

TOGETHER WE INSPIRE HEALTHY ACTIVE LIVING



2019-2020 ANNUAL REPORT



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OUR LEGACY

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

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

VISION

Together, we inspire healthy active living.

MISSION

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

OUR VALUES SHARED EVERY DAY

Respect, Communication, Community,
Service Excellence, Leadership.

MESSAGE FROM THE BOARD CHAIR AND GENERAL MANAGER

As we sit down each year and reflect on the previous 12 months of activity at the Canada Games Centre, we are always amazed by how much transpires over a year. The year 2019-2020 was no exception as captured in this report. There are so many successes for all to be proud of, from the amazing membership stories, community events, and sporting events to improving the health of our community.

The CGC's year was filled with tremendous activity, some challenges, lots of opportunities, and a few fun celebrations. We have continued to deliver on our vision, provide exceptional experiences for our valued members and guests, and support all facets of sport, recreation and community.

The year came to an abrupt end on March 17th as we closed our doors in support of COVID-19 precautions. This posed many challenges, but we are focused on how we can all work together to bring the CGC safely back to life and to the community. Now more than ever we need physical activity and social connections, and we want to be there for you to help along the way.

We are thankful for the leadership of the Board of Directors, the amazing staff team, and the members and guests who make the stories of the Centre for us to share; the stories that inspire us to be better every day. In December 2019, our Board approved a new 5-year strategic plan to help guide us in the years ahead. Some of the activities and projects may change and others

adjusted, but we are confident that the CGC will be stronger than ever as we continue to follow our core values of respect, communication, community, service excellence and leadership.

We want to thank all of our members and guests for helping us be better each day and pushing us to improve our services for you and our community.

Together, we inspire healthy active living.



Yemi Akindoju
*Chair, Canada Games
Centre Society*



Gary Furlong
General Manager

VISIONARY LEADERSHIP

BOARD OF DIRECTORS 2019-2020

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

2019-2020 BY THE NUMBERS



JASON DROST

Hometown: Hammonds Plains, NS
CGC Member since September 2012

“The CGC is a place to meet new people and build new friendships.



SEAN O'MALLEY

Hometown: Halifax, NS
CGC Member since February 2018

“We only go through life once, so don't be afraid to live.



JHA-ZEYIA BUTTS

Hometown: Upper Hammonds Plains, NS
CGC Member since August 2017

“Just give the pools and slides a try and you will be proud of yourself that you did...



SREENADH, AKHILA, AADRIKA & ANUDRAHA

Hometown: Halifax, NS
CGC Member since March 2017

“Our workout song is our little ones' talks.



7,000+

ACTIVE ANNUAL MEMBERSHIPS



HELEN MARSHALL

Hometown: Halifax, NS
CGC Member since June 2011

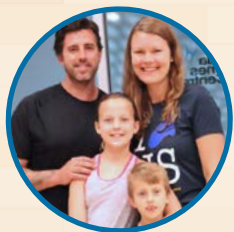
“To keep my body working as well as I can [is what motivates me].



JUDE PRADEEP, ANUNJALI AND JOSEPH

Hometown: India, Bangalore
CGC Member since July 2015

“East or West! CGC is the best!



THE DAGENAIS-LOO FAMILY

Hometown: Heli - Toronto, ON / Stéphane - Halifax, NS
CGC Members since September 2013

“ I want to lead by example and show my kids how great it can be to be active.



AMY DOYLE

Hometown: Moncton, NB
CGC Member since August 2019

“ You'll find me working out along the side of the Track, wearing a baseball cap accompanied by bright coloured clothing (colours make me happy). If you see me, come say hi - I love to meet new people!



SASA & STRAHINJA MITROVIC

Hometown: Serbia, but have been in Halifax, NS for 20 years.
CGC Members since November 2015

“ Starting your day off with exercise helps you stay in a good mood and keep you mentally sharp.



MELISSA MMOLOKE

Hometown: Stephenville, NL
CGC Member since January 2013

“ I want to be healthy, fit and strong, and be a good role model for my daughters.



HAROLD SPONAGLE

Hometown: Goldenville, NS
CGC Member since February 2017

“ I wish seniors would take the time to check out the CGC and all it has to offer them.

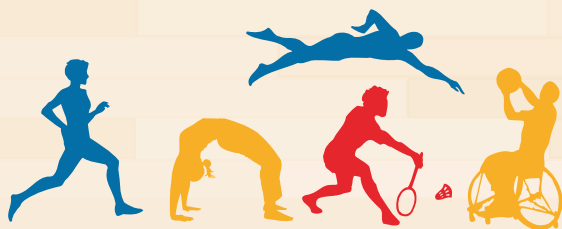


LILY MACPHERSON

Hometown: Halifax, NS
CGC Member since April 2013

“ It (the CGC) has so many things for everyone, and the people are so nice and friendly.

