

# RECREATION GUIDE



MUNICIPALITY *of the*  
COUNTY *of* KINGS

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

[recreation@countyofkings.ca](mailto:recreation@countyofkings.ca)

# MUNICIPALITY OF THE COUNTY OF KINGS

Welcome to Municipality of the County of Kings Recreation Services!



The Municipality of the County of Kings Recreation 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](http://www.countyofkings.ca/recreation)  
[recreation@countyofkings.ca](mailto: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/>

# 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 assistance, please contact us in advance at [recreation@countyofkings.ca](mailto:recreation@countyofkings.ca)



# REGISTRATION POLICIES & GUIDELINES

## **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 at time of registration.

## **Program Cancellation:**

For some programs, a minimum number of registrants is required. If a 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.

## **Program Withdrawal:**

If your plans have changed and you need to cancel, a refund will be issued if we receive a withdrawal request 5 or more days notice to the start of the program. Please contact us at [recreation@countyofkings.ca](mailto:recreation@countyofkings.ca).

## **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.



# 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 a variety of different aquafit classes:

Classic  
Interval  
Resistance

Drop In Aquafit classes also available.

Monday	9:45-10:45am
Wednesday	10:00-11:00am
Friday	10:30-11:30am



## 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](http://www.countyofkings.ca/registration).

# SWIM LESSONS

Swim lessons are provided through Lifesaving Society Nova Scotia.

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

Winter registration opens:

**January 6, 2026 at 10:00am**

Visit our registration portal:  
[www.countyofkings.ca/registration](http://www.countyofkings.ca/registration)

The schedule can be viewed at:  
[www.countyofkings.ca/recreation](http://www.countyofkings.ca/recreation)

## 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.

## 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.

## 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.

## 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.

## 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.

## DROP IN SWIM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b>	8:30-9:30am 12:15-1:15pm	8:00-9:00am 11:45-12:45 7:15-8:00pm	8:45-9:45am	8:00-9:00am 7:15-8:00pm	8:00-9:00am		
<b>Public Swim</b>		10:15- 11:30am *FREE	5:30-7:00pm	10:15- 11:30am *FREE		2:30- 4:00pm	2:30- 4:00pm
<b>Senior Swim</b>	11:00-12:00	4:30-5:15pm	11:15-12:15	9:15-10:00am 4:30-5:15pm	11:45-12:45		
<b>Adult Swim</b>				11:45-12:30			
<b>Parent and Tot</b>	8:45-9:45am	9:15-10:00am *semi-instructed					
<b>Home school Swim</b>		1:00-2:00pm		1:00-2:00pm			
<b>Sensory Swim</b>					1:00-2:00pm		
<b>Drop In Aqua Fit</b>	9:45-10:45am		10:00- 11:00am		10:30- 11:30am		

**Swim Lessons**

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

# PROGRAMS

A variety of interest based programs are provided in various locations across the county. Unless stated, programs have a fee and require registration.

For available programs, visit: [www.countyofkings.ca/registration](http://www.countyofkings.ca/registration).

## YOUTH PROGRAMS

### **Lego Club**

Ages 6-14 years

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.

### **Stay Safe Course**

Ages 9-13 years

Facilitated by Braveheart First Aid, this course focuses on how to make good decisions when home alone, covering many self-first aid topics, recognition, and response to unexpected situations.

### **Babysitter Course**

Ages 11-15 years

This course is facilitated by Braveheart First Aid and covers first aid skills, caring for babies, toddlers, and children. Youth are motivated and trained to be their best version of themselves and to handle some emergencies, behaviours, and rules.

## FAMILY PROGRAMS

### **Art O'Clock**

Art O'Clock is a monthly creative drop-in for adults and kids 8+ (with an adult).

Enjoy two hours of hands-on art and crafts, with options like watercolour, acrylics, postcards, decoupage, cross-stitch, jewelry making, t-shirt or pouch design, knitting, diamond art, and more.



## ADULT PROGRAMS AGES 18+

### Group Snowshoe Hikes

Join us for a series of free group hikes intended for those ages 18+.

If we are blessed with snow, we will provide snowshoes to all participants to borrow. Alternatively, we have ice cleats or can hike in your own boots.

