

# WINTER

## 2018 Programs & Services



It happens here.



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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



**E-newsletter Subscribe:**

<http://bit.ly/cgcnews>

## ■ HOW TO REGISTER

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

Online registration is now available on mobile and tablet devices.

## ■ REGISTER ONLINE

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

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

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

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

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

## ■ REGISTER IN-PERSON

### 26 Thomas Raddall Drive

Monday – Friday 8:00am-9:00pm

Saturday – Sunday 8:00am-9:00pm

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

## REGISTRATION DATES

### MEMBERS:

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

In-person: **November 23rd**, beginning at 8:00am

### NON-MEMBERS:

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

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

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

## ■ GENERAL INFORMATION

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

## ■ PROGRAM CANCELLATIONS AND REFUND POLICIES

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

# Canada Games Centre

## Program Access Card



### One card for all your CGC programs!

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

### How do they work?

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

### What if I forget my card?

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

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

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

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

- No, all you need is your membership card

### Additional Details:

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

# Physical Literacy – It Happens Here.

## Phys·i·cal Lit·er·a·cy *noun* :

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



If you can

Catch  
Jump  
Run  
Swim  
Throw

You will take part in

Soccer  
Basketball  
Volleyball  
Track and Field  
Squash  
Badminton  
Rugby  
Tennis



If you can

Catch  
Jump  
Throw  
Swim  
Run

You will take part in

Baseball  
Softball  
Bowling  
Soccer  
Goalball  
Football  
Rugby



If you can

Throw  
Jump  
Swim  
Catch  
Run

You will take part in

Swimming  
Diving  
Water Polo  
Scuba  
Kayaking  
Sailing  
Surfing

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

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

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



## Sport for Life

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



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



**HIGH FIVE** 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

## 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
- Pickleball

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

## 1 ActiveSTART

**MALES & FEMALES**  
0-6 Years

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

### PROGRAMS

- Play School Swim Lessons
- Play School Tiny Tumblers
- Rhythmic Gymnastics
- Fundamental Movement Skills 1
- Fundamental Movement Skills 2
- Karate
- Tennis – Red Ball 1
- 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
- Para Multi-Sport
- Pickleball

# 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, Hydrorider 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](http://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](mailto:membership@canadagamescentre.ca)*

It happens here.



# Recreation Programs



## ■ MARCH BREAK CAMPS

March 12th-16th

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

**Members \$160, Non-Members \$185**

*(Price is per child per day)*

Online registration code **421202**

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



## ■ PROFESSIONAL DEVELOPMENT DAY CAMPS

HRSB PD Days | March 9th\*

CSAP PD Days | February 2nd, March 2nd

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

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

*(Price is per child per day)*

Online registration code **421003**

*\*Please note there is no Field House on this PD day.*

**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. 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.





## ■ 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.

**8 weeks | Begins January 8th**  
**Mondays, 9:00am-11:30am\***  
**Members \$60, Non-Members \$68**  
Online registration code **420110**  
Location: Activity Room

**8 weeks | Begins January 10th**  
**Wednesdays, 9:00am-11:30am**  
**Members \$60, Non-Members \$68**  
Online registration code **420110**  
Location: Activity Room

*\*Please note there is no program on Monday, February 19th.*

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.



### Play School Swim Lessons

**9 weeks | Begins January 11th**  
**Thursdays, 9:00am-11:30am**  
**Members \$106, Non-Members \$120**  
Online registration code **420111**  
Location: Activity Room

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

### Tiny Tumblers

**8 weeks | Begins January 9th**  
**Tuesdays, 9:00am-11:30am**  
**Members \$60, Non-Members \$68**  
Online registration code **420107**  
Location: Activity Room



**8 weeks | Begins January 12th**  
**Fridays, 9:00am-11:30am**  
**Members \$60, Non-Members \$68**  
Online registration code **420107**  
Location: Activity Room

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

## SPORTS PROGRAMS



### Badminton



8 weeks | Begins week of January 8th  
Age 6-8 | Intro Level | Thursdays, 5:00pm-5:45pm  
Age 9-16 | Intro Level | Tuesdays, 5:00pm-5:45pm  
**Members \$56, Non-Members \$64**  
Online registration code **420211**  
Location: Field House

8 weeks | Begins week of January 8th  
Age 9-12 | Intermediate Level\*  
Tuesdays and Thursdays, 5:45pm-6:45pm  
Age 13-16 | Intermediate Level\*  
Tuesdays and Thursdays, 6:45pm-7:45pm  
**Members \$73, Non-Members \$84**  
Online registration code **420211**  
Location: Field House

*\*The Intermediate Levels are for ages 9-16 who have taken our Intro Level or have prior Badminton experience. 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 January 9th  
**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 **420205**  
Location: Field House

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



### Rhythmic Gymnastics



8 weeks | Begins January 8th  
**Level 1** | Ages 5-7 | Mondays, 5:00pm-5:30pm\*  
**Level 2** | Ages 8-12 | Mondays, 5:30pm-6:00pm\*  
**Members \$60, Non-Members \$70**  
Online registration code **420210**  
Location: Field House



*\*Please note there are no programs on Monday, February 19th.*

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!



