



# FALL 2024

## Programs & Services

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CONNECT



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## ■ HOW TO REGISTER

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

## ■ REGISTER ONLINE

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

<https://recreation.halifax.ca>

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

## ■ REGISTER IN-PERSON

### 26 Thomas Raddall Drive

Monday – Friday 8:00am-9:00pm

Saturday – Sunday 8:00am-8:00pm

*Visa, MasterCard, debit, and cash all accepted.*

## REGISTRATION DATES

### MEMBERS:

Online: **August 6**, beginning at 8:00am

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

### NON-MEMBERS:

Online: **August 13**, beginning at 8:00am

In-person: **August 15**, 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

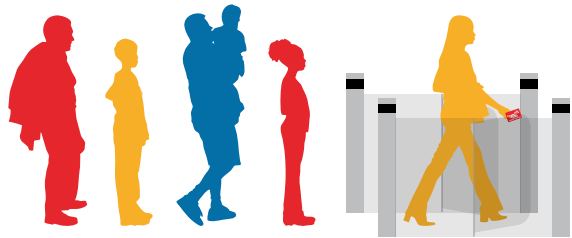
- Some programs may be cancelled due to insufficient registrants. The Canada Games Centre monitors registration levels prior to the start of programs to ensure quality programs are offered. A great course could be cancelled if there are not enough registrants. Register early to avoid program cancellations.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

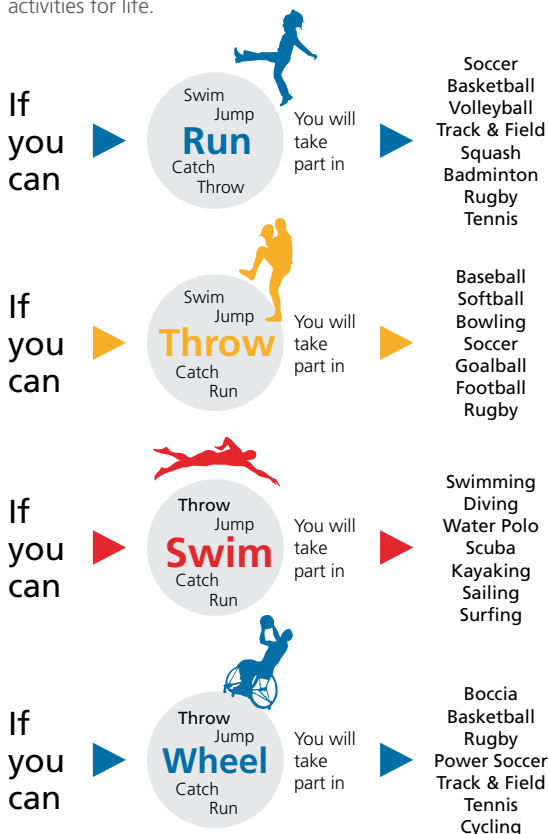
## Enjoy the Centre!



# 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!

## 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 12 weeks\*
- 5 Guest Passes Per Year\*

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

## 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**

# Recreation Programs



## PROFESSIONAL DEVELOPMENT DAY CAMPS

### Grades P-6

8:30am-5:00pm

*Members \$40, Non-Members \$47*

*(Per child, per day)*

Our PD camps take advantage of all that our facility has to offer. Typical days 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.

**HRCE | Friday, October 11**

Online registration code **00091812**

**HRCE & CSAP | Friday, October 25**

Online registration code **00091813**

**HRCE | Thursday, December 5**

Online registration code **00091814**

## SPORTS PROGRAMS

### Badminton - Introduction



Ages 6-8 | 10 sessions | September 18-November 20

Wednesdays, 5:00pm-6:00pm

*Members \$88, Non-Members \$110*

Online registration code **00090670**

Location: Field House



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

### Badminton - Development



Ages 9-14 | 10 sessions | September 18-November 20

Wednesdays, 6:00pm-7:30pm

*Members \$112, Non-Members \$140*

Online registration code **00090671**

Location: Field House



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





## Pickleball

### PICKLEBALL FUNDAMENTALS

Ages 18+ | 10 sessions | September 17-October 17  
Tuesdays and Thursdays, 1:00pm-3:00pm  
Members \$116, Non-Members \$145 (plus tax)  
Online registration code [00090668](#)  
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 engaging 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 | October 22-November 21  
Tuesdays and Thursdays, 1:00pm-3:00pm  
Members \$116, Non-Members \$145 (plus tax)  
Online registration code [00090669](#)  
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 AfL

Location: Dance Studio

**YOUTH ALL RANKS** | Ages 5-6  
15 sessions | September 10-December 17  
Tuesdays, 5:30pm-6:00pm  
Members \$102.00,  
Non-Member \$127.50\*\*  
Online registration code: [00090651](#)

**YOUTH ALL RANKS** | Ages 5-6  
15 sessions | September 11-December 18  
Wednesdays, 5:30pm-6:00pm  
Members \$102.00,  
Non-Member \$127.50\*\*  
Online registration code [00090656](#)

**YOUTH ALL RANKS** | Ages 5-6  
14 sessions | September 12-December 19  
Thursdays, 5:30pm-6:00pm\*  
Members \$95.20,  
Non-Member \$119.00\*\*  
Online registration code [00090659](#)

\* Please note there is no session on Thursday, October 31.



### YOUTH ALL RANKS

Ages 7-11 | 15 sessions  
September 10-December 17  
Tuesdays, 6:10pm-7:10pm\*  
Members \$150.00,  
Non-Member \$187.50\*\*  
Online registration code [00090652](#)

### YOUTH ALL RANKS

Ages 7-11 | 15 sessions  
September 11-December 18  
Wednesdays, 6:15pm-7:15pm  
Members \$150.00,  
Non-Member \$187.50\*\*  
Online registration code [00090657](#)

\*\*Please note karate participants are required to pay a onetime non-refundable annual fee of \$30.00 to Karate Nova Scotia that covers September 2024-August 2025.

