

SPRING

2019 Programs
& Services



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CONNECT



[Facebook.com/CGCHalifax](https://www.facebook.com/CGCHalifax)

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



[@CdaGamesCentre](https://twitter.com/CdaGamesCentre)

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.hfxgcwebtraconlinereg.ca/>

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

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

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

■ REGISTER IN-PERSON

26 Thomas Raddall Drive

Monday – Friday 8:00am-9:00pm
Saturday – Sunday 8:00am-9:00pm

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

REGISTRATION DATES

MEMBERS:

Online: **February 19th**, beginning at 8:00 am
In-person: **February 21st**, beginning at 8:00 am

NON-MEMBERS:

Online: **February 26th**, beginning at 8:00 am
In-person: **March 5th**, 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.

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

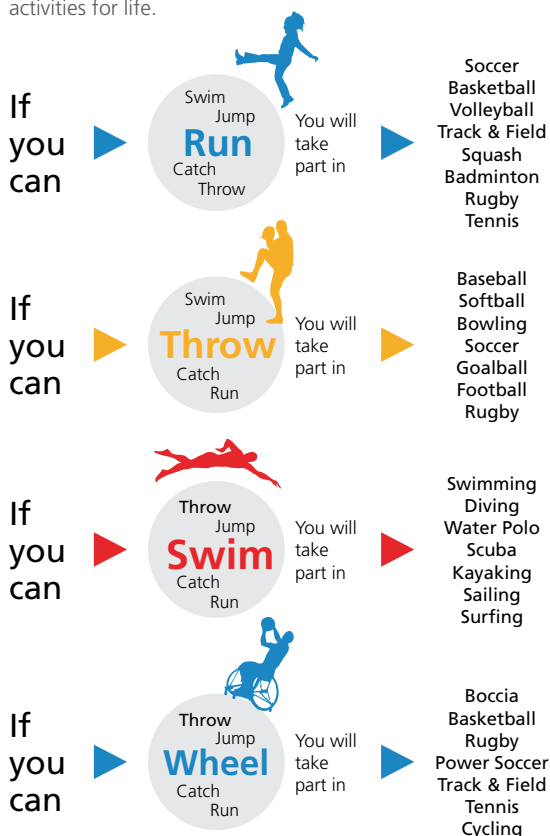
Additional Details:

- 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.



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



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



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



Sport for Life

To support Physical Literacy within our community, we continue to adapt more programs to the Sport For Life (S4L) model.

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
- Badminton Club
- Basketball
- Wrestling
- Wrestling Club
- Karate
- Youth Sparring
- Run, Jump, Throw
- Multi-Sport
- Swim 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
- Pickleball
- Adult Fitness Programs
- Swim Lessons
- Aquatics Leadership Programs
- Swim Academy

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

1 ActiveSTART

MALES & FEMALES
0-6 Years

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

PROGRAMS

- Play School Swim Lessons
- Play School Tiny Tumblers
- Basketball
- Wrestling
- Karate
- Multi-Sport
- Swim Lessons

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
- Badminton Club
- Basketball
- Wrestling
- Wrestling Club
- Karate
- Youth Sparring
- Run, Jump, Throw
- Multi-Sport
- Swim Lessons
- Bronze Star
- Swim Academy



Sport for Life

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



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

Invest in YOU!

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



MEMBERSHIP INCLUDES

- Swim, dive and float your way around our Aquatic Centre (3 Pools, Hot Tub, Dry Sauna, Water Slides & Play Features)
- Stay motivated with a large variety of specialized weight training and cardio equipment in our Fitness Centre (ages 14+)
- Hone your skills or play for fun in our Field House (Basketball, Volleyball, Badminton, Ping Pong & Pickleball)
- Stretch your legs on our 6-lane, 200m indoor Track (Strollers and Nordic poles welcome!)
- Choose from over 65 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

Accessibility

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

canadagamescentre.ca/about-us/accessibility

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

MEMBERSHIP EXCLUSIVES

- Bi-weekly payment plans available
- Free Simply Fit Fitness Centre orientation
- Advanced registration and special pricing for programs*
- Savings on Personal Training*
- Member Only Swims
- Advanced badminton court bookings
- Ability to freeze your membership for a maximum of 3 months*
- Complimentary Child Minding for children living in the same household*

**Annual members only*

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

It happens here.

**Canada
Games
Centre**

1-Day Workshops



Continuing this spring are our 1-day workshops exclusively for members—and for free! Spaces are limited, so be sure to register early if something catches your eye. These workshops are a great opportunity to step out of your comfort zone, meet other members with similar interests, or maybe even discover a hidden talent or passion new to you!

Spring Equinox: Chanting and Devotions

Wednesday, March 20th | Ages 14+
7:00am-8:00am
Online registration code [130100](#)
Location: 2nd Floor Fitness Studio



At the Spring Equinox, balance tips from dark to light, and you can feel the promise of new beginnings. That's what spring is all about. The triumph of light, planting new seeds both physically and metaphorically. Join your friends and favorite yoga teachers in this early morning workshop to learn some popular yoga chants, and bring your vibration up a notch. What to expect: a little yoga asana, recitation of Gayatri Mantra, Asatoma, + a few more, ending with a blissful savasana! Bring your mala beads if you have them! No experience necessary.

Learn CPR

Saturday, April 6th | Ages 8-18
6:00pm-7:00pm
Online registration code [110105](#)

If you found someone on the ground unconscious, would you know what to do? Join this workshop to learn how you can help someone in trouble. Please note this is not a certification.

Mindful Eating

Monday April 15th
11:30am-12:30pm
Online registration code [130544](#)
Location: Community Centre



Learn to apply meditation and mindfulness techniques to your eating habits. Use all your senses in choosing to eat food that is both satisfying to you and nourishing to your body and acknowledge responses to food (likes, dislikes, or neutral) without judgment. Become aware of physical hunger and satiety cues to guide your decisions to begin and end eating!

Try It - Pickleball

Wednesday April 24th | Ages 18+
3:00pm-5:00pm
Online registration code [120209](#)
Location: Field House



During this workshop, participants learn the basic rules of pickleball and receive a brief introduction to the fundamental skills required to play the game. No experience necessary.

1-Day Workshops

EXCLUSIVELY
& **FREE**
FOR MEMBERS
(ANNUAL MEMBERS ONLY)

Swimming Starts & Turns

Sunday, May 19th | Ages 8-18

12:30pm-1:30pm

Online registration code [712010](#)

Prerequisite: Must be able to swim 25m

Become race-ready by learning and perfecting your racing starts and turns for each competitive swimming stroke. This workshop covers diving off the side of the pool and off the blocks, the basics of flip turns and touch turns, as well as how to efficiently start swimming after the dive and in and out of the walls.



Introduction to Spin/Cycling

Saturday, April 27th | 10:30am-11:15am | Ages 14+

Thursday, June 6th | 6:30pm-7:15pm | Ages 14+

Online registration code [130525](#)

Location: Spin Alcove on Track

New to Spin? Join us for this introduction to indoor cycling spinning where you'll learn how to set up your bike, sit with good form, and how to make cycling a full body workout! Each workshop includes a warm-up, 15-20 minutes of cycling, plus a cool down with stretches. No spin experience necessary.

How To Deal With Choking

Saturday, May 25th | Ages 12+

6:00pm-7:00pm

Online registration code [110105](#)

Do you know what you would do if someone around you was choking? Join this workshop and find out. Please note this is not a certification.

Yoga Inversions and Arm Balances

Sunday, April 28th | Ages 14+

12:00pm-1:00 pm

Online registration code [130545](#)

Location: Fitness Studio 2

Inversions are the most powerful group of yoga postures. When we turn our bodies upside down, we are literally turning our world upside down. This workshop is about learning to break down the fundamental components of basic inversions. Here you will be given the chance to conquer the fear of falling, develop strength and flexibility, and grow your ability to concentrate.



Try It - Badminton

Wednesday May 29th | Ages 18+

5:00pm-7:00pm

Online registration code [120211](#)

Location: Field House

During this workshop, participants learn the basic rules of badminton and receive a brief introduction to the fundamental skills required to play the game. No experience necessary.



Learn Child/Infant CPR

Saturday, May 4th | Ages 18+

6:00pm-7:00pm

Online registration code [110105](#)

If you found a child or infant unconscious, would you know what to do? Join this workshop to learn how you can help a little one in trouble. Please note this is not a certification.



Test Your CPR Skills

Saturday, June 1st | Ages 12+

6:00pm-7:00pm

Online registration code [110105](#)

Even wonder how effective your CPR skills are. In this workshop you can have your skills tested both by an experience instructor and also through the use of training dummies that provide feedback on how effective your CPR is.

Recreation Programs



■ PROFESSIONAL DEVELOPMENT DAY CAMPS

HRCE | April 11th, May 17th, June 27th
CSAP | April 11th, May 17th, June 26th, June 27th
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 active time, outdoor time, 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 draw 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 depending on the class. Children must be at least 3 years old and toilet trained to register, except for the Primary Prep classes, in which children must be enrolling in school for September 2019. Each child should also bring a nut-free snack and indoor sneakers to each class.



Primary Prep.

8 sessions | Begins April 8th
Mondays, 9:00am-11:30am*
Members \$60, Non-Members \$68
Online registration code **120110**
Location: Activity Room

**Please note that there will be no program on Monday, April 22nd and Monday, May 20th.*

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 2019. Each week will focus on a different theme and have structured learning activities to help your little ones prepare for their next big milestone.

