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CONNECT



**Facebook.com/CGCHalifax**

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



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Follow us for all the latest announcements



**E-newsletter Subscribe:**

<http://bit.ly/cgcnews>

## ■ HOW TO REGISTER

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

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 8:00am-9:00pm

Saturday – Sunday 8:00am-9:00pm

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

## REGISTRATION DATES

### MEMBERS:

Online: **February 23rd**, beginning at 8:00 am

In-person: **February 26th**, beginning at 8:00 am

### NON-MEMBERS:

Online: **March 1st**, beginning at 8:00 am

In-person: **March 8th**, beginning at 8:00 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.

# Canada Games Centre

## Program Access Card



### 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* :

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.



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:



## Sport for Life

**Sport for Life** (S4L) is a national movement to improve the quality of sport and physical activity in Canada. A key feature of S4L 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.



**HIGH FIVE**  
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.

## 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

- Badminton
- Tennis – Orange Ball
- Wrestling
- Rhythmic Gymnastics
- Explorers: Multi-Sport
- Adventurers: 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
- Tumblebugs Gymnastics
- Rhythmic Gymnastics
- Explorers: Multi-Sport
- Karate
- Tennis – Red Ball 1 & Red Ball 2
- 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

- Badminton
- Wrestling
- Karate
- Youth Sparring
- Run, Jump, Throw
- Family Golf
- Swimming Lessons
- Bronze Star
- Jr. Lifesaving Club
- I Love Water Polo
- 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

- Badminton
- Wrestling
- Family Karate
- Adult Karate
- Adult Sparring
- Adult Rhythmic Gymnastics
- Golf
- Adult Fitness Programs
- Nordic Pole Walking
- Swimming Lessons
- Aquatics Leadership Programs
- I Love Water Polo

*Our programs are led by certified instructors following the S4L principles to encourage skill development, physical activity and enjoyment at any age.*

## FUNDING PROGRAMS

### AGE OF PARTICIPANT

### CGC PROGRAMS COVERED



4 years – 18 years

All S4L and non-S4L Recreation and Aquatics 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.



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. We now offer a Fee Assistance for Membership and not-for-profit group access to the Centre thanks to The Department of Health & Wellness's Thrive! Facility Access grant. There are three ways to take advantage of this program:

#### 1) Membership Fee Assistance

Fee assistance is available to those individuals and families who are unable to pay the full membership fee for a CGC membership.

#### 2) Access for Not-for-Profit Groups

Access to the CGC for a group swim or field house/track rental is available for groups at a reduced rate. To qualify, groups must be registered not-for-profit organizations working with low income individuals/families/groups in the community.

#### 3) Heart & Stroke Walkabout Program

The Heart & Stroke Walkabout program is offered twice a week at the CGC. Currently, the cost is \$3 per participant per visit but with this subsidy it will be available for \$1 per visit.

#### Fee Assistance – Qualifying and Applying (for membership assistance only)

Fee assistance is available for Halifax Regional Municipality residents in financial need to help make recreation opportunities more affordable. If you are approved, you will receive reduced rates for either membership.

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



Look for the S4L and Active For Life logos throughout this guide for physical literacy programs.

# Canada Games Centre Membership

## Five visits per month\*

**IT'S EASY TO MAKE YOUR MEMBERSHIP WORTH YOUR INVESTMENT**



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

\*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.

### 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

### 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 50 Drop-in Fitness Classes a week, including yoga, Zumba, spinning, interval training, strength & conditioning, aquafit, Hydroider 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
  - Ability to freeze your membership for a maximum of 3 months\*\*
- \*\*Annual Members only

#### Also Included

- Day-use lockers
- Free on-site parking
- Balls, racquets, birdies and Nordic poles free to rent
- Outdoor physical literacy playground
- Child Minding available for an additional fee

#### 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, including corporate rates, or to book a tour of our Facility, please contact our Membership Coordinator at 902.490.2291



# Recreation Programs

## ■ PROFESSIONAL DEVELOPMENT DAY CAMPS



**HRSB PD DAYS** – April 1st, April 14th, May 13th, June 28th  
**CSAP PD DAYS** – April 14th, April 15th, May 20th, June 24th, June 27th, June 28th  
Grade P – 6 | 8:30am-5:00pm  
*Members \$30, Non-Members \$33*  
*(Price is per child per day)*  
Online registration code **121003**

Full Time Registrants in our After School Program:  
*Members \$20 | Non-Members \$25*  
*(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 activities such as sports, arts & crafts, and swimming. Camps will be held on HRSB Bus Cluster 1 and CSAP PD days noted above. Camp registration is ongoing and offered for children currently enrolled in Grades P - 6. There are a very limited number of spaces available for these camps, 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.

## ■ PLAY SCHOOL

Our active play school provides a safe and nurturing environment for your children to learn, grow and experience the world. Children do 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.

### Fun with French

10 weeks | Begins April 6th  
Wednesdays, 9:00am-11:30am  
*Members \$76, Non-Members \$86*  
Online registration code **120101**  
Location: Activity Room

Un, deux, trois-aller! Spend time learning some basics of Canada's other official language.

### Play School Swim Lessons

9 weeks | Begins April 7th  
Thursdays, 9:00am-11:30am  
*Members \$117, Non-Members \$135*  
Online registration code **120111**  
Location: Activity Room

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.





## Primary Prep.

10 weeks | Begins April 4th  
Mondays, 9:00am-11:30am  
**Members \$76, Non-Members \$86**  
Online registration code **120110**  
Location: Activity Room

*\*Please note there is no class on Monday, May 23rd*

Almost ready for big kid school? We'll help you make sure you're ready to go. This class is designed for kids who will be going to Primary in September 2016. 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

10 weeks | Begins April 5th  
Tuesdays, 9:00am-11:30am  
**Members \$76, Non-Members \$86**  
Online registration code **120107**  
Location: Activity Room

10 weeks | Begins April 8th  
Fridays, 9:00am-11:30am  
**Members \$76, Non-Members \$86**  
Online registration code **120107**  
Location: Activity Room

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

## SPORTS PROGRAMS



### Badminton



10 weeks | Begins April 7th  
Age 5 – 8 | Intro Level | Thursdays, 5:00pm – 5:45pm  
Age 9 – 16 | Intro Level | Thursdays, 5:45pm – 6:30pm  
**Members \$70, Non-Members \$80**  
Online registration code **120211**  
Location: Field House

10 weeks | Begins April 7th  
Age 9 – 16 | Intermediate Level\*\*  
Thursdays, 6:30pm-7:30pm  
**Members \$70, Non-Members \$80**  
Online registration code **120211**  
Location: Field House

*\*Please note there are no programs on April 14th or May 5th.*

*\*\*This level is for ages 9-16 who have taken our intro level badminton before.*

We're continuing our partnership with Badminton Nova Scotia with this children/youth program. They will 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.

*\*\*Please understand that we may have to change classes based on the ability of the child.*



## Badminton Camp



April 11th – 15th

Age 9 – 14 | Beginner to Intermediate Level

7:00pm-8:30pm

Age 12 – 17 | Intermediate to Advanced Level

8:30pm-10:00pm

Members \$70, Non-Members \$80

Online registration code [120211](#)

Location: Field House

For the Beginner - Intermediate session participants will be introduced to the sport of badminton through a variety of games and drills with a focus on developing proper technique and becoming more comfortable in a competitive environment. Intermediate-Advanced participants will have the opportunity to learn more advanced skills, shots, and tactics that are used by athletes who compete at the provincial level. This program will be instructed by Andrew Harding, 2015 Nova Scotia Canada Games Coach. Please note that for the Intermediate-Advanced session participants must have competitive badminton experience and have participated in at least one Badminton Nova Scotia tournament. Badminton racquet and eye protection are available for participants who do not have them.



