

"The Heat is On!"

Summer Guide 2010
543-2274



Back Row (left to right): Katlyn Barry, Pool Director;
Taylor Frauzel & Amanda Mullen, Assistant Pool Directors.

Front Row: Josh Goode, Sport/Activity Co-ordinator;
Emma Becker, Summer Manager; Whitney Croft,
Day Camp Co-ordinator.

543-2274

REGISTRATION INFORMATION

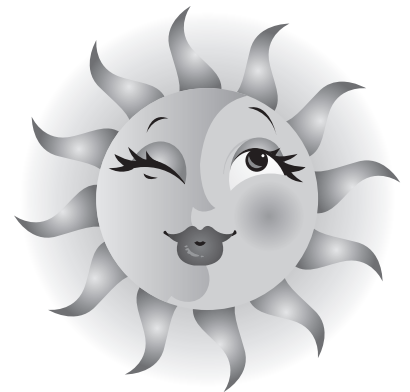
WALK IN REGISTRATION for Summer 2010 begins at the Bridgewater Parks, Recreation and Culture Department Office at 60 Pleasant Street **Monday, June 7, 2010** from **8:30 a.m. to 7:00 p.m.** Fees must be paid at time of registration. **Payment Options:** Cash, Cheque, Debit, Visa or MasterCard.

PHONE IN REGISTRATION will be accepted starting **Tuesday, June 8, 2010** 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 7, 2010**. 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

Web Page: www.bridgewater.ca

Cancellations

Public swim will not be held on **Saturday, July 10** from 5 p.m. onwards due to the Exhibition Parade and **Tuesday, July 27** 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 \$5 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 three days before the commencement of Red Cross swimming lessons. For all other aquatic programs, refunds will be given with at least one week's notice prior to the commencement of the course unless otherwise specified.

•Recreation/Leisure (Land Program)

A refund will be issued for Day Camp and Littl' Sunshine Gang if the Parks, Recreation & Culture Department office is contacted (1) one week prior to their commencement. One full week's notice is required when cancelling from bus trips, workshops, clinics and special events.

2010 Summer Program & Aquatic Staff

The Bridgewater Parks, Recreation and Culture Department is proud to present its qualified, professional aquatic and program staff for the 2010 summer season.

Aquatic

Pool Director
Assistant Pool Director
Assistant Pool Director
WSI/Lifeguard
WSI/Lifeguard
WSI/Lifeguard
WSI/Lifeguard
WSI/Lifeguard
WSI/Lifeguard
WSI/Lifeguard
Receptionist
Receptionist
Part Time Receptionist

Katlyn Barry
Taylor Frauzel
Amanda Mullen
Jessica Kiss
Ryan Matheson
Gabe Aliphath
Alex Marshall
Jennifer Pitman
Maia Laffin
Moirra MacNeil
Shelby Himmelman
TBA
Olivia Pitman

Program

Summer Recreation Manager
Day Camp/Preschool Coordinator
Sport/Activity Coordinator
Day Camp Leader
Day Camp Leader
Day Camp Leader
Day Camp Leader
Day Camp Leader

Emma Becker
Whitney Croft
Josh Goode
Jocelyn Graham
Rebecca Jordan
Jarrett Hubley
Travis Getson

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 (Include civic no. & community: _____

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.

SIGNATURE OF PARENT/GUARDIAN/PARTICIPANT: _____ DATE: _____
(PARENT/GUARDIAN SIGNATURE REQUIRED FOR PARTICIPANTS UNDER AGE 19)

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 SUMMER PROGRAM, POOL SCHEDULE AND SPECIAL EVENTS.

AQUATICS

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

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

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
Salamander Level	Completed or Incompleted	1
Sunfish Level	Completed or Incompleted	2
Crocodile Level	Incompleted	2
Crocodile Level	Completed	3
Whale Level	Completed or Incompleted	3

Live it everyday!

June is Recreation & Parks Month

BRIDGEWATER OUTDOOR POOL - SPLISH-SPLASH OPENING POOL BASH

Celebrate the start of summer and "June is Recreation Month" at our Outdoor Pool Bash on Monday, June 21, 5-7 p.m. (Cake and games!) See our aquatic section for further details.

RECREATION NOVA SCOTIA'S CREATIVE EXPRESSION CONTEST

Boys and girls are invited to draw, colour or sketch a picture of your best sport of recreation experience. (Having fun, learning something new or maybe picture of your favourite coach or leader.) A random draw will take place on July 30, 2010 for a \$150 gift certificate courtesy of Canadian Tire. Drop into the Bridgewater Parks, Recreation and Culture Department office at 60 Pleasant Street for a contest registration form or go online to www.recreationns.ns.ca/junekids and click on Creative Expressions 2010 contest. Entries must be delivered to RNS by July 23th.

SENIORS' ACTIVITY DAY(AGE 55+)

Sample a variety of fun activities, play bocce and enjoy a light lunch. Try out the new shuffleboard courts, learn about Nordic Walking, Tai Chi, Yoga, Nice & Easy Fitness and more activities. Connie Muzzatti from On Track Physiotherapy will also lead a walk and talk. It's **FREE!** Sponsored by the Municipality of the District of Lunenburg, in co-operation with the Bridgewater Parks, Recreation and Culture Department. Pre-registration is not required.

Wed., June 9, 10 a.m. - 1 p.m.

HB Studios Sports Centre, Bridgewater

"Come Have Fun At
The Bridgewater Pool
This Summer!"



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

\$56/child (10 classes) or \$132/family/same session

** If we are not currently offering the level you want in the evening, please call our office at 543-2274 or send us an email to recreation@bridgewater.ca. We will try our best to accommodate your request.*

SESSION 1
July 5-16
(Mon.-Fri.)

**Starfish/Duck/
 Sea Turtle (Parented)**
 10:30-11 a.m.
 5:15-5:45 p.m.

Sea Turtle
 9:30-10 a.m.
 10:45-11:15 a.m.
 5:15-5:45 p.m.

Salamander
 10:15-10:45 p.m.

**Salamander/
 Sunfish**
 11:15-11:45 a.m.
 6:15-6:45 p.m.

Crocodile/Whale
 10:45-11:15 a.m.

SESSION 2
July 19-30
(Mon.-Fri.)

**Starfish/Duck /
 Sea Turtle (Parented)**
 9:30-10 a.m.

Sea Turtle
 10:15-10:45 a.m.
 5:15-5:45 p.m.

Salamander
 9:30-10 a.m.

**Salamander/
 Sunfish**
 10:15-10:45 a.m.
 5:15-5:45 p.m.

Sunfish
 10:45-11:15 a.m.

Crocodile/Whale
 10:45-11:15 a.m.

*** On Parade Day,
 Tuesday, July 27,
 evening swim lessons
 will take place
 between 3:30-5 p.m.**

SESSION 3
August 2-13
(Mon.-Fri.)

**Starfish/Duck/
 Sea Turtle
 (Parented)**
 10:15-10:45 a.m.

Sea Turtle
 10-10:30 a.m.
 11:15-11:45 a.m.
 5:45-6:15 p.m.

Salamander
 11:15-11:45 a.m.

**Salamander/
 Sunfish**
 9:30-10 a.m.
 6-6:30 p.m.

Sunfish
 10:45-11:15 a.m.

Crocodile/Whale
 10:15-10:45 a.m.
 5:15-5:45 p.m.

SESSION 4
August 16-27
(Mon.-Fri.)

