

2024 WINTER RECREATION & AQUATICS



**PORT
HAWKESBURY**

Opportunities Await

TOWNOFPORTHAWKESBURY.CA

902-625-2594 · 902-625-2591 

WINTER RECREATION PROGRAMS AND EVENTS

To register for any of the listed programs please visit www.townofporthawkesbury.ca/recreation and click on the link sign up/sign in.

Registration will begin Monday, January 22 at 10:00am
For more information email cgillis@townofph.ca

MUSIC PROGRAMS

Sundays from February 18–May 5

(February 18, March 10 & 24, April 14 & 28, May 5)

Instructed by: Krista Luddington

Music Through Play: 10:00–10:30am · Fee: \$100 per person

Beginner Guitar: 10:45–11:15am · Fee: \$100 per person

Intermediate Guitar: 11:30–12:30pm · Fee: \$125 per person



MUSIC THROUGH PLAY

This program is designed to introduce infants and toddlers to music through a fun, interactive curriculum. Exposing babies and toddlers to music education in early childhood has many benefits including:

- Improvement of fine motor skills and coordination
- Improved language development
- Improved focus & memory
- Create little learners
- Improvement in fundamental math skills
- Developing forms of expression

With brand new equipment to support a hands-on approach in learning music fundamentals, the program is open to ages 0–4 years, and is a half-hour session that involves singing, dancing/movement, experimenting with instruments, and more.

BEGINNER GUITAR

No matter your age, if you have always wanted to learn how to play guitar (or have a child who shows a keen interest in learning), this class is for you! Learn the basic chords, and by the end of the 6-week session, you'll have a song or two under your belt so you can join in on the fun at the next house party!

INTERMEDIATE GUITAR

If you've been playing guitar for a while, you know your basic chords and you want to become an even better player – joining the Intermediate Guitar Winter Session is a great place to start! Improve your guitar skills by learning different strum patterns, chords and songs to add to your repertoire.

SMALL ROOTS – SENSORY PLAY SESSIONS

MESSY PLAY (AGES 6 MONTHS–2 YEARS)

· Sensory Messy Play provides babies and toddlers with an exciting tactile and sensory experience that inspires their curiosity, allows them to explore the world around them and enhances their learning and development

· The sessions will have baby safe friendly materials, textures and areas. There will be about 4 different areas where your baby can explore, these are open exploratory areas where your baby can take the lead and let you know what they are curious about or not and move on to another area. It is so much fun observing these young explorers engage, play, discover and learn about the environment.

· Time for the babies to get messy with their parents/ caregivers and leave the mess behind!

Wednesdays for 6 weeks beginning February 7

11:00 am – 12:00 noon

Port Hawkesbury Civic Centre

Lead by: Small Roots Antigonish

Fee: \$60 per person



LITTLE EXPLORERS (AGES 2–4)

· The sessions will have different areas such as a messy play area, construction area, small world area and an art area. It will be fun watching these young explorers engage, play, discover and learn about the environment.

· Each week will have a theme to reflect children's interests, abilities, and seasons/holidays during that month

