

■ TABLE OF CONTENTS

How to Register	3
Program Access Card	4
Physical Literacy – It Happens Here	5
Canada Games Centre Membership	7
1-Day Workshops	8
■ RECREATION PROGRAMS	9
Professional Development Day Camps	9
Holiday Camps	9
Play School	10
Chess	11
Sports Programs	11
■ FITNESS AND WELLNESS PROGRAMS	19
Adult Specialized Programs	19
Wellness Programs	24
Baby Friendly Fitness Programs	31
Quick Reference Guide	32
Fitness Services	33
■ AQUATICS PROGRAMS	35
Aquafit & Hydrorider Classes	35
Parent & Tot Programs	36
Preschool Programs	37
School-Aged Swimmer Programs	38
Swim Lessons - Days & Times	40
Aquatics Inclusion Lessons	41
Private & Semi-Private Swim Lessons	42
Teen Group Swim Lessons	42
Adult Group Swim Lessons	43
Private Coaching & Training	43
Leadership Programs	44
Masters Swim Team	47
Diving Program	48
CGC Swim Academy	49
CGC Swim Academy - Training Days & Times	53
■ FIRST AID TRAINING	54
■ RENTALS & EVENTS	56

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.hfxgcgwebtraconlinereg.ca/>

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

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

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

■ REGISTER IN-PERSON

26 Thomas Raddall Drive

Monday – Friday 8:00am-9:00pm
Saturday – Sunday 8:00am-7:00pm

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

REGISTRATION DATES

MEMBERS:

Online: **August 6th**, beginning at 8:00 am
In-person: **August 8th**, beginning at 8:00 am

NON-MEMBERS:

Online: **August 13th**, beginning at 8:00 am
In-person: **August 20th**, 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).
- Scan your CGC membership card at the gates will give you access up to 30 minutes 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 (plus tax).

What if I already have a card from registering in a previous programming session?

- Great! It'll reload itself with your new programs automatically. Just remember to bring it with you on the program start date and there's no need to check in.

I'm a member, do I need one of these cards?

- No, all you need is your membership card.

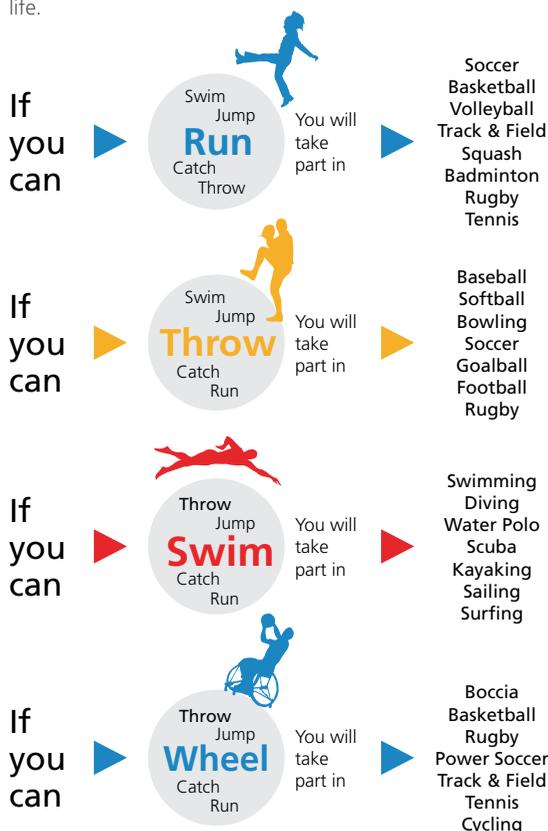
Additional Details:

- Once children under 12 have swiped their Program Access Card, the Gate Monitor/or Customer Service Staff will buzz the accompanying adult through the gate. If additional parents/guardians/spectators arrive after the participant has gained access, they are asked to check in with our Customer Service Desk to verify their child's registration in the program, and then they will also be let in through the access gate.
- Even though an adult is not required to accompany program participants 12+ years, we understand that many may still wish to watch their child during their session. These individuals may access the facility at the same time as the card holder, but adults will not be granted entrance if they arrive after the program participant swipes their card and enters.

Physical Literacy – It Happens Here.

Phys-i-cal Lit-er-a-cy *noun* :

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.



Just like when learning to read, we start with syllables, not novels. Physical Literacy starts with fundamental movements like jumping, throwing, catching, hitting and swimming. These skills are taught in a fun and engaging way to encourage enjoyment of physical activity.

At the CGC, we believe that actually enjoying physical activity is an important motivator when it comes to developing lifelong healthy habits. With this in mind, we strive to help young Nova Scotians experience this enjoyment and become physically literate through our programming. To ensure our programs are both accessible and of the highest quality, we're involved in the following initiatives:



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



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



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

2 FUNdamentals

MALES 6-9 Years
FEMALES 6-8 Years

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

PROGRAMS

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

4 ActiveforLIFE

MALES & FEMALES
Any Age

- Minimum 60 minutes of moderate daily activity or 30 minutes of intense activity for adults.
- Move from competitive sport to recreational activities

PROGRAMS

- Badminton
- Wrestling
- Family Karate
- Adult Karate
- Adult Sparring
- Pickleball
- Adult Fitness Programs
- Swim Lessons
- Aquatics Leadership Programs
- Swim Academy

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

1 ActiveSTART

MALES & FEMALES
0-6 Years

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

PROGRAMS

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

3 LearntoTRAIN

MALES 9-12 Years
FEMALES 8-11 Years

- Overall sport skills development
- Major skill learning stage
- Integrated mental, cognitive and emotional development

PROGRAMS

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



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



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

Invest in YOU!



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



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

- Swim, dive and splash your way around our Aquatics 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, Pickleball & Table Tennis)
- Stretch your legs on our 6-lane, 200m indoor Track (Strollers and Nordic poles welcome!)
- Choose from over 75 Drop-in Fitness Classes a week, including Yoga, Zumba, Spin, interval training, strength & conditioning, Aquafit and more!

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/pickleball 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*

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

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

It happens here.



1-Day Workshops



SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

They're back and better than ever!

Our 1-day workshops are a great opportunity to learn something new. They are also an excellent way to try an activity before registering for the full program. Workshops are still free for Annual Members, and now open to non-members for \$8 each (plus tax). Click on each workshop below to jump to the full description; spaces are limited, so make sure to register early!

Registration is required.

Annual Members Free, Non-Members \$8.00 each (plus tax)

Introduction to Weight Lifting for Women (Lifting 101 - Ladies Only)

September 8th

Toughen Up - Level 2

September 9th, September 11th, October 30th, December 18th

Introduction to Tai Chi September 9th

Traditional Yang Style Tai Chi – Level 1
September 9th

Grow My Yoga Practice September 9th

Adaptive Pilates September 9th

Beginner Barre Pilates Fusion

September 9th

Barre Pilates Fusion September 9th

Adaptive Strength September 10th, October 29th, December 17th

Introduction to TRX, Kettlebell

September 10th, October 29th, December 17th

Iron Circuit September 10th, October 29th, December 17th

Toughen Up - Level 1 September 10th, September 12th, October 29th, December 17th, December 19th

Early Morning Bootcamp

September 10th, September 12th, October 29th, December 17th, December 19th

Traditional Yang Style Tai Chi – Level 2

September 10th, October 29th, December 17th

Traditional Yang Style Tai Chi – Level 3

September 10th, October 29th, December 17th

Introduction to Mindfulness and Meditation – Level 1

September 10th, December 17th

Restorative Yoga September 10th, October 29th, December 17th

Introduction to Yoga September 11th, October 30th, December 18th

Introduction to Yin Yoga 101
September 11th

Pilates Level 1 September 11th

Drum-Fit September 12th, December 19th

Learn CPR, September 14th

Learn Child/Infant CPR October 5th

Swimming: Starts, Turns October 6th

Try It – Pickleball October 2nd

Mindfulness and Meditation – Level 2
October 29th

Yin Yoga 201 October 30th, December 18th

Pilates Level 2 October 30th, December 18th

How To Deal With Choking
November 2nd

Lifting 201 - Ladies Only November 3rd

Try It – Badminton November 13th

Try It – Parent, Tot Lessons
December 1st, December 3rd, December 9th

Test Your CPR Skills December 7th

Recreation Programs



■ PROFESSIONAL DEVELOPMENT DAY CAMPS

HRCE | September 27th, October 25th, November 22nd, November 28th

CSAP | October 24th, October 25th, November 15th, November 28th
Grade P-6 | 8:30am-5:00pm

Members \$35, Non-Members \$40

(Price is per child per day)

Online registration code **321003**

Full Time Registrants in our After School Program:

Members \$20 | Non-Members \$25

(Price is per child per day)

We host an assortment of one-day camps that will surely keep the kids talking! Kids participate in a variety of indoor and outdoor activities such as active time, outdoor time, and swimming. Camp registration is ongoing and offered for children currently enrolled in Grades Primary - 6. Spaces are very limited for these camps, so register early! If the camp is full, please add yourself to the waitlist.

■ HOLIDAY CAMPS

December 23rd, December 27th, December 30th, January 2nd, January 3rd

Grade P-6 | 8:30am-5:00pm

Members \$35, Non-Members \$40

(Price is per child per day)

Online registration code **321003**

The Canada Games Centre hosts day camps around the December holiday season. Camps run on the dates noted above. Kids participate in a variety of indoor and outdoor activities such as sports, arts & crafts, and swimming. All camps are single days to allow flexibility around your holiday fun. Spaces are very limited, so register early.



■ PLAY SCHOOL

Our active play school provides a safe and nurturing environment for your children to learn, grow and experience the world. Children do crafts, free play, puzzles and story time while unlocking their potential through play based hands-on experiences, depending on the class. Children must be at least 3 years old and toilet trained to register, except for the Primary Prep classes, in which children must be enrolling in school for September 2020. Each child should also bring a nut-free snack and indoor sneakers to each class.

Primary Prep.

Ages 3-5

8 sessions | September 16th-November 18th
Mondays, 9:00am-11:30am*

Members \$64, Non-Members \$80

Online registration code **320110**

Location: Activity Room



**Please note that there will be no program on Monday, October 14th and Monday, November 11th.*

Almost ready for big kid school? We'll help you make sure you're ready to go. This class is designed for kids who will be going to Primary in September 2020. Each week will focus on a different theme and have structured learning activities to help your little ones prepare for their next big milestone.



