

# SPRING 2018

## PROGRAMS AND SERVICES



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CONNECT



**Facebook.com/CGCHalifax**

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.

## ■ REGISTER ONLINE

Let your fingers do the work as you register from the comfort of your keyboard, phone 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-Sunday 8:00am-9:00pm

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

## REGISTRATION DATES

### MEMBERS:

Online: **February 20th**, beginning at 8:00am

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

### NON-MEMBERS:

Online: **February 27th**, beginning at 8:00am

In-person: **March 6th**, 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

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



**HIGH FIVE**  
The best way to play™

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

## 2 FUNdamentals

**MALES** 6-9 Years

**FEMALES** 6-8 Years

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

**PROGRAMS**

- Badminton
- Tennis - Orange Ball 1
- Wrestling
- Rhythmic Movement
- Multi-Sport Skills
- 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
- Pickleball

## 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 Movement
- Multi-Sport Skills
- 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
- Rhythmic Movement
- Multi-Sport Skills
- 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



## ■ PROFESSIONAL DEVELOPMENT DAY CAMPS

HRSB PD Days | April 19th, May 18th, June 28th  
CSAP PD Days | April 6th, May 18th, June 27th, June 28th  
Grade P-6 | 8:30am-5:00pm  
**Members \$35, Non-Members \$40**  
(Price is per child per day)  
Online registration code **121003**

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.

**9 weeks | Begins April 9th**  
**Mondays, 9:00am-11:30am\***  
**Members \$68, Non-Members \$77**  
Online registration code **120110**  
Location: Activity Room

*\*Please note there is no program on Monday, May 21st*

**10 weeks | Begins April 11th**  
**Wednesdays, 9:00am-11:30am**  
**Members \$76, Non-members \$86**  
Online registration code **120110**  
Location: Activity Room

Almost ready for big kid school? We'll help you make sure you're ready to go. This class is designed for kids who will be going to Primary in September 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

**10 weeks | Begins April 12th | Thursdays, 9:00am-11:30am**  
**Members \$117, Non-Members \$135**  
Online registration code **120111**  
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 10 weeks of lessons and then have fun with classroom activities once they're all dried.

### Tiny Tumblers

**10 weeks | Begins April 10th | Tuesdays, 9:00am-11:30am**  
**Members \$76, Non-Members \$86**  
Online registration code **120107**  
Location: Activity Room

**10 weeks | Begins April 13th | Fridays, 9:00am-11:30am**  
**Members \$76, Non-Members \$86**  
Online registration code **120107**  
Location: Activity Room

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



## SPORTS PROGRAMS



### Badminton



10 weeks | Begins week of April 9th  
Age 6-8 | Intro Level | Thursdays, 5:00pm-5:45pm  
Age 9-16 | Intro Level | Tuesdays, 5:00pm-5:45pm  
**Members \$70, Non-Members \$80**  
Online registration code **120211**  
Location: Field House



10 weeks | Begins week of April 9th  
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 \$100, Non-Members \$115**  
Online registration code **120211**  
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 April 10th  
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 **120205**  
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 Movement



8 weeks | Begins April 9th  
 Ages 5-7 | Mondays, 5:00pm-5:30pm\*  
 Ages 8-12 | Mondays, 5:30pm-6:00pm\*  
 Members \$60, Non-Members \$70  
 Online registration code 120210  
 Location: Field House

*\*Please note there is no program on Monday, May 21st.*

This Rhythmic Movement program combines elements of dance, ballet and gymnastics with apparatus manipulation (hoop, ball, ribbon, and rope) set to music. This program will cover strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination in a fun and creative manner. Come see what all of the “hoopla” is all about!

## Wrestling



8 weeks | Begins April 9th  
 Ages 5-8 | Mondays, 5:30pm-6:30pm\*  
 Ages 9-12 | Mondays, 6:30pm-7:30pm\*  
 Members \$60, Non-Members \$70  
 Online registration code 120207  
 Location: Field House

*\*Please note there is no program on Monday, May 21st.*

Our experienced wrestling program instructors use the Canadian Wrestling Skill Award Program and the Sport for Life model for both boys and girls as a guideline. It focuses on developing agility, coordination, flexibility and balance, while introducing moves, takedowns, rules and The fundamental wrestling techniques in a safe atmosphere. All skill levels are welcome.

## Youth Karate



10 weeks | Begins week of April 9th  
 Online registration code 120202  
 Location: Dance Studio

**FUNDAMENTAL SKILLS** | Ages 4-5 | Non-belted  
 Mondays 6:00pm-6:30pm\*  
 Wednesday 5:45pm-6:15pm  
 Members \$60, Non-Members \$78  
 (\$5 discount for kids enrolled in both Fundamental Skill classes).

*\*Please note there is no program on Monday, May 21st.*

### BEGINNER

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

### YELLOW STRIPE AND UP

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

### ALL RANKS

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

Members \$70, Non-Members \$88

*\*Please note there is no program on Monday, May 21st.*

### WHITE TO ORANGE BELT

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

### GREEN BELT AND UP

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

Members \$83, Non-Members \$104

*\*Please note there is no program on Monday, May 21st.*

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!

