

# Spring 2026 Recreation Guide



Town of Lunenburg



902.634.4006  
townoflunenburg.ca

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District of Lunenburg



902.541.1343  
modl.ca

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YMCA



902.543.9622  
ymcasouthwestns.ca

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Town of Bridgewater



902.543.2274  
bridgewater.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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HB Studios Sports Centre



902.543.5348  
hbssc.ca

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# 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](mailto:recfacilities@townoflunenburg.ca)  
 Find us online: [www.townoflunenburg.ca](http://www.townoflunenburg.ca)

## Online Registration!

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

**STEP 1:** Visit [www.connect2rec.com](http://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](mailto:ktibbo@townoflunenburg.ca)**

PRO Kids would not be possible without community support!

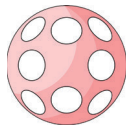
Everyone who gives a donation will receive a tax receipt.



## What's Happening in the Community Centre

### Pickleball

Mondays, 11am-1:30pm  
Tuesdays, 7pm-9pm  
Fridays, 1:15-3:15pm  
\$4/drop-in



### Women Only, Recreational

Tuesdays, 12:30pm-2:30pm  
Wednesdays, 1pm-3pm  
Fridays, 10:45am-1pm  
\$4/drop-in

### 70+ Pickleball

Wednesdays, 10:45am-12:45pm  
\$4/drop-in

### Introduction to Cheer

Cheer + Stunts with Coach Melissa Peck

Wednesdays 5:30pm - 7:00pm

Ages 5 - 12

<https://enpointestudios.ca/>

[contactus@enpointestudios.ca](mailto:contactus@enpointestudios.ca)

### Open Gym

Open to anyone for basketball, pickleball, ping pong, etc. This is an unsupervised activity.

Tuesdays, 9am-11:30am

\$4/drop-in



### Badminton

All skill levels welcome. 16+  
Wednesdays, 7pm-9pm  
\$5/drop-in

### 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 10:30am, Tuesdays 11:30am and Fridays 10:30am

For more information, contact: Lynn Collins [seascapeyoga@gmail.com](mailto: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](mailto:mwrightyoga@gmail.com) **\$120/6 classes**

# Outdoor Activities in Lunenburg



### Back Harbour Trail

Connects to the Bay to Bay trail extension at Sawpit Rd and runs parallel to Highway 332 to Maple Avenue and Bay to Bay Trail. Also connects at the end of the back harbour to the Dog Park and the Knot Pub.



### Victoria Street Playground

Victoria Street adjacent to Tennis Court



### Lunenburg Academy Playground

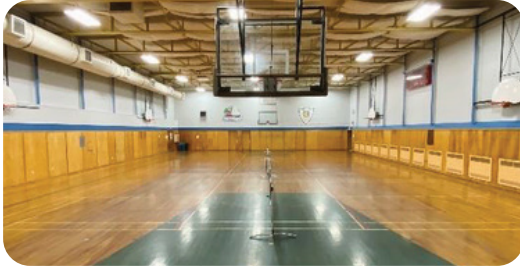
Located behind Lunenburg Academy

## Lunenburg Skate Park



- 63-foot log quarter pipe, triangle ramp, ledge/manual pad and curb
- Accessible walkway to the park from the parking area
- Gazebo to protect users from sun and rain
- Lighting surrounding the facility

## Rental Opportunities



**Auditorium, \$42/hr**



**Auditorium w/Kitchen, \$52/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

## Thank You Arena Crew!

As another successful season at the Lunenburg War memorial Arena has come to a close, we want to offer a sincere thank you for all of the long hours and hard work. Congratulations on another amazing year!

# Visit the Explore MODL Events Calendar

## Find Out What is Happening Near You!

From concerts to community BBQs, there's always something happening in the District of Lunenburg and now it's easier than ever to find local events in one place.

[www.exploremodl.ca/events](http://www.exploremodl.ca/events) 🔍

### Hosting an event?

Share it on the calendar and help spread the word!

- ✓ Free to post
- ✓ Reaches locals & visitors
- ✓ Simple online form

Add your event at:

[exploremodl.ca/events/community/add](http://exploremodl.ca/events/community/add)



[facebook.com/districtoflunenburg](https://facebook.com/districtoflunenburg)



# District of Lunenburg Recreation, Parks, and Tourism

"Working with you to create recreational opportunities for all"

Municipality of the District of Lunenburg



**10 Allée Champlain Drive | Cookville, NS | B4V 9E4**  
**Main Phone:** (902) 541-1343 | **Fax:** (902) 543-7123  
**Main 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**  
**Tourism & Event Development Officer:** ..... **Ruth Wawin**  
**Active Living Coordinator:** ..... **Moira Frier**  
**Trails & Open Space Coordinator:**..... **Vacant**  
**Administrative Assistant:** ..... **Sandra Challis**  
**Parks Supervisor:**..... **Jason McCarthy**



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 Wednesday, March 18**



Your source for recreation on the South Shore! Head to [www.connect2rec.com](http://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.

Municipality of the District of Lunenburg



## 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](http://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).



## District of Lunenburg Hike Badge

Have you heard about our “Hike Badge” fun challenge? If you hike 4 of the listed hikes, you will earn a specially designed badge, partnered by Hike NS and Lunenburg County Hikers!



### How Does It Work:

To earn a badge, choose 4 hikes from the below list of 6 hikes. You can customize your own hike of a total distance from 11 km to 20 km to best challenge your abilities!

1. Rhodenizer Brook Falls, MARC: 4km from parking lot
2. Gaff Point: 8km from parking lot
3. Indian Path Commons: 7km
4. Narrows Basin at Martins River: 4km
5. River Ridge Common  
(Waterfall trail and walking trail): 3km
6. LaHave River Trail to Cookville Provincial Park: 5km

Your reward for completing the hikers challenge is a badge to show off on clothing or backpacks. As well, you will be listed on our Hike Nova Scotia's Honour Roll. Badges are free for MODL residents!

### Highlights:

Throughout this challenge, discover and explore the District of Lunenburg's spectacular scenery including ocean vistas, two river falls, ocean and river lookouts, calm ocean basin and lush forests. You will find hiking trails that suit all levels of skill and ability to enjoy.

### More Information:

Check out the Hike Nova Scotia website and download their app to keep track of your distances in a logbook and find other useful hiking information, such as maps.



### More Information:

**Hike Nova Scotia:** [www.hikenovascotia.ca/projects-hiker-challenge](http://www.hikenovascotia.ca/projects-hiker-challenge) | **MODL:** [www.modl.ca/hike-badge](http://www.modl.ca/hike-badge)

## Walk Friendly Communities

Walking is one of Canada's most beneficial physical activities for people of all ages. It can reduce stress, strengthen the heart and lungs, boost energy levels, and support a healthy, active lifestyle.

To help you get started, we offer several items to assist with walking or cycling along rural roads in Municipality of the District of Lunenburg—helping you stay safe and comfortable while being active close to home.

We have the following items for free while supplies last:

- Walk friendly lawn signs
- Walking flashlights
- Bike bells
- Wearable safety lights
- Safety vests

Please contact [recreation@modl.ca](mailto:recreation@modl.ca) to learn more and help turn your community into a walking community!



## Park Openings

Friday, May 15

Spring is just around the corner! All MODL parks and trails will be open for the season starting **Friday, May 15**.

Parks are open daily from dawn to dusk.

Remember:

- Keep your pets on a leash
- Place your trash in bins
- Respect all park users
- No overnight parking
- Your safety is your responsibility
- Have fun!

Municipality of the District of Lunenburg



## Sawpit Wharf Park Update— Improvements Are On The Way!

This year will be an exciting one at Sawpit Wharf Park as the Municipality will be making some upgrades. In 2024, a concept plan for the park was developed through public input and working closely with the Sawpit Wharf Park Advisory Committee. In 2025, the decision to close the wharf structure itself was made due to safety concerns and remains closed at this time. This year the Municipality intends to remove the wooden wharf structure and replace it with a timber wharf that will meet the needs of current users. This will likely mean that for the 2026 boating season there will be no timber wharf available for use by boaters and the general public.

In addition to replacing the timber wharf, the plan is to include a floating dock system off of the new wharf, install an accessible canoe/kayak launch, and to upgrade the boat launch. A Request for Proposal for this work has been issued.

Once bids are received staff intend to take a recommendation to Council to award the contract and have work begin this year. Once a Proponent has been selected to carry out the work, a decision will be made around the 2026 season for the floating dock system for punts and tenders. If the floating docks can be installed and used, renters should plan for a reduced season and periodic closures during construction. Users would be notified of any closures and the anticipated duration.

Future plans involve improving parking and green space at the park, which will include accessible washrooms, a shade shelter, and other amenities.

As users of the park the Municipality ask for your cooperation and patience as we make investments to improve services provided at the Park.

For more information, please contact the Recreation, Parks, and Tourism Department at (902) 541-1343.



