



2010

Kathy and Doug Muzzerall
enjoy snowshoeing
at the MARC

Winter/Spring Recreation Guide

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Bridgewater Parks,
Recreation &
Culture Department
543-2274

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South Shore
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Lunenburg
County YMCA
543-9622

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Municipality of the
District of Lunenburg
Recreation Department
541-1343



TOWN OF BRIDGEWATER

Bridgewater Parks, Recreation and Culture Department 543-2274

REGISTRATION INFORMATION

WALK IN REGISTRATION for Winter/Spring 2010 begins at the Bridgewater Parks, Recreation and Culture Department Office **Tuesday, January 5** from **8:30 a.m. to 7:00 p.m.** Fees must be paid at time of registration. Forms of payment: Cash, Cheque, Interact, Visa or Mastercard.

PHONE IN REGISTRATION will be accepted starting **Wednesday, January 6** from **8:30 a.m. to 4:30 p.m.** Phone 543-2274 for **winter programs only.** (Please note that only registration with payment will be accepted for spring programs.)

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 **January 5.** 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 (York Street)
 BES - Bridgewater Elementary School (York Street)
 ACSBE - Acadia Centre for Small Business & Entrepreneurship (Gateway Plaza, 215 Dominion Street)
 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 \$5 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

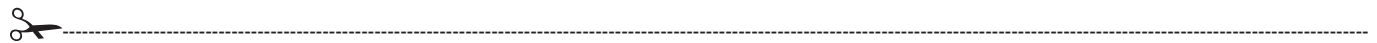
Cancellations

- March 14-20 (March Break), April 2-5 (Easter Weekend) & May 23 & 24 (Victoria Day Weekend)
- When the Bridgewater Elementary and Junior-Senior High Schools are closed due to a snow storm or poor road conditions, our programs will be CANCELLED for that entire day (unless otherwise specified). Classes will be made up.
- 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.



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/CANDIDATE _____ DATE: _____

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

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

AQUATICS

“Join us for a Summer of Fun in 2010!”

If you love working outdoors and enjoy working with people of all ages and pride yourself in providing high quality service, please send your application for summer employment TODAY.

SUMMER EMPLOYMENT

BRIDGEWATER PARKS, RECREATION & CULTURE DEPARTMENT

requires energetic, friendly, creative, motivated, and responsible individuals to fill the following SUMMER positions:

- Pool Director
- Assistant Pool Directors
- Water Safety Instructors/Lifeguards
- Part Time Water Safety Instructor/Guard
- Pool Receptionists
- Summer Manager
- Special Events/Public Relations Co-ordinator
- Day Camp Coordinator
- Day Camp/Pre-school Leaders
- Sport/Activity Coordinator
- Heritage Interpreter

Please submit résumé, cover letter and aquatic qualifications (pool positions) by February 8 for Summer Manager, Pool Director and Assistant Pool Directors and March 19 for all other positions to:

Bridgewater Parks, Recreation & Culture Department
 Attn: Carol Pickings-Anthony, Director
 c/o 60 Pleasant Street
 Bridgewater, NS B4V 3X9
 Fax (902) 543-6876 Phone (902) 543-2274
 Email: recreation@bridgewater.ca

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**

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
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

AQUA SPINNING/JOGGING

Join CALA trained instructor Karen Geddes-Selig for an innovative, awesome workout that will challenge athletes, and/or younger or older adults who would like to increase their stamina and strength. Great also for athletes who are recovering from an injury. Class includes a combo of aqua-jogging (or water running), aquaspinning (a cycling motion), liquid intervals and snoodle work. A perfect way to achieve cardiovascular conditioning while being low impact on the knees and ankles. Come try the “pyramid” and “obstacle”, etc. It’s fun and will help you move towards a fitter, more sculpted body. (Instruction 45 minutes)

Mon., Jan. 11 - March 1, 8-9 pm

Days Inn

\$54.87 + \$7.13 HST = \$62/8 weeks

SENIORS’ AQUAFIT COMBO (Age 50+) (See Section on Adults 50+ for Details)

AQUA-ARTHRITIS

A gentle non-impact water class that will work towards improving flexibility and range of motion, while helping decrease pain and stiffness. This is an excellent class for anyone with arthritis, recovering from injury, or an entry level exerciser. Karen will incorporate apparatus into the class such as sponges, wands and snoodles, providing variety and “FUN!” Classes will also include a warm-up, aqua-arthritis exercises, gentle cardio and cool down. You may want to consult your doctor before attending this class. 45 minutes of instruction and 15 minute free swim. Participants can work at your own pace.

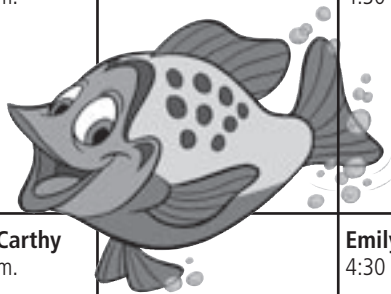
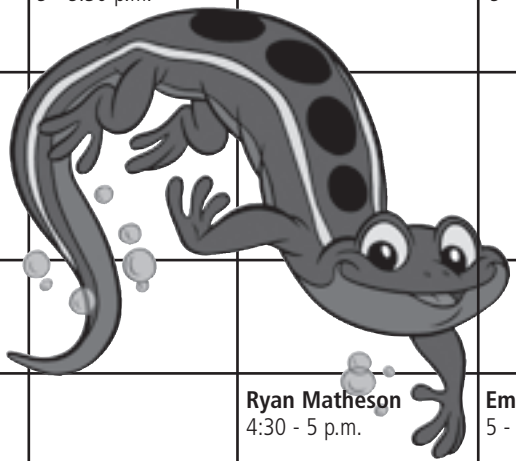
If you are interested in attending an evening class this winter, please call our office at 543-2274 or send an email to recreation@bridgewater.ca with your name and phone number.

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

Is a 7-seven program for babies from 6 months to 5-year-old children. The program helps your child become comfortable in the water and explore safe water movement. Songs, games, safety education and basic water skills will be introduced during each class. *A parent must accompany his/her child in the water for the first 3 levels (starfish, duck and sea turtle, unless otherwise specified).

DAYS INN



LEVEL	DESCRIPTION	SUNDAY Jan. 17 - Mar. 7 \$50/8 weeks	TUESDAY Jan. 12 - Mar. 2 \$50/8 weeks	WEDNESDAY Jan. 13 - Mar. 3 \$50/8 weeks	THURSDAY Jan. 14 - Mar. 4 \$50/8 weeks
Sea Turtle (Age 3 - 5) Unparented	An introductory class for babies and toddlers with a parent or caregiver. Games, songs and active water play	Hailey Millett 10:30 - 11 a.m. Jessica Kiss 10:30 - 11 a.m. Hailey Millett 12:30 - 1 p.m. T.B.A. 5- 5:30 p.m.	Tyler Strang 4:30 - 5 p.m.		Hailey Millett 4:30 - 5 p.m.
Salamander (Age 3 - 5) Unparented	Salamanders will actively learn new swimming skills and learn to jump into chest deep water.	Hailey Millett 11 - 11:30 a.m.	Sarah McCarthy 5 - 5:30 p.m.		Emily Backman 4:30 - 5 p.m.
Salamander/ Sunfish (Age 3 - 5) Unparented		Jessica Kiss 12:30 - 1 p.m.		Tyler Strang 4:30 - 5 p.m.	
Sunfish (Age 3 - 5) Unparented	Sunfish will work on stroke and skill progression.	Jessica Kiss 11 - 11:30 a.m.	Tyler Strang 5 - 5:30 p.m.		Hailey Millett 5 - 5:30 p.m.
Crocodile (Age 3 - 5)	Endurance is built through increasing distance for front and back swims. Swimmers learn about dolphin kick and synchro skills.				
Whale (Age 3 - 5)	Whale will also work on front and back swim and throwing assists.				
Crocodile/Whale (Age 3 - 5)		Hailey Millett 11:30 - 12 noon		Ryan Matheson 4:30 - 5 p.m.	Emily Backman 5 - 5:30 p.m.