Tiny Tumblers AfL

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

9 sessions | Begins April 12th | Fridays, 9:00am-11:30am*
Members \$68, Non-Members \$77
Online registration code **120107**
Location: Activity Room

**Please note that there will be no program on Friday, April 19th.*

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.

■ CHESS

BEGINNER ← NEW TIME

8 sessions | Begins May 2nd
Ages 6-10 | Thursdays 5:00pm-6:00pm
Members: \$60 Non-Members: \$70
Online registration code **120303**
Location: Classroom



INTERMEDIATE ← NEW TIME

8 sessions | Begins May 2nd
Ages 8-12 | Thursdays 6:00pm-7:00pm
Members: \$60 Non-Members: \$70
Online registration code **120303**
Location: Classroom

Learn how to play chess from local chess experts. Our beginner program is targeted at participant's ages 6 to 10 years old that have no previous chess experience. Participants will learn basic concepts of chess in a fun environment. Our Intermediate program is targeted at participant's ages 8-12 years who have previous chess experience and are looking to improve their game. Participants will learn advanced tactics and strategies. Program offered in partnership with the Nova Scotia Scholastic Chess Association.

ADULTS & SENIORS ← NEW

8 sessions | Begins May 2nd
Age 18+ | Thursdays 4:00pm-5:00pm
Members: \$60 Non-Members: \$70
Online registration code **120303**
Location: Classroom

Want to add a "brain workout" to your physical fitness routine? Come join our new Adult and Senior Chess Program and learn to play chess from local chess experts. The program is targeted at adults and seniors, no previous experience playing chess is necessary. New players will learn the basics of the game and those with some experience can learn advanced strategies and tactics.



DON'T FORGET ME!

See page 4 for more details

■ SPORTS PROGRAMS

Badminton



AGES 6-8 | 8 sessions | April 3rd-May 22nd
Wednesdays, 5:00pm-5:45pm

AGES 9-12 | 8 sessions | April 3rd-May 22nd
Wednesdays, 5:45pm-6:30pm

Members \$60, Non-Members \$75
Online registration code **120211**
Location: Field House

Participants will learn to love this fast and exciting sport in a fun and safe setting with certified and accomplished instructors. This badminton program teaches the fundamentals of the sport including a focus on the rules and grips, as well as the movement skills required for lifelong enjoyment.

Badminton Club



AGES 9-12
15 sessions | April 2nd-May 23rd
Tuesdays and Thursdays, 5:00pm-6:30pm*

AGES 13-16
15 sessions | April 2nd-May 23rd
Tuesdays and Thursdays, 6:30pm-8:00pm*

Members \$124, Non-Members \$155**
Online registration code **120211**
Location: Field House

*Please note that there will be no programs on Thursday, May 9th.

The badminton club program is for participants who have already attended one of our badminton programs or have prior badminton experience. Participants will have the opportunity to take their training and skills to the next level with the additional court time and instruction.

Please note badminton club participants are required to pay a one-time non-refundable annual fee of \$15.00 to Badminton Nova Scotia, due at time of registration and covers September 2018-August 2019. Annual Fee online registration code **320211-A.

Basketball

BASKETBALL FUNDAMENTALS ← NEW DAY

AGES 5-8 | 8 sessions | April 10th- May 29th
Wednesdays, 6:30pm-7:15pm

AGES 9-12 | 8 sessions | April 10th- May 29th
Wednesdays, 7:15pm-8:00pm

Members \$60, Non-Members \$75

Online registration code [120206](#)

Location: Field House

Participants in this program will learn the fundamentals of basketball, work through drills and play games in a fun and safe setting with a certified and accomplished instructor. Children of all skill levels are welcome.

BASKETBALL SKILLS & DRILLS

AGES 5-8 | 8 sessions | May 3rd- June 28th
Fridays, 6:30pm-7:15pm*

AGES 9-12 | 8 sessions | May 3rd- June 28th
Fridays, 7:15pm-8:00pm*

Members \$60 Non-Members \$75

Online registration code [120206](#)

Location: Field House

**Please note that there will be no program on Friday, May 10th.*

These dynamic skills and drills sessions are designed for participants who have already attended our fundamentals program or have some prior basketball experience and are looking to improve their skills and take their game to the next level.



Taekwon-Do

AGES 5-7
8 sessions | April 6th-June 8th
Saturdays, 12:30pm-1:15pm*

AGES 8-10
8 sessions | April 6th-June 8th
Saturdays, 1:15pm-2:00pm*

Members \$60, Non-Members \$75

Online registration code [120201](#)

Location: Dance Studio

**Please note that there will be no program on Saturday, April 20th and Saturday, May 18th.*

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

Ages 7-11
8 sessions | April 10th-May 29th
Wednesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$75
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 program 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.



Dance

AGES 3-4

Saturdays, 9:00am-9:30am*

AGES 4-5

Saturdays, 9:30am-10:00am*

8 sessions | April 6th-June 8th

Members \$40, Non-Members \$50

Online registration code **120212**

Location: Dance Studio

**Please note that there will be no programs on Saturday, April 20th and Saturday, May 18th.*

Participant's creativity and imagination will flourish in this program. They will be taught dance sequences and steps in various styles while learning about rhythm and how to move to music. The program instructor will use singing, games, floor patterns, and basic dance steps to develop the participant's motor skills and spatial awareness in a safe, fun and inclusive environment.

Multi-Sport

Ages 5-7

8 sessions | April 8th-June 10th

Mondays, 5:45pm-6:30pm*

Members \$60, Non-Members \$75

Online registration code **120204**

Location: Field House

**Please note that there will be no program on Monday, April 22nd and Monday, May 20th.*

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.



DON'T FORGET ME!

See page 4 for more details

Wrestling

Ages 5-8

8 sessions | April 8th-June 10th

Mondays, 5:30pm-6:30pm*

Members \$60, Non-Members \$75

Online registration code **120203**

Location: Field House

**Please note that there will be no program on Monday, April 22nd and Monday, May 20th.*

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.



Wrestling Club

Ages 5+

10 sessions | April 7th-June 30th

Sundays, 6:00pm-8:00pm*

Members \$5/practice, Non-Members \$5/practice

Online registration code **120203**

Location: Field House

**Please note that there will be no program on Sunday, April 21st, Sunday, May 12th and Sunday, May 19th.*

The Canada Games Centre Wrestling Club (CGCWC) is an amateur wrestling club operating out of our Centre. The CGCWC offers fundamental and advanced training for beginners and experienced wrestlers alike and is always accepting new female and male members of all ages. This program is recommended for participants who have already attended one of our wrestling programs or have some prior wrestling experience.

Pickleball

PICKLEBALL FUNDAMENTALS | Ages 18+
4 sessions | April 8th-April 17th
Mondays and Wednesdays, 1:00pm-3:00pm

8 sessions | April 8th-June 10th
Mondays, 6:30pm-7:30pm*

Members \$60, Non-Members \$75 (plus tax)
Online registration code **120209**
Location: Field House

**Please note that there will be no program on Monday, April 22nd and Monday, May 20th.*

Pickleball is an exciting and easy to learn sport for people of all athletic abilities. Have fun while you learn the basics of this incredibly addictive game. All equipment is provided and our instructors are committed to providing a safe, fun and inclusive environment for you to enjoy.



PICKLEBALL SKILLS & DRILLS | Ages 18+
8 sessions | April 24th-May 22nd
Mondays and Wednesdays, 1:00pm-3:00pm*
Members \$120 Non-Members \$150 (plus tax)
Online registration code **120209**
Location: Field House

**Please note that there will be no program on Monday, May 20th.*

These dynamic skills and drills sessions are designed for participants who have already attended our fundamentals program or have prior pickleball experience and are looking to improve their skills and take their game to the next level. Our instructors will cover drop shots, net play, effective blocking, dinking, lobs, backhand stroke development and game strategy. These sessions will also include some round robin game play so participants can practice these new skills.



Youth Karate

Online registration code **120202**
Location: Dance Studio

YOUTH FUNDAMENTALS | Ages 4-5 | Non-belted
11 sessions | April 1st-June 24th
Mondays, 6:00pm-6:30pm*
*Members \$56, Non-Members \$70***

YOUTH FUNDAMENTALS | Ages 4-5 | Non-belted
13 sessions | April 3rd-June 26th
Wednesdays, 5:45pm-6:15pm
Members \$68, Non-Members \$85

YOUTH BEGINNERS | Ages 6-8
11 sessions | April 1st-June 24th
Mondays, 6:30pm-7:15pm*
*Members \$80, Non-Members \$100***

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

YOUTH ALL RANKS | Ages 6-8
13 sessions | April 2nd-June 25th
Tuesdays, 5:30pm-6:15pm
*Members \$96, Non-Members \$120***

YOUTH ALL RANKS | Ages 6-8
13 sessions | April 3rd-June 26th
Wednesdays, 6:15pm-7:00pm
*Members \$96, Non-Members \$120***

YOUTH WHITE TO ORANGE BELT | Ages 9-12
11 sessions | April 1st-June 24th
Mondays, 7:15pm-8:15pm*
*Members \$92, Non-Members \$115***

YOUTH GREEN BELT & UP | Ages 9-12
13 sessions | April 2nd-June 25th
Tuesdays, 6:15pm-7:15pm
*Members \$108, Non-Members \$135***

**Please note that there will be no program on Monday, April 22nd and Monday, May 20th.*

***Please note karate participants are required to pay a one-time non-refundable annual fee of \$25.00 to Karate Nova Scotia, due at time of registration and covers September 2018-August 2019. Annual Fee online registration code **320202-A**.*





Family Karate

Online registration code **120202**
Location: Dance Studio

FAMILY ALL RANKS | Ages 6-12 + Parent(s)
13 sessions | April 3rd-June 26th
Wednesdays, 7:00pm-8:00pm
*Members \$52, Non-Members \$65***

FAMILY ALL RANKS | Ages 6-12 + Parent(s)
13 sessions | April 4th-June 27th
Thursdays, 5:30pm-6:30pm
*Members \$52, Non-Members \$65***

***Please note karate participants are required to pay a one-time non-refundable annual fee of \$25.00 to Karate Nova Scotia, due at time of registration and covers September 2018-August 2019. Annual Fee online registration code **320202-A**.*

Led by 5th Degree Black Belt Sensei Jeff Murphy, Family Karate is a great and fun way for parents and children (Age 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.