## Youth Karate

8 weeks | Begins week of January 8th  
Online registration code [420202](#)  
Location: Dance Studio

**FUNDAMENTAL SKILLS** | Ages 4-5 | Non-belted  
Mondays 6:00pm-6:30pm\*  
Wednesday 5:45pm-6:15pm  
*Members \$48, Non-Members \$62*  
*(\$5 discount for kids enrolled in both Fundamental Skill classes).*

*\*Please note there is no program on Monday, February 19th.*

### BEGINNER

8 weeks | Ages 6-8 | Mondays 6:30pm-7:15pm\*  
**YELLOW STRIPE AND UP**  
8 weeks | Ages 6-8 | Wednesdays 6:15pm-7:00pm  
**ALL RANKS**  
8 weeks | Ages 6-8 | Tuesdays 5:45pm-6:30pm  
*Members \$56, Non-Members \$70*

*\*Please note there is no program on Monday, February 19th.*

### WHITE TO ORANGE BELT

8 weeks | Ages 9-12 | Mondays 7:15pm-8:15pm\*  
**GREEN BELT AND UP**  
8 weeks | Ages 9-12 | Tuesdays 6:30pm-7:30pm  
*Members \$66, Non-Members \$83*

*\*Please note there is no program on Monday, February 19th.*

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!

## Wrestling



### BRONZE LEVEL

8 weeks | Begins week of January 8th  
Age 5-8 | Mondays, 5:00pm-5:45pm\*  
Age 9-12 | Thursdays, 5:45pm-6:30pm  
*Members \$60, Non-Members \$70*  
Online registration code [420207](#)  
Location: Field House

*\*Please note there is no program on Monday, February 19th.*

### SILVER/GOLD LEVEL

8 weeks | Begins week of January 8th  
Age 5-8 | Thursdays, 5:00pm-5:45pm  
Age 9-12 | Mondays, 5:45pm-6:30pm\*  
*Members \$60, Non-members \$70*  
Online registration code [420207](#)  
Location: Field House

*\*Please note there is no program on Monday, February 19th.*

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.

## Family Karate



8 weeks | Begins week of January 8th

Online registration code [420202](#)

Location: Dance Studio

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

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

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

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

Price for first participant:

*Members \$48, Non-Members \$62 (plus tax)*

Price for each additional participant:

*Members \$12, Non-Members \$16 (plus tax)*

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).



## Adult Karate



8 weeks | Begins week of January 8th

Adult & Ages 13+

**WHITE TO ORANGE BELT**

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

**GREEN BELT AND UP**

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

**BROWN & BLACK BELT**

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

*Members \$66, Non-members \$83 (plus tax)*

Online registration code [420202](#)

Location: Dance Studio

*\*Please note there is no program on Monday, February 19th.*

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.

## Youth Sparring



8 weeks | Begins the week of January 8th

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

*Members \$66, Non-Members \$83 (plus tax)*

Online registration code [420202](#)

Location: Dance Studio

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

Youth Sparring is for 7-12 year olds who possess a yellow belt or higher in karate. Purchase of safety equipment not included in fees, cost is \$200.

## Adult Sparring



8 weeks | Begins the week of January 8th  
Adult & Ages 13+ | Thursdays, 8:00pm-9:00pm  
Members \$66, Non-Members \$83 (plus tax)  
Online registration code **420202**  
Location: Dance Studio  
(\$20 discount in sparring class fees for adults who take both adult classes).

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

## Senior Karate



8 weeks | Begins week of January 8th  
ALL RANKS | 55+ | Mondays, 11:00am-12:00pm\*  
ALL RANKS | 55+ | Wednesdays, 11:00am-12:00pm  
Members \$40, Non-Members \$50 (plus tax)  
Online registration code **420202**  
Location: Dance Studio

\*Please note there is no program on Monday, February 19th.

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](mailto:jeff-murphy@live.com).

## Taekwon-Do

8 weeks | Begins January 6th  
Ages 5-7 | Saturdays, 12:30pm-1:15pm  
Ages 8-13 | Saturdays, 1:15pm-2:00pm  
Members \$60, Non-Members \$70  
Online registration code **420201**  
Location: Dance Studio

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

## Run, Jump, Throw



8 weeks | Begins January 10th  
Ages 7-11 | Wednesdays, 5:00pm-6:00pm  
Members \$60, Non-Members \$70  
Online registration code **420207**  
Location: Track

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



## Fundamental Movement Skills: Level 1



8 weeks | Begins January 8th  
Ages 4-6 | Mondays, 5:00pm-5:30pm\*  
Members \$60, Non-Members \$70  
Online registration code [420207](#)  
Location: Field House

This program combines games and play-based learning to build fundamental movement skills in children like 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 is no program on Monday, February 19th.*

## Fundamental Movement Skills: Level 2



8 weeks | Begins January 8th  
Ages 4-6 | Mondays, 5:30pm-6:00pm\*  
Members \$60, Non-Members \$70  
Online registration code [420207](#)  
Location: Field House

This program combines games and play-based learning to build fundamental movement skills in children like 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 is no program on Monday, February 19th.*



## Fundamental Movement Skills: Level 3



8 weeks | Begins January 8th  
Ages 7-9 | Mondays, 6:00pm-6:45pm\*  
Members \$60, Non-Members \$70  
Online registration code [420207](#)  
Location: Field House

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 is no program on Monday, February 19th.*





## Family Golf

2 Day Classes | January 13th & 14th  
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 **420208**

Location: Field House

## Adult Golf

2 Day Classes | January 13th & 14th  
Saturday & Sunday, 3:30pm-5:30pm  
*Members \$60, Non-Members \$70 (plus tax)*

Online registration code **420208**

Location: Field House

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!



## PARA MULTI-SPORT HALIFAX



Para-Multi-Sport Halifax provides an opportunity to try different sports offered in the community. The program is open to participants ages 8-16 years old with upper body strength and accessible for wheelchair and non-wheelchair users. All sessions will be delivered by certified sport coaches and recreation leaders in a welcoming and inclusive environment.

