

Programs & Services



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CONNECT



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



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Follow us for all the latest announcements



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<http://bit.ly/cgnews>

■ HOW TO REGISTER

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

Online registration is now available on mobile and tablet devices.

■ REGISTER ONLINE

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

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

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

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

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

■ REGISTER IN-PERSON

26 Thomas Raddall Drive

Monday – Friday 8:00am-9:00pm

Saturday – Sunday 8:00am-7:00pm

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

REGISTRATION DATES

MEMBERS:

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

In-person: **August 10th**, beginning at 8:00am

NON-MEMBERS:

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

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

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

■ GENERAL INFORMATION

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

■ PROGRAM CANCELLATIONS AND REFUND POLICIES

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

Canada Games Centre

Program Access Card



One card for all your CGC programs!

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

How do they work?

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

What if I forget my card?

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

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

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

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

- No, all you need is your membership card

Additional Details:

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

Physical Literacy – It Happens Here.

Phys-i-cal Lit-er-a-cy *noun* :

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



If you
can

▶ Catch
Jump
Run
Swim
Throw

You will
take part in

▶ Soccer
Basketball
Volleyball
Track and Field
Squash
Badminton
Rugby
Tennis



If you
can

▶ Catch
Jump
Throw
Swim
Run

You will
take part in

▶ Baseball
Softball
Bowling
Soccer
Goalball
Football
Rugby



If you
can

▶ Throw
Jump
Swim
Catch
Run

You will
take part in

▶ Swimming
Diving
Water Polo
Scuba
Kayaking
Sailing
Surfing

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

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

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



Sport for Life

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



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



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
- Fundamental Movement Skills 3
- Karate
- Run, Jump, Throw
- Swimming Lessons
- Diving Club
- Swim Academy

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
- Rhythmic Gymnastics
- Fundamental Movement Skills 1
- Fundamental Movement Skills 2
- 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
- Diving Club
- Swim Academy

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
- Adult Fitness Programs
- Nordic Pole Walking
- Swimming Lessons
- Aquatics Leadership Programs
- Swim Academy
- Adult Golf

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



S4L is a movement to improve the quality of sport and physical activity in Canada. It links sport, education, recreation and health with community, provincial and national programming.



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

Invest in YOU!

Get your heart pumping, burn calories, feel good and breathe easier with an all-inclusive membership.



MEMBERSHIP INCLUDES

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

Also Included

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

Accessibility

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

canadagamescentre.ca/about-us/accessibility

**EVERYTHING YOU NEED TO STAY ACTIVE,
ALL UNDER ONE ROOF.**

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*

Book a tour or talk membership, including corporate rates, with our Membership Coordinator at 902.490.2291 or membership@canadagamescentre.ca

It happens here.



Recreation Programs



■ PROFESSIONAL DEVELOPMENT DAY CAMPS

HRSB PD Days | Sept 29th, Oct 27th, Nov 22nd, Dec 7th
CSAP PD Days | Oct 6th, Oct 27th, Nov 20th

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

Members \$30, Non-Members \$35

(Price is per child per day)

Online registration code **321003**

Full Time Registrants in our After School Program:

Members \$20 | Non-Members \$25

(Price is per child per day)

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

■ HOLIDAY CAMPS

December 22nd, 27th, 28th & 29th

Members \$30, Non-Members \$35

(Price is per child per day)

Online registration code **321003**

The Canada Games Centre hosts day camps around the December holiday season. Camps run on the dates noted above. Kids participate in a variety of indoor and outdoor activities such as sports, arts & crafts, and swimming.

All camps are single days to allow flexibility around your holiday fun and shopping schedules. The spaces are **very limited**, so register early.



■ PLAY SCHOOL

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

Primary Prep.

9 weeks | Begins September 18th

Mondays, 9:00am-11:30am

Members \$68, Non-Members \$77

Online registration code 320110

Location: Activity Room

**Please note there are no sessions on Monday, October 9th.*

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 2018. Each week will focus on a different theme and have structured learning activities to help your little ones prepare for their next big milestone

Fun with French

10 weeks | Begins September 20th

Wednesdays, 9:00am-11:30am

Members \$76, Non-Members \$86

Online registration code 320101

Location: Activity Room

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

Play School Swim Lessons

10 weeks | Begins September 21st

Thursdays, 9:00am-11:30am

Members \$117, Non-Members \$135

Online registration code 320111

Location: Activity Room

We've combined the fun of our Play School Program with the convenience of our Lifesaving Society's Swim for Life Preschool Swim Lessons. In this program, your child participates in a full swim lesson delivered by certified instructors and receives a report card at the end of the term. We'll accompany your child to the pool for their 9 weeks of lessons and then have fun with classroom activities once they're all dried.

Tiny Tumblers

10 weeks | Begins September 19th

Tuesdays, 9:00am-11:30am

Members \$76, Non-Members \$86

Online registration code 320107

Location: Activity Room

10 weeks | Begins September 22nd

Fridays, 9:00am-11:30am

Members \$76, Non-Members \$86

Online registration code 320107

Location: Activity Room

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



SPORTS PROGRAMS



Badminton



10 weeks | Begins week of September 18th
 Age 5-8 | Intro Level | Thursdays, 5:00pm-5:45pm
 Age 9-16 | Intro Level | Tuesdays, 5:30pm-6:15pm*
 Age 9-16 | Intro Level | Thursdays, 5:45pm-6:30pm
Members \$70, Non-Members \$80
 Online registration code **320211**
 Location: Field House

14 weeks | Begins week of September 18th
 Age 9-16 | Intermediate Level
 Tuesdays, 6:15pm-7:15pm* and Thursdays, 6:30pm-7:30pm
Members \$91, Non-Members \$104
 Online registration code **320211**
 Location: Field House

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

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



Tennis



8 weeks | Begins September 19th
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 \$48, Non-Members \$56
 Online registration code **320205**
 Location: Field House

Learn the basics and develop a love for the game with some of Halifax's best coaches. For optimal instruction, all classes have a maximum of 8 kids. Red Ball 1 classes are for those just starting out or who have only taken a class or two before. 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 indoor sneakers to have a blast. These Tennis Canada Progressive Tennis classes are S4L approved and led by HeadStart Tennis.

**Please note there are no sessions on Tuesday, October 31st.*



Rhythmic Gymnastics

8 weeks | Begins September 18th

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

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

Members \$60, Non-Members \$70

Online registration code [320210](#)

Location: Field House

Rhythmic Gymnastics is a graceful and artistic sport. It combines the elements of ballet, gymnastics, dance, and apparatus manipulation (hoop, ball, ribbon, and rope) to music. This program will cover the basic requirements of a rhythmic gymnast including strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination in a fun and creative manner. Gymnasts will also learn jumps, leaps, pivots, balances and flexibility movements. Participants are to wear a gymnastics leotard and bare feet to class. Come see what all of the “hoopla” is all about!

**Please note there are no sessions on Monday, October 9th.*



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 introducing moves, takedowns, rules and the fundamental wrestling techniques in a safe atmosphere.

BRONZE LEVEL

9 weeks | Begins week of September 18th

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

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

Members \$60, Non-Members \$70

Online registration code [320207](#)

Location: Field House

**Please note there are no sessions on Monday, October 9th.*

SILVER/GOLD LEVEL

9 weeks | Begins week of September 18th

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

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

Members \$60, Non-members \$70

Online registration code [320207](#)

Location: Field House

**Please note there are no sessions on Monday, October 9th.*



Youth Karate AfL

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 \$70. Classes fill up very quickly, so please register early so you are not disappointed!

***Please note all participants are required to pay the \$25 Karate Nova Scotia annual fee.*

12 weeks | Begins week of September 18th
Online registration code **320202**
Location: Dance Studio

FUNDAMENTAL SKILLS | Ages 4-5 | Non-belted
Mondays 6:00pm-6:30pm*
Wednesday 5:45pm-6:15pm
Members \$72, Non-Members \$93
(\$5 discount for kids enrolled in both Fundamental Skill classes).

**Please note there are no sessions on Monday, October 9th and Tuesday October 31st.*

BEGINNER

12 weeks | Ages 6-8 | Mondays 6:30pm-7:15pm*

YELLOW STRIPE AND UP

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

ALL RANKS

12 weeks | Ages 6-8 | Tuesdays 5:45pm-6:30pm*

Members \$84, Non-Members \$106

**Please note there are no sessions on Monday, October 9th and Tuesday October 31st.*

WHITE TO ORANGE BELT

12 weeks | Ages 9-12 | Mondays 7:15pm-8:15pm*

GREEN BELT AND UP

12 weeks | Ages 9-12 | Tuesdays 6:30pm-7:30pm*

Members \$98, Non-Members \$124

**Please note there are no sessions on Monday, October 9th and Tuesday October 31st.*

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 \$70-\$85(depending on size).

