

WINTER 2015

PROGRAMS AND SERVICES



It happens here.

Canada
Games
Centre



Physical Literacy – It Happens Here.

Phys-i-cal Lit-er-a-cy *noun* :

We are physically literate when we have acquired the fundamental movement skills and confidence to enjoy a variety of sports and physical activities.

At the CGC, we believe that actually enjoying physical activity is an important motivator when it comes to developing lifelong healthy habits. With this in mind, we strive to help young Nova Scotians experience this enjoyment and become physically literate through our programming. To ensure our programs are both accessible and of the highest quality, we're involved in the following initiatives:



Canadian Sport for Life (CS4L) is a national movement to improve the quality of sport and physical activity in Canada. A key feature of CS4L is Long-Term Athlete Development (LTAD), a developmental pathway not only providing optimal training and support to our athletes, but also increasing Physical Literacy for all Canadians, young and old.



Active for Life is an online resource where parents can find fun ways of making sure their children get the recommended daily amount of physical activity.



Thrive! is an initiative by the provincial government to create a healthier Nova Scotia and through this funding, more people in our community have access to physical activity programs at the Canada Games Centre. Applications for Thrive! can be found on our website.



The Canadian Tire Jumpstart program provides funding for children that would not be able to participate in physical activity without assistance. This funding is available for most of our Aquatics and Recreation programming.



The best way to play™

HIGH FIVE is a quality assurance standard for children's recreation and sport across Canada. This standard ensures children ages 6-12 receive quality programming aligned with healthy child development of mind, body and fun! We are a HIGH FIVE Registered Organization and train our instructors to deliver the HIGH FIVE standard.



Look for the CS4L and Active For Life logos throughout this guide for physical literacy programs.

Featured Programs



CRICKET

Did you know cricket is the second most popular sport in the world? Find out why with the Nova Scotia Cricket Association in this program designed for youth beginners and loyal cricket players alike.



YOUTH STRENGTH & CONDITIONING

Free weights and workouts can be intimidating at any age. Youth in this program receive the proper instruction and develop the skills to improve their overall fitness and stay safe in the gym. All fitness levels welcome.



FAMILY PICKLEBALL

We've expanded our Pickleball program. Now families can play this racquet sport together which combines tennis, badminton and ping pong. Funny name, serious fun!



MAMA & BABY YOGA

Bond with your baby, revitalize your mind, and get into great shape in this new yoga program. You'll also improve your flexibility and relax while you meet other new mommies and their babies.



WATER POLO

Attention youth who love to be in the pool but want more than swimming laps: water polo is for you! We're delighted to have Water Polo Nova Scotia joins us again this winter to deliver the first two levels of the national and CS4L approved I Love Water Polo program.

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CONNECT



Facebook.com/CGCHalifax

Stay connected for program updates, schedule changes, contests and special events.



@CdaGamesCentre

Follow us for all the latest announcements



E-newsletter Subscribe:

<http://bit.ly/cgcnews>

■ HOW TO REGISTER

Registration can be completed both online and in-person. Please remember that registration can be a very busy time, and that wait times may be longer than normal.

■ REGISTER ONLINE

Let your fingers do the work as you register from the comfort of your keyboard, at any time of day. There are a few things to know when registering online:

<https://www.hfxcgcwebtraconlinereg.ca/>

- Sign in with your account and password*
- Choose the Activity Type
- Add activity to shopping cart
(session will time out after 10 minutes)
- Choose family member to register
- Answer all required registration questions
- Continue to shopping cart – Visa & MasterCard accepted (Amex accepted in-person only)
- Choose checkout and finish by paying
- Receipt provided as PDF

* Please ensure you have an account name and password prior to registering with us. Don't have one? Follow the link above, click "Need an Account", and follow the steps. Please allow 2-3 business days to receive your user information. Email info@canadagamescentre.ca with any questions.

THINK YOU HAVE AN ACCOUNT BUT AREN'T SURE? CAN'T REMEMBER YOUR USERNAME AND/OR PASSWORD? CLICK HERE TO RETRIEVE THEM.

■ REGISTER IN-PERSON

26 Thomas Raddall Drive

Monday – Friday 10:00am-9:00pm

Saturday – Sunday 7:00am – 9:00pm

Visa, MasterCard, Amex, debit, and cash all accepted.

■ GENERAL INFORMATION

- Specific information regarding safety standards, dress code, and other policies will be displayed throughout the Centre and on our website.
- The minimum age to work out in the Fitness Centre is 18, unless a member, for which the minimum age is 14.

REGISTRATION DATES

ONLINE: November 27 - Online Registration for CGC members only opens at 12:01 am. **December 4** - Online registration for non-members begins at 12:01 am.

IN PERSON: December 1 - In person registration for CGC members begins at 10:00 am. **December 11** - In person registration for non-members begins at 10:00 am.

Registration links within the guide become active when registration opens.

■ PROGRAM CANCELLATIONS AND REFUND POLICIES

- Some programs may be cancelled due to insufficient registrants. The Canada Games Centre monitors registration levels prior to the start of programs to ensure quality programs are offered. A great course could be cancelled if there are not enough registrants. Register early to avoid program cancellations.
- There are no refunds for programs offered at Canada Games Centre unless the program is cancelled by the Centre. If we cancel a program, full refunds will be issued.
- A non-refundable credit will be issued if a participant provides 7 days advance notice, prior to the start date of the program.
- Within 7 days of a program start date, no credit will be issued. In the event of a medical matter, documentation will be required.
- All non-refundable credits must be used within one year.
- Accepted forms of payment: Visa, MasterCard, American Express, debit cards, cash and cheques (some restrictions apply). The charge for non-negotiable payment is \$40 plus tax.

■ PROGRAM ACCESS CARDS

- One card, all of your CGC programs. These new red cards give you access to the facility up to 30mins before and during your registered programs.
- Cards will be handed out at the time of registration (if registering in-person) or can be picked up prior to or on the program start date (if registering online).
- If you forget your Access Card, you must check-in at the Customer Service Desk.



Canada Games Centre Membership

Family Fun

It's not hard to make your membership worth the investment – only five visits a month.* And with many different activities included, family time is sure to stay active, interesting and fun.

MONTH						
Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
		1			2	
			3			
	4					
				5		

FOR EXAMPLE:

- 1 Mom & Dad unwind at yoga
- 2 Afternoon family swim
- 3 Mom sweats it out at Zumba, while Dad & kids shoot hoops
- 4 Kids take on the water slides, Mom & Dad swim laps then relax in the Hot Tub
- 5 Monthly family badminton showdown

**Based on Annual Family Membership of \$40 bi-weekly + tax. Family includes two adults and however many children under the age of 19 living in the same house and related by blood, marriage, common-law, adoption or legal guardianship.*



MEMBERSHIP INCLUDES

Everything Under One Roof

- Swim, dive and float your way around our Aquatic Centre (3 Pools, Hot Tub, Dry Sauna, Water Slides & Play Features)
- Stay motivated with a large variety of specialized weight training and cardio equipment in our Fitness Centre (ages 14+)
- Hone your skills or play for fun in our Field House (Basketball, Volleyball, Badminton, Ping Pong & Pickleball)
- Stretch your legs on our 6-lane, 200m indoor Track (Strollers and Nordic poles welcome!)
- Choose from over 45 Fitness Classes a week, including Yoga, Zumba, Spinning, Strength & Conditioning, Aquafit, Hydroider, Kickboxing and more!

Membership Exclusives

- Bi-weekly payment plans available
- Free Simply Fit Fitness Centre Orientation
- Advanced Registration and Special Pricing for Programs
- Discounts on Personal Training
- Member Only Swims
- Advanced badminton court bookings

Also Included

- Day-use lockers
- Free on-site parking
- Balls, racquets, birdies and Nordic poles free to rent

Accessibility

As an inclusive community centre, we've placed great consideration on ensuring that the facility is inclusive to all of our members and guests. Ramp and lift access to our pools, visual and non-visual wayfinding, and barrier free parking areas, entrances, travel paths, and washrooms have all been integrated into the design. To learn more about our accessibility, stop by for a tour or visit our website:

canadagamescentre.ca/about-us/accessibility

For membership information or to book a tour of our Facility, please contact our Membership Coordinator at 902.490.2291

Recreation Programs

■ PROFESSIONAL DEVELOPMENT DAY CAMPS

HRSB PD Days – February 17th | March 27th

Grade P – 6 | 8:30am-5:00pm

Members \$30, Non-Members \$33

(Price is per child per day)

Online registration code **421101**

Full Time Registrants in our After School Program:

Members \$10.50 | Non-Members \$11.55

(Price is per child per day)

We will host an assortment of one-day camps that will surely keep the kids talking! Kids will participate in a variety of indoor and outdoor (weather permitted) activities such as silly sports, arts & crafts, and swimming. Camps will be held on HRSB Bus Cluster 1 and CSAP PD days noted above. Camp registration is on-going and offered for children currently enrolled in Grades P - 6. There are a very limited number of spaces available for this camp, so register early! If the camp is full, please add yourself to the waitlist. We do our best to have as many staff available as possible for these camps and may add more campers as the date draws near.

Robotics Camp

HRSB PD Day – February 17th

Ages 9-12 | 8:30am-5:00pm

Members \$45 Non-Members \$50

Online Registration code **421101**

Build awesome LEGO™ EV3 robots and program them to do amazing things like manoeuvring around a course, launch balls, view people with infrared technology & much more. You'll also take a break from building and programming your robots to take a dip in the pools and ride the water slides.