**Starfish/Duck/
 Sea Turtle
 (Parented)**
 10:15-10:45 a.m.
 5:15-5:45 p.m.

Sea Turtle
 9:30-10 a.m.
 5:45-6:15 p.m.

**Salamander/
 Sun Fish**
 10:30-11 a.m.
 11:15-11:45 a.m.
 6-6:30 p.m.

Crocodile/Whale
 11:15-11:45 a.m.



RED CROSS SWIM KIDS SCHEDULE (Age 6 +)

\$56/child (10 classes) or \$132/family/same session

SESSION 1
July 5-16
(Mon.-Fri.)

Level 1
 10:10:30 a.m.
 11:15-11:45 a.m.
 5:45-6:15 p.m.

Level 2
 10:15-10:45 a.m.
 10:45-11:15 a.m.
 5:45-6:15 p.m.

Level 3
 9:30-10 a.m.
 11:15-11:45 a.m.
 6:15-6:45 p.m.

Level 4
 9:30-10 a.m.
 6-6:30 p.m.

Level 5
 9:30-10:15 a.m.
 10:45-11:30 a.m.

Level 5/6
 5:15-6 p.m.

Level 6
 9:30-10:15 a.m.

Level 7/8
 10-10:45 a.m.
 6-6:45 p.m.

Level 8
 10-10:45 a.m.

Level 9/10
 11-11:45 a.m.
 5:15-6 p.m.

SESSION 2
July 19-30
(Mon.-Fri.)

Level 1
 9:30-10 a.m.
 5:45-6:15 p.m.

Level 2
 10:30-11 a.m.
 6:15-6:45 p.m.

Level 3
 11:15-11:45 a.m.
 5:45-6:15 p.m.

Level 4
 10-10:30 a.m.
 6:15-6:45 p.m.

Level 5
 9:30-10:15 a.m.

Level 5/6
 10-10:45 a.m.
 6-6:45 p.m.

Level 6
 10:45-11:30 a.m.
 5:15-6 p.m.

Level 7/8
 9:30-10:15 a.m.
 5:15-6 p.m.

Level 9/10
 11-11:45 a.m.
 6-6:45 p.m.

*** On Parade Day,
 Tuesday, July 27, evening
 swim lessons will take
 place between 3:30-5 p.m.**

SESSION 3
August 2-13
(Mon.-Fri.)

Level 1
 9:30-10 a.m.
 5:15-5:45 p.m.

Level 2
 9:30-10 a.m.
 10:30-11 a.m.

Level 2/3
 5:15-5:45 p.m.

Level 3
 9:30-10 a.m.
 11:15-11:45 .m.

Level 4
 10:45-11:15 a.m.
 6:15-6:45 p.m.

Level 5/6
 10:45-11:30 a.m.
 5:45-6:30 p.m.

Level 7/8
 9:30-10:15 a.m.
 5:15-6 p.m.

Level 9/10
 10-10:45 a.m.
 5:45-6:30 p.m.

SESSION 4
August 16-27
(Mon.-Fri.)

Level 1
 9:30-10 a.m.
 10:45-11:15 a.m.
 5:15-5:45 p.m.

Level 2
 10-10:30 a.m.
 10:45-11:15 a.m.

Level 2/3
 5:15-5:45 p.m.

Level 3
 10:15-10:45 a.m.

Level 4
 9:30-10 a.m.
 6:15-6:45 p.m.

Level 5
 9:30-10:15 a.m.

Level 5/6
 10-10:45 a.m.
 11-11:45 a.m.
 5:15-6 p.m.

Level 7/8
 9:30-10:15 a.m.
 6-6:45 p.m.

Level 9/10
 10:45-11:30 a.m.
 5:45-6:30 p.m.



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 Katlyn Barry, Pool Director, at 543-2274 prior to June 21 or at the pool at 543-7565 after June 21.

\$40/6 classes

PRIVATE LESSONS

If you require a little more help and would like to be taught on a one-to-one basis, call the pool for a private lesson. You can ask for a particular instructor or one can be set up for you. Times and dates will be arranged between you and the instructor. Please call the pool at 543-7565 after June 21.

\$15/30 minute lesson/1 child

\$25/30 minute lesson/2 children

ADULT BEGINNER SWIM LESSONS

These programs are designed for adults to meet their individual needs, whether it's learning to swim or improving technique. These programs are perfectly suited for anyone who has personalized goals and rates of progress. Call our office at 543-2274 for more information.

SYNCHRONIZED SWIMMING - STAR PROGRAM (Age 8+)

Synchro Canada's Star program offers progressive, step-by-step instruction and evaluation, starting with basic skills, moving to more advanced techniques as swimmers progress through Stars 1-10. This summer participants will work toward acquiring their "Star 1-4 levels". In these levels, participants will learn all of their strokes and variations of them, tuck, back and front somersaults, ballet leg, sailboat alternate, flowerpot, traveling eggbeater, split position, tabletop, routine skills, sequences and transitions. Swimmers should be comfortable in deep water, going underwater and swimming the length of the pool (i.e. completed Red Cross Swim Level 4). This sport is loads of fun and develops strength, agility, and endurance.



Instructor: Amanda Mullen

Beginners (Star 1-4)

SESSION #2: July 19-30 (Mon.-Fri.), 11:15-12:30 p.m.

\$55

AQUATIC LEADERSHIP COURSES

VOLUNTEER JUNIOR GUARDS

The Junior Guard program gives youth ages 13-16 an excellent opportunity to develop their skills as an aquatic instructor or lifesaver, as well as become familiar with the operation of a pool facility. Junior Guards must have at least the Bronze Medallion Award and/or Assistant Water Safety Instructor or be enrolled in these or other courses this summer. Please pick up an application at our office and drop it off or mail to Katlyn Barry, Pool Director, at the Bridgewater Parks, Recreation & Culture Department. **The deadline for applications is June 11th.**

BRONZE STAR (Age 10-12)

This program will focus on skills and leadership to prepare you for Bronze Medallion. (Bronze Star is an option as a prerequisite for Bronze Medallion.) Improve your water proficiency, first aid, recognition and rescue skills.

The recommended age is 10 - 12 and/or have Canadian Swim Patrol.

SESSION #3:

Aug. 2-13

(Mon.-Fri.)

9:30-10:15 a.m.

\$65/ 10 classes



BRONZE MEDALLION & CPR-B

(Age 13+ or have Bronze Star)

Bronze Medallion teaches the principles of self-rescue and the basic techniques involved in the rescue of others. If you want to become a lifeguard, this is the first course you must take. Please bring a photocopy of your birth certificate when registering.

SESSION #1:

July 5-16 (Mon.-Fri.) 9:30-11:30 a.m.

SESSION #3: Aug. 2-13 (Mon.-Fri.) 10-12 noon

*Exam date will be shortly after the course finishes

Course fee: \$106

Manual: \$ 26 (\$24.76 + \$1.24 GST)

Total \$132

BRONZE CROSS

(Must have Bronze Medallion)

Bronze Cross is designed for lifeguards who want the challenge of more advanced training. This is the last step before National Lifeguard Service. Please bring a photocopy of your birth certificate, Bronze Medallion and CPR award when registering.

SESSION #2: July 19-30 (Mon. - Fri.) 10 a.m. - 12 noon

SESSION #4: Aug. 16-27 (Mon.-Fri.) 10 a.m.- 12 noon

*Exam date will be scheduled shortly after course ends.

\$110

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

Recertify your NLS, Standard First Aid and CPR-C qualifications. Refunds will be issued prior to June 12.

