



# Winter 2024

PROGRAMS &  
SERVICES



Canada  
Games  
Centre

It happens here.

## ■ TABLE OF CONTENTS

<b>How to Register</b> . . . . .	<b>3</b>
<b>Program Access Card</b> . . . . .	<b>4</b>
<b>Physical Literacy – It Happens Here</b> . . . . .	<b>5</b>
<b>Canada Games Centre Membership</b> . . . . .	<b>7</b>

## ■ RECREATION PROGRAMS . . . . . 8

March Break Camp . . . . .	8
Sports Programs . . . . .	8

## ■ FITNESS AND WELLNESS PROGRAMS . . . . . 12

Adult Specialized Programs . . . . .	12
Wellness Programs . . . . .	14
Fitness Services . . . . .	16

## ■ AQUATICS PROGRAMS . . . . . 18

Parent & Tot Programs . . . . .	19
Preschool Programs . . . . .	20
School-Aged Swimmer Programs . . . . .	21
Swim Lessons - Days & Times . . . . .	23
Group Swim Lessons . . . . .	25
Aquatics Inclusion Lessons . . . . .	26
Private & Semi-Private Swim Lessons . . . . .	27
Leadership Programs . . . . .	28
CGC Swim Academy . . . . .	32

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: **November 21st**, beginning at 8:00am

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

### NON-MEMBERS:

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

In-person: **November 30th**, beginning at 8:00am

*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

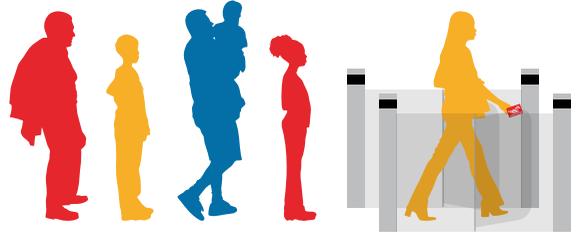
- Some programs may be cancelled due to insufficient registrants. The Canada Games Centre monitors registration levels prior to the start of programs to ensure quality programs are offered. A great course could be cancelled if there are not enough registrants. Register early to avoid program cancellations.
- Cancellations requested 7 days or more prior to the first day of the program qualify for a refund. The refund will be processed for the full amount of the fee paid, less an administrative charge of 10%.
- Cancellations requested less than 7 days prior to the first day of the program do not qualify for a refund or credit.
- All non-refundable credits must be used within one year.
- Accepted forms of payment: Visa, MasterCard, debit cards, cash and cheques (some restrictions apply). The charge for non-negotiable payment is \$40 plus tax.

## One card for all your CGC programs!

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

### How do they work?

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



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

### Forgot your card?

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

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



### Cards are reusable!

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



Members can scan in for programs with their membership card

### Additional Details:

- Children under 12 will use the same Program Access Card as their accompanying adult. The card needs to be **scanned for each individual**, and visitors must **enter gates one at a time** allowing for them to open and close. If additional parents/guardians/spectators arrive after the participant has gained access, they are asked to check in with our Customer Service Desk to verify their child's registration in the program, and then they will also be let in through the access gate.

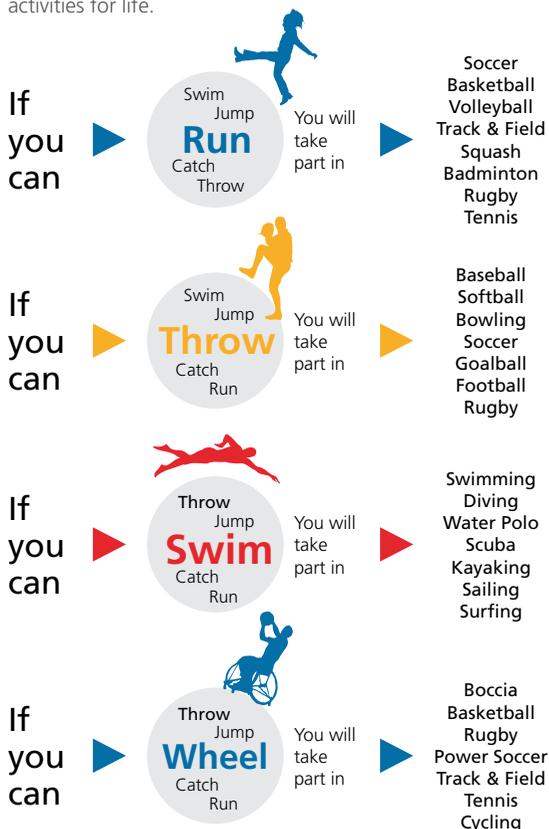
## Enjoy the Centre!



