

EXPLORE LIFE

RECREATION SELECTIONS CLOSE TO HOME
Winter 2024



Twig's Chalet!

PROGRAM REGISTRATION OPENS
TUESDAY, January 9

We've Got What You Need for Your Winter Adventures

- Snowshoes
- Trekking Skis
- Natural History Guide Books
- Kick Sleds w/wo Dog Harness
- Hiking Poles
- Ice Grippers
- Kelly Kettles
- Trail Rider
- GPS units
- Igloo Making Tools
- Binoculars



We want to support you and your explorations of our wonderful outdoor spaces (or even your backyard). Contact us to borrow any of the items on the list above. Loaned items are available for a maximum one week period per booking and Recreation and Parks staff can provide a quick tutorial if the item you are borrowing is new to you.



Find a great intro video on our YouTube channel <https://youtu.be/hcNqPTyCixY>

Trail Repairs Continue

(December 19, 2023) Significant Trail repair work has progressed through the Fall, but there's still more to be done. The Municipality's contractor has been resurfacing the trail eastward from Martin's River. To date, ditching, tread work, and some new culvert installations have been completed as far as Chester Basin. That 12 km stretch of trail has now reopened (except a small bridge in Western Shore, and the Gold River bridge).

The Province's contractors have been focused on the major damage between Goat Lake and East River, and the other bridges and culverts that have needed to be replaced. This work has included refilling almost 3km of trail that was scoured out to a depth of 2m in some spots. They have also constructed new abutments for nine bridges. The custom bridge structures themselves have been prefabricated off-site. The first of the new bridges was lifted into place at Henneberry Lake in November. Throughout the winter, bridges near Castle Rock and in East River, Goat Lake, Beaver Brook, Frank Swinamer Rd, and Marriotts Cove will be installed. Snowfall is not expected to slow the progress. These same crews have been reconstructing trail infrastructure across the province since July. Their goal is to have all of our major structures installed by Spring 2024.

Meanwhile, the two landslides above Walker Road in Chester have been stabilized with new rock slopes, and guardrails have been installed at the top. We're investigating ways to 'green' the rock slopes, but under the category of 'lemonades from lemons', the view from the trail over the Back Harbour is quite spectacular. This section from Chester to Marriotts Cove will remain closed until the bridge work at Marriotts Cove is completed as crews will need to access that washout from the Chester direction.

Once the bridges in East River are in place, we'll be able to get heavy equipment to Castle Rock to begin repairs there. Remember that there are extremely dangerous conditions such as abrupt drop-offs and there is often a lot of large, heavy equipment on the closed sections of the trail. Please respect trail closures and keep out so that the crews can safely work. Additionally, there is no emergency vehicle access in those areas that have been cut off. If you were in there and something were to happen, fire and ambulance services could not get to you.

Trail closure and reopening updates can be found at chester.ca; or destinationtrailsnovascotia.com/trails/rum-runners-trail/



HOW DO YOU MOVE?

We welcome your **FEEDBACK**

Take a brief survey on your physical activity levels and preferences, and you can be entered to win one of two \$100 grocery cards.



mysurveys.pro/chester

THE MUNICIPALITY OF CHESTER

Your input will inform our strategies to promote physical activity and active healthy lifestyles.

Please complete our survey at mysurveys.pro/chester. Responses are confidential.

For more information, please contact: Community Development & Recreation Services
ATTN: Gord Tate
ggate@chester.ca
902-275-3490

This survey is being conducted by the NS Department of Communities, Culture, Tourism, & Heritage on behalf of the Municipality of Chester.

Calling Volunteer Organizations in L/Q!

Project Volunteer!
An inter-municipal initiative aiming to bring back the buzz of volunteering in Lunenburg and Queens Counties. We're on a mission to make the world a better place, but we need your help!



We've created an easy survey to find out how we can help you! Don't miss your chance to win... Just finish the survey before January 31, 2024 and one lucky organization will be \$100 richer!

Visit: www.surveymonkey.com/r//Project_Volunteer
Or scan the QR code above for the survey link.
Or contact Sandra at 902-541-1321 or Sandra.Challis@modl.ca



Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.
-Canadian National Recreation Framework

Winter 2024

EXPLORE LIFE: Recreation Selections Close to Home

PROGRAM REGISTRATION OPENS **TUESDAY, January 9**

Recreation and Parks Staff

Chad Haughn,
Director of Community Development and Recreation

Cosette Howlett,
PRO Kids Coordinator

Debbie Harnish,
Administrative Assistant

Jody Conrad,
Recreation Coordinator

Nadine Hackney,
Community Development Coordinator

Gord Tate,
Active Living Coordinator

Municipality of Chester Community Development and Recreation Department

186 Central Street
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@ChesterRecParks



ChesterRecreation



@chestermunicipality

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On the cover: Based on Twig's Christmas Adventure: A Story of the Balsam Fir Christmas Tree by local author Judy O'Leary, a real life Twig's Chalet now sits atop Ruby's Trail in New Ross. **Owen Ferris-Osborne** visited on the first snowy day of the season. Photo credit: Tiffany Fudge.

STORM CANCELLATION POLICY

Programs **MAY** or **MAY NOT** be cancelled when there is a storm. To be sure, always check first before heading out to your program. If the weather is questionable, we encourage you to call 902-275-3490 or check the "Closures & Cancellation" button on the front page of our website: www.chester.ca, or visit Facebook @ChesterRecParks.

THE FOLLOWING RULES APPLY:

Morning Programs - If school is cancelled due to a storm, we will automatically cancel all morning programs whether they are held at a school or not.

Night programs AND Drop-In Programs at ACES, CAMS, CDS, FHCS & NRCS are not necessarily cancelled if school is cancelled. We wait until 3:00 pm to determine if programs are on or not for that evening. We base our decision on current weather conditions and forecasts. If in doubt, check the "Closures & Cancellation" button on the front page of our website, Facebook, or call 902-275-3490.

