



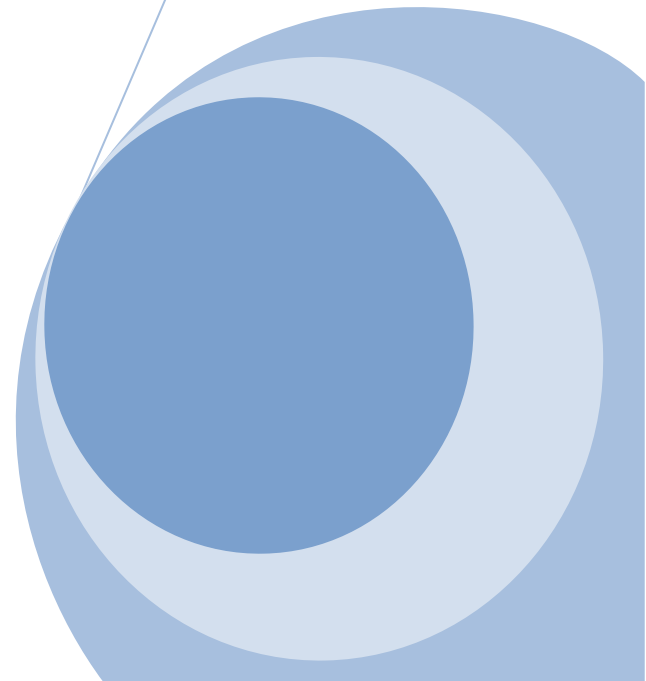
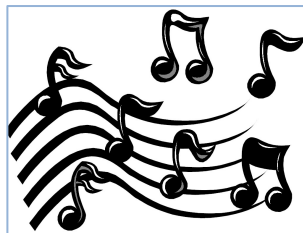
# Youth Resource Guide

For youth ages 13-18 residing in Cape Breton Regional Municipality, Victoria County and Inverness County

Featuring indoor and outdoor spaces and trails, recreation, sports, leisure, art, drama, music, culture, spiritual and religious groups, youth centres and clubs, relaxation, health and skill building initiatives.

This resource guide has been created to help you discover some things taking place in your community that may suit your interests. Perhaps there is something you always wanted to try, or something you used to love that you might want to reconnect with. We hope that you will find some activities to help fill up some of your time and help you feel good about yourself.

If you presently see an Addiction Staff person or another support person at school or in the community, it might be a good idea to tell them what interests you and they may be able to help you make contact and get you involved.



All of the listings in this guide are open to youth. They may not have a specific 'youth only' class or course, but do encourage young people to join in.

The services, programs, outdoor spaces, and facilities each have their own guidelines and rules and are to be used at one's own discretion. The trails and parks listed are provincial and municipal and the beaches listed are supervised but again are to be used at one's own risk as park staff are not always present depending on the time of day or season. Addiction Services is not endorsing any particular listing but is rather highlighting what is available.

You may wish to view the listings for other communities because many of those offered in one community are open to residents from all over. For example, you may live in Glace Bay but may be able to go to Sydney for a dance or drama class. Many of the Sydney listings are easily accessible to those in nearby communities.

Some of the items listed are free while many others have a related fee or cost. We encourage you to speak to the contact person at each listing about student/youth fees and contact organizations such as :

**KidSport** (<http://www.sportnovascotia.ca/KidSport/tabid/145/Default.aspx> or (902) 425 - 5450) and **Canadian Tire Jump Start** (<http://www.canadiantire.ca/jumpstart/funding.html> or 1-877-616-6600 ) as there may be some help if cost is a barrier to joining or taking part in certain activities.

\*Note: Times, fees, and contact numbers are subject to change but were accurate as of Feb. 2011. \* If you are having difficulty locating a resource listed your local recreation department may be able to help.

## **Social Services for Cape Breton District Health Authority communities:**

**Every Women's Centre:** 567-1212 – provides a clothing room, resource library, self-help/support groups, workshops.

**Transition House:** 539-2945 – provides shelter, education, and support for women and children who have been emotionally, physically, and/or sexually abused.

**Elizabeth Fry Society:** 539-6165 – provides shelter, programs, services, education, support and advocacy for women in conflict with the law and women at-risk. Offers the *Female Teen Intervention Program* (11 weeks) – which covers topics such as self-esteem, peer pressure and anger management.

**Legal Aid:** 563-2295 – help to provide a lawyer to someone who otherwise could not afford legal representation – includes youth.

**Legal information line:** (toll free) 1-800-665-9779. This service cannot provide legal advice but can answer questions about the law and can connect you with a lawyer through Lawyer Referral Service. Hours: Monday to Thurs until 4:30 pm.

**Jumpstart:** Help cover costs of sport and recreation for children and youth when finances are a barrier. To apply visit: <http://www.canadiantire.ca/jumpstart/funding.html> or call 1-877-616-6600.

**KidSport:** Help cover costs of sport and recreation for children and youth when finances are a barrier. To apply visit: <http://www.sportnovascotia.ca/KidSport/tabid/145/Default.aspx> or call (902) 425-5450.

**Children's Aid/Department of Community Services:** to report child abuse/neglect and address foster care issues.

Sydney – 563-3400 (after 4:30 pm call 1-866-922-2434)

Glace Bay – 842-4010 (after 4:30 pm call 1-866-922-2434)

North Sydney – 794-5110 (after 4:30 pm call 1-866-922-2434)

Inverness – 625-0660 (after 4:30 pm call 1-866-922-2434)

**Addiction Services – Health Promotion and Prevention, Adolescent Services:** 563-8646 or 563-8632. Call to arrange to talk to someone if you have been using alcohol, drugs or gambling and want to change your behaviours or if you feel you are at-risk to start using or gambling. Support is also available if you want to talk about the problems caused by someone else's use or gambling. Individual and group programs available.

**Addiction Services – Detox at Cape Breton Regional Hospital:** 563-2040

**Detox at Strait-Richmond Hospital:** 625-3230

**Gambling Helpline:** 1-888-347-8888

**Child and Adolescent Mental Health:** 567-7731. If you are in immediate need and it is after hours call the emergency number (567-7767) or proceed to your emergency department.

**Kids Help Phone:** (national) 1-800-668-6868

**Helpline:** (local) 562-HELP (562-4357)

**Eating Disorder Support Group:** 567-7739. Or, 567-7731 to be directed to someone involved

**Schizophrenia Support/Information:** 862-6524 (Joe). This illness typically first appears in late adolescence/early adulthood, but signs may be present earlier.

**Domestic Violence Case Coordinator (Cape Breton Regional Police):** 563-5173

**Youth Peer Program:** 539-8228. Located at 266 Whitney Ave. At-risk youth ages 8-18 are referred by a partner agency for peer tutoring and mentoring, with art and music instruction. Offered daily from 4-6 pm from September to June. <http://www.epiccharity.com/projects/youth-peer>

**Big Brothers Big Sisters:** 564-5437

Young people (up to age 16) are matched to an adult volunteer with similar interests. Typically youth come from single parent families.

**Cape Breton Centre for Sexual Health:** 539-5158. Located at 150 Bentinck St., Sydney. Email: [pp.cb@eastlink.ca](mailto:pp.cb@eastlink.ca). Provide education and one-on-one support around sexual decisions. Also provide condoms and have a resource library.

**Youth Health Centres (Cape Breton District Health Authority):** STI testing available, referrals made to services such as Addiction and Mental Health, education and support regarding healthy choices, dating, relationships, bullying, and nutrition. Open to youth up to age 19. Even though the Youth Health Centres are located in schools a youth does not have to be attending school to use the Centre.

**Sydney Youth Health Centre**

48 Terrace, 567-1056 (12 pm – 4 pm) – not available Wednesdays\*

\*Wednesday clinic at Holy Angles High

**Glace Bay Youth Health Centre**

201 Reserve Street, 842-1612 (12 pm – 4 pm) – not available Wednesdays\*

\*Wednesday at junior high in Glace Bay

**New Waterford Youth Health Centre**

667 8<sup>th</sup> Street, 862-9670

**North Sydney Youth Health Centre**

80 Memorial Drive, 544-1424

**Riverview Youth Health Centre**

Riverview High, Coxheath Road, 563-8596

**Youth Health Centres (Public Health Services):** focus on asset building, healthy relationships, leadership, skill development, supportive services, referrals.

**Cape Breton Highlands Youth Health Centre**

11070 Cabot Trail  
235-2201

**Dalbrae Youth Health Centre**

11156 Hwy 19 Mabou  
945-2280

**Inverness Youth Health Centre**

59 Cabot  
258-2633

**Sans Sante Jeunesse Youth Health Centre**

15118 Rt. 19, Cheticamp  
224-2601

**Family Service of Eastern NS:** 539-6868 (Sydney) or 849-4772 (Glace Bay). Offer anger management programs, self esteem workshops, and individual and family counselling services. [www.fsens.ns.ca](http://www.fsens.ns.ca)

**AIDS Coalition:** 567-1766. Located at 150 Bentinck St., Sydney. Web: <http://www.accb.ns.ca/>. Provides education, support, and referrals. Has a video and book library. Free condoms and lubrication and a Feed Nova Scotia Food Bank.

**Anonymous HIV Testing:** 567-1123. Lower level of 150 Bentinck St. Call for times.

**Sharp Needle Exchange:** 539-5556 – provide safe injection equipment, condoms, and sharps containers. Will help dispose of used needles no questions asked. Provide clean needles and condoms to reduce harms.

**PFLAG – Parents and Friends of Lesbians and Gays.** Meet once monthly in Sydney. Contact [sydneyns@pflagcanada.ca](mailto:sydneyns@pflagcanada.ca) for more information.

**Alcoholics Anonymous:** 562-8019 for meetings or visit: [http://www.area82aa.org/?page\\_id=16#ns](http://www.area82aa.org/?page_id=16#ns) and click on District 8 and 9 for Cape Breton meeting times and locations. Also, there are online AA chat forums and meetings at: <http://www.aaonline.net/>

**Narcotics Anonymous:** 1-800-205-8402 or help line 902-789-8323. Someone will return your call.

**Alateen online** – online chat meeting available. Mondays 7-8 pm – open to any teens (13-18) affected by someone’s drinking. Must register first at <http://chat.alateen.net>

**AI-Anon:** 564-5188. Online chat and meetings: <http://www.ola-is.org/>

**Food Banks/Clothing/Support:**

**CAW Louisbourg Food Bank** – 7495 Main Street – 733-2965

**Glace Bay Food Bank** – 5 Hector Street – 849-0750

**St. Anne’s Parish St. Vincent de Paul** – 849-8698 (Fridays)

**Harvest House Outreach Glace Bay** – 842-5433. 610 Main Street. Provide tea, coffee, soup, drop-in and place to talk. Some clothing and some shelter options available.

