



Fall 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: **August 9th**, beginning at 8:00 am

In-person: **August 11th**, beginning at 8:00 am

NON-MEMBERS:

Online: **August 16th**, beginning at 8:00 am

In-person: **August 18th**, 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.

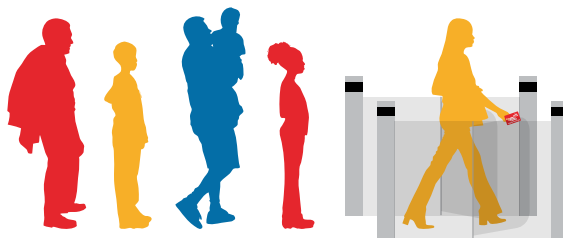
How do they work?

- 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.



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



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

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

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.

Enjoy the Centre!



Physical Literacy – It Happens Here.

Phys-i-cal Lit-er-a-cy *noun* :

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.



Just like when learning to read, we start with syllables, not novels. Physical Literacy starts with fundamental movements like jumping, throwing, catching, hitting and swimming. These skills are taught in a fun and engaging way to encourage enjoyment of physical activity.

At the CGC, we believe that actually enjoying physical activity is an important motivator when it comes to developing lifelong healthy habits. With this in mind, we strive to help young Nova Scotians experience this enjoyment and become physically literate through our programming. To ensure our programs are both accessible and of the highest quality, we're involved in the following initiatives:



Sport for Life (S4L) is a national movement to improve the quality of sport and physical activity in Canada. A key feature of S4L is Long-Term Development (LTD), a developmental pathway not only providing optimal training and support to our athletes, but also increasing Physical Literacy for all Canadians, young to young at heart.



Active for Life is an online resource where parents can find fun ways of making sure their children get the recommended daily amount of physical activity.



HIGH FIVE is a quality assurance standard for children's recreation and sport across Canada. This standard ensures children ages 6-12 receive quality programming aligned with healthy child development of mind, body and fun! We are a HIGH FIVE Registered Organization and train our instructors to deliver the HIGH FIVE standard.



Sport for Life

To support Physical Literacy within our community, we continue to adapt more programs to the Sport For Life (S4L) model.

2 FUNdamentals

MALES 6-9 Years

FEMALES 6-8 Years

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

PROGRAMS

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

4 ActiveforLIFE

MALES & FEMALES

Any Age

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

PROGRAMS

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

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



Sport for Life

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.



CGC Membership

EVERYTHING YOU NEED TO GET FIT AND STAY HEALTHY IS UNDER ONE ROOF!



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

Also Included

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

**TOGETHER
WE INSPIRE
HEALTHY
ACTIVE
LIVING**

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.

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*

Recreation Programs



■ PROFESSIONAL DEVELOPMENT DAY CAMPS

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

Members \$36, Non-Members \$42

(Price is per child per day)

HRCE & CSAP | October 28th

Online registration code 00059947

HRCE | December 2nd

Online registration code 00059948

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.

■ SPORTS PROGRAMS

Badminton - Introduction



AGES 6-8 | 10 sessions

September 21st-November 23rd

Wednesdays, 5:00pm-6:00pm

Members \$84, Non-Members \$105

Online registration code 00059949

Location: Field House



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

Badminton - Development ← NEW



AGES 9-12 | 10 sessions

September 21st-November 23rd

Wednesdays, 6:00pm-7:30pm

Members \$108, Non-Members \$135

Online registration code 00059950

Location: Field House



Participants in the development program will have the opportunity to take their training and skills to the next level with additional court time that will allow them the opportunity to reinforce skills and play games.

Badminton Club



Ages 12-17 | 28 sessions

September 13th-December 15th

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

Members \$302.40, Non-Members \$378*

Online registration code 00059951

The badminton club program is for participants who have already attended one of our badminton programs or have prior badminton experience. Participants will have the opportunity to take their training and skills to the next level with the additional court time and instruction.

**Please note badminton club participants are required to pay a one-time non-refundable annual fee of \$20.00 to Badminton Nova Scotia that covers September 2022-August 2023. This fee will be collected at the start of the program.*

Pickleball Fundamentals



Ages 18+ | 10 sessions

September 20th-October 20th

Tuesdays and Thursdays, 1:00pm-3:00pm

Members \$112, Non-Members \$140 (plus tax)

Online registration code 00059952

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.



DON'T FORGET ME!

See page 4 for more details



Pickleball Skills & Drills



Ages 18+ | 10 sessions

October 25th-November 24th

Tuesdays and Thursdays, 1:00pm-3:00pm

Members \$112, Non-Members \$140 (plus tax)

Online registration code 00059953

Location: Field House

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

Youth Karate

Location: Dance Studio

YOUTH ALL RANKS | Ages 5-6
14 sessions | September 13th–December 13th
Tuesdays, 5:30pm-6:00pm
Members \$89.60, Non-Member \$112*
Online registration code: [00059956](#)

YOUTH ALL RANKS | Ages 5-6
14 sessions | September 14th–December 14th
Wednesdays, 5:30pm-6:00pm
Members \$89.60, Non-Member \$112*
Online registration code: [00059961](#)

YOUTH ALL RANKS | Ages 5-6
14 sessions | September 15th–December 15th
Thursdays, 5:30pm-6:00pm
Members \$89.60, Non-Member \$112*
Online registration code: [00059964](#)



