

WINTER

2020 Programs & Services



It happens here.



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CONNECT



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

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



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

Follow us for all the latest announcements



E-newsletter Subscribe:

<http://bit.ly/cgcnews>

■ HOW TO REGISTER

Registration can be completed both online and in-person. Please remember that registration can be a very busy time, and that wait times may be longer than normal.

■ REGISTER ONLINE

Let your fingers do the work as you register from the comfort of your keyboard, phone or tablet, at any time of day. There are a few things to know when registering online:

<https://www.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 – Sunday 8:00am-9:00pm

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

REGISTRATION DATES

MEMBERS:

Online: **November 19th**, beginning at 8:00 am

In-person: **November 21st**, beginning at 8:00 am

NON-MEMBERS:

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

In-person: **December 3rd**, 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.

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.

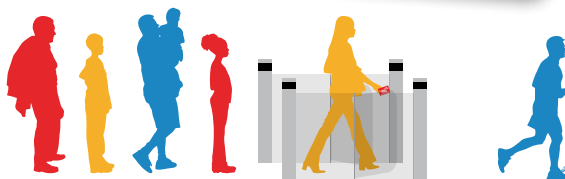
How do they work?

- 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 Program Access Card to go through the gates. Access is available up to 30 minutes before and during your registered program.



30 min.

- Children under the age of 12 must be accompanied by an adult.



Scan your card and wait for gates to open before entering. Simply proceed through the gates to exit.

Forgot your 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?



Cards are reusable!

- Great! Cards are reusable and will 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.



Members can swipe in for programs with their membership card*

*10 Punch Pass holders still require a Program Access Card.

Additional Details:

- Children under 12 will use the same Program Access Card as their accompanying adult. The card needs to be **scanned for each individual**, and visitors must **enter gates one at a time** allowing for them to open and close. 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.
- We understand that others may wish to watch their child during their program. Individuals may access the facility at the same time as the card holder, but will not be granted entrance if they arrive after the program participant swipes their card and enters.

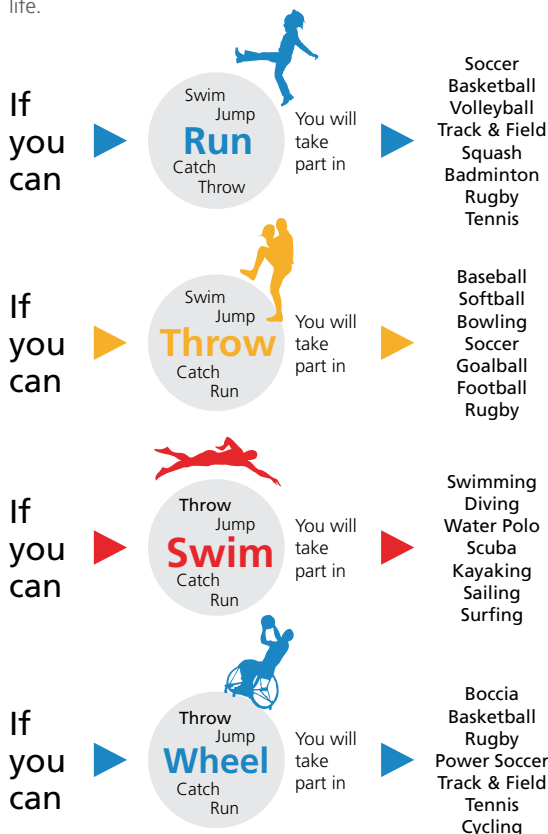
Enjoy the Centre!



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
- 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
- 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
- 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



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)

JANUARY 2020						
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	

FEBRUARY 2020						
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

MARCH 2020						
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				

Introduction to Weight Lifting for Women (Lifting 101 - Ladies Only)
 January 5th

Primal Movement ← NEW
 January 6th, February 24th

Express Barre Pilates Fusion
 January 6th, February 24th

Barre Pilates Fusion
 January 6th, February 24th

Introduction to Tai Chi
 January 6th

Tai Chi Level 1
 January 6th

Bellyfit® ← NEW
 January 7th, February 25th

Introduction to TRX & Kettlebell
 January 7th, February 25th

Toughen Up - Level 1
 January 7th, January 9th, February 25th, February 27th

Early Morning Bootcamp
 January 7th, January 9th, February 25th, February 27th

Iron Circuit
 January 7th, February 25th

Restorative Yoga
 January 7th, February 25th

Adult Nutrition
 January 7th, February 25th

Family Dynamics of Food
 January 7th, February 25th

Introduction to Yin Yoga 101
 January 8th

Tai Chi Level 2
 January 8th, February 25th

Tai Chi Level 3
 January 8th, February 25th

Introduction to Mindfulness and Meditation - Level 1
 January 8th

Introduction to Yoga
 January 8th, February 26th

Pilates Level 1
 January 8th

Drum-Fit
 January 9th, February 27th

Learn CPR
 January 11th

Try It – Pickleball
 February 5th

Lifting 201 - Ladies Only
 February 23rd

Mindfulness and Meditation - Level 2
 February 26th

Yin Yoga 201
 February 26th

Pilates Level 2
 February 26th

Recognizing Heart Attack and Angina
 February 29th

Try It – Badminton
 March 4th

Try It - Diving
 March 14th

How To Deal With Choking
 March 7th

Learn Child/Infant CPR
 March 28th

Recreation Programs



PROFESSIONAL DEVELOPMENT DAY CAMPS

HRCE | March 25th
CSAP | January 31st, March 25th
Grade P-6 | 8:30am-5:00pm
Members \$35, Non-Members \$40
(Price is per child per day)
Online registration code **421003**

Full Time Registrants in our After School Program:
Members \$20 | Non-Members \$25
(Price is per child per day)

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

MARCH BREAK CAMPS

March 16th-20th
Grades P-6 | 8:30am-5:00pm
Members \$165, Non-Members \$190
Online registration code **421202**

The Canada Games Centre will be hosting a camp over March Break. Kids participate in a variety of indoor and outdoor activities such as active time, outdoor time, and daily swimming. Camp registration is ongoing and offered for children currently enrolled in Grades P-6. There is a limited number of spaces available for these camps, so register early! If the camp is full, please add yourself to the waitlist.



■ 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 | January 6th-March 2nd
Mondays, 9:00am-11:30am*

Members \$64, Non-Members \$80

Online registration code **420110**

Location: Activity Room



**Please note that there will be no program on Monday, February 17th.*

Almost ready for big kid school? We'll help make sure you're all set. This class is designed for children going into Primary in September 2020. Each week will focus on a different theme and have structured learning activities, such as tracing, arts & crafts, story time and more to help your little ones prepare for their next big milestone.