### YOUTH ALL RANKS

Ages 7-11 | 14 sessions  
September 12-December 19  
Thursdays, 6:15pm-7:15pm\*  
Members \$140.00,  
Non-Member \$175.00\*\*  
Online registration code [00090660](#)

### YOUTH ALL RANKS

(Russell Walker Community Centre)  
Ages 7-11 | 14 sessions  
September 12-December 19  
Thursdays, 6:15pm-7:15pm\*  
Members \$140.00,  
Non-Member \$175.00\*\*  
Online registration code [00090661](#)

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



## Family Karate



**FAMILY ALL RANKS** | Ages 6+

15 sessions | September 10-December 17

Tuesdays, 7:15pm-8:15pm\*

*Members \$75.00, Non-Member \$93.75 (plus tax)\*\**

Online registration code [00090653](#)

Location: Dance Studio

### **FAMILY ALL RANKS**

**(Russell Walker Community Centre)**

Ages 6+ | 14 sessions | September 12-December 19

Thursdays, 7:15pm-8:15pm\*

*Members \$70.00, Non-Member \$87.50 (plus tax)\*\**

Online registration code [00090662](#)

Location: Russell Walker Community Centre

Instructor: Sensei Peg Mumford

*\*Please note there is no session on Thursday, October 31.*

*\*\*Please note karate participants are required to pay a onetime non-refundable annual fee of \$30.00 to Karate Nova Scotia that covers September 2024-August 2025.*

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





## Adult Karate

Location: Dance Studio

**ADULT ALL RANKS | Ages 12+**  
 15 sessions | September 10-December 17  
 Tuesdays, 8:30pm-9:30pm\*  
 Members \$150.00, Non-Member \$187.50\*\*  
 Online registration code [00090654](#)

**ADULT BLUE TO BLACK BELT | Ages 12+**  
 15 sessions | September 11-December 18  
 Wednesdays, 7:30pm-9:00pm  
 Members \$219.00, Non-Member \$273.75 (plus tax)\*\*  
 Online registration code [00090658](#)

**ADULT YELLOW BELT & UP | Ages 11-18**  
 14 sessions | September 12-December 19  
 Thursdays, 7:30pm-9:00pm\*  
 Members \$204.40, Non-Member \$255.50 (plus tax)\*\*  
 Online registration code [00090663](#)

*\*Please note there is no session on Thursday, October 31.*

*\*\*Please note karate participants are required to pay a onetime non-refundable annual fee of \$30.00 to Karate Nova Scotia that covers September 2024-August 2025.*

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



**PARA-KARATE | Ages 8+**  
 13 sessions | September 14-December 14  
 Saturdays, 10:00am-11:00am\*  
 Members \$83.20, Non-Member \$104.00 (plus tax)  
 Online registration code [00090664](#)  
 Location: Dance Studio  
 Instructor: Sensei Heather MacDonald

*\*Please note there is no session on Saturday, October 12.*

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

# Fitness and Wellness Programs



## ■ NEW WORKSHOPS

### Nordic Pole Walking

Saturday, September 14

10:30am-11:30am

*Members \$10.50, Non-Members \$12.50 (plus tax)*

Online registration code **00094282**

Location: Track Starting Blocks

Nordic Pole Walking has been shown to help you get much more out of your workout than regular walking. It is also easier on the body than regular walking (or jogging), because when used correctly, the poles can take pressure off your knees, hips and ankles. You will also be shown exercises that will greatly increase your stamina, and muscle strength, to decrease risk of injury. Nordic poles provided.

### Functional Fitness Anatomy

Wednesday, September 18

6:00pm-7:30pm

*Members \$15.75, Non-Members \$18.75 (plus tax)*

Online registration code **00092315**

Location: Boardroom

Join Logan for a review of the training factors influencing your fitness goals. Learn how muscles work and how to put that knowledge to work for you. Optimize your training by understanding what postures and positions are best suited to hit each of the primary muscle groups of the body. Enhance your performance by understanding how the muscular, skeletal, and fascial systems interconnect to create the most complex movement system in the known universe.

### Fitness Factors 101

Wednesday, October 16

6:00pm-7:30pm

*Members \$15.75, Non-Members \$18.75 (plus tax)*

Online registration code **00092316**

Location: Boardroom

Join Logan for a comprehensive review of all the training factors influencing your fitness goals. Learn the importance of training frequency, intensity, type, and volume and the numerous subfactors that make up each of those. Use this knowledge to build awesome programs, refine your training, master your workouts, and accelerate your progress!

### Becoming Antifragile: Developing Resilience with Exercise

Wednesday, November 27

6:00pm-7:30pm

*Members \$15.75, Non-Members \$18.75 (plus tax)*

Online registration code **00092317**

Location: Boardroom

Join Logan for an outside the box investigation of stress and how you might handle it better. Combine ancient wisdom and modern understanding to improve your stress tolerance and enhance life performance. Embody this knowledge with hands-on drills that makes the content easy to grasp. Learn how to continue to hone this ability through your exercise and become antifragile!

## 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

7 weeks | September 9-October 28  
Mondays, 6:00pm-7:00pm\*  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091821**  
Location: Track TRX Alcove

*\*Please note there is no session on Monday, October 14.*

7 weeks | November 4-December 16  
Mondays, 6:00pm-7:00pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091822**  
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.



#### CGC FITNESS PROGRAMS THIS FALL ARE 7 WEEKS!

Two 7-week programs nicely fill the gap from the start of September to the December holidays with a one week break in the middle!



## Toughen Up



Location: Track Starting Blocks

7 weeks | September 10-October 24  
Tuesdays and Thursdays, 6:00pm-7:00pm  
*Members \$147, Non-Members \$175 (plus tax)*  
Online registration code **00091817**

7 weeks | September 10-October 24  
Tuesdays and Thursdays, 7:00pm-8:00pm  
*Members \$147, Non-Members \$175 (plus tax)*  
Online registration code **00091818**

7 weeks | November 5-December 19  
Tuesdays and Thursdays, 6:00pm-7:00pm  
*Members \$147, Non-Members \$175 (plus tax)*  
Online registration code **00091820**

7 weeks | November 5-December 19  
Tuesdays and Thursdays, 7:00pm-8:00pm  
*Members \$147, Non-Members \$175 (plus tax)*  
Online registration code **00091819**

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 5-6 weeks. Join one of our amazing personal trainers for pre & post fitness tests, which will help keep you on track. With a variety of workouts to keep things interesting, you're sure to have fun, make new fitness friends, and boost confidence. Space is limited.



