



FALL 2015

Programs and 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 not currently supported on mobile or tablet devices.

■ REGISTER ONLINE

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

<https://www.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 10:00am-9:00pm

Saturday – Sunday 7:00am – 7:00pm

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

REGISTRATION DATES

MEMBERS:

Online: **August 4th**, beginning at 12:01am

In-person: **August 7th**, beginning at 10am

NON-MEMBERS:

Online: **August 11th**, beginning at 12:01am

In-person: **August 17th**, beginning at 10am

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* :

We are physically literate when we have acquired the fundamental movement skills and confidence to enjoy a variety of sports and physical activities.



If you can

Catch
Jump
Run
Swim
Throw

You will take part in

Soccer
Basketball
Volleyball
Track and Field
Squash
Badminton
Rugby
Tennis



If you can

Catch
Jump
Throw
Swim
Run

You will take part in

Baseball
Softball
Bowling
Soccer
Goalball
Football
Rugby



If you can

Throw
Jump
Swim
Catch
Run

You will take part in

Swimming
Diving
Water Polo
Scuba
Kayaking
Sailing
Surfing

Just like when learning to read, we start with syllables, not novels. Physical Literacy starts with fundamental movements like jumping, throwing, catching, hitting and swimming. These skills are taught in a fun and engaging way to encourage enjoyment of physical activity.

At the CGC, we believe that actually enjoying physical activity is an important motivator when it comes to developing lifelong healthy habits. With this in mind, we strive to help young Nova Scotians experience this enjoyment and become physically literate through our programming. To ensure our programs are both accessible and of the highest quality, we're involved in the following initiatives:



**CANADIAN
SPORT FOR LIFE**

Canadian Sport for Life (CS4L) is a national movement to improve the quality of sport and physical activity in Canada. A key feature of CS4L 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 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.



CANADIAN SPORT FOR LIFE

quality sport & physical activity

To support Physical Literacy within our community, we continue to adapt more programs to the Canadian Sport For Life (CS4L) model.

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 - First Serve
- 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

- Cricket
- Badminton
- Wrestling
- Family Karate
- Golf
- Pickleball
- 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 CS4L 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
- 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
- Tennis - Ace
- Wrestling
- Karate
- Run, Jump, Throw
- Family Golf
- Family Pickleball
- Swimming Lessons
- Bronze Star
- Jr. Lifesaving Club
- I Love Water Polo
- Diving Club



CANADIAN SPORT FOR LIFE

CS4L is a movement to improve the quality of sport and physical activity in Canada. It links sport, education, recreation and health with community, provincial and national programming.

FUNDING PROGRAMS

AGE OF PARTICIPANT

CGC PROGRAMS COVERED



4 years – 18 years

All CS4L and non-CS4L 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.



4 months – 15 years; and children/youth with physical and/or cognitive disability

All CS4L programs

At the heart of the RBC Learn to Play Project is a charitable commitment to support organizations that are working to deliver quality sport and recreation programming to children. The Canada Games Centre is proud to be one such organization and to offer more physical literacy programming to our community through the support of RBC.



Fee assistance for memberships and not-for-profit group rentals

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.

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



Look for the CS4L and Active For Life logos throughout this guide for physical literacy programs.

Canada Games Centre Membership

Five visits per month*

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



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

**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 45 Drop-in Fitness Classes a week, including yoga, Zumba, spinning, interval training, strength & conditioning, aquafit, Hydrorider and more!

Membership Exclusives

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

Also Included

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

Accessibility

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

canadagamescentre.ca/about-us/accessibility

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

Recreation Programs

■ PROFESSIONAL DEVELOPMENT DAY CAMPS

HRSB PD Days – Sep 1st | Sep 2nd | Oct 23rd |
Nov 13th | Nov 25th | Nov 26th

CSAP PD Days – Sep 1st | Sep 2nd | Oct 23rd
Grade P – 6 | 8:30am-5:00pm

Members \$30, Non-Members \$33

(Price is per child per day)

Online registration code **321002**

Full Time Registrants in our After School Program:

Members \$20 | Non-Members \$25

(Price is per child per day)

We will host an assortment of one-day camps that will surely keep the kids talking! Kids will participate in a variety of indoor and outdoor activities such as sports, arts & crafts, and swimming. Camps will be held on HRSB Bus Cluster 1 and CSAP PD days noted above. Camp registration is ongoing and offered for children currently enrolled in Grades P - 6. There are a very limited number of spaces available for these camps, so register early! If the camp is full, please add yourself to the waitlist. We do our best to have as many staff available as possible for these camps and may add more campers as the date draws near.

Robotics Camp

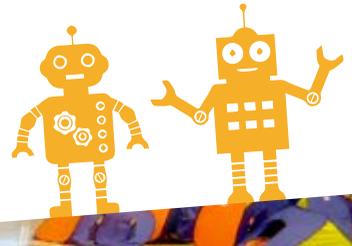
HRSB/CSAP PD Day – October 23rd

Ages 9-12 | 8:30am-5:00pm

Members \$45 Non-Members \$50

Online Registration code **321002**

The Canada Games Centre is pleased to continue our new partnership with Built-it Activity Camp for our Robotics camp. Build awesome LEGOTM EV3 robots and program them to do amazing things like manoeuvring around a course, launch balls, view people with infrared technology & much more. You'll also take a break from building and programming your robots to take a dip in the pools and ride the water slides.



■ HOLIDAY CAMPS

December 21st, 22nd, 23rd, 28th 29th & 30th

Members \$30, Non-Members \$33

(Price is per child per day)

Online registration code **321003**

The Canada Games Centre will be hosting day camps over the Holidays. Camps will be provided on the dates noted above. Kids will 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 Holidays are busy, and 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 arts & crafts, play music, and have gym and story time while unlocking their potential through play-based hands-on experiences. Children must be at least 3 years old and toilet trained to register. Each child should also bring a nut-free snack and indoor sneakers to each class.

Fun with French

10 weeks | Begins September 23rd

Wednesdays, 9:00am-11:30am

Members \$75, Non-Members \$85

Online registration code **320101**

Location: Activity Room

** Please note there is no class on Remembrance Day -
Wednesday, November 11th*

Bienvenue! Spend time learning some basics of Canada's other official language.



Play School Swim Lessons



11 weeks | Begins September 24th

Thursdays, 9:00am-11:30am

Members \$130, Non-Members \$150

Online registration code **320111**

Location: Activity Room

Free up your Saturday mornings and get your little duckling swimming. We've combined the fun of our Play School Program with the convenience of our Lifesaving Society's Swim for Life Preschool Swim Lessons. In this program, your child will participate in a full swim lesson delivered by certified instructors and will receive a skills report card at the end of the term. We'll accompany your child to the pool for their lessons and then have fun with classroom activities once they're all dried off.

