

WINTER

2022 Programs & Services



Canada
Games
Centre

It happens here.

■ TABLE OF CONTENTS

How to Register	3
Staying Healthy	4
Physical Literacy – It Happens Here	5
Canada Games Centre Membership	7

■ RECREATION PROGRAMS 8

March Break Camp	8
Professional Development Day Camps	8
Sports Programs	9

■ FITNESS AND WELLNESS PROGRAMS . . . 12

Adult Specialized Programs	12
Wellness Programs	14
Fitness Services	16

■ AQUATICS PROGRAMS 18

Parent & Tot Programs	19
Preschool Programs	20
School-Aged Swimmer Programs	21
Swim Lessons - Days & Times	23
Group Swim Lessons	25
Aquatics Inclusion Lessons	25
Private & Semi-Private Swim Lessons	26
Leadership Programs	27
CGC Swim Academy	30

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/cgnews>

■ 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: **November 23rd**, beginning at 8:00 am

In-person: **November 25th**, beginning at 8:00 am

NON-MEMBERS:

Online: **November 30th**, beginning at 8:00 am

In-person: **December 2nd**, 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



Please stay home if you feel sick or have COVID-19 symptoms, including:

- **new or worsening cough**, or
- **two or more of the following:**
fever (i.e. chills, sweats), shortness of breath, sore throat, runny nose/nasal congestion, or headache.



Masks are required within the facility.



We must all do our part. Please be kind and patient with everyone.

The **COVID-19** section of our website explains what to expect at the CGC in response to the COVID-19 pandemic.

Have these ready at every visit



Proof of Vaccination
(printed card or digital)

OR

Valid Medical Contraindication for COVID-19 Vaccination letter



Proof of Identification
(driver's license, Passport, Government-issued ID card, health card, birth certificate, student ID card, or Secure Certificate of Indian Status)



CGC Membership/ Access Card

Children under the age of 12 must be accompanied by a fully vaccinated adult.

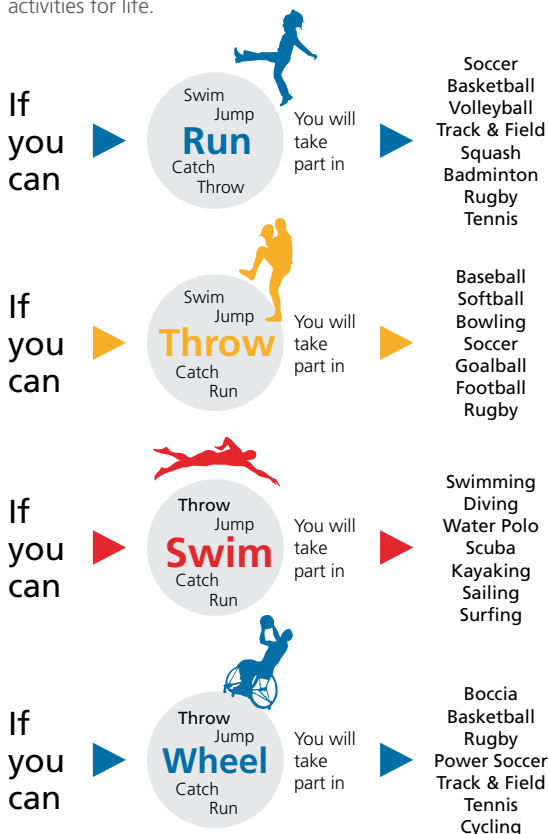
Thank you for your patience!

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.