**Town House Glace Bay Citizens Service League** – 849-2449. 150 Commercial Street, Glace Bay. Clothing depot, linens and households items (basement entrance). Can fill garbage bag for \$1.00. Used furniture and appliances are also available to those in need.

**Ma’s Meals and Shelter New Waterford** – 862-3366

**St. Vincent de Paul, Mount Carmel New Waterford** – 862-3779

**Cape Breton University Chaplaincy Food Bank** – 563-1173

**Loaves and Fishes Sydney** – 139 Charlotte Street – 539-5182

**St. Theresa’s** – 7 High Street, Sydney – 564-9235 (no longer have clothing or furniture but offer food support)

**Salvation Army Family Services** – 55 Inglis St., Sydney – 562-5442 – Food Bank and some clothing assistance under certain circumstances.

**Whitney Pier Youth Club** – lunch program for youth/junior high students – 111 West St.

**Sydney Mines Food Bank** – 1 Cottage – 544-1247 (food distribution is on Friday, info form must be filled out)

**North Sydney Community Food Bank** – Station Street – 794-1104

**Harvest House Outreach North Sydney** - 794-7011. 194 Commercial St., North Sydney. Provide tea, coffee, soup, drop-in and place to talk. Some clothing and some shelter options available.

**Big Bras d’Or Food Bank, Boularderie** – 674-2731

**Helping Hand South of Smokey** – Baddeck - 295-1981 – food assistance

**North Highlands Pastoral Charge** – Dingwall – 383-2059

**St. Vincent de Paul Region Acadienne** - Cheticamp – 224-2124 – food bank and furniture depot

**Port Hood Food Bank** – 787-3124

**Inverness Food Bank** – 258-3070

**Skill development open to Cape Breton Youth:**

**HeartWood Centre for Community Youth Development**

(based in Halifax but offer March Break, Summer and weekend programming for youth from all over NS)  
March Break Youth Leadership program; Canoe Wilderness program; Atlantic Youth Leadership Camp;  
Fall Weekend Retreats.

[www.heartwood.ns.ca/foryouth](http://www.heartwood.ns.ca/foryouth)

Isabelle LeVert-Chiasson: [isabelle@heartwood.ns.ca](mailto:isabelle@heartwood.ns.ca) or 444-5885

**The Atlantic Co-operative Youth Leadership (ACYL) program**

Offers a 4 days camp in various Maritime locations for youth 14-18, once per year on leadership

Application form at: <http://www.acyl.coop/english/index.htm>

**Camp Courage**

Girls 15-19

Week long camp in Nova Scotia that is empowerment-based. Girls are mentored by women who are paramedics, firefighters, police.

Must apply by writing essay, only those selected can attend

876-5081

<http://www.campcourage.ca/>

**Teen Reading Club**

<http://www.teenrc.ca/>

TeenRC was developed by librarians for teens interested in reading and connecting with other teen readers across Canada and throughout the year. Post books you've read, review books, join discussion forums and post your writing.

## **Glace Bay and surrounding areas (Birch Grove, Donkin, Port Morien)**

**Glace Bay and Area CBRM Recreation Office** – knowledgeable regarding local fairs, winter and summer festivals, recreation facilities and some teams and leagues.

633 Main Street  
Senator's Corner  
Glace Bay, N.S.  
(902) 842-0180

### **Indoor and outdoor spaces**

Glace Bay Skateboard Park – Reserve and Union Street

Reserve Street/Phalen's Road- baseball field

Basketball court – Phalen's Road

**Queen Elizabeth Park** – baseball field in Cameron Bowl, hills for sledding in winter

Tennis courts in Queen Elizabeth Park: 842-0414

Wallace's Road – baseball field

Jessome Street – baseball field and basketball court/nets

**John Bernard Croak Memorial Park** (Beacon Street Dam) – fishing, walking track

East Ave. (The Hub) – baseball field, soccer field

Table Head ball field

North Street baseball field (behind North Street Club)

South Street field – baseball

Robbie MacDonald Field, Dominion Street (Number 11) – baseball field

Number 11 Basketball court – Steel's Hill

Cameron Bowl ball field, York St. Glace Bay

Row Street, Bridgeport – basketball, baseball

**Renwick Brook Park** – walking trails/paths

**Donkin Tennis Court** – Centre St.

**Joe Wadden Walking track** and baseball field – located next to Donkin Fire hall and behind school

Port Morien ball field, basketball court, and walking paths

**Birch Grove Park** – outdoor skating in winter

**Big Glace Bay Provincial Beach** and bird sanctuary

**BayPlex Arena**

151 North Street

Public/family skating, hockey teams, yoga, fitness classes, indoor walking track

Call: 849-6066

Visit: <http://bayplex.ca/>

**Sports and recreation**

**Indoor Golf**

St. Ann’s Parish Centre, Main Street

842-1442 – all ages

**Knox Lanes/Knox Hall Bowling**

Commercial Street, Glace Bay

849-6665

**Perry’s Gym**

1 Sampson Street

Weights, cardio machines, classes: yoga, spinning, Zumba, aerobics, ‘boot camp.’

15+ years to use facility

849-0881

**RING 73**

Located at 50 East Ave., New Aberdeen, open to youth from various communities

\$20 monthly – parent/guardian permission required

Willie McNeil: 849-9322 or 849-8234

**DAM Fitness Centre**

Martial arts and self-defense

59 Beacon Street

842-9673

**Island Martial Arts**

People's Mall, Commercial Street  
849-3302

**Hachikin Judo**

219 Commercial St.  
Wayne Jenkins  
[cloud\\_strife45@hotmail.com](mailto:cloud_strife45@hotmail.com)  
Sundays and Wednesdays: Judo  
Mondays and Tuesdays: Mixed Martial Arts

**Glace Bay Tennis Club**

C/O Scott MacLeod  
[scottmacleod413@msn.com](mailto:scottmacleod413@msn.com)  
849-7252

**Police Boys and Girls Club Floor Hockey** – held at various locations in Glace Bay, Port Morien, etc.  
Cst. Hank Lamond: 577-8394

In addition to floor hockey, reading is promoted through book programs and issues like bullying are addressed.

**Glace Bay Minor Baseball**

849-8309

**Glace Bay Minor Hockey**

842-1533  
[www.gbmha.ca](http://www.gbmha.ca)

**Marconi Trailblazers – ATV Club Glace Bay**

President: Allister MacLean (902) 849-5639  
[allistermaclean@yahoo.com](mailto:allistermaclean@yahoo.com)

Opportunities for youth include organized rides and helping build and maintain trails. Can also direct youth to safety courses.

**Zumba**

-Immaculate Conception Hall, Sundays at 2 pm  
-Ring 73 space, Tuesdays at 7 pm  
[gmaclean2@hotmail.com](mailto:gmaclean2@hotmail.com) or 539-8214  
\$45 for unlimited classes at any/all locations

**Passchendaele Golf**

185 Dominion Street, Glace bay  
842-1442

**Relaxation and Health****Michael Milburn Tai Chi**

Classes at 150 Commercial St., Glace Bay  
562-2507  
[www.OptimumHealthCB.ca](http://www.OptimumHealthCB.ca)

**Yoga – Ruth Boutilier**

539-2233  
Offered at BayPlex, Tuesdays and Thursdays at 7:30 p.m. – all ages

**Spirituality and religious****Lighthouse Youth**

7-9 pm on Mondays  
224 York Street  
[sdavesawler@hotmail.com](mailto:sdavesawler@hotmail.com) or [rebeccaharnum@gmail.com](mailto:rebeccaharnum@gmail.com)

**Bethel Family Church**

Reserve St.  
**Teen Fun Night** – arcade games, wii, etc.  
Offered third Friday of each month from 7-9 pm  
849-9551 for more info

**Youth groups and centres****Undercurrent Youth Centre**

(Lighthouse Church) York St.  
-7:30 -9:30 pm Thursdays – indoor skateboarding - \$2, helmet required  
-Floor hockey  
-“Hang Out Fridays” (ages 12-18)  
371-3734 or [davidsawler@mac.com](mailto:davidsawler@mac.com)  
<http://web.me.com/davidsawler/Undercurrent/Start.html>

**Community Policing Office**

51 Ocean Crest, Glace Bay  
Youth can drop in to use TV/movies, leisure, reading programs, mentoring, home work space/tutoring.  
Call Cst. Hank Lamond for full details: 577-8394

## **Skill Building**

### **Town House Citizen's Service League**

150 Commerical Street  
849-2449

Courses: Babysitting course, First Aid/CPR, and safe boating.

Volunteer: There are many opportunities for youth to gain volunteer experience with programs such as with visiting seniors, or in the clothing depot, etc.

If you want to list an odd job you want to do to make extra money (such as shovelling, mowing, painting, raking) etc. they may be able to put you in contact with someone looking for that work to be done.

