

COMMUNITY

2018-2019
ANNUAL REPORT

Canada
Games
Centre

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OUR LEGACY

The Canada Games Centre was built as the legacy of the 2011 Winter Canada Games in Halifax, Nova Scotia. In February of 2011, the Centre hosted the badminton, synchronized swimming and artistic gymnastics events.

The Canada Games Centre is now a vibrant multi-sport community and recreation centre open to the public. We are an HRM-owned facility operated by a non-profit society committed to promoting physical literacy, fitness and wellness, and to supporting the needs of high performance sport and athlete development. In an all-inclusive environment, the Centre runs sport and recreation programs, camps, fitness classes, and so much more.

VISION

Together, we inspire healthy active living.

MISSION

The Canada Games Centre is committed to the promotion of healthy and active living. We provide opportunities and access for sport and recreation at all levels. Driven by our passion, leadership and teamwork, we provide innovative programming and exceptional experiences.

OUR VALUES SHARED EVERY DAY

Respect, Communication, Community,
Service Excellence, Leadership.

MESSAGE FROM THE BOARD CHAIR AND GENERAL MANAGER

Each year at this time, we reflect on what has been accomplished at the Canada Games Centre. We begin by thinking about where we started, how far we've come, and how much has taken place in the last year alone. What we are left with is an incredible list of achievements and an overwhelming feeling of inspiration and amazement. The Centre has certainly grown from a shiny, new, legacy facility of the Halifax 2011 Canada Games to a leader in the delivery of health and wellness in our region. We are proud of the role we've played in children growing up, families maturing, welcoming new residents, and the wellness of those who've visited over the years.

As a part of our accomplishments in 2018-2019, we worked toward our overall goals of providing exceptional customer service, community programs and services, and a welcoming facility to support Halifax residents in reaching their own personal podiums. These continuous investments in providing remarkable experiences for residents and visitors reflect our efforts towards excellence.

Operationally we are healthy and, in fact, always have been. Membership and visitor numbers continue to grow year over year and we continue to introduce, add and streamline our programs to meet the wants and needs of the community. Careful attention has been paid to maintaining the amenities and equipment in our facility, and we'll need to ensure the investment in this area continues as we head into our ninth operating year. Our forward-thinking approach will keep us in good stead as a vital and appreciated resource for the Halifax neighbourhoods we serve.

Growing alongside the Centre is an amazing community. To continue to meet their needs and those of the expanding region, we have started to look at options to increase our footprint. It is with immense pride that we see the early vision of the surrounding community being realized. And, it is with great excitement that we look forward to the important work still to be done and the continued benefit the Centre can provide to the city.

Heartfelt thanks are extended to our Board of Directors for their unfaltering leadership, commitment and expertise. Our loyal and dedicated staff ensure that we can do what we do every day. And, we are ever grateful for the continued patronage of our members, guests and their families who choose the Canada Games Centre as part of their daily lives. We've seen and learned a lot over eight years.

The following pages tell the story of the motivating environment embodied at the Centre, promoting healthy active living. Enjoy these highlights of the past year as we work together to build for the future in health and wellness.



Yemi Akindoju
*Chair, Canada Games
Centre Society*



Gary Furlong
General Manager

VISIONARY LEADERSHIP

BOARD OF DIRECTORS 2018-2019

Yemi Akindoju
Roberta Whalen
Jeff McKinnon
Sarah McLean
Cherie Foronda-Brennan
Greg O'Malley
Kelsey Green
Kevin Cameron
Melissa MacKinnon
Russell Walker
Valerie Seager
Gary Furlong (Ex-officio)

