

RECREATION GUIDE



MUNICIPALITY of the
COUNTY of KINGS

www.countyofkings.ca/recreation

recreation@countyofkings.ca

TABLE OF CONTENTS

Contact Information.....	3
Registration Details.....	4
Registration Policies and Guidelines.....	5
Aquatics.....	6
Registered Programs.....	10
Drop In Programs & Events.....	15
Volunteer Celebration.....	19
Seasonal Celebrations.....	20
Equipment Loans.....	21
Hiker Challenger Badge.....	22
Self Directed Challenge.....	24
Valley Recreation.....	26
Join Our Team.....	27

WWW.COUNTYOFKINGS.CA/RECREATION

MUNICIPALITY OF THE COUNTY OF KINGS

Welcome to Municipality of the County of Kings Recreation Services!



The Municipality of the County of Kings Recreation Team has a longstanding reputation for providing quality recreation programming and services to our communities.

Our goal is to provide inclusive, safe, and accessible recreational opportunities to foster a healthy lifestyle in the communities we serve.

We strive to create a welcoming, supportive, and inclusive environment where everyone has the chance to live a happy lifestyle.

CONTACT INFORMATION

902-678-6141

www.countyofkings.ca/recreation

recreation@countyofkings.ca

Hours of operation:

Monday - Friday

8:30am -4:30pm

181 Coldbrook Village Park Dr.
Coldbrook, NS B4R 1B9

Follow us on Facebook for updates on all our recreation programs:
Municipality of Kings Recreation Services

<https://www.facebook.com/Kingscountyrecreationns/>

Sign up for the MOK Today e-newsletter at
<https://www.countyofkings.ca/MOKToday>

REGISTRATION DETAILS

WWW.COUNTYOFKINGS.CA/REGISTRATION

Registration:

The Municipality of the County of Kings offers online registration.

To use online registration you will need an account and a credit card. If you have not registered with us before, please take time in advance to set up an account.



Need Help?

If you require account or registration assistance or alternative methods of payment including financial aid, please contact us in advance at recreation@countyofkings.ca



REGISTRATION POLICIES & GUIDELINES

FOR PROGRAMS AND POOL BOOKINGS

Registration Required:

For programs which require registration, spaces are a first-come-first-served basis. Registration opens on the date stated on each program. Payment in full is required using a credit card at time of registration.

Withdrawals:

If your plans have changed, and you need to withdraw from a program, please contact us at recreation@countyofkings.ca. Refunds may be issued upon receipt of requests two or more business days prior to the start of the program. There are no refunds issued once sessions have started. Withdrawals due to illness may be eligible to receive a credit on your account.

Cancellations:

Kings County Recreation reserves the right to cancel courses at our discretion. If we cancel the program/booking due to inclement weather, facility issues, or staff related challenges a full refund will be provided or a credit will be added to your account. We will contact facility renters or program participants at the earliest available time.

For some programs, a minimum number of registrants is required. If minimum number of registrants is not met, we may have to cancel or combine classes. These decisions are made and communicated prior to the program start date. Please register early to avoid disappointment. A 100% refund will be issued in these cases.

Refunds:

Payments made by credit card will be refunded to that credit card. Payments made in alternative forms will be refunded by cheque; processing times may vary.

Facility Rental Refunds:

Cancellations for pool bookings must be done at least 48 hours prior to your booking date. Refunds will not be provided for cancellations after this time. If MOK cancels the booking due to inclement weather, issues at the pool, or staff related challenges a full refund will be provided or a credit will be added to your account.

AQUATICS

The Municipality of the County of Kings offers a variety of swim programming.

The pool is located inside:

**Nova Scotia Youth Facility
1442 County Home Rd.
Cambridge, NS**

Parking is located across the street from the Youth Facility in the Fire Department parking lot.

The pool entrance is to the left of the facility's main door. Please follow signage.

We ask that pool users please remove outdoor footwear and leave them on the shelves provided to ensure we can keep the pool clean for everyone.

The pool is owned by the Nova Scotia Youth Facility with programming delivered by the Municipality.

