

## BE ACTIVE AFTER SCHOOL



**Active Pictou County** will be offering **FREE** school-based programs starting in mid-January showcasing “**FUN**”damental skills in sport and recreation led by energetic leaders trained in the *Principles of Healthy Child Development* (High Five).

Have fun and be active while playing games that teach the foundation skills needed to play a variety of sports (kicking, throwing, catching)

For more information visit

[www.activepictoucounty.ca](http://www.activepictoucounty.ca) or

contact Karri at (902) 921-0706 [afterschool@activepictoucounty.ca](mailto:afterschool@activepictoucounty.ca)

These programs are  
funding partnerships



made possible through  
with:

**82%**

OF PEOPLE RELY ON  
RECREATION SERVICES  
for fun and  
**PHYSICAL FITNESS**

Parks and Recreation Ontario, Recreation and Parks, Essential for Life 2009

GREAT EXPERIENCES AT HIS LOCAL  
RECREATION CENTER ARE INSPIRING  
HIM TO STAY ACTIVE

**HIGH FIVE**  
The best way to play™  
[WWW.HIGHFIVE.ORG](http://WWW.HIGHFIVE.ORG)

HIGH FIVE® A quality standard for children's sport and recreation  
Founded by Parks and Recreation Ontario

[www.townofpictou.ca](http://www.townofpictou.ca)

# Town of Pictou Newsletter

Issue 15

WINTER 2015



LIVELY CULTURE. VIBRANT TOWN.  
FRIENDLY PEOPLE. LIVING HISTORY.

### Feature Articles

Municipal Boundary Review

Memorandum of Understanding

Volunteering

Swimming and Winter Recreation  
Programs

AND...Feature Articles



[www.townofpictou.ca](http://www.townofpictou.ca)



*Dear Friends and Neighbours,*

As we start the New Year, I would like to take this opportunity to update residents on some topics currently before Council.

Over the past year, the Town has focused on a new approach to municipal governance and operations through our participation in the Memorandum of Understanding on Municipal Reform among the Towns of Pictou, New Glasgow and Stellarton, and the Municipality of Pictou County. Work in

the New Year will involve engaging citizens to participate in the study process in the advancement of regional government.

In early 2015, the Town will finalize the adoption of regional planning documents, including the Inter-Municipal Planning Strategy, a Secondary Planning Strategy and the Pictou County Land Use By-Law. These documents provide for stronger management of land use planning surrounding future development and will encourage regional collaboration in attracting new growth to our communities.

Since our last newsletter, the Town completed a Municipal Boundary Review which involved seeking public input into our ward system and the number of councillors. To fulfill our legal requirements, the Town has filed an application with the Nova Scotia Utility and Review Board. The Board will conduct a public hearing on the Town's application early in the New Year. Watch the Town website and the local paper for details on the date and how people may participate.

I had the pleasure of attending the annual Christmas Light Up this past month and was delighted to see such a wonderful turnout at this community event. I would like to extend Council's appreciation to all the volunteers and participants who made this event possible.

Best wishes to you and your families in the New Year.

Joseph F. Hawes, Mayor

## Heatherbell



## Pipes and Drums

well.

Can you believe the Heatherbells are 50 years old?

Time flies when Pictou's most recognized ambassadors are having fun! This past year the Heatherbells were very busy! Some of the events that we participated in included the Royal Visit, Parades in Westville, Pictou, Parrsboro, Eastern Passage, River John, Tatamagouche and New Glasgow. We also participated in the Festival of the Tartans as

We held a 50<sup>th</sup> Anniversary Reunion show at the deCoste Centre on November 9<sup>th</sup>, 2014. We were thrilled to have alumni members from all over the Maritimes come home to enjoy and participate in the show. Many others sent in well wishes from all over the world. We were fortunate to have alumni from the very first year that the Heatherbells were together as well as those representing every decade since. The stories and talent that was shared with the current band and the audience was amazing. We particularly enjoyed the 'stories from the blue bus' – they were priceless. It is very apparent that being a Heatherbell is so much more than being in a band, it is a true life experience.

We welcomed many new members to the band this year and we have a growing number of students. We were excited to have up to 20 kids marching this summer – we are pretty proud to have been increasing in numbers over the last few years.

Wouldn't it be great to bring the band to its former glory? You can help! We are always looking for boys and girls interested in learning to play the pipes or drums. Recommended age to start is 7-8 years old. Drummers have a choice of Snare, Bass, Swinging Tenor, Beating Tenor or Drum Major. Pipers start out on a chanter before graduating to a Goose and finally the Bagpipes themselves. Lessons are held on Tuesday evenings at Northumberland Regional High School and cost \$10 per week, students need to purchase a chanter and instruction book or drumsticks and drum pad to get started. Our Instructors are amazing – Judy Hughes teaches chanter, Justin Desmond and Christina MacDonald teach drumming, and Robbie MacInnis teaches the senior band. We also have a fantastic mentoring program that our senior band does to help ease new members into the group.

If you want to be part of an amazing family that travels all over the province, the Heatherbells might be for you. Please call Nathan (902-695-5997) or Suzanne (902-759-4598) if you would like more information.

