make up dates July 22-26) 9 am - 12 noon
- 2. August 5-9** (Make-up dates August 12-16) \$65

SUMMER LESSONS (Age 5-16)

(weeks there are no Canga Camps)
Monday to Friday (between 9 am - 12 noon)
July 2 - August 23

Members: \$2/day

Non-Member: \$5/day

ADVANCED JUNIORS

Tuesday & Thursday, 1-3 p.m.
Starting July 9,

Members: \$20/session

Non-Members: \$30/session

Taught by Aaron Cumberland and TBA. There will be a small assessment required to participate in this program.

You may **register** for Canga Camps and Summer Lessons **commencing April 1** online at www.cangarootennis.com. In person registration will take place on **Thursday, June 20, 6-7:30 pm** at the Bridgewater Tennis Club



ADULT OPEN HOUSE

Sunday, April 28, 1-4 p.m. (Rain date: May 5) All welcome!

MEMBERSHIPS

Junior: \$50 (plus lesson fees)

Adult: \$80

Family: \$175

Memberships may be obtained from the Bridgewater Parks, Recreation & Culture Department, 60 Pleasant Street; Cleves Sporting Goods, 535 King Street or from the Bridgewater Tennis Club at the Open House, April 28.

SUMMER EMPLOYMENT

If you are interested in instructing this year, please forward a resume and cover letter to the Bridgewater Tennis Club, P.O. Box 455, Bridgewater, NS B4V 2X6 or send via email to info@bridgewater.tennisclub.com. **Deadline for applications is March 29.**



Visit our website at www.bridgewater.tennisclub.com for further information.

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
Relay Teams			
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.

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 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.



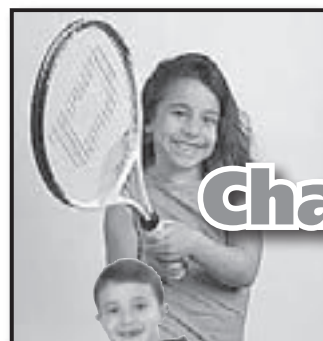
Because



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

PLEASE DONATE!

If you wish to make a donation, please contact Tammy at tammy@gohealthyfitlife.ca or call 553-0310.



Riverport Osprey 5k



7th Annual Riverport Osprey 5k Run/Walk (Fundraiser for the RCC and PRO Kids)

A fun 5 km run and/or walk in the scenic community of **Riverport**, Nova Scotia. Start/Finish at the Riverport & District Community Centre and proceed on a flat "out and back" course on paved roads along the beautiful Riverport and Lower LaHave waterfronts.

Medals awarded to 1st, 2nd and 3rd place runners, male and female, according to their age category. Age Categories: 0-99 years; 0-11 years; 12-19 years; 20-39 years; 40-49 years; 50-99.

Donated prizes will be drawn after the last person crosses the finish line. Washrooms/Changing Rooms will be available. No showers available.

Register now on Atlantic Chip: <http://www.atlantic-chip.ca/events/details.php?show=1151>

Profits raised from this event will benefit both **PRO Kids (20%)** and Riverport and District Community Centre (80%). There will be a booth set up to take further PRO Kids donations for **Tammy Slauenwhite's EPIC PRO Kids Pot** she is building to help create awareness and funds for the local organization while training for EPIC Dartmouth: <http://epicdartmouth.com/>

Directions: From Highway 103, take Exit 11 toward Lunenburg and then Highway 332 toward Riverport (16 km from Lunenburg)

To join the facebook group, visit here: <https://www.facebook.com/events/262647877202856/>



MUSIC

BEGINNER GUITAR LESSONS

Have you always wanted to play the guitar? Here's your chance! Popular guitar instructor **GREG BLACK** will teach you what you need to know. Classes will be designed around the interests of participants.

Fri., April 12 - May 17

Age 7-10: 3:45-4:45 p.m.

Ages 11-14: 6-7 p.m.

Adults: 7:15-8:15 p.m.



*Class day/times may be adjusted to suit participant schedules and to match participants of similar age and experience. Anglican Church Hall (Alexandra Ave.)
Kids & Teens: \$72/6 classes
Adults: \$70 + \$10.50 HST = \$80.50/6 classes

BEGINNER UKULELE - LEVEL II

For ukulele players who have completed the Level I class or those who have previous music reading skills. We will develop music reading and ukulele playing skills by working with the D major scale and picking simple melodies. Compose some simple exercises. Learn how to use the soft pick in your melodies. With a repertoire of new songs, you will learn some new strumming techniques that will add pizzazz to your playing.

