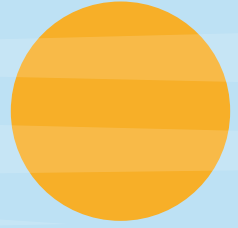


Canada
Games
Centre



2024

SUMMER CAMPS AND PROGRAMS



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CONNECT



Facebook.com/CGCHalifax

Stay connected for program updates,
schedule changes, contests and special events.



@CdaGamesCentre

Follow us for all the latest announcements



E-newsletter Subscribe:

<http://bit.ly/cgcnews>

■ HOW TO REGISTER

Registration can be completed both online and in-person. Please remember that registration can be a very busy time, and that wait times may be longer than normal.

■ REGISTER ONLINE

Our online booking/registration system is in MyRec! Let your fingers do the work as you register from the comfort of your keyboard, phone or tablet, at any time of day. Here is what you need to know when registering online in MyRec:

<https://recreation.halifax.ca>

- Log in to your MyRec account with your email address and password.
 - ➔ If you already have a MyRec account, great! You can use your existing MyRec email and password to access your account and ensure your information is up to date.
 - ➔ Don't have a MyRec account? [Click here](#) to read more on MyRec and to create a new account.
- Under *Make a booking*, select *Programs*.
- Under *Program search*, enter the program barcode as found in this Guide and click *Search*.
- Click on the program you want to register in.
- Review program details and *select Register to pay*. Please note: If program is full, *Add to waiting list*.
- Select the participant you are registering from the dropdown menu, then select *Next*.
- Click *Pay the full cost now* and *Add to cart*.
- Under *Cart Summary*, select *Continue*.
- Proceed to your cart, check *I accept the terms & conditions* and *Continue to payment*.
- Enter *Card payment* and click *Pay now* to get your confirmation.
- A receipt for your program will be emailed to you.

■ REGISTER IN-PERSON

26 Thomas Raddall Drive

Monday – Friday 8:00am-9:00pm

Saturday – Sunday 8:00am-8:00pm

Visa, MasterCard, debit, and cash all accepted.

REGISTRATION DATES

MEMBERS:

Online: **March 19th**, beginning at 8:00am

In-person: **March 21st**, beginning at 8:00am

NON-MEMBERS:

Online: **March 26th**, beginning at 8:00am

In-person: **March 28th**, 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

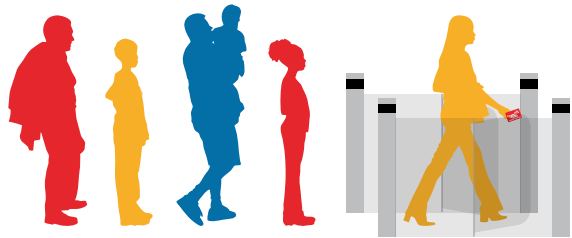
- Some programs may be cancelled due to insufficient registrants. The Canada Games Centre monitors registration levels prior to the start of programs to ensure quality programs are offered. A great course could be cancelled if there are not enough registrants. Register early to avoid program cancellations.
- 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.

Additional Details:

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



Members can scan in for programs with their membership card

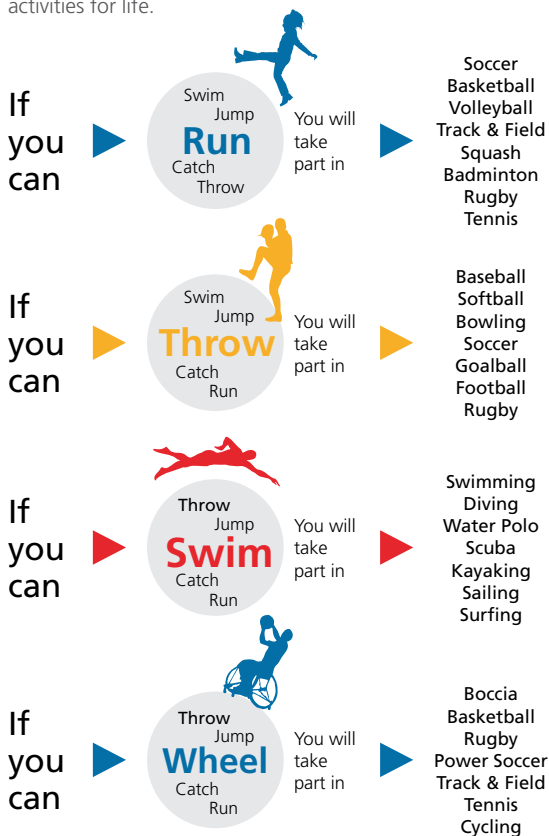
Enjoy the Centre!



Physical Literacy – It Happens Here.

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

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



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

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



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



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



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

2 FUNdamentals

MALES 6-9 Years

FEMALES 6-8 Years

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

PROGRAMS

- Karate
- Swim Lessons
- Swim Academy

4 ActiveforLIFE

MALES & FEMALES

Any Age

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

PROGRAMS

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

1 ActiveSTART

MALES & FEMALES

0-6 Years

PROGRAMS

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

3 LearntoTRAIN

MALES 9-12 Years

FEMALES 8-11 Years

PROGRAMS

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



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

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



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



CGC Membership

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



- Swim, dive and splash your way around our Aquatics Centre (3 Pools, Hot Tub, Dry Sauna, Water Slides & Play Features)
- Stay motivated with a large variety of specialized weight training and cardio equipment in our Fitness Centre (ages 14+)
- Hone your skills or play for fun in our Field House (Basketball, Volleyball, Badminton, Pickleball & Table Tennis)
- Stretch your legs on our 6-lane, 200m indoor Track (Strollers and Nordic poles welcome!)
- Choose from over 60 Drop-in Fitness Classes a week, including Yoga, Zumba®, Spin, interval training, strength & conditioning, Aquafit and more!

ALSO INCLUDED

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

**TOGETHER
WE INSPIRE
HEALTHY
ACTIVE
LIVING**

Accessibility

As an inclusive community centre, we've placed great consideration on ensuring that the facility is inclusive to all of our members and guests. Ramp and lift access to our pools, visual and non-visual wayfinding, and barrier free parking areas, entrances, travel paths, and washrooms have all been integrated into the design. To learn more about our accessibility, stop by for a tour or visit our website: canadagamescentre.ca/about-us/accessibility.

Interested in taking a tour?