***Please note all participants will need to pay the \$25 Karate Nova Scotia annual fee.*

12 weeks | Begins week of September 18th

Online registration code [320202](#)

Location: Dance Studio

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

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

ALL RANKS | Thursdays 5:00pm-6:00pm

Children 6+ & Parents (One parent must participate with the child(ren)).

Price for first participant:

Members \$72, Non-Members \$93 (plus tax)

Price for each additional participant:

Members \$18, Non-Members \$24 (plus tax)



Adult Karate



12 weeks | Begins week of September 18th

Adult & Ages 13+

WHITE TO ORANGE BELT

12 weeks | Tuesdays, 7:30pm-8:30pm*

GREEN BELT AND UP

12 weeks | Mondays, 8:15pm-9:15pm*

BROWN & BLACK BELT

12 weeks | Wednesdays 8:00pm-9:00pm

Members \$98, Non-members \$124 (plus tax)

Online registration code [320202](#)

Location: Dance Studio

**Please note there are no sessions on Monday, October 9th or Tuesday October 31st.*

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 cost \$85.

***Please note all participants will need to pay the \$25 Karate Nova Scotia annual fee.*

Youth Sparring



12 weeks | Begins week of September 18th

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

Members \$98, Non-Members \$124 (plus tax)

Online registration code [320202](#)

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, cost is \$200.

***Please note all participants will need to pay the \$25 Karate Nova Scotia annual fee.*

Adult Sparring

12 weeks | Begins the week of September 18th
Adult & Ages 13+ | Thursdays, 8:00pm-9:00pm
Members \$98, Non-Members \$124 (plus tax)
Online registration code **320202**
Location: Dance Studio
(\$20 discount in sparring class fees for adults who take both adult classes).

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

Senior Karate

12 weeks | Begins week of September 18th
ALL RANKS | 55+ | Mondays, 11:00am-12:00pm*
ALL RANKS | 55+ | Wednesday, 11:00am-12:00pm
Members \$60, Non-Members \$75 (plus tax)
Online registration code **320202**
Location: Dance Studio

**Please note there are no sessions on Monday, October 9th or Tuesday October 31st.*

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 are \$85.

Karate Private Lessons

You can also register for Private Lessons.
To arrange a private lesson, please contact
Instructor Sensei Jeff Murphy at jeff-murphy@live.com.

Taekwon-Do

8 weeks | Begins September 16th
Ages 5-7 | Saturdays, 12:30pm-1:15pm*
Ages 8-13 | Saturdays, 1:15pm-2:00pm*
Members \$60, Non-Members \$70
Online registration code **320201**
Location: Dance Studio

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

**Please note there are no sessions on Saturday, October 7th & Saturday November 11th.*





Run, Jump, Throw

8 weeks | Begins September 20th
Ages 7-11 | Wednesdays, 5:00pm-6:00pm
Members \$60, Non-Members \$70
Online registration code [320207](#)
Location: Track

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

Fundamental Movement Skills: Level 1



8 weeks | Begins September 18th
Ages 4-6 | Mondays, 5:00pm-5:30pm*  
Members \$60, Non-Members \$70
Online registration code [320207](#)
Location: Field House

Replacing Explorers: Multi-Sport, this program combines games and play-based learning to build fundamental movement skills in children like agility, throwing, striking, jumping, and running. Participants will learn to love new skills in a fun and safe setting with certified and accomplished Fundamental Movement Skills instructors.

**Please note there are no sessions on Monday, October 9th.*





Fundamental Movement Skills: Level 2

8 weeks | Begins September 18th
Ages 4-6 | Mondays, 5:30pm-6:00pm*  
Members \$60, Non-Members \$70
Online registration code [320207](#)
Location: Field House

Replacing Explorers: Multi-Sport, this program combines games and play-based learning to build fundamental movement skills in children like agility, throwing, striking, jumping, and running. Participants will learn to love new skills in a fun and safe setting with certified and accomplished Fundamental Movement Skills instructors. The Fundamental Movement Skills: Level 2 is for ages 4-6 who have taken our Explorers: Multi-Sport or Fundamental Movement Skills: Level 1.

**Please note there are no sessions on Monday, October 9th.*

Fundamental Movement Skills: Level 3

8 weeks | Begins September 18th
Ages 7-9 | Mondays, 6:30pm-7:00pm*  
Members \$60, Non-Members \$70
Online registration code [320207](#)
Location: Field House

Replacing Adventurers: Multi-Sport, this program combines games and play-based learning to build sport skills fundamental movement skills in children like agility, throwing, striking, jumping, coordination and basic skills development of many sports. Participants will learn to love new skills in a fun and safe setting with certified and accomplished Fundamental Movement Skills instructors. The Fundamental Movement Skills: Level 3 is for ages 7-9 who have taken Adventurers: Multi-Sport or Fundamental Movement Skills: Level 1.

**Please note there are no sessions on Monday, October 9th.*



■ 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 | October 28th & 29th

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

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

Price for first participant:

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

Price for each additional participant:

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

Online registration code **320208**

Location: Field House

Adult Golf

2 Day Classes | October 28th & 29th

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

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

Online registration code **320208**

Location: Field House



■ 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 September 16th
Ages 3-4 | Saturdays, 10:25am-10:55am*
Members \$75, Non-Members \$85
Online registration code **320401**
Location: Dance Studio

Creative Movement 2

10 weeks | Begins September 16th
Ages 4-5 | Saturdays, 11:00am-11:30am*
Members \$75, Non-Members \$85
Online registration code **320401**
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.

**Please note there are no sessions on Saturday, October 7th and November 11th.*



■ CREATIVE ARTS



Watercolours - All Skill Levels

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

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

**Please note there are no sessions on Monday, October 9th.*

Fitness and Wellness Programs



What's the difference between CGC'S REGISTERED FITNESS PROGRAMS and the DROP-IN FITNESS CLASSES included in your membership or day pass?



Registered programs are designed for the participant who wishes to progress over the course of a program. Led by our certified instructors, these programs are smaller in size allowing for more specialized training and attention to help you reach your goals. Registered programs are not included in membership fees, but members do receive a discounted rate. Spaces are limited, so pre-registration is required.

There are more than 50 Drop-In Fitness Classes a week are included in your membership or day pass. If you're looking to cross-train or to try something new, these classes are designed for all fitness levels (unless otherwise noted). Zumba, Aquafit, interval training, Yoga, and more – pick your favourites from our **Drop-in Fitness Schedule** available online or at the Customer Service Desk.

■ ADULT SPECIALIZED PROGRAMS



Intro to Free Weights ← NEW

Thursday, 9:00am-10:00am

Sept 21st | Oct 5th | Oct 19th | Nov 9th | Nov 30th

Members \$8, Non-Members \$10 (plus tax)

Online registration code **330519**

Location: Fitness Centre

It's time to increase your strength using free weights. Join one of our Exercise Specialists for an hour session as they walk you through some basic dumbbell, cable, and resistance band exercises. You will also learn about your specific rep/weight/rest ratio. This course is open to anyone who would like to get out of their comfort zone and learn how to challenge their body in an effective and different way. Space is limited to a maximum of 8 people.

** Register for each session individually.*



Active Rx: Exercise and Cancer

6 weeks, 11 classes | September 18th-October 25th
Mondays and Wednesdays 1:00pm-1:45pm*
Members \$44, Non-Members \$66 (plus tax)
Online registration code **330516**
Location: 2nd Floor Fitness Studio

The Canadian Cancer Society and the Canadian Society of Exercise Physiology not only considers exercise safe during and after cancer treatment but also recommends participating in regular exercise due to a number of health benefits. Under the guidance of our Exercise Specialists, this program is open to anyone who is pre-treatment, undergoing, or post treatment for cancer. This program will run for 6 weeks, for 45 minutes, twice a week. Program size is very small to allow for an individualized experience in a safe and supportive group environment. Come join us to improve your energy levels, strength, mobility, and balance. All participants must have their physician fill out a PAR MED X, form stating your contradictions and indications to exercise.

Contact our Fitness & Wellness Coordinator at 902.490.2249 for more information.

