



# FALL

**2020** Programs & Services

Canada  
Games  
Centre

It happens here.

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CONNECT



**Facebook.com/CGCHalifax**

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



**@CdaGamesCentre**

Follow us for all the latest announcements



**E-newsletter Subscribe:**

<http://bit.ly/cgcnews>

## ■ HOW TO REGISTER

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

## ■ REGISTER ONLINE

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

<https://www.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](mailto:info@canadagamescentre.ca) with any questions.

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

## ■ REGISTER IN-PERSON

### 26 Thomas Raddall Drive

Monday – Friday 8:00am-8:00pm  
Saturday – Sunday 8:00am-6:00pm

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

## REGISTRATION DATES

### MEMBERS:

Online: **September 15th**, beginning at 8:00 am  
In-person: **September 17th**, beginning at 8:00 am

### NON-MEMBERS:

Online: **September 22nd**, beginning at 8:00 am  
In-person: **September 24th**, 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.
- Please note there are currently additional safety protocols in place during the COVID-19 pandemic and the **Press Play** protocols will take priority.
- 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.

# STAYING HEALTHY: CANADA GAMES CENTRE SAFETY PROTOCOLS

As always, the health and safety of our members, users and staff is our first priority. To support this priority during the COVID-19 pandemic, additional measures and changes in services are required. Our reopening plan follows the current advice of Public Health experts, mandated legislation and takes into consideration best practices from similar facilities and sports organizations in Canada and internationally.

The **Facility Reopening** section of our website explains what to expect at the CGC as we reopen in stages. Please keep in mind that public health information and provincial directives can change quickly. We will make every effort to update our website as fast as possible as we adapt to these changes.

## PREVENT THE SPREAD



**Wash your hands often.**



**Maintain social distance, avoid close contact.**



**Cough and sneeze into your elbow.**



**Stay home if you are sick.**



**Avoid touching your face.**



**Masks are required within the facility.**



**We must all do our part.  
Be kind & patient with everyone.**

## COVID-19 PROGRAM PROTOCOLS

In anticipation of welcoming fall programs, we are implementing a number of safety measures to ensure all program participants have a safe and healthy experience at the CGC.

## GENERAL NOTES

- All our sport programs will be following their Return to Sport plans. For more details on Return to Sport plans, please visit **Sport Nova Scotia**.
- Increased cleaning protocols are in place, and items that cannot be easily cleaned are limited.
- More specific details about program protocols including drop-off and pick-up will be sent directly to program participants before the start of the program.
- Change room access is for swim lesson participants only. Participants must arrive dressed for the pool and will have access to a change room after their program. Change rooms are limited to one parent/guardian per swim lesson participant. Aquatics participants will have a maximum of 10mins in the change rooms at the end of their activity time slot.
- Programs will be offered either as physical distanced or in a cohort (grouping method). The grouping method involves creating self-contained groups within the facility. Physical distancing within cohorts is not enforced.
- If a program participant displays any current symptoms listed on the **Province's website**, parents/guardians will be called, the child must be picked up **immediately and they will be isolated until pick-up**.

## HEALTH SCREENING

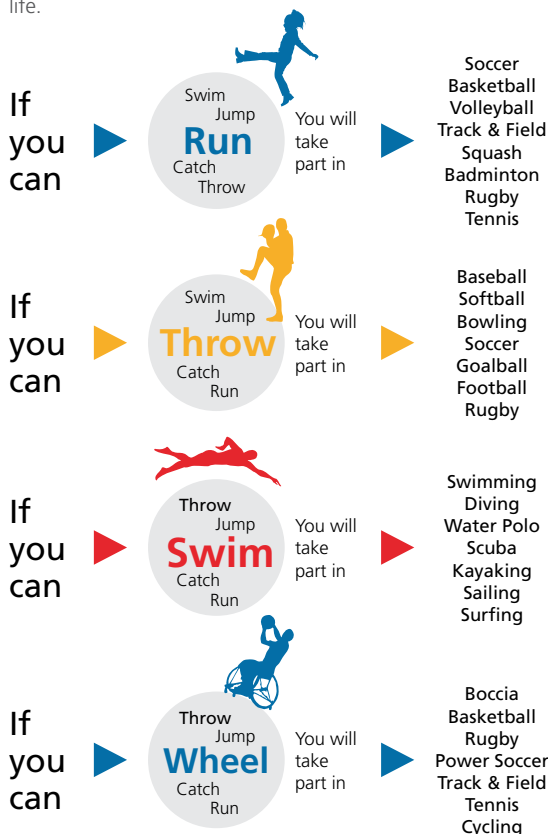
- Health Screening questions will be completed for each program participant prior to entering the CGC.

**Continue to follow the advice of the Province to help prevent the spread of COVID-19.  
For more information, visit: [novascotia.ca/coronavirus/](https://novascotia.ca/coronavirus/)**

# 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.



# Sport for Life

To support Physical Literacy within our community, we continue to adapt more programs to the Sport For Life (S4L) model.