# Physical Literacy – It Happens Here.

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

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



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

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



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



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



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



# Sport for Life

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

## 2 FUNdamentals

**MALES** 6-9 Years

**FEMALES** 6-8 Years

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

### PROGRAMS

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

## 4 ActiveforLIFE

**MALES & FEMALES**

Any Age

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

### PROGRAMS

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

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

## 1 ActiveSTART

**MALES & FEMALES**

0-6 Years

### PROGRAMS

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

## 3 LearntoTRAIN

**MALES** 9-12 Years

**FEMALES** 8-11 Years

### PROGRAMS

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



# Sport for Life

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



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



# CGC Membership

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



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

## Interested in taking a tour?

We would love to show you what we're all about. Please contact us by phone or email to book your tour: **902.490.2291** or [membership@canadagamescentre.ca](mailto:membership@canadagamescentre.ca).

## MEMBERSHIP EXCLUSIVES

- Bi-weekly payment plans available
- Free Simply Fit Fitness Centre orientation
- Advanced registration and special pricing for programs\*
- Savings on Personal Training\*
- Member Only Swims
- Advanced badminton/pickleball court bookings
- Ability to freeze your membership for a maximum of 3 months\*
- 5 Guest Passes Per Year\*

*\*Annual members only, some conditions may apply*

# Recreation Programs



## ■ MARCH BREAK CAMP

March 11th-15th  
Grades P-6 | 8:30am-5:00pm  
Online registration code: **00079773**  
Members \$195, Non-Members \$225



The Canada Games Centre will be hosting a March Break Camp for children currently enrolled in Grades P-6. Our camp will take advantage of all that our facility has to offer. Typical days will include everything from swimming, playing physically active games in our Field House, crafts, and classroom activities, as well as outdoor play opportunities on our playground.



## ■ SPORTS PROGRAMS

### Badminton - Introduction



Ages 6-8 | 10 sessions  
January 10th-March 20th  
Wednesdays, 5:00pm-6:00pm\*  
Members \$84, Non-Members \$105  
Online registration code **00079776**  
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.

\* Please note there is no program on Wednesday, March 13th.

## Badminton - Development

Ages 9-14 | 10 sessions  
January 10th-March 20th  
Wednesdays, 6:00pm-7:30pm\*  
Members \$108, Non-Members \$135  
Online registration code [00079777](#)  
Location: Field House



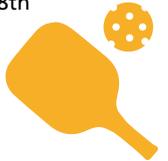
Participants in the development program will have the opportunity to take their training and skills to the next level with additional court time that will allow them the opportunity to reinforce skills and play games.

*\*Please note there is no program on Wednesday, March 13th.*



## Pickleball Fundamentals

Ages 18+ | 10 sessions | January 9th-February 8th  
Tuesdays and Thursdays, 1:00pm-3:00pm  
Members \$112, Non-Members \$140 (plus tax)  
Online registration code [00079780](#)  
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 | February 20th-March 21st  
Tuesdays and Thursdays, 1:00pm-3:00pm  
Members \$112, Non-Members \$140 (plus tax)  
Online registration code [00079781](#)  
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

11 sessions | January 9th-March 26th

Tuesdays, 5:30pm-6:00pm\*

*Members \$70.40, Non-Member \$88.00\*\**

Online registration code: [00079785](#)

### **YOUTH ALL RANKS** | Ages 5-6

11 sessions | January 10th-March 27th

Wednesdays, 5:30pm-6:00pm\*

*Members \$70.40, Non-Member \$88.00\*\**

Online registration code [00079790](#)

### **YOUTH ALL RANKS** | Ages 5-6

11 sessions | January 11th-March 28th

Thursdays, 5:30pm-6:00pm\*

*Members \$70.40, Non-Member \$88.00\*\**

Online registration code [00079793](#)

