

# 2019 Summer Camps and Programs



Summer Camp –  
It happens here!

Canada  
Games  
Centre

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CONNECT



**Facebook.com/CGCHalifax**

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



**@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.hfxcgwebtraconlinereg.ca/>

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

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

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

## ■ REGISTER IN-PERSON

**26 Thomas Raddall Drive**

Monday-Sunday 8:00am-9:00pm

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

## REGISTRATION DATES

### MEMBERS:

Online: **March 26th**, beginning at 8:00 am

In-person: **March 28th**, beginning at 8:00 am

### NON-MEMBERS:

Online: **April 2nd**, beginning at 8:00 am

In-person: **April 9th**, 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?

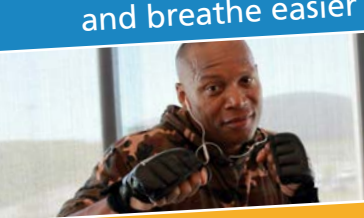
- No, all you need is your membership card

### 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.

# 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](http://canadagamescentre.ca/about-us/accessibility)

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

## MEMBERSHIP EXCLUSIVES

- Bi-weekly payment plans available
- Free Simply Fit Fitness Centre orientation
- Advanced registration and special pricing for programs\*
- 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](mailto:membership@canadagamescentre.ca)***

**It happens here.**







# Summer Camps

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



**THE FUN BEGINS JULY 2nd AND CAMPS RUN WEEKLY  
FROM 8:15AM-5PM EVERY DAY UNTIL AUGUST 30th.**

*For kids ages 5-12 years*

*(5 year old must have turned 5 by December 31st, 2018)*

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

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



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

## Physical Literacy



**Sport for Life**

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

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



## SUMMER CAMP REGISTRATION INFORMATION

**Age Requirements:** Each camp is designed specifically for its corresponding age group, and as such we are unable to accommodate exceptions. A child must be the age noted for the camp before the end of the camp week and all children must have turned 5 by December 31, 2018 in order to attend camp.

**Please note children aged 5 who did not turn five by December 31st, 2018 are not able to attend camp.**

**This includes students attending Pre-Primary Programs.**

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

**Deferred Payment:** For our Summer Camp Program, we are pleased to offer an installment billing plan for campers enrolling in three (3) or more weeks of camp. You may choose to pay in full; however, to allow ease of registration for as many weeks as necessary, the installment billing plan will be available for participants registering before April 24th, 2019. Here's how it works:

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

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

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

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

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

## ASSISTANCE PROGRAMS

**Inclusion Program:** We offer an inclusion component for campers requiring extra attention due to a physical and/or cognitive disability. Campers are supervised one on one, by an Inclusion Counsellor who is charged with meeting the camper's personal and developmental needs, making every effort to include campers in adapted activities, and ensuring their overall safety and happiness while in our care. For more information about this program and how to apply, [please visit the Camp section of our website.](#) **Application deadline is April 5th.**

## ACCESSIBILITY

We welcome children with special needs and/or disabilities. Please discuss your child's individual needs with the Sport Recreation Coordinator at **902-490-2581** or [mcisaacm@canadagamescentre.ca](mailto:mcisaacm@canadagamescentre.ca) and we will be happy to try and accommodate their needs as best as we are able. Please understand that some needs may be beyond our scope of accommodation.

## SUMMER CAMP PROGRAM CANCELLATIONS AND REFUND POLICIES

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



## ■ DAILY CAMP ROUTINE

Though all camps differ in theme and specific activities including field trips (if applicable), they do share an overall daily routine in terms of start and end times, lunches/snacks, Fundamental Movements Skills sessions, Outdoor active time and a swimming component.

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

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

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

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

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

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

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

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

### STILL HAVE SUMMER CAMP QUESTIONS?

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



## ■ SUMMER CAMP PROGRAMS | ADDITIONAL OFFERINGS

### Early Drop-Off

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

### Late Pick-Up

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

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

### Counsellor in Training (CIT) Volunteer Program

Are you looking for leadership experience? Do you like working with children? Our camp program is looking for energetic and enthusiastic youth volunteers who are at least 13 years old. This program is designed to give youth a work-like experience where they can learn the ins and outs of what life is like as a camp counsellor. To participate, youth must complete the application form found on our website, successfully complete the interview process, and be able to commit to the following **mandatory training session: June 13th – 5:00pm to 8:00pm.**

Please note this is not a camp for youth, it is a volunteer program. There is a specific time commitment and expectation for this program. This is an exciting and popular volunteer opportunity and spaces are limited, therefore not all applicants will be accepted. Please visit our website for more detailed information on this opportunity. Applications are due no later than May 12th, 2019.

### Subway Lunches



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

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

### KIDS PACKS

Online registration code **221101** | **\$4.75/meal**

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

### 6 INCH MEAL
























Online registration code **221102** | **\$6.75/meal**

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

### SUBWAY LAST DAYS TO ORDER:


**Friday, June 28th - for July 2nd camp week**  
**Friday, July 5th - for July 8th camp week**  
**Friday, July 12th - for July 15th camp week**  
**Friday, July 19th - for July 22nd camp week**  
**Friday, July 26th - for July 29th camp week**  
**Friday, August 2nd - for August 6th camp week**  
**Friday, August 9th - for August 12th camp week**  
**Friday, August 16th - for August 19th camp week**  
**Friday, August 23rd - for August 26th camp week**

