



ADULTS & OLDER ADULTS

Fitness Classes

Kentville Active Living: Mondays 5:30-6:30pm & Fridays 9-10am, \$3 drop-in or \$40 for 10-week program, Lower Rec Centre

Zumba Gold: Fridays 10:30 -11:30am, \$2 drop-in, Upper Rec Centre

Older Adult Fitness: Tuesdays & Thursdays 10:30-11:30am, \$2 drop-in, Lower Rec Centre

Community Yoga: Wednesdays 7-8pm. \$5 drop-in, Upper Recreation Centre

Activities

Rug Hooking: Tuesdays 1:00-3:00 pm, Lower Recreation Centre, \$5 drop-in

Pickleball: Mondays 6:00pm- 8:00pm, KCA Gym, \$15 for the fall season

Adult skating: Tues & Thur 9:30am -10:30am, Centennial Arena, \$3 drop-in

Adult shinny: Tues, Thur & Fri 12:00pm- 1:30pm, Centennial Arena, \$5 drop-in

Walking, Parks & Trails

Free indoor walking: Monday- Friday 10:00am- 11:00am (mid Nov-Apr), Credit Union Rec Complex

Harvest Moon Trail: paved from Webster & River Streets to Gary Pearl Drive

Miner's Marsh: flat crusher dust trail. Great bird watching. Binoculars available to borrow for free from Town Hall.

Organizations

New Horizons

- Carpet bowling, cards, bingo, art classes and more 902-678-1658

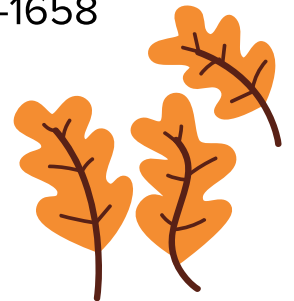
Flying Squirrel Adventures

- Monthly outings at the Kentville Ravine 902-679-2950

Volunteering

Kings Volunteer Resource Centre 902- 678-1398

Volunteer NS www.volunteers.ca



www.kentville.ca

recreation@kentville.ca | 902.679.2539

Town Hall 354 Main St. Mon-Fri 8:30am-4:30pm

Events

Harvest Festival
October 5, 10am-1pm
Centre Square
Pumpkin People
October 5-27



Looking for recreation, sport, or cultural programs and events in the Valley? Explore the online directory at www.valleyconnect.ca

Valley
Connect.ca

Explore - Discover - Play

Equipment Loans

Visit town Hall to borrow equipment (including binoculars, yoga mats, lawn games, walking poles and more).

Funding

Live in Kentville and looking for financial support for recreation, talk to us about the Spike Fund!



For the Family

Super Happy Active Family Time (SHAFT)

- Free play for all ages at the Credit Union Rec Complex, Saturdays 10am-12pm Dec 7-14, Jan 4- Mar 14

Playgrounds

- Natural adventure playground at Pakdene Park, and playgrounds at Memorial Park (near KCA school and the tennis courts)

Kentville Library (valleylibrary.ca | 902-679-2544)

- Explore all programs and activities happening at the library

www.kentville.ca

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Town Hall 354 Main St. Mon-Fri 8:30am-4:30pm