Sandra Obritsch

Tues., April 16 - June 4, 6-7:30 p.m.

HB Studios Sports Centre

\$65.22 + \$9.78 HST = \$75/8 weeks



MUSIC IN THE PARK SERIES

Do you have musical skills you would like to share with the community this summer? Musical artists are invited to perform at the Citizens' Bandstand located in Shipyards Landing located at 210 King Street or King Street Court located at 646 King Street and have their performance date listed in the Recreation Guide for the summer. Please contact the Recreation Office at 543-2274 or email: recreation@bridgewater.ca to discuss your interests by May 10 to be included in the Guide.



Bridgewater Baseball Association 2013 Spring Registration

The Bridgewater Baseball Association will be holding early registration for their summer program on **April 15 and 17** at the **Bridgewater High School** from 6:30-8 p.m.

Bridgewater Baseball

All boys and girls from the ages of 5 years (in the 2013 calendar year) and older are encouraged to come out and enjoy a summer of fun.



Association

Fees: T-Ball (Ages 5-6)	- \$85
Rookie House League (Age 7&8)	- \$125
Mosquito House League (Age 9&10)	- \$125
Pee Wee House League (Age 11&12)	- \$125
Girls Rookie/Pee Wee/Bantam (Age 9-14)	- \$85

Register early for a chance to win a MLB jersey.

Rep team fees apply after the teams are selected. For further information, please contact **Dennis Woodworth** at 541-0889 or denniswoodworth@gmail.com

BRIDGEWATER TRIATHLON CLUB My First Triathlon

Are you looking for a challenge? Something that is achievable but will push you out of your comfort zone? The Bridgewater Triathlon Club's 'My First Triathlon' is a 10-week program that will show anyone Age 12+ how to complete a swim, bike and run event. The fee is \$50. Join us for an information session on Thursday, April 25, 7-8 p.m. at the HB Studios Sport Centre conference room where we'll provide an overview of the program and you can get answers to all your questions.

We will also be conducting our regular, Fancy Lake summer program. New and returning members are welcome to join us at the information session on April 25 for an update.

If you'd like more information about the Bridgewater Triathlon Club, our programs, including 'My First Triathlon', please visit our website at www.bridgewatertriathlonclub.com.



FITNESS, HEALTH & SPORT

Now ... is always a good time to start exercising.

Body Sculpt	Monday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	April 8 - June 3 *No class May 20 8 weeks
Abs, Butt, Legs & Step	Wednesday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	April 3 - May 29 9 weeks
Badminton	Thursday	5:30-7:00 p.m.	Michelin Social & Athletic Club	Connie Banfield	April 4 - May 30 9 weeks

Spring Fitness Pass (Punch Card) Connie's Classes

5 pass - \$31.30 + \$4.70 HST = **\$36**

9 pass - \$52.17 + \$7.83 HST = **\$60**

18 pass - \$78.26 + \$11.74 HST = **\$90**

Season Pass - \$86.96 + \$13.04 HST = **\$100**

* Pass Expires **June 3, 2013**

FREE FITNESS CLASS FOR NEWCOMERS

The holder of this coupon is eligible to attend one Bridgewater Parks, Recreation & Culture Department. "Spring Fitness" class (instructed by Connie Banfield) for **FREE**.
Valid from April 3-8, 2013.

BODY BLAST

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.

ABS, BUTT, LEGS & STEP

This class will focus on building strength and overall tone, including STEP. Expect squats, lunges and floor exercises.

BADMINTON

Learn the basic rules and play badminton for a fun, cardio workout. Absolute beginners, as well as experienced players welcome. There is a court for all levels. "Fun is the focus of this popular class!"

30 MINUTE LUNCH TIME FITNESS

30 minutes of moderate exercise most days a week can help you feel better; stay healthy and enjoy life to the fullest. Join Connie Banfield for an energizing 30 minutes of fitness. We'll squeeze in some cardio and toning in this circuit training lunch time energizer! Work at a pace comfortable to you! Tuesday will focus on cardio and Thursday will be weights and sculpt.

