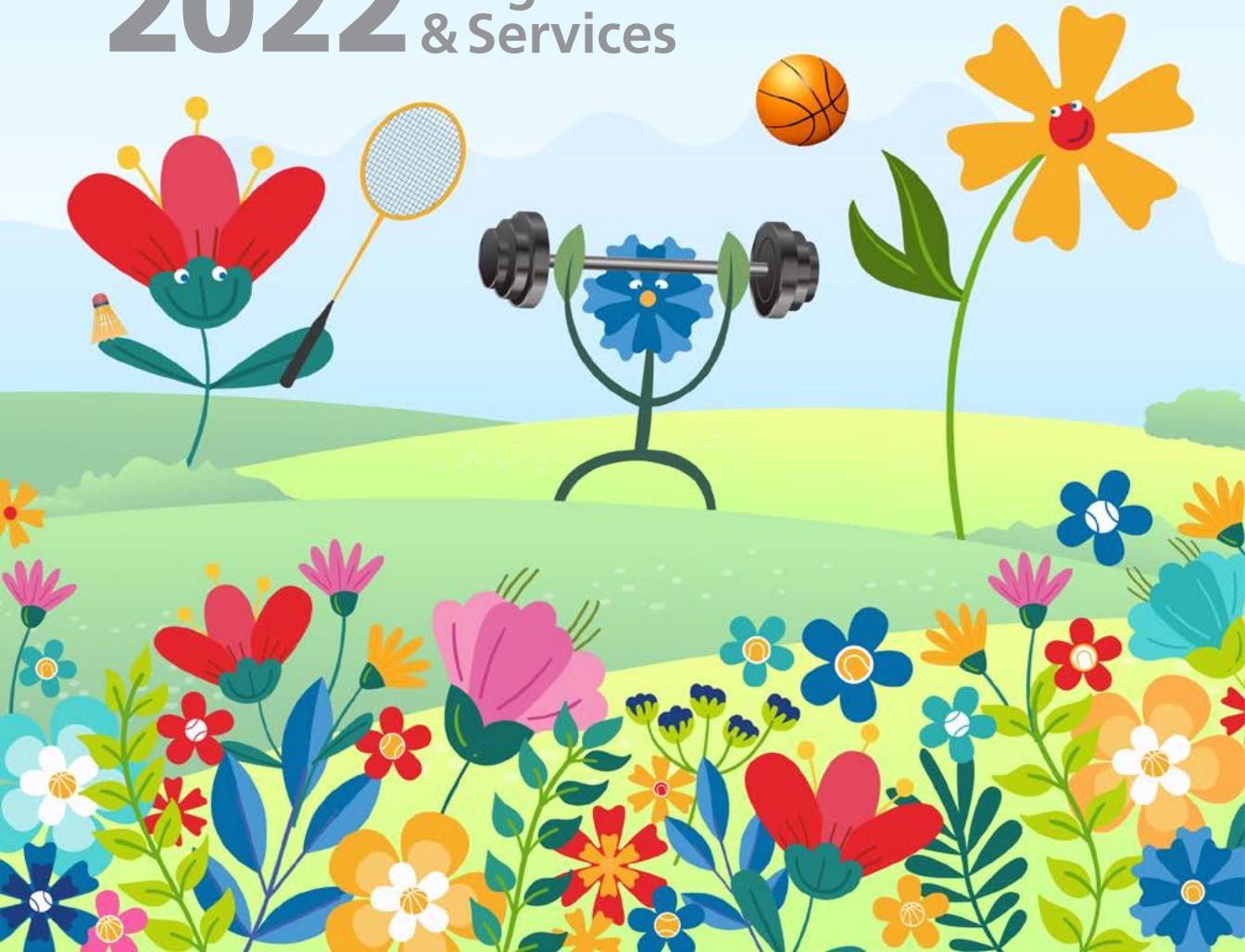


SPRING

2022 Programs
& 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: **February 22nd**, beginning at 8:00 am

In-person: **February 24th**, beginning at 8:00 am

NON-MEMBERS:

Online: **March 1st**, beginning at 8:00 am

In-person: **March 3rd**, 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.

