

2016 Summer Camps and Programs



It happens here.

Canada
Games
Centre

The logo graphic for the Canada Games Centre, featuring a stylized, abstract design of three curved lines that suggest movement or a flame.

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CONNECT



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



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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 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: **March 29th**, beginning at 8:00 am

In-person: **April 1st**, beginning at 8:00 am

NON-MEMBERS:

Online: **April 5th**, beginning at 8:00 am

In-person: **April 12th**, 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.

FOR SUMMER CAMP PROGRAM CANCELLATIONS AND REFUND POLICIES, PLEASE SEE PAGE 6.

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

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

Summer Camp Programs – Physical Literacy



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

THE FUN BEGINS JULY 4TH AND CAMPS RUN WEEKLY FROM 8:15AM-5PM EVERY DAY UNTIL SEPTEMBER 2ND.

For kids ages 5–12 years.

To support Physical Literacy within our community, we continue to align our Summer Camps to the Sport For Life (S4L) model to help kids get an active start in life – and enjoy it too!

With our trained Physical Literacy Specialists on-hand, this summer's camps will incorporate the theme of the camp as well as work on the S4L Basic & Fundamental Movement skills. These skills provide children with the confidence and ability to grow into active teens, and ultimately remain healthy and active for life.

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

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



SUMMER CAMP & PROGRAM FUNDING

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



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

AGE OF PARTICIPANT:

5 years - 12 years

CGC PROGRAMS COVERED:

All summer camps



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

AGE OF PARTICIPANT:

4 years – 18 years

CGC PROGRAMS COVERED:

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



Sport for Life

For more information about Physical Literacy and the S4L model, visit canadiansportforlife.ca

What is Sport for Life?

Sport for Life (S4L) is a national model created to not only increase the number of podium finishes for Canadian athletes, but to also improve the overall health of every Canadian. It all starts with Physical Literacy and incorporates all ages, abilities, and levels of competition and recreation. We are proud to have aligned with the S4L model to increase Physical Literacy and enjoyment of physical activity in our community.



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

■ SUMMER CAMP REGISTRATION INFORMATION

Age Requirements: Each camp is designed specifically for its corresponding age group, and as such we are unable to accommodate exceptions. A child must be the age noted for the camp before the end of the camp week and have graduated Primary by June 2016 in order to qualify for participation.

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

Deferred Payment: For our Summer Camp Program, we are pleased to offer an instalment billing plan for campers enrolling in three (3) or more weeks of camp. You may choose to pay in full; however, to allow ease of registration for as many weeks as necessary, the instalment billing plan will be available for participants registering before April 30th, 2016. Here's how it works:

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

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

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

Early Drop-Off & Late Pick-Up: An early drop off option is available to parents who need to be on the road a little earlier than 8:15am each morning. Conversely, a late pick-up option is available to parents needing extra time past 5pm to get to the Centre after their work-day. Sign up for one, or the other, or both, but please note this is an extra service that requires pre-registration. See page 21 for further registration details. Spaces are very limited for this service, so please register early!

Subway Lunches: The Canada Games Centre is working in close partnership with Subway Restaurants again this summer to continue to offer a healthy lunch option for those wishing to take advantage of our food services. Subway lunches are offered at an additional cost (not included in Summer Camp program fees) and can be ordered online through our registration system or in person at our Customer Service Desk. Please see page 21 for more details, including order submission cut-off dates.

ASSISTANCE PROGRAMS

Inclusion Program: We offer an inclusion component for campers requiring extra attention due to a physical and/or cognitive disability. Campers are supervised one on one, by an Inclusion Counsellor who is charged with meeting the camper's personal and developmental needs, making every effort to include campers in adapted activities, and ensuring their overall safety and happiness while in our care. For more information about this program and how to apply, please visit the Camp section of our website. Applications will be accepted until May 13th.

ACCESSIBILITY

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

SUMMER CAMP PROGRAM CANCELLATIONS AND REFUND POLICIES

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

Summer Camp Programs

■ DAILY CAMP ROUTINE

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

8:15am - Morning Drop-Off: Unless registered for Early Drop-Off, campers are to arrive at the Field House each morning between 8:15am-8:45am. Please allow for extra time on Mondays for children to receive their bracelets for the week and join their counsellors. Having your completed **camper forms** with you or sent in ahead of time will also speed up the process. Children will spend this time doing supervised non-structured free-play and games.

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

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

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

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

to wear a safety belt for the duration of their Summer Camp. Children will only have to complete a swim test once throughout the summer unless they would like to challenge for a non-life-vest band. The height requirements for the water slides will still be enforced for safety reasons, regardless of age (at least 42" tall to ride the yellow water slide and 48" tall to ride the blue water slide). Please note diving boards and water slides are not normally available during camp swim times.

Lunches: Whether your child brings lunch from home or takes part in our Subway Lunch program ([page 21](#)), we encourage you to pack enough nutritious foods and snacks (nut-free please!) to help them keep up with daily activities. Should your child forget his/her lunch, we will have to call you to bring one as we will not be able to escort him/her to Subway during camp hours.





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


5pm - Afternoon Pick-Up: Camps will return to the Field House each afternoon around 4:30pm to help facilitate a quick pick-up for all families. Similar to morning drop-off, children will spend this time doing supervised non-structured free-play and games. All campers not registered in late pick-up must be picked up no later than 5:00pm sharp.

STILL HAVE SUMMER CAMP QUESTIONS?

The Summer Camp Parent Handbook can help! It outlines what your child should bring to camp, behavioural guidelines, and other general policies and procedures. **Download it here** - it's a highly recommended read before the first day of camp to help ease any nerves around expectations for both parents and campers.