## 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
- Karate
- Youth Sparring
- Swim Lessons
- 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
- 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

### PROGRAMS

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

## 3 LearntoTRAIN

**MALES** 9-12 Years

**FEMALES** 8-11 Years

### PROGRAMS

- Overall sport skills development
- Major skill learning stage
- Integrated mental, cognitive and emotional development
- Badminton
- Badminton Club
- Karate
- Youth Sparring
- Swim Lessons
- Bronze Star
- Swim Academy



# Sport for Life

*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](https://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](mailto:membership@canadagamescentre.ca)*

**Please note: not all services and amenities are available due to public health restrictions during the COVID-19 pandemic. For more details, visit Facility Reopening.**

# Recreation Programs



## ■ PROFESSIONAL DEVELOPMENT DAY CAMPS

HRCE | September 25th, November 20th, December 3rd

CSAP | November 12th

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

Members \$35, Non-Members \$40

(Price is per child per day)

Online registration code **321003**

Full Time Registrants in our After School Program:

Members \$25 | Non-Members \$30

(Price is per child per day)

Our PD Camp consists of a variety of indoor and outdoor activities such as sports and arts & crafts. Camp registration is ongoing and offered for children currently enrolled in Grades P-6. There is a limited number of spaces available as current cohort restrictions allow for 8 participants and 2 leaders, so register early! If the camp is full, please add yourself to the waitlist.

## ■ STAYING HEALTHY: COVID-19 PD CAMP PROTOCOLS

### GENERAL NOTES

- PD Camps will be operating with the grouping method. The grouping method involves creating a self-contained camp group within the facility, with the size of each group limited to a maximum of 15. Each camp group will stay separate from the other but **within each group of 15, physical distancing is not enforced**. The Camp will also be kept separate from other users of the facility.
- Staff and Supervisors will have contact with the camp group, but will limit as much as possible.
- If a camper displays any current symptoms listed on the **Province's website** parents/guardians will be called and the child must be picked up **within the hour**.
- Campers will be encouraged to wash their hands frequently and correctly.
- Increased cleaning protocols are in place, and items that cannot be easily cleaned are limited.
- Discouraging sharing of personal items and food.

### CONTACTLESS DROP-OFF AND PICK-UP

- We ask families to please limit the number of people responsible for the drop-off and pick-up of the child(ren).
- Camp drop-off will be located at the front of the building using a separate entrance from other facility users. Parents/guardians will sign their child(ren) in outside and staff will escort them to their camp room.
- Parents/guardians are not to enter the building to drop off or pick up campers and under no circumstances are they to come within 2 metres/6 feet of a camp group.
- Pick up will be located at the front of the building in a separate camp entrance from other facility users. Upon arrival, the parent/guardian will notify staff and children will be brought out.
- Photo ID is required at pick-up.

### HEALTH SCREENING

- Prior to campers entering the CGC, parents/guardians will have to answer health screening questions with their child(ren).





## SPORTS PROGRAMS

### Badminton

**AGES 6-8** | 8 sessions  
October 7th-December 2nd  
Wednesdays, 4:45pm-5:30pm\*

**AGES 9-12** | 8 sessions  
October 7th-December 2nd  
Wednesdays, 5:45pm-6:30pm\*

*Members \$60.03, Non-Members \$75.04*

Online registration code **320211**

Location: Field House

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

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



### Badminton Club

**Ages 9-12**  
22 sessions | October 6th-December 17th  
Tuesdays and Thursdays, 4:45pm-6:15pm

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

*Members \$181.10, Non-Members \$226.38\*\**

Online registration code **320211**

Location: Field House

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

*\*\*Please note 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 2020-August 2021. Annual Fee online registration code **320211**.*





## Pickleball

### PICKLEBALL FUNDAMENTALS

Ages 18+  
8 sessions | October 5th-November 2nd  
Mondays and Wednesdays, 1:00pm-3:00pm\*  
Members \$80, Non-Members \$100 (plus tax)  
Online registration code [320209](#)  
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.

*\*Please note that there will be no program on Monday, October 12th.*



### PICKLEBALL SKILLS & DRILLS

Ages 18+  
8 sessions | November 4th-December 2nd  
Mondays and Wednesdays, 1:00pm-3:00pm\*  
Members \$80, Non-Members \$100 (plus tax)  
Online registration code [320209](#)  
Location: Field House

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.

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



## Youth Karate

Online registration code **320202**

Location: Dance Studio

**YOUTH FUNDAMENTALS** | Ages 4 | Non-belted  
10 sessions | October 17th-December 19th  
Saturdays, 9:00am-9:30am  
Members \$56.00, Non-Members \$70.00\*\*

**YOUTH ALL RANKS** | Ages 5-7  
10 sessions | October 7th-December 16th  
Wednesdays, 5:30pm-6:15pm\*  
Members \$76.00, Non-Members \$95.00\*\*

**YOUTH ALL RANKS** | Ages 5-7  
11 sessions | October 8th-December 17th  
Thursdays, 5:30pm-6:15pm\*  
Members \$83.60, Non-Members \$104.50\*\*

### COVID-19 PROGRAM PROTOCOLS:

We are implementing a number of safety measures to ensure all program participants have a safe and healthy experience at the CGC. See page 4 for details.

**YOUTH ALL RANKS** | Ages 5-7  
10 sessions | October 17th-December 19th  
Saturdays, 9:45am-10:30am  
Members \$76.00, Non-Members \$95.00\*\*

**YOUTH BEGINNER TO ORANGE BELT** | Ages 8-11  
10 sessions | October 17th-December 19th  
Saturdays, 10:45am-11:45am  
Members \$88.00, Non-Members \$110.00\*\*

**YOUTH GREEN BELT & UP** | Ages 8-11  
11 sessions | October 6th-December 15th  
Tuesdays, 6:00pm-7:00pm  
Members \$96.80, Non-Members \$121.00\*\*

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

*\*\*Please note karate participants are required to pay a one-time non-refundable annual fee of \$25.00 to Karate Nova Scotia, due at time of registration that covers September 2020-August 2021. Annual Fee online registration code **320202**.*



Led by 5th Degree Black Belt Sensei Jeff Murphy, our belted Shotokan Karate program will facilitate learning and skill development for those wishing to move their way through the ranks. Belting opportunities will be presented when children are ready to challenge their appropriate level. Additional fees for belt testing and uniforms will be the responsibility of participants. Gi's can be purchased through Sensei Jeff on the first day if necessary at a cost of \$70. Programs fill very quickly, so please register early so you are not disappointed!





