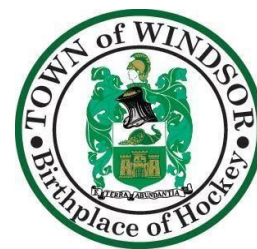


## Windsor Recreation Summer Programs 2019



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

### **Registration Night - Thursday, June 6<sup>th</sup>, 2019**

Come see us on Registration Night at the Windsor Community Centre, **Thursday, June 6<sup>th</sup> from 6:00pm –9:00pm**. Registration will continue at the Windsor Town Office, 100 King Street until the start of each program. (Debit, cheque and cash accepted). Keep in mind that postdated 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**

Everyone is 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 programs this summer? Contact 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](mailto: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](mailto: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](mailto: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)

We have seven camps that will keep your children entertained and active this summer including 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 2<sup>nd</sup>

**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 by Thursday before the program begins!*

*Please keep in mind that the themes listed below are not limited to the listed activities. If you are looking for more information on weekly themes and activities contact Jessica Patenaude at 902-792-1948 or email [jpatenaude@town.windsor.ns.ca](mailto:jpatenaude@town.windsor.ns.ca)*

**Week #1**      “A Bug’s Life”      **July 2<sup>nd</sup> – 5<sup>th</sup>**      **\$100.00**

Join us for a fun filled first week of camp! We are kicking it off by exploring the great outdoors and all that it has to offer, creepy crawlers included! We will be exploring some of the local trails that our beautiful town has to offer, creating art with nature, learning about different bugs and plants, terrarium building and lots more.



**Week #2**      “Field Days”      **July 8<sup>th</sup> – 12<sup>th</sup>**      **\$125.00**

Are you ready for a week of running, jumping, throwing and learning new skills? Activities will include sack races, parachute games, egg and spoon races, special guests to teach us track and field skills, relay races, obstacle courses, water activities and much more!



**Week #3**      “Hero Week”      **July 15<sup>th</sup> – 19<sup>th</sup>**      **\$125.00**

A week of special guests and activities! This is the week we focus on our heroes! Whether your hero is a parent/guardian, friend, teacher, fire fighter, we are going to celebrate everything they do for us. Campers will get the chance to meet some local heroes and even get the chance to become heroes themselves!

**Week #4**

**“Space Week”**

**July 22<sup>nd</sup> - 26<sup>th</sup>**

**\$125.00**



Get your rockets ready to fly out of this world and take a trip to space! There are so many things to explore and discover in space and we are going to experience as much of it as we can here at camp! Space themed crafts, scavenger hunts, adventures and other great activities.

**Week #5**

**“Wet ‘n’ Wild”**

**July 29<sup>th</sup> – Aug. 2<sup>nd</sup>**

**\$125.00**



Are you ready for a full week of water activities? Campers will get to enjoy water balloons, water guns, slip and slides, optional activities during swim time and lots more throughout the week! *Friday of this week, campers will go to the Wet ‘n’ Wild pool party followed by festivities in Elmcroft Park.*

**Week #6**

**“Shine Bright”**

**August 6<sup>th</sup> – 9<sup>th</sup>**

**\$100.00**

Do you have a talent you would like to share? During this week we will be super creative and thinking outside the box! Campers will make different crafts and art projects, learn new songs, create skits, make puppets and prepare for a talent/art show at the end of the week.

*(Parents are invited to attend the talent/art show on Friday afternoon.)*



**Week #7**

**“Super Spy”**

**August 12<sup>th</sup> – 16<sup>th</sup>**

**\$125.00**



Get ready for a week filled with secret missions, brain challenges, and obstacle courses. We will have gym time to learn some awesome spy skills and stunts! Throughout the week we will prepare for our big spy mission at the sleepover on the 15<sup>th</sup>. **Come dressed up to the sleepover** in your best spy or ninja costume! *(Please note there will be no regular day camp for August 15<sup>th</sup> & 16<sup>th</sup>. 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 a variety of sport skills including 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 every day at the Hants Aquatic Centre.

### Day Camps are as follows unless otherwise stated:

**Start:** July 2<sup>nd</sup>

**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**

**“Outdoor Skills and Sports”**

**July 2nd - 5th**

**\$100.00**



If you are interested in learning survival skills and outdoor sports like fishing, archery, shelter building, knot tying, compass reading and orienteering, this week will be perfect for you! We will have special guests coming in to teach us some of these skills.

**(Make sure to come prepared to be outside each day no matter the weather).**

**Week #2**

**“Track and Field”**

**July 8th- 12th**

**\$125.00**

Are you ready for a week of jumping, throwing, running and learning new skills? Try long jump, high jump, shot put and more. There will be something for everyone including relay races, obstacle courses, water activities and special guests!

