



Middleton Recreation Spring Programs

Self Defense Basic Course Level 1 (Girls ages 13 & up)

Shoken Defence Systems, will instruct a 2 hour basic self defense course.

Instructor: Andrew Dykens
Date: Monday, May 14
Time: 6:30 – 8:30 p.m.
Place: Middleton Fire Hall
Fee: \$20

Ballet Dance Classes

Instructor, Jennifer Smith, will be offering dance classes at the Middleton Baptist Church, Family Resource Center. Classes start on April 14 and end on May 19th. (*Note: no classes on April 21*).

Music&Movement (Ages 3-4)
Time: Saturdays 9:00 a.m. - 9:45 a.m.
Cost: \$15

Beginner Ballet (Ages 5-7)
Time: Saturdays 10:00 a.m. - 11:00 a.m.
Cost: \$15



Beginner Ballet (Ages 8-11)
Time: Saturdays 11:00 a.m. - 12:30 p.m.
and Wednesdays 3-4:30 p.m.

Babysitting Course

A rewarding day filled with first aid and safety in the home is open to children ages 11+.

Date: Sunday, April 15th
Time: 9:00 a.m. - 4:00 p.m.
Place: Middleton Fire Hall
Fee: \$35

Stability Ball

Stretch and tone your muscles with certified fitness instructor Barbara Nicholls. Bring your own stability ball.

Date: April 16 to May 23 (6 weeks)
Time: Monday and Wednesday, 6:00 to 7:00 p.m.
Place: Annapolis East Elementary School
Fee: \$25



Circuit Training

Instructor: Barbara Nicholls
Date: April 17 to May 24 (6 weeks)
Time: Tuesday and Thursday, 6:00 to 7:00 p.m.
Place: Annapolis East Elementary School
Fee: \$25

Older Adult Fitness

These classes are offered by certified senior's instructor, Katie Bent.

Date: April 16 to May 25, Mondays and Fridays (6 weeks)
Time: 9:30-10:30 a.m. (light class)
10:45-11:45 a.m. (advanced class)
Place: Middleton Fire Hall
Fee: \$25



For more information and to register, please contact the Middleton Recreation Office at (902) 825-6611 or visit our website at www.discovermiddleton.ns.ca

