• The Summer Patrol is on a Roll
• Day Trips, Camps, Special Events, and Fun for Everyone
Your family is invited... bring your picnic and your dancing shoes...

Picnic in the Park 2016

Live music 6 to 8 pm – Lordly Park, Chester every Tuesday*, from July 5 to August 30

July 5 – Klunkers sponsored by ... GN Thermoforming Equipment
July 12 – Andy and Ariana ... Mecklenburgh Inn, Dolly Hancock
July 19 – FOG (Four Old Guys) ... Chester Auto Supplies (NAPA)
July 26 – Market Boys ... Chez Glass Lass, Light My Fire, Luna Spa
August 2 – Kevin & GypsyMinstrels ... Chester area Pharmasaves
August 9 – Short Notice ... Access Storage
August 16 – Jamie Junger & friends ... Hawboldt Industries
August 23 – Amanda Riley ... All Outdoors Landscaping
August 30 – Parsons Brothers ... B.W. Armstrong Insurance

Meals for Musicians generously provided by the Stretch Diner

* if it’s raining Tuesday, we dance on Wednesday;
if it’s raining Wednesday, we dance on Thursday!
check www.chester.ca for Event Cancellation

presented by
Chester Municipal Recreation & Parks
with Chester Municipal Heritage Society
and community volunteers
Follow us on Facebook - Picnic in the Park Chester

Free admission
Donations for the band gratefully accepted

SALES BEACON

R. Schnare & Son Septic & Trucking

Focus Chester
Summer 2016

Recreation Staff

Chad Haughn,
Director of Recreation and Parks

Cosette Howlett,
PRO Kids Coordinator

Debbie Harnish,
Administrative Assistant

Jody Conrad,
Community School Coordinator

Trishe Colman,
Municipality of Chester
Community Coordinator

Gord Tate,
Active Living and Active
Transportation Coordinator

Shalan Armstrong,
Summer Supervisor

Jordan Hebb,
Special Events Coordinator

PROGRAM REGISTRATION OPENS
TUESDAY, June 14

Cover Shot: Hikers in East River watch ducklings scurry toward their parents.

Municipality of Chester
Recreation & Parks Department
151 King Street
PO Box 369
Chester NS B0J 1J0

phone: 902-275-3490
fax: 902-275-3630
email: recreation@chester.ca
www.chester.ca

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PROGRAMS & EVENTS

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Every year in May our office comes alive with the re-appearance of youthful Summer recreation leaders. The university age leaders come first, then in late June the high school students join us. They bring fresh ideas, new energy, and a love of fun. Recreation is an interesting field to work in for a Summer. Few other Summer jobs place on young people the level of responsibility that Rec leaders receive. They are responsible for creating fun, supportive, and safe environments for children and families to enjoy the Summer. Additionally, they are asked to program an entire Summer worth of activities in a very short period of time so that we can compile them all and get them out to you before you fill up your Summer with other plans. We have been fortunate for many years now to attract an exceptional group of young people to the positions. They have always given to us, and you, their complete commitment to providing excellent programs. And it has been gratifying to watch them gain confidence in their abilities, and to mentor one another as they grow through the positions available - from Summer leaders to Summer supervisors. Join us in welcoming our current Summer Patrol (see page 7), and take them up on the wonderful Summer they have planned for you.

Explore Nova Scotia Parks this Summer
Enjoy swimming, hiking, biking and a good nights sleep this summer in one of our provincial parks. Graves Island is the obvious local choice, but consider travelling further afield for a new experience. The new edition of the Nova Scotia Provincial Parks Guide is available in our office, provincial outlets, and an excellent online searchable database can be found at http://parks.novascotia.ca/

Find Yourself in the Crowd
Over 600 photos from the 2016 Cut n Run are now available online for you to download. Find an action shot of you crossing the finish line, or cheering on your family. Search for Chester Cut n Run, under ‘People’, on www.flickr.com. All photos generously taken by Jim Barkhouse.

LEADERS in TRAINING

Looking for Youth Leaders! Is there anyone out there between the ages of 13-17 looking for a great new experience, a way to get involved in your community, a way to build your resume, and to meet great people and have lots of fun! Why don’t you come volunteer with the awesome Municipality of Chester Recreation Summer staff with some of their special events like Summer Sizzler, Teddy Bears Picnic, and the Graves Island Movie Night! Contact us at 902-275-3490 if you are interested.

Tick Talk

It’s that time of year again. Don’t let ticks ruin your fun outdoors this Summer - just know how to deal with them. The BC Centre for Disease Control, via the Nova Scotia Department of Health and Wellness, has a entertaining video that tells you what you need to know about ticks. Visit it at http://novascotia.ca/dhw/CDPC/lyme.asp.

The Nova Scotia Senior 55+ Games are coming to Lunenburg County in 2017

Get yourself, or your team, ready for the 2017 Senior 55+ Games. Over 30 events are planned including tennis, curling, darts, bridge, slo-pitch, pickleball, track and field, cycling, and many more. Try-it events will be scheduled this Fall.