**Please note there are no sessions on Monday, October 9th.*

Early Morning Boot Camp

6 weeks, 12 sessions | September 19th-October 26th
Tuesdays & Thursdays, 6:00am-6:45am
Members \$96, Non-Members \$120 (plus tax)
Online registration code **330502**
Location: Field House & Track

6 weeks, 12 sessions | November 7th-December 14th
Tuesdays & Thursdays, 6:00am-6:45am
Members \$96, Non-Members \$120 (plus tax)
Online registration code **330502**
Location: Field House & Track

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

Beginner Heels

8 weeks | September 19th-November 14th
Tuesdays, 6:00pm-7:00pm*
Members \$64, Non-Members \$80 (plus tax)
Online registration code **330513**
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 nights with Heels. This program incorporates cardiovascular fitness along with a variety of genres such as burlesque, jazz, hip hop, cabaret, Latin, and contemporary dance choreography that will bring out your inner diva. This program is so much fun you won't realize it's even exercise. Heels are encouraged.

**Please note there are no sessions on Tuesday, October 31st.*



Intro to Barbell Training



6 weeks | September 21st-October 26th

Thursdays, 6:30pm-7:30pm

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

Online registration code **330512**

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 basic barbell training. Participants will learn how to properly execute the most proven movements to help increase your strength and power. Space is limited to a maximum of six people.

Intro to Barbell Training: **NEW Ladies Only**

6 weeks | October 4th-November 8th

Wednesdays, 4:00pm-5:00pm

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

Online registration code **330520**

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 basic barbell training. Participants will learn how to properly execute the most proven movements to help increase strength and power. The program is held in our private Fitness Centre room. Space is limited to a maximum of six female lifters.

Lifting 101 - Ladies Only

4 weeks | November 5th-November 26th

Sundays, 7:00pm-8:00pm

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

Online registration code **330514**

Location: Fitness Centre

Does the gym confuse you or make you feel intimidated? Do you see lots of exercise options but aren't sure of their proper technique or how to implement them into a workout? This LADIES ONLY program, led by a female Exercise Specialist, will walk you through basic strength exercises during our female-only hour to ensure you feel confident and comfortable while working out. Program size is limited to 8 participants to ensure you receive the attention you need.

Smart Start Basic Bike

6 weeks | September 19th-October 24th

Tuesdays, 6:30pm-7:15pm

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

Online registration code **330515**

Location: Spin Alcove on Track

6 weeks | November 7th-December 12th

Tuesdays, 6:30pm-7:15pm

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

Online registration code **330515**

Location: Spin Alcove on 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 experience necessary for this Basic Bike program. A great start to your cycling journey!



Kettlebell Basics

6 weeks | September 18th-October 30th

Mondays, 6:15pm-7:00pm*

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

Online registration code **330503**

Location: Track Starting Blocks

6 weeks | November 6th-December 11th

Wednesdays, 6:15pm-7:00pm

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

Online registration code **330503**

Location: Track Starting Blocks

Kettlebell Basics is a popular and effective program that improves coordination, aerobic capacity and muscular strength and endurance. This program will progress weekly and is taught by a certified Agatsu Kettlebell Instructor. Learn to utilize kettlebells safely and purposefully when incorporating them in to your workouts. Change your workout, and you'll change your body.

**Please note there are no sessions on Monday, October 9th*

K2 - Kettlebell Circuit

6 weeks | November 6th-December 11th

Mondays, 7:15pm-8:00pm

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

Online registration code **330503**

Location: Track Starting Blocks

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



DON'T FORGET ME!

See page 4 for more details



TRX Training Basic Camp

6 weeks | September 21st-October 26th

Thursdays, 6:15pm-7:00pm

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

Online registration code **330508**

Location: Track

6 weeks | September 19th-October 24th

Tuesdays, 6:15pm-7:00pm

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

Online registration code **330508**

Location: Track

6 weeks | November 2nd-December 7th

Thursdays, 6:15pm-7:00pm

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

Online registration code **330508**

Location: Track

6 weeks | November 7th-December 12th

Tuesdays, 6:15pm-7:00pm

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

Online registration code **330508**

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 make you feel strong and powerful.

TRX Strong

6 weeks | September 19th-October 24th

Tuesdays, 7:00pm-7:50pm

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

Online registration code **330508**

Location: Track

6 weeks | November 7th-December 12th

Tuesdays, 7:00pm-7:50pm

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

Online registration code **330508**

Location: Track

Prerequisite: Must have previous experience with TRX Suspension Trainer or have attended the TRX Training Basic Camp.

TRX Strong will push your basic TRX training to new heights. This intermediate program delivers a challenging and 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.

Toughen Up

12 weeks, 23 sessions | September 18th-December 6th

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

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

Online registration code **330504**

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 help 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 are no sessions on Monday, October 9th.*



■ PRE AND POST NATAL PROGRAMS

Prenatal Fit Camp*

8 weeks | October 16th-December 11th
Mondays, 6:00pm-6:45pm**
Members \$64, Non-Members \$80 (plus tax)
Online registration code **330404**
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 and allow you to stay active as you near your due date. Camp size will be small with a maximum of 8 participants to emphasize individual modifications for your comfort, stage of pregnancy, and fitness level.

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

***Please note there are no sessions on Monday, October 9th.*

Restore Your Core*

6 weeks | September 21st -October 26th
Thursdays, 10:30am-11:30am
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330405**
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, car seats and bottles are welcome.

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

Stroller Circuit

6 weeks, 11 sessions | September 18th-October 25th
Mondays & Wednesdays, 10:30am-11:30am**
Members \$88, Non-Members \$110 (plus tax)
Online registration code **330402**
Location: Track Starting Blocks

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

This safe and interactive stroller fitness program is designed for the parent who wants to get into shape without leaving their baby out of the picture. A certified Postnatal Fitness Instructor will lead you through cardio and strength workouts that can be modified to any fitness level in order 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 note there are no sessions on Monday, October 9th.*



■ MIND BODY PROGRAMS

Let's Get Limber: ◀ **NEW** Joint Mobility & Stability

4 weeks | September 11th-October 2nd
Mondays, 6:00pm-6:45pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **330308**
Location: 2nd Floor Fitness Studio

Join our Exercise Specialist on a guided journey through multiple exercises that will focus on the mobility and stability of the major joints of your body. This program you will learn how to increase your range of motion, release muscle tension, and decrease joint pain. This program is an extension of our Joint Mobility workshop which a combination of stretches and foam rolling techniques are taught to prepare your body to move more efficiently through your workouts and everyday tasks.

Women's Self Defense ◀ **NEW**

4 weeks | November 15th-December 6th
Wednesdays, 7:15pm-8:15pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **330521**
Location: 2nd Floor Fitness Studio

Women's Self Defense is a program designed to teach basic skills and thinking around protecting yourself while providing a cardio toning workout and building confidence. Learn body positions, defensive techniques, punches, kicks, knees, blocks and evasions for different situations and how to use the strength of your own body and mind.

Adaptive Yoga

6 weeks | September 21st-October 26th
Thursdays, 1:00pm-2:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330303**
Location: 2nd Floor Fitness Studio

6 weeks | November 2nd-December 7th
Thursdays, 1:00pm-2:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330303**
Location: 2nd Floor Fitness Studio

Adaptive Yoga is open to all fitness levels, and uses the help of a straight-backed chair to facilitate posture, and offer modifications to 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, but who want to improve their core strength, spinal mobility, and overall flexibility.

Introduction to Yoga

8 weeks | September 20th-November 8th
Wednesdays, 6:00pm-7:00pm
Members \$64, Non-members \$80 (plus tax)
Online registration code **330301**
Location: 2nd Floor Fitness Studio

Learn the basics that help make you feel comfortable in yoga in a non-intimidating and welcoming atmosphere. This program is a must for brand-new yogis, those restarting 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 physical fitness and mindfulness.



Intermediate Yoga

8 weeks | September 20th-November 8th

Wednesdays, 7:15pm-8:15pm

Members \$64, Non-members \$80 (plus tax)

Online registration code **330305**

Location: 2nd Floor Fitness Studio

Prerequisite: Previous yoga experience required. or have attended Introduction to Yoga

This yoga program is for the individual who has developed an understanding of basic postures and breathing. This flow-based practice is challenging yet accessible and ideal for anyone looking to improve their body awareness, breathing technique and alignment.

Advanced Yoga

4 weeks | November 15th-December 6th

Wednesdays, 6:00pm-7:00pm

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

Online registration code **330306**

Location: 2nd Floor Fitness Studio

Prerequisite: Previous yoga experience required.

