

***Nordic Walking Nova Scotia***  
***Spring 2018*** (updated May 7<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 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 (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 Nordix Nordic Walking Poles will be available for purchase after the class.

**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 – **Class is full**

**Keeshen Goodman Library** - May 19<sup>th</sup> 2pm, Instructor James Boyer. Register at the library. 330 Lacewood Dr, Halifax, Phone: (902) 490-5738

**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

**June 2018**

**Dartmouth** – Monday, June 4<sup>th</sup>, 10 am – 11:30 am; Community Health Team Classroom, 58 Tacoma Drive, Dartmouth

**Bedford** – Wednesday, June 6<sup>th</sup>, 7 pm – 8:30 pm; Bedford Public Library, 15 Dartmouth Road, Bedford, NS. **Register at the Library**

**Windsor** – Tuesday, June 12<sup>th</sup>, 1:30 pm – 3:00 pm; Hants Community Hospital Cafeteria, 89 Payzant Drive, Windsor

**Halifax** – Tuesday, June 12<sup>th</sup>, 7 pm – 8:30 PM; Arthritis Society Office, 3770 Kempt Rd, Suite 210, Halifax, NS

**Sackville** – Friday, June 15<sup>th</sup>, 2 pm – 3:30 pm; Sackville Public Library, 636 Sackville Drive, Lower Sackville, NS. **Register at the Library**

**Dartmouth** – Tuesday, June 19<sup>th</sup>, 10 am – 11:30 am; East Dartmouth Community Centre, 50 Caledonia Road, Dartmouth

## Ongoing

**Dartmouth** – Tara MacDonald Fit Club. 133 Baker Drive, Unit 103, Dartmouth, NS until June 1<sup>st</sup>, 2018. 12 noon on Mondays, Wednesdays, and Fridays. Free of charge. For information or to register 902 407 7502

## Classes with Fees

**Canada Games Centre** - 4 week session of Intro to Nordic walking June 4-June 25<sup>th</sup>, Mondays at 10am. Members: \$32 Non Members: \$40

To register online: <https://www.hfxcgwebtraconlinereg.ca/wbwsc/webtrac.wsc/splash.html>

Select fitness classes. Search 130506

-----

## Nordic Pole Walking Groups

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

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

**-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

**-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/>

-----

Unless otherwise indicated, to register for any classes 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 before class start time to complete the registration form.

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.

**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.

---