November 2017-June 2018

Saturdays, 10:30am-12:00pm

*Registration fee \$100*

Online registration code **420207**

For more details and to register, please contact Ryan Shay at [Ryan.Shay@live.com](mailto:Ryan.Shay@live.com) or 902.229.7429.

**REGISTRATION IS CURRENTLY OPEN FOR THIS PROGRAM**

## Para Table Tennis ← NEW

3 weeks | Begins February 4th  
All ages | Sundays, 9:30am-10:30am\*  
*Members \$21, Non-Members \$25*  
Online registration code **420204**  
Location: Field House

*\*Please note there is no program on Sunday January 28th.*

Para Table Tennis is based on the same basic principles as Tennis, but with a different scoring system and can be played standing or sitting. This program is open to participants of all ages, wheelchair and non-wheelchair users alike, and will be delivered by a national coach in a welcoming environment.

## ■ PICKLEBALL



### Pickleball Skills and Drills

4 weeks | Begins January 9th  
Tuesdays & Thursdays, 1:00pm-3:00pm  
*Members \$140, Non-Members \$165 (plus tax)*  
Online registration code **420209**  
Location: Field House

These dynamic skills and drills sessions are designed to improve the skills of recreational Pickleball players looking to take their game to the next level. Instructors Mike and Lanaya with Start Pickleball will cover drop shots, net play, effective blocking, dinking, lobs, backhand stroke development and game strategy. The final 30 mins of every session will consist of round robin game play so participants can practice these new skills.

### Family Pickleball

4 weeks | Begins February 2nd  
Parent & Child Ages 10+ | Fridays 5:00pm-7:00pm  
*Price for first participant: Members \$48, Non-Members \$62*  
*Price for each additional participant:*  
*Members \$12, Non-Members \$16*  
Online registration code **420209**  
Location: Field House

Why is Pickleball the fastest growing court sport in North America? Because it is fun and easy to learn for people of all athletic abilities. Parents, bring your kids out and have fun together as a family while you learn this incredibly addictive game. All equipment is provided and Instructors Mike and Lanaya are committed to providing a safe, fun and inclusive environment for you and your family to enjoy some time together.



### Youth Pickleball

6 weeks | Begins January 10th  
Ages 14-17 | Wednesdays 5:00pm-6:00pm  
*Members \$56, Non-Members \$64*  
Online registration code **420209**  
Location: Field House

Pickleball is a fast and dynamic game for players of all ages. Top players in the sport have lightning fast reflexes and powerful attacking shots. This program is designed for boys and girls interested in competitive play and are looking for a new challenge. Come find out why Pickleball is the fastest growing court sport in North America. Paddles provided and eye wear recommended.

### Pickleball Bootcamp for Women

4 weeks | Begins February 12th  
Mondays & Wednesdays 1:00pm-3:00pm  
*Members \$140, Non-Members \$165 (plus tax)*  
Online registration code **420209**  
Location: Field House

Ladies, are you looking for a safe, fun and inclusive environment to practice your skills without having your head taken off in regular drop in play? This is the place for you! Instructors Mike and Lanaya with Start Pickleball will cover drop shots, net play, effective blocking, dinking, lobs, backhand stroke development and game strategy. Learn the skills necessary to control the pace of the game and deal with the bangers.

### Skills Improvement Clinic - Net Play

1-day Workshop | January 20th or February 10th  
Saturday | 3:00pm-5:00pm  
*Member \$25 each, Non-Members \$30 each (plus tax)*  
Online registration code **420209**  
Location: Field House

This clinic is for Intermediate players who are wanting to learn how to control the pace of the game by working on developing strong skills at the Net. Instructors Mike and Lanaya will cover dinking, drop shots and blocking in this 2 hour clinic designed to give you the skills to develop your soft game and beat the bangers at the net.



## ■ 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

8 weeks | Begins January 6th  
Ages 3-4 | Saturdays, 9:55am-10:25am  
Members \$75, Non-Members \$85  
Online registration code [420401](#)  
Location: Dance Studio



### Creative Movement 2

8 weeks | Begins January 6th  
Ages 4-5 | Saturdays, 10:25am-10:55am  
Members \$75, Non-Members \$85  
Online registration code [420401](#)  
Location: Dance Studio

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



## ■ CREATIVE ARTS



### Watercolours - All Skill Levels

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

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

# 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 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



### New Year, New You ← NEW

6 weeks | January 15th-February 26th  
Mondays 6:15pm-7:15pm\*  
**Members \$48, Non-Members \$60 (plus tax)**  
Online registration code **430522**  
Location: Arts & Crafts Room

Join CGC Exercise Specialist and Registered Dietitian Melissa Quirk for this 6-week classroom and physical activity series. Each week will focus on a new topic including goal setting, food management, exercise and rest (sleep hygiene and mental health) to help you create lasting behavior changes and an improved sense of wellbeing. Bring your notebook and your workout gear.

*\*Please note there is no program on Monday, February 19th.*

### Toughen Up

12 weeks, 23 sessions | January 8th-March 28th  
Mondays & Wednesdays, 6:30pm-7:30pm\*  
**Members \$184, Non-Members \$230 (plus tax)**  
Online registration code **430504**  
Location: Sport Performance Room-Fitness Centre

12 weeks, 24 sessions | January 9th-March 29th  
Tuesdays & Thursdays, 6:30pm-7:30pm  
**Members \$192, Non-Members \$240 (plus tax)**  
Online registration code **430504**  
Location: Sport Performance Room-Fitness Centre  
**THIS IS AN OVERFLOW CLASS AND WILL OPEN WHEN THE FIRST GROUP IS FULL.**

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 is no program on Monday, February 19th.*



## POUND® ← NEW

6 weeks | January 12th- February 16th

Fridays, 6:00pm-7:00pm

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

Online registration code **430523**

Location: Dance Studio

Using Ripstix®, lightly weighed drumsticks engineered specifically For exercising, POUND® transforms drumming into and incredibly Effective way of working out. Instead of listening to music, you become The music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements. Designed for all fitness level, ages and abilities, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Space is limited.