The County of Kings appreciates this relationship.

PROGRAMS

AquaFit

Join us for our AquaFit classes where the instructor will provide a fantastic workout aimed at all ages and skill levels.

We offer registration required aquafit classes in Classic and Interval & Equipment

Tuesdays 5:30-6:15pm

Tuesdays 6:30-7:15pm

Tuesdays 7:30-8:15pm

Thursdays 5:30-6:15pm

Thursdays 6:30-7:15pm

Drop In AquaFit classes also available.

Wednesday 10:00-10:45am

Friday 10:00-10:45am



PRIVATE BOOKINGS

The Waterville Youth Facility Pool is available for private rentals on Saturday evenings from 4pm to 8pm. There is a maximum rental allotment of one 50 minute pool rental each month.

To book the pool for private rentals, use the Facilities tab on our registration page: www.countyofkings.ca/registration. Payment is required at time of booking.

AQUATICS

SWIM LESSONS

Swim lessons are provided through Lifesaving Society Nova Scotia.

Lessons are offered three times a year: Fall, Winter, and Spring.

Fall Registration: October 6, 2026

Visit our registration portal:
www.countyofkings.ca/registration

The schedule can be viewed at:
www.countyofkings.ca/recreation

Preschool 1-5

Ages: 3-5 years old

The Preschool levels are designed to offer children ages 3-5 an early start on learning to swim, by developing a foundation of water skills.

Guardian and Tot 1-3

Ages: 2 months to 3 years old

This level is aimed at getting tots used to the water, instructors will utilize play and observation to assist guardians in beginning their tots swimming journey. Tots will work on getting wet, floating, and moving their arms and legs. Requirement: 1 guardian per tot.

Swimmers 1-6

Ages: 5-12 years old

The Swimmer levels are for children 5-12 years old. Through practice and progressions children will gain strength in the water and develop swimming strokes and skills.

Adult Swim Lessons

Would you like to learn to swim or just improve on your skills?

If so, please join us for our 6-week Adult Swim Lessons where participants will receive 1-1 instruction while learning the basics of water safety, stroke development, and underwater skills.



AQUATICS

ADVANCED SWIM LESSONS

Patrol Team

Ages: 9-12 years old

Patrol Team combines Lifesaving Society's Rookie, Ranger, and Star Patrol levels. Swimmers will learn how to save themselves, and others, in aquatic and land environments, and progress through the levels at their own speed.

Bronze Core

Ages: 13+ years old

The Bronze Core will build swimmers' knowledge of first aid and rescue techniques, teaching them lifesaving skills in preparation for their Lifeguarding and Instructor Courses. These skills will also enable swimmers to work as assistants at our pool.

National Lifeguard Certificate

Ages: 15+ years old

Prerequisite: Bronze Cross and Standard First Aid certification

National Lifeguard Certification is Canada's professional lifeguard standard. The course is offered by the Lifesaving Society and includes in-depth training on judgment, skills, and fitness for pool environments, culminating in a written exam and practical test.



AQUATICS

DROP IN SWIM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	8:30-9:45am 12:30-1:30pm	8:00-9:00am 11:45-12:45	8:45-9:45am 12:30-1:30pm	8:00-9:00am 7:30-8:15pm	9:00-9:45am 12:00-12:45pm		
Public Swim		10:15-11:30am *FREE	5:30-7:00pm	10:15-11:30am *FREE		2:30-4:00pm	2:30-4:00pm *Starts Oct 16
Senior Swim	11:15-12:15	9:15-10:00am 4:30-5:15pm	11:00-12:00	4:30-5:15pm	11:00-11:45	Swim Lessons	Swim Lessons
Parent and Tot	10:00-11:00am			9:15-10:00am			
Home school Swim				1:00-2:00pm			
Drop In Aqua Fit			10:00-10:45am		10:00-10:45am		

Schedule is subject to change. For up to date schedule please visit our website:
www.countyofkings.ca/recreation

DROP IN SWIM FEES

\$5 per person
 or
 \$15 per family

Please bring exact cash.
 Payments made on pool deck.