### **YMCA Career and Employment Resource Centre**

Resume writing, job search, interview skills  
106 Reserve Street  
849-5500

### **Port Morien Pathfinders** (girls ages 12-14)

Community projects, art, outdoor activities, guest speakers, self-esteem  
1-800-565-8111 to find out time, location, fees  
[www.girlguides.ca](http://www.girlguides.ca)

### **Glace Bay Pathfinders** (girls ages 12-14)

Community projects, art, outdoor activities, guest speakers, self-esteem  
1-800-565-8111 to find out time, location, fees  
[www.girlguides.ca](http://www.girlguides.ca)

### **Scouts - 1st Bridgeport Dominion Group**

Ages 11-14  
1-800-557-7268 to learn about meeting time, location, fees  
[www.scouts.ca](http://www.scouts.ca)

### **Air Cadets, Squadron 45**

Glace Bay Armouries, Wednesdays at 6 pm  
Capt. Doug MacPhee: 565-3870  
Free to join, includes uniform  
<http://www.cadets.ca/>

### **Sea Cadets, 86 Dreadnought Glace Bay**

Glace Bay Armouries, Tuesdays at 6:30 pm  
842-5145 or LCdr John Mullins: 577-1699  
Free to join, includes uniform  
<http://www.cadets.ca/>

**Army Cadets, 2878 Glace Bay**

Glace Bay Armouries, Mondays at 6:00 pm

Capt. David Jewels: 849-9927

Free to join, includes uniform

<http://www.cadets.ca/>

**Glace Bay Public Library**

121 Union Street

849-8657

**Tompkins Memorial Library**

2249 Sydney Road, Reserve Mines

849-6685

**Donkin Public Library and C@P**

81 Centre Ave

737-1154

**Glace Bay C@P site**

Located at YMCA office, 106 Reserve Street

849-1794

**Port Morien Veteran's Memorial C@P site** – computer use and summer cyber camps for youth

2832 Main St. Morien Legion basement

737-2559

**Culture****UNIA – United Negro Improvement Association**

-Promote African Nova Scotian culture through education, recreation, and cultural means

-Community garden tended by youth

-Youth daycamps and workshops

35 Jessome Street

842-5389

<http://unia.webs.com/>

**Arts, Music, Dance and Drama****Forrester School of Dance**

Highland and Celtic

564-0359 (studio) or 562-7176 (main line)

Classes in Sydney, New Waterford and sometimes in Glace Bay – call for times

<http://www.forresterdancers.com/home.htm>

**Lucy Winterman's School of Dance** (some Glace Bay classes)  
539-2758

**Bay Music School**

219 Commercial Street

Lessons: Drums, guitar, mandolin

Also, instrument rentals

842-9355 or 842-1100 or [baymusicschool@hotmail.com](mailto:baymusicschool@hotmail.com)

**Guitar lessons**

Daryl: 842-1616

**Violin, Fiddle and Guitar Lessons** (lessons resume Dec. 2011)

Simon Feret: [theferethole@hotmail.com](mailto:theferethole@hotmail.com)

**Piano Lessons**

Michelle MacInnis

849-3954

## Inverness County

To learn more about what is happening in Inverness:  
Program Coordinator, Inverness County Recreation/Tourism Department  
PO Box 179, Port Hood, NS, BOE 2WO Tel: (902) 787-3508  
Anna Lee MacEachern  
[annalee.maceachern@invernesscounty.ca](mailto:annalee.maceachern@invernesscounty.ca)

Request a copy of the “Participaper” which comes out periodically and lists courses and events by each Inverness community. Or, connect with Anna Lee (contact above) who has a listing of various courses taking place in certain Inverness Communities ranging from cooking classes for teens, guitar, yoga, Zumba dance, soccer, Tae Kwon do, badminton, volleyball, babysitting courses, drama, bellydance, indoor walking, painting, public speaking, step dance, fiddle, self defence, sewing, jewellery making, sketching/drawing, piano, knitting, and hip hop dance.

### Indoor and outdoor spaces

#### **Cheticamp Boardwalk** (downtown area)

#### **Cabot Trail Arena**

Cheticamp  
224-3337

#### **Acadie Grouille Fitness Centre**

Cheticamp  
224-1538

#### **Cranton Crossroads Fitness Centre**

Margaree  
224-2225  
\$25/month

#### **Dr. Bernie MacLean Cultural & Recreation Centre**

Inverness  
258-2712  
Recreational skating – Fridays and Saturdays – 6 pm; Sundays 5:30 pm.

#### **Inverness Fitness Centre**

\$30/month  
258-3694

#### **Inverness Veteran’s Memorial ball field**

**Inverness Beach:** Supervised beach, boardwalk

**West Mabou Beach Provincial Park**

Little Mabou Road, West Mabou  
Trails, sandy beach, stocked fish pond

**Mabou Athletic Centre**

945-2378

Canskate: Fridays, 6-7 pm - all skill levels

Family skate: Sundays, 6-7:30 pm

**Mabou Fitness Centre**

\$25/month

945-2378

**Trans Canada Trail** – from Port Hastings to Inverness. Hiking, ATVing.

**Judique Community Centre Outdoor Rink.**

Skating, broomball and hockey

Annette MacIsaac: 787-2372

**Judique Fitness Centre**

787-2279

**Al MacInnis Sports Centre**

Port Hood

787-3210

**Port Hood Fitness Centre**

787-3210

\$30/month for students

**Port Hood Beach**

**Trout Brook Provincial Park**

2535 Hwy 395, East Lake Ainslie

Swimming

**Whycocomagh Arena**

756-2617

**Whycocomagh Provincial Park**

97 provincial Park Road

hiking

**Wacobah Fitness Centre**

756-2333

\$5/day or \$20/month for students

**Lake O'Law Provincial Park**

North East Margaree

4860 Cabot Trail

boating, swimming

**Sports and recreation****Bowling – Cheticamp**

Centre Acadien

224-9905

**Les Aimes du Plein Aire (Friends of the outdoors)**

Cheticamp

Offer guided hikes in fall and winter on Wednesdays and Saturdays at 10 a.m. May include scavenger hunts, snowshoeing and cross country skiing.

Call Gayle at 224-1544 for more information and to confirm times and locations.

**Ski, snowshoe, Nordic walking poles rental**

Inverness County Recreation/Tourism Department

Skis = \$3/day, snowshoes=\$1/day, walking poles = \$5/2 weeks

Call 787-3508

**Cheticamp Minor Baseball**

224-1906

**Inverness Regional Minor Baseball Association**

258-3172

**Port Hood Baseball Association**

Dave: [themuis@ns.sympatico.ca](mailto:themuis@ns.sympatico.ca)

**Port Hood/Judique Minor Hockey**

787-2526

**Creignish Dukes Baseball**

625-0007

**Kayak Cape Breton**

West Bay

Canoes, kayaks, bicycles

535-3060

[kayakcb@ns.sympatico.ca](mailto:kayakcb@ns.sympatico.ca)

**Little Pond Stables**

103 LaPointe Road

Petit Etang

224-3858

[info@horsebackcapebreton.com](mailto:info@horsebackcapebreton.com)

**Cape Breton Highlands Judo Club**

Mabou

John: 945-2785

[john.macinnis@strait.ednet.ns.ca](mailto:john.macinnis@strait.ednet.ns.ca)

**Afterschool fitness**

Grade 8 and up male and female

2:35 to 3:30 pm, Inverness Education Centre Academy

Angie Walker or Shane Nadasdi: 258-3700

**Cheticamp Volleyball Club**

224-1728

[gecormier@scolaire.ednet.ns.ca](mailto:gecormier@scolaire.ednet.ns.ca)

**Margaree Volleyball**

224-1609

[neil.macdonald@strait.ednet.ns.ca](mailto:neil.macdonald@strait.ednet.ns.ca)

**Inverness Rebels Volleyball**

[angie.walker@strait.ednet.ns.ca](mailto:angie.walker@strait.ednet.ns.ca)

258-3700

**LePortage Golf**

Cheticamp

224-3338

[info@leportagegolfclub.com](mailto:info@leportagegolfclub.com)

**Alpine Snowmobile Club**

Port Hood

Leonard: 787-2232 or 787-2666

**Highland ATV club – Cheticamp**  
224-2848

**Highland Trail Groomers Association**  
Snowmobiling  
Glen: 224-2100

**Inverness Capers Snowmobile Club**  
Organized rides and can learn from safety coordinator  
Jerome: 258-2219

**Margaree Highlands Snowmobile Club**  
Darrell: 248-2244

**Margaree ATV Club – Margaree**  
Larkin: 248-2733

## Relaxation and Health

### Yoga

Sandra McGuire: 945-2665 or [eponascloak@seasidehighspeed.com](mailto:eponascloak@seasidehighspeed.com)  
Glencoe/Mabou

### NIA

A blend of martial arts, healing arts, and dance  
Eryn Sinclair: 756-2329 or [erynsinclair@yahoo.ca](mailto:erynsinclair@yahoo.ca)  
Available in Whycomomagh at the Education Center from 7-8 pm on Mondays.

## Youth groups and centres

### Games Night

Marble Mountain Community Hall  
Wednesdays at 7:15 pm  
756-2233 for more info

## Skill Building

Note: Read the Inverness Participaper (available from recreation and tourism) to see workshops, courses and classes

**Le Conseil des Arts de Cheticamp**

Summer art camps and hire summer students (often as stage hands and technicians). Also offer art classes, dance troupes and theatre/plays.

224-1876

[leconseildesartspaul@ns.sympatico.ca](mailto:leconseildesartspaul@ns.sympatico.ca)

**Brook Village 4-H Achievers – Brookvillage area**

Projects, volunteer experiences, social events, camps, agriculture and craft skills

Marina Gillis: 563-2001 or 945-2901 or [gillisma@gov.ns.ca](mailto:gillisma@gov.ns.ca)

**Green Point 4-H – Margaree area**

Projects, volunteer experiences, social events, camps, agriculture and craft skills

Marina Gillis: 563-2001 or 945-2901 or [gillisma@gov.ns.ca](mailto:gillisma@gov.ns.ca)

**Margaree Riverside 4-H**

Projects, volunteer experiences, social events, camps, agriculture and craft skills

Marina Gillis: 563-2001 or 945-2901 or [gillisma@gov.ns.ca](mailto:gillisma@gov.ns.ca)

**Port Hood Island View 4-H**

Projects, volunteer experiences, social events, camps, agriculture and craft skills

Marina Gillis: 563-2001 or 945-2901 or [gillisma@gov.ns.ca](mailto:gillisma@gov.ns.ca)

**South West Mabou 4-H**

Projects, volunteer experiences, social events, camps, agriculture and craft skills

**County Line 4-H – West Bay**

Projects, volunteer experiences, social events, camps, agriculture and craft skills

Marina Gillis: 563-2001 or 945-2901 or [gillisma@gov.ns.ca](mailto:gillisma@gov.ns.ca)

**Army Cadets, 2940 Cheticamp**

Belle Cote Community Centre, Thurs. 6:30 pm. Free

Capt. Mike MacIsaac: 258-5450

**Army Cadets, 2632 Judique**

Bayview School Port Hood, Thurs. 6:30 pm. Free

Capt. Gerald Gillis: 877-0649

**Sea Cadets, 355 Cape Breton**

We'koqmaq mikmaw school, Whycomagh, Monday 4:30 pm. Free

Lt. John Burt: 756-9000

**Drs. Coady & Tompkins Memorial Library**

Margaree Forks, 7972 Cabot Trail

248-2821

[www.ecrl.library.ns.ca](http://www.ecrl.library.ns.ca)

**Cheticamp C@P**

224-1016

**Culture****Celtic Music Interpretive Centre, Judique**

Ceilidhs and workshops

[www.celticmusicite.com](http://www.celticmusicite.com)

**Family Square Dances**

West Mabou Hall

\$6 –all ages

Call 945-2814 for details

**Arts, Music, Dance and Drama**

Note: Read the Inverness Participaper (available from recreation and tourism) to see workshops, courses and classes in drama, art, music

**Drama**

Drama classes and also opportunity for involvement in plays as actors, stage managers, light and sound technicians.

