

2021

SUMMER CAMPS AND PROGRAMS



Canada
Games
Centre

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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 ← NEW SYSTEM!

Our online booking/registration system has changed to MyRec! Let your fingers do the work as you register from the comfort of your keyboard, phone or tablet, at any time of day. Here is what you need to know when registering online in MyRec:

<https://recreation.halifax.ca>

- Log in to your MyRec account with your email address and password.
 - ➔ If you already have a MyRec account, great! You can use your existing MyRec email and password to access your account and ensure your information is up to date.
 - ➔ Don't have a MyRec account? [Click here](#) to read more on MyRec and to create a new account.
- Under *Make a booking*, select *Programs*.
- Under *Program search*, enter the program barcode as found in this Guide and click *Search*.
- Click on the program you want to register in.
- Review program details and *select Register to pay*. Please note: If program is full, *Add to waiting list*.
- Select the participant you are registering from the dropdown menu, then select *Next*.
- Click *Pay the full cost now* and *Add to cart*.
- Under *Cart Summary*, select *Continue*.
- Proceed to your cart, check *I accept the terms & conditions* and *Continue to payment*.
- Enter *Card payment* and click *Pay now* to get your confirmation.
- A receipt for your program will be emailed to you.

■ REGISTER IN-PERSON

26 Thomas Raddall Drive

Monday – Friday 8:00am-8:00pm

Saturday – Sunday 8:00am-4:00pm

Visa, MasterCard, debit, and cash all accepted.

REGISTRATION DATES

MEMBERS: Online and In-person:

June 22nd, beginning at 8:00 am

NON-MEMBERS: Online and In-person:

June 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.
- 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, 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 spring 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/**

Invest in YOU!

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



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

- Swim, dive and splash your way around our Aquatics Centre (3 Pools, Hot Tub, Dry Sauna, Water Slides & Play Features)
- Stay motivated with a large variety of specialized weight training and cardio equipment in our Fitness Centre (ages 14+)
- Hone your skills or play for fun in our Field House (Basketball, Volleyball, Badminton, Pickleball & Table Tennis)
- Stretch your legs on our 6-lane, 200m indoor Track (Strollers and Nordic poles welcome!)
- Choose from over 75 Drop-in Fitness Classes a week, including Yoga, Zumba, Spin, interval training, strength & conditioning, Aquafit and more!

MEMBERSHIP EXCLUSIVES

- Bi-weekly payment plans available
- Free Simply Fit Fitness Centre orientation
- Advanced registration and special pricing for programs*
- Savings on Personal Training*
- Member Only Swims
- Advanced badminton/pickleball court bookings
- Ability to freeze your membership for a maximum of 3 months*
- Complimentary Child Minding for children living in the same household*

*Annual members only

Also Included

- Day-use lockers
- Free on-site parking
- Balls, racquets, birdies and Nordic poles free to rent
- Outdoor physical literacy playground

Accessibility

As an inclusive community centre, we've placed great consideration on ensuring that the facility is inclusive to all of our members and guests. Ramp and lift access to our pools, visual and non-visual wayfinding, and barrier free parking areas, entrances, travel paths, and washrooms have all been integrated into the design. To learn more about our accessibility, stop by for a tour or visit our website: canadagamescentre.ca/about-us/accessibility

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

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.



Summer Camps

Come for a week or two, a whole month, or the entire summer!



THE FUN BEGINS JULY 5th AND CAMPS RUN WEEKLY FROM 8:30AM-5PM EVERY DAY UNTIL AUGUST 27th.

*For kids ages 5 ½-12 years
(5 year old must have turned 5 by December 31st, 2020)*

We're offering a wide variety of active camps. All of our camps will focus on fun and follow the same daily routine, but activities and special guests will differ based on the camp theme.

**Is it summer yet? Because we can't wait!
And neither should you.**



**Register early to get
the camps you want.**

Physical Literacy



To support Physical Literacy within our community, we continue to align our Summer Camps to the Sport For Life (S4L) model to help kids get an active start in life – and enjoy it too!

With our trained Physical Literacy Specialist on-hand, this summer's camps will incorporate the theme of the camp as well as work on the S4L Basic & Fundamental Movement skills. These skills provide children with the confidence and ability to grow into active teens, and ultimately remain healthy and active for life.



SUMMER CAMP REGISTRATION INFORMATION

Age Requirements: Each camp is designed specifically for its corresponding age group, and as such we are unable to accommodate exceptions. A child must be within the stated age range before the end of the camp week and all children must have turned 5 by December 31, 2020 in order to qualify for participation.

Please note children aged 5 who did not turn 5 by December 31st, 2020 are not able to attend camp. This includes students attending Pre-Primary Programs.

Waitlist Procedure: Should you wish to register your child in a camp which is already full, please be sure to add them to the waitlist. Summer plans change and we do our best to quickly notify people from our waitlist if space becomes available. Should a space become available, you will be contacted by email and will have 48 hours to confirm and pay for your child's enrolment in camp. After 48 hours without confirmation and payment, the space is offered to the next waitlisted child.

SUMMER CAMP PROGRAM CANCELLATIONS AND REFUND POLICIES

- Cancellation notice must be received a minimum of 14 days prior to the first day of camp to qualify for a refund. Refund will be processed for the full amount of the fee paid, less an administrative charge of 10%.
- We will credit your MyRec account for the full amount of the fee paid, less an administrative charge of 10% up to 7 days before the program start date. Any cancellations received within 7 days of the program start date will not receive a credit or refund.
- Some camps may be cancelled due to insufficient registrants. We monitor registration levels prior to the start of programs to ensure quality programs are offered. A great camp could be cancelled if there are not enough registrants. Please register early to avoid program cancellations.



