



TOWN OF BRIDGEWATER

Bridgewater Parks, Recreation and Culture Department 543-2274

REGISTRATION INFORMATION

WALK IN REGISTRATION for Winter/Spring 2012 begins at the Bridgewater Parks, Recreation and Culture Department Office **Tuesday, January 3** from **8:30 a.m. to 7:00 p.m.** Fees must be paid at time of registration. Forms of payment: Cash, Cheque, Interac, Visa or Mastercard.

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

Register Early as excellent courses are cancelled 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 3**. 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: 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.

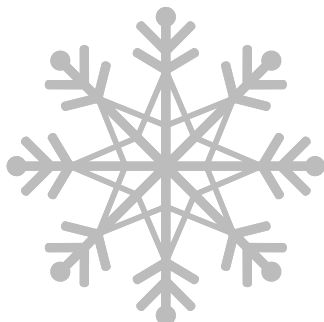
Program Locations

BHS - Bridgewater High School (York Street)

BES - Bridgewater Elementary School
(Queen Street entrance)

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 10-16 (March Break)
- April 6-9 (Easter Weekend)
- May 19-21 (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: _____

Postal Code: _____

Phone Number (home) _____ (contact name) _____

(work) _____ (contact name) _____

1. Program Name: _____ 2. Program Name: _____

Day: _____ Time: _____ Day: _____ Time: _____

Location: _____ Fee: _____ Location: _____ Fee: _____

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

Signature: _____ Date: _____

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

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

SIGNATURE OF PARENT/GUARDIAN/CANDIDATE _____ DATE: _____

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

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

AQUATICS

INTRO TO COMPETITIVE SWIMMING

This awesome competitive swim training program is for those who plan on swimming competitively in the near future. The focus will be on the four basic competitive swimming strokes (i.e., freestyle, back stroke, breast stroke and butterfly) and on skills such as starts and turns. Participants must have completed **Swim Kids 5**. **Instructor Karen Geddes-Selig** is a Level 1 Swim Coach, a National Lifeguard and Red Cross Water Safety Instructor Trainer. Mon., Jan. 16 - Mar. 5, 4-5 p.m.
Days Inn
\$62/8 weeks

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 aquajogging (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. 9 - March 5, 8-9 pm
Days Inn
\$59.13 + \$8.87 HST = \$68/9 weeks

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.
Thurs., Jan. 12 - Mar. 8, 10-11 a.m.
Days Inn
\$59.13 + \$8.87 HST = \$68/9 weeks

SENIORS' AQUAFIT COMBO (Age 50+)

(See Section on Adults 50+ for Details)



SWIMMING LESSONS

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

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

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

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


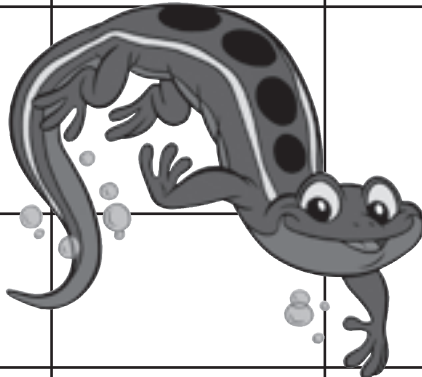
FROM RED CROSS SWIM PRESCHOOL TO RED CROSS SWIM KIDS

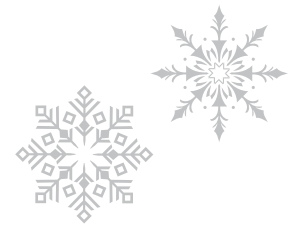
If they took Red Cross Swim Preschool ...	And they completed/ incompleted	Then enroll them in Red Cross Swim Kids Level..
Starfish Level	Completed or Incompleted	1
Duck Level	Completed or Incompleted	1
Sea Turtle Level	Completed or Incompleted	1
Sea Otter Level	Completed or Incompleted	1
Salamander Level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

WINTER RED CROSS SWIM PRESCHOOL SCHEDULE

Classes are held at the Days Inn, 50 North Street

WINTER SCHEDULE

LEVEL	DESCRIPTION	SUNDAY Jan. 15 - Mar. 4 \$55/8 weeks	TUESDAY Jan. 10 - Mar. 6 \$62/9 weeks	THURSDAY Jan. 12 - Mar. 8 \$62/9 weeks
Sea Otter (Age 3 - 5)	Transitional level. Learn to open eyes under water. Introduced to floats and glides.	Moira MacNeil 10:30 - 11 a.m. Maia Laffin 11:30 - 12 noon Renee Taylor 4 - 4:30 p.m.	Linnea Swinimer 4:30 - 5 p.m. Jake Wile 5 - 5:30 p.m.	Kassia Gilbert 4:30 - 5 p.m.
Salamander (Age 3 - 5)	Learn to swim 2m. Develop floats and glides. Jump into chest deep water.	Maia Laffin 10:30 - 11 a.m. Lauren Peters 4 - 4:30 p.m.	Linnea Swinimer 5 - 5:30 p.m.	Kailee MacQuarrie 4:30 - 5 p.m.
Salamander/ Sunfish		Maia Laffin 12:30 - 1 p.m.		
Sunfish (Age 3 - 6)	Learn to swim 5m. Develop roll-over glide, side glide and front swim.	Moira MacNeil 11 - 11:30 a.m. Lauren Peters 5 - 5:30 p.m.	Jake Wile 5:30 - 6 p.m.	Kassia Gilbert 5 - 5:30 p.m.
Crocodile (Age 3 - 6)	Increase swim to 10m. Introduce back swim, dolphin kick and rhythmic breathing. Surface support 10 seconds.			
Whale (Age 3 - 6)	Distance swim 15m. Surface support 20 seconds. Throwing assists.			
Crocodile/Whale		Maia Laffin 11 - 11:30 a.m.	Linnea Swinimer 5:30 - 6 p.m.	Kailee MacQuarrie 5 - 5:30 p.m.



WINTER RED CROSS SWIM KIDS SCHEDULE

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

**WINTER SCHEDULE**



LEVEL	DESCRIPTION	SUNDAY Jan. 15 - Mar. 4 \$55/8 WEEKS	TUESDAY Jan. 10 - Mar. 6 \$62/9 WEEKS	THURSDAY Jan. 12 - Mar. 8 \$62/9 WEEKS
1	Orientation to water. Introduces floats and glides with kicks. Work on 5m front swim.	Moira MacNeil 11:30 - 12 noon Renee Taylor 4:30 - 5 p.m.	Linnea Swinimer 4 - 4:30 p.m.	Kassia Gilbert 5:30 - 6 p.m.
2	Build skills in front and back swims. Intro to deep water with PFD. Includes 10m flutter kick and 10m swim.	Moira MacNeil 12 - 12:30 p.m. Moira MacNeil 12:30 - 1 p.m. Lauren Peters 4:30 - 5 p.m.	Jake Wile 4 - 4:30 p.m.	Kailee MacQuarrie 5:30 - 6 p.m.
3	Build strength in flutter kick and 15m swim.	Linnea Swinimer 10:30 - 11 a.m. (Deep) Maia Laffin 12 - 12:30 p.m. Cal DeWolfe 4 - 4:30 p.m. (Deep) Renee Taylor 5 - 5:30 p.m.	Jake Wile 4:30 - 5 p.m. Kassia Gilbert 5:30 - 6 p.m. (Deep)	Kassia Gilbert 6 - 6:30 p.m.
4	Intro to front crawl (10m) and back swim (15m). Surface support 45 seconds. Endurance swim 25m.	Breanna Laffin 10:30 - 11:15 a.m. Hart Millett 4:30 - 5:15 p.m.	Tyler Wile 4 - 4:45 p.m. Tyler Wile 5:30 - 6 p.m.	Tyler Wile 4:45 - 5:30 p.m. Kailee MacQuarrie 6 - 6:30 p.m.
5	Back crawl is introduced (15m), skulling and whip kick on back. Stride dive, dolphin kick and 50m swim.	Linnea Swinimer 11:15 - 12 noon	Kassia Gilbert 4 - 4:45 p.m.	Rebekah Strang 4:45 - 5:30 p.m.
5 & 6		Cal DeWolfe 4:30 - 5:15 p.m.		
6	Refines front crawl (25m) and back crawl (25m). Introduces elementary backstroke (15m). Endurance built through dolphin kick (75m).	Breanna Laffin 11:15 - 12 noon	Tyler Wile 4:45 - 5:30 p.m.	Tyler Wile 5:45 - 6:30 p.m.
7 & 8		Hart Millett 5:15 - 6 p.m.	Kassia Gilbert 4:45 - 5:30 p.m.	
7	Whip kick on front introduced. Front crawl (50m). Back crawl (50m). Elementary backstroke (25m). Endurance swim (150m).	Linnea Swinimer 12:15 - 1 p.m.		Rebekah Strang 5:45 - 6:30 p.m.
8	Introduction to breaststroke, foot first dives and rescue entries. Endurance built on the dolphin kick and 300 metre swim. Front and back crawl (75m).	Breanna Laffin 12:15 - 1 p.m.		Rebekah Strang 4 - 4:45 p.m.
9 & 10	Level 9 - 400m swim. Level 10 - 500m swim. Front crawl 100m. Back crawl 100m. Elementary backstroke 50m. Breaststroke 50m. Sidestroke 25m.	Cal DeWolfe 5:15 - 6 p.m.		Tyler Wile 4 - 4:45 p.m.