## Pictou Fisheries Training Pool - Celebrating 35 Years

The Fisheries Training Pool was officially opened in May 1980 as a joint effort between the Department of Fisheries and the Town of Pictou. The Department of Recreation and Parks currently manages the pool and aquatic programs; the facility itself and surrounding property is owned by the province. Annually the Pictou Pool welcomes over 25,000 visitors through its doors.

Many popular original programs continue today. For example, the Ancient Mariners Swim Club, who started in the early 1990's with just a few swimmers training for various sporting events had decided to form a Club. There are many programs for kids, adults, and seniors. Visit us for open swims or rent the pool. The pool is 25 meters long and 15 meters wide with water depth varying from 1 meter to 3.8 meters. Pool features include 1 & 3 meter diving boards, Tarzan rope, two shallow water slides, water basketball, various water toys and floatation devices. Swimmers are always under the watchful eye of certified National Lifeguards trained by the Lifesaving Society.

To further the pools capacity to provide supportive environments that provide physical activity opportunities to all our citizens, the pool acquired an aquatic accessible wheelchair and a hydraulic lift that will enable users with mobility challenges to better access the water. This was a great step to decreasing barriers and encouraging people to participate in water activities. In conjunction with acquiring this new equipment the pool now offers a new program called 'Active for Life'. Details on this can be found on page 16.

Did you know that Pictou Recreation Aquatics has been offering Red Cross Swim Lessons in our community for over 50 years.....instruction first begun on a beach area near the golf course (plus other local beaches) then later at the former outdoor pool that was located at Broidy Park. With long standing history, our trained staff are always there to provide quality programs second to none.

### Pictou County Mariners Swim Team

The Fisheries Training Pool is home to the Pictou County Mariners Swim Team. The Swim Team has been active in our community for over 35 years. Swimming is a unique sport in that it encompasses an activity that is both an essential life skill as well as being fun and competitive. It is important to emphasize that our program focuses on each swimmer striving to improve and doing "their personal best".

There are two programs available for ages 7 years and up; Aged Group Swimmers and the NovaTech Swimmers. The Nova Tech program is designed to introduce young athletes to competitive swimming, with a focus on fun and skill development. Swimmers begin at the "participation" level and progress, based on time standards, until they qualify for age group swimming. If you are interested in joining our swim team please contact: Shaun Briand, President at 902-485-8349 or [lisashaun@eastlink.ca](mailto:lisashaun@eastlink.ca).

### Your Town Council

Mayor Joseph Hawes P.O. Box 316, Pictou, B0K 1H0	485-6025 cell 396-8077 <a href="mailto:joe.hawes@townofpictou.ca">joe.hawes@townofpictou.ca</a>
Deputy Mayor Alta Munroe, Ward 2 P.O. Box 1305, Pictou, B0K 1H0	485-4913 <a href="mailto:al.alta@bellaliant.net">al.alta@bellaliant.net</a>
Councillor Lynn Vigneault, Ward 1 P.O. Box 1243, Pictou, B0K 1H0	485-5789 <a href="mailto:lynnvign@gmail.com">lynnvign@gmail.com</a>
Councillor Bob Naylor, Ward 1 P.O. Box 839, Pictou, B0K 1H0	485-5737 <a href="mailto:bobnaylor@eastlink.ca">bobnaylor@eastlink.ca</a>
Councillor Cam Beaton, Ward 2 P.O. Box 897, Pictou, B0K 1H0	485-6764 <a href="mailto:cwbeaton@gmail.com">cwbeaton@gmail.com</a>

### Meetings

#### Regular Town Council Meetings

Meets on the third Monday of each month, except on holidays.

#### Committee of Council Meetings

Meets on the first Monday of each month except on holidays.

#### Pictou Recreation and Parks Committee

Generally, meets on the last Tuesday of each month except on holidays.

All meetings take place at the Town Hall, 40 Water Street.

**NOTE:** Meeting dates may change. Please check website for details or call the Town Hall at 485-4372.

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**Dog Control:** Contact the Town Office at 485-4372. For emergencies contact the RCMP at 911.

**Unsightly Property/Miscellaneous Complaints:** Contact the Town Office at 485-4372.

**Street Light Outages:** Contact Nova Scotia Power at 1-877-428-6004.

**Tax Billing:** Billed twice a year (tax year is April 1-March 31).

**Water Billing:** Billed four times a year - February, May, September and November (subject to change).

**Bill Payment Options:** Cash, debit, cheque, online and telephone banking; payments made at Town Administration Office at 40 Water St.

**[www.townofpictou.ca](http://www.townofpictou.ca)**

**Pictou Public Library & Innovation Centre**

[www.parl.ns.ca](http://www.parl.ns.ca)

**Hours of Operation** (485-5021)

Tuesdays & Thursday 10:00 am-9:00 pm  
 Wednesday, Friday & Saturday 10:00 am-5:00 pm

**ALL PROGRAMS IN THE PICTOU LIBRARY ARE FREE!**

**Babies Best Start**—First Thursday of every month 9:30-11:30 am, public health nurse is available to weigh your baby and discuss any concerns you may have.