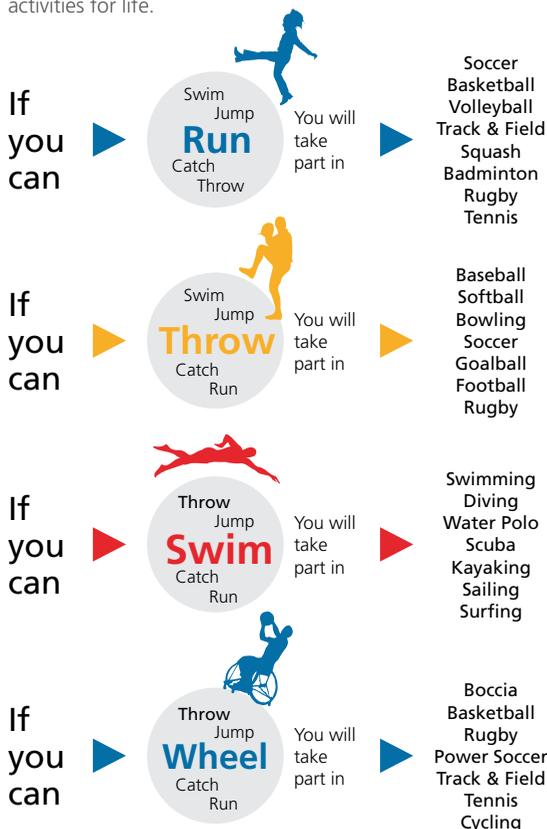
■ PROGRAM CANCELLATIONS AND REFUND POLICIES

- 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.

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.

2 FUNdamentals

MALES 6-9 Years

FEMALES 6-8 Years

- Overall movement skills
- ABCs of athleticism: agility, balance, coordination and speed.
- Daily physical activity, still emphasizing fun

PROGRAMS

- Badminton
- Badminton Club
- Karate
- Youth Sparring
- Swim Lessons
- Swim Academy

4 ActiveforLIFE

MALES & FEMALES

Any Age

- Minimum 60 minutes of moderate daily activity or 30 minutes of intense activity for adults.
- Move from competitive sport to recreational activities

PROGRAMS

- Badminton
- Family Karate
- Adult Karate
- Adult Sparring
- Pickleball
- Adult Fitness Programs
- Swim Lessons
- Aquatics Leadership Programs
- Swim Academy

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

1 ActiveSTART

MALES & FEMALES

0-6 Years

PROGRAMS

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

3 LearntoTRAIN

MALES 9-12 Years

FEMALES 8-11 Years

PROGRAMS

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



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



■ PROFESSIONAL DEVELOPMENT DAY CAMPS

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

Members \$36, Non-Members \$42

(Price is per child per day)

We offer day camps on professional development days for schools in both the Halifax Regional Centre for Education (HRCE) and the Conseil Scolaire Acadien Provincial (CSAP) which is the Francophone school board for Nova Scotia. Please ensure that your child is registered in the appropriate day camp based on the school they currently attend. Our camps take advantage of all that our facility has to offer. Typical days include everything from swimming, playing physically active games in our Field House, crafts and classroom activities, as well as outdoor play opportunities on our playground.

HRCE | April 7th

Online registration code **00050411**

CSAP | April 21st

Online registration code **00050409**

CSAP | May 20th

Online registration code **00050410**

HRCE & CSAP | June 29th

Online registration code **00050412**



■ SPORTS PROGRAMS

Badminton



AGES 6-8 | 8 sessions

April 13th-June 1st

Wednesdays, 5:00pm-6:00pm

Members \$67.20, Non-Members \$84

Online registration code **00050401**

Location: Field House

AGES 9-11 | 8 sessions

April 13th-June 1st

Wednesdays, 6:15pm-7:15pm

Members \$67.20, Non-Members \$84

Online registration code **00050402**

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.

Pickleball



PICKLEBALL FUNDAMENTALS

Ages 18+ | 8 sessions | April 11th-May 9th

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

Members \$89.60, Non-Members \$112 (plus tax)

Online registration code **00050254**

Location: Field House

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

**Please note there are no programs on Monday, April 18th*

PICKLEBALL SKILLS & DRILLS

Ages 18+ | 8 sessions | May 11th-June 8th

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

Members \$89.60, Non-Members \$112 (plus tax)

Online registration code **00050255**

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, May 23rd.*



Youth Karate

Location: Dance Studio

YOUTH ALL RANKS | Ages 4-6
10 sessions | April 11th-June 27th
Mondays, 5:30pm-6:00pm*
Members \$64, Non-Member \$80**
Online registration code **00050252**