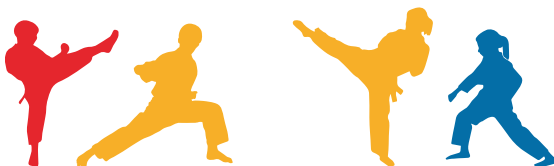
YOUTH ALL RANKS | Ages 7-11
14 sessions | September 13th–December 13th
Tuesdays, 6:10pm-7:10pm
Members \$134.40, Non-Member \$168*
Online registration code [00059957](#)

YOUTH ALL RANKS | Ages 7-11
14 sessions | September 14th–December 14th
Wednesdays, 6:15pm-7:15pm
Members \$134.40, Non-Member \$168*
Online registration code [00059962](#)

YOUTH ALL RANKS | Ages 7-11
14 sessions | September 15th–December 15th
Thursdays, 6:15pm-7:15pm
Members \$134.40, Non-Member \$168*
Online registration code [00059965](#)

**Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2022-August 2023. This fee will be added to your account prior to the start of the program if required.*

Led by 5th Degree Black Belt Sensei Jeff Murphy, our belted Shotokan Karate program will facilitate learning and skill development for those wishing to move their way through the ranks. Belting opportunities will be presented when children are ready to challenge their appropriate level. Additional fees for belt testing and uniforms will be the responsibility of participants. Gi's can be purchased through Sensei Jeff on the first day, if necessary, at a cost of \$70. Programs fill very quickly, so please register early so you are not disappointed!



Family Karate

Location: Dance Studio

FAMILY ALL RANKS | Ages 6+

14 sessions | September 13th–December 13th
Tuesdays, 7:15pm-8:15pm
Members \$67.20, Non-Member \$84 (plus tax)*
Online registration code: **00059958**

Location: Community Centre

FAMILY ALL RANKS | Ages 6+

14 sessions | September 15th–December 15th
Thursdays, 7:15pm-8:15pm
Members \$67.20, Non-Member \$84 (plus tax)*
Online registration code: **00059966**

**Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2022-August 2023. 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 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 9+

14 sessions | September 13th–December 13th
Tuesdays, 8:30pm-9:30pm
Members \$196, Non-Member \$245 (plus tax)*
Online registration code **00059959**

**Please note karate participants are required to pay a onetime nonrefundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2022-August 2023. 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+

14 sessions | September 15th–December 15th
Thursdays, 7:30pm-9:00pm
Members \$196, Non-Member \$245 (plus tax)*
Online registration code **00059967**

ADULT BROWN & BLACK BELT | Ages 12+

14 sessions | September 14th–December 14th
Wednesdays, 7:30pm-9:00pm
Members \$196, Non-Member \$245 (plus tax)*
Online registration code **00059963**

**Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2022-August 2023. 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.

Para-Karate

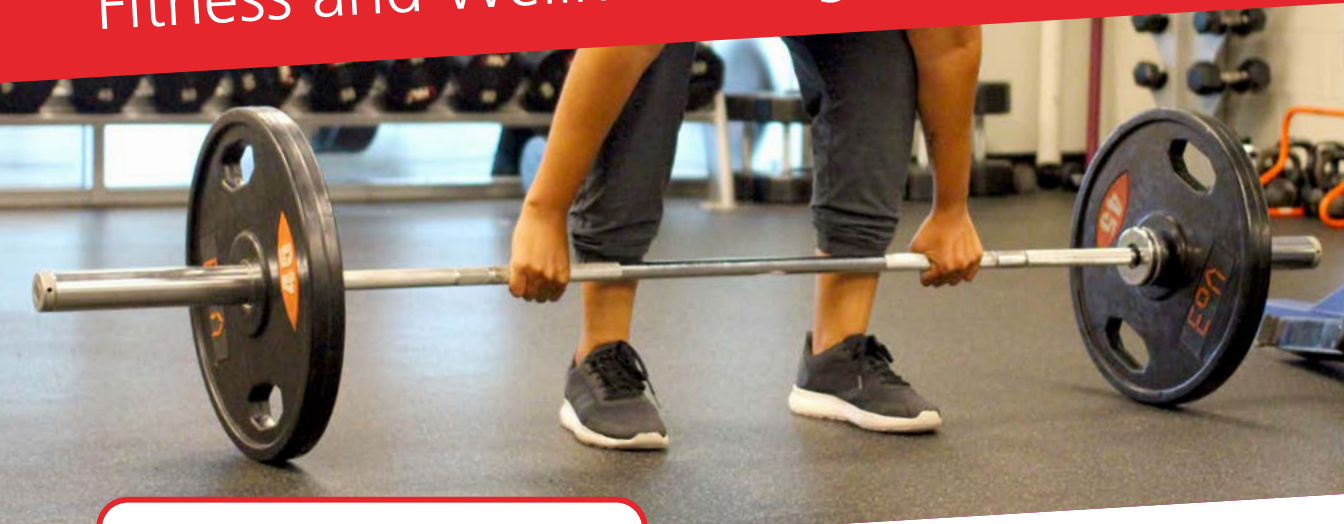
Location: Dance Studio

PARA-KARATE | Ages 8+

14 sessions | September 17th–December 17th
Saturdays, 10:00am-11:00am
Members \$89.60, Non-Member \$112 (plus tax)
Online registration code **00059960**

Led by 3rd Degree Black Belt Sensei Heather MacDonald, our Para-Karate program will introduce basic karate techniques for individuals who are intellectually impaired. This will be an unparented/unsupported program open to those ages 8 and up. This will be an introduction to karate class, with the eventual goal being to have the participants join the regular age-appropriate class at the Canada Games Centre. Additional fees for uniforms will be the responsibility of participants. Gi's can be purchased through Sensei Heather on the first day if necessary, at a cost of \$70-\$85.

