

## Town of Windsor- Recreation Department



### Fall Programs - 2017

Welcome to an exciting line up of programs for recreation, leisure and active living pursuits. You will see some of your old favourites along with a number of new programs. Programs and events will be added throughout the fall so be sure to stay up to date through Facebook announcements.

#### **Everyone is Welcome!**

Accessible leisure services are essential to a person's quality of life. Those who require support are encouraged to participate in all programs and services offered by the Windsor Recreation Department. If you or a family member requires support to be involved in our programs do not hesitate to contact us. We will arrange to meet the family and individuals prior to the start of the program to identify appropriate program options and support necessary to assist the participant. We believe inclusion is a partnership between Windsor Recreation staff and families and that good communication is essential to a successful experience.

#### **Fair and Safe Play**

The Windsor Recreation Department is committed to the practices of "Fair and Safe Play" with staff, participants, parents and coaches. This respect and philosophy is reflected in our programs, services and those initiatives we support through grants.

#### **Something for Everyone!**

Windsor Recreation has opportunities for all ages to get active, have fun and meet new people. Windsor Recreation oversees a number of recreation facilities to be enjoyed by all. Whether you make your own recreation using our parks, trails and playgrounds or sign up for structured programs at the Windsor Community Centre there are lots of ways to stay active this fall.

#### **Contact Us:**

Website: [www.town.windsor.ns.ca](http://www.town.windsor.ns.ca)

Like Windsor Recreation on Facebook.

Town Office: 100 King Street, Windsor, NS. 902-798-2275

Mailing address: Box 158, Windsor, NS B0N 2T0

Fax Number: 902-798-5679

Manager of Recreation Services:

Dianne Levy            902-798-1162            [dlevy@town.windsor.ns.ca](mailto:dlevy@town.windsor.ns.ca)

Director of Community Development, Tourism and Recreation

VanEssa Roberts    902-798-6679            [vanessa@town.windsor.ns.ca](mailto:vanessa@town.windsor.ns.ca)

Community Centre Facility Supervisor:

John Sweet            902- 798-2536            john.sweet@town.windsor.ns.ca

Arena Manager:

Glenn Wentzell      902- 798- 2323            glenn.wentzell@town.windsor.ns.ca

### **Registration for Programs:**

**Registration dates:            September 11- onward**

Registration will take place at the Windsor Town Office located at 100 King Street 8:30am – 4:30pm Monday to Friday and continues until the start date of each program. Payment options include cash, cheque and debit. If you miss the start date, prices will be pro-rated accordingly.

For your convenience, you may download the registration form online from the town's website ([www.town.windsor.ns.ca](http://www.town.windsor.ns.ca)) by clicking on Town Hall, then Documents, then Recreation. Scroll down and you will find the form. Complete it and use the drop off slot at Windsor Town Office after hours to deliver forms and payment. **Please register in advance as decisions to cancel a program due to insufficient registration will take place 3 – 4 days before the program begins.**

For registration information call the town office at 902-798-2275.

For program information call Dianne Levy at 902-798-1162.

**All evening programs are cancelled on Halloween. All programs are cancelled on November 11 and 13. Please see more specific course dates and cancellations under course descriptions.**

### **Seeking Leadership:**

If you are passionate about a recreation or leisure pursuit and would be willing to share it with others please contact Dianne Levy at 798 -1162 to discuss your program ideas.

## **Program Locations**

All programs take place or meet at the Windsor Community Centre except for Aquatics programs which take place at King's-Edgehill Pool.

## **Program Focus**

Windsor Recreation has joined a National movement in sport and recreation programming called **Canadian Sport for Life**. Our sport based programs will focus on the **fundamental movement skills** of throwing, catching, jumping, striking, running, kicking, agility, balance and coordination which form the basis for future sport skill development and for the lifelong enjoyment of physical activity.

