

Summer 2021 RECREATION GUIDE



Lunenburg County
Lifestyle Centre



902.530.4100
lclc.ca

PAGE 2 - 9

Town of
Lunenburg



902-634-4006
explorelunenburg.ca

PAGE 10 - 13

Municipality of the District of
Lunenburg Recreation Department



902.541.1343
modl.ca

PAGE 14 - 32

Town of Bridgewater,
Community Development
Department – Recreation



902.543.2274
bridgewater.ca

PAGE 33 - 47



Lunenburg County LIFESTYLE CENTRE



ADULT
\$24/month
\$259/year

COUPLE
\$41/month
\$456/year

FAMILY
\$47/month
\$519/year

YOUTH
\$15/month
\$166/year

STUDENT
\$18/month
\$197/year

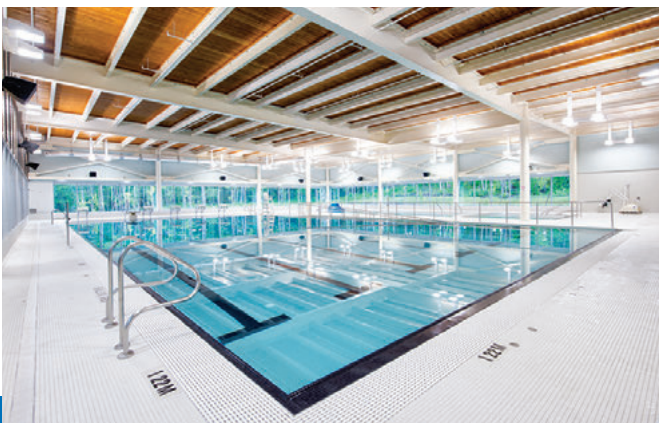
SENIOR
\$18/month
\$197/year

All prices listed are subject to HST

ALL INCLUSIVE MEMBERSHIP PERKS

- Member Only swims
- Free Aquafit and Yoga
- Free public skate
- Member rates on swim lessons
- Member rates on room rentals
- Member rates ice rentals
- Member rates on kid camps
- Freeze membership if needed
- Priority ticket sales

Visit www.lclc.ca for more membership options



web: lclc.ca | email: info@lclc.ca | phone: (902) 530-4100

135 North Park Street Bridgewater, N.S. B4V 9B3



ROOMS TO RENT AT THE LCLC

PLEASE CALL TO ENQUIRE ABOUT SOCIAL DISTANCING ROOM OCCUPANCY NUMBERS FOR YOUR EVENT.

Active Living Studio (\$25/hr)

- Host up to 24 participants in our 1200 sq. foot Active Living Studio
- This large open space is full of natural light
- Mirrored studio with ballet bar
- Includes a sound system



Meeting Room (\$15/hr)

- Host up to 10 people in our 350 sq. foot Meeting Room
- Large Boardroom Table and 10 nesting chairs
- Wifi throughout
- Projector, flip chart and white board available for rent
- Full catering/coffee and tea services available

Party Room(\$15/hr)

- Host up to 10 people in the 250 sq. foot room
- 1 boardroom table and 10 chairs
- Located conveniently next to the pool



Multi-Purpose Room (\$25/hr)

- Host up to 18 people in the 620 sq. foot room
- Endless layout options with flip tables and 30 chairs
- Wifi throughout
- Projector, flipchart and white board available for rent
- Full catering/coffee and tea services available

***All prices listed are subject to HST.**

For room rental, contact Guest Services at (902-530-4100), or at "info@lclc.ca"

ACTIVE LIVING SUMMER 2021 SCHEDULE

PRICING FOR SUMMER 2021

ALL CLASSES ARE FREE to Annual All-Inclusive LCLC members.

Non-Members: Drop In fee \$10 OR purchase a 10 pass for Aqua Fitness/Active Living Studio Classes for \$70.00.

