

FALL 2021

Programs and Services



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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

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-6:00pm

Visa, MasterCard, debit, and cash all accepted.

REGISTRATION DATES

MEMBERS:

Online: **August 10th**, beginning at 8:00 am

In-person: **August 12th**, beginning at 8:00 am

NON-MEMBERS:

Online: **August 17th**, beginning at 8:00 am

In-person: **August 19th**, 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/

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 Development (LTD), 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

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

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

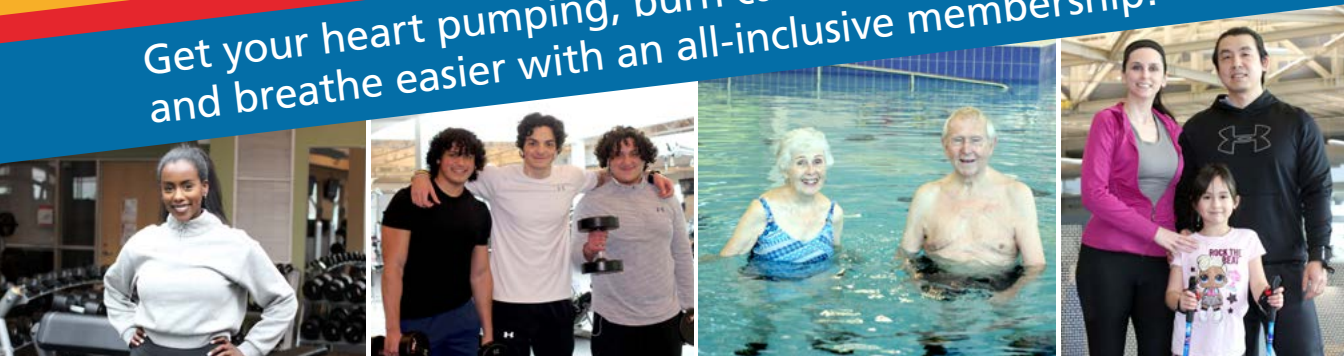
S4L is a movement to improve the quality of sport and physical activity in Canada. It links sport, education, recreation and health with community, provincial and national programming.



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

Invest in YOU!

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



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

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

MEMBERSHIP EXCLUSIVES

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

**Annual members only*

Also Included

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

Accessibility

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

Book a tour or talk membership, including corporate rates, with our Membership Assistant 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.

Recreation Programs



■ PROFESSIONAL DEVELOPMENT DAY CAMPS

Grade P-6 | 8:30am-5:00pm
Members \$35, Non-Members \$40
(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, so register early! If the camp is full, please add yourself to the waitlist.

HRCE | September 24th
Online registration code 00043866

HRCE & CSAP | October 22nd
Online registration code 00043867

CSAP | November 12th
Online registration code 00043868

HRCE & CSAP | November 25th
Online registration code 00043869



■ SPORTS PROGRAMS

Badminton



Badminton NOVA SCOTIA



AGES 6-8 | 8 sessions
October 6th-November 24th
Wednesdays, 5:00pm-6:00pm
Members \$64, Non-Members \$80
Online registration code 00043870
Location: Field House

AGES 9-11 | 8 sessions
October 6th-November 24th
Wednesdays, 6:15pm-7:15pm
Members \$64, Non-Members \$80
Online registration code 00043871
Location: Field House

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

Badminton Club



Ages 11-16 | 21 sessions
October 5th-December 16th
Tuesdays and Thursdays, 5:30pm-7:30pm
Members \$226.80, Non-Members \$283.50**
Online registration code 00043872

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 that covers September 2021-August 2022. This fee will be collected at the start of the program.