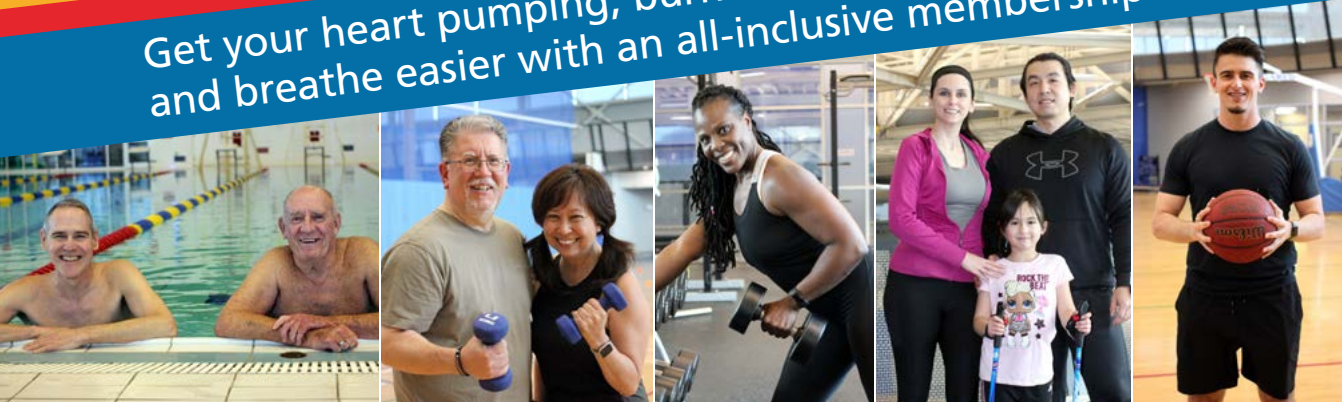
S4L is a movement to improve the quality of sport and physical activity in Canada. It links sport, education, recreation and health with community, provincial and national programming.



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 60 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*

**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

Interested in taking a tour?

We would love to show you what we're all about. Please contact us by phone or email to book your tour: **902.490.2291** or membership@canadagamescentre.ca.

Recreation Programs



■ MARCH BREAK CAMP

March 14th-18th

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

Online registration code [00047059](#)

Members \$175, Non-Members \$200

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

■ 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.

CSAP | January 28th

Online registration code [00047060](#)

HRCE | February 18thw

Online registration code [00047061](#)



SPORTS PROGRAMS

Badminton



AGES 6-8 | 8 sessions

January 5th-February 23rd

Wednesdays, 5:00pm-6:00pm

Members \$64, Non-Members \$80

Online registration code **00047036**

Location: Field House



AGES 9-11 | 8 sessions

January 5th-February 23rd

Wednesdays, 6:15pm-7:15pm

Members \$64, Non-Members \$80

Online registration code **00047037**

Location: Field House

Participants will learn to love this fast and exciting sport in a fun and safe setting. 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

32 sessions | January 4th-April 28th

Tuesdays and Thursdays, 5:30pm-7:30pm*

Members \$345.60, Non-Members \$432.00**

Online registration code **00047038**

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 there are no programs on Tuesday, March 15th and Thursday March 17th.*

***Badminton club participants are required to pay an additional one-time non-refundable annual fee of \$20.00 to Badminton Nova Scotia that covers September 2021-August 2022. This fee will be collected after the start of the program.*

Pickleball



PICKLEBALL FUNDAMENTALS

Ages 18+ | 8 sessions | January 3rd-January 26th

Mondays and Wednesdays, 1:00pm-3:00pm

Members \$80, Non-Members \$100 (plus tax)

Online registration code **00047039**

Location: Field House

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

PICKLEBALL SKILLS & DRILLS

Ages 18+ | 8 sessions | January 31st-February 28th

Mondays and Wednesdays, 1:00pm-3:00pm*

Members \$80, Non-Members \$100 (plus tax)

Online registration code **00047040**

Location: Field House



These dynamic skills and drills sessions are designed for participants who have already attended our fundamentals program or have prior pickleball experience and are looking to improve their skills and take their game to the next level. Our instructors will cover drop shots, net play, effective blocking, dinking, lobs, backhand stroke development and game strategy. These sessions will also include some round robin game play so participants can practice these new skills.

