



# Active Living Strategy

2023-2028

**Presented to the Town of Berwick**

**April 16<sup>th</sup>, 2024**

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# EXECUTIVE SUMMARY

*Municipalities have the legitimacy and credibility to bring community partners together to identify multiple strategies for tackling inactivity. Planning for an active community requires a high degree of collaboration between government, non-government, and business sectors in a wide-variety of disciplines, at the local, provincial, and national level. This strategy examines the Town of Berwick and its long-term plan to increase activity levels for the entire community.*

*In 2014 The Town of Berwick partnered with the Department of Communities, Culture Tourism and Heritage (CCTH) and the Western Kings Memorial Health Society (WKMHS) to create the Active Living Coordinator position.*

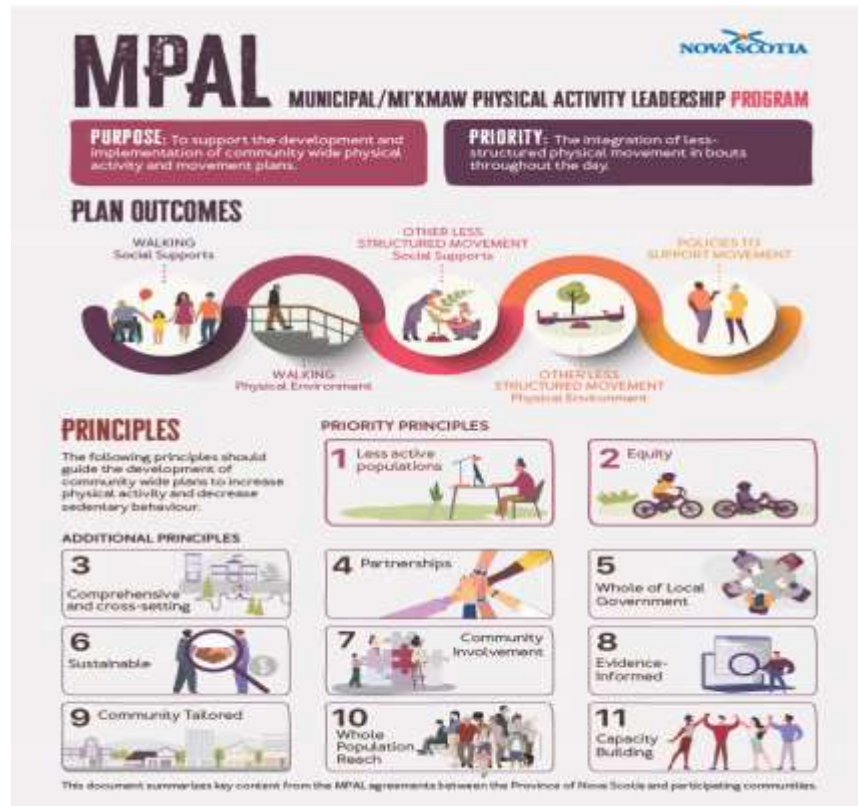
*Several forms of local research were completed including focus groups, online and telephone surveys and reviews of both local and provincial plans and strategies. Statistics aligned with what the province indicated; we are facing an inactivity crisis. By aligning our strategic goals with the needs of our community, and by working together, we can work toward the common goal of increasing physical activity levels in the Town of Berwick.*

*Through a combination of research, strategic review and research into provincial and town plans, the Town of Berwick will support five goals to increase physical activity levels in their community. These goals focus on communication, supportive active transportation environments, providing targeted and underserved populations with accessible physical activity opportunities, encouraging everyday movement for all, building capacity and leadership in our community and increasing the built environment.*

*In order to achieve these goals actions will be shaped around the Socio-Ecological Model. This approach focuses on targeting four areas of influence to effectively impact a population. The following four levels; individual, social environment, physical environment and policy are broken down into actions that work towards achieving our six goals. The priority of the Active Living Coordinator will be to align their work with the goals and actions of this strategy and report yearly progress to the CCTH, the WKMHS and the Town of Berwick.*

# BACKGROUND & OVERVIEW

## What is the MPAL (Municipal Physical Activity Leadership) Program?



## The Strategy

*The role of the Active Living Coordinator is to complete a comprehensive strategy to raise awareness and increase participation in physical activity, active transportation and overall daily movement. The strategy outlines not only municipal and provincial needs and priorities. By gathering and reviewing participation trends, community assets, and consultation results, the Active Living Coordinator shapes information into goals and actions for the community. The strategy is not only a MPAL responsibility but instead a municipal and community responsibility.*

*The strategy also links other Town of Berwick municipal plans and strategies such as the Trails Strategy and the Accessibility Plan. With an annual review process, the Active Living Coordinator will be responsible for using this strategy as a guide to shape their work throughout the year. After the conclusion of the five-year action plan, the strategy will be reviewed, community consultations, provincial guidelines and trends will be accessed and the strategy will change to reflect the gathered information.*

# WHAT IS PHYSICAL ACTIVITY?



*Physical activity is defined as, “any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person’s work. Both moderate- and vigorous-intensity physical activity improve health.*

## Leisure-time activity

*Physical activity done outside of work or school time; such as active recreation, active play, deliberate exercise, fitness training, strength training, dance, individual and team sport for leisure or competition.*