Play School Swim Lessons



Ages 3-5

9 sessions | January 9th-March 5th
Thursdays, 9:00am-11:30am

Members \$117, Non-Members \$135

Online registration code **420111**

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 | January 10th-February 28th
Fridays, 9:00am-11:30am

Members \$64, Non-Members \$80

Online registration code **420107**

Location: Activity Room



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



■ CHESS

BEGINNER

Ages 6-10

8 sessions | January 7th-February 25th

Tuesdays, 5:00pm-6:00pm

Members \$40, Non-Members \$52

Online registration code [420303](#)

Location: Classroom



INTERMEDIATE

Ages 8-12

8 sessions | January 7th-February 25th

Tuesdays, 6:00pm-7:00pm

Members \$40, Non-Members \$52

Online registration code [420303](#)

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 | January 7th-February 25th

Tuesdays, 7:00pm-8:00pm

Members \$40, Non-Members \$52

Online registration code [420303](#)

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.



DON'T FORGET ME!

See page 4 for more details

SPORTS PROGRAMS



Badminton

AGES 6-8 | 8 sessions | January 8th-February 26th
Wednesdays, 5:00pm-5:45pm

AGES 9-12 | 8 sessions | January 8th-February 26th
Wednesdays, 5:45pm-6:30pm

Members \$60, Non-Members \$75

Online registration code **420211**

Location: Field House

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

Badminton Club

AGES 9-12
34 sessions | January 7th-April 30th
Tuesdays and Thursdays, 5:00pm-6:30pm

AGES 13-16
34 sessions | January 7th-April 30th
Tuesdays and Thursdays, 6:30pm-8:00pm

*Members \$280, Non-Members \$350***

Online registration code **420211**

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 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+
March 4th
Wednesday, 5:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **420211**
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



BASKETBALL FUNDAMENTALS

Ages 5-7

8 sessions | January 20th-March 23rd
Mondays, 5:30pm-6:15pm*

Ages 8-10

8 sessions | January 20th-March 23rd
Mondays, 6:15pm-7:00pm*

Members \$60, Non-Members \$75

Online Registration Code **420206**

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.

**Please note that there will be no program on Monday, February 17th and Monday, March 16th.*

BASKETBALL SKILLS & DRILLS

Ages 5-7

8 sessions | January 22nd-March 11th
Wednesdays, 6:30pm-7:15pm

Ages 8-10

8 sessions | January 22nd-March 11th
Wednesdays, 7:15pm-8:00pm

Members \$60, Non-Members \$75

Online Registration Code **420206**

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.

BASKETBALL RULES & GAMEPLAY ← NEW

Ages 5-7

8 sessions | January 24th-March 27th
Fridays, 5:30pm-6:15pm*

Ages 8-10

8 sessions | January 24th-March 27th
Fridays, 6:15pm-7:00pm*

Members \$60, Non-Members \$75

Online Registration Code **420206**

Location: Field House

These fast-paced rules & gameplay sessions are designed for participants who have already attended our Fundamentals and Skills & Drills programs or have prior basketball experience and are looking to learn how the official game is played.

**Please note that there will be no programs on Friday, February 7th and Friday, March 20th.*



Taekwon-Do



Ages 5-7

8 sessions | January 4th-February 22nd
Saturdays, 12:30pm-1:15pm

Ages 8-10

8 sessions | January 4th-February 22nd
Saturdays, 1:15pm-2:00pm

Members \$60, Non-Members \$75

Online registration code **420201**

Location: Dance Studio

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 | January 8th-February 26th
Wednesdays, 6:00pm-7:00pm

Members \$60, Non-Members \$75

Online registration code **420207**

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.



Wrestling



Ages 5-8

8 sessions | January 8th-February 26th
Wednesdays, 5:30pm-6:30pm

Members \$60, Non-Members \$75

Online registration code **420203**

Location: Field House

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 | January 5th-March 22nd
Sundays, 6:00pm-8:00pm

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

Online registration code **420203**

Location: Field House

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.



DON'T FORGET ME!

See page 4 for more details

Pickleball

PICKLEBALL FUNDAMENTALS

Ages 18+
8 sessions | January 6th-January 29th
Mondays and Wednesdays, 1:00pm-3:00pm
Members \$120, Non-Members \$150 (plus tax)
Online registration code **420209**
Location: Field House

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 | February 3rd-March 2nd
Mondays and Wednesdays, 1:00pm-3:00pm*
Members \$120, Non-Members \$150 (plus tax)
Online registration code **420209**
Location: Field House

**Please note that there will be no program on Monday, February 17th.*

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+
February 5th
Wednesday, 3:00pm-5:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **420209**
Location: Field House

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



DON'T FORGET ME!

See page 4 for more details

Youth Karate

Online registration code [420202](#)

Location: Dance Studio

YOUTH FUNDAMENTALS | Ages 4-5 | Non-belted
12 sessions | January 6th-March 30th
Mondays, 6:00pm-6:30pm*
*Members \$64, Non-Members \$80***

YOUTH FUNDAMENTALS | Ages 4-5 | Non-belted
12 sessions | January 8th-March 25th
Wednesdays, 5:45pm-6:15pm
*Members \$64, Non-Members \$80***

YOUTH BEGINNERS | Ages 6-8
12 sessions | January 6th-March 30th
Mondays, 6:30pm-7:15pm*
*Members \$88, Non-Members \$110***

YOUTH ALL RANKS | Ages 6-8
12 sessions | January 7th-March 24th
Tuesdays, 5:30pm-6:15pm
*Members \$88, Non-Members \$110***

YOUTH ALL RANKS | Ages 6-8
12 sessions | January 8th-March 25th
Wednesdays, 6:15pm-7:00pm
*Members \$88, Non-Members \$110***

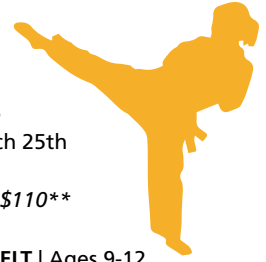
YOUTH WHITE TO ORANGE BELT | Ages 9-12
12 sessions | January 6th-March 30th
Mondays, 7:15pm-8:15pm*
*Members \$100, Non-Members \$125***

YOUTH GREEN BELT & UP | Ages 9-12
12 sessions | January 7th-March 24th
Tuesdays, 6:15pm-7:15pm
*Members \$100, Non-Members \$125***

**Please note that there will be no program on Monday, February 17th.*

***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 [420202](#)

Location: Dance Studio

FAMILY ALL RANKS | Ages 6+
12 sessions | January 8th-March 25th
Wednesdays, 7:00pm-8:00pm
*Members \$48, Non-Members \$60***