## Toughen Up 101

Location: Personal Training Studio

7 weeks | September 11-October 23  
Wednesdays, 6:00pm-7:00pm  
*Members \$73.50, Non-Members \$87.50 (plus tax)*  
Online registration code **00091815**

7 weeks | November 6-December 18  
Wednesdays, 6:00pm-7:00pm  
*Members \$73.50, Non-Members \$87.50 (plus tax)*  
Online registration code **00091816**

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 (All Levels)

Location: Personal Training Studio

7 weeks | September 8-October 27  
Sundays, 9:00am-10:00am  
*Members \$73.50, Non-Members \$87.50 (plus tax)*  
Online registration code **00092279**

7 weeks | September 8-October 27  
Sundays, 10:15am-11:15am  
*Members \$73.50, Non-Members \$87.50 (plus tax)*  
Online registration code **00092281**

7 weeks | November 10-December 22  
Sundays, 9:00am-10:00am  
*Members \$73.50, Non-Members \$87.50 (plus tax)*  
Online registration code **00092280**

7 weeks | November 10-December 22  
Sundays, 10:15am-11:15am  
*Members \$73.50, Non-Members \$87.50 (plus tax)*  
Online registration code **00092282**

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



## ■ YOUTH PROGRAMS



### Youth Strength & Conditioning ← NEW

7 weeks | September 12-October 24  
Thursdays, 4:00pm-5:00pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091997**  
Location: Personal Training Studio

7 weeks | November 11-December 18  
Thursdays, 4:00pm-5:00pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091998**  
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.



### Youth Speed & Power ← NEW



7 weeks | September 11-October 23  
Wednesdays, 4:00pm-5:00pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00092318**  
Location: Field House Alcove 1

7 weeks | November 6-December 18  
Wednesdays, 4:00pm-5:00pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00092319**  
Location: Field House Alcove 1

Looking to increase your speed, power, and agility? Want to learn how to be explosive and train like an athlete? If yes, Youth Speed & Power is for you! Whether you are an athlete looking to improve or an individual wanting to increase coordination & athletic ability, this program has the tools to help you get closer to your goals. A CGC Exercise Specialist will work with you to gain a solid foundation in speed, power and agility while improving your athleticism. With a combination of plyometrics, sprinting, & resistance exercises, we have everything you need to get explosive!

## ■ WELLNESS PROGRAMS

### Learn to Bachata! ← NEW

7 weeks | September 3-October 15  
Tuesdays, 2:45pm-3:45pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00092924**  
Location: Dance Studio



7 weeks | November 5-December 17  
Tuesdays, 2:45pm-3:45pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00092926**  
Location: Dance Studio

Learn the basics of bachata dancing from the very beginning! Bachata originates from the Dominican Republic. Styles range from upbeat Dominican rhythms, to slower, more modern rhythms. We will work on posture, connection and rhythm to get you out on the dance floor as fast as possible. Partner dancing is a great way to meet people. No partner necessary! You'll have the opportunity to try both the lead and the follow role in a fun, no-pressure environment.

### Learn to Dance Salsa! ← NEW

7 weeks | September 3-October 15  
Tuesdays, 4:00pm-5:00pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00092929**  
Location: Dance Studio



7 weeks | November 5-December 17  
Tuesdays, 4:00pm-5:00pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00092932**  
Location: Dance Studio

Learn the basics of LA style salsa dancing from the very beginning! We will work on posture, connection and rhythm to get you out on the dance floor. Partner dancing is a great way to meet people. No partner necessary! You'll have the opportunity to try both the lead and the follow role in a fun, no-pressure environment.

### Strengthen & Flow

7 weeks | September 11-October 23  
Wednesdays, 12:00pm-1:00pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091825**  
Location: 2nd Floor Fitness Studio



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

### Introduction to Yoga

7 weeks | September 10-October 22  
Tuesdays, 6:00pm-7:00pm  
Members \$73.50,  
Non-Members \$87.50 (plus tax)  
Online registration code **00091823**  
Location: 2nd Floor Fitness Studio



7 weeks | November 5-December 17  
Tuesdays, 6:00pm-7:00pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091824**  
Location: 2nd Floor Fitness Studio

Learn the basics to help make you feel comfortable in yoga in a non-intimidating and welcoming atmosphere. This program is a must for brand-new yogis, those restarting their practice after a long break, or for students looking to deepen their awareness and practice. As the practice progresses from week-to-week, you will build a solid foundation and can expect to improve your overall physical fitness and mindfulness.



## Functional Pilates

7 weeks | September 10-October 22  
Tuesdays, 12:15pm-1:15pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091828**  
Location: 2nd Floor Fitness Studio

7 weeks | September 14-October 26  
Saturdays, 9:00am-10:00am  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091829**  
Location: 2nd Floor Fitness Studio

7 weeks | November 5-December 17  
Tuesdays, 12:15pm-1:15pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091835**  
Location: 2nd Floor Fitness Studio

7 weeks | November 9-December 21  
Saturdays, 9:00am-10:00am  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091834**  
Location: 2nd Floor Fitness Studio

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

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



## Yin Yoga

7 weeks | September 8-October 27  
Sundays, 7:15pm-8:15pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091826**  
Location: 2nd Floor Fitness Studio

7 weeks | November 10-December 22  
Sundays, 7:15pm-8:15pm  
Members \$73.50, Non-Members \$87.50 (plus tax)  
Online registration code **00091827**  
Location: 2nd Floor Fitness Studio

Yin Yoga is a slow paced, soothing, and meditative style of yoga mainly practiced on the floor. It offers a much deeper access to the body compared to other 'yang' or active practices and it consists of a series of passive poses held for longer period of times. Yin can be challenging despite being a slower paced practice. The ability to care for your body and sit in the discomfort takes practice. At a physical level it targets the deeper connective tissues of the body, such as the fascia, ligaments, joints, bones improving flexibility and the joint mobility, increasing the blood and lymphatic circulations, releasing tension, greater stamina amongst others. It is a great way to compliment your regular exercise and increase your overall wellbeing.