# Summer Camps 2019

	AGES 5-7	AGES 5-7	AGES 6-8	AGES 6-8	AGES 7-9	AGES 7-9	AGES 7-9	AGES 9-12	AGES 9-12	SWIM ACADEMY
Jul 2nd – 5th 220701	Multi-Sport	Safari	Superhero	Crafty Kids	Stop Motion Animation		Karate	Intro Competitive Swim	Badminton	
Jul 8th – 12th 220702	Soccer	Swim Lesson	Outdoor Explorers	Multi-Sport	Swim Lesson	We Do	Lifesaving Sport	Volleyball		
Jul 15th – 19th 220703	Outdoor Explorers		Basketball	Mad Science			Multi-Sport	Karate	Robotics	
Jul 22nd – 26th 220704	Swim Lessons	Dance	Crafty Kids	Swim Lesson		Run, Jump, Throw	Intro Water Polo	Coding	Multi-Sport	
Jul 29th – Aug 2nd 220705		Multi-Sport	Karate		WeDo	Beach Blast	Dance	Diving		
Aug 6th – 9th 220706	Safari		Multi-Sport	Crafty Kids		Wrestling			Outdoor Explorers	Swim Academy Water Polo
Aug 12th – 16th 220707	Crafty Kids	Superhero	Mad Science	Swim Lesson	Multi-Sport		Swim Lesson	Robotics	Karate	
Aug 19th – 23rd 220708	Outdoor Explorers		Soccer		Chess	Basketball		Multi-Sport	Coding	
Aug 26th – 30th 220709		Multi-Sport		Safari			Stop Motion Animation	Sport Conditioning		Swim Academy Competitive Swim

\*Children must have turned 5 by December 31st, 2018 to attend camp.

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

 = No camp



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

## ■ SUMMER CAMP PROGRAMS | AGES 5-7

### Multi-Sport Camp

July 2nd-5th | Ages 5-7

Online registration code **220701**

*Members \$132, Non-Members \$152*



July 29th-August 2nd | Ages 5-7

Online registration code **220705**

*Members \$165, Non-Members \$190*

August 26th-30th | Ages 5-7

Online registration code **220709**

*Members \$165, Non-Members \$190*

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

### Safari Camp

July 2nd-5th | Ages 5-7

Online registration code **220701**

*Members \$132, Non-Members \$152*



August 6th-9th | Ages 5-7

Online registration code **220706**

*Members \$132, Non-Members \$152*

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



**DON'T FORGET ME!**

*See page 4 for more details*



### Soccer Camp

July 8th-12th | Ages 5-7

Online registration code **220702**

*Members \$165, Non-Members \$190*



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

### Swim Lesson Camp

July 8th-19th | Ages 5-7 (Swimmer Levels 1-9)\*

Online registration code **220702**

*Members \$355, Non-Members \$390*



July 22nd-August 2nd | Ages 5-7 (Swimmer Levels 1-9)\*

Online registration code **220704**

*Members \$355, Non-Members \$390*

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

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

## Outdoor Explorers Camp

July 15th-19th | Ages 5-7

Online registration code **220703**

*Members \$165, Non-Members \$190*



August 19th-23rd | Ages 5-7

Online registration code **220708**

*Members \$165, Non-Members \$190*

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

## Dance Camp

July 22nd-26th | Ages 5-7

Online registration code **220704**

*Members \$165, Non-Members \$190*



Creativity and imagination will flourish in this camp. Campers will spend up to two hours each day being taught dance sequences and steps in various styles while learning about rhythm and how to move to music in a safe, fun and inclusive environment. The sessions will also include elements from rhythmic gymnastics such as apparatus manipulation (hoop, ball, ribbon, and rope). Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to provide campers with a well-rounded experience.



## Crafty Kids Camp

August 12th-16th | Ages 5-7

Online registration code **220707**

*Members \$165, Non-Members \$190*



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

## Superhero Training Camp

August 12th-16th | Ages 5-7

Online registration code **220707**

*Members \$165, Non-Members \$190*



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



## ■ SUMMER CAMP PROGRAMS | AGES 6-8

### Superhero Training Camp

July 2nd-5th | Ages 6-8

Online registration code **220701**

*Members \$132, Non-Members \$152*



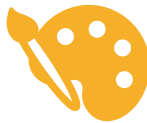
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### Crafty Kids Camp

July 2nd-5th | Ages 6-8

Online registration code **220701**

*Members \$132, Non-Members \$152*



July 22nd- 26th | Ages 6-8

Online registration code **220704**

*Members \$165, Non-Members \$190*

August 6th-9th | Ages 6-8

Online registration code **220706**

*Members \$132, Non-Members \$152*

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

### Outdoor Explorers Camp

July 8th-12th | Ages 6-8

Online registration code **220702**

*Members \$165, Non-Members \$190*



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

### Multi-Sport Camp

July 8th-12th | Ages 6-8

Online registration code **220702**

*Members \$165, Non-Members \$190*



August 6th-9th | Ages 6-8

Online registration code **220706**

*Members \$132, Non-Members \$152*

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



**DON'T FORGET ME!**

*See page 4 for more details*







## Basketball Camp



July 15th-19th | Ages 6-8  
Online registration code **220703**  
*Members \$165, Non-Members \$190*

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

## Mad Science Camp



July 15th-19th | Ages 6-8  
Online registration code **220703**  
*Members \$165, Non-Members \$190*

August 12th-16th | Ages 6-8  
Online registration code **220707**  
*Members \$165, Non-Members \$190*

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

## Swim Lesson Camp



July 22nd-August 2nd | Ages 6-8 (Swimmer Levels 1-9)\*  
Online registration code **220704**

August 12th-23rd | Ages 6-8 (Swimmer Levels 1-9)\*  
Online registration code **220707**

