



# 2022 SUMMER CAMPS AND PROGRAMS



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CONNECT



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



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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: **March 22nd**, beginning at 8:00 am

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

### NON-MEMBERS:

Online: **March 29th**, beginning at 8:00 am

In-person: **March 31st**, 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.

## One card for all your CGC programs!

Non-members registered in our fee-based programs will receive this red card the first time they register.

### How do they work?

- Cards are handed out at the time of in-person registration or can be picked up prior to or on the program start date (unless you already have one from previous sessions).
- Scan your Program Access Card to go through the gates. Access is available up to 30 minutes before and during your registered program.



30 min.

- Children under the age of 12 must be accompanied by an adult.



### Forgot your card?

- No problem – check in at our Customer Service Desk to validate your registration in the program. But please note, after the third time you've forgotten your card you'll be required to purchase a replacement card with a fee of \$2 (plus tax).

### What if I already have a card from registering in a previous programming session?



### Cards are reusable!

- Great! Cards are reusable and will reload itself with your new programs automatically. Just remember to bring it with you on the program start date and there's no need to check in.

### Members can swipe in for programs with their membership card



Scan your card and wait for gates to open before entering one at a time. Simply proceed through the gates to exit.

### Additional Details:

- Children under 12 will use the same Program Access Card as their accompanying adult. The card needs to be **scanned for each individual**, and visitors must **enter gates one at a time** allowing for them to open and close. If additional parents/guardians/spectators arrive after the participant has gained access, they are asked to check in with our Customer Service Desk to verify their child's registration in the program, and then they will also be let in through the access gate.
- We understand that others may wish to watch their child during their program. Individuals may access the facility at the same time as the card holder, but will not be granted entrance if they arrive after the program participant swipes their card and enters.

## Enjoy the Centre!



# 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\*
- 5 Guest Passes Per Year\*

*\*Annual members only*

### Also Included

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

### Accessibility

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

### 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](mailto:membership@canadagamescentre.ca).



# Summer Camps

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



**THE FUN BEGINS JULY 4th AND CAMPS RUN WEEKLY FROM 8:30AM-5PM EVERY DAY UNTIL AUGUST 26th.**

*For children ages 5 ½-12 years  
(Children must have turned 5 by December 31st, 2021 to attend camp)*

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

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



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

## Physical Literacy



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

With our trained Physical Literacy Specialist on-hand, all camps will participate in activities that work on the S4L Basic & Fundamental Movement skills. These skills provide children with the confidence and ability to grow into active teens, and ultimately remain healthy and active for life.



## SUMMER CAMP REGISTRATION INFORMATION

**Age Requirements:** Each camp is designed specifically for its corresponding age group, and as such we are unable to accommodate exceptions. A child must be the age noted for the camp before the end of the camp week. **Children must have turned 5 by December 31, 2021 to attend camp. Children currently attending Pre-Primary programs must still meet the age requirements to attend camp.**

**Waitlist Procedure:** Should a camp that you wish to place your child in fills up, please be sure to add them to the waitlist. Summer plans change and we do our best to quickly notify people from our waitlist if space becomes available. Should a space become available, you will be contacted by email on file and will have 24 hours to confirm and pay for your child's enrolment in camp. After 24 hours without confirmation and payment, the space is offered to the next waitlisted child.

### SUMMER CAMP PROGRAM CANCELLATIONS AND REFUND POLICIES

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

### INCLUSION PROGRAM

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

**Application deadline is May 9th, 2022.**



## ■ DAILY CAMP ROUTINE

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

**8:30am - Morning Drop-Off:** Unless registered for Early Drop-Off, campers are to arrive at the Field House each morning between 8:30am-9:00am. Please allow for extra time on Mondays for children to receive their bracelets for the week and join their counsellors. Having your completed **camper forms** with you or sent in ahead of time will also speed up the process. Children will spend this time doing supervised non-structured free-play and games.