■ MARCH BREAK CAMPS

Learn to Play Sport Camp



March 16th – 20th | Grade P-6 | 8:30am-5:00pm

Members \$150, Non-Members \$175

Online registration code **421202**

The Canada Games Centre will be hosting a multi-sport camp over the March Break Holiday to help keep your little ones active while you're at work. In addition to creative time, kids will play a variety of games and engage in active learning to challenge all of their movement skills both in the pool and in the Field House

Animation & Robotics Camp

March 16th-20th | Ages 9-12 | 8:30am-5:00pm

Members \$170, Non-Members \$195

Online Registration code **421202**

Lights! Camera! Stop-Motion Action! Build backdrops and scenes from LEGO™ and have your minifigs star in a movie you write and direct. Add your voice and other sound effects to create movie magic while you watch your creation come to life in a stop-motion animation film. Build awesome LEGO™ EV3 robots and program them to do amazing things like manoeuvring around a course, launch balls, view people with infrared technology & much more. You'll also take a break from building and programming your robots to take a dip in the pools and ride the water slides.

■ PLAY SCHOOL

Our active play school provides a safe and nurturing environment for your children to learn, grow and experience the world. Children do arts & crafts, play music, and have gym and story time while unlocking their potential through play-based hands-on experiences. Children must be at least 3 years old and toilet trained to register. Each child should also bring a nut-free snack and indoor sneakers to each class.

Play School Swim Lessons



9 weeks | Begins January 8th
Thursdays, 9:00am-11:30am
Members \$117, Non-Members \$135
Online registration code **420111**
Location: Activity Room

Free up your Saturday mornings and get your little duckling swimming. We've combined the fun of our Play School Program with the convenience of our Lifesaving Society's Swim for Life Preschool Swim Lessons. In this program, your child will participate in a full swim lesson delivered by certified instructors and will receive a skills report card at the end of the term. We'll accompany your child to the pool for their lessons and then have fun with classroom activities once they're all dried off.

Fun with French

9 weeks | Begins January 7th
Wednesdays, 9:00am-11:30am
Members \$67, Non-Members \$76
Online registration code **420101**
Location: Activity Room

Bienvenue! Spend time learning some basics of Canada's other official language.





Primary Prep.

8 weeks | Begins January 5th
Mondays, 9:00am-11:30am
Members \$60, Non-Members \$69
Online registration code [420110](#)
Location: Activity Room

**Please note there is no class on Viola Desmond Day -
Monday, February 16th*

Almost ready for big kid school? We'll help you make sure you're ready to go. This class is designed for kids born before December 31st, 2010 who will be going to Primary in September 2015. Each week will focus on a different theme and have structured learning activities to help your little ones prepare for their next big milestone.

Tiny Tumblers

9 weeks | Begins January 6th
Tuesdays, 9:00am-11:30am
Members \$67, Non-Members \$76
Online registration code [420107](#)
Location: Activity Room

9 weeks | Begins January 9th
Fridays 9:00am-11:30am
Members \$67, Non-Members \$76
Online registration code [420107](#)
Location: Activity Room

Burn off all that extra energy with this active play session for your little tumbler. After some fun classroom time with new friends, we give them an Active Start by teaching agility, balance and coordination using Gymnastics Nova Scotia's Tumblebugs program. The program curriculum is designed to teach fundamental movement skills in a fun and safe environment and is sure to keep your kids moving and engaged.

■ SPORTS PROGRAMS

Cricket ← NEW



10 weeks | Begins January 7th
Ages 6 – 9 | Wednesdays, 5:00pm-6:00pm
Ages 9 – 13 | Wednesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$69
Online registration code [420207](#)
Location: Field House

Using Cricket Canada KIDS curriculum, we are partnering with the Nova Scotia Cricket Association to provide children with a great opportunity to try the game of cricket in an indoor environment. Focusing on FUN and maximum participation, this program teaches the basics in developing important physical skills such as throwing, catching, hitting, and bowling while improving balance, agility and speed. Come try a great new sport you and your friends have probably never tried before! If you're already familiar with cricket, this is also a great program to expand your skills.

Just for Kicks



8 weeks | Begins January 6th
Ages 3 – 4 | Tuesdays, 4:30pm-5:00pm
Ages 4 – 5 | Tuesdays, 5:00pm-5:30pm
Members \$45, Non-Members \$52
Online registration code [420207](#)
Location: Field House

Get the little ones moving with our indoor mini-soccer program! They will learn the fundamental movement skills required to play soccer and some of the basic rules, as well as play fun games with friends. This will be just what you asked for to get rid of all that extra energy in your little tyke. All participants will be required to wear shin pads and indoor sneakers for safety reasons.



Badminton



Badminton
NOVA SCOTIA



10 weeks | Begins January 6th or 8th
Age 5 – 8 | Thursdays, 5:30pm-6:15pm
Age 9 – 12 | Tuesdays, 6:00pm – 6:45pm
OR Thursdays, 6:15pm-7:00pm
Age 13 – 16 | Tuesdays, 6:45pm-7:15pm
Members \$55+\$15*, Non-Members \$63+\$15*
Online registration code **420211**
Location: Field House

**\$15 fee is an annual fee that registers the player with Badminton Nova Scotia and includes a free racket. Should you register again in the Winter/Spring term, this fee will be waived.*

After an incredibly successful Fall season, our introductory badminton program for children in partnership with Badminton Nova Scotia will continue. Learn to love this fast and exciting sport in a fun and safe setting with certified and accomplished instructors. This program will teach the basics of badminton including a focus on the rules and grips, as well as the fundamental movement skills required for lifelong enjoyment.

Tennis



8 weeks | Begins January 6th
First Serve | Age 5 - 7 | Tuesdays, 4:30pm-5:15pm
Second Serve | Age 5 - 7 | Tuesdays, 5:15pm-6:15pm
Ace | Age 8 – 10 | Tuesdays, 6:15pm-7:15pm
Members \$45, Non-Members \$52
Online registration code **420205**
Location: Field House

Learn the basics and pick up a love for the game with some of Halifax's best coaches. For optimal instruction, all classes will have a maximum of 8 kids. First Serve classes are for those just starting out or who have only taken a class or two before. Move into Second Serve if your child has been on the court for a little while and already has some of the basics. Ace is for older kids that want to pick up this great sport. Please understand that we may have to change classes based on your child's tennis ability if they are registered in the wrong class. Rackets and balls are provided in each class, so all that's needed is sneakers to have a blast. These Tennis Canada Progressive Tennis classes are CS4L approved and are led by HeadStart Tennis.



Tumblebugs Gymnastics



10 weeks | Begins January 8th

Ages 3.5 – 4 | Thursdays, 5:00pm-5:45pm

Members \$60, Non-Members \$69

Online registration code [420210](#)

Location: Field House

Introduce your child to the art of movement with our modified gymnastics program. All kids should learn the ABCs of movement – Agility, Balance, Coordination and Speed. Get them off to an active start as they develop these skills in a fun and safe environment. Tumblebugs is about fundamental movement skills that support healthy growth and development and improve physical literacy.

Explorers: Multi-Sport



9 weeks | Begins January 5th

Ages 3 – 5 | Mondays, 5:30pm-6:15pm

Ages 6 – 9 | Mondays, 6:15pm-7:00pm

Members \$54, Non-Members \$62

Online registration code [420207](#)

Location: Field House

**Please note there is no class on Viola Desmond Day - Monday, February 16th*

This program combines games and play-based learning to build fundamental movement skills in children like jumping, balance, throwing, catching and striking. Children become confident and competent in all sorts of future game play. The skills learned in this program allow children to grow into active teens and remain healthy and active for life.



Taekwon-Do

8 weeks | Begins January 3rd | Ages 5 – 9
Saturdays, 12:30pm-1:15pm
Members \$60, Non-Members \$70
Online registration code [420201](#)
Location: Dance Studio

Use this Korean martial art to focus your energy in a positive way. Under the direction of 6th level black belt David Hiltz TaeKwon-Do delivers a program designed to enhance strength, flexibility, balance and confidence through practice and discipline. This program is not belted and requires only comfortable active-wear to participate.

Youth Karate

10 weeks | Begins January 6th or 8th
Online Registration Code [420202](#)
Location: Dance Studio

White Belts & Beginners | Ages 4–5 | Thursdays, 5:30pm-6pm
Yellow Stripe or Higher | Ages 4–5 | Tuesdays, 5:45pm-6:15pm
White Belts & Beginners | Ages 6–7 | Thursdays, 6pm-6:30pm
Members \$60, Non-Members \$69

Yellow Stripe or Higher | Ages 6–7 | Tuesdays, 6:15pm-7pm
Members \$70, Non-Members \$80

All Levels | Ages 8 – 12 | Tuesdays, 7:00pm-8:00pm
Members \$82, Non-Members \$95

Led by 5th Degree Black Belt Sensei Jeff Murphy, our belted Shotokan-Karate program will facilitate learning and skill development for those wishing to move their way through the ranks. Belting opportunities will be presented when children are ready to challenge for their appropriate level. Additional fees for belt testing and uniforms will be the responsibility of participants. Gi's can be purchased through Jeff on the first day if necessary at a cost of approximately \$40. Classes fill very quickly, so please register early so you are not disappointed!

Family Karate

10 weeks | Begins January 8th
Online Registration Code [420202](#)
Location: Dance Studio

Beginner Families | Thursdays, 6:30pm-7:30pm
Yellow Belts or Higher | Thursdays 7:30pm-8:30pm
(Children 6+ & Parents). *One parent must participate with the child(ren).*

Price for first participant:
Members \$60, Non-Members \$69 (plus tax)
Price for each additional participant:
Members \$15, Non-Members \$17.25 (plus tax)

Led by Sensei Jeff Murphy for parents and children (6yrs-12yrs), family karate is offered again as a great and fun way to stay active together. New participants are more than welcome and should register for the Beginner Families class. If you have taken Sensei Jeff's class before and are looking for a more advanced class, please register in the Yellow Belts or Higher family section. Additional fees for belt testing and uniforms will be the responsibility of participants. Gi's can be purchased through Jeff on the first day if necessary at a cost of approximately \$40-\$60 (depending on size).