INCLUSION PROGRAM

We welcome children of all abilities in our summer camp programs. We offer an inclusion program for campers requiring extra support due to a physical, medical, behavioral and/or developmental exceptionality. Campers will receive one on one support from an Inclusion Counsellor who is charged with meeting the camper's personal and developmental needs, making every effort to include campers in adapted activities, and ensuring their overall safety and happiness while in our care. While we are happy to try our best to accommodate all participants' needs, please understand that some needs may be beyond our scope of accommodation. Please note that by not disclosing the needs of a participant prior to registration we may be required to withdraw the participant from the program until appropriate supports can be put into place or become available. For more information about this program and how to apply, please visit the Camp section of our website.

Application deadline is May 2nd, 2021.

■ DAILY CAMP ROUTINE

Though all camps differ in theme and specific activities, they do share an overall daily routine in terms of start and end times, lunches/snacks, Field House activities, outdoor active time and a swimming component.

8:15am - Morning Drop-Off: Campers are to arrive each morning between 8:15am-8:45am. Please allow for extra time on Mondays for children to receive their bracelets for the week and join their counsellors. Having your completed **camper forms** with you or sent in ahead of time will also speed up the process. Children will spend this time doing supervised non-structured free-play and games.

Throughout The Day: Each camp has many structured activities built into the daily schedule. Activities are in keeping with the theme of the camp and are physically active and engaging. Children will also go outside (weather permitting) and participate in activities in the areas surrounding the Centre.

- **Daily Swimming:** All camps will swim once per day (unless otherwise noted in the camp description) regardless of the weekly theme. Campers will be encouraged to swim; however, if they choose not to, no additional activities are planned for them during this time. Please note diving boards and water slides are not available at this time.
- **Weekly Swim Tests:** A swim test is completed every Monday morning to assess your child's ability in the water. The swim test is as follows: *Confidently swim 25m of the Competition Pool and tread water for 1 minute. If the child cannot complete both tasks confidently, they must wear a life jacket/ swim belt in all pools regardless of child's height.*



Even though your child may have completed swim lessons, they may still have to wear a life jacket/swim belt. Without direct and personal supervision (such as in a swim class) campers may not be strong enough to keep themselves above water for very long. This is not to discourage children and their abilities, but to ensure proper safety. If a participant chooses not to undergo the swim test, then they will be required to wear a safety belt for the duration of their Summer Camp. Children will only have to complete a swim test once throughout the summer unless they would like to try again later in the summer.

Field Trips: Certain camps will be leaving the Centre on field trips during the camp week. Parents will be notified by email in advance as to when children will be offsite for field trips. Supervision ratios will increase on those days to ensure the safety of participants at all times.

5pm - Afternoon Pick-Up: Camps will be ready for pick up beginning at 4:15pm to help facilitate a quick pick-up for all families. Similar to morning dropoff, children will spend this time doing supervised non-structured free-play and games. All campers must be picked up no later than 5:00pm. A late fee will be charged for any participants not picked up by that time.

STILL HAVE SUMMER CAMP QUESTIONS?

The Summer Camp Parent Handbook can help! It outlines what your child should bring to camp, behavioural guidelines, and other general policies and procedures. **Download it here** - it's a highly recommended read before the first day of camp to help ease any nerves around expectations for both parents and campers.

■ STAYING HEALTHY: COVID-19 SUMMER CAMP PROTOCOLS

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

GENERAL NOTES

- Summer Camps will be operating with the grouping method. The grouping method involves creating self-contained camp groups within the facility, with the size of each group limited to a maximum of 15 including staff. Each camp group will stay separate from the other, but **within each group of 15, physical distancing is not enforced**. Camp groups will also be kept separate from other users of the facility.
- Staff and Supervisors will have contact with all camp groups but will limit interactions as much as possible.
- If a camper displays any symptoms currently listed on the **Province's website** parents/guardians will be called and the child must be picked up **within the hour**.
- Staff and children must practice good personal hygiene etiquette and will have increased access to sanitizing stations.
- Staff will remind children to practice good respiratory etiquette (e.g. coughing/sneezing into your elbow, cover nose/mouth with tissues, avoid touching face. etc.)



- Increased cleaning protocols are in place, and items that cannot be easily cleaned are limited.
- Sharing of personal items and food will be discouraged.
- Spectators and visitors are strictly prohibited. If a special guest is coming to the camp pre-screening protocols will be followed as well as 2 metres/6 feet distancing for the duration of the guest activity.

PERSONAL HYGIENE ETIQUETTE

Campers will be encouraged to sanitize their hands frequently and correctly. Campers will be asked to sanitize their hands:

- on arrival
- before and after meals
- after using the toilet
- after blowing nose, coughing or sneezing
- after playing with shared toys
- when taking medications
- after playing outside



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 participant
- Camp drop-off will be located at a separate entrance from other facility users. Parents/guardians will sign their child(ren) in and staff will escort them to their camp room
- Parents/guardians are not to come within 2 metres/6 feet of a camp group
- Pick-up will be located at a separate camp entrance from other facility users. Upon arrival, the parent/guardian will notify staff and children will be brought out.
- Regular pick-up is between 4:00pm-5:00pm. If early pick-up is required parents/guardians must notify camp office at the beginning of the day or at least 1 hour prior to picking up by calling **902.490.2934** or emailing **camps@canadagamescentre.ca**.
- 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).


Continue to follow the advice of the Province to help prevent the spread of COVID-19.

