

SONS PRENATAL FITNESS
POWER LIFTING KARATE
TENNIS
DIVING
YOGA
JUMP THROW
KETTLEBELL
FITNESS
PIILATES
TINY TUMBLERS
PLAY SCHOOL
VIPR
BADMINTON
TRX
BRONZE
STAR
WRESTLING
FAMILY GOLF
DANCE
JR. LIFESAVING
WATER POLO
EXCELLENCE
MASTERS SWIM
GYMNASTICS
SWIM LESSONS
SWIM
TEAM
WALKING
SOCCER
CIRCUIT
STROLLER
TOGETHER WE INSPIRE
HEALTHY ACTIVE LIVING
IT HAPPENS HERE
MULTI-SPORT COMMUNITY
COMMUNICATION

FALL 2016 PROGRAMS & SERVICES

It happens here.



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CONNECT



[Facebook.com/CGCHalifax](https://www.facebook.com/CGCHalifax)

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



[@CdaGamesCentre](https://twitter.com/CdaGamesCentre)

Follow us for all the latest announcements



E-newsletter Subscribe:

<http://bit.ly/cgcnews>

■ HOW TO REGISTER

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

Online registration is now available on mobile and tablet devices.

■ REGISTER ONLINE

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

<https://www.hfxcgwebtraconlinereg.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-7:00pm

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

REGISTRATION DATES

MEMBERS:

Online: **August 8th**, beginning at 8:00am

In-person: **August 11th**, beginning at 8:00am

NON-MEMBERS:

Online: **August 15th**, beginning at 8:00am

In-person: **August 22nd**, beginning at 8:00am

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 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

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
- Golf
- Adult Fitness Programs
- Nordic Pole Walking
- Swimming Lessons
- Aquatics Leadership Programs
- I Love Water Polo
- Masters Swim Club

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

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

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 continue to offer fee assistance for access to the CGC thanks to the Facility Access grants made possible through the Nova Scotia Department of Community, Culture & Heritage. 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) Program Fee Assistance for Adults & Seniors

Fee assistance is available for adults and seniors in our registered programs.

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 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

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 – Sep 30th | Oct 28th | Nov 14th | Dec 1st
CSAP PD Days – Oct 28th | Nov 4th | Nov 25th
Grade P – 6 | 8:30am-5:00pm
Members \$30, Non-Members \$35
(Price is per child per day)
Online registration code **321003**

Full Time Registrants in our After School Program:
Members \$20 | Non-Members \$25
(Price is per child per day)

We host an assortment of one-day camps that will surely keep the kids talking! Kids participate in a variety of indoor and outdoor activities such as sports, arts & crafts, and swimming. Camps are held on HRSB Bus Cluster 1 and CSAP PD days as noted above. Camp registration is ongoing and offered for children currently enrolled in Grades P - 6. There is a 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 dates draws nearer.

■ HOLIDAY CAMPS

December 22nd, 23rd, 28th, 29th & 30th
Members \$30, Non-Members \$35
(Price is per child per day)
Online registration code **321003**

The Canada Games Centre hosts day camps around the December holiday season. Camps run on the dates noted above. Kids participate in a variety of indoor and outdoor activities such as sports, arts & crafts, and swimming. All camps are single days to allow flexibility around your holiday fun and shopping schedules. The spaces are very limited, so register early.



■ 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.

Primary Prep.

9 weeks | Begins September 26th

Mondays, 9:00am-11:30am

Members \$69, Non-Members \$78

Online registration code [320110](#)

Location: Activity Room

**Please note there are no sessions on Monday, October 10th.*

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 2017. Each week will focus on a different theme and have structured learning activities to help your little ones prepare for their next big milestone.

Fun with French

10 weeks | Begins September 28th

Wednesdays, 9:00am-11:30am

Members \$76, Non-Members \$86

Online registration code [320101](#)

Location: Activity Room

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





Play School Swim Lessons



10 weeks | Begins September 29th
Thursdays, 9:00am-11:30am
Members \$117, Non-Members \$135
Online registration code [320111](#)
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 participates in a full swim lesson delivered by certified instructors and receives a 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.

Tiny Tumblers



10 weeks | Begins September 27th
Tuesdays, 9:00am-11:30am
Members \$76, Non-Members \$86
Online registration code [320107](#)
Location: Activity Room

9 weeks | Begins September 30th
Fridays, 9:00am-11:30am
Members \$69, Non-Members \$78
Online registration code [320107](#)
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.

**Please note there are no sessions on Friday, November 11th.*



■ SPORTS PROGRAMS



Badminton



10 weeks | Begins September 29th
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 **320211**
Location: Field House

10 weeks | Begins September 29th
Age 9 – 16 | Intermediate Level**
Thursdays, 6:30pm-7:30pm
Members \$70, Non-Members \$80
Online registration code **320211**
Location: Field House

***The Intermediate Level is for ages 9-16 who have taken our Intro Level. Please note that participants may be moved to the Intro Level based on their ability.*

We're continuing our partnership with Badminton Nova Scotia for this child/youth program. Participants will learn to love this fast and exciting sport in a fun and safe setting with certified and accomplished instructors. This program teaches the basics of badminton including a focus on the rules and grips, as well as the fundamental movement skills required for lifelong enjoyment.





Tennis



8 weeks | Begins September 27th
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 [320205](#)
Location: Field House

Learn the basics and develop a love for the game with some of Halifax's best coaches. For optimal instruction, all classes 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 note that Intermediate participants may be moved to Beginner to Novice based on their ability.*

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

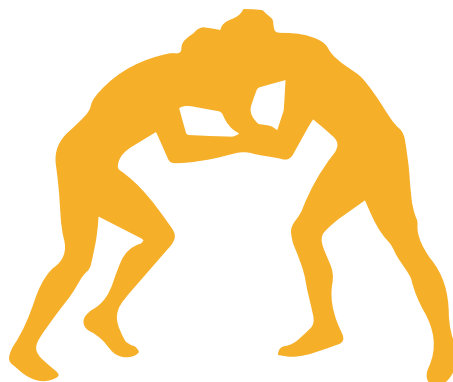
9 weeks | Begins week of September 26th
Age 5-8 | Mondays, 5:00pm-5:45pm
Members \$60, Non-Members \$70
12 weeks | Begins week of September 26th
Age 9-12 | Thursdays, 5:45pm-6:30pm
Members \$80, Non-members \$93
Online registration code [320207](#)
Location: Field House

**Please note there are no sessions on Monday, October 10th and Monday, October 31st*

SILVER/GOLD LEVEL

9 weeks | Begins week of September 26th
Age 5-8 | Thursdays, 5:00pm-5:45pm
Members \$60, Non-members \$70
11 weeks | Begins week of September 26th
Age 9-12 | Mondays, 5:45pm-6:30pm
Members \$73, Non-members \$86
Online registration code [320207](#)
Location: Field House

**Please note there are no sessions on Monday, October 10th and Monday, October 31st*



Tumblebugs Gymnastics

10 weeks | Begins September 29th
Ages 3½-4 | Thursdays, 5:00pm-5:45pm
Members \$60, Non-Members \$70
Online registration code **320210**
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 September 26th
Level 1 | Ages 5-7 | Mondays 5:00pm-5:30pm
Level 2 | Ages 8-12 | Mondays 5:30pm-6:00pm
Members \$60, Non-Members \$70
Online registration code **320210**
Location: Field House

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!

