

**ZUMBA AT THE KENTVILLE
RECREATION CENTRE**



Want to try a form of dance that has been turned into a fun and effective workout? Come out to the Zumba classes held at the Recreation Centre

Wednesday nights with Rebecca from 7:30pm-8:30pm in the lower Rec. Centre

Friday mornings with Suzi upstairs in the Rec. Centre from 9:00am-10:00am.

Pay as you go!

for more information contact Parks and Recreation on 902-679-2539 or via e-mail

recreation@kentville.ca

March Break Camp

The Town of Kentville will once again be running a March Break Camp from March 12th-16th.

Registration forms will be sent home with students during the first week of February and will also be available to download on the town of

Kentville website.
www.kentville.ca

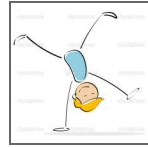
The cost is \$80 for the week, or \$20 a day, camp will run from 8:00am until 4:00pm each day.

Space is limited so register early!

If you have any questions, please contact Nichole Lutz, Active Living Coordinator

679-2556 or by email activeliving@kentville.ca

**Tumblebugs
Kings County Family Resource Centre**



A parent-child interactive program for children aged 3-5 years and a parent/caregiver. This program guides basic movement activities appropriate for early childhood. Limited to six families each 10 week program.

For more information on this, or other programs offered by the Kings County Family Resource Centre phone (902) 678-5760.

Free of charge.

INDOOR SPORTS FUN

The soccer dome is open to families to use on Tuesday and Thursday mornings from 10:00-11:00am. \$2.00 per person, be sure to bring your indoor sneakers!



The soccer dome is open every Monday, Wednesday and Friday from 10:00am-11:00am for kids and adults to kick the soccer balls around. Free of charge, just bring your indoor sneakers!

For more information contact the Valley Indoor Sports and Events Centre on (902) 678-2426 or via e-mail at vdsadirector@ns.aliantzinc.ca

**MORE SPORT AND RECREATIONAL
PROGRAMS IN KENTVILLE...**

RECREATIONAL ADULT FLOOR HOCKEY

CONTACT: DAVE PERRY - Phone: 678-0526

COMPETITIVE ADULT FLOOR HOCKEY

CONTACT: JOE HAVERSTOCK - Phone: 670-0051

EVANGELINE AMATEUR BOXING CLUB

CONTACT: BRYAN GIBSON - Phone 678-6218

SQUASH CLUB

CONTACT: RON GILLIS- Phone 679-5496

JUNIOR CURLING PROGRAM

CONTACT: FRED CUMBY - Phone: 678-0564

SENIOR MEN'S CURLING PROGRAM

CONTACT: Ed Getson - Phone 681-1085

WOMEN'S MORNING CURLING PROGRAM

CONTACT: LOIS TRACY - Phone: 679-0815

INDOOR SOCCER FACILITY

CONTACT: DWIGHT MACLEOD - Phone: 678-2426

TAOIST TAI CHI

CONTACT: MARY ANNE SULIS - Phone: 678-4609

KENTVILLE PUBLIC LIBRARY

Children's story time, teen lounge, movies, games & computers! The Library has something for everyone this fall including book clubs and one on one computer tutorials.



Storytime every week on Wednesday's from 11:00am-11:30am and Babies and books on Thursday's from 1:30pm-2:00pm

Check the library calendar online @ www.valleylibrary.ca or call 679-2544 for info.



**PARKS & RECREATION
WINTER ACTIVITIES
2011/2012**



BE ACTIVE WITH US!

**Kentville Parks and Recreation
354 Main Street
Kentville, NS B4N 1K6**

Phone: 902-679-2540
E-mail: recreation@kentville.ca
Web: www.kentville.ca

KENTVILLE CENTENNIAL ARENA WINTER SCHEDULE 2012

ARENA SEASON OPERATES UNTIL MARCH

ADULT SKATE
TUESDAY & THURSDAY MORNINGS
9:30 AM—10:30 AM

MOMS & TOTS SKATE
TUESDAY & THURSDAY MORNINGS
10:30 AM—11:30 AM

ADULT SHINNY
TUESDAY, THURSDAY & FRIDAY
12:00 PM—1:30 PM

PUBLIC SKATING
SUNDAYS 4:00 PM—5:00 PM

For more information about programs at the Centennial Arena call the HOT LINE @ 679-2542 For ice rentals contact Kevin Bennett @ 679-2533

TREASURE HOUSE SOUP KITCHEN

SERVING HOT MEALS TO THOSE IN NEED
EVERY TUESDAY

LOCATION: UPSTAIRS RECREATION CENTRE
354 MAIN STREET



THE SOUP KITCHEN IS RUN BY VOLUNTEERS WHO PROVIDE MEALS TO ONES IN NEED.

