

2015 Summer Camps and Programs



It happens here.

Canada
Games
Centre 

■ TABLE OF CONTENTS

How to register	2
Canada Games Centre Membership	3
Summer Camp Programs – Physical Literacy	4
Summer Camp & Program Funding	5
Additional Registration information	6
■ SUMMER CAMP PROGRAMS	7
Day Camps – Grade P-6	9
Summer Camp Programs – Ages 5-7	9
Summer Camp Programs – Ages 6-8	12
Summer Camp Programs – Ages 7-9	13
Summer Camp Programs – Ages 8-12	16
Summer Camp Programs – Ages 10-12	18
Additional Offerings	20
■ RECREATION PROGRAMS	21
Dance	21
Karate	22
■ FITNESS PROGRAMS	23
Nordic Pole Walking	23
Personal Trainers	24
■ AQUATICS PROGRAMS	25
Parent & Tot Programs	26
Preschool Programs	27
School-aged swimmer Programs	28
Teen/Adult Group Swim Lessons	31
Private & Semi-Private Swim Lessons	32
Leadership Programs	33
2015 CGC Summer Swim Team	35
Hydrotherapy	36
First Aid Training	37

CONNECT



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



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<http://bit.ly/cgcnews>

■ HOW TO REGISTER

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

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 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.

REGISTRATION DATES

ONLINE:

March 23 - Online Registration for CGC members only opens at 12:01 am.

March 30 - Online registration for non-members begins at 12:01 am.

IN PERSON:

March 26 - In person registration for CGC members begins at 10:00 am.

April 7 - In person registration for non-members begins at 10:00 am.

Registration links within the guide become active when registration opens.

■ REGISTER IN-PERSON

26 Thomas Raddall Drive

Monday – Friday 10:00am-9:00pm

Saturday – Sunday 7:00am – 8:00pm

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

■ GENERAL INFORMATION

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

For additional Summer Camp specific registration information, including multi-child discounts, waitlist procedures, and assistance programs, please see page 5.

Canada Games Centre Membership

Five visits per month*

IT'S NOT HARD TO MAKE YOUR MEMBERSHIP WORTH YOUR INVESTMENT



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 runs the track on a rainy day, 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 pickleball showdown

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

MEMBERSHIP INCLUDES

Everything Under One Roof

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

Membership Exclusives

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

Also Included

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

Accessibility

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

canadagamescentre.ca/about-us/accessibility

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

Summer Camp Programs – Physical Literacy



Come for a week or two, a whole month, or the entire summer!

THE FUN BEGINS JULY 6TH AND CAMPS RUN WEEKLY FROM 8:30AM-5PM EVERY DAY UNTIL AUGUST 28TH.

For kids ages 5–12 years.

To support Physical Literacy within our community, we continue to align our Summer Camps to the Canadian Sport For Life (CS4L) model to help kids get an active start in life – and enjoy it too!

With the addition of trained Physical Literacy Specialists on-hand, this summer's camps will incorporate the theme of the camp as well as work on the CS4L Basic & Fundamental Movement skills. These skills provide children with the confidence and ability to grow into active teens, and ultimately remain healthy and active for life.

We're offering a mix of sport specific camps and other active camps of our own creation. All of our camps will focus on fun and follow the same daily timeline, but activities, additional cross-training, nutrition presentations, special guests and/or field trips will differ based on the camp theme.

Is it summer yet? Because we can't wait! And neither should you. Register early to get the camps, programs and services you want.



SUMMER CAMP & PROGRAM FUNDING

For more details on funding opportunities for Summer Camps and Programs, including applications, please visit our website or Customer Service Desk.



Provides partial funding to help children who would not be able to participate in summer camp without the assistance of the Canadian Tire Jumpstart Program.

AGE OF PARTICIPANT:

5 years - 12 years

CGC PROGRAMS COVERED:

All summer camps



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.

AGE OF PARTICIPANT:

4 years – 18 years

CGC PROGRAMS COVERED:

Swimming lessons, CGC Summer Swim Team, and non-CS4L programs



CANADIAN SPORT FOR LIFE

For more information about Physical Literacy and the CS4L model, visit canadiansportforlife.ca

What is Canadian Sport for Life?

Canadian Sport for Life (CS4L) is a national model created to not only increase the number of podium finishes for Canadian athletes, but to also improve the overall health of every Canadian. It all starts with Physical Literacy and incorporates all ages, abilities, and levels of competition and recreation. We are proud to have aligned with the CS4L model to increase Physical Literacy and enjoyment of physical activity in our community.

■ ADDITIONAL SUMMER CAMP REGISTRATION INFORMATION

Age Requirements: Each camp is designed specifically for its corresponding age group, and as such we are unable to accommodate exceptions. A child must be the age noted for the camp before the end of the camp week and have graduated Primary by June 2015 in order to qualify for participation.

Multi-Child Discount: For families with 2 children enrolled in the same week of camp, there is a 10% discount for the second child. For 3 children or more, there is an extra 5% discount for each additional child. This applies only when children are enrolled in the same week, but not necessarily in the same camp.

Deferred Payment: For our Summer Camp Program, we are pleased to offer an instalment billing plan for campers enrolling in three (3) or more weeks of camp. You may choose to pay in full; however, to allow ease of registration for as many weeks as necessary, the instalment billing plan will be available for participants registering before April 30th, 2015. Here's how it works:

- 25% of the overall registration total required at time of registration
- Remaining 75% of fees owed are billed to the credit card number (provided upon registration) in 3 instalments of 25% each – to be processed on May 10th, June 10th and July 10th, respectively.

Please note the Deferred Payment option is only available through in-person registration at the Customer Service Desk. For more information, please call our camps line at 902.490.2581.

Waitlist Procedure: Should a camp that you wish to place your child in fill up, please be sure to add him/her to the waitlist! Summer plans change and we do our best to quickly notify people from our waitlist if space becomes available. Should a space become available, you will be contacted by email and will have 48 hours to confirm and pay for your child's enrolment in camp. After 48 hours without confirmation and payment, the space is offered to the next waitlisted child.

Early Drop-Off & Late Pick-Up: An early drop off option is available to parents who need to be on the road a little earlier than 8:15am each morning. Conversely, a late pick-up option is available to parents needing extra time past 5pm to get to the Centre after their work-day. Sign up for one, or the other, or both, but please note this is an extra service that requires pre-registration. See [page 20](#) for further registration details. Spaces are limited for this service, so please register early!

Subway Lunches: The Canada Games Centre is working in close partnership with Subway Restaurants again this summer to continue to offer a healthy lunch option for those wishing to take advantage of our food services. Subway lunches are offered at an additional cost (not included in Summer Camp program fees) and can be ordered online through our registration system or in person at our Customer Service Desk. Please see [page 20](#) for more details, including order submission cut-off dates.

