



Outdoor Programming Summer 2020

Dartmouth & 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	Kiwanis Grahams Grove Park	00031890	21-Jul
Tu	1:30 PM	2hr	Birch Cove Park	00031990	28-Jul
Tu	1:30 PM	2hr	Albro Lake Park Beach	00032020	11-Aug

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	Birch Cove Park	00032041	20-Aug
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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	Bissett Lake Park	00031992	28-Jul
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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	Albro Lake Park Beach	00031745	20-Jul
M	7:30 PM	45min	Albro Lake Park Beach	00032105	20-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

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	Kiwanis Grahams Grove Park	00032047	20-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.)

Tu	9:30 AM	1hr	Shubie Park	00031994	28-Jul
Tu	11:00 AM	1hr	Shubie Park	00031995	28-Jul
Tu	9:30 AM	1hr	Albro Lake Park Beach	00032025	11-Aug
Tu	11:00 AM	1hr	Albro Lake Park Beach	00032026	11-Aug

Family Loose Parts Play

All Ages | Free

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.)

Tu	1:30 PM	1.5hr	Bissett Lake Park	00032093	4-Aug
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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	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	Bissett Lake Park	00032050	18-Aug
Tu	11:00 AM	1hr	Bissett Lake Park	00032118	18-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	Albro Lake Park Beach	00031760	20-Jul
M	2:30 PM	45min	Albro Lake Park Beach	00031761	20-Jul
Tu	9:30 AM	45min	Bissett Lake Park	00032012	4-Aug
M	1:30 PM	45min	Kiwanis Graham Grove	00032037	10-Aug
M	1:30 PM	45min	Penhorn Drive Park Beach	00032056	17-Aug

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.

Tu	10:45 AM	45min	Bissett Lake Park	00032091	4-Aug
M	2:45 PM	45min	Kiwanis Graham Grove	00032036	10-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 | 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	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
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

Shubie Park Nature Camps

Ages 5 & Up | \$50 per program (except August 4-7)

Join us for our all-outdoors nature camps in Shubie Park!

Campers will participate in a variety of fun outdoor activities with an emphasis on nature-based play including arts & crafts, dance, drama, music, storytelling, journaling, swimming and water games, and plenty of physical activity. Our camps run rain or shine, except during local lightning events. Please come to camp dressed for the weather including closed-toe footwear, a hat, and previously applied sun screen and bug spray (optional). Also bring a backpack, snack, full water bottle, small or medium sized notepad or sketchpad, and a towel and swimsuit each day.

Our children to Staff ratio is 7:1. These small groups will stay together for the duration of the week. Participants can be registered for one camp per week; either mornings or afternoons. Parents/guardians must sign their children in and out each day. Camps have been modified to align with Covid-19 public health directives and protocols. Please visit www.halifax.ca/myrec for more detailed information on these safety measure and general camp policies and procedures.

For further questions, please contact our Summer Coordinator at 902-229-8953.

Dates	Location	Mornings (9:00 a.m.–12:00 p.m.)	Afternoons (1:30 p.m.–4:30 p.m.)	Cost per program
July 20–24	Shubie Park (Fairbanks Centre)	00031512	00031571	\$50
July 27–31	Shubie Park (Fairbanks Centre)	00031513	00031572	\$50
Aug 4–7	Shubie Park (Fairbanks Centre)	00031514	00031573	\$40
Aug 10–14	Shubie Park (Fairbanks Centre)	00031525	00031574	\$50
Aug 17–21	Shubie Park (Fairbanks Centre)	00031567	00031575	\$50
Aug 24–28	Shubie Park (Fairbanks Centre)	0031568	00031576	\$50



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

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