## Tennis



8 weeks | Begins April 5th

**RED BALL 1 | Age 5-6 | Beginner to Novice**  
Tuesdays, 4:30pm-5:15pm

**RED BALL 2 | Age 5-6 | Intermediate**  
Tuesdays, 5:15pm-6:15pm

**ORANGE BALL 1 | Age 7-8 | Beginner to Novice**  
Tuesdays, 6:15pm-7:15pm

Members \$45, Non-Members \$52

Online registration code [120205](#)

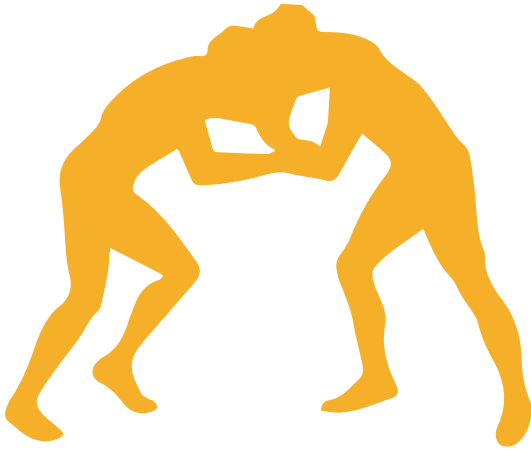
Location: Field House

*\*Please note there are no programs on April 12th.*

Learn the basics and develop a love for the game with some of Halifax's best coaches. For optimal instruction, all classes will have a maximum of 8 kids. Red Ball 1 classes are for those just starting out or who have only taken a class or two before. Move into Red Ball 2 if your child has been on the court for a little while and already has some of the basics. Orange Ball 1 is for older kids that want to pick up this great sport. 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 S4L approved and are led by HeadStart Tennis.

*\*\*Please understand that we may have to change classes based on the ability of the child.*





## Wrestling



Our wrestling program follows the Canadian Wrestling Skill Award Program and Sport for Life model for both boys and girls. It focuses on developing agility, coordination, flexibility and balance, while participants are introduced to moves, takedowns, rules and the fundamental wrestling techniques in a safe atmosphere.

### BRONZE LEVEL

9 weeks | Begins week of April 4th  
Age 5 - 8 | Mondays, 5:00pm-5:45pm  
Age 9 - 12 | Thursdays, 5:45pm-6:30pm  
Members \$60, Non-Members \$70  
Online registration code [120207](#)  
Location: Field House

*\*Please note there are no sessions on Monday, April 11th,  
Thursday, April 14th, Thursday, May 5th and Monday, May 23rd*

### SILVER/GOLD LEVEL

9 weeks | Begins week of April 4th  
Age 5 - 8 | Thursdays, 5:00pm-5:45pm  
Age 9 - 12 | Mondays, 5:45pm-6:30pm  
Members \$60, Non-Members \$70  
Online registration code [120207](#)  
Location: Field House

*\*Please note there is no session on Monday, May 23rd*

## Tumblebugs Gymnastics

10 weeks | Begins April 7th  
Ages 3½ - 4 | Thursdays, 5:00pm-5:45pm  
Members \$60, Non-Members \$70  
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 are all about fundamental movement skills that support healthy growth and development and improve physical literacy.



## Rhythmic Gymnastics

**8 weeks | Begins April 4th**  
**Ages 5-8 | Mondays, 5:00pm-5:30pm**  
**Members \$60, Non-Members \$70**  
**Online Registration Code 120210**  
**Location: Field House**

*\*Please note there is no session on  
Monday, April 11th and Monday, May 23rd*

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. 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!

## Adult Rhythmic Gymnastics **NEW**



**8 weeks | Begins April 4th | Ages 18+**  
**Mondays, 6:15pm-7:00pm**  
**Members \$60, Non-Members \$70 (plus tax)**  
**Online Registration Code 120210**  
**Location: Field House**

*\*Please note there is no session on  
Monday, April 11th and Monday, May 23rd*

Adult Rhythmic Gymnastics classes are the perfect way to get in shape in a calm and relaxed environment. These programs are held at our beautiful training facility, and adults engage in a variety of physical activities ranging from stretching to ballet to apparatus handling. You will have the opportunity to be taught skills with hoop, ball, clubs, ribbon, rope, and scarves too! These classes are helping women gain flexibility and balance without physical strain. Rhythmic Gymnastics is a sport for all ages, and it's really never too late to start!

## Youth Karate

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 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 \$50 plus tax. Classes fill up very quickly, so please register early so you are not disappointed!

*\*Please note all participants 8+ will need to pay  
a \$25 ISKF annual fee*

**12 weeks | Begins week of April 4th**  
**Online Registration Code 120202**  
**Location: Dance Studio**

**FUNDAMENTAL SKILLS | Ages 4-5 | Non-belted**  
**Mondays, 6:00pm-6:30pm or Wednesdays, 5:30pm-6:00pm**  
**Members \$72, Non-Members \$83**  
**(5% discount for kids enrolled in both Fundamental Skills classes).**

*\*Please note there are no sessions the week of Monday,  
May 23rd – Thursday, May 26th*

**BEGINNER | Ages 6-8**  
**Mondays 6:30pm-7:15pm**  
**YELLOW STRIPE AND UP | Ages 6-8**  
**Wednesdays, 6:00pm-6:45pm**  
**ALL RANKS | Ages 6-8**  
**Tuesdays, 5:45pm – 6:30pm**  
**Members \$84, Non-Members \$96**

*\*Please note there are no sessions the week of Monday,  
May 23rd – Thursday, May 26th*

**WHITE TO ORANGE BELT | Ages 9-12**  
**Mondays, 7:15pm-8:15pm**  
**GREEN BELT AND UP | Ages 9-12**  
**Tuesdays, 6:30pm-7:30pm**  
**Members \$98, Non-Members \$114**

*\*Please note there are no sessions the week of  
Monday, May 23rd – Thursday, May 26th*

## Youth Sparring Class

12 weeks | Begins week of April 4th  
Ages 7 – 12 | Thursdays, 7:00pm-8:00pm  
Members \$98, Non-Members \$114  
(5% discount in sparring class fees for kids enrolled in addition youth karate classes).

This Sparring class is for 7 to 12 year olds who possess a yellow belt or higher in karate. Purchase of safety equipment not included in fees (approx. \$120+tax).

*\*Please note there are no sessions the week of Monday, May 23rd – Thursday, May 26th*

## Family 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. 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 \$50-\$65 plus tax (depending on size).*

12 weeks | Begins week of April 4th  
WHITE TO ORANGE BELT | Thursdays, 6:00pm-7:00pm  
GREEN BELT AND UP | Wednesdays, 6:45pm-7:45pm  
Online Registration Code **120202**  
Location: Dance Studio

Children 4-12 & Parents. One parent must participate with the child(ren).

**Price for first participant:**  
Members \$72, Non-Members \$83 (plus tax)  
**Price for each additional participant:**  
Members \$18, Non-Members \$21 (plus tax)

*\*Please note there are no sessions the week of Monday, May 23rd – Thursday, May 26th*

## Adult Karate

12 weeks | Begins week of April 4th  
WHITE TO ORANGE BELT | Tuesdays, 7:30pm-8:30pm  
GREEN BELT AND UP | Mondays, 8:15pm-9:15pm  
Members \$98, Non-members \$114 (plus tax)  
Online Registration Code **120202**  
Location: Dance Studio

Instructor Sensei Jeff Murphy will be offering both a basic movement and sparring focused class. The Adult Basics Class is for adults where basic karate movements will be reviewed, and the Adult Sparring class is for anyone aged 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 \$50-\$65 plus tax (depending on size).*

*\*Please note there are no sessions the week of Monday, May 23rd – Thursday, May 26th*

## Adult Sparring Class

12 weeks | Begins the week of April 4th  
Adult & Ages 13+ | Thursdays, 8:00pm-9:00pm  
Members \$98, Non-Members \$114  
For Yellow belt or higher \*5% discount in sparring class for adults who take both adult classes. Purchase of safety equipment not included in fees.