Pickleball



PICKLEBALL FUNDAMENTALS

Ages 18+ | 8 sessions | October 4th–November 1st
Mondays and Wednesdays, 1:00pm–3:00pm
Members \$80, Non-Members \$100 (plus tax)
Online registration code [00043880](#)
Location: Field House

**Please note there are no programs on Monday, October 11th.*

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

PICKLEBALL SKILLS & DRILLS

Ages 18+ | 8 sessions | November 3rd–November 29th
Mondays and Wednesdays, 1:00pm–3:00pm*
Members \$80, Non-Members \$100 (plus tax)
Online registration code [00043882](#)
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.



Youth Karate



Location: Dance Studio

YOUTH ALL RANKS | Ages 4-6
10 sessions | October 4th–December 13th
Mondays, 5:30pm–6:00pm*
Members \$60, Non-Member \$75**
Online registration code: [00043884](#)

**Please note there are no programs on Monday, October 11th.*

YOUTH ALL RANKS | Ages 4-6
11 sessions | October 6th–December 15th
Wednesdays, 5:30pm–6:00pm
Members \$66, Non-Member \$82.50**
Online registration code: [00043885](#)

YOUTH ALL RANKS | Ages 7-11
10 sessions | October 4th–December 13th
Mondays, 6:15pm–7:15pm*
Members \$92.06, Non-Member \$115**
Online registration code [00043886](#)

**Please note there are no programs on Monday, October 11th.*

YOUTH ALL RANKS | Ages 7-11
11 sessions | October 6th–December 15th
Wednesdays, 6:15pm–7:15pm
Members \$101.20, Non-Member \$126.50**
Online registration code [00043888](#)

***Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2021–August 2022. 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, 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+

11 sessions | October 5th–December 14th

Tuesdays, 7:15pm-8:15pm

Members \$48.40, Non-Member \$60.50 (plus tax)**

Online registration code: **00043889**

***Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2021-August 2022. 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 (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.

Youth & Adult Sparring



Location: Dance Studio

Ages 7+

10 sessions | October 7th-December 16th

Thursdays, 7:15pm-8:45pm*

Members \$136, Non-Member \$170 (plus tax)**

Online registration code **00043895**

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

***Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2021-August 2022. 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.



Adult Karate



Location: Dance Studio

ADULT ALL RANKS | Ages 12+

10 sessions | October 4th–December 13th

Mondays, 7:30pm-9:00pm*

Members \$136, Non-Member \$170 (plus tax)**

Online registration code **00043891**

**Please note there are no programs on Monday, October 11th.*

ADULT BROWN & BLACK BELT | Ages 12+

11 sessions | October 6th–December 15th

Wednesdays, 7:30pm-9:00pm

Members \$149.60, Non-Member \$187 (plus tax)**

Online registration code **00043892**

***Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2021-August 2022. 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.

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.



ADULT 1-DAY WORKSHOPS

Nordic Pole Workshop

Saturday, October 9th | 11:00am-12:00pm
Members \$8, Non-Members \$10 (plus tax)
Online registration code **00042772**
Location: Track Starting Blocks



Saturday, November 6th | 11:00am-12:00pm
Members \$8, Non-Members \$10 (plus tax)
Online registration code **00042773**
Location: Track Starting Blocks

Saturday, December 11th | 11:00am-12:00pm
Members \$8, Non-Members \$10 (plus tax)
Online registration code **00042774**
Location: Track Starting Blocks

Nordic Pole Walking has been shown to help you get much more out of your workout than regular walking. It is also easier on the body than regular walking (or jogging), because when used correctly, the poles can take pressure off your knees, hips and ankles. You will also be shown exercises that will greatly increase your stamina, and muscle strength, to decrease risk of injury. Nordic poles provided.

■ ADULT SPECIALIZED PROGRAMS

Cardio Kettlebell – All Levels

6 weeks | October 4th-November 15th
Mondays, 7:15pm-8:15pm*
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00042741**
Location: Field House Alcove



**Please note there are no programs on Monday, October 11th.*

4 weeks | November 22nd-December 13th
Mondays, 7:15pm-8:15pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00042742**
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

6 weeks | October 7th-November 11th
Thursdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00042743**
Location: 2nd Floor Fitness Studio

4 weeks | November 18th-December 9th
Thursdays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00042744**
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.

