



Classes Resuming – No Charge

We are offering 3 Free Nordic Walking Classes in July 2020 following COVID-19 safety protocols. You **MUST** preregister for these classes.

1. A free Beginner Class Saturday, July 25th 10:30 – 12 noon at the Pond Playhouse (details below)
2. Two classes for those who own Nordixx brand Nordic Walking Poles, but need a class to learn the correct technique at DeWolfe Park off the Bedford Highway.(details below)

FREE Beginner Class

A Beginner Clinic for those who do not own Nordic style poles:

Saturday, July 25th 10:30 – 12 noon at the Pond Playhouse, home of the Theatre Arts Guild,

6 Parkhill Road, Halifax (off the Purcell's Cove Road, just past the Frog Pond)

This beginner class is taught by from nationally certified instructors Esther and Bill VanGorder.

COVID-19 protocol procedures will apply. All participants must wear a mask and practice social distancing. See full protocol statement below.*

Dress for the weather; Wear good walking shoes. We will be inside and out. If weather causes us to postpone the classes, we will conduct you. So, you must pre-register.

To register at NO CHARGE contact Esther or Bill VanGorder at

info@NordicWalkingNovaScotia.ca, phone 902 454 2267 and leave your name, phone number and # of persons attending with you. You will only receive a return phone call if the class is filled or postponed by weather.

Learn about "Nordic" style poles and the proper technique for fitness and enjoyment. **You MUST preregister for these classes.** Class is limited to 16 persons. COVID-19 Health protocols will apply.

We endeavor to start all classes on time. Please arrive 15 minutes prior to class start time to complete the registration form.

Proper Nordic Pole Walking "loaner" poles will be supplied so you can try Canada's fastest growing adult fitness activity. "Nordic Walking Poles" are a style, not a brand. They are very different from "Hiking" or "Trekking" poles found in most stores.

You will learn to use "Nordic" style poles and the proper technique for fitness and enjoyment. Reasonably priced high quality genuine Nordic style poles will be available for sale after the class. We accept Credit Cards, Debit Cards, cheques and cash.

Nordixx Pole Owner Beginner Classes

These 2 classes are for persons who already own Nordixx Nordic Walking Poles (Nordixx Nordic Walker Poles, Nordixx Traveler Poles or Nordixx Stabilizer Poles) but have not taken an in-person class from us on how to properly use them because of the pandemic shutdown.

Tuesday, July 21 - 6:30-8:00 pm Poles)

Or Thursday, July 23 – 2:00 – 3:30 pm

You must pre-register for any of our classes by emailing info@NordicWalkingNovaScotia.ca or phoning Esther and Bill VanGorder, the instructors, at 902 454 2267.

Both will take place in DeWolfe Park on the Bedford waterfront. Meet in the parking lot next to the public washroom. Choose one of these two classes to learn the proper technique for maximum fitness and health benefits of using you recently purchased Nordic style walking poles.

Dress for the weather; Wear good walking shoes. We will be inside and out. If weather causes us to postpone the classes, we will conduct you. So, you must pre-register

For your safety and the safety of our instructors, here are our COVID-19 protocol procedures:

***Nordic Walking Nova Scotia**

COVID-19 response protocols

Nordic Walking Nova Scotia is committed to ensuring the safety of our instructors and our class participants. We will always err on the side of safety, and follow the directives and guidelines of Public Health officials.

- Class size will be limited so that we can accommodate 6 ft/2 m physical distancing between students and instructors.
- **Participants MUST pre-register. Anyone who has not pre-registered will be turned away unless there is a cancellation that opens a space in the class.**
- Participants must complete and sign our waiver which will include confirmation that they have not been outside the province in the previous 14 days, they have not come into contact with anyone who has been outside the province in the previous 14 days , they are not experiencing any symptoms of COVID-19 and have not been in contact with anyone who has or has experienced symptoms of COVID-19. Participants who answer yes to any of these questions will be turned away.
- Please do not come to the class if you are feeling at all unwell.
- Participants will be asked to sanitize their hands before entering the class.
- Masks must be worn during the indoor portion of the class and if participants do not have a mask of their own, one will be provided. We recognize that there may be some health conditions that make it difficult or impossible for some participants to wear masks.
- Nordic Walking Nova Scotia will ensure that our loaner poles are sanitized before and after each class. Sanitary wipes will be provided to clean the handles of the poles before and after use.
- Those who wish to purchase poles after the class can do so with credit or debit cards (preferably equipped with tap). We will accept cash but would appreciate the correct change if possible.
- This is an extremely difficult time for everyone and we recognize that situations and Public Health guidelines and directives can change quickly. We will do everything we can to adjust to changing situations and ask that our participants do the same. Be

