



# Featured Programs



## WRESTLING

This new program will focus on developing agility, coordination, flexibility and balance, while also teaching the fundamental and basic wrestling techniques – like what is a half-nelson exactly, and how to get out of one.



## JUNIOR LIFE SAVING CLUB

Become part of a team that focuses on sportsmanship, skill and helping others – join our Jr. Life Saving Club. It encourages healthy living and regular fitness while providing training opportunities towards lifesaving competitions.



## PARENT & BABY YOGA

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



## RHYTHMIC GYMNASTICS

Do you love gymnastics? What about dance? Combine them both in this new program which covers the basic requirements of rhythmic gymnastics: strength, balance, flexibility, agility – and not to mention fun!



## TEEN GROUP SWIM LESSONS

Swimming is an important skill everyone should know, and one that's never too late to learn. We now offer group swim lessons especially for teens who want to learn how to swim and gain confidence, endurance and strength in the water.



*A huge THANK YOU to Alisa, Bryan, Charlotte, Christina, Clara, Damen, Daniel, Devin, Ethan J., Ethan L., Evan, Hannah, Jackie, Janet, Jerry, John, Jordyn, Julia, Kale, Kiki, Linnaea, Lorna, Meghan, Mitchell, Nathan, Rachel, Rebecca, Renée, Sophia, Xuanlin and Zilin whose amazing artwork is displayed in this guide from their participation in the CGC's Colour Me Active Contest.*

**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>

## ■ TABLE OF CONTENTS

How to register . . . . .	4
Program Access Card . . . . .	5
Physical Literacy – It Happens Here . . . . .	6
Canada Games Centre Membership . . . . .	9

<b>■ RECREATION PROGRAMS . . . . .</b>	<b>11</b>
P.D. Day Camps . . . . .	11
Play School . . . . .	12
Sports Programs . . . . .	14
Golf . . . . .	19
Pickleball . . . . .	19
Creative Arts . . . . .	20
Dance . . . . .	21

<b>■ FITNESS AND WELLNESS PROGRAMS . . . . .</b>	<b>23</b>
Yoga . . . . .	24
CGC Personal Training . . . . .	26

<b>■ AQUATICS PROGRAMS . . . . .</b>	<b>29</b>
Parent & Tot Programs . . . . .	30
Preschool Programs . . . . .	31
School-aged swimmer Programs . . . . .	32
Swim Lessons - Days & Times . . . . .	34
Teen Group Swim Lessons . . . . .	35
Adult Group Swim Lessons . . . . .	36
Private & Semi-Private Swim Lessons . . . . .	38
Leadership Programs . . . . .	39
I Love Water Polo . . . . .	42
2015 CGC Summer Swim Team . . . . .	43
CGC Diving Club . . . . .	44
CGC Masters Swim Club . . . . .	47
Hydrotherapy . . . . .	47
First Aid Training . . . . .	48
Swim Days . . . . .	49

## ■ 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.

Online registration is not currently supported on mobile or tablet devices.

## ■ 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](mailto: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.

## REGISTRATION DATES

**ONLINE: February 23** - Online Registration for CGC members only opens at 12:01 am. **March 2** - Online registration for non-members begins at 12:01 am.

**IN PERSON: February 26** - In person registration for CGC members begins at 10:00 am. **March 9** - In person registration for non-members begins at 10:00 am.

*Registration links within the guide become active when registration opens.*

## ■ 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.

## ■ 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.



## One card for all your CGC programs!

Non-members registered in our fee based programs will receive this red card the first time they register.

### How do they work?

- Cards are handed out at the time of in-person registration or can be picked up prior to or on the program start date (unless you already have one from previous sessions).
- Swiping the card at the turnstiles will give you access up to 30mins before and during your registered program.
- Children under the age of 12 must be accompanied by an adult.

### What if I forget my card?

- No problem – check in at our Customer Service Desk to validate your registration in the program. But please note, after the third time you've forgotten your card you'll be required to purchase a replacement card with a fee of \$2+tax.

### What if I already have a card from registering in a previous programming session?

- Great! It'll reload itself with your new programs automatically. Just remember to bring it with you on the program start date and there's no need to check in.

### I'm a member, do I need one of these cards?

- No, all you need is your membership card

### Additional Details:

- Once children under 12 have swiped their Program Access Card the Gate Monitor/or Customer Service Staff will buzz the accompanying adult through the gate. If additional parents/guardians/spectators arrive after the participant has gained access, they are asked to check-in with our Customer Service Desk to verify their child's registration in the program, and then they will also be let in through the access gate.
- Even though an adult is not required to accompany program participants 12+ years, we understand that many may still wish to watch their child during their session. These individuals may access the facility at the same time as the card holder, but adults will not be granted entrance if they arrive after the program participant swipes their card and enters.

# 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.



If you can

Catch  
Jump  
Run  
Swim  
Throw

You will take part in

Soccer  
Basketball  
Volleyball  
Track and Field  
Squash  
Badminton  
Rugby  
Tennis



If you can

Catch  
Jump  
Throw  
Swim  
Run

You will take part in

Baseball  
Softball  
Bowling  
Soccer  
Goalball  
Football  
Rugby



If you can

Throw  
Jump  
Swim  
Catch  
Run

You will take part in

Swimming  
Diving  
Water Polo  
Scuba  
Kayaking  
Sailing  
Surfing

Just like when learning to read, we start with syllables, not novels. Physical Literacy starts with fundamental movements like jumping, throwing, catching, hitting and swimming. These skills are taught in a fun and engaging way to encourage enjoyment of physical activity.

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**

**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 to young at heart.

**ACTIVE FOR LIFE**

**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.



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.



# CANADIAN SPORT FOR LIFE

quality sport & physical activity

To support Physical Literacy within our community, we continue to adapt more programs to the Canadian Sport For Life (CS4L) model.

## 2 FUNdamentals

**MALES** 6-9 Years

**FEMALES** 6-8 Years

- Overall movement skills
- ABCs of athleticism: agility, balance, coordination and speed.
- Daily physical activity, still emphasizing fun

### PROGRAMS

- Cricket
- Badminton
- Tennis - First Serve
- Wrestling
- Rhythmic Gymnastics
- Explorers: Multi-Sport
- Karate
- Run, Jump, Throw
- Family Golf
- Swimming Lessons
- Jr. Lifesaving Club
- Diving Club

## 1 ActiveSTART

**MALES & FEMALES**

0-6 Years

- Development of general movement skills
- Some organized physical activity
- Daily physical activity with emphasis on fun

### PROGRAMS

- Play School Swim Lessons
- Tiny Tumblers
- Just For Kicks
- Tumblebugs Gymnastics
- Rhythmic Gymnastics
- Explorers: Multi-Sport
- Karate
- Swimming Lessons
- Diving Club -Little Jumpers

## 3 LearntoTRAIN

**MALES** 9-12 Years

**FEMALES** 8-11 Years

- Overall sport skills development
- Major skill learning stage
- Integrated mental, cognitive and emotional development

### PROGRAMS

- Cricket
- Badminton
- Tennis - Ace
- Wrestling
- Karate
- Run, Jump, Throw
- Family Golf
- Family Pickleball
- Swimming Lessons
- Bronze Star
- Jr. Lifesaving Club
- I Love Water Polo
- Summer Swim Team
- Diving Club

## 4 ActiveforLIFE

**MALES & FEMALES**

Any Age

- Minimum 60 minutes of moderate daily activity or 30 minutes of intense activity for adults.
- Move from competitive sport to recreational activities

### PROGRAMS

- Cricket
- Badminton
- Wrestling - Jr. High Level
- Family Karate
- Golf
- Pickleball
- Total Body Bootcamp
- Sunrise Bootcamp
- Stroller Circuit
- Nordic Pole Walking
- Swimming Lessons
- Aquatics Leadership Programs
- I Love Water Polo
- CGC Summer Swim Team
- Masters Swim Club

*Our programs are led by certified instructors following the CS4L principles to encourage skill development, physical activity and enjoyment at any age.*



CANADIAN SPORT FOR LIFE

*CS4L is a movement to improve the quality of sport and physical activity in Canada. It links sport, education, recreation and health with community, provincial and national programming.*

## FUNDING PROGRAMS

### AGE OF PARTICIPANT

### CGC PROGRAMS COVERED



4 years – 18 years

Swimming Lessons; and non-CS4L programs

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.



