

# WINTER

## 2017 Programs & Services



It happens here.

Canada  
Games  
Centre

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CONNECT



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

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



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

Follow us for all the latest announcements



**E-newsletter Subscribe:**

<http://bit.ly/cgcnews>

## ■ HOW TO REGISTER

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

Online registration is now available on mobile and tablet devices.

## ■ REGISTER ONLINE

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

<https://www.hfxcgwebtraconlinereg.ca/>

- Sign in with your account and password\*
- Choose the Activity Type
- Add activity to shopping cart (session will time out after 10 minutes)
- Choose family member to register
- Answer all required registration questions
- Continue to shopping cart – Visa & MasterCard accepted (Amex accepted in-person only)
- Choose checkout and finish by paying
- Receipt provided as PDF

\* Please ensure you have an account name and password prior to registering with us. Don't have one? Follow the link above, click "Need an Account", and follow the steps. Please allow 2-3 business days to receive your user information. Email [info@canadagamescentre.ca](mailto:info@canadagamescentre.ca) with any questions.

**THINK YOU HAVE AN ACCOUNT BUT AREN'T SURE? CAN'T REMEMBER YOUR USERNAME AND/OR PASSWORD? CLICK HERE TO RETRIEVE THEM.**

## ■ REGISTER IN-PERSON

### 26 Thomas Raddall Drive

Monday-Friday 5:30am-9:00pm

Saturday-Sunday 7:00am-9:00pm

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

## REGISTRATION DATES

### MEMBERS:

Online: **November 21st**, beginning at 8:00am

In-person: **November 24th**, beginning at 8:00am

### NON-MEMBERS:

Online: **November 28th**, beginning at 8:00am

In-person: **December 5th**, beginning at 8:00am

*Registration links within the guide become active when registration opens.*

## ■ GENERAL INFORMATION

- Specific information regarding safety standards, dress code, and other policies will be displayed throughout the Centre and on our website.
- The minimum age to work out in the Fitness Centre is 18, unless a member, for which the minimum age is 14.

## ■ PROGRAM CANCELLATIONS AND REFUND POLICIES

- Some programs may be cancelled due to insufficient registrants. The Canada Games Centre monitors registration levels prior to the start of programs to ensure quality programs are offered. A great course could be cancelled if there are not enough registrants. Register early to avoid program cancellations.
- There are no refunds for programs offered at Canada Games Centre unless the program is cancelled by the Centre. If we cancel a program, full refunds will be issued.
- A non-refundable credit will be issued if a participant provides 7 days advance notice, prior to the start date of the program.
- Within 7 days of a program start date, no credit will be issued. In the event of a medical matter, documentation will be required.
- All non-refundable credits must be used within one year.
- Accepted forms of payment: Visa, MasterCard, American Express, debit cards, cash and cheques (some restrictions apply). The charge for non-negotiable payment is \$40 plus tax.

# Canada Games Centre

## Program Access Card



### One card for all your CGC programs!

Non-members registered in our fee based programs will receive this red card the first time they register.

### How do they work?

- Cards are handed out at the time of in-person registration or can be picked up prior to or on the program start date (unless you already have one from previous sessions).
- Swiping the card at the turnstiles will give you access up to 30mins before and during your registered program.
- Children under the age of 12 must be accompanied by an adult.

### What if I forget my card?

- No problem – check in at our Customer Service Desk to validate your registration in the program. But please note, after the third time you've forgotten your card you'll be required to purchase a replacement card with a fee of \$2+tax.

### What if I already have a card from registering in a previous programming session?

- Great! It'll reload itself with your new programs automatically. Just remember to bring it with you on the program start date and there's no need to check in.

### I'm a member, do I need one of these cards?

- No, all you need is your membership card

### Additional Details:

- Once children under 12 have swiped their Program Access Card the Gate Monitor/or Customer Service Staff will buzz the accompanying adult through the gate. If additional parents/guardians/spectators arrive after the participant has gained access, they are asked to check-in with our Customer Service Desk to verify their child's registration in the program, and then they will also be let in through the access gate.
- Even though an adult is not required to accompany program participants 12+ years, we understand that many may still wish to watch their child during their session. These individuals may access the facility at the same time as the card holder, but adults will not be granted entrance if they arrive after the program participant swipes their card and enters.

# Physical Literacy – It Happens Here.

## Phys·i·cal Lit·er·a·cy *noun* :

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



If you can

▶ Catch  
▶ Jump  
▶ Run  
▶ Swim  
▶ Throw

You will take part in

▶ Soccer  
▶ Basketball  
▶ Volleyball  
▶ Track and Field  
▶ Squash  
▶ Badminton  
▶ Rugby  
▶ Tennis



If you can

▶ Catch  
▶ Jump  
▶ Throw  
▶ Swim  
▶ Run

You will take part in

▶ Baseball  
▶ Softball  
▶ Bowling  
▶ Soccer  
▶ Goalball  
▶ Football  
▶ Rugby



If you can

▶ Throw  
▶ Jump  
▶ Swim  
▶ Catch  
▶ Run

You will take part in

▶ Swimming  
▶ Diving  
▶ Water Polo  
▶ Scuba  
▶ Kayaking  
▶ Sailing  
▶ Surfing

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

At the CGC, we believe that enjoying physical activity is an important motivator when it comes to developing lifelong healthy habits. With this in mind, we strive to help young Nova Scotians experience this enjoyment and become physically literate through our programming.

To ensure our programs are both accessible and of the highest quality, we're involved in the following initiatives:



## Sport for Life

**Sport for Life** (S4L) is a national movement to improve the quality of sport and physical activity in Canada. A key feature of S4L is Long-Term Athlete Development (LTAD), a developmental pathway not only providing optimal training and support to our athletes, but also increasing Physical Literacy for all Canadians, young to young at heart.



**Active for Life** is an online resource where parents can find fun ways of making sure their children get the recommended daily amount of physical activity.



**HIGH FIVE**  
The best way to play™

**HIGH FIVE** is a quality assurance standard for children's recreation and sport across Canada. This standard ensures children ages 6-12 receive quality programming aligned with healthy child development of mind, body and fun! We are a HIGH FIVE Registered Organization and train our instructors to deliver the HIGH FIVE standard.

## 2 FUNdamentals

**MALES** 6-9 Years  
**FEMALES** 6-8 Years

- Overall movement skills
- ABCs of athleticism: agility, balance, coordination and speed.
- Daily physical activity, still emphasizing fun

### PROGRAMS

- Badminton
- Tennis – Orange Ball
- Wrestling
- Rhythmic Gymnastics
- Explorers: Multi-Sport
- Adventurers: Multi-Sport
- Karate
- Run, Jump, Throw
- Family Golf
- Swimming Lessons
- Jr. Lifesaving Club
- Water Polo Club  
- I Love Water Polo
- Diving Club

## 4 ActiveforLIFE

**MALES & FEMALES**  
Any Age

- Minimum 60 minutes of moderate daily activity or 30 minutes of intense activity for adults.
- Move from competitive sport to recreational activities

### PROGRAMS

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

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

## 1 ActiveSTART

**MALES & FEMALES**  
0-6 Years

- Development of general movement skills
- Some organized physical activity
- Daily physical activity with emphasis on fun

### PROGRAMS

- Play School Swim Lessons
- Tiny Tumblers
- Tumblebugs Gymnastics
- Rhythmic Gymnastics
- Explorers: Multi-Sport
- Karate
- Tennis – Red Ball 1 & Red Ball 2
- Swimming Lessons
- Diving Club -Little Jumpers

## 3 LearntoTRAIN

**MALES** 9-12 Years  
**FEMALES** 8-11 Years

- Overall sport skills development
- Major skill learning stage
- Integrated mental, cognitive and emotional development

### PROGRAMS

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

## FUNDING PROGRAMS

AGE OF PARTICIPANT

CGC PROGRAMS COVERED



4 years – 18 years

All S4L and non-S4L Recreation and Aquatics programs

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



Thrive! is an initiative by the provincial government to create a healthier Nova Scotia and through this funding, more people in our community have access to physical activity programs at the Canada Games Centre. We continue to offer fee assistance for access to the CGC thanks to the Facility Access grants made possible through the Nova Scotia Department of Community, Culture & Heritage. There are three ways to take advantage of this program:

