

2024 SPRING RECREATION & AQUATICS



PORT
HAWKESBURY

Opportunities Await

TOWNOFPORTHAWKESBURY.CA

902-625-2594 · 902-625-2591 

SPRING RECREATION PROGRAMS & EVENTS

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

Registration will begin Tuesday, April 9th at 10:00 am

Tumble, Jump, Play

**8 classes Mondays at SAERC Gym
April 22 – June 17 (no class May 20)
5:00pm – 5:45pm
Ages 3–5 (maximum 15 participants)
Fee: \$70 per person**

Coaches: Natalie Stevens, Madi Brown & Raely Brown
An introductory program for basic movement in a fun, safe, inclusive environment. It focuses on fundamental movement skills that support healthy growth and development through play-based guided instruction. Physical activity in a supportive environment helps a child learn how to maneuver their body and be creative while developing social skills and self-esteem.

Tumble Skills

**8 classes Mondays at SAERC Gym
April 15 – June 10 (no class May 20)
6:00pm – 7:00pm
Ages 6–12 (maximum 15 participants)
Fee: \$75 per person**

Coaches: Natalie Stevens, Madi Brown & Raely Brown
Coaches will introduce participants to a variety of tumbling skills such as handstands, forward and backward rolls, cartwheels and round offs, front and back walkovers; progressing towards handsprings and tucks for the more advanced level tumbler.

HipHop Dance

**8 classes – April 15–June 10 (no class May 20)
Location: Port Hawkesbury Civic Centre
7:30pm–8:30pm · Ages 13+
Fee: \$80 per person**

Coaches: Natalie Stevens, Madi Brown and Raely Brown
HipHop dance is a popular and energetic dance style that involves combination of fast-paced footwork, body movements and freestyle improvisation. Our instructors will teach a short routine breaking down the basics of hip hop dancing, teach how to count and move to the rhythm of the music and teach the essential hip hop dance moves. The participants will showcase their dance routine on their last lesson.

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!

**Mondays for 6 weeks beginning May 6 · 9:00– 10:00am
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.

**Mondays for 6 weeks beginning May 6 · 10:30–11:30am
Port Hawkesbury Civic Centre
Lead by: Small Roots Antigonish · Fee: \$60 per person**



Registration for Strait Area Minor Baseball's summer season will open in April.

For more information please contact 902-631-4723 or email shane.richards@martinmarietta.com or 902-623-0015 or email jaucoin@townofph.ca

Registration for the Strait Area Soccer Club's summer season will open in April.

For more information, visit their Facebook page at facebook.com/StraitAreaSoccerClub or connect by email at straitareasoccerclub@gmail.com



MEET - SHARE - LEARN

AGES 7-11

Lead by: Nolan MacNeil

When kids learn to code and create their own games, they are the creators, rather than just the user of someone else's creation. It is an excellent skill for technology loving kids that requires problem solving, multitasking, creativity, and storytelling.



LEVEL 1

Hour of Code & Scratch For Beginners

Once they've taken this class, students will be able to use their Scratch account and the knowledge that they've gained to continue making their own creations, even after class has ended.

They will learn the basics of Scratch such as:

- What is a Sprite?
- How to make your character move side to side
- How to make your character jump
- How to change the background of your game
- How to add music and sound effects

Prerequisite: None · Fee: \$20

Mondays - April 22nd & 29th · 4:00pm-5:45pm

Location: SAERC Room 356

LEVEL 2

Video Game Coding Club

Students will build upon concepts introduced in Code Academy Level 1, including variables, operators and events. They will learn more in depth development of messages, controls & effects for their Sprites.

Prerequisite: Completion of Code Academy Level 1

Fridays - May 10th, 17th & 24th

4:00pm-5:30pm · Fee: \$30

Location: SAERC Room 356

LEVEL 3

Sound & Game Design

Students will be introduced to extensions and guided through the process of developing their dream game with tips and tricks to improve the coding scripts.

Prerequisite: Completion of Code Academy Level 2

Fridays - May 31st, June 7th & 14th

4:00pm-5:30pm · Fee: \$30

Location: SAERC Room 356

Chair Yoga

Tuesdays and Thursday for 6 weeks beginning April 23rd

11:00am-12:00pm

Instructed by Mary MacKay

Port Hawkesbury Civic Centre

\$40 per person

Stepperoff' A Size

Stepperoff' A Size is an exercise program that was created using traditional Cape Breton step dancing. It is a series of repetitive routines that are easy to catch on to. You won't even realize you're exercising! It works for everyone as you can make it as easy or as difficult as you like. And the music is so motivating you won't want to stop!

