

Yoga

#1 All Yoga

250 Baker Drive, Suite 230
Dartmouth, NS
902- 407-4325
www.allyoga.ca

#2 Sunrise Yoga

73 Tacoma Drive
Dartmouth, Nova Scotia
902-404-9642
www.sunriseyoga.ca

#3 Moksha Yoga

\$5 Donation Friday's at 8:30pm
114 Woodlawn Avenue
Dartmouth, Nova Scotia
902-435-1155
www.mokshayogadartmouth.com

#4 Spoon Studio

1869 Shore Rd
Eastern Passage, NS
403-9642
<http://www.spoonstudio.org/>

Free Walking Groups

#5 Canadian Volksmarch Group

A group that non-competitive participation in walking and other physical activities for fun, fitness and friendship. Ideal for the entire family!

466-4421

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

#6 Find Your Feet Walking Group

Walking Group that meets weekly at Shubie Park
\$2.00 Donation to Charity/Session
<http://www.nsfit4u.ca/2011/06/18/find-your-feet-walking-club/>

#7 Dartmouth Meetups

Visit www.meetup.com/cities/ca/ns/dartmouth to register and finding a walking group near you!

#8a EDCC Walking Club

\$20.00 for 10 sessions
East Dartmouth Community Centre
50 Caledonia Rd
Dartmouth, NS
435-6211

<http://edcc.ca/programs.php>

#8b Chebucto Hiking Club

Membership is \$10.00/year. Visit their website for information on upcoming hikes.

<http://chc.chebucto.org/index.htm>

Free Wellness Groups

#9 Your Way to Wellness

A six-week program (2.5 hrs/week) to learn how to manage a chronic condition, develop new skills, and use proven tools to help you maintain an active, fulfilling life. Times and locations vary go to <http://www.cdha.nshealth.ca/yw2w> or contact 902-473-7709 or email

YourWayToWellness@cdha.nshealth.ca for more information.

#10 Dartmouth Community Mental Health Groups

Referral Required.

Anger Management, Anxiety Management, Acupuncture, Stress Management, Self-Esteem, Depression Management, Cognitive Behavioral Therapy Group, Work Readiness, Welcome Group, Out & About, Clinical Monitoring, Community Social Group
Belmont House
33 Alderney Drive
Dartmouth, Nova Scotia
902-466-1830

Senior's Centers

#11 Dartmouth Senior's Service Center

Offer meals and social programs for seniors.
45 Ochterloney Drive
Dartmouth, NS
465-5578

<http://www.accesswave.ca/~dssc/dartmouth-seniors-service-centre.htm>

Free Social Supports

#12 New Beginnings

Provides ongoing support for adults who experience difficulties in daily functioning because of the effects of long term psychiatric illness. It is a place to be involved in work, social, recreation and community activities. Through work units we improve our social interaction, work skills and quality of life.

16 Portland Street
Dartmouth, NS B2Y 1G9
902-464-3588

<http://www.cdha.nshealth.ca/mental-health-program/programs-services/new-beginnings-clubhouse>

#13 Building Bridges

This program offers one-to-one social support for individuals 19 - 65 years old.
A volunteer is paired with a program member and they meet a few times each month to share common leisure interests.

Margaret Murray
455-6983 or

margmurray.cmha@bellaliant.com
http://www.cmha.ca/bins/content_page.asp?cid=284-1646-1652

#14 Among Friends Social Club

The Among Friends Social Club strives to enhance the quality of life for program members by providing social activities, advocacy, equipment loan, information and referral

102 Portland St
Dartmouth, NS
463-2187

cmhadart@accesswave.ca

http://www.cmha.ca/bins/site_page.asp?cid=284-1646-2706&lang=1

Free Acupuncture

#15 Community Based Services

Metropolitan Place
Monday, Wednesday, Friday's
9:15am to 10:30am
99 Wyse Road
Dartmouth, Nova Scotia
902-424-8866

#16 Halifax Public Libraries

Community libraries offer a wide variety of FREE programs, examples include Book Clubs, Movies, Crafts, Computer Basics, Astronomy Groups, Women's Groups and many many more. You can also borrow books, movies, magazines and CD's for FREE! Visit <http://www.halifaxpubliclibraries.ca/programs.html> for program information or pick up a Library Guide at your local branch.