## Family Karate

10 weeks | Begins week of April 9th

Online registration code **120202**

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 \$60, Non-Members \$78 (plus tax)*

Price for each additional participant:

*Members \$15, Non-Members \$20 (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

10 weeks | Begins week of April 9th

Adult & Ages 13+

**WHITE TO ORANGE BELT**

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

**GREEN BELT AND UP**

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

**BROWN & BLACK BELT**

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

*Members \$83, Non-members \$104 (plus tax)*

Online registration code **120202**

Location: Dance Studio

*\*Please note there is no program on Monday, May 21st.*

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 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 \$85.



## Youth Sparring

10 weeks | Begins the week of April 9th

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

*Members \$83, Non-Members \$104 (plus tax)*

Online registration code **120202**

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 AfL

10 weeks | Begins the week of April 9th  
Adult & Ages 13+ | Thursdays, 8:00pm-9:00pm  
Members \$83, Non-Members \$104 (plus tax)  
Online registration code **120202**  
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 AfL

10 weeks | Begins week of April 9th  
ALL RANKS | 55+ | Mondays, 11:00am-12:00pm\*  
ALL RANKS | 55+ | Wednesdays, 11:00am-12:00pm  
Members \$50, Non-Members \$63 (plus tax)  
Online registration code **120202**  
Location: Dance Studio

*\*Please note there is no program on Monday, May 21st.*

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 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 \$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 April 7th  
Ages 5-7 | Saturdays, 12:30pm-1:15pm \*  
Ages 8-13 | Saturdays, 1:15pm-2:00pm \*  
Members \$60, Non-Members \$70  
Online registration code **120201**  
Location: Dance Studio

*\*Please note that there is no program on Saturday, May 19th.*

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 April 11th  
Ages 7-11 | Wednesdays, 5:00pm-6:00pm  
Members \$60, Non-Members \$70  
Online registration code **120207**  
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.

## Multi-Sport Skills **NEW**

8 weeks | Begins April 9th  
Ages 5-7 | Mondays, 5:00pm-5:30pm\*  
Ages 8-10 | Mondays, 5:30pm-6:00pm\*  
Members \$60, Non-Members \$70  
Online registration code **120207**  
Location: Field House

*\*Please note there is no program on Monday, May 21st.*

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 sport skills in a fun and safe setting with certified and accomplished Fundamental Movement Skills instructors.

## Adult Pickleball 101

2 weeks | Begins April 10th  
Ages 18+ | Tuesdays & Thursdays, 1:00pm-3:00pm  
Members \$70, Non-Members \$85 (plus tax)  
Online registration code **120209**  
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. Have fun while you learn the basics of 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 to enjoy.

## Para Multi-Sport Halifax

November 2017-June 2018  
Saturdays, 10:30am-12:00pm  
Registration fee \$100  
Online registration code **320207**



Para Multi-Sport 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 is 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.

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

**THIS PROGRAM HAS ALREADY BEGUN BUT REGISTRATION IS STILL OPEN.**



## ■ DANCE

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



### Creative Movement 1

**10 weeks | Begins April 7th\***  
**Ages 3-4 | Saturdays, 10:00am-10:30am**  
**Members \$75, Non-Members \$85**  
**Online registration code 120401**  
**Location: Dance Studio**

### Creative Movement 2

**10 weeks | Begins April 7th\***  
**Ages 4-5 | Saturdays, 10:30am-11:00am**  
**Members \$75, Non-Members \$85**  
**Online registration code 120401**  
**Location: Dance Studio**

*\*Please note that there are no programs on Saturday, May 19th.*

The Canada Games Centre is pleased to continue our partnership with Halifax Dance. All instructors are highly trained and come with a background in professional dance and accredited teacher training. 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.





**SUNDAY - MAY 6th**

### 3 on 3 Basketball Tournament

**REGISTRATION FEES:**

EARLY BIRD: \$40 per person (until April 1st)

REGULAR: \$50 per person

*Fee includes a reversible basketball jersey.*

*Please note that registration will close on April 29th.*

**AGE DIVISION: U14**

To be eligible to play in this age group, the player must not have reached that age within the current season.

**DESCRIPTION:** Tournament play will take place on Sunday with divisions based on gender. All players will play a minimum of 3 games refereed by an official. It will be a round robin style tournament with playoff games and a free throw contest.

Online registration code **120206**





# 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 65 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



### Introduction to Running

- 4 weeks | April 3rd-April 24th | Tuesdays, 1pm-2pm
- 4 weeks | April 5th-April 26th | Thursdays, 6:30pm-7:30pm
- 4 weeks | May 1st-May 22nd | Tuesdays, 1pm-2pm
- 4 weeks | May 3rd-May 24th | Thursdays, 6:30pm-7:30pm
- 4 weeks | May 29th-June 26th | Tuesdays, 1pm-2pm
- 4 weeks | May 31st-June 21st | Thursdays, 6:30pm-7:30pm

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

Online registration code **130507**

Location: Track

Learn about foot placement, stride, cadence, pace, warmup, stretching, breathing and more. This program is for anyone who wants to learn to run, or who is currently running with pain and wants to clean up their form.



## Introduction to Spin/Cycling

4 weeks | April 3rd-April 24th | Tuesdays, 6:30pm-7:15pm  
4 weeks | April 4th-April 25th | Wednesdays, 9:30am-10:15am  
4 weeks | May 1st-May 22nd | Tuesdays, 6:30pm-7:15pm  
4 weeks | May 2nd-May 23rd | Wednesdays, 9:30am-10:15am  
4 weeks | May 29th-June 19th | Tuesdays, 6:30pm-7:15pm  
4 weeks | May 30th-June 20th | Wednesdays, 9:30am-10:15am

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

Online registration code **130515**

Location: Spin Alcove on Track

New to spin? Join us for this introduction to indoor cycling/spinning. 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 program. A great start to your cycling journey!