WINTER SCHEDULE

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

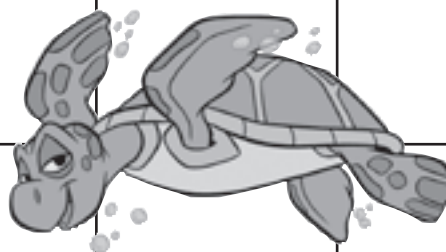
Is a 7-seven program for babies from 6 months to 5-year-old children. The program helps your child become comfortable in the water and explore safe water movement. Songs, games, safety education and basic water skills will be introduced during each class. *A parent must accompany his/her child in the water for the first 3 levels (starfish, duck and sea turtle, unless otherwise specified).

DAYS INN



SPRING SCHEDULE

LEVEL	DESCRIPTION	SUNDAY April 11 - June 6 No class May 23 \$50/8 weeks	TUESDAY April 6 - June 1 \$56/9 weeks	WEDNESDAY April 7 - June 2 \$56/9 weeks	THURSDAY April 8 - June 3 \$56/9 weeks
Starfish/Duck (6 - 30 mos.) Parented	An introductory class for babies and toddlers with a parent or caregiver. Games, songs and active water play.	Alison Rawding 10:30 - 11 a.m.			
Sea Turtle (30+ months) Parented	A transitional level. Develops basic skills in swimming, glides, and floating, etc.	Alison Rawding 10 - 10:30 a.m. Alison Rawding 11 - 11:30 a.m.			
Sea Turtle (Age 3 - 5) Unparented		Alison Rawding 11:30 - 12 noon Alex Marshall 11:30 - 12 noon Emily Backman 5- 5:30 p.m.	Jessica Kiss 4:30 - 5 p.m.	Sarah McCarthy 4 - 4:30 p.m.	Toni Selig 5 - 5:30 p.m.
Salamander (Age 3 - 5) Unparented	Salamanders will actively learn new swimming skills and learn to jump into chest deep water.	Alex Marshall 12 - 12:30 p.m. Ryan Matheson 5:30 - 6 p.m.	Sarah McCarthy 5 - 5:30 p.m.	T.B.A. 4 - 4:30 p.m. Sarah McCarthy 4:30 - 5 p.m.	Jasmine Ali 5 - 5:30 p.m.
Sunfish (Age 3 - 5) Unparented	Sunfish will work on stroke and skill progressions.	Alison Rawding 12 - 12:30 p.m.	Sarah McCarthy 5:30 - 6 p.m.	T.B.A. 4:30 - 5 p.m.	Toni Selig 6 - 6:30 p.m.
Crocodile (Age 3 - 5)	Crocodile - Endurance is built through increasing distance for front and back swims. Swimmers learn about dolphin kick and synchro skills.	Alex Marshall 12:30 - 1 p.m.	Jessica Kiss 5 - 5:30 p.m.		
Whale (Age 3 - 5)	Whale will work on front and back swim and throwing assists and build endurance.		Jessica Kiss 5:30 - 6 p.m.	T.B.A. 5:30 - 6 p.m.	
Crocodile/Whale (Age 3 - 5)					Jasmine Ali 6 - 6:30 p.m.






RED CROSS SWIM KIDS - (Ages 6+)

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. **DAYS INN**



WINTER SCHEDULE



LEVEL	DESCRIPTION	SUNDAY Jan. 17 - Mar. 7 \$50/8 WEEKS	TUESDAY Jan. 12 - Mar. 2 \$50/8 WEEKS	TUESDAY Jan. 13 - Mar. 3 \$50/8 WEEKS	THURSDAY Jan. 14 - Mar. 4 \$50/8 WEEKS
1	Orientation to water. Introduces floats and glides with kicks.	Hailey Millett 12 - 12:30 p.m. Jessica Kiss 4:30 - 5 p.m.	Sarah McCarthy 4 - 4:30 p.m.	Tyler Strang 5 - 5:30 p.m.	Hailey Millett 5:30 - 6 p.m.
2	Build skills in front and back swims. Intro to deep water with PFD.	Jessica Kiss 12 - 12:30 p.m. T.B.A. 4:30 - 5 p.m.	Tyler Strang 4 - 4:30 p.m.	Ryan Matheson 4 - 4:30 p.m.	Emily Backman 5:30 - 6 p.m.
3	Intro to front crawl and diving. Build strength in flutter kick and 15 metre swim.	Jessica Kiss 11:30 - 12 noon Jessica Kiss 5 - 5:30 p.m.	Sarah McCarthy 4:30 - 5 p.m.	Tyler Strang 4 - 4:30 p.m. Ryan Matheson 5 - 5:30 p.m.	Hailey Millett 6 - 6:30 p.m.
4	Work on front crawl, back glide and shoulder roll for back crawl. Kneeling dives and surface support. 25 metre swim.	Ryan Matheson 10:30 - 11:15 a.m. Emily Backman 4:30 - 5:15 p.m.	Toni Selig 4 - 4:45 p.m.	Sarah McCarthy 4 - 4:45 p.m.	T.B.A. 4:45 - 5:30 p.m. Emily Backman 6 - 6:30 p.m.
5	Back crawl is introduced, skulling and whip kick on back. Stride dive, dolphin kick and 50 metre swim.	Alex Marshall 10:30 - 11:15 a.m.	Jessica Kiss 4 - 4:45 p.m.	Mitch Baker 4 - 4:45 p.m.	Toni Selig 4:45 - 5:30 p.m.
5 & 6		Ryan Matheson 12:15 - 1 p.m. T.B.A. 4:30 - 5:15 p.m.			
6	Elementary backstroke introduced. 75 metre swim.	Ryan Matheson 11:15 - 12 noon		Sarah McCarthy 4:45 - 5:30 p.m.	T.B.A. 5:45 - 6:30 p.m.
6 & 7			Toni Selig 4:45 - 5:30 p.m.		
7		Alex Marshall 11:15 - 12 noon			Toni Selig 5:45 - 6:30 p.m.
7 & 8		Alex Marshall 12:15 - 1 p.m. Emily Backman 5:15 - 6 p.m.		Mitch Baker 4:45 - 5:30 p.m.	
8	Introduction to breaststroke, foot first dives and rescue entries. Endurance built on the dolphin kick and 300 metre swim.		Jessica Kiss 4:45 - 5:30 p.m.		T.B.A. 4 - 4:45 p.m.
9 & 10	Level 9 - 400 metre swim. Level 10 - Intro to butterfly and scissor kick. 500 metre swim.	T.B.A. 5:15 - 6 p.m.			Toni Selig 4 - 4:45 p.m.

RED CROSS SWIM KIDS - (Ages 6+)

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.

DAYS INN

SPRING SCHEDULE



LEVEL	DESCRIPTION	SUNDAY April 11 - June 6 *No class May 23 \$50/8 WEEKS	TUESDAY April 6 - June 1 \$56/9 WEEKS	WEDNESDAY April 7 - June 2 \$56/9 WEEKS	THURSDAY April 8 - June 3 \$56/9 WEEKS
1	Orientation to water. Introduces floats and glides with kicks.	Alison Rawding 12:30 - 1 p.m. Ryan Matheson 4:30 - 5 p.m. Emily Backman 5:30 - 6 p.m.	Sarah McCarthy 4 - 4:30 p.m.	T.B.A. 5 - 5:30 p.m.	Toni Selig 4:30 - 5 p.m.
2	Build skills in front and back swims. Intro to deep water with PFD.	Emily Backman 4:30 - 5 p.m.	Jessica Kiss 4 - 4:30 p.m.		Jasmine Ali 4:30 - 5 p.m. Toni Selig 5:30 - 6 p.m.
2/3				Sarah McCarthy 5 - 5:30 p.m.	
3	Intro to front crawl and diving. Build strength in flutter kick and 15 metre swim.	Ryan Matheson 5 - 5:30 p.m.	Sarah McCarthy 4:30 - 5 p.m. Emily Backman 5:30 - 6 p.m. Deep End		Jasmine Ali 5:30 - 6 p.m.
3/4			Toni Selig 5:30 - 6 p.m. Deep End		
4	Work on front crawl, back glide and shoulder roll for back crawl. Kneeling dives and surface support. 25 metre swim.	Hailey Millett 10 - 10:45 a.m. Hailey Millett 12:15 - 1 p.m. Jasmine Ali 4:30 - 5:15 p.m.	Toni Selig 4 - 4:45 p.m.	Mitch Baker 4 - 4:45 p.m. Ryan Matheson 4:45 - 5:30 p.m.	Hailey Millett 5:45 - 6:30 p.m.
5	Back crawl is introduced, skulling and whip kick on back. Stride dive, dolphin kick and 50 metre swim.	Jessica Kiss 10 - 10:45 a.m. Jessica Kiss 10:45 - 11:30 a.m. Jessica Kiss 12:15 - 1 p.m. Jessica Kiss 4:30 - 5:15 p.m.	Emily Backman 4 - 4:45 p.m.	Ryan Matheson 4 - 4:45 p.m.	T.B.A. 5:45 - 6:30 p.m.
6	Elementary backstroke introduced. 75 metre swim.	Hailey Millett 10:45 - 11:30 a.m. Jasmine Ali 5:15 - 6 p.m.	Emily Backman 4:45 - 5:30 p.m.	Mitch Baker 4:45 - 5:30 p.m.	Hailey Millett 4:45 - 5:30 p.m.
7	Whip kick on front introduced. Endurance built through treading water and a 150 metre swim.	Hailey Millett 11:30 - 12:15 p.m. Jessica Kiss 5:15 - 6 p.m.			
7 & 8			Toni Selig 4:45 - 5:30 p.m.		T.B.A. 4:45 - 5:30 p.m.
8	Introduction to breaststroke, foot first dives and rescue entries. Endurance built on the dolphin kick and 300 metre swim.	Jessica Kiss 11:30 - 12:15 p.m.			
9 & 10	Level 9 - 400 metre swim. Level 10 - Intro to butterfly and scissor kick. 500 metre swim.				#9 Hailey Millett 4 - 4:45 p.m. #10 T.B.A. 4 - 4:45 p.m.