Play School Swim Lessons



Ages 3-5

9 sessions | September 19th-November 14th
Thursdays, 9:00am-11:30am

Members \$117, Non-Members \$135

Online registration code **320111**

Location: Activity Room

We've combined the fun of our Play School Program with the convenience of our Lifesaving Society's Swim for Life Preschool Swim Lessons. In this program, your child participates in a full swim lesson delivered by certified instructors and receives a report card at the end of the term. We'll accompany your child to the pool for their 9 weeks of lessons and then have fun with classroom activities once they're all dried.

Tiny Tumblers



Ages 3-5

8 sessions | September 17th-November 19th
Tuesdays, 9:00am-11:30am

Members \$64, Non-Members \$80

Online registration code **320107**

Location: Activity Room



Ages 3-5

8 sessions | September 20th-November 22nd
Fridays, 9:00am-11:30am*

Members \$64, Non-Members \$80

Online registration code **320107**

Location: Activity Room

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

■ CHESS

Beginner

Ages 6-10
8 sessions | September 17th-November 5th
Tuesdays, 5:00pm-6:00pm
Members: \$40, Non-Members: \$52
Online registration code [320303](#)
Location: Classroom



Intermediate

Ages 8-12
8 sessions | September 17th-November 5th
Tuesdays, 6:00pm-7:00pm
Members: \$40, Non-Members: \$52
Online registration code [320303](#)
Location: Classroom

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

Adults & Seniors

Ages 18+
8 sessions | September 17th-November 5th
Tuesdays, 7:00pm-8:00pm
Members: \$40, Non-Members: \$52
Online registration code [320303](#)
Location: Classroom

Come join our Adult and Senior Chess Program and learn to play chess from local chess experts. The program is targeted at adults and seniors, no previous experience playing chess is necessary. New players will learn the basics of the game and those with some experience can learn advanced strategies and tactics.



■ SPORTS PROGRAMS



Badminton



Ages 6-8
8 sessions | September 18th-November 6th
Wednesdays, 5:00pm-5:45pm

Ages 9-12
8 sessions | September 18th-November 6th
Wednesdays, 5:45pm-6:30pm

Members \$60, Non-Members \$75
Online registration code [320211](#)
Location: Field House

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



Badminton Club AfL

Ages 9-12
27 sessions | September 17th-December 19th
Tuesdays and Thursdays, 5:00pm-6:30pm*

Ages 13-16
27 sessions | September 17th-December 19th
Tuesdays and Thursdays, 6:30pm-8:00pm*

Members \$224, Non-Members \$280**
Online registration code **320211**
Location: Field House

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

**Please note that there will be no program on Thursday, October 31st.*

***Please note badminton club participants are required to pay a one-time non-refundable annual fee of \$20.00 to Badminton Nova Scotia, due at time of registration and covers September 2019-August 2020. Annual Fee online registration code 320211*

Try It – Badminton



Ages 18+
November 13th
Wednesday, 5:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **320211**
Location: Field House

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

Basketball AfL



BASKETBALL FUNDAMENTALS

Ages 5-8
8 sessions | September 18th–November 6th
Wednesdays, 6:30pm-7:15pm

Ages 9-12
8 sessions | September 18th–November 6th
Wednesdays, 7:15pm-8:00pm

Members \$60, Non-Members \$75
Online Registration Code **320206**
Location: Field House

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

BASKETBALL SKILLS & DRILLS

Ages 5-8
8 sessions | September 20th–November 22nd
Fridays, 6:30pm-7:15pm*

Ages 9-12
8 sessions | September 20th–November 22nd
Fridays, 7:15pm-8:00pm*

Members \$60, Non-Members \$75
Online Registration Code **320206**
Location: Field House

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

**Please note that there will be no program on Friday, October 11th and Friday, October 18th.*



Taekwon-Do



Ages 5-7

8 sessions | September 14th–November 9th
Saturdays, 12:30pm-1:15pm

Ages 8-10

8 sessions | September 14th–November 9th
Saturdays, 1:15pm-2:00pm*

Members \$60, Non-Members \$75

Online registration code **320201**

Location: Dance Studio

**Please note that there will be no programs on Saturday, October 12th*

Use this Korean martial art to focus your energy in a positive way. Under the direction of 6th level black belt David Hiltz, Taekwon-Do is designed to enhance strength, flexibility, balance and confidence through practice and discipline. This program is not belted and requires only comfortable active wear to participate.

Run, Jump, Throw



Ages 7-11

8 sessions | September 18th–November 6th
Wednesdays, 6:00pm-7:00pm

Members \$60, Non-Members \$75

Online registration code **320207**

Location: Track

An Athletics Canada program, Run Jump Throw assists youth in learning to move efficiently and help them grow into adults who are active, productive and healthy citizens. Based on Sport for Life's FUNdamental Stage of physical literacy, the goal of Run Jump Throw is to offer a program that serves as a strong foundation for all sports. This program is designed specifically to get your kids up and moving, and to build physical activity skills they will use throughout their lives. No prior experience is necessary and all children are welcome.

Dance



Ages 3-4 | Saturdays, 9:00am-9:30am*

Ages 4-5 | Saturdays, 9:30am-10:00am*

8 sessions | September 14th–November 9th

Members \$40, Non-Members \$50

Online registration code **320212**

Location: Dance Studio

**Please note that there will be no programs on Saturday, October 12th.*

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



Multi-Sport



Ages 5-7

8 sessions | September 16th–November 18th

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

Members \$60, Non-Members \$75

Online registration code [320204](#)

Location: Field House

**Please note that there will be no program on Monday, October 14th and Monday, November 11th.*

Multi-Sport combines games and play-based learning to build fundamental movement skills in children like agility, throwing, striking, jumping, and running. Participants will learn to love new sport skills in a fun and safe setting with certified and accomplished Fundamental Movement Skills instructors.

Wrestling



Ages 5-8

8 sessions | September 16th–November 18th

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

Members \$60, Non-Members \$75

Online registration code [320203](#)

Location: Field House

**Please note that there will be no program on Monday, October 14th and Monday, November 11th.*

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

Wrestling Club



Ages 9+

12 sessions | September 15th – December 15th

Sundays, 6:00pm-8:00pm

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

Online registration code [320203](#)

Location: Field House

**Please note that there will be no program on Sunday, October 13th and Sunday, November 3rd.*

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



Pickleball

PICKLEBALL FUNDAMENTALS

Ages 18+

4 sessions | September 16th–September 25th
Mondays and Wednesdays, 1:00pm-3:00pm

4 sessions | October 30th–November 13th
Mondays and Wednesdays, 1:00pm-3:00pm*

Members \$60, Non-Members \$75 (plus tax)

Online registration code **320209**

Location: Field House

**Please note that there will be no program on
Monday, November 11th.*

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

PICKLEBALL SKILLS & DRILLS

Ages 18+

8 sessions | September 30th–October 28th
Mondays and Wednesdays, 1:00pm-3:00pm*

8 sessions | November 18th–December 11th
Mondays and Wednesdays, 1:00pm-3:00pm

Members \$120, Non-Members \$150 (plus tax)

Online registration code **320209**

Location: Field House

**Please note that there will be no program on
Monday, October 14th.*

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



Try It – Pickleball



Ages 18+

October 2nd

Wednesday, 3:00pm-5:00pm

Members FREE, Non-Members \$8 (plus tax)

Online registration code **320209**

Location: Field House

During this workshop, participants learn the basic rules of pickleball and receive a brief introduction to the fundamental skills required to play the game.

No experience necessary.

Youth Karate

Online registration code **320202**

Location: Dance Studio

YOUTH FUNDAMENTALS | Ages 4-5 | Non-belted
13 sessions | September 9th–December 16th
Mondays, 6:00pm-6:30pm*
*Members \$68, Non-Members \$85***

YOUTH FUNDAMENTALS | Ages 4-5 | Non-belted
15 sessions | September 11th–December 18th
Wednesdays, 5:45pm-6:15pm
Members \$80, Non-Members \$100

YOUTH BEGINNERS | Ages 6-8
13 sessions | September 9th–December 16th
Mondays, 6:30pm-7:15pm*
*Members \$96, Non-Members \$120***

YOUTH ALL RANKS | Ages 6-8
15 sessions | September 10th–December 17th
Tuesdays, 5:30pm-6:15pm
*Members \$112, Non-Members \$140***



YOUTH ALL RANKS | Ages 6-8
15 sessions | September 11th–December 18th
Wednesdays, 6:15pm-7:00pm
*Members \$112, Non-Members \$140***

YOUTH WHITE TO ORANGE BELT | Ages 9-12
13 sessions | September 9th–December 16th
Mondays, 7:15pm-8:15pm*
*Members \$108, Non-Members \$135***

YOUTH GREEN BELT & UP | Ages 9-12
15 sessions | September 10th–December 17th
Tuesdays, 6:15pm-7:15pm
*Members \$124, Non-Members \$155***

**Please note that there will be no program on Monday, October 14th and Monday, November 11th.*

***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 that covers September 2019-August 2020. Annual Fee online registration code [320202](#).*

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 \$70. Programs fill very quickly, so please register early so you are not disappointed!





Family Karate

Online registration code **320202**
Location: Dance Studio

FAMILY ALL RANKS | Ages 6-12 + Parent(s)
15 sessions | September 11th–December 18th
Wednesdays, 7:00pm-8:00pm
*Members \$60, Non-Members \$75***

FAMILY ALL RANKS | Ages 6-12 + Parent(s)
14 sessions | September 12th–December 19th
Thursdays, 5:30pm-6:30pm*
*Members \$56, Non-Members \$70***

**Please note that there will be no program on Thursday, October 31st.*

***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 that covers September 2019-August 2020. Annual Fee online registration code **320202**.*

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 \$70-\$85 depending on size.

Adult Karate

Online registration code **320202**
Location: Dance Studio

ADULT ALL RANKS | Ages 13+
13 sessions | September 9th–December 16th
Mondays, 8:15pm-9:15pm*
*Members \$108, Non-Members \$135***

ADULT BROWN & BLACK BELTS | Ages 13+
15 sessions | September 11th–December 18th
Wednesdays, 8:00pm-9:00pm
*Members \$124, Non-Members \$155***

**Please note that there will be no programs on Monday, October 14th & Monday, November 11th.*

***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 that covers September 2019-August 2020. Annual Fee online registration code **320202**.*

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 \$85.



