

Fall 2026 Recreation Guide

District of Lunenburg



902.541.1343
modl.ca

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Town of Lunenburg



902.634.4006
townoflunenburg.ca

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YMCA



902.543.9622
ymcasouthwestns.ca

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South Shore Public Libraries



902.543.2548
southshorepubliclibraries.ca

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Lunenburg County
Lifestyle Centre



902.530.4100
lclc.ca

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Town of Bridgewater



902.543.2274
bridgewater.ca

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HB Studios Sports Centre



902.543.5348
hbssc.ca

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LOOKING TO TRY SOMETHING NEW?

The South Shore I.C.E. Storm has called the Lunenburg County Lifestyle Centre it's home since 2016. We host a variety of Para Hockey tournaments locally and play in tournaments in P.E.I., New Brunswick, and Cape Breton!



Want to try without commitment?

All of our practices are free try it sessions!

Come give it a try! Practices are on Sunday afternoons.

You can find our full schedule on our website

@ www.southshoreicestorm.com

Season registration costs \$150 (sled and sticks are provided)

All ages and abilities are welcome to join!

For any questions or concerns, reach out to us on Facebook or email.



South Shore I.C.E. Storm



southshoreicestorm@hotmail.com





District of Lunenburg

Recreation, Parks, and Tourism

"Working with you to create recreational opportunities for all"



10 Allée Champlain Drive | Cookville, NS | B4V 9E4

Phone: (902) 541-1343 | **Fax:** (902) 543-7123

Office Hours: 8:00am – 5:00pm, Monday to Friday

E-mail: recreation@modl.ca

Web: www.modl.ca and www.exploremodl.ca

f: @MODLRec and @DistrictofLunenburg

Director of Recreation, Parks, and Tourism: **Trudy Payne**
Program Coordinator: **Tissy Bolivar**
Trails & Open Space Coordinator: **Andrea Mehner**
Tourism & Event Development Officer: **Sandra Challis**
Active Living Coordinator: **Moira Frier**
Administrative Assistant: **Vacant**
Park Supervisor: **Jason McCarthy**

We Welcome
Everyone

We believe in creating safe and inclusive spaces where everyone feels valued, respected, and accepted for who they are.

We celebrate diversity in all its forms and embrace individuals from every background.

We prioritize kindness, empathy, and understanding.

Together, let's foster a supportive and welcoming environment where everyone can thrive, learn, and connect with others.

Recreation Beyond Barriers

We are committed to supporting individuals who face barriers in finding and enjoying meaningful leisure activities. Our staff will work to identify each person's interests, skills, available time, and level of involvement to create fulfilling recreation opportunities. We will also address barriers such as transportation, accessibility, equipment, costs, and volunteer support. Resources like activity exploration, equipment loans, and additional assistance will be available to enhance participation. By increasing awareness and access to support, individuals can enjoy more inclusive and enriching recreational experiences. Please contact Tissy Bolivar at **(902) 541-1335** to discuss possibilities.

Program Registration Information

Registration Opens Monday, August 31, 2026



Your source for recreation on the South Shore! Head to www.connect2rec.com for schedules, program registration and more.



Looking for support with Connect2Rec? Visit the LCLC at 135 North Park St, Bridgewater or call 902-530-4100.



Register Online:

At your convenience, any time of day or night. Online registration requires credit card payment.

IT'S EASY!

Step 1. Visit us online at www.connect2rec.com.

Step 2. "Sign Up or Log In". (Enter a login name and password, which you create yourself).

Step 3. Next **Search & Register for Programs.**

Step 4. Have FUN!

MODL Refund Procedures

- Full refunds will be issued up to 4 days before the program start date.
- No refunds will be issued for withdrawal notice within 4 days of the program start date or for 'no show' registrants.
- If a registrant cannot take part due to factors outside of their control (i.e., illness or injury) these instances will be reviewed on a case-by-case basis and a partial or full refund may be made in the form of a credit on your account.
- All refunds will be processed through the Lunenburg County Lifestyle Centre (LCLC).



Register by Phone:

- Call the LCLC at (902) 530-4100.

- All programs are subject to minimum and maximum enrollment.
- Register early to reserve your spot and avoid disappointment.
- Waiting lists will be taken for full programs and additional programs added, if possible.
- Payment is required at the time of registration.



Register In-Person:

- Visit the LCLC at 135 North Park Street, Bridgewater.
- 7 days a week, facility hours vary daily.

For program cancellations or changes, please call (902) 541-1343 or check our Facebook Page [f @MODLRec](https://www.facebook.com/MODLRec).

Provincial Volunteer Representative 2026: Mike Wilson

We are pleased to announce that **Mike Wilson** is this year's Provincial Volunteer Representative! For the past nine years, Mike has been the driving force behind the New Germany and Area IWK Toy Drive, dedicating countless hours organizing donations and ensuring its success. His behind-the-scenes efforts bring joy to many families and strengthen the community.



His commitment is deeply personal. After his daughter spent an extended time in the hospital as a newborn, the care she received at the IWK inspired him to give back. Today, she is a healthy, energetic eight-year-old, and Mike has turned his gratitude into meaningful action for other families facing similar challenges.

Through his leadership, Mike has created a ripple effect of generosity, bringing together businesses, service organizations, schools, and individuals. His work has helped foster a strong sense of collaboration and community spirit.

A teacher by profession, he carries that same care and leadership into his volunteer efforts. Known for his reliability, kindness, and tireless dedication, he leads by example. Despite his impact, Mike remains humble, always recognizing others while avoiding attention for himself.

Beyond the toy drive, he also supports the local legion and tends to Commonwealth soldiers' grave sites, reflecting his respect for history and service. His quiet dedication makes him a trusted and valued community member.

Mike will represent all volunteers for the Municipality at the Provincial Volunteer Awards in Halifax on September 28.

We wish to thank all of our community volunteers for their passion, their action, and the impact they have in making MODL a great place to live, work, and play.

8-TO-GO

You can take advantage of our "8-To-Go" plan!

If you see a program in this brochure, or you have another great idea that you would like to see offered in your community, just find seven others, and give us a call.

We will do our best to make the program happen where and when you want it.



Coming this Fall...

Volunteer Summit 2026

Local Hands. Lasting Impact.

**Saturday, Nov 7, 2026
NSCC, Bridgewater**

For Summit updates, email:
recreation@chester.ca



MODL Accessible Equipment Loan

- Hippocampe All-Terrain Wheelchair (with beach wheel and ski attachments available)
- Aqua Flotation Belts
- Sensory and Slow Motion Soccer Balls
- Ringing Volleyballs
- Shooter Assistant Basketballs
- Bowling Ball Ramp
- Adapted Swing Tool

Book Now!

☎ (902) 541-1343

✉ recreation@modl.ca



Dance & Theatre Classes
Pleasantville Firehall
 Ballet • Pointe • Floor Barre • Exams • Creative Movement • Intro to Dance • Inclusive Movement • Modern • Jazz • Tap • Musical Theatre and more!

Non-competitive
 Inclusive Environment
 Contact kinshipperformingartscentre@gmail.com
 Visit www.kinshipperformingartscentre.org

Enroll Your Teen in Sea Cadets!

Parents of youths (12-18): Give your teen a chance to grow, learn and thrive with the **Royal Canadian Sea Cadet Corps 39 Neptune**! Our **FREE** program builds confidence, discipline and leadership through:

- 🚢 Seamanship, navigation, CanSail certification
 - 🇨🇦 Parades and drill
 - 🎯 Marksmanship
 - 🥁 Marching band
 - 🏥 First aid and CPR training
- ...plus exciting camps and lasting friendships!



Join us on **Wednesdays** at **6:30 - 9 PM** at **95 Victoria Road, Lunenburg**.
 Questions? Email 39RCSCC@gmail.com or visit Cadets.ca.

Youth Programs

Pre-registration is required for all programs. All programs subject to change.

Natural Artists

Fall is in the air, school's out for the day, and we want you to join recreation staff for an afternoon making fun and exciting natural art! Get inspired by the beautiful world we live in and don't miss the opportunity to get outside and be artsy! Ages 5-12.

Friday, September 25, 1:30pm – 3:30pm

LaHave Sunset Park, Conquerall Bank

It's Free! Donations for PRO Kids welcomed



Red Cross Stay Safe! Course

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. Bring snacks.

Ages 9-13.

Saturday, October 3, 9:00am – 1:00pm

Barss Corner Community Hall, Barss Corner

\$35 (Includes a manual)



Youth Art Classes

Unlock your child's creativity with our exciting 'Youth Art Classes' designed just for kids! Let them explore their imagination in a fun and supportive environment. Our experienced instructor, Janine Smith, will guide them as they learn about famous artists, discover new materials, and explore new techniques as well as expressing their unique artistic voice. Whether your child is a budding Picasso or just starting their artistic journey, our classes cater to all skill levels. Join us for a colourful adventure where creativity knows no bounds!



Mondays, October 5 – November 9 (no class October 12)

Ages 5-9 from 4:30pm – 5:30pm

Ages 10-14 from 6:00pm – 7:00pm

Hebbsville Fire Hall, Hebbsville

\$90/5 weeks

Wednesdays, October 7 – November 4

Ages 5-9 from 4:00pm – 5:00pm

Ages 10-14 from 5:30pm – 6:30pm

Oakhill & District Fire Hall, Whynott's Settlement

\$90/5 weeks

Red Cross Babysitter Course

The Red Cross Babysitter Course teaches the skills and knowledge needed to care for infants, toddlers, preschoolers, and school-aged children. Topics include the rights and responsibilities of a babysitter, first aid, dealing with emergencies, childcare skills, and ideas for fun. Bring an infant sized teddy bear or doll, pencil, and lunch/snacks. This is a safety education course, not a guarantee of competence. Ages 11-14.

Saturday, November 7, 9:00am – 3:00pm

Italy Cross/Middlewood & District Fire Hall, Italy Cross

\$35 (includes booklet and certification card)

Make the Gifts - Perfectly Personal Presents

In these sessions with 'time4art's' Janine Smith, participants will spend time on a variety of art projects such as paintings, pottery, or pouring, to create some beautifully handmade gifts for the precious people in their lives. A great opportunity to make unique, homemade gifts for the holidays. Ages 6-12.

Mondays, November 16 – December 7, 6:00pm – 7:00pm

Blockhouse & District Fire Hall, Blockhouse

\$75/4 weeks

Family Programs & Special Events

Pre-registration is required for all programs. All programs subject to change.