## Intro to Free Weights

Thursdays, 9:00am-10:00am

Jan 11th | Jan 25th | Feb 8th | March 1st

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

Online registration code **430519**

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.*

## Lifting 101 - Ladies Only



4 weeks | January 7th-January 28th

Sundays, 7:00pm-8:00pm

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

Online registration code **430514**

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.

## Women's Self Defense

4 weeks | March 7th-March 28th

Wednesdays, 7:15pm-8:15pm

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

Online registration code **430521**

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.



## Smart Start Basic Bike

3 weeks | January 9th-January 23rd

Tuesdays, 6:30pm-7:15pm

*Members \$24, Non-Members \$30 (plus tax)*

Online registration code **430515**

Location: Spin Alcove on Track



3 weeks | February 27th-March 13th

Tuesdays, 6:30pm-7:15pm

*Members \$24, Non-Members \$30 (plus tax)*

Online registration code **430515**

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 | January 8th-February 12th

Mondays, 6:15pm-7:00pm

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

Online registration code **430503**

Location: Track Starting Blocks



5 weeks | February 26th-March 26th

Mondays, 6:15pm-7:00pm

*Members \$40, Non-Members \$50 (plus tax)*

Online registration code **430503**

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.



## K2 - Kettlebell Circuit

5 weeks | February 26th-March 26th

Mondays, 7:15pm-8:00pm

*Members \$40, Non-Members \$50 (plus tax)*

Online registration code **430503**

Location: Track

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.

## Ready, Set, Golf!

6 weeks | February 24th -March 31st

Saturdays, 9:30am-10:30am

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

Online registration code **430124**

Location: Sports Performance

Room-Fitness Centre



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

## TRX Training Basic Camp

6 weeks | January 9th-February 13th

Tuesdays, 6:15pm-7:00pm

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

Online registration code **430508**

Location: Track

6 weeks | January 11th-February 15th

Thursdays, 6:15pm-7:00pm

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

Online registration code **430508**

Location: Track

6 weeks | February 20th-March 27th

Tuesdays, 6:15pm-7:00pm

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

Online registration code **430508**

Location: Track

6 weeks | February 22nd-March 29th

Thursdays, 6:15pm-7:00pm

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

Online registration code **430508**

Location: Track

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

## TRX Strong

6 weeks | February 20th-March 27th

Tuesdays, 7:00pm-7:45pm

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

Online registration code **430508**

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.



## ■ PRE AND POST NATAL PROGRAMS



### Prenatal Fit Camp\*

8 weeks | February 6th-March 27th  
Tuesdays, 6:30pm-7:15pm  
Members \$64, Non-Members \$80 (plus tax)  
Online registration code **430404**  
Location: Community Centre

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](http://csep.ca/CMFiles/publications/parq/parmed-xpreg.pdf) or pick up a copy provided at the Canada Games Centre Fitness Desk.*



### Restore Your Core\*

6 weeks | January 11th- February 15th  
Thursdays, 10:30am-11:30am  
Members \$48, Non-Members \$60 (plus tax)  
Online registration code **430405**  
Location: Dance Studio

Take back control of your core. This program will incorporate targeted exercises that will help strengthen your abdominals and pelvic floor. Our certified Postnatal Fitness Instructor will lead you through re-establishing your stability, improving your posture, increasing your body awareness, and building endurance. Babies, 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, 12 sessions | January 8th-February 14th  
Mondays & Wednesdays, 10:30am-11:30am  
Members \$96, Non-Members \$120 (plus tax)  
Online registration code **430402**  
Location: Track Starting Blocks

6 weeks, 11 classes | February 19th-March 28th  
Mondays & Wednesdays, 10:30am-11:30am\*\*  
Members \$88, Non-Members \$110 (plus tax)  
Online registration code **430402**  
Location: Track Starting Blocks

This safe and interactive stroller fitness program is designed for the parent who wants to get into shape without leaving 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 is no program on Monday, February 19th.*

## ■ MIND BODY PROGRAMS

### Traditional Yang Style Tai Chi ← NEW

8 weeks | January 9th-February 27th  
Tuesdays, 7:00pm-8:00pm  
*Members \$64, Non-Members \$80 (plus tax)*  
Online registration code **430309**  
Location: Classroom

Yang's T'ai Chi Chuan, taught by Ron Salah, is a soft, internal art for health, exercise and self-defense. It is a moving meditation that improves and builds strength, especially in the core, can relieve stress and helps to lower blood pressure. The graceful Yang form has a quiet, tranquil energy designed to benefit everyone regardless of age and/or physical condition.

### Restorative Yoga ← NEW

8 weeks | January 9th-February 27th  
Tuesdays, 6:00pm-7:00pm  
*Members \$64, Non-Members \$80 (plus tax)*  
Online registration code **430311**  
Location: 2nd Floor Fitness Studio

Restorative Yoga promotes rest and relaxation through warm ups, back bends, twists, forward bends, inversions, different breathing techniques and poses. This practice will encourage one to come back to a comfortable state while reducing stress and anxiety through postures that are held for a longer period of time than other types of yoga.