### 1) Membership Fee Assistance

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

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

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

### 3) Program Fee Assistance for Adults & Seniors

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

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

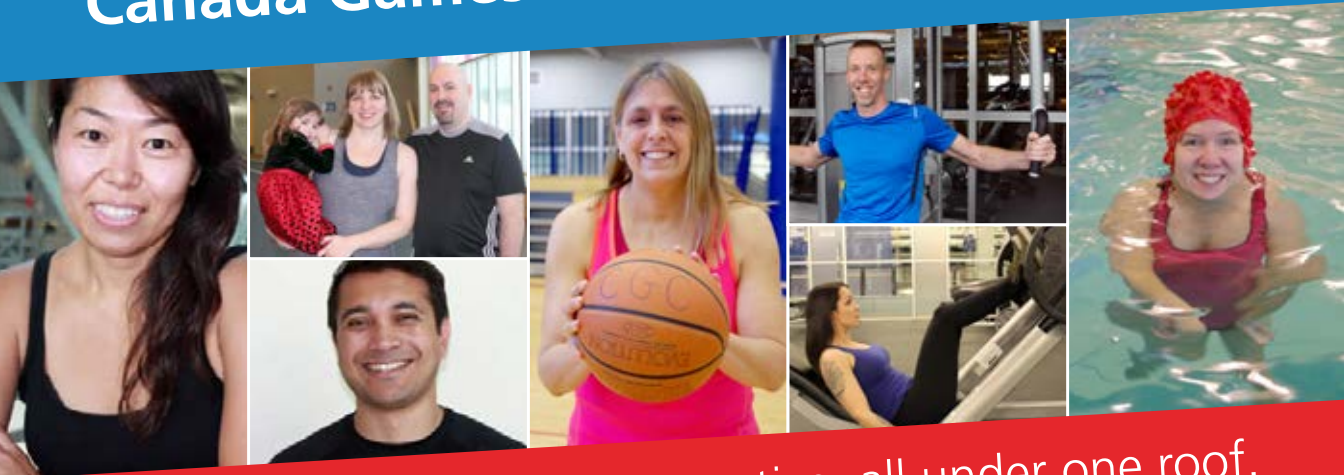
Fee assistance is available for Halifax Regional Municipality residents in financial need to help make recreation opportunities more affordable. If you are approved, you will receive reduced rates for membership.

[For more details regarding funding opportunities and applications please visit our website.](#)



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

# Canada Games Centre Membership



Everything you need to stay active, all under one roof.

## MEMBERSHIP INCLUDES

### Everything Under One Roof

- Swim, dive and float your way around our Aquatic Centre (3 Pools, Hot Tub, Dry Sauna, Water Slides & Play Features)
- Stay motivated with a large variety of specialized weight training and cardio equipment in our Fitness Centre (ages 14+)
- Hone your skills or play for fun in our Field House (Basketball, Volleyball, Badminton, Ping Pong & Pickleball)
- Stretch your legs on our 6-lane, 200m indoor Track (Strollers and Nordic poles welcome!)
- Choose from over 50 Drop-in Fitness Classes a week, including yoga, Zumba, spinning, interval training, strength & conditioning, aquafit, Hydridorider and more!

### Accessibility

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

[canadagamescentre.ca/about-us/accessibility](http://canadagamescentre.ca/about-us/accessibility)

### Membership Exclusives

- Bi-weekly payment plans available
- Free Simply Fit Fitness Centre Orientation
- Advanced Registration and Special Pricing for Programs\*\*
- Discounts on Personal Training\*\*
- Member Only Swims
- Advanced badminton court bookings
- Ability to freeze your membership for a maximum of 3 months\*\*

*\*\*Annual Members only*

### Also Included

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

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



# Recreation Programs

## ■ MARCH BREAK CAMP

March 13th-17th

Grade P-6 | 8:30am-5:00pm

*Members \$160, Non-Members \$180*

Online registration code **421202**

The Canada Games Centre will be hosting a multi-sport camp over the March Break holiday to help keep your kids active while you're at work. In addition to creative time, kids will play a variety of games and engage in active learning to challenge all of their movement skills both in the pool and in the Field House.



## ■ PROFESSIONAL DEVELOPMENT DAY CAMPS

HRSB PD Days | March 22nd

Grade P-6 | 8:30am-5:00pm

*Members \$30, Non-Members \$35*

*(Price is per child per day)*

Online registration code **421003**

**Full Time Registrants in our After School Program:**

*Members \$20 | Non-Members \$25*

*(Price is per child per day)*

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



## ■ PLAY SCHOOL

Our active play school provides a safe and nurturing environment for your children to learn, grow and experience the world. Children do crafts, play music, and have gym and story time while unlocking their potential through play based hands-on experiences. Children must be at least 3 years old and toilet trained to register. Each child should also bring a nut-free snack and indoor sneakers to each class.

### Primary Prep.

**9 weeks | Begins January 2nd**  
**Mondays, 9:00am-11:30am**  
**Members \$69, Non-Members \$78**  
Online registration code **420110**  
Location: Activity Room

Almost ready for big kid school? We'll help you make sure you're ready to go. This class is designed for kids who will be going to Primary in September 2017. Each week will focus on a different theme and have structured learning activities to help your little ones prepare for their next big milestone.

*\*Please note there are no sessions on Monday, February 20th.*

### Fun with French

**10 weeks | Begins January 4th**  
**Wednesdays, 9:00am-11:30am**  
**Members \$76, Non-Members \$86**  
Online registration code **420101**  
Location: Activity Room

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



## Play School Swim Lessons

**10 weeks | Begins January 5th | Thursdays, 9:00am-11:30am**  
**Members \$117, Non-Members \$135**  
Online registration code **420111**  
Location: Activity Room

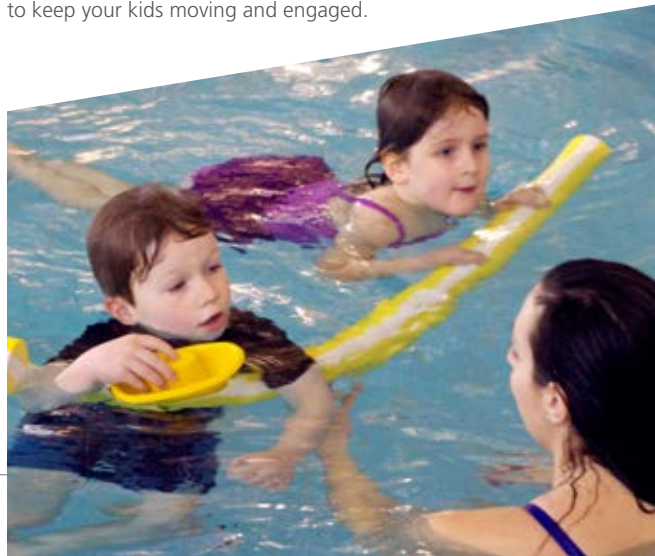
We've combined the fun of our Play School Program with the convenience of our Lifesaving Society's Swim for Life Preschool Swim Lessons. In this program, your child participates in a full swim lesson delivered by certified instructors and receives a report card at the end of the term. We'll accompany your child to the pool for their lessons and then have fun with classroom activities once they're all dried.

## Tiny Tumblers

**10 weeks | Begins January 3rd | Tuesdays, 9:00am-11:30am**  
**Members \$76, Non-Members \$86**  
Online registration code **420107**  
Location: Activity Room

**10 weeks | Begins January 6th | Fridays, 9:00am-11:30am**  
**Members \$76, Non-Members \$86**  
Online registration code **420107**  
Location: Activity Room

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



## SPORTS PROGRAMS



### Badminton



10 weeks | Begins January 5th  
Age 5-8 | Intro Level | Thursdays, 5:00pm-5:45pm  
Age 9-16 | Intro Level | Thursdays, 5:45pm-6:30pm  
**Members \$70, Non-Members \$80**  
Online registration code **420211**  
Location: Field House

10 weeks | Begins January 5th  
Age 9-16 | Intermediate Level\*\*  
Thursdays, 6:30pm-7:30pm  
**Members \$70, Non-Members \$80**  
Online registration code **420211**  
Location: Field House

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

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

*\*\*\*Please note there is no session on Thursday, February 2nd.*

### Tennis



8 weeks | Begins January 3rd  
RED BALL 1 | Age 5-6 | Beginner to Novice  
Tuesdays, 4:30pm-5:15pm  
ORANGE BALL 1 | Age 7-8 | Beginner to Novice  
Tuesdays, 5:15pm-6:15pm  
**Members \$45, Non-Members \$52**  
Online registration code **420205**  
Location: Field House

Learn the basics and develop a love for the game with some of Halifax's best coaches. For optimal instruction, all classes have a maximum of 8 kids. Red Ball 1 classes are for those just starting out or who have only taken a class or two before. Orange Ball 1 is for older kids that want to pick up this great sport. Rackets and balls are provided in each class, so all that's needed is sneakers to have a blast. These Tennis Canada Progressive Tennis classes are S4L approved and led by HeadStart Tennis.