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

MEMBERSHIP EXCLUSIVES

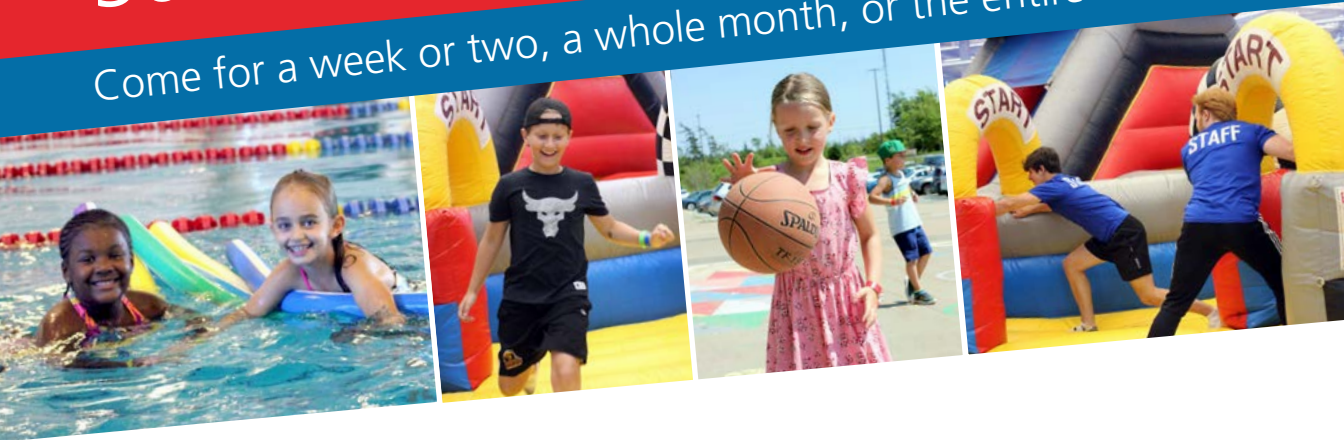
- Bi-weekly payment plans available
- Free Simply Fit Fitness Centre orientation
- Advanced registration and special pricing for programs*
- Savings on Personal Training*
- Member Only Swims
- Advanced badminton/pickleball court bookings
- Ability to freeze your membership for a maximum of 3 months*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

**Annual members only, some conditions may apply*



Summer Camps

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



THE FUN TAKES PLACE FROM JULY 2nd TO AUGUST 23rd. OUR SUMMER CAMPS RUN MONDAY TO FRIDAY STARTING AT 8:30AM AND ENDING AT 5:00PM.

For children ages 5 1/2-12 years (children must have turned 5 by December 31st, 2023 to attend camp)

We're offering a wide variety of active camps. All our camps will focus on fun and follow the same daily routine with activities based on the camp theme.

**Is it summer yet? Because we can't wait!
And neither should you.**

**Register early to get
the camps you want.**

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

Physical Literacy



To support Physical Literacy within our community, we continue to align our Summer Camps to the Sport For Life (S4L) model to help kids get an active start in life – and enjoy it too!



■ SUMMER CAMP REGISTRATION INFORMATION

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

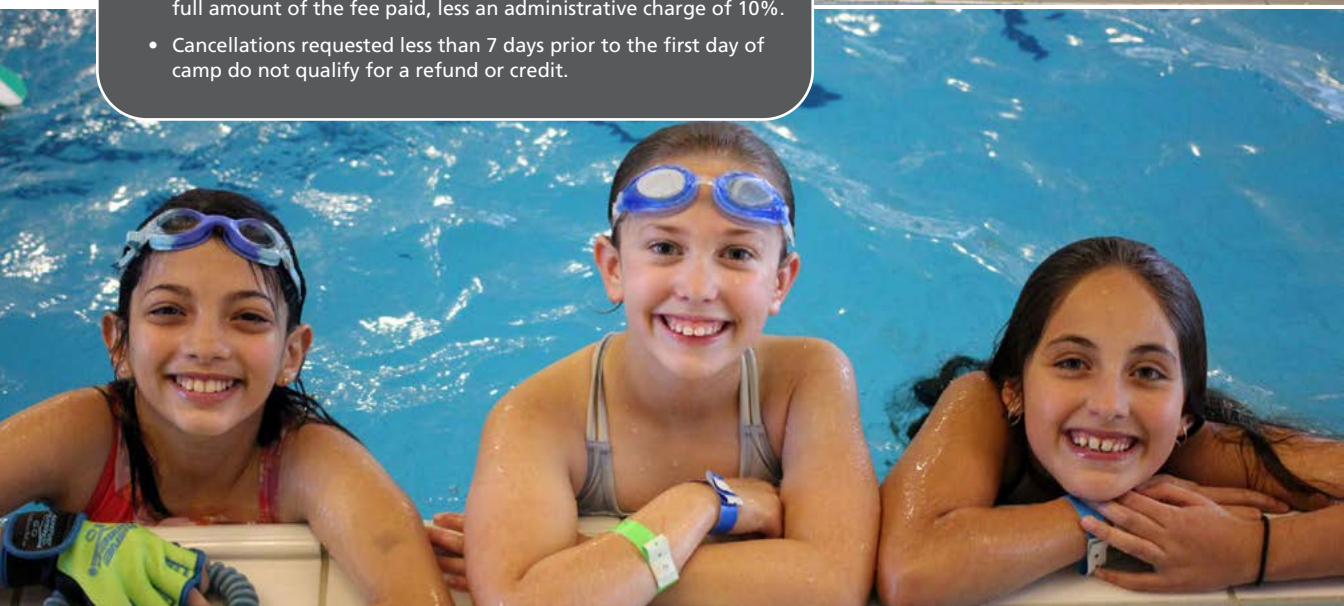
Children must have turned 5 by December 31st, 2023 to attend camp. Children currently attending Pre-Primary programs would not meet the age requirements to attend camp.

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



CANCELLATIONS AND REFUND POLICY

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



■ DAILY CAMP ROUTINE

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

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

Throughout the Day: Each camp has many structured activities built into the daily schedule. Activities are in keeping with the theme of the camp and are physically active and engaging. Children will also go outside (weather permitting) and participate in activities in the areas surrounding the Centre.



Swimming

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

A swim test will be offered each Monday for campers in the 7-9 and 10-12 year-old camps. It will be led by certified lifeguards to determine if campers require a swim belt during their leisure swim times. If it is determined that your child requires a swim belt, they will not be allowed to enter the water without one. All campers in the 5 ½-6 year old camps will be expected to wear swim belts.

