

Town of Windsor- Recreation Department

Fall Programs - 2019



Welcome to an exciting line up of programs for recreation, leisure and active living pursuits. You will see some of your old favourites along with some new programs. Programs and events will be added throughout the fall so be sure to stay up to date through Facebook announcements.

Everyone is Welcome!

Accessible leisure services are essential to a person's quality of life. Those 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 inclusion is a partnership between Windsor Recreation staff and families and that good communication is essential to a successful experience.

Fair and Safe Play

The Windsor Recreation Department is committed to the practices of "Fair and Safe Play" with staff, participants, parents and coaches. This respect and philosophy is reflected in our programs, services and those initiatives we support through grants.

Something for Everyone!

Windsor Recreation has opportunities for all ages to get active, have fun and meet new people. Windsor Recreation oversees a number of recreation facilities to be enjoyed by all. Whether you make your own recreation using our parks, trails and playgrounds or sign up for structured programs at the Windsor Community Centre there are lots of ways to stay active this fall.

Contact Us:

Website: www.town.windsor.ns.ca

Like Windsor Recreation on Facebook.

Town Office: 100 King Street, Windsor, NS. 902-798-2275

Mailing address: Box 158, Windsor, NS B0N 2T0

Fax Number: 902-798-5679

Manager of Recreation Services:

Dianne Levy 902-798-1162 dlevy@town.windsor.ns.ca

Director of Community Development, Tourism and Recreation

VanEssa Roberts 902-798-6679 vanessa@town.windsor.ns.ca

Community Centre Facility Supervisor:

John Sweet 902- 798-2536 john.sweet@town.windsor.ns.ca

Arena Manager:

Glenn Wentzell 902- 798- 2323 glenn.wentzell@town.windsor.ns.ca

Registration for Programs:

Registration dates: September 23 - onward

Registration will take place at the Windsor Town Office located at 100 King Street 8:30am – 4:30pm Monday to Friday and continues until the start date of each program. Payment options include cash, cheque and debit. If you miss the start date, prices will be pro-rated accordingly.

For your convenience, you may download the registration form online from the town's website (www.town.windsor.ns.ca) by following the recreation links. Complete it and use the drop off slot at Windsor Town Office after hours to deliver forms and payment.

Please register in advance as decisions to cancel a program due to insufficient registration will take place 3 – 4 days before the program begins.

For registration information call the town office at 902-798-2275.

For program information call Dianne Levy at 902-798-1162.

All evening programs are cancelled on Halloween. All programs are cancelled on October 14 and November 11. Please see more specific course dates and cancellations under course descriptions.

Seeking Leadership:

If you are passionate about a recreation or leisure pursuit and would be willing to share it with others please contact Dianne Levy at 798 -1162 to discuss your program ideas.

Program Locations

All programs take place or meet at the Windsor Community Centre except for Aquatics programs which take place at King's-Edgehill Pool.

Program Focus

Windsor Recreation has joined a National movement in sport and recreation programming called **Canadian Sport for Life**. Our sport based programs will focus on the **fundamental movement skills** of throwing, catching, jumping, striking, running, kicking, agility, balance and coordination which form the basis for future sport skill development and for the lifelong enjoyment of physical activity.

Our program staff have completed training in developing physical literacy.



Active Start: For children ages 0 – 6 years

An early active start enhances development of brain function, coordination, social skills, gross motor skills, emotions, leadership and imagination. These programs also help children build confidence, develop posture and balance, build strong bones and muscles, promote healthy weight, reduce stress, improve sleep, learn to move skilfully and enjoy being active.

Indoor Soccer (ages 3 - 4 yrs)

This recreational soccer program focuses on fun and participation while introducing the fundamental skills of the running, kicking, jumping, throwing, agility, balance and coordination.

Session Dates:

Mondays – September 30 – December 2 (7 weeks)

(no class October 14, 21 or November 11)

Wednesdays – October 2 – November 20 (8 weeks)

Times: 5:40 - 6:20pm on Mondays and 6:00 – 6:40pm on Wednesdays

Cost: \$42.00 (Monday) \$48.00 (Wednesday)



Indoor Soccer (ages 5 – 6 yrs)

This recreational program provides the opportunity to learn and develop fundamental skills such as running, kicking, jumping, throwing, agility, balance and coordination as well as shooting, passing, and dribbling.