PLEASE STOP AT GUEST SERVICES TO SIGN-IN EACH WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Elderfit Elderfit and LCLC members 10:00 – 11:00 am	Elderfit Elderfit and LCLC members 10:00 – 11:00 am	Elderfit Elderfit and LCLC members 10:00 – 11:00 am	Elderfit Elderfit and LCLC members 10:00 – 11:00 am	Elderfit Elderfit and LCLC members 10:00 – 11:00 am
LCLC Gentle Yoga 8:00 – 9:15 am (Active Living Studio)		LCLC YIN YOGA 8:00 – 9:15 am (Active Living Studio)		LCLC YIN/YANG YOGA 8:00 - 9:15 am (Active Living Studio)
LCLC Gentle Yoga 10:00 – 11:15 am (Active Living Studio)	YMCA/LCLC AQUA FITNESS 12:00 – 12:45 pm (Lap Pool)	LCLC YIN YOGA 10:00 – 11:15 am (Active Living Studio)	YMCA/LCLC AQUA FITNESS 12:00 - 12:45 pm (Lap Pool)	LCLC YIN/YANG YOGA 10:00 - 11:15 am (Active Living Studio)
LCLC/YMCA GENERAL TONING FITNESS CLASS 5:30 – 6:15 pm (Active Living Studio)	LCLC IYENGAR BEGINNER YOGA 6:30 – 8:00 pm (Active Living Studio)		LCLC Hatha Flow 7:00 - 8:15 pm (Active Living Studio)	
LCLC/YMCA HATHA FLOW YOGA 7:00 – 8:15 pm (Active Living Studio)			Stay Tuned to Facebook and www.lclc.ca for additional classes	

** Elderfit A water exercise program designed for seniors and the physically compromised but it is open to everyone.
For more information, please visit www.elderfitlunenburg.ca and/or email: elderfitlunenburg@gmail.com

HATHA FLOW YOGA

Come work on breathing techniques, warming the body and building postures from the ground up.

With Joanne Green

LCLC/YMCA AQUA FITNESS

Aqua Fitness is a form of aerobic exercise that for the most part takes place in the shallow water end of the swimming pool. These classes focus on aerobic endurance, resistance training and creating an enjoyable atmosphere with music.

BEGINNER IYENGAR YOGA

Detail-oriented and slow-paced, Iyengar yoga focuses on getting into poses with correct alignment. The primary focus is holding poses rather than being in a flow. Poses are held for a longer period of time.

With Elizabeth Kingsland

LCLC/YMCA GENERAL TONING FITNESS CLASS

This program will enhance your fitness, strength, and connection to your core. This dynamic full-body workout utilizes simple equipment and focuses on quality movements over quantity.

YIN YANG YOGA

Combining two styles of yoga, this class improves energy and fitness while promoting relaxation and healing. In Yin Yoga, the poses target the connective tissues. As a result, the poses are more passive holds with little active engagement of the muscles. Yang Yoga warms the body and stretch and strengthen the muscles. With Pam Greer

YIN YOGA

Yin Yoga is a slow-paced style of yoga with postures that are held for longer periods of time. Yin Yoga poses apply moderate stress to the connective tissues of the body with the aim of increasing circulation in the joints and improving flexibility. Yin Yoga is a more meditative approach to yoga.
With Pam Greer

AQUATICS

RED CROSS SWIM PRE-SCHOOL BMO Financial Group Aquatic Centre



RED CROSS ADULT AND TEEN SWIM LESSONS (ALL LEVELS)

It is NEVER too late to learn or improve your skills! Gain knowledge and skills of swimming and water safety in a safe and enjoyable environment. Adult and Teen Lessons are tailored to meet your needs and interests based on your previous water-related experience. Whether you are new to swimming, wish to overcome a fear, want to develop or improve your swimming strokes or simply feel comfortable swimming with your friends or children – a class can be designed for you!

PREREQUISITE:

- 13 years – the young at heart!
- 8 weeks – 45 minutes of instruction per lesson
- **DATE: Tuesdays, July 7 – Aug. 25, 2021**
- **TIME: 11:00 - 11:45 am**
- **FEE: Members \$47.50 / Non-Members \$95**

All prices listed are subject to HST



PRIVATE LESSONS

Enjoy one-on-one instruction of an individualized swim program based on personal needs! Whether you are looking to improve your strokes, learn a new skill, overcome a fear of water or working your way through the Red Cross Swim Program, private lessons are for you! Classes are 30 minutes in length. Full payment is required upon booking. Private lessons will be offered in 10-class sessions.

The 10-class session runs the same course as the 10-class group swim lesson session.

