

2016-2017 ANNUAL REPORT



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## **OUR LEGACY**

The Canada Games Centre was built as the legacy of the 2011 Winter Canada Games in Halifax, Nova Scotia. In February of 2011, the Centre hosted the badminton, synchronized swimming and artistic gymnastics events.

The Canada Games Centre is now a vibrant multi-sport community and recreation centre open to the public. We are an HRM-owned facility operated by a non-profit society committed to promoting physical literacy, fitness and wellness, and to supporting the needs of high performance sport and athlete development. In an all-inclusive environment, the Centre runs sport and recreation programs, camps, fitness classes, and so much more.

#### VISION

Together, we inspire healthy active living.

### MISSION

The Canada Games Centre is committed to the promotion of healthy and active living. We provide opportunities and access for sport and recreation at all levels. Driven by our passion, leadership and teamwork, we provide innovative programming and exceptional experiences.

# MESSAGE FROM THE BOARD CHAIR AND GENERAL MANAGER

A recreation and sport centre is far more than just a place for activity, competition and fun. It is part of the community fabric, a place that provides an enriched quality of life for residents and visitors. The Canada Games Centre plays an even greater role in providing opportunities for individuals and families to ensure their health, happiness and wellness.

We have completed 6 years of operations and our commitment to the community is growing deeper each and every year. This year, we found ourselves reaching out to our communities in new ways through an enhanced partnership with the City of Halifax and ISANS through free facility access for refugees who immigrated to our City in 2016. Through our strategic partnerships with Jumpstart and Thrive we have been able to provide \$300,000 for access to our programs at the Centre which translates into over 3000 program participants. Our Annual Food Run continues to grow each year in participation where we offer a free community event and festival. We have also provided support to many local organizations via donations from day passes to annual passes for their fundraising efforts. As an organization

we are extremely proud in the ways we have been have able to give back to our community in such a short time. In future years, we will continue to build positive and mutually beneficial community connections.

In 2016-2017, we had over 7000 members, 8818 participants in registered programs, and 1674 children in summer camps, all amazing numbers. We have seen growth in both youth and seniors sectors, as they are increasingly focused on lifelong activity and wellness. The Centre is a key piece of sport infrastructure in the region and this year we hosted 40 events from national, Atlantic and provincial championships.

Canada Games Centre's focus on excellence means that we continue to strengthen our commitment to customer service and strive to meet the needs of our users in a sustainable manner. As we enter into our seventh year, our goal is to ensure that the Canada Games Centre is more important than ever to our communities and the people in them. Engaging our community is the key to our success.

We are truly fortunate to have a forward-thinking and highly qualified board of directors and staff team, who have positioned the Canada Games Centre as a leading recreation and sport centre in the country. Our heartfelt thanks are extended for their hard work, dedication and loyalty. We also thank our key partners, the City of Halifax, Province of NS, Canadian Sport Centre Atlantic and Jumpstart for their continued support of the Centre.

Finally, we are always thankful for the members and guests who make the Centre a part of their lives each day. We deeply appreciate their patronage, and pledge to continue enriching our neighbourhoods for years to come. As we look to the future, we remind ourselves that change is always part of the landscape. And, we remain ever committed to inspire healthy active living.