Read more about our Members at: canadagamescentre.ca/membership/member-of-the-month/



67,315

Day Pass Visitors



73,699

Participants in Drop-in
Group Fitness Classes

2,388
PARTICIPANTS
IN RECREATION PROGRAMS

955
PARTICIPANTS
IN 109 FITNESS PROGRAMS



3,306

Welcomed In
Halifax Pass visits



515

Participants
in 91 workshops

5,429
PARTICIPANTS
IN AQUATIC PROGRAMS

283
Birthday
Parties!

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



246 Swim Academy
Athletes

1,809
Summer Campers



40+
Tournaments &
Events



130
Canadian Sport Centre
Atlantic Athletes

577 Provincial Team
Athletes

406 STAFF
59%
ARE YOUTH AGES 15-24

PHYSICAL LITERACY



Just as learning our letters is the building blocks to learning to read, physical literacy is the building block to participate in physical activity and sport. At its core definition, physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. It is a journey that continues through all life stages—from the young, to the young at heart—as those who are physically literate are able to make the most of opportunities for fun and activities regardless of their age.

This is why we continue to support physical literacy within our community by providing quality programs and services based on Sport for Life physical literacy principles.

Physical literacy
is the...



...to be
active for life



2019-2020 HIGHLIGHTS

MEMBERSHIP FEE ASSISTANCE PROGRAM



CHECK OUT THE CANADA GAMES CENTRE... AGAIN

Following the overwhelming success of the CGC 2-Week Access Pass in 2018, we continued to offer it in 2019-2020 in partnership with the Keshen Goodman Public Library. This collaboration enabled the community to check-out a CGC 2-Week Access Pass using their library card. Twenty passes were added to the library's catalogue, and the CGC created participant kits that included the pass, a physical literacy bookmark, and information in English, French and Arabic on how to make the most of the pass. Between April 2019 and March 2020, the passes were signed out 263 times and another 400 people have placed one on hold, extending the enthusiasm for the passes well into our next fiscal year.



At the Canada Games Centre, we believe that everyone should have the opportunity to take part in fitness and recreation activities, and that those opportunities should be accessible and affordable—regardless of one's financial means. In 2018-2019, we set out to create an affordable access program to help support those in our community that needed it most. The CGC Membership Fee Assistance pilot program was designed and implemented to provide 150 individuals and families by covering 50% of their annual membership fees. Building on the success of the pilot, we continued to expand the program into 2019-2020 with **288 memberships**.

MOST POPULAR MEMBER WORKSHOPS



Express/Barre
Pilates Fusion



Intro to Spin



Primal
Movement



Yoga
Inversions and
Arm Balances



Bellyfit



Drum-Fit



Intro to TRX
and Kettlebell



MOST POPULAR FITNESS PROGRAMS



Express/Barre
Pilates Fusion



Functional
Pilates



Drumfit



MOST POPULAR DROP-IN FITNESS CLASSES



Aquafit



Yoga



Fit for
Life



Spin



Zumba



Dance
Fusion



HIIT

The **Canada Games Centre Swim Academy** is a unique approach to aquatic sports designed to develop the whole athlete and avoid the risks normally associated with overtraining and sport specialization. Now into its third year, the CGCSA features swimming, lifesaving sport and water polo all under one umbrella. Each team offers participants access to a variety of training opportunities, both in the water and on dry land, to help avoid injury and dropout, while ultimately increasing enjoyment of physical activity for life.



READ ALL ABOUT LAST YEAR'S RESULTS ONLINE:

- **Making Waves at Spring Swim Meets:**
canadagamescentre.ca/news/making-waves-spring-swim-meets/
- **CGC Swim Academy Brings the Summer Heat:**
canadagamescentre.ca/news/cgc-swim-academy-brings-summer-heat/



246

Swim Academy
Athletes



Sport for Life

ACTIVE FOR LIFE



GET MORE FROM SPORT

COMMUNITY PROGRAMS

At the Canada Games Centre we are always looking for ways to help more Nova Scotians become active and develop lifelong healthy habits. By partnering with community health care organizations, we are able to provide specialized programs to assist in the wellness of those struggling with chronic health conditions.



ACCESS - CANCER AND EXERCISE RESEARCH

ACCESS (Activating Cancer Communities through Exercise Strategy for Survivors) is a returning program that helps those with a cancer diagnosis reduce the negative impacts of the disease and its treatments through exercise. A collaboration between the Dalhousie School of Health and Human Performance, the Nova Scotia Health Authority and the QEII, this 12-week program connects participants with certified exercise physiologists to create individually tailored exercise plans. Coming from a place of support and adaptivity, this program is designed to be modified based on the participants' daily needs and physical and emotional conditions. CGC Exercise Specialist Allison Keller worked with up to 12 participants per session to help them reach their personal goals. The CGC also helped facilitate the ACCESS Maintenance program for participants that completed the preliminary program and study but wished to continue their training with us.