*\*Please note there are no sessions the week of Monday, May 23rd – Thursday, May 26th*

## Karate Private Lessons

You can also register for Private Lessons.  
To arrange a private lesson, please contact Instructor Sensei Jeff Murphy at [jeff-murphy@live.com](mailto:jeff-murphy@live.com).



## Taekwon-Do

8 weeks | Begins April 9th  
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 session on Saturday, May 21st*

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 is designed to enhance strength, flexibility, balance and confidence through practice and discipline. This program is not belted and requires only comfortable activewear to participate.

## Run, Jump, Throw

8 weeks | Begins April 9th  
Ages 7 – 11 | Saturdays, 12:45pm-1:45pm  
Members \$60, Non-Members \$70  
Online Registration Code **120207**  
Location: Track

*\*Please note there is no session on Saturday, May 21st*

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 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 4th  
Ages 3 – 5 | Mondays, 5:00pm-5:45pm  
Ages 6 – 9 | Mondays, 5:45pm-6:30pm  
Members \$60, Non-Members \$70  
Online registration code [120207](#)  
Location: Field House

*\*Please note there is no session on  
Monday, April 11th and Monday, May 23rd*

This program combines games and play-based learning to build fundamental movement skills in children like running, 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, as well as become an active adult.

## Adventurers: Multi-Sport

9 weeks | Begins April 4th  
Ages 6 – 9 | Mondays, 6:30pm-7:15pm  
Members \$60, Non-Members \$70  
Online registration code [120207](#)  
Location: Field House

*\*Please note there is no session on  
Monday, April 11th and Monday, May 23rd*

This program combines games and play based learning to build fundamental sport skills in children like agility, running, striking, co-ordination and basic skills development of many sports. Children become confident and competent in these fundamental sports skills which will set them up to play and enjoy all kinds of sports.

## 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 gym shoes!

### Family Golf

2 Day Classes | April 23rd & 24th, May 14th & 15th  
Saturday & Sunday, 1:30pm-3:30pm  
Parents and Children (7+ yrs), One parent/guardian must participate with the child(ren)  
Price for first participant: *Members \$55, Non-Members \$65*  
Price for each additional participant:  
*Members \$24.75, Non-Members \$29.25*  
(prices do not include tax)  
Online registration code [120208](#)  
Location: Field House

### Adult Golf

2 Day Classes | April 23rd & 24th, May 14th & 15th  
Saturday & Sunday, 3:30pm-5:30pm  
Members \$60, Non-Members \$70 (prices do not include tax)  
Online registration code [120208](#)  
Location: Field House





## ■ CREATIVE ARTS

Watercolours – All Skill Levels

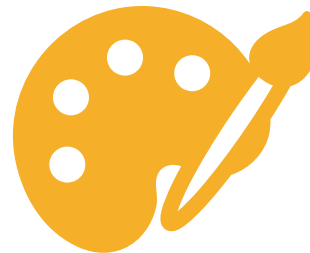
5 weeks | Begins April 4th | Ages 18+

Mondays, 1:15pm-4:15pm | Mondays, 5:45pm-8:45pm

Members \$125, Non-Members \$140 (plus tax)

Online registration code **120302**

Location: Community Centre



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 six weeks. All skill levels will be accommodated to the best of Laurie's ability. Supply lists will be emailed before classes start.

## ■ DANCE



The Canada Games Centre is pleased to continue our 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.

*\*Please note there are no sessions on Saturday, May 21st*

### Creative Movement 1

10 weeks | Begins April 9th

Ages 2 ½ – 3 ½

Saturdays, 10:00am-10:30am

Members \$75,

Non-Members \$85

Online registration code **120401**

Location: Dance Studio



### Creative Movement 2

10 weeks | Begins April 9th

Ages 3 ½ – 4 ½ | Saturdays, 10:35am-11:05am

Members \$75, Non-Members \$85

Online registration code **120401**

Location: Dance Studio

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

### Pre-Ballet

10 weeks | Begins April 9th

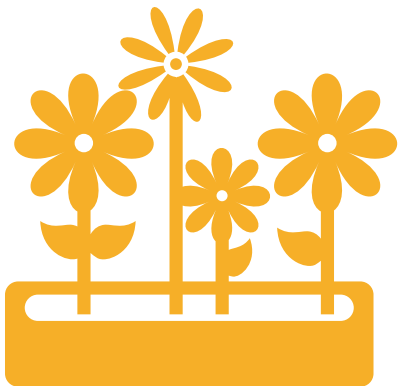
Ages 4 – 6 | Saturdays, 11:10am-11:50pm

Members \$105, Non-Members \$114

Online registration code **120401**

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.



## ■ OUTDOOR ADVENTURES ← NEW

10 weeks | Begins April 6th  
Ages 6-9 | Wednesdays, 5:30pm-6:15pm  
Members \$60, Non-Members \$70  
Online registration code [120303](#)  
Location: Arts & Craft Room

Join us for outdoor adventures with gardening! Gardening engages participants by providing a dynamic environment to observe, discover, experiment, nurture and learn. We will experiment and explore many aspects of gardening and make our own gardens. Gardening starts with what to grow and how to design and build a kids' garden, prepare soil, and plant. Be prepared to join in the fun!

## ■ COMMUNITY YOUTH LEADERSHIP ← NEW

10 weeks | Begins April 7th  
Ages 12-15 | Thursdays, 5:30pm-6:30pm  
Members \$130, Non-Members \$140  
Online registration code [120303](#)  
Location: Classroom

Our Youth Leadership Program is designed to teach life-long leadership skills. Each class will focus on different skills such as public speaking, resume writing, goal-setting and more. Our Youth Leadership Programs help you develop your leadership potential and provide you with opportunities to learn, grow and make you a more confident leader.



## ■ 3 ON 3 BASKETBALL TOURNAMENT ← NEW

1 Day | May 28th  
Saturday, 8:00am-8:00pm  
Registration Fees: \$40 per person (early bird until April 28th), Regular \$50 per person (after April 28th)  
Team Size: Minimum 4, Max 6  
Online Registration Code [120206](#)  
Location: Field House

We're bringing you 3 on 3 Basketball. Tournament play will take place on Saturday with divisions based on age and gender. All players will receive a reversible shirt and a minimum of 3 games refereed by an official. Age categories are U12, U14 and U16/18. To be eligible to play in the specific age groups, the player must not have reached the age prior to October 1st, 2016. Playoff games will begin after round robin. Free throw and 3-point contests offered during tournament.



# Fitness and Wellness Programs

What's the difference between CGC's Registered Fitness Programs and the Drop-in Fitness Classes included in your membership or day pass?

Registered programs are designed for the participant who wishes to progress over the course of a program. Led by our certified instructors, these programs are smaller in size allowing for more specialized training and attention to help you reach your goals. Registered programs are not included in membership fees, but members do receive a discounted rate. Spaces are limited, so pre-registration is required.



There are more than 50 Drop-In Fitness Classes a week are included in your membership or day pass. If you're looking to cross-train or to try something new, these classes are designed for all fitness levels (unless otherwise noted). Zumba, Aquafit, interval training, Yoga, and more – pick your favourites from our [Drop-in Fitness Schedule](#) available online or at the Customer Service Desk.

## ■ ADULT SPECIALIZED PROGRAMS



### Ballet Barre

Drawing its inspiration from ballet, this program uses the ballet barre, light hand weights, and Pilates movements to help shape and elongate your physique. Though technical, this program doesn't play classical music in the background, but it will give you an incredible workout with low impact on your joints. Trust us...you'll be tutu ready in no time.