Weekend Programs - We will call all participants if the program is cancelled on the weekend, however, in case we can't reach you, we encourage you to check the "Closures & Cancellation" button on the front page of our website: www.chester.ca, or visit Facebook @ChesterRecParks.

SUMMER EMPLOYMENT

The Municipality of Chester Community Development and Recreation & Parks Services is seeking applications from students who would like to be part of our summer Recreation and Parks team. Specifically, we are looking for our Summer Manager and our Assistant Summer Manager (both starting early May) as well as 4 Youth Leaders (starting late June). If you are creative, energetic, organized, and enjoy working with youth and the public, submit your resume to:

**Municipality of Chester
Recreation & Parks Services**
ATTN: Jody Conrad
186 Central St., PO Box 369
Chester NS B0J 1J0
Email: jconrad@chester.ca
Phone: 902-275-2712
Fax: 902-275-3630

* **Deadline to apply for the Manager positions is Friday, March 8th.**

* **Deadline to apply for Youth Leader positions is Friday, April 12th.**

*Only those applicants selected for an interview will be contacted.



Eight is Enough

Is there something you would like to try or learn, but need a little help finding the resources and getting organized? If you have a group of 8 interested people together, contact us at the Recreation and Parks Department and we will do our best to put a program together for you. Pricing depends on the activity of course (instructor fees, facility rental etc.), but will be based solely on cost-recovery. Eight is enough!



EDUCATION & TRAINING

St. John Ambulance Babysitting Basics

Babysitting is a job with significant responsibility and the Babysitting Course helps prospective babysitters learn the skills they need. This course teaches new babysitters the necessary skills to provide care to children in a variety of situations. The course emphasizes safety rules, responding to emergencies, and developing leadership skills. The course covers: Becoming a babysitter, Basic first aid, Healthy meals, Safe play, Changing diapers, Bedtime routines, Handling emergencies. Participants will also learn skills for making correct decisions when dealing with behaviour, caring for a sick child, and what to ask before caring for a child with disabilities. Bring snacks, drinks, lunch, notebook, pen, a doll or teddy bear, baby bottle and a diaper.

Location	Chester Area Middle School	Cost	\$70	Instructor(s)	St. John Ambulance
Weeks	1	Ages	11-15		
Day(s)	Date(s)	Time		Pay/Register By	
Saturday	March 23	9:00 am to 4:00 pm		Friday, March 8	

St. John Ambulance Home Alone

The Home Alone course is for any young person (aged 10 and over) that will be spending short periods of time home alone. This course covers many issues that will help children and their parents feel more confident, including: Phone calls and visitors; Recognizing hazards; Following home safety procedures; First aid basics; Healthy eating; Fire safety; and Calling 911. Upon completion, all participants receive a completion certificate. Bring snacks, drinks, lunch, notebook and pen.

Location	Chester Area Middle School	Cost	\$70	Instructor(s)	St. John Ambulance
Weeks	1	Ages	10+		
Day(s)	Date(s)	Time		Pay/Register By	
Saturday	February 17	9:00 am to 4:00 pm		Friday, February 2	

Emergency First Aid & CPR Level C with AED Training

In this Emergency First Aid course you will learn the basics of CPR, how to restore breathing, treat bleeding, shock, and more. A St. John Ambulance instructor will lead you through the first aid techniques you need to know. This course also includes training for use of AED machines, now found in many public facilities. Bring pen, paper, lunch and snacks.

Location	Forest Heights Community School	Cost	\$115	Instructor(s)	Roger Owen, Safety Response First Aid Training
Weeks	1	Ages	15+		
Day(s)	Date(s)	Time		Pay/Register By	
Saturday	January 27	9:00 am to 4:00 pm		Monday, January 22	

Common Grounds

Join us for this new program for neurodivergent teens, allies, and anyone who would benefit from an inclusive environment. Connect with peers, try new things (if you're up for it!), and decide as a team what the group looks, sounds and feels like! This program is a partnership with Autism Nova Scotia and Schools Plus. Please let us know how we can help make this a comfortable, safe, welcoming space for you.

Location	Forest Heights Community School, Learning Commons	Cost	FREE	Instructor(s)	Nadine Hackney, Autism NS Staff, School Plus Staff
Weeks	5	Ages	Grades 9-12 or Ages 14-19 (you do not have to be a FHCS student to participate)		
Day(s)	Date(s)	Time		Register By	
Thursdays	Jan 25, Feb 8, 22, Mar 7, 21	3:10 to 4:30 pm		Thursday, January 18	

Food Handlers Certification

If you are currently working or would like to work in the food industry, this course is for you. You will learn the causes and types of food borne illness focusing on the practices designed to enhance food safety. The topics of safe food preparation, storage and personal hygiene are covered. This one-evening course is conducted by McMullin Food Safety and will provide you with the Nationally recognized certification now mandatory for all food service workers directly handling food. Bring pen & paper.

Location	Forest Heights Community School	Cost	\$50	Instructor(s)	McMullin Food Safety (Al McMullin)
Weeks	1	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Wednesday	March 13	5:00 pm till finished (usually just after 9:00 pm)		Wednesday, March 6	

Build a Miniature Bookcase (Intro to Miniature Furniture)

Build a 1/12 scale dollhouse miniature bookcase from cherry and finish with varnish. Learn the importance of good sanding techniques (and how to use them) as well as how to successfully install level shelves! The bookcase also includes a small amount of carving or otherwise shaping pieces. We'll also talk about the many ways you can make books to fill your bookcase! A tool/supplies list will be provided prior to the workshop and all wood pieces will be precut. All materials provided. Some tools provided if folks need them.