# Volunteer Spotlight

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



Municipality of the District of Lunenburg

## Fort Point Museum 100 Fort Point Rd, LaHave

Fort Point Museum is a seasonal community museum sharing the history of the LaHave River and aiming to connect visitors with the region's heritage through exhibits, events and public programs.

### Volunteer Opportunities

#### Board Members & other volunteers needed!

- Especially folks with experience of fundraising or membership;
- Acadian and Mi'kmaw representatives; and
- Help with planning community events and expanding programming!



#### Want to know more?

Call: 902-688-1632

Email: [fortpointmuseum@gmail.com](mailto:fortpointmuseum@gmail.com)

Web: [www.fortpointmuseum.com](http://www.fortpointmuseum.com)



## Dynamite Trail Association

This 10km multi-use trail runs from Mahone Bay to Martins River. Part of the Rum Runners Trail system, there are 2 big bridges and 2 lakes and a good number of community trail riders.

### Volunteer Opportunities

A great way to get involved in your community is to join a trail group - make new friends, connect with nature, find a way to express yourself.

#### For more information

Email: [info@dynamitetrail.ca](mailto:info@dynamitetrail.ca)

Web: [www.dynamitetrail.ca](http://www.dynamitetrail.ca)

## We Feed Lunenburg

Located at The Water Market in Lunenburg, We Feed Lunenburg serves residents of Lunenburg County in fighting food insecurity by creating a self-sufficient community.

You can find out more:

[www.wefeedlunenburg.org](http://www.wefeedlunenburg.org)



### Volunteer Opportunities

**We Feed Lunenburg** is looking for volunteers to:

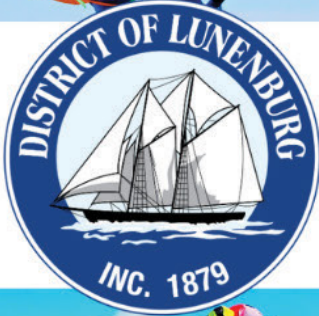
- Help in the Food Hub
- Fundraise
- Collect Donations
- And...much more!

**Interested?** Email:

[simon@wefeedlunenburg.org](mailto:simon@wefeedlunenburg.org)

Lunenburg Community Food Hub & Pantry

We Feed Lunenburg



# KITE FLYING FAMILY FUN DAY



Municipality of the District of Lunenburg

Join us for a fun-filled day!  
**Saturday, May 16**

*Rain date Sunday, May 17*

**1:00pm - 4:00pm**

*The MARC Ballfields  
97 Leary Fraser Road, Dayspring*

**100+ free amazing kites to fly!**

**Children's entertainment**

**Food trucks**



## Youth Programs

### Youth Art Classes

We are excited to bring 'time4Art classes' that provide art projects centered in art history, to you! Each block focuses on a famous artist where we recreate some of their art works or create new individual works inspired by them. Participants will have the opportunity to experiment with different materials and learn new techniques as well as develop their art skills. Projects can include painting, drawings, clay work, sculpture, fibre arts etc. This is a great opportunity to explore your creative side and try different art methods with instructor Janine Smith.

**Mondays, April 20 – May 25, (no class May 18)**

**Ages 5-9, 4:30pm – 5:30pm**

Hebville Fire Hall, Hebville

**\$90/5 weeks**

**Wednesdays, April 22 – May 20**

**Ages 5-9, 4:00pm – 5:00pm**

Blockhouse Fire Hall, Blockhouse

**\$90/5 weeks**

### Youth Art & Design

Calling all thoughtful creatives! Art & Design Classes for tweens and young teens who are naturally inquisitive, love solving problems & creating solutions and are bursting with new ideas. During the classes we will work on design projects from games, costumes, animation to clocks, or kites as well as more traditional art projects all focused on encouraging creative independence.

Ages 10-15.

**Mondays, April 20 – May 25, 6:00pm – 7:00pm**

**(no class May 18)**

Hebville Fire Hall, Hebville

**\$90/5 weeks**



### New! VolleyGirls–644

This newly launched program in New Germany, is for the female-identifying athlete who has been participating in the game but wants to learn more. Smash Club Volleyball Coach, Deanne Oickle-Conrad (Certified Development Coach) will offer a fun, skills-based session, with drills, games and scrimmages for practical skills development. Ages 11-15.

**Tuesdays, April 21 – May 19, 6:00pm – 7:30pm**

New Germany Rural High School, New Germany

**\$35/5 weeks**

### Youth Art Skills Development

Calling all young artists! Are you ready to expand your art skills? This class lets kids explore their individual creativity as well as build their creative confidence and develop artistic skills. Guided by our experienced instructor Janine Smith, participants will learn about famous artists, discover new materials and explore new art techniques. Ages 10–15.

**Wednesdays, April 22 – May 20, 5:30pm – 6:30pm**

Blockhouse Fire Hall, Blockhouse

**\$90/5 weeks**

### 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 lunch and snacks. Ages 9-13.

**Saturday, April 25, 9:00am – 1:00pm**

West Northfield Community Centre, West Northfield

**\$35**

### 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 and snacks. This is a safety education course, not a guarantee of competence. Ages 11–14.

**Saturday, May 30, 9:00am – 3:00pm**

Voglers Cove Community Hall, Voglers Cove

**\$35**

## Family Programs & Special Events

### 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!**

### Annual Easter Egg Hunt

Join us for one of our most popular annual events – the Easter Egg Hunt! Participants will be divided into age categories to find Easter eggs throughout the MARC property followed by games, snacks, face painting, and more. Every child will receive an Easter prize! The Easter Bunny will be hoppy to see you! Dress for the outdoors and bring a bag or basket for gathering eggs.

**Saturday, March 28, 2:00pm – 3:30pm**

MARC, Dayspring

**It's Free!** Donations for PRO Kids welcomed



### New! Family Movie Matinee

Hop into spring with our Easter-themed indoor movie! Enjoy a family-friendly film celebrating fun, friendship, and the season of renewal. A big screen, popcorn, and sweet treats make it a perfect afternoon outing. Bring the whole family (and cozy blankets) to celebrate Easter with laughter and a little festive magic!

**Sunday, March 29, 1:30pm – 3:30pm**

Dayspring Fire Hall, Dayspring

**It's Free!** Donations for PRO Kids welcomed



### Full Moon Walks

Experience the magic of a Full Moon Walk this spring, as we stroll under the glowing moonlight, surrounded by the sights and sounds of nature awakening. Enjoy a peaceful evening of connection, reflection, and the beauty of the season beneath the starry sky! Bring a flashlight or headlamp.

**Wednesday, April 1, 6:00pm – 7:30pm: MARC**

Step into the soft glow of the Pink Full Moon and enjoy a peaceful walk surrounded by the beauty of spring in full bloom. Approximately 4km of easy trails.

**Friday, May 1, 7:00pm – 8:30pm: River Ridge Common**

Stroll beneath the luminous Flower Full Moon and immerse yourself in the fragrant beauty of spring's blossoms. Approximately 4km of easy-moderate trails.

**Sunday, May 31, 7:30pm – 8:30pm: Miller Point Peace Park**

Join us for a guided walk under the rare glow of a Blue Moon; the second full moon in a single month, a special moment to slow down, soak in the night sky, and celebrate something beautifully out of the ordinary. Approximately 4km of easy-moderate trails.

**Tuesday, June 30, 7:30pm – 9:00pm: MARC**

Take a magical evening walk under the Strawberry Full Moon, basking in its warm glow as summer's sweetness fills the air. Approximately 3km of easy-moderate trails.

**It's Free!** Donations for PRO Kids welcomed.

### Wheelchair Basketball Try-Its

Join us to 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, equipment provided. Ages 12+.

**Thursday, April 2, 6:00pm – 7:00pm**

Centre Scolaire de la Rive-Sud, Cookville

**Tuesday, May 26, 6:00pm – 7:00pm**

New Germany Rural High School, New Germany

**It's Free!** Donations for PRO Kids welcomed

## Family Programs & Special Events

### Wheelchair Basketball

We're excited to partner with the Town of Lunenburg to bring this 4-week program. 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, equipment provided. Ages 12+.

**Thursdays, April 9 – April 30, 5:30pm – 6:30pm**

Lunenburg Community Centre, Lunenburg

**It's Free!** Donations for PRO Kids welcomed



Municipality of the District of Lunenburg

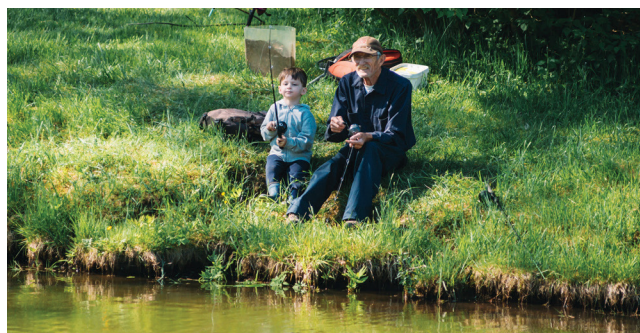
### Annual Kids' Fishing Derby

Get ready for a fin-tastic adventure at our Kids' Fishing Derby, in partnership with the LaHave River Salmon Association! Join us at the MARC where children can catch up to five fish from our stocked pond. Bring your own gear and bait. Children must be accompanied by an adult. Three age categories: 6 and under, 7-11, and 12-15. Lots of prizes and a free BBQ on site for participants. Don't let this chance to hook some fun slip away; grab your fishing gear and join us for a reel-y great time!