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

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





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

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

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



4:15pm-5:00pm - Afternoon Pick-Up: Camps will be ready for pick up beginning at 4:15pm to help facilitate a quick pickup for all families. Similar to morning drop-off, children will spend this time doing supervised non-structured free-play and games. All campers must be picked up no later than 5:00pm. A late fee will be charged for any participants not picked up by that time. **Photo Identification will be required when picking up children from camp. Only the individuals listed on the Transportation form will be permitted to sign your child out at the end of each camp day.** Please let us know if you would like to change this list by notifying us by email.

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



■ SUMMER CAMP INFORMATION

Late Fees: If a child is not picked up by 5:00pm there will be a late fee charge of \$15.20/family per 15 minutes or part thereof. Late fees will be billed to your MyRec account and must be paid within 3 days. Late fees are billed to cover the cost of the leader's wages to remain with your child. If any child is not picked up by 5:30pm, emergency contacts will be phoned to pick up the child. Multiple incidents of late pickup without a valid excuse or notification will result in a discussion to determine if our camp's operating hours meet the needs of the family.

What should campers bring?

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

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

All campers should be dressed appropriately for the weather as we would like to be able to bring children outside as often as possible. As the weather can change dramatically from morning to afternoon, please be sure that your child comes to camps prepared for all types of weather.

STILL HAVE SUMMER CAMP QUESTIONS?

Visit the **Summer Camp page** on our website for more information.



What should campers NOT bring:

Campers MUST leave the following items at home for safekeeping:

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

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

Camper Expectations

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

Health & Safety

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

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

■ SUMMER CAMP PROGRAMS

Counsellor in Training (CIT) Volunteer Program

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

To participate, youth must complete and submit the **application form** found on our website, successfully complete the interview process, and be able to commit to the following **mandatory training session: June 6th, 2024 from 5:00pm to 8:00pm.**

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

Applications are due no later than May 3rd, 2024.



WHO SHOULD BE A CIT?

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

- **Loves Camp**

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

- **Looking for Leadership**

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

- **Connects with Kids**

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































































WHAT DO CITs DO?

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


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

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

Summer Camps 2024

	AGES 5½-6*	AGES 5½-6*	AGES 5½-6*	AGES 7-9	AGES 7-9	AGES 7-9	AGES 10-12	AGES 10-12
July 2nd–5th Members \$160 Non-Members \$188	 Superhero 00087823	 Superhero 00087824	 Superhero 00087825	 Water Blast 00087826	 Water Blast 00087827	 Water Blast 00087828	 Aspiring Artists 00087829	 Aspiring Artists 00087830
July 8th–12th Members \$200 Non-Members \$235	 Animal Kingdom 00087831	 Animal Kingdom 00087832	 Animal Kingdom 00087833	 Earth and Space Adventures 00087834	 Earth and Space Adventures 00087835	 Swim Lesson 00087836 Members \$420 Non-Members \$500	 Outdoor Explorers 00087837	 Outdoor Explorers 00087838
July 15th–19th Members \$200 Non-Members \$235	 Olympic 00087839	 Olympic 00087840	 Olympic 00087841	 Aspiring Artists 00087842	 Aspiring Artists 00087843	 Spectacular Science 00087844	 Spectacular Science 00087845	
July 22nd–26th Members \$200 Non-Members \$235	 Outdoor Explorers 00087846	 Outdoor Explorers 00087847	 Swim Lesson 00087848 Members \$420 Non-Members \$500	 Spectacular Science 00087849	 Spectacular Science 00087850	 Spectacular Science 00087851	 Youth Leadership 00087852	 Youth Leadership 00087853
July 29th– August 2nd Members \$200 Non-Members \$235	 Earth and Space Adventures 00087854	 Earth and Space Adventures 00087855	 Olympic 00087856	 Olympic 00087857	 Olympic 00087858	 Water Blast 00087859	 Water Blast 00087860	
August 6th–9th Members \$160 Non-Members \$188	 Aspiring Artists 00087861	 Aspiring Artists 00087862		 Outdoor Explorers 00087863	 Outdoor Explorers 00087864	 Outdoor Explorers 00087865	 Spectacular Science 00087866	
August 12th–16th Members \$200 Non-Members \$235	 Spectacular Science 00087867	 Spectacular Science 00087868	 Spectacular Science 00087869	 Animal Kingdom 00087870	 Animal Kingdom 00087871	 Animal Kingdom 00087872	 Olympic 00087873	 Olympic 00087874
August 19th–23rd Members \$200 Non-Members \$235	 Water Blast 00087875	 Water Blast 00087876		 Superhero 00087877	 Superhero 00087878	 Superhero 00087879	 Youth Leadership 00087880	

* Children must have turned 5 by December 31, 2023 to attend camp.

 = No camp

SUMMER CAMP PROGRAM DESCRIPTIONS

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



Animal Kingdom

Get ready to roar! It's Animal Kingdom week at the Canada Games Centre. There will be lots of wild crafts and adventurous games. This camp will allow them to learn about a variety of animals and their habitats. Campers will also take part in a leisure swim and a variety of active camp games every day.



Olympic

Join us for a week full of Olympic themed sports and activities. This camp will give kids the opportunity to try a wide variety of our most popular sports and activities, so you can find one that's right for you. If you are ready to jump your highest, run your hardest and try your best, then this is the camp for you. Campers will enjoy a leisure swim and a variety of active camp games every day.



Aspiring Artists

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



Earth & Space Adventures

Blast off with this far out week full of cosmic fun! We will learn about the galaxy, create space shuttles, try out a telescope, and much more! Participants will also enjoy a leisure swim and a variety of active camp games every day.



Outdoor Explorers

Join us for a week full of outdoor adventures! This camp will engage participants by providing a dynamic environment to learn, observe, and discover the outdoors. We will experiment and explore many aspects of our local natural environment. If you want to be outside and have a passion for the environment, this is the place for you! Campers will also take part in a leisure swim and a variety of active camp games every day.



Spectacular Science

The Canada Games Centre will be exploding with science! This camp will give kids the opportunity to learn about science through our interactive and hands-on activities. Participants will complete various experiments throughout the week such as slime making, structure building, exploding bags and more! Participants will also enjoy a leisure swim and a variety of active camp games every day.



