

Nordic Walking Nova Scotia

Fall 2017 (updated Oct 10th, 2017)

Free Learn to Nordic Pole Walk Clinics & Nordic Pole Walking Groups

Unless otherwise indicated, to register for any of these classes offered at NO CHARGE contact Bill VanGorder at Bill@NordicWalkingNovaScotia.ca or phone 902 454 2267 and leave your name, phone number and # of persons attending with you. **You will only receive a return phone call if the class is filled.** Dress for the weather; we will be inside and out. Wear good walking shoes.

Nordic Pole Walking (NPW) is an excellent low-impact exercise that offers the highest benefits for health, wellness and fitness for adults of all ages. Nordic Walking Poles enable you to incorporate over 90% of all your body muscles.

Nordic Pole Walking “loaner” poles will be available for those who do not own Nordic Pole Walking poles so you can try Canada’s fastest growing adult fitness activity. If you own poles, bring them so we can teach you the proper techniques for fitness and health. Genuine Nordixx Nordic Walking Poles will be available for purchase after the class.

Please arrive 15 minutes prior to the starting time to sign in. We begin all classes precisely on time.

OCTOBER 2017

Bedford / Sackville – Monday, October 23rd, 2 pm – 3:30 pm; Bedford/Sackville Community Health Team 833 Sackville Drive (Upper Level) Lower Sackville

Stewiacke – Tuesday, Oct 24th, 10 am – 11:30 am; Stewiacke Community Centre (Fire Dept is in the same building).

NOVEMBER 2017

Dartmouth – Wednesday, November 1st, 2 pm – 3:30 pm; Community Health Team Classroom, 58 Tacoma Drive, Dartmouth

Halifax Peninsula – Friday, November 3rd, 10 am – 11:30 am; Community Health Team Classroom, Suite 105, 6080 Young Street (Young Tower) Halifax

Chebucto / Spryfield – Monday, November 6th, 10 am – 11:30 am; Chebucto/ Spryfield Community Wellness Centre, 16 Dentith Road, Halifax

Ongoing

DARTMOUTH- Revolution Fitness: Nordic Walking with Michelle Lindsay. Certified Instructor, International Nordic Walking Coach trained by the Finns in Europe. Refine your Nordic walking technique. Tuesday's and Friday's at 10:30 am. \$6 Meet in front of the Woodlawn Library. Cancelled if raining. Revolution Fitness 112 Woodlawn Rd Dartmouth. For information or to register 902 444 7738

Nordic Pole Walking Groups

Walking Groups are held in the following locations.

Contact the organizer listed for each for information.

(NEW) Halifax Peninsula – Friday, October 20th – 10 a.m. – 11:30 a.m. Lakes Trail from Bayers Road. Meet in front of Lawtons at the Bayers Road Shopping Centre. Escape the streets for a while and walk among the Urban Woods, Lakes, and Streams. Trail from near the Ashburn Golf Club to the Bayers Lake Look Off. Approx 4.5 km for 1 hour. The trail is Easy to Moderate. Led by Esther and Bill VanGorder of Nordic Walking Nova Scotia. Register at bill@nordicwalkingnovascotia.ca or phone 902 454 2267.

Pictou Nova Scotia – October 14th and 21st – 10 a.m. at the Pictou Library. Basic instruction followed by a walk on the Jitney Trail. Poles provided.

Antigonish Nova Scotia – Tuesdays at 10 a.m. until mid-December. Meet in the Bistro Area at the Antigonish Library. Informal jaunts around the Antigonish area. Bring a friend and dress for the weather. More information at 902 863 4276

-Kingston Nova Scotia – Wednesdays at 10 a.m. Meet Lynda Kane at the Kingston Village offices. Info contact <rlkane@eastlink.ca>

-Wayfarer's Ale Society – Wednesdays at 1 pm. Meet at the brewery: 1116 Kars St, Port Williams, NS. Info: johnjmcneil@eastlink.ca

-BLT Trail – Regular Nordic walk on the BLT trail every Monday and Wednesday at 9:15 am. Meet at Silverbirch and Hwy 3. Usually have at least 12 walkers April to November. Only deterred by heavy rain. Info: 902 876 2393

-SMB Trail – Walks on the SMB Trail every Friday at 9:15 am. Meet at The Bike and Bean in Tantallon. Usually have at least 12 walkers April to November. Only deterred by heavy rain. Info: 902 876 2393

-Halifax Public Gardens – Tuesdays and Thursdays – Instruction from 12-12:15 PM; Walk begins at 12:15 PM Looking for something fun to do at lunch? Drop in to socialize and get active by

trying Nordic Walking. A limited number of poles will be available to try. If you have poles bring them along. This is a drop in program and there is no charge. Info: 902 490 3895

-Halifax Point Pleasant Park Tuesdays Instruction from 9:30 AM-9:45 AM - Walk begins at 9:45 AM. This is a drop in program and there is no charge. Info 902 490 3895

-Lakeside Recreation Dept. - Brian Little 902 876 8812

-Sheet Harbour Recreation Dept. 902 885 2988

-Canada Games Centre 902 490 2400

-Cole Harbour Place 902 464 5100

-Dartmouth Sportsplex 902 464 2600

-Dartmouth/Woodside Tara MacDonald FitClub 902 407 7502

-Watch for **Halifax Emera Oval** Nordic Walking Group starting soon.

- **Halifax North West Trails Association** holds occasional Nordic Walking Group Walks See: <http://www.halifaxnorthwesttrails.ca/Events/Events-Hikes/>

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