**Saturday, May 23, 9:00am – 12:00pm**

MARC, Dayspring

**It's Free!** Donations for PRO Kids welcomed



### 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, April 19, May 17, and June 21, 5:00pm – 6:00pm**

Lunenburg County Lifestyle Centre (LCLC), Bridgewater

**It's Free!**

### Miller Point Peace Park Day

Miller Point Peace Park is an ideal place for a leisurely scenic walk or family picnic. Join us for a variety of activities to celebrate our beautiful Miller Point Peace Park on Victoria Day. Activities include guided hikes, environmental education, games, art creation, and more. All ages encouraged. Refreshments will be available.

**Monday, May 18, 2:00pm – 3:30pm**

Miller Point Peace Park, Dayspring (meet at the inner parking lot)

**It's Free!** Donations for PRO Kids welcomed



**June 1-30, 2025**

**Let's do this, MODL!**

**What:** The Community Challenge is a national physical activity and sport initiative that encourages everyone in Canada to get active throughout June in search of Canada's Most Active Community! The top community wins **\$100,000** to support local physical activity initiatives.

**How:** Track your personal physical activity on the ParticipACTION Challenge webpage. Every minute tracked goes towards MODL's score! Walking, biking, golfing, gardening, construction... it all counts!

**Who:** Individuals can track their personal physical activity minutes. Organizations can register their June physical activity and sport initiatives, programs and events and track the numbers of participants.

#### **Need help?**

Participants can contact [recreation@modl.ca](mailto:recreation@modl.ca) with their active minutes (and activity) to be logged for them. Learn more at [www.participation.com](http://www.participation.com).

# Family Programs & Special Events

## Healthy Family Day

Join us for a day of fun, fitness, and family bonding in partnership with the Lunenburg County YMCA, the Town of Bridgewater, and the Lunenburg County Lifestyle Centre. Get ready to laugh, play, and have a blast with a variety of active games and team-building activities. This is a wonderful opportunity to prioritize your family's health and wellbeing while creating unforgettable memories together. Don't miss out on this chance to strengthen your bonds and make healthy living a priority!

**Sunday, June 7, 11:00am – 2:00pm**

Lunenburg County Lifestyle Centre (LCLC), Bridgewater

**It's Free!**



## Paddling for Beginners

Paddling is a great, low-impact activity to get outdoors, explore new areas, and socialize. Join our recreation staff as we teach you the basics of canoeing, including safety and proper technique. Canoes/PFD's will be provided. If you have your own canoe or kayak, please feel free to bring it along. Weather permitting.

**Sunday, June 14, 1:00pm – 3:00pm**

Wile's Lake Park, Wileville

**It's Free!** Donations for PRO Kids welcomed

## 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.

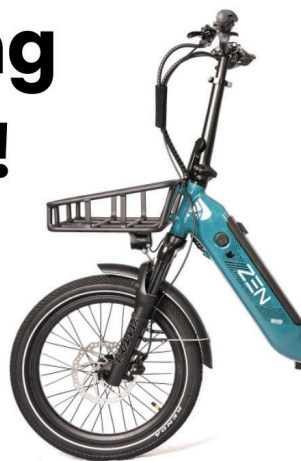
**Friday, June 19, 7:00pm – 8:30pm**

Blockhouse Fire Hall, Blockhouse

**It's Free!** Donations for PRO Kids welcomed.

Municipality of the District of Lunenburg

**Try an E-bike  
for free -  
no booking  
required!**



**Pop  
Ups!**

## Healthy Family Day

**Sunday, June 7**

11:00am – 2:00pm

Lunenburg County Lifestyle  
Centre (LCLC)

135 N Park St, Bridgewater

## Family Bike Day

**Saturday, June 20**

10:00am – 2:00pm

Kiosk on the Bull Run Trail  
across from Tastee Freeze  
15390 NS Trunk 3, Hebbville





# June is Bike Month!

June is Bike Month—a celebration of cycling and all the ways it gets us moving! Whether you're hopping on a bike for the very first time, sharpening your skills, or just looking for a fun way to get active outdoors, Bike Month has something for everyone.

It's the perfect opportunity to connect with your community, enjoy local trails, and embrace a healthy, active lifestyle. Throughout June, join us for a variety of community rides, skill-building workshops, and fun cycling events. Keep an eye on the Summer Recreation Guide for all the latest Bike Month happenings.

## Ride and Seek Scavenger Hunt



-  **Miller Point Peace Park**  
13941 NS Trunk 3, Dayspring, NS
-  **River Ridge Common**  
4668 Highway 10, Pinehurst

**Win Prizes!**

- Find up to (5) photos in each park
- Email [recreation@modl.ca](mailto:recreation@modl.ca) with the images you find (list or photos) for a chance to win prizes! **June 1 to June 30**



### 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 various routes, May to October**

Contact: Sandi Merrell: [sdmerrell@eastlink.ca](mailto: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 various routes, May to October**

Contact: Karen Brown: [klbrown790@gmail.com](mailto:klbrown790@gmail.com)



### New! Adult Learn to Ride Bike Workshop

If you are an adult who is ready to ride a bike but never learned, or someone looking for a refresher, this **Free** beginner session hosted by Alex Moore at the Lunenburg Bike Shop is aimed to help you feel more confident on a bike!

What's included:

- Basics of bike handling, shifting, and trail riding
- Guided ride – quiet roads and trail riding
- Tips and support for adult beginners

Small group size. Option to bring your own bike & helmet or borrow from the shop.

**Saturday, June 6, 10:00am – 12:00pm**

Lunenburg Bike Shop: 169 Montague St, Lunenburg

**It's Free! Registration is required at**

**[www.connect2rec.com](http://www.connect2rec.com)**

### Bike Fix-It Stations

A Bike Fix-It Station includes all the tools necessary to perform basic bike repairs. Everything from changing a flat tire to adjusting brakes or seat height and derailleurs. Hanging your bike allows the pedals and wheels to spin freely while adjusting.

Check out our two Bike Fix-It Stations:

- **LaHave Bakery:** 3421 Route 33, LaHave
- **Bay to Bay Trailhead:** 7 Longhill Rd, Mahone Bay

# NEW! E-Bike Loan Program



**Free**

We're gearing up for a **full program launch!** Stay tuned as the weather warms up and we get ready to roll!

Questions? Please reach out! (902) 530 - 3264

Municipality of the District of Lunenburg

Everyone Welcome!

# Family Bike Day

**SAVE THE DATE**

**Saturday June 20**

Celebrate cycling by joining us on the Bull Run Trail for a day full of activities and outdoor fun!



## Adult Programs

### Women's Drop-In Volleyball

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

**Mondays, 7:00pm – 8:30pm**

Centre Scolaire de la Rive-Sud, Cookville

**\$2/night**

### Men's Drop-In Basketball

Looking to get out, stay active, and meet new people? Drop into our recreational basketball for men ages 19+.

**Tuesdays, 7:30pm – 9:00pm**

Bayview Community School, Mahone Bay

**\$2/night**



### New! Awaken and Restore: A Spring Self-Care Workshop

This soothing, hands-on workshop includes guided instruction with instructor Rachael Jessup, self-massage practice, and tips for creating your own seasonal self-care ritual at home. Leave feeling refreshed, rebalanced, and ready to bloom into spring. Ages 16+.

**Monday, March 30, 6:30pm – 7:45pm**

Hebbs Cross Fire Hall, Hebbs Cross

**\$15**

### Qigong (Chi Gong)

Tai Chi & Qigong (Chi Gong) exercises to strengthen and maintain your health. Receive help with balance, flexibility, stiffness, stress, movement, and build energy. Exercises are done in the standing position; some may be performed while sitting. Wendy Oickle will be leading you through gentle exercises that support continued health and recovery. She is a certified Qigong (Chi Gong) practitioner with over 20 years of experience. Ages 19+.

**Thursdays, April 2 – June 18, 10:30am – 11:30am**  
(no class April 30 or May 7)

Wileville Fire Hall, Wileville

**\$45/10 weeks**

### Mahone Bay Essentrics

This 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 Rob Urquhart will lead the class 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, April 7 – June 4,**

**10:30am – 11:30am**

Royal Canadian Legion Hall, Mahone Bay

**\$75/18 classes**

### New! Make a Stepping Stone

Put your right food forward and come out and learn how to make your own stepping stones. Each participant will learn how to mix concrete and use molds to form and decorate your own stone. You will get the recipe, the mold and your own creation to take home so you can build your own path. Dress to get your hands dirty. Ages 12+. Those under 16 must be accompanied by an adult.