CANADIAN RED CROSS AND LIFESAVING SOCIETY OF NOVA SCOTIA LEADERSHIP COURSES

Courses subsidized with support from the Dept. Of Health Promotion & Protection and the Lunenburg/Queens Recreation Coordinators/Directors' Association

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. Please call our office at 543-2274 or email us at recreation@bridgewater.ca and leave you name, phone number, mailing and email address if you are interested in participating in this course.

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.

Please bring proof of Bronze Medallion & CPR-B when registering.

Jilien Beaton

Sat., Jan. 16 9-11am

Bridgewater Days Inn

11am-5pm

Bridgewater Town Office

Tues., Jan. 19 5:30-9:30pm

White Point Beach Resort

Tues., Feb. 2 5:30-9:30pm

White Point Beach Resort

Tues., Feb. 9 5:30-9:30pm

White Point Beach Resort

\$100 (includes exam fee)

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

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. Refunds will be issued on or prior to April 1st.

Krista Elvidge

Fri., April 9 6-8:30pm

emOcean Spa, Lunenburg

Sat., April 10 10am-4pm

Lunenburg Academy

4-8pm

emOcean Spa

Sun., April 11 9am-1pm

emOcean Spa

1-5pm

Lunenburg Academy

Sat., April 17 10am-4pm

Lunenburg Academy

4-8pm

em-

Ocean Spa

Sun., April 18 9am-1pm

em-

Ocean Spa

1-5pm

Lunen-

burg Academy

\$200 (includes manuals and exam fee)

LIFESAVING INSTRUCTOR COURSE

LSI prepares candidates to teach the lifesaving program, i.e. bronze star, bronze medallion, and bronze cross, etc. In addition to course, candidates must do a minimum of three formally evaluated practice teaching sessions. Refunds will be issued on or before April 30th.

Krista Elvidge

Fri., May 7 6-8:30pm emOcean

Spa

Sat., May 8 9am-4pm Lunenburg

Academy

4-6pm

emOcean Spa

Sun., May 9 9:30am-1pm

emOcean Spa

1-5pm

Lunenburg Academy

\$110 (includes Lifesaving Instructor Kit)

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 (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. Refunds will be issued on or before April 15th.

Jilien Beaton

Thurs., April 22 5:30-9:30pm

White Point Beach Resort

Sat., May 1 11am-1pm

Bridgewater Days Inn

1-6pm

Bridgewater Town Office

Sun., May 2 9am-5pm

Bridgewater Town Office

Thurs., May 6 5:30-9:30pm

White Point Beach Resort

Sat., May 8 8:30-10:30am

Bridgewater Days Inn

10:30am-3:30pm

Bridgewater Town Office

\$120 (includes manuals)

WATER SAFETY INSTRUCTOR (Age 16+)

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. pre-school, swim kids and aquaadults). This is a 25-hour course, with an 12 hours additional teaching experience. Upon successful completion, candidates are certified as WSI. Please bring proof of age and AWSI certification when registering. Refunds will be issued on or before May 4th.

Jilien Beaton

Thurs., May 11 5:30-9:30pm White Point Beach Resort

Sat., May 15 11am-1pm Bridgewater Days Inn
1-5pm Bridgewater Town Office

Sun., May 16 9am-4pm Bridgewater Town Office

Thurs., May 20 5:30-9:30pm White Point Beach Resort

Thurs., May 27 5:30-9:30pm White Point Beach Resort

\$120 (includes manuals)

WSI RE-CERT

Recert your WSI qualifications.

Jilien Beaton

Thurs., June 3 5:30-9:30pm White Point Beach Resort

\$55

CANADIAN TIRE JUMP START 'FUNDS FOR CHILDREN'

Canadian Tire believes that all kids should have the chance to do gymnastics, swim, play hockey or basketball, 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.



YOUTH PROGRAMS

Nena Erickson has been cheering and coaching almost as long as she can remember. She started coaching and teaching at 13 years old and hasn't stopped since. Nena cheered for her high school team in Sydney, NS and then went to cheer in competitive All Star cheerleading. She opened and operated her own non-profit cheerleading club, formerly Celtic Power Cheerleading, for 3 years before leaving for what she calls, 'real life'. Nena has been judging school cheerleading on a provincial and national scale for the last 3 years and hopes to bring her love for the sport to a new generation of boys and girls, as well as introduce adults to this amazing activity.

KINDER CHEER (Ages 3-7, girls & boys)

Want to be a cheerleader? Would you like to develop rhythm and coordination? Do you want to have fun and make new friends? Kinder Cheer is where future cheerleaders learn to discover their bodies and how we can make them move while playing games and dancing to music. Our first goal is to have fun!



Thurs., Jan. 14 - March 11

Age 3-4: 5:55-6:25 p.m.

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

BES

\$27 /9 weeks

CHEER FOR ADULTS 100 (Ages 18+)

See Adult Fitness Section for details.

CHEER 101 (Ages 7-12, girls and boys)

Have you ever thought about cheerleading? Here's your chance. This class will teach the basics of power cheerleading; from dancing to gymnastics, to jumps and basic stunting. You will learn a short routine and how it all flows together while having fun and staying fit.

Thurs., Jan. 14 - March 11, 7-8:30 p.m.

BES

\$44/9 weeks

RED CROSS BABYSITTING COURSE (Age 11+)

Get prepared for fall 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

Thurs., Feb. 4 & Fri., Feb. 5, 4-8 p.m.

OR

Thurs., April 15 & Fri., April 16, 4-8 p.m.

Town Office

\$30 (includes manual and certification)

Alexandria Bennett is a Grade 12 student at Bridgewater Jr/Sr High School, who is taking Advanced Placement (AP) Art. She truly loves art and is planning on attending the NS College of Art and Design or other art college next fall. "Alexandria enjoys working with youth!"

GETTING THE FEELING OF PAINT IN YOUR FINGERS (Age 6-10)

Discover the joy of art, working with mediums such as crayons, paints and clay. Experiment with cubism, a style of art and have a blast, creating artwork at this FUN, hands-on class. Please bring a white t-shirt and crayons to the first class. All other supplies will be provided.

Tues., Feb. 2 - Mar. 9, 6-7 p.m.

BHS Art Room

\$40/child/6wks. (Includes most supplies)

\$65/2 children same family.

BACKGROUND TO FOREGROUND: LEARNING ART (Age 11-15)

Discover art with Alexandra! You'll be introduced to art foundations, while working with FUN mediums such as crayons, paints and clay. This hands-on class will cover 3-D shapes (cubes, cylinders, and spheres, etc.) and explore the cubism style of art. Please bring a white t-shirt and crayons to the first class. All other supplies will be provided.

Thurs., Feb. 4 - Mar. 11 6-7:30 p.m.

BHS Art Room

\$40/person/6wks. (Includes most supplies)

\$65/2 children same family.

FLOOR HOCKEY (Grade 4-6)

Run off some energy playing the awesome sport of "floor hockey". Please bring shin pads (soccer ones are perfect), indoor sneakers and leather gloves. Participants MUST wear a helmet with face shield. Sticks are provided.