**Week #3**

**“Olympics”**

**July 15<sup>th</sup> - 19<sup>th</sup>**

**\$125.00**

Campers will participate in a variety of individual and team challenges including disc golf, rugby, handball, table tennis, soccer, basketball and more! We will also try some special challenges every day at the pool. Please remember to bring proper closed toe footwear and your sunscreen!



**Week #4**

**“Adventure Week”**

**July 22<sup>nd</sup> – 26<sup>th</sup>**

**\$125.00**

Do you love adventures? Campers will get the chance to go on a new adventure each day. Along the way we will be playing games and participating in group challenges! Some activities include hiking, discovering new places around town, scavenger hunts, and lots more surprises. You won't want to miss the adventure stories of our special guests!

**Week #5      “Wet ‘n’ Wild (Sports Edition)”      July 29<sup>th</sup> - August 2<sup>nd</sup>      \$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. Don’t forget your bathing suit and get ready to make some waves! *Friday of this week, campers will go to the Wet ‘n’ Wild Pool Party followed by festivities in Elmcroft Park.*



**Week #6      “Extreme Sports”      August 6<sup>th</sup> – 9<sup>th</sup>      \$100.00**

Get ready to try new things! During extreme sports week campers will be tight rope walking on a slack line, playing games like capture the flag, mission impossible, and lots more! Give skateboarding and scootering a try. Come ready to try something new every day!



**Week #7      “Super Spy (Extreme Edition)”      August 12<sup>th</sup> - 16<sup>th</sup>      \$125.00**

Get ready for a week filled with secret missions, brain challenges, and obstacle courses. Through the week we will prepare for our big mission on the 15<sup>th</sup> at the sleepover. Come to the sleepover dressed in your best ninja costume. We will make something each day to add to your costume for the end of the week. We will also have gym time to learn some awesome spy stunts and skills!

*(Please note there will be no regular day camp for August 15<sup>th</sup> & 16<sup>th</sup>. Sleepover drop-off is Thursday at 4:00pm & pickup will be at 8:30am 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](mailto: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. *Please let the summer office know the times and days of your child’s swimming lessons the Thursday before camp starts by calling 902-792-1948 or by emailing [jpatenaude@town.windsor.ns.ca](mailto:jpatenaude@town.windsor.ns.ca)*





## **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 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 8<sup>th</sup>

**When:** Monday – Friday

**Time:** 9:00am -4:00pm

**Where:** Windsor Community Centre

**July 8th– 12th**

**Active Leadership**

**\$50.00**

This week we will focus on finding out more about yourself and how you can become an active leader. You will get the chance to learn what your leadership style is through different activities and sports. As well you will begin to develop confidence in leading small groups and how to work together as part of a team.

**July 29th – August 2nd**

**Aquatic Team Building**

**\$50.00**

This week you will learn skills that are essential to leading aquatic activities. The Hants Aquatic Centre provides an awesome opportunity to develop personal skills, aquatic safety skills, and the basics of leading aquatic games and activities. Participants must love the water and be prepared to spend several hours each day at the pool. At the end of the week, Junior Leaders will lead activities at the Wet 'n' Wild Pool Party!

**August 6th – 9th**

**Becoming an Outdoor Leader**

**\$40.00**

This week we will be learning 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 are 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" behavior.

## Sun Safety Checklist

- Provide sunscreen (SPF 30+, water resistant, broad spectrum) labelled with your child's name.
- Dress your child in t-shirts that **cover the shoulders.** (*tank tops and sun dresses 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

**\$25.00/child/session**

The focus of this program is on FUN, participation, and learning soccer through related games and activities. Children are required to wear sneakers and to bring a water bottle. We will provide soccer balls. 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 3-4)

**When:** Tuesdays (5 weeks)

**Time:** 5:30pm-6:10pm

**Start:** Session 1 June 18th – July 16th  
Session 2 July 23rd - August 20th

### Yellow Soccer (ages 3-4)

**When:** Thursdays (5 weeks)

**Time:** 5:30pm-6:10pm

**Start:** Session 1 June 20th - July 18th  
Session 2 July 25th - August 22nd

### Blue Soccer (ages 3-4)

**When:** Tuesdays (5 weeks)

**Time:** 6:15pm – 6:55pm

**Start:** Session 1 June 18th – July 16th  
Session 2 July 23rd – August 20th

### Green Soccer (ages 3-4)

**When:** Thursdays (5 weeks)

**Time:** 6:15pm-6:55pm

**Start:** Session 1 June 20th - July 18th  
Session 2 July 25th - August 22nd

### Orange Soccer (ages 5+)

**When:** Tuesdays (5 weeks)

**Time:** 7:00pm-7:45pm

**Start:** Session 1 June 18th - July 16th  
Session 2 July 23rd - August 20th

### Purple Soccer (ages 5+)

**When:** Thursdays (5 weeks)

**Time:** 7:00pm-7:45pm

**Start:** Session 1 June 20th – July 18th  
Session 2 July 25th - August 22nd





## 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 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](http://www.town.windsor.ns.ca) and [www.valleyconnect.ca](http://www.valleyconnect.ca)