**ABC's for Babies**—Thursday mornings 10:30 am, newborn to 15 months

**ToddleTime**—Tuesday mornings at 10:30 am, stories, songs and more.

**Preschool Storytime**—Wednesday mornings at 10:30 am, 3 yrs plus

**Lego Club for Kids**—Saturdays 10:30-12:00pm

**Seniors Café**—Third Monday morning of each month from 10:00-noon. Join us for interesting guest presentation, light refreshments, and full access to library services for seniors.

**Knitting Circle**—Thursdays, 3:00-4:30 pm

**Movies at the Library:**

Family Movies—Third Saturday of every month, matinee at 1:30 pm  
 Monthly Movie Night—Last Tuesday of every month at 6:00pm

**Book Clubs:**

**Adult Book Clubs:**

- Thursday Book Club meets every 2nd Thursday of the month at 7 pm.
- Tuesday Book Club meets every 3rd Tuesday of the month at 7pm.
- NEW Book-to-Movie Night—Last Tuesday of the month at 6:30 pm

Pictou Library will have a **CAP Youth Intern** this winter. Mentoring can be provided on a drop in basis or by appointment. To find out more please visit the Library or go to our events page at [www.parl.ns.ca](http://www.parl.ns.ca).

**Bus Trip to the International Tattoo—Halifax**

Have you always wanted to see the Tattoo? Here is your chance, a bus will be leaving Pictou for a matinee show July 5, 2015. If you are interested please contact Pictou Recreation and Parks by May 1st at 485-4372.

**Art Classes with Carolyn Vienneau**

Offering the following classes beginning January 12th:  
 Drawing, Oil & Acrylic (all ages & levels), Beginner Water Color,  
 and Children's Classes - Ages 8 & Up

For more information call 485-5005 / 759-3771 or email:

[cvienneau@ns.sympatico.ca](mailto:cvienneau@ns.sympatico.ca) Website: [Carolyn Vienneau.com](http://CarolynVienneau.com)

**deCoste Centre**

The deCoste Centre will be operating on reduced hours during January and February with no performances scheduled for that time. The centre will re-open March 2015 with a new season of wonderful live entertainment. Memberships for 2015 are available. For more information on memberships visit the deCoste website at [www.decostecentre.ca](http://www.decostecentre.ca).

**VOLUNTEERING**

Now is your chance to recognize an outstanding volunteer in our community. Nominations for **Volunteer Week 2015** (April 12-18) are now being accepted. Application forms are available at the PRP office or can be downloaded from the Town website. Pictou Volunteer of the Year Nominee must be a resident of the Town of Pictou. Deadline for nominations: **Friday, February 18, 2015**. Information on Pictou's Volunteer Reception will be sent to community groups at a later date.



Other provincial awards include the Volunteer Family Award, the Volunteer Youth Award and the Building Healthier Futures Corporate Award. For more information visit [www.recreationns.ns.ca](http://www.recreationns.ns.ca).

*Volunteers do not necessarily have the time;  
 they just have the heart.  
 ~Elizabeth Andrew*

[www.townofpictou.ca](http://www.townofpictou.ca)

**Administration Office,  
Town Hall**

Hours Open  
 8:30 am-4:30 pm  
 Closed Stat/Civic  
 Holidays

40 Water Street  
 PO Box 640, Pictou  
 B0K 1H0  
 Ph: (902) 485-4372  
 Fax: (902) 485-8110

Email:  
[info@townofpictou.ca](mailto:info@townofpictou.ca)

**Public Works**  
 Ph: (902) 485-5390

**Pictou Fire Department**  
 Emergency 911  
 Fire Hall (902) 485-4136

**Pictou Recreation  
 and Parks**  
 Ph: (902) 485-4372

**Pictou Recreation  
 Aquatics**  
 73 Harbour Drive  
 PO Box 640  
 Ph: (902) 485-5301  
 Fax: (902) 485-6087  
 Email:  
[aquatics@townofpictou.com](mailto:aquatics@townofpictou.com)

**FOLLOW PICTOU ON  
 FACEBOOK AND  
 TWITTER**

**Town of Pictou  
Administration Directory**

**Scott Conrod, CAO** Ext. 223  
[scott.conrod@townofpictou.ca](mailto:scott.conrod@townofpictou.ca)

**Nicole MacDonald-Battist** Ext. 254  
 Deputy Clerk (on Maternity Leave)  
[nicole.macdonald@townofpictou.ca](mailto:nicole.macdonald@townofpictou.ca)

**Eldon MacDonald, CA**  
 Town Accountant Ext. 224  
[eldon.macdonald@townofpictou.ca](mailto:eldon.macdonald@townofpictou.ca)

**Jim Chisholm**  
 Superintendent of Public Works  
[jim.chisholm@townofpictou.ca](mailto:jim.chisholm@townofpictou.ca)

**Paul Janes, Fire Chief**  
[paul.janes@townofpictou.ca](mailto:paul.janes@townofpictou.ca)

**Michelle Young** Ext. 255  
 Recreation Coordinator  
[michelle.young@townofpictou.ca](mailto:michelle.young@townofpictou.ca)

Town of Pictou



Birthplace of New Scotland

**town of  
 pictou**  
 Birthplace of New Scotland

## **MOU on Municipal Reform - Appointment of Steering Committee**

Work on the Memorandum of Understanding on Municipal Reform (MOU) among the Towns of New Glasgow, Pictou, and Stellarton and the Municipality of the County of Pictou, has commenced. The MOU provides a framework under which questions can be developed and answers generated. Among other aspects, the MOU calls for public engagement, meetings and the involvement of stakeholder groups.