*Members \$355, Non-Members \$390*

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

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





## Karate Camp

July 29th- August 2nd | Ages 6-8

Online registration code **220705**

**Members \$165, Non-Members \$190**



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

## Soccer Camp

August 19th- 23rd | Ages 6-8

Online registration code **220708**

**Members \$165, Non-Members \$190**



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



## Safari Camp

August 26th-30th | Ages 6-8

Online registration code **220709**

**Members \$165, Non-Members \$190**



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



**DON'T FORGET ME!**

See page 4 for more details

## SUMMER CAMP PROGRAMS | AGES 7-9

### Stop Motion Animation Camp

July 2nd-5th | Ages 7-9

Online registration code **220701**

*Members \$148, Non-members \$168*



**DON'T FORGET ME!**

*See page 4 for more details*

August 26th-30th | Ages 7-9

Online registration code **220709**

*Members \$185, Non-Members \$210*

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

### Karate Camp

July 2nd-5th | Ages 7-9

Online registration code **220701**

*Members \$132, Non-Members \$152*



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

### Swim Lesson Camp



July 8th-19th | Ages 7-9 (Swimmer Levels 1-9)\*

Online registration code **220702**

*Members \$355, Non-Members \$390*

August 12th-23rd | Ages 7-9 (Swimmer Levels 1-9)\*

Online registration code **220707**

*Members \$355, Non-Members \$390*

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

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

### WeDo Camp

July 8th-12th | Ages 7-9

Online registration code **220702**

*Members \$185, Non-Members \$210*



July 29th-August 2nd | Ages 7-9

Online registration code **220705**

*Members \$185, Non-Members \$210*

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



## Lifesaving Sport Camp

July 8th-12th | Ages 7-9

Online registration code **220702**

*Members \$165, Non-Members \$190*

**Prerequisites:** Swim 25m unassisted;  
tread water for 60 seconds



This camp will introduce participants to all aspects of lifesaving as a sport. Activities include physical events involving a mannequin, obstacles and rescue tubes. Basics of water rescue and first aid will be covered, and campers will also take part in a leisure swim and a variety of active camp games every day.



## Multi-Sport Camp

July 15th-19th | Ages 7-9

Online registration code **220703**

*Members \$165, Non-Members \$190*

August 12th-16th | Ages 7-9

Online registration code **220707**

*Members \$165, Non-Members \$190*



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

## Intro to Water Polo Camp

July 22nd-26th | Ages 7-9

Online registration code **220704**

*Members \$165, Non-Members \$190*

**Prerequisites:** Swim 25m unassisted;  
tread water for 60 seconds.



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

## Run, Jump, Throw Camp

July 22nd-26th | Ages 7-9

Online registration code **220704**

*Members \$165, Non-Members \$190*



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

## Beach Blast Camp

July 29th- August 2nd | Ages 7-9

Online registration code **220705**

*Members \$165, Non-Members \$190*



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





## Dance Camp



July 29th-August 2nd | Ages 7-9  
Online registration code **220705**  
**Members \$165, Non-Members \$190**

Creativity and imagination will flourish in this camp. Campers will spend up to two hours each day being taught dance sequences and steps in various styles while learning about rhythm and how to move to music in a safe, fun and inclusive environment. The sessions will also include elements from rhythmic gymnastics such as apparatus manipulation (hoop, ball, ribbon, and rope). Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to provide campers with a well-rounded experience.

## Wrestling Camp



August 6th-9th | Ages 7-9  
Online registration code **220706**  
**Members \$132, Non-Members \$152**

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

## Chess Camp ← NEW



August 19th-23rd | Ages 7-9  
Online registration code **220708**  
**Members \$165, Non-Members \$190**

Want to add a “brain workout” to an active day at camp? Campers will learn to play chess from local chess experts for up to 2 hours a day. 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. Campers will also take part in a leisure swim and a variety of active camp games every day.

## Basketball Camp



August 19th-23rd | Ages 7-9  
Online registration code **220708**  
**Members \$165, Non-Members \$190**

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



**DON'T FORGET ME!**

See page 4 for more details

## ■ SUMMER CAMP PROGRAMS | AGES 9-12

### Intro to Competitive Swim Camp



July 2nd-5th | Ages 9-12

Online registration code **220701**

**Members \$132, Non-Members \$152**

Prerequisites: Swim 50m unassisted

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

### Badminton Camp



July 2nd-5th | Ages 9-12

Online registration code **220701**

**Members \$132, Non-Members \$152**

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

### Volleyball Camp



July 8th-12th | Ages 9-12

Online registration code **220702**

**Members \$165, Non-Members \$190**

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

### Karate Camp



July 15th-19th | Ages 9-12

Online registration code **220703**

**Members \$165, Non-Members \$190**

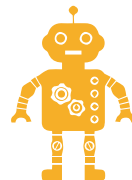
August 12th-16th | Ages 9-12

Online registration code **220707**

**Members \$165, Non-Members \$190**

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

### Robotics Camp



July 15th-19th | Ages 9-12

Online registration code **220703**

**Members \$185, Non-Members \$210**

August 12th-16th | Ages 9-12

Online registration code **220707**

**Members \$185, Non-Members \$210**

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



**DON'T FORGET ME!**

See page 4 for more details

## Coding Camp

July 22nd-26th | Ages 9-12  
Online registration code **220704**

August 19th-23rd | Ages 9-12  
Online registration code **220708**

**Members \$185, Non-Members \$210**

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



## Multi-Sport Camp

July 22nd-26th | Ages 9-12  
Online registration code **220704**

August 19th-23rd | Ages 9-12  
Online registration code **220708**

**Members \$165, Non-Members \$190**

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



## Diving Camp

July 29th-August 2nd | Ages 9- 12  
Online registration code **220705**  
**Members \$165, Non-Members \$190**  
**Prerequisites:** Comfortably swim 25m unassisted in deep water



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

## Outdoor Explorers Camp

August 6th-9th | Ages 9-12  
Online registration code **220706**  
**Members \$132, Non-Members \$152**



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

## Sport Conditioning Camp

August 26th-30th | Ages 9-12  
Online registration code **220709**  
**Members \$165, Non-Members \$190**



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





## Competitive Water Polo Camp

August 6th-9th | Age 9-16  
Tuesday-Friday | 8:00am-4:00pm  
*Members \$144, Non-Members \$160*  
Online registration code **220706**  
Prerequisite: Swim 25m unassisted;  
tread water for 60 seconds

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

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

## Competitive Swim Camp

August 26th-30th | Ages 9-12  
Monday-Friday | 8:00am-4:00pm  
*Members \$180, Non-Members \$200*  
Online registration code **220709**  
Prerequisite: NT Participation, NT Level1,  
Swimmer 9 or Swim Kids 10.