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

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



**Even though your child may have completed swim lessons, they may still have to wear a life jacket/swim belt.** Without direct and personal supervision (such as in a swim class) they may not be strong enough to keep themselves above water for very long. This is not to discourage children and their abilities, but to ensure proper safety. If a participant refuses to undergo the swim test, then they will be required to wear a safety belt for the duration of their Summer Camp. Children will only have to complete a swim test once throughout the summer unless they would like to challenge for a non-life-vest band. The height requirements for the water slides will still be enforced for safety reasons, regardless of age at least 42" tall to ride the yellow water slide and 48" tall to ride the blue water slide. Please note diving boards and water slides are not normally available during camp swim times.

**Lunches:** We encourage you to pack enough nutritious **nut-free** foods and snacks to help them keep up with daily activities. Should your child forget their lunch, we will have to call you to bring one as we will not be able to escort them to Subway.

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

### STILL HAVE SUMMER CAMP QUESTIONS?

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

## ■ SUMMER CAMP PROGRAMS | ADDITIONAL OFFERINGS

### Early Drop-Off

Available weekly throughout the summer  
8:00am-8:30am | \$10 per week

#### Online registration codes:

July 4th–8th [00051933](#)  
July 11th–15th [00051935](#)  
July 18th–22nd [00051936](#)  
July 25th– 29th [00051944](#)  
August 2nd–5th [00051945](#)  
August 8th–12th [00051947](#)  
August 15th–19th [00051948](#)  
August 22nd–26th [00051949](#)

### Late Pick-Up

Available weekly throughout the summer  
5:00pm-5:30pm | \$10 per week

#### Online registration codes:

July 4th–8th [00051950](#)  
July 11th–15th [00051951](#)  
July 18th–22nd [00051952](#)  
July 25th– 29th [00051953](#)  
August 2nd–5th [00051954](#)  
August 8th–12th [00051955](#)  
August 15th–19th [00051956](#)  
August 22nd–26th [00051957](#)

The CGC is happy to provide an early drop-off and late pickup service for the convenience of participants in our Summer Camps. Parents/guardians must pre-register children for this service; spaces available are very limited, so please register early. Kids will spend the extra time before or after camp doing supervised but non-structured free-play, reading and games.



### Counsellor in Training (CIT) Volunteer Program

Are you looking for leadership experience? Do you like working with children? Our camp program is looking for energetic and enthusiastic youth volunteers who are at least 13 years old. This program is designed to give youth a work-like experience where they can learn the ins and outs of what life is like as a camp counsellor. To participate, youth must complete the [application form](#) found on our website, successfully complete the interview process, and be able to commit to the following **mandatory training session: June 8th – 5:00pm to 8:00pm.**

Please note this is not a camp for youth, it is a volunteer program. There is a specific time commitment and expectation for this program. This is an exciting and popular volunteer opportunity and spaces are limited, therefore not all applicants will be accepted. Please visit our website for more detailed information on this opportunity. **Applications are due no later than May 15th, 2022.**