For more information, visit: novascotia.ca/coronavirus/

Summer Camps 2021

	AGES 5 ½-6	AGES 6-8	AGES 6-8	AGES 7-9	AGES 7-9	AGES 9-12
July 5th–9th	Crafty Kids 40447	Water Blast 40457	Basketball 40463	Spectacular Science 40470	Outdoors Explorers 40476	Badminton 40483
July 12th–16th	Swim Lesson 40448	Spectacular Science 40458	Chess 40464	Swim Lesson 40471	Soccer 40477	Aspiring Artists 40484
July 19th–23rd		Zoofari 40459	Superhero 40465		Dance 40478	Volleyball 40485
July 26th–30th	Soccer 40449	Space Adventures 40460	Outdoor Explorers 40466	Chess 40472	Spectacular Science 40479	Olympic 40486
August 3rd–6th	Water Blast 40451	Swim Lesson 40461	Crafty Kids 40467	Olympic 40473		Swim Lesson 40487
August 9th–13th	Dance 40453		Spectacular Science 40468	Basketball 40474	Crafty Kids 40480	
August 16th–20th	Superhero 40454	Soccer 40462	Swim Lesson 40469	Outdoor Explorers 40475	Badminton 40481	Sport Conditioning 40488
August 23rd–27th	Outdoor Explorers 40456				Olympic 40482	Youth Leadership 40489

*Children must have turned 5 by December 31st, 2020 to attend camp.

 = No camp



To support Physical Literacy within our community, we continue to align our Summer Camps to the Sport For Life (S4L) model to help kids get an active start in life – and enjoy it too!

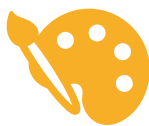
■ SUMMER CAMP PROGRAMS | AGES 5 ½-6

Crafty Kids Camp

July 5th–9th | Ages 5 ½-6

Online registration code **00040447**

Members \$175, Non-Members \$200



This week, campers will be expressing their creativity through bright, colourful and unique art masterpieces that they can take home! We will use various tools, techniques and materials to create a variety of art. Participants will also enjoy a leisure swim and a variety of active camp activities every day.

Swim Lesson Camp

July 12th-23rd | Ages 5 ½-6 (Swimmer Levels 1-9)*

Online registration code **00040448**

Members \$370, Non-Members \$420

**Please note this is a two-week camp.*



Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. In addition to daily swim lessons, campers will enjoy a leisure swim and a variety of active camp activities every day.

Soccer Camp

July 26th-30th | Ages 5 ½-6

Online registration code **00040449**

Members \$175, Non-Members \$200



This camp is focused on practicing the fundamental movement skills required to play soccer. Campers will spend up to 1.5 hours each day learning the basic rules and skills of soccer, working through drills and playing games. Participants will enjoy a leisure swim and a variety of active camp games every day.

Water Blast Camp

August 3rd- August 6th | Ages 5 ½-6

Online registration code **00040451**

Members \$140, Non-Members \$160



Come splish and splash as we celebrate summer! This week will be filled with water activities and beach themed crafts. Campers will also take part in a leisure swim and a variety of active camp games every day.



Dance Camp

August 9th-August 13th | Ages 5 ½-6
Online registration code [00040453](#)
Members \$175, Non-Members \$200



Creativity and imagination will flourish in this camp. Campers will spend up to 1.5 hours each day being taught dance sequences and steps in various styles while learning about rhythm and how to move to music in a safe, fun and inclusive environment. Participants will enjoy a leisure swim and a variety of active camp games every day.



Superhero Camp

August 16th-August 20th | Ages 5 ½-6
Online registration code [00040454](#)
Members \$175, Non-Members \$200



It's a bird! It's a plane! No, it's CGC camp superheroes! Join us as we turn into superheroes to save the world! We will be playing superhero themed games, making superhero crafts and doing good deeds around the community! Superheroes will also take part in a leisure swim and a variety of active camp games every day.



Outdoor Explorers Camp

August 23rd-August 27th | Ages 5 ½-6
Online registration code [00040456](#)
Members \$175, Non-Members \$200



Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural environment. If you want to be outside and have a passion for the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Field trips will be included, with details to follow closer to camp start date.



SUMMER CAMP PROGRAMS | AGES 6-8

Water Blast Camp

July 5th-July 9th | Ages 6-8

Online registration code **00040457**

Members \$175, Non-Members \$200

Come splish and splash as we celebrate summer! This week will be filled with water activities and beach themed crafts. Campers will also take part in a leisure swim and a variety of active camp games every day.



Basketball Camp

July 5th-July 9th | Ages 6-8

Online registration code **00040463**

Members \$175, Non-Members \$200

Our basketball camp participants will spend up to 1.5 hours each day learning the fundamentals of basketball, working through drills and playing games. Children of all skill levels are welcome. Participants will enjoy a leisure swim and a variety of active camp games every day.



Spectacular Science Camp

July 12th-July 16th | Ages 6-8

Online registration code **00040458**

Members \$175, Non-Members \$200

August 9th-13th | Ages 6-8

Online registration code **00040468**

Members \$175, Non-Members \$200

The Canada Games Centre will be exploding with science! This camp will give kids the opportunity to learn about science through our interactive and hands-on activities. Participants will complete various experiments throughout the week such as slime making, exploding bags and more. Participants will also enjoy a leisure swim and a variety of active camp games every day.



Chess Camp

July 12th-July 16th | Ages 6-8

Online registration code **00040464**

Members \$175, Non-Members \$200

Want to add a “brain workout” to an active day at camp? Campers will learn to play chess from local chess experts for up to 2 hours a day. No previous experience playing chess is necessary. New players will learn the basics of the game and those with some experience can learn advanced strategies and tactics. Campers will also enjoy a leisure swim and a variety of active camp games every day.



