



2023

SUMMER CAMPS
AND PROGRAMS



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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-9:00pm

Saturday – Sunday 8:00am-8:00pm

Visa, MasterCard, debit, and cash all accepted.

REGISTRATION DATES

MEMBERS:

Online: **March 21st**, beginning at 8:00 am

In-person: **March 23rd**, beginning at 8:00 am

NON-MEMBERS:

Online: **March 28th**, beginning at 8:00 am

In-person: **March 30th**, 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

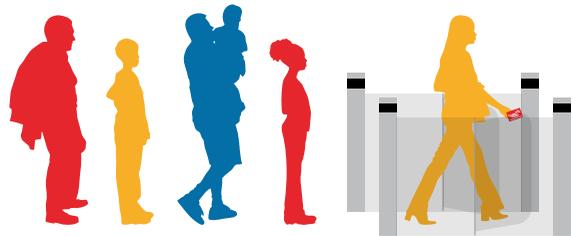
- Some programs may be cancelled due to insufficient registrants. The Canada Games Centre monitors registration levels prior to the start of programs to ensure quality programs are offered. A great course could be cancelled if there are not enough registrants. Register early to avoid program cancellations.
- For full Summer Camp cancellation policies, please see [page 9](#).
- 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. 



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.

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.



Members can scan in for programs with their membership card

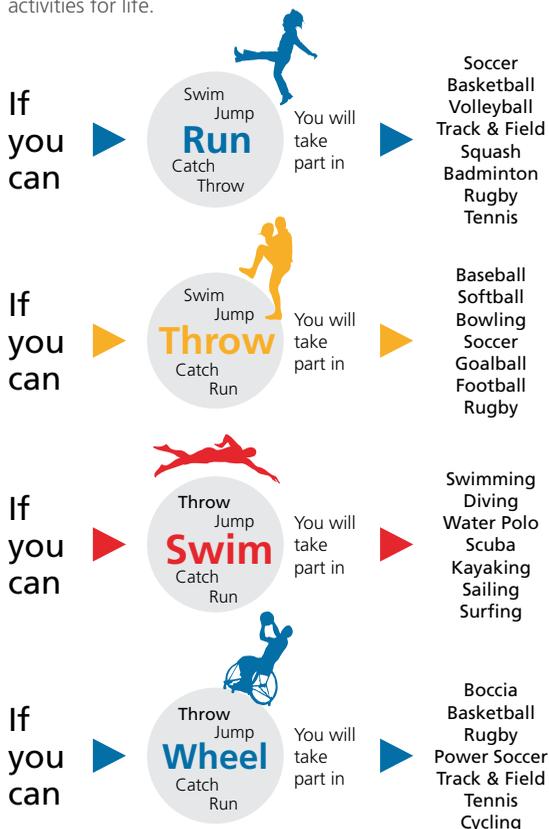
Enjoy the Centre!



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.

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

- Karate
- 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

- Family Karate
- Adult Karate
- Adult Fitness Programs
- Swim Lessons
- Aquatics Leadership Programs
- Swim Academy

1 ActiveSTART

MALES & FEMALES

0-6 Years

PROGRAMS

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

3 LearntoTRAIN

MALES 9-12 Years

FEMALES 8-11 Years

PROGRAMS

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



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



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



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 60 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*



Summer Camps

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



THE FUN TAKES PLACE FROM JULY 3RD TO AUGUST 25TH. OUR SUMMER CAMPS RUN MONDAY TO FRIDAY STARTING AT 8:30AM AND ENDING AT 5:00PM.

For children ages 5 1/2-12 years (Children must have turned 5 by December 31st, 2022 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.**

Questions about our Summer Camps?
Contact our Summer Camp Team at
camps@canadagamescentre.ca

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!



■ SUMMER CAMP REGISTRATION INFORMATION

Age Requirements: Each camp is planned specifically for its corresponding age group, a child must be the age noted for the camp before the end of the camp week.

Children must have turned 5 by December 31st, 2022 to attend camp. Children currently attending Pre-Primary programs would not meet the age requirements to attend camp.

Forms: Parents/Guardians must complete and submit all camp forms (transportation, medical, permission) prior to their child attending camp. These forms will be sent out prior to the camp start date. Please be sure to include any special medical, dietary, cultural, and/or personal needs your child may have to help us establish a safe and comfortable environment for all.



CANCELLATIONS AND REFUND POLICY

- Cancellations requested 14 days or more prior to the first day of camp qualify for a refund. The refund will be processed for the full amount of the fee paid, less an administrative charge of 10%.
- Cancellations requested between 7 and 13 days prior to the first day of camp qualify for a credit to the myREC account used to register for the program. The credit will be processed for the full amount of the fee paid, less an administrative charge of 10%.
- Cancellations requested less than 7 days prior to the first day of camp do not qualify for a refund or credit.



■ DAILY CAMP ROUTINE

All our summer camps share a similar daily routine which includes swimming, Field House time, outdoor active time, arts & crafts, and games. We also have two snack times and a lunch break. Camp themes will be incorporated into these activities throughout the week.

