



Outdoor Programming Summer 2020

Musquodoboit Valley & Eastern Shore

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

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	Carrolls Corner Community Centre	00032042	18-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	Carrolls Corner Community Centre	00031998	30-Jul
Th	10:00 AM	1.5hr	Webber's Beach	00032017	6-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	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

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.)

Th	1:30 PM	1.5hr	Peace Park	00032049	20-Aug
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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.

Th	1:30 PM	45min	Webber's Beach	00032019	6-Aug
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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.

Th	2:45 PM	45min	Webber's Beach	00032112	6-Aug
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in the Halifax Region
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