Session Dates:

Mondays – September 30 – December 2 (7 weeks)

(no class October 14, 21 or November 11)

Wednesdays – October 2 – November 20 (8 weeks)

Times: 6:25 - 7:05pm on Mondays and 6:45 – 7:25pm on Wednesdays

Cost: \$42.00 (Monday) \$48.00 (Wednesday)

Parent/Caregiver and Child Drop-in Gym Time

An opportunity for parents and caregivers with young children to enjoy unstructured play in the auditorium of the Community Centre. Basic equipment such as balls, nets, mats, and hula hoops will be provided.

Caregivers MUST be present to supervise the children at all times.

Session Dates: September 24 – December 19 (No gym on October 24)

When: Tuesdays, Wednesdays, Thursdays from 10:00 – 11:30am

Tuesdays and Thursday from 5:00 – 6:00pm (No gym on October 31)

Cost: \$2.00/ family payable at the door or pay what you can afford.

When the auditorium is booked for special events, drop in gym time will be cancelled and advance notice will be given on Facebook and through signage at the gym.

NEW! Parent and Child Swims (ages 6 months and up)

Join us at the King's-Edgehill pool for a refreshing swim on Friday mornings. Children who are not toilet trained **must wear swim diapers under their bathing suit**. Children must be **within arms reach of an attentive caregiver at all times**.

Session Dates: October 4 – December 6 (no swims October 11 or November 15)

When: Fridays 11:30am to 12:15pm (8 swims)

Cost: **Free!** (Maximum of 50 in the pool) First come, first served.

No registration required.



NEW! Tumble Tots (ages 18 months – 3yrs with parents/caregivers)

Research shows the importance of physical activity for children in the early years. Our staff will guide **children with their caregiver's assistance** through a variety of fundamental movements including jumping, catching, throwing, rolling, balancing on the spot and while moving as well as activities to improve hand-eye coordination. The program will use a variety of props such as balls, hula hoops, ribbons, scarves, and mats.

Session Dates:

Tuesdays – October 15 – December 3 (8 weeks)

Saturdays - October 12 – November 23 (7 weeks)

Times: 10:00 – 10:40am on Tuesdays

10:30 – 11:10am on Saturdays

Where: Room 5 in Community Centre

Cost: \$72.00/8 weeks/Tuesdays

\$63.00/7 weeks/Saturdays



Jump, Run, Throw (ages 3 – 4yrs and 5 -6yrs)

Children who are physically literate have more fun being active, get higher grades, have better social skills and are happier and more confident. Give your child the opportunity to develop physical literacy by developing fundamental movement skills such as hopping, skipping, throwing, catching and jumping in this active program. Children will try a variety of activities that are age appropriate.

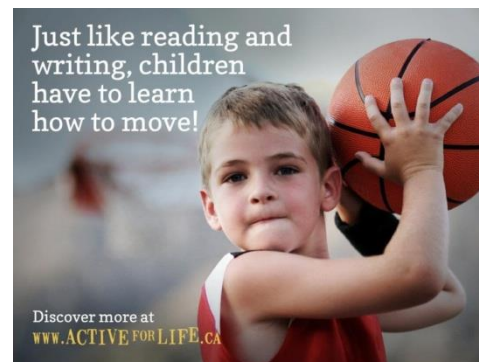
Session Dates: October 2– November 20

When: Wednesdays (8 weeks)

Time: 5:15 – 5:55pm

Where: Community Centre Auditorium

Cost: \$50.00



NEW! Tumblebugs (ages 3 – 5 yrs)

Tumblebugs is an introductory program for basic movement and modified gymnastics that is fun, safe, inclusive and developmentally appropriate for children ages 3 - 5-years. It includes active and exploratory learning which supports healthy growth and development and improves physical literacy. The activities will strengthen the range of foundational motor skills that children need to enhance daily living and participate in play, recreation and sport. The program will use of variety of props such as balls, hula hoops, ribbons, scarves, and mats.