Adult Karate

Online registration code **120202**
Location: Dance Studio

ADULT ALL RANKS | Ages 13+
11 sessions | April 1st-June 24th
Mondays, 8:15pm-9:15pm*
*Members \$92, Non-Members \$115***

ADULT BROWN & BLACK BELTS | Ages 13+
13 sessions | April 3rd-June 26th
Wednesdays, 8:00pm-9:00pm
*Members \$108, Non-Members \$135***

**Please note that there will be no program on Monday, April 22nd and Monday, May 20th.*

***Please note karate participants are required to pay a one-time non-refundable annual fee of \$25.00 to Karate Nova Scotia, due at time of registration and covers September 2018-August 2019. Annual Fee online registration code **320202-A**.*

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.



Senior Karate



Online registration code **120202**

Location: Dance Studio

Ages 18+

11 sessions | April 1st-June 24th

Mondays, 11:00am-12:00pm*

Members \$56, Non-Members \$70**

13 sessions | April 3rd-June 26th

Wednesdays, 11:00am-12:00pm

Members \$68, Non-Members \$85**

*Please note that there will be no program on Monday, April 22nd and Monday, May 20th.

Please note karate participants are required to pay a one-time non-refundable annual fee of \$25.00 to Karate Nova Scotia, due at time of registration and covers September 2018-August 2019. Annual Fee online registration code **320202-A.

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.

Youth & Adult Sparring



Ages 7+

13 sessions | April 4th-June 27th

Thursdays, 6:30pm-7:30pm

Members \$108, Non-Members \$135**

Online registration code **120202**

Location: Dance Studio

Please note karate participants are required to pay a one-time non-refundable annual fee of \$25.00 to Karate Nova Scotia, due at time of registration and covers September 2018-August 2019. Annual Fee online registration code **320202-A.

The program is for participants with a yellow belt or higher. Purchase of safety equipment is not included in fees.

Karate Private Lessons

You can also register for Private Lessons. Please contact Instructor **Sensei Jeff Murphy** at jeff-murphy@live.com.



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 75 Drop-In Fitness Classes a week (+11 classes for kids and youth) which are included in your membership or day pass. If you're looking to cross-train or to try something new, these classes are designed for all fitness levels (unless otherwise noted). Zumba, Aquafit, interval training, Yoga, and more – pick your favourites from our **Drop-in Fitness Schedule** available online or at the Customer Service Desk.

■ ADULT SPECIALIZED PROGRAMS

Adaptive Strength

6 weeks | April 9th- May 14th
Tuesdays, 1:00pm-2:00pm

6 weeks | May 21st-June 25th
Tuesdays, 1:00pm-2:00pm

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

Online registration code **130143**

Location: 2nd Floor Fitness Studio

Adaptive Strength is open to all fitness levels, and uses the help of a straight-backed chair to facilitate a variety of resistance exercises including the use of body weight, free weights, and exercise bands. Individuals who use assistive devices (wheelchairs, canes, walkers, crutches etc.) are welcome and encouraged to join this program. If you want to improve overall strength and fight against muscle loss that often accompanies mobility issues, then this is your fountain of youth.



Introduction to Lifting (Lifting 101 - Ladies Only)

4 weeks | April 7th-May 5th
Sundays, 9:00am-10:00am*
Members \$32, Non-Members \$40 (plus tax)
Online registration code **130514**
Location: Fitness Centre



**Please note that there will be no program on Sunday, April 21st.*

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 trainer, will walk you through basic strength exercises to ensure you feel confident and comfortable while working out. Program size is limited to 8 participants.



DON'T FORGET ME!

See page 4 for more details



Lifting 201 - Ladies Only



4 weeks | May 12th-June 9th

Sundays, 9:00am-10:00am*

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

Online registration code **130536**

Location: Fitness Centre

Prerequisite: Lifting 101 or previous training by professional

**Please note that there will be no program on Sunday, May 19th.*

Have you been doing the same exercises for a while and you're 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 trainer, takes the basic strength training exercises and adds some complexity. It will help you challenge yourself and add variety to your workout. Program size is limited to 8 participants.

Lifting 301 - Ladies Only ← NEW

2 weeks | June 16th-June 23rd

Sundays, 9:00am-10:00am

Members \$16, Non-Members \$20 (plus tax)

Online registration code **130540**

Location: Fitness Centre

Prerequisite: Lifting 201 or previous training by professional

Up the ante in Lifting 301 – Ladies only. This program, led by a female trainer, will expand on what you learned in lifting 101 and 201, setting you up for a newfound inner strength. Expect gains in power and strength as you learn compound exercises for the full body, and fine tune your form like a pro. Program size is limited to 8 participants.

Introduction to TRX & Kettlebell ← NOW 6 WEEKS



6 weeks | April 2nd-May 7th

Tuesdays, 6:15pm-7:00pm

6 weeks | May 14th-June 18th

Tuesdays, 6:15pm-7:00pm

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

Online registration code **130508**

Location: TRX Alcove

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

Iron Circuit



6 weeks | April 2nd-May 7th

Tuesdays, 7:00pm-8:00pm

6 weeks | May 14th-June 18th

Tuesdays, 7:00pm-8:00pm

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.

Drum-Fit

6 weeks | April 4th-May 9th
Thursdays, 6:00pm-7:00pm

6 weeks | May 16th-June 20th
Thursdays, 6:00pm-7:00pm

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

Online registration code **130523**

Location: 2nd Floor Fitness Studio

Using drumsticks and heart-pounding music, Drum-Fit gives you a healthy way to pound away your stress, or live out your dream of joining a band! Move to the rhythm to get a full-body workout that combines cardio, conditioning, and strength training with stretching and body-weight exercises. Designed for all fitness level, ages and abilities, Drum-Fit will help you cut loose, shape up, and move in all kinds of new ways! Space is limited.



Toughen Up - Level 1

6 weeks | April 2nd-May 9th
Tuesdays & Thursdays, 6:30pm-7:30pm

6 weeks | May 14th-June 20th
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 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 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

6 weeks (12 sessions) | April 10th-May 27th
Mondays & Wednesdays, 6:30pm-7:30pm*
Members \$96, Non-Members \$120 (plus tax)

**Please note that there will be no program on Monday, April 22nd and Monday, May 20th.*

4 weeks (8 sessions) | June 3rd-June 26th
Mondays & Wednesdays, 6:30pm-7:30pm
Members \$64, Non-Members \$80 (plus tax)

Online registration code **130524**

Location: Personal Training Studio

Prerequisite: 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 one of our personal trainers as they test you, push you, and get to know exactly what you need to succeed throughout the program. Measurements are taken at the beginning and end of this program. This next level of Toughen Up will use more challenging compound movements and get into specific strength, hypertrophy and endurance training.

Early Morning Bootcamp

6 weeks | April 2nd-May 9th
Tuesdays & Thursdays, 6:00am-6:45am

6 weeks | May 14th-June 20th
Tuesdays & Thursdays, 6:00am-6:45am

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

Online registration code **130502**

Location: Track Starting Blocks

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. Not for the faint of heart, or those with significantly reduced mobility.



■ WELLNESS PROGRAMS

Introduction to Tai Chi & Level 1

INTRODUCTION ← NEW

6 weeks | April 8th-May 27th
Mondays, 6:00pm-7:00pm*
Members \$48, Non-Members \$60 (plus tax)

**Please note that there will be no program on
Monday, April 22nd and Monday, May 20th.*

4 weeks | June 3rd-June 24th
Mondays, 6:00pm-7:00pm
Members \$32, Non-Members \$40 (plus tax)

LEVEL 1

6 weeks | April 8th-May 27th
Mondays, 7:00pm-8:00pm*
Members \$48, Non-Members \$60 (plus tax)

**Please note that there will be no program on
Monday, April 22nd and Monday, May 20th.*

4 weeks | June 3rd-June 24th
Mondays, 7:00pm-8:00pm
Members \$32, Non-Members \$40 (plus tax)

Online registration code **130309**
Location: Community Centre

Geared towards beginners, 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.



DON'T FORGET ME!