## Occupational or School Based Activity

*Physical exercise during the course of an individual’s occupation or while at school. Examples are physical education classes, team sports, physical work such as lifting objects, walking about or climbing stairs.*



## Home Setting Activity

*Physical activity carried out as part of housework or gardening activity such as vacuuming, moving furniture, raking leaves, climbing stairs, or shoveling snow.*



## Active Transportation

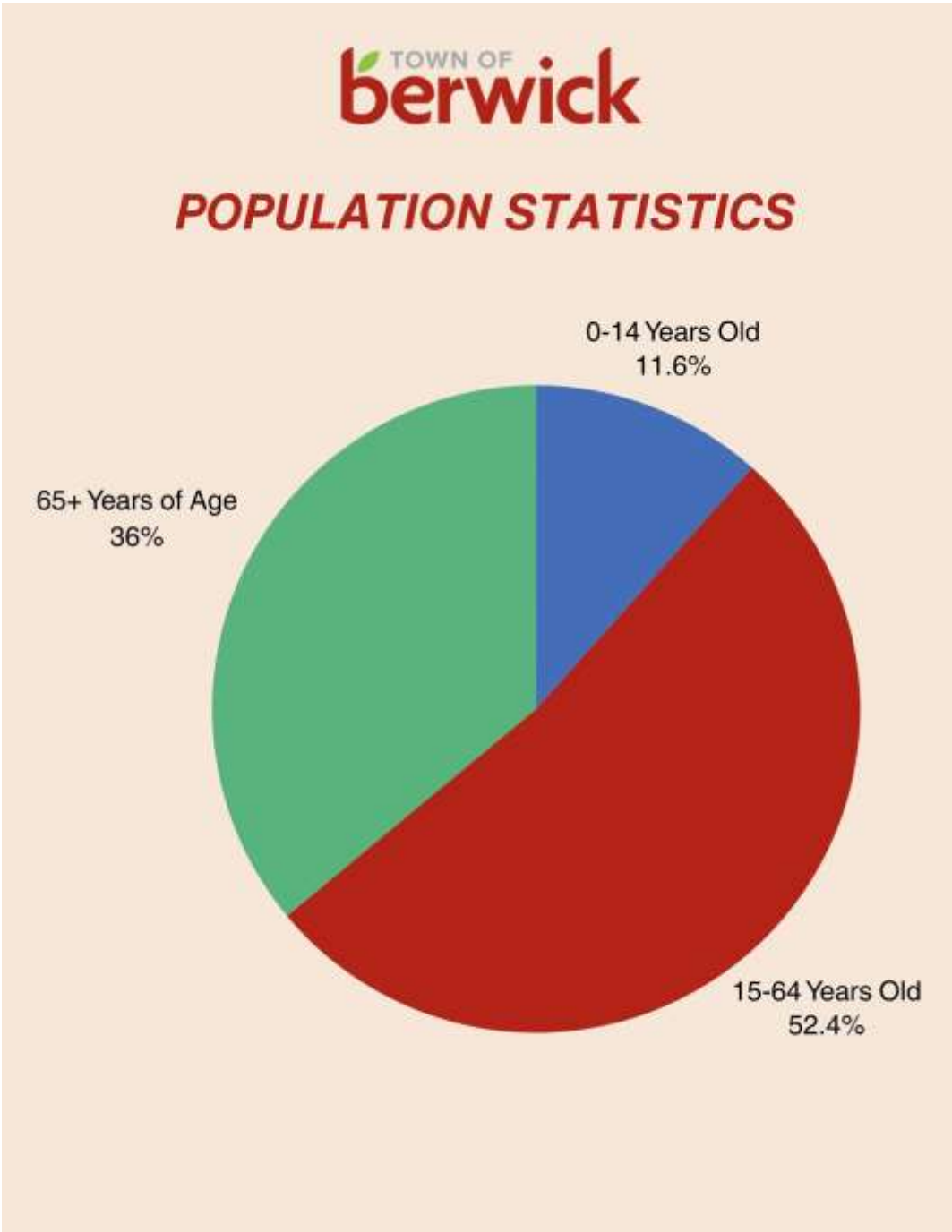
*Human powered physical activity as a means of travel from one place to another such as walking, cycling, in-line skating, or skateboarding.*



WHERE ARE WE NOW?

# Community Profile

*Berwick is famously known for its pride in the apple industry. Known as “The Apple Capital of Nova Scotia”, the ever important Apple industry served as a major economic force in Berwick’s development in the early 1900’s. The population is growing and with a 6.80 square kilometer radius our community provides the ideal environment for an active transportation (AT) friendly community. As stated in the 2012 Municipal Planning Strategy, Berwick prides itself as a vibrant and dynamic Town with a strong sense of community, a history of stable and prosperous growth and a belief in and a strong commitment to its future.*



Provincial statistics concerning the number of *children and youth* who are meeting the standard recommended 60 minutes of daily physical activity for five days of the week are alarming. According to Stats Canada around 40% of children in Canada are currently meeting the physical activity target between ages 5-17.

Two methods of research were used to gather information in our community relative to children and youth which saw input from around 130 students;

1. A self-reported survey of students from our After School Program (grades P-5)
2. Group discussions/survey with grade 6-8 classes in Berwick District School to gather an idea of how active the teen demographic is, how they choose to be active, and how they would like to be more active in the future.

