



Outdoor Programming Summer 2020

Bedford, Sackville, Fall River & Area

To register visit: www.halifax.ca/myrec or call 902.490.6666

Family Creative Fun in the Park

All Ages | Free

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	McDonald Sports Park	00032060	25-Aug
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Family Earth Adventures Trail

Ages 5 & Up | Free

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	McDonald Sports Park	00032022	13-Aug
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Family Campfire Fun

All Ages | Free

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	Gordon R. Snow	00032008	27-Jul
M	7:30 PM	45min	Gordon R. Snow	00032108	27-Jul

Family Earth Walk Kit Loan

Ages 5 & Up | Free

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	Sackville Lakes Provincial Park	00032023	11-Aug
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Family Hug-A-Tree

Ages 5 & Up | Free

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	Gordon R. Snow	00032028	13-Aug
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Guided Family Nature Trail Walk

Ages 5 & Up | Free

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.)

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	McDonald Sports Park	00032065	25-Aug
Tu	11:00 AM	1hr	McDonald Sports Park	00032097	25-Aug

Try It: Family Compass Fun

Ages 5 & Up | Free

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	Kinsmen Park	00032031	11-Aug
Tu	11:00 AM	1hr	Kinsmen Park	00032115	11-Aug

Try it: Adult Yoga (Beginners)

Adult | Free

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	Powder Mill Lake	00032006	27-Jul
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Try It: Adult Yoga (All Levels)

Adult | Free

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	Powder Mill Lake	00032089	27-Jul
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Try It: Family Fishing

Ages 5 & Up | Free

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	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



An online guide to trails
in the Halifax Region
earthadventures.ca

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