Mandatory to attend Pre-Cert & Practice Sessions.

Krista Elvidge

Sat., June 19, 9am-2pm (Pre-Cert)

Sun., June 20, 10 a.m. - finish (Practice & Exam)

\$50

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

This certification course is a pre-requisite to the Red Cross WSI course and covers: instructional skills including teaching methods, learning styles, progressions, communication, safety supervision and feedback. Certified AWSI can co-teach the Red Cross Swim programs under the supervision of a fully certified WSI. This is a 30-hour course, with an additional 8 hours practice teaching. Please bring proof of age when registering.

Karen Geddes-Selig

Tues.- Fri., July 6 - 9, 9 a.m. - 4 p.m.

\$155 (includes manual)

RED CROSS WATER SAFETY INSTRUCTOR COURSE (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.

Jilien Beaton

Sun. - Wed., July 18-21, 9 a.m. - 4 p.m.

\$200 (includes manual)

NATIONAL LIFEGUARD SERVICE (Pool Option) & STANDARD FIRST AID & CPR (BLSC) (Age 16+)

This course is the recognized standard of lifeguard performance in Canada. Participants will learn lifeguarding and emergency care techniques and principles for a pool environment. Participants must have Bronze Cross and be 16 years of age by exam date. Proof of Bronze Cross and age is required at registration. Participants must attend all classes. To obtain the above awards, a first aid written and practical and NLS written and practical exam must be passed.

Course: July 22 - 25 & July 31, 8:00 a.m. - 4:00 p.m.

Instructor: Nancy Berkshire

\$210 (Includes Alert Manual, First Aid Manual and exam fee)



SPECIAL EVENTS

DIVE DAY I

Dive Day is perfect for those who took lessons at the Days Inn or lake and haven't learned, or perfected their dive, forward entry roll or stride jump, or any skills which require deep water. Step-by-step instructions will be given by our instructors to learn how to do these fun skills safely and with ease.

Sat. July 17, 11:30 a.m.-12:30 p.m.

\$5

DIVE DAY II

This diving workshop is for those who missed the first dive day, as well as those who attended and would like to learn more. Come on down to have some fun and work on some new cool entries, jumps and dives.

Saturday, August 14, 11:30 a.m. -12:30 p.m.

\$5

PRE-TEEN POOL PARTY

Tired of always hearing about how much fun teens have at Teen Swim on Tuesday nights? Well, your night has come. Calling all Pre-Teens, aged 9 to 12, we are having two nights just for you this summer to come out and find out what those teens are talking about! We will have music and competitions and, without a doubt, a lot of fun!

Thursday, July 15, 9-10 p.m.

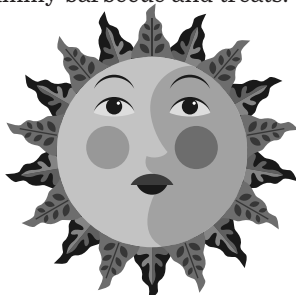
Thursday, August 12, 9-10 p.m.

\$4

FAMILY FUN DAY

Bring in your family for tons of fun in the sun before summer ends! This two hour swim includes games, competitions, and lots of prizes! The best part is you can leave supper up to us as there will be a yummy barbecue and treats. It would be appreciated if you would call to let us know you plan on attending, although surprise drop-ins are also welcome.

Saturday, August 21, 4-6 p.m.
Regular Entrance Fees Apply



POOCH POOL PARTY

It's time to give the "dog days of summer" a more literal meaning. This year, we are once again devoting the last swim of the summer to our furry friends! Bring your dog to the pool to cool off and have an end-of-summer swim. Treats will be provided along with some dog-themed tunes and a doggie costume contest for the best decorated bandana. There will also be a biggest splash contest and others! And of course, lifeguards will be on duty "just in case." Paws down, it should be a great time! (Note: All dogs must wear an I.D. tag and be on a leash unless swimming in the pool. All vaccinations must be up-to-date. Please bring a pooper scooper/plastic bag.)

Monday, August 30, 6:30-7:30 pm
 \$5/dog and human companion

PRE-SEASON POOL SCHEDULE (BEGINS JUNE 21)

	Lane Swim	Everyone Welcome Swim	Family Swim	Cudas	Teen
Monday, June 21	SPLISH-SPLASH OPENING POOL BASH 5-7 p.m. (Cakes and Games!)				
Tuesday, June 22	5-6 p.m.	3:30-5 p.m.	6-7 p.m.		
Wednesday, June 23	12-1 p.m.	3:30-5 p.m.	5-6:30 p.m.		
Thursday, June 24	12-1 p.m.	3:30-5 p.m.	5-6:30 p.m.	11-12 noon 1-3 p.m.	
Thursday, June 25	NO SWIMS TODAY				
Saturday, June 26	12-1 p.m.	1-2:30 p.m. 4-5 p.m.	3-4 p.m.		
Sunday, June 27	1:30-2:30 p.m.	2:30-4 p.m.	4-6 p.m.		
Monday, June 28	12-1 p.m.	3:30-5 p.m.	5-6:30 p.m.	11-12 noon 1-3 p.m.	
Tuesday, June 29	12-1 p.m.	1:30-3 p.m.	5:30-7 p.m.	3:15-5:15 p.m.	7:15-8:15 p.m.
Wednesday, June 30	12-1 p.m.	1:30-3 p.m.	5:30-7 p.m.	3:15-5:15 p.m.	
Thursday, July 1	TIM HORTONS FREE SWIM 12:30-2 p.m.				
Friday, July 2	12-1 p.m.	1:30-3 p.m.	5:30-7 p.m.	3:15-5:15 p.m.	
Saturday, July 3	1-2 p.m.	2-3:30 p.m. 5-6:30 p.m.	4-5 p.m.		
Sunday, July 4	1-2 p.m.	2-3:30 p.m. 5-6:30 p.m.	4-5 p.m.		

SPLISH-SPLASH OPENING POOL BASH!

Come to kick off the summer and celebrate "JUNE IS RECREATION MONTH" at our two hour pool party! There will be games and competitions, as well as cake. So come meet this summer's staff and have some splish-splashing fun in the sun!

Monday, June 21, 5-7 p.m. Regular Entrance Fees Apply.



POOL RENTALS

The pool is available on a rental basis for barbecues, reunions and socials, etc. for bookings. Fee includes one lifeguard and one attendant (swimmer to lifeguard ratio 25:1). Rental includes use of our aquatic toys.

\$60 + \$9 = **\$69/hour**

Additional guards: \$12.39 + \$1.86 HST = \$14.25/hour

AFTER-DARK POOL RENTALS

Want to enjoy a dip in the pool with a group of friends or finished your shift but still have some energy to burn? We'll turn on our underwater lighting and provide a lifeguard, while you swim. Call 543-2274 before June 21 or 543-7565 after June 21 to book your pool time.

\$60 + \$9 = **\$69/hour**

Additional guards: \$12.39 + \$1.86 HST = \$14.25/hour

REGULAR SEASON SWIM SCHEDULE

(Begins July 5th)

Swim Type	Days	Times
Everyone Welcome	Mon. - Fri.	1:45-3:00 p.m.
	Mon. - Fri.	8:00-9:00 p.m.
	Sat. & Sun.	2:00-3:30 p.m.
	Sat. & Sun.	5:00-6:30 p.m.
Family	Mon. - Fri.	7:00-8:00 p.m.
	Sat. & Sun.	4:00-5:00 p.m.
Teen	Tues.	9:00-10:00 p.m.
Lane Swim (all ages)	Mon. - Thurs.	8:15-9:15 a.m.
	Mon. - Fri.	11:45-12:45 p.m.
	Sat. & Sun.	1:00-2:00 p.m.
Parent & Preschool	Sat. & Sun.	1:00-2:00 p.m.