## **Key Findings : Youth Survey's**

**75% of Youth surveyed felt they were active at least 4 days a week through sport, recreation programs, gym class or unstructured movement and activity at home.**



**The top activities amongst the surveyed youth were: Organized sport (Basketball, baseball, soccer, hockey), Swimming, and Biking.**







**• The top items on their activity wish list were: Drop in/pop up programs (Laser Tag, capture the flag in the park etc.), Improved infrastructure (full sized outdoor basketball court, outdoor rink in the winter, gaga ball pit), and Facility Access more specifically free skates at the Kings Mutual Century Centre.**



Research for *persons ages 18 and over* in our community was more extensive. A citizen survey collected data from 253 Berwick residents. Key findings and recommendations from the Citizen Survey were as followed:

### **Key Findings : Adult Survey's**

- The main activity of interest to the adult population was walking and received the second highest percentage for what people wish they could participate in more. Distant second and third to walking were physically active household tasks and bicycling respectively. 
- Nearly 25% of respondents indicated they would like to participate in fitness programs more often, however they face barriers with fitness center/fitness class hours, financial barriers, time constraints etc. 
- The highest rated barriers to being physically active were: lack of time, a lack of programs of interest, not having anyone to be active with, and not being aware of current opportunities. 
- Opportunities to encourage greater participation in physical activity included drop-in recreational and sport activities as well as female specific opportunities. 



WHERE DO WE WANT TO Be?

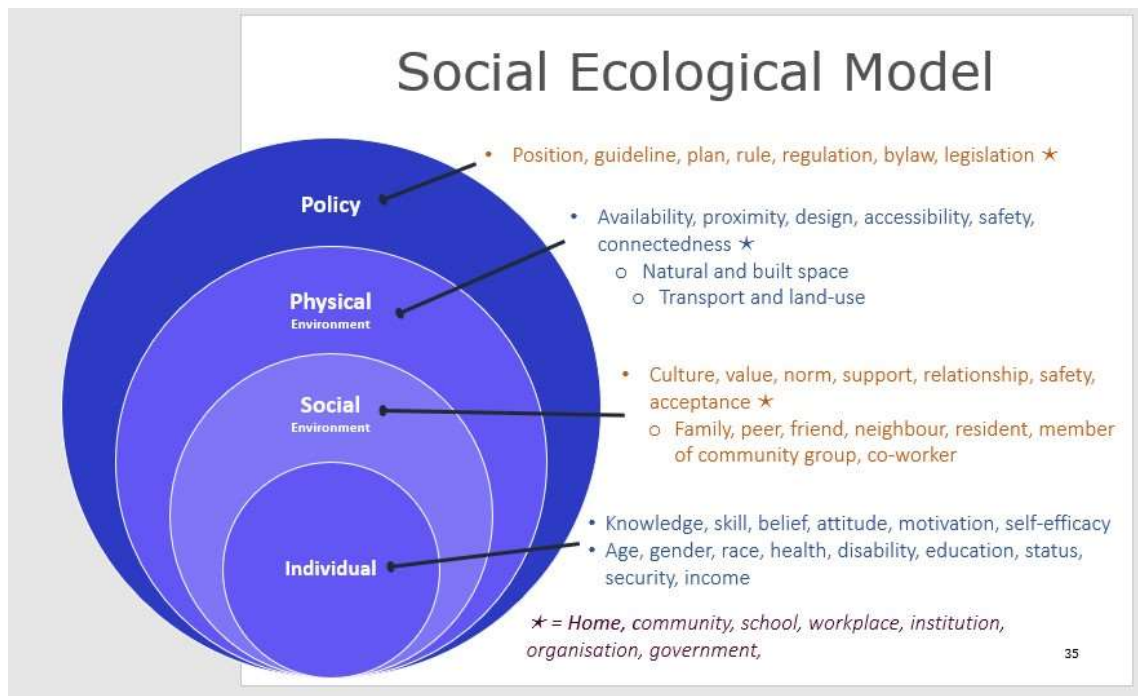
*Five goals were formed that best represented provincial physical activity goals and the data collected from the Town of Berwick citizens survey:*



# How Do We Get There?

*It is important to remember that it is difficult for one organization to increase physical activity and daily movement on its own; it will be a collaborative effort requiring partnerships from many sectors. The Action Plan is based around the socio-ecological model of Individual, social environment, physical environment and policy.*

*The following chart breaks down the Social Ecological Model:*



## Action Plan

*The following is a breakdown of actions created to accomplishing our five goals. As indicated earlier, the physical inactivity crisis will not be solved by one group. It is going to take a community effort for a difference to be made.*

### INDIVIDUAL

*The actions below are designed for the individual and include ideas around educating the public, developing mentoring programs and communication strategies.*

