

**Fall 2017** (updated August 14th, 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](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.

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.

## SEPTEMBER 2017

**Dartmouth** – Tuesday, September 12<sup>th</sup>, 2 pm – 3:30 pm; Community Health Team Classroom, 58 Tacoma Drive, Dartmouth

**Bedford / Sackville** – Monday, September 18<sup>th</sup>, 2 pm – 3:30 pm; Bedford/Sackville Community Health Team 833 Sackville Drive (Upper Level) Lower Sackville

**Chebucto / Spryfield** – Thursday, September 21<sup>st</sup>, 10 am – 11:30 am; Chebucto/ Spryfield Community Wellness Centre, 16 Dentith Road, Halifax

**Dartmouth East End** – Tuesday, September 26<sup>th</sup>, 10 am – 11:30 am; East Dartmouth Community Centre, 50 Caledonia Road, Dartmouth

**Bedford Ivany Place** – Tuesday, September 26<sup>th</sup>, 10 am – 11:30 am; Northwood at the Parks (Ivany Place, Bedford) 123 Gary Martin Drive. Bedford, NS

**Halifax Peninsula** – Thursday, September 28<sup>th</sup>, 10 am – 11:30 am; Community Health Team Classroom, Suite 105, 6080 Young Street (Young Tower) Halifax

## OCTOBER 2017

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

## NOVEMBER 2017

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

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

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

### Ongoing

**Dartmouth / Tara MacDonald Fit Club** - With Certified Instructor: Kaitlyn Beaver. At the Tara MacDonald Fit Club, Unit 103, 133 Baker Drive, Dartmouth, N.S. B2W 0M6 (open to the public and free of charge) For times and to register for this free series of classes call 902 407 7502

**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.**

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

**-Antigonish Public Library** – Tuesdays at 10 am. Meet in the Bistro Area. Info: 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](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 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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