Senior Karate

Online registration code **320202**
Location: Dance Studio



Ages 18+
13 sessions | September 9th–December 16th
Mondays, 11:00am-12:00pm*
Members \$68, Non-Members \$85**

15 sessions | September 11th–December 18th
Wednesdays, 11:00am-12:00pm
Members \$80, Non-Members \$100**

**Please note that there will be no programs on Monday, October 14th and Monday, November 11th.*

***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 that covers September 2019-August 2020. Annual Fee online registration code [320202](#).*

Led by 5th Degree Black Belt Sensei Jeff Murphy, Senior Karate is a program where basic karate movements are reviewed. Additional fees for belt testing and uniforms will be the responsibility of participants. Gi's can be purchased through Sensei Jeff on the first day if necessary at a cost of \$85.

Youth & Adult Sparring

Online registration code **320202**
Location: Dance Studio

Ages 7+
14 sessions | September 12th–December 19th
Thursdays, 6:30pm-7:30pm*
Members \$116, Non-Members \$145**

**Please note that there will be no program on Thursday, October 31st.*

***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 that covers September 2019-August 2020. Annual Fee online registration code [320202](#).*

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

Karate Private Lessons

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



Fitness and Wellness Programs

What's the difference between CGC'S REGISTERED FITNESS PROGRAMS and the DROP-IN FITNESS CLASSES included in your membership or day pass?

Registered programs are designed for the participant who wishes to progress over the course of a program. Led by our certified instructors, these programs are smaller in size allowing for more specialized training and attention to help you reach your goals. Registered programs are not included in membership fees, but members do receive a discounted rate. Spaces are limited, so pre-registration is required.



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

■ ADULT SPECIALIZED PROGRAMS

Adaptive Strength

1-DAY
WORKSHOPS

September 10th, October 29th,
December 17th
Tuesdays, 1:00pm-2:00pm
*Members FREE,
Non-Members \$8 (plus tax)*
Online registration code **330143**
Location: 2nd Floor Fitness Studio



DON'T FORGET ME!

See page 4 for more details

6 weeks | September 17th–October 22nd
Tuesdays, 1:00pm-2:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330143**
Location: 2nd Floor Fitness Studio

6 weeks | November 5th–December 10th
Tuesdays, 1:00pm-2:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330143**
Location: 2nd Floor Fitness Studio

Adaptive Strength is open to all fitness levels, and uses the help of a straight-backed chair to facilitate a variety of resistance exercises including the use of body weight, free weights, and exercise bands. Individuals who use assistive devices (wheelchairs, canes, walkers, crutches etc.) are welcome and encouraged to join this program. If you want to improve overall strength and fight against muscle loss that often accompanies mobility issues, then this is your fountain of youth. Program size is limited to 8 participants.



Introduction to Weight Lifting for Women (Lifting 101 - Ladies Only) ← NOW 6 WEEKS



Sunday, September 8th
9:00am-10:00am*
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330514**
Location: Personal Training Studio

6 weeks | September 15th–October 27th
Sundays, 9:00am-10:00am*
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330514**
Location: Personal Training Studio

**Please note that there will be no program on Sunday, October 13th.*

Does the Fitness Centre confuse you or make you feel intimidated? Do you see lots of exercise options but aren't sure of their proper technique or how to implement them into a workout? This Ladies Only program, led by a female trainer, will walk you through basic strength exercises to ensure you feel confident and comfortable while working out. Program size is limited to 8 participants.

Lifting 201 - Ladies Only ← NOW 6 WEEKS



Sunday, November 3rd
9:00am-10:00am
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330536**
Location: Personal Training Studio

6 weeks | November 10th–December 15th
Sundays, 9:00am-10:00am
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330536**
Location: Personal Training Studio

Prerequisite: Lifting 101 or equivalent (previous training by professional)

Have you been doing the same exercises for a while and you're not sure how to progress your routine? Do you know the basics but are looking for a new challenge? Then Lifting 201-Ladies Only is right for you. This program, led by a female trainer, takes the basic strength training exercises and adds some complexity. It will help you challenge yourself and add variety to your workout. Program size is limited to 8 participants.



Introduction to TRX & Kettlebell



September 10th, October 29th, December 17th
Tuesdays, 6:15pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330508**
Location: TRX Alcove

6 weeks | September 17th–October 22nd
Tuesdays, 6:15pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330508**
Location: TRX Alcove

6 weeks | November 5th–December 10th
Tuesdays, 6:15pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330508**
Location: TRX Alcove



Iron Circuit



September 10th, October 29th, December 17th
Tuesdays, 7:00pm-8:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330503**
Location: TRX Alcove

6 weeks | September 17th–October 22nd
Tuesdays, 7:00pm-8:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330503**
Location: TRX Alcove

6 weeks | November 5th–December 10th
Tuesdays, 7:00pm-8:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330503**
Location: TRX Alcove

Two for the price of one! TRX Suspension Training is a revolutionary strength and conditioning system that uses your own body weight as resistance. Learn to utilize kettlebells safely and purposefully when incorporating them in to your workouts. Our instructor is TRX and Agatsu Kettlebell certified. Program size is limited to 8 participants.

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. Program size is limited to 12 participants.



Drum-Fit

1-DAY
WORKSHOPS

September 12th, December 19th
Thursdays, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330523**
Location: 2nd Floor Fitness Studio

6 weeks | September 19th–October 24th
Thursdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330523**
Location: 2nd Floor Fitness Studio

6 weeks | November 7th–December 12th
Thursdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330523**
Location: 2nd Floor Fitness Studio

Using drumsticks and heart-pounding music, Drum-Fit gives you a healthy way to pound away your stress, or live out your dream of joining a band! Move to the rhythm to get a full-body workout that combines cardio, conditioning, and strength training with stretching and body-weight exercises. Designed for all fitness level, ages, and abilities, Drum-Fit will help you cut loose, shape up, and move in all kinds of new ways! Program size is limited to 15 people.



Toughen Up - Level 1



1-DAY
WORKSHOPS

September 10th, September 12th, October 29th,
December 17th, December 19th
Tuesdays & Thursdays, 6:30pm-7:30pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330504**
Location: Track Starting Blocks

6 weeks | September 17th–October 24th
Tuesdays & Thursdays, 6:30pm-7:30pm
Members \$96, Non-Members \$120 (plus tax)
Online registration code **330504**
Location: Track Starting Blocks

6 weeks | November 5th–December 12th
Tuesdays & Thursdays, 6:30pm-7:30pm
Members \$96, Non-Members \$120 (plus tax)
Online registration code **330504**
Location: Track Starting Blocks

Get off the couch and into the best shape of your life with this resistance/interval training program. This fitness program is the first step and is designed for participants who will strive to improve their strength, endurance and body composition in 6 weeks. Join one of our amazing personal trainers for pre & post fitness tests, as well as anthropometric measurements, which will help keep you on track. High intensity training and a variety of fun and challenging workouts will get you to your goal and your new you.



Toughen Up - Level 2



September 9th, September 11th,
October 30th, December 18th
Mondays & Wednesdays, 6:30pm-7:30pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330524**
Location: Personal Training Studio
Prerequisite: *Toughen Up Level 1*

6 weeks (12 sessions) | September 16th–October 28th
Mondays & Wednesdays, 6:30pm-7:30pm*
Members \$96, Non-Members \$120 (plus tax)
Online registration code **330524**
Location: Personal Training Studio
Prerequisite: *Toughen Up Level 1*

**Please note that there will be no program on
Monday, October 14th.*

6 weeks (12 sessions) | November 4th–December 16th
Mondays & Wednesdays, 6:30pm-7:30pm*
Members \$96, Non-Members \$120 (plus tax)
Online registration code **330524**
Location: Personal Training Studio
Prerequisite: *Toughen Up Level 1*

**Please note that there will be no program on
Monday, November 11th.*

Congratulations, you have completed Toughen Up Level 1 and are now ready for your next challenge! In this session you will work closely with one of our personal trainers as they test you, push you, and get to know exactly what you need to succeed throughout the program. Measurements are taken at the beginning and end of this program. This next level of Toughen Up will use more challenging compound movements and get into specific strength, hypertrophy and endurance training.



DON'T FORGET ME!

See page 4 for more details

Early Morning Bootcamp



September 10th, September 12th, October 29th,
December 17th, December 19th
Tuesdays & Thursdays, 6:00am-7:00am
Members FREE, Non-Members \$8 (plus tax)*
Online registration code **330502**
Location: Track Starting Blocks

6 weeks | September 17th–October 24th
Tuesdays & Thursdays, 6:00am-7:00am NOW 60 minutes
Members \$96, Non-Members \$120 (plus tax)*
Online registration code **330502**
Location: Track Starting Blocks

6 weeks | November 5th–December 12th
Tuesdays & Thursdays, 6:00am-7:00am
Members \$96, Non-Members \$120 (plus tax)*
Online registration code **330502**
Location: Track Starting Blocks

Wake up and own the day with a challenging, full-body workout! Whatever your fitness goals, this program is designed to help you reach them through endurance, interval and strength training. This is a great program for those who want an invigorating workout to get their day started. Not for the faint of heart, or those with significantly reduced mobility.



■ WELLNESS PROGRAMS

Introduction to Tai Chi



Monday, September 9th
6:00pm-7:00pm*
Members **FREE**, Non-Members \$8 (plus tax)
Online registration code: **330309**
Location: Community Centre

6 weeks | September 16th–October 28th
Mondays, 6:00pm-7:00pm*
Members \$48, Non-Members \$60 (plus tax)
Online registration code: **330309-A1**
Location: Community Centre

**Please note that there will be no program on Monday, October 14th.*

6 weeks | November 4th–December 16th
Mondays, 6:00pm-7:00pm*
Members \$48, Non-Members \$60 (plus tax)
Online registration code: **330309-A2**
Location: Community Centre

**Please note that there will be no program on Monday, November 11th.*



DON'T FORGET ME!

See page 4 for more details

Traditional Yang Style Tai Chi Level 1



Monday, September 9th
7:00pm-8:00pm*
Members **FREE**, Non-Members \$8 (plus tax)
Online registration code: **330309**
Location: Community Centre

6 weeks | September 16th–October 28th
Mondays, 7:00pm-8:00pm*
Members \$48, Non-Members \$60 (plus tax)
Online registration code: **330309-AA1**
Location: Community Centre

**Please note that there will be no program on Monday, October 14th.*

6 weeks | November 4th–December 16th
Mondays, 7:00pm-8:00pm*
Members \$48, Non-Members \$60 (plus tax)
Online registration code: **330309-AA2**

**Please note that there will be no program on Monday, November 11th.*

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. Choose the introduction class if you're brand new. Choose Level 1 only once you have completed the introductory classes as per Ron's approval. Program size is limited to 12 people.