Summer Camps 2016

	AGES 5-7	AGES 5-7	AGES 6-8	AGES 6-8	AGES 7-9	AGES 7-9	AGES 9-12
June 27th – July 1st 221001	Day Camps June 29th and 30th						
July 4th – 8th 220701	Swim Lesson	Multi-Sport Explorers	Beach Blast	Outdoor Rangers	Karate	Olympic	Competitive Swim
July 11th – 15th 220702		Crafty Kids	Superhero Training	Wrestling	Olympic	Diving	Karate
July 18th – 22nd 220703	Olympic	Superhero Training	Diving	Swim Lesson	Wrestling	Multi-Sport Adventurers	Robotics
July 25th – 29th 220704	Outdoor Rangers	Rhythmic Gymnastics & Dance	Olympic		Multi-Sport Adventurers	Art Explosion	Lifesaving Rescue
August 2nd – 5th 220705	Safari		Rhythmic Gymnastics & Dance	Olympic		Outdoor Rangers	Art Explosion
August 8th – 12th 220706	Superhero Training	Outdoor Rangers	Karate	Multi-Sport Adventurers	Swim Lesson	Water Polo	Volleyball
August 15th – 19th 220707	Olympic	Kick Off	Safari	Outdoor Rangers		Run, Jump, Throw	Multi-Sport Leaders
August 22nd– 26th 220708	Crafty Kids	Multi-Sport Explorers	Wrestling	Rhythmic Gymnastics & Dance	Olympic	Beach Blast	Outdoor Rangers
August 29th- September 2nd 220709		Superhero Training		Multi-Sport Adventurers	Outdoor Rangers		Diving

 = No camp



To support Physical Literacy within our community, we continue to align our Summer Camps to the Sport For Life (S4L) model to help kids get an active start in life – and enjoy it too!



■ DAY CAMPS – GRADE P-6

Day Camps

June 29th | June 30th
Grade P-6 | 8:30am-5:00pm
Members \$30, Non-Members \$33
(Price is per child per day)
Online registration code **221001**

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



■ SUMMER CAMP PROGRAMS – AGES 5-7

Crafty Kids Camp

July 11th-15th | Ages 5-7
Online registration code **220702**



August 22nd-26th | Ages 5-7
Online registration code **220708**
Members \$160, Non-Members \$180

The Canada Games Centre will be exploding with creative crafts! This camp will focus on expanding creative skills through a wide variety of artistic endeavors. Participants will complete various crafts throughout the week such as finger painting, beading, paper crafts and more. Participants will also enjoy a leisure swim and a variety of active camp games every day.

Kick Off Camp

August 15th-19th | Ages 5-7
Online registration code **220707**
Members \$160, Non-Members \$180



This camp is focused on practicing the fundamental movement skills required to play soccer. Campers will spend up to two hours each day learning the basic rules of soccer, working through drills and playing games. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.



Multi-Sport Explorers Camp

July 4th-8th | Ages 5-7

Online registration code **220701**

August 22nd-26th | Ages 5-7

Online registration code **220708**

Members \$160, Non-Members \$180

Our multi-sport camps help participants develop fundamental movement and sport skills that will enable them to become confident and competent in a wide variety of physical activities in multiple environments. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience. Sports covered on the week of July 4th-8th include but are not limited to: Athletics and Soccer. Sports covered on the week of August 22nd-26th include but are not limited to: Diving, Soccer and Athletics.

Outdoor Rangers Camp

July 25th-29th | Ages 5-7

Online registration code **220704**

August 8th-12th | Ages 5-7

Online registration code **220706**

Members \$160, Non-Members \$180

Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural environment. If you want to be outside and have a passion for science and the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Field Trips will be included, details to follow closer to camp start date.



Rhythmic Gymnastics & Dance Camp

July 25th-29th | Ages 5-7

Online registration code **220704**

Members \$160, Non-Members \$180

Why choose between rhythmic gymnastics or dance when you can try both! Campers will learn elements of gymnastics, creative movement, and apparatus manipulation (hoop, ball, ribbon and rope). This program will cover the basic requirements of strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination in a fun and creative manner. Instruction will be given by Amanda Layton-Malone a Level 3, NCCP Certified coach who has produced World Championship level gymnasts. Participants will enjoy a leisure swim and a variety of active camp games every day. *This camp may also include a cross-training session and a yoga class to provide campers with a well-rounded experience.*





Safari Camp

August 2nd-5th | Ages 5-7

Online registration code **220705**

Members \$128, Non-Members \$144



Get ready to roar! It's safari week at the Canada Games Centre. There will be lots of wild crafts and adventurous games, as we learn about the creatures of the jungle. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests may be included, details to follow closer to camp start date.

Swim Lesson Camp

July 4th-15th | Ages 5-7 (Swimmer Levels 1-9)

Online registration code **220701**

Members \$350, Non-Members \$380

Please note this is a two-week camp.



Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. In addition to daily swim lessons campers will have a leisure swim and a variety of active camp games every day. This camp may also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Superhero Training Camp

July 18th-22nd | Ages 5-7

Online registration code **220703**

August 8th-12th | Ages 5-7

Online registration code **220706**

August 29th-September 2nd | Ages 5-7

Online registration code **220709**

Members \$160, Non-Members \$180



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

Olympic Camp

July 18th-22nd | Ages 5-7

Online registration code **220703**

August 15th-19th | Ages 5-7

Online registration code **220707**

Members \$160, Non-Members \$180



Throughout this week campers will be participating in a wide variety of Olympic themed sports and activities. If you are ready to jump your highest, run your hardest and try your best, then this is the camp for you. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

■ SUMMER CAMP PROGRAMS – AGES 6-8

Beach Blast Camp

July 4th-8th | Ages 6-8

Online registration code **220701**

Members \$160, Non-Members \$180



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

Diving Camp

July 18th-22nd | Ages 6-8

Online registration code **220703**

Members \$160, Non-Members \$180

Prerequisites: Comfortably swim 25m unassisted in deep water.



This exciting introductory diving camp is focused on learning basic diving fundamentals and developing the building blocks for any active sport. In a safe and fun environment, one-metre and three-metre springboard diving will be taught with emphasis on body control, posture, and coordination. Dry land training will also include a one-metre spring board. Camps will be divided into groups by age and skill during pool sessions. Campers will take part in a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Olympic Camp

July 25th-29th | Ages 6-8

Online registration code **220704**

Members \$160, Non-Members \$180



August 2nd-5th | Ages 6-8

Online registration code **220705**

Members \$128, Non-Members \$144

Throughout this week campers will be participating in a wide variety of Olympic themed sports and activities. We will end the week with a mini-triathlon, where campers will be able to bring their bikes for the best competition of the summer. If you are ready to jump your highest, run your hardest and try your best, then this is the camp for you. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.