Run, Jump, Throw



8 weeks | Begins January 3rd | Ages 7 – 11

Saturdays, 12:45pm-1:45pm

Members \$50, Non-Members \$58

Online Registration Code [420207](#)

Location: Track

An Athletics Canada program, Run Jump Throw assists children in learning to move efficiently and help them grow into adults who are active, productive and healthy citizens. Based on Canadian Sport for Life's FUNDamental Stage of physical literacy, the goal of Run Jump Throw is to offer a program that serves as a strong foundation for all sports. This class is designed specifically to get your kids up and moving, and to build physical activity skills they will use throughout their lives. No prior experience is necessary and all children are welcome.



■ GOLF

This introductory indoor golf program is designed for beginners and novice golfers looking to pick up the sport or work on their game. Lead by PGA of Canada Golf Pro Andrew Noseworthy, and using the SNAG® Golf program, learn the beautiful game using indoor equipment and simplified instruction to make it fun and easy. All equipment is provided; you'll only need a pair of comfy gym shoes!

Family Golf

2 Day Classes | Online Registration Code **420208**
January 17th & 18th OR February 7th & 8th
Saturday & Sunday 1:30pm-3:30pm
Parents and Children (7+ yrs), *One parent/guardian must participate with the child(ren), prices do not include tax*

Price for first participant:
Members \$55, Non-Members \$65

Price for each additional participant:
Members \$24.75, Non-Members \$29.25

Adult Golf

2 Day Classes
Online Registration
Code **420208**

January 17th & 18th OR
February 7th & 8th
Saturday & Sunday,
3:30pm-5:30pm

*Members \$60, Non-Members
\$70 (taxes not included)*



■ PICKLEBALL

What do you get when you mix tennis, badminton and ping pong? Pickleball! This racquet sport is great for all ages. Learn the basics of the game by registering for four one-hour classes.

Family Pickleball ← NEW

4 Weeks | Begins January 7th
Wednesdays, 5:00pm-6:00pm
Online Registration Code **420209**
Parents and Children (7+ yrs), *One parent/guardian must participate with the child(ren), prices do not include tax*

Price for first participant:
Members \$18, Non-Members \$22

Price for each additional participant
Members \$12.60, Non-Members \$15.40

Location: Field House

Adult Pickleball

2 Weeks | Online Registration Code **420209**
Members \$18, Non-Members \$22

Beginner Class | Begins January 5th
Mondays and Wednesdays, 9:15am-10:15am

Intermediate Class | Begins January 19th
Mondays and Wednesdays, 9:15am-10:15am

Beginner Class | Begins February 2nd
Mondays and Wednesdays, 9:15am-10:15am

Location: Field House

■ CREATIVE ARTS

MusIQ™ Club

9 weeks | Begins January 5th
Ages 5 - 12 | Mondays, 5:00pm-6:00pm
Members \$126, Non-Members \$144
Online registration code **420503**

Location: Boardroom

**Please note there is no class on Viola Desmond Day - Monday, February 16th*

Enrich your child's life with the gift of music education. Children will learn the basics of reading music and playing piano through music games that make learning fun. You'll get all the benefits of a one-on-one lesson in a fun group class setting. With the help of interactive software and a teacher, your child will be sure to leave this class smiling. Visit www.musiqclub.com for more information about this innovative program.

Acrylics & Oils – All Skill Levels

6 weeks | Begins January 12th
Mondays, 6:15pm-9:15pm
Members \$125, Non-Members \$140 (plus tax)
Online registration code **420303**

Location: Creativity Room

**Please note there is no class on Viola Desmond Day - Monday, February 16th*

This class is for anyone wishing to unleash their inner painter. Join accomplished artist Laurie Mireau in this six session course and learn to mix and choose colours that work well together. Brush techniques, steps for starting a painting, and other methods will be demonstrated and individual assistance provided. Tips on composition and drawing will be given as needed, though the main focus will be on the application of paint to achieve artistic effects. All skill levels will be accommodated as best as possible. Supply lists will be provided before classes start.



■ DANCE

The Canada Games Centre is pleased to announce a new and exciting partnership with Halifax Dance for all of our Dance Programs. A staple in the community for nearly four decades, Halifax Dance will be teaching the joy of movement arts to participants at the Centre. All instructors are highly trained and come with a background in professional dance and accredited teacher training.



Parent & Tot

10 weeks | Begins January 3rd
Ages 2 – 3 | Saturdays, 9:30am-10:00am
Members \$65, Non-Members \$75
Online registration code [420401](#)
Location: Dance Studio

Moms and Dads will assist in the creativity and imagination that flourishes in this class. Based on Creative Movement fundamentals, Parent and Tot enhances social interaction and individual development skills. This class includes rhythmic play, games, floor patterns, and basic dance steps to develop motor skills and spatial awareness.



Creative Movement 1

10 weeks | Begins January 3rd
Ages 3 – 3 ½ | Saturdays, 10:05am–10:35am
Members \$65, Non-Members \$75
Online registration code [420402](#)
Location: Dance Studio

Creative Movement 2

10 weeks | Begins January 3rd
Ages 3 ½ – 4 ½ | Saturdays, 10:40am–11:10am
Members \$65, Non-Members \$75
Online registration code [420402](#)
Location: Dance Studio

Children's creativity and imagination will flourish in this class. Creative Movement enhances social interaction and individual development skills. This class uses singing, games, floor patterns, and basic dance steps to develop motor skills and spatial awareness.

Pre-Ballet

10 weeks | Begins January 3rd
Ages 4 – 5 | Saturdays, 11:15am–12:00pm
Members \$95, Non-Members \$104
Online registration code [420403](#)
Location: Dance Studio

This class is a prelude to more formal ballet instruction and introduces children to music and movement through structured progressions and activities that refine fine and gross motor skills. This class also enhances social interaction and individual development skills. Pre-Ballet introduces the basic shapes, positions and postures of ballet in a fun studio atmosphere.



Try it Day

Saturday, November 29th from 3pm-6pm

Wet or dry, there are plenty of activities to try!

Join us on November 29th from 3pm-6pm and be a part of RBC Sports Day in Canada – a national celebration of sport at all levels.

There's something for everyone: water slide races, facility tour and Canadian Sport For Life (CS4L) program demos, including: Water Polo, Run-Jump-Throw, Diving, Tennis, Synchronized Swimming and Boccia.*

**Activities subject to change.*



TRUE SPORT



CANADIAN SPORT FOR LIFE

Also featuring...

The RBC Learn to Play Zone – an interactive area specially designed for kids as they explore fundamental movement skills like hopping, jumping, throwing, kicking, and lunging.

Admission

ADMISSION IS FREE! On Saturday, November 29th stop by the Try It Day desk between 2:45pm-5:15pm to receive your event bracelet.

Visit www.canadagamescentre.ca for more details.

Fitness and Wellness Programs

Total Body Bootcamp

12 weeks | Begins January 5th
Mondays & Wednesdays, 5:45pm – 6:45pm
Members \$195, Non-Members \$225 (plus tax)
Online registration code: **430120**
Location: Track Starting Blocks
**Please note there is no class on Viola Desmond Day - Monday, February 16th*

This circuit training class is geared for females of all fitness levels who want to have fun getting fit in an energetic environment. Workouts include cardio conditioning, core strengthening, muscular endurance, balance and flexibility improvements. This program is designed to tone the entire body including the hips, stomach, thighs, and yes the bottom too!

Love the Skin You're In!

4 weeks | Begins January 7th
Wednesdays, 6:45pm-8pm
Members \$68, Non Members \$88 (plus tax)
Online registration code: **430140**
Location: Fitness Assessment Room

Join a Holistic Nutrition Specialist and a Strength and Conditioning Specialist for an enlightening program designed to give you the tools to glow from the inside out. Highlighting and incorporating specific traditional strategies and scientifically proven current practices, you'll learn to how to eat for glowing skin, shed some stubborn weight that doesn't seem to budge, and learn about the key nutrient that is not only aging you but leaving you vulnerable to disease (that's right sugar, we're talking about you!). Each session includes a 30 minute nutrition chat, recipe and meal ideas, and a 45 minute workout. You'll receive a day by day plan, motivation and results.

Sunrise Bootcamp

12 weeks | January 6th
Tuesdays & Fridays, 6:00am-7:00am
Members \$195, Non-Members \$225 (plus tax)
Online registration code: **430134**
Location: Track Starting Blocks

An early bird workout that will challenge your core, cardio, and overall strength and endurance. This program is designed using time interval stations which will take you through functional and dynamic movements that are sure to get the muscles firing and the heart pumping. A great program for those early morning folks who like an invigorating group workout to get their day started.

Stroller Circuit

8 weeks | Begins January 5th
Mondays & Wednesdays, 10:30am – 11:30am
Members \$130, Non-Members \$150 (plus tax)
Online registration code **430129**
Location: Track Starting Blocks & Track Lanes
**Please note there is no class on Viola Desmond Day - Monday, February 16th*

This class is designed for the mommy who wants to get back into shape after baby. Progressive in nature, you will increase your fitness level and feel stronger and more able to face the unique challenges of raising children. Dish about kids and parenthood while getting in great shape!



■ YOGA

Radiant Child Yoga

12 Weeks | Begins January 3rd
Ages 5 – 9 | Saturday, 10:00am – 10:30am
Members \$60, Non-Members \$80
Online registration code **430131**
Location: 2nd Floor Fitness Studio

Children will experience the relaxing techniques of yoga through stories and movement. Laughter and relaxation breathing will introduce children how to self-soothe and resolve challenges to be a happier child.

Yoga For Every Body

12 weeks | Begins January 8th
Thursday, 1:00pm – 2:00pm
Members \$80, Non-Members \$90 (plus tax)
Online registration code **430133**
Location: 2nd Floor Fitness Studio

Yoga For Every Body is open to all levels, but uses the help of a straight back chair to facilitate posture modifications and provide its participants with additional support if needed. With the attitude of “use it or lose it”, this is a great program for people who don’t feel they’re up to a regular yoga class, while still targeting core work, spinal extension, overall flexibility and stress reduction.

