



2022-2023
ANNUAL REPORT



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OUR LEGACY

The Canada Games Centre was built as the legacy of the 2011 Winter Canada Games in Halifax, Nova Scotia. In February of 2011, the Centre hosted the badminton, synchronized swimming and artistic gymnastics events.

The Canada Games Centre is now a vibrant multi-sport community and recreation centre open to the public. We are an HRM-owned facility operated by a non-profit society committed to promoting physical literacy, fitness and wellness, and to supporting the needs of high performance sport and athlete development. In an all-inclusive environment, the Centre runs sport and recreation programs, camps, fitness classes, and so much more.

LAND ACKNOWLEDGMENT

The Canada Games Centre (CGC) is located in Mi'kma'ki, the ancestral and traditional lands of the Mi'kmaq people. The CGC acknowledges the Peace & Friendship Treaties signed in this Territory and recognizes that we are all Treaty People.

VISION

Together, we inspire healthy active living.

MISSION

The Canada Games Centre is committed to the promotion of healthy and active living. We provide opportunities and access for sport and recreation at all levels. Driven by our passion, leadership and teamwork, we provide innovative programming and exceptional experiences.

OUR VALUES SHARED EVERY DAY

Respect, Communication, Community, Service Excellence, Leadership.

MESSAGE FROM THE BOARD CHAIR AND GENERAL MANAGER

April 2022 kicked off a year of returning to normal operations, full of hope and excitement in bringing people back into the Centre. It was a year of moving forward and a revival of the Centre and all our programs and activities. Our goal was to provide a place for the community to reconnect and enrich the wellbeing of every person within it. We wanted to recover from the last couple of years and enjoy being social and active with friends and families again.

My sincere thanks to the staff and volunteer Board of Directors who have worked tirelessly in the face of ongoing challenges, pandemic impacts, staff shortages and constant change. Their commitment and dedication to ensure the CGC was operating and serving our community is highly commendable. As the saying goes, “when the going gets tough, the tough get going” and this was absolutely true at the CGC. Nothing can stop the amazing team at the CGC.

We continue to invest in the facility each year to improve our services. We are very excited with the completion of our accessible Universal Change Room as we strive to be a welcoming place for everyone. We will continue to make investments into the change rooms in 2023, among other exciting upgrades and enhancements, to improve the experience at the CGC. We look forward to collaborating with our community to provide a great service, remove barriers and enhance accessibility to healthy active living, and foster a safe place for people to gather.

Thank you to our members, guests, and stakeholders who have stayed with us during uncertain times and supported us in countless ways. We are so excited and committed to providing a vital service to the community we serve.



Jeff McKinnon
*Chair, Canada Games
Centre Society (Halifax)*



Gary Furlong
General Manager

VISIONARY LEADERSHIP

The valuable leadership and inspiration we receive from our volunteer Board of Directors contribute to our ongoing success as an organization.

BOARD OF DIRECTORS 2022-2023

Jeff McKinnon – Chair
Valerie Seager – Vice Chair
Deanna Severeys – Treasurer
Sarah McLean – Corporate Secretary
Cherie Foronda-Brennan – Director
Christian Browne – Director
Greg O’Malley – Director
Jennifer Seehra – Director
Kathryn Morse – Director
Kelsey Green – Director
Kevin Cameron – Director
Gary Furlong (Ex-officio)

CGC COMMUNITY



8,079

Active Annual
Members



40,531

Day Pass Visitors

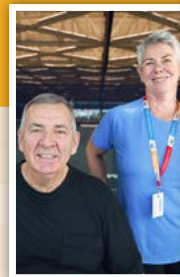


267

fee assistance
memberships

MEMBERSHIP FEE ASSISTANCE PROGRAM

The CGC offers an affordable access program to help support those in our community who need it most. We believe that everyone should have the opportunity to take part in fitness and recreation activities, and that those opportunities should be accessible and affordable—regardless of one's financial means. The CGC Membership Fee Assistance program aids individuals and families by covering 50% of their annual membership fees. In 2022-2023, we welcomed 267 memberships into the program.



