

Windsor Recreation Summer Programs 2018

Welcome to the Town of Windsor's exciting summer line-up of recreation, leisure and active living opportunities!

Registration Night - Thursday, June 7th, 2018

Come see us on Registration Night at the Windsor Community Centre on **Thursday, June 7th from 6:00pm –9:00pm**. Registration will continue at the Windsor Town Office, 100 King Street until the start of each program. (Debit cards, cheques and cash accepted). Keep in mind that post dated cheques are accepted, but they must be dated one week before the program start date.

Each program must have sufficient registration to run, so please register early.

Inclusion and Accessible Leisure Services

Persons who require support are encouraged to participate in all programs and services offered by the Windsor Recreation Department. If you or a family member requires support to be involved in our programs, do not hesitate to contact us. We will arrange to meet the family and individuals prior to the start of the program to identify appropriate program options and support necessary to assist the participant. We believe that inclusion is a partnership between Windsor Recreation staff and families and that good communication is essential to a successful experience.

Financial Assistance

Is lack of money stopping you from enrolling your child in one of the many recreation and sport programs this summer? Contact VanEssa Roberts at 902-798-6679 or Dianne Levy at 902-798-1162 to discuss a solution.

Windsor Recreation Department Staff Location and Contact Information

Jessica Patenaude

Summer Manager

Windsor Community Centre, 78 Thomas St.

Phone: 902 -792-1948 Fax: 902- 798-9409

Email: jpatenaude@town.windsor.ns.ca

Dianne Levy

Manager of Recreation Services

Windsor Community Centre, 78 Thomas St.

Phone: 902-798-1162 Fax: 902-798-9409

Email: dlevy@town.windsor.ns.ca

VanEssa Roberts

Director of Community Development, Tourism & Recreation

Windsor Town Hall, 100 King St.

Phone: 902-798-6679 Fax: 902-798-5679

Email: vanessa@town.windsor.ns.ca



Get Involved! Stay Active! Have Fun!

Welcome to our Summer Programs!

Join the Windsor Recreation Team for a fun-filled summer of events and camps.

Day Camp Program (ages 5-12)



These seven camps will keep children entertained and active this summer with games, songs, crafts, daily trips to the pool, weekly special guests, sport tutorials and day trip adventures.

Day Camps are as follows unless otherwise stated:

Start: July 3rd

When: Monday – Friday (7 weeks)

Time: 9:00am – 4:00pm

Where: Windsor Community Centre

Cost: \$100.00 - \$125.00/week or \$30.00/day

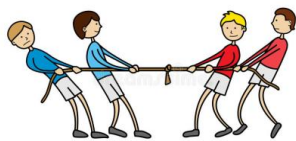
Each program must have sufficient registration to run, so please register early! Please ensure you are registered the Thursday before the program begins!

Week #1

“Backyard Bash”

July 3rd– 6th

\$100.00



Join us for an exciting first week of camp! Campers will be encouraged to take part in various summer activities including swimming, disc golf, capture the flag, tug-of-war, ladder golf, parachute games, and much more! Campers will also learn how to become a Fitness Junkie from our special guest. Cool off with daily trips to the pool. Don't forget your sunscreen and comfortable clothes!

Week #2

“World Explorer”

July 9th – 13th

\$125.00

Travel the world with our leaders during an awesome week of trying new things! Throughout the week we will learn lots of activities and games from around the world. We will also have time for family culture/history show and tell and daily swims. Throughout the week we will be exploring some heritage sites such as Kings-Edgehill School and Long Pond so please come prepared for the weather.



Week #3

“Treasure Island”

July 16th – 20th

\$125.00

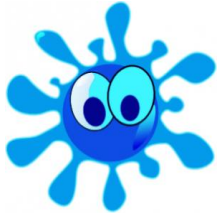
Escape the pirates and steal your treasure back! Join us for a week of boat building, scavenger hunts, outdoor explorations and pirate themed challenges at the pool each day. Some other activities will include steal the gold and battleship. Come with your best pirate impersonation! We can't wait to share ours!!

Week #4 “Imagination Movers” July 23rd- 27th \$125.00

Let your imagination run wild! Throughout the week you will have the chance to learn dance, puppet making and will even get to have a ride on the Trecothic Creek Mini Trains. Campers will also be able to test their limits of imagination with our loose parts play, outdoor exploring, daily trips to the pool and more! The last day of camp, everyone (even the leaders) will get a chance to share their talents at our talent show. All parents will be welcome to attend!