## Family Karate

Online registration code [320202](#)

Location: Dance Studio

**FAMILY ALL RANKS | Ages 6+**  
10 sessions | October 7th-December 16th  
Wednesdays, 6:30pm-7:30pm\*  
Members \$40.00, Non-Members \$50.00\*\*

**FAMILY ALL RANKS | Ages 6+**  
10 sessions | October 17th-December 19th  
Saturdays, 12:00pm-1:00pm  
Members \$40.00, Non-Members \$50.00\*\*

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

*\*\*Please note karate participants are required to pay a one-time non-refundable annual fee of \$25.00 to Karate Nova Scotia, due at time of registration that covers September 2020-August 2021. Annual Fee online registration code [320202](#).*

Led by 5th Degree Black Belt Sensei Jeff Murphy, Family Karate is a great and fun way for parents and children (Age 6-12) to stay active together. One parent must participate with the child(ren). Additional fees for belt testing and uniforms will be the responsibility of participants. Gi's can be purchased through Sensei Jeff on the first day if necessary at a cost of \$70-\$85 depending on size.

## Adult Karate

Online registration code [320202](#)

Location: Dance Studio

**ADULT ALL RANKS | Ages 12+**  
11 sessions | October 6th-December 15th  
Tuesdays, 7:15pm-8:45pm  
Members \$145.20, Non-Members \$181.50\*\*

**ADULT BROWN & BLACK BELT | Ages 12+**  
10 sessions | October 7th-December 16th  
Wednesdays, 7:45pm-9:00pm\*  
Members \$132.00, Non-Members \$165.00\*\*

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

*\*\*Please note karate participants are required to pay a one-time non-refundable annual fee of \$25.00 to Karate Nova Scotia, due at time of registration that covers September 2020-August 2021. Annual Fee online registration code [320202](#).*

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





## Senior Karate

Online registration code **320202**

Location: Dance Studio

Ages 18+

10 sessions | October 5th-December 14th  
Mondays, 11:00am-12:00pm\*

Members \$56.00, Non-Members \$70.00\*\*

10 sessions | October 7th-December 16th  
Wednesdays, 11:00am-12:00pm\*

Members \$56.00, Non-Members \$70.00\*\*

11 sessions | October 9th-December 18th  
Fridays, 11:00am-12:00pm

Members \$61.60, Non-Members \$77.00\*\*

*\*Please note that there will be no program on Monday,  
October 12th.*

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

*\*\*Please note karate participants are required to pay a  
one-time non-refundable annual fee of \$25.00 to  
Karate Nova Scotia, due at time of registration that  
covers September 2020-August 2021. Annual Fee online  
registration code **320202**.*

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



## Youth & Adult Sparring

Online registration code **320202**

Location: Dance Studio

Ages 7+

11 sessions | October 8th-December 17th  
Thursdays, 6:30pm-8:00pm

Members \$145.20, Non-Members \$181.50\*\*

*\*\*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 2020-August 2021. 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.

### COVID-19 PROGRAM PROTOCOLS:

We are implementing a number of safety measures to ensure all program participants have a safe and healthy experience at the CGC. See page 4 for details.

# 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 40 Drop-In Fitness Classes a week which are included in your membership or day pass.**

If you're looking to crosstrain 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.

**Following Public Health guidelines, all fitness & wellness programs support social distancing.**

## ■ ADULT SPECIALIZED PROGRAMS

### Cardio Kettlebell – All Levels

4 weeks | October 5th–November 2nd  
Mondays, 6:30pm-7:30pm

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

Online registration code **330500**

Location: Field House Alcove

*\*Please note there is no program on Monday, October 12th.*



### DROP-IN AQUAFIT CLASSES

We offer a great selection of drop-in Aquafit classes, which are included in your membership or day pass rate. You'll find these classes listed on the **Aquatics Schedules** available on our website.



4 weeks | November 16th–December 7th  
Mondays, 6:30pm-7:30pm  
*Members \$32, Non-Member \$40 (plus tax)*  
Online registration code **330500**  
Location: Field House Alcove



This all-levels Interval-based program combines Kettlebell exercises and aerobic drills to improve cardiovascular fitness, strength and stamina. Punch, kick, and swing your way to a fit body from head to toe with medium to high-intensity workouts that are scalable for all impact levels. Space is limited.



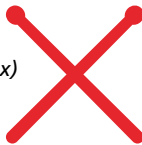
## Drum-Fit

4 weeks | October 8th–October 29th  
Thursdays, 6:00pm-7:00pm

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

Online registration code **330523**

Location: 2nd Floor Fitness Studio



4 weeks | November 12th–December 3rd  
Thursdays, 6:00pm-7:00pm

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

Online registration code **330523**

Location: 2nd Floor Fitness Studio

Using drumsticks and heart-pumping 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, coordination, and strength training with stretching and body-weight exercises. Designed for all fitness level, ages and abilities, Drum-Fit will help you cut loose, shape up, and move in all kinds of new ways! Space is limited.