ALZHEIMER'S NOVA SCOTIA MINDS IN MOTION®

Alzheimer's Nova Scotia Minds in Motion® is a community-focused social program that provides a combination of physical activity and mental stimulation for individuals with early to mid-stage signs of dementia and their support people. With an emphasis on creating new connections and friendships with others living similar experiences, Minds in Motion® gives participants the chance to express themselves through movement and conversation. Over 10 participants enjoyed the natural lighting and open space of our Fitness Studio where they exercised with CGC instructor Amanda Parker and socialized during games and light refreshments.



MOVE TO IMPROVE

Move to Improve is a 10-week program delivered by the Chebucto Community Health Team in collaboration with the CGC. Helping those with chronic health conditions and low fitness levels, this community program focuses on making gradual yet tangible improvements through physical activity. Our exercise specialists Allison Parker and Mitchell Yetman were proud to facilitate this popular program that helped provide support to over 60 participants in 2019-2020.



PARKINSON CANADA BOXING

Parkinson Canada Boxing was a new weekly drop-in program run by Parkinson Canada and facilitated by Arron Kinch from Westville Boxing Club as well as CGC Fitness & Wellness Coordinator Amber Allan. Participants learned basic boxing skills and routines, improving their hand-eye coordination, muscular endurance and overall strength while working to lessen the impacts of Parkinson's. This new drop-in program proved to be one of the most well-attended with 18-25 participants each week.



COMMUNITY FITNESS CLASSES

We were delighted to bring more of our CGC fitness classes outside of the facility this year. Through our partnership with ISANS (Immigrant Services Association of Nova Scotia) a free weekly class was offered at the ISANS office with CGC instructor Mayu Creelman. Mayu used to be a student at ISANS and was passionate to be giving back to this impactful organization. Participants enjoyed a variety of physical workouts that promoted active living and healthy routines.

With the leadership and expertise of CGC Fitness Instructor Terri Roberts, we hosted a weekly yoga class in partnership with the Fairview Family Resource Centre (FFRC) at Centennial Area. Free for members of the FFRC, this class provided an introduction to all things yoga and helped participants build on their skills from week to week.

Donated \$37,152 in CGC facility access to local non-profit, school, sport, and community groups.

 **1,829**
Grade 3 students
in Swim to Survive
program



LIFESAVING SOCIETY SWIM TO SURVIVE PROGRAM

1,829 Grade 3 students in Nova Scotia learned the essentials of how to be safe around water and survive an unexpected fall in deep water.

LADIES ONLY SWIM TO SURVIVE

Ladies Only Swim to Survive is a community partnership offering from CGC, the Lifesaving Society, and YMCA Immigrant Services. For many immigrant women, swimming was not a planned or taught process in their country of origin. Now a part of our communities, these women have a need to learn basic swimming capabilities so that they can enjoy the lakes and beaches across Nova Scotia and share those experiences with their families. With Ladies Only Swim to Survive, women from a wide range of cultural backgrounds participate in a 6-week Swim to Survive program that teaches them both basic swimming capabilities and the minimum skills needed to survive an unexpected fall into deep water. CGC provides the pool space for this program, Lifesaving Society provides the instructors, and the YMCA Immigrant Service department helps promote the program and facilitate registration. Ladies Only Swim to Survive has become a successful and increasingly popular program that helps anywhere from 10 to 40 women at a time build their confidence in and around the water.

EVENTS

FEED YOUR SOUL

On August 24th, 2019, good vibes and big smiles attended our Feed Your Soul Yoga event in support of Feed Nova Scotia. Community members and staff joined together to participate in a beginner-friendly outdoor yoga practice. CGC Instructors Candice Brown, Julie Choneyko, Terrilee Bulgar, and Priyanka Kapahi took turns directing the class, while Leslie Briggs and Dennette Hanna-Shea demonstrated modifications. With calming sounds and the sun shining, everyone enjoyed channeling their inner yogi. Thanks to our participants, we were able to collect enough non-perishable and cash donations to help put more than 160 meals on the table for Nova Scotians.



