

# Bridgewater Parks, Recreation and Culture Department 543-2274

## "BEAT'N THE HEAT 2008"



Jayne Veinotte  
(Assistant Pool Director)

Meghan Tanner  
(Assistant Pool Director)

Emma Becker  
(Summer Manager)

Liz Corbett  
(Pool Director)

Whitney Croft  
(Sport/Activity Co-ordinator)

# 543-2274 REGISTRATION INFORMATION

**WALK IN REGISTRATION** for **Summer 2008** begins at the Bridgewater Parks, Recreation and Culture Department Office at 60 Pleasant Street **Monday, June 2, 2008** from **8:30 a.m. to 7:00 p.m.** Fees must be paid at time of registration. Forms of payment: Cash, Cheque or Debit.

**PHONE IN REGISTRATION** will be accepted starting **Tuesday, June 3, 2008** from **8:30 a.m. to 4:30 p.m.** Phone 543-2274.

**REGISTER EARLY** as excellent courses are canceled if everyone waits until the last minute to register.

**DROP OFF BOX, FAX IN, MAIL IN REGISTRATION** will be processed after the WALK IN registration has been completed on **June 2, 2008**. Simply complete the registration form found on the next page and drop into the drop off box (located to the right of the main entrance of the Bridgewater Town Office, 60 Pleasant Street), along with your cheque made payable to the "Bridgewater Parks, Recreation and Culture Department." We recommend you do not put cash into the drop-off box. The box will be cleared daily and the contents dated.

**Fax:** 543-6876 **Mail:** 60 Pleasant Street, Bridgewater, NS B4V 3X9.

**E-mail:** [recreation@bridgewater.ca](mailto:recreation@bridgewater.ca)

**Web Page:** [www.bridgewater.ca](http://www.bridgewater.ca)

## Cancellations

Public swim will not be held on Monday, July 21 from 5 p.m. onwards due to the Exhibition Parade and Saturday, July 19 due to the Bridgewater Invitational Swim Meet.

### • Refunds

A prorated refund will be granted due to illness or injury if a medical certificate is provided. Administration charge of \$5 for all refund requests. Please allow 2-3 weeks for processing of refund.

### • Aquatic Programs

Refunds will be granted if the Parks, Recreation and Culture Department office or Pool office is contacted three days before the commencement of Red Cross swimming lessons. For all other aquatic programs, refunds will be given with at least one week's notice prior to the commencement of the course unless otherwise specified.

### • Recreation/Leisure (Land Program)

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

## 2008 Summer Program & Aquatic Staff

The Bridgewater Parks, Recreation and Culture Department is proud to present its qualified, professional aquatic and program staff for the 2008 summer season.

### Aquatic

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

Liz Corbett  
Meghan Tanner  
Jayne Veinotte  
Ben Iversen  
Stephen Appleton  
Amanda Mullen  
Ben Snook  
Adriana Craig  
Katlyn Barry  
Taylor Frauzel  
Jessica Kiss  
Ryan Matheson  
Gabe Aliphath

### Program

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

Emma Becker  
Whitney Croft  
Jamie-Leigh Haughn  
Jocelyn Graham  
Nick Sanford  
Alex Harding  
Dale Peters

# REGISTRATION FORM

Registration Form to accompany mail in payments or drop off box registration. Receipts will only be mailed out on request.

Program Participant's Name: \_\_\_\_\_

\*For Youth Programs Only: Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Health Care # \_\_\_\_\_ Family Doctor: \_\_\_\_\_ Phone # \_\_\_\_\_

Medication Considerations:

\_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number (home) \_\_\_\_\_ (contact name) \_\_\_\_\_

(work) \_\_\_\_\_ (contact name) \_\_\_\_\_

1. Program Name: \_\_\_\_\_ 2. Program Name: \_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_ Fee: \_\_\_\_\_ Location: \_\_\_\_\_ Fee: \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

SIGNATURE OF PARENT/GUARDIAN/PARTICIPANT: \_\_\_\_\_ DATE: \_\_\_\_\_

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

**CALL OUR INFO LINE 541-4380**

**FOR UPDATES TO THE SUMMER PROGRAM, POOL SCHEDULE AND SPECIAL EVENTS.**

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

Session 1 - \$50/child (9 classes)

Session 2-4 - \$55/child (10 classes) or \$125/family/same session

**SESSION 1**  
**June 30 - July 11**  
 Mon.-Fri.  
 \*no class July 1

**Starfish/Duck/  
 Sea Turtle  
 (Parented)**  
 11:45-12:15 p.m.  
 5:15-5:45 p.m.

**Sea Turtle  
 (Unparented)**  
 11-11:30 a.m.  
 5:15-5:45 p.m.

**Sea Turtle/  
 Salamander**  
 11:45-12:15 p.m.

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

**Crocodile/Whale**  
 9:45-10:15 a.m.  
 5:45-6:15 p.m.

**Whale**  
 11-11:30 a.m.

**SESSION 2**  
**July 14-25**  
 Mon.-Fri.

**Starfish/Duck  
 (Parented)**  
 11-11:30 a.m.

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

**Sea Turtle  
 (Unparented)**  
 10:30-11 a.m.  
 5:15-5:45 p.m.

**Sea Turtle/  
 Salamander**  
 10:30-11 a.m.

**Salamander/  
 Sunfish**  
 9:45-10:15 a.m.  
 5:45-6:15 p.m.

**Crocodile/  
 Whale**  
 11-11:30 a.m.  
 11:30-12 noon  
 5:45-6:15 p.m.

**SESSION 3**  
**July 28-August 8**  
 Mon.-Fri.

**Starfish/Duck/  
 Sea Turtle  
 (Parented)**  
 9:45-10:15 a.m.  
 5:15-5:45 p.m.

**Sea Turtle  
 (Unparented)**  
 11:30-12 noon

**Salamander**  
 10:15-10:45 a.m.

**Salamander/  
 Sunfish**  
 5:45-6:15 p.m.

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

**Crocodile/  
 Whale**  
 11:45-12:15 p.m.  
 6:15-6:45 p.m.

**SESSION 4**  
**August 11-22**  
 Mon.-Fri.

**Starfish/Duck/  
 Sea Turtle  
 (Parented)**  
 9:45-10:15 a.m.  
 5:15-5:45 p.m.

**Sea Turtle  
 (Unparented)**  
 11:45-12:15 p.m.

**Sea Turtle/  
 Salamander**  
 6:15-6:45 p.m.

**Salamander**  
 9:45-10:15 a.m.

**Salamander/  
 Sun Fish**  
 11:15-11:45 a.m.

**Sunfish**  
 5:15-5:45 p.m.

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

\* On Parade Day, Monday, July 21, evening swim lessons will take place between 3:30-5 p.m.

Children who start in the Preschool program can move into the Kids program once they are 6 years of age.

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



# RED CROSS SWIM KIDS SCHEDULE (Age 6 +)

Session 1 - \$50/child (9 classes)