Actions	Leads & Partnerships	Start Date
<i>Develop a communication plan for effective marketing of physical activity opportunities in Berwick</i>	<i>Berwick Recreation, Local Radio Stations (AVR, REWIND etc.) Social media (Berwick Facebook, Instagram, Twitter),</i>	<i>2023</i>
<i>Increase knowledge around benefits of daily movement and physical activity</i>	<i>Town of Berwick</i>	<i>2023</i>
<i>Increase the Equipment Loan Program</i>	<i>Berwick Recreation, Evangeline Club, After School Program</i>	<i>2023-2028</i>
<i>Develop Trails and Pathways document</i>	<i>Berwick Recreation, Public Works</i>	<i>2023</i>
<i>Create a list of yearly grant opportunities and share information to local groups/organizations</i>	<i>Berwick Recreation, Evangeline Club, Berwick and District School</i>	<i>Ongoing</i>
<i>Host and build leadership capacity for outdoor play.</i>	<i>Local Schools, Daycares, Berwick Recreation, Public Works, Western Kings Memorial Health Society</i>	<i>Ongoing</i>
<i>Increase volunteerism and community champions</i>	<i>Town of Berwick, Weekly Walks, Community Gardens, Valley Wildcats</i>	<i>2023</i>

## SUPPORTIVE SOCIAL ENVIRONMENTS

*Actions in this section are aimed at changing the social community to promote community education, peer programs and social marketing campaigns.*

Actions	Leads & Partnerships	Start Date
<i>Collaborate with the Valley Jr. A Wildcats on community engagement and programming</i>	<i>Valley Jr. A Wildcats, Berwick Recreation, Minor Hockey, Town of Berwick After School Program</i>	<i>2023</i>
<i>Provide physical activity opportunities targeted at young families Ex: Open Gym</i>	<i>Berwick Recreation, Annapolis Valley Regional Library (Berwick Branch), Berwick and District School</i>	<i>Ongoing</i>
<i>Partner with organizations to provide opportunities for underserved populations</i>	<i>Evangeline Club, Open Arms, Group Homes, Grand View Manor, Schools Plus, Family Resource Centre</i>	<i>Ongoing</i>
<i>Continue to support female physical activity opportunities to youth in the community.</i>	<i>Berwick and District School, Community Sport Development Coordinator, Camp Kindness</i>	<i>Ongoing</i>
<i>Promoting our Weekly Walk Groups</i>	<i>Town of Berwick, NS Walks</i>	<i>2023-2028</i>
<i>Host cultural events with physical activity opportunities included for community members to experience the diversity in our community</i>	<i>Town of Berwick, Meet your Growers, Berwick and District School</i>	<i>2023-2028</i>
<i>Ensure inclusion of physical activity components in Town Wide Events such as Winter Carnival, Easter, Halloween etc.</i>	<i>Berwick Recreation, Weekly Walks Group</i>	<i>2023-2028</i>
<i>Support Provincial initiatives and engage community in events such as Make your Move @ Work, NS Walks Day etc.</i>	<i>Town of Berwick, Berwick &amp; District School, Local Businesses</i>	<i>2023-2028</i>
<i>Increase Leadership for the Community Gardens group</i>	<i>Berwick Community Gardens Group, Public Works, Berwick Recreation</i>	<i>Ongoing</i>

## BUILT & NATURAL ENVIRONMENTS

*The following actions are aimed at increasing, and managing, the built environment in the Town of Berwick.*

Actions	Leads & Partnerships	Start Date
<i>Work on the development of Spicer Park as identified in the Berwick Multi-Generational Park Plan including (i.e. Trails, Natural Playground)</i>	<i>Public Works, Community Gardens Group, Berwick Recreation</i>	<i>Ongoing</i>
<i>Increase greenspace and opportunities for spontaneous outdoor free play by the creation of play spaces throughout the community allowing people to be active on their own time</i>	<i>Berwick Recreation, Public Works, Berwick &amp; District School</i>	<i>Ongoing</i>
<i>Create an AT friendly community by providing supportive elements for safety including benches, bike repair stations etc.</i>	<i>Berwick Library Branch, Berwick Recreation, Public Works</i>	<i>Ongoing</i>
<i>Ensure sidewalks are safe during all seasons for walking with priority to main sidewalks.</i>	<i>Public Works</i>	<i>Ongoing</i>
<i>Collaborate with Cycle NS to develop recommended AT projects in Berwick.</i>	<i>Public Works, Town of Berwick, Bicycle Nova Scotia, Berwick &amp; District School, Accessibility Committee</i>	<i>2024</i>
<i>Promotion of the Indoor Walking Track. (Develop Indoor Walking Group)</i>		<i>2023-2028</i>
<i>Implementation of the Berwick Multi-Generational Park Plan</i>	<i>Town of Berwick, Department of Communities Culture Tourism &amp; Heritage, Public Works</i>	<i>Ongoing</i>
<i>Foster a positive relationship with the Kings Mutual Century Centre and increase opportunities for accessible physical activity Ex: Make your Move signage</i>	<i>Berwick &amp; District Community Association, Manager Kings Mutual Century Centre, CCH Facility Access</i>	<i>Ongoing</i>

## POLICY & PLANNING

*The following actions can be aimed at targeting the policy level of the socio– ecological model.*

Actions	Leads & Partnerships	Start Date
<i>Share Healthy Food Environment Policy with local facilities and encourage groups to follow</i>	<i>Public Health, Berwick Community Health Board, WKMHS, Town of Berwick</i>	<i>Ongoing</i>
<i>Develop a funding model to support inclusive opportunities to physical activity in the community i.e. Pay what you can, payment plans, applications for waiving payment, bring a buddy option</i>	<i>Town of Berwick, Berwick Town Council</i>	<i>Ongoing</i>
<i>Develop an evaluation/feedback tool for recreation programs and recreation staff</i>	<i>Berwick Recreation</i>	<i>2023</i>
<i>Develop a communication plan for effective marketing of physical activity opportunities in Berwick</i>	<i>Berwick Recreation, Local Radio Stations (AVR, REWIND etc.) Social media (Berwick Facebook, Instagram, Twitter), Communications Staff</i>	<i>2023</i>
<i>Partnering with Bicycle Nova Scotia to create a 'CORE AT PLAN" to use as suggestions and a tool for future active transportation projects within Berwick</i>	<i>Town of Berwick Staff &amp; Council, Bicycle Nova Scotia, Weekly Walks, Berwick Trails Committee, Berwick Accessibility Committee</i>	<i>2023-2024</i>