**Brian Lane** *Chair, Canada Games Centre Society* 



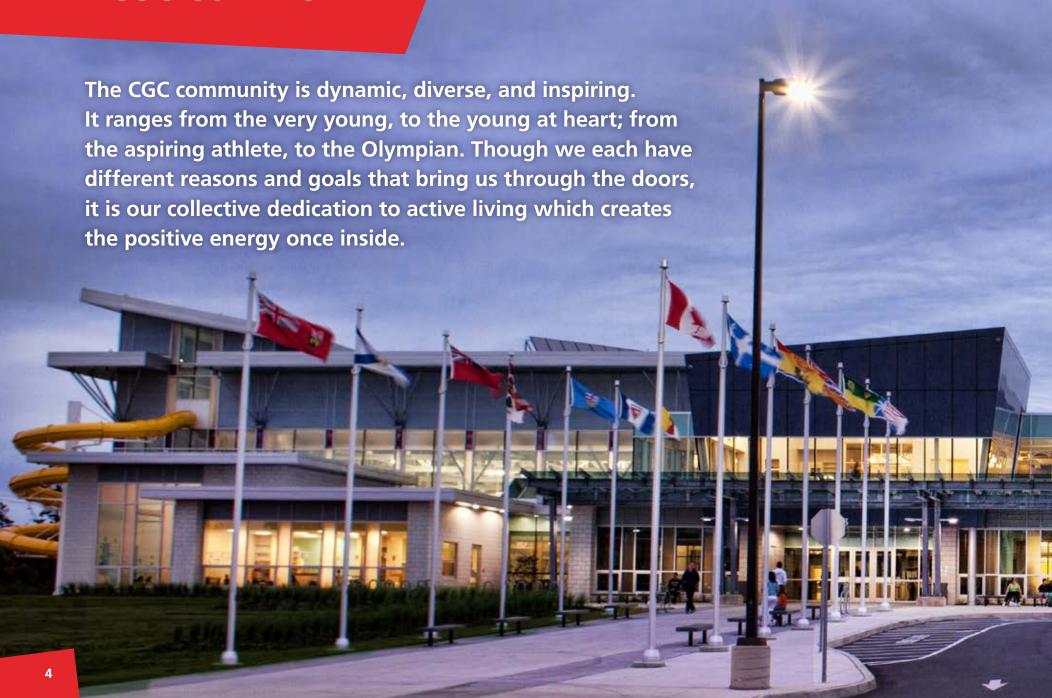
**Gary Furlong** *General Manager* 

## VISIONARY LEADERSHIP

BOARD OF DIRECTORS

Brian Lane
Christa Brothers
Byron Rafuse
Audrey Matheson
Bernadette Guirguis
Chris Morrissey
Chris Yetman
Colin Piercey
Kemble Flynn
Richard Zurawski
Roberta Whalen
Russell Walker
Yemi Akindoju
Gary Furlong (Ex-officio)

## THE CGC COMMUNITY



## **CGC COMMUNITY** BY THE NUMBERS

# 5,800+ ANNUAL MEMBERSHIPS





**Day Pass Visitors** 

There are no other facilities in HRM that offer the choices available here at the Canada Games Centre. It is my second home.

- Anne, April 2016 Member Profile

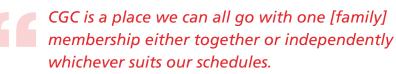
#### **WELCOMED IN HALIFAX**

## HALIFAX isans Immigrant Services Association of Nova Scotla

In support of the Welcomed in Halifax Program (WIH) introduced by the City of Halifax to new refugees for free access to recreation facilities, museums and transit for one year, the CGC celebrated an active welcome of **5708 WIH Pass visits** with help from Immigrant Services Association of Nova Scotia (ISANS).



Thanks to the Department of Health & Wellness's Thrive! Facility Access grant, we created fee assistance for 10 punch passes and not-for-profit group access to the CGC. **This enabled us to help over 43 groups and individuals** with financial need stay active this year.



- Angela & Dave, December 2016 Member Profile



I am motivated to maintain a healthy active lifestyle because of the people I meet in the Fitness Centre.

- Mohammed, January 2017 Member Profile

Read more CGC Member Profiles on our website: canadagamescentre.ca/membership



Participants in Drop-in **Group Excercise Classes** 

A QURITES Fit For Life, Zumba, Pumped, Aquafit and Yoga





#### **STAFF PROFILE: CAROLYN**

#### **Carolyn Teaches:**

Fit For Life (Drop-In Class)

#### Certifications:

Y Halifax/Dartmouth

n. o. n

Thanks @NS\_CCH, @ChoiceHealthCtr & @CdaGamesCentre for your support of our

new Urban Pole Walking with our Immigrant

AquaFit, Fitness Therapy, Fitness & Nutrition Group Fitness Certified, Older Adult Fitness Certified.

Carolyn is motivated by how healthy she feels at her age and by the great feedback she gets from the people in her classes.

Fitness Super Power: Ability to super motivate others!

The best gift you can give your family and the world is a healthy you.

Read more profiles of our talented and motivating fitness team: canadagamescentre.ca/fitness/group-fitness-schedule/fitness-instructors/



#### **STAYING CONNECTED**

379,661 website visits







**Twitter** followers



Donated \$13,530 in CGC prizing and facility rental space to local non-profit, school, sport, and community groups.