Session 2-4 - \$55/child (10 classes) or \$125/family/same session

**SESSION 1**  
**June 30- July 11**  
 (Mon. - Fri.)  
 \*no class July 1

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

**Level 2**  
 10:30-11:00 a.m.  
 5:45-6:15 p.m.

**Level 3**  
 9:45-10:15 a.m.

**Level 3/4**  
 6:15-6:45 p.m.

**Level 4**  
 10:30-11 a.m.

**Level 5**  
 9:45-10:30 a.m.

**Level 5/6**  
 11:30-12:15 p.m.  
 5:15-6 p.m.

**Level 6**  
 9:45-10:30 a.m.

**Level 7**  
 11-11:45 a.m.

**Level 8**  
 10:30-12:15 p.m.

**Level 9/10**  
 10:15-11 a.m.  
 5:45-6:30 p.m.

**SESSION 2**  
**July 14-25**  
 (Mon.-Fri.)

**Level 1**  
 9:45-10:15 a.m.  
 11:30-12 noon  
 6:15-6:45 p.m.

**Level 2**  
 10:30-11 a.m.  
 5:15-5:45 p.m.

**Level 3**  
 11-11:30 a.m.

**Level 3/4**  
 11:45-12:15 p.m.  
 6:15-6:45 p.m.

**Level 4**  
 11:30-12 noon

**Level 5**  
 10:15-11 a.m.

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

**Level 6**  
 10:45-11:30 a.m.

**Level 7/8**  
 9:45-10:30 a.m.  
 5:45-6:30 p.m.

**Level 9/10**  
 11:15-12 noon  
 6-6:45 p.m.

**SESSION 3**  
**July 28-Aug. 8**  
 (Mon.-Fri.)

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

**Level 2**  
 9:45-10:15 a.m.  
 11-11:30 a.m.  
 6:15-6:45 p.m.

**Level 3**  
 11:45-12:15 p.m.  
 5:15-5:45 p.m.

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

**Level 5**  
 10:30-11:15 a.m.

**Level 5/6**  
 11:30-12:15 p.m.  
 6-6:45 p.m.

**Level 7**  
 10:45-11:30 a.m.

**Level 7/8**  
 5:15-6 p.m.

**Level 8**  
 10:30-11:15 a.m.

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

**SESSION 4**  
**August 11-22**  
 (Mon.-Fri.)

**Level 1**  
 10:15-10:45 a.m.  
 11:45-12:15 p.m.  
 5:45-6:15 p.m.

**Level 2**  
 9:45-10:15 a.m.  
 11:45-12:15 p.m.

**Level 2/3**  
 6:15-6:45 p.m.

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

**Level 3/4**  
 11:45-12:15 p.m.

**Level 4**  
 9:45-10:15 a.m.  
 10:45-11:15 a.m.  
 5:15-5:45 p.m.

**Level 5**  
 9:45-10:30 a.m.

**Level 5/6**  
 5:45-6:30 p.m.

**Level 6**  
 11-11:45 a.m.

**Level 7**  
 10:30-11:15 a.m.

**Level 7/8**  
 5:45-6:30 p.m.

**Level 8**  
 10:30-11:15 a.m.

**Level 9/10**  
 10:45-11:30 a.m.



# OTHER INSTRUCTIONAL LESSONS

## ADAPTED AQUATICS

Adapted aquatics teaches the Red Cross program while taking into account the abilities and needs of each individual without compromising the intent of the particular skill or safety of the individual. Please call Liz Corbett at 543-2274 prior to June 30 or, 543-7565 after to book a convenient time. \$35/ 6 classes

## PRIVATE LESSONS

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

\$15/30 minute lesson/1 child  
 \$20/30 minute lesson/2 children

## SYNCHRONIZED SWIMMING - STAR PROGRAM (Age 8+)

Synchro Canada's Star program offers progressive, step-by-step instruction and evaluation, starting with basic skills, moving to more advanced techniques as swimmers progress through Stars 1-10. This summer participants will work toward acquiring their "Star 1-4 levels" **Star #1** participants will learn skills such as the back layout and sculling, and positions such as the tub, waterwheel and somersault etc., and will also work on a routine. Swimmers should be comfortable in the deep end, going under water and swimming the length of the pool, i.e. completed Red Cross Swim Level 4. **Star #2** will learn the front layout, propeller, torpedo, pretzel and sailboat alternate, etc. This sport is loads of fun ... and develops strength, agility, and endurance. Our instructors are certified Synchro Instructors.

**Level 2 participants may have the opportunity to compete in the fall.**

June 30 - July 11  
 (excluding July 1)

**STAR #1:**  
 9:45 - 10:30 a.m.

**STAR #2**  
 4: 5:15 - 6:00 p.m.  
 \$ 55

*If there is enough interest, additional sessions will be set up.*



**Instructors  
 Katlyn and  
 Adriana**

## LEARN TO DIVE- LEVEL 1

Following the Diving Canada, Learn to Dive Program, participants will learn Diving Safety, Elementary Body Positions (straight, tuck, pike); and Basic Dives i.e. fall-in and front dive, possibly progressing to back dives. Additional sessions will be added if there is enough interest. Our instructors are certified Diving Instructors. A badge is awarded on completion of a level.

July 14-25, 10-11 a.m.

Fee: \$55 (includes a booklet.)

## SWIM TO SURVIVE (Adults)

The majority of people who drown had no intention of going into the water. Through Swim to Survive, the Lifesaving Society gives everyone the opportunity to learn basic swimming skills. During this program, participants will learn the essential, minimum skills required to survive an unexpected fall into deep water. i.e. Enter water, tread water (supporting self at surface) and swim (Any swim movement acceptable.) If interested in taking this 4-6 hour program please call our office at 543-2274 and leave contact numbers.

## INTRO TO KAYAKING (Ages 12+)

Come learn the basics of the awesome sport of kayaking. Participants will receive Basic Level 1 training with Certified Level 1 Instructor Jeff Norman. Class will include paddling strokes, self rescue, multiple rescue and an intro to different boat types.

Sat., July 26 **OR** Aug. 16, 10 a.m.-12:00 p.m.

Bridgewater Swimming Pool  
 \$18

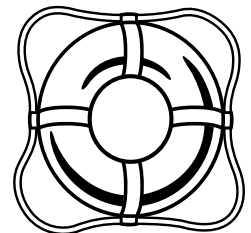
## INTRO TO SURFING

Ever wanted to try surfing? Now you can have your chance! White Point Beach Resort is offering a Junior Surf Program for the South Shore all summer long. This program is being offered by the Surfing Association of Nova Scotia and Instructors are on the Canadian Junior Surf Team. Courses run in 2-week, 20 hour sessions all summer long. Equipment will be provided. This program is offered to youth Ages 12-18. For more information or to register call Jeff Norman at 683-2530.

Fee: \$75/session

**NOVA SCOTIA JUNIOR  
 LIFEGUARD SERVICE  
 JUNIOR LIFEGUARD  
 COMPETITION 2008**

See Page 38 for details.



# AQUATIC LEADERSHIP COURSES

## VOLUNTEER JUNIOR GUARDS

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

## BRONZE STAR (Age 10-12)

This program will focus on skills and leadership to prepare you for Bronze Medallion. (Bronze Star is an option as a prerequisite for Bronze Medallion.) Improve your water proficiency, first aid, recognition and rescue skills. The recommended age is 10 - 12 and/or have Canadian Swim Patrol. SESSION #2: July 14-25, Mon.-Fri., 9:45-10:30a.m. \$60/ 10 classes

## BRONZE MEDALLION & CPR-B

(Age 13+ or have Bronze Star)  
Bronze Medallion teaches the principles of self-rescue and the basic techniques involved in the rescue of others. If you want to become a lifeguard, this is the first course you must take. Please bring a photocopy of your birth certificate when registering.

SESSION #1: June 30-July 11, Mon.-Fri., 10:45-12:45 p.m.

\*Exam date will be shortly after the course finishes

Course fee: \$100

Manual: \$22.86 + \$1.14 GST = \$24 Total \$124

## BRONZE CROSS (must have Bronze Medallion)

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

SESSION #1: June 30-July 11, Mon.-Fri., 9:45-11:45 a.m.

\*no class on July 1st

SESSION #3: July 28-Aug.8, Mon.-Fri., 9:45-11:45 a.m.

\*Exam date will be scheduled shortly after course ends.

Fee: \$100

## NATIONAL LIFEGUARD SERVICE (Pool Option) & STANDARD FIRST AID & CPR-(BLSC) RECERT

Recertify your NLS, Standard First Aid and CPR-C qualifications.

Pre-cert will be Fri., June 20 4-9 p.m. at the Bridgewater Outdoor Pool. Exam will be Sat., June 21, 11 a.m. to completion. (Please bring proof of certification when registering.) Course Fee: \$55

## LIFESAVING INSTRUCTOR COURSE

LSI prepares candidates to teach the lifesaving program. i.e. Bronze Cross. Candidates must take course and complete 3 hours practice teaching.

Bridgewater Pool

Dates: Friday, July 4, 5:30 - 9:30 p.m.;

Saturday, July 5, 9:00 a.m. - 5:00 p.m.

Sunday, July 6, 9:00 a.m. - 2:00 p.m.

Instructor Krista Elvidge

Fee \$110 (includes manuals)

## EXAMINER STANDARDS CLINIC

This clinic certifies participants to conduct Bronze Medallion and Bronze Cross exams. Candidates must also complete 2 co-exams prior to becoming certified.

Instructor: Krista Elvidge

Dates: Sunday, July 6, 3:00 - 8:00 p.m.