Water Blast

Come splash and splash as we celebrate summer! This week will be filled with water activities and beach themed crafts. Campers will also take part in a leisure swim and a variety of active camp games every day.



Youth Leadership

Are you interested in leadership and making a difference in your community? If you love volunteering and being a positive role model while connecting with like-minded youth, this camp is for you! We will be playing great ice-breaker games, learning how to lead groups of children and learning how to help in our community. Campers will enjoy a leisure swim and a variety of active camp games every day.



Superhero

It's a bird! It's a plane! No, it's CGC camp superheroes! Join us as we turn into superheroes to save the world! We will be playing superhero themed games, making superhero crafts and doing good deeds around the community! Superheroes will also take part in a leisure swim and a variety of active camp games every day.



Swim Lesson

Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified Canada Games Centre swim instructors. A full swim program will be taught and participants will receive a report card at the end of week two. In addition to daily swim lessons, campers will enjoy a leisure swim and a variety of active camp activities every day.



■ WAITLIST INFORMATION & REGISTRATION

Waitlist Procedure: Should a camp that you wish to place your child in fill up, please be sure to add them to the waitlist for their age group and specific camp week. Summer plans change and we do our best to quickly notify people from our waitlist if space becomes available. Should a space become available, you will be contacted by the email on file in your MyRec account and will have 24 hours to confirm and pay for your child's enrolment in camp. After 24 hours without confirmation and payment, the space is offered to the next waitlisted child.

	AGES 5½-6	AGES 7-9	AGES 10-12
July 2nd–5th	00087953	00087954	00087955
July 8th–12th	00087956	00087957 Swim Lesson 00087958	00087959
July 15th–19th	00087960	00087961	00087962
July 22nd–26th	00087963 Swim Lesson 00087964	00087965	00087966
July 29th–August 2nd	00087967	00087968	00087969
August 6th–9th	00087970	00087971	00087972
August 12th–16th	00087973	00087974	00087975
August 19th–23rd	00087976	00087977	00087978

■ INCLUSION PROGRAM

We offer an inclusion program for campers requiring extra support due to a physical, medical, behavioral and/or developmental disability. Campers will receive one on one support from an Inclusion Counsellor who oversees the camper's personal and developmental needs, making every effort to include campers in adapted activities and ensuring their overall safety and happiness while in our care.

While we are happy to try and accommodate all participants needs as best as we are able, please understand that some needs may be beyond our scope of accommodation. Canada Games Centre staff are not qualified to carry out procedures such as catheterization, tube feeding or assisted feeding, suctioning, injections, and/or managing aggressive behaviors. Participants should also be able to use the washroom with minimal assistance. Please note that by not disclosing the needs of a participant prior to registration we may be required to withdraw the participant from the program until appropriate supports can be put into place.

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

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

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

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

Program Registration: If you are interested in having your child participate in our inclusion program, please register on the waitlist using the registration code below. After successful registration, you will receive a participant intake form via email within 2 weeks. The form must be returned to us by **May 3rd, 2024** in order to be considered for a space in our program.

Inclusion Program Waitlist

July 3rd-August 25th
Online registration code **00087979**

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

Recreation Programs



■ SPORTS PROGRAMS

Youth Karate



Location: Dance Studio

YOUTH ALL RANKS | Ages 5-6
7 sessions | July 16th – August 27th
Tuesdays, 5:30pm-6:00pm*
*Members \$47.60, Non-Member \$59.50**
Online registration code: **00087985**

YOUTH ALL RANKS | Ages 5-6
7 sessions | July 17th – August 28th
Wednesdays, 5:30pm-6:00pm*
*Members \$47.60, Non-Member \$59.50**
Online registration code **00087986**

YOUTH ALL RANKS | Ages 5-6
7 sessions | July 18th – August 29th
Thursdays, 5:30pm-6:00pm*
*Members \$47.60, Non-Member \$59.50**
Online registration code **00087987**

YOUTH ALL RANKS | Ages 7-11
7 sessions | July 16th – August 27th
Tuesdays, 6:10pm-7:10pm*
*Members \$70, Non-Member \$87.50**
Online registration code **00087988**

YOUTH ALL RANKS | Ages 7-11
7 sessions | July 17th – August 28th
Wednesdays, 6:15pm-7:15pm*
*Members \$70, Non-Member \$87.50**
Online registration code **00087989**

YOUTH ALL RANKS | Ages 7-11
7 sessions | July 18th – August 29th
Thursdays, 6:15pm-7:15pm*
*Members \$70, Non-Member \$87.50**
Online registration code **00087990**

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

Family Karate



Location: Dance Studio

FAMILY ALL RANKS | Ages 6+
7 sessions | July 16th-August 27th
Tuesdays, 7:15pm-8:15pm
Members \$35, Non-Member \$43.75 (plus tax)*
Online registration code [00087981](#)

**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 \$55-\$70 depending on size.



Adult Karate



Location: Dance Studio

ADULT ALL RANKS | Ages 12+
7 sessions | July 16th – August 27th
Tuesdays, 8:30pm-9:30pm
Members \$70, Non-Member \$87.50 (plus tax)*
Online registration code [00087982](#)

ADULT BROWN & BLACK BELT | Ages 12+
7 sessions | July 17th – August 28th
Wednesdays, 7:30pm-9:00pm
Members \$102.20, Non-Member \$127.75 (plus tax)*
Online registration code [00087983](#)

ADULT YELLOW BELT & UP | Ages 11-18
7 sessions | July 18th – August 29th
Thursdays, 7:30pm-9:00pm
Members \$102.20, Non-Member \$127.75 (plus tax)*
Online registration code [00087984](#)

**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 \$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

4 weeks | July 3rd-July 24th
Wednesdays, 6:00pm-7:00pm
Members \$42, Non-Members \$50 (plus tax)
Online registration code **00088098**
Location: TRX Alcove



4 weeks | August 7th-August 28th
Wednesdays, 6:00pm-7:00pm
Members \$42, Non-Members \$50 (plus tax)
Online registration code **00088099**
Location: 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.



DON'T FORGET ME!