Volunteers are needed to help support each of the events. For more information on the events, or to volunteer, please contact 55plusgames@eventslunenburgcounty.ca or call 902-521-6046.

Fun, Fitness, and Friendship
Wow, look at this! The sun is shining, birds are singing and boats are sailing. It finally looks like Summer and with Summer comes Summer Rec students! My name is Shalan Armstrong, and my name is Jordan Hebb, and together we are the Summer Supervisor and Special Events Coordinator for the Municipality of Chester Recreation and Parks Department. Both of us are seasoned Summer student veterans. We have returned several years and we are very excited to make this one the best so far. We have many day programs for kids of different ages and interests. Some include the annual Water fun in the Sun, Rowdy Ranchers, Candle Dip and Cut and Seussville.

We also have some awesome day trips planned like Ontree Adventure Park, Get Air, a Tancook tour and Ross Farm. Space is limited so make sure you sign up as soon as possible to ensure you don’t miss out on the fun.

Again we will be having some special events taking place throughout the Summer that will include the whole family. There will be the Teddy Bears Picnic at Lordly Park, Summer Sizzler at Bayswater Beach, and Outdoor Movie Night at Graves Island Provincial Park. All are sure to bring a ton of fun and smiles to the faces of all who attend. Scooter Competition will take place nearing the end of Summer. If you’re between the ages of 6 – 18 bring your scooter to the Chester Skate Park and compete for some awesome prizes. Remember to bring you helmet. There will be several age categories and people of all experience levels so don’t be shy, come show us your skills.

As you can see the Summer will be a busy one here at the Rec. Department. We hope everyone has an awesome Summer and that we see you at all of our events. Who knows, maybe we will make your Summer!

If you would like to keep track of us and see how we spend our Summer follow us on Instagram @chestermuni or like our page on Facebook.
If Kyla could be an animal she would choose a bird so that she could fly just like Skye.

If Colten could time travel he would go back to the wild west and be a cowboy.

Adrienne’s favourite superhero is Batman.

Kevin’s favourite Disney movie is the Little Mermaid.

Shalan’s favourite breed of dog is a husky - just like Everest.

Just like Chase, Jordan is allergic to cats too.
**Arts & Crafts**

**Candle Dip & Cut**
Come on down to Light My Fire and join the Summer Rec Staff as we create some waxy masterpieces. We will be making fantasy candles. You will learn to make these special candles from scratch. We will be using hot wax and water to shape our candles and make our masterpieces. Don’t miss out, space is limited.

**Cooking**

**Authentic Cuisine**
Ever wondered what it would be like to try food from other parts of the world? You’re in luck! Join the Summer Rec Staff as we see what different parts of the world taste like. Try tapas from Spain and maybe even vegemite from Australia! You probably will not like everything, but who knows, maybe you’ll find your new favourite snack.

**DIY Gifts**
Summer Rec Staff have put on their creative thinking caps and thought up some crafty “Do It Yourself” gifts. Come out and let us show you what you can make by yourself. No more present hunting!

**Create, Create!**
Isn’t it fun being creative and making crafts that nobody has ever seen before? Come out and join our Summer Rec Staff as we create some new crafts that will blow your mind like growing your own crystals and wind chime building. You will even get a creative snack. It’s ok to play with food right?

**Day Camps**

**Kitchen Camp**
Hey Kids! Who loves being in the kitchen making yummy treats and eating them too? Come join the Summer Rec Staff and explore creative treats and healthy options in the kitchen. We will make a nutritious lunch that is likely to please all. You will get a recipe book so you can enjoy the treats again and again when you are at home. Be sure to bring a water bottle to fill up; some drinks will be provided.

**Science Explorers**
Why is the sky blue? Where do the stars come from? Why does oil float on water? All of these questions have to do with science. Come out and join the Summer Rec Staff as we explore the wonderful world of science. We will be guiding science experiments, crafts and ooey gooey games. These will be hands-on of course, so come prepared to jump right in, get messy and go outside. Snack will be provided.

There are 3 easy ways to register for programs. See page 24 for details.
**Outdoor Excursion**

Join the Summer Rec Staff as we explore the great outdoors! We will learn fun and important skills like compass use and what to do if we get lost in the woods. The day will include a nature hike where we will learn about all the plants and animals that live around us in Nova Scotia. Make sure you dress for the day and wear sturdy footwear and sunscreen. Pack a lunch for our picnic in the woods.

**Thursday**
(Raindate: Friday, August 5)
9:30am to 3:30pm
Ages 7-12
$10 ($7 for each additional child)
Forest Heights Community School
Instructors: Summer Staff
Pay/register by: Thursday, July 28

**Girls Only Day**

A hands-on and informative day for girls only, featuring physical activities, crafts, clothing swap, girl talk and more. Girls will make their own lunch and snacks. Wear comfortable clothes, indoor shoes for the physical activity and bring used clothes for a clothing swap. Waiver form must be signed.