Mama & Baby Yoga ← NEW

8 weeks | Begins January 8th or 9th
Thursdays, 10:30am-11:30am OR Fridays, 1:30pm-2:30pm
Members \$80, Non-Members \$90 (plus tax)
Online registration code: **430135**
Location: 2nd Floor Fitness Studio

Mom and baby yoga is a wonderful way to take care of your mind, body and baby post pregnancy. Strengthen your core, improve your posture, and relax using yoga postures, breathing techniques and meditation. You’ll also meet other new moms.

Fit for Delivery

8 weeks | Begins January 5th
Mondays & Thursdays, 5:45pm-6:30pm
Members \$99, Non Members \$119 (plus tax)
Online registration code: **430127**
Location: Dance Studio
**Please note there is no class on Viola Desmond Day - Monday, February 16th*

Labour is hard work! This class will help you to prepare. When a woman is healthy and her pregnancy normal, exercise is encouraged right up until birth. Not exercising can increase your risk of complications and of developing Gestational Diabetes, varicose veins, lower back pain etc. And not to mention once baby arrives, lifting baby and related equipment takes some serious strength. Led by a certified Pre and Post Natal Specialist, each class includes a pregnancy specific warm up, strength training session and proper breathing and relaxation techniques. Connect with other moms-to-be while reducing prenatal discomforts like lower back ache, fatigue and swelling.



Youth Strength and Conditioning

8 weeks | Begins January 5th

Ages 11-14 | Mondays & Wednesdays, 4pm-5pm

Members \$128, Non Members \$138

Online registration code: **430141**

Location: Fitness Assessment Room

**Please note there is no class on Viola Desmond Day - Monday, February 16th*

This program is designed to teach the proper skills that are essential to overall fitness and athleticism. Youth in this program will start with the fundamentals and be taught basic strength, flexibility, coordination, and conditioning techniques to get them started safely in the gym. It is important to understand basic training principles when beginning to exercise at a young age to ensure proper development and to prevent injury.

Nordic Pole Walking

5 weeks | Begins January 5th or 6th

Mondays & Wednesdays, 9:00am-10:00am

OR Tuesdays & Thursdays, 6:30pm-7:30pm

Members \$20, Non-Members \$24 (plus tax)

Online registration code **430210**

Location: Track

Nordic walking is a much more effective workout than regular walking because you use 90% of your muscles and burn twice as many calories, not to mention it has been scientifically proven to reduce weight, lower risk of type two diabetes, and improve cardiovascular health. Doctors will also often advise Nordic walking as a safe way to exercise while recovering from injury, as the poles provide support to your joints. Our certified instructors are both knowledgeable and friendly, and encourage everyone to start at their own pace and ability.



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must be provided to take
advantage of this offer.*

CGC Personal Trainers

Matt Gillis

CSEP-CPT, NSCA-CSCS
PERSONAL TRAINER AT CGC SINCE MAY 2014

Matt Gillis is a CSEP certified personal trainer as well as a NSCA certified strength and conditioning specialist with experience training athletes, youth with disabilities, older adults and adults with chronic medical conditions or recovering from cardiac events. Matt will help you meet your fitness goals, whether that's to become fit, lose weight, or train for an athletic event, Matt can help you get there.

“Train for your
own goals, not
someone else’s.”



Eric Skinner

B.Sc PYSC, BRM
PERSONAL TRAINER AT CGC SINCE MAY 2014

Eric Skinner is certified not only as a Personal Trainer, but also in Group Fitness, Level 2 Coaching, Fitness Theory and Resistance Training. He has experience training first time gym-goers and those with career-oriented goals (aspiring paramedics, firefighters, RCMP officers and military personnel). No matter how big or small your goals are, Eric wants to help you get there.

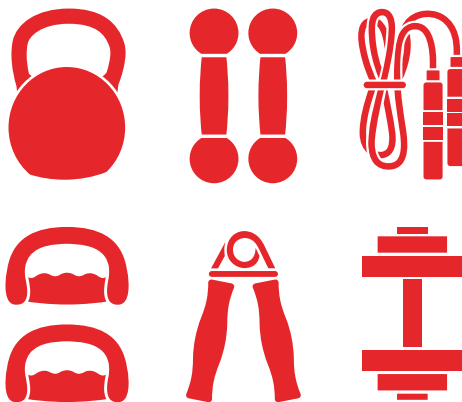
“Affirmation without
action leads to
delusion.”



Reach your fitness goals faster with a CGC Personal Trainer

Our Personal Trainers are certified professionals with a wealth of experience in helping individuals reach their goals. From individual sessions, to packages of five, ten or more at 30mins or an hour each – we build the program that’s right for you. We also offer semi-private and small group training.

What are you waiting for - it might be the best decision you’ve ever made for your health. Give us a call at 902.490.2580 to book your session or to talk about options.



PERSONAL TRAINING PACKAGES

PERSONAL TRAINING PACKAGES	MEMBER	NON-MEMBER
Individual Session	\$50.00	\$60.00
Package of 5	\$230.00	\$280.00
Packages of 10	\$430.00	\$530.00
<i>Larger packages also available</i>	11 + \$40 per session	11 + \$50 per session
30 MINUTE SESSION	\$30.00	\$40.00
Package of 5	\$135.00	\$185.00
Packages of 10	\$240.00	\$340.00
SEMI – PRIVATE (2 PEOPLE) – 1 HOUR	\$35.00 per person	\$40.00 per person
Package of 5	\$160 per person	\$188.00 per person
Packages of 10	\$300.00 per person	\$349.00 per person
SMALL GROUP PT min 4 people / max 7 people 5 session minimum	\$27.00 per person \$135 per person for 5 sessions	\$32.00 per person \$160.00 per person for 5 sessions

ALL PRICES EXCLUSIVE OF TAXES

Nutrition Services also available, stop by or call the Fitness Centre Desk at 902.490.2580 for more details.

Aquatics Programs

■ AQUATICS REGISTRATION INFORMATION

To register for swim lessons, first determine the appropriate swim level. If unsure, refer to the program descriptions and lessons chart in this guide or contact our Aquatics Program Supervisor at 902.490.2913 or prestons@canadagamescentre.ca.

Next, refer to the days, times and sections of a particular class or level (see chart on page 30). If a section time is full when you attempt to register, please register for another section time or register on our waiting list. We do our best to fill waitlist requests. Due to a commitment to quality and safety we are unable to accommodate extra swimmers once a section is filled. Please refer to registration instructions on page 5 for online or in-person registration. Registration is ongoing until 1 week prior to class start date. CGC Swim For Life levels and Canadian Lifesaving Swim Patrol (Swimmers 7, 8 & 9) are HST exempt. Applicable taxes will be added to registration fee for other programs.



Aquatics Programs continued commitment to Quality

We are committed to quality programs and a positive experience for all students and parents. To ensure this, we organize our programs to meet everyone's needs.

- 35 & 50 min. classes (increased from 30 & 45 min. classes).
- 9 week program (allows us to not schedule classes during holidays).
- Scheduled 5 minute rotation/evaluation/connect with parents time between classes.
- Expanded parent & tot classes.
- Expanded preschool 4 & 5 classes.



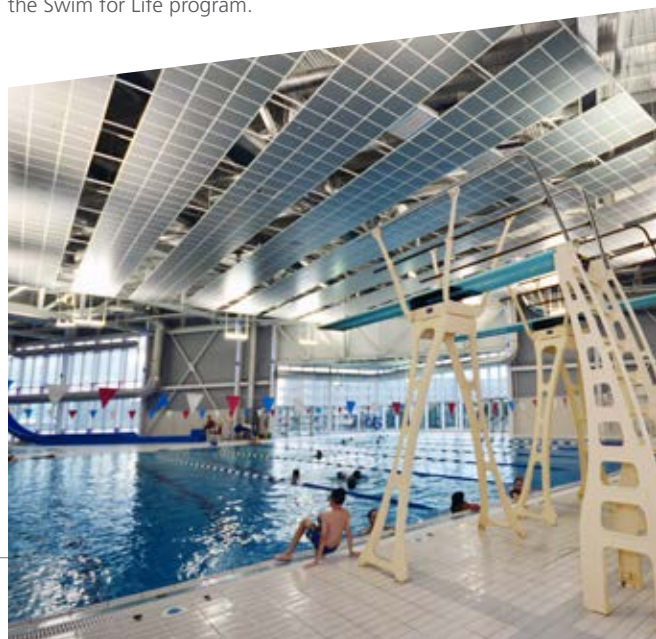
Canadian Tire Jumpstart Swim Program

Canadian Tire Jumpstart is a national charitable program that helps financially disadvantaged kids participate in organized sport and recreation, and helps to cover swim lesson registration fees here at the Centre. If you think you qualify, [see our website](#) for information on how to apply.



Lifesaving Society's Swim for Life Program

Based on the internationally recognized Swim to Survive standard, the Lifesaving Society's Swim for Life Program focuses on basic survival skills and proper swimming technique – fun from day one! Swim for Life starts by developing strong foundational and personal self-rescue skills, then continues on by challenging swimmers to develop stronger swimming strokes. Success oriented and fun for the entire family, there is something for everyone in the Swim for Life program.



■ PARENT & TOT PROGRAMS

Ages 4 months – 3+ years and caregivers
9 lessons, 35 minutes per lesson
Members \$75 / Non-Members \$99

See chart on page 30 for swim lesson days and times.

Based on the principle “within arm’s reach”, our Parent & Tot levels focus on close, playful interaction and shared fun between child, caregiver and water. Activities and progressions are based on child development, so parents are to register their child in the appropriate level for his/her age. Through safety tips provided, caregivers learn what it takes to make Water Smart® choices.

PARENT & TOT 1 4-18 months | Online registration code 410111

Splish, splash, laugh - babies just love to play in water. Parents with 4-18 month old babies will explore the water together under the watchful eyes of their instructor. They'll learn how to safely enter and exit the water together. Parents will also learn how to safely support their child while they discover the water.