Women and Girls Drop-In Swims

Through a partnership with the Lunenburg County Lifestyle Centre (LCLC), we are offering free Women and Girls drop-in swims for all ages! Whether it's a mother daughter swim, a friend outing, or you just want to go for a dip, we hope to see you there! This initiative was started due to the overwhelming demand for women-only drop-in opportunities.

Saturdays, 4:00pm – 5:00pm

Lunenburg County Lifestyle Centre (LCLC), Bridgewater

It's Free!

Fairy Lanterns and Houses

Join us for a creative and enchanting workshop that invites children and families to explore their imagination by crafting whimsical miniature homes for fairies. Participants will use natural materials like twigs, leaves, stones, and flowers, along with various art supplies, to design and build unique fairy houses and lanterns. This program provides a magical experience where participants can learn about storytelling, ecology, and the beauty of the outdoors while creating charming little abodes for their fairy friends. Fun for all ages!

Saturday, September 12, 10:00am – 11:30am

Miller Point Peace Park, Dayspring

It's Free! Donations for PRO Kids welcomed



Wheelchair Basketball

Explore the dynamic world of parasport with wheelchair basketball. Discover the exhilarating blend of skill, strategy, and teamwork in a game where mobility knows no bounds! For all abilities. Ages 12+.

Thursdays, September 17 – October 8, 5:30pm – 6:30pm

Lunenburg Community Centre, Lunenburg

It's Free!



Sensory-Friendly Family Swims

The Municipality of the District of Lunenburg has partnered with the South Shore Chapter of Autism Nova Scotia to host sensory-friendly swims at the LCLC. This is open to all ages, and to anyone who would benefit from a sensory-friendly environment. The pool will be closed to the public.

Sundays, September 20, October 18, November 15, and

December 20, 5:00pm – 6:00pm

Lunenburg County Lifestyle Centre (LCLC), Bridgewater

It's Free!

Low-Sensory Fall Family Picnic

The Municipality of the District of Lunenburg has partnered with the South Shore Chapter of Autism Nova Scotia to bring you a fun event to celebrate the season in a low-sensory environment. Join us for wagon rides, games, snacks, and pumpkin decorating. This is open to all ages, and to anyone who would benefit from a low-sensory environment.

Sunday, September 27, 1:00pm – 3:00pm

MARC, Dayspring

It's Free!



Family Programs & Special Events

Pre-registration is required for all programs. All programs subject to change.



Full Moon Walks

Experience the magic of a Full Moon Walk this fall, as we stroll beneath the glowing moonlight and take in the crisp autumn air, rustling leaves, and vibrant colours of the season. Enjoy a peaceful evening of connection, reflection, and natural beauty under the starry sky. Bring a flashlight or headlamp.

- Saturday, September 26, 7:00pm – 9:00pm:**
MARC, Dayspring
 Step into the soft glow of the Harvest Moon, once lighting the way for farmers bringing in the last of the season's crops. Enjoy a magical evening of connection, reflection, and nature's beauty. Following the walk, we will gather around a campfire. Approximately 3km of easy-moderate trails.
- Monday, October 26, 6:30pm – 7:30pm:**
Miller Point Peace Park, Dayspring
 Join us under the glowing Hunter's Moon, traditionally a time for gathering and preparation, when extra moonlight guided hunters and communities readied themselves for the coming winter. Embrace the crisp air, golden light, and the spirit of transition. Approximately 3km of easy trails.
- Tuesday, November 24, 5:30pm – 6:30pm:**
River Ridge Common, Pinehurst
 Stroll beneath the luminous Beaver Supermoon, a time when beavers prepare for winter and we, too, can slow down, reflect, and reconnect with nature's rhythm as the season shifts toward stillness. Approximately 3km of easy-moderate trails.

It's Free! Donations for PRO Kids welcomed

New! Parent & Child Guided Halloween Pottery

This Halloween, ditch the store-bought decor and come and get your hands messy at our parent and child clay workshop. Create family memories together as you and your little monster sculpt, decorate and paint your very own fa-BOO-lous pottery keepsakes. You'll be using real clay to create personalized kiln-fired Halloween treasures from ghost tealight holders to custom candy bowls. No experience required, our instructor Janine Smith will guide you through the techniques and will provide all materials you need. Pottery will be ready for pick up before Halloween night. Ages 8+.

Sunday, October 4, 1:30pm – 4:00pm

Italy Cross/Middlewood & District Fire Hall, Italy Cross

\$10/person

Family Pumpkin Parties

We're going pumpkin crazy, and you're invited! Bring the whole family for an afternoon packed with festive fall fun. Enjoy pumpkin carving, pumpkin-themed games, face painting, and tasty snacks. Just bring your carving tools and your imagination. Pumpkins will be provided while supplies last (one per family). Dress to impress in a costume or wear something orange to celebrate the season. It's fun for all ages, so come join the pumpkin party!

Saturday, October 24, 2:00pm – 4:00pm

Parkdale/Maplewood Community Centre, Maplewood

Sunday, October 25, 2:00pm – 4:00pm

MARC, Dayspring

It's Free! Donations for PRO Kids welcomed



Family Programs & Special Events

Pre-registration is required for all programs. All programs subject to change.

Family Glow Dance

Join us for a vibrant and fun-filled event bringing families together for an unforgettable night of music, dancing, and glowing fun. This unique dance party features glow sticks and a lively atmosphere where everyone is encouraged to dress in bright, glowing colors. Families will enjoy dancing to their favorite hits while creating lasting memories on the dance floor, ensuring a delightful experience for all ages.

Friday, November 6, 7:00pm – 8:30pm

Dayspring & District Fire Hall, Dayspring

It's Free! Donations for PRO Kids welcomed



Holiday Wreath Making

The time of year has come to decorate your home (or at least the front door) for the holidays! This event is fun for the whole family as we'll learn how to create a beautiful balsam fir wreath to take home with instructor Nicole Ramey. All materials are supplied but you can bring additional decorations if you wish. Snacks provided.

Saturday, December 5, 10:00am –

12:00pm or 1:30pm – 3:30pm

Pleasantville & District Fire Hall,
Pleasantville

\$20



Festive Campfire

Join recreation staff for a seasonal campfire including festive snacks made over the fire and beverages to help put you in the holiday spirit.

Sunday, December 13, 3:00pm – 5:00pm

MARC, Dayspring

It's Free! Donations for PRO Kids welcomed

PRO Kids

Positive Recreation Opportunities for Kids



PRO Kids is a program that provides financial assistance to children and youth ages 18 and under, who reside in the District of Lunenburg, and who, due to lack of funds, are not able to participate in sport, recreation, and cultural activities.

Eligibility Guidelines:

18 years or under ✓

Resident of the District of Lunenburg ✓

Require Financial Assistance ✓

PRO Fund

Positive Recreation Opportunities for Adults



PRO Fund is a program that provides financial assistance to adults ages 19 and over, who reside in the District of Lunenburg, and who, due to lack of funds, are not able to participate in sport, recreation, and cultural activities.

Eligibility Guidelines:

19 years and older ✓

Resident of the District of Lunenburg ✓

Require Financial Assistance ✓

Apply Online: www.modl.ca/prokids or www.modl.ca/profund



We want to help kids reach their potential through sport!

13 Sports
6 Months
1 Registration

All sessions will be facilitated by recreation program coordinators and delivered by community sport organizations. Each lesson focuses on developing physical literacy through skill development and fun, setting the groundwork for a love of sport and an 'I can play anything!' attitude.

January to June 2027

\$225 (payment options available)

Funding assistance available

For more information and program schedule:

P: 902.541.1343

E: Lunenburgcountymultisport@gmail.com

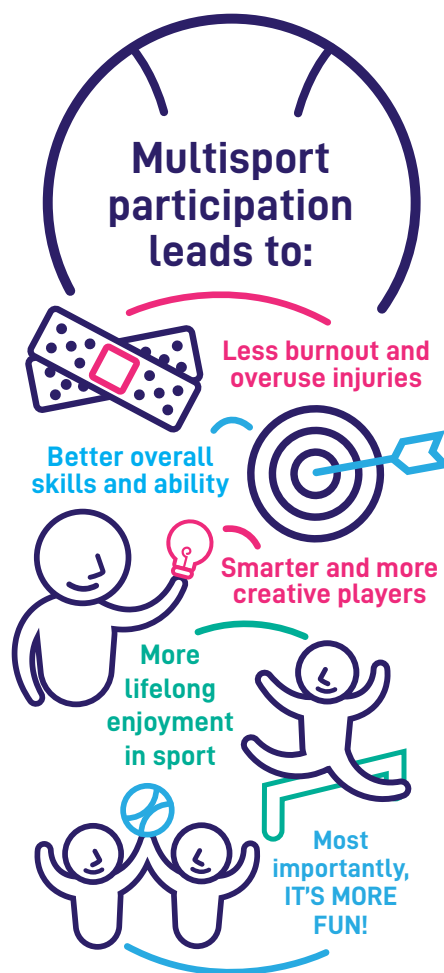
f / LunenburgCountyMultiSport

All Abilities welcome!

Children must be in grade two or three.

Maximum of 30 Participants.

Register online at www.connect2rec.com



Sports:

BASEBALL • BASKETBALL
BOXING • CHEERLEADING
FENCING • FOOTBALL
JUDO • RUGBY • SLEDGE HOCKEY
SOCCER • SWIMMING • TENNIS
TRIATHLON





Volunteer Spotlight

A showcase of some local non-profit organizations, the work they do, and the volunteer opportunities with them.



Nova Scotia Health

At Nova Scotia Health, volunteers are valued members of the health care team, playing a vital role in enhancing the quality of care provided to patients and residents. Based at South Shore Regional Hospital, Bridgewater or Fishermen's Memorial Hospital, Lunenburg, all volunteers share a common commitment to making a meaningful difference in the lives of others.



Volunteer Opportunities

Nova Scotia Health are looking for volunteers on the South Shore to support patients and staff through a variety of roles like:

- Greeting and directing patients
- Visiting patients etc.

If this sounds like you, please email Kelsey.clark@nshealth.ca or call 902-521-2834

For more information visit: www.nshealth.ca/volunteer

Lunenburg County Wheels

The organization provides affordable, accessible, pre-booked, weekday door-to-door transportation for people of all ages—whether they're heading to work, appointments, shopping, community activities, or spending time with friends and family.

Proudly serving communities throughout the District of Lunenburg, Bridgewater, Lunenburg, and Mahone Bay, Lunenburg County Wheels helps keep people connected and engaged in the communities they call home.



Lunenburg County
WHEELS
Connecting People and Communities



Volunteer Opportunities

Lunenburg County Wheels are looking for **Board Members** to help oversee their expanding services.