**Please note there are no programs on Monday, February 21st.*

Youth Karate

Location: Dance Studio

YOUTH ALL RANKS | Ages 4-6
11 sessions | January 3rd-March 28th
Mondays, 5:30pm-6:00pm*
Members \$66, Non-Member \$82.50**
Online registration code **00047041**

**Please note there are no programs on Monday, February 21st & Monday, March 14th.*

YOUTH ALL RANKS | Ages 4-6
12 sessions | January 5th-March 30th
Wednesdays, 5:30pm-6:00pm*
Members \$72, Non-Member \$90**
Online registration code: **00047042**

**Please note there are no programs on Wednesday, March 16th.*

YOUTH ALL RANKS | Ages 7-11
11 sessions | January 3rd-March 28th
Mondays, 6:15pm-7:15pm*
Members \$101.20, Non-Member \$126.50**
Online registration code **00047045**

**Please note there are no programs on Monday, February 21st & Monday, March 14th.*

YOUTH ALL RANKS | Ages 7-11
12 sessions | January 5th-March 30th
Wednesdays, 6:15pm-7:15pm*
Members \$110.40, Non-Member \$138**
Online registration code **00047050**

**Please note there are no programs on Wednesday, March 16th.*

***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+
12 sessions | January 4th-March 29th
Tuesdays, 7:15pm-8:15pm
Members \$52.80, Non-Member \$66 (plus tax)**
Online registration code **00047054**

**Please note there are no programs on Tuesday, March 15th.*

***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+ | 12 sessions | January 6th-March 31st
Thursdays, 7:15pm-8:45pm*
Members \$163.20, Non-Member \$204 (plus tax)**
Online registration code **00047056**

**Please note there are no programs on Thursday, March 17th.*

***Karate participants are required to pay a onetime nonrefundable 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+
11 sessions | January 3rd-March 28th
Mondays, 7:30pm-9:00pm*
Members \$149.60, Non-Member \$187 (plus tax)**
Online registration code **00047057**

**Please note there are no programs on Monday, February 21st & Monday, March 14th.*

ADULT BROWN & BLACK BELT | Ages 12+
12 sessions | January 5th-March 30th
Wednesdays, 7:30pm-9:00pm*
Members \$163.20, Non-Member \$204 (plus tax)**
Online registration code **00047058**

**Please note there are no programs on Wednesday, March 16th.*

***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 60 DROP-IN FITNESS CLASSES A WEEK WHICH ARE INCLUDED IN YOUR MEMBERSHIP OR DAY PASS.

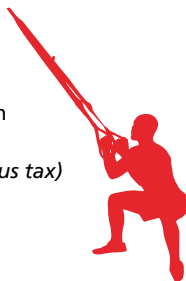
If you're looking to cross-train or to try something new, these classes are designed for all fitness levels (unless otherwise noted). Zumba, Aquafit, interval training, Yoga, and more – pick your favourites from our **Drop-in Fitness Schedule** available online or at the Customer Service Desk.



■ ADULT SPECIALIZED PROGRAMS

Iron Circuit

6 weeks | January 11th-February 15th
Tuesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046566**
Location: Field House Alcove



6 weeks | February 22nd-March 29th
Tuesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **0006567**
Location: Field House Alcove



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

Drum-Fit

6 weeks | January 13th-February 17th
Thursdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046568**
Location: 2nd Floor Fitness Studio



6 weeks | February 24th-March 31st
Thursdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046569**
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

6 weeks | January 11th-February 17th
Tuesdays and Thursdays, 7:00pm-8:00pm
Members \$120, Non-Members \$144 (plus tax)
Online registration code **00046582**
Location: Track Starting Blocks



6 weeks | February 22nd-March 31st
Tuesdays and Thursdays, 7:00pm-8:00pm
Members \$120, Non-Members \$144 (plus tax)
Online registration code **00046583**
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 | January 9th-February 13th
Sundays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046586**
Location: Personal Training Studio



6 weeks | February 20th-March 27th
Sundays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046587**
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

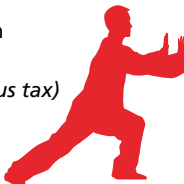
Traditional Yang Style Tai Chi (All Levels)

6 weeks | January 11th-February 15th
Tuesdays, 7:00pm-8:00pm

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

Online registration code **00046584**

Location: Arts & Crafts Room



6 weeks | February 22nd-March 29th
Tuesdays, 7:00pm-8:00pm

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

Online registration code **00046585**

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 | January 12th-February 16th
Wednesdays, 6:00pm-7:00pm