Tues., April 2 - May 21

Thurs., April 4 - May 23

12:15-12:45 p.m.

Michelin Social & Athletic Club

8 classes - \$27.83 + \$4.17 HST = \$32

16 classes - \$48.70 + \$7.30 HST = \$56



ZUMBA FITNESS

It's an exhilarating, high energy, effective, easy-to-follow Latin inspired, calorie-burning dance fitness party that's moving millions of people towards joy and health.

Katy Jollymore

Thurs., April 4 - May 23, 6:45-7:45 p.m. Anglican Church Hall
\$65.22 + \$9.78 HST = \$75/8 weeks

ZUMBA GOLD

Zumba Gold is a fun, friendly, dance-fitness class that uses zesty Latin music like salsa, merengue, cumbia and reggaeton. The exhilarating, easy-to-follow moves are perfect for those starting their journey towards a fit and healthy lifestyle, as well as active older adults. The invigorating party like atmosphere is a great way to add camaraderie, excitement and fitness to your weekly schedule.

Kate Jollymore. Anglican Church Hall.

8 classes: \$65.22 + \$9.78 HST = \$75

16 classes: \$108.70 + \$16.30 HST = \$125

Monday 2-3 pm

April 8 - June 3 (No class May 20)

Monday 6:45-7:45 pm

April 8 - June 3 (No class May 20)

Thursday 5:30-6:30 pm

April 4 - May 23

Tracy Murdoch completed a 200 hr yoga teach certification from Therapeutic Approach Yoga Studio in Halifax, and is currently enrolled in their 500 hr yoga teach certification program. Tracy teaches in the hatha vinyasa style. Vinyasa is a flowing sequence of movements used to combine poses. When moving from one pose to another, the instructor emphasizes either inhaling or exhaling. Vinyasa yoga helps provide balance, strength and flexibility, movement and stillness in your practice. Yoga is great for the immune system, circulation, cardiovascular system and overall health. Tracy is filling in this spring for Amanda Stuart. Their yoga styles are similar so you should find the transition an easy one.

\$95.65 + \$14.35 HST = \$110/9 WEEKS/SEASON
\$152.17 + \$22.83 HST = \$175 (ANY TWO YOGA CLASSES TAUGHT BY TRACY MURDOCH PER SEASON)
DROP-IN FEE: \$13.04 + \$1.96 HST = \$15/class

BEGINNER/GENTLE YOGA

Perfect for beginners, older adults, those who are currently not active or those who enjoy a slower, gentler paced class. Please bring a mat and water.

Tracy Murdoch

Tues., April 9 - June 4, 7-8:15 p.m.

HB Studios Sports Centre

POWER YOGA - LEVEL 1 & 2

Suitable for those who have completed Yoga for Beginners or someone who is physically fit and would like to start yoga.

Thurs., April 11 - June 6, 5:30-6:45 p.m.

HB Studios Sports Centre

POWER YOGA - LEVEL 2

This class is for people who have prior yoga experience and enjoys a more intense class. A faster pace with a lot of sun salutations. We will build on strength and endurance.

Tues., April 9 - June 4, 5:30-6:45 p.m.

HB Studios Sports Centre

YOGA FOR RUNNERS

Yoga is becoming an increasingly popular way for runners to prevent and help reduce injury. It can also help increase stamina, flexibility, core strength and range of motion, and improve balance, muscular recovery, and mental clarity or focus. Tracy will target areas that become tight, such as hamstrings and hips, and help participant develop relaxed breathing, etc. This class is a perfect low-impact companion for all "activities and sports" including golfing, walking, running, hockey, basketball or soccer, etc. A fantastic to "mix-up" your workout to help you avoid boredom. A great class for beginners too.

Thurs., April 11 - June 6, 7-8:15 p.m.

HB Studios Sports Centre

INTRODUCTION TO TAI CHI (LEVEL I)

Intro to Tai Chi is an exercise program designed to promote health and well-being. Derived from ancient martial arts, Tai Chi is a gentle series of moves that promotes improvement in flexibility, balance and co-ordination. The moves, created by Mr. Moy Lin Shin, are based on the concept of stretching and relaxing the body, particularly the spine. This Level I course will cover the first 17 moves. Once you have learned this set of moves, you will be ready to do Tai Chi with more experienced students for lifelong exercise in a friendly, social atmosphere.