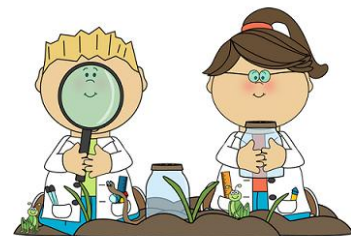
Week#5 “Wet ‘n’ Wild” July 30th – August 3rd \$125.00



Get your bathing suits ready campers! We will be experiencing an adventure every day this week at the Hants Aquatic Centre and lots of other awesome water activities. Slip and slide, human car wash, and water balloons are just the beginning! Campers will attend the wet ‘n’ wild pool party on Friday. Be sure to bring your sunscreen as we will be outside ALOT and swimming everyday!

Week #6 “Outdoor Survival” August 7th – 10th \$100.00

Campers will be in for an adventure! We will explore the wilderness by going hiking, building shelters/fairy houses, identifying plants and animal tracks, geo-caching, terrarium building and more! We will be outside every chance we get so please remember your sunscreen and closed toe shoes.



Week #7 “Secret Agent” August 13th – 17th \$125.00



Calling all detectives! We need your help. Join us in solving a different mystery every day this week. Campers will have the chance to participate in mission impossible, and complete a spy training obstacle course and much more! We can’t wait for you to join us on our mystery solving adventures! Save the day at the 13th annual sleepover! *(Please note there will be no regular day camp for August 18th & 19th. Sleepover drop-off is Thursday at 4:00pm & pickup will be at 8:30am Friday morning).*

Multi Sport Camp Program (ages 9-12)

These seven camps are designed to introduce campers to the fundamental movement skills such as running, skipping, throwing, catching and jumping. Campers will have the opportunity to try out their skills while trying different sports and activities each day. Campers will also enjoy swimming everyday at the Hants Aquatic Centre.

Day Camps are as follows unless otherwise stated:

Start: July 3rd

When: Monday – Friday (7 weeks)

Time: 9:00am – 4:00pm

Where: Windsor Community Centre

Cost: \$100.00 - \$125.00/week or \$30.00/day

Each program must have sufficient registration to run, so please register early! Please ensure you are registered the Thursday before the program begins!

Week #1

“Field Day(s)”

July 3rd- 6th

\$100.00



Are you ready to jump into a week of field day events? We have lots planned from sack races, relay races, parachute games, obstacle courses, long jump, high jump, disc golf and more! Swim every day at the Hants Aquatic Centre. We will also have specially trained track and field coaches in throughout the week showing us various tips and tricks to develop our skills.

Week #2

“Ice Age”

July 9th- 13th

\$125.00

Cool off this summer with some of your favorite winter activities. We are going to recreate as many winter games and sports as possible for campers to enjoy. Some modified sports and games include hockey, bobsledding, fort building, human curling, and more! Campers will also swim daily at the pool.



Week #3

“Courts in Session”

July 16th- 20th

\$125.00



Do you have a favorite sport that involves a court? If so, this week was made for you! Campers will participate in a variety of sports such as basketball, volleyball, tennis, badminton, tchoukball and handball. We will be outside everyday so please come prepared for the weather and for daily swims.

Week #4 “Olympics” July 23rd- 27th \$125.00

Campers will participate in a variety of individual and team challenges. Disc golf, high jump, long jump, handball, table tennis, soccer and more! We will also try some special challenges every day at the pool. Please remember to bring proper closed toe footwear as well as lots of sunscreen!



Week #5 “Wet ‘n’ Wild (sports edition)” July 30th-August 3rd \$125.00



Are you ready for a fun filled week of learning lots of different water sports and activities? Campers will be able to improve their water skills including swimming and diving! Campers will participate in water polo, underwater hockey and a slip ‘n’ slide. They will even get a chance to try out canoeing and kayaking at the Hants Aquatic Centre! Don’t forget your bathing suit and get ready to make some waves!

Week #6 “Extreme Adventure” August 7th-10th \$100.00

Do you like to live on the wild side? We have a week just for you! Join us for a week of hiking, tight rope walking, spike ball, capture the flag, tchoukball, disc golf and daily trips to the Hants Aquatic Centre. We will even get to learn some karate skills. Be ready to challenge yourself.



Week #7 “Survivor” August 13th-17th \$125.00

Join us for a week of testing your skills and limits! Throughout the week campers will have the chance to participate in challenges, trivia games at the pool, obstacle courses, relay races, fear factor activities and more! We also have a special event planned for the sleepover.

(Please note there will be no regular day camp for August 18th & 19th. Sleepover drop-off is Thursday at 4:00pm & pickup will be at 8:30 am Friday morning).

