

Fall for Rec!



Our Fall Programming Schedule is up and open for registration!

Scroll to see what we have in store or click the links below to jump to:

[Fitness](#) | [Creative Art](#) | [Sports](#) | [Free Community Activities](#) | [In-Service Day Camps](#)

Fitness Programming

Seniors Dance for Health

An hour of fun moving through low impact, gentle-functional dance movements to music. Classes focus on, respond to and adapt to the needs of the participants. This program is best suited for those looking to improve and maintain mobility.

East Hants Sportsplex Todd Hunter Room | Fridays | Oct. 4 - Dec. 6 | 10 - 11am | \$65 | [Register](#)

Fitness Fun - 50+ Fitness

Join Terri for a fun hour of low impact cardio with strength, balance and stretching movements to finish. All levels are welcome with modifications to benefit individual needs. This is a class designed to be social, fun and invigorating.

East Hants Sportsplex Todd Hunter Room | Mondays & Wednesdays | 10–11am | \$6/class | [Register](#)

Yoga Flow – All Levels

Join Julia through a series of postures that can help build strength, flexibility, cardiovascular endurance and mental focus. Modifications are provided throughout the class allowing all to work at their own ability and comfort level. All levels welcome.

East Hants Sportsplex Todd Hunter Room | Tuesdays | 10 – 11am | \$6/class | [Register](#)

Hatha Yoga

Terri will guide you in a gentle one-hour class focusing on strength, balance and flexibility through basic yoga movements and mindful breathing. All levels are welcome.

East Hants Sportsplex Todd Hunter Room | Thursdays | 9 – 10am | \$6/class | [Register](#)

Creative Art Programming

Art Exploration

Join Quentin Syliboy in exploring various types of art, no experience required! Water colors, sketching & drawing, acrylics, pastels and more! Supplies provided.

East Hants Aquatic Centre Community Room | Thursdays | Oct. 3 – Nov. 14 | 6:30 – 8:30pm | \$48.75 | [Register](#)

Youth Crochet Club

Join the Crochet Club for fun and social time! Beginner to experienced, all crochet levels are welcome. Our experienced instructor will provide learn to instructions and help more experienced participants with new stiches and patterns. Some supplies provided (crochet hooks, some yarn, patterns).

East Hants Aquatic Centre Community Room | Wednesdays | Oct. 2 – Nov. 20 | 6:30 – 8pm | \$65 | [Register](#)

Sport Programming

Ball Hockey

A fun hour of non-competitive, unstructured, play for fun Ball Hockey! Ages 7-12

Uniacke District School | Mondays | Oct. 7 – Dec. 16 | 6:00 – 7:00 pm | \$45 | [Register](#)

Enfield Elementary School | Mondays | Oct. 7 – Dec. 16 | 5:30 – 6:30pm | \$45 | [Register](#)

Pickleball

Fun evening of recreational pickleball. All levels welcome. Registration required. Ages 16+. Youth under the age of 16 must be accompanied by a parent/guardian.

Uniacke District School | Mondays | Oct. 7 – Dec. 16 | 7:00 – 9:00 pm | \$3/evening | [Register](#)

Maple Ridge Elementary | Wednesdays | Oct. 2 – Dec. 11 | 6:30 – 9:00pm | \$3/evening | [Register](#)

Badminton

Fun evening of recreational badminton. All levels welcome. Equipment not provided. Registration required. Ages 16+. Youth under the age of 16 must be accompanied by a parent/guardian.

Riverside Education Centre | Thursdays | Oct. 3–Dec. 19 | 6:30 – 8:30pm | \$3/evening | [Register](#)

Free Community Activities

Walk & Roll

Improve your health through walking! Join the Seniors Clinic at the Walk and Roll Program and walk the track at your own pace. Walkers are available to use at the program. All are welcome.

East Hants Sportsplex Walking Track | Tuesdays | 9–10am | No registration required

Run & Tumble

Run and Tumble is a drop-in group where kids can run, jump and play together in a safe and fun environment. Open to parents/caregivers and children under 5. Delivered by the East Hants Family Resource Centre in partnership with the Municipality of East Hants. Registration not required.

East Hants Sportsplex Dome | Thursdays beginning Oct. 3 | 10:30–11:30am | Ages 0-5 |

[Schedule Online](#)

Open Gym/Turf Time

Stop in for an hour of free time! Some equipment will be provided or bring your own. Children under the age of 12 must be supervised by a parent or guardian. Registration not required.

Uniacke District School | Fridays: Oct. 4, Nov. 1, Dec. 6 | 6–8pm | [Schedule Online](#)

East Hants Sportsplex Dome | Thursday Dec. 5 | 1–3pm | [Schedule Online](#)

After School Turf Time

Get Active After School and stop in for free play! Children under the age of 12 must be supervised by parent or guardian age 16+. Registration not required.

East Hants Sportsplex Dome | Tuesdays & Thursdays starts Oct. 22 | 3–5pm | [Schedule Online](#)

Public Skating

Bring the family to enjoy public skates at the East Hants Sportsplex! Helmets are required.

Parent & Tot | Tuesdays & Fridays | 10 –11am

Public Skate | Tuesdays & Fridays | 11am –12pm

Public Skate | Saturdays | Times vary | [View Full Schedule](#)

Senior Social

On the first Tuesday of each month join us for FREE socials. Enjoy coffee, tea, snacks and good company! Registration is not required.

East Hants Aquatic Centre Community Room | First Tuesday of the Month | 10am – 12pm

Remaining Fall Dates: November 5, December 3

In-Service Day Camps

No School? Join us for a fun-filled day of activities! All camps are open to ages 6-11. Hours are 8:30am - 4:pm. Cost is \$35. Happening at two locations:

Splash Camp at the East Hants Aquatic Centre

Friday October 11
Friday October 25
Friday November 22
Thursday December 5

[Register](#)

Sports Camp at the East Hants Sportsplex

Friday October 11
Friday October 25
Thursday December 5

[Register](#)

Questions?

Reach out to us anytime at recreation@easthants.ca