2018-2019 BY THE NUMBERS



6,700+

Active Annual Memberships

75 kids
in After School Program with
450+ hours
of scheduled physical activity



4,791
PARTICIPANTS

IN RECREATION PROGRAMS

1,199
PARTICIPANTS

IN FITNESS PROGRAMS



2,863

Welcomed In
Halifax Pass visits





80,577
Day Pass Visitors

5,121
PARTICIPANTS
IN AQUATIC PROGRAMS



288
Birthday
Parties!



1,806
Summer Campers



300 Swim Academy
Athletes

40+
Tournaments &
Events



54,376
Participants in Drop-in
Group Fitness Classes

389 STAFF
58%
ARE YOUTH AGES 15-24



84
Canadian Sport Centre
Atlantic Athletes



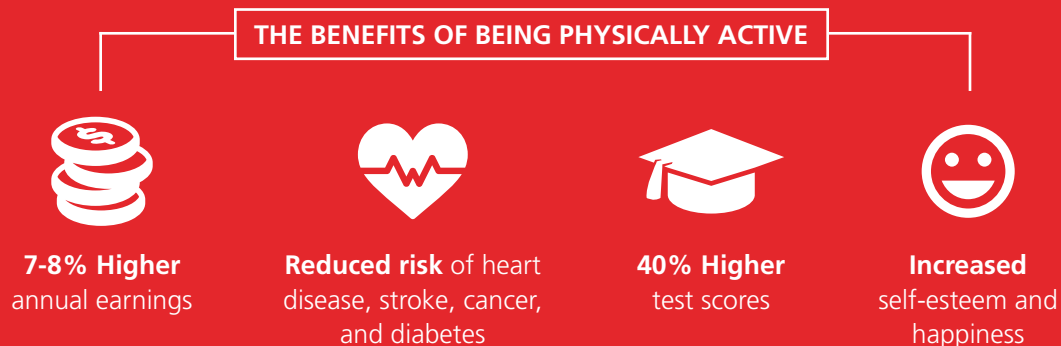
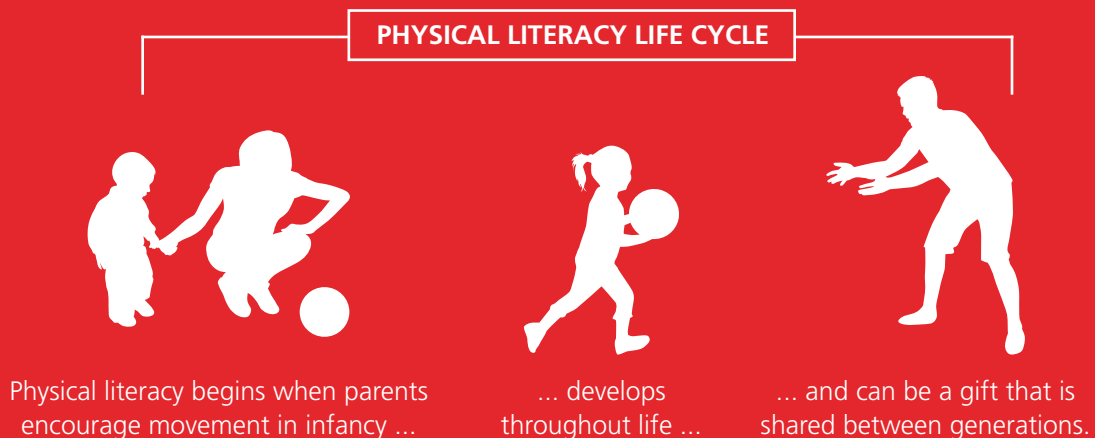
PHYSICAL LITERACY



At the Canada Games Centre, we are passionate about Physical Literacy. It is the building blocks to participate in physical activity and sport. It is learning and developing basic fundamental movement skills to build confidence in technique; it's about having the competence to participate in a full range of activities, in any discipline; and it's the motivation to stay healthy and physically active, regardless of age. From the young, to the young at heart, those who are physically literate are able to make the most of opportunities for fun and activities. This is why we continue to support physical literacy within our community by providing quality programs and services based on physical literacy and Sport for Life principles.

WHAT IS PHYSICAL LITERACY?

Physical literacy is when kids have developed the skills, confidence, and love of movement to be physically active for life.



HOW IS PHYSICAL LITERACY DEVELOPED?

Kids develop physical literacy gradually through a variety of structured and unstructured activities. The nature of these activities changes as kids grow in age and ability.

Adapted from ActiveForLife.com



THE KHATIB/ HALAWA FAMILY

Hometown: Charlotte, North Carolina (Nadine);
Hammonds Plains, NS (Faisal)
CGC Members since 2014

“It’s not just a place for people to work out; it really is a community that you feel you belong to.”

Read more about the Khatib/Halawa Family:
canadagamescentre.ca/member/khatib-halawa-family/



SANJIN TIZIC

Hometown: Timberlea, NS
CGC Staff since February 2018

“What I love best about CGC is the people. Everyone who works for or comes to the CGC has always treated me with utmost respect and kindness. The staff has always been there for me whenever I needed help with anything. I am very thankful to have had the chance to meet such amazing people!”

2018-2019 HIGHLIGHTS

CHECKING OUT THE CGC



In June 2018, we partnered with the Keshen Goodman Public Library for a six-month project enabling the community to check-out a CGC 2-Week Access pass using

their library card. With the help of the Library staff, 20 passes were added to the libraries catalogue, and the CGC created participant kits that included the pass, a physical literacy bookmark, and information in English, French and Arabic on how to make the most of the pass.

The project was such a great success that by the end of the six-months there were over 200 remaining holds on the passes. Not wanting anyone to miss out, CGC and the Library did not hesitate to fulfill the remaining holds.

"The passes were loaned out 274 times over the length of the program, with many customers expressing how happy they were to be able to access CGC," reports Helen Thexton, Manager of Keshen Goodman Public Library. "Customers appreciated the ease of picking up their passes at the library and dropping them off at either the library or CGC."

This collaboration was made possible thanks to the Province of Nova Scotia and its Facility Access Fund.



MEMBERSHIP FEE ASSISTANCE PILOT PROGRAM

At the Canada Games Centre, we believe that everyone should have the opportunity to take part in fitness and recreation activities, and that those opportunities should be accessible and affordable—regardless of one's financial means. From the day we opened our doors in 2011, we have partnered with like-minded organizations to support this belief and provide the community with fee assistance and funding opportunities. Programs like Canadian Tire Jumpstart, the RBC Learn to Play Grant, Raptors Kids, and Thrive! have all made it possible for adults, seniors, youth, children, and non-profit groups to participate in swimming lessons, recreation, and fitness programs at the CGC. The positive feedback for those partnerships and programs was overwhelming and we knew we were on the right track, but more assistance was still needed.