Multi-Sport Adventurers Camp



August 8th-12th | Ages 6-8
Online registration code **220706**

August 29th-September 2nd | Ages 6-8
Online registration code **220709**
Members \$160, Non-Members \$180

Our multi-sport camps help participants develop fundamental movement and sport skills that will enable them to become confident and competent in a wide variety of physical activities in multiple environments. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience. Sports covered on the week of August 8th-12th include but are not limited to: Karate, Volleyball and Rhythmic Gymnastics. Sports covered on the week of August 29th-September 2nd include but are not limited to: Diving, Water Polo and Athletics.

Superhero Training Camp



July 11th-15th | Ages 6-8
Online registration code **220702**
Members \$160, Non-Members \$180

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

Swim Lesson Camp



July 18th-29th | Ages 6-8 (Swimmer Levels 1-9)
Online registration code **220703**
Members \$350, Non-Members \$380
Please note this is a two-week camp.

Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. In addition to daily swim lessons campers will have a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Wrestling Camp



July 11th-15th | Ages 6-8
Online registration code **220702**
August 22nd-26th | Ages 6-8
Online registration code **220708**
Members \$160, Non-Members \$180

Wrestling camp is fun for both boys and girls! This camp will focus on developing agility, balance and coordination while participants are introduced to the basic moves, takedowns, and rules of wrestling in a safe atmosphere. Campers will spend up to two hours each day learning the fundamentals of wrestling. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Rhythmic Gymnastics & Dance Camp

August 2nd-5th | Ages 6-8

Online registration code **220705**

Members \$128, Non-Members \$144

August 22nd-26th | Ages 6-8

Online registration code **220708**

Members \$160, Non-Members \$180



Why choose between rhythmic gymnastics or dance when you can try both! Campers will learn elements of gymnastics, creative movement and apparatus manipulation (hoop, ball, ribbon and rope). This program will cover the basic requirements of strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination in a fun and creative manner. Instruction will be given by Amanda Layton-Malone a Level 3, NCCP Certified coach who has produced World Championship level gymnasts. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Karate Camp

August 8th-12th | Ages 6-8

Online registration code **220706**

Members \$160, Non-Members \$180



Our Shotokan Karate camp will facilitate learning and skill development for those wishing to develop the skills required for Karate. Campers will spend up to two hours each day learning the fundamentals of Karate, led by 5th Degree Black Belt Sensei Jeff Murphy. Campers will spend up to two hours each day learning the fundamentals of Karate. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Safari Camp

August 15th-19th | Ages 6-8

Online registration code **220707**

Members \$160, Non-Members \$180



Get ready to roar! It's safari week at the Canada Games Centre. There will be lots of wild crafts and adventurous games as we learn about the creatures of the jungle. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests may be included, details to follow closer to camp start date.

Outdoor Rangers Camp

July 4th-8th | Ages 6-8

Online registration code **220701**

August 15th-19th | Ages 6-8

Online registration code **220707**

Members \$160, Non-Members \$180



Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural world. If you want to be outside and have a passion for science and the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Field Trips will be included, details to follow closer to camp start date.



■ SUMMER CAMP PROGRAMS – AGES 7-9

Art Explosion Camp



July 25th-29th | Ages 7-9

Online registration code **220704**

Members \$160, Non-Members \$180

The Canada Games Centre will be exploding with creative art! This camp will focus on expanding your creative skills through a wide variety of artistic endeavors. Art projects may include painting, beading, drawing, scrapbooking and much more! Campers will also take part in a leisure swim and a variety of active camp games every day.

Multi-Sport Adventurers Camp



July 18th-22nd | Ages 7-9

Online registration code **220703**

July 25th-29th | Ages 7-9

Online registration code **220704**

Members \$160, Non-Members \$180

Our multi-sport camps help participants develop fundamental movement and sport skills that will enable them to become confident and competent in a wide variety of physical activities in multiple environments. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience. Sports covered on the week of July 18th-22nd include but are not limited to: Wrestling, Badminton and Athletics. Sports covered on the week of July 25th-29th include but are not limited to: Water Polo, Basketball and Athletics.



Olympic Camp



July 4th-8th | Ages 7-9

Online registration code **220701**

July 11th-15th | Ages 7-9

Online registration code **220702**

August 22nd-26th | Ages 7-9

Online registration code **220708**

Members \$160, Non-Members \$180

Throughout this week campers will be participating in a wide variety of Olympic themed sports and activities. We will end the week with a mini-triathlon, where campers will be able to bring their bikes for the best competition of the summer. If you are ready to jump your highest, run your hardest and try your best, then this is the camp for you. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.



Outdoor Rangers Camp

August 2nd-5th | Ages 7-9

Online registration code **220705**

Members \$128, Non-Members \$144



August 29th-September 2nd | Ages 7-9

Online registration code **220709**

Members \$160, Non-Members \$180

Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural environment. If you want to be outside and have a passion for science and the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Field Trips will be included, details to follow closer to camp start date.

Run, Jump, Throw Camp

August 15th-19th | Ages 7-9

Online registration code **220707**

Members \$160, Non-Members \$180



An Athletics Canada program, Run Jump Throw teaches children to move efficiently and helps them build physical activity skills that they will use throughout their lives. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.



Swim Lesson Camp



August 8th-19th | Ages 7-9 (Swimmer Levels 1-9)

Online registration code **220706**

Members \$350, Non-Members \$380

Please note this is a two-week camp.

Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. In addition to daily swimming lessons a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.



Wrestling Camp

July 18th-22nd | Ages 7-9

Online registration code **220703**

Members \$160, Non-Members \$180



Wrestling camp is fun for both boys and girls! This camp will focus on developing agility, balance and coordination while participants are introduced to the basic moves, takedowns, and rules of wrestling in a safe atmosphere. Campers will spend up to two hours each day learning the fundamentals of wrestling. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Karate Camp

July 4th-8th | Ages 7-9

Online registration code **220701**

Members \$160, Non-Members \$180



Our Shotokan Karate camp will facilitate learning and skill development for those wishing to develop the skills required for Karate. Campers will spend up to two hours each day learning the fundamentals of Karate, led by 5th Degree Black Belt Sensei Jeff Murphy. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Beach Blast Camp

August 22nd-26th | Ages 7-9

Online registration code **220708**

Members \$160, Non-Members \$180



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

Diving Camp

July 11th-15th | Ages 7-9

Online registration code **220702**

Members \$160, Non-Members \$180

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



This exciting introductory diving camp is focused on learning basic diving fundamentals and developing the building blocks for any active sport. In a safe and fun environment, one-metre and three-metre springboard diving will be taught with emphasis on body control, posture, and coordination. Dry land training will also include a one-metre spring board. Camps will be divided into groups by skill during pool sessions. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Water Polo Camp