Punch Cards

- 5 swims for \$20
- 10 swims for \$40

Available for purchase at the pool or at
 The Municipality Administrative building
 181 Coldbrook Village Park Drive.

REGISTERED PROGRAMS

A variety of interest based programs are provided in various locations across the county. Unless stated, programs have a fee and require registration. If cost is an issue, please reach out to us for financial assistance: recreation@countyofkings.ca.

For available programs, visit: www.countyofkings.ca/registration.

YOUTH & FAMILY PROGRAMS



Lego Club

Ages 6-14 years

Wednesdays 6:00-7:00pm & 7:00-8:00pm

Lego Club will offer children the opportunity to use their imagination to create Lego masterpieces. Each week the instructor will provide a theme to guide the participants in their designs.

Floor Hockey

Ages 8-14 years

Tuesdays 6:00-7:00pm



Join us for our 6 week youth ball hockey program where children will have the opportunity to learn new skills, meet new friends, and have some fun. No experience required and we provide all of the equipment.



Family Night Hikes

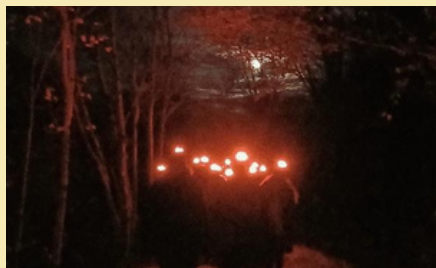
Nov 10, 2026 - White Rock Night Hike

Nov 19, 2026 - Centreville Park Night Hike

Hikes start at 5:30pm

Get comfortable with the world at night! Join us for an experience of hiking at night on safe trails.

Free, registration required. Guardian and child programming together, not a drop off.



REGISTERED PROGRAMS

YOUTH & FAMILY PROGRAMS



BRAVEHEART

Braveheart Brave Start

Ages 8-12 years

Facilitated by Braveheart First Aid, this course is the first step toward independence for youth ages 8-12. The half-day course builds the confidence to stay safe at home or in public, covering 911 basics, online safety, phone rules, and self-care for minor injuries. Ideal for kids beginning to spend short periods of time home alone.



Braveheart Brave Babysitter

Ages 11-15 years

Empower your 11-15-year-old to start their first babysitting business with confidence. This engaging, one-day course teaches essential childcare routines, leadership, safe play activities, and how to handle minor bumps, scrapes, or emergencies. This course is facilitated by Braveheart First Aid.

Stroller Fit

Caregivers with littles ages 0-6

Mondays 9:30-10:30am

This full-body fitness experience combines light cardio, strength training, functional exercises, and circuits to help participants feel strong, energized, and supported. Suitable for caregivers of all fitness levels.



Make sure to check out our other family friendly programming:

Aquatics Programs

- Public Swim
- Parent and Tot Swims

Drop In Programs and Events

- Pop Ups
- Open Gym
- Tots Together
- and more!

REGISTERED PROGRAMS

ADULT PROGRAMS

Adult Group Hikes

Sept 26, 2026 - Grand Pre Full Moon Hike

Oct 18, 2026 - Cape Split Day Hike

Oct 26, 2026 - Coldbrook Full Moon Hike

Nov 24, 2026 - Blomidon Full Moon Hike

Join us for a series of free group hikes. Together, we will explore different regions of Kings County. This is intended for those ages 18+.

Free, registration required.



Dog Pack Walk with Social Pup

Tuesday Sept 22, 2026

6pm

Houston's Beach,

Stewart Mountain Rd, Canning

Bring your dog and join us for a fun, social pack walk! Dogs and their humans will have the opportunity to get outside, enjoy some exercise, and connect with other local dog lovers. Mike from Social Pup Doggy Daycare will be joining us to provide social support and guidance along the way. Humans without dogs are also welcome to join the pack!

Free, registration required.



REGISTERED PROGRAMS

WORKSHOPS

The Municipality offers a variety of low-cost workshops and special events throughout the year, including cultural, artistic, physical, and educational programs. Pre-registration is required as all materials are provided. Check our registration portal or Facebook page for current offerings and updates.