## Phoenix Rising Yoga Therapy



7 weeks | September 11-October 23

Wednesdays, 7:15pm-8:45pm

Members \$110.25, Non-members \$131.25 (plus tax)

Online registration code **00091830**

Location: 2nd Floor Fitness Studio

7 weeks | November 6-December 18

Wednesdays, 7:15pm-8:45pm

Members \$110.25, Non-members \$131.25 (plus tax)

Online registration code **00091831**

Location: 2nd Floor Fitness Studio

Phoenix Rising Yoga Therapy is a holistic healing art. Using age old yogic and modern therapeutic approaches to deepen awareness and presence, we are able to help others accept themselves more fully. Out of this acceptance they are more easily moved to embrace the opportunity for change, growth and enhanced well-being in body, mind, emotions and spirit. Please bring a pen and journal for the reflective component!

## Power Yoga

7 weeks | September 12-October 24

Thursdays, 5:45pm-7:00pm

Members \$91.70, Non-members \$109.34 (plus tax)

Online registration code **00091832**

Location: 2nd Floor Fitness Studio



7 weeks | November 7-December 19

Thursdays, 5:45pm-7:00pm

Members \$91.70, Non-members \$109.34 (plus tax)

Online registration code **00091833**

Location: 2nd Floor Fitness Studio

Join our all-level Power Yoga program to enhance your practice with invigorating sequences of asanas (physical exercises). We will guide you through pranayama (breathing exercises), practice, and mindfulness techniques, enhancing both your physical and mental well-being. Whether you're a beginner or an experienced yogi, our program welcomes all levels and offers modifications to meet you at your current stage in the journey. This high-energy program is designed to challenge all participants by incorporating a flowing sequence of poses. Experience the transformative benefits of Power Yoga and elevate your practice today.



## ■ 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	\$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:**

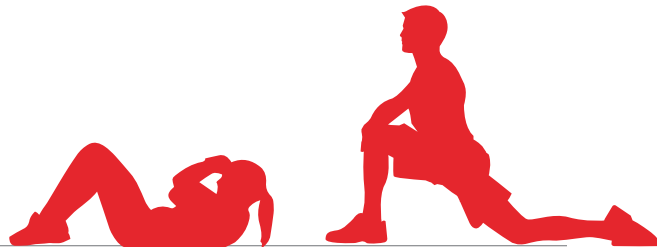
**10 Dryland Training Sessions** (60 minutes each)  
Work with one of our qualified Exercise Specialists to have your team perform better together and individually.

**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](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 chart on page 26](#)). 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.** 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.

Please refer to registration instructions on [page 3](#) for online or in-person registration. Registration is ongoing up to and including Week 2 of the program. We are unable to make changes or process new registrations after this time. CGC Swim For Life levels and Canadian Lifesaving Swim Patrol (Swimmers 7, 8 & 9) are HST exempt. Applicable taxes will be added to the registration fee for other programs.



**DON'T FORGET ME!**

*See page 4 for more details*



## AQUATICS PROGRAMS CONTINUED COMMITMENT TO QUALITY

We are committed to quality programs and a positive experience for all participants and parents. To ensure this, we organize our swim lesson programs to meet everyone's needs.

- 35 & 50 minute classes
- Scheduled time between classes for rotation, evaluation & to connect with parents
- **Aquatics program support staff wearing a blue staff shirt 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.





See the chart on page 26 for swim lesson days and times. Online registration codes are listed in the swim chart.

## ■ PARENT & TOT PROGRAMS

**Ages 4 months – 3.5 years accompanied by one parent/guardian in-water**  
**35 minutes each**  
**Members \$93.78, Non-Members \$125.10**

The Lifesaving Society Parent & Tot program focuses on in-water interactions between the parent and child to teach water-positive attitudes and skills through play. Activities and progressions are based on child development and teach all families the importance of being “within arms’ reach” and other Water Smart® safety tips. Parent & Tot focuses on playful interactions and sharing fun between the child, parent/guardian, and the water. Activities and progressions are based on child development - parents must register in the appropriate level for the child’s age\*.

*\*Children must meet minimum age requirements by the start date of the program (the first swim lesson).*

### **PARENT & TOT 1 | 4-12 months**

Parents/Guardians will learn how to safely hold their 4–12-month-old infant with guidance from a Lifesaving Society certified Swim Instructor. Parents/Guardians will also learn simple tips and tricks to help prepare their child for underwater submersion.

### **PARENT & TOT 2 | 12-24 months**

Lifesaving Society certified Swim Instructors will lead sessions to help parents/guardians with 12–24-month-old children safely explore water together. By using games with aims, parents/guardians learn how to support the child while floating, kicking, getting their face wet and blowing bubbles. Instructors also introduce recovering objects from below the water.

### **PARENT & TOT 3 | 2-3.5 years**

Parents/guardians will work towards supporting their 2-3.5-year-old toddlers in becoming more independent in the water. Some skills include independently getting in and out of the water, underwater submersion, and learning how to do starfish floats and pencil glides.

## ■ 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 early start on learning how to swim. Children 3-5 years old\* will start to develop foundational Water Smart® skills and become more comfortable in the water. The Swim for Life Preschool levels are divided by ability and comfort in the water and focus on meeting the child where they are at and teaching them to be a safe, independent swimmer.