NEW YEAR'S EVE FAMILY EXTRAVAGANZA

2PM-5PM • TUESDAY, DECEMBER 31ST

\$1285.50

Monetary Donations

502 kg

Food Donations

NYE FAMILY EXTRAVAGANZA 2019

The 2019 New Year's Eve Family Extravaganza was a resounding sold-out success. This year, the event was free with food or cash donation to Feed Nova Scotia. Kids and adults alike came out and bounced, ran, jumped, swam and celebrated the start of a new decade. Through healthy active living and a brilliant sense of community, we played all afternoon together with zip-lines, obstacle courses, face-painting and so much more. With the community's help and support, we brought awareness to food insecurity and donated to Feed Nova Scotia enough for **3,040 meals** to support families across our province!

A heartfelt thank you to our sponsor Agropur Dairy Cooperative for setting up the very popular chocolate milk and yogurt station, and to our friends at Jack 92.9 who helped us dance our way through the fun in the Field House.



“

The physical nourishment that these meals will provide for Nova Scotians experiencing food insecurity is so critical, but the true impact goes deeper than the food itself. You've helped bring awareness to a critical issue and you've given people in our community an opportunity to support one another.

**- KAREN THERIAULT,
DIRECTOR OF COMMUNICATIONS,
FEED NOVA SCOTIA**



POP-UP MUSIC

Like physical activity and sport, music has the power to connect, inspire, and motivate. We are proud to continue our partnership with Debut Atlantic, bringing a spectacular variety of live music performances to CGC's Mainstreet lobby in 2019-2020. These Canadian musicians brought delightful sounds from different genres and unique instruments to entertain and enthrall our members and visitors:

- 17-year-old violinist Alison Enríquez amazed us at July's Member Appreciation event
- Dynamic duo Meagan & Amy impressed us with a mixture of classical and contemporary tunes
- Bev and Marc brought incredible energy and brilliant sounds with the marimba and violin
- Prolific pianist Daniel Wnukowski enchanted us with his repertoire
- The lively Starlight Children's Choir brought warmth and joy during the holiday season
- Proteus Saxophone Quartet filled the halls with smooth and inviting harmonies



KILLAM SUMMER CELEBRATION

Our summer just wouldn't be the same without this play-filled celebration at the Glenforest Drive and Plateau Crescent residences. Physical activity and the pure joy of being outside helped make Killam Properties 4th Annual Summer Celebration a fun-filled success! Our physical literacy obstacle course was a big hit again this year, and it was a pleasure to see neighborhood families and community members of all ages come together in the heat of summer and play with us.

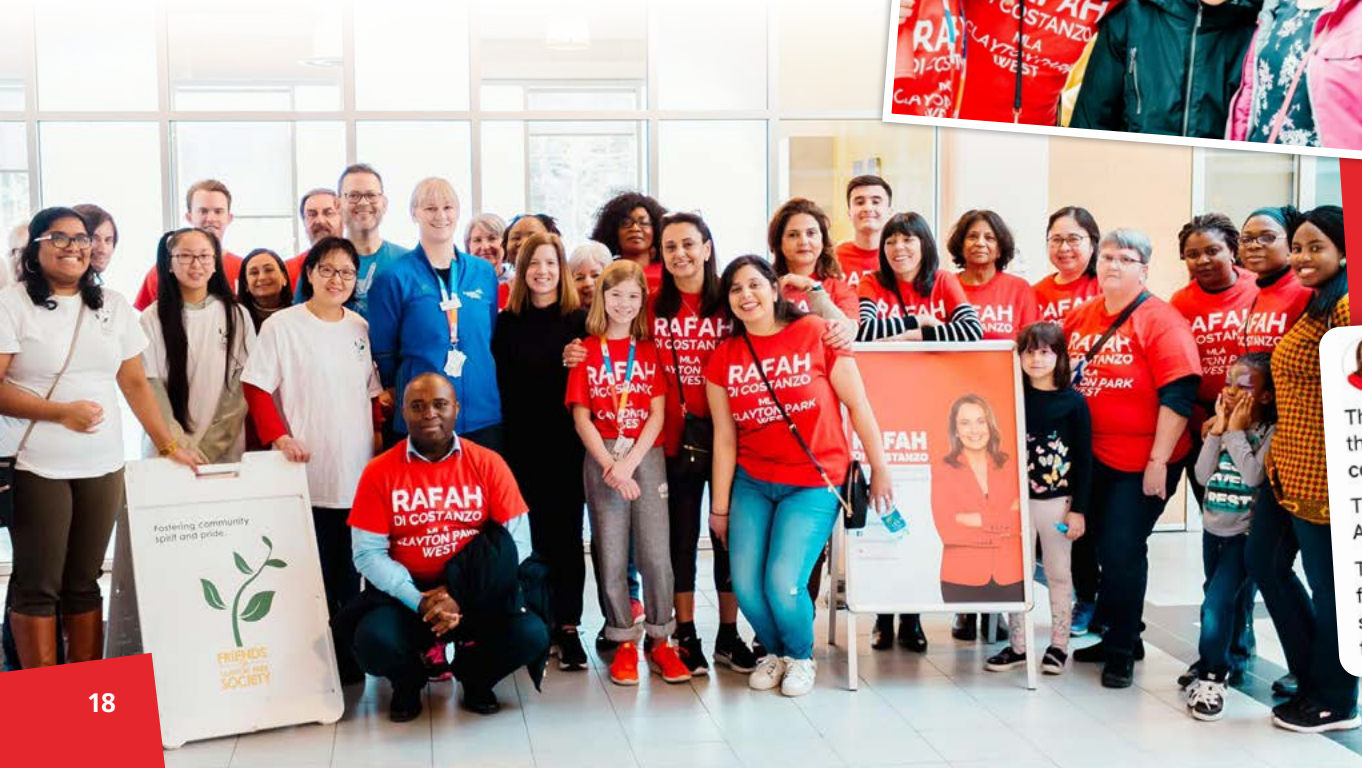
AFRICVILLE HERITAGE DAY / FAMILY FUN DAY WITH MLA RAFAH DI COSTANZO & FRIENDS OF CLAYTON PARK