Traditional Yang Style Tai Chi Level 2



September 10th, October 29th, December 17th
Tuesdays, 7:00pm-8:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330530**
Location: Community Centre

6 weeks | September 17th–October 22nd
Tuesdays, 7:00pm-8:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330530**
Location: Community Centre

6 weeks | November 5th–December 10th
Tuesdays, 7:00pm-8:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330530**
Location: Community Centre

Prerequisite: Tai Chi Level 2 and approval from Ron prior to registration.

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. Program size is limited to 12 people.

Traditional Yang Style Tai Chi Level 3



September 10th, October 29th, December 17th
Tuesdays, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330538**
Location: Community Centre

6 weeks | September 17th–October 22nd
Tuesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330538**
Location: Community Centre

6 weeks | November 5th–December 10th
Tuesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330538**
Location: Community Centre

Prerequisite: Tai Chi Level 2 and approval from Ron prior to registration.

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. This class is for advanced students only, and you must have completed Level 2 or similar training and have Ron's approval to sign-up for this program. Program size is limited to 12 people.



Introduction to Mindfulness and Meditation - Level 1



Introduction to Yoga ← NOW 6 WEEKS



September 10th, December 17th
Tuesdays, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330310**
Location: Field House (small classroom)



September 11th, October 30th, December 18th
Wednesdays, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330301**
Location: 2nd Floor Fitness Studio

6 weeks | September 17th–October 22nd
Tuesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330310**
Location: Field House (small classroom)

6 weeks | September 18th–October 23rd
6 weeks | November 6th–December 11th
Wednesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330301**
Location: 2nd Floor Fitness Studio



These sessions will introduce you to the principles and practices that help us work with challenging situations and emotions, and mobilize our inner resources for self-awareness, insight, growth, and healing. Instruction, practice, and discussion in a relaxed group atmosphere. All are welcome.

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

Mindfulness and Meditation - Level 2



October 29th
Tuesday, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330537**
Location: Field House (small classroom)



September 11th
Wednesday, 7:15pm-8:15pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330541**
Location: 2nd Floor Fitness Studio

6 weeks | November 5th–December 10th
Tuesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330537**
Location: Field House (small classroom)

6 weeks | September 18th–October 23rd
Wednesdays, 7:15pm-8:15pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330541**
Location: 2nd Floor Fitness Studio

These sessions will expand on what you learned in Level 1, focusing on principles and practices that help us work with challenging situations and emotions, and mobilize our inner resources for self-awareness, insight, growth, and healing. Instruction, practice, and discussion in a relaxed group atmosphere. All are welcome.

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. It targets our deepest tissues of the body, our connective tissues—ligaments, joints, bones, and the deep fascia networks of the body—rather than the muscles. 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.

Yin Yoga 201



Restorative Yoga

1-DAY
WORKSHOPS

October 30th, December 18th
Wednesdays, 7:15pm-8:15pm
Members **FREE**, Non-Members \$8 (plus tax)
Online registration code **330542**
Location: 2nd Floor Fitness Studio

1-DAY
WORKSHOPS

September 10th, October 29th, December 17th
Tuesdays, 6:00pm-7:00pm
Members **FREE**, Non-Members \$8 (plus tax)
Online registration code **330311**
Location: 2nd Floor Fitness Studio

6 weeks | November 6th–December 11th
Wednesdays, 7:15pm-8:15pm
Members \$48 Non-Members \$60 (plus tax)
Online registration code **330542**
Location: 2nd Floor Fitness Studio
Prerequisite: Previous Yin experience required.

6 weeks | September 17th–October 22nd
Tuesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330311**
Location: 2nd Floor Fitness Studio



6 weeks | November 5th–December 10th
Tuesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330311**
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. It targets our deepest tissues of the body, our connective tissues—ligaments, joints, bones, and the deep fascia networks of the body—rather than the muscles. 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. Building on experience from Introduction to Yin Yoga, Yin Yoga 201 is a 60 minute program for practitioners to explore their metaphysical and physiological edges while holding postures for longer periods of time (think 3-5 minutes instead of 3-5 breaths).

Restorative Yoga promotes down regulation, rest and relaxation through supported back bends, twists, forward bends, inversions, and breathing techniques. This practice focuses on returning to a comfortable state while reducing stress and anxiety through postures that are held for a longer period of time, with less energy required compared to a typical yoga class.



Grow My Yoga Practice



September 9th
Monday, 5:45pm-6:45pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330300**
Location: 2nd Floor Fitness Studio

6 weeks | September 16th–October 28th
Mondays, 5:45pm-6:45pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330300**
Location: 2nd Floor Fitness Studio
Prerequisite: Must have some yoga experience or have taken Introduction to Yoga

**Please note that there will be no program on Monday, October 14th.*

6 weeks | November 4th–December 16th
Mondays, 5:45pm-6:45pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330300**
Location: 2nd Floor Fitness Studio
Prerequisite: Must have some yoga experience or have taken Introduction to Yoga

**Please note that there will be no program on Monday, November 11th.*

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.

Adaptive Pilates



September 9th
Monday, 1:00pm-2:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **330302**
Location: 2nd Floor Fitness Studio

6 weeks | September 16th–October 28th
Mondays, 1:00pm-2:00pm*
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330302**
Location: 2nd Floor Fitness Studio

**Please note that there will be no program on Monday, October 14th.*

6 weeks | November 4th–December 16th
Mondays, 1:00pm-2:00pm*
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330302**
Location: 2nd Floor Fitness Studio

**Please note that there will be no program on Monday, November 11th.*

Can't get on the floor? No problem! In this program we do a full body workout, focusing on the core, posture, and proper breathing to reap the benefits of Pilates exercises using a chair or wheelchair, wall and props. If injured soldiers can do this, so can you! The only difference between this and Pilates Level 1 is the use of the chair and props to facilitate each exercise if you need it. Caregivers on duty are welcome and encouraged to help their client throughout the class as needed. Class is limited to 8 participants.



DON'T FORGET ME!

See page 4 for more details

Pilates Level 1



1-DAY
WORKSHOP

September 11th
Wednesday, 12:00pm-1:00pm
Members **FREE**, Non-Members \$8 (plus tax)
Online registration code **330304**
Location: 2nd Floor Fitness Studio

6 weeks | September 18th–October 23rd
Wednesdays, 12:00pm-1:00pm **← NEW TIME**
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330304**
Location: 2nd Floor Fitness Studio

Join our Pilates instructor to discover how this program can enhance your present fitness routine, by developing a stronger, connection to your core. Learn basic terminology, anatomy, posture, breathing techniques, and muscle isolations, with rest time between most exercises to encourage optimal safety, posture, and recovery. This dynamic full-body workout utilizes simple equipment and focuses on quality movements over quantity. Class is limited to 10 participants.

Pilates Level 2

1-DAY
WORKSHOPS

October 30th, December 18th
Wednesdays, 12:00pm-1:00pm
Members **FREE**, Non-Members \$8 (plus tax)
Online registration code **330308**
Location: 2nd Floor Fitness Studio

6 weeks | November 6th–December 11th
Wednesdays, 12:00pm-1:00pm **NEW TIME**
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330308**
Location: 2nd Floor Fitness Studio
Prerequisite: Previous Pilates experience or Pilates Level 1

Adding on to Pilates Level 1, this program will challenge you with compound movements, a faster pace, decreased rest time between exercises, and the option to add small weights.

Functional Pilates (Level 2 + up) **← NEW**

6 weeks | September 19th–October 31st
Thursdays, 6:00am-7:00am*
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330551**
Location: 2nd Floor Fitness Studio
Prerequisite: Previous Pilates experience is required (must have minimum 20 class hours or taken Pilates level 1)



*Please note that there will be no program on Thursday, October 10th.

Since it's so early in the morning, you'll be led through a short yoga-inspired sequence to stretch, wake-up, and warm the body, followed by a fun mix of Pilates drills, cool-down, and stretching. It will be a variety of standing, seated, and lying postures using props and weights to challenge you as needed. You'll be shown how to incorporate the use of Yoga Tune-Up therapy balls to release fascia adhesions, increase blood flow, and improve Pilates technique. Functional Pilates will help you build strength by pushing through that shaky feeling, focusing on fewer reps and deeper, more integrated muscle recruitment patterns. Come for the burn, stay for the laughter, and let the music take you to new lengths – literally!



Beginner Barre Pilates Fusion ← NEW



September 9th
Monday, 8:05pm-8:45pm
Members **FREE**, Non-Members \$8 (plus tax)
Online registration code **330608**
Location: 2nd Floor Fitness Studio

6 weeks | September 16th–October 28th
Mondays, 8:05pm-8:45pm*
Members \$32, Non-Members \$40 (plus tax)
Online registration code **330608**
Location: 2nd Floor Fitness Studio

**Please note that there will be no program on Monday, October 14th.*

6 weeks | November 4th–December 16th
Mondays, 8:05pm-8:45pm*
Members \$32, Non-Members \$40 (plus tax)
Online registration code **330608**
Location: 2nd Floor Fitness Studio

**Please note that there will be no program on Monday, November 11th.*

New to Barre Pilates Fusion or want a refresher? This 40-minute program is great for beginners or those coming back after hiatus. This is a fun, intense, and challenging program that blends Barre and Pilates for a total body toning and lengthening workout! We focus on proper Barre techniques as well as controlled Pilates form while breaking a sweat to upbeat music. Your legs and abs will burn in a good way and you will leave feeling strong and empowered! This course is led by a certified Stott Pilates Instructor. No experience necessary. Space is limited.



DON'T FORGET ME!

See page 4 for more details

Barre Pilates Fusion



September 9th
Monday, 7:00pm-8:00pm
Members **FREE**, Non-Members \$8 (plus tax)
Online registration code **330307**
Location: 2nd Floor Fitness Studio

6 weeks | September 16th–October 28th
Mondays, 7:00pm-8:00pm*
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330307**

Location: 2nd Floor Fitness Studio
Prerequisite: Pilates Level 1 + 2, Beginner Barre, or equivalent experience is required.