Could this be you?

To find out more visit:

lcwheels.ca/join-us

or email info@lcwheels.ca



For more information visit: lcwheels.ca  [LunenburgCountyWheels](https://www.facebook.com/LunenburgCountyWheels)

YMCA - Grocery Delivery Program

Serving communities across Lunenburg County, the Y's Grocery Delivery Program helps individuals and families overcome transportation and other barriers to access healthy, affordable food. Dedicated volunteers pick up grocery orders from local stores and the food bank, and deliver them directly to participants' homes.

For more info on the program visit:

www.ymcasouthwestns.ca/yhomedelivery



Volunteer Opportunities

The YMCA is looking for the following volunteers to:

- Shop for and pick up groceries from local grocery stores and/or the food bank.
- Deliver groceries to individuals and families in the community.
- Provide a friendly face and positive interaction for those who may otherwise have difficulty accessing food.
- Commit to one delivery shift per week (or more, if available).

Interested? Please email or call Samantha Green samantha.green@ns.ymca.ca or (902) 298-1900



Adult Programs

Pre-registration is required for all programs. All programs subject to change.

Women on Wheels (WOW)

WOW Monday Group

WOW is a women's cycling group for intermediate riders! The rides are great for those looking for a little challenge in a fun way. Bikers will ride on roads, maintaining safety, and fun. Distances range from 17km – 35km.

Mondays at 10:00am, May to October

Various Routes

Contact Sandi Merrell: sdmerrell@eastlink.ca

WOW Thursday Group - Lunenburg Trail Rides

Rides are very social and beginner to intermediate level. Rides are on various rail trails throughout the county and usually have coffee and snack after. You must be a member of Cycle Nova Scotia to ride. Distances will be adapted each week depending on the riders.

Thursday mornings, May to October

Various Routes

Contact Karen Brown: klbrown790@gmail.com

Walking Group at River Ridge Common

Join the walking group at River Ridge Common, led by walk leader Deanne Oickle-Conrad! This beginner-friendly group meets weekly with walks lasting 30 to 45 minutes. All are welcome to join! Contact: Deanne Oickle-Conrad: **(902) 521-8979** or deanneoickle@gmail.com.

Mondays, 5:30pm

River Ridge Common, Pinehurst

It's Free!



Fall Adventure Challenge



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Visit a MODL trail or park	Take the stairs instead of an elevator	Invite a friend or family member to join you in an outdoor activity	Go for a bike ride	Watch a sunrise or a sunset outside
Explore a new outdoor spot you haven't been to	Take a mindful outdoor break	Find a colorful fall leaf	Attend a community event	Go for a 30 minute walk outside
Spot a bird or listen to a bird	Go for a hike	Free choice outdoor activity!	Borrow recreation equipment from MODL	Enjoy a hot drink outdoors
Walk for 10 minutes after dinner	Find an acorn, pinecone or pine needle	Go for a 20 minute walk	Walk with someone you haven't seen in awhile	Hold a balance pose for 30 seconds
Walk up a hill or a set of stairs	Go for a walk around your community	Enjoy a phone-free outdoor adventure	Walk beside a river, lake or ocean	Spend 20 minutes in nature

- Complete any 5 activities in a row or 12 activities anywhere on the card to be entered into the prize draw!
- Submit a photo of your completed card, or a list of completed activities, to recreation@modl.ca by October 31.

Win Prizes!



**Submit by
October 31**

Adult Programs

Pre-registration is required for all programs. All programs subject to change.

Mahone Bay Essentrics

This dynamic stretching workout is based on the theories of Miranda Esmonda-White that simultaneously lengthens and strengthens every muscle in the body, resulting in greater joint mobility. This is a full-body technique that works through all the muscle chains, liberating and empowering the muscles, relieving them from tension in the process. Instructor Debbiee Mason will lead you through this age-supporting exercise class. No weights or floor work required. Please wear comfortable clothing, bring a yoga mat, and water.

**Tuesdays and Thursdays, September 8 – November 12,
10:30am – 11:30am**

Mahone Bay Legion, Mahone Bay
\$80/10 weeks (20 classes)

Seniors' Corn Boil

Join us for our annual fall kick-off corn boil, which is sure to be a tasty, foot-stomping good time! We will have live music to get you up out of your chairs, lawn games outside to work off all the delicious food, a scavenger hunt through the museum next door, and did we mention prizes? This is one you don't want to miss! Ages 55+.

Thursday, September 10, 11:30am – 1:30pm

Parkdale/Maplewood Community Centre, Maplewood
It's Free! Donations for PRO Kids welcomed



Co-Ed Drop-In Volleyball

Join us for a fun, recreational evening of volleyball every Wednesday night, for all skill levels! Ages 19+.

Thursdays, 7:00pm – 9:00pm, starting September 10
Bridgewater Elementary School, Bridgewater
\$2/night

Women's Drop-In Volleyball

Join us for a fun, recreational evening of volleyball every Monday night, for all skill levels! Ages 19+.

**Mondays, 7:00pm – 8:30pm,
starting September 14**
Centre Scolaire de la Rive-Sud,
Cookville
\$2/night



Food Handlers Course

Food safety courses are for those who handle and work with food, like community groups and organizations and those who work in the food service industry. It's essential to protect the health and safety of your customers. The course will be delivered in a format that's interesting, fun, and straightforward. It covers the causes and types of food borne illness and emphasizes practices designed to enhance food safety. Topics will include food preparation and storage, personal hygiene, and sanitation. Course Conductor, Al McMullin worked 35 years with the Province of Nova Scotia as a Public Health Inspector.

Tuesday, September 15, 5:30pm – Finish
Oakhill & District Fire Hall, Whynott's Settlement
\$55

New! Resin Beach Art

Join Tina, owner of Tina's Resin Creations, as she guides you step by step in creating your very own Resin Beach Art! Created with sand and treasures from our beaches. If you have some small pieces of beach treasures that you would like to incorporate into your artwork, please bring them along. You will create a beautiful 8"x10" piece of art that you can take home the same day (it must lay flat for 24 hours to fully cure). All supplies included. Please wear old clothes. Ages 10+. Those under 16 must be accompanied by an adult.

Saturday, September 19, 10:00am – 12:00pm
Maitland Community Hall, Maitland
\$35

Adult Programs

Pre-registration is required for all programs. All programs subject to change.

New! Scarecrow Shelf Sitter Workshop

Celebrate the arrival of fall in this fun, hands-on workshop with Gina of Memory Lane Woodworks! You'll paint and assemble an adorable layered wooden scarecrow shelf sitter, complete with a rustic hat and raffia accents, perfect for adding a warm autumn touch to your home. No experience is needed—just bring your enthusiasm and enjoy a relaxed, creative afternoon. All materials are provided. Ages 12+. Those under 16 must be accompanied by an adult.

Sunday, September 20, 2:00pm – 4:00pm

Blockhouse & District Fire Hall, Blockhouse

\$25



New! Strong & Steady

Build strength, improve balance, and move with confidence in this full-body fitness class for all fitness levels with Kayla from Spirit & Body Wellness. Through functional exercises using body weight, resistance bands, dumbbells, and balance training, you'll improve strength, stability, mobility, and coordination to support everyday movement. Exercises can be modified for all abilities, leaving you feeling stronger, more energized, and more confident. Please bring a yoga mat. Ages 18+.

Wednesdays, September 23 – December 9,

6:30pm – 7:30pm

Broad Cove Hall, Broad Cove

\$100/12 weeks

New! Chakra Stretch Class

This unique class combines gentle stretching, breathwork, and guided meditation to help release stored tension and bring your chakra system into balance. Through mindful movement and energy-focused practices with Kayla from Spirit & Body Wellness, you'll support the connection of your body, mind, and spirit. Each session ends with a relaxing, guided meditation, leaving you feeling grounded, peaceful, and reconnected. Please bring a yoga mat. Ages 18+.

Thursdays, September 24 – December 10,

9:00am – 10:00am

Broad Cove Hall, Broad Cove

\$100/12 weeks







Saturday, September 12

The Broad Cove 10km Fun Run / Walk / Bike is a community fundraiser event. Kids can join in too with our FREE 1 km and 3 km races for ages 11 and under, offered in partnership with MODL.

Register online on Race Roster!  RACE ROSTER

Follow our Facebook event page: **Broad Cove Fun Run 2026** 



Adult Programs

Pre-registration is required for all programs. All programs subject to change.

New! Make Your Move Wellness Walks

Join for fun, relaxed, **free** outdoor walks! Enjoy fresh air, friendly conversation, and gentle movement while exploring local trails and parks. Join us for as many sessions as you'd like! Registration is encouraged, but walk-ins are always welcome.

Thursdays, 9:30am – 10:30am

September 24 – Indian Path Common

(398 Fish Peddler Road, Indian Path)

October 8 – River Ridge Common

(4668 Highway 10, Pinehurst)

October 22 – Miller Point Peace Park

(13941 Highway 3, Dayspring)

October 29 – Arthur Young & LaHave River Trail

(523 Highway 10, Cookville)

For more information or to register, call **(902) 530-3264**

or email moira.frier@modl.ca.

New! It's Free! Easy Peasy Pizza Party

Come out and make some pizzas with enthusiastic home cook Diane Robitaille. Master a simple recipe for making pizzas from scratch. You'll then enjoy several pizza variations. Participants will leave with recipes and a batch of pizza dough they've made. Vegetarian options will be prepared. Ages 8+. Those under 16 must be accompanied by an adult.

Sunday, September 27, 2:00pm – 4:00pm

Hebbsville Fire Hall, Hebbsville

\$20

New! Chunky Knit Pumpkin Workshop



Join this fun, beginner-friendly workshop and learn how to create your own cozy chunky knit pumpkin, perfect for adding a handmade touch to your seasonal décor with The Blanket Lady. You'll be guided step-by-step through the process, making it easy for anyone, even with no knitting experience. All supplies are included, and you'll leave with a

beautiful, finished pumpkin to take home and enjoy. You will be able to select the colour in advance of the workshop. Ages 10+. Those under 14 must be accompanied by an adult.

Tuesday, September 29, 6:00pm – 7:30pm

West Northfield Community Centre, West Northfield

\$20

New! Resin Suncatchers

Join Tina, owner of Tina's Resin Creations, as she guides you step-by-step in creating 2 of your very own Resin Suncatchers! Tina will have many different suncatcher designs to pick from. All supplies included and they must be left overnight to cure to prevent spilling. Pick-up will be arranged after the workshop. Please wear old clothes. Ages 16+.