Primary Prep.

10 weeks | Begins September 21st

Mondays, 9:00am-11:30am

Members \$75, Non-Members \$86

Online registration code [320110](#)

Location: Activity Room

** Please note there is no class on Thanksgiving - Monday, October 12th*

Almost ready for big kid school? We'll help you make sure you're ready to go. This class is designed for kids who will be going to Primary in September 2016. Each week will focus on a different theme and have structured learning activities to help your little ones prepare for their next big milestone.

Tiny Tumblers

11 weeks | Begins September 22nd

Tuesdays, 9:00am-11:30am

Members \$82, Non-Members \$94

Online registration code [320107](#)

Location: Activity Room

11 weeks | Begins September 25th

Fridays 9:00am-11:30am

Members \$82, Non-Members \$94

Online registration code [320107](#)

Location: Activity Room

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



SPORTS PROGRAMS



Badminton



8 weeks | Begins September 24th
Age 5 – 8 | Intro Level | Thursdays, 5:00pm-5:45pm
Age 9 – 16 | Intro Level | Thursdays, 5:45pm-6:30pm
Members \$70, Non-Members \$78
Online registration code **320211**
Location: Field House

10 weeks | Begins September 24th
Age 9 – 16 | Intermediate Level
Thursdays, 6:30pm-7:30pm
Members \$88, Non-Members \$97
Online registration code **320211**
Location: Field House

This level is for ages 9-16 who have taken badminton before.

Our badminton program for children/youth in partnership with Badminton Nova Scotia will continue. Learn to love this fast and exciting sport in a fun and safe setting with certified and accomplished instructors. This program will teach the basics of badminton including a focus on the rules and grips, as well as the fundamental movement skills required for lifelong enjoyment.

Tennis



8 weeks | Begins September 22nd
First Serve | Age 5 - 7 | Tuesdays, 4:30pm-5:15pm
Second Serve | Age 5 - 7 | Tuesdays, 5:15pm-6:15pm
Ace | Age 8 – 10 | Tuesdays, 6:15pm-7:15pm
Members \$45, Non-Members \$52
Online registration code **320205**
Location: Field House

Learn the basics and pick up a love for the game with some of Halifax's best coaches. For optimal instruction, all classes will have a maximum of 8 kids. First Serve classes are for those just starting out or who have only taken a class or two before. Move into Second Serve if your child has been on the court for a little while and already has some of the basics. Ace is for older kids that want to pick up this great sport. Please understand that we may have to change classes based on your child's tennis ability if they are registered in the wrong class. 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 CS4L approved and are led by HeadStart Tennis.



DON'T FORGET ME!

See page 4 for more details



Wrestling



Our wrestling program will follow the Canadian Wrestling Skill Award Program and Canadian Sport for Life model for both boys and girls. It will focus 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 September 21st or 24th
Age 5 - 7 | Mondays, 5:00pm-5:45pm
Age 8 - 9 | Thursdays, 5:00pm-5:45pm
Age 10 - 12 | Mondays, 6:30pm-7:30pm
Members \$56, Non-Members \$64
Online registration code **320207**
Location: Field House

**Please note there is no session on
Thanksgiving - Monday, October 12th*

SILVER/GOLD LEVEL ← NEW

9 weeks | Begins week of September 21st
Age 5 - 7 | Thursdays, 5:45pm-6:30pm
Age 8 - 9 | Mondays, 5:45pm-6:30pm
Age 10 - 12 | Fridays, 5:00pm-6:00pm
Members \$56, Non-Members \$64
Online registration code **320207**
Location: Field House

**Please note there is no session
on Thanksgiving -
Monday,
October 12th*

OPEN WRESTLING ← NEW

9 weeks | Begins week of Sept 21st | Ages 8+
Wednesday, 6:00pm-8:00pm
Fridays, 6:00pm-8:00pm
Members \$85, Non-Members \$95
Online registration code **320207**
Location: Field House

**Please note there is no session on
Remembrance Day, November 11th*

Our Open Wrestling program is for those who have completed Bronze Level wrestling or higher. Participants will be split into intermediate or advanced groups based on previous wrestling experience. Intermediate moves, takedowns and fundamental wrestling techniques will be taught, as well as advanced techniques and tactics for more experienced wrestlers.



Tumblebugs Gymnastics

10 weeks | Begins September 24th
Ages 3.5 – 4 | Thursdays, 5:00pm-5:45pm
Members \$60, Non-Members \$69
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 is about fundamental movement skills that support healthy growth and development and improve physical literacy.

Rhythmic Gymnastics

8 weeks | Begins September 21st
Ages 5-6 | Mondays, 5:00pm-5:45pm
Ages 7-8 | Mondays, 5:45pm-6:30pm
Members \$56, Non-Members \$64
Online Registration Code **320210**
Location: Field House

**Please note there is no class on Thanksgiving - Monday, October 12th*

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. All 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!

Taekwon-Do

8 weeks | Begins September 19th
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

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

Use this Korean martial art to focus your energy in a positive way. Under the direction of 6th level black belt David Hiltz, Taekwondo-Do delivers a program 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.



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 for their appropriate level. Additional fees for belt testing and uniforms will be the responsibility of participants. Gi's can be purchased through Jeff on the first day if necessary at a cost of approximately \$40. Classes fill very quickly, so please register early so you are not disappointed!

10 weeks | Begins week of September 21st

Online Registration Code [320202](#)

**Location: Dance Studio (Mon & Thurs)
or Field House (Wed)**

**Fundamental Skills | Ages 4–5 | Non-belted
Mondays 6pm-6:30pm or Wednesday 5:30pm – 6pm
Members \$60, Non-Members \$69
(5% discount for kids enrolled in both Fundamental
Skill classes).**

** Please note there is no session on Thanksgiving Monday,
October 12th or Remembrance Day, November 11th*

**Beginner | Ages 6–8 | Mondays 6:30pm-7:15pm
Yellow belt and up | Ages 6–8 | Wednesdays 6pm-6:45pm
Members \$70, Non-Members \$80**

** Please note there is no session on Thanksgiving Monday,
October 12th or Remembrance Day, November 11th*

**White to Orange belt | Ages 9–12 | Mondays, 7:15-8:15pm
Green belt and up | Ages 9–12 | Thursdays, 7:00-8:00pm
Members \$82, Non-Members \$95**

** Please note there is no class on Thanksgiving - Monday,
October 12th*

YOUTH SPARRING CLASS

**Ages 7 – 12 | Thursdays, 6:00pm-7:00pm
Member: \$66, Non-member: \$76
(5% discount in sparring class fees for kids enrolled in
addition youth karate classes).**

Sparring class for 7 to 12 year olds who possess a yellow belt or higher in karate. Purchase of safety equipment not included in fees

Family Karate

Led by Sensei Jeff Murphy for parents and children (4yrs-12yrs), family karate is offered again as a great and fun way to stay active together. New participants are more than welcome and should register for the Beginner Families class. If you have taken Sensei Jeff's class before and are looking for a more advanced class, please register in the Yellow Belts or Higher family section. Additional fees for belt testing and uniforms will be the responsibility of participants. Gi's can be purchased through Jeff on the first day if necessary at a cost of approximately \$40-\$60 (depending on size).