February 17th, 2020 marked Nova Scotia Heritage Day, an annual reminder of our Province's past and an opportunity to honour the remarkable people, places and events that have contributed to our unique heritage. This year's honouree was the Community of Africville. 2020 marked the 10th anniversary of the Africville apology, a National Historic Site, which holds great significance to the African Nova Scotian community. In celebration of the beautiful cultural diversity in the CGC community, we came together for a day of free recreation and fun. From 8am-8pm, friends and families of all ages and backgrounds came to enjoy a swim, basketball, pickleball and badminton. The day also included Family Fun Day with MLA Rafah Di Costanzo and the Friends of Clayton Park Society (FOCP) from 1pm-3pm. Activities included face painting, a Physical Literacy obstacle course, crafts, snacks and a musical performance by Nova Nubian Drummers.



“Thank you from the bottom of our hearts for helping us with our event! We had an incredible time, and the feedback was all positive... We are so lucky to have an amazing Centre like the Canada Games Centre in our riding.

-RAFAH DI COSTANZO,
MLA CLAYTON PARK WEST



Rafah DiCostanzo, MLA for Clayton Park West
February 20 · 🌐

This past Monday, my office, the Friends of Clayton Park Society and the Canada Games Centre hosted a spectacular #HeritageDay celebration.

This year's Hertiage Day theme was the 10th Anniversary of the Africville Apology.

There are so many activities and events that I wish to highlight, but first and foremost, I would like to thank our dedicated volunteers who spent their holiday helping us. We had over 30 volunteers; You are the reason this event was so successful! ... [See More](#)

TOURNAMENTS & EVENTS

NATIONAL / REGIONAL / PROVINCIAL SPORT

- Athletics Nova Scotia Indoor Club Championships
- Athletics Nova Scotia Indoor Open
- Athletics Nova Scotia Last Chance Indoor Meet
- Badminton Nova Scotia CGC Open
- Badminton Nova Scotia Yonex Atlantic Series Championship
- Badminton Nova Scotia Yonex Longard Open
- Badminton Nova Scotia Yonex Scott Open
- Basketball Nova Scotia Eastlink Classic
- Basketball Nova Scotia Junior Mini Jamboree
- Basketball Nova Scotia - Targeted Athlete Strategy Clinic & Academy Training
- CGC Swim Academy U12, U16 and U18 Competitions
- Eastern Elite Volleyball Championships
- Paralympian Search
- Tokyo 2020 Women's Final Paralympic Qualification Tournament
- Volleyball Canada Nationals – U14 Girls & Boys
- Volleyball Nova Scotia Provincial Championships



TOKYO 2020 WOMEN'S FINAL PARALYMPIC QUALIFICATION TOURNAMENT

In February, the CGC welcomed athletes from around the world for the Tokyo 2020 Women's Final Paralympic Qualification Tournament for sitting volleyball. Canada faced Finland, Germany, Slovenia, and Ukraine for the final spot to compete at the Paralympic Games. Accompanied by cheers heard throughout the facility and from homes watching the live feed, Team Canada earned their chance to compete at the 2020 Paralympic Games by winning every game they played.