Fitness and Wellness Programs



WHAT'S THE DIFFERENCE BETWEEN CGC'S REGISTERED FITNESS PROGRAMS AND THE DROP-IN FITNESS CLASSES INCLUDED IN YOUR MEMBERSHIP OR DAY PASS?

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



There are more than 60 Drop-In Fitness Classes a week which are included in your membership or day pass. If you're looking to cross-train or to try something new, these classes are designed for all fitness levels (unless otherwise noted). Zumba, Aquafit, interval training, Yoga, and more – pick your favourites from our **Drop-in Fitness Schedule** available online or at the Customer Service Desk.

ADULT SPECIALIZED PROGRAMS



Drum-Fit

6 weeks | September 15th-October 20th
Thursdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059763**
Location: 2nd Floor Fitness Studio



6 weeks | November 3rd-December 8th
Thursdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059776**
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 | September 12th-October 24th
Mondays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059766**
Location: Field House Alcove



6 weeks | November 7th-December 12th
Mondays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059779**
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.



Weight Lifting for Women (All Levels)

6 weeks | September 11th-October 23rd
Sundays, 9:00am-10:00am*
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059770**
Location: Personal Training Studio

**Please note there is no program on Sunday, October 9th.*

6 weeks | November 13th-December 18th
Sundays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059783**
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 Exercise Specialist, will walk you through basic and/or intermediate strength exercises to ensure you feel confident and comfortable while working out. Space is limited.

Toughen Up

6 weeks | September 13th-October 20th
Tuesdays and Thursdays, 7:00pm-8:00pm
Members \$120, Non-Members \$144 (plus tax)
Online registration code **00059769**
Location: Track Starting Blocks



6 weeks | November 3rd-December 13th
Tuesdays and Thursdays, 6:30pm-7:30pm
Members \$120, Non-Members \$144 (plus tax)
Online registration code **00059782**
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



CGC Challenge Club ← NEW

14 weeks | September 13th-December 13th
Tuesdays, 6:30pm-8:00pm
Members \$252, Non-Members \$280 (plus tax)
Online registration code **00060018**
Location: Boardroom & Track Starting Blocks

The Challenge Club is for anyone who is serious about making lasting change in their body. Each week, the 90-minute program will consist of a group coaching classroom session and a workout.

Coaching sessions will include:

- meditation
- goal setting
- nutrition
- exercise
- and more!



Whether your goal is weight loss or simply getting back into the swing of a consistent schedule, we will provide a strategy to help you get there.

■ WELLNESS PROGRAMS

Breathwork for Calming the Nervous System ← NEW

1 Day | September 14th
Wednesday, 6:00pm-7:00pm
Members FREE, Non-Members \$8 (plus tax)
Online registration code **00059774**
Location: Classroom



Our breath is a powerful tool that impacts our overall mental and physical health. Breathwork, or consciously practicing breathing patterns and techniques, can allow our nervous system to move from the fight or flight response, our sympathetic nervous system, to the rest, digest and repair response, known as our para-sympathetic nervous system. In this workshop, you will learn a series of breath techniques that will help you move from a state of anxiousness to a state of calm in mere minutes.

Strengthen & Flow ← NEW

6 weeks | September 14th-October 19th
Wednesdays, 12:00pm-1:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00060038**
Location: 2nd Floor Fitness Studio



For a healthy body, it is essential that we balance stretching and strengthening. If we don't, repetitive movements combined with a lack of strength can result in overloading the joints and create injury or hinder healing. Incorporating free weights into a yoga practice can help build strength & balance in certain stabilizing muscles, which are difficult to target alone. Resistance bands and light dumbbells will be used for a fun yoga class with strength-training woven in throughout. Warm up and move through a combination yoga postures using weights and strength building motions. Great for those with a lot, little or no experience! Senior friendly and modifications offered.



DON'T FORGET ME!

See page 4 for more details

Prenatal Yoga

6 weeks | September 14th-October 19th
Wednesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059767**
Location: 2nd Floor Fitness Studio

6 weeks | November 2nd-December 7th
Wednesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059780**
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.

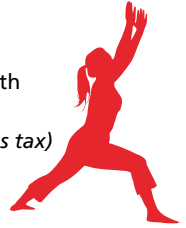


Introduction to Yoga

6 weeks | September 13th-October 18th
Tuesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059765**
Location: 2nd Floor Fitness Studio

6 weeks | November 1st-December 6th
Tuesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059778**
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 | September 14th-October 19th
Wednesdays, 7:15pm-8:15pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059768**
Location: 2nd Floor Fitness Studio

6 weeks | November 2nd-December 7th
Wednesdays, 7:15pm-8:15pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00059781**
Location: 2nd Floor Fitness Studio

Restorative Yoga is great for beginners and seasoned yogis alike, as it promotes down regulation, rest and relaxation through supported back bends, twists, forward folds, and breathing techniques. This practice focuses on returning to a comfortable state while reducing stress and anxiety through postures that require almost no effort compared to a typical yoga class.