**Please note there are no sessions on Monday, October 10th and Monday, October 31st*



Advanced Rhythmic Gymnastics Performance Team ← NEW

8 weeks | Begins September 26th
Ages 8-16 | Mondays and Wednesdays 6:00pm-7:15pm
Members \$100, Non-Members \$112
Online registration code **320210**
Location: Field House

Rhythmic gymnastics is a sport that is known worldwide for its artistry and beautiful demonstrations. This group is open to all gymnasts with a strong background in dance, gymnastics, and rhythmic gymnastics. Gymnasts will review and acquire more complex jumps, leaps, pivots, balances and flexibility movements. More use of the apparatus with routine based classes with is focused on during the season. The goal of this team is to learn routines, understand music and movement, and perfect performance skills. The gymnasts may have the opportunity to perform at a CGC event. 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, demonstrating, and teaching the sport. Gymnasts are required to wear a gymnastics leotard and bare feet to all classes.

**Please note there are no sessions on Monday, October 10th and Monday, October 31st*



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 are required to pay the \$15 Karate Nova Scotia annual fee.*

12 weeks | Begins week of September 19th
Online registration code [320202](#)
Location: Dance Studio

FUNDAMENTAL SKILLS | Ages 4–5 | Non-belted
Mondays 9:30am-10:00am or 6:00pm-6:30pm
Wednesday 5:45pm-6:15pm
Members \$72, Non-Members \$83
(\$5 discount for kids enrolled in both Fundamental Skill classes).

**Please note there are no sessions on Monday, October 10th and Monday, October 31st*

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

**Please note there are no sessions on Monday, October 10th and Monday, October 31st*

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 on Monday, October 10th and Monday, October 31st*

Family Karate

Led by Sensei Jeff Murphy for parents and children (6yrs-12yrs), family karate is offered again as a great and fun way to stay active together. New participants are more than welcome and should register for the Beginner Families class. If you have taken Sensei Jeff's class before and are looking for a more advanced class, please register in the Yellow Belts or Higher family section. Additional fees for belt testing and uniforms will be the responsibility of participants.

**Please note all participants are required to pay the \$15 Karate Nova Scotia annual fee. 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 September 19th
Online registration code [320202](#)
Location: Dance Studio

WHITE TO ORANGE BELT | Thursdays 6:00pm-7:00pm
GREEN BELT AND UP | Wednesdays 7:00pm-8:00pm
Children 6-12 & 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 on Monday, October 10th or Monday October 31st*



Adult Karate

12 weeks | Begins week of September 19th
Adult & Ages 13+

WHITE TO ORANGE BELT | Tuesdays, 7:30pm-8:30pm
GREEN BELT AND UP | Mondays, 8:15pm-9:15pm
BROWN & BLACK BELT | Wednesdays 8:00pm-9:00pm
Members \$98, Non-members \$114 (plus tax)
Online registration code **320202**
Location: Dance Studio

Instructor Sensei Jeff Murphy is offering both a basic movement and sparring focused class. The Adult Basics Class is for adults where basic karate movements are 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 are the responsibility of the participant.

**Gi is approximately \$50-\$65 plus tax (depending on size).
Please note there are no sessions on Monday, October 10th
and Monday, October 31st*

Youth Sparring Class

12 weeks | Begins week of September 19th
Ages 7 – 12 | Thursdays, 7:00pm-8:00pm
Members \$98, Non-Members \$114 (plus tax)
Online registration code **320202**
Location: Dance Studio
*(\$10 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 on Monday, October 10th
and Monday, October 31st*

Adult Sparring Class

12 weeks | Begins the week of September 19th
Adult & Ages 13+ | Thursdays, 8:00pm-9:00pm
Members \$98, Non-Members \$114 (plus tax)
Online registration code **320202**
Location: Dance Studio
*(\$20 discount in sparring class fees for adults who take
both adult classes).*

For Yellow belt or higher. Purchase of safety equipment not included in fees.

**Please note there are no sessions on Monday, October 10th
and Monday, October 31st*

Senior Karate

12 weeks | Begins week of September 19th
ALL RANKS | 60+ | Mondays, 10:00am-11:00am
Members \$98, Non-members \$114 (plus tax)
Online registration code **320202**
Location: Dance Studio

Instructor Sensei Jeff Murphy is offering both a basic movement and sparring focused class. The Senior Basics Class is for seniors where basic karate movements are reviewed. Additional fees for belting and Gi are the responsibility of the participant.

**Gi is approximately \$50-\$65 plus tax (depending on size).
Please note there are no sessions on Monday, October 10th
and Monday, October 31st*

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.



Taekwon-Do

8 weeks | Begins September 24th
Ages 5-7 | Saturdays, 12:30pm-1:15pm
Ages 8-13 | Saturdays, 1:15pm-2:00pm
Members \$60, Non-Members \$70
Online registration code **320201**
Location: Dance Studio

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

**Please note there is no session on Saturday, October 8th.*

Run, Jump, Throw



8 weeks | Begins September 24th
Ages 7-11 | Saturdays, 12:45pm-1:45pm
Members \$60, Non-Members \$70
Online registration code **320207**
Location: Track

An Athletics Canada program, Run Jump Throw assists youth 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.

**Please note there is no session on Saturday, October 8th.*

WALKING SOCCER ← NEW



16 weeks | Begins September 7th
Ages 55+ Wednesdays, 10:00am-11:00am
Members: Free, Non-Members: Free
Online registration code **320303**
Location: BMO Soccer Centre

Held at BMO Soccer Centre, the Capital Inter-District Soccer League will be offering a season of walking soccer, directed primarily at seniors and persons recovering from cardiac trauma or other ailments. The program will include an hour of field time for seniors to play some fun low competition soccer games coordinated by a Certified Recreation Therapy Specialist (CRTS). The program will run once a week over 16 weeks starting in September and ending in December. Over the 16 weeks, the first week will be an open house day; some weeks will include an educational session for seniors to discuss and promote positive aging, one family day, and a fun season finale to end it off.

Please contact walkingsoccernovascotia@gmail.com or call **(902) 455-4787** for questions.



■ 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

November 19th & 20th

Saturday & Sunday, 1:30pm-3:30pm

Parents and Children (ages 7+), one parent/guardian must participate with the child(ren)

Price for first participant:

Members \$55, Non-Members \$65 (plus tax)

Price for each additional participant:

Members \$24.75, Non-Members \$29.25 (plus tax)

Online registration code **320208**

Location: Field House

Adult Golf

2 Day Classes

November 19th & 20th

Saturday & Sunday, 3:30pm-5:30pm

Members \$60, Non-Members \$70 (plus tax)

Online registration code **320208**

Location: Field House



Explorers: Multi-Sport

9 weeks | Begins September 26th

Ages 3-5 | Mondays, 5:00pm-5:45pm

Ages 6-9 | Mondays, 5:45pm-6:30pm

Members \$60, Non-Members \$70

Online registration code **320207**

Location: Field House

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.