6 weeks | April 6th-May 11th  
Wednesdays, 7:30pm-8:30pm  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code: **130501**  
Location: 2nd Floor Fitness Studio

6 weeks | May 18th-June 22nd  
Wednesdays, 7:30pm-8:30pm  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code: **130501**  
Location: 2nd Floor Fitness Studio

### Early Morning Boot Camp

Wake up and own the day with a challenging workout! Whatever your fitness goals, this program is designed to help you reach them through endurance, interval and strength training. A great program for those who want an invigorating workout to get their day started.

*\*Class will be held outside some mornings in late spring, weather permitting.*

6 weeks | April 5th-May 12th  
Tuesdays & Thursdays, 6:00am-7:00am  
*Members \$96, Non-Members \$120 (plus tax)*  
Online registration code: **130502**  
Location: Field House & Track

6 weeks | May 17th-June 23rd  
Tuesdays & Thursdays, 6:00am-7:00am  
*Members \$96, Non-Members \$120 (plus tax)*  
Online registration code: **130502**  
Location: Field House & Track

## Building Better Bones ← NEW

Building strong bones is beneficial to your health. This progressive program is designed for people with osteoporosis to gain a better quality of life. Participants will be focusing on improving muscle strength, reducing the risk of bone fractures, and reducing pain. This 6 week program will include postural training, strength and balance with one of our certified instructors. It's never too early or too late to enhance your bone health.

*\*Please have your Doctor fill out a PARmed-X prior to taking this class. Copies of this form can be found online at [csep.ca/cmfiles/publications/parq/parqplusept2011version\\_all.pdf](http://csep.ca/cmfiles/publications/parq/parqplusept2011version_all.pdf) or pick up a copy provided at the Canada Games Centre Fitness Desk.*

6 weeks | April 5th-May 12th  
Tuesdays & Thursdays, 11:00am-12:00pm  
Members \$60, Non-Members \$84 (plus tax)  
Online registration code: 130510  
Location: Dance Studio

## Intro to Olympic Lifting ← NEW

Learn the technique and safety of Olympic Lifting. Lifts include Clean and Jerk, and Snatch. When finished the course, participants should have enough knowledge and responsibility to use the Olympic platform correctly. Participants will learn how to execute lifts, bail safely and learn the sports' etiquette. Class size will be small to ensure efficient training time on the platform. This program will be taught by a Canadian Nationally Qualified Powerlifter.

4 weeks | April 24th-May 15th  
Sundays, 9:15am-10:15am  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code: 130511  
Location: Sports Performance Room-Fitness Centre



## Kettlebell

Kettlebell training is a highly effective workout that trains the body in strength and muscle conditioning, coordination, and cardiovascular endurance. This program will progress weekly and is taught by a certified Agatsu Kettlebell Instructor. Learn to utilize kettlebells safely and effectively in your workouts – change your workouts, and you'll change your body!

6 weeks | May 18th– June 22nd  
Wednesdays, 6:00pm–7:00pm  
Members \$48, Non-Members \$60 (plus tax)  
Online registration code: 130503  
Location: 2nd Floor Fitness Studio



## Nordic Pole Walking

Nordic Walking is a much more effective workout than regular walking because you use 90% of your muscles and burn twice as many calories. It has been scientifically proven to reduce weight, improve posture, lower the risk of type two diabetes, and improve cardiovascular health. Our certified instructor is knowledgeable and will encourage everyone to start at their own pace and ability. This program will also include a resistant training portion to ensure you receive both a cardio and strength training workout!

*\*Nordic Walking Poles will be available to you for this program.*

**6 weeks | April 5th - May 12th**

**Tuesdays & Thursdays, 10:15am-11:15am**

**Members \$60, Non-Members \$84 (plus tax)**

**Online registration code: 130506**

**Location: Track**

**6 weeks | May 17th-June 23rd**

**Tuesdays & Thursdays, 10:15am-11:15am**

**Members \$60, Non-Members \$84 (plus tax)**

**Online registration code: 130506**

**Location: Track**



## Toughen Up

Get off the couch and into the best shape of your life at the Canada Games Centre in this boot camp style program. This fitness program is designed for participants who will strive to transform themselves in 12 weeks. Pre & post fitness tests, nutritional sessions, as well as anthropometric measurements will keep you on track. High intensity training and a variety of fun and challenging workouts will get you to your goal and your new you.

**12 weeks | April 4th - June 22nd**

**Mondays & Wednesdays, 6:00pm-7:00pm**

**Members \$184, Non-Members \$230 (plus tax)**

**Online registration code: 130504**

**Location: Sport Performance Room-Fitness Centre**

*\*Please note there is no class on Monday, May 23rd*



## TRX Training Camp

Get Suspended! TRX Suspension Training is a revolutionary strength and conditioning system that uses your own body weight as resistance. No matter what your fitness level, this heart pounding fusion of TRX body-weight resistance training and cardio intervals will strengthen your core and reduce fat, making you strong and lean.

6 weeks | April 7th-May 12th | Thu, 11:30am - 12:15pm

*Members \$48, Non-Members \$60 (plus tax)*

Online registration code: **130508**

Location: Track

6 weeks | April 7th-May 12th | Thu, 7:00pm - 7:45pm

*Members \$48, Non-Members \$60 (plus tax)*

Online registration code: **130508**

Location: Track

6 weeks | May 19th-June 23rd | Thu, 11:30am - 12:15pm

*Members \$48, Non-Members \$60 (plus tax)*

Online registration code: **130508**

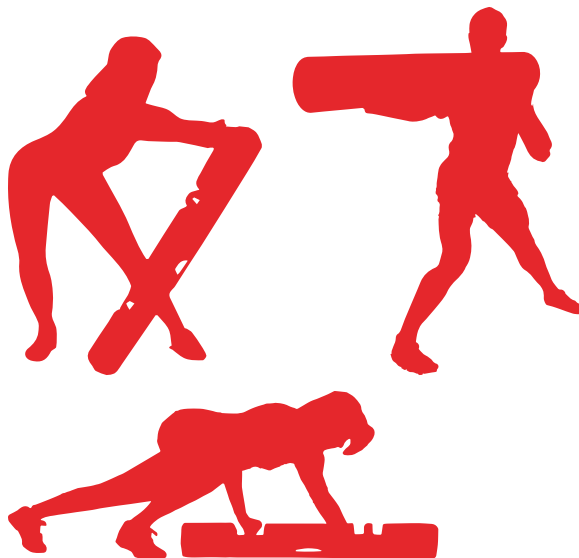
Location: Track

6 weeks | May 19th-June 23rd | Thu, 7:00pm - 7:45pm

*Members \$48, Non-Members \$60 (plus tax)*

Online registration code: **130508**

Location: Track



## ViPR

ViPR bridges the gap between movement and strength training. It combines full-body movement with load, enhancing the vitality, performance and reconditioning goals of clients and athletes. ViPR introduces a new concept in fitness and sports conditioning – Loaded Movement Training. Once you pick up ViPR you'll be convinced to foster purposeful and functional movement.

5 weeks | April 13th - May 11th

Wednesdays, 6:00pm-6:40pm

*Members \$30, Non-Members \$40 (plus tax)*

Online registration code: **130509**

Location: Field House



**DON'T FORGET ME!**

See page 4 for more details

## ■ PRE AND POST NATAL PROGRAMS

### Prenatal Fit Camp ← NEW

Prenatal Fit Camp is focused on keeping you safe, strong and healthy throughout your pregnancy. Incorporating cardio, gentle strength movements and other exercises to increase muscular strength, posture, and endurance. This class will help you develop increasing amounts of body awareness allowing you to stay active right up until your due date. Class size will be small with a maximum of 8 participants, allowing for individual modifications for your comfort, stage of pregnancy and fitness level.