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

11 sessions | January 9th-March 26th

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

*Members \$105.60, Non-Member \$132.00\*\**

Online registration code [00079786](#)

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

11 sessions | January 10th-March 27th

Wednesdays, 6:15pm-7:15pm\*

*Members \$105.60, Non-Member \$132.00\*\**

Online registration code [00079791](#)

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

11 sessions | January 11th-March 28th

Thursdays, 6:15pm-7:15pm\*

*Members \$105.60, Non-Member \$132.00\*\**

Online registration code [00079794](#)

### **YOUTH ALL RANKS (COMMUNITY CENTRE)** | Ages 7-11

11 sessions | January 11th-March 28th

Thursdays, 5:30pm-6:30pm\*

*Members \$105.60, Non-Member \$132.00\*\**

Online registration code [00079796](#)

Location: Russell Walker Community Centre

Instructor: Sensei William Lawlor and Jack Boutilier



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 \$55-\$70. Programs fill very quickly, so please register early so you are not disappointed!

*\*Please note there is no program on Tuesday, March 12th, Wednesday March 13th & Thursday March 14th*

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

## Family Karate

**FAMILY ALL RANKS** | Ages 6+  
11 sessions | January 9th-March 26th  
Tuesdays, 7:15pm-8:15pm\*  
*Members \$52.80, Non-Member \$66.00 (plus tax)\*\**  
Online registration code [00079787](#)  
Location: Dance Studio

**FAMILY ALL RANKS (COMMUNITY CENTRE)** | Ages 6+  
11 sessions | January 11th-March 28th  
Thursdays, 7:15pm-8:15pm\*  
*Members \$52.80, Non-Member \$66.00 (plus tax)\*\**  
Online registration code [00079797](#)  
Location: Russell Walker Community Centre  
Instructor: Sensei Peg Mumford

*\*Please note there is no program on Tuesday, March 12th & Thursday March 14th.*

*\*\*Please note karate participants are required to pay a one-time 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 \$55-\$70 depending on size.



## Para-Karate

**PARA-KARATE** | Ages 8+  
9 sessions | January 13th-March 23rd  
Saturdays, 10:00am-11:00am\*  
*Members \$57.60, Non-Member \$72.00 (plus tax)*  
Online registration code [00079798](#)  
Location: Dance Studio  
Instructor: Sensei Heather MacDonald

*\*Please note there is no program on Saturday, March 9th & Saturday, March 16th.*

## Adult Karate

Location: Dance Studio

**ADULT ALL RANKS** | Ages 12+  
11 sessions | January 9th-March 26th  
Tuesdays, 8:30pm-9:30pm\*  
*Members \$105.60, Non-Member \$132.00\*\**  
Online registration code [00079788](#)

**ADULT BROWN & BLACK BELT** | Ages 12+  
11 sessions | January 10th-March 27th  
Wednesdays, 7:30pm-9:00pm\*  
*Members \$154.00, Non-Member \$192.50 (plus tax)\*\**  
Online registration code [00079792](#)

**ADULT YELLOW BELT & UP** | Ages 11-18  
11 sessions | January 11th-March 28th  
Thursdays, 7:30pm-9:00pm\*  
*Members \$154.00, Non-Member \$192.50 (plus tax)\*\**  
Online registration code [00079795](#)

*\*Please note there is no program on Tuesday, March 12th, Wednesday March 13th & Thursday March 14th.*

*\*\*Please note karate participants are required to pay a one-time 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 \$55-\$70.

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 \$55-\$70.

# Fitness and Wellness Programs



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

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



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

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



## ADULT SPECIALIZED PROGRAMS



### Iron Circuit

6 weeks | January 8th-February 12th  
Mondays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078646**  
Location: Track TRX Alcove

6 weeks | February 26th-April 1st  
Mondays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078677**  
Location: Track TRX 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

Location: Track Starting Blocks

6 weeks | January 9th-February 15th  
Tuesdays and Thursdays, 6:00pm-7:00pm  
*Members \$120, Non-Members \$144 (plus tax)*  
Online registration code **00078656**

6 weeks | January 9th-February 15th  
Tuesdays and Thursdays, 7:00pm-8:00pm  
*Members \$120, Non-Members \$144 (plus tax)*  
Online registration code **00078660**

6 weeks | February 22nd-April 2nd  
Tuesdays and Thursdays, 6:00pm-7:00pm  
*Members \$120, Non-Members \$144 (plus tax)*  
Online registration code **00078673**

6 weeks | February 22nd-April 2nd  
Tuesdays and Thursdays, 7:00pm-8:00pm  
*Members \$120, Non-Members \$144 (plus tax)*  
Online registration code **00078675**

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 and post fitness tests, which will help keep you on track. With a variety of workouts to keep things interesting, you're sure to have fun, make new fitness friends, and boost confidence. Space is limited.