**Please note there are no sessions on Monday, October 10th and Monday, October 31st*

Adventurers: Multi-Sport

9 weeks | Begins September 26th

Ages 6 – 9 | Mondays, 6:30pm-7:15pm

Members \$60, Non-Members \$70

Online registration code **320207**

Location: Field House

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.

**Please note there are no sessions on Monday, October 10th and Monday, October 31st*

■ 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, October 8th.*

Creative Movement 1

10 weeks | Begins September 24th
Ages 3-4 | Saturdays, 10:00am-10:30am
Members \$75, Non-Members \$85
Online registration code **320401**
Location: Dance Studio

Creative Movement 2

10 weeks | Begins September 24th
Ages 4-5 | Saturdays, 10:35am-11:05am
Members \$75, Non-Members \$85
Online registration code **320401**
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 September 24th
Ages 5-6 | Saturdays, 11:10am-11:50pm
Members \$105, Non-Members \$114
Online registration code **320401**
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.



■ CREATIVE ARTS



Watercolours - All Skill Levels

5 weeks | Begins September 19th | Ages 18+
Mondays, 1:15pm-4:15pm | Mondays, 5:45pm-8:45pm
Members \$125, Non-Members \$140 (plus tax)
Online registration code **320302**
Location: Classroom

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.



■ OUTDOOR RANGERS



8 weeks | Begins September 28th
Ages 6-9 | Wednesdays, 5:30pm-6:15pm
Members \$60, Non-Members \$70
Online registration code **320303**
Location: Arts & Craft Room

Join us for outdoor adventures! This program 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. Each week we will focus on a different topic such as wildlife, gardening, ecosystems, geocaching, recycling and more. Be prepared to join the fun!

■ COMMUNITY YOUTH LEADERSHIP PROGRAM



10 weeks | Begins September 29th
Ages 12-15 | Thursdays, 5:30pm-6:30pm
Members \$130, Non-Members \$140
Online registration code **320303**
Location: Classroom

Our Community 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 Community Youth Leadership programs help you develop your leadership potential and provide you with opportunities to learn grow and make you a more confident leader.

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



POUND® ← NEW

6 Weeks | September 23rd-October 28th
Fridays, 9:00am-9:40am
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330517**
Location: 2nd Floor Fitness Studio

6 Weeks | November 4th- December 16th
Fridays, 9:00am-9:40am
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330517**
Location: 2nd Floor Fitness Studio

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements. Designed for all fitness levels, ages and abilities, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! **Space is limited*

**Please note there will be no class on Friday, November 11th.*



Early Morning Boot Camp

Get pushed to your limit! Join us for a challenging workout two mornings a week with endurance, interval, and strength training workouts. Whatever your goals, this program is designed to help you reach them. A great program for those who want an invigorating workout to get their day started.

6 weeks, 12 classes | September 20th-October 27th

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

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

Online registration code 330502

Location: Field House & Track

6 weeks, 12 classes | November 8th-December 15th

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

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

Online registration code 330502

Location: Field House & Track

**Please meet at the Fitness Centre Desk on the first class of the session.*

Burlesque Dance ← NEW

Have you always wanted to be able to dance and feel confident in your body? Here's your chance to let your hair down! Come spice up your Friday nights with Burlesque Dance. This class incorporates cardio fitness along with burlesque dance choreography that will bring out your inner diva. So much fun you won't realize it's exercise. Heels are encouraged.

6 Weeks | September 16th-October 21st

Fridays, 6:30pm-7:30pm

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

Online registration code 330513

Location: 2nd Floor Fitness Studio

6 Weeks | October 28th-December 9th

Fridays, 6:30pm-7:30pm

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

Online registration code 330513

Location: 2nd Floor Fitness Studio

**Please note there will be no class on Friday, November 11th.*

Intro to Olympic Lifting

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. This program will be taught by a Canadian Nationally Qualified Powerlifter.
Class will be held to a maximum of six people.

4 weeks | September 11th-October 2nd

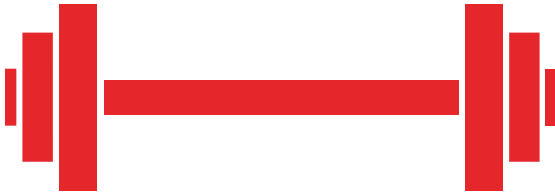
Sundays, 10:30am-11:30am

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

Online registration code 330511

Location: Sports Performance Room-Fitness Centre





Intro to Power Lifting ← NEW

Want to learn how to squat, bench press, deadlift, military press and row correctly? This program is taught by a Canadian Nationally Qualified Powerlifter to ensure you learn the proper technique and safety of Power Lifting. Participants will learn how to properly execute the movements to increase strength and power. *Class will be held to a maximum of six people.*

6 weeks | October 16th-November 20th
Sundays, 10:30am-11:30am
Members \$72, Non-Members \$90 (plus tax)
Online registration code **330512**
Location: Sports Performance Room-Fitness Centre

Kettlebell Basics

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

6 weeks | September 28th-November 2nd
Wednesdays, 6:15pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330503**
Location: Track Starting Blocks

6 weeks | November 9th-December 14th
Wednesdays, 6:15pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330503**
Location: Track Starting Blocks

K2 - Kettlebell Circuit ← NEW

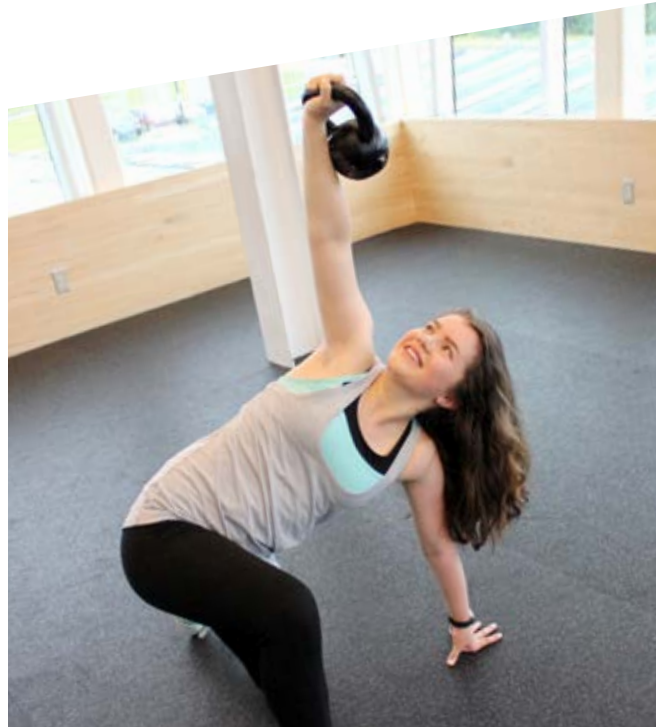


Ready to swing to the next level? Kettlebell movements will be combined with intervals or resistance exercises to give your entire body the workout it deserves. This program will progress weekly and is taught by a certified Agatsu Kettlebell Instructor. This class will have you swinging as you continue to burn calories well after you leave the gym! Must have prior kettlebell experience or attended Kettlebell Basics to attend this class.