ASSISTANCE PROGRAMS

Inclusion Program: We offer an inclusion component for campers requiring extra attention due to a physical and/or cognitive disability. Campers are supervised one on one, by an Inclusion Counsellor who is charged with meeting the camper's personal and developmental needs, making every effort to include campers in adapted activities, and ensuring their overall safety and happiness while in our care. For more information about this program and how to apply, please visit the Camp section of our website. Applications will be accepted until May 15th.

ACCESSIBILITY

We welcome children with special needs and/or disabilities. Please discuss your child's individual needs with the Recreation Program Supervisor and we will be happy to try and accommodate their needs as best as we are able. Please understand that some needs may be beyond our scope of accommodation.

SUMMER CAMP PROGRAM CANCELLATIONS AND REFUND POLICIES

- Cancellation notice must be received a minimum of 14 days prior to the first day of camp to qualify for a refund. Refund will be processed for the full amount of the fee paid, less an administrative charge (the greater of 10% of the program fee or \$25).
- We will credit your account for the amount of the program up to 7 days before the program start date. Any cancellations received within 7 days of the program start date will not receive a credit.
- Some programs may be cancelled due to insufficient registrants. We monitor 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. Please register early to avoid program cancellations.
- Accepted forms of payment: Visa, Master Card, American Express, debit cards, cash and cheques (some restrictions apply). The charge for non-negotiable payment is \$40 plus tax.

Summer Camp Programs

■ DAILY CAMP ROUTINE

Though all camps differ in theme and specific activities including field trips (if applicable), they do share an overall daily routine in terms of start and end times, lunches, and a swimming component.

8:15am - Morning Drop-Off: Unless registered for Early Drop-Off, campers are to arrive at the Field House each morning between 8:15am – 8:45am. Please allow for extra time on Mondays for children to receive their bracelets for the week and join their counsellors. Having your completed [camper forms](#) with you or sent in ahead of time will also speed up the process. Small group activities are planned to keep the kids engaged while all campers arrive for the day.

Throughout the day: Each camp has many structured activities built into the daily schedule. Activities are in keeping with the theme of the camp and are physically active and engaging. Children will also go outside (weather permitting) and participate in activities in the areas surrounding the Centre.

- **Daily Swimming:** All camps will swim once per day (unless noted in the description) regardless of the weekly theme. Campers will be encouraged to swim; however, if they choose not to, no additional activities are planned for them during this time.
- **Weekly Swim Tests:** Summer Camps share the pools with open swim times, therefore a swim test is completed every Monday morning (starting at 9am) to assess your child's ability in the water. The swim test is as follows: *Swim one length/width of the competition pool and tread water for 1 minute. If the child cannot complete both tasks confidently, they must wear a life-vest/safety belt in all pools.*

Even though your child may have completed swim lessons, they may still have to wear a life jacket.

Without direct and personal supervision (such as in a swim class) they may not be strong enough to keep themselves above water for very long. This is not to discourage children and their abilities, but to ensure proper safety. If a participant refuses to undergo the swim test, then they

will be required to wear a life vest for the duration of their Summer Camp. Children will only have to complete a swim test once throughout the summer unless they would like to challenge for a non-life-vest band. The diving boards will be available during scheduled times for those who pass the swim test. The height requirements for the water slides will still be enforced for safety reasons, regardless of age (at least 42" tall to ride the yellow water slide and 48" tall to ride the blue water slide).





Lunches: Whether your child brings lunch from home or takes part in our Subway Lunch program ([pg 20](#)), we encourage you to pack enough nutritious foods and snacks (nut-free please!) to help them keep up with daily activities. Should your child forget his/her lunch, we will have to call you to bring one as we will not be able to escort him/her to Subway during camp hours.

Field Trips: Certain camps will be leaving the Centre on field trips during the camp week and most trips use Metro Transit. Parents will be notified by email in advance as to when children will be offsite for field trips and a field trip schedule will be posted in the Camp section of our website. Supervision ratios will increase on those days to ensure the safety of participants at all times.

5pm - Afternoon Pick-Up: Camps will return to the Field House each afternoon around 4:30pm to help facilitate a quick pick-up for all families. Similar to morning drop-off, games and activities will be planned for each camp through the duration of pick-up. All campers not registered in late pick-up must be picked up no later than 5:00pm sharp.

STILL HAVE SUMMER CAMP QUESTIONS? The Summer Camp Parent Handbook can help! It outlines what your child should bring to camp, behavioural guidelines, and other general policies and procedures. [Download it here](#) – it's a highly recommended read before the first day of camp to help ease any nerves around expectations for both parents and campers.

Summer Camps 2015

	AGES 5-7	AGES 5-7	AGES 6-8	AGES 7-9	AGES 7-9	AGES 8-12	AGES 10-12
June 29 th – July 3 rd 221001	Learn to Play Sports Day Camps (June 29 th , July 2 nd , July 3 rd)						
July 6 th – 10 th 220701	Outdoor Explorers Camp	Multi-Sport Explorers Camp	Circus Camp	Multi-Sport Adventurers Camp	Olympic Camp	Lifesaving Rescue Camp	Amazing Spartan Race Camp
July 13 th – 17 th 220702	Superhero Training Camp	Rhythmic Gymnastics & Dance Camp	Olympic Camp	Wrestling Camp	Outdoor Explorers Camp	Basketball Camp	All-Around Sports Camp
July 20 th – 24 th 220703	Art Explosion Camp	Kick Off Camp	Diving Camp	Swimming Lesson Camp	Time Travel Camp	Multi-Sport Leaders Camp	Olympic Camp
July 27 th – 31 st 220704	Safari Camp	Multi-Sport Explorers Camp	Under The Sea Camp		Art Explosion Camp	Water Polo Camp	Outdoor Explorers Camp
August 4 th – 7 th 220705	Outdoor Explorers Camp	Rhythmic Gymnastics & Dance Camp		Multi-Sport Adventurers Camp	Olympic Camp	CGC Swim Camp	
August 10 th – 14 th 220706	Superhero Training Camp	Swimming Lesson Camp	Beach Blast Camp	Rhythmic Gymnastics & Dance Camp	Time Travel Camp	Volleyball Camp	Robotics & Animation Camp
August 17 th – 21 st 220707	Art Explosion Camp		Olympic Camp	Run, Jump, Throw Camp	Art Explosion Camp	Diving Camp	Racket Sport Camp
August 24 th – 28 th 220708	Under The Sea Camp			Multi-Sport Adventurers Camp	Outdoor Explorers Camp	Wrestling Camp	Olympic Camp
Aug 31 st – Sep 4 th 221001	Learn to Play Sports Day Camp (August 31 st)						



■ DAY CAMPS – GRADE P-6

Learn to Play Sports Day Camps

June 29th | July 2nd | July 3rd | August 31st

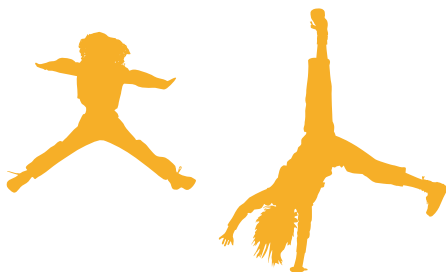
Grade P-6 | 8:30am-5:00pm

Members \$30, Non-Members \$33

(Price is per child per day)

Online registration code **221101**

We will be hosting multi-sport camp days to help keep your kids active while you're at work. In addition to creative time, kids will play a variety of games and engage in active learning to challenge all of their movement skills both in the pool and in the Field House.