SPRING RED CROSS SWIM PRESCHOOL SCHEDULE

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



SPRING SCHEDULE

LEVEL	DESCRIPTION	SUNDAY April 1 - June 3 No class April 8 or May 20 \$55/8 weeks	TUESDAY April 3 - May 29 \$62/9 weeks	WEDNESDAY April 4 - May 30 \$62/9 weeks	THURSDAY April 5 - May 31 \$62/9 weeks
Starfish/Duck (6 - 24 mos.) Parented	Explore water movement through songs, games, and play. Orientation to water for toddlers and caregivers.	Linnea Swinimer 10 - 10:30 a.m.			
Sea Turtle (24-36 months) Parented	Orientation to water for toddlers and caregivers.	Linnea Swinimer 10:30 - 11 a.m.			
Sea Otter (Age 3 - 5)	Transitional level. Learn to open eyes underwater. Introduced to floats and glides.	Linnea Swinimer 11 - 11:30 a.m. Maia Laffin 12 - 12:30 p.m. Renee Taylor 5:30 - 6 p.m.	Kassia Gilbert 4:30 - 5 p.m. Kassia Gilbert 5:30 - 6 p.m.	Jean Clarke 4 - 4:30 p.m.	Rebekah Strang 4:30 - 5 p.m. Kailee MacQuarrie 5:30 - 6 p.m.
Salamander (Age 3 - 5)	Learn to swim 2m. Develop floats and glides. Jump into chest deep water.	Maia Laffin 11 - 11:30 p.m. Lauren Peters 5:30 - 6 p.m.	Tyler Wile 5 - 5:30 p.m.	Maia Laffin 4 - 4:30 p.m.	Kailee MacQuarrie 4:30 - 5 p.m.
Sunfish (Age 3 - 6)	Learn to swim 5m. Develop roll-over glide, side glide and front swim.	Maia Laffin 11:30 - 12 noon Lauren Peters 5 - 5:30 p.m.	Kassia Gilbert 5 - 5:30 p.m.	Jean Clarke 4:30 - 5 p.m.	Rebekah Strang 5 - 5:30 p.m.
Crocodile (Age 3 - 6)	Increase swim to 10m. Introduce back swim, dolphin kick and rhythmic breathing. Surface support 10 seconds.				
Whale (Age 3 - 6)	Distance swim 15m. Surface support 20 seconds. Throwing assists.				
Crocodile/Whale		Linnea Swinimer 11:30 - 12 noon	Tyler Wile 5:30 - 6 p.m.		Kailee MacQuarrie 5 - 5:30 p.m.

SPRING RED CROSS SWIM KIDS SCHEDULE

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



SPRING SCHEDULE



LEVEL	DESCRIPTION	SUNDAY April 1 - June 3 <i>*No class Apr. 8 or May 20</i> \$55/8 WEEKS	TUESDAY April 3 - May 29 \$62/9 WEEKS	WEDNESDAY April 4 - May 30 \$62/9 WEEKS	THURSDAY April 5 - May 31 \$62/9 WEEKS
1	Orientation to water. Introduces floats and glides with kicks. Work on 5m front swim.	Linnea Swinimer 12 - 12:30 p.m. Renee Taylor 4:30 - 5 p.m.	Tyler Wile 4 - 4:30 p.m.	Jean Clarke 5 - 5:30 p.m.	Rebekah Strang 5:30 - 6 p.m.
2	Build skills in front and back swims. Intro to deep water with PFD. Includes 10m flutter kick and 10m swim.	Maia Laffin 12:30 - 1 p.m. Lauren Peters 4:30 - 5 p.m.	Kassia Gilbert 4 - 4:30 p.m.	Maia Laffin 5 - 5:30 p.m.	Rebekah Strang 6 - 6:30 p.m.
3	Build strength in flutter kick and 15m swim.	Linnea Swinimer 12:30 - 1 p.m. Renee Taylor 5 - 5:30 p.m. Hart Millett 5:30 - 6 p.m. (Deep)	Tyler Wile 4:30 - 5 p.m. Linnea Swinimer 5:30 - 6 p.m. (Deep)	Maia Laffin 4:30 - 5 p.m.	Kailee MacQuarrie 6 - 6:30 p.m.
4	Intro to front crawl (10m) and back swim (15m). Surface support 45 seconds. Endurance swim 25m.	Jordan Wheeler 10 - 10:45 a.m. Jordan Wheeler 12:15 - 1 p.m. Hart Millet 4:45 - 5:30 p.m. Cal DeWolfe 5:30 - 6 p.m.	Jake Wile 4 - 4:45 p.m. Jake Wile 5:30 - 6 p.m.	Brad Savage 4 - 4:45 p.m.	Tyler Wile 5:45 - 6:30 p.m.
5	Back crawl is introduced (15m), skulling and whip kick on back. Stride dive, dolphin kick and 50m swim.	Breanna Laffin 10 - 10:45 a.m. Breanna Laffin 10:45 - 11:30 a.m.	Linnea Swinimer 4 - 4:45 p.m.	Hart Millett 4 - 4:45 p.m.	Kassia Gilbert 5:45 - 6:30 p.m.
5 & 6		Cal DeWolfe 4:45 - 5:30 p.m.			
6	Refines front crawl (25m) and back crawl (25m). Introduces elementary backstroke (15m). Endurance built through dolphin kick (75m).	Jordan Wheeler 10:45 - 11:30 a.m. Brianna Laffin 12:15 - 1 p.m.	Jake Wile 4:45 - 5:30 p.m.	Brad Savage 4:45 - 5:30 p.m.	Tyler Wile 4:45 - 5:30 p.m.
7 & 8		Hart Millett 4 - 4:45 p.m.	Linnea Swinimer 4:45 - 5:30 p.m.	Hart Millett 4:45 - 5:30 p.m.	
7	Whip kick on front introduced. Front crawl (50m), Back crawl (50m), Elementary backstroke (25m), Endurance swim (150m).	Jordan Wheeler 11:30 - 12:15 p.m.			Kassia Gilbert 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. Front and back crawl 75m.	Breanna Laffin 11:30 - 12:15 p.m.			Tyler Wile 4 - 4:45 p.m.
9 & 10	Level 9 - 400m swim. Level 10 - 500m swim. Front crawl (100m), Back crawl (100m), Elementary backstroke (50m), Sidestroke (25m).	Cal DeWolfe 4 - 4:45 p.m.			Kassia Gilbert 4 - 4:45 p.m.

CANADIAN RED CROSS AND LIFESAVING SOCIETY OF NOVA SCOTIA LEADERSHIP COURSES

The following courses are subsidized and supported by the Lunenburg/Queens Recreation Co-ordinators/Directors' Association, and Shelburne County Recreation.

BRONZE STAR (Age 9-12)

The Bronze Star award provides excellent preparation for success in obtaining the Bronze Medallion award. Participants develop problem-solving and decision making skills as individuals and as partners. They learn CPR and develop water smart confidence. Includes a timed 400m swim.

Karen Geddes-Selig

Sun., Feb. 5	4-6 p.m.	emOcean Spa, Lun.
Sun., Feb. 12	6-8 p.m.	Days Inn
Sun., Feb. 19	4-6 p.m.	emOcean Spa
Sun., Feb. 26	6-8 p.m.	Days Inn
Sun., March 4	4-6 p.m.	emOcean Spa

\$80/5 wks. (Includes award and card)

BRONZE MEDALLION & CPR "B" (Age 13+ or Have Bronze Star)

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

Karen Geddes-Selig

Sun., Feb. 5	4-6 p.m.	emOcean Spa
	6-8 p.m.	TBA
Sun., Feb. 12	4-6 p.m.	B'water Town Office
	6-8 p.m.	Days Inn
Sun., Feb. 19	4-6 p.m.	emOcean Spa
	6-8 p.m.	TBA
Sun., Feb. 26	4-6 p.m.	B'water Town Office
	6-8 p.m.	Days Inn
Sun., March 4	4-6 p.m.	emOcean Spa
	6-8 p.m.	TBA

Wed., March 7 6-8 p.m. (EXAM) emOcean Spa
\$135 (Includes manual and awards)

BRONZE CROSS (Have Bronze Medallion)

Bronze Cross is designed for lifesavers who want the challenge of more advanced training. Teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork. This is a pre-requisite for the National Lifeguard Course. Proof of bronze medallion is required at registration. Please call our office at 543-2274 or email us at recreation@bridgewater.ca and leave your name, phone number, and email address if you are interested in taking part in a bronze cross course in the spring.