## Toughen Up



4 weeks (8 sessions) | October 6th–October 29th  
Tuesdays & Thursdays, 6:30pm-7:30pm

*Members \$64, Non-Members \$80 (plus tax)*

Online registration code **330504**

Location: Track Starting Blocks

4 weeks | (8 sessions) November 10th–December 3rd  
Tuesdays & Thursdays, 6:30pm-7:30pm

*Members \$64, Non-Members \$80 (plus tax)*

Online registration code **330504**

Location: Track Starting Blocks

Get off the couch and into the best shape of your life at the Canada Games Centre with this dynamic, moderate-to-high intensity training program. Toughen Up is designed to improve strength, endurance, and body composition with 2 weekly workouts over 5-6 weeks. Join one of our amazing personal trainers for pre & post fitness tests, which will help keep you on track. With a variety of workouts to keep things interesting, you're sure to have fun, make new fitness friends, and boost confidence. Space is limited

## Weight Lifting for Women (All Levels)



4 weeks | October 18th–November 8th  
Sundays, 9:00am-10:00am

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

Online registration code **330514**

Location: Personal Training Studio

4 weeks | November 22nd–December 13th  
Sundays, 9:00am-10:00am

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

Online registration code **330514**

Location: Personal Training Studio

Whether you're new to lifting or have had previous instruction, there is something here for everyone. This Ladies-Only program, led by a female trainer, will walk you through basic and/or intermediate strength exercises to ensure you feel confident and comfortable while working out. Space is limited.

## ■ WELLNESS PROGRAMS

### Self-Care and Recovery

4 weeks | October 16th–November 6th  
Fridays 12:00pm-1:00pm  
Members \$32 Non-Members \$40 (plus tax)  
Online registration code: **330531**  
Location: Community Centre Room

4 weeks | November 20th–December 11th  
Fridays 12:00pm-1:00pm  
Members \$32 Non-Members \$40 (plus tax)  
Online registration code: **330531**  
Location: Community Centre Room

Get ready to unlock stored energy that's been hiding underneath your fascia (muscle sheaths) to improve body awareness and move with ease. This program is about taking time for yourself and teaches you how to read the road map of your own body. You'll learn how to use therapy balls as a form of self-massage, incorporating mindful breathing, and clinical stretching modalities to reduce muscle tension and improve mobility, and range of motion. It's a great stress reliever too! This program is intended to offer education and recovery methods to those who currently suffer from - or have previously suffered with- soft tissue injuries such as plantar fasciitis, shin splints, back pain, sciatica, digestion or breathing issues, frozen shoulder and impingement, tension headaches, and general wear and tear.

*Please Note: For safety, we ask participants to bring their own therapy balls. The instructor will have therapy balls for purchase or can help you find them before the program begins (estimated cost: \$5-\$25 depending on how many you want and ball size).*



### Traditional Yang Style Tai Chi (All Levels)

4 weeks | October 6th–October 27th  
Tuesdays, 7:00pm-8:00pm  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code **330556**  
Location: Arts & Crafts Room



4 weeks | November 10th–December 1st  
Tuesdays, 7:00pm-8:00pm  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code **330556**  
Location: Arts & Crafts Room

Tai Chi is a soft, internal art for health, exercise and self-defense. It is a moving meditation that can build strength, relieve stress and help to lower blood pressure. This graceful long form has a quiet, tranquil energy and is designed to benefit everyone regardless of age or physical condition. All levels will be accommodated. Space is limited.

### Resilience in Action: A Mindfulness Program ← NEW

4 weeks | October 7th–October 28th  
Wednesdays 6:30pm-7:30 pm  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code **330527**  
Location: Boardroom



4 weeks | November 18th–December 9th  
Wednesdays, 6:30pm-7:30 pm  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code **330527**  
Location: Boardroom

This course is aimed at building resilience through evidence mindfulness-based stress reduction and other techniques of deepening self-awareness. Knowledge of self leads us to find our strength, our compassion and our ability to bounce back from tough situations that inevitably arise in life. Take the steps to transform fear into courage, suffering into meaning and find deep connections along the way.

## Introduction to Yoga

4 weeks | October 6th–October 27th

Tuesdays, 6:00pm–7:00pm

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

Online registration code **330301**

Location: 2nd Floor Fitness Studio



4 weeks | November 10th–December 1st

Tuesdays, 6:00pm–7:00pm

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

Online registration code **330301**

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.



## Restorative Yoga

4 weeks | October 7th–October 28th

Wednesdays, 7:00pm–8:00pm

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

Online registration code **330311**

Location: 2nd Floor Fitness Studio

4 weeks | November 18th–December 9th

Wednesdays, 7:00pm–8:00pm

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

Online registration code **330311**

Location: 2nd Floor Fitness Studio



Restorative Yoga is great for beginners and seasoned yogis alike, as it promotes down regulation, rest and relaxation through supported back bends, twists, forward folds, and breathing techniques. This practice focuses on returning to a comfortable state while reducing stress and anxiety through postures that require almost no effort compared to a typical yoga class.