**Please note there are no programs on Monday, April 18th & Monday, May 23rd.*

YOUTH ALL RANKS | Ages 4-6
12 sessions | April 13th-June 29th
Wednesdays, 5:30pm-6:00pm*
Members \$76.80, Non-Member \$96**
Online registration code: **00050404**

YOUTH ALL RANKS | Ages 7-11
10 sessions | April 11th-June 27th
Mondays, 6:15pm-7:15pm*
Members \$96, Non-Member \$120**
Online registration code **00050253**

**Please note there are no programs on Monday, April 18th & Monday, May 23rd.*



YOUTH ALL RANKS | Ages 7-11
12 sessions | April 13th-June 29th
Wednesdays, 6:15pm-7:15pm*
Members \$115.20, Non-Member \$144**
Online registration code **00050405**

***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



FAMILY ALL RANKS | Ages 6+

12 sessions | April 12th- June 28th

Tuesdays, 7:15pm-8:15pm

Members \$57.60, Non-Member \$72 (plus tax)**

Online registration code **00050400**

Location: Dance Studio

FAMILY ALL RANKS | Ages 6+

12 sessions | April 14th- June 30th

Thursdays, 7:15pm-8:15pm

Members \$57.60, Non-Member \$72 (plus tax)**

Online registration code **00051334**

Location: Community Centre ← **NEW**

***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.*

Please note that both a parent and child in your household must be registered in order to participate in this program. 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. 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 | April 14th-June 30th

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

Members \$168, Non-Member \$210 (plus tax)**

Online registration code **00050407**

***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 | April 11th-June 27th

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

Members \$140, Non-Member \$175 (plus tax)**

Online registration code **00050251**

**Please note there are no programs on Monday, April 18th & Monday, May 23rd.*

ADULT BROWN & BLACK BELT | Ages 12+

12 sessions | April 13th-June 29th

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

Members \$168, Non-Member \$210 (plus tax)**

Online registration code **00050403**

***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.

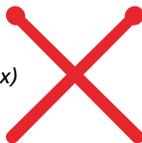
If you're looking to crosstrain or to try something new, these classes are designed for all fitness levels (unless otherwise noted). Zumba, Aquafit, interval training, Yoga, and more – pick your favourites from our **Drop-in Fitness Schedule** available online or at the Customer Service Desk.

■ ADULT SPECIALIZED PROGRAMS



Drum-Fit

6 weeks | April 7th-May 12th
Thursdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049943**
Location: 2nd Floor Fitness Studio



6 weeks | May 19th-June 23rd
Thursdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049952**
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.

Iron Circuit

6 weeks | April 4th-May 9th
Mondays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049946**
Location: Field House Alcove



6 weeks | May 16th-June 20th
Mondays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049960**
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.



Toughen Up

6 weeks | April 5th-May 12th
Tuesdays & Thursdays, 6:00pm-7:00pm
Members \$120, Non-Members \$144 (plus tax)
Online registration code **00049949**
Location: Track Starting Blocks



6 weeks | May 17th-June 23rd
Tuesdays & Thursdays, 6:00pm-7:00pm
Members \$120, Non-Members \$144 (plus tax)
Online registration code **00049957**
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 | April 3rd-May 8th
Sundays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049950**
Location: Personal Training Studio



6 weeks | May 22nd-June 26th
Sundays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049958**
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

Prenatal Yoga

6 weeks | April 6th-May 11th
Wednesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049947**
Location: 2nd Floor Fitness Studio

6 weeks | May 18th-June 22nd
Wednesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049955**
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. The postures will help to strengthen the pelvic floor muscles, keep the body flexible, and alleviate many common discomforts of pregnancy, while finding focus through balance.



Introduction to Yoga

6 weeks | April 5th-May 10th
Tuesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049945**
Location: 2nd Floor Fitness Studio

6 weeks | May 17th-June 21st
Tuesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049954**
Location: 2nd Floor Fitness Studio

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



Restorative Yoga

6 weeks | April 6th-May 11th
Wednesdays, 7:00pm-8:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049948**
Location: 2nd Floor Fitness Studio



6 weeks | May 18th-June 22nd
Wednesdays, 7:00pm-8:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049956**
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

6 weeks | April 7th-May 12th
Thursdays, 1:30pm-2:30pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049951**
Location: 2nd Floor Fitness Studio



6 weeks | May 19th-June 23rd
Thursdays, 1:30pm-2:30pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049959**
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 | April 9th-May 14th
Saturdays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049944**
Location: 2nd Floor Fitness Studio



6 weeks | May 21st-June 25th
Saturdays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00049953**
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

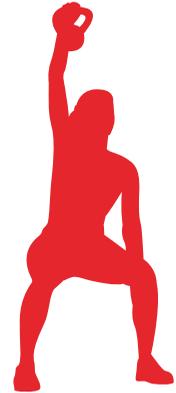
Whether you are looking for a more personalized program, specialized sports training, or just need help getting started, we can help. To sign up for any of the following Fitness Services, or for more information, please stop by the Fitness Centre Desk or contact our **Amber Allan**, Fitness & Wellness 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.

