



Fall 2022 Recreation Programs



West Hants
something inspiring awaits

Registration for programs opens on **September 14 @ 6:00pm**: www.westhants.ca/rec
If you cannot register online, or if cost is a barrier please call Sara at (902) 798-8391 Ext. 214 at 6:00pm on September 14.

Parent and Tot

Parent and Baby Creative Play - Windsor Community Center - \$60
Babies learn by exploring the world through the senses. Engaging in creative play with your young one is a fun bonding experience that builds trust in your relationship. Get out of the house and join Caet weekly for instructor led activities! Suitable for ages 6-24m, with an accompanying parent or guardian.
Wednesdays, 11:00am-12:00pm
October 5-November 2 (Registration required)

Toddler Play Program - Windsor Community Center - \$30
Through play, staff will lead toddlers (Ages 1-4) through activities that teach physical literacy skills such as running, jumping, throwing, catching, and crawling. Caregivers are required to stay and are welcome to participate or observe. (30 minutes instructional, 30 minutes unstructured family gym play)
Thursdays, 5:00pm-6:00pm
October 6-November 24 (Registration required)

Stroller Fit - West Hants Sport Complex - \$45
Moms, Dads and caregivers are welcome to get active while pushing a stroller or baby wearing! This program is designed and instructed by a pre & postnatal fitness instructor and will focus on low impact exercises to strengthen bodies during parenthood.
Fridays, 10:00am-10:45am
October 7-December 2 (Registration required)

Adult

Trauma Informed Yoga - Spoke and Note - \$75
Dr. Adrienne Wood is a Naturopathic Doctor in Windsor and newly trained Traditional Yoga teacher with Trauma Awareness. The class will be open to any level of experience and suitable for beginners. The pace will be slow and gentle with a focus on connecting mind and body. It will be a safe place to explore yoga, stretching, and the movements of your body over a 6-week period. This welcoming space is focused on helping those with trauma and grief. Please bring a blanket and yoga mat.
Thursdays, 6:00pm-7:00pm
November 3-December 8
Ages: 16+ (Registration required)

Mindful Meditations - School Street Studio Glass, Hantsport - \$50
Mindfulness is the art of focusing on your immediate surroundings and environment, acknowledging what you sense, and feel in the moment. Practicing mindfulness allows you to respond to challenges and situations, rather than react to them. Join Caet weekly for a mindful meditation session where we will work with breathing methods and guided imagery to bring awareness to the moment, relaxing the body and helping to reduce stress. Please bring your own Yoga mat.
Tuesdays, 6:00pm-7:00pm
October 18-November 15
Ages: 16+ (Registration required)

Art Journaling - \$65
It's said that a picture can paint a thousand words - perhaps this is why art journaling has become so popular! In this 5-week series we will explore how using colour and imagery to convey your emotions is often more powerful than words alone. No art experience required, all materials provided.
Windsor Community Center
Wednesdays, 12:30pm-1:30pm
October 5-November 2
Ages: 12-16 with guardian in program as well / 16+ without (Registration required)
School Street Studio Glass, Hantsport
Tuesdays, 7:30-8:30pm
October 18-November 15
Ages: 12-16 with guardian in program as well / 16+ without (Registration required)

Forest Bathing - \$30
Join Wil, a Certified Guide in Nature & Forest Therapy, as he introduces you to the healing power of Forest Bathing. This is a supportive, trauma informed and outdoor mindfulness practice that is used in healing journeys.
October 15 - Cheverie Salt Marsh Trail - 10:00am-12:00pm
-OR-
November 5 - Irishman's Road Recreation Site - 10:00am-12:00pm
Ages: 8 years and older are welcome (8-14 yr require adult supervision).
(Registration required)

Mindful Mandala - School Street Studio Glass - \$100
This is an intense, meditative workshop using art therapy techniques as well as music and mindfulness to work through emotions and feelings. All materials provided. Suitable for individuals 19+. (Registration required)
October 22 - 10:00am-5:00pm

Open Gym Time

Open Gym Time - Drop in - FREE
Windsor Forks District School - Thursdays - October 6-December 15
7:00pm-8:00pm
Stay tuned to Facebook for more open gym times!