**Please note that there will be no program on Monday, October 14th.*

6 weeks | November 4th–December 16th
Mondays, 7:00pm-8:00pm*
Members \$48, Non-Members \$60 (plus tax)
Online registration code **330307**

Location: 2nd Floor Fitness Studio
Prerequisite: Pilates Level 1 + 2, Beginner Barre, or equivalent experience is required.

**Please note that there will be no program on Monday, November 11th.*

This is a fun, intense, and challenging program that blends Barre and Pilates for a total body toning and lengthening workout! We focus on proper Barre techniques as well as controlled Pilates form while breaking a sweat to upbeat music. Your legs and abs will burn in a good way and you will leave feeling strong and empowered! This course is led by a certified Stott Pilates Instructor. Space is limited.



■ BABY FRIENDLY FITNESS PROGRAMS

Stroller Plus

Based on participant feedback, we've taken one of our most popular postnatal programs and expanded it! Introducing Stroller Plus — a flexible, safe, and interactive fitness program designed for the parent/guardian who wants to get into shape without leaving baby behind. A certified Postnatal Fitness Instructor will lead you through a well-balanced week of workouts to improve your overall health and fitness. Each workout is suitable for all levels of fitness, no experience required.**



How It Works

- We offer 5 different workouts a week at 10:30am-11:30am for 12 weeks and you choose which dates you attend. Pick your dates early to get the workouts you want.
- Members can register as late as 15 minutes prior to the start of the workout. Non-Members need to be registered 3 days prior to the day of the workout(s).
- The more workouts you buy, the more you save! 50% off your fifth; your tenth is free; and from your eleventh workout on you save 10% each time. But don't worry, you don't have to buy them all at once to get the discount — we keep track for you!

September 3rd-December 20th, 2019*

Monday—Friday, 10:30am-11:30am

Members \$8/workout (plus tax)

Non-Members \$10/workout (plus tax)

Online registration code **330444**

Location: Track Starting Blocks

5th workout 50% off

10th workout is free

**From 11th workout on,
save 10% each time!**

***Prerequisite: All adult participants must complete a Get Active Questionnaire or provide medical clearance (doctor's note) prior to first class. New mothers: Please note that while exercise is generally safe 6 weeks after childbirth, you must be cleared for exercise with a doctor's note and complete the Get Active Questionnaire form. Copies of this form can be found online at store.csep.ca/pages/getactivequestionnaire or pick up a copy provided at the Canada Games Centre Fitness Desk.*

**Please note that there will be no program on Monday, October 14th, or Monday, November 11th.*



Mondays: Stroller Circuit

Expect to get your sweat on with this circuit, alternating cardio and strength activities + a few laps around the Track.

Tuesdays: Stroller Yoga

During this yoga practice, you will be encouraged to slow down as you practice asana (yoga postures), mindful meditations, chanting or singing, and pranayama (breath training) with your baby on you (baby-wearing), in a baby seat beside you, or crawling around on the mats nearby.

Wednesdays: Stroller Strength

Improve your strength and stamina with this resistance exercise workout that uses a mix of body weight, resistance bands, TRX, kettlebells and weights. Your instructor will ensure that you learn the basics if you're new, or provide complex compound exercises if you're ready for a challenge.

Thursdays: Stroller Cardio Party

With a variety of options from no-impact to high, this cardio party is designed to improve aerobic fitness. Expect increased endorphins, great music, and the perfect workout to get your heart rate up and keep it there, no matter what intensity you choose to work at.

Fridays: Stroller Circuit + Core

This strength and cardio circuit will follow the same format as Mondays, with more of a focus on core strength, stability and endurance to improve pelvic floor health.

■ QUICK REFERENCE GUIDE FOR FITNESS AND WELLNESS PROGRAMS

	PROGRAM CODE	SAFE FOR BEGINNERS	LOW IMPACT	WEIGHTS USED	ACTIVE AGING	LADIES ONLY	PRE-/POST NATAL	WELLNESS	DAYTIME	EVENING	SATURDAYS/SUNDAYS	MULTIPLE DAYS/WEEK
Adaptive Pilates	330302											
Adaptive Strength	330143											
Barre Pilates Fusion	330307											
NEW → Beginner Barre Pilates Fusion	330608											
Drum-Fit	330523											
Early Morning Bootcamp	330502											
NEW → Functional Pilates	330551											
Grow My Yoga Practice	330300											
Introduction to Lifting (Lifting 101 - Ladies Only)	330514											
Introduction to Mindfulness and Meditation	330310											
Introduction to Tai Chi & Level 1	330309											
Introduction to TRX & Kettlebell	330508											
Introduction to Yin Yoga 101	330541											
Introduction to Yoga	330301											
Iron Circuit	330503											
Lifting 201 - Ladies Only	330536											
Mindfulness and Meditation Level 2	330537											
Restorative Yoga	330311											
NEW → Stroller Plus	330444											
Toughen Up - Level 1	330504											
Toughen Up - Level 2	330524											
Traditional Yang Style Tai Chi Level 2	330530											
Traditional Yang Style Tai Chi Level 3	330538											
Yin Yoga 201	330542											

QUESTIONS ABOUT OUR FITNESS & WELLNESS PROGRAMS?

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

■ FITNESS SERVICES

Whether you are looking for a more personalized program, specialized sports training, or just need help getting started, we can help. To sign up for any of the following Fitness Services, or for more information, please stop by the Fitness Centre Desk or contact our **Amber Allan**, Fitness & Wellness Coordinator at **902.490.2249** or **allana@canadagamescentre.ca**.

Simply Fit ← **FREE FOR MEMBERS**

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

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

When you attend Simply Fit, your name will be entered into a draw for a free 30-minute personal training session. We will do a draw each month!

Fitness Assessment & Program Design

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

Thinking about personal training? Try this package on for size. An Exercise Specialist will measure your following components: body composition, cardiovascular fitness, muscular strength and endurance, and flexibility. The data collected will be used to create a personalized program that will help you reach your fitness goals.



Personal Training

Want results? Book an initial **FREE consultation** with an Exercise Specialist to talk about your goals to see which package or training sessions would work best for your individual experience.



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

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

Small Group Personal Training

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

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



Dryland Team Training

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



YOUTH (AGES 18 & UNDER)	60 MINUTE SESSION RATES
Minimum of 5 athletes	\$10 per athlete
3-4 athletes	\$17 per athlete
2 athletes	\$25 per athlete

**Taxes not included in pricing above.*

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

Aquatics Programs

■ AQUATICS REGISTRATION INFORMATION

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

Next, refer to the days, times and sections of a particular class or level (see chart on page 40). If a section time is full when you attempt to register, please register for another section time or register on our waiting list. We do our best to fill waiting list requests. Due to a commitment to quality and safety we are unable to accommodate extra swimmers once a section is filled. Please refer to registration instructions on page 3 for online or in-person registration. Registration is ongoing until 1 week prior to class start date. CGC Swim For Life levels and Canadian Lifesaving Swim Patrol (Swimmers 7, 8 & 9) are HST exempt. Applicable taxes will be added to the registration fee for other programs.



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



AQUATICS PROGRAMS CONTINUED COMMITMENT TO QUALITY

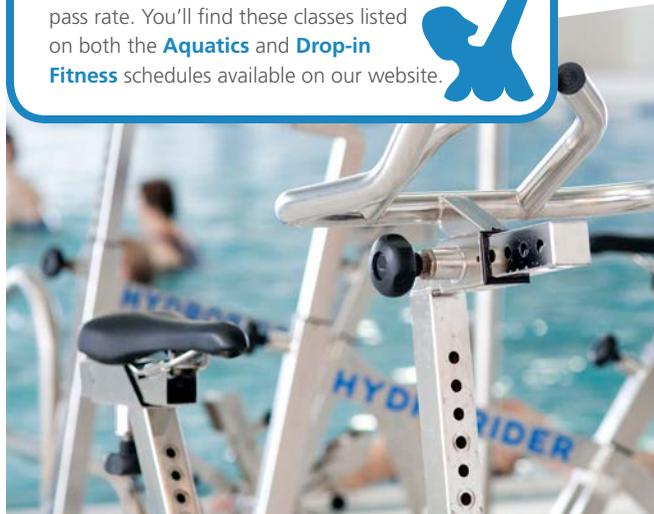
We are committed to quality programs and a positive experience for all students and parents. To ensure this, we organize our swim lesson programs to meet everyone's needs.

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

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

Aquafit & Hydroider Classes

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



■ PARENT & TOT PROGRAMS



Ages 4 months – 3.5 years and caregivers
9 lessons | 35 minutes per lesson
Members \$75, Non-Members \$105

See chart on page 40 for swim lesson days and times.

Based on the principle “within arms’ 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.

**Children must meet minimum age requirements by the start date of program.*

PARENT & TOT 1

4-12 months | Online registration code [310111](#)

Splash, 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 [310112](#)

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 [310113](#)

Just watch them grow! At 2-3.5 years old, 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.

Try It – Parent & Tot Swim Lessons



December 1st, 3rd, 9th
Members FREE, Non-Members \$8 (plus tax)
Online registration code [310110](#)
Location: Tots Pool

Help your growing toddler discover their love of the water! This workshop introduces parents and caregivers to the fundamentals of the “within arms’ reach” principle. Through fun games and instructor directed activities see your toddlers explore swimming.





■ PRESCHOOL PROGRAMS

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

[See chart on page 40 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 310121

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 310122

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



DON'T FORGET ME!

See page 4 for more details

PRESCHOOL 3 | Online registration code 310123

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 310124

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

PRESCHOOL 5 | Online registration code 310125

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

SCHOOL-AGED SWIMMER PROGRAMS



9 lessons | Ages 5+

See chart on page 40 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 [310131](#)

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 [310137](#)

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

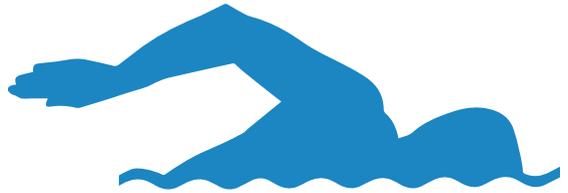
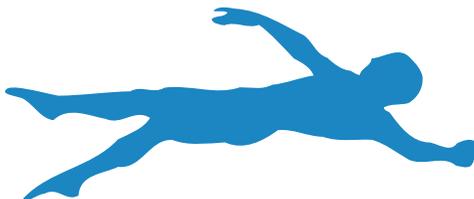
For swimmers who have completed Preschool 4, Preschool 5, OR who have already participated in Swimmer 1.