8:30am-9:00am - Morning Drop-Off: All campers must be accompanied into the centre and signed into camp daily by a parent/guardian. Campers will spend this time doing supervised non-structured free-play and games. Each camp will have a designated area for drop-off each morning between 8:30am-9:00am. Please do your best to ensure campers are dropped off on time for camp. Should a camper arrive outside of the scheduled drop-off time, you may be delayed while we locate your child's camp and have you sign them in appropriately.

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.



Swimming

All camps will swim once per day regardless of the weekly theme. Campers will be encouraged to swim; however, if they choose not to, no additional activities will be planned for them during this time. Please note that the diving boards and water slides are not normally available during camp swim times.

A swim test will be offered each Monday for campers in the 7-9 and 10-12 year-old camps. It will be led by qualified lifeguards to determine if campers require a swim belt during their leisure swim times. If it is determined that your child requires a swim belt, they will not be allowed to enter the water without one. All campers in the 5.5-6 year old camps will be expected to wear swim belts.

Swim Test Description: Swim one length/width of the competition pool (20 metres) then tread water for 1 minute. If the child cannot complete both tasks confidently without stopping, they must wear a swim belt in both the pools. Children will only have to successfully complete a swim test once.

Even though your child may have previously participated in swim lessons, they may still have to wear a swim belt during summer camps. This is because the lifeguard staff feels that without direct and personal supervision (such as in a swim class) they may not be strong enough to keep themselves above water for the duration of their swim time. This is not to discourage children and their abilities, but to ensure proper safety as we will not be the only group in the pool. If a participant refuses to undergo the swim test, then they will be required to wear a swim belt.



Lunches/Snacks: Parents/Guardians are responsible for packing nutritious snacks and lunches. Our camps are very active, so please ensure that you pack enough food to keep your child's energy up throughout the day. Participants have one snack in the morning, as well as one in the afternoon. Participants will not have access to a refrigerator or a microwave. Please use insulated bags and ice packs as necessary.

All lunches and snacks must be nut-free, as we may have children with anaphylactic allergies in our camps. If you send your child with a soy-butter product (such as Wow Butter), please label it appropriately.

We are not able to escort your child to Subway at lunch time to pick up a lunch due to camp ratios, please plan accordingly.



4:15pm-5:00pm - Afternoon Pick-Up: Camps will be ready for pick up beginning at 4:15pm to help facilitate a quick pickup 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. **Photo Identification will be required when picking up children from camp. Only the individuals listed on the Transportation form will be permitted to sign your child out at the end of each camp day.** Please let us know if you would like to change this list by notifying us by email.

Should you need to pick up your child from camp before 4:00pm, please inform the summer camps office in advance by phone or email. As children may be in the pool or off site, getting your child out of camp may cause a delay in your schedule if you arrive unexpectedly.

Arrangements for children who would like to walk home at the end of the day must be made in advance by contacting the camp office directly. A permission form will need to be signed by a parent/guardian before we can allow a child to leave our supervision on their own.



■ SUMMER CAMP INFORMATION

Late Fees: If a child is not picked up by 5:00pm there will be a late fee charge of \$14.50/family per 15 minutes or part thereof. Late fees will be billed to your myREC account and must be paid within 3 days. Late fees are billed to cover the cost of the leader's wages to remain with your child. If any child is not picked up by 5:30pm, emergency contacts will be phoned to pick up the child. Multiple incidents of late pickup without a valid excuse or notification will result in a discussion to determine if our camp's operating hours meet the needs of the family.

What should campers bring?

Please be sure to label all items with your child's full name or initials. Please send the following items daily:

- Indoor, non-marking sneakers. (Children will not be able to participate in activities in the Field House without indoor footwear. Sandals, Crocs, or boots are not appropriate footwear for active games.)
- A water bottle.
- Lunch and snacks (nut-free - please clearly label any homemade items and nut alternatives such as WowButter).
- A bathing suit and towel.
- An extra change of clothing in case of accidents or spills.
- Appropriate outdoor gear depending on the weather.
- Sunscreen with a minimum of SPF30 labeled with first and last name of camper. Please apply sunscreen each morning before your child arrives at camp. They will re-apply sunscreen throughout the day.
- A hat - if children are not properly protected, we cannot spend as much time outside as we may like!

All campers should be dressed appropriately for the weather as we would like to be able to bring children outside as often as possible.

Questions about our Summer Camps?
Contact our Summer Camp Team at
camps@canadagamescentre.ca



What should campers NOT bring:

Campers MUST leave the following items at home for safekeeping:

- Phones/Tablets/Video Games
- Money
- Trading cards (Pokemon, sports, etc.)
- Toys from home
- Anything you value and do not want to get lost or others to use

The CGC is not responsible for any lost or stolen items. Please leave all valuables at home.

Camper Expectations

Our summer camps have a zero-tolerance policy for aggressive behaviour and bullying. If there are discipline or behavioral problems with a camper, parents will be contacted. If the problems continue, the Summer Camp Supervisor may withdraw a camper from the program.

Health & Safety

Children with obvious symptoms such as fever, diarrhea, vomiting, rash, persistent cough and/or breathing difficulties should be symptom free for 24 hours before attending or returning to camp.

