

Adult Programs

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Ball Hockey

People interested in playing ball hockey can play at the Middle Sackville Baptist Church on Wednesday nights from 9-11pm. For more information contact Patti Bryden at 536-2615.



Adult Badminton

Adults interested in playing badminton can play at the Middle Sackville Baptist Church on Monday nights from 8-10pm. For more information call Patti Bryden at 536-2615.

Pro-Active Aerobics

Low impact aerobics for men and women, with certified instructors will be offered on Sunday, Tuesday and Thursday evenings at 7pm at the Sackville Curling Club. For more info contact Sheila Parker at 536-1867 after 5pm.

Sackville Snow Drifters

With over 200 members, the Sackville Snow Drifters hopes to continue growing and attracting new members.

This winter there will be over 120km of groomed trail, linking with Memramcook and Shediac trails. The trails are groomed 12 feet wide and are signed & bridged. Fundraising events are also being held during the season to offset maintenance costs. All snowmobile enthusiasts are welcome to join.

For further information contact Stephen Pauley at 379-4055.

Sackville Curling Club

Curling is available to enthusiasts of all ages. Instruction is offered to new curlers. Equipment required is minimal. Curling starts in November. An introductory Membership Fee rate of \$99 + HST applies for new members or those who have not been active curlers for more than 5 years and would like to return. New members may participate for the month of November on a trial basis "on us".



Registration Nights are Thursday, October 15 and Monday, October 19 from 6:30-9:00pm.

THE LEAGUES

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| Morning Men | Monday and Thursday mornings. Social curling without league commitments. Teams are made up each day from members present. |
| Morning Ladies | Tuesday and Friday mornings. In-Club league curling. |
| Evening Men | Monday nights. In-Club league curling. |
| Evening Ladies | Tuesday nights. In-Club league curling. |
| Mixed Curling | Thursday and/or Friday nights. In-Club league curling for men and ladies, couples or singles. Early and late league times are available. Curlers may register for one or both nights. |
| Border League | Wednesday nights. Friendly competition league curling with Amherst Curling Club. Curling will take place at either Club. Choose your own team - men/ladies/mixed. |

President	Colin Penley 536-0965
Secretary	Uta Bartlett 536-1195
Membership	Sharon Allen 538-2524 Marilyn Goodwin 536-3474 Wendy Price 536-2173

Tantramar Outdoor Club

A newly formed organization in Sackville whose mandate is to promote self propelled outdoor activities such as cross-country skiing, cycling, running, swimming, canoeing and hiking throughout the Tantramar Region. For more information on how to join and participate contact Peter Manchester at 536-0946 or email peterman@nbnet.nb.ca.

Tantramar Twirlers

Square dancing is a great workout for the body and the mind in a atmosphere of music and friendliness. We dance each Tuesday night (8 – 10pm) from September to May in St. Paul's Church Hall, opposite the Swan Pond.

Our two free Open House evenings on September 26 and 29 are followed by classes starting in October for new dancers.

For more info call John & Mary Stokes at 536-1720 or John & Judy Carlisle at 536-1710 or 536-1595.

Yoga

Yoga is an excellent exercise program, which builds strength and flexibility and promotes stress reduction. It is low impact and may be done by people of any fitness level. The Parks & Recreation Department will offer yoga year round depending on interest.



The first session of Ashtanga Yoga will begin Tuesday September 22 and will run Tues & Thursdays from 7-8:30pm at the Sackville United Church. The cost is \$60 for the 6-week session.

For more information on the programs and to register please call 364-4955