Location	Forest Heights Community School	Cost	\$48	Instructor(s)	Shelley Acker, Freedom Miniatures
Weeks	1	Ages	14+		
Day(s)	Date(s)	Time		Pay/Register By	
Sunday	March 10	9:30 am to 12:00 pm		Monday, March 4	

Meditation Basics (online)

This course is for you:

- if you seek greater peace, contentment, and joy in your life.
- if you desire more energy and focus.
- if you suffer from pain, sadness, or despair.
- if you seek a deeper connection to the earth, yourself, and loved ones.

This course is for you if you're curious about the benefits of a personal meditation practice. Individual classes will focus on the topics of Emotional Anatomy of the Breath, The Science of Meditation & Noticing, Moving Meditation & Forest Bathing, Loving kindness Meditation, Yoga Nidra (Yogic Sleep), and Moving Forward. Included in the course: Weekly group classes, individual q & a sessions (time permitting), recorded meditation guides, and optional readings. Must have stable internet connection and a comfortable space at home.

Location	Online via Zoom	Cost	\$104	Instructor(s)	DeNel Rehberg Sedo
Weeks	6	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Mondays	January 29 to March 4	4:30 to 5:45 pm		Wednesday, January 24	

Pilates/ELDOA

This class will include elements from the practices of both Pilates and ELDOA with stability and mobility exercises. The class will guide you into more awareness of your movement and will provide you with more balance throughout the body. ELDOA is a French acronym, when translated into English it is LOADS (Longitudinal Osteo-articular Decoaptation Stretching). Developed by French Osteopath Dr. Guy VOYER, the ELDOA are very precise postures that target a specific joint region, increasing space within the joint to provide relief from pain and restore balance. This helps create positive tension around the joints which promotes neutral alignment in the body. This is a gentle class that works with alignment, posture and core activation. It will help participants bring awareness to their movement patterns and assist with those patterns to create more mobility and strength. Bring a mat and water.

Location	Chester Brass Band Hall (186 Pig Loop Road)	Cost	\$116	Instructor(s)	Manuela Soares
Weeks	8	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Fridays	February 2 to March 22	9:30 to 10:30 am		Monday, January 29	



Healing Your Brain After a Concussion

The aftermath of a concussion is often a quiet battle of survival. And it's hard to find the tools we need to heal when our brain hurts! In these workshops, you will learn how to support your brain while it is healing, through lifestyle adjustments, better food choices, and gentle movement to calm the nervous system. You will create a personal map for your healing journey and discover proven strategies for coping with the losses that often come with concussion.

In **Part 1** of this two-part series, you will learn strategies to create an optimal healing environment for your brain, including Pacing and Points, community resources for post-concussion, and gentle movement (NIA) to relax your nervous system. In **Part 2**, we will address using food as a healing tool for concussion, and will show you how to create simple, healthy meals and snacks to support your recovery.

Both facilitators have lived experience with concussion, moving from "just surviving" to living full lives again. One of us will reach out to you prior to the workshop for further information. If you are unsure if these workshops are for you, please call the registration number to get connected to one of the instructors to discuss. Dress comfortable, bring water and items for your own comfort.

Location	Forest Heights Community School	Cost	\$30 per workshop, or \$50 for both	Instructor(s)	Nancy Hanlon & Elizabeth Peirce
Weeks	1 per part	Ages	18+		
Part	Day(s)	Date(s)	Time	Pay/Register By	
1	Saturday	February 24	1:00 to 4:00 pm (with breaks)	Tuesday, February 20	
2	Saturday	March 2	1:00 to 4:00 pm (with breaks)	Monday, February 26	

Rising to the Health Challenges of Our Time with Herbal Medicine

Our health cannot be separated from the earth that nourishes us. Many are embracing herbal medicine as a path to empowered healthcare that connects us with our own bodies, each other, and the natural rhythms of the earth. Whether you are new to herbal medicine, or you are wondering what the next step is to improve your knowledge and skill, this workshop is for you.

In this workshop, we will cover core philosophies and tools vital to a vibrant, ethical, and effective approach to herbal medicine. And we'll employ hands-on learning – through sampling herbs, we'll use our senses and core philosophies to introduce the six foundational herbal actions (an intuitive shorthand for accelerating your herbal skills).

The times we live in deeply need the skills, intention, and heart that herbalists can offer. Come join experienced clinical herbalist Oren Hercz in a class to fuel your inspiration and help guide you on your herbal path!

Location	Forest Heights Community School	Cost	FREE	Instructor(s)	Oren Hercz
Weeks	1	Ages	16+		
Day(s)	Date(s)	Time	Register By		
Tuesday	February 13	6:00 to 8:30 pm	Tuesday, February 6		

Men's Shed – Woodworking for Wildlife

During this four-week session, participants will work together to build a number of "bat boxes" or other wildlife boxes to be used by you at home or donated to a local park, community garden, or school. Our local bat population needs support...and we know that "bats eat bugs", so we all win in the end. Dave Ostli will guide the group members in the process as skills using hand-tools are polished. These nights will also be fun, informal social time as work will be done together as a group. Refreshments provided each night. Many thanks to Chester Building Supplies for donating all materials.

Location	Forest Heights Community School	Cost	FREE	Instructor(s)	David Ostli and Jody Conrad
Weeks	4	Ages	55+		
Day(s)	Date(s)	Time	Register By		
Wednesdays	February 21 to March 13	6:30 to 8:30 pm	Wednesday, February 14		

Flint Knapping Demonstration

Knapping is the shaping of flint, chert, obsidian, or other conchoidal fracturing stone through the process of lithic reduction to manufacture stone tools. Nick Whynot will demonstrate how traditional Mi'Kmaq stone tools were created and works with a few different types of stone, some commonly found here and some not. Learn about the knapping process and some of the history and archeological aspects of stone tools. A question-and-answer period will follow as items are handed around to see and touch. Note that some items will have sharp edges.