This is a stroke intensive competitive swim camp designed for those on swim teams. This camp will give swimmers a chance to focus on and break down each stroke technique to build efficiency, endurance and speed. Each day will be devoted to a specific stroke – Freestyle, Backstroke, Breaststroke and Butterfly, as well as Individual Medley (IM), relays, starts, and turns and swimming fun. Out of pool activities will target overall athlete development, dryland training for coordination, balance, strength, flexibility and of course, FUN. Swimmers will also play a variety of games and engage in active learning to challenge all of their movement skills both in the pool and in the Field House. This camp is aimed at those who are in Nova Tech Participation or Level 1, or those looking to develop technique for all 4 strokes from Swimmer 9.

**Questions about Swim Academy Camps? Please contact Lauren Ching at [chingl@canadagamescentre.ca](mailto:chingl@canadagamescentre.ca).**



# Recreation Programs



## ■ SPORT PROGRAMS



### Youth Karate

Online registration code **220202**

Location: Dance Studio

**YOUTH FUNDAMENTALS** | Ages 4-5 | Non-belted

9 sessions | July 4th-August 29th

Thursdays, 6:00pm-6:30pm

**Members \$48, Non-Members \$60\*\***

**YOUTH ALL RANKS** | Ages 6-8

9 sessions | July 2nd-August 27th

Tuesdays, 5:45pm-6:30pm

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

**YOUTH ALL RANKS** | Ages 9-12

9 sessions | July 3rd-August 28th

Wednesdays, 6:00pm-7:00pm

**Members \$76, Non-Members \$95\*\***

*\*\*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, 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!

### Family Karate

Online registration code **220202**

Location: Dance Studio

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

9 sessions | July 3rd-August 28th

Wednesdays, 7:00pm-8:00pm

**Members \$36, Non-Members \$45\*\***

*\*\*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 **220202**  
Location: Dance Studio



**ADULT ALL RANKS | Ages 13+**  
**9 sessions | July 2nd-August 27th**  
**Tuesdays, 6:30pm-7:30pm**  
**Members \$76, Non-Members \$95\*\***

*\*\*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.

## Sparring

Online registration code **220202**  
Location: Dance Studio



**YOUTH & ADULT SPARRING | Ages 7+**  
**9 sessions | July 4th-August 29th**  
**Thursdays, 6:30pm-7:30pm**  
**Members \$76, Non-Members \$95\*\***

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

# Fitness and Wellness Programs



## ■ ADULT SPECIALIZED 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 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.

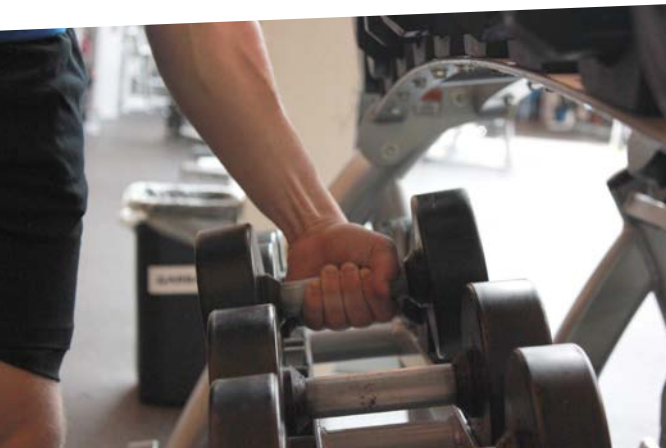
### Introduction to TRX & Kettlebell

5 weeks | July 2nd-July 30th  
Tuesdays, 6:15pm-7:00pm  
*Members \$40, Non-Members \$50 (plus tax)*

4 weeks | August 6th-August 27th  
Tuesdays, 6:15pm-7:00pm  
*Members \$32, Non-Member \$40 (plus tax)*

Online registration code **230508**  
Location: TRX Alcove

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





## The Iron Circuit

5 weeks | July 2nd-July 30th  
Tuesdays, 7:00pm-8:00pm  
*Members \$40, Non-Members \$50 (plus tax)*

4 weeks | August 6th-August 27th  
Tuesdays, 7:00pm-8:00pm  
*Members \$32, Non-Member \$40 (plus tax)*

Online registration code **230503**  
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

4 weeks | July 4th-July 25th  
Thursdays, 6:00pm-7:00pm  
*Members \$32, Non-Members \$40 (plus tax)*

5 weeks | August 1st-August 29th  
Thursdays, 6:00pm-7:00pm  
*Members \$40, Non-Members \$50 (plus tax)*

Online registration code **230523**  
Location: Fitness Studio 2

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



5 weeks (10 sessions) | July 2nd-August 1st  
Tuesdays & Thursdays, 6:30pm-7:30pm  
*Members \$80, Non-Members \$100 (plus tax)*

4 weeks (8 sessions)| August 6th-August 29th  
Tuesdays & Thursdays, 6:30pm-7:30pm  
*Members \$64, Non-Members \$80 (plus tax)*

Online registration code **230504**  
Location: Track Starting Blocks

Get off the couch and into the best shape of your life at the Canada Games Centre with this resistance/interval training program. This fitness program is the first step and is designed for participants who will strive to improve their strength, endurance and body composition in 6 weeks. Join 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