Frank Dunham, South Nova Moy Tai Chi Group

Thurs., April 11 - June 13, 10-11:30 a.m.

St. Joseph's Parish Hall

\$57.39 + \$8.61 HST = \$66/10 weeks



PILATES

Pilates is whole-body fitness that focuses on core strength. It helps to promote strength and balanced muscle development, as well as flexibility and increased range of motion for joints. Pilates also teaches you how to become efficient with your body. By practicing Pilates on a regular basis, your body becomes more efficient in its movement; being efficient means your body moves in a way that is smoother, safer and less prone to injury. Pilates is **adaptable to many fitness levels and needs**. Whether you are a senior just starting to exercise, an elite athlete or somewhere in between, the foundations of Pilates movement apply to you. With thousands of possible exercises and modifications, Pilates workouts can be tailored to individual needs. As a result, the benefits of Pilates have been particularly noted in older adults. Even adults undergoing serious rehabilitation therapy can use Pilates to increase their range of motion and overall muscle strength. A practice that is completed either seated or lying on your stomach, back or side, Pilates is a fantastic workout for all fitness levels.

Some benefits of Pilates: improves breathing and posture; increases strength; improves core stability and whole-body flexibility; improves body control; shapes and tones the body; increases endurance; improves body awareness; reduces stress; creates long, lean muscle tone; increases energy; creates a stronger more flexible spine; increases joint range of motion; improves circulation; offers relief from back pain and joint stress; enhances mobility, agility and stamina; and compliments sports training and develops functional fitness for daily life activity.

Amy Wolfe

Wed., April 10 - May 29, 2-3 pm

Michelin Social & Athletic Club

\$71.30 + \$10.70 HST = \$82/8 weeks



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

\$260.87 + \$39.13 HST = \$300 (Group of 4)

Meet at 189 Hirtle Cove Road, Oakland, Mahone Bay



Healthy Strides Walking Club

Walk across Canada – March 22 - April 23



There is still time to join the Healthy Strides Walking Club! It's a great way to get active, keep motivated and meet others this spring! Keep track of all your daily steps, whether you walk outdoors, indoors or hustle on a treadmill. (All your steps can count, even when you are house cleaning or at work.) We will keep track of your progress on a chart that is posted upstairs at the HB Studios Sports Centre.

Let's see how far our walking takes us! We have also posted a map of Canada and are trying to "walk" to each of our capital cities. Help us get to British Columbia ... and maybe further. As you reach predetermined distance goals, your name will go in for prize draws. There is no cost to join the club, but when walking at HBSSC there is an **admission fee of \$2 per day**, or purchase a 30 day pass for \$20 for track use.

Group Walks - Every **Tuesday at 10 a.m.** look for our leader dressed in a **BLUE "Walkabout" T-shirt**. A friendly face will always be there to meet, greet and walk with you. Meet upstairs at HB Studios Sports Centre.

Walking Celebration - **10 a.m.**

Tuesday, April 23 Join us at HB Studios Sports Centre for a small, fun end of season celebration! (Snacks, Talk & Walk)



This is a joint project of HB Studios Sports Centre, Bridgewater Parks, Recreation & Culture, Lunenburg Municipal Recreation and Heart & Stroke-Walkabout

ZOOMERS (ADULTS AGE 50+)



KITCHEN PARTIES & more (Age 55+)

Join us from 1-3 p.m. on Wednesdays for cards, board games and garden games like bocce, baggo, croquet, washer toss, hillbilly golf and more! Coffee and tea will be provided! At our first get-together on April 10 we'll also enjoy live music by WS Country Music! A great way to meet others, have fun, not to mention, help improve your flexibility, range of motion and circulation. This event is brought to you by the Town of Bridgewater, the District of Lunenburg, NS Heart and Stroke, Drumlin Hills and HB Studios Sports Centre. Feel free to call Bridgewater Parks, Recreation & Culture at 543-2274 for further information.

Wednesday
April 10-May 29, 1-3 p.m.
HB Studios Sports Centre
 (543 Glen Allan Drive,
 Bridgewater)
 \$2/person drop-in fee



PRIMETIMERS (Age 50+)

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 Day" ... working head-to-toe, and Friday is "Little Bitty Day" ... a little bit of this and a little bit of that." We finish each class with abs and stretching. Come have a great laugh and meet some great people ... and enjoy some coffee, served by "club" management, after each class.

