



Berwick Recreation Department

Take the Roof Off Winter

Take part in this **EXCITING** initiative sponsored by the Province of Nova Scotia. This program "aims to bring Nova Scotians out of hibernation to experience Nova Scotia's winter and participate in outdoor winter activities. Why not try something new? There is so much to do in Nova Scotia during the winter..check out the website: www.taketheroooffwinter.ca for more helpful tips...

January 2010

*Berwick Recreation promoting
healthy
active lifestyles*

Come join a Fitness Class At Berwick Recreation!

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|----------------------------------|--------------|-------------|-------------------|--------------|
| 8:15 am | | | | Step & Pump | |
| 9:00 am | | Cardio Combo | | | |
| 9:30 am | Senior Fitness | | Moms & Tots | Senior Fitness | |
| 10:30 am | | Senior Yoga | | | |
| 10:45 am to 11:45 am | Line Dancing | | | | Line Dancing |
| 11:45 am to 1:00 pm | Walk in the Town Hall Gym | | | | |
| 6:30 pm | Step Aerobics | | Cardio Yoga | | |
| 7:30 pm | | | | Fitness Boot Camp | |

Berwick Recreation Fitness Class Schedule



Senior Fitness Session I - 10 weeks

Dates: January 4 to March 18

Cost: \$45 plus HST or \$3 drop in fee

Senior Fitness Session II - 8 weeks

Dates: April 5 to May 27

Cost: \$40 plus HST or \$3 drop in fee

Cardio Combo

Dates: January 15 to April 30

Step, Kickboxing & Fitness Boot Camp

Dates: January 11 to April 29

Cost: Purchase a 10 Class Punch Card for \$40 (inc. HST) or \$5 drop in fee



Programs for children

Moms & Tots

Join Maggie Travis for a fun morning of friendship and playtime with your toddler. No registration required.

Location: Berwick Town Hall Gym

Time: 9:30 am to 11:30 am

Dates: Wednesdays starting January 14th

Cost: \$2 drop in fee



Berwick Recreation After School Program

Join Jessica Chapman and Rebecca Reid for this great After School program.

Location: Multi-purpose room Town Hall

Time: 2:45pm to 5:30 pm on school days

Dates: January to June

Cost: \$6 per day

Registration: Must call 538-8616 or visit Berwick Recreation Department to register

Berwick School Winter Fitness/Outdoor Activity Program

Facilitator Cody Robar leads this Program at The Berwick School

Session I

Ages: Grades Primary to Nine **Location:** Berwick School

Time: 3:00 pm to 4:00 pm

Dates: Tuesday to Thursday, January 11—February 15 (6 weeks)

To Register: Contact Berwick School **Cost:** Free!



Session II

Ages: Grades Primary to Nine **Location:** Berwick School

Time: 3:00 pm to 4:00 pm

Dates: Tuesday to Thursday, March 29—May 3rd (6 weeks)

To Register: Contact Berwick School **Cost:** Free!



Running Club

Recreation Director, Ashlyn Sulis and Fitness Instructor Melyssa Hutchinson lead this Program.

Ages: 6 to 14

Location: Berwick School

Time: 3:00 pm to 4:00 pm

Dates: March 22—May 5 (7 weeks)

To Register: Contact Berwick School **Cost:** Free!

Finale—May 15th—Valley Fun Run

Something new this Summer!!



Berwick Recreation is looking forward to offering something new this summer—**KIDDIE CAMP!!** You asked for it, and we are pleased to be able to offer this program for 3 to 6 year olds. (Must be toilet trained). We are also planning some exciting activities for youth ages 13 to 16 as well as our Summer Day Camp Programs. Watch our website for details! Registration to be held in June.



Programs

Programs for Adults

Yoga with Teacher and Master Yogi Shiva Priya

Lift Winter Blues—YOGA & MEDITATION

Teacher & Master Yoga Shiva Priya

Location: Town Hall Annex (Large Meeting Room)

Time: 7:00 pm to 9:00 pm (8-2 hr Sessions)

Dates: Mondays and Thursdays **Starts:** January 25

Registration: Call Deborah at 538-7224

Seniors Gentle –YOGA FOR YOUR HEART

Teacher & Master Yoga Shiva Priya

Location: Town Hall Gym

Time: 9:30 am to 11:00 am (8 11/2 hr Sessions)

Dates: Tuesdays **Starts:** January 26

Registration: Call Deborah at 538-7224



“Lunch & Learn” for Seniors

A great activity for Seniors! The Recreation Department will be hosting information lunches for Seniors.