## Monitoring

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*The priority of the Active Living Coordinator will be to align their work with the goals of this strategy. Evaluation reports are required on a yearly basis for the Department of Communities, Culture, Tourism and Heritage. Upon completion of this report, the Active Living Coordinator will also be responsible for reporting to their supervisor, and the Town, to describe the progress of the strategy.*

*The strategy is meant to be a working document and new actions will be added as the Town of Berwick, and the physical activity field evolve*



## APPENDIX 1: Methods of Data Collection

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### Focus Groups & Surveys:

- *Berwick After School Program (Grades P-6, 2022)*
- *Evangeline Club Open House (2023)*
- *Berwick & District School (Grade 5-8 Classrooms 2023)*
- *Citizen Survey (100 Phone surveys, 18+, 2021)*
- *Online Survey (2023, 253 Responses)*
- *Weekly Walks Tuesday/Friday and Saturday Groups (2023)*
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### Related Town Strategies & Documents:

- *Municipal Planning Strategy (MPS)*
- *Integrated Community Sustainability Plan (ICSP)*
- *Trails Strategy (2020)*
- *Town of Berwick Public Open Space Strategy Initiative (2021)*
- *Town of Berwick Recreation Services Strategic Direction Report (2012)*
- *Town of Berwick Accessibility Plan (2022)*
- *Town of Berwick Active Living Strategy (2017 version)*

### Noted Provincial Strategies & Documents

- *Shared Strategy for Advancing Recreation in Nova Scotia (2018)*
- *Let's Get Moving Nova Scotia*
- *Position statement on active outdoor play (2015)*
- *The ParticipACTION Report Card on Physical Activity for Children and Youth/Adults (2022)*
- *Canadian Society of Exercise Physiologists 24 Hour Movement Guidelines*
- *Municipal Physical Activity Leader Agreement*

## APPENDIX 2: Physical Activity Definitions

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### *Definitions:*

*Moderate-Intensity Physical Activity:* *Requires a moderate amount of effort and noticeably accelerates the heart rate.*

*Examples: Active involvement in games and sports with children/walking domestic animals, Brisk Walking, Carrying/Moving moderate loads (<20kg), Dancing, Gardening, General building tasks (e.g. Roofing, thatching, painting), Housework and domestic chores, Traditional hunting and gathering*

*Vigorous-Intensity Physical Activity:* *Requires a large amount of effort and causes rapid breathing and a substantial increase of heart rate.*

*Examples: Aerobics, Carrying/moving heavy loads (>20kg), Competitive sports and games (e.g. Traditional games, Football, Volleyball, Hockey, Basketball), Fast cycling, Fast swimming, Heavy shoveling or digging ditches, Running, Walking/climbing briskly up a hill*

*Incidental Physical Activity:* *Yard work, laundry, vacuuming, gardening and other day to day household tasks.*

## APPENDIX 3: How Much Physical Activity?

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*The Canadian Society for Exercise and Physiology (CSEP) released updated evidence-based guidelines on recommended amounts of daily movement for all age groups. Although the following indicates levels of movement for health benefits, it is important to remember that any amount of movement or physical activity is beneficial and will increase our overall well-being.*

*Children (Ages 0-4): Infants should be active several times a day, more specifically through interactive floor-based play. Children 1-4 years of age should spend 180 minutes a day participating in various forms of physical activity, from moderate to vigorous.*

*Children and Youth (5-17): Children between 5-17 years of age should participate on average 60 minutes of moderate to vigorous physical activity a day. Should incorporate activities that strengthen bones and muscles at least 3 days a week.*

*Adults (18-64): Adults between the ages of 18-64 should participate in 150-300 minutes per week of moderate to vigorous physical activity. It is recommended that adults in this age range do muscle strengthening activities at least twice a week.*

*Older Adults (65): To achieve health benefits and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate - to vigorous - intensity aerobic physical activity per week. Older adults should do a varied amount of physical activity that puts an emphasis on functional balance and strength.*

*Children and Adolescents Living with Disabilities: Children and adolescents living with a disability should aim for 60 minutes of activity a day. Should incorporate moderate-vigorous aerobic and muscle and strength training activities.*

*Adults Living with Disabilities: 150-300 minutes of moderate intensity physical activity throughout a week. They should incorporate muscle strengthening activities at least twice a week. If a person's disability forces them to be seated such as being in a wheelchair, they should find upper body led activities and or wheelchair specific sport/activities.*