**Friday**
June 24
10:00 am to 4:00 pm
Ages 9-12
$15 (includes lunch, snacks & crafts)
Forest Heights Community School
Instructors: Trishe Colman & Shalan Armstrong
Pay/register by: Monday, June 20

**Pen Pals**

Friends from around the World

You’ve got mail! The Summer Rec Staff have set each of you up with a pen pal from somewhere around the world. Come out and send your pen pal a message and see if you can make a lifetime friend. Learn about what life is like where your pen pal lives, what games they play and what foods they eat. We will be using the internet to connect with our new friends but no computer experience required.

**Tuesday**
July 19
10:30am to 12:30pm
Ages 7-12
Free
Forest Heights Community School
Instructors: Summer Staff
Register by: Tuesday, July 12

**Girls Only**

**Campout**

Come join the summer staff in a good old fashioned camping trip. We will be sleeping at the new Kaizer Meadow Wind Turbine Campsite and having a ton of fun at Card Lake Park. Drop off will be at Card Lake Park. Remember to bring a filled water bottle, change of clothes, footwear, flashlight, sunscreen, a towel just in case, and a sleeping bag. Be ready for an awesome camping trip!

**Wednesday**
July 13
(Raindate: Thursday, July 14)
4:30pm to 9:30am
Ages 7-12
$20 ($18 for each additional child)
Kaizer Meadow Wind Turbine Campsite
Instructors: Summer Staff
Pay/register by: Wednesday, July 6

Where applicable, HST has been included in the registration fees.
Day Trips

Royal Nova Scotia International Tattoo
The Royal Nova Scotia International Tattoo is a Military and civilian extravaganza featuring over 2000 International and Canadian performers. The Tattoo is the world’s largest annual indoor show. Its unique combination of music, dance, drama, gymnastics, comedy, military display, competitions and much more, continues to thrill audiences year after year. We have great seats reserved so don’t miss this chance to go to the Tattoo! Tickets and Transportation included. Bring money for treats!

Saturday July 2
Show Time 2:30 pm (Show length approx. 3-3.5 hours)

<table>
<thead>
<tr>
<th>pick-up</th>
<th>drop-off (approx)</th>
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</thead>
<tbody>
<tr>
<td>New Ross Credit Union</td>
<td>12:00</td>
</tr>
<tr>
<td>Exit 9 Car Pool</td>
<td>12:25</td>
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<tr>
<td>Exit 8 Carpool</td>
<td>12:30</td>
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<tr>
<td>Exit 7 Carpool</td>
<td>12:35</td>
</tr>
<tr>
<td>Exit 6 Car Pool</td>
<td>12:45</td>
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</tbody>
</table>

$82
Ages 19+
Halifax’s Scotiabank Centre
Pay/register by: Thursday, June 30

Down on the Farm
HAPPY BIRTHDAY NEW ROSS!!!!
Can you believe New Ross is 200 this year? Join our Summer Rec Staff at Ross Farm to learn about New Ross and its historic roots in agriculture. You may see working farm animals, materials being crafted by hand, historic classrooms, wool spinning and other historic skills that have almost been lost. You may even get to go on a wagon ride and milk a cow! No matter the weather we will be exploring altogether. Don’t forget to bring a packed lunch (nut free). Dress for the weather and bring sunscreen.

Wednesday July 27
(Raindate: Thursday, July 28)
10:30 am, drop-off at Ross Farm
1:30 pm, Pick-up at Ross Farm
Two groups (Ages 3-6 and 7-12)
$10 ($7 per each additional child)
Ross Farm, New Ross
Instructors: Summer Staff
Pay/register by: Wednesday, July 20

Explore Tancook
Join the Summer Rec Staff as we explore Tancook for our annual Summer Island excursion. We will be on foot to get the best look at the beautiful Island. This exploration brings us the opportunity to check out the beach, do some bird watching, go hiking and maybe even check out a gift shop. Wear appropriate footwear, sunscreen, bring water, a picnic lunch (nut free) and money (optional).

Thursday July 7
(Raindate: Friday, July 8)
9:45 am – drop-off at the Government Wharf in Chester
5:20 pm – pick-up at Government Wharf in Chester
Ages 7-12
$15 ($10 for each additional child)
Instructors: Summer Staff
Pay/register by: Thursday, June 30

Get Air Adventure
Come join our Summer Rec Staff for a jam-packed day of adventure in Halifax. First visit Citadel Hill and learn about its importance in Halifax’s history. Cover your ears! We will be waiting to hear the cannon sound off at noon. Then, make your way over to Get Air Nova Scotia in Dartmouth for an afternoon of fun for everyone. We will be jumping and doing tricks for everyone to see. Check it out at www.getairnovascotia.com. While there we will watch the safety video. Parents must fill out online waiver prior to sending child to program. If waiver is not completed, the child will not be able to jump. Child must be more than 46” (117 cm) in height.