Bridgewater Outdoor Pool

Course Fee: \$45

## ASSISTANT WATER SAFETY INSTRUCTOR (AWSI) COURSE (Age 15+)

This course is a prerequisite for the Red Cross Water Safety Instructor (WSI) course. It has replaced the Aqualeader course and involves 30 hours of instruction, plus 8 more hours of practice teaching. This course will introduce you to instructing, while providing you with knowledge that supports learning and teaching. Please bring proof of age when registering. Contact 543-2274 before June 30 or the pool 543-7565 (after June 30) if you are interested.

Dates: July 12 - 15, 8:30 a.m. - 4:30 p.m.

Jillian Beaton

\$150 (includes manuals)

## WATER SAFETY INSTRUCTOR (AGE 16+)

The WSI course prepares candidates to instruct the Red Cross swim program, focussing on strategies to teach and develop swimming and water safety skills to preschoolers, youth and adults. This is a 25-hour course with 12 hours additional teaching experience.

Call our office at 543-2274 or leave a message at 541-4384 if you are interested in taking a course this summer.

## WATER SAFETY INSTRUCTOR RECERT (Age 16+)

Recertify your WSI qualifications. (Please bring proof of certification when registering.)

Instructor Jillien Beaton

White Point Beach Resort

June 3, 5:30-9:30 p.m.

Red Cross Fee: \$45

Course Fee: \$15

## SPECIAL EVENTS

### TWOONIE FRIDAYS

Come relax and join us for some fun at the end of a busy week. We'll lead the kids/family in some games. Admission is only \$2/person. (All ages). A hotdog and juice will be provided on-site for an additional \$1.50/person. (Optional).  
Friday, July 4, 1:45-3:00 p.m.  
Friday, July 25, 1:45-3:00 p.m.

### SYNCHRONIZED SWIMMING DAY (Age 8+)

This active hour, packed full with fun will introduce boys and girls to the Synchronized Swimming Star Program. We will play lots of games, and learn some cool moves in the water such as rolls, flips, and spins (that will definitely impress your friends). This is a great way to cool off and have some fun in the water!

Saturday, July 12, 11a.m.-12 noon  
Saturday, August 23, 11a.m.-12noon  
\$3

### DIVE DAY I

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

Sat. July 5, 11 a.m.-12 noon  
\$4

### DIVE DAY II

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

Saturday, August 2, 11 a.m.-12noon  
\$4

### INTRO TO WATER POLO (Age 12+)

What does it mean to drive? What is the egg-beater? Why don't you find out for yourself! Join us at the pool to learn the rules and basics of the sport water polo. We will do some pre-game stretches and drills, then divide into teams and try it out! (If there is enough interest, we will continue recreational Water Polo throughout the summer.)

Sunday, July 20, 11a.m. -12 noon. \$3

### PRE-TEEN POOL PARTY (Age 9-12)

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

Thursday, July 17, 9-10 p.m.  
Thursday, August 14, 9-10 p.m.  
\$3

### OLYMPIC GAMES EXTRAVAGANZA

The Olympic Summer Games are almost here and to celebrate, the Bridgewater Pool is offering two "FUN" water games. Sign up in teams of 4, so you can compete with your friends in mini-games such as water basketball, water polo, jump competitions, and much, much more. Prizes will be awarded to Gold, Silver and Bronze winners in each category. A BBQ will be set up to nourish the athletes, as well as the spectators. (Regular admission, plus optional additional \$1.50 for hotdog and juice.)

Sunday, July 13, 1:30-3pm  
Sunday, August 3, 1:30-3 p.m.

### CELEBRATING SUMMER FAMILY FUN DAY

Bring in your family for tons of fun in the sun before summer ends! This two hour swim includes games, competitions, and lots of prizes! The best part is you can leave supper up to us as there will be a yummy barbecue and treats. It would be appreciated if you would call to let us know you plan on attending, although surprise drop-ins are also welcome. (Regular admission plus optional \$2 for hotdog, juice and cake.)

Saturday, July 26 4-6pm  
Sunday, August 17, 4-6 p.m.

### POOCH POOL PARTY

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

Monday, August 25  
6:30-7:30 pm  
\$4/dog and human companion



# PRE-SEASON POOL SCHEDULE (BEGINS JUNE 21)

		LANE	OPEN	FAMILY	CUDAS
Saturday	June 21	OPENING DAY BBQ 4-6 p.m.			
Sunday	June 22	12:30-1:30 pm	1:30-3pm	4:30-6pm	6-7 pm
Monday	June 23	5-6 pm	3:30 pm	6-7 pm	
Tuesday	June 24	12-1pm	4-6pm	6-7 pm 1-3pm	11-12 noon
Wednesday	June 25	CLOSED (Staff Training)			
Thursday	June 26			6-7:30pm	11-12 noon & 1-3pm 5-6 pm
Friday	June 27	12-1 pm	4:30-6pm 7:30-8:30 pm	6-7:30pm	1-3 pm
Saturday	June 28	12:30-1:30pm	1:30-3pm	4-6 pm	
Sunday	June 29	1:30-2:30pm	2:30-4pm	4-6 pm	
Monday	June 30	11:45-12:45pm	1:45-3pm	7-8pm	3:15-5:15pm
Tuesday	July 1st	FREE TIM HORTONS SWIM 12:30-2 PM			

## SPLISH-SPLASH OPENING POOL BASH!

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

Saturday, June 21, 4-6 p.m. \$4



## POOL RENTALS

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

\$55.75 + \$7.25 HST = \$63

Additional guards: \$10.62 + \$1.38 HST = \$12

## AFTER DARK POOL RENTALS

Want to enjoy a dip in the pool with a group of friends or finished your shift but still have some energy to burn? We'll turn on our underwater lighting and provide a lifeguard, while you swim. Call 543-2274 before June 30 or 543-7565 after June 30 to book your pool time.

\$55.75 + \$7.25 HST = \$63

Additional guards: \$10.62/hr + \$1.38 HST = \$12

## CHILDREN'S BIRTHDAY PARTIES

It's "PARTY TIME" at the Bridgewater Pool! While you relax and "catch some rays" on the pool deck, your kids and their friends will party in the pool. Rental includes a 1 hour swim, 1 lifeguard, use of our aquatic toys and 2 hour use of teaching station. Maximum 16 children per party. Check the Bird's Eye View to select the most convenient time for you. (NOTE: Parties may not have exclusivity to the pool.)

Call 543-2274 before June 29 or 543-7565 after June 29 to book your party.

\$53.10/hr + \$6.90 HST = \$60.00/hr

## REGULAR SEASON SWIM SCHEDULE

### (Begins July 2nd)

Swim Type	Days	Times
Open	Monday - Friday	1:45-3:00 p.m.
	Monday - Friday	8:00-9:00 p.m.
	Saturday & Sunday	1:30-3:00 p.m.
	Saturday & Sunday	6-7 p.m.
Family	Monday - Friday	7:00-8:00 p.m.
	Saturday & Sunday	4:30-6 p.m.
Teen	Tuesday	9:00-10:00 p.m.
Lane Swim (all ages)	Monday & Thursday	8:30 a.m. - 9:30 a.m.
	Monday - Friday	11:45 a.m. -12:45 p.m.
	Monday - Friday	7-8 p.m. (with family swim)
	Saturday & Sunday	12:30-1:30 p.m. (with parent/preschool)
Parent & Preschool	Monday - Friday	11:45-12:45 p.m. (with lane swim)
	Saturday & Sunday	12:30-1:30 p.m. (with lane swim)

\*All public swims will be cancelled on Saturday, July 19th due to the Bridgewater Barracudas Invitational Swim Meet; and Family and Adult Swim will be cancelled on Monday, July 21 (South Shore Exhibition Parade).

## SWIM DEFINITIONS

**Lane Swim** - Anyone of any age can come and swim lengths of the pool, keeping in mind they respect those with whom they are sharing a lane.

**Open Swim** - A public swim. All are welcome! Please note, for the safety and enjoyment of all swimmers, the Bridgewater Swimming Pool has put the following policy for swimmers into effect: All youth **under 8 years** must be accompanied and supervised by a responsible person aged **16 or older**. Group ratio is **1 adult to every 4 youth**.

**Family Swim** - A fun swim designed with the family in mind. Pool toys are available for use. All children/youth must be accompanied by a parent or guardian.

