

2022 FALL RECREATION + AQUATICS



**PORT
HAWKESBURY**

Opportunities Await

TOWNOFPORTHAWKESBURY.CA

902-625-2594 · 902-625-2591 

FALL 2026 RECREATION PROGRAMS & EVENTS

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

**Registration for Recreation Programs begins
Wednesday, September 23rd at 10:00 am**

**Registration for Aquatic Programs begins
Tuesday, September 29th at 10:00 am**

For more information email cgillis@townofph.ca
Port Hawkesbury Civic Centre: 902-625-2591
Strait Area Pool: 902-625-2594

CHAIR YOGA

Tuesdays & Thursdays for 6 weeks beginning November 10th
11:00am-12:00pm · Port Hawkesbury Civic Centre
Led by: Mary MacKay · Fee: \$40 per person

ADULT BEGINNER STEP DANCE

Thursdays for 6 weeks beginning October 8th
5:00pm-5:45pm · Port Hawkesbury Civic Centre
Lead by: Cheryl MacQuarrie · Fee: \$50 per person

ADULT INTERMEDIATE STEP DANCE

Thursdays for 6 weeks beginning October 8th
6:00pm-6:45pm · Port Hawkesbury Civic Centre
Lead by: Cheryl MacQuarrie · Fee: \$50 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!

Thursdays for 6 weeks beginning October 8th
7:00pm-8:00pm · Port Hawkesbury Civic Centre
Lead by: Cheryl MacQuarrie · Fee: \$60 per person

BEGINNER LINE DANCING

Tuesdays for 6 weeks beginning October 13th
6:00pm-7:00pm · Port Hawkesbury Civic Centre
Lead by: Carrie Beaton · Fee: \$60.00 per person

DRYLAND TRAINING

AGES 9-12

Get active, get stronger, and have fun! This fun and energetic dryland training program is open to all boys and girls ages 9-12. Whether you're getting ready for an upcoming sports season or simply looking to try something new, this program is a great way to build strength, fitness, coordination, and confidence.

Mondays & Thursdays for 3 weeks beginning September 28th
6:00pm-7:00pm · SAERC Gym
Instructor: Scott Goyetche · Fee: \$75 per person

Come ready to work hard, have lots of fun, and get a great workout! No matter your experience or athletic background, everyone is welcome. Bring your energy and get moving!

DANCE CLASSES

Wednesdays for 8 weeks beginning October 7th
(no class on November 11th)

BALLET

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

Ages 4-5 years · 4:30pm-5:00pm · Fee: \$60
Ages 6-8 years · 5:30pm-6:00pm · Fee: \$60
Ages 9-14 years · 5:45pm-6:30pm · Fee: \$75

HIP HOP DANCE

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

Ages 4-5 years · 5:00pm-5:30pm · Fee: \$60
Ages 6-8 years · 6:00pm-6:30pm · Fee: \$60
Ages 9-14 years · 6:30-7:15pm · Fee: \$75

JAZZ

Beginner jazz dance classes exploring rhythm, musicality, and basic jazz dance technique.

Ages 9-14 years · 5:00-5:45pm · Fee: \$75

BEGINNER YOUTH STEP DANCE CLASS

Tuesdays for 6 weeks beginning October 13th
SAERC Auditorium · Instructed by: Jordan Delaney
Ages 5-8 years · 5:00pm-5:30pm
Ages 9-12 years · 5:45pm-6:30pm
Fee: \$50 per person

LET'S TALK CAREERS PARENT NIGHT

Meet your NS Works School Liaison and learn about in-school services related to jobs and careers.

Tuesday, October 6th
6:00pm-7:30pm · Port Hawkesbury Civic Centre



MUSICAL JOURNEY



6 Week Early Childhood Music Program
Musical Journey offers a series of developmentally designed music classes for children from infancy through age 12. Each class is taught in a 30 minute weekly format over a 6 week session, giving families a manageable and engaging way to explore music.

October 18th – November 22nd
 Fee: \$100 per child, per 6 week class
 Instructed by: Krista Luddington



SOUND & BOND 0-18 MONTHS

Supports early sensory development, caregiver child bonding, and regulation through gentle musical interaction. Encourages stillness, observation, and connection through sound.

MOVE, SHAKE, PLAY! 18 MONTHS-3 YEARS

Builds coordination, impulse control, and early rhythm through active musical movement. Promotes joyful exploration and listening skills with caregiver support.

MUSICAL STORYLAB 3-4 YEARS

Uses storytelling and sound to support imagination, collaboration, and emotional expression. Children create musical stories through movement and instruments.