## APPENDIX 4: Community Recreation and Sport Group Contacts

### Community Recreation and Sports Groups Contacts: As of March 1<sup>st</sup>, 2024

Group	Contact Name	Contact Information
After School Program	Jordan Hebb	(902) 538-8068 <a href="mailto:jhebb@berwick.ca">jhebb@berwick.ca</a>
Annapolis Valley Regional Library- Berwick Branch	Barbara Lipp	(902) 538-8060 <a href="mailto:blipp@valleylibrary.ca">blipp@valleylibrary.ca</a>
Berwick Area Minor Baseball Association		<a href="mailto:berwickbobcats@gmail.com">berwickbobcats@gmail.com</a>
Berwick Baptist Church	Andrew Conrad (Senior Pastor)	(902) 538-3729 <a href="mailto:berwickbaptist@gmail.com">berwickbaptist@gmail.com</a>
Berwick & District Lions Club	Janet Donohue	(902) 538-3378 <a href="mailto:janet.donohue@ns.sympatico.ca">janet.donohue@ns.sympatico.ca</a>
Berwick & District Ringette Association	Marlene Connell	<a href="mailto:marlene.connell52@gmail.com">marlene.connell52@gmail.com</a> (902) 670-3175
Berwick and District School		(902) 538-4720 <a href="mailto:BDS@avrce.ca">BDS@avrce.ca</a>
Berwick & District Volunteer Fire Department	Denise Francis	(902) 538-3661 <a href="mailto:secretary@berwickfire.com">secretary@berwickfire.com</a>
Berwick Curling Club		(902) 538-9149 <a href="mailto:info@berwickcurlingclub.com">info@berwickcurlingclub.com</a>
Berwick Heights Golf Course	Dave Wilson (Superintendent)	(902) 847-9000 <a href="mailto:info@berwickheightsgolf.com">info@berwickheightsgolf.com</a>
Berwick Summer Day Camp	Jordan Hebb	(902) 538-8068 (Ext 4019) <a href="mailto:jhebb@berwick.ca">jhebb@berwick.ca</a>
Berwick United Church	Rev. Tom Woods	<a href="mailto:tomwoods188@gmail.com">tomwoods188@gmail.com</a> 902-538-9251 (church office)
Berwick Camp (United Church Camp Meeting Association)		<a href="mailto:secretaryberwickcamp@gmail.com">secretaryberwickcamp@gmail.com</a>
Centennial Park	Taylor Boylan	(902) 538-8068 (Ext 8616) <a href="mailto:npalmer@berwick.ca">npalmer@berwick.ca</a>
Christ Church (Anglican)		(902) 538 9371 (Rectory) <a href="mailto:parishesofaylesfordberwick@gmail.com">parishesofaylesfordberwick@gmail.com</a>
Evangeline Club		(902) 538-9349 <a href="mailto:evangelineclubberwick@gmail.com">evangelineclubberwick@gmail.com</a>
Girl Guides		<a href="mailto:harvest.trail@girlguides.ns.ca">harvest.trail@girlguides.ns.ca</a>
Indoor Walking Track	Bob Best	(902) 679-2031 <a href="mailto:info@kmccbberwick.ca">info@kmccbberwick.ca</a>
Kings Minor Basketball	Tanya Berry	<a href="mailto:kmbagators@gmail.com">kmbagators@gmail.com</a>
Kings Mutual Century Centre - "Apple Dome"	Bob Best	(902) 679-2031 <a href="mailto:info@kmccbberwick.ca">info@kmccbberwick.ca</a>

Mooncoast Yoga	Cassie Doucette	(902) 300-9389 <a href="mailto:mooncoast@gmail.ca">mooncoast@gmail.ca</a>
Peter Connell Memorial Park	Taylor Boylan	(902) 538-8068 (Ext 8616) <a href="mailto:tboylan@berwick.ca">tboylan@berwick.ca</a>
Playtime for Parents and Tots (Wednesday Playgroup)		(902) 538-8068 (Ext 8616)
Rainforth Park	Taylor Boylan	(902) 538-8068 (Ext 8616) <a href="mailto:tboylan@berwick.ca">tboylan@berwick.ca</a>
Royal Canadian Legion Ortona Branch #69	Peter Rigby	(902) 538-9340 <a href="mailto:ortona69@eastlink.ca">ortona69@eastlink.ca</a>
Scouts Canada (2 <sup>nd</sup> Berwick)	Tara Leblanc	<a href="mailto:tarajoyceleblanc@hotmail.com">tarajoyceleblanc@hotmail.com</a>
Somerset and District Soccer		<a href="mailto:somersetsoccerns@gmail.com">somersetsoccerns@gmail.com</a>
Spicer Park	Taylor Boylan	(902) 538-8068 (Ext 8616) <a href="mailto:tboylan@berwick.ca">tboylan@berwick.ca</a>
St Anthony's Catholic Church	John Roefs	902-538-3194 <a href="mailto:stanthony@ns.sympatico.ca">stanthony@ns.sympatico.ca</a>
Tae Kwon Do	Greg Durling	(902) 825-9023 <a href="mailto:durlingstkd@gmail.com">durlingstkd@gmail.com</a>
Visitor Information Centre and Museum		(902) 538-9229 <a href="mailto:berwickvic@outlook.com">berwickvic@outlook.com</a>
Volleyball Court	Taylor Boylan	(902) 538-8068 (Ext 8616)
Walk & Roll	Wendy Lee-Hamilton	(902) 542-0939
Waterville Pool	Shawn Fevens	<a href="mailto:sfevens@countyofkings.ca">sfevens@countyofkings.ca</a> 902-690-6101
Western Valley Minor Hockey Association		<a href="mailto:communications@westernvalleyminorhockey.ca">communications@westernvalleyminorhockey.ca</a>
Western Kings 4-H Club		<a href="mailto:nicole.martin@4hnovascotia.ca">nicole.martin@4hnovascotia.ca</a> 902-305-7472
Wildcats Hockey		<a href="mailto:info@valleywildcats.com">info@valleywildcats.com</a>
Wild Roots Nature Education Centre	Marina Myra	902-538-1654 <a href="mailto:wildrootsnec@gmail.com">wildrootsnec@gmail.com</a>