August 8th-12th | Ages 7-9

Online registration code **220706**

Members \$160, Non-Members \$180



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

This is a great camp for improving fitness and building teamwork skills. We have partnered with Water Polo Nova Scotia and have certified "I Love to Water Polo" Coaches. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

■ SUMMER CAMP PROGRAMS – AGES 9-12

Competitive Swim Camp



July 4th-8th | Ages 9-12

Online registration code **220701**

Members \$160, Non-Members \$180

Pre-requisites: Swim 50m unassisted

This camp is designed to help improve swimmers of all skill levels. This camp provides a structured program allowing participants to develop the skills and knowledge necessary to enhance their swimming ability & personal growth in a fun and upbeat environment. Proper stroke technique is emphasized for all four competitive strokes, as well as starts, turns and dives through intense training and mini-races, while incorporating techniques and fun games. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Karate Camp



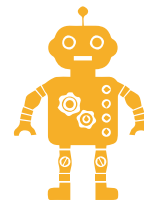
July 11th-15th | Ages 9-12

Online registration code **220702**

Members \$160, Non-Members \$180

Our Shotokan Karate camp will facilitate learning and skill development for those wishing to develop the skills required for Karate. Campers will spend up to two hours each day learning the fundamentals of Karate, led by 5th Degree Black Belt Sensei Jeff Murphy. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Robotics Camp



July 18th-22nd | Ages 9-12

Online registration code **220703**

Members \$180, Non-Members \$200

Build awesome LEGO EV3 robots and program them to do amazing things like maneuvering around a course, launch balls, view people with infrared technology & much more. Participants will enjoy a leisure swim and a variety of active camp games every day.

Lifesaving Rescue Camp



July 25th-29th | Ages 9-12

Online registration code **220704**

Members \$160, Non-Members \$180

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

This camp will introduce participants to all aspects of lifesaving as a sport. Activities include physical events involving a mannequin, obstacles and rescue tubes. You will also learn the basics of water rescue and first aid. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.





Multi-Sport Leaders Camp

August 15th-19th | Ages 9-12
Online registration code **220707**
Members \$160, Non-Members \$180



Our multi-sport camps help participants develop fundamental movement and sport skills that will enable them to become confident and competent in a wide variety of physical activities in multiple environments. We have also partnered with Speed Skating Nova Scotia to offer an on-ice and dry land speed skating training session this week. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience. Sports covered this week include but are not limited to: Diving, Speed Skating and Badminton.

Volleyball Camp

August 8th-12th | Ages 9-12
Online registration code **220706**
Members \$160, Non-Members \$180



Fine tune and learn new volleyball skills in this camp. Campers will spend up to two hours each day learning the fundamentals of volleyball, working through drills and playing games. Children of all skill levels are welcome in our volleyball camp - you only need to be willing to break a sweat to have some fun! In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Art Explosion Camp



August 2nd-5th | Ages 9-12

Online registration code **220705**

Members \$128, Non-Members \$144

The Canada Games Centre will be exploding with creative art! This camp will focus on expanding your creative skills through a wide variety of artistic endeavors. Art projects may include painting, beading, drawing, scrapbooking and much more! Campers will also take part in a leisure swim and a variety of active camp games every day.

Outdoor Rangers Camp



August 22nd-August 26th | Ages 9-12

Online registration code **220708**

Members \$160, Non-Members \$180

Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural environment. If you want to be outside and have a passion for science and the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Field Trips will be included, details to follow closer to camp start date.

Diving Camp



August 29th-September 2nd | Ages 9-12

Online registration code **220709**

Members \$160, Non-Members \$180

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

This exciting introductory diving camp is focused on learning basic diving fundamentals and developing the building blocks for any active sport. In a safe and fun environment, one-metre and three-metre springboard diving will be taught with emphasis on body control, posture and coordination. Dry land training will also include a one-metre spring board. In addition to enjoying a leisure swim and a variety of active camp games every day, participants in this camp will receive a physical literacy progress booklet at the end of the week. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.



■ SUMMER CAMP PROGRAMS - ADDITIONAL OFFERINGS

Early Drop-Off ← NEW WEEKLY ONLY

Available weekly throughout the summer
Ages 5-12 | 7:30am-8:15am
Online registration code **220901** | \$15 per week*

Late Pick-Up ← NEW WEEKLY ONLY

Available weekly throughout the summer
Ages 5-12 | 5:00pm-5:45pm
Online registration code **220902** | \$15 per week*

** If registering one child in both early drop-off and late pick-up, the cost is discounted to \$25 for the week.*

The CGC is happy to provide an early drop-off and late pick-up service for the convenience of participants in our Summer Camps. Parents/guardians must pre-register children for this service; spaces available are very limited, so please register early. Kids will spend the extra time before or after camp doing supervised but non-structured free-play, reading and games.

Counsellor in Training (CIT) Volunteer Program

Are you looking for leadership experience? Do you like working with children? Our camp program is looking for energetic and enthusiastic youth volunteers who are at least 14 years old by May 31st, 2016. This program is designed to give youth a work-like experience where they can learn the ins and outs of what life is like as a camp counsellor. To participate, youth must complete the application form found on our website, successfully complete the interview process, and be able to commit to the following mandatory training sessions: June 15th – 6:00pm to 9:00pm

Please note this is not a camp for youth, it is a volunteer program. There is a specific time commitment and expectation for this program. This is an exciting and popular volunteer opportunity and spaces are limited, therefore not all applicants will be accepted. Please visit our website for more detailed information on this opportunity. Applications are due no later than May 20th, 2016.

Subway Lunches



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

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

KIDS PACKS

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

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

6 INCH MEAL

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

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

SUBWAY LAST DAYS TO ORDER:

Thursday, June 30th - for July 4th camp week

Friday, July 8th - for July 11th camp week

Friday, July 15th - for July 18th camp week

Friday, July 22th - for July 25th camp week

Friday, July 29th - for August 2nd camp week

Friday, August 5th - for August 8th camp week

Friday, August 12th - for August 15th camp week

Friday, August 19th - for August 22nd camp week

Friday, August 26th - for August 29th camp week

Recreation Programs

KARATE



Youth Karate

8 weeks | Begins week of July 4th

Online registration code **220202**

Location: Dance Studio

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 very quickly, so please register early so you are not disappointed!