FAMILY ALL RANKS | Ages 6+
12 sessions | January 9th-March 26th
Thursdays, 5:30pm-6:30pm
*Members \$48, Non-Members \$60***

***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 [420202](#)

Location: Dance Studio

ADULT ALL RANKS | Ages 13+
12 sessions | January 6th-March 30th
Mondays, 8:15pm-9:15pm*
*Members \$100, Non-Members \$125***

ADULT BROWN & BLACK BELTS | Ages 13+
12 sessions | January 8th-March 25th
Wednesdays, 8:00pm-9:00pm
*Members \$100, Non-Members \$125***

**Please note that there will be no program on Monday, February 17th.*

***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 **420202**
Location: Dance Studio

Ages 18+
12 sessions | January 6th-March 30th
Mondays, 11:00am-12:00pm*
Members \$64, Non-Members \$80**

12 sessions | January 8th-March 25th
Wednesdays, 11:00am-12:00pm
Members \$64, Non-Members \$80**

**Please note that there will be no program on
Monday, February 17th.*

***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 **420202**
Location: Dance Studio

Ages 7+
12 sessions | January 9th-March 26th
Thursdays, 6:30pm-7:30pm
Members \$100, Non-Members \$125**

***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.

AQUAFIT & HYDRORIDER CLASSES

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



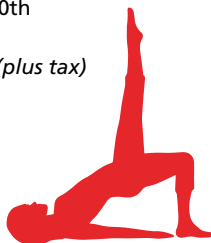
■ ADULT SPECIALIZED PROGRAMS

Primal Movement **NEW**

1-DAY
WORKSHOP

January 6th, February 24th
Mondays, 6:30pm-7:30pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430001**
Location: Personal Training Studio

5 weeks | January 13th-February 10th
Mondays 6:30pm-7:30pm
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430001**
Location: Personal Training Studio



5 weeks | March 2nd-March 30th
Mondays, 6:30pm-7:30pm
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430001**
Location: Personal Training Studio

Primal movement is about reconnecting with how our bodies were designed to move. Led by a certified CGC Exercise Specialist, you'll explore various methods of functional movement while in a safe and controlled environment. You'll be encouraged to get low to the ground, stretch fascia, lift, pull, and push yourself to new levels while discovering, respecting, and challenging your body's blind spots and biases. Side effects may include increased energy, stamina, coordination, strength and flexibility.

Bellyfit® - Ladies Only ← NEW



January 7th, February 25th
Tuesdays, 10:30am-11:30am
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430000**
Location: Dance Studio

6 weeks | January 14th-February 18th
Tuesdays, 10:30am-11:30am
Members \$48, Non-Members \$60 (plus tax)
Online registration code **430000**
Location: Dance Studio

5 weeks | March 3rd-March 31st
Tuesdays, 10:30am-11:30am
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430000**
Location: Dance Studio

The Bellyfit® workout is designed to give you everything you need in a beautifully compact hour - 40 minutes of stress-reducing cardio: 10 minutes of strength for full body toning and 10 minutes of yoga inspired stretching and meditation. Inspired by Belly Dance with routines that will have you shaking and shimmying, Bellyfit® is an incredibly effective full body workout, but it can also be healing, fun and empowering.



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



January 5th
Sunday, 9:00am-10:00am
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430514**
Location: Personal Training Studio

5 weeks | January 12th-February 9th
Sundays, 9:00am-10:00am
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430514**
Location: Personal Training Studio

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



February 23rd
Sunday, 9:00am-10:00am
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430536**
Location: Personal Training Studio

5 weeks | March 1st-March 29th
Sundays, 9:00am-10:00am
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430536**
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



January 7th, February 25th
Tuesdays, 6:15pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430508**
Location: TRX Alcove



6 weeks | January 14th-February 18th
Tuesdays, 6:15pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **430508**
Location: TRX Alcove

5 weeks | March 3rd-March 31st
Tuesdays, 6:15pm-7:00pm
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430508**
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 Agatus Kettlebell certified. Program size is limited to 8 participants.

Iron Circuit



January 7th, February 25th
Tuesdays, 7:00pm-8:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430503**
Location: TRX Alcove

6 weeks | January 14th-February 18th
Tuesdays, 7:00pm-8:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **430503**
Location: TRX Alcove

5 weeks | March 3rd-March 31st
Tuesdays, 7:00pm-8:00pm
Members \$40 Non-Members \$50 (plus tax)
Online registration code **430503**
Location: TRX Alcove



Improve your strength, mobility and balance, sculpt muscles and blast fat, all with one workout. TRX Iron Circuit is a unique blend of suspension training exercises and kettlebell weight conditioning intervals to get you fit fast. Program size is limited to 12 participants.



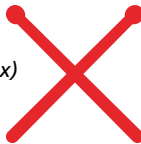


Drum-Fit



January 9th, February 27th
Thursdays, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430523**
Location: 2nd Floor Fitness Studio

6 weeks | January 16th-February 20th
Thursdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **430523**
Location: 2nd Floor Fitness Studio



5 weeks | March 5th-April 2nd
Thursdays, 6:00pm-7:00pm
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430523**
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 14 people.



Toughen Up - Level 1



January 7th, January 9th, February 25th,
February 27th
Tuesdays & Thursdays, 6:30pm-7:30pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430504**
Location: Track Starting Blocks

6 weeks, 12 sessions | January 14th-February 20th
Tuesdays & Thursdays, 6:30pm-7:30pm
Members \$96, Non-Members \$120 (plus tax)
Online registration code **430504**
Location: Track Starting Blocks

5 weeks, 10 sessions | March 3rd-April 2nd
Tuesdays & Thursdays, 6:30pm-7:30pm
Members \$80, Non-Members \$100 (plus tax)

Online registration code **430504**
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.