**Teen Swim** - An open swim in the evenings, only for youth between the ages of 13 and 19.

<b>PUBLIC SWIM FEES (*all fees include HST)</b>				
	Family	Adult	Youth	Age 60+
Season	\$140	\$80	\$65	\$75
Monthly	\$90	\$65	\$45	\$60
One Swim	\$10 (Max.5)	\$3	\$2.75	\$2.75

### BRIDGEWATER SUMMER FUN

*Tim Hortons*

#### FREE SWIMS

#### AT THE BRIDGEWATER OUTDOOR POOL

Tuesday	July 1	12:30-2 p.m.
Saturday	July 5	1:30-3 p.m.
Saturday	July 12	1:30-3 p.m.
Saturday	July 26	1:30-3 p.m.
Saturday	August 2	1:30-3 p.m.
Saturday	August 9	1:30-3 p.m.
Saturday	August 16	1:30-3 p.m.
Saturday	August 23	1:30-3 p.m.

### BIRD'S EYE VIEW OF THE 2008 POOL SCHEDULE

\*Call the INFO LINE at 541-4380 for updates to the pool schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat. & Sun.
7:15-8:15 a.m.	Swim Team			Swim Team		
8:30-9:30 a.m.	Lane Swim			Lane Swim		
9:45-12:15 p.m.	RED CROSS SWIM LESSONS					
11:45-12:45 p.m.	ADULT LANE SWIM					
12:45-1:45 p.m.	Day Camp	Inservice	Day Camp	Inservice	Day Camp	Parent & Preschool/ Adult Swim (12:30-1:30p.m.)
1:45-3 p.m.	OPEN SWIM					Open Swim (1:30-3 p.m.)
3:15-5:15 p.m.	SWIM TEAM					
5:15-6:45 p.m.	RED CROSS SWIM LESSONS					Family Swim (4:30-6 p.m.)
7-8 p.m.	FAMILY SWIM/LANE SWIM (ONE LANE)					
8-9 p.m.	OPEN SWIM					6-7 p.m.
9-10 p.m.		Teen Swim	Swim Team			

## PRE-SCHOOL

(Littl'Sunshine Gang participants must be toilet-trained in order to attend)

### LITTL' SUNSHINE GANG



#### SESSION #1

**June 30 & July 2-4** 9 a.m. -12 p.m.

Littl' Sunshine Gang is Under the Big Top (Age 3-5)  
The tents are up, the animals are out, and the circus is in town! Our sunshine gang is going to get our faces painted, play pin the nose on the clown and many other circus games. We will do lots of crafts and have a healthy snack each day. You might even see a balloon animal or two!  
\$30 (\$8/day drop-in)

#### SESSION #2

**July 14-18** 9 a.m. - 12 p.m.

Littl' Sunshine Gang Oodles and Doodles (Age 3-5)  
Grab your crayons and paper! It's time to make some art! We will become artists this week. Make crafts, play with play dough and create a life-size portrait. Make room on your fridge for all the art work you are going to receive.  
\$36 (\$8/day drop-in)

#### SESSION #3

**JULY 28 - AUGUST 1** 9 a.m. -12 p.m.

Littl' Sunshine Gang enters the Enchanted Forest (Age 3-5)  
Get ready to enter the "Mystical, Magical Forest!" If you have ever wanted to be a prince or princess, then this enchanting camp is for you. We will play lots of games, read some fun stories and make our own crowns during this magical week of fun.  
\$36 (\$8/day drop-in)

### SIZZLING SUMMER SOCCER CAMP

**July 21-25 (Age 4-6)**

Learn the basic skills of soccer and have a blast doing it. Fun and games will be the main emphasis of the camp, so come get your kicks on the field this summer.

9-10 a.m.

Kinsmen Field \$16

Whitney Croft

### MINI TENNIS

**August 4-8 (Age 4-6)**

Mini tennis uses age appropriate equipment, such as smaller racquets and nets, and softer balls, that allow younger players to learn the proper tennis techniques in a fun and easy way. Instructor Whitney Croft.

9-10 a.m.

Location: Bridgewater Elementary School

\$16 (equipment provided)



## SPECIALITY CAMPS

### COSMO GIRL (Age 7 - 12)

**July 15-18** 1-3 p.m.

It's time to let your true inner diva shine! Get ready for a week of pampering when we do our nails and hair, have head shots taken, make our own designer shirts and take a trip to the Java Bead store to make our own jewellery. Don't wait to start your training. What more could a girl ask for?!

\$35

### GIRLS JUST WANT TO HAVE FUN!

**(Age 7 - 12) August 4** 9am - 4pm

Want to spend a day doing nothing but having girly fun? Well this is the camp for you! We are going to spend the whole day doing our hair, playing with make-up and watching movies. We will make our own personalized lunch and enjoy a swim at the pool in the afternoon. At the end of the day we will have our head shots taken to show off all of our hard work.

\$22

### ACTING UP (Age 7 - 12)

**AUGUST 18-22** 1-3 pm

Your favourite Drama camp is back! This year it is going to be taught by Lindsay Randall, a graduate of St. Thomas University Drama program. She will be showing you the way of the stage. Learn different acting skills, write and direct your own play. There will be lots of drama games and a production at the end of the week put on by you.

\$35

### GUYS DAY OUT (Age 7 - 12)

**August 11** 9 am - 4 pm

This is a girl free zone! We will build Lego creations, play sports like ultimate frisbee, soccer, flag football, swim at the Bridgewater Pool and just hang out with the boys.

Drop off at Anglican Church Hall

Pick up at Kinsmen Field

\$22

# SUMMER DAY CAMP PROGRAMS

## Age 5 (In School Last Year) to 12

Fun is in the air! Join our energetic staff as we launch eight, week-long day camp sessions, each with its own unique theme.

Get ready for lots of fun as we visit the Bridgewater Pool every Monday, Wednesday and Friday from 12:45-1:45 p.m. (Please bring money if you want to purchase anything from the canteen at the Bridgewater Pool). We will enjoy fun games, sports, crafts, drama, adventurous earth walks, special guests and weekly field trips to all kinds of cool places. And don't forget the fun we'll have on the five bus trips planned for the summer. *\*Bus trips will only take place with sufficient registration.* These trips are guaranteed to be an awesome time. (See bus trip descriptions). Day campers should bring a bag lunch, snacks, extra drinks, a hat, sunscreen, and a bathing suit and towel. Drop off and pick up the Bridgewater Memorial Arena Auditorium. Daily excursions to the Woodland Gardens.

**\*SEE FOLLOWING PAGE FOR DAY CAMP/SWIM LESSON COMBO.**

Monday-Friday, 8:00 am-4:30 p.m. (Pick up from 4:15-4:30 p.m.)

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

\$95 Full Day/1 week    \$45 Half Day/1 week    2 children from same family \$135/Full Day/1 week

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

**NOTE: June 30-July 4 only and August 4-8 only fee reduced to \$80/full day**

### Session #1

#### Summer Blast Off

June 30-July 4

\*no day camp on July 1st

Start the summer off right with your favourites like swimming, outdoor activities, awesome crafts and a personalized tie dye shirt made by you. It's sure to be a fun filled week.

### Session #2

#### Wild Wild West

July 8 - 11

Round up the cow poke and get ready for a wild time. We are going country for the week! Help us explore the life of a cowboy or cowgirl at Hatfield farms, then back at the day camp, ranch, we will learn some line dancing, have our own hotdog roast and do a lot of "wild wild west" crafts. Grab your cowboy boots and hat and come on out and join us!

### Session #3

#### The Wild Kingdom

July 15-18

It's a jungle out there....so pack your bag and get ready for a summer safari. We will be going on an animal adventure with exciting crafts and games. Not knowing what might be around the corner... you had better keep on your toes.

### Session #4

#### Gold Rush

July 21-25

Help us find the buried treasure. If it's a pirate life you're after then you are in the right spot. We will make "mini boats" and try to sail them across the vast Bridgewater Pool. Not to mention take a trip to Pirates Cove to explore the open sea....or maybe the water slides at least. So "anchors away" . Don't miss the boat!



### Session #5

#### Colour Craze

July 28 - August 1

It's going to be a week of colourful creations. Make your own life size portrait, or a sculpture out of foam. You will get a camera to show off your artistic abilities in a scrapbook made by you. At the end of the week, we will have an art show, so everyone can see your work. So come out and let the paint fly.