## Go The Distance – Cycling ← NEW

6 weeks | April 5th-May 10th  
Thursdays, 6:30pm-8:00pm

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

Online registration code **130526**

Location: Spin Alcove on the Track



Go the Distance with your cycling training! Join George for a long ride every week, get ahead of your training schedule and start building up the blocks for your cycling fitness, endurance and safety. You will learn race strategies and how to breathe. The indoor training allows you to train at very high intensity on stationary bike, so you can literally close your eyes and focus on the effort and intensity of each task. The constant pedaling will naturally train your legs optimizing your pedal stroke all 360 degree, not just up and down stroke. Cycling shoes are strongly recommended.

### CALLING ALL TRIATHLETES!

Train for your triathlon with our **Intro to Running**, **Go the Distance - Cycling** and **Go The Distance - Swimming** programs.



## DON'T FORGET ME!

See page 4 for more details

## Introduction to Lifting (Lifting 101) - Ladies Only



4 weeks | April 8th-April 29th  
Sundays, 7:00pm-8:00pm

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

Online registration code **130514**

Location: Fitness Centre

Does the Fitness Centre 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.**

## Lifting 201 - Ladies Only

4 weeks | May 6th-June 3rd  
Sundays, 7:00pm-8:00pm\*

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

Online registration code **130514**

Location: Fitness Centre

Pre-requisite: Intro to Lifting - Lifting 101

*\*Please note there is no program on Monday, May 21st.*

Have you been doing the same exercises for a while and not sure how to progress your routine? Do you know the basics but are looking for a new challenge? Then Lifting 201-Ladies Only is right for you. This program, led by a female Exercise Specialist, takes the basic strength training exercises and adds some complexity. It will help you challenge yourself and add variety to your workout.

**Program is limited to 8 participants to ensure you receive the attention you need.**

## Introduction to Nordic Pole Walking

4 weeks | April 9th-April 30th  
Mondays, 11:00am-12:00pm  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code **130506**  
Location: Track



Nordic Pole Walking has been shown to help you get much more out of your workout than regular walking. It is also easier on the body than regular walking (or jogging), because when used correctly, the poles can take pressure off your knees, hips and ankles. Our Nordic Pole certified instructor will set you up properly for success in your walking. You will also be shown exercises that will greatly increase your stamina, and muscle strength, to decrease risk of injury. Nordic poles provided. **Program limited to 10 people.**

## Introduction to TRX & Kettlebell ← NEW

4 weeks | April 10th-May 1st  
Tuesdays, 6:15pm-7:00pm  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code **130508**  
Location: TRX Alcove



Two for the price of one! Get suspended! TRX Suspension Training is a revolutionary strength and conditioning system that uses your own body weight as resistance. And learn to utilize kettlebells safely and purposefully when incorporating them in to your workouts. Our instructor is TRX and Agatsu Kettlebell certified.

## Iron Circuit ← NEW

6 weeks | May 8th-June 12th  
Tuesdays, 7:15pm-8:15pm  
Members \$48, Non-Members \$60 (plus tax)  
Online registration code **130503**  
Location: TRX Alcove



Improve your strength, mobility and balance, sculpt muscles and blast fat, all with one workout. TRX Iron Circuit is a unique blend of suspension training exercises and kettlebell weight conditioning intervals to get you fit fast.

## Spring Into Action!

6 weeks | April 9th-May 14th  
Mondays 6:15pm-7:15pm  
Members \$48, Non-Members \$60 (plus tax)  
Online registration code **130522**  
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 and mental health) to help you create lasting behaviour changes and an improved sense of wellbeing. Bring your notebook and your workout gear.



## Toughen Up - Level 1

6 weeks | April 17th-May 24th  
Tuesdays & Thursdays, 6:30pm-7:30pm

6 weeks | May 31st-July 5th  
Tuesdays & Thursdays, 6:30pm-7:30pm

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

Online registration code **130504**

Location: Track Starting Blocks

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 the first step and is designed for participants who will strive to improve their strength, endurance and body composition in 6 weeks. Join Melissa, one of our amazing personal trainers for pre & post fitness tests, as well as anthropometric measurements, which 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.

## Toughen Up - Level 2 ← NEW

6 weeks | April 4th-May 14th  
Mondays & Wednesdays, 6:30pm-7:30pm

6 weeks | May 16th-June 27th  
Mondays & Wednesdays, 6:30pm-7:30pm\*

*Members \$116, Non-Members \$140 (plus tax)*

Online registration code **130524**

Location: Fitness Centre

Pre-requisite: Toughen Up Level 1

*\*Please note there is no program on Monday, May 21st.*

Congratulations, you have completed Toughen Up Level 1 and are now ready for your next challenge! In this session you will work closely with Logan, CGC Exercise Specialist & Kinesiologist, and receive a 30 minute one-on-one consult. He will take measurements, get to know you and coach you throughout the program. This next level of Toughen Up will use more challenging compound movements and get into specific strength, hypertrophy and endurance training. **Consult to be scheduled directly with Logan within 10 days of the program start date.**

## Ultimate Fitness Challenge ← NEW

6 weeks | April 12th-May 22nd  
Tuesdays & Thursdays, 7:30pm-8:30pm  
*Members \$96, Non-Members \$120*  
Online registration code **130532**  
Location: Track Starting Blocks



5 weeks | May 24th-June 26th  
Tuesdays & Thursdays, 7:30pm-8:30pm  
*Members \$80, Non-Members \$100 (plus tax)*  
Online registration code **130532**  
Location: Track Starting Blocks

This challenging program provides a great way to have fun and get fit while experiencing the motivation of working in a small group. Working with an Exercise Specialist, workout sessions vary in style and can be customized according to your need. Periodic fitness testing includes: tracking of aerobic fitness, strength, & endurance; body composition and nutritional information; aerobic activity, anaerobic intervals, resistance training, stability and core training; exposure to different fitness environments (Fitness Centre, Track, outdoors - weather permitting). Participants will receive learn about fitness, health and nutrition and the program is suitable for beginner and intermediate participants.