PARENT & TOT 2 18-30 months | Online registration code 410112

Water play – get set, get wet! Instructor-led sessions help parents with 18-30 month old children safely explore water together. Parents are taught how to support their child while floating and kicking. They can celebrate together when they can get their face wet and blow bubbles for the first time.

PARENT & TOT 3 2.5-3.5 years | Online registration code 410113

Just watch them grow! At 2.5-3.5 years these almost independent toddlers are really ready to explore: Getting in, getting out, going under and floating while under the watchful eye of their parents and instructor. Parents will only participate in the first 5 classes.





■ PRESCHOOL PROGRAMS

Ages 3-5 years old

9 lessons, 35 minutes per lesson

Members \$75 / Non-Members \$99

[See chart on page 30 for swim lesson days and times.](#)

The Swim for Life Preschool Program gives children a head start on learning how to swim. These 3-5 year old preschoolers learn how to be comfortable in the water and have fun. They develop a foundation of water skills and a healthy respect for the water before getting in too deep. Water Smart® education is taught in all Preschool levels.

PRESCHOOL 1 | Online registration code 410121

These preschoolers learn how to get in and out of the water safely. They'll also learn how to move safely in shallow water while using a lifejacket to become comfortable with their floats and glides.

PRESCHOOL 2 | Online registration code 410122

These youngsters will explore the water while learning to submerge and exhale underwater. Buoyant aids are used to help them discover rollovers, glides and flutter kicks.

PRESCHOOL 3 | Online registration code 410123

These preschoolers will master their floats, glides and short swims on their front and back (2-3m). They'll be able to pick up objects from waist deep water and use their lifejackets to jump and roll into the deep end.

PRESCHOOL 4 | Online registration code 410124

These capable preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and by the end perform solo jumps and side rolls. Their lifejacket will support them while they learn to tread water and swim to safety (5-10m) in the deep end.

PRESCHOOL 5 | Online registration code 410125

These skilled and independent youngsters will master short swims doing front crawl (5-10m) and back crawl (3-5m). They are ready to take on a forward roll into deep water with their lifejacket on and to tread water without the extra support. Here they will get their first chance to try whip kick and fitness training.

■ SCHOOL-AGED SWIMMER PROGRAMS

9 lessons | Ages 5+

See chart on page 30 for swim lesson days and times.

The Swim for Life Swimmer progressions challenge school-aged children 5 years and older to learn safe entries, deep water support, underwater skills, and swimming strokes. These Swimmer levels also develop everlasting habits for healthy, active living. Water Smart® education is part of every level.

SWIMMER 1 | Online registration code **410131**

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

These beginner swimmers will work on safe entries, exits and moving through the water. When ready, they'll do floats, glides and kicking on their front and back without assistance. They'll even explore jumping into deep water and treading water with their lifejackets on.

SWIMMER 1 ADVANCED | Online reg. code **410137**

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

For swimmers who have completed the preschool 4 or 5 or who have already participated in Swimmer 1.

SWIMMER 2 | Online registration code **410132**

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

These children will be able to jump or side roll into deep water, tread water, and swim (10-15m) using either front or back crawl. They'll try 'vertical' whip kick and begin to work on their endurance by stepping into the world of fitness interval training.

SWIMMER 2 ADVANCED | Online reg. code **410130**

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

If your child has taken Swimmer 2 before and did not complete the level then you should register them in Swimmer 2 Advanced. This will allow children who only have some of the level left to complete the chance to focus on more challenging skills.

SWIMMER 3 | Online registration code **410133**

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

These swimmers will dive and do forward rolls into deep water. Watch them learn handstands and front somersaults underwater. They'll work on their front crawl, back crawl and whip kick over short distances and add some interval fitness training to their lessons. By program end, they'll be able to meet the Swim to Survive standard: roll into deep water, tread water (1 min), and swim (50m).





SWIMMER 4 | Online registration code [410134](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

These swimmers will swim further with their front crawl and back crawl. They'll get introduced to breaststroke arms drills, underwater swims, and front crawl sprints. Interval training will add to their fitness level.

SWIMMER 5 | Online registration code [410135](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

These swimmers will try eggbeater kick, head up front crawl, and shallow dives. Just for fun, they'll try 'tuck' jumps and underwater back somersaults. They'll easily go the distance with a strong front crawl, back crawl and breaststroke.

SWIMMER 6 | Online registration code [410136](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

These swimmers will master eggbeater and scissor kicks, front crawl, breaststroke and back crawl. With interval training and sprint racing drills, they'll be ready to complete a 300m endurance workout. And just for fun, they'll try stride jumps and compact jumps.

SWIMMER 7 ROOKIE PATROL | Online reg. code [410141](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

Features a timed 100m swim, 350m workouts and swims with clothes. With a balance of hard work and fun, swimmers will develop swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behavior.

SWIMMER 8 RANGER PATROL | Online reg. code [410142](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

Features a timed 200m swim, 100m fitness medley, and the support/carrying of a 5lb weight. Content is challenging but achievable with effort. Skill drills enhance capability in the water including a non-contact rescue.

SWIMMER 9 STAR PATROL | Online reg. code [410143](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

Features a timed 300m swim, 3x600m workouts; swim with clothes; defense methods; support & carry of a 10lb weight. Scene assessment and towing rescue are introduced.

New Year's Eve



NEW YEAR'S EVE FAMILY EXTRAVAGANZA



WEDNESDAY, DECEMBER 31ST, 2014 – 2:30PM-5PM

Ring in the New Year a few hours early with a special event exclusive to families, where all can celebrate together and the kids get tuckered out with games and activities - just in time for the babysitter!

- OnTree zip lines
- Bouncy castles
- Arts & crafts
- Water Slide races
- Cannonball competitions
- The BOUNCE Street Teamers
- Canadian Sport For Life demos

...And more!

EARLY BIRD SPECIAL – BUY TICKETS IN ADVANCE AND SAVE

Adult – Member \$7, Non-member \$9

Youth (2-17) – Member \$4, Non-member \$6

Senior (60+) – Member \$6, Non-member \$8

Tickets available online at www.hfxcgwebtraconlinereg.ca;
registration code 350101

SWIM LESSONS - DAYS & TIMES

	MONDAY JAN 5 - MAR 9*	TUESDAY JAN 6 - MAR 3	WEDNESDAY JAN 7 - MAR 4	THURSDAY JAN 8 - MAR 5	FRIDAY JAN 9 - MAR 6	SATURDAY JAN 3 - FEB 28	SUNDAY JAN 4 - MAR 1
Parent & Tot 1	4:00pm	5:20pm	4:00pm	10:20am, 4:00pm		8:30am, 9:10am	9:10am
Parent & Tot 2	4:40pm	6:00pm	5:20pm	9:00am, 4:40pm		9:50am, 11:10am	8:30am, 9:50am
Parent & Tot 3	5:20pm	4:40pm		5:20pm		10:30am, 11:50am	10:30am, 11:10am
Preschool 1	4:00pm 6:00pm	4:40pm 6:00pm	4:40pm 5:20pm	9:00am, 4:40pm 5:20pm		9:10am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 11:10am
Preschool 2	5:20pm 6:00pm	4:00pm 6:00pm	4:40pm 5:20pm	11:00am 4:40pm, 6:00pm		9:10am, 9:50am 10:30am, 11:10am	9:10am 9:50am
Preschool 3	4:40pm 6:00pm	4:40pm 6:00pm	4:00pm 6:00pm	11:00am 5:20pm, 6:00pm		9:50am, 10:30am 11:10am	9:10am, 9:50am 10:30am
Preschool 4	4:40pm 5:20pm	5:20pm 6:00pm	4:40pm 5:35pm	10:20am 6:00pm		9:10am, 9:50am 11:10am	9:10am 10:30am
Preschool 5	6:00pm	5:20pm	6:00pm	4:40pm		9:10am, 10:30am 11:10am	9:10am 10:30am
Swimmer 1	4:40pm, 5:20pm 6:00pm	4:40pm 5:20pm	5:35pm 6:00pm	4:40pm, 5:20pm 6:00pm		9:10am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 10:30am
Swimmer 1 Advanced	4:40pm 5:20pm	4:40pm 5:20pm	4:55pm 5:35pm	4:40pm 5:20pm		9:10am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 10:30am
Swimmer 2	4:00pm, 4:40pm 5:20pm	4:00pm, 5:20pm 6:00pm	4:55pm 6:15pm	5:20pm 6:00pm		9:10am, 9:50am 10:30am	9:10am, 9:50am 10:30am
Swimmer 2 Advanced	4:40pm 6:00pm	4:40pm 6:00pm	4:00pm 6:15pm	4:00pm		9:10am, 9:50am 10:30am, 11:10am	8:30am, 9:50am 10:30am
Swimmer 3	5:20pm 6:00pm	4:40pm 5:20pm	4:55pm 6:15pm	4:00pm		9:10am, 9:50am 10:30am, 11:10am	9:50am 10:30am
Swimmer 4	4:00pm	4:00pm				9:00am, 9:55am 11:45am	8:30am 9:25am
Swimmer 5		4:00pm				9:00am, 10:50am	8:30am, 10:20am
Swimmer 6	4:55pm	4:00pm	4:00pm			9:00am, 9:55am	9:25am
Swimmer 7 / Rookie		4:55pm	4:00pm			10:50am	9:25am
Swimmer 8 / Ranger	5:50pm	4:55pm	4:00pm			9:55am	10:20am
Swimmer 9 /Star		4:55pm				10:50am	10:20am
Adult Group Swim Lessons				Level 1 & 2 11:35am			Level 1,2,&3 11:40am

* Please note there are no swim lessons on Viola Desmond Day - Monday, February 16th

■ ADULT GROUP SWIM LESSONS

Are you over the age of 16 and would you like to learn how to swim, fix up your strokes, or overcome a fear of the water, but don't want a private lesson? Then adult group lessons are for you and are offered in 3 different levels. Our welcoming and certified instructors will help you reach your goals.