BEAT BUILDERS 5-6 YEARS

Introduces structured rhythm, steady beat, and ensemble participation foundational to music learning. Encourages teamwork and rhythmic confidence.

SOUND SCIENTISTS 6-8 YEARS

Encourages inquiry based music learning through experimentation and collaborative discovery. Children explore pitch, rhythm, and composition through playful investigation.

RHYTHM & GROOVE LAB 8-10 YEARS

Develops ensemble skills, groove awareness, leadership, and musical problem solving. Students layer rhythms and practice creative collaboration.

CREATE & PERFORM 10-12 YEARS

Capstone program focused on composition, arrangement, rehearsal, and reflective performance. Builds musical identity and confidence through creative expression.

DISCOVER UKULELE OPTIONAL, 6-10 YEARS

Instrument based program introducing foundational ukulele skills and musical confidence. Encourages creativity, rhythm awareness, and enjoyment of playing music independently or with peers.



PROGRAM PATHWAY

AGE BASED PROGRESSION

Sound & Bond (age 0-18m)

Sensory play and bonding
 10:30 – 11:00am

Move, Shake, Play! (age 18m-3y)

Movement and rhythm
 11:15 – 11:45am

Musical StoryLab (age 3-4y)

Imagination and storytelling
 12:00 – 12:30pm

Beat Builders (age 5-6y)

Steady beat and teamwork
 12:45 – 1:15pm

Sound Scientists (age 6-8y)

Musical exploration and inquiry
 1:30 – 2:00pm

Rhythm & Groove Lab (age 8-10y)

Ensemble and groove
 2:15 – 2:45pm

Create & Perform (age 10-12y)

Composition and performance
 3:00 – 3:30pm

Discover Ukulele (age 6-10y)

Optional skill track
 3:45 – 4:15pm



WHICH CLASS SHOULD MY CHILD START WITH?

- ★ Choose based on your child's age for the most natural fit
- ★ New students can join at any stage – no prior experience needed
- ★ Curious movers thrive early; reflective creators shine later
- ★ Discover Ukulele can be added once basic rhythm confidence develops



J. Franklin Wright
Gallery Presents:
Sherrille MacKeigan



Foundation paper-piecing, English
paper-piecing, machine embroidery, applique,
and long-arm quilting.

606 Reeves St.
Port Hawkesbury

Exhibit open
August 24-Sept 23

ADULT PAINT NIGHT EVENTS

Step-by-step instruction provided. Beginners welcome!

Instructed by: Patti David

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

Tuesday, September 29th

Port Hawkesbury Civic Centre

Arts and Crafts Room

6:00pm-8:00pm

Tuesday, October 20th

Port Hawkesbury Civic Centre

Arts and Crafts Room

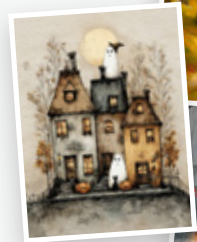
6:00pm-8:00pm

Tuesday, November 24th

Port Hawkesbury Civic Centre

Arts and Crafts Room

6:00pm-8:00pm



TRY IT ART CLASSES

DRAWING BASICS

Monday, September 28th

ACRYLIC PAINTING TECHNIQUES

Monday, October 5th

STILL LIFE SKILLS

Monday, October 12th

WATERCOLOUR PAINTING

Monday, October 19th

Instructed by: Patti David

Children 6 and up: 6:00pm-7:00pm

Adults: 7:30pm-9:00pm

Fee: \$20 per class or all 4 classes for \$60



STRAIT AREA COMMUNITY CURLING CLUB

2026 - 2027 CURLING SEASON
OCTOBER - APRIL



NEW MEMBERS WELCOME - NO EXPERIENCE NEEDED
JUNIOR | HIGH SCHOOL | ADULTS



LEARN TO CURL PROGRAM - FLEXIBLE CURLING TIMES



SPECIAL PRICING INCENTIVES FOR NEW CURLERS



SOCIAL DROP-IN GAMES AND COMPETITIVE LEAGUES



Get out of your house and get into ours!