**Our program staff have completed a National Coaching Certificate Program (NCCP) in Fundamental Movement Skills and have training in developing physical literacy.**



### **Active Start: For children ages 0 – 6 years**

An early active start enhances development of brain function, coordination, social skills, gross motor skills, emotions, leadership and imagination. These programs also help children build confidence, develop posture and balance, build strong bones and muscles, promote healthy weight, reduce stress, improve sleep, learn to move skilfully and enjoy being active.

### **Indoor Soccer (ages 3 - 4 yrs)**

This recreational soccer program focuses on fun and participation while introducing the fundamental skills of the running, kicking, jumping, throwing, agility, balance and coordination.

Session Dates:

Mondays – October 2 – November 27 (7 weeks) (no class October 9 or November 13)

Wednesdays – October 4 – November 22 (8 weeks)

Times: 5:45 - 6:25pm on Mondays and 6:00 – 6:40pm on Wednesdays

Cost: \$40.00 (Monday)      \$45.00 (Wednesday)



### **Indoor Soccer (ages 5 – 6 yrs)**

This recreational program provides the opportunity to learn and develop fundamental skills such as running, kicking, jumping, throwing, agility, balance and coordination as well as shooting, passing, and dribbling.

Session Dates:

Mondays – October 2 – November 27 (7 weeks) (no class October 9 or November 13)

Wednesdays – October 4 – November 22 (8 weeks)

Times: 6:25 - 7:05pm on Mondays and 6:45 – 7:25pm on Wednesdays

Cost: \$40.00 (Monday)      \$45.00 (Wednesday)

## **Parent and Child Drop In Gym Time**

An opportunity for parents and caregivers with young children to enjoy unstructured play in the auditorium of the Community Centre. Basic equipment such as balls, nets, mats, and hula hoops will be provided.

**Caregivers MUST be present to supervise the children at all times.**

Session Dates: September 26 – December 21

When: Tuesdays, Wednesdays, Thursdays from 10:00 – 11:30am

Cost: \$2.00/ family payable at the door or pay what you can afford.

No registration required.

**When the auditorium is booked for special events, drop in gym time will be cancelled and advance notice will be given on Facebook and through signage at the gym.**

## **NEW! Tiny Tot Gymnastics (ages 18 months – 3yrs with parents/caregivers)**

Research shows the importance of physical activity for children in the early years. Our staff will guide children with their parents' assistance through a variety of fundamental movements including jumping, catching, throwing, rolling, balancing on the spot and while moving as well as activities to improve hand-eye coordination. The program will use a variety of props such as balls, hula hoops, ribbons, scarves, and mats.

Session Dates:

Tuesdays – October 3 – December 5 (10 weeks)

Saturdays - October 7 – December 9 (8 weeks)

(No classes Nov. 11 and Nov 18)

Times: 10:00 – 10:40am on Tuesdays

9:45 – 10:25am on Saturdays

Where: Room 5 in Community Centre

Cost: \$82.00/10 weeks/Tuesdays

\$66.00/8 weeks/Saturdays



## **Jump, Run, Throw (ages 3 – 6 yrs)**

Children who are physically literate have more fun being active, get higher grades, have better social skills and are happier and more confident, Give your child the opportunity to develop physical literacy by developing fundamental movement skills such as hopping, skipping, throwing, catching and jumping in this active new program. Children will try a variety of activities that are age appropriate.

Session Dates: October 4 – November 22

When: Wednesdays (8 weeks)

Time: 5:15 – 5:55pm

Where: Community Centre Auditorium

Cost: \$45.00



## **NEW! Tumblebugs (ages 3 – 6 yrs)**

Tumblebugs is an introductory program for basic movement and modified gymnastics that is fun, safe, inclusive and developmentally appropriate for 3 - 6 year olds. It includes active and exploratory learning which supports healthy growth and development and improves physical literacy. The activities will strengthen the range of foundational motor skills that children need to enhance daily living and participate in play, recreation and sport.