■ SUMMER CAMP PROGRAMS – AGES 5-7

Art Explosion Camp

July 20th – 24th | Ages 5-7

Online registration code **220703**

August 17th – 21st | Ages 5-7

Online registration code **220707**

Members \$160, Non-Members \$180

The Canada Games Centre will be exploding with creative art! This camp will focus on expanding creative skills through a wide variety of artistic endeavors. Age appropriate activities may include painting, beading, print making, paper maché, and much more! Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests may be included, details to follow closer to camp start date.

Kick off Camp

July 20th – 24th | Ages 5-7

Online registration code **220703**

Members \$160, Non-Members \$180

Are you ready for soccer fun? This week we will be focusing on practicing the fundamental movement skills required to play soccer while learning some of the basic rules of the game. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will also receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, and/or nutritional presentations to give campers a well-rounded experience.

Multi-Sport Explorers Camp

July 6th – 10th | Ages 5-7

Online registration code [220701](#)

July 27th – 31st | Ages 5-7

Online registration code [220704](#)

Members \$160, Non-Members \$180

Want to learn it all? This camp combines games and play-based learning to build fundamental movement skills in children like jumping, balance, throwing, catching, striking and more. Children become confident and competent for all sorts of future game play. The skills learned in this camp allow children to grow into active teens, and remain healthy and active for life. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will also receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, and/or nutritional presentations to give campers a well-rounded experience.

Outdoor Explorers Camp

July 6th – 10th | Ages 5-7

Online registration code [220701](#)

Members \$160, Non-Members \$180

August 4th – 7th | Ages 5-7

Online registration code [220705](#)

Members \$128, Non-Members \$144

Join us for a week full of outdoor adventures! We will explore our local natural environment while completing environmentally friendly projects to help protect it. If you want to be outside and have a passion for science and the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.

Rhythmic Gymnastics & Dance Camp

July 13th – 17th | Ages 5-7

Online registration code [220702](#)

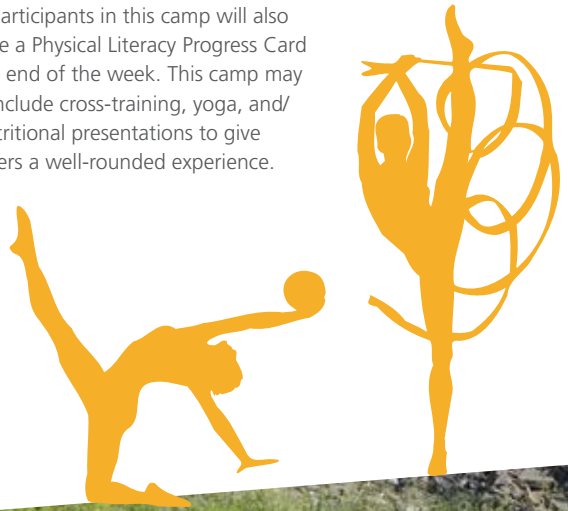
Members \$160, Non-Members \$180

August 4th – 7th | Ages 5-7

Online registration code [220705](#)

Members \$128, Non-Members \$144

Why choose between rhythmic gymnastics or dance when you can try both! Campers will learn elements of ballet, gymnastics, jazz, creative movement, and apparatus manipulation (hoop, ball, ribbon, and rope). This program will cover the basic requirements of strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination in a fun and creative manner. Instruction will be given by Kiley Burke of Halifax Dance, an experienced teacher in tap, jazz, ballet, creative and modern dance, and Amanda Layton-Malone a Level 3, NCCP Certified coach who has produced World Championship level gymnasts. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will also receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, and/or nutritional presentations to give campers a well-rounded experience.





Safari Camp

July 27th – 31st | Ages 5-7

Online registration code **220704**

Members \$160, Non-Members \$180

Get ready to roar! It's safari week at the Canada Games Centre. Design your own miniature jungle tree house, create some jungle gear, and learn about the creatures of the jungle. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.

Swimming Lesson Camp

August 10th – 21st* | Ages 5-7 (Swimmer Levels 1-9)

Online registration code **220706**

Members \$350, Non-Members \$380

Looking to improve swimming skills this summer while keeping the evenings free? In addition to a leisure swim and a variety of active camp games every day, campers will participate in swimming lessons led by our talented and certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. This camp may also include cross-training, yoga, and/or nutritional presentations to give campers a well-rounded experience.

*Please note, this is a two-week camp. If a two-week commitment doesn't work for your child this summer, please add them to the waitlist. If space allows, we will open up one week spots.

Superhero Training Camp

July 13th – 17th | Ages 5-7

Online registration code **220702**

August 10th – 14th | Ages 5-7

Online registration code **220706**

Members \$160, Non-Members \$180



Welcome to the Superhero Training Facility at the Canada Games Centre. Your super human strength, speed, and creativity will be challenged this week as we fight to save the world! Our week will involve superhero obstacle courses and fitness challenges in addition to showing our super creative side while designing superhero tools. Superheroes will also take part in a leisure swim and a variety of active camp games every day. Special guests may be included, details to follow closer to camp start date.

Under The Sea Camp

August 24th – 28th | Ages 5-7

Online registration code **220708**

Members \$160, Non-Members \$180

It's time to go under the sea for a week of lively crafts and activities that will include a pirate treasure hunt and making some of your own ocean creatures. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests may be included, details to follow closer to camp start date.

■ SUMMER CAMP PROGRAMS – AGES 6-8

Beach Blast Camp

August 10th – 14th | Ages 6-8

Online registration code **220706**

Members \$160, Non-Members \$180

Come splish and splash as we celebrate Beach Blast! Your week will be filled with water activities and beach themed crafts. During the week, we will visit Kearney Lake beach for some fun in the sun. Campers will also take part in a leisure swim and a variety of active camp games every day.

Circus Camp

July 6th – 10th | Ages 6-8

Online registration code **220701**

Members \$160, Non-Members \$180

Welcome to the Big Top! It's circus week at the Canada Games Centre. Get ready for some serious clowning around as we practice our circus skills and create goofy clown accessories. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.

Diving Camp

July 20th – 24th | Ages 6-8

Online registration code **220703**

Members \$180, Non-Members \$200

Pre-requisites: Comfortably swim 25m unassisted in deep water

This exciting introductory diving camp is focused on learning basic diving fundamentals and developing the building blocks for any active sport. In a safe and fun environment, one-metre and three-metre springboard diving will be taught with emphasis on body control, posture, and coordination. Dry land training will also include a one-metre spring board. Campers will be divided into groups by age

and skill. Divers with previous diving, gymnastics, trampoline, or acrobatic training will learn more complex diving and will review all skills needed for successful, safe and fun diving. Campers will also take part in a leisure swim and a variety of active camp games every day.