Wednesdays for 6 weeks

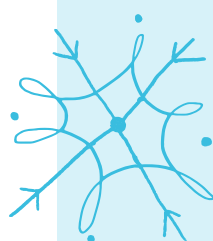
beginning February 7

9:00 – 10:00am

Port Hawkesbury Civic Centre

Lead by: Small Roots Antigonish

Fee: \$60 per person



YOUTH LEARN TO SKATE

Mondays beginning February 5th for 6 weeks

Port Hawkesbury Civic Centre · Ages 5 – 10

Instructed by: Beth Chiasson

4:00pm – 5:00pm

Fee – \$65 per person



LEARN TO PLAY HOCKEY

Fridays beginning February 9 for 6 weeks

Port Hawkesbury Civic Centre

Ages : 4-8 and 8-12

Instructed by: Beth Chiasson

4:00pm – 5:00pm · Fee – \$65 per person



YOUTH BASKETBALL SKILLS

Sundays beginning February 4th

SAERC Gym · Grades 3-6 · 1:00 – 2:00pm

Instructed by: Meaghan Woolsey

Fee: \$30 per person



WATER AWARENESS AND BASIC SWIMMING SKILLS FOR INDIVIDUALS WITH AUTISM SPECTRUM DISORDER

8 weeks beginning Tuesday, January 30th

Strait Area Pool · Time: 4:30-5:00pm

Fee: \$70 per person



LEARN TO SKATE FOR INDIVIDUALS WITH AUTISM SPECTRUM DISORDER

Beginning Sunday Feb 11th for 6 weeks

Time: 6:00 – 7:00pm

Fee: \$30 per person

CRAFT DAY

On Saturday January 27, come join us for a fun, creative session where you will be able to learn how to make your own bag, and later decorate them as you please. We will provide the materials and instructions to felt and paint on these bags as you desire.

Lead By: Jill Kennedy, Aurora Eager & Victor Agara

Ages: 18+ · 1:00 -4:00pm · Fee: \$25 per participant

Location: Port Hawkesbury Civic Centre

FRIEND/COUPLE PAINTING

Bring a partner for a fun painting session where we will be switching canvases every few minutes to make a new masterpiece.

Lead By: Aurora Eager · Ages: 18+ · Fee: \$25 per pair

Date: Friday, February 9 · 7:00-8:30pm

Location: Port Hawkesbury Civic Centre

PORT HAWKESBURY MULTISPORT

All sessions will be facilitated by recreation program leaders and/or community sport organizations. Each lesson focuses on developing physical literacy through skill development and fun, setting the groundwork for a love of sport and an “I can play anything!” attitude.

Ages: 4 – 6 years · Fee: \$50.00 per person

Schedule (Sundays):

SKATING: Feb 25, March 3 and 24

5:00pm – 6:00pm: Port Hawkesbury Civic Centre

BASKETBALL: April 7, 14 & 21

4:00pm – 5:00pm: SAERC Gym

SOCCER: April 28, May 5 and 12

4:00pm – 5:00pm: SAERC Gym

BASEBALL: May 19, June 2 & 9

4:00pm – 5:00pm: SAERC Gym



CHAIR YOGA

Tuesdays for 6 weeks beginning February 6th

11:00am – 12:00pm · Instructed by Mary MacKay

Port Hawkesbury Civic Centre · \$25 per person

WELLNESS MORNING WORKSHOP

Saturday, February 3rd · 10:00am – 12:00pm

Enjoy a morning of movement relaxation and positive mind reset. Wellness morning workshop incorporates self care tips, gentle exercise and stretching and finishes with a positive mindset guided meditation. Start heart month on the right foot – recommit to taking care of you.

Lead by: Jennifer MacDonnell · \$10 per person

Location: Port Hawkesbury Civic Centre

ADULT PAINT NIGHT

Step-by-step instruction provided. Beginners welcome! Instructed by: Patti David

Fee: \$25 per person (all supplies included)

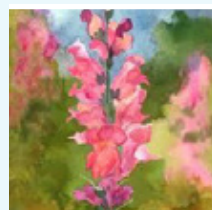


WEDNESDAY, JANUARY 31

Port Hawkesbury Civic Centre
Arts and Crafts Room
6:30-8:30pm

THURSDAY, FEBRUARY 15

Port Hawkesbury Civic Centre
Arts and Crafts Room
6:30-8:30pm



THURSDAY, MARCH 21

Port Hawkesbury Civic Centre
Arts and Crafts Room
6:30-8:30pm

ADULT BASKETBALL

Ages 18 and up

Monday and Thursday Evenings at the SAERC Gym

Time: 7:00pm – 9:00pm · Fee: Free

For more information please contact:

dylan_macdonald_399@hotmail.com

ADULT PICKLEBALL

Wednesday & Friday Evenings at the SAERC Gym

Time: 7:00pm – 9:00pm · Fee: Free

To register please visit www.playtimescheduler.ca.