This dynamic program will include meditative awareness cultivated through the use of breath work and a strong physical practice. Build upon your skills as you challenge your limits and approach a number of advanced postures logically and safely.

Pilates

12 weeks | September 21st-December 7th

Thursdays, 6:00pm-7:00pm

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

Online registration code **330304**

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 the deep muscles of the abdomen and back. Program size is limited to ensure correct posture and exercise progression.

Barre Pilates Fusion

11 weeks | September 18th-December 4th

Mondays, 7:00pm-8:00pm*

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

Online registration code **330307**

Location: 2nd Floor Fitness Studio

Prerequisite: Previous Pilates experience is required.

This is a fun, intense, and challenging program that blends Barre and Pilates for a total body toning and lengthening workout! We focus on proper Barre techniques well as controlled Pilates form while breaking a sweat to upbeat music. Your legs and abs will burn in a good way and you will leave feeling strong and empowered! This course is led by a certified Stott Pilates Instructor.

**Please note there are no sessions on Monday, October 9th.*



■ YOUTH SPECIALIZED PROGRAMS

Youth Indoor Spin

4 weeks | September 16th-October 7th
Ages 12-17 | Saturdays, 10:15am-11am
Members \$20, Non-Members \$32
Online registration code **330517**
Location: Spin Alcove on Track

Learn the basics of indoor cycling and enjoy a great workout with your peers. This challenging and fun program will help improve your cardiovascular endurance and aid with your performance in sport. Suitable for all fitness levels.

Youth Yoga & Meditation

4 weeks | November 22nd-December 13th
Ages 7-12 | Wednesdays 5:15pm-6:00pm
Members \$20, Non-Members \$32
Online registration code **330302**
Location: 2nd Floor Fitness Studio

In a non-competitive class, kids will learn gross motors skills and yogic notions such as gratitude and kindness. Deep breathing and laughter will build your child's confidence and self-awareness as well as how the skills learned in a yoga class can improve their performance in competitive athletics.

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!

Youth Drop-in Fitness Classes

We also offer Drop-in Youth Strength and Zumba Kids, which are included in your membership or day pass rate. You'll find these classes listed on the **Drop-in Fitness schedules** available on our website.



■ ADULT WORKSHOPS

Fitness & Wellness Series

Session 1 - Food Smart Level 1

Wednesday, September 27th, 6:30pm-7:30pm

Session 2 - Joint Mobility

Wednesday, October 25th, 6:30pm-7:30pm

Session 3 - Food Smart Level 2

Wednesday, November 8th, 6:30pm-7:30pm

Session 4 - Lifting 101: Dumbbells and Barbells

Wednesday, November 29th, 6:30pm-7:30pm

Join all Fall sessions

Members \$20, Non-members \$32 (plus tax)

Online registration code **330201**

Individual sessions

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

Online registration code **330201**

Food Smart Workshops

The purpose of Food Smart is to provide fact-based information from different perspectives in order to develop and/or enhance an understanding of nutrition and its essential role in health. Level 1 will focus on food education and wellness. In Level 2, we will explore key nutrients and their functions, label reading, and portion sizes. This nutrition workshop series will provide you with an opportunity to create a supportive approach to your health goals. Presenter: CGC Exercise Specialist Caroline Anderson, MSVU BScAHN (Hons Dietetics).

Joint Mobility Workshop

Feeling stiff? In this workshop, learn how to increase your range of motion, release muscle tension, and decrease joint pain. A combination of stretches and foam rolling techniques will be taught to prepare your body to move more efficiently through your workouts and everyday tasks.

Keep your eyes open for other workshops throughout the Fall. We will be offering **Pumped** and **aqua fitness** workshops to help you get the most out of your Drop-in Fitness classes.

Lifting 101: Dumbbells and Barbells Workshop

It's time to increase your knowledge from using the weight machines to free weights. Join our Exercise Specialist for a 1 hour session as they walk you through some basic dumbbell and barbell exercises. You will also learn about your specific rep/weight/rest ratio. This workshop is open to anyone who would like to get out of the comfort zone and learn about how to challenge your body in an efficient and different way. Space is limited to a maximum of 8 people.

Core Fit

Saturday, October 7th, 11:15am-12:30pm

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

Online registration code **330201**

Location: 2nd Floor Fitness Studio

This course is designed for those who wish to improve function, strength and tone of their core muscles. The core program will educate you on how to properly engage your core stabilizing muscles for better awareness. The program is suitable for those with chronic low back pain, injuries to the low back, or for those who wish to simply have a healthier, stronger core.





■ 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.

When you attend Simply Fit, your name will be entered into a draw for a free fitness/wellness workshop. We will do a draw each month!



■ PERSONAL TRAINING

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



Personal Training packages

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

**Sessions can be scheduled at 1/2 hour intervals. Taxes not included in pricing above.*

All personal training packages expire within 1 year of purchase.



10.15.17

2017 FOOD RUN

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



Join us on **Sunday, October 15th, 2017** for the 5th Annual Food Run as we support FEED NOVA SCOTIA and celebrate community, healthy living and physical literacy.

FREE WITH FOOD OR CASH DONATION TO

feed
nova scotia

REGISTRATION INCLUDES:

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

 **INDOOR COMMUNITY FESTIVAL**

Festival fun takes place in our Field House during and after the Food Run! Stop by to get active in our physical literacy play zone and bouncy castles, enjoy snacks and visit local community booths.

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

Aquatics Programs



AQUATICS REGISTRATION INFORMATION

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

Next, refer to the days, times and sections of a particular class or level (see chart on page 36). 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.



**Lifesaving Society's
Swim for Life Program**

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

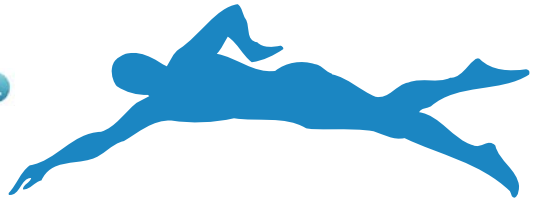
We are committed to quality programs and a positive experience for all students and parents. To ensure this, we organize our swim lesson programs to meet everyone's needs.

- 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
- Increased level of inclusion during group swim lessons (see page 37 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 36 for swim lesson days and times.

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

PARENT & TOT 1

4-18 MONTHS | Online registration code [310111](#)

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

PARENT & TOT 2

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

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

PARENT & TOT 3

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

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





■ PRESCHOOL PROGRAMS

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

[See chart on page 36 for swim lesson days and times.](#)

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

PRESCHOOL 1 | Online registration code [310121](#)

These preschoolers learn how to get in and out of the water safely. They'll also learn how to move safely in shallow water while using a lifejacket (as needed) to become comfortable with their floats and glides.

PRESCHOOL 2 | Online registration code [310122](#)

These youngsters will explore the water while learning to submerge and exhale underwater. Buoyant aids are used to help them discover rollovers, glides, and flutter kicks.



DON'T FORGET ME!

See page 4 for more details

PRESCHOOL 3 | Online registration code [310123](#)

These preschoolers will master their floats, glides, and short swims (2-3m) on their front and back. They'll be able to pick up objects from waist deep water and use their lifejackets to jump and roll into the deep end.

PRESCHOOL 4 | Online registration code [310124](#)

These capable preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and by the end perform jumps and side rolls on their own. Their lifejacket will support them while they learn to tread water and swim to safety (5-10m) in the deep end.

PRESCHOOL 5 | Online registration code [310125](#)

These skilled and independent youngsters will master short swims doing front crawl (5-10m) and back crawl (3-5m). They are ready to take on a forward roll into deep water with their lifejacket on and to tread water without the extra support. Here they will get their first chance to try whip kick and fitness training.

SCHOOL-AGED SWIMMER PROGRAMS



9 lessons | Ages 5+

See chart on page 36 for swim lesson days and times.

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

SWIMMER 1 | Online registration code [310131](#)

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

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

SWIMMER 1 ADVANCED | Online registration code [310137](#)

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

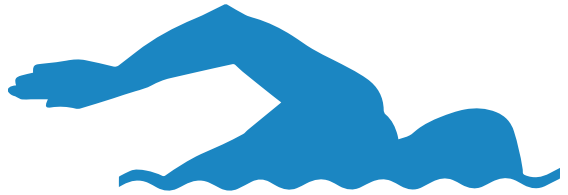
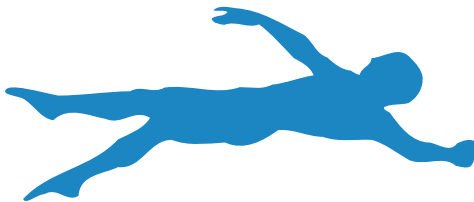
For swimmers who have completed Preschool 4, Preschool 5, OR who have already participated in Swimmer 1.