Equipment Loan

Free Equipment Loan - Thursdays to Mondays for rentals
We have the following equipment to loan out for free!
• Canoe, Kayaks, Stand Up Paddle Boards, Snow Shoes, Skis, Cross Country Ski Boots, Adult Tricycles & Hippocampe Chairs - water wheel and trail wheel options
These loans are for four days, Thursday to Monday) So that you can enjoy our beautiful West Hants weekends!
For more information and bookings please reach out to Sara:
programs@westhants.ca / (902) 790-0501

Youth

Cake Decorating Class - Windsor Community Center - \$110
You will learn the basic skills and techniques to decorate cakes for any occasion. Using buttercream, fondant, and creativity you will get to express yourself through cake. At the end of the course, you will leave with your own set of tools and your custom decorated cake to show off your skills to your friends and family.
Wednesdays, 6:30pm-8:00pm
November 2-23
Ages: 11-15 (Registration required)

Football Skills - Avonview High School - \$30
In partnership with Football Nova Scotia, Technical Director Brandon will teach skill building drills to introduce youth to the sport of football or build on previous experience. This is a non-contact skills based program.
Sundays, 6:00pm-7:00pm
October 2-November 27
Ages: 11-15 (Registration required)

Crafty Kids - Windsor Community Center - \$35
Calling all crafty kids: join our leaders for a weekly craft that you can take home! All supplies are provided.
October 3-November 28
Mondays, 6:00pm-7:00pm
Ages: 6-10 (Registration required)

Youth Recreational Broomball - West Hants Sport Complex - \$95
Have fun, meet some lifelong friends and learn the basics of broomball. You will play games and build skills to learn the basics of passing, shooting and running on the ice.
Sundays, 7:00pm-8:00pm
October 16-December 4
Ages: 5-7 (Group 1) & 9-12 (Group 2)
Helmets, shin pads, elbow pads and gloves are required. Shoes will be provided. We have some equipment to borrow so let us know if you need some!
(Registration required)

Children's Gourd Hunt - Haliburton House - \$2.50 per participant
Come enjoy our annual gourd hunt, Saturday October 1, on the Haliburton House Museum grounds. Prizes are given for most gourds found and the golden gourd in three age groups. Hot chocolate and coffee provided. Thanks to the Langille family and Water St. Tim Hortons. Thanks to the Dill Farm for their support of this event.
Saturday, October 1
Check-in 9:30am-10:00am
Hunt starts @ 10:00am. Registration limited to 75 kids. (Registration required - pay at event.)

Beginner Dance Series - Windsor Community Center - 6 Classes \$75 / 4 Classes \$50
This series is for teen students who have always wanted to try dance: Ballet, Contemporary, Jazz, Tap, Improvisation and Choreography. These friendly, non-competitive, yet challenging classes introduce dancers to different styles and a chance to make new friends.
Ages: 12-18 - Saturdays, 10:00am-11:00am - October 15-November 19 (6 Classes \$75)
Ages: 7-11 - Saturdays, 9:00am-10:00am - October 15-November 5 (4 Classes \$50)
(Registration required)

Creative Movement - Windsor Community Center - #35
Dancers are introduced to ballet, modern and jazz themes while using their imagination and having fun!
Saturdays, 11:00am-11:30am
October 15-November 19
Ages: 3&4 (Registration required)

Leadership in Training (LIT) Program - \$100 for the school year
We are looking for caring, responsible, and reliable youth (Ages 13-15) to help with our programs as an LIT! This program involves submitting an application, attending training sessions and gaining experience in our programs throughout the season. This is a great way to gain skills needed for future jobs.
If interested, reach out to Sara: programs@westhants.ca (902) 790-0501

Braveheart Babysitters Course - Windsor Community Center - \$100
Caring for baby, children and toddlers requires patience, engagement and positive energy. We motivate and train youth to be the best version of themselves and to handle some emergencies, behaviors and rules.
November 5 - 9:00am-2:30pm
Ages 11+ (Registration required)

Active Agers

Fit For Life - West Hants Sport Complex - \$30
Keep fit as you age with our Certified Personal Trainer who will guide you through low impact exercises designed to get your heart rate up and keep you smiling! If you have previous injuries or stiffness there will be modifications for many exercises!
Fridays, 9:00am-9:45am
October 7th - November 25th (Registration required)

West Hants Senior Games - Volunteer Opportunities
Interested in helping organize the West Hants Senior Games for the 2023 season? We need help!
First meeting is: Thursday September 29 - 1:00pm-3:00pm at the Windsor Community Center
For more information please contact Darlene Cummins (902) 798-8969