### Session #6

#### Just for Kicks

August 4 - 8

In honour of the Beijing Olympics, we are going to experience the spirit of the games. Each day, we will travel to a different country to learn about their culture and the sports they play. This week's celebration will even include a trip to Upper Clements Theme Park and our very own fun Mini-Olympic games. Tie up your sneakers, and grab your passport as we travel the world!

### Session #7

#### H-2-Whoa

August 11-15

Get ready for a week of water fun! We will try different water sports such as water polo, synchronized swimming and maybe even a water fight. Who knows if we will ever get dry! This awesome week will even include a trip to Shubenacadie Wildlife Park and the Victoria Park Outdoor Pool. "Play on the water slides or under the mushroom sprinkler!" It's a week you won't want to miss!

### Session #8

#### Mission Impossible

August 18-22

Your mission...if you choose to accept it, is to find out what has gone wrong at the "Parks & Rec" Day Camp. Weird things have been happening so it's time to call in the expert...YOU! We need your help to solve the mystery. Who knows you might find some clues at the Nova Scotia Museum of Natural History or the Wave pool to help you solve the puzzle. Get your spy gear ready and sign up before it's too late!

## BUS TRIPS

Bus trips will depart from and return to the Bridgewater Memorial Arena. Please drop kids off half an hour before departure time. *Please remember to bring a bag lunch, snacks, extra drinks, sunscreen, and a hat.* Note: Bus trips will only run if there is sufficient registration.

### HATFIELD FARMS COWPOKE ADVENTURE (Age 5-12) Tuesday, July 8 Rain Date July 10



We're going to Hatfield Farms for a "Cowpoke Adventure!" We'll take a wagon ride to Fort Clayton, where there's mini golf, a petting zoo, the "Wild West Bouncer" and much more for cowboy and cowgirls to explore. Spend time in the barnyard or at the all-you-can-eat hotdog stand, with all the trimmings. Every child will get to go on a pony ride too! We will be stopping at Queensland Beach on the way to enjoy a little sand and surf.

9:00 a.m. - 4 p.m.

\$35 (2nd child, same family, \$30)

### DARTMOUTH SPORTSPLEX (Age 5 - 12) Thursday, July 24

We're going overboard at Pirates' Cove! Play on the three outrageous water slides. The 150 ft+ triple loop, the high-speed green slide or the smaller slide for a gentler ride. You can also swing like Tarzan on the rope, dive off the spring board, and swim and play with the FUN pool toys in the relaxing, heated wading pool. Kids must be at least 1.2 metres (48") tall and strong swimmer to ride Pirate Cove slides. On our way to the Dartmouth Sportsplex, we'll stop for lunch at McDonald's (at child's expense).

10:30 a.m. - 5:30 p.m.

\$25 (2nd child, same family, \$22)

### KAYAKING AT LAKE BANOOK (Check out the Sports Section for details on this awesome bus trip)

### SHUBENACADIE WILDLIFE PARK AND VICTORIA PARK (Age 5-12) Tuesday, August 12 Rain Date August 14

Embark on an exciting adventure to Shubenacadie Wildlife Park. See 33 species of mammals and 65 types of birds, including big black bears, a lynx, Sable Island horses, peacocks and maybe a "reindeer on vacation." At Victoria Park in Truro, we will swim and play at the awesome outdoor pool that has two water slides, a water spray park and a non swimmer wading pool.

8:00 a.m. - 6 p.m.

\$30

### NS MUSEUM OF NATURAL HISTORY AND WAVE POOL (Age 5-12) Thursday, August 21

Experience nature's winged wonders in the butterfly house. If we're lucky, we will get to hang out with Gus the 85 year old tortoise. After the museum visit, we'll jump the waves at the Spryfield Wave Pool. Between the waves, we can have fun on the "Yard Ape" slides and play with lots of water toys. It's sure to be a splashing good time!

8:00 a.m.-5:30 p.m.

\$26 (2nd child, same family, \$24)

### UPPER CLEMENTS PARK (Age 5-12) Tuesday, August 5 (Rain Date August 7)

Get ready for a jam-packed day of thrills and spills. Thrill seekers can get wet on the 230-foot water slide or the famous Sissibo Sizzler flume ride, and dry off on the Tree Topper roller coaster... with a game of laser tag! For a more relaxed pace, walk through the wild life park, or play a nice game of mini golf. Younger kids will love the carousel, Red Baron Airplanes, climbing towers and bumper boats etc. There's something for everyone! Load on the sun screen, grab your hat and get ready for a day of fun.

8:30 a.m. - 5 p.m.

\$40

## JUNIOR LEADERS FOR DAY CAMP (Age 13-16)

Calling Day Camp Leaders of the future! By volunteering with us, you will gain leadership skills and learn program planning, teaching techniques, behaviour management, crafts, games and songs through hands-on experience, not to mention having an awesome time doing so! This is the perfect opportunity to gain valuable experience for future employment. Please send or drop off a letter/resume to Emma Becker, Summer Recreation Manager, at our office located at 60 Pleasant Street or mail to 60 Pleasant Street, Bridgewater, NS B4V 3X9 by Friday, June 13.

# SPORT PROGRAMS

## 3RD ANNUAL CANADA DAY GLEN MURRAY STREET HOCKEY TOURNAMENT



**Age 7-8, 9-10, 11-12, 13-14, 15-17, 18+  
9 a.m. - 5:30 p.m.**

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

First place teams will win an autographed 8x10" photo of Glen Murray.

Registration deadline **June 25, Tuesday, July 1**, 9 a.m.- 5 p.m.  
Bridgewater Memorial Arena  
\$70/team (5 players) &  
\$56/team (4 players)

**\*SWEET DRAW PRIZES\***  
including some special prizes from Glen Murray!

**Teams will be contacted regarding start time!**

## SKATEBOARDING FOR BEGINNERS Sunday, June 22 – July 27 (Age 8-13)

Hey boys and girls! Have you ever wanted to learn how to skateboard or improve your skills? Then these lessons are for you! Join Vaughn Whynot, who has been skateboarding for 11 years, as he teaches the basic skills needed to become a great skater. Each week you'll build upon what you've learned, progressing from the proper stances to ollies and other moves. Participants must wear a helmet and protective gear, and bring a skateboard.



Time: 6-7:30 p.m.  
Bridgewater Skate Park (Exhibition Drive)  
\$30/6 wks.

## INTRO TO KAYAKING (CANOEKAYAK CANADA)

This is a fantastic opportunity to try the sport of kayaking! Learn about the equipment, how to hold a paddle properly, basic strokes, safety and what to do if your kayak tips etc. from CanoeKayak Canada instructor Jeff Howser. Then, we will visit Lake Banook, home of several National, International, and Olympic athletes including, most recently, Olympic contender, Andrew Russell. Lake Banook will be the host of the 2009 Senior World Canoe Championships. We will visit the Mic Mac Canoe Club, Banook Canoe Club, and Sneobe Aquatic Club and have an opportunity to experience the doubles/quads, war canoe and dragon boat. Find out if this amazing sport is for you! All equipment including PFD's will be provided. Safety Boat and lifeguard will be on site during clinics.

### Basics Intro: Friday, July 18, Fancy Lake

**Age: 6-8**, 10:00 a.m.-12:00 noon  
**Age: 9-12**, 1:00 p.m.-3:00 p.m.  
**Age: 13-18**, 4:00-6:00 p.m.

\$5

### Visit to Lake Banook: Friday, August 1

Bus Departs from Bridgewater Memorial Arena at 8:30 a.m.  
Bus Arrives home at approximately 4:00 p.m.

\$20

## SIZZLING SUMMER SOCCER CAMP: JULY 21-25 (Age 7-12)

Lace up your cleats and come out to the field. Learn the skills to become a soccer star. We'll work on dribbling, shooting, heading the ball, and more. Whether a beginner or pro, each day will be filled with fun and games, so get ready to move your feet!

**Age: 7-9** - 10-11 a.m.  
**Age 10-12** - 11-12 noon  
Kinsmen Field

\$16

## MORE THAN HOOPS BASKETBALL CAMP July 7-11 (Age 5-12)

Build upon new skills each day, such as shooting, passing, dribbling, and defence. By the end of the week, you'll have the fundamentals to play with the best. End each day with a scrimmage where you can show-off your newly learned skills. Come join us on the court for skills, drills, fun and games, in a non-competitive atmosphere.