8 weeks (15 sessions) | July 8th-August 29th  
Mondays & Wednesdays, 6:30pm-7:30pm\*  
*Members \$120, Non-Members \$150 (plus tax)*

Online registration code **230524**  
Location: Personal Training Studio  
Prerequisite: Toughen Up Level 1

*\*Please note there is no program on Monday, August 5th.*

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 taking 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

5 weeks (10 sessions) | July 2nd-August 1st  
Tuesdays & Thursdays, 6:00am-6:45am  
*Members \$80, Non-Members \$100 (plus tax)*

4 weeks (8 sessions) | August 6th-August 29th  
Tuesdays & Thursdays, 6:00am-6:45am  
*Members \$64, Non-Members \$80 (plus tax)*

Online registration code **230502**  
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

### Traditional Yang Style Tai Chi Level 1

**INTRODUCTORY LEVEL** | 7 weeks

July 8th-August 26th

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



**LEVEL 1** | 7 weeks | July 8th-August 26th

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

*Members \$56, Non-Members \$70 (plus tax)*

Online registration code **230309**

Location: Community Centre Room

*\*Please note that there will be no programs on Monday, August 5th*

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.



### Traditional Yang Style Tai Chi Level 2

5 weeks | July 2nd-July 30th

Tuesdays, 7:00pm-8:00pm

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



4 weeks | August 6th-August 27th

Tuesdays, 7:00pm-8:00pm

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

Online registration code **230530**

Location: Community Centre Room

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

5 weeks | July 2nd-July 30th

Tuesdays, 6:00pm-7:00pm

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



4 weeks | August 6th-August 27th

Tuesdays, 6:00pm-7:00pm

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

Online registration code **230538**

Location: Community Centre Room

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.



**DON'T FORGET ME!**

*See page 4 for more details*

## Introduction to Yoga

4 weeks | July 10th-July 31st  
Wednesdays, 6:00pm-7:00pm

4 weeks | August 7th-August 28th  
Wednesdays, 6:00pm-7:00pm

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

Online registration code **230301**

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.



## Introduction to Yin Yoga

4 weeks | July 10th-July 31st  
Wednesdays, 7:15pm-8:15pm

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

Online registration code **230541**

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.



## For the Love of Yin (90 min)

4 weeks | August 7th-August 28th  
Wednesdays, 7:15pm-8:45pm

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

Online registration code **230542**

Location: 2nd Floor Fitness Studio

Prerequisite: Previous and recent Yin experience is strongly recommended

Building from experience with intro to Yin, For the Love of Yin is a 90 minute class for practitioners to explore their edges while holding postures for two-five minutes or more.



**DON'T FORGET ME!**

*See page 4 for more details*

## Grow My Yoga Practice



4 weeks | July 8th-July 29th

Mondays, 5:45pm-6:45pm

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

Online registration code **230300**

Location: 2nd Floor Fitness Studio

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

For all yogis and yogini's 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.

## Restorative Yoga



4 weeks | July 9th-July 30th

Tuesdays, 6:00pm-7:00pm

4 weeks | August 6th-August 27th

Tuesdays, 6:00pm-7:00pm

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

Online registration code **230311**

Location: 2nd Floor Fitness Studio

Restorative Yoga promotes rest and relaxation through slowed breathing, and support in a variety of seated and lying postures. Prepare to recover from your day or week with back bends, twists, forward bends, and supported inversions, and guided meditations. This practice will encourage one to come back to a comfortable state while reducing stress and anxiety through postures that are held for a longer period of time than other types of yoga.



**DON'T FORGET ME!**

*See page 4 for more details*



## ■ PRE/POST NATAL PROGRAMS

### Stroller Circuit

6 weeks | July 8th-August 19th  
Mondays, 10:30am-11:30am\*

6 weeks | July 3rd-August 7th  
Wednesdays, 10:30am-11:30am

6 weeks | July 5th-August 9th  
Fridays, 10:30am-11:30am\*\*

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

Online registration code **230402**

Location: Track Starting Blocks

*\*Please note there is no program on Monday, August 5th.*

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.

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



## ■ 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 **Amber Allan**, Fitness & Wellness Coordinator at **902.490.2249** or **[allana@canadagamescentre.ca](mailto: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 **Amber Allan**, Fitness & Wellness Coordinator at **902.490.2249** or **[allana@canadagamescentre.ca](mailto: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](mailto:cluette@canadagamescentre.ca)

Next, refer to the days, times and sections of a particular class or level (see chart on page 38). 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 & Hydroider Classes

We offer a great selection of drop-in Aquafit and Hydroider classes, which are included in your membership or day pass rate. You'll find these classes listed on 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
- Scheduled 5 minutes between classes for rotation, evaluation & to connect with parents
- Aquatics Program Specialist on deck to mentor instructors

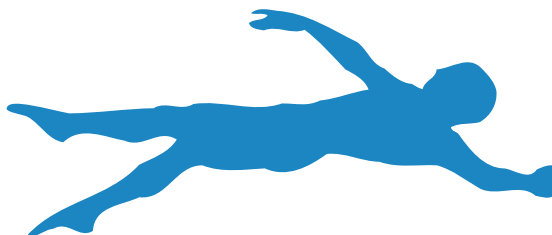
For further information please refer to the [Aquatics Parent Handbook](#).



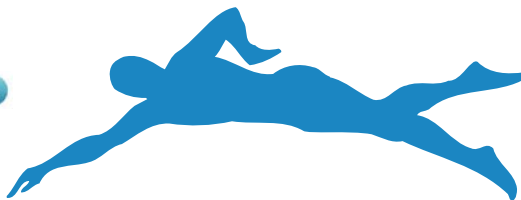
**Lifesaving Society's  
Swim for Life  
Program**



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 38 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 [210111](#)

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 [210112](#)

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 [210113](#)

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 38 for swim lesson days and times.