*\*Please have your Doctor fill out a PARmed-X for Pregnancy prior to taking this class. Copies of this form can be found online at [csep.ca/CMFiles/publications/parq/parmed-xpreg.pdf](http://csep.ca/CMFiles/publications/parq/parmed-xpreg.pdf) or pick up a copy provided at the Canada Games Centre Fitness Desk.*

**6 weeks | April 5th–May 10th**

**Tuesdays, 6:00pm-6:45pm**

**Members \$48, Non-Members \$60 (plus tax)**

**Online registration code: 130404**

**Location: 2nd Floor Fitness Studio**



### Prenatal Yoga

Prenatal yoga increases energy, stamina, and balance while building strength and flexibility. Led by a Certified Prenatal Yoga Instructor, this program focuses on relaxation, enjoying pregnancy, and reducing discomfort, while adapting to the many physical changes of the body. Connect with other pregnant women and enjoy your pregnancy journey together. Whether you're new to yoga or a long-time participant, we'll emphasize proper technique, pelvic floor strengthening, deep breathing exercises, and guided relaxation to relax and reduce stress. Modifications will be offered to make this appropriate for any stage of pregnancy. Pure bliss for the mama-to-be!

*\*Please have your Doctor fill out a PARmed-X for Pregnancy prior to taking this class. Copies of this form can be found online at [csep.ca/CMFiles/publications/parq/parmed-xpreg.pdf](http://csep.ca/CMFiles/publications/parq/parmed-xpreg.pdf) or pick up a copy provided at the Canada Games Centre Fitness Desk.*

**6 weeks | April 7th- May 12th**

**Thursdays, 6:00pm-7:00pm**

**Members \$48, Non-Members \$60 (plus tax)**

**Online registration code: 130401**

**Location: 2nd Floor Fitness Studio**

**6 weeks | May 19th- June 23rd**

**Thursdays, 6:00pm-7:00pm**

**Members \$48, Non-Members \$60 (plus tax)**

**Online registration code: 130401**

**Location: 2nd Floor Fitness Studio**

## Stroller Circuit

This safe and interactive stroller fitness class is designed for the parent who wants to get into shape without leaving your baby out of the picture. A certified postnatal fitness instructor will lead you through cardio and strength workouts that can be modified for all fitness levels to help you achieve your personal fitness goals. Progressive in nature, this is a welcoming class for those looking to introduce themselves to fitness or for those returning to fitness postpartum.

*\*Please have your Doctor provide you with your post 6 week exercise clearance before attending this program.*

6 weeks | April 4th-May 11th

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

Members \$96, Non-Members \$120 (plus tax)

Online registration code: 130402

Location: Track

6 weeks | April 8th- May 13th ← NEW

Fridays, 10:30am-11:30am

Members \$48, Non-Members \$60 (plus tax)

Online registration code: 130402

Location: Track

6 weeks | May 16th-June 22nd

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

Members \$88, Non-Members \$110 (plus tax)

Online registration code: 130402

Location: Track

*\* Please note there is no class on Monday, May 23rd*



## Parent & Baby Aquafit ← NEW

Baby age: 4 months +

Fitness and fun for mom and baby! Ease back into fitness as the instructor leads you through 45 minutes of cardio and muscular endurance while incorporating your baby in the movements. As a new parent, you will get a workout while having a splash with your baby. Please dress baby in an official swim diaper. Baby boats are provided, up to a maximum weight of 20lbs.

*\*Please have your Doctor provide you with your post 6 week exercise clearance before attending this class.*

6 weeks | April 5th-May 10th

Tuesdays, 9:00am-9:45am

Members \$48, Non-Members \$60 (plus tax)

Online registration code: 130403

Location: Leisure Pool

6 weeks | May 17th- June 21st

Tuesdays, 9:00am - 9:45am

Members \$48, Non-Members \$60 (plus tax)

Online registration code: 130403

Location: Leisure Pool





## ■ MIND BODY PROGRAMS

### Intro to Yoga

Learn the basics you will need to feel comfortable in yoga, in a non-intimidating and fun atmosphere. This program is a must for brand-new yogis, those re-starting their practice after a long break, or for students looking to deepen their awareness and practice. As the practice progresses from week to week, you'll build a solid foundation and can expect to improve your overall fitness level by gaining strength, increasing your flexibility and balance, and even improving your cardiovascular fitness.

7 weeks | April 4th – May 16th  
Mondays, 6:00pm-7:00pm  
Members \$64, Non-Members \$80 (plus tax)  
Online registration code: 130301  
Location: 2nd Floor Fitness Studio

### Pilates

Strengthen, lengthen and tone the entire body! On a mat, utilizing light weights and small equipment, this course will target deep muscles of the abdomen and back. This course is led by a certified Stott Pilates Instructor who will build a dynamic full-body workout. This course is limited in space to ensure correct form and posture progression of exercises.

11 weeks | April 4th- June 20th  
Mondays, 7:15pm-8:15pm  
Members \$88, Non-Members \$110 (plus tax)  
Online registration code: 130304  
Location: 2nd Floor Fitness Studio

*\*Please note there is no class on Monday, May 23rd.*



### Yoga For Every Body

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 for a regular yoga class, while still targeting core work, spinal extension, overall flexibility and stress reduction.

6 weeks | April 7th-May 12th  
Thursdays, 1:00pm-2:00pm  
Members \$48, Non-Members \$60 (plus tax)  
Online registration code: 130303  
Location: 2nd Floor Fitness Studio

6 weeks | May 19th-June 23rd  
Thursdays, 1:00pm-2:00pm  
Members \$48, Non-Members \$60 (plus tax)  
Online registration code: 130303  
Location: 2nd Floor Fitness Studio

## ■ WORKSHOPS

### Hip Opener Workshop

Your hips don't lie! Many of us sit or stand for the greater part of the day, which results in tight hips. In addition, mental and emotional stresses are often held in our hips leading to joint stiffness and muscle tension. In this workshop, yoga postures will help you gain mobility as we focus on stretching the soft tissue and relaxing the connective tissues around the hips. This workshop is sure to provide you with a deep release. No yoga experience necessary.

Saturday, April 9th, 11:15am-12:30pm

Members \$8, Non-Members \$12 (plus tax)

Online registration code: 130201

Location: 2nd Floor Fitness Studio

### Nordic Pole Walking Clinic ← NEW

This Clinic will help you learn to Nordic Walk or enhance your skills as a Nordic Pole Walker. Nordic Pole Walking is a much more effective workout than regular walking because you use 90% of your muscles and burn twice as many calories. It has been scientifically proven to reduce weight, improve posture, lower the risk of type two diabetes, and improve cardiovascular health

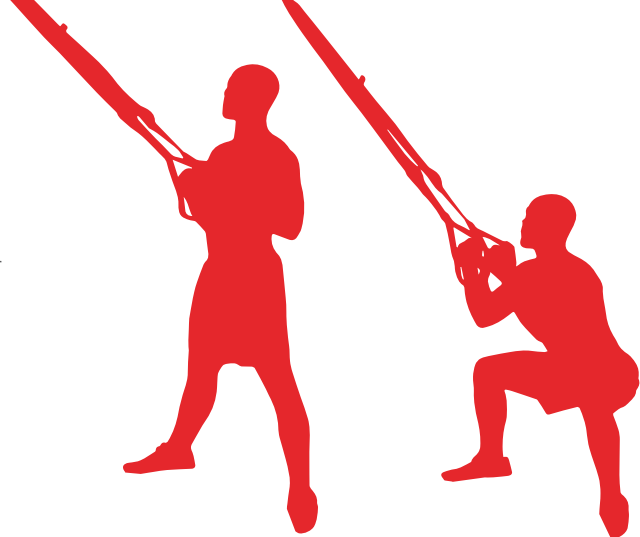
\* Nordic Walking Poles will be available to you for this clinic

Saturday, June 4th, 10:30am-11:30am

Cost: Free for Members, Non-Members \$8 (plus tax)

Online registration code: 130201

Location: Track



### TRX Workshop

Make your body your machine! TRX Suspension Training is an all-in-one training that combines strength and flexibility. You don't have to use machines when you can use your own body weight from different angles to engage more muscle groups at the same time. No matter what your fitness level, this heart pounding fusion of TRX body-weight resistance training and cardio intervals will strengthen your core and make you strong and lean.