February 7, 2026 - Foote Woods

February 28, 2026 - Black Rock Trails



## SENIOR PROGRAMS AGES 55+

### Senior Social and Craft

1:30-3:00pm

Free Drop in, registration not required!

#### Municipal Administration Building

181 Coldbrook Village Park Drive

January 22, 2026

February 5, 2026

February 19, 2026

March 5, 2026

March 19, 2026

April 2, 2026

April 16, 2026

Come out for a fibre, art, & craft social. Tea and snacks provided. Bring your own project! We will have some supplies on hand to get you started.

### Senior Social and Bingo

1:00-3:00pm

Free Drop in, registration not required!

#### Coldbrook Lions Hall

January 27, 2026

February 24, 2026

March 24, 2026

April 28, 2026

#### Kingston Fire Hall

January 14, 2026

February 11, 2026

March 11, 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!).

# CAMPS

## MARCH BREAK MINI CAMP

**Registration opens: February 9, 2026**

Ages: 6-12 years old

March 17, 18, & 19, 2026

Coldbrook Lions Hall  
1416 South Bishop Rd, Coldbrook, NS  
9:00am to 12:00pm

\$20 per camper per day or \$50 for all three.  
Flexible registration.

Mini Camp has a new theme each day including creative activities in the theme of the day, hands on fun and games, and activities inside and outside!

## SUMMER CAMP

**Registration opens in May, 2026**

### **Summer Camps:**

Full day summer camps for school aged children (up to 13 years of age). These camps run from 9am to 4pm (drop-off beginning at 8:30 am & pick-up to be completed by 4:30 pm). Cost is \$125 per camper per week. Summer Camp locations vary around the County, with a new theme each week including creative activities, hands on fun and games, as well as activities inside and outside!

### **Half Day Mini (3-day) Camps:**

Mini camps for school-aged children (up to 12 years of age). Mini camps run from 9am to 12pm (drop-off at 8:30am & pick-up to be completed by 12:30pm) at a cost of \$20 per camper per day or \$50 for all three. Mini Camp locations vary around the County, with a new theme each day including creative activities in the theme of the day, hands on fun and games, activities inside and outside!

### **Paddle Camps:**

Paddle Camps for youth aged children 8-13 are at Aylesford Lake Beach. These camps run from 10am to 4pm (drop-off beginning at 9:30 am & pick-up to be completed by 4:30 pm). Campers learn paddling safety, basic techniques for kayaks and stand-up paddle boards, and enjoy onshore camp activities each day!



# WORKSHOPS



The Municipality strives to provide a variety of workshops and special events during the year to engage, educate and entertain residents.

Workshops can be cultural, artistic, physical, or educational in nature.

These programs are held at a variety of locations across the county and are offered for the lowest cost possible.

Workshops require pre-registration to ensure a minimum number of spaces are filled.

Please visit our registration portal for up to date list of workshops available.

Workshops may be added through the season, check back often or follow our Facebook page for new offerings!

## Workshops:

- Welcome Door Sign
- Collage Art
- Mi'kmaq-led Jewellery
- Culinary Workshop
- Ukrainian Egg Art
- Robotics/electronics
- Greenhouse 101

# DROP IN PROGRAMS

- Drop In Programs are FREE, all ages, and family friendly!
- Parents and guardians please plan to stay with your child.
- Adult supervision required for those under the age of 12 years.

## OPEN GYM

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

Wednesday: LE Shaw Elementary

Wednesday: Port Williams Elementary

Wednesday: Kingston District School

Thursday: Coldbrook & District School

Friday: Aldershot Elementary

All sessions are 6:00-7:30pm

October 15, 2025 - May 29, 2026

\*No session on Holidays or weather related closures.

## POP UP PLAY

The geographic area of the Municipality of the County of Kings is vast, and the Recreation team visits many communities with Pop-Up events. Follow us on Facebook to find out when and where we will pop up next!

## SEASONAL EVENTS

Follow our Facebook page for announcements of seasonal events!



# POP UP EVENTS

## CATCH CENTREVILLE CHARLIE

### A Ground Hog Day Celebration February 1, 2026

2:00 pm  
Centreville Park  
1042 Sherman Belcher Rd, Centreville NS

Free, Drop In, Registration not required.  
All ages welcome.

You are invited to join in our  
multigenerational fun run/walk!