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. Refund allowed prior to **April 7**.

Krista Elvidge

Sat., April 21	12-4 p.m.	TBA
	4-8 p.m.	emOcean Spa, Lun.
Sun., April 22	10 a.m. - 2 p.m.	emOcean Spa
	2-6 p.m.	TBA
Fri., April 27	9 a.m. - 1 p.m.	TBA
	1-4 p.m.	emOcean Spa
Sat., April 28	12-4 p.m.	TBA
	4-8 p.m.	emOcean Spa
Sun., April 29	9 a.m. - 1 p.m.	emOcean Spa
	1-4 p.m.	TBA

\$250 (Includes manual and exam fees)

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 additional practice teaching. Proof of age is required at registration. Refund permitted prior to **March 16**.

Karen Geddes-Selig

Thurs., March 29	5-7 p.m.	Days Inn
	7-9 p.m.	B'water Town Office
Sat., March 31	9-11 a.m.	emOcean Spa
	11 a.m.-4 p.m.	B'water Town Office
Sun., April 1	10 a.m.-1 p.m.	Days Inn
	1-4 p.m.	B'water Town Office
Thurs., April 5	4-6 p.m.	Days Inn
	6-9 p.m.	B'water Town Office
Thurs., April 12	4-6 p.m.	Days Inn
	6-9 p.m.	B'water Town Office
Wed., April 18	6-8 p.m.	emOcean Spa
	(Tentative)	

\$140 (Includes manual, strobe chart and wallet card)

WATER SAFETY INSTRUCTOR (Have Assistant Water Safety Certification) (Age 15+)

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

Karen Geddes-Selig

Thurs., May 3, 10, 17 & 24

Days Inn, 4-6 p.m.

Bridgewater Town Office, 6-9 p.m.

Sun., May 6, 9-11 a.m., emOcean Spa Lunenburg

\$140 (Includes manual)

"Join us for a Summer of Fun in 2012!"

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 student employment TODAY.

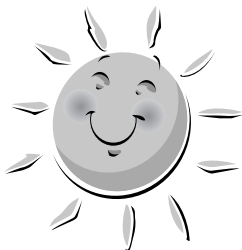
SUMMER STUDENT EMPLOYMENT

Bridgewater Parks, Recreation & Culture Department

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

POOL

Pool Director
Assistant Pool Directors
Water Safety Instructor/Guards
Pool Receptionists
Fill-in WSI/Receptionist



PROGRAM

Summer Manager
Day Camp Coordinator
Pre-School Coordinator
Special Events/Pro Kids Co-ordinator
Day Camp Leader
Pre-school Leaders

DESBRISAY MUSEUM

Built Heritage Assistant
Museum Interpreter

Please submit cover letter, résumé, and aquatic qualifications (pool positions) by **March 2** 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
Email: recreation@bridgewater.ca
Fax (902) 543-6876 Phone (902) 543-2274

*Only those applicants selected for an interview will be contacted.

CANADIAN TIRE JUMPSTART 'Giving Kids a Sporting Chance'

One in three Canadian families cannot afford to enroll their children in sport and recreation activities because of financial barriers. That means that many kids are missing out.

Canadian Tire Jumpstart is dedicated to removing barriers, so children can participate in organized sport and recreation. In 2011, **Canadian Tire Jumpstart** gave over **\$29,959.82** to boys and girls in Lunenburg and Queens Counties, so they could take part in swimming lessons, dance classes, soccer, baseball, basketball, martial arts, cheerleading, gymnastics, hockey and more. Our local Bridgewater Canadian Tire



Store and their staff helped make this happen and will continue to support "our kids" in 2012! Jumpstart funds are distributed through the following Jumpstart partners: **Bridgewater Parks, Recreation & Culture** (543-2274), **YMCA Lunenburg County**, (543-9622); **Lunenburg Municipal Recreation** (541-1343); **Chester Recreation** (275-3490) and the **Region of Queens Recreation** (354-5741). If your child could use some financial assistance to participate in a sport or recreational activity in 2012, please call the Jumpstart partner nearest you and find out how we can help you access these funds!

Canadian Tire Bridgewater held a Christmas Jumpstart fundraiser during the month of December. Above General Manager, Jody O'Donnell shows off one of the cute gift cards people received with a \$2 donation. All proceeds will be going to Jumpstart.

DESBRISAY MUSEUM

Winter Hours

Wednesday to Sunday, 1 to 5 pm.

Saturdays admission is free.

Check out our web page
www.desbrisaymuseum.com
for March Break programs.

"Like" us on facebook
to find out the latest.

543-4033

YOUTH PROGRAMS

RED CROSS BABYSITTING COURSE (Age 11+)

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

Karen Geddes-Selig

Wed. & Thurs., Jan. 25 & 26, 4-8 p.m.

OR

Wed. & Thurs., April 25 & 26, 4-8 p.m.

Town Office

\$32 (includes manual and certification)

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

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

Tues., Jan. 17 - March 6

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

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

BES

\$42/8 weeks



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

Develop a love for the "action-packed" sport of basketball with popular instructors Jordan Mullen and Andrew Snyder! Learn rules of the game and how to pass, shoot and dribble through drills, skill-building exercises and FUN scrimmages.

Wed., March 28 - May 16

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

Grades 4-6: 7-8 p.m.

BES

\$40/8 weeks

COMMUNITY SPORT DEVELOPMENT COORDINATOR SOUTH SHORE REGION

Sport Nova Scotia is the voice for amateur sport in Nova Scotia - this is the grassroots, community-level sport activity you see at local fields, rinks, swimming pools, and gyms across the province. Identifying and strengthening sustainable sport opportunities in the South Shore Region is the mission of a recently expanded sport development program from Sport Nova Scotia, in partnership with the NS Department of Health and Wellness.

If you are interested in sport development or the sustainability of an existing sport within the South Shore Region, contact Nicole Larade, 902-298-9531, or email nlarade@sportnovascotia.ca. We can work together to create fun, safe, quality, and developmentally appropriate sport opportunities where possible.

BALL HOCKEY (Grades 1-3 & 4-6)

Have a blast participating in the most FUN, energetic sport of ball hockey with Junior A Lumberjacks hockey players Kevin Jackson and Jake Bullen. Do some drills, learn some skills, and play games! Learn how to handle the ball, pass, shoot, and take face-offs. Floor hockey develops hand-eye coordination, agility, speed, and strength. Fun will be the focus! Participants MUST wear indoor sneakers, a helmet with face shield or protective eye goggles, shin pads (soccer ones are perfect) and hockey gloves or leather gloves are also recommended. Sticks provided. "Come join the Jacks!"

Tues., Jan. 10 - Feb. 28

Grades 1-3: 5:30-6:30 p.m.

Grades: 4-6: 6:30-7:30 p.m.

Michelin Social & Athletic Club

\$42/8 weeks



Pictured above is our Ball Hockey leaders: Bridgewater Lumberjacks Assistant Captain, Kevin Jackson (l) and Captain, Jake Bullen (r)

WIGGLERS AND WALKERS (Age 9mos-2 years)

Fun, interactive play time for crawlers and toddlers on the move! Little ones will play, learn and socialize through games, activities, rhymes, and movement to music. Provides a great opportunity for parents to socialize too! Please bring a little snack for "circle time".

Sherrie Cragg

Michelin Social Club

Thursday, 10:00 a.m.-10:45 a.m.

January 19-March 8

\$50/8 wks

LITTLE FEET ADVENTURERS (Parent & Pre-schoolers Age 3-5)

You and your adventurous pre-schooler will play, socialize, and have fun through games, nursery rhymes, obstacles courses, movement to music and other activities.

Sherrie Cragg

Michelin Social Club

Thursday, 11:00 a.m.-12:00 noon

January 19-March 8

\$50/8 wks

BRIDGEWATER

ProKids

providing recreation and cultural opportunities for children 0-18 years

Each year kids and youth in Bridgewater and Lunenburg County are unable to participate in sport, cultural and recreational activities because their families cannot afford the costs. Registration fees as well as equipment and transportation costs are beyond the reach of many families and their children miss out. PRO Kids is dedicated to making recreation, sport and cultural activities accessible to economically disadvantaged children and youth up to 18 years of age. **Families can access funds** to cover the cost of **registration fees, equipment and transportation**. The process is really easy!