Zoofari Camp

July 19th-23rd | Ages 6-8

Online registration code **00040459**

Members \$175, Non-Members \$200

Get ready to roar! It's Zoofari week at the Canada Games Centre. There will be lots of wild crafts and adventurous games, as we learn about the creatures of the jungle. Campers will also take part in a leisure swim and a variety of active camp games every day. Special guests may be included, details to follow closer to the camp start date.



Superhero Camp

July 19th-23rd | Ages 6-8

Online registration code **00040465**

Members \$175, Non-Members \$200

It's a bird! It's a plane! No, it's CGC camp superheroes! Join us as we turn into superheroes to save the world! We will be playing superhero themed games, making superhero crafts and doing good deeds around the community! Superheroes will also take part in a leisure swim and a variety of active camp games every day.



Space Adventures Camp



July 26th-30th | Ages 6-8

Online registration code **0040460**

Members \$175, Non-Members \$200

Blast off into outer space with this far out week full of cosmic fun! We will learn about the galaxy, create space shuttles, try out a telescope, and much more! Participants will also enjoy a leisure swim and a variety of active camp games every day.

Outdoor Explorers Camp



July 26th-30th | Ages 6-8

Online registration code **00040466**

Members \$175, Non-Members \$200

Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural environment. If you want to be outside and have a passion for the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Field trips will be included, with details to follow closer to camp start date.

Swim Lesson Camp



August 3rd-13th | Ages 6-8 (Swimmer Levels 1-9)*

Online registration code **00040461**

Members \$333, Non-Members \$378

August 16th-27th | Ages 6-8 (Swimmer Levels 1-9)*

Online registration code **00040469**

Members \$370, Non-Members \$420

***Please note this is a two-week camp.**

Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. In addition to daily swim lessons, campers will enjoy a leisure swim and a variety of active camp activities every day.

Crafty Kids Camp



August 3rd-August 6th | Ages 6-8

Online registration code **00040467**

Members \$140, Non-Members \$160

This week, campers will be expressing their creativity through bright, colourful and unique art masterpieces that they can take home! We will use various tools, techniques and materials to create a variety of art pieces. Participants will also enjoy a leisure swim and a variety of active camp activities every day.

Soccer Camp



August 16th-20th | Ages 6-8

Online registration code **00040462**

Members \$175, Non-Members \$200

This camp is focused on practicing the fundamental movement skills required to play soccer. Campers will spend up to 1.5 hours each day learning the basic rules and skills of soccer, working through drills and playing games. Participants will enjoy a leisure swim and a variety of active camp games every day.



■ SUMMER CAMP PROGRAMS | AGES 7-9

Spectacular Science Camp

July 5th-July 9th | Ages 7-9

Online registration code **00040470**

Members \$175, Non-Members \$200



July 26th-July 30th | Ages 7-9

Online registration code **00040479**

Members \$175, Non-Members \$200

The Canada Games Centre will be exploding with science! This camp will give kids the opportunity to learn about science through our interactive and hands-on activities. Participants will complete various experiments throughout the week such as slime making, exploding bags and more. Participants will also enjoy a leisure swim and a variety of active camp games every day.

Outdoor Explorers Camp

July 5th-July 9th | Ages 7-9

Online registration code **00040476**

Members \$175, Non-Members \$200



August 16th-20th | Ages 7-9

Online registration code **00040475**

Members \$175, Non-Members \$200

Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural environment. If you want to be outside and have a passion for the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day. Field trips will be included, with details to follow closer to camp start date.



Swim Lesson Camp



July 12th-July 23rd | Ages 7-9 (Swimmer Levels 1-9)*

Online registration code **00040471**

Members \$370, Non-Members \$420

***Please note this is a two-week camp.**

Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. In addition to daily swim lessons, campers will enjoy a leisure swim and a variety of active camp activities every day.

Soccer Camp

July 12th-16th | Ages 7-9

Online registration code **00040477**

Members \$175, Non-Members \$200



This camp is focused on practicing the fundamental movement skills required to play soccer. Campers will spend up to 1.5 hours each day learning the basic rules and skills of soccer, working through drills and playing games. Participants will enjoy a leisure swim and a variety of active camp games every day.



Dance Camp

July 19th-23rd | Ages 7-9

Online registration code [00040478](#)

Members \$175, Non-Members \$200



Creativity and imagination will flourish in this camp. Campers will spend up to 1.5 hours each day being taught dance sequences and steps in various styles while learning about rhythm and how to move to music in a safe, fun and inclusive environment. Participants will enjoy a leisure swim and a variety of active camp games every day.

Chess Camp

July 26th-July 30th | Ages 7-9

Online registration code [00040472](#)

Members \$175, Non-Members \$200



Want to add a “brain workout” to an active day at camp? Campers will learn to play chess from local chess experts for up to 2 hours a day. No previous experience playing chess is necessary. New players will learn the basics of the game and those with some experience can learn advanced strategies and tactics. Campers will also enjoy a leisure swim and a variety of active camp games every day.

Olympic Camp

August 3rd-August 6th | Ages 7-9

Online registration code [00040473](#)

Members \$140, Non-Members \$160



August 23rd -August 27th | Ages 7-9

Online registration code [00040482](#)

Members \$175, Non-Members \$200

Throughout this week campers will be participating in a wide variety of Olympic themed sports and activities. If you are ready to jump your highest, run your hardest and try your best, then this is the camp for you. Participants will enjoy a leisure swim and a variety of active camp games every day. This camp will also include a fitness session and a yoga class to provide campers with a well-rounded experience.