#### **SWIM, PLAY, RUN** & WORK OUT FOR FORT MAC.



On Saturday, May 21st, 2016, we donated all of the proceeds from our day pass sales to KidSport Alberta, to help the families affected by the forest fires in Fort McMurray. \$1,500 went towards helping these families rebuild their lives and providing them with a sense of normalcy and refuge through sport.

5,569
PARTICIPANTS

WAQUATICS PROPERTY.

2,660
PARTICIPANTS

NRECREATION PROCES

589
PARTICIPANTS

WEITHERS PROGREE

Introduction to Yoga







#### **NEW PROGRAMS OFFERED**



Advanced Rhythmic Gymnastics Performance Team

**Burlesque Dance** 

**Intermediate Yoga** 

**Joint Mobility Workshop** 

Lifting 101 - Women's Only

**Parent & Tot Aquafit** 

**Pilates Sculpt** 

**Senior Karate** 

**TRX Strong** 





#### **PHYSICAL LITERACY**

We are proud to continue to be Atlantic leaders in the Sport For Life movement to improve the quality of sport and physical activity in Canada. We strongly believe in the accessibility and development of fundamental movement and sports skills. They are the building blocks to Physical Literacy, health, happiness, and staying Active for Life which form the foundation of our programming.

#### **CGC CLUBS**

74

Summer Swim
Team members





158
Diving Club members

JR. Lifesaving

Club members



43

Water Polo Club members

#### **SUMMER CAMPS**









Physical Literacy Progress Reports completed

**Behavioural Specialist** added to Summer Camp staff, alongside our Inclusion Counsellor and Physical Literacy Specialist





#### **AFTER SCHOOL PROGRAM**





400+ hours

of scheduled physical activity

#### **WALKING SOCCER**



In the fall of 2016, we partnered with the Capital Inter-District Soccer League to offer a season of walking soccer, directed primarily at seniors and persons recovering from cardiac trauma or other ailments. This program, held at BMO Soccer Centre, included an hour of field time for seniors to play some low competition soccer games coordinated by a Certified Recreation Therapy Specialist (CRTS). Over the 16 weeks, the 21 participants enjoyed an open house day, educational sessions on positive aging, a family day, and a fun season finale to end it off.

## INCLUSION DAYS - SWIM WHISPERERS PROGRAM



22 swimmers participated in Inclusion Days lessons

Through Swim Whisperers training, CGC swim lesson instructors are provided 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.



The Canada Games Centre is proud to be keeping company with this national charitable program that's making a difference in the lives of young people. The Canadian Tire Jumpstart program provides funding for children that would not be able to participate in physical activity without financial support. This funding is available for most of the Canada Games Centre Aquatics & Recreation programming, including CGC Summer Camps.

From the bottom of my heart I want to thank you for providing the assistance for my children for the Summer Camp program! They made great memories of their lifetime during this time.

Thanks to Jumpstart my son was able to participate in two camps that he loved so much! The leaders were great and he had a blast.





My children said it



was a great time. We appreciate that Jumpstart assistance gave us the opportunity to enjoy this summer.

My son had his first experience of summer camp thanks to you. It was an amazing one. I was able to feel that I truly belong to

a community that cares and can help me. My son was just like everybody else and will be able to proudly tell summer stories at school at the beginning of the school year. He will not feel left out or underprivileged. Thank you so much for making his and my first Canadian summer a great one.

We are a family of new immigrants and low income. We try to integrate in the local society so far. We deeply understand that the Canada Games Centre is the best place to create a sound mind in a sound body. This is a great Centre where we feel part of a healthy community. My children would like to come back again and again to play, to swim and spend all the time here, especially in summer. And we appreciate that Jumpstart gives access for new immigrant families to be closer to such a great place.

## **CGC COMMUNITY** EVENTS & TOURNAMENTS



Thank you to our community, sponsors, volunteers and CGC staff who came out to run, eat, support and celebrate at the 4th Annual Food Run in support of FEED NOVA SCOTIA on October 16, 2016. With just over 1,000 registered participants, this was our largest 2.5km/5km run to date. The Community Festival moved inside to the Field House this year, where participants, and 19 community organizations and sponsors continued to celebrate healthy living and physical literacy. Altogether, the Food Run efforts raised enough food and cash donations to provide 8,226 meals for communities across the province. It was our biggest bite yet!