**CGC sponsored event*

SCHOOL & LOCAL SPORT

- Breakthrough Basketball Elite Guard Camp
- Chick N Run Women's Ultimate Frisbee Tournament
- East Coast Pickleball Classic
- Halifax Independent School Swim Meet
- Halifax Ultimate Frisbee 4x4 Tournament
- Nova Scotia Sport Hall of Fame Basketball Camp of Excellence
- Saint Mary's University Open Track Meet

COMMUNITY SUPPORT / FUNDRAISERS

- Africville Heritage Day Family Fun Day*
- March of Dimes Canada's Spiking For Dimes
- MS Walk*
- Prostate Cancer Canada Do it For Dads Walk*
- Race Bunnies Fun Run/Walk
- Sport Nova Scotia Reindeer Games*
- Sole Sisters TUTUS on Track
- Wise Zumba Fundraiser
- YogaFit Canada Instructor Training Sessions

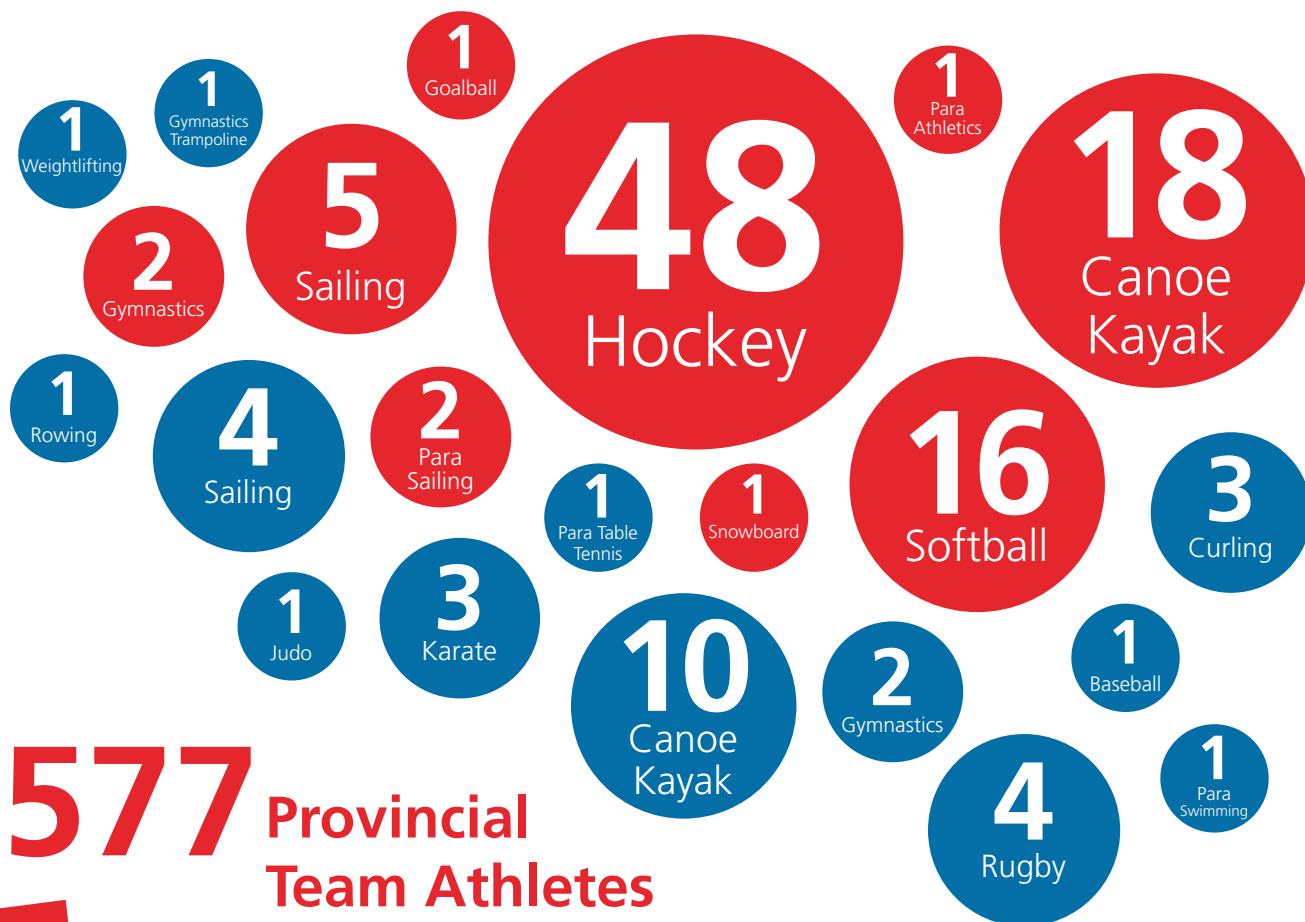
WEEKLY/MONTHLY COMMUNITY GROUP MEETINGS

- Chebucto Community Health Low Intensity Walking Program*
- IAM Church
- Brain Injury Association of Canada Concussion Café,
- Pulmonary Fibrosis Support Group
- Engage Mainland North Roundtable*
- Mainland North Joint Emergency Management*
- Iranian Cultural Society
- Bengali Art and Language Society
- South Indian Cultural Association of the Maritimes
- YMCA Newcomers Walking Program
- Athletics Nova Scotia Newcomers Program
- YACRO Walking Program
- Canadian Power Sail Squadron Navigational Courses
- Canadian Intervention Assistance Dogs