# Summer Camps 2022

	AGES 5½-6*	AGES 5½-6*	AGES 6-8	AGES 6-8	AGES 7-9	AGES 7-9	AGES 9-12	AGES 9-12
<b>July 4th-8th</b> Members \$180 Non-Members \$210	 <b>Zoofari</b> 00051859	 <b>Aspiring Artists</b> 00051860	 <b>Water Blast</b> 00051884	 <b>Basketball</b> 00051885	 <b>Spectacular Science</b> 00051901	 <b>Outdoor Explorers</b> 00051902	 <b>Youth Leadership</b> 00051914	 <b>All Sorts of Sports</b> 00051915
<b>July 11th-15th</b> Members \$180 Non-Members \$210	 <b>Water Blast</b> 00051861	 <b>Swim Lesson</b> 00051879 Members \$380 Non-Members \$440	 <b>Superhero</b> 00051886	 <b>Chess</b> 00051887	 <b>Swim Lesson</b> 00051882 Members \$380 Non-Members \$440	 <b>All Sorts of Sports</b> 00051903	 <b>Aspiring Artists</b> 00051916	 <b>Badminton</b> 00051917
<b>July 18th-22nd</b> Members \$180 Non-Members \$210	 <b>Space Adventures</b> 00051862	 <b>Zoofari</b> 00051888	 <b>Spectacular Science</b> 00051890	 <b>Aspiring Artists</b> 00051905	 <b>Water Blast</b> 00051922	 <b>Volleyball</b> 00051923		
<b>July 25th-29th</b> Members \$180 Non-Members \$210	 <b>Aspiring Artists</b> 00051863	 <b>Holiday Mix Up</b> 00051867	 <b>Swim Lesson</b> 00051881 Members \$342 Non-Members \$396	 <b>Outdoor Explorers</b> 00051891	 <b>Chess</b> 00051906	 <b>Dance</b> 00051907	 <b>Spectacular Science</b> 00051920	 <b>Sport Conditioning</b> 00051921
<b>August 2nd-5th</b> Members \$144 Non-Members \$168	 <b>Soccer</b> 00051868		 <b>Space Adventures</b> 00051893	 <b>Spectacular Science</b> 00051908		 <b>Games Galore</b> 00051924		
<b>August 8th-12th</b> Members \$180 Non-Members \$210	 <b>Swim Lesson</b> 00051880 Members \$380 Non-Members \$440	 <b>Dance</b> 00051864	 <b>Holiday Mix Up</b> 00051894	 <b>Aspiring Artists</b> 00051895	 <b>Basketball</b> 00051909	 <b>Outdoor Explorers</b> 00051910	 <b>All Sorts of Sports</b> 00051925	 <b>Swim Lesson</b> 00051883 Members \$380 Non-Members \$440
<b>August 15th-19th</b> Members \$180 Non-Members \$210	 <b>Water Blast</b> 00051865	 <b>Soccer</b> 00051896	 <b>Spectacular Science</b> 00051897	 <b>Passport To Fun</b> 00051911	 <b>Badminton</b> 00051912	 <b>Aspiring Artists</b> 00051926		
<b>August 22nd-26th</b> Members \$180 Non-Members \$210		 <b>Superhero</b> 00051866		 <b>Outdoor Explorers</b> 00051899		 <b>All Sorts of Sports</b> 00051913	 <b>Youth Leadership</b> 00051927	

\*Children must have turned 5 by December 31, 2021 to attend camp.

 = No camp

## ■ SUMMER CAMP PROGRAM DESCRIPTIONS

Please see camp descriptions below and refer to the Camp Grid on [page 10](#) for available camp dates.



### All Sorts of Sports

This week campers will be participating in our most popular sports and activities. This camp will help campers to develop fundamental movement and sport skills that will enable them to become confident and competent in a wide variety of sports and physical activities. Participants will enjoy a leisure swim and a variety of active camp games every day.



### Badminton

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



### Aspiring Artists

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



### Basketball

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



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



## Chess

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



## Dance

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



## Games Galore

Calling all game fanatics! This week will be full of board games, card games, strategy games, game shows, tournaments, and even designing our own board games! Participants will enjoy a leisure swim and a variety of active camp games every day.



## Holiday Mix Up

Ever wanted to decorate a Christmas tree in July, or dress up and go trick-or-treating in August? Well now is your chance! Campers will celebrate different holidays and special events from around the world throughout this week. Participants will also enjoy a leisure swim and a variety of active camp activities every day.



## Outdoor Explorers

Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural environment. If you want to be outside and have a passion for the environment, this is the place for you! Participants will also enjoy a leisure swim and a variety of active camp activities every day.



## Passport To Fun

Buckle up for this exuberant international week! We will make our own passports to be stamped each day as we visit a new place, play new games and create crafts inspired by countries around the world! Participants will also enjoy a leisure swim and a variety of active camp games every day.



## Soccer

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



## Sport Conditioning

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



## Spectacular Science

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



## Swim Lesson

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



## Space Adventures

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





## Superhero

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



## Volleyball

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



## Water Blast

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



## Youth Leadership

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



## Zoofari

Get ready to roar! It's Zoofari week at the Canada Games Centre. There will be lots of wild crafts and adventurous games, as we learn about the creatures of the jungle. Participants will also enjoy a leisure swim and a variety of active camp activities every day.

