

The logo for the Canada Games Centre, featuring the text "Canada Games Centre" in a bold, black, sans-serif font. To the right of the text is a stylized graphic of three curved lines in blue, red, and yellow, resembling a flame or a stylized 'M' shape.

Canada
Games
Centre

It happens here.

The word "Fall" is written in a large, elegant, red cursive script, centered within a white inverted triangle. The background of the entire page is a gradient from blue at the top to orange at the bottom, with various silhouettes of athletes and autumn leaves scattered throughout. The top section features yellow silhouettes of athletes and leaves against a blue background. The bottom section features red and blue silhouettes of athletes and leaves against an orange background. The white inverted triangle is the central focus, containing the main title and subtitle.

Fall

2023

PROGRAMS &
SERVICES

■ TABLE OF CONTENTS

How to Register	3
Staying Healthy	4
Physical Literacy – It Happens Here	5
Canada Games Centre Membership	7

■ RECREATION PROGRAMS	8
Day Camps	8
Sports Programs	9

■ FITNESS AND WELLNESS PROGRAMS	12
Adult Specialized Programs	12
Wellness Programs	14
Fitness Services	17

■ AQUATICS PROGRAMS	19
Aquatics Registration Information	19
Parent & Tot Programs	20
Preschool Programs	21
School-Aged Swimmer Programs	22
Swim Lessons - Days & Times	24
Group Swim Lessons	26
Private Coaching & Training	27
Aquatics Inclusion Lessons	27
Private & Semi-Private Swim Lessons	28
Leadership Programs	29
CGC Swim Academy	34
Masters Swim Team	37

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

In-person: **August 10th**, beginning at 8:00 am

NON-MEMBERS:

Online: **August 15th**, beginning at 8:00 am

In-person: **August 17th**, beginning at 8:00 am

Registration links within the guide become active when registration opens.

■ GENERAL INFORMATION

- Specific information regarding safety standards, dress code, and other policies will be displayed throughout the Centre and on our website.
- Please note there are currently additional safety protocols in place.
- The minimum age to work out in the Fitness Centre is 18, unless a member, for which the minimum age is 14.

■ PROGRAM CANCELLATIONS AND REFUND POLICIES

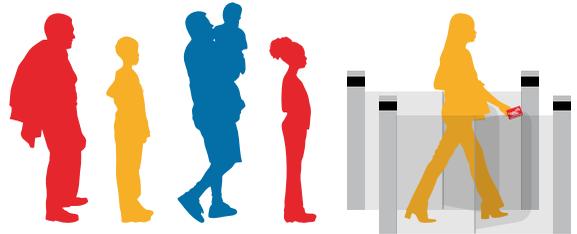
- Some programs may be cancelled due to insufficient registrants. The Canada Games Centre monitors registration levels prior to the start of programs to ensure quality programs are offered. A great course could be cancelled if there are not enough registrants. Register early to avoid program cancellations.
- There are no refunds for programs offered at Canada Games Centre unless the program is cancelled by the Centre. If we cancel a program, full refunds will be issued.
- A non-refundable credit will be issued if a participant provides 7 days advance notice, prior to the start date of the program.
- Within 7 days of a program start date, no credit will be issued. In the event of a medical matter, documentation will be required.
- All non-refundable credits must be used within one year.
- Accepted forms of payment: Visa, MasterCard, debit cards, cash and cheques (some restrictions apply). The charge for non-negotiable payment is \$40 plus tax.

One card for all your CGC programs!

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

How do they work?

- Cards are handed out at the time of in-person registration or can be picked up prior to or on the program start date (unless you already have one from previous sessions).
- Scan your Program Access Card to go through the gates. Access is available up to 30 minutes before and during your registered program.
- Children under the age of 12 must be accompanied by an adult.



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

Forgot your card?

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

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



Cards are reusable!

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

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

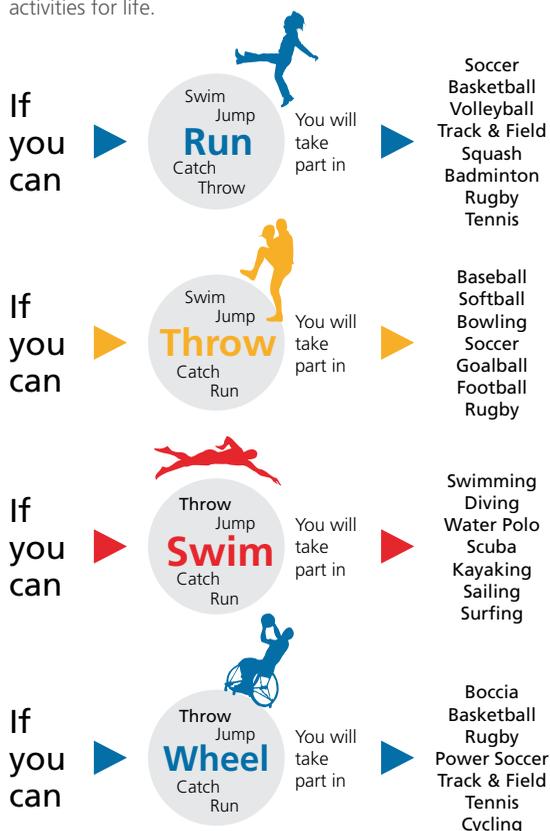
Enjoy the Centre!



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.



Sport for Life

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

2 FUNdamentals

MALES 6-9 Years

FEMALES 6-8 Years

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

PROGRAMS

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

4 ActiveforLIFE

MALES & FEMALES

Any Age

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

PROGRAMS

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

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

1 ActiveSTART

MALES & FEMALES

0-6 Years

PROGRAMS

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

3 LearntoTRAIN

MALES 9-12 Years

FEMALES 8-11 Years

PROGRAMS

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



Sport for Life

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



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



CGC Membership

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



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

**Annual members only*

- 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*

Recreation Programs



■ DAY CAMPS

AGES 5-12 | 1 session
October 27th
Friday, 8:30am-5:00pm
Members \$39, Non-Members \$45
Online registration code [00075268](#)

Our day camps are offered on select dates throughout the school year and take advantage of all that our facility has to offer. Typical days include everything from swimming in our pool, playing active games in our Field House, arts & crafts, and outdoor time on our playground.