## Early Morning Bootcamp

6 weeks | April 3rd-May 10th  
Tuesdays & Thursdays, 6:00am-6:45am



6 weeks | May 15th-June 21st  
Tuesdays & Thursdays, 6:00am-6:45am

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

Online registration code **130502**

Location: Field House

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

## POUND®

6 weeks | April 6th-May 11th  
Fridays, 6:00pm-7:00pm



6 weeks | May 18th-June 22nd  
Fridays, 6:00pm-7:00pm

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

Online registration code **130523**

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.**



## Ready, Set, Golf!

6 weeks | April 7th-May 12th  
Saturdays, 9:30am-10:30am

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

Online registration code **130124**

Location: 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 program will allow you to take advantage of physical conditioning for golf to enhance your performance and prevent injury. 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!

## ■ WELLNESS PROGRAMS

### Traditional Yang Style Tai Chi Level 1

6 weeks | April 3rd-May 8th  
Tuesdays, 7:00pm-8:00pm

6 weeks | May 15th-June 19th  
Tuesdays, 7:00pm-8:00pm

*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code **130309**  
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.



### Introduction to Mindfulness and Meditation

4 weeks | April 3rd-24th  
Tuesdays, 6:00pm-7:00pm

*Members \$32, Non-Members \$40 (plus tax)*  
Online registration code **130310**  
Location: Field House (small classroom)

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, growth, and healing. Instruction, practice, and discussion in a relaxed group atmosphere. All are welcome.



### Traditional Yang Style Tai Chi Level 2 ← NEW

6 weeks | April 3rd-May 8th  
Tuesdays, 6:00pm-7:00pm

6 weeks | May 15th-June 19th  
Tuesdays, 6:00pm-7:00pm

*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code **130530**  
Location: Classroom

Ron expands on your learning in our new Tai Chi Level 2. He explores new movements and will continue to add on to the sequences to expand your knowledge of this Beautiful art form.

### Introduction to Yoga

4 weeks | April 9th-April 30th | Mondays, 6:00pm-7:00pm  
4 weeks | April 11th-May 2nd | Wednesdays, 6:00pm-7:00pm  
4 weeks | May 7th-June 4th | Mondays, 6:00pm-7:00pm\*

*\*Please note there is no program on Monday, May 21st.*

4 weeks | May 9th-May 30th | Wednesdays, 6:00pm-7:00pm  
4 weeks | June 6th-June 27th | Wednesdays, 6:00pm-7:00pm

*Members \$32, Non-Members \$40 (plus tax)*  
Online registration code **130301**  
Location: 2nd Floor Fitness Studio

Learn the basics to 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.

## Restorative Yoga

6 weeks | April 3rd-May 8th  
Tuesdays, 6:00pm-7:00pm

6 weeks | May 15th-June 19th  
Tuesdays, 6:00pm-7:00pm

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

Online registration code **130311**

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 | April 5th-May 10th  
Thursdays, 1:00pm-2:00pm

6 weeks | May 17th-June 21st  
Thursdays, 1:00pm-2:00pm

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

Online registration code **130303**

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 program, but who want to improve their core strength, spinal mobility, and overall flexibility.



**DON'T FORGET ME!**

See page 4 for more details

## Ashtanga Yoga ← NEW

6 weeks | April 4th-May 9th  
Wednesdays, 7:15pm-8:15pm

6 weeks | May 16th-June 20th  
Wednesdays, 7:15pm-8:15pm

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

Online registration code **130528**

Location: 2nd Floor Fitness Studio



This program will lead you through the basics of Ashtanga yoga and its asanas (postures). Taught in the tradition of Manju Pattabhi Jois, this dynamic yoga practice involves synchronizing breath with movement resulting in an intense internal heat and a detoxifying sweat that benefits the muscles and the organs. Ashtanga Yoga will help you to improve your circulation, build a light, strong body and help you to achieve a calm mind.





## Yoga Therapy ← NEW

4 weeks | April 15th-May 6th  
Sundays, 9:00am-10:00am

4 weeks | June 3rd-June 24th  
Sundays, 9:00am-10:00am

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

Online registration code **130529**

Location: 2nd Floor Fitness Studio

Each pose in this program has a specific physical benefit. This program is designed to work with the individual needs of each participant and includes adaptations to poses. Hands-on adjustments will also help to increase neuromuscular abilities and build muscle memory to bring your yoga practice to the next level. Program limited to 12 people.