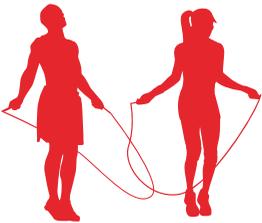
PERSONAL TRAINING PACKAGES	MEMBER*	NON-MEMBER*
1 Session	\$65	\$80
Packages of 5	\$275	\$350
Packages of 10	\$500	\$650
Packages of 20	\$900	\$1200

*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)

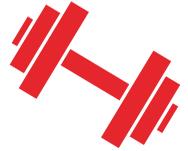
Do you have a group of friends and want to split the cost of a Personal Fitness class? Whether you golf together, run together or drink tea together we can work with your group and help you achieve your fitness goal.

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

The dryland team training session for emerging and elite athletes is 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.



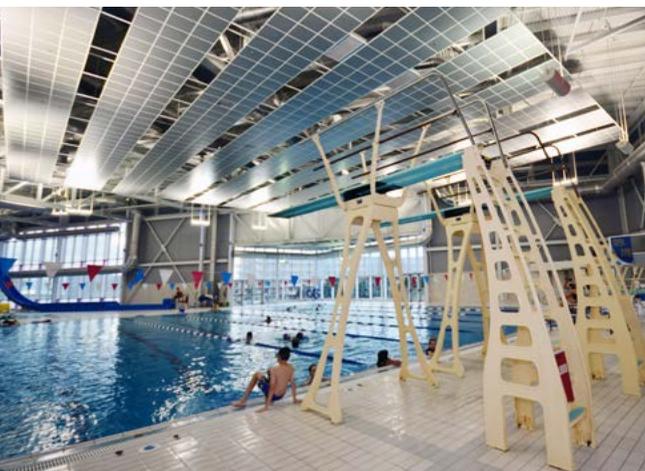
Aquatics Programs

■ 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

Next, refer to the days, times and sections of a particular class or level (see chart on page 22-23). 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, as 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 \$85.50, Non-Members \$114.03
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

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

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 \$85.50, Non-Members \$114.03

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 \$85.50, Non-Members \$114.03

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 \$85.50, Non-Members \$114.03

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 \$85.50, Non-Members \$114.03

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 \$85.50, Non-Members \$114.03

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 \$90.05, Non-Members \$120.06

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 \$90.05, Non-Members \$120.06

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 \$90.05, Non-Members \$120.06

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 \$90.05, Non-Members \$120.06

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 \$90.05, Non-Members \$120.06

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 \$90.05, Non-Members \$120.06

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 April 12th-June 7th	WEDNESDAY April 13th-June 8th	THURSDAY April 14th-June 9th	SATURDAY April 23rd-June 18th
PARENT & TOT 1		5:20pm 00050177	5:20pm 00050180	8:30am 00050323 9:10am 00050318
PARENT & TOT 2	6:00pm 00050092	6:00pm 00050178	6:00pm 00050181	9:50am 00050319 11:10am 00050320
PARENT & TOT 3	4:40pm 00050093	6:00pm 00050179	4:40pm 00050182	10:30am 00050321 11:50am 00050322
PRESCHOOL 1	4:00pm 00050094 4:40pm 00050095 5:20pm 00050096	4:00pm 00050168 4:40pm 00050169 5:20pm 00050170	4:00pm 00050183 4:40pm 00050184 6:00pm 00050185	9:50am 00050301 10:30am 00050302 11:10am 00050324 11:50am 00050303
PRESCHOOL 2	4:00pm 00050097 4:55pm 00050098 5:20pm 00050099 6:00pm 00050100	4:00pm 00050171 4:40pm 00050172	4:00pm 00050186 4:55pm 00050187 5:20pm 00050188	10:30am 00050304 11:10am 00050305 11:50am 00050306
PRESCHOOL 3	4:15pm 00050101	4:00pm 00050173 4:40pm 00050174	5:35pm 00050189 6:15pm 00050190	9:10am 00050307 9:50am 00050308
PRESCHOOL 4		6:00pm 00050175	6:00pm 00050191	8:30am 00050309
PRESCHOOL 5	5:35pm 00050102	5:20pm 00050176	5:20pm 00050192	