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

Online registration code **00046578**

Location: 2nd Floor Fitness Studio

6 weeks | February 23rd-March 30th
Wednesdays, 6:00pm-7:00pm

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

Online registration code **00046579**

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

6 weeks | January 11th-February 15th
Tuesdays, 6:00pm-7:00pm

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

Online registration code **00046574**

Location: 2nd Floor Fitness Studio



4 weeks | February 22nd-March 29th
Tuesdays, 6:00pm-7:00pm

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

Online registration code **00046574**

Location: 2nd Floor Fitness Studio

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

Introduction to Yoga Level 2

4 weeks | February 22nd-March 29th
Tuesdays, 6:00pm-7:00pm

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

Online registration code **00046575**

Location: 2nd Floor Fitness Studio



Now that you've learned the basics; it's time to take the next step on your yoga journey. Join our instructor and dive deeper into your yoga practice and learn conditioning postures, breathing techniques and more. As the practice progresses from week-to-week, you will build on your Intro to Yoga foundation and can expect to improve your knowledge of yoga, physical fitness and mindfulness.

Restorative Yoga

6 weeks | January 12th-February 16th
Wednesdays, 7:15pm-8:15pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046580**
Location: 2nd Floor Fitness Studio



6 weeks | February 23rd-March 30th
Wednesdays, 7:15pm-8:15pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046581**
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 if you have them (optional: pillow, blanket, strap, blocks etc.)

Yoga for Chronic Pain ← NEW

6 weeks | January 13th-February 17th
Thursdays, 1:30pm-2:30pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046588**
Location: 2nd Floor Fitness Studio



6 weeks | February 24th-April 7th
Thursdays, 1:30pm-2:30pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046589**
Location: 2nd Floor Fitness Studio

Chronic pain can play a large role in the mind-body relationship and how we function day to day. Yoga can help with injury, post-surgery, auto-immune disorders, arthritis, fibromyalgia, migraines, back pain, and many other types of chronic pain conditions. This gentle yoga practice helps you explore the tools of yoga and how they can support you on your journey toward healing and feeling better. Find what feels good. No prior experience required. Beginner Friendly.



Functional Pilates

6 weeks | January 12th-February 16th
Wednesdays, 12:15pm-1:15pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046572**
Location: 2nd Floor Fitness Studio



6 weeks | January 8th-February 12th
Saturdays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046570**
Location: 2nd Floor Fitness Studio

6 weeks | February 23rd-March 30th
Wednesdays, 12:15pm-1:15pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046573**
Location: 2nd Floor Fitness Studio

6 weeks | February 19th-March 26th
Saturdays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00046571**
Location: 2nd Floor Fitness Studio

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

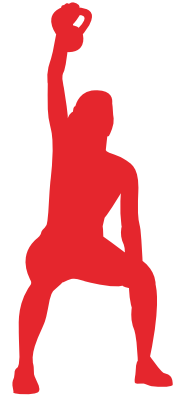
In Functional Pilates, you will be challenged with a variety of standing, seated, and lying postures, using props and weights to help you gain strength and stamina. Space is limited.

■ 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.

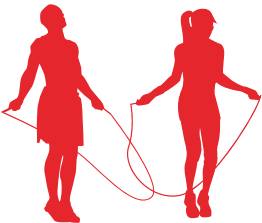


PERSONAL TRAINING PACKAGES	MEMBER*	NON-MEMBER*
1 Session	\$65	\$80
Packages of 5	\$275	\$350
Packages of 10	\$500	\$650
Packages of 20	\$900	\$1200

*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.



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.*

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.*

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 using the subject line Registration Question.

Next, refer to the days, times and sections of a particular class or level (see chart on page 23). Use the hyperlink for each individual class to take you to the registration system if you hadn't logged in there already. Find your swim lesson and proceed with registration. If a section time is full when you attempt to register, please check back again to see if anything becomes available, we are no longer able to offer waitlists.