4 months – 15 years; and children/youth with physical and/or cognitive disability

All CS4L programs

At the heart of the RBC Learn to Play Project is a charitable commitment to support organizations that are working to deliver quality sport and recreation programming to children. The Canada Games Centre is proud to be one such organization and to offer more physical literacy programming to our community through the support of RBC.



3 years – 12 years; and women 18+ years

All CS4L programs

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.

*For more details regarding funding opportunities and applications please visit our website.*



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

# 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



Group Fitness, by Janet

\*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](http://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

You make it happen.

## Ozgen's Story

Having a membership at the Canada Games Centre (CGC) is not only about finding the right exercise routine, as Ozgen Yildirim, his wife and two sons quickly discovered; it is also a place to fit in, to belong.

“*We feel like part of a big family.*”

Immigrating to Halifax seven years ago, the Yildirim's were struggling to make genuine friendships. They were also struggling to find a place to exercise together. “We like biking, [but] the last time we biked [outside] Cyra fell off his bike and injured himself very badly... Then we tried to run, but it wasn't very nice because we were running next to the cars fuming gasoline,” recalls Ozgen. “Then we started to find a solution.” With pressure from his wife, Ozgen investigated a family membership to the CGC.

“There are lots of options for payment and I learned that it was not expensive... It is very affordable.” In addition to the value, the variety of activities and safety of their environment, the Yildirim's began to feel at home. “After becoming a member of the Canada Games Centre, I became a part of a community and a social group... We feel like part of a big family.”

Ozgen aims to maintain a healthy lifestyle for himself and his family. “I always believed that being active is very important. We live in a modern decade, so sedentary lifestyles make people sick, physically and emotionally.” To help reach this goal, Ozgen and his wife take advantage of all areas of the Centre, working out in the Fitness Centre while their boys swim and play basketball. They are also often found playing badminton altogether as a family.



With lots of activities and exercises to choose from, the Yildirim's found ones they enjoyed that were also beneficial to their self-esteem, strength and overall health. “My wife slimmed down, and is now more energetic and free of joint pain... This increased quality of life for her” Similarly, since starting an exercise routine at the Centre, Ozgen no longer suffers from frequent headaches. He's gained more muscle, and noticed his sons have gotten stronger too.

The Canada Games Centre is a place that the Yildirim's have benefited from both physically and socially and now attend six days a week. “[CGC] was great for us because we are now Canadian Citizens, but we are still immigrants and we were struggling to find friends... after CGC, we have lots of friends.”

Watch more inspiring stories  
at [canadagamescentre.ca](http://canadagamescentre.ca)

# Recreation Programs

## ■ PROFESSIONAL DEVELOPMENT DAY CAMPS

HRSB PD Days – April 22<sup>nd</sup> | May 15<sup>th</sup> | June 29<sup>th</sup>  
CSAP PD Days – April 10<sup>th</sup> | May 15<sup>th</sup> | June 25<sup>th</sup> | June 26<sup>th</sup>  
Grade P – 6 | 8:30am-5:00pm  
**Members \$30, Non-Members \$33**  
*(Price is per child per day)*  
Online registration code **121101**

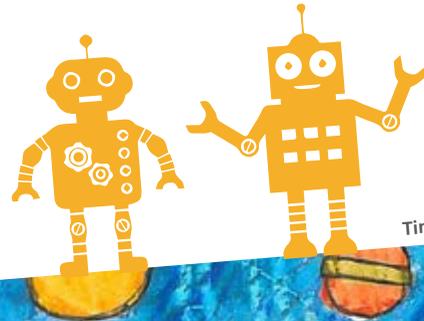
**Full Time Registrants in our After School Program:**  
**Members \$10.50 | Non-Members \$11.55**  
*(Price is per child per day)*

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/CSAP PD Day – May 15<sup>th</sup> | CSAP PD Day - April 10<sup>th</sup>  
Ages 9-12 | 8:30am-5:00pm  
**Members \$45 Non-Members \$50**  
Online Registration code **121101**

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.



Time to Play, by Meghan



## ■ 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 April 9<sup>th</sup>

Thursdays, 9:00am-11:30am

Members \$117, Non-Members \$135

Online registration code **120111**

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 April 8<sup>th</sup>

Wednesdays, 9:00am-11:30am

Members \$67, Non-Members \$76

Online registration code **120101**

Location: Activity Room

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





Circus au Play, by Hannah

## Primary Prep.

8 weeks | Begins April 13<sup>th</sup>  
Mondays, 9:00am-11:30am  
Members \$60, Non-Members \$69  
Online registration code **120110**  
Location: Activity Room

*\*Please note there is no class on Victoria Day  
- Monday, May 18<sup>th</sup>*

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 April 7<sup>th</sup>  
Tuesdays, 9:00am-11:30am  
Members \$67, Non-Members \$76  
Online registration code **120107**  
Location: Activity Room

9 weeks | Begins April 10<sup>th</sup>  
Fridays 9:00am-11:30am  
Members \$67, Non-Members \$76  
Online registration code **120107**  
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.



Soccer Time, by Jerry



Soccer Player with Many Balls, by John

## ■ SPORTS PROGRAMS

### Cricket



10 weeks | Begins April 8<sup>th</sup>  
Ages 6 – 13 | Wednesdays, 6:00pm-7:00pm  
Members \$60, Non-Members \$69  
Online registration code [120207](#)  
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



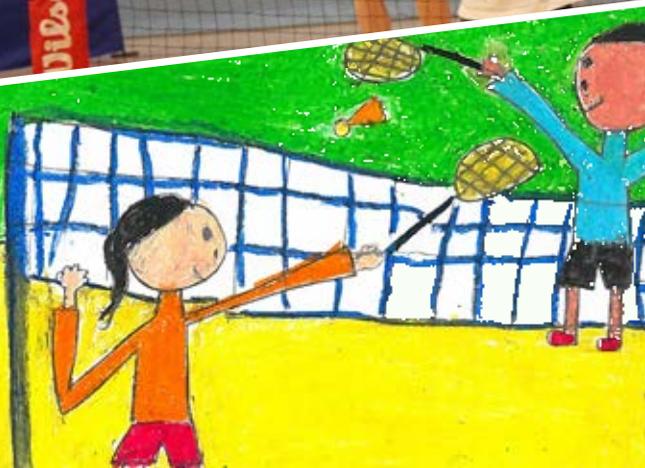
8 weeks | Begins April 7<sup>th</sup>  
Ages 3 – 4 | Tuesdays, 4:30pm-5:00pm  
Ages 4 – 5 | Tuesdays, 5:00pm-5:30pm  
Members \$45, Non-Members \$52  
Online registration code [120207](#)  
Location: Field House



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, by Devin



Fun Badminton, by Lorna

## Badminton



10 weeks | Begins April 9<sup>th</sup>  
Age 5 – 8 | Thursdays, 5:15pm-6:00pm  
Age 9 – 12 | Thursdays, 6:00pm-6:45pm  
Age 13 – 16 | Thursdays, 6:45pm-7:30pm  
**Members \$55+\$15\*, Non-Members \$63+\$15\***  
Online registration code **120211**  
Location: Field House

*\*\$15 fee is an annual fee that registers the player with Badminton Nova Scotia and includes a free racket. If you registered in Fall 2014 or Winter 2015, this fee will be waived.*

After a very successful Fall and Winter 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 April 7<sup>th</sup>  
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 **120205**  
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.