*Please bring your own mat and props (optional: pillow, blanket, strap, blocks etc.)*



## Functional Pilates

4 weeks | October 17th–November 7th  
Saturdays, 9:00am-10:00am  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code **330551**  
Location: 2nd Floor Fitness Studio



4 weeks | November 21st–December 12th  
Saturdays, 9:00am-10:00am  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code **330551**  
Location: 2nd Floor Fitness Studio

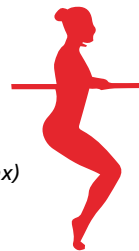
Prerequisite: Previous Pilates experience is highly recommended, but not mandatory.

In Functional Pilates, Clinical Exercise Specialist and Yoga Tune Up® certified instructor, Candice Brown combines self-massage techniques with the rehabilitative nature of Pilates to help you unlock your body's ability to build strength and length. By incorporating the use of Yoga Tune-Up® therapy balls and intelligent sequencing, you will discover how these methods can drastically improve Pilates technique and overall posture. You will be challenged with a variety of standing, seated, and lying postures, using props and weights to help you gain strength and stamina. Space is limited.

*Please Note: For safety, we ask participants to bring their own therapy balls. The instructor will have therapy balls for purchase or can help you find them before the program begins (estimated cost: \$5-\$25 depending on how many you want and ball size).*

## Barre Pilates Fusion

4 weeks | October 5th–November 2nd\*  
Mondays, 7:00pm-8:00pm  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code **330307**  
Location: 2nd Floor Fitness Studio



*\*Please note there is no program on Monday, October 12th.*

4 weeks | November 16th–December 7th  
Mondays, 7:00pm-8:00pm  
Members \$32, Non-Members \$40 (plus tax)  
Online registration code **330307**  
Location: 2nd Floor Fitness Studio

Prerequisite: Pilates, 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. Experience required. Space is limited.







## ■ 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**.

### **Fitness Assessment & Program Design**

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

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



## Personal Training

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



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

*\*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

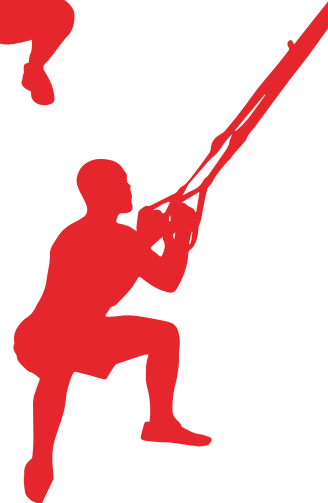
Do you have a group of friends and want to split the cost of a Personal Fitness class? We can create programs for all levels and goals. Whether you golf together, run together or drink tea together we can develop a program for you.

Contact **Amber Allan**, Fitness & Wellness Coordinator at **902.490.2249** or [allana@canadagamescentre.ca](mailto:allana@canadagamescentre.ca) to book a consultation for training.



## Dryland Team Training

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



YOUTH (AGES 18 & UNDER)	MINUTE SESSION RATES
5-20 Athletes	\$100

*\*Taxes not included in pricing above.*



## 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.



### Dryland Team Training Session

All dryland team training session for emerging and elite athletes are tailored to meet the energetics & movement demands specific to their sport. The session includes a sport specific fitness assessment.

**1 Dryland Training Session: \$100**  
(minimum of 5 athletes, maximum 20 athletes)\*  
*\*Taxes not included in pricing.*

### Team Training Package

**Train the whole athlete:**

**8 Dryland Training Sessions** (60 minutes each)  
Work with one of our qualified Exercise Specialists to have your team perform better together and individually.

**2 Nutrition Sessions** (60 minutes each)  
Meet with our Professional Dietician (candidate) and discuss pre/post-game nutrition and fueling your body.

**1 Yoga Practice** (60 minutes)  
One of our certified yoga instructors will lead your team in a calming yoga practice.

**1 Mindfulness and Meditation Session** (60 minutes)  
Join our Fitness & Wellness Coordinator and learn ways to focus your mind, lessen stress and take your mental game to the next level.

**Package Rate: \$1,100**  
(minimum 5 athletes, maximum 20 athletes)\*  
*\*Taxes not included in pricing.*

To book your Dryland Team Training or Team Training Package, contact **Amber Allan**, Fitness & Wellness Coordinator at **902.490.2249** or **[allana@canadagamescentre.ca](mailto:allana@canadagamescentre.ca)**.

# Aquatics Programs

## ■ AQUATICS REGISTRATION INFORMATION

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

Next, refer to the days, times and sections of a particular class or level (see chart on page 27). 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. Lifesaving Society's 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.



This fall, we worked with the Lifesaving Society of Nova Scotia and followed public health guidelines to design the safest aquatics programs possible for our facility.

## 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 one parent/guardian  
9 lessons | 35 minutes per lesson  
Members \$75, Non-Members \$105

See chart on page 27 for swim lesson days and times.

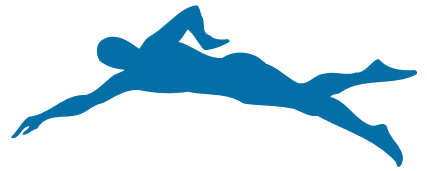
Based on the principle “within arms’ reach”, our Parent & Tot levels focus on close, playful interaction, and shared fun between child, caregiver, and water. Activities and progressions are based on child development. Parents are to register their child in the appropriate level for his/her age. Through safety tips provided, caregivers learn what it takes to make Water Smart® choices.

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

### **PARENT & TOT 1**

**4-12 months | Online registration code 310111**

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.