SWIMMER 2 | Online registration code [310132](#)

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

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



SWIMMER 2 ADVANCED | Online registration code [310130](#)

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

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

SWIMMER 3 | Online registration code [310133](#)

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

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

SWIMMER 4 | Online registration code [310134](#)

9 lessons, 50 minutes each

Members \$80, Non-Members \$110

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

SWIMMER 5 | Online registration code [310135](#)

9 lessons, 50 minutes each

Members \$80, Non-Members \$110

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



SWIMMER 6

Online registration code [310136](#)

9 lessons, 50 minutes each

Members \$80, Non-Members \$110

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

SWIMMER 7 ROOKIE PATROL

Online registration code [310141](#)

9 lessons, 50 minutes each

Members \$80, Non-Members \$110

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

SWIMMER 8 RANGER PATROL

Online registration code [310142](#)

9 lessons, 50 minutes each

Members \$80, Non-Members \$110

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

SWIMMER 9 STAR PATROL

Online registration code [310143](#)

9 lessons, 50 minutes each

Members \$80, Non-Members \$110

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

JOIN US FOR CHRISTMAS CRUNCH swimming lessons.

Have a few things left to complete after Fall session? Too busy in the fall to participate in swimming lessons? Registration for Christmas Crunch opens as of NOVEMBER 1st for all members and non-members.

■ SWIM LESSONS - DAYS & TIMES

	MONDAY* SEPT 18-NOV 20	TUESDAY* SEPT 19- NOV 21	WEDNESDAY SEPT 20- NOV 15	THURSDAY SEPT 21- NOV 16	SATURDAY* SEPT 16-NOV 25	SUNDAY* SEPT 17- NOV 26	CHRISTMAS CRUNCH MON - THU DEC. 4- 7 & 11-14
Parent & Tot 1	4:00pm	5:20pm		10:20am	8:30am, 9:10am	9:10am	
Parent & Tot 2	4:40pm	6:00pm		9:00am	9:50am, 11:10am	8:30am, 9:50am	
Parent & Tot 3	5:20pm	4:40pm		11:00am, 5:20pm	10:30am, 11:50am	10:30am, 11:10am	
Preschool 1	4:00pm 6:00pm	4:00pm, 4:40pm 6:00pm	4:40pm, 5:20pm	9:00am, 4:40pm 5:20pm	9:10am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 11:10am	4:00pm, 4:40pm 5:20pm
Preschool 2	5:20pm 6:00pm	4:00pm 6:00pm	4:40pm 5:20pm	11:00am, 4:40pm 6:00pm	8:30am, 9:10am 9:50am, 10:30am 11:10am	9:10am 9:50am	4:00pm
Preschool 3	4:40pm 6:00pm	4:40pm 6:00pm	6:00pm	10:20am, 5:20pm 6:00pm	9:10am, 10:30am 11:10am	9:10am, 9:50am 10:30am	4:40pm
Preschool 4	4:40pm 5:20pm	5:20pm 6:00pm	4:40pm 5:35pm	6:00pm	9:10am, 9:50am 11:10am	9:10am 10:30am	6:00pm
Preschool 5	6:00pm	5:20pm	5:20pm 6:00pm	4:40pm	9:10am, 10:30am 11:10am	9:10am 10:30am	5:20pm
Swimmer 1	4:00pm, 4:40pm 5:20pm, 6:00pm	4:00pm, 4:40pm 5:20pm	5:35pm 6:00pm	4:40pm, 5:20pm 6:00pm	9:10am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 10:30am, 11:10am	4:00pm 5:20pm
Swimmer 1 Advanced	4:40pm 5:20pm	4:40pm 5:20pm	4:55pm 5:35pm	4:40pm 5:20pm	9:10am, 9:50am 11:10am	9:50am 10:30am	4:40pm 6:00pm
Swimmer 2	4:00pm, 4:40pm 5:20pm	4:00pm, 5:20pm 6:00pm	4:40pm, 4:55pm 6:15pm	4:00pm, 4:40pm 6:00pm	9:10am, 9:50am 10:30am	9:10am, 9:50am 10:30am	4:40pm 5:20pm
Swimmer 2 Advanced	4:40pm 6:00pm	4:40pm	4:00pm 6:15pm	4:00pm	9:10am, 9:50am 10:30am, 11:10am	10:30am	4:40pm 6:00pm
Swimmer 3	5:20pm 6:00pm	4:40pm, 5:20pm	4:55pm 6:15pm	4:00pm	9:10am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 10:30am	4:00pm 6:00pm
Swimmer 4	5:50pm	4:00pm	4:00pm		9:00am, 9:55am 11:45am	8:30am, 9:25am 10:20am	
Swimmer 5		4:00pm	4:55pm		9:00am, 10:50am	8:30am, 10:20am	
Swimmer 6	4:55pm		4:00pm		9:00am, 9:55am	9:25am	
Swimmer 7 / Rookie		4:55pm			10:50am	9:25am	
Swimmer 8 / Ranger	4:00pm	4:55pm			9:55am	9:25am	
Swimmer 9 /Star		4:55pm			10:50am		
Teen Group Lessons				LEVEL 1 4 & 5:20pm LEVEL 2 - 4 & 6pm	LEVEL 1 - 9:50am LEVEL 2 - 11:50am		
Adult Group Swim Lessons				LEVEL 1 & 2 11:35am		LEVEL 1 & 2 & 3 11:40am	

*No Programs: Thanksgiving Weekend Saturday - Monday (October 7th-9th), October 15th, October 31st, and November 11th.



■ INCLUSION DAYS

We're excited to offer an increased level of inclusion during group swimming lessons on Wednesdays & Sundays. These days are staffed with Swim Instructors trained to help overcome roadblocks when instructing kids with Autism, Cerebral Palsy, Down Syndrome, sensory & motor limitations and general behaviour challenges. Please fill out the [information form](#) online and you will be contacted by our Aquatics Program Coordinator with the next steps of our registration process. Please note: Spaces are limited. Submitting this form does not secure a spot for our Inclusion Days registration.

■ TEEN GROUP SWIM LESSONS

Are you between the ages of 11-15 years, have never taken swim lessons before, would like to build your confidence in the water, or simply prepare for that family trip away at the beach? Then these swim lessons are for you!

Teen Level 1

9 Lessons | Begins September 21st

Ages 11-15yrs

Thursdays, 4:00pm-4:35pm

Saturdays, 10:30am-11:05am

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

Online registration code [310161](#)

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

Teen Level 2

9 Lessons | Begins September 21st

Ages 11-15yrs

Thursdays, 4:00pm-4:35pm

Saturdays, 11:50am-12:25pm

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

Online registration code [310162](#)

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



■ ADULT GROUP SWIM LESSONS

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

Adult Level 1

Ages 16+

9 Lessons | Begins September 21st or September 17th

Thursdays, 11:35am-12:10pm

Sundays, 11:40am-12:15pm

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

Online registration code **310164**

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

Adult Level 2

Age 16+

9 Lessons | Begins September 21st or September 17th

Thursdays, 11:35am-12:10pm

Sundays, 11:40am-12:15pm

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

Online registration code **310165**

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

Adult Level 3

Age 16+

9 Lessons | Begins September 17th

Sundays, 11:40am - 12:15pm

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

Online registration code **310166**

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

■ PRIVATE & SEMI-PRIVATE SWIM LESSONS

9 Private Lessons | 35mins

Members \$155, Non-members \$190

Online registration code **310151**

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.

9 Semi-Private Lessons | 35mins

Members \$255, Non-members \$320

Online registration code **310152**

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.