Saturday, May 14th, 10:30am-11:15am

Cost: Members \$8, Non-Members \$12 (plus tax)

Online registration code: 130201

Location: Track

### ViPR Introductory Class

ViPR training accommodates all fitness levels with a variety of options provided in this overall body workout both toning and cardio. Once you experience ViPR training you will not want to stop. It is great for your upper body, fantastic for your mid section and will transform the way you train.

Wednesday, April 6th, 7:00pm- 7:40pm

Online registration code: 130201

Cost: Free for Members, Non-Members \$8 (plus tax)

Location: Field House

## ■ INSTRUCTOR TRAINER OPPORTUNITY

### Agatsu Kettlebell Instructor Level 1 Certification



The Agatus Kettlebell Instructor course is one of the top Kettlebell courses in the world. More than just a Kettlebell seminar, this course will introduce you to some of the most powerful training and teaching concepts guaranteed to change how you and your clients look at fitness. This course has been attended by established Personal Trainers, Group Fitness leaders, raw beginners, law enforcement agents and others to improve their training and coach others.

Saturday & Sunday, May 14th & 15th, 8:00am-6:00pm

Please register online at

[agatsu.com/certifications/kettlebell-certification/](http://agatsu.com/certifications/kettlebell-certification/)

Space is limited

Location: Field House

## ■ FITNESS SERVICES

Whether you're looking for a more personalized program, specialized sports training, or just need help getting started, we can help. To sign up for any of the following Fitness Services, or for more information, please stop by or contact the Fitness Centre Desk at 902.490.2580.

### Simply Fit ← FREE FOR MEMBERS

Led by one of our Fitness Staff, Simply Fit is a complimentary group orientation for members (excluding 10 punch passes) of our Fitness Centre. You will learn about the equipment and classes available to you and will leave feeling comfortable to join us for a great workout on your own, with a friend, or in a group exercise class.

Wednesdays 6:30pm | Saturdays 9:00am

Contact the Fitness Centre at 902.490.2580 to sign-up.

### Fitness Assessment & Program Design

Ever wondered about what type of training is best for you? Try this package on for size. One of our Exercise Specialists will measure your body composition, cardiovascular fitness, muscular strength and endurance, and flexibility. The data collected will be used to create a personalized program that will help you reach your fitness goals.

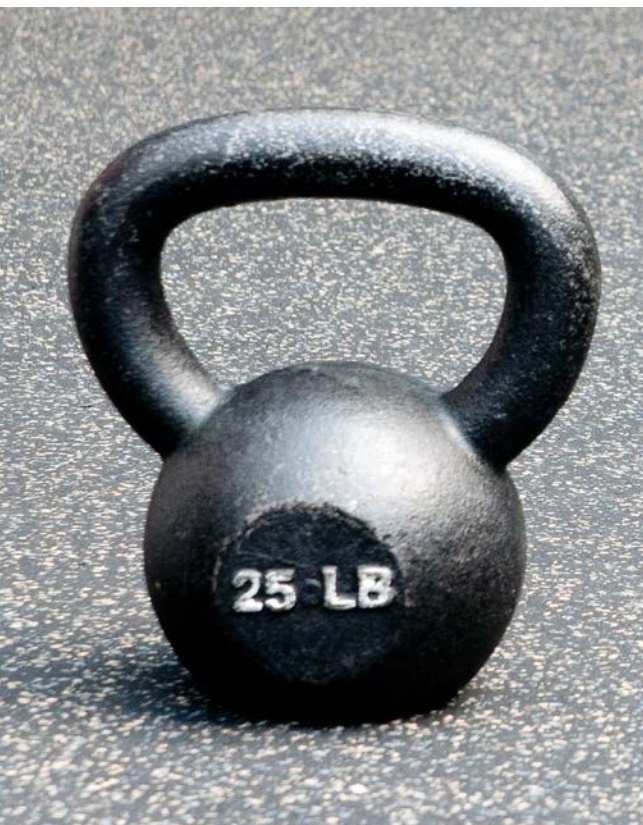
*Members \$150.00, Non-Members \$175.00 (plus tax)*

Contact the Fitness Centre at 902.490.2580 to book.

### Personal Training

Working out and not getting the results you want? Our Personal Training can help you. Book your FREE initial consultation with one of our Exercise Specialists to talk about your goals and to see which package or training sessions would work best for your individual experience.

Contact the Fitness Centre at 902.490.2580 to book.



## PERSONAL TRAINING PACKAGES

PERSONAL TRAINING PACKAGES	MEMBER*	NON-MEMBER*
Individual Session	\$50	\$60
Packages of 5	\$230	\$280
Packages of 10	\$430	\$530
<i>Larger packages also available. (11+)</i>	\$40 per session	\$50 per session
<b>SEMI – PRIVATE</b> (2 people) – 1 hour	\$35 per person	\$40 per person
Packages of 5	\$160 per person	\$188 per person
Packages of 10	\$300 per person	\$349 per person
<b>SMALL GROUP PT</b> min 4 people / max 7 people 5 session minimum	\$27 per person \$135 per person for 5 sessions	\$32 per person \$160 per person for 5 sessions

*\*Sessions can be scheduled at 1/2 hour intervals. Taxes not included in pricing above.  
All personal training packages expire within 1 year of purchase.*

## Youth & Elite Sports Performance Training

Athleticism is the foundation of all sports specific training. We offer sports specific training for emerging, college, elite, and recreational level athletes. A sports performance assessment is just the beginning of your sports performance experience. All dryland sport conditioning programs for emerging and elite athletes are tailored to meet the energetics & movement demands specific to each athlete's needs and injury history. We are committed to helping you take your performance to the next level.

### 60 MINUTE SESSION RATES:

**\$10 per youth or adult (minimum of 5 athletes)**

**\$17 per youth or adult (3-4 athletes)**

**\$25 per youth (2 athletes)**

For larger groups or to book your Sports Performance Training, contact the Fitness Centre at 902.490.2580.



# 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 [obriend@canadagamescentre.ca](mailto:obriend@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 waiting list 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 3 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 the registration fee for other programs.



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.



## 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 minute classes
- 9 week program allows us to not schedule classes during holidays.
- Scheduled 5 minutes between classes for rotation, evaluation & to connect with parents
- Aquatic Program Specialist on deck to mentor instructors
- Inclusion Days offering group lessons through Swim Whispers instructor training (see page 35 for details)

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



## ■ 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. 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](#)

Spish, 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 ½ - 3 ½ years | Online registration code [110113](#)

Just watch them grow! At 2 ½ - 3 ½ 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 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 (as needed) 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.



## **DON'T FORGET ME!**

See page 4 for more details

### **PRESCHOOL 3 | Online registration code 110123**

These preschoolers will master their floats, glides, and short swims (2-3m) on their front and back. 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 jumps and side rolls on their own. 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 will 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 to complete the chance to focus on more challenging skills within the level.

### 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).







**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 clothing. 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, swimming with clothing, defense methods, and support & carry of a 10lb weight. Scene assessment and towing rescue are introduced.