Please bring your own mat and props (optional: pillow, blanket, strap, blocks etc.)



Yin Yoga

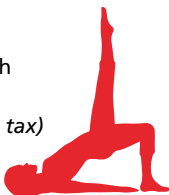
6 weeks | September 15th-October 20th

Thursdays, 6:00pm-7:00pm

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

Online registration code **00059772**

Location: 2nd Floor Fitness Studio



6 weeks | November 3rd-December 8th

Thursdays, 6:00pm-7:00pm

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

Online registration code **00059784**

Location: 2nd Floor Fitness Studio

Yin Yoga is a slow paced, soothing, and meditative style of yoga mainly practiced on the floor. It offers a much deeper access to the body compared to other 'yang' or active practices and it consists of a series of passive poses held for longer period of times. Yin can be challenging despite being a slower paced practice. The ability to care for your body and sit in the discomfort takes practice. At a physical level it targets the deeper connective tissues of the body, such as the fascia, ligaments, joints, bones improving flexibility and the joint mobility, increasing the blood and lymphatic circulations, releasing tension, greater stamina amongst others. It is a great way to compliment your regular exercise and increase your overall wellbeing.



Functional Pilates

6 weeks

September 24th-October 29th

Saturdays, 9:00am-10:00am

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

Online registration code **00059764**

Location: 2nd Floor Fitness Studio



6 weeks

November 5th-December 10th

Saturdays, 9:00am-10:00am

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

Online registration code **00059777**

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

All dryland team training session for emerging and elite athletes are tailored to meet the energetics & movement demands specific to their sport. The session includes a sport specific fitness assessment.

1 Dryland Training Session: \$110
(minimum of 5 athletes, maximum 20 athletes)*
**Taxes not included in pricing.*

Team Training Package

Train the whole athlete:

8 Dryland Training Sessions (60 minutes each)
Work with one of our qualified Exercise Specialists to have your team perform better together and individually.

2 Nutrition Sessions (60 minutes each) Meet with our Professional Dietician (candidate) and discuss pre/post-game nutrition and fueling your body.

1 Yoga Practice (60 minutes) One of our certified yoga instructors will lead your team in a calming yoga practice.

1 Mindfulness and Meditation Session (60 minutes)
Join our Fitness & Wellness Coordinator and learn ways to focus your mind, lessen stress and take your mental game to the next level.

Package Rate: \$1,200
(minimum 5 athletes, maximum 20 athletes)*
**Taxes not included in pricing.*

To book your Dryland Team Training or Team Training Package, contact **Amber Allan**, Fitness & Wellness Coordinator at **902.490.2249** or **allana@canadagamescentre.ca**.



Aquatics Programs



■ AQUATICS REGISTRATION INFORMATION

To register for swim lessons, first, determine the appropriate swim level. If unsure, refer to the program descriptions and lessons chart in this guide or contact our Aquatics Program Team at aquadmin@canadagamescentre.ca

Next, refer to the days, times and sections of a particular class or level (see chart on page 24). 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 24 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 24 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 24 for swim lesson days and times. PLEASE NOTE: Online registration codes are now listed in the swim chart.

SWIMMER 3

9 lessons, 35 minutes each

Members \$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 to 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.



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.

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

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

	TUESDAYS September 20th – November 15th	WEDNESDAYS September 21st – November 16th	THURSDAYS September 22nd – November 17th	SATURDAYS September 24th – November 26th
PARENT & TOT 1		6:00pm 00060101	4:00pm 00060154	8:30am 00060190 11:10am 00060191
PARENT & TOT 2	6:00pm 00059968	5:20pm 00060102	5:20pm 00060155	9:10am 00060192 10:30am 00060193
PARENT & TOT 3	4:00pm 00059969	4:40pm 00060103	4:40pm 00060156	9:50am 00060194 11:50am 00060195
PRESCHOOL 1	4:00pm 00059970 4:40pm 00059971 5:20pm 00059972	4:00pm 00060104 4:15pm 00060105 4:40pm 00060106 5:20pm 00060115	4:15pm 00060157 4:40pm 00060158 5:20pm 00060159	8:30am 00060246 9:10am 00060197 9:50am 00060196 11:10am 00060199 11:50am 00060198
PRESCHOOL 2	4:55pm 00059973 5:35pm 00059974 6:15pm 00059975	4:15pm 00060107 4:40pm 00060108 6:00pm 00060116	4:55pm 00060160 5:20pm 00060161 6:00pm 00060162	8:30am 00060248 9:50am 00060201 10:30am 00060200 11:50am 00060202
PRESCHOOL 3	4:55pm 00059976 5:35pm 00059977 6:15pm 00059978	4:55pm 00060109 5:20pm 00060110 6:15pm 00060118	4:00pm 00060163 6:15pm 00060164	9:10am 00060203 9:50am 00060204 10:30am 00060251 11:10am 00060252
PRESCHOOL 4		4:00pm 00060111 6:00pm 00060119	5:35pm 00060165 6:15pm 00060367	8:30am 00060205
PRESCHOOL 5		5:20pm 00060112	4:55pm 00060166	9:10am 00060253 11:10am 00060254