Saturday, October 3, 10:00am – 12:00pm

Maitland Community Hall, Maitland

\$25

New! Guided Foraging Tour

Join instructor Jessika of Enchanted Mushroom Forest for a guided walk to discover the fascinating world of plants and fungi. We are constantly surrounded by abundant wild food. Did you know you probably have 15-20 edible plants and mushrooms in your neighborhood. Learn how to safely identify beginner plants and mushrooms and bring them home to use in your meals. Perfect for beginners and nature lovers, this program takes place on natural trails, so wear sturdy footwear and dress for the weather. Ages 8+. Those under 14 must be accompanied by an adult.

Sunday, October 4, 2:00pm – 4:30pm

Indian Path Common, Indian Path

\$10



Adult Programs

Pre-registration is required for all programs. All programs subject to change.

New! The Restorative Path

Join Teresa Lorman on a breathwork, mindfulness and gentle movement journey; an invitation to slow down, reconnect, and cultivate greater ease in both body and mind. Through guided breathwork practices, mindful awareness, and gentle, accessible movement, participants are supported in releasing tension, calming the nervous system, and deepening their connection with themselves. No previous experience is necessary; this journey is designed for all levels and can be adapted to meet individual needs.

Tuesday, October 6 from 6:00pm – 7:30pm

West Northfield Community Centre, West Northfield
\$10

Needle Felting for Beginners

Step into the whimsical world of fiber arts! Join instructor Amber Thompson to learn how to transform wool into charming creations using simple, hands-on techniques. This workshop will guide you through the process, and you'll leave with a handmade creation to cherish. Relax, get creative, and bring your ideas to life with needle felting! Ages 10+. Those under 16 must be accompanied by an adult.

Thursday, October 15, 6:00pm – 8:00pm – Witch

Midville Branch Fire Hall, Midville Branch

Thursday, November 26, 6:00pm – 8:00pm – Woody the Talking Christmas Tree

St. Lukes Church Hall, Rhodes Corner
\$20



Applauding Apples

Come out and enjoy some sweet and savoury apple dishes. Enthusiastic home cook Diane Robitaille will be guiding participants through preparing three or four delicious apple dishes (e.g., apple muffins, apple slaw). You'll then enjoy those dishes. Some gluten-free and dairy-free options will be available. Ages

12+. Those under 16 must be accompanied by an adult.

Saturday, October 17, 2:00pm – 4:00pm

Tri District Fire Rescue, Newcombville
\$15



Anti-Inflammatory Treats

Back by popular demand, Anti-Inflammatory Treats. Come out to make blond brownies with maple cream cheese glaze, carrot muffins, and chocolate brownie crust cheesecake! No flour, no refined sugar, and yet, delicious. A healthy, snacking time with instructor Louise Hollingsworth. Ages 12+. Those under 16 must be accompanied by an adult.

Sunday, October 18, 2:00pm – 4:00pm

Pleasantville & District Fire Hall, Pleasantville
\$15

New! Chunky Knit Scarf Workshop

Wrap yourself in warmth while creating your own cozy chunky knit scarf! In this beginner-friendly workshop, you'll learn how to make a stylish, soft scarf using chunky yarn. With step-by-step guidance from The Blanket Lady, you'll discover simple techniques that make this project fun and approachable for everyone; no knitting experience required. All supplies are included, and you'll leave with a beautiful handmade scarf ready to wear or give as a thoughtful gift. You will be able to select the colour in advance of the workshop. Ages 10+. Those under 14 must be accompanied by an adult.

Thursday, October 22, 1:30pm – 3:30pm

Dayspring & District Fire Hall, Dayspring
\$20

Adult Programs

Pre-registration is required for all programs. All programs subject to change.

Painting with Wool



Join instructor Amber Thompson to learn how to paint a poppy scene with wool! This style of needle felting is a 2D process where you use a design on a flat wool/felt sheet or another type of fabric and then proceed to "paint" it with different colour wools using felting needles.

Painting with wool is very fun and relaxing. It's also a

beginner-friendly and forgiving medium. This workshop provides a welcoming and supportive atmosphere where participants can feel free to express themselves creatively. Ages 8+. Those under 16 must be accompanied by an adult.

Thursday, October 29, 6:00pm – 8:00pm

Hebbs Cross Fire Hall, Hebbs Cross

\$20

New! Kinusaiga Art "Painting with Fabric"

Join instructor Amber Thompson to learn about this modern Japanese "no-sew" quilting technique. It creates detailed, textured art by tucking fabric scraps into grooves cut into a foam board. Known as "painting with fabric," it repurposes fabric into scenes without using needles or thread. Ages 16+.

Thursday, November 12, 6:00pm – 8:00pm

Conquerall Bank Fire Hall, Conquerall Bank

\$20



Gift-Giving Ideas for Food Lovers

Enthusiastic home cook Diane Robitaille will be guiding participants through preparing three or four delicious and simple food gifts (e.g., energy balls, spice mix, tea mix). You'll then sample some and take others home. Some gluten-free and dairy-free options will be available. Ages 12+. Those under 16 must be accompanied by an adult.

Saturday, November 14, 2:00pm – 4:00pm

Pleasantville & District Fire Hall, Pleasantville

\$15

New! Mama Mia Meatballs

Take an imaginary trip to Italy without leaving Lunenburg County with instructor Louise Hollingsworth. Have a hand in creating an Italian taste trip dinner party including antipasti, spaghetti, and meatballs with tiramisu as the finale. Carnivore to vegan options on the table. Ages 18+.

Sunday, November 15, 4:00pm – 6:00pm

Northfield & District Fire Hall, West Northfield

\$20

New! Chunky Knit Stocking Workshop

Get into the holiday spirit by creating your own cozy chunky knit holiday stocking! In this beginner-friendly workshop with The Blanket Lady, you'll be guided step-by-step through the process of making a beautiful, handcrafted stocking that's perfect for decorating your home or giving as a thoughtful gift. No knitting experience is necessary. All supplies are included, and you'll leave with a finished holiday stocking ready to hang and enjoy throughout the season. You will be able to select the colour in advance of the workshop. Ages 10+. Those under 14 must be accompanied by an adult.



Wednesday, November 18, 6:00pm – 7:30pm

Conquerall Bank Fire Hall, Conquerall Bank

\$20

Adult Programs

Pre-registration is required for all programs. All programs subject to change.

New! Handmade Holidays Pottery

Join us for a cozy adults-only night of Christmas Clay Creations. Take a break from the holiday preparations and enjoy an afternoon of creative relaxation. You'll be using real clay to create handmade, one of a kind, kiln-fired holiday ornaments and gifts that beat store bought every time! No experience required, our instructor Janine Smith will guide you through the techniques and will provide all materials you need. Pottery will be ready for pick up a few days before Christmas. Ages 18+.



Saturday, November 21, 1:30pm – 4:00pm
Riverport & District Community Centre, Riverport
\$20

New! Holiday Candle Trio Workshop

Get ready for the holiday season in this fun, hands-on workshop with Gina of Memory Lane Woodworks! You'll paint and assemble a set of three-layered wooden candle shelf sitters, each with its own festive design. Display them together or use them in different spots around your home for a cheerful seasonal touch. No experience is needed—just come ready to enjoy a relaxed, creative afternoon. All materials are provided. Ages 12+. Those under 16 must be accompanied by an adult.

Sunday, November 29, 2:00pm – 4:00pm
Blockhouse & District Fire Hall, Blockhouse
\$25



New! Make a Tealight Candle Holder

Create a unique handmade concrete gift in this fun and creative workshop! Using molds, quick set plaster, and decorative techniques with tea lights, participants will create a special gift with instructor Louise Hollingsworth. Once set, you'll take home a modern keepsake that's repeatable, beautiful, and functional. No prior experience is needed, and all materials are provided. Ages 12+. Those under 16 must be accompanied by an adult.

Sunday, December 6, 2:00pm – 4:00pm
Tri District Fire Rescue, Newcombville
\$15

Seniors' Holiday Party

The man in red, toe-tapping holiday tunes, and a lunch you'll be talking about well into the New Year; that's what's waiting for you at our Annual Seniors' Holiday Party! Join us for the merriest event of the season, featuring festive games, cheerful activities, and prizes that add a little extra sparkle. Enjoy live music that captures the spirit of the holidays and a cozy soup and sandwich lunch that would make even Scrooge smile. With the holidays just around the corner, this is the perfect way to kick off the season in style! Ages 55+.

Wednesday, December 9, 11:00am – 2:00pm
Best Western Plus Hotel, Cookville
\$15





Memory Café NS
Association

Enjoy our Memory Café Series this Winter!

What is a Memory Café?

A welcoming free social event for individuals living with memory challenges, their families and care partners.

Join us for warm drinks, conversation and entertainment!

Join us from 2:30pm to 3:30pm on:

Tuesday, November 10 (in-person)

Tuesday, December 8 (in-person)

Tuesday, January 12 (online)

Tuesday, February 9 (online)

Tuesday, March 16 (in-person)



Where are in-person cafés held?

**27 South Restaurant, Best Western Hotel
527 Highway 10, Cookville**



How do I register?

Email tissy.bolivar@modl.ca
or call (902) 541-1335

Learn more: www.memorycafens.ca

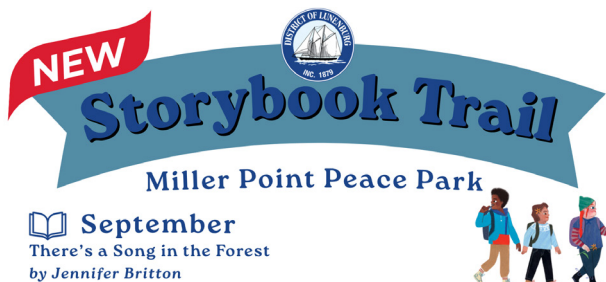
We are indebted to the following agencies for their generous support:



Scan to learn more about
the Memory Café NS
Association



Parks and Trails



New! Storybook Trail at Miller Point Peace Park

Enjoy a story-filled adventure along the new Storybook Trail at Miller Point Peace Park! This self-guided outdoor reading experience is suitable for all ages and can be enjoyed during regular park hours. The storybook loop starts on our new accessible trail which begins from the inner parking lot! September Feature: ***There's a Song in the Forest*** by Jennifer Britton

Take time to read, explore, and connect with nature along the beautiful LaHave River.

Miller Point Peace Park , 13941 Highway 3, Dayspring

Park Updates

MARC

Construction is underway for a new building and accessible playground. The MARC will remain open during construction.