### Adaptive Yoga

6 weeks | January 11th-February 15th  
Thursdays, 1:00pm-2:00pm  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code **430303**  
Location: 2nd Floor Fitness Studio

6 weeks | February 22nd-March 29th  
Thursdays, 1:00pm-2:00pm  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code **430303**  
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 | January 10th-February 28th  
Wednesdays, 6:00pm-7:00pm  
*Members \$64, Non-members \$80 (plus tax)*  
Online registration code **430301**  
Location: 2nd Floor Fitness Studio

8 weeks | January 8th-March 5th\*NEW  
Mondays, 6:00pm-7:00pm\*  
*Members \$64, Non-members \$80 (plus tax)*  
Online registration code **430301**  
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.

\*Please note there is no program on Monday, February 19th.



## Intermediate Yoga

8 weeks | January 10th-February 28th  
Wednesdays, 7:15pm-8:15pm

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

Online registration code **430305**

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.

## Pilates

10 weeks | January 10th- March 14th ← **NEW**

Wednesdays, 12:45pm-1:30pm

Members \$80, Non-Members \$100 (plus tax)

Online registration code **430304**

Location: 2nd Floor Fitness Studio

Join Susan Ross, a physiotherapist and certified Stott Pilates instructor to discover how Pilates can enhance your present fitness routine, reduce stress and tension while developing a stronger leaner you. This mind-body exercise program that promotes postural awareness and efficiency of movement while strengthening abdominal and back muscles with careful attention to form.

10 weeks | January 11th-March 15th

Thursdays, 6:00pm-7:00pm

Members \$80, Non-Members \$100 (plus tax)

Online registration code **430304**

Location: 2nd Floor Fitness Studio

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

## Barre Pilates Fusion

11 weeks | January 8th-March 26th  
Mondays, 7:00pm-8:00pm\*

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

Online registration code **430307**

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 is no program on Monday, February 19th.





## ■ YOUTH AND ELITE SPORTS PERFORMANCE TRAINING

### Youth Yoga & Meditation

4 weeks | January 10th-January 31st  
Ages 7-12 | Wednesdays 5:15pm-6:00pm  
Members \$20, Non-Members \$32 (plus tax)  
Online registration code **430302**  
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 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.



### Seasonal Camps and Off-Season Training

#### IS YOUR SPORTS TEAM LOOKING TO ENHANCE THEIR PERFORMANCE?

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 and movement demands specific to each athlete's needs and injury history. We commit to taking your performance to the next level.

YOUTH (AGES 18 & UNDER)	60 MINUTE SESSION RATES
Minimum of 5 athletes	\$10 per athlete*
3-4 athletes	\$17 per athlete*
2 athletes	\$25 per athlete*

Sports Team Dryland Training 60 minute sessions available for \$100 (max. 18 athletes), which include space and Sports Conditioning Coach.\*

To book your sports team, please contact the Fitness Coordinator at 902.490.2249.

\*Prices do not include tax



## ■ ADULT WORKSHOPS



### Introduction to Mindfulness and Mindfulness-Based Stress Reduction ← NEW

2 sessions | January 18th and/or 25th  
Thursdays, 7:00pm-8:00pm  
Online registration code **430310**  
Location: Classroom (Jan 18th) & Boardroom (Jan 25th)

**Individual Sessions:**  
*Members \$8, Non-Members \$10 (plus tax)*

These sessions will introduce you to the principles and practices that help us work with challenging situations and emotions, and mobilize our inner resources for self-awareness, insight, growing, and healing. Instruction, practice, and discussion in a relaxed group atmosphere. All are welcome.

### Fitness & Wellness Series

**Session 1 - Food Smart Level 1**  
Wednesday, January 17th, 6:30pm-7:30pm  
Location: Classroom

**Session 2 - Joint Mobility**  
Wednesday, January 31st, 6:30pm-7:30pm  
Location: Classroom

**Session 3 - Food Smart Level 2**  
Wednesday, February 7th, 6:30pm-7:30pm  
Location: Classroom

**Session 4 - Lifting 101: Dumbbells and Barbells**  
Wednesday, March 7th, 6:30pm-7:30pm  
Location: Fitness Centre

**Join all Winter sessions**  
*Members \$20, Non-members \$32 (plus tax)*  
Online registration code **430201**

**Individual sessions**  
*Members \$8, Non-members \$12 (plus tax)*  
Online registration code **430201**

### 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 & Registered Dietitian, Melissa Quirk.

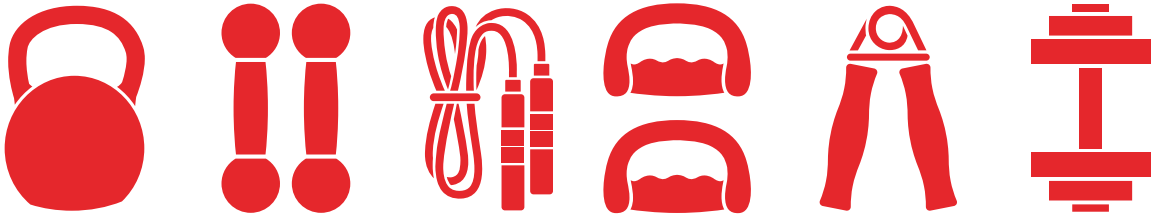
### Joint Mobility Workshop

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.

### 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.





## ■ 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!

**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.**

### Registered Dietitian Sessions ← **NEW**

Are you ready to make lasting changes to improve your health and wellness? Reach out to Melissa Quirk, CGC Exercise Specialist & Registered Dietitian who can help you meet your nutrition related goals. Book your consultation with Melissa today by calling 902-490-3893. Be sure to check with your medical plan as nutrition services may be covered.