Adult Level 1

9 Lessons | Begins January 4th or 8th | Ages 16+
Sundays, 11:40am-12:15pm
OR Thursdays, 11:35am-12:10pm
Members \$80, Non-Members \$104 (plus tax)
Online registration code [410171](#)

Learn entries and exits into shallow and deep water, floats, glides, proper kicks & basic interval training.

Adult Level 2

9 Lessons | Begins Jan 4th or 8th | Ages 16+
Sundays, 11:40am-12:15pm
OR Thursdays, 11:35am-12:25pm
Members \$80, Non-Members \$104 (plus tax)
Online registration code [410172](#)

Learn more complex entries and exits like dives and rolls, swim to survive, whip kick, front and back crawls.

Adult Level 3

9 Lessons | Begins January 4th | Ages 16+
Sundays, 11:40am – 12:15pm
Members \$80, Non-Members \$104 (plus tax)
Online registration code [410173](#)

Learn how to tread water, underwater swim, breaststroke, head-up front crawl & workouts.





PRIVATE & SEMI-PRIVATE SWIM LESSONS

9 Private Lessons | 35mins

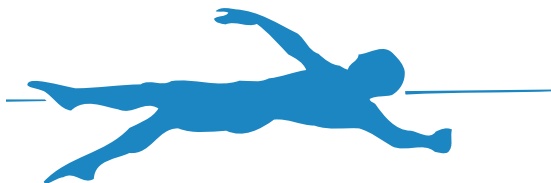
Online registration code [410161](#)

Members \$155, Non-members \$185

9 Semi-Private Lessons | 35mins

Online registration code [410162](#)

Members \$255, Non-members \$315



Available for children & youth at set times for any swim levels offered at the Canada Games Centre. These set times are also available for adult skill focused lessons. Pre-scheduled private and semi-private lessons have the same start and end dates as the regular swimming lessons. Spaces are limited per time slot and are sold in nine 35-minute increments.

Please Note: Private and semi-private lessons are available for registration on our website once registration opens. Semi-private fees listed are for 2 people, as we are only able to take one payment any cost splitting must be coordinated outside of our registration system.

Advanced Private lessons

Single Course \$250

Combine Course or Semi-Private Lesson \$400

You can also register for Private Lessons for Bronze Medallion, Bronze Cross, and Distinction. Fees include instruction, books, and exam fees. To arrange for this type of private lesson, please contact the Aquatics Program Supervisor at 902.490.2913 or prestons@canadagamescentre.ca.

	MONDAY JAN 5 – MAR 9*	TUESDAY JAN 6 – MAR 3	WEDNESDAY JAN 7 – MAR 4	THURSDAY JAN 8 – MAR 5**	FRIDAY JAN 9 – MAR 6	SATURDAY JAN 3 – FEB 28	SUNDAY JAN 4 – MAR 1
Private / Semi Private (35 Mins)	3:30pm 4:00pm 4:10pm 4:50pm 5:30pm 6:10pm	4:00pm 4:10pm 4:50pm 5:30pm 6:10pm	4:00pm 4:50pm 5:30pm 6:10pm	9:00am 10:20am 11:00am 4:10pm 4:50pm 5:30pm 6:10pm	4:10pm 4:50pm 5:30pm 6:10pm	9:00am 9:40am 10:20am 11:00am 11:40am	9:00am 9:40am 10:20am 11:00am 11:10am 11:40am

* Please note there are no swim lessons on: Viola Desmond Day - Monday, February 16th

**Thursdays are available for registration in levels up to Swimmer 3 only.

■ LEADERSHIP PROGRAMS

Bronze Star

Online registration code **410151**

9 lessons, 60 minutes each

Members \$80, Non-Members \$104

Prerequisite: None (Swim Patrol experience is recommended).

Bronze Star is a Pre-Bronze Medallion training standard which provides excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Physical standard includes a 400m timed swim.

Bronze Medallion

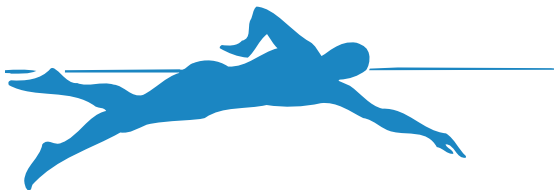
Online registration code **410152**

9 lessons, 2 hours per class

Members \$120 / Non-Members \$130

Prerequisite: Minimum 13 years of age or Bronze Star certification (need not be current).

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, as well as defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500m timed swim. Registration includes book and exam fees. Exam may be scheduled after the last class.



Bronze Cross & Assistant Instructor

Online registration code **410153**

9 lessons, 3 hours per class

Members \$135, Non-Members \$145

Prerequisite: Bronze Medallion & 14 years of age by the end of the course

Bronze Cross & Assistant Instructor is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard Service and Instructor certifications. Physical standard includes a 600m timed swim. Through classroom learning and in-water practice, the Lifesaving Society Assistant Instructor course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The role and responsibilities of instructors and their assistants are strongly emphasized throughout the program. Registration includes exam fees. Exam may be scheduled after the last class.

National Lifeguard Service & Standard First Aid

Online reg. code **410154**

50 hours | *Members \$265 / Non-Members \$280*

Prerequisite: Minimum 16 years of age, Bronze Cross certification (need not be current)

National Lifeguard training builds on the fundamental skills, knowledge, and values taught in the lifesaving awards of the Society to develop the practical skills and knowledge required by lifeguards. Recognized as the standard measurement of lifeguard performance in Canada, National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the role of the lifeguard. The National Lifeguard's primary role is the prevention of emergency situations, and where this fails, the timely and effective resolution of emergencies. Registration includes pocket mask, whistle and exam fees. Exam may be scheduled after the last class.

	FRIDAY JAN 9 – MAR 6	SATURDAY JAN 3 – FEB 28	CRASH COURSES*
Bronze Star		11:45am-12:45pm	
Bronze Medallion	7pm-9pm		March 16-20 9am-12pm
Bronze Cross & Assistant Instructor	6pm-9pm		March 16-20 1pm-6pm
National Lifeguard Service (NLS/SFA)			March 16-20 9am-6pm

*Crash Courses online registration codes: Bronze Medallion [410152](#); Bronze Cross & Assistant Instructor [410153](#); NLS/SFA [410154](#)

CGC Jr. Lifesaving Club

Online reg. code [410156](#)

18 Lessons | 60mins each, twice a week | Ages 7-14

Tuesdays & Fridays, 6pm-7pm

Members \$100, Non-Members \$125

Prerequisite: Completed Swimmer 4 or Swim Kids 5
Begins January 6th until March 3rd

Our Lifesaving Club will introduce participants between the ages of 7 to 14 years to the sport of lifesaving, while providing them with training opportunities towards more experienced lifesaving competitions. The Club encourages healthy living and regular physical fitness, and incorporates High Five Sport and Fundamental Movements skills in a social club setting. Throughout the year, specially trained Lifesaving Coaches will concentrate on developing each swimmer's strength, power and endurance. Participants will also focus on teamwork, sportsmanship, achieving personal bests and, most of all, having fun! During the competition season, CGC Jr. Lifesaving Club members may have the opportunity to train for and participate in a number of pool events including the Nova Scotia Pool series and the Canadian Lifesaving Championships.



■ I LOVE WATER POLO



Looking for something different than swimming lessons? Want to expand your aquatic skills? Then why not try water polo! Our friends at Water Polo Nova Scotia are helping us offer the first 2 levels of the I Love Water Polo (ILWP) program – and the first 30 registrants to the program get a free t-shirt! Water polo is a team sport that combines elements from other popular sports like hockey, soccer, basketball and swimming. A team is made up of 13 players; six players and a goalie are in the water at all times. In a learn-to-play environment, similar to that of swimming lessons, participants discover the game of water polo, and the basic skills involved in aquatic sports. This program also helps enhance swimming, balance and coordination skills.



ILWP – Level 1

9 sessions | Begins January 8th
Ages 8-11 (Swimmer 2 or higher)
Thursdays, 5:00pm-6:00pm
Members \$60, Non-Members \$80
Online registration code [410193-D1](#)
Prerequisite: Swimmer 3 or higher

In this first level, you'll receive an introduction to passing, catching and shooting. You'll also learn the basics of picking up a ball from underneath, correct body position, various treading water techniques and water polo strokes to cover a distance of 10-15m.

ILWP – Level 2

9 sessions | Begins January 8th
Ages 11-14 (Swimmer 3 or higher)
Thursdays, 5:00pm-6:00pm
Members \$60, Non-Members \$70
Online registration code [410193-D2](#)
Prerequisite: ILWP Level 1 & ability to swim 25m non-stop.

This second level will focus on continued development of Level 1 skills at greater distances (15-25m), introduction to new skills like zigzag and rollover, as well as improved shooting and passing accuracy. Basic rules of the game and balance/coordination exercises are also covered in this level.

Drop-in Water Polo

Members FREE
Non-members - Drop-in Water Polo Pass

We're offering Drop-in Water Polo sessions for ages 16+ every Tuesday from 9pm-9:50pm. No need to pre-register, just show up for a little bit of technique and instruction followed by a friendly enjoyable scrimmage. Deep water competency recommended.



■ WINTER TUNE-UP (CGC SUMMER SWIM TEAM)

This Winter Tune-Up program is designed to get CGC Summer Swim Team participants geared up for the upcoming season as well as any new participants who are looking to stay fit through the colder months of the year.

Perfect for youth ages 7-18 who can swim at least 25m unassisted, our competitive swim club focuses on proper technique, sportsmanship and fair play in a positive and encouraging environment. Swimmers will improve their skills and challenge themselves to excel with the help of specialized training and expert coaching.