Wednesdays for 6 weeks beginning May 8th

6:00pm-7:00pm

Port Hawkesbury Civic Centre

Lead by: Cheryl MacQuarrie

\$60 per person

Sourdough Basics Beginner Workshop

This full day workshop gives you the knowledge and the skills needed to make sourdough bread at home with your very own starter. Participants are asked to bring an apron, medium sized mixing bowl and a mason jar/ container for your sour dough starter.

Saturday June 1st

9:00am-2:00pm

Port Hawkesbury Civic Centre

\$100 per person

Lead by Yvonne Boudreau

Coffee and tea provided



Port Hawkesbury Market

It's more than a market, it's a gathering. Live Music, Spring rolls, Honey, Pickles, Bread, Jewelry, Flowers, Wooden, Felted, Engraved, Knitted, Crocheted Items, etc.

11:00am-2:00pm

Port Hawkesbury Civic Centre

April 14, May 5 & June 30

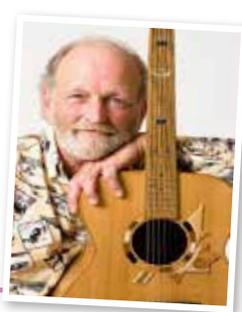
For more information please contact:

porthawkesburymarket@gmail.com



Valdy 2024 Tour

Saturday, April 13th
7:30pm
Port Hawkesbury Civic Centre



The Fabulously Rich: The Tragically Hip Tribute

Friday, April 26th
8:00pm
Port Hawkesbury Civic Centre



The Relatives

Fundraiser for the Port
Hawkesbury All Wheels Park
Saturday, May 11th • 9:00pm
Port Hawkesbury Civic Centre



Small of my Heart Songwriters Circle

Sunday, May 26th • 7:30pm
Port Hawkesbury Civic Centre
For more information or to purchase tickets
please visit www.phcivic.com or call 902-625-2591



J. Franklin Wright Art Gallery

Michael Gerhartz is a competition winning and published photographer from the Dundee area of Nova Scotia; he specializes in wildlife photography and landscape photography of the Canadian Tundra, the Rocky Mountains and the local underwater world. His images have recently been featured in Canadian Geographic magazine, and, currently, three of his images are in consideration for the top fifty of the international photographer of the year award.

Michael Gerhartz's exhibition will open at the J. Franklin Wright Art Gallery on Thursday, March 28th, 2024 with a reception at 7:00 p.m. and will run to Monday April 29th, 2024.

Adult Paint Night Events

Step-by-step instruction provided. Beginners welcome!
Instructed by: Patti David
Fee: \$25 per person (all supplies included)



Thursday, April 25th
Port Hawkesbury Civic Centre
Arts and Crafts Room
6:30-8:30pm

Thursday, May 23rd
Port Hawkesbury Civic Centre
Arts and Crafts Room
6:30-8:30pm



Thursday, June 20th
Port Hawkesbury Civic Centre
Arts and Crafts Room
6:30-8:30pm

Stitchery Drop In

Calling all knitters, crocheters, sewists, embroiderers, rug hookers, and anyone who loves crafting with fabric and fibers!

Join us at the Arts and Crafts Room at the Port Hawkesbury Civic Centre from 1:00-3:00 p.m. on April 16, April 30, May 14, May 28, June 11 and June 25 for our "fiber arts" afternoons.

These sessions are perfect for crafters who are looking for a space to work on projects, to share ideas, or just to have some company while getting creative. This group is free to attend, but you'll need to bring your own supplies and all accessories for your craft.

Although these meetings are not lessons, participants are encouraged to share their knowledge. So, bring your current project and join this drop-in opportunity to learn and to share our collective skills.



Residential Curbside Clean-Up

Monday, May 13th – There will be ONLY ONE COLLECTION per residence during the week of May 13-17, 2024.

DO NOT place material curbside before Monday, May 6th in accordance with Section 8.0 of the Solid Waste Management By-law. Residents may be subject to penalty.

Community Litter Clean-Up Contest

Calling all groups, organizations, and individuals! We challenge you to gather some friends, co-workers, teammates, etc to clean an area of the Town between May 1st and June 1st. Stop by the Port Hawkesbury Civic Centre to pick up some bags, gloves and a treat.

Send a photo of yourself and/or your group to recreation@townofph.ca for a chance to win a prize.

