Free Learn to Nordic Pole Walk Clinics & Nordic Pole Walking Groups
(See last pages for walking groups)

September

Bedford Public Library, Friday Sept 20th is now FILLED. Please select another class.

Special Intermediate Nordic Pole Walking Class in Halifax, 6 Parkhill Road (Jollimore) – Wednesday September 25th, 7:00 p.m. – 8:30 p.m., at the Pond Playhouse (home of the Theatre Arts Guild – TAG). Off the Purcell’s Cove Road just past the Frog Pond. Intermediate class taught by Esther and Bill VanGorder. Cost is $5.00 per person contribution to the TAG Building Fund. For Nordic Walkers who have been using Nordic style poles for at least 3 months.
To register, email: 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.

Windsor NS – Friday September 27th, 10:30 a.m. - 12 noon. Hants Community Hospital, 89 Payzant Drive, Windsor. We supply the genuine Nordic style poles for you to try. Learn the proper technique for fitness and enjoyment. Reasonably priced high quality genuine Nordic style poles will be available for sale after the class from nationally certified instructors Esther and Bill VanGorder.
To register, email: 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.

Halifax - Saturday September 28th, 1 p.m. – 2:30 p.m. Sponsored by Roy Thomas of Sutton Realty in the Board Room and Parking Lot Sutton Group Professional Realty, 3845 Joseph Howe Drive #100, Halifax. Taught by from nationally certified instructors Esther and Bill VanGorder.
We supply the genuine Nordic style poles for you to try so you can try Canada’s fastest growing adult fitness activity. "Nordic Walking Poles" are a style, not a brand. They are very different from "Hiking" or "Trekking" poles found in most stores. Learn about "Nordic" style poles and the proper technique for fitness and enjoyment. Reasonably priced high quality genuine Nordic style poles will be available for sale after the class.
To register at NO CHARGE contact Bill VanGorder at Bill@NordicWalkingNovaScotia.ca, phone 902 454 2267 or email RoyThomas@RoyThomas.ca, phone 902-497-3031 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.

October

Halifax – Tuesday, October 1st, 1:30 – 3:00 p.m. Parkland at the Gardens, 5732 College Street, Downtown Halifax, NS B3H 0B3 in the Parkland Theatre Room. All adults welcome. We supply the genuine Nordic style poles for you to try. Learn the proper technique for fitness and enjoyment taught by nationally certified instructors Esther and Bill VanGorder. To register, email: 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
Middle Sackville—Wednesday Oct. 2 - 6:30 – 8:00 pm - Sackville Heights Community Centre, 45 Connolly Road  Middle Sackville NS B4E 1S6
Taught by from nationally certified instructors Esther and Bill VanGorder.
We supply the genuine Nordic style poles for you to try so you can try Canada’s fastest growing adult fitness activity. "Nordic Walking Poles" are a style, not a brand. They are very different from "Hiking" or "Trekking" poles found in most stores. Learn about "Nordic" style poles and the proper technique for fitness and enjoyment. Reasonably priced high quality genuine Nordic style poles will be available for sale after the class.
To register at NO CHARGE contact Bill VanGorder at Bill@NordicWalkingNovaScotia.ca, 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; Wear good walking shoes. We will be inside and out. The class is “on” rain or shine, we will walk indoors if necessary.
We endeavor to start all classes on time. Please arrive 15 minutes prior to class start time to complete the registration form.

Halifax, 6 Parkhill Road Jollimore – Beginner Class -Saturday Oct 12th, 10:30 a.m. – 12 noon at the Pond Playhouse (home of the Theatre Arts Guild – TAG), 6 Parkhill Road. Off the Purcell’s Cove Road just past the Frog Pond. In the rehearsal hall and surrounding paths. Beginner class taught by Esther and Bill VanGorder. See below for registration information.**

**How to register for above classes:
To register for any classes offered at NO CHARGE by Nordic Walking Nova Scotia email:  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 supplied so you can try Canada’s fastest growing adult fitness activity. "Nordic Walking Poles" are a style, not a brand. They are very different from "Hiking" or "Trekking" poles found in most stores. You will learn to use "Nordic" style poles and the proper technique for fitness and enjoyment. Genuine Nordixx Nordic Walking Poles will be available for purchase after the class.