## Wrestling



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

### BRONZE LEVEL

9 weeks | Begins week of January 2nd

Age 5-8 | Mondays, 5:00pm-5:45pm

9 weeks | Begins week of January 2nd

Age 9-12 | Thursdays, 5:45pm-6:30pm

Members \$60, Non-Members \$70

Online registration code [420207](#)

Location: Field House

*\*Please note there are no sessions on Thursday, February 2nd and Monday, February 20th*

### SILVER/GOLD LEVEL

9 weeks | Begins week of January 2nd

Age 5-8 | Thursdays, 5:00pm-5:45pm

9 weeks | Begins week of January 2nd

Age 9-12 | Mondays, 5:45pm-6:30pm

Members \$60, Non-members \$70

Online registration code [420207](#)

Location: Field House

*\*Please note there are no sessions on Thursday, February 2nd and Monday, February 20th*

## Tumblebugs Gymnastics



9 weeks | Begins January 5th

Ages 3.5-4 | Thursdays, 5:00pm-5:45pm

Members \$60, Non-Members \$70

Online registration code [420210](#)

Location: Field House

Introduce your child to the art of movement with our modified gymnastics program. All kids should learn the ABCs of movement - Agility, Balance, Coordination and speed. Get them off to an active start as they develop these skills in a fun and safe environment. Tumblebugs are all about fundamental movement skills that support healthy growth and development and improve physical literacy.

*\*Please note there is no session on Thursday, February 2nd.*





## Rhythmic Gymnastics

8 weeks | Begins January 2nd

Level 1 | Ages 5-7 | Mondays, 5:00pm-5:30pm

Level 2 | Ages 8-12 | Mondays, 5:30pm-6:00pm

Members \$60, Non-Members \$70

Online registration code **420210**

Location: Field House

Rhythmic Gymnastics is a graceful and artistic sport. It combines the elements of ballet, gymnastics, dance, and apparatus manipulation (hoop, ball, ribbon, and rope) to music. This program will cover the basic requirements of a rhythmic gymnast including strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination in a fun and creative manner. Gymnasts will also learn jumps, leaps, pivots, balances and flexibility movements. Instruction will be given by Amanda Layton-Malone a Level 3, NCCP Certified Coach who has produced World Championship level gymnasts and has travelled the world competing and teaching the sport. Participants are to wear a gymnastics leotard and bare feet to class. Come see what all of the “hoopla” is all about!

*\*Please note there are no sessions on Monday, February 20th*

## Advanced Rhythmic Gymnastics Performance Team

8 weeks | Begins January 2nd

Ages 8-16 | Mondays and Wednesdays, 6:00pm-7:15pm

Members \$100, Non-Members \$112

Online registration code **420210**

Location: Field House

Rhythmic gymnastics is a sport that is known worldwide for its artistry and beautiful demonstrations. Gymnasts will review and acquire more complex jumps, leaps, pivots, balances and flexibility movements. More use of the apparatus with routine based classes with is focused on during the season. The goal of this team is to learn routines, understand music and movement, and perfect performance skills, with a possible opportunity to perform at a CGC event. Instruction will be given by Amanda Layton- Malone Level 3, NCCP Certified Coach who has produced World Championship level gymnasts, and has travelled the world competing, demonstrating, and teaching the sport. The Performance Team will be selected by the Head Coach and is for gymnasts with a strong background in dance, gymnastics, and rhythmic gymnastics. Please contact Amanda prior to registration at [recreation@canadagamescentre.ca](mailto:recreation@canadagamescentre.ca). Gymnasts are required to wear a gymnastics leotard and bare feet to all classes.

*\*Please note there are no sessions on Monday, February 20th.*

## Youth Karate

Led by 5th Degree Black Belt Sensei Jeff Murphy, our belted Shotokan-Karate program will facilitate learning and skill development for those wishing to move their way through the ranks. Belting opportunities will be presented when children are ready to challenge their appropriate level. Additional fees for belt testing and uniforms will be the responsibility of participants. Gi's can be purchased through Jeff on the first day if necessary at a cost of approximately \$50 plus tax. Classes fill up very quickly, so please register early so you are not disappointed!

*\*Please note all participants 5 years and up are required to pay the \$20 Karate Nova Scotia annual fee, if you did not pay during the fall 2016 session.*

10 weeks | Begins week of January 2nd

Online registration code **420202**

Location: Dance Studio

*\*Please note there are no sessions on Monday, February 20th.*

### **FUNDAMENTAL SKILLS | Ages 4-5 | Non-belted**

Mondays 9:30am-10:00am or 6:00pm-6:30pm

Wednesday 5:45pm-6:15pm

*Members \$60, Non-Members \$69*

*(\$5 discount for kids enrolled in both Fundamental Skill classes).*

### **BEGINNER | Ages 6-8 | Mondays 6:30pm-7:15pm**

#### **YELLOW STRIPE AND UP**

Ages 6-8 | Wednesdays 6:15pm-7:00pm

**ALL RANKS | Ages 6-8 | Tuesdays, 5:45pm-6:30pm**

*Members \$70, Non-Members \$80*

### **WHITE TO ORANGE BELT**

Ages 9-12 | Mondays, 7:15pm-8:15pm

### **GREEN BELT AND UP**

Ages 9-12 | Tuesdays, 6:30pm-7:30pm

*Members \$82, Non-Members \$95*

## Family Karate

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

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

10 weeks | Begins week of January 2nd

Online registration code **420202**

Location: Dance Studio

**WHITE TO ORANGE BELT | Thursdays 6:00pm-7:00pm**

**GREEN BELT AND UP | Wednesdays 7:00pm-8:00pm**

Children 6-12 & Parents

One parent must participate with the child(ren).

Price for first participant:

*Members \$60, Non-Members \$69 (plus tax)*

Price for each additional participant:

*Members \$15, Non-Members \$17.25 (plus tax)*



## Adult Karate

10 weeks | Begins week of January 2nd  
Adult & Ages 13+

**WHITE TO ORANGE BELT** | Tuesdays, 7:30pm-8:30pm

**GREEN BELT AND UP** | Mondays, 8:15pm-9:15pm

**BROWN & BLACK BELT** | Wednesdays 8:00pm-9:00pm

*Members \$82, Non-members \$95 (plus tax)*

Online registration code **420202**

Location: Dance Studio

*\*Please note there are no sessions on Monday, February 20th.*

Instructor Sensei Jeff Murphy is offering both a basic movement and sparring focused program. The Adult White to Orange Belt Class is for adults where basic karate movements are reviewed, and the Adult Sparring class is for anyone aged 13 years and above who possess a yellow belt or higher in karate. Additional fees for belting and Gi are the responsibility of the participant.

*\*Gi is approximately \$65 plus tax (depending on size).*

## Youth Sparring

10 weeks | Begins week of January 2nd

Ages 7-12 | Thursdays, 7:00pm-8:00pm

*Members \$82, Non-Members \$95 (plus tax)*

Online registration code **420202**

Location: Dance Studio

*(\$20 discount in sparring class fees for kids enrolled in addition youth karate classes).*

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



## Adult Sparring

10 weeks | Begins the week of January 2nd  
Adult & Ages 13+ | Thursdays, 8:00pm-9:00pm

*Members \$82, Non-Members \$95 (plus tax)*

Online registration code **420202**

Location: Dance Studio

*(\$20 discount in sparring class fees for adults who take both adult classes).*

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

## Senior Karate

10 weeks | Begins week of January 2nd

**ALL RANKS | 55+ | Mondays, 10:00am-11:00am**

*Members \$55, Non-members \$69 (plus tax)*

Online registration code **420202**

Location: Dance Studio

*\*Please note there are no sessions on Monday, February 20th.*

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

*\*Gi is approximately \$65 plus tax (depending on size).*

## Karate Private Lessons

You can also register for Private Lessons.

To arrange a private lesson, please contact

Instructor Sensei Jeff Murphy at [jeff-murphy@live.com](mailto:jeff-murphy@live.com).