10 weeks | Begins week of September 21st

Online Registration Code [320202](#)

Location: Dance Studio (Tues) or Field House (Wed)

**White to Orange belt | Tuesdays, 6:00-7:00pm
Green belt and up | Wednesdays, 6:45pm-7:45pm
Children 4-12 & Parents. One parent must participate
with the child(ren). Price for first participant:
Members \$60, Non-Members \$69 (plus tax)
Price for each additional participant:
Members \$15, Non-Members \$17.25 (plus tax)**

**Please note there is no session on Remembrance Day,
November 11th*



Adult Karate



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

10 weeks | Begins September 22nd or 24th

Online Registration Code [320202](#)

Location: Dance Studio

Member: \$66, Non-member: \$76
(prices do not include tax)

White to Orange belt | Tuesdays, 7:00-8:00pm

Green belt and up | Thursdays, 8:00-9:00pm

ADULT SPARRING CLASS*

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

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

Purchase of safety equipment not included in fees.

Run, Jump, Throw



8 weeks | Begins September 19th

Ages 7 – 11 | Saturdays, 12:45pm-1:45pm

Members \$50, Non-Members \$58

Online Registration Code [320207](#)

Location: Track

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

An Athletics Canada program, Run Jump Throw assists children in learning to move efficiently and help them grow into adults who are active, productive and healthy citizens. Based on Canadian Sport for Life's FUNDamental Stage of physical literacy, the goal of Run Jump Throw is to offer a program that serves as a strong foundation for all sports. This class is designed specifically to get your kids up and moving, and to build physical activity skills they will use throughout their lives. No prior experience is necessary and all children are welcome.

Explorers: Multi-Sport



9 weeks | Begins September 21st

Ages 3 – 5 | Mondays, 5:00pm-5:45pm

Ages 6 – 9 | Mondays, 6:30pm-7:15pm

Members \$54, Non-Members \$62

Online registration code [320207](#)

Location: Field House

** Please note there is no class on Thanksgiving - Monday, October 12th*

This program combines games and play-based learning to build fundamental movement skills in children like 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 and active adults.

Adventurers: Multi-Sport ← NEW



9 weeks | Begins September 21st

Ages 6 – 9 | Mondays, 5:45pm-6:30pm

Members \$54, Non-Members \$62

Online registration code [320207](#)

Location: Field House

** Please note there is no class on Thanksgiving - Monday, October 12th*

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

■ GOLF

This introductory indoor golf program is designed for beginners and novice golfers looking to pick up the sport or work on their game. Lead by PGA of Canada Golf Pro Andrew Noseworthy, and using the SNAG® Golf program, learn the beautiful game using indoor equipment and simplified instruction to make it fun and easy. All equipment is provided; you'll only need a pair of comfy gym shoes!

Family Golf

2 Day Classes | Online Registration Code **320208**
October 3rd & 4th or November 28th & 29th
Saturday & Sunday, 1:30pm-3:30pm
Parents and Children (7+ yrs), One parent/guardian must participate with the child(ren),

Price for first participant:
Members \$55, Non-Members \$65

Price for each additional participant:
Members \$24.75, Non-Members \$29.25

(prices do not include tax)

Adult Golf

2 Day Classes
Online Registration Code **320208**
October 3rd & 4th or November 28th & 29th
Saturday & Sunday, 3:30pm-5:30pm
Members \$60, Non-Members \$70
(prices do not include tax)



■ PICKLEBALL

What do you get when you mix tennis, badminton and ping pong? Pickleball! This racquet sport is great for all ages. Learn the basics of the game by registering for four one-hour classes.

Family Pickleball

4 Weeks | Begins September 23rd
Wednesdays, 5:00pm-6:00pm
Online Registration Code **320209**
Location: Field House

Parents and Children (10+ yrs), One parent/guardian must participate with the child(ren), prices do not include tax

Price for first participant:
Members \$18, Non-Members \$22

Price for each additional participant:
Members \$12.60, Non-Members \$15.40



Adult Pickleball

2 Weeks | Online Registration Code **320209**
Members \$18, Non-Members \$22
Location: Field House

Beginner Class | Begins September 21st
Mondays and Wednesdays, 9:15am-10:15am

Intermediate Class | Begins October 5th
Mondays and Wednesdays, 9:15am-10:15am

** Please note there is no class on
Thanksgiving - Monday, October 12th*



DON'T FORGET ME!

See page 4 for more details

■ CREATIVE ARTS

Acrylics & Oils – All Skill Levels

6 weeks | Begins September 21st
Mondays, 6:15pm-9:15pm
Members \$125, Non-Members \$140 (plus tax)
Online registration code [320302](#)
Location: Arts & Craft Room

** Please note there is no class on Thanksgiving - Monday, October 12th*

This class is for anyone wishing to unleash their inner painter. Join accomplished artist Laurie Mireau in this six session course and learn to mix colours and to choose colours that work well together. Brush techniques and the techniques for starting a painting will be taught. Methods will be demonstrated and individual assistance will be provided. Tips on composition and drawing will be provided as needed, as the main focus will be on the application of paint to achieve artistic effects. All skills levels will be accommodated as best possible. Supply lists will be provided before classes start.

MusiQ™ Club

10 weeks | Begins September 21st
Ages 5 - 12 | Mondays, 5:00pm-6:00pm
Members \$126, Non-Members \$144
Online registration code [320301](#)
Location: Boardroom

** Please note there is no class on Thanksgiving - Monday, October 12th*

Enrich your child's life with the gift of music education. Children will learn the basics of reading music and playing piano through music games that make learning fun. You'll get all the benefits of a one-on-one lesson in a fun group class setting. With the help of interactive software and a teacher, your child will be sure to leave this class smiling. Visit www.musiqclub.com for more information about this innovative program.



■ DANCE

The Canada Games Centre is pleased to continue our new partnership with Halifax Dance for all of our Dance Programs. A staple in the community for nearly four decades, Halifax Dance will be teaching the joy of movement arts to participants at the Centre. All instructors are highly trained and come with a background in professional dance and accredited teacher training.