Indian Falls



Recent improvements include trail upgrades, a new lookoff, accessible vault washrooms and picnic area with a sun shelter. Also featuring a new salmon art installation!

Miller Point

New Storybook Trail, accessible kayak launch, accessible trails, and other park improvements.



Protecting Our Hemlocks!

The District of Lunenburg has been making efforts to protect our Hemlocks from Hemlock Woolly Adalgid (HWA). Treatments have taken place at Pine Grove Park, Wiles Lake Park, the MARC, and Miller Point Peace Park. The pesticide products used are registered

for use by Health Canada and were applied according to label directions by certified pesticide applicators.

For more information, visit engage.modl.ca/hemlock. Questions? Please get in touch with Kayla Winsor, Climate Action Coordinator, at kayla.winsor@modl.ca.



Trail Etiquette



- ✓ Respect all trail users
- ✓ Stay on the trail
- ✓ Leave no trace
- ✓ Slow down to pass
- ✓ Travel on right hand side
- ✓ Keep pets on a leash

Help us keep trails safe and enjoyable for everyone to use!

Free E-Bike Equipment Loan Program

The Municipality has a fleet of seven e-bikes available through a **free E-Bike Loan Program!**

The Lunenburg County Lifestyle Centre (LCLC) serves as the main location for e-bike pick-up and drop-off. The program is open to individuals 16 years of age and older. Participants



aged 16–17 require a parent or guardian co-signature, while those 18+ may borrow independently. A valid government-issued photo ID and signed waiver are required. Helmets, locks, and other accessories are available as needed.

Looking for other cycling options? In addition to e-bikes, a variety of bicycles are available for free loan, including adult and youth bikes, as well as fat-tire bikes. These additional cycling opportunities are offered in partnership with the LCLC and the Town of Bridgewater.

We're also pleased to partner with Lunenburg County Wheels to help improve access to the program. Participants who use Lunenburg County Wheels to travel to and from the e-bike hub can receive a subsidized fare courtesy of MODL.

Reserve in advance by calling **(902) 530-4100** or visit Guest Services at the Lunenburg County Lifestyle Centre (LCLC) at 135 North Park Street, Bridgewater.

discover

Salmon Stories: Voices of Indian Falls

Artwork that symbolizes the enduring relationship between people, water, and land.

Visit the artwork at:
Indian Falls
1585 Newburne Rd, Newburne

Lead Artist:
Ashton Pettigrew



Free Rides!

Accessible Cycling

Designed for individuals who require additional support to enjoy a bike ride



Participants are not required to pedal and can sit back and enjoy the ride while a trained operator does the cycling

Bench seat can fit two people!

Schedule a Ride

(902) 530-3264
moira.frier@modl.ca

Rides Start At

The LCLC
135 N Park Street

Town of Lunenburg Recreation

Recreation Office & Lunenburg Community Centre
15 Green St., Lunenburg, NS, B0J 2C0
T: (902) 634-4006 | F: (902) 634-4416
recfacilities@townoflunenburg.ca
Find us online: www.townoflunenburg.ca



Online Registration!

Register for weight room memberships and programs **online!**

STEP 1: Visit www.connect2rec.com

STEP 2: "Sign In" or Create an Account

STEP 3: Search for "Programs" or select "Memberships" for the weight room.

Note: Drop-in programs do not require pre-registration. Fees include HST.

Cancellations

The "Town of Lunenburg" Facebook page will indicate if there are any cancellations or call the Recreation Office at (902) 634-4006.

Refund Policy

Once a program has started, a refund will only be issued if a participant withdraws for medical reasons. In these cases, a 10% administration fee will be charged and the amount of the refund will be prorated.

Weight Room Membership

Exercise in confidence and feel safe doing so by pre-booking your personal workout timeslot! The room is open Mondays to Thursdays from 8am-9:30pm, Fridays 8am - 4:30pm and Saturdays 9am - 2:00pm. Members age 19+ can pay a key deposit of \$40 permitting access any day of the week from 6:00am -11:00pm. All members must be age 13+.

\$52/month or \$185/4 months

\$12/month for students



Financial Assistance for Youth Activities

PRO Kids (Positive Recreation Opportunities for Kids) provides financial assistance to children and youth aged 18 and under living within the Town of Lunenburg who, due to lack of funds, are not able to participate in sport, recreation and cultural activities. The Town's PRO Kids can support a maximum of \$300 per season per child.

For an application form, visit <https://www.townoflunenburg.ca/pro-kids-program.html> or

Contact (902) 634-4006 or ktibbo@townoflunenburg.ca

PRO Kids would not be possible without community support!

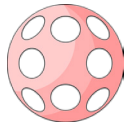
Everyone who gives a donation will receive a tax receipt.



What's Happening in the Community Centre

Pickleball

Mondays, 11am-1:30pm
Tuesdays, 7pm-9pm
Fridays, 1:15-3:15pm
\$5/drop-in



Women Only, Recreational

Tuesdays, 12:30pm-2:30pm
Wednesdays, 1pm-3pm
Fridays, 10:45am-1pm
\$5/drop-in

65+ Pickleball

Wednesdays, 10:45am-12:45pm
\$5/drop-in

Karate with Terry Lantz

Adults & Youth, Mon/Thurs 6:45 - 7:45pm
Adults only Tuesday 6:45 - 7:45pm

contact terrylantz58@gmail.com

Friday Fun Nights Stick Curling

Open to all adults and non members. Equipment provided - just bring clean shoes! 6 ends, 6 rocks, 60 minutes, 2 person teams

Starts Friday Nov 20th, 2026

\$10/drop-in (Free for members)



Seniors Fitness

Classes start October 7, 2026. All abilities welcome!

Wednesdays & Fridays 9:30 - 10:15am
\$4/drop-in *Full session rate available

Walkin' in the Morning

Get your day off to a great start with an indoor walk. Walk at your own pace, socialize with friends, and experience the benefits of a regular walking program. This is an unsupervised activity.

Mon, Tues, Wed, & Fri, 8am– 9am, Free!

Realignment Yoga

With a foundation in yoga and a focus on alignment, these classes combine a range of yoga poses with specific postural therapy techniques to offer a whole body realignment experience.

Mondays, Wednesdays, and Fridays 10:30am

For more information, contact: Lynn Collins seascapeyoga@gmail.com



Yoga with Maeka

Adaptive Yoga. Engage in movement and meditation designed to gently boost strength, enhance mobility, and alleviate stress. All postures are modified for both standing and sitting. **Tuesdays 1:30 - 2:30.**

Classes are suitable for all levels. Register mwrightyoga@gmail.com **\$120/6 classes**

FALL EVENTS IN LUNENBURG!

101ST ANNUAL FISHERS' MEMORIAL SERVICE

Dedicated to the memory of those who have lost their lives at sea and for those who continue to occupy their business in great waters.

Sunday, September 6th at 2pm - Lunenburg Waterfront (Bluenose Drive)

- Formal remembrance ceremony
- Musical tributes
- Procession and wreath-laying

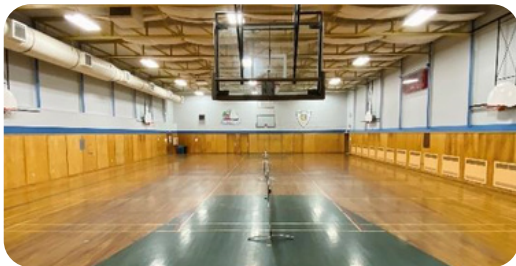
The public is invited to lay a wreath for lost fishers. For details, contact townhall@townoflunenburg.ca.



OTHER UPCOMING EVENTS

Stories of the Sea	September 5	Fisheries Museum of the Atlantic
Fisher's Memorial Service	September 6	Fisheries Museum of the Atlantic
Terry Fox Run	September 20	Lunenburg Arena
Lunenburg Doc Fest	September 23-27	Various Locations
Truth and Reconciliation Day	September 30	TBD
Treaty Day Flag Raising	October 1	UNESCO Monument, Prince St.
South Shore Oktoberfest	October 3	Fisheries Museum of the Atlantic
Korean War Veterans Remembrance	November 10	Cenotaph by Town Hall
Remembrance Day Ceremony	November 11	Cenotaph by Town Hall
Transgender Awareness Week	November 13-19	TBD
Light Up Lunenburg	November 27	Fisheries Museum of the Atlantic
Santa Claus Parade	November 28	Throughout town
Lighting of the Trees	November 28	Heritage Bandstand

Rental Opportunities



Auditorium, \$50/hr



Auditorium w/Kitchen, \$60/hr



Lunenburg Arena, \$84/hr (\$811/day)
From ball hockey, training courses, markets, festivals, shows and everything in between.



Fitness Studio, \$33/hr

To check availability, visit <http://townoflunenburg.ca/community-centre-programs-and-rentals.html>

Lunenburg Farmers' Market

The Lunenburg Farmer's Market is a community tradition for the residents and visitors of Lunenburg. Operating year-round, it offers a fabulous selection of local products, local music and more!

Hours & Location:

Lunenburg Arena (19 Green Street)
Mid-May to Mid-September
Thursdays 8:00 am – 12:00 pm

Lunenburg Community Centre (15 Green Street)
Mid-September to Mid-May
Thursdays 8:00 am – 12:00 pm

Lunenburg Skate Park



- Concrete surface for the entire park
- Quarter pipe, triangle ramp, long flat bar, ledge/manual pad and curb
- Accessible walkway to the park from the parking area





Shine On

Fall into Fitness at the YMCA

Together, it's possible!


COMMUNITY INITIATIVES

Connect, give back
and belong



GROUP FITNESS

Classes for every
level & interests



YOUTH PROGRAMS

Active, fun and
age-appropriate

Programs for everyone!



YOUTH LEADER PROGRAM Ages 12 - 18

Wednesdays 6-8 PM

Participate in leadership training through skill development sessions, teamwork activities, and volunteering in the local community.

For more information call
902-530-3392 or email
Serena.Meaney@ns.ymca.ca



GROCERY DELIVERY

For adults 55+ with mobility challenges. Free grocery delivery to your door.

Call the YMCA Grocery
Phone: (902-298-1900)

Schedule your delivery today!



YOUTH ZONE Ages 5 - 11

Saturdays 5:30 - 7:30PM

A chance for children and younger youth to be active and have fun in a safe, healthy, supervised environment.

75 High St, Bridgewater

**Begins Sept 19 2026 -
May 1 2027**

1 PASS. ENDLESS POSSIBILITIES!

YMCA & LCLC Joint Membership

The best fitness and recreation opportunities the South Shore has to offer.