FirePrep ← NEW

6 weeks | October 6th-November 10th
Wednesdays, 7:00pm-8:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00042767**
Location: Track Starting Blocks

4 weeks | November 17th-December 8th
Wednesdays, 7:00pm-8:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00042769**
Location: Track Starting Blocks

Are you thinking about joining emergency services? Or just want to challenge yourself? Join Christie, Fire School trainer, as she puts you through a fitness program like no other! You'll be put through your paces with exercises that will prepare you for the Firefighter or RCMP physical fitness test, with a focus on cardiovascular endurance and speed.



Toughen Up

6 weeks (12 sessions) | October 5th-November 11th
Tuesdays and Thursdays, 6:30pm-7:30pm
Members \$120, Non-Members \$144 (plus tax)
Online registration code **00042749**
Location: Track Starting Blocks



4 weeks (8 sessions) | November 16th-December 9th
Tuesdays and Thursdays, 6:30pm-7:30pm
Members \$80, Non-Members \$96 (plus tax)
Online registration code **00042750**
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)



6 weeks | October 17th-November 21st
Sundays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00042753**
Location: Personal Training Studio

4 weeks | November 28th-December 19th
Sundays, 9:00am-10:00am
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00042754**
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

Traditional Yang Style Tai Chi (All Levels)

6 weeks | October 5th-November 9th

Tuesdays, 7:00pm-8:00pm

Members \$60, Non-Members \$72 (plus tax)

Online registration code **00042751**

Location: Arts & Crafts Room



4 weeks | November 16th-December 7th

Tuesdays, 7:00pm-8:00pm

Members \$40, Non-Members \$48 (plus tax)

Online registration code **00042752**

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.

Prenatal Yoga

6 weeks | October 6th-November 10th

Wednesdays, 6:00pm-7:00pm

Members \$60, Non-Members \$72 (plus tax)

Online registration code **00042764**

Location: 2nd Floor Fitness Studio

4 weeks | November 17th-December 8th

Wednesdays, 6:00pm-7:00pm

Members \$40, Non-Members \$48 (plus tax)

Online registration code **00042770**

Location: 2nd Floor Fitness Studio

Join our Pre and Postnatal yoga specialist for 60 mins of prenatal yoga. Prenatal Yoga is about honoring the changes in ourselves and our body as we connect to baby throughout these nine months. Postures to help strengthen the pelvic floor muscles, keep the body flexible, alleviate many common discomforts of pregnancy, while finding focus through balance.



Introduction to Yoga

5 weeks | October 12th-November 9th

Tuesdays, 6:00pm-7:00pm

Members \$50, Non-Members \$60 (plus tax)

Online registration code **00042747**

Location: 2nd Floor Fitness Studio



4 weeks | November 16th-December 7th

Tuesdays, 6:00pm-7:00pm

Members \$60, Non-Members \$72 (plus tax)

Online registration code **00042748**

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.





Functional Pilates



6 weeks | October 6th-November 10th
Wednesdays, 12:15pm-1:15pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00042793**
Location: 2nd Floor Fitness Studio

6 weeks | October 9th-November 13th
Saturdays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00042745**
Location: 2nd Floor Fitness Studio

4 weeks | November 17th-December 8th
Wednesdays, 12:15pm-1:15pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00042794**
Location: 2nd Floor Fitness Studio

4 weeks | November 20th-December 11th
Saturdays, 9:00am-10:00am
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00042745**
Location: 2nd Floor Fitness Studio

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

In Functional Pilates, 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.

Restorative Yoga



5 weeks | October 13th-November 10th
Wednesdays, 7:00pm-8:00pm
Members \$50, Non-Members \$60 (plus tax)
Online registration code **00042763**
Location: 2nd Floor Fitness Studio

4 weeks | November 17th-December 8th
Wednesdays, 7:00pm-8:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00042771**
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.)