SWIMMER 2 | Online registration code [310132](#)

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 [310130](#)

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 [310133](#)

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. be developing their Swim to Survive skills: roll into deep water, tread water (30 sec), and swim (25m).

SWIMMER 4 | Online registration code [310134](#)

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 the end of lessons they'll be able meet the swim to survive standard: roll into deep water, tread water (1min), swim (50 meters).

SWIMMER 5 | Online registration code [310135](#)

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 **310136**

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 **310141**

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 **310142**

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 **310143**

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.

	MONDAY* SEP 16- NOV 25	TUESDAY SEP 17 – NOV 12	WEDNESDAY SEP 18- NOV 13	THURSDAY* SEP 19 – NOV 21	SATURDAY* SEP 14 – NOV 16	SUNDAY* SEP 15 – NOV 17
Parent & Tot 1		4:00pm		9:00am	8:30am, 9:10am	9:10am
Parent & Tot 2		6:00pm		4:55pm	9:50am, 11:10am	8:30am, 9:50am 11:10am
Parent & Tot 3	5:35pm	4:40pm			9:50am, 10:30am 11:50am	8:30am, 10:30am 11:10am
Preschool 1	4:55pm, 5:35pm 6:15pm	4:00pm, 4:40pm 6:00pm	4:55pm, 5:35pm 6:15pm	11:00am, 4:15pm 5:35pm 6:15pm	8:30am, 9:50am 10:30am, 11:10am	9:10am, 9:50am 11:10am
Preschool 2	4:55pm 6:15pm	4:00pm	4:55pm 5:35pm	5:35pm 6:15pm	8:30am, 9:10am 9:50am, 10:30am 11:10am	9:10am, 9:50am 11:10am
Preschool 3	5:35pm 6:15pm	4:40pm, 5:20pm 5:50pm, 6:00pm	6:15pm	4:55pm 6:15pm	8:30am, 9:10am 10:30am, 11:10am	9:10am, 9:50am 10:30am
Preschool 4	6:15pm	5:20pm 6:00pm	4:55pm 5:35pm	4:55pm 5:35pm	9:10am, 9:50am 10:30am	9:10am 10:30am
Preschool 5	4:55pm		6:15pm	4:55pm, 6:15pm	9:10am, 11:10am	9:10am, 10:30am
Swimmer 1	4:55pm, 5:35pm 6:15pm	4:00pm, 4:40pm 5:50pm, 6:00pm	5:35pm 6:15pm	4:55pm, 5:35pm 6:15pm	9:50am, 10:30am 11:10am	8:30am, 9:50am 10:30am, 11:10am
Swimmer 1 Advanced	4:55pm 5:35pm	5:20pm	4:55pm	4:55pm 5:35pm	9:10am, 9:50am 11:10am	9:10am 10:30am
Swimmer 2	4:55pm, 5:35pm 6:15pm	4:00pm, 5:20pm 6:00pm	4:55pm, 5:35pm 6:15pm	4:55pm 5:35pm	9:10am, 9:50am 10:30am	9:10am, 9:50am 10:30am, 11:10am
Swimmer 2 Advanced	4:55pm		6:15pm	5:35pm 6:15pm	9:10am, 10:30am 11:10am	8:30am 9:50am
Swimmer 3		4:00pm, 4:40pm 5:20pm	4:55pm 5:35pm	4:15pm	8:30am, 9:10am 9:50am, 10:30am 11:10am	9:50am 10:30am
Swimmer 4	4:00pm	4:55pm	4:00pm	4:00pm	9:30am 10:25am	8:30am, 9:25am 11:15am
Swimmer 5	4:00pm	4:55pm	4:00pm 4:55pm	4:00pm	9:30am 10:25am	8:30am, 9:25am 11:15am
Swimmer 6	4:00pm	4:55pm	5:50pm	4:00pm	9:30am 10:25am	8:30am, 9:25am 11:15am
Swimmer 7 / Rookie	4:00pm	4:00pm		4:00pm	11:20am, 11:50pm	9:25am, 10:20am
Swimmer 8 / Ranger	4:00pm	4:00pm			11:20am, 12:15pm	10:20am
Swimmer 9 / Star	4:00pm	4:00pm			12:15pm	10:20am

**Please note that there will be no swim lessons on Saturday, October 12th-Monday, October 14th for Thanksgiving long weekend; Thursday, October 31st for Halloween and Monday, November 11th for Remembrance Day.*

■ AQUATICS INCLUSION LESSONS

Group Inclusion Swim Lessons

We're excited to offer an increased level of inclusion programming for kids wishing to join group swim lessons. By providing an additional instructor, kids are supervised one-on-one within a group lesson and given support to participate in group activities. Where needed, instructor will introduce adaptive activities to ensure participant safety.

Preschool 1 to Swimmer 3

Online registration code [310167](#)

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

Swimmer 4 to Swimmer 9

Online registration code [310167](#)

9 lessons, 50 minutes each

Members \$80, Non-Members \$110

Using the swim level descriptions on [pages 37-39](#), please register in the applicable section above and you will be contacted one week prior to program start date to confirm your spot in inclusion group lessons. For more information, please contact the Aquatics Program Coordinator at [902-490-2913](tel:902-490-2913) or cluette@canadagamescentre.ca.

Private Inclusion Swim Lessons

Scheduled outside of group lesson times and designed to fit into your schedule, Private Inclusion Lessons are a great option for kids needing a completely adaptive program. These lessons are staffed with swim instructors trained to help overcome roadblocks when instructing kids with physical/ cognitive challenges. Incorporating these strategies result in greater swimmer success in a relaxed calm environment. Each one-on-one session is 30 minutes. For more information or to book your sessions, please contact the Aquatics Program Coordinator at [902-490-2913](tel:902-490-2913) or cluette@canadagamescentre.ca.

INCLUSION LESSONS	MEMBER	NON-MEMBER
5 sessions	\$86	\$105.50
10 sessions	\$172	\$211

Once you have purchased the lessons, a swim instructor will contact you within 2 to 3 weeks to start your first session.



PRIVATE & SEMI-PRIVATE SWIM LESSONS

9 Private Lessons | 35mins
Members \$155, Non-Members \$190
 Online registration code **310152**

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

9 Semi-Private Lessons | 35mins
Members \$255, Non-Members \$320
 Online registration code **310152**

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

	MONDAY* SEP 16 - NOV 25	TUESDAY SEP 17 - NOV 12	WEDNESDAY SEP 18 - NOV 13	THURSDAY* SEP 19 - NOV 21	FRIDAY SEP 20 - NOV 15	SATURDAY* SEP 14 - NOV 16	SUNDAY* SEP 15 - NOV 17
ALL LEVELS		4:10pm 4:50pm 5:30pm	4:10pm 4:50pm 5:30pm 6:10pm	4:10pm	4:10pm 4:50pm 5:30pm 6:10pm	9:45am 10:25am 11:05am 11:45am 12:25pm	9:00am 9:40am 10:20am 11:00am 11:40am
SWIMMER 2 OR LOWER	4:50pm 5:30pm 6:10pm	6:10pm		4:50pm 5:30pm 6:10pm		9:05am	

*Please note that there will be no swim lessons on Saturday, October 12th-Monday, October 14th for Thanksgiving long weekend; Thursday, October 31st for Halloween and Monday, November 11th for Remembrance Day.

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!

TUESDAYS SEP 17th- NOV 12th	SATURDAYS* SEP 14th - NOV 12th
LEVEL 1 - 5:20pm	LEVEL 1 - 11:50am
LEVEL 2 - 4:40pm	LEVEL 2 - 11:50am

*Please note that there will be no swim lessons on Saturday, October 12th-Monday, October 14th for Thanksgiving long weekend.

Teen Level 1

9 Lessons | Ages 11-15 years
Members \$80, Non-Members \$110 (plus tax)
 Online registration code **310161**

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

Teen Level 2

9 Lessons | Ages 11-15 years
Members \$80, Non-Members \$110 (plus tax)
 Online registration code **310162**

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

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 | September 19th-November 21st
Thursdays, 11:40am-12:15pm
Members \$80, Non-Members \$110 (plus tax)
Online registration code [310164](#)

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

Adult Level 2

Age 16+ | 9 Lessons | September 15th-November 17th
Sundays, 11:40am-12:15pm
Members \$80, Non-Members \$110 (plus tax)
Online registration code [310165](#)

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

Adult Level 3

Age 16+ | 9 Lessons | September 15th-November 17th
Sundays, 11:40am-12:15pm
Members \$80, Non-Members \$110 (plus tax)
Online registration code [310166](#)

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

THURSDAYS SEP 19th – NOV 21st	SUNDAYS* SEP 15th – NOV 17th
LEVEL 1 11:40AM	LEVELS 1, 2 & 3 11:40AM



PRIVATE COACHING & TRAINING

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

Please note: Private coaching is open to those 16 years and older. Coaching times are limited to outside regular programming hours. Afternoons from 4pm-8pm and weekend mornings are unavailable due to the high volume of programs running at those times.

PRIVATE COACHING SESSIONS	MEMBER	NON-MEMBER
1 session	\$20	\$24
5 sessions	\$95	\$115
10 sessions	\$190	\$235

**Please note that there will be no swim lessons on Saturday, October 12th-Monday, October 14th for Thanksgiving long weekend.*

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

Saturdays | 11:30am-12:45pm
September 14th–November 16th*

Sundays | 11:15am to 12:30pm
September 15th–November 17th*

Members \$80, Non-Members \$110

Online registration code [310171](#)

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 standards include lifesaving medley and a 400m timed swim.

**Please note that there will be no program on October 12th–14th for Thanksgiving long weekend.*

Bronze Medallion

Fridays | 6:30pm-9:00pm
September 20th–November 15th
Members \$120, Non-Members \$135
Online registration code [310172](#)

Compact Course | 8:00am-12:30pm
December 27th–December 30th
Members \$120, Non-Members \$135
Online registration code [310172](#)

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 books and exam fees.
Please note: Exam may be scheduled after the last session.