	TUESDAYS September 20th – November 15th	WEDNESDAYS September 21st – November 16th	THURSDAYS September 22nd – November 17th	SATURDAYS September 24th – November 26th
SWIMMER 1	4:15pm 00059979 4:40pm 00060006 5:20pm 00059980 6:00pm 00059981	4:00pm 00060140 4:15pm 00060141 4:40pm 00060120 5:20pm 00060121 6:00pm 00060122	4:00pm 00060167 4:40pm 00060168 5:20pm 00060169 6:00pm 00060188	8:30am 00060209 9:10am 00060208 9:50am 00060255 10:30am 00060207 11:10am 00060206 11:50am 00060256
SWIMMER 1 ADVANCED	4:55pm 00059986 5:35pm 00060005	4:00pm 00060123 4:55pm 00060124 5:35pm 00060549 6:00pm 00060142 6:15pm 00060143	4:00pm 00060170 5:35pm 00060171	8:30am 00060210 9:10am 00060213 9:50am 00060211 10:30am 00060212 11:10am 00060214
SWIMMER 2	4:00pm 00059982 4:40pm 00059983 5:20pm 00059984 6:00pm 00059985	4:15pm 00060125 4:55pm 00060144 5:35pm 00060126 6:15pm 00060127	4:00pm 00060172 4:40pm 00060189 5:20pm 00060173 6:15pm 00060174	8:30am 00060215 9:10am 00060216 9:50am 00060217 10:30am 00060218 11:50am 00060219
SWIMMER 3	4:00pm 00059987 4:40pm 00059988 5:20pm 00059989 6:15pm 00060379	4:00pm 00060128 4:55pm 00060129 5:35pm 00060130 6:15pm 00060131	4:00pm 00060176 4:40pm 00060175 6:00pm 00060177	8:30am 00060220 9:10am 00060221 9:50am 00060225 10:30am 00060222 11:10am 00060223 11:50am 00060224
SWIMMER 4	4:00pm 00060007 4:55pm 00059990 5:50pm 00059991	4:00pm 00060132 4:55pm 00060133 5:50pm 00060134	4:55pm 00060179 5:50pm 00060180	8:30am 00060228 9:25am 00060226 11:15am 00060227
SWIMMER 5	4:00pm 00060008 4:55pm 00059992 5:50pm 00060009	4:00pm 00060135 4:55pm 00060136 5:50pm 00060137	4:55pm 00060181 5:50pm 00060182	8:30am 00060229 10:20am 00060230 11:15am 00060257
SWIMMER 6	4:00pm 00060010 4:55pm 00059993	4:00pm 00060138 5:50pm 00060139	4:55pm 00060184 5:50pm 00060185	8:30am 00060231 9:25am 00060232 10:20am 00060258
SWIMMER 7 / ROOKIE	4:00pm 00060011 4:55pm 00060012 5:50pm 00060013	4:55pm 00060145		9:25am 00060233
SWIMMER 8 / RANGER			4:55pm 00060365	10:20am 00060234
SWIMMER 9 / STAR			4:00pm 00060366	11:15am 00060235

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

Members \$90.05, Non-Members \$120.06

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

Members \$90.05, Non-Members \$120.06

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



	THURSDAYS September 22nd– November 17th	SATURDAYS September 24th– November 26th
TEEN LEVEL 1	6:00pm 00060261	11:10am 00060263 11:50am 00060264
TEEN LEVEL 2	5:20pm 00060262	10:30am 00060265 11:50am 00060369
ADULT LEVEL 1	6:00pm 00060370	12:10pm 00060259 12:10pm 00060266
ADULT LEVEL 2		12:10pm 00060260

Adult Level 1

9 Lessons | Ages 16+ years

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

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

Adult Level 2

9 Lessons | Ages 16+ years

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

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



■ PRIVATE COACHING & TRAINING

Looking for a program to work on your swimming skills? We are offering private swim coaching for stroke development, endurance and/or aquatic fitness.

Private Coaching is a great option for participants who are not ready for a Masters level swim team and want to improve their stroke efficiency.

If you have any questions about private coaching & training, please contact Emily Dunn, Aquatics Program Supervisor at dunne@canadagamescentre.ca.

Private Coaching & Training

6 Lessons | Ages 16+
Tuesdays & Thursdays | 30 minutes
Members \$115.20 (plus tax),
Non-Members \$144.00 (plus tax)

TUESDAYS & THURSDAYS September 13th - 29th	TUESDAYS & THURSDAYS October 4th - 20th	TUESDAYS & THURSDAYS October 25th - November 10th	TUESDAYS & THURSDAYS November 15th - December 1st
Competition Pool 7:30am 00060526 8:00am 00060527	Competition Pool 7:30am 00060531 8:00am 00060534	Competition Pool 7:30am 00060532 8:00am 00060535	Competition Pool 7:30am 00060533 8:00am 00060536
Leisure Pool 12:00pm 00060528 12:30pm 00060529	Leisure Pool 12:00pm 00060537 12:30pm 00060539	Leisure Pool 12:00pm 00060538 12:30pm 00060540	Leisure Pool 12:00pm 00060542 12:30pm 00060541
Competition Pool 1:00pm 00060525 1:30pm 00060530	Competition Pool 1:00pm 00060543 1:30pm 00060546	Competition Pool 1:00pm 00060544 1:30pm 00060547	Competition Pool 1:00pm 00060545 1:30pm 00060548

■ 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 20-23](#), 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 aquaadmin@canadagamescentre.ca.