Basketball Camp

August 9th-August 13th | Ages 7-9

Online registration code [00040474](#)

Members \$175, Non-Members \$200



Our basketball camp participants will spend up to 1.5 hours each day learning the fundamentals of basketball, working through drills and playing games. Children of all skill levels are welcome. Participants will enjoy a leisure swim and a variety of active camp games every day.

Crafty Kids Camp

August 9th-13th | Ages 7-9

Online registration code [00040480](#)

Members \$175, Non-Members \$200



This week, campers will be expressing their creativity through bright, colourful and unique art masterpieces that they can take home! We will use various tools, techniques and materials to create a variety of art pieces. Participants will also enjoy a leisure swim and a variety of active camp activities every day.

Badminton Camp

August 16th-20th | Ages 7-9

Online registration code [00040481](#)

Members \$175, Non-Members \$200



Our badminton camp participants will spend up to 1.5 hours each day learning the fundamentals of badminton, working through drills and playing games. Children of all skill levels are welcome. Participants will enjoy a leisure swim and a variety of active camp games every day.





■ SUMMER CAMP PROGRAMS | AGES 9-12

Badminton Camp

July 5th-July 9th | Ages 9-12

Online registration code **00040483**

Members \$175, Non-Members \$200



Our badminton camp participants will spend up to 1.5 hours each day learning the fundamentals of badminton, working through drills and playing games. Children of all skill levels are welcome. Participants will enjoy a leisure swim and a variety of active camp games every day.

Aspiring Artists Camp

July 12th-16th | Ages 9-12

Online registration code **00040484**

Members \$175, Non-Members \$200



If you've always dreamed of being an artist, join us this week as we use various colours, materials, tools, techniques and styles to create Picasso-worthy art pieces to take home! Participants will enjoy a leisure swim and a variety of active camp games every day.

Volleyball Camp

July 19th-23rd | Ages 9-12

Online registration code **00040485**

Members \$175, Non-Members \$200



Our volleyball camp participants will spend up to 1.5 hours each day learning the fundamentals of volleyball, working through drills and playing games. Children of all skill levels are welcome. Participants will enjoy a leisure swim and a variety of active camp games every day.

Olympic Camp

July 26th-July 30th | Ages 9-12

Online registration code **00040486**

Members \$175, Non-Members \$200



Throughout this week campers will be participating in a wide variety of Olympic themed sports and activities. If you are ready to jump your highest, run your hardest and try your best, then this is the camp for you. Participants will enjoy a leisure swim and a variety of active camp games every day.



Sport Conditioning Camp



August 16th-August 20th | Ages 9-12

Online registration code **00040488**

Members \$175, Non-Members \$200

Our Sport Conditioning Camp participants will spend up to 1.5 hours each day working with a Strength and Conditioning Specialist practicing movement quality, speed training, agility and reaction drills, strength, power and anaerobic-stamina. Participants will enjoy a leisure swim and a variety of active camp games every day.

Swim Lesson Camp



August 3rd-13th | Ages 9-12 (Swimmer Levels 1-9)*

Online registration code **00040487**

Members \$333, Non-Members \$378

**Please note this is a two-week camp.*

Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. In addition to daily swim lessons, campers will enjoy a leisure swim and a variety of active camp activities every day.

Youth Leadership Camp



August 23rd-27th | Ages 9-12

Online registration code **00040489**

Members \$175, Non-Members \$200

Are you interested in leadership and making a difference in your community? If you love volunteering and being a positive role model while connecting with like-minded youth, this camp is for you! We will be playing great ice-breaker games, learning how to lead groups of children and learning how to help in our community. Participants will enjoy a leisure swim and a variety of active camp games every day.



Recreation Programs

■ SPORTS PROGRAMS

Youth Karate

Location: Dance Studio

YOUTH FUNDAMENTALS | Ages 4 | Non-belted

8 sessions | July 6th-August 24th

Tuesdays, 5:15pm-5:45pm

Members \$48, Non-Members \$60**

Online registration code **00040490**

YOUTH ALL RANKS | Ages 5-7

8 sessions | July 7th-August 25th

Wednesdays, 5:15pm-6:00pm

Members \$64, Non-Members \$80**

Online registration code **00040491**

***Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2020-August 2021. This fee will be added to your account prior to the start of the program if required.*



YOUTH ALL RANKS | Ages 7-11

8 sessions | July 6th-August 24th

Tuesdays, 6:00pm-7:00pm

Members \$73.60, Non-Members \$92**

Online registration code **00040492**

8 sessions | July 8th-August 26th

Thursdays, 5:30pm-6:30pm

Members \$73.60, Non-Members \$92**

Online registration code **00040493**

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



Location: Dance Studio

FAMILY ALL RANKS | Ages 6+
8 sessions | July 7th-August 25th
Wednesdays, 6:15pm-7:15pm
Members \$35.20, Non-Members \$44**
Online registration code **00040494**

***Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2020-August 2021. This fee will be added to your account prior to the start of the program if required.*

Led by 5th Degree Black Belt Sensei Jeff Murphy, Family Karate is a great and fun way for parents and children (ages 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



Location: Dance Studio

ADULT ALL RANKS | Ages 12+
8 sessions | July 6th-August 24th
Tuesdays, 7:15pm-8:45pm
Online registration code **00040495**
Members \$108.80, Non-Members \$136**

ADULT BROWN & BLACK BELT | Ages 12+
8 sessions | July 7th-August 25th
Wednesdays, 7:30pm-9:00pm
Online registration code **00040496**
Members \$108.80, Non-Members \$136**

***Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2020-August 2021. This fee will be added to your account prior to the start of the program if required.*

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.