Polymer Clay Jewellery

Oct 3, 2026

Municipality Administration Building
181 Coldbrook Village Park Dr, Coldbrook

Adults and 8+ with supervision
\$20/person

Create a unique pair of earrings, necklace pendant, brooch, or a key chain to take home.

Culinary Workshop

Mediterranean Cuisine - Warak Anab

Sept 19, 2026

Sheffield Mills Community Hall
98 Black Hole Rd, Canning

Ages 15+ \$20/person

Learn the art of rolling stuffed grape leaves, make your own batch to take home, and enjoy freshly cooked Warak Anab. All materials provided.

Bob Ross Inspired Painting

Date: TBD

Municipality Administration Building
181 Coldbrook Village Park Dr,
Coldbrook

Adults and 8+ with supervision
\$15/person

You asked and we are offering it again!
Step by step painting of one of the Bob Ross' amazing sceneries.
Materials provided



Mi'maw Basketry with Della Maguire

Oct 24, 2026

Municipality Administration Building
181 Coldbrook Village Park Dr, Coldbrook

Adults and 9+ with supervision
\$25/person

Learn about sustainable harvesting and experience the process of turning black ash wood into strips to be woven into baskets and art.

SENIOR PROGRAMS

SENIOR PROGRAMS, AGES 55+

ALL SENIOR PROGRAMS ARE FREE, REGISTRATION NOT REQUIRED

SENIOR SOCIAL AND CRAFT

1:00-1:30p.m. Walk and Talk
1:30-3:00p.m. Craft and Chat
Free drop-in, registration not required!

Municipal Administration Building
181 Coldbrook Village Park Drive

Sept 3, 2026
Sept 17, 2026
Oct 1, 2026
Oct 15, 2026
Nov 5, 2026
Nov 19, 2026
Dec 3, 2026
Dec 17, 2026

Join us for an optional walk and talk followed by a craft and chat. During this social event, coffee, tea, and snacks provided. Bring your own project or start a small one with us!



SENIOR SOCIAL AND BINGO

1:00-3:00p.m.
Free drop-in, registration not required!

Coldbrook Lions Hall
1416 South Bishop Rd, Coldbrook

Sept 22, 2026
Oct 27, 2026
Nov 24, 2026
Dec 15, 2026

Kingston Lions Hall
1482 Veterans Lane, Kingston

Sept 17, 2026
Oct 15, 2026
Nov 19, 2026



Come out and socialize while playing 10 friendly games of BINGO with a prize after each game. Complimentary coffee, tea, and snacks (bring your own mug!).

DROP IN PROGRAMS & EVENTS

- Drop In Programs are FREE, all ages, and family friendly!
- Registration not required.
- Parents and guardians please plan to stay with your child.
- Adult supervision required for those under the age of 12 years.

MULTICULTURAL FESTIVAL

Sunday September 13, 2026

Kentville Centre Square

11:00am-4:00pm

Goals:

- Promote and foster understanding of the diversity within Kings County and throughout the province;
- Create an environment where all cultural groups in Kings County can celebrate and preserve their traditions;
- Increase awareness of the cultural organizations in Kings County and throughout the province;
- Promote tolerance and social inclusion as a core value in the community.



MUNICIPALITY OF KINGS COUNTY

COMMUNITY OPEN GYM

Join us for an all-age-friendly community open gym night!
This is not a drop-off program.

*No program on weather related school cancellations or Winter/March Break

6:00-7:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
St. Mary's Elementary School	Port Williams Elementary School	LE Shaw School Kingston District School	Coldbrook & District School	Aldershot Elementary School

OPEN GYM

Oct 19, 2025 - May 21, 2026

All sessions are 6:00-7:30p.m.

Weekly gym sessions for families to enjoy - drop in, no registration, all ages, FREE! Equipment provided. Bring indoor shoes and a water bottle.

Monday	St Mary's Elementary
Tuesday	Port Williams Elementary
Wednesday	LE Shaw Elementary
Wednesday	Kingston District School
Thursday	Coldbrook & District School
Friday	Aldershot Elementary

*No session on Holidays or weather related closures.