If you are contacted to pick up your child due to behavioural issues or illness, we are able to accommodate a 30-45 minute grace period. We understand that many parents will have to come from work, but please respect that having a child outside of camp impacts the number of counsellors able to deliver the program to the remaining children. Please discuss any concerns with the time limit if contacted by staff.

■ SUMMER CAMP PROGRAMS

Counsellor in Training (CIT) Volunteer Program

This program is designed for enthusiastic youth volunteers who are at least 13 years old. It will provide a work-like experience where youth can learn the ins and outs of what life is like as a camp counsellor.

To participate, youth must complete and submit the **application form** found on our website, successfully complete the interview process, and be able to commit to the following **mandatory training session: June 7th, 2023 from 5:00pm to 8:00pm.**

Please note that this is a volunteer program and not a camp. Encourage your children to write and submit their own applications. All communication will be sent directly to volunteers throughout the summer and not through parents. This is an exciting and popular program and spaces are limited, therefore not all applicants will be accepted.

Applications are due no later than May 14th, 2023.

WHO SHOULD BE A CIT?

Our Counsellor In Training program is usually a great fit for youth ages 13 and up who are a little too young to be counsellors and who would like to gain experience working with children. Here are a few of the most likely candidates:

- **Loves Camp**

Did you grow up LOVING camp? It's important that our CITs love all things about camp and want to actively join in and participate in camp activities. CITs should be looking to evolve from being a camper into more of a leadership role and help provide an amazing camp experience to the new generation of campers!

- **Looking for Leadership**

Potential CITs are always looking for ways to learn, help and grow as individuals. They understand the importance of helping younger campers and truly care about their experience at camp. They are ready to get involved and want to learn new skills.

- **Connects with Kids**

We are looking for CITs who can provide leadership and mentoring to younger campers. CITs should love working with younger children.

WHAT DO CITs DO?

Throughout the summer CITs will observe and work alongside our camp counsellors. Here are a couple of examples of activities they may help with:

- Participate in activities such as swimming, crafts and active games and help motivate campers to stay engaged
- Help during snack and lunch breaks
- Provide extra support to campers who are shy and need a buddy
- Help keep a clean camp space

Questions about the CIT Volunteer Program? Contact our Summer Camp Team at camps@canadagamescentre.ca



Summer Camps 2023

| | AGES 5½-6* | AGES 5½-6* | AGES 5½-6* | AGES 7-9 | AGES 7-9 | AGES 7-9 | AGES 10-12 | AGES 10-12 |
|--|---|---|--|---|---|--|--|--|
| July 3rd-7th Members \$195 Non-Members \$225 | Superhero 00067874 | Superhero 00067875 | Superhero 00067876 | Water Blast 00067877 | Water Blast 00067878 | Water Blast 00067879 | Aspiring Artists 00067880 | Aspiring Artists 00067881 |
| July 10th-14th Members \$195 Non-Members \$225 | Spectacular Science 00067882 | Spectacular Science 00067883 | Spectacular Science 00067884 | Earth and Space Adventures 00067885 | Earth and Space Adventures 00067887 | Swim Lesson 00067886 Members \$400 Non-Members \$480 | Outdoor Explorers 00067888 | Outdoor Explorers 00067889 |
| July 17th-21st** Members \$195 Non-Members \$225 | Outdoor Explorers 00067890 | | | | | | Youth Leadership 00067891 | |
| July 24th-28th Members \$195 Non-Members \$225 | All Sorts of Sports 00067900 | All Sorts of Sports 00067901 | All Sorts of Sports 00067902 | Aspiring Artists 00067903 | Aspiring Artists 00067904 | Aspiring Artists 00067905 | Superhero 00067898 | Superhero 00067899 |
| July 31st- August 4th Members \$195 Non-Members \$225 | Aspiring Artists 00067892 | Aspiring Artists 00067893 | Aspiring Artists 00067894 | All Sorts of Sports 00067895 | All Sorts of Sports 00067896 | All Sorts of Sports 00067897 | Spectacular Science 00067906 | Spectacular Science 00067907 |
| August 8th-11th Members \$156 Non-Members \$180 | Animal Kingdom 00067908 | | Swim Lesson 00067909 Members \$360 Non-Members \$432 | Outdoor Explorers 00067910 | Outdoor Explorers 00067911 | Outdoor Explorers 00067912 | Water Blast 00067913 | |
| August 14th-18th Members \$195 Non-Members \$225 | Earth and Space Adventures 00067914 | Earth and Space Adventures 00067915 | | Spectacular Science 00067916 | Spectacular Science 00067917 | Spectacular Science 00067918 | All Sorts of Sports 00067919 | All Sorts of Sports 00067920 |
| August 21st-25th Members \$195 Non-Members \$225 | Water Blast 00067921 | Water Blast 00067922 | | Superhero 00067923 | Superhero 00067924 | Superhero 00067925 | Youth Leadership 00067926 | |

* Children must have turned 5 by December 31, 2022 to attend camp.

Please note that we are offering a reduced number of camps during the week of July 17th-21st as we are a host facility for the **2023 North American Indigenous Games. Camps will not have access to the Field House during this week.