See page 4 for more details



Traditional Yang Style Tai Chi Level 2

6 weeks | April 2nd-May 7th
Tuesdays, 7:00pm-8:00pm

6 weeks | May 14th-June 18th
Tuesdays, 7:00pm-8:00pm

Members \$48, Non-Members \$60 (plus tax)
Online registration code **130530**
Location: Arts & Crafts Room
Prerequisite: Tai Chi Level 1

Continuing your Yang's T'ai Chi Chuan learning with Ron Salah in Level 2 as you continue to improve and build strength, especially in the core, relieve stress and help lower blood pressure. Designed to benefit everyone regardless of age and/ or physical condition.

Traditional Yang Style Tai Chi Level 3

6 weeks | April 2nd-May 7th
Tuesdays, 6:00pm-7:00pm

6 weeks | May 14th-June 18th
Tuesdays, 6:00pm-7:00pm

Members \$48, Non-Members \$60 (plus tax)
Online registration code **130538**
Location: Community Centre
Prerequisite: Tai Chi Level 2

Ron expands on your learning in our new Tai Chi Level 3. He explores new movements and will continue to add on to the sequences to expand your knowledge of this beautiful art form.



Introduction to Mindfulness and Meditation – Level 1

4 weeks | April 2nd-April 23rd

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.



Introduction to Yoga

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

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

4 weeks | May 29th-June 19th
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.



Mindfulness and Meditation – Level 2

4 weeks | May 7th-May 28th

Tuesdays, 6:00pm-7:00pm

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

Online registration code **130537**

Location: Field House (small classroom)

These sessions will expand on what you learned in Level 1, focusing on 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.



Introduction to Yin Yoga ← NEW

4 weeks | April 3rd-April 24th
Wednesdays, 7:15pm-8:15pm

4 weeks | May 1st-May 22nd
Wednesdays, 7:15pm-8:15pm

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

Online registration code **130541**

Location: 2nd Floor Fitness Studio

Yin yoga is a slow-paced style of yoga with mostly seated, lying, or supported kneeling postures, that are held for longer periods of time. Yin is different than Restorative Yoga, which asks the practitioner to be 100% comfortable; whereas Yin Yoga is not necessarily passive and can be quite challenging, both mentally and physically. For beginners, poses may be held for 45 seconds to two minutes or more. Join this intro class if you've never tried Yin, or if it's been a while since you've consistently practiced this style of yoga. If you do have experience with this type of format, then the 90-minute program called For the Love of Yin could be more of what you're looking for.



Grow My Yoga Practice

6 weeks | April 8th-May 27th
Mondays, 6:00pm-6:50pm
Members \$48, Non-Members \$60 (plus tax)

**Please note that there will be no program on Monday, April 22nd and Monday, May 20th.*

4 weeks | June 3rd-June 24th
Mondays, 6:00pm-6:50pm
Members \$32, Non-Members \$40 (plus tax)

Online registration code **130300**

Location: 2nd Floor Fitness Studio

Prerequisite: Must have some yoga experience or have taken Introduction to Yoga

For all yogis looking to expand their yoga practice under the guidance of an experienced yoga teacher. Follow along at your own pace and ability, taking time to explore the poses, breathing, and meditations that challenge and charm you. You'll be exposed to a variety of concepts, themes, and yoga styles, so that you can take what you need to incorporate growth into your personal yoga practice.



For the Love of Yin ← NEW

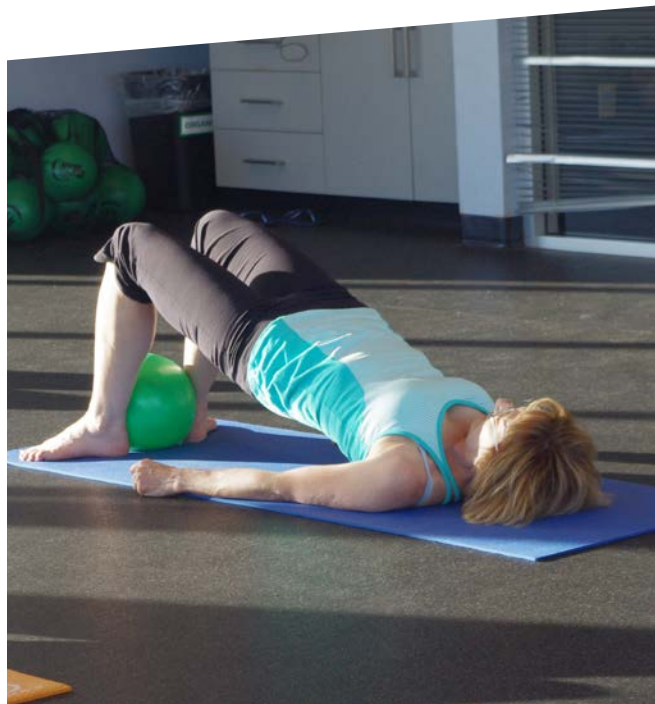
5 weeks | May 29th-June 26th
Wednesdays, 7:15pm-8:45pm ← (90 minutes)
Members \$60, Non-Members \$75 (plus tax)

Online registration code **130542**

Location: 2nd Floor Fitness Studio

Prerequisite: Previous Yin experience strongly recommended

Building on experience in Introduction to Yin Yoga, the For the Love of Yin is a 90 minute program for practitioners to explore their edges while holding postures for two to five minutes or more.



DON'T FORGET ME!

See page 4 for more details

Adaptive Yoga

6 weeks | April 4th-May 9th
Thursdays, 1:00pm-2:00pm

6 weeks | May 16th-June 20th
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.



Restorative Yoga

6 weeks | April 2nd-May 7th
Tuesdays, 6:00pm-7:00pm

6 weeks | May 14th-June 18th
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 focuses on returning 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.



Aqua Yoga*

4 weeks | May 1st-May 22nd
Wednesdays, 1:30pm-2:30pm

4 weeks | May 14th-June 19th
Wednesdays, 1:30pm-2:30pm

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

Online registration code **130313**

Location: Leisure Pool

Do you want to do yoga like you used to do, but don't have the balance? Do you want to gain flexibility while using your own buoyancy as an advantage? If you answered yes to any of these questions, or just want to try yoga that's easier on the joints, then Aqua Yoga is for you! This low-impact program is ideal for those with arthritis, osteoporosis, or essential tremors, as well as pre or post natal mom's, pre and post-surgical candidates, and anyone with heart problems or mobility issues. Suitable for most non-swimmers, as this program is in a heated, shallow pool. Space is limited due to pool size/depth.

**If you wish to join after serious injury, surgery or childbirth, please have your Doctor provide you with your exercise clearance before attending this program.*



DON'T FORGET ME!

See page 4 for more details



Barre Pilates Fusion

6 weeks | April 8th-May 27th
Mondays, 7:00pm-8:00pm
Members \$48, Non-Members \$60 (plus tax)

**Please note that there will be no program on Monday, April 22nd and Monday, May 20th.*

4 weeks | June 3rd-June 24th
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 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.



Self-Care & Stability - Level 2

6 weeks | May 7th-June 11th
Tuesdays, 11:30pm-12:30pm
Members \$48, Non-Members \$60 (plus tax)

Online registration code **130546**

Location: 2nd Floor Fitness Studio

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.



DON'T FORGET ME!

See page 4 for more details

■ PRE AND POST NATAL PROGRAMS



Stroller Circuit

6 weeks | April 3rd-May 8th | Wednesdays, 10:30am-11:30am
6 weeks | April 5th-May 10th | Fridays, 10:30am-11:30am**
6 weeks | April 8th-May 24th | Mondays, 10:30am-11:30am*
6 weeks | May 15th-June 19th | Wednesdays, 10:30am-11:30am
6 weeks | May 17th-June 21st | Fridays, 10:30am-11:30am**

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

Online registration code **130402**

Location: Track Starting Blocks

**Please note that there will be no program on Monday, April 22nd and Monday, May 20th.*

***Friday's circuit will focus on core strength, stability and endurance to improve pelvic floor health.*

4 weeks | June 3rd-June 24th | 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. Doctor's note or PAR-Q required before starting.





Pre Natal Yoga ← NEW

4 weeks | April 6th-27th
Saturdays, 12:00pm-1:00pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **130543**
Location: 2nd Floor Fitness Studio

Pre Natal Yoga is a great way to connect with other pregnant women and stay active during all stages of pregnancy. Join a certified pre/post natal female yoga instructor in a safe and supportive environment where you can practice flowing into a state of balance and acceptance of your body as it changes. This program can be both challenging and relaxing. In this series you will be guided to prepare for your new baby through education, asana (yoga postures), mindful meditations and pranayama (breath training). Suitable for all levels and all trimesters unless your health professional or body say otherwise. No yoga experience required.

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/en/publications/parmed-x-for-pregnancy or pick up a copy provided at the Canada Games Centre Fitness Desk.

Mom & Baby Yoga ← NEW

4 weeks | April 4th-25th
Thursdays, 4:30pm-5:30pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **130547**
Location: 2nd Floor Fitness Studio

Mom & Baby Yoga (up to 18 months post) is a great way to connect with other new moms. It's also a great way to ease into activity after giving birth in a safe and supportive environment, allowing you to become re-acquainted with your body and all the changes it has gone through. This program can be both challenging and relaxing. In these sessions you will make time for you, while introducing your little one to loving touch, as you practice asana (yoga postures), mindful meditations, and pranayama (breath training) with your baby on you (baby-wearing), in a baby seat beside you, or crawling around on the mats nearby. Suitable for all levels. No yoga experience required.