Adult Basketball

Ages 18 and up · Monday and Thursday Evenings at the SAERC Gym · 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 7:00pm-9:00pm · Fee: Free

To register please visit www.playtimescheduler.com
For more information please contact: boudreau.gelas@ns.sympatico.ca

Adult Drop-In Co-Ed Soccer

Tuesday Evenings at the SAERC Gym 7:00pm-8:30pm · Fee: Free

For more information please contact: porthawkesburyrecsoccer@gmail.com



MEMBERSHIPS

INCLUDES LANE AND PUBLIC SWIMS

	Senior/Student	Adult	Family
1 Month	\$50	\$95	\$200
3 Months	\$85	\$140	\$250

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 - \$150

More than 20 people - \$175

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



FEIS 2024 PRESENTS...

Pages & Prose

A FABULOUS FRIDAY-NIGHT-OUT FOR LITERACY

LORNE ELLIOTT

JANE DOUCET

YOUR FABULOUS, READING-INSPIRED EVENING INCLUDES:

- HOT TURKEY DINNER WITH ALL THE TRIMMINGS (VEGETARIAN / VEGAN OPTIONS AVAILABLE)
- CASH BAR
- SILENT AUCTION WITH AMAZING ITEMS
- BOOK READINGS BY AUTHORS JANE DOUCET & LORNE ELLIOTT, INCLUDING BOOK SIGNINGS
- 50/50 DRAW SO YOU CAN TRY YOUR LUCK!
- BOOKS FOR SALE

FRIDAY, APRIL 19
BEAR HEAD ROOM, PORT HAWKESBURY CIVIC CENTRE
DOORS OPEN AT 6PM - DINNER AT 6:30PM

TICKETS \$45
AVAILABLE AT THE PORT HAWKESBURY CIVIC CENTRE BOX OFFICE
TEL: 902-625-2591

THANKS TO OUR SPONSORS!

2024 STRAIT AREA POOL SWIMMING LESSONS & HEALTHY LIFESTYLE

PROGRAM Once a week for 9 weeks	TUESDAYS April 23-June 18	THURSDAYS April 25-June 20	FRIDAYS April 26-June 21	SATURDAYS April 27-June 22
Parent and Tot 1		9:30 - 10:00am	4:00 - 4:30pm	NA
Parent and Tot 2		9:30 - 10:00am		10:00 - 10:30am
Parent and Tot 3	4:30 - 5:00pm			10:30 - 11:00am
Preschool 1	5:30 - 6:00pm	5:30 - 6:00pm	3:00 - 3:30pm	11:00 - 11:30am
Preschool 2	6:00 - 6:30pm		5:30 - 6:00pm	11:30 - 12:00noon
Preschool 3	6:30 - 7:00pm	4:00 - 4:30pm	6:00 - 6:30pm	9:00 - 9:30am
Preschool 4	6:30 - 7:00pm	4:30 - 5:00 pm	3:00 - 3:30pm	11:30 - 12:00noon
Preschool 5			5:00 - 5:30pm or 6:30 - 7:00pm	9:00 - 9:30am
Swimmer 1	5:30 - 6:00pm or 6:00 - 6:30pm	6:00 - 6:30pm	3:30 - 4:00pm or 4:00 - 4:30pm or 5:30 - 6:00pm	9:30 - 10:00am or 11:00 - 11:30am
Swimmer 2	4:00 - 4:30pm or 5:00 - 5:30pm	5:00 - 5:30pm or 6:30 - 7:00pm	4:30 - 5:00pm or 6:00 - 6:30pm or 6:30 - 7:00pm	10:30 - 11:00am
Swimmer 3	3:30 - 4:30pm or 4:30 - 5:30pm	3:00 - 4:00pm	3:00 - 4:00pm or 4:30 - 5:30pm	9:30 - 10:30am
Swimmer 4	3:00 - 4:00pm	3:00 - 4:00pm	5:00 - 6:00pm	10:00 - 11:00am
Swimmer 5	3:00 - 4:00pm		4:00 - 5:00pm	11:00 - 12:00noon
Swimmer 6	4:00 - 5:00pm		3:30 - 4:30pm	NA
Rookie Patrol Level 7		4:00 - 5:00pm	6:00 - 7:00pm	NA
Ranger Patrol Level 8	NA		4:30 - 5:30pm	NA
Star Patrol Level 9	NA	NA	6:00 - 7:00pm	NA
Adult 1 (Beginner)				9:00 - 10:00am
Just for Kicks! (Intermediate Adult Lesson)		7:00 - 8:00pm		
Water Awareness and Basic Swimming Skills for individuals with Autism Spectrum Disorder	4:30 - 5:00pm			