A Steering Committee comprised of two elected officials from each participating municipal unit is now organizing the format of citizen engagement and is examining how each topic specific to a regional form of municipal government will be studied. The Steering Committee has committed to an open and transparent process. The Town of Pictou's representatives on the Steering Committee are Mayor Hawes and Councillor Beaton. Both representatives would be pleased to hear your questions, concerns and suggestions.

The MOU will lead to series of recommendations for consideration by the public. Please watch for public releases through the Town's website and local media.

## **Regional Planning Documents**

The Towns of New Glasgow, Pictou, Stellarton, Trenton, and Westville are working towards the adoption of common Municipal Planning Documents including an Inter-municipal Planning Strategy, Secondary Planning Strategies and a uniform Land Use By-Law. Through these new documents, the goal is to establish common land related controls and regulations across all similar zones, to better facilitate development growth, and to enhance administration efficiency. Municipal Planners Jeffrey Turnbull and Roland Burek are inviting the general public and industry stakeholders to review proposed documents and to participate in the approval process. The draft documents can be viewed on the Town's website.

In addition to adopting a new regional Land Use Bylaw and planning policy approach, several new planning initiatives are also being proposed which would enable easier administration of planning and development in these units.

### **Hector Arena** **2015 Skating Schedule**

Adult & Preschool	Wednesdays	10:00-11:30 am	FREE
Adult Only Skate	Friday	12:00-1:00pm	donation
Public Skating	Fridays	3:00-4:30 pm	\$2.00
I Love to Skate	Sundays	11:30 am-12:30 pm	FREE

Birthday Parties welcome at Friday Skating. Reservations a must. Skate sharpening available. For further info call the Hector Arena at 485-5122.

### **New Caledonian Curling Club**

The club offers a full range of activities to suit all ages-junior, mixed, adult and industrial league. There are also fun spiels throughout the season. Qualified instructors are on hand to give assistance. Club House available for rentals and birthday parties. For further information call Alta Munroe at 485-4913 or the club at 485-5075.

**Curl for Cancer** - Friday, February 27, 2015

### **True Potential Fitness**

A family owned business offering competitive rates, convenient hours and an overall fitness educational experience. We are open 7 days a week; 365 days a year. Remember, if you ever have any questions about True Potential Fitness, personal health, or fitness in general, feel free to join our Facebook group 'True Potential Fitness' or e-mail Branden O'Brien at [branden\\_obrien@hotmail.com](mailto:branden_obrien@hotmail.com). We look forward to seeing you at True Potential Fitness- your friendly and convenient neighborhood fitness facility. Telephone: 382-3303.

### **Therapeutic Touch**

Receive a TT treatment. Very restorative. Therapeutic Touch treatment sessions will be held at the New Horizons Club on Kempt Street in Pictou beginning Monday, January 5th. Sessions will be held every second Monday from 7:00-9:00 pm. Treatments are \$4.00 and all are welcome.

### **Yoga and Belly Dancing Classes**

Classes begin the week of January 12th at Maritime Oddfellows Home.  
Belly Dance for Beginners: Fridays 6:00-7:00 pm  
(first week free trial class)  
Belly Dance for Intermediate/Advanced: Fridays 7:00-8:00 pm  
Cost: \$50 for 6 weeks (ongoing), pre-registration is required by contacting Griselda Manning 485-8287. You may also contact Griselda for info on private Yoga Sessions.



## Winter Carnival

February 13th & 14th

Watch town website for more details.

**Sleigh Rides, Snow Sculpture Contest, Snow Shoe Hike, Hot Drinks, Coasting Party**

**Valentine Chocoholic** at the Pictou United Church  
**Fun for the Whole Family!**

## MARCH BREAK FUN

March 16 - 20, 2015



### At the POOL

Want to have a fun, exciting and an unforgettable MARCH BREAK? Spend it with us. Pictou Recreation Aquatics will once again have March

Break swims. **FUN FOR THE WHOLE FAMILY.** Check the website for details in March.

### Girls Only Basic Training (14-18 yrs)

A learning series of four sessions offering a different topic each day. There will be a fitness session (PiYo), self defense and bullying, healthy eating and basic cooking skills, and budgeting (managing your money). This training will be offered in partnership with the Royal Bank of Canada, Pictou Branch and Pictou County Public Health. Registration required, please call Pictou Recreation and Parks at 485-4372. Monday, Tuesday, Wednesday and Thursday at the Community Room at the Maritime Oddfellows Home.  
Time: 10:30-12:00 pm Cost: \$20