## Toughen Up 101

Location: Fitness Studio 1

6 weeks | January 10th-February 14th  
Wednesdays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078643**

6 weeks | February 28th-April 3rd  
Wednesdays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078676**

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!



## Strength Training for Women

Location: Fitness Studio 1

6 weeks | January 14th-February 18th  
Sundays, 9:00am-10:00am  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078633**

6 weeks | January 14th-February 18th  
Sundays, 10:15am-11:15am  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078667**

6 weeks | March 3rd-April 7th |  
Sundays, 9:00am-10:00am  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078665**

6 weeks | March 3rd-April 7th  
Sundays, 10:15am-11:15am  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078668**

Whether you're new to lifting or have had previous instruction, there is something here for everyone. Led by a female trainer, this women-only program will walk you through basic and/or intermediate strength exercises to ensure you feel confident and comfortable while working out.



## ■ WELLNESS PROGRAMS

### Movement Mechanic ← NEW

6 weeks | January 11th-February 15th  
Thursdays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00079473**  
Location: Fitness Studio 2

6 weeks | February 29th-April 4th  
Thursdays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00079476**  
Location: Fitness Studio 2

Movement problems deserve movement solutions. Led by an experienced Kinesiologist, you'll identify and address common dysfunctional movement patterns with release, mobilization, activation, integration, and stretching techniques. Reduce pain, improve movement quality, and enhance performance so that you can move more, train more, and live more!

### Somatic Activated Healing Movement

6 weeks | January 10th-February 14th  
Wednesdays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078696**  
Location: Fitness Studio 2

6 weeks | February 28th-April 3rd  
Wednesdays, 6:30pm-7:30pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078697**  
Location: Fitness Studio 2

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!

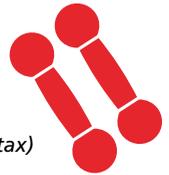


### Strengthen & Flow

6 weeks | January 10th-February 14th  
Wednesdays, 12:00pm-12:45pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00079228**  
Location: Fitness Studio 2

6 weeks | February 28th-April 3rd  
Wednesdays, 12:00pm-12:45pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00079230**  
Location: Fitness Studio 2

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 and 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.





## Introduction to Yoga

6 weeks | January 9th-February 13th  
Tuesdays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00079226**  
Location: Fitness Studio 2



6 weeks | February 27th-April 2nd  
Tuesdays, 6:00pm-7:00pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00079227**  
Location: Fitness Studio 2

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.

## Yin Yoga

6 weeks | January 14th-February 18th  
Sundays, 7:15pm-8:15pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078698**  
Location: Fitness Studio 2



6 weeks | March 3rd-April 7th  
Sundays, 7:15pm-8:15pm  
*Members \$60, Non-Members \$72 (plus tax)*  
Online registration code **00078699**  
Location: Fitness Studio 2

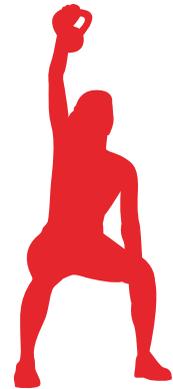
Yin Yoga is a slow paced, soothing, and meditative style of yoga mainly practiced on the floor. It offers a much deeper access to the body compared to other 'yang' or active practices and it consists of a series of passive poses held for longer period of times. Yin can be challenging despite being a 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 [harris@canadagamescentre.ca](mailto:harris@canadagamescentre.ca).

### One-on-One Personal Training

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:**

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

**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 Mindfulness and Meditation Expert 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 [harrisl@canadagamescentre.ca](mailto:harrisl@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](mailto:aquadmin@canadagamescentre.ca)

Next, refer to the days, times and sections of a particular class or level (**see charts on pages 23-24**). 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 and 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 techniques – 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 each

*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 the program.