	MONDAY* SEP 18 - NOV 20	TUESDAY* SEP 19 - NOV 21	WEDNESDAY SEP 20 - NOV 15	THURSDAY SEP 21 - NOV 16	FRIDAY SEP 22 - NOV 17	SATURDAY* SEP 16 - NOV 25	SUNDAY* SEP 17 - NOV 26
Private / Semi Private (35 mins)	3:30pm 4:00pm 4:10pm 4:50pm 5:30pm 6:10pm	4:00pm 4:10pm 4:50pm 5:30pm 6:10pm	4:50pm 5:30pm 6:10pm	4:10pm 4:50pm 5:30pm 6:10pm	4:10pm 4:50pm 5:30pm 6:10pm	9:00am 9:40am 10:20am 11:00am 11:40am	9:00am 9:40am 10:20am 11:00am 11:40am

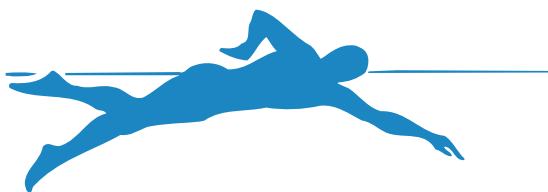
*No Programs: Thanksgiving Weekend Saturday - Monday (October 7th-9th), October 15th, October 31st, and November 11th.

LEADERSHIP PROGRAMS



See chart below for leadership programs days and times.

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



Bronze Star

9 lessons | 60 minutes each

Members \$80, Non-Members \$110

Online registration code **310171**

Prerequisite: None

(Swim Patrol experience is recommended)

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

Bronze Medallion

9 sessions | 2 hours per class

Members \$120, Non-Members \$135

Online registration code **310172**

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

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

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

LEADERSHIP PROGRAMS CHART

	FRIDAY SEP 22 – NOV 17	SUNDAY* SEP 17 – NOV 26	CRASH COURSES (TRAINING OVER A CONDENSED PERIOD OF TIME)
Bronze Star		11:15am-12:15pm	
Bronze Medallion	7:00pm-9:00pm		Dec. 4th-8th & 11th-15th 4:50pm-6:50pm
Bronze Cross	6:00pm-9:00pm		Dec. 4th-8th & 11th-15th 4:00pm-7:00pm
Swim for Life Assistant Instructor (ASFL)			Nov 18th & 19th (Weekend course) 9:00am-12:00pm
Swim for Life (SFL)/ Lifesaving Instructor (LSI)			Dec. 4th-8th & 11th-15th 4:00pm-8:00pm
National Lifeguard Service (NLS/SFA)			Nov 24th-26th, Dec 2nd & 3rd, 9th & 10th Friday 5:00pm-9:00pm, Sat & Sun 9:00am-5:00pm

**No Programs: Thanksgiving Weekend Saturday - Monday (October 7th-9th), and October 15th*

Bronze Cross

9 sessions | 3 hours per class

Members \$135, Non-Members \$150

Online registration code [310173](#)

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

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

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

Swim For Life Assistant Instructor

8 hours | 2 lessons, 4 hours per class

Members \$40, Non-Members \$60

Online registration code [310179](#)

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 [310175](#)

Prerequisite: 15 years of age 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.

Please note: Practice teaching hours may be required after the course is complete. Candidates must be 16 when completing their practice teaching for the Lifesaving Instructor component.

[See chart for leadership programs days and times.](#)



National Lifeguard Service & Standard First Aid

52 hours

Members \$265, Non-Members \$285

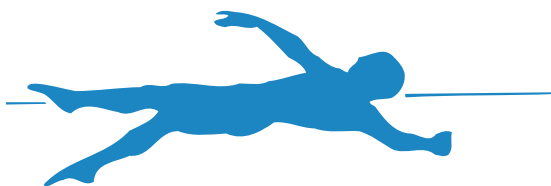
Online registration code [310174](#)

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

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

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

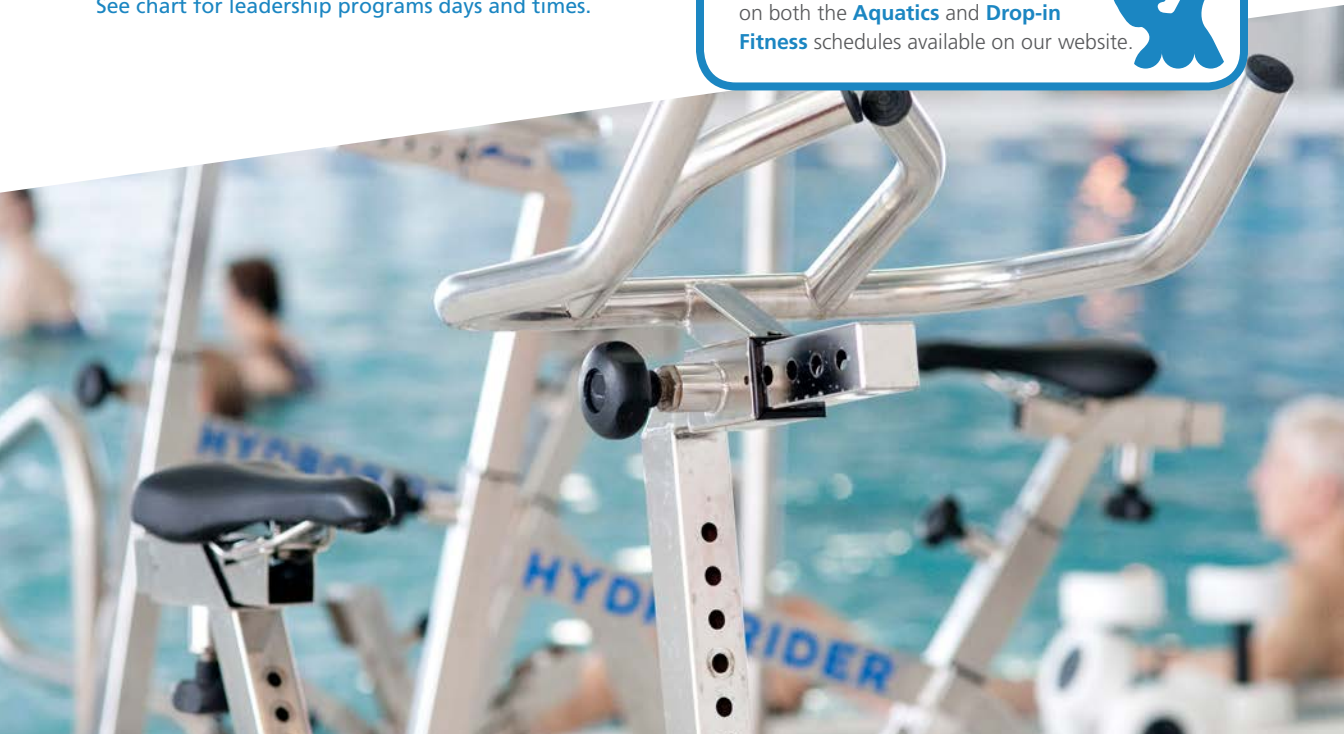
See chart for leadership programs days and times.



Participants in Grade 11 or 12 who have completed their National Lifeguard Course (NLS), Lifesaving Instructor Course (LSI) and Swim For Life Instructor Course can receive a full Grade 11 credit. Proof of awards must be sent and approved by the school guidance counselor.

Aquafit & Hydroider Classes

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



■ DIVING PROGRAM



All of our diving programs run for nine weeks and focus on introducing children to the skills of diving as a sport and educate them in a correct and safe manner. Please note divers are required to wear a full piece swimsuit, or brief/jammer.

LEARN-TO-DIVE | Online registration code **310192**
9 weeks, [please refer to chart on this page](#) for start dates and fees.

LITTLE JUMPERS | Ages 4-7

This is an introductory program that not only focuses on diving skills, but on the building blocks of any active sport. Participants learn basic motor skills, agility, balance and coordination with a major focus on FUN. Time is split between dry land exercise and water skills. Participants must be comfortable in deep water and able to swim 10m.

LEVEL I DIVING | BRONZE, SILVER, & GOLD | 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.

Prerequisite: Completion of Swimmer 3 or the Swim to Survive Standard is recommended.