Diana: 248-2420

[dkmck@ns.sympatico.ca](mailto:dkmck@ns.sympatico.ca)

**Inverness County Centre for the Arts**

258-2533

Dance, art, craft, and culture workshops

[www.invernessarts.ca](http://www.invernessarts.ca)

## **Mira, Mira Gut, Main-a-Dieu, Louisbourg, Albert Bridge, Marion Bridge,**

**Louisbourg/Marion Bridge and area recreation office** - knowledgeable regarding local fairs, winter and summer festivals, recreation facilities and some teams and leagues

7495 Main Street

Louisbourg, N.S.

733-2351

### **Indoor and outdoor spaces**

Mira Road ball field – Patnic Ave.

#### **Brookshaven Recreation Facility**

Prime Brook

Baseball and soccer fields

#### **Station Hill Amusements**

27 Harbourfront Crescent, Louisbourg

Go-carts and mini golf

733-3033

#### **Louisbourg Boardwalk**

#### **Louisbourg Tennis Courts**

Next to George D. Lewis School

#### **Louisbourg basketball court**

Next to George D. Lewis School

Wolfe Street, Louisbourg – baseball

**Kennington Cove Beach**, Louisbourg – supervised beach, trails

**Lighthouse Trail Louisbourg** – newly updated trail system along coastline and through woods

#### **Marion Bridge Tennis Court**

Next to Marion Bridge School

#### **Marion Bridge basketball court**

Next to Marion Bridge School

## **Mira Gut Beach**

### **Mira River Provincial Park**

439 Brickyard Road, Albert Bridge

Swimming, trails for hiking, cross country skiing and snowshoeing. Plus, the **Friends of Mira Park** offer events and festivals – 577-8065

### **Two Rivers Wildlife Park**

4581 Grand Mira North Road

727-2483

[www.tworiverspark.ca](http://www.tworiverspark.ca)

tworivers@ns.sympatico.ca

\$4.50 entry fee – youth

Summer – u-fish, wildlife viewing, walking, hiking, swimming, large fields, wagon rides. Winter – cross country ski, snowshoeing, skating on pond, some ice fishing, sleigh rides.

## **Main-a-Dieu Beach and Boardwalk**

### **Sports and recreation**

#### **District 1 Soccer** (Louisbourg, Albert Bridge, Surrounding)

Laurie: 564-8652

#### **Louisbourg and Area Tennis**

Cindy Hynes: 733-2351

#### **Paradise Kayak**

Sydney Louisbourg Highway

Canoeing, kayaking

kayaking@ns.sympatico.ca

733-3244

#### **Rising Tide Expeditions**

Gabarus

884-2884

[info@risingtideexpeditions.ca](mailto:info@risingtideexpeditions.ca)

Sea kayaking, hiking, snowshoeing

#### **Holey Crow Disc Golf** (Frisbee golf)

916 Mira Bay Drive, Catalone Gut

737-1399 or [starpinto@gmail.com](mailto:starpinto@gmail.com)

[www.twocrowsfarm.com/holey-crow-disc-golf-course.html](http://www.twocrowsfarm.com/holey-crow-disc-golf-course.html)

## Relaxation and Health

### **Michael Milburn Tai Chi**

Offered at Coastal Discovery Centre, Main-a-dieu

[www.OptimumHealthCB.ca](http://www.OptimumHealthCB.ca)

562-2507

## Skill Building

### **Learn to Sail Summer Program**

Mira Boat Club

Kate Muir at (902) 466-2696 or [mirasail@hotmail.com](mailto:mirasail@hotmail.com)

### **Grand Mira 4-H**

Projects, volunteer experiences, social events, camps, agriculture and craft skills

Marina Gillis: 563-2001 or 945-2901 or [gillisma@gov.ns.ca](mailto:gillisma@gov.ns.ca)

### **Rising Sun 4-H – Albert Bridge area**

Projects, volunteer experiences, social events, camps, agriculture and craft skills

Marina Gillis: 563-2001 or 945-2901 or [gillisma@gov.ns.ca](mailto:gillisma@gov.ns.ca)

### **Mira Park Observatory**

Open summer weekends and special events and festivals

Stan Williams – amateur astronomer available for demos, viewing sessions, telescope use

[stanleyg@eastlink.ca](mailto:stanleyg@eastlink.ca)

574-5849 or 270-2376

### **Mira Stitch N Post**

Classes and workshops

727-3423

**Cape Breton County book mobile** – call 562-3729 to find out when it visits your community

### **WW Lewis Memorial Library**

10 Upper Warren

733-3608

### **Louisbourg C@P site**

21 Kent

733-2515

**Main-a-Dieu C@P site**

733-2653

**Main-a-Dieu Library**

2886 Louisbourg Main-a-dieu Road

733-5708

**Marion Bridge C@P site**

4037 Gabarus Hwy

727-3222

## **New Waterford and Dominion**

**New Waterford and Area CBRM Recreation Office** – knowledgeable regarding local fairs, winter and summer festivals, recreation facilities and some teams and leagues.

3365 Plummer Avenue  
New Waterford, N.S.  
862-4700

### **Indoor and outdoor spaces**

#### **New Waterford and District Community Centre**

Victoria Ave.  
Family Skate and also Teen Skate on Friday nights  
862-6031

#### **New Waterford Multipurpose Field**

Breton Education Centre  
8<sup>th</sup> street  
Turf Soccer  
862-4700

**New Waterford Skateboarding Park** - 8<sup>th</sup> Street, Adjacent to soccer field

**MacKinnon Walking Track** – across from Breton Education Centre turf soccer

Heelan Street, New Waterford- baseball field

#### **Colliery Lands Park**

Connors Ave. – baseball field

Plummer Ave. and 14th Street – baseball field

Hawks Baseball field – Mitchell Ave., Dominion

#### **Dominion Arena**

Kings Road  
Family Skate, Sundays 2-3 pm  
849-6933

**Dominion Tennis Courts** – Pitt St.

**Dominion Skateboard Park** - King's Road

**Dominion Beach Provincial Park and Boardwalk** - 48 Lower Mitchell Ave.

## **Sports and recreation**

### **Casual hockey – 'pickup' hockey**

New Waterford rink  
862-6031

### **Dominion Minor Baseball**

304-9935

### **New Waterford Minor Baseball**

577-5599

### **New Waterford Minor Hockey**

[info@nwsharks.com](mailto:info@nwsharks.com)  
<http://nwsharks.com/drupal/>

### **New Waterford Tennis Club**

862-8673  
[awhite@cbvsrb.ednet.ns.ca](mailto:awhite@cbvsrb.ednet.ns.ca)

### **Zumba**

New Waterford Fire hall  
[gmaclean2@hotmail.com](mailto:gmaclean2@hotmail.com) or 539-8214  
\$45 for unlimited classes at any/all locations

### **Isle Royale ATV Club**

<http://www.isleroyaleatv.com/>

Opportunities for youth include membership (free up to age 15), local monthly meeting at Sydney River Fire hall (2<sup>nd</sup> Tuesday of each month at 7 pm), trail development (tree/shrub cutting, bridge building, etc.), trail maintenance, and organized rides. The Club can also direct you to safety training/courses. Contact: David MacKinnon at 562-5546 or [davidcmackinnon3@hotmail.com](mailto:davidcmackinnon3@hotmail.com) for more information and/or to show your interest in upcoming rides.

### **Cabot Snowmobile Club**

David: 862-8948 or [davidaucoin8948@yahoo.com](mailto:davidaucoin8948@yahoo.com)

### **Lionel's Golf**

Gardiner Highway  
849-1420

## Youth groups and centres

### **Community Focus Centre**

680 8<sup>th</sup> Street, New Waterford

March break programming as well as recreation activities like community skating

862-6001

<http://communityfocuscentre.org/default.aspx> - to see list of what is happening

### **Community Policing Office**

680 8<sup>th</sup> street, New Waterford

Youth can drop in to use TV/movies, leisure, reading programs, mentoring, home work space/tutoring.

Call Cst. Hank Lamond for full details: 577-8394

**Police Boys and Girls Club Floor Hockey** – held at various locations in Dominion and New Waterford

For more info contact Cst. Hank Lamond: 577-8394

In addition to floor hockey, reading is promoted through book programs and issues like bullying are addressed.

## **Skill Building**

### **Cape Breton Police Youth Troop**

For youth ages 12-18. Must have parent/guardian permission and pass criminal record check. Focus on crime prevention and anti-bullying.