*\*Children must meet minimum age requirements by the start date of the program (the first swim lesson).*

### **PRESCHOOL 1**

Preschool 1 focuses on building confidence in the water independently. Children learn how to get in and out of the water safely without their parent/guardian, jump into chest deep water (assisted by Instructor), and how to put their face in water to blow bubbles. They will also learn floats and glides while wearing a lifejacket/Personal Floatation Device (“PFD”).

### **PRESCHOOL 2**

Preschool 2 helps children gain independence while practicing building on the foundation taught at the Preschool 1 level. They will start to jump into chest deep water unassisted and floating/gliding with different buoyant aids. Lateral rollovers and flutter kick on their back will also be practiced.



See the chart on page 26 for swim lesson days and times. Online registration codes are listed in the swim chart.

### **PRESCHOOL 3**

Preschool 3 focuses on children’s ability to kick and glide short distances (2-3m) on their front and back. Using games, they will work on retrieving objects from the bottom of the pool (waist-deep water), and continuous work on floats and rolling over. Children will also start to enter deeper water to practice side entries and jumping in with lifejackets/PFDs.

### **PRESCHOOL 4**

Preschool 4 strengthens flutter kicking and children will be introduced to front crawl progressions. They will be introduced to deeper water (where they cannot easily touch) with a lifejacket/PFD and will try jumping in and doing side rolls on their own.

### **PRESCHOOL 5**

Preschool 5 is developed to help prepare children for the Swimmer Programs. They will work on short distance (5m) front crawl and back crawl. They will try forward rolls into deep water wearing a lifejacket/PFD and treading water for 10 seconds. They will also get to practice whip kick (introducing to breaststroke) and interval/fitness training.



## SCHOOL-AGED SWIMMER PROGRAMS

The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 5 years and older\* including absolute beginners as well as swimmers who want to build on the basics.

To develop solid swimming strokes and skills, Instructors are trained to focus on repetitive in-water practice. Water Smart® education provides information and experiences that helps participants make smart decisions when in, on and around water and ice.

*\*Children must meet minimum age requirements by the start date of the program (the first swim lesson).*

### SWIMMER 1

35 minutes each

**Members \$93.78, Non-Members \$125.10**

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

See the chart on page 26 for swim lesson days and times. Online registration codes are listed in the swim chart.

### SWIMMER 1 ADVANCED

35 minutes each

**Members \$93.78, Non-Members \$125.10**

Swimmer 1 Advanced is for swimmers who have completed Preschool 4, Preschool 5, or who have been recommended for this level by their previous Instructor. This level will help practice skills that have not quite been mastered at their current level but require a bit more challenge or different approaches to get there.

### SWIMMER 2

35 minutes each

**Members \$93.78, Non-Members \$125.10**

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

### SWIMMER 3

35 minutes each

**Members \$93.78, Non-Members \$125.10**

Swimmers will try diving and practice in-water somersaults and handstands. They'll work on completing front crawl, back crawl, and whip kick non-stop for 10m. Flutter kick interval/fitness training increases to 4 x 15m. Swimmers begin developing their Swim to Survive® skills: roll into deep water, tread water for 30 seconds, swim 25m.







#### **SWIMMER 4**

50 minutes each

*Members \$99.54, Non-Members \$132.75*

Swimmers will practice going 5m non-stop underwater and 25m of front crawl, back crawl, whip kick, and breaststroke arms with breathing. They will work towards completing the Canadian Swim to Survive® Standard (roll into deep water, tread water for 30 seconds, swim 25m).

#### **SWIMMER 5**

50 minutes each

*Members \$99.54, Non-Members \$132.75*

Swimmers will practice shallow dives, cannonball entries, eggbeater technique, and in-water somersaults. They will practice front and back crawl (50m non-stop), and breaststroke (25m non-stop). They will also strengthen their sprinting abilities through interval/fitness training.

#### **SWIMMER 6**

50 minutes each

*Members \$99.54, Non-Members \$132.75*

Swimmers will learn advanced aquatic skills including stride entries, compact jumps, and internationally recognized lifesaving kicks. They'll develop strength in head-up breaststroke sprints (25m), and swim lengths of front crawl, back crawl, and breaststroke (300m workouts).

#### **SWIMMER 7 ROOKIE PATROL**

50 minutes each

*Members \$99.54, Non-Members \$132.75*

Swimmers continue stroke development of front crawl, back crawl, and breaststroke. Fitness improves with 350m workouts and 100m timed swims. Lifesaving Sport skills include a 25m obstacle swim and 15m object carries. First aid is introduced, focusing on the assessment of conscious victims, contacting Emergency Medical Services (EMS) and treatment for bleeding.

#### **SWIMMER 8 RANGER PATROL**

50 minutes each

*Members \$99.54, Non-Members \$132.75*

Swimmers continue stroke development of front crawl, back crawl, breaststroke, and focused skill drills to improve Lifesaving Sport abilities (lifesaving medley, timed object support, rescue with a buoyant aid). First aid skills are improved upon, focusing on the assessment of unconscious victims, treatment of shock and obstructed airway procedures.