REGISTRATION BEGINS TUESDAY APRIL 9
www.townofporthawkesbury.ca/recreation

Parent and Tot 1, 2, 3 3 months to 3 years	\$70
Preschool 1, 2, 3, 4, 5 3 to 5 years	\$85
Swimmer 1, 2 5 to 12 years	\$95
Swimmer 3, 4, 5, 6 5 to 12 years	\$100
Rookie, Ranger, Star Patrol	\$105
Adult 1 (Beginner)	\$100
Just for Kicks! (Intermediate Adult Lesson)	\$100
Water Awareness and Basic Swimming Skills for individuals with Autism Spectrum Disorder	\$70

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: \$8 drop-in rate

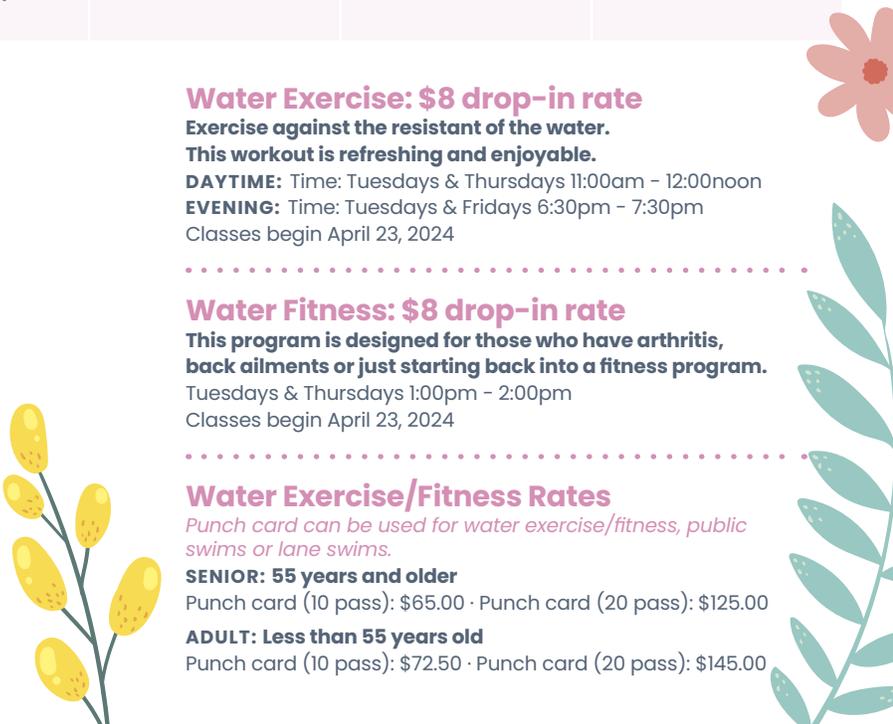
Exercise against the resistant of the water. This workout is refreshing and enjoyable.
DAYTIME: Time: Tuesdays & Thursdays 11:00am - 12:00noon
EVENING: Time: Tuesdays & Fridays 6:30pm - 7:30pm
 Classes begin April 23, 2024

Water Fitness: \$8 drop-in rate

This program is designed for those who have arthritis, back ailments or just starting back into a fitness program.
 Tuesdays & Thursdays 1:00pm - 2:00pm
 Classes begin April 23, 2024

Water Exercise/Fitness Rates

Punch card can be used for water exercise/fitness, public swims or lane swims.
SENIOR: 55 years and older
 Punch card (10 pass): \$65.00 · Punch card (20 pass): \$125.00
ADULT: Less than 55 years old
 Punch card (10 pass): \$72.50 · Punch card (20 pass): \$145.00



Pool Schedule

BEGINNING MONDAY APRIL 22, 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	Preschool 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)
6:30pm-7:30pm	Lane Swim
7:30pm-8:30pm	Public Swim

THURSDAY

10:00am-11:00am	Preschool 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	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

10:00am-11:00am	Adult Swim (shared pool)
12:00noon-1:00pm	Public Swim

SUNDAY

12:00noon-1:00pm	Public Swim*
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The following Sundays will have the Inflatable Obstacle Course at the Public Swim:

April 28 · May 26 · June 30

(please register to guarantee a spot, as space is limited)

**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