Olympic Camp

July 13th -17th | Ages 6-8

Online registration code **220702**

August 17th – 21st | Ages 6-8

Online registration code **220707**

Members \$160, Non-Members \$180

Are you a future Olympian? Throughout the week we will be participating in a large list of Olympic sports. We will even have a mini-triathlon, where you will bring your bikes for the best competition of the summer. If you are ready to jump your highest, run your hardest and try your best, then this is the camp for you. Lots of energy required! Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.

Under The Sea Camp

July 27th – 31st | Ages 6-8

Online registration code **220704**

Members \$160, Non-Members \$180

It's time to go under the sea for a week of lively crafts and activities that will include a pirate treasure hunt and making some of your own ocean creatures. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.

■ SUMMER CAMP PROGRAMS – AGES 7-9

Art Explosion Camp

July 27th – 31st | Ages 7-9

Online registration code **220704**

August 17th - 21st | Ages 7-9

Online registration code **220707**

Members \$160, Non-Members \$180

The Canada Games Centre will be exploding with creative art! This camp will focus on expanding your creative skills through a wide variety of artistic endeavors. Age appropriate activities may include painting, beading, print making, paper maché, scrapbooking, and much more! Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.

Multi-Sport Adventurers Camp

July 6th – 10th | Ages 7-9

Online registration code **220701**

Members \$160, Non-Members \$180

August 4th – 7th | Ages 7-9

Online registration code **220705**

Members \$128, Non-members \$144

August 24th-28th | Ages 7-9

Online registration code **220708**

Members \$160, Non-Members \$180

Want to learn it all! This camp combines games and play-based learning to build fundamental movement skills in children like agility, running, striking, co-ordination and basic skills development of many sports such as Diving, Basketball, Soccer, Water Polo, Badminton, Rhythmic Gymnastics and more.* Children become confident and competent for all sorts of future sports. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will also receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, nutritional presentations and/or field trips to give campers a well-rounded experience.

* Please note not all sports will be offered during every week of camp.

Olympic Camp

July 6th – 10th | Ages 7-9

Online registration code **220701**

Members \$160, Non-Members \$180

August 4th – 7th | Ages 7-9

Online registration code **220705**

Members \$128, Non-members \$144

Are you a future Olympian? Throughout the week we will be participating in a large list of Olympic sports. We will even have a mini-triathlon, where you will bring your bikes for the best competition of the summer. If you are ready to jump your highest, run your hardest and try your best, then this is the camp for you. Lots of energy required! Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.



Outdoor Explorers Camp

July 13th - 17th | Ages 7-9

Online registration code **220702**

August 24th – 28th | Ages 7-9

Online registration code **220708**

Members \$160, Non-Members \$180

Come join us for a week full of outdoor adventures! We will explore our local natural environment while completing environmentally friendly projects to help protect it. If you want to be outside and have a passion for science and the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.

Rhythmic Gymnastics & Dance Camp

August 10th – 14th | Ages 7-9

Online registration code **220706**

Members \$160, Non-Members \$180

Why choose between rhythmic gymnastics or dance when you can try both! This week camper will get to try elements of ballet, gymnastics, jazz, creative movement, and apparatus manipulation (hoop, ball, ribbon, and rope). This program will cover the basic requirements of strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination in a fun and creative manner. Instruction will be given by Kiley Burke of Halifax Dance, an experienced teacher in tap, jazz, ballet, creative and modern dance, and Amanda Layton-Malone, a Level 3, NCCP Certified coach who has produced World Championship level gymnasts. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will also receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, and/or nutritional presentations to give campers a well-rounded experience.

Run, Jump, Throw Camp

August 17th – 21st | Ages 7-9

Online registration code **220707**

Members \$160, Non-Members \$180

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. This camp is designed specifically to get your kids up and moving, and to build physical activity skills they will use throughout their lives. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, nutritional presentations and/or field trips to give campers a well-rounded experience.

Swimming Lesson Camp

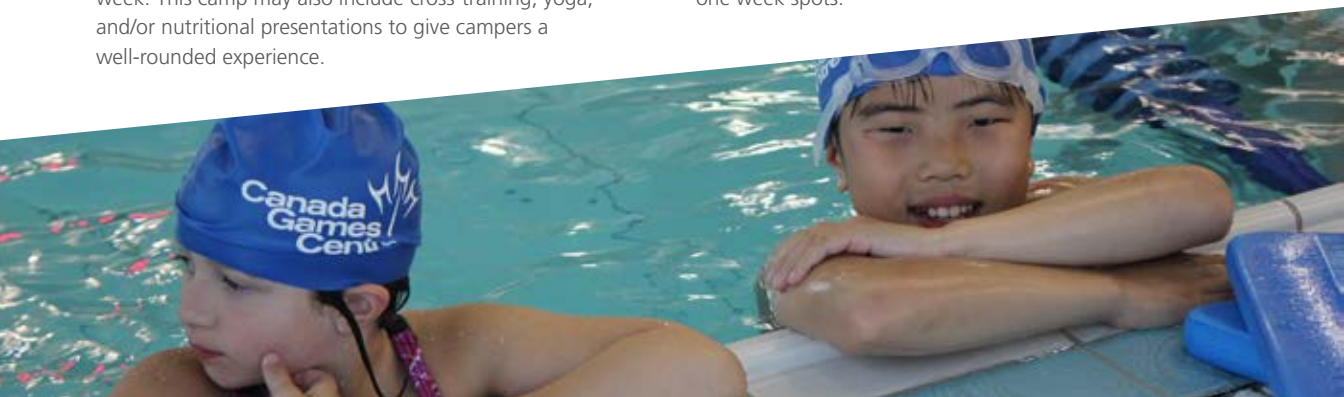
July 20th – 31st* | Ages 7-9 (Swimmer Levels 1-9)

Online registration code **220703**

Members \$350, Non-Members \$380

Looking to improve swimming skills this summer while keeping the evenings free? In addition to a leisure swim and a variety of active camp games every day, campers will participate in swimming lessons led by our talented and certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. This camp may also include cross-training, yoga, nutritional presentations and/or field trips to give campers a well-rounded experience.

*Please note this is a two-week camp. If a two-week commitment doesn't work for your child this summer, please add them to the waitlist. If space allows, we will open up one week spots.



Time Travel Camp

July 20th – 24th | Ages 7-9

Online registration code **220703**

August 10th - 14th | Ages 7-9

Online registration code **220707**

Members \$160, Non-Members \$180

Are you ready for a blast from the past? We will be stepping into an imaginary time machine as we bring Aztec creations, Hieroglyphics, and ancient Greek mythology to the Canada Games Centre. We will even have the chance to make our own fossils. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.

Wrestling Camp

July 13th – 17th | Ages 7-9

Online registration code **220702**

Members \$160, Non-Members \$180

Score a takedown with us! Wrestling camp is 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. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will also receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, and/or nutritional presentations to give campers a well-rounded experience.