#### **NYE FAMILY EXTRAVAGANZA 2016**

Our New Year's Eve Family Extravaganza is now a tradition for many families in Halifax and it was another sold out success in 2016. We celebrated the coming of the New Year with 650 of our closest community friends during an active afternoon of fun for kids, parents and grandparents. Families enjoyed OnTree zip lining, bouncy castles, a fundamental movement skills zone, our aquatic inflatable course, snacks and the CGC photo booth.





#### **3 ON 3 BASKETBALL TOURNAMENT 2016**

Teams were ready to play in our first-ever 3 ON 3 Basketball Tournament hosted on Saturday, May 28th, 2016. Youth teams battled it out in round robin competition en route to great playoff games, and all players really showed off their skills during a fierce free throw contest. Special mention goes to our winning team of Mitchel, Dustin, Kyle and Owen.

#### **CGC COMMUNITY VOLUNTEER FAIR 2016**

Each April, National Volunteer Week celebrates and thanks Canada's 12.7 million volunteers. In 2016, the CGC invited local, not-for-profit organizations to join us for a free, week-long Community Volunteer Fair. Located in the Mainstreet area of the lobby, organizations were able to engage with members and guests, and to share their missions, initiatives, events and volunteer opportunities with our community.

#### **KILLAM COMMUNITY SUMMER CELEBRATION 2016**

On July 20, 2016, CGC staff and CSCA athletes, Luke Demetre, Liam O'Brien, Andrew Jessop and Una Lounder, spent an active afternoon at the Killam Properties at GlenForest/Plateau. A physical literacy obstacle course was set up by our CGC team and the athletes challenged, cheered and raced with over 40 kids throughout the afternoon festivities.



The laid back atmosphere and people you meet at the CGC make it a great place to exercise.

- Chris, May 2016 Member Profile

#### **ENGAGE MAINLAND NORTH (EMN) ROUNDTABLE**

In early spring 2016 the CGC, in partnership with the Keshen Goodman Library, began providing complimentary meeting space and actively



participating in the monthly Engage Mainland North (EMN) Roundtable. This newly created forum allows residents, community groups and service providers to connect and:

- Share information about programs & services in the community
- Share any opportunities or challenges that exist for the organization or within the community
- Note any resources they may be seeking
- Build connections
- Communicate volunteer opportunities within their organizations

In addition to the meeting room, CGC also provides support to these groups by advertising upcoming events on our online Community Calendar.

EMN proudly serves the communities of Clayton Park, Clayton Park West, Rockingham, Mount Royale, Wedgewood, Bayer's Lake, and Birch Cove and welcomes all extended neighbours.

#### JOINT EMERGENCY MANAGEMENT (JEM) MAINLAND NORTH

As an Emergency Management Office (EMO) profiled facility, the CGC is a strong supporter and meeting space provider for the Joint Emergency Management (JEM) Mainland North.

(JEM) is a concept developed by the Halifax Regional Municipality's Emergency Management Office (EMO), to allow community organizations to prepare for, and respond quickly to, a wide range of emergencies. JEM teams are the community volunteers of EMO. Recognizing a need for a JEM team in the Mainland North area, Engage Mainland North chair Kate Sullivan initiated the formation of this volunteer group in 2016, and JEM Mainland North meetings continue to be held regularly at the CGC.

#### **NATIONAL SPORT**

- Bobsleigh Canada Skeleton Recruitment Camp
- CAAWS Women In Leadership Series
- Elite Canada Gymnastics Competition
- Halifax Hurricanes Basketball training
- Paralympian Search
- Paralympic Send-Off Pam LeJean
- Volleyball Canada 14U Championships
- Volleyball Canada Atlantic Nationals
- Yonex Canadian Masters Badminton Championships





#### UNIVERSITY/HIGH SCHOOL/LOCAL SPORT

- Atlantis Synchro Demonstrations
- Bedford Classic Basketball Tournament
- Chick 'N' Run Women's Ultimate Frisbee
- Dalhousie Tigers Volleyball Senior Open
- Five Bridges Junior High Track Training Session
- Halifax Independent School Swim Meet
- Halifax West High School PALS class
- HFX Ultimate Frisbee Tournament
- Saint Mary's University Indoor Track Classic
- St. Margaret's Bay Minor Basketball Association
   3 on 3 Tournament