Session Dates:

Tuesdays - October 3 – December 5 (10 weeks)

Saturdays - October 7 – December 9 (8 weeks)

(No classes Nov. 11 and Nov 18)

Times: 10:45 – 11:30am on Tuesdays

10:30 – 11:15am on Saturdays

Where: Room 5 in Community Centre

Cost: \$82.00/10 weeks/Tuesdays

\$66.00/8 weeks/Saturdays



### **NEW! Creative Movement (ages 3 – 5)**

An opportunity for young children ages 3 -5 to experience movement to music in a variety of dance forms. Participants are asked to wear comfortable, non-restrictive clothing.

Session Dates: October 3 – November 28 (8 weeks) No class October 31

When: Tuesdays                      Time: 5:30 – 6:10pm

Where: Room 5                      Cost: \$45.00

**Note: Some children require parental support to gain confidence. Parents who wish to be in the room with their children are asked to participate in the activities with their child until the child feels ready to be on their own. Otherwise parents will sit outside the room and will be invited in at the end of each class to see what the children have been working on.**



### **NEW! Creative Movement (ages 5 - 7)**

Calling kids ages 5 – 7 yrs to move your body to music. Participants will be exposed to a variety of dance styles. Program focus is on fun and participation. Please wear comfortable non-restrictive clothing.

Session Dates:                      October 3 – November 28 (8 weeks) No class October 31

When: Tuesdays                      Time: 6:15 – 7:00pm

Where: Room 5                      Cost: \$45.00

**Note: Parents are asked to sit outside the room during class but will be invited in to the end of each class to see what the children have been working on.**

**NEW! Tumblebugs (ages 5 and up)**

Tumblebugs is an introductory program for basic movement and modified gymnastics that is fun, safe, inclusive. It includes active and exploratory learning which supports healthy growth and development and improves physical literacy. The activities will strengthen the range of foundational motor skills that children need to enhance daily living and participate in play, recreation and sport.

Session Dates: October 5 – December 7 (10 weeks)

When: Thursdays

Time: 6:00 – 7:00pm

Where: Room 5

Cost: \$90.00



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**FUNdamentals: For children 7 -9 years**

Children in this age group need to participate in a variety of well-structured activities that develop basic skills with a focus on fun and minimal competition.

**Learning to Train: For children ages 8 -12 years**

Children are ready to begin training according to more formalized methods with an emphasis on general sport skills suitable to a number of activities.





### **Indoor Soccer (ages 7 and up)**

This recreational soccer program provides an opportunity to learn and maintain basic soccer skills such as running, kicking, jumping, throwing, agility, balance and coordination as well as shooting, passing, and dribbling. Includes small group games.

Session Dates: October 2 – November 27 (7 weeks)

(No class October 9 or November 13)

When: Mondays (7 weeks)

Time: 7:05 – 7:45pm

Cost: \$40.00



### **Ball Hockey (ages 8 – 14 yrs)**

Part of this program will focus on drills and fitness followed by scrimmage and game play. Please bring gloves, a helmet with face protector and a hockey stick. If you have goalie gear, bring that too and take a turn in the net!

Session Dates: October 3 – November 28

(No class October 31)

When: Tuesdays (8 weeks)

Time: 7:35 – 8:20pm

Cost: \$45.00



### **Basketball FUNDamentals (ages 8 – 12yrs)**

This recreational program will teach the basics of basketball such as dribbling, passing, shooting, footwork and basic game play. Basic movement and fitness skills relevant to all sports will be included. Please plan to change into indoor footwear.

Session Dates: October 3 – November 28

(No class October 31)

When: Tuesdays (8 weeks)

Time: 6:45 – 7:30pm

Cost: \$45.00



### **Youth Art Skills (ages 5 – 11 yrs)**

This program gives elementary school aged children an opportunity to explore a diverse variety of art materials and techniques by completing a weekly project. Children will learn about drawing, painting and sculpting.