■ SUMMER CAMP PROGRAMS – AGES 8-12

Basketball Camp

July 13th – 17th | Ages 8-12

Online registration code **220702**

Members \$180, Non-Members \$200

Calling all ballers, fine tune and learn new basketball skills in this camp. Spend part of your day brushing up on your jump shot, crossover and fade away. Children of all skill levels are welcome in our basketball camp - you only need to be willing to break a sweat to have some fun! In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, nutritional presentations and/or field trips to give campers a well-rounded experience.

Competitive Swim Camp

August 4th – 7th | Ages 8-12

Online registration code **220705**

Members \$144, Non-Members \$160

Pre-requisites: Swim 50m unassisted

Do you dream of swimming like a Canada Games Swimmer? This summer camp is designed to improve the skill level of all swimmers. CGC Swim Camp provides a structured program allowing participants to develop the skills and knowledge necessary for swimming ability & personal growth in a fun and upbeat environment. Proper stroke technique is emphasized for all four competitive strokes, as well as starts, turns and dives through intense training and mini-races, while incorporating techniques and fun games. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, nutritional presentations and/or field trips to give campers a well-rounded experience. Camps will be divided into groups by age and skill.

Diving Camp

August 17th – 21st | Ages 8-12

Online registration code **220707**

Members \$160, Non-Members \$180

Pre-requisites: Comfortably swim 25m unassisted in deep water

This exciting introductory diving camp is focused on learning basic diving fundamentals and developing the building blocks for any active sport. In a safe and fun environment, one-metre and three-metre springboard diving will be taught with emphasis on body control, posture, and coordination. Dry land training will also include a one-metre spring board, yoga and/or nutritional presentations. Camps will be divided into groups by age and skill. Divers with previous diving, gymnastics, trampoline, or acrobatic training will learn more complex diving and will review all skills needed for successful, safe and fun diving. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a Physical Literacy Progress Card at the end of the week.

Lifesaving Rescue Camp

July 6th – 10th | Ages 8-12

Online registration code **220701**

Members \$180, Non-Members \$200

Pre-requisites: Swim 25m unassisted; tread water for 30-60 seconds

Think you'd be a good lifeguard some day? This camp will introduce participants to all aspects of lifesaving as a sport. Activities include physical events involving a mannequin, obstacles and rescue tubes. You will also learn the basics of water rescue and first aid. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, nutritional presentations and/or field trips to give campers a well-rounded experience. Camps will be divided into groups by age and skill.



Multi-Sport Leaders Camp

July 20th – 24th | Ages 8-12

Online registration code **220703**

Members \$160, Non-Members \$180

This camp combines games and play-based learning to build fundamental sport skills in children like agility, running, catching, co-ordination and skills development of many sports such as Diving, Basketball, Soccer, Water Polo, Badminton, Underwater Hockey and more.* Children become confident and competent in all sorts of future sports. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, nutritional presentations and/or field trips to give campers a well-rounded experience. *Please note not all sport will be offered during every week of camp.

Volleyball Camp

August 10th – 14th | Ages 8-12

Online registration code **220706**

Members \$180, Non-Members \$200

We have partnered with Volleyball Nova Scotia to offer our participants an opportunity to participate in a volleyball skills camp. Spend part of your day learning the fundamentals of volleyball and working through drills and playing games. Children of all skill levels are welcome in our volleyball camp - you only need to be willing to break a sweat to have some fun! In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, nutritional presentations and/or field trips to give campers a well-rounded experience.

Water Polo Camp

July 27th – 31st | Ages 8-12

Online registration code **220704**

Members \$160, Non-Members \$180

Pre-requisites: Swim 25m unassisted; tread water for 30-60 seconds.

Our Water polo camp is a team non-contact camp that combines elements from other popular sports like hockey, soccer, basketball and swimming. The best part about water polo is that anyone can play. This is a great camp for improving fitness and building teamwork skills. We have partnered with Water Polo Nova Scotia and have certified "I Love to Water Polo" Coaches. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, nutritional presentations and/or field trips to give campers a well-rounded experience.

Wrestling Camp

August 24th – 28th | Ages 8-12

Online registration code **220708**

Members \$160, Non-Members \$180

Score a takedown with us! Wrestling camp is 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. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a Physical Literacy Progress Card at the end of the week. This camp may also include cross-training, yoga, nutritional presentations and/or field trips to give campers a well-rounded experience.

■ SUMMER CAMP PROGRAMS – AGES 10-12



All-Around Sports Camp

July 13th – 17th | Ages 10-12

Online registration code **220702**

Members \$160, Non-Members \$180

Join us as we explore the wide world of sports. The focus this week will be on non-traditional sports and activities that may include: cricket, handball, ultimate Frisbee and much more. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.

Amazing Spartan Race Camp

July 6th – 10th | Ages 10-12

Online registration code **220701**

Members \$160, Non-Members \$180

Detours, challenges, obstacles, oh my! On each day of camp your team will be faced with a new and exciting challenge to complete. Start training, because it's going to be an adventure for your mind and muscles! Campers will also take part in a leisure swim and a variety of active camp games every day. Field trips may be included, details to follow closer to camp start date.

Olympic Camp

July 20th – 24th | Ages 10-12

Online registration code **220703**

August 24th – 28th | Ages 10-12

Online registration code **220708**

Members \$160, Non-Members \$180

Are you a future Olympian? Throughout the week we will be participating in a large list of Olympic sports. We will even have a mini-triathlon, where you will bring your bikes for the best competition of the summer. If you are ready to jump your highest, run your hardest and try your best, then this is the camp for you! Lots of energy required! Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.

Outdoor Explorers Camp

July 27th – 31st | Ages 10-12

Online registration code **220704**

Members \$160, Non-Members \$180

Come join us for a week full of outdoor adventures! We will explore our local natural environment while completing environmentally friendly projects to help protect it. If you want to be outside and have a passion for science and the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests and/or field trips may be included, details to follow closer to camp start date.



Racket Sports Camp

August 17th - 21st | Ages 10-12

Online registration code **220707**

Members \$160, Non-Members \$180

Join us in having a smashing good time! This week we will be focusing on developing the fundamental movement skills required for sports such as: badminton, pickleball, tennis and table tennis. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests may be included, details to follow closer to camp start date.



Robotics & Animation Camp

August 10th – 14th | Ages 10-12

Online registration code **220706**

Members \$180, Non-Members \$200

Lights! Camera! Stop-Motion Action! Build backdrops and scenes from LEGO and have your minifigs star in a movie you write and direct. Add your voice and other sound effects to create movie magic while you watch your creation come to life in a stop-motion animation film. Build awesome LEGO EV3 robots and program them to do amazing things like manoeuvring around a course, launch balls, view people with infrared technology & much more. Campers will also take part in a leisure swim and a variety of active camp games every day.