## Pilates

6 weeks | April 4th-May 9th | Wednesdays, 12:30pm-1:15pm  
6 weeks | April 5th-May 10th | Thursdays, 6:00pm-7:00pm  
6 weeks | May 16th-June 20th | Wednesdays, 12:30pm-1:15pm  
6 weeks | May 17th-June 21st | Thursdays, 6:00pm-7:00pm

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

Online registration code **130304**

Location: 2nd Floor Fitness Studio

Join our certified Stott Pilates Instructor to discover how Pilates can enhance your present fitness routine, reduce stress and tension while developing a stronger, leaner you. Strengthen, lengthen, and tone the entire body! 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

4 weeks | April 23rd-May 14th | Mondays, 7:00pm-8:00pm\*

*\*Please note there is no program on Monday, May 21st.*

4 weeks | May 28th-June 18th | Mondays, 7:00pm-8:00pm

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

Online registration code **130307**

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.

## Self-Care & Recovery ← NEW

6 weeks | April 16th-May 28th  
Mondays, 9:00am-10:00am\*  
*Members \$48, Non-Members \$60 (plus tax)*  
Online registration code **130531**  
Location: 2nd Floor Fitness Studio

*\*Please note there is no program on Monday, May 21st.*

This program is about taking time for yourself! Candice, a certified Yoga Tune Up™ Instructor, has developed a curriculum that follows the basics of self-massage, adding deep PNF stretches, and muscle activation. This sequence of activities is used to reduce muscle tension and improve mobility, range of motion, power and strength. It's a great stress reliever too! This program addresses plantar fasciitis, shin splints, back pain, sciatica, digestion issues, frozen shoulder and impingement, tension headaches, and just general wear and tear.



## ■ PRE AND POST NATAL PROGRAMS

### Prenatal Fit Camp\*

6 weeks | April 9th-May 14th  
Mondays, 6:30pm-7:15pm  
Members \$48, Non-Members \$60 (plus tax)  
Online registration code **130404**  
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 | April 5th-May 10th  
Thursdays, 10:30am-11:30am  
Members \$48, Non-Members \$60 (plus tax)  
Online registration code **130405**  
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

5 weeks | April 16th-May 14th | Mondays, 10:30am-11:30am  
5 weeks | April 18th-May 16th | Wednesdays, 10:30am-11:30am  
5 weeks | April 20th-May 18th | Fridays, 10:30am-11:30am

Members \$40, Non-Members \$50 (plus tax)  
Online registration code **130402**  
Location: Track Starting Blocks

4 weeks | May 23rd- June 13th | Wednesdays 10:30am-11:30am  
4 weeks | May 25th-June 15th | Fridays 10:30am-11:30am  
4 weeks | May 28th- June 18th | Mondays 10:30am-11:30am

Members \$32, Non-Members \$40 (plus tax)  
Online registration code **130402**  
Location: Track Starting Blocks

One of our most popular programs! 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.



## ■ QUICK REFERENCE GUIDE FOR FITNESS AND WELLNESS PROGRAMS

	PROGRAM CODE	INTRO PROGRAMS	LOW IMPACT	WEIGHTS USED	ACTIVE AGING	NUTRITION	LADIES ONLY	PRE/POST NATAL	WELLNESS	DAYTIME	EVENING	MULTIPLE DAYS/WEEK	MULTI STARTS
Adaptive Yoga	130303												
Ashtanga Yoga	130528												
Barre Pilates Fusion	130307												
Early Morning Bootcamp	130502												
Go The Distance - Cycling	130526												
Intro to Lifting - Lifting 101 - Ladies Only	130514												
Intro to Mindfulness & Meditation	130310												
Intro to Nordic Pole	130506												
Intro to Running	130507												
Intro to Spin/Cycling	130515												
Intro to TRX & Kettlebell	130508												
Intro to Yoga	130301												
Iron Circuit	130503												
Lifting 201- Ladies Only	130514												
Pilates	130304												
Pound	130523												
Prenatal Fit Camp	130404												
Ready, Set, Golf	130124												
Restorative Yoga	130311												
Restore Your Core	130405												
Self-Care & Recovery	130531												
Spring Into Action!	130522												
Stroller Circuit	130402												
Toughen Up Level 1	130504												
Toughen Up Level 2	130524												
Traditional Yang Style Tai Chi Level 1	130309												
Traditional Yang Style Tai Chi Level 2	130530												
Ultimate Fitness Challenge	130532												
Yoga Therapy	130529												

### QUESTIONS ABOUT OUR FITNESS & WELLNESS PROGRAMS?

Please contact our Fitness Programmer, **Amber Allan** at [allana@canadagamescentre.ca](mailto:allana@canadagamescentre.ca)

## ■ YOUTH AND ELITE SPORTS PERFORMANCE TRAINING

### Youth Yoga & Meditation (Ages 7-12)

4 weeks | April 4th-April 25th  
Wednesdays, 5:15pm-6:00pm

4 weeks | May 2nd-May 23rd  
Wednesdays, 5:15pm-6:00pm

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

Online registration code **130302**

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 Multi-Sport Conditioning (Ages 13-17) ← NEW

4 weeks | April 3rd-April 26th  
Tuesdays and Thursdays, 5:15pm-6:15pm

4 weeks | May 1st-May 24th  
Tuesdays and Thursdays, 5:15pm-6:15pm

Members \$40, Non-Members \$64 (plus tax)