Because

To determine if your child is eligible for this funding opportunity contact the **Bridgewater Parks, Recreation & Culture** Department if you reside in the Town of Bridgewater. Call us at 543-2274 or send an email to recreation@bridgewater.ca or drop in our office located at 60 Pleasant Street. We have information brochures and application forms. **(PLEASE NOTE:** If you reside anywhere else in the District of Lunenburg call Janice Rand at 541-1335 or Cosette Howlett at the Municipality of the District of Chester at 275-3490, for assistance.)



Everyone

HOW CAN YOU LEND YOUR SUPPORT?

“If children are our future...don't they deserve every opportunity?”

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

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



Deserves a

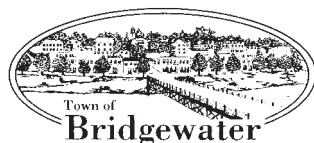
THE FOLLOWING ARE GENEROUS BRIDGEWATER PRO KIDS SUPPORTERS



United Way of Lunenburg County



Jumpstart
Giving kids a sporting chance.



Town of
Bridgewater



Chance to



Participate

Take the ROOF off WINTER

TAKE THE ROOF OFF WINTER CREATIVE EXPRESSIONS CONTEST 2012

An opportunity for children ages 5-12 to be creative! Draw, colour or sketch a picture of your favourite outdoor activity that you like to do in the winter. Simply drop into our office for a form or go to www.taketherooffwinter.ca/kidszone.php and download one. A random draw will take place on March 29, 2012. The winner will receive a Recreation Sport Gift Package valued at \$150, courtesy of Canadian Tire Jumpstart. Entries must be delivered to the Bridgewater Parks, Recreation and Culture Department office (60 Pleasant Street) by **March 24**, so we can deliver to Recreation Nova Scotia.

BRIDGEWATER OUTDOOR RINKS

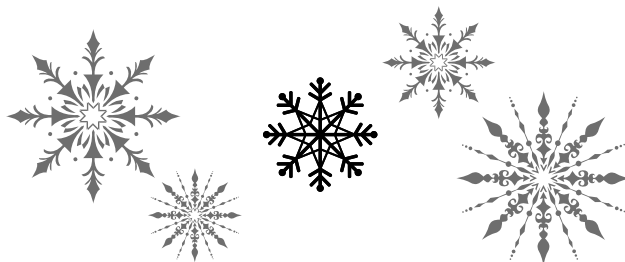
There's no better way to experience our Canadian winter than skating on an Outdoor Rink! It's amazing the sheer joy that comes from a slab of ice. This winter, with the support of countless volunteers and the

Town of Bridgewater, **two 50' x 100' outdoor rinks** will be erected at the Kinsmen Ball Field. Grab your skates and glide on the glassy surface of one rink with your friends or family, or join your buddies and neighbourhood friends and play "backyard" hockey on the other rink. The ball field lights will be turned on during the evenings.



For the most up-to-date information on hours of operation, etc., check the following facebook group:

Bridgewater Outdoor Rink i.e. www.facebook.com/#!/groups/187893614571239/. Signs will also be posted at the Kinsmen Field. Plans are underway for a special "Take the Roof Off Winter" skating party. Check out the facebook page or the Lighthouse Log Recreation Page for upcoming details. If you are interested in volunteering to help with snow clearing and flooding the rinks, etc., please send an email to bridgewateroutdoorrink@gmail.com. Learn to skate, enjoy the outdoors, and create some special winter memories at the Outdoor Rink this winter.



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	\$3.50	
Youth	\$3	
Parent/Tot (under 5 years of age)	\$1.50 (Adults)	\$1 (Child)

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

MUSIC & DANCE

BEGINNER GUITAR LESSONS

Have fun learning how to play your favourite songs with popular instructor GREG BLACK. Greg has 13 years of guitar instruction in the South Shore. Perfect for kids 6+, teens and adults of all ages. Participants will be matched with those of similar age and experience and classes will be designed around the interests of participants. Each session will be one hour in duration.

Sat., Jan. 14 - Feb. 25/6 classes (No class Feb.11)

(Age 7-9) 10:45-11:45 a.m.

(Age 10-13) 12-1 p.m.

(Age 14-19) 1:15-2:15 p.m.

(Adults) 2:30-3:30 p.m.

OR

Fri., Jan. 13 - Feb. 17/6 classes

(Age 9-12) 3:45-4:45 p.m.

OR

Tues., Jan. 17 - Feb. 21/6 classes

(Adults) 7:40-8:40 p.m.

*Class times may be adjusted to suit participant schedules and to match participants of similar age and experience.

Anglican Church Hall (Alexandra Ave.)

Kids & Teens: \$72/6 classes

Adults: \$70 + \$10.50 HST = \$80.50/6 classes



UKULELE FOR BEGINNERS - LEVEL I

The instrument that brings a smile to everyone's face! The ukulele can be a source of joy and accomplishment in the hands of a novice. Join us at this popular class, for a few hours of fun, as you learn to strum chords, read music and sing some old favourites on the ukulele. Learn how to compose some simple exercises. No prior musical experience is necessary. Bring your own ukulele or order one through the instructor.

Sandra Obritsch

Mon., Jan. 16 - Mar. 5, 1-2:30 p.m.

HB Studios Sports Centre

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

BEGINNER UKULELE - LEVEL II

For ukulele players who have completed the Level I class or those who have previous music reading skills. We will develop music reading and ukulele playing skills by working with the D major scale and picking simple melodies.

Compose some simple exercises. Learn how to use the soft pick in your melodies. With a repertoire of new songs, you will learn some new strumming techniques that will add pizzazz to your playing.

Sandra Obritsch

Tues., Feb. 7-Apr. 3

6:30-8:30 p.m.

BHS

\$65.22 + \$9.78 HST

= \$75/8 weeks



INTERMEDIATE UKULELE - LEVEL I

Continue working on James Hill and J Chalmers Doane, while developing your sight reading and music theory. "Prepare to move up to a performing group!" If interested in participating in a Tuesday morning class please call our office at 543-2274 or email us at recreation@bridgewater.ca and leave your name and phone number.

BEGINNER COUNTRY WESTERN LINE DANCE CLASSES

Learn the basic steps to country western line dances. A fun filled, informal class that is perfect for all ages and anyone who loves to laugh, dance and meet other people. It's a healthy and enjoyable exercise that will improve your balance, posture, flexibility, and muscle strength. Liz Weagle and Louise Mosher look forward to introduction you to line dancing this winter! No prior experience or partner required. Smooth soled shoes are recommended. Bring some water.

Mon., Jan. 30 - March 5 / 6 wks., 6:30-7:30 p.m.

BES

\$28.70 + \$4.30 HST = \$33

\$45.22 + \$6.78 HST = \$52 (2 people from same family/household)

COUNTRY WESTERN LINE DANCE CLASSES - "For Those With Some Prior Experience"

A perfect class for all ages and anyone who has some prior Country Western Line Dancing experience. Liz Weagle and Louise Mosher will team-teach the basic steps to fun line dances and increase your repertoire. Come share a laugh, have fun, and keep active this winter! Smooth-soled shoes are recommended. Bring some water.

Mon., Jan. 30 - March 26, 7:30 - 8:30 pm

*No class March 12

BES

\$34.78 + \$5.22 HST = \$40/8 weeks

\$56.52 + \$8.48 HST = \$65 (2 people from same family/household)



FITNESS, HEALTH & SPORT

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

Body Blast	Monday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Jan. 9 - Mar. 19 10 weeks *No class March 12
Table Tennis	Monday	5:30-6:30 p.m.	Michelin Social & Athletic Club		Jan. 9 - Mar. 19 10 weeks *No class Mar. 12
Body Sculpt & Step	Wednesday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Jan. 11 - Mar. 21 10 weeks *No class Mar. 14
Badminton	Thursday	5:30-7:00 p.m.	Michelin Social & Athletic Club	Connie Banfield	Jan. 12 - Mar. 22 10 weeks *No class March 15

**FALL FITNESS PASS (PUNCH CARD)
CONNIE'S CLASSES**

5 pass - \$30.43 + \$4.57 HST = \$35
 10 pass - \$56.52 + \$8.48 HST = \$65
 (Table Tennis Only) - \$34.78 + \$5.22 HST = \$40
 20 pass - \$78.26 + \$11.74 HST = \$90
 Winter Season Pass - \$86.96 + \$13.04 HST = \$100
 * Pass Expires March 22, 2012.

**FREE FITNESS CLASS
FOR NEWCOMERS**

The holder of this coupon is eligible to attend one Bridgewater Parks, Recreation & Culture Department. "Winter Fitness" class (instructed by Connie Banfield or Aline Couturier) for **FREE**.
Valid the week of January 9-14, 2012.