See chart on page 23 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 eyes of their parents and instructor.

## ■ PRESCHOOL PROGRAMS

Ages 3-5.5 years old  
9 lessons, 35 minutes each  
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 23 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 24 for swim lesson days and times. PLEASE NOTE: Online registration codes are now listed in the swim chart.



### SWIMMER 3

9 lessons | 35 minutes each

*Members \$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.



**DON'T FORGET ME!**

*See page 4 for more details*

### **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

	<b>TUESDAYS</b> January 9th–March 5th	<b>WEDNESDAYS</b> January 10th–March 6th	<b>THURSDAYS</b> January 11th–March 7th	<b>SATURDAYS*</b> January 6th–March 9th
<b>PARENT &amp; TOT 1</b>		6:15pm   00079941	4:15pm   00080000	8:30am   00080030 11:10am   00080031
<b>PARENT &amp; TOT 2</b>	6:15pm   00079906		5:35pm   00080001	9:10am   00080032 10:30am   00080033
<b>PARENT &amp; TOT 3</b>	4:15pm   00079907	4:55pm   00079942		9:50am   00080034 11:50am   00080035
<b>PRESCHOOL 1</b>	4:15pm   00079909	4:55pm   00079943 6:15pm   00079944	4:55pm   00080002 5:35pm   00080003	8:30am   00080036 9:10am   00080037 9:50am   00080038 11:10am   00080039 11:50am   00080040
<b>PRESCHOOL 2</b>	4:55pm   00079910 6:15pm   00079911	5:35pm   00079945	4:15pm   00080005 4:55pm   00080004	8:30am   00080041 9:50am   00080042 10:30am   00080043 11:50am   00080044
<b>PRESCHOOL 3</b>	4:55pm   00079912	5:35pm   00079946	6:15pm   00080006	9:10am   00080045 9:50am   00080046 10:30am   00080047 11:10am   00080048
<b>PRESCHOOL 4</b>	5:35pm   00079913	4:15pm   00079947	5:35pm   00080007	8:30am   00080049 10:30am   00080050
<b>PRESCHOOL 5</b>		5:35pm   00079948	6:15pm   00080008	9:10am   00080051 11:10am   00080052

*\*Please note there are no swim lessons on Saturday, February 17th and Sunday, February 18th for the Nova Scotia Heritage Day weekend.*

	<b>TUESDAYS</b> January 9th–March 5th	<b>WEDNESDAYS</b> January 10th–March 6th	<b>THURSDAYS</b> January 11th–March 7th	<b>SATURDAYS*</b> January 6th–March 9th
<b>SWIMMER 1</b>	4:15pm   00079915 5:35pm   00079916	4:55pm   00079949 6:15pm   00079950	4:15pm   00080013 4:55pm   00080014 5:35pm   00080015	8:30am   00080055 9:10am   00080056 9:50am   00080057 10:30am   00080058 11:10am   00080059 11:50am   00080060
<b>SWIMMER 1 ADVANCED</b>	4:55pm   00079917 6:15pm   00079918	4:15pm   00079951 5:35pm   00079952	6:15pm   00080016	8:30am   00080061 9:10am   00080062 9:50am   00080065 10:30am   00080063 11:10am   00080064 11:50am   00080066
<b>SWIMMER 2</b>	4:55pm   00079919 5:35pm   00079920 6:15pm   00079921	4:15pm   00079953 4:55pm   00079954 5:35pm   00079955	4:15pm   00080017 4:55pm   00080018 6:15pm   00080019	8:30am   00080067 9:10am   00080068 9:50am   00080069 10:30am   00080070 11:10am   00080071 11:50am   00080072
<b>SWIMMER 3</b>	4:55pm   00079922 5:35pm   00079923 6:15pm   00079924	4:15pm   00079956 4:55pm   00079957 6:15pm   00079958	4:15pm   00080020 4:55pm   00080021 5:35pm   00080022	8:30am   00080073 9:10am   00080074 9:50am   00080075 10:30am   00080076 11:10am   00080077 11:50am   00080078
<b>SWIMMER 4</b>	4:00pm   00079925 4:55pm   00079926 5:50pm   00079927	4:00pm   00079959 4:55pm   00079960	4:55pm   00080023 5:50pm   00080024	8:30am   00080079 9:25am   00080080 11:15am   00080081
<b>SWIMMER 5</b>	4:00pm   00079928 4:55pm   00079929 5:50pm   00079930	4:00pm   00079961 4:55pm   00079962 5:50pm   00079963	4:55pm   00080025	8:30am   00080082 9:25am   00080083 11:15am   00080084
<b>SWIMMER 6</b>	4:00pm   00079931 4:55pm   00079932	4:00pm   00079964 5:50pm   00079965	4:55pm   00080026 5:50pm   00080027	8:30am   00080088 9:25am   00080089 10:20am   00080090
<b>SWIMMER 7 / ROOKIE</b>	5:50pm   00079936	4:55pm   00080209		10:20am   00080091
<b>SWIMMER 8 / RANGER</b>	4:55pm   00079937	5:50pm   00080210		10:20am   00080092
<b>SWIMMER 9 / STAR</b>	4:00pm   00079938		5:50pm   00080028	11:15am   00080093