5 weeks | September 26th-October 31st
Mondays, 6:00pm-6:45pm
Members \$40, Non-Members \$50 (plus tax)
Online registration code **330503**
Location: Track Starting Blocks

**Please note there are no sessions on Monday, October 10th*

6 weeks | November 7th-December 12th
Mondays, 6:00pm-6:45pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330503**
Location: Track Starting Blocks



Lifting 101 - Women's Only ← NEW

Does the gym confuse you or make you feel intimidated? See lots of exercise options but aren't sure of the technique or how to implement them? This WOMEN'S ONLY program led by a female Personal Trainer will walk you through the basic strength exercises during our female only hour to ensure you feel confident and comfortable while working out.

4 weeks | November 6th-November 27th

Sundays, 7:00pm-8:00pm

Members \$32, Non-Members \$40 (plus tax)

Online registration code 330514

Location: Sports Performance Room-Fitness Centre

Smart Start Basic Bike ← NEW

New to spin? Join us for this introduction to indoor cycling. This program will begin at a nice and easy pace and the fitness level will gradually progress. It is 30 minutes of cycling, followed by 15 minutes of core exercises that will target the muscles of the abdominals and lower back needed for spin. No spin experience is necessary in this class. A great start to your cycling experience!

6 weeks | September 27th-November 1st

Tuesdays, 6:15pm-7:00pm

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

Online registration code 330515

Location: Track



Toughen Up ← NEW TIME

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, 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, 23 classes | September 12th-November 30th

Mondays & Wednesdays, 6:30pm-7:30pm

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

Online registration code 330504

Location: Sport Performance Room-Fitness Centre

**Please note there are no sessions on Monday, October 10th and Monday, October 31st*



TRX Training Basic 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.

SEPTEMBER SESSIONS

6 weeks | September 27th-November 1st **← NEW**

Tuesdays, 7:00pm-7:45pm

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

Online registration code **330508**

Location: Track

6 weeks | September 29th-November 3rd

Thursdays, 11:30am-12:15pm

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

Online registration code **330508**

Location: Track

6 weeks | September 29th-November 3rd

Thursdays, 7:00pm-7:45pm

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

Online registration code **330508**

Location: Track

NOVEMBER SESSIONS

6 weeks | November 8th-December 13th **← NEW**

Tuesdays, 7:00pm-7:45pm

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

Online registration code **330508**

Location: Track

6 weeks | November 10th-December 15th

Thursdays, 11:30am-12:15pm

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

Online registration code **330508**

Location: Track

6 weeks | November 10th-December 15th

Thursdays, 7:00pm-7:45pm

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

Online registration code **330508**

Location: Track



TRX Strong ← NEW

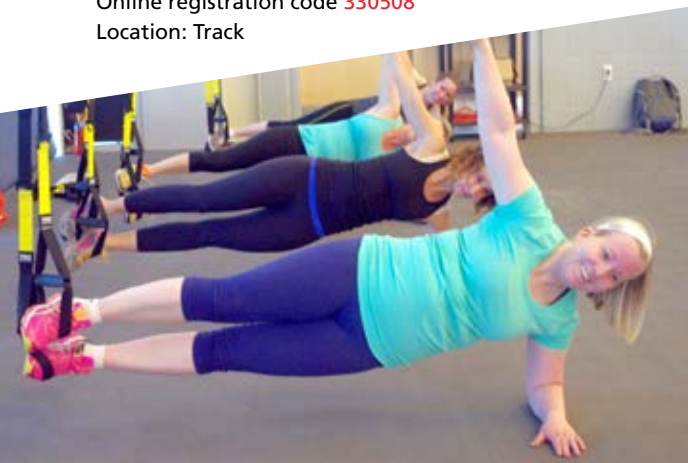
TRX Strong will push your basic training to new heights. This TRX intermediate class delivers a challenging, effective total-body workout. We'll keep you moving the entire time so you can get your cardio on while building strength and core stabilization. No matter if you're a high level athlete or a week-end warrior, TRX Strong will help improve your game and quality of life. *Must have previous experience with TRX Suspension Trainer or attended TRX Training Basic Camp to attend this course.*

6 weeks | September 27th-November 1st
Tuesdays, 12:30pm-1:15pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330508**
Location: Track

6 weeks | September 27th-November 1st
Tuesdays, 6:00pm-6:45pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330508**
Location: Track

6 weeks | November 8th-December 13th
Tuesdays, 12:30pm-1:15pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330508**
Location: Track

6 weeks | November 8th-December 13th
Tuesdays, 6:00pm-6:45pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330508**
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 condition-Loaded Movement Training. Once you pick up ViPR™ you'll be convinced to foster purposeful and functional movement.

6 weeks | September 28th-November 2nd
Wednesdays, 12:30pm-1:15pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330509**
Location: Track Starting Blocks

6 weeks | September 29th-November 3rd
Thursdays, 6:00pm-6:45pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330509**
Location: Track Starting Blocks



■ 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 brand new to yoga or a long-time practitioner, 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.*

6 weeks | September 14th-October 19th
Wednesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330401**
Location: 2nd Floor Fitness Studio

6 weeks | October 26th-November 30th
Wednesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330401**
Location: 2nd Floor Fitness Studio

Prenatal Fit Camp

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

6 weeks | September 12th-October 24th
Mondays, 6:00pm-6:45pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330404**
Location: 2nd Floor Fitness Studio

**Please note there is no class on Monday, October 10th.*

6 weeks | November 7th-December 12th
Mondays, 6:00pm-6:45pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330404**
Location: 2nd Floor Fitness Studio



Parent & Baby Aquafit

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 | September 13th- October 18th
Tuesdays, 9:00am-9:45am
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330403**
Location: Leisure Pool

6 weeks | October 25th-November 29th
Tuesdays, 9:00am-9:45am
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330403**
Location: Leisure Pool



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, 11 classes | September 26th-November 2nd
Mondays & Wednesdays, 10:30am-11:30am
Members \$88, Non-Members \$110 (plus tax)
Online registration code **330402**
Location: Track Starting Blocks

**Please note there is no class on Monday, October 10th.*

6 weeks, 12 classes | November 7th-December 14th
Mondays & Wednesdays, 10:30am-11:30am
Members \$96, Non-Members \$120 (plus tax)
Online registration code **330402**
Location: Track Starting Blocks



■ MIND BODY PROGRAMS

Introduction 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 and balance, and even improving your cardiovascular fitness.

8 weeks | September 13th-November 1st
Tuesdays, 6:00pm-7:00pm
Members \$64, Non-members \$80 (plus tax)
Online registration code **330301**
Location: 2nd Floor Fitness Studio

Intermediate Yoga ← NEW

A gently paced fluid yoga class that will help open the hips, strengthen the core, and improve posture and ease through the spine. This class uses the breath to guide the body through yoga postures linked together so that the transitions between postures are equally an opportunity to cultivate strength, grace, and relaxation as are the actual postures themselves.