<b>Sports Teams and Youth Programs in the SURROUNDING area</b>	<i>Point of Contact (If listed.)</i>	<b>CONTACTS</b>
<i>Abhaya Mixed Martial Arts (Windsor and Greenwich)</i>		<i>(902) 542-1666 info@abhaya.ca</i>
<i>Acadia Dance Community Club (Wolfville)</i>		<i>acadiadancecommunityclub@gmail.com</i>
<i>Annapolis Valley Badminton (NSCC Kingstec – Kentville)</i>	<i>Eric Sullivan</i>	<i>(902) 679-7444</i>
<i>Annapolis Valley Climbing Club</i>		<i>annapolisvalleyclimbingclub@gmail.com</i>
<i>Annapolis Valley Honour Choir (Wolfville)</i>		<i>coordinator@avhc.ca</i>
<i>Annapolis Valley Orienteering Club</i>		<i>ValleyOrienteering@outlook.com</i>
<i>Annapolis Valley Ultimate (Frisbee – Kentville)</i>		<i>annapolisultimate@gmail.com</i>
<i>Apple Valley Cross-fit (Kentville)</i>		<i>applevalleycrossfit@gmail.com (902) 698-3714</i>
<i>Avon Valley Lanes (Bowling – Windsor)</i>		<i>902-798-2102 avonvalleylanes@gmail.com</i>
<i>Aylesford Lake Yacht Club</i>		<i>aylesfordlakeyachtclub@gmail.com</i>
<i>Cadance Academy (New Minas, Kentville, Greenwich)</i>		<i>(902) 679-3616 info@cadanceacademy.ca</i>
<i>Dance ConXion (Kentville)</i>		<i>(902) 690-7685 danceconxion@gmail.com</i>
<i>Eagle Crest Golf Course (Centreville)</i>	<i>Ryan O'Rourke</i>	<i>902-679-3033 info@eaglecrestgolfcourse.com</i>
<i>Empire Athletics – Cheerleading / Gymnastics (Kentville &amp; Windsor)</i>		<i>info@empireathletics.ca</i>
<i>Farmer's Golf – Hennigar's Farm Market (Greenwich)</i>		<i>info@hennigars.com (902) 542-3503</i>
<i>Greenwood Archery Club (CFB Greenwood)</i>		<i>greenwoodarchery14@gmail.com</i>
<i>Island Green Golf Club (Kentville)</i>		<i>(902) 678-7577</i>
<i>Kentville Pool</i>		<i>(902) 599-0965 summerrec@kentville.ca</i>
<i>KenWo Golf Club (New Minas)</i>		<i>(902) 681-0678 (General Inquiries) (902) 681-5388 (Reservations)</i>
<i>Paragon Golf and Country Club (Kingston)</i>		<i>(902) 765-3211 gm@paragongolf.ca</i>
<i>Precision Dance Company (Melvern Square)</i>		<i>precisiondanceinfo@gmail.com</i>
<i>Ski Martock (Windsor Forks)</i>		<i>(902) 798-9501 admin@martock.com</i>

Storm Warning Paintball (Steam Mill)	Bruce Adams	(902) 680-2888 bruceadams2888@gmail.com
Valley Rugby Union (Port Williams & Windsor)		valleyrugbyunion@gmail.com
Valley Thunder Lacrosse	Sean Rogowsky	infovalleythunder@gmail.com
14 Wing Fitness & Sports Centre – Indoor & Outdoor Pools (CFB Greenwood)	Danielle Cormier (Aquatics Coordinator)	902-765-1494 ext 5564 danielle.cormier@forces.gc.ca
2444 Royal Canadian Army Cadets (Camp Aldershot – Kentville)	Capt. John Daborn	902-678-5920 Ext 2123 john.daborn@cadets.gc.ca
507 “F/Lt McLean” Royal Canadian Air Cadets (Kentville)		(902) 670-2280 507air@cadets.gc.ca
517 “F/Lt Graham” Royal Canadian Air Cadets (CFB Greenwood – Greenwood)		(902) 765-1494 517fltgraham@gmail.com
76 Royal Canadian Sea Cadet Corps – “Minas” (Fort Edward – Windsor)		(403) 880-1634 76sea@cadets.gc.ca
<b>Community Support Groups</b>		
Annapolis Valley Frugal Moms	Lisa Rose	902-599-4270 avfrugalmoms@gmail.com
AVRCE SchoolsPlus	Daisy Coleman	Office: 902-538-4726 Cell: 782-641-1131 daisy.coleman@avrce.ca
Aylesford Lions Club	Danny Herbert	902-847-5319 dannyherbert9135@gmail.com
Berwick Food Bank	John Roefs	(902) 538-1996 johnroefs1@gmail.com
Caregivers NS	Jeanine Wilson	902-680-8706 valley@caregiversns.org
Chris Palmer, MLA	Susie Bond Chris Palmer	902-375-2554 chrispalmermla@gmail.com
Coldbrook Lions Club	Wayne Little	902-538-8050 wlittle@xcountry.tv
Community Alcohol Partnership (CAP)	Daisy Dwyer	902-765-3902 dwyerdj@ns.sympatico.ca
Community Health Board	Heather Morse	902-698-0674 morseheather2@gmail.com
Guiding Hands Society	Tammie Smith Marina King	902-692-1632 guidinghandssociety@gmail.com
Homeless No More Initiative	Alisha Christie	902-599-2948 alishaechristie@gmail.com
Kings County Seniors Safety Society	Trishe Colman	902-670-0725 trishecolman@kingsseniorssaftey.org
Kingston and District Library	Sharon Morse Julia Rose Lynch	902-765-3631 kingston@valleylibrary.ca