Dominion Community Office

842-2962 or [contactus@cbrpoliceyouthtroop.com](mailto:contactus@cbrpoliceyouthtroop.com)

[www.cbrpoliceyouthtroop.com](http://www.cbrpoliceyouthtroop.com)

### **Sea Cadets – 70 New Waterford**

Breton Education Centre, Monday 6:30 pm. Free

Lt. Keith Pynn: 565-7892

### **New Waterford Employment Resource Centre**

Resume writing, job tips, job searches, computer use and resource library

3372 Plummer Ave.

862-8856 or [nwerc@nwerc.ca](mailto:nwerc@nwerc.ca)

<http://www.nwerc.ca/services.html>

### **New Waterford Public Library**

3390 Plummer Ave.

862-2892

**Dominion Public Library and C@P Site (computers)**

78 Commercial Street

849-3590

**Arts, Music, Dance and Drama**

**Forrester School of Dance**

Highland and Celtic

564-0359 (studio) or 562-7176 (main line)

Classes in Sydney, New Waterford and sometimes in Glace Bay – call for times

<http://www.forresterdancers.com/home.htm>

## North Sydney and Sydney Mines and surrounding areas

**Northside Area CBRM recreation office** - knowledgeable regarding local fairs, winter and summer festivals, recreation facilities and some teams and leagues

2 Fraser Avenue  
Sydney Mines, N.S.  
736-3117

### Indoor and outdoor spaces

**Mojo's Funland** - waterslide, go karts, mini putt, driving range (golf)

460 Seaview Dr. (seasonal)  
794-4599

Brown Street tennis courts Sydney Mines

Brown Street, Sydney Mines ball field

**Percy Leyte Ballpark** – Peppett Street

**Carmen Young Memorial Park** – walking track off King Street exit

Main Street, Sydney Mines Junior High basketball courts

Basketball and street hockey court (Fenced) Pierce Street, North Sydney

**Dave Rose Park** – Regent Street ball field

Crescent Street ball field

Seaton School ball field

**Bobby Joe Ryan Memorial Park**

Brook Street/High Street – baseball field

Pine Street – baseball field

**Smelt Brook Park** – Prince St., Sydney Mines – duck pond and walking

**Munro Park**, North Sydney – soccer field

William Street/Dwyer Street – baseball field

**Miners Memorial Park** – off Pitt Street – baseball field

Downtown North Sydney Waterfront boardwalk

Pitt Street walking track, Sydney Mines

Purves Street – baseball field by Indian Beach

**Cape Breton County Exhibition Grounds** (August)

Regent Street

Summer fair/amusement rides, livestock, horse races, livestock and horse shows

794-7633

**North Sydney Community Forum** (arena)

124 Pierce Street

794-3216

**Northside Community Civic Centre**

Ice surface and indoor walking track

Opens March 2011

297 Commercial Street

794-3839

<http://www.northsidecentre.ca/>

**Sydney Mines and District Community Centre** (arena)

147 Legatto Street

736-9234

**Groves Point Provincial Park**

1055 Hillside Boularderie Rd.

Swimming and park

**Barrachois Provincial Park**

2315 Hwy 223, Barrachois

## **Sports and recreation**

### **Platinum Fitness**

Weight equipment, cardio machines, fitness classes

87 King St.

794-8444

<http://www.platinumfitnessns.com/>

### **Breton Karate Club**

Carman United, 1 Clyde Ave., Sydney Mines

[dmacnamara@eastlink.ca](mailto:dmacnamara@eastlink.ca) or 736-0520

Classes twice weekly, \$35/month

### **East Coast Tae Kwon Do**

Main St., Sydney Mines

736-7584 or 564-1200

### **North Sydney Community Pool**

public swim (youth = \$4/hr), lessons, aquafit classes

82 Memorial Drive

736-1211 – call for times and fees

[www.northsidecommunitypool.ca](http://www.northsidecommunitypool.ca)

### **Ridin' High Ranch**

Trail rides, wagon rides, sleigh rides

211 Johnson Road, George's River

794-1704

### **Northside District Minor Hockey**

Cheryl: 736-1190

[contact\\_us@nsdmh.ca](mailto:contact_us@nsdmh.ca)

### **Sydney Mines Minor Baseball**

736-8190 or 736-1190

### **North Sydney Figure Skating**

Veronica Power: 794-8739 or [redrosevp@hotmail.com](mailto:redrosevp@hotmail.com)

### **Tommy Gordon Boxing**

125 Regent Street

Glen: 794-2175 or [tommygordonboxingclub@hotmail.com](mailto:tommygordonboxingclub@hotmail.com)

**North Sydney Tennis Club**

C/O Mike Tobin  
794-4193

**Northside ATV club – Sydney Mines**

Wayne Bragg: 736-9073 or [waynebragg@ns.sympatico.ca](mailto:waynebragg@ns.sympatico.ca)

Opportunities for youth include organized rides and help with trail building and maintenance. Can also point youth to safety courses.

**Zumba**

North Sydney Firehall  
Sunday 6 pm and Wednesday 7:30 pm  
[gmaclean2@hotmail.com](mailto:gmaclean2@hotmail.com) or 539-8214  
\$45 for unlimited classes at any/all locations

**Seaview Golf**

794-8236

**Strand Bowling**

133 Main Street, Sydney Mines  
Public evening times include Thursdays and Saturdays, \$6.50  
Call for times – 736-8910

**Recreational floor hockey**

Frenchvale  
Behind St. Mary's Church, brown building  
Tuesdays, 7 p.m.

**Relaxation and Health****Yoga and other fitness classes**

Platinum Fitness  
794-8444

**Spirituality and religious****St. John's Anglican**

Sock hops and community projects  
794-3392

## Youth groups and centres

### Youth group

No regular schedule, but has activity nights from time-to-time such as crafts and movie nights

Runs out of St. Matthew Wesley United's space

Ruth Ann: 794-4777

### YIP – Youth Inclusion Program (part of Island Community Justice Society)

Activities at North Sydney Firefighters Club – top floor, Pleasant Street

Recreation, games, skills groups, self esteem, movie nights, drop-in, community projects

Alternative school offered at Seventh Day Adventist Church as part of YIP programming

Some parts of programming are for referred youth, others aspects open to all.

794-1154

### Skill Building

#### Community Cares Youth Outreach

Focus on employment skill building, leadership, and community service learning for ages 17-30 with some programs for younger age groups such as life skills, cooking, and mother-daughter programs. Call for current programs.

7 Notre Dame Street, Sydney Mines

544-0049

#### North Sydney Garden Club

Open to youth – workshops on planting, making arrangements, and community projects such as planting and tending at Northside Guest Home and other locations

Margaret Buffett: 794-4556

#### Northside Employment and Resource Centre

Resumes, cover letters, job searching, computer use

105 King Street

794-7213

#### Scouts

Ages 11-14

Outdoor learning, camping, community projects

Harvey Evans: 794-2163 or 1-800-557-7268

[www.scouts.ca](http://www.scouts.ca)

#### Northside 4-H Club

Projects, volunteer experiences, social events, camps, agriculture and craft skills

Marina Gillis: 563-2001 or 945-2901 or [gillisma@gov.ns.ca](mailto:gillisma@gov.ns.ca)

**Sea Cadets – 129 Caribou**

Thompson Jr. High, Regent Street, Wed. At 6:30 pm

Patricia Murray, Commanding Officer: 794-7521 or [Patricia.Murray@cadets.gc.ca](mailto:Patricia.Murray@cadets.gc.ca)

Free to join

**Army Cadets, 1917 Sydney Mines**

Sydney Mines Junior High, Wed. At 6:30 pm. Free

Capt. Carlton Olsen: 304-3652

**Air Cadets, 562 North Sydney**

Thompson Junior High, Tues. at 6:15 pm. Free

Mike Whitty or Dana Brewer: 794-5402

**Air Cadets, 591 Sydney Mines**

Sydney Mines Junior High, Tues. 6:30 pm. Free

Capt. Tracy MacKinnon: 574-0053

**Memorial High School Vocational Technical Education**

Carpentry, mechanics, media, cooking, plumbing, welding, electrical

80 Memorial Drive, Sydney Mines

736-6233

[http://www.cbv.ns.ca/mchs/mchs\\_xoops/modules/mastop\\_publish/?tac=Vocational%2FTechnical\\_Education](http://www.cbv.ns.ca/mchs/mchs_xoops/modules/mastop_publish/?tac=Vocational%2FTechnical_Education)

**Wilfred Oram Centennial Library**

309 Commercial Street North Sydney

794-3272

**Martha Hollett Memorial Library**

1 Fraser Ave Sydney Mines

736-3219

**Sydney Mines C@P site**

Located in St. Joseph's Elementary, 2 School Street

736-8382

**Florence Public Library and C@P site**

676 Bras D'or Florence Road

736-7583

**Millville Community Centre C@P**

270 Millville Highway  
674-2722

**Arts, Music, Dance and Drama****Guitar and fiddle lessons**

Allie Bennett: 794-8379

**Painting and Drawing Lessons**

Gigi: 595-2822 – approx. \$10 hour  
[www.gigigallery.com](http://www.gigigallery.com)

**The Crafty Scrapper**

Scrapbooking lessons based on interest  
794-9495

**Kay Batherson Dance**

Celtic dancercise, stepdancing, line dancing, square dancing, Scottish country.

794-3772 or [7batherson@ns.sympatico.ca](mailto:7batherson@ns.sympatico.ca)

Offered at Fireman's Club, North Sydney; D&R Dance Studio North Sydney; and Bras d'or Hall, Villa Drive.

Youth – minimal fee for hourly class. Runs September to mid June.

**Northside Dance**

Hip hop, contemporary, lyrical, tap, jazz, ballet and musical theatre

Kim Roper

[northsidedance@eastlink.ca](mailto:northsidedance@eastlink.ca) or 736-1975

**D&R Dance**

Hip hop and musical theatre are popular for beginner teens but other forms of dance are available too.

Registration typically in September.

34 King Street

794-2406

## **Sydney: downtown, Ashby, Whitney Pier, Grand Lake Road**

**Sydney CBRM recreation office** - knowledgeable regarding local fairs, winter and summer festivals, recreation facilities and some teams and leagues.