Please note that while yoga is generally safe 6 weeks after pregnancy, you must be cleared for exercise with a doctor's note or completed Get Active Questionnaire form. Copies of this form can be found online at store.csep.ca/pages/getactivequestionnaire or pick up a copy provided at the Canada Games Centre Fitness Desk.

Aqua Yoga is also a great choice for
Pre and Post Natal Fitness — see page 24.

■ QUICK REFERENCE GUIDE FOR FITNESS AND WELLNESS PROGRAMS

	PROGRAM CODE	SAFE FOR BEGINNERS	LOW IMPACT	WEIGHTS USED	ACTIVE AGING	LADIES ONLY	PRE/POST NATAL	WELLNESS	DAYTIME	EVENING	SATURDAYS/SUNDAYS	MULTIPLE DAYS/WEEK	MULTI STARTS
Adaptive Pilates	130302												
Adaptive Strength	130143												
Adaptive Yoga	130303												
Aqua Yoga	130313												
Barre Pilates Fusion	130307												
Early Morning Bootcamp	130502												
NEW → Mom & Baby Yoga	130547												
Grow My Yoga Practice	130300												
Introduction to Lifting (Lifting 101 - Ladies Only)	130514												
Introduction to Mindfulness and Meditation	130310												
Mindfulness and Meditation Level 2	130537												
Introduction to TRX & Kettlebell	130508												
Introduction to Yoga	130301												
Iron Circuit	130503												
Lifting 201 - Ladies Only	130536												
NEW → Introduction to Yin Yoga	130541												
NEW → For the Love of Yin	130542												
POUND®	130523												
Restorative Yoga	130311												
Self-Care & Stability - Level 2	130546												
NEW → Pre-Natal Yoga	130543												
Stroller Circuit	130402												
Toughen Up - Level 1	130504												
Toughen Up - Level 2	130524												
Introduction to Tai Chi & Level 1	130309												
Traditional Yang Style Tai Chi Level 2	130530												
Traditional Yang Style Tai Chi Level 3	130538												
NEW → Lifting 301 - Ladies Only	130540												

QUESTIONS ABOUT OUR FITNESS & WELLNESS PROGRAMS?

Please contact our Fitness Programmer, **Candice Brown** at brownc@canadagamescentre.ca

■ 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 the Fitness Centre Desk or contact our **Amber Allan**, Fitness & Wellness Coordinator at **902.490.2249** or **allana@canadagamescentre.ca**.

Simply Fit ← **FREE FOR MEMBERS**

Tuesdays 2:00pm | Wednesdays 6:30pm | Saturdays 9:00am
Contact the Fitness Centre at 902.490.2580 to sign-up!

Join us for this **complimentary** general fitness facility and equipment orientation. You will leave feeling comfortable to complete a great workout by yourself, with a friend, or in a group exercise class.

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!

Fitness Assessment & Program Design

Members \$150.00, Non-Members \$175.00 (plus tax)
Contact the Fitness Centre at 902.490.2249 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.



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.



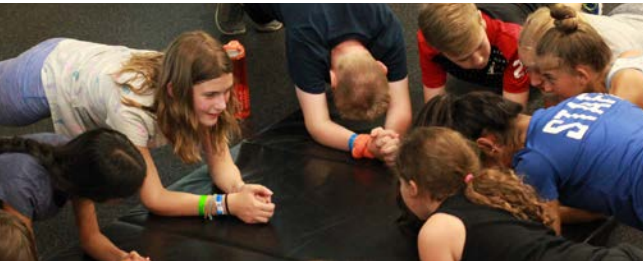
PERSONAL TRAINING PACKAGES	MEMBER*	NON-MEMBER*
Individual Session	\$50	\$60
Packages of 5	\$230	\$280
Packages of 10	\$430	\$530
<i>Larger packages also available. (11+)</i>	\$40 per session	\$50 per session

All personal training packages expire within 1 year of purchase. Taxes not included in pricing above.

Small Group Personal Training

Do you have a group of friends and want to split the cost of a Personal Fitness class? We can create programs for all levels and goals. Whether you golf together, run together or drink tea together we can develop a program for you.

Contact **Allan Amber**, Fitness & Wellness Coordinator at **902.490.2249** or **allana@canadagamescentre.ca** to book a consultation for training.



Dryland Team Training

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



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

**Taxes not included in pricing above.*

To book your Dryland Team Training, contact **Allan Amber**, Fitness & Wellness Coordinator at **902.490.2249** or **allana@canadagamescentre.ca**.

Aquatics Programs



■ AQUATICS REGISTRATION INFORMATION

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

Next, refer to the days, times and sections of a particular class or level (see chart on page 36). If a section time is full when you attempt to register, please register for another section time or register on our waiting list. To register on our waitlist, you are required to provide payment upfront for a more seamless transaction to registration. All waitlist registrants will be notified via e-mail upon receipt of a registration one week prior to program start date. 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.

Aquafit & Hydrorider Classes

We offer a great selection of drop-in Aquafit and Hydrorider classes, which are included in your membership or day pass rate. You'll find these classes listed on the [Aquatics schedule](#) available on our website.



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

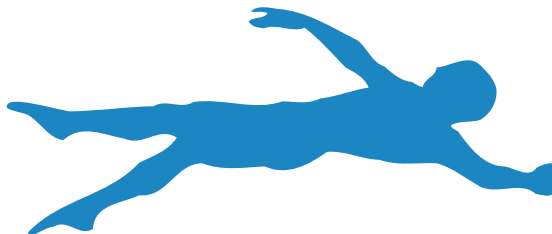
For further information please refer to the [Aquatics Parent Handbook](#).



Lifesaving Society's Swim for Life Program



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.



■ PARENT & TOT PROGRAMS



Ages 4 months -3+ years and caregivers
9 lessons | 35 minutes per lesson
Members \$75, Non-Members \$105

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

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

PARENT & TOT 1

4-12 MONTHS | Online registration code **110111**

Splish, splash, laugh - babies just love to play in water. Parents with 4-12 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

12-24 months | Online registration code **110112**

Water play – get set, get wet! Instructor-led sessions help parents with 12-24 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

2-3.5 years | Online registration code **110113**

Just watch them grow! At 2-3.5 years these almost independent toddlers are really ready to explore: getting in, getting out, going under and floating while under the watchful eye of their parents and instructor. As the classes progress, parents will spend less and less time in the water to help prepare participants for Preschool Level 1.





■ PRESCHOOL PROGRAMS

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

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

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

PRESCHOOL 1 | Online registration code 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.



DON'T FORGET ME!

See page 4 for more details

PRESCHOOL 3 | Online registration code 110123

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.

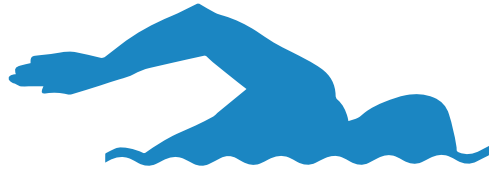
PRESCHOOL 4 | Online registration code 110124

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 (5-10m) in the deep water.

PRESCHOOL 5 | Online registration code 110125

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

SCHOOL-AGED SWIMMER PROGRAMS



9 lessons | Ages 5+

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

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

SWIMMER 1 | Online registration code **110131**
9 lessons, 35 minutes each
Members \$75, Non-Members \$105

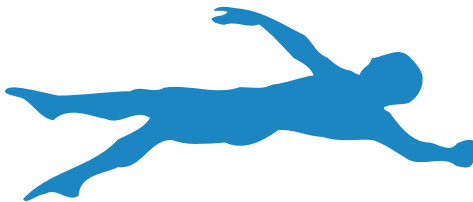
These beginner swimmers will work on safe entries, exits, and moving through the water. When ready, they'll do floats, glides, and kicking on their front and back without assistance. They'll even explore jumping into deep water and treading water with their lifejackets on.

SWIMMER 1 ADVANCED | Online registration code **110137**
9 lessons, 35 minutes each
Members \$75, Non-Members \$105

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

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 (10-15m) using either front or back crawl. They'll try 'vertical' whip kick and begin to work on their endurance by stepping into the world of fitness interval training.



SWIMMER 2 ADVANCED | Online registration code **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. They will start to work on Swim to Survive skills: jump into deep water, tread water (30 sec) and swim (25m).

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 will be able to meet the Canadian 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.



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.