For more information, please contact:

saccc.curling@bellaliant.com

HOLDING UP THE MOON

September 25
to November 6

J. Franklin Wright Gallery

Port Hawkesbury Civic Centre
606 Reeves Street, Port Hawkesbury

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

Cape Breton
Island

Deanne
Fitzpatrick
Studio
create beauty everyday

Deanne Fitzpatrick

hookingrugs.com

STRAIT PIRATES JR. B HOCKEY HOME GAME SCHEDULE



All games at 7:30pm unless otherwise posted

OCTOBER 4	VS CAPSTONE COLTS @ 3:00PM
OCTOBER 16	VS MEMBERTOU JR. MINERS
OCTOBER 25	VS WINDSOR OXEN @ 3:00PM
NOVEMBER 6	VS ESKASONI JR. EAGLES
NOVEMBER 8	VS EAST HANTS PENGUINS @ 3:00PM
NOVEMBER 13	VS ANTIGONISH AA MUNRO BULLDOGS
NOVEMBER 27	VS PICTOU COUNTY
DECEMBER 4	VS ESKASONI JR. EAGLES
DECEMBER 11	VS PICTOU COUNTY
JANUARY 8	VS MEMBERTOU JR. MINERS
JANUARY 15	VS PICTOU COUNTY
JANUARY 22	VS ANTIGONISH AA MUNRO BULLDOGS
FEBRUARY 5	VS MEMBERTOU JR. MINERS
FEBRUARY 12	VS ESKASONI JR. EAGLES

SQUARE ROOTS PORT HAWKESBURY COMMUNITY MARKET

Fresh Produce – Handmade Goods –
Local Artisans – Baked Treats & More!

Port Hawkesbury Civic Centre · 4:00pm–7:00pm
Wednesdays – October 7th, November 4th,
December 2nd & December 16th

THE RURAL MENTOR NETWORK RECRUITMENT EVENT

Retirees – We need you to share your career knowledge
with local students. Learn how your experience can
guide youth to their futures.

Information Session: September 25 · 10:00am–11:30pm
Nova Scotia Works Offices
Port Hawkesbury Mall: 47 Paint Street, Unit 9

To register or for more info, call Patti at 902-302-9665
or email Patti.macdonald-david@cb.ymca.ca



CELTIC COLOURS

THE UNUSUAL SUSPECTS OF CELTIC COLOURS

Friday, October 9th · 7:30pm

The Unusual Suspects of Celtic Colours is a big band based on a concept commissioned for Glasgow, Scotland-based festival Celtic Connections back in 2003. This year's lineup includes: Corrina Dawn (vocals/harp), Dave Milligan (piano), Mike Vass (fiddle, guitar), Patsy Reid (fiddle/viola), Lucy MacNeil (fiddle/vocals), Kathleen MacInnes (vocals), Alice Allen (cello), Roo Geddes (fiddle), Andrea Beaton (fiddle), Mairi Rankin (fiddle), Liz Doherty (fiddle), Kimberley Fraser (fiddle), Boyd MacNeil (fiddle/bouzouki), Allie Bennett (fiddle/guitar/voice), Kenneth MacKenzie (fiddle/pipes), Matt MacIsaac (highland pipes/whistles), Maireard Green (pipes/accordion/voice), Neil Sutcliffe (accordion/voice), Mac Morin (piano), Daniel Lapp (trumpet/fiddle), Jeff Goodspeed (saxophone), Danny Martin (trombone), Luke Dobson (trumpet), Jamie Gatti (bass), Mattie Foulds (drums/percussion), Cathy Porter (percussion), with special guests Wendy MacIsaac (fiddle/dance) and Mary Jane Lamond (voice).

FISHCAKES & BEANS SUPPER

Enjoy a home cooked meal of two fishcakes, baked beans, and biscuits, with dessert and tea or coffee.
Less than five minutes' drive from the opening concert.
Prepared by the parishioners of St. Joseph Parish.
Friday, October 9th · Drop-in 4:00pm–6:00 pm · Fee: \$20

ABSOLUTE LEGENDS

Heather Rankin, Corrina Dawn, Dave Milligan
and Bumblebees.

Monday, October 12th · 7:30pm · SAERC Auditorium
To purchase tickets, visit: tickets.celtic-colours.com

FALL VENDOR AND CRAFT EXTRAVAGANZA

Local crafters, bakers, and home business vendors.

Port Hawkesbury Civic Centre
Sunday, October 25th · 12:00pm–3:00pm · Free Admission



THE GRAND TOUR CHRISTMAS

Friday, November 27th · 7:00pm · SAERC Auditorium
For tickets: purchase.phcivic.com or 902-625-2591

GORD BAMFORD – AS LONG AS THERE'S A BAR TOUR

Sunday, September 26th
8:00pm · Port Hawkesbury Civic Centre
For tickets: purchase.phcivic.com or 902-625-2591



THE MEN OF THE DEEPS 60TH ANNIVERSARY CELEBRATION

Diamond Sunset – 60 Years of Song & Story
Sunday, November 15th · 3:00pm · SAERC Auditorium
For tickets: purchase.phcivic.com or 902-625-2591

CHRISTMAS IN CAPE BRETON

Sunday, December 6th
8:00pm · SAERC Auditorium
For tickets: purchase.phcivic.com or 902-625-2591



THE IRISH DESCENDANTS CHRISTMAS

Sunday, December 13th · 8:00pm
SAERC Auditorium
For tickets: purchase.phcivic.com or 902-625-2591



SATURDAY CAMPS WITH CILLA

Ages 5 to 9 years · 10:00am–2:00pm
Port Hawkesbury Civic Centre · Lead by: Priscilla Pitre

HALLOWEEN FUN DAY October 24th

PLAY AND CLAY DAY November 21st

Make your own clay dough and ornaments.
Learn some fun indoor games.