FUNDAMENTAL SKILLS | Ages 4-5 | Non-belted

Mondays 6:00pm-6:30pm

Members \$48, Non-Members \$55

ALL RANKS | Ages 6-8

Mondays 6:30pm-7:15pm or Tuesdays 6:00pm-6:45pm

Members \$56, Non-Members \$64

ALL RANKS | Ages 9-12

Mondays, 7:15pm-8:15pm or Tuesdays, 6:45pm-7:45pm

Members \$66, Non-Members \$78

YOUTH SPARRING CLASS | All Ranks | Ages 7-12

Wednesdays, 7:00pm-8:00pm

Members \$66, Non-Members \$78

(5% discount in sparring class fees for kids enrolled in additional 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 (approximately \$120 plus tax).



Family Karate

8 weeks | Begins week of July 4th
All Ranks | Children 4-12 & Parents
Tuesdays, 7:45pm-8:45pm or Wednesdays, 6:00pm-7:00pm
Online registration code **220202**
Location: Dance Studio

One parent must participate with the child(ren)

Price for first participant:
Members \$48, Non-Members \$55 (plus tax)
Price for each additional participant:
Members \$12, Non-Members \$14 (plus tax)

Led by Sensei Jeff Murphy for parents and children (4yrs-12yrs), family karate is offered again as a great and fun way to stay active together. New participants are more than welcome and should register for the Beginner Families class. If you have taken Sensei Jeff's class before and are looking for a more advanced class, please register in the Yellow Belts or Higher family section. Additional fees for belt testing and uniforms will be the responsibility of participants.

**Gi's can be purchased through Jeff on the first day if necessary at a cost of approximately \$50-\$65 plus tax (depending on size).*

Adult Karate

8 weeks | Begins week of July 4th
All Ranks | Mondays, 8:15pm-9:15pm
Member: \$66, Non-member: \$76 (plus tax)
Online registration code **220202**
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).*

Adult Sparring Class

8 weeks | Begins week of July 4th
Adults & Ages 13+ | Wednesdays 8:00pm-9:00pm
Members \$66, Non-Members \$76
Online registration code **220202**
Location: Dance Studio

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.



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 AfL

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.

4 weeks | July 6th-July 27th
Wednesdays, 7:30pm-8:30pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **230501**
Location: 2nd Floor Fitness Studio

4 weeks | August 3rd-August 24th
Wednesdays, 7:30pm-8:30pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **230501**
Location: 2nd Floor Fitness Studio



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, weather permitting.*

EARLY MORNING

4 weeks | July 5th-July 28th

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

Members \$64, Non-Members \$80 (plus tax)

Online registration code **230502**

Location: Field House/Outside - Weather Permitting

4 weeks | August 2nd-August 25th

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

Members \$64, Non-Members \$80 (plus tax)

Online registration code **230502**

Location: Field House/Outside - Weather Permitting

EVENING

4 weeks | July 5th-July 28th

Tuesdays & Thursdays, 6:00pm-7:00pm

Members \$64, Non-Members \$80 (plus tax)

Online registration code **230502**

Location: Track Starting Blocks/Outside - Weather Permitting

4 weeks | August 2nd-August 25th

Tuesdays & Thursdays, 6:00pm-7:00 pm

Members \$64, Non-Members \$80 (plus tax)

Online registration code **230502**

Location: Track Starting Blocks/Outside - Weather Permitting



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 and you'll change your body!



6 weeks | July 6th-August 10th

Wednesdays, 6:00pm-7:00pm

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

Online registration code **230503**

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*

4 weeks | July 5th-July 28th

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

Members \$40, Non-Members \$56 (plus tax)

Online registration code **230506**

Location: Track

4 weeks | August 2nd-August 25th

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

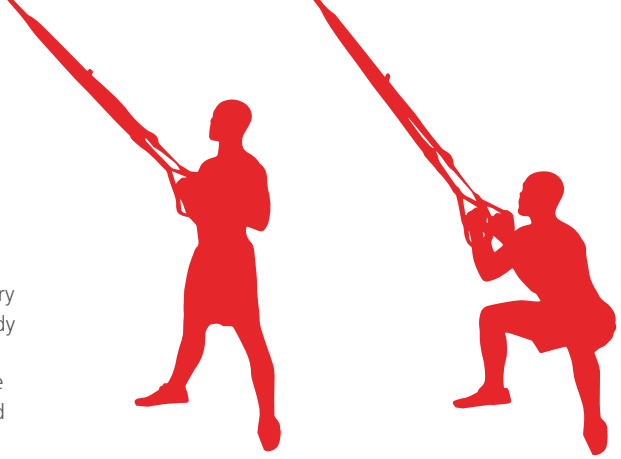
Members \$40, Non-Members \$56 (plus tax)

Online registration code **230506**

Location: Track

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.



4 weeks | July 7th-July 28th
Thursdays, 11:30am-12:15pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **230508**
Location: Track

4 weeks | August 4th-August 25th
Thursdays, 11:30am-12:15pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **230508**
Location: Track

4 weeks | July 7th-July 28th
Thursdays, 7:00pm-7:45pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **230508**
Location: Track

4 weeks | August 4th-August 25th
Thursdays, 7:00pm-7:45pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code: **230508**
Location: Track



■ PRE AND POST NATAL PROGRAMS

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 or pick up a copy provided at the Canada Games Centre Fitness Desk.*

4 weeks | July 7th- July 28th
Thursdays, 6:00pm-7:00pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code 230401
Location: 2nd Floor Fitness Studio

4 weeks | August 4th-August 25th
Thursdays, 6:00pm-7:00pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code 230401
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.*

4 weeks | July 4th-July 27th
Mondays & Wednesdays, 10:30am-11:30am
Members \$64, Non-Members \$80 (plus tax)
Online registration code 230402
Location: Track Starting Blocks

4 weeks | August 3rd-August 24th
Mondays & Wednesdays, 10:30am-11:30am
Members \$56, Non-Members \$70 (plus tax)
Online registration code 230402
Location: Track Starting Blocks

■ MIND BODY PROGRAMS

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.