Creative Movement 1

10 weeks | Begins September 19th
Ages 2 ½ – 3 ½ | Saturdays, 10:00am–10:30am
Members \$75, Non-Members \$85
Online registration code 320401
Location: Dance Studio

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

Creative Movement 2

10 weeks | Begins September 19th
Ages 3 ½ – 4 ½ | Saturdays, 10:35am–11:05am
Members \$75, Non-Members \$85
Online registration code 320401
Location: Dance Studio

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

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 19th
Ages 4 – 6 | Saturdays, 11:10am–11:50pm
Members \$105, Non-Members \$114
Online registration code 320401
Location: Dance Studio

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

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.



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.



More than 40 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 PROGRAMS

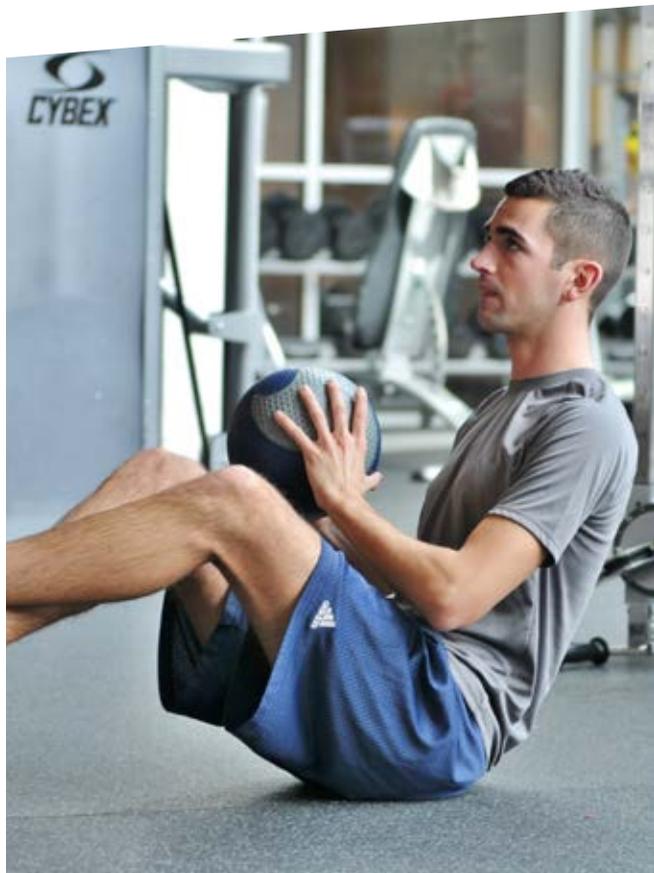
Barre Assets

6 weeks | September 23rd - October 28th
Wednesdays, 7:30pm – 8:30pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code: 330501 C1
Location: Dance Studio

6 weeks | November 4th – December 16th
Wednesdays, 7:30pm – 8:30pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code: 330501 C2
Location: Dance Studio

**Please note there is no class on Wednesday, November 11th*

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



Early Morning Boot Camp

Mondays, Wednesdays, Fridays, 6:00am-7:00am
Location: Field House

SEPTEMBER CAMP

10 classes | September 9th – September 30th
Members \$80, Non-Members \$100 (plus tax)
Online registration code: **330502 M1**

OCTOBER CAMP

11 classes | October 5th – October 30th
Members \$88, Non-Members \$110 (plus tax)
Online registration code: **330502 M2**

** Please note there is no class on Thanksgiving - Monday, October 12th*

NOVEMBER CAMP

12 classes | November 2nd – November 30th
Members \$96, Non-Members \$120 (plus tax)
Online registration code: **330502 M3**

** Please note there is no class on Remembrance Day - Wednesday, November 11th*

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

Kettlebell Basics

6 weeks | September 23rd – October 28th
Wednesdays, 6:00pm–7:00pm
Members \$48, Non-Mem- \$60 (plus tax)
Online registration code: **330503 D1**
Location: 2nd Floor Fitness Studio



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

Toughen Up ← NEW

11 weeks | September 21st – December 2nd
Mondays & Wednesdays, 6:00pm–7:00pm
Members \$160, Non-Members \$200 (plus tax)
Online registration code: **330504 M1**
Location: Fieldhouse (Mon), Track Starting Blocks (Wed)

** Please note there is no class on Monday, October 12th or Wednesday, November 11th*

Get into the best shape of your life at the Canada Games Centre. Group training sessions include strength, cardio, and core training. Before and after body composition assessments, fitness tests and nutritional tracking will keep you focused. This class is about one thing – results – so toughen up.

Low Intensity Fitness Therapy

6 weeks | September 22nd – October 27th
Tuesdays, 10:30am-11:30am
Members \$24, Non-Members \$30 (plus tax)
Online registration code: **330505 B1**
Location: Dance Studio

6 weeks | November 3 – December 8
Tuesdays, 10:30am-11:30am
Members \$24, Non-Members \$30 (plus tax)
Online registration code: **330505 B2**
Location: Dance Studio

Our certified Exercise Therapist will work to improve your range of motion, coordination, balance, and strength. Participants may stand or be seated during exercises. All are welcome especially new exercisers, and those who may or may not have physical limitations due to illness, injury or disuse.



DON'T FORGET ME!

See page 4 for more details

Learn to Nordic Walk

2 weeks | September 21st – September 30th
Mondays & Wednesdays, 9:00am-10:00am
Members \$20, Non-Members \$28 (plus tax)
Online registration code: 330506 M1
Location: Track

2 weeks | September 22nd – October 1st
Tuesdays & Thursdays, 6:00pm-7:00pm
Members \$20, Non-Members \$28 (plus tax)
Online registration code: 330506 M2
Location: Track

2 weeks | October 19th – October 28th
Mondays & Wednesdays, 9:00am-10:00am
Members \$20, Non-Members \$28 (plus tax)
Online registration code: 330506 M3
Location: Track

With the use of Nordic Poles, Nordic Walking is a much more effective workout than regular walking because you use 90% of your muscles and burn twice as many calories, not to mention it has been scientifically proven to reduce weight, improve posture, lower risk of type two diabetes, and improve cardiovascular health. Doctors will also often advise Nordic walking as a safe way to exercise while recovering from injury, as the poles provide support to your joints. Our certified instructor is knowledgeable and will encourage everyone to start at their own pace and ability. *Nordic Walking Poles will be available to you for this program.

Nordic Walk the Distance ← NEW

6 weeks | October 6th – November 12th
Tuesdays & Thursdays, 6:00pm-7:00pm
Members \$72, Non-Members \$96 (plus tax)
Online registration code: 330508 M1
Location: Track (outside weather permitting)

Take Nordic Pole Walking to the next level by increasing your distance. Over the course of this program, our certified instructor will ensure you utilize proper form while increasing your walking distance up to a 5km walk. Prerequisite: Participants must have completed 'Learn to Nordic Walk' or be at an intermediate fitness level to participate in this program.