Private Inclusion Swim Lessons

Scheduled outside of group lesson times and designed to fit into your schedule, Private Inclusion Swim Lessons are a great option for kids needing a completely adaptive program. These lessons are staffed with swim instructors trained to help overcome roadblocks when instructing kids with physical/ cognitive challenges. Incorporating these strategies result in greater swimmer success in a relaxed calm environment. These lessons are currently available on Sundays. Each one-on-one session is 30 minutes. For more information, including to schedule sessions please contact the Aquatics Program Team at aquaadmin@canadagamescentre.ca.

9 Lessons | 35 minutes
Members \$154.80, Non-Members \$189.90

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.

		TUESDAYS September 20th – November 15th	WEDNESDAYS September 21st – November 16th	THURSDAYS September 22nd – November 17th	FRIDAYS September 23rd – December 2nd	SATURDAYS September 24th – November 26th	SUNDAYS September 25th – November 27th
SWIMMER 2 OR LOWER	Private	4:40pm 00060267 5:20pm 00060268 6:00pm 00060269 6:00pm 00060270	4:00pm 00060277 4:40pm 00060278 5:20pm 00060279	4:00pm 00060371 4:40pm 00060284 4:55pm 00060372 6:00pm 00060285 6:00pm 00060353		8:35am 00060296 9:15am 00060297 9:55am 00060306 10:35am 00060298 11:15am 00060299 11:55am 00060300	8:00am 00060474 8:00am 00060481 8:40am 00060484 8:40am 00060486 9:20am 00060489 9:20am 00060493 11:20am 00060499 11:20am 00060503
	Semi-Private	5:20pm 00060273 6:00pm 00060274	4:00pm 00060280 4:40pm 00060321 5:20pm 00060281	5:20pm 00060287		9:15am 00060308 9:55am 00060309 10:35am 00060310 11:15am 00060311 11:55am 00060359	
SWIMMER 3 OR HIGHER	Private	4:00pm 00060271 4:00pm 00060272 4:40pm 00060319 5:20pm 00060320	6:00pm 00060282	4:15pm 00060373 4:15pm 00060374 4:55pm 00060375 5:35pm 00060286	4:10pm 00060412 4:10pm 00060427 4:50pm 00060411 4:50pm 00060441 5:30pm 00060410 5:30pm 00060442 6:10pm 00060443 6:10pm 00060444	8:35am 00060301 8:35am 00060307 9:15am 00060302 9:55am 00060303 10:35am 00060364 11:15am 00060304 11:55am 00060305	10:00am 00060508 10:00am 00060513 10:40am 00060516 10:40am 00060519
	Semi-Private	4:00pm 00060275 4:40pm 00060276	6:00pm 00060283	4:15pm 00060376 4:40pm 00060377 5:35pm 00060288 6:15pm 00060378	4:10pm 00060289 4:50pm 00060290 5:30pm 00060291 6:10pm 00060358	8:35am 00060363 9:15am 00060362 9:55am 00060361 10:35am 00060313 11:15am 00060360 11:55am 00060312	



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

September 22nd–November 17th
 Thursdays | 5:50pm–7:05pm
 Members \$100, Non-Members \$130
 Online registration code [00059888](#)

September 24th–November 26th
 Saturdays | 8:30am–9:45am*
 Members \$100, Non-Members \$130
 Online registration code [00059889](#)

**Please note there is no program on Saturday, October 8th.*

Prerequisite: Comfortably swim 50 meters and have a basic knowledge of strokes

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

**Please note that Bronze Star is a mandatory prerequisite for Bronze Medallion if the candidate is under 13 years old.*

Lifesaving Society Bronze Medallion & Basic Workplace First Aid (formerly Emergency First Aid)

September 20th–November 15th
 Tuesdays | 4:00pm–6:45pm
 Members \$190, Non-Members \$220
 Online registration code [00059890](#)

September 24th–November 26th (No class October 8th)
 Saturdays | 10:00am–12:45pm*
 Members \$190, Non-Members \$220
 Online registration code [00059891](#)

**Please note there is no program on Saturday, October 8th.*

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

Bronze Medallion & Basic Workplace First Aid challenge the candidate both mentally and physically. Judgment, 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. 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 & Intermediate Workplace First Aid (formerly Standard First Aid)

September 25th–November 13th
Sundays | 10:00am-3:00pm*
Members \$205, Non-Members \$235
Online registration code [00059892](#)

November 18th-20th & November 25th-27th
Friday 5:00pm-9:00pm, Saturday & Sunday 9:00am-3:00pm
Members \$205, Non-Members \$235
Online registration code [00059893](#)

**Please note there is no program on Sunday, October 9th.*

Prerequisites: Bronze Medallion; Basic Workplace First Aid (previously Emergency First Aid) (need not be current).

Bronze Cross & Intermediate Workplace First Aid begin 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. 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.