## Tartan Day April 6, 2015

**What is Tartan Day?** Tartan Day in Canada has become an annual event. The concept of "Tartan Day" began at a meeting of the Federation of Scottish Clans in Nova Scotia on March 9, 1986. **Tartan Day** is a celebration of Scottish heritage on April 6th each year, the date on which the Declaration of Arbroath was signed in 1320. In Canada, on Tartan Day, Canadians are encouraged to wear tartan in commemoration of the contributions of Scots and their descendants to the fabric of our society. **Keep watch on the town website for celebrations in Pictou. Annual event takes place at the McCulloch Heritage Centre.**

They include:

- allowing for development by site plan approval in certain instances instead of development agreement, thus enabling a more streamlined and quicker process of development approval;
- updating and adopting uniform definitions of terms that would apply to all Towns;
- standardization of land use zones throughout the Towns, with the ability for each Town to decide which zones are to be employed within their unit;
- new requirements for Traffic Authority approvals for non-residential developments;
- allowance for garage, garden and secondary suites to permit for housing options in our changing economy and environment; and
- addressing wind energy and the siting of telecommunications towers.

Other outcomes from a joint urban planning strategy include the standardization of various residential/industrial/commercial zones with consistent permitted uses and development requirements (i.e. set-backs, yard distances, etc.) and the standardization of general development provisions applicable to all zones and Towns (i.e. parking requirements, signage, accessory structures, uses, fences, etc.).

Section 204 of the *Municipal Government Act* requires that the respective Town Councils adopt a public participation program concerning the preparation of planning documents. Although open houses have already taken place in all five towns, residents may continue to provide feedback by contacting the Town's Planner. A public hearing will also be held early in the New Year.

### **Questions, comments, or input may be directed to:**

Jeffrey Turnbull, MCIP, LPP  
Town Planner (New Glasgow, Pictou)  
902-755-8379  
[jeff.turnbull@newglasgow.ca](mailto:jeff.turnbull@newglasgow.ca)

## Boundary Review

Section 369 of the *Municipal Government Act* (MGA) requires that all municipalities study and file an application in 2014 with the Nova Scotia Utility and Review Board (NSUARB) to alter or maintain the number of Council members and the number and boundaries of polling districts. The office of Mayor is not included within the scope of the Board's

review. This application is separate and apart from the study and possible forthcoming applications for Regional Government contemplated under the Memorandum of Understanding being advanced by the Municipality of the County of Pictou and the Towns of New Glasgow, Pictou and Stellarton.

Pictou Town Council's application to the NSUARB is to maintain the current number of councillors at four, and to replace the two-ward system with an Town wide election for four Councillors.

In the New Year, the NSUARB will advertise and hold a public hearing to hear evidence from Town Officials that supports this decision. Members of the public are invited to provide comments, either in support or opposed to the application. The NSUARB will at some future date rule on the application presented.

For more information on the Boundary Review please visit [www.townofpictou.ca](http://www.townofpictou.ca) or contact Scott Conrod, CAO at 902-485-4372 or [scott.conrod@townofpictou.ca](mailto:scott.conrod@townofpictou.ca).



Water Operators Performing Routine Maintenance on UV Lights at the Well located at Public Works, Brown's Point Road

Below are highlights of funding programs available for youth and community groups. [A list of funding sources is located at www.townofpictou.ca/funding](http://www.townofpictou.ca/funding)

#### **Canadian Tire JumpStart**

Canadian Tire Foundation for Families has created a community based charitable program to get children active called "Canadian Tire JumpStart", which delivers assistance to financially disadvantaged children so they can participate in recreational activities and organized sport.

#### **KidSport** (offered through Sport Nova Scotia)

Assists children by overcoming financial barriers which prevent or limit their participation in organized sport. [www.sportnovascotia.ca/kidsport](http://www.sportnovascotia.ca/kidsport)

**Regional Development Program** (offered through NS Health and Wellness — Physical Activity, Sport and Recreation Division) Funding for up to 50% of the costs; types of projects approved include start up costs for new groups, leadership training, sport and recreation club development, presentation of workshops, clinics, conferences, physical activity initiatives for after school programs, youth and adult groups.

Additional information and application forms for these programs are available from Pictou Recreation and Parks, 40 Water Street, Pictou, by calling 485-4372 or emailing [info@townofpictou.ca](mailto:info@townofpictou.ca).

#### **Gary Boone Leadership Development Fund**

The purpose of the fund is to provide financial assistance to new initiatives in leadership training development which result in:

- Increased involvement in physical activity leadership roles
- Increased and improved physical activity leadership skills of community recreation and sport leaders.

Examples of eligible initiatives include: courses to become certified instructors, coaching certification programs and more. This program is provided with support from NS Health Promotion and Protection — Physical Activity, Sport and Recreation Division. The program is managed by the Highland Region Recreation Coordinators Committee.