Wednesday July 20
9:00 am – drop-off at the Municipal Rec Office, 151 King Street, Chester
4:15 pm – pick-up at the Municipal Rec Office
Ages 7-12 (must be 46”, or 117cm)
$65
Citadel Hill, Halifax and Windmill Road, Dartmouth
Instructors: Summer Staff
Pay/register by: Tuesday, July 12

Where applicable, HST has been included in the registration fees.
Zippin’ Around
You do not want to miss out on this adventure as we head to Ontree Fun and Adventure Park. It is time to embrace nature as we will be swinging in the trees and zip-lining through the forest! On our way we will be stopping in at Kaizer Meadow Environmental Management Centre for a behind the scene tour! There will also be free time to explore Card Lake Park on the way. Make sure to bring a packed lunch, lots of water and come prepared for the weather. Additional waivers are required and the participants MUST reach a height of 160 cm. Bring a packed lunch (nut free), lots of water, dress for the weather, wear closed-toe shoes and sunscreen. AN ONTREE WAIVER FORM MUST BE FILLED OUT AND YOUTH MUST REACH A HEIGHT of 160 cm.
Wednesday August 3
(Raindate: Monday, August 8)
8:45 am – Drop-off at the Municipal Rec Office 151 King Street, Chester
4:30 pm – Pick-up at the Municipal Rec Office
Ages 8-12 (must reach 160cm, or 62") $60
Kaizer Meadow and Ski Martock
Instructors: Summer Staff
Pay/register by: Wednesday, July 27

Scooter Competition
Come show off your best scooter tricks at the Chester SK8 Park, there will be separate competitions for different age groups which will be as followed: 6-8, 9-12, 13-15, 16-18. Prizes from the Summer Rec Staff will be given out; bring your own scooter and helmets will be mandatory to compete. Bring scooter & helmet.
Wednesday August 10
(Raindate: Thursday, August 11)
11:00 am to 2:00 pm Ages 6-18
Free
Chester SK8 Park
Register at event

Summer Sizzler
Who doesn’t love a fun day in the sun with the Summer Rec Staff and Rod Scott? Come join us at Bayswater beach for a day of fun in the sun, there will be lots of games, prizes to be given away and of course the sand sculpture competition. All ages are welcome!
Sunday July 31
(Raindate: Monday, August 1)
1:00 to 4:00 pm
All ages (children must be accompanied by an adult)
Free
Bayswater Beach
Instructors: Rod Scott and Summer Staff
No pre-registration required

Outdoor Movie Night
Come join Dave, Stuart, Kevin, and the rest of the minion gang for the annual outdoor movie night at Graves Island Provincial Park! We will be watching Minions. Bring your blankets hopscotch and chairs. Popcorn and water will be provided by the Summer Rec Staff for a small donation to the Municipality of Chester PRO Kids.
Thursday August 18
(Raindate: Friday, August 19)
8:30pm
All ages (children must be accompanied by an adult)
Donations to PRO Kids encouraged
Graves Island Provincial Park
Instructors: Summer Staff
No pre-registration required

Teddy Bears Picnic
Looking for an afternoon filled with fun and games? Come down to Lordly Park with all of your favorite stuffed friends for the annual Teddy Bears Picnic! It’s going to be a great time and there will even be a cake walk! Everyone is welcome for this afternoon of fun. Bring picnic lunch (nut free please).
Saturday July 16
(Raindate: Sunday, July 17)
11:00 am to 2:00 pm
All ages (children must be accompanied by an adult)
$2 per child
Lordly Park, Chester
Instructors: Summer Staff
No pre-registration required
## Summer Programs Guide At-A-Glance

### July

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>3</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Action Extravaganza 9:30-3:30</td>
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<tr>
<td>11</td>
<td>Authentic Cuisine 10:30-1:30</td>
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<tr>
<td>17</td>
<td>Teddy Bear's Picnic Rain Date</td>
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<tr>
<td>18</td>
<td>Rowdy Ranchers 10:30-1</td>
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<td>24</td>
<td>Humans vs Zombies Hubbards 6:30pm</td>
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<td>25</td>
<td>Water Fun in the Sun 11-2</td>
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<tr>
<td>31</td>
<td>Summer Sizzler 1-4</td>
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### August

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>1</td>
<td>Summer Sizzler Rain Date</td>
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<tr>
<td>7</td>
<td>On Tree Rain Date</td>
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<tr>
<td>14</td>
<td>Humans vs Zombies New Ross 6:30pm</td>
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<tr>
<td>15</td>
<td>Sleepover 4:30pm - 10:00am</td>
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<tr>
<td>21</td>
<td>Kitchen Camp 9:30-3:30</td>
</tr>
<tr>
<td>22</td>
<td>Garden And Grow 11-1</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
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<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Garden and Grow 9:30-11:30</td>
<td>Tancook Island Day Trip 9:45-5:20</td>
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<td>12</td>
<td>13</td>
</tr>
<tr>
<td>Fit Kidz 9-10 Rain Date</td>
<td>Campout 4:30am-9:30pm</td>
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<tr>
<td>19</td>
<td>20</td>
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<tr>
<td>Kids 9-10 From Around the World 9-10 Rain Date</td>
<td>Get Air Day Trip 9:00-4:15</td>
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<td>Kids 9-10 Rain Date Creative Kids 9-3:30</td>
<td>Ross Farm Day Trip 10:30-1:30</td>
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<td>2</td>
<td>3</td>
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<tr>
<td>Fit Kidz 9-10 Rain Date, Creative Kids 9-3:30</td>
<td>On Tree Day Trip 8:45-4:30</td>
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<tr>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Kids 9-10 Rain Date, Creative Kids 9-3:30</td>
<td>Scooter Competition 11-2</td>
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<tr>
<td>16</td>
<td>17</td>
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<tr>
<td>Kids 9-10 Card Lake 10-8 pm</td>
<td>Summer Olympics 10:30-1 Suessville 1:30-3:30</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
</tr>
</tbody>
</table>
Creative Kidz
Do you like to create arts and crafts? Do you like drawing and colouring? Join the Summer Rec Staff as we get our creativity flowing and make some awesome crafts. You may even have the opportunity to make a musical instrument like a rain stick. Must be potty trained.
Tuesday  July 26
1:30to3:30pm  Ages 3-6
$7 ($5 for each additional child)
New Ross Family Resource Centre
Instructors: Summer Staff
Pay/register by:  Tuesday, July 19