Dartmouth North Public Library

Dartmouth North Community Centre
105 Highfield Park Dr.
Dartmouth
490-5840

Alderney Gate Library

60 Alderney Drive
Dartmouth, NS
490-5745

Woodlawn Library

31 Eisener Blvd
Dartmouth, NS
490-2636

QiGong

#17 Eastern Sun Professional Centre

Thursday's 7:00pm-9:00pm
Community Room
260 Wyse Road
Dartmouth, NS
<http://www.cfqatlantic.ca/programs/practice-groups/index.htm>

Tai Chi

#18 Tai Chi 4 Health

33 Ochterloney Street, Suite 210
Dartmouth, NS
902-469-3214
<http://www.taichi4health.ca/>

Meditation

#19 Dartmouth Shambala

By donation Tuesday's 7:00pm-9:30pm
Eastern Sun Professional Centre
Community Room

260 Wyse Road
Dartmouth, NS
info@dartmouth-shambhala.ca

#20 Christian Meditation Group

St. Peters School
33 Chichon Avenue
Dartmouth, NS
Monday's 6:45pm-Teresa Wigle
465-6890
Wednesday's 1:30pm- Mary Killbride
434-7194
St. Vincent de Paul
320 Flying Cloud Drive
Dartmouth, NS
Sunday's 7:00pm-Deacon Len Moor
434-0567

Art

#21 The Craig Gallery

Free Admission
Alderney Landing
2 Ochterloney Street
Dartmouth, NS
461-4698
<http://www.alderneylanding.com/gallery/index.html>

Music

#22 Alderney Kitchen Party

Free every 2nd Friday 2:00pm-3:00pm
Alderney Landing
2 Ochterloney Street
Dartmouth, NS
Glen Edwards
460-7347 or
glen.edwards@cdha.nshealth.ca
#23 Dartmouth Crossing Summer Concert Series
Free concert every 2nd Saturday throughout the summer months
Dartmouth Crossing Pondsides Amphitheatre
445-8883
www.dartmouthcrossing.ca

Swimming

Supervised Beaches

#24 Albro Beach

199 Albro Lake Road
Dartmouth, NS

#25 Birch Cove

Lake Banoon
46 Oakdale Crescent
Dartmouth, NS

#26 Penhorn Beach

Penhorn Lake
70 Penhorn Drive
Dartmouth, NS

#27 Shubie Park Beach

John Brenton Drive
Dartmouth, NS

Indoor Pools

#28 Dartmouth Sportsplex

\$8.00 Family swim Friday 6:30pm-7:30pm
110 Wyse Road

Dartmouth, NS

<http://www.dartmouthsportsplex.com>

#29 Dartmouth Ymca

\$2.00 Open Swim Saturday's 5:30-6:30
21 Woodlawn Road
Dartmouth, NS
902-469-9622
www.ymcahrm.ns.ca

Physical Activities

Community Centers

Activities available vary. Check the HRM Recreation Catalogue for up to date information!

#30 Findlay Community Centre

Guitar, Pottery, Fitness Classes, Zumba, Tai Chi, Yoga

26 Elliot Street
Dartmouth, NS
490-4728

#31 Tallahassee Community Centre

168 Redoubt Way
Eastern Passage, NS
465-5267

#32 North Woodside Community Centre

Programs include square dancing, belly dancing, Zumba and much more!

230 Pleasant Street, NS
Dartmouth, NS
463-9276

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

#33 South Woodside Community Centre

Square Dancing, Tai Chi, Tae Kwon Do and Volleyball
5 Everette Street
Dartmouth, NS

<http://southwoodsidecentre.com/index.htm>

#34 Dartmouth North Community Centre

134 Pinecrest Drive
Dartmouth, NS
490-5900

#35 East Dartmouth Community Centre

Tai Chi, Walking Club, Bootcamp, Badminton and Yoga
50 Caledonia Road
Dartmouth, NS
435-6211
<http://edcc.ca/>

Fitness Facilities

#36 Nubody's

Various locations throughout HRM. Go to www.nubodysfitness.com/ to find a location.

#37 YMCA Dartmouth

Speak to your Recreation Therapist about obtaining a membership.
21 Woodlawn Rd
Dartmouth, NS
469-9622
www.ymca.hrm.ns.ca

#38 Curve's

Various locations throughout HRM. Go to www.curves.com to find a location.

#39 GoodLife Fitness

Various locations throughout HRM. Go to www.goodlifefitness.com to find a location near you.

Other Free or Low Cost Leisure

#40 Alderney Landing Farmer's Market

Saturday's 8:00am-1:00pm

2 Ochterloney St
Dartmouth, NS
461-4698

<http://www.alderneylanding.com/market/index.html>

#41 Harbourview Market

Saturday's and Sunday's 9:00am-4:00pm

42 Canal Street
Dartmouth, NS

407-3323

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

#42 Fisherman's Cove

Watch the fisherman come in, take a walk on the boardwalk or enjoy the wonderful sounds of the ocean.
Shore Rd

Eastern Passage, NS

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

#43 Shubie Park

Beautiful trails in a heavily wooded area of the city.

Locks Rd

Dartmouth, NS

#44 Sullivan's Pond

Off of Prince Albert Road.

#45 Lake Banook

Take a walk or a run along the beautiful boardwalk.

Boardwalk is parallel to Prince Albert Road just passed Victoria Road.

#46 Visit one of the many trails available in HRM

A full list of trails is available at <http://www.halifax.ca/trails/>
www.trails.gov.ns.ca