Intermediate Workplace First Aid (formerly Standard First Aid)

2 Days | September 10th & 11th
Saturday & Sunday | 9:00am-5:00pm
Members \$95, Non-Members \$125 (plus tax)
Online registration code [00059894](#)
Prerequisite: Ages 13+

Lifesaving Society National Lifeguard & Airway Management

3 weekend Course
September 17th-18th, 24th-25th, October 1st & 2nd
Saturdays & Sundays | 8:30am-5:30pm
Members \$250, Non-Members \$280 (plus tax)
Online registration code [00059895](#)

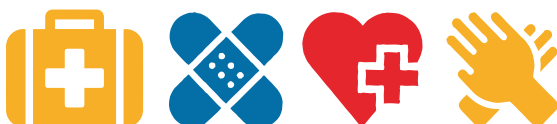
Compact Course
December 21st-22nd, 27th, 28th, 29th & 30th
Saturdays & Sundays | 8:30am-5:30pm
Members \$250, Non-Members \$280 (plus tax)
Online registration code [00059896](#)

Prerequisite: Minimum 15 years of age by exam date and Intermediate Workplace (formerly 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 (NL), Lifesaving Instructor Course (LSI) and Swim For Life Instructor Course can receive school credits 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, Intermediate Workplace First Aid (formerly Standard First Aid) & Airway Management

2 Day Course | December 3rd & 4th
Saturday & Sunday | 9:00am-5:00pm
Members \$100, Non-Members \$130 (plus tax)
Online registration code [00059897](#)

Prerequisite: Previous National Lifeguard &
Intermediate Workplace First Aid (formerly Standard
First Aid Certification)

This is a recertification course for those who have previously held a National Lifeguard Pool and Intermediate Workplace (formerly Standard First Aid Certification) and require recertification due to expiry or extension.

Lifesaving Society Swim For Life Instructor (SFL)



3 Day Course | October 21st-23rd
Friday | 5pm-9pm, Saturday & Sunday | 9am-6pm
Members \$160, Non-Members \$190 (plus tax)
Online registration code [00059898](#)

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

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

Please note: Practice teaching hours may be required after the course is complete.



Lifesaving Society Lifesaving Instructor (LSI), First Aid Instructor (FAI) & Examiner

2 Weekend Course | December 9th-11th & December
16th-18th
Friday | 5:00pm-9:00pm
Saturday & Sunday | 9:00am-6:00pm
Members \$315, Non-Members \$345 (plus tax)
Online registration code [00059899](#)

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, and 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.

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:

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

CGCSA annual program fees cover coaching; a training schedule which may include dryland, yoga, swimming, water polo and lifesaving sport training; equipment costs and Swim Nova Scotia fees. **Also, all Swim Academy participants in annual programs receive a 12-month Canada Games Centre membership** (except the Masters Swim Team program). Add-on membership options are available for family members of the CGCSA participant.

Annual program participants have the opportunity to participate in dryland training at no additional fee. Details on dryland training will come via email in early fall.

■ INTRODUCTION TO COMPETITIVE SWIMMING

This 11-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 through the completion of time trials. Time trials will take place on days 2 and 21 of the program.



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

Questions about Swim Academy program?
Email the CGCSA Head Coach at swimacademy@canadagamescentre.ca. Please ensure your email address is accurate upon registration as communication is primarily done through email.

Please note: There will be no programs on the following dates: September 30th for Truth and Reconciliation Day; October 8th-10th, 2022 for Thanksgiving; Remembrance Day November 11th, 2022; December 24th, 2022-January 3rd, 2023; February 18th-20th, 2022 for Heritage Day; March 11th-19th, 2022 for March Break; April 7th-10th for Easter; May 20st-22nd, 2022 for Victoria Day.

Ages 8 and up | September 23rd-December 16th
Mondays 5:00pm-6:00pm; Sundays | 10:00am-11:00am
Members \$206.25, Non-Members \$275.00
Online registration code 00059910

Prerequisite: 8 years of age and up. Swimmers must have completed Swimmer 3, be able to swim 50 meters of Freestyle continuously, have never been on a swim team and have not taken this program before.

■ SUMMER SWIM TEAM OFF-SEASON TRAINING

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

BRONZE | Ages 10-12 | Begins September 12th
Mondays, Sundays

Bi-weekly fee \$48.85 (20 payments) Down payment at registration \$97.70 + SNS Athlete fee \$45.00

Online registration code **00059911**

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

SILVER | Ages 11-14 | Begins September 12th
Mondays, Sundays

Bi-weekly fee \$48.85 (20 payments) Down payment at registration \$97.70 + SNS Athlete fee \$45.00

Online registration code **00059912**

Prerequisite: Before entering Silver, swimmers must be able to dive into the pool, swim all 4 strokes effectively, swim 5-8 minutes continuously. Should have some idea of swim team structure (been on swim team previously). Understanding of lane etiquette and practice structure. Able to follow warm up independently. Can attempt all stroke turns. Able to carry out some activation activities independently. All new swimmers 13 years old will begin in silver.

GOLD | Ages 13 and up | Begins September 12th
Fridays, Sundays

Bi-weekly fee \$48.85 (20 payments) Down payment at registration \$97.70 + SNS Athlete fee \$45.00

Online registration code **00059913**

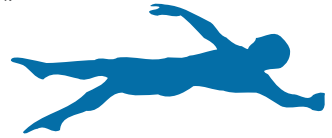
Prerequisite: 1-2 years of swim team experience with competitions. Able to swim continuous for 10 minutes. Knowledge of pace times and how to use a pace clock. Knowledge of practice structure, able to work independently from written set and warm up. Able to swim all four strokes with turns from a dive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



■ LIFESAVING SPORT TEAM

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

Ages 8 and up | Begins September 12th | Mondays, Fridays, Sundays
Bi-weekly fee \$48.85 (20 payments) Down payment at registration \$97.70
Lifesaving Sport Competition fees are not included in registration
Online registration code 00060004



Prerequisite: Completed Swimmer 8 or higher/Ranger or Star, have basic knowledge of freestyle, backstroke and breaststroke, feel comfortable in deep water, dive into the pool, swim 10 minutes continuous and follow coach's directions.