In 2018-2019, we set out to create an affordable access program to help support those in our community that needed it most. The CGC Membership Fee Assistance pilot program was designed and implemented to provide 150 individuals and families by covering 50% of their annual membership fees. The success of the pilot was evident on many levels; reaching its goal to facilitate access to recreation for more people in the community, and also identifying how we can make the program even better as we extend and adapt it into next year.



DISCOVER HOW STRONG YOU REALLY ARE



In May 2018, CGC female staff took part in a self defence train-the-trainer workshop with Joan Helson from SISU Women's Self Defence. An afternoon of hands-on training—basic kicks, strikes, escapes from grabs and holds and ground defences for personal safety options—prepared staff to teach the “Be Your Own Superhero” Workshop on June 2nd, 2018. Led by Amber Allan, CGC Fitness & Wellness Coordinator, the 2-hour female self defence and empowerment workshop saw 16 female participants (moms, daughters, sisters, grandmothers, granddaughters, friends and neighbours) have a fun afternoon together. Geared for all fitness levels, the workshop was about discovering the tools in your self defence toolbox, finding your voice, trusting your gut and creating safe space. They had fun hitting the pads, but also reconnected mind and spirit with their own “superpowers”.

FREE WORKSHOPS

For many of our annual members “fall” means “back-to-school”, but we wanted all of them to have the opportunity to learn something new—and for free! Beginning in Fall 2018, we started offering a variety of complimentary workshops to annual members. These workshops were designed to challenge, sharpen or introduce a new skill while connecting members with similar interests:

- Basketball - Learn to Shoot
- Come Play Chess
- Drawing
- Glass Painting
- How to Deal with Choking
- Introduction to Spin/Cycling
- Learn Child/Infant CPR
- Learn CPR
- Mindful Eating
- Self-Care: Better Backs
- Self-Care: Free Your Feet
- Self-Care: Happy Hips
- Sprint for Sport
- Swimming: Starts & Turns
- Test Your CPR Skills
- Try It - Badminton
- Try It - Lifesaving Sport
- Try It - Pickleball
- Try It - Water Polo



YIN LI DING

CGC Member since 2017

“Health is our most valuable possession. We spend a huge part of our lives working towards achieving our goals. How would we reap the rewards without our health? The CGC has so much to offer at an affordable price! The badminton facility is one of the best in the city.

Read more about Yin Li:
canadagamescentre.ca/member/yin-li-ding/



ALYSHIA SAMPSON

Hometown: Mount Uniacke, NS
 CGC Staff since September 2015

“CGC is my second home and family, and I’m not exaggerating in the slightest. It makes me feel so special when members and guests know me by name and are so happy to see me each day. I also love the fitness classes, they keep me motivated and excited to stay active while having fun at the same time.



DROP-IN FITNESS FOR KIDS & YOUTH

Starting on September 4th, 2018, kids (ages 6-11) & youth (ages 12-16) with CGC memberships or day passes had another reason to drop into the CGC and get moving. Designed specifically for their age groups, 12 drop-in fitness classes were added to the schedule to challenge kids and youth with a variety of movements in a fun atmosphere. Specifically, the classes aimed to develop physical ability and body awareness, as well as spark a lifetime love of physical activity. The classes also provided excellent cross-training options for young athletes and included dance, yoga, strength, sport and fine-motor skills control. The most popular to date have been yoga and sport.

FLEXING THE BRAIN



In partnership with the Nova Scotia Scholastic Chess Association, we started offering beginner Chess programming in Fall of 2018 for ages 6-13. The program quickly expanded to include both beginner and intermediate levels in Winter 2019. By the end of the fiscal year, 30 participants had put their logic and strategic thinking to the test under the tutelage of local chess experts.



We attribute our success in growing youth chess in Nova Scotia to partners who stepped up to support chess education and make it part of their recreational programming. We are really very happy with the support we have received from Canada Games Centre.

- Farhana Kanth, Vice-President, Nova Scotia Scholastic Chess Association



WHERE DO THEY GO?

Items left unclaimed and long-forgotten in CGC's lost and found are not like dryer socks - disappearing into some unexplained abyss. Instead, we make sure they find new life and love:

- **Towels donated to:** SPCA, Hope for Wildlife, Metro Turning Point, and other local shelters in need
- **Clothing and shoes donated to:** Mission Mart, Value Village, Diabetes Canada, and local shelters in need
- **Sunglasses and eyeglasses donated to:** New Eyes for the Needy (through Costco)
- **Goggles and swim gear:** Fishermen in East Timor, Southeast Asia (through Cintia Gillam, PhD Candidate in Applied Science, SMU)



MOST POPULAR ADULT FITNESS PROGRAMS



Stroller Circuit



Yoga



Pilates



Tai Chi



Early Morning Boot Camp



Kettlebell

Adaptive Strength, **Adaptive Pilates**, and **Aqua Yoga**, joined **Adaptive Yoga** as new CGC fitness programs to provide more specialized and progressive activity options for adults who use assistive devices such as wheelchairs, canes, walkers, and crutches.