REGISTERED DIETITIAN SESSIONS	PRICE*
Initial Assessment (1-hour)	\$90
Follow up (30 minutes)	\$40
Package (Initial assessment + 3 follow ups)	\$195

*\*Taxes not included in pricing above.*

## ■ 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
<b>SEMI – PRIVATE</b> (2 people) – 1 hour	\$35 per person	\$40 per person
Packages of 5	\$160 per person	\$188 per person
Packages of 10	\$300 per person	\$349 per person
<b>SMALL GROUP PT</b> min 4 people / max 7 people 5 session minimum	\$27 per person \$135 per person for 5 sessions	\$32 per person \$160 per person for 5 sessions

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

All personal training packages expire within 1 year of purchase.



# New Year's Eve

## FAMILY EXTRAVAGANZA

SUNDAY, DECEMBER 31ST, 2017 – 2:30PM-5PM

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

### Featuring:

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

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

Adult – Member \$7, Non-member \$10

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

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

*\*prices do not include tax*

**Tickets available with online registration code 350101**



# Aquatics Programs



## ■ AQUATICS REGISTRATION INFORMATION

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

Next, refer to the days, times and sections of a particular class or level (see chart on page 35). If a section time is full when you attempt to register, please register for another section time or register on our waiting list. We do our best to fill waiting list requests. Due to a commitment to quality and safety we are unable to accommodate extra swimmers once a section is filled. Please refer to registration instructions on page 3 for online or in-person registration. Registration is ongoing until 1 week prior to class start date. CGC Swim For Life levels and Canadian Lifesaving Swim Patrol (Swimmers 7, 8 & 9) are HST exempt. Applicable taxes will be added to the registration fee for other programs.



Based on the internationally recognized Swim to Survive standard and aligned with the 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

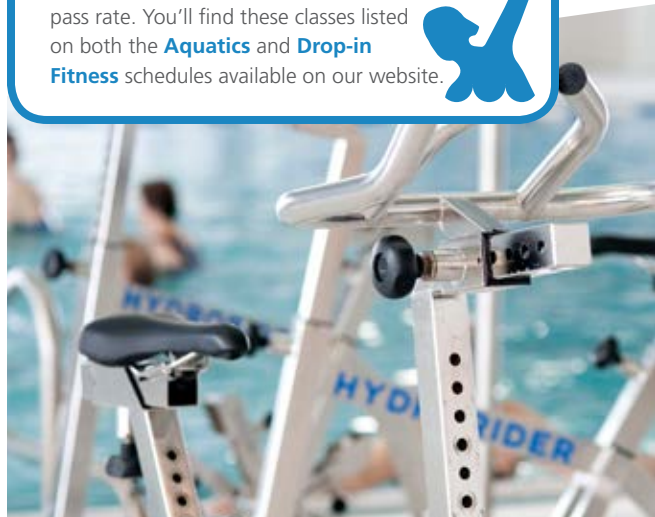
We are committed to quality programs and a positive experience for all students and parents. To ensure this, we organize our swim lesson programs to meet everyone's needs.

- 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

For further information please refer to the [Aquatics Parent Handbook](#).

### 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.



## ■ 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 35 for swim lesson days and times.

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

### **PARENT & TOT 1**

**4-18 MONTHS | Online registration code 410111**

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 410112**

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

### **PARENT & TOT 3**

**2.5-3.5 years | Online registration code 410113**

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





## ■ PRESCHOOL PROGRAMS

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

[See chart on page 35 for swim lesson days and times.](#)

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

### **PRESCHOOL 1 | Online registration code 410121**

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

### **PRESCHOOL 2 | Online registration code 410122**

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



## **DON'T FORGET ME!**

*See page 4 for more details*

### **PRESCHOOL 3 | Online registration code 410123**

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

### **PRESCHOOL 4 | Online registration code 410124**

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

### **PRESCHOOL 5 | Online registration code 410125**

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



## SCHOOL-AGED SWIMMER PROGRAMS



9 lessons | Ages 5+

See chart on page 35 for swim lesson days and times.

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

### SWIMMER 1 | Online registration code [410131](#)

9 lessons, 35 minutes each

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

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

### SWIMMER 1 ADVANCED | Online registration code [410137](#)

9 lessons, 35 minutes each

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

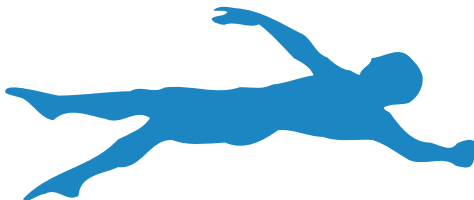
For swimmers who have completed Preschool 4, Preschool 5, OR who have already participated in Swimmer 1.

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

9 lessons, 35 minutes each

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

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



### SWIMMER 2 ADVANCED | Online registration code [410130](#)

9 lessons, 35 minutes each

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

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

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

9 lessons, 35 minutes each

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

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

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

9 lessons, 50 minutes each

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

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

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

9 lessons, 50 minutes each

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

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

### SWIMMER 6

Online registration code [410136](#)

9 lessons, 50 minutes each

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

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

### SWIMMER 7 ROOKIE PATROL

Online registration code [410141](#)

9 lessons, 50 minutes each

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

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

### SWIMMER 8 RANGER PATROL

Online registration code [410142](#)

9 lessons, 50 minutes each

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

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

### SWIMMER 9 STAR PATROL

Online registration code [410143](#)

9 lessons, 50 minutes each

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

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

## ■ MARCH BREAK SWIM CAMP



### Stroke-Intensive Swim Camp

March 12th-16th | Monday-Friday | 8:00am-4:00pm

*Members \$180, Non-Members \$200*

Online registration code [712600](#)

**Pre-requisite:** NT Participation, NT Level1, Swimmer 9 or Swim Kids 10.

The CGC Swim Academy's Head Coach Lauren Ching is hosting a stroke-intensive camp during March Break. This camp will give swimmers a chance to focus and break down each stroke technique to build efficiency, endurance and speed. Each day will be devoted to a specific stroke – Freestyle, Backstroke, Breaststroke and Butterfly as well as a day for Individual Medley (IM), relays, starts and turns and swimming fun. Out of pool activities will target overall athlete development, dryland training for coordination, balance, strength, flexibility and of course, FUN. Swimmers will also play a variety of games and engage in active learning to challenge all of their movement skills both in the Pool and in the Field House.