■ SUMMER CAMP PROGRAMS - ADDITIONAL OFFERINGS

Early Drop-Off

Available daily throughout the summer

Ages 5-12 | 7:30am – 8:15am

Online registration code **220901** | \$3 per day*

Late Pick-Up

Available daily throughout the summer

Ages 5-12 | 5:00pm – 5:45pm

Online registration code **220902** | \$3 per day*

* If registering one child in both early drop-off and late pick-up, the cost is discounted to \$5

The CGC is happy to provide an early drop-off and late pick-up service for the convenience of participants in our Summer Camps. Parents/guardians must pre-register children a minimum of two (2) business days in advance (registration will not be taken on weekends for the upcoming Monday). Spaces available are limited, so please register early. Kids will spend the extra time before or after camp doing supervised but non-structured free-play, reading, and games.

Counsellor in Training (CIT) Volunteer Program

Are you looking for leadership experience? Do you like working with children? Our camp program is looking for energetic and enthusiastic youth volunteers who are at least 14 years old by May 31st, 2015. This program is designed to give youth a work-like experience where they can learn the ins and outs of what life is like as a camp counsellor. To participate, youth must complete the application form found on our website, successfully complete the interview process, and be able to commit to the following mandatory training sessions:

June 6th – Emergency First Aid/CPR “C”, full day training if not currently certified

June 9th and 16th – 6pm to 8pm

June 21st – full day

Please note this is not a camp for youth, it is a volunteer program. There is a specific time commitment and expectation for this program. This is an exciting and popular volunteer opportunity and spaces are limited, therefore not all applicants will be accepted. Please visit our website for more detailed information on this opportunity – Applications due no later than April 17th.

Subway Lunches



The Canada Games Summer camp program is pleased to offer a Subway lunch option. Meals are pre-ordered and orders must be placed by the Sunday before camp begins (refer to last days to order below). Meals will be delivered to your child in their camp at lunch hour.

Please note that purchasing Subway directly from our vendor is not an option for participants during camp hours, as our counsellor to camper ratio cannot accommodate these requests.

KIDS PACKS

Online registration code **221101** | \$4.50/meal

Kids Packs include a deli sandwich, apple juice, and apple slices. Sandwich options are a choice of Turkey, Tuna, Ham, or Veggie. Vegetable options will also be available upon registration.

6 INCH MEAL

Online registration code **221102** | \$6.50/meal

6 Inch Meal includes a sandwich, bottled drink, and bagged chips. Sandwich options are a choice of Cold Cut Combo, Turkey, Tuna, Ham, or Veggie. Vegetable, drink and chip options will also be available upon registration.

SUBWAY LAST DAYS TO ORDER:

Sunday, July 5th – for *July 6th* camp week

Sunday, July 12th – for *July 13th* camp week

Sunday, July 19th – for *July 20th* camp week

Sunday, July 26th – for *July 27th* camp week

Monday, August 3rd – for *August 4th* camp week

Sunday, August 9th – for *August 10th* camp week

Sunday, August 16th – for *August 17th* camp week

Sunday, August 23rd – for *August 24th* camp week

Recreation Programs

■ 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

8 weeks | Begins July 7th
Ages 2 – 3 | Tuesdays, 4:30pm-5:00pm
Members \$52, Non-Members \$60
Online registration code 220401
Location: Dance Studio

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

Creative Movement

8 weeks | Begins July 7th
Ages 3 – 4 ½ | Tuesdays, 5:05pm-5:35pm
Members \$52, Non-Members \$60
Online registration code 220402
Location: Dance Studio

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

Pre-Ballet

8 weeks | Begins July 7th
Ages 4 – 5 | Tuesdays, 5:40pm-6:25pm
Members \$76, Non-Members \$83
Online registration code 220403
Location: Dance Studio

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



■ KARATE

Youth Karate

8 weeks | Begins July 6th and 8th
Online Registration Code **220202**
Location: Dance Studio

Ages 4–5 | Mondays 6:00pm-6:30pm
Class for 4 and 5 year olds currently enrolled in karate
Member: \$48, Non-member: \$56

Ages 7 – 8 | Mondays 6:30pm-7:15pm
Class for 7 to 8 year olds currently enrolled in karate
Member: \$56, Non-member: \$64

Ages 9 – 12 | Wednesday 6:00pm-7:00pm
Class for 9 to 12 year olds currently enrolled in karate
Member: \$66, Non-member: \$76

YOUTH SPARRING CLASS

Ages 7 – 12 | Wednesday 7:00pm-8:00pm
*Member: \$66, Non-member: \$76**

Sparring class for 7 to 12 year olds who possess a yellow belt or higher in karate. **5% discount in sparring class fees for kids enrolled in addition youth karate classes.*

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 Class

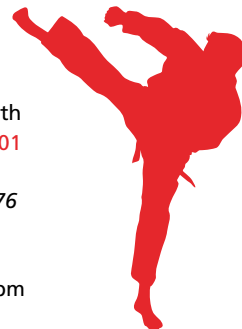
8 weeks | Begins July 6th and 8th
Online Registration Code **220202**
Location: Dance Studio
Ages 4-12 years | Mondays 7:15pm-8:15pm
Member: \$48, Non-member: \$56
Price for each additional participant: Members \$12, Non-Members \$14 (plus tax)



Family class for those currently enrolled in karate. 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. 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).

Adult Classes

8 weeks | Begins July 6th and 8th
Online Registration Code **220201**
Location: Dance Studio
Member: \$66, Non-member: \$76



ADULT BASICS CLASS

Adults | Mondays 8:15pm-9:15pm

ADULT SPARRING CLASS*

Adult & Ages 13+ | Wednesday 8:00pm-9:00pm

Yellow belt or higher **5% discount in sparring class for adults who take both adult classes*

Instructor Sensei Jeff Murphy will be offering both a basic movement and sparring focused class. Adult Basics Class is for adults where basic karate movements will be reviewed and Adult Sparring class is for 13 years and above who possess a yellow belt or higher in karate. Additional fees for belting and gi will be the responsibility of the participant. Gi will be approximately \$40 - \$60 (depending on size).