= No camp

■ SUMMER CAMP PROGRAM DESCRIPTIONS

Please see camp descriptions below and refer to the Camp Grid on [page 14](#) for available camp dates.



All Sorts of Sports

Join us for a week full of sports. This camp will give kids the opportunity to try a wide variety of our most popular sports and activities, so you can find one that's right for you. Campers will enjoy a leisure swim and a variety of active camp games every day.



Earth & Space Adventures

Blast off with this far out week full of cosmic fun! We will learn about earth and space, create rocket ships, learn about the planets, and much more! Campers will also enjoy a leisure swim and a variety of active camp games every day.



Animal Kingdom

Get ready to roar! It's Animal Kingdom week at the Canada Games Centre. There will be lots of wild crafts and adventurous games. Campers will enjoy a leisure swim and a variety of active camp games 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! Campers will enjoy a leisure swim and a variety of active camp games every day.



Aspiring Artists

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



Water Blast

Come join us for an exciting week filled with water activities! We will be playing with water balloons and having fun on our giant slip and slide. Campers 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! Campers will 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 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. Campers will enjoy a leisure swim and a variety of active camp games every day.

■ WAITLIST INFORMATION & REGISTRATION

NEW → Waitlist Procedure: Should a camp that you wish to place your child in fill up, please be sure to add them to the waitlist for their age group and specific camp week. 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 the email on file in your MyRec account 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.

| | AGES 5½-6 | AGES 7-9 | AGES 10-12 |
|----------------------|-----------|----------|------------|
| July 3rd–7th | 00068466 | 00068467 | 00068468 |
| July 10th–14th | 00068469 | 00068472 | 00068473 |
| July 17th–21st | 00068547 | 00068548 | 00068550 |
| July 24th–28th | 00068602 | 00068603 | 00068604 |
| July 31st–August 4th | 00068630 | 00068631 | 00068632 |
| August 8th–11th | 00068633 | 00068634 | 00068635 |
| August 14th–18th | 00068636 | 00068637 | 00068638 |
| August 21st–25th | 00068639 | 00068640 | 00068641 |

■ INCLUSION PROGRAM

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. Canada Games Centre staff are not qualified to carry out procedures such as catheterization, tube feeding or assisted feeding, suctioning, injections, and/or managing aggressive behaviors. Participants should also be able to use the washroom with minimal assistance. 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.

We only have a limited number of spaces available each week throughout the summer. The total number of weeks available to each participant is dependent on how many applications we receive for the program. We will attempt to distribute weeks as evenly as possible amongst applicants.

Once we have confirmed the weeks available for each applicant, we will contact parents to confirm payment and to arrange a meeting to help support the training needs of staff and to discuss the program modifications and behavioral strategies required to be in place to ensure a safe and enjoyable experience for the participant.

How do I know if an individual will require extra support? When assessing whether a One-to-One Inclusion Support Person is required, please consider the following:

- Is extra support required at school and/or in the community?
- Is extra help required at home for basic care?
- Is there an existing physical, medical, behavioral, and/or developmental disability that could affect the safety and enjoyment of the participant and/or other participants?

Program Registration: If you are interested in having your child participate in our inclusion program, please register on the waitlist using the registration code below. After successful registration, you will receive a participant intake form via email within 2 weeks. The form must be returned to us by **May 8th, 2023** in order to be considered for a space in our program.

Inclusion Program Waitlist

July 3rd-August 25th

Online registration code **00068642**

Questions about the waitlist or the inclusion program? Contact our Summer Camp Team at camps@canadagamescentre.ca

Recreation Programs

■ SPORTS PROGRAMS

Youth Karate



Location: Dance Studio

YOUTH ALL RANKS | Ages 5-6
8 sessions | July 4th-August 29th
Tuesdays, 5:30pm-6:00pm*
Members \$51.20, Non-Members \$64.00**
Online registration code [00068647](#)

YOUTH ALL RANKS | Ages 5-6
8 sessions | July 6th-August 31st
Thursdays, 5:30pm-6:00pm*
Members \$51.20, Non-Members \$64.00**
Online registration code [00068650](#)



DON'T FORGET ME!

See page 4 for more details

YOUTH ALL RANKS | Ages 7-11
8 sessions | July 4th-August 29th
Tuesdays, 6:15pm-7:15pm*
Members \$76.80, Non-Members \$96.00**
Online registration code [00068648](#)

YOUTH ALL RANKS | Ages 7-11
8 sessions | July 6th-August 31st
Thursdays, 6:15pm-7:15pm*
Members \$76.80, Non-Members \$96.00**
Online registration code [00068651](#)

**Please note there are no sessions on Tuesday, July 18th and Thursday, July 20th.*

***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.*

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+
8 sessions | July 4th-August 29th
Tuesdays, 7:30pm-8:30pm*
Members \$38.40, Non-Members \$48.00**
Online registration code [00068649](#)

**Please note there is no session on Tuesday, July 18th.*

***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.*

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+
8 sessions | July 6th-August 31st
Thursdays, 7:30pm-9:00pm*
Members \$112.00, Non-Members \$140.00**
Online registration code [00068652](#)

**Please note there is no session on Thursday, July 20th.*

***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.*

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

Fitness and Wellness Programs



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

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



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

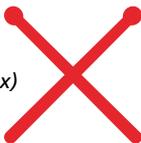
If you're looking to crosstrain or to try something new, these classes are designed for all fitness levels (unless otherwise noted). Zumba, Aquafit, interval training, Yoga, and more – pick your favourites from our **Drop-in Fitness Schedule** available online or at the Customer Service Desk.