For more information please contact:

boudreau.gelas@ns.sympatico.ca

ADULT DROP-IN CO-ED SOCCER

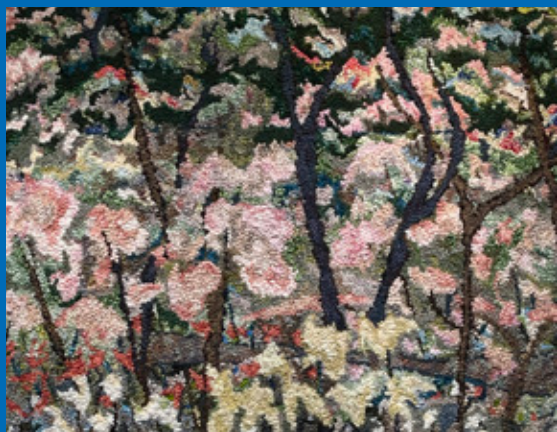
Tuesday Evenings at the SAERC Gym

Time: 7:00–8:30pm · Fee: Free

For more information please contact:

porthawkesburyrecsoccer@gmail.com

J. FRANKLIN WRIGHT ART GALLERY



FINDING YOUR WAY THROUGH THE DEEP

January 18
to March 12

J. Franklin Wright Gallery

Port Hawkesbury Civic Centre
606 Reeves Street, Port Hawkesbury

Contact information: (902) 302-3584
paulam306@icloud.com

Deanne
Fitzpatrick
Studio

Arts
NOVA SCOTIA
NOUVELLE-ÉCOSSE

Deanne Fitzpatrick

hookingrugs.com

FREE S'MORES NIGHT TRAIL HIKE

Saturday, February 24th

Registration: 4:30pm and hike begins at 5:00pm.

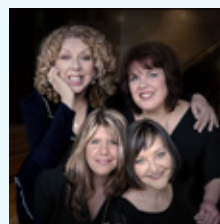
Enjoy a 2 km hike, bon fire, treats and hot chocolate on the Maple Trail. Parking is available at the Port Hawkesbury Leaf and Yard Waste Site on Crandall Road. A participant draw will take place at 5:00pm.

ST. PATRICK'S DAY WEEKEND PUB NIGHT AND DANCE

FEATURING HIGH SOCIETY AND THE PRIVATEERS

Friday, March 15 · 8:00pm

Port Hawkesbury Civic Centre



ISLAND GIRLS

Sunday, April 7

SAERC Auditorium

THE FABULOUSLY RICH: THE TRAGICALLY HIP TRIBUTE

Friday, April 26

8:00pm

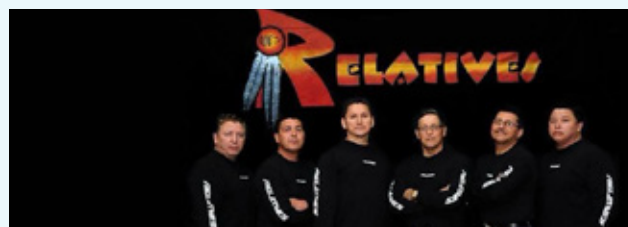
Port Hawkesbury Civic Centre



THE RELATIVES

Saturday, May 11 · 9:00pm–1:00am

Port Hawkesbury Civic Centre



FOR MORE INFORMATION OR TO PURCHASE TICKETS
PLEASE VISIT PHCIVIC.COM OR CALL 902-625-2591

AN EVENING IN VENEZUELA!

January 26 · 6:30pm · Port Hawkesbury Civic Centre

Your host, Manuel, will teach you how to prepare a delicious Venezuelan meal while you hear the music and learn more about the country, culture and people.

\$30 per adult · Host: Manuel Barroeta

Space is limited. To register please visit:

townofporthawkesbury.ca/recreation



MEMBERSHIPS

INCLUDES LANE AND PUBLIC SWIMS

	Senior/Student	Adult	Family
1 Month	\$40.00	\$75.00	\$180.00
3 Months	\$70.00	\$115.00	\$210.00
6 Months	\$105.00	\$155.00	\$365.00
Full Season	\$155.00	\$265.00	\$645.00

BIRTHDAY PARTIES

There are limited times available for birthday parties on Saturdays and Sundays. The Inflatable Obstacle Course is available for parties one Sunday per month. Please call 902-625-2594 for more information.