**Follow our Facebook page for weekly schedule updates

DROP IN PROGRAMS & EVENTS

IN-SERVICE POP UP

In-service day at school has you questioning what to do? We have all the fun planned! Join us at one or all of our Pop Up events. Follow us on Facebook for details on our next Pop Up!

Pop Up Park Play & Nature Craft **Oct 7, 2026**

1-3 p.m.

Brandons Place Park
1509 Meghan Dr Coldbrook

Fall Fabric Painting Pop Up **Oct 23, 2026**

1-3 p.m.

Burlington Community Club
2122 Long Point Rd, North Berwick

SLIME Pop Up **Nov 5, 2026**

1-3 p.m.

Meadowview Hall
8464 Brooklyn St Kentville

Pop Up BINGO **Nov 20, 2026**

1-3 p.m.

Louis Millet Community Centre
9489 Commercial St, New Minas

Pop Up LEGO Battle **Dec 4, 2026**

1-3 p.m.

Coldbrook Lions Hall
1416 South Bishop Rd, Coldbrook

TOTS TOGETHER

Wednesdays

October 7, 2026

November 4, 2026

December 2, 2026

9:30 am - 11:30 am

Municipality Administration Building
181 Coldbrook Village Park Dr, Coldbrook

Free, drop-in, registration not required.
Ages 0-4 years + siblings

Tots can play with select sensory toys provided while parents/guardians can talk, share, and be together.



DROP IN PROGRAMS & EVENTS

TRUTH AND RECONCILIATION DAY

Wednesday, September 30, 2026

1:00 pm - 3:00 pm

Municipality Administration Building
181 Coldbrook Village Park Dr, Coldbrook

Free, drop-in, registration not required.
All ages welcome.

Come learn about the origin of Orange Shirt Day and how all of us can contribute to Truth and Reconciliation. We will have a book reading and activities. Wear orange to show your support.

**NATIONAL DAY FOR
TRUTH AND
RECONCILIATION**
Orange Shirt Day



MI'KMAW HISTORY MONTH

Mi'kmaw Art Exhibition

October 1-30, 2026

8:30am - 4:30 pm

Municipality Administration Building
181 Coldbrook Village Park Dr, Coldbrook

All ages welcome.

Drop in throughout the month of October to see a display of Mi'kmaw art, including paintings, baskets, porcupine quill art, and beadwork. Displays will be in the front foyer.

Mi'kmaw Art Opening Celebration and Vendor Market

October 2, 2026

6:00 pm - 8:00 pm

Municipality Administration Building
181 Coldbrook Village Park Dr, Coldbrook

Free, drop-in, registration not required.
All ages welcome.

Join us for the Opening Celebration: a free event with food by Chef Stephane Levac, words from Mi'kmaw elders, and a Vendor Market where you can purchase prints and beautiful creations by Mi'kmaw artists.



DROP IN PROGRAMS & EVENTS

WINTER BREAK POP UP

Monday December 21, 2026

1:00-3:00pm

Centreville Community Hall
1951 Hwy 359, Centreville

Art, Crafts, and Lego! All supplies will be provided! Lets celebrate the start of winter with creativity!

Tuesday Dec 22, 2026

1:00-3:00pm

Credit Union Rec Complex
38 Gary Pearl Dr. Kentville, NS

Open turf time! Equipment will be provided for self directed activities. Bring indoor footwear and a water bottle.

Wednesday Dec 23, 2026

1:00-3:00pm

White Rock Community Hall
1542 White Rock Rd, Wolfville, NS

Art, Crafts, and Lego! All supplies will be provided! Just show up for some fun!



Monday December 28, 2026

1:00-3:00pm

Coldbrook Lions Hall

Drop in for carboard creations with the Chompsaw and MakeDo kits! Please bring some carboard boxes!

Tuesday Dec 29, 2026

1:00-3:00pm

Credit Union Rec Complex
38 Gary Pearl Dr. Kentville, NS

Open turf time! Equipment will be provided for self directed activities. Bring indoor footwear and a water bottle.