	TUESDAY April 12th-June 7th	WEDNESDAY April 13th-June 8th	THURSDAY April 14th-June 9th	SATURDAY April 23rd-June 18th
SWIMMER 1	4:00pm 00050103 5:20pm 00050104 6:15pm 00050105	4:40pm 00050148 5:20pm 00050149 6:00pm 00050150	4:00pm 00050193 4:40pm 00050194 5:20pm 00050195	8:30am 00050279 9:10am 00050278 10:30am 00050277 11:10am 00050276
SWIMMER 1 ADVANCED	6:00pm 00050105	4:00pm 00050151 4:40pm 00050152	4:55pm 00050196 5:35pm 00050197	8:30am 00050280 9:10am 00050325 9:50am 00050281 11:50am 00050282
SWIMMER 2	4:15pm 00050107 4:40pm 00050108 5:35pm 00050109 6:15pm 00050110	4:00pm 00050153 5:35pm 00050154 6:00pm 00050155	4:00pm 00050198 5:35pm 00050199 6:00pm 00050200	8:30am 00050283 9:10am 00050284 9:50am 00050285 10:30am 00050286 11:10am 00050287 11:50am 00050288
SWIMMER 3	4:00pm 00050111 4:55pm 00050112 6:00pm 00050113	4:15pm 00050156 4:55pm 00050157 5:20pm 00050158 6:15pm 00050159	4:40pm 00050201 4:55pm 00050202 6:15pm 00050203	8:30am 00050289 9:10am 00050290 9:50am 00050327 10:30am 00050291 11:10am 00050292 11:50am 00050293
SWIMMER 4	4:55pm 00050114 5:50pm 00050115	4:00pm 00050160 4:55pm 00050161 5:50pm 00050162	4:00pm 00050204 4:55pm 00050205 5:50pm 00050206	9:25am 00050294 10:20am 00050295 11:15am 00050296
SWIMMER 5	4:55pm 00050116	4:00pm 00050163 4:55pm 00050164 5:50pm 00050165	4:00pm 00050326 4:55pm 00050207 5:50pm 00050208	8:30am 00050297 9:25am 00050298
SWIMMER 6	4:55pm 00050117 5:50pm 00050118	4:55pm 00050166 5:50pm 00050167	4:55pm 00050209 5:50pm 00050210	8:30am 00050299 9:25am 00050300
SWIMMER 7 / ROOKIE		4:00pm 00050147	4:00pm 00050211	10:20am 00050272
SWIMMER 8 / RANGER	5:50pm 00050119			10:20am 00050273 11:15am 00050274
SWIMMER 9 / STAR	5:50pm 00050120			11:15am 00050275

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

April 12th-June 7th | Tuesdays, 4:40pm

Members \$90.05, Non-Members \$120.06

Online registration code [00050121](#)

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

April 12th-June 7th | Tuesdays, 5:20pm

Members \$90.05, Non-Members \$120.06

Online registration code [00050122](#)

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

SWIMMER 4 TO SWIMMER 9 | 9 lessons, 50 min. each

Using the swim level descriptions on [pages 19-22](#), please register in the applicable swim level on Wednesday evening, and in the "any special notes" section type inclusion support needed. For more information, please contact the Aquatics Program Team at aquadmin@canadagamescentre.ca.



Adult Level 1

9 Lessons | Ages 15+ years

April 23rd-June 18th | Saturdays, 12:10pm

Members \$90.05, Non-Members \$120.06 (plus tax)

Online registration code [00050256](#)

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

April 23rd-June 18th | Saturdays, 12:10pm

Members \$90.05, Non-Members \$120.06 (plus tax)

Online registration code [00050257](#)

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 Program Team at aquadmin@canadagamescentre.ca.