PARTY RATES:

Less than 20 people - \$125

More than 20 people - \$150

Inflatable Obstacle Course Party - \$225

FOR ALL OTHER POOL INQUIRIES, PLEASE CALL 902-625-2594

PUBLIC SWIM FEES

5 years and under: Free

Adult: \$7

Students & Seniors: \$6

Family: \$20

Parent and Tot: \$7

Lane Swim: \$7

PUBLIC SKATE SCHEDULE

CSA Helmets are required for any on ice activity

PARENT AND TOT SKATING

Monday - Friday: 10:00am - 11:00am

Fee: \$2

SENIOR/ADULT SKATING

Monday - Friday: 12:00pm - 2:00pm

Fee: \$3

AFTER SCHOOL SKATING

Monday, Wednesday and Friday

Fee: \$1

Please note that last minute changes may occur.

Please check our website at www.phcivic.com or Facebook page (phcivic) for any ice time or scheduling changes.



FREE SNOWSHOE LOAN PROGRAM

The Town of Port Hawkesbury has a limited number of snowshoes available to borrow. For more information or to book snowshoes please email recreation@townofph.ca



2024 STRAIT AREA POOL SWIMMING LESSONS & HEALTHY LIFESTYLE

PROGRAM Once a week for 9 weeks	TUESDAYS January 30 – April 2	WEDNESDAYS January 31 – April 3	THURSDAYS February 1 – April 4	FRIDAYS February 2 – April 5	SATURDAYS February 3 – April 6
Parent and Tot 1				3:00 – 3:30 pm	
Parent and Tot 2			3:00 – 3:30 pm		
Parent and Tot 1 & 2			9:30 – 10:00 am	3:00 – 3:30 pm	
Parent and Tot 3			6:00 – 6:30 pm	3:00 – 3:30 pm	
Preschool 1	5:00 – 5:30 pm		5:00 – 5:30 pm	4:30 – 5:00 pm	
Preschool 2		5:30 – 6:00 pm	4:30 – 5:00 pm	3:00 – 3:30 pm	
Preschool 1 & 2					10:30 – 11:00 am
Preschool 3	6:00 – 6:30 pm		5:30 – 6:00 pm / 6:00–6:30pm	3:30 – 4:00 pm	
Preschool 4*	completion of Preschool 3 is a prerequisite for enrollment*		6:30 – 7:00 pm	6:30 – 7:00 pm	11:30 – 12:00 noon
Preschool 5*	completion of Preschool 4 is a prerequisite for enrollment*		5:00 – 5:30 pm	5:00 – 5:30 pm	
Swimmer 1	5:30 – 6:00 pm	5:00 – 5:30 pm	3:00 – 3:30 pm	4:00 – 4:30 pm	9:00 – 9:30 am
Swimmer 2	3:00 – 3:30 pm		3:30 – 4:00 pm / 5:30 – 6:00 pm	4:30 – 5:00 pm	10:00 – 10:30 am
Swimmer 3	3:30 – 4:30 pm	4:00 – 5:00 pm	3:00 – 4:00 pm	3:30 – 4:30 pm	11:00 – 12:00 noon
Swimmer 4	4:00 – 5:00 pm		4:00 – 5:00 pm / 4:30 – 5:30 pm	4:30 – 5:30 pm	9:30 – 10:30 am
Swimmer 5		3:00 – 4:00 pm	3:30 – 4:30 pm	3:30 – 4:30 pm	9:00 – 10:00 am
Swimmer 6			4:00 – 5:00 pm	5:30 – 6:30 pm	
Rookie Patrol Level 7		4:00 – 5:00 pm		5:00 – 6:00 pm	
Ranger Patrol Level 8	3:00 – 4:00 pm		3:00 – 4:00 pm		10:30 – 11:30 am
Star Patrol Level 9				5:30 – 6:30 pm	
Stroke Improvement	4:30 – 5:00 pm		4:00 – 4:30 pm		
Aqua Teen 1		3:00 – 4:00 pm			
Adult 1		11:00 – 12:00 noon			