Youth & Adult Sparring



Location: Dance Studio

Ages 7+
8 sessions | July 8th-August 26th
Thursdays, 6:45pm-8:15pm
Members \$108.80, Non-Members \$136**
Online registration code **00040497**

***Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2020-August 2021. This fee will be added to your account prior to the start of the program if required.*

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

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.

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

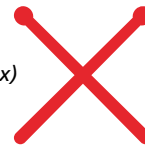
4 weeks | July 5th-26th
Mondays, 7:15pm-8:15pm
Members \$40, Non-Member \$48 (plus tax)
Online registration code **00040429**
Location: Field House Alcove

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 | July 8th-July 29th
Thursdays, 6:00pm-7:00pm
Members \$40, Non-Member \$48 (plus tax)
Online registration code **00040431**
Location: 2nd Floor Fitness Studio



4 weeks | August 5th-August 26th
Thursdays, 6:00pm-7:00pm
Members \$40, Non-Member \$48 (plus tax)
Online registration code **00040432**
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) | July 6th-July 27th
Tuesdays & Thursdays, 6:30pm-7:30pm
Members \$80, Non-Members \$96 (plus tax)
Online registration code **00040439**
Location: Track Starting Blocks

4 weeks | (8 sessions) August 3rd-August 24th
Tuesdays & Thursdays, 6:30pm-7:30pm
Members \$80, Non-Members \$96 (plus tax)
Online registration code **00040440**
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.

WELLNESS PROGRAMS

Traditional Yang Style Tai Chi (All Levels)

4 weeks | July 6th-July 27th
Tuesdays, 7:00pm-8:00pm
Members \$40, Non-Member \$48 (plus tax)
Online registration code **00040441**
Location: Arts & Crafts Room



4 weeks | August 3rd-August 24th
Tuesdays, 7:00pm-8:00pm
Members \$40, Non-Member \$48 (plus tax)
Online registration code **00040443**
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.

Weight Lifting for Women (All Levels)



4 weeks | July 11th-August 1st
Sundays, 9:00am-10:00am
Members \$40, Non-Member \$48 (plus tax)
Online registration code **00040444**
Location: Personal Training Studio

4 weeks | August 8th-August 29th
Sundays, 9:00am-10:00am
Members \$40, Non-Member \$48 (plus tax)
Online registration code **00040445**
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.



■ 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**. to book a **FREE consultation** for training.

Personal Training - One on One

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*
1 Session	\$65	\$80
Packages of 5	\$275	\$350
Packages of 10	\$500	\$650
Packages of 20	\$900	\$1200

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



Semi-Private Training

Do you and your bestie want to train together? Or maybe you and your Mom? Or you and your partner? Semi-Private training is for you! Book an initial **FREE consultation** with an Exercise Specialist to chat about your goals!



SEMI-PRIVATE TRAINING PACKAGES	PER PERSON PRICE MEMBER*	PER PERSON PRICE NON-MEMBER*
1 Session	\$40	\$55
Packages of 5	\$175	\$250
Packages of 10	\$300	\$450
Packages of 20	\$500	\$800

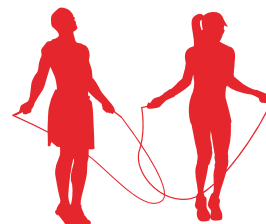
*All personal training packages expire within 1 year of purchase. Taxes not included in pricing above.

Small Group Personal Training (3-5 people)

Do you have a group of friends and want to split the cost of a Personal Fitness class? Whether you golf together, run together or drink tea together we can work with your group and help you achieve your fitness goal.

SMALL GROUP PERSONAL TRAINING PACKAGES	PER PERSON PRICE MEMBER*	PER PERSON PRICE NON-MEMBER*
1 Session	\$27	\$32
Packages of 5	\$135	\$160
Packages of 10	\$250	\$300
Packages of 20	\$440	\$540

*All personal training packages expire within 1 year of purchase. 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: \$110
*(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: \$1,200
*(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.



Aquatics Programs

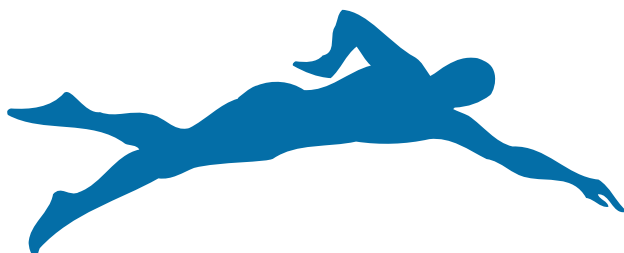


■ AQUATICS REGISTRATION INFORMATION

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 Team at aquaadmin@canadagamescentre.ca

Next, refer to the days, times and sections of a particular class or level (see chart on page 30). If a section time is full when you attempt to register, please register for another section time or register on our waiting list. Our waiting list is not an actual class it is the chance to be placed in a class, payment is required to ensure streamlined registration as spaces become available. We do our best to fill waiting list requests. Please note notification of registration from our waiting list is provided via **EMAIL only**, please ensure your email address is up to date in your MyRec account. Registration from the waiting list may happen up to and including week 2 of the program start date.

Due to a commitment to quality and safety, we are unable to accommodate extra swimmers once a section is filled. Please refer to registration instructions on page 3 for online or in-person registration. Registration is ongoing until 1 week prior to class start date. CGC Swim For Life levels and Canadian Lifesaving Swim Patrol (Swimmers 7, 8 & 9) are HST exempt. Applicable taxes will be added to the registration fee for other programs.



