

March 2026

Recreation programming

Municipality of
**Inverness
County** 



Adult

Programming Schedule

For more information on adult programming, reach out to Jason Calder at jason.calder@invernesscounty.ca

Beginner Pickleball

Try It!

Come and try out North America's fastest growing sport in a fun and friendly environment. Designed for new players and absolute beginners who want to try out pickleball.

Thursday, March 5 | 7:00 - 8:30 p.m.
Bayview Education Centre | Port Hood
Drop-in | No cost | Equipment provided

Drop-in Game Nights

Play board games, escape rooms, who done its, murder mysteries and more! Come yourself or bring a friend.

Hillsborough-Glendyre Hall | 6:30 - 8:30 p.m.
Every second Thursday | March 12, March 26
Drop in | No cost

Escape Rooms

The brain-challenging fun continues in the next installment of our Escape Room series! Join us on an epic adventure to uncover the lost city of gold.

Get ready to solve mind-bending puzzles and embark on an unforgettable journey!

Each session lasts about 60 minutes. Groups of 3-6 recommended.

Wednesday, March 11 | 6:00 - 9:00 p.m.
Bayview Education Centre | No cost
Registration required

Wednesday, March 25 | 6:00 - 9:00 p.m.
Inverness Education Centre/Academy | No cost
Registration required

Reach out to Jason Calder to register:
jason.calder@invernesscounty.ca | 902-258-7232

Get Outside!

Full Moon Snowshoe

Take in the full moon in Judique! Spend the evening snowshoeing along the Celtic Shores Trail and then gather back at the Storytellers Gallery to warm up with some hot drinks.

Tuesday, March 3 | Storytellers Gallery, Judique
7:00 - 9:00 p.m. | No cost | No registration

Bring snowshoes if you have them, or contact Emery.Ferraro@invernesscounty.ca in advance to borrow a pair.

Please bring a headlamp or a flashlight.

Tai Chi Cape Breton

Proudly Supported By



Tai Chi Cape Breton offers inclusive, gentle movement classes for all levels and abilities, supporting daily wellness through Tai Chi, Sabre, and Lok Hup practices.

Adults and Seniors of all experience levels are welcome | \$65 for a four month Tai Chi Cape Breton Club membership.

Mondays | Hillsborough | 9:00 - 10:30 a.m.
Hillsborough-Glendyre Hall (4738 Hwy 252, Mabou)

Wednesdays | Inverness | 9:00 - 11:00 a.m.
Inverary Manor Music Room (72 Maple St., Inverness)

Thursdays | Creignish | 11:45 a.m. - 1:15 p.m.
Creignish Recreation Centre (2123 Hwy 19, Creignish)

Contact info@greenwellcenter.com to register.

Seniors

Programming Schedule

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

Seniors Escape Room

Dust off your puzzle skills and come for a morning of fun, lighthearted connection building, laughter, and group problem solving.

Hosted in partnership with Cape Breton University's Centre for Healthy Aging

Thursday, March 5 | Judique Community Centre
1:00 - 2:30 p.m. | No cost

Reach out to Anna Solomon to register:
anna.solomon@invernesscounty.ca

Musical Bingo

Put your music knowledge to the test with this fun twist on traditional bingo!

Wednesday, March 11 | 1:00 - 3:00 p.m.
St. Mary's Parish Hall, Mabou | No registration required

For more information on seniors programming, reach out to Anna.Solomon@invernesscounty.ca.

Seniors Snowshoeing

Enjoy an afternoon outdoors with neighbours. Hosted in partnership with Cape Breton University's Centre for Healthy Aging.

Thursday, March 12 | Thursday, March 26 | 1:00 - 2:00 p.m. | Meet at Judique Community Centre

No cost | No registration required

For more information on seniors programming, reach out to Anna.Solomon@invernesscounty.ca.

Seniors Crib Plays with Mill Road Social Enterprises

Friendly weekly cribbage get-together where community members can drop in, play a few hands, and enjoy social time in a relaxed setting. All experience levels welcome.