Mon., April 8 - June 3/8 weeks (No class May 20)
Wed., April 3- May 29/9 weeks
Fri., April 5 - May 31/9 weeks
 9:30-10:30 a.m.
 Michelin Social & Athletic Club
 Drop-in Fee: \$2.83 + .42 HST = \$3.25/class

INTRO TO TAI CHI (Level I)

See Fitness, Health & Sport Section for details.

AQUA-FIT COMBO

A fun, invigorating workout! Requires no swimming skills but promises to get your feet moving and heart pumping. Karen will add noodles, barbells, and snoodles for resistance and toning, in addition to a little aqua-boxing, jobbing and dance like moves.

Karen Geddes-Selig
 Mon., April 8 - June 3, 9:30-10:30 a.m. (No class May 20)
 Days Inn
 \$62.61 + \$9.39 HST = \$72/8 weeks

AQUA-ARTHRITIS See page Aquatic Section for details.

THE ROYAL NOVA SCOTIA INTERNATIONAL TATTOO (Age 50+)

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!

Sat., July 6, 2013, depart 12:15 p.m. from Bridgewater Arena
 Showtime 2:30 p.m. Dine at restaurant after show.
 \$65.22 + \$9.78 HST = \$75(fee does not include dinner)

NICE & EASY (Age 50+)

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., April 8 - June 3/8 weeks (No class May 20)
Fri., April 12 - May 31/8 weeks
 10:45-11:45 a.m. Michelin Social & Athletic Club
1x/week : \$34.78 + \$5.22 HST = \$40
2x/week : \$56.52 + \$8.48 HST = \$65

EXPLORE NOVA SCOTIA WITH US - BUSTRIPS (AGE 55+)



Don't miss our Summer Guide coming out early June, that will include details on Summer & Fall Bustrips to some of Nova Scotia's gems, like **Lockett Vineyards** (Gasperau Valley), **Halls Harbour**, **Blueberry Acres**, **Peggy's Cove** and the **Historic Gardens** (Annapolis Royal) etc. Call our office at 543-2274 if you would like to suggest a destination. "We love ideas and would be happy to plan a trip to one of your favourites!"

PICKLEBALL ANYONE?

Pickleball is a fun, addictive game that combines the best of tennis, badminton, and ping pong. It is designed for all ages but is popular in retirement communities in the US. This is a fabulous way to get some exercise and have fun doing it. It is a very social activity! Pickleball is played on a badminton size court, using a tennis net, and paddle. Equipment provided! It is easy to learn and, after a few minutes of instruction, beginners will be hitting the whiffle ball back and forth across the net. If you try it, you'll be back the next day to play again! Please wear a court shoe or good sneakers. Classes held at the Michelin Social and Athletic Club gym. Call 543-5018 for further details.

Monday 6:30-8:30 p.m.
 Tuesday 9:30-11:30 a.m.
 Thursday 1:30-3:30 p.m.



FIELD USE REQUESTS 2013

Bridgewater Parks, Recreation & Culture Department

Applications will be received, in writing, for use of Town softball, hardball, soccer fields and track from leagues, organizations, schools and individuals until **4:30 p.m. Tuesday, April 2, 2013**. Permits will be issued to all users.

Field use fees will apply.

All requests are to be forwarded to: **Carol Pickings-Anthony, Director**
Bridgewater Parks, Recreation & Culture Dept.
 c/o 60 Pleasant Street, Bridgewater, NS B4V 3X9
 Fax (902) 543-6876 Email: recreation@bridgewater.ca



United Way of Lunenburg County
BIKES FOR KIDS

Hey kids, need a bike but can't afford to ride?

Are you a youth in need of a bike, but don't have the financial means to purchase one? Do you live in Lunenburg County? If so, we may have the solution you're looking for.

The **United Way of Lunenburg County Bikes for Kids** program has nearly 100 refurbished bikes that are looking for homes with kids just like you! These gently used bikes come in an assortment of sizes, from training wheels right up to bikes for teens, and even a small number of adult-sized bikes so mom or dad can ride along with you!