MOST POPULAR DROP-IN FITNESS CLASSES



Fit for Life



Aquafit



Yoga



Dance Fusion



HIIT

Water Polo (ages 16+), **Lifesaving Sport** (ages 16+), and **Basketball** (ages 18+) were added to the overall list of drop-in activities available at the CGC in 2018-2019, which includes **more than 75 fitness classes** a week.



WENDIE QUINTON

Hometown: St. John's, NL
CGC Member since 2011

“An active lifestyle makes me feel good and a great way to start my day. CGC has so many activities all day, and it is a lot of fun. No matter what your schedule is, there will be something there for you.”

Read more about Wendie:
canadagamescentre.ca/member/wendie-quinton/



MICHAEL EL-CHEIKH

Hometown: Halifax, NS
CGC Member since 2017

“I finally decided to join CGC and take my health and fitness seriously. Ever since then, I fell in love with weight training and fitness. I like the friendly staff and amazing fitness facility with a variety of activities to do.”

Read more about Michael:
canadagamescentre.ca/member/michael-el-cheikh/

NEWCOMERS LEADERSHIP TRAINING PROGRAM

For six months, 14 young individuals participated in the CGC's Newcomers Leadership Training Program. A unique program designed for newcomers to Halifax and its surrounding areas, the program provided leadership training in aquatics and recreation. The program was supported by the Cultural Innovation Fund, and in partnership with the Nova Scotia Lifesaving Society, Immigrant Services Association of Nova Scotia, and the YMCA Centre for Immigrant Programs.

"The Canada Games Centre is committed to supporting diversity in the Centre, as well as the community," says Aquatics Coordinator Ahmed Abdel-Hamied. "This Newcomer Leadership Training Program is a great example of how we have partnered with other organizations to work towards that commitment."

CGC recognized that many of the new families to the area came from places where exposure to aquatics is low. The Newcomer Leadership Training Program set out to provide new members of the community a safe place to explore and strengthen their skills in aquatics, as well as recreation. The program was also designed to give participants a safe space to develop their confidence, become more involved in community activities, and ultimately help them reach leadership positions.

Under the guidance of CGC Aquatics Staff Kristin Peters and Josh MacDonald, participants of the program went through several phases of training, including swimming proficiency, Bronze Medallion certification, Bronze Cross certification, Standard First Aid certification, and National Lifeguard certification.



"The program benefits everyone involved," says Abdel-Hamied. "The participants get significant employment opportunities, Halifax gets more certified lifeguards and we become safer as a community. The lifesaving skills they learn here are not limited to in and around the water. CPR or First Aid could be useful in any situation."



OLIVIER BLAIS

Hometown: Montreal, QC
CGC Staff since March 2015

"I love the community of people that work out and work here. A whole bunch of awesome people!"



CLYDE LEIGHTON

Hometown: Moncton, NB
CGC Member since 2017

"What I like about the CGC is the staff, the Track, the pool and the Fitness Centre. My favourite memory so far is making new friends, young and old."

Read more about Clyde:
canadagamescentre.ca/member/clyde-leighton/



ALICE & LUCIE

Hometown:
Arnprior, ON / Halifax, NS
CGC Members since 2015

"I like how friendly the people are. (Alice)"

"It's friendly and fun. (Lucie)"

Read more about Alice and Lucie:
canadagamescentre.ca/member/alice-and-lucie/

300

Swim Academy
Members

The **Canada Games Centre Swim Academy** is a unique approach to aquatic sports designed to develop the whole athlete and avoid the risks normally associated with overtraining and sport specialization. Now into its second year, the CGCSA features swimming, lifesaving sport and water polo all under one umbrella. Each team 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 enjoyment of physical activity for life. Many CGCSA athletes competed and trained in more than one sport last year, and at 300 members, with a litany of successes in competitions, the CGCSA has seen amazing growth since its introduction in fall 2017.

READ ALL ABOUT LAST YEAR'S RESULTS ONLINE:

- CGC Swim Academy Making a Splash This Summer: canadagamescentre.ca/news/cgc-swim-academy-summer-2018/
- Record Breaking Summer Results: canadagamescentre.ca/news/record-breaking-summer-results/
- Fast Autumn in the Pool: canadagamescentre.ca/news/fast-autumn-pool/



Sport for Life

ACTIVE **FOR** LIFE



GET MORE FROM SPORT

ACCESS - CANCER AND EXERCISE RESEARCH



ACCESS (Activating Cancer Communities through Exercise Strategy for Survivors) is a program designed to reduce the impact of a cancer diagnosis and treatment through exercise. Spearheading the program are Drs. Melanie Keats and Scott Grandy of the Dalhousie School of Health and Human Performance, in partnership with the Nova Scotia Health Authority and the QEII. The program is part of their study on bringing exercise more closely into cancer treatment.

In the 12-week program, each patient is assessed by a certified exercise physiologist who provides them with a tailored exercise plan. These plans are modified daily depending on how a patient is feeling. The program provided opportunities for Dalhousie students studying Kinesiology and other related programs to gain experience working with patients. The Canada Games Centre was excited to help facilitate this program and welcomed 40 Dal student volunteers to our Fitness Centre from October - December in 2018.