320 Esplanade  
Sydney, N.S.  
563-5511

### **Indoor and outdoor spaces**

#### **Whitney Pier Arena**

186 Church Street  
Public skating  
539-6735

#### **Centre 200**

481 George Street  
Skating  
564-2200

#### **Centennial Arena**

205 Hospital  
563-5535

#### **Daniel Andrew MacKinnon Memorial Skateboard Park**

Adjacent to St. Anthony Daniel Church

#### **Cape Breton University Games Complex**

Skating and ice rentals  
563-1361

#### **Cape Breton Health Recreation Complex**

Onsite at Cape Breton University

Includes indoor soccer dome, outdoor field, eight lane synthetic track, beach volleyball courts, and fitness centre

567-6724

<http://cbhealthrec.com/>

**Downtown Sydney Boardwalk** – access off of the Esplanade

**Neville Park** – Victoria Road, Whitney Pier – soccer and baseball fields and walking track

Jamieson Street Basketball court, Whitney Pier

**Whitney Pier Skateboard Park** – Jamieson St. off Victoria Road

Dominion Street (Whitney Pier) – soccer

**Jonathan Skeete Field** – off Frederick Street – baseball

**Louisa Gardens** – North end Sydney (accessible off Amelia or Louisa) – baseball fields and walking track

**David Joseph Memorial Park** (Welton St/Vulcan Ave.) – baseball

**Sherwood Park Education Grounds** – soccer

**Baille Ard Trail** – behind Sherwood Park. Walking and hiking.

[http://www.acapcb.ns.ca/baille\\_ard\\_trail/main.html](http://www.acapcb.ns.ca/baille_ard_trail/main.html)

Behind Sydney Academy – basketball court, soccer area, and walking track

Atlantic Street field (accessible off Cabot St. as well) - soccer field, walking track

**Susan MacEachern Memorial ball field and Bernie MacNeil ball field** – accessible off Cottage Road, Ashby

**Wentworth Park** – walking paths, running

Rotary Park ball field – Rotary Drive, Sydney

Saint Anthony Daniel ball field – off Alexandra Street

## **Sports and recreation**

### **Track and Field Association**

Opportunities for youth include the Celtic Athletics – a competitive track and field youth team as well as summer youth track and field camp. Monthly meetings of the Association are held the 1<sup>st</sup> Tuesday of each month at 7:30 pm at the Civic Centre (2<sup>nd</sup> floor boardroom).

Contact Lucia Maclsaac at 539-1007 or Greg Myatt at 539-0866 for more information.

**Soccer Cape Breton**

CBU Soccer Dome

Tryouts in May

564-1222

[scbtechnical@bellaliant.com](mailto:scbtechnical@bellaliant.com)

[www.soccercapebreton.com](http://www.soccercapebreton.com)

**Sydney Minor Baseball**

562-1494 (same number as Island Martial Arts)

**YMCA Cape Breton**

Pool, weight room, cardio equipment, indoor walking track, fitness classes

399 Charlotte St.

562-9622

YMCA has an “All Access” program for those experiencing financial barriers.

<http://www.cbymca.com/>

**Sweeney’s Gym**

245 Welton St., Sydney

567-0212

**Aspire Wellness**

Welton Street

270-3522

**Ladies Living Life Health and Fitness**

(16+)

710 Victoria Road, Sydney

270-4144 or ladieslivinglife@eastlink.ca

**Sydney Boxing Club**

Cossit St.

Brad Ross: [coachbrad@sydneyboxing.net](mailto:coachbrad@sydneyboxing.net)

[www.sydneyboxing.net](http://www.sydneyboxing.net)

11 and up, males and females

**RING 73**

Sydney location is located in Membertou, open to youth from various communities

\$20 monthly – parent/guardian permission required

849-9322

**Cape Breton Island Hoppers**

Walking Club – 5 k and 10 k scheduled walks with leaders

\$2.00

All ages welcome

Elsie Buck: 562-3117

**Cape Breton Roadrunners – running club**

[www.cbroadrunners.ca](http://www.cbroadrunners.ca)

[milburn.chris@gmail.com](mailto:milburn.chris@gmail.com) or 539-6852

**Cape Breton Fiddlers Run – yearly youth run**

[www.capebretonfiddlersrun.com](http://www.capebretonfiddlersrun.com)

**Juniper Hollow Golf**

1745 George Street

539-0435

**Lingan Golf**

1225 Grand Lake Road

562-1112

**Cape Breton Dorados Swim Team**

[dorados@kiwanispool.ca](mailto:dorados@kiwanispool.ca) or

[capebretondorados@live.ca](mailto:capebretondorados@live.ca) or 564-6159

**CBU Capers Basketball Camp**

Offered March Break (5 days), as well as summer camps for youth up to age 16

Fabian MacKenzie

563-1874 or [fabian\\_mackenzie@cbu.ca](mailto:fabian_mackenzie@cbu.ca)

**CBU Gymnastics**

Sullivan Field House

Cathy Huntington

563-1603

[cathy\\_huntington@cbu.ca](mailto:cathy_huntington@cbu.ca)

**Kiwanis Pool**

25 Inglis Street

563-POOL

[www.kiwanispool.ca](http://www.kiwanispool.ca) for schedule and fees

offer public swim, aquafit, lessons

**Sydney Curling Club**

Season - October to April

There are lessons, junior teams, and can also rent ice, sliders, and brooms with team of 8

619 George Street

539-4012

**Cromarty Tennis Club**

564-6666 (club)

[cromartytennis@cromartytennis.ca](mailto:cromartytennis@cromartytennis.ca)

[www.cromartytennis.ca](http://www.cromartytennis.ca)

**Elmwood Stables**

577-7359

horse lessons and training

**Cape Breton Musketeers Fencing Club**

Peter: 539-4314 or [peternoel.ross@gmail.com](mailto:peternoel.ross@gmail.com)

(Or inquire through YMCA Sydney)

<http://www.wix.com/treefe/capebretonmusketeers>

**Sydney Figure Skating**

564-5227

Registration required in fall

**Cape Breton Force Volleyball**

[f.macdonald@seaside.ns.ca](mailto:f.macdonald@seaside.ns.ca)

**Island Martial Arts**

28 Hillview, Southend Community Centre

562-1494

**East Coast Tae Kwon Do**

30 MacKenzie

564-1200

**Sydney Minor Hockey Association**

Darren MacNeil: 539-5647

Registration for house and rep leagues is in September. Goes to age 17.

### **Velo Cape Breton**

CAN-BIKE courses (riding safety, etc.) and guided bike rides

Jacques Cote: 562-8137

[info@velocapebreton.ca](mailto:info@velocapebreton.ca)

[www.velocapebreton.ca](http://www.velocapebreton.ca)

### **Zumba**

St. Theresa's hall (Ashby), Grand lake Road Firehall, French School (Prince Street), and Dance Studio Charlotte Street.

Contact [gmaclean2@hotmail.com](mailto:gmaclean2@hotmail.com) or 539-8214 for times

\$45 for unlimited classes at any/all locations

### **Sydney School of Kickboxing**

Meet at Lyceum on George St.

For males and females 15+

Daniel: 562-1146

### **Isle Royale ATV Club**

<http://www.isleroyaleatv.com/>

Opportunities for youth include membership (free up to age 15), local monthly meeting at Sydney River Fire hall (2<sup>nd</sup> Tuesday of each month at 7 pm), trail development (tree/shrub cutting, bridge building, etc.), trail maintenance, and organized rides. The Club can also direct you to safety training/courses.

Contact: David MacKinnon at 562-5546 or [davidcmackinnon3@hotmail.com](mailto:davidcmackinnon3@hotmail.com) for more information and/or to show your interest in upcoming rides.

## **Relaxation and Health**

### **Tapestry Yoga**

440 George Street

567-0328 or [anju@tapestryyoga.ca](mailto:anju@tapestryyoga.ca)

### **Green Lotus Yoga**

[highonlife@eastlink.ca](mailto:highonlife@eastlink.ca) or 270-5040

Classes and location vary. Call or e-mail for current schedule.

### **Ruth Boutilier Yoga**

Grand Lake Road Fire Department

Mondays at 7:15 pm

539-2233

**Taoist Tai Chi**

For all ages

Meets at St. Alban's Hall, Whitney Pier

Harold: 539-4907

**Shambala Meditation**

Tuesdays at 6:30 pm, St. Andrew's Church Hall

Catherine: 577-9645

**Spirituality and religious****Fireworks Youth Encounter**

Multidenominational Christian Youth Group

Music, drama, dance, guest speakers, fellowship

Every Friday from 7-9:30 pm

St. Andrew's Hall, Bentinck St.

Kevin: 565-3504 or [kcolford@ns.sympatico.ca](mailto:kcolford@ns.sympatico.ca)

**New Roots**

10:30 am Sundays, Delta Sydney (location subject to change)

562-5510 or [myers@yoursydneychurch.com](mailto:myers@yoursydneychurch.com)

[www.yoursydneychurch.com](http://www.yoursydneychurch.com)

**Faith Fellowship Baptist Church Youth Group**

10 Davenport Road, Sydney

Thursdays from 6:30 to 8:30 pm

Pastor Dan: 562-3100

**Bethel Presbyterian**

Corner of George and Brookland St., Sydney

Children/Youth group. Wednesday nights – floor hockey and other activities

[kevinphayes@hotmail.com](mailto:kevinphayes@hotmail.com)

[www.bethelpresbyterianchurch.ca](http://www.bethelpresbyterianchurch.ca)

**Challenge Movement**

Catholic Challenge Weekends – 3 in spring and 3 in fall. Must be 15 years old. Separate weekends are held for males and females. Must be sponsored by someone who is part of Challenge or Cursillo.

Weekend retreats are held at the Villa Madonna in Bras d'or and include music, skits, leisure, talks and prayer to help learn what it means to be a Catholic Christian.

After weekend is complete there are monthly get-togethers for all Challenge Youth.

Contact Father Patrick for more information: 733-2145

## Youth groups and centres

### **Whitney Pier Youth Club** (Boys and Girls Clubs of Canada)

Dance, art, crafts, game room, outdoor education, fitness room, outdoor sports, computer lab, tutoring

111 West, Whitney Pier

567-0240

<http://www.wpyc.ca/>

### **Skill Building**

#### **Cape Breton Search and Rescue**

“Survive Outside” – survival when lost; also skills on map and compass reading

562-2292

<http://www.cbsar.ca/index.html>

#### **Air Cadets – 29 Kiwanis Royal Canadian Squadron**

Sydney Academy

Thursdays 6:10 to 9:10 pm, free to join

Major Dodie Hanna: 539-9921 or [Dodie.Hanna@cadets.gc.ca](mailto:Dodie.Hanna@cadets.gc.ca)

#### **Air Cadets – 693 Sydney Rotary**

Sydney Academy. Free

Wednesdays 6:30 pm

Capt. Bruce Bugler: 794-3561

#### **Army Cadets – 3060 Sydney**

Victoria Park Sydney, Tues. 6:00 pm. Free

Maj. Joe Tobin: 578-3518

#### **Sea Cadets – 2 Sydney**

Sydney Armouries, Victoria Road, Wed. 6:30 pm. Free

Lt William Stockley: 578-2301

#### **James McConnell Library**

50 Falmouth St., Sydney

562-3279

Teen Game Night- last Friday of every second month from 8 -11 pm – call for dates. Video games, board games, pizza – free!