## DON'T FORGET ME!

See page 4 for more details

### Taekwon-Do

8 weeks | Begins January 7th

Ages 5-7 | Saturdays, 12:30pm-1:15pm

Ages 8-13 | Saturdays, 1:15pm-2:00pm

Members \$60, Non-Members \$70

Online registration code **420201**

Location: Dance Studio

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

### Run, Jump, Throw



8 weeks | Begins January 4th

Ages 7-11 | Wednesdays, 5:00pm-6:00pm

Members \$60, Non-Members \$70

Online registration code **420207**

Location: Track

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

*\*Please note there is no session on Wednesday, February 1st.*

### GOLF



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

### Family Golf

2 Day Classes | February 25th & 26th

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

Parents & Children (ages 7+)

One parent/guardian must participate with the child(ren)

Price for first participant:

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

Price for each additional participant:

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

Online registration code **420208**

Location: Field House

### Adult Golf

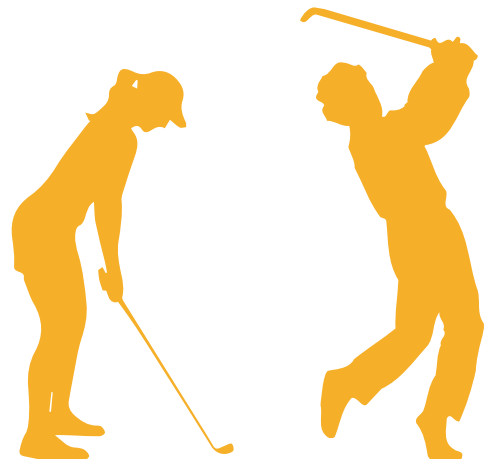
2 Day Classes | February 25th & 26th

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

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

Online registration code **420208**

Location: Field House







## Explorers: Multi-Sport



8 weeks | Begins January 2nd  
Ages 3-5 | Mondays, 5:30pm-6:15pm  
Members \$60, Non-Members \$70  
Online registration code [420207](#)  
Location: Field House

This program combines games and play-based learning to build fundamental movement skills in children like running, jumping, balance, throwing, catching and striking. The skills learned in this program allow children to become confident and competent in all sorts of future game play and grow into active teens, and remain healthy as they become adults!

*\*Please note there are no sessions on Monday, February 20th.*

## Adventurers: Multi-Sport



8 weeks | Begins January 2nd  
Ages 6-9 | Mondays, 6:15pm-7:00pm  
Members \$60, Non-Members \$70  
Online registration code [420207](#)  
Location: Field House

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

*\*Please note there are no sessions on Monday, February 20th.*



**DON'T FORGET ME!**

See page 4 for more details

## ■ DANCE



The Canada Games Centre is pleased to continue our partnership with Halifax Dance for all of our Dance Programs. A staple in the community for over 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 January 7th  
Ages 3-4 | Saturdays, 10:00am-10:30am  
*Members \$75, Non-Members \$85*  
Online registration code **420401**  
Location: Dance Studio

### **Creative Movement 2**

10 weeks | Begins January 7th  
Ages 4-5 | Saturdays, 10:35am-11:05am  
*Members \$75, Non-Members \$85*  
Online registration code **420401**  
Location: Dance Studio

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

### **Pre-Ballet**

10 weeks | Begins January 7th  
Ages 5-6 | Saturdays, 11:10am-11:50pm  
*Members \$105, Non-Members \$114*  
Online registration code **420401**  
Location: Dance Studio

This program 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 program also enhances social interaction and individual development skills. Pre-Ballet introduces the basic shapes, positions and postures of ballet in a fun studio atmosphere.



## ■ OUTDOOR RANGERS

8 weeks | Begins January 4th  
Ages 6-9 | Wednesdays, 5:30pm-6:15pm  
Members \$60, Non-Members \$70  
Online registration code [420303](#)  
Location: Arts & Craft Room



Join us for outdoor adventures! This program will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural environment. Each week we will focus on a different topic such as wildlife, gardening, ecosystems, geocaching, recycling and more. Be prepared to join the fun!

## ■ CREATIVE ARTS

### Watercolours - All Skill Levels

5 weeks | Begins January 9th | Ages 18+  
Mondays, 1:15pm-4:15pm | Mondays, 5:45pm-8:45pm  
Members \$125, Non-Members \$140 (plus tax)  
Online registration code [420302](#)  
Location: Classroom



Join accomplished artist Laurie Mireau as you learn the fundamentals of brush handling, colour mixing, and how to layer colors to build up your painting. Basic techniques will be taught to keep even the most inexperienced feeling comfortable, while still developing the skill of more seasoned painters. Classroom skill development exercises and some light homework will help to get you started with this great hobby in just six weeks. All skill levels will be accommodated to the best of Laurie's ability. Supply lists will be emailed before the program starts.



# 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.

Your membership or day pass includes more than 50 Drop-in Fitness Classes each week. These classes are designed for all fitness levels (unless noted), so if you are interested in cross training or trying something different, we have a class for you!. Zumba, Aquafit, Interval Training, Yoga and more – pick your favourites from our **Drop-in Fitness Schedule** available online or at the Customer Service Desk.

## ■ ADULT SPECIALIZED PROGRAMS



### Ready, Set, Golf

6 weeks | February 18th-March 25th  
Saturdays, 9:00am-10:00am  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code: **430124**  
Location: Sports Performance Room

Get to the core of your swing! Many golfers assume they have a relatively low risk of injury, so they do not adequately prepare their bodies for the stresses of golf. This 6 week course will allow you to take advantage of physical conditioning for golf to enhance your performance and prevent injury. This program will get your body ready for the flexibility, strength, muscle balance and postural stability that the game demands so you can spend your spring on the green - swinging.

### Burlesque Dance

6 Weeks | January 10th-February 14th  
Tuesdays, 6:00pm-7:00pm  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code **430513**  
Location: 2nd Floor Fitness Studio

6 Weeks | February 21st-March 28th  
Tuesdays, 6:00pm-7:00pm  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code **430513**  
Location: 2nd Floor Fitness Studio

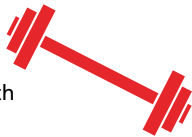
Have you always wanted to express yourself through dance and feel more confident in your body? Here's your chance to let your hair down! Come spice up your Tuesday nights with Burlesque Dance. This class incorporates cardiovascular fitness along with burlesque dance choreography that will bring out your inner diva. This class is so much fun you won't realize it's even exercise. Heels are encouraged.



## DON'T FORGET ME!

See page 4 for more details

## Intro to Power Lifting



6 weeks | January 15th-February 19th  
Sundays, 10:30am-11:30am

*Members \$72, Non-Members \$90 (plus tax)*

Online registration code **430512**

Location: Sports Performance Room - Fitness Centre

Want to learn how to squat, bench press, deadlift, overhead press and row correctly? This program is designed to teach you the proper technique and safety cues of Power Lifting. Participants will learn how to properly execute the most proven movements to help increase strength and power. Limited to a maximum of six people.



## Kettlebell Basics



6 weeks | January 11th-February 15th  
Wednesdays, 6:15pm-7:00pm

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

Online registration code **430503**

Location: Track Starting Blocks

6 weeks | February 22nd-March 29th  
Wednesdays, 6:15pm-7:00pm

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

Online registration code **430503**

Location: Track Starting Blocks

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

## K2 - Kettlebell Circuit

6 weeks | January 9th-February 13th

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

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

Online registration code **430503**

Location: Track Starting Blocks

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

## Toughen Up

12 weeks | January 9th-March 29th  
Mondays & Wednesdays, 6:30pm-7:30pm  
Members \$184 Non-Members \$230 (plus tax)  
Online registration code **430504**  
Location: Sport Performance Room-Fitness Centre

Get off the couch and into the best shape of your life at the Canada Games Centre with this resistance/interval training program. This fitness program is designed for participants who will strive to improve their strength, endurance and body composition in 12 weeks. Pre & post fitness tests, as well as anthropometric measurements, will keep you on track. High intensity training and a variety of fun and challenging workouts will get you to your goal and your new you.

