

Fall Programs

Archery

Instructor, Neil Freeman will teach extensive safety skills and the fundamentals of the equipment, as well as range rules and safety guidelines.

Ages: Grades 8 and up

Time: Thursdays 7pm-8pm

Cost: \$20

Location: Annapolis East Elementary School

Ages: 18+

Time: Fridays, 6:30pm-8:30pm

Cost: \$40

Location: Annapolis East Elementary School

There is also Archery Club target practice at Annapolis East Elementary School on Thursdays from 8pm-9pm



Music & Movement

This program is designed to teach gross motor skills, flexibility, musicality and coordination, and creative movement through the fun of music, singing and games.

Ages: 3 and 4

Time: Saturdays, 9am-9:45am

Location: Middleton Baptist Church, Family Life Center

Cost: \$25

Dates: Starting October 6th, running for 6 weeks

Instructor: Jennifer Smith

Beginner Ballet Classes

Beginner Ballet is for anyone who has either never taken dance classes before, or has limited experience with dance. This class will introduce ballet and basic steps.

Ages: 5-7

Time: Saturdays, 10am-11am

Location: Middleton Baptist Church, Family Life Center

Cost: \$25

Dates: Starting October 6th, running for 6 weeks

Instructor: Jennifer Smith

Ballet

We are adding an additional ballet class this year. This class will be similar to the beginner ballet but will be a little bit more advanced for those that have taken dance before and are comfortable with the beginner lessons.

Ages: 5-7

Time: Saturdays, 11am-12pm

Location: Middleton Baptist Church, Family Life Center

Cost: \$25

Dates: Starting October 6th, running for 6 weeks

Instructor: Jennifer Smith

Ages: 8+

Time: Saturdays, 12pm—1pm, Tuesdays 4pm-5pm

Location: Middleton Baptist Church, Family Life Center

Cost: \$35

Dates: Starting October 6th, running for 6 weeks

Instructor: Jennifer Smith

TO REGISTER FOR ANY OF OUR PROGRAMS, OR FOR MORE INFORMATION, PLEASE CONTACT THE DEPARTMENT OF RECREATION & COMMUNITY SERVICES AT 825.6611 OR EMAIL RECOFFICE@TOWN.MIDDLETON.NS.CA

Senior's Fitness

Join certified instructor, Katie Bent for some fun and effective strength training, stretching, balance work, and cardio workouts.

Time: Monday and Friday
Advanced class—9:30am-10:30am
Lighter class—10:45am-11:45am

Location: Middleton Fire Hall

Cost: \$50

Dates: September 10th—December 14th (14 weeks)



Adult Circuit Class

Test your limits, feel the burn, and let certified fitness instructor, Barb Nicholls design creative stations to help you lost fat and tone muscle.

Ages: 16+

Time: Mondays and Wednesdays, 6pm-7pm

Location: Annapolis East Elementary School

Cost: \$40

Dates: September 26th—December 12th (12 weeks)

Adult Stability Ball

Grab your stability balls and come join certified instructor Barb Nicholls for a great workout geared at stretching and toning your muscles.

Ages: 16+

Time: Tuesdays and Thursdays, 6pm-7pm

Location: Annapolis East Elementary School

Cost: \$40

Dates: September 25th—December 13th (12 weeks)

Other Recreation Contacts:

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| 4-H Club | Krystal Brown | 765.2433 |
| Curling Club | Karen Sotvedt | 765.6977 |
| Canskate | middletonskatingclub@hotmail.com | |
| Seniors Line Dancing | Pat Labor | 765.2247 |
| Western Valley Football | Mike Upward | 825.6500 |
| Scouts & Beavers | Candy Hirtle | 825.6937 |
| Sparks, Brownies, Guides | Diane | 765.4191 |
| Middleton Arena | Albert Johnson | 825.3062 |