MOVE TO IMPROVE & KEEP ON IMPROVING

Following the success of the Move To Improve pilot in 2017, the Chebucto Community Health Team and CGC continued to offer this collaborative program for free to the community in 2018-2019. The 10-week program was designed to help individuals with a chronic condition improve their fitness level and exercise ability. It was so well attended, that Keep On Improving was created to support the next step in the healthy progression of participants.



BEYOND REHAB



The Canada Games Centre continued its 2017 collaboration with the Nova Scotia Rehabilitation & Arthritis Centre to provide Beyond Rehab, a program developed to help outpatient clients stay on the path to recovery. Under the supervision of a CGC Exercise Specialist, the participants—especially those with mobility and neurological challenges—have formed a tight knit group as they continue to build strength, balance and stamina together.



ALLISON KELLER

Hometown: Ottawa, ON
CGC Staff since January 2019

“My favourite part about the CGC is the members and clientele. There is always a certain energy coming from the people who come in and out of this building every day; no matter if I meet them as a personal training client, a participant in a registered or community program, or just a regular in the Fitness Centre. This energy that I’m talking about just radiates positivity, ambition and confidence—It’s extremely motivating.



STEVEN BROWN

Hometown: Halifax, NS
CGC Member since 2014

“The CGC has everything you need for working out, a family atmosphere, members are friendly, staff are friendly, helpful and professional. Come in for a tour and see for yourself!

Read more about Steven:
canadagamescentre.ca/member/steven-brown/

SCHOOL'S IN, LET'S WORK OUT

In 2018-2019, the Canada Games Centre sent Fitness staff back to school in a big way. Through the Halifax Regional Centre for Education's SchoolsPlus program, CGC was able to more than double the number of fitness classes we offer in schools:

- 12-week Fitness Bootcamp at Beechville Lakeside Timberlea Jr. Elementary and Duc d'Anville Elementary
- 6-week Yoga program at Gorsebrook Jr. High and Ocean View Elementary
- Yoga and Tai Chi classes at Tantallon Elementary
- Dance, Yoga and Mindfulness and Meditation during Halifax West High School's Mental Health and Wellness Conference
- Yoga and Dance classes at Sunnyside Elementary

"Amber was a perfect instructor for our Cardio and Yoga days. She was great with the kids and both sessions were very age appropriate. We had a fantastic time!" - Mme. Hazel, Sunnyside Elementary School



Donated \$18,775 in CGC prizing and facility rental space to local non-profit, school, sport, and community groups.



 **1,051**
Grade 3 students in
Swim to Survive program

LIFESAVING SOCIETY SWIM TO SURVIVE PROGRAM

Nova Scotia students in this program learned the essentials of how to be safe around water and survive an unexpected fall in deep water.



HANNAH FRASER & JAMIE COOLEN

Hometown: Stewiacke, NS
(Hannah); Enfield, NS (Jamie)
CGC Members since 2017 & 2015

"We wish people knew how welcoming the facility is and the wide variety of options there are to stay healthy and fit!"

Read more about Hannah and Jamie:
canadagamescentre.ca/member/hannah-fraser-jamie-coolen/



FERIAL EL-HAWARY

Hometown: Halifax, NS
CGC Member since 2011

"Since I joined CGC from day one, it has changed my lifestyle by providing extra motivation through the Fitness Centre and attending some of the fitness classes (Yoga, Zumba and cardio workouts), in addition to the Track and swimming. I don't want people to miss this opportunity to join for the benefit of health and sports education."

Read more about Ferial:
canadagamescentre.ca/member/ferial-el-hawary/

2018 FOOD RUN

TAKE A BITE OUT OF HUNGER



Thanks to the generous support of our community, sponsors, volunteers and CGC staff, the **6th Annual Food Run in support of FEED NOVA SCOTIA** was a big success! On race day, October 15th, 2018, **894 participants** of all ages came out to support the Food Run. After enjoying the fresh air on the course, they joined 15 community organizations and sponsors in celebrating healthy living and physical literacy with us during the Community Festival. Our collective effort raised enough food and cash donations to provide **8,902 meals** for communities across the province. Together, we're continuing to take a big bite out of hunger!



COMMUNITY IN ACTION: THE CHEBUCTO ATLANTICS

When Tara Sampson suggested that her son's PeeWee AA hockey team, the Chebucto Atlantics, participate in the Annual CGC Food Run as a team builder, everyone very happily jumped on board. Tara and her husband Shawn have participated in the Food Run with their kids for five years now and loved that it was such a great event to do together as a family. The Food Run happens pretty early into the team's season, so Tara saw it as the perfect opportunity for the boys to get to know each other and start the season off with a positive experience. With a few kids on the team having running experience, and, as Tara puts it "competitive enough that they enjoy the actual race", she knew there would be enough interest. The Community Festival, with the bouncy castles and games, is definitely a draw for these boys; there are often siblings and parents who join in running with the team as well, which only adds to the fun. This is the third year the Chebucto Atlantics have taken part in the Food Run, and they always pull together to bring in a hearty donation for FEED NOVA SCOTIA. "Hockey teams ask a lot of their communities with their own fundraising efforts," says Tara, "so this is a great opportunity to get our kids to give back to their community and help out struggling families".

