

2025 SPRING RECREATION & AQUATICS

PORT
HAWKESBURY
Opportunities Await



TOWNOFPORTHAWKESBURY.CA
902-625-2594 • 902-625-2591
recreation@townofph.ca



SPRING RECREATION PROGRAMS & EVENTS 2025

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 1st at 10:00 am

For more information please email: recreation@townofph.ca

Tumble, Jump, Play

6 classes Sundays

at Port Hawkesbury Civic Centre Arena

April 27th - June 8th (no class May 18)

12:30 - 1:15pm or 1:30 - 2:15pm

Ages 3-5

Fee: \$50 per person

Lead by: Natalie Stevens with Fusion Athletics

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.



Hip Hop Dance Classes

Wednesdays for 6 weeks

beginning April 30th

Port Hawkesbury Civic Centre

Lead by: Charlotte Wiebe

Fee: \$50 per person

Hip hop dance is based off hip hop music. In this class we will learn the introductory basics to hip hop dancing and break dancing."

Ages 4 - 7 years: 7:00 - 7:30pm

Ages 7 - 12 years: 7:30 - 8:00pm

Teens: 8:00 - 8:30pm



Tumble Skills

6 classes Sundays at Port Hawkesbury Civic Centre

Arena - April 27th - June 8th (no class May 18)

2:30 - 3:30pm

Ages 6-12

Fee: \$60 per person

Lead by: Natalie Stevens with Fusion Athletics

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.

Ballet Classes

Wednesdays for 6 weeks

beginning April 30th

Port Hawkesbury Civic Centre

Lead by: Charlotte Wiebe

Fee: \$50 per person

Introduction to the basics of recreational ballet. Great way to engage in the basics of ballet technique in a fun environment.

Ages 4 - 7 years:

6:00 - 6:30pm

Ages 8 - 12 years:

6:30 - 7:00pm



Learn to play Racket Sports

(Tennis, Racketball & Pickleball)

Mondays for 6 weeks,

beginning April 28th

(no class on Monday, May 21st)

Location: SAERC Gym

Ages: 7-9 years & 10-12 years

Times: 5-6pm (Ages: 7-9)

& 6-7pm (Ages 10-12)

Fee: \$60.00 for six sessions

Lead by: Scott Goyetche



Chair Yoga

Tuesdays and Thursday for 6 weeks
beginning April 29th
11:00am - 12:00pm
Instructed by Mary MacKay
Port Hawkesbury Civic Centre
\$40 per person



Yoga with Rachel

This class is designed to introduce you to a variety of yoga styles in a welcoming and supportive environment. Whether you are brand new to yoga or looking to deepen your foundation, this class will guide you through fundamental practices with a gentle, mindful approach. There will be modifications offered to suit all fitness levels, helping you feel confident and comfortable throughout the class. Bring your mat, a water bottle, a blanket and a block or strap, if you have one.

Tuesdays for 6 weeks beginning April 22nd
7:00 - 8:00pm
Location: Port Hawkesbury Civic Centre
\$50 per person
Drop in fee - \$10 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 April 30th
6:00 - 7:00pm
Port Hawkesbury Civic Centre
Lead by: Cheryl MacQuarrie
Fee: \$60 per person

Beginner Line Dancing

Tuesdays for 6 weeks
beginning April 29th
6:00 - 7:00pm
Port Hawkesbury Civic Centre
Lead by: Carrie Beaton
Fee: \$60.00 per person



Port Hawkesbury Market

11:00 - 2:00
Port Hawkesbury Civic Centre
April 6th, May 4th, June 1st and 22nd.

For more information please
visit the Port Hawkesbury Market
facebook page.

TEC Playground Fundraising Concert

When: April 5, 2025 at 7:00 p.m.
Where: SAERC Auditorium



Entertainment provided by:

TEC Choir, Celtic Touch Highland Dancers, Steve MacIntyre and Robyn Chisholm, Luke Boudreau, Jordie Martin, Kyle Levesconte, Eastbound (Krista and Jay Luddington), Dara Smith-MacDonald, Adam Young and Brent Chaisson, Dane Pedersen, Isabella Sampson

Emcee: Bob MacEachern

Tickets: \$20 each

Available at the Tamarac Education Centre office
There will be a silent auction and a 50/50 draw