Wednesday Dec 30, 2026

1:00-3:00pm

Woodville Community Centre
342 Bligh Rd, Woodville, NS

Lets play BINGO! Join us for 10 fun games with small prizes to be won! Will you win today???



VOLUNTEER CELEBRATION

NOMINATIONS

Each spring, community members and organizations are invited to submit nominations to highlight individuals who give their time, energy, and heart to our community. In the spring, nominations open for three awards:

- **Youth Volunteer of the Year**

The award is opened to all youth between the ages of 13- 24 inclusive.

- **Ted Meldrum Award**

Honors volunteers in recreation field who show exceptional community spirit, in memory of Ted Meldrum, former municipal employee.

- **Volunteer of the Year**

The recipient is also selected to attend the Provincial Volunteer Celebration.



Each year, we recognize the amazing volunteers who help make our community stronger.

Thank you, Volunteers!

FALL CELEBRATION EVENT

Each fall, we host an evening celebration to honour our volunteer nominees and award recipients.

The evening includes a formal awards presentation, followed by a dessert reception and live music—a special opportunity to recognize the volunteers who make a difference in our communities.

This year's celebration will take place on **November 13, 2026**. It is primarily open to nominated volunteers and their organizations, with a limited number of spots available to other volunteers if space permits. Follow our Facebook page for updates in **late October!**



SEASONAL CELEBRATIONS

HOLIDAY CARD

October- November

Get ready, young artists!
The Municipality invites children ages 4–13 to take part in our annual Holiday Card Contest.

Participants can submit original artwork for a chance to win prizes and have their design featured on the official 2026 Municipal Holiday Card. Stay tuned for full contest details later this season!



Holiday Art Celebration

Participants of the Holiday Cards program and their families are invited to the Holiday Art Celebration on **Saturday, November 28, 2026.** All participants will be contacted with more details as the event approaches. The celebration will include a dessert reception, craft stations, and an art exhibition showcasing artwork created by the children.



LIGHT UP KINGS

Starting December 1st, explore Kings County in all its festive glory!

Visit countyofkings.ca/lightupkings at the beginning of December to use the interactive map to plan your own light-seeing tour.

Contest Details:

Upload photos of your holiday display by December 17, 2026, for a chance to win prizes.

Open to residents of the Municipality of the County of Kings and the Towns of Berwick, Kentville, and Wolfville.



EQUIPMENT LOANS

 FREE

ADAPTIVE LOANS

Wheel Blades:

- Stoller/wheel ski for snow and sand can be attached to most strollers and wheelchairs. We have a variety of sizes and styles available to find the best fit.

Adaptive Sled:

- The Adaptive Sled has adjustable head support as well as waist, upper leg, and lower leg belt. The standing sled behind can be removed if push sled option is preferred.



WINTER LOANS

Equipment Available:

- Snowshoes for larger groups of 10+ (snowshoe sizes range from toddler to large adult)
- Kick Sleds
- Ice cleats
- Hiking Poles
- Adaptive Sled
- Stroller Skis and Wheel Blades

Loan Times:

- November and December loans are on a as requested basis. In January, February, and March; we offer block weeks.
 - Jan 5 - Jan 18
 - Jan 26 - Feb 8
 - Feb 16 - Mar 1

Pick up and Drop Off:

- Equipment items can be picked up and returned to the Municipality of the County of Kings Office located at 181 Coldbrook Village Park Drive, Coldbrook. Items must be picked up and dropped off during business hours (Monday-Friday between 8:30 a.m. and 4:30 p.m.).
- By appointment only.

How to Reserve:

- Reservations can be made by email (recreation@countyofkings.ca) or by phone (902-690-6190).
- Bookings will be taken during business hours (Monday-Friday between 8:30 a.m. and 4:30 p.m.).