Location	Forest Heights Community School	Cost	FREE	Instructor(s)	Nick Whynot
Weeks	1	Ages	10+ (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time	Register By		
Saturday	April 6	10:00 to 11:30 am	Tuesday, April 2		



Winter Sketching

Nestled into a quiet spot out of the cold wind, we can be still, listen, and draw what we see. Winter is an excellent time for outdoor sketching as we are not so confronted with details and information; there is a softness and starkness to the landscape that allows us to focus on one or two key points of interest. And the light can be exquisite! But getting out and actually doing it can be the challenge. Join us for a 2ish hour nature sketching hike where you will learn important aspects of nature journaling and experience contemplative wintertime earth connection, while learning to draw what you see. No experience necessary. Please bring more warm clothes than you think you'll need, good winter hiking footwear, warm mittens and fingerless gloves, snacks, thermos of hot drink, a sketchbook, and variety of marking pencils. Carrying all this in a backpack will be necessary. Beginner friendly. Please go to bethlenco.com for detailed instructions about what to bring.

Location	Card Lake Provincial Park (3895 Hwy 14)	Cost	\$37 per session	Instructor(s)	Beth Lenco
Weeks	1 per session	Ages	18+		
Session	Day(s)	Date(s)	Time	Pay/Register By	
1	Saturday	February 24 (storm date: Mar 2)	1:00 to 3:00 pm	Tuesday, February 20	
2	Saturday	March 9 (storm date: Mar 16)	1:00 to 3:00 pm	Monday, March 4	

Get the Most from Your “Device”

Today’s technology advances so quickly that it sometimes seems daunting and is hard to keep up. Aaron will help you get the most from your iPhone, iPad, Chromebook or other device and will answer any other of your IT related questions. This will be an informal session with a goal to help you navigate the integrated tools of your device and take the mystery out of it’s operation. Bring your iPad, Chromebook, Tablet and Phone.

Location	Forest Heights Community School	Cost	\$5 cash, at check-in	Instructor(s)	Aaron Russell
Weeks	1	Ages	14+ (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time	Pay/Register By		
Wednesday	March 6	7:00 to 9:00 pm	Wednesday, February 28		

Magic: The Gathering Learn to Play

Magic: The Gathering (MTG) is a collectible trading card game of fun-filled, strategic games to play with friends old and new. The mission of MTG is always the same: Have fun while bringing people together!

Join this “Learn To Play” group to discover new worlds. A multiverse of adventures awaits you, filled with powerful, unforgettable characters and spells to explore. Test your abilities to think fast and have fun on a battlefield of possibilities! Everything you need to start playing will be provided – just bring your game face!

Location	Chester District Elementary School	Cost	FREE	Instructor(s)	Chris Burris, CDS Vice Principal
Weeks	3	Ages	9+ (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time	Register By		
Thursdays	Jan 25, Feb 1 and 8	5:30 to 6:30 pm	Thursday, January 18		

Magic: The Gathering Game Nights

Welcome experienced Magic: The Gathering players! MTG is coming to Chester - come to meet new people or catch up with old friends while you play casual games and have fun! Please bring your own decks, participants must have previous experience playing MTG or have taken the MTG “Learn To Play”.

Location	Chester District Elementary School	Cost	\$2 Drop-in Fee		
Weeks	3	Ages	9+ (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time	Pay/Register By		
Thursdays	Feb 29, Mar 28 and Apr 25	6:00 to 8:00 pm	drop-in		



Beginner Bodhran (Irish Frame Drum)

This is a fun, light course for those interested in this truly wonderful percussion instrument. The Bodhran is an Irish frame-drum played with a double-ended stick (or tipper), making it capable of producing the intricate jig and reel rhythms of traditional Celtic music (among others). This course will provide info on the history of the drum, types of drums, the basics of playing, as well as introduce you to the structure of traditional rhythms and Irish music. A few extra bodhrans will be provided for those that are curious to learn but may not have their own drum. Please let us know if you have a drum or not at registration.

Location	Forest Heights Community School	Cost	\$10	Instructor(s)	Jody Conrad
Weeks	1	Ages	12+ (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time		Pay/Register By	
Tuesday	April 2 (storm date: April 3)	6:30 to 8:00 pm		Tuesday, March 26	



MOVEMENT & FITNESS

Full Body Strength & Tone

10 minutes of a fun warm up will be the beginning of a great class that will work through all your muscle groups. Improve your overall health and wellbeing and strengthen/tone your body to look and feel better. We finish with stretching and relaxation. Classes are done to uplifting music. Start your day full of joy!

Location	Chester Brass Band Hall (186 Pig Loop Road)	Cost	\$110	Instructor(s)	Heidrun Lind
Weeks	8	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Tuesdays	February 6 to March 26	10:30 to 11:15 am		Tuesday, January 30	

Cardio & Muscle Conditioning

Cardio and Muscle Conditioning is an energetic class that gets the heart rate up and promotes good cardio-vascular function as well as challenging the major muscle groups in the body. Benefits of this type of exercise include lowering blood pressure; regulating blood sugar; aiding with sleep; helping manage body composition; strengthening the immune system; improving brain power; boosting mood; and improving muscle strength and endurance, overall balance, coordination, and flexibility. Music will be used to motivate and encourage everyone to have fun and move the body! Participants are asked to bring their own hand weights and a mat for floor work as these cannot be provided. Participants will be asked to choose a spot on the floor and all movement will take place around this spot. Wear comfortable workout clothing and footwear for the location and bring a towel & water.