Bronze Cross & Assistant Instructor

Fridays | 5:00pm-9:00pm

September 20th-November 22nd

Members \$145, Non-Members \$165

Online registration code [310173](#)

Compact Course | 8:00am-6:00pm

December 27th-December 30th

Members \$145, Non-Members \$165

Online registration code [310173](#)

Prerequisite: Bronze Medallion

Bronze Cross & Assistant Instructor is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard Service and Instructor certifications. Physical standard includes a 600m timed swim. Through classroom learning and in-water practice, the Lifesaving Society Assistant Instructor course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The roles and responsibilities of instructors and their assistants are strongly emphasized throughout the program. Registration includes books and exam fees.

Please note: Exam may be scheduled after the last session. 10 hours of Practice teaching are required after the course is complete. Participants will only receive assistant instructor award if they are 14 years old by the end of the course. Due to the nature of these courses, 100% attendance is required for certification.

Swim For Life Instructor (SFL)

Compact Course | Tuesday, September 3rd, 9:00am-

6:00pm, Wednesday, September 4th, 9:00am-6:00pm &

Thursday, September 5th, 5:00pm-9:00pm

Members \$130, Non-Members \$150

Online registration code [310175](#)

Compact Course | Friday, December 13th, 5:00pm-

9:00pm, Saturday, December 14th & Sunday, December 15th, 9:00am-6:00pm

Members \$130, Non-Members \$150

Online registration code [310175](#)

Prerequisite: 15 years of age and Bronze Cross

Leave this course with your instructing certificate 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: Practice teaching hours may be required after the course is complete.



Lifesaving Instructor (LSI)

Compact Course | Friday, November 29th
5:00pm-9:00pm, Saturday, November 30th & Sunday,
December 1st, 9:00am-6:00pm
Members \$130, Non-Members \$150
Online registration code [310176](#)
Prerequisite: 16 years of age and Bronze Cross

The Lifesaving Instructor course prepares the instructor to teach and evaluate lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods, learning strategies and activities, a variety of stroke and skill drills, effective correction techniques, and evaluation criteria. Practice teaching is emphasized throughout. Candidates learn to evaluate participants in Bronze Medal awards, Lifesaving Fitness, Basic first aid.

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



National Lifeguard Service & Standard First Aid

Sundays | 10:00am-5:30pm
September 15th-November 17th
Members \$265, Non-Members \$285
Online registration code [310174](#)

Compact Course | 8:00am-5:00pm
December 27th-December 30th, January 2nd & 3rd
Members \$265, Non-Members \$285
Online registration code [310174](#)

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

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

Please note: Certification is conditional upon successful completion of National Lifeguard Exam. Exam may be scheduled after the course is complete. 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.

**Please note that there will be no program on Monday, October 14th.*



DON'T FORGET ME!

See page 4 for more details

MASTERS SWIM TEAM

Masters Swim Team promotes fun, fitness, health, fellowship and participation among adult swimmers, while also providing guidance and leadership in the direction, development and execution of programs for both noncompetitive and competitive adult swimmers. Masters swimming is based on regular training sessions using practice techniques similar to those used in swim programs all over the world, including flexibility, strength, and aerobic conditioning, and is a blend of recreational and fitness swimming for adults

Prerequisites: Masters is open to adults 18 years and older who have at least a basic swimming ability and can comfortably swim 75 meters. No previous competitive background is necessary and you do not have to compete as a Masters swimmer. The most important prerequisite for becoming involved with our program is the desire to learn and grow in a fun and stimulating environment.

Ages 18+

Begins September 16th

Weekdays 6am-7am | Sundays 7am-8:30am

The Masters Swim Team is still accepting registrations and all fees will be pro-rated by start date. Practices will be coached through to June 5th and members will have access to practice time through summer.

Early bird until September 1st, 2019

Members \$245, Non-Members \$440 (plus tax)

After September 1st, 2019

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

Swim Nova Scotia fee \$45 due at registration

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

All fees will be pro-rated by start date.

Swimming: Starts & Turns



Ages 8-18

October 6th

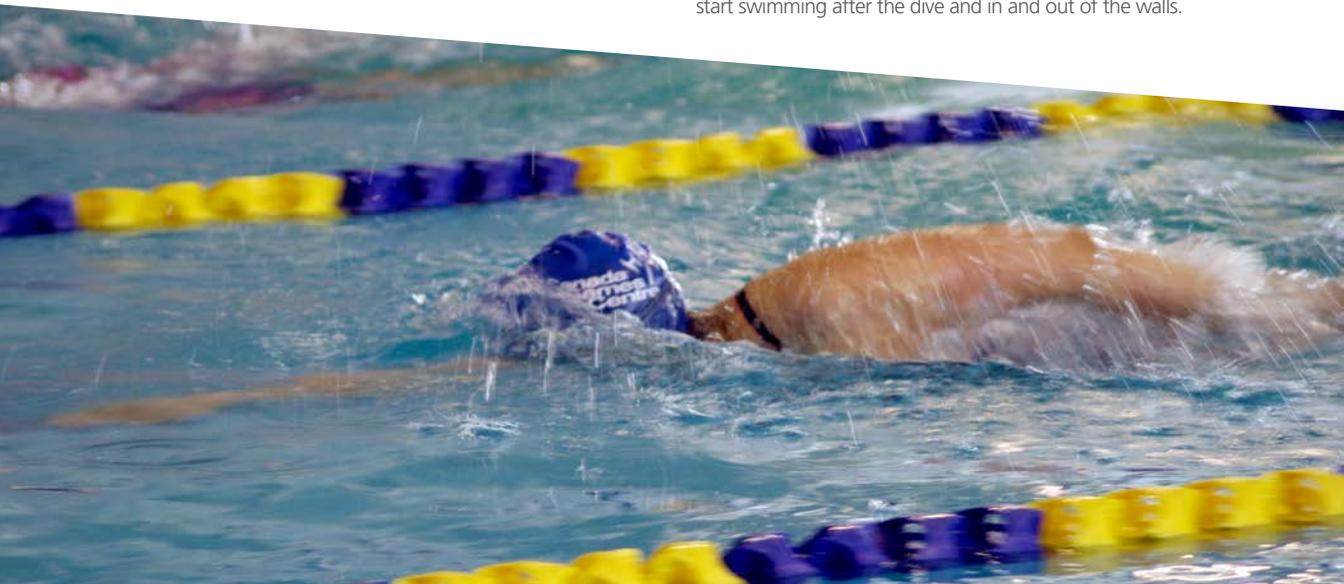
Sunday, 12:30pm-1:30pm

Members FREE, Non-Members \$8 (plus tax)

Online registration code [712010](#)

Prerequisite: Must be able to swim 25m

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



DIVING PROGRAM



All of our diving programs run for ten weeks and focus on introducing children to the skills of diving as a sport and educate them in a correct and safe manner. Please note divers are required to wear a full piece swimsuit, or brief/jammer.

LEARN-TO-DIVE | 10 weeks

Online registration code [310192](#)

Refer to chart below for start dates and fees.

LITTLE JUMPERS | Ages 4-7

This is an introductory program that not only focuses on diving skills, but on the building blocks of any active sport. Participants learn basic motor skills, agility, balance and coordination with a major focus on FUN. Time is split between dryland exercise and water skills. Participants must be comfortable in deep water and able to swim 10m.

LEVEL I DIVING | Ages 7+

Dive on in! Our exciting introductory diving program is focused on learning basic diving fundamentals and developing the building blocks for any active sport. In a safe and fun environment 1m and 3m springboard diving will be taught with emphasis on body control, posture, and coordination. Sessions are offered for participants ages 7 and up and include dryland and pool activities to develop agility, balance and coordination. All divers must be comfortable swimming in deep water.

Prerequisite: Completion of Swimmer 3 or the Swim to Survive Standard is recommended.



LEVEL II DIVING | Ages 7+

Building on the skills achieved in Level I Diving, divers will learn more complex diving and review all skills needed for successful, safe, and fun diving. This program suits any divers with previous diving experience or gymnastics, trampoline, and acrobatic training. Sessions are offered for participants ages 7 and up and include dryland and pool activities to develop agility, balance and coordination. All divers in this program must be comfortable swimming in deep water and should have previous experience as noted above.

Prerequisite: Level I

LEVEL III DIVING | Ages 8+

Building on the skills achieved in Level II Diving, divers will learn more complex diving and review all skills needed for successful, safe, and fun diving. This program is designed to follow on from level II. Sessions are offered for participants ages 8 and up. All divers in this program must be comfortable swimming in deep water and should have previous experience as noted above.

Prerequisite: Level II

	SATURDAY SEPT. 14TH-NOV 23RD	MEMBERS	NON-MEMBERS
Little Jumpers	9:30am-10:15am	\$95	\$110
Learn to Dive Level I	10:15am-11:15am	\$100	\$120
Learn to Dive Level II	11:15am-12:15pm	\$100	\$120
Learn to Dive Level III	12:15pm-1:15pm	\$100	\$120

The Canada Games Centre Swim Academy (CGCSA) is a new approach to aquatic sports designed to develop the whole athlete and avoid the pitfalls normally associated with overtraining and early sport specialization. Each team within the CGCSA offers participants access to a variety of training opportunities, both in the water and on dry land, to help avoid injury and dropout while ultimately increasing overall enjoyment of physical activity for life.

ANNUAL PROGRAMS

Annual CGCSA programs run from September to June and provide access to training for all three sports - swimming, lifesaving, and water polo. CGCSA offers annual program options for the following aquatic sport teams:

- Year Round Swim Team
- Lifesaving Sport Team
- Water Polo Team
- Summer Swim Team Off-Season Training

CGCSA annual program fees cover coaching; a training schedule which may include dryland, yoga, swimming, water polo and lifesaving sport training; equipment costs and Swim Nova Scotia fees. **Also, all Swim Academy participants in annual programs receive a 12-month Canada Games Centre membership.** Add-on membership options are available for family members of the CGCSA participant.



**Registration evening for current CGCSA members will be August 7th, 6:00pm-8:00pm.
Registration for new/non-members will be August 14th, 6:00pm-8:00pm.**

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



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



■ YEAR ROUND SWIM TEAM

Year Round Swim Team is a competitive swim team for youth designed to prevent early sport specialization in swimming. Swimmers will be consistently taught FUNdamentals of swimming, while being exposed to the sports of Water Polo and Lifesaving. Swimmers will compete at in-house swim meets and/or Novatech events and begin competing at age group swim meets upon completion of nova tech levels. Year round swimmers also have the opportunity to compete at Lifesaving sport competitions and Water Polo competitions. Entry fees for competitions are not included in registration.