**Age 5-7** 1-2:30 p.m.  
**Age 8-12** 2:30-4 p.m.  
Bridgewater Elementary School

\$25

## MINI OLYMPICS (Age 6-8)

See Page 17 for details.

## FLOOR HOCKEY (AGE 5-7) & (Age 8-12)

Run off some energy playing the awesome sport of floor hockey. Participants must wear a helmet (with mask), shin pads, indoor sneakers and leather gloves. Sticks are provided.  
Tuesday, July 8-29

**Age (5-7)** 9-10 a.m.

**Age (8-12)** 10-11 a.m.

Michelin Social & Athletic Club

\$16/4 weeks

## RECREATIONAL BADMINTON (AGE 8-12)

Come play games of badminton. Beginners will learn basic rules. We will have a court for all levels. Fun is the focus!

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

Michelin Social & Athletic Club

July 8-28

\$16/4 weeks

# 6th ANNUAL SOUTH SHORE KIDS OF STEEL TRIATHLON

Tuesday, July 1

Registration Fee: \$14

(Includes Triathlon NS membership, t-shirt (if registered by June 9), certificate, BBQ, goodie bag and draw prizes.)

Join us on Canada Day at the Bridgewater Outdoor Pool for the 6th Annual Kids of Steel Triathlon open to youth ages 3-15. No prior experience is necessary for this SWIM, BIKE AND RUN event. Enter the individual and/or team event (2-3/team). It's all about having fun!

<u>Year Born</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>
2003/04/05	sprinkler	50m	25m (with parent)
2001/02	sprinkler/or 25m	75m	100m
99/2000	50m	2km	500m
97/98	75m	3km	750m
95/96	100m	5km	1km
93/94	125m	6km	1.25km

**Relay Teams**

97/98/99/2000	75m	3km	750m
93/94/95/96	125m	6km	1.25km

\*Swimmers are welcome to take breaks.

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

Registration forms and event details are available at the Bridgewater Parks, Recreation and Culture Department located at 60 Pleasant Street. For more information or if you are interested in volunteering on the event day, feel free to call our office at 543-2274 or Karen Geddes-Selig at 543-9987. T-shirt only guaranteed to those registered by June 9, 2008.

**THANK YOU TO LAST YEAR'S**

**VOLUNTEERS AND SPONSORS:** Tim Horton's, Bridgewater Parks, Recreation and Culture Department, Michelin Tires (Canada), Cleve's Source for Sports, Lunenburg Bike Barn, Zellers, Spin Your Wheels Bike Shop, McDonald's, Dairy Queen, High Liner Foods Incorporated, Paula Pitman Re/Max, Canadian Tire, Bridgewater Triathlon Club, BMO Nesbitt Burns, Pine View Farm, and South Shore Regional School Board.



**WIN a 21-SPEED  
MIELE MOUNTAIN BIKE  
donated by the  
Lunenburg Bicycle Barn**

Photo by Stacey Colwell, Lighthouse Publishing Limited

We are proud to announce that "All-American" sprinter, **JENNA MARTIN**, and the University of Kentucky, are supporters of the 2008 South Shore Kids of Steel Triathlon. Earlier this year, according to an article in the Bridgewater Bulletin, Jenna, a Caledonia native whose family has lived in Bridgewater for years, became the lone, U.S sophomore to earn All-American honours in the 400 metres at the NCAA Division 1 Indoor Track and Field championships. Jenna also owns 50 Nova Scotian and provincial records, and was Athletic Canada's female Junior Athlete of the Year last year. According to the Athletics Canada website, she is currently ranked first in Canada for both the Indoor 200 and 400 metre sprints. Her goal is to make the 2008 Canadian Olympic team this summer. In an article printed in the Bridgewater Bulletin in 2007, her long-time coach, Charles Scarrow said that "Jenna has given all Atlantic Canadians hope that yes, we can come from small places, go away to train and compete with the best in the world, yet never forget where we came from".

# Live it everyday!

*June is Recreation & Parks Month*

## Events & Activities

In celebration of "June is Recreation Month!", the Town of Bridgewater will be holding several fun activities, events and contests. All the details have not yet been confirmed so keep your eye on the Lighthouse Log Recreation Page and our Summer Recreation Guide for up-dates.

### RECREATION SEEKERS

The Recreation Seeker Patrol will be travelling through Bridgewater on **Wednesday, June 4** handing out "June is Recreation Month" mementos to boys, girls, men and women they find participating in a recreational activity. So ... whether you are taking a walk, dancing, gardening, cycling, reading, playing a sport or musical instrument, our RECREATION SEEKERS will be on the look out for you.

### RECREATION NOVA SCOTIA'S CREATIVE EXPRESSION CONTEST

Boys and girls, ages 5-12 are invited to draw, colour or sketch a picture about what recreation means to you. Recreation is anything that you like to do for fun, like singing, dancing, arts and crafts, reading or sports. A random draw will take place on July 23, 2008 for a new bicycle and helmet. All participants will receive a "June is Recreation Month" certificate and zipper-pull. Drop into the Bridgewater Parks, Recreation and Culture Department office at 60 Pleasant Street for a contest registration form or go online to [www.recreationns.ns.ca/junekids](http://www.recreationns.ns.ca/junekids) and click on Creative Expressions 2008 contest.

### BRIDGEWATER OUTDOOR POOL PARTY

Celebrate the start of summer and "June is Recreation Month" at our Outdoor Pool Party on **Saturday, June 21, 4-6 p.m.** See our aquatic section for details.

### RECREATION NOVA SCOTIA PHOTO CONTEST

Share your experiences, memories and recreation moments this summer with Recreation Nova Scotia. Photos can be submitted under the following six categories: Parks and the Great Outdoors; Facilities; Play Together/Stay Together; Active Transportation in Nova Scotians; Culture and Creative Expression; and June 2008 Celebrations. "So start snapping in June!" Deadline for submissions is September 24, 2008. The winning entries will win a "June is Recreation Month" Cooler Bag. Email photos to [bmahon@recreationns.ca](mailto:bmahon@recreationns.ca). Check the Recreation Nova Scotia website at [www.recreationns.ns.ca](http://www.recreationns.ns.ca) and click on "June is Recreation Month" for details.

### CANADIAN TIRE JUMP START 'FUNDS FOR CHILDREN'

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



### CANADA DAY GLEN MURRAY STREET HOCKEY TOURNAMENT (Age 7 - Adult)

See Page 15 for details.



### MINI OLYMPICS (Age 6 - 8)

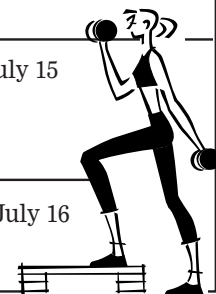
Hey sports fans! Join us for a week of fun as we experience a different sport or activity each day, such as basketball, soccer, skipping, floor hockey, ultimate frisbee and mini tennis.

July 7-11  
Bridgewater Elementary School  
\$25

## FITNESS, HEALTH & SPORT

Connie Banfield is a CAN FIT PRO Certified Fitness and Weight Room Instructor, who comes with 10 years teaching experience. She continues to take workshops and training to keep her classes safe, fun and up-to-date.

<b>Step-On-Up</b>	Monday	5:30-6:30 p.m.	Connie Banfield	Michelin Social & Athletic Club <i>June 16 at BES</i>	June 9 – July 14 6 classes
<b>Body Works Plus Abs</b>	Tuesday	5:30-7:00 p.m.	Connie Banfield	Michelin Social & Athletic Club June 17 at BES <i>*no class July 1</i>	June 3 – July 15 6 classes
<b>Recreational Badminton</b>	Wednesday	5:30-7 p.m.	Connie Banfield	Michelin Social & Athletic Club <i>*June 18 at BES</i>	June 11 – July 16 6 classes



**Summer Fitness Pass (Punch Card)**

6 pass - \$29.20 + \$3.80 HST = \$33  
 12 pass - \$53.10 + \$6.90 HST = \$60  
 18 pass - \$63.72+ \$8.28 HST = \$72  
*\* Pass Expires July 16, 2008*

### LADIES KICK BOXING (Age 13+)

This is a fun, exercise class that includes 30 minutes cardio, ab work and kicks (using a heavy bag or shield). A total body workout! Upbeat background music is played during classes. A fantastic way to release tension after a stressful day. Classes are taught by David Penny of South Shore Amateur Boxing.