	MONDAYS* APRIL 8 – JUNE 17	TUESDAYS APRIL 9 – JUNE 4	WEDNESDAYS APRIL 10 – JUNE 5	THURSDAYS APRIL 11 – JUNE 6	SATURDAYS* APRIL 6 – JUNE 15	SUNDAYS* APRIL 7 – JUNE 16
Parent & Tot 1	4:10pm	5:20pm		4:00pm	8:30am, 9:10am	9:10am
Parent & Tot 2		6:00pm		4:40pm	9:50am 11:10am	8:30am, 9:50am 11:10am
Parent & Tot 3	5:35pm	4:40pm			10:30am, 11:50am	10:30am, 11:10am
Preschool 1	4:10pm, 4:55pm 5:35pm	4:00pm, 4:40pm 6:00pm	4:55pm, 5:35pm 6:15pm	4:00pm 6:00pm	8:30am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 11:10am
Preschool 2	4:55pm 6:15pm	4:00pm	4:55pm 5:35pm 6:15pm	5:35pm 6:15pm	8:30am, 9:10am 9:50am, 10:30am 11:10am	9:10am 9:50am 11:10am
Preschool 3	5:35pm 6:15pm	4:40pm, 5:20pm 5:50pm, 6:00pm	6:15pm	4:55pm 6:00pm	8:30am, 9:10am 10:30am, 11:10am	9:10am, 9:50am 10:30am
Preschool 4	6:15pm	5:20pm 6:00pm	4:55pm 5:35pm	4:55pm 5:35pm	9:10am, 9:50am 10:30am	9:10am 10:30am
Preschool 5	4:55pm		6:15pm	6:00pm	9:10am, 11:10am	9:10am, 10:30am
Swimmer 1	4:55pm, 5:35pm 6:15pm	4:00pm, 4:40pm 5:50pm, 6:00pm	5:35pm 6:15pm	4:40pm, 4:55pm 5:20pm, 6:15pm	9:50am, 10:30am 11:10am	8:30am, 9:50am 10:30am, 11:10am
Swimmer 1 Advanced	4:55pm	5:20pm	4:55pm	4:40pm 5:20pm	9:10am, 9:50am 11:10am	9:10am 10:30am
Swimmer 2	4:55pm, 5:35pm 6:15pm	4:00pm, 5:20pm 6:00pm	4:55pm, 5:35pm 6:15pm	4:40pm, 5:20pm 5:35pm	9:10am, 9:50am 10:30am	9:10am, 9:50am 10:30am, 11:10am
Swimmer 2 Advanced	4:55pm		6:15pm	6:00pm	9:10am, 10:30am 11:10am	8:30am, 9:50am
Swimmer 3		4:00pm 4:40pm 5:20pm	4:55pm 5:35pm	4:00pm	8:30am, 9:10am 9:50am, 10:30am 11:10am	9:50am 10:30am
Swimmer 4	4:00pm	4:55pm	4:00pm	4:00pm	9:30am 10:25am	8:30am, 9:25am 11:15am
Swimmer 5		4:55pm	4:00pm 4:55pm	4:00pm	9:30am 10:25am	8:30am, 9:25am 11:15am
Swimmer 6	4:00pm	4:55pm	4:00pm 5:50pm	4:00pm	9:30am 10:25am	8:30am, 9:25am 11:15am
Swimmer 7 / Rookie		4:00pm	4:00pm	4:00pm	11:20am, 11:50am	9:25am, 10:20am
Swimmer 8 / Ranger	4:00pm	4:00pm	4:00pm		11:20am, 11:50am	10:20am
Swimmer 9 / Star		4:00pm	4:00pm		11:50am	10:20am

*Please note that there will be no swim lessons on April 19th-22nd for Easter long weekend & May 17th-20th for Victoria Day long weekend.

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

TUESDAYS APRIL 9th - JUNE 4th	SATURDAYS* APRIL 6th - JUNE 15th
LEVEL 1 - 4:00pm LEVEL 2 - 4:40pm	LEVEL 1 - 11:50am LEVEL 2 - 11:50am

**Please note that there will be no programs on April 19th-22nd for Easter long weekend & May 17th-20th for Victoria Day long weekend.*



PRIVATE & SEMI-PRIVATE SWIM LESSONS

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

9 Semi-Private Lessons | 35mins
Members \$255, Non-members \$320
 Online registration code **110152**

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.

	MONDAYS* APR 8 – JUN 17	TUESDAYS APR 9 – JUN 4	WEDNESDAYS APR 10 – JUN 5	THURSDAYS APR 11 – JUN 6	FRIDAYS* APR 12 – JUN 21	SATURDAYS* APR 6 – JUN 15	SUNDAYS* APR 7 – JUN 16
Private / Semi Private (35 mins)	All Privates Swimmer 2 or lower 4:10pm 4:50pm 5:30pm 6:10pm	4:10pm 4:50pm 5:30pm Swimmer 2 or lower 6:10pm	4:40pm 5:20pm 6:00pm	Swimmer 2 or lower 4:55pm 5:35pm 6:15pm	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 that there will be no programs on April 19th-22nd for Easter long weekend & May 17th-20th for Victoria Day long weekend.

AQUATICS INCLUSION LESSONS ← NEW REGISTRATION OPTIONS

30 minute session | Ages 3+
Members \$15, Non-Members \$19
 Online registration code **110154**

We're excited to offer an increased level of inclusion outside of group swimming lessons. These lessons are staffed with swim instructors trained to help overcome roadblocks when instructing kids with Autism, Cerebral Palsy, Down Syndrome, sensory & motor limitations and general behavior challenges. These strategies result in greater swimmer success in a relaxed calm environment. **Find the instructor** that best fits your need from our online bios and book 1, 2 or more one-on-one sessions. Each session is 30 minutes. Registration is available on line or at the Customer Service Desk.

INCLUSION LESSONS	MEMBER	NON-MEMBER
1 session	\$15	\$19
4 sessions, get 5th session 50% off	\$67.50	\$85.50
9 sessions, get 10th session free	\$135	\$171
11+ sessions, receive 10% off each additional session	\$15 per session (up to 10) \$13.50 per session (11 or more)	\$19 per session (up to 10) \$17.10 per session (11 or more)

Prices do not include tax.

If you have any questions, please contact **Ahmed Abdel-Hamied** at abdelha@canadagamescentre.ca.



DON'T FORGET ME!

See page 4 for more details



■ 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.

SUNDAYS*
 APRIL 7th - JUNE 16th

LEVEL 1, 2 & 3 - 11:40am

**Please note that there will be no programs on April 19th-22nd for Easter long weekend & May 17th-20th for Victoria Day long weekend.*

■ PRIVATE COACHING & TRAINING NEW REGISTRATION OPTIONS

30 minute session | Ages 16+
Members \$20, Non-Members \$24 (plus tax)
 Online registration code **110153**

Looking for a flexible option to work on your swimming skills? We now offer private swim coaching for stroke improvement, endurance and/or aquatic fitness. **Find the instructor** that best fits your need from our online bios and book 1, 2 or more one-on-one sessions. Each session is 30 minutes. Registration is available on line or at the Customer Service Desk.

PRIVATE COACHING SESSIONS	MEMBER	NON-MEMBER
1 session	\$20	\$24
4 sessions, get 5th session 50% off	\$90	\$108
9 sessions, get 10th session free	\$180	\$216
11+ sessions, receive 10% off each additional session	\$20 per session (up to 10) \$18 per session (11 or more)	\$24 per session (up to 10) \$21.60 per session (11 or more)

Prices do not include tax.

If you have any questions, please contact **Ahmed Abdel-Hamied** at abdelha@canadagamescentre.ca.





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 | April 6th-June 15th
Saturdays, 12:00pm-1:00pm*

9 sessions | April 7th-June 16th
Sundays, 11:00am-12:00pm*

Members \$80, Non-Members \$110

Online registration code [110171](#)

Prerequisite: None (Swim Patrol experience is recommended)

**Please note that there will be no programs on April 19th-22nd for Easter long weekend and May 17th-20th for Victoria Day long weekend.*

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.

Due to the nature of these courses 100% attendance is required for certification.

Bronze Medallion

9 sessions | April 12th-June 21st
Fridays, 6:30pm-9:00pm*

Members \$120, Non-Members \$135

Online registration code [110172](#)

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

**Please note that there will be no programs on April 19th-22nd for Easter long weekend and May 17th-20th for Victoria Day long weekend.*

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.

Please note: Exam may be scheduled after the last session.

Due to the nature of these courses 100% attendance is required for certification.





Assistant Swim for Life Instructor

20 hours (plus practice teaching)

Friday, April 12th | 5:00pm-9:00pm

Saturday, April 13th & Sunday, April 14th | 9:00am-6:00pm

Members \$120 / Non-Members \$135

Online registration code [110170](#)

Prerequisite: 14 years of age and Bronze Cross

The Lifesaving Society Assistant Instructor course prepares candidates to help certified instructors with swim lessons and lifesaving programs. 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.

Please note: 10 hours of Practice teaching are required after the course is complete.

Due to the nature of these courses 100% attendance is required for certification.

Bronze Cross

9 sessions | April 12th-June 21st

Fridays, 6:30pm-9:00pm*

Members \$120, Non-Members \$135

Online registration code [110173](#)

Prerequisite: Bronze Medallion

**Please note that there will be no programs on April 19th-22nd for Easter long weekend and May 17th-20th for Victoria Day long weekend.*

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. Through classroom learning and in water practice, Registration includes exam fees.

Please note: Exam may be scheduled after the last session. Participants will only receive assistant instructor award if they are 14 years old.

Due to the nature of these courses 100% attendance is required for certification.

Swim For Life Instructor (SFL)

20 hours (plus practice teaching)

Friday, April 26th | 5:00pm-9:00pm

Saturday, April 27th & Sunday, April 28th | 9:00am-6:00pm

Members \$130 / Non-Members \$150

Online registration code [110175](#)

Prerequisite: 15 years of age and Bronze Cross

Leave this course with an instructor certification and the opportunity to submit your resume for employment. The Swim For Life 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 and Swim Patrol program.

Please note: 10 hours of Practice teaching are required after the course is complete if you do not hold the Assistant Swim for Life Instructor certification.

Due to the nature of these courses 100% attendance is required for certification.