■ SPORTS PROGRAMS

Badminton - Introduction



AGES 6-8 | 10 sessions
September 20th-November 22nd
Wednesdays, 5:00pm-6:00pm
Members \$84, Non-Members \$105
Online registration code [00075264](#)
Location: Field House



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

Badminton - Development



AGES 9-14 | 10 sessions
September 20th-November 22nd
Wednesdays, 6:00pm-7:30pm
Members \$108, Non-Members \$135
Online registration code [00075265](#)
Location: Field House



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



Pickleball



PICKLEBALL FUNDAMENTALS



Ages 18+
10 sessions | September 26th-October 26th
Tuesdays and Thursdays, 1:00pm-3:00pm
Members \$112, Non-Members \$140 (plus tax)
Online registration code [00075266](#)
Location: Field House

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

PICKLEBALL SKILLS & DRILLS



Ages 18+
10 sessions | November 7th-December 7th
Tuesdays and Thursdays, 1:00pm-3:00pm
Members \$112, Non-Members \$140 (plus tax)
Online registration code [00075267](#)
Location: Field House

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

Youth Karate



Location: Dance Studio

YOUTH ALL RANKS | Ages 5-6

14 sessions | September 12th-December 19th

Tuesdays, 5:30pm-6:00pm

*Members \$89.60, Non-Member \$112.00***

Online registration code: [00075248](#)

YOUTH ALL RANKS | Ages 5-6

15 sessions | September 13th-December 20th

Wednesdays, 5:30pm-6:00pm

*Members \$96.00, Non-Member \$120.00***

Online registration code [00075252](#)

YOUTH ALL RANKS | Ages 5-6

15 sessions | September 14th-December 21st

Thursdays, 5:30pm-6:00pm

*Members \$96.00, Non-Member \$120.00***

Online registration code [00075255](#)



YOUTH ALL RANKS | Ages 7-11

14 sessions | September 12th-December 19th

Tuesdays, 6:10pm-7:10pm*

*Members \$134.40, Non-Member \$168.00 (plus tax)***

Online registration code [00075249](#)

YOUTH ALL RANKS | Ages 7-11

15 sessions | September 13th-December 20th

Wednesdays, 6:15pm-7:15pm

*Members \$144.00, Non-Member \$180.00***

Online registration code [00075253](#)

YOUTH ALL RANKS | Ages 7-11

15 sessions | September 14th-December 21st

Thursdays, 6:15pm-7:15pm

*Members \$144.00, Non-Member \$180.00***

Online registration code [00075256](#)

**Please note there is no session on Tuesday, October 31st.*

***Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2023-August 2024.*

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



Family Karate



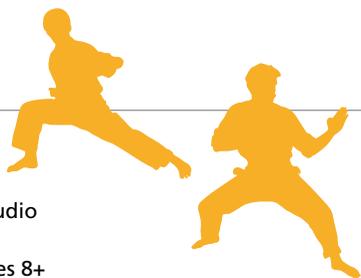
FAMILY ALL RANKS | Ages 6+
14 sessions | September 12th-December 19th
Tuesdays, 7:15pm-8:15pm*
*Members \$67.20, Non-Member \$84.00 (plus tax)***
Online registration code [00075250](#)
Location: Dance Studio

FAMILY ALL RANKS (COMMUNITY CENTRE) | Ages 6+
15 sessions | September 14th-December 21st
Thursdays, 7:15pm-8:15pm
*Members \$72.00, Non-Member \$90.00 (plus tax)***
Online registration code [00075257](#)
Location: Community Centre

**Please note there is no session on Tuesday, October 31st.*

***Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2023-August 2024.*

Please note that both a parent and child in your household must be registered to participate in this program. Led by 5th Degree Black Belt Sensei Jeff Murphy, Family Karate is a great and fun way for parents and children (Age 6-12) to stay active together. Additional fees for belt testing and uniforms will be the responsibility of participants. Gi's can be purchased through Sensei Jeff on the first day, if necessary, at a cost of \$70-\$85 depending on size.



Para-Karate

Location: Dance Studio

PARA-KARATE | Ages 8+
11 sessions | September 16th-December 16th
Saturdays, 10:00am-11:00am*
Members \$70.40, Non-Member \$88.00 (plus tax)
Online registration code [00075259](#)

**Please note there is no session on September 30th, October 7th & November 11th.*

Adult Karate



Location: Dance Studio

ADULT ALL RANKS | Ages 12+
14 sessions | September 12th-December 19th
Tuesdays, 8:30pm-9:30pm*
*Members \$134.40, Non-Member \$168.00***
Online registration code [00075251](#)

ADULT BROWN & BLACK BELT | Ages 12+
15 sessions | September 13th-December 20th
Wednesdays, 7:30pm-9:00pm
*Members \$210.00, Non-Member \$262.50 (plus tax)***
Online registration code [00075254](#)

ADULT YELLOW BELT & UP | Ages 11-18
15 sessions | September 14th-December 21st
Thursdays, 7:30pm-9:00pm
*Members \$210.00, Non-Member \$262.50 (plus tax)***
Online registration code [00075258](#)

**Please note there is no session on Tuesday, October 31st.*

***Please note karate participants are required to pay a onetime non-refundable annual fee of \$25.00 to Karate Nova Scotia that covers September 2023-August 2024.*

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.

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

Fitness and Wellness Programs



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

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



There are more than 60 Drop-In Fitness Classes a week which are included in your membership or day pass.

If you're looking to 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

Iron Circuit

6 weeks | September 11th-October 23rd
Mondays, 6:00pm-7:00pm*
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00075078**
Location: Field House Alcove



**Please note there is no session on Monday, October 9th.*

6 weeks | October 30th-December 4th
Mondays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00075079**
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 101

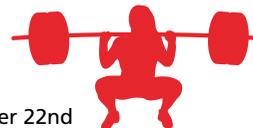
6 weeks | September 13th-October 18th
Wednesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00075086**
Location: Personal Training Studio



6 weeks | November 1st-December 6th
Wednesdays, 6:00pm-7:00pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00075087**
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)



6 weeks | September 10th-October 22nd
Sundays, 9:00am-10:00am*
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00075092**
Location: Personal Training Studio

**Please note there is no session on Sunday, October 8th.*

6 weeks | October 29th-December 3rd
Sundays, 9:00am-10:00am
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00075094**
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.

Toughen Up

6 weeks | September 12th-October 19th
Tuesdays and Thursdays, 6:00pm-7:00pm
Members \$120, Non-Members \$144 (plus tax)
Online registration code **00075085**
Location: Track Starting Blocks



6 weeks | October 24th-November 30th
Tuesdays and Thursdays, 6:00pm-7:00pm
Members \$120, Non-Members \$144 (plus tax)
Online registration code **00075726**
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 6 weeks. Join one of our amazing personal trainers for pre & post fitness tests, which will help keep you on track. With a variety of workouts to keep things interesting, you're sure to have fun, make new fitness friends, and boost confidence. Space is limited.

■ WELLNESS PROGRAMS

Somatic Activated Healing Movement ← NEW

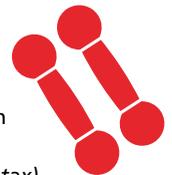
4 weeks | September 13th-October 4th
Wednesdays, 6:00pm-7:00pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00075080**
Location: 2nd Floor Fitness Studio

4 weeks | October 25th-November 15th
Wednesdays, 6:30pm-7:30pm
Members \$40, Non-Members \$48 (plus tax)
Online registration code **00075081**
Location: 2nd Floor Fitness Studio

Somatic Activated Healing is a trauma-informed practice that combines breathwork, mantra, meditation and movement to help us recognize, release and shift emotional residue in our bodies. It's a practice for ALL bodies; an open heart will lead you to meet your body where it's at, as it is. As a certified Somatic Activated Healing teacher, Lesley guides and invites you to embody the process and gives you tools to help integrate this healing method into your daily life. Lesley studied with Sah D'Simone, the creator of this powerful healing method and is excited to bring it to the CGC!