#### **PROVINCIAL SPORT**

- Athletics NS Indoor Open Track Meet
- Athletics NS Last Chance Meet
- Badminton NS Scott Open
- Badminton NS Yonex Longard Open
- Basketball NS Bluenose Classic
- Basketball NS Junior Mini Jamboree
- LE / LF Coach Training Badminton NS
- Nova Scotia Masters Swimming Provincial Championships
- Volleyball NS Provincials
- Water Polo NS Jamboree



#### **COMMUNITY SUPPORT/FUNDRAISERS**

- 2016 Municipal and School Board elections polling stations
- Chebucto Community Health Low Intensity Walking Program
- Come on Nova Scotia...Check It! Blood Pressure Challenge\*
- Elections 2016 Candidate Information Session
- March of Dimes Volleyball Tournament
- Medavie Blue Cross MS Walk\*
- Mental Health Foundation of NS Zumbathon\*
- Parkland Free Blood Pressure Clinic\*
- Prostate Cancer Canada Do It For Dads Walk\*
- Public Health Healthy Baby program
- Sport Nova Scotia Corporate Games\*
- Triathlon for Diabetes\*
- YMCA Family Fitness & Walking Groups\*
- YogaFit Instructor Training
- 74 school & group swims



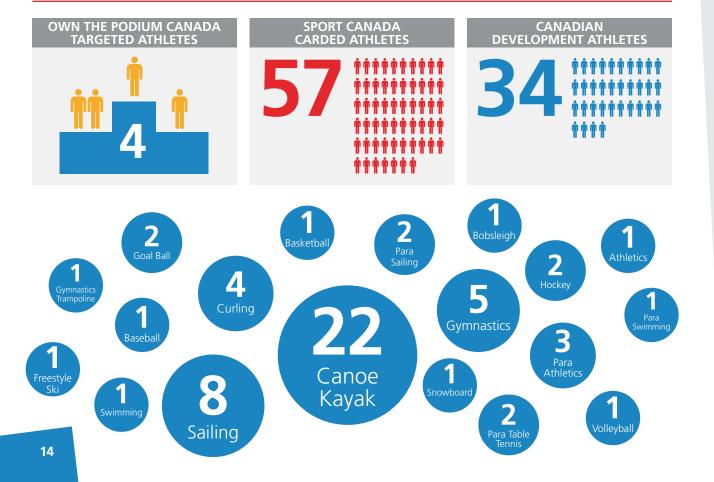
<sup>\*</sup>CGC sponsored event

## **CGC COMMUNITY** HIGH PERFORMANCE SPORT



The Canadian Sport Centre Atlantic (CSCA) is located at the Canada Games Centre. The CSCA is part of a national network of multisport centres that link high-performance athletes and coaches with sport-related services.

#### ATLANTIC ATHLETES WHO TRAIN AT THE CANADA GAMES CENTRE



## CSCA - 2016 RIO OLYMPIC & PARALYMPIC RECAP







top 16 Olympic finishes, including 5th place for Ellie Black - Artistic Gymnastics (All-Around)

top 16 Paralympic finishes, including 4th place for **Pam LeJean** - Athletics (Shot Put F53)

## **CGC COMMUNITY** CELEBRATING HIGH PERFORMANCE SPORT

#### **2016 GO CANADA LOUNGE**

Thanks to the generous support of the Royal Bank of Canada (RBC), members and guests of the Canada Games Centre (CGC) were treated to a space to cheer on Team Canada during the 2016 Summer Olympic Games and Paralympic Games in Rio. From August 5th to September 18th, the front lobby and surrounding areas of the CGC transformed into the second installation of the GO CANADA LOUNGE featuring:

- Two 65" TVs streaming live coverage
- Team Canada's **476 athlete profiles** on display
- A Good Luck chalkboard
- Artwork courtesy of CGC summer camp kids
- "Canadian parrots" for guests to list who they were cheering for or their favourite sport, then proudly hang them up in the Lounge



#### RBC Training Ground, August 15th & 16th

The CGC summer camp kids, members and guests had a chance to run through Olympic drills testing agility, speed and power. RBC Olympian Jillian Saulnier, Member of the Canadian National Women's Hockey Team and World Championship silver medalist in women's hockey and the RBC team were on hand to help out and race the course.