Extended Care and Day Camp

The Recreation Department will be offering extended care before and after day camp programs from 8:00am-9:00am and 4:00pm-5:00pm. The cost for this service is \$30.00/week or \$6.00/day or \$50.00/week per family. Please register for extended care the Thursday before your child’s camp begins by contacting us at 902-792-1948 or via email at jpatenaude@town.windsor.ns.ca

Swimming Lessons and Day Camp

Is your child enrolled in Day Camp but wants to attend swimming lessons too? Tell us prior to the start of camp and we’ll make sure that your child is escorted from Day Camp to the pool and back by one of our staff members. When you arrive it is your responsibility to let the day camp staff know of the times and sessions of swimming lessons that your child is enrolled in.





Junior Leadership Program (ages 12+)

This program provides the opportunity for youth to be a part of the Windsor Recreation team. Youth will gain valuable knowledge and essential skills on how to be a fun and safe leader through different workshops. Participants will be given the opportunity to demonstrate the skills they have learned by working with our summer programs. All Junior Leaders will accompany day campers in all day trips including daily trips to the Hants Aquatic Centre so bring appropriate swimwear. Come join the fun and get involved with Windsor Recreation this summer!

Start: July 9th

When: Monday – Friday

Time: 9:00am -4:00pm

Where: Windsor Community Centre

July 9th– 13th

Sports Leadership

\$50.00

This week we will focus on finding out more about yourself. You will get the chance to learn what your leadership style is through different sports as well as learn more about working with a team, being a leader in groups and how to work together.

July 30th – August 3rd

Aquatic Team Building

\$50.00

As a Junior Leader this week you will learn skills that are essential to leading aquatic activities. The nearby Hants Aquatic Centre provides an awesome opportunity to develop aquatic safety skills, risk management, and the basics of leading aquatic games and activities.

August 7th – 10th

Becoming an Outdoor Leader

\$40.00

This week Junior Leaders will learn about how to survive in the outdoors as well as some awesome tips when going for walks or hikes. Leaders will learn about key outdoor concepts such as sun-safety, basic survival skills and how to reconnect with nature.



Get Involved! Stay Active! Have Fun!

Lost Belongings

Windsor Recreation staff is not responsible for lost articles and clothing. Participants are responsible for their own belongings. Parents and guardians can assist by labelling all children's items.



It's Summer Time...Not Sizzle Time

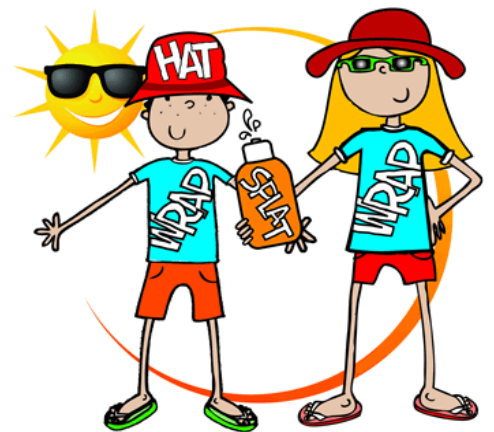
Windsor Recreation continues to make sun safety a priority. Skin cancer is the most common of all cancers and Nova Scotia has one of the highest rates in the country. Childhood sunburns increase the risk of developing melanoma and basal cell cancer. Our policy and education programs encourage "covering up" behaviour.

Sun Safety Checklist

- Provide sunscreen (SPF 30+, water resistant, broad spectrum) labelled with your child's name
- Dress your child in t-shirts or shirts that cover the shoulders (*tank tops are not sun safe*)
- Provide lip balm (SPF 30+) labelled with your child's name
- Pack sunglasses
- Provide a wide-brimmed hat
- Practice applying sunscreen with your child



Windsor Recreation limits program time spent in the sun, plans activities in the shade, monitors the application of sunscreen, and checks UV index daily.



MORE SUMMER PROGRAMS

Recreational Soccer

\$35.00/child/session

The focus of this program is on FUN, participation, and learning soccer through fundamental movement skills. We incorporate songs and games into this recreational soccer program. Children are required to wear sneakers and to bring a water bottle. Soccer balls are provided. Parents are encouraged to participate by helping your child stay with the group. This program is held at Elmcroft Park in Windsor. If the weather is poor the program will be held in the Windsor Community Centre auditorium.