## Wrestling ← NEW

### BRONZE LEVEL

9 weeks | Begins April 13<sup>th</sup>

Age 5 - 7 | Mondays, 4:30pm-5:30pm  
& Thursdays, 5:30pm-6:30pm

Age 8 - 9 | Mondays, 5:30pm-6:30pm  
& Thursdays, 4:30pm-5:30pm

Age 10 - 12 | Mondays, 6:30pm-7:30pm

**Members \$56, Non-Members \$64**

Online registration code **120207**

Location: Field House

*\*Please note there is no class on Victoria Day  
- Monday, May 18<sup>th</sup>*

Our wrestling program will follow the Canadian Wrestling Skill Award Program and Canadian Sport for Life model for both boys and girls. It will focus on developing agility, coordination, flexibility and balance, while participants are introduced to basic moves, takedowns, rules and the fundamental wrestling techniques in a safe atmosphere. Bronze Level is the first level in our wrestling program, Silver and Gold coming soon!

### JUNIOR HIGH LEVEL

9 weeks | Begins April 9<sup>th</sup>

Grade 7-9 | Thursdays, 6:30pm-7:30pm

**Members \$56, Non-Members \$64**

Online Registration Code **120207**

Location: Field House

Our Junior High Wrestling program is open to all levels of wrestlers in grades 7 – 9. Participants will be split into beginner, intermediate or advanced groups based on previous wrestling experience. Basic moves, takedowns and fundamental wrestling techniques will be taught, as well as advanced techniques and tactics for more experienced wrestlers. No prior experience necessary for this coed program.



**DON'T FORGET ME!**

See page 5 for more details

## Tumblebugs Gymnastics

10 weeks | Begins April 9<sup>th</sup>

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

**Members \$60, Non-Members \$69**

Online registration code **120210**

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.

## Rhythmic Gymnastics ← NEW

8 weeks | Begins April 13<sup>th</sup>

Ages 5-6 | Mondays, 5:00pm-5:45pm

Ages 7-8 | Mondays, 5:45pm-6:30pm

**Members \$56, Non-Members \$64**

Online Registration Code **120210**

Location: Field House

*\*Please note there is no class on Victoria Day  
- Monday, May 18<sup>th</sup>*

Rhythmic gymnastics is a graceful and artistic sport. It combines the elements of ballet, gymnastics, dance, and apparatus manipulation (hoop, ball, ribbon, and rope) to music. This program will cover the basic requirements of a rhythmic gymnast including strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination in a fun and creative manner. All gymnasts will also learn jumps, leaps, pivots, balances and flexibility movements. Instruction will be given by Amanda Layton-Malone a Level 3, NCCP Certified coach who has produced World Championship level gymnasts, and has travelled the world competing and teaching the sport. Participants are to wear a gymnastics leotard and bare feet to class. Come see what all of the “hoopla” is all about!



## Taekwon-Do

8 weeks | Begins April 11<sup>th</sup>  
Ages 5-7 | Saturdays, 12:30pm-1:15pm  
Ages 8-13 | Saturdays, 1:15pm-2:00pm  
Members \$60, Non-Members \$70  
Online registration code [120201](#)  
Location: Dance Studio

*\*Please note there is no class on Victoria Day long weekend  
- Saturday, May 16th*

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 is 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 April 7<sup>th</sup> or 9<sup>th</sup>  
Online Registration Code [120202](#)  
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 April 9<sup>th</sup>  
Online Registration Code [120202](#)  
Location: Dance Studio

Beginner Families | Thursdays, 6:30pm-7:30pm  
Yellow Belts or Higher | Thursdays 7:30pm-8:30pm  
(Children 4-12 & 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 (4yrs-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 April 11<sup>th</sup> | Ages 7 – 11  
Saturdays, 12:45pm-1:45pm  
Members \$50, Non-Members \$58  
Online Registration Code **120207**  
Location: Track

*\*Please note there is no class on Victoria Day long weekend  
- Saturday, May 16th*

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.

## Explorers: Multi-Sport



9 weeks | Begins April 13<sup>th</sup>  
Ages 3 – 5 | Mondays, 5:30pm-6:15pm  
Ages 6 – 9 | Mondays, 6:15pm-7:00pm  
Members \$54, Non-Members \$62  
Online registration code **120207**  
Location: Field House

*\*Please note there is no class on Victoria Day  
- Monday, May 18<sup>th</sup>*

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 adults.

Sports Gear, by Jackie



Fly, by Kiki



Happy Dancers, by Sophia



## ■ 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 **120208**  
April 18<sup>th</sup> & 19<sup>th</sup> | 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 **120208**

April 18<sup>th</sup> & 19<sup>th</sup> | 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

4 Weeks | Begins May 6<sup>th</sup>  
Wednesdays, 5:00pm-6:00pm  
Online Registration Code **120209**  
Parents and Children (10+ 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 **120209**  
*Members \$18, Non-Members \$22*

Beginner Class | Begins May 4<sup>th</sup>  
Mondays and Wednesdays, 9:15am-10:15am

Intermediate Class | Begins May 25<sup>th</sup>  
Mondays and Wednesdays, 9:15am-10:15am

Location: Field House



Sport Ball Galore, by Nathan

## ■ CREATIVE ARTS

### MusIQ™ Club

9 weeks | Begins April 13<sup>th</sup>  
Ages 5 - 12 | Mondays, 5:00pm-6:00pm  
Members \$126, Non-Members \$144  
Online registration code **120503**  
Location: Boardroom

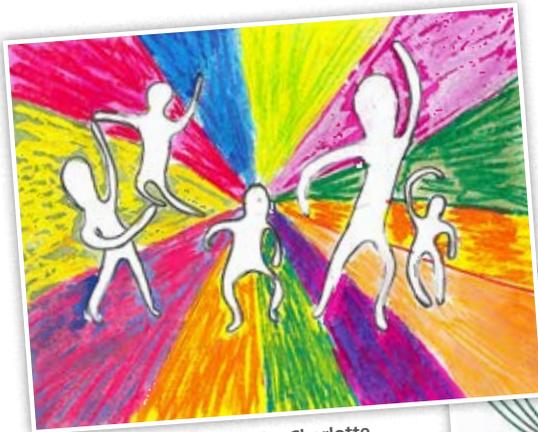
*\*Please note there is no class on Victoria Day  
- Monday, May 18th*

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](http://www.musiqclub.com) for more information about this innovative program.