See page 4 for more details



Toughen Up

4 weeks | July 2nd-July 25th
Tuesdays & Thursdays, 6:00pm-7:00pm
Members \$84, Non-Members \$100 (plus tax)
Online registration code **00088102**
Location: Track Starting Blocks



4 weeks | August 6th-August 29th
Tuesdays & Thursdays, 6:00pm-7:00pm
Members \$84, Non-Members \$100 (plus tax)
Online registration code **00088103**
Location: Track Starting Blocks

Get off the couch and into the best shape of your life at the Canada Games Centre with this dynamic, moderate-to-high intensity training program. Toughen Up is designed to improve strength, endurance, and body composition with 2 weekly workouts over 4 weeks. Join one of our amazing personal trainers for pre & post fitness tests, which will help keep you on track. With a variety of workouts to keep things interesting, you're sure to have fun, make new fitness friends, and boost confidence. Space is limited.



Toughen Up 101

4 weeks | July 3rd-July 24th
Wednesdays, 7:00pm-8:00pm
Members \$42, Non-Members \$50 (plus tax)
Online registration code **00088100**
Location: Personal Training Studio



4 weeks | August 7th-August 28th
Wednesdays, 7:00pm-8:00pm
Members \$42, Non-Members \$50 (plus tax)
Online registration code **00088101**
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!

Youth Strength & Conditioning

4 weeks | July 4th-July 29th
Mondays & Thursdays, 4:00pm-5:00pm
Members \$84, Non-Members \$100 (plus tax)
Online registration code **00088108**
Location: Personal Training Studio



4 weeks | August 8th-August 29th
Mondays & Thursdays, 4:00pm-5:00pm
Members \$73.50, Non-Members \$87.50 (plus tax)
Online registration code **00088109**
Location: Personal Training Studio

This challenging program is designed for students in grades 10 through 12 who are looking to train hard and efficiently. Under the supervision of an experienced Exercise Specialist, students will complete comprehensive full body strength workouts, master the principles of effective training, and learn to work together in pursuit of their goals.

■ WELLNESS PROGRAMS

Power Yoga

4 weeks | July 4th-July 25th
Thursdays, 5:45pm-7:00pm
Members \$52.50, Non-Members \$63 (plus tax)
Online registration code **00088110**
Location: 2nd Floor Fitness Studio

4 weeks | August 8th-August 29th
Thursdays, 5:45pm-7:00pm
Members \$52.50, Non-Members \$63 (plus tax)
Online registration code **00088111**
Location: 2nd Floor Fitness Studio

Step into our Power Yoga class, perfect for all levels! Immerse yourself in dynamic Vinyasa flows, elevating your practice with faster-paced sequences. Whether you're a beginner or an experienced yogi, we provide modifications to meet you where you are. Feel your heart racing as you connect with your inner power on physical and mental levels. Challenge yourself with arm balance and inversion postures, as well as advanced poses, as we guide you through a process to level up your practice. Be prepared for a challenging experience that will leave you invigorated, empowered, and energized!



Functional Pilates

4 weeks | July 2nd-July 23rd
Tuesdays, 12:15pm-1:15pm
Members \$42, Non-Members \$50 (plus tax)
Online registration code **00088104**
Location: 2nd Floor Fitness Studio

4 weeks | July 6th-July 27th
Saturdays, 9:00am-10:00am
Members \$42, Non-Members \$50 (plus tax)
Online registration code **00088106**
Location: 2nd Floor Fitness Studio

4 weeks | August 6th-August 27th
Tuesdays, 12:15pm-1:15pm
Members \$42, Non-Members \$50 (plus tax)
Online registration code **00088105**
Location: 2nd Floor Fitness Studio

3 weeks | August 10th-August 24th
Saturdays, 9:00am-10:00am
Members \$31.50, Non-Members \$37.50 (plus tax)
Online registration code **00088107**
Location: 2nd Floor Fitness Studio

Prerequisite: Previous Pilates experience is highly recommended, but not mandatory.

In Functional Pilates, you will be challenged with a variety of standing, seated, and lying postures, using props and weights to help you gain strength and stamina. Space is limited.



■ FITNESS SERVICES

Whether you are looking for a more personalized program, specialized sports training, or just need help getting started, we can help. To sign up for any of the following Fitness Services, 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.

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	\$69	\$84
Packages of 5	\$305	\$380
Packages of 10	\$540	\$690
Packages of 20	\$960	\$1,260

*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	\$43	\$58
Packages of 5	\$185	\$260
Packages of 10	\$330	\$480
Packages of 20	\$570	\$870

*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	\$30	\$35
Packages of 5	\$135	\$160
Packages of 10	\$240	\$290
Packages of 20	\$430	\$530

*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: \$115
(minimum of 5 athletes, maximum 20 athletes)*
**Taxes not included in pricing.*

Team Training Package

Train the whole athlete:

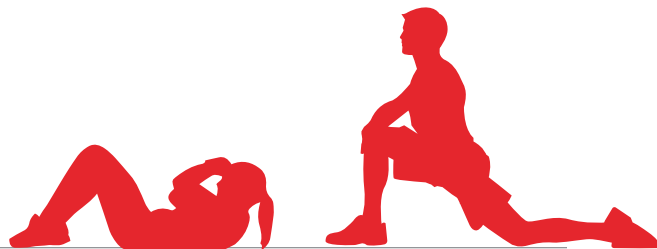
10 Dryland Training Sessions (60 minutes each)
Work with one of our qualified Exercise Specialists to have your team perform better together and individually.

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: \$1,250
(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.



Aquatics Programs



AQUATICS REGISTRATION INFORMATION

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

Next, refer to the days, times and sections of a particular class or level ([see charts on page 30](#)). 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 and extra registrations will be cancelled.** 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. We do not offer waitlists, unless specifically mentioned.

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
- Scheduled time between classes for rotation, evaluation & to connect with parents
- **Aquatics 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
35 minutes each

Members \$93.78, Non-Members \$125.10

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 30 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
35 minutes each

Members \$93.78, Non-Members \$125.10

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 30 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



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

35 minutes each

Members \$93.78, Non-Members \$125.10

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

35 minutes each

Members \$93.78, Non-Members \$125.10

For swimmers who have completed Preschool 4, Preschool 5, or who have been recommended for this level by their previous instructor.

SWIMMER 2

35 minutes each

Members \$93.78, Non-Members \$125.10

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 30 for swim lesson days and times. PLEASE NOTE: Online registration codes are now listed in the swim chart.



SWIMMER 3

35 minutes each

Members \$93.78, Non-Members \$125.10

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 (25 m).

