



# Town of Middleton

## WINTER RECREATION PROGRAMS



### YOUTH PROGRAMS

#### Children's Ballet Class

Classes are on Saturday mornings, beginning January 28th for 9 weeks, at the Middleton Baptist Church, Family Life Center. Instructed by Jennifer Smith.

#### Music & Movement

learning gross motor skills, flexibility, musicality and coordination through creative movement, singing and games.

**Age:** 3-4 year olds  
**Time:** Saturdays, 9:00 a.m.—9:45 a.m.  
**Cost:** \$25



#### Beginner Ballet

learn the basics of ballet including musicality, flexibility, co-ordination and basic steps and dances.

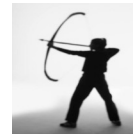
**Age:** 5-7 year olds  
**Time:** Saturdays, 9:45 a.m. - 10:30 a.m.  
**Cost:** \$25

**Age:** 8-11 year olds  
**Time:** Saturdays, 10:30 a.m. - 11:45 a.m & Wednesdays, 3:00—4:30 p.m.  
**Cost:** \$40

#### Archery

Instructed by Neil Freeman, everyone enrolled in this program will receive extensive safety instructions prior to handling any equipment, as well as learning the fundamentals of equipment, and range rules and safety guidelines. All participants will be guided through the proper stance, positioning, sighting and release of the arrow at a speed to ensure proper use.

**Grades:** 8 - 12  
**Location:** Annapolis East Elementary School  
**Dates:** January 26 – April 5<sup>th</sup> (11 weeks)  
**Time:** Thursdays, 7:15 p.m. – 8:15 p.m.  
**Cost:** \$20



#### Mini Indoor Soccer

Classes start on Tuesday, January 24th and will end on Tuesday, April 3rd (11 weeks). Children will learn basic soccer skills, as well as the basic rules of the game. Instructed by Matthew Gaul and Brandon Harkness

**Age:** 3-4 year olds  
**Time:** Tuesdays, 6:00 p.m. - 7:00 p.m.  
**Cost:** \$25

**Age:** 5-6 year olds  
**Time:** Tuesdays, 7:00 p.m. - 8:00 p.m.  
**Cost:** \$25

#### After School Program

Lead by instructor, Brandon Harkness, this is a FREE program, at the Annapolis East Elementary School, offering various after school activities to provide more opportunities for kids to be physically active. **\*Pre-registration is required for this program. Maximum is 20 participants.**

**Grades:** P-2  
**Dates:** January 23 – April 2nd (11 weeks)  
**Time:** Mondays, 2:30 p.m. – 4:00 p.m.

**Grades:** 3-5 year olds  
**Dates:** January 24—April 3rd (11 weeks)  
**Time:** Tuesdays, 2:30 p.m. - 4:00 p.m.



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## ADULT PROGRAMS

### Stability Ball

*Stretch and tone your muscles with certified fitness instructor Barbara Nicholls. Bring your own stability ball. Due to popular demand, we have added an additional class!*

**Location:** Annapolis East Elementary School  
**Dates:** January 23rd—April 4th (11 weeks)  
**Time:** Monday and Wednesdays, 6:00 p.m.—7:00 p.m.  
**Cost:** \$40  
**Instructor:** Barbara Nicholls



### Older Adult Fitness

*Whether you are a very active older adult looking for a hard workout or you would simply like to improve your mobility through light movement, these classes are offered by certified senior's instructor, Katie Bent, who will design a program to meet the needs of all individuals interested in participating.*

**Location:** Middleton Fire Hall  
**Dates:** January 23<sup>rd</sup> – April 2 (11 weeks)  
**Time:** Monday and Friday  
• *Advanced class – 9:30am-10:30am*                      • *Lighter class – 10:45am-11:45am*  
**Cost:** \$40

### Meditation and Chair Yoga

*This 1hr yoga class you will learn yoga postures (both seated & standing), yoga pranayama's (yogic breathing), meditation and relaxation techniques. You will strengthen, stretch, develop mind and body awareness, release tension/stress and learn to relax.*

**Location:** Middleton Fire Hall  
**Dates:** February 2nd – March 1st (5 weeks)  
**Time:** Thursdays, 11:00 a.m. – 12:00 p.m.  
**Cost:** \$25  
**Instructor:** Elizabeth Gaul



**\* Please note, if school is cancelled due to incimate weather conditions, all programs are cancelled that day as well. An email will be sent to participants, however if you are unsure as to whether class is cancelled, please phone the recreation office.**

**If you are interested in any of the programs, please call the office at 825.6611 or email [recoffice@town.middleton.ns.ca](mailto:recoffice@town.middleton.ns.ca).**