HOLIDAY PREP AND PLAY December 5th

Learn Family games to share at family gatherings.
Make cards and cookies.

ADULT BASKETBALL

Monday and Wednesday Evenings at the SAERC Gym
Ages 18 and up · 7:00pm–9:00pm · Fee: Free
For more information please contact:
dylan_macdonald_399@hotmail.com

ADULT PICKLEBALL

Friday Evenings at the SAERC Gym
Monday Evenings at TEC Gym
7:00pm–9:00pm · Fee: Free
To register, visit: playtimescheduler.ca.
For more info, contact: boudreaugelas@gmail.com

LADIES BASKETBALL

Thursday Evenings at SAERC Gym
Ages 14 and up 7:00pm–9:00pm · Fee: Free



BEGINNER PICKLEBALL CLINIC

Saturday, October 17th · 10:00am–12:00pm
SAERC Gym · \$20 per person

INTERMEDIATE PICKLEBALL CLINIC

For players 2.5 – 3.0 · Saturday, October 17th
1:00pm–3:00pm · SAERC Gym · \$20 per person



ADVANCED PICKLEBALL CLINIC

Refine your game with focused instruction on dinking strategies, resets, drives, serves and shot selection
For players 3.25 +
Level 2 Certified Pickleball Instructor
Saturday, October 24th · 9:00 am–11:00am
SAERC Gym · \$25 per person

GIRLS BASKETBALL CLINIC

This program is designed to help girls build confidence, develop their basketball skills, and have fun in a positive team environment. The program is led by dedicated high school girls basketball players who serve as coaches and mentors. Through drills, games, and teamwork, participants will learn the fundamentals of basketball while gaining valuable lessons in sportsmanship, leadership, and confidence. Our goal is to help girls fall in love with basketball, grow as athletes, and see what's possible when they work hard and support one another.

Instructors: Bridgette Whitty, Meredith Wilkinson, Charlotte Gillingham and Theresa Whitty
Dates: September 26th and September 27th
Times: 11:00am–12:00pm · Location: SAERC gym
Cost: \$5 for one day or \$10 for both
Open to all girls in grades 4–8



MEMBERSHIPS

INCLUDES LANE AND PUBLIC SWIMS

	Senior/Student	Adult	Family
Full Season	\$180.00	\$305.00	\$740.00

PUNCH CARDS

INCLUDES WATER EXERCISE, LANE SWIMS AND PUBLIC SWIMS

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

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 - \$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: \$8

Students & Seniors: \$7

Family of Four: \$20

Parent and Tot: \$8

Lane Swim: \$8

*Children 5 years and younger must have a person 13 years or older in the water at all times and within arms reach.

PUBLIC SKATE SCHEDULE



BEGINNING OCTOBER 13

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

3:00pm - 4:00pm

Fee: \$1

Please note that last minute changes may occur. Please check our website at phcivic.com or Facebook page ([phcivic](https://www.facebook.com/phcivic)) for any ice time or scheduling changes.



2026 STRAIT AREA POOL SWIMMING LESSONS & HEALTHY LIFESTYLE PROGRAM



	Program	MONDAYS BEGINNING OCT. 19	TUESDAYS BEGINNING OCT. 13
3 MONTH TO 3 YEARS	Parent and Tot 1		
	Parent and Tot 2	5:30pm-6:00pm	
	Parent and Tot 3		5:15pm-5:45pm
3 - 5 YEARS	Preschool 1	5:00pm-5:30pm	3:30pm-4:00pm
	Preschool 2	6:00pm-6:30pm	5:00pm-5:30pm
	Preschool 3		5:45pm-6:15pm
	Prechool 4*	6:30pm-7:00pm	5:30pm-6:00pm
5 - 12 YEARS	Preschool 5*		
	Swimmer 1	3:30pm-4:00pm	
	Swimmer 2 (45 min)	3:45pm-4:30pm	4:30pm-5:15pm
	Swimmer 3		4:00pm-5:00pm
	Swimmer 4		3:30pm-4:30pm
	Swimmer 5	4:00pm-5:00pm	
	Swimmer 6	4:30pm-5:30pm	
	Rookie Patrol LEVEL 7		
	Ranger Patrol LEVEL 8		
	Star Patrol LEVEL 9	7:00pm-8:00pm	
	Swimmer 1 PLUS (AGES 8-12)		5:00pm-5:30pm
	Swimmer 2 PLUS (AGES 9-12)		
	Adult 1	7:00pm-8:00pm	