Tara Sampson @SambroSongbird · Oct 14
wtg Chebucto PeeWee AA for donating to @feednovascotia and running in the
#CGCFoodRun today 🍎🍎🍎 #chebuctoproud #givingback #hockeyfamily
@ChebuctoHockey



2018
FOOD RUN
TAKE A BITE OUT OF HUNGER

POP-UP MUSIC

When it comes to our health, music can do wonders for us. Whether it sets the tone for a workout or calms the mind after a long day, there is nothing quite like live music. Building on our partnership with Debut Atlantic from the previous year, we brought more pop-up musical performances to CGC's Mainstreet lobby in 2018-2019. Canadian talent delighted and surprised our members and visitors with performances spanning different genres and using of a variety of instruments:

- Award-winning pianist **Andrew Son**, who entertained us with his classical pieces
- A Baroque music showcase by the **Ensemble Les Songes** (Samantha Louis-Jean, Vincent Lauzer, Camille Paquette-Roy & Luc Beauséjour)
- **Kirsty Money** amazed us with her 16-string instrument, the nyckelharpa
- **The Starlight Children's Choir**, who filled the halls with holiday cheer



GERMAINE CYULIMPUNDU

Hometown: Kigali, Rwanda
CGC Staff since June 2015

“What I like about working here is the staff; we work as a team. It's a safe and friendly working environment. Before starting school, I used to think that it would be hard for me to balance work and school, but I was lucky to have a great supervisor who was willing and is always willing to help. He helped me change my work schedule so that I can go to school, have time to read and come to work without any problems.



LAUREN CORMIER

Hometown: Chéticamp, NS
CGC Member since 2015

“The CGC is not an intimidating space. Not only are the staff friendly, but the vast majority of patrons are as well. It is a community; most people are more than happy to help if they can.

Read more about Lauren:
canadagamescentre.ca/member/lauren-cormier/

New Year's Eve



NYE FAMILY EXTRAVAGANZA 2018

Year after year, our New Year's Eve Family Extravaganza brings together a sold-out multi-generational crowd, and this year was no exception. 625+ family and friends celebrated with us and enjoyed a variety of activities including zip-lining, bouncy castles, aquatics fun and a physical literacy obstacle course. We couldn't have asked for better company to play with in honour of the coming of the New Year.



KILLAM SUMMER CELEBRATION

The sun was shining on July 18th, 2018, as CGC staff took over the playground at the Glenforest Drive and Plateau Crescent residences. As part of the Killam Properties 3rd Annual Summer Celebration, we set up a large physical literacy obstacle course, using both equipment from the Centre and existing playground structures. What happened next was two fun-filled hours of physical activity, laughter and play with the neighbourhood families and an afternoon CGC staff enjoyed as much as them.

2018 COMMUNITY VOLUNTEER FAIR

Held every April, National Volunteer Week celebrates Canada's 12.7 billion volunteers for their selfless service and contribution to the community. In the spirit of promoting volunteerism, the CGC hosted its third annual, week-long Community Volunteer Fair. Eleven local, not-for-profit organizations engaged with members and guests, sharing their missions and volunteer opportunities with their events and initiatives. This year's successful Community Volunteer Fair consisted of: Aphasia Nova Scotia, Canadian Blood Services, Canadian Cancer Society, Canadian Pulmonary Fibrosis Foundation, Chebucto Family Centre, Habitat for Humanity NS, Hal-Con Sci-Fi Fantasy Association, Hooked Rug Museum of North America, Junior Youth Spiritual Empowerment Program, Nova Scotia Scholastic Chess Association, Toastmasters (Spirit-Ed).



LINDA LITTLE

Hometown: Halifax, NS
CGC Staff since June 2013

“What I like best about CGC is the members. It is so interesting to speak with people of different ages and experiences.”



TONY MAKHOUL

Hometown: Halifax, NS
CGC Member since 2011

“My motivation has always been seeing results. The reason most people workout is to see their body change and reach their goals. When you are able to look into the mirror and see what hard work and consistency can do - that motivates me to keep it up! CGC has everything you need in a fitness facility at an affordable price, and that no matter your fitness goals, age, or level you feel welcomed.”

Read more about Tony:
canadagamescentre.ca/member/tony-makhoul/

TOURNAMENTS & EVENTS



NATIONAL / REGIONAL / PROVINCIAL SPORT

- Athletics Nova Scotia Indoor Club Championships
- Athletics Nova Scotia Indoor Open
- Athletics Nova Scotia Last Chance Indoor Meet
- Atlantic Canada Taekwondo Games
- Atlantic Regional Synchronized Swimming Championships
- Badminton Nova Scotia Yonex Longard Open
- Badminton Nova Scotia Yonex Scott Open
- Basketball Nova Scotia Eastlink Classic
- Basketball Nova Scotia Junior Mini Jamboree
- Basketball Nova Scotia - Targeted Athlete Strategy Clinic & Academy Training
- Bobsleigh Canada Skeleton Recruitment Camp
- Canada Games Centre Masters Swim Meet*
- Canada Games Centre Swim Academy Water Polo Fall Jamboree*
- Canada Games Centre Swim Academy Water Polo Competition*
- Eastern Elite Volleyball Championships
- Nova Scotia Lifesaving Sport Pool Invitational
- RBC Training Ground & Qualifiers
- Team Nova Scotia Canada Games Athlete Info Sessions & Uniform Pick-Up*
- Volleyball Nova Scotia Adult Tournament
- Volleyball Nova Scotia Provincial Championships
- Water Polo Nova Scotia U16 Competition