Session Dates: October 3 – November 28

(No class October 31)

When: Tuesdays (8 weeks)

Time: 6:00 - 6:55pm

Cost: \$60.00



## Adult Programs

**Indoor Walking** – Everyone is welcome (including pets!) to use the community centre for indoor walking, so don't let poor weather hold you back from getting your walk. Please plan to change into clean footwear.

Session Dates: Sept. 25 – Dec. 22

When: Monday to Friday

Time: 8:30 – 10:00am and 11:45am – 12:45pm

Cost: FREE



### **Pickleball – (Call Rae at 792-1119 for more information)**

This activity which combines badminton, tennis and ping pong is growing in popularity. The Windsor Curling Club has purchased equipment and the Community Centre is offering space to play.

Wear comfortable clothing and please plan to change into indoor footwear.

Session Dates: September 11 – December 18

When: Mondays

Time: 1:00 – 3:00pm (No class October 9 or November 13)

Cost: \$2.00 drop in – No registration required

## **Adult Badminton (18 years and over)**

**For more information call Roseanne at 798-8517**

Session Dates: September 11 – December 18

(No class October 9 and November 13)

When: Mondays

Time: 8:00 – 10:30pm

Cost: \$25.00



## **Aquafitness – (ages 12 and up) Pre-registration is required at least one week prior to start date. A minimum of 22 participants are needed to run the program.**

This program performed in chest deep and/or deep water is designed to give the participant a cardiovascular and muscular endurance workout. Using music to set the pace it trains all components of fitness in a fun and supportive environment.

Session Dates: October 2 – December 6

(No classes October 5, 10, 31, November 13, 14, 30)

When: Monday/Tuesday/Thursday 7:00 – 7:50pm

Cost: Option 1: \$143.00 - 22 class pass (all classes)

Option 2: \$130.00 – 20 class pass

Option 3: \$65.00 – 10 class pass

Option 4: \$33.00 - 5 class pass



## **Roller Derby for Women (18yrs and up)**

**For more information contact Lorie at [avonriverrollers@gmail.com](mailto:avonriverrollers@gmail.com)**

The Avon River Rollers are offering a 10 week learn to skate program for woman ages 18 and up. This 10 week program is designed to teach the minimum skills required to play competitive roller derby. If playing a full contact sport is not for you they are also recruiting referees.

## **Roller Derby Open House**

If you think you might be interested, come out to the open houses on September 17 and September 21 at 6:30pm in the Community Centre auditorium. Meet the team, try on skates and gear and see if you would like to join the program. They will have all the information you will need. You can also find them on Facebook at Avon River Rollers or you can email them at [avonriverrollers@gmail.com](mailto:avonriverrollers@gmail.com).



## Special Interest Programs

### Red Cross Babysitting Course – (ages 11 and up)

This course is designed for youth who want to become a babysitter or may already be one. The Babysitting Course covers the responsibilities of a babysitter, safety tips for children of all ages, basic child care skills and what to do in case of an emergency. The book and certificate course is perfect for youth staying home alone as well as those that wish to venture into babysitting.

#### Must bring lunch and drink.

Session Dates: October 14 or November 18

When: Saturday

Time: 9:00am – 3:00pm

Where: Windsor Community Centre

Cost: \$60.00

Facilitated by Brave Heart First Aid – Red Cross Training Partner



### NEW! Painting with Acrylic (ages 12 and up)

Step up to the easel and learn the basics of working with acrylic on canvas. This program provides 3 canvases and paints to make your works of art. Please plan to wear an old shirt or painting smock to protect your clothes.

Session Dates: October 3 – November 28

(No class October 31)

When: Tuesdays (8 weeks)

Where: Room 1 at the Community Centre

Time: 7:15 – 9:15pm

Cost: \$125.00



## **NEW! Art Projects for Adults**

Windsor Recreation is pleased to have Debi Fitzpatrick as part of our staff team. Debi has a wealth of training and experience in visual and creative arts and is keen to share her artistic abilities with others. She is offering an open house to answer any questions you may have about these programs.