■ 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.

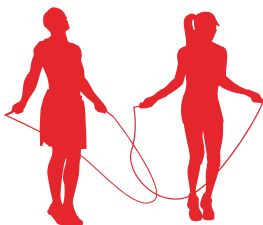
PERSONAL TRAINING PACKAGES	MEMBER*	NON-MEMBER*
1 Session	\$65	\$80
Packages of 5	\$275	\$350
Packages of 10	\$500	\$650
Packages of 20	\$900	\$1200

*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 23). 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 up to and including week 2 of the program. 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 23 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.

■ 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 23 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 24 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.



See chart on page 24 for swim lesson days and times. PLEASE NOTE: Online registration codes are now listed in the swim chart.

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.



SWIM LESSONS - DAYS & TIMES

LESSON FULL?

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

	TUESDAY October 5th-November 30th	WEDNESDAY October 6th-December 1st	THURSDAY* October 7th-December 9th	SATURDAY* October 16th-December 11th	WAITLIST Available until October 8th
PARENT & TOT 1		5:20pm 00043264	5:20pm 00043265	8:30am 00043263 9:10am 00043266	00043203
PARENT & TOT 2	6:00pm 00043267	6:00pm 00043268	6:00pm 00043269	9:10am 00043270 9:50am 00043271 11:10am 00043272	00043204
PARENT & TOT 3	4:40pm 00043275	6:00pm 00043274	4:40pm 00043276	8:30am 00043277 10:30am 00043278 11:50am 00043279	00043207
PRESCHOOL 1	4:00pm 00043280 4:40pm 00043281 5:20pm 00043282	4:00pm 00043283 4:40pm 00043284 5:20pm 00043285	4:00pm 00043286 4:40pm 00043287 6:00pm 00043288	9:50am 00043289 10:30am 00043290 11:10am 00043291 11:50am 00043292	00043208
PRESCHOOL 2	4:00pm 00043293 4:55pm 00043294 5:20pm 00043295 6:00pm 00043296	4:00pm 00043297 4:40pm 00043298	4:00pm 00043299 4:55pm 00043300 5:20pm 00043301	10:30am 00043302 11:10am 00043303 11:50am 00043304	00043209
PRESCHOOL 3	4:15pm 00043305	4:00pm 00043306 4:40pm 00043307	5:35pm 00043308 6:15pm 00043309	9:10am 00043310 9:50am 00043311	00043210
PRESCHOOL 4		6:00pm 00043312	6:00pm 00043313	8:30am 00043314	00043211
PRESCHOOL 5	5:35pm 00043315	5:20pm 00043316	5:20pm 00043317		00043212

*Please note there will be no swim lessons on October 9th-11th for Thanksgiving weekend & on November 11th for Remembrance Day.