Strengthen & Flow



6 weeks | September 13th-October 18th
Wednesdays, 12:00pm-12:45pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00075082**
Location: 2nd Floor Fitness Studio

6 weeks | November 1st-December 6th
Wednesdays, 12:00pm-12:45pm
Members \$60, Non-Members \$72 (plus tax)
Online registration code **00075083**
Location: 2nd Floor Fitness Studio

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



Acro Yoga

6 weeks | September 6th-October 11th

Wednesdays, 7:15pm-8:15pm

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

Online registration code **00075070**

Location: 2nd Floor Fitness Studio



6 weeks | October 25th-November 29th

Wednesdays, 1:00pm-2:00pm

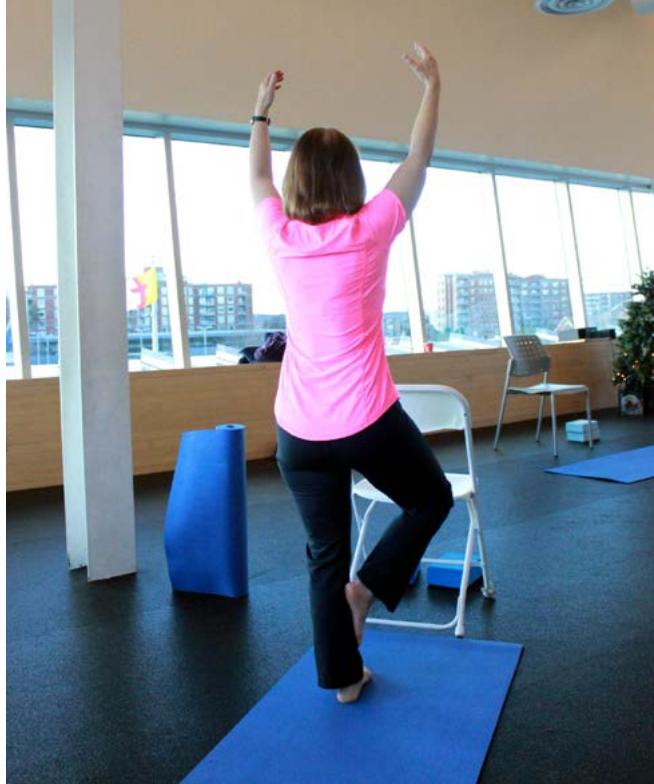
Members \$60, Non-Members \$72 (plus tax)

Online registration code **00075071**

Location: 2nd Floor Fitness Studio

Want to try something new? Looking for an activity to do with a partner? How about an activity that improves flexibility, strength, and balance? Acro Yoga is a physical practice that combines yoga and acrobatics; includes many types of partner and group acrobatics; and draws on traditions of circus arts, cheerleading, and dance lifts. Our experienced teachers will safely guide you through fun, playful movements where you will surely find both challenges and success. This workshop is for beginners ages 16+ and we offer a welcoming space for everyone. We aim to offer a welcoming space for everyone, regardless of background. Bring a partner* or join us solo. Wear comfortable clothing, that allows you maximum range of motion. Be prepared to be lifted, you might even find yourself upside down! Don't worry, we always encourage a spotter, just in case.

**Please note, both partners must register for the workshops.*



Introduction to Yoga

6 weeks | September 12th-October 17th

Tuesdays, 6:00pm-7:00pm

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

Online registration code **00075076**

Location: 2nd Floor Fitness Studio



6 weeks | October 24th-November 28th

Tuesdays, 6:00pm-7:00pm

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

Online registration code **00075077**

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.



Functional Pilates

4 weeks | September 16th-October 21st

Saturdays, 9:00am-10:00am*

Members \$40, Non-Members \$48 (plus tax)

Online registration code **00075072**

Location: 2nd Floor Fitness Studio

**Please note there is no session on Saturday, September 30th and Saturday, October 7th.*

6 weeks | September 19th-October 24th

Tuesdays, 12:15pm-1:15pm

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

Online registration code **00075074**

Location: 2nd Floor Fitness Studio

4 weeks | October 28th-December 2nd

Saturdays, 9:00am-10:00am*

Members \$40, Non-Members \$48 (plus tax)

Online registration code **00075073**

Location: 2nd Floor Fitness Studio

**Please note there is no session on Saturday, November 11th.*

4 weeks | October 31st-November 21st

Tuesdays, 12:15pm-1:15pm

Members \$40, Non-Members \$48 (plus tax)

Online registration code **00075075**

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

6 weeks | September 10th-October 22nd

Sundays, 7:15pm-8:15pm

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

Online registration code **00075095**

Location: 2nd Floor Fitness Studio

6 weeks | October 29th-December 3rd

Sundays, 7:15pm-8:15pm

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

Online registration code **00075096**

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 Fitness will email you about an initial consultation. For more information, please stop by the Fitness Centre Desk or contact Fitness at fitness@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 contact Fitness at fitness@canadagamescentre.ca.



Aquatics Programs



■ AQUATICS REGISTRATION INFORMATION

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

Next, refer to the days, times and sections of a particular class or level ([see chart on page 24](#)). Use the hyperlink for each individual class to take you to the registration system if you hadn't logged in there already. Find your swim lesson and proceed with registration. **Only register your child in one (1) swim lesson per term. 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 24 for swim lesson days and times. PLEASE NOTE: Online registration codes are now listed in the swim chart.

PARENT & TOT 1 | 4-12 months

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

PARENT & TOT 2 | 12-24 months

Water play – get set, get wet! Instructor-led sessions help parents with 12-24 month old children safely explore water together. Parents are taught how to support their child while floating and kicking. They can celebrate together when they can get their face wet and blow bubbles for the first time.

PARENT & TOT 3 | 2-3.5 years

Just watch them grow! At 2-3.5 years these almost independent toddlers are really ready to explore: getting in, getting out, going under and floating while under the watchful eye of their parents and instructor.

■ PRESCHOOL PROGRAMS

Ages 3-5.5 years old
9 lessons, 35 minutes per lesson
Members \$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 24 for swim lesson days and times. **PLEASE NOTE:** Online registration codes are now listed in the swim chart.

PRESCHOOL 3

These preschoolers will master their floats, glides, and short swims (2-3m) on their front and back. They'll be able to pick up objects from waist deep water and use their lifejackets to jump and roll into the deep end.

PRESCHOOL 4

These capable preschoolers will strengthen their flutter kicks and be introduced to front crawl. They'll start to learn how to support themselves in deep water and by the end perform jumps and side rolls on their own. Their lifejacket will support them while they learn to tread water and swim to safety in deep water.

PRESCHOOL 5

These skilled and independent youngsters will master short distances front crawl and back crawl. They are ready to take on a forward roll entry into deep water wearing a lifejacket and treading water for 10 seconds. Here they will get their first chance to try whip kick and fitness training.