West Hants Gliders Club - Volunteer Opportunities
Interested in helping organize events for the Gliders Club? We need executive members!
For more information please feel free to contact Tom Geldart (902) 798-8412



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Multigenerational Programs

Fall Walking Group - differing locations - \$10

October 2 - 9:30am - Brooklyn Elementary
October 16 - 9:30am - Causeway Loop, Windsor
October 23 - 4:30pm - Irishman's Road Recreation Site
October 30 - 4:30pm - Smileys Provincial Park
November 6 - 9:30am - Three Mile Plans Elementary School Trail
November 13 - 4:30pm - Avondale Trail System Westbrook Trail
November 20 - 9:30am - Cheverie Salt Marsh Trail
November 27 - 4:30pm - Location to be determined
These walks will be an easy to moderate pace, with some moderate hills depending on location.
Ages: 8-13 with a guardian / 14+ without (Registration required)

Garden Program - Haliburton House Grounds - \$30

The gardening season doesn't have to end when summer does. Join us to find out what you can be growing and doing in your yard through the fall season: planting garlic, seed saving, putting your perennial and vegetable beds to rest for the winter, protecting your shrubs and more. Meet in the main parking lot at Haliburton House Museum (424 Clifton Ave. Washrooms are not available on site)
Wednesdays, 5:30pm-7:00pm
October 5-October 26
Ages: 16+ (Registration required)

Autism NS Programming

Adaptive Try It - FREE

Open to people with neurodiversity and their families. Contact Shauna at Autism NS for details and registration

(902) 349-9318 / AVNavigator@autismns.ca (Registration required)

Challenger Baseball - West Hants Sport Complex - September 17 - 2:00pm-3:00pm

Basketball - HMCC, Hantsport - September 23 - 6:00pm-7:00pm

Horseback Riding - Evangeline Riding Centre, Scotch Village - October 1 10:30am-12:00pm

Halloween Themed Skate - West Hants Sport Complex - October 29 4:00pm-5:00pm

Biking - Windsor Community Center - In Partnership with Spoke & Note - November 19 - 1:30pm-2:30pm

Disney Themed Skate - West Hants Sport Complex - December 10 4:00pm-5:00pm

Pop-Ups

Movies in the Park: "The Adams Family" - HMCC

Join us for a spooky themed movie! Bring your own snacks and blankets, get cozy and come enjoy the show!
September 23 - 7:30pm (Rain Date is September 30)

Family Turf Time - West Hants Sport Complex

Join us for free unstructured play for all ages.
Starting October 2
Saturdays - Low Sensory 11:00am-12:00pm, Regular Session 12:00pm-1:00pm
Sundays - Regular Session 11:00am-12:00pm, Low Sensory 12:00am-1:00pm

Movies in the Park: "It's The Great Pumpkin Charlie Brown" - Elmcroft Park, Windsor

Come join us for a classic! Bring your own snacks and blankets, get cozy and come enjoy the show! Hey kids! Dress as your favorite Peanuts Character!
October 7 - 7:30pm

Children's Fall Hike - Eldridge Road Recreation Site

A short hike with nature based games like building fairy houses, finding colors in nature, finding faces in nature, and fall themed games! (Ages 5-9)
Registration Required.
October 8 - 2:00pm-4:00pm

Fall Fun Sessions - Alternating Locations - \$10

Join us for a morning of fun on the playground, and some games! Followed by a themed craft/activity and finishing off the morning with a meet and greet with the Giant Pumpkin! Registration required for all.

Falmouth District School - October 21 - 2:00pm-5:00pm (Ages 9-14)

Dr. Arthur Hines School - October 28 - 9:00am-12:00pm (Ages 4-8)

Brooklyn Elementary School - October 28 - 2:00pm-5:00pm (Ages 9-14)

Hantsport School - November 14 - 9:00am-12:00pm (Ages 4-8)

Fairy House and Gnome House Building - Irishman's Road Recreation Site

Building little homes out of nature for our friends. (Ages 5-10)
Registration required.
November 5 - 2:00pm-4:00pm

Program Idea?

Do you have a program idea you'd like to chat about? We are always looking for new inspiring programs and facilitators to bring to our community! Contact Sara (902) 790-0501 / sleblanc@westhants.ca

Free Community Events

Cross County Skiing - Windsor Community Center - FREE

Interested in learning more about this great winter activity? Cross country skiing is an activity that can be enjoyed by the whole family. Maybe you already have skis and just want a refresher or have questions about your equipment. Come join "That Ski Guy", Ike Whitehead, for an informal session on equipment selection, how to maintain your equipment, waxable vs less wax, clothing, and where to ski.