**Wednesday, April 8, 6:00pm – 8:00pm**

Dayspring Fire Hall, Dayspring

**\$15**

### New! Eating the Rainbow

Are you getting your daily five of fruits and vegetables? Join enthusiastic home cook Diane Robitaille as she explores the amazing and versatile world of fruits and vegetables. We'll discuss how to get your daily 5 (or more) in a variety of delicious, and often simple, ways. This session includes hands-on cooking of several dishes (for example, smoothies, salads, entrees, and desserts) and will include some vegetarian dishes and some gluten-free/dairy-free dishes. You will then dine on everything you've made. Recipes and flexible daily menus will be provided. Ages 12+. Those under 16 must be accompanied by an adult.

**Saturday, April 11, 2:00pm – 4:00pm**

Northfield & District Fire Hall, West Northfield

**\$15**



# Adult Programs

## New! Spring Tabletop Easel Workshop

Create a cheerful spring décor piece in this fun, hands-on workshop with Gina of Memory Lane Woodworks! You'll paint and assemble a tabletop easel display featuring flower-filled rain boots and a friendly "hi" greeting, perfect for brightening up your home. The easel is designed to hold interchangeable inserts, making it a piece you can refresh with different looks over time. No experience is needed, just bring your enthusiasm and enjoy a relaxed, creative time. All materials provided. Ages 12+. Those under 16 must be accompanied by an adult.

**Sunday, April 12, 2:00pm – 4:00pm**

Blockhouse Fire Hall, Blockhouse

**\$25**



## Painting with Wool

Join instructor Amber Thompson to learn how to paint 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.

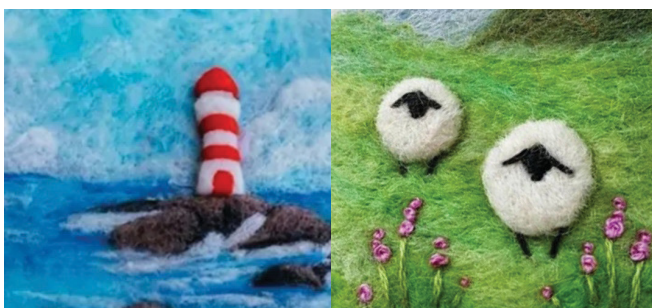
**Wednesday, April 15, 6:00pm – 8:00pm (Spring Sheep)**

Hebbs Cross Fire Hall, Hebbs Cross

**Wednesday, May 27, 6:00pm – 8:00pm (Lighthouse)**

Northfield & District Fire Hall, West Northfield

**\$20**



Municipality of the District of Lunenburg



**6 sports**

**6 weeks**

**1 registration**

**Boxing • Volleyball • Pickleball  
Softball • Cricket • Gymnastics**

### Schedule and locations:

**May 13:** Boxing at Dave's Multisports

**May 20:** Volleyball at Michelin Social Club

**May 27:** Pickleball at Michelin Social Club

**June 3:** Softball at MARC Ballfields

**June 10:** Cricket at LaHave Street Fields

**June 17:** Gymnastics at Athletics Gymnastics Academy

### Sessions

All sessions will be delivered by community sport organizations. Each lesson focuses on skill development and fun.

**May 13 – June 17 (6pm-8pm)**

Registration Fee **\$60**



To register:  
[www.connect2rec.com](http://www.connect2rec.com)

Open to ages 19+  
Maximum of 20 participants



## Adult Programs

Municipality of the District of Lunenburg

### New! Elevated Classics

Bored of the same old dishes day after day? Join enthusiastic home cook Diane Robitaille as she prepares a few simple classics, with a twist, to elevate dishes that we may feel are a bit humdrum (for example, tomato soup, grilled cheese, or mac and cheese). This session will include some vegetarian dishes and some gluten-free/dairy-free dishes. You will then dine on everything you've made. Recipes will be provided. Ages 12+. Those under 16 must be accompanied by an adult.

**Sunday, April 26, 2:00pm – 4:00pm**

Pleasantville Fire Hall, Pleasantville

**\$20**



### New! Undress Dressings

Enjoy your salad days with instructor Louise Hollingsworth. Dip into dressings, sprinkle on the spice, demystify the acids, slip into oil, all while making and tasting what may become your go to ntrésin'nk salátas. The perfect salad accompaniment will no longer be Greek to you. Come prepared to sample and bring a jar to take a bit of your favourites home. Ages 12+. Those under 16 must be accompanied by an adult.

**Sunday, May 3, 2:00pm – 4:00pm**

Riverport & District Community Centre, Riverport

**\$15**



### New! Sea Glass Art Class

Join instructor Mary Wagner to create a unique 5x7 sea glass art. Creativity and craftiness are not required. All supplies are provided. Ages 9+. Those under 14 must be accompanied by an adult.

**Tuesday, May 5, 6:30pm – 8:00pm**

Upper Northfield Community Hall, Upper Northfield

**\$20**



### Needle Felting

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+. Children under 12 must be accompanied by an adult.

**Wednesday, May 6, 6:00pm – 8:00pm (Beaver/Otter)**

Oakhill Fire Hall, Oakhill

**Wednesday, June 17, 6:00pm – 8:00pm (Mouse)**

Pleasantville Fire Hall, Pleasantville

**\$20**

### Bargain Shopping Trip to the French Shore

What better way to explore the French Shore than by a luxurious coach bus while satisfying your urge to find trinkets and treasures along the way with our recreation staff! Visit several bargain stores from Digby to Saulnierville while enjoying beautiful scenery. Meals at participant's expense.

**Thursday, May 14, 8:00am – 6:30pm**

Meet in the Bridgewater Walmart parking lot

**\$60**

## Adult Programs

### New! Anti-Inflammatory Baking

Anti-inflammatory treats are closer than you think. Brownies, muffins, and cheesecake – yum! No flour, no refined sugar, and yet, delicious. Come out for a healthy, snacking time with instructor Louise Hollingsworth. Ages 12+. Those under 16 must be accompanied by an adult.

**Sunday, May 24, 2:00pm – 4:00pm**

Hebbsville Fire Hall, Hebbsville

**\$20**



### World Oceans Day Paddle

Join the guides of Cape LaHave Adventures for a World Oceans Day paddle in the beautiful LaHave Islands! Visit island beaches, bays and inlets only accessible by water and learn about local history, ecology and wildlife of the area. While island hopping, we will enjoy a picnic lunch on one of the islands before returning. Please bring your own lunch, as well as sun protection and non-cotton clothing that is comfortable when damp (e.g. fleece, wool, polypropylene, wind breaker, etc.). All paddling equipment and instruction will be provided. No experience necessary.

**Saturday, June 6, 8:45am – 1:00pm**

Cape LaHave Adventures, Dublin Shore

**It's Free!** Donations for PRO Kids welcomed



### 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, June 9, 5:30pm – Finish**

Dayspring & District Fire Hall, Dayspring

**\$55**

### Basket Weaving

Get creative with your hands and take home a handmade treasure! In this workshop, participants will learn basket weaving techniques using a variety of materials like basket reed. Guided by experienced instructor Monike Golshani, you'll create a beautiful, functional basket while enjoying a relaxing, social, and inspiring environment. No experience is needed, just bring your curiosity, creativity, and snacks! Ages 18+.

**Saturday, June 13, 9:00am – 1:00pm**

West Northfield Community Hall, West Northfield

**\$30**



### Ice Cream Social

Join us for a scoop of happiness at our Seniors' Ice Cream Social! Come and indulge in a delightful afternoon filled with delicious ice cream, toppings galore, wonderful company, and live music as we welcome the beginning of the summer season. This is more than just an ice cream social, it's a chance to connect with old friends, make new ones, and share stories over sweet treats. Spread the word and bring along your friends for a scoop-tacular afternoon! Ages 55+.

**Tuesday, June 23, 1:30pm – 3:00pm**

Tri District Fire Rescue, Newcombville

**It's Free!** Donations for PRO Kids welcomed

Join Our Y Community! **Everyone is welcome!**



# What does *Shine On* mean for people who use the Y?

You know that feeling you get when you accomplish something you didn't think was possible? When you suddenly feel hope where there was only despair? When you get access to something that you thought was out of reach? When you feel like you belong to something much bigger than yourself? That's what it means to Shine On! Whatever dream you have. Whatever obstacle is standing in your way. There is an inner light that wants to shine. With the YMCA's programs, support and guidance, people can improve their sense of well-being so they can let that light out into the world!

YMCA

## Keep On Track!

[ymcasouthwestns.ca/keepontrack](http://ymcasouthwestns.ca/keepontrack)



Step into wellness with Denise from the YMCA! Walk the track, move your body, and spark meaningful conversations around health and active living.

**Free** monthly sessions at **HB Studios, Bridgewater** Last Friday of every month at **10:30am**. Topics change each month!



## Spring Fitness Schedule

### Membership Assistance

The YMCA of Southwest Nova Scotia is committed to helping individuals grow in spirit, mind, and body. Our Membership Assistance Program offers reduced-rate access to YMCA programs and services so cost isn't a barrier.