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

Learn to Run ← NEW

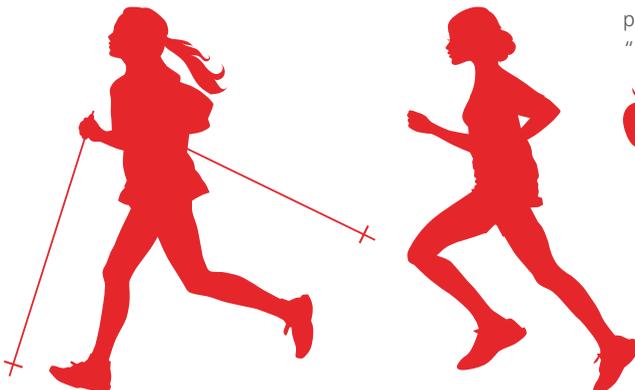
10 weeks | September 21st – November 30th
Mondays, 6:00pm-7:00pm
Members \$60, Non-Members \$80 (plus tax)
Online registration code 330507 A1
Location: Track

** Please note there is no class on Monday, October 12th*

This program is designed to help runners with very little experience reach their goals. Training topics such as injury prevention practices, pacing, running technique, nutrition, and goal setting will all be covered. Each class begins with a seminar session followed by a group run. This 10 week program will change the way you feel about running. "Runner's high" here you come!



This program is a great way to get ready for the Food Run. See page 28 for details.



■ PRE AND POST NATAL PROGRAMS

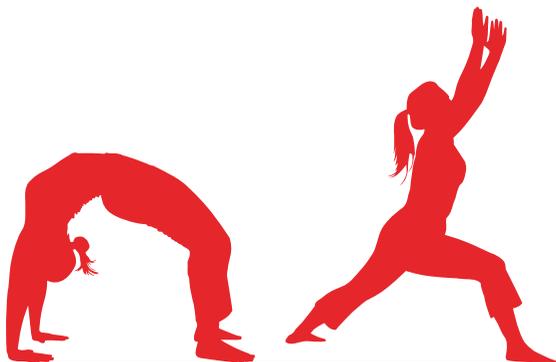
Prenatal Yoga

6 weeks | September 24th - October 29th
Thursdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code: **330401 C1**
Location: 2nd Floor Fitness Studio

6 weeks | November 5th - December 10th
Thursdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code: **330401 C2**
Location: 2nd Floor Fitness Studio

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

** Please have your doctor fill out a PARmed-X for Pregnancy prior to taking this class. Copies of this form can be found online at <http://www.csep.ca/cmfiles/publications/parq/parmed-xpreg.pdf> or pick up a copy provided at the Canada Games Centre Fitness Desk.*



Stroller Circuit



6 weeks | September 21st – October 28th
Mondays & Wednesdays, 10:30am – 11:30am
Members \$88, Non-Members \$110 (plus tax)
Online registration code: **330402 M1**
Location: Track Starting Blocks

** Please note there is no class on Monday, October 12th*

6 weeks | November 2nd – December 9th
Mondays & Wednesdays, 10:30am – 11:30am
Members \$88, Non-Members \$110 (plus tax)
Online registration code: **330402 M2**
Location: Track Starting Blocks

**Please note there is no class on Wednesday, November 11th*

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.*

Parent & Baby Yoga

6 weeks | September 25th - October 30th

Fridays, 10:30am–11:30am

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

Online registration code: 330403 E1

Location: Dance Studio

6 weeks | November 6th – December 11th

Fridays, 10:30am –11:30am

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

Online registration code: 330403 E2

Location: Dance Studio

Follow your baby's ability to live in the present. Take time to enjoy life with your new baby and reconnect with yourself. This gentle practice utilizes strength and flow movements with opportunities to bond with your baby, ultimately coaxing your body and mind into a balanced, strong and flexible state. Babies aged 6 weeks to 6 months/crawling are best suited to work with you in class. Car seats, diapers and bottles are welcome!

**Mothers, please have your Doctor provide you with your post 6 week exercise clearance before attending this class.*



DON'T FORGET ME!

See page 4 for more details



■ MIND BODY PROGRAMS

Intro to Yoga

8 weeks | September 21st – November 16th
Mondays, 6:00pm – 7:00pm
Members \$64, Non-Members \$80 (plus tax)
Online registration code: **330301 A1**
Location: 2nd Floor Fitness Studio

** Please note there is no class on Monday, October 12th*

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

Young Yogis

6 Weeks | September 19th - October 31st
Ages 5–9 | Saturdays, 10:15am – 11:00am
Members \$36, Non-Members \$48
Online registration code: **330302 F1**
Location: 2nd Floor Fitness Studio

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

6 Weeks | November 7th – December 12th
Ages 5–9 | Saturdays, 10:15am – 11:00am
Members \$36, Non-Members \$48
Online registration code: **330302 F2**
Location: 2nd Floor Fitness Studio

Playful poses and stories will introduce children to yoga and fundamental movement skills. Deep breathing and laughter will build your child's confidence and self-awareness, one fun session at a time.

Yoga For Every Body

6 weeks | September 24th - October 29th
Thursdays, 1:00pm – 2:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code: **330303 D1**
Location: 2nd Floor Fitness Studio

6 weeks | November 5th – December 10th
Thursdays, 1:00pm – 2:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code: **330303 D2**
Location: 2nd Floor Fitness Studio

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.

Yoga for Runners/Athletes ← NEW

6 Weeks | September 23rd – October 28th
Wednesdays, 7:15pm-8:15pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code: **330304 D1**
Location: 2nd Floor Fitness Studio

Regardless of your training level, you will benefit from this training program. If you're planning your next marathon, or the thought of allowing your body to move more freely and pain free entices you, then this class is for you. Regardless of the type of sport, activity or level of training you do, you can benefit from this yoga flexibility and core training class which also includes facia release through foam rolling. Using the foundations of yoga to cross train will increase your awareness of your body and help with injury prevention.



This program is a great way to get ready for the Food Run. See page 28 for details.

■ ADULT WORKSHOPS ← NEW

All Adult Workshops are open to both members and non-members, though provided to members at no additional cost. Registration is required as spaces are limited.

Kettlebell Workshop

Saturday, September 19th, 11:15am-12:15pm

Members *FREE*, Non-Members \$10 (plus tax)

Online registration code: **330201 F1**

Location: 2nd Floor Fitness Studio

Kettlebell is a highly effective workout. Learn the proper and safe technique and basic exercises 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.