### Watercolour – All Skill Levels

4 weeks | Begins May 25<sup>th</sup> | Mondays, 6:15pm-9:15pm  
Members \$125, Non-Members \$140 (plus tax)  
Online registration code **120303**  
Location: Arts & Craft Room

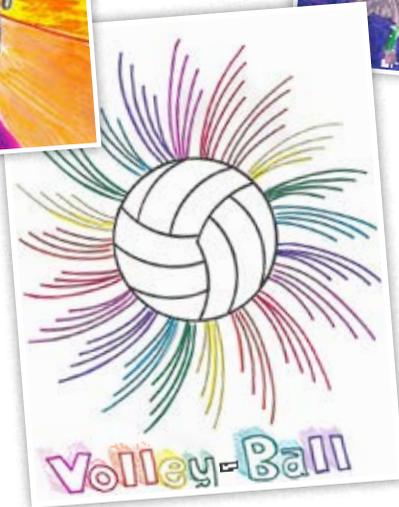
Join accomplished artist Laurie Mireau as you learn the fundamentals of brush handling, colour mixing, and how to layer colors to build up your painting. Basic techniques will be taught to keep even the most inexperienced feeling comfortable, while still developing the skill of more seasoned painters. Classroom skill development exercises and some light homework will help to get you started with this great hobby in just four weeks. All skill levels will be accommodated to the best of Laurie's ability. Supply lists will be emailed before classes start.



Dancing with a Chicken, by Charlotte



Dancing Girls, by Rachel



Volleyball, by Rebecca

## ■ DANCE

The Canada Games Centre is pleased to continue our new 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 April 11<sup>th</sup>  
Ages 2 – 3 | Saturdays, 9:30am-10:00am  
Members \$65, Non-Members \$75  
Online registration code [120401](#)  
Location: Dance Studio

*\*Please note there is no class on Victoria Day long weekend  
- Saturday, May 16th*

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.



Ballet, by Christina

### Creative Movement 1

10 weeks | Begins April 11<sup>th</sup>  
Ages 3 – 3 ½ | Saturdays, 10:05am–10:35am  
Members \$65, Non-Members \$75  
Online registration code [120402](#)  
Location: Dance Studio

*\*Please note there is no class on Victoria Day long weekend  
- Saturday, May 16th*

### Creative Movement 2

10 weeks | Begins April 11<sup>th</sup>  
Ages 3 ½ – 4 ½ | Saturdays, 10:40am–11:10am  
Members \$65, Non-Members \$75  
Online registration code [120402](#)  
Location: Dance Studio

*\*Please note there is no class on Victoria Day long weekend  
- Saturday, May 16th*

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 April 11<sup>th</sup>  
Ages 4 – 5 | Saturdays, 11:15am–12:00pm  
Members \$95, Non-Members \$104  
Online registration code [120403](#)  
Location: Dance Studio

*\*Please note there is no class on Victoria Day long weekend  
- Saturday, May 16th*

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.

You make it happen.

## Karolina's Story

"Enough is enough" Karolina thought to herself as she saw the number on the scale. That number made her realize that she needed to change her lifestyle. She didn't want to stay on that path so she chose to head in a different direction; a direction that led her to a healthier version of herself at 130lbs lighter and counting.

“... and there's no way that I could see myself going back.”

It started with a Zumba class. Starting off at the back, she was nervous about working out. But as her weight started to drop, she began to move around the room and soon found herself at the front of the class. "For someone who went from almost zero exercise... Zumba is the best introduction...the exercise is disguised in fun dancing." As Karolina's courage, confidence and self-esteem increased, she began exploring other forms of exercise at the Canada Games Centre. "I started going into to the Fitness Centre and taught myself all of the circuit machines...Then I started getting into free weights and learning the benefits of those." The elliptical machines also helped build up Karolina's stamina and she was eventually able to start running on the Track.

With the help of the CGC, Karolina was able to set and surpass her goals. "I always wanted to be a runner... and as that year was coming up, I had become that runner that I wanted to be." Karolina's running turned into completing The Bluenose Half Marathon.



All of her physical milestones didn't come without challenges. Juggling life, school and fitness wasn't easy for Karolina. For half a semester, she was unable to maintain her exercise routines. Seeing the benefits of consistently working out Karolina made every effort to fit in Zumba. Having found something that she enjoyed, Karolina found it easier to get back on track. "It took me a year... it was a long year... a really good year... but I did loose 130lbs...and there's no way that I could see myself going back."

Watch more inspiring stories  
at [canadagamescentre.ca](http://canadagamescentre.ca)

# Fitness and Wellness Programs

## Total Body Bootcamp



12 weeks | Begins April 13<sup>th</sup>

Mondays & Wednesdays, 5:45pm – 6:45pm

Members \$195, Non-Members \$225 (plus tax)

Online registration code: **130120**

Location: Track Starting Blocks

*\*Please note there is no class on Victoria Day  
- Monday, May 18<sup>th</sup>*

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!

## Sunrise Bootcamp



12 weeks | April 7<sup>th</sup>

Tuesdays & Fridays, 6:00am-7:00am

Members \$195, Non-Members \$225 (plus tax)

Online registration code: **130134**

Location: Field House

*\*Please note there is no class on Victoria Day long weekend  
- Friday, May 15<sup>th</sup>*

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 April 13<sup>th</sup>

Mondays & Wednesdays, 10:30am – 11:30am

Members \$130, Non-Members \$150 (plus tax)

Online registration code **130129**

Location: Track Starting Blocks & Track Lanes

*\*Please note there is no class on Victoria Day  
- Monday, May 18<sup>th</sup>*

This class is designed for the parent who wants to get 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 April 11<sup>th</sup>  
Ages 5 – 9 | Saturday, 10:00am – 10:45am  
Members \$60, Non-Members \$80  
Online registration code **130131**  
Location: 2nd Floor Fitness Studio

*\*Please note there is no class on Victoria Day long weekend  
- Saturday, May 16<sup>th</sup>*

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 April 9<sup>th</sup>  
Thursday, 1:00pm – 2:00pm  
Members \$90, Non-Members \$110 (plus tax)  
Online registration code **130133**  
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.



### Parent & Baby Yoga

8 weeks | Begins April 9<sup>th</sup>  
Thursdays, 1:00pm -2:00pm  
Members \$80, Non-Members \$100 (plus tax)  
Online registration code: **130135**  
Location: Dance Studio

Parent 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.



## Nordic Pole Walking

5 weeks | Begins April 13<sup>th</sup> or 14<sup>th</sup>  
Mondays & Wednesdays, 9:00am-10:00am  
OR Tuesdays & Thursdays, 6:30pm-7:30pm  
Members \$20, Non-Members \$24 (plus tax)  
Online registration code **130210**  
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 you joints. Our certified instructors are both knowledgeable and friendly, and encourage everyone to start at their own pace and ability.



## Drop-in Fitness Classes

Zumba? Yep, we have that. Interval, core, and cardio training? We have that too. We also have a selection of yoga classes and a variety of lower impact options like Aquafit. All of these are included in the more than 50 Drop-in Fitness classes available to you each week. And best of all, your membership and day pass rate already covers them. Pick your favourites from our [Drop-in Fitness Schedule](#) available online.



Running, by Damen



**DON'T FORGET ME!**

See page 5 for more details

# 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.

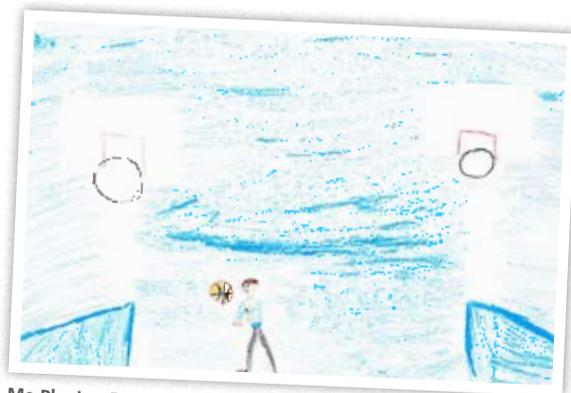
“ Affirmation without action leads to delusion. ”



# 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.



Me Playing Basketball, by Ethan L.