We continue to work with the Lifesaving Society of Nova Scotia and follow Public Health guidelines to offer 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 time between classes for rotation, evaluation & to connect with parents
- Aquatic program support staff available on deck

For further information please refer to the **Aquatics Parent Handbook**.



Lifesaving Society's Swim for Life Program

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.





■ PARENT & TOT PROGRAMS

Ages 4 months – 3.5 years and one parent/guardian
9 lessons | 35 minutes per lesson
Members \$80.28, Non-Members \$110.25
Location: Leisure Pool

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.

See chart on page 30 for swim lesson days and times. **PLEASE NOTE: Online registration codes are now listed in the swim chart.**



PARENT & TOT 1 | 4-12 months

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

PARENT & TOT 2 | 12-24 months

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

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.

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.

■ PRESCHOOL PROGRAMS

Ages 3-5.5 years old
9 lessons, 35 minutes per lesson
Members \$80.28, Non-Members \$110.25

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

PRESCHOOL 1

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

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.

See chart on page 30 for swim lesson days and times. **PLEASE NOTE:** Online registration codes are now listed in the swim chart.

PRESCHOOL 3

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

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

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+

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

SWIMMER 1

9 lessons, 35 minutes each

Members \$80.28, Non-Members \$110.25

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

SWIMMER 1 ADVANCED

9 lessons, 35 minutes each

Members \$80.28, Non-Members \$110.25

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

SWIMMER 2

9 lessons, 35 minutes each

Members \$80.28, Non-Members \$110.25

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.

See chart on page 30 for swim lesson days and times. PLEASE NOTE: Online registration codes are now listed in the swim chart.





See chart on page 30 for swim lesson days and times. PLEASE NOTE: Online registration codes are now listed in the swim chart.

SWIMMER 3

9 lessons, 35 minutes each

Members \$80.28, Non-Members \$110.25

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

9 lessons, 50 minutes each

Members \$85.23, Non-Members \$115.20

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

9 lessons, 50 minutes each

Members \$85.23, Non-Members \$115.20

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

9 lessons, 50 minutes each

Members \$85.23, Non-Members \$115.20

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

9 lessons, 50 minutes each

Members \$85.23, Non-Members \$115.20

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

9 lessons, 50 minutes each

Members \$85.23, Non-Members \$115.20

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

9 lessons, 50 minutes each

Members \$85.23, Non-Members \$115.20

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.

	SUMMER SESSION AUGUST 3rd – 6th AUGUST 9th – 13th	SUMMER SESSION A JULY 29th – AUGUST 26th TUESDAY & THURSDAY EVENINGS	WAITLIST
PARENT & TOT 1		4:00pm 00040387 6:00pm 00042296	00040568
PARENT & TOT 2	9:55am 00040513	4:40pm 00040388	00040569
PARENT & TOT 3	10:35am 00040514	5:20pm 00040389	00040570
PRESCHOOL 1	9:55am 00040515	4:00pm 00040391 5:20pm 00040392	00040571
PRESCHOOL 2	10:35am 00040516 11:55am 00040517	4:40pm 00040393 5:20pm 00040394	00040572
PRESCHOOL 3	11:55am 00042243	4:40pm 00040395 6:00pm 00040396	00040573
PRESCHOOL 4	10:35am 00040518	4:00pm 00040397	00040574
PRESCHOOL 5		6:00pm 00040398	00040575
SWIMMER 1	9:55am 00042242 11:55am 00040519	4:00pm 00040399 4:40pm 00040400 5:20pm 00040401 6:00pm 00040402	00040579
SWIMMER 1 ADVANCED	10:35am 00040520	4:00pm 00042297 5:20pm 00040403	00040578
SWIMMER 2	9:55am 00040521 11:55am 00040522	4:40pm 00040404 6:00pm 00040405	00040580
SWIMMER 3		4:00pm 00040406 4:40pm 00042298 5:20pm 00040498	00040581
SWIMMER 4	10:05am 00042244	4:00pm 00042309 4:55pm 00040407	00040582
SWIMMER 5	9:10am 00040523	4:55pm 00040408	00040583
SWIMMER 6		4:00pm 00040409 5:50pm 00042328	00040584
SWIMMER 7 / ROOKIE	11:55am 00040524		00040585
SWIMMER 8 / RANGER	11:00am 00040525	5:50pm 00040411	00040586
SWIMMER 9 / STAR	11:00am 00040526	5:50pm 00040412	00040587

PRIVATE & SEMI-PRIVATE SWIM LESSONS



PRIVATE LESSONS

9 Lessons | 35mins

Members \$156.96, Non-Members \$196.20

SEMI-PRIVATE LESSONS

9 Lessons | 35mins

Members \$261.00, Non-Members \$326.25

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.

		SUMMER SESSION AUGUST 3rd – 6th AUGUST 9th – 13th	SUMMER SESSION A JULY 29th – AUGUST 26th TUESDAY & THURSDAY EVENINGS	WAITLIST
SWIMMER 2 OR LOWER	Private	10:35am 00042246 11:55am 00040543	6:00pm 00040546 6:00pm 00040547	Private Lesson Waitlist 00040576
	Semi-Private	9:55am 00040549		Semi-Private Lesson Waitlist 00040577
SWIMMER 3 OR HIGHER	Private	9:55am 00040555 11:55am 00040558	4:00pm 00040560 4:40pm 00040561	Private Lesson Waitlist 00040576
	Semi-Private	10:35am 00040564	5:20pm 00040567	Semi-Private Lesson Waitlist 00040577





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

July 12th-July 23rd

Monday-Friday | 9:00am-10:00am

Members \$90, Non-Members \$120

Online registration code [00040382](#)

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

July 12th-July 23rd

Monday- Friday | 10:00am-12:30pm

Members \$150, Non-Members \$180

Online registration code [00040381](#)

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. If participant does not hold a Bronze Star award, they must be 13 years of age by exam date.