	TUESDAY October 5th-November 30th	WEDNESDAY October 6th-December 1st	THURSDAY* October 7th-December 9th	SATURDAY* October 16th-December 11th	WAITLIST Available until October 8th
SWIMMER 1	4:00pm 00043318 5:20pm 00043319 6:15pm 00043320	4:00pm 00043321 4:40pm 00043322 5:20pm 00043323 6:00pm 00043324	4:00pm 00043325 4:40pm 00043326 5:20pm 00043327	8:30am 00043328 9:10am 00043329 10:30am 00043330 11:10am 00043331 11:50am 00043332	00043213
SWIMMER 1 ADVANCED	6:00pm 00043333	4:40pm 00043334	4:55pm 00043335 5:35pm 00043336	8:30am 00043337 9:10am 00043338 9:50am 00043339 10:30am 00043340 11:50am 00043341	00043213
SWIMMER 2	4:15pm 00043342 4:40pm 00043343 5:35pm 00043344 6:15pm 00043345	4:00pm 00043346 5:35pm 00043347 6:00pm 00043348	4:00pm 00043349 5:35pm 00043350 6:00pm 00043351	8:30am 00043352 9:10am 00043353 9:50am 00043354 10:30am 00043355 11:10am 00043356 11:50am 00043357	00043214
SWIMMER 3	4:00pm 00043358 4:55pm 00043393 6:00pm 00043359	4:15pm 00043360 4:55pm 00043361 5:20pm 00043362 6:15pm 00043363	4:40pm 00043365 4:55pm 00043364 6:15pm 00043366	8:30am 00043367 9:10am 00043368 9:50am 00043369 10:30am 00043370 11:10am 00043371 11:50am 00043372	00043237
SWIMMER 4	4:55pm 00043374 5:50pm 00043375	4:00pm 00043376 4:55pm 00043377 5:50pm 00043378	4:00pm 00043379 4:55pm 00043380 5:50pm 00043381	9:25am 00043382 10:20am 00043383 11:15am 00043384	00043239
SWIMMER 5	4:00pm 00043385	4:00pm 00043386 4:55pm 00043387 5:50pm 00043388	4:00pm 00043389 4:55pm 00043390 5:50pm 00043391	8:30am 00043392 9:25am 00043393	00043240
SWIMMER 6	4:55pm 00043394 5:50pm 00043395	4:55pm 00043396 5:50pm 00043397	4:55pm 00043398 5:50pm 00043399	8:30am 00043400 9:25am 00043401	00043241
SWIMMER 7 / ROOKIE		4:00pm 00043404	4:00pm 00043405	10:20am 00043402	00043242
SWIMMER 8 / RANGER	4:55pm 00043406			10:20am 00043911 11:15am 00043407	00043243
SWIMMER 9 / STAR	5:50pm 00043408			11:15am 00043409	00043244

*Please note there will be no swim lessons on October 9th-11th for Thanksgiving weekend & on November 11th for Remembrance Day.

■ GROUP SWIM LESSONS



Have you 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 5th-November 30th | Tuesdays, 4:40pm
Members \$85.23, Non-Members \$115.20
Online registration code **00043410**

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

Teen Level 2

9 Lessons | Ages 11-15 years
October 5th-November 30th | Tuesdays, 5:20pm
Members \$85.23, Non-Members \$115.20
Online registration code **00043411**

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

■ 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 min. each
Members \$75.06, Non-Members \$105.03

SWIMMER 4 TO SWIMMER 9 | 9 lessons, 50 min. each
Members \$80.01, Non-Members \$110.07

Using the swim level descriptions on [pages 19-22](#), 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 Team at aquaadmin@canadagamescentre.ca.

Adult Level 1

9 Lessons | Ages 15+ years
October 16th-December 11th | Saturdays, 12:10pm
Members \$85.23, Non-Members \$115.20 (plus tax)
Online registration code **00043412**

9 Lessons | Ages 15+ years
October 16th-December 11th | Saturdays, 12:10pm
Members \$85.23, Non-Members \$115.20 (plus tax)
Online registration code **00043950**

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

Adult Level 2

9 Lessons | Ages 15+ years
October 16th-December 11th | Saturdays, 12:10pm
Members \$85.23, Non-Members \$115.20 (plus tax)
Online registration code **00043413**

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

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. These lessons are currently available on Sundays. Each one-on-one session is 30 minutes. For more information, including to schedule sessions please contact the Aquatics Team at aquaadmin@canadagamescentre.ca.

PER SESSION RATE:

Members \$17.20, Non-Members \$21.10

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, 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: Semi-private fees listed are for 2 people. You must coordinate your second person at time of registration. As we are only able to take one payment, any cost splitting should be coordinated outside of our registration system.