ADULT SPECIALIZED PROGRAMS



Drum-Fit

4 weeks | July 6th-July 27th
Thursdays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068938**
Location: 2nd Floor Fitness Studio



4 weeks | August 3rd-August 24th
Thursdays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068986**
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

4 weeks | July 10th-July 31st
Mondays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068943**
Location: Field House Alcove



4 weeks | August 7th-August 28th
Mondays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068994**
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



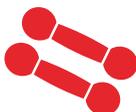
4 weeks | July 4th-July 27th
Tuesdays & Thursdays, 6:00pm-7:00pm
Members \$80, Non-Members \$96 (plus tax)
Online registration code **00068946**
Location: Track Starting Blocks

4 weeks | August 1st-August 24th
Tuesdays & Thursdays, 6:00pm-7:00pm
Members \$80, Non-Members \$96 (plus tax)
Online registration code **00068999**
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 4 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.



Toughen Up 101



4 weeks | July 5th-July 26th
Wednesdays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068947**
Location: Personal Training Studio

4 weeks | August 2nd-August 23rd
Wednesdays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00069002**
Location: Personal Training Studio

Toughen Up 101 is the foundational program for our signature Toughen Up program. Toughen Up 101 focuses on the basics of Functional Movement, Bodyweight exercises and Interval Training. This is the perfect class to make sure you are doing the exercises properly before moving on!

Weight Lifting for Women (All Levels)



4 weeks | July 9th-July 30th
Sundays, 9:00am-10:00am
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068948**
Location: Personal Training Studio

4 weeks | August 6th-August 27th
Sundays, 9:00am-10:00am
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00069003**
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

4 weeks | July 5th-July 26th
Wednesdays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068944**
Location: 2nd Floor Fitness Studio



4 weeks | August 2nd-August 23rd
Wednesdays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068995**
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

4 weeks | July 4th-July 25th
Tuesdays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068940**
Location: 2nd Floor Fitness Studio



4 weeks | August 1st-August 22nd
Tuesdays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068991**
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

4 weeks | July 5th-July 26th
Wednesdays, 7:15pm-8:15pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068945**
Location: 2nd Floor Fitness Studio



4 weeks | August 2nd-August 23rd
Wednesdays, 7:15pm-8:15pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068998**
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.)



DON'T FORGET ME!

See page 4 for more details

Functional Pilates

4 weeks | July 4th-July 25th
Tuesdays, 12:15pm-1:15pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068941**
Location: 2nd Floor Fitness Studio



4 weeks | July 8th-July 29th
Saturdays, 9:00am-10:00am
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068939**
Location: 2nd Floor Fitness Studio

4 weeks | August 5th-August 26th
Saturdays, 9:00am-10:00am
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068993**
Location: 2nd Floor Fitness Studio

4 weeks | August 15th-September 5th
Tuesdays, 12:15pm-1:15pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068990**
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.



Yin Yoga

4 weeks | July 9th-July 30th
Sundays, 7:15pm-8:15pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00068949**
Location: 2nd Floor Fitness Studio



4 weeks | August 6th-August 27th
Sundays, 7:15pm-8:15pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00069006**
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.

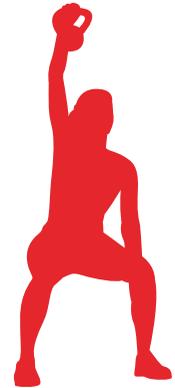


■ FITNESS SERVICES

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, complete the online **Personal Training New Client Questionnaire** and Amber Allan, Fitness & Wellness Coordinator will email you about an initial consultation. For more information, please stop by the Fitness Centre Desk or contact **Amber Allan**, Fitness & Wellness Coordinator at **902.490.2249** or **allana@canadagamescentre.ca**.

Personal Training - One on One

Need that extra boost to get motivated? Want to build your confidence in the gym? Or are you looking to reach your goals 80% faster? Consider working with a CGC Exercise Specialist.



| 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!

| 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 31](#)). 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. Participants registered in more than 1 swim lesson per term will be contacted to remove extra registrations.** 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. We are unable to make changes or process new registrations after this time. 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.



DON'T FORGET ME!

See page 4 for more details



AQUATICS PROGRAMS CONTINUED COMMITMENT TO QUALITY

We are committed to quality programs and a positive experience for all participants 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 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 \$89.30, Non-Members \$119.07
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 31 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 \$89.30, Non-Members \$119.07

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 31 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 \$89.30, Non-Members \$119.07

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 \$89.30, Non-Members \$119.07

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 \$89.30, Non-Members \$119.07

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 31 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 \$89.30, Non-Members \$119.07

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 \$94.50, Non-Members \$126.00

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 \$94.50, Non-Members \$126.00

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.