SCHOOL-AGED SWIMMER PROGRAMS



9 lessons | Ages 5+

The Swim for Life Swimmer progressions will challenge school-aged children 5 years and older in the water as they develop the fundamentals of swimming through safe entries, deep water support, underwater skills, and swimming strokes. These Swimmer levels also help establish everlasting and healthy Active for Life habits. Water Smart® education is part of every level. Children must meet minimum age requirements by the start date of program.

SWIMMER 1

9 lessons, 35 minutes each

Members \$89.30, Non-Members \$119.07

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

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 advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

See chart on page 25 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 junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m. 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 intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

SWIMMER 5

9 lessons, 50 minutes each

Members \$94.50, Non-Members \$126.00

These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

SWIMMER 6

9 lessons, 50 minutes each

Members \$94.50, Non-Members \$126.00

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.

SWIMMER 7 ROOKIE PATROL

9 lessons, 50 minutes each

Members \$94.50, Non-Members \$126.00

Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

SWIMMER 8 RANGER PATROL

9 lessons, 50 minutes each

Members \$94.50, Non-Members \$126.00

Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

SWIMMER 9 STAR PATROL

9 lessons, 50 minutes each

Members \$94.50, Non-Members \$126.00

Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.



■ SWIM LESSONS - DAYS & TIMES

	TUESDAYS* September 26th – November 28th	WEDNESDAYS September 27th – November 22nd	THURSDAYS September 28th – November 23rd	SATURDAYS* September 16th – December 2nd
PARENT & TOT 1		6:00pm 00074729	4:00pm 00074732	8:30am 00074736 11:10am 00074737
PARENT & TOT 2	6:00pm 00074727	5:20pm 00074730	5:20pm 00074735	9:10am 00074738 10:30am 00074739
PARENT & TOT 3	4:00pm 00074728	4:40pm 00074731	4:40pm 00074733 6:00pm 00074734	9:50am 00074740 11:50am 00074741
PRESCHOOL 1	4:00pm 00074742 4:40pm 00074743 5:20pm 00074744	4:00pm 00074751 4:40pm 00074752 5:20pm 00074753 6:00pm 00074765	4:15pm 00074775 4:40pm 00074776 5:20pm 00074777	8:30am 00074808 9:10am 00074819 9:50am 00074809 11:10am 00074810 11:50am 00074820
PRESCHOOL 2	4:55pm 00074745 5:35pm 00074746 6:15pm 00074747	4:15pm 00074754 4:40pm 00074755 6:00pm 00074756	4:55pm 00074778 5:20pm 00074780 6:00pm 00074779	8:30am 00074812 9:50am 00074821 10:30am 00074813 11:50am 00074814
PRESCHOOL 3	4:55pm 00074748 5:35pm 00074749 6:15pm 00074750	4:55pm 00074757 5:20pm 00074758 6:15pm 00074759	4:00pm 00074781 6:15pm 00074782	9:10am 00074815 9:50am 00074816 10:30am 00074822 11:10am 00074817
PRESCHOOL 4		4:00pm 00074760 5:35pm 00074761	5:35pm 00074783 6:15pm 00074806	8:30am 00074823 10:30am 00074825
PRESCHOOL 5		5:20pm 00074762	4:55pm 00074784	9:10am 00074818 11:10am 00074828

**Please note there are no swim lessons on Saturday, September 30th for Truth & Reconciliation Day, Saturday, October 7th for Thanksgiving, Tuesday October 31st for Halloween, and Saturday November 11th for Remembrance Day.*

	TUESDAYS* September 26th – November 28th	WEDNESDAYS September 27th – November 22nd	THURSDAYS September 28th – November 23rd	SATURDAYS* September 16th – December 2nd
SWIMMER 1	4:15pm 00074851 4:40pm 00074831 5:20pm 00074832 6:00pm 00074833	4:00pm 00074881 4:15pm 00074856 4:40pm 00074857 5:20pm 00074858 6:00pm 00074859	4:00pm 00074899 4:40pm 00074883 5:20pm 00074884 6:00pm 00074885	8:30am 00074908 9:10am 00074909 9:50am 00074910 10:30am 00074911 11:10am 00074935 11:50am 00074912
SWIMMER 1 ADVANCED	4:55pm 00074834 5:35pm 00074835 6:15pm 00074852	4:00pm 00074860 4:55pm 00074861 5:35pm 00074862 6:00pm 00074863 6:15pm 00074864	4:00pm 00074886 4:40pm 00074900 5:35pm 00074887	8:30am 00074913 9:10am 00074914 9:50am 00074936 10:30am 00074915 11:10am 00074916 11:50am 00075286
SWIMMER 2	4:00pm 00074836 4:40pm 00074837 4:55pm 00074855 5:20pm 00074838 6:00pm 00074839	4:15pm 00074865 4:55pm 00074866 5:35pm 00074867 6:15pm 00074868	4:00pm 00074888 4:00pm 00074901 4:40pm 00074902 5:20pm 00074889 6:15pm 00074890	8:30am 00074917 9:10am 00074937 9:50am 00074918 10:30am 00074919 11:10am 00075284 11:50am 00075285
SWIMMER 3	4:00pm 00074853 4:40pm 00074840 5:20pm 00074841 6:00pm 00074854 6:15pm 00074842	4:00pm 00074869 4:55pm 00074870 5:35pm 00074871 6:15pm 00074872	4:00pm 00074891 4:40pm 00074892 5:20pm 00074904 6:00pm 00074905	8:30am 00075282 9:10am 00074920 9:50am 00074921 10:30am 00074922 11:10am 00074923 11:50am 00075283
SWIMMER 4	4:00pm 00074843 4:55pm 00074844 5:50pm 00074845	4:00pm 00074873 4:55pm 00074874 5:50pm 00074875	4:55pm 00074893 5:50pm 00074894	8:30am 00074924 9:25am 00074925 11:15am 00074926
SWIMMER 5	4:00pm 00074846 4:55pm 00074847 5:50pm 00074848	4:00pm 00074876 4:55pm 00074877 5:50pm 00074878	4:55pm 00074895 5:50pm 00074906	8:30am 00074927 10:20am 00074928 11:15am 00074929
SWIMMER 6	4:00pm 00074849 4:55pm 00074850	4:00pm 00074879 5:50pm 00074880	4:55pm 00074896 5:50pm 00074907	8:30am 00074930 9:25am 00074931 10:20am 00074932
SWIMMER 7 / ROOKIE	4:00pm 00075000 5:50pm 00075001	4:00pm 00075013 4:55pm 00075012		9:25am 00075019
SWIMMER 8 / RANGER	4:55pm 00075002	4:55pm 00075015	4:55pm 00075017	10:20am 00075020
SWIMMER 9 / STAR		5:50pm 00075016	4:00pm 00075018	11:15am 00075021

**Please note there are no swim lessons on Saturday, September 30th for Truth & Reconciliation Day, Saturday, October 7th for Thanksgiving, Tuesday October 31st for Halloween, and Saturday November 11th for Remembrance Day.*

GROUP SWIM LESSONS

These lessons are designed for teens & adults looking to build confidence in the water or simply prepare for that family trip away at the beach!