# Recreation Programs

## ■ SPORTS PROGRAMS

### Badminton



Ages 11-16

9 sessions | July 5th-August 30th

Tuesdays, 5:30pm-7:00pm

*Members \$97.20, Non-Members \$121.50\*\**

Online registration code [00053023](#)

Location: Field House

This badminton 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 a focus on gameplay and matches.

### Youth Karate



Location: Dance Studio

**YOUTH ALL RANKS | Ages 4-6**

9 sessions | July 5th-August 30th

Tuesdays, 5:30pm-6:00pm

*Members \$57.60, Non-Members \$72.00\*\**

Online registration code [00052430](#)

**YOUTH ALL RANKS | Ages 4-6**

9 sessions | July 7th-September 1st

Thursdays, 5:30pm-6:00pm

*Members \$57.60, Non-Members \$72.00\*\**

Online registration code [00052431](#)

**YOUTH ALL RANKS | Ages 7-11**

9 sessions | July 5th-August 30th

Tuesdays, 6:15pm-7:15pm

*Members \$86.40, Non-Members \$108.00\*\**

Online registration code [00052432](#)

**YOUTH ALL RANKS | Ages 7-11**

9 sessions | July 7th-September 1st

Thursdays, 6:15pm-7:15pm

*Members \$86.40, Non-Members \$108.00\*\**

Online registration code [00052433](#)

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+  
9 sessions | July 5th-August 30th  
Tuesdays, 7:30pm-8:30pm  
Members \$43.20, Non-Members \$54.00\*\*  
Online registration code [00052435](#)

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.

## Adult Karate



Location: Dance Studio

**ADULT ALL RANKS** | Ages 12+  
9 sessions | July 6th-August 31st  
Wednesdays, 7:15pm-8:45pm  
Members \$126.00, Non-Members \$157.50\*\*  
Online registration code [00052438](#)

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

## Youth & Adult Sparring



Location: Dance Studio

**YOUTH & ADULT SPARRING** | Ages 7+  
9 sessions | July 7th-September 1st  
Thursdays, 7:30pm-9:00pm  
Members \$126.00, Non-Members \$157.50\*\*  
Online registration code [00052437](#)

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

*\*\* Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2021-August 2022. This fee will be added to your account prior to the start of the program if required.*



**DON'T FORGET ME!**

*See page 4 for more details*

# Fitness and Wellness Programs



What's the difference between CGC'S REGISTERED FITNESS PROGRAMS and the DROP-IN FITNESS CLASSES included in your membership or day pass?

Registered programs are designed for the participant who wishes to progress over the course of a program. Led by our certified instructors, these programs are smaller in size allowing for more specialized training and attention to help you reach your goals. Registered programs are not included in membership fees, but members do receive a discounted rate. Spaces are limited, so pre-registration is required.

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

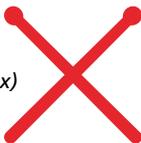
If you're looking to crosstrain or to try something new, these classes are designed for all fitness levels (unless otherwise noted). Zumba, Aquafit, interval training, Yoga, and more – pick your favourites from our **Drop-in Fitness Schedule** available online or at the Customer Service Desk.

## ADULT SPECIALIZED PROGRAMS



### Drum-Fit

6 weeks | July 7th-August 11th  
Thursdays, 6:00pm-7:00pm  
Members \$60, Non-Members \$72 (plus tax)  
Online registration code 00051930  
Location: 2nd Floor Fitness Studio



6 weeks | August 18th-September 8th  
Thursdays, 6:00pm-7:00pm  
Members \$60, Non-Members \$72 (plus tax)  
Online registration code 00051958  
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 | July 4th-August 15th  
Mondays, 6:00pm-7:00pm  
Members \$60, Non-Members \$72 (plus tax)  
Online registration code 00051937  
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.