11 Weeks | January 4th – March 15th
Sundays, 8:30am-10:15am* | Ages 7-18
Members \$100, Non-Members \$120
Online registration code **410195**

Pre-requisite: Swimmer 4 or Swim Kids 4 recommended.

**Please note winter practices will take place in the Competition Pool, setup for widths. Swimmers will be split into two separate time slots, based on ability, after the second week of training.*



Jumpstart

Giving kids a sporting chance.

Jumpstart funding is available for CGC Summer Swim Team - Winter Tune-Up program.
[Download the application here.](#)



■ CGC DIVING CLUB

All of our diving programs run for 8-12 weeks and focus on High Five Sport and Fundamental Movements Skills.

This year CGC Diving Club will also include club activity nights, dry land training and participation in some fun and exciting diving competitions. Jacket and swimsuit packages will also be available for purchase. Please note divers are required to wear a full piece swimsuit, or speedo/jammer.

LEARN-TO-DIVE | Online registration code 410192
8-12 weeks, please refer to chart on page 38
for start dates and fees.

LITTLE JUMPERS | Ages 4-7

This is an introductory program that not only focuses on diving skills, but on the building blocks of any active sport. Participants learn basic motor skills, agility, balance and coordination with a major focus on FUN. Time is split between dry land exercise and water skills. Participants must be comfortable in deep water and able to swim 5m.

LEVEL I DIVING | Ages 7+

Dive on in! Our exciting introductory diving program is focused on learning basic diving fundamentals and developing the building blocks for any active sport. In a safe and fun environment, 1m and 3m springboard diving will be taught with emphasis on body control, posture, and coordination. Classes are offered for participants ages 7 and up. All divers must be comfortable swimming in deep water. Completion of Swimmer 3 or the Swim to Survive Standard is recommended.

LEVEL II DIVING | Ages 7+

Building on the skills achieved in Level I Diving, divers will learn more complex diving and review all skills needed for successful, safe, and fun diving. This program suits any divers with previous diving experience or gymnastics, trampoline, and acrobatic training. Classes are offered for participants ages 7 and up. All divers in this program must be comfortable swimming in deep water and should have previous experience as noted above.



LEVEL III / IV DIVING | Ages 8+

Building on the skills achieved in Level 2 Diving, divers will learn more complex diving and review all skills needed for successful, safe, and fun diving. This program suits any divers with previous diving experience or gymnastics, trampoline, and acrobatic training. Classes are offered for participants ages 8 and up. All divers in this program must be comfortable swimming in deep water and should have previous experience as noted above.

ADULT | Ages 16+

Maybe you've mastered the cannonball as a kid and are now looking to learn some new tricks. Or perhaps you used to dive and want to get back into it recreationally. Regardless of the reason to join our Adult diving program, it's never too late in life to learn new things or perfect your skills. This program is open to ages 16+ who are comfortable swimming in deep water and will cater to your individual level of skill.

**Ages 16+ can also attend Adult diving time as a drop-in. Admission is free for members, or non-members can simply purchase a Drop-in Diving pass at the Customer Service Desk.*

For private coaching, please contact
parryj@canadagamescentre.ca to arrange.



PRE-COMPETITIVE

The Pre-Competitive Diving Program is for divers who enjoy the sport and who have the desire to extend and expand their diving experience. Participants in the Pre-Competitive Program will participate in two classes per week. This group is selected through the evaluation process and head diving coach at the end of each session. In addition to pool time, participants will also participate in our dry land training sessions, which involve conditioning, flexibility, and dive specific exercises. All athletes in this level must have proper diving attire. Female divers must have a one-piece suit and male divers must have either a jammer or speedo trunks. Dry land training included in Pre-Competitive level.

COMPETITIVE

The Competitive team is comprised of carefully selected, talented divers who have shown the dedication and ambition to succeed at a competitive level. This group is selected by the head coach and will be limited to a very few athletes in order to have one on one coaching at all times. Divers in this level will have the opportunity to be exposed to local and provincial meets plus other training opportunities. Qualifying to participate in competitions will be determined by whether the diver is able to successfully complete the required number of dives for their age group and dive level, and to a standard deemed satisfactory by the coaching staff. Registration and event fees for dive meets, uniforms, and gear are an additional cost to the registration fees for the program. All athletes on the competitive team must have proper diving attire. Female divers must have a full piece suit, and males must have either a jammer or speedo style trunks. Dry land training included in Competitive level.

	TUESDAY JAN 6 – MAR 10	THURSDAY JAN 8 – MAR 12	SATURDAY JAN 3 – MAR 14	CLASSES /week	CGC MEMBERS	NON- MEMBERS
Little Jumpers		4:15pm-5:00pm	9:00am-9:45am	1	\$95	\$110
Learn to Dive Level I	4:30pm-5:30pm		10:00am-11:00am	1	\$100	\$120
Learn to Dive Level II	4:30pm-5:30pm		10:00am-11:00am	1	\$100	\$120
Learn to Dive Level III & IV		5:00pm-6:00pm	11:00am-12:00pm	1	\$100	\$120
Pre-Competitive	5:30pm-8:30pm	5:00pm-7:00pm	11:00am-2:00pm	2-3	\$180**	\$210**
Competitive	5:30pm-8:30pm	5:00pm-8:00pm	11:00am-2:00pm	3	\$230**	\$260**
Adult		8:00pm-9:00pm		1	\$100+tax	\$120+tax

**Annual Diving Nova Scotia Competition fee included in Pre-Competitive and Competitive levels.

CGC Masters Swim Club

Our Masters Swim Club promotes fun, fitness, health, fellowship and participation among adult swimmers, while also providing guidance and leadership in the direction, development and execution of programs for both non-competitive and competitive adult swimmers.

Masters swimming is based on regular training sessions using training techniques similar to those used in swim programs all over the world, including flexibility, strength, and aerobic conditioning, and is a blend of recreational and fitness swimming for adults.

Who can join?

Masters swimming is open to adults 18 years and older who have at least a basic swimming ability and can comfortably swim 75 meters. No previous competitive background is necessary and you do not have to compete as a Masters swimmer. The most important prerequisite for becoming involved with our program is the desire to learn and grow in a fun and stimulating environment.

Winter season starts Monday, January 5th and the club season ends Sunday, June 21st.

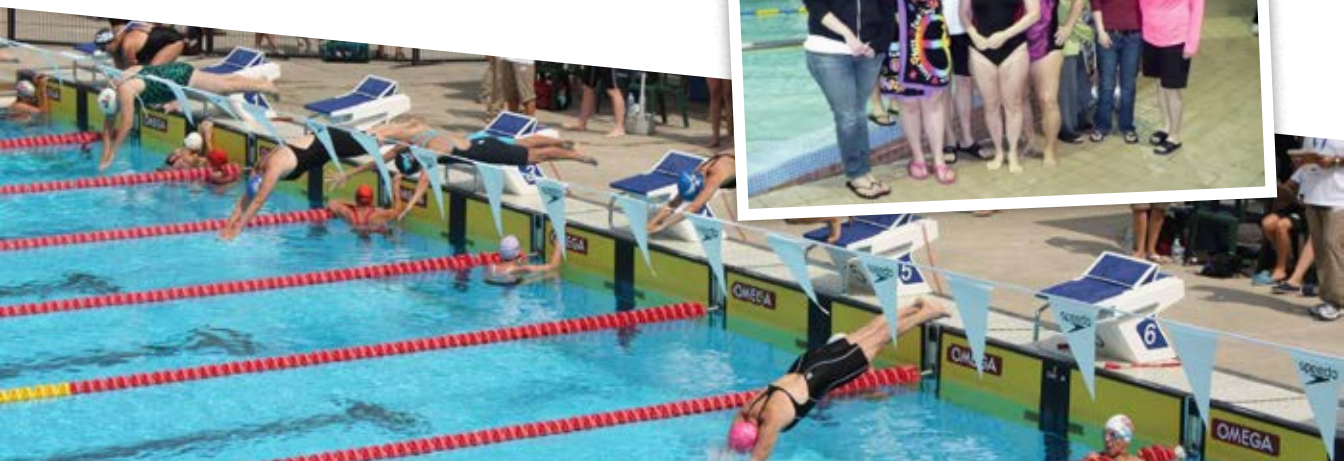
Practice Times:

MONDAYS	7pm-8pm
TUESDAYS	6am-7am
WEDNESDAYS	8pm-9pm
THURSDAYS	6am-7am
FRIDAYS	7pm-8pm
SATURDAYS	7am-8am
SUNDAYS	7am-8:30am

Members \$156, Non-Members \$276 (plus tax)*

**Fees have been prorated to reflect the winter start date.*

Online registration code **410194**



■ RECREATIONAL SYNCHRONIZED SWIMMING PROGRAM

Synchronized Swimming Programs are offered through the Atlantis Synchronized Swimming Club. You can contact them at info.atlantis.synchro@gmail.com or visit their website at <http://atlantis-synchro.jimdo.com/>

■ FIRST AID TRAINING

Group training

We offer First Aid training for small or large groups, which is designed to meet industry, business and government requirements.

We can travel to a location of your choice or we can host a course right here at the Centre.

