



# Outdoor Programming Summer 2020

## Halifax & Area

To register visit: [www.halifax.ca/myrec](http://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.)

W	1:30 PM	2hr	Point Pleasant Park	00032016	5-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	Timberlea	00031747	23-Jul
Th	1:30 PM	2hr	Hemlock Ravine Park	00032062	27-Aug

### 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	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 | 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	Point Pleasant Park	00031748	21-Jul
Tu	1:30 PM	2hr	Frog Pond Park	00032063	25-Aug

## Family Reading Fun in the Park

**All Ages | Free**

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	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 | 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	Jerry Lawrence Park	00031752	23-Jul
Th	10:00 AM	1.5hr	Point Pleasant Park	00032067	27-Aug

## 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	Point Pleasant Park	00031750	21-Jul
Tu	10:45 AM	1hr	Point Pleasant Park	00031751	21-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
Th	9:30 AM	1hr	Jerry Lawrence Park	00032027	13-Aug
Th	11:00 AM	1hr	Jerry Lawrence Park	00032094	13-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 | 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.)

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
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
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 | Free

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

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 | 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	Fleming Park	00032123	25-Aug
Tu	11:00 AM	1hr	Fleming Park	00032070	25-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.

W	9:30 AM	45min	Fleming Park	00031903	22-Jul
W	9:30 AM	45min	Fleming Park	00032009	29-Jul
W	9:30 AM	45min	Point Pleasant Park	00032127	5-Aug
W	9:30 AM	45min	Fleming Park	00032038	12-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 | 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.

W	10:45 AM	45min	Fleming Park	00031912	22-Jul
W	10:45 AM	45min	Fleming Park	00032007	29-Jul
W	10:45AM	45min	Point Pleasant Park	00032111	5-Aug
W	10:45 AM	45min	Fleming Park	00032039	12-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	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



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

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