Foam Roller Workshop

Saturday, October 10th, 11:15am-12:15pm

Members *FREE*, Non-Members \$10 (plus tax)

Online registration code: **330202 F1**

Location: 2nd Floor Fitness Studio

The Foam Roller is a valuable and versatile piece of fitness equipment. Many injuries can be avoided or managed with myofascial release through the use of a roller. In this workshop, you'll learn how to release tension and help correct muscle imbalances. Incorporating foam rolling into your routine will get your body moving more effectively and efficiently through your workouts and everyday life.



This program is a great way to get ready for the Food Run. See page 28 for details.



Hip Opener Workshop

Saturday, November 21st, 11:15am - 12:30pm

Members *FREE*, Non-Members \$10 (plus tax)

Online registration code: **330203 F1**

Location: 2nd Floor Fitness Studio

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

Santa Baby Dance Class

Ages 18+ | Wednesday, December 16th, 7:00pm-8:00pm

Members *FREE*, Non-Members \$10 (plus tax)

Online registration code: **330204 F1**

Location: 2nd Floor Fitness Studio

Have you "been an awful good girl" this year? Join us and learn the moves to 'Santa Baby' in this sensual yet playful burlesque class. You'll leave this class feeling confident, knowing all the moves, and it's also a great way to de-stress this holiday season!

■ 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

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

Wednesdays, 6:00pm

Saturdays, 9:00am

Contact the Fitness Centre at 902.490.2580 to sign-up!

Fitness Assessment & Program Design ← NEW

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

Members \$150.00, Non-Members \$175.00

Contact the Fitness Centre at 902.490.2580 to book.



DON'T FORGET ME!

See page 4 for more details



Personal Training

Want results? Book your initial FREE consultation with one of our Exercise Specialists to talk about your goals and to see which package or training sessions would work best for your individual experience.

Contact the Fitness Centre at 902.490.2580 to book.

Youth and Elite Sports Performance Training ← NEW

Now offering 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 are committed to helping you take your performance to the next level.

60 minute session rates:

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

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

\$25 per youth (2 athletes)

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

2015 FOOD RUN

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



IN SUPPORT OF **feed**
nova scotia

Last year with your help we collected over 1000kg of food, doubling the amount from our first year. For the 3rd Annual Food Run, let's see if we can't take an even bigger bite out of hunger! Registration is FREE with food or cash donation.

Join us on Sunday, October 18th, 2015 for the 3rd Annual Food Run as we support Feed Nova Scotia and celebrate community, healthy living and physical literacy.

Registration includes:

- Entry into the Food Run 2.5km/5km walk/run
- Race kit and Food Run t-shirt*
- Access to post-run community festival (bouncy castles, interactive booths, pumpkin carving, physical literacy play zone)
- Tasty treats and nourishment
- Entry into prize draws

**Register before August 18th to guarantee your t-shirt size!*

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 34). If a section time is full when you attempt to register, please register for another section time or register on our waiting list. We do our best to fill waiting list requests. Due to a commitment to quality and safety we are unable to accommodate extra swimmers once a section is filled. Please refer to registration instructions on page 3 for online or in-person registration. Registration is ongoing until 1 week prior to class start date. CGC Swim For Life levels and Canadian Lifesaving Swim Patrol (Swimmers 7, 8 & 9) are HST exempt. Applicable taxes will be added to the registration fee for other programs.



Based on the internationally recognized Swim to Survive standard and aligned with the Canadian Sport for Life model, the Lifesaving Society's Swim for Life Program focuses on basic survival skills and proper swimming technique – fun from day one! Swim for Life starts by developing strong foundational and personal self-rescue skills, then continues on by challenging swimmers to develop stronger swimming strokes. Success oriented and fun for the entire family, there is something for everyone in the Swim for Life program.



AQUATICS PROGRAMS CONTINUED COMMITMENT TO QUALITY

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

- 35 & 50 minute classes
- 9 week program allows us to not schedule classes during holidays.
- Scheduled 5 minutes between classes for rotation, evaluation & to connect with parents
- **NEW** → Aquatic Program Specialist on deck to mentor instructors
- **NEW** → Inclusion Days offering group lessons through Swim Whisperers instructor training (see page 35 for details)

For further information please refer to the Aquatic Parent Handbook.



■ PARENT & TOT PROGRAMS



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

See chart on page 34 for swim lesson days and times.

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

PARENT & TOT 1

4-18 months | Online registration code [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 \$99

See chart on page 34 for swim lesson days and times.

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

PRESCHOOL 1 | Online registration code 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 34 for swim lesson days and times.

The Swim for Life Swimmer progressions will challenge school-aged children 5 years and older in the water as they develop the fundamentals of swimming through safe entries, deep water support, underwater skills, and swimming strokes. These Swimmer levels also help establish everlasting and healthy Active for Life habits. Water Smart® education is part of every level.

SWIMMER 1 | Online registration code 310131

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

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

SWIMMER 1 ADVANCED | Online reg. code 310137

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

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

SWIMMER 2 | Online registration code 310132

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

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

SWIMMER 2 ADVANCED | Online reg. code 310130

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

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

SWIMMER 3 | Online registration code 310133

9 lessons, 35 minutes each

Members \$75, Non-Members \$99

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





SWIMMER 4 | Online registration code [310134](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

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

SWIMMER 5 | Online registration code [310135](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

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

SWIMMER 6 | Online registration code [310136](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

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

SWIMMER 7 ROOKIE PATROL | Online reg. code [310141](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

Features a timed 100m swim, 350m workouts, and swims with clothing. With a balance of hard work and fun, swimmers will develop swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behavior.

SWIMMER 8 RANGER PATROL | Online reg. code [310142](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

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

SWIMMER 9 STAR PATROL | Online reg. code [310143](#)
9 lessons, 50 minutes each
Members \$80, Non-Members \$104

Features a timed 300m swim, 3x600m workouts, swimming with clothing, defense methods, and support & carry of a 10lb weight. Scene assessment and towing rescue are introduced.

SWIM LESSONS - DAYS & TIMES



DON'T FORGET ME!