Freshman, Sophomore and Junior Teams will run from September 16th through until June 5th with breaks for public holidays, Christmas and March Break. Senior Swim Team will run from September 16th through until June 14th with breaks for holidays and March Break.

As a part of registration, swimmers will have a Swim Nova Scotia fee based on age on September 1st.

8U: \$82.00
9-10: \$92.00
11+: \$112.00

FRESHMAN | Ages 8 and under
Begins September 19th

Thursdays, Fridays, Sundays
Annual fee \$750 | Bi-weekly fee \$34.09 (20 payments)
Down payment at registration \$68.18
Swim Nova Scotia fee due at registration
In-person registration code [712100-FRESH](#)

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

SOPHOMORE | Begins September 16th
Mondays, Wednesdays, Thursdays, Fridays
Annual fee \$1050 | Bi-weekly fee \$47.73 (20 payments)
Down payment at registration \$95.45
Swim Nova Scotia fee due at registration
In-person registration code [712100-SOPHO](#)

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

JUNIOR | Begins September 16th
Mondays, Tuesdays, Thursdays, Fridays, Saturdays
Annual fee \$1275 | Bi-weekly fee \$57.95 (20 payments)
Down payment at registration \$115.91
Swim Nova Scotia fee due at registration
In-person registration code [712100-JUNIOR](#)

Prerequisite: Able to swim continuous for 15 minutes approximately 900 meters, swim 200 IM, perform all 4 strokes properly, dive entry, follow coach's directions and have a good understanding of practice structure and lane etiquette. These swimmers compete in Level 2 at Nova Tech swim meets with a 200IM time under 4:45, 50 kick under 1:10 and are capable of swimming 200 freestyle with flip turns.

SENIOR | Begins September 16th
Mondays, Tuesdays, Thursdays, Fridays, Saturdays, Sundays
Annual fee \$1815 | Bi-weekly fee \$82.50 (20 payments)
Down payment at registration \$165.00
Swim Nova Scotia fee due at registration
In-person registration code [712100-SENIOR](#)

Prerequisite: Able to swim continuous for 20 minutes, swim 200 IM, perform all 4 strokes with legal swim meet technique and starts and turns, follow coach's directions and have a good understanding of practice structure and lane etiquette. At least 1 year swim team experience with competitions. Knowledge of pace times and how to use a pace clock. Knowledge of practice structure, able to work independently from written set and warm up. Able to swim all four strokes with turns from a dive start legally. Able to complete poolside activation with minimal guidance. These swimmers are completing Nova Tech Level 2 and beginning age group level competitions. 200IM under 4:00, 200 Freestyle under 3:45.

■ LIFESAVING SPORT TEAM

Lifesaving Sport Team will introduce participants to the sport of lifesaving, while providing them with training opportunities to attend lifesaving competitions throughout the year. Specially trained Lifesaving Coaches will concentrate on developing each swimmer's strength, power, and endurance. Participants will also focus on swim technique and expanding their skills into the sport of Water Polo. Lifesaving Sport Team participants may register for the annual Program or choose the seasonal program.

Ages 8 and up | Begins September 16th

Mondays, Thursdays, Sundays

Annual fee \$650 | Bi-weekly fee \$29.55 (20 payments)

Down payment at registration \$59.10

Lifesaving Society of Nova Scotia fee \$25 due at registration

In-person registration code 712300-LIFESAVE

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

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



■ WATER POLO TEAM

Water Polo Teams will introduce participants to the sport of water polo, while providing them with training opportunities geared towards skills development and competition. Throughout the year, specially trained water polo coaches will concentrate on developing each participant's strength, power, and endurance. Participants will also focus on swim technique and expanding their skills into the sport of Lifesaving. Participants will be invited to compete in Atlantic Water Polo League Competitions throughout the year against other teams. Competition fees are included as part of registration.

All Water Polo teams begin September 16th and finish June 5th with breaks for holidays and March Break.

ATOM | Ages 8-12

Begins September 17th

Tuesdays, Thursdays, Sundays

Annual fee \$800 | Bi-weekly fee \$36.36 (20 payments)

Down payment at registration \$72.73

Water Polo Nova Scotia fee \$30 due at registration

In-person registration code 712400-ATOM

PEEWEE | Ages 12-14

Begins September 17th

Tuesdays, Thursdays, Sundays

Annual fee \$850 | Bi-weekly fee \$38.64 (20 payments)

Down payment at registration \$77.27

Water Polo Nova Scotia fee \$30 due at registration

In-person registration code 712400-PEEWEE

BANTAM | Ages 14-18

Begins September 16th

Mondays, Tuesdays, Thursdays, Sundays

Annual fee \$900 | Bi-weekly fee \$40.91 (20 payments)

Down payment at registration \$81.82

Water Polo Nova Scotia fee \$30 due at registration

In-person registration code 712400-BANTAM

Prerequisites for Teams Atom, Peewee and Bantam:

These teams are our competitive water polo teams structured for the Atlantic Water Polo League competition age groups. Teams will have a focus on fitness and swimming skills for water polo, along with technical skills and game time.

SUMMER SWIM TEAM OFF-SEASON TRAINING

Get ready for the Summer Swim Team competition season by training in the off-season. Swimmers will focus on proper technique, sportsmanship and fair play in a positive and encouraging environment. Swimmers will also get the opportunity to learn water polo and lifesaving sport techniques. Summer swimmers will also have the opportunity to compete at life saving sport competitions and water polo competitions. Entry fees for competitions are not included in registration. Summer season registration is completed separately in April. The training program will begin September 16th and finish June 5th with breaks for holidays and March Break.

BRONZE | Ages 10 and under

Begins September 16th

Mondays, Wednesdays, Thursdays, Sundays

Annual fee \$750 | Bi-weekly fee \$34.09 (20 payments)

Down payment at registration \$68.18

Swim Nova Scotia fee \$42 due at registration

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

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

SILVER

Begins September 16th

Mondays, Wednesdays, Thursdays, Sundays

Annual fee \$750 | Bi-weekly fee \$34.09 (20 payments)

Down payment at registration \$68.18

Swim Nova Scotia fee \$42 due at registration

In-person registration code **712200-SILVER**

Prerequisite: Able to dive into the pool, attempt all 4 strokes, swim 5-8 minutes continuous, follow the coach's directions and have a good understanding of practice structure. Should have some idea of swim team structure (been on swim team previously). Understanding of lane etiquette and practice structure. Able to follow warm up independently. Can attempt all stroke turns. Able to carry out activation activities independently.



GOLD & PLATINUM

Begins September 16th

Mondays, Wednesdays, Thursdays, Sundays

Annual fee \$750 | Bi-weekly fee \$34.09 (20 payments)

Down payment at registration \$68.18

Swim Nova Scotia fee \$42 due at registration

In-person registration code **712200-GOLD**

Prerequisite: Able to swim continuous for 20 min, swim 200 IM, perform all 4 strokes legally, dive entry, follow coach's directions and have a good understanding of practice structure and lane etiquette. At least 1 year swim team experience with competitions. Knowledge of pace times and how to use a pace clock. Knowledge of practice structure, able to work independently from written set and warm up. Able to swim all four strokes with turns from a dive start legally. Able to complete poolside activation with minimal guidance covering activities to increase heart rate, mobilize key joints for swimming and strengthening activities and understands the purpose and value of these activities. 200IM under 4:00, 200 freestyle 3:30.

Year Round Swim Team and Summer Swim Team - What's the difference?

The Year Round Swim Team is an annual program that trains and competes September to June, whereas the Summer Swim Team is only eligible to compete during the summer season, but offers off-season training for the rest of the year following Swim Nova Scotia's restricted training policy. All teams are annual programs and include a 12-month CGC membership for the participant and an option for dryland and yoga training.

SWIM ACADEMY - TRAINING DAYS & TIMES

NOTE: All practices include a 15-minute poolside activation

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

*Please note that there will be no CGCSA practice on Saturday, October 12th-Monday, October 14th for Thanksgiving long weekend; Thursday, October 31st for Halloween and Monday, November 11th for Remembrance Day.

First Aid Training



Designed to meet industry, business and government requirements, we provide first aid and CPR 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
- First Aid/CPR-C Recertification (EFA & SFA)

Emergency First Aid (CPR-C) & AED Responder

1 Day | 9:00am-5:00pm
 Ages 13+
 Members \$60, Non-Members \$80 (plus tax)
 Online registration code [310101](#)

CPR-C & AED Responder

1 Day | 9:00am-1:00pm
 Ages 13+
 Members \$40, Non-Members \$60 (plus tax)
 Online registration code [310106](#)

Standard First Aid (CPR-C) & AED Responder

2 Days | 9:00am-5:00pm
 Ages 13+
 Members \$90, Non-Members \$110 (plus tax)
 Online registration code [310102](#)

CPR-C & AED Responder	Emergency First Aid (CPR-C) & AED Responder	Standard First Aid (CPR-C) & AED Responder
<p>September 7th 9:00am-1:00pm</p> <p>September 25th 5:00pm-9:00pm</p> <p>October 12th 9:00am-1:00pm</p> <p>October 23rd 5:00pm-9:00pm</p> <p>November 9th 9:00am-1:00pm</p> <p>November 20th 5:00pm-9:00pm</p>	<p>September 7th 9:00am-5:00pm</p> <p>October 12th 9:00am-5:00pm</p> <p>November 9th 9:00am-5:00pm</p>	<p>September 7th-8th 9:00am-5:00pm</p> <p>October 12th-13th 9:00am-5:00pm</p> <p>November 9th-10th 9:00am-5:00pm</p>

Unable to make these training dates? We also offer the option to book your own training at the CGC or off-site at your location. If you have any questions about our first aid training or to book training, please contact

Chris Hanlon at hanlon@canadagamescentre.ca

Learn CPR



Ages 8-18
September 14th
Saturday, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code [310105](#)

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

Learn Child/Infant CPR



Ages 18+
October 5th
Saturday, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code [310105](#)



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

How To Deal With Choking



Ages 12+
November 2nd
Saturday, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code [310105](#)

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

Test Your CPR Skills



Ages 12+
December 7th
Saturday, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code [310105](#)

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



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
*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



FALL 2019

Programs and Services

It happens here.



26 Thomas Raddall Drive
Halifax, Nova Scotia
B3S 0E2

Tel: 902-490-2400
email: info@canadagamescentre.ca

canadagamescentre.ca