HIGH PERFORMANCE SPORT

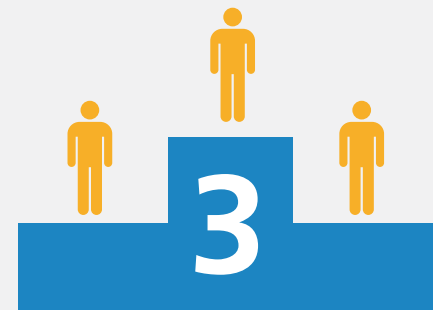


The Canadian Sport Centre Atlantic (CSCA) is located at the Canada Games Centre. The CSCA is part of a national network of multisport centres that link high-performance athletes and coaches with sport-related services.



ATLANTIC ATHLETES WHO TRAIN AT THE CANADA GAMES CENTRE

PODIUM CANADA TARGETED ATHLETES



2 canoe kayak, **1** rowing - Paralympic

CANADIAN ELITE TARGETED ATHLETES

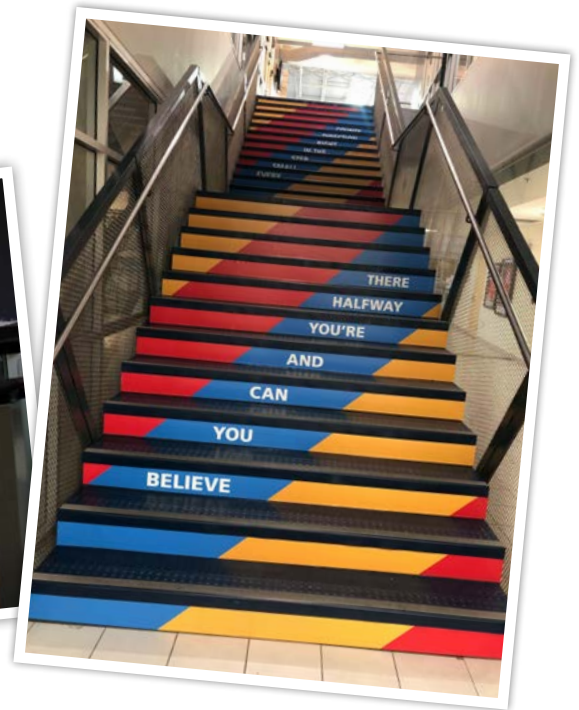


CANADIAN DEVELOPMENT ATHLETES



FACILITY IMPROVEMENTS & UPGRADES

- Renovated the Customer Service Desk, retired our original turnstiles and installed new gates
- Resurfaced the Field House wood flooring and repainted the outer blue elasti-plus flooring
- Replaced the fluid cooler tubes and installed a heat exchanger to allow for year-round operation of fluid cooler
- Installed new 1m and 3m diving board stands
- Added motivational decals to our stairs and spin area
- Hung new pennants in the main hallway celebrating our CGC community
- Refreshed the Child Minding space with a new floor and fresh paint
- Installed new floors in the Activity Room; Community Centre; Arts & Crafts Room and Classroom
- Upgraded the facility-wide free wifi
- Expanded our outdoor playground to include a physical literacy pathway



WEBSITE ACCESSIBILITY UPGRADE

As we continue to adapt our offerings as a facility to become even more inclusive, we completed a Website Accessibility upgrade. As a result canadagamescentre.ca now meets a higher standard of accessibility functionality. Some of the main changes to note include: higher contrast in colours, a pause feature on our scrolling (red) alert bar, and improved navigation with keyboard and additional support for users using screen readers.

SPECIAL STAFF ACTIVITIES

NAVY 10K RUN

Just like our community, CGC staff also enjoy being active. In August 2019, twenty CGC staff members laced up and participated in the Navy 10k Run. CGC staff brought their ever-present smiles, enjoyment for physical activity and determination. The result was a fun-filled day and successful completion of the 5km and 10km races.