Disney Day
“Hakuna Matata!” “I know you; I’ve walked with you once upon a dream!” Come out to FHCS or should I say Disneyland and explore all things Disney. Create Princess or Prince Crowns and see if you can trap a fairy in a bottle to take home. You will have lots of fun with Disney characters like, Cinderella, Baloo the Bear and many more. We will also be making a lunch fit for a King or Queen! Make sure you wear comfy clothes and shoes. Must be potty trained.
Thursday  July 28
9:30am to 3:30pm  Ages 3-6
$15 ($10 for each additional child)
Forest Heights Community School
Instructors: Summer Staff
Pay/register by:  Thursday, July 21

Garden and Grow
We’re growing green thumbs out here at FHCS and we’re calling you! Come out and join the Summer Rec Staff as we plant and grow our own fruits, veggies and even flowers! Since plants take a lot of time, sunshine and water to grow, we will have two days worth of activities. Day 1 (at the beginning of the Summer) we will get together and plant all of our seeds. Day 2 (nearing the end of the Summer) we will see all of our plants and learn how they grew. Maybe we will even get to taste the fruits and veggies that we grew!! Make sure you wear old clothes. Must be potty trained.
Day 1
Wednesday  July 6
9:30to11:30am
Day 2
Monday  August 22
11:00am to 1:00 pm
Ages 3-6
$7 ($5 for each additional child)
Forest Heights Community School
Instructors: Summer Staff
Pay/register by:  Wednesday, June 29

Gym Fun for the Little Ones
Join the Summer Rec Staff in the gym at FHCS as we play some fun games like tag, stormy sea and hungry, hungry hippos. Make sure you wear proper shoes and bring your own water bottle. Must be potty trained.
Tuesday  July 19
1:00to3:00pm  Ages 3-6
Free
Forest Heights Community School
Instructors: Summer Staff
Pay/register by:  Tuesday, July 19

Kinder Cooks
Orders up!! Come out and learn the art of cooking with the Summer Rec Staff. We will be making lots of yummy treats with locally purchased ingredients. Look out, there will be a yummy and healthy appetizer, main course and extraordinary dessert! You’ll even get to take home a cookbook with all of your new recipes. Must be potty trained.
Thursday  July 21
9:30am to 3:30pm  Ages 3-6
$7 ($5 for each additional child)
Forest Heights Community School
Instructors: Summer Staff
Pay/register by:  Thursday, July 14

Paw Patrol
Hey pups! Would you like to go on an adventure like Ryder and the Paw Patrol? The Summer Rec Staff have transformed FHCS into Ryder’s look out and wouldn’t you know it we have a mission. Join Ryder and the Paw Patrol as we solve mysteries and make sure everybody is safe. Don’t worry, once your mission is complete there will be treats for all you courageous pups! Must be potty trained.
Friday  July 29
10:00am 12:00pm  Ages 3-6
Free
Forest Heights Community School
Instructors: Summer Staff
Register by:  Friday, July 22
**Miniature Magicians**

Alacazoo! Hocus pocus! Sim Sala Bim! Come out to FHCS and learn about all things magic. Join the Summer Rec Staff as we explore magical tricks and kicks. Shazam! Your mind will be blown. A magical snack will be provided. Must be potty trained.

Friday July 8
11:30 am to 1:30 pm Ages 3-6
Free
Forest Heights Community School
Instructors: Summer Staff
Register by: Thursday, June 30

**Rowdy Ranchers**

Yee haw! Howdy there partner, It’s me Woodie! And me Jessie!! We’re here to teach you all the things a rancher needs to know. We will make a cool farmer craft and have a hearty homegrown snack! Watch out, we may even get to see some down home farm animals! A snack will be provided! Must be potty trained.

Monday July 18
10:30 am to 1:00 pm Ages 3-6
Free
Forest Heights Community School
Instructors: Summer Staff
Register by: Monday, July 11

**Seussville**

“You’re off to great places, today is your day! Your mountain is waiting, so get on your way!” -Dr. Seuss

Come join the fun with the Cat in the Hat and more members of the Dr. Seuss clan. There will be lots of rhymes and riddles to solve. Is there one fish? Two fish? A red fish? A blue fish? This will be a wacky adventure through Seussville as we explore some of Dr. Seuss’ classics. Guest appearance from Sam-I-Am with a snack something like green eggs and ham! Must be potty trained.