Two facilities. One Membership.

Shine On



YMCA Fitness Classes



Cycle Fusion



Yoga



Bootcamp



Zumba



Barre



Chair Fit



Mobility

See your full schedule & class details at:
ymcasouthwestns.ca/groupfitness or check out our Facebook page!

Fall Membership Offers



Sept 1 - Oct 15

First Payment

FREE*

*when you register for an ongoing membership



Oct 16 - Nov 30

Join for only

\$1.00*

+ prorated payment + tax

*when you register for an ongoing membership

Volunteers Needed

The YMCA is currently seeking volunteers to assist with our Grocery Program, helping ensure local individuals and families have access to nutritious food and essential items.

For more details, visit:

ymcasouthwestns.ca/yhomedelivery

Membership Assistance

- Subsidized memberships
- Based on income (LICO)
- Quick, simple & confidential

Everyone belongs. Ask us how we can help!

For more details, visit:

ymcasouthwestns.ca/membership-assistance



Read, Discover, Learn, Share, and Play at Your Library!

South Shore Public Libraries Locations and Hours

Bookmobile

135 North Park Street
902-527-7656

Weekly and Bi- Weekly Stops Tuesday-Friday

Bridgewater

Margaret Hennigar Library
135 North Park Street
902-543-9222

Monday 10-5, Tuesday 10-8, Wednesday 10-8
Thursday 10-8, Friday 10-5
Saturday 10-5, Sunday 12-5

Chester

Zoé Vallé Library
63 Regent Street
902-273-2133

Monday 10-4, Tuesday 10-4, Wednesday 10-4
Thursday 10-7, Friday 10-4, Saturday 10-4

Cookville

Community Hub Library
60 Nathan Cirillo Road
902-543-2548

Monday 10-5, Tuesday 10-8, Wednesday 10-8
Thursday 10-8, Friday 10-5
Saturday 10-5, Sunday 12-5

Opening This Fall

Greenfield

Alean Freeman Library
5060 Highway 210
902-685-5400

Wednesday 3-6
Saturday 10-2

Liverpool

Thomas H. Raddall Library
54 Harley Umphrey Drive
902-354-5270

Tuesday 10-5, Wednesday 10-5
Thursday 10-8, Friday 10-5
Saturday 10-5, Sunday 12-4

Lunenburg

Lunenburg Library
97 Kaulback Street
902-634-8008

Monday 10-5, Tuesday 10-5, Wednesday 10-5
Thursday 10-8, Friday 10-5
Saturday 10-5, Sunday 12-4

Bookmobile Stops and Times

WEEKLY

TUESDAYS

Caledonia, Caledonia
Community Park, 10am-12pm

Barss Corner, Mader's Store
1-1:30 pm

New Germany, Rosedale
New Horizons Hall 3:15-5 pm

WEDNESDAYS

New Ross, Ross Farm Museum
10:30am-12:30 pm

THURSDAYS

Mahone Bay, 3 Churches Parking Lot
10:30 am-12:30 pm, 1-4:30 pm, 5-7:00 pm

WEEK 1

WEDNESDAY

Gold River, Gold River Reserve
AFN Store 2-3:30 pm
September 9, 23, October 7, 21,
November 4, 18, December 2, 16

FRIDAY

Petite Rivière, Fire Hall
11am-12:30pm
Broad Cove, Community Hall
2-2:45pm
Bridgewater, Drumlin Hills
3:30-4 pm
September 11, 25, October 9, 23,
November 6, 20, December 4, 18

WEEK 2

WEDNESDAY

Windsor Road, Bonny Lea Farm
1:15-1:45 pm
Blandford, Community Hall
2:45-3:45pm
Chester Basin, Legion Branch 88
5-6 pm
September 2, 16, October 14, 28,
November 25, December 9, 23

FRIDAY

Mill Village, Fire Hall
12:30-1:30pm
Port Medway, Rosefinch Mercantile
1:45-2:45 pm
Port Mouton, Seascope Convenience
& NSLC. 3:30-4:15 pm
September 4, 18, October 2, 16, 30,
November 13, 27, December 11

Free Programs For All Ages

Join us in-person at your local library.

Check our website for program details, locations and times.

PRESCHOOL

Babies & Book
Story Time
Special Crafts

SCHOOL AGE

Crafts
After School Art
Pokemon Club
Break Out Box
Seasonal Fun

TEEN

Teen Zone
Reusmé Glow Up
YWCA Spark
Program
Crafts

ADULT

Conversation Circles
Scrabble
Chess
Cooking Classes
Art Classes
Writers Groups
Book Clubs

Aquatic Centre Update

The LCLC Aquatic Centre will be temporarily closed this fall for approximately 8 weeks to undergo repairs. This work will include re-grouting of the pools and deck and complete replacement of flooring in the change rooms.

Specific closure and reopening dates will be communicated as soon as they are finalized.

Membership Options

Unless otherwise advised, annual memberships paid in full, will be automatically adjusted to reflect the loss of use of the aquatic centre.

Membership rates will be reduced for annual members on a monthly payment plan while the Aquatic Centre is unavailable.

Membership adjustments will be automatic unless you contact the LCLC and request an alternative option.

Fall Swimming Lesson Update

Swimming Lessons this fall will be delayed. If renovations are completed as anticipated, the LCLC will offer a set of lessons beginning in November and continuing through December. Registration dates and lesson schedules will be announced once the renovation timeline has been confirmed.

For up-to-date information, please visit the LCLC website and follow our social media channels. Thank you for your patience and understanding as we complete these important improvements.





Membership Update

Membership Rates are changing this fall.



Act now to
lock in your
rate.



Your LCLC membership gives you year long access to.....



Fitness Classes

A wide variety of classes for all fitness levels.



Aquatic Centre

Three pools, leisure swim, lane swim & more.



Arena

Public skating and sticks & pucks for all ages.



Member Advantage Program

Exclusive discounts at participating local businesses.

LCLC



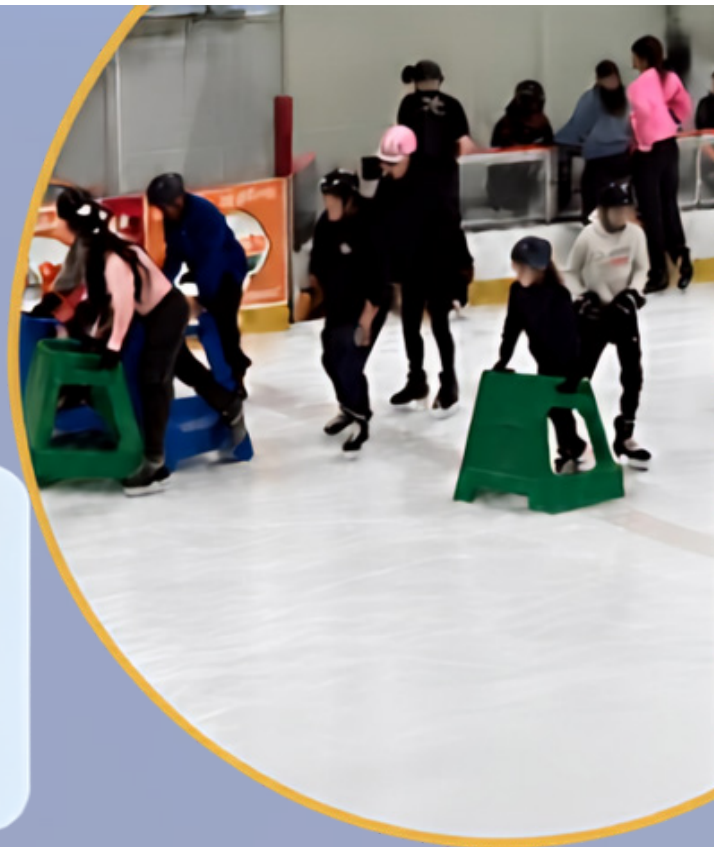
Join us on the ice!!



DON'T FORGET YOUR HELMET!



The LCLC requires all skaters to wear a CSA-Approved helmet regardless of age. If you need one we have them available for loan.



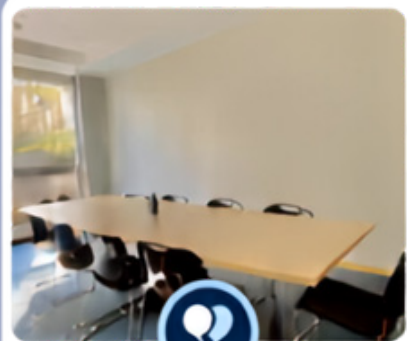
Room Rentals



MULTI-PURPOSE ROOM



MEETING ROOM



PARTY ROOM

Active Living Classes at the LCLC



Stay Active This Fall

The LCLC offers Active Living classes 7 days a week with options for all ages and abilities.

- Classes are included in memberships
- Non-member drop-in rates starting at \$10
- Ask about our multi-visit pass cards
- First class is free

Active Living Studio - This fall explore a wide range of programs that promote health, wellness, and community connection.

For class schedules, detailed program information, and registration, please visit our website.

A graphic featuring autumn leaves in shades of orange and yellow. The text "Upcoming Events" is in a bold, blue, sans-serif font. Below it, "WELCOME" is in a smaller, blue, sans-serif font, and "fall" is in a large, orange, cursive font. There are also small orange arrows and leaves scattered around the text.

- Craft Markets**
- Job Fairs**
- Trunk or Treat**
- Hello Holidays**
- Sticks and Pucks**
- Swimming & Skating**
- And much more ...**



Community Development Department – Recreation

Follow **Town of Bridgewater** on Facebook and stay tuned for additional activities happening throughout the Summer!



Bienvenue

Pjila'si

Welcome

The Town of Bridgewater welcomes the participation of all citizens, regardless of race, gender, ability or sexual orientation. Racism and discrimination will not be tolerated. We are working to reduce barriers and to make recreation and leisure inclusive of all. If there is something we can do to help make recreation opportunities or a specific program more accessible and inclusive, please contact us at recreation@bridgewater.ca or by calling 902-543-2274.

Struggling to cover Registration Fees for your Child?



PRO Kids CAN HELP!

We accept applications for funding on an ongoing basis.



Find application forms on our website at www.bridgewater.ca or call 902-543-2274

KidSport is another option for financial assistance. Organizations must be registered with Sport Nova Scotia. For further information contact Cosette Howlett, Lunenburg County Chapter, 902-275-3490 or email: chowlett@chester.ca or visit www.kidsportcanada.ca



Another option for financial assistance is through

Canadian Tire Jumpstart

Apply on-line by visiting www.jumpstart.canadiantire.ca



Registration Information

Registration Opens **August 31**

Register Online:

At your convenience, any time of day or night. Online registration requires credit card payment.