IT HAPPENS HERE: MEMBER VIDEOS

Every day the Canada Games Centre is humming with activity. Looking around at the diverse and dynamic community—from the very young to the young at heart, from the aspiring athlete to the Olympian/Paralympian—it's hard not to feel motivated. Though we each have different reasons and goals that bring us to the CGC, it's the collective dedication to healthy active living that creates the positive energy once inside.

This video series features CGC members and what healthy active living looks like for them:



[canadagamescentre.ca/membership/
it-happens-here-member-videos/](https://canadagamescentre.ca/membership/it-happens-here-member-videos/)

A special thanks to Ama and Efua; John and Bea; Jennifer, Nathan, Ethan and Isabel; Strah and Sasa; and Bernie, for being a part of the CGC community and sharing your energy with us.

1,766
WIH Passes

WELCOMED IN HALIFAX

HALIFAX isans | Immigrant Services Association of Nova Scotia

The Welcomed in Halifax Program (WIH) through the City of Halifax provides new refugees with free access to recreation facilities, museums, and transit for one year. In support of this program, the CGC celebrated an active welcome of **1,766 WIH Pass visits** to the facility with help from the Immigrant Services Association of Nova Scotia (ISANS).



Provided **\$194,037** in community support and access to recreation through CGC prizing, facility rental space, and initiatives like the CGC Membership Fee Assistance Program, \$4 Swim & \$4 Track times, 2-Week Access Pass, and Welcomed In Halifax Program.

CHECKING OUT THE CANADA GAMES CENTRE

In partnership with the Keshen Goodman Public Library, we were excited to resume the CGC 2-Week Access Pass as of June 2022. This collaboration enables the community to check out a 2-week access pass to the CGC using their library card. The pass is included in a CGC participant kit which contains a physical literacy bookmark and information in English, French, and Arabic on how to make the most of a visit to the CGC. The passes continued to be a popular item in library circulation and were **signed out 190 times**, with another **296 holds requested** by the end of the 2022-2023 fiscal year.



PHYSICAL LITERACY

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. It is a journey that continues through all life stages—from the young, to the young at heart—as those who are physically literate can make the most of opportunities for fun and activities regardless of their age.

This is why we continue to support physical literacy within our community by providing quality programs and services based on **Sport for Life Physical Literacy** and **Long-Term Development** principles.



ACTIVE FOR LIFE®



Physical literacy
is the...



...to be
active for life

403

Aquatics Leadership
program participants



1,332

participants
in Recreation
programs

686

participants
in Fitness
programs



FACILITY AWARDS

- **Lifesaving Society's Les Punchard Award** – for certifying the most individual lifesavers in Nova Scotia
- **Lifesaving Society's Regional Affiliate for Halifax Region** – Large Facility Award for running the most lifesaving programs in the City of Halifax

4,397

participants
in Aquatics
programs



JEFF LETHBRIDGE



Hometown: Oakville, ON
CGC Member since: 2017

Motivation: Being able to play with my grandson, remaining fit to help stay healthy in later years, meeting new challenges and learning new things.

“ The CGC has activities, classes, equipment for every person regardless of age or gender. ”

 canadagamescentre.ca/member/jeff-lethbridge/



1-DAY WORKSHOPS

Over the course of the year, we held 1-Day Fitness & Wellness Workshops that were free for members and \$8 for non-members. These workshops provided participants with the opportunity to explore new and different ways to move and focus on wellness.

81 participants joined us for **7 workshops**.



69,550

Drop-in Fitness Class
participants

JESSICA CONNORS

Hometown: Dartmouth, NS

CGC Member since: 2020

Motivation: To become as physical as I possibly can and not take my mobility or health for granted.