To see if your family qualifies, please contact the Bridgewater Family Resource Centre or the PRO Kids Programs in Bridgewater, Chester or the Municipality of the District of Lunenburg.

Bike selection and registration begins on **Wednesday, May 1, 2013**. Bikes will be distributed at the Michelin Junior Bike event on **Saturday, June 1, 2013**. All recipients between the ages of 5 and 11 will also be registered for Michelin Junior Bike, where they will learn about helmet and bike safety and receive a free new helmet!

For more information please contact:

Family Resource Centre: 543-1301

PRO Kids Bridgewater: 543-2274

PRO Kids Chester: 275-3490

PRO Kids MODL: 541-1335



FIRST AID/C.P.R.

Refunds for the following first aid courses will only be given with one week's notice prior to course commencement.

ST. JOHN AMBULANCE EMERGENCY & STANDARD FIRST AID & CPR RE-CERT

Re-certify your emergency or standard first aid qualifications. Please bring proof of your certification when registering.

Patty Joudrey

Emergency

Wed., April 17, 8:30 a.m. - 12:30 p.m., Town Office

\$52.17 + \$7.83 HST = \$60

Standard

Wed., April 17, 8:30 a.m. - 4:30 p.m., Town Office

\$69.57 + \$10.43 HST = \$80

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

Sat. & Sun., April 13 & 14, 9 a.m. - 5 p.m., Town Office

OR

Sherry Dickson

Wed. & Thurs., April 24 & 25, 8:30 a.m. - 4:30 p.m., Town Office

OR

David Nash

Wed. & Thurs., May 15 & 16, 8:30 a.m.-4:30 p.m., Town Office

OR

Patty Joudrey

Sat. & Sun., May 25 & 26, 9 a.m. - 5 p.m., Town Office

OR

David Nash

Sat. & Sun., June 1 & 2, 9 a.m. - 5 p.m., Town Office

Or

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.

\$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

Sat., April 13, 9 a.m. - 5 p.m., Town Office

OR

Sherry Dickson

Wed., April 24, 8:30 a.m. - 4:30 p.m., Town Office

OR

David Nash

Wed., May 15, 8:30 a.m.-4:30 p.m., Town Office

OR

Patty Joudrey

Sat., May 25, 9 a.m. - 5 p.m., Town Office

OR

David Nash

Sat., June 1, 9 a.m. - 5 p.m., Town Office

OR

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.

\$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 or 541-4384 (voice mail). 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 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 this certification.

Patty Joudrey

Tues. & Wed., March 26 & 27, 8:30 a.m. - 4:30 p.m. Town Office

\$100 + \$15 HST = \$115



GARDENING

Instructor Bio: Elspeth McLean-Wile and her husband Peter own and operate Wile's Lake Farm Market in Wileville. They have been answering gardening questions and helping folks with their planting dilemmas for more than 20 years. Elspeth is heard regularly on CKBW and Hank FM offering gardening tips. Peter operated a commercial orchard with his family for more than 25 years. Their workshops are lively and entertaining with a great opportunity for socializing afterwards with treats from their bakery! Note: Workshops are held at the Greenhouse at Wile's Lake Farm Market.

SPRAYING FRUIT TREES

This session is a "must take" if you have fruit trees or intend to plant fruit trees. Organic and chemical spray programs for fruit trees will be discussed including: dormant oil, lime sulphur, fruit tree sprays and timing of spraying throughout spring and early summer.

Sat., April 13, 11 a.m.

\$13.91 + \$2.09 HST = \$16

DIY - SPRING GARDEN IN A POT

Everyone creates and plants a container that can be placed on the front step, veranda or patio. Plants are selected for spring hardiness! Plants, pot and soil are provided. Your container will be ready to take home and set out!

Tues., April 30, 6:30 p.m.

\$30 + \$4.50 HST = \$34.50

PLANTING FRUIT TREES IN THE HOME GARDEN

This session will provide the basic information required to plant a fruit tree in the backyard. The session will include information on apple, peach, pear, and cherry trees.

Wed., May 1, 6:30 p.m.

\$13.91 + \$2.09 HST = \$16 (A fruit tree discount card will be provided on completion of the class.)

PRUNING FRUIT TREES

This session will be a series of demonstrations of pruning techniques for young and mature fruit trees.