We are still scheduling new classes for 2019.
Watch for regular updates of this list at nordicwalkingnovascotia.ca/clinics.pdf

Ongoing Nordic Walking Beginner classes with fees charged:

Dartmouth Sportsplex – check the new schedule at the reopened Zatsman Sportsplex reopens.  
https://sportsplexevolution.ca/

CanadaGamesCentre—4week session  Members $32 Non Members $40

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**Share Your Love of Nordic Walking**

**Become a Certified Instructor**

**Nordic Pole Walking Instructor Certification Clinic**

Saturday November 2nd, 2019 9:00 a.m. – 5 p.m

Chief Instructor Trainers: Bill & Esther VanGorder.

Email: Bill@NordicWalkingNovaScotia.ca or call Esther or Bill VanGorder (902) 454 2267

- Learn how to methodically teach the proper, effective Nordic Pole Walking technique developed in Europe
- Learn about the scientific and clinical studies of Nordic Pole Walking
- Chief Instructor Trainers: Bill & Esther VanGorder.
- Discuss marketing and marketing support of Nordixx Pole Walking Canada and Atlantic distributors, Esther & Bill VanGorder of Nordic Pole Walking Nova Scotia, a division of MRC Associates Inc.

The course is limited to 15 candidates. Fee: $295.00 plus HST

**The NPW 8.5 Hr. Course** includes: A pair of Nordixx Walker Poles, Pre-clinic education, Power Point Presentation, Practical Instruction, 4 CEC credits from CanFitPro, Nordic NPW Instructor Exam, Pole Walking Instructor Diploma, Access to Online research and training information, Promotional page on our website for your courses, Instructor prices on all poles and supplies, no charge to attend future Certification Clinics to update your knowledge and Instructor Information Package.

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**Nordic Pole Walking Groups**

**Next group walk:**

**Tuesday, September 24** 10:00 – 11:00am  Nordic Walking NS and CARP NS Group Walk on DeWolf Boardwalk trail [DeWolf Park](#)  150 Waterfront Dr, Bedford, NS B4A 4J4, Canada  Meet near the parking lot on the south end.

No charge. To register email 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 walk is changed due to weather.

**Halifax and Area CARP Monthly Walks**

- Each walk at a different location. CARP Nova Scotia Chapter Stand Up Straight campaign hosts at least one Walk each month April thru November, 2018. No need to register Bring a friend, non-members welcome. No charge. For regular walkers and Nordic Walkers. Led by James Boyer, Bill & Esther VanGorder.

- Watch our Nordic Walking Nova Scotia and CARP NS Facebook pages, newsletters and website for future location, dates and times.

**Regularly Scheduled Group Walks**

Most of these walks are restarting now. Contact the organizers for accurate times.

**Bedford Waterfront**  Every Tuesday 10-11 am. Meet at the washroom in Dewolfe Park. Senior friendly, walk at your own pace. Everyone is welcome; no charge. For more information contact: viamacdonald@gmail.com

**Halifax North West Trails Association**  Meet on Thursdays at 10 a.m. at Glen Garden on Glenforest Drive or at
Bedford/Hammonds Plains Road Rec Centre on Tuesday or Friday at 1:30 (Call 902-490-7481 for locations). Both groups offer this free opportunity to walk or get out with your poles.

-Bedford West, Every Friday 10 a.m. - 11a.m. Walk and Talk, Northwood Bedford Campus (Ivany Place, 123 Gary Martin Dr, Bedford, NS. Senior friendly, walk at your own pace. Everyone is welcome; no charge. For more information contact: viamacdonald@gmail.com

Antigonish Library – 10 a.m. – 11 a.m. Tuesdays. Meet at the Library. For information contact 902-863-4276

Chester NS at the Our Health Centre 11 a.m. - 12:00 noon Weekly Walk – all invited to the walk with or without poles. For info contact Lorraine at the OHC 1-902-275-3847 or email lburch@ourhealthcentre.ca

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

-SMB (St Margaret’s Bay) Trail – Meets Monday & Wednesday at Silver Birches Rd. Take the Hubley exit off of Highway 103 west to exit 3, Hubley. At end of exit ramp off of highway, turn left and take the first left at Silver Birches Drive. The walkers’ cars will be lined up on left side of the road just a few yards from the entrance to this road.