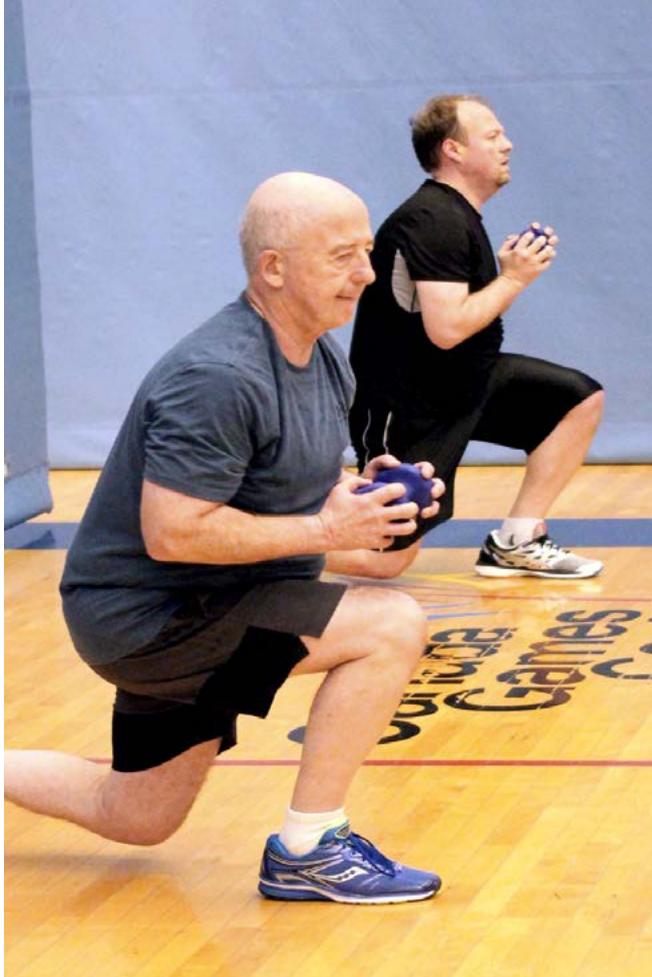
## Toughen Up



6 weeks | July 5th-August 11th  
Tuesdays and Thursdays, 6:00pm-7:00pm  
Members \$120, Non-Members \$144 (plus tax)  
Online registration code **00051941**  
Location: Track Starting Blocks

6 weeks | August 16th-September 8th  
Tuesdays and Thursdays, 6:00pm-7:00pm  
Members \$120, Non-Members \$144 (plus tax)  
Online registration code **00051964**  
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 | July 10th-August 14th  
Sundays, 9:00am-10:00am  
Members \$60, Non-Members \$72 (plus tax)  
Online registration code **00051942**  
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 | July 6th-August 10th  
Wednesdays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00051938**  
Location: 2nd Floor Fitness Studio



6 weeks | August 17th-September 7th  
Wednesdays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00051962**  
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 | July 5th-August 9th  
Tuesdays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00051932**  
Location: 2nd Floor Fitness Studio



6 weeks | August 16th-September 6th  
Tuesdays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00051960**  
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 | July 6th-August 10th  
Wednesdays, 7:15pm-8:15pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00051939**  
Location: 2nd Floor Fitness Studio



6 weeks | August 17th-September 7th  
Wednesdays, 7:15pm-8:15pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00051963**  
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.



## Yoga for Chronic Pain

6 weeks | July 7th-August 11th  
Wednesdays, 1:30pm-2:30pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00051943**  
Location: 2nd Floor Fitness Studio



6 weeks | August 18th-September 8th  
Wednesdays, 1:30pm-2:30pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00051966**  
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 | July 9th-August 13th  
Saturdays, 9:00am-10:00am  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00051874**  
Location: 2nd Floor Fitness Studio



6 weeks | August 20th-September 10th  
Saturdays, 9:00am-10:00am  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00051959**  
Location: 2nd Floor Fitness Studio

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

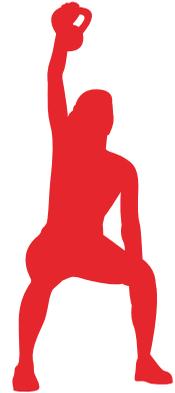
In Functional Pilates, you will be challenged with a variety of standing, seated, and lying postures, using props and weights to help you gain strength and stamina. Space is limited.