**Previous yoga experience required or have attended Introduction to Yoga to attend this class.*

8 weeks | September 14th-November 2nd
Wednesdays, 7:15pm-8:15pm
Members \$64, Non-members \$80 (plus tax)
Online registration code **330305**
Location: 2nd Floor Fitness Studio



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

6 weeks | September 15th-October 20th
Thursdays, 1:00pm-2:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330303**
Location: 2nd Floor Fitness Studio

6 weeks | October 27th-December 1st
Thursdays, 1:00pm-2:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330303**
Location: 2nd Floor Fitness Studio

Postures & Alignment Yoga ← NEW

This practice will breakdown all of the familiar basic yoga poses with attention to the foundation of the pose; the alignment of the body in the pose; and the action in the pose. Learning how the breath facilitates the pose, the focus of this class will be preventing injuries while practicing yoga. With the knowledge gained while attending these workshop style classes, you will be prepared to join other classes with ease and confidence.

6 weeks | November 3rd-December 8th
Thursdays, 10:30am-11:30am
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330306**
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.

12 weeks | September 15th-December 1st

Thursdays, 6:00pm-7:00pm

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

Online registration code **330304**

Location: 2nd Floor Fitness Studio

Pilates Sculpt ← NEW

Take your Pilates training to the next level by increasing the intensity and control of the exercises with a heightened emphasis on the breath and postural mindfulness. Through the detailed Pilates' cuing, you will improve your muscular engagement, stabilization, and support. This course is led by a certified Stott Pilates Instructor. Previous Pilates experience is required.

11 weeks | September 12th-December 5th

Mondays, 7:00pm-8:00pm

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

Online registration code **330307**

Location: 2nd Floor Fitness Studio

**Please note there is no class on Monday, October 10th and Monday, October 31st.*



■ ADULT WORKSHOPS

**Registration is required for all Adult Workshops as space is limited.*

Kettlebell Workshop

Kettlebell is a highly effective workout. Learn basic exercises, the correct and safe way, to increase coordination, joint mobility and overall endurance. All fitness levels are welcome and no previous kettlebell experience is necessary. Workshop will be taught by a certified Agatsu Kettlebell instructor.

Saturday, September 24th | 11:15am-12:15pm

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

Online registration code **330201**

Location: 2nd Floor Fitness Studio

Roll and Release Workshop

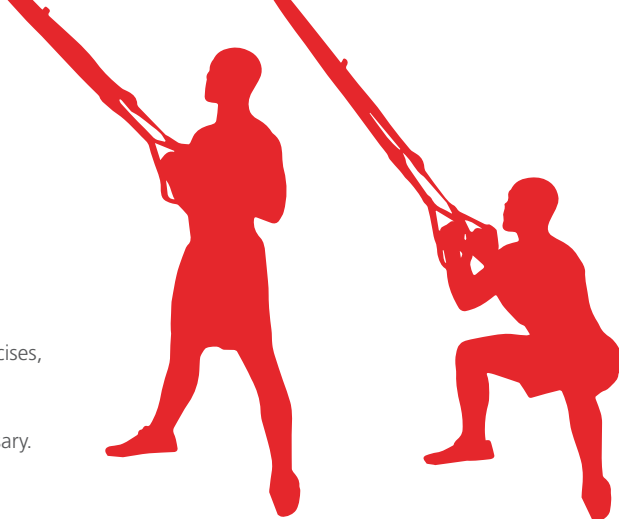
The Foam Roller is a valuable and versatile piece of fitness equipment. Many injuries can be avoided or managed with myofascial release. In this workshop, learn how to release tension, and improve muscle imbalances. Get your body ready to move effectively and efficiently through your workouts and everyday life.

Saturday, October 22nd | 11:15am-12:15pm

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

Online registration code **330201**

Location: 2nd Floor Fitness Studio



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 strength you core and make you strong and lean.

Saturday, November 5th | 11:15am-12:15pm

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

Online registration code **330201**

Location: Track

Santa Baby Dance Class



Have you "been an awful good girl" this year? Join us and learn to move to 'Santa Baby' in this sensual burlesque class. You'll leave the class feeling confident that you can do the moves this holiday season. Trust us, Santa will "hurry down the chimney" this holiday season!

Age 18+ | Thursday, December 15th | 7:00pm-8:00pm

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

Online registration code **330201**

Location: 2nd Floor Fitness Studio

■ 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**

Join one of our Exercise Specialists for this **complimentary** general fitness facility and equipment orientation. You will leave feeling comfortable to join us for a great workout by yourself, with a friend, or in a group exercise class. Please contact the Fitness Centre desk to book an orientation.

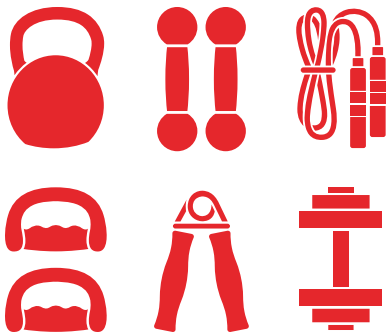
Wednesdays 6:30pm | Saturdays 9:00am

Contact the Fitness Centre at 902.490.2580 to sign-up!

Fitness Appraisal & Program Design

Thinking about personal training? Try this package on for size. An Exercise Specialist will measure your following components: 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

Want results? Book an initial FREE consultation with an Exercise Specialist to talk about your goals to see which package or training sessions would work best for your individual experience. Contact the Fitness & Wellness Centre at 902.490.2580 to book a consultation.

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
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 and Elite Sports Performance Training

Seasonal Camps and Off-Season 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 commit to taking your performance to the next level.

\$10.00 per youth | 60 minute session | 5+ athletes

\$17.00 per youth | 60 minute session | 3-4 athletes

\$25.00 per youth | 60 minute session | 2 athletes

Contact the Fitness Centre at 902.490.2580 to book your Sports Performance Training today!



10.16.16

2016 FOOD RUN

TAKE A **BITE** OUT OF **HUNGER**



Join us on **Sunday, October 16th**, 2016 for the 4th Annual Food Run as we support FEED NOVA SCOTIA and celebrate community, healthy living and physical literacy.

FREE WITH FOOD OR CASH DONATION TO



REGISTRATION INCLUDES:

- Entry into the Food Run 2.5km/5km walk/run/relay
- Race kit and Food Run t-shirt
- Post-run treats and snacks
- Entry into prize draws
- Access to Community Festival



Part of the Run NS Road Race Series

NEW THIS YEAR

10km Relay



Recruit your 4-person team and each race the 2.5km course.

Indoor Community Festival

We're moving our party inside! Our active Community Festival will take place during and after the Food Run with a physical literacy play zone, bouncy castles and interactive booths.

To register or for more details about this event, including volunteer opportunities, please visit canadagamescentre.ca

Aquatics Programs

■ AQUATICS REGISTRATION INFORMATION

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

Next, refer to the days, times and sections of a particular class or level (see chart on page 40). 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

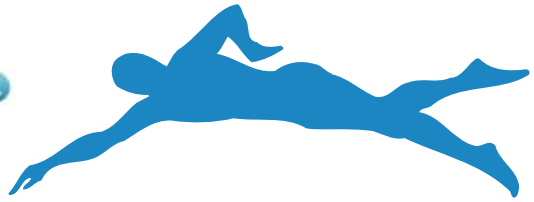
We are committed to quality programs and a positive experience for all students and parents. To ensure this, we organize our programs to meet everyone's needs.