Red Soccer (ages 3-5)

When: Tuesdays (4 weeks)

Time: 5:30pm-6:10pm

Start: Session 1 June 26th - July 17th
Session 2 July 24th - August 14th

Yellow Soccer (ages 3-5)

When: Thursdays (4 weeks)

Time: 5:30pm-6:10pm

Start: Session 1 June 21st - July 12th
Session 2 July 19th - August 9th

Blue Soccer (ages 3-5)

When: Tuesdays (4 weeks)

Time: 6:15pm – 6:55pm

Start: Session 1 June 26th – July 17th
Session 2 July 24th – August 14th

Green Soccer (ages 3-5)

When: Thursdays (4 weeks)

Time: 6:15pm-6:55pm

Start: Session 1 June 21st - July 12th
Session 2 July 19th - August 9th

Orange Soccer (ages 6+)

When: Tuesday (4 weeks)

Time: 7:00pm-7:45pm

Start: Session 1 June 26th - July 17th
Session 2 July 24th - August 14th

Purple Soccer (ages 6+)

When: Thursdays (4 weeks)

Time: 7:00pm-7:45pm

Start: Session 1 June 21st - July 12th
Session 2 July 19th - August 9th



Get Involved, Stay Active & Have Fun with Windsor's Free Recreation Sites & Equipment!

Volleyball and Basketball

Drop by the courts for friendly games of beach volleyball at Elmcroft Park and basketball behind Tim Horton's on the waterfront.



Windsor Skate Park

Everyone is welcome to practice their skills and learn some too at the Windsor Skate Park located on the waterfront. Please note that helmets are required.

Waterfront Exercise Equipment

All ages are encouraged to enjoy Windsor's new outdoor exercise equipment located on the waterfront.

Windsor's Walking Trails

Take advantage of the Town of Windsor's walking trails and Active Transportation Trails! ***Get Involved*** with the community, ***Stay Active*** and ***Have Fun*** this summer! Maps are available for pick up at the Town Office, 100 King Street, Windsor or online at www.town.windsor.ns.ca and www.valleyconnect.ca



MORE SUMMER ACTIVITY/SPECIAL EVENTS

17th Annual Provincial 5km Run (all ages)

This run is part of the Run Nova Scotia Road Race Series, Performance Series and Youth Performance Series. Register online today at <https://raceroster.com/events/2018/16096/17th-annual-windsor-5k-fun-run>.



Registration begins in person on June 7th at registration night at the Windsor Community Centre from 6:00-9:00pm and continues at the Windsor Town Office, 100 King Street, Windsor until July 27th.

"Day of" race **registration** is on site **beginning at 8:00am**.

Meet at the Windsor Community Centre at 78 Thomas Street.

When: Saturday, July 28th

Time: 9:00am start

Cost: \$25.00 Run NS members \$30.00 non members

"Day of" registration is \$30.00.

For more info call Dianne at 902-798-1162.



Avon River Days Family Fun Day

Activities include a two hour wet 'n' wild pool party (**2:00pm-4:00pm**), followed by BBQ and activities in Elmcroft Park (**3:00pm-5:00pm**) such as water balloons, parachute games and much more. Price includes pool party, hot dog, drink and activities in the park. Please note that pool passes are not applicable.

When: Friday, August 3rd

Time: 2:00pm -5:00pm

Where: Elmcroft Park

Cost: \$4.00



Avon River Days Children's Parade

Face painting and balloons will be provided starting at 12:30pm in the Community Centre.

For more information contact us at 902-792-1948.

When: Saturday, August 4th

Line up: 1:00pm (*The Children's Parade is the grand entrance to the Avon River Days Parade*).

Where: Windsor Community Centre

Finish: Pick up at the Howard Dill statue on Water Street.

14th Annual Windsor Kids Triathlon (ages 3-16)

Swimming, biking and running event! For information on the program, or to volunteer please contact Melissa at 902-798-5523 or mbahri@town.windsor.ns.ca

When: Sunday, August 12th

Time: 8:30am registration, **must be check in by 9:15am.**

Events begin after directly after registration.

Cost: \$10.00 - May 2nd - June 7th (with t-shirt)

\$15.00 - June 8th - July 5th (with t-shirt)

\$20.00 – after July 5th (no t-shirt)

Includes TNS Insurance Fee of \$3.00

All participants will receive a medal.

Place: Windsor Community Centre

Registration: Come to registration night on June 7th from 6:00pm - 9:00pm, or pick up a form at the Windsor Town Office, Windsor Community Centre, Hants Aquatic Centre or register online at <https://raceroster.com/events/2018/14641/14th-annual-windsor-kids-triathlon>. Parents must fill out a waiver the day of the event. Please do not drop off children without signing the waiver as they will not be able to participate. **After the race join us at the Hants Aquatic Centre for a pool party.**



GET INVOLVED! STAY ACTIVE! HAVE FUN