Thursdays | Royal Canadian Legion Basement | Inverness

1:00 - 3:00 p.m. | Drop-in | No cost



Youth & Family Programming

Sensory Skate

This dedicated ice time provides a low-stimulus environment for youth and individuals with sensory needs.

Designed to give everyone a sense of confidence and belonging on the ice.

Tuesday, March 3 | Tuesday, March 10
11:00 a.m. - 12:00 p.m. | Al MacInnis Sports Centre
No cost

For more information, reach out to Krista (krista.macinnis@invernesscounty.ca) or Anna (anna.solomon@invernesscounty.ca)

PlayIRL

Free afternoon of mixed indoor play for youth.

Whether your child enjoys sports, board games, or crafts, there is something for everyone!

Saturday, March 7 | Ages 10 - 18
Whycocomagh Education Centre | 1:00 - 5:00 p.m.
playfinder.ca to register | No cost

For more information, reach out to Emery.Ferraro@invernesscounty.ca

3v3 Basketball Tournament

Kick off March break with this fun tournament!

Registration is individual, and teams will be created based on the registration. Two divisions for ages 11 - 14 and 15 - 18.

Monday, March 16 | Ages 11 - 18
Dalbrae Academy | 10:00 a.m. - 2:30 p.m.
playfinder.ca to register | \$10/player

For more information, reach out to Krista krista.macinnis@invernesscounty.ca | 902-258-5930

March Break Skating

Wednesday, March 18 | Mabou Athletic Centre
Drop-in | No cost

Sensory skate 4:00 - 5:00 p.m.

The first hour is a calm, low-stimulus skate for individuals with sensory needs. Designed to give everyone a sense of confidence and belonging on the ice.

Family skate 5:00 - 6:00 p.m.

Open to all abilities and ages.

For more information, reach out to Krista (krista.macinnis@invernesscounty.ca) or Anna (anna.solomon@invernesscounty.ca)

Family Snowshoes

Get out and enjoy the snow with friends, family, and community!

Whether you're looking to try something new or you're a seasoned snowshoer, all are welcome

1:00 - 2:00 p.m. | No cost | No advanced registration

March 18: Margaree XC Club

Meet at the Nile Brook Trailhead | 697 East Big Intervale Rd., Margaree Valley

March 19: Salmon Pools Trail

Meet at the trailhead at the Cape Breton Highlands National Park Visitor Centre | 16654 Cabot Trail, Chéticamp

Bring snowshoes in advance, or reach out to Emery in advance to borrow a pair.

Emery.Ferraro@invernesscounty.ca

Schools Plus March Break Camps



Campers will enjoy cupcake decorating, pizza making, gym time, and science experiments

Bayview Education Centre | 9:00 a.m. - 2:00 p.m.

March 17 grades 1 - 3 | March 18 grades 4 - 6

For more information, contact Kim Chiavari Kim.Chiavari@srce.ca | 902-631-6671



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.

Season ends March 22



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.

Season ends March 15

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.

Adult Sport 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.
Inverness Education Centre / Academy	Monday	Pickleball	7:30 - 9:00 p.m.
	Wednesday	Pickleball	7:30 - 9:00 p.m.
	Thursday	Basketball	7:30 - 9:00 p.m.
Whycocomagh Education Centre	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.

*CBHA- Cape Breton Highlands Academy



March Through Winter Activity Challenge

Stay active through this (hopefully) last stretch of winter with the **March Through Winter Challenge!** Look out for new themes each week and show us how you're keeping active this month!

How it works

Watch out for a new theme each week, complete the activity, and submit a photo to be entered in a prize draw. To enter:

- Post a photo on Facebook using the hashtag **#MarchThroughWinterIC** and tag us; or
- Email your photos to recreation@invernesscounty.ca

Draw date: April 7, 2026

Themes

March 6: Get outside

Get out and enjoy the fresh winter air!

March 13: Move your way

Take a walk, go for a skate, stretch inside, move in your way!

March 20: Community Connection

Show us how you're connecting with your community this winter. Attend a program, meet up with a friend, or visit a local space.

March 27: Winter Beauty

Capture a photo of the winter landscape, wildlife, snowfall, or your favourite local view!



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.
Email recreation@invernesscounty.ca to book.**