*All public swims will be **cancelled on Saturday, July 10th** due to the Bridgewater Barracudas Invitational Swim Meet; and Family and Adult Swim will be cancelled on **Tuesday, July 27** (South Shore Exhibition Parade).



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 before June 21 or 543-7565 after June 21 to book your party.

\$60 + \$9 = **\$69/hour**

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.

PUBLIC SWIM FEES (*all fees include HST)

	Family	Adult	Youth	Age 60+
Season	\$140	\$80	\$70	\$70
Monthly	\$90	\$65	\$45	\$50
One Swim	\$12 (Max.5)	\$4.50	\$4	\$4

BRIDGEWATER SUMMER FUN

Tim Hortons
FREE SWIMS

AT THE BRIDGEWATER OUTDOOR POOL

Wednesday	July 1	12:30-2 p.m.
Saturday	July 3	2-3:30 p.m.
Saturday	July 17	2-3:30 p.m.
Saturday	July 24	2-3:30 p.m.
Saturday	July 31	2-3:30 p.m.
Saturday	August 7	2-3:30 p.m.
Saturday	August 14	2-3:30 p.m.
Saturday	August 21	2-3:30 p.m.

EVERYONE IS WELCOME!

BIRD'S EYE VIEW OF THE 2010 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		
8:15-9:15 a.m.	Lane Swim			Lane Swim		
9:30-12 noon	RED CROSS SWIM LESSONS					Book a Birthday Party Here
11:45-12:45 p.m.	LANE SWIM					
12:45-1:45 p.m.	Day Camp	Inservice	Day Camp	Inservice	Day Camp	Adult Swim (1-2 p.m.)
1:45-3 p.m.	EVERYONE WELCOME SWIM					Everyone Welcome Swim (2-3:30 p.m.)
3:15-5:15 p.m.	SWIM TEAM PRACTICE					
5:15-6:45 p.m.	RED CROSS SWIM LESSONS					Family Swim (4-5 p.m.)
7-8 p.m.	FAMILY SWIM/LANE SWIM					
8-9 p.m.	EVERYONE WELCOME SWIM					Everyone Welcome Swim (5-6:30 p.m.)
9-10 p.m.		Teen Swim	Swim Team Practice			

5TH ANNUAL CANADA DAY STREET HOCKEY TOURNAMENT

(Age 7-8, 9-10, 11-12, 13-14, 15-17, & 18+)

Grab your hockey stick, call your buddies and enter a team in Bridgewater's ultimate experience in street hockey... "The 5th Annual Canada Day Street Hockey Tournament." This event is being co-hosted by the Bridgewater Parks, Recreation & Culture Department and the **Bridgewater Minor Hockey Association**. Teams will consist of 1 goalie and 3-4 players (only 3 players allowed on court at one time). Players must wear a helmet with full mask and gloves. (Jocks are optional, but encouraged.) Goalie gear will NOT be provided. Teams are guaranteed a minimum of 3 games.

Registration DEADLINE: June 25.

Age 7-12 approx. 9 a.m. - 1 p.m.

Age 13-18+ approx. 2 p.m. - 6 p.m.

Bridgewater Memorial Arena

\$75/team (5 players) &

\$60/team (4 players)

*Teams will be contacted with final schedule prior to event.



"SWEET DRAW PRIZES!!"
*donated by businesses in
our community*

PRE-SCHOOL PROGRAMS

LITTL' SUNSHINE GANG (Age 3-5)

(Littl' Sunshine Gang participants must be toilet-trained in order to attend. Program runs from 9-12 noon. Meet upstairs in the Bridgewater Memorial Arena. (* Some days we will meet at Woodland Gardens behind the DesBrisay Museum weather permitting. Participants will be notified.) Rainy Days: Upstairs in the Arena.

SESSION #1: July 12-16

UNDER THE BIG TOP

Celebrate the marvels of carnivals - the food, the sights, smells, and games. Get your face painted, play "Pin the Nose on the Clown" and many other circus and animal-themed games! Make an awesome craft each day and enjoy healthy snacks. You might even get to see a balloon animal or two! Come join us for an interactive adventure "under the big top."

\$45

SESSION #2: July 26-30

"ARTRAGEOUS"

Get creative with play dough, messy with paint and go gaga with glue! Create a life-size portrait of yourself, play fun games, eat yummy snacks, and experience an art adventure outdoors. Be sure to make room on your fridge for all your creations. "It's going to be artrageous!"

\$45

SESSION #3: August 9-13

HOLIDAY-A-DAY

Celebrate a different holiday every day! What more fun could there be than experiencing Valentine's Day, Ground Hog Day, Halloween, Easter and Christmas ALL in one week!?

Learn about the story of Thanksgiving, go on a magical Easter egg hunt, and decorate your own Christmas tree!

We'll save the best for last by celebrating everyone's birthdays with a "BIG BIRTHDAY BASH!" Enjoy the best days of the year with games, snacks, crafts and more!

\$45



PRE-SCHOOL SPORT PROGRAMS

(Participants must be at least 3 years of age and toilet-trained in order to attend.)

MINI TENNIS

(Age 3-6)

JULY 5-9

Mini tennis uses light weight racquets, smaller portable nets, and sponge balls that allow younger players to learn the proper tennis techniques in a fun and easy way! Our super enthusiastic instructors, fun games and activities makes this a program you don't want to miss! 9-10 a.m.

Michelin Social & Athletic Club

\$20

LITTL' KICKERS SOCCER CAMP

(Age 3-6)

JULY 12-16

With "topple ball" and an "Easter Egg Hunt" we will bring a smile to any child's face. Join us as we learn basic soccer skills in a FUN way! Learn ball control, passing and shooting through awesome games. Emphasis is on fun and good sportsmanship. "Get your kicks out on the field this summer!"

9-10 a.m.

Bridgewater Elementary School Turf

(Rain Location: Bridgewater Elementary School)

\$20

LITTL' HOOPS BASKETBALL CAMP

(Age 3-6)

AUGUST 16-20

Learn the basics of basketball such as: dribbling, passing and shooting. You are sure to have a blast playing a super assortment of games and relays using basketballs. Fun and games will be the emphasis of this camp! Lace up your sneakers, grab your water bottle and we'll see you out on the court!

9-10 a.m.

Bridgewater Elementary School Gym

\$20

MINI OLYMPICS

(Age 3-6)

AUGUST 23-27

Enjoy an Olympic sized amount of sports packed into one week! We will play tee-ball, soccer, tennis and basketball, and, on our last day, we will revisit the best parts from each sport and have a closing ceremony. This camp will keep everyone involved from start to finish and help bring out the Olympic athlete in us all!

9-10 a.m.

Bridgewater Elementary School Turf & Bridgewater

Arena

\$20

YOUTH SPORT PROGRAMS

KIN-BALL (Age 8-12)

Kin-ball is a popular team sport in Quebec that uses an enormous, funny 4 foot ball that "floats" in the air. This sport is played by 3 teams of 4 players that are identified by colours. The object of the game is not to let the kin-ball touch the ground. Whenever a team commits a fault, the other two teams each get a point.