Troy Dorey

Fri., 6-7 p.m., Jan. 15 - March 12

*No class Feb. 12

BES

\$30/8 weeks

MUSIC & DANCE

Instructor Heidrun Treutner-Lind is a professional dance instructor who completed a comprehensive 3 year training program in a school in Germany, to earn her certification. She has been teaching dance since 1985, running a successful studio in Germany for 15 years, and has also been involved with training and choreography for competitive teen and adult dancers. In addition to this, she has a phys ed degree. Heidrun offers fun, high quality dance instruction!

HIP HOP (Ages 8-12)

Hip hop is a funky, energetic dance which is popular in Music Videos. Professional dance instructor Heidrun Treutener-Lind will teach you basic, step-by-step instructions in this fun class. A perfect way to share a laugh, enjoy music and dance.

Tues., Jan. 12 - March 2, 6:30-7:15 p.m.

Bridgewater Fire Hall

\$66/8 weeks



LATIN/BALLROOM (LEVEL 1)

Learn the basics of Latin and Ballroom dance in a FUN, easy paced, welcoming atmosphere. Professional dance instructor Heidrun Treutener will introduce you to the International Dance Program, including dances like the Cha-Cha, Rumba, Jive, Slow Waltz, Tango and more! Wear comfortable clothes and shoes that slide.

Tues., Jan. 12 - March 2, 8:15-9:15 p.m.

Bridgewater Fire Hall

\$75.22 + \$9.78 HST = \$85/8 weeks/per person

DANCE FITNESS

Dance your way to better health and workout using Hip Hop, Latin and Disco dance moves. Try something new, burn some calories and get your exercise for the day through dance - a FUN, low impact activity. Perfect for all ages and fitness levels. Classes are taught by Heidrun Treutner-Lind, a professional dance instructor and phys ed teacher.

Tues., Jan. 12 - March 2, 7:15-8:15 p.m.

Bridgewater Fire Hall

\$57.52 + \$7.48 HST = \$65/8 weeks

DANCE FIT (Age 50+)

Please see Zoomers Section.

BEGINNER SALSA & MERENGUE

Get ready for your Caribbean vacation! Salsa and Merengue are fun, lively, Latin dances. Learn the basic steps, moves and turns, and feel the hot rhythm. A fun dance for you and your partner.

Fri., Jan. 15 - Feb. 5, 6:30-7:30 p.m.

Bridgewater Fire Hall

\$38.94 + \$5.06 HST = \$44/person/4 wks.

\$70.80 + \$9.20 HST = \$80/couple/4 wks.

JIVE & SLOW WALTZ

Learn the steps to the International style Jive, a fun, lively dance. We'll try both the "triple" and the "single" jive to familiar tunes. Also, learn the basic steps to the Slow Waltz, a romantic dance with long, gliding steps.

Fri., Jan. 15 - March 5, 7:30-8:30 p.m.

Bridgewater Fire Hall

\$75.27 + \$9.78 HST = \$85/person/8 weeks

UKULELE BEGINNER LEVEL II

Learn some advanced strumming techniques, folk picking styles, and improve your music reading skills while adding to your musical repertoire.

Sandra Obritsch.

Mon., Feb. 8 - April 12, 6:30-8:30 p.m.

*No class March 15 (March Break) or April 5 (Easter Week-end)

BHS

\$57.52 + \$7.48 HST = \$65/8 weeks



COUNTRY WESTERN LINE DANCE CLASSES

Learn the basic steps to line dances such as the Boot Scootin Boogie, Achey Breaky, Cowboy Strut and Smooth, etc. A perfect class for all ages and anyone who loves to have fun, move to music and meet other people. It's healthy and enjoyable exercise that will help improve your balance, posture, flexibility and muscle strength. No prior experience or partner required. Instructor, Mel Douglas, is 87 and still dancing! He is a terrific example of a "Zoomer" ... someone who leads an active lifestyle and has a general disposition towards staying vibrant and healthy. He has been teaching and enjoying country western line dance classes for many years. Smooth soled shoes are recommended.

Thurs., Jan. 14 - March 4, 1-3 p.m.

St. Joseph's Parish Hall (Queen Street)

\$28.32 + \$3.68 HST = \$32/8 weeks

\$48.67 + \$6.33 HST = \$55 (2 people in same family/home)

OR

Mon., Jan. 18 - March 8, 7-9 p.m.

BES

\$30.97 + \$4.03 HST = \$35/8 weeks

\$53.10 + \$6.90 HST = \$60 (2 people in same family/home)

GARDENING

PRUNING 101

If you are unsure how to prune, this is the workshop for you! The course will cover basic tips on pruning fruit trees, evergreens, flowering shrubs and roses. Bring along a photo of your pruning challenges and Elspeth McLean-Wile will offer you some suggestions. We will be outside, so please dress accordingly.

Tues., April 27, 6:30 p.m.

New Greenhouse at Wile's Lake Farm Market

\$10.18 + \$1.32 HST = \$11.50

SUCCESSFULLY GROWING FRUIT TREES IN THE BACKYARD

Tips on planting, pruning and maintaining a fruit orchard in the home garden. Discussion will focus on apple, plum, pear, cherry, and peach trees.

Elspeth McLean-Wile

Tues., May 4, 6:30 p.m.

New Greenhouse at Wile's Lake Farm Market

\$10.18 + \$1.32 HST = \$11.50

HERB GARDENING

This session will demystify herb gardening for the home gardener. Discussion will focus on plant selection, garden location, design, use of containers, common problems and harvesting

Elspeth McLean-Wile

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

New Greenhouse at Wile's Lake Farm Market

\$10.18 + \$1.32 HST = \$11.50

JUMP START YOUR HANGING BASKETS AND PLANTERS

The most popular class we have ever offered! Create a beautiful 12" hanging basket and leave it in our greenhouse until June 1 when the weather warms up. Your hanging basket or planter will get a great head start on the neighbours! The course will cover: design, selecting the right plants that will give you colour all summer, watering and fertilizing and some useful tips to keep your basket in top condition all summer long.

Elspeth McLean-Wile

Tues., May 11 OR Thurs., May 13, 6:30 p.m.

New Greenhouse at Wile's Lake Farm Market

\$32.74 + \$4.26 HST = \$37 (incl. all materials and care until June 1)

GROWING YOUR OWN FOOD - VEGGIE BASICS

Whether you have access to a container or a patch of ground, you can grow your own food. "It's a perfect way to supplement your grocery shopping!" Elspeth will teach you soil preparation basics, planting from seed versus transplants, and how to keep your veggies growing (including some organic tips on mulching, pest control and fertilizing methods) Elspeth McLean-Wile will keep it simple and make it fun!

Tuesday, May 18, 6:30 p.m.

New Greenhouse at Wile's Lake Farm Market

\$10.18 + \$1.32 HST = \$11.50



FITNESS, HEALTH & SPORT

Now ... is always a good time to start exercising. **Purchase a Winter Fit Pass or Zumba Pass.**

Fitness Yoga	Monday	4:15 - 5:15 p.m.	Michelin Social & Athletic Club	Aline Couturier	Jan. 11 - Mar. 22, 10 wks.
ABC Training	Monday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Jan. 11 - Mar. 22, 10 wks.
Step-It-Up	Tuesday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Jan. 12 - Mar. 23, 10 wks.
Walk, Sculpt	Wednesday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Jan. 13 - Mar. 24, 10 wks.
Badminton	Thursday	6:00-7:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Jan. 14 - Mar. 25, 10 wks.
Zumba	Thursday	6:30-7:30 p.m.	Anglican Church Hall	Aline Couturier	Jan. 7 - Mar. 11, 10 wks.

WINTER FIT PASS (Does not include Zumba)

5 pass - \$26.55 + \$3.45 HST = \$30

10 pass - \$53.10 + \$6.90 HST = \$60

20 pass - \$70.80+ \$9.20 HST = \$80

Season Pass - \$79.65 + \$10.35 HST = \$90

* Pass Expires March 31, 2010

ZUMBA PASS (Attend any class, including Zumba)

10 pass - \$70.80 + \$9.20 HST = \$80

20 pass - \$88.50 + \$11.50 HST = \$100

Season Pass - \$97.35 + \$12.65 HST = \$110

WALK, SCULPT N' TONE

Get the most fat-blasting, muscle-toning and cardio strengthening benefits from your walk. Connie will get your heart pumping and energy flowing as we alternate between lower body and upper body moves. Tone your calves, quadriceps and hamstrings with the incorporation of leg lifts, squats and lunges, etc. into this fitness routine. We will also zone in on problem areas such as the back of your arms, and focus on strengthening your back, shoulders, triceps and biceps ... while we walk. This is a low impact workout that is great for all ages.