Early Morning Bootcamp

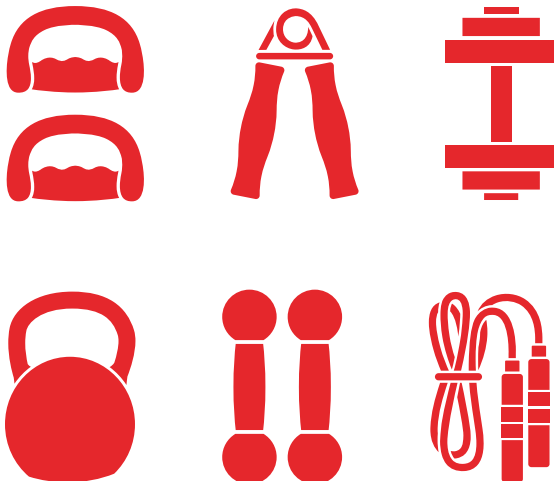
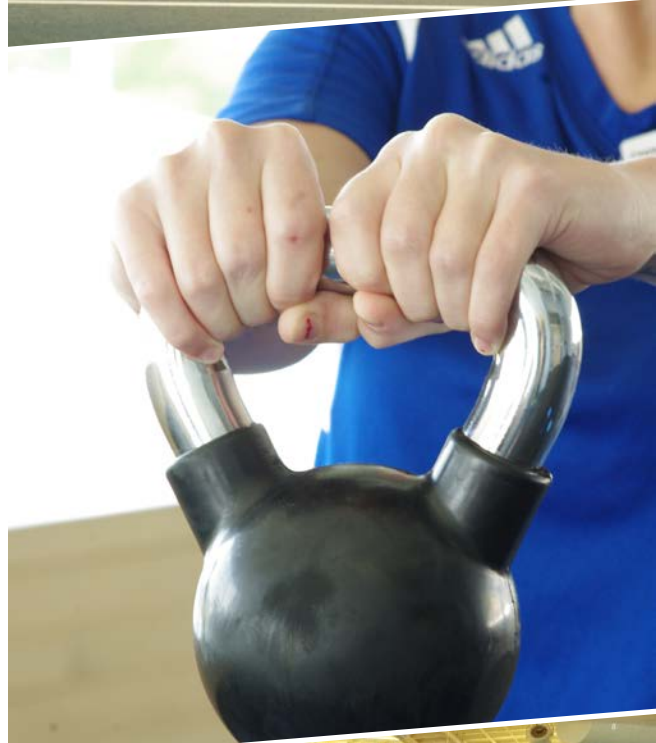


January 7th, January 9th,
February 25th, February 27th
Tuesdays & Thursdays, 6:00am-7:00am
*Members FREE, Non-Members \$8 (plus tax)**
Online registration code **430502**
Location: Track Starting Blocks

6 weeks (12 sessions) | January 14th-February 20th
Tuesdays & Thursdays, 6:00am-7:00am
*Members \$96, Non-Members \$120 (plus tax)**
Online registration code **430502**
Location: Track Starting Blocks

5 weeks (10 sessions) | March 3rd-April 2nd
Tuesdays & Thursdays, 6:00am-7:00am
*Members \$80 Non-Members \$100 (plus tax)**
Online registration code **430502**
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, recently injured, or those with significantly reduced mobility.



■ WELLNESS PROGRAMS

Introduction to Tai Chi



January 6th
Monday, 6:00pm-7:00pm*
Members FREE, Non-Members \$8 (plus tax)
Online registration code: **430309**
Location: Community Centre

5 weeks | January 13th-February 10th
Mondays, 6:00pm-7:00pm*
Members \$40, Non-Members \$50 (plus tax)
Online registration code: **430309**
Location: Community Centre

5 weeks | March 2nd-March 30th
Mondays, 6:00pm-7:00pm*
Members \$40, Non-Members \$50 (plus tax)
Online registration code: **430309**
Location: Community Centre

Tai Chi Level 1



January 6th
Monday, 7:00pm-8:00pm*
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430309**
Location: Community Centre

5 weeks | January 13th-February 10th
Mondays, 7:00pm-8:00pm*
Members \$40, Non-Members \$50 (plus tax)
Online registration code: **430309-AA1**
Location: Community Centre

5 weeks | March 2nd-March 30th
Mondays, 7:00pm-8:00pm*
Members \$40 Non-Members \$50 (plus tax)
Online registration code: **430309-AA2**

**Please note that Bil and Wai Kam will be teaching these programs for January & February, Ron will be teaching in March.*



DON'T FORGET ME!

See page 4 for more details

Tai Chi, 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 help to lower blood pressure. The graceful 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 if you have moved beyond the basics. Program size is limited to 12 people.



Tai Chi Level 2



January 8th, February 25th
Wednesday, 7:00pm-8:00pm*
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430530**
Location: Community Centre

6 weeks | January 15th-February 19th
Wednesdays*, 7:00pm-8:00pm*
Members \$48, Non-Members \$60 (plus tax)
Online registration code **430530**
Location: Community Centre

Prerequisite: Tai Chi Level 1 or equivalent – please speak to instructor prior to registration.

**Please note Bil and Wai Kam will be teaching Ron's Level 2 and 3 programs on Wednesdays from January 6th-February 19th*

5 weeks | March 3rd-March 31st
Tuesdays, 7:00pm-8:00pm*
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430530**
Location: Community Centre

Prerequisite: Tai Chi Level 1 or equivalent – please speak to instructor prior to registration.

**Please note Ron will be teaching on Tuesdays from February 25th-March 31st.*

Continuing your learning with Bil and Wai Kam (Jan/Feb) or Ron (March) 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.



DON'T FORGET ME!

See page 4 for more details

Tai Chi Level 3



January 8th, February 25th
Wednesday, 6:00pm-7:00pm*
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430530**
Location: Community Centre

6 weeks | January 15th-February 19th
Wednesdays, 6:00pm-7:00pm*
Members \$48, Non-Members \$60 (plus tax)
Online registration code **430538**
Location: Community Centre

Prerequisite: Tai Chi Level 2 or equivalent – please speak to instructor prior to registration.

**Please note Bil and Wai Kam will be teaching Ron's Level 2 and 3 programs on Wednesdays from January 6th-February 19th*

5 weeks | March 3rd-March 31st
Tuesdays, 6:00pm-7:00pm*
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430538**
Location: Community Centre

Prerequisite: Tai Chi Level 2 or equivalent – please speak to instructor prior to registration.

**Please note Ron will be teaching on Tuesdays from February 25th-March 31st.*

Expand on your learning in Tai Chi Level 3. Explore new movements and continue to add on to the sequences to expand your knowledge of this beautiful art form. This class is for advanced students only. Program size is limited to 12 people.



Introduction to Mindfulness and Meditation - Level 1 ← NEW DAY/TIME



January 8th
Wednesday, 10:45am-11:45am
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430310**
Location: Boardroom

6 weeks | January 15th-February 19th
Wednesdays, 10:45am-11:45am
Members \$48, Non-Members \$60 (plus tax)
Online registration code **430310**
Location: Boardroom

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.