*\*Please note there are no swim lessons on Saturday, February 17th and Sunday, February 18th for the Nova Scotia Heritage Day weekend.*



## 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

Ages 11-15 years  
9 lessons | 35 minutes each

**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

Ages 11-15 years  
9 lessons | 35 minutes each

**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

Ages 16+ years  
9 lessons | 35 minutes each

**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

Ages 16+ years  
9 lessons | 35 minutes each

**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 January 11th–March 7th	SATURDAYS* January 6th–March 9th
TEEN LEVEL 1	6:15pm   00080103	11:10am   00080095 11:50am   00080096
TEEN LEVEL 2		10:30am   00080097 11:50am   00080098
ADULT LEVEL 1	6:15pm   00080105	12:10pm   00080099 12:10pm   00080100
ADULT LEVEL 2		12:10pm   00080101

\*Please note there are no swim lessons on Saturday, February 17th and Sunday, February 18th for the Nova Scotia Heritage Day weekend.

## ■ 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 minutes each

**PER SESSION RATE:** *Members \$8.34, Non-Members \$11.67*

Online registration code [00081045](#)

#### SWIMMER 4 TO SWIMMER 9

9 lessons | 50 minutes each

**PER SESSION RATE:** *Members \$8.89, Non-Members \$12.23*

Online registration code [00081047](#)

All swim level descriptions are listed on [pages 19-22](#). If you have any questions, please contact the Aquatics Program Team at [aquaadmin@canadagamescentre.ca](mailto:aquaadmin@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 lesson 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 [aquaadmin@canadagamescentre.ca](mailto:aquaadmin@canadagamescentre.ca).

**PER SESSION RATE:** *Members \$17.20, Non-Members \$21.10*

Online registration code [00080129](#)



# PRIVATE & SEMI-PRIVATE SWIM LESSONS



## PRIVATE LESSONS

9 Lessons | 35 minutes each

Members \$168.84, Non-Members \$211.05

## SEMI-PRIVATE LESSONS

9 Lessons | 35 minutes each

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 lessons.