“The staff are super friendly, and I was happy to be able to swim which was incredibly relaxing on my back [after recovering from emergency spinal surgery].”

 canadagamescentre.ca/member/jessica-connors/



MOST POPULAR WORKSHOPS

Breathwork for Calming the Nervous System



Somatic Activated Healing Movement



IT HAPPENS HERE:

BERNIE

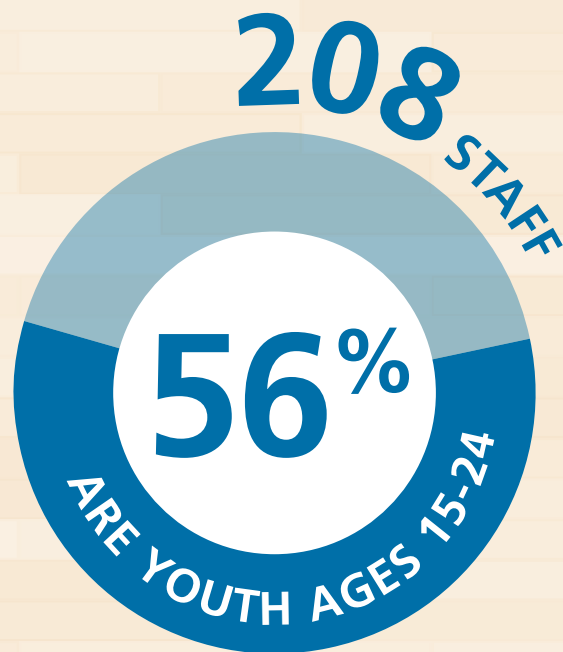
Meet Bernie, a dedicated CGC member. The very idea of being sedentary and unhealthy is enough to keep him active. With a focus on mobility and circulation, Bernie's workouts are less about work and more about feeling good – even when upside down. He also manages to lighten his mood and the moods of those around him with a shared laugh or two. It's hard not to smile and feel inspired when Bernie's at the CGC.

 canadagamescentre.ca/membership/it-happens-here-member-videos/#Bernie

 canadagamescentre.ca/member/bernard-francis/



1,821 Summer Campers
(52 camps offered)



226
Birthday Parties!



41
Tournaments & Community Events

39 kids
in After School Program enjoyed
400+ hours
of scheduled physical activity



IT HAPPENS HERE:

THE GUY FAMILY

Meet the Guy Family. As parents, Jennifer and Nathan are inspired to live long healthy lives and lead by example for their children Ethan and Isabel. For Ethan and Isabel, it's about having fun and spending time together as a family. Over the last six years, the Guy Family has found a second home at the CGC that meets everyone's goals. From the After School Program to swim lessons, open court times to fitness classes, they continue to play together in a way that maximizes family fun and fitness.



[canadagamescentre.ca/membership/
it-happens-here-member-videos/#GuyFamily](https://canadagamescentre.ca/membership/it-happens-here-member-videos/#GuyFamily)

Canada Games Centre

Swim Academy



210
Swim Academy
Athletes

The **Canada Games Centre Swim Academy (CGCSA)** is designed to develop the whole athlete and avoid the pitfalls normally associated with overtraining and early sport specialization. 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.

V 2022 Masters
Provincials 3rd
Overall Team
Ranking



V 2022 Summer
Swimming
Provincials Large
Team 13-14 Age
Group Winner

The CGCSA includes a Lifesaving Sport Team, a Summer Swim Team & Off-Season Training, a Masters Swim Team and an Introduction to Competitive Swimming program.



READ ALL ABOUT LAST YEAR'S RESULTS ONLINE:

- **Making a Splash at Masters Provincials**
canadagamescentre.ca/news/cgc-swim-academy-masters-make-a-splash-at-provincials-2022/
- **CGC Sizzling Summer Recap**
canadagamescentre.ca/news/cgc-summer-recap-2022/
- **Off to a Great Start! – CGCSA Masters Swim Team Fall Highlights**
canadagamescentre.ca/news/cgcsa-masters-great-start-22-23/
- **Winning in the Water**
canadagamescentre.ca/news/cgcsa-winning-in-the-water/
- **CGCSA Winter Water Recap 2023**
canadagamescentre.ca/news/cgcsa-winter-water-recap-2023/

Congratulations to
all CGCSA athletes on
an amazing season!