## ■ 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.

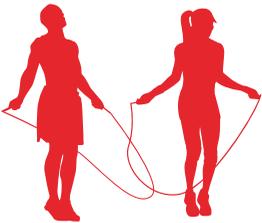


PERSONAL TRAINING PACKAGES	MEMBER*	NON-MEMBER*
1 Session	\$65	\$80
Packages of 5	\$275	\$350
Packages of 10	\$500	\$650
Packages of 20	\$900	\$1200

\*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)

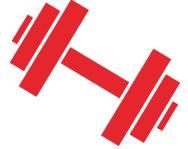
Do you have a group of friends and want to split the cost of a Personal Fitness class? Whether you golf together, run together or drink tea together we can work with your group and help you achieve your fitness goal.

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.



### 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](mailto:allana@canadagamescentre.ca).

### Team Training Package

**Train the whole athlete:**

**8 Dryland Training Sessions** (60 minutes each)

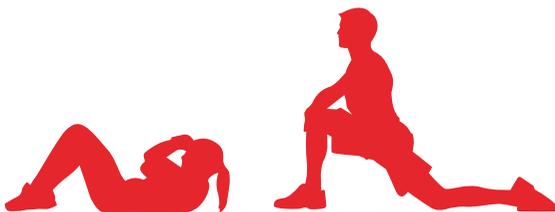
Work with one of our qualified Exercise Specialists to have your team perform better together and individually.

**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.*



# Aquatics Programs

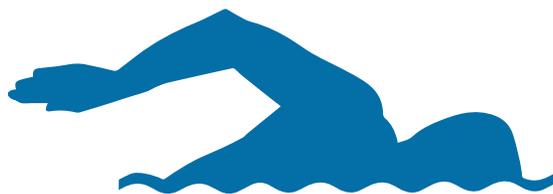


## ■ AQUATICS REGISTRATION INFORMATION

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 [aquadmin@canadagamescentre.ca](mailto:aquadmin@canadagamescentre.ca)

Next, refer to the days, times and sections of a particular class or level (see chart on page 28). 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. **Only register your child in one (1) swim lesson per term.** This will ensure proper development of their skills appropriate to their abilities before moving to the next level. 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.



## 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 28 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 \$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 28 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 28 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 28 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

	SESSION A JUNE 30th-JULY 28th TUESDAYS & THURSDAYS	SESSION 1 JULY 12th-15th JULY 18th-22nd	SESSION B AUGUST 2nd-30th TUESDAYS & THURSDAYS	SESSION 3 AUGUST 9th-12th AUGUST 15th-19th
PARENT & TOT 1	4:00pm   00052303		4:00pm   00052307	9:55am   00052310
PARENT & TOT 2	6:00pm   00052445	9:55am   00052305	6:00pm   00052446	10:35am   00052309
PARENT & TOT 3	5:20pm   00052304	10:35am   00052306	5:20pm   00052308	
PRESCHOOL 1	4:00pm   00052311 4:40pm   00052323 5:20pm   00052312	9:55am   00052318	4:00pm   00052326 4:40pm   00052327 5:20pm   00052328	9:55am   00052336 11:55am   00052339
PRESCHOOL 2	4:40pm   00052313 5:20pm   00052314 6:00pm   00052324	10:35am   00052319 11:55am   00052320	4:40pm   00052329 5:20pm   00052330	10:35am   00052337
PRESCHOOL 3	4:40pm   00052315 5:20pm   00052325	11:55am   00052321	4:40pm   00052331 5:20pm   00052332 6:00pm   00052335	11:55am   00052338
PRESCHOOL 4	4:00pm   00052316	10:35am   00052322	4:00pm   00052333	
PRESCHOOL 5	6:00pm   00052317		6:00pm   00052334	10:35am   00052340
SWIMMER 1	4:00pm   00052344 4:40pm   00052345 5:20pm   00052346 6:00pm   00052347	9:55am   00052374 11:55am   00052375	4:00pm   00052358 4:40pm   00052359 5:20pm   00052360 6:00pm   00052361	9:55am   00052381 11:55am   00052382
SWIMMER 1 ADVANCED	4:00pm   00052348 4:40pm   00052354 5:20pm   00052349	10:35am   00052376	4:00pm   00052362 4:40pm   00052363 5:20pm   00052364	10:35am   00052383
SWIMMER 2	4:00pm   00052355 4:40pm   00052350 6:00pm   00052351	9:55am   00052377 11:55am   00052378	4:00pm   00052365 4:40pm   00052366 6:00pm   00052367	9:55am   00052384 11:55am   00052385
SWIMMER 3	4:00pm   00052352 4:40pm   00052353 5:20pm   00052356 6:00pm   00052357		4:00pm   00052368 4:40pm   00052369 5:20pm   00052370 6:00pm   00052371	
SWIMMER 4	4:00pm   00052342	10:05am   00052379	4:55pm   00052372	10:05am   00052386
SWIMMER 5		9:10am   00052380	4:00pm   00052373	11:00am   00052387
SWIMMER 6	4:55pm   00052343			9:10am   00052388
SWIMMER 7 / ROOKIE	5:50pm   00052390			11:55am   00052389
SWIMMER 8 / RANGER		11:55am   00052391	5:50pm   00052392	
SWIMMER 9 / STAR		11:55am   00052393	5:50pm   00052394	