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

### **PRESCHOOL 1** | Online registration code [210121](#)

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

### **PRESCHOOL 2** | Online registration code [210122](#)

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



### **PRESCHOOL 3** | Online registration code [210123](#)

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

### **PRESCHOOL 4** | Online registration code [210124](#)

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

### **PRESCHOOL 5** | Online registration code [210125](#)

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



**DON'T FORGET ME!**

See page 4 for more details

## SCHOOL-AGED SWIMMER PROGRAMS



9 lessons | Ages 5+

See chart on page 38 for swim lesson days and times.

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

### **SWIMMER 1** | Online registration code **210131**

9 lessons, 35 minutes each

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

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

### **SWIMMER 1 ADVANCED** | Online registration code **210137**

9 lessons, 35 minutes each

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

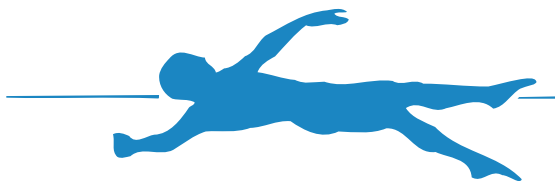
For swimmers who have completed Preschool 4, Preschool 5, OR who have already participated in Swimmer 1.

### **SWIMMER 2** | Online registration code **210132**

9 lessons, 35 minutes each

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

These children will be able to jump or side roll into deep water, tread water, and swim (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 **210130**

9 lessons, 35 minutes each

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

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

### **SWIMMER 3** | Online registration code **210133**

9 lessons, 35 minutes each

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

These swimmers will dive and do forward rolls into deep water. Watch them learn handstands and front somersaults underwater. They'll work on their front crawl, back crawl, and whip kick over short distances, and add some interval fitness training to their lessons. 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 **210134**

9 lessons, 50 minutes each

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

These swimmers will swim further with their front crawl and back crawl. They'll get introduced to breaststroke arms drills, underwater swims, and front crawl sprints. Interval training will add to their fitness level. By program end, they 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 **210135**

9 lessons, 50 minutes each

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

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





### SWIMMER 6

Online registration code [210136](#)

9 lessons, 50 minutes each

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

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

### SWIMMER 7 ROOKIE PATROL

Online registration code [210141](#)

9 lessons, 50 minutes each

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

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

### SWIMMER 8 RANGER PATROL

Online registration code [210142](#)

9 lessons, 50 minutes each

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

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

### SWIMMER 9 STAR PATROL

Online registration code [210143](#)

9 lessons, 50 minutes each

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

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



**DON'T FORGET ME!**

*See page 4 for more details*

## ■ SWIM LESSONS - DAYS & TIMES

**LESSON FULL?**

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

	SUMMER SESSION 1 JULY 8TH – 12TH JULY 15TH – 18TH	SUMMER SESSION 2 JULY 22ND – 26TH JULY 29TH – AUGUST 1ST	SUMMER SESSION 3 AUGUST 12TH – 16TH AUGUST 19TH – 22ND	SUMMER SESSION 4 JULY 2ND – JULY 30TH TUESDAY & THURSDAY EVENINGS
Parent & Tot 1	8:30am			4:00pm
Parent & Tot 2		8:30am		4:40pm
Parent & Tot 3			11:10am	5:20pm
Preschool 1	8:30 am 10:30am	10:30am	10:30am 11:50am	4:00pm 4:40pm 5:20pm
Preschool 2	8:30am	8:30am 11:10am	8:30am	4:00pm 5:20pm 6:00pm
Preschool 3	8:30am 11:50am	11:10am 11:50am	11:10am	4:40pm 6:00pm
Preschool 4	8:30am 11:10am	8:30am	8:30am	4:40pm 5:20pm
Preschool 5	11:50am	8:30am	11:50am	5:20pm
Swimmer 1	10:30am	10:30am 11:50am	8:30am 10:30am 11:10am	4:00pm 5:20pm
Swimmer 1 Advanced	10:30am	11:50am	11:50am	4:40pm 6:00pm
Swimmer 2	8:30am 11:10am	8:30am 11:10am	8:30am 11:50am	4:40pm 5:20pm
Swimmer 2 Advanced	11:10am	10:30am	10:30am 11:10am	6:00pm
Swimmer 3	10:30am 11:50am	10:30am 11:10am	8:30am 10:30am	4:00pm 4:40pm 6:00pm
Swimmer 4	10:30am	10:30am		4:00pm
Swimmer 5	10:30am	10:30am		4:55pm
Swimmer 6			10:30am	4:55pm
Swimmer 7 / Rookie				4:00pm
Swimmer 8 / Ranger				4:00pm
Swimmer 9 / Star				4:55pm

## ■ TEEN GROUP SWIM LESSONS



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

### Teen Level 1

9 Lessons | Ages 11-15yrs

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

Online registration code **210161**

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

### Teen Level 2

9 Lessons | Ages 11-15yrs

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

Online registration code **210162**

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

### Teen Group Swim Lessons

JULY 22ND-26TH JULY 29TH-AUGUST 1ST	AUGUST 12TH-16TH AUGUST 19TH-22ND
LEVEL 1 - 8:30am	LEVEL 2 - 8:30am

*\*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 **210151**

9 Semi-Private Lessons | 35mins

**Members \$255, Non-members \$320**

Online registration code **210152**



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

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

	SUMMER SESSION 1 July 8th-12th & 15th-18th	SUMMER SESSION 2 July 22nd-26th & 29th-Aug 1st	SUMMER SESSION 3 Aug 12th-16th & 19th-22nd	SUMMER SESSION 4 July 2nd-30th TUESDAY & THURSDAY EVENINGS
Private / Semi Private (35 Mins)	9:00am 9:40am 10:20am 11:00am 11:40am	9:00am 9:40am 10:20am 11:00am 11:40am	9:00am 9:40am 10:20am 11:00am 11:40am	4:10pm 4:50pm 5:30pm 6:10pm

## ■ AQUATICS INCLUSION LESSONS

30 minute session | Ages 3+

**Members \$15, Non-Members \$19**

Online registration code **210154**

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.