COMMUNITY PROGRAMS

MOVE TO IMPROVE

Move to Improve is a free 10-week program delivered by the Chebucto Community Health Team in collaboration with the CGC. Helping those with chronic health conditions and low fitness levels, this community program focuses on making gradual yet tangible improvements through physical activity. This popular program helped provide support to over 60 participants in 2022-2023.



HEALTHY LIVING SEMINARS

Inspiring healthy active living doesn't only happen within the CGC, we also share our vision outside the facility with other organizations and the broader community. One way we do this is by facilitating Healthy Living Seminars. Each seminar features an engaging 60-minute session about what it means to live a healthy lifestyle. Topics covered included exercise, diet, and mindfulness. This year, we reconnected with Youth the Future and presented two seminars.

Youth the Future is a preemployment program led by the Canadian Council on Rehabilitation and Work. It is designed to work with ambitious young people with disabilities (physical, sensory, medical, learning and/or mental health disabilities) who are looking to find meaningful part-time employment.

MUSIC POP-UPS

The CGC's Mainstreet lobby was once again filled with the moving sounds of live music. Thanks to our partnership with Debut Atlantic, members and guests of all ages were treated to beautiful pieces and voices by Canadian talent.

- September 13th: The New Cohort – Keith Hamm, viola & Julie Hereish, cello
- November 15th: Bryn Blackwood, piano
- February 14th: Tracy.Marcel.Dakota – Tracy Cantin, soprano, Marcel d'Entremont, tenor & Dakota Scott-Digout, piano
- March 20th: Liam&LaLa – David Liam Roberts, cello & LaLa Lee, piano



IT HAPPENS HERE:

AMA AND EFUA

Meet 10-year-old Ama and 13-year-old Efua, sisters, CGC members and Swim Academy teammates. Efua and Ama have been coming to the Canada Games Centre with their mom to swim for as long as they can remember. The time they spend training and playing at the CGC not only develops their skills and strength, but also their confidence. Both girls are proud to share how much they love swimming and how being next to each other in the pool encourages them to train just a little harder!



[canadagamescentre.ca/membership/
it-happens-here-member-videos/#Ama&Efua](https://canadagamescentre.ca/membership/it-happens-here-member-videos/#Ama&Efua)



[canadagamescentre.ca/member/
efua-and-ama/](https://canadagamescentre.ca/member/efua-and-ama/)

SHELTER FROM THE STORM

On the evening of Friday, September 23rd, 2022, the CGC was transformed into an Evacuation Shelter operated by the Canadian Red Cross. Over the next 7 days while regular CGC activities were on hold, the Centre was a safe haven for 200+ individuals, families, and pets displaced by Hurricane Fiona. A very big THANK YOU to the Canadian Red Cross, The Salvation Army, the Disaster Animal Response Team of Nova Scotia, and the many volunteers that helped set up shelter at the CGC.



“ Having pets in a facility can come with its own unique challenges, but [CGC] staff gave us 24/7 support for all our needs, and they truly went above and beyond to assist us. ”

*- Roger Joyce,
DART Response Director*

SHABAD KAUR

Hometown: Halifax, NS

CGC Member since: 2016-2018 & 2021

Motivation: Being active is an effective way for me to de-stress after a long day.

“ The CGC creates a friendly atmosphere where you can meet new people for different activities and create a strong sense of community. ”

 canadagamescentre.ca/member/shabad-kaur/



“ Thank you for being so kind helping. ”

- CGC Member



“ Sending a note of gratitude to the entire team for all efforts before, during and after Hurricane Fiona. Thank you for taking care of our communities! ”

*- Darren Fisher,
Member of Parliament*



IT HAPPENS HERE:

JOHN & BEA

Meet John and Bea, spouses and CGC members. For them, being active has never been solely about getting stronger and physically healthier, but also about the people they connect with while working out. After moving from their home in a community-oriented neighborhood, to an apartment building, they regained a sense of community at the CGC. While John and Bea may do different exercises as part of their daily routines, their goals are the same – keep active, look after their mental health, and enjoy time together with friends.



canadagamescentre.ca/membership/it-happens-here-member-videos/#John&Bea



canadagamescentre.ca/member/john-bea-bardsley/

FUELING THE COMMUNITY

Building on the success of the previous year's food drive in support of the Fairview Food Pantry project, the CGC hosted two more in 2022-2023 to great results. From June 10th-23rd and December 2nd-15th, CGC members, guests and staff helped fill many hearts and bellies with their generous donations. Thank you to all who helped make each food drive more plentiful than the last!