The rules emphasize co-operation, respect and fair-play. "Just try it, you'll love it!" This program is sponsored by **Canadian Tire JumpStart and the Bridgewater Canadian Tire Store.**

Age 8-10: 1-2 p.m.

Age 11-12: 2-3 p.m.

Michelin Social & Athletic Club

\$20



JULY 5-9

BIG LEAGUE SOFTBALL (AGE 7-12)

Get ready to play ball! Learn proper techniques for baseball fundamentals (i.e., throwing, catching and hitting). Play games like "Home Run Derby" to keep active. Catch grounders and fly balls to keep your mitt ready and take part in batting practice, learning how to "keep your eye on the ball." Join us on the diamond and remember ... "swing for the fence!"

Age 7-9: 10-11 a.m.

Age 10-12: 11-12 noon

LaHave Street Softball Field

\$16

AUGUST 9-13

HOOP IT UP BASKETBALL CAMP (Age 7-12)

AUGUST 16-20

This is the basketball camp for you, whether you are a beginner, ready to learn the basics or an advanced player wanting to hone your skills! Through fun games, drills, and personal attention, you will build on your shooting, passing, ball handling and defence skills. Play games like "King of the Court" to work on offence and run fun drills like "Cops and Robbers" to move your feet on defence. Each session will end with everyone's favourite .. A scrimmage. Come join us on the court for skills, drills, fun and games in a non-competitive atmosphere! Please bring a water bottle and wear good sneakers.

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

Age 10-12: 12:30-2 p.m.

Bridgewater Elementary School Gym

\$28

CYCLING & BIKE MAINTENANCE BASICS (Age 8-12) **JULY 19-20**

Learn the rules of the road, including hand signals and riding with traffic. A rep from Spin Your Wheels will also teach you basic bike maintenance including proper tire pressure, seat adjustment, handle alignment, changing your tire, putting your chain on and helmet fit. Drive through obstacle course, take part in our "slow race" event and challenge your bike ability. We'll also take a ride on the road to practice what we learned. Bring a bike helmet and bike.

9-11 a.m.

Bridgewater Memorial Arena

\$15

WILD WEEK OF SPORTS! (Age 7-12) **July 26-30**

Can't decide what sport you love? Come join us as we sample a variety of amazing sports. Wearing full protective gear, we will learn skateboarding basics indoors. (Boards and safety equipment will be provided.) We'll also try frisbee golf, shuffleboard, lacrosse, mini-tennis and more. Emphasis will be placed on participation, co-operative play, teamwork, and the values associated with good sportsmanship. This wild week of sports will make boredom a thing of the past, so come out and have some fun!

Age 7-9: 1-2:30 p.m.

Age 10-12: 2:30-4 p.m.

Kinsmen Soccer Field & MARC in Dayspring (1 Day)

(Rain Location: Bridgewater Memorial Arena)

\$25

INTRO TO SKATEBOARDING (SKATE PASS)

(Age 7-12)

FRIDAY, JULY 23

Learn how to skateboard safely. Josh will teach you the basics, including balancing, pushing the board with one foot and ... riding the board. He will have everyone "on board" by the end of the day. Skateboard and protective "skate pass" gear will be provided.

9 a.m. - 11 a.m.

Bridgewater Memorial Arena

\$8



DRAMA

DRAMA AND MUSICAL THEATRE CAMP - 'ALL THE WORLD'S A STAGE'

(Age 8-17)

AUGUST 9-13

Have you every wanted to pretend to be someone else? This is your chance to jump into a character that you create! Play theatre games, take part in voice and body workshops, as well as participate in character developing activities. Experiment with mime and costumes, learn the basics of improv, and prepare short skits based on your character, which we will perform on Friday. This camp is for those interested in theatre, musical theatre, and improvisation. (It will focus on performance, so you will learn how to entertain, using and enhancing your current strengths whether that be singing, dancing, acting, or a mix of all.) If you have any clothes or props you would like to bring for costumes, please bring them along.

Miranda Glen has directed two youth summer productions, directed three one-act plays for Bishop's University theatre festivals, and has worked as a Theatre Counsellor two summers. She has held numerous lead roles in University theatre productions, plays and teaches piano, sings and danced for 8 years.

9-12 noon

St. Joseph's Parish Hall (Queen Street Entrance)

\$75

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 11.

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 23 & Thurs., June 24, 4-8 p.m.

Bridgewater Town Office

\$30 (includes manual and certification)

CANADIAN TIRE JUMP START 'FUNDS FOR CHILDREN'

Canadian Tire believes that all kids should have the chance to swim, play soccer or tennis, dance and play. To make this happen, they introduced Canadian Tire Jump Start, which delivers assistance to give all kids a sporting chance. The Bridgewater Parks, Recreation and Culture Department is dispersing some funds on behalf of Canadian Tire Jump Start to youth in the Town of Bridgewater ages 5-18. Funding up to \$300/child is available. Application forms and complete information is available at the Bridgewater Parks, Recreation and Culture Department located at 60 Pleasant Street or call us at 543-2274 and we can Fax one or mail one out to you. Applications must be signed by a community reference, such as a teacher, social worker or member of the clergy, etc. Referral agency may fill out application on behalf of applicant.



June Weagle and Lillian Cunningham, cashiers at Canadian Tire Bridgewater, helped support Canadian Tire JumpStart at the store's recent mini soccer ball promotion that took place during the months of May and June. All proceeds from the balls, which sold for \$2 each, went directly to JumpStart. JumpStart is a community based, charitable program that helps kids in financial need participate in organized sports and recreational activities such as dance, hockey, swimming, music lessons, soccer and more. The staff at Canadian Tire Bridgewater are working hard to give boys and girls a chance to participate! Canadian Tire JumpStart donated \$15,000 locally last year!

SUMMER DAY CAMP PROGRAMS

Age 5 (In School Last Year) to 12

Fun is in the air! Join our energetic staff as we launch eight, week-long day camp sessions, each with its own unique theme. Get ready for lots of fun as we visit the **Bridgewater Pool** every **Monday, Wednesday and Friday** from **12:45-1:45 p.m.** (Please bring money if you want to purchase anything from the canteen at the Bridgewater Pool). We will **enjoy fun games, sports, crafts, visitors** and field trips to all kinds of cool places. And don't forget the fun we'll have on the **four bus trips** planned for the summer. These trips are guaranteed to be an awesome time. (See bus trip descriptions). Day campers should bring a bag lunch, snacks, extra drinks, a hat, sunscreen, and a bathing suit and towel. **Drop off and pick up at the Bridgewater Memorial Arena Auditorium.** Daily excursions to the Woodland Gardens.

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

*Late pick up 4:30-5:15 p.m., there will be an additional cost of \$3/day

\$105 Full Day/1 week

\$50 Half Day/1 week

2 children from same family - **\$150/Full Day/1 week**

\$22 Drop in/day(* Please note: drop-in fee does not apply to bus trip days).

NOTE: Session #5 August 3-6 only fee reduced to **\$80/full day**

Session #1

Summer Celebration

July 5-9

(bus trip to Risser's Beach - see description on next page)
School's done, so let's have some fun! Join us for our summer kick off as we tie-dye t-shirts, break out the slip n' slide, make fuzzy head chia pets, dream catchers and ice cream floats, and soak up some sun at Risser's Beach. Don't forget your towels and a smile as we celebrate the start of summer.