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!"

FITNESS YOGA

A mixture of yoga and pilates type moves.

ALPHABETICAL BODY CONDITIONING

Get a total body workout targeting different areas of your body during 1 minute intervals. Using your own body and light equipment such as resistance tubing, bosu, skipping ropes and weights, etc., we will go through the "Fitness Alphabet", where each letter represents an exercise or "target area", e.g. Abs, Bicep Curls, Crunches, etc. This fun, group work-out will help improve your balance, flexibility, cardio and strength. There will always be an option for beginners and advanced participants.

STEP -IT-UP

Step burns fat and calories with the added benefit of lower body muscle definition (i.e. butt and thighs). Each class Connie will combine a combo of moves, building a routine over the 8-week period. Step can be done on the floor or using risers, allowing you to exercise at the intensity you want. (Low Impact and High Impact). Classes will end with abs work and stretching ... for an exhilarating workout!

ZUMBA

In the past years, the Zumba program has become nothing short of a revolution, spreading like wildfire, and positioning itself as the single most influential movement in the industry of fitness. The Zumba program fuses Latin and International music and rhythms to create a one-of-a-kind fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. It is an exciting one hour of heart racing, calorie-burning, muscle pumping, body-energizing movements meant to make you sweat and feel like you have joined the best party in Town! *Aline is an Occupational Therapist. She is also a Can-Fit Pro, Fitness Instructor Specialist, and a Zumba Instructor with certifications for Zumba Basic I & II, as well as Zumba Toning. She also has a Fast-Track Fitness Yoga and Yoga on the Ball certification. Zumba and the Zumba Fitness logo are trademarks of Zumba Fitness, LLC, used under license.*



CO-ED DROP-IN BADMINTON

Mon. Jan. 4 - March 29, 7-8:30 p.m.
 Michelin Social & Athletic Club
 \$4.42 + .56 HST = \$5/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., Jan. 12 - March 23; Thurs., Jan. 14 - March 25
 12:15-12:45 p.m., Michelin Social & Athletic Club
 10 classes - \$28.32 + \$3.68 HST = \$32
 20 classes - \$44.25 + \$5.75 HST = \$50

CHEER FOR ADULTS 100 (Age 18+, men and women)

Want to try cheerleading? Used to be a cheerleader? We welcome you to an intro to cheer class where you'll dance, jump, and stretch away the winter chill and get into shape while having fun. It's easy, and FUN and no short skirts required. We use hip hop/dance moves. It's all about the routine. 'NO CHEERS!'

Mon., Jan. 18 - March 8, 6-7 p.m.
 BES
 \$35.40 + \$4.60 HST = \$40/8 weeks

HOT YOGA

"Hot Yoga" class is a series of invigorating poses designed to detoxify, strengthen, stretch and tone. It is not recommended for anyone pregnant or with high blood pressure.

Amanda Stuart
 Mon., Jan. 11 - March 8, 6-7:15 p.m.
 Parkview Education Centre
 \$88.50 + \$11.50 HST = \$100/9 weeks

FREE FITNESS CLASS FOR NEWCOMERS

The holder of this coupon is eligible to attend one (1) Bridgewater Parks, Recreation & Culture Department. "Winter Fit" or "Zumba" class for FREE Valid the week of Jan. 7 - 13.

POWER YOGA FOR BEGINNERS

Ashtanga Yoga, often referred to as Power Yoga, is a style of yoga that generates heat in the body through synchronizing the breath with a progressive series of postures and movement, to purify and strengthen the body. It is energizing, giving you a sense of confidence and well-being. It is great for developing strength and discipline and is a style enjoyed by both men and women. It is great for the immune system, circulation, cardiovascular system and overall health. Amanda Stuart is a Teacher. She studied yoga with David Swenson in Detroit, Michigan and completed a 200 hour certification at the Therapeutic Approach Yoga Studio in Halifax. Perfect for beginners, those who are currently not active or those who enjoy a slower paced class. Please bring a mat and water.

Tues., Jan. 12 - March 9, 6:45-8 p.m.
 751 King St. (Tai Kwon Do Studio)
 \$88.50 + \$11.50 HST = \$100/9 weeks

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.

Amanda Stuart
 Thurs., Jan. 14 - Mar. 11, 5:15-6:30 p.m.
 751 King Street (Tai Kwon Do Studio)
 \$88.50 + \$11.50 HST = \$100/9 weeks

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., Jan. 12 - March 9, 5:15-6:30 p.m.
 751 King Street (Tai Kwon Do Studio)

\$88.50 + \$11.50 HST = \$100/9 weeks

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. Amanda 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., Jan. 14 - March 11, 6:45-8 p.m.
 751 King Street (Tai Kwon Do Studio)
 \$88.50 + \$11.50 HST = \$100/9 weeks

(\$146 + \$18.98 HST = \$165 any two classes taught by Amanda Stuart)

AFTERNOON SOCIAL BADMINTON - ALL AGES

See Adults Age 50+ section for complete details.

Lynette Curtis is a professionally trained and certified therapist. She studied at the Transformational Arts College in Toronto and continues to study and obtain for further accreditation in holistic and alternative health. She currently has a practice at New Life Studio in Mahone Bay where she works with clients as a Certified Reflexologist, Certified Aromatherapist, professionally trained Chakra Balancing and Meditation Therapist and Reiki Practitioner. Lynette has a background in group facilitation and promises a unique and informative learning experience.

CHAKRA MEDITATION

Learn to meditate and balance body, mind and spirit through the 7 Major Chakras or energy centres in the human body. This "hands-on" course will explore the chakras and reveal the physical, mental, emotional and spiritual aspects of each chakra while teaching participants how to use chakra meditation (structured/active mediation) to balance the stress of everyday life, as well as create positive change. Benefits of meditation include reduced stress, better sleep, increased energy, creativity, strength and longevity, lower heart rate and more! Participants will require a pendulum by the second class.

Tues., Feb. 2 - Mar. 9, 6:30-8:30 p.m.

BHS

\$92.92 + \$12.08 HST = \$105/6 weeks

RIVERSIDE BOXING CLUB PROGRAMS

Register with Bridgewater Parks, Recreation & Culture Department.

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 work out! Upbeat background music is played during classes. A fantastic way to release tension after a stressful day. Classes are taught by David Penny of South Shore Amateur Boxing. MAX. 15.

Mon. & Wed., 6:30-7:30 p.m., starting Jan. 4

(A FEW SPACES AVAILABLE)

Tues. & Thurs. 8-9 p.m., starting Jan. 5

(CLASSES ARE CURRENTLY FULL)

416 King Street

\$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 sparr 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.

Adults 18+: Mon. & Wed., 7:30-9 p.m., starting Jan. 4

Youth 10-17yrs: Tues. & Thurs., 6:30-8 p.m., starting Jan. 5
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)

Bridgewater Memorial Arena Public Skate Schedule

Skate	Day	Time
Adult	Mon., Wed. & Fri.	12-1 p.m.
Parent/Tot	Tues. & Thurs.	11-12 noon
Family	Sunday	1:30-2:30 p.m.
Public	Friday	3:30-4:30 p.m.

Admission:

Adults \$3.00

Youth \$2.50

*Parent/Tot \$1 (Adult) .50 (Child) *under 5 years of age

**CALL OUR INFO LINE AT
541-4380 FOR CHANGES TO
THE SCHEDULE**

MEN'S DROP IN BASKETBALL

Come scrimmage in recreational basketball. A fun way to "get out with the guys" and keep in shape over the winter. Bridgewater Elementary School.

Contact our office at 543-2274 or recreation@bridgewater.ca, and leave your name, phone number and email address if you are interested in taking part in drop in basketball this winter on a week night.