See page 4 for more details

	MONDAY* SEP 21 - NOV 23	TUESDAY SEP 22 - NOV 17	WEDNESDAY* SEP 23 - NOV 25	THURSDAY SEP 24 - NOV 19	SATURDAY* SEP 19 - NOV 21	SUNDAY* SEP 20 - NOV 29	CHRISTMAS CRUNCH** MON - THU DEC 7-10 & 14-17
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	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	11:00am, 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	10:20am 6:00pm	9:10am, 9:50am 11:10am	9:10am 10:30am	6:00pm
Preschool 5	6:00pm	5:20pm	5:20pm 6:00pm	11:00am 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	9:00am, 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 10:30am, 11:10am	9:10am, 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	10:20am, 4:00pm 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	8:30am, 9:50am 10:30am	4:40pm 6:00pm
Swimmer 3	5:20pm 6:00pm	4:40pm 5:20pm	4:55pm 6:15pm	4:00pm	9:10am, 9:50am 10:30am, 11:10am	9:50am 10:30am	4:00pm 6:00pm
Swimmer 4	4:00pm	4:00pm	4:00pm 5:50pm		9:00am, 9:55am 11:45am	8:30am 9:25am	4:55pm
Swimmer 5	4:00pm	4:00pm	4:55pm		9:00am, 10:50am	10:20am	4:00pm
Swimmer 6	4:55pm	4:00pm	4:00pm		9:00am, 9:55am	8:30am	5:50pm
Swimmer 7 / Rookie		4:55pm	4:00pm		10:50am	9:25am	
Swimmer 8 / Ranger	5:50pm	4:55pm	4:00pm		9:55am	9:25am	
Swimmer 9 /Star		4:55pm			10:50am	8:30am	
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 11:40am	LEVEL 1 5:20pm

* No Registered Programs on October 10th-12th, October 18th, November 11th.

** Have a few things left to complete after Fall session, too busy in the fall to participate in swim lessons or want to get a jump on spring? Register for Christmas Crunch lessons beginning November 2nd.

■ INCLUSION DAYS ← NEW



We're excited to offer an increased level of inclusion during group swimming lessons on Wednesdays & Sundays this fall. These days are not only quieter 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).

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 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 19th or 24th

Ages 11-15yrs

Thursdays, 4:00pm-4:35pm, 5:20pm- 5:55pm

OR Saturdays, 9:50am-10:25am

Members \$80, Non-Members \$104 (plus tax)

Online registration code [310161](#)

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

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

Level also available during Christmas Crunch session, Dec. 7th-10th & Dec. 14th-17th, 6:00pm-6:35pm. Registration for this opens November 2nd.

Teen Level 2

9 Lessons | Begins September 19th or 24th

Ages 11-15yrs

Thursdays, 4:00-4:35pm, 6:00-6:35pm

OR Saturdays, 11:50am-12:25pm

Members \$80, Non-Members \$104 (plus tax)

Online registration code [310162](#)

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

Please note Teen Level 3 will be offered in the winter session.



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.

**Please note there is no class on Sunday, October 18th for the Food Run.*

Adult Level 1

9 Lessons | Begins September 20th or 24th | Ages 16+
Sundays, 11:40am-12:15pm
OR Thursdays, 11:35am-12:10pm
Members \$80, Non-Members \$104 (plus tax)
Online registration code **310164**

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

Level also available during Christmas Crunch session, Dec. 7th-10th & Dec. 14th-17th, 5:20pm-5:55pm. Registration for this opens November 2nd.



DON'T FORGET ME!

See page 4 for more details

Adult Level 2

9 Lessons | Begins September 20th or 24th | Ages 16+
Sundays, 11:40am-12:15pm
OR Thursdays, 11:35am-12:10pm
Members \$80, Non-Members \$104 (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

9 Lessons | Begins September 20th or 24th | Ages 16+
Sundays, 11:40am - 12:15pm
OR Thursdays 11:35am -12:10pm
Members \$80, Non-Members \$104 (plus tax)
Online registration code **310166**

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

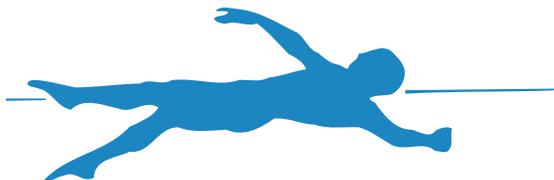




PRIVATE & SEMI-PRIVATE SWIM LESSONS

9 Private Lessons | 35mins
 Online registration code **310151**
 Members \$155, Non-members \$185

9 Semi-Private Lessons | 35mins
 Online registration code **310152**
 Members \$255, Non-members \$315



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

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

Advanced Private lessons

Single Course \$250
 Combine Course or Semi-Private Lesson \$400
 Online registration code **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 21 - NOV 23	TUESDAY SEP 22 - NOV 17	WEDNESDAY* SEP 23 - NOV 25	THURSDAY** SEP 24 - NOV 19	FRIDAY SEP 25 - NOV 20	SATURDAY* SEP 19 - NOV 21	SUNDAY* SEP 20 - NOV 29
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	10:20am 11:35am 4:10pm 4:50pm 5:30pm 6:10pm	4:10pm 4:50pm 5:30pm 6:10pm	9:00am 9:40am 10:20am 11:00am 11:40am	9:00am 9:40am 10:20am 11:00am 11:40am

* No Registered Programs on October 10th-12th, October 18th, November 11th.

**Thursday lessons only available for level Swimmer 2 and below.



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

Online registration code **310171**

9 lessons, 60 minutes each

Members \$80, Non-Members \$104

Prerequisite: None

(Swim Patrol experience is recommended).

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

Bronze Medallion

Online registration code **310172**

9 lessons, 2 hours per class

Members \$120 / Non-Members \$130

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

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

Bronze Cross & Assistant Instructor

Online registration code **310173**

9 lessons, 3 hours per class

Members \$135, Non-Members \$145

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

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



Swim For Life Instructor & Lifesaving Instructor

2 weeks | Dec. 7th-11th & 14th-18th

Mon – Fri., 4pm-7pm

Online reg. code [310175](#)

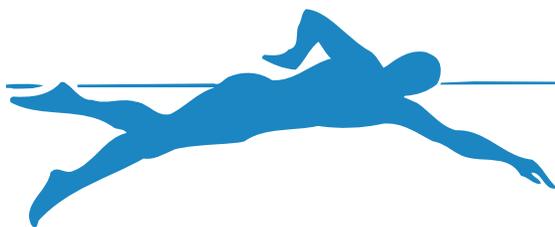
40 hours (plus practice teaching)

Members \$220 / Non-Members \$240

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 2 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.

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



National Lifeguard Service & Standard First Aid

Online reg. code [310174](#)

50 hours | *Members \$265 / Non-Members \$280*

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

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



CGC Jr. Lifesaving Club

Online reg. code [310170](#)

18 Lessons | 60mins each, twice a week | Ages 7-14

Tuesdays & Fridays, 6pm-7pm

Members \$100, Non-Members \$125

Prerequisite: Completed Swimmer 4 or Swim Kids 5

Our Lifesaving Club will introduce participants between the ages of 7 to 14 years to the sport of lifesaving, while providing them with training opportunities geared towards more experienced lifesaving competitions. The Club encourages healthy living and regular physical fitness, and incorporates High Five Sport and Fundamental Movements skills in a social club setting. Throughout the year, specially trained Lifesaving Coaches will concentrate on developing each swimmer's strength, power, and endurance.



Participants will also focus on teamwork, sportsmanship, achieving personal bests, and, most of all having fun! During the competition season, CGC Jr. Lifesaving Club members may have the opportunity to train for and participate in a number of pool events including the Nova Scotia Pool series and the Canadian Lifesaving Championships.