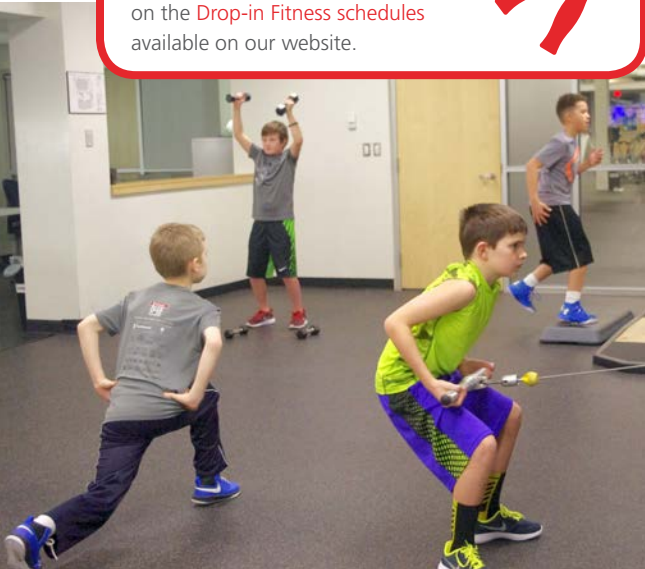
Online registration code **130533**

Location: Fitness Centre/Track

Youth in all sports need strength training and conditioning to play injury-free and to their best abilities. Working with a Strength and Conditioning Specialist (NSCA) we practice movement quality, speed training, agility and reaction drills, strength, power and anaerobic-stamina.

### YOUTH DROP-IN FITNESS CLASSES

We also offer Drop-in Youth Strength (ages 12-16) and CGC Kids Dance (ages 6-11), 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.



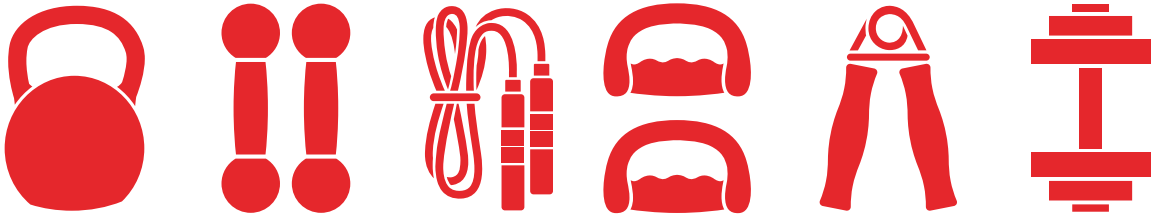
### Team Strength & Conditioning

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

We commit to taking your performance to the next level.

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*

To book your **Team Strength & Conditioning Training**, please contact the **Fitness Coordinator** at **902.490.2249!**



## ■ 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  
**NEW DATE & TIME: Tuesdays 2:00pm**  
 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.

**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.**

## Nutrition Sessions

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.



## 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 30-minute personal training session. We will do a draw each month!

NUTRITION 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	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

*All personal training packages expire within 1 year of purchase.*

## Small Group Personal Training

**Interested in saving **FREE** personal training?  
Want to train in a small group setting?**

**We're happy to help team you up with a group looking to achieve similar fitness goals!**

Small Group Personal Training will bring together a group of 4 to 7 people to train in a small group setting. Our Exercise Specialists will bring together people based on fitness levels and goals, then work with you towards achieving improved health and wellness.



SMALL GROUP PERSONAL TRAINING PACKAGES	MEMBER*	NON-MEMBER*
Individual Session	\$27 per person	\$32 per person
5 session minimum	\$135 per person (5 sessions)	\$160 per person (5 sessions)

Contact the **Fitness & Wellness Centre** at **902.490.2580** to book a consultation.

## Coming Soon: Payment Plan Options for Members!

# 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 [abdelha@canadagamescentre.ca](mailto:abdelha@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

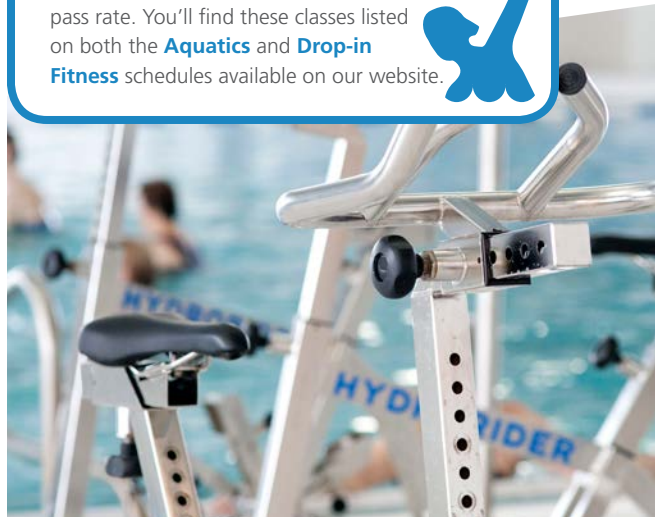
We are committed to quality programs and a positive experience for all students and parents. To ensure this, we organize our swim lesson programs to meet everyone's needs.

- 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

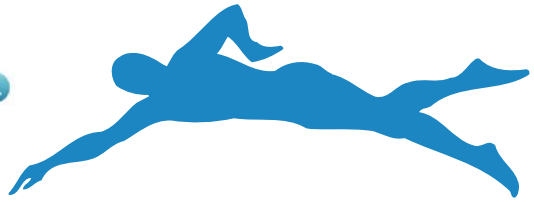
For further information please refer to the [Aquatics Parent Handbook](#).