Teen Level 1

9 Lessons | Ages 11-15 years

Members \$94.50, Non-Members \$126.00

Learn entries and exits into shallow and deep water, floats, glides, proper kicks, and underwater skills.

Teen Level 2

9 Lessons | Ages 11-15 years

Members \$94.50, Non-Members \$126.00

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

Adult Level 1

9 Lessons | Ages 16+ years

Members \$94.50, Non-Members \$126.00 (plus tax)

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

Adult Level 2

9 Lessons | Ages 16+ years

Members \$94.50, Non-Members \$126.00 (plus tax)

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



	THURSDAYS September 28th - November 23rd	SATURDAYS* September 16th - December 2nd
TEEN LEVEL 1	6:00pm 00075022	11:10am 00075029 11:50am 00075030
TEEN LEVEL 2	5:20pm 00075023	10:30am 00075031 11:50am 00075032
ADULT LEVEL 1	6:00pm 00075024	12:10pm 00075025 12:10pm 00075026
ADULT LEVEL 2		12:10pm 00075027

*Please note there are no swim lessons on Saturday, September 30th for Truth & Reconciliation Day, Saturday, October 7th for Thanksgiving, Tuesday October 31st for Halloween, and Saturday November 11th for Remembrance Day.

■ PRIVATE COACHING & TRAINING

Looking for a program to work on your swimming skills? We are offering private swim coaching for stroke development, endurance and/or aquatic fitness. **Private Coaching** is a great option for participants who are not ready for a Masters level swim team and want to improve their stroke efficiency.

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

Private Coaching & Training

6 Lessons | Ages 16+

Tuesdays & Thursdays | 30 minutes

Members \$115.20 (plus tax),

Non-Members \$144.00 (plus tax)



DON'T FORGET ME!

See page 4 for more details

TUESDAYS & THURSDAYS October 10th-26th	TUESDAYS & THURSDAYS November 7th-23rd
Leisure Pool 12:00pm 00075033 12:30pm 00075034	Leisure Pool 12:00pm 00075040 12:30pm 00075041
Competition Pool 1:00pm 00075035 1:30pm 00075036	Competition Pool 1:00pm 00075042 1:30pm 00075043

■ AQUATICS INCLUSION LESSONS

Group Inclusion Swim Lessons

We're excited to offer an increased level of inclusion programming for participants wishing to join group swim lessons. By providing an additional instructor, participants are supervised one-on-one within a group lesson and given support to participate in group activities. Where needed, instructors will introduce adaptive activities to ensure participant safety.

Group Inclusion will be conducted on Wednesday evenings within the existing swim lesson schedule. Your specific class time will be confirmed via email. **Registration in this program is done in a waiting list format to ensure we can connect participants with both the right level and instructor.**

PRESCHOOL 1 TO SWIMMER 3 | 9 lessons, 35 min. each
PER SESSION RATE: *Members \$8.34, Non-Members \$11.67*
Online registration code **00075045**

SWIMMER 4 TO SWIMMER 9 | 9 lessons, 50 min. each
PER SESSION RATE: *Members \$8.89, Non-Members \$12.23*
Online registration code **00075046**

All swim level descriptions are listed on [pages 20-23](#). If you have any questions, please contact the Aquatics Program Team at aquadmin@canadagamescentre.ca with the swim level, using the subject line Group Inclusion Swim Lessons.

Private Inclusion Swim Lessons

Private Inclusion Swim Lessons are taught by Inclusion-trained instructors to help overcome roadblocks for swimmers who require additional support.

Private Inclusion Swim Lessons are currently available on Sunday mornings. Each one-on-one session is 35 minutes. Registration in this program is done in a waiting list format to ensure we can meet the needs of the participant and link them with the best instructor for success. For more information/questions, please contact the Aquatics Program Team at aquadmin@canadagamescentre.ca.

PER SESSION RATE: *Members \$17.20, Non-Members \$21.10*
Online registration code **00075047**

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.

Swimmer 7, 8 & 9: Due to the content in these levels, a Semi-Private lesson will need to be booked.

Please Note: Semi-private fees listed are for 2 participants. You must coordinate your second participant at time of registration. As we are 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.