		TUESDAY	WEDNESDAY	THURSDAY*	FRIDAY*	SATURDAY*	WAITLIST
		October 5th- November 30th	October 6th- December 1st	October 7th- December 9th	October 15th- December 10th	October 16th- December 11th	Available until October 8th
SWIMMER 2 OR LOWER	Private	4:10pm 00043428 4:50pm 00043429 5:30pm 00043430 6:10pm 00043431 6:10pm 00043432	4:10pm 00043433 4:10pm 00043434 4:50pm 00043439 5:30pm 00043444 6:10pm 00043450 6:10pm 00043449	6:10pm 00043452 6:10pm 00043457	4:10pm 00043436 4:10pm 00043437 4:10pm 00043438 4:10pm 00043435 4:50pm 00043442 4:50pm 00043440 4:50pm 00043443 4:50pm 00043441 5:30pm 00043448 5:30pm 00043445 5:30pm 00043446 5:30pm 00043447 6:10pm 00043456 6:10pm 00043457 6:10pm 00043453 6:10pm 00043455	8:35am 00043459 8:35am 00043458 9:15am 00043988 9:15am 00043460 10:35am 00043989 10:35am 00043990 11:55am 00043465 11:55am 00043466	Private Lesson Waitlist 00044085
	Semi-Private	4:10pm 00043482 4:50pm 00043472	4:50pm 00043474 5:30pm 00043478	4:50pm 00043475 5:30pm 00043479	4:10pm 00043987 4:50pm 00043476 5:30pm 00043480 6:10pm 00043481	9:55am 00043468 9:55am 00043467 11:15am 00043469 11:15am 00043470	Semi-Private Lesson Waitlist 00044086
SWIMMER 3 OR HIGHER	Private	4:10pm 00043482 4:50pm 00043488 5:30pm 00043496 6:10pm 00043985	4:10pm 00043483 4:50pm 00043489 4:50pm 00043490 5:30pm 00043502 5:30pm 00043497 6:10pm 00043503	4:10pm 00043485 4:10pm 00043486 4:10pm 00043484 4:50pm 00043492 4:50pm 00043493 4:50pm 00043494 5:30pm 00043498 5:30pm 00043500 5:30pm 00043499 6:10pm 00043505	4:10pm 00043487 4:50pm 00043495 5:30pm 00043501	8:35am 00043507 9:15am 00043508 9:55am 00043509 11:15am 00043570	Private Lesson Waitlist 00044085
	Semi-Private	4:10pm 00043511 4:50pm 00043514 5:30pm 00043477 5:30pm 00043517 6:10pm 00043541	4:10pm 00043575 6:10pm 00043539	4:10pm 00043512 6:10pm 00043542	4:10pm 00043513 4:50pm 00043516 5:30pm 00043540	10:35am 00043543 11:55am 00043544	Semi-Private Lesson Waitlist 00044086

*Please note there will be no swim lessons on October 8th-11th for Thanksgiving weekend & on 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 15th-November 5th

Fridays | 5:00pm-7:30pm

Members \$90, Non-Members \$120

Online registration code [00043414](#)

November 12th-December 3rd

Fridays | 5:00pm-7:30pm

Members \$90, Non-Members \$120

Online registration code [00043951](#)

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 24th-November 14th

Sundays | 9:00am-3pm

Members \$150, Non-Members \$180

Online registration code [00043415](#)

November 6th-November 27th

Saturdays | 9:00am-3:00pm

Members \$150, Non-Members \$180

Online registration code [00043416](#)

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

October 17th-November 14th
Saturdays | 10:00am-4:30pm
Members \$205, Non-Members \$235
Online registration code [00043417](#)

2 Weekend Course
October 22nd-24th & October 29th-31st
Friday | 5:00-9:00pm
Saturday & Sunday | 8:30am-5:00pm
Members \$205, Non-Members \$235
Online registration code [00043418](#)

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.*

Standard First Aid

2 Days | October 16th & 17th
Saturday & Sunday | 9:00am-5:00pm
Members \$95, Non-Members \$115 (plus tax)
Online registration code [00043419](#)

2 Days | December 18th & 19th
Saturday & Sunday | 9:00am-5:00pm
Members \$95, Non-Members \$115 (plus tax)
Online registration code [00043420](#)

Prerequisite: Ages 13+



Lifesaving Society National Lifeguard & Oxygen

3 Weekend Course | November 5th-7th,
November 12th-14th & November 20th-21st
Friday | 5:00-9:00pm
Saturday & Sunday | 8:30am to 5:00pm
Members \$245, Non-Members \$275
Online registration code [00043422](#)

Compact Course
December 27th-30th & January 2nd-3rd, 2022
Monday-Monday | 8:30am-5:00pm
Members \$245, Non-Members \$275
Online registration code [00043421](#)

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.

