

# INVERNESS COUNTY SUMMER RECREATION GUIDE



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# MULTI-SPORT PROGRAMS

**Tuesdays July 9th– August 13**

**Age 6–12**

**A free 6 week summer program offered to boys and girls by the Get Active team.**

Community	Location	Time
Port Hood	Al MacInnis Sports Centre	9:30-11:30
Cheticamp	NDA - Cheticamp	10:00-11:30
Margaree	Cranton Crossing	1:00-2:30

Sports such as soccer, track & field, baseball, and basketball depending on each facilities access. Equipment provided, participants asked to take sneakers, a water bottle, sunscreen & bug spray. **Pre-registration preferred. Each community is a separate program.**

**\*\* July 16 Margaree program offered at CBHA**



For more info contact: Recreation and Community Wellness  
902-258-5930 Krista.MacInnis@invernesscounty.ca

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# SUMMER EXPLOSION

Thursdays, July 11 – Aug 15

Age 9 – 12

<b>Community</b>	Inverness
<b>Location</b>	IECA
<b>Time</b>	9:15-10:15
<b>Fee</b>	\$20

**Summer Explosion by the Get Active Recreation Team** offers fast-paced fun for boys and girls aged 9-12 on Thursday mornings from July 9 to August 15. The program focuses on movement activities like races, relays, tug of war, strength training, and agility training. Sneakers, water bottle, sunscreen & bug spray required.

**Space is limited to 20. Pre-registration required**



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# YOUTH TRACK & FIELD

Wednesdays, July 10 – August 14

Ages 8–12

Community	Location	Time	Fee
Mabou	Dalbrae	9:30-11:30	\$25

Youth Track & Field provides 6 weeks of training leading up to our county-wide track & field meet. Each week athletes will get to try a variety of events such as 60m, 100, 200m, 400, long jump, children's javelin, discus and shotput. Sneakers, water bottle, sunscreen & bug spray required. **Pre-registration preferred**



**County Track Meet August 17th - Dalbrae Academy**  
Open to all children, not only those in this program.  
Event registration posted closer to the date.

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# GIRLS AT BAT

Thursdays, July 11 – Aug 15

Ages 8–12



Community	Location	Time	Fee
Inverness	Ballfield	10:30-11:30	\$20

In partnership with the Toronto Blue Jays and JaysCare the Get Active Recreation Team is offering intro to softball to girls age 8-12. This 6 week program is a fun focused program offering basic softball skills, and team play. This program provides an equitable opportunity for girls, providing equipment and meaningful programming at a low cost.

Gloves available for those needing one. Sneakers, water bottle, sunscreen & bug spray required. **Space is limited to 20.**

**Pre-registration required**

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# YOUTH TENNIS

**Mondays, July 8– August 19**

**Ages 6–8 & 9–12**



Age Groups	Location	Time	Fee
Age 6 - 8	JRA - Tennis Court	9:30 - 10:30	\$20
Age 9 - 12	JRA - Tennis Court	10:30 - 11:30	\$20

**Youth Tennis by the Get Active Recreation Team** offers tennis fun for boys and girls aged 6-12 on Monday mornings from July 8 to August 19. The program focuses on basic tennis fundamentals, agility, hand eye coordination and rallying. Equipment provided. Sneakers, water bottle, sunscreen & bug spray required.

**Space is limited to 14 per group. Pre-registration required.**

**Children visiting the area are also welcome to attend.**

**\*\*\* No Classes August 5th due to the holiday\*\*\***

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# LIZZI'S LOOP ADVENTURES

Bayview Education Centre

9:30–11:00

Ages 4 – 6

## Lizzi's Loop Adventure Camp

Come join our Get Active Recreation team on Lizzi's Loop for an adventure. Campers and our team will travel the 1km loop stopping along the way for crafts and activities. Campers can be dropped off at 9:30am, the adventure will begin shortly after. Each camper should dress for the weather, have sunscreen and bug spray applied. Bring a water bottle and a snack will be provided. This program is offered free of charge. Registration is preferred. If your child requires additional accommodations please contact our office.

**Bug Day-** The campers will make unique insect crafts to take home, learn about various bugs, and even catch some of their own.

**Teddy Bear Day-** Campers will take part in a trail scavenger hunt, storytime, and a check-up with our doctor with their favourite teddy.

**Camping Day-** In addition to making their own binoculars to take home, campers will sing a few songs around the campfire.

**Animal Day-** Campers will go on a quest for some cool creatures, and learn about some different forest animals.

Date	Theme
Thursday, July 4th	Bug Day
Friday, July 5th	Teddy Bear Day
Thursday, July 11th	Camping Day
Monday, July 15th	Animal Day



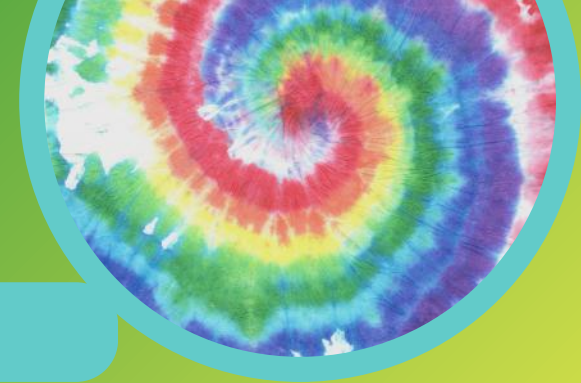
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# TIE-DYE EVENTS



Stay tuned for Registration

Ages 7-12

Community	Location	Date	Time
Port Hood	Al MacInnis Sports Centre	Wednesday, July 10th	1:00-2:30
Inverness	TBD	Thursday, July 11th	1:00-2:30
Judique	Judique Fire Hall	Friday, July 12th	9:30-11:00

Registration to be launched the first week of July. Cost is \$10 per participant. If cost is a barrier please contact Krista MacInnis (902)-258-5930



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# OVERVIEW

## Get Active Inverness County Summer'24

**Program goals:** to offer a variety of meaningful programming throughout the county and to utilize some of the fantastic outdoor spaces while not impeding on community based programs and community events.

**Registration process:** For families new to our programming a parent or guardian is to create an account and subsequently add each child to their account. Registering online allows our team to plan accordingly based on numbers, demographics and accommodate any allergies or additional needs.

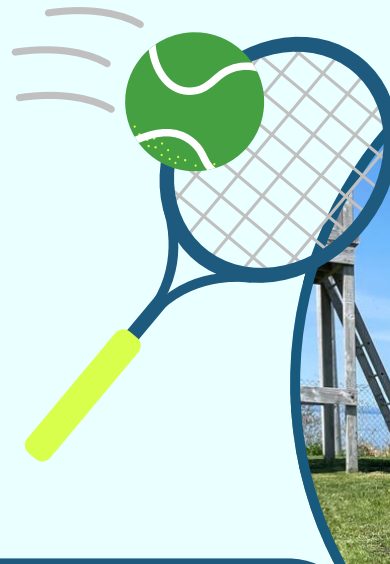
**Accommodation:** If you or your child require additional accommodations to participate in our programming such as equipment, financial assistance, or support please contact Krista MacInnis (902)-258-5930.



**See you**

**at the**

**Playbox**



**Phase 1 of this project sees the playboxes in these four locations. Stay tuned for future locations**

**Locations: Judique (JRA Grounds), Margaree (Cranton Crossing), Creignish (Smokey Field), Pleasant Bay**



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**Residents are welcome to donate new or lightly used equipment to the playboxes!**

# YEAR ROUND RECREATION *on the* CELTIC SHORES COASTAL TRAIL



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