**Contact PRP for an application form or visit our web site at [www.townofpictou.ca/funding](http://www.townofpictou.ca/funding)**

In the Pictou County Health Authority's 2013 Report Card on Health we scored an A in physical activity! It was reported that physical activity rates have increased since 2001 to a high of 56.6% in 2007...**we are on the right track!**

## Check out the Pictou Fisheries Pool This Winter!

### **LADIES ONLY SWIM NEW**

Enjoy a 'Ladies Night Out' **AND** improve your health and wellness! This is a swim time for ladies of all ages. During this time, aquatics will have **only female staff working**. The swim time is scheduled for Monday evenings, 6:30-7:30 beginning January 5, 2015 Drop in fee for Seniors/Students \$3.50, Adults \$6.00. No registration is required. **THESE AQUATIC SESSIONS WILL PROVIDE A GREAT OPPORTUNITY TO SOCIALLY CONNECT WITH OTHERS AND HAVE FUN!**

### **FUN n' FIT CIRCUIT PROGRAM NEW**

This special program is a combination swim including lane swim, a fitness session and FUN; every Sunday night 6:00-7:00 pm for a \$2 drop in fee.

### **ACTIVE FOR LIFE SWIM NEW**

Would you like to get back into the water and enjoy un-structured swim time? Open to those with mobility challenges and seniors 55+. Assistance provided by certified staff. Aqua wheelchair and hydraulic lift available to access water. FREE, bring a friend or family member. If you require transportation we can help - please call 485-5301, ask for Donna. Wednesdays 1:00-2:00 pm.

**The 100km Club & 50km Challenge** Challenge yourself! Adult lane swimmers can track their lengths and become a member of the "100 km Club". Fun prizes to be awarded along the way. For youth try the "50km track your distance, challenge your buddy!"

**Adult Swim Lessons** Whether you are scared stiff or wish to improve your strokes, this swim instruction session is designed to meet the individual needs of each participant. Times to be announced.

**Splash N' Play Swim** (Parent and Tot) A fun time for Moms, Dads and Caregivers. Tuesdays 10:30-11:00 am

**Aquafit and Arthritis Fitness Classes** Fun, Fitness and Friendship. Come and join us in the water. Work at your own pace. Structured to fit your fitness needs. Bring a friend, or come and meet a new one. Have fun and get fit. Check our pool schedule. We'd love to see you. Also available Youth Aquafit (14 yrs+).

**Deck Walking** Keep up your walking program indoors over the winter when weather does not quite cooperate.....try deck walking every Monday and Wednesday beginning January 5 to March 5, 2015 10:00-11:00 am. Cost: \$2.00 for one hour. Did you know that 20 trips around the deck is equal to 1 mile?

**For more information or to register call the Pool at 485-5301.**

## Town Grant Program

Organizations requesting financial assistance through the Municipal Grants to Organizations Program for fiscal year 2015-16 must forward their application to the Recreation Coordinator no later than May 8, 2015. The application forms are available from the Recreation and Parks Office at 40 Water Street or you may download the forms from the Town website at [www.townofpictou.ca](http://www.townofpictou.ca).

Applications will be considered in accordance with the Grant Program Policy for the Town of Pictou. Grant categories include:

- Youth Travel
- Community Programming
- National /Provincial/or Local Event
- Community Economic Development Initiative

**Only grant requests completed on application forms will be considered.** All first-time applicants are encouraged to contact the Recreation Coordinator at 485-4372 x. 255 or email [michelle.young@townofpictou.ca](mailto:michelle.young@townofpictou.ca) to discuss their proposal and receive assistance in completing the application form. Guidance will also be provided in identifying ineligible projects/expenses or referral to other grant programs. Organizations and individuals who have previously received funding from the Town of Pictou will also be required to fill out an application form to be considered for financial assistance.

## 2014/2015 WINTER PARKING REGULATIONS

The Winter Parking Ban is now in effect in the Town of Pictou. Here's what you need to know.

**When:** December 15, 2014 to April 1, 2015

**What:** No cars can be parked on the streets, sidewalks or shoulders of the streets in the Town of Pictou from 1:00 am to 7:00 am & during daytime hours, when snow plows are trying to plow the streets.

**Exemptions:** Physicians, police & fire officials while carrying out their official duties and operators of commercial vehicles while loading & unloading.

**Violations:** All vehicles will be ticketed and towed at owner's expense. This applies whether there is snow or not. Additional penalties provided by Section 292 of the Motor Vehicle Act.

**[www.townofpictou.ca](http://www.townofpictou.ca)**

Following are the Winter Programs offered by Pictou Recreation and Parks. Pre-registration and payment for all programs are required. Men and women; youth, adults and seniors are welcome to all classes unless an age group is specified. Discounts are available for signing up for multiple exercise classes. Drop-in rates are also offered. Call for details at 485-4372.

**Tai Chi with Bob Bennett (ongoing)**

Gentle flowing movements that reduce the stress of today's busy lifestyles and improve health. It is a non competitive, self-paced system of gentle physical exercise and stretching. Anyone regardless of age or physical ability can practice Tai Chi. Every Monday beginning January 5th at the Odd Fellows Activity Room  
Time: 9:00-10:00 am Cost: \$5.75 per class.

**Chair Yoga with Rachael MacLean (6 wks)**

Chair Yoga is a wonderful and uplifting program for all ages and abilities. This class will invite you to connect with breath and movement to improve your range of motion, flexibility and strength. Join us for this opportunity to feel better in this customized session to meet YOUR needs. Enjoy the benefits of Yoga, feeling rejuvenated, relaxed and well.  
Tuesdays beginning January 13th at the Odd Fellows Activity Room  
Time: 2:00-3:00 pm Cost:\$40

**Photography Class with Len Cheverie (8 wks)**

Improve your photographic experience! This course is for anyone wanting to have a better understanding of the basics of photography. Classes are held on Tuesdays beginning January 13th from 7:00-9:00 pm. Fee is \$75 and pre-registration is required. For further info or to register contact the PRP Office at 485-4372.