Library also has computer terminals (C@P) and a variety of books including graphic novels.

#### **Sydney Community Garden**

[sydneygarden@gmail.com](mailto:sydneygarden@gmail.com)

**Canadian Red Cross**

1140 Upper Prince

Provide CPR and First Aid courses and some swim programs

564-4414

[www.redcross.ca](http://www.redcross.ca)

**St. John Ambulance**

479 George Street

Offer babysitting course for 11-15 year olds (\$35) and Standard First Aid (\$85 for 2 days)

564-4189

<http://www.sja.ca/NSPEI/Training/Pages/default.aspx>

**Christopher Leadership Course**

Public speaking

564-1063

<http://www.clcnational.com/>

**Scuba Tech**

Scuba diving training/certification (14+)

562-6061

<http://www.scubatech.ns.ca/index.php>

**Green Cape Breton**

A group that meets to discuss ways to be environmentally sustainable. There are committees on energy, food and transportation.

For more info on meetings or to share ideas: [miketargett@gmail.com](mailto:miketargett@gmail.com) or [info@greencapebreton.ca](mailto:info@greencapebreton.ca)

<http://greencapebreton.ca/>

**ACAP Cape Breton**

582 George St., Sydney

567-1628

Youth can help with stream restoration projects, community clean ups, or could volunteer by interacting with younger children at March Break and summer daycamps.

<http://www.acapcb.ns.ca/>

**YMCA Career and Employment Resource Centre**

Resume writing, job searching, interview skills

399 Charlotte St., Sydney

564-9151

**Southend Community Centre C@P site (computers)**

28 Hillview  
539-9063

**Whitney Pier Community Resource C@P**

315 Jamieson  
539-6017

**Arts, Music, Dance and Drama**

**Class Acts Drama School**

Youth theatre classes and camps  
Erin Gillis: 270-5818 or [info@classactsdrama.com](mailto:info@classactsdrama.com)  
<http://classactsdrama.com/>

**Kostume Kapers Drama**

Charlotte Dornadic  
567-2052 or [char.kaper@ns.sympatico.ca](mailto:char.kaper@ns.sympatico.ca)

**CBU Boardmore Playhouse**

Watch for calls for actors to experience being part of a play or musical – audition may be required  
May also be opportunities to help with set design and moving, sound, lighting  
563-1351  
<http://www.cbu.ca/boardmore/about-boardmore>

**Marie Moore**

**Art lessons**

George St., Sydney  
Monday, Tuesday, Wednesday from 4-5:30 p.m.  
\$13 per class payable by the month. Call for space – may be a wait list  
561-1230

**Digital photography course (6 weeks)**

Offered through NSCC Marconi but open to public including youth  
1240 Grand Lake Road  
Instructed by Vaughan Merchant  
563-2450 (ask about continuing education – digital photography)  
[http://www.nsc.ca/learning\\_programs/coned/Course.aspx?I=151&C=Marconi+Campus&G=](http://www.nsc.ca/learning_programs/coned/Course.aspx?I=151&C=Marconi+Campus&G=)

**Raylene's School of Music**

Piano, voice, guitar  
567-6677

**Take Note Music School**

363 Charlotte Street  
Lessons in piano, guitar, fiddle, world music drumming  
539-0781  
[www.takenotemusic.ca](http://www.takenotemusic.ca)

**MusicStop**

319 Charlotte St.  
For rentals of music instruments  
539-5030

Uilleann bagpipe lessons  
[michaelmilburn@eastlink.ca](mailto:michaelmilburn@eastlink.ca) or 562-2507

Flute lessons  
Richard MacAulay: 270-2775

Fiddle lessons  
Shawn MacDonald: 577-7662

Guitar, banjo, and mandolin lessons  
George Street area, Sydney  
Ben Furey: 539-1411 or [ben\\_fur8@hotmail.com](mailto:ben_fur8@hotmail.com)

Laura Mercer: 564-4419 or [lauramercer@syd.eastlink.ca](mailto:lauramercer@syd.eastlink.ca)  
Music consults – will help uncover what musical interests/needs are  
Has taught lessons in all instruments expect string instruments and drum set. Contact Laura about consults or possible lessons.

Piano Lessons  
Katherine Fraser: 562-8297

Drum lessons – Ian MacIntyre  
562-0635  
[iandkm@gmail.com](mailto:iandkm@gmail.com)

**East Side Arts Academy**

Charlotte Street

Music, visual arts, dance, theatre

539-2758

**Forrester School of Dance**

Highland and Celtic

564-0359 (studio) or 562-7176 (main line)

Classes in Sydney, New Waterford and sometimes in Glace Bay – call for times

<http://www.forresterdancers.com/home.htm>

**Fitzgerald Irish Dance**

564-2037

**Cape Breton Centre for Craft and Design**

Various classes and workshops offered throughout year and based on interest. March Break programs.

322 Charlotte Street

539-7491

<http://www.capebretoncraft.com/>

**Michael's****Art and Craft Store**

800 Grand Lake Road

Offers art and craft demos for youth every Sat. from 10 a.m to noon

Call 539-1919 for more information

**Quilting on the Mira**

Classes based on interest

89 Disco Street, Sydney (close to Sears)

539-6340

## **Areas outlying Sydney – Coxheath, Westmount, Sydney River, Sydney Forks**

**Sydney suburban and area recreation office** - knowledgeable regarding local fairs, winter and summer festivals, recreation facilities and some teams and leagues

320 Esplanade  
Sydney, N.S.  
563-5512

### **Indoor and outdoor spaces**

**YsMen Ball field** – on Keltic Drive before Arena just before Coxheath Road turnoff

#### **County Arena**

305 Keltic Drive  
562-6728

**Island Skateboard Park** - Behind County Arena, Keltic Dr.

**Riverview Walking Track** – behind Riverview High, Coxheath Road

Coxheath Road and Mount Florence – basketball courts and soccer field in front of Coxheath Elementary

**Cantley Village Park**, McKinley Drive – soccer and baseball fields

**Coxheath Park** – along Coxheath Road just past Mountain Road. Walking track, tennis courts, baseball field and soccer fields.

**Coxheath Hills Wilderness Trail** (trail begins behind Knox Church along Coxheath Road before Blackett's Lake)

Fulton Ave., Westmount – baseball field

**Westmount Family Park** – Dover Street – baseball and walking track

Applecross and Skyeway Drive Westmount – soccer fields

#### **Petersfield Provincial Park**

1126 Westmount Road  
Walking, hiking, picnic

**Vince Muise Park** – behind Lady Fatima Church, Sydney River. Walking track, tennis courts, ball field and soccer field.

**Malcolm Munroe school soccer field** – Kenwood Drive

Floral Heights subdivision, Sydney River - Electro Street (off Tometary Drive)- soccer and baseball fields

**East Bay Legion Ball field**

**Ben Eoin Provincial Park** - 5549 Hwy 4

**East Bay Hills Trail** – hiking trails

## **Sports and recreation**

### **Ski Ben Eoin**

downhill skiing, snowboarding, cross-country skiing and snowshoeing + rentals and lessons

Route 4, Ben Eoin, 20 kms west of Sydney

828-2804

Ski report 828-2222

[info@skibeneoin.com](mailto:info@skibeneoin.com)

[www.skibeneoin.com](http://www.skibeneoin.com)

### **Moxham Fitness**

Must be 16 to use facility unless accompanied by adult

1290 Kings Road

539-5523

### **The Lakes Golf**

828-4653

[info@thelakesgolfclub.ca](mailto:info@thelakesgolfclub.ca)

### **Alderdale Greens Golf**

Rudderham Road, Point Edward

564-6187

### **PJ's Golf**

Sydney Forks

564-4090

**Cape Breton Judo Club**

Mike MacInnis  
(YsMen Centre) 54 Riverdale Dr., Westmount  
[cbjudo@hotmail.com](mailto:cbjudo@hotmail.com)  
Mondays, Thursdays, 6:30 to 7:30 pm

**Cape Breton County Blades**

Figure and speed skating, October to March  
County Arena, Coxheath  
Debbie McNeil  
[debbiemcneil@eastlink.ca](mailto:debbiemcneil@eastlink.ca)

**Cape Breton County Minor Hockey Association (CBCMHA)**

95 Keltic Dr.  
562-1767 or [cbcmha@ns.aliantzinc.ca](mailto:cbcmha@ns.aliantzinc.ca)

**Cheer Dome Youth Cheerleading**

340 Keltic Drive  
[capepowercheerleading@hotmail.com](mailto:capepowercheerleading@hotmail.com)

**Island Martial Arts**

434 Keltic Dr.  
562-9863 or 562-1494

**Zumba**

Lady of Fatima Church Hall  
[gmaclean2@hotmail.com](mailto:gmaclean2@hotmail.com) or 539-8214 for dates/times  
\$45 for unlimited classes at any/all locations

**Sydney River Tennis Club**

C/O Bernadette MacLellan  
564-0087

**Relaxation and Health****Nancy Bona: Yoga and yoga dance**

[findyourdirection@thecompasscenter.net](mailto:findyourdirection@thecompasscenter.net)  
<http://www.thecompasscenter.net/home>

**Nancy Chaisson: Yoga**

Yoga at Sydney River Fire hall – Thursday evenings  
[nancy539\\_3450@hotmail.com](mailto:nancy539_3450@hotmail.com)

**Ruth Boutilier: Yoga**

Ys men Centre Westmount  
Mornings classes only at this location  
539-2233

**Michael Milburn Tai Chi**

Sydney River  
[www.OptimumHealthCB.ca](http://www.OptimumHealthCB.ca)  
562-2507

**Spirituality and religious****Social Justice Youth Group**

United Protestant Church, Sydney River  
10 am Sundays  
[unitedprotestant@ns.sympatico.ca](mailto:unitedprotestant@ns.sympatico.ca) or 562-4145