On the 1.1km loop, you can look for  
Centreville's Groundhog named Charlie.  
For every Groundhog caught, your name  
will be entered into a draw prize! How  
many times can you catch Charlie?



## HERITAGE DAY POP UP

### Monday February 16, 2026

1:00-3:00pm  
Meadowview Community Hall  
8464 Brooklyn St, Kentville, NS

Drop in for a creative day of cardboard  
crafting and building. All supplies will be  
provided - including Make Do tools and a  
Chomp Saw!

## HOP INTO SPRING EGG HUNT

### Saturday April 4, 2026

10:00am - 12:00pm  
Centreville Park  
1042 Sherman Belcher Rd

Looking for a fun way to celebrate the  
season? Join us for our Hop Into Spring Egg  
Hunt!

No registration required – just drop in! All  
ages are welcome to join the fun!  
Note: This is not a drop-off program –  
come and enjoy together!

Bring your friends, family, and neighbors  
for a morning full of springtime joy. We  
can't wait to see you there!

For updates, follow us on Facebook:  
Municipality of Kings Recreation Services

# MARCH BREAK POP UP

## Monday March 16, 2026

1:00-3:00pm  
Centreville Community Hall

Drop in for a creative activity of arts, crafts, and/or Lego. All supplies will be provided!

## Tuesday March 17, 2026

12:30-3:00pm  
Credit Union Rec Complex  
38 Gary Pearl Dr. Kentville, NS

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

## Wednesday March 18, 2026

1:00-3:00pm  
White Rock Community Hall  
1542 White Rock Rd, Wolfville, NS

Art, Crafts, and Lego! All supplies will be provided! Come create with us!

## Thursday March 19, 2026

12:30-3:00pm  
Credit Union Rec Complex  
38 Gary Pearl Dr. Kentville, NS

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

## Friday March 20, 2026

1:00-3:00pm  
Burlington Community Hall  
2122 Longpoint Rd. Berwick, NS

Join us for family friendly BINGO! We will play 10 games with small prizes to be won!



# EQUIPMENT LOANS

## WINTER LOANS

### Equipment Available:

- Adaptive Sled
- Snowshoes for larger groups of 10+ (snowshoe sizes range from toddler to large adult)
- Stroller Skis



### Loan Times:

- Block 1: January 13 - Feb 2
- Block 2: February 10 - Feb 23
- Block 3: March 3 - March 23



### 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 8:30am and 4:30pm).
- By appointment only.



### User Supports:

- For the loan of the polar skis and adaptive sled, ice grips may be available as well. Ice grips allow walking on snow and ice terrain easier, especially while assisting others.
- For the loan of snowshoes, hiking poles may be available.

### How to Reserve:

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

**Equipment Loans require advance communication. Please reach out to us by email at [recreation@countyofkings.ca](mailto:recreation@countyofkings.ca) Thank you**

# SELF DIRECTED CHALLENGE

*We challenge you to*

**28**

**GET ACTIVE THIS WINTER  
HOURS  
IN  
DAYS**

## Details:

- Challenge Duration: **February 1, 2026 - February 28, 2026**
- Open to everyone within Kings County. One submission per person.

## How to participate:

- Download a tracker sheet at [www.countyofkings.ca/recreation](http://www.countyofkings.ca/recreation) or use the one here.
- Choose to spend some time being active. For each hour you are active, colour a labelled segment on the words "WINTER IN KINGS".

## Entries due March 8, 2026:

- Send a photo of the competed sheet to [recreation@countyofkings.ca](mailto:recreation@countyofkings.ca).
- or
- Drop off your completed sheet to the County of Kings Municipal Office (181 Coldbrook Village Park Dr.)

## 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 of your choice!

## Why 28 hours?

- Any amount of movement throughout the day has been shown to have increased health benefits. Essentially, we're challenging you to move more and sit less!