SCHOOL & LOCAL SPORT

- All Canada Basketball Junior Phenom Camp
- All Canada Basketball Top 40 Camp
- Atlantic University Sport Athletics Relays
- Atlantis Synchro Holiday Demo
- Atlantis Synchro Water Show Demo
- Breakthrough Basketball Shooting Camp
- Chick 'N' Run Women's Ultimate Frisbee Tournament
- East Coast Pickleball Classic
- Halifax Independent School Swim Meet
- Halifax Open Volleyball Tournament
- Halifax Regional Centre for Education Junior High Kinball Tournament
- Halifax Ultimate Frisbee C4P Tournament
- Millennium Dance Workshops
- Nova Scotia Sport Hall of Fame Basketball Camp of Excellence
- Saint Mary's University Open Track Meet

COMMUNITY SUPPORT / FUNDRAISERS

- March of Dimes Canada's Spiking For Dimes
- MS Walk*
- Prostate Cancer Canada Do It For Dads Walk/Run*
- Sport Nova Scotia Corporate Games*
- YogaFit Canada Instructor Training Sessions
- Weekly or monthly community group meetings including Chebucto Community Health Low Intensity Walking Program*, Nova Scotia Public Health Family Drop-in, IAM Church, Brain Injury Association of Canada Concussion Café, Pulmonary Fibrosis Support Group, Engage Mainland North Roundtable*, Mainland North Joint Emergency Management*

*CGC sponsored event

CGC LEADERSHIP AWARD

Now in its second year, the **CGC Leadership Award** continues to highlight one of the many positive impacts youth sport has in our region. Through collaboration with the organizers of tournaments held at CGC, we presented the award to individuals who exhibited the kind of values and athletic integrity required to be true leaders in their sport and community. Congratulations to: **Addison McClure, Jason Stewart, Alice K., Tra Mi Do, and Peter Lord.**



HIGH PERFORMANCE SPORT



The Canadian Sport Centre Atlantic (CSCA) is located at the Canada Games Centre. The CSCA is part of a national network of multisport centres that link high-performance athletes and coaches with sport-related services.



ATLANTIC ATHLETES WHO TRAIN AT THE CANADA GAMES CENTRE

PODIUM CANADA TARGETED ATHLETES



SPORT CANADA CARDED ATHLETES



CANADIAN DEVELOPMENT ATHLETES



FACILITY IMPROVEMENTS



- Retrofitted the Field House, meeting rooms, offices and hallways with LED lighting in partnership with the City of Halifax and Efficiency Nova Scotia. A total of 3,994 light bulbs were changed to LED.
- Repainted and installed fresh tread on the main staircase to the second floor.
- Upgraded to a wireless projector and sound system in the Boardroom for community meetings and rentals to enjoy. Also updated the carpet and artwork.
- Decorated our community rooms with canvases depicting CGC members and guests in action around the facility.

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WELCOME

Our community is a beautifully diverse and multicultural one, and at the CGC, we want everyone to feel welcome. In celebration of all the different cultures living in our community and walking through the doors, we added a new banner above the Customer Service Desk greeting everyone in 37 different languages.

NEW YEAR, NEW GEAR



- In December 2018-January 2019, the Fitness Centre said goodbye to the majority of its existing cardio equipment and welcomed a fleet of 44 new machines. Not wanting the strength gear to feel left out, we also brought in 29 new pieces of strength equipment.
- The Aquatics Centre received four new modular pieces for its giant inflatable, as well as a Hippocampe Aquatic wheelchair.



CGC PLAYBOX

On July 30th, 2018, the CGC Playbox was installed outdoors for members and visitors alike to enjoy. Located beside our physical literacy playground, the Playbox contained a variety of sports equipment and games for families to engage in active outdoor play together. Soccer balls, volleyballs, baseball gear, badminton rackets and birdies, sidewalk chalk, Frisbees, skipping ropes and a playbook of active outdoor games were available to the community to borrow any time. When finished playing, the items were simply returned to the box, allowing others to share in the experience.



CHILD MINDING

Why should the inside of Child Minding have all the fun? A whimsical forest and 3D pond decal was added to the room's entrance to spark imagination and play, while promoting the service. The lily pads have been a kid favourite—even outside of Child Minding hours!



BEST FITNESS INSTRUCTOR



FACILITY AWARDS

- Lifesaving Society's Les Punchard Award – for certifying the most individual lifesavers in Nova Scotia
- Lifesaving Society's Regional Affiliate for Halifax Region – Large Facility Award for running the most lifesaving programs in the City of Halifax

• Bronze Winner

The Coast's Readers' Choice Best of Halifax Awards 2018, "Best Fitness Instructor"
Amber Allan, CGC Fitness & Wellness Coordinator



KRISTA WORTH

Hometown: Halifax, NS
CGC Staff since November 2017

“What I love most about the CGC is the families that come into Child Minding; they have won a place into my heart. I work with some great people both directly and indirectly, and I love coming to work every day. I also love the atmosphere, it is both welcoming and encouraging. The instructors are fantastic and there is always a great group of people to work out with.”

