

## *Nordic Walking Nova Scotia*

*Winter 2018* (updated Jan 5<sup>th</sup>, 2018)

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

Unless otherwise indicated, to register for any of these classes for adults over 18 are offered at NO CHARGE contact Bill VanGorder at [Bill@NordicWalkingNovaScotia.ca](mailto: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.

We endeavor to start all classes on time. **Please arrive 15 minutes prior to class start time** to complete the registration form.

**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. Note: Proper Nordic style walking poles have a thumb-hole, cradle hand strap. Genuine Nordixx Nordic Walking Poles will be available for purchase after the class.

## Free Learn to Nordic Pole Walk Clinics

**FEBRUARY 2018**

**Dartmouth** – Tuesday, Feb 20<sup>th</sup>, 10 am - 11:30 am; Community Health Team Classroom, 58 Tacoma Drive, Dartmouth

**Halifax Peninsula** – Tuesday, Feb 20<sup>th</sup>, 2 pm – 3:30 pm; Community Health Team Classroom, Suite 105, 6080 Young Street (Young Tower) Halifax

**MARCH 2018**

**Bedford-Sackville** – Tuesday, March 20<sup>th</sup>, 2 pm – 3:30 pm; Community Health Team Classroom, Bedford Place Mall, 1658 Bedford Highway, Bedford, NS

**Halifax Peninsula** – Tuesday, March 27<sup>th</sup>, 2 pm – 3:30 pm; Community Health Team Classroom, Suite 105, 6080 Young Street (Young Tower) Halifax

**APRIL 2018**

**Dartmouth** – Tuesday, April 10<sup>th</sup>, 2 pm – 3:30 pm; Community Health Team Classroom, 58 Tacoma Drive, Dartmouth

**Spryfield** – Tuesday, April 24<sup>th</sup>, Community Health Team Classroom, 2 pm – 3:30 pm; 16 Dentith Road, Spryfield

**May 2018**

**Halifax Peninsula** – Tuesday, May 8<sup>th</sup>, 2 pm – 3:30 pm; Community Health Team Classroom, Suite 105, 6080 Young Street (Young Tower) Halifax

**Bedford-Sackville** – Thursday, May 24<sup>th</sup>, 2 pm – 3:30 pm; Community Health Team Classroom, Bedford Place Mall, 1658 Bedford Highway, Bedford, NS

## **Ongoing instruction**

**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

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## **Nordic Pole Walking Groups**

**Walking Groups are held in the following locations.**

**Some groups are in hiatus for the winter months.**

**Contact the organizer listed for each for information**

### **CARP Nova Scotia Chapter *Stand Up Straight, Move Your Butt* Nordic Pole Walking events.**

Monthly group walks held throughout Nova Scotia. Watch also for free CARP Beginner Nordic Walking Classes. New walks to be announced soon. For regular updates watch here or join our Nordic Walking MeetUp group at <https://www.meetup.com/Nordic-Pole-Walking-NS-Walking-Groups-Instruction/>

CARP Nordic Walks return in February.

**-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](mailto: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/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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**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.

***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 enables you to incorporate over 90% of all your body muscles.***

**Always consult your physiotherapist or other health professional  
before starting or altering any fitness activity.**

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