**PLEASE NOTE: Parent & Tot Programs will take place in the Leisure Pool.**

### **PARENT & TOT 2**

**12-24 months | Online registration code 310112**

Water play – get set, get wet! Instructor-led sessions help parents with 12-24 month old children safely explore water together. Parents are taught how to support their child while floating and kicking. They can celebrate together when they can get their face wet and blow bubbles for the first time.

### **PARENT & TOT 3**

**2-3.5 years | Online registration code 310113**

Just watch them grow! At 2-3.5 years 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.



## ■ PRESCHOOL PROGRAMS

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

See chart on page 27 for swim lesson days and times.

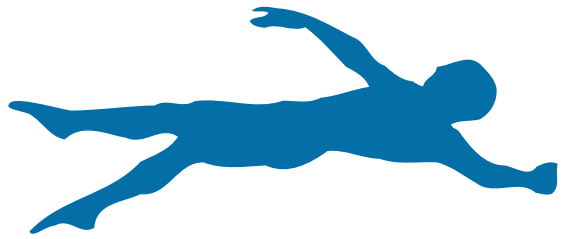
The Swim for Life Preschool Program gives children an active start on learning how to swim. These 3-5 year old preschoolers learn how to be comfortable in the water and have fun. They develop a foundation of water skills and a healthy respect for the water before getting in too deep. Water Smart® education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

### **PRESCHOOL 1 | Online registration code 310121**

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

### **PRESCHOOL 2 | Online registration code 310122**

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



### **PRESCHOOL 3 | Online registration code 310123**

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

### **PRESCHOOL 4 | Online registration code 310124**

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

### **PRESCHOOL 5 | Online registration code 310125**

These skilled and independent youngsters will master short swims doing front crawl and back crawl. 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 27 for swim lesson days and times.

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

### **SWIMMER 1** | Online registration code **310131**

9 lessons, 35 minutes each

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

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

### **SWIMMER 2** | Online registration code **310132**

9 lessons, 35 minutes each

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

These children will be able to jump or side roll into deep water, tread water, and swim (10-15m) using either front or back crawl. They'll try 'vertical' whip kick and begin to work on their endurance by stepping into the world of fitness interval training.

### **SWIMMER 3** | Online registration code **310133**

9 lessons, 35 minutes each

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

These swimmers will dive and do forward rolls into deep water. Watch them learn handstands and front somersaults underwater. They'll work on their front crawl, back crawl, and whip kick over short distances, and add some interval fitness training to their lessons. Swimmers begin developing their Swim to Survive skills: roll into deep water, tread water (30 sec) and swim (25m).



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

9 lessons, 50 minutes each

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

These swimmers will swim further with their front crawl and back crawl. They'll get introduced to breaststroke arms drills, underwater swims, and front crawl sprints. Interval training will add to their fitness level. By the end of lessons they'll be able meet the swim to survive standard: roll into deep water, tread water (1min), swim (50m).

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

9 lessons, 50 minutes each

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

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

**SWIMMER 6**

Online registration code [310136](#)

9 lessons, 50 minutes each

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

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

**SWIMMER 7 ROOKIE PATROL**

Online registration code [310141](#)

9 lessons, 50 minutes each

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

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

**SWIMMER 8 RANGER PATROL**

Online registration code [310142](#)

9 lessons, 50 minutes each

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

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

**SWIMMER 9 STAR PATROL**

Online registration code [310143](#)

9 lessons, 50 minutes each

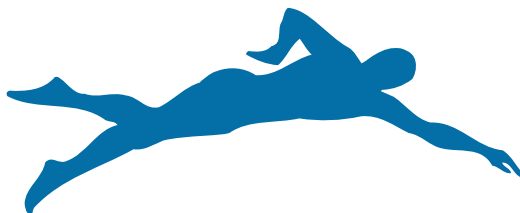
*Members \$80, Non-Members \$110*

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



**COVID-19 PROGRAM PROTOCOLS:**

We are implementing a number of safety measures to ensure all program participants have a safe and healthy experience at the CGC. See page 4 for details.





## SWIM LESSONS - DAYS & TIMES

**LESSON FULL?**

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

	<b>TUESDAY</b> OCTOBER 6th - DECEMBER 1st	<b>WEDNESDAY*</b> OCTOBER 7th - DECEMBER 9th	<b>THURSDAY</b> OCTOBER 8th - DECEMBER 3rd	<b>SATURDAY</b> OCTOBER 17th - DECEMBER 12th
<b>PARENT &amp; TOT 1</b>		4:40pm		8:00am
<b>PARENT &amp; TOT 2</b>		4:00pm		9:30am
<b>PARENT &amp; TOT 3</b>		5:20pm		8:45am, 11:45am
<b>PRESCHOOL 1</b>	5:20pm	4:00pm	4:40pm	8:45am
<b>PRESCHOOL 2</b>	4:00pm	4:40pm	4:00pm	9:30am
<b>PRESCHOOL 3</b>	4:00pm	5:20pm	4:40pm, 5:20pm	11:00am
<b>PRESCHOOL 4</b>	4:40pm		5:20pm	10:15am
<b>PRESCHOOL 5</b>			4:00pm	11:00am
<b>SWIMMER 1</b>	4:00pm, 4:40pm		4:40pm	8:00am, 10:15am, 11:45am
<b>SWIMMER 2</b>	5:20pm		4:00pm, 5:20pm	8:00am, 9:30am, 11:00am
<b>SWIMMER 3</b>	4:40pm, 5:20pm		4:00pm, 5:20pm	8:45am, 10:15am
<b>SWIMMER 4</b>	4:00pm		4:00pm, 4:55pm	8:30am, 10:30am, 11:30am
<b>SWIMMER 5</b>	4:00pm, 4:55pm		4:00pm	8:30am, 9:30am, 11:30am
<b>SWIMMER 6</b>	4:00pm		4:00pm	8:30am, 9:30am
<b>SWIMMER 7 / ROOKIE</b>	4:55pm		4:55pm	9:30am, 10:30am
<b>SWIMMER 8 / RANGER</b>	4:55pm		4:55pm	10:30am, 11:30am
<b>SWIMMER 9 / STAR</b>	4:55pm		4:55pm	10:30am, 11:30am