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 their 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 be introduced to 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 distances front crawl and back crawl. They are ready to take on a forward roll entry into deep water wearing a lifejacket and treading water for 10 seconds. 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 23 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 23 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

	TUESDAY January 4th-March 1st	WEDNESDAY January 5th-March 2nd	THURSDAY January 6th-March 3rd	SATURDAY January 8th-March 12th
PARENT & TOT 1		5:20pm 00047189	5:20pm 00047192	9:10am 00047195 9:50am 00048933
PARENT & TOT 2	6:00pm 00047187	6:00pm 00047190	6:00pm 00047193	9:10am 00047196 11:10am 00047197
PARENT & TOT 3	4:40pm 00047188	6:00pm 00047191	4:40pm 00047194	8:30am 00047198 11:50am 00047199
PRESCHOOL 1	4:00pm 00047200 4:40pm 00047201 5:20pm 00047202	4:00pm 00047210 4:40pm 00047211 5:20pm 00047212	4:00pm 00047219 4:40pm 00047220 6:00pm 00047221	9:50am 00047230 10:30am 00047231 11:50am 00047232
PRESCHOOL 2	4:00pm 00047203 4:55pm 00047204 5:20pm 00047205 6:00pm 00047206	4:00pm 00047213 4:40pm 00047214	4:00pm 00047222 4:55pm 00047223 5:20pm 00047224	10:30am 00047233 11:10am 00047234 11:50am 00047235
PRESCHOOL 3	4:15pm 00047207	4:00pm 00047215 4:40pm 00047216	5:35pm 00047225 6:15pm 00047226	9:10am 00047236 9:50am 00047237
PRESCHOOL 4		6:00pm 00047217	6:00pm 00047227	8:30am 00047238
PRESCHOOL 5	5:35pm 00047208	5:20pm 00047218	5:20pm 00047228	

**Please note there will be no swim lessons on February 19th-21st for Nova Scotia Heritage Day long weekend.*

	TUESDAY January 4th-March 1st	WEDNESDAY January 5th-March 2nd	THURSDAY January 6th-March 3rd	SATURDAY January 8th-March 12th
SWIMMER 1	4:00pm 00047239 5:20pm 00047240 6:15pm 00047241	4:40pm 00047254 5:20pm 00047255 6:00pm 00047256	4:00pm 00047273 4:40pm 00047274 5:20pm 00047275	8:30am 00047292 9:10am 00047293 10:30am 00047294 11:10am 00047295
SWIMMER 1 ADVANCED	6:00pm 00047242	4:00pm 00048934 4:40pm 00047257	4:55pm 00047276 5:35pm 00047277	8:30am 00047296 9:50am 00047297 10:30am 00047298 11:50am 00047299
SWIMMER 2	4:15pm 00047243 4:40pm 00047244 5:35pm 00047245 6:15pm 00047246	4:00pm 00047258 5:35pm 00047259 6:00pm 00047260	4:00pm 00047278 5:35pm 00047279 6:00pm 00047280	8:30am 00047300 9:10am 00047301 9:50am 00047302 10:30am 00047303 11:10am 00047304 11:50am 00047305
SWIMMER 3	4:00pm 00047247 4:55pm 00047248 6:00pm 00047249	4:15pm 00047261 4:55pm 00047262 5:20pm 00047263 6:15pm 00047264	4:40pm 00047281 4:55pm 00047282 6:15pm 00047283	8:30am 00047306 9:10am 00047307 10:30am 00047308 11:10am 00047309 11:50am 00047310
SWIMMER 4	4:55pm 00047250 5:50pm 00047251	4:00pm 00047265 4:55pm 00047266 5:50pm 00047267	4:00pm 00047284 4:55pm 00047285 5:50pm 00047286	9:25am 00047311 10:20am 00047312 11:15am 00047313
SWIMMER 5	4:55pm 00047287	4:00pm 00047268 4:55pm 00047269 5:50pm 00047270	4:55pm 00047288 5:50pm 00047289	8:30am 00047314 9:25am 00047315
SWIMMER 6	4:55pm 00047252 5:50pm 00047253	4:55pm 00047271 5:50pm 00047272	4:55pm 00047291 5:50pm 00047290	8:30am 00047316 9:25am 00047317
SWIMMER 7 / ROOKIE		4:00pm 00048935	4:00pm 00048936	10:20am 00047320
SWIMMER 8 / RANGER	5:50pm 00047318			10:20am 00047321 11:15am 00047322
SWIMMER 9 / STAR	5:50pm 00047319			11:15am 00047323