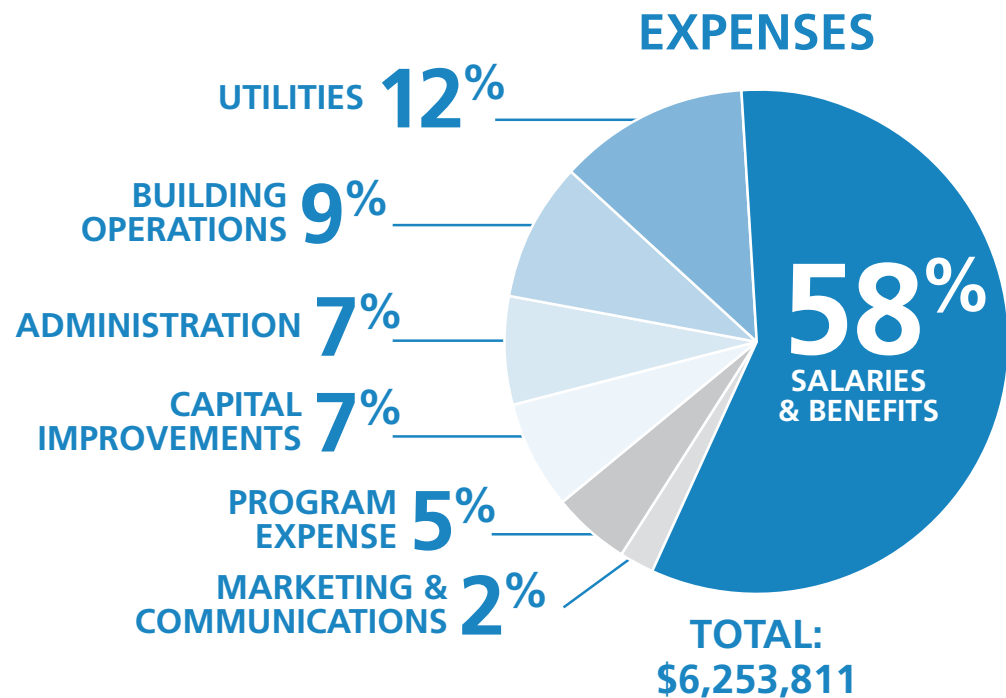
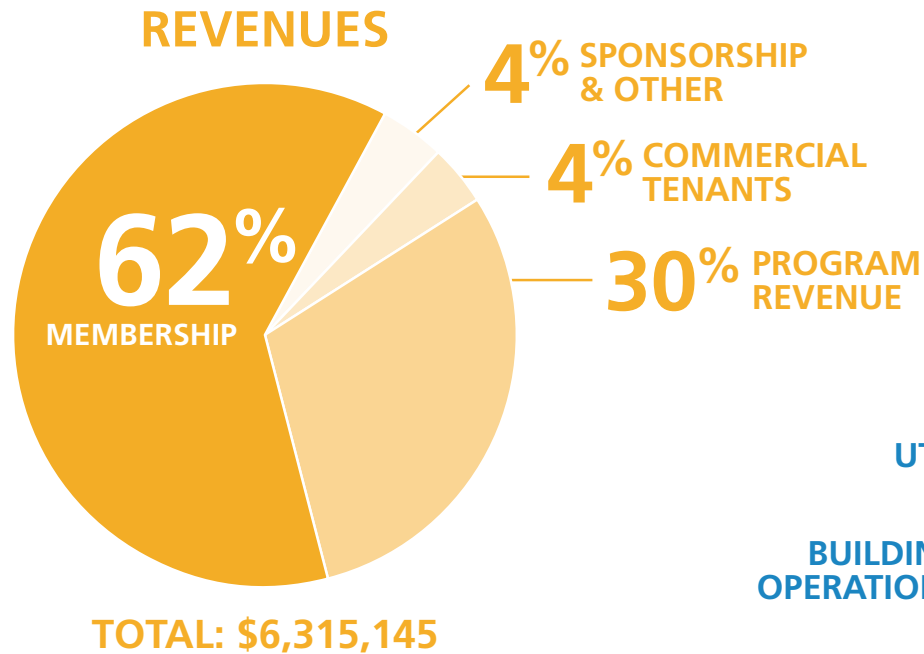


JAMES MCINTOSH

Hometown: Nassau, Bahamas
CGC Staff since February 2018

“What I love most about CGC is that it provides a safe community environment and inspires healthy living among kids, teens and adults.”

FINANCIAL SUMMARY FOR 2018-2019



THANK YOU

The Canada Games Centre is grateful for the support of the following stakeholders, who continue to align with us as a place to meet, learn, exercise, grow, socialize and play.

HALIFAX



lifemark

STAYING CONNECTED

419,231

website visits



10,278

e-newsletter
subscribers



6,283

Facebook page likes



Twitter
followers



It happens here.

 E-newsletter: <http://bit.ly/cgcnews>

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

 facebook.com/CGCHalifax

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