**DON'T FORGET ME!**

*See page 4 for more details*

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)

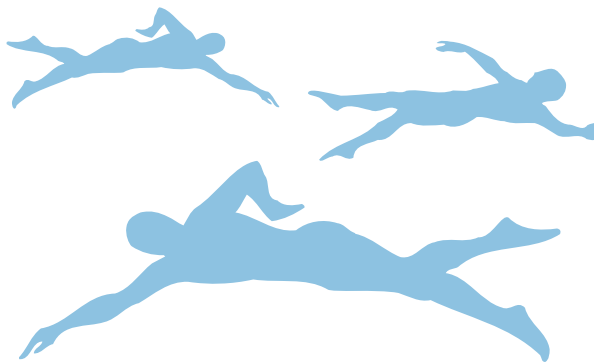
Prices do not include tax.

If you have any questions, please contact **Ahmed Abdel-Hamied** at [abdelha@canadagamescentre.ca](mailto:abdelha@canadagamescentre.ca).

## ■ ADULT GROUP SWIM LESSONS



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



### Adult Level 1

**Ages 16+**

**9 Lessons | July 2nd-July 30th**

**Tuesdays & Thursdays, 5:30pm-6:05pm**

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

Online registration code **210164**

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

### Adult Level 2

**Age 16+**

**9 Lessons | July 2nd-July 30th**

**Tuesdays & Thursdays, 5:30pm-6:05pm**

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

Online registration code **210165**

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



## ■ PRIVATE COACHING & TRAINING

30 minute session | Ages 16+

Members \$20, Non-Members \$24 (plus tax)

Online registration code [210153](#)

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](mailto:abdelha@canadagamescentre.ca).



## ■ LEADERSHIP PROGRAMS



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 | August 12th-16th & August 19th-22nd  
10:30am-11:30am

Members \$80, Non-Members \$110

Online registration code [210171](#)

Prerequisite: None (Swim Patrol experience is recommended)

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

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

## Bronze Medallion

9 sessions | July 8th-12th & July 15th-18th  
9:30am-12:00pm

20 hours | August 6th-9th | 7:30am-1:00pm

**Members \$120, Non-Members \$135**

Online registration code [210172](#)

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

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

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

## Bronze Cross

9 sessions | July 22nd-26th & July 29th-August 1st  
9:30am -12:00pm

20 hours | August 26th-30th | 7:30am -12:00pm

**Members \$135, Non-Members \$150**

Online registration code [210173](#)

**Prerequisite: Bronze Medallion**

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard Service and Instructor certifications. Physical standard includes a 600m timed swim. Registration includes exam fees. *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) | August 17th-19th  
9:00am-5:00pm

**Members \$130, Non-Members \$150**

Online registration code [210175](#)

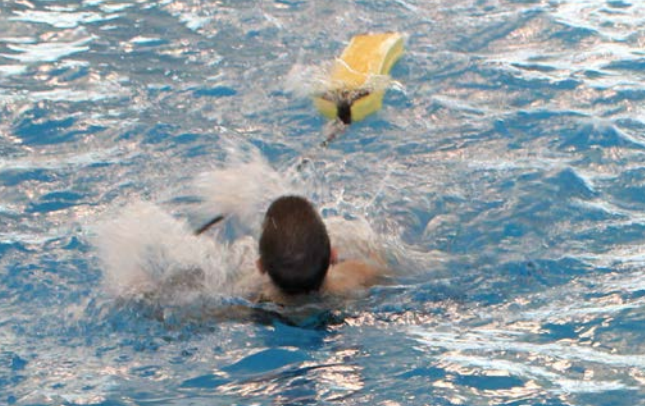
**Prerequisite: 15 years of age and Bronze Cross**

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.*

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





## National Lifeguard Service & Standard First Aid\*

52- 54 hours

July 6th & 7th, July 13th & 14th, July 20th & 21st

9:00am-6:30pm

Members \$265, Non-Members \$285

Online registration code [210174](#)

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

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

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

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

## 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

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







*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.*

## ■ LIFESAVING SPORT TEAM



July 4th - August 22nd | Ages 9-16  
Thursdays, 7:00pm-8:30pm  
Location Varies: Pool, Track, Field House  
**Members \$100, Non-Members \$120**  
Online registration code [712340-LIFESAVESUMMER](#)  
Prerequisites: Completed Swimmer 4 or Swim Kids 5, feel comfortable in deep water, dive into the pool, swim 5-8 minutes continuous and follow coach's directions.

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

**Summer Lifesaving Surf League Schedule is located here on 2019 Summer Lifesaving Schedule.**

## ■ WATER POLO TEAM



July 2nd - August 20th | Ages 9-16  
Tuesdays, 7:00pm-8:30pm  
Location Varies: Pool, Track, Field House  
**Members \$100, Non-Members \$120**  
Online registration code [712440-POLOSUMMER](#)  
Prerequisites: Completed Swimmer 5 or Swim Kids 6, have some water polo experience, feel comfortable in deep water, Swim 50m comfortably, tread water for 1 min, swim 5-8 minutes continuous and follow coach's directions.