No apparatus/gymnastics equipment will be used in this program.

Session Dates:

Tuesdays - October 15 – December 3 (8 weeks)

Saturdays - October 12 – November 23 (7 weeks)

Times: 11:35am – 12:15pm on Tuesdays

9:45 – 10:25am on Saturdays

Where: Room 5 in Community Centre

Cost: \$72.00/8 weeks/Tuesdays

\$63.00/7 weeks/Saturdays



Creative Movement/ Introduction to Dance (ages 3 – 6yrs)

An opportunity for young children ages 3 -6 to experience movement to music in a variety of dance forms. Participants are asked to wear comfortable, non-restrictive clothing.

Session Dates: October 22 – December 3 (7 weeks)

When: Tuesdays

Time: 5:30 – 6:10 or 6:15 – 6:55pm

Where: Visitor Information Centre space

Cost: \$50.00

Note: Some children require parental support to gain confidence. Parents who wish to be in the room with their children are asked to participate in the activities with their child until the child feels ready to be on their own. Otherwise parents will sit outside the room and will be invited in at the end of each class to see what the children have been working on.



NEW! Gymnastics FUNdamentals (ages 3 – 5 yrs)

This introductory program to gymnastics improves physical literacy through a variety of activities and equipment exploration including balance beam, wedges, tumbling mats, tunnels and more. Children will develop balance, body awareness, upper body strength, core strength and agility through fun, age appropriate activities.

Session Dates:

Tuesdays - October 15 – December 3 (8 weeks)

Saturdays - October 12 – November 23 (7 weeks)

Times: 10:45am – 11:30am on Tuesdays

11:20am –12:05pm on Saturdays

Where: Room 5 in Community Centre

Cost: \$75.00/8 weeks/Tuesdays

\$66.00/7 weeks/Saturdays

+++++

FUNdamentals: For children 7 -9 years

Children in this age group need to participate in a variety of well-structured activities that develop basic skills with a focus on fun and minimal competition.

Learning to Train: For children ages 8 -12 years

Children are ready to begin training according to more formalized methods with an emphasis on general sport skills suitable to a number of activities.



Indoor Soccer (ages 7 and up)

This recreational soccer program provides an opportunity to learn and maintain basic soccer skills such as running, kicking, jumping, throwing, agility, balance and coordination as well as shooting, passing, and dribbling. Includes small group games.

Session Dates: September 30 – December 2 (7 weeks)

(No class October 14, 21 or November 11)

When: Mondays (7 weeks)

Time: 7:10 – 7:50pm

Cost: \$42.00



Basketball FUNdamentals (ages 7 – 9 and 10 and up)

This recreational program will teach the basics of basketball such as dribbling, passing, shooting, footwork and basic game play. Basic movement and fitness skills relevant to all sports will be included. Please plan to change into indoor footwear.

Session Dates: October 1 – November 26

When: Tuesdays (9 weeks)

Time: 6:15 – 7:00pm (for ages 7 – 9yrs)

Time: 7:05 – 7:50pm (for ages 10 and up)

Cost: \$57.00



NEW! Introduction to Gymnastics (ages 6 and up)

This is an introductory program for basic movement and modified gymnastics that is fun, safe, and inclusive. It includes active and exploratory learning which supports healthy growth and development and improves physical literacy. The activities will involve a variety of apparatus including a balance beam, a bar, wedges, tumbling mats and more. This program will improve body awareness, core strength, balance and agility.

Session Dates: October 17 – December 12 (no class October 31)

When: Thursdays (8 weeks)

Time: 5:00 – 6:00pm or 6:15 – 7:15pm

Where: Room 5

Cost: \$80.00



NEW! Recreation Sampler (ages 7 -11yrs)

Come play with us! Our recreation staff will lead a variety of recreational activities each week including gaga ball, group games inside and outdoors, an arts and crafts project, playground activities and much more. Participants will have a chance to provide input on the activities provided.