HIKER CHALLENGER BADGE



The Kings County Badge as part of the Hiker Challenge

Join us on one of our fall group hikes:

Sept 26, 2026 - Grand Pre Full Moon Hike and Badge Launch

Oct 18, 2026 - Cape Split Day Hike

Oct 26, 2026 - Coldbrook Full Moon Hike

Nov 24, 2026 - Blomidon Full Moon Hike

Register at www.countyofkings.ca/registration



Learn more about Hiker
Challenge Badges at:
hikenovascotia.ca

HIKER CHALLENGER BADGE

The Municipality of the County of Kings, in partnership with Hike NS, invites you to discover the beauty of local trails through the Hiker Challenge Badge. This challenge provides a fun and rewarding way to build confidence, learn basic hiking skills, and explore the outdoors. When you complete the challenge, you will earn a specially designed Kings County Hiking Badge.

To qualify for the Kings County Badge, choose six (6) hikes from the ten listed below to complete in one year. We are offering you the opportunity to customize and adapt your challenge. Throughout this challenge, discover and explore Kings County's diverse natural beauty from the Bay of Fundy mudflats to the old growth forests of the North and South Mountains. You will find hiking trails that suit all levels of skill and ability to enjoy.

1. Harvest Moon Trail from Grand Pre to Kingston, any 5km, easy
2. Choice of costal walk at low tide, 1-3km, easy
3. Kingston Stronach Park, 0.8km, easy
 - 1387 Bridge St, Kingston, NS
4. White Rock Trails, 1.5km, easy
 - 1542 White Rock Rd, Wolfville, NS
5. Wolfville Millennium Trail and/or Reservoir Park, 1.3-4.3km, easy
 - Orchard Ave at King St, Wolfville, NS
 - Pleasant St. at Sherwood Dr, Wolfville, NS
6. Kentville Ravine Trail, 3.4km, moderate
 - 32 Main St, Kentville, NS (At the top of the Research Station Property)
7. Foote Woods, any 4km, moderate
 - 777 Burgess Mountain Rd, Cambridge, NS
8. Black Rock Trails, 2-11km, moderate
 - 4404 Black Rock Rd, Black Rock, NS
9. Blomidon Provincial Park, 5-13.5km, moderate
 - 3138 Pereau Rd, Canning, NS
10. Cape Split Provincial Park, 13.2km, challenging
 - 999 Cape Split Road, Canning, NS

To learn more about the hiker challenge and to apply for your badge, visit Hike NS at: <https://www.hikenovascotia.ca/projects-hiker-challenge/>

SELF DIRECTED CHALLENGE



Details:

- Challenge Duration: **Sept 21, 2026 - Dec 21, 2026**
- Open to everyone within Kings County.
- One submission per person.

How to participate:

- Download the Hike Challenge sheet at www.countyofkings.ca/recreation or use the one here.
- Complete 10+ challenges. (Double up if you wish!)
- Hikes can be any distance or duration that suits you.
- Please adapt the challenge as needed to fit your activity levels!

What can you win?

- By participating, you're already winning through a more active lifestyle!
- You will also be entered for a chance to win a \$50 gift card to a store of your choice that can be used to keep you active!

Entries due Jan 3, 2027:

- Send the completed challenger sheet to recreation@countyofkings.ca.
 - (Photos of your adventures encouraged!)

or

- Drop off your completed sheet to the County of Kings Municipal Office (181 Coldbrook Village Park Dr.)

Take a Hike

SELF DIRECTED CHALLENGE

Complete 10+ challenges listed below from Sept 21 - Dec 21, 2026!

Hike on any trail for any distance or duration that works for you.
Submit your completed check sheet by Jan 3, 2027 for your chance to
win a \$50 gift card to help you stay active!