FOR MORE INFO CONTACT COORDINATORS
JOHN & EVE STEENBEEK @ 679-9531

KENTVILLE NEW HORIZONS

SENIORS CLUB

THE NEW HORIZONS CLUB MEETS FROM SEPT-JUNE



PAINTING CLASSES FRIDAY SOCIALS
CARD PARTIES MOVIES
LUNCHEONS POT-LUCKS

WEEKLY ACTIVITIES WITH OTHER SENIORS
NEW MEMBERS ALWAYS WELCOME!

FOR MORE INFORMATION CALL:

ANTOINETTE @ 678-0176 OR RITA @ 678-1658

REC CENTRE FITNESS CLASSES MADE FOR SENIORS!

FIND IT HARD TO EXERCISE DURING THE COLD WINTER MONTHS? GET YOUR WEEKLY EXERCISE INSIDE WITH SUZI!

JOIN CERTIFIED INSTRUCTOR SUZI FOR WEEKLY FITNESS CLASSES OFFERED BY KENTVILLE RECREATION!

SENIORS FITNESS FUN: A FUN LOW IMPACT CARDIO CLASS DESIGNED FOR OLDER PARTICIPANTS!
TUESDAYS AND THURSDAYS @ 10:30AM

SENIORS ZUMBA GOLD: DANCE YOUR WAY TO GOOD HEALTH! THIS NEW CLASS IS THE SAME DANCE THAT HAS TAKEN THE WORLD BY STORM, BUT FOR SENIORS! SO MUCH FUN YOU'LL WANT TO BRING YOUR FRIENDS. FRIDAYS @ 10:30AM

CLASSES COST \$2.00 EACH SESSION (PAY AS YOU GO!)

LOCATION: KENTVILLE REC CENTRE
CONTACT: NICHOLE LUTZ @ 679-2556

KENTVILLE INDOOR WALKING CLUB



A WEEKLY TIME FOR PEOPLE OF ALL AGES TO ENJOY SAFE, LOW IMPACT PHYSICAL ACTIVITY.

WALK, RUN OR BRING THE KIDS FOR SOME QUALITY PLAY TIME!

MON WED & FRI 10:00AM - 11:00AM
AT THE INDOOR SOCCER FACILITY ON PARK STREET
NOVEMBER - APRIL
FREE!

CARDIO KICKBOXING CLASSES

BRING YOUR FRIENDS AND JOIN STACEY 3 TIMES WEEKLY IN THE KENTVILLE REC CENTRE FOR AN EXTREMELY FUN WAY TO GET FIT!

TUESDAYS AND THURSDAYS 7:00PM - 8:00PM
SATURDAYS 10:00AM-11:00AM
CLASSES RUN UNTIL JUNE

Classes include cardio, toning and core work and are designed for all levels of fitness and ability. Come out, have some fun, and work up a sweat!

For more info call Stacey French @ 681-0636 or visit www.burgesskarate.com

Kentville Silver Gliders Skating Programs Starting!



Canskate/Starskate Contact: Candy Campbell - 680-1054
Registration info contact: Darleen Redden Graves - 678-8136

Or email: paperclipper@eastlink.ca



TRY CURLING!

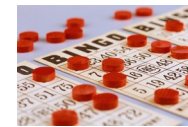
The Kentville (Glooscap) Curling Club and its membership would love to meet you! Curling is an inexpensive sport which combines skill, strategy, and socializing. New members are always welcome!

CURLING CLUB CONTACTS:

Fred Cumby (Junior Curling) 678-0564
Lois Tracy (Women's Morning Curling) 679-0815
Ed Getson (Senior Men's Curling) 681-1085
Lorne Pidgeon (general inquiries) 678-5815.

www.glooscapcurling.com

BINGO! BINGO! BINGO!



KINSMEN TV BINGO!
EVERY WEDNESDAY NIGHT
6:00PM - 7:00PM

BUY YOUR TICKETS, TUNE IN TO EASTLINK AND PLAY FOR YOUR CHANCE TO WIN THE \$10,000 JACKPOT!!

BINGO IS HELD DOWNSTAIRS IN THE KENTVILLE REC CENTRE @354 MAIN STREET. EVERYONE WELCOME!

REC CENTRE RENTALS AVAILABLE



The Recreation Centre is available to rent year round. Two separate levels offer large open spaces appropriate for banquets, meetings, parties, dances, fitness classes, and all kinds of other group activities. Upstairs includes full kitchen, downstairs is accessible. To book the Rec Centre contact Gillian Morrison on 679-2539 or email recreation@kentville.ca