

“School of Rock” Curling



“School of Rock” is open to females in grades 6-8 at St. Andrew Jr. School, École acadienne de Pomquet and East Antigonish Education Centre/Academy.

Participants will learn the basics of curling at the Highlander Curling Club!

Transportation from school and back via taxi and/or bus will be provided. Equipment and snacks will be provided. **There is no fee for this program.**

Dates: Thursdays, Nov. 6th – Dec. 4

Time: 2:30 pm–5:00 pm
(participants leave curling club at 5:00 pm)

Location: Highlander Curling Club

Dirt Divas: Mountain Biking



Dirt Divas is open to females in grades 6-8 at St. Andrew Jr. School and grades 6-9 at École acadienne de Pomquet and East Antigonish Education Centre/Academy.

Participants will learn the basics of mountain biking while exploring the great outdoors in Antigonish!

Transportation from school and back via taxi will be provided. Equipment and snacks will be provided. **There is no fee for this program.**

Dates: Tuesdays, Sept. 30 – Oct. 28

Time: 2:30 pm–5:00 pm (taxis arrive at biking location at 5:00 pm to collect participants)

Location: Varies from session to session. Includes École Pomquet, Beaver Mountain and Keppoch Mountain

How to Register

✦ **Drop in:** Come by our office (285 Beech Hill Road) where we have registration forms available. Payment will be accepted by cash, cheque, VISA or Master Card.

✦ **Mail in:** Mail registration form and payment to:

**Antigonish County Recreation
285 Beech Hill Road, RR6
Antigonish, N.S. B2G 0B4**



Registration forms can be found on page 38 of our County Quarterly. If you need a copy, you can find one online at:
<http://antigonishcounty.ns.ca/>

✦ **E-mail:** If you have access to a scanning device, you can scan your registration form and e-mail it to Emily at:
pacoordinator@antigonishcounty.ns.ca

If you are registering for FUNskills or Active Start please include your VISA or Master Card information on your registration form or phone it in to Antigonish County Recreation (902-863-1141).

✦ **Fax:** If you have access to a fax machine, you can fax your registration form to Emily at 902-863-5751.



Questions? Call or e-mail us anytime!

Phone: (902) 863-1141

E-mail: pacoordinator@antigonishcounty.ns.ca

ACR FALL 2014 AFTER-SCHOOL Flyer



Your guide to all Antigonish County Recreation after-school programs!

Active Start



Active Start

Targeting children ages 3-5, Active Start focuses on developing basic fundamental movement skills. Children will have fun and make friends while preparing for a future of physical activity!

Dates: Mondays, Sept. 22–Nov. 3

Time: 11:00 am–12:00 pm

Location: St. Andrew Jr. School,
Multi-Purpose Room

Fee: \$20.00/participant

(There will be no session on Monday, Oct. 13th)

'FUN'damental Skills

Open to children in grades P-4 at Antigonish Education Centre. "FUNskills" focuses on developing fundamental movement skills (for example skipping, catching jumping) through active play.



Dates: Tuesdays and Thursdays,
Sept. 23–Nov. 6

Time: 2:30 pm–5:00 pm

Location: Antigonish Education Centre

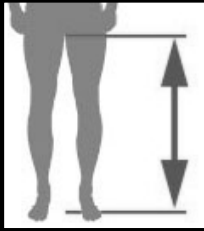
Fee: \$60.00/participant



Making Tracks: After-School Cycling



Making Tracks leaders will work with grades 3&4 students to develop cycling skills, confidence, and safety knowledge. Students will also learn how to use cycling as a way to travel within their communities. Leaders will use skill-based, experiential learning sessions.



Antigonish County Recreation has limited bikes and helmets available. **If you wish to use a County bike, please indicate this on the program registration form along with your child's height and the length of the inside your child's leg (for sizing purposes).**

Making Tracks will take place at **3 schools** this fall:

Location #1: École acadienne de Pomquet

Dates: Mondays Sept. 22 –Oct. 6 (3 sessions)

Time: 2:30–5:00 pm

Fee: Free of charge

Location #2: Antigonish Education Centre

Dates: Wednesdays, Sept. 24–Oct. 8 (3 sessions)

Time: 2:30–5:00 pm

Fee: Free of charge

Location #3: East Antigonish Education Centre/Academy

Dates: Thursdays, Sept. 25–Oct. 9 (3 sessions)

Time: 2:30–5:00 pm

Fee: Free of charge

'Like' Us On Facebook!



Want to stay up-to-date on all our programs and events? Check out our Facebook page at:
www.facebook.com/AntigonishCountyRecreation

Be sure to click 'Like'!

Get Outside After-School



The "GO" After-School Program is an outdoor-based recreation program intended to get kids in touch with nature while remaining active.

Activities may include: team-building games, hiking, building shelters, using compasses and more!

Participants are asked to bring extra snacks and water for after school and to come dressed properly to be outside for the entire duration of the program.

There is NO FEE for this program.

"GO" will be offered in several schools for different grade levels (listed below):

Location #1: St. Andrews Consolidated School

Dates: Mondays, Oct. 20 –Apr. 20

Time: 2:30–5:00 pm

Grades: 4-6

Location #2: H.M. MacDonald Elementary

Dates: Tuesdays, Nov. 18–Apr. 21

Time: 2:30–5:00 pm

Grades: 4-6

Location #3: École acadienne de Pomquet

Dates: Wednesdays, Oct. 22 –Apr. 22

Time: 2:30–5:00 pm

Grades: 4-8

Location #4: St. Andrew Junior School

Dates: Thursdays, Oct. 23 –Apr. 23

Time: 2:30–5:00 pm

Grades: 5-8

Location #5: East Antigonish Education Centre/Academy

Dates: Thursdays, Nov. 20 –Dec. 18

Time: 2:30–5:00 pm

Grades: 4-8

Please note: The "GO" Program will not take place on days when there is no school. Parents/guardians will receive a letter with a list of all program dates upon registration.