DON'T FORGET ME!

See page 4 for more details

See chart on page 31 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 \$94.50, Non-Members \$126.00

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 \$94.50, Non-Members \$126.00

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 \$94.50, Non-Members \$126.00

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 \$94.50, Non-Members \$126.00

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 JULY 4th–AUGUST 1st TUESDAYS & THURSDAYS | SESSION 1 JULY 11th–14th JULY 17th–21st | SESSION B AUGUST 3rd–31st TUESDAYS & THURSDAYS | SESSION 2 AUGUST 8th–11th AUGUST 14th–18th |
|-----------------------|--|---|--|--|
| PARENT & TOT 1 | 4:00pm 00068034 | | 4:00pm 00068037 | 9:55am 00068042 |
| PARENT & TOT 2 | 6:00pm 00068035 | 9:55am 00068040 | 6:00pm 00068038 | 11:15am 00068043 |
| PARENT & TOT 3 | 5:20pm 00068036 | 11:15am 00068041 | 5:20pm 00068039 | 11:55am 00071094 |
| PRESCHOOL 1 | 4:00pm 00068044 4:40pm 00068045 5:20pm 00068046 | 9:55am 00068063 | 4:00pm 00068054 4:40pm 00068055 5:20pm 00068056 | 9:55am 00068068 11:55am 00068069 |
| PRESCHOOL 2 | 4:40pm 00068047 5:20pm 00068048 6:00pm 00068049 | 10:35am 00068064 11:55am 00068065 | 4:40pm 00068057 6:00pm 00068058 | 10:35am 00068070 |
| PRESCHOOL 3 | 4:40pm 00068050 5:20pm 00068051 | 11:55am 00068066 | 4:40pm 00068059 5:20pm 00068060 6:00pm 00068290 | 11:55am 00068071 |
| PRESCHOOL 4 | 4:00pm 00068052 | 10:35am 00068067 | 4:00pm 00068061 | |
| PRESCHOOL 5 | 6:00pm 00068053 | | 5:20pm 00068062 | 10:35am 00068072 |
| SWIMMER 1 | 4:00pm 00068108 4:40pm 00068109 5:20pm 00068110 6:00pm 00068111 | 9:55am 00068073 11:55am 00068076 | 4:00pm 00068122 4:40pm 00068123 5:20pm 00068124 6:00pm 00068125 | 9:55am 00068078 11:55am 00068079 |
| SWIMMER 1 ADVANCED | 4:00pm 00068112 4:40pm 00068113 5:20pm 00068114 | 11:15am 00068074 | 4:00pm 00068126 4:40pm 00068127 5:20pm 00068128 | 11:15am 00068080 |
| SWIMMER 2 | 4:00pm 00068115 4:40pm 00068116 6:00pm 00068117 | 9:55am 00068077 10:35am 00068075 | 4:00pm 00068129 4:40pm 00068130 6:00pm 00068131 | 9:55am 00068082 10:35am 00068081 |
| SWIMMER 3 | 4:00pm 00068118 4:40pm 00068119 5:20pm 00068120 6:00pm 00068121 | 11:45am 00071093 | 4:00pm 00068132 4:40pm 00068133 5:20pm 00068134 6:00pm 00068135 | |
| SWIMMER 4 | 4:00pm 00068102 | 11:45am 00068083 | 5:50pm 00068104 | 11:45am 00068089 |
| SWIMMER 5 | 4:00pm 00068103 | 9:55am 00068084 | 5:50pm 00068105 | 9:55am 00068087 |
| SWIMMER 6 | 4:55pm 00068106 | 9:55am 00068085 | 4:55pm 00068107 | 9:55am 00068088 |
| SWIMMER 7 / ROOKIE | 4:55pm 00068096 | 10:50am 00068090 | 4:55pm 00068099 | 10:50am 00068093 |
| SWIMMER 8 / RANGER | 5:50pm 00068097 | 10:50am 00068091 | 4:00pm 00068100 | |
| SWIMMER 9 / STAR | 5:50pm 00068098 | 10:50am 00068092 | 4:00pm 00068101 | |

PRIVATE & SEMI-PRIVATE SWIM LESSONS



PRIVATE LESSONS | 9 Lessons | 35mins
 Members \$168.84, Non-Members \$211.05

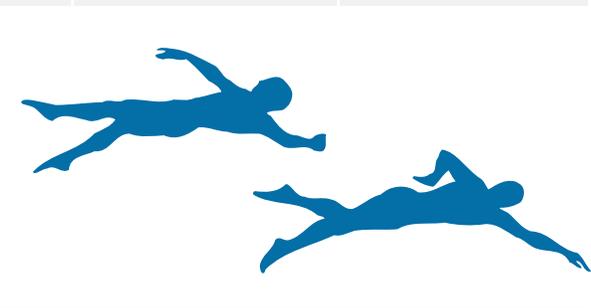
SEMI-PRIVATE LESSONS | 9 Lessons | 35mins
 Members \$276.84, Non-Members \$346.05

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 participants. You must coordinate your second participant at time of registration. As we are only able to take one payment, any cost splitting should be coordinated outside of our registration system.