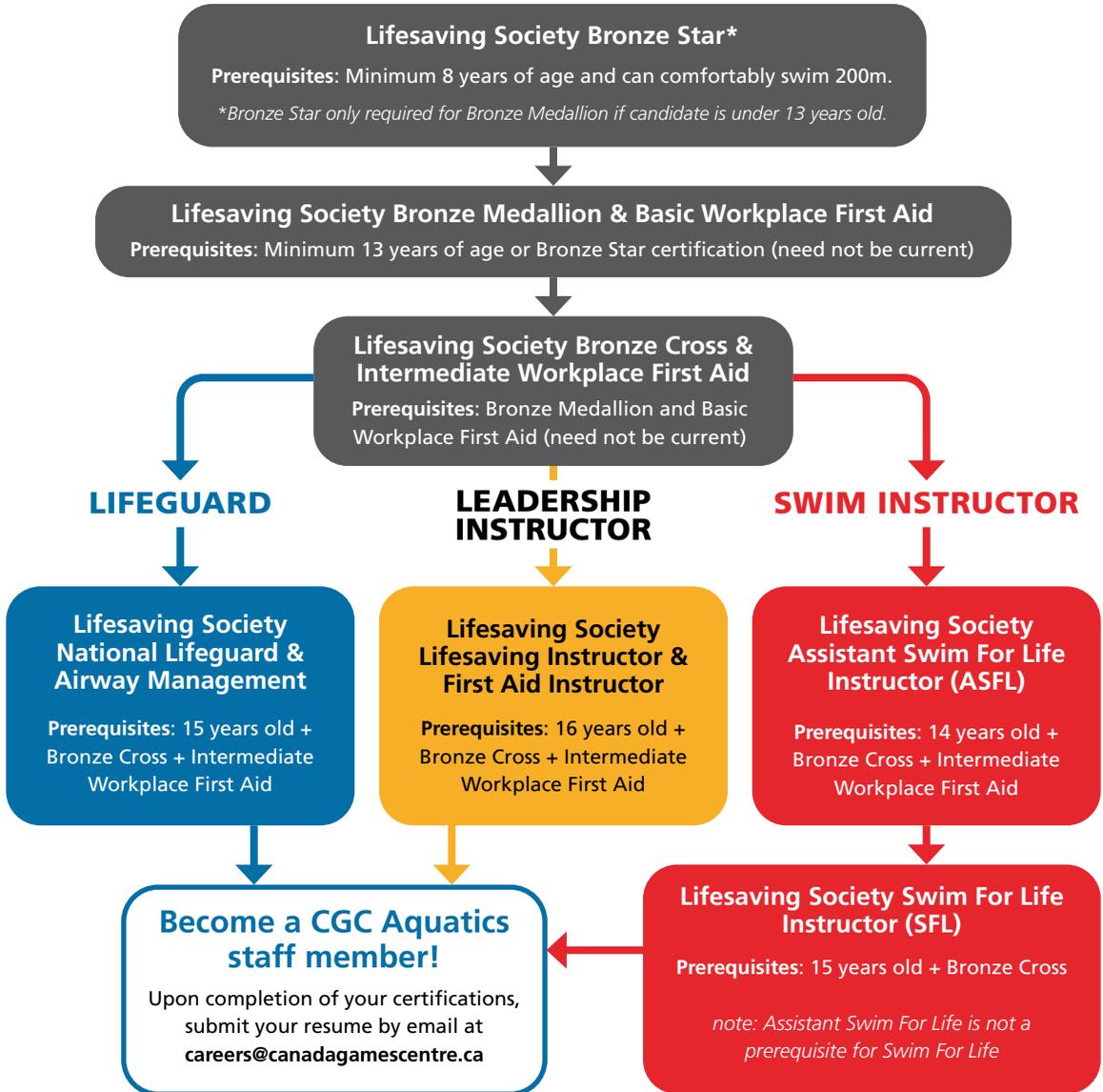
		TUESDAYS* September 26th - November 28th	WEDNESDAYS September 27th - November 22nd	THURSDAYS September 28th - November 23rd	FRIDAYS September 29th - November 24th	SATURDAYS* September 16th - December 2nd	SUNDAYS* September 17th - November 19th
SWIMMER 2 OR LOWER	Private	5:20pm 00075048 5:20pm 00075057 6:00pm 00075049 6:00pm 00075058	4:00pm 00075060 4:40pm 00075061 5:20pm 00075062	4:00pm 00075088 4:40pm 00075089 4:55pm 00075093 6:00pm 00075090 6:00pm 00075091	4:10pm 00075124 4:50pm 00075107 5:30pm 00075125 6:10pm 00075126	8:35am 00075127 9:15am 00075128 9:55am 00075129 10:35am 00075130 11:15am 00075131 11:55am 00075132	8:00am 00075151 8:00am 00075152 8:40am 00075153 8:40am 00075154 9:20am 00075155 9:20am 00075156 11:20am 00075157 11:20am 00075158
	Semi-Private	5:20pm 00075050 6:00pm 00075051	4:00pm 00075064 4:40pm 00075065 5:20pm 00075066	5:20pm 00075097	4:10pm 00075278 4:50pm 00075279 5:30pm 00075280 6:10pm 00075281	9:15am 00075146 9:55am 00075147 10:35am 00075148 11:15am 00075149 11:55am 00075150	
SWIMMER 3 OR HIGHER	Private	4:00pm 00075052 4:00pm 00075053 4:40pm 00075054 4:40pm 00075059	6:00pm 00075063	4:15pm 00075098 4:15pm 00075103 4:55pm 00075099 5:35pm 00075100	4:10pm 00075108 4:10pm 00075109 4:10pm 00075110 4:50pm 00075111 4:50pm 00075112 4:50pm 00075119 5:30pm 00075113 5:30pm 00075114 5:30pm 00075115 6:10pm 00075116 6:10pm 00075117 6:10pm 00075118	8:35am 00075133 8:35am 00075134 9:15am 00075135 9:55am 00075136 10:35am 00075137 11:15am 00075138 11:55am 00075139	10:00am 00075159 10:00am 00075160 10:40am 00075161 10:40am 00075162
	Semi-Private	4:00pm 00075055 4:40pm 00075056	4:40pm 00075068 6:00pm 00075067	4:15pm 00075101 4:40pm 00075102 5:35pm 00075104 6:15pm 00075105	4:10pm 00075120 4:50pm 00075121 5:30pm 00075122 6:10pm 00075123	8:35am 00075140 9:15am 00075141 9:55am 00075142 10:35am 00075143 11:15am 00075144 11:55am 00075145	

*Please note there are no swim lessons on Saturday, September 30th for Truth & Reconciliation Day, Saturday, October 7th & Sunday, October 8th for Thanksgiving, Tuesday October 31st for Halloween, and Saturday November 11th for Remembrance Day.



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



Lifesaving Society Swim For Life Instructor (SFL)

3-Day Course | September 22nd, 23rd & 24th
Friday | 5:00pm-9:00pm,
Saturday & Sunday | 9:00am-6:00pm
Members \$210, Non-Members \$240 (plus tax)
Online registration code [00075172](#)

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.

Lifesaving Society Bronze Star

September 26th-November 28th
Tuesdays | 5:50pm-7:05pm
Members \$100, Non-Members \$130
Online registration code [00075164](#)

September 28th-November 23rd
Thursdays | 5:50pm-7:05pm
Members \$100, Non-Members \$130
Online registration code [00075167](#)

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)

September 12th-November 7th
Tuesdays | 4:00pm-6:45pm
Members \$195, Non-Members \$225
Online registration code [00075166](#)

September 15th-November 10th
Fridays | 4:00pm-6:45pm
Members \$195, Non-Members \$225
Online registration code [00075165](#)

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)

September 9th-November 4th

Saturdays | 9:00am-3:00pm*

Members \$210, Non-Members \$240

Online registration code [00075168](#)

**Please note there is no Leadership program on September 30th & October 7th.*

2 Weekend Course

October 13th, 14th, 15th, 20th, 21st & 22nd

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

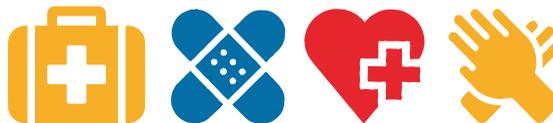
Saturdays & Sundays | 10:00am-5:00pm

Members \$210, Non-Members \$240

Online registration code [00075169](#)

Prerequisites: 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.



Intermediate Workplace First Aid (formerly Standard First Aid)