SWIMMER 4

50 minutes each

Members \$99.54, Non-Members \$132.75

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

50 minutes each

Members \$99.54, Non-Members \$132.75

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

50 minutes each

Members \$99.54, Non-Members \$132.75

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

50 minutes each

Members \$99.54, Non-Members \$132.75

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

50 minutes each

Members \$99.54, Non-Members \$132.75

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

50 minutes each

Members \$99.54, Non-Members \$132.75

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

	SESSION A JULY 2nd-30th TUESDAYS & THURSDAYS	SESSION 1 JULY 9th-12th & JULY 15th-19th	SESSION 2 JULY 23rd-26th & JULY 29th-AUGUST 2nd	SESSION B AUGUST 15T-29th TUESDAYS & THURSDAYS
PARENT & TOT 1			9:55am 00087231	4:00pm 00087228
PARENT & TOT 2	6:00pm 00087224	9:55am 00087226	11:15am 00087232	6:00pm 00087229
PARENT & TOT 3	5:20pm 00087225	11:15am 00087227	11:55am 00087233	5:20pm 00087230
PRESCHOOL 1	4:00pm 00087234 5:20pm 00087235	9:55am 00087739	9:55am 00087754 11:55am 00087755	4:00pm 00087746 6:00pm 00087747
PRESCHOOL 2	4:40pm 00087236 5:20pm 00087237 6:00pm 00087238	10:35am 00087740 11:55am 00087741	10:35am 00087756	4:40pm 00087748 6:00pm 00087749
PRESCHOOL 3	4:40pm 00087239 5:20pm 00087240	11:15am 00087742 11:55am 00087743	11:15am 00087757	4:40pm 00087750 5:20pm 00087751
PRESCHOOL 4	4:00pm 00087241	10:35am 00087744	11:55am 00087758	4:00pm 00087752
PRESCHOOL 5	6:00pm 00087242	11:55am 00087745	10:35am 00087759	5:20pm 00087753
SWIMMER 1	4:00pm 00087760 4:40pm 00087761 5:20pm 00087762 6:00pm 00087763	9:55am 00087776 11:15am 00087777 11:55am 00087778	9:55am 00087803 11:55am 00087804	4:00pm 00087787 4:40pm 00087788 5:20pm 00087789 6:00pm 00087790
SWIMMER 1 ADVANCED	4:00pm 00087764 4:40pm 00087765	10:35am 00087779	10:35am 00087805 11:15am 00087806	4:00pm 00087791 4:40pm 00087792 5:20pm 00087793
SWIMMER 2	4:00pm 00087766 4:40pm 00087767 6:00pm 00087768 6:00pm 00087769	9:55am 00087780 10:35am 00087781 11:15am 00087782	9:55am 00087807 10:35am 00087808 11:15am 00087809	4:00pm 00087794 4:40pm 00087795 6:00pm 00087796
SWIMMER 3	4:00pm 00087770 4:40pm 00087771 5:20pm 00087772	11:45am 00087783	11:55am 00087810	4:00pm 00087797 4:40pm 00087798 5:20pm 00087799
SWIMMER 4	4:00pm 00087773	11:45am 00087784	11:45am 00087811	5:50pm 00087800
SWIMMER 5	4:00pm 00087774	9:55am 00087785	9:55am 00087812	5:50pm 00087801
SWIMMER 6	4:55pm 00087775	9:55am 00087786	9:55am 00087813	4:55pm 00087802
SWIMMER 7 / ROOKIE	4:55pm 00087889	10:50am 00087892	10:50am 00087895	4:55pm 00087896
SWIMMER 8 / RANGER	5:50pm 00087890	10:50am 00087893		4:00pm 00087897
SWIMMER 9 / STAR	5:50pm 00087891	10:50am 00087894		4:00pm 00087898

PRIVATE & SEMI-PRIVATE SWIM LESSONS



PRIVATE LESSONS | 9 Lessons | 35mins
 Members \$176.40, Non-Members \$220.50

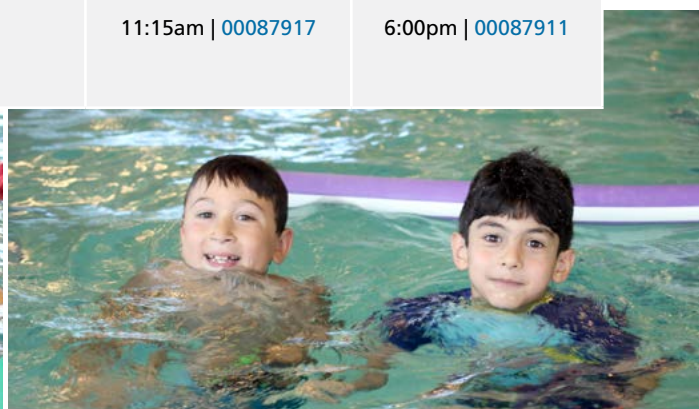
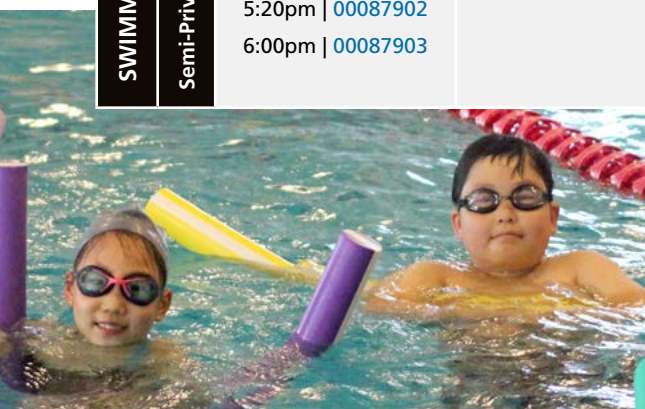
SEMI-PRIVATE LESSONS | 9 Lessons | 35mins
 Members \$289.80, Non-Members \$362.25

Private and Semi-Private Lessons are available for anyone ages 3-16 years at set times for any preschool or school aged programs offered at the Canada Games Centre. Prescheduled private and semi-private lessons have the same start and end dates as the regular swimming lessons. Spaces are limited per time slot and are sold in nine 35-minute increments.

Please Note: Semi-private fees listed are for 2 participants. You must coordinate your second participant at time of registration. As we are only able to take one payment, any cost splitting should be coordinated outside of our registration system.