#### **SWIMMER 9 STAR PATROL**

50 minutes each

*Members \$99.54, Non-Members \$132.75*

Swimmers are challenged with 600m workouts, 300m timed swims and 25m object carries. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions (anaphylaxis). 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> September 24 – November 19	<b>WEDNESDAYS</b> September 25 – November 20	<b>THURSDAYS*</b> September 26 – November 28	<b>SATURDAYS*</b> September 21 – December 23
<b>PARENT &amp; TOT 1</b>	4:55pm   00093875	4:15pm   00093876 6:15pm   00093877	4:15pm   00093878	8:30am   00093879 11:10am   00093880
<b>PARENT &amp; TOT 2</b>	6:15pm   00093881		5:35pm   00093882	9:10am   00093883 10:30am   00093884
<b>PARENT &amp; TOT 3</b>	5:35pm   00093885	4:55pm   00093886	4:55pm   00093887 6:15pm   00093888	9:50am   00093889 11:50am   00093890
<b>PRESCHOOL 1</b>	4:15pm   00093891 5:35pm   00093892	4:55pm   00093893 6:15pm   00093894	4:55pm   00093895 5:35pm   00093896	9:10am   00093897 9:50am   00093898 11:10am   00093899 11:50am   00093900
<b>PRESCHOOL 2</b>	4:55pm   00093901 6:15pm   00093902	4:15pm   00093903 4:55pm   00093904 5:35pm   00093905	4:15pm   00093906 4:55pm   00093907	8:30am   00093908 9:50am   00093909 10:30am   00093910
<b>PRESCHOOL 3</b>	6:15pm   00093919	5:35pm   00093920 6:15pm   00093921	5:35pm   00093922 6:15pm   00093923	9:10am   00093924 9:50am   00093925 11:10am   00093926
<b>PRESCHOOL 4</b>	5:35pm   00093927	4:15pm   00093928	4:15pm   00093911	8:30am   00093912 10:30am   00093913
<b>PRESCHOOL 5</b>	4:55pm   00093914	5:35pm   00093915	6:15pm   00093916	9:10am   00093917 11:10am   00093918

\*Please note there are no swim lessons on Saturday, October 12 for Thanksgiving and Thursday, October 31 for Halloween.

	<b>TUESDAYS</b> September 24 – November 19	<b>WEDNESDAYS</b> September 25 – November 20	<b>THURSDAYS*</b> September 26 – November 28	<b>SATURDAYS*</b> September 21 – December 23
<b>SWIMMER 1</b>	4:15pm   <a href="#">00093929</a> 5:35pm   <a href="#">00093930</a> 6:15pm   <a href="#">00093941</a>	4:55pm   <a href="#">00093931</a> 5:35pm   <a href="#">00093942</a> 6:15pm   <a href="#">00093932</a>	4:15pm   <a href="#">00093933</a> 4:55pm   <a href="#">00093934</a> 5:35pm   <a href="#">00093935</a>	8:30am   <a href="#">00093936</a> 9:10am   <a href="#">00093937</a> 9:50am   <a href="#">00093938</a> 10:30am   <a href="#">00093939</a> 11:50am   <a href="#">00093940</a>
<b>SWIMMER 1 ADVANCED</b>	4:55pm   <a href="#">00093971</a> 6:15pm   <a href="#">00093972</a>	4:15pm   <a href="#">00093973</a> 6:15pm   <a href="#">00093974</a>	4:55pm   <a href="#">00093975</a> 5:35pm   <a href="#">00093977</a>	8:30am   <a href="#">00093976</a> 9:10am   <a href="#">00093978</a> 10:30am   <a href="#">00093979</a> 11:10am   <a href="#">00093980</a> 11:50am   <a href="#">00093981</a>
<b>SWIMMER 2</b>	4:15pm   <a href="#">00093969</a> 4:55pm   <a href="#">00093970</a> 5:35pm   <a href="#">00093943</a>	4:15pm   <a href="#">00093944</a> 4:55pm   <a href="#">00093945</a> 5:35pm   <a href="#">00093946</a>	4:15pm   <a href="#">00093947</a> 4:55pm   <a href="#">00093948</a> 6:15pm   <a href="#">00093949</a>	8:30am   <a href="#">00093950</a> 9:10am   <a href="#">00093951</a> 9:50am   <a href="#">00093952</a> 10:30am   <a href="#">00093953</a> 11:10am   <a href="#">00093954</a>
<b>SWIMMER 3</b>	4:55pm   <a href="#">00093955</a> 5:35pm   <a href="#">00093956</a> 6:15pm   <a href="#">00093957</a>	4:15pm   <a href="#">00093958</a> 4:55pm   <a href="#">00093959</a> 5:35pm   <a href="#">00093960</a> 6:15pm   <a href="#">00093961</a>	4:15pm   <a href="#">00093962</a> 5:35pm   <a href="#">00093963</a>	8:30am   <a href="#">00093964</a> 9:50am   <a href="#">00093965</a> 10:30am   <a href="#">00093966</a> 11:10am   <a href="#">00093967</a> 11:50am   <a href="#">00093968</a>
<b>SWIMMER 4</b>	4:00pm   <a href="#">00093982</a> 4:55pm   <a href="#">00093983</a> 5:50pm   <a href="#">00093984</a>	4:00pm   <a href="#">00093985</a> 4:55pm   <a href="#">00093986</a>	4:55pm   <a href="#">00093987</a> 5:50pm   <a href="#">00093988</a>	8:30am   <a href="#">00094006</a> 9:25am   <a href="#">00093989</a> 11:15am   <a href="#">00094007</a>
<b>SWIMMER 5</b>	4:00pm   <a href="#">00093990</a> 4:55pm   <a href="#">00093991</a> 5:50pm   <a href="#">00093992</a>	4:55pm   <a href="#">00093993</a> 5:50pm   <a href="#">00093994</a>	4:55pm   <a href="#">00093995</a>	8:30am   <a href="#">00093996</a> 10:20am   <a href="#">00093997</a> 11:15am   <a href="#">00093998</a>
<b>SWIMMER 6</b>	4:00pm   <a href="#">00093999</a> 4:55pm   <a href="#">00094000</a>	4:00pm   <a href="#">00094001</a> 5:50pm   <a href="#">00094002</a>	4:55pm   <a href="#">00094003</a> 5:50pm   <a href="#">00094004</a>	8:30am   <a href="#">00094005</a> 9:25am   <a href="#">00094008</a> 10:20am   <a href="#">00094009</a>
<b>SWIMMER 7 / ROOKIE</b>	5:50pm   <a href="#">00094010</a>	4:55pm   <a href="#">00094011</a>		9:25am   <a href="#">00094012</a>
<b>SWIMMER 8 / RANGER</b>	4:55pm   <a href="#">00094013</a>	4:00pm   <a href="#">00094014</a>		10:20am   <a href="#">00094015</a>
<b>SWIMMER 9 / STAR</b>	4:00pm   <a href="#">00094016</a>	5:50pm   <a href="#">00094017</a>		11:15am   <a href="#">00094018</a>

\*Please note there are no swim lessons on Saturday, October 12 for Thanksgiving and Thursday, October 31 for Halloween.