The Fairview Food Pantry project is run by community volunteers and helps address the high rates of poverty, especially among children and seniors, in parts of the Clayton Park and Fairview neighbourhoods.



HEIDI & ADAM

Hometown: Halifax, NS

CGC Member since: 2015

Motivation: To live a healthy happy lifestyle.



“Exercising is fun, staff are supportive and they motivate and adapt movements to help us fulfill our goals and address our health concerns. We show up, work out, refresh and return to our workday empowered.”



canadagamescentre.ca/member/heidi-adam/

RECREATION MONTH

To celebrate Recreation Month in Nova Scotia, we hosted two free swims in June: A Teen Swim on Friday, June 17th and an All Ages Swim on Sunday, June 26th. Both swims were well attended by the community – so much so that we hosted another Teen Swim in November!



IT HAPPENS HERE:

STRAH & SASA

Meet Strah and Sasa, son and father, CGC members and friendly competitors. For Strah and Sasa, workouts are more than a way to stay in shape. They use the variety of activities at the CGC to stick to their fitness goals, engage in healthy competition, and catch up as father and son. For the duo, staying active together is more motivating and fun than exercising solo.



canadagamescentre.ca/membership/it-happens-here-member-videos/#Strah&Sasa



canadagamescentre.ca/member/sasa-strahinja-mitrovic/

TOURNAMENTS, EVENTS & GROUP ACTIVITIES



NATIONAL / REGIONAL / PROVINCIAL SPORT

- Athletics Nova Scotia Indoor Open Track Meet
- Athletics Nova Scotia Last Chance Track Meet
- Atlantic Canada TaeKwonDo Games
- Basketball Nova Scotia High Performance Program
- Canoe/Kayak Canada Training
- Halifax Wanderers Soccer Club Training
- Judo Nova Scotia Tournament
- Karate Nova Scotia Everything Karate
- RBC Training Ground
- Softball Canada Training
- Special Olympics Nova Scotia Training
- Sport Nova Scotia Reindeer Games
- Triathlon Nova Scotia Certification Course
- Volleyball Canada 14U Nationals
- Volleyball Nova Scotia High Performance Program
- Volleyball Nova Scotia 13U-18U Provincial Championships
- Wrestling Nova Scotia Training



SCHOOL / LOCAL SPORT

- Atlantis Artistic Swimming Club
- Bedford Blizzard Volleyball Club
- Breakthrough Basketball Camp
- Halifax Athletics
- Halifax Metro Minor Basketball League
- Halifax Open Volleyball Tournament
- Halifax Sport & Social Club
- Halifax Triathlon Club
- Halifax Ultimate Frisbee Tournament
- Kraken Underwater Hockey
- Sackville Chebucto Athletics
- Saint Mary's University Open Track Meet
- YHZ Athletics



COMMUNITY GROUPS / ACTIVITIES

- Bangladesh Canada Friendship Society
- Chebucto Community Health Low Intensity Exercise Program
- Ecology Action Centre Pop-Up Bike Hub
- Engage Mainland North
- Hindu Swayamsevak Sangh
- Iranian Cultural Society
- Mainland North Joint Emergency Management
- Next Ride's Electric Avenue
- Power of Ten Tutoring Program
- South Indian Cultural Association of the Maritimes
- Try-A-Ride Paracycling
- YACRO Walking Program
- YMCA Newcomers Walking Program



HIGH PERFORMANCE SPORT



The Canadian Sport Institute Atlantic (CSI Atlantic) is located at the Canada Games Centre. The Institute develops partnerships and implements programs that help build and support Atlantic Canada's high performance sport structure, leading to Atlantic Canadian athletes succeeding at the national and international level.