BODY BLAST

A muscular strengthening and endurance workout for both the upper and lower body. With the use of tubing and light hand weights, this class is guaranteed to make you sweat, and will help you get stronger and learner, while improving your fitness level. Includes floor work.

TABLE TENNIS

Play the fun sport of table tennis known as "ping pong". Beginner and experienced players welcome! Great activity to develop your hand eye co-ordination and develop quick reflexes. Lots of fun! Lots of laughs!

BODY SCULPT & STEP

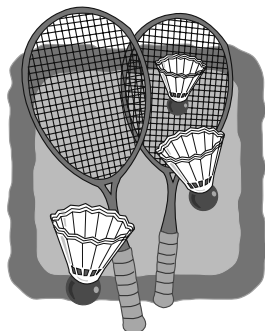
This class will focus on building strength and overall toning, including step, squats, lunges and floor exercises.

BADMINTON

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

CO-ED DROP-IN BADMINTON

Mon., Jan. 9 - March 26, 6:30-8 p.m.
 Michelin Social & Athletic Club
 \$4.35 + .65 HST = \$5/class
 *No class March 12



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. 17 - March 27 & Thurs., Jan. 19 - March 29
 12:15-12:45 p.m.
 Michelin Social & Athletic Club
10 classes - \$31.30 + \$4.70 HST = \$36
20 classes - \$57.17 + \$7.83 HST = \$60
***No class March 13 & 15**

Aline Couturier is 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.



Fitness Yoga	Monday	5:30-6:30 p.m.	Anglican Church Hall	Jan. 9 - Mar. 19/10 classes *No class March 12
Zumba	Wednesday	5:30-6:30 p.m.	Bridgewater Elementary School	Jan. 11 - Mar. 21/10 classes *No class March 14
Tubing All The Way	Saturday	9:30-10:30 a.m.	Anglican Church Hall *Feb. 11 - St. Joseph's Parish	Jan. 14 - Mar. 24/10 classes *No class Mar. 10

TUBING ALL THE WAY

Pump up your muscles and strength using resistance tubing to target every muscle group in your body.

ZUMBA

A cardio workout that combines high energy and motivating Latin and international music, with dance aerobic moves that allows you to “dance your worries away.” It is a “feel-happy” workout that is great for the body and mind.

FITNESS YOGA

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

Winter Fitness Pass - Punch Card - Aline's Classes

5 pass - \$34.78 + \$5.22 HST = \$40
 10 pass - \$65.22 + \$9.78 HST = \$75
 20 pass - \$108.70 + \$16.30 HST = \$125
 30 pass - \$139.13 + \$20.87 HST = \$160
 *Pass Expires March 24, 2012.

BEGINNER/GENTLE YOGA

Ashtanga 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 High School 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, older adults, those who are currently not active or those who enjoy a slower, gentler paced class. Please bring a mat and water.

Winter: Tues., Jan. 10 - Mar. 20, 7:15-8:30 p.m.
 *No class Feb. 28 or March 13 (March Break)
 Spring: Tues., April 10 - June 5, 7:15-8:30 p.m.
 Parkview Education Centre (Library)

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.

Winter: Thurs., Jan. 12 - Mar. 8, 5:45- 7 p.m.
 Spring: Thurs., April 12 - June 7, 5:45-7 p.m.
 Parkview Education Centre (Library)

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.

Winter: Tues., Jan. 10 - Mar. 20, 5:45-7 p.m.
 *No class Feb. 28 or March 13 (March Break)
 Spring: Tues., April 10 - June 5, 5:45-7 p.m.
 Parkview Education Centre (Library)

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.

Winter: Thurs., Jan. 12 - Mar. 8, 7:15-8:30 p.m.
 Spring: Thurs., April 12 - June 7, 7:15-8:30 p.m.
 Parkview Education Centre (Library)

\$95.65 + \$14.35 HST = \$110/9 WEEKS/SEASON
\$152.17 + \$22.83 HST = \$175
 (ANY TWO YOGA CLASSES TAUGHT BY
 AMANDA STUART PER SEASON.)
DROP-IN FEE: \$13.04 + \$1.95 HST = \$15/class

INTRO TO RUNNING

With proper guidance and a good approach, running can be FUN! During this course, non-runners will learn, through step-by-step instruction, how to run safely with people who are at the same level. Instructor, Tammy Slauenwhite, will cover topics such as appropriate footwear, injury prevention, running form, breathing rhythm, warming up, cooling down and stretching, etc. You will learn how to run in an enjoyable way that will have you looking forward to lacing up your running shoes. Please wear comfortable clothing, supportive sneakers and bring a water bottle.

Instructor Bio

Tammy Slauenwhite, owner of TamFit Personal & Group Fitness Services, has 12 years experience working in the fitness industry within Lunenburg County. For the past 5 years, Tammy has been a member of the Bridgewater Triathlon club and competing in triathlons, duathlons, and running races throughout NS. She recently joined the Canadian Dory Rowing Association and has competed this year in Lunenburg. Tammy has also received her Multi-Sport Coaching Certification this past spring through the National Coaching Certification Program. Since May, she has been coaching the beginner section of the Bridgewater Triathlon Club.

Wed., Jan. 18 - Mar. 7, 4:30-5:30 p.m.

HB Studios Sports Centre

\$39.13 + \$5.87 HST = \$45/8 weeks



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. 9 - March 26/11 weeks

Wed., Jan. 4 - March 28/12 weeks

Fri., Jan. 6 - March 30/12 weeks

9:30-10:30 a.m.

Michelin Social & Athletic Club

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

*No classes during March Break, i.e. Mar.12, 14 & 16

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. 9 - March 19/10 weeks

Fri., Jan. 13 - March 23/10 weeks

Michelin Social & Athletic Club

1x/week : \$34.78 + \$5.22 HST = \$40

2x/week : \$56.62 + \$8.48 HST = \$65

*No classes March 12 & 16



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. 9 - March 19, 9:30-10:30 a.m.

*No class Jan. 16 or March 12

Days Inn

\$59.13 + \$8.87 HST = \$68/9 weeks

AQUA-ARTHRITIS

See page Aquatic Section for details.

SOCIAL BADMINTON

Come and enjoy a fun hour of badminton. Absolute 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. 10 - March 20/10 weeks

*No class March 13

Michelin Social & Athletic Club

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

THE ROYAL NOVA SCOTIA INTERNATIONAL TATTOO (Age 50+)

Featuring over 2000 world-class Canadian and International military and civilian performers, the Tattoo continues to live up to its reputation as one of the world's premiere cultural and entertainment events. It features pipes and drums, drama, historic re-enactments, dancers, acrobatics, choirs, military displays and competitions and more. We will stop to dine at a restaurant on the way home. Coach has air conditioning, washroom services and video. Our tickets are reserved in Section 11 of the Lower Bowl.

Sat., July 7, 2012, depart 12:15 p.m. from Bridgewater Arena

Showtime 2:30 p.m. Dine at restaurant after show.
\$65.22 + \$9.78 = **\$75 (Fee does not include dinner)**

INDOOR GARDEN GAMES EVENT

Exercise your mind and body, have fun and socialize playing indoor games, including croquet, bocce, ring toss pickleball and hillbilly golf. Share a laugh and enjoy some refreshments with Sandy and Connie.

Tues., Feb. 7, 2-3:30 p.m.

Michelin Social & Athletic Club

\$3 (drop in fee)

FIRST AID AT YOUR CONVENIENCE



Canadian Red Cross

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.



PICKLEBALL ANYONE?

Pickleball is a fun, addictive game that combines the best of tennis, badminton, and ping pong. It is designed for all ages but is popular in retirement communities in the US. This a fabulous way to get some exercise and have fun doing it. It is a very social activity! Pickleball is played on a badminton size court, using a tennis net, and paddle. It is easy to learn and, after a few minutes of instruction, beginners will be hitting the whiffle ball back and forth across the net. We have been told that if you try it, you'll be back the next day to play again! All equipment will be provided. Please wear a court shoe or good sneakers. Come to one of our "try it sessions" for FREE. **Jerome & Elizabeth Tanner** and **Greg & Pam Crouse** will introduce you to the rules, the ready position, and the basic strokes of pickleball. If you can't make one of the "try it" sessions, don't worry, you can still attend the drop-in program. There will be someone there to teach you the game.

"TRY IT OUT SESSIONS" - FREE

Tues., Jan. 10, 10-11:30 a.m.

OR Thurs., Jan. 12, 1:30-3 p.m.

DROP IN PROGRAM

Tues., Jan. 17 - March 27, 10-11:30 a.m.

*No class March 13

OR Thurs., Jan. 19 - March 29, 1:30-3 p.m.