“Move It & Lose It”

WINTER 2010 CHALLENGE - Get Inspired...Get Moving

Come join our 4th Move It and Lose It Challenge, which was inspired by NBC's "The Biggest Loser", and fitness instructor Connie Banfield, who lost 90 pounds eating healthier . . . and jump starting her system with exercise. The goal of this "CHALLENGE", is to help men and women in Lunenburg County take the first step towards getting more active and making healthier food choices. "This doesn't have to be painful...it CAN BE & WILL BE FUN!" Did you know that it only takes 10,000 steps to be active!?" You can do it or work towards achieving this!. Make a resolution this January to incorporate more physical activity into your day. The following are the details on this challenge:

This 8 week challenge, extending from **JANUARY 11 - MARCH 5, 2010**, will include WEEKLY (OPTIONAL) WEIGH-INS; WALKS; ACTIVITIES AND INFO SESSIONS, DRAW PRIZES AND HAND-OUTS.

CHALLENGE INFORMATION SESSION

To learn more about the 'Move It and Lose It' Challenge come to our information night taking place on **Sunday, January 10, 7 p.m.** at the Michelin Social & Athletic Club. If you can't make this night ... just call us at 543-2274 or drop in our office at 60 Pleasant street to register or for more information.

WALKS

Meet each week with instructor Connie Banfield at HB Studios Sports Centre (located on Glen Allan Drive).

Tuesday, January 19, 7-8 p.m.

Wednesday, January 13, 27, Feb. 3, 10, 17, 24 & Mar. 3, 7-8 p.m.

Thursday, January 14, 21, 28, Feb. 4, 11, 18, 25 & Mar. 4, 9:30-10:30 a.m.

ACTIVITY SESSIONS

Activity sessions will take place at the Bridgewater Elementary School (enter school via the Queen Street entrance).

Tuesday	Jan 12	7-8 p.m.	Walk n' Tone	Connie Banfield
Wednesday	Jan 20	6-7 p.m.	Dance Fitness	Heidrun Treutner-Lind
Tuesday	Jan 26	7-8 p.m.	Zumba	Aline Couturier
Tuesday	Feb 2	7-8 p.m.	Alphabet Conditioning	Connie Banfield
Tuesday	Feb 9	7-8 p.m.	Country Western Line Dance	Mel Douglas
Tuesday	Feb 16	7-8 p.m.	Mix it up	Connie Banfield
Tuesday	Feb 23	7-8 p.m.	Badminton	Connie Banfield
Tuesday	Mar. 2	7-8 p.m.	Walk and Tone	Connie Banfield

WEIGH-IN

We will weigh in at the Michelin Social & Athletic Club every **Monday** extending from **January 11 - March 8, 7:30-8:30 a.m. or 6:30-7:30 p.m.** (If weather is inclement on Mondays weigh-ins will take place on Tuesdays). Measurements will be taken the first and last weigh-in (Optional). There will be 1st, 2nd and 3rd place PRIZES for the greatest % weight lost and a prize for "most inches lost." (Participants will only be eligible for one prize, i.e either weight lost or inches lost.)

MOVE MORE

This challenge is based on MOVE MORE, a program of Recreation Nova Scotia, that is funded by the NS Egg Producers and supported by the NS Department of Health and Protection. Move More is geared to adult participants who are not currently very active ... and would like to take the first step towards becoming healthier. It combines discussions on health-related topics with fun.

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

Come join us no matter what your fitness level, or if you feel you have a little or a lot to lose. Weigh-ins are optional, so if you want to participate in the info and activity sessions, without weighing in, feel welcome to do that. This challenge is about helping us make better choices that will lead to a healthier lifestyle.



NORDIC WALKING

Nordic Walking is excellent for people who are looking for an outdoor sport, which is easier on their joints and knees than running. It began as a summer training exercise for serious cross country skiers. Fitness walkers in Europe adopted Nordic Walking as a time efficient, low stress, total body workout. Today, approximately 500,000 people in Finland enjoy Nordic Walking regularly and it is spreading in popularity throughout Scandinavia and North America.

INTRODUCTION TO NORDIC WALKING WORKSHOP

This workshop will cover the history, benefits, proper technique and equipment required for Nordic Walking. We will also get some "hands on" experience (warm-up, walk and easy stretching) in the Michelin Social Club gym. Weather permitting, there will be an "optional" outdoor walk.

Connie Banfield

Tues., May 4, 1-2:30 p.m.

Or

Tues., June 1, 6:45-8:15 p.m.

Michelin Social & Athletic Club Gym

\$13.27 + \$1.72 HST = \$15 (includes pole rental)

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.

\$70.80 + \$9.20 HST = \$80

sweat for health • sweat for fitness • sweat for relaxation • sweat for life



FAR-INFRARED SAUNA SESSIONS

ALINE COUTURIER

902-543-4533 alinenat@eastlink.ca

Getting Healthy Never Felt So Good!

Personal Health Benefits

- Weight Loss
- Pain Management
- Stress Reduction
- Relief of Migraines
- Relief of Fibromyalgia
- Increased Energy
- Better Sleep
- Pesticide Detoxification
- Relief of Back Pain
- Help with Skin Conditions

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.

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., Jan. 16, 9 a.m. - 1 p.m., Town Office

OR

Tues., Feb. 16, 8:30 a.m. - 12:30 p.m., Town Office

OR

Sat., May 8, 9 a.m. - 1 p.m., Town Office

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

Standard

Sat., Jan. 16, 9 a.m. - 5 p.m., Town Office

OR

Tues. Feb. 16, 8:30 a.m. - 4:30 p.m., Town Office

OR

Sat. May 8, 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

Sat. & Sun., Jan. 30 & 31, 9a.m. - 5 p.m., Town Office

OR

Sat. & Sun., May 29 & 30, 9 a.m. - 5 p.m., 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.

Laura-Lee Johnson

Sat., Jan. 30, 9 a.m. - 5

p.m., Town Office

OR Sat., May 29, 9 a.m.

- 5 p.m., 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.

Patty Joudrey
Tues. & Wed., Jan. 19,20,26 & 27, 6-10 p.m., BHS

OR

David Nash
Wed. & Thurs., Feb. 10 & 11, 8:30 a.m. - 4:30 p.m.
Town Office

OR

Ivy Lowe
Sat. & Sun., Feb. 20 & 21, 9 a.m. - 5 p.m.
Town Office

OR

David Nash
Tues. & Wed., Feb. 23 & 24, Mar. 2 & 3, 6-10 p.m., BHS

OR

Patty Joudrey
Wed. & Thurs., March 10 & 11, 8:30 a.m. - 4:30 p.m.
Town Office

OR

Ivy Lowe
Sat. & Sun., March 27 & 28, 9 a.m. - 5 p.m.
Town Office

OR

Patty Joudrey
Sat. & Sun., April 10 & 11, 9 a.m. - 5 p.m. Town Office

OR

David Nash
Wed. & Thurs., April 14 & 15, 8:30 a.m. - 4:30 p.m.
Town Office

OR

Ivy Lowe
Tues. & Wed., April 27 & 28, 8:30 a.m. - 4:30 p.m.
Town Office

OR

David Nash
Wed. & Thurs., May 5,6,12 & 13, 6-10 p.m. BHS
\$84.07 + \$10.93 HST = \$95

MARINE BASIC FIRST AID (MBFA)

This is an excellent course for the professional mariner and recreational boater. Similar to standard first aid and CPR but includes information on marine related topics. Approved by Transport Canada. Call our office at 543-2274 or email us at recreation@bridgewater.ca and leave your name and phone number if interested in taking this course.



ST. JOHN AMBULANCE EMERGENCY FIRST AID & CPR A or B

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 **CPR-A**
Wed., Jan. 13, 8:30 a.m. - 4:30 p.m., Town Office

OR

Patty Joudrey **CPR-B**
Tues. & Wed., Jan. 19 & 20, 6-10 p.m., BHS

OR

David Nash **CPR-A**
Wed., Feb. 10, 8:30 a.m. - 4:30 p.m., Town Office

OR

Ivy Lowe **CPR-B**
Sat., Feb. 20, 9 a.m. - 5 p.m., Town Office

OR

David Nash **CPR-A**
Tues. & Wed., Feb. 23 & 24, 6-10 p.m., BHS

OR

Patty Joudrey **CPR-B**
Wed., March 10, 8:30 a.m. - 4:30 p.m., Town Office

OR

Ivy Lowe **CPR-B**
Sat., March 27, 9 a.m. - 5 p.m., Town Office

OR

Patty Joudrey **CPR-B**
Sat, April 10, 9 a.m. - 5 p.m., Town Office

OR

David Nash **CPR-A**
Wed., April 14, 8:30 a.m. - 4:30 p.m., Town Office

OR

Ivy Lowe **CPR-B**
Tues., April 27, 8:30 a.m. - 4:30 p.m., Town Office

OR

David Nash **CPR-A**
Wed. & Thurs., May 5,6, 6-10 p.m., BHS
\$57.52 + \$7.48 HST = \$65

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.