7 weeks | July 4th-August 22nd
Mondays, 6:00pm-7:00pm
Members \$56, Non-Members \$70 (plus tax)
Online registration code **230304**
Location: 2nd Floor Fitness Studio

**Please note there is no class on August 1st*



■ 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.

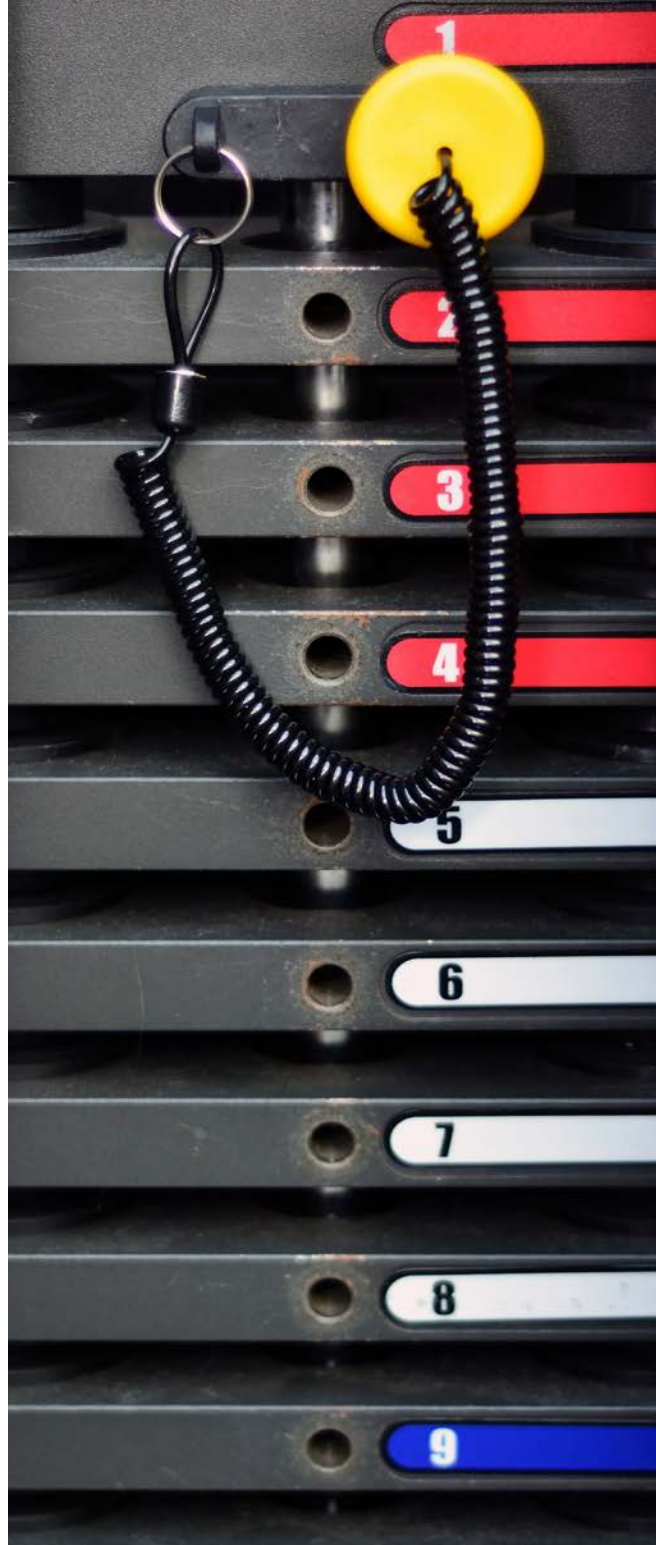
Members \$150.00, Non-Members \$175.00 (plus tax)

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.





Challenge your own fitness commitments and reach your goals with our fitness family....
Malachi, Ashley, Caroline, Mike, Pat or Melanie.

PERSONAL TRAINING PACKAGES	MEMBER*	NON-MEMBER*
Individual Session	\$50	\$60
Packages of 5	\$230	\$280
Packages of 10	\$430	\$530
<i>Larger packages of 11+ also available.</i>	\$40 per session	\$50 per session
SEMI – PRIVATE (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
SMALL GROUP PT 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.

Next, refer to the days, times and sections of a particular class or level (see chart on page 36). 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 2 for online or in-person registration. Registration is ongoing until 1 week prior to class start date. CGC Swim For Life levels and Canadian Lifesaving Swim Patrol (Swimmers 7, 8 & 9) are HST exempt. Applicable taxes will be added to the registration fee for other programs.



Based on the internationally recognized Swim to Survive standard and aligned with the 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 Whisperers instructor training

For further information please refer to the Aquatic Parent Handbook.



■ PARENT & TOT PROGRAMS

PARENT & TOT PROGRAMS

Ages 4 months - 3+ years and caregivers

9 lessons, 35 minutes per lesson

Members \$75 / Non-Members \$99

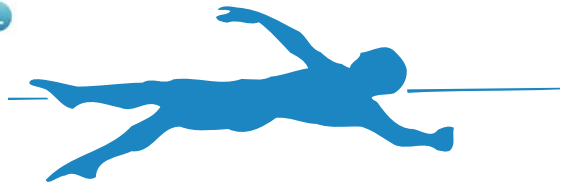
See chart on page 36 for swim lesson days and times.

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 [210111](#)

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



PARENT & TOT 2

18-30 months | Online registration code [210112](#)

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

PARENT & TOT 3

2 ½ - 3 ½ years | Online registration code [210113](#)

Just watch them grow! At 2 1/2-3 1/2 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 36 for swim lesson days and times.

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

PRESCHOOL 1 | Online registration code **210121**

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

PRESCHOOL 2 | Online registration code **210122**

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

PRESCHOOL 3 | Online registration code **210123**

These preschoolers will master their floats, glides, and short swims (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 **210124**

These capable preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and by the end perform 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 **210125**

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



SCHOOL-AGED SWIMMER PROGRAMS

9 lessons | Ages 5+

[See chart on page 36 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 **210131**

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

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

SWIMMER 1 ADVANCED

Online registration code **210137**

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

For swimmers who have completed Preschool 4, Preschool 5, OR who have already participated in Swimmer 1. This will give children the chance to focus on more challenging skills within the Swimmer 1 level.

SWIMMER 2

Online registration code **210132**

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

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

SWIMMER 2 ADVANCED

Online registration code **210130**

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

If your child has taken Swimmer 2 before and did not complete the level, then you should register them in Swimmer 2 Advanced. This will give children the chance to focus on more challenging skills within the Swimmer 2 level.