- 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 Whisperers instructor training (see page 41 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 \$105

See chart on page 40 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 [310111](#)

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

PARENT & TOT 2

18-30 months | Online registration code [310112](#)

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

PARENT & TOT 3

2.5-3.5 years | Online registration code [310113](#)

Just watch them grow! At 2.5-3.5 years these almost independent toddlers are really ready to explore: getting in, getting out, going under and floating while under the watchful eye of their parents and instructor. As the classes progress, parents will spend less and less time in the water to help prepare participants for Preschool Level 1.





■ PRESCHOOL PROGRAMS

Ages 3-5 years old
9 lessons, 35 minutes per lesson
Members \$75, Non-Members \$105

[See chart on page 40 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 310121

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 310122

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 310123

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 310124

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 310125

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 40 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 310131

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

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 310137

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

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

SWIMMER 2 | Online registration code 310132

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

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 310130

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

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 310133

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

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 [310134](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$110

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 [310135](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$110

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 [310136](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$110

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 [310141](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$110

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 [310142](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$110

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 [310143](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$110

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



DON'T FORGET ME!

See page 4 for more details

	MONDAY* SEPT 19-NOV 28	TUESDAY SEPT 20- NOV 15	WEDNESDAY SEPT 21- NOV 16	THURSDAY SEPT 22- NOV 17	SATURDAY* SEPT 17-NOV 19	SUNDAY* SEPT 18- NOV 27	CHRISTMAS CRUNCH** MON - THU DEC. 5-8 & 12-15
Parent & Tot 1	4:00pm	5:20pm		10:20am	8:30am, 9:10am	9:10am	
Parent & Tot 2	4:40pm	6:00pm		9:00am, 4:40pm	9:50am, 11:10am	8:30am, 9:50am	
Parent & Tot 3	5:20pm	4:40pm		11:00am, 5:20pm	10:30am, 11:50am	10:30am, 11:10am	
Preschool 1	4:00pm 6:00pm	4:00pm, 4:40pm 6:00pm	4:40pm, 5:20pm	9:00am, 4:40pm 5:20pm	9:10am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 11:10am	4:00pm, 4:40pm 5:20pm
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	9:10am 9:50am	4:00pm
Preschool 3	4:40pm 6:00pm	4:40pm 6:00pm	4:00pm 6:00pm	10:20am, 5:20pm 6:00pm	9:10am, 10:30am 11:10am	9:10am, 9:50am 10:30am	4:40pm
Preschool 4	4:40pm 5:20pm	5:20pm 6:00pm	4:40pm 5:35pm	6:00pm	9:10am, 9:50am 11:10am	9:10am 10:30am	6:00pm
Preschool 5	6:00pm	5:20pm	5:20pm 6:00pm	4:40pm	9:10am, 10:30am 11:10am	9:10am 10:30am	5:20pm
Swimmer 1	4:00pm, 4:40pm 5:20pm, 6:00pm	4:00pm, 4:40pm 5:20pm	5:35pm 6:00pm	4:40pm, 5:20pm 6:00pm	9:10am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 10:30am, 11:10am	4:00pm 5:20pm
Swimmer 1 Advanced	4:40pm 5:20pm	4:40pm 5:20pm	4:55pm 5:35pm	4:40pm 5:20pm	9:10am, 9:50am 11:10am	9:50am 10:30am	4:40pm 6:00pm
Swimmer 2	4:00pm, 4:40pm 5:20pm	4:00pm, 5:20pm 6:00pm	4:40pm, 4:55pm 6:15pm	4:00pm, 4:40pm 6:00pm	9:10am, 9:50am 10:30am	9:10am, 9:50am 10:30am	4:40pm 5:20pm
Swimmer 2 Advanced	4:40pm 6:00pm	4:40pm 6:00pm	4:00pm 6:15pm	4:00pm	9:10am, 9:50am 10:30am, 11:10am	10:30am	4:40pm 6:00pm
Swimmer 3	5:20pm 6:00pm	4:40pm, 5:20pm 5:50pm	4:55pm 6:15pm	4:00pm	9:10am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 10:30am	4:00pm 6:00pm
Swimmer 4	5:50pm	4:00pm	4:00pm 5:50pm		9:00am, 9:55am 11:45am	8:30am, 9:25am 10:20am	4:55pm
Swimmer 5		4:00pm	4:55pm		9:00am, 10:50am	8:30am, 10:20am	4:00pm
Swimmer 6	4:55pm	4:00pm	4:00pm		9:00am, 9:55am	9:25am	5:50pm
Swimmer 7 / Rookie		4:55pm	4:00pm		10:50am	9:25am	
Swimmer 8 / Ranger	4:00pm	4:55pm	4:00pm		9:55am	9:25am	
Swimmer 9 /Star		4:55pm			10:50am		
Teen Group Lessons		LEVEL 1 5:50pm		LEVEL 1 4pm, 5:20pm LEVEL 2 - 4pm, 6pm	LEVEL 1 - 9:50am LEVEL 2 - 11:50am		LEVEL 1 6:00pm
Adult Group Swim Lessons				LEVEL 1 & 2 11:35am		LEVEL 1 & 2 & 3 11:40am	LEVEL 1 5:20pm

*No Registered Programs on October 8th–10th, October 16th, October 31st and November 11th.

**Have a few things left to complete after Fall session? Too busy in the Fall to participate in swimming lessons? JOIN US AGAIN THIS YEAR FOR CHRISTMAS CRUNCH swimming lessons. Registration for Christmas Crunch opens as of NOVEMBER 1st for all members and non-members.

■ INCLUSION DAYS

We're excited to offer an increased level of inclusion during group swimming lessons on Wednesdays & Sundays this Fall. 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 September 17th

Ages 11-15yrs

Thursdays, 4:00pm-4:35pm

Saturdays, 10:30am-11:05am

Members \$80, Non-Members \$110 (plus tax)

Online registration code [310161](#)

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 September 17th

Ages 11-15yrs

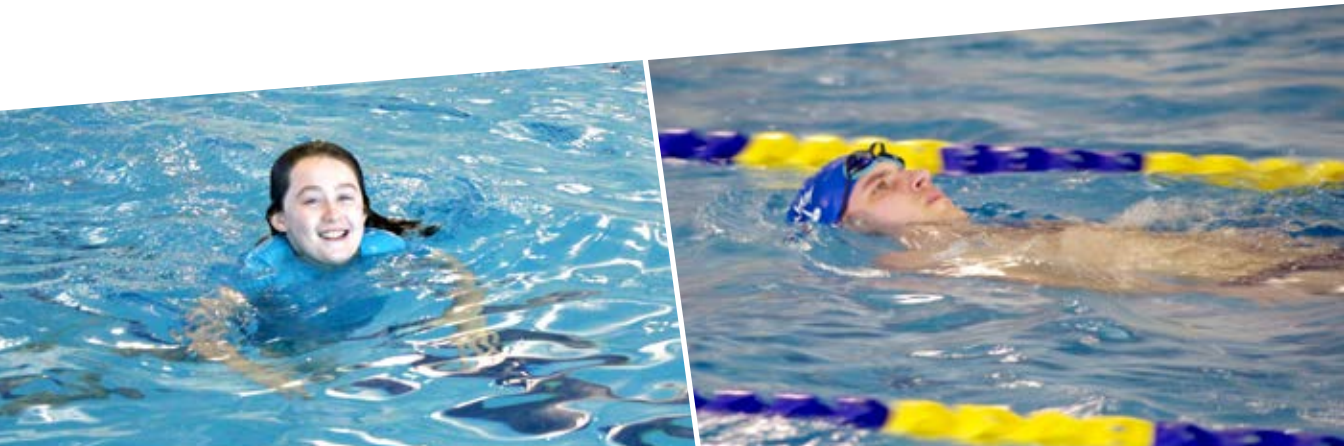
Thursdays, 4:00pm-4:35pm

Saturdays, 11:50am-12:25pm

Members \$80, Non-Members \$110 (plus tax)