Session Dates: October 12 – November 23

When: Saturdays (7 weeks)

Time: 12:30 – 1:30pm

Where: Meet at room 5

Cost: \$53.00

Programs for Teens (ages 12 and up)

NEW! Teen Recreation Sampler

This program is designed to introduce youth to a variety of recreational activities such as art projects, skateboard and/or scooter, ping pong, sport basics for soccer and basketball, basic kitchen skills, and more. Participants will have a chance to provide input on the activities provided.

Session Dates: October 2 – November 20

When: Wednesdays (8 weeks)

Time: 7:30 – 8:30pm

Where: Meet in the gym

Cost: \$60.00

NEW! Capture the Flag – Pop-up event hosted by the Avon Youth Squad

When: Friday, October 11

Time: 6:00 – 8:00pm

Where: Meet at the Blockhouse at Fort Edward

Cost: FREE! Teams will be formed when everyone arrives.



NEW! Pop Up Skate Park – Watch for our pop-up skate park coming to the Community Centre in late November. Stay tuned! If you want to get involved with this project please contact Dianne at dlevy@town.windsor.ns.ca or call 902-798-1162

Adult Programs

Indoor Walking – Everyone is welcome (including pets!) to use the community centre for indoor walking, so don't let poor weather hold you back from getting your walk. Please plan to change into clean footwear.

Session Dates: September 16 – December 20 (none on Oct. 14, 21, 24 or Nov. 11)

When: Monday to Friday

Time: 8:30 – 10:00am and 11:45am – 12:45pm

Cost: FREE

Pickleball – (Call Gerald at 798-4041 for more information)

This activity which combines badminton, tennis and ping pong is growing in popularity. The Windsor Curling Club has purchased equipment and the Community Centre is offering space to play.

Wear comfortable clothing and please plan to change into indoor footwear.

Session Dates: September 9 – December 18

When: Mondays and Wednesdays

Time: 1:00 – 3:00pm (No class October 14, 21 or November 11)

Cost: \$2.00 drop in – No registration required



Adult Badminton (18 years and over)

For more information call Roseanne at 798-8517

Session Dates: September 9 – December 16

(No class October 14, 21 and November 11)

When: Mondays

Time: 8:00 – 10:30pm

Cost: \$25.00



Roller Derby for Women (18yrs and up)

For more information contact avonriverrollers@gmail.com or check out their facebook page at Avon River Rollers.

Roller Derby Open House

If you think you might be interested, come out to the open house on September 26 at 6:30 – 9:00pm in the Community Centre auditorium. Meet the team pictured below, try on skates and gear and see if you would like to join the program. They will have all the information you will need. You can also find them on Facebook at Avon River Rollers or you can email them at avonriverrollers@gmail.com.

After the open house the Avon River Rollers will be offering a 10-week learn to derby program for woman ages 18 and up. This 10-week program is designed to teach the minimum skills required to play competitive roller derby. If playing a full contact sport is not for you, they are also recruiting referees. Get Involved!



NEW! Recreation Sampler for Adults

Join us for this new program where we will introduce several recreational activities suitable for adults including shuffleboard, line dancing, ping pong, pickleball, yoga and more. Participants will have a chance to offer input into the activities.

Session Dates: October 10 – December 5 (no class October 24)

When: Thursdays (8 weeks)

Time: 1:30 – 2:30pm

NOTE: Class to be held 2:30 – 3:30pm on November 21 and 28.

Cost: \$60.00

Special Interest Programs

Red Cross Babysitting Course – (ages 11 and up)

This course is designed for youth who want to become a babysitter or may already be one. The Babysitting Course covers the responsibilities of a babysitter, safety tips for children of all ages, basic child care skills and what to do in case of an emergency. The book and certificate course is perfect for youth staying home alone as well as those that wish to venture into babysitting.

Must bring lunch and drink.