Session #2

Simply Circus

July 12-16

"Join the Circus!" It's going to be a fun week under the big top! We'll face paint, juggle, create balloon animals, learn how to use infinity sticks, play carnival games and make circus animal snacks and candy apples. There is sure to be some clowning around all week long!

Session #3

Jungle Adventure

July 19-23

(bus trip to NS Museum of Natural History and Spryfield Wave Pool - see description on next page)
It's a jungle out there, so pack your bags and hold on tight as we take you on a summer safari! Make awesome animal crafts, play wild games and go on crazy adventures. Experience the venomous snakes and spiders of Little Ray's Reptiles at the NS Museum of Natural History and their venomous exhibit, then cool off at the Spryfield Wave Pool. Grab your binoculars ... I think I see something. Join us as we go "hunting" for animals of all sorts!

Session #4

Artful Antics

July 26-30

Explore the wonderful world of arts! There's no denying the popularity of cupcakes! Help make and decorate your own delicious cupcakes and "Cake Boss" cake. Learn hip hop moves, make a scrapbook, create a clay sculpture and more! Special guest, Miranda Glen, an actor, singer and dancer with an abundance of theatre and arts experience will also introduce you to drama basics. Join us for a week of colourful creativity!

Session #5

Wild West

August 3-6

(No camp August 2)

(bus trip to Hatfield Farm - see description on next page)
Round up your friends and get ready for a wild time "at the ranch!" We'll make bandanas, cowboy hats and have our very own square dance hoe down! And ... we're going on a cowboy adventure to Hatfield Farm! Take a wagon ride, explore the petting zoo and much more! A fun-filled week you don't want to miss — yeehaw!

Session #6

Canada Games Celebration

August 9-13

Experience the spirit of the 2011 Canada Games being held in Halifax this winter! Each day, we will play an exciting sport. Get ready for bowling, soccer, basketball, flag football, tennis, ultimate frisbee and so much more! Learn fun facts about each province represented in the games. Lace up those sneakers and celebrate the games with us!

Session #7

Wet & Wild!

August 16-20

(bus trip to Dartmouth Sportsplex - see description on next page)
Cool off from the summer heat! Get soaked everyday ... with our slip and slide, water balloons, water guns, and 3 visits to the pool! Create aqua-themed crafts, make a "penguin oreo" and play some crazy water games! This awesome week includes a trip to Pirate's Cove at the Dartmouth Sportsplex. Ride the wild slides or just chill in the pool!

Session #8

Day Camp Rewind

August 23-27

We're spending this week of day camp revisiting all our favourite activities, games and themes from the summer. Join us for a real celebration as we put this wild and fun summer on rewind!

BUS TRIPS

(Age 5 (in school last year) - 12)

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.

RISSER'S BEACH, PETITE RIVIERE

Tuesday, July 6 (Rain date

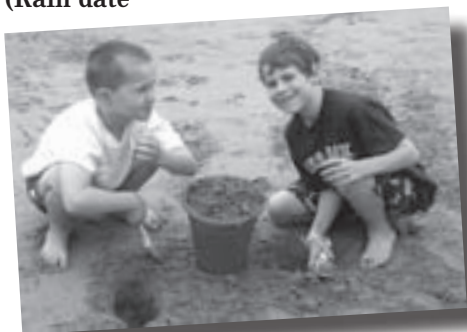
Thursday,
July 8)

Grab your bathing suit and towel as we journey to Risser's Beach for the day! Be sure to load on your sunscreen and don't forget to bring your lunch

as we spend an action-packed day of waves, sandcastle competitions, games and tons of fun in the sun!

9:30 a.m. - 4 p.m

\$25



HATFIELD FARM COWPOKE ADVENTURE, HAMMONDS PLAINS

Tuesday, August 3 (Rain Date Thursday, August 5)

We're going to Hatfield Farm for a "Cowpoke Adventure!" Hop on a wagon and take a ride down to Fort Clayton, have a blast in the Rubber Rodeo with the "Wild West Bouncer" and mechanical bull and try your hand at mini golf. Hang out at the playground, enjoy the all-you-can-eat hotdog stand, and eat your lunch in the massive lodge. We will finish off the trip with pony rides and a stop at the petting zoo filled with animals of all sorts! Come on out and find the cowboy or cowgirl in you! On the way home we're stopping at Queensland Beach to enjoy a little sand and surf.

9:30 a.m. - 4:30 p.m

\$32

DARTMOUTH SPORTSPLEX, DARTMOUTH

Thursday, August 19

We're getting wet and wild at the Dartmouth Sportsplex Pirate's Cove! Play on the three outrageous waterslides, the 150+ foot triple loop, the high speed slide or the smaller slide for the gentler ride. You can also swing on the rope, dive off the spring board or play in the heated wading pool. Kids must be at least 1.2 metres (48") tall and strong swimmers to ride the Pirate's Cove Slides, but children of all ages and swimming levels can enjoy the wading pool. On our way to the Dartmouth Sportsplex, we'll stop for lunch at McDonald's (at child's expense).

10:30 a.m. - 6 p.m.

\$32

NS MUSEUM OF NATURAL HISTORY & SPRYFIELD WAVE POOL, HALIFAX

Thursday, July 22

Come join us for a wildlife and swimming adventure! Explore the exotic venomous reptiles exhibit at the Museum of Natural History, which includes a live show from Little Ray's Reptiles. See snakes, tarantulas and lizards up close and, of course, experience the amazing butterfly room!

After the museum, we'll be riding the waves, jumping on the slides and climbing the pool climbing wall at the Spryfield Wave Pool. It's sure to be a splashing good time!

8 a.m. - 4:30 p.m.

\$32



"Day Camp
Fun"



SPECIALITY CAMPS

(Age 7-12)

GIRLS! GIRLS! GIRLS!

Tuesday, July 20

It's time to let your true inner diva shine! We are "ditching the boys" and entering a "GIRLS ONLY" day full of pampering and tons of girly fun! Join us as we sing karaoke, learn some new cheers, dance our hearts out, create unique flavours of lip-gloss and make memorable friendship bracelets. We will indulge in delicious cookies made by us while doing our nails, make up and hair for our personalized headshots! It will be an awesome day of girly fun!

9 a.m. - 4 p.m.

Girl Guide Cabin

\$25

GUYS DAY OUT!

Friday, August 6

This is a 'GIRL FREE ZONE!'. Join us for a jam-packed day full of sports, Lego, and boy-oriented activities! No Barbie dolls allowed, this camp is just for the boys! We will build Lego creations, play rock 'em sock 'ema dodge ball, and then cool off with a swim at the Bridgewater Pool. Come on out for a day just for the boys! Pick up at pool.

Holy Trinity Anglican Church Hall

9 a.m. - 3 p.m.

\$22

DANCE

Emma Cochrane has been dancing since the age of 3, and teaching for 7 years. She has studied ballet, pointe, tap, jazz, hip-hop, lyrical, modern, contemporary and flamenco and completed numerous Canadian Dance Teacher's Association exams on Ballet & Tap. She was a member of the NDS Competitive Team and has choreographer for local High School musicals and plays. She has participated in several dance workshops and summer intensive camps to further training and Emma continues to take weekly dance classes and performs while attending Acadia University.

SESSION: AUGUST 16-20

CREATIVE MOVEMENT (Age 3-5)

An introductory class where children are encouraged to use free-expression and their imaginations as they experience the basics of ballet while using a variety of Disney music, characterization and props (like scarves, hoola-hoops, and a parachute, etc.). Learn to dance like your favourite animals while working on your coordination and expression.