Fitness Programs

Nordic Pole Walking



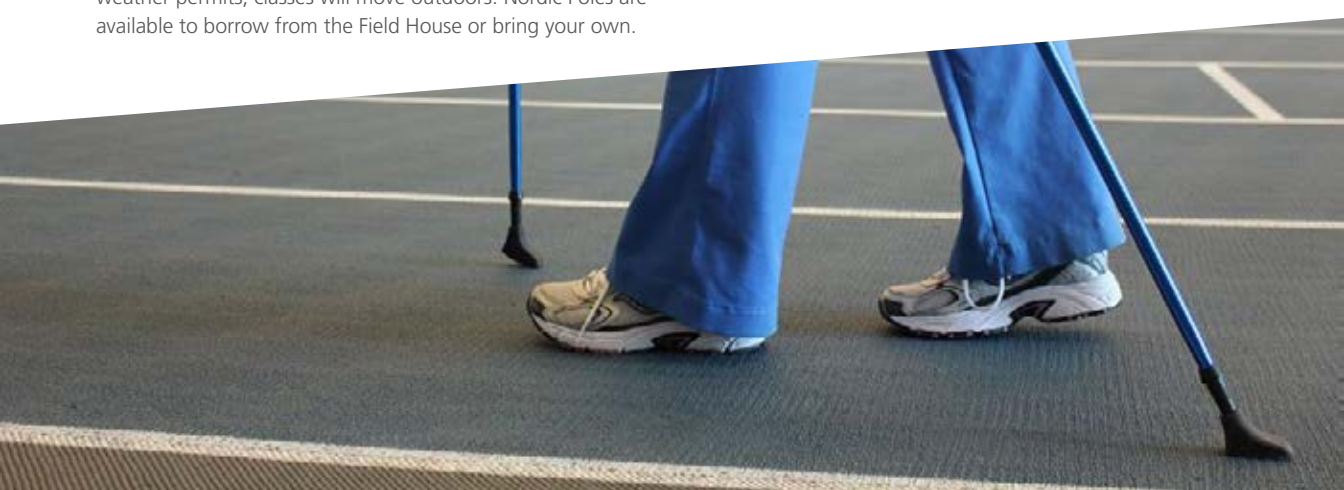
5 weeks | Begins June 1st or 2nd
Mondays & Fridays, 9:15am-10:15am
OR Tuesdays & Thursdays, 6:30pm-7:30pm
Members \$20, Non-Members \$24 (plus tax)
Online registration code **230210**

5 weeks | Begins July 20th or 21st
Mondays & Wednesdays, 9:15am-10:15am
OR Tuesdays & Thursdays, 6:30pm-7:30pm
Members \$24, Non-Members \$24
Online registration code **230210**

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. Our program is also an ideal way to train for your first 5km, 10km, or half-marathon race. When weather permits, classes will move outdoors. Nordic Poles are available to borrow from the Field House or bring your own.

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 45 Drop-in Fitness classes available to you each week this summer. And best of all, your membership and day pass rate already covers them. Pick your favourites from our **Drop-in Fitness Schedule** available online.



Personal Trainers

REACH YOUR FITNESS GOALS FASTER WITH A CGC PERSONAL TRAINER

Eric and Matt are certified professionals with a wealth of experience in helping individuals reach their goals. 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. Stop by the Fitness Centre Desk or give us a call at 902.490.2580 to book your session or talk about nutritional services.



Eric Skinner

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

Matt Gillis

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

PERSONAL TRAINING PACKAGES

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

ALL PRICES EXCLUSIVE OF TAXES

Aquatics Programs

■ AQUATICS REGISTRATION INFORMATION

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

Next, refer to the days, times and sections of a particular class or level (see chart on page 30). If a section time is full when you attempt to register, please register for another section time or register on our waiting list. We do our best to fill waitlist requests. Due to a commitment to quality and safety we are unable to accommodate extra swimmers once a section is filled. Please refer to registration instructions on page 2 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.



■ PARENT & TOT PROGRAMS

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



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

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

PARENT & TOT 1 4-18 months | Online registration code **210111**

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

PARENT & TOT 2 18-30 months | Online registration code **210112**

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 **210113**

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.





■ PRESCHOOL PROGRAMS

Ages 3-5 years old

9 lessons, 35 minutes per lesson

Members \$75 / Non-Members \$99

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

The Swim for Life Preschool Program gives children 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 210121

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 210122

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 210123

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 210124

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 210125

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

■ SCHOOL-AGED SWIMMER PROGRAMS

9 lessons | Ages 5+

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

The Swim for Life Swimmer progressions challenge school-aged children 5 years and older 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 210131

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 210137

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 210132

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 210130

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 210133

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

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





SWIMMER 4 | Online registration code [210134](#)
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 [210135](#)
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 [210136](#)
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 [210141](#)
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 [210142](#)
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 [210143](#)
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.

	SUMMER SESSION 1 JULY 6-10 & 13-16	SUMMER SESSION 2 JULY 20-24 & 27-30	SUMMER SESSION 3 AUG 10-14 & 17-20	SUMMER SESSION 4 TUESDAY & THURSDAY EVENINGS JULY 2-30
Parent & Tot 1	8:30am		11:10am	4:00pm
Parent & Tot 2		8:30am		4:40pm
Parent & Tot 3	9:50am		9:50am	5:20pm
Preschool 1	9:10am, 10:30am 11:50am	10:30am 11:50am	10:30am 11:50am	4:00pm, 4:40pm 5:20pm
Preschool 2	8:30am 9:50am	8:30am 9:50am	8:30am 9:50am	4:00pm, 5:20pm 6:00pm
Preschool 3	9:10am 11:10am	9:50am 11:10am	11:10am	4:00pm, 4:40pm 6:00pm
Preschool 4	8:30am 11:10am	8:30am	8:30am 10:30am	4:40pm 5:20pm
Preschool 5	9:10am 11:50am	11:50am	11:50am	4:00pm 5:20pm
Swimmer 1	9:50am 10:30am	10:30am 11:10am	8:30am 9:50am 10:30am 11:10am	4:00pm 5:20pm 6:00pm
Swimmer 1 Advanced	9:10am 10:30am	11:50am	9:50am 11:10am 11:50am	4:40pm 6:00pm
Swimmer 2	8:30am, 9:50am 11:10am 11:50am	8:30am 9:50am 11:10am	8:30am 9:50am 11:50am	4:40pm 5:20pm 6:00pm
Swimmer 2 Advanced	9:10am 11:10am	10:30am	10:30am 11:10am	4:00pm 4:40pm 6:00pm
Swimmer 3	8:30am 10:30am 11:50am	9:50am 11:10am	8:30am 10:30am	4:00pm 6:00pm
Swimmer 4	8:30am 10:20am	8:30am 10:20am	8:30am 10:20am	4:00pm
Swimmer 5	8:30am 11:15am	8:30am 11:15am	8:30am	4:55pm
Swimmer 6	9:25am	9:25am	9:25am, 11:15am	5:50pm
Swimmer 7 / Rookie	9:25am	9:25am	9:25am	4:00pm
Swimmer 8 / Ranger	11:15am		10:20am	4:55pm
Swimmer 9 /Star	10:20am	11:15am		5:50pm
Teen Group Swim Lessons				Level 1 5:20pm Level 2 4:40pm
Adult Group Swim Lessons				Level 1 6:00pm Level 2 6:00pm Level 3 4:40pm

■ TEEN GROUP SWIM LESSONS



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 July 2nd | Ages 11-15yrs
Tuesday & Thursdays, 5:20pm-5:55pm
Members \$80, Non-Members \$104
Online Registration code [210174](#)

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 July 2nd | Ages 11-15yrs
Tuesday & Thursdays, 4:40pm-5:15pm
Members \$80, Non-Members \$104
Online Registration code [210175](#)

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.