Wednesday August 17
1:30 to 3:30 pm Ages 3-6
Free
Forest Heights Community School
Instructors: Summer Staff
Register by: Wednesday, August 10

**Playground Day**

GROUNDERS! Bring your friends out to Gold River-Western Shore School’s playground for some free time on the play equipment. The Summer Rec Staff will take the lead in a game of grounders and there will be lots of time to swing/climb like little monkeys. Bring your own water and snacks. Must be potty trained.

Friday August 12
12:00 to 2:00 pm Ages 3-6
Free
Former Gold River Western Shore School
Instructors: Summer Staff
Register by: Friday, August 5

**Recycle Rampage**

Reduce, reuse, and recycle, recycle, recycle! We will spend the morning exploring what we can create using recycled materials and fun games to go with it. We will have a visit from a guest presenter and enjoy an organic morning snack. Must be potty trained.

Friday July 22
9:30 to 11:30 am Ages 3-6
Free
Forest Heights Community School
Instructors: Summer Staff
Register by: Friday, July 15

**Science Stuff**

Get out your beakers and lab coats; we’re doing experiments. Come out and join the Summer Rec Staff as we experiment with all things science. Play with goop and learn how to make a rocket ship fly with only two ingredients. A snack will be provided. Must be potty trained.

Friday August 19
12:30 to 2:30 pm Ages 3-6
$7 ($5 for each additional child)
Forest Heights Community School
Instructors: Summer Staff
Pay/register by: Friday, August 12

**Welcome to the Jungle**

We’re swinging from branches like Mogli and Tarzan right into the heart of the jungle. Join the Summer Rec Staff as we explore the jungle’s plants and animals. We will have a snack favoured by the monkey and run and play like an antelope. You may even be able to convince the Summer Rec Staff to take you to the secret end of the jungle where a surprise awaits. Must be potty trained.

Friday July 15
11:00 am to 1:00 pm Ages 3-6
Free
Forest Heights Community School
Instructors: Summer Staff
Register by: Friday, July 8

**Wacky Wheels**

Vroom Vroom!! Ka Chow! Hey kids, it’s Tow Mater here lookin’ to tow you to my car yard and introduce you to some of my pals like Polly the Police Car and Tony the Tonka. Join the Summer Rec Staff as we explore some extraordinary vehicles that live in our community. Always remember “Ain’t no need to watch where I’m goin’, just need to know where I’ve been.” A Wacky Wheelie snack will be provided. Must be potty trained.

Friday July 15
11:00 am to 1:00 pm Ages 3-6
Free
Forest Heights Community School
Instructors: Summer Staff
Register by: Friday, July 8

There are 3 easy ways to register for programs. See page 24 for details.
**Drop In Ball Hockey**

Are you between the ages of 5 and 15 and interested in playing ball hockey? The Summer Rec Staff will be putting on ball hockey at the Chester Rink this Summer! This program will run for 7 weeks on Tuesday nights starting July 12. Ages 5-7 play from 6:00 to 7:00 pm; and Ages 8-11 and 12-15 will play from 7:00 to 8:00 pm. Participants must wear hockey helmets with a cage, hockey gloves and bring their own stick. Parents will be required to sign a waiver. Let’s have a fun Summer of hockey!

Tuesdays

**Mantracker**

Join the Summer Rec Staff as we play a game of Mantracker at Graves Island. We will choose one or more people to be trackers while the “prey” will be trying to get to the finish line before the tracker is able to find them. Beat the man tracker and ultimately be crowned Mantracker champions! Make sure you wear sturdy footwear, bring a whistle and a watch.

**Bike Adventure**

Grab your wheels and meet the Summer Rec Staff at the Chester Visitor Information Centre to go on a morning bike excursion to East Chester. We will be riding on the rails to trails from Chester to East River, then taking a small hike through the woods. If you like biking and hiking this will be the adventure of your Summer. Make sure to pack a lunch with lots of extra water and to dress for the weather. Don’t forget to wear sunscreen. Helmets are mandatory.

**Drop In Fridays**

Join the Summer Rec Staff Friday afternoons around the community for some free time recreation activities. Each Friday will be themed as to what we will be doing each week. No need to sign up; just show up with proper clothing, footwear and a participant’s waiver.

- **Mantracker**
  - Location: Graves Island Provincial Park
  - Date: August 18
  - Time: 12:00 to 2:00 pm
  - Ages: 7-12
  - Free
  - Instructors: Summer Staff
  - Register by: Thursday, August 11

- **Bike Adventure**
  - Location: Chester Visitor Information Centre (Old Train Station)
  - Date: August 8
  - Time: 9:00 am to 1:00 pm
  - Ages: 7-12
  - Free
  - Instructors: Summer Staff
  - Register by: Tuesday, August 6

Where applicable, HST has been included in the registration fees.
**Summer Olympics**
Rio? London? Beijing? Athens? How about Chester Basin? Come join the Summer Rec Staff as we go to the Olympics in our own back yard. We will be competing in several Olympic game events like the Shot-put Throwing, Long Jump and much more. Make sure you wear your sneakers and bring a water bottle to refill.

