



Our Fall Program Guide is here

PROGRAMS BEGIN AS OF SEPTEMBER 19TH (unless otherwise noted in the Program Guide).
Registration available to both members and non-members.

FALL RECREATION

PLAY SCHOOL

- Play School Swim Lessons *Thursdays*
- Fun with French *Wednesdays*
- Primary Prep *Mondays*
- Tiny Tumblers *Tuesdays or Fridays*

SPORTS PROGRAMS

- Just for Kicks *Wednesdays*
- Badminton *Thursdays* ← NEW
- Tennis *Tuesdays*
- Tumblebugs Gymnastics *Thursdays*
- Explorers *Mondays or Wednesdays*
- Taekwon-Do *Saturdays*
- Youth Karate *Tuesdays or Thursdays*
- Family Karate *Tuesdays or Thursdays*
- Run, Jump, Throw *Saturdays*

GOLF

- Family Golf *Saturday & Sunday*
- Adult Golf *Saturday & Sunday*

CREATIVE ARTS

- MusiQ Club *Mondays*
- Watercolor – All Skill Levels *Mondays*

DANCE PROGRAMS

- Parent & Tot *Saturdays*
- Creative Movement *Saturdays*
- Primary Ballet *Saturdays*
- Bronze Hip Hop *Mondays*
- Silver Hip Hop *Mondays*
- Acro Dance *Saturdays*
- Break Dance *Saturdays*

SPECIAL CAMPS

- Professional Development Day Camps
- Holiday Camps

FITNESS AND WELLNESS

- Bikini Babe Boot Camp *Mondays & Wednesdays*
- Boot Camp Infusion *Mondays & Wednesdays*
- iFit *Tuesdays & Fridays* ← NEW
- Push/Pull Balance & Strength *Tuesdays & Fridays* ← NEW
- Total Body Conditioning *Mondays* ← NEW
- Nordic Walking *Mondays & Wednesdays or Tuesdays & Thursdays*
- Dance for Health *Fridays* ← NEW
- Better Health for You *Mondays or Sundays* ← NEW
- Stroller Circuit *Mondays & Wednesdays*
- Love the Skin You're In *Mondays* ← NEW
- Fit for Delivery *Mondays & Thursdays*
- Youth Strength and Conditioning *Mondays & Wednesdays* ← NEW

YOGA

- Yoga with Maryse *Wednesdays*
- Radiant Child Yoga *Saturdays*
- Yoga for Every Body *Thursdays*

NUTRITION

- September Re-Set *Tuesdays* ← NEW
- Cooking 101 *Tuesdays* ← NEW
- Cooking for Weight Management *Mondays* ← NEW

LEGEND

- = Canadian Sport 4 Life (CS4L)
- = Active for Life

AQUATICS

SWIM LESSONS *Various days*

- Parent & Tot 1 - 3
- Preschool 1 - 5
- Swimmer 1 - 9

ADULT GROUP SWIM LESSONS ← NEW

- Adult Level 1 – 3 *Sundays or Thursdays*

PRIVATE & SEMI-PRIVATE SWIM LESSONS

LEADERSHIP PROGRAMS

- Bronze Star
- Bronze Medallion
- Bronze Cross & Assistant Instructor
- National Lifeguard Service & Standard First Aid
- CGC Jr. Lifesaving Club

RECREATIONAL SYNCHRONIZED SWIMMING PROGRAM

I LOVE WATER POLO

- ILWP Level 1 – 2 *Thursdays*
- Drop-in Water Polo *Sundays*

HYDROTHERAPY *Tuesdays or Thursdays*

CGC DIVING CLUB

- Learn-to-Dive
- Little Jumpers *Thursdays & Saturdays*
- Levels 1 – 3 *Tuesdays, Thursdays & Saturdays*
- Pre-Competitive *Tuesdays, Thursdays & Saturdays*
- Competitive *Thursdays*
- Adult *Thursdays*

2014 FOOD RUN

TAKE A BITE OUT OF HUNGER

Our 2nd Annual Food Run in support of Feed Nova Scotia is going to be bigger and better. But best of all, it's still **FREE** with a food donation. Stop by the Customer Service Desk or visit us online to register today. Volunteer and sponsorship opportunities also available.

REGISTRATION DATES

ONLINE

- August 7 - Online Registration for CGC members only opens at 12:01 am.
- August 14 - Online registration for non-members begins at 12:01 am.

IN PERSON

- August 11 - In person registration for CGC members begins at 10:00 am.
- August 21 - In person registration for non-members begins at 10:00 am.

View the full Fall 2014 Program Guide on our website