Location	Chester Basin Legion (25, Hwy 12)	Cost	\$68	Instructor(s)	Nancy Timbrell-Muckle
Weeks	7	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Thursdays	January 25 to March 7	10:00 to 11:00 am		Thursday, January 18	

Monday Morning Chair Fit

Join Nancy for a fun, social and low impact fitness class designed for seniors to help improve aerobic fitness, strength and endurance, balance and flexibility. Exercises will be done with the support of a chair and will include both standing and seated exercises. Music will be used to help motivate and encourage movement. Participants are asked to bring their own light weights (2 or 3 pounds per weight is recommended), water and a towel and wear indoor athletic shoes and comfortable exercise clothing.

Location	Chester Basin Legion (25, Hwy 12)	Cost	\$60	Instructor(s)	Nancy Timbrell-Muckle
Weeks	6	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Mondays	January 22 to February 26	11:00 am to 12:00 pm		Wednesday, January 17	

Nice & Easy Fitness for Seniors

In this workout for older adults we will be focused on building body strength with emphasis on improving balance, stability and flexibility.

Location	Chester Brass Band Hall (186 Pig Loop Road)	Cost	\$110	Instructor(s)	Heidrun Lind
Weeks	8	Ages	50+		
Day(s)	Date(s)	Time		Pay/Register By	
Tuesdays	February 6 to March 26	11:30 am to 12:15 pm		Tuesday, January 30	

Dance Fit

This is a great way to work up a sweat while enjoying 45 minutes of various music styles, rhythms, and dance steps for singles. No experience or partners required.

Location	Chester Brass Band Hall (186 Pig Loop Road)	Cost	\$110	Instructor(s)	Heidrun Lind
Weeks	8	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Tuesdays	February 6 to March 26	9:30 to 10:15 am		Tuesday, January 30	

Beginner Latin & Ballroom Dance

This class will include instruction on Jive/Swing, Foxtrot, Waltz and Cha-Cha, the most popular dances so you can go out and enjoy a social evening of dancing. No experience needed. Coming with a partner is preferred.

Location	Chester Brass Band Hall (186 Pig Loop Road)	Cost	\$110	Instructor(s)	Heidrun Lind
Weeks	8	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Thursdays	February 8 to March 28	6:30 to 7:15 pm		Thursday, February 1	

Caribbean Dance

Come and join an evening filled with Caribbean rhythms and fun dance moves. Learn the Salsa, Bachata and Merenque to be prepared for your vacation in the Caribbean or just for some fun evenings out with your partner. The Salsa community is growing and there are more and more events in our area where you can dance those dances!

Location	Chester Brass Band Hall (186 Pig Loop Road)	Cost	\$110	Instructor(s)	Heidrun Lind
Weeks	8	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Thursdays	February 8 to March 28	7:30 to 8:15 pm		Thursday, February 1	

Nia Moving to Heal

Nia Moving to Heal is a gentle, playful movement class where the focus is on healing by bringing awareness to our sensations. The moves and music are chosen to calm the nervous system and reconnect body, mind, spirit, and emotions. We encourage personalizing and adapting the moves for your own body's needs. Chairs will be available, and you can participate seated or standing or both. All are welcome. Wear comfortable dress and bring water.

Location	Forest Heights Community School	Cost	\$80	Instructor(s)	Nancy Hanlon
Weeks	8	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Sundays	January 28 to March 17	1:30 to 2:30 pm		Wednesday, January 24	



Walk to the Principal's Office (Indoor Walking)

Here's a chance to get your walking in while staying safe and dry this Winter. The hallways of the upper floor of Forest Heights Community School make a nice walking loop. Keep track of how many laps you complete over the Winter and get a prize from the recreation department if you complete 500 laps! ...And in this case, talking in the halls is allowed...but only for walkers.

Location	Forest Heights Community School	Cost	\$2 Drop-in Fee
Weeks	12	Ages	All Ages (under 16 must be accompanied by adult)
Day(s)	Date(s)	Time	Pay/Register By
Tuesdays and Thursdays	January 16 to April 4	6:30 to 8:30 pm	Drop-in

Walking with Neighbors in Blandford

Come together with your neighbors for a walk around the gym at your own pace. Chat with old friends or make some new ones while strengthening your bones and muscles! Wear comfortable walking shoes and bring water.

Location	District #1 Community Centre, Blandford (30 Firehall Road)	Cost	\$2 Drop-in fee	Instructor(s)	Nadine Hackney
Weeks	8	Ages	All Ages (under 16 must be accompanied by adult)		
Day(s)	Date(s)	Time	Register By		
Mondays	January 22 to March 18 (no walking Feb 19)	10:00 to 11:00 am	Thursday, January 18		

Free Lunchtime Skates

Free lunchtime skates every Thursday in February. Bring your blades and glide through lunch for some good exercise for the body and mind. All skaters will be required to complete a waiver upon each visit.

Location	Chester Rink (190 Pig Loop Road)	Cost	FREE	Instructor(s)	Jody Conrad
Weeks	5	Ages	All Ages (under 16 must be accompanied by adult)		
Day(s)	Date(s)	Time	Pay/Register By		
Thursdays	February 1 to 29	12:30 to 1:30 pm	Drop-in		



LINE DANCING

Line Dancing - Beginners

Beginner class in country line dancing, starting with simple steps and dances, and progressing at a pace that suits the class. Please note that this is a fragrance-free class. Wear comfortable footwear, clothing and bring water.

Location	Chester Legion (14 Union Street)	Cost	\$70	Instructor(s)	Erin Gore
Weeks	14	Ages	16+		
Day(s)	Date(s)	Time	Pay/Register By		
Wednesdays	January 17 to April 17	10:00 to 10:45 am	Monday, January 15		

Line Dancing - Intermediate

This is an ongoing class for dancers who have taken the classes before. Dancers that are new to the group should contact the instructor to discuss their experience level to ensure a good fit. Please note that this is a fragrance-free class. Wear comfortable footwear, clothing and bring water.