STANDARD FIRST AID & CPR FOR HEALTH CARE PROVIDERS

Specially designed for workers in the healthcare field or for future enrollment in university courses (eg. nursing). Includes CPR-C, use of Automated External Defibrillator and use of Bag Valve Mask. Call our office at 543-2274 or email us at recreation@bridgewater.ca if interested in taking this course.

ZOOMERS (ADULTS AGE 50+)

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., Jan. 4 - March 29/12 weeks

Wed., Jan. 6 - March 31/12 weeks

Fri., Jan. 8 - March 26/11 weeks

9:30-10:30 a.m.

Michelin Social & Athletic Club

Drop-in Fee: \$2.65 + .35 HST = \$3/class



SOCIAL BADMINTON - ALL AGES

Come and enjoy a fun hour of badminton. Play and learn basic rules. Beginners and players with prior experience welcome. We have a court for all levels. "A great cardio workout, with fun being the focus."

Connie Banfield

Tues., 1-2 p.m., Jan. 12 - March 23/10 weeks

Michelin Social & Athletic Club

\$44.25 + \$5.75 HST = \$50/10 weeks

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."

10:45-11:45 a.m.

Mon., Jan. 11 - March 22/10 weeks

Fri., Jan. 15 - March 26/10 weeks

Michelin Social & Athletic Club

1x/week: \$21.24 + \$2.76 HST = \$24

2x/week: \$39.82 + \$5.18 HST = \$45

AQUAFIT COMBO (Age 50+)

A "fun" program including aquaspinning (a cycling move and snoodle work (toning with small noodles). Gentle on muscles and joints, but gets your body moving and heart pumping. Work at a pace comfortable to you. Lots of fun!

Karen Geddes-Selig

Mon., Jan. 11 - March 1, 3:45-4:45 p.m.

\$54.87 + \$7.13 HST = \$62/8 weeks

DANCE FIT (Age 50+)

Dance your way to better health and work out using Hip Hop, Latin and Disco dance moves. Pace is a little slower and steps easier than in regular Dance Fitness class. A fun, low impact class.

Tues., Jan. 12 - March 2, 9:30-10:15 a.m.

Heidrun Turner-Lind

Michelin Social Club

\$57.52 + \$7.48 HST = \$65/8 weeks

If you would prefer a Friday evening class, please call our office at 543-2274 and leave your name and phone number.

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, historic re-enactments, dancers, acrobats, 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 7 of the Lower Bowl.

Sat., July 3, 2010, depart 12:15 p.m. from Bridgewater Arena

Showtime 2:30 p.m. Dine at restaurant after show.

\$60.18 + \$7.82 HST = \$68 (Fee does not include dinner)



COMPUTER COURSES

All computer courses will take place in the Acadia Centre for Social & Business Entrepreneurship (ACSBE Resource Centre) located in the Gateway Plaza, 215 Dominion Street.

Instructor: Julie Gilvear

COMPUTER BASICS

This is an absolute beginner level class that will teach the participant: how to turn the computer on; become comfortable with a mouse and keyboard; and learn the name of computer parts and common terminology, etc.

Mon., Jan. 18 & 25, 6:30-8:30 p.m. Or

Mon., April 12 & 19, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

EXCEL BASICS - LEVEL I

Excel can easily be used in the home or business, so don't let it intimidate you. It can help you organize information (address book, music library); keep records (household or business budget, community organization treasurer's report); do mathematical calculations; reports; and charts, etc. Come join us for an easy step-by-step look at what this powerful program can do! The possibilities are endless.

Thurs., Jan. 21 & 28, 6:30-8:30 p.m. Or

Mon., April 26 & May 3, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

MS WORD - LEVEL I

This introductory word processing course will cover topics such as saving; cut, copy and paste; setting margins; indents and line spacing; bullets and numbering; borders and shading; inserting clip art; and printing. You will also take a look at menus and tool bars. Participants should have taken Computer Basics or have comparable knowledge before taking this course. Perfect for the novice computer user.

Mon., Feb. 1 & 8, 6:30-8:30 p.m. Or

Thurs., April 22 & 29, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

EXCEL BASICS - 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 data, creating subtotals in financial reports, searching techniques and chart creation.

Thurs., Feb. 4 & 11, 6:30-8:30 p.m. Or

Mon., May 10 & 17, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

INTRO TO INTERNET & EMAIL

Would you like to email friends and family? How about send photos or attachments? This fun course will teach you how to send and receive emails with attachments and simple terms such as: reply, forward and cc, as well as how to use an address book. You will also be taught basics including searching, bookmarking your favourite sites and finding out what a browser is, etc.

Tues., Feb. 9 & 16, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

MS WORD - 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, line and character spacing, 3-D and shadow effects, columns, inserting of tables, spreadsheets, and images or text right off the Internet. Bring a CD-ROM if you want to save your creations.

Mon., Feb. 22 & March 1, 6:30-8:30 p.m. Or

Thurs., May 6 & 13, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

DESKTOP PUBLISHING

Using Microsoft Desktop, you will learn the basics of Desktop Publishing. This is simply a way for you to create brochures, posters, signs, newsletters, invitations and business cards, etc. Combine text, graphics, design elements and printing facilities to produce materials in a variety of layouts and styles. Perfect for use at home or office or by community organizations.

Thurs., Feb. 25 & March 4, 6:30-8:30 p.m. Or

Thurs., May 20 & 27, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

POWERPOINT

With Powerpoint, you can learn how to make creative slide shows or powerful presentations for the home or office. Incorporate text and images to make your presentations dynamic and interesting. You'll love "playing" with Powerpoint, whether a professional, member of a volunteer or public service organization or individual. "Come have a little fun!"

Thurs., March 11 & 25, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

MICROSOFT ACCESS

Microsoft Access is a very powerful database program with numerous features. Database applications allow you to store data in an organized record format. They are sometimes referred to as 'electronic filing systems' and are structured so that they can be used to retrieve, sort and search for data. Computerized databases have vast storage capacity to store records such as stock control in stores. Smaller databases may be used for storing details of your personal CD or book collection. Join us for an introduction to Access and learn how to create a database, input, edit, and sort data, as well as search for specific data using filters and queries.

Mon., March 22 & 29, 6:30-8:30 p.m. Or

Thurs., April 8 & 15, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

CONTINUING EDUCATION COURSES

INTRO TO DIGITAL PHOTOGRAPHY

A beginner course on the photography arts suitable for film but with emphasis on digital. The course will take a person with little knowledge and give them the tools to become a good photographer. Learn the basic mechanics of photography (i.e. exposure, and how it is effected by shutter speed, aperture and ISO, and the properties of cameras such as lens selection etc.); composition (design and light and how they effect a photograph); and the art and aesthetics of photography. For best results, a student should have the use of a digital camera that can be used manually. Be prepared to complete photographic assignments.) Instructor, Grant Dixon was at one time a technical editor for O'Riely Publishing and a beta tester for Adobe. He is versed in both Mac and Windows and is presently doing client support through the South Shore Regional Library. Check out Grant's website: <http://web.mac.com/fromaway/Grant>

Wed., Jan. 20 - March 10, 7-9 p.m. BHS
\$75.22 + \$9.78 HST = \$85/8 weeks

BEGINNER CONVERSATIONAL GERMAN

This course is designed for those with little or no knowledge of the German language. Weekly lessons will help you to build a working vocabulary and to practice your conversation skills. Some basic grammar will be introduced. German is instructor Lilo Schmidt's native language. Her classes are well-planned and enjoyable.

Wed., Jan. 27 - March 24, 7-9 p.m. BHS
\$66.37 + 8.63 HST = \$75/8 classes
Textbook: \$24
*No class March 17

CONVERSATIONAL GERMAN - "The Next Step"

This course is designed for those with a basic understanding of German and provides the environment to build vocabulary and improve grammar. Join Lilo for weekly conversation practice with some structural language exercises. Lilo Schmidt

Wed., Jan. 27 - March 24, 7-9 p.m. BHS
\$66.37 + \$8.63 HST = \$75/8 classes
*No class March 17

BEGINNER CONVERSATIONAL FRENCH

Using vocabulary, role playing, conversation and grammar, participants will learn how to "converse" in French. Perfect for travellers, parents of children who are taking French Immersion or anyone interested in being introduced to the French language. Jilien Beaton is currently a teacher at Ecole de la Rive Sud and studied at the University of Sainte Anne and at Trois Riviere, Quebec. When registering, please indicate if you would prefer more emphasis on conversation and vocabulary or on written French and grammar.