If you have questions about your existing equipment, bring them along.

Saturday October 22 - 11:00am-1:00pm

Saturday November 19 - 2:00-3:00pm

Registration required

Pumpkin Palooza! - FREE

Come join our Inspire West Hants Events Team for a few hours for some 'gourd' old fun! We will have pumpkin themed games, activities, and more!

HMCC, Hantsport - Saturday October 15 - 10:00am-12:00pm

Hants Shore Health Clinic, Kempt Shore - Saturday October 15 - 1:30pm-3:30pm

Giant Pumpkin Hunt - differing locations - FREE

Come find the Giant Pumpkin on a trail, take a photo, and give a high five!

October 2 - 11:00am-12:00pm - Brooklyn Elementary Trail

October 16 - 11:00am-12:00pm - Causeway Trail Loop, Windsor

October 23 - 6:00pm-7:00pm - Irishman's Road Recreation Site (Gloosecap Archers Trail)

October 30 - 6:00pm-7:00pm - Smileys Provincial Park

November 6 - 11:00am-12:00pm - Three Mile Plans Elementary School Trail

November 13 - 6:00pm-7:00pm - Avondale Trail System (Westbrook Trail)

November 20 - 11:00am-12:00pm - Cheverie Salt Marsh Trail

November 27 - 6:00pm-7:00pm - Laurie Saulnier Memorial Trail

Pumpkin Craft - Victoria Park - FREE

Come join our leaders as we make a pumpkin craft to celebrate fall in West Hants!
Monday October 24 - 6:00pm-7:00pm

Halloween Scavenger Hunt - Irishman's Road Recreation Site - FREE

Join us for some non-scary Halloween Fun! We will have things hidden along the trail, come join in - maybe you'll even catch a glimpse of the Giant Pumpkin!

Treats for the first 200 kids!

Saturday October 29 - 10:00am-11:00am

Santa Parade

Come take in the Santa Parade, bundle up and be ready for some fun! We will have our Inspire West Hants Events Staff at Victoria Park after the parade for our Holiday Hooplah!

November 26

6:00pm parade starts

7:00pm tree lighting and Holiday Hooplah in Victoria Park

Guided History Hike - Haliburton House - FREE

Join us for a free history hike on the Haliburton House Museum grounds! Enjoy an easy walk and learn about the gypsum, apple trees, events, and people that shaped our area! The hike will cover uneven terrain and does include some hills. Please wear appropriate footwear.

Keep an eye out for an email closer to the date that will include meeting spot and possible cancellations due to weather.

September 21 - 6:00pm (Registration required)

Garlic Fest - Gerrish Street, Downtown Windsor

Celebrate all things garlic in Windsor on Saturday September 17 from 12:00pm-8:00pm. There will be music, garlic seminars, garlic ice cream, a juried art show, activities for kids, and so much more!

Hantsport Festoon - Downtown Hantsport

Enjoy what is one of the most festive nights of the year, as you join in this community wide celebration and shopping party.

December 1 - 5:00pm-8:00pm

Self Led Pumpkin Scavenger Hunt: Between Oct 1st and Oct 31st

A region wide pumpkin hunt is coming! Follow Inspire West Hants on Facebook!

Search: Glooscap Archers Trail at Irishmans Road Recreation Site, Eldridge Road Recreation Site, Cheverie Salt March Trail, Pesequid Park/Causeway Trail, Fundy Centennial Park, Hobarts Beach, Newport Landing Waterfront Park (Avondale), Falls Lake Municipal Park, St. Croix Recreation Site.

Not sure where these trails are? Visit www.westhants.ca/rec

Windsor Photo Challenge - Hosted by the Orienteering Association of NS

Match the photo by visiting the locations on the map and writing the corresponding location number by the photo letter. All are visible from public property.

To pick up Photo Challenge Sheets please stop by the Windsor Library, Windsor Community Center or West Hants Sport Complex.

For more information please visit: avoc.whyjustrun.ca

... and more!

Looking for the West Hants Sport Complex Skate and Track schedules? Or programs and registration? westhants.ca/rec

For up to date program adjustments, cancellations, and more please visit our Facebook page: www.facebook.com/WHRMParksandRec

Events, opportunities, community celebrations: facebook.com/inspirewesthants