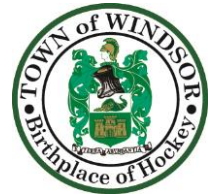


**Town of Windsor- Recreation Department**  
**Winter Programs – 2020**



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 winter 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.

**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, there are lots of ways to stay active this winter.

**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 Ext 201

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

902-798-5679

**Manager of Recreation Services:**

Dianne Levy

902-798-2275 Ext 214

[dlevy@town.windsor.ns.ca](mailto:dlevy@town.windsor.ns.ca)

## **Director of Community Development, Tourism and Recreation**

VanEssa Roberts 902-798-2275 Ext 213 [vanessa@town.windsor.ns.ca](mailto:vanessa@town.windsor.ns.ca)

### **Community Centre Facility Supervisor:**

John Sweet 902- 798-2275 Ext 215 [john.sweet@town.windsor.ns.ca](mailto:john.sweet@town.windsor.ns.ca)

### **Arena Manager:**

Glenn Wentzell 902- 798- 2275 Ext 216 [glenn.wentzell@town.windsor.ns.ca](mailto:glenn.wentzell@town.windsor.ns.ca)

## **Registration for Programs:**

**Registration dates: December 16- 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 Departments, then Recreation. Print it off, 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 Ext 201.

For program information call Dianne Levy at 902-798-2275 Ext 214.

**All programs are cancelled on February 17.**

**Please see more specific course dates and cancellations under course descriptions.**

### **Cancellation Policy**

**Please note that we do not automatically cancel our programs when schools are cancelled. We make our decisions based on weather and road conditions at the time of our programs. We post updates on Windsor Recreation's Facebook Page and you can call 902-798-2275 to check before you head out. See department extensions above.**

## 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 902-798 -2275 Ext 214 to discuss your program ideas.

## Program Locations

All programs take place at the Windsor Community Centre, Windsor Exhibition Arena and King's-Edgehill Pool unless noted otherwise.

## Program Focus

Windsor Recreation has joined a National movement in sport and recreation programming called **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 training in teaching fundamental movement skills and 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.

### **Caregiver 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: January 7 – March 12

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

Thursdays from 5:00 – 6:00pm

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.**

### **Caregiver and Child Swims (ages 6 months and up)**

Join us at the King's-Edgehill pool for a refreshing swim on Friday mornings. Children who are not toilet trained must wear swim diapers under their bathing suit. Children must be within arms reach of an attentive caregiver at all times.

Session Dates: January 10 – March 6

(no swims on Jan.31 or Feb.21)

When: Fridays 11:30am to 12:15pm

Cost: FREE!

No registration required.



### **Tumble Tots 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 – January 14 – March 3 (8 weeks)

Saturdays – January 11 – Feb. 29 (8 weeks)

Times: 10:00 – 10:40am on Tuesdays

9:45 – 10:25am on Saturdays

Where: Room 5 in Community Centre

Cost: \$72.00



### **Tumblebugs (ages 3 – 5 yrs.)**

Tumblebugs is an introductory program for basic movement and modified gymnastics that is fun, safe, inclusive and developmentally appropriate for children ages 3 – 5 years. 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 – January 14 – March 3 (8 weeks)

Times: 11:30am – 12:10pm on Tuesdays

Where: Room 5 in Community Centre

Cost: \$72.00



### **NEW! Gymnastics FUNDamentals (ages 3 – 5 yrs.)**

This introductory program to gymnastics improves physical literacy through a variety of activities and equipment exploration including balance beam, wedges, tumbling mats, tunnels and more. Children will develop balance, body awareness, upper body strength, core strength and agility through fun, age appropriate activities.

Session Dates:

Tuesdays – January 14 – March 3 (8 weeks)

Saturdays – January 11 – Feb. 29 (8 weeks)

Times: 10:45am – 11:25am on Tuesdays

10:30am –11:10am on Saturdays

Where: Room 5 in Community Centre

Cost: \$72.00

### **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 – January 13 – March 2 (7 weeks) (no class February 17)

Wednesdays – January 8 – March 4 (7 weeks) (no class Jan. 22 or Feb 19)

Times: 5:45 - 6:20pm

Where: Community Centre Auditorium

Cost: \$45.00



## **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 – January 13 – March 2 (7 weeks) (no class February 17)

Wednesdays – January 8 – March 4 (7 weeks) (no class Jan. 22 or Feb 19)

Times: 6:25 - 7:05pm

Where: Community Centre auditorium

Cost: \$45.00





### **Creative Movement (ages 3 – 7yrs.)**

An opportunity for young children ages 3 -7 to experience movement to music in a variety of dance forms. Participants are asked to wear comfortable, non-restrictive clothing.