**PiYo Class with Kelli Cruikshank (8 wks)**

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. And, we crank up the speed to deliver a true fat-burning and low-impact exercise. It is a total body fitness workout system to whip you into shape from head to toe.  
Thursdays beginning January 15th at the Pictou Elementary School gym  
Time: 7:00-8:00 pm Cost: \$50

**Gentle Exercise & Eat Smart Program (6 wks)**

A nutrition and exercise program offering chair yoga. Nutrition topics include sodium reduction, label reading, probiotics, brain foods, hidden sugars and healthy aging. The sessions conclude with the creation of a healthy snack related to the topic of the day. Weekly program includes 45 minutes of exercise and a 45 minute nutrition session.  
Wednesdays beginning January 21 at the Pictou New Horizons Club  
Time: 11:00 am-1:00 pm Cost: : \$20



**Drop In Fees**

Preschool Swim	\$4.00
Pre-school (age 1-school)	\$2.20
Student/Senior	\$3.50
Adult Swim	\$6.00
Family Swim	\$13.00
Aquafit	\$7.00
Sr. Aquafit	\$6.00
Arthritis Fitness Class	\$5.50

SUN	MON	TUES	WED	THURS	FRI	SAT
		6:30-8:30 Lane Swim		6:30-8:30 Lane Swim		
		Aquafit 9:30-10:30		Aquafit * 9:30-10:30	Aqua/Arthritis 9:30-10:30	
	Arthritis 11-12	Parent & Tot 10:30-11	Arthritis * 11-12			Swim Lessons 9:30-12
	Adult Lane 12-1		Active for Life 12-1		Adult Lane 12-1	FREE Swim 12-1
Family Swim 2-3:30		Adult Lane 2:30-3:30	Splash 'N Play 1-2	Adult Lane 2:30-3:30		
	Swim Team 4-6:30	Swim Team 4-5:30	Swim Team 4-5:30	Swim Team 4-5	Swim Team 4-5:30	
Family Swim 6-7		Family Swim 6-7	Swim Lessons 5:30-7	Swim Lessons 5:30-7	Swim Lessons 5:30-7	
Fun N' Fit Circuit 7-8	Ladies Only Swim 7-8	Adult Lessons 7-8	Aquafit 7:15-8:15		Open Swim 7:30-9	Open Swim 7:30-9
Masters 8-9		Masters 8-9		Masters 8-9		

Shaded areas are included in True Potential Fitness memberships

**Did You Know....you can follow Pictou on Facebook & Twitter !**



### Pro Shop Carries All Your Swim Gear Needs!

No matter what you are looking for we have it! Bathing suits, goggles and swim caps for the pool or beach, we have it here!

### PICTOU FISHERIES POOL WASN'T THAT A PARTY ?!

That's what people will be saying if you let us be a part of your birthday! Give us a call for rentals...we set up and clean up! For more details call 485-5301

### Job Opportunities

Do you love the water? This is the place for you. Work part-time while your children are in school. For more information, give us a call.

### Advantages of Membership

Includes all public swims (family & open) and lane swims. 10% discount on Pro Shop merchandise, 25% discount on Instructional Programs and access to new gym (True Potential Fitness) during designated times.

Membership Type	3 Month	Yearly
Student/Senior	\$75.00	\$236.00
Adult	\$150.00	\$478.00
Family	\$222.00	\$705.00
Aquafit	\$213.00	\$673.00
Sr. Aquafit/Arthritis	\$145.00	\$455.00

### SWIM CLUBS AT THE FISHERIES TRAINING POOL

#### Ancient Mariners Masters Swim Club

Swim for fitness or train for competition  
Sundays, Tuesdays and Thursdays 8:00-9:00 pm  
Contact Victoria Reich at 485-8906 or Pictou Aquatics at 485-5301

#### Pictou County Mariners Swim Club

For youth ages 7 years and up — Monday to Friday 4:00-5:30 pm  
Come in and see what were all about!  
~New members are always welcome~  
Contact Shaun Briand at 485-8349 for club details.

## OPEN SKATES AND SWIMS

### FREE Swims at the Fisheries Training Pool

Saturdays from 12:00-1:00 pm made possible through funding from the Province of NS Thrive Strategy. For further info call the pool at 485-5301.

### FREE Skating at the Hector Arena

Sundays from 11:30 am-12:30 pm. The "I Love To Skate" program is made possible through funding from Canadian Tire and the Province of NS Thrive Strategy. For info call 485-5122.

## YOUTH CLASSES

**Tumblebugs with Kelli Cruickshank (8 wks)** Tumblebugs is an introductory program for **basic movement** and modified gymnastics that is fun, safe, inclusive and developmentally appropriate for **3 to 5 year-old children**. Tumblebugs is about fundamental movement skills that support healthy growth and development, and improve physical literacy.

Sundays beginning January 11th at the PA Gym.