SWIMMER 3

Online registration code **210133**

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

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





SWIMMER 4

Online registration code [210134](#)

9 lessons, 50 minutes each

Members \$80, Non-Members \$104

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

SWIMMER 5

Online registration code [210135](#)

9 lessons, 50 minutes each

Members \$80, Non-Members \$104

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

SWIMMER 6

Online registration code [210136](#)

9 lessons, 50 minutes each

Members \$80, Non-Members \$104

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

SWIMMER 7 ROOKIE PATROL

Online registration code [210141](#)

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 registration code [210142](#)

9 lessons, 50 minutes each

Members \$80, Non-Members \$104

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

SWIMMER 9 STAR PATROL

Online registration code [210143](#)

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

	SUMMER SESSION 1 JULY 4-8 & 11-14	SUMMER SESSION 2 JULY 18-22 & 25-28	SUMMER SESSION 3 AUGUST 8-12 & 15-18	SUMMER SESSION 4 JUNE 30-JULY 28 TUESDAY & THURSDAY EVENINGS
Parent & Tot 1	8:30am		11:10am	4:00pm
Parent & Tot 2		8:30am		4:40pm
Parent & Tot 3	9:50am		9:50am	5:20pm
Preschool 1	10:30am 11:50am	10:30am 11:50am	10:30am 11:50am	4:00pm 4:40pm 5:20pm
Preschool 2	8:30am 9:50am	8:30am 9:50am	8:30am 9:50am	4:00pm 5:20pm 6:00pm
Preschool 3	8:30am 11:10am	9:50am 11:10am	11:10am	4:40pm 6:00pm
Preschool 4	8:30am 11:10am	8:30am	8:30am	4:40pm 5:20pm
Preschool 5	11:50am	8:30am	11:50am	5:20pm
Swimmer 1	9:50am 10:30am	10:30am 11:10am	8:30am 9:50am 10:30am 11:10am	4:00pm 5:20pm 6:00pm
Swimmer 1 Advanced	10:30am	11:50am	9:50am	4:40pm 6:00pm
Swimmer 2	8:30am 9:50am 11:10am	8:30am 9:50am 11:10am	8:30am 9:50am 11:50am	4:40pm 5:20pm 6:00pm
Swimmer 2 Advanced	11:10am	10:30am	10:30am 11:10am	4:40pm 6:00pm
Swimmer 3	10:30am 11:50am	9:50am 10:30am 11:10am 11:50am	8:30am 10:30am 11:50am	4:00pm 6:00pm
Swimmer 4	8:30am 10:20am	8:30am 10:20am	8:30am 10:20am	4:00pm
Swimmer 5	8:30am 11:15am	8:30am 11:15am	8:30am	4:55pm
Swimmer 6	9:25am	11:15am	10:20am	5:50pm
Swimmer 7 / Rookie	9:25am	9:25am	9:25am	
Swimmer 8 / Ranger	11:15am	9:25am	9:25am	5:50pm
Swimmer 9 / Star	10:20am	10:20am		5:50pm
Teen Group Swim Lessons				LEVEL 1 5:20pm LEVEL 2 4:40pm
Adult Group Swim Lessons	LEVEL 1 11:50am	LEVEL 2 11:50am	LEVEL 3 11:15am	

TEEN GROUP SWIM LESSONS



Are you between the ages of 11-15 years and have never taken swim lessons, would like to build your confidence in the water, or simply prepare for that family trip away at the beach. It's never too late to learn

Teen Level 1

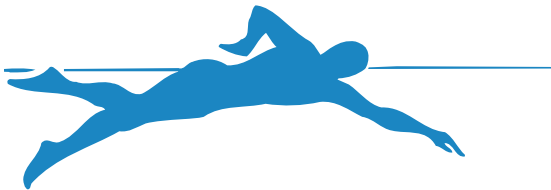
9 Lessons | Begins June 30th | Ages 11-15yrs
Tuesday & Thursdays 5:20pm-5:55pm
Members \$80, Non-Members \$104 (plus tax)
Online Registration code [210161](#)

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

Teen Level 2

9 Lessons | Begins June 30th | Ages 11-15yrs
Tuesday & Thursdays, 4:40pm-5:15pm
Members \$80, Non-Members \$104 (plus tax)
Online Registration code [210162](#)

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



ADULT GROUP SWIM LESSONS



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

Adult Level 1

9 Lessons | July 4th-8th & 11th-14th | Ages 16+
Monday-Friday & Monday-Thursday, 11:50am-12:25pm
Members \$80, Non-Members \$104 (plus tax)
Online registration code [210164](#)

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

Adult Level 2

9 Lessons | July 18th-22nd & July 25th-28th | Ages 16+
Monday-Friday & Monday-Thursday, 11:50am-12:25pm
Members \$80, Non-Members \$104 (plus tax)
Online registration code [210165](#)

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

Adult Level 3

9 Lessons | August 8th-12th & 15th-18th | Ages 16+
Monday-Friday & Monday-Thursday, 11:15am-11:50am
Members \$80, Non-Members \$104 (plus tax)
Online registration code [210166](#)

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

PRIVATE & SEMI-PRIVATE SWIM LESSONS

9 Private Lessons | 35mins
 Online registration code **210151**
 Members \$155, Non-members \$185

9 Semi-Private Lessons | 35mins
 Online registration code **210152**
 Members \$255, Non-members \$315

Available for anyone ages 3+ at set times for any swim levels offered at the Canada Games Centre. Prescheduled private and semi-private lessons have the same start and end dates as the regular swimming lessons. Spaces are limited per time slot and are sold in nine 35-minute increments.

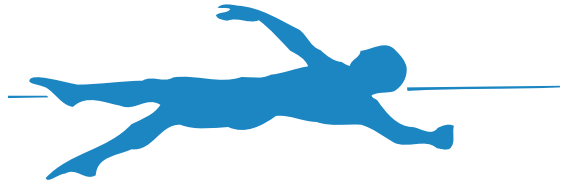
Please Note: Private and semi-private lessons are available for registration on our website once registration opens. Semi-private fees listed are for 2 people, as we are only able to take one payment any cost splitting must be coordinated outside of our registration system.