Session Dates: January 14 – March 3

When: Tuesdays (8 weeks)

Time: 5:30 – 6:10pm (ages 3 -4yrs)

6:15 – 6:55pm (ages 5 -7yrs)

Where: VIC space in the Community Centre

Cost: \$58.00

**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.**





**Learn to Skate (ages 3 – 6yrs.)**

This is a progressive program for ages 3 - 6 that teaches basic skills from balance and forward movement to cross cuts and backwards skating. Participants must wear a properly fitting CSA approved helmet. Parents are not permitted on the ice. No skating aids are permitted.

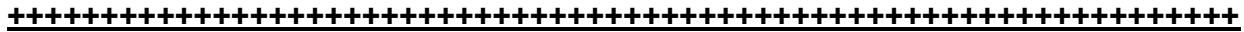


Session Dates: January 8 – February 26

When: Wednesday (8 weeks)

Time: 4:25 – 5:05pm or 5:10 – 5:50pm

Cost: \$80.00



**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.



### **Introduction to Gymnastics (ages 7 and up)**

This is an introductory program for basic movement and modified gymnastics that is fun, safe, and 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: January 16 – March 5

When: Thursdays (8 weeks)

Time: 6:00 – 7:00pm and 6:05 – 7:05pm

Where: Room 5

Cost: \$80.00



### **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: January 13 – March 2

(No class February 17)

When: Mondays (7 weeks)

Time: 7:10 – 7:50pm

Where: Community Centre Auditorium

Cost: \$45.00



## **Learn to Skate (ages 7 and up)**

A progressive program for ages 7 and up that teaches basic skills from balance and forward movement to cross cuts and backwards skating. Participants must wear a properly fitting CSA approved helmet. Parents are not permitted on the ice. No skating aids are permitted.



Session Dates: January 8 – February 26

When: Wednesday (8 weeks)

Time: 4:25 – 5:05pm or 5:10 – 5:50pm

Cost: \$80.00

## **Programs for Teens**

### **Pop Up Skate Park and Youth Hangout!**

Join us in the gym for a place to hang out, watch or use the pop-up skate park, play ping pong on the stage, enjoy music and snacks.

Session Dates: December 22 – March 1

(None on Dec. 29, Jan. 12 or Feb. 23)

When: Sundays

Time: 7:00 – 9:00pm

Where: Community Centre Auditorium

Cost: FREE!

It is with generous financial support from the NS government department of Communities, Culture and Heritage that we can offer this great opportunity.



## Art Programs

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.

### Adult Art Classes Open House

Come meet the instructor, view the projects, ask questions and get information.

Where: VIC space in the Community Centre.

When: Tuesday, January 28

Time: 1:00 – 4:00pm



### Art Classes for Adults

**Weekday Classes** – Debi will again be offering weekday classes as well as weekend seminars. Projects for the classes and seminars will be on display at the open house as well as session dates for each program.

**Art Seminars** – Join Debi for a one-day painting project where you will have a chance to develop your painting skills. Bring your lunch and enjoy some social time. Drop by the open house to see the painting project and speak to the instructor.

## 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: January 2 to March 15

When: Monday to Friday

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

Cost: FREE

### **Competitive Pickleball – (Call Gerald 798-4041 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: January 6 – March 11

When: Mondays and Wednesdays

Time: 1:00pm – 3:00pm (No class February 17)

Cost: \$2.00 drop in – No registration required



### **NEW! Beginner/Recreational Pickleball**

This activity which combines badminton, tennis and ping pong is growing in popularity. Windsor and West Hants Recreation have purchased paddles, balls and nets so that those new to the game can try it out and develop their skills. A staff will be on hand to assist with equipment and to ensure safety and fair play.

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

Session Dates: January 8 – March 12

When: Wednesdays and Thursdays

Time: 3:15 – 5:00pm on Wednesdays and 1:00 – 3:00pm on Thursdays

Cost: \$3.00 drop in – No registration required

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

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

Session Dates: January 6 to March 9

(No class February 17)

When: Mondays

Time: 8:00 – 10:30pm

Cost: \$25.00



### **NEW! Shuffleboard**

**(Call Carol at 902-798-8274 for more information)**

Session Dates: January 7 to March 10

When: Tuesdays

Time: 1:00 – 3:30pm

Cost: \$2.00 drop in - No registration required



## Flat Track Roller Derby (18yrs and up)

Openings for players and officials. For more information contact [avonriverrollers@gmail.com](mailto:avonriverrollers@gmail.com)

You can also find them on Facebook at Avon River Rollers for more information.