Location	Chester Legion (14 Union Street)	Cost	\$70	Instructor(s)	Erin Gore
Weeks	14	Ages	16+		
Day(s)	Date(s)	Time	Pay/Register By		
Wednesdays	January 17 to April 17	10:45 to 11:45 am	Monday, January 15		

Line Dancing - Advanced

This is an ongoing class for dancers who have taken the classes before. Dancers that are new to the group should contact the instructor to discuss their experience level to ensure a good fit. Please note that this is a fragrance-free class. Wear comfortable footwear, clothing and bring water.

Location	Chester Legion (14 Union Street)	Cost	\$70	Instructor(s)	Erin Gore
Weeks	14	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Wednesdays	January 17 to April 17	11:30 am to 12:30 pm		Monday, January 15	



OUTDOOR ADVENTURES

Discover Astronomy in New Ross

Enjoy an evening learning the pursuit of astronomy under a dark sky. Participants will be introduced to the basics of the night sky. Beginning with a guided tour of some of the basic constellations, we will then move on to observing some of the celestial objects through a large reflecting telescope. Objects observed will include star clusters, nebula, galaxies, planets & the Moon. Discussion of telescope types & getting started in astronomy will be touched upon. Dress warmly and bring a hot drink.

Location	Gates' Farm, 200 Keddy Road #1 (Forties Rd, to Lake Ramsay Rd, to Keddy Rd #1)	Cost	\$10 per person (under 12 years Free)	Instructor(s)	John Vanderbrugge
Weeks	1	Ages	8+ (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time		Pay/Register By	
Saturday	March 16 (Cloud date: March 17)	8:15 to 9:45 pm		Tuesday, March 12	

Graves Island Star-Gaze and Chili Supper

Join us for an early evening guided star-gaze followed by hot chili over the wood stove in the trailhead shelter. Unlike other years, we will view the sky (if conditions allow) from the fields adjacent to the shelter...no icy walks to contend with this year. Hot chocolate, chili, and good company guaranteed! Park at the parking lot before the causeway and walk across to the trailhead shelter. Watch your footing on the causeway as it can get icy. Dress for Winter, bring flashlight and water, and \$5 per person cash donation for PRO Kids.

Location	Graves Island Provincial Park	Cost	\$5 donation to PRO Kids	Instructor(s)	Rec & Parks Staff, and Kevin & Kathy Marczak
Weeks	1	Ages	All ages (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time		Pay/Register By	
Tuesday	February 27 (storm date: February 28)	6:30 to 8:00 pm		Tuesday, February 20	

Gold River Snowshoe (or Hike)

The Gold River Natural Area was bequeathed to the Municipality by the late Rudy Haase and the Chester Educational Foundation. Rudy's desire was to see the land retained in its natural state, while allowing low-impact recreation opportunities. This is an absolutely beautiful area, the trail here leading you through mature stands of Acadian forest species of Eastern Hemlock, Yellow Birch, maples and Red Spruce. If we have enough snow, this will be a snowshoe hike along the upper loop of the trail system. If we don't have enough snow, this will be a winter hike covering the entire trail network. Come prepared for a few solid hours of activity with some elevation change. Wear waterproof Winter footwear, bring extra layers, water and a snack. Snowshoes provided if you need them – let us know at registration.

Location	Gold River Trail (1458 Beech Hill Road)	Cost	FREE	Instructor(s)	Recreation & Parks Staff
Weeks	1	Ages	8+ (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time		Register By	
Saturday	February 17	9:30 am to 12:00 pm		Monday, February 12	



Wild Medicine Walk

Come explore the abundance of nature and learn how the wild plants growing around us can be used as food and medicine. At the end of our medicinal plant walk, the conversation will continue around a pot of wild medicine tea that we will brew together. Bring your own mug so we can raise a glass to Summer Solstice! Dress for outdoors, wear good shoes, hat, etc.

Location	Graves Island Provincial Park, 230 Graves Island Rd.	Cost	\$18	Instructor(s)	Oren Hercz
Weeks	1	Ages	5+ (children under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time		Pay/Register By	
Sunday	February 11	2:00 to 4:30 pm		Monday, February 5	

Wildlife Track and Sign at Forest Heights

This is a “lunchtime” experience for students attending Forest Heights Community School. The aptly named school is located in a very active patch of wildlife habitat. Each lunch-break, we will explore the school grounds for signs of critters large and small as we learn about their respective habitat and behaviours.

Location	Forest Heights Community School	Cost	FREE	Instructor(s)	Jody Conrad
Weeks	4	Ages	13-20		
Day(s)	Date(s)	Time		Register By	
Wednesdays	February 7 to 28	12:20 to 1:00 pm		Monday, February 5	

Winter Walk & Wildlife Sign

Join us for a Winter walk through the new trail at the Haughn property. If we’re lucky, we’ll have a fresh supply of snow that will allow us to track some of the wide variety of wild critters that inhabit our local woods and fields. We’ll also discuss the practice of wildlife tracking in general including how to get started, equipment to have, and what resources are available. Curiosity and a willingness to slow down and pay attention are the main things needed for this experience. Bring water, extra layers (windproof), snowshoes (if needed, and a snack. Let us know if you need snowshoes.

Location	Haughn Property Trail (4952 Hwy 3, Middle River)	Cost	FREE	Instructor(s)	Recreation & Parks Staff
Weeks	1	Ages	8+ (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time		Register By	
Saturday	January 27 (Storm date: January 28)	9:30 to 11:00 am		Monday, January 22	



PICKLEBALL

Drop-in Pickleball at ACES

Have you heard of Pickleball? Whether you are a seasoned player or an absolute newbie to the sport, come join this fun, informal group for a good workout. Pickleball is a racket sport played with paddles and a whiffle ball (similar to tennis or badminton) and is played indoors on a badminton court. Bring indoor, athletic footwear and water. All equipment provided.