Session I

Topic: “Anyone Can Use a Computer”

Date: Tuesday, February 16th

Location: Council Chambers, Berwick Town Hall

Time: 11:30 am to 1:00 pm

Does the thought of using a computer scare you? It doesn't have to...why not join us for some helpful tips on just how a computer can be fun and helpful!!

Session II

Topic: “What the Apple Dome Can Offer You”

Date: Tuesday, March 30th

Location: Council Chambers, Berwick Town Hall

Time: 11:30 am to 1:00 pm

Are you wondering about the new Recreation Facility being built in Berwick? Join Mike Mason and he will answer all your questions about how YOU can use the Apple Dome!



Informative speaker and Healthy Lunch will be served for just \$5 per person.
Pre-registration is required by calling Carol or Ashlyn at 538-8616/4016.



Special Events

Flag Day

Location: Berwick School

Time: 9:15 am

Date: February 15, 2009

Everyone is welcome to join us as we celebrate! Flag Day marks the day in 1965 when our red and white maple leaf flag was first raised over Parliament Hill in Ottawa, and indeed, hundreds of communities across Canada.

March Break Activities

Location: Town Hall

Time: 8:30 to 4:30 daily

Date: Week of March 16th, Monday to Friday **Cost:** \$70 per week per child

A great way to spend March Break! There will be lots of activities and a trip to Greenwood for bowling and swimming and fun with Greenwood March Break Campers. **Space is limited, and pre-registration is required by calling The Berwick Recreation Department at 538-8616.** Get your friends together and join us for March Break Fun!

Easter Egg Hunt

Location: Centennial Park (by Gazebo)

Time: 10 am

Date: Saturday, April 3rd **Cost:** \$2 per child

Ages: Up to Age 12.

Note: Pre-registration required by March 29th at The Berwick Recreation Department.
Special Appearance by The Easter Bunny!!



Bike Rodeo

Location: Berwick School

Time: 10 am to 12 noon

Date: Saturday, April 10th

Ages: 5 to 12

Come out, get your bike safety inspected and enter your name to win prizes!



Volunteer Recognition Night

Location: Berwick Town Hall Gym

Time: 7 pm

Date: Wednesday, April 21st

Nominate that special person who works so hard for your organization!

Nomination forms are available at The Recreation Department.

Deadline to submit nominations is February 26, 2010.



Berwick Sports Hall of Fame

Location: Berwick School

Time: 6 pm

Date: Saturday, June 5th

This is an exciting night when Berwick recognizes its Sports Heroes. The evening begins with a "Meet and Greet" from 6-7 pm, followed by the Official Induction and Recognition, and a reception with an opportunity to congratulate the Hall of Fame Inductees. Nomination forms are available at The Recreation Department or from any Sports Hall of Fame Committee member. Deadline for nominations is February 5, 2010.



For your information...

Summer Employment Opportunities for Students

The Berwick Recreation Department is accepting resumes for the following positions:

Recreation Intern, Day Camp Director, Day Camp Counsellors, Kiddie Camp Director, Kiddie Camp Leader, Aquatic Instructor, Tennis Instructor and Parks Maintenance Staff.

Deadline for Recreation Intern—March 17th
Deadline for all other positions March 31st

Berwick Apple Blossom Princess

The Town of Berwick is looking for candidates for Princess Berwick. Do you know anyone who would enjoy this experience? Anyone interested, please call Carol at The Recreation Department at 538-8616.

Deadline for applicants is February 26, 2010.

78th Apple Blossom Festival
"Blossomed Here, Enjoyed Everywhere"

May 26—May 31
www.appleblossom.com



Contacts for Local Community & Sports Groups

| Name of Group | Contact | Phone Number |
|-----------------------------|----------------------|--------------|
| Berwick Minor Hockey | Angie Sawler | 538-3669 |
| Berwick & District Ringette | Marlene Connell | 538-8448 |
| Tae Kwon Do | Greg Durling | 825-3489 |
| Berwick Boxing Club | Nancy Chittick | 679-1243 |
| Ballroom Dancing | Garry Darris | 681-6230 |
| Cheerleading | Megan Spencer | 678-9727 |
| Berwick Guiding | Sara Keddy | 538-9191 |
| Berwick Scouting | John MacDonald | 375-2075 |
| Dance Conxion | Kelly DeBouver-Pearl | 365-7300 |
| Berwick Arena | Bob Best | 538-9070 |



Berwick Recreation Staff

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