**Please note there will be no swim lessons on February 19th-21st for Nova Scotia Heritage Day long weekend.*

■ 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
January 4th-March 1st | Tuesdays, 4:40pm
Members \$85.23, Non-Members \$115.20
Online registration code [00047324](#)

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
January 4th-March 1st | Tuesdays, 5:20pm
Members \$85.23, Non-Members \$115.20
Online registration code [00047325](#)

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

Adult Level 1

9 Lessons | Ages 15+ years
January 8th-March 12th | Saturdays, 12:10pm
Members \$85.23, Non-Members \$115.20 (plus tax)
Online registration code [00047326](#)

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
January 8th-March 12th | Saturdays, 12:10pm
Members \$85.23, Non-Members \$115.20 (plus tax)
Online registration code [00047327](#)

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

■ 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

All swim level descriptions are listed on [pages 19-22](#). To complete registration, please contact the Aquatics Program Team at aquaadmin@canadagamescentre.ca with the swim level, using the subject line Group Inclusion Swim Lessons.

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 Program 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 January 4th-March 1st	WEDNESDAY January 5th-March 2nd	THURSDAY January 6th-March 3rd	FRIDAY January 7th-March 11th	SATURDAY January 8th-March 12th
SWIMMER 2 OR LOWER	Private	4:10pm 00048937 4:10pm 00047328 4:50pm 00047329 5:30pm 00047330 6:10pm 00047331	4:10pm 00047334 4:50pm 00047335 5:30pm 00047336 6:10pm 00047337	6:10pm 00047342 6:10pm 00047343	4:10pm 00047354 4:10pm 00047355 4:10pm 00047356 4:10pm 00047357 4:50pm 00047358 4:50pm 00047359 4:50pm 00047360 4:50pm 00047361 5:30pm 00047362 5:30pm 00047363 5:30pm 00047364 5:30pm 00047365 6:10pm 00047366 6:10pm 00047367 6:10pm 00047368 6:10pm 00047369	8:35am 00047373 8:35am 00047374 9:15am 00047375 10:35am 00047376 11:55am 00047377 11:55am 00047378
	Semi-Private	4:50pm 00047386 5:30pm 00047387	4:50pm 00047391 5:30pm 00047392	4:50pm 00047395 5:30pm 00047396	4:10pm 00047399 4:50pm 00047400 5:30pm 00047401 6:10pm 00047402	9:55am 00047383 9:55am 00047384 11:15am 00047385
SWIMMER 3 OR HIGHER	Private	4:50pm 00047332 6:10pm 00047333	4:10pm 00047338 4:50pm 00047339 5:30pm 00047340 6:10pm 00047341	4:10pm 00047344 4:10pm 00047345 4:50pm 00047347 4:50pm 00047348 5:30pm 00047350 5:30pm 00047351	4:10pm 00047370 4:50pm 00047371 5:30pm 00047372	8:35am 00047379 9:15am 00047380 9:55am 00047381 11:15am 00047382
	Semi-Private	4:10pm 00047388 5:30pm 00047389 6:10pm 00047390	4:10pm 00047393 6:10pm 00047394	4:10pm 00047397 6:10pm 00047398	4:10pm 00047403 4:50pm 00047404 5:30pm 00047405	10:35am 00047406 11:55am 00047407

*Please note there will be no swim lessons on February 19th-21st for Nova Scotia Heritage Day long weekend.

LEADERSHIP PROGRAMS



Finished your swimming lessons and wondering what's next? Do you like helping people or want to learn how to become a lifeguard? Leadership programs offer both the theory and practical instruction required to prepare you for lifesaving certification. Due to the nature of these courses, 100% attendance is required for certification.