*\*Please note there is no program on Monday, February 20th.*

## Lifting 101 - Women's Only

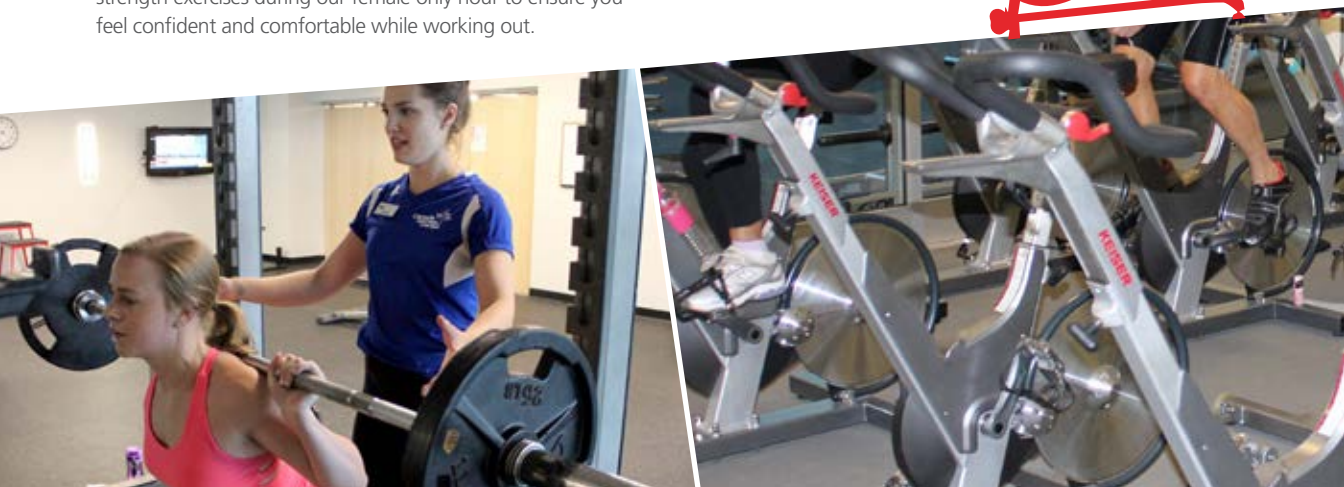
4 weeks | January 15th-February 5th  
Sundays, 7:00pm-8:00pm  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code **430514**  
Location: Sports Performance Room - Fitness Centre

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

## Smart Start Basic Bike

6 weeks | January 10th-February 14th  
Tuesdays, 6:15pm-7:00pm  
Members \$48, Non-Members \$60 (plus tax)  
Online registration code **430515**  
Location: Track

New to spin? Join us for this introduction to indoor cycling. This program will begin with a nice and easy rhythm before gradually progressing to a more challenging pace. It is 30 minutes of cycling, followed by 15 minutes of core exercises that will target the abdominal and lower back muscles needed for spin. No spin exercise necessary for this Basic Bike program. A great start to your cycling experience!



## TRX Training Basic Camp

6 weeks | January 10th-February 14th

Tuesdays, 7:00pm-7:45pm

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

Online registration code **430508**

Location: Track

6 weeks | January 12th-February 16th

Thursdays, 7:00pm-7:45pm

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

Online registration code **430508**

Location: Track

6 weeks | February 21st-March 28th

Tuesdays, 7:00pm-7:45pm

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

Online registration code **430508**

Location: Track

6 weeks | February 23rd-March 30th

Thursdays, 7:00pm-7:45pm

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

Online registration code **430508**

Location: Track

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

## TRX Strong

6 weeks | January 12th-February 16th

Thursdays, 6:00pm-6:45pm

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

Online registration code **430508**

Location: Track

6 weeks | February 23rd-March 30th

Thursdays, 6:00pm-6:45pm

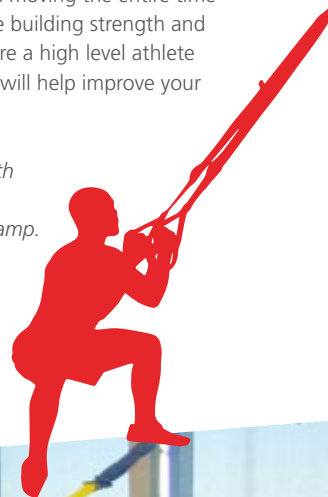
*Members \$48, Non-Members \$60 (plus tax)*

Online registration code **430508**

Location: Track

TRX Strong will push your basic TRX training to new heights. This intermediate program delivers a challenging, effective total-body workout. We'll keep you moving the entire time so you can get your cardio on while building strength and core stabilization. No matter if you're a high level athlete or a week-end warrior, TRX Strong will help improve your game and quality of life.

*\*Must have previous experience with TRX Suspension Trainer or have attended the TRX Training Basic Camp.*



## ■ PRE AND POST NATAL PROGRAMS

### Restore Your Core ← NEW

6 weeks | January 12th-February 16th  
Thursdays, 10:30am-11:30am  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code **430405**  
Location: Dance Studio

6 weeks | February 23rd-March 30th  
Thursdays, 10:30am-11:30am  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code **430405**  
Location: Dance Studio

Take back control of your core. This program will incorporate targeted exercises that will help strengthen your abdominals and pelvic floor. Our certified Postnatal Fitness Instructor will lead you through re-establishing your stability, improving your posture, increasing your body awareness, and building endurance. Babies, carseats and bottles are welcome.

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

### Prenatal Fit Camp

6 weeks | January 9th-February 13th  
Mondays, 6:00pm-6:45pm  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code **430404**  
Location: 2nd Floor Fitness Studio

6 weeks | February 27th-April 3rd  
Mondays, 6:00pm-6:45pm  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code **430404**  
Location: 2nd Floor Fitness Studio

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

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







## DON'T FORGET ME!

See page 4 for more details

### Stroller Circuit

6 weeks, 12 classes | January 9th-February 15th

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

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

Online registration code **430402**

Location: Track Starting Blocks

6 weeks, 11 classes | February 22nd-April 5th

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

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

Online registration code **430402**

Location: Track Starting Blocks

This safe and interactive stroller fitness program is designed for the parent who wants to get into shape without leaving 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 environment 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.*



## ■ MIND BODY PROGRAMS

### Introduction to Yoga

8 weeks | January 11th-March 1st  
Wednesdays, 6:00pm-7:00pm  
Members \$64, Non-members \$80 (plus tax)  
Online registration code **430301**  
Location: 2nd Floor Fitness Studio

Learn the basics you will need to feel comfortable in yoga in a non-intimidating and welcoming 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 will build a solid foundation and can expect to improve your overall fitness and balance, even improving your cardiovascular fitness.

### Intermediate Yoga

8 weeks | January 11th-March 1st  
Wednesdays, 7:15pm-8:15pm  
Members \$64, Non-members \$80 (plus tax)  
Online registration code **430305**  
Location: 2nd Floor Fitness Studio

Do you know the basic yoga poses and are looking to delve deeper into your practice? Intermediate Yoga is a natural continuation from our Intro course, or ideal for anyone looking to improve their body awareness, breath and alignment in their yoga asanas. This is a gently paced, fluid yoga class that will help open the hips, strengthen the core, and improve posture.

*\*Previous yoga experience required or have attended Introduction to Yoga.*



## Yoga For Every Body

6 weeks | January 12th-February 16th

Thursdays, 1:00pm-2:00pm

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

Online registration code **430303**

Location: 2nd Floor Fitness Studio

6 weeks | February 23rd-March 30th

Thursdays, 1:00pm-2:00pm

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

Online registration code **430303**

Location: 2nd Floor Fitness Studio

Yoga For Every Body is open to all fitness 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 do not feel they are able to join a regular yoga class, while still targeting the core, spinal extension, overall flexibility and stress reduction.

## Pilates

12 weeks | January 12th-March 30th

Thursdays, 6:00pm-7:00pm

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

Online registration code **430304**

Location: 2nd Floor Fitness Studio

Strengthen, lengthen and tone the entire body! Led by a certified Stott Pilates Instructor, this dynamic full-body workout utilizes light weights and small equipment to target deep muscles of the abdomen and back. The course size is limited in space to ensure correct form and posture progression of exercises.

## Pilates Sculpt

12 weeks | January 9th-March 27th

Mondays, 7:00pm-8:00pm

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

Online registration code **430307**

Location: 2nd Floor Fitness Studio

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

*\*Please note there is no program on Monday, February 20th.*



## ■ ADULT WORKSHOPS

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

### Joint Mobility Workshop ← NEW

Saturday, March 4th | 11:15am-12:15pm  
Members \$8, Non-Members \$12 (plus tax)  
Online registration code **430201**  
Location: 2nd Floor Fitness Studio

Feeling stiff? In this workshop, learn how to increase your range of motion, release tension, and decrease joint pain. Basic fundamental movement patterns will be taught to get your body ready to move more effectively and efficiently through your workouts and everyday life. A combination of stretches and foam rolling will be taught.