Online registration code [310162](#)

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

Ages 16+

9 Lessons | Begins September 18th or 22nd

Thursdays, 11:35am-12:10pm

Sundays, 11:40am-12:15pm

Members \$80, Non-Members \$110 (plus tax)

Online registration code [310164](#)

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

Adult Level 2

Age 16+

9 Lessons | Begins September 18th or 22nd

Thursdays, 11:35am-12:10pm

Sundays, 11:40am-12:15pm

Members \$80, Non-Members \$110 (plus tax)

Online registration code [310165](#)

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

Adult Level 3

Age 16+

9 Lessons | Begins September 18th

Sundays, 11:40am - 12:15pm

Members \$80, Non-Members \$110 (plus tax)

Online registration code [310166](#)

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



DON'T FORGET ME!

See page 4 for more details

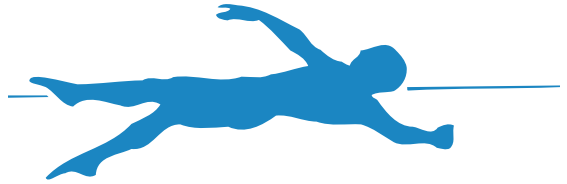


PRIVATE & SEMI-PRIVATE SWIM LESSONS



9 Private Lessons | 35mins
Members \$155, Non-members \$190
 Online registration code **310151**

9 Semi-Private Lessons | 35mins
Members \$255, Non-members \$320
 Online registration code **310152**



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 **310176**

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.

	MONDAY* SEP 19 - NOV 28	TUESDAY SEP 20 - NOV 15	WEDNESDAY SEP 21 - NOV 16	THURSDAY SEP 22 - NOV 17	FRIDAY* SEP 23 - NOV 25	SATURDAY* SEP 17 - NOV 19	SUNDAY* SEP 18 - NOV 27
Private / Semi Private (35 mins)	3:30pm 4:00pm 4:10pm 4:50pm 5:30pm 6:10pm	4:00pm 4:10pm 4:50pm 5:30pm 6:10pm	4:50pm 5:30pm 6:10pm	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

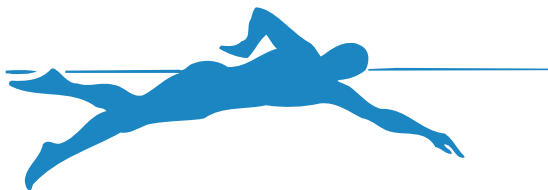
*No registered Programs on October 8th-10th, October 16th, October 31st and November 11th.

LEADERSHIP PROGRAMS



See chart below 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 sessions | 1 hour per class

Members \$80, Non-Members \$110

Online registration code **310171**

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 sessions | 2 hours per class

Members \$120, Non-Members \$135

Online registration code **310172**

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.*

LEADERSHIP PROGRAMS CHART

	TUESDAY SEP 20 – NOV 15	FRIDAY* SEP 23 – NOV 25	SUNDAY SEP 18 – NOV 27	CRASH COURSES (TRAINING OVER A CONDENSED PERIOD OF TIME)
CGC Jr Lifesaving Program	6:00pm-7:00pm	6:00pm-7:00pm		
Bronze Star			11:15am-12:15pm	
Bronze Medallion		7:00pm-9:00pm		Dec 5-9 & Dec 12-16 4:50pm-6:50pm
Bronze Cross		6:00pm-9:00pm		Dec 5-9 & Dec 12-16 4:00pm-7:00pm
Assistant Instructor				Nov 26-27 & Dec 17-18 9:00am-5:00pm
Swim for Life Instructor/ Lifesaving Instructor				Dec 5-9 & Dec 12-16 4:00pm-8:00pm
National Lifeguard Service (NLS/SFA)				Nov 25-27, Dec 3 & 4, Dec 10 & 11 Friday 5:00pm-9:00pm, Sat & Sun 9:00am-5:00pm

**No registered programs on November 11th.*

Bronze Cross

9 sessions | 3 hours per class

Members \$135, Non-Members \$150

Online registration code [310173](#)

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

Bronze Cross 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. 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 \$285

Online registration code [310174](#)

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.*

Swim For Life Instructor & Lifesaving Instructor

40 hours (plus practice teaching)

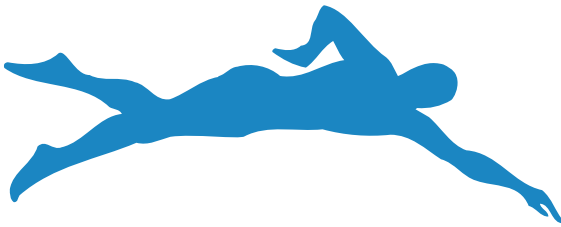
Members \$220 / Non-Members \$240

Online registration code [310175](#)

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

Leave this course with two instructing certificates and the opportunity to submit your resume for employment. 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.





CGC Jr. Lifesaving Club

8-12 weeks | Begins September 20th
Ages 7-14 | Tuesdays & Fridays, 6:00pm-7:00pm

Members \$120, Non-Members \$150

Fees include goggles, swim cap & pinny

Online registration code **310170**

Prerequisite: Completed Swimmer 4 or Swim Kids 5

Assistant Instructor

16 hours | Weekend crash courses

Members \$80, Non-Members \$110

Online registration code **310173**

Prerequisite: Bronze Cross & 14 years of age

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.

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.

**No registered programs on November 11th*



■ 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



8-12 weeks | Begins September 22nd
Ages 8-11 (Swimmer 2 or higher)
Thursdays, 4:00pm-5:00pm
Members \$60, Non-Members \$85
Online registration code [310193](#)
Prerequisite: Swimmer 3 or higher

