



Outdoor Programming Summer 2020

Family Creative Fun in the Park

All Ages

Join us for some creative fun through art, drama, poetry and music all outdoors in nature!
(Family. All ages. All participants must be pre-registered. Maximum of 8 participants per session.)

Tu	1:30 PM	2hr	Fleming Park	00031711	7-Jul
Tu	1:30 PM	2hr	Kiwanis Grahams Grove Park	00031890	21-Jul
Tu	1:30 PM	2hr	Birch Cove Park	00031990	28-Jul
W	1:30 PM	2hr	Point Pleasant Park	00032016	5-Aug
Tu	1:30 PM	2hr	Albro Lake Park Beach	00032020	11-Aug
Tu	1:30 PM	2hr	Bissett Lake Park	00032040	18-Aug
Tu	1:30 PM	2hr	McDonald Sports Park	00032060	25-Aug

Family Earth Adventures Trail

Ages 5 & Up

We have put together all the supplies you'll need to do the earth adventures listed on the earthadventures.ca site. Enjoy a self-guided, fun-filled adventure along the trail! Each trail has an engaging theme with specific directions for hands-on activities at special stops along the way. You'll discover a hidden plaque with a secret creature on it at the end of each trail! Receive directions and an overview, as well as a kit with all of the materials you will need for the adventure, at the beginning of the trail. Once you complete the trail and return the kit, you will receive a map and the corresponding stickers for the rest of the trails found throughout HRM. (Family. All ages. One kit per pre-registered family group.)

Th	1:30 PM	2hr	Frog Pond Park	00031721	9-Jul
Tu	1:30 PM	2hr	Sackville Lakes Provincial Park	00031743	14-Jul
Th	1:30 PM	2hr	Salt Marsh Trail	00031724	16-Jul
Th	1:30 PM	2hr	Timberlea	00031747	23-Jul
Th	1:30 PM	2hr	McCurdy's Wood Lot	00031991	30-Jul
Th	1:30 PM	2hr	McDonald Sports Park	00032022	13-Aug
Th	1:30 PM	2hr	Birch Cove Park	00032041	20-Aug
Th	1:30 PM	2hr	Hemlock Ravine Park	00032062	27-Aug

Family Campfire Fun

All Ages

Join us in the park for songs and interactive fun around the fire lanterns! Families are welcome to bring their own snacks to enjoy.
(Family. All ages. Each person, including babies and tots attending must be pre-registered.)

M	6:30 PM	45min	Fleming Park	00031705	6-Jul
M	7:30 PM	45min	Fleming Park	00032099	6-Jul
M	6:30 PM	45min	Shubie Park	00031723	13-Jul
M	7:30 PM	45min	Shubie Park	00032101	13-Jul
W	6:30 PM	45min	Acadia Park	00031742	15-Jul
W	7:30 PM	45min	Acadia Park	00032102	15-Jul
M	6:30 PM	45min	Albro Lake Park Beach	00031745	20-Jul
M	7:30 PM	45min	Albro Lake Park Beach	00032105	20-Jul
M	6:30 PM	45min	Gordon R. Snow	00032008	27-Jul
M	7:30 PM	45min	Gordon R. Snow	00032108	27-Jul
M	6:30 PM	45min	Kiwanis Grahams Grove Park	00032021	10-Aug
M	7:30 PM	45min	Kiwanis Grahams Grove Park	00032114	10-Aug
M	6:30 PM	45min	Penhorn Drive Park Beach	00032057	17-Aug
M	7:30 PM	45min	Penhorn Drive Park Beach	00032117	17-Aug
M	6:30 PM	45min	Jerry Lawrence Park	00032061	24-Aug
M	7:30 PM	45min	Jerry Lawrence Park	00032120	24-Aug

Family Earth Walk Kit Loan

Ages 5 & Up

Grab one of our ready-made kits with all the supplies and directions you need to have a experience in nature that will encourage you to explore and connect to nature in an engaging way, using your senses and some new ways of appreciating all that is around you.

Tu	1:30 PM	2hr	Fleming Park	00031710	7-Jul
Tu	1:30 PM	2hr	Kearney Lake Beach Park	00031725	14-Jul
Tu	1:30 PM	2hr	Point Pleasant Park	00031748	21-Jul
Tu	1:30 PM	2hr	Bissett Lake Park	00031992	28-Jul
Tu	1:30 PM	2hr	Sackville Lakes Provincial Park	00032023	11-Aug
Tu	1:30 PM	2hr	Carrolls Corner Community Centre	00032042	18-Aug
Tu	1:30 PM	2hr	Frog Pond Park	00032063	25-Aug

Family Reading Fun in the Park

All Ages

Join us for some reading fun through shared story-telling, follow up activities and family reading time under the trees or in the tents set up around the park area. All materials provided.
(Family, all ages. Each person attending, including babies and toddlers must be pre-registered.)