Location	Aspotogan Consolidated Elementary School	Cost	\$3 Drop-in Fee	Instructor(s)	Sally Langille
Weeks	11	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Mondays	January 22 to April 8	7:00 to 8:30 pm		Drop-in	

photo: orangeville.ca



ACTIVATE YOUR NEIGHBOURHOOD

Re-imagine, re-think, and re-purpose your neighbourhood to increase physical activity and social connections.

Beginner Pickleball (Chester & New Ross)

Come join the fun and be part of the fastest growing sport in North America. This is a drop-in session for players who are new to the game or working on developing basic skills and/or just wanting to play for fun! Volunteers will be available for instruction in the fundamentals of Pickleball including game rules and etiquette, how to keep score as well as specific skills such as serves, ball control, ground-strokes, forehand, backhand and “dinking”. A limited number of paddles are available, but regulars are encouraged to purchase their own paddle. Bring indoor footwear, water, and a paddle if you have one.

Location	Chester District Elementary School Gym	Cost	\$4 Drop-in Fee, or pay a lump sum	Instructor(s)	Local Pickleball Volunteers
Weeks	8	Ages	All Ages (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time		Pay/Register By	
Wednesdays	January 17 to March 6	5:30 to 8:30 pm		Drop-in	

Location	New Ross Consolidated School Gym	Cost	\$4 Drop-in Fee, or pay a lump sum	Instructor(s)	Local Pickleball Volunteers
Weeks	11	Ages	All ages (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time		Pay/Register By	
Sundays	January 14 to March 24	6:30 to 8:30 pm		Drop-in	
Wednesdays	January 17 to March 27	6:00 to 8:00 pm		Drop-in	

Intermediate/Advanced Recreational Pickleball

Have you heard of Pickleball? Whether you are a seasoned player or an absolute newbie to the sport, come join this fun, informal group for a good workout. Pickleball is a racket sport played with paddles and a whiffle ball (similar to tennis or badminton) and is played indoors on a badminton court. Bring indoor, athletic footwear and water. All equipment provided.

Location	Forest Heights Community School	Cost	\$4 Drop-in Fee	Instructor(s)	Chester Pickleball Group
Weeks	13	Ages	12+ (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time		Pay/Register By	
Tuesdays & Thursdays	January 16 to April 11	6:30 to 8:30 pm		Drop-in	



SPORT & PHYSICAL ACTIVITY

Try Sledge Hockey!

Based on the success of last year, we really should do this again! Sledge hockey is a fast and fun sport for all abilities and is quickly growing in popularity across the country. Come give it a shot and see what all the fun is about by joining members of the South Shore Ice Storm sledge-hockey team on the outdoor rink for some tips and pointers. Sledges and sticks provided. Note that this is a sledge event only so no stand-up skating during this time. The local 4H group, Handy Hands 4H, will be providing a hotdog BBQ with juice, water, and hot chocolate! Bring a hockey helmet and hockey gloves (we have some gear).

Location	New Ross Outdoor Rink, 5032 highway 12, New Ross	Cost	FREE	Instructor(s)	Rec & Parks Staff, Kevin McBain, Dave Waters, South Shore Ice Storm
Weeks	1	Ages	All ages (under 16 must be accompanied by an adult)		
Day(s)	Date(s)	Time		Pay/Register By	
Thursday	February 8 (Storm date: Feb 15)	6:00 to 8:00 pm		Drop-in	



Find out how at:
activateyourneighbourhood.ca

Or reach out to talk about ideas for your neighbourhood.
 gtate@chester.ca



Basketball for Adults – New Ross Drop-In

Come have fun playing basketball! All skill levels welcome, we can run 1-on-1 games, play with teams, or just have shooting practice. See you on the court! Bring indoor sneakers and water.

Location	New Ross Consolidated School	Cost	\$2 Drop-in fee
Weeks	14	Ages	14+ (under 16 must be accompanied by an adult)
Day(s)	Date(s)	Time	Pay/Register By
Mondays	January 15 to April 29 (excluding Feb 19 & April 1)	7:00 to 8:30 pm	Drop-in

Badminton Drop-In New Ross

This friendly group meets weekly to play casually. Join us for a fun time - all ages and skill levels welcome! Bring indoor sneakers and water.

Location	New Ross Consolidated School	Cost	\$2 Drop-in fee
Weeks	16	Ages	All Ages (under 16 must be accompanied by an adult)
Day(s)	Date(s)	Time	Pay/Register By
Tuesdays	January 16 to April 30	7:00 to 8:30 pm	Drop-in

Winter Volleyball – New Ross Drop-In for Girls

Come have fun on the court Thursday nights! Practice your serves, grab a friend for a BUMP relay, or start a casual game to improve your skills and stay active over the winter. Bring indoor sneakers and water bottle.

Location	New Ross Consolidated School	Cost	FREE
Weeks	7	Ages	10-19 (under 16 must have an adult stay at the school)
Day(s)	Date(s)	Time	Pay/Register By
Thursdays	January 25 to March 7	6:00 to 7:30 pm	Drop-in

Badminton Drop-In Aspotogan Consolidated Elementary School

Whether you are a seasoned player or an absolute newbie to the sport, come join this fun, informal group for a good workout. All equipment provided but bring a racquet if you have one. Note: In the event of poor conditions due to weather, check our website at www.chester.ca to check for program cancellations after 3pm that day. Bring indoor, athletic footwear and water.