### **Art Project Open House**

Come meet the instructor, view the projects, ask questions and get information.  
Room 3 in the Community Centre.

When: Tuesday, September 19  
Time: 1:00 – 4:00pm and 6:30- 7:30pm

**Note that projects may not be exactly as shown in the photos.**

1. **Canoe Time** - Water colour  
Session date: September 29  
When: Friday  
Time: 9:30am – 4:30pm  
Cost: \$62.00 - Program cost includes watercolour paper, paint, photo and instructions. **Participants are asked to bring their own brushes and a lunch as kitchen facilities are available.**



2. **Butterfly Girl** – Oil over acrylic under painting

Session dates: October 3 – 24 (4 weeks)

When: Tuesday

Time: 1:00 – 4:00pm

Cost: \$90.00 – Program cost includes paint, mediums, photos and written instructions. **Cost of canvas is extra. Participants can provide their own or the instructor can provide it if need is identified at registration. Participants are asked to provide their own brushes.**



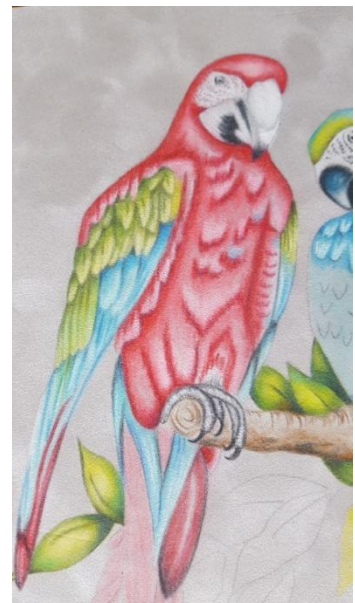
3. **Tropical Bird** – Coloured pencil on suede board

Session date: October 27

When: Friday

Time: 9:30am – 4:30pm

Cost: \$60.00 – Program cost includes materials except for coloured pencils. **Participants are asked to provide their own pencils and bring a lunch as kitchen facilities are available.**





**4. Textured Fish – Mixed media/acrylic**

Session date: November 7

When: Tuesday

Time: 12:30 – 4:30pm

Cost: \$35.00 – Program cost includes paint, mediums, photo and instructions.

**Cost of canvas is extra. Participants can provide their own or the instructor can provide it if need is identified at registration. Participants are asked to provide their own brushes.**



**5. Water Mixable Oil Painting –**

Session dates: November 14 - December 5

When: Tuesday (4 weeks)

Time: 1:00 – 4:00pm

Cost: \$90.00 plus canvas – Program cost includes paint, photo and instructions.

**Cost of canvas is extra. Participants can provide their own or the instructor can provide it if need is identified at registration. Participants are asked to provide their own brushes.**



### **Birthday Party Packages:**

Consider renting the Community Centre for your next party. We have the auditorium and various rooms available for booking.

**Package 1:** Includes rental of space, set up, clean up and an instructor to facilitate activities. Activities may include parachute games, face painting, sports activities such as soccer, ball hockey, basketball or Wii Dance. All parties are booked in two hour blocks.

Cost: Auditorium - \$110.00      Room 1, 3 or 5 - \$86.50

All costs include taxes!

**Package 2:** Includes space, set up, clean up and use of equipment such as balls, nets and hula hoops.

Cost: Auditorium - \$60.00      Room 1, 3, or 5 - \$50.00

All costs include taxes!

### **Facility Rentals:**

The Community Centre auditorium and rooms are available for rent. We can host weddings, banquets, baby showers, craft sales, sports events, fundraising events, meetings, concerts, workshops and more. We are happy to accommodate ongoing rentals as well as one-time events.

Prices are available for commercial and non profit groups. We also rent tables and chairs for offsite events. Call 902-798-2536 for more information or check [www.town.windsor.ns.ca](http://www.town.windsor.ns.ca) and follow the recreation links.