-BLT (Beechville, Lakeside & Timberlea Trail) On Fridays, this SMB group listed above meets at the Bike & Bean Coffee shop in St Margarets Bay at 9am to walk on the BLT (Beechville, Lakeside & Timberlea) Trail. Usually have at least 12 walkers April to November. Only deterred by heavy rain. Info: Shirley Blair at shirley.blair@eastlink.ca or Jean Harris at harrisjeandon@gmail.com Please contact them about joining the group (loaner poles are available if you do not have your own)

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

-Lakeside Recreation Dept. – for times contact 902 876 8812
-Sheet Harbour Recreation Dept. 902 885 2988
-Cole Harbour Place 902 464 5100

Safe, effective, low-impact workout for seniors

Bill and Esther VanGorder operate Nordic Walking Nova Scotia, which offers Nordic walking beginner and intermediate clinics, as well as instructor certification courses.

Walk this way with poles

Bill VanGorder got his start in Nordic pole walking after he realized years of running were putting a strain on his knees. He first started on Nordic pole walking as a warm-up, but then noticed it had bigger benefits.

“I soon discovered I was getting more of a workout from Nordic walking than running,” VanGorder says. “I feel I’m in better shape today than I was 30 years ago, when I was running marathons.”

VanGorder started researching Nordic pole walking, which was created in the 1930s as a way for competitive skiers in Finland to train off season. The sport gained significant traction in Europe in the 1990s and VanGorder says now about 20 per cent of Europeans take part in Nordic pole walking.
VanGorder and his wife, Esther, now operate Nordic Walking Nova Scotia. They offer beginner and intermediate clinics in Nordic walking, instructor certification courses and are Atlantic Canada distributors for Nordic walking poles, which are made by Nordixx Pole Walking Canada.

VanGorder says they've taught Nordic walking to thousands of people across Atlantic Canada, including at long-term care homes.

VanGorder says, unlike running, Nordic walking works out the upper body, too, because you're using your arms to hold and push with the poles. That means you're using all the big muscles in your body, getting an overall better workout and burning more calories. It's also low impact and easier on the joints.

VanGorder says Nordic pole walking is often a good activity for those who don't like gyms and who have trouble sticking to one sport. He says walking hills are easier because the poles help pull you up. You sweat less in the warmer months and hardly at all in the cooler months.

"It doesn't feel like exercise," VanGorder says. "It doesn't feel like you're working as hard as you are."

VanGorder says Nordic walking has particular benefits for seniors. Working on that upper-body strength helps prevent falls and keeps people independent because they can reach and steady themselves better.

And he says walking with the poles creates more support and stability. It helps walkers focus on their posture.

"Poor posture is the second largest cause of falls in adults," VanGorder says.

Nordic walking is also a social sport. VanGorder says many people who take part in classes often create smaller groups for Nordic walking that work with each other's schedules.

And it's portable. VanGorder says there are Nordic walking poles that can collapse and fold up, so they fit into your carry-on luggage. He and Esther take their Nordic walking poles with them to Ontario when they attend the Shaw Festival Theatre every year and go walking to explore Niagara-on-the-Lake.

VanGorder says he has one client in her 80s who leaves her walking poles by the front door so she remembers to go for her walk. VanGorder says it only takes about 30 minutes, five or six times a week, to get optimum fitness from Nordic walking.

"Who can't find half an hour in a day?" VanGorder says.

VanGorder no longer has problems with his knees. He says he stopped running and
took up Nordic walking just in time to avoid creating damage and needing surgery. He says he and Esther are in better shape than ever, particularly that upper-body strength.

“We have to fight over who will carry the packages from the car,” he jokes. “You want to stay fit and have the energy to do these things and do them safely.”

To learn more, visit nordicwalkingnovascotia.ca.