Applying is simple and confidential—based on LICO with your most recent Notice of Assessment. Since June 2023, nearly \$70,000 has supported community members.

Spring into movement with our energizing fitness schedule! From your favourite classes to fresh new ways to stay active, there's something for everyone to feel strong, refreshed, and connected this season.



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

Let your potential *Shine On*

# Youth Zone + Street Sports

This program offers youth between the ages 5 to 11 year an opportunity to access unstructured physical activity in a cooperative setting and engage in recreational activities. in a noncompetitive, healthy, fun and interactive manner in a safe, supervised social environment.

**Location:** Aerobic Studio  
(75 Hight Street, Bridgewater)  
**When:** Every Saturday until May 9<sup>th</sup> 2026  
**5:30 - 7:30 PM**

Under the lights, behind the library; this program provides opportunities for children, youth and adults the be active, have fun, and play street hockey in a supervised setting. All equipment of various sizes provided - spaces for multiple pickup games. Other sport equipment is also available. **For All Ages & Skill Levels!**

**Location:** Back parking lot of the LCLC (135 N Park Street, Bridgewater)  
**When:** Every Monday starting May 25<sup>th</sup> 2026  
**6:00 - 9:00 PM**

## YMCA/LCLC Joint Membership!

**1 PASS. 2 FACILITIES!**  
The YMCA & LCLC Joint Membership offers the best fitness and recreation opportunities the South Shore has to offer.

One pass offers skating, swimming, fitness classes, cardio and weight conditioning and more! Take the opportunity to build community and health!



YMCA



## YMCA Home Delivery Program

Do you live in Bridgewater or surrounding area? Are you 55+ and have mobility challenges?



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



Schedule Your Delivery

Get free, grocery delivery from the YMCA!



Receive Free Delivery To Your Doorstep!





## Community Development Department – Recreation

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

## 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](mailto:recreation@bridgewater.ca) or by calling 902-543-2274.

Bridgewater

### Struggling to cover Registration Fees for your Child?



We accept applications for funding on an ongoing basis.

Find application forms on our website at [www.bridgewater.ca](http://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](mailto:chowlett@chester.ca) or visit [www.kidsportcanada.ca](http://www.kidsportcanada.ca)



Another option for financial assistance is through **Canadian Tire Jumpstart**. Apply on-line by visiting [www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca)



### Registration Information

Registration Opens **March 18th**

#### 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](http://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](http://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](mailto:recreation@bridgewater.ca)  
902-543-2274  
[www.bridgewater.ca](http://www.bridgewater.ca)



## Flourish Center 55+

### Healthy Activity Society

90 Dominion Street, Bridgewater

902-543-2226

[www.flourishcentre.ca](http://www.flourishcentre.ca)

The Flourish Centre offers programs to the 55+ Community in the Town of Bridgewater, Lunenburg County, and surrounding areas. Our mandate is to provide support to the Senior community by offering programs that touch on three main areas, social, mental and recreational activities.

#### Programs:

Coffee Chat, Knitting Club, Creative Writing, Tai Chi Light Exercises, Community Kitchen, Lunch & Share, OWL's Club, Sewing Class, Crafter's Corner, Grief Loss & Life Supports, Vinyasa Yoga, Free Reflexology, Flourish Music, Friday Night Potluck, Games Night, Crib, Bridge, Saturday Music Jam, Tea Social, Let's Preserve, Tablet Loan Program, Computer Training, Tech Aid, Virtual Care Registration Aid, Senior Grants, Health Topics, Let's Grow Together Community Garden, Drumming Class. Ukulele for Beginners, Ukulele Advanced Class.

# NSWalks

## Join us!

For a gentle,  
friendly, weekly  
walk in your  
community!

Register today at  
[www.nswalks.ca](http://www.nswalks.ca)

Want to lead a walk?  
Visit the Volunteer With Us  
page at [www.nswalks.ca](http://www.nswalks.ca) to sign  
up for free training!



# Fitness & Movement

## 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.

**Wednesdays, April 1 to May 27**

**5:30 PM – 6:30 PM**

**No Class: May 6**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**\$80/8 weeks**

## Modern Line Dance Ages 18+

A fun mix of all kinds of different dance styles, rhythms and music like Salsa, Disco, Bollywood, Funk, Bachata, & Irish. This class is a great alternative to a fitness class for everyone that likes to dance!!

**Wednesdays, April 1 to May 27**

**6:30 PM – 7:30 PM**

**No Class: May 6**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**\$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 to be connected to the instructor.

**Wednesdays, April 1 to May 27**

**7:30 PM – 8:30 PM**

**No Class: May 6**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**\$80/8 weeks**

## Making Menopause Marvelous Ages 35+

Learn how to navigate your peri/post-menopausal years through exercise, nutrition, and simple strategies to embrace this time of your life instead of dreading it.

**Saturday, April 4**

**1:30 PM – 4:30 PM**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**\$10**

Bridgewater

# Bridgewater Borrows

**Games and equipment available to borrow free of charge!**

**To reserve games or equipment, and to learn more visit:**

[www.bridgewater.ca/borrows](http://www.bridgewater.ca/borrows)

Loan requests must be made at least 48 hours in advance, as available. Loan periods are for up to 4 days.



## Fitness & Movement

### 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.

**Mondays, Wednesdays and Fridays**

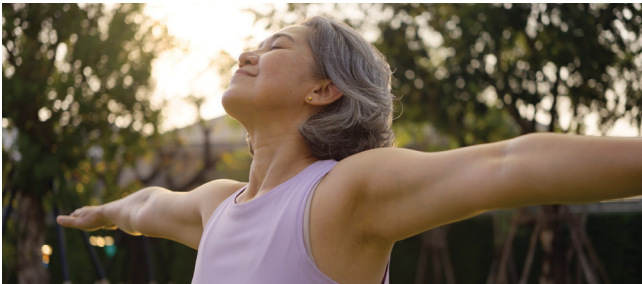
**April 8 to June 29**

**No Class: Monday May 18**

**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 the female identifying volleyball player who has been participating in the game at school but wants to learn more. Coach Deanne Oickle-Conrad, certified development coach, will offer a skills-based session, with drills, games and scrimmages to explore this amazing sport.

**Thursdays, April 16 to May 21**

**5:00 PM - 6:30 PM**

Bridgewater Elementary, 130 York St, Bridgewater

**\$35/6 Weeks**



**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, April 20 to June 8**

**5:00 PM – 5:45 PM**

**No Classes: May 18**

564 Glen Allan Dr, 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, April 20 to June 8**

**5:45 PM – 6:45 PM**

**No Classes: May 18**

564 Glen Allan Dr, 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, April 20 to June 8**

**6:45 PM – 7:45 PM**

**No Classes: May 18**

564 Glen Allan Dr, Bridgewater

**\$105/6 weeks**

## Sports Fields & Parks Reservations

The Town of Bridgewater is pleased to offer a variety of sports fields, parks, and green spaces for rent to individuals and organizations. To confirm availability and/or book: email [recreation@bridgewater.ca](mailto:recreation@bridgewater.ca)



### Sports fields:

- LaHave Athletic Fields (Hardball, Softball & Soccer Pitch)
- Kinsmen Athletic Fields (Hardball, Soccer & Track)

### Usage fees:

- Minor sports: \$5/hour +HST
- Adult sports: \$20/hour +HST
- Kinsmen track: Free
- Parks: Free

### Parks available to book:

- King St Court
- Mariners Landing
- Pijinuiskaq Park
- Shipyards Landing
- Woodland Gardens

Bridgewater



Summer Employment Opportunity

### Summer Recreation Leaders

- Get paid to play
- Gain leadership skills
- Hands on training, and mentorship
- First aid training
- Competitive wages!



More information and to apply visit: [bridgewater.ca/jobs](http://bridgewater.ca/jobs)



### We want to thank all of the amazing volunteers in our community!

You make an impact on your community's overall wellness through your kindness, generosity and commitment to volunteering. By sharing your time, talent and energy to support one another you are helping to create a strong, interconnected and vibrant community! Thank you!

## Garden & Food

### Plot to Plant Garden Planning Workshop

All Ages

In this hands-on, casual workshop, I'll share the benefits of growing in containers, what's worked for me, and some tips to help you succeed. You'll leave this workshop with a container you planted to take home and grow!

**Saturday, March 21**

**1:00 PM – 3:00 PM**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**FREE**

### Grow Food Anywhere! Intro to Container Gardening

All Ages

This hands-on, casual workshop introduces participants to the benefits of growing plants in containers, highlights effective container-gardening practices, and shares practical tips for success. Each participant will leave the workshop with a personally planted container to take home and grow.

**Saturday, April 18**

**1:00 PM – 2:30 PM**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**FREE**

### Spring Blossom Walk

All Ages

Join Bridgewater Community Garden staff for a walking tour of some of Bridgewater's edible landscaping and enjoy the spring blossoms while learning where you can forage for fruits, nuts and berries in town.