Lifesaving Instructor (LSI)

20 hours (plus practice teaching)

Friday, June 21st | 5:00pm-9:00pm

Saturday, June 22nd & Sunday, June 23rd

9:00am-6:00pm

Members \$130 / Non-Members \$150

Online registration code [110176](#)

Prerequisite: 16 years of age and Bronze Cross

The Lifesaving Instructor course prepares the instructor to teach and evaluate 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 Bronze Medal awards, Lifesaving Fitness, Basic first aid.

Please note: Practice teaching hours may be required after the course is complete.

Due to the nature of these courses 100% attendance is required for certification.



DON'T FORGET ME!

See page 4 for more details

National Lifeguard Service & Standard First Aid

9 sessions | April 6th-June 15th

Saturdays, 11:00am-5:30pm

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 Oxygen Administration certification, Standard First Aid certification, pocket mask, whistle and exam fees.

Please note: Exam may be scheduled after the last session.

Due to the nature of these courses 100% attendance is required for certification.

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.

**Please note that there will be no programs on April 19th-22nd for Easter long weekend and May 17th-20th for Victoria Day long weekend.*



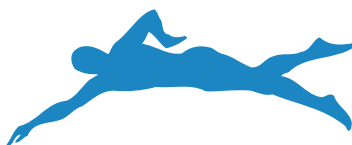


FIRST AID TRAINING

First aid and CPR training is mandatory for employees in the workplace and we are proud to offer the courses necessary to help your workplace maintain compliance with both federal and provincial/territorial occupational health and safety legislation. Designed to meet industry, business and government requirements, we provide first aid training for small or large groups.

We offer the following training:

- CPR-C & AED Responder
- Emergency First Aid (CPR-C) & AED Responder
- Standard First Aid (CPR-C) & AED Responder



CPR-C & AED Responder

1 day | 9:00am-1:00pm | Ages 13+
Members \$40, Non-Members \$60 (plus tax)
 Online registration code [110106](#)

Emergency First Aid (CPR-C) & AED Responder

1 Day | 9:00am-5:00pm | Ages 13+
Members \$60, Non-Members \$80 (plus tax)
 Online registration code [110101](#)

Standard First Aid (CPR-C) & AED Responder

2 Days | 9:00am-5:00pm | Ages 13+
Members \$90, Non-Members \$110 (plus tax)
 Online registration code [110102](#)

	APRIL	MAY	JUNE
CPR-C & AED Responder	April 13th 9:00am-1:00pm April 24th 5:00pm-9:00pm	May 11th 9:00am-1:00pm May 22nd 5:00pm-9:00pm	June 8th 9:00am-1:00pm June 19th 5:00pm-9:00pm
Emergency First Aid (CPR-C) & AED Responder	April 13th 9:00am-5:00pm	May 11th 9:00am-5:00pm	June 8th 9:00am-5:00pm
Standard First Aid (CPR-C) & AED Responder	April 13th-14th 9:00am-5:00pm	May 11th-12th 9:00am-5:00pm	June 8th-9th 9:00am-5:00pm

If you have any questions about our first aid training, including off-site options, please contact **Chris Hanlon** at hanlon@canadagamescentre.ca

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.

Prerequisites: *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+

Begins April 8th | Mondays-Fridays, Sundays

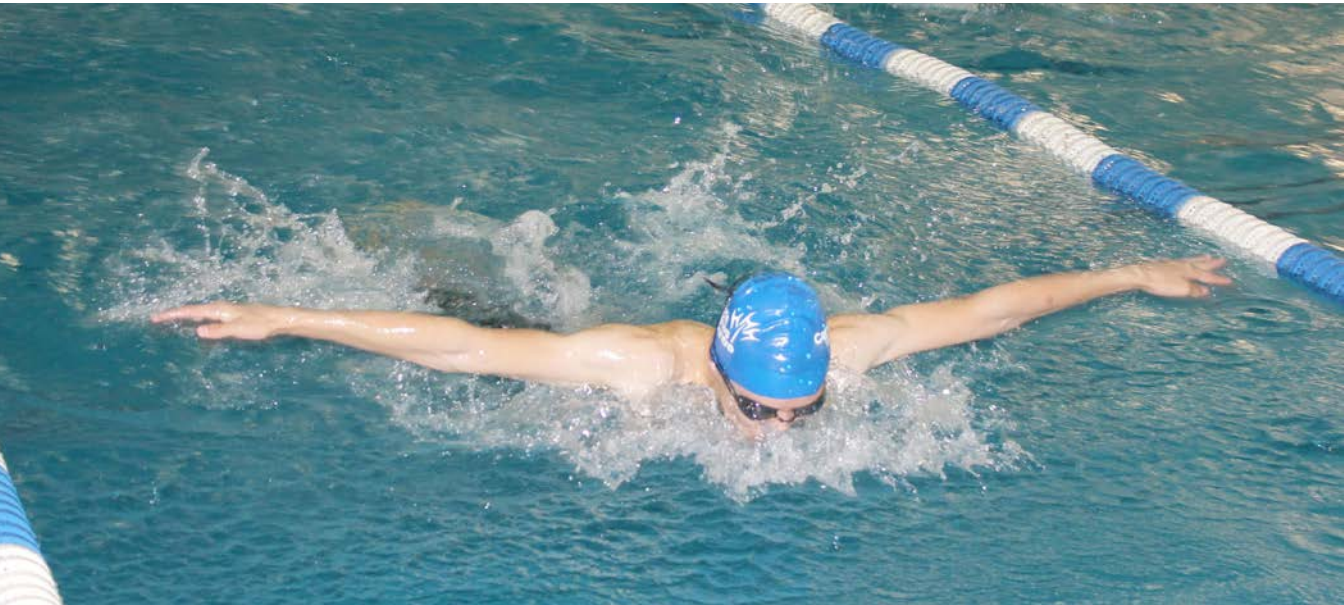
The Masters Swim Team is still accepting registrations and all fees will be pro-rated by start date. Practices will be coached through to June 16th and members will have access to practice time through summer.

After September 1st, 2018

Members \$295, Non-Member \$490 (plus tax)

Swim Nova Scotia fee \$45 due at registration

In-person registration code [712500-MASTERS](#)



Drop-in Water Polo & Lifesaving Sport | Ages 16+

Drop-in sessions are a great way to learn more about and try the sports our Swim Academy youth teams compete in. Both Water Polo and Lifesaving Sport offer the ability to develop aquatic skills and fitness, and the option to compete. No previous experience with these sports is necessary – the coaches will lead you through the basics!

DIVING PROGRAM



All of our diving programs run for ten 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 | 10 weeks

Online registration code [110192](#)

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. Sessions 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.



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. Sessions 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 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. Sessions 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.

	SATURDAYS APRIL 6th - JUNE 22nd	CGC MEMBERS	NON- MEMBERS
Little Jumpers	10:15am-11:00am	\$95	\$110
Learn to Dive Level I	11:00am-12:00pm	\$100	\$120
Learn to Dive Level I	11:30pm-12:30pm	\$100	\$120
Learn to Dive Level II & III	12:15pm-1:15pm	\$100	\$120



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

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.

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.

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

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

For more information, contact swimacademy@canadagamescentre.ca

WE ARE ONLY ACCEPTING SPRING REGISTRATION FOR CGCSA ANNUAL PROGRAMS FOR FRESHMAN YEAR ROUND SWIM TEAM, WATER POLO AND BRONZE SUMMER SWIM TEAM & OFF-SEASON TRAINING.

For more information, contact swimacademy@canadagamescentre.ca. All registrations must be done in-person at the Customer Service Desk.



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

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

■ 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 Nova Tech events and begin competing age group upon completion of Nova Tech levels.

FRESHMAN | Ages 8 and under

Begins April 9th

Tuesdays, Thursdays, Saturdays

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

Down payment at registration \$63.70

Swim Nova Scotia fee \$75 due at registration

In-person registration code **712100-FRESH**

Prerequisite: Completed Swimmer 5 or Swim Kids 6, comfortable in the water, can swim 2 x 25m front and back crawl, have a basic flutter kick and some understanding of whip kick.

SOPHOMORE

Prerequisite: Able to dive into the pool, attempt all 4 strokes, swim 10 minutes continuous approximately 400 meters, follow the coach's directions and have a good understanding of practice structure. This group begins competing at Nova Tech levels. Swimmers in this group compete participation and level 1 at Nova Tech swim meets with a 100IM time under 3:00.

JUNIOR

Prerequisite: Able to swim continuous for 10 min approximately 500 meters, swim 200 IM, perform all 4 strokes properly, dive entry, follow coach's directions and have a good understanding of practice structure and lane etiquette. These swimmers compete in Level 1 and Level 2 at Nova Tech swim meets with a 200IM time under 4:45, 50 kick under 1:20 and are capable of swimming 200 freestyle with flip turns.

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

SENIOR

Prerequisite: Able to swim continuous for 10 min, swim 200 IM, perform all 4 strokes with legal swim meet technique and starts and turns, follow coach's directions and have a good understanding of practice structure and lane etiquette. At least 1 year swim team experience with competitions. Knowledge of pace times and how to use a pace clock. Knowledge of practice structure, able to work independently from written set and warm up. Able to swim all four strokes with turns from a dive start legally. Able to complete poolside activation with minimal guidance. These swimmers are completing Nova Tech Level 2 and beginning age group level competitions. 200IM under 4:00, 200 Freestyle under 3:45.

■ 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. 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.