Lifesaving Society Bronze Cross & Standard First Aid

August 3rd-August 13th

Monday-Friday | 9:00am-12:30pm

Members \$205, Non-Members \$235

Online registration code [00040383](#)

Prerequisite: Bronze Medallion

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, these Lifesaving Society courses help to build on all aspects of Aquatic safety and general life skills. Standard First Aid (CPR-C) & AED Responder also included in this course. Registration includes books and exam fees.

Please note: Exam may be scheduled after the last session. Due to the nature of these courses, 100% attendance is required for certification.



Lifesaving Society National Lifeguard & Oxygen

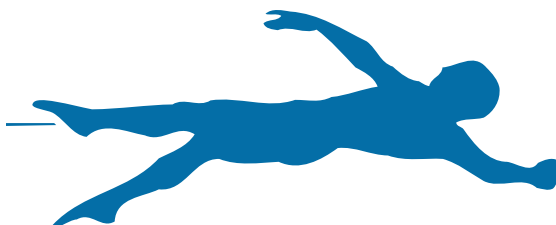


August 29th-September 3rd
Sunday-Friday | 8:30am to 5:00pm
Members \$245, Non-Members \$275
Online registration code [00040384](#)

Prerequisite: Minimum 15 years of age by exam date and Standard First Aid, 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, 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 Swim For Life Instructor (SFL)

July 5th-July 8th
Monday-Thursday | 9:00am-3:00pm
Members \$145, Non-Members \$175
Online registration code [00040385](#)

Prerequisite: 15 years of age by the end of the course and Bronze Cross

Leave this course with your instructing certificate and the opportunity to submit your resume for employment. The Swim For Life course prepares the instructor to teach and evaluate swim strokes and lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods, learning strategies and activities, a variety of stroke and skill drills, effective correction techniques, and evaluation criteria. Practice teaching is emphasized throughout. Candidates learn to evaluate participants in Swim for Life and Swim Patrol program. Please note: Practice teaching hours may be required after the course is complete.

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.

■ SUMMER SWIM TEAM

Summer Swim Team is structured for those looking to compete over summer who are not involved in year-round swim teams. All swimmers must meet summer swimmer eligibility requirements and are required to disclose any training and competitions outside of summer swimming at registration. Our Summer Swim Team focuses on proper technique, sportsmanship and fair play in a positive and encouraging environment. Swimmers will improve their skills and challenge themselves to excel to their full potential with the help of specialized training and expert swim coaching. This year we are offering Three teams based on skill level and development. For any questions on team placement, please email **Connor** at swimacademy@canadagamescentre.ca.

Summer Swim Team will run from Monday, June 28th to Friday, August 20th for ages 8-18.

Please note that all ages are suggestions for placement, but final group placement is at the discretion of the coaches.

Each weekend there are optional competitions against other teams around the province. For more details on competition, visit [Swim Nova Scotia's website](#).

Advanced registration for summer will be available for current 2020/2021 Summer Swim Team Off-season training participants. Please watch for email from coach.

All annual CGC Swim Academy members qualify for member pricing. *Registration includes Swim Nova Scotia Summer Swim Fees. There are no fundraising commitments required for the CGC Summer Swim Team.*

BRONZE | Ages 8-12

Members \$345.00, Non-Members \$430.00

Online registration code **00040433**

Pre-requisite: Swimmers looking to begin swim team must have completed swimmer 6. Able to swim 2x50m Freestyle, 2x50m Backstroke with 30 seconds rest in between, can perform whip kick and dolphin kick effectively, ability to dive in to deep water from the wall. Able to maintain focus, follow coach's instruction and perform activation activities. All new swimmers 8-10 years old will begin in bronze.

SILVER | Ages 11-14

Members \$345.00, Non-Members \$430.00

Online registration code **00040438**

Pre-requisite: Before entering Silver, swimmers must be able to dive into the pool, swim all 4 strokes effectively, swim 5-8 minutes continuously. 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 some activation activities independently.

GOLD | Ages 13 and up

Members \$345.00, Non-Members \$430.00

Online registration code **00040442**

Pre-requisite: 1-2 years of swim team experience with competitions. Able to swim continuous for 10 minutes. 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. Where swimmers over the age of 14 are entering competitive swimming, coaches will use their judgement to consider placing them in Gold. 200IM time: under 3:40, 200 freestyle: under 3:30.

SUMMER SWIM TEAM SCHEDULE*

Schedule runs from Monday, June 28th to Friday, August 20th

Additional dryland training may take place over the summer, please watch for emails from the coach.

NOTE: All practices include a 10-15-minute poolside activation

	MON	TUE	WED	THU	FRI	SAT / SUN
BRONZE	4:45pm - 6:00pm	5:15pm - 6:30pm	4:45pm - 6:00pm	5:15pm - 6:30pm	3:45pm - 5:00pm	SEE SWIM NOVA SCOTIA COMPETITION SCHEDULE
SILVER	3:45pm - 5:00pm	6:45am - 8:00am	4:45pm - 6:00pm	5:50am - 7:00am	4:45pm - 6:00pm	
GOLD	4:45pm - 6:00pm	5:50am - 7:00am	3:45pm - 5:00pm	6:45am - 8:00am	4:45pm - 6:00pm	



*Please note: There are no practices on Monday, July 1st and Monday, August 2nd.

SUMMER 2021

Programs and Services

It happens here.



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