10-10:45 a.m.

\$30



BEGINNER HIP-HOP (Age 6-8)

A high-energy class that uses songs from High School Musical, the Jonas Brothers and other contemporary artists. Hip-Hop increases coordination, musicality and creativity.

10:45-11:30 a.m.

\$30

GLEE BROADWAY JAZZ (Age 9-12)

Learn how to dance, act and perform like the hit stars from the television show Glee! Music of the show will be used in this fun and energetic dance class.

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

\$40

TEEN CONTEMPORARY & JAZZ FUNK (Age 13+)

Contemporary is a dance form that is popularly seen in shows such as "So You Think You Can Dance?" Students will learn a variety of expressive movements and present a piece of choreography at the end of the week.

12:30-1:30 p.m.

\$40

ALL CLASSES WILL TAKE PLACE AT THE BRIDGEWATER FIRE HALL.

8th ANNUAL SOUTH SHORE KIDS OF STEEL TRIATHLON

Thursday, JULY 1

Registration Fee: \$15 (Triathlon NS members \$10)

(Includes Triathlon NS membership, t-shirt if registered by **June 7**, certificate, bbq, goodie bag and draw prizes.)

Join us on Canada Day at the Bridgewater Outdoor Pool for the 8th Annual Kids of Steel Triathlon open to youth ages 3-15. No prior experience is necessary for this SWIM, BIKE AND RUN event. Enter the individual and/or team event (2-3/team).



It's all about having fun!

<u>Year Born</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>
2005/06/07	sprinkler	50m	25m (with parent)
2003/04	sprinkler/or 25m	75m	100m
2001/02	50m	2km	500m
99/2000	75m	3km	750m
97/98	100m	5km	1km
95/96	125m	6km	1.25km
Relay Teams			
99/2000/01/02	75m	3km	750m
95/96/97/98	125m	6km	1.25km

*Swimmers are welcome to take breaks.



All starts will be in waves by age and gender, starting at 8:45 a.m. Mandatory check in and bike checks commence at 7:45 a.m.

Registration forms and event details are available at the Bridgewater Parks, Recreation and Culture Department located at 60 Pleasant Street. For more information feel free to call our office at 543-2274. T-shirt only guaranteed to those registered by June 7, 2010.

THANK YOU TO OUR 2010 SPONSORS: Tim Horton's, Bridgewater Triathlon Club, Bridgewater Parks, Recreation and Culture Department, Michelin Tires (Canada), Cleve's Source for Sports, Lunenburg Bike Barn, Spin Your Wheels Bike Shop, McDonald's, Dairy Queen, High Liner Foods Incorporated, BMO Nesbitt Burns, Claussen Walters & Belliveau Veinotte Inc.

Check out the KOS website at bridgewatertriclub.com/kos

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.

Badminton	Monday	5:30-6:30 p.m.	Connie Banfield	Michelin Social & Athletic Club	June 7 - July 12 *No class June 14 6 classes
Step-It-Up	Tuesday	5:30-6:30 p.m.	Connie Banfield	Michelin Social & Athletic Club (June 15 at BES)	June 8 - July 13 6 classes
Body Sculpt	Wednesday	5:30-6:30 p.m.	Connie Banfield	Michelin Social & Athletic Club (June 16 & BES)	June 9 - July 14 6 classes

Connie's Summer Fitness Pass (Punch Card)

6 pass - \$31.86 + \$4.14 HST = \$36
 12 pass - \$57.52 + \$7.48 HST = \$65
 18 pass - \$66.37 + \$8.63 HST = \$75
 * Pass Expires July 19, 2010

RECREATIONAL BADMINTON

Play badminton for a fun, cardiovascular workout. Absolute beginners, as well as, experienced players are welcome. There is a court for all levels.

STEP-ON-UP

Step remains a favourite for many! It's a fun, no bounce workout that is wonderful for those large lower body muscles in the bottom and thighs. Good technique will tackle those calf issues, too. Good posture will also work those core areas around the lower back and abdominals. It will get your heart pumping and lungs expanding releasing endorphins that promote the good-feel factor. A multi level class suitable for the beginner to advanced stepper.

BODY SCULPT

If time is limited the best class to incorporate to get the best results is a body sculpt class. This will tone you and make you burn more fat at rest by increasing your metabolism.



ZUMBA & FITNESS YOGA

Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. You will want to work out, love working out and get hooked on Zumba. It's an exciting hour of calorie-burning, body-energizing movement that will make you sweat and feel like you have joined the best party in town. Add some Latin flavour and international zest into your fitness routine!

Fitness Yoga is a fusion of yoga and pilates types moves, with breathing techniques to stretch and strengthen your muscles, while allowing your mind to remain calm. This class builds strength, flexibility and balance leaving you relaxed, re-energized and renewed.

Aline Couturier is an Occupational Therapist. She is also a Can-Fit Pro, Fitness Instructor Specialist and a Zumba Instructor. Zumba and the Zumba Fitness logo are trademarks of Zumba Fitness, LLC, used under license.

Fitness Yoga

Mon., June 14 - July 26, 6 weeks (No class June 26)
 6:30-7:30 p.m.
 Michelin Social & Athletic Club (June 14 at BES)

Zumba

Thurs., June 17-July 29, 6 weeks (No class July 1)
 6:30-7:30 p.m.
 Michelin Social & Athletic Club
6 pass - \$42.48 + \$5.52 HST = \$48
12 pass - \$75.22 + \$9.18 HST = \$85

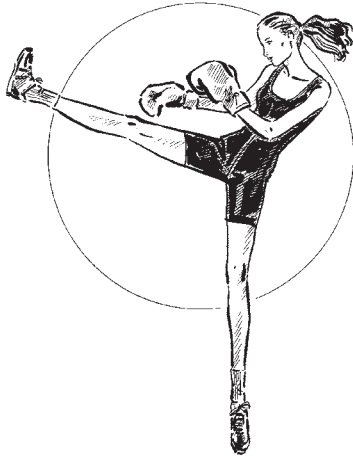


RIVERSIDE BOXING CLUB PROGRAMS

To Register please call David Penny at
543-1056 or drop in the Riverside Boxing
Club located at 416 King Street

LADIES KICK BOXING (Age 12+)

This is a fun, exercise class that includes 30 minutes cardio, ab work and kicks (using a heavy bag or shield). A total body workout! Upbeat background music is played during classes. A fantastic way to release tension after a stressful day. Classes are taught by David Penny of Riverside Boxing Club. Mon. & Wed., 6:30-7:30 p.m., starting June 7
Tues. & Thurs., 8-9 p.m., starting June 8



416 King Street (located below Buttercups
Bra Boutique)

\$40 first month (2 classes/week)

\$35 (every month thereafter) (2 classes/week)

\$55 (4 classes/week)

CO-ED INSTRUCTIONAL BOXING (Age 10+)

(For Fitness and Recreation or Competition)
Boxing is a fantastic sport that develops cardio-vascular fitness, strength, flexibility, and hand-eye coordination, etc. Beginners will notice a reduction in body fat, improved muscle tone, more strength, stamina, energy and an overall feeling of well-being. Participants of this program will learn "the art of boxing", including basic punches, footwork, working with a team, and skills such as how to hit a heavy bag, etc.

Recreational students will be taught the technical aspects of boxing, but will not sparr. Students who wish to compete or spar must be registered with Boxing Nova Scotia. There will be an additional membership fee and a medical and forms must be completed. Please bring a water bottle and wear indoor sneakers.