ATLANTIC ATHLETES WHO TRAIN AT THE CANADA GAMES CENTRE



Rowing
Ice Hockey
Soccer
Canoe Kayak
Volleyball
Basketball
Para Sailing
Wrestling
Para Triathlon
Para Ice Hockey
Para Rowing
Sailing
Karate

517
Provincial Athletes




WORLD CHAMPIONSHIP PODIUM FINISHES FOR CSI ATLANTIC ATHLETES

2022 Canoe and Paracanoe Sprint World Championships

-  Connor Fitzpatrick & Katie Vincent – Gold
-  Sloan MacKenzie, Katie Vincent, Julia Lilley Osende, Sophia Jensen – Gold
-  Katie Vincent – Gold
-  Bret Himmelman & Craig Spence – Bronze
-  Toshka Besharah-Hrebacka & Andreeanne Langlois – Bronze

2022 International Ice Hockey Federation Women's World Championship

-  Blayre Turnbull – Gold

2022 Artistic Gymnastics World Championships

-  Ellie Black & Denelle Pedrick – Bronze

2022 World Triathlon Championships

-  Kamyille Frenette – Bronze

2022 International Ice Hockey Federation U18 Women's World Championship

-  Avi Adam – Gold
-  Lucy Philips – Gold

FACILITY IMPROVEMENTS

UNIVERSAL CHANGE ROOM

In late summer/early fall, the former Family Change Room went through a major renovation and reopened as the Universal Change Room. This project allowed us to upgrade the space to be even more accessible and inclusive.

- All the change stalls, washroom stalls, shower stalls, and accessible stalls were upgraded to create a gender-neutral space.
- New sinks, countertop, and hand/hair dryers installed at varying heights added more accessibility.
- All the lockers were replaced with ones better suited to a wet environment.
- Accessible door push buttons were upgraded to high low push plates for more ease of use.
- An emergency button with audio and visual signals was added to the dedicated accessible room with the transfer lift and height adjustable adult change table.
- New lighting and new tiles were installed, and fresh paint applied throughout.



WAYFINDING UPGRADE

Directional signage and room identifiers were updated throughout the facility this year. The new signs were designed and installed with improving accessibility and inclusion in mind, using the Rick Hansen Foundation Accessibility Certification™ Gold standard as a benchmark. They feature higher contrast colours, braille and raised elements, as well as pictograms to indicate the amenities available within the identified space. This combination improves overall visibility, creates a welcoming environment, and helps reduce language and literacy barriers.