Mindfulness and Meditation - Level 2



February 26th
Wednesday, 10:45am-11:45am
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430537**
Location: Boardroom

5 weeks | March 4th-April 1st
Wednesdays, 10:45am-11:45am
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430537**
Location: Boardroom

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

Introduction to Yoga ← NEW SUNDAY OPTION



January 5th, February 23rd
Sundays, 6:00-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430301**
Location: 2nd Floor Fitness Studio

5 weeks | January 12th-February 9th ← NEW DAY
Sundays, 6:00-7:00pm
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430301**
Location: 2nd Floor Fitness Studio

5 weeks | March 1st-March 29th ← NEW DAY
Sundays, 6:00-7:00pm
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430301**
Location: 2nd Floor Fitness Studio



January 8th, February 26th
Wednesdays, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430301**
Location: 2nd Floor Fitness Studio

6 weeks | January 15th-February 19th
Wednesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **430301**
Location: 2nd Floor Fitness Studio

5 weeks | March 4th-April 1st
Wednesdays, 6:00pm-7:00pm
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430301**
Location: 2nd Floor Fitness Studio

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





Introduction to Yin Yoga 101



January 8th
Wednesday, 7:15pm-8:15pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430541**
Location: 2nd Floor Fitness Studio

6 weeks | January 15th-February 19th
Wednesdays, 7:15pm-8:15pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **430541**
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. 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



February 26th
Wednesday, 7:15pm-8:15pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430542**
Location: 2nd Floor Fitness Studio

5 weeks | March 4th-April 1st
Wednesdays, 7:15pm-8:15pm
Members \$40 Non-Members \$50 (plus tax)
Online registration code **430542**
Location: 2nd Floor Fitness Studio
Prerequisite: Completion of Yin 101 or equivalent.

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



January 7th, February 25th
Tuesdays, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430311**
Location: 2nd Floor Fitness Studio

6 weeks | January 14th-February 18th
Tuesdays, 6:00pm-7:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **430311**
Location: 2nd Floor Fitness Studio

5 weeks | March 3rd-March 31st
Tuesdays, 6:00pm-7:00pm
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430311**
Location: 2nd Floor Fitness Studio

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.



Pilates Level 1



January 8th
Wednesday, 12:00pm-1:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430304**
Location: 2nd Floor Fitness Studio

6 weeks | January 15th-February 19th
Wednesdays, 12:00pm-1:00pm
Members \$48, Non-Members \$60 (plus tax)
Online registration code **430304**
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. Space is limited.

Pilates Level 2



February 26th
Wednesday, 12:00pm-1:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430308**
Location: 2nd Floor Fitness Studio

5 weeks | March 4th-April 1st
Wednesdays, 12:00pm-1:00pm
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430308**
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.

Express Barre Pilates Fusion



January 6th, February 24th
Mondays, 8:05pm-8:45pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430608**
Location: 2nd Floor Fitness Studio

5 weeks | January 13th-February 10th
Mondays, 8:05pm-8:45pm*
Members \$27, Non-Member \$34 (plus tax)
Online registration code **430608**
Location: 2nd Floor Fitness Studio

5 weeks | March 2nd-March 30th
Mondays, 8:05pm-8:45pm*
Members \$27, Non-Members \$34 (plus tax)
Online registration code **430608**
Location: 2nd Floor Fitness Studio

Express Barre Pilates Fusion is a 40-minute program that is great for all levels. 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.



Barre Pilates Fusion



January 6th, February 24th
Mondays, 7:00pm-8:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430307**
Location: 2nd Floor Fitness Studio

5 weeks | January 13th-February 10th
Mondays, 7:00pm-8:00pm*
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430307**
Location: 2nd Floor Fitness Studio
Prerequisite: Pilates Level 1 + 2, Beginner Barre, or equivalent experience is required.

5 weeks | March 2nd-March 30th
Mondays, 7:00pm-8:00pm*
Members \$40, Non-Members \$50 (plus tax)
Online registration code **430307**
Location: 2nd Floor Fitness Studio
Prerequisite: Pilates Level 1 + 2, Beginner Barre, or equivalent experience is required.

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

January 6th-April 3rd, 2020

Monday—Friday, 10:30am-11:30am

Members \$8/workout (plus tax)

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

Online registration code **430444**

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.*



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 Stamina ← NEW

Step up your heart rate and keep it there with this cardiovascular-focused fitness class. Enjoy a variety of no-impact or low impact options as you make your way around the track or on the spot.

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 Suspension (TRX) ← NEW

Balance out all that pushing and carrying that accompanies life with a baby, and focus on your posterior chain to improve posture and reduce the likelihood of back injuries. The TRX suspension system uses your own body weight to provide challenge stability, mobility, and balance in a full body workout, and is easily adapted to your current fitness level.

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.

■ NUTRITION PROGRAMS ← NEW

Adult Nutrition



January 7th
Tuesday, 11:30am-12:30pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430730**
Location: Boardroom

4 weeks | January 14th-February 4th
Tuesdays, 11:30am-12:30pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **430730**
Location: Boardroom



February 25th
Tuesday, 11:30am-12:30pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430730**
Location: Boardroom

4 weeks | March 3rd-March 24th
Tuesdays, 11:30am-12:30pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **430730**
Location: Boardroom

This 4-week program focuses on adults who are looking to increase their basic understanding of nutrition. The series will cover topics such as the basics of eating and why we do it, label reading, outside influences on our eating habits (social media, marketing, etc.), weight loss basics, as well as the importance of being able to recognize misinformation in the digital age.

Nutrition Myth Busting

February 11th
Tuesday, 11:30am-12:30pm
Members \$8, Non-Members \$10 (plus tax)
Online registration code **430731**
Location: Boardroom

This one-hour session will be dedicated to looking at nutrition related myths with the goal of learning how to discern fact from fiction in an age where anything can seem believable. Learn critical appraisal skills to help you determine when something is based on evidence and research. During this session, feel free to bring in your own nutrition related article in order to determine whether it is based on fact, or fiction.

Family Dynamics of Food



January 7th
Tuesday, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430733**
Location: Boardroom

4 weeks | January 14th-February 4th
Tuesdays, 6:00pm-7:00pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **430733**
Location: Boardroom



February 25th
Tuesday, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **430733**
Location: Boardroom

4 weeks | March 3rd-March 24th
Tuesdays, 6:00pm-7:00pm
Members \$32, Non-Members \$40 (plus tax)
Online registration code **430733**
Location: Boardroom

This nutrition program is for families who are looking to better understand the importance of a family food dynamic. Topics covered will include the basics of childhood nutrition, picky eating, marketing to children, and how to divide responsibility among the family members when it comes to the kitchen and beyond.