NOTE: All practices include a 15-minute poolside activation, except Intro to Competitive Swimming

■ SWIM ACADEMY - TRAINING DAYS & TIMES

	MONDAY*	FRIDAY*	SUNDAY*
INTRODUCTION TO COMPETITIVE SWIMMING	5:00pm-6:00pm		10:00am-11:00am
SUMMER SWIM TEAM BRONZE	5:45pm-7:00pm (Swim) 4:45pm-6:00pm (Multisport)		8:45am-10:00am (Swim)
SUMMER SWIM TEAM SILVER	5:45pm-7:00pm (Swim) 4:45pm-6:00pm (Multisport)		7:45am-9:00am (Swim)
SUMMER SWIM TEAM GOLD		6:15pm-7:30pm (Multisport) 5:15pm-6:30pm (Swim)	7:45am-9:00am (Swim)
LIFESAVING SPORT TEAM	4:45pm-6:00pm (Multisport)	4:15pm-5:30pm (Lifesaving Sport)	8:45am-10:00am (Fitness Practice)

*Please note: There will be no Swim Academy programs on above listed dates of Holidays and facility closures.



■ MASTERS SWIM TEAM

Masters Swim Team promotes fun, fitness, health, fellowship and participation among adult swimmers, while also providing guidance and leadership in the direction, development and execution of programs for both noncompetitive and competitive adult swimmers. Masters swimming is based on regular training sessions using practice techniques similar to those used in swim programs all over the world, including flexibility, strength, and aerobic conditioning, and is a blend of recreational and fitness swimming for adults.

- Registration will remain open until program maximum is reached. Fees will be prorated by start date.
- 4-6 coach directed practices a week. If the coach is unable to attend a practice, a prewritten workout will be provided in line with Sport for Life's Long-Term Development (LTD) plan.
- Program begins September 12th and ends June 18th, observing the holiday dates listed at the beginning of the Swim Academy section.

Ages 18+ | Begins September 12th
Mondays, Wednesdays 6am-7am; Tuesdays, Thursdays, Fridays 6:15am-7:15am; Sundays 7am-8am
Members \$395.35, Non-Members \$565.90 (plus tax)
Swim Nova Scotia fee \$45 due at registration; all fees will be prorated by start date
Online registration code 00059914

Prerequisites: Masters is open to adults 18 years and older who have at least a basic swimming ability and can comfortably swim 75 meters. No previous competitive background is necessary and you do not have to compete as a Masters swimmer. The most important prerequisite for becoming involved with our program is the desire to learn and grow in a fun and stimulating environment.

Please note: There will be no programs on the following dates: September 30th for Truth and Reconciliation Day; October 8th-10th, 2022 for Thanksgiving; Remembrance Day November 11th, 2022; December 24th, 2022-January 3rd, 2023; February 18th-20th, 2022 for Heritage Day; March 11th-19th, 2022 for March Break; April 7th-10th for Easter; May 20st-22nd, 2022 for Victoria Day.



CELEBRATE YOUR SPECIAL DAY

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



BATTING CAGE PARTY PACKAGE

(20 guests)

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

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



FIELD HOUSE PARTY PACKAGE

(30 guests)

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

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



POOL PARTY PACKAGE

(20 guests)**

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

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

*HST not included.

**A fee of \$8.10 per additional bracelet up to a maximum of 10 for the Pool Party.

For party package information and to book your party, please visit our website:
canadagamescentre.ca/rentals/party-packages/

RENTALS & EVENTS

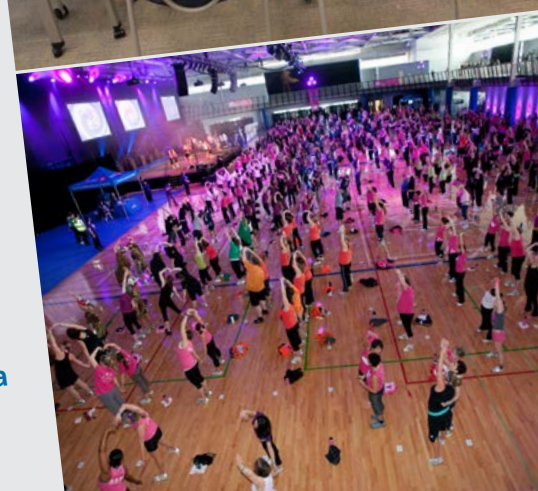
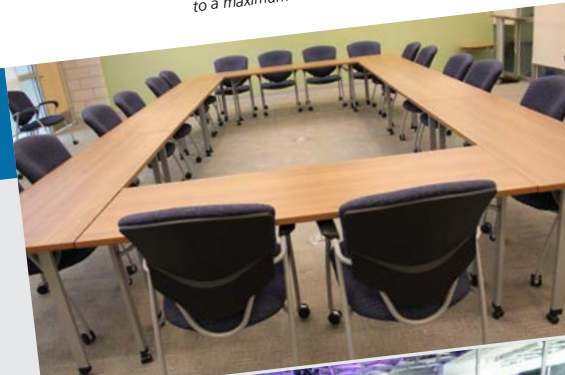
Offering a variety of community spaces, we're the perfect place for meetings, events, private social gatherings, corporate functions and birthday parties.

All room rentals include the following complimentary services:

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

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

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



FALL 2022

Programs and Services

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