

Recreation Matters

**“You Don’t
Stop Playing
Because You
Grow Old**

**You Grow
Old Because
You Stop
Playing.”**

- Ben Franklin



Pictou Recreation and Parks Our Staff....Here to Assist You:

Michelle Young

Recreation Coordinator (full time)

Jo Anne McNamara

Town Administration (full time, all departments)

Donna Weaver, Fisheries Training Pool

Aquatic Manager (full time)

Will Rondelet

Park Maintenance (Seasonal)

Mike MacKenzie

Marina (Seasonal)

Contact Us At:

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Find Us on **FACEBOOK AND TWITTER**



Active Pictou County is a cooperative partnership amongst the **Province of Nova Scotia** and the **six municipalities** in the County. The office is currently located in the Town of Pictou. The goal is to educate and motivate all citizens to increase their daily physical activity in an effort to create a happier, healthier and active community. Looking to get more active or incorporate physical activity into your daily routine visit : www.activepictoucounty.ca.

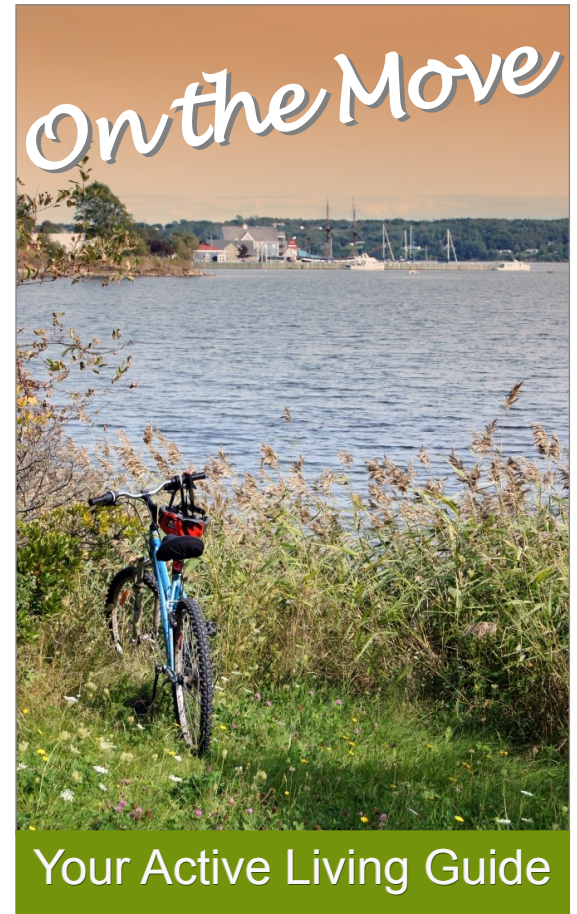
**YOU MAY ALSO FIND INFORMATION ON
FACEBOOK AND TWITTER.**



Search - Find - Play

HIGHLAND CONNECT links you to sport, recreation and physical activity in Antigonish, Guysborough and Pictou Counties in Nova Scotia. Highland Connect supports healthier lifestyles for all. Check out the website at: www.highlandconnect.ca

If you don't see what you are looking for in this guide or don't have connection on the internet, you are encouraged to call the Pictou Recreation and Parks Office.



Brought to you by:

Pictou Recreation & Parks

www.townofpictou.ca



Broidy Park Playground

Pictou Recreation & Parks What We Do

Becoming more active is easier than you think. It is important to be active throughout your life. Discover all the different ways to incorporate physical activity into your daily life in Pictou. It can be as easy as walking the dog or taking your grandchild to the playground. Pictou Recreation and Parks provides recreation programming for all ages and interests, as well we provide leadership in organizing special community events that foster community pride.

Pictou Recreation and Parks is responsible for three playgrounds, Broidy Park, Veterans Drive and Pine Street ,as well as booking soccer/baseball fields and gym facilities for activities.

Facilities operated by other organizations include the Hector Arena and the Tennis Courts.

FUNDING:

There are several funding programs available to children to participate in organized sport. If you require financial assistance to attend training, cover program fees, or special projects set up an appointment with our Recreation Coordinator.

In the Water

Pictou Recreation and Parks manages the Fisheries Training Pool and aquatic programs. The pool is 25 meters long and 15 meters wide with water depth varying from 1 meter to 3.8 meters. There are many programs for kids, adults, and seniors. Pool features include: 1 & 3 meter diving boards, Tarzan rope, shallow water slides, water basketball nets, and supervised by certified Lifeguards. Memberships and monthly plans available or pay as you go.

DID YOU KNOW that Pictou Recreation Aquatics has offered Red Cross Swim lessons in our community for over 50 years.

Active for Life....

- Aquafit, Arthritis Classes, AquaZumba
- Red Cross Swim Lessons, Adult Lessons and Private Lessons
- Open swims, family swims, parent/tot swims
- Mariners Swim Team
- Ancient Masters Mariners Swim Club
- Courses such as First Aid, Babysitting and training to become swim instructors and lifeguards

GET MOVING RECREATION KIT:

A kit bag full of outdoor recreation equipment for entertaining family and friends. The kit includes frisbees, Tug'o'War rope, bat, balls, pylons, a book of game ideas and more. **Free to borrow.**



Jitney Trail - A Registered Trans Canada Trail

On the Land

Pictou Recreation and Parks is a registered **HIGH FIVE®** organization. We are committed to ensuring participants in our programs have a positive sport and recreation experience in safe and supportive environments. All our fitness programs are taught by qualified instructors.

We are always looking for new ideas. We are hoping to expand on more social and leisure activities and opportunities for all ages. If you have a special talent or interest and would like to teach a program or class through Pictou Recreation, we are always looking for Community Instructors.

Seasonal Programs Offered

Call for details on other programs, here are a few:

- Drop In and Play Badminton & Floor Hockey
- Tai Chi
- Photography & Special Interest Classes
- Keep Fit Aerobic Programs
- Tumblebugs for preschoolers
- Youth Fitness Programs
- Weekly themed day camps for children during the summer
- Sport Camps
- Clinics and training sessions

GET OUT AND PLAY...Looking for Ideas

- ⇒ Walk, hike, run the Jitney Trail - paved and wheelchair / stroller friendly
- ⇒ Kick a ball at one of our sport fields
- ⇒ Enjoy swinging at Broidy Park
- ⇒ Hitting a tennis ball at the new Courts
- ⇒ Go for a bike ride along the water
- ⇒ Go for a run, easy to challenging routes in Town
- ⇒ Play a game of baseball or shoot some hoops
- ⇒ Cross country ski or go snow shoeing on our trails
- ⇒ Drop by the Youth Centre & see what's happening