Please ensure you pick the appropriate swim lesson level noted in the chart below.

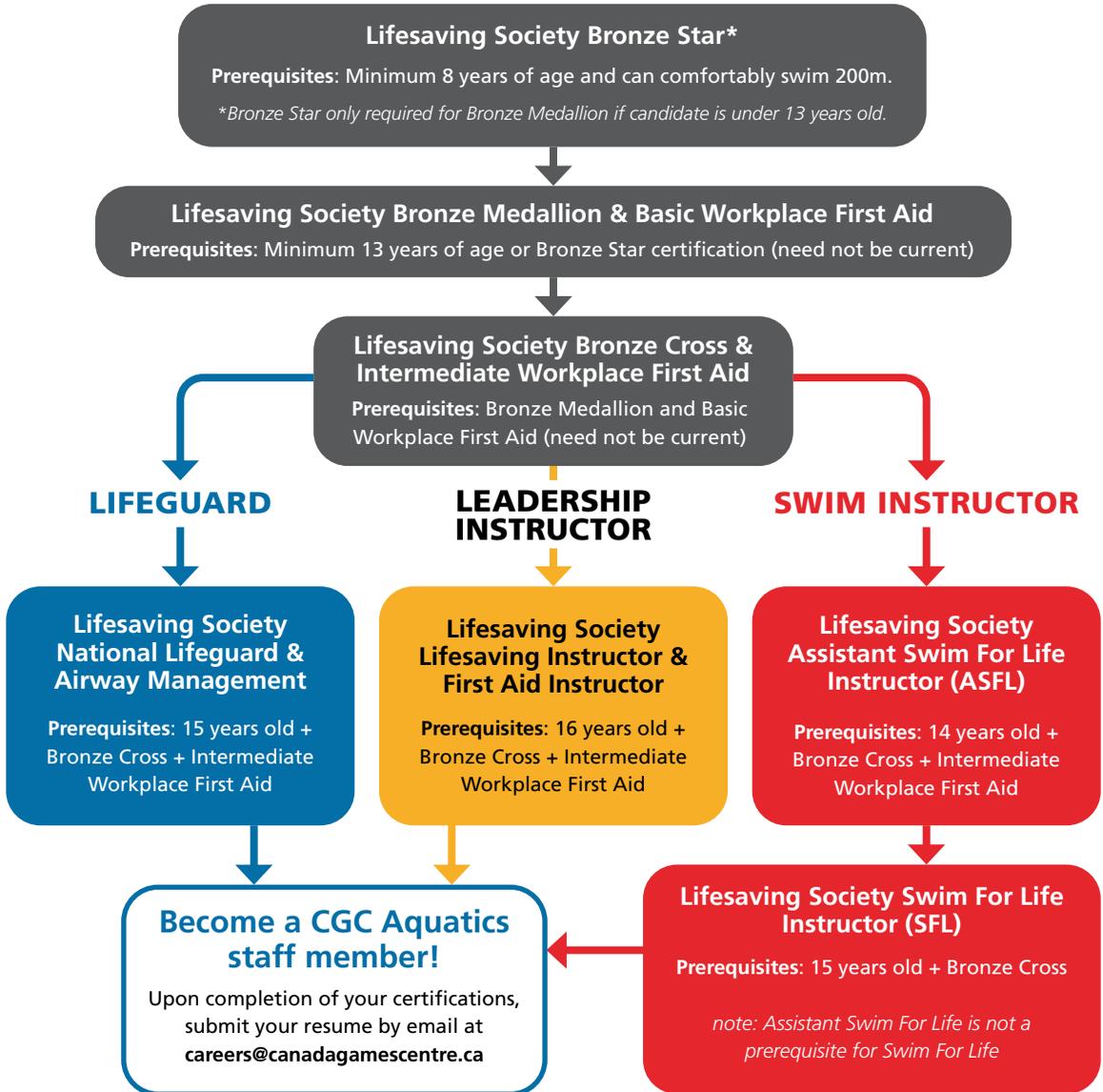
| | | SESSION A JULY 4th–AUGUST 1st TUESDAYS & THURSDAYS | SESSION 1 JULY 11th–14th JULY 17th–21st | SESSION B AUGUST 3rd–31st TUESDAYS & THURSDAYS | SESSION 2 AUGUST 8th–11th AUGUST 14th–18th |
|---------------------|--------------|--|---|--|--|
| SWIMMER 2 OR LOWER | Private | 6:00pm 00068280 | 10:35am 00068275 11:55am 00068276 | 4:40pm 00068285 6:00pm 00068287 | 10:35am 00068277 11:55am 00068278 |
| | Semi-Private | | 11:15am 00068274 | 5:20pm 00068289 | 9:55am 00071082 11:15am 00068279 |
| SWIMMER 3 OR HIGHER | Private | 4:00pm 00068281 4:40pm 00068282 | | 4:00pm 00068286 | 10:35am 00071083 |
| | Semi-Private | 5:20pm 00068283 6:00pm 00068284 | | 6:00pm 00068288 | 11:15am 00071084 |





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.