#### **CANADA GAMES 50TH ANNIVERSARY FLAG RELAY & COMMUNITY CELEBRATION**

As part of a Canada 150 Signature project, a unique 50th anniversary Canada Games flag travelled across Canada celebrating each of the past Host Communities. Its ultimate destination was the Opening Ceremony of the 2017 Canada Summer Games in Winnipeg on July 28th. This particular flag stop was to celebrate the legacy of the 1969 and 2011 Canada Games hosted in Halifax.

The celebration featured the flag raising and Canada Games Exhibit with artifacts from past Games including medals, pins, patches, scarves and more. We were excited to have Mayor Mike Savage and RBC Olympian and Canada Games alumnus Hannah Vaughan onsite to speak before the flag raising, and to test our After School kids with Games trivia.



## **CGC COMMUNITY STAFF**



#### **STAFF PROFILE: EMMANUEL**

Emmanuel, 26, is one of CGC's hardworking and beloved Facility Attendants. Born in the Democratic Republic of the Congo, Emmanuel arrived in Canada on March 3, 2014 thanks to sponsorship from his sister's family and Saint Patrick's Church. Undeterred by the cooler climate and the little English he spoke, Emmanuel was eager to start working and before long found a position with A+ Cleaners Inc. Impressed by his work ethic during a contract job, CGC staff encouraged him to apply to the Centre and he officially joined the team in October 2014.

Emmanuel has continued to work tirelessly at the CGC while also attending school in an effort to improve his English and complete the General Education Development (GED). He is on track to graduate in the summer of 2017 and already thinking of what he'd like to study next - building system maintenance.

Emmanuel is the nicest staff member I've ever met, always smiling and so kind!

- CGC member comment card

The help from the CGC, a good boss, and flexible hours are some of the reasons I am so proud to work here and will graduate much faster.

- Emmanuel



64%

Really loving the Fit for Life class. Great workout & Carolyn is amazing! Always feel so good when I leave her class.

- CGC member comment card

Love the facility! My granddaughter loves the After School Program! Especially Mallory.

- CGC member comment card

Ashley did an outstanding Aquafit session. Please let her know.

- CGC member comment card



- CGC member comment card



#### A BRIGHT FUTURE: MOUNT CO-OP PROGRAM

Since 2013, with the help of the Department of Labour and Advanced Education's Co-op Education Incentive program, the CGC has been able to hire 12 co-op students from Mount Saint Vincent University. These students assisted the Marketing & Sponsorship department for a term of 4 months each in the role of Marketing Assistant.

The success of the Mount's co-operative education program would not be possible without the support of extra-ordinary co-op employer partners such as Canada Games Centre. CGC has provided students with the opportunity to gain valuable work experience related to their fields of study in business administration or public relations. Not only have students received the chance to work on developing their professional growth through marketing and promotions responsibilities at the CGC, but students were welcomed in an environment that also fostered personal development and a healthy lifestyle. For these reasons. CGC was nominated for the 2016 Mount Co-op Employer of the Year.

- Scott Daniels, Manager, Co-operative Education, Mount Saint Vincent University

It was my co-op at CGC that finally confirmed what I wanted my career path to be following school. In my role as Marketing Assistant, I was able to try so many aspects a future job might have. To date, it is still my favourite working environment and team; they were so welcoming, nurturing and very true to their organizational culture. The atmosphere in the building was so physically active and energetic it was infectious.

Between the incredibly knowledgeable staff mixed with the welcoming environment, I learned more in eight months than I have in any classroom!

- Alex Henderson, Co-op Student, Summer 2016 & Winter 2017





We are very passionate about our involvement in the Co-op Education Incentive program and the relationship we've fostered with the Mount. We take pride in mentoring the co-op students and ensuring they have every opportunity to gain experience, skills and confidence that will set them up for success long after their co-op term concludes with us. As we are a busy facility with a lot of ideas and communication needs to action, our co-op students see firsthand how their work translates directly into invaluable contributions to the CGC community.