*No class March 15

Michelin Social & Athletic Club

Drop-in Fee: \$4.35 + .65 HST = **\$5**



Come join Tammy Slauenwhite this winter at our fun Intro to Running program, featured on PAGE 36. Pictured above is Tammy and some of the ladies who took part in the Fall session. "They all did amazing!"

Healthy Strides Walking Club (for adults)

Jan. 10- Apr. 27

Come join the Healthy Strides Walking Club! Walk the indoor track at **HB Studios Sports Centre** (or another location), and keep track of your progress on the chart we are posting upstairs. A great way for beginner walkers to get started in a walking program, or for experienced walkers to increase their activity level...and learn more about walking. Walk alone or with friends, and make new friends by joining in on our Tuesday morning and evening group walks and learn more about walking and physical activity at the "Walk & Talks". As you reach predetermined distance goals, your name will go in for prize draws. There is no cost to join the club but when walking at HBSSC there is an admission fee of **\$2** per day, or purchase a monthly pass for **\$20** for track use.

Kickoffs - Tuesday, January 10 - 10:00 a.m. & 6:00 p.m. at HBSSC, Glen Alan Drive, Bridgewater

Come see what it's all about! Meet, Tracy Burgess and learn about the Heart&Stroke *Walkabout*TM program, join in on our first group walk and register and receive your registration package. Free Walkabout Tracker for your fridge for the first 100 to register. As part of the "kick off" HB Studios Sports Centre is offering a "Try Our Track Tuesday". Walking/running on the track will be **FREE** all day long!

Groups walks – every Tuesday and Thursday - 10:00 a.m. and 6:00 p.m. at HB Studios Sports Centre

Walk & Talks (10:00 a.m. & 6:00 p.m.)

Tues., Jan 17 - Walking 101, Danielle Korol, On Track Physio

Tues., Feb. 21 - Nutrition & Hydration, Alicia Strong

Tues., Mar. 20 - Heart Health, Matt Naugler & Alicia Strong

This is a joint project of HB Studios Sports Centre, Bridgewater Parks, Recreation & Culture, YMCA Lunenburg County, and Lunenburg Municipal Recreation, with funding from the Nova Scotia Department of Seniors. Supported also by Heart&Stroke *Walkabout*TM



Q: What do a firefighter, a museum tour guide, and a model train enthusiast have in common?

A: They are all VOLUNTEERS in Lunenburg!

The Lunenburg Queens Volunteer Partnership helps individuals get involved in the community through volunteering. No matter your interests, there's a volunteer opportunity just right for you. Find out how you can make a difference as a volunteer!

Visit www.lqvc.ca to find:

- Volunteer opportunities in the Lunenburg area
 - Training and tools for volunteers
 - Blog, newsletter, videos and more!

Contact the Volunteer Navigator at lqvolunteerpartnership@gmail.com or (902) 543-3422 for more information.

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 RE-CERT

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

Emergency

Thurs., Jan. 26, 8:30 a.m. - 12:30 p.m., Town Office OR

Sat., March 3, 9 a.m. - 1 p.m. OR

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

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

Standard

Thurs., Jan. 26, 8:30 a.m. - 4:30 p.m., Town Office OR

Sat., March 3, 9 a.m. - 5 p.m. OR

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

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

MARINE BASIC FIRST AID (MBFA)

This is an excellent course for the professional mariner and recreational boater. Similar to standard first aid and CPR. It includes a marine supplement, which includes information on marine related topics. This course is approved by Transport Canada and meets the requirement for those in the marine industry who require this certification. Patty Joudrey

Wed. & Thurs., April 25 & 26, 8:30 a.m. - 4:30 p.m., Town Office

\$95.65 + \$14.35 HST = \$110

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., Feb. 4 & 5, 9 a.m. - 5 p.m., Town Office

OR

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

OR

Wed. & Thurs., April 18 & 19, 8:30 a.m. - 4:30 p.m., Town Office

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

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

Sat., Feb. 4, 9 a.m. - 5 p.m., Town Office

OR

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

OR

Wed., April 18, 8:30 a.m. - 4:30 p.m., Town Office

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

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

Wed. & Thurs., Jan 18 & 19, 8:30 a.m. - 4:30 p.m., Town Office

OR

David Nash

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

David Nash

OR

Tues. & Wed., March 6 & 7, 8:30 a.m.-4:30 p.m., Town Office

OR

Patty Joudrey

Sat. & Sun., April 14 & 15, 9 a.m. - 5 p.m., Town Office

OR

David Nash

Wed. & Thurs., May 16 & 17, 8:30 a.m.-4:30 p.m., Town Office

OR

Patty Joudrey

Sat. & Sun., May 26 & 27, 9 a.m. 5 p.m., Town Office

OR

David Nash

Sat. & Sun., June 2 & 3, 9 a.m. - 5 p.m., Town Office

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

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

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

Patty Joudrey

Wed., Jan 18, 8:30 a.m. - 4:30 p.m., Town Office

OR

David Nash

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

OR

David Nash

Tues., March 6, 8:30 a.m.-4:30 p.m., Town Office

OR

Patty Joudrey

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

OR

David Nash

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

OR

Patty Joudrey

Sat., May 26, 9 a.m. - 5 p.m., Town office

OR

David Nash

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

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

INTERIOR DESIGN

WORKING WITH COLOUR

Learn how to co-ordinate the colour of your walls, furniture and accessories to achieve the room of your dreams with Interior Designer Denise Mackenzie. Make your house “come alive” with colours in this fun, hands-on class.

Tues., March 6, 7-9 p.m.

BHS

\$13.04 + \$1.96 HST = \$15

GETTING ORGANIZED

Learn tricks of the trade to de-clutter your home. Let's look at ways to get your space organized so that everything is accessible, properly stored and easy to find.

Tues., March 27, 7-9 p.m.

BHS

\$13.04 + \$1.96 HST = \$15

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 Personal 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. 7, 6:30-8:30 p.m.

(Snow Date: Thurs., Feb. 9)

BHS

\$6.96 + \$1.04 HST = \$8

GARDENING

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

PLANTING FRUIT TREES IN THE HOME GARDEN

This session will provide the basic information required to plant fruit trees in the backyard, including apple, peach, pear, cherry and pear trees.

Elspeth McLean-Wile

Wed., May 2, 6:30 p.m.

Greenhouse at Wile's Lake Farm Market

\$13.04 + \$1.96 HST = \$15

PRUNING FRUIT TREES

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

Elspeth McLean-Wile

Sat., May 5, 11 a.m.

Greenhouse at Wile's Lake Farm Market

\$13.04 + \$1.96 HST = \$15

CREATING A LOW MAINTENANCE GARDEN

This workshop will provide ideas on how to create a low maintenance garden using a combination of shrubs, perennials and annuals. Everyone wants their property to look good, but many do not have a lot of time to devote to gardening. This is the session for you!

Elspeth McLean-Wile

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

Greenhouse at Wile's Lake Farm Market

\$13.04 + \$1.96 HST = \$15

CREATE YOUR OWN HANGING BASKET

With a little assistance from the greenhouse staff, participants will create a beautiful hanging basket. This session will help everyone learn some simple techniques for making outstanding baskets and containers. Participants are encouraged to leave their baskets at the greenhouse until June 1. They will have perfect growing conditions! All materials provided at the workshop.

Elspeth McLean-Wile

Thurs., May 17, 6 p.m.

Wile's Lake Farm Market

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

GROWING GREAT TOMATOES

Interested in growing tomatoes? This workshop will introduce participants to more than 40 varieties of tomatoes, along with tips on growing them in containers and in the ground.

Elspeth McLean-Wile

Sat., May 19, 11 a.m.

Greenhouse at Wile's Lake Farm Market

\$13.04 + \$1.96 HST = \$15



SUCCESSFUL VEGETABLE GARDENING

This is a session for beginner vegetable gardeners or gardeners that need a little help to improve their results. Topics include site selection, compost as fertilizer, mulching, weeding, using plants versus seeds, and extending the growing season. There will be information on growing in raised beds and containers.

Elsbeth McLean-Wile

Wed, May 23, 6:30 p.m.

Greenhouse at Wile's Lake Farm Market

\$13.04 + \$1.96 HST = \$15

HERB GARDENING

This workshop will offer suggestions on growing herbs in pots and containers, and in the vegetable and flower garden. A great session if just getting interested in using herbs in cooking!

Elsbeth McLean-Wile

Tues., May 29, 6:30 p.m.