GET ACTIVE!  
WHY NOT FIND ANOTHER WAY?



ACTIVE  
AVON

## MORE SUMMER ACTIVITY/SPECIAL EVENTS

### 18th Annual Windsor 5km Fun 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/2019/22440/18th-annual-windsor-5k-funrun?fbclid=IwAR21X5Pa9mHWcl0UbMYKJtNoBExSHMNKwm6mJxVOsWoAi7\\_7\\_ZNj6i81nnI](https://raceroster.com/events/2019/22440/18th-annual-windsor-5k-funrun?fbclid=IwAR21X5Pa9mHWcl0UbMYKJtNoBExSHMNKwm6mJxVOsWoAi7_7_ZNj6i81nnI)

**Registration begins in person on June 6<sup>th</sup> (registration night) at the Windsor Community Centre from 6:00-9:00pm** and continues at the Windsor Town Office, 100 King Street, Windsor until August 15<sup>th</sup>.  
“Day of” race **registration** is on site **beginning at 7:30am**.  
Meet at the Windsor Community Centre at 78 Thomas Street.

**When:** Saturday, August 17<sup>th</sup>

**Child Care:** Drop off 7:45am. Offered by Windsor Recreation in room 5.

**Time:** 8:30am start

**Cost:** \$22.00 Run NS members (**After May 31<sup>st</sup> \$27.00**)

\$27.00 non-members (**After May 31<sup>st</sup> \$32.00**)

**Contact:** Paula James – [runnergirlpaula@gmail.com](mailto:runnergirlpaula@gmail.com)



### Avon River Days Family Fun Day

Activities include, a two-hour Wet ‘n’ Wild Pool Party from **2:00pm-4:00pm** followed by BBQ and activities in Elmcroft Park.

**3:00pm-5:00pm:** Activities in the park include water balloons, parachute games, face painting 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 2nd

**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 children walking in the parade. Dress up in your favorite costume and join the fun!

For more information contact us at 902-792-1948 or email [jpatenaude@town.windsor.ns.ca](mailto:jpatenaude@town.windsor.ns.ca).

**When:** Saturday, August 3rd

**Line up:** 1:00pm (*The Children's Parade leads the Avon River Days Parade*).

**Where:** Windsor Community Centre

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

## Halifax Mermaids at Avon River Days

Meet and swim with the Halifax Mermaids!

**When:** Saturday, August 3<sup>rd</sup>

**Time:** 2:30-3:30pm & 3:30-4:30pm

50 people max for each hour.

**Cost:** \$5.00/person. No pre-registration. First come, first served.

**Where:** Hants Aquatic Centre

**Rain Date:** Sunday August 4<sup>th</sup>



## 15<sup>th</sup> Annual Windsor Kids Triathlon (ages 3-16)

Swimming, biking and running event with a new and improved route! For information on the event or to volunteer, please contact Melissa at 902-798-5523 or [mbahri@town.windsor.ns.ca](mailto:mbahri@town.windsor.ns.ca)

**When:** Sunday, August 11th

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

Pre-race announcements in front of the pool. Events begins directly after announcements.

**Cost:** \$10.00 - May 2nd - June 14<sup>th</sup> (with t-shirt)  
\$15.00 - June 15<sup>th</sup> - July 25<sup>th</sup> (with t-shirt)  
\$15.00 – July 26<sup>th</sup> – August 8<sup>th</sup> (no t-shirt)  
\$20.00 – August 11<sup>th</sup> (no t-shirt)  
Includes TNS Insurance Fee of \$3.00  
**All participants will receive a medal.**



**Place:** Windsor Community Centre/Hants Aquatic Centre

**Registration:** Come to registration night on June 6<sup>th</sup> 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 [raceroster.com](http://raceroster.com)**. 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 event, participants are encouraged to join us at the Community Centre for refreshments followed by a family swim at the Hants Aquatic Centre.**

***GET INVOLVED! STAY ACTIVE! HAVE FUN***