■ 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? Adult group lessons are for you offered in 3 different levels. Our welcoming and certified instructors will help you reach your goals

Adult Level 1

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

9 Lessons | July 2nd – July 30st | Ages 16+
Tuesday AND Thursday evenings, 6:00pm-6:50pm
Members \$80, Non-Members \$104 (plus tax)
Online registration code [210171](#)

Adult Level 2

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

9 Lessons | July 2nd – July 30st | Ages 16+
Tuesday AND Thursday evenings, 6:00pm-6:50pm
Members \$80, Non-Members \$104 (plus tax)
Online registration code [210172](#)

Adult Level 3

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

9 Lessons | July 3rd – July 31st | 16+
Members \$80, Non-Members \$104 (plus tax)
Online registration code [210173](#)



PRIVATE & SEMI-PRIVATE SWIM LESSONS

9 Private Lessons | 35mins
 Online registration code **210161**
 Members \$155, Non-members \$185

9 Semi-Private Lessons | 35mins
 Online registration code **210162**
 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.

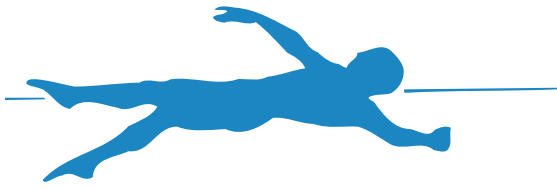
Please Note: Private and semi-private lessons are available for registration on our website once registration opens. Semi-private fees listed are for 2 people, as we are only able to take one payment any cost splitting must be coordinated outside of our registration system.

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.



	SUMMER SESSION 1 JULY 6-10 & 13-16	SUMMER SESSION 2 JULY 20-24 & 27-30	SUMMER SESSION 3 AUGUST 10-14 & 17-20	SUMMER SESSION 4 TUESDAY & THURSDAY EVENINGS JULY 2-30
Private / Semi Private (35 Mins)	9:00am 9:40am 10:20am 11:00am 11:40am	9:00am 9:40am 10:20am 11:00am 11:40am	9:00am 9:40am 10:20am 11:00am 11:40am	4:10pm 4:50pm 5:30pm 6:10pm



Bronze Star

9 lessons, 60 minutes each

Members \$80, Non-Members \$104

Prerequisite: None (Swim Patrol experience is recommended).

Online registration code [210151](#)

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

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).

Online registration code [210152](#)

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

9 lessons, 3 hours per class

Members \$135, Non-Members \$145

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

Online registration code [210153](#)

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



National Lifeguard Service & Standard First Aid

50 hours

Members \$265, Non-Members \$280

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

Online reg. code [210154](#)

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

	CRASH COURSE
BRONZE STAR	August 10-14 & 17-20 11:15am-12:15pm
BRONZE MEDALLION	July 6-10 & 13-17 10am-12pm
BRONZE CROSS & ASSISTANT INSTRUCTOR	July 20-24 & 27-31 9:50am -12:50pm
NATIONAL LIFEGUARD SERVICE & STANDARD FIRST AID	July 10-12, 17-19 & 24-26 Fri 5-9pm, Sat & Sun 9:00am-6:00pm
SWIM FOR LIFE INSTRUCTOR & LIFESAVING INSTRUCTOR	Aug. 4-8 Tues – Sat. 9am-6pm

Swim For Life Instructor & Lifesaving Instructor

40 hours (plus practice teaching)

Members \$220, Non-Members \$240

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

Online reg. code [210155](#)

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.



■ 2015 CGC SUMMER SWIM TEAM



Starts June 30th (no practice July 1st)

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, 7am-8am

Prerequisite: Must be able to swim 25m unassisted.

Swimmer 4 or Swim Kids 4 recommended.

Online Registration code: [210195](#)

1st child: Member \$260, Non-Member \$285

2nd child: Member \$210, Non-Member \$235

3rd child: Member \$185, Non-Member \$210

4th 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.



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.

■ HYDROTHERAPY

Dates subject to change

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.

10 Sessions | August 5th – September 4th
Tuesday and Thursday, 12pm-1pm
Members \$135, Non-Members \$160
Online registration code **210181**





■ FIRST AID TRAINING

Group training

First aid and CPR training is mandatory for employees in the workplace and we are proud to offer the courses necessary to help your workplace maintain compliance with both federal and provincial/territorial occupational health and safety legislation.

Designed to meet industry, business and government requirements, the Canada Games Centre provides first aid training for small or large groups. We can travel to a location of your choice, or we can host a course right here at the CGC.

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



Celebrate your special day

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

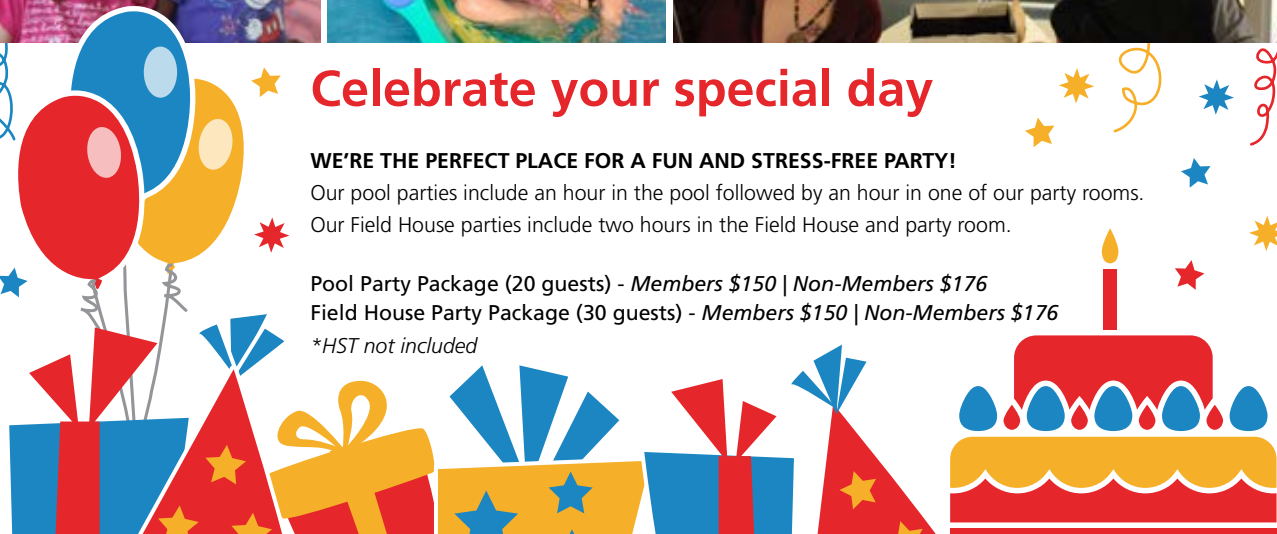
Our pool parties include an hour in the pool followed by an hour in one of our party rooms.

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

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

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

**HST not included*



Party packages now available for booking online at hfxcgwebtraconlinereg.ca

RENTALS & EVENTS

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

All room rentals include the following complimentary services:

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

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



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



SUMMER 2015

Camps and Programs

It happens here.



26 Thomas Raddall Drive
Halifax, Nova Scotia
B3S 0E2

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

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