February 11th
Tuesday, 6:00pm-7:00pm
Members \$8, Non-Members \$10 (plus tax)
Online registration code **430731**
Location: Boardroom

■ QUICK REFERENCE GUIDE FOR FITNESS AND WELLNESS PROGRAMS

	PROGRAM CODE	BEGINNER FRIENDLY	LOW IMPACT	WEIGHTS USED	ACTIVE AGING	LADIES ONLY	PRE/POST NATAL	WELLNESS/ NUTRITION	DAYTIME	EVENING	MULTIPLE DAYS/WEEK
NEW → Adult Nutrition	430730										
Barre Pilates Fusion	430307										
NEW → Bellyfit (Ladies Only)	430000										
Drum-Fit	430523										
Early Morning Bootcamp	430502										
Express Barre Pilates Fusion	430608										
NEW → Family Dynamics of Food	430733										
Introduction to Lifting (Lifting 101 - Ladies Only)	430514										
Introduction to Mindfulness and Meditation	430310										
Introduction to Tai Chi	430309										
Introduction to TRX & Kettlebell	430508										
Introduction to Yin Yoga 101	430541										
Introduction to Yoga	430301										
Iron Circuit	430503										
Lifting 201 - Ladies Only	430536										
Mindfulness and Meditation Level 2	430537										
NEW → Nutrition Myth Busting	430731										
Pilates Level 1	430304										
Pilates Level 2	430308										
NEW → Primal Movement	430001										
Restorative Yoga	430311										
Stroller Plus	430444										
Tai Chi Level 1	430309										
Tai Chi Level 2	430530										
Tai Chi Level 3	430538										
Toughen Up - Level 1	430504										
Yin Yoga 201	430542										

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.

Registered Dietitian Sessions

Are you ready to make lasting changes to improve your health and wellness? Reach out to **Ryan Lane**, CGC Exercise Specialist & Professional Dietitian (candidate) who can help you meet your nutrition related goals. Book your consultation with Ryan today by calling **902-490-3893**. Be sure to check with your medical plan as nutrition services may be covered.



REGISTERED DIETITIAN SESSIONS	RATES*
Initial Assessment (1-hour)	\$90
Follow up (30 minutes)	\$40
Package (Initial assessment + 3 follow ups)	\$195

**Taxes not included in pricing above.*



Personal Training

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



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

*Sessions can be scheduled at ½ hour intervals. Taxes not included in pricing above.
All personal training packages expire within 1 year of purchase.

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](#).





■ 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.

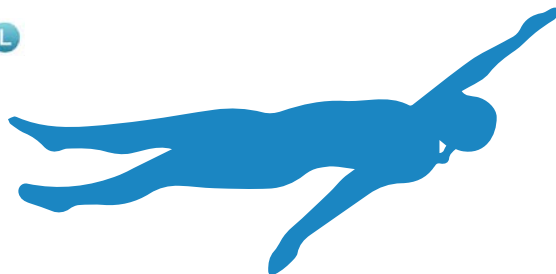
Based on the principle “within arms’ reach”, our Parent & Tot levels focus on close, playful interaction, and shared fun between child, caregiver, and water. Activities and progressions are based on child development. Parents are to register their child in the appropriate level for his/her age. Through 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 410111

Splish, splash, laugh – babies just love to play in water. Parents with 4-12 month old babies will explore the water together under the watchful eyes of their instructor. They'll learn how to safely enter and exit the water together. Parents will also learn how to safely support their child while they discover the water.



PARENT & TOT 2

12-24 months | Online registration code 410112

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 410113

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

■ PRESCHOOL PROGRAMS

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

See chart on page 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 410121

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 410122

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 410123

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 410124

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 deep water.

PRESCHOOL 5 | Online registration code 410125

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 [410131](#)

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 [410137](#)

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

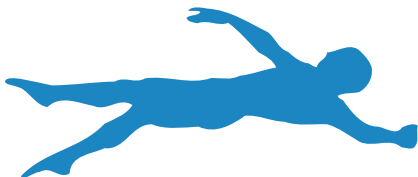
For swimmers who have completed Preschool 4, Preschool 5, or who have been recommended for this level by their previous instructor.

SWIMMER 2 | Online registration code [410132](#)

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 [410130](#)

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 [410133](#)

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

SWIMMER 4 | Online registration code [410134](#)

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 [410135](#)

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 [410136](#)

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.

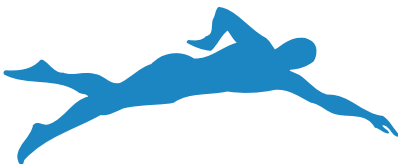
SWIMMER 7 ROOKIE PATROL

Online registration code [410141](#)

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 [410142](#)

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 [410143](#)

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* JAN 6 - MAR 9	TUESDAY JAN 7 - MAR 3	WEDNESDAY JAN 8 - MAR 4	THURSDAY JAN 9 - MAR 5	SATURDAY JAN 4 - FEB 29	SUNDAY JAN 5 - MAR 1
PARENT & TOT 1		5:20pm	6:15pm	10:20am	8:30am, 9:10am	9:50am
PARENT & TOT 2		6:00pm		4:55pm	9:50am, 11:10am	8:30am, 10:30am
PARENT & TOT 3	5:35pm	4:40pm			10:30am, 11:50am	9:10am, 11:10am
PRESCHOOL 1	4:55pm, 5:35pm 6:15pm	4:00pm, 6:00pm	4:15pm, 5:35pm	11:00am, 4:55pm 5:35pm	9:50am, 10:30am 11:10am	9:10am, 9:50am 11:10am
PRESCHOOL 2	4:55pm 6:15pm	4:00pm 6:00pm	4:55pm 5:35pm	4:55pm 6:15pm	9:10am, 9:50am 11:50am	9:10am 9:50am
PRESCHOOL 3	5:35pm 6:15pm	6:00pm 4:40pm	4:55pm 6:15pm	5:35pm 6:15pm	9:50am, 10:30am 11:50am	9:10am, 9:50am 11:10am
PRESCHOOL 4	6:15pm	6:00pm	4:55pm	6:15pm	9:10am, 9:50am 11:10am	8:30am 10:30am
PRESCHOOL 5	4:55pm	5:20pm	6:15pm	4:55pm	8:30am, 9:10am 10:30am, 11:10am	9:10am 11:10am
SWIMMER 1	4:55pm, 6:15pm	4:00pm, 4:40pm 5:20pm	5:35pm 6:15pm	4:55pm, 5:35pm 6:15pm	8:30am, 10:30am 11:10am	9:10am, 9:50am 10:30am
SWIMMER 1 ADVANCED	4:55pm 5:35pm	5:20pm 5:50pm	4:55pm 5:35pm	4:55pm 5:35pm	9:50am 10:30am	9:10am, 10:30am 11:10am
SWIMMER 2	5:35pm 6:15pm	4:00pm 6:00pm	4:55pm 6:15pm	5:35pm 6:15pm	8:30am, 9:10am 10:30am	9:50am, 10:30am 11:10am
SWIMMER 2 ADVANCED	4:55pm	4:40pm 5:50pm	5:35pm	4:15pm	8:30am, 9:10am 11:10am	8:30am, 10:30am 11:10am
SWIMMER 3	4:15pm	4:00pm, 4:40pm 5:20pm	4:55pm, 5:35pm 6:15pm	4:15pm	9:10am, 9:50am 11:10am, 11:50am	9:50am 10:30am
SWIMMER 4	4:00pm	4:00pm, 4:55pm		4:00pm	10:25am, 12:15pm	9:25am, 11:15am
SWIMMER 5	4:00pm	4:00pm, 4:55pm	4:55pm	4:00pm	9:30am, 11:20am	8:30am, 11:15am
SWIMMER 6	4:00pm	4:55pm	5:50pm	4:00pm	9:30am, 10:25am	8:30am, 10:20am
SWIMMER 7 / ROOKIE	4:00pm	4:00pm		4:00pm	11:20am	9:25am
SWIMMER 8 / RANGER					9:30am	9:25am
SWIMMER 9 / STAR					10:25am	8:30am

*Please note that there will be no swim lessons on February 17th for Africville Heritage 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!