W	2:00 PM	1.5hr	Acadia Park	00031726	15-Jul
W	1:30 PM	1.5hr	Fleming Park	00031716	8-Jul
W	1:30 PM	1.5hr	Fleming Park	00031931	22-Jul
W	1:30 PM	1.5hr	Fleming Park	00031993	29-Jul
W	1:30 PM	1.5hr	Fleming Park	00032024	12-Aug
W	1:30 PM	1.5hr	Fleming Park	00032043	19-Aug
W	1:30 PM	1.5hr	Fleming Park	00032064	26-Aug

Family Hug-A-Tree

Ages 5 & Up

The Hug-A-Tree and Survive program helps teach children how not to become lost in the woods and what to do should they become lost. This is an interactive presentation. All participants will receive a certificate and whistle upon completion.
(Children must be accompanied by an adult 19 yrs plus.)

Th	10:00 AM	1.5hr	Fleming Park	00031718	9-Jul
Th	10:00 AM	1.5hr	Bissett Lake Park	00031730	16-Jul
Th	10:00 AM	1.5hr	Jerry Lawrence Park	00031752	23-Jul
Th	10:00 AM	1.5hr	Carrolls Corner Community Centre	00031998	30-Jul
Th	10:00 AM	1.5hr	Webber's Beach	00032017	6-Aug
Th	10:00 AM	1.5hr	Gordon R. Snow	00032028	13-Aug
Th	10:00 AM	1.5hr	Kiwanis Grahams Grove Park	00032047	20-Aug
Th	10:00 AM	1.5hr	Point Pleasant Park	00032067	27-Aug

Guided Family Nature Trail Walk

Ages 5 & Up

Enjoy a guided experience in nature that will encourage you to explore and connect to nature in an engaging way, using your senses and some new ways of appreciating all that is around you.
(Adult or Family. All participants must be pre-registered. Maximum of 8 participants per session.)

Tu	9:30 AM	1hr	Fleming Park	00031708	7-Jul
Tu	11:00 AM	1hr	Fleming Park	00031709	7-Jul
Th	9:30 AM	1hr	Hemlock Ravine Park	00031719	9-Jul
Th	10:30 AM	1hr	Hemlock Ravine Park	00032082	9-Jul
Tu	9:30 AM	1hr	Kearney Lake Beach Park	00031727	14-Jul
Tu	11:00 AM	1hr	Kearney Lake Beach Park	00031728	14-Jul
Tu	9:30 AM	1hr	Point Pleasant Park	00031750	21-Jul
Tu	10:45 AM	1hr	Point Pleasant Park	00031751	21-Jul
Th	9:30 AM	1hr	McDonald Sports Park	00031988	23-Jul
Th	11:00 AM	1hr	McDonald Sports Park	00031989	23-Jul
Tu	9:30 AM	1hr	Shubie Park	00031994	28-Jul
Tu	11:00 AM	1hr	Shubie Park	00031995	28-Jul
Th	9:30 AM	1hr	Tremont Plateau Park	00031996	30-Jul
Th	11:00 AM	1hr	Tremont Plateau Park	00032121	30-Jul
W	9:30 AM	1hr	Point Pleasant Park	00032015	5-Aug
W	11:00 AM	1hr	Point Pleasant Park	00032122	5-Aug
Tu	9:30 AM	1hr	Albro Lake Park Beach	00032025	11-Aug
Tu	11:00 AM	1hr	Albro Lake Park Beach	00032026	11-Aug
Th	9:30 AM	1hr	Jerry Lawrence Park	00032027	13-Aug
Th	11:00 AM	1hr	Jerry Lawrence Park	00032094	13-Aug
Tu	9:30 AM	1hr	Carrolls Corner Community Centre	00032044	18-Aug
Tu	10:30 AM	1hr	Carrolls Corner Community Centre	00032095	18-Aug
Th	9:30 AM	1hr	Peace Park	00032046	20-Aug
Th	11:00 AM	1hr	Peace Park	00032096	20-Aug
Tu	9:30 AM	1hr	McDonald Sports Park	00032065	25-Aug
Tu	11:00 AM	1hr	McDonald Sports Park	00032097	25-Aug
Th	9:30 AM	1hr	Kearney Lake Beach Park	00032066	27-Aug
Th	11:00 AM	1hr	Kearney Lake Beach Park	00032098	27-Aug

Family Loose Parts Play

All Ages

Join us in a great space in the woods for some creative and imaginative play using natural materials as well as ones provided. Think forts, mud pies, and all of that good ol' fashioned fun! Put on your closed-toe footwear and some clothes you don't mind getting dirty and let's explore!
(Family. Each person attending must be pre-registered. Children must be accompanied by an adult.)