**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.

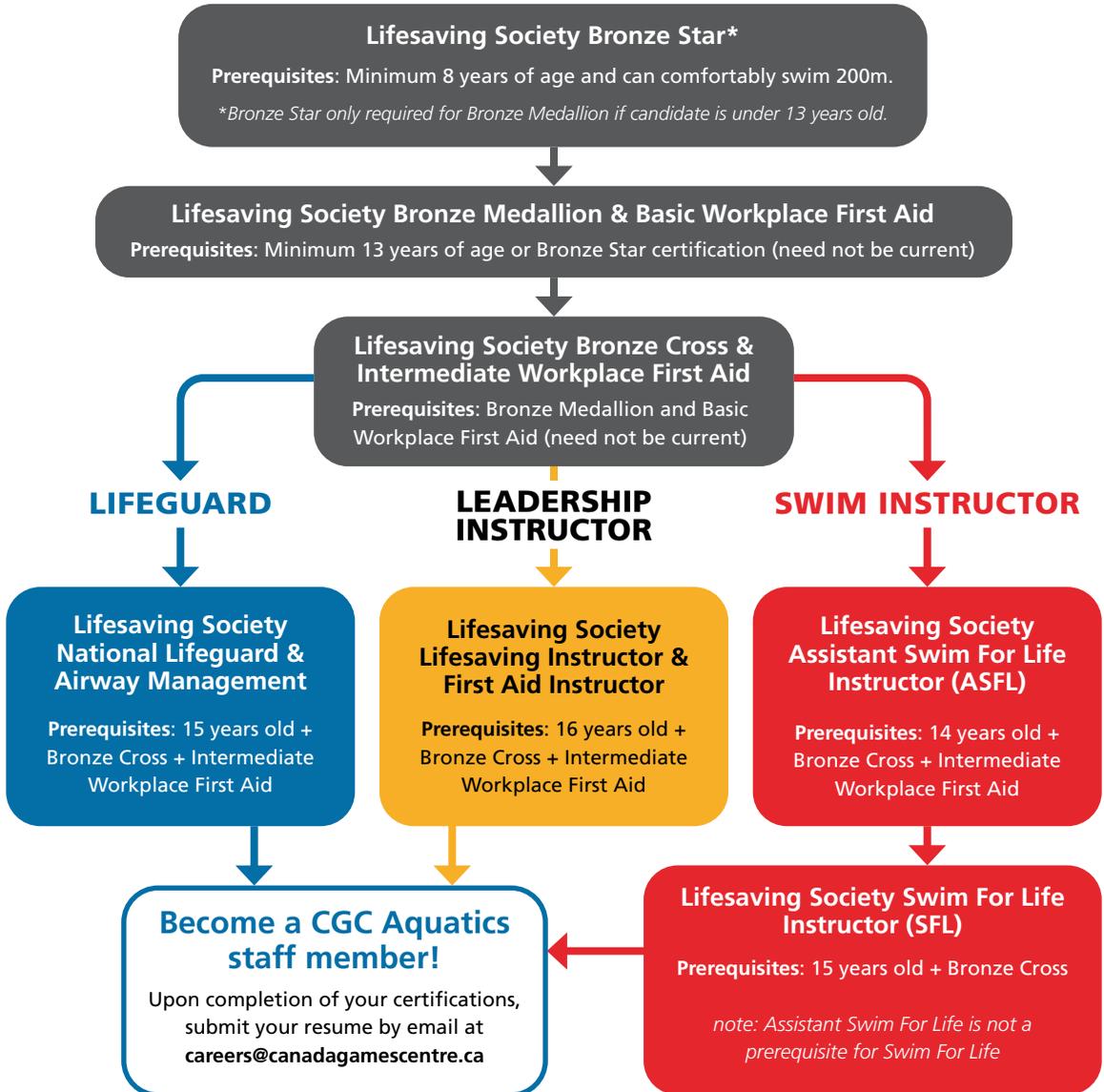
		TUESDAYS January 9th– March 5th	WEDNESDAYS January 10th– March 6th	THURSDAYS January 11th– March 7th	FRIDAYS January 12th– March 8th	SATURDAYS* January 6th– March 9th	SUNDAYS* January 7th– March 10th
SWIMMER 2 OR LOWER	Private	5:35pm   00080211	6:15pm   00080216	6:00pm   00080219 6:00pm   00080220	4:10pm   00080230 4:50pm   00080229 5:30pm   00080231 6:10pm   00080232	8:35am   00080254 9:15am   00080255 9:55am   00080256 10:35am   00080257 11:15am   00080258 11:55am   00080259	8:00am   00080278 8:00am   00080279 8:40am   00080280 8:40am   00080281 9:20am   00080282 9:20am   00080283 11:20am   00080284 11:20am   00080285
	Semi-Private	6:15pm   00080212		5:35pm   00080221 4:40pm   00080800	4:10pm   00080233 4:50pm   00080234 5:30pm   00080235 6:10pm   00080236	9:15am   00080267 9:55am   00080268 10:35am   00080269 11:15am   00080270 11:55am   00080271	
SWIMMER 3 OR HIGHER	Private	4:55pm   00080213	4:15pm   00080217	4:00pm   00080222 4:40pm   00080224 4:55pm   00080223 5:20pm   00080225 5:20pm   00080290	4:10pm   00080237 4:10pm   00080238 4:10pm   00080239 4:50pm   00080240 4:50pm   00080241 4:50pm   00080242 5:30pm   00080243 5:30pm   00080244 5:30pm   00080245 6:10pm   00080246 6:10pm   00080247 6:10pm   00080248	8:35am   00080260 8:35am   00080261 9:15am   00080262 9:55am   00080263 10:35am   00080264 11:15am   00080265 11:55am   00080266	10:00am   00080286 10:00am   00080287 10:40am   00080288 10:40am   00080289
	Semi-Private	5:35pm   00080214		4:15pm   00080226 4:00pm   00080227	4:10pm   00080250 4:50pm   00080251 5:30pm   00080252 6:10pm   00080253	8:35am   00080272 9:15am   00080273 9:55am   00080274 10:35am   00080275 11:15am   00080276 11:55am   00080277	