Teen Level 1

9 Lessons | Ages 11-15 years

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

Online registration code **410161**

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 **410162**

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

TUESDAYS JAN 7 – MAR 3	SATURDAYS* JAN 4 – FEB 29
LEVEL 1 - 4:40pm	LEVEL 1 - 11:50am
LEVEL 2 - 5:20pm	



ADULT GROUP SWIM LESSONS



Are you over the age of 16 and would like to learn how to swim, fix up your strokes, or overcome a fear of the water, but don't want one-on-one private coaching? Then adult group swim 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 | January 9th-March 5th

Thursdays, 11:40am-12:15pm

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

Online registration code **410164**

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

Adult Level 2

Age 16+ | 9 Lessons | January 5th-March 1st

Sundays, 11:40am-12:15pm

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

Online registration code **410165**

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 | January 5th-March 1st

Sundays, 11:40am-12:15pm

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

Online registration code **410166**

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

THURSDAYS JAN 9 – MAR 5	SUNDAYS* JAN 5 – MAR 1
LEVEL 1 11:40AM	LEVELS 1, 2 & 3 11:40AM

■ 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

9 lessons, 35 minutes each

Members \$75, Non-Members \$105

Online registration code **410168**

SWIMMER 4 TO SWIMMER 9

9 lessons, 50 minutes each

Members \$80, Non-Members \$110

Online registration code **410168**

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** or cluette@canadagamescentre.ca.

Private Inclusion Swim Lessons

Scheduled outside of group lesson times and designed to fit into your schedule, Private Inclusion Swim 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, book 1, 2 or more sessions at our Customer Service Desk, registration code **AQINCLUSION**.

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



PRIVATE LESSONS

9 Lessons | 35mins

Members \$155, Non-Members \$190

Online registration code | Swimmer 2 and lower 410150

Online registration code | Swimmer 3 and higher 410151

SEMI-PRIVATE LESSONS

9 Lessons | 35mins

Members \$255, Non-Members \$320

Online registration code | Swimmer 2 and lower 410152

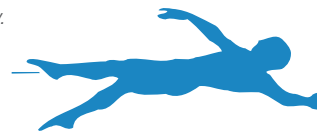
Online registration code | Swimmer 3 and higher 410159

Private and Semi-Private Lessons are available for anyone ages 3-16 years at set times for any preschool or school aged programs offered at the Canada Games Centre. Prescheduled private and semi-private lessons have the same start and end dates as the regular swimming lessons. Spaces are limited per time slot and are sold in nine 35-minute increments.

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

	MONDAY* JAN 6 – MAR 9	TUESDAY JAN 7 – MAR 3	WEDNESDAY JAN 8 – MAR 4	THURSDAY JAN 9 – MAR 5	FRIDAY JAN 10 – MAR 6	SATURDAY JAN 4 – FEB 29	SUNDAY JAN 5 – MAR 1
SWIMMER 2 OR LOWER	4:50pm 5:30pm 6:10pm	4:10pm 4:50pm 6:10pm	4:10pm 4:50pm 5:30pm	4:50pm 6:10pm	4:10pm 4:50pm 5:30pm 6:10pm	9:05am 9:45am 10:25am 11:05am 11:45am 12:25pm	9:00am 9:40am 10:20am 11:00am
SWIMMER 3 OR HIGHER		4:10pm 4:50pm 5:30pm	4:10pm 4:50pm 5:30pm 6:10pm	4:10pm 5:30pm	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

*Please note that there will be no swim lessons on February 17th for Africville Heritage Day.



PRIVATE COACHING & TRAINING

Formerly Adult Private Lessons, we are now offering private swim coaching for learn to swim (beginner), stroke improvement, endurance and/or aquatic fitness. Looking for a flexible option to work on your swimming skills? To arrange this type of private coaching in the pool, visit the Customer Service Desk. Sessions are sold in one, five or ten, 30-minute increments. Once you have purchased your coaching package at the Customer Service Desk, 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



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
January 4th-February 29th
Members \$80, Non-Members \$110
Online registration code [410171](#)

Sundays | 11:15am to 12:30pm
January 5th-March 1st
Members \$80, Non-Members \$110
Online registration code [410171](#)

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.

Bronze Medallion

Fridays | 6:30pm-9:00pm
January 10th-March 6th
Members \$125, Non-Members \$140
Online registration code [410172](#)

Compact Course | 8:00am-12:30pm
March 16th-20th
Members \$125, Non-Members \$140
Online registration code [410172](#)

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

January 10th-March 13th

Members \$160, Non-Members \$180

Online registration code [410173](#)

Compact Course | Fridays, March 27th & April 3rd 5:00pm-9:00pm, Saturday, March 28th & Sunday, March 29th, Saturday, April 4th & Sunday, April 5th, 9:00am-5:00pm

Members \$160, Non-Members \$180

Online registration code [410173](#)

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.



DON'T FORGET ME!

See page 4 for more details

Swim For Life Instructor (SFL)

Compact Course | Friday, January 24th, 5:00pm-9:00pm & Saturday, January 25th & Sunday, January 26th, 9:00am-6:00pm

Members \$145, Non-Members \$165

Online registration code [410175](#)

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, March 6th, 5:00pm-9:00pm

Saturday, March 7th & Sunday, March 8th, 9:00am-6:00pm

Members \$145, Non-Members \$165

Online registration code [410176](#)

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

Compact Course | March 15th-21st
Sunday to Saturday 8:00am to 4:30pm
Members \$265, Non-Members \$285
Online registration code [410174](#)
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.