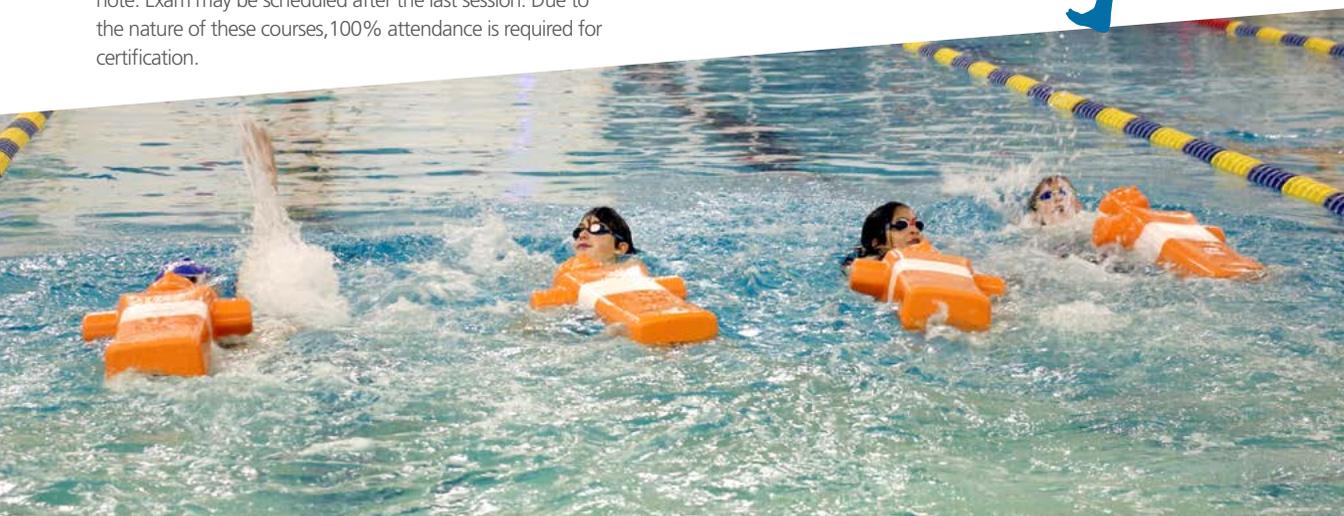
2 Day Course | November 25th & 26th

Saturday & Sunday | 8:00am-5:00pm

Members \$95.00, Non-Members \$125.00

Online registration code [00074622](#)

Intermediate Workplace First Aid This course is recognized by the Nova Scotia Department of Labour and Advanced Education. Includes CPR-C certification. Intermediate Workplace First Aid provides comprehensive training covering all aspects of first aid and CPR. Intermediate Workplace First Aid incorporates all of Basic Workplace First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat and cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. 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 | Friday, December 15th | 5:00pm-9:00pm
Saturday & Sunday December 16th & 17th | 9:00am-5:00pm
Thursday & Friday, December 21st & 22nd | 9:00am-5:00pm
Wednesday & Thursday, December 27th & 28th | 9:00am-5:00pm
Due to first aid review and readiness of candidates, exam may be on Friday, December 29th from 9:00am-1:00pm.

Members \$260, Non-Members \$290 (plus tax)
Online registration code **00075170**

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 | December 16th & 17th
Saturday & Sunday | 9:00am-5:00pm
Members \$105, Non-Members \$135 (plus tax)
Online registration code **00075171**

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 Assistant Swim Instructor

3-Day Course | November 17th, 18th & 19th
Friday | 5:00pm-9:00pm,
Saturday & Sunday | 9:00am-5:00pm
Members \$100, Non-Members \$130
Online registration code **00075163**

Prerequisite: Bronze Cross and 14 years of age by the end of the course.

Through classroom learning and in-water practice, the Lifesaving Society Assistant Instructor course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The roles and responsibilities of instructors and their assistants are strongly emphasized throughout the program. Registration includes cost of textbooks. Please Note: 10 hours of Practice teaching are required after the course is complete. Participants will only receive assistant instructor award if they are 14 years old by the end of the course. Due to the nature of these courses, 100% attendance is required for certification.

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

2-Weekend Course

December 1st-3rd & December 8th-10th

Fridays | 5:00pm-10:00pm,

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

Members \$315, Non-Members \$345 (plus tax)

Online registration code [00075173](#)

Prerequisite: 16 years of age by the end of the course and Bronze Cross

The Lifesaving Instructor course prepares the instructor to teach and evaluate lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods, learning strategies and activities, a variety of stroke and skill drills, effective correction techniques, and evaluation criteria. Practice teaching is emphasized throughout. Candidates learn to evaluate participants in Bronze Medal awards, Lifesaving Fitness, and first aid. Please note: Practice teaching hours may be required after the course is complete.

Lifesaving Society Examiner Course

1-Day Course | December 17th

Sunday | 12:00pm-6:00pm

Members \$80, Non-Members \$110

Online registration code [00075174](#)

Prerequisite: Appropriate Instructor certification and experience teaching to be confirmed by the Nova Scotia Lifesaving Society; successful completion of the Examiner course; and successful apprenticeship on one exam in the stream in which they are seeking examiner certification

Examiners are experienced instructors who undergo specific training in examination methodology and standards prior to certification. Examiner candidates must have teaching experience: they must have taught or co-taught at least one course in the stream(s) in which they are seeking certification as an examiner. The Examiner course is the first step in the three-step process to be certified as an Examiner for the Society, and it prepares candidates to successfully apprentice as an Examiner on the exam of their choice. The Examiner course builds on the evaluation experience that candidates have attained in instructor-evaluated awards and content.



The Canada Games Centre Swim Academy (CGCSA) is designed to develop the whole athlete and promote a healthy love of sport in a low- pressure environment.

Each team within the CGCSA offers participants access to a variety of training opportunities, both in the water and on dry land, to prevent injury and promote lifelong participation and enjoyment of physical activity.

ANNUAL PROGRAMS

CGCSA programs run annually from September to June and provide access to team training for two sports – swimming and lifesaving, as well as an aquatic multi-sport component. CGCSA offers annual program options for the following:

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

CGCSA annual program fees cover coaching; a training schedule which may include dryland, yoga, swimming, water polo and lifesaving sport training; equipment costs and Swim Nova Scotia fees. **Also, all Swim Academy participants in annual programs receive a 12-month Canada Games Centre membership** (except the Masters Swim Team program). Add-on membership options are available for family members of the CGCSA participant. Annual program participants can participate in dryland training at no additional fee. Details on dryland training will come via email in early fall.



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

Questions about Swim Academy program?
Email the CGCSA Head Coach at
swimacademy@canadagamescentre.ca.

Please ensure your email address is accurate upon registration as communication is primarily done through email.

Please note: There will be no practices on the following dates: September 30th for Truth and Reconciliation Day; October 7th-9th for Thanksgiving; Remembrance Day November 11th; December 24th, 2023-January 1st, 2024; February 18th & 19th, 2024 for Heritage Day; March 11th-17th, 2024 for March Break; March 29th-April 1st, 2024 for Easter; May 17th-20th, 2024 for Victoria Day.

■ INTRODUCTION TO COMPETITIVE SWIMMING

This 20-practice program focuses on stroke development, starts and turns, endurance and pace clock work in a fun team environment. Although there are no official swim meets, unofficial time trials will be held during practice times to allow athletes to practice racing and see their personal growth. Time trials will take place on practice 3 and 17 of the program (barring any unforeseen schedule changes).

This program allows swimmers to try competitive swimming and decide if it is a good fit for them. If swimmers enjoy the program and succeed, they may be invited to move into the Bronze Summer Swim team.