FACILITY AWARDS

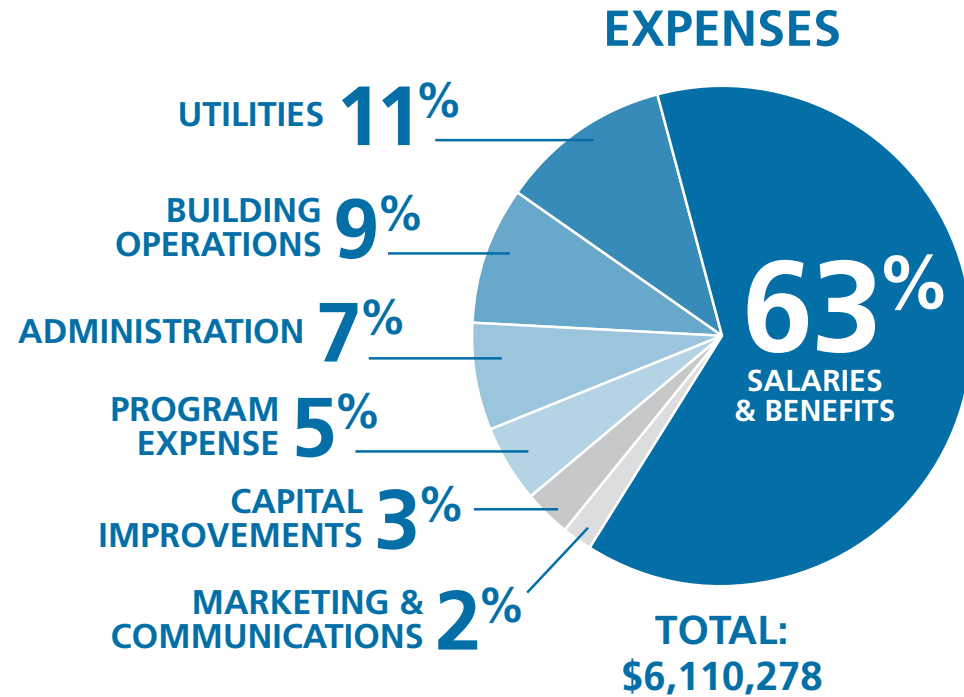
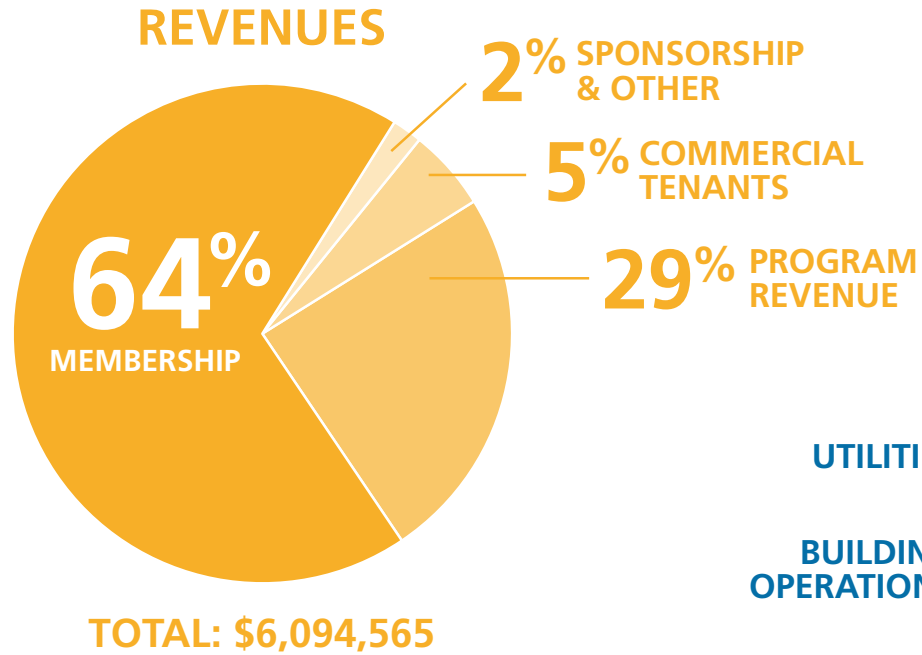
- Lifesaving Society's Les Punchard Award – for certifying the most individual lifesavers in Nova Scotia
- Lifesaving Society's Regional Affiliate for Halifax Region – Large Facility Award for running the most lifesaving programs in the City of Halifax



A HELPING HAND

Getting proper nutrition is key to maintaining a healthy lifestyle. In the spirit of the holidays and continuing our efforts to address hunger, a group of staff members spent a day at Feed Nova Scotia in Winter 2019. Adorned with antlers and aiming to spread cheer, our team helped sort through donated goods and had a blast while doing so. Through our past and continuing actions to address food insecurity, our team is committed to taking a bite out of hunger.

FINANCIAL SUMMARY FOR 2019-2020



THANK YOU

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

HALIFAX



lifemark

STAYING CONNECTED



10,262

e-newsletter
subscribers



9,795

Facebook page likes



Twitter
followers



It happens here.

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

 @CdaGamesCentre

 facebook.com/CGCHalifax

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