## 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:** Private and semi-private lessons are available for registration on our website once registration opens. Semi-private fees listed are for 2 people. As we are only able to take one payment, any cost splitting must be coordinated outside of our registration system.

		SESSION A JUNE 30th-JULY 28th TUESDAYS & THURSDAYS	SESSION 1 JULY 12th-15th JULY 18th-22nd	SESSION B AUGUST 2nd-30th TUESDAYS & THURSDAYS	SESSION 3 AUGUST 9th-12th AUGUST 15th-19th
SWIMMER 2 OR LOWER	Private	6:00pm   00052395	10:35am   00052398 11:55am   00052399	6:00pm   00052402	10:35am   00052405 11:55am   00052406
	Semi-Private		9:55am   00052414		9:55am   00052416
SWIMMER 3 OR HIGHER	Private	4:00pm   00052396 4:40pm   00052397	9:55am   00052400 10:35am   00052401	4:00pm   00052403 4:40pm   00052404	9:55am   00052407 10:35am   00052408 11:55am   00052409
	Semi-Private	5:20pm   00052410 6:00pm   00052411	11:55am   00052415	5:20pm   00052412 6:00pm   00052413	





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



### Lifesaving Society Bronze Star

July 11th-July 22nd

Monday-Friday | 9:00am-10:30am

Members \$100, Non-Members \$130

Online registration code [00052417](#)

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

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

### Lifesaving Society Bronze Medallion & Emergency First Aid

July 11th-July 22nd

Monday- Friday | 10:45am-1:00pm

Members \$190, Non-Members \$220

Online registration code [00055707](#)

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

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Emergency Level First aid also included in this course. Registration includes books and exam fees. Please note: Exam may be scheduled after the last session. If participant does not hold a Bronze Star award, they must be 13 years of age by exam date.

### Lifesaving Society Bronze Cross & Standard First Aid

August 9th-August 19th

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

Members \$205, Non-Members \$235

Online registration code [00052419](#)

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

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. 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 | August 20th & 21st

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

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

Online registration code [00052420](#)

**Prerequisite:** Ages 13+



## Lifesaving Society National Lifeguard & Oxygen



**COMPACT COURSE** | August 2nd-7th  
Tuesday-Sunday | 8:30am-5:30pm  
Members \$250, Non-Members \$280 (plus tax)  
Online registration code [00052421](#)

August 25th-30th  
Thursday-Tuesday | 8:30am-5:30pm  
Members \$250, Non-Members \$280 (plus tax)  
Online registration code [00052422](#)

**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 skill 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** | August 20th & 21st  
Saturday & Sunday | 9:00am-5:00pm  
Members \$100, Non-Members \$130 (plus tax)  
Online registration code [00055708](#)