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

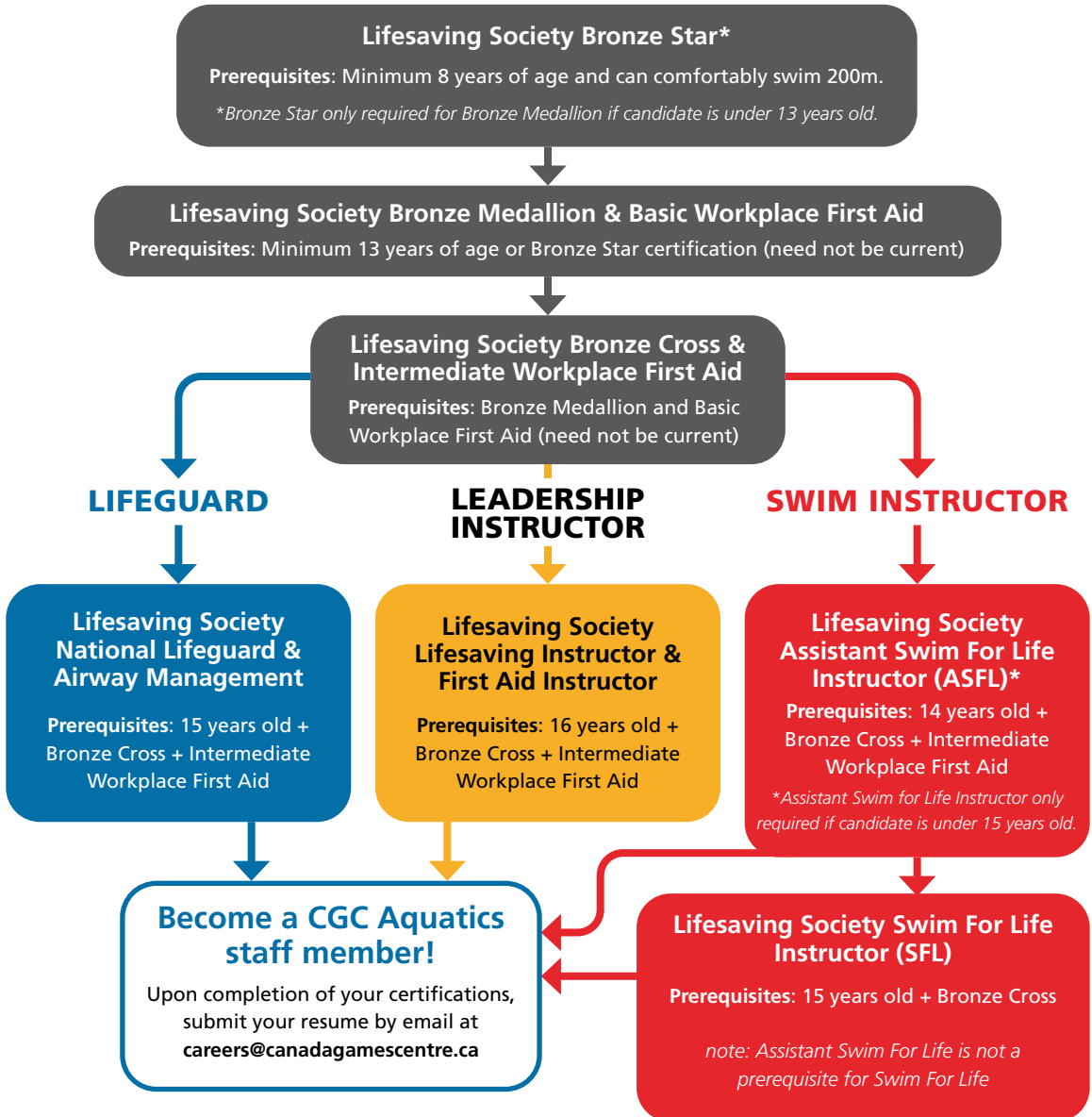
		SESSION A JULY 2nd-30th TUESDAYS & THURSDAYS	SESSION 1 JULY 9th-12th & JULY 15th-19th	SESSION 2 JULY 23rd-26th & JULY 29th-AUGUST 2nd	SESSION B AUGUST 1ST-29th TUESDAYS & THURSDAYS
SWIMMER 2 OR LOWER	Private		10:35am 00087904 11:55am 00087905	10:35am 00087912 11:55am 00087913	4:40pm 00087907 6:00pm 00087908
	Semi-Private		11:15am 00087906	9:55am 00087915 11:15am 00087916	6:00pm 00087910
SWIMMER 3 OR HIGHER	Private	4:00pm 00087900 4:40pm 00087901		10:35am 00087914	5:20pm 00087909
	Semi-Private	5:20pm 00087902 6:00pm 00087903		11:15am 00087917	6:00pm 00087911





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

July 2nd-July 30th

Tuesdays & Thursdays | 5:50pm-7:05pm

Members \$110, Non-Members \$140

Online registration code [00087919](#)

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)

July 9th-12th & July 15th-19th

Monday-Friday | 9:00am-2:30pm

Members \$205, Non-Members \$235

Online registration code [00087920](#)

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.

As per the cancellation policy on page 3, some Leadership Program courses will also include a textbook fee, along with the 10% admin fee, if a participant requests a program cancellation.

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

July 23rd-August 2nd

Monday-Friday | 9:00am-1:00pm

Members \$220, Non-Members \$250

Online registration code [00087921](#)

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.



As per the cancellation policy on page 3, some Leadership Program courses will also include a textbook fee, along with the 10% admin fee, if a participant requests a program cancellation.

Lifesaving Society National Lifeguard & Airway Management

COMPACT COURSE | July 23rd–August 2nd
Tuesday-Sunday | 9:00am-5:00pm
Members \$275, Non-Members \$305 (plus tax)
Online registration code [00087923](#)

Prerequisite: Minimum 15 years of age by exam date and Intermediate Workplace First Aid (formerly Standard First Aid); Bronze Cross certification (need not be current)

National Lifeguard training builds on the fundamental skills, knowledge, and values taught in the Lifesaving Awards of the Lifesaving Society to develop the practical skills and knowledge required by lifeguards. Recognized as the standard measurement of lifeguard performance in Canada, National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the role of the lifeguard. The National Lifeguard's primary role is the prevention of emergency situations, and where this fails, the timely and effective resolution of emergencies. Registration includes Oxygen Administration certification, pocket mask, whistle and exam fees. Due to the nature of these courses, 100% attendance is required for certification.