Recertification - Lifesaving Society National Lifeguard Pool, Standard First Aid & Oxygen

2 Day Course | November 27th & 28th
Saturday & Sunday | 9:00am-5:00pm
Members \$100, Non-Members \$130
Online registration code [00043425](#)

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.

Lifesaving Society Assistant Swim Instructor **NEW**

3 Day Course | October 1st-3rd
Friday | 5:00pm-9:00pm
Saturday & Sunday | 9:00am-5:00pm
Members \$90, Non-Members \$120
Online registration code [00043427](#)

Prerequisite: Bronze Cross and 14 years of age by the end of the course.

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 Swim For Life Instructor (SFL)

3 Day Course | September 10th-12th
Friday | 5pm-9pm, Saturday & Sunday | 9am-6pm
Members \$145, Non-Members \$175
Online registration code [00043423](#)

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.

Lifesaving Society Lifesaving Instructor (LSI) & Standard First Aid Instructor (SFAI)

2 Weekend Course | December 3rd-5th & 10th-12th
Fridays | 5pm-9pm, Saturdays & Sundays | 9am-6pm
Members \$300, Non-Members \$345
Online registration code [00043424](#)

Prerequisite: 16 years of age by the end of the course and Bronze Cross

The Lifesaving Instructor course prepares the instructor to teach and evaluate lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods, learning strategies and activities, a variety of stroke and skill drills, effective correction techniques, and evaluation criteria. Practice teaching is emphasized throughout. Candidates learn to evaluate participants in Bronze Medal awards, Lifesaving Fitness, Basic first aid. New: This course now includes the Lifesaving Society First Aid Instructor Certification. Candidates learn to teach and evaluate to the First Aid award level that they themselves hold.

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.

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:

- Lifesaving Sport Team
- Summer Swim Team Off-Season Training
- Masters Swim Team

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** (except the Masters Swim Team program). Add-on membership options are available for family members of the CGCSA participant.

■ LIFESAVING SPORT TEAM

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



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

Please note: There will be no programs on the following dates due to holidays or program breaks in the facility: October 9th-11th, 2021 for Thanksgiving; Remembrance Day November 11th, 2021; December 22nd, 2021-January 2nd, 2022; February 19th-21th, 2022 for Heritage Day; March 12th-20th, 2022 for March Break; April 15th-18th for Easter; May 21st-23rd, 2022 for Victoria Day.

Advanced registration will be available for 2020-2021 Swim Academy participants. Please watch for an email from the Head Coach.

Ages 8 and up | Begins September 13th
Fridays, Sundays

Bi-weekly fee \$42.05 (20 payments)

Down payment at registration \$84.10

Lifesaving Sport Competition fees are not included in registration

Online registration code **00043948**

Prerequisites for Lifesaving: *Completed Swimmer 8/Ranger or Swimmer 9/Star, feel comfortable in deep water, dive into the pool, swim 10 minutes continuous and follow coach's directions.*

■ INTRODUCTION TO COMPETITIVE SWIMMING

This 9-week program focuses on stroke development, starts and turns, endurance and pace clock work in a fun, team environment. While the program does not include official swim meets, coaching staff will ensure the athletes have the opportunity within practice times to see how their personal bests are progressing.

Ages 8 and up
September 24th-November 28th
Members \$166.50, Non-Members \$225.00

For registration information, please email the Aquatics Program Coordinator at parryj@canadagamescentre.ca.