## GROUP SWIM LESSONS

These lessons are designed for teens aged 11-15 looking to build confidence in the water and will teach the Swim to Survive Standard (roll into deep water, tread for 30 seconds, swim 25m).

### Teen Level 1

9 Lessons | Ages 11-15 years

**Members \$99.54, Non-Members \$132.75**

Swimmers learn entering and exiting shallow water and deep water. They will be introduced to floating and gliding in water, flutter kicking, and underwater skills.

### Teen Level 2

9 Lessons | Ages 11-15 years

**Members \$99.54, Non-Members \$132.75**

Swimmers are introduced to roll into water and diving, front and back crawl, intro to breaststroke and improving endurance.

### Adult Level 1

9 Lessons | Ages 16+ years

**Members \$99.54, Non-Members \$132.75 (plus tax)**

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

### Adult Level 2

9 Lessons | Ages 16+ years

**Members \$99.54, Non-Members \$132.75 (plus tax)**

Learn more complex entries and exits like dives and rolls, the Swim to Survive Standard (roll into deep water, tread water 30 seconds, swim 25m), whip kick, front crawl, and back crawl.

	THURSDAYS* September 26 - November 28	SATURDAYS* September 21 - December 23
TEEN LEVEL 1	6:15pm   00094020	11:50am   00094021
TEEN LEVEL 2		11:50am   00094022
ADULT LEVEL 1	6:15pm   00094019	12:10pm   00094023 12:10pm   00094361
ADULT LEVEL 2		12:10pm   00094024

\*Please note there are no swim lessons on Saturday, October 12 for Thanksgiving and Thursday, October 31 for Halloween

## 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** | 35 minutes each

**PER SESSION RATE: Members \$9.00, Non-Members \$12.00**

Online registration code **00094025**

**SWIMMER 4 TO SWIMMER 9** | 50 minutes each

**PER SESSION RATE: Members \$9.56, Non-Members \$12.75**

Online registration code **00094026**

All swim level descriptions are listed on [pages 22-25](#). 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 \$17.40, Non-Members \$21.75**

Online registration code **00094027**

# PRIVATE & SEMI-PRIVATE SWIM LESSONS



## PRIVATE LESSONS

35 minutes each

Members \$176.40

Non-Members \$220.50

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.

## SEMI-PRIVATE LESSONS

35 minutes each

Members \$289.80

Non-Members \$362.25

### Swimmer 7 (ROOKIE PATROL), Swimmer 8 (RANGER PATROL) & SWIMMER 9 (STAR PATROL):

We do not offer Privates for these levels, and a Semi-Private lesson must be booked. It is recommended to register in the group lesson for Swimmer 7, 8, & 9 as it introduces the lifesaver skills.

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

**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.

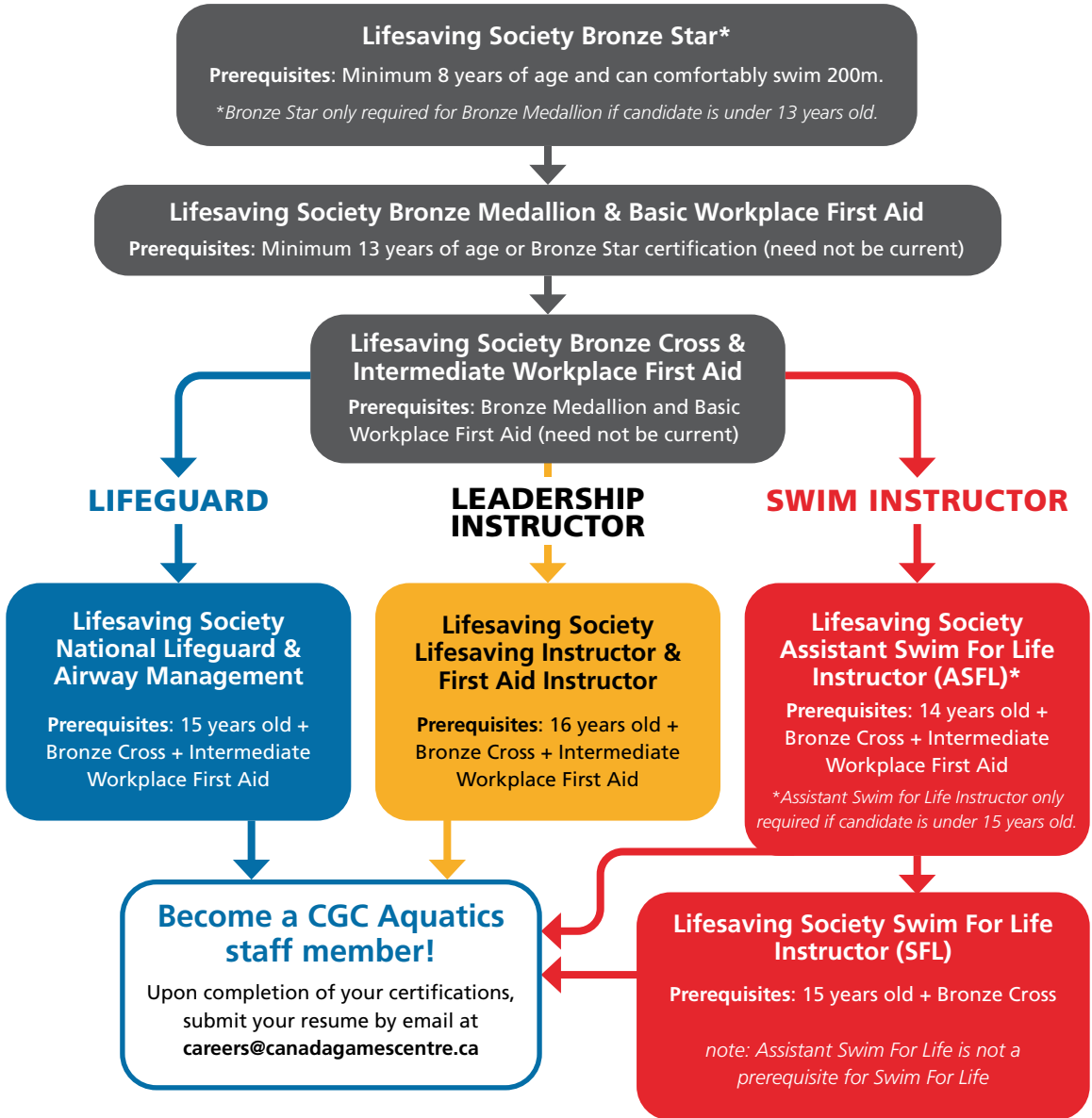
		TUESDAYS September 24 - November 19	WEDNESDAYS September 25 - November 20	THURSDAYS* September 26 - November 28	FRIDAYS September 27 - November 22	SATURDAYS* September 21 - December 23	SUNDAYS* September 22 - November 24
SWIMMER 2 OR LOWER	Private	4:15pm   00094048 5:35pm   00094028	4:55pm   00094049 6:15pm   00094050	6:00pm   00094029 6:00pm   00094030	4:10pm   00094031 4:50pm   00094032 5:30pm   00094033 6:10pm   00094034	8:35am   00094035 9:15am   00094036 9:55am   00094037 10:35am   00094038 11:55am   00094039	8:00am   00094040 8:00am   00094041 8:40am   00094042 8:40am   00094043 9:20am   00094044 9:20am   00094045 11:20am   00094046 11:20am   00094047
	Semi-Private			4:40pm   00094079	4:10pm   00094080 4:50pm   00094081 5:30pm   00094082 6:10pm   00094083	9:15am   00094084 9:55am   00094085 10:35am   00094086 11:15am   00094087 11:15am   00094088 11:55am   00094089	
SWIMMER 3 OR HIGHER	Private	4:55pm   00094075 6:15pm   00094076	4:15pm   00094077 5:35pm   00094078	4:00pm   00094362 4:50pm   00094363 5:20pm   00094051 5:20pm   00094052	4:10pm   00094053 4:10pm   00094054 4:10pm   00094055 4:50pm   00094056 4:50pm   00094057 4:50pm   00094058 5:30pm   00094059 5:30pm   00094060 5:30pm   00094061 6:10pm   00094062 6:10pm   00094063 6:10pm   00094064	8:35am   00094065 8:35am   00094364 9:15am   00094066 9:55am   00094067 10:35am   00094068 11:15am   00094069 11:55am   00094070	10:00am   00094071 10:00am   00094072 10:40am   00094073 10:40am   00094074
	Semi-Private			4:00pm   00094090	4:10pm   00094091 4:50pm   00094092 5:30pm   00094093 6:10pm   00094094	8:35am   00094095 9:15am   00094096 9:55am   00094097 10:35am   00094098 11:15am   00094099 11:55am   00094100	