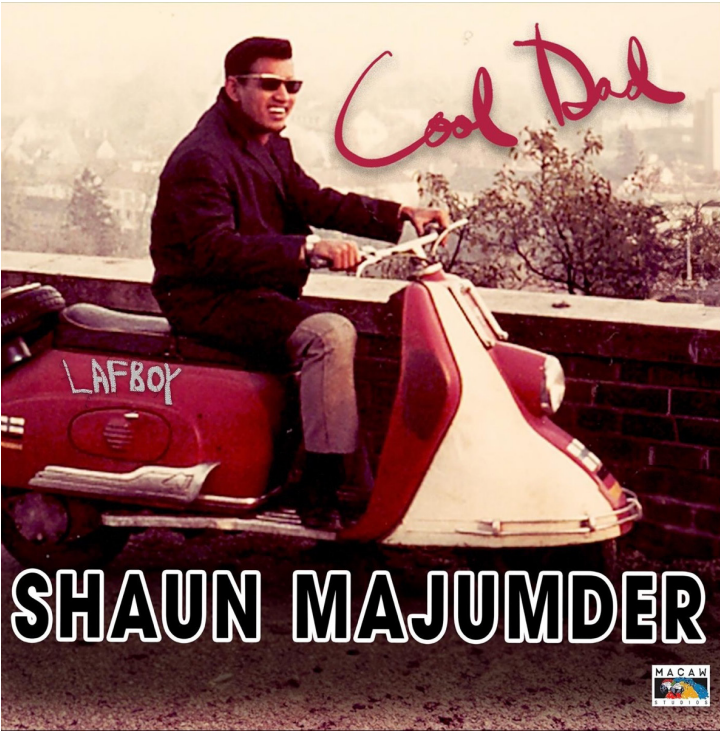
Sourdough Basics (Beginner Workshop)

Sourdough Basics This baking workshop is suitable for all levels of experience, and runs for 5 hours. Learn to make sourdough bread from fermented wild yeast. In this class you will learn the basics of sourdough bread baking, including how to care for your starter, bulk fermentation, shaping, cold proofing and scoring! The goal of this workshop is to review each step of the process with hands on learning and bread sampling. 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, May 24th
9:00am - 2:00pm
Port Hawkesbury Civic Centre
Lead by: Yvonne Boudreau
\$100 per person
Lunch, coffee and tea
will be provided



Shaun Majumder: Cool Dad Tour



Friday, May 2nd
7:30pm
Port Hawkesbury Civic Centre
To purchase tickets visit:
www.tixr.com/groups/pegentertainment

The Fabulously Rich: The Tragically Hip Tribute



Saturday, May 24th
8:00pm
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

Student Art Exhibit
SAERC and Richmond Education Centre Academy
May 10th - June 30th

Residential Curbside Clean-Up

Monday, May 12th, 2025

There will be **ONLY ONE COLLECTION** per residence during the week of **May 12th - 16th, 2025.**

DO NOT place material curbside before Monday, May 5th 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.

Town of Port Hawkesbury 2025 Volunteer Representative of the Year

It's that time of year again when Nova Scotia turns its attention to the efforts of our regional volunteers and their work to build better communities in our province. Each year this spirit is celebrated by the Government of Nova Scotia and the many communities across the province, with the Provincial Volunteer Awards program. This year the volunteers will be honored at the Provincial Volunteer Awards Ceremony in September.



The Town of Port Hawkesbury is asking for nominations of individuals that have not already been a recipient of the award and are a resident of the Town of Port Hawkesbury. The individual's volunteer commitment can be in any field, i.e. service clubs, schools, coach, recreation, health, etc.

For more information or to nominate a volunteer please contact: recreation@townofph.ca

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.

Registration for 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

Adult Basketball

Ages 18 and up
Monday and Thursday Evenings at 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 SAERC Gym
Time: 7:00pm - 9:00pm
Fee: Free
To register please visit
www.playtimescheduler.ca.

Ladies Basketball

Ages 18 and up
Tuesday Evenings at TEC Gym
Time: 7:00pm - 9:00pm
Fee: Free



MEMBERSHIPS

Includes lane and public swims

	Senior/ Student	Adult	Family
Full Season	\$185.00	\$305.00	\$740.00

	Senior/Student	Adult
10 Punch Pass	\$65.00	\$72.50
20 Punch Pass	\$120.00	\$140.00

Includes all swims, water exercise and fitness
For pool inquiries please call 902-625-2594

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

Public Swim Fees

5 years and under..... Free
Students \$7.00
Seniors (Age 55 and older)..... \$7.00
Adult..... \$8.00
Parent and Tot \$8.00
Family \$20.00

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.