*\*Please note that there will be no swim lessons on Wednesday, November 11 for Remembrance Day.*

## TEEN GROUP SWIM LESSONS



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

### Teen Level 1

9 Lessons | Ages 11-15 years  
October 17th-December 12th  
Saturdays, 11:45am  
*Members \$80, Non-Members \$110 (plus tax)*  
Online registration code **310161**

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

*\*Please note that there will be no swim lessons on October 10th-12th for Thanksgiving.*



## 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 **310168**

#### SWIMMER 4 TO SWIMMER 9

9 lessons, 50 minutes each  
*Members \$80, Non-Members \$110*  
Online registration code **310168**

Using the swim level descriptions on [pages 23-26](#), 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](mailto: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. For more information please contact the Aquatics Program Coordinator at **902-490-2913** or [cluette@canadagamescentre.ca](mailto:cluette@canadagamescentre.ca).

**5 SESSIONS:** *Members \$86, Non-Members \$105.50*

**10 SESSIONS:** *Members \$172, Non-Members \$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 [310150](#)

Online registration code | Swimmer 3 and higher [310151](#)

### SEMI-PRIVATE LESSONS

9 Lessons | 35mins

Members \$255, Non-Members \$320

Online registration code | Swimmer 2 and lower [310152](#)

Online registration code | Swimmer 3 and higher [310159](#)

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.

	TUESDAY OCTOBER 6th - DECEMBER 1st	WEDNESDAY* OCTOBER 7th - DECEMBER 9th	THURSDAY OCTOBER 8th - DECEMBER 3rd	SATURDAY OCTOBER 17th - DECEMBER 12th
SWIMMER 2 OR LOWER	4:00pm 4:40pm 5:20pm	4:00pm 4:40pm 5:20pm	4:00pm 4:40pm 5:20pm	8:00am, 8:45am 9:30am, 10:15am 11:00am, 11:45am
SWIMMER 3 OR HIGHER	4:00pm 4:40pm 5:20pm		4:40pm	8:00am, 8:45am 9:30am, 10:15am 11:00am, 11:45am

\*Please note that there will be no swim lessons on Wednesday, November 11th for Remembrance Day.



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.



## Lifesaving Society Bronze Star

October 30th-November 20th

Fridays | 5:00pm-7:30pm

**Members \$90, Non-Members \$120**

Online registration code [310171](#)

**Prerequisite:** None (Swim Patrol experience is recommended)

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

## Lifesaving Society Bronze Medallion

October 16th-November 13th

Fridays | 5:00pm-9:00pm

**Members \$150, Non-Members \$180**

Online registration code [310172](#)

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

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, as well as defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500m timed swim. Registration includes books and exam fees.

*Please note: Exam may be scheduled after the last session.*

## Lifesaving Society Bronze Cross & Standard First Aid

September 18th-20th & 26th-27th

Friday | 5:00pm-7:30pm

Saturdays & Sundays | 9:00am-5:00pm

October 17th-November 14th

Saturdays | 9:00am-4:00pm

October 18th- November 15th

Sundays | 9:00am-4:00pm

**Members \$205, Non-Members \$235**

Online registration code [310173](#)

**Prerequisite:** Bronze Medallion and Emergency First Aid

Bronze Cross & Standard First Aid 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.*

## Lifesaving Society National Lifeguard, Standard First Aid & Oxygen



Compact 3 Weekend Course  
October 16th | 5:00pm-9:00pm  
October 17th-18th; 24th-25th;  
October 31st-November 1st | 8:00am to 5:00pm  
**Members \$290, Non-Members \$320**  
Online registration code **310174**  
Prerequisite: Minimum 15 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 Society National Lifeguard Pool, Standard First Aid & Oxygen Recertification

2 Day Course | September 12th & 13th | 9:00am-5:00pm  
2 Day Course | September 26th & 27th | 9:00am-5:00pm

**Members \$100, Non-Members \$130**  
Online registration code **310178**  
Prerequisite: Previous National Lifeguard & Standard  
First Aid Certification

This is a recertification course for those who have previously held a National Lifeguard Pool and Standard First Aid Certification and require recertification due to expiry or extension.

## ■ MASTERS SWIM TEAM

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

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

**Ages 18+ | Begins September 14th**  
**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.

**Members \$295, Non-Member \$490 (plus tax)**  
**Swim Nova Scotia fee \$45 due at registration**  
All fees will be pro-rated by start date.

*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 team training for two sports - swimming and lifesaving, as well as an aquatic multi-sport component. CGCSA offers annual program options for the following:

- Multi-Sport
- Year Round Swim 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.

### Spots are available in Year Round Swim Team and Summer Swim Team Off-Season Training.

As the competition season is currently altered due to COVID19, additional training practices have been added to the fall schedule.

For more information, contact [swimacademy@canadagamescentre.ca](mailto: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.