\*Please note there are no swim lessons on Saturday, October 12 & Sunday, October 13 for Thanksgiving and Thursday, October 31 for Halloween.



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

September 24–November 19

Tuesdays | 5:50pm-7:00pm

Members \$110, Non-Members \$140

Online registration code [00094101](#)

September 26–November 28

Thursdays | 5:50pm-7:00pm\*

Members \$110, Non-Members \$140

Online registration code [00094102](#)

**Prerequisite:** Minimum 8 years of age; continuously swim 200m; basic knowledge of front crawl, back crawl, and breaststroke (Completing the Swim Patrol levels are recommended)

*\*Please note there is no program on Thursday, October 31 for Halloween.*

Candidates improve their stroke mechanics, develop self-rescue skills, and apply fitness principles in training workouts. Bronze Star is developed to prepare for success in Bronze Medallion and fundamental skills for Lifesaving Sport.

*Please note: 100% course attendance is required for certification.*



## Lifesaving Society Bronze Medallion & Basic Workplace First Aid (formerly Emergency First Aid)

September 25–November 20\*

Wednesdays | 4:00pm-7:00pm

Members \$205, Non-Members \$235

Online registration code [00094103](#)

\*Exam Date: November 20

September 27–November 22\*

Fridays | 4:00pm-7:15pm

Members \$205, Non-Members \$235

Online registration code [00094104](#)

\*Exam Date: November 22

**Prerequisite:** Minimum 13 years of age (if candidate is under 13 years of age, completing Bronze Star is a mandatory prerequisite (need not be current).

Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion. Candidates develop the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Registration fees includes the books and exam fees.

*Please note: 100% course attendance is required for certification.*



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

September 21–November 23\*

Saturdays | 10:00am-3:00pm

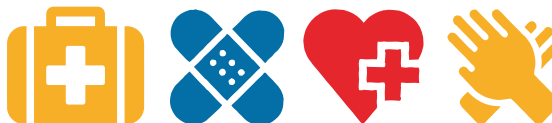
Members \$220, Non-Members \$250

Online registration code [00094105](#)

**Prerequisites:** Bronze Medallion; Basic Workplace First Aid (need not be current).

\*Exam Date: November 23

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. Registration includes books and exam fees. 100% attendance is required for certification.



## Lifesaving Society National Lifeguard & Airway Management

September 22–November 24\*

Sundays | 10:00am-4:00pm

Members \$275, Non-Members \$305 (plus tax)

Online registration code [00094107](#)

\*Exam Date: November 24

**Prerequisite:** Minimum 15 years of age; Bronze Cross certification (need not be current); Intermediate Workplace First Aid; CPR-C (need not be current).

National Lifeguard is a legal certificate for lifeguarding throughout the country and is recognized for lifeguarding indoor or outdoor swimming pools. It is Canada's professional lifeguard standard and is designed for lifesavers who wish to obtain a responsible job and leadership experience. Successful candidates are certified by the Lifesaving Society - Canada's lifeguarding experts.

This course is designed to develop the fundamental values, judgment, knowledge, skills, and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes that will assist the lifeguard to provide effective safety