Lifesaving Society Bronze Star

January 7th-February 4th

Fridays | 5:00pm-8:00pm*

Members \$90, Non-Members \$120

Online registration code [00047411](#)

**Please note there will be no program on Friday, January 28th.*

February 11th-March 4th

Fridays | 5:00pm-8:00pm

Members \$90, Non-Members \$120

Online registration code [00047412](#)

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 & Emergency First Aid

January 9th-February 13th

Sundays | 2:00pm-6:00pm

Members \$175, Non-Members \$205

Online registration code [00047413](#)

January 8th-January 29th

Saturdays | 9:00am-3:00pm

Members \$175, Non-Members \$205

Online registration code [00047414](#)

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

January 9th-February 13th

Sundays | 8:30am-1:30pm

Members \$205, Non-Members \$235

Online registration code [00047415](#)

2 Weekend Course

February 25th-27th & March 5th-6th

Friday | 5:00-9:00pm

Saturday & Sunday | 8:30am-5:00pm

Members \$205, Non-Members \$235

Online registration code [00047416](#)

Prerequisite: Bronze Medallion and Emergency First Aid

Bronze Cross & Standard First Aid is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities.

Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard Service and Instructor certifications. Physical standard includes a 600m timed swim. Through classroom learning and in-water practice, 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 | March 12th & 13th

Saturday & Sunday | 9:00am-5:00pm

Members \$95, Non-Members \$115 (plus tax)

Online registration code [00047420](#)



Prerequisite: Ages 13+

Lifesaving Society National Lifeguard & Oxygen

Compact Course

March 14th-19th

Monday-Saturday | 8:30am-5:30pm

Members \$245, Non-Members \$275

Online registration code [0047417](#)

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 | March 19th & 20th
Saturday & Sunday | 9:00am-5:00pm
Members \$100, Non-Members \$130
Online registration code [00047418](#)

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 Swim For Life Instructor (SFL)

3 Day Course | March 25th-27th
Friday | 5pm-9pm, Saturday & Sunday | 9am-6pm
Members \$145, Non-Members \$175
Online registration code [00047419](#)

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 completed.



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, 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.



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.



The annual Swim Academy programs are currently full. For more details, please visit our CGCSA section on our website or reach out to Customer Service.

■ 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 | January 7th-March 12th
Fridays | 4:30pm-5:30pm; Sundays | 10am-11am

Members \$166.50, Non-Members \$225.00
Online registration code 00047421

Prerequisite: 8 years of age and up, have never been on a swim team and have not taken this program before.

Time trials will take place on days 2 and 17 of the program. For registration information, please email Swim Academy at swimacademy@canadagamescentre.ca.

CELEBRATE YOUR SPECIAL DAY

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



BATTING CAGE PARTY PACKAGE

(20 guests)

Members \$150* | Non-Members \$176*

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



FIELD HOUSE PARTY PACKAGE

(30 guests)

Members \$150* | Non-Members \$176*

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



POOL PARTY PACKAGE

(20 guests)**

Members \$150* | Non-Members \$176*

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

*HST not included.

**A small fee applies for additional guests up to a maximum of 10 for the Pool Party.

For party package information, please reach out to our Facility Rentals and Events Coordinator by phone 902.490.2238 or by email: booknow@canadagamescentre.ca.

RENTALS & EVENTS

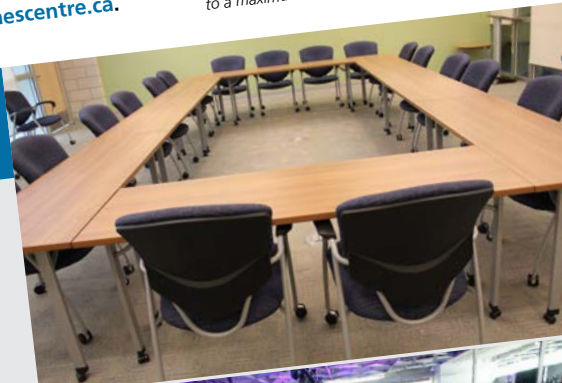
Offering a variety of community spaces, we're the perfect place for meetings, events, private social gatherings, corporate functions and birthday parties.

All room rentals include the following complimentary services:

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

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

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



WINTER 2022

Programs and Services

It happens here.



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