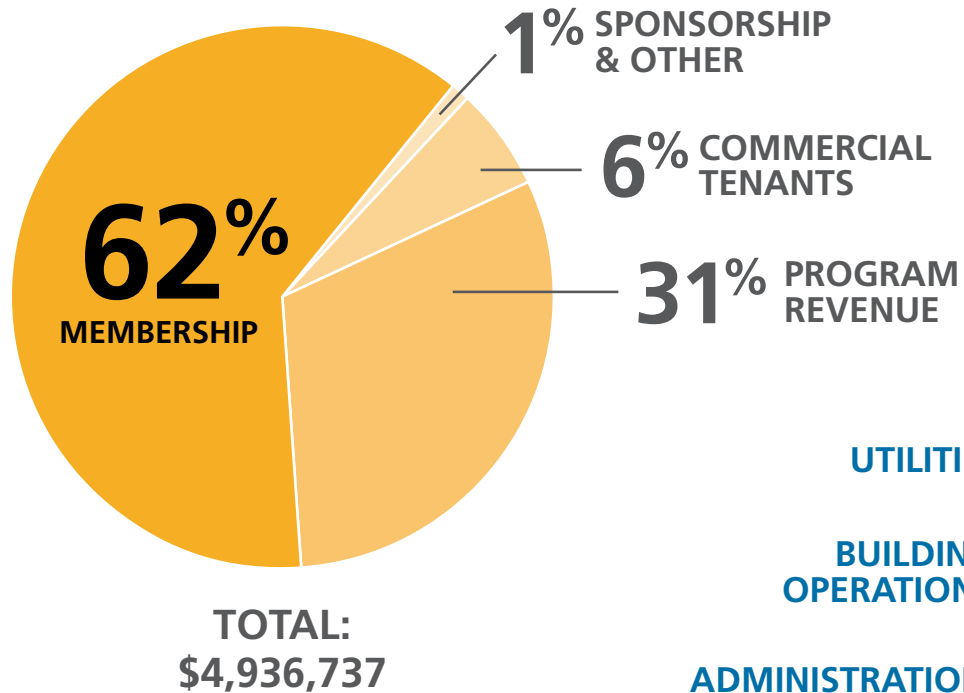
AQUATICS DECAL

The Aquatics Centre received a refreshed decal to aid in wayfinding and the promotion of physical activity for those travelling on Lacewood Drive. The decal also prevents glare inside while still allowing a view of the outdoors and natural light to illuminate the pool deck.

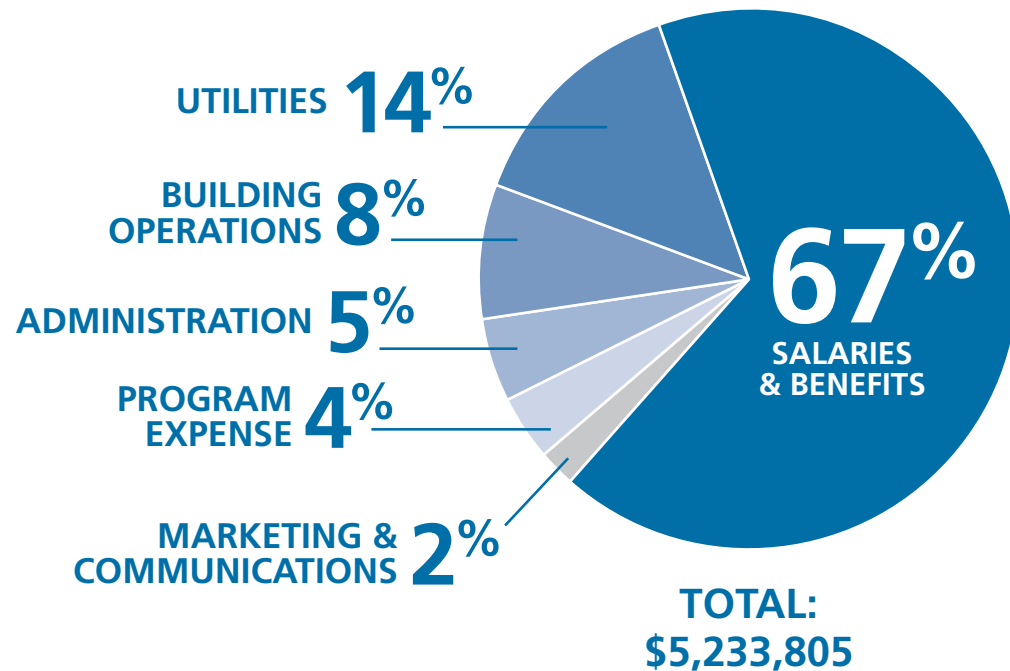


FINANCIAL SUMMARY FOR 2022-2023

REVENUES



EXPENSES



THANK YOU

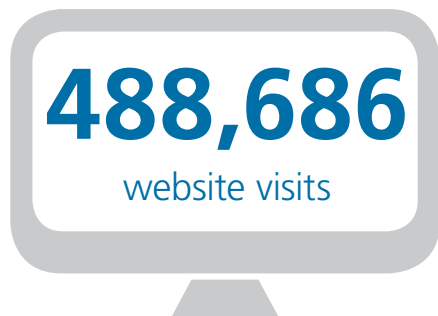
The Canada Games Centre is grateful for the support of the following stakeholders, who continue to align with us as a place to meet, learn, exercise, grow, socialize and play.

HALIFAX



lifemark

STAYING CONNECTED



15,875

e-newsletter
subscribers



8,059

Facebook followers



Twitter
followers



It happens here.

 E-newsletter: <http://bit.ly/cgcnews>

 @CdaGamesCentre

 [facebook.com/CGCHalifax](https://www.facebook.com/CGCHalifax)

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