# SWIM LESSONS - DAYS & TIMES

	MONDAY* APRIL 4 - JUNE 6	TUESDAY APRIL 5 - MAY 31	WEDNESDAY APRIL 6 - JUNE 1	THURSDAY APRIL 7 - JUNE 2	SATURDAY APRIL 9 - JUNE 11	SUNDAY APRIL 10 - JUNE 12
Parent & Tot 1	4:00pm	5:20pm	4:00pm	10:20am, 4:00pm	8:30am, 9:10am	9:10am
Parent & Tot 2	4:40pm	6:00pm	5:20pm	9:00am, 4:40pm	9:50am, 11:10am	8:30am, 9:50am
Parent & Tot 3	5:20pm	4:40pm		5:20pm	10:30am, 11:50am	8:30am, 10:30am, 11:10am
Preschool 1	4:00pm 6:00pm	4:40pm 6:00pm	4:00pm, 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	8:30am, 9:10am, 9:50am 10:30am, 11:10am	8:30am, 9:10am 9:50am
Preschool 3	4:40pm 6:00pm	4:40pm 6:00pm	4:00pm, 5:20pm 6:00pm	11:00am, 5:20pm 6:00pm	9:50am, 10:30am 11:10am	9:10am, 9:50am 10:30am, 11:10am
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	4:00pm, 4:40pm 5:20pm, 5:50pm	5:35pm 6:00pm	4:40pm, 5:20pm 6:00pm	9:10am, 9:50am 10:30am, 11:10am, 11:50am	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	4:40pm, 4:55pm 6:15pm	5:20pm 6:00pm	9:10am, 9:50am 10:30am, 11:50am	9:10am, 9:50am 10:30am, 11:10am
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, 11:15am
Swimmer 4	4:00pm	4:00pm	4:00pm		9:00am, 9:55am 10:50am	8:30am 9:25am, 10:20am
Swimmer 5	4:55pm	4:00pm	4:55pm		9:00am, 10:50am	8:30am, 10:20am
Swimmer 6	5:50pm	4:00pm	4:00pm, 5:50pm		9:00am, 9:55am	8:30am, 9:25am
Swimmer 7 / Rookie		4:55pm	4:00pm		9:55am	9:25am
Swimmer 8 / Ranger		4:55pm	4:00pm		10:50am	8:30am
Swimmer 9 / Star		4:55pm			10:50am	8:30am
Teen Group Lessons		<b>LEVEL 1</b> 5:50pm		<b>LEVEL 1</b> 4:00pm <b>LEVEL 2</b> 4:00pm	<b>LEVEL 1</b> 10:30am <b>LEVEL 2</b> 11:50am	
Adult Group Swim Lessons				<b>LEVEL 1 &amp; 2</b> 11:35am		<b>LEVEL 1, 2 &amp; 3</b> 11:40am

\* Please note there are no swim lessons Victoria Day long weekend - Friday, May 20th to Monday, May 23rd

## ■ INCLUSION DAYS

We're excited to offer an increased level of inclusion during group swimming lessons on Wednesdays & Sundays this winter. These days are not only smaller in attendance levels, but are also staffed with 75% of our Swim Instructors trained in the Swim Whisperers program. For registration details please contact our Aquatics Coordinator at [902.490.2245](tel:902.490.2245).

## ■ TEEN GROUP SWIM LESSONS



Are you between the ages of 11-15 years, have never taken swim lessons before, 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 7th  
Ages 11-15yrs  
Tuesdays, 5:50pm-6:20pm  
Thursdays, 4:00pm-4:35pm  
Saturdays, 10:30am-11:05am  
*Members \$80, Non-Members \$104 (plus tax)*  
Online registration code [110161](#)

Learn entries and exits into shallow and deep water, floats, glides, proper kicks, and underwater skills.

## What is Swim Whisperers Training?

Swim Whisperers training provides instructors with additional strategies to overcome roadblocks when instructing kids with Autism, Cerebral Palsy, Down Syndrome, sensory & motor limitations and general behaviour challenges. These strategies result in greater swimmer success while feeling part of the group setting.



### Teen Level 2

9 Lessons | Begins April 7th  
Ages 11-15yrs  
Thursdays, 4:00pm-4:35pm  
Saturdays, 11:50am-12:25pm  
*Members \$80, Non-Members \$104 (plus tax)*  
Online registration code [110162](#)

Learn introduction to rolls and dives, front and back crawl, intro to breast stroke and improve endurance



## ■ 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! These lessons are offered in 3 different levels based on ability/skill level. Our welcoming and certified instructors will help you reach your goals.

### Adult Level 1

9 Lessons | Begins April 7th or April 10th | Ages 16+  
Thursdays, 11:35am-12:10pm  
Sundays, 11:40am-12:15pm  
*Members \$80, Non-Members \$104 (plus tax)*  
Online registration code [110164](#)

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

### Adult Level 2

9 Lessons | Begins April 7th or April 10th | Ages 16+  
Thursdays, 11:35am-12:10pm  
Sundays, 11:40am-12:15pm  
*Members \$80, Non-Members \$104 (plus tax)*  
Online registration code [110165](#)

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

### Adult Level 3

9 Lessons | Begins April 7th or April 10th | Ages 16+  
Sundays, 11:40am - 12:15pm  
*Members \$80, Non-Members \$104 (plus tax)*  
Online registration code [110166](#)

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

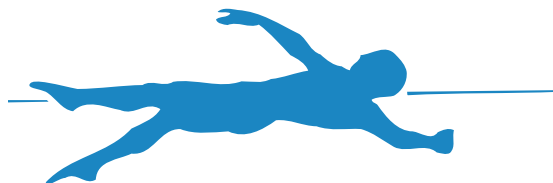




## PRIVATE & SEMI-PRIVATE SWIM LESSONS

9 Private Lessons | 35mins  
 Online registration code **110151**  
 Members \$155, Non-members \$185

9 Semi-Private Lessons | 35mins  
 Online registration code **110152**  
 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  
 Online registration code **110176**

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 [obriend@canadagamescentre.ca](mailto:obriend@canadagamescentre.ca).

	MONDAY* APR 4 - JUN 6	TUESDAY APR 5 - JUN 7	WEDNESDAY APR 6 - JUN 8	THURSDAY APR 7 - JUN 9	FRIDAY APR 8 - JUN 10	SATURDAY APR 9 - JUN 11	SUNDAY APR 10 - JUN 12
Private / Semi Private (35 mins)	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 11:40am

\* Please note there are no swim lessons Victoria Day long weekend – Friday, May 20th to Monday, May 23rd

\*\*Thursdays swimming lessons (Private & Group) are available for registration in levels up to Swimmer 3 only.

See chart on page 39 for leadership programs days and times.

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

9 lessons, 60 minutes each

**Members \$80, Non-Members \$104**

Online registration code **110171**

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 lifesaver. Physical standard includes a 400m timed swim.

## Bronze Medallion

9 lessons, 2 hours per class

**Members \$120, Non-Members \$130**

Online registration code **110172**

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 and practice instruction time.

*\*Exam may be scheduled after the last class.*

## Bronze Cross & Assistant Instructor

9 lessons, 3 hours per class

**Members \$135, Non-Members \$145**

Online registration code **110173**

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 roles 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 | 6 hour class or 1 week crash course

**Members \$265, Non-Members \$280**

Online registration code **110174**

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.*

## CGC Jr. Lifesaving Club

18 lessons | Begins April 5th  
 Ages 7-14 | Tuesdays & Fridays, 6:00pm-7:00pm  
 60 mins, twice a week  
**Members \$120, Non-Members \$145**  
 Online registration code [110170](#)  
*Fees include a pair of goggles, swim cap, and Jr lifeguard pinny*  
 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 geared 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.*

## CGC Lifesaving Club

9 practices | Begins April 5th | Ages 15+  
 Tuesdays, 7:00pm-8:00pm  
**Members: FREE**  
 Online registration code [110170](#)  
 Prerequisite: Bronze Medallion

*\*Available to members only*

Lifesaving sport is the only sport whose skills are first learned for humanitarian purposes. Our CGC Lifesaving Club offers participants a recreational introduction to lifesaving sport by building on learn to swim and lifesaving skills. Members who join this free club have the option to compete a number of pool events including the Nova Scotia Pool series and the Canadian Lifesaving Championships.