To register for the 10-class session please register online or in-person at Guest Services. Note: the 10-class session registration begins June 14, 2021.

Age Requirement: 6 years +

Level Requirement: Swim Kids 5-10

PLEASE NOTE: We try our best to accommodate the needs of the swimmers by pairing them up with the appropriate instructor. Requests for instructors will be considered but cannot be guaranteed.

Private Lesson Fee:

- Members \$195/Session
- Non-Members: \$240/Session

Semi – Private Lesson Fee:

- Members \$140 per child/Session
- Non-Members: \$190 per child/Session





902.530.4100
info@lclc.ca | www.lclc.ca

**Registration is available June 1st for 2021 LCLC Summer Camps
On-Line, In-Person at Guest Services Desk or via Phone at 902-530-4100**

WEEKLY RATE:
Members \$125
Non-Members \$150

DAILY RATES:
Member \$30
Non-Members \$35

AGES
5 – 12

REGULAR DAILY CAMP HOURS:
8:30am – 5:00pm

DROP-OFF TIME: 8:00 am – 9:00 am

PICK-UP TIME: 4:00 pm – 5:00 pm

- 8 themed weeks
 - Swimming
- Aquatic Sports + Activities

- Outdoor Activities
 - Skating
- Special Events

- Arts and Crafts
- And Stay tuned for much, much more



AQUATICS RECREATIONAL SWIMS

LCLC BMO Financial Group Aquatic Centre

**For our most up to date Recreational Swim Schedule
VISIT www.lclc.ca and click on "Live View Now"**

RECREATIONAL SWIMMING SCHEDULE is posted online at www.lclc.ca
Stay tuned for our April to June Swim Schedule.

Day Passes	Adult	Family	Youth (under 18)	Student with ID (18+)	Senior
Aquatics	\$6.09	\$13.04	\$4.35	\$5.22	\$5.22
Skating	\$3.48	\$8.70	\$2.61	N/A	N/A
10 Visit Passes	Adult	Family	Youth (under 18)	Student with ID (18+)	Senior
Aquatics	\$52.18	\$113.04	\$34.78	\$43.48	\$43.48
Skating	\$30.44	N/A	N/A	N/A	N/A

All prices listed are subject to HST.

AQUATICS AQUATIC LEADERSHIP

BMO Financial Group Aquatic Centre

The Lunenburg County Lifestyle Centre has an ongoing Interest List for our Aquatic Leadership courses. If you are interested in a course that is not listed, please contact our Guest Services and they will add you to our list.

LIFESAVING SPORT CLUB (9-15YRS)

Have fun learning the lifesaving sport events and developing your skills and endurance in the water!

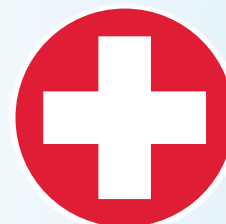
Wednesdays, July 3 – Aug 21: 6:00pm – 7:00pm
Fee: Members \$40 Non-members: \$60

BRONZE CROSS

Designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities This course is a pre-requisite for National Lifeguard Award (NLS).
Pre-requisites –holder of current Bronze Medallion certification.

Mondays – July 6 – Aug 31
6:00pm – 8:00pm

COST – Members \$150 / Non-Members \$180



LIFEGUARD

ADULT/TEEN LESSONS (8 WEEKS)

Learn to swim or improve your strokes and skills!
Tuesdays, July 7 – Aug 25 : 11:00am – 11:45am
Fee: Members \$42.75 Non-Members \$85.50

AQUATICS

RED CROSS SWIM KIDS

BMO Financial Group Aquatic Centre

Summer 2021

Swimmers are evaluated based on performance criteria and progress individually to the next level once all criteria have been successfully completed.



REGISTRATION BEGINS: June 14, 2021 (online, in-person and over the phone)

Summer 2021 – There are four different options for swimming lessons. Three 2-week sessions where the lessons are during the mornings of each weekday; and there is another session of Tuesday and Thursday evenings.

The 2-week sessions are (July 13 to July 24, July 27 to Aug 7, and Aug 10 to Aug 21.