Start date June 2, 2008  
 Tues. & Thurs. 7-8 p.m. or 8-9 p.m.  
 One week/month Mon. & Fri.  
 424 King St.  
 \$40 first month  
 \$35 (every month thereafter)

### STEP-ON-UP

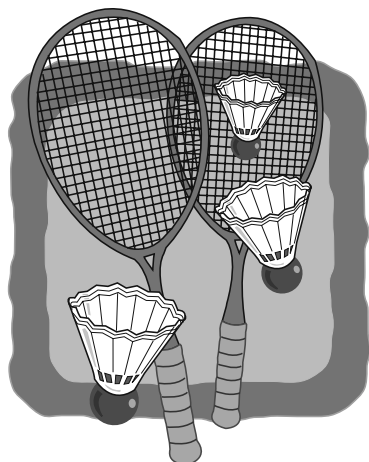
Step remains a favourite for many! It's a fun, no bounce workout that is wonderful for those large lower body muscles in the bottom and thighs. Good technique will tackle those calf issues, too. Good posture will also work those core areas around the lower back and abdominals. It will get your heart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

### BODY WORKS PLUS ABS

This workout will improve your overall strength and endurance and target your abs and lower back. Light weights, tubing and stability balls will be used to keep this muscle conditioning class interesting. Fun for beginners to advanced. Work at a pace comfortable for you.

### RECREATIONAL BADMINTON

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



### INSTRUCTIONAL BOXING

(For Fitness and Recreation or Competition) (Males/ Females Age 10+)

Boxing is a fantastic sport that develops cardio-vascular fitness, strength, flexibility, and hand-eye coordination, etc. Beginners will notice a reduction in body fat, improved muscle tone, more strength, stamina, energy and an overall feeling of well-being. Participants of this program will learn "The art of boxing", including basic punches, footwork, working with a team, and skills such as how to hit a heavy bag, etc. Classes will initially be non-contact and may remain non-contact and recreational or progress to contact and competitive once participants' skill level has developed to an appropriate level. A list of required equipment is available at the Parks and Recreation office. A fantastic cross-training sport! Classes are taught by David Penny of South Shore Am Amateur Boxing.

Start date June 2nd  
 Tues & Thurs 6-7:30 p.m.  
 424 King St.  
**Age 11-16, \$70 – 1st month & Age 17 +, \$95 – 1st month**  
 (includes 2008 membership to Boxing NS)  
 \$35 (every month thereafter)

## YOGA

### DROP-IN HATHA YOGA – OUTDOORS

Come experience Hatha Yoga with certified Hatha Yoga Instructor Maureen Nowlan. No experience necessary. Just bring a beach towel or yoga mat and some water, and find out why yoga is so popular. Maureen underwent 200 hours of training to become a certified instructor and took an additional 100 hours of training in India in 2005 to become an advanced yoga teacher. Enjoy some fresh air and fitness this summer. Classes will not take place when weather conditions are poor. Check out info line at 541-4380 for weekly updates on class status. Participants must complete a waiver form before participating in classes.

Tuesdays, July 1 – August 26

6-7 p.m.

(Meet behind DesBrisay Museum)

Donation

### POWER YOGA

Ashtanga Yoga, often referred to as Power Yoga, is a style of yoga that breath with a progressive series of postures and movement, to purify and strengthen the body. It is energizing, giving you a sense of confidence and well-being. It is great for developing strength and discipline and is a style enjoyed by both men and women. Amanda Stuart is an Elementary School Teacher. She studied yoga with David Swenson in Detroit, Michigan and completed a 200 hour certification at the Therapeutic Approach Yoga Studio in Halifax. We are sure that you will enjoy this popular class. Perfect for beginners and participants with prior yoga experience.

Tuesday, June 10, 17, 24 & July 8

Thursday, June 5, 12, 19 & 26

6-7:15 p.m., 751 King Street (Tai Kwon Do Studio)

**8 classes** / \$75.22 + \$9.78 HST = \$85

**4 classes** / \$37.61 + \$4.89 HST = \$42.50

## ACTIVE ADULTS AGE 55+

### PRIME TIMERS - ACTIVE FITNESS

Enjoy a laugh, meet some great people, while improving your flexibility, balance, muscle tone and strength. Monday is step and floor aerobics. (We do step with an option of using a step or the floor.) Wednesday is "weight" day, a head-to-toe workout with light weights, tubing and stability balls. Friday, a "cardio" day using steps, weights or doing floor aerobics. "A great way to finish the week!"

Connie Banfield

\*Classes will take place at St. Joseph's Parish Hall on June 6, 16, 18 & 20

Mon., 9:30-10:30 a.m., June 2 - August 11

Wed., 9:30-10:30 a.m., June 4 - August 13

Fri., 9:30-10:30 a.m., June 6 - June 27

Michelin Social & Athletic Club

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

### "NICE & EASY" (Adults age 60+)

Take an easy step towards a healthier, fitter you! Participate in a gentle warm-up, followed some toning exercises. All exercises can be done standing or on a chair. This class will help your flexibility and balance. Class will end with a cool down and stretching.

Connie Banfield

Monday, June 9 - July 14 (6 classes)

Wed., June 11 - July 16

10:45-11:45 a.m.

Michelin Social & Athletic Club\*classes will take place at the St. Joseph's Parish Hall on June 16 & 18

### SOCIAL BADMINTON

Enjoy a fun hour of badminton. Beginners and players with prior experience welcome. We have a court for all levels.

Tuesday, 1-2 p.m., June 3-24

Michelin Social & Athletic Club

\$17.70 + \$2.30 HST = \$20

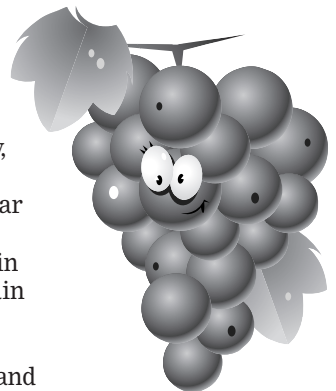
### VALLEY VINEYARDS & CHEESE TOUR

Gaspereau Vineyards is a small boutique winery (35 acres), located in beautiful Gaspereau Valley, just minutes from downtown Wolfville. A genuine NS vineyard and winery experience. There's a beautiful gift shop to browse through. Then, we'll tour the acres of Domaine de Grande Pre Vineyards and learn about the grape varieties that are unique to Nova Scotia (Tour includes tasting). A magical blend of Nova Scotia and Old World Charm! Take time to visit the art gallery too. Fox Hill Cheese House/Farm is a sixth generation family farm nestled in the Annapolis Valley, surrounded by lush fields and apple orchards and a spectacular view of the Minas Basin and Cape Blomidon. It specializes in aged and specialty cheddar, plain and herbed havarti and gouda etc. Tour includes a delicious sample tray of Foxhill Cheese and an inside look at the cheese making process.

Thursday, July 17 - Bus will depart from Bridgewater

Memorial Arena at 8:45 a.m. Return approximately 5:30 p.m.

\$30 + \$3.90 HST = \$33.90



# NORDIC WALKING

## It's the Next Big Thing!

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

**Why Try Nordic Walking?** With Nordic Walking, the upper body uses 30% more energy compared to walking and with proper technique, it strengthens abdominal and back muscles. It doesn't aggravate joints and knees and is safe on slippery surfaces. You'll also burn more calories and enhance the cardio aspect of your "workout" without walking faster or longer, and there's the added benefit of strengthening your upper body while creating resistance, which will also help build better bone density. Nordic Walking relieves neck and shoulder pain, improves neck and chest mobility ... and enhances mood. "It's a perfect activity for all ages and fitness levels!"

### Nordic Walking is great for individuals who:

- have difficulty reaching their training heart rate by walking
- Seek variety in their athletic training program
- Are ex-runners wanting to achieve the same intensity as running, but without the high impact on the joints
- Need to increase caloric expenditure but have walking speed limitations
- Need to lose weight for health benefits
- Need to put less stress on their joints
- Need motivation to increase their physical activity
- Are heart patients seeking a safe form of rehabilitation
- Need stability when walking
- Are older adults
- Have orthopaedic problems
- Have balance problems
- Live in a climate where weather conditions are not optimal (ice and snow)

## "How Do I Get Started?"

With financial support from Nova Scotia Health Promotion and Protection, the Bridgewater Parks, Recreation and Culture Department is offering a series of "Introduction to Nordic Walking Workshops" and Guided Walks this summer and fall. Equipment will be available for all sessions.