## Aquatic Programs

Windsor Recreation will be running aquatic programs three mornings a week at KES pool this winter. Programs include Aquafit, Adult/Senior Swims and Parent/Child Swims. Those wishing to participate in aquafit or adults/senior swims must purchase a pass in advance at Windsor Town Hall at 100 King Street. Price options listed below.

**All passes expire March 2020!**

For more information call Dianne at 902-798-2275 Ext 214 or email [dlevy@town.windsor.ns.ca](mailto:dlevy@town.windsor.ns.ca)

**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: January 7 – March 12 (No classes Jan.31, Feb.13, 20, 21, Mar. 13)

When: Tuesday/Thursday/Friday

Time: 9:30 – 10:15am

Cost: Option 1: \$130.00 - 20 class pass

Option 2: \$98.00 – 15 class pass

Option 3: \$65.00 – 10 class pass

Option 4: \$33.00 - 5 class pass

**\*\*All passes expire March 2020\*\***



## Adult/Senior Swims

King's-Edgehill's heated pool will be available for adults and seniors to use three mornings per week. There will be 2 lanes for lap swimming and 2 open lanes for more leisurely activities and exercises. Equipment such as belts, noodles and flutter boards are provided. Passes must be purchased in advance at Windsor Town Hall at 100 King Street as no cash handling will take place at the pool. **\*\*All passes expire March 2020.**

Session Dates: January 7 – March 12 (No swims Jan.31, Feb.13, 20, 21, Mar. 13)

When: Tuesday/Thursday/Friday

Time: 10:30 – 11:45am on Tuesdays and Thursdays

10:30 – 11:30am on Fridays

Cost: Option 1: \$100.00 - 20 swims

Option 2: \$75.00 – 15 swims

Option 3: \$50.00 – 10 swims

Option 4: \$25.00 - 5 swims

**\*\*All passes expire March 2020**

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## Caregiver/Child Swims

King's-Edgehill's heated pool will be available on Friday mornings for parents and care givers to enjoy recreational swimming with their children. Parents and caregivers must be in the water with their children and stay within arms reach at all times. Recreational equipment will be provided. Please provide your own PFD's.

Session Dates: January 10 – March 6

When: Fridays

Time: 11:30am – 12:15pm

Cost: FREE!

No registration required.



It is with generous financial support from the NS government department of Communities, Culture and Heritage that we can offer this great opportunity.

## Special Interest Programs

### NEW! Introduction to Broomball (ages 4 – 9yrs)

(For more information contact [youthbroomball@gmail.com](mailto:youthbroomball@gmail.com) or call/test 902-790-2122)

The Maritime Broomball Association is teaming up with Windsor Recreation to provide this new program. If there is enough interest, a program will be offered at the Windsor Community Centre auditorium to introduce kid ages 4 – 9 to the sport of broomball.



### 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: February 8

When: Saturday

Time: 9:00am – 3:00pm

Where: Windsor Community Centre

Cost: \$60.00

Facilitated by Brave Heart First Aid –

Red Cross Training Partner



## Windsor Recreation Winter Carnival – February 12 – 16

There is something for everyone at this year's winter carnival. Windsor Community Centre will be home base for all activities.

**Wednesday, February 12<sup>th</sup>** – The carnival kicks off with a **business challenge** designed to get you and your team outdoors and participating in some fun activities. To show our appreciation for our local businesses we will provide all participants with a hot lunch including chilli and a roll and a dessert in the Community Centre after the competition. Draw prizes will take place and the coveted Palooza Cup will be awarded to the team with the highest score.

The Town of Windsor Public Works department are the defending champions!

When: 12noon to 1:30pm.

Where: Meet at Elmcroft Park at noon. **If weather conditions are unsuitable the event will be held in the Community Centre auditorium.**

Who: Teams of 3 -5 made up from local businesses. Businesses can combine employees to make teams if desired.

Please register your team by calling Dianne at 902-798-2275 Ext 214 or emailing her at [dlevy@town.windsor .ns.ca](mailto:dlevy@town.windsor.ns.ca) by February 7<sup>th</sup>. Take the Roof off Winter!!!