## Why 28 days?

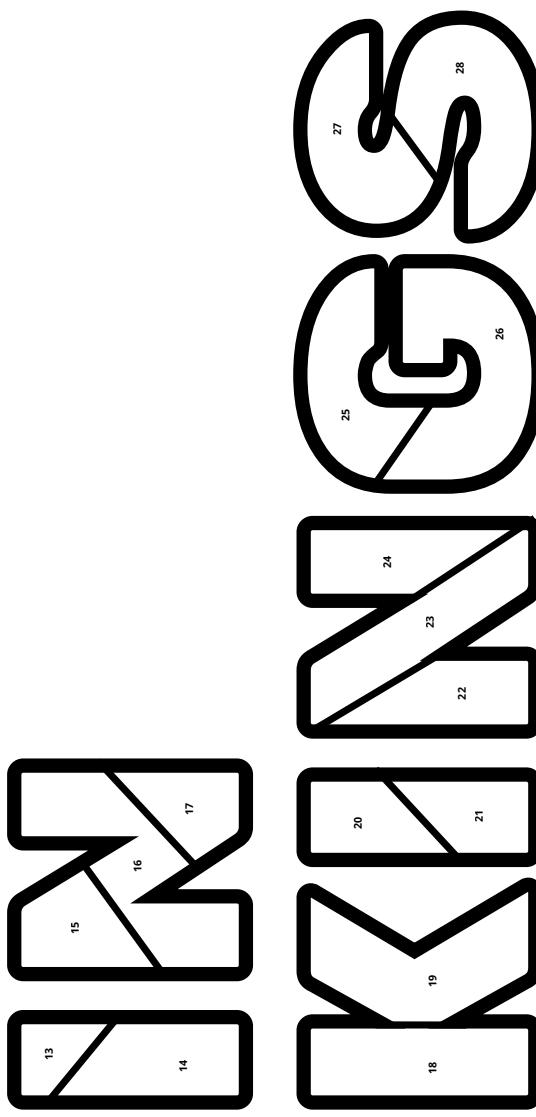
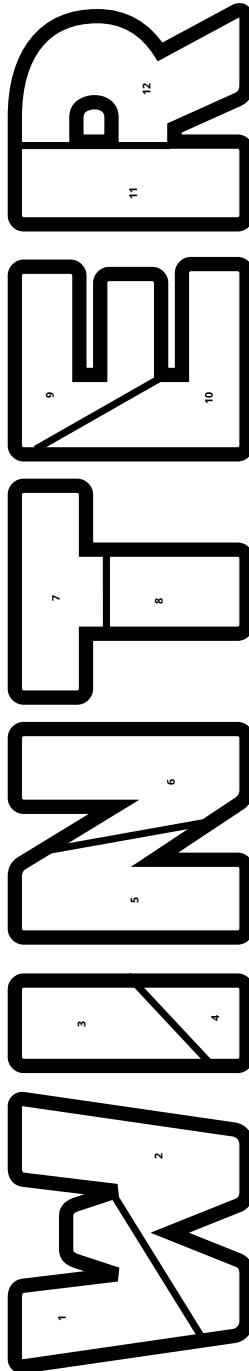
- We want to encourage people to integrate movement throughout their day all month long!

## How does it have to be completed?

- It can be completed in any way! Playing in the snow, walking, sledding, shoveling snow, mall walking, swimming, activity programs, household activities (chores, etc.) and more!
- You can get movement completed in smaller segments of time - try doing 4 segments of 15 minutes.

We challenge you to

GET ACTIVE THIS WINTER  
**28 HOURS  
IN DAYS**



MUNICIPALITY *of the*  
COUNCIL *of* KINGS

Name: \_\_\_\_\_

Contact (email or phone): \_\_\_\_\_

Send a photo of the completed sheet to [recreation@countyofkings.ca](mailto:recreation@countyofkings.ca)  
OR  
Drop off your completed sheet to the Kings County Municipal Office (181 Coldbrook Village Park Drive)

# VALLEY RECREATION

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

Check out this contact list for a community near you!



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



NOW HIRING

## CASUAL RECREATION ASSISTANTS



- Facilitate various recreation programs such as Open Gym, Pop Up Play, Senior Bingo, 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](mailto: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](mailto:recreation@countyofkings.ca)



# CONTACT INFORMATION

902-678-6141

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Monday - Friday

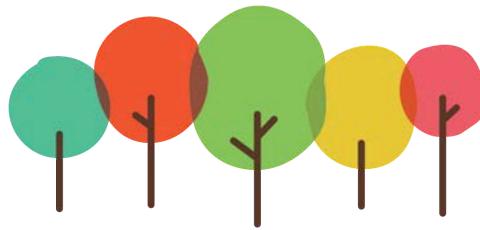
8:30am - 4:30pm

181 Coldbrook Village Park Dr.  
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