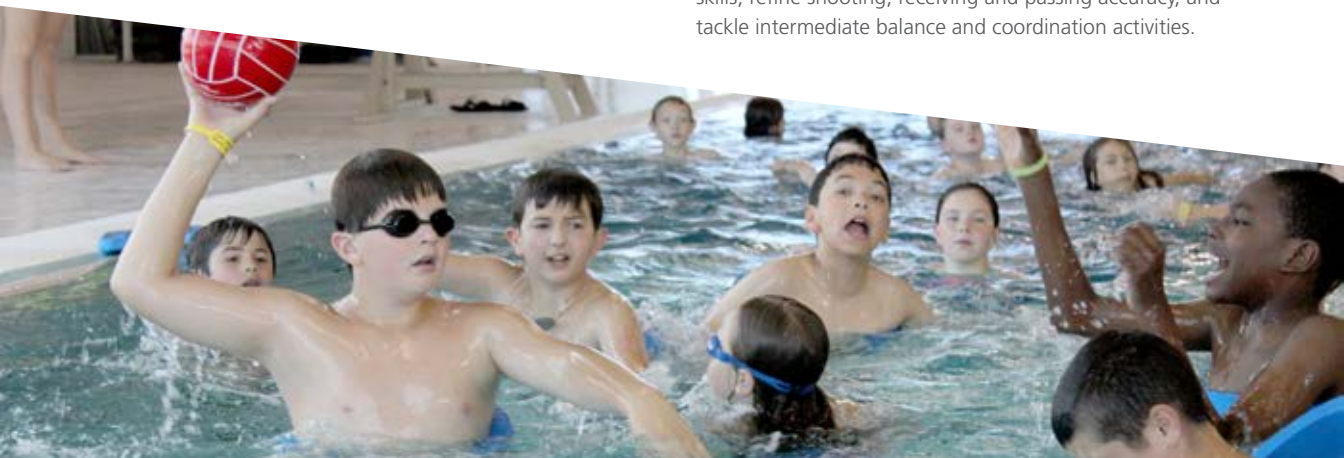
In this first level, you'll receive an introduction to passing, catching, and shooting. You'll also learn the basics of picking up a ball from underneath, correct body position, various treading water techniques, and water polo strokes to cover a distance of 10-15m.

ILWP – Level 2/3



8-12 weeks | Begins September 24th
Ages 11-14 (Swimmer 3 or higher)
Thursdays, 5:00pm-6:00pm
Members \$60, Non-Members \$85
Online registration code [310193](#)
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 | Begins the week of September 18th
Ages 8-12 & Ages 12-16*

Sundays, 5:00pm-6:00pm (water) &
Thursdays, 5:00pm-6:00pm (water),
6:00pm-7:00pm (dryland)

Members \$180, Non-Members \$200

Online registration code **310193**

Pre-requisite: **Ages 8-12 (Swimmer 2 or higher)**
& **Ages 12-16 (Swimmer 3 or higher)**

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.*



DON'T FORGET ME!

See page 4 for more details

■ FALL TRAINING (CGC SUMMER SWIM TEAM)

8-12 weeks | Begins September 18th
Ages 7-18 | Sundays, 8:30am-10:30am

Members \$100, Non-Members \$130

Online registration code **310195**

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

The CGC Summer Swim Team is a competitive swim club perfect for youth ages 7-18 who can swim at least 25m unassisted. Our club focuses on proper technique, sportsmanship and fair play in a positive and encouraging environment. Swimmers will improve their skills and challenge themselves to excel with the help of specialized training and expert coaching. The Fall maintenance program is designed to get our summer swim team participants geared up for their upcoming season as well as any participants who are looking to increase their healthy lifestyle by staying fit through the colder months of the year. Practices are Sundays between 8:30am-10:15am. Please note that the pool is set up as width lanes during this time. After the first practice participants will be split, based on age and ability, into 2 groups: 1 swims from 8:30am-9:15am, 2 swims from 9:30-10:15am. These times may change and are dependent on the number of participants.

**No training on October 16th.*





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 prestons@canadagamescentre.ca to arrange.

LEARN-TO-DIVE | Online registration code 310192
8-12 weeks, [please refer to chart on page 50](#)
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

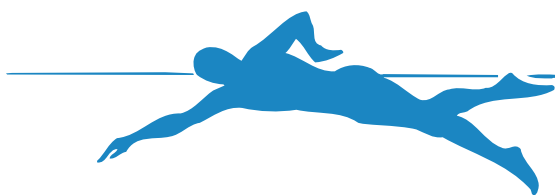
Mini Pre-comp is a program designed for very young divers ages 4-7 who show the motivation and natural talent for advanced diving training. Divers in this group will be exposed to competitive diving and age appropriate skill development once a week. All divers in this program must be selected by the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



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 many 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 SEPTEMBER 20	THURSDAY SEPTEMBER 22	SATURDAY* SEPTEMBER 17	CLASSES /week	CGC MEMBERS	NON- MEMBERS
Little Jumpers			9:00am-9:45am	1	\$95	\$110
Learn to Dive Level I	5:30pm-6:30pm		10:00am-11:00am	1	\$100	\$120
Learn to Dive Level II	5:30pm-6:30pm		10:00am-11:00am	1	\$100	\$120
Learn to Dive Level III & IV			11:00am-12:00pm	1	\$100	\$120
Mini Pre-Comp		5:00pm-6:00pm			\$115	\$115
Pre-Competitive	5:30pm-8:30pm	5:00pm-7:00pm	11:00am-1:00pm	2-3	\$230	\$260
Competitive	5:30pm-8:30pm	5:00pm-8:00pm Provincial 5:00pm-9:00pm National	9:00am-1:00pm Provincial 9:00am-1:00pm National	3	\$280	\$300

*No registered programs on October 8th-10th.

CGC MASTERS SWIM CLUB



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

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

Who can join?

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

Practices begin on Monday, September 12th and run until Sunday, June 18th.



Aquafit & Hydridorider Classes

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



PRACTICE TIMES:

MONDAYS	7:00pm-8:00pm
TUESDAYS	6:00am-7:00am
WEDNESDAYS	8:00pm-9:00pm
THURSDAYS	6:00am-7:00am
FRIDAYS	7:00pm-8:00pm
SATURDAYS	7:00am-8:00am
SUNDAYS	7:00am-8:30am

MEMBERS

Early Bird Registration until September 1st, \$240

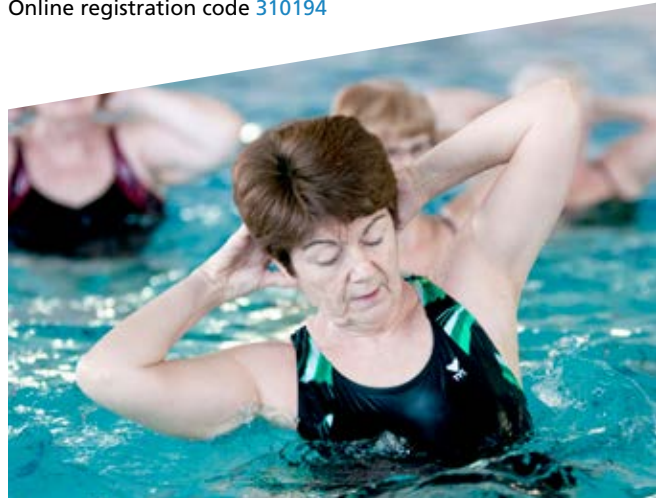
Regular registration from September 2nd, \$280 (plus tax)

NON-MEMBERS

Early Bird Registration until September 1st, \$440

Regular registration from September 2nd, \$480 (plus tax)

Online registration code **310194**





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

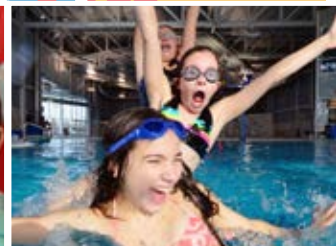
RENTALS & EVENTS

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
- 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

FALL 2016

Programs and Services

It happens here.



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