W	1:30 PM	2hrs	Fleming Park	00031717	8-Jul
Th	1:30 PM	1.5hr	Hemlock Ravine Park	00031720	9-Jul
Th	1:30 PM	1.5hr	Fleming Park	00031731	16-Jul
W	1:30 PM	1.5hr	Fleming Park	00031977	22-Jul
Th	1:30 PM	1.5hr	Fleming Park	00031753	23-Jul
W	1:30 PM	1.5hr	Fleming Park	00032000	29-Jul
Th	1:30 PM	1.5hr	Tremont Plateau Park	00031999	30-Jul
Tu	1:30 PM	1.5hr	Bissett Lake Park	00032093	4-Aug
W	1:30 PM	1.5hr	Fleming Park	00032029	12-Aug
Th	1:30 PM	1.5hr	Jerry Lawrence Park	00032030	13-Aug
W	1:30 PM	1.5hr	Fleming Park	00032048	19-Aug
Th	1:30 PM	1.5hr	Peace Park	00032049	20-Aug
W	1:30 PM	1.5hr	Fleming Park	00032068	26-Aug
Th	1:30 PM	1.5hr	Kearney Lake Beach Park	00032069	27-Aug

Family Wet 'n' Wild Wednesday

All Ages

Water games, messy activities and fun for the whole family!
(Register everyone from your family attending.)

W	10:30 AM	1hr	Fleming Park	00031715	8-Jul
W	10:30 AM	1hr	Fleming Park	00032087	22-Jul
W	10:30 AM	1hr	Fleming Park	00032011	29-Jul
W	10:30 AM	1hr	Fleming Park	00032035	12-Aug
W	10:30 AM	1hr	Fleming Park	00032059	19-Aug
W	10:30 AM	1hr	Fleming Park	00032074	26-Aug

Try It: Family Compass Fun

Ages 5 & Up

Learn some basics about how to use a compass and then practice in a fun way by completing the challenge set up in the park. Receive your prize upon completion!
(Adult or families. Each registration will receive one package of compass and challenge.)

Tu	9:30 AM	1hr	Fleming Park	00031706	7-Jul
Tu	11:00 AM	1hr	Fleming Park	00031707	7-Jul
Tu	9:30 AM	1hr	Kinsmen Park	00031733	14-Jul
Tu	11:00 AM	1hr	Kinsmen Park	00031734	14-Jul
Tu	9:30 AM	1hr	Kiwanis Grahams Grove Park	00031755	21-Jul
Tu	11:00 AM	1hr	Kiwanis Grahams Grove Park	00032106	21-Jul
Tu	9:30 AM	1hr	Bissett Lake Park	00032001	28-Jul
Tu	11:00 AM	1hr	Bissett Lake Park	00032109	28-Jul
Tu	9:30 AM	1hr	Kinsmen Park	00032031	11-Aug
Tu	11:00 AM	1hr	Kinsmen Park	00032115	11-Aug
Tu	9:30 AM	1hr	Bissett Lake Park	00032050	18-Aug
Tu	11:00 AM	1hr	Bissett Lake Park	00032118	18-Aug
Tu	9:30 AM	1hr	Fleming Park	00032123	25-Aug
Tu	11:00 AM	1hr	Fleming Park	00032070	25-Aug

Try it: Adult Yoga (Beginners)

Adult

Being outside provides an enriched yoga experience whether it be the power of fresh air or the connection to nature. We are offering try it yoga for beginners. All yoga sessions will be hosted outdoors in various parks around HRM. Pre-registration is required.

M	1:30 PM	45min	Fleming Park	00031712	6-Jul
W	9:30 AM	45min	Fleming Park	00032080	8-Jul
W	9:30 AM	45min	Acadia Park	00032103	15-Jul
W	9:30 AM	45min	Fleming Park	00031741	15-Jul
M	1:30 PM	45min	Albro Lake Park Beach	00031760	20-Jul
M	2:30 PM	45min	Albro Lake Park Beach	00031761	20-Jul
W	9:30 AM	45min	Fleming Park	00031903	22-Jul
M	1:30 PM	45min	Powder Mill Lake	00032006	27-Jul
W	9:30 AM	45min	Fleming Park	00032009	29-Jul
Tu	9:30 AM	45min	Bissett Lake Park	00032012	4-Aug
W	9:30 AM	45min	Point Pleasant Park	00032127	5-Aug
Th	1:30 PM	45min	Webber's Beach	00032019	6-Aug
M	1:30 PM	45min	Kiwanis Graham Grove	00032037	10-Aug
W	9:30 AM	45min	Fleming Park	00032038	12-Aug
M	1:30 PM	45min	Penhorn Drive Park Beach	00032056	17-Aug
W	9:30 AM	45min	Fleming Park	00032053	19-Aug
M	1:30 PM	45min	Jerry Lawrence Park	00032078	24-Aug
W	9:30 AM	45min	Fleming Park	00032075	26-Aug