**Field Day**
Run, Jump, Throw! Get ready because Field Day is on its way. Join the Summer Rec Staff as they compete against each other in events like 100 meter dash and Chuck the Chicken. We will also have some silly sack races and an egg toss competition. Remember to pack your lunch, wear lots of sunscreen and wear proper shoes like sneakers.

**Action Extravaganza**
Get ready for an action packed day filled with obstacle courses, a scavenger hunt and many other crazy curves. We will make an exciting lunch and go outside and create micro parks. There will also be free time to play your favourite games. It's your turn to teach the Summer Rec Staff. Make sure you bring your own refillable water bottle and wear sunscreen.

**Variety Pack**

**Brushing Up on Mouthcare**
Brushing up on Mouthcare provides seniors and caregivers the basic skills of good oral health. This workshop will focus on practical information and techniques and explain why mouth care is so important to your overall health. There will be information on useful products as well as adaptive tools. You will also learn strategies to help someone with their mouth care who is frail, physically disabled or living with dementia. Each attendee will receive a free tooth brush and paste. This program is free but registration is required.

**Seniors’ Old Fashioned Picnic**
There will be games, music and refreshments. In Partnership with the Lunenburg County Seniors’ Advisory Committee. For more information, please call Trishe Colman 902-275-8503 or the Rec office at 902-275-3490.

**Pick of the Crop – Cooking with Apples**
From Adam and Eve to Isaac Newton, the apple has been a part of our culture and diets for centuries. Apples are simply delicious and surprisingly versatile. Come and test a variety of recipes to make the most of this Fall fruit. Bring room for dessert as we will be sampling a number of dishes.

**Cooking for One or Two**
Has your family size shrunk a bit over the years? Are you an empty-nester? You can still enjoy delicious home-cooked meals without eating leftovers for days on end. Whether you are a novice or an experienced cook, come out for an evening of cooking and dining together. We will be preparing recipes of a smaller serving size. You are welcome and encouraged to bring recipes and tips to share.

**Variety Pack, continued on page 21**
Mow it Forward this Summer

“Adopt” a senior neighbour and help with their lawn mowing.

Lawn mowing can cause undue stress to the body of a senior. The strain caused by pushing and using heavy equipment and walking long distances can put some seniors at serious risk of falls, broken bones, heart attacks and stroke.

PART OF THE NEIGHBOURS HELPING NEIGHBOURS INITIATIVE

If you are a senior or someone with a disability and there is really no one in your neighbourhood that can help you with your lawn mowing, or you wish to kindly volunteer for our “on call” list then please register with Flourish Well Being Society by calling 902-543-1727. Unfortunately not all requests can be supported.
Day Trips

July 7th
Tancook Adventure

July 28th
Get Air

July 27th
Ross Farm

August 3rd
Ontree Adventure

See Page 10 – 11 for details.

For further info please contact the Municipality of Chester Recreation and Parks Department at 902-275-3490
Drop In Ball Hockey

When?
Tuesday’s from July 12th to August 23rd

Time?
6:00 to 7:00 p.m. (5-7 year olds)
7:00 to 8:00 p.m. (8-11 and 12-15 year olds)

Where?
The Park (Chester Rink) 190 Pig Loop Road

Bring your own equipment: Hockey stick, helmet (with cage), hockey gloves

FREE!
Hiking

Hike Card Lake

Join the Summer Rec Staff as we explore the wilderness of Card Lake Park. We will learn tidbits of information along the way (flora and fauna, what to bring on a hike, survival tips). Stopping mid-way for a snack at a wilderness camp site. Bring water and insect repellent.

Tuesday
August 16
6:00 to 8:00 pm
Ages 13-19
FREE

Card Lake Provincial Park
Instructors: Jody Conrad & Summer Staff
Register by: Tuesday, August 9

Variety Pack

Variety Pack, continued from page 17

South-East Asian Martial Arts

Learn self-defense with sticks, knives, swords, and as a last resort, with your hands and feet. This course is for men and women who are new to martial arts, as well as for experienced martial artists. It will be taught in a relaxed and supportive manner, but with a practical focus. All fitness levels are welcome, but expect to sweat! Your instructor, Guro Dave Duchene, has been studying the martial arts for over 30 years. He will be teaching Pekiti Tirsia Kali from the Philippines, with influences from Budo Taijitsu from Japan, Krabi Krabong from Thailand, and Dog Brothers Martial Arts from all over the World. As is common in fighting systems the World over, the primary weapon and teaching tool will be the single stick. Bring a sound body and mind, exercise clothes. Eye protection (available for purchase).

Intro to Standup Paddle Boarding (SUP)

Let the folks at South Shore Board Sports get you up and on your way. Professional lessons make learning easy and a lot of fun! Our 6 week program includes a certified instructor, standup paddle board, paddle and a life vest.