Sat., May 4, 11 a.m.

\$13.91 + \$2.09 HST = \$16

GROWING GREAT TOMATOES IN CONTAINERS

Interested in growing tomatoes? This workshop will introduce participants to the best varieties for containers and some basic tips and techniques for growing successfully!

Sat., May 18, 11 a.m.

\$13.91 + \$2.09 HST = \$16



DIY - FLOWER CONTAINER GARDEN

Avoid all the mess at your own house, make your flower planter with us. We will present flower combinations suited for sun and for shade, you just need to pick the colour! You go home with a planter that is the envy of the neighbourhood!

Wed., June 5, 6:30 p.m.

\$34.78 + \$5.22 HST = \$40

DIY - HERB CONTAINER

Everyone will make a container to take home with their favourite herbs. The session will include information on aftercare and harvest.

Tues., June 11, 6:30 p.m.

\$30 + \$4.50 HST = \$34.50

DIY - HANGING BASKET

All participants will make a hanging basket featuring their favourite colour. The session will help everyone learn simple techniques for making outstanding baskets and containers. Hanging baskets are left in the greenhouse until June 1. All materials provided at the workshop (12" size hanging basket).

Tues., May 14 or Thurs., May 16, 6:30 p.m.

\$34.78 + \$5.22 HST = \$40

DIY - GROWING GREENS IN A CONTAINER

Everyone will plant a container with greens (lettuce, spinach, etc.) to take home. The session will include information on planting other vegetables in containers (pepper, tomatoes, and herbs).

Wed., May 8, 6:30 p.m.

\$25 + \$3.75 HST = \$28.75

LEARN TO GRAFT YOUR OWN FRUIT TREES

Most fruits do not “come true to seed.” That is a seed from a MacIntosh apple will not grow into a tree which produces MacIntosh apples; one must graft a shoot from a MacIntosh tree onto a suitable root to get such a tree. This hands-on workshop will cover two distinct situations: 1) how to graft a new tree, using a size-controlling rootstock. Participants will be able to take home their own apple trees, grafted to their choice of variety, for planting. 2) how to “topwork” an existing tree, such as an abandoned apple tree on their own property, that is grafting one - or many - new varieties onto a mature tree, making a tree which bears the new variety or varieties. Dr. Maxwell is passionate about the importance of preserving the old varieties of apples, many of which are no longer available commercially, and the varieties he will supply for the workshop are drawn from his own collection of antique varieties. However, participants are also encouraged to bring their own scion wood from any apple trees which they may wish to preserve and reproduce. (In this instance, they should contact Dr. Maxwell, 766-0305, during the winter to obtain guidance on how and when to cut their grafting wood.) The workshop fee includes the cost of all necessary materials (rootstocks, scions, tools and grafting materials) which will be supplied. Participants should also take note of the workshops being offered by Elspeth

MacLean-Wile, in which they will learn how to plant and care for their newly grafted baby. Please bring a sturdy utility knife (type used for cutting wallboard) and lunch.

Instructor Bio: Dr. David Maxwell is an amateur apple grower with his own small orchard in Middle Lahaive, where he grows 50 different varieties of apples, most of which are antique varieties. Sat., May 11, 10 a.m. - 4 p.m. Municipal Area Recreation Complex, Dayspring \$30.43 + \$4.56 HST = \$35



GARDENERS WANTED AT THE HODGE PODGE COMMUNITY GARDEN

Have you always wanted to grow your own vegetables but are not sure how to or do not have a place to do it? Have you felt your mobility issues might be a barrier to gardening? Do you belong to an organization whose clients might benefit from gardening? The Bridgewater Community Garden Network is gearing up for its 4th growing season at the Hodge Podge Garden and we are looking for enthusiastic gardeners of all skill levels and abilities.

Garden plots (4'x8' raised beds), located on the corner of Aberdeen Road and Elm Street, are free and are under the care of the individual, family or organizations between April and October. Tools, water, and compost facilities are supplied. Instruction and support with gardening, composting, and harvesting are available.

Gardeners will have the opportunity to grow their own organic produce, herbs and flowers, as well as join a community of others interested in local healthy food.