Time: 1:00–1:30 pm

Cost: \$70

### Active Start Ringette (6 wks)

Pictou Recreation and Parks in partnership with Nova Scotia Ringette Association and Sport Nova Scotia will be offering an Active Start Ringette Program. In Active Start Ringette participants are identified by stage of development (not age). This is a community based learn to skate program provided by certified instructors. There is both ice time and dryland programming. The General objectives of the Active Start Ringette Program are:

- Initiation of fundamental movement and development of physical literacy through general sport participation
- To introduce overall motor skills like balance, coordination, agility in a fun and safe environment that promotes self-confidence on skates.
- To introduce all fundamental movement skills, including skating
- To develop an awareness of ringette and create a welcoming environment for all participants
- To create a stimulating, positive learning environment through active, creative, imaginative play.

Active Start Ringette is open to **boys and girls ages 5-11 yrs**. Call Pictou Recreation and parks to register or find out more information at 485-4372

When: beginning January 25. Where: Hector Arena in Pictou.

Time: TBA

Cost: \$50

## LEARN TO RUN Program

You've always wanted to run but don't know where to start. The Learn to Run program will teach you all you need to know about running in all kinds of weather, biomechanics, nutrition, goal setting, injury prevention, motivation, pacing and much more. Join our instructor, Michelle Sutherland, a Boston Marathoner, who will lead you through a program designed to have you running approximately 5 Km by the end of a 16 week instruction period. Included with the program is one swim a week at the pool (several designated times to choose from). Call 485-4372 to register. Run times: Saturdays 10-11am & Wednesday 7-8pm beginning Jan. 10th Location: PA Gym (outside weather permitting) Cost: \$65.00

## DROP-IN PROGRAMS

### Pictou Badminton Club (Drop-in)

Tuesdays beginning January 6th at the Pictou Elementary Gym  
7:00 - 9:00 pm Cost:\$2.50/night. Bring your own racket.

### Adult Floor Hockey (Drop-in)

Sundays beginning January 11th at the Pictou Academy Gym  
2:00-4:00 pm Cost: \$2/day

### Pickle Ball (Drop In)

Saturdays beginning January 17th at the Pictou Academy Gym  
3:00-4:00pm Cost: FREE

### Youth Floor Hockey (Drop In)

13 years +. Saturdays beginning Jan. 17th at the Pictou Academy Gym  
1:00-3:00pm Cost: FREE

## COMING SUMMER 2015

**Canoe/Kayak Program:** The Atlantic Division Canoe Kayak Canada in partnership with Pictou Recreation and Parks will be offering a mobile kayak program this coming summer. The program aims to educate youth in the fundamentals of Canoe/Kayak by providing a fun, safe and memorable experience for all participants. The program is open to youth between the ages of 8 to 13.

**Mobile Sailing School:** The NS Yachting Association in partnership with Pictou Recreation and Parks will be offering a mobile sailing school program this summer. It is designed to encourage youth to explore the sport of sailing. The program is open to youth between the ages of 8-14 years.

**Both these programs are accessible. Please contact Pictou Recreation by May 29th to determine number of participants and interest.**



**SWIM LESSONS - 8 wks**  
Winter Session—January 14th - March 4, 2015  
Spring Session—April 1 -- May 20th, 2015

### Red Cross Swim Kids

Pre-school, 1 & 2 \$65.00 / half hour session  
Level 3 and up \$80.00 / hour session

**Lessons are available Wednesday, Thursday or Friday evenings or Saturday mornings. Discounts available for additional family members.**

**Call the pool at 485-5301 to register now for the Winter & Spring Sessions!!**

### Red Cross Babysitter's Courses

March 16th 9am to 5pm Cost \$40. Participants must be at least 11 yrs.

**First Aid Courses**-Does your business need a First Aid Course? We can come to you or you can come to us. Emergency or Standard First Aid, all levels of CPR and AED training. Call us to set up a time.

### Bronze Medallion (includes CPR "B")

Bronze Medallion will open the door to lifeguarding. Candidates who hold Bronze Star may take Bronze Medallion regardless of their age, otherwise, they must be at least 13 yrs old. **Course Dates: January 25, February 1, 7, & 8**

### Bronze Cross (includes Emergency First-Aid)

Required for all advanced training awards in lifeguarding. Candidates who hold Br. Medallion and Emergency First-Aid may take the Br. Cross regardless of their age.

**Course Dates: February 21, 22, 28 & March 1**

### National Lifeguard Service (includes Standard First-Aid, CPR "C", AED)

Must have Br. Cross (need not be current). Must be 16 by exam. This is an intense 56 hour course that will prepare you for the job of lifeguard.

**Course Dates: March 14, March 17-22**

### Assistant Water Safety

The first step toward becoming a Water Safety Instructor of the Red Cross Swim Program. As an AWSI you will influence the lives of your swimmers every time you head into the water to teach. Prerequisite-15 years old. (30 hour course)

### Water Safety Instructor

In this course you will focus on strategies to teach and develop swimming and water safety skills in the Red Cross Swim programs. Prerequisite-15 years old.

(25 hour course)

**Call the pool at 485-5301 to register or for further information.**