## ■ MULTI-SPORT TRAINING ← NEW

Due to the COVID-19 pandemic and based on Return to Sport plans, we are unable to safely offer a full Water Polo & Lifesaving Team. This will be revisited as these specific Provincial Sport Organizations release their Return to Sport plans. In the meantime, we know there are many other sports that have little to no contact, or individual skills and drills that can be offered as a different practice to our remaining teams. These Multi-Sport practices will include individual and socially distanced training, skills and drills derived from some of the following sports: diving, artistic swimming, water polo, lifesaving and underwater hockey.

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





## ■ 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 14th through until June 6th. Senior Swim Team will run from September 21st through until June 13th. There will be no practices on the following dates: October 10th-12th for Thanksgiving, November 11th for Remembrance Day, December 23rd-January 3rd for the Winter Break, February 15th for Family Day, March 13th-21st for March Break, April 2nd -5th for Easter and May 24th for Victoria Day.

*Please note: Our year round teams will have the optional opportunity to book by day for Multi-Sport practices at no additional fee. For a description of these please see Multi-Sport Training and for their specific day of the week and time see the Training Grid.*

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

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

**FRESHMAN | Ages 8 and under**  
Begins September 21st

**Mondays, Wednesdays & Fridays**

**Fall fee \$295 | Bi-weekly fee \$36.35 (20 payments for Annual)**

**Down payment at registration \$72.70**

**Swim Nova Scotia fee due at registration**

**In-person registration code [712100](#)**

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

**SOPHOMORE | Begins September 21st**  
**Sundays, Mondays, Wednesdays & Fridays**

**Fall fee \$442 | Bi-weekly fee \$54.55 (20 payments for Annual)**

**Down payment at registration \$109.10**

**Swim Nova Scotia fee due at registration**

**In-person registration code [712100](#)**

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

**JUNIOR | Begins September 21st**

**Sundays, Mondays, Tuesdays, Wednesdays & Fridays**

**Fall fee \$534 | Bi-weekly fee \$69.50 (20 payments for Annual)**

**Down payment at registration \$131.80**

**Swim Nova Scotia fee due at registration**

**In-person registration code [712100](#)**

**Prerequisite:** Able to swim continuous for 15 minutes approximately 900m, 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 200m freestyle with flip turns.

**SENIOR | Begins September 21st**

**Sundays, Mondays, Wednesdays, Thursdays & Fridays**

**Fall fee \$737 | Bi-weekly fee \$90.90 (20 payments for Annual)**

**Down payment at registration \$181.80**

**Swim Nova Scotia fee due at registration**

**In-person registration code [712100](#)**

**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.

## 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

Begins September 21st

Wednesdays & Fridays

Fall fee \$295 | Bi-weekly fee \$36.35 (20 payments for Annual)

Down payment at registration \$72.70

Swim Nova Scotia fee \$42 due at registration

In-person registration code [712200-BRONZE](#)

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

### SILVER

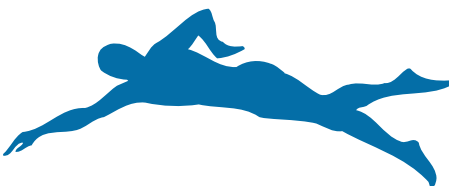
Begins September 21st

Sundays, Mondays & Fridays

Fall fee \$295 | Bi-weekly fee \$36.35 (20 payments for Annual)

Down payment at registration \$72.70

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



### GOLD & PLATINUM

Begins September 21st

Sundays, Mondays and Wednesdays

Fall fee \$295 | Bi-weekly fee \$36.35 (20 payments for Annual)

Down payment at registration \$72.70

**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	6:15pm-7:15pm		5:00pm-6:00pm (Multi-Sport)		6:15pm-7:15pm		
YEAR ROUND SWIM TEAM SOPHOMORE	6:15pm-7:15pm		5:00pm-6:00pm (Multi-Sport)		6:15pm-7:15pm		9:00am-10:00am
YEAR ROUND SWIM TEAM JUNIOR	5:00pm-6:00pm	<b>Group A</b> 4:15pm-5:15pm <b>Group B</b> 5:15pm-6:15pm (Dryland Training)	4:00pm-5:00pm		5:00pm-6:00pm		8:00am-9:00am (Swim) 9:00am-10:00am (Multi-Sport)
YEAR ROUND SWIM TEAM SENIOR	5:00pm-6:00pm		4:00pm-5:00pm	<b>Group A</b> 4:15pm-5:15pm <b>Group B</b> 5:15pm-6:15pm (Dryland Training)	5:00pm-6:00pm		8:00am-9:00am (Swim) 9:00am-10:00am (Multi-Sport)
MULTI-SPORT	6:15pm-7:15pm (Swim)						9:00am-10:00am
SUMMER SWIM TEAM BRONZE			5:00pm-6:00pm (Multi-Sport) 6:15pm-7:15pm		4:00pm-5:00pm		
SUMMER SWIM TEAM SILVER	4:00pm-5:00pm				4:00pm-5:00pm		9:00am-10:00am (Multi-Sport)
SUMMER SWIM TEAM GOLD/ PLATINUM	4:00pm-5:00pm		5:00pm-6:00pm				9:00am-10:00am (Multi-Sport)

\*Please note that there will be no Swim Academy Practices on October 10th-12th for Thanksgiving, November 11th for Remembrance Day and from December 23rd-January 3rd.

# FALL 2020

Programs and Services

## It happens here.



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