STRAIT AREA POOL Spring 2025 Swim Schedule

PROGRAMS Once a week for 9 weeks	Wednesday April 16-June 11	Thursday April 17-June 12	Friday April 25-June 20	Saturday April 19-June 14
Parent and Tot 1		9 - 9:30am		
Parent and Tot 2			5:30 - 6pm	
Parent and Tot 3	5:30 - 6pm			10:30 - 11am
Preschool 1	6 - 6:30pm	5:30 - 6pm	4:30 - 5pm	9 - 9:30am
Preschool 2	5 - 5:30pm	9:30 - 10am	5 - 5:30pm	
Preschool 3	3:30-4pm/ 5 - 5:30pm		4 - 4:30pm/3:30 - 4pm	
Preschool 4* <small>P3 is a prerequisite for P4</small>		6 - 6:30pm		10 - 10:30am
Preschool 5* <small>P4 is a prerequisite for P4</small>	4:30 - 5pm			9:30 - 10am
Swimmer 1	4:30-5pm/ 6 - 6:30pm	6:30 - 7pm	3:30 - 4pm	9 - 9:30pm/11:30 - 12pm
Swimmer 2	5 - 5:45pm	4:30 - 5:15pm	4:30 - 5:15pm/5 - 5:45pm	11 - 11:45am 10 - 10:45am
Swimmer 3	3:30 - 4:30pm		3:30 - 4:30pm/5:30 - 6:30pm	9 - 10am
Swimmer 4	3:30 - 4:30pm		6 - 7pm	9:30 - 10:30am
Swimmer 5			4 - 5pm	10 - 11am
Swimmer 6	4 - 5pm		6:30 - 7:30pm	
Rookie Patrol Level 7				11 - 12pm
Ranger Patrol Level 8			6 - 7pm	
Star Patrol Level 9			6 - 7pm	
Private Lessons (half hour sessions)			4 - 6:30pm	
Swimmer 1 PLUS (ages 8-12)	6:30 - 7pm		6:30 - 7pm	11 - 11:30am
Adult 1 (2 times per week for 4 weeks)	11 - 12pm		11 - 12pm	

Registration begins April 1, 2025 at 10:00am

www.townofporthawkesbury.ca/recreation

Parent and Tot 1,2,3 \$70

Preschool 1,2,3,4,5 \$85

Swimmer 1,2..... \$95

Swimmer 3,4,5,6..... \$100

Rookie, Ranger, Star Patrol \$105

Private Lessons..... \$28.80 each or 3 lessons \$75

Adult 1..... \$100



**Water Awareness and Basic Swimming Skills
for individuals with Autism Spectrum Disorder**

Strait Area Pool - 8 weeks beginning Monday, April 14th

**Time: 4:45-5:15pm
Fee: \$70 per person**

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, <https://www.facebook.com/TownOfPortHawkesbury>, or call our reception desk at 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: Tuesday & Thursday 11:00 - 12:00pm

Evening: Tuesday & Thursday 6:30-7:30pm

Beginning April 15, 2025

Water Exercise: \$8 drop-in rate

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

Daytime: Tuesday & Thursday 1:00 - 2:00pm

Beginning April 15, 2025

Water Exercise/Fitness

Punch card can be used for water exercise/fitness, public swims or lane swims.

Beginning Tuesday April 15, 2025

Senior Rate: (55yrs and older)

Punch card (10 pass) - \$65.00 • Punch card (20 pass) - \$120.00

Adult Rate: (Less than 55yrs old)

Punch card (10 pass) - \$75.50 • Punch card (20 pass) - \$140.00

POOL Schedule

Beginning Sunday April 13



TUESDAY

11:00-12:00	Water Exercise
12:00-1:00	Public Swim
1:00-2:00	Water Fitness
2:30-3:30	Lane Swim
3:30-4:30	After School Swim
6:30-7:30	Water Exercise
7:30-8:30	Public Swim/Lane Swim

WEDNESDAY

11:00-12:00	Pre-School Swim
12:00-1:00	Public Swim
1:00-2:00	Senior Swim
2:30-3:30	Lane Swim
7:00 - 8:00	Public Swim

THURSDAY

11:00-12:00	Water Exercises
12:00-1:00	Public Swim
1:00-2:00	Water Fitness
2:30-3:30	Lane Swim
3:30-4:30	After School Swim
6:30-7:30	Water Exercise

FRIDAY

11:00-12:00	Preschool Swim
12:00-1:00	Public Swim
1:00-2:00	Senior Swim
2:30-3:30	Lane Swim
7:30-8:30	Public Swim

SATURDAY

12:00-1:00	Public Swim
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SUNDAY

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

April 27th, May 25th

Children under 12 years old must be accompanied by an adult. For each child 5 years or younger one adult must accompany them in the water.

Pool Inquiries: 902-625-2594