## 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
<b>30 MINUTE SESSION</b>	\$30.00	\$40.00
Package of 5	\$135.00	\$185.00
Packages of 10	\$240.00	\$340.00
<b>SEMI – PRIVATE (2 PEOPLE) – 1 HOUR</b>	\$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
<b>SMALL GROUP PT</b> 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.

You make it happen.

## Kelly's Story

At four and a half months pregnant with her first child, Kelly Blenus knew something had to change. "I was mentally and physically at the end of my rope in the middle of my pregnancy." Having already gained more than her goal weight, Kelly was feeling depressed and anxious. She decided to join the Canada Games Centre (CGC) and sign up for personal training. "It was probably the best decision I made...it brought me back to life in many ways."

*“ I really didn't think you could work out during pregnancy ”*

Kelly started with a 30 minute session with Personal Trainer and Fitness Coordinator TL Bonnar, who also specializes in pre- and post-natal care. "I really didn't think you could work out during pregnancy," says Kelly, but after the first session she was hooked. "I ended up going to the gym basically every day until I had the baby. We were at the gym the day before I went into labour with my son. It was a pretty exciting time."

After her son Sawyer was born, Kelly continued to work out with TL, on her own and with her husband, but almost always with Sawyer along for the ride. Strollers are encouraged on the Track, and with that in mind TL redesigned Kelly's circuit training to keep mom and baby together. This meant Kelly could stick to her postpartum exercise plan without sacrificing time with Sawyer. And now that he's a little older, Sawyer, mom and dad can often be found in the pool post workout. "That's the biggest thing for me," remarks Kelly, "knowing that you can include your kids and husband in your activities."



Though Kelly's own determination and desire to set a healthy example for her son brought her to the CGC, she credits much of her success and enjoyment to working with TL. "She's become a part of my life," admits Kelly, "throughout pregnancy which can be really hard, emotionally, physically, she checked in on so many levels." TL put the focus on what Kelly, a self-described control freak could control, like her workouts and nutrition. Having this kind of support meant a lot to Kelly.

*“ They've really changed things around for me and the way I look at the gym. ”*

"My life has changed dramatically since going to the CGC for the first time," Kelly says. And as she prepares to head back to work full-time, she does so with the confidence that she can continue to build on the healthy habits she's developed without having to give up on family time. "I wouldn't be able to juggle motherhood and exercise without Canada Games Centre being so flexible. They've really changed things around for me and the way I look at the gym."

Watch more inspiring stories at [canadagamescentre.ca](http://canadagamescentre.ca)

# 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](mailto:prestons@canadagamescentre.ca).

Next, refer to the days, times and sections of a particular class or level (see chart on page 34). 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 4 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.

**For further information please refer to the Aquatic Parent Handbook.**



## Lifesaving Society's Swim for Life Program

Based on the internationally recognized Swim to Survive standard and aligned with the Canadian Sport for Life model, 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.



Super Ethan Shark, by Ethan J.

## ■ 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 34 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 110111

Splash, 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 110112

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 110113

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. As the classes progress, parents will spend less and less time in the water to help prepare participants for Preschool Level 1.



Swimming at CGC, by Mitchell





## ■ PRESCHOOL PROGRAMS

Ages 3-5 years old

9 lessons, 35 minutes per lesson

*Members \$75 / Non-Members \$99*

[See chart on page 34 for swim lesson days and times.](#)

The Swim for Life Preschool Program gives children an active 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 110121**

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 110122**

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 110123**

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 110124**

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 110125**

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 34 for swim lesson days and times.

The Swim for Life Swimmer progressions challenge school-aged children 5 years and older in the water as they develop the fundamentals of swimming through safe entries, deep water support, underwater skills, and swimming strokes. These Swimmer levels also help establish everlasting and healthy Active for Life habits. Water Smart® education is part of every level.

### SWIMMER 1 | Online registration code 110131

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 110137

9 lessons, 35 minutes each

**Members \$75, Non-Members \$99**

For swimmers who have completed Preschool 4, Preschool 5 OR who have already participated in Swimmer 1.

### SWIMMER 2 | Online registration code 110132

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 110130

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, the chance to focus on more challenging skills.

### SWIMMER 3 | Online registration code 110133

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).

Games in the Water, by Zilin





Backstroke Floating, by Alisa



**SWIMMER 4** | Online registration code [110134](#)  
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 [110135](#)  
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 [110136](#)  
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. As an introduction to rescue skills, they'll try stride jumps and compact jumps.

**SWIMMER 7 ROOKIE PATROL** | Online reg. code [110141](#)  
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 [110142](#)  
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. Skill drills enhance capability in the water including a non-contact rescue.

**SWIMMER 9 STAR PATROL** | Online reg. code [110143](#)  
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.

## SWIM LESSONS - DAYS & TIMES



**DON'T FORGET ME!**

See page 5 for more details

	MONDAY* APRIL 13 - JUNE 8	TUESDAY APRIL 7 - JUNE 2	WEDNESDAY APRIL 8 - JUNE 3	THURSDAY APRIL 9 - JUNE 4	SATURDAY* APRIL 11 - JUNE 13	SUNDAY* APRIL 12 - JUNE 14
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		11:00am, 5:20pm	10:30am, 11:50am	8:30am, 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	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	9:50am 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, 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	4:00pm		9:00am, 9:55am 10:50am	8:30am, 9:25am 10:20am
Swimmer 5		4:00pm			9:00am, 10:50am	8:30am, 10:20am
Swimmer 6	4:55pm	4:00pm	4:00pm		9:00am, 9:55am	8:30am
Swimmer 7 / Rookie		4:55pm	4:00pm		9:55am	9:25am
Swimmer 8 / Ranger	5:50pm	4:55pm	4:00pm		9:55am	9:25am
Swimmer 9 / Star		4:55pm			10:50am	8:30am
Teen Group Lessons				Level 1 & 2 4:00pm	Level 1 - 10:30am Level 2 - 11:50am	
Adult Group Swim Lessons				Level 1 & 2 11:35am		Level 1,2,&3 11:40am

\* Please note there are no swim lessons Victoria Day long weekend – Friday, May 15th to Monday, May 18th

## TEEN GROUP SWIM LESSONS ← NEW



Are you between the ages of 11-15 years, have never taken swim lessons and would like to build your confidence in the water, or simply prepare for that family trip away at the beach? Then these swim lessons are for you!