The evening swimming lessons run July 14 – Aug 13, 2021)

SWIM KIDS 5-10

45 minutes in length / 10 classes

FEE: Member \$47.50 / Non-Member \$95

SWIM KIDS 1-4

30 minutes in length / 10 classes

FEE: Member \$42.50 / Non-Member \$85

LEVEL	SESSION 1 JULY 13 – JULY 24	SESSION 2 JULY 27 – AUG 7	SESSION 3 AUG 10 – AUG 21	TUES & THURS (PM) JULY 14 – AUG 13
PRIVATE LESSONS	10:25 – 10:55am	9:15 – 9:45am 11:35 – 12:05am	9:15 – 9:45am 11:35 – 12:05am	4:00 – 4:30pm 6:15 – 6:45pm
Swim Kids 1*	9:50 – 10:20am 11:20 – 11:50am	9:35 – 10:05am 11:00 – 11:30am	9:35 – 10:05am 11:00 – 11:30am	4:15 – 4:45pm 6:20 – 6:50pm
Swim Kids 2*	10:10 – 10:40am 11:15 – 11:45am	10:25 – 10:35am	10:25 – 10:35am	6:00 – 6:30pm
Swim Kids 3	10:40 – 11:10am	11:15 – 11:45am	11:15 – 11:45am	5:10 – 5:40pm
Swim Kids 4	---	11:20 – 11:50am	11:20 – 11:50am	5:45 – 6:15pm
Swim Kids 5	9:50 – 10:35am	9:35 – 10:20am	9:35 – 10:20am	5:25 – 6:10pm
Swim Kids 6	9:50 – 10:35am	9:35 – 10:20am	9:35 – 10:20am	5:25 – 6:10pm
Swim Kids 7	---	10:25 – 11:10am	10:25 – 11:10am	---
Swim Kids 8	---	10:25 – 11:10am	10:25 – 11:10am	---
Swim Kids 9	9:00 – 9:45am	---	---	4:35 – 5:20pm
Swim Kids 10	9:00 – 9:45am	---	---	4:35 – 5:20 pm

*With parent or caregiver.

AQUATICS

RED CROSS SWIM PRE-SCHOOL

BMO Financial Group Aquatic Centre

LCLC | www.lclc.ca | 530-4100

JULY-AUGUST

***Starfish, Duck, Sea Turtle:**

Parented classes based on participation. Children move to the next level based on developmental stage and age.

Starfish: 4 months to 12 months (able to hold their head up)

Duck: 12-24 months;

Sea Turtle: 24-36 months

***Sea Otter, Salamander, Sunfish:**
3 years to 5 years

Swimmers are evaluated based on performance criteria and progress individually to the next level once all criteria have been successfully completed.

Children 5 years and older may move into the Canadian Red Cross Swim Kids Program at the discretion of the Caregiver and/or the Aquatic Supervisory Staff.

Summer 2021

All Pre-School Classes are 10 sessions,
30 minutes in length



10 Lessons, 30 Minutes in Length Fee: Members \$42.50 Non-Members: \$85

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LEVEL	SESSION 1 JULY 13 – JULY 24	SESSION 2 JULY 27 – AUG 7	SESSION 3 AUG 10 – AUG 21	TUES & THURS (PM) JULY 14 – AUG 13
Private Lessons	10:25 – 10:55am	9:15 – 9:45am 11:35 – 12:05pm	9:15 – 9:45am 11:35 – 12:05pm	4:00 – 4:30pm 6:15 – 6:45pm
Starfish*	9:00 – 9:30am	10:45 – 11:15am	10:45 – 11:15am	4:00 – 4:30pm
Duck*	9:00 – 9:30am	10:45 – 11:15am	10:45 – 11:15am	4:00 – 4:30pm
Sea Turtle*	11:35 – 12:05pm	9:50 – 10:20am	9:50 – 10:20am	5:25 – 5:55pm
Sea Otter*	11:00 – 11:30am	9:00 – 9:30am	9:00 – 9:30am	4:35 – 5:05pm
Salamander*	9:15 – 9:45am 10:45 – 11:15am	9:00 – 9:30am 10:10 – 10:40am	9:00 – 9:30am 10:10 – 10:40am	4:50 – 5:20pm
Sunfish*	9:35 – 10:05am	---	---	6:35 – 7:05pm

*With parent or caregiver.