It's Easy!

1. Visit **www.connect2rec.com**
2. Sign up or login.
3. Search & register for programs.
4. **Have fun!**

Register By Phone:

Call the LCLC at 902-530-4100

Register In-Person:

Visit the LCLC at 135 North Park Street, Bridgewater
7 days a week, facility hours vary daily.

In The Community

There are many groups and organizations that offer recreation programs and activities throughout the Town.

Check out our Community Organizations Directory on the Town's website: www.bridgewater.ca

Town of Bridgewater Recreation
60 Pleasant Street, Bridgewater, NS B4V 3X9
8:30 a.m. to 4:30 p.m. Monday to Friday
recreation@bridgewater.ca
902-543-2274
www.bridgewater.ca

BOOO-TIFUL BRIDGEWATER

HALLOWEEN PARTY



WOODLAND
GARDENS PARK

OCTOBER 24, 2026

INFO @
[CONNECT2REC.COM](https://connect2rec.com)

A FRIGHTFUL DAY FEATURING:



FOURTH ANNUAL
PUMPKIN CARVING
& PUMPKIN PATH
CONTEST



FRESH AIR FILMS,
A MOVIE NIGHT
BENEATH THE STARS

GLOW WALK

GLOW WALK, A MAGICAL
NIGHT OF LIGHT
AROUND WOODLAND
GARDENS DUCK POND

5TH ANNUAL *Harvest Moon* MUSIC FESTIVAL

Proudly presented by

Arby's®**September 18 & 19****Downtown Bridgewater, Nova Scotia**

**Two Days of Free Live
Music in Downtown
Bridgewater!**

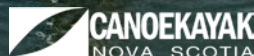


PIJINUISKAQ & PADDLE FEST

September 19 & 20

Paddling Clinics
Big Canoe 'Try It'
Parade of Paddlers

Bridgewater



Learn More at ExploreBridgewater.ca/Events

Garden & Food

Growing Great Garlic Ages 18+

Join staff to plant this year's garlic at the community garden and learn about growing garlic in your own garden. Youth welcome but must be accompanied by an adult.

Saturday, October 17

1:00 PM

Aberdeen Green Park, 25 Elm Street, Bridgewater

Free

Intro to Forest Immersion/ Forest Bathing Ages 16+

Join Colin Gray for a presentation exploring what Forest Immersion/Forest Bathing is all about. Followed by a 20 min. introduction with an invitation outside to explore this practice in Woodland Gardens.

Saturday, October 17

2:00 PM – 3:30 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$10

Almond Harvest Celebration All Ages

Harvest almonds at the Bridgewater Community Gardens and share in cultural dishes from around the world that feature the versatile nut! Come and enjoy or bring a dish from your culture that celebrates almonds or other nuts to share! A harvest demonstration and almond sharing will take place as well as examples of other nuts grown around town in the Bridgewater parks as a part of the Bridgewater Community Garden plantings! A nutty event for all ages!

Saturday, September 26

1:00 PM - 3:00 PM

Aberdeen Green Park, 25 Elm Street, Bridgewater

Free



**BRIDGEWATER
COMMUNITY GARDENS**

The Bridgewater Community Garden is located at Aberdeen Green Park, the corner of Aberdeen Rd. and Elm St. in Bridgewater NS. The garden is supported by the Town of Bridgewater, and Helping Nature Heal and has 20, 8' x 4' gardens plots available to be tended by community members each season. Email communitygardens@bridgewater.ca to get involved!



bridgewater.ca/communitygardens 📍 @communitygardenbwns

LUNENBURG
**COMMUNITY
GARDEN**



The Lunenburg Community Garden is located on the grounds of the Lunenburg Academy at 97 Kaulbach St. Lunenburg, NS. The garden is entirely volunteer run and has 20, 10' x 4' gardens plots available to be tended by community members each season. Email garden.lunenburg@gmail.com to get involved!



lunenburgcommunitygarden.ca 📍 @garden.lunenburg

Music, Art, & Culture

Ukulele Beginner 1 Ages 18+

Don't miss out on the fun! You will be playing several songs before you leave the first class. Learn the basics of playing the ukulele and learn to read music. Build up a repertoire of toe-tapping songs. We will learn a few Holiday songs as well.

Mondays, August 31 to November 2

10:00 AM – 11:30 AM

No Class: September 7, October 12

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$60/8 weeks

Ukulele Beginner 2 Ages 18+

Take your playing skills to the next level with strumming patterns, new chords and playing techniques. We will build on note reading skills and use this to enhance introductions and endings to songs. We will learn a few Holiday songs as well.

Tuesdays, September 1 to October 20

10:00 AM – 11:30 AM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$60/8 weeks

Ukulele Intermediate Ages 18+

Advance your ukulele skills and learn some new techniques, strumming patterns, picking, and simple melodies. Playing as an ensemble, in two- and three-part harmony and finish the session with classic Christmas carols.

Tuesdays, September 1 to October 20

6:30 PM – 8:00 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$60/8 weeks



town of BRIDGEWATER

ART

EXHIBIT

ON THE STORY BOOK TRAIL

JOIN US FOR OUR END OF SUMMER CELEBRATION WITH THE STORY BOOK TRAIL ART EXHIBIT! THE CULMINATION OF A SUMMER OF NATURE INSPIRED ART CREATION FROM OUR SUMMER CAMPS!

GLEN ALLAN PARK, BRIDGEWATER, NS
ON DISPLAY AUGUST 28, TO SEPTEMBER 30, 2026

Music, Art, & Culture

Let's Draw Together Ages 18+

Join author/illustrator Emma FitzGerald for an exploration of drawing. Participants will draw from observation a variety of subject matter, learn principles of drawing in a supportive environment. No previous experience necessary.

Tuesdays October 27 - December 1

6:00 PM - 7:30 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater
\$90/6 weeks

Merry Makers: Holiday Crackers Ages 18+

Join us to make your very own all-natural fall harvest be given back to nature when you're done with it. Youth welcome but must be accompanied by an adult who is registered.

Saturday, November 21

1:00 PM - 2:30 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater
\$5

Purse Weaving Class Ages 16+

In this class you will learn how to weave a purse with Japanese Craft Band (shown below). This class is appropriate for all skill levels. All materials needed are included in program fee.

Saturday, October 31

1:00 PM - 4:00 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater
\$70



Creative Crew: 5 Weeks of Crafts for Youth Ages 8-13

Unleash your child's creativity! Join Amber Thompson for two 5 week youth art workshops, where imaginations run wild. Her workshops are designed to be fun, engaging and focused on building confidence and artistic skills in a supportive environment.

Tuesdays, September 22 to October 20

4:30 PM - 6:00 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater
\$100/ 5 classes

Fall Harvest Wreath Making Ages 18+

Join us to make your very own all-natural fall harvest be given back to nature when you're done with it. Youth welcome but must be accompanied by an adult who is registered.

Wednesday, October 7

6:00 PM - 7:30 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater
\$5



Learn to Henna workshop Ages 10+

Join Halifax Henna to learn the ancient art of henna. In this fun and interactive workshop, you will learn how to use henna to create stunning, intricate body art designs.

*Children under 13 must be accompanied by a parent who is also registered.

Saturday, October 17

10:00 AM - 12:00 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater
\$25

Movement, Fitness, & Sport



Who we are: Sportball is a world leader in multisport programming for children 16 months to 12 years old.

What we do: We help kids fall in love with moving their bodies while they hone their social, gross motor, and sports skills. It's a win for both parents and kids!

How we do it: Research-based methodology and three decades of experience go into designing fun fueled classes kids can't get enough of.

Parent @ Child Multi-Sport Ages 2 -3 + Adult
Parents can have a direct hand in a preschooler's development through 8 different ball sports. Parent and Tot classes teach children important introductory physical skills and help them to develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes.

Mondays, October 19 – November 30

5:00 PM - 5:45 PM

564 Glen Allan Drive, Bridgewater

\$105/6 weeks

Sportball - Multi-Sport Indoor

Ages 3.5 – 4

Sportball is a dynamic sports program focusing on skill development in eight different sports. This creative, non-competitive and self esteem building program prepares all children for a future of confident sports participation.

Mondays, October 19 – November 30

5:45 PM - 6:45 PM

564 Glen Allan Drive, Bridgewater

\$105/6 weeks

Sportball - Multi-Sport Indoor

Ages 5 & 7

Our signature multi-sport programs give children the opportunity to experience up to 8 sports to help them discover which ones they love most. Every class we cover a different sport so our kids never get bored! Featured sports vary by region and are always evolving based on seasonality and trends.

Mondays, October 19 - November 30

6:45 PM - 7:45 PM

564 Glen Allan Drive, Bridgewater

\$105/6 weeks

Exhibits - Events - Group Recreation

Fall Hours start September 1st, 2026

Tuesday to Saturday - 1 PM to 5 PM



Sign up for our Newsletter: Scan the QR code for the
desbrisaymuseum.ca **Museum Calendar!**



Admission is free, donations are appreciated



DesBrisay museum

DesBrisayMuseum.ca



130 Jubilee Road, Bridgewater, NS

town of BRIDGEWATER

(902) 543-4033

Movement, Fitness, & Sport



Fun & Fit Over 50 Ages 50+

A fun and functional fitness class with a focus on cardio, strength, core, balance and agility for every level of fitness. Chairs are also provided if needed.

Monday, Wednesday, & Friday

September 9 to December 18

No Class: September 30, October 12, November 11th

9:00 AM - 10:00 AM

Michelin Social & Athletic Club, 221 Logan Rd, Bridgewater

\$5 Drop-In

VolleyGirls Ages 11-15

This program is for female volleyball players who have been participating in the game at school but want to learn more. Deanne Oickle-Conrad, certified Development Coach, will offer a skills-based session, with drills, games and scrimmages to explore this amazing sport.

Tuesdays October 6 to November 10

5:15 PM – 6:45 PM

Bridgewater Elementary School, 130 York St, Bridgewater

\$35/6 weeks

Dungeons and Dragons Live Action Role Play: Foam & Fables Ages 8-16

Enter the world of TerraMythos in this beginner-friendly kids' LARP adventure! Play as a warrior, prince, princess, spellcaster, and more as Humans and Goblins clash in battle or negotiation. No experience needed.

Saturdays, September 5 to October 3

No class on September 12

2:00 PM – 4:30 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$95/4 weeks

Bridgewater's Fall REPAIR CAFE

Toss it? No Way!