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

	TUESDAY SEPT 29 - NOV 17	FRIDAY SEPT 25 - NOV 20	SUNDAY* SEPT 20 - NOV 29	CRASH COURSES**
CGC Jr Lifesaving Club	6:00pm-7:00pm	6:00pm-7:00pm		
Bronze Star			11:15am-12:15pm	
Bronze Medallion		7:00pm-9:00pm	10:20am-12:20pm	Mon - Fri, Dec. 7-11 & 14-18 4:50pm-6:50pm
Bronze Cross & Assistant Instructor		6:00pm-9:00pm	9:30am-12:30pm	Mon - Fri, Dec. 7-11 & 14-18 4:00pm-7:00pm
Swim For Life (SFL) / Lifesaving Instructor (LSI)				Mon - Fri, Dec. 7-11 & 14-18 4:00pm-7:00pm
National Lifeguard Service (NLS/SFA)				Nov 6-8, 13-15, 21 & 22 Fri 5pm-9pm, Sat & Sun, 9am-5pm
National Lifeguard Instructor Course				Sep 4, 5 & 6 Fri-Sun 9am-6pm

*No Registered Programs on October 10th-12th, October 18th, November 11th.

**Crash Courses online registration codes: Bronze Medallion [310152](#),
Bronze Cross & Assistant Instructor [310153](#), SFL & LSI [310155](#), NLS/SFA [310154](#)

■ I LOVE WATER POLO



Looking for something different than swimming lessons? Want to expand your aquatic skills? Then why not try water polo! Our friends at Water Polo Nova Scotia are helping us offer the first two levels of the I Love Water Polo (ILWP) program. This water polo program is a non-contact team sport that combines elements from other popular sports like hockey, soccer, basketball, and swimming. A team is made up of 13 players; six players and a goalie are in the water at all times. In a learn-to-play environment, similar to that of swimming lessons, participants discover the game of water polo, and the basic skills involved in aquatic sports. This program also helps enhance swimming, balance and coordination skills.

ILWP – Level 1



9 sessions | Begins September 24th
Ages 8-11 (Swimmer 2 or higher)
Thursdays, 4:00pm-5:00pm
Members \$60, Non-Members \$80
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



9 sessions | Begins September 24th
Ages 11-14 (Swimmer 3 or higher)
Thursdays, 4:45pm-5:45pm
Members \$60, Non-Members \$80
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 ← NEW



8-12 weeks | Begins Sept. 20th – Dec. 17th

Ages 8-12 (Swimmer 2 or higher)

& 12-16 (Swimmer 3 or higher)*

Sundays 5pm-6pm (water)

& Thursdays 6pm-7pm (dryland)

Members \$140, Non-Members \$160

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





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 44](#)
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+

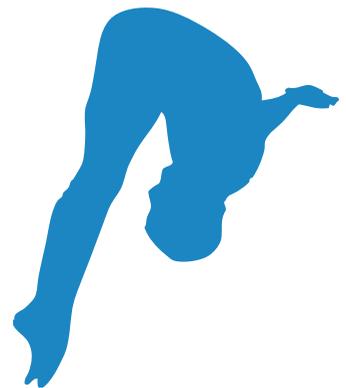
Building on the skills achieved in Level I Diving, divers will learn more complex diving and review all skills needed for successful, safe, and fun diving. This program suits any divers with previous diving experience or gymnastics, trampoline, and acrobatic training. Classes are offered for participants 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 ← **NEW**

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

All 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 SEP 22 – DEC 1	THURSDAY SEP 24 – DEC 3	SATURDAY* SEP 19 – DEC 5	CLASSES /week	CGC MEMBERS	NON- MEMBERS
Little Jumpers			9am-9:45am	1	\$95	\$110
Learn to Dive Level I	4:30pm-5:30pm		10:00am-11:00am	1	\$100	\$120
Learn to Dive Level II	4:30pm-5:30pm		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	\$130
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	9am-1pm Provincial 9am-2pm National	3	\$280**	\$300**

*No Registered Programs on October 10th-12th

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

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 Monday, September 14th and run until Sunday, June 12th.

Aquafit & Hydrorider Classes

We offer a great selection of drop-in Aquafit and Hydrorider classes, which are included in your membership or day pass rate. You'll find these classes listed on both the **Aquatics** and **Drop-in Fitness** schedules available on our website.



DON'T FORGET ME!

See page 4 for more details

PRACTICE TIMES:

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

MEMBERS

Early Bird Registration until September 1st, \$240

Regular registration from September 2nd onwards, \$280 (taxes not included)

NON-MEMBERS

Early Bird Registration until September 1st, \$440

Regular registration from September 2nd onwards, \$480 (taxes not included)

Online registration code [310194](#)



Swim Days

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

Tuesday, September 1st	LAST CHANCE SWIM 1-4pm
Wednesday, September 2nd	LAST CHANCE SWIM 1-4pm
Monday, September 7th	HOLIDAY SWIM & INFLATABLE 10am-12pm
Monday, September 7th	HOLIDAY SWIM 1-4pm
Friday, September 25th	HOOKY SWIM 1-4pm
Monday, October 12th	HARVEST SWIM & INFLATABLE 10am-12pm
Monday, October 12th	HARVEST SWIM 1-4pm
Friday, October 23rd	HOOKY SWIM 1-4pm
Wednesday, November 11th	A DAY TO REMEMBER SWIM 1-4pm
Friday, November 13th	HOOKY SWIM 1-4pm
Thursday, November 26th	HOOKY SWIM 1-4pm
Monday, December 21st	WINTER WONDERLAND SWIM 1-4pm
Tuesday, December 22nd	WINTER WONDERLAND SWIM 1-4pm
Wednesday, December 23rd	WINTER WONDERLAND SWIM 1-4pm
Thursday, December 24th	WINTER WONDERLAND SWIM 1-4pm
Monday, December 28th	WINTER WONDERLAND SWIM 1-4pm
Tuesday, December 29th	WINTER WONDERLAND SWIM 1-4pm
Wednesday, December 30th	WINTER WONDERLAND SWIM 1-4pm

SWIM-IN MOVIES

Admission: \$5 donation, in support of KidSport.

Friday, October 30th	SCAREFEST SWIM-IN MOVIE 8-10pm
Saturday, December 19th	WINTER WONDERLAND SWIM-IN-MOVIE 8-10pm



Celebrate your special day

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

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

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

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

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

**HST not included*



Party packages now available for booking online at hfxcgwebtraconlinereg.ca

RENTALS & EVENTS

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

All room rentals include the following complimentary services:

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

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



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

FALL 2015

Programs and Services

It happens here.



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