- Laura Pomeroy, Manager, Marketing & Sponsorship, Canada Games Centre

## **CGC COMMUNITY** FACILITY IMPROVEMENTS & AWARDS

#### **IMPROVEMENTS & UPGRADES**

- Installed 10 additional accessible remote push buttons for doors throughout the facility
- Purchased a new 9 station Hoist Cable Machine, a plate loaded Incline Chest Press, a Decline Bench Press for the Fitness Centre
- Purchased additional group fitness equipment including a new dumbbell set and rack, more stepper/risers, body bars, and mats
- Addition of two 65" TVs to Mainstreet lobby area for members and users to enjoy
- Refurbishment of lockers in the Women's Wet Change Room
- Replacement of furniture in the Aquatics Centre viewing area
- Addition of another long table and ottomans in main lobby for members & users
- Field House hardwood floor re-finished and lines repainted; additional badminton, pickleball, and volleyball court lines added, as well as sockets for nets and a permanent hopscotch court



#### **AWARDS**

- Gold Winner The Coast's Best of Halifax, "Best Place to Go Swimming" for the second year in a row
- Lifesaving Society's Les Purchard Award for certifying the most individual lifesavers in Nova Scotia
- Lifesaving Society's Regional Affiliate for Halifax Region Large Facility Award for running the most lifesaving programs in HRM
- Nominated for the 2016 Mount Co-op Employer of the Year



We both like that the CGC is a facility that not only provides space to strength train, but also a place to hit the pool, track or the court.

- Coady & Matt, March 2017 Member Profile



I do not have to be an elite athlete to go here. [The staff] encourage you to do things at your own pace, so it makes for a very accepting atmosphere. - Jen, June 2016 Member Profile

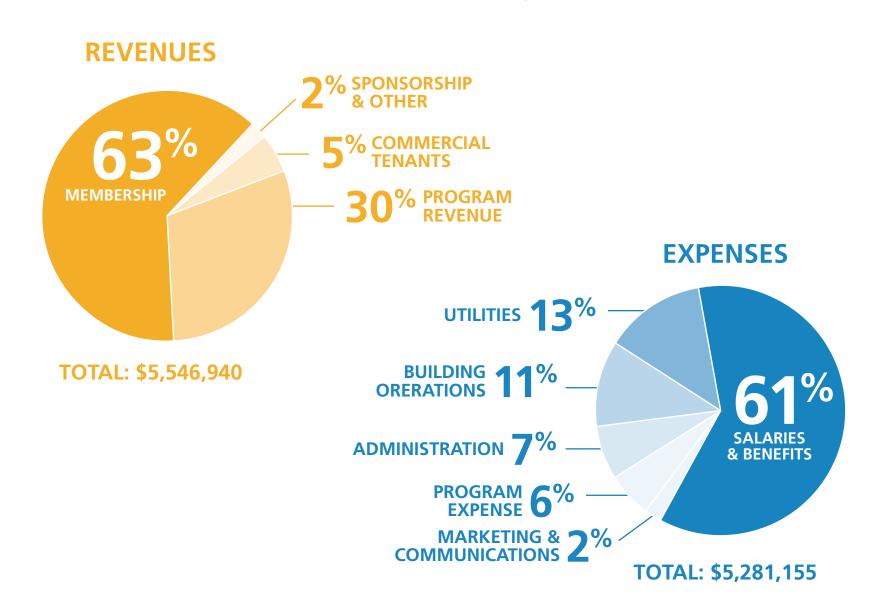
**GG** We are all treated with respect, encouragement and kindness by the CGC staff and other members.

- Niki, September 2016 Member Profile

ff I love the diversity of all the members.

- Kate, August 2016 Member Profile

## FINANCIAL SUMMARY FOR 2016-2017



## THANKS TO OUR STAKEHOLDERS

By aligning with the Canada Games Centre as a place to meet, learn, exercise, grow, socialize and play, we appreciate their support.

## **H**\(\text{LIF}\(\text{X}\)













We both love everything about the CGC, but if we had to pick one thing, it would be the community atmosphere and the amazing upbeat staff that make every moment of every visit an enjoyable one.

- Kaylee & Kean, February 2017 Member Profile

## **CONNECT WITH US**



- E-newsletter: http://bit.ly/cgcnews
- @CdaGamesCentre
- facebook.com/CGCHalifax
- youtube.com/CanadaGamesCentre

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