Try It: Adult Yoga (All Levels)

Adult

Being outside provides an enriched yoga experience whether it be the power of fresh air or the connection to nature. We are offering try it yoga for beginners and all levels yoga for more experienced and new yogis. All yoga sessions will be hosted outdoors in various parks around HRM. Pre-registration is required.

M	2:45 PM	45min	Fleming Park	00031713	6-Jul
W	10:45 AM	45min	Fleming Park	00032081	8-Jul
W	10:45 AM	45min	Acadia Park	00031740	15-Jul
Th	10:45 AM	45min	Fleming Park	00032085	16-Jul
W	10:45 AM	45min	Fleming Park	00031912	22-Jul
M	2:45 PM	45min	Powder Mill Lake	00032089	27-Jul
W	10:45 AM	45min	Fleming Park	00032007	29-Jul
Tu	10:45 AM	45min	Bissett Lake Park	00032091	4-Aug
W	10:45AM	45min	Point Pleasant Park	00032111	5-Aug
Th	2:45 PM	45min	Webber's Beach	00032112	6-Aug
M	2:45 PM	45min	Kiwanis Graham Grove	00032036	10-Aug
W	10:45 AM	45min	Fleming Park	00032039	12-Aug
M	2:45 PM	45min	Penhorn Drive Park Beach	00032055	17-Aug
W	10:45 AM	45min	Fleming Park	00032054	19-Aug
M	2:45 PM	45min	Jerry Lawrence Park	00032077	24-Aug
W	10:45 AM	45min	Fleming Park	00032076	26-Aug

Try It: Family Fishing

Ages 5 & Up

A great chance for kids to try fishing! One set of fishing gear will be provided for each child registered. After some basic instructions you can select your spot and give it a try. Booking is for 45 minutes from the start time of your program. Children registered in the program are not required to have a fishing license. If the attending adult would like to participate with their child, they would need to pre-purchase a fishing license before coming. (For children under the age of 16. Must be accompanied by an adult 19 yrs plus.)

M	1:30 PM	45min	Fleming Park	00031702	6-Jul
M	2:30 PM	45min	Fleming Park	00031703	6-Jul
M	3:30 PM	45min	Fleming Park	00031704	6-Jul
Th	3:30 PM	45min	Lake Major	00032100	9-Jul
M	1:30 PM	45min	Lake Major	00031735	13-Jul
M	2:30 PM	45min	Lake Major	00031737	13-Jul
M	1:30 PM	45min	Albro Lake Park Beach	00031758	20-Jul
M	2:30 PM	45min	Albro Lake Park Beach	00031759	20-Jul
M	3:30 PM	45min	Albro Lake Park Beach	00032104	20-Jul
M	1:30 PM	45min	Powder Mill Lake Park	00032002	27-Jul
M	2:30 PM	45min	Powder Mill Lake Park	00032003	27-Jul
M	3:30 PM	45min	Powder Mill Lake Park	00032107	27-Jul
Tu	9:30 AM	45min	Bissett Lake	00032013	4-Aug
Tu	10:30 AM	45min	Bissett Lake	00032092	4-Aug
Tu	11:30 AM	45min	Bissett Lake	00032124	4-Aug
Th	1:30 PM	45min	Webber's Beach	00032018	6-Aug
Th	2:30 PM	45min	Webber's Beach	00032125	6-Aug
Th	3:30 pm	45min	Webber's Beach	00032126	6-Aug
M	1:30 PM	45min	Kiwanis Grahams Grove Park	00032032	10-Aug
M	2:30 PM	45min	Kiwanis Grahams Grove Park	00032033	10-Aug
M	3:30 PM	45min	Kiwanis Grahams Grove Park	00032113	10-Aug
M	1:30 PM	45min	Penhorn Drive Park Beach	00032051	17-Aug
M	2:30 PM	45min	Penhorn Drive Park Beach	00032052	17-Aug
M	3:30 PM	45min	Penhorn Drive Park Beach	00032116	17-Aug
M	1:30 PM	45min	Jerry Lawrence Park	00032071	24-Aug
M	2:30 PM	45min	Jerry Lawrence Park	00032072	24-Aug
M	3:30 PM	45min	Jerry Lawrence Park	00032119	24-Aug