Jilien Beaton
Wed., Jan. 20 - March 10, 6:30-8:30 p.m. BHS

\$66.37 + \$8.63 HST = \$75/8 weeks

CONVERSATIONAL FRENCH II

A continuation of French I or for those with a basic understanding of the French language. Learn to say more, with confidence. Develop continuous conversation and oral comprehension skills. "Classes are fun!"

Jilien Beaton
Wed., Jan. 20 - March 10, 6:30-8:30 p.m. BHS
\$66.37 + \$8.63 HST = \$75/8 weeks

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., Jan. 21 - Feb. 25, 6:45-9:45 p.m. BHS
\$79.65 + \$10.35 HST = \$90/individual/6 weeks
\$132.74 + \$17.26 HST = \$150/couple/6 weeks

BEGINNER INSTRUCTIONAL BRIDGE

Learn the 5 Card Major Standard American Bidding system with instructor Glendon Dominoe. This is a beginner level 1 course that will focus on bidding and basic rules to help you feel comfortable playing bridge.

Tues., Jan. 19 - March 9, 7-9:30 p.m.
Anglican Church (classroom),
Alexandra Avenue
\$57.52 + \$7.48 HST = \$65/8 weeks



TRAVELLERS SPANISH

Learn basic Spanish for situations of everyday life you will need during your trip to Cuba, Mexico, Costa Rico or the Dominica Republic. Instructor Lili Villa will cover: **Greetings** (Hello, Goodbye, How are you?, etc.); **Introductions**; Asking for **directions**; How to **count** from 1-10 and higher; **Money**; How to **ask for things** (e.g., extra blankets, towels, beverages etc.); **ordering food** and **how to tell someone you don't speak Spanish**. Originally from Mexico City, Lili's first spoken language is Spanish. Come have some fun, and make your next trip south a little easier!

Tuesday, 6-8 p.m.
January 19, 26, Feb 2 & 9 BHS
\$35.40 + \$4.60 HST = \$40

BEGINNER INSTRUCTIONAL DRAWING & WATER-COLOUR PAINTING

Through step-by-step instruction, learn the basics of drawing (ie: the ABC's of visual expression) and painting with water colours. Bring home a completed project. Frans Aeyelts, an accomplished art instructor, who specializes in marine scenes and landscapes, will cover three dimensional elements (ie: cubes, cylinders, spheres, etc.), washes and simple landscapes, etc. Please bring a 2B and 6B pencil, stumps and eraser for drawing. Instructor will review paint supply list during the first class. Check out Frans' website at www.fransaeyelts.com to view some of his art.

Mon., Jan. 25 - Mar. 22, 7-9 p.m. (No class March 15)

BHS

\$85 + \$11.05 HST = \$96.05/8 weeks

INTERMEDIATE INSTRUCTIONAL DRAWING & WATER COLOUR PAINTING

Fran Aeyelts, an accomplished art instructor who specializes in marine scenes and landscapes, will introduce you to more advanced techniques and help take your drawing and water colour painting to the next step. A perfect class for individuals who have taken the beginner level.

Mon., Jan. 25 - Mar. 22, 7-9 p.m. (No class March 15)

BHS

\$85 + \$11.05 HST = \$96.05/8 weeks



PUBLIC INTEREST SEMINARS

WILLS & ESTATES

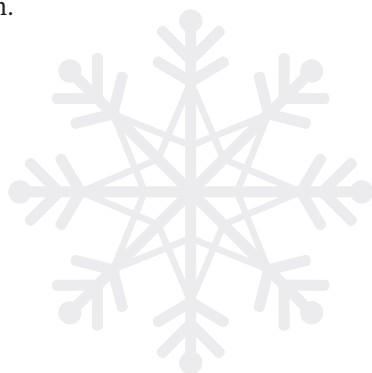
Learn the reasons why everyone should have a will and what you should consider when 'drawing' one up. Power of Attorney and Medical Directives will also be discussed and handouts will be given out. Volunteer Erica Green has been practising law since 1997. A major area of her focus is on "Wills and Estates." She works with the law firm Power, Dempsey, Leefe and Reddy.

Tues., Feb. 2, 6:30-8:30 p.m.

(Snow Date: Feb. 9)

BHS

\$4.42 + .58 HST = \$5



USEFUL TIPS ON PURCHASING SKIN CARE PRODUCTS

An ounce of prevention, as the saying goes, is worth a pound of cure. With skin care, finding the right "prevention" is not an easy task. Stores stacked to the ceiling with creams and gels, etc. can be daunting to the shopper. Shoppers Drug Mart, Cosmetic Manager, Mercedes MacKinnon, will check the hydration level of your skin, as knowing your skin type is one of the things you first need to know. She will also introduce you to skin care products (cleansing, eye care and body care, etc.), as well as anti-aging products. In addition, she will explain the difference between "massed vs derm brands" and discuss products for skin conditions, such as rosacea, and acne etc. Mercedes, who has 23 years experience with Shoppers Drug Mart is "educated in the brands", will bring pamphlets and samples.

Instructor is not qualified to diagnose conditions or give medical advice.

Wednesday, Feb. 10, 6:30 p.m.

BHS

\$3.54 + .46¢ HST = \$4

WHAT TOASTMASTERS CAN DO FOR YOU?

A Toastmaster's Club is more than people giving speeches. By joining Toastmasters, you not only become a better speaker, but also a better leader.

Become a Better Speaker

1. Toastmasters will give you the skills and confidence to effectively express yourself in any situation.

Become a Leader

1. Leadership is the art of motivating others to work towards a common goal. To succeed, you need to communicate and to work as a team.
2. One of a leader's most important qualities is to be able to listen effectively. Active listening helps you acquire information to identify and clarify issues, make decisions, resolve conflict and be creative.

You complete the projects at your own pace.

Whether you work in a corporate environment or from home, whether you are a student, homemaker or retiree, Toastmasters is the most efficient, enjoyable and affordable way of gaining communication and leadership skills. Other opportunities include experience in marketing, public relations, event planning, people skills, etc.

Toastmasters meet Wednesday evening at 6:30 p.m.
Check out our website for location: www.rivertalkers.ca

Email: rivertalkers@eastlink.ca

OR

membership@rivertalkers.ca

Contact: Bernie at 543-1498



Lunenburg Queens Volunteer Extravaganza

Date: Saturday, March 6, 2009

Time: 8:00 am to 3:00 pm

Place: Bridgewater High School

An exciting day of educational and networking opportunities specifically designed to meet the needs of our volunteer groups. This event will also provide a forum for local concerns and issues to be heard at the provincial level. The LQVP is partnering with the Network of Networks and Imagine Canada to gather information and provide input on the direction of the provincial government's approach to supporting volunteerism.

Keynote speakers and workshops. Topics to include:
Risk Management and Insurance • Public Speaking • Innovative Fundraising Techniques

Cost: \$15 per person
Refreshments and Lunch included • Reserve your spot: call **1-800-303-1541**

For information call Anne Fownes:
Lunenburg Queens Volunteer Partnership 902 543-3422



SCOUTING ON THE SOUTH SHORE WANTS YOU! ARE YOU UP FOR IT?



Contact a group nearest you

3rd Bridgewater Group
Ken Foote - 543-6706

1st New Germany Group
Krista Emino Savory 644-3252

4th Bridgewater Group
Joanne Comeau 543-0115

2nd Maitland Group
Mary Hughes 624-9537

2nd Petite Riviere Group
Danielle McCarthy 693-2035

For more information please contact Area Commissioner Peter Biddle
527-1793 or scouterp.biddle@yahoo.ca

Did You Know? Scouting Registration cost qualifies
for government tax credit on your 2009 tax return.



We are looking to start 3 new scout groups in Lunenburg County with the financial support of United Way of Lunenburg County; this will help with the start up cost of the program.



Pick your age group and call for more info in your area.

Beavers 5-7

Cubs 8-10

Scouts 11-13

Ventures 14-17

Rovers 18-26

Adults

(Volunteers) 18+