Session Dates: November 16

When: Saturday

Time: 9:00am – 3:00pm

Where: Windsor Community Centre

Cost: \$60.00

Facilitated by Brave Heart First Aid – Red Cross Training Partner



NEW! Group Hikes

We are pleased to offer two guided hikes to help you navigate two awesome trails in town. The hikes are family friendly but not stroller friendly and will take 1 - 2 hours. While the hikes are free, please call town hall at 902-798-2275 to sign up so we can plan ahead for numbers.

When: Sunday, October 6

Time: 1:00pm

Where: Meet at the Dill Farm parking lot to explore trails behind Gladys Manning residence and King's Edgehill School.

When: Sunday, November 17

Time: 1:00pm

Where: Meet at the Haliburton House Museum to explore connections to Riverview Trail.



Aquatic Programs

Windsor Recreation will be running aquatic programs at KES pool this fall. Programs include Aquafit, Adult/Senior Swims and Parent/Child Swims. Those wishing to participate in aquafit or adult/senior swim must purchase a pass at Windsor Town Hall at 100 King Street. Price options listed below.

All passes expire December 2019!

For more information call Dianne at 902-798-1162 or email dlevy@town.windsor.ns.ca

Aquafitness – (ages 12 and up) Pre-registration is required at least one week prior to start date. A minimum of 22 participants are needed to run the program.

This program performed in chest deep and/or deep water is designed to give the participant a cardiovascular and muscular endurance workout. Using music to set the pace it trains all components of fitness in a fun and supportive environment.

Session Dates: October 1 – December 6

(No classes October 11, 15, November 14, 15,)

When: Tuesday/Thursday/Friday

Time: 9:30 – 10:15am

Cost: \$130.00 (20 class pass)

\$ 98.00 (15 class pass)

\$65.00 (10 class pass)

\$33.00 (5 class pass)



Adult/Senior Swims

King's-Edgehill's heated pool will be available for adults and seniors to use three mornings per week. There will be 2 lanes for lap swimming and 2 open lanes for more leisurely activities and exercises. Equipment such as belts, noodles and flutter boards are provided. Passes must be purchased in advance at Windsor Town Hall at 100 King Street . ****All passes expire December 2019.**

Session Dates: October 1 – December 6 (No swims October 11,15, November 14, 15)

When: Tuesday/Thursday/Friday

Time: 10:30 – 11:30am

Cost: Option 1: \$90.00 - 20 swims

Option 2: \$68.00 – 15 swims

Option 3: \$45.00 – 10 swims

Option 4: \$23.00 - 5 swims

****All passes expire December 2019**

+++++

Parent/Child Swims

King's-Edgehill's heated pool will be available for parents and care givers to enjoy recreational swimming with their children. Children who are not toilet trained **must wear swim diapers under their bathing suit. Parents and caregivers must be in the water** with their children and stay **within arms reach at all times**. Recreational equipment will be provided. Please provide your own PFD's.

Session Dates: October 4 – December 6 (No swims October 11 or November 15)

When: Fridays (8 swims)

Time: 11:30am – 12:15pm

Cost: Free! (Maximum of 50 in the pool) First come, first served.

No registration required.



Birthday Party Packages:

Consider renting the Community Centre for your next party. We have the auditorium and various rooms available for booking.

Package 1: Includes rental of space, set up, clean up and an instructor to facilitate activities. Activities may include parachute games, face painting, sports activities such as soccer, ball hockey, basketball or Wii Dance. All parties are booked in two hour blocks.

Cost: Auditorium - \$115.50 Room 1, 3 or 5 - \$91.00

All costs include taxes!

Package 2: Includes space, set up, clean up and use of equipment such as balls, nets and hula hoops.

Cost: Auditorium - \$63.00 Room 1, 3, or 5 - \$53.00

All costs include taxes!

Facility Rentals:

The Community Centre auditorium and rooms are available for rent. We can host weddings, banquets, baby showers, craft sales, sports events, fundraising events, meetings, concerts, workshops and more. We are happy to accommodate ongoing rentals as well as one-time events.

Prices are available for commercial and non profit groups. We also rent tables and chairs for offsite events. Call 902-798-2536 for more information or check www.town.windsor.ns.ca and follow the recreation links.