### 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 -3.5+ 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 [110111](#)

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 [110112](#)

Water play – get set, get wet! Instructor-led sessions help parents with 18-30s 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 [110113](#)

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 years 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 110121**

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 110122**

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.

### **PRESCHOOL 3 | Online registration code 110123**

These preschoolers will master their floats, glides, and short swims (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 110124**

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 (5m) in the deep end.

### **PRESCHOOL 5 | Online registration code 110125**

These skilled and independent youngsters will master short swims doing front crawl (5m) and back crawl (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 [110131](#)

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 [110137](#)

9 lessons, 35 minutes each

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

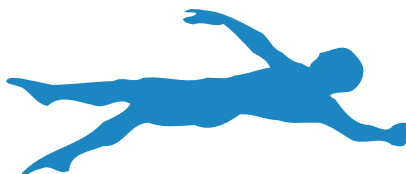
If your child has taken Swimmer 2 before and did not complete the level, then you should register them in Swimmer 2 Advanced.

### SWIMMER 2 | Online registration code [110132](#)

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 (10m) 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 [110130](#)

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 [110133](#)

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.

### SWIMMER 4 | Online registration code [110134](#)

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. 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 5 | Online registration code [110135](#)

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 [110136](#)

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 [110141](#)

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 [110142](#)

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 [110143](#)

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.



# SWIM LESSONS - DAYS & TIMES

**LESSON FULL?**

*Add yourself to our waitlist & we'll email you if space becomes available.*

	<b>MONDAY*</b> APRIL 9TH – JUNE 11TH	<b>TUESDAY</b> APRIL 10TH – JUNE 5TH	<b>WEDNESDAY</b> APRIL 11TH – JUNE 6TH	<b>THURSDAY</b> APRIL 12TH – JUNE 7TH	<b>SATURDAY*</b> APRIL 7TH – JUNE 9TH	<b>SUNDAY*</b> APRIL 8TH – JUNE 10TH
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		11:10am		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 10:30am	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	9:10am, 9:50am 10:30am, 11:10am	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 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		9:30am, 10:25am	8:30am, 9:25am 11:15am
Swimmer 5		4:00pm	4:55pm		9:30am, 10:25am	8:30am, 10:20am 11:15am
Swimmer 6	4:55pm		4:00pm		9:30am, 10:25am	8:30am, 9:25am
Swimmer 7 / Rookie		4:55pm	5:50pm		11:20am	9:25am
Swimmer 8 / Ranger	4:00pm	4:55pm			11:20am	9:25am, 10:20am
Swimmer 9 / Star					11:20am	10:20am

\*Please note: There are no swim lessons on Victoria Day long weekend (Friday, May 19th– Monday, May 21st).



## ■ 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!



**DON'T FORGET ME!**

*See page 4 for more details*

### Teen Level 1

9 Lessons | Ages 11-15yrs

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

Online registration code [110161](#)

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 [110162](#)

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

### Teen Group Swim Lessons

<b>THURSDAY</b> APRIL 12TH – JUNE 7TH	<b>SATURDAY*</b> APRIL 7TH – JUNE 9TH
LEVEL 1 - 5:20pm LEVEL 2 - 4:00pm & 6:00pm	LEVEL 1 - 11:50am LEVEL 2 - 11:50am

\*Please note: There are no swim lessons on Victoria Day long weekend (Friday, May 19th – Monday, May 21st)

## 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 **110164**

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 **110165**

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 **110166**

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

### Adult Group Swim Lessons

THURSDAY APRIL 12TH – JUNE 7TH	SUNDAY APRIL 7TH – JUNE 9TH
LEVEL 1 & 2 - 11:40am	LEVEL 1, 2 & 3 - 11:40am

## PRIVATE & SEMI-PRIVATE SWIM LESSONS

9 Private Lessons | 35mins  
**Members \$155, Non-members \$190**  
 Online registration code **110151**

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 **110152**

**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.

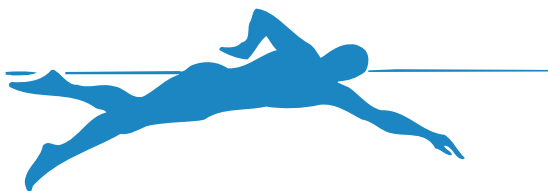
	MONDAY* APR 9 - JUNE 11	TUESDAY APR 10 - JUNE 5	WEDNESDAY APR 11 - JUNE 6	THURSDAY APR 12 - JUNE 7	FRIDAY* APR 13 - JUNE 15	SATURDAY* APR 7 - JUNE 9	SUNDAY* APR 8 - JUNE 10
Private / Semi Private (35 mins)	3:30pm 4:00pm 4:10pm 4:50pm 5:30pm 6:10pm	4:00pm 4:10pm 4:50pm 5:30pm 6:10pm	4:50pm 5:30pm 6:10pm	4:10pm 4:50pm 5:30pm 6:10pm	4:10pm 4:50pm 5:30pm 6:10pm	9:30am 10:10am 10:50am 11:30am 12:10am	9:00am 9:40am 10:20am 11:00am 11:40am

\*Please note: There are no swim lessons on Victoria Day long weekend (Friday, May 19th – Monday, May 21st)