	SATURDAY SEPT 16th - NOV 25th*	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, III & IV	11:00am- 12:00pm	1	\$100	\$120
Teen	12:00pm- 1:00pm	1	\$100	\$120

*No registered programs Thanksgiving Weekend October 7th-9th and Nov. 11th

LEVEL II DIVING | BRONZE, SILVER, & GOLD | Ages 7+

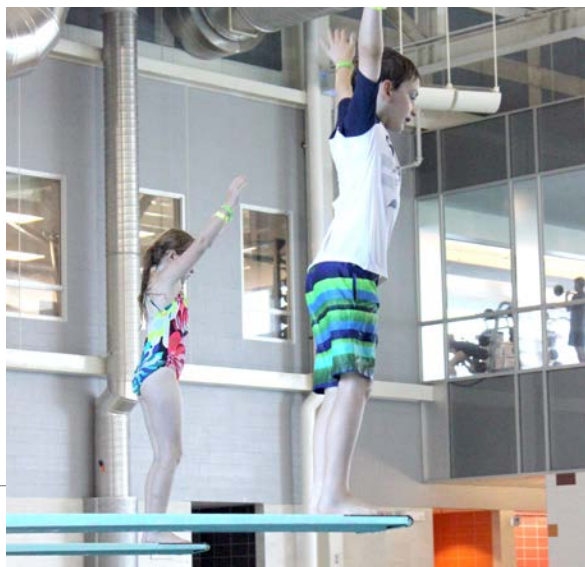
Building on the skills achieved in Level I Diving, divers will learn more complex diving and review all skills needed for successful, safe, and fun diving. This program suits any divers with previous diving experience or gymnastics, trampoline, and acrobatic training. Classes are offered for participants ages 7 and up. All divers in this program must be comfortable swimming in deep water and should have previous experience as noted above.

LEVEL III / IV / V DIVING | BRONZE, SILVER, & GOLD Ages 8+

Building on the skills achieved in Level 2 Diving, divers will learn more complex diving and review all skills needed for successful, safe, and fun diving. This program suits any divers with previous diving experience or gymnastics, trampoline, and acrobatic training. Classes are offered for participants ages 8 and up. All divers in this program must be comfortable swimming in deep water and should have previous experience as noted above.

TEEN DIVING | AGES 12+

Feeling like you are too old to learn how to dive? It is never too late! Our exciting introductory diving program for teens is focused on learning basic diving fundamentals so that you can feel comfortable diving off a diving board 1m and 3m springboard diving will be taught with emphasis on body control, posture, and coordination.



The Canada Games Centre Swim Academy (CGCSA) is a new approach to aquatic sports designed to develop the whole athlete and avoid the pitfalls normally associated with overtraining and early sport specialization. Each team within the CGCSA offers participants access to a variety of training opportunities, both in the water and on dry land, to help avoid injury and dropout while ultimately increasing overall enjoyment of physical activity for life.

ANNUAL PROGRAMS

Annual CGCSA programs run from September to June and provide access to training for all three sports - swimming, lifesaving, and water polo.*

CGCSA offers annual program options for the following aquatic sport teams:

- Year Round Swim Team
- Lifesaving Sport Team
- Summer Swim Team & Off-Season Training
- Masters Swim Team
- Water Polo Team

CGCSA annual program fees cover coaching; a training schedule which may include dryland, yoga, swimming, water polo and lifesaving sport training; equipment costs and Swim Nova Scotia fees. **Also, all Swim Academy participants in annual programs receive a 12-month Canada Games Centre membership.** Add-on membership options are available for family members of the CGCSA participant.

**Except Masters Swim Team*

SEASONAL PROGRAMS

Seasonal CGCSA programs are structured with four registrations throughout the year, but still provide access to training for all three sports - swimming, lifesaving and water polo. Register for all four seasons or pick and choose.**

CGCSA offers seasonal program options for the following aquatic sport teams:

- Summer Swim Team & Off-Season Training
- Lifesaving Sport Team
- Water Polo Team

***Seasonal programs **do not** include Canada Games Centre Membership or option for Dryland and Yoga training.*

For more information, contact
swimacademy@canadagamescentre.ca



Sport for Life



GET MORE FROM SPORT

The CGCSA is built on the foundation of sport research regarding child/youth sport development, physical literacy, fundamental movement skills and Long Term Athlete Development (LTAD) supported by Sport For Life (S4L) and Sport Nova Scotia's Get More From Sport.

**Want to know more about the Swim Academy?
Join us for an Information Night on August
10th or 15th from 6pm-8pm.**

**CLICK HERE for more details about CGCSA,
how to register, practice schedules, parent
information and more.**

REGISTRATION FOR ALL CGCSA PROGRAMS
ARE IN-PERSON ONLY.

■ YEAR ROUND SWIM TEAM

Year Round Swim Team is a competitive swim team for youth designed to prevent early sport specialization in swimming. Swimmers will be consistently taught FUNdamentals of swimming, while be exposed to the sport of Water Polo and Lifesaving. Swimmers will compete at in-house swim meets and/or Novatech events.

FRESHMAN | Ages 8 and under
Begins September 11th
Mondays, Thursdays, Sundays
Annual fee \$700 | Bi-weekly fee \$31.85 (20 payments)
Down payment at registration \$63.70
In-person registration code **712100-FRESH**

Pre-requisite: Completed Swimmer 3 or Swim Kids 3, comfortable in the water, can swim 2 x 25m and have a basic flutter kick.

SOPHOMORE | Ages 8-10
Begins September 11th
Mondays, Tuesdays, Fridays, Saturdays
Annual fee \$1000 | Bi-weekly fee \$45.45 (20 payments)
Down payment at registration \$90.90
In-person registration code **712100-SOPHO**

Pre-requisite: Able to dive into the pool, attempt all 4 strokes, swim 10 minutes continuous, follow the coach's directions and have a good understanding of practice structure.

JUNIOR | Ages 10 and up
Begins September 11th
Mondays, Tuesdays, Wednesdays, Fridays, Saturdays
Annual fee \$1250 | Bi-weekly fee \$56.85 (20 payments)
Down payment at registration \$113.70
In-person registration code **712100-JUNIOR**

Pre-requisite: Able to swim continuous for 10 min, swim 100 IM, perform all 4 strokes properly, dive entry, follow coach's directions and have a good understanding of practice structure and lane etiquette.

■ MASTERS SWIM TEAM

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

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

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

Ages 18 and up
Begins September 11th | Mondays-Sundays

NEW - Masters Swim Team now runs all year, including the summer months!

ADULTS Annual fee \$1046.50 (tax inc.) | Bi-weekly fee \$47.60
Down payment at registration \$95.20
In-person registration code **712500-ADULT**

SENIORS (60+) Annual fee \$799.25 (tax inc.)
Bi-weekly fee \$36.35
Down payment at registration \$72.70
In-person registration code **712500-SENIOR**



■ LIFESAVING SPORT TEAM

Lifesaving Sport Team will introduce participants to the sport of lifesaving, while providing them with training opportunities to attend lifesaving competitions throughout the year. Throughout the year, specially trained Lifesaving Coaches will concentrate on developing each swimmer's strength, power, and endurance. Participants will also focus on swim technique and expanding their skills into the sport of Water Polo. Lifesaving Sport Team participants may register for the annual Program or choose the seasonal program.

Pre-requisites for Teams A & B: Completed Swimmer 4 or Swim Kids 5, feel comfortable in deep water, dive into the pool, swim 5-8 minutes continuous and follow coach's directions.

TEAM B | Ages 8-12 | Begins September 13th
Wednesdays, Thursdays, Sundays
Annual fee \$600 | Bi-weekly fee \$27.30 (20 payments)
Down payment at registration \$54.60
In-person registration code [712300-LIFESAVEB](#)

SEASONAL (FALL 2017) | Fee \$200
In-person registration code [712300-LIFESAVEBFALL](#)

TEAM A | Ages 13 and up | Begins September 13th
Wednesdays, Thursdays, Sundays
Annual fee \$700 | Bi-weekly fee \$31.85 (20 payments)
Down payment at registration \$63.70
In-person registration code [712300-LIFESAVEA](#)

SEASONAL (FALL 2017) | Fee \$200
In-person registration code [712300-LIFESAVEAFALL](#)



■ WATER POLO TEAM

Water Polo Team will introduce participants to the sport of water polo, while providing them with training opportunities geared towards skills development and competition. Throughout the year, specially trained water polo coaches will concentrate on developing each participant's strength, power, and endurance. Participants will also focus on swim technique and expanding their skills into the sport of Lifesaving. Water Polo Team participants may register for the annual program or choose the seasonal program.

Pre-requisites for Teams A & B: Completed Swimmer 4 or Swim Kids 5, have some water polo experience, feel comfortable in deep water, tread water for 1 min, swim 5-8 minutes continuous and follow coach's directions.

TEAM B | Ages 8-12
Begins September 13th
Tuesdays, Wednesdays, Sundays
Annual fee \$600 | Bi-weekly fee \$27.30 (20 payments)
Down payment at registration \$54.60
In-person registration code [712400-POLOB](#)

SEASONAL (FALL 2017) | Fee \$200
In-person registration code [712400-POLOBFALL](#)

TEAM A | Ages 13 and up
Begins September 13th
Tuesdays, Wednesdays, Sundays
Annual fee \$700 | Bi-weekly fee \$31.85 (20 payments)
Down payment at registration \$63.70
In-person registration code [712400-POLOA](#)

SEASONAL (FALL 2017) | Fee \$200
Online registration code [712400-POLOAFALL](#)

Want to know more about the Swim Academy?
Join us for an Information Night on August 10th
or 15th from 6pm-8pm.