### LEADERSHIP PROGRAMS CHART

	TUESDAY APR 5 – JUN 7	FRIDAY APR 8 – JUN 10	SATURDAY APR 9 – JUN 11	SUNDAY APR 10 – JUN 12	CRASH COURSES*
CGC Jr Lifesaving Program	6pm-7pm	6pm-7pm			
CGC Lifesaving Club	7pm-8pm				
Bronze Star				11:15am-12:15pm	
Bronze Medallion		7pm-9pm		10:20am-12:20pm	March 14-18 9am-12pm
Bronze Cross & Assistant Instructor		6pm-9pm		9:30am-12:30pm	March 14-18 1pm-6pm
Swim For Life / Lifesaving Instructor (LSI)					March 14-18 9am-6pm
National Lifeguard Service (NLS/SFA)				12pm-6pm	March 16-20 9am-6pm

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

## ■ 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 two levels of the I Love Water Polo (ILWP) program. This water polo program is a non-contact team sport that combines elements from other popular sports like hockey, soccer, basketball, and swimming. A team is made up of 13 players; six players and a goalie are in the water at all times. In a learn to-play environment, similar to that of swimming lessons, participants discover the game of water polo, and the basic skills involved in aquatic sports. This program also helps enhance swimming, balance and coordination skills.

### ILWP – Level 1



9 sessions | Begins April 7th  
Ages 8-11 (Swimmer 2 or higher)  
Thursdays, 5:00pm-6:00pm  
*Members \$60, Non-Members \$80*  
Online registration code [110193](#)  
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 2/3



9 sessions | Begins April 7th  
Ages 11-14 (Swimmer 3 or higher)  
Thursdays, 5:00pm-6:00pm  
*Members \$60, Non-Members \$80*  
Online registration code [110193](#)  
Prerequisite: ILWP Level 1 & ability to swim 25m non-stop.

The 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. Level 3 ILWP, you will master movements in a horizontal body position, increase your stamina and treading water skills, refine shooting, receiving and passing accuracy, and tackle intermediate balance and coordination activities.

## ■ CGC WATER POLO CLUB



8-12 weeks | April 7th – June 12th  
Ages 8-12 (Swimmer 2 or higher)  
& 12-16 (Swimmer 3 or higher)\*  
Sundays 5:00pm-6:00pm (water)  
& Thursdays 6:00pm-7:00pm (dryland)  
*Members \$140, Non-Members \$160*  
Online registration code [110193](#)

The Water Polo Club is for kids who enjoy the sport and who have shown the dedication and desire to succeed at a competitive level. This club is comprised of water polo athletes selected through an evaluation process by the head coach at the end of each session or via registration in accordance with pre-requisites above. Club members will participate in two training sessions per week: one water workout and one dryland training sessions which involves conditioning, flexibility, and water polo specific exercises. Athletes in this level will have the opportunity to play in local and provincial meets, participate in fun activity nights and other training opportunities.

*\*Registration and event fees for competitions, uniforms, and gear are not included in club fees.*

*\*Please note there are no programs Victoria Day long weekend – Friday, May 20th to Monday, May 23rd.*



## ■ CGC SUMMER SWIM TEAM AfL

Join the Canada Games Centre Summer Swim Team! The CGC Summer Swim Team is a competitive swim club for youth ages 7-18. 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 27th-August 21st**  
**Monday to Friday, 4:00pm-6:30pm**

**Also included in registration optional morning practices 2-3 times per week**

**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 \$295**

**2nd child: Member \$210, Non-Member \$245**

**3rd child: Member \$185, Non-Member \$220**

**4th child: Free**

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

*\*Please note there is no practice Monday, July 1st*

### FREE - Spring Training

Register during the month of March for the CGC Summer Swim Team 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-1:00pm | Begins April 9th**  
**Online registration code [110195](#)**

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.

*\*Please note there are no programs Victoria Day long weekend – Friday, May 20th to Monday, May 23rd*



Jumpstart funding will be available for summer swim team.

[Download the application here.](#)



## ■ CGC DIVING CLUB



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

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

**LEARN-TO-DIVE | Online registration code 110192**  
8-12 weeks, [please refer to chart on page 43](#)  
for start dates and fees.

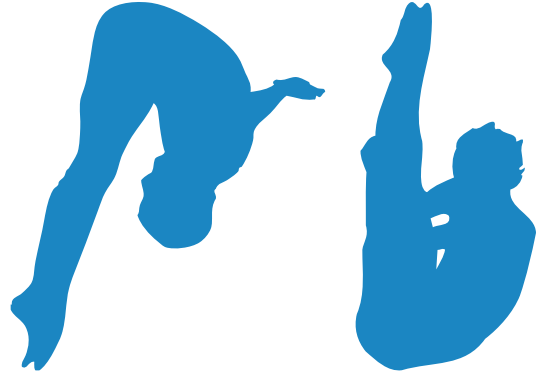
### LITTLE JUMPERS | Ages 4-7

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 / V 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.

### MINI PRE-COMPETITIVE | AGES 4-7

Mini Pre-comp is a program designed for very young divers ages 4-7 who show the motivation and natural talent for advanced diving training. Divers in this group will be exposed to competitive diving and age appropriate skill development once a week. All divers in this program must be selected by the head coach to participate in this level. Divers must wear a full piece swim suit or briefs/jammers.



## DON'T FORGET ME!

See page 4 for more details

### PRE-COMPETITIVE | AGES 7+

The Pre-Competitive Diving Program is for divers 7 years old and up, who enjoy the sport and who have the desire to extend and expand their diving experience. Participants in the Pre-Competitive Program will participate in two classes per week. This group is selected through the evaluation process and head diving coach at the end of each session. In addition to pool time, participants will also participate in our dryland 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 brief trunks.



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 including dryland workouts. 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 brief style trunks.

All National level divers may have additional training requirements (ie: extra diving time, trampoline training, and conditioning workouts).

Pre-Competitive & Competitive Divers will receive a detailed schedule via email a week before the program start date that will outline dryland and pool training times, the range below is total time for each day.

	TUESDAY APR 5 – JUNE 14	THURSDAY APR 7 – JUNE 16	SATURDAY APR 9 – JUNE 16**	CLASSES /week	CGC MEMBERS	NON- MEMBERS
Little Jumpers			9am-9:45am	1	\$95	\$110
Learn to Dive Level I	5:30pm-6:30pm		10am-11am	1	\$100	\$120
Learn to Dive Level II	5:30pm-6:30pm		10am-11am	1	\$100	\$120
Learn to Dive Level III & IV			11am-12pm	1	\$100	\$120
Mini Pre-Competitive		5pm-6pm			\$115	\$130
Pre-Competitive	5:30pm-8:30pm	5pm-7pm	11am-1pm	2-3	\$230*	\$260*
Competitive	5:30pm-8:30pm	5pm-8pm Provincial 5pm-9pm National	9am-1pm Provincial 9am-2pm National	3	\$280*	\$300*

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

\*\*Please note there are no programs Victoria Day long weekend – Friday, May 20th to Monday, May 23rd



## 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.

## Arthritis Class ← NEW

Warm water exercise is a safe and gentle way to exercise joints and muscles. This class is an ideal activity for relieving stiffness and arthritis pain. It will help to improve your posture, balance, strength, endurance, flexibility and improve joint movement leading to a healthier lifestyle! You can try our NEW Arthritis Class beginning on **Thursday, April 14th at 1:00pm** in the pool.



# Swim Days

*All swim times include water slides, play features and diving boards.*

Monday, March 14th – Friday, March 18th

**SCHOOLS OUT CELEBRATION SWIM** 1pm-4pm

Friday, March 25th

**GOOD FRIDAY** 1pm-4pm

Monday, March 28th

**EASTER MONDAY** 10am-12pm inflatable;  
1pm-4pm slides

Thursday, April 14th

**HOOKY SWIM** 1pm-4pm

Friday, May 13th

**HOOKY SWIM** 1pm-4pm

Monday, May 23rd

**QUEEN VICTORIA SWIM** 10am-12pm inflatable;  
1pm-4pm slides



# 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  
[hfxcgcwebtraconlinereg.ca](http://hfxcgcwebtraconlinereg.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 2016

Programs and Services

It happens here.



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