Age 17+ Mon. & Wed., 7:30-9 p.m., starting June 7

Age 10-17 Tues. & Thurs., 6:30-8:00 p.m., starting June 8

416 King Street (located below Buttercups
Bra Boutique)

\$40 first month (2 classes/week)

\$35 (every month thereafter) (2 classes/week)

\$55 (4 classes/week)

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, June 29 - August 31, 6-7 p.m.

(Meet behind DesBrisay Museum)

Donation to instructor is appreciated.

MIXED LEVEL POWER YOGA

This class is for people who have prior yoga experience and are familiar with the terminology and poses. It is not suitable for absolute beginners. **Amanda Stuart** is a High School Teacher. She studied yoga with David Swensen in Detroit, Michigan and completed a 200 hour certification at the Thearapeutic Approach Yoga Studio in Halifax. Please bring a mat, blanket and water.

Tues., June 15 - August 24. 6-7:15 p.m. (*No class June 29)

751 King Street (Tai Kwon Do Studio)

\$100 + \$13 HST = \$113/10 weeks

MORNING YOGA BOOT CAMP

Kick start your morning with an energizing yoga class suitable for people who have prior yoga experience.

August 9-13, 7-8:15 a.m. (Mon. - Fri.)

751 King Street (Tai Kwon Do Studio)

Amanda Stuart

\$50.43 + \$7.57 HST = \$58

INTRODUCTION TO NORDIC WALKING

Nordic Walking is excellent for people who are looking for an outdoor activity which is easy on their joints and knees. Workshop will cover the history, benefits, proper technique and equipment. We will also get some "hands on" experience in the Michelin Social and Athletic Club gym. Come try this wonderful activity that will help strengthen your abdominal and back muscles, and burn calories. Perfect for all ages and fitness levels.

Connie Banfield

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

OR

Sat., June 26, 10-11:30 a.m.

Michelin Social & Athletic Club

\$13.37 + \$1.73 HST = \$15

NORDIC WALKING AT YOUR CONVENIENCE

If you and a group of friends or staff would like to experience Nordic Walking, we can set up a 1.5 hour intro clinic "especially for you." Call us at 543-2274 or leave a message at 541-4384 (voice mail). Maximum 15 participants.

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

ESPECIALLY FOR ZOOMERS (AGE 50+)

PRIMETIMERS (Age 50+)

Come join Connie 1, or 2 times a week to improve your strength, endurance, flexibility and balance. Monday is "Cardio Fun" (A little step and floor aerobics), Wednesday is "Weight/Resistance Day" ... working head-to-toe. An excellent low impact workout that is easy on your joints.

Mon., June 7 - July 26/8 classes
 Wed., June 9 - July 28/8 classes
 9:30-10:30 a.m. (July 5 & 7, 10-11 a.m.)
 Michelin Social & Athletic Club
 Drop-in Fee: \$2.61 + .39 HST = \$3/class

NICE & EASY (Age 60+)

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 7 - July 26
 10:45-11:45 a.m. (July 5, 11-12 noon)
 Michelin Social & Athletic Club
 \$29.20 + \$3.80 HST = \$33/8 classes

SENIORS' ACTIVITY DAY(AGE 55+)

Sample a variety of fun activities, play bocce and enjoy a light lunch. Try out the new shuffleboard courts, learn about Nordic Walking, Tai Chi, Yoga, Nice & Easy Fitness and more activities. Connie Muzzatti from On Track Physiotherapy will also lead a walk and talk. It's **FREE!** Sponsored by the Municipality of the District of Lunenburg, in co-operation with the Bridgewater Parks, Recreation and Culture Department. Pre-registration is not required.

Wed., June 9, 10 a.m. - 1 p.m.
 HB Studios Sports Centre, Bridgewater



MUSIC IN THE PARK SERIES CITIZENS' BANDSTAND SHIPYARDS LANDING

(south end King Street, weather permitting)

June 20

Spring into Summer with Molly Thomason,12-4 p.m.
Owen Cameron, Taylor Rizsanyi, Melissa Nodding, Keya Joseph, Dylan Winter, Johnny Whynot and The Guys Night Out.

June 30

Bridgewater Fire Department Band 7 p.m.

July 1

Canada Day on the LaHave 11 a.m.

July 7

Bridgewater Fire Department Band 7 p.m.

July 14

Bridgewater Fire Department Band 7 p.m.

July 16

Gibby Munroe & Norma K..... 6-8 p.m.

July 17

Lorimer Higgins & Friends..... 2-3 p.m.

July 18

Kelly Blair..... 3-5 p.m.

July 21

Bridgewater Fire Department Band 7 p.m.

July 28

Bridgewater Fire Department Band 7 p.m.

August 4

Bridgewater Fire Department Band 7 p.m.

August 7

Bridgewater Fire Department Band2-4:30 p.m.

August 7

Lorimer Higgins & Friends..... 6:30-8:30 p.m.

August 18

Bridgewater Fire Department Band 7 p.m.

August 25

Bridgewater Fire Department Band 7 p.m.

September 1

Bridgewater Fire Department Band 7 p.m.



HEALTH & SAFETY

CANADIAN RED CROSS EMERGENCY & STANDARD FIRST AID & CPR RECERT

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

Laura-Lee Johnson

Emergency

Sat., June 12, 9 a.m. - 1 p.m., Town Office

\$35.40 + \$4.60 HST = \$40

Standard

Sat. June 12, 9 a.m. - 5 p.m., Town Office

\$48.67 + \$6.33 HST = \$55

CANADIAN RED CROSS 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.

Laura-Lee Johnson

Thurs. & Fri., June 24 & 25, 9 a.m. - 5 p.m.

Bridgewater Town Office

\$84.07 + \$10.93 HST = \$95

CANADIAN RED CROSS EMERGENCY FIRST AID & CPR (BLSB)

Learn 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, infants and children will also be covered.

Laura-Lee Johnson

Thurs., June 24, 9 a.m. - 5 p.m.

Bridgewater Town Office

\$57.52 + \$7.48 HST = \$65

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.

Ivy Lowe

Sat. & Sun., July 10 & 11, 9 a.m. - 5 p.m., Town Office

OR

David Nash

Tues. & Wed., Aug. 17 & 18, 8:30 a.m. - 4:30 p.m., Town Office

\$82.61 + \$12.39 HST = \$95

ST. JOHN AMBULANCE EMERGENCY FIRST AID & CPR

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.

Ivy Lowe

(CPR-B)

Sat., July 10, 9 a.m. - 5 p.m., Town Office

Or

David Nash

(CPR-A)

Tues., Aug. 17, 8:30 a.m. - 4:30 p.m., Town Office

\$56.52 + \$8.48 HST = \$65

MARINE BASICS FIRST AID (MBFA)

This is an excellent course for both the recreational boater and the professional mariner. Similar to standard first aid and CPR but included information on marine related topics. Approved by Transport Canada.

Mon., July 19 & Tuesday, July 20, 8:30 a.m. - 4:30 p.m.

Bridgewater Town Office

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

ST. JOHN AMBULANCE STANDARD FIRST AID & CPR FOR HEALTH CARE PROVIDERS (HCP)

This course offers Standard First Aid Training, as well as training in all levels of CPR and Artificial Respiration (AR), use of the Automated External Defibrillator (AED), and the use of a Bag Valve Mask (BVM). Please call our office at 543-2274 and leave your name, phone number and email address if you are interested in taking a course.

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

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.