\*Please note there are no swim lessons on Saturday, February 17th and Sunday, February 18th for the Nova Scotia Heritage Day weekend.



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 Bronze Star

January 9th–March 5th

Tuesdays | 5:50pm–7:05pm

Members \$100, Non-Members \$130

Online registration code [00079888](#)

**Prerequisite:** Minimum 8 years of age and comfortably swim 200 m 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)

January 9th–February 27th

Tuesdays | 4:00pm–6:45pm

Members \$195, Non-Members \$225

Online registration code [00079890](#)

January 12th–March 1st

Fridays | 4:00pm–6:45pm

Members \$195, Non-Members \$225

Online registration code [00079891](#)

**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 Assistant Swim Instructor

3-Day Course | January 12th, 13th & 14th

Friday | 5:00pm–9:00pm,

Saturday & Sunday | 9:00am–5:00pm

Members \$100, Non-Members \$130

Online registration code [00079887](#)

**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 Bronze Cross & Intermediate Workplace First Aid

(formerly Standard First Aid)

2 Weekend Course

January 19th, 20th, 21st, 26th, 27th & 28th

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

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

Members \$210, Non-Members \$240

Online registration code [00079894](#)

**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.



## Lifesaving Society Swim For Life Instructor (SFL)

3-Day Course | February 2nd-4th

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

Saturday & Sunday | 9:00am-6:00pm

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

Online registration code [00079900](#)

**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.*

## Intermediate Workplace First Aid

(formerly Standard First Aid)

2 Day Course | March 2nd & 3rd

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

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

Online registration code [00079896](#)

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 | March 9th–March 15th  
Saturday-Friday | 9:00am–5:00pm

**Members \$260, Non-Members \$290 (plus tax)**  
Online registration code [00079897](#)

**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 | March 16th & 17th  
Saturday & Sunday | 9:00am-5:00pm  
**Members \$105, Non-Members \$135 (plus tax)**  
Online registration code [00079899](#)

**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.



*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](mailto: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.*

**Summer Swim Team Off-Season Training and Masters Swim Team are currently full. For more details, please visit our CGCSA section on our website or reach out to the CGCSA Head Coach at [swimacademy@canadagamescentre.ca](mailto:swimacademy@canadagamescentre.ca)**





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.

## ■ 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.

## ■ SWIM ACADEMY - TRAINING DAYS & TIMES

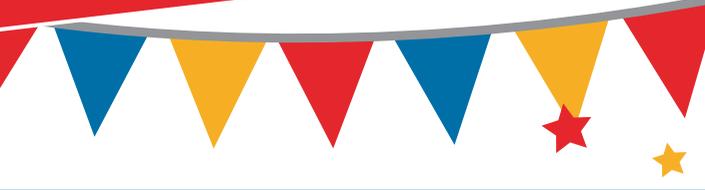
**NOTE:** All practices include the mandatory 15-minute poolside activation.

	MONDAYS*	FRIDAYS*	SUNDAYS*
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 23.



# CGC Rentals



## POOL PARTY!

**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.

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

*\*HST not included.*

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



## ACTIVE & MEETING SPACE RENTALS

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

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.

All room rentals include the following complimentary services:

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

**To book your event or get more info, email [booknow@canadagamescentre.ca](mailto:booknow@canadagamescentre.ca)**



# WINTER 2024

Programs and Services

## It happens here.



26 Thomas Raddall Drive  
Halifax, Nova Scotia  
B3S 0E2

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

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