

November 2025

Recreation programming



invernesscounty.ca | 1-866-258-0223

Youth



Programming Schedule

For more information on youth recreation programs, contact Krista MacInnis at 902-258-5930 or krista.macinnis@invernesscounty.ca

Girls Volleyball

Focus on foundational skills, teamwork, and scrimmages and help boost confidence and experience in a fun, supportive environment.

Sundays | Inverness Education Centre/Academy Gym
5:00 – 7:00 p.m. | Grades 6 – 8
Fee: \$30 | registration at playfinder.ca
Instructors Lynn MacInnis and Kayla Habicht-Walker

Inverness County Recreation Dance

Tuesdays for 6 weeks starting November 4 plus a dance recital.

Inverness Education Centre/Academy
Fees vary depending on program.

Led by: Charlotte Wiebe

Registration: playfinder.ca

Hip Hop

Age 4 to 5 | 4:00 p.m.
Age 6 to 8 | 4:30 p.m.
Age 9 to 12 | 5:00 p.m.

Ballet

Age 4 to 6 | 5:30 p.m.
Age 7+ | 6:00 p.m.



No classes on November 11

Adult Ballet

6:30 – 7:15 p.m.

Youth Soccer

Tuesdays | Bayview Education Centre Gym
6:00 – 7:00 p.m. | Ages 10 – 14
Fee: \$20 | registration at playfinder.ca



No soccer on November 11

Junior Scientists Club

Using everyday materials, participants explore chemistry, physics, and earth science through fun experiments that spark curiosity, build teamwork, and inspire a lifelong interest in how the world works.

Wednesdays | Bayview Education Centre
2:45 – 4:00 p.m. | Ages 7 – 9
Fee: \$25 | registration at playfinder.ca

Learn to Skate

Starting November 12 and running for five weeks. Helmets with cages are required, and shin pads and elbow pads are recommended.

Wednesdays | Mabou Athletic Centre
5:00 – 6:00 p.m. | Ages 4 – 6
Fee: \$65 | registration at playfinder.ca

Mabou Judo Club

Mondays & Thursdays | Bayview Education Centre Gym
5:30 – 7:00 p.m. |
Fee: \$50 – \$130 | registration upon arrival
Contact Dwayne Beaton for more information
902-258-7856

Inverness County Athletics

Mondays & Fridays | Dalbrae Academy Gym
For full schedule, fees, and registration, visit invernessathletics.ca, or contact Nick Phillips at invernesscountyathletics@gmail.com

Adult

Programming Schedule

For more information or to register for community programming, visit playfinder.ca, or call the Inverness County Recreation & Community Wellness Department at 902-787-3508.

Ecole NDA	Monday	Walking Group	7:00 - 8:30 p.m.
	Tuesday	Pickleball	6:30 - 8:30 p.m.
	Wednesday	Badminton	7:00 - 8:30 p.m.
CBHA	Thursday	Soccer	7:00 - 9:00 p.m.
IECA	Monday	Pickleball	7:30 - 9:00 p.m.
	Wednesday	Pickleball	7:30 - 9:00 p.m.
	Thursday	Basketball	7:30 - 9:00 p.m.
WEC	Tuesday	Pickleball	7:00 - 8:30 p.m.
	Thursday	Badminton	6:30 - 8:00 p.m.
	Friday	Ultimate Frisbee	6:30 - 8:00 p.m.
Dalbrae	Wednesday	Soccer	7:00 - 9:00 p.m.
Bayview	Monday	Pickleball	7:00 - 8:30 p.m.
	Tuesday	Volleyball	7:00 - 8:30 p.m.
	Wednesday	Pickleball	7:00 - 8:30 p.m.

Please note: activities will not take place when schools are closed due to holidays or school functions.

Seniors Chair Yoga

Wednesdays | St. Stephen's Hall, Port Hood

11:00 a.m. - 12:00 p.m.

For more information, contact Anna Solomon at anna.solomon@invernesscounty.ca

Visit invernesscounty.ca/residents/seniorsevents for more seniors events and activities in Inverness County.

Adult Murder Mystery Games Night

Come out for a social evening of games with a murder mystery twist. Looking for game players and 6 role players for the Murder Mystery.

Friday, November 21 | Hillsborough/Glendyre Community Hall

7:00 - 9:00 p.m. For more information, reach out to Jason Calder at jason.calder@invernesscounty.ca.

Karma Yoga Collective

Thursdays | St. Peter's Parish Hall, Port Hood

7:00 - 8:00 p.m. | Fee by donation | All are welcome

Register at playfinder.ca or upon arrival.

November 6: Carol Ann

Yin Yoga - Unwind as you relax into gentle poses held to release deep tension.

November 13: Gerri

Yang/Yin Yoga - A class where movement meets stillness. Flow to warm the body before settling into restful prop-supported poses.

November 20: Joyce

Vinyasa Yoga - to improve flexibility, build strength, and melt away stress.

November 27: Bernadette

Therapeutic Yoga - soothing stretches concentrating on your lower back and hips.

Spots are limited. Early registration is encouraged to ensure your spot.

For more information, contact yogacollectiveporthood@gmail.com

Participants need to bring their own mat.

Skate

Schedules

Al MacInnis Sports Centre

Port Hood

45 Wharf Road

902-787-3210

porthood.rinkbook.ca

Senior Skate

Tuesdays 10:00 a.m. – 12:00 p.m.

Family Free Skate

Sundays *times vary. Check online for schedule.*

Mabou Athletic Centre

Mabou

186 Mabou Harbour Road

902-945-2378

mabou.rinkbook.ca

Family Skate

Sundays 5:30 – 7:00 p.m.

Open Skate

Monday 3:30 – 5:00 p.m.



Dr. Bernie Recreation & Cultural Centre Inverness

59 Forest Street

902-258-2712

inverness.rinkbook.ca

Adult Skate

Tuesdays/Thursdays 2:00 – 3:00 p.m.

Parent & Tot Skate

Tuesdays/Thursdays 3:00 – 4:00 p.m.

Family Skate

Saturdays/Sundays 6:00 – 7:00 p.m.

Cabot Trail Arena Chéticamp

15582 Cabot Trail

902-224-3337

cheticamp.rinkbook.ca

Adult Skate

Thursdays 1:00 – 2:00 p.m.

Family Skate

Saturdays 6:00 – 7:00 p.m.

Sundays 3:00 – 4:00 p.m.

Family Disco Skate

Saturdays 7:00 – 8:00 p.m.

For full arena schedules or more information, please contact the arenas directly.



Winter Recreation Equipment Rental

Cross country skis and snowshoes are available for \$2/day or \$10 for a full week.

Equipment is available at the Recreation & Community Wellness office at

86 High Rd., Port Hood.

It can be booked online at playfinder.ca.

For questions, contact the office at 902-787-3508.