### Teen Level 1

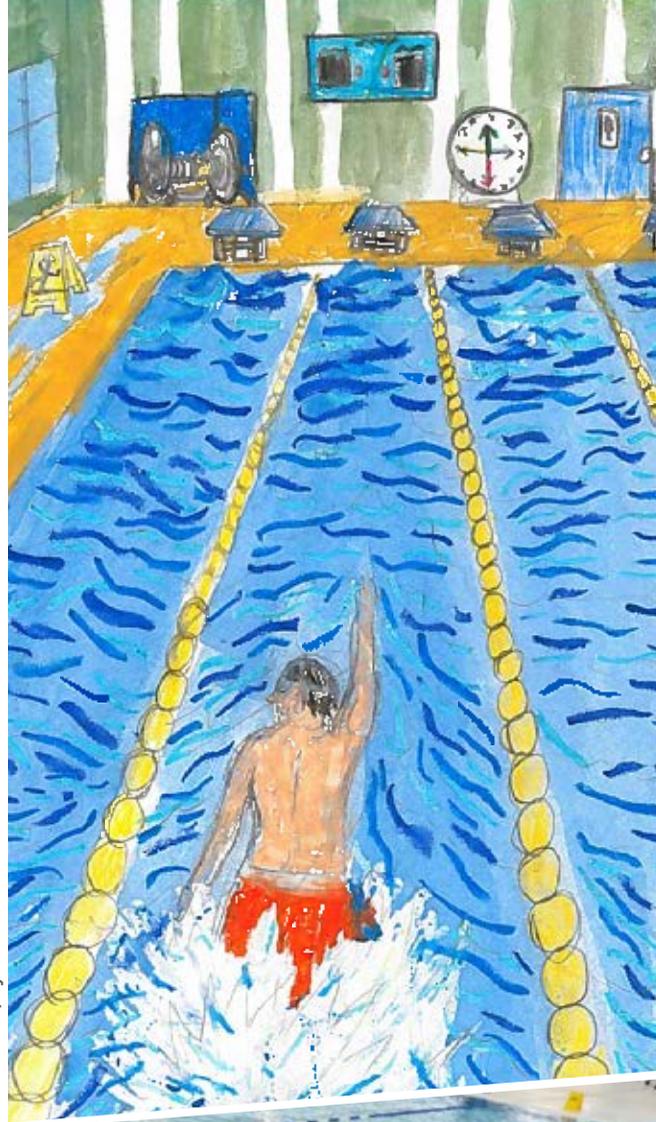
9 Lessons | Begins April 9th or 11th | Ages 11-15yrs  
Thursdays, 4:00pm-4:35pm  
OR Saturdays, 10:30am-11:05am  
Members \$80, Non-Members \$104 (plus tax)  
Online registration code [110174](#)

Learn entries and exits into shallow and deep water, floats, glides, proper kicks, basic interval training and introduction to front and back crawl.

### Teen Level 2

9 Lessons | Begins April 9th or 11th | Ages 11-15yrs  
Thursdays, 4:00-4:35pm  
OR Saturdays, 11:50am-12:25pm  
Members \$80, Non-Members \$104 (plus tax)  
Online registration code [110175](#)

Learn more complex entries and exits like dives and rolls, swim to survive, whip kick, intermediate front and back crawl, workouts and an introduction to breaststroke.



The Swimmer, by Daniel



## ■ 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 April 9th or 12th | Ages 16+  
Sundays, 11:40am-12:15pm  
OR Thursdays, 11:35am-12:10pm  
*Members \$80, Non-Members \$104 (plus tax)*  
Online registration code [110171](#)

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

### Adult Level 2

9 Lessons | Begins April 9th or 12th | Ages 16+  
Sundays, 11:40am-12:15pm  
OR Thursdays, 11:35am-12:25pm  
*Members \$80, Non-Members \$104 (plus tax)*  
Online registration code [110172](#)

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 April 12th | Ages 16+  
Sundays, 11:40am – 12:15pm  
*Members \$80, Non-Members \$104 (plus tax)*  
Online registration code [110173](#)

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



You make it happen.

## Briand's Story

"We all struggle with trying to stay in shape and sticking to an exercise program," says Briand Gaudet, Canada Games Centre (CGC) member since 2011. So what's his secret to staying motivated? Teenagers, diving, and lifting groceries.

“*I don't want to be one of those dads who can't do anything.*”

From a young age to adulthood, Briand's been an active guy and could often be found swimming, diving or lifting weights, but as he got older and the demands on his time grew, it seemed harder to keep it up. "You start to work, relationships start up and kids come along, and let's face it – you're tired...In my case, I let it slide." Now in his 40's, Briand finds renewed incentive in keeping up with his teenage kids. "They're very active and very fit...I don't want to be one of those dads who can't do anything. That is a huge motivator for me."

Avoiding injury is also very important to Briand. "There's nothing that infuriates me more than hurting myself doing regular everyday stuff." He's talking about shoveling snow and lifting groceries. "You have to push your body beyond that, [or] what will end up happening is your body will adapt to where that's all you can do. So that extra thing that happens, a slip on the ice...and your body will fail you."

To keep his workouts challenging and prepare him for whatever life throws at him, Briand uses all areas of the Centre. "If you bring cross-training into your workout schedule, you're going to strengthen different parts of your body...and you're going to be a healthier person overall." For Briand, cross-training also helped him rediscover an activity he really enjoys and can incorporate into his routine.



“*If I let myself, I would dive all day.*”

"If there's something you're good at, then you tend to follow it up and [diving] has become my reward for working out. It is like going to an amusement park, [but] there is also quite a bit of discipline involved in it." The technical precision and physical strength required for each dive really appeals to Briand and allows him to continually set new goals. "If I let myself, I would dive all day."

Before the CGC, Briand used to have to visit other facilities separate from his gym to get his swimming and diving fix. "I used to pay a membership at a gym and on top of that pay to go and swim at different places...Exercise is hard enough, without having to schedule your life around when your gym is available...the CGC solves that."

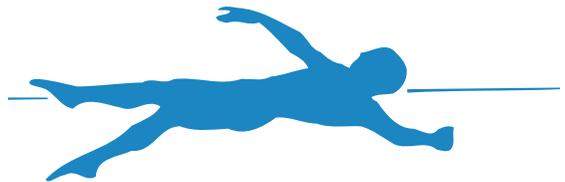
Watch more inspiring stories  
at [canadagamescentre.ca](http://canadagamescentre.ca)



## PRIVATE & SEMI-PRIVATE SWIM LESSONS

9 Private Lessons | 35mins  
 Online registration code **110161**  
 Members \$155, Non-members \$185

9 Semi-Private Lessons | 35mins  
 Online registration code **110162**  
 Members \$255, Non-members \$315



Available for anyone ages 3+ at set times for any swim levels offered at the Canada Games Centre. Prescheduled 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](mailto:prestons@canadagamescentre.ca).

	MONDAY* APR 13 – JUN 8	TUESDAY APR 7 – JUN 2	WEDNESDAY APR 8 – JUN 3	THURSDAY APR 9 – JUN 4	FRIDAY* APR 10 – JUN 12	SATURDAY* APR 11 – JUN 13	SUNDAY* APR 12 – JUN 14
<b>Private / Semi Private (35 Mins)</b>	3:30pm 4:00pm 4:50pm 5:30pm 6:10pm	4:00pm 4:10pm 4:50pm 5:30pm 6:10pm	4:50pm 5:30pm 6:10pm	9:00am 10:20am 11:35am 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 over the Victoria Day long weekend (May 15-18)



Finished your swimming lessons and wondering what's next? Do you like helping people or want to learn how to become a lifeguard? Leadership programs offer both the theory and practical instruction required to prepare you for lifesaving certification. Due to the nature of these courses, 100% attendance is required for certification.

### Bronze Star

Online registration code **110151**

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 **110152**

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 **110153**

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.



## Swim For Life Instructor & Lifesaving Instructor

March 16-20th | Mon – Fri. 8am-5pm

Online reg. code [110155](#)

40 hours (plus practice teaching)

Members \$220 / Non-Members \$240

Prerequisite: 15 years of age for the Swim for Life portion, 16 years of age to complete practice teaching for Lifesaving Instructor, and Bronze Cross (or higher) certification.