How to become a Lifeguard and/or Instructor





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 4th-August 1st
 Tuesdays & Thursdays | 5:50pm-7:05pm
 Members \$100, Non-Members \$130
 Online registration code 00068293

Prerequisite: Minimum 8 years of age and comfortably swim 200 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. Due to the nature of these courses, 100% attendance is required for certification.

**Please note: 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)

July 3rd-7th
 Monday- Friday | 9:00am-2:30pm
 Members \$195, Non-Members \$225
 Online registration code 00068297

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. Due to the nature of these courses, 100% attendance is required for certification.

Lifesaving Society Bronze Cross & Intermediate Workplace First Aid (formerly Standard First Aid)

August 8th-August 18th
 Monday-Friday | 9:00am-1:00pm
 Members \$210, Non-Members \$240
 Online registration code 00068305

Prerequisite: Bronze Medallion; Basic Workplace First Aid (formerly 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.



Lifesaving Society National Lifeguard & Airway Management

COMPACT COURSE | July 23rd-29th

Tuesday-Sunday | 9:00am-5:00pm

Members \$260, Non-Members \$290 (plus tax)

Online registration code **00068299**

3-WEEKEND COURSE | August 25th-27th,

September 8th-10th, September 16th & 17th

Fridays | 5:00pm-9:00pm,

Saturdays & Sundays | 9:00am-5:00pm

Members \$260, Non-Members \$290 (plus tax)

Online registration code **00068308**

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. Due to the nature of these courses, 100% attendance is required for certification.

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 | August 12th & 13th

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

Members \$105, Non-Members \$135 (plus tax)

Online registration code **00068306**

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)

SESSIONAL COURSE | July 3rd-14th

Mondays-Fridays | 9:00am-12:30pm

Members \$210, Non-Members \$240 (plus tax)

Online registration code **00068291**

4-DAY COURSE | August 1st-4th

Tuesday-Friday | 9:00am-5:00pm

Members \$210, Non-Members \$240 (plus tax)

Online registration code **00068302**

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. Due to the nature of these courses, 100% attendance is required for certification.

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.

■ 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 The Head Coach at swimacademy@canadagamescentre.ca.

Summer Swim Team will run from **Monday, June 26th to Friday, August 20th** for ages 8-18. Our tentative end-of-season banquet date is Wednesday, August 23rd, however this will be confirmed by our Social committee in the welcome email from the Head Coach closer to season start. Please note that all ages are suggestions for placement, but final group placement is at the discretion of the coaches.

Please note: Due to popularity of the Summer Swim Team, priority will be given first to summer swimmers only, not winter swimmers looking to off season train. Thank you for your understanding.



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 2022/2023 Summer Swim Team Off-Season training participants. Please watch for an email from the Head 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.



SILVER | Ages 11-14

Members \$390.00, Non-Members \$485.00

Online registration code **00068310**

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. Silver 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. One practice a week these sub-groups will train separately.

BRONZE | Ages 8-12

Members \$390.00, Non-Members \$485.00

Online registration code **00068309**

Pre-requisite: Swimmers looking to begin swim team must have completed: swimmer 6 or a session of our introduction to competitive swimming program Level 1 or 2. 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 8-12 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. One practice a week these sub-groups will train separately.

GOLD | Ages 13 and up

Members \$390.00, Non-Members \$485.00

Online registration code **00068311**

Pre-requisite: 2- 3 years of swim team experience with competitions. Able to swim continuously 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 13 are entering competitive swimming, coaches will use their judgement to consider placing them in Gold.

■ SUMMER SWIM TEAM SCHEDULE*

Schedule runs from Monday, June 26th to Friday, August 20th

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

**Please note: There are no practices on Monday, August 7th.*

| | MON | TUE | WED | THU | FRI | SAT / SUN |
|--------|----------------------------|--|----------------------------|--|----------------------------|--|
| BRONZE | B1 & B2 4:15pm - 5:30pm | B1 & B2 6:15pm - 7:30pm | B1 & B2 5:15pm - 6:30pm | B1 5:15pm - 6:30pm B2 6:15pm-7:30pm | B1 & B2 4:15pm - 5:30pm | SEE SWIM NOVA SCOTIA COMPETITION SCHEDULE |
| SILVER | S1 & S2 6:15pm - 7:30pm | S1 4:15pm - 5:30pm S2 5:15pm - 6:30pm | S1 & S2 6:45am - 8:00am | S1 & S2 4:15pm - 5:30pm | S1 & S2 5:15pm - 6:30pm | |
| GOLD | 5:15pm - 6:30pm | 6:45am - 8:00am | 3:45pm - 5:30pm | 6:45am - 8:00am | 6:15pm - 7:30pm | |

CELEBRATE YOUR SPECIAL DAY

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



BATTING CAGE PARTY PACKAGE

(20 guests)

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

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



FIELD HOUSE PARTY PACKAGE

(30 guests)

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

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



POOL PARTY PACKAGE

(20 guests)**

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

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

*HST not included.

**A small fee applies for additional party bracelets 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



SUMMER 2023

Programs and Services

It happens here.



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