WHAT DO YOU DO WITH
a laptop that's too slow?
a toaster that no longer works?
a sweater with moth holes?

REPAIR CAFE IS
repairing broken items together,
advice, encounters, and inspiration

WHERE?
Bridgewater Firehall, 2nd Floor, 81
Dominion Street, Bridgewater

WHEN?
Saturday, November 14 1 PM - 4 PM

More information about this event
coming up at nsrepairs.ca

SEWING • SMALL APPLIANCES • COMPUTERS • BICYCLES • ETCETERA

Movement, Fitness, & Sport

Country Line Dance Ages 18+

Country line dancing is booming for its community feel, easy steps, health benefits, and the joy of dancing to country music. Come enjoy a fun night in a leisure atmosphere and kick off your heels. No partner required.

Thursdays, September 17 to November 5

5:30 PM - 6:30 PM

Bridgewater Fire Hall, 81 Dominion St.,
Bridgewater

(Alt location next door: 93 Dominion St.)

\$80/8 weeks

Modern Line Dance Ages 18+

This is a great way to dance non-stop for 45 min to rhythms like Salsa, Disco, Folk Bollywood.... If you like to dance, this is for you! No partner required.

Thursdays, September 17 to November 5

6:30 PM - 7:30 PM

Bridgewater Fire Hall, 81 Dominion St.,
Bridgewater

(Alt location next door: 93 Dominion St.)

\$80/8 weeks

Beginner Dance Class for Couples Ages 18+

Learn the most prevalent dances like Jive/Swing, Foxtrot, Slow Waltz and Cha Cha in a relaxed fun atmosphere to feel confident when you go out to a (public) dance! This class is a lot of fun!

Bring a partner or come in a group! Singles can sign up conditionally; please contact us.

Thursdays, September 17 to November 5

7:30 PM - 8:30 PM

Bridgewater Fire Hall, 81 Dominion St.,
(Alt location next door: 93 Dominion St.)

\$80/8 weeks

Family Fun Open Gym Drop-In All Ages

A welcoming space for families with children to play, explore, and enjoy active time together. Bring the whole family for unstructured fun with a variety of equipment and games available. Please bring non-marking clean shoes.

Tuesdays, October 4 to April 27

No Program December 29

4:00 PM - 5:00 PM

Bridgewater Elementary School, 130 York Street,
Bridgewater

FREE



THE EVENING POST Email Newsletter

Looking for information on
events, programs, and what's
happening in and around the
Town of Bridgewater?

Join our weekday evening email
newsletter today!



Sign up today!
Bridgewater.ca/Post

Movement, Fitness, & Sport

Gym Class for Grown-ups! - Adult Open Gym Drop-In Ages 16+

We are so excited to offer an all new, non-competitive, grown-up P.E. class for ages 16 and up. We will have a variety of gym activities, pick-up games, and recess-style fun designed to get you moving, meet new people, and stay active in a welcoming environment. This is NOT a sports league and no experience is necessary, just come ready to have fun! Please bring non-marking clean shoes.



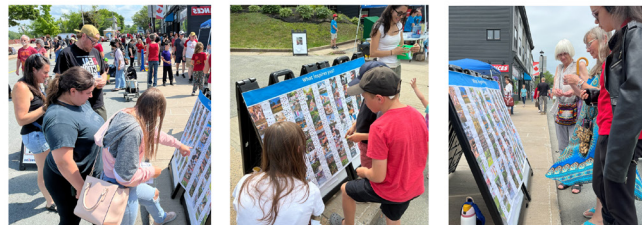
Tuesdays, October 4 to April 27

No Class December 29

7:15 PM – 8:45 PM

Bridgewater Elementary School, 130 York Street, Bridgewater

FREE



Recreation & Culture Engagement Party

Join us for an evening of conversation, food, and fun activities. We will share what we have learned so far and you will have a chance to share your ideas on how we can best invest in Recreation and Culture in Bridgewater.

Saturday, September 12

6:30 PM - 8:30 PM

DesBrisay Museum

130 Jubilee Road, Bridgewater

Visit bridgewater.ca/engage to learn more!

Bridgewater Transit

Hours of Service

Monday - Friday 6:00am - 9:00pm

Saturday 8:00am - 7:00pm

Sunday 9:00am - 5:00pm

Accessible For Everyone



Fares, map, real-time transit tracker, and more information visit: bridgewater.ca/bus

NSWalks Join us!

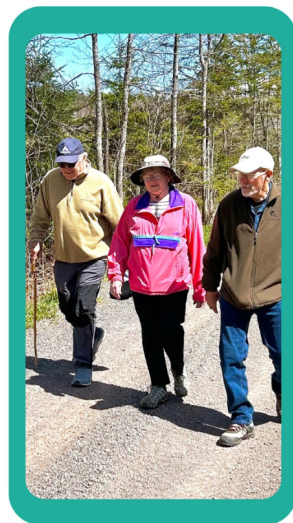
For a gentle, friendly weekly walk in your community!

Wednesdays at 10:00 a.m.

Meet at the Holy Trinity Anglican Church Hall
78 Alexandra Avenue

Register at www.nswalks.ca

Need help? (902) 932-4969



HB STUDIOS

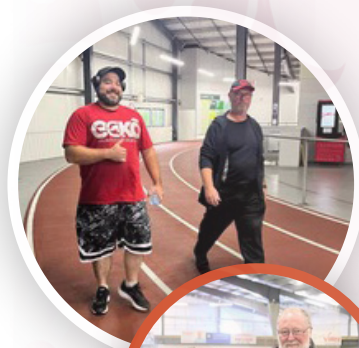
Fall 2026

Sports Centre

Supporting our Community's Health and Wellbeing!

HB Studios Sports Centre

A fun recreational facility with leisure activities for everyone!



Stay active
with us!

HB Studios

HB STUDIOS
SPORTS CENTRE

Accessible Walking/Running Track

Strollers, wheelchair and canes welcome!

Drop in Fee	\$2
Punch Card (11 walks/ no expiry)	\$20
30-day Pass	\$25

Indoor Turf Field Rentals

Prime Time (8-4pm)

Full Field	\$145/HR	1/2 Field	\$100/HR
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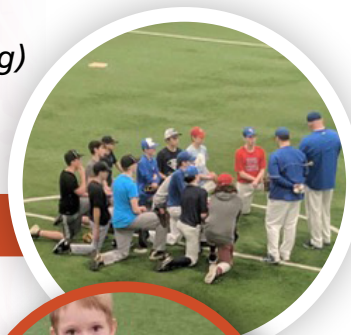
Non-Prime Time

Full Field	\$100/HR	1/2 Field	\$75/HR
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Drop-in Fee \$10/HR

(Golf, Battling Cage, RC Flyers, Fly Casting)

School rates are Available!

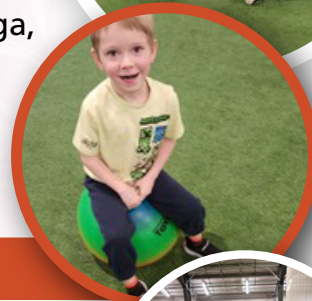


Multi-Purpose Room

Great for meetings, teambuilding, yoga, birthday parties and so much more!

Projector & Wi-Fi included!

\$30/HR OR \$160/DAY



Fitness Areas

Rubber Mat Area for

fitness classes \$30/HR

30 day passes for Track & Fitness area.. \$25



The perfect space for all activities and events!

Birthday Parties, Corporate Meetings and Teambuilding, workshops and so much more!

Programs And Events

- **Imagination Playground Play Group** Adult caregivers and only their children under 5 In partnership with the United Way Maritimes. Mondays & Wednesdays, September 14, 2026 – May 28, 2027: 9:30AM - 11:30AM
- **"Community Builders"** Recreation and Social Program for Mature Adults. In Partnership with the Municipality of the District of Lunenburg. Tuesdays, October 27, 2026 – May 25, 2027: 10AM -12PM
- **Walking Track: Monthly Walking Challenges** Get Motivated To Get Fit By Joining Our Free Wisdom Keepers KM Club Keep Track Of Your Kms & Win Prizes.
- **FREE "Keep on Track" Walking Club** In Partnership with the YMCA Last Friday of each Month; different topics each month.

September Events:

- **Woof Pack Agility Trial Event** September 19/20th, 7am- 6 pm
- **South Shore Autism Walk For Autism** September 26, 2026 8am -1pm

November Events:

- **Online & In Person Silent Auction** In Support of the turf replacement Campaign. November 1, 2026 -December 1, 2026. Looking for new donations and watch our Facebook Page for the weekly auction.
- **Healthy Living Fair** November 7, 2026: 8AM -2PM Looking for craft fair vendors and service/ sports organizations. Call 902 543 5348 or email events@hbssc.ca to register.

December Events:

- **Holiday Family Movie Night: The Polar Express** December 5, 2026 - 3:00PM start time.
- **Holiday Family Fun and Gingerbread Decorating Party:** In partnership with Tina Williamson and Royal LePage December 12, 2026: 12:30PM - 2:30PM REGISTRATION REQUIRED BY: November 27th. Call 902 543 5348 or events@hbssc.ca
- **Holiday Senior Tea** December 15, 2026: 1PM - 3PM PRE-REGISTRATION REQUIRED BY:

December 4th. Call 902 543 5348 or events@hbssc.ca

In partnership with the Town of Bridgewater

Events we are looking for funding for:

- **Community Connects Family Nights**
- **Queer Family Nights (For the 2SLGBTQIA+ and their Allies):**
- **Over 55 Walking Soccer**
- **Free Fitness Friday Walking**

Other bookings and drop in options:

Birthday Parties, corporate team building and meeting space.

Golf driving: call to book 902 543 5348

Sensory Room bookings Great to have your sensory needs met! Great for those with stress, anxiety, PTSD, ASD, ADHD, Brain Injury, Dementia and more... Complimentary passes in Partnership with the United Way Maritimes for individuals experiencing financial barriers. Call 902 543 5348 or email events@hbssc.ca to book.

For our current hours, or to book time contact us at



manager@hbssc.ca
event@hbssc.ca



www.hbssc.ca



902.543.5348



HB Studios Sports Centre

Come play with us at: 543 Glen Allen Drive, Bridgewater, NS



Connect 2 Rec your hub for events, schedules, information and registration for all your favourite LCLC, MODL, and TOB programs!





**DOWNLOAD THE
CONNECT 2 REC APP!**



Scan to
Download



**ACCESS ONLINE AT
CONNECT2REC.COM**