■ SUMMER SWIM TEAM OFF-SEASON TRAINING

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.

BRONZE | Ages 10-12 | Begins September 13th
Mondays, Sundays
Bi-weekly fee \$42.05 (20 payments)
Down payment at registration \$84.10
Online registration code 00043942

Prerequisite: 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 into 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 | Begins September 13th
Mondays, Sundays
Bi-weekly fee \$42.05 (20 payments)
Down payment at registration \$84.10
Online registration code 00043943

Prerequisite: 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 | Begins September 13th
Mondays, Fridays, Sundays
Bi-weekly fee \$42.05 (20 payments)
Down payment at registration \$84.10
Online registration code 00043944

Prerequisite: 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.

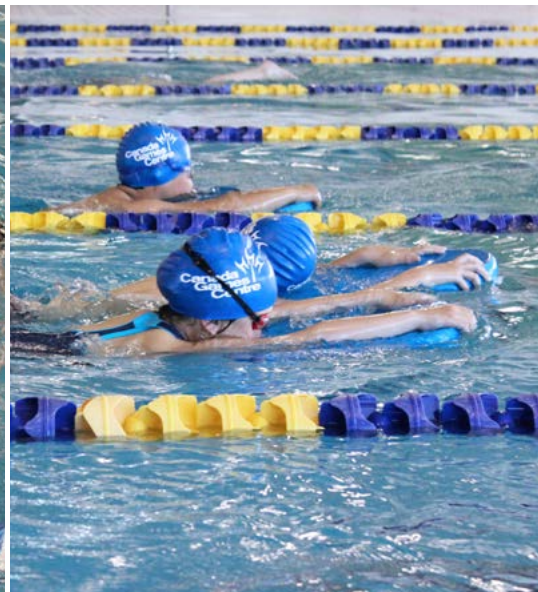


SWIM ACADEMY - TRAINING DAYS & TIMES

NOTE: All practices include a 15-minute poolside activation

	MONDAY	FRIDAY*	SUNDAY*
LIFESAVING SPORT TEAM		5:45pm-7:00pm	Time change: 8:45am-10:00am
INTRODUCTION TO COMPETITIVE SWIMMING		4:45pm-6:00pm	9:45am-11am
SUMMER SWIM TEAM BRONZE	5:45pm-7:00pm (Swim) 4:45pm-6:00pm (Multisport)		8:45am-10am
SUMMER SWIM TEAM SILVER	5:45pm-7:00pm (Swim) 4:45pm-6:00pm (Multisport)		7:45am-9:00am
SUMMER SWIM TEAM GOLD	4:45pm-6:00pm	5:45pm-7:00pm (Lifesaving Sport)	7:45am-9:00am

**Please note there will be no Swim Academy on October 8th-11th for Thanksgiving weekend.*



■ 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.

- Registration will remain open until program maximum is reached. Fees will be prorated by start date.
- Six practices a week with three to four coach directed and the other times pre-written practices will be provided in line with Sport for Life's Long-Term Development (LTD) plan.
- Program begins September 13th and ends June 19th, observing the holiday dates listed to the right.

Ages 18+ | Begins September 13th
Weekdays 6:00am-7:00am | Sundays 7:00am-8:30am
Members \$295, Non-Member \$490 (plus tax)
Swim Nova Scotia fee \$45 due at registration
All fees will be pro-rated by start date.
Online registration code [00043949](#)

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.

Please note: There will be no programs on the following dates due to holidays or program breaks in the facility: October 9th-11th, 2021 for Thanksgiving; Remembrance Day November 11th, 2021; December 22nd, 2021-January 2nd, 2022; February 19th-21st, 2022 for Heritage Day; March 12th-20th, 2022 for March Break; April 15th-18th for Easter; May 21st-23rd, 2022 for Victoria Day.



FALL 2021

Programs and Services

It happens here.



26 Thomas Raddall Drive
Halifax, Nova Scotia
B3S 0E2

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

canadagamescentre.ca