Advanced Private lessons

Single Course \$250
 Combine Course or Semi-Private Lesson \$400

You can also register for Private Lessons for Bronze Medallion, Bronze Cross, and Distinction. Fees include instruction, books, and exam fees.

To arrange for this type of private lesson, please contact the Aquatics Program Supervisor at **902.490.2913** or obriend@canadagamescentre.ca.



	SUMMER SESSION 1 JULY 4-8 & 11-14	SUMMER SESSION 2 JULY 18-22 & 25-28	SUMMER SESSION 3 AUG 8-12 & 15-18	SUMMER SESSION 4 JUNE 30- JULY 28 TUESDAY & THURSDAY EVENINGS
Private / Semi Private (35 Mins)	9:00am 9:40am 10:20am 11:00am 11:40am	9:00am 9:40am 10:20am 11:00am 11:40am	9:00am 9:40am 10:20am 11:00am 11:40am	4:10pm 4:50pm 5:30pm 6:10pm



LEADERSHIP PROGRAMS



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

Online registration code [210171](#)

Members \$80, Non-Members \$104

Prerequisite: None (Swim Patrol experience is recommended).

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

Bronze Medallion

9 lessons, 2 hours per class

Online registration code [210172](#)

Members \$120 / Non-Members \$130

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

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

Bronze Cross & Assistant Instructor

9 lessons, 3 hours per class

Members \$135, Non-Members \$145

Online registration code [210173](#)

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

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

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

	CRASH COURSE
BRONZE STAR	AUGUST 8-12 & 15-18 11:15am-12:15pm
BRONZE MEDALLION	JULY 4-8 & 11-15 10:00am-12:00pm
BRONZE CROSS & ASSISTANT INSTRUCTOR	JULY 18-22 & 25-29 9:50am-12:50pm



National Lifeguard Service & Standard First Aid

50 hours, 1 week Crash Course
 Members \$265, Non-Members \$280

Prerequisite: Minimum 16 years of age, Bronze Cross certification (need not be current)
 Online registration code [210174](#)

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

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

Swim For Life Instructor & Lifesaving Instructor

40 hours (plus practice teaching)
 Online registration code [210175](#)
 Members \$220 / Non-Members \$240
 Combined Swim For Life & Lifesaving Instructor

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

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

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

CRASH COURSE	
NATIONAL LIFEGUARD SERVICE & STANDARD FIRST AID	JULY 8-10, 15-17 & 22-24 Fri 5:00pm-9:00pm Sat & Sun 9:00am-6:00pm
	AUGUST 2-6 Tues-Sat 9:00am-5:00pm
SWIM FOR LIFE INSTRUCTOR & LIFESAVING INSTRUCTOR	

CGC SUMMER SWIM TEAM



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

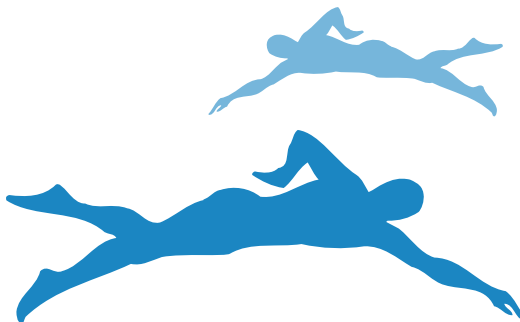
2nd child: Member \$210, Non-Member \$245

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

4th child: Free

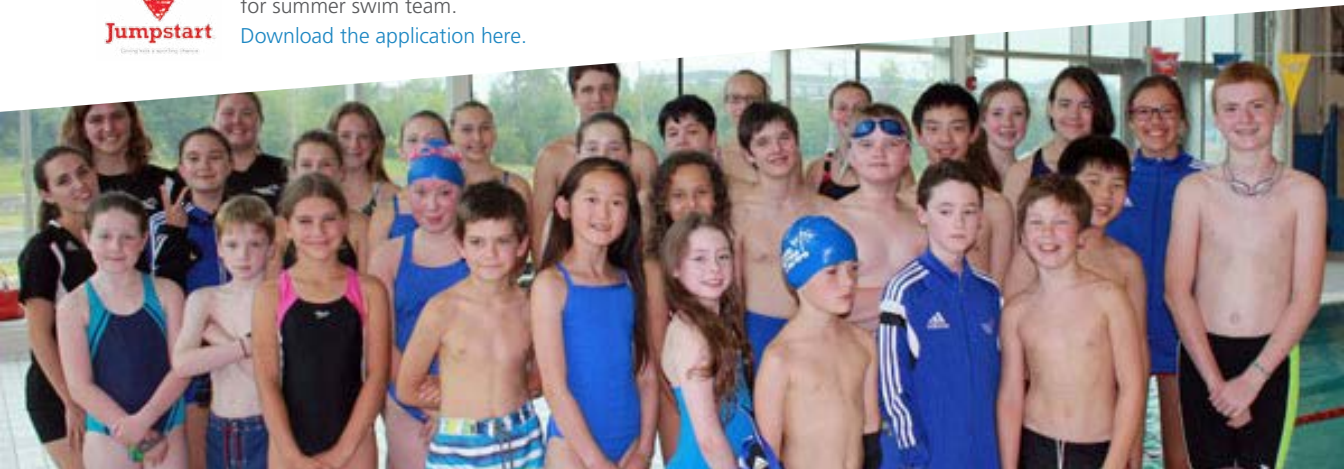
Included in swim team fees are registration to Swim Nova Scotia and optional competitions each weekend against other teams within HRM area (excluding Provincials). There are no fundraising commitments.

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



Jumpstart funding will be available for summer swim team.

[Download the application here.](#)



CGC JR. LIFESAVING CLUB



18 Lessons | Begins June 27th
Ages 7-14 | June 27th-August 24th
Mondays & Wednesdays, 5:00pm-6:00pm
Members \$120, Non-Members \$145
Online registration code [210170](#)
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 summer season, CGC Jr. Lifesaving Club members may have the opportunity to train for and participate in the Nova Scotia Jr Lifeguard Championship at **Rissers Beach, Saturday, August 6!**

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



Aquafit & Hydorider Classes

We offer a great selection of drop-in Aquafit and Hydorider 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.





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

RENTALS & EVENTS

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

All room rentals include the following complimentary services:

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

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



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

SUMMER 2016

Camps and Programs

It happens here.



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Halifax, Nova Scotia
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canadagamescentre.ca