Ages 8+ | September 11th-November 26th
Mondays 5:00pm-6:00pm and
Sundays 10:00am-11:00am
Members \$206.25, Non-Members \$275.00
Online registration code 00073197

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

■ SUMMER SWIM TEAM OFF-SEASON TRAINING

Summer Swim Team is structured for those looking to compete in the summer who are not involved in year-round swim teams. All swimmers must meet Swim Nova Scotia summer swimmer eligibility requirements and are required to disclose any training and competitions outside of summer swimming at registration. The Summer Swim Team Off-Season Training focuses on proper technique, athletic integrity, and fair play in a positive and encouraging environment. Off-Season Training helps summer athletes maintain their skills and fitness throughout the rest of the year, in accordance with Swim Nova Scotia summer swimming regulations. Swimmers will also learn water polo, lifesaving and other aquatic sports in multi-sport practices. Although there are no competitions, unofficial time trials are held for athletes to practice racing and track their personal growth. Within each respective group, swimmers must be invited by a coach to move up to the next group regardless of age. This year we are offering three groups based on age, skill level and development.

BRONZE | Ages 10-12 | September 11th-June 16th
Mondays, Fridays and Sundays

Bi-weekly fee \$54.00 (20 payments) Down payment at registration \$97.70 + SNS Athlete fee \$45.00

Online registration code **00073103**

Prerequisite: Swimmers must have completed swimmer 6. They must be able to swim 2 x 50 meters (with 30 seconds rest) of both freestyle (front crawl) and backstroke (back crawl), perform dolphin and whip kick, and dive into deep water. They should be able to maintain focus, follow coach's instruction and perform poolside activation activities. All new swimmers 8-10 years old will begin in Bronze.

SILVER | Ages 11-14 | September 11th-June 16th
Mondays, Fridays, Sundays

Bi-weekly fee \$54.00 (20 payments) Down payment at registration \$97.70 + SNS Athlete fee \$45.00

Online registration code **00073102**

Prerequisite: Before entering Silver, swimmers must be able to dive into the pool, swim all 4 strokes effectively and, swim 5-8 minutes continuously. They should be familiar with swim team structure, understand lane etiquette and practice structure, be able to follow warm up independently. They attempt all stroke turns and can carry out some activation activities independently. All new swimmers 13 years old will begin in Silver. Current swimmers must be invited by a coach to move up.

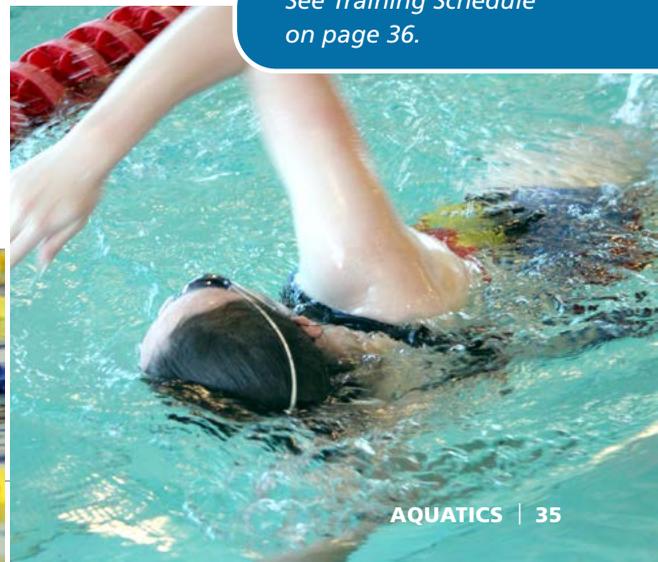
GOLD | Ages 13+ | September 11th-June 16th
Monday, Fridays, Sundays

Bi-weekly fee \$54.00 (20 payments) Down payment at registration \$97.70 + SNS Athlete fee \$45.00

Online registration code **00073101**

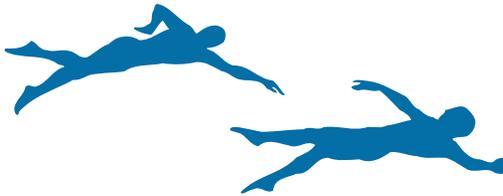
Prerequisite: Swimmers should have 1-2 years of swim team experience with competitions and be able to swim continuously for 10 minutes. They should have knowledge of pace times, the pace clock, and practice structure and be able to work independently from written set and warm up; swim all four strokes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

See Training Schedule
on page 36.



■ LIFESAVING SPORT TEAM

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



Ages 8+ | September 11th-June 16th

Mondays and Sundays

Bi-weekly fee \$54.00 (20 payments) Down payment at registration \$97.70

Lifesaving Sport Competition fees are not included in registration

Online registration code 00073195

Prerequisite: Completed Swimmer 8 or higher/Ranger or Star; have basic knowledge of freestyle, backstroke, and breaststroke; and feel comfortable in deep water, diving into the pool, swimming 10 minutes continuously and following coach's directions.

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

■ SWIM ACADEMY - TRAINING DAYS & TIMES

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

*Please note: There will be no Swim Academy programs on Holidays and facility closures listed on page 34.

MASTERS SWIM TEAM

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

- Registration will remain open until program maximum is reached. Fees will be prorated by start date.
- 4-6 coach directed practices a week. If the coach is unable to attend a practice, a prewritten workout will be provided in line with Sport for Life's Long-Term Development (LTD) plan.
- Participants share lanes and will have to follow circle swimming and general swim etiquette practices.

Ages 18+ | September 11th-June 16th

Mondays-Fridays | 6am-7am; Sundays 7am-8am

Members \$399.00, Non-Members \$570.00 (plus tax)

Swim Nova Scotia fee \$50 due at registration; program fees will be prorated by start date

Online registration code 00073196

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

Please note: There will be no practices on the following dates: September 30th for Truth and Reconciliation Day; October 7th-9th for Thanksgiving; Remembrance Day November 11th; December 24th, 2023-January 1st, 2024; February 18th & 19th, 2024 for Heritage Day; March 11th-17th, 2024 for March Break; March 29th-April 1st, 2024 for Easter; May 17th-20th, 2024 for Victoria Day.



CELEBRATE YOUR SPECIAL DAY

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



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.

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



POOL PARTY PACKAGE (20 guests)**
Members \$150* | Non-Members \$176*

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

*HST not included.

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

RENTALS & EVENTS

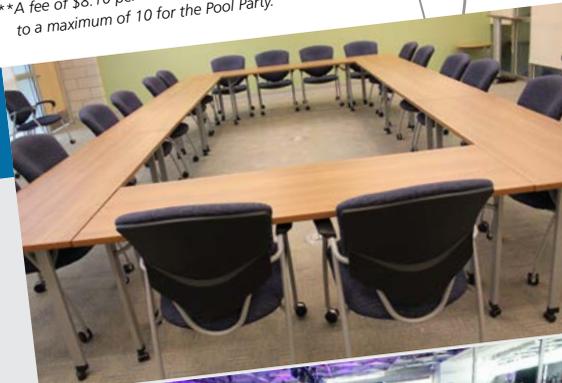
Offering a variety of community spaces, we're the perfect place for meetings, events, private social gatherings, corporate functions and birthday parties.

All room rentals include the following complimentary services:

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

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

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



FALL 2023

Programs and Services

It happens here.



26 Thomas Raddall Drive
Halifax, Nova Scotia
B3S 0E2

Tel: 902-490-2400
email: info@canadagamescentre.ca

canadagamescentre.ca