

Town of Lunenburg Recreation



Recreation Office & Lunenburg Community Centre
 15 Green St., Lunenburg, NS, B0J 2C0
 T: (902) 634-4006 | F: (902) 634-4416
recfacilities@townoflunenburg.ca
 Find us online: www.townoflunenburg.ca

Online Registration!

Register for weight room memberships and programs **online!**

STEP 1: Visit www.connect2rec.com

STEP 2: “Sign In” or Create an Account

STEP 3: Search for “Programs” or select “Memberships” for the weight room.

Note: Drop-in programs do not require pre-registration. Fees include HST.

Cancellations

The “Town of Lunenburg” Facebook page will indicate if there are any cancellations or call the Recreation Office at (902) 634-4006.

Refund Policy

Once a program has started, a refund will only be issued if a participant withdraws for medical reasons. In these cases, a 10% administration fee will be charged and the amount of the refund will be prorated.

Weight Room Membership

Exercise in confidence and feel safe doing so by pre-booking your personal workout timeslot! The room is open Mondays to Thursdays from 8am-9:30pm, Fridays 8am - 4:30pm and Saturdays 9am - 2:00pm. Members age 19+ can pay a key deposit of \$40 permitting access any day of the week from 6:00am -11:00pm. All members must be age 13+.

\$52/month or \$185/4 months

\$12/month for students



Financial Assistance for Youth Activities

PRO Kids (Positive Recreation Opportunities for Kids) provides financial assistance to children and youth aged 18 and under living within the Town of Lunenburg who, due to lack of funds, are not able to participate in sport, recreation and cultural activities. The Town’s PRO Kids can support a maximum of \$300 per season per child.

For an application form, visit <https://www.townoflunenburg.ca/pro-kids-program.html> or

Contact (902) 634-4006 or ktibbo@townoflunenburg.ca

PRO Kids would not be possible without community support!

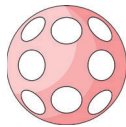
Everyone who gives a donation will receive a tax receipt.



What's Happening in the Community Centre

Pickleball

Mondays, 11am-1:30pm
Tuesdays, 7pm-9pm
Fridays, 1:15-3:15pm
\$4/drop-in



Women Only, Recreational

Tuesdays, 12:30pm-2:30pm
Wednesdays, 1pm-3pm
Fridays, 10:45am-1pm
\$4/drop-in

70+ Pickleball

Wednesdays, 10:45am-12:45pm
\$4/drop-in

Introduction to Cheer

Cheer + Stunts with Coach Melissa Peck

Wednesdays 5:30pm - 7:00pm

Ages 5 - 12

<https://enpointestudios.ca/>

contactus@enpointestudios.ca

Open Gym

Open to anyone for basketball, pickleball, ping pong, etc. This is an unsupervised activity.

Tuesdays, 9am-11:30am

\$4/drop-in



Badminton

All skill levels welcome. 16+
Wednesdays, 7pm-9pm
\$5/drop-in

Walkin' in the Morning

Get your day off to a great start with an indoor walk. Walk at your own pace, socialize with friends, and experience the benefits of a regular walking program. This is an unsupervised activity.

Mon, Tues, Wed & Fri, 8am- 9am, Free!

Realignment Yoga

With a foundation in yoga and a focus on alignment, these classes combine a range of yoga poses with specific postural therapy techniques to offer a whole body realignment experience.

Mondays 10:30am, Tuesdays 11:30am and Fridays 10:30am

For more information, contact: Lynn Collins seascapeyoga@gmail.com



Yoga with Maeka

Adaptive Yoga. Engage in movement and meditation designed to gently boost strength, enhance mobility, and alleviate stress. All postures are modified for both standing and sitting. **Tuesdays 1:30 - 2:30.**

Classes are suitable for all levels. Register mwrightyoga@gmail.com **\$120/6 classes**

Outdoor Activities in Lunenburg



Back Harbour Trail

Connects to the Bay to Bay trail extension at Sawpit Rd and runs parallel to Highway 332 to Maple Avenue and Bay to Bay Trail. Also connects at the end of the back harbour to the Dog Park and the Knot Pub.



Victoria Street Playground

Victoria Street adjacent to Tennis Court



Lunenburg Academy Playground

Located behind Lunenburg Academy

Lunenburg Skate Park



- 63-foot log quarter pipe, triangle ramp, ledge/manual pad and curb
- Accessible walkway to the park from the parking area
- Gazebo to protect users from sun and rain
- Lighting surrounding the facility

Rental Opportunities



Auditorium, \$42/hr



Auditorium w/Kitchen, \$52/hr



Lunenburg Arena, \$84/hr (\$811/day)
From ball hockey, training courses, markets, festivals, shows and everything in between.



Fitness Studio, \$33/hr

To check availability, visit <http://townoflunenburg.ca/community-centre-programs-and-rentals.html>

Lunenburg Farmers' Market

The Lunenburg Farmer's Market is a community tradition for the residents and visitors of Lunenburg. Operating year-round, it offers a fabulous selection of local products, local music and more!

Hours & Location:

Lunenburg Arena (19 Green Street)
Mid-May to Mid-September
Thursdays 8:00 am – 12:00 pm

Lunenburg Community Centre (15 Green Street)
Mid-September to Mid-May
Thursdays 8:00 am – 12:00 pm

Thank You Arena Crew!

As another successful season at the Lunenburg War memorial Arena has come to a close, we want to offer a sincere thank you for all of the long hours and hard work. Congratulations on another amazing year!