### Kettlebell Workshop

Saturday, January 7th | 11:15am-12:15pm  
Members \$8, Non-Members \$12 (plus tax)  
Online registration code **430201**  
Location: 2nd Floor Fitness Studio

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



## DON'T FORGET ME!

See page 4 for more details

### TRX Workshop

Saturday, February 18th | 11:15am-12:15pm  
Members \$8, Non-Members \$12 (plus tax)  
Online registration code **430201**  
Location: Track

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



## ■ FITNESS SERVICES

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

### Simply Fit ← **FREE FOR MEMBERS**

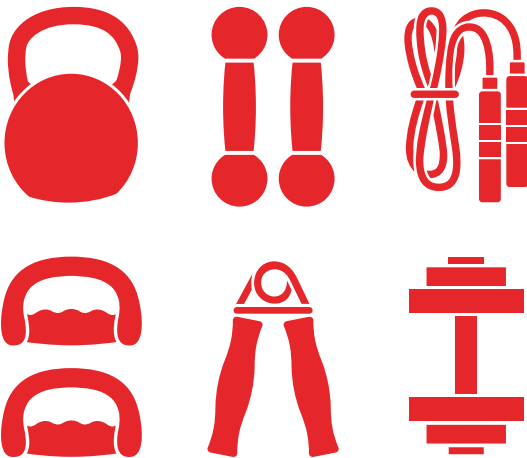
Wednesdays 6:30pm | Saturdays 9:00am  
Contact the Fitness Centre at 902.490.2580 to sign-up!

Join us for this **complimentary** general fitness facility and equipment orientation. You will leave feeling comfortable to complete a great workout by yourself, with a friend, or in a group exercise class.

### Fitness Assessment & Program Design

*Members \$150.00, Non-Members \$175.00 (plus tax)*  
Contact the Fitness Centre at 902.490.2580 to book.

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



## ■ PERSONAL TRAINING

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

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

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

## Youth and Elite Sports Performance Training

### Seasonal Camps and Off-Season Training

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

PRICE	DURATION	# OF ATHLETES
\$10 per youth	60 minute session	5+ athletes
\$17 per youth	60 minute session	3-4 athletes
\$25 per youth	60 minute session	2 athletes

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



# New Year's Eve



## NEW YEAR'S EVE FAMILY EXTRAVAGANZA

**SATURDAY, DECEMBER 31ST, 2016 – 2:30PM-5PM**

Celebrate the New Year early with a special event designed for families - kids, parents and grandparents. Enjoy an active afternoon together with activities & games in the Field House and Aquatics Centre - just in time for the babysitter!

### Featuring:

- OnTree zip lines (ages 6+)
- Bouncy castles in the Field House
- Giant inflatable obstacle course in the Competition Pool
- Fundamental Movement Skills zone (obstacle course)
- CGC Photo Booth  
...Snacks & more

### EARLY BIRD SPECIAL – BUY TICKETS IN ADVANCE AND SAVE

**Adult – Member \$7, Non-member \$10**

**Youth (2-17) – Member \$4, Non-member \$7**

**Senior (60+) – Member \$6, Non-member \$9**

*\*prices do not include tax*

**Tickets available with online registration code 350101**



# Aquatics Programs

## ■ AQUATICS REGISTRATION INFORMATION

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

Next, refer to the days, times and sections of a particular class or level (see chart on page 37). If a section time is full when you attempt to register, please register for another section time or register on our waiting list. We do our best to fill waiting list requests. Due to a commitment to quality and safety we are unable to accommodate extra swimmers once a section is filled. Please refer to registration instructions on page 3 for online or in-person registration. Registration is ongoing until 1 week prior to class start date. CGC Swim For Life levels and Canadian Lifesaving Swim Patrol (Swimmers 7, 8 & 9) are HST exempt. Applicable taxes will be added to the registration fee for other programs.



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

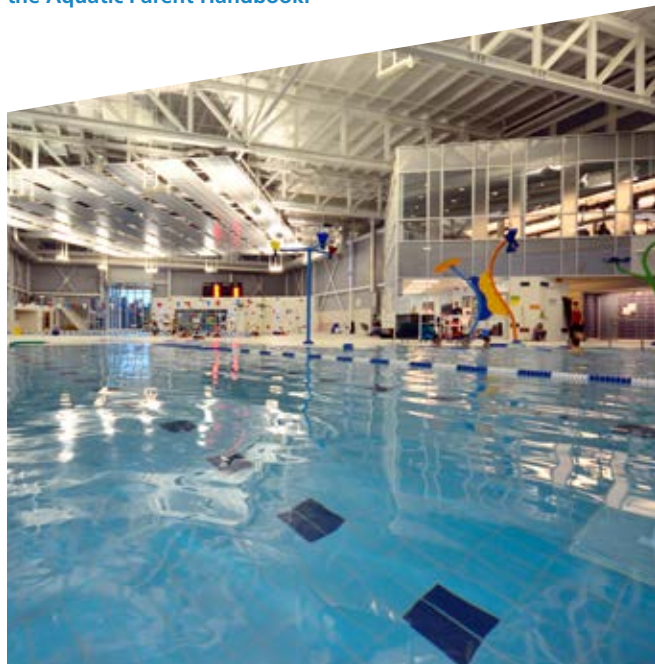


## AQUATICS PROGRAMS CONTINUED COMMITMENT TO QUALITY

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

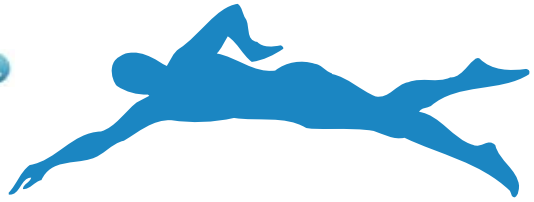
- 35 & 50 minute classes
- 9 week program allows us to not schedule classes during holidays.
- Scheduled 5 minutes between classes for rotation, evaluation & to connect with parents
- Aquatic Program Specialist on deck to mentor instructors
- Inclusion Days offering group lessons through Swim Whisperers instructor training (see page 38 for details)

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





## ■ PARENT & TOT PROGRAMS



Ages 4 months-3+ years and caregivers  
9 lessons | 35 minutes per lesson  
Members \$75, Non-Members \$105

See chart on page 37 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 **410111**

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 **410112**

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 **410113**

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





## ■ PRESCHOOL PROGRAMS

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

See chart on page 37 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 410121**

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 410122**

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 410123**

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 410124**

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 410125**

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 37 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 [410131](#)

9 lessons, 35 minutes each

*Members \$75, Non-Members \$105*

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

### SWIMMER 1 ADVANCED

Online registration code [410137](#)

9 lessons, 35 minutes each

*Members \$75, Non-Members \$105*

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

### SWIMMER 2 | Online registration code [410132](#)

9 lessons, 35 minutes each

*Members \$75, Non-Members \$105*

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

### SWIMMER 2 ADVANCED

Online registration code [410130](#)

9 lessons, 35 minutes each

*Members \$75, Non-Members \$105*

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

### SWIMMER 3 | Online registration code [410133](#)

9 lessons, 35 minutes each

*Members \$75, Non-Members \$105*

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

### SWIMMER 4 | Online registration code [410134](#)

9 lessons, 50 minutes each

*Members \$80, Non-Members \$110*

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

### SWIMMER 5 | Online registration code [410135](#)

9 lessons, 50 minutes each

*Members \$80, Non-Members \$110*

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

## SWIMMER 6

Online registration code [410136](#)

9 lessons, 50 minutes each

*Members \$80, Non-Members \$110*

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

## SWIMMER 7 ROOKIE PATROL

Online registration code [410141](#)

9 lessons, 50 minutes each

*Members \$80, Non-Members \$110*

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

## SWIMMER 8 RANGER PATROL

Online registration code [410142](#)

9 lessons, 50 minutes each

*Members \$80, Non-Members \$110*

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

## SWIMMER 9 STAR PATROL

Online registration code [410143](#)

9 lessons, 50 minutes each

*Members \$80, Non-Members \$110*

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



**DON'T FORGET ME!**

See page 4 for more details

## CHRISTMAS CRUNCH

Have a few things left to complete after Fall session? Too busy in the Fall to participate in swimming lessons? Join us again this year for Christmas Crunch Swimming Lessons. Registration for Christmas Crunch opens as of **November 1st** for all members and non-members.

**Lessons run Monday to Thursday for the weeks of December 5th-8th & 12th-15th.**

Click on the lesson below and go directly to online registration.