**Saturday, May 16**

**1:00 PM – 3:00 PM**

Meet at Aberdeen Green / Community Garden

25 Elm St, Bridgewater

**FREE**



Bridgewater



**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](mailto:communitygardens@bridgewater.ca) to get involved!



[bridgewater.ca/communitygardens](http://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](mailto:garden.lunenburg@gmail.com) to get involved!



[lunenburgcommunitygarden.ca](http://lunenburgcommunitygarden.ca) @garden.lunenburg

# DesBrisay museum

heritage. art. culture.



**Spring Hours 1:00 PM - 5:00 PM**



Local History



Exhibitions



Events & Programs



Scan the QR code for the **Museum's Calendar**



www.desbrisaymuseum.ca  
130 Jubilee Road, Bridgewater



Bridgewater

## 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](http://bridgewater.ca/bus)

	1 LCLC	6 South Shore Centre	10 Glen Allan Dr. near hospital	15 King St. Downtown	18 Jubilee Rd. near DesBrisay Museum	21 Gateway Plaza
6:00	6:12	6:20	6:28	6:37	6:44	
7:00	7:12	7:20	7:28	7:37	7:44	
8:00	8:12	8:20	8:28	8:37	8:44	
9:00	9:12	9:20	9:28	9:37	9:44	
10:00	10:12	10:20	10:28	10:37	10:44	
11:00	11:12	11:20	11:28	11:37	11:44	
12:00	12:12	12:20	12:28	12:37	12:44	
1:00	1:12	1:20	1:28	1:37	1:44	
2:00	2:12	2:20	2:28	2:37	2:44	
3:00	3:12	3:20	3:28	3:37	3:44	
4:00	4:12	4:20	4:28	4:37	4:44	
5:00	5:12	5:20	5:28	5:37	5:44	
6:00	6:12	6:20	6:28	6:37	6:44	
7:00	7:12	7:20	7:28	7:37	7:44	
8:00	8:12	8:20	8:28	8:37	8:44	

## Art & Music

### Beginner Level 1 Ukulele Ages 18+

Come and Learn to play the ukulele and experience the results of its many benefits to your health and mental well-being. You'll be playing several songs by the time you finish the first class. Build up a repertoire of fun songs to play along with your friends.

**Tuesdays, April 7 to May 26**

**10:00 AM – 11:30 AM**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**\$60/8 weeks**

### Clickety Clack Knitters and Crafters All Ages

Join us weekly at the DesBrisay Museum for a knitting and crafting social group. Bring your needles and your latest project!

**Fridays, April 10 to June 26**

**1:30 PM – 3:30 PM**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**\$10/12 weeks**



### Intermediate Ukulele Ages 18+

Learn some advanced playing and singing skills, and classic country/pop songs from your favourite bands and singers.

**Tuesdays, April 14 to June 16**

**6:30 PM – 8:00 PM**

**No Classes: May 5 & June 2**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**\$60/8 weeks**

### 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, April 21 to May 19**

**4:30 PM – 6:00 PM**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**\$100/5 weeks**

### Basket Weaving Ages 16+

Join Mana Ritchie of Manature for a hands-on workshop where you'll learn the art of basket making using Japanese Craft Band, a versatile, eco-friendly paper-based material.

**Saturday, April 25**

**2:00 PM – 5:00 PM**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**\$60**

### Dungeons and Dragons for Adults! Ages 18+

Join the world's greatest roleplaying and join the Hellfire Club. If you wanted to know what campaign Eddie Munson was running for his little sheep join us for the Stranger Things inspired campaign. Starting at level 1, this campaign is designed for new players; no experience required.

**Saturdays, May 30 to June 13**

**5:30 PM – 8:00 PM**

Bridgewater Town Hall, 60 Pleasant St, Bridgewater

**\$45/3 weeks**

### Move Over, Stick People:

### A Fun Introduction to Drawing Ages 18+

Move over, Stick People: Learn to draw people with confidence. Are you afraid to draw people? Instructor Emma FitzGerald is known for her illustrations in books like "Sketch by Sketch Along Nova Scotia's South Shore" and "Hand Drawn Halifax". Join Emma for this workshop for fun drawing activities to learn the basics of proportion. \*not a Life drawing class – the model is clothed.

**Tuesday, June 2**

**6:00 PM – 8:00 PM**

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

**\$20**

### Dungeons and Dragons for Kids! Ages 8-16

Join the worlds greatest roleplaying game in The Heist for the Egg of Estyr! An introductory game to Dungeons & Dragons designed for the Spring season! Explore underground labyrinths! Craft a plan to execute your heist. Fight sugar Golems and retrieve the mythical Egg of Estyr! And make some new friends along the way!

**Saturdays, June 27 to August 1**

**2:00 PM – 4:30 PM**

**No Classes: July 18**

Bridgewater Town Hall, 60 Pleasant St, Bridgewater

**\$75/5 weeks**

# Are your home energy bills too high?

**Energize Bridgewater can help.**



Bridgewater

When you are struggling to afford your bills, it can be hard to know where to start.

Energize Bridgewater provides you with support and guidance you can trust.

### Learn More & Get Started:

Contact Energize Bridgewater at (902) 530-3621 or by emailing [info@energizebridgewater.ca](mailto:info@energizebridgewater.ca)

We are here to answer your questions, discuss your eligibility and support you each step of the way.

If you are interested in exploring your options, please reach out as soon as possible.

### Programs Include:

- **Energize Bridgewater Home Upgrades Program**  
Free energy upgrades for eligible households.
- **Clean Energy Financing**  
Ultra low-interest financing that can save you money.
- **Affordable Multifamily Housing Program**  
Reducing energy costs for landlords & tenants.

**As of February 2026, Energize Bridgewater has supported hundreds of households — and counting!**

Funded in part by:



**ENERGIZE**  
BRIDGEWATER

Everyone wins when nobody gets left behind.

The Town of Bridgewater manages the Energize Bridgewater project.


# Exciting News!






## You may be eligible for free home upgrades if:

- ✓ You own a home in Bridgewater and you live there year-round.
- ✓ You meet the income requirements. Here's how you can check:

- 1 Use your most recent notice of assessment.
- 2 Find lines **435** (total payable) & **236** (net income).
- 3 Subtract line **435** from line **236**.
- 4 This amount, and the number of people in your household determines your income eligibility:



	1 person: under \$29,580
	2 to 4 people: under \$55,928
	5 or more people: under \$77,571

**If you don't meet these requirements, one of Energize Bridgewater's other programs might be right for you!**



**Contact us!**

info@energizebridgewater.ca | (902) 530-3621



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

**Free programs for adults, teens, kids, babies and toddlers.**

**Join us in-person at your local library.**

**Check our website for more details and additional events.**

## Kids

### Storytime

Bring your little ones to listen to stories read out loud and engage with new books. Drop in!

Age 3 +

**Bridgewater Library, Tuesdays, 10:30 am**  
**Liverpool Library, Fridays, 10:30 am**



### Babies & Books

Babies love stories and songs! Share time with your baby in a fun, confidence-building environment. Baby Time is 30 minutes (or less) and is designed for babies up to 24 months of age. Afterwards, stay for playtime and meet other babies in the neighbourhood!

Age Birth- 2 years, older siblings welcome.

**Bridgewater Library**  
**Wednesdays, 10:30 am**  
**Lunenburg Library**  
**Thursdays, 10:30 am**



### Afterschool Art

Get into your creative flow at our open art table. A variety of inspiring art materials will be available each week along with prompts to help get started.

Age 6 +

**Bridgewater, Wednesdays, 3:30 pm**  
**Liverpool, Wednesdays, 3 pm**  
**Lunenburg, Wednesdays, 3 pm**



## All Ages

### Bridgewater Library

**Thursday, March 5, April 2, May 7, 6 pm**

### Read to Jack - Literacy with a Lab

Join Jack for an hour of reading. Therapy dogs help children improve their reading and communication skills by acting as reading companions. Dogs make great listeners with their non-judgmental presence! All ages.

**Bridgewater Library, Saturday, 11 am**  
**March 14, April 11, May 9, June 13**

## Teens

### Teen Space

A space just for teens, every Friday afternoon. Come hang out, have a snack, craft, play games. 3D Print, tablets and headphones available to borrow!

**Bridgewater Library, Fridays, 3 pm**  
**Liverpool Library, Fridays, 3 pm**

### Intro to Henna for Teens

Come to the library to learn all about the beautiful art of henna! You will learn about its history and cultural importance, and then learn how to make your own henna designs!

Registration required, call 902-543-9222

**Bridgewater Library,**  
**Saturday, April 11, 12 - 2 pm**



## Adults

### Conversation Circles

#### English Conversation Circle

This is a friendly space for adult learners to practice speaking English in a relaxed setting. Learn new vocabulary, ask questions, and practice pronunciation with a group.

**Tuesday, March 24, April 28, 2:30 pm**

**Spanish Conversation Circle** is a volunteer led casual gathering aimed at providing a setting where people can practice their Spanish language skills.