**REGISTRATION BEGINS:
MONDAY JANUARY 22 @ 10AM**
www.townofporthawkesbury.ca/recreation

Parent and Tot 1, 2, 3 3 months to 3 years	\$65
Preschool 1, 2, 3, 4, 5 3 to 5 years	\$80
Swimmer 1, 2 5 to 12 years	\$90
Swimmer 3, 4, 5, 6 5 to 12 years	\$95
Rookie, Ranger, Star Patrol	\$100
Adult 1 (Beginner)	\$90
Aqua Teen	\$90
Stroke Improvement	\$95

Classes will not run with less than 3 registered participants. All programs and schedules are weather permitting and are subject to change. Please check our website at: www.townofporthawkesbury.ca, our Facebook page: www.facebook.com/TownOfPortHawkesbury, or call our reception desk: 902-625-2594 for schedule confirmation.

In the event of a cancellation for any reason, make up classes will be conducted where possible. Refunds will only be given with a medical note.



WATER EXERCISE: \$7 DROP-IN RATE

Exercise against the resistant of the water. This workout is refreshing and enjoyable.

DAYTIME: Time: Tuesdays & Thursdays 11:00 – 12:00noon

EVENING: Time: Tuesdays & Fridays 6:30 – 7:30pm

Classes begin January 16, 2024

WATER FITNESS: \$7 DROP-IN RATE

This program is designed for those who have arthritis, back ailments or just starting back into a fitness program.

Tuesdays & Thursdays 1:00 – 2:00pm

Classes begin January 16, 2024

WATER EXERCISE/FITNESS RATES

SENIOR: 55 years and older

Punch card (10 pass): \$55.00 · Punch card (20 pass): \$90.00

ADULT: Less than 55 years old

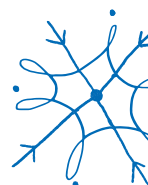
Punch card (10 pass): \$65.00 · Punch card (20 pass): \$115.00

STROKE IMPROVEMENT

This class will focus on stroke mechanic improvement for swimmer 3–6 levels.

AQUA TEEN Ages 12–15 (Beginner swimmer)

ADULT 1 Beginner to novice adult swimmers



SWIM SCHEDULE

BEGINNING JANUARY 28, 2024



TUESDAY

11:00am-12:00noon	Water Exercise
12:00noon-1:00pm	Public Swim
1:00pm-2:00pm	Water Fitness
2:00pm-3:00pm	Senior Swim/Lane Swim
3:00pm-4:00pm	After School Swim (\$3)
6:30pm-7:30pm	Water Exercise
7:30pm-8:30pm	Moonlight Dip/Lane Swim

WEDNESDAY

11:00am-12:00noon	Pre-School Swim/Lane Swim
12:00noon-1:00pm	Public Swim
1:00pm-2:00pm	Senior Swim
2:00pm-3:00pm	Lane Swim
3:00pm-4:00pm	After School Swim (\$3)
7:00pm-8:00pm	Public Swim

THURSDAY

10:00am-11:00am	Pre-School Swim
11:00am-12:00noon	Water Exercise
12:00noon-1:00pm	Public Swim
1:00pm-2:00pm	Water Fitness
2:00pm-3:00pm	Lane Swim
7:00pm-8:00pm	Lane Swim/Public Swim

FRIDAY

11:00am-12:00noon	Preschool Swim
12:00noon-1:00pm	Public Swim
1:00pm-2:00pm	Senior Swim
2:00pm-3:00pm	Lane Swim
6:30pm-7:30pm	Water Exercise
7:30pm-8:30pm	Public Swim

SATURDAY

12:00noon-1:00pm	Public Swim
------------------	-------------

SUNDAY

12:00noon-1:00pm	Public Swim*
------------------	--------------

The following Sundays will have the Inflatable Obstacle Course at the Public Swim:

January 28 · February 25 · March 31

Children under 12 years old must be accompanied by an adult.
Children 5 years and younger must have an adult in the water at all times.

Pool/Inquiries: 902-625-2594