Greenhouse at Wile's Lake Farm Market

\$13.04 + \$1.96 HST = \$15

LEARN TO GRAFT YOUR OWN FRUIT TREES

Most fruits do not "come true to seed". That is, a seed from a MacIntosh apple will not grow into a tree which produces MacIntosh apples; one must graft a shoot from a MacIntosh tree onto a suitable root to get such a tree. This hands-on workshop will cover two distinct situations: **1) how to graft a new tree**, using a size-controlling rootstock. Participants will be able to take home their own apple trees, grafted to their choice of variety, for planting. **2) how to "topwork" an existing tree**, such as an abandoned apple tree on their own property, that is grafting one, or many new varieties onto a mature tree, making a tree which bears the new variety or varieties. Dr. Maxwell is passionate about the importance of preserving the old varieties of apples, many of which are no longer available commercially, and the varieties he will supply for the workshop are drawn from his own collection of antique varieties. However, participants are also encouraged to bring their own scion wood from any apple trees which they may wish to preserve and reproduce. (In this instance, they should contact Dr. Maxwell during the winter to obtain guidance on how and when to cut their grafting wood.) The workshop fee includes the cost of most materials, (rootstocks, scions, tools and grafting materials). **Please bring a utility knife.** Check out the Fruit free Workshop on page 40 to learn how to plant and take care of your newly grafted baby. Participants should also take note of the workshops being offered by Elspeth Maclean-Wile shortly after this workshop, in which they will learn how to plant and care for their newly grafted baby.

Instructor Bio: *Dr. David Maxwell is an amateur apple grower with his own small orchard in Middle LaHave, where he grows 50 different varieties of apples, most of which are antique varieties.*

Saturday, April 28 10:00 a.m.-4:00 p.m.

(If raining, outdoor segment will take place April 29, 1-4pm)

Municipal Area Recreation Complex, Dayspring

\$30.43 + \$4.56 HST = \$35

VOLUNTEER AWARD NOMINATIONS

Provincial Volunteer Week -April 15-21, 2012

Each year, the Town of Bridgewater recognizes the contribution of volunteers in our community. This year, we are seeking nominations for volunteers in the following categories:

- **Representative Volunteer** - The Town of Bridgewater is looking for a special volunteer to represent our community at the Provincial Volunteer Awards Ceremony to be held in Halifax on April 2, 2012. If you know of an outstanding volunteer who has made a difference in our community, please forward their name, address and letter detailing their volunteer efforts to the Parks, Recreation and Culture Department, 60 Pleasant Street or email us at recreation@bridgewater.ca.
- **Volunteer Family Award** - Recognizes a family that has made outstanding contributions as volunteers. Nomination form available at the Parks, Recreation & Culture Department.
- **Corporate Volunteer Award** - Recognizes a business in Bridgewater that has made significant contributions through support and encouragement of employee volunteerism or shown corporate support for community initiatives. Nomination form available at the Parks, Recreation & Culture Department

Deadline for nominations in all categories is Thursday, February 9.



CONTINUING EDUCATION COURSES

BLOGGING FOR BEGINNERS

Literally millions of people blog from around the world. It's a new, FUN, interactive way of expressing your thoughts, ideas, views and information. Quite simply, blogging is a perfect way to update others. Many blogs provide commentary on a particular subject while others function as more personal online diaries or journals, or online advertising. Elly Danica will introduce you to: types of blogs; getting started; setting up a free blog; your first post (entry); writing; formatting; links; publishing your post); spam and ham; promoting your blog and more. What are you waiting for...take this course and start blogging! Please bring a laptop. Hand outs will be provided. Elly Danica is a published writer, and a bit of a geek who discovered blogging in 2006 and finds the medium continuously fascinating.

Bridgewater Town Office
Tuesday, 2-4 p.m.
Jan. 24, 31 & Feb 7
\$71.30 + \$10.70 HST = \$82/3 wks

KNITTING SOCKS

Socks are the perfect portable knitting project and make a great gift for friends and family. Learn basic sock knitting, sock structure, tips and tricks, and how to "turn the heel" with no anxiety. Participants must have basic knitting skills. Complete at least one sock during course. Sock yarn and knitting needles will be provided. Please bring a pencil and notebook. Handouts will be supplied. Elly has been an active textile artist for 40 years. She is a weaver, spinner and knitter. Elly Danica

Bridgewater Town Office
Tuesday, 2-4 p.m.
Feb. 14, 21, 28 & Mar. 6
\$71.30 + \$10.70 = \$82/4 wks (Includes supplies)

UNDERSTANDING COMMUNICATION THROUGH SIGN LANGUAGE

A six session course for beginners that teaches American Sign Language with an emphasis on listening, body language, personality and perspective. This course is designed to improve your understanding of communication in all aspects of life. Heath Spencer is Certified in British Sign Language and is a Special Needs Instructor, The Ark Workplace Instructor, and teaches for the Dept. of Labour & Advanced Education.

Wed., 6:30-8 p.m.
Jan. 25 - Feb. 29
BHS
\$47.83 + \$7.17 HST = \$55/6 weeks

TRAVELLERS SPANISH

Learn basic Spanish "survivor tips" for situations you might encounter during your trip to Cuba, Mexico, Costa Rico or the Dominican Republic. Instructor Lili Palacios 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. Come have some fun, and make your next trip south a little easier!

Tues., Feb. 7-28, 6-8 p.m.
BHS
\$36.52 + \$5.48 HST = \$42/4 weeks

SPANISH FOR BEGINNERS I

Learn basic Spanish for situations of everyday life. Basic vocabulary and grammar will be introduced. Lili will teach you greetings, how to ask for something, members of the family and parts of the body in this fun course that will help you become familiar with the Spanish language and culture.

Thurs., Feb. 2 - 23, 6-8 p.m.
BHS
\$36.52 + \$5.48 HST = \$42/4 weeks

SPANISH FOR BEGINNERS 2

A continuation of Spanish for Beginners 1. Build your vocabulary and improve your grammar.

Thurs., March 8-April 5, 6-8 p.m.
*No class March 15

BHS
\$36.52 + \$5.48 HST = \$42/4 weeks

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: sideways-glance.com

Tues., Jan. 17 - March 6, 7-9 p.m.
BHS
\$78.26 + \$11.74 HST = \$90/8 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.

Tues., Jan. 24 - Feb. 28, 6:45-9:45 p.m.
BHS
\$78.26 + \$11.74 HST = \$90/individual/6 weeks
\$130.43 + \$19.57 HST = \$150/couple/6 weeks

COMPUTER COURSES

All classes will take place in the Acadia Centre for Social & Business Entrepreneurship (ACSB E Resource Centre) located in the Gateway Plaza, 215 Dominion Street for the WINTER SESSION. In the SPRING SESSION, classes will be held at 473 King Street, (old Dooly's building). Please note that courses are run in Microsoft Office 2007.

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

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.
Helen Chandler

Tues., Jan. 10 & Thurs., Jan. 12, 6:30-8:30 p.m.

OR Tues., April 3 & 10

\$39.13 + \$5.87 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.
Helen Chandler

Mon., Jan. 16 & 23, 6:30-8:30 p.m.

OR Thurs., April 12 & 19

\$39.13 + \$5.87 HST = \$45

EXCEL BASICS - LEVEL I

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

Thurs., Jan. 19 & 26, 6:30-8:30 p.m.

OR Mon., April 16 & 23

\$39.13 + \$5.87 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, setting tabs, line and character spacing, 3-D and shadow effects, creating columns and tables and inserting images. We also look at working with auto shapes and using the drawing toolbar, as well as creating mail merge documents and labels.
Helen Chandler

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

OR Thurs., April 26 & May 3

\$39.13 + \$5.87 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 and filtering data, use of basic functions max, min, average, hiding and freezing columns and rows, adding comments, creating subtotals, searching techniques and chart creation.
Helen Chandler

Thurs., Feb. 2, 9 & 16, 6:30-8:30 p.m.

OR Mon., April 30, May 7 & 14

\$58.26 + \$8.74 HST = \$67

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.
Helen Chandler

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

\$39.13 + \$5.87 HST = \$45

SOCIAL NETWORKING

How would you like to join Facebook and connect with friends and family? Perhaps you are interested in learning how to tweet or blog. Join us for a fun class and learn the basics of social networking.
Helen Chandler

Mon., Feb. 20 & 27, 6:30-8:30 p.m.

OR Tues., April 17 & 24

\$39.13 + \$5.87 HST = \$45

MS PUBLISHER

Using Microsoft Publisher, 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.
Helen Chandler

Thurs., March 1, 8 & 22 6:30-8:30 p.m.

\$58.26 + \$8.74 HST = \$67

POWERPOINT

With PowerPoint, you can learn how to make creative slide shows or powerful presentations for the home or office. Incorporate text, images and animation to make your presentation dynamic and interesting. You'll love "playing" with PowerPoint, whether a professional, member of a volunteer or public service organization or individual.
Helen Chandler

Mon., March 19 & 26, 6:30-8:30 p.m.

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

\$39.13 + \$5.87 HST = \$45

Say "YES" to Family Fitness

YES, YOU CAN DO IT!