<i>Kingston/Greenwood Mental Health Association</i>	<i>Daisy J. Dwyer</i>	<i>902-765-3902 dwyerdj@ns.sympatico.ca</i>
<i>Kingston United Church</i>	<i>Joann Cory</i>	<i>902-765-0105 joanncory2019@gmail.com</i>
<i>Kington Lions Club</i>	<i>Pat Nixon</i>	<i>902-765-2128 nixonpat@hotmail.com klionsclub@eastlink.ca</i>
<i>Kingston Pastoral Charge</i>	<i>Valerie Taylor</i>	<i>604-230-2184 valtaylor1984@gmail.com</i>
<i>Open Arms</i>	<i>Matthew Jennings</i>	<i>902-365-3665 openarms@openarms.ca sheltercoordinator@openarms.ca</i>
<i>Project Hope</i>	<i>Hannah Scott</i>	<i>902-517-2420 hannah.scott@novascotia.cmha.ca</i>
<i>Salvation Army (Bridgetown Community Church)</i>	<i>Justin Russell</i>	<i>902-665-4011 justin.russell@salvationarmy.ca</i>
<i>Stockings Were Hung</i>	<i>Donna Conrad</i>	<i>902-680-5062 donna@donnaconradteam.com</i>
<i>Torbrook United Church</i>	<i>Linda Winton</i>	<i>902-375-2314 lindawinton@gmail.com</i>
<i>Upper Room Food Bank</i>	<i>Sharon Hatt Harley Hazelwood</i>	<i>902-765-0303 (Referral from 211) upperroomfoodbk@hotmail.com rosewildrose@hotmail.com</i>
<i>Valley Community Learning Association</i>	<i>Brandon Stevens Peter Gills</i>	<i>902-679-5252 brandon.vcla@gmail.com, vcla.learning@gmail.com</i>
<i>Valley Connect Outreach Association</i>	<i>Lisa Bezanson John Andrew</i>	<i>902-599-2421 valleyconnectoutreach@gmail.com</i>
<i>Village of Kingston</i>	<i>Emily Harris</i>	<i>902-765-2800 eharris@kingstonnovascotia.ca</i>



## **Appendix 5: Recreation Facilities/Spaces (Within Town of Berwick Limits)**

*The Town of Berwick has many resources for the community to be physically active. Using any of the available facilities or spaces will contribute significantly to the activity levels of residents; with hopes at improving and adding to our resources yearly.*

<b>Site</b>	<b>Facilities</b>
<i>Centennial Park</i>	<i>Gazebo, Riding Ring, Green Space, Outdoor Shuffleboard Courts (Summer)</i>
<i>Berwick Curling Club</i>	<i>3 Ice Surfaces</i>
<i>Berwick &amp; District School</i>	<i>Playground, Green Gym Equipment and Gardens</i>
<i>Berwick Town Hall</i>	<i>Field &amp; Outdoor (sand) Volleyball Court, Gymnasium, Garden Boxes, Community Play box (Summer)</i>
<i>Kings Mutual Century Centre</i>	<i>Arena, Berwick &amp; District Lions Hall, Walking Track &amp; Open Hallway Space, Fitness Centre</i>
<i>Peter Connell Memorial Park</i>	<i>Ball Park, Brown Street Connector Trail</i>
<i>Rainforth Park</i>	<i>Playground, Green Space, Ball Fields, Tennis Courts, Splashpad, Community Play box (Summer)</i>
<i>Apple Capital Heritage Trail</i>	<i>Cleared Multi-Use Path</i>
<i>Sidewalks</i>	<i>Throughout the town</i>
<i>Spicer Park</i>	<i>Playground (Including accessible equipment), Community Gardens, Community Play box (Summer)</i>

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Nova Insights Community Phone Survey

Power Point

[http://www.who.int/dietphysicalactivity/physical\\_activity\\_intensity/en/](http://www.who.int/dietphysicalactivity/physical_activity_intensity/en/)

Lets Get Moving Nova Scotia

<https://novascotia.ca/letsgetmoving/docs/letsgetmoving-en.pdf>

Stats Canada

<http://www.statcan.gc.ca/pub/82-625-x/2011001/article/desc/11553-01-desc-eng.htm>

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Physical Activity Strategy is brought to you in partnership with the Department of Communities Culture Tourism and Heritage,  
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