



# FALL <sup>2019</sup> RECREATION PROGRAMS MUSQUODOBOIT VALLEY

**Dutch Settlement to Dean**  
2046 Highway # 224, Middle Musquodoboit  
Phone: 902.384.3008

## Preschool

Course Code	Age	Day	Time	Duration	Location	Start Date	Cost
<b>Tumblebugs Ages 3-5</b> An introductory program for basic movement and modified gymnastics that is fun, safe, inclusive, and developmentally appropriate. The plans include both active and quiet segments with directed and exploratory learning. Tumblebugs is about fundamental movement skills that support healthy growth and development and improve physical literacy.							
00015452	3-5	Tues	6 p.m.	45 mins	Carrolls Corner Community Centre	Sept. 24	\$27.70
00015867	3-5	Thurs	6 p.m.	45 mins	Musquodoboit Valley Education Ctr.	Sept. 26	\$22.16

## Child

Course Code	Age	Day	Time	Duration	Location	Start Date	Cost
<b>Mixed Media Ages 8-12</b> Under the direction of Artist Emily Lamb, learn the basics of art through a variety of mediums and concepts that encourage creativity and imagination.							
00015463	8-12	Mon	2 p.m.	90 mins	Dutch Settlement Elementary School	Sept. 23	\$55.64
00015465	8-12	Sat	10 a.m.	90 mins	Middleton United Church	Sept. 28	\$55.64
<b>Snack Attack Ages 8-12</b> Each week participants will create a healthy snack that will help expose them to new foods and snack ideas for home and school.							
00015460	8-12	Tues	7 p.m.	60 mins	Carrolls Corner Community Centre	Sept. 24	\$37.00
<b>Gym Games Ages 7-12</b> Join our staff as they lead participants in various cooperative games both new and old!							
00015457	7-12	Wed	6:30 p.m.	90 mins	Musquodoboit Valley Education Ctr.	Sept. 25	\$40.64

## Children & Youth Drop In

Program Name	Age	Day	Time	Duration	Location	Start Date	Cost
Open Gym - Child	6-12	Mon	6:30 p.m.	1.5h	Musquodoboit Valley Education Centre	Sept. 23	Free
Open Gym- Youth	12-18	Tues	7 p.m.	2h	Musquodoboit Rural High School	Sept. 24	Free
Open Gym-Adult/Youth	13+	Fri	6:30 p.m.	2.5h		Sept. 27	

## Adult

Course Code	Age	Day	Time	Duration	Location	Start Date	Cost
<b>Belly Fit Ages 16+</b>							
Participants will experience a full body, full of spirit, extraordinary exercise experience inspired by dance, fitness and yoga.							
00015450	16+	Mon	7 p.m.	60 mins	Musquodoboit Valley Education Ctr.	Sept. 23	\$34.05
00015450	16+	Wed	7 p.m.	60 mins	Musquodoboit Valley Education Ctr.	Sept. 25	\$42.55
<b>Yoga 16 +</b>							
Yoga encourages balance, flexibility, and strength in mind and body with basic postures, breathing exercises, and meditation.							
00015458	16+	Tues	8 p.m.	60 mins	Carrolls Corner Community Centre	Sept. 24	\$49.68
00015456	16+	Thurs	9:30 a.m.	60 mins	St Andrews United Church	Sept. 26	\$49.68
00015455	16+	Thurs	4 p.m.	60 mins	Musquodoboit Family Resource Centre	Sept. 26	\$49.68

## Adult Drop-in Programs

Program name	Ages	Day	Start time	Duration	Location	Start date	Cost
Fitness Centre	16+	Mon	6:30 p.m.	150m	Musquodoboit Rural High School	Sept. 23	Free
Fitness Centre	16+	Wed	6:30 p.m.	150m	Musquodoboit Rural High School	Sept. 25	Free
Pickle Ball <b>*NEW*</b>	16+	Thurs	7 p.m.	90m	Musquodoboit Valley Education Centre	Sept. 26	Free
Fitness Centre	16+	Fri	6:30 p.m.	150m	Musquodoboit Rural High School	Sept. 27	Free
Open Gym Adult/Youth	13+	Fri	6:30 p.m.	150m	Musquodoboit Rural High School	Sept. 27	Free

\*\* Pickleball is a racket/paddle sport that incorporates elements of tennis, badminton, and ping-pong and is played by people of all ages and skill levels! The game is easy for beginners to learn and as your skills progress, the game picks up speed and action.