For submissions and questions, email recreation@countyofkings.ca



- | | |
|--|---|
| ☐ Go on a Group Hike | ☐ Start the Hiker Challenger Badge |
| ☐ Go on a Night Hike | ☐ Hike on the Harvest Moon Trail |
| ☐ Hike along the Coast | ☐ Hike while chatting on the Phone |
| ☐ Hike with Coffee/Tea | ☐ Listen to a Podcast and Hike |
| ☐ Join a Friend on a Hike | ☐ Hike with an Audiobook |
| ☐ Hike and Draw/Create | ☐ Hike while Listening to Music |
| ☐ Go on a Solo Hike | ☐ Hike, Pause, then Meditate |
| ☐ Take your Dog on a Hike | ☐ Go on a Destination Hike |
| ☐ Hike and Sing | ☐ Hike and Picnic (pack a meal) |
| ☐ Learn History of the Hike | ☐ Hike once a week (13 times) |



For updates, follow us on
Facebook:
[Municipality of Kings
Recreation Services!](https://www.facebook.com/MunicipalityofKingsRecreationServices/)



MUNICIPALITY of the
COUNTY of KINGS

Visit our website:
[www.countyofkings.ca
/recreation](http://www.countyofkings.ca/recreation)



VALLEY RECREATION

We are lucky, in the Annapolis Valley, to have so many community recreation departments!



Check out this contact list for a community recreation department near you!

Community Name	Website	Contact Information
14 Wing Greenwood	www.cfmws.ca/greenwood	14WingGreenwoodPSP@gmail.com
Annapolis Royal	www.annapolisroyal.com	alc@annapolisroyal.com
Municipality of the County of Annapolis	www.annapoliscounty.ca	Recreation@AnnapolisCounty.ca
Annapolis Valley First Nation	www.avfn.ca	bkeddy@avfn.ca
Bear River First Nation	www.bearriverfirstnation.ca	recreation@bearriverfirstnation.ca
Town of Berwick	www.berwick.ca	info@berwick.ca
Canning & District Recreation Commission	www.canningrecreation.com	director@canningrecreation.com
Municipality of Clare	www.clarenovascotia.com	recreation@munclare.ca
Digby and Area Recreation Commission	www.digbyarearecreation.ca	darc@ns.aliantzinc.ca
Glooscap First Nation	www.glooscapfirstnation.com	mpal@glooscapfirstnation.com
Hantsport Memorial Community Centre	www.thehmcc.ca	hmccrecreation@gmail.com
Town of Kentville	www.kentville.ca	recreation@kentville.ca
Municipality of the County of Kings	www.countyofkings.ca/recreation	recreation@countyofkings.ca
Village of Kingston	www.kingstonnovascotia.ca	recreation@kingstonnovascotia.ca
Town of Middleton	www.discovermiddleton.ca	mpal@town.middleton.ns.ca
Village of New Minas	www.newminas.com	info@newminas.com
Village of Port Williams	www.portwilliams.com	recreation@portwilliams.com
West Hants Regional Municipality	www.westhants.ca/rec	recreation@westhants.ca
Town of Wolfville	www.wolfville.ca	recreation@wolfville.ca

JOIN OUR TEAM

If you have any suggestions for events, workshops or programs you would like to see offered; please e-mail

recreation@countyofkings.ca



NOW HIRING

CASUAL RECREATION ASSISTANTS

- Facilitate various recreation programs such as Open Gym, Pop Up Play, seasonal events, etc.
- Provide a safe welcoming atmosphere
- Handle behavioural management during program
- Clean up after the program
- Some evenings and weekends required.

Those interested may email their resumes to recreation@countyofkings.ca



NOW HIRING

AQUATIC STAFF LIFEGUARDS & INSTRUCTORS

- Instruct swimming lessons as per Life Saving Society
- Ensure participant safety when lifeguarding
- Test water chemical levels
- Clean pool area to prep for next session
- Adhere to pool rules and policies
- Qualified certification required.

Those interested may email their resumes to recreation@countyofkings.ca

CONTACT INFORMATION

902-678-6141

www.countyofkings.ca/recreation

recreation@countyofkings.ca

Hours of operation:

Monday - Friday

8:30am - 4:30pm

181 Coldbrook Village Park Dr.

Coldbrook, NS B4R 1B9

Follow us on Facebook for updates on all our recreation programs:

Municipality of Kings Recreation Services

<https://www.facebook.com/Kingscountyrecreationns/>

Sign up for the MOK Today e-newsletter at

<https://www.countyofkings.ca/MOKToday>



MUNICIPALITY *of the*
COUNTY *of* KINGS