**Bridgewater Library, Thursday, 10 am, March 5, 19, April 2, 16, May 7, 21, June 4, 18**

**French Conversation Circle**, come and practice your French in a relaxed, informal setting and make new friends! All levels of French welcome, including beginners.



**Liverpool Library, Saturdays, 11 am**

#### Chess

Join us weekly to play Chess, all ages and skill levels welcome.

**Bridgewater Library, Wednesdays, 6 pm**

#### Scrabble

Come meet and compete with fellow Scrabble enthusiasts. New players welcome.

**Bridgewater Library, 2nd & 4th Wed, 2 pm**

**Lunenburg Library, 1st & 3rd Tue, 1 pm**

**Liverpool Library, Thur, 2 pm**

#### Fibre Arts

All lovers of knitting, quilting, or other handcrafts, are invited to come relax, learn, work on your craft, in a welcoming, fun, environment. Everyone welcome!

**Liverpool Library, Tuesdays, 1-3 pm,**

**Lunenburg Library, Wednesdays, 1-3 pm**

**Bridgewater Library, Thursdays, 12-1 pm**

### Chat and Craft with South Shore Sexual Health!

Join Julie Veinot from South Shore Sexual Health for round-table chats and crafts this Spring! During this drop-in you can access free safer sex supplies, pregnancy tests, menstrual products, and samples of our gender-affirming gear.

#### Bridgewater Library,

**Thursday, March 26, April 23, May 28, June 25, 4-6 pm**

#### Liverpool Library,

**Wednesday, April 22, May 27, June 24, 1-4 pm**

### Healthy How To: Dealing with Menopause

Join us for an inspiring talk on menopause from a holistic perspective! Discover how body, mind, and lifestyle work together during this powerful transition. Learn practical tools for balancing hormones naturally, supporting emotional well-being, and strengthening your overall health. Whether you're entering menopause or supporting someone who is, this session will offer clarity, empowerment, and a fresh perspective on this important life phase.

**Bridgewater Library, Thursday, April 9, 6:30 pm**

**Lunenburg Library, Thursday, April 23, 6 pm**

**Liverpool Library, Thursday, April 30, 6pm**

### Book Bedazzling

Bedazzled book covers are taking Bookstagram and Booktok by storm, and now you can get in on the fun! Bring a favourite soft cover book and bedazzle it! All supplies, other than the book, will be provided.

Registration required, call 902-543-9222

**Bridgewater Library, Wednesday, April 22, 5-8pm**

### Banned Books Book Club

What's all the fuss about banned books? Join our Banned Books Book Club to learn more! Each month, we'll read a book that has been banned or challenged in public or school libraries across North America, starting with titles from our own Book Sanctuary, discuss why it was banned, the book itself.

**Bridgewater Library, 6 pm**

**Wednesday, March 11, *In Cold Blood* by Truman Capote**

**Wednesday, April 8, *Nineteen Eighty-Four* by George Orwell**

**Wednesday, May 13, *Slaughterhouse Five* by Kurt Vonnegut**

**Wednesday, June 10, *This One Summer* by Mariko Tamaki**



# Adults

**What's in the Bag?**

**Antique Purses & Their Contents 1805-1980**

Join us for this vintage fashion talk by Norma Shephard, with authentic artefacts from the Mobile Millinery Museum Costume Archive and the Virginia Bell Collection.

**Lunenburg Library, Saturday, April 11, 2 pm**

**Plant Swap**

Join us at the library for a community plant swap—a fun way to share your love of plants! Bring healthy, pest-free houseplants or cuttings to trade with fellow plant enthusiasts. Whether you're a seasoned plant parent or just getting started, this is a great opportunity to expand your collection, and connect with others who love all things green.

**Bridgewater Library, Sunday, April 19, 1 - 3 pm**

## All Ages Reading Challenge



### Reading Challenge

*Coast to Coast & Cover to Cover!*

**Read Coast-to-Coast** is a fun reading challenge from Same Page for all ages! It celebrates Canadian authors and books from across the country. From Coast to Coast and Cover to Cover, explore Canada through stories!

**Directions:**

- 1** Get a free **Contest Map** from your local library or print one from the Same Page website.
- 2** Read one book by a Canadian author from each of these five regions: **Atlantic, Central, Prairies, West Coast, and Northern.**  
*You can use the **book lists** provided by Same Page (available in English and French) or pick your own book from each region.*
- 3** After you finish a book, bring your contest map to your local library to get a **Travel Stamp** (sticker).
- 4** When you collect all five stamps, you'll get a bonus sticker, and will be entered into a draw to **win a prize!**



To learn more, visit [www.SamePageNS.ca](http://www.SamePageNS.ca)



Scan for more info, including Book Lists & Contest Rules



**All Ages Reading Challenge, February 21 - April 30**

South Shore Public Libraries



[southshorepubliclibraries.ca](http://southshorepubliclibraries.ca)

## Hours and Locations

<b>Margaret Hennigar Public Library</b> 135 North Park Street, Bridgewater 902-543-9222	Monday 10-5, Tuesday 10-8, Wednesday 10-8, Thursday 10-8, Friday 10-5, Saturday 10-5, Sunday 12-5
<b>Lunenburg Library</b> 97 Kaulbach Street, Lunenburg 902-634-8008	Monday 10-5, Tuesday 10-5, Wednesday 10-5, Thursday 10-8, Friday 10-5, Saturday 10-5, Sunday 12-4
<b>Thomas H. Raddall Library</b> 54 Harley Umphrey Drive Liverpool 902-354-5270	Tuesday 10-5, Wednesday 10-5, Thursday 10-8, Friday 10-5, Saturday 10-5, Sunday 12-4
<b>Alean Freeman Library</b> 5060 Highway 210, Greenfield 902-685-5400	Wednesday 3-6, Saturday 10-2

### Bookmobile Schedule January 2026



Tuesdays	New Ross 10:30-12, Barss Corner 12:45 - 1:15 pm New Germany 2-4:30
Wednesdays	Chester 1-4:30, 5:30-6:45, Chester Basin 7-8
Thursdays	Mahone Bay 10:30-12:30, 1-4:30, 5:30-7
Friday 1	Mill Village 12:30 - 1:30 Port Mouton 2-3:30 January 9, 30, February 20, March 13
Friday 2	Blandford 12:30-2, Bonny Lea Farm 2:45-3:30 January 16, February 6, March 20
Friday 3	Broad Cove 10 - 10:45 Petite Riviere 11-12:30 Pentz 2-3 January 2, 23, February 13, March 6, 27
Saturdays	Caledonia 10-12
Saturday 3	Pleasant River 12:45-1:15 January 3, 24, February 14, March 7, 28

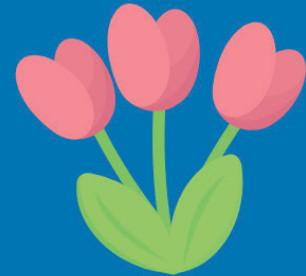
South Shore Public Libraries



## Active Living Classes



# Spring into Motion



Refresh your routine this spring with our Active Living Classes!

Whether you're looking for high-energy workouts or mindful movement, we offer something for every fitness level in a welcoming and supportive environment.

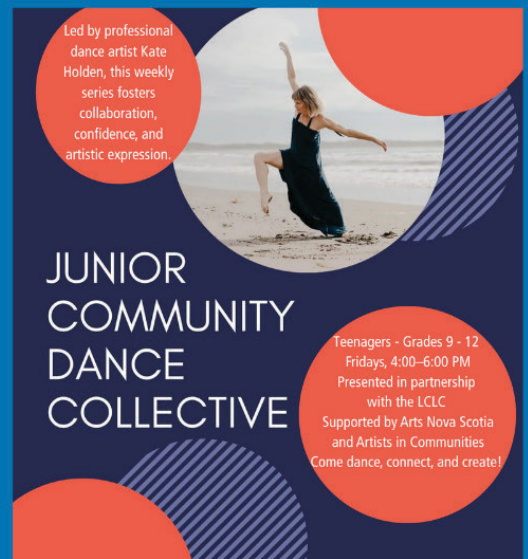


Class Offerings Include:

Yoga • Barre • Power Hour • Dance & Thrive • Feel the Rhythm  
• Core & Flow • Chakra - plus much more

- Stay active
- Build strength
- Improve flexibility

Feel your best this Spring at the Lunenburg County Lifestyle Centre.

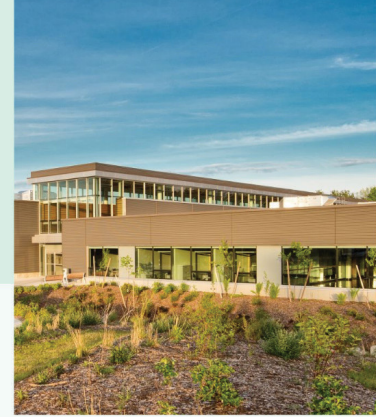


Led by professional dance artist Kate Holden, this weekly series fosters collaboration, confidence, and artistic expression.