WE OFFER THE FOLLOWING COURSES:

- Emergency First Aid (CPR-C) & AED Responder
- Standard First Aid (CPR-C) & AED Responder
- Health Care Provider First Aid (CPR-C) & AED Responder
- First Aid/CPR-C Recertification (EFA & SFA)
- CPR-C Training

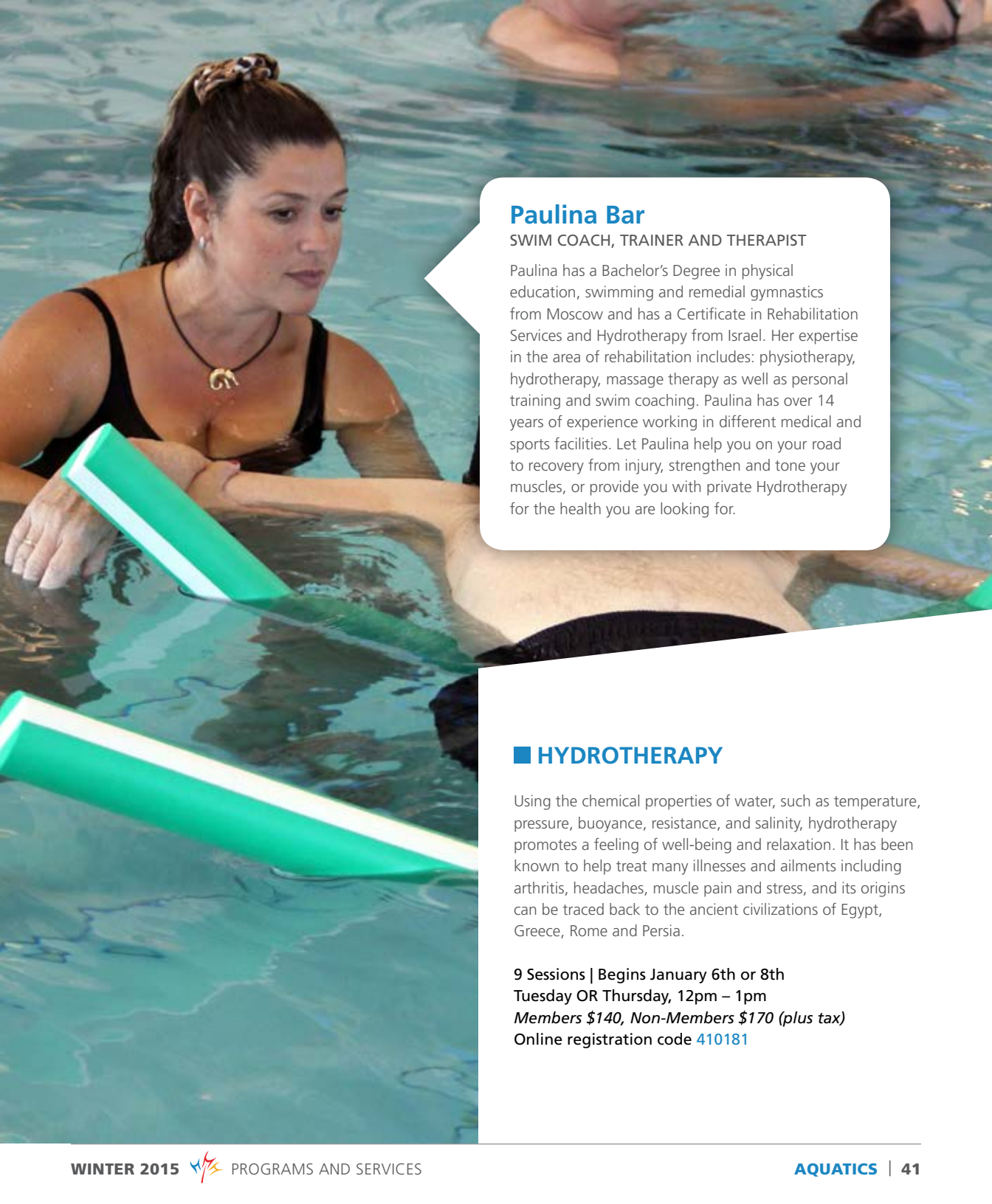
WHAT WE PROVIDE:

- Location (or, we can come to you)
- A Certified Instructor
- All required equipment and training materials
- Certification cards

WHAT YOU PROVIDE:

- Your preferred dates and times (two weeks' notice is requested)
- Number of employees attending





Paulina Bar

SWIM COACH, TRAINER AND THERAPIST

Paulina has a Bachelor's Degree in physical education, swimming and remedial gymnastics from Moscow and has a Certificate in Rehabilitation Services and Hydrotherapy from Israel. Her expertise in the area of rehabilitation includes: physiotherapy, hydrotherapy, massage therapy as well as personal training and swim coaching. Paulina has over 14 years of experience working in different medical and sports facilities. Let Paulina help you on your road to recovery from injury, strengthen and tone your muscles, or provide you with private Hydrotherapy for the health you are looking for.

■ HYDROTHERAPY

Using the chemical properties of water, such as temperature, pressure, buoyance, resistance, and salinity, hydrotherapy promotes a feeling of well-being and relaxation. It has been known to help treat many illnesses and ailments including arthritis, headaches, muscle pain and stress, and its origins can be traced back to the ancient civilizations of Egypt, Greece, Rome and Persia.

**9 Sessions | Begins January 6th or 8th
Tuesday OR Thursday, 12pm – 1pm
Members \$140, Non-Members \$170 (plus tax)
Online registration code 410181**

Swim Events

*Make a splash with our special swim events!
All swim times include water slides, play features and diving boards.*

Monday, December 22 nd 2014	WINTER WONDERLAND SWIM 1pm-4pm
Tuesday, December 23 rd 2014	WINTER WONDERLAND SWIM 1pm-4pm
Wednesday, December 24 th 2014	WINTER WONDERLAND SWIM 1pm-4pm
Friday, December 26 th 2014	WINTER WONDERLAND SWIM 1pm-4pm
Monday, December 29 th 2014	WINTER WONDERLAND SWIM 1pm-4pm
Tuesday, December 30 st 2014	WINTER WONDERLAND SWIM 1pm-4pm
Thursday, January 1 st 2015	NEW YEAR SWIM 1pm-8pm
Friday, January 2 nd 2015	LAST CHANCE SWIM 1pm-4pm
Monday, February 16 th 2015	VIOLA SWIM 1pm-4pm
Tuesday, February 17 th 2015	HOOKY SWIM 1-4pm
Monday, March 16 th – Friday March 20 th	SCHOOLS OUT CELEBRATION SWIM 1pm-4pm
Friday March 27 th 2015	HOOKY SWIM 2-4pm

SWIM-IN MOVIES

Admission: \$5 donation, in support of local charities.

Saturday, December 27 th 2014	WINTER WONDERLAND SWIM-IN MOVIE 8pm-10pm
Saturday, February 14 th 2015	BE MINE SWIM-IN MOVIE 8pm-10pm
Saturday, March 21 st 2015	MARCH BREAK SWIM-IN MOVIE 8pm-10pm



Celebrate your special day

WE'RE THE PERFECT PLACE FOR A FUN AND STRESS-FREE PARTY!

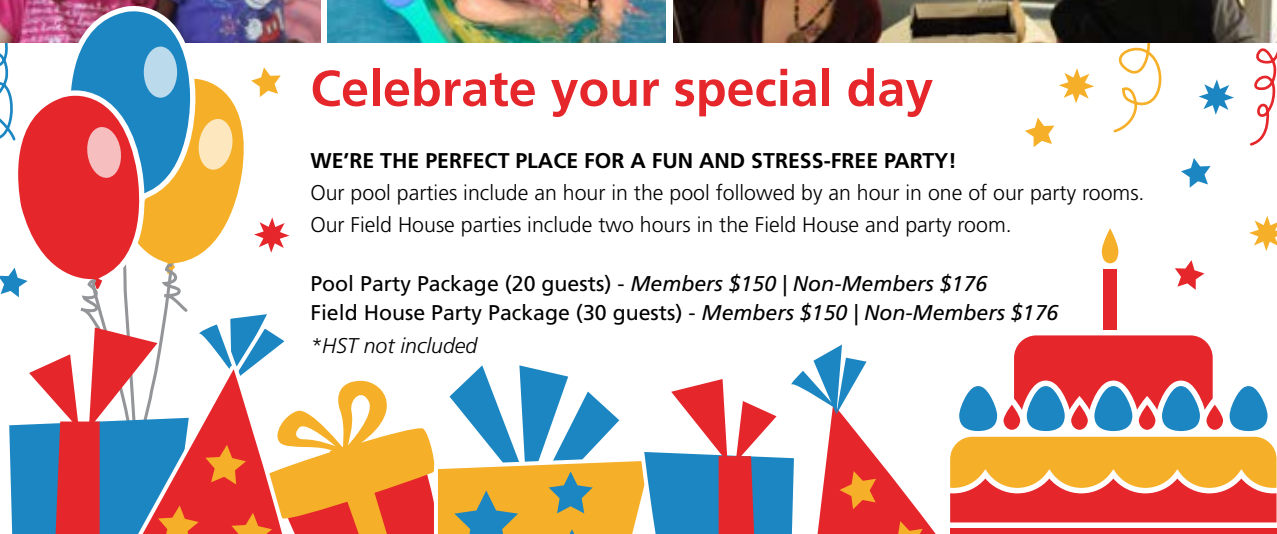
Our pool parties include an hour in the pool followed by an hour in one of our party rooms.

Our Field House parties include two hours in the Field House and party room.

Pool Party Package (20 guests) - *Members \$150 | Non-Members \$176*

Field House Party Package (30 guests) - *Members \$150 | Non-Members \$176*

**HST not included*



Party packages now available for booking online at hfxcgwebtraconlinereg.ca

RENTALS & EVENTS

Offering a variety of community spaces, we're the perfect place for meetings, events, private social gatherings, corporate functions and birthday parties.

All room rentals include the following complimentary services:

- Audio visual screen/TV
- LCD Projector
- Local calls
- Wireless conference call telephone
- Free parking for attendees
- wifi access

Our on-site food vendor, Subway, has a variety of food options available to meet the needs of your meeting or event. Food and drink options are offered at a discounted rate for renters and can be arranged directly with the store manager. Please ask about food options and Subway contact information at the time of booking.



To book your event or get more info, email booknow@canadagamescentre.ca



WINTER 2015

Programs and Services

It happens here.



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Halifax, Nova Scotia
B3S 0E2

Tel: 902-490-2400
email: info@canadagamescentre.ca

canadagamescentre.ca