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**Friday, February 14<sup>th</sup> – Senior's Day** will consist of a cribbage tournament, a 45's card party and a soup and sandwich meal.

1:00pm - 4:00pm Cribbage Tournament - Register with a partner. Cost is \$5.00 per person and includes a meal after. See you in the Gliders Room. Cash prizes and don't forget a loonie for the 50/50 draw.



4:30pm – Come to Room 5 for a nice bowl of hot soup, sandwiches, a sweet or two and great conversation. Open to all those participating in the cribbage or 45's.

6:00pm Join us for special evening of 45's in the Gliders Room. Draw prizes, yummy snacks and don't forget your loonie for the 50/50 draw.

**Friday, February 14<sup>th</sup> – Pre-Teen Dance** for ages 7 – 12 years. Grab your friends and get ready to dance with some awesome DJ music, lights and prizes. Stay for the fireworks at 8:45pm.



When: 6:30 – 8:30pm

Where: Windsor Community Centre

Cost: \$5.00/person

**Friday, February 14<sup>th</sup> – Fireworks-** Join us as the fireworks light up the winter sky.

When: 8:45pm

Where: Elmcroft Park – pool parking lot.



**Saturday, February 15<sup>th</sup> - Free Public Skating**

When: 9:00 – 9:50am

Where: Windsor Exhibition Arena

**Saturday, February 15<sup>th</sup> – Family Fun Day!**

This popular event will keep the kids busy for the afternoon with a giant bouncer, carnival games, face painting, healthy snacks, and prizes.

When: 1:00 – 4:00pm

Where: Windsor Community Centre Auditorium

Cost: \$5.00/person includes a turn on a giant interactive inflatable bouncer, awesome carnival games that include Sharp Shooter, Fish in a Bowl, Duck Hunt, Weirdos, Stand a Bottle and Rope the Bull, a prize, face painting, and a healthy snack.

Additional tickets for the giant bouncer and carnival games can be purchased for \$1.00

**Sunday, February 16<sup>th</sup> – Free Public Skating**

When: 12:00 – 12:50pm at Windsor Exhibition Arena





**March Break Activities** – We will not be running a March Break Day Camp this year but please plan to join us for some special activities designed to keep kids active over the break. Details will come out a later date. Stay tuned.





### **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 - \$116.00      Room 1, 3 or 5 - \$91.00

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 - \$63.00      Room 1, 3, or 5 - \$53.00

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.



## **Skating at the Windsor Exhibition Arena!**

Grab your skates and your helmet enjoy a variety of skates provided at our local arena. Helmets are mandatory! We have a variety of sizes on site to loan as needed.

### **Parent and Tot Skates**

When: Monday, Wednesday, Friday

Time: 1:00 – 1:45pm

Cost: \$2.00 per person, preschoolers are free!

### **Senior Skates**

When: Monday, Wednesday, Friday

Time: 1:45 – 2:30pm

Cost: \$2.00 per person

### **Public Skates**

When: Wednesday 12:00noon to 1:00pm

Saturday 9:00 -9:50am

Sunday 12:00 noon to 12:50pm

Cost: \$2.00 per person, preschoolers are free!





## Free Holiday Skates at Windsor Arena!

**Helmets are mandatory! There are helmets on site for loan as needed.**

Saturday, December 21	9:00 –9:50am
Sunday, December 22	12:00 noon – 12:50pm
Monday, December 23	12:00 noon – 12:50pm
Tuesday, December 24	12:00noon – 12:50pm
Saturday, December 28	9:00 am – 9:50am
Sunday, December 29	12:00 noon – 2:00pm
Saturday, December 29	9:00 –9:50am
Monday, December 30	12:00 noon – 12:50pm
Tuesday, December 31	12:00 noon – 12:50pm
Wednesday, January 1	12:00 noon – 12:50pm
Thursday, January 2	12:00 noon – 12:50pm
Friday, January 3	12:00 noon – 12:50pm
Saturday, January 4	9:00 – 9:50am
Sunday January 5	12:00noon – 12:50pm

These skates are made possible through the NS government Active Communities Fund.





**Free Holiday Skates at Newport Arena!**

**Helmets are mandatory! There are helmets on site for loan as needed.**

Friday, December 27	2:00 -2:50pm
Saturday, December 28	12:30 – 1:20pm
Sunday, December 29	3:30 -4:30pm
Wednesday, January 1	3:00 – 3:50pm