

2018 Summer Camps and Programs

BASKETBALL
MAD SCIENCE
SPORT CONDITIONING
VIDEO GAME CODING
CRAFTY KIDS
MULTI-SPORT
SAFARI
SWIM LESSON
KICK OFF
BEACH BLAST
WRESTLING
KARATE
DIVING
WEDO
ROBOTICS
INTRO WATER POLO
VOLLEYBALL
OUTDOOR EXPLORERS
RUN, JUMP, THROW
RHYTHMIC MOVEMENT
SUPERHERO TRAINING
STOP MOTION ANIMATION
SWIM ACADEMY
COMPETITIVE SWIM
SWIM ACADEMY WATER POLO



Summer Camp -
It happens here!

Canada
Games
Centre

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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 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: **March 27th**, beginning at 8:00 am

In-person: **March 29th**, beginning at 8:00 am

NON-MEMBERS:

Online: **April 3rd**, beginning at 8:00 am

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

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.

FOR SUMMER CAMP PROGRAM CANCELLATIONS AND REFUND POLICIES, PLEASE SEE PAGE 7.

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.



Summer Camps

Come for a week or two, a whole month, or the entire summer!

THE FUN BEGINS JULY 2nd AND CAMPS RUN WEEKLY FROM 8:15AM-5PM EVERY DAY UNTIL AUGUST 31st.

Ages 5-12 years

(Children must have turned 5 by Dec 31st, 2017 to attend camp)

We're offering a wide variety of active camps. All of our camps will focus on fun and follow the same daily timeline, but activities, special guests and/or field trips will differ based on the camp theme.

**Is it summer yet? Because we can't wait!
And neither should you.**



**Register early to get
the camps you want.**

Physical Literacy



To support Physical Literacy within our community, we continue to align our Summer Camps to the Sport For Life (S4L) model to help kids get an active start in life – and enjoy it too!

With our trained Physical Literacy Specialist on-hand, this summer's camps will incorporate the theme of the camp as well as work on the S4L Basic & Fundamental Movement skills. These skills provide children with the confidence and ability to grow into active teens, and ultimately remain healthy and active for life.



■ SUMMER CAMP REGISTRATION INFORMATION

Age Requirements: Each camp is designed specifically for its corresponding age group, and as such we are unable to accommodate exceptions. A child must be the age noted for the camp before the end of the camp week and **children must have turned 5 by Dec 31st, 2017 to attend camp.**

Multi-Child Discount: For families with 2 children enrolled in the same week of camp, there is a 10% discount for the second child. For 3 children or more, there is an extra 5% discount for each additional child. This applies only when children are enrolled in the same week, but not necessarily in the same camp.

Deferred Payment: For our Summer Camp Program, we are pleased to offer an installment billing plan for campers enrolling in three (3) or more weeks of camp. You may choose to pay in full; however, to allow ease of registration for as many weeks as necessary, the installment billing plan will be available for participants registering before April 27th, 2018. Here's how it works:

- 25% of the overall registration total required at time of registration
- Remaining 75% of fees owed are billed to the credit card number (provided upon registration) in 3 instalments of 25% each – to be processed on May 10th, June 10th and July 10th, respectively.

Please note the Deferred Payment option is only available through in-person registration at the Customer Service Desk. For more information, please call our camps line at 902.490.2581.

Waitlist Procedure: Should a camp that you wish to place your child in fill up, please be sure to add him/her to the waitlist! Summer plans change and we do our best to quickly notify people from our waitlist if space becomes available. Should a space become available, you will be contacted by email and will have 48 hours to confirm and pay for your child's enrolment in camp. After 48 hours without confirmation and payment, the space is offered to the next waitlisted child.

Early Drop-Off & Late Pick-Up: An early drop off option is available to parents who need to be on the road a little earlier than 8:15am each morning. Conversely, a late pick-up option is available to parents needing extra time past 5:00pm to get to the Centre after their work-day. Sign up for one, or the other, or both, but please note this is an extra service that requires pre-registration. See [page 8](#) for further registration details. Spaces are very limited for this service, so please register early!

Subway Lunches: The Canada Games Centre is working in close partnership with Subway Restaurants again this summer to continue to offer a healthy lunch option for those wishing to take advantage of our food services. Subway lunches are offered at an additional cost (not included in Summer Camp program fees) and can be ordered online through our registration system or in person at our Customer Service Desk. Please [see page 9](#) for more details, including order submission cut-off dates.

ASSISTANCE PROGRAMS

Inclusion Program: We offer an inclusion component for campers requiring extra attention due to a physical and/or cognitive disability. Campers are supervised one on one, by an Inclusion Counsellor who is charged with meeting the camper's personal and developmental needs, making every effort to include campers in adapted activities, and ensuring their overall safety and happiness while in our care. For more information about this program and how to apply, please visit the Camp section of our website. [Applications](#) will be accepted until April 30th. We limit the number of weeks allowed per participant to one per summer (pending availability of staff and interest in our summer camps).

ACCESSIBILITY

We welcome children with special needs and/or disabilities. Please discuss your child's individual needs with the Sport Recreation Coordinator and we will be happy to try and accommodate their needs as best as we are able. Please understand that some needs may be beyond our scope of accommodation.

SUMMER CAMP PROGRAM CANCELLATIONS AND REFUND POLICIES

- Cancellation notice must be received a minimum of 14 days prior to the first day of camp to qualify for a refund. Refund will be processed for the full amount of the fee paid, less an administrative charge of 10%.
- We will credit your account for the full amount of the fee paid, less an administrative charge of 10% up to 7 days before the program start date.
- Any cancellations received within 7 days of the program start date will not receive a credit or refund.
- Some camps may be cancelled due to insufficient registrants. We monitor registration levels prior to the start of programs to ensure quality programs are offered. A great camp could be cancelled if there are not enough registrants. Please register early to avoid program cancellations.



■ DAILY CAMP ROUTINE

Though all camps differ in theme and specific activities including field trips (if applicable), they do share an overall daily routine in terms of start and end times, lunches, FMS sessions and a swimming component.

8:15am-8:45am Morning Drop-Off: Unless registered for Early Drop-Off, campers are to arrive at the Field House each morning between 8:15am-8:45am. Please allow for extra time on Mondays for children to receive their bracelets for the week and join their counsellors. Having your completed **camper forms** with you or sent in ahead of time will also speed up the process. Children will spend this time doing supervised non-structured free-play.

Throughout The Day: Each camp has many structured activities built into the daily schedule. Activities are in keeping with the theme of the camp and are physically active and engaging. Children will also go outside (weather permitting) and participate in activities in the areas surrounding the Centre.

- **Daily Swimming:** All camps will swim once per day (unless noted in the description) regardless of the weekly theme. Campers will be encouraged to swim; however, if they choose not to, no additional activities are planned for them during this time.
- **Weekly Swim Tests:** Summer Camps share the pools with open swim times; therefore a swim test is completed every Monday morning to assess your child's ability in the water. The swim test is as follows: Confidently swim 25m of the competition pool and tread water for 1 minute. If the child cannot complete both tasks confidently, they must wear a lifejacket/swim belt in all pools regardless of child's height.