## INTRO TO NORDIC WALKING WORKSHOP

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

Connie Banfield

Wednesday, June 4, 6:30-8 p.m.

Michelin Social & Athletic Club

\$11.50 + \$1.50 HST = \$13 (includes pole rental)

## SUMMER 'FUN' GUIDED WALKS

Join Connie for a fun, guided walk. "Walk at a pace comfortable to you." Check the Nordic Walk Hotline at 541-4387 for weather cancellations and info on walk meeting places and routes. Poles will be provided.

Sunday, 2:30-3:30 p.m., & Wednesday, 7:15-8:15 p.m.

June 1 - Meet at Michelin Bridge Parking Lot

June 8 & 11 - Meet at Appleberry Farm Market

June 15 - Meet at Tastee Freez (Bull Run Trail)

June 22 - Meet at Centennial Trail entrance near Lighthouse Publishing (York Street)

June 29 - Meet at Appleberry Farm Market

(Check our info line at 541-4387

\$2.50 (pole rental)

If you have your own poles - Donation welcome.

## NORDIC WALKING AT YOUR CONVENIENCE

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

\$65.79 + \$9.21 HST = \$75



# HEALTH & SAFETY

## CANADIAN RED CROSS EMERGENCY FIRST AID & CPR (BLSB)

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

Laura-Lee Johnson  
Saturday, June 7, 9 a.m. - 5 p.m.

**OR**

Terry Morris  
Wed, July 2 8:30-4:30 p.m.  
Bridgewater Town Office

**OR**

Laura-Lee Johnson  
Saturday, July 19, 9 a.m. - 5 p.m.  
Bridgewater Town Office  
\$56.64 + \$7.36 HST = \$64  
(includes manual & certification card)

## CANADIAN RED CROSS STANDARD FIRST AID & CPR (BLSC)

Learn the skills and knowledge necessary to deal with life threatening situations and provide assistance to persons in physical distress. Includes care for fractures, head and spinal injuries, cuts burns, poisoning, choking, cardiac arrest and other sudden medical conditions. CPR on adults, infants and children will also be covered.

Terry Morris  
Wed. & Thurs, July 2 & 3  
8:30-4:30 pm  
Bridgewater Town Office

**OR**

Laura-Lee Johnson  
Saturday & Sunday, July 19 & 20, 9 a.m. - 5 p.m.  
Bridgewater Town Office  
\$81.42 + \$10.58 HST = \$92

## ST. JOHN AMBULANCE STANDARD FIRST AID & CPR (BLSC)

Learn the skills and knowledge necessary to deal with life threatening situations and provide assistance to persons in physical distress. Includes care for fractures, head and spinal injuries, cuts, burns, poisoning, choking, cardiac arrest and other sudden medical conditions. CPR on adults, infants and children will also be covered.

David Nash  
Tues. & Wed., August 19 & 20,  
8:30 a.m. - 4:30 p.m.  
Bridgewater Town Office  
\$81.42 + \$10.58 HST = \$92.

## ST. JOHN AMBULANCE EMERGENCY FIRST AID & CPR (BLSA)

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

Instructor: David Nash  
Tues., Aug. 19, 8:30 a.m. - 4:30 p.m.,  
Bridgewater Town Office  
\$56.64 + \$7.36 HST = \$64 (incl. manual and certification card)

### FIRST AID AT YOUR CONVENIENCE

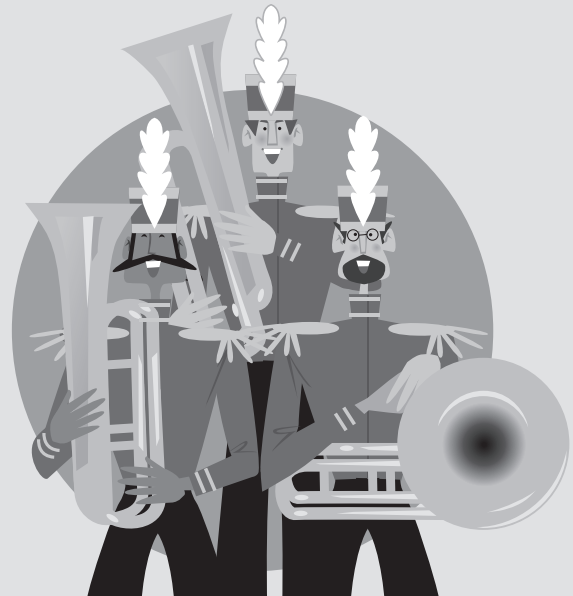
If you have a group of friends or staff that require first aid or CPR training, and our current courses don't fit your schedule, please give us a call at 543-2274. We can arrange a course for you.

## CPR (BLSB) - COURSE

Learn how to perform CPR on adults, infants & children. This is a one evening course. Call our office at 543-2274 for details.

## BRIDGEWATER FIRE DEPARTMENT BAND Concert in the Park Series

Join the Bridgewater Fire Department Band or guests such as the Big Band Refugees and Lighthouse Chamber Ensemble, Wednesday, June 24 – Aug 27, starting at 7:00 pm. Concerts will take place at the Citizens Bandstand at Shipyards Landing, weather permitting. Bring your lawn chair. Enjoy an evening of music.



## Want to have a Healthier and more Sustainable Summer?

*7 great tips to care for your health and protect the environment!*

### Kitchen & Household

1. **Dish it up** - Only run your dishwasher when you have a full load. If possible, **skip the dry cycle** and let your dishes air dry (open the dishwasher door), **reducing your utility use.**
2. **Be well** - Choose detergents that are free from hazardous chemicals and **reduce the harmful chemicals and compounds** your family is exposed to and also those that you flush into the watercourse.
3. **Be a star** - Using Energy Star appliances can increase your efficiency. Look for the ENERGY STAR symbol (even on furnaces); products must meet or exceed technical specifications that ensure they are among the most energy efficient on the market.
4. **Support the home team** - Whenever possible, **support your local farmers** and neighbours by buying locally produced seasonal and organic foods. **It's good for the Nova Scotia economy and it cuts down on fossil fuel use needed to transport food.** Also, you may not have to travel far to buy your local food.

Check out these great websites to learn more about your environmentally friendly and healthy household options:

- [www.environmentalchoice.com](http://www.environmentalchoice.com)  
for information on ECO labeled products
- [www.cosmeticdatabase.com](http://www.cosmeticdatabase.com)  
rates personal care products according to their potential to harm human health
- [www.oee.nrcan.gc.ca/energystar](http://www.oee.nrcan.gc.ca/energystar)  
for information on ENERGY STAR products



### Gardens

5. **Made in the shade** - Consider planting deciduous trees and shrubs, particularly on the south side of your house. In the summer, these plantings will cool your house, saving you energy. In the winter they will shed their leaves and allow the sun to shine in, helping you to passively heat and cool your home. If you are planning to install solar panels, make sure that your plantings won't shade the panels.
6. **Cover up** - Huge amounts of drinking water are used to water lawns. Replace little used grass-only areas with well-mulched native plants. This will reduce evaporation by up to 70%, helping conserve water and reduce your use of this utility.
7. **Back to the land** - Gardens and landscapes that thrive without chemical pesticides are healthier for you and your family because they reduce the amount of harmful chemicals and compounds around your home. Consider 'heading back to the land' and planting a garden full of species native to your region. It will use less water and be adapted to the local area.

Check out this great website to learn more about your environmentally friendly and healthy garden options:

- [www.evergreen.ca/nativeplants/](http://www.evergreen.ca/nativeplants/) – Evergreen's FREE native plant data base, which lets you find the native plants right for your region in Nova Scotia. Native plants use less water and are well adapted to the local environment. They can save you time and money.

This article on sustainable living is brought to you by Sustainable Bridgewater, a project of the Town of Bridgewater. For more information, see [www.bridgewater.ca/sustainability](http://www.bridgewater.ca/sustainability), or call 541-4390. These tips were adapted from The Natural Step Canada Inc. ([www.naturalstep.ca](http://www.naturalstep.ca))