

TOWN OF LUNENBURG RECREATION

Recreation Office & Lunenburg Community Centre
15 Green St., Lunenburg, NS, B0J 2C0
T: (902) 634-4006 | F: (902) 634-4416
recfacilities@townoflunenburg.ca
Find us online: www.townoflunenburg.ca



ONLINE REGISTRATION!

Register for weight room memberships and programs ONLINE!

STEP 1: Visit www.connect2rec.com

STEP 2: “Sign In” or Create an Account

STEP 3: Search for “Programs” or select “Memberships” for the weight room.

Note: Drop-in programs do not require pre-registration. Fees include HST.

CANCELLATIONS

The “Town of Lunenburg” Facebook page will indicate if there are any cancellations or call the Recreation Office at (902) 634-4006.

REFUND POLICY

Once a program has started, a refund will only be issued if a participant withdraw for medical reasons. In these cases, a 10% administration fee will be charged and the amount of the refund will be prorated.

FINANCIAL ASSISTANCE FOR YOUTH ACTIVITIES

PRO Kids (Positive Recreation Opportunities for Kids) provides financial assistance to children and youth aged 18 and under living within the Town of Lunenburg who, due to lack of funds, are not able to participate in sport, recreation and cultural activities. The Town’s PRO Kids can support a maximum of \$300 per season per child.

For an application form, visit <https://www.townoflunenburg.ca/pro-kids-program.html> or

Contact (902) 634-4006 or ktibbo@townoflunenburg.ca

PRO Kids would not be possible without community support!

Everyone who gives a donation will receive a tax receipt.



WEIGHT ROOM MEMBERSHIP

Exercise in confidence and feel safe doing so by pre-booking your personal workout timeslot! The room is open Mondays to Thursdays from 8am-9:30pm, Fridays 8am-4:30 and Saturdays 9am-5:30.

Members age 19+ can pay a key deposit of \$40 permitting access any day of the week from 6:00am-11:00pm. All members must be age 13+.

\$51/month or \$177/4 months

\$12/month for students



FALL EVENTS IN LUNENBURG

100TH ANNIVERSARY OF THE FISHERS' MEMORIAL SERVICE

Celebrating it's 100th anniversary, the Fishers' Memorial Service is dedicated to the memory of those who have lost their lives at sea and for those who continue to occupy their business in great waters.

Sunday, September 7th at 2pm - Lunenburg Waterfront (Bluenose Drive)

- **Formal remembrance ceremony**
- **Musical tributes**
- **Procession and wreath-laying**

The public is invited to lay a wreath for lost fishers. For details, contact townhall@townoflunenburg.ca.

30TH ANNIVERSARY OF LUNENBURG'S UNESCO DESIGNATION

The Town of Lunenburg will celebrate 30 years as a UNSECO World Heritage Site on **Saturday, September 6 at the Fisheries Museum of the Atlantic.**

Lunenburg's designation is based on it being the best surviving example of a planned British colonial settlement in North America, having retained its original layout and overall appearance, based on a rectangular grid pattern drawn up in the home country.

OTHER UPCOMING EVENTS

Safety At Sea Day	September 6	Fisheries Museum of the Atlantic
Fisher's Memorial Service	September 7	Fisheries Museum of the Atlantic
Terry Fox Run	September 14	Lunenburg Arena
Lunenburg Doc Fest	September 17-21	Various Locations
Nova Scotia 55+ Games	September 20-24	Various Locations
South Shore Oktoberfest	September 26-27	Fisheries Museum of the Atlantic
Truth and Reconciliation Day	September 30	TBD
Treaty Day Flag Raising	October 1	UNESCO Monument, Prince St.
Korean War Veterans Remembrance	November 10	Cenotaph by Town Hall
Remembrance Day Ceremony	November 11	Cenotaph by Town Hall
Transgender Awareness Week	November 13-20	TBD
Light Up Lunenburg	November 28	Fisheries Museum of the Atlantic
Santa Claus Parade	November 29	Throughout town

RENTAL OPPORTUNITIES



Auditorium, \$41/hr, \$51/hr w/ Kitchen



Fitness Studio, \$32/hr



Baseball/Cricket Field, \$16/game



Soccer Field, \$39/game



Lunenburg Arena
From ball hockey, training courses, markets, festivals, shows and everything in between.

To check availability, visit <http://townoflunenburg.ca/community-centre-programs-and-rentals.html>

LUNENBURG FARMERS' MARKET

Celebrating its 40th anniversary, the Lunenburg Farmer's Market is a community tradition for the residents and visitors of Lunenburg. Operating year-round, the market offers a fabulous selection of local products, local music and more!

Hours & Location:

Lunenburg Arena (19 Green Street) -
Mid-May to Mid-September - Thursdays 8:00 am – 12:00 pm

Lunenburg Community Centre (15 Green Street) -
Mid-September to Mid-May - Thursdays 8:00 am – 12:00 pm



WHAT'S HAPPENING IN THE COMMUNITY CENTRE?

Town Of Lunenburg

PICKLEBALL
 Mondays, 11am-1:30pm
 Tuesdays, 7pm-9pm
 Fridays, 1:15-3:15pm
 \$4/drop-in




WOMEN ONLY, RECREATIONAL
 Tuesdays, 12:30pm-2:30pm
 Wednesdays, 1pm-3pm
 Fridays, 10:45am-1pm
 \$4/drop-in

70+ PICKLEBALL
 Wednesdays, 10:45am-12:45pm
 \$4/drop-in

INTRODUCTION TO CHEER
 Cheer + Stunts with Coach Melissa Peck
 Wednesdays 5:30pm - 7:00pm
<https://enpointestudios.ca/> **Ages 5 - 12**
 contactus@enpointestudios.ca

OPEN GYM
 Open to anyone for basketball, pickleball, ping pong, etc. This is an unsupervised activity.
 Tuesdays, 9am-11:30am
 \$4/drop-in




BADMINTON
 All skill levels welcome. 16+
 Wednesdays, 7pm-9pm
 \$5/drop-in

WALKIN' IN THE MORNING
 Get your day off to a great start with an indoor walk. Walk at your own pace, socialize with friends, and experience the benefits of a regular walking program. This is an unsupervised activity.
Mon, Tues, Wed & Fri, 8am–9am, Free!

YOGA WITH MAEKA
ADAPTIVE Yoga. Engage in movement and meditation designed to gently boost strength, enhance mobility, and alleviate stress. All postures are modified for both standing and sitting. **Tuesdays 1:30 - 2:30.**
PHYSIYOGA. Experience a dynamic practice that effortlessly merges the principles of yoga with the rehabilitative methods of physical therapy. **Mondays 1:45 - 2:45.**
 Classes are suitable for all levels. Register mwrightyoga@gmail.com **\$120/6 classes**

REALIGNMENT YOGA
 With a foundation in yoga and a focus on alignment, these classes combine a range of yoga poses with specific postural therapy techniques to offer a whole body realignment experience.
Mondays & Fridays 10:30am & 12:15pm
 For more information, contact: Lynn Collins seascapeyoga@gmail.com



KARATE
 Mondays and Thursdays: 6:45 pm - 7:45 pm
 For more information, contact Terry Lantz: terrylantz58@gmail.com