Preschool 1	4:00pm 4:40pm, 5:20pm
Preschool 2	4:00pm
Preschool 3	4:40pm
Preschool 4	6:00pm
Preschool 5	5:20pm
Swimmer 1	4:00pm 5:20pm
Swimmer 1 Advanced	4:40pm 6:00pm
Swimmer 2	4:40pm 5:20pm
Swimmer 2 Advanced	4:40pm 6:00pm
Swimmer 3	4:00pm 6:00pm
Swimmer 4	4:55pm
Swimmer 5	4:00pm
Swimmer 6	5:50pm
Teen Level 1	6:00pm
Adult Level 1	5:20pm

## SWIM LESSONS - DAYS & TIMES

	MONDAY* JAN 2 - MAR 6	TUESDAY JAN 3 - FEB 28	WEDNESDAY JAN 4 - MAR 1	THURSDAY JAN 5 - MAR 2	SATURDAY JAN 7 - MAR 4	SUNDAY JAN 8 - MAR 5
Parent & Tot 1	4:00pm	5:20pm	4:00pm	10:20am, 4:00pm	8:30am, 9:10am	9:10am
Parent & Tot 2	4:40pm	6:00pm	5:20pm	9:00am, 4:40pm	9:50am, 11:10am	8:30am, 9:50am
Parent & Tot 3	5:20pm	4:40pm		5:20pm	10:30am, 11:50am	10:30am, 11:10am
Preschool 1	4:00pm 6:00pm	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
Preschool 2	5:20pm 6:00pm	4:00pm 6:00pm	4:40pm 5:20pm	11:00am 4:40pm, 6:00pm	9:10am, 9:50am 10:30am, 11:10am	9:10am 9:50am
Preschool 3	4:40pm 6:00pm	4:40pm 6:00pm	4:00pm 6:00pm	11:00am 5:20pm, 6:00pm	9:50am 10:30am, 11:10am	9:10am 9:50am, 10:30am
Preschool 4	4:40pm 5:20pm	5:20pm 6:00pm	4:40pm 5:35pm	6:00pm	9:10am 9:50am, 11:10am	9:10am 10:30am
Preschool 5	6:00pm	5:20pm	6:00pm	4:40pm	9:10am, 10:30am	9:10am, 10:30am
Swimmer 1	4:40pm 5:20pm, 6:00pm	4:40pm 5:20pm	5:35pm 6:00pm	4:40pm 5:20pm, 6:00pm	9:10am, 9:50am 10:30am, 11:10am	9:10am 9:50am, 10:30am
Swimmer 1 Advanced	4:40pm 5:20pm	4:40pm 5:20pm	4:55pm 5:35pm	4:40pm 5:20pm	9:50am 10:30am, 11:10am	9:10am 9:50am, 10:30am
Swimmer 2	4:00pm 4:40pm, 5:20pm	4:00pm 5:20pm, 6:00pm	4:55pm 6:15pm	5:20pm 6:00pm	9:10am 9:50am, 10:30am	9:10am 9:50am, 10:30am
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
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
Swimmer 4	4:00pm	4:00pm			9:00am 9:55am, 11:45am	8:30am 9:25am
Swimmer 5		4:00pm			9:00am, 10:50am	8:30am, 10:20am
Swimmer 6	4:55pm	4:00pm	4:00pm		9:00am, 9:55am	9:25am
Swimmer 7 / Rookie		4:55pm	4:00pm		10:50am	9:25am
Swimmer 8 / Ranger	5:50pm	4:55pm	4:00pm		9:55am	10:20am
Swimmer 9 / Star		4:55pm			10:50am	10:20am
Teen Lessons		LEVEL 1 5:50pm		LEVEL 1 4:00pm, 5:20pm, LEVEL 2 4:00pm, 6:00pm	LEVEL 1 10:30am LEVEL 2 11:50am	
Adult Group Swim Lessons				LEVEL 1 & 2 11:35am		LEVEL 1, 2 & 3 11:40am

\*No Registered Programs on Monday, February 20th. Please note that swim lesson chart days & times may change based on registration. If a lesson is full, please add yourself to the waitlist and you will be contacted if space becomes available.

## ■ INCLUSION DAYS

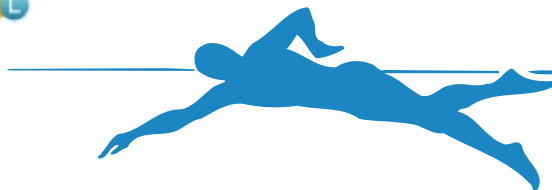
We're excited to offer an increased level of inclusion during group swimming lessons on Wednesdays & Sundays. These days are not only smaller in attendance levels, but are also staffed with 75% of our Swim Instructors trained in the Swim Whisperers program. For registration details please contact our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

## 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 January 9th  
Ages 11-15yrs  
Thursdays, 4:00pm-4:35pm  
Saturdays, 10:30am-11:05am  
*Members \$80, Non-Members \$110 (plus tax)*  
Online registration code [410161](#)

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

### Teen Level 2

9 Lessons | Begins January 9th  
Ages 11-15yrs  
Thursdays, 4:00pm-4:35pm  
Saturdays, 11:50am-12:25pm  
*Members \$80, Non-Members \$110 (plus tax)*  
Online registration code [410162](#)

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



## ADULT GROUP SWIM LESSONS



Are you over the age of 16 and would you like to learn how to swim, fix up your strokes, or overcome a fear of the water, but don't want a private lesson? Then adult group lessons are for you! These lessons are offered in 3 different levels based on ability/skill level. Our welcoming and certified instructors will help you reach your goals.

### Adult Level 1

**Ages 16+**

**9 Lessons | Begins January 5th or January 8th**

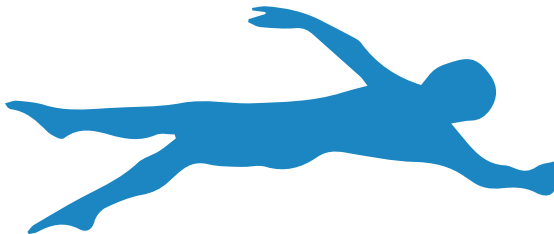
**Thursdays, 11:35am-12:10pm**

**Sundays, 11:40am-12:15pm**

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

Online registration code **410164**

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



### Adult Level 2

**Age 16+**

**9 Lessons | Begins January 5th or January 8th**

**Thursdays, 11:35am-12:10pm**

**Sundays, 11:40am-12:15pm**

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

Online registration code **410165**

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

### Adult Level 3

**Age 16+**

**9 Lessons | Begins January 8th**

**Sundays, 11:40am-12:15pm**

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

Online registration code **410166**

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

### Aquafit & Hydorider Classes

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



## PRIVATE & SEMI-PRIVATE SWIM LESSONS



9 Private Lessons | 35 mins  
 Members \$155, Non-members \$190  
 Online registration code **410151**

9 Semi-Private Lessons | 35 mins  
 Members \$255, Non-members \$320  
 Online registration code **410152**

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.



**DON'T FORGET ME!**

See page 4 for more details

### Advanced Private lessons

Single Course \$250  
 Combine Course or Semi-Private Lesson \$400  
 Online registration code **410176**

You can also register for Private Lessons for Bronze Medallion, Bronze Cross, and Distinction. Fees include instruction, books, and exam fees. To arrange for this type of private lesson, please contact the Aquatics Program Supervisor at **902.490.2913** or [obriend@canadagamescentre.ca](mailto:obriend@canadagamescentre.ca).



	MONDAY JAN 2 - MAR 6	TUESDAY JAN 3 - FEB 28	WEDNESDAY JAN 4 - MAR 1	THURSDAY JAN 5 - MAR 2	FRIDAY JAN 6 - MAR 3	SATURDAY JAN 7 - MAR 4	SUNDAY JAN 8 - MAR 5
Private / Semi Private (35 mins)	3:30pm 4:10pm 4:50pm 5:30pm 6:10pm	4:00pm 4:10pm 4:50pm 5:30pm 6:10pm	4:50pm 5:30pm 6:10pm	4:10pm 4:50pm 5:30pm 6:10pm	4:10pm 4:50pm 5:30pm 6:10pm	9:00am 9:40am 10:20am 11:00am 11:40am	9:00am 9:40am 10:20am 11:00am 11:40am





See chart below for leadership programs days and times.

Finished your swimming lessons and wondering what's next? Do you like helping people or want to learn how to become a lifeguard? Leadership programs offer both the theory and practical instruction required to prepare you for lifesaving certification. Due to the nature of these courses, 100% attendance is required for certification.