## 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 **110171**  
**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 **110172**  
**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* APRIL 13 – JUNE 15	SUNDAY* APRIL 8 – JUNE 10	CRASH COURSES (TRAINING OVER A CONDENSED PERIOD OF TIME)
Bronze Star		11:15am-12:15pm	
Bronze Medallion	7:00pm-9:00pm		
Bronze Cross/ Assistant Instructor (ASFL)	6:00pm-9:00pm		
Swim for Life (SFL)/ Lifesaving Instructor (LSI)			April 13 (5pm-9pm), April 14-15 (9am-5pm) & April 20 (5pm-9pm), April 21-22 (9am-5pm)
National Lifeguard Service (NLS/SFA)		10:00am-4:00pm	

*\*Please note: There are no swim lessons on Victoria Day long weekend (Friday, May 19th – Monday, May 21st)*

## Bronze Cross & Assistant Instructor\*

9 sessions | 3 hours per class

Members \$135, Non-Members \$145

Online registration code [110173](#)

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.*

## National Lifeguard Service & Standard First Aid\*

52 hours | Members \$265, Non-Members \$285

Online registration code [110174](#)

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.*

## Swim For Life Instructor & Lifesaving Instructor

40 hours (plus practice teaching)

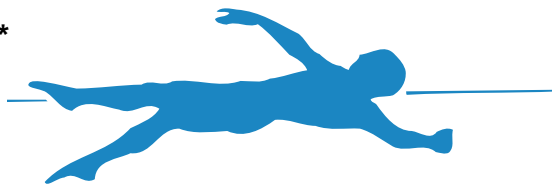
Members \$220 / Non-Members \$240

Online registration code [110175](#)

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.](#)

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 **110192**  
**9 weeks, refer to chart below 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 APRIL 7 - JUNE 9	CLASSES /week	CGC MEMBERS	NON- MEMBERS
Little Jumpers	9:30am-10:15am	1	\$95	\$110
Learn to Dive Level I	10:15am-11:15am	1	\$100	\$120
Learn to Dive Level II, III & IV	11:15am-12:15pm	1	\$100	\$120
Teen	12:15pm-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.





## PRIVATE COACHING & TRAINING ← NEW

Looking for a flexible option to work on your swimming skills? We are now offering private swim coaching for stroke improvement, endurance and/or aquatic fitness. To arrange this type of private coaching in the pool, visit the Customer Service Desk. Sessions are sold in five or ten, 30-minute increments. Once you have registered, you will be contacted by the instructor within 2-3 weeks to start your first session.

*Please note: Private coaching times are limited to outside regular programming hours. Afternoons from 4-8pm and weekend mornings are unavailable due to the high volume of programs running at those times.*

	5 Sessions MEMBERS	5 Sessions NON-MEMBERS	10 Sessions MEMBERS	10 Sessions NON-MEMBERS
Private	\$100	\$120	\$200	\$240
Semi-Private*	\$150	\$170	\$300	\$340

*\*Please note: 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.*

## GO THE DISTANCE-SWIMMING ← NEW

10 weeks | April 4th-June 6th | Ages 18+  
 Wednesdays, 6:00am-7:00am  
 Members \$110, Non-Members \$130 (plus tax)  
 Online registration code [110167](#)  
 Location: Competition Pool

Go the Distance with your swim training! Join CGC Swim Academy Head Coach, Lauren Ching and learn how to swim faster and more efficiently. This program will build on skills for triathlon swimming and will include an introduction to open water swimming skills, like increasing the efficiency of your freestyle, stroke improving for speed and extending distance!

### CALLING ALL TRIATHLETES!

Train for your triathlon with our **Intro to Running, Go the Distance - Cycling** and **Go The Distance - Swimming** programs.



*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*

**\*Please note: All Annual programs and most seasonal options are full for the 2017-2018 season ending in June. Limited space available.**



## 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)

**REGISTRATION FOR ALL CGCSA PROGRAMS ARE IN-PERSON ONLY.**

## ■ YEAR ROUND SWIM TEAM

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

### FRESHMAN | Ages 8 and under

**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.

**All Year Round Swim Team levels are currently full. Registration will begin again in August 2018.**

## ■ 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, if space is available. 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** | April 8th-June 17th

Spring 2018 fee \$200

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

**TEAM A** | Ages 13 and up

**SEASONAL** | April 8th-June 17th

Spring 2018 fee \$200

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

## ■ 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

**TEAM A** | Ages 13 and up

**This program is currently full. Registration will begin again in August 2018.**

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



## ■ 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.

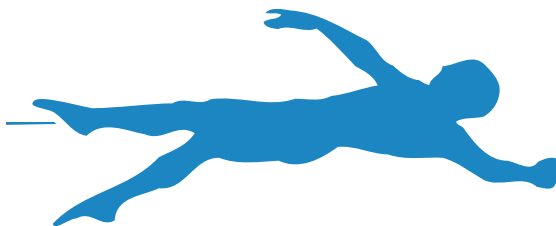
### SILVER | Ages 11-12

**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.

### 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.

**All Summer Swim Team & Off-Season Training levels are currently full. Registration for Summer season will begin in March 2018.**



**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.

## ■ STROKE-INTENSIVE SWIM CAMP ← NEW

March 12th-16th | Monday-Friday | 8:00am-4:00pm  
Members \$180, Non-Members \$200  
Online registration code 712600

**Pre-requisite:** NT Participation, NT Level 1, 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 ACADEMY - TRAINING DAYS & TIMES\*

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

\*Please note: There are CGC Swim Academy programs on Victoria Day long weekend (Friday, May 19th - Monday, May 21st).

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)

# SPRING 2018

Programs and Services

It happens here.



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