Leave this course with 2 instructing certificates. The combined Swim For Life and Lifesaving Instructor course prepares the instructor to teach and evaluate swim strokes and lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods, learning strategies and activities, a variety of stroke and skill drills, effective correction techniques, and evaluation criteria. Practice teaching is emphasized throughout. Candidates learn to evaluate participants in Swim for Life, Swim Patrol, Junior Lifeguard Club, Bronze Medal awards, Lifesaving Fitness, Basic and Emergency First Aid, and CPR.

*Please note: Participants in Grade 11 or 12 who have completed their LSI, SFLI, & NLS courses and bring copies of these awards along with their prerequisites (Bronze Medallion & Bronze Cross) to their school guidance counsellors can receive one Grade 11 Personal Development Credit.*

## National Lifeguard Service & Standard First Aid

Online reg. code [110154](#)

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 Lifesaving 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.



Swimming Kale to the Rescue, by Kale



Swimming in the Water, by Bryan

	<b>TUESDAY</b> APRIL 7 – JUNE 2	<b>FRIDAY*</b> APRIL 10- JUNE 12	<b>SUNDAY*</b> APRIL 12- JUNE 14	<b>CRASH COURSES**</b> MARCH 16-20
<b>CGC Jr Lifesaving Club</b>	6:00pm-7:00pm	6:00pm-7:00pm		
<b>Bronze Star</b>			11:15am-12:15pm	
<b>Bronze Medallion</b>		7:00pm-9:00pm	10:20am-12:20pm	9:00am-12:00pm
<b>Bronze Cross &amp; Assistant Instructor</b>		6:00pm-9:00pm	9:30am-12:30pm	1:00pm-6:00pm
<b>Swim For Life / Lifesaving Instructor (LSI)</b>				8:00am-5:00pm
<b>National Lifeguard Service (NLS/SFA)</b>				9:00am-6:00pm

\* Please note there are no swim lessons over the Victoria Day long weekend (May 15-18)

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

## CGC Jr. Lifesaving Club

Online reg. code [110156](#)

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

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.

*Please note participants may be split into two groups based on abilities for specific training components or for best growth.*

Swimming Fun, by Jordyn



## ■ 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. Our water polo is a team non-contact 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 April 9th  
Ages 8-11 (Swimmer 2 or higher)  
Thursdays, 5:00pm-6:00pm  
*Members \$60, Non-Members \$80*  
Online registration code [110193-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 April 9th  
Ages 11-14 (Swimmer 3 or higher)  
Thursdays, 5:00pm-6:00pm  
*Members \$60, Non-Members \$80*  
Online registration code [110193-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.





Swimming with Friends, by Linnaea

## ■ 2015 CGC SUMMER SWIM TEAM



The CGC Summer Swim Team is a competitive swim club perfect for youth ages 7-18, who can swim at least 25m unassisted. Our 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 to their full potential with the help of specialized training and expert coaching.

**Ages 7-18 | June 30th – August 21st**  
**Monday to Friday, 4pm-6:30pm;**  
**Tuesdays & Thursdays mornings, 6am-7am**  
**Prerequisite: Must be able to swim 25m unassisted.**  
**Swimmer 4 or Swim Kids 4 recommended.**  
**Online Registration code: 210195**

*1<sup>st</sup> child: Member \$260, Non-Member \$285*  
*2<sup>nd</sup> child: Member \$210 / Non-Member \$235*  
*3<sup>rd</sup> child: Member \$185, Non-Member \$210*  
*4<sup>th</sup> child: Free*

Included in swim team fees are registration to Swim Nova Scotia and optional competitions each weekend against other teams within the HRM area (excluding Provincials). There are no fundraising commitments.

### FREE - Spring Training

Register for the CGC Summer Swim Team during the month of March and receive spring training for free. Swimmers will be split after the first two practices into two separate time slots based on age and swimming ability. Exact times to be determined based on actual registration numbers.

**Saturdays, 11:30am-1pm | April 11th – June 13th**

*Please note: Participation in Spring Training followed by a withdrawal from the CGC Summer Swim Team prior to June 30th is subject to a \$100 early cancellation fee.*



## ■ CGC DIVING CLUB

All of our diving programs run for 8-12 weeks and focus on High Five Sport and Fundamental Movements Skills. The CGC Diving Club also includes 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 110192**  
8-12 weeks, please refer to chart on page 45  
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.

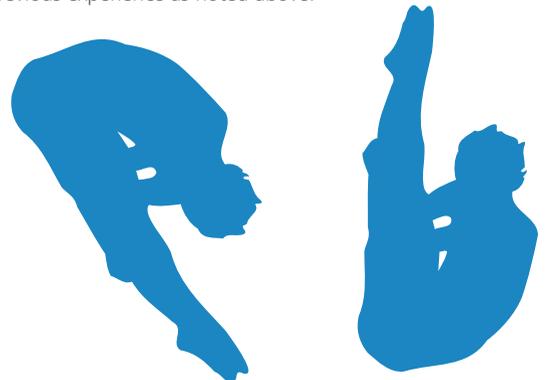


### LEVEL II DIVING | Ages 7+

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.



## 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 2 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.

 Saturday training session may be added at coach's discretion.

## 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.

For private coaching, please contact [parryj@canadagamescentre.ca](mailto:parryj@canadagamescentre.ca) to arrange.

	TUESDAY APRIL 7 – JUNE 9	THURSDAY APRIL 9 – JUNE 11	SATURDAY* APRIL 11 - JUNE 13	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		2-3	\$180**	\$210**
Competitive	5:30pm-8:30pm	5:00pm-8:00pm	11:00am-2:00pm	3	\$230**	\$260**

\*Please note there is no practice on Victoria Day long weekend - Saturday, May 16th

\*\*Annual Diving Nova Scotia Competition fee included in Pre-Competitive and Competitive levels. Competition entry fees included in Competitive level only.



**DON'T FORGET ME!**

See page 5 for more details

You make it happen.

## Bernice's Story

We all have aches and pains, now and then, but Bernice suffered all the time. At 66, Bernice was living with chronic pain and illness, and it weighed her down not only physically but mentally too. "My life was: bed, depression, get up, and go back to bed, depression."

Despite feeling there was so much she was unable to do physically; Bernice took the first step to healthy living. She signed up for a membership at the Canada Games Centre and it was the best decision she made. She now gets up and out of bed early and works out individually and takes part in group workouts at least three times a week. Bernice found encouragement through meeting "other seniors who had many more limitations" than herself. They "are out every day, walking with their canes coming with their wheelchairs, it's just amazing."

*“I have my personality back, and I feel like life is worth living.”*

Bernice found relief and mobility in the water, taking part in Aquafit classes that were suitable for her. The more that she moved, the more she realized she was able to do without pain. This encouraged her to partake in classes and activities outside of the pool. "I like the rower and I use the bike and I also like taking classes in a team environment." With the help of the instructors, encouraging and understanding her abilities and limitations, Bernice didn't have any pressure to be the best while she is exercising. She was encouraged to do her best at her pace.



Bernice's outlook has changed dramatically since joining the CGC. "I have my personality back, and I feel like life is worth living." Before the Centre she was unable to keep up with her active husband, and do the things she loved to do; like dancing. "I really love music so [now] I'm dancing around the kitchen, while doing laundry, but I hadn't been able to do that for so long."

The Canada Games Centre was able to give Bernice more than she could have imagined. Bernice is off her medication and living life to the fullest. She got her life back and is no longer limited by the pain that once plagued her.