### Bronze Star

9 sessions | January 8th-March 5th  
 Sundays, 11:15am-12:15pm  
 Members \$80, Non-Members \$110  
 Online registration code [410171](#)  
 Prerequisite: None  
 (Swim Patrol experience is recommended)

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

### Bronze Medallion

9 sessions | January 6th-March 3rd  
 Fridays, 7:00pm-9:00pm  
 Members \$120, Non-Members \$135  
 Online registration code [410172](#)  
 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

9 sessions | January 6th-March 3rd  
 Fridays, 6:00pm-9:00pm  
 Members \$135, Non-Members \$150  
 Online registration code [410173](#)  
 Prerequisite: Bronze Medallion

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard Service and Instructor certifications. Physical standard includes a 600m timed swim. Registration includes exam fees.

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

LEADERSHIP PROGRAMS	CRASH COURSES (TRAINING OVER A CONDENSED PERIOD OF TIME)
Bronze Star	
Bronze Medallion	<b>MONDAY-FRIDAY</b> March 13th-17th 9:00am-12:00pm
Bronze Cross	<b>MONDAY-FRIDAY</b> March 13th-17th 1:00pm-6:00pm
Swim For Life Assistant Instructor (ASFL)	March 4th-5th (weekend course)
Swim For Life (SFL)/ Lifesaving Instructor (LSI)	<b>MONDAY-FRIDAY</b> March 13th-17th 9:00am-5:00pm
National Lifeguard Service & Standard First Aid (NLS/SFA)	March 14th-18th 9:00am-6:00pm

## Swim For Life Assistant Instructor

16 hours | 2 lessons, 8 hours per class

*Members \$80, Non-Members \$110*

Online registration code [410173](#)

Prerequisite: Bronze Cross & 14 years of age

Through classroom learning and in water practice, the Lifesaving Society Assistant Instructor course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The roles and responsibilities of instructors and their assistants are strongly emphasized throughout the program.

## Swim For Life Instructor & Lifesaving Instructor

40 hours (plus practice teaching)

*Members \$220 / Non-Members \$240*

Online registration code [410175](#)

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

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



## National Lifeguard Service & Standard First Aid

50 hours | 6 hour class or 1 week crash course

*Members \$265, Non-Members \$285*

Online registration code [410174](#)

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

18 lessons | January 3rd-March 3rd

Ages 7-14 | Tuesdays & Fridays, 6:00pm-7:00pm

60 mins, twice a week

*Members \$120, Non-Members \$150*

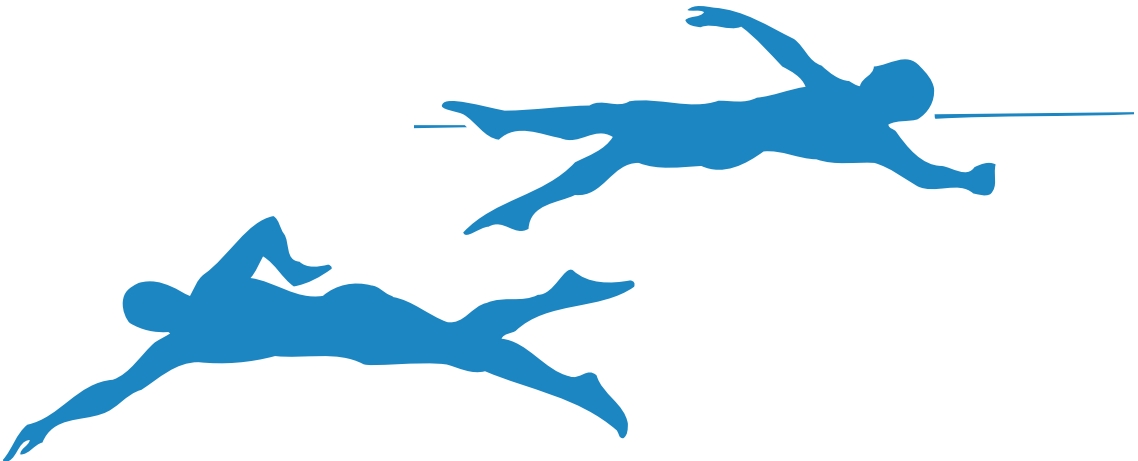
*Fees include a pair of goggles, swim cap,  
and Jr. lifeguard pinny.*

Online registration code [410170](#)

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.*





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 three training sessions per week: two water workouts 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.

**8-12 weeks | January 5th-March 12th**  
**Ages 8-12 & Ages 12-16\***  
**Sundays, 5:00pm-6:00pm (water) &**  
**Thursdays, 5:00pm-6:00pm (water) &**  
**6:15pm-7:15pm (dryland)**  
**Members \$180, Non-Members \$200**  
**Online registration code [410193](#)**  
**Pre-requisite: Ages 8-12 (Swimmer 2 or higher)**  
**& Ages 12-16 (Swimmer 3 or higher)**

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

**I LOVE WATER POLO**



**WATER POLO**  
NOVA SCOTIA

**ILWP – Level 1 & 2**

**9 sessions | Begins January 5th**  
**Ages 8-11 (Swimmer 2 or higher)**  
**Thursdays, 4:00pm-5:00pm**  
**Members \$60, Non-Members \$85**  
**Online registration code [410193](#)**  
**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. 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.

	AGES	CGC MEMBERS	NON-MEMBERS
CGC Water Polo Club	8-12 & 12-16	\$180	\$200
ILWP Level 1 & 2	8-11	\$60	\$85
ILWP Level 3 & 4	11-14	\$60	\$85

**ILWP – Level 3 & 4**

**9 sessions | Begins January 5th**  
**Ages 11-14 (Swimmer 3 or higher)**  
**Thursdays, 5:00pm-6:00pm**  
**Members \$60, Non-Members \$85**  
**Online registration code [410193](#)**  
**Prerequisite: ILWP Level 1 & ability to swim 25m non-stop**

In Level 3, 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. In Level 4, you will focus on refining skills learned in levels 1-3, travelling with the ball, maintaining appropriate body position, Integration of ball handling, body position, and swimming skills to develop basic water polo tactical skills. Solid understanding and demonstration of basic ILWP rules.



## ■ WINTER TRAINING (CGC SUMMER SWIM TEAM)



8-12 weeks | January 8th-March 12th  
Ages 7-18 | Sundays, 8:30am-10:30am  
Members \$100, Non-Members \$130  
Online registration code [410195](#)  
Pre-requisite: Swimmer 4 or Swim Kids 4 recommended

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



### Swim Team Winter Training Add-On Package

#### MORNING SWIM TRAINING

8-12 weeks | January 10th-March 7th  
Tuesdays, 7:00am-8:00am  
Location: Leisure Pool (Lengths)

#### EVENING DRYLAND TRAINING

8-12 weeks | January 12th-March 9th  
Thursdays, 5:00pm-6:00pm  
Location: Leisure Pool (Lengths)

Members \$60, Non-Members \$80  
Online registration code [410195](#)

Looking for some additional practice time? Sign up for our Winter Add-On package and receive additional set of nine morning weekday morning swim practices! This package also includes nine dryland training sessions, which involve conditioning, flexibility, and dive specific exercises.



**LEVEL II DIVING | Ages 7+**

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.

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.

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

**LEVEL III / IV / V DIVING | Ages 8+**

**LEARN-TO-DIVE | Online registration code 410192**  
**8-12 weeks, please refer to chart on this page for start dates and fees.**

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.

**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.*

	JAN 7 - MAR 4	CLASSES /week	CGC MEMBERS	NON-MEMBERS
Little Jumpers	9:00am - 9:45am	1	\$95	\$110
Learn to Dive Level I	10:00am - 11:00am	1	\$100	\$120
Learn to Dive Level II	11:00am - 12:00am	1	\$100	\$120
Learn to Dive Level III, IV & IV	12:00pm - 1:00pm	1	\$100	\$120





# Celebrate your special day


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

Our pool parties include an hour in the pool followed by an hour in one of our party rooms. Our Field House parties include two hours in the Field House and party room.

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

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

*\*HST not included*



Party packages now available  
for booking online at  
[hfxcgcwebtraconlinereg.ca](http://hfxcgcwebtraconlinereg.ca)

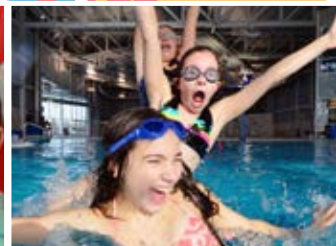
## RENTALS & EVENTS

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

All room rentals include the following complimentary services:

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

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



To book your event or get more info,  
email [booknow@canadagamescentre.ca](mailto:booknow@canadagamescentre.ca)

# WINTER 2017

Programs and Services

## It happens here.



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