Please note: Certification is conditional upon successful completion of National Lifeguard Exam. Exam may be scheduled after the course is complete.

Participants in Grade 11 or 12 who have completed their National Lifeguard Course (NL), Lifesaving Instructor Course (LSI) and Swim For Life Instructor Course can receive school credits. Proof of awards must be sent and approved by the school guidance counselor. Due to the nature of these courses, 100% attendance is required for certification.

Recertification - Lifesaving Society National Lifeguard Pool, Intermediate Workplace First Aid (formerly Standard First Aid) & Airway Management

2-DAY COURSE | August 24th & 25th
Saturday & Sunday | 9:00am-5:00pm
Members \$110, Non-Members \$140 (plus tax)
Online registration code [00087924](#)

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

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

Lifesaving Society Swim For Life Instructor (SFL)

WEEKEND COURSE | July 26th–28th
Friday | 5:00pm-9:00pm
Saturday & Sunday | 9:00am – 6:00pm
Members \$220, Non-Members \$250 (plus tax)
Online registration code [00083523](#)

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

Leave this course with your instructing certificate and the opportunity to submit your resume for employment. The Swim For Life course prepares the instructor to teach and evaluate swim strokes and lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods, learning strategies and activities, a variety of stroke and skill drills, effective correction techniques, and evaluation criteria. Practice teaching is emphasized throughout. Candidates learn to evaluate participants in Swim for Life and Swim Patrol program. Due to the nature of these courses, 100% attendance is required for certification.

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

The Canada Games Centre Swim Academy (CGCSA) is 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.



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.

■ SUMMER SWIM TEAM

Summer Swim Team competes in the Swim NS Summer Swimming Season, for athletes who are not involved in year-round swim teams. All swimmers must meet summer swimming eligibility requirements and are required to disclose any training and competitions outside of summer swimming. Our Summer Swim Team focuses on proper technique, sportsmanship and fair play in a positive and encouraging environment. Swimmers will improve their skills and challenge themselves to excel to their full potential with the help of specialized training and expert swim coaching.

Summer Swim Team will run from **Monday, June 24th to Friday, August 23rd** for ages 8-18.

Each weekend there are optional competitions against other teams around the province. **For more details on competition, visit Swim Nova Scotia's website.**

This year, the Canada Games Centre is hosting the Nova Scotia Summer Swimming Provincials from August 16th to 18th.



***Note: All annual CGC Swim Academy members qualify for member pricing.** Registration includes Swim Nova Scotia Summer Swim Fees. There are no fundraising commitments required for the CGC Summer Swim Team, however volunteer and donation commitments will be organized by event.

Advanced registration for summer will be available for for current Summer Swim Team Off-Season training and 2023 Summer Swim Team participants. Please watch for an email from the Head Coach.



CGCSA Summer Swim Team | Ages 8-18
Members \$510, Non-Members \$408
Online registration code **00087822**

Prerequisite: Introduction to Competitive Swimming or previous swim team experience. Group placements will be made at the discretion of the coaches.

■ LIFESAVING SPORT TEAM

Lifesaving Sport Team will introduce participants to the sport of lifesaving, while providing them with opportunities to attend junior beach lifesaving competitions throughout the summer. Specially trained Lifesaving Coaches will concentrate on developing each athlete's strength, power, and endurance. Participants will learn lifesaving sport beach events, as well as practicing their pool events and swimming technique. **For more details on competition, visit Lifesaving Nova Scotia's website.**

Ages 8+ | June 24th-August 23rd
Mondays and Fridays
Members \$144.30, Non-Members \$195.00
Online registration code 00088453

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

■ MASTERS SWIM TEAM – SUMMER SESSION

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. This condensed summer season specifically focuses on the open water swimming season and maintaining skills from the regular season in all strokes. **For more details on competition, visit Swim Nova Scotia's website.**

Ages 18+ | June 24th-August 23rd
Tuesdays-Thursdays | 6am-7am
Members \$129.36, Non-Members \$166.80 (plus tax)
Swim Nova Scotia fee \$50 due at registration;
program fees will be prorated by start date
Online registration code 00088452

***Prerequisite:** 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.*



CGCSA SUMMER SCHEDULE*

*Please note: There are no practices on Monday, July 1st for Canada Day or Monday, August 5th for Natal Day.

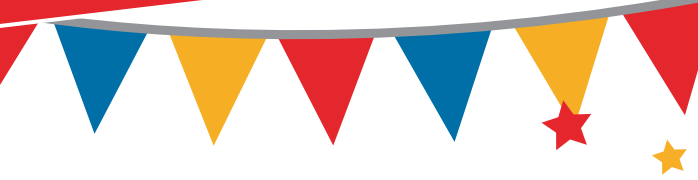
Schedule runs from Monday, June 24th to Friday, August 23rd
 Note: Practice times include activation, pool time and recovery.

		MON	TUE	WED	THU	FRI	SAT / SUN
BRONZE	B2	4:15pm – 5:30pm	4:15pm – 5:45pm	3:45pm – 5:00pm	4:15pm – 5:45pm	Skills 4:15pm – 6:15pm	SEE SWIM NOVA SCOTIA COMPETITION SCHEDULE
	B1	5:00pm – 6:15pm		4:30pm – 5:45pm	5:15pm – 6:45pm		
SILVER	S2	5:45pm – 7:00pm	6:15pm – 7:45pm	Skills 3:45pm – 5:45pm	6:15pm – 7:45pm	5:00pm – 6:15pm	
	S1	6:30pm – 7:45pm	5:15pm – 6:45pm			4:15pm – 5:30pm	
GOLD	G2	Skills 5:45pm – 7:45pm	6:45am – 8:15am	Skills / Practice 5:15pm – 6:45pm	6:45am – 8:15am	5:45pm – 7:00pm	
	G1			Skills / Practice 5:15pm – 6:45pm		6:30pm – 7:45pm	
MASTERS			6:00am - 7:00am	6:00am - 7:00am	6:00am - 7:00am		
LIFESAVING SPORT		4:15pm – 6:15pm				5:45pm – 7:45pm	





CGC Rentals



POOL PARTY!

POOL PARTY PACKAGE (20 guests)**
Members \$166* | Non-Members \$195*

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/

*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.

All room rentals include the following complimentary services:

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

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

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



SUMMER 2024

Programs and Services

It happens here.



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