Watch more inspiring stories  
at [canadagamescentre.ca](http://canadagamescentre.ca)

## Aquafit & Hydrorider Classes

We offer a great selection of drop-in Aquafit and Hydrorider classes, which are included in your membership or day pass rate. You'll find these classes listed on both the **Aquatics** and **Drop-in Fitness** schedules available on our website.

### CGC MASTERS SWIM CLUB



Our Masters Swim Club is full for the season, but will reopen for registration in the fall. Look for the Fall 2015 Program Guide in July, with registration to follow in August.

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.



## ■ HYDROTHERAPY

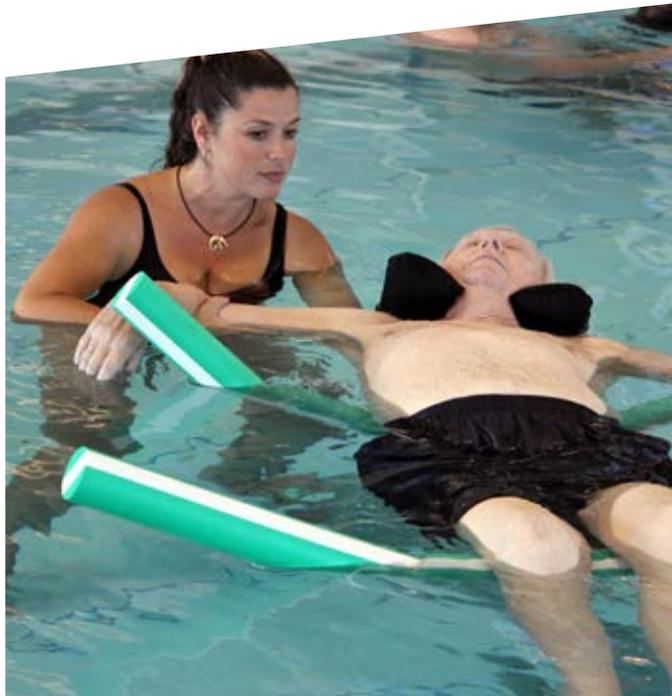
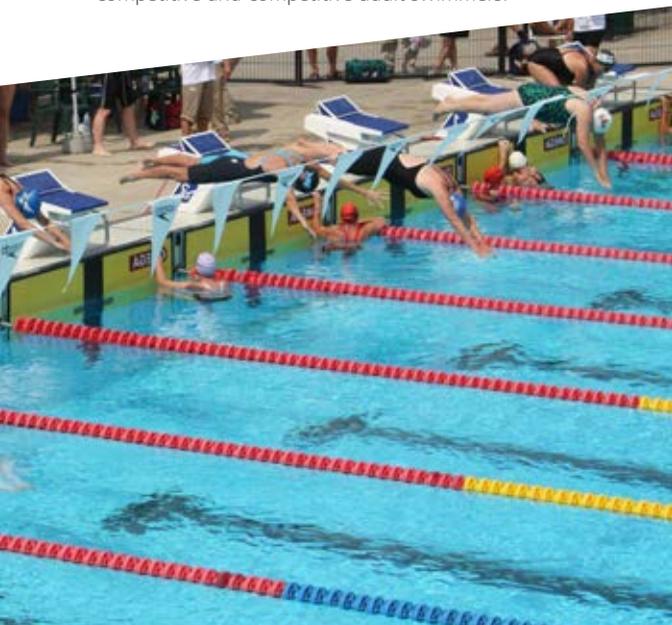
Using the chemical properties of water, such as temperature, pressure, buoyance, resistance, and salinity, hydrotherapy promotes a feeling of well-being and relaxation. It has been known to help treat many illnesses and ailments including arthritis, headaches, muscle pain and stress, and its origins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

9 Sessions | Begins April 7th

Tuesdays, 12pm – 1pm

Members \$140, Non-Members \$170 (plus tax)

Online registration code **110181**



## ■ 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



# Swim Days

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



Monday, February 16th, 2015 . . . . .	<b>VIOLA SWIM</b> 1pm-4pm
Tuesday, February 17th, 2015 . . . . .	<b>HOOKY SWIM</b> 1pm-4pm
Monday, March 16th – Friday, March 20th . . . . .	<b>SCHOOLS OUT CELEBRATION SWIM</b> 1pm-4pm
Friday, March 27th, 2015 . . . . .	<b>HOOKY SWIM</b> 2pm-4pm
Wednesday, April 22nd, 2015 . . . . .	<b>HOOKY SWIM</b> 1pm-4pm
Friday, May 15th, 2015 . . . . .	<b>HOOKY SWIM</b> 2pm-4pm
Monday, May 18th, 2015 . . . . .	<b>QUEEN VICTORIA DAY SWIM</b> 1pm-4pm

## **SWIM-IN MOVIES**

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

Saturday, February 14 <sup>th</sup> 2015 . . . . .	<b>BE MINE SWIM-IN MOVIE</b> 8pm-10pm
Saturday, March 21 <sup>st</sup> 2015 . . . . .	<b>MARCH BREAK SWIM-IN MOVIE</b> 8pm-10pm



## Celebrate your special day

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

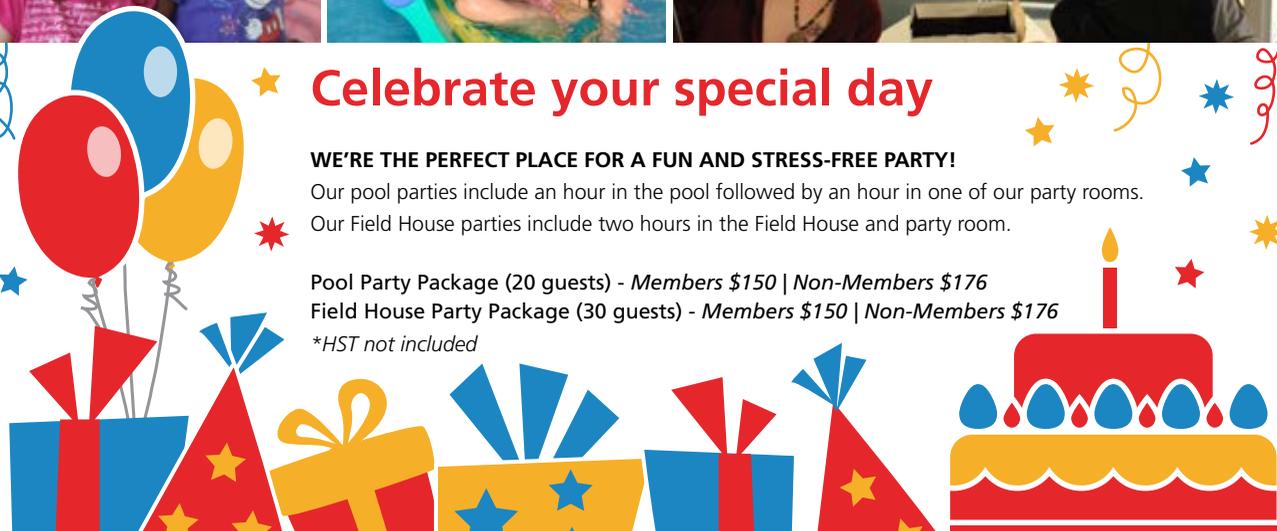
Our pool parties include an hour in the pool followed by an hour in one of our party rooms.

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](http://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](mailto:booknow@canadagamescentre.ca)

# SPRING 2015

Programs and Services

## It happens here.



*Expressions of Dance, by Renée*



*Basket Bold, by Julia*



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Halifax, Nova Scotia  
B3S 0E2

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