Annual Father’s Day Bike Ride

Join the annual celebration of Dad with a family bike ride around the Aspotogan Peninsula. This is not a race. There are short & long options, and a van shuttle is available. Ride at your own pace. Snacks and drinks are provided. Bike prize draw is at Bayswater at noon. Win one of two Trek bikes. Other prizes include most outrageous outfit, best decorated bike, biggest family on the ride, youngest rider, oldest rider, and best road sharer. Must be present to collect prizes.

Humans Versus Zombies

Humans vs. Zombies is a game of tag. All players begin as humans, and one is randomly chosen to be the “Original Zombie.” The Original Zombie tags human players and turns them into zombies. It gets crazier from there. Bring a bandana, and a foam dart blaster and/or socks. We’ll supply the rest. Kids and adults all play together.

FREE

All ages (under 12 must be accompanied by an adult)

South Shore Wrestling Club

The South Shore Wrestling Club is expanding to include club instruction at various locations across the South Shore; one of those locations is Forest Heights Community School. If you are interested in competing for your school, for the South Shore Wrestling Club, or are just interested in recreational wrestling, this is for you. Focus is on fitness, wrestling technique, and team spirit. Certified NCCP (National Coaching Certification Program) coaches run the program. Bring gym clothing and a water bottle.

Hike Card Lake

Join the Summer Rec Staff as we explore the wilderness of Card Lake Park. We will learn tidbits of information along the way (flora and fauna, what to bring on a hike, survival tips). Stopping mid-way for a snack at a wilderness camp site. Bring water and insect repellent.

Tuesday
August 16
6:00 to 8:00 pm
Ages 13-19
FREE

Card Lake Provincial Park
Instructors: Jody Conrad & Summer Staff
Register by: Tuesday, August 9
PLAY!
A return to play is an idea for everyone.

Summer’s here so takes these activities with you the next time you go to your cottage, the park, or your backyard.

**Potatoes and Fish**

**You Need:** Any two items, like soft balls or balled-up socks, that can represent a ‘hot’ potato and a ‘cold’ fish.

**How to play:** Participants (6-10) stand in a circle and pass the hot potato among the group. The potato can move around the circle, or across, in any direction. The potato is hot so people don’t want to hold on to it for long. Move it quickly. Meanwhile the cold fish enters the circle and is passed as well. People can hold onto the fish as long as they want, but if a hot potato is thrown to them they need to throw away the fish and catch the potato.

**Ship to Shore**

**You Need:** Space

**How to play:** Choose a large play space and designate areas of it to be the ship, and the shore. ‘4’ means to run to the middle, and ‘Z’ means to sit down wherever you are. One person is Captain and they yell commands to tell the others where to run as fast as they can. The last person to react to each command joins the Captain. The last person remaining becomes the next Captain. You can add levels of interest by designating more locations like the beach, the bridge, etc.

**Chickens and Hawks**

**You Need:** Space

**How to play:** Mark off two lines on the ground, about 4 metres apart. Two players are chosen as hawks and they stand in the middle of the lines. The rest of the players are chickens and they stand behind the lines - an equal number on both sides. Someone calls ‘go’ and the chickens try to run to the other line without being tagged by the hawks. Anyone caught joins the hawks until the last chicken remains.
The Canadian Tire Jumpstart Adapted Recreation Equipment Loan Program is a great resource for families of children and youth who have a physical disability or acquired brain injury. Families have the opportunity to borrow a variety of equipment to experience new leisure pursuits.

Contact the Recreation Department for information or to book any of these items.

Indoor and outdoor wheel-kit conversions for the sledges are now available!

1 Snow Coach
A snow sled with two independently operated brakes, footrests, padded seat, safety straps, and back and head support.

1 Duet Cycle
Electric assist bike for two. For adult or child.

2 Fatwheel sets
1 for 20” + 1 for 24” bikes

3 Trikes
Various sizes for ages 2 1/2 to 8+

2 Hippocampes
1 youth + 1 adult with ski kit and insert. Made to go in the water so it's perfect for the beach and at the lake. The front wheel can be replaced with a ski.

12 Sledges

For road and trail

Program Coordinated by:

South Shore Connect.ca

Searching the guide:
Where is this? hopscotch

Tell us on which page you’ll find the word ‘hopscotch’ hidden. Win a new portfolio.

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

Congratulations to Mitchell Stevens who knew that this giant rock can be found on the hiking trail at Card Lake Park.

Send your answers to recreation@chester.ca or call 902-275-3490. Contest closes Friday, July 8th. One winner will be chosen from all the correct submissions. Watch for the answer in the Fall edition of Explore Life arriving in your mailbox in early September.

Program Registration Opens Tuesday, June 14

1 In Person or by Phone:
   Call 902-275-3490, or drop-in Monday to Friday
   8:30 am - 4:30 pm
   Payment may be made by cash, cheque, debit, and credit card.

2 By Mail:
   Send cheques payable to “Municipality of Chester” to:
   Recreation & Parks Dept
   151 King Street, PO Box 369
   Chester NS B0J 1J0
   There’s also a drop-off box located near the side entrance of the Municipal Building.

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

3 Easy Ways To Register for Programs