Lifesaving Sport Coach Level 1 **NEW**

Compact Course | March 14th & 15th
Saturday & Sunday, 9:00am-5:00pm
Members & Non-Members \$100
Online registration code [410178](#)
Prerequisite: Lifesaving Instructor

Provides training for lifesaving instructors who wish to coach Lifesaving Sport at the community level. The course focuses on the fundamentals of coaching and Lifesaving Sport skills in the pool or in open water. Lifesaving Sport Coach Level 1 Coaches teach and certify all levels of the Society's Lifesaving Sport Fundamentals program.



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 January 6th
Weekdays 6:00am-7:00am | Sundays 7:00am-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 16th and members will have access to practice time through summer.

After September 1st, 2019
Members \$295, Non-Member \$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.

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 [410192](#)

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.



	SATURDAY JAN 4 – MAR 7	MEMBERS	NON-MEMBERS
Little Jumpers	12:30pm-1:15pm	\$95	\$110
Learn to Dive Level I	9:30am-10:30am	\$100	\$120
Learn to Dive Level II	10:30am-11:30am	\$100	\$120
Learn to Dive Level III	11:30am-12:30pm	\$100	\$120

Try It - Diving



March 14th | Ages 8-14

Saturday, 10:30am-11:30am

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

Online registration code [410192](#)

Location: Competition Pool

During this workshop, participants will be introduced to dryland and pool activities to achieve basic 1m springboard dive skills. Divers must be comfortable in deep water.

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

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

CGCSA programs run annually 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.



WE ARE ONLY ACCEPTING WINTER REGISTRATION FOR CGCSA YEAR ROUND SWIM TEAM AND WATER POLO.

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 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 January 9th

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 January 6th

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 January 6th

Mondays, Tuesdays, Thursdays, Fridays, Saturdays, Sundays

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 January 6th

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.

Ages 8 and up

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 public holidays, Christmas, and March Break.



ATOM | Ages 8-12

Begins January 6th

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 January 6th

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 January 6th

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 maintenance 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.

BRONZE | Ages 10 and under

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

SILVER

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

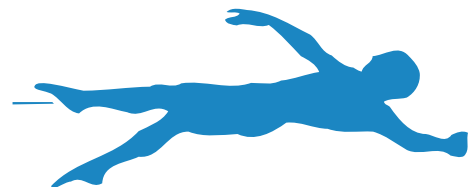


GOLD & PLATINUM

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

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)	4:30PM-5:30PM (MULTI-SPORT)		3:30PM-4:30PM (SWIM)
YEAR ROUND SWIM TEAM SOPHOMORE	4:45PM-6:00PM (SWIM)		4:15PM-5:30PM (SWIM)		4:45PM-6:00PM (SWIM/LIFESAVING)		
YEAR ROUND SWIM TEAM JUNIOR	6:45PM-8:00PM (SWIM)	6:45PM-8:00PM (SWIM)			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 6:45PM-8:00PM (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-5:30PM (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-6:00PM (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: There will be no programs on Monday, February 17th for Africville Heritage Day or during March Break.

Optional Water Polo schedule:

Ages 12 years old and under athletes: 4:15pm-5:30pm / 13 years old and older athletes: 6:45pm-8pm

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)

CPR-C & AED Responder

1 Day | 9:00am-1:00pm

Ages 13+

Members \$40, Non-Members \$60 (plus tax)

Online registration code [410106](#)

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 [410101](#)

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 [410102](#)

CPR-C & AED Responder	Emergency First Aid (CPR-C) & AED Responder	Standard First Aid (CPR-C) & AED Responder
<p>January 18th 9:00am-1:00pm</p> <p>January 29th 5:00pm-9:00pm</p> <p>February 5th 9:00am-1:00pm</p> <p>February 12th 5:00pm-9:00pm</p> <p>February 22nd 9:00am-1:00pm</p> <p>March 11th 5:00pm-9:00pm</p> <p>March 21st 9:00am-1:00pm</p>	<p>January 18th 9:00am-5:00pm</p> <p>February 5th 9:00am-5:00pm</p> <p>February 22nd 9:00am-5:00pm</p> <p>March 21st 9:00am-5:00pm</p>	<p>January 18th-19th 9:00am-5:00pm</p> <p>February 5th-6th 9:00am-5:00pm</p> <p>February 22nd-23rd 9:00am-5:00pm</p> <p>March 21st-22nd 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
January 11th
Saturday, 6:00pm-7:00pm
Members **FREE**, Non-Members **\$8 (plus tax)**
Online registration code **410105**

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+
March 28th
Saturday, 6:00pm-7:00pm
Members **FREE**, Non-Members **\$8 (plus tax)**
Online registration code **410105**



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.

Recognizing Heart Attack and Angina



Ages 18+
February 29th
Saturday, 6:00pm-7:00pm
Members **FREE**, Non-Members **\$8 (plus tax)**
Online registration code **410105**

NEW In recognition of February being Heart Month. Learn to recognize the signs and symptoms of a Heart Attack, and what to do when you suspect one is happening. Learn what basic things you can do to help, and how to reduce the risks for yourself.

How To Deal With Choking



Ages 12+
March 7th
Saturday, 6:00pm-7:00pm
Members **FREE**, Non-Members **\$8 (plus tax)**
Online registration code **410105**

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.



CELEBRATE YOUR SPECIAL DAY

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



BATTING CAGE PARTY PACKAGE

(20 guests)

Members \$150 | Non-Members \$176

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



FIELD HOUSE PARTY PACKAGE

(30 guests)

Members \$150 | Non-Members \$176

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



POOL PARTY PACKAGE

(20 guests)

Members \$150 | Non-Members \$176

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

Party packages now available for booking online at hfxcgwebtraconlinereg.ca

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

RENTALS & EVENTS

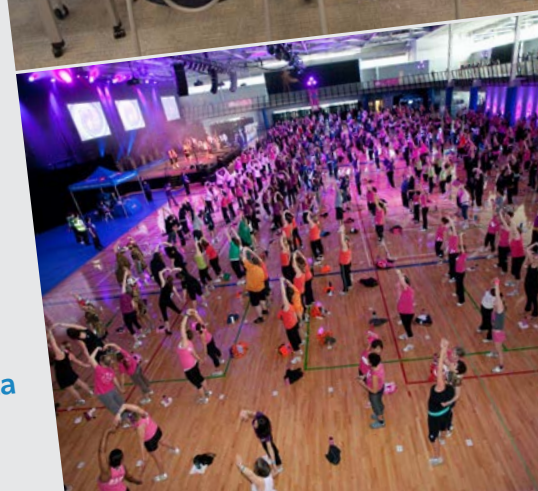
Offering a variety of community spaces, we're the perfect place for meetings, events, private social gatherings, corporate functions and birthday parties.

All room rentals include the following complimentary services:

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

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

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



WINTER 2020

Programs and Services

It happens here.



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