**Skill Building****Trex**

Sydney River area  
A division of Girl Guides. A group for girls that focuses on outdoor learning and adventure and skill development. Meet once weekly plus outings/hikes.  
Kathleen: 270-2499  
[http://patrol.girlguides.ca/trex\\_information](http://patrol.girlguides.ca/trex_information)

**Girl Guides of Canada – Pathfinders (ages 12-14) and Rangers (15-17)**

Sydney Forks Recreation Centre  
September to June: 1.5 hours weekly. About \$85 to join plus \$2 per week dues  
Contact Gail Leighton, District Commissioner: 562-8012 or [gailleighton@eastlink.ca](mailto:gailleighton@eastlink.ca)  
[www.girlguides.ca](http://www.girlguides.ca)

**East Bay C@P (computers)**

3546 East Bay Hwy  
828-2010

**Big Pond Fire hall C@P (computers)**

7193 East Bay Hwy  
828-3138

## **Arts, Music, Dance and Drama**

Guitar Lessons

Daryl: 567-2317

Piano and Voice lessons

Clare Rogers: 562-4604

### **Cape Breton School of the Arts Dance Studio**

Tap, jazz, lyrical, hip hop, musical theatre

Westmount

539-8213

### **Dance Sync**

St. Mark's Hall, 312 Keltic Drive

Angela: 577-8988

### **MacArthur School of Dance**

Highland dance, celtic, step dancing, and square set

251 Kings Road

567-0070

<http://www.macarthurdance.com/>

## Victoria County

**Victoria County Recreation and Tourism** – to learn more about community events, festivals, and local facilities visit: <http://www.victoriacounty.com/recreation-and-tourism.html>

### Indoor and outdoor spaces

Shore Road soccer field - by Baddeck Academy

#### **Victoria Highlands Civic Centre (Arena)**

26 Campbell, Baddeck  
295-2292

#### **Dalem Lake Provincial Park**

220 New Dominion Road, Boularderie  
Boat launch, beach, trails

#### **Ross Ferry Provincial Park**

Hwy 305  
boating

#### **St Anns Provincial Park**

51475 Cabot Trail  
Hiking, walking trail

#### **Uisge Ban Falls Provincial Park**

715 North Branch Road, Baddeck Forks  
hiking

#### **Plaster Provincial Park**

44891 Cabot Trail, North Shore

#### **Parks Canada: Cape Breton Highlands National Park**

224 -2306

-25 hiking trails as well as some guided walks and nature programs. Supervised beaches and camping sites.

-7 groomed trails for cross-country skiing and snowshoeing in winter. For snow and trail conditions call (902) 285-2549

#### **Ingonish Beach**

Supervised beach, walking trails, tennis courts

**Cape Smokey Provincial Park**

40301 Cabot Trail

**Cabot's Landing Provincial Park**

1904 Bay St. Lawrence Road

**MacCormack Provincial Park**

2481 St. Columba Road, Iona

**North River Park**

681 Oregon Road, North River Bridge

Fishing, hiking

**Sports and recreation****Baddeck Curling Club**

20 Campbell

295-1229 or [baddeckcurlingclub@gmail.com](mailto:baddeckcurlingclub@gmail.com)

<http://baddeckcurlingclub.com/welcome/4531949390>

**Baddeck Badminton**

Held at Baddeck Academy

Mondays – 6:30 to 8:30 pm

\$2 weekly

**North River Kayak**

644 Murray Road, North River Bridge,

[info@northriverkayak.com](mailto:info@northriverkayak.com)

929-2628

<http://www.northriverkayak.com/>

**Eagle North Canoe and Kayak**

Dingwall

383-2552

<http://www.kayakingcapebreton.ca/>

**Paddledog Kayak**

Water Street, Baddeck

888-865-2925

[paddledog@northriverkayak.com](mailto:paddledog@northriverkayak.com)

**Redbarn**

18 hole miniput golf  
2 Cabot Trail, Nyanza  
295-3036

[redbarn@ns.sympatico.ca](mailto:redbarn@ns.sympatico.ca)

**Ski Tuonela**

Goose Cove, St. Ann's  
Telemark cross country ski, snowshoe, hiking, ski lessons  
929-2144 or 295-7694

[info@skituonela.com](mailto:info@skituonela.com)

<http://www.skituonela.com/>

**Ski Cape Smokey**

Community operated ski hill  
Ingonish  
285-2599

**North Highland Nordic Ski**

Cape North  
383- 2479

[nhn@xcski.ca](mailto:nhn@xcski.ca)

<http://nhn.xcski.ca/index.htm>

**Baddeck Forks Golf**

295-2174

**Bell Bay Golf**

\*Has cross country ski and snow shoe trails in winter

761 Hwy 205

295-1333

[info@bellbay.ca](mailto:info@bellbay.ca)

**Highlands Links Golf Club**

285-2600 or 1-800-441-1118

\*Good for snow shoeing and sledding in winter

[highlands.links@ns.sympatico.ca](mailto:highlands.links@ns.sympatico.ca)

<http://www.highlandslinksgolf.com/>

### **Rocking Horse Ranch**

Trail rides, lessons, cookout rides, moonlight rides and free visits with the horses.

RR#1 Baddeck Forks

295-2743

<http://www.rockinghorseranch.ca/>

### **Relaxation and Health**

#### **Tai Chi**

Indian Brook Firehall

Andy: 929-2243

#### **NIA**

Blends martial arts, healing arts and dance

All ages

Offered on Wednesdays at 7 pm at the Gaelic College

Offered on Monday and Fridays at 10 am at North River Hall

Contact Carol Kennedy: [carolk@ns.sympatico.ca](mailto:carolk@ns.sympatico.ca) for more information

### **Youth groups and centres**

#### **St. Ann's Health Centre**

929-2712

Games nights (wii, etc)

#### **Indian Brook Fire Hall**

929-2037

Movie nights

#### **St. Ann's Bay Youth Group**

Indian Brook Fire Hall

Youth take part in recreation, leisure, skill building and creative expression. Yoga, art shows, NIA, senior-youth skill sharing (e.g. making jams and preserves), pottery, guest speakers, movie nights, photography are some possible activities.

Ashlie MacInnis: 929-2061 or 295-8328. Call for meeting times and days.

[macinnis\\_ashlie@live.com](mailto:macinnis_ashlie@live.com)

**Bay St. Lawrence Community Centre**

383-2334

3160 Bay St. Lawrence Road

[baystlawrencecommunitycenter@gmail.com](mailto:baystlawrencecommunitycenter@gmail.com)

<http://www.baystlawrence.ca/>

teen centre, gym facilities, teen wellness clinic, music programs, C@P site (computers), peer tutoring, senior youth mentoring, various courses: boating, health, safety, wellness.

**Skill Building****Arm of Gold 4-H Club - Big Bras D'or**

Projects, volunteer experiences, social events, camps, agriculture and craft skills

Marina Gillis: 563-2001 or 945-2901 or [gillisma@gov.ns.ca](mailto:gillisma@gov.ns.ca)

**Baddeck Valley 4-H – Baddeck Forks area**

Projects, volunteer experiences, social events, camps, agriculture and craft skills

Marina Gillis: 563-2001 or 945-2901 or [gillisma@gov.ns.ca](mailto:gillisma@gov.ns.ca)

**Sea Cadets – K147 Baddeck**

Baddeck Academy, Monday 6:00 pm. Free

Lt. Donald Tower: 295-1144

**Baddeck IT Centre**

Assistance with computer skills, job searching, resume and cover letter writing, interview skills

532 Chebucto St. Lower Floor

295-1649

[www.baddeckit.ca](http://www.baddeckit.ca)

**Boularderie C@P**

12065 Kempt Head Road

674-0971

[www.boularderie.org](http://www.boularderie.org)

**Victoria County C@P**

295-1347

<http://www.vccaps.com/>

**Victoria County book mobile**

To find out when the book mobile (traveling library) comes to your community call 295-2055 or email

[vcbkm@nscclibrary.ns.ca](mailto:vcbkm@nscclibrary.ns.ca)

**Baddeck Library and C@P**

526 Chebucto  
295-2055

**North Shore Learning and Enterprise Centre C@P**

929-2822  
[www.northshoreportal.com](http://www.northshoreportal.com)

**Middle River Consolidated School C@P**

295-2951  
[www.middleriver.ca](http://www.middleriver.ca)

**Bay St. Lawrence C@P**

383-2284  
[www.baystlawrence.ca](http://www.baystlawrence.ca)

**Meat Cove Community Centre and C@P**

383-2284

**Victoria North Regional Library and C@P**

36243 Cabot Trail  
285-2544

**St Ann's C@P**

295-1940  
[www.stanns.ca](http://www.stanns.ca)

**Boularderie C@P**

12065 Kempt Head Road  
674-0971  
\$1/hr

**Iona C@P**

4144 Hwy 223  
725-2785  
[www.centralcapebreton.com](http://www.centralcapebreton.com)

**Spirituality and religious**

**Cape Breton Bible Camp**

674-2238  
[www.capebretonbiblecamp.ca](http://www.capebretonbiblecamp.ca)

## Culture

### **Feis an Eilein**

Christmas Island

Gaelic classes for students and summer music programs

622-2605 or [feisaneilein@ns.sympatico.ca](mailto:feisaneilein@ns.sympatico.ca)

<http://www.feisaneilein.ca/home.html>

### **Highland Village Museum**

Iona

-There are various workshops and Gaelic learning, as well as the Teenagers Living History program for youth ages 13-17

-Gaelic socials – all welcome (various dates in January to April from 2-4 pm)

725-2272

<http://museum.gov.ns.ca/hv/whatson.html>

### **Gaelic College**

St. Ann's

March Break sessions (3 days) and Summer Sessions (5 days)

Class possibilities: bagpipes, bodhran, Cape Breton fiddle, Cape Breton stepdance, celtic harp, Gaelic language and song, highland dance, piano accompaniment, pipe band drumming, weaving.

295-3411

[www.gaeliccollege.edu](http://www.gaeliccollege.edu)

### **North Highlands Museum and Culture Centre**

29243 Cabot Trail

Programs that bring together youth and seniors. Time banking programs – community members earn time credits for doing community service work and helping neighbors. Also, hire students as guides and offer some craft workshops.

383-2579 or [community@northhighlandsmuseum.ca](mailto:community@northhighlandsmuseum.ca)

<http://www.northhighlandsmuseum.ca/index.html>