[CLICK HERE](#) for more details about CGCSA, how to register, practice schedules, parent information and more.

I Love Water Polo



ILWP – Level 1 & 2

9 sessions | Begins September 21st
Ages 8-11 (Swimmer 3 or higher)
Thursdays, 4:00pm-5:00pm
Members \$60, Non-Members \$85
Online registration code [310193](#)

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.

ILWP – Level 3 & 4

9 sessions | Begins September 19th
Ages 11-14 (Swimmer 3 or higher)
Tuesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$85
Online registration code [310193](#)

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.



	AGES	CGC MEMBERS	NON-MEMBERS
ILWP Level 1 & 2	8-11	\$60	\$85
ILWP Level 3 & 4	11-14	\$60	\$85

SUMMER SWIM TEAM & OFF-SEASON TRAINING

Get ready for the Summer Swim Team competition season by training in the off-season. Swimmers will focus on proper technique, sportsmanship and fair play in a positive and encouraging environment. Swimmers will also get the opportunity to learn water polo and lifesaving sport techniques. Summer Swim Team participants may register for the annual program or choose the seasonal program.

BRONZE | Ages 10 and under

Begins September 11th | Mondays, Thursdays, Sundays

Annual fee \$700 | Bi-weekly fee \$31.85 (20 payments)

Down payment at registration \$63.70

In-person registration code [712200-BRONZE](#)

Pre-requisite: Completed Swimmer 3 or Swim Kids 3, comfortable in the water, can swim 2 x 25m and have a basic flutter kick.

SEASONAL (Fall 2017) | Fee \$200

In-person registration code [712200-BRONZEFALL](#)

SILVER | Ages 11-12 | Begins September 11th

Thursdays, Fridays, Sundays

Annual fee \$750 | Bi-weekly fee \$34.10 (20 payments)

Down payment at registration \$68.20

In-person registration code [712200-SILVER](#)

Pre-requisite: Able to dive into the pool, attempt all 4 strokes, swim 5-8 minutes continuous, follow the coach's directions and have a good understanding of practice structure.

SEASONAL (FALL 2017) | Fee \$200

In-person registration code [712200-SILVERFALL](#)

Want to know more about the Swim Academy? Join us for an Information Night on August 10th or 15th from 6pm-8pm.

CLICK HERE for more details about CGCSA, how to register, practice schedules, parent information and more.

GOLD | Ages 13 and up

Begins September 11th

Tuesdays, Thursdays, Fridays, Sundays

Annual fee \$800 | Bi-weekly fee \$36.40 (20 payments)

Down payment at registration \$72.80

In-person registration code [712200-GOLD](#)

Pre-requisite: Able to swim continuous for 10 min, swim 100 IM, perform all 4 strokes properly, dive entry, follow coach's directions and have a good understanding of practice structure and lane etiquette.

SEASONAL (FALL 2017) | \$200

Online registration code [712200-GOLDFALL](#)

Year Round Swim Team and Summer Swim Team - What's the difference?

The Year Round Swim Team is an annual program that trains and competes September to June, whereas the Summer Swim Team is only eligible to compete during the summer season, but offers off-season training for the rest of the year. You can register for the Summer Swim Team & Off-Season Training as a seasonal program, or pick the annual program option. Annual programs include a 12-month CGC membership for the participant and an option for dryland and yoga training; seasonal programs do not.



SWIM ACADEMY - TRAINING DAYS & TIMES*

*No practices: Thanksgiving Weekend Saturday - Monday
(October 7th-9th), October 15th, October 31st, and November 11th.

	AGES	PRACTICES PER WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
YEAR ROUND SWIM TEAM FRESHMAN	8 & UNDER	3 SWIM + 2 SPORT	4:15PM - 5:30PM (SWIM)			3:45PM-4:20PM (SWIM) 4:20PM-5:00PM (WATER POLO)			10:15AM - 11:00AM (SWIM) 11:00AM - 11:30AM (LIFESAVING SPORT)
YEAR ROUND SWIM TEAM SOPHOMORE	10 & UNDER	4 SWIM + 2 SPORT	5:15PM - 6:15PM (SWIM) 6:15PM-7:00PM (LIFESAVING SPORT)	4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)			5:30PM - 7:00PM (SWIM)	7:45AM - 9:00AM (SWIM)	
YEAR ROUND SWIM TEAM JUNIOR	10 & UP	5 SWIM + 2 SPORT	5:15PM - 6:15PM (SWIM) 6:15PM-7:00PM (LIFESAVING SPORT)	4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)	5:30PM - 7:00PM (SWIM)		5:30PM - 7:00PM (SWIM)	7:45AM - 9:00AM (SWIM)	
SUMMER SWIM TEAM BRONZE	10 & UNDER	3 SWIM + 2 SPORT	4:15PM - 5:30PM (SWIM)			3:45PM-4:20PM (SWIM) 4:20PM-5:00PM (WATER POLO)			10:15AM - 11:00AM (SWIM) 11:00AM - 11:30AM (LIFESAVING SPORT)
SUMMER SWIM TEAM SILVER	AGES 11 -12	3 SWIM + 2 SPORT				4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)	4:15PM - 5:15PM (SWIM) 5:15PM-5:45PM (LIFESAVING SPORT)		9:15AM - 10:30AM (SWIM)
SUMMER SWIM TEAM GOLD	AGES 13 & UP	4 SWIM + 2 SPORT		6:45AM - 8:00AM (SWIM)		4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)	4:15PM - 5:15PM (SWIM) 5:15PM-5:45PM (LIFESAVING SPORT)		8:15AM - 9:30AM (SWIM)
LIFESAVING SPORT TEAM B	AGES 8 -12	3 SPORT + 2 SWIM			5:30PM - 6:45PM (LIFESAVING SPORT)	4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)			11:30AM - 12:30PM (SWIM) 12:30PM-1:00PM (LIFESAVING SPORT)
LIFESAVING SPORT TEAM A	AGES 13 & UP	3 SPORT + 2 SWIM			5:30PM - 6:45PM (LIFESAVING SPORT)	4:45PM-5:20PM (SWIM) 5:20PM-6:00PM (WATER POLO)			11:30AM - 12:30PM (SWIM) 12:30PM-1:00PM (LIFESAVING SPORT)
WATER POLO TEAM B	AGES 8 -12	2.5 hours of sport + 45 minutes swim		5:45PM-7:00PM (WATER POLO)	4:15PM - 5:15PM (SWIM) 5:15PM-5:45PM (LIFESAVING SPORT or WATER POLO)				5:00PM-6:00PM (WATER POLO)
WATER POLO TEAM A	AGES 13 & UP	2.5 hours of sport + 45 minutes swim		5:45PM-7:00PM (WATER POLO)	4:15PM - 5:15PM (SWIM) 5:15PM-5:45PM (LIFESAVING SPORT or WATER POLO)				5:00PM-6:00PM (WATER POLO)
MASTERS SWIM TEAM	AGES 18 & UP	7	7:00PM - 8PM (SWIM)	6:00AM-7:00AM (SWIM)	8:00PM - 9PM (SWIM)	6:00AM-7:00AM (SWIM)	7:00PM - 8PM (SWIM)	7:00AM-8:00AM (SWIM)	7:00AM-8:30AM (SWIM)

Please note: Dryland schedules for participating programs will be released during the first week of training.



Celebrate your special day


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

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

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

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

**HST not included*



Party packages now available
for booking online at
hfxcgcwebtraconlinereg.ca

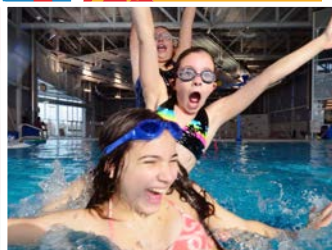
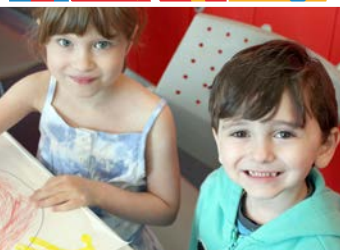
RENTALS & EVENTS

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

All room rentals include the following complimentary services:

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

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



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

FALL 2017

Programs and Services

It happens here.



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