Schedule a regular time throughout the week for physical activity.
Take turns selecting an activity for the family to do as a group each week.
Help everyone to find something active that makes them feel successful.

IT DOES NOT HAVE TO COST A LOT OF MONEY TO ACTIVATE THE FAMILY!

Designate indoor and outdoor play areas for rolling, climbing, jumping, and tumbling.

Buy toys or equipment that promote physical activity (skipping rope, ball, Frisbee).

Use physical activity rather than food as a reward (family goes skating).

Emphasize the importance of having fun and learning; avoid a push to "win".

Shovel snow ... build a snow sculpture; make snow angels; build a snow fort.

Take a long walk or jog on a beach or local trail.

Go tobogganing in a local park or in your yard.

Ice skate for a great winter workout.

Go up, up and away with a kite flying day.

Plan cycling trips on safe trails.

Spend as much time outside as possible.



YES IN YOUR OWN BACKYARD

Run, jog, and walk in a family treasure hunt.

Have a snowball fight or build a snowman.

Roll around as many different-shaped balls/objects as you can find.

Play "hit and go" croquet – hit the ball and run to it – across the whole yard.

Play hopscotch and organize a family tournament.

Run and dodge in a "tag and you're it" game.



YES IN YOUR NEIGHBORHOOD, COMMUNITY AND BEYOND

Create your own Olympic events at a family reunion or neighborhood block party.

Walk or bike to a nearby playground – challenge family members to try their skills swinging, crossing a horizontal ladder.

Take a historical walk or cycling tour.

Plan a "block fitness festival" including relay races.

Adopt a highway, park or beach and keep it clean.

Contact local recreation departments for information on family events.



DON'T BE STUCK – LIVEN IT UP! MUSIC MAKES IT EASY!

Create a family video of exercise routines.

Play your favorite music and dance like nobody's watching



FITNESS CAN BE SO MUCH FUN.

Talk to your children about what they learned in school or other extracurricular activities.

Read the Canada's Physical Activity Guide for Children for more specific information on the level of activity your child needs for health benefits.

Visit <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>

KNOWING HOW TO SWIM IS A MUST – IT IS A SKILL THAT COULD ULTIMATELY SAVE YOUR OR YOUR CHILD’S LIFE.

If you're not confident in the pool, have never learned to swim or don't know how to get your children started, you might need some advice. Swimming lessons are available for ages 6 months to seniors from your local recreation department.

REASONS WHY SWIMMING IS SO GOOD FOR YOU

The recommended amount of exercise is one hour every day for children and 30 minutes at least five times a week for adults, and swimming is a great way to hit these targets.

So next time you're wondering whether getting your hair wet is worth the effort, glance over this list and grab your towel!

- It's great for shaping up. Even a gentle swim **can burn over 200 Kcal** in half an hour and a fast front crawl can burn as many calories as an 8mph run.
- It's great for mental health. Studies have shown swimming improves psychological well being. Female swimmers in particular have been shown to experience significantly less tension, depression and anger after exercising than before.
- It's a fun activity. Who doesn't love to splash and play in water!
- It's the only sport that can save your life. **Over 400 people drown in Canada every year.**
- Swimming is for all. No matter what your age, weight and physical ability, swimming and water-based activities can provide you with a workout.
- Swimming is particularly good for pregnant women or those with disabilities, injuries or illnesses like arthritis because swimming can support up to 90% of the body's weight in the water.
- Swimming can offer the ultimate challenge at any level, whether that's swimming the length of your local pool or taking the plunge at public beach.
- Swimming is a sport people can start at any age, and can do for life.

Plus, knowing how to swim opens up a whole range of other sports. You could don a snorkel and swim with fish, or even complete a scuba diving course. You could join a canoeing or sailing club or even take your swimming to the next level and enter competitions!

Lunenburg County Lifestyle Center (LCLC)

We can all look forward to a local indoor public swimming pool in 2013.



Lunenburg County Lifestyle Centre

Included in the plan is:

- A 6 lane, 25 metre swimming pool which will be ideal for competitive swimming, Synchronized swimming, swimming lessons, water sports, aquatic leadership development and more!
- A leisure pool which will be ideal for those who enjoy shallower and warmer water for play and exercise.
- A therapeutic pool for those with physical challenges.

Visit www.lclc.ca or email info@lclc.ca



ADAPTIVE RECREATION EQUIPMENT LOAN PROGRAM

The Canadian Tire Jumpstart Adaptive Recreation Equipment Loan Program is a new resource for families of Children and Youth who have a physical disability or acquired brain injury. Families have the opportunity to borrow a variety of equipment to experience new leisure pursuits. Below are brief descriptions of the equipment:

Hippocampe – An innovative all terrain wheelchair is great for the beach and trails. The Hippocampe enables everyone - of any age - to enjoy outdoor activities to their full ability. We offer a ski attachment for winter, as well. In short, the Hippocampe puts the fun into function. 2 available - 1 child, 1 adult.

Lo-Mo 360 – Designed to be attached to the front of most rigid framed wheelchairs and, when installed, lifts the front wheels off the ground. It increases the wheelchair's ability to cross any obstacle and roll without effort. The 14" front wheel turns to 360° which allows comfort and handling. 1 available.

Fatwheels – Older, larger children (and adults) who have never learned to ride a bike find these liberating. Many people with Down Syndrome, Autism, and cerebral palsy, for example, have found that Fatwheels have opened new doors for outdoor recreation. 2 sets available - 1 for 20 inch bike and 1 for 24 inch bike.

Trikes – We have three trikes designed for children who may have low muscle tone, mobility challenges, or issues with balance. They are easier to stop and start, and more stable than other trikes; they come with optional trunk supports.

IMP Trike – for ages 2 ½ to 5 years, or up to 70 lbs.

Terrier Trike – for ages 4 ½ years and up, or up to 100 lbs.

TMX Trike – for ages 8 years and older, or up to 130 lbs.

Duet Cycle – This “go anywhere” tandem bicycle is basically a wheelchair (which can be taken off) mounted to the front of a bike. It's surprisingly easy to pedal and allows the passenger to go “for a ride” in a comfortable seating position.

Sledges – We have 12 telescopic nosed sledges (2 with high backs and 2 optional push bars) and all the sticks, picks and safety gear you need.

Please contact your local recreation department for info.

Region of Queens

354-5741

Municipality of Lunenburg

541-1343

Town of Bridgewater

543-2274

Town of Lunenburg

634-4006

Municipality of Chester

275-3490

- * Equipment is loaned on first come, first served basis.
- * Please book at least a week in advance of use.
- * Borrow for up to 2 weeks at a time.
- * Cost to borrow is only \$15. This money goes into an annual maintenance fund.

This program has been generously funded by:

- IWK Health Centre
- NS Department of Health and Wellness
- Canadian Tire Jumpstart
- Canadian Paralympic Committee
- Queens County Community Health Board
- Lunenburg County Community Health Board

Program Coordinated by:



Everybody Gets to Play

Healthy Strides Walking Club (for adults)

Jan. 10- Apr. 27

Come join the Healthy Strides Walking Club! Walk the indoor track at **HB Studios Sports Centre** (or another location), and keep track of your progress on the chart we are posting upstairs. A great way for beginner walkers to get started in a walking program, or for experienced walkers to increase their activity level...and learn more about walking. Walk alone or with friends, and make new friends by joining in on our Tuesday morning and evening group walks and learn more about walking and physical activity at the “Walk & Talks”. As you reach predetermined distance goals, your name will go in for prize draws. There is no cost to join the club but when walking at HBSSC there is an admission fee of \$2 per day, or purchase a monthly pass for \$20 for track use.

Kickoffs - Tuesday, January 10 - 10:00 a.m. & 6:00 p.m. at HBSSC, Glen Alan Drive, Bridgewater

Come see what it's all about! Meet, Tracy Burgess and learn about the Heart&Stroke *Walkabout*™ program, join in on our first group walk and register and receive your registration package. Free Walkabout Tracker for your fridge for the first 100 to register. As part of the “kick off” HB Studios Sports Centre is offering a “Try Our Track Tuesday”. Walking/running on the track will be **FREE** all day long!

Groups walks – every Tuesday and Thursday - 10:00 a.m. and/or 6:00 p.m. at HB Studios Sports Centre

Walk & Talks (10:00 a.m. & 6:00 p.m.)

Tues., Jan 17 - Walking 101, Danielle Korol, On Track Physio

Tues., Feb. 21 - Nutrition & Hydration, Alicia Strong

Tues., Mar. 20 - Heart Health, Matt Naugler & Alicia Strong

This is a joint project of HB Studios Sports Centre, Bridgewater Parks, Recreation & Culture, YMCA Lunenburg County, and Lunenburg Municipal Recreation, with funding from the Nova Scotia Department of Seniors. Supported also by Heart&Stroke *Walkabout*™