Water Polo Team will introduce participants to the sport of water polo, while providing them with training opportunities geared towards skills development and competition. Throughout the summer, specially trained water polo coaches will concentrate on developing each participant's strength, power, and endurance.



## ■ SUMMER SWIM TEAM

Summer Swim Team is structured for those looking to compete over summer and who are not involved in year round swim teams. Our Summer Swim Team focuses on proper technique, sportsmanship and fair play in a positive and encouraging environment. Swimmers will improve their skills and challenge themselves to excel to their full potential with the help of specialized training and expert swim coaching. This year we are offering four teams based on skill level and development.

For any questions on team placement please email **Lauren** at [chingl@canadagamescentre.ca](mailto:chingl@canadagamescentre.ca)

*Please note that all ages are suggestions for placement, but final group placement is at the discretion of the coaches.*

**BRONZE** | Ages 10 and under  
**Members \$240, Non-Members \$250\*\***  
**Online registration code 712240-BRONZE**

**Prerequisite:** Has completed swimmer 5. Able to swim 50m Freestyle, 50m Backstroke, has some concept of whip kick and dolphin kick. New to summer swimming. Swimmers 10 years and under. Able to follow activation activities.

**SILVER** | Ages 11-12  
**Members \$260, Non-Members \$270\*\***  
**Online registration code 712240-SILVER**

**Prerequisite:** Able to dive into the pool, swim all 4 strokes, swim 5-8 minutes continuous, 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 some activation activities independently.

**MULTI-CHILD DISCOUNT:** For families with 2 children enrolled in summer swim team, there is a 10% discount for the second child. For 3 children or more, there is an extra 15% discount for each additional child.



Each swim group (Bronze, Silver, Gold & Platinum) are based on certain skills and competencies. Swim groups are progressive and are based solely on coaches' discretion. Swimmers will be placed into groups after assessment week (June 17th-21st).

Please note: Dryland Training will replace swim practice for the week of June 26th-29th.

**GOLD** | Ages 13 and up  
**Members \$270, Non-Members \$280\*\***  
**Online registration code 712240-GOLD**

**Prerequisite:** 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. Where swimmers over the age of 14 are entering competitive swimming, coaches will use their judgement to consider placing them in Gold.

*\*\*Please note any swimmers not currently registered with the CGCSA in the 2018-2019 year will need to pay a non-refundable annual fee of \$25.00 to Swim Nova Scotia, due at time of registration.*

**PLATINUM | Ages 13 and up**  
**Members \$280, Non-Members \$290\*\***  
Online registration code **712240-PLATINUM**

**Prerequisite:** This group will be by coaches invitation only

It is geared towards experienced swimmers who are able to follow practices independently and swimmers will be held accountable for meet and training performance. They should have a strong grasp of the basics of technique and are ready to attempt more advanced drills and training. There is a higher expectation on attendance than in other groups. Swimmers in this group are able to complete poolside activation independently and act as role models for other training groups.

Each weekend there are optional competitions against other teams around the province. Summer Swim Team has optional lifesaving and water polo practices free of charge. Optional Training opportunities for Summer Lifesaving Sport competitions will be available.

**See Swim Nova Scotia competition schedule on next page.**

**June 17th-August 18th | Ages 8-18**  
Online registration code **712240**

**All annual CGC Swim Academy members qualify for member pricing.** *Registration includes Swim Nova Scotia Summer Swim Fees and registration for Summer Swim Provincials Friday, August 16th-Sunday, August 18th. There are no fundraising commitments required for the CGC Summer Swim Team.*

*\*\*Please note any swimmers not currently registered with the CGCSA in the 2018-2019 year will need to pay a non-refundable annual fee of \$25.00 to Swim Nova Scotia, due at time of registration.*





## SUMMER SWIM TEAM SCHEDULE\*

**NOTE:** All practices include a 15 minute poolside activation

	MON	TUE	WED	THU	FRI	SAT / SUN
BRONZE	5:45pm-7pm	3:45pm-5pm	5:15pm-6:30pm	5:45pm-7pm	5:45pm-7pm	SEE SWIM NOVA SCOTIA COMPETITION SCHEDULE
SILVER	3:45pm-5pm	5:45pm-7pm	6:15pm - 7:30pm	6:45am-8am 4:45pm-6pm	3:45pm-5pm	
GOLD	4:45pm-6pm	6:45am-8am 4:45pm-6pm	3:45-5:30pm	3:45pm-5pm	4:45pm-6pm	
PLATINUM	6:45pm-8pm	4:45pm-6pm	6:45am-8am 3:45-5:30pm	3:45pm-5pm	6:45pm-8pm	
ALL LEVELS		7pm-8:30pm Optional Water Polo Practice		7pm-8:30pm Optional Water Polo Practice		

\*Please note: There are no practices on Monday, August 5th.



# CELEBRATE YOUR SPECIAL DAY

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

NEW

## 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](http://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

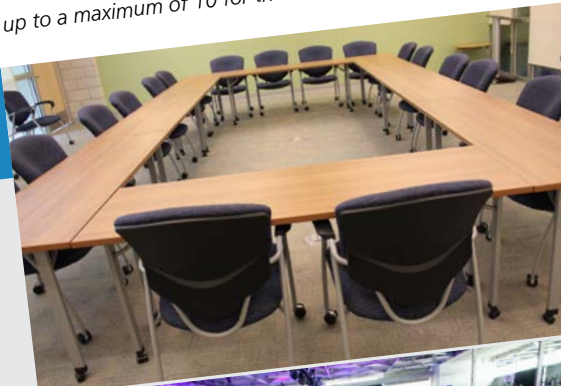
Offering a variety of community spaces, we're the perfect place for meetings, events, private social gatherings, corporate functions and birthday parties.

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](mailto:booknow@canadagamescentre.ca)**





# SUMMER 2019

Camps and Programs

## It happens here.



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