In exchange for a free garden plot, gardeners are required to:

- attend 3 mandatory seasonal work parties:
- April - Garden Opening & plot registration;
- July - Open House & mid-season maintenance;
- October - Garden Closing
- Gardeners must agree to the terms and conditions of the Gardener Agreement
- provide a \$15 key deposit for the garden shed, refundable at the end of the season

No previous gardening experience is necessary and support for new gardeners is available upon request. If you are interested in a garden plot or interested in becoming involved in the Garden Network as a volunteer, please contact: bridgewatergarden@gmail.com or call Ernie O'Neill at 543-8330.



INFORMATION & EDUCATION

SOLAR SHELTER DESIGN

Solar Nova Scotia offers a practical, how to course on designing and building solar shelters, including greenhouses, solariums, additions, and especially solar homes. Learn solar basics, climate control, site and shelter design,



cost, solar construction, contracting, and do-it-yourself tips. Intended for the general public and those in design and construction. **Don Roscoe** is one of Canada's most experienced solar designer builders.

Thurs., April 18 - May 23, 6:45-9:45 p.m.

BHS

\$78.26 + \$11.74 HST = \$90/individual/6 weeks

\$130.43 + \$19.57 HST = \$150/couple/6 weeks

FINANCE INFORMATION SEMINARS

"Learn more about investing so you can make choices that are right for you." Kevin Dorey, financial advisor with Edward Jones, is volunteering his services to lead the following seminars:

FOCUSED ON FIXED INCOME

This seminar covers bond characteristics and features, as well as key strategies to get the most out of one's fixed income investments. Best for individual investors that are looking to gain a better understanding of fixed income products and how they can be an integral part of an individual's portfolio.

Tues., April 2, 6:30-7:30 p.m.

BHS

\$5.22 + .78 HST = \$6

TAKING STOCK

This seminar covers the basic structure of the stock market and three key principles to stock investing. Best for individual investors interested in a diverse portfolio with the potential for rising income.

Tues., April 16, 6:30-8 p.m.

BHS

\$5.22 + .78 HST = \$6

COMPUTER COURSES

All classes will take place in the **Acadia Centre for Social & Business Entrepreneurship** (ACSBE Resource Centre) located at 373 King Street, (old Dooly's building). Please note that **courses are run in Microsoft Office 2007**.

IF YOU BRING YOUR OWN LAPTOP WITH MICROSOFT 2007 APPLICATIONS, YOU WILL RECEIVE A \$5 REDUCTION IN YOUR COURSE FEE. (First 4 participants only.)

Note: Computer classes will be taught by Aime Haughn.

MICROSOFT EXCEL 2007 - LEVEL I

Excel can easily be used in the home or business. It can help you organize information (address book, music library); keep records (household or business budget, community organization treasurer's report); do mathematical calculations; search, sort and filter information and create charts and graphs. Come join us for an easy step-by-step look at what this powerful program can do!

Tues., April 2 & 9, 6:30-8:30 p.m.

\$43.48 + \$6.52 HST = \$50

MICROSOFT EXCEL 2007 - LEVEL II

Take the next step. This course will cover all the basics of data entry, formatting of text and numbers, the functions of menu and tool bar shortcuts, insertion of graphics and visual enhancements, basic mathematical formulas, sorting and filtering data, use of basic functions max, min, average, hiding and freezing columns and rows, adding comments, creating subtotals, searching techniques and chart creation.

Tues., April 16 & 23, 6:30-8:30 p.m.

\$43.48 + \$6.52 HST = \$50

MICROSOFT WORD 2007 - LEVEL II

This is a natural follow-up to Word Level I or for anyone having basic word processing skills. Get hands-on experience with indents, setting tabs, line and character spacing, 3-D and shadow effects, creating columns and tables and inserting images. We also look at working with auto shapes and using the drawing toolbar, as well as creating mail merge documents and labels.

Tues., May 7 & 14, 6:30-8:30 p.m.

\$43.48 + \$6.52 HST = \$50

BUSINESS FACEBOOK

You've no doubt heard you need to use "social media" to connect with your customers or clients, but what do you need to consider before creating your business or organization's page? And then how do you actually create a page and use it? This course will show you the technical "ins and outs" of Facebook when using it to promote a business or organization while encouraging you to consider key questions in order to have this amazing and powerful tool help achieve your marketing objectives.

Tues., June 18, 6:30-8:30 p.m.

\$23.48 + \$3.52 HST = \$27