**JUNIOR COMMUNITY DANCE COLLECTIVE**

Teenagers - Grades 9 - 12  
Fridays, 4:00-6:00 PM  
Presented in partnership with the LCLC  
Supported by Arts Nova Scotia and Artists in Communities  
Come dance, connect, and create!

## Schedule and Registration at [connect2rec.com](http://connect2rec.com)



Dive into low-impact, high-energy workouts with Elderfit and Aquafit!!

Check out [www.lclc.ca](http://www.lclc.ca) for more details.



# Adult Swimming Lessons

**It's never too late to learn!**

Whether you're a complete beginner or looking to improve your technique, our lessons are designed just for you. Learn at your own pace in a friendly, supportive environment.

**Why Join?**

- Overcome fear of water
- Learn water safety skills
- Improve or master your strokes
- Feel confident swimming with family & friends

**What to Expect:**

- Small group or one-on-one instruction
- Patient, certified instructors
- Lessons tailored to your experience and goals
- Enjoyable, stress-free sessions

**Wednesdays 3:15pm - 4pm - Beginner (April 8 - June 10) or 6:15pm - 7pm - Beginner (April 15 - June 17)**  
**Fridays 1pm - 1:45pm - Stroke Improvement (April 10 - June 12)**

# Private Swimming Lessons

## Private & Semi-Private Swim Lessons Personalized. Supportive. Effective.

Enjoy one-on-one instruction with a swim program tailored to your personal goals and comfort level!

Whether you're:

- Looking to improve your technique
- Learning new skills
- Overcoming a fear of water
- Working through the Lifesaving Society Swim Program

**Private lessons** are an excellent way to gain confidence and make real progress at your own pace.

**Semi-Private Lessons** are also available for two participants with similar skill levels — perfect for friends or family learning together!

Scheduling Details at [www.lclc.ca](http://www.lclc.ca)



# Aquatics Leadership Courses

The Lunenburg County Lifestyle Centre offers a variety of Aquatic Leadership courses and programs designed for individuals seeking advanced lifesaving training and certification. Whether you're working toward becoming a lifeguard or looking to enhance your aquatic skills, our programs provide the challenge and expertise you're looking for.

We actively maintain wait-lists for courses at capacity and from those lists we can generate additional programs. If you're interested in joining a future program, we encourage you to add your name to the list.

## Prerequisites

- **Bronze Cross** – 13 years of age. Completion of Bronze Medallion
- **National Lifeguard Course** – 15 years of age and completion of Bronze Cross
- **Swim for Life Instructor Course** – 15 years of age and completion of Bronze Cross

## Schedule

- **Bronze Cross and Intermediate Workplace First Aid**  
**Tuesdays - 5pm to 8pm**  
(March 31 - June 2)
- **Lifesaving Sport Club**  
**Sundays - 11:30am to 12:30pm**  
(March 29 - June 14) - No class on April 5 or May 17
- **'Swim for Life' Instructor Course**  
**Friday 5pm to 9pm,**  
**Saturday & Sunday - 9am to 5pm**  
(March 20, 21, 22)
- **National Lifeguard Course**  
**Wednesday & Friday - 5pm - 8pm**  
(April 8 - May 20)

## SPECIAL REMINDER - Lane Swimming Etiquette at the LCLC

The LCLC welcomes lane swimmers of all abilities.

The following lane swim etiquette guidelines are to ensure the flow of lane swim remains welcoming to all users. Please refer to the aquatic schedule to determine when and the number of lanes available for fitness swims. When swimming lengths, please follow this etiquette:

- Choose a lane based on your swimming speed
- We share lanes, expect to share with other swimmer of similar abilities
- Enter a lane from either the shallow or deep end wall to indicate your intent to join a lane
- Circle Swim – stay to the right of the black line on the bottom, swim counterclockwise, up one side of the lane and down the other
- A tap on the foot is an indication that someone wants to pass, allow the swimmer to pass when you reach the wall
- Only swim butterfly if you have the lane to yourself
- If there are two swimmers sharing a lane, it is acceptable to swim side-by-side instead of in circles.

# Swimming Lesson Registration Dates

## Exciting News from the LCLC!

We know our users love to plan ahead, so we've scheduled our programming right through to Spring 2026! A detailed Winter schedule along with costs will be available on our website at [www.lclc.ca](http://www.lclc.ca) and also through Connect2Rec. Thank you for choosing the LCLC — we look forward to seeing you at the pool!

### 2026 Spring Lessons

**Registration Opens at 8am**

**Members - Tuesday March 3**

**Non-Members - Thursday March 5**

**Registration for Set B Opens at 8am -  
Both Members and Non-Members  
- Tuesday April 28**



**Tuesday & Thursday Lessons (2 per week)**  
(April 7 - May 7) - Set A

**Tuesday & Thursday Lessons (2 per week)**  
(May 12 - June 11) - Set B

**Wednesday Lessons (1 per week)**  
(April 15 - June 17)

**Saturday Lessons (1 per week)**  
(March 28 - June 13) - No class - April 4 and May 16

**Sunday Lessons (1 per week)**  
(March 29 - June 14) - No class - April 5 and May 17



LCLC



South Shore



**APRIL 10-12, 2026**

LUNENBURG COUNTY  
LIFESTYLE CENTRE

FRIDAY 5-9  
SATURDAY 9-5  
SUNDAY 12-4



**THESOUTHSHOREEXPO.CA**

# HB STUDIOS

Spring 2026

# Sports Centre

Supporting our Community's Health and Wellbeing!

## HB Studios Sports Centre

A Safe, Health and Wellness Centre with fun, leisure activities for everyone!



Stay active with us!

### Accessible Walking/Running Track

Strollers, wheelchair & canes welcome

Drop in Fee .....	\$2
10 use Punch Card (no expiry) .....	\$20
30-day Pass.....	\$25

Financial Assistance to access the track is supported by the United Way Lunenburg Maritimes and the South Shore Fieldhouse Society. Call 902-543-5348 or drop in to ask how we can help!

### Free Walking

Wellness Wednesday until March 25, 2026 in partnership with Michelin. Fitness Friday until June 24, 2026 in partnership with the NS Government.

### Indoor Turf Field Rental Information

Prime time Monday to Friday 4:00pm–8:00am and weekends:  
Full Field..... \$145/Hr ½ Field..... \$100/Hr

Non-Prime time Monday to Friday 8:00am–4:00pm:  
Full Field..... \$100/Hr Drop-in Programs (Golf driving, ½ Field..... \$75/Hr Battling Cage, RC Flyers)..... \$10/Hr

Book your class trip locally and spend more time playing and less driving! School rates Available!

### Multi use room

Great for meetings, teambuilding, yoga, birthday parties and so much more! Projector and Wi-Fi available! \$30/Hr | \$160/day

### Fitness Area

Rubber Mat Area for fitness classes.....\$30/Hr for all groups  
All paid track users can use this space (over 16 years old)

### The Quinn Sensory Centre

2 sensory rooms..... \$20/Hr  
Everyone's sensory needs can be met in this centre from generalized stress, depression, anxiety, and neurodiversity such as ADHA, Autism, Brain Injury and dementia. Financial Assistance to access this centre is supported by the United Way Maritimes and the South Shore Fieldhouse Society. Call 902 543 5348 or come in to ask how we can help!

# The perfect space for all activities and events!

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

## Programs and Events

- Free Weekly Imagination Playground**  
 in partnership with the United Way Maritimes  
 Mondays & Wednesdays  
 9:30am–11:30am ends May 27th.  
 Will start again September 14th, 2026!
- Free Family Events For all the family**  
 In partnership with the NS Government’s Community Culture, Tourism and Heritage department and other local organizations  
 March 28th, 4:00pm–6:00pm  
 April 25th, 4:00pm–6:00pm (partner with South Shore Autism—NO BOUNCY CASTLES)  
 May 9th, 4:00pm–6:00pm
- Free March Break Family Day**  
 In Partnership with the Bridgewater and Area Lions Club  
 March 16th, 12pm–3:30pm
- Movie Night**  
 In partnership with The South Shore Multicultural Association.  
**How to train your Dragon**  
 April 11th, 3:00pm
- Free Family Events for the 2SLGBTIA+ Community**  
 In partnership with the NS Government’s Community Culture, Tourism and Heritage department  
 March 14th, 4:00pm–6:00pm  
 April 18th, 4:00pm–6:00pm  
 May 16th, 4:00pm–6:00pm
- Free Monthly Walking Challenges**
- Free KM Club**



## HB Studios Sports Centre Turf Replacement Campaign

### Be Hip, Buy a Square!

Help us replace our turf by pledging \$75 for a 2x2 square or contributing any amount to the project as a donation.

Together, we can revitalize this important community space and keep community members and youth playing for years to come.

To contribute go to:  
[www.jotform.com/252615021480245](http://www.jotform.com/252615021480245)

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

✉ [manager@hbssc.ca](mailto:manager@hbssc.ca)  
 ✉ [event@hbssc.ca](mailto:event@hbssc.ca)  
 🌐 [www.hbssc.ca](http://www.hbssc.ca)

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