*This camp is aimed at those who are in Nova Tech Participation or Level 1 or those looking to develop technique for all 4 strokes from Swimmer 9.*



## SWIM LESSONS - DAYS & TIMES

	MONDAY* JANUARY 8th - MARCH 19th	TUESDAY JANUARY 9th - MARCH 6th	WEDNESDAY JANUARY 10th - MARCH 7th	THURSDAY JANUARY 11th - MARCH 8th	SATURDAY JANUARY 6th - MARCH 3rd	SUNDAY JANUARY 7th - MARCH 4th
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 11:10am
Parent & Tot 3		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 6:00pm	9:00am, 4:40pm 5:20pm	8:30am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 11:10am
Preschool 2	5:20pm 6:00pm	4:00pm	4:40pm 5:20pm	11:00am 4:40pm 6:00pm	8:30am, 9:10am 9:50am, 10:30am 11:10am	9:10am 9:50am 11:10am
Preschool 3	4:40pm 6:00pm	4:40pm 6:00pm	6:00pm	10:20am, 5:20pm 6:00pm	8:30am, 9:10am 10:30am, 11:10am	9:10am, 9:50am 10:30am
Preschool 4	4:40pm 5:20pm	5:20pm 6:00pm	4:40pm 5:35pm	6:00pm	9:10am, 9:50am 11:10am	9:10am 10:30am
Preschool 5	6:00pm		5:20pm, 6:00pm	4:40pm	9:10am, 11:10am	9:10am, 10:30am
Swimmer 1	4:40pm 5:20pm, 6:00pm	4:00pm, 4:40pm 5:20pm	5:35pm 6:00pm	4:40pm, 5:20pm 6:00pm	9:50am, 10:30am 11:10am, 9:10am	8:30am, 9:50am 10:30am, 11:10am
Swimmer 1 Advanced	4:40pm 5:20pm	4:40pm 5:20pm	4:55pm	4:40pm 5:20pm	9:10am, 9:50am 11:10am	9:10am 10:30am
Swimmer 2	4:40pm 5:20pm	4:00pm, 5:20pm 6:00pm	4:40pm 6:15pm	4:00pm, 4:40pm 6:00pm	9:10am, 9:50am 10:30am	9:10am, 9:50am 10:30am, 11:10am
Swimmer 2 Advanced	4:40pm 6:00pm		6:15pm	4:00pm	9:10am, 10:30am 11:10am	8:30am, 9:50am 10:30am
Swimmer 3	5:20pm 6:00pm	4:40pm 5:20pm 5:50pm	4:55pm 5:20pm	4:00pm	8:30am, 9:10am 9:50am, 10:30am 11:10am	9:10am 9:50am 10:30am
Swimmer 4	5:50pm	4:00pm	4:00pm		9:15am, 10:10am 12:00pm	8:30am, 9:25am 10:20am, 11:15am
Swimmer 5		4:00pm	4:55pm		9:15am 12:00pm	8:30am, 10:20am 11:15am
Swimmer 6	4:55pm		4:00pm		9:15am, 10:10am	8:30am, 9:25am
Swimmer 7 / Rookie		4:55pm	5:50pm		11:05am	9:25am
Swimmer 8 / Ranger	4:00pm	4:55pm			11:05am	9:25am, 10:20am
Swimmer 9 /Star					11:05am	10:20am

\*Please note there are no programs on Monday, February 19th or Monday, March 12th.



## ■ 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 | Ages 11-15yrs  
**Members \$80, Non-Members \$110 (plus tax)**  
 Online registration code **410161**

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

### Teen Level 2

9 Lessons | Ages 11-15yrs  
**Members \$80, Non-Members \$110 (plus tax)**  
 Online registration code **410162**

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

### Teen Group Swim Lessons

<b>THURSDAY</b> JANUARY 11th - MARCH 8th	<b>SATURDAY</b> JANUARY 6th - MARCH 3rd
LEVEL 1 - 5:20pm LEVEL 2 - 4:00 & 6:00pm	LEVEL 1 - 11:50am LEVEL 2 - 11:50am

## 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

9 lessons | Ages 16+  
**Members \$80, Non-Members \$110 (plus tax)**  
 Online registration code [410164](#)

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

### Adult Level 2

9 lessons | Ages 16+  
**Members \$80, Non-Members \$110 (plus tax)**  
 Online registration code [410165](#)

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

### Adult Level 3

9 lessons | Ages 16+  
**Members \$80, Non-Members \$110 (plus tax)**  
 Online registration code [410166](#)

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

### Adult Group Swim Lessons

THURSDAY JANUARY 11th - MARCH 8th	SUNDAY JANUARY 7th - MARCH 4th
LEVEL 1 & 2 - 11:35am	LEVEL 1,2 & 3 - 11:40am

## PRIVATE & SEMI-PRIVATE SWIM LESSONS

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

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 [410152](#)

**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* JAN 8 - MAR 19	TUESDAY JAN 9 - MAR 6	WEDNESDAY JAN 10 - MAR 7	THURSDAY JAN 11 - MAR 8	FRIDAY JAN 12 - MAR 9	SATURDAY JAN 6 - MAR 3	SUNDAY JAN 7 - MAR 4
<b>Private / Semi Private (35 mins)</b>	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	9:15am 9:55am 10:35am 11:15am 11:55am	9:00am 9:40am 10:20am 11:00am 11:40am

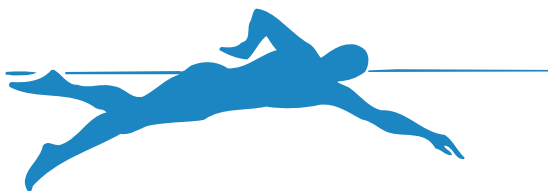
\*Please note there is no program on Monday, February 19th.