PER SESSION RATE:

Members \$17.20, Non-Members \$21.10

PRIVATE & SEMI-PRIVATE SWIM LESSONS



PRIVATE LESSONS

9 Lessons | 35mins

Members \$164.79, Non-Members \$206.01

SEMI-PRIVATE LESSONS

9 Lessons | 35mins

Members \$273.60, Non-Members \$342.00

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 April 12th-June 7th	WEDNESDAY April 13th-June 8th	THURSDAY April 14th-June 9th	FRIDAY April 22nd-June 17th	SATURDAY April 23rd-June 18th
SWIMMER 2 OR LOWER	Private	4:10pm 00050123 4:10pm 00050124 4:50pm 00050125 5:30pm 00050126 6:10pm 00050127	4:10pm 00050135 4:50pm 00050136 5:30pm 00050137 6:10pm 00050138	6:10pm 00050212 6:10pm 00050213	4:10pm 00050224 4:10pm 00050225 4:10pm 00050226 4:10pm 00050227 4:50pm 00050228 4:50pm 00050229 4:50pm 00050230 4:50pm 00050231 5:30pm 00050232 5:30pm 00050233 5:30pm 00050234 5:30pm 00050235 6:10pm 00050236 6:10pm 00050237 6:10pm 00050238 6:10pm 00050239	8:35am 00050258 8:35am 00050259 9:15am 00050260 10:35am 00050261 11:55am 00050262 11:55am 00050263
	Semi-Private	4:50pm 00050130 5:30pm 00050131	4:50pm 00050143 5:30pm 00050144	4:50pm 00050220 5:30pm 00050221	4:10pm 00050246 4:50pm 00050245 5:30pm 00050244 6:10pm 00050243	9:55am 00050268 9:55am 00050269 11:15am 00050270
SWIMMER 3 OR HIGHER	Private	4:50pm 00050128 6:10pm 00050129	4:10pm 00050139 4:50pm 00050140 5:30pm 00050141 6:10pm 00050142	4:10pm 00050214 4:10pm 00050215 4:50pm 00050216 4:50pm 00050217 5:30pm 00050218 5:30pm 00050219	4:10pm 00050242 4:50pm 00050241 5:30pm 00050240	8:35am 00050264 9:15am 00050265 9:55am 00050266 11:15am 00050267
	Semi-Private	4:10pm 00050132 5:30pm 00050133 6:10pm 00050134	4:10pm 00050145 6:10pm 00050146	4:10pm 00050222 6:10pm 00050223	4:10pm 00050249 4:50pm 00050248 5:30pm 00050247	10:35am 00050328 11:55am 00050271

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

April 22nd–May 13th

Fridays | 5:00pm–8:00pm

Members \$100, Non-Members \$130

Online registration code [00050329](#)

May 27th–June 17th

Fridays | 5:00pm–8:00pm

Members \$100, Non-Members \$130

Online registration code [00050330](#)

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

April 23rd–May 14th

Saturdays | 9:00am–3:00pm

Members \$190, Non-Members \$220

Online registration code [00050332](#)

April 24th–May 29th

Sundays | 2:00pm–6:00pm

Members \$190, Non-Members \$220

Online registration code [00050331](#)

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

April 24th–May 29th

Sundays | 8:30am-1:30pm

Members \$205, Non-Members \$235

Online registration code [00050333](#)

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 | June 18th & 19th

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

Members \$95, Non-Members \$125 (plus tax)

Online registration code [00050338](#)

Prerequisite: Ages 13+



Lifesaving Society National Lifeguard & Oxygen

Compact Course

June 25th, 26th, 28th, 29th, July 1st & 2nd

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

Members \$250, Non-Members \$280

Online registration code [00050334](#)

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 | June 11th & 12th
Saturday & Sunday | 9:00am-5:00pm
Members \$100, Non-Members \$130
Online registration code [00050408](#)

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 | April 8th-10th
Friday | 5:00pm-9:00pm
Saturday & Sunday | 9:00am-5:00pm
Members \$100, Non-Members \$130
Online registration code [00050398](#)

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 | June 3rd-5th
Friday | 5pm-9pm, Saturday & Sunday | 9am-6pm
Members \$160, Non-Members \$190
Online registration code [00050336](#)

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.

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

2 Weekend Course | June 10th-12th & June 17th-19th
Friday | 5pm-9pm, Saturday & Sunday | 9am-6pm
Members \$315, Non-Members \$345 (plus tax)
Online registration code [00050337](#)

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.

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.



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.

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 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 | April 22nd–June 19th
Fridays | 4:30pm-5:30pm; Sundays | 10am-11am**

Members \$174.42, Non-Members \$225.00
Online registration code **00050413**

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.

SPRING 2022

Programs and Services

It happens here.



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