Even though your child may have completed swim lessons, they may still have to wear a life jacket / swim belt. Without direct and personal supervision (such as in a swim class) they may not be strong enough to keep themselves above water for very long. This is not to discourage children and their abilities, but to ensure proper safety. If a participant refuses to undergo the swim test, then they will be

required to wear a safety belt for the duration of their Summer Camp. Children will only have to complete a swim test once throughout the summer unless they would like to challenge for a non-life-vest band. The height requirements for the water slides will still be enforced for safety reasons, regardless of age (at least 42" tall to ride the yellow water slide and 48" tall to ride the blue water slide). Please note diving boards and water slides are not normally available during camp swim times.

Lunches: Whether your child brings lunch from home or takes part in our Subway Lunch program ([page 9](#)), we encourage you to pack enough nutritious foods and snacks (nut-free please!) to help them keep up with daily activities. Should your child forget his/her lunch, we will have to call you to bring one as we will not be able to escort him/her to Subway during camp hours.

Field Trips: Certain camps will be leaving the Centre on field trips during the camp week using Halifax Transit. Parents will be notified by email in advance as to when children will be offsite for field trips. Supervision ratios will increase on those days to ensure the safety of participants at all times.

4:15pm-5pm Afternoon Pick-Up: Camps will return to the Field House each afternoon around 4:15pm to help facilitate a quick pick-up for all families. Similar to morning drop-off, children will spend this time doing supervised non-structured free-play and games. All campers not registered in late pickup must be picked up no later than 5:00pm sharp.

STILL HAVE SUMMER CAMP QUESTIONS?

The Summer Camp Parent Handbook can help! It outlines what your child should bring to camp, behavioural guidelines, and other general policies and procedures. **Download it here** - it's a highly recommended read before the first day of camp to help ease any nerves around expectations for both parents and campers.

■ SUMMER CAMP PROGRAMS | ADDITIONAL OFFERINGS

Early Drop-Off

Available weekly throughout the summer
Ages 5-12 | 7:30am-8:15am
Online registration code **220901** | \$15 per week*

Late Pick-Up

Available weekly throughout the summer
Ages 5-12 | 5:00pm-5:45pm
Online registration code **220902** | \$15 per week*

**If registering one child in both early drop-off and late pickup, the cost is discounted to \$25 for the week.*

The CGC is happy to provide an early drop-off and late pickup service for the convenience of participants in our Summer Camps. Parents/guardians must pre-register children for this service; spaces available are **very limited**, so please register early. Kids will spend the extra time before or after camp doing supervised but non-structured free-play, reading and games.

Counsellor in Training (CIT) Volunteer Program

Are you looking for leadership experience? Do you like working with children? Our camp program is looking for energetic and enthusiastic youth volunteers who are at least 13 years old. This program is designed to give youth a work-like experience where they can learn the ins and outs of what life is like as a camp counsellor. To participate, youth must complete the application form found on our website, successfully complete the interview process, and be able to attend the **mandatory training session on June 13th – 6:00pm to 9:00pm.**

Please note this is not a camp for youth, it is a volunteer program. Spaces are limited, therefore not all applicants will be accepted. Please visit our website for more detailed information on this opportunity. Applications are due no later than May 11th, 2018.

Subway Lunches



The Canada Games Summer Camp Program is pleased to offer a Subway lunch option. Meals are pre-ordered and orders must be placed by noon the Friday before camp begins (refer to last days to order below). Meals will be delivered to your child in their camp at lunch hour.

Please note that purchasing Subway directly from our vendor is not an option for participants during camp hours, as our counsellor to camper ratio cannot accommodate these requests

KIDS PACKS

Online registration code **221101** | \$4.50/meal

Kids Packs include a deli sandwich, bottle of water, and apple slices. Sandwich options are a choice of Turkey, Tuna, Ham or Veggie. Vegetable options will also be available upon registration.

6 INCH MEAL

Online registration code **221102** | \$6.50/meal

6 Inch Meal includes a sandwich, bottle of water, and bagged chips. Sandwich options are a choice of Cold Cut Combo, Turkey, Tuna, Ham or Veggie. Vegetable and chip options will also be available upon registration.

SUBWAY LAST DAYS TO ORDER:

Friday, June 29th - for July 2nd camp week
Friday, July 6th - for July 9th camp week
Friday, July 13th - for July 16th camp week
Friday, July 20th - for July 23rd camp week
Friday, July 27th - for July 30th camp week
Friday, August 3rd - for August 7th camp week
Friday, August 10th - for August 13th camp week
Friday, August 17th - for August 20th camp week
Friday, August 24th - for August 27th camp week

Summer Camps 2018

	AGES 5-7*	AGES 5-7*	AGES 6-8	AGES 6-8	AGES 7-9	AGES 7-9	AGES 7-9	AGES 9-12	AGES 9-12	AGES 9-12	AGES 11-14
Jul 2nd – 6th 220701	Multi-Sport	Outdoor Explorers	Crafty Kids	Karate	Beach Blast	Stop Motion Animation	Badminton	Intro Competitive Swim			
Jul 9th – 13th 220702	Safari	Swim Lesson	Superhero Training	Multi-Sport	Swim Lesson	Diving	WeDo		Karate		
Jul 16th – 20th 220703	Superhero Training		Wrestling	Crafty Kids			Rhythmic Movement	Robotics	Multi-Sport	Swim Academy Competitive Swim*	
Jul 23rd – 27th 220704	Swim Lesson	Kick Off	Multi-Sport	Safari	Outdoor Explorers	Diving		Sport Conditioning			Video Game Coding
Jul 30th – Aug 3rd 220705		Safari	Outdoor Explorers	Rhythmic Movement	Multi-Sport	WeDo	Basketball		Intro Water Polo		
Aug 7th – 10th 220706	Multi-Sport		Karate	Mad Science		Run, Jump, Throw		Outdoor Explorers		Swim Academy Water Polo*	
Aug 13th – 17th 220707	Outdoor Explorers	Superhero Training	Multi-Sport	Swim Lesson	Beach Blast		Swim Lesson	Volleyball	Robotics		
Aug 20th– 24th 220708	Kick Off	Crafty Kids	Wrestling			Multi-Sport			Karate		
Aug 27th– 31st 220709		Multi-Sport		Safari		Stop Motion Animation		Sport Conditioning		Swim Academy Competitive Swim*	

*Children must have turned 5 by December 31st, 2017 to attend camp.

[Click here to learn more about the Canada Games Centre Swim Academy \(CGCSA\).](#)

= No camp



To support Physical Literacy within our community, we continue to align our Summer Camps to the Sport For Life (S4L) model to help kids get an active start in life – and enjoy it too!

■ SUMMER CAMP PROGRAMS | AGES 5-7

Crafty Kids Camp

August 20th-24th | Ages 5-7
Online registration code **220708**
Members \$165, Non-Members \$190



The Canada Games Centre will be exploding with creative crafts! This camp will focus on expanding creative skills through a wide variety of artistic endeavors. Participants will complete various crafts throughout the week such as painting, paper crafts and more. Participants will also enjoy a leisure swim and a variety of active camp games every day.

Kick Off Camp

July 23rd-27th | Ages 5-7
Online registration code **220704**

August 20th-24th | Ages 5-7
Online registration code **220708**

Members \$165, Non-Members \$190



This camp is focused on practicing the fundamental movement skills required to play soccer. Campers will spend up to two hours each day learning the basic rules of soccer, working through drills and playing games. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to provide campers with a well-rounded experience.

Multi-Sport Camp

July 2nd-6th | Ages 5-7
Online registration code **220701**
Members \$165, Non-Members \$190



August 7th-10th | Ages 5-7
Online registration code **220706**
Members \$132, Non-Members \$152

August 27th-31st | Ages 5-7
Online registration code **220709**
Members \$165, Non-Members \$190

Our multi-sport camps help participants develop fundamental movement and sport skills that will enable them to become confident and competent in a wide variety of physical activities and sports. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to help provide campers with a well-rounded experience.

Outdoor Explorers Camp

July 2nd-6th | Ages 5-7
Online registration code **220701**

August 13th-17th | Ages 5-7
Online registration code **220707**

Members \$165, Non-Members \$190



Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural environment. If you want to be outside and have a passion for the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Field Trips will be included, with details to follow closer to camp start date.





Safari Camp



July 9th-13th | Ages 5-7
Online registration code **220702**

July 30th-Aug 3rd | Ages 5-7
Online registration code **220705**

Members \$165, Non-Members \$190

Get ready to roar! It's safari week at the Canada Games Centre. There will be lots of wild crafts and adventurous games, as we learn about the creatures of the jungle. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests may be included, details to follow closer to camp start date.



Swim Lesson Camp*

July 9th-20th | Ages 5-7 (Swimmer Levels 1-9)
Online registration code **220702**

July 23rd-August 3rd | Ages 5-7 (Swimmer Levels 1-9)
Online registration code **220704**

Members \$355, Non-Members \$390

**Please note this is a two-week camp.*

Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. In addition to daily swim lessons campers will have a leisure swim and a variety of active camp games every day.

Superhero Training Camp



July 16th-20th | Ages 5-7
Online registration code **220703**

August 13th-17th | Ages 5-7
Online registration code **220707**

Members \$165, Non-Members \$190

Welcome to the Superhero Training Facility at the Canada Games Centre. Your super strength, stellar speed, and incredible creativity will be challenged this week as we fight to save the world! Our week will involve superhero obstacle courses and fitness challenges in addition to showing our super creative side while designing superhero tools. Superheroes will also take part in a leisure swim and a variety of active camp games every day.



■ SUMMER CAMP PROGRAMS AGES 6-8

Crafty Kids Camp

July 2nd-6th | Ages 6-8

Online registration code **220701**

July 16th-20th | Ages 6-8

Online registration code **220703**

Members \$165, Non-Members \$190

The Canada Games Centre will be exploding with creative crafts! This camp will focus on expanding creative skills through a wide variety of artistic endeavors. Participants will complete various crafts throughout the week such as finger painting, beading, paper crafts and more. Participants will also enjoy a leisure swim and a variety of active camp games every day.



Karate Camp

July 2nd-6th | Ages 6-8

Online registration code **220701**

Members \$165, Non-Members \$185

August 7th-10th | Ages 6-8

Online registration code **220706**

Members \$132, Non-Members \$152

Our Shotokan Karate camp will facilitate learning and skill development for those wishing to develop the skills required for Karate. Campers will spend up to two hours each day learning the fundamentals of Karate, led by 5th Degree Black Belt Sensei Jeff Murphy. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to help provide campers with a well-rounded experience.



Mad Science Camp ← NEW

August 7th-10th | Ages 6-8

Online registration code **220706**

Members \$132, Non-Members \$152

The Canada Games Centre will be exploding with science! This camp will give kids the opportunity to learn about science through our interactive and hands-on science activities. Participants will complete various activities and experiments throughout the week such as slime making, lava lamp making and more. Participants will also enjoy a leisure swim and a variety of active camp games every day.



Multi-Sport Camp

July 9th-13th | Ages 6-8

Online registration code **220702**

July 23rd-27th | Ages 6-8

Online registration code **220704**

August 13th-17th | Ages 6-8

Online registration code **220707**

Members \$165, Non-Members \$190

Our multi-sport camps help participants develop fundamental movement and sport skills that will enable them to become confident and competent in a wide variety of physical activities and sports. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to help provide campers with a well-rounded experience.



Outdoor Explorers Camp

July 30th-August 3rd | Ages 6-8
Online registration code **220705**
Members \$165, Non-Members \$190



Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural world. If you want to be outside and have a passion for the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Field Trips will be included, details to follow closer to camp start date.



Rhythmic Movement Camp

July 30th-August 3rd | Ages 6-8
Online registration code **220705**
Members \$165, Non-Members \$190



Our rhythmic movement camp combines elements of dance, ballet and gymnastics with apparatus manipulation (hoop, ball, ribbon, and rope) set to music. Campers will spend up to two hours each day learning elements of the various disciplines along with strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination in a fun and creative manner. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to provide campers with a well-rounded experience.



Safari Camp

July 23rd-27th | Ages 6-8
Online registration code **220704**



August 27th-31st | Ages 6-8
Online registration code **220709**

Members \$165, Non-Members \$190

Get ready to roar! It's safari week at the Canada Games Centre. There will be lots of wild crafts and adventurous games as we learn about the creatures of the jungle. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests may be included, details to follow closer to camp start date.

Superhero Training Camp

July 9th-13th | Ages 6-8
Online registration code **220702**
Members \$165, Non-Members \$190



Welcome to the Superhero Training Facility at the Canada Games Centre. Your super strength, stellar speed, and incredible creativity will be challenged this week as we fight to save the world! Our week will involve superhero obstacle courses and fitness challenges in addition to showing our super creative side while designing superhero tools. Superheroes will also take part in a leisure swim and a variety of active camp games every day.



Swim Lesson Camp*



August 13th-24th | Ages 6-8 (Swimmer Levels 1-9)
Online registration code [220707](#)
Members \$355, Non-Members \$390

**Please note this is a two-week camp.*

Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. In addition to daily swim lessons camper will have a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Wrestling Camp



July 16th-20th | Ages 6-8
Online registration code [220703](#)

August 20th-24th | Ages 6-8
Online registration code [220708](#)

Members \$165, Non-Members \$190

Our wrestling camp participants will spend up to two hours each day learning the fundamentals of wrestling. The wrestling sessions will focus on developing agility, coordination, flexibility and balance, while introducing moves, takedowns, rules and the fundamental wrestling techniques in a safe atmosphere. Boys and girls of all skill levels are welcome. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to provide campers with a well-rounded experience.

■ SUMMER CAMP PROGRAMS | AGES 7-9

Badminton Camp

July 2nd-6th | Ages 7-9

Online registration code **220701**

Members \$165, Non-Members \$190



Our badminton camp participants will spend up to two hours each day learning the fundamentals of badminton, working through drills and playing games. Children of all skill levels are welcome. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to provide campers with a well-rounded experience.

Basketball Camp ← NEW

July 30th-August 3rd | Ages 7-9

Online registration code **220705**

Members \$165, Non-Members \$190



Our basketball camp participants will spend up to two hours each day learning the fundamentals of basketball, working through drills and playing games. Children of all skill levels are welcome. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to provide campers with a well-rounded experience.

Beach Blast Camp

July 2nd-6th | Ages 7-9

Online registration code **220701**



August 13th-17th | Ages 7-9

Online registration code **220707**

Members \$165, Non-Members \$190

Come splish and splash as we celebrate Beach Blast! Your week will be filled with water activities and beach themed crafts. During the week, we will visit Kearney Lake beach for some fun in the sun. Campers will also take part in a leisure swim and a variety of active camp games every day.

Diving Camp

July 9th-13th | Ages 7-9

Online registration code **220702**



July 23rd-27th | Ages 7-9

Online registration code **220704**

Members \$165, Non-Members \$190

Prerequisites: Comfortably swim 25m unassisted in deep water

This exciting introductory diving camp will have a up to 2 hours a day focused on learning basic diving fundamentals and developing the building blocks for any active sport. In a safe and fun environment, one-metre springboard diving will be taught with emphasis on body control, posture, and coordination. Campers will take part in a leisure swim and a variety of active camp games every day.



Multi-Sport Camp

July 30th-August 3rd | Ages 7-9
Online registration code **220705**

August 20th-24th | Ages 7-9
Online registration code **220708**

Members \$165, Non-Members \$190

Our multi-sport camps help participants develop fundamental movement and sport skills that will enable them to become confident and competent in a wide variety of physical activities and sports. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to help provide campers with a well-rounded experience.



Outdoor Explorers Camp

July 23rd-27th | Ages 7-9
Online registration code **220704**
Members \$165, Non-Members \$190

Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural world. If you want to be outside and have a passion for the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Field Trips will be included, details to follow closer to camp start date.



Rhythmic Movement Camp

July 16th-20th | Ages 7-9
Online registration code **220703**
Members \$165, Non-Members \$190

Our rhythmic movement camp combines elements of dance, ballet and gymnastics with apparatus manipulation (hoop, ball, ribbon, and rope) set to music. Campers will spend up to two hours each day learning elements of the various disciplines along with strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination in a fun and creative manner. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to provide campers with a well-rounded experience.



Run, Jump, Throw Camp

August 7th-10th | Ages 7-9
Online registration code **220706**
Members \$132, Non-Members \$152

An Athletics Canada program, Run Jump Throw teaches children to move efficiently and helps them build physical activity skills that they will use throughout their lives. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to provide campers with a well-rounded experience.



Stop Motion Animation Camp

July 2nd-6th | Ages 7-9
Online registration code **220701**

August 27th-31st | Ages 7-9
Online registration code **220709**

Members \$185, Non-Members \$210

Create your own Lego movie! Will Emmet star in yours? Or will Batman be your lead? You'll outline your plot, draw your storyboard and bring your Lego characters to life – one frame at a time. You'll learn tricks to make minifigs walk, talk and even jump! It takes patience, imagination and loads of bricks! Campers will also take part in a leisure swim and a variety of active camp games every day.



Swim Lesson Camp*

July 9th-20th | Ages 7-9 (Swimmer Levels 1-9)
Online registration code **220702**

August 13th-24th | Ages 7-9 (Swimmer Levels 1-9)
Online registration code **220707**

Members \$355, Non-Members \$390

**Please note this is a two-week camp.*

Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. In addition to daily swimming lessons, campers will have a leisure swim and a variety of active camp games every day.



WeDo Camp

July 9th-13th | Ages 7-9
Online registration code **220702**

July 30th-August 3rd | Ages 7-9
Online registration code **220705**

Members \$185, Non-Members \$210

Imagine building a Mars rover and then programming it to sense the martian landscape. In this camp, campers do that on Day 1! Then it's on to racing and designing robotic cars, rescuing Lego animals with a helicopter they built. Campers will be using the WeDo system as an introduction to robotics and coding. They will be learning 21st century skills without even knowing it! Campers will also take part in a leisure swim and a variety of active camp games every day.



■ SUMMER CAMP PROGRAMS AGES 9-12

Intro Competitive Swim Camp



July 2nd-6th | Ages 9-12

Online registration code **220701**

Members \$165, Non-Members \$190

Pre-requisites: Swim 50m unassisted

This camp is designed to help improve swimmers of all skill levels. Campers will spend up to 2 hours each day learning proper technique for all four competitive strokes, as well as starts, turns and dives through intense training. Participants will enjoy a leisure swim and a variety of active camp games every day.

Intro Water Polo Camp



July 30th-August 3rd | Ages 9-12

Online registration code **220705**

Members \$165, Non-Members \$190

Pre-requisites: Swim 25m unassisted;
tread water for 60 seconds

This is a great camp for improving fitness and building teamwork skills. We have partnered with Water Polo Nova Scotia and have certified "I Love to Water Polo" Coaches. Campers will also take part in a leisure swim and a variety of active camp games every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.



Karate Camp

July 9th-13th | Ages 9-12

Online registration code **220702**



August 20th-24th | Ages 9-12

Online registration code **220708**

Members \$165, Non-Members \$190

Our Shotokan Karate camp will facilitate learning and skill development for those wishing to develop the skills required for Karate. Campers will spend up to two hours each day learning the fundamentals of Karate, led by 5th Degree Black Belt Sensei Jeff Murphy. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to help provide campers with a well-rounded experience.

Multi-Sport Camp

July 16th-20th | Ages 9-12

Online registration code **220703**

Members \$165, Non-Members \$190



Our multi-sport camps help participants develop fundamental movement and sport skills that will enable them to become confident and competent in a wide variety of physical activities and sports. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to help provide campers with a well-rounded experience.

Outdoor Explorers Camp

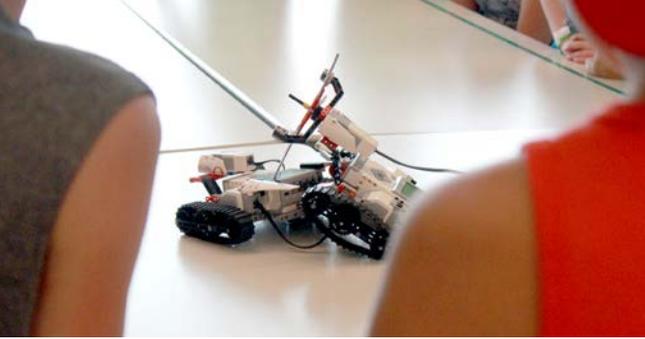
August 7th-10th | Ages 9-12

Online registration code **220706**

Members \$132, Non-Members \$152



Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural environment. If you want to be outside and have a passion for the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Field Trips will be included, details to follow closer to camp start date.



Robotics (EV3) Camp

July 16th-20th | Ages 9-12

Online registration code **220703**

August 13th-17th | Ages 9-12

Online registration code **220707**

Members \$185, Non-Members \$210

Working with a partner, campers will build awesome LEGO® EV3 robots like the Goph3r and the Track3r. They will learn to code and program these robots to drive through an obstacle course, dance, shoot balls at a target, see and interact with people and more amazing tasks. Campers will be given step-by-step building and coding instructions but there are also opportunities to solve challenges on their own. Participants will enjoy a leisure swim and a variety of active camp games every day.



Sport Conditioning Camp ← NEW

July 23rd-27th | Ages 9-12

Online registration code **220704**

August 27th-31st | Ages 9-12

Online registration code **220709**

Members \$165, Non-Members \$190

Our sport conditioning camp participants will spend up to two hours each day working with a Strength and Conditioning Specialist practicing movement quality, speed training, agility and reaction drills, strength, power and anaerobic-stamina. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a yoga class to help provide campers with a well-rounded experience.



Volleyball Camp

August 13th-17th | Ages 9-12

Online registration code **220707**

Members \$165, Non-Members \$190

Our volleyball camp participants will spend up to two hours each day learning the fundamentals of volleyball, working through drills and playing games. Children of all skill levels are welcome. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to provide campers with a well-rounded experience.



SUMMER CAMP PROGRAMS AGES 10-14

Video Game Coding Camp ← NEW

July 23rd-27th | Ages 10-14

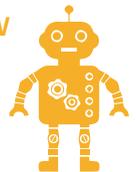
Online registration code **220704**

August 20th-24th | Ages 10-14

Online registration code **220708**

Members \$185, Non-Members \$210

In this new camp, campers will use Scratch to create their very own games like Pong, Snake and Asteroids. Campers will learn how to code with step-by-step instructions but will also be given opportunities to customize their games. Campers will be able to access their games at home to show their families. Participants will enjoy a leisure swim and a variety of active camp games every day.



Swim Academy Competitive Swim Camp



July 16th–20th | Ages 9–12 | 8:00am–4:00pm
Online registration code [220703](#)

August 27th–31st | Ages 9–12 | 8:00am–4:00pm
Online registration code [220709](#)

Members \$180, Non-Members \$200

Pre-requisite: NT Participation, NT Level 1, Swimmer 9 or Swim Kids 10.

The CGC Swim Academy's Head Coach Lauren Ching is hosting stroke-intensive competitive swim camps during the summer. These camps 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 Water Polo Camp



August 7th–10th | Ages 9–16
8:00am–4:00pm
Online registration code [220706](#)

Members \$145, Non-Members \$160
Pre-requisite: Swim 25m unassisted;
tread water for 60 seconds

This is a great camp for improving fitness and building teamwork skills for water polo. This camp will build on fundamental water polo skills and techniques. Campers will learn to apply these skills into real game setting. Campers will take part in two pool sessions every day. This camp will also include a cross-training session and a yoga class to provide campers with a well-rounded experience.

Questions about Swim Academy Camps? Please contact Lauren Ching at chingl@canadagamescentre.ca.

CGCSA Camps have different start and end times than our regular Summer Camps. Please note that Early Drop-off and Late Pick-Up does not apply to these camps. Participants are to be dropped off to the coach on the pool deck.



Recreation Programs



■ KARATE

Youth Karate

Online registration code **220202**

Location: Dance Studio

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 Sensei Jeff on the first day if necessary at a cost of approximately \$50 plus tax.

Classes fill very quickly, so please register early so you are not disappointed!

YOUTH FUNDAMENTAL SKILLS | Ages 4-5 | Non-belted

8 weeks | July 2nd-August 27th

Mondays, 6:00pm-6:30pm*

Members \$48, Non-Members \$62

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

**Please note that there will be no program on Monday, August 6th.*

YOUTH FUNDAMENTAL SKILLS | Ages 4-5 | Non-belted

8 weeks | July 4th-August 22nd

Wednesdays, 6:00pm-6:30pm

Members \$48, Non-Members \$62

(\$5 discount for participants enrolled in both Fundamental Skill classes)

YOUTH ALL RANKS | Ages 6-8

8 weeks | July 3rd-August 21st

Tuesdays, 6:00pm-6:45pm

Members \$56, Non-Members \$70

YOUTH ALL RANKS | Ages 9-12

8 weeks | July 3rd-August 21st

Tuesdays, 6:45pm-7:45pm

Members \$66, Non-Members \$83



Family Karate

Online registration code **220202**

Location: Dance Studio



Led by 5th Degree Black Belt Sensei Jeff Murphy, Family Karate is a great and fun way for parents and children (ages 6-12) to stay active together. One parent must participate with the child(ren). Additional fees for belt testing and uniforms will be the responsibility of participants. Gi's can be purchased through Sensei Jeff on the first day if necessary at a cost of approximately \$50-\$65 plus tax depending on size.

FAMILY ALL RANKS | Ages 6-12 + Parent(s)

8 weeks | July 2nd-August 27th

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

Price for first participant:

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

Price for each additional participant:

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

**Please note that there will be no program on Monday, August 6th.*

FAMILY ALL RANKS | Ages 6-12 + Parent(s)

8 weeks | July 4th-August 22nd

Wednesdays, 6:30pm-7:30pm

Price for first participant:

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

Price for each additional participant:

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



Adult Karate

Online registration code **220202**

Location: Dance Studio



Led by 5th Degree Black Belt Sensei Jeff Murphy, Adult 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 Sensei Jeff on the first day if necessary at a cost of approximately \$50-\$65 plus tax depending on size.

ADULT ALL RANKS | Ages 13+

8 weeks | July 4th-August 22nd

Wednesdays, 7:30pm-8:30pm

Member: \$66, Non-member: \$83 (plus tax)

Senior Karate

Online registration code **220202**

Location: Dance Studio



Led by 5th Degree Black Belt Sensei Jeff Murphy, 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 Sensei Jeff on the first day if necessary at a cost of approximately \$50-\$65 plus tax depending on size.

SENIOR ALL RANKS | Ages 55+

8 weeks | July 2nd-August 27th

Mondays, 5:00pm-6:00pm*

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

**Please note that there will be no program on Monday, August 6th.*

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 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 Spin/Cycling

4 weeks | July 10th-July 24th
Tuesdays, 6:30pm-7:15pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **230515**
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. A great start to your cycling journey!

Introduction to TRX & Kettlebell

4 weeks | July 3rd-July 24th
Tuesdays, 6:15pm-7:00pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **230508**
Location: TRX Alcove



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.



DON'T FORGET ME!

See page 4 for more details

The Iron Circuit

6 weeks | July 3rd-August 7th
Tuesdays, 7:15pm-8:15pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **230503**
Location: TRX Alcove
Pre-requisite: Experience with TRX and Kettlebell



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

Toughen Up - Level 1

6 weeks | July 10th-August 16th
Tuesdays & Thursdays, 6:30pm-7:30pm
Members \$96, Non-Members \$120 (plus tax)
Online registration code **230504**
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, CGC Exercise Specialist & Registered Dietitian, 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

6 weeks | July 9th-August 20th
Mondays & Wednesdays, 6:30pm-7:30pm
Members \$116, Non-Members \$140 (plus tax)
Online registration code **230524**
Location: Fitness Centre
Pre-requisite: Toughen Up Level 1



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 do measurements, get to know you, and coach you throughout the program. This next level of Toughen Up will use more challenging compound movements using the equipment in our Sport Conditioning Studio, and get into specific training like strength, hypertrophy and endurance. Consult to be scheduled directly with trainer within 10 days within program start date.





Early Morning Bootcamp

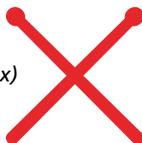
4 weeks | July 10th-July 31st
Tuesdays & Thursdays, 6:00am-6:45am
Members \$64, Non-Members \$80 (plus tax)
Online registration code **230502**
Location: Track Starting Blocks



Join Melissa 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® ← NEW DAY!

6 weeks | July 12th-August 16th
Thursdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **230523**
Location: Dance Studio



Using Ripstix®, lightly weighed drumsticks engineered specifically for exercising, POUND® transforms drumming into an 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.

WELLNESS PROGRAMS

Traditional Yang Style Tai Chi Level 1

6 weeks | July 3rd-August 7th
Tuesdays, 7:00pm-8:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **230309**
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.

Traditional Yang Style Tai Chi Level 2

6 weeks | July 3rd-August 7th
Tuesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **230530**
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 | July 4th-July 25th
Wednesdays, 6:00pm-7:00pm

4 weeks | July 9th-July 30th
Mondays, 6:00pm-7:00pm

4 weeks | August 1st-August 22nd
Wednesdays, 6:00pm-7:00pm

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

Online registration code **230301**

Location: 2nd Floor Fitness Studio

Learn the basics that help make you feel comfortable in yoga in a non-intimidating and welcoming atmosphere. This program is a must for brand-new yogis, those restarting their practice after a long break, or for students looking to deepen their awareness and practice. As the practice progresses from week-to-week, you will build a solid foundation and can expect to improve your overall physical fitness and mindfulness.



Restorative Yoga

6 weeks | July 3rd-August 7th
Tuesdays, 6:00pm-7:00pm

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

Online registration code **230311**

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 July 5th-August 9th
Thursdays, 1:00pm-2:00pm

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

Online registration code **230303**

Location: 2nd Floor Fitness Studio

Adaptive Yoga is open to all fitness levels, and uses the help of a straight-backed chair to facilitate posture, and offer modifications to provide its participants with additional support if needed. With the attitude of "use it or lose it", this is a great program for people who do not feel they are able to join a regular yoga class, but who want to improve their core strength, spinal mobility, and overall flexibility.



Barre Pilates Fusion

4 weeks | July 9th-July 30th

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

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

Online registration code **230307**

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 as 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.

■ PRE/POST NATAL PROGRAMS

Stroller Circuit

4 weeks | July 9th-July 30th

Mondays 10:30am-11:30am

4 weeks | July 11th-July 25th

Wednesdays 10:30am-11:30am

4 weeks | August 13th-September 10th

Mondays 10:30am-11:30am

4 weeks | August 8th-August 29th

Wednesdays 10:30am-11:30am

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

Online registration code **230402**

Location: Track Starting Blocks

One of our most popular classes! 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.



■ YOUTH AND ELITE SPORTS PERFORMANCE TRAINING

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

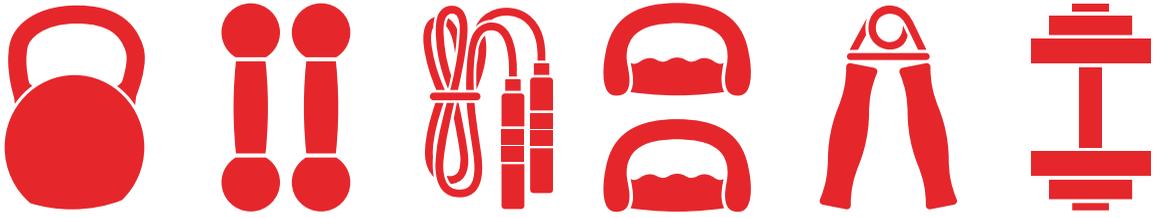
Athleticism is the foundation of all sports specific training. We offer sports specific training for emerging, college, elite, and recreational level athletes. A sports performance assessment is just the beginning of your sports performance experience. All dryland sport conditioning programs for emerging 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
Minumum 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](tel: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.

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.

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



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

AQUATICS PROGRAMS CONTINUED COMMITMENT TO QUALITY

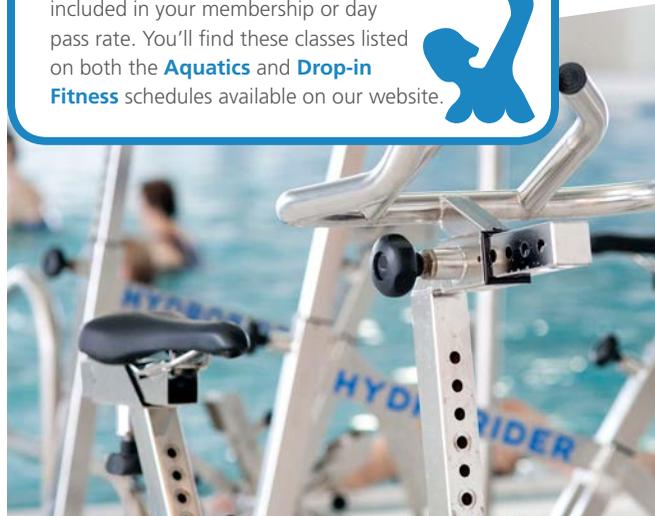
We are committed to quality programs and a positive experience for all students and parents. To ensure this, we organize our programs to meet everyone's needs.

- 35 & 50 minute classes
- 9 week program allows us to not schedule classes during holidays.
- Scheduled 5 minutes between classes for rotation, evaluation & to connect with parents
- Aquatic Program Specialist on deck to mentor instructors

For further information please refer to the Aquatic 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

PARENT & TOT PROGRAMS

Ages 4 months-3+ years and caregivers

9 lessons | 35 minutes per lesson

Members \$75, Non-Members \$105

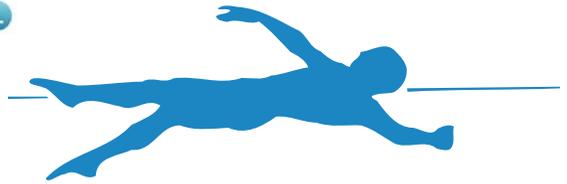
See chart on page 37 for swim lesson days and times.

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

PARENT & TOT 1

4-18 months | Online registration code [210111](#)

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 [210112](#)

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

PARENT & TOT 3

2 ½ - 3 ½ years | Online registration code [210113](#)

Just watch them grow! At 2 1/2-3 1/2 years these almost independent toddlers are really ready to explore: getting in, getting out, going under and floating while under the watchful eye of their parents and instructor. As the classes progress, parents will spend less and less time in the water to help prepare participants for Preschool Level 1.





■ PRESCHOOL PROGRAMS

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

[See chart on page 37 for swim lesson days and times.](#)

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

PRESCHOOL 1 | Online registration code 210121

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 210122

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 210123

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

PRESCHOOL 4 | Online registration code 210124

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

PRESCHOOL 5 | Online registration code 210125

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

SCHOOL-AGED SWIMMER PROGRAMS

9 lessons | Ages 5+

[See chart on page 37 for swim lesson days and times.](#)

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

SWIMMER 1

Online registration code **210131**

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 **210137**

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

For swimmers who have completed Preschool 4, Preschool 5, OR who have already participated in Swimmer 1. This will give children the chance to focus on more challenging skills within the Swimmer 1 level.

SWIMMER 2

Online registration code **210132**

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 **210130**

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 **210133**

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.

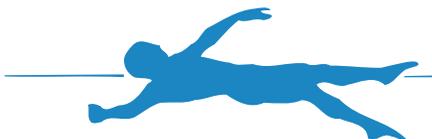
SWIMMER 4

Online registration code **210134**

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 **210135**

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 **210136**

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 **210141**

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 **210142**

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 **210143**

9 lessons, 50 minutes each

Members \$80, Non-Members \$110

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



DON'T FORGET ME!

See page 4 for more details



SWIM LESSONS - DAYS & TIMES

LESSON FULL?

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

	SUMMER SESSION 1 JULY 9th – 13th JULY 16th – 19th	SUMMER SESSION 2 JULY 23rd – 27th JULY 30th – AUGUST 2nd	SUMMER SESSION 3 AUGUST 13th – 17th AUGUST 20th – 23rd	SUMMER SESSION 4 JULY 3rd – JULY 31st TUESDAY & THURSDAY EVENINGS
Parent & Tot 1	8:30am			4:00pm
Parent & Tot 2		8:30am		4:40pm
Parent & Tot 3			11:10am	5:20pm
Preschool 1	8:30 am 10:30am	10:30am	10:30am 11:50am	4:00pm 4:40pm 5:20pm
Preschool 2	8:30am	8:30am 9:50am	8:30am	4:00pm 5:20pm 6:00pm
Preschool 3	8:30am 10:30am	9:50am 11:10am	11:10am	4:40pm 6:00pm
Preschool 4	8:30am 11:10am	8:30am	8:30am	4:40pm 5:20pm
Preschool 5	11:50am	8:30am	11:50am	5:20pm
Swimmer 1	10:30am	10:30am 11:10am	8:30am 10:30am 11:10am	4:00pm 5:20pm
Swimmer 1 Advanced	10:30am	11:50am	11:50am	4:40pm 6:00pm
Swimmer 2	8:30am 11:10am	8:30am 9:50am 11:10am	8:30am 11:50am	4:40pm 5:20pm 5:50pm
Swimmer 2 Advanced	11:10am	10:30am	10:30am 11:10am	4:40pm 6:00pm
Swimmer 3	10:30am 11:50am	9:50am 10:30am 11:10am	8:30am 10:30am	4:00pm 5:50pm 6:00pm
Swimmer 4	10:20am	10:30am		4:00pm
Swimmer 5	11:10am	10:30am		4:55pm
Swimmer 6			10:30am	4:55pm
Swimmer 7 / Rookie				4:00pm
Swimmer 8 / Ranger				4:55pm
Swimmer 9 / Star				4:55pm
Teen Lesson		Level 1 - 11:50am		
Adult Group Lessons				Level 1 & 2 - 5:30pm

TEEN GROUP SWIM LESSONS



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



Teen Level 1

9 Lessons | Ages 11-15yrs

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

Online registration code [210161](#)

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

Teen Group Swim Lessons

JULY 23rd - 27th	JULY 30th - AUG 2nd
LEVEL 1 - 11:50am	LEVEL 1 - 11:50am



ADULT GROUP SWIM LESSONS

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

Adult Group Swim Lessons

SUMMER SESSION 4 TUESDAY & THURSDAY EVENINGS JULY 3rd- 31st
THURSDAY LEVEL 1 & 2 - 5:30PM

Adult Level 1

9 lessons | Age 16+

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

Online registration code [210164](#)

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

Adult Level 2

9 lessons | Age 16+

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

Online registration code [210165](#)

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

PRIVATE & SEMI-PRIVATE SWIM LESSONS

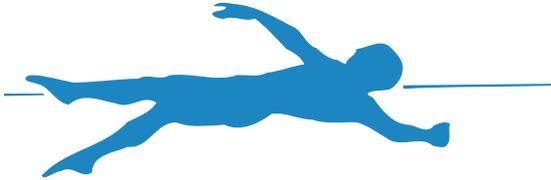


9 Private Lessons | 35mins
 Members \$155, Non-members \$190
 Online registration code **210151**

9 Semi-Private Lessons | 35mins
 Members \$255, Non-members \$320
 Online registration code **210152**

Available for anyone ages 3+ at set times for any swim levels offered at the Canada Games Centre. Prescheduled private and semi-private lessons have the same start and end dates as the regular swimming lessons. Spaces are limited per time slot and are sold in nine 35-minute increments.

Please Note: Private and semi-private lessons are available for registration on our website once registration opens. Semi-private fees listed are for 2 people. As we are only able to take one payment any cost splitting must be coordinated outside of our registration system.



	SUMMER SESSION 1 JULY 9th – 13th JULY 16th – 20th	SUMMER SESSION 2 JULY 23rd – 27th JULY 30th – AUGUST 3rd	SUMMER SESSION 3 AUGUST 13th – 17th AUGUST 20th – 24th	SUMMER SESSION 4 JULY 3rd – JULY 31st TUESDAY & THURSDAY EVENINGS
Private / Semi Private (35 Mins)	9:00am 9:40am 10:20am 11:00am 11:40am	8:30am 9:00am 9:40am 10:20am 11:00am 11:40am	8:30am 9:00am 9:40am 10:20am 11:00am 11:40am	4:10pm 4:50pm 5:30pm 6:10pm



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

Bronze Star

9 sessions | 1 hour per class
 10:30am-11:30am
Members \$80, Non-Members \$110
 Online registration code [210171](#)
 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
 10:30am-11:30am
Members \$120, Non-Members \$135
 Online registration code [210172](#)
Prerequisite: Minimum 13 years of age or Bronze Star certification (need not be current)

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

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

Bronze Cross*

9 sessions | 3 hours per class
 9:00am-12:00pm
Members \$135, Non-Members \$150
 Online registration code [210173](#)
 Prerequisite: Bronze Medallion

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

**Exam may be scheduled after the last class*

CRASH COURSES (TRAINING OVER A CONDENSED PERIOD OF TIME)	
Bronze Star	AUG 13th-17th & AUG 20th-23rd 10:30AM-11:30AM
Bronze Medallion	JULY 9th-13th & JULY 16th-19th 10:30am-12:30pm
Bronze Cross	JULY 23rd-27th & JULY 30th-AUG 2nd 9:00am -12:00pm

Swim For Life Instructor & Lifesaving Instructor

40 hours (plus practice teaching)

Members \$220, Non-Members \$240

Online registration code [210175](#)

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

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



CRASH COURSES

(TRAINING OVER A CONDENSED PERIOD OF TIME)

National Lifeguard Service & Standard First Aid	JULY 7th-8th, JULY 14th-15th & JULY 21st-22nd 9:00am-6:00pm
Swim For Life Instructor & Lifesaving Instructor	AUGUST 7th-11th 9:00am-5:00pm

National Lifeguard Service & Standard First Aid*

52- 54 hours

Members \$265, Non-Members \$285

Online registration code [210174](#)

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. Please note participants may be split into two groups based on abilities for specific training components or for best growth.*

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.

■ LIFESAIVING SPORT TEAM

July 5th-August 23rd | Ages 9-16

Thursdays, 7:00pm-8:30pm

Location Varies: Pool, Track, Field House

Members \$100, Non-Members \$120

Online registration code [712400-LIFESAIVESUMMER](#)

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.

Lifesaving Sport Team will introduce participants to the sport of lifesaving, while providing them with training opportunities to attend lifesaving competitions throughout the summer. Coaches will concentrate on developing each swimmer's strength, power, and endurance in swimming and running.

Summer Lifesaving Surf League Schedule is located here on [2018 Summer Lifesaving Schedule](#).

■ WATER POLO TEAM

July 3rd-August 21st | Ages 9-16

Tuesdays, 7:00pm-8:30pm

Location Varies: Pool, Track, Field House

Members \$100, Non-Members \$120

Online registration code [712400-POLOSUMMER](#)

Pre-requisites: Completed Swimmer 5 or Swim Kids 6, have some water polo experience, feel comfortable in deep water, Swim 50m comfortably, tread water for 1 min, swim 5-8 minutes continuous and follow coach's directions.

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 summer, specially trained water polo coaches will concentrate on developing each participant's strength, power, and endurance.

■ 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.

Ages 18 and up

July & August | Monday to Sunday

Online registration code [712540](#)

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.



■ SUMMER SWIM TEAM

Our Summer Swim Team focuses on proper technique, sportsmanship and fair play in a positive and encouraging environment. Swimmers will improve their skills and challenge themselves to excel to their full potential with the help of specialized training and expert swim coaching. We offer three programs for summer swim that are based on age and athlete skill level: Bronze, Silver, and Gold.

BRONZE | Ages 10 and under

Pre-requisite: Completed Swimmer 5, 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, swim all 4 strokes, swim 5-8 minutes continuous, follow the coach's directions and have a good understanding of practice structure and lane etiquette.

GOLD | Ages 13 and up

Pre-requisite: Able to swim continuous for 10 min, swim 200 IM with appropriate turns, perform all 4 strokes properly, dive entry, follow coach's directions and have a good understanding of practice structure and lane etiquette.

Each swim group (Bronze, Silver, & Gold) are based on certain skills and competencies. Swim groups are progressive and are based solely on coaches' discretion. Swimmers will be placed into groups after assessment week (June 18th-22nd).

Please note: Dryland Training will replace swim practice for the week of June 23rd-27th.

Each weekend there are optional competitions against other teams around the province. [Full competition schedule from Swim Nova Scotia.](#)

Summer Swim Team has optional lifesaving and water polo practices free of charge. Optional Training opportunities for Summer Lifesaving Sport competitions will be available.

Also included in registration are optional morning practices on Tuesday and Thursday mornings from 7:00am-8:00am. [See full schedule on next page.](#)

June 18th-August 19th | Ages 8-18
Online registration code [712240](#)

1st child: Member \$260, Non-Member \$295
2nd child: Member \$210, Non-Member \$245
3rd child: Member \$185, Non-Member \$220
4th child: Free

All annual CGC Swim Academy members qualify for member pricing. Registration includes Swim Nova Scotia Summer Swim Fees and registration for Summer Swim Provincials Friday, August 17th- Sunday, August 19th. There are no fundraising commitments required for the CGC Summer Swim Team.



SUMMER SWIM TEAM SCHEDULE*

	MON	TUE	WED	THU	FRI	SAT / SUN
BRONZE	5:45pm - 7:00pm (Swim)	6:45am - 8:00am (Optional Swim)	5:45pm - 7:00pm (Swim)	6:45am - 8:00am (Optional Swim)	5:45pm - 7:00pm (Swim)	SEE SWIM NOVA SCOTIA COMPETITION SCHEDULE
		5:45pm - 7:00pm (Swim)		5:45pm - 7:00pm (Swim)		
		7:00pm - 8:30pm (Optional Water Polo Practice)		7:00pm - 8:30pm (Optional Lifesaving Practice)		
SILVER	4:45pm - 6:00pm (Swim)	6:45am - 8:00am (Optional Swim)	4:45pm - 6:00pm (Swim)	6:45am - 8:00am (Optional Swim)	4:45pm - 6:00pm (Swim)	
		4:45pm - 6:00pm (Swim)		4:45pm - 6:00pm (Swim)		
		7:00pm - 8:30pm (Optional Water Polo Practice)		7:00pm - 8:30pm (Optional Lifesaving Practice)		
GOLD	3:45pm - 5:00pm (Swim)	6:45am - 8:00am (Optional Swim)	3:45pm - 5:00pm (Swim)	6:45am - 8:00am (Optional Swim)	3:45pm - 5:00pm (Swim)	
		3:45pm - 5:00pm (Swim)		3:45pm - 5:00pm (Swim)		
		7:00pm - 8:30pm (Optional Water Polo Practice)		7:00pm - 8:30pm (Optional Lifesaving Practice)		

*Please note: There are no practices on July 2nd or August 6th.



Celebrate your special day

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

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

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

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

**HST not included*

Party packages now available
for booking online at
hfxcgcwebtraconlinereg.ca



RENTALS & EVENTS

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

All room rentals include the following complimentary services:

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

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



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

SUMMER 2018

Camps and Programs

It happens here.



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