*Must have completed Preschool 3

Private Swimming Lessons

Please contact Strait Area Pool at 902-625-2594 to schedule lessons

**REGISTRATION BEGINS:
TUESDAY SEPTEMBER 29 @ 10:00AM**

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

Classes will be held once a week for 9 weeks and 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 or @ 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.

WEDNESDAYS BEGINNING OCT. 14	FRIDAYS BEGINNING OCT. 15
5:45pm-6:15pm	3:30pm-4:00pm
	3:30pm-4:00pm
6:00pm-6:30pm	6:00pm-6:30pm
4:45pm-5:15pm	4:30pm-5:00pm
5:30pm-6:00pm/6:15pm-6:45pm	4:00pm-4:30pm
4:00pm-4:45pm	4:30pm-5:15pm
3:30pm-4:30pm	4:00pm-5:00pm
4:30pm-5:30pm	6:30pm-7:30pm
	3:30pm-4:30pm
	6:30pm-7:30pm
	5:00pm-6:00pm
	5:30pm-6:30pm
5:15pm-5:45pm	6:00pm-6:30pm
	5:15pm-6:00pm

DAYTIME WATER EXERCISE: \$8 DROP-IN RATE

Exercise against the resistant of the water.

This workout is refreshing and enjoyable.

Time: Tuesdays & Thursdays 11:00 - 12:00noon

Beginning Tuesday September 22



DAYTIME 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.

Time: Tuesdays & Thursdays 1:00pm - 2:00pm

Beginning Tuesday September 22

EVENING WATER EXERCISE: \$8 DROP-IN RATE

Time: Tuesdays & Wednesdays 7:00pm-8:00pm

Beginning Tuesday Sept. 22 and Wednesday Sept. 23

WATER EXERCISE/FITNESS SENIOR RATE

55 years and older

Punch card (10 pass): \$65.00

Punch card (20 pass): \$120.00

WATER EXERCISE/FITNESS ADULT RATE

55 years and younger

Punch card (10 pass): \$75.50

Punch card (20 pass): \$140.00



FALL 2026 Begins Tuesday, October 13

POOL SCHEDULE



MONDAY

11:00am-12:00noon	Parent & Tot Swim
12:00noon-1:00pm	Public Swim
1:00pm-2:00pm	Senior Swim
2:30pm-3:30pm	Lane Swim
7:00pm-8:00pm	Lane Swim

TUESDAY

11:00am-12:00noon	Water Exercise
12:00noon-1:00pm	Public Swim
1:00pm-2:00pm	Water Fitness
2:30pm-3:30pm	Lane Swim
7:00pm-8:00pm	Water Exercise/Lane Swim***
8:00pm-9:00pm	Public Swim

WEDNESDAY

11:00am-12:00noon	Parent & Tot Swim
12:00noon-1:00pm	Public Swim
1:00pm-2:00pm	Senior Swim
2:30pm-3:30pm	Lane Swim
3:30pm-4:30pm	After School Swim (shared space)
7:00pm-8:00pm	Water Exercise/Lane Swim***

THURSDAY

11:00am-12:00noon	Water Exercise
12:00noon-1:00pm	Public Swim
1:00pm-2:00pm	Water Fitness
2:30pm-3:30pm	Lane Swim
3:30pm-4:30pm	After School Swim
4:30pm-5:30pm	Lane Swim
7:00pm-8:00pm	Public Swim

FRIDAY

11:00am-12:00noon	Parent & Tot Swim
12:00noon-1:00pm	Public Swim
1:00pm-2:00pm	Senior Swim
2:30pm-3:30pm	Lane Swim
7:30pm-8:30pm	Public Swim

SATURDAY

10:00am-11:00am	Senior/Lane Swim
12:00noon-1:00pm	Public Swim

SUNDAY

12:00noon-1:00pm	Public Swim*
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***Tuesday & Wednesday evening lane swim will be at deep end of pool using 15m width

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

October 25* · November 29* · December 20*

*Registration for these public swim dates is required.

To register please visit: www.townofporthawkesbury.ca/recreation or call 902-625-2594

Children under 12 years old must be accompanied by an adult. Children 5 years and younger must have a person 13 years or older in the water at all times and within arms reach.