**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

**3 DAY COURSE** | August 12th-14th  
Friday 5:00pm-9:00pm  
Saturday & Sunday 9:00am-5:00pm  
Members \$100, Non-Members \$130  
Online registration code [00052424](#)

**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 cost of textbooks.

**Please Note:** 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** | July 8th-10th  
Friday | 5pm-9pm, Saturday & Sunday | 9am-6pm  
Members \$160, Non-Members \$190 (plus tax)  
Online registration code [00052425](#)

**3 Day Course** | September 9th-11th  
Friday | 5pm-9pm, Saturday & Sunday | 9am-6pm  
Members \$160, Non-Members \$190 (plus tax)  
Online registration code [00052426](#)

**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.



## ■ SUMMER SWIM TEAM

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

Summer Swim Team will run from **Monday, June 27th to Friday, August 19th** for ages 8-18.

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

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

**Advanced registration for summer will be available for current 2021/2022 Summer Swim Team Off-Season training participants. Please watch for email from coach.**

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

### **BRONZE | Ages 8-12**

**Members \$380.00, Non-Members \$475.00**

**Online registration code 00052427**

*Pre-requisite:* Swimmers looking to begin swim team must have completed: swimmer 6 or a session of our introduction to competitive swimming program. Able to swim 2x50m Freestyle, 2x50m Backstroke with 30 seconds rest in between, can perform whip kick and dolphin kick effectively, ability to dive in to deep water from the wall. Able to maintain focus, follow coach's instruction and perform activation activities. All new swimmers 8-10 years old will begin in bronze. Bronze swimmers will be streamed into 2 sub-groups based on skill level. These sub groupings will be determined at the discretion of the coaches within the first 2 weeks of the program.

### **SILVER | Ages 11-14**

**Members \$380.00, Non-Members \$475.00**

**Online registration code 00052429**

*Pre-requisite:* Before entering Silver, swimmers must be able to dive into the pool, swim all 4 strokes effectively, swim 5-8 minutes continuously. Should have some idea of swim team structure (been on swim team previously). Understanding of lane etiquette and practice structure. Able to follow warm up independently. Can attempt all stroke turns. Able to carry out some activation activities independently.

### **GOLD | Ages 13 and up**

**Members \$380.00, Non-Members \$475.00**

**Online registration code 00052428**

*Pre-requisite:* 1-2 years of swim team experience with competitions. Able to swim continuous for 10 minutes. Knowledge of pace times and how to use a pace clock. Knowledge of practice structure, able to work independently from written set and warm up. Able to swim all four strokes with turns from a dive start legally. Able to complete poolside activation with minimal guidance covering activities to increase heart rate, mobilize key joints for swimming and strengthening activities and understands the purpose and value of these activities. Where swimmers over the age of 14 are entering competitive swimming, coaches will use their judgement to consider placing them in Gold. 200IM time: under 3:40, 200 freestyle: under 3:30.

## SUMMER SWIM TEAM SCHEDULE\*

Schedule runs from Monday, June 27th to Friday, August 19th

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

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

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

	MON	TUE	WED	THU	FRI	SAT / SUN
BRONZE	B1 & B2 4:45pm - 6:00pm	B2 4:45pm - 6:00pm  B1 5:45pm - 7:00pm	B1 & B2 5:15pm - 6:30pm	B1 4:45pm-6:00pm  B2 5:45pm-7:00pm	B1 & B2 4:15pm - 5:30pm	SEE SWIM NOVA SCOTIA COMPETITION SCHEDULE
SILVER	5:45pm - 7:00pm	3:45pm - 5:00pm	6:45am - 8:00am	3:45pm - 5:00pm	5:15pm - 6:30pm	
GOLD	3:45pm - 5:00pm	6:45am - 8:00am	3:45pm - 5:30pm	6:45am - 8:00am	6:15pm - 7:30pm	



# SUMMER 2022

Programs and Services

## It happens here.



26 Thomas Raddall Drive  
Halifax, Nova Scotia  
B3S 0E2

Tel: 902-490-2400  
email: [info@canadagamescentre.ca](mailto:info@canadagamescentre.ca)

[canadagamescentre.ca](http://canadagamescentre.ca)