Location	Aspotogan Consolidated Elementary School	Cost	\$3 Drop-in fee
Weeks	12	Ages	16+
Day(s)	Date(s)	Time	Pay/Register By
Wednesdays	January 24 to April 10	7:00 to 9:00 pm	Drop-in



YOGA

Slow Flow Yoga – St. Stephen's Parish Hall

Move slowly and deliberately through sequences of yoga postures and breathing techniques to focus attention and free our minds from the busyness of everyday life. Focus is on strength, flexibility and movement through standing, balance, floor, and twisting postures. Suitable for all levels, especially for those wanting a slower paced class with posture modifications. Bring a yoga mat and blanket.

Location	St. Stephen's Parish Hall (60 Regent Street)	Cost	\$100	Instructor(s)	Dawn Hatt
Weeks	8	Ages	20+		
Day(s)	Date(s)	Time	Pay/Register By		
Wednesdays	January 31 to March 20	9:30 to 10:30 am	Friday, January 26		

Chair Yoga

Yoga is for everyone! No matter what age, physical limitation, or body type, one can experience the health benefits of doing Yoga with the help of a chair! With a chair, we can do most Yoga poses, breathing and relaxation techniques...some poses are seated, and some are standing... with a chair, one does not have to get up and down from the floor. No mat required. Chairs are provided. It is gentle; it is easy; it is fun; and it is accessible for everyone! Soft music plays in the background helping create a safe, welcoming, and supportive environment! Chair Yoga will help improve our strength and flexibility and increase our self-esteem and peace of mind as well as helping with stress management, calming the mind, and soothing the body; boosting mood; improving endurance and overall conditioning; supporting good bone and joint health; increasing circulation, decreasing blood pressure, and promoting good heart health; boosting immunity; lowering blood sugar; and improving focus and concentration. It helps with all of the above; plus, it is gentle and fun! Chair Yoga is ideal for seniors, for people with physical limitations, for people with round bodies, for people recovering from an injury.... Chair Yoga is indeed for everyone! Wear comfortable clothing, bring indoor shoes, a towel and water.

Location	Chester Basin Legion (25 Hwy 12)	Cost	\$68	Instructor(s)	Nancy Timbrell-Muckle
Weeks	7	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Thursdays	January 25 to March 7	11:30 am to 12:30 pm		Thursday, January 18	

Gentle/Beginner Yoga

Join a gentle class where poses will be modified, as needed. Asanas (poses) will build strength, treat chronic pain, and strengthen your immune system. This will be a small class with individual attention provided. Wear comfortable stretchy clothes and bring water.

Location	St. Stephen's Parish Hall (60 Regent Street)	Cost	\$109	Instructor(s)	Wenda Fraser-Housego
Weeks	8	Ages	40+		
Day(s)	Date(s)	Time		Pay/Register By	
Tuesdays	January 30 to March 19	10:00 to 11:00 am		Tuesday, January 23	

Slow Flow Yoga Chester Basin Legion

Slow Flow Yoga is a gentle healing practice that invites participants to move slowly through best loved yoga poses, flowing gently from one pose to another with emphasis on deep breathing. This practice benefits everyone from those new to yoga to those further along in their yoga journey and those seeking a therapeutic experience to help soothe the body, mind, and spirit. Poses are done barefoot on a mat (participants bring their own) and are done lying down, seated, kneeling, and standing. The practice incorporates music and meditation. In Sanskrit, the ancient language of yoga, this style of yoga is called vinyasa. Benefits of a yoga practice include helping with stress management, calming the mind, and soothing the body; boosting mood and self-esteem; improving flexibility, muscle strength, endurance, and overall conditioning; supporting good bone and joint health; increasing circulation, decreasing blood pressure, and promoting good heart health; boosting immunity; lowering blood sugar; and improving focus and concentration. It helps with all of the above; plus, it is gentle and fun. Wear comfortable workout clothing, bring indoor athletic footwear, a yoga mat, towel, and water.

Location	Chester Basin Legion 25 highway 12	Cost	\$93	Instructor(s)	Nancy Timbrell-Muckle
Weeks	7	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Mondays	January 22 to March 4	7:00 to 8:30 pm		Wednesday, January 17	

Slow Flow Vinyasa Yoga

Vinyasa yoga marries breath to movement. Improve strength, flexibility, and connection to your breath through supportive instruction. Classes end with deep relaxation poses leaving you feeling grounded and relaxed. Classes are suitable for all levels - various options will be offered.

Location	St. Luke's Church (10 Shore Club Road, Hubbards)	Cost	\$140	Instructor(s)	Wendy Hill
Weeks	10	Ages	16+		
Day(s)	Date(s)	Time		Pay/Register By	
Wednesdays	January 31 to April 3	7:00 to 8:00 pm		Thursday, January 25	





THE MUNICIPALITY OF
CHESTER

3 Easy Ways To Register for Programs

PROGRAM REGISTRATION OPENS
TUESDAY, January 9

1

By Phone:

Call 902-275-3490

Monday to Friday

8:30 am - 4:30 pm

Payment may be made with
credit card over the phone.

2

By Mail:

Send cheques payable to
"Municipality of Chester" to:

Recreation & Parks Services

186 Central Street, PO Box 369

Chester NS B0J 1J0

There's also a drop-off box
located just outside the
Recreation & Parks office.

3

Online:

Have a credit card ready, and set
up an account online.

Step 1: Visit www.Chester.ca,
under the Explore tab,
click "Register for a Recreation
Program".

Step 2: Sign in or Create an
Account.

Step 3: Once complete, you can
register for activities

Contact us anytime at:
902-275-3490
recreation@chester.ca

Spot 7



Spot 7 differences between the two photos and win a recreation swag package.



Send your answers to recreation@chester.ca.
Contest closes Friday, February 9. Winners will be
chosen randomly from all the correct submissions.