## 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 **410171**  
**Prerequisite: None**  
**(Swim Patrol experience is recommended)**

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

### Bronze Medallion\*

9 sessions | 2 hours per class  
**Members \$120, Non-Members \$135**  
 Online registration code **410172**  
**Prerequisite: Minimum 13 years of age or Bronze Star certification (need not be current)**

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

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

LEADERSHIP PROGRAMS CHART	FRIDAY JAN 12 – MAR 9	SUNDAY JAN 7 – MAR 4	CRASH COURSES (TRAINING OVER A CONDENSED PERIOD OF TIME)
Bronze Star		11:15am-12:15pm	
Bronze Medallion	7:00pm-9:00pm		Monday-Friday March 12th-16th 9:00am-12:00pm
Bronze Cross/ Assistant Instructor (ASFL)	6:00pm-9:00pm		Monday-Friday March 12th-16th 1:00pm-6:00pm
Swim for Life (SFL)/ Lifesaving Instructor (LSI)			February 23rd-25th & March 2th-5th 5:00pm-9:00pm (Fri) & 9:00am-5:00pm (Sat & Sun)
National Lifeguard Service (NLS/SFA)		12:00pm-6:00pm	

## Bronze Cross & Assistant Instructor\*

9 sessions | 3 hours per class

Members \$135, Non-Members \$145

Online registration code [410173](#)

Prerequisite: Bronze Medallion

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

*\*Exam may be scheduled after the last class. Participants will only receive assistant instructor award if they are 14 years old.*

## Swim For Life Instructor & Lifesaving Instructor

40 hours (plus practice teaching)

Members \$220 / Non-Members \$240

Online registration code [410175](#)

Prerequisite: 15 years of age 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

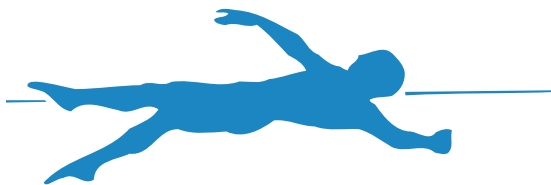
Online registration code **410174**

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

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

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

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.



**DON'T FORGET ME!**

See page 4 for more details





## ■ 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 **410192**  
**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 JAN 6 - MAR 3	CLASSES /week	CGC MEMBERS	NON- MEMBERS
Little Jumpers	9:15am-10:00am	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

### 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 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](mailto:swimacademy@canadagamescentre.ca)



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.

**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 being 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**

**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**

**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**

**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**

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

All fees for annual programs will be pro-rated by start date. CGCSA programs are ongoing and registration is open. Please contact us at [swimacademy@canadagamescentre.ca](mailto:swimacademy@canadagamescentre.ca) for more details and rates.



## ■ 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

**SEASONAL** | January 7th-March 11th

*Winter 2018 fee \$200*

In-person registration code [712300-LIFESAVEBWINTER](#)

### TEAM A | Ages 13 and up

**SEASONAL** | January 7th-March 11th

*Winter 2018 fee \$200*

In-person registration code [712300-LIFESAVEAWINTER](#)

All fees for annual programs will be pro-rated by start date. CGCSA programs are ongoing and registration is open. Please contact us at [swimacademy@canadagamescentre.ca](mailto:swimacademy@canadagamescentre.ca) for more details and rates.

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

## ■ 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

**SEASONAL** | January 7th-March 11th

*Winter 2018 fee \$200*

In-person registration code [712400-POLOBWINTER](#)

### TEAM A | Ages 13 and up

**SEASONAL** | January 7th-March 11th

*Winter 2018 fee \$200*

In-person registration code [712400-POLOAWINTER](#)



## 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

**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 | January 7th-March 11th

Winter 2018 fee \$200

In-person registration code [s](#)

### SILVER | Ages 11-12

**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 | January 7th-March 11th

Winter 2018 fee \$200

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

### GOLD | Ages 13 and up

**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 | January 7th-March 11th

Winter 2018 fee \$200

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

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

## 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.



All fees for annual programs will be pro-rated by start date. CGCSA programs are ongoing and registration is open. Please contact us at [swimacademy@canadagamescentre.ca](mailto:swimacademy@canadagamescentre.ca) for more details and rates.

# SWIM ACADEMY - TRAINING DAYS & TIMES\*

\*Please note there is no training on Monday, February 19th and during March Break (March 12th-18th, except Masters Swim Team).

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

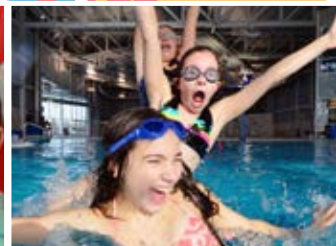
## RENTALS & EVENTS

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

All room rentals include the following complimentary services:

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

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



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

# WINTER 2018

Programs and Services

It happens here.



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