Prerequisites for Lifesaving: Completed Swimmer 5 or Swim Kids 6, feel comfortable in deep water, dive into the pool, swim 5-8 minutes continuous and follow coach's directions.

Ages 8 and up

SEASONAL (SPRING 2019) | Fee \$250

Begins April 8th

In-person registration code **712330-LIFESAVINGSRING**

All fees for annual programs will be pro-rated by start date. We are only accepting winter registration for CGCSA annual programs for freshmen year round swim team and water polo. Please contact us at swimacademy@canadagamescentre.ca for more details and rates.

■ 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. Participants will be invited to compete in Atlantic Water Polo League Competitions throughout the year against other teams. Competition fees are not included.

Prerequisites for Teams Atom, Peewee and Bantam:

These teams are our competitive water polo teams structured for the Atlantic Water Polo League competition age groups. Teams will have a focus on fitness and swimming skills for water polo, along with technical skills and game time. For a less competitive option, please see our [intro teams](#).

ATOM | Ages 8-12

Begins April 8th

Mondays, Tuesdays, Thursdays

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

Down payment at registration \$63.70

Water Polo Nova Scotia fee \$25 due at registration

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

PEEWEE | Ages 12-14

Begins April 8th

Mondays, Tuesdays, Thursdays, Sundays

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

Down payment at registration \$68.20

Water Polo Nova Scotia fee \$25 due at registration

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

BANTAM | Ages 14-18

Begins April 8th

Tuesdays, Wednesdays, Thursdays, Sundays

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

Down payment at registration \$72.80

Water Polo Nova Scotia fee \$25 due at registration

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

[CLICK HERE TO VIEW TRAINING SCHEDULE](#)



Intro to Water Polo

Interested in joining Water Polo? Does our competitive team seem like too much? Join Intro to Water Polo! Our Intro to Water Polo program teaches participants the basics of the game of water polo, and the fundamental skills need for the sport. This program also helps enhance swimming, balance and coordination skills. Our groups are broken up by two age groups 8-11 and 12-16.

9 sessions | Begins April 11th

Intro Ages 8-11 (Swimmer 4 or higher)*

Thursdays, 5:15pm-6:30pm

Intro Ages 12-16 (Swimmer 4 or higher)*

Thursdays, 4:35pm-5:50pm

Members \$60, Non-Members \$80

Online registration code [712430](#)

Prerequisite: Swimmer 4 or higher

**Players will be evaluated by our experienced Water Polo Coaches and encouraged to join our competitive teams if they meet required skill levels.*

Ages 8-11

THURSDAYS

5:15pm-6:30pm

Ages 12-16

THURSDAYS

4:35pm-5:50pm

■ SUMMER SWIM TEAM & OFF-SEASON TRAINING

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

BRONZE | Ages 10 and under

Begins April 8th

Mondays, Thursdays, Fridays, Sundays

Annual fee \$725 | Bi-weekly fee \$33 (20 payments)

Down payment at registration \$66

Swim Nova Scotia fee \$42 due at registration

In-person registration code **712200-BRONZE**

Prerequisite: Has completed swimmer 5. Able to swim 50m Freestyle, 50m Backstroke, has some concept of whip kick and dolphin kick. Able to follow activation and coaches instructions.

SILVER

Prerequisite: 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. Should have some idea of swim team structure (been on swim team previously). Understanding of lane etiquette and practice structure. Able to follow warm up independently. Can attempt all stroke turns. Able to carry out activation activities independently.

GOLD

Prerequisite: Able to swim continuous for 10 min, swim 200 IM, perform all 4 strokes legally, dive entry, follow coach's directions and have a good understanding of practice structure and lane etiquette. At least 1 year swim team experience with competitions. Knowledge of pace times and how to use a pace clock. Knowledge of practice structure, able to work independently from written set and warm up. Able to swim all four strokes with turns from a dive start legally. Able to complete poolside activation with minimal guidance covering activities to increase heart rate, mobilize key joints for swimming and strengthening activities and understands the purpose and value of these activities.

SEASONAL (SPRING 2019) | \$250

Begins April 8th

In-person registration code **712220-BRONZESPRING**

In-person registration code **712220-SILVERSPRING**

In-person registration code **712220-GOLDSRING**

[CLICK HERE TO VIEW TRAINING SCHEDULE](#)

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 following Swim Nova Scotia's restricted training policy. 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.

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



SWIM ACADEMY - TRAINING DAYS & TIMES

NOTE: All practices include a 15 minute poolside activation

	MON*	TUE	WED	THU	FRI	SAT	SUN
YEAR ROUND SWIM TEAM FRESHMAN		4:30PM - 5:30PM (SWIM)		4:30PM - 5:30PM (SWIM)		9:15AM - 10:15AM (MULTISPORT)	
YEAR ROUND SWIM TEAM SOPHOMORE	4:45PM - 6:00PM (SWIM)		5:15PM - 6:30PM (SWIM)	5:15PM-6:30PM (WATER POLO)	6:45PM-8:00PM (SWIM/ LIFESAVING)		
YEAR ROUND SWIM TEAM JUNIOR	5:45PM - 7:00PM (SWIM)		6:15PM - 7:30PM (SWIM)	4:35PM-5:50PM (WATER POLO)	6:45PM-8:00PM (SWIM/ LIFESAVING)	8:00AM - 9:15AM (SWIM)	
YEAR ROUND SWIM TEAM SENIOR	6:45PM-8:00PM (SWIM/ LIFESAVING)	6:45AM- 8:00AM (SWIM)	4:15PM - 5:30PM (SWIM)	6:45AM- 8:00AM (SWIM) AND/OR 4:35PM-5:50PM (WATER POLO)		7:00AM - 8:15AM (SWIM)	
LIFESAVING SPORT	6:45PM - 8:00PM (LIFESAVING SPORT)			5:15PM - 6:30PM (WATER POLO)			11:15-12:30PM (SWIM)
WATER POLO ATOM	4:45PM-6:00PM (SWIM)	5:15PM-6:30PM (WATER POLO)		6:15PM-7:30PM (WATER POLO)			
WATER POLO PEEWEE	5:45PM - 7:00PM (SWIM)	5:15PM-6:30PM (WATER POLO)		7:15PM-8:30PM (WATER POLO)			11:15AM-12:30PM (SWIM/LIFESAVING)
WATER POLO BANTAM		6:15PM-8:00PM (WATER POLO)	4:15PM - 5:30PM (SWIM)	7:15PM-8:30PM (WATER POLO)			12:15PM -1:30PM (SWIM/LIFESAVING)
SUMMER SWIM TEAM BRONZE	6:45PM - 8:00PM (LIFESAVING SPORT)			5:15PM-6:30PM (WATER POLO)	5:45PM-7:00PM (SWIM)		10:15AM-11:30AM (SWIM)
SUMMER SWIM TEAM SILVER	7:45PM - 9:00PM (LIFESAVING SPORT)			4:35PM-5:50PM (WATER POLO)	4:45PM-6:00PM (SWIM)		9:15AM-10:30AM (SWIM)
SUMMER SWIM TEAM GOLD	7:45PM - 9:00PM (LIFESAVING SPORT)			4:35PM-5:50PM (WATER POLO)	3:45PM - 5:00PM (SWIM)		8:15AM-9:30AM (SWIM)

*Please note: There will be no programs on Monday, February 18th for Maud Lewis Heritage Day.

CELEBRATE YOUR SPECIAL DAY

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



BATTING CAGE PARTY PACKAGE

(20 guests)

Members \$150 | Non-Members \$176

Try our Batting Cage parties (ages 5+), which include 1.5 hours in the Batting Cage followed by 1 hour in one of our party rooms.



FIELD HOUSE PARTY PACKAGE

(30 guests)

Members \$150 | Non-Members \$176

Our Field House parties include 2 hours in the Field House and party room.



POOL PARTY PACKAGE

(20 guests)

Members \$150 | Non-Members \$176

Our pool parties include 1 hour in the pool followed by 1 hour in one of our party rooms.

Party packages now available for booking online at hfxcgwebtraconlinereg.ca

**HST not included. A small fee applies for additional party bracelets up to a maximum of 10 for the Pool Party.*

RENTALS & EVENTS

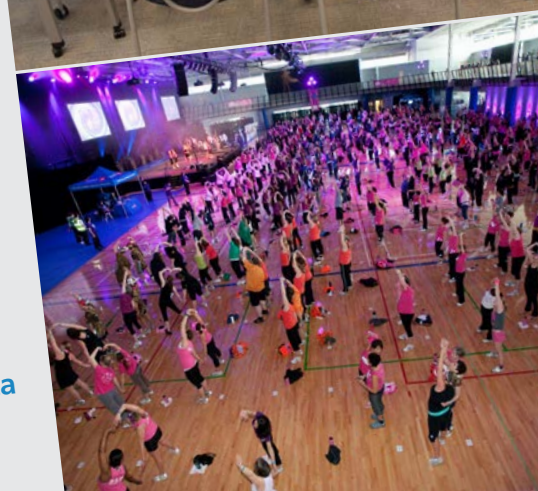
Offering a variety of community spaces, we're the perfect place for meetings, events, private social gatherings, corporate functions and birthday parties.

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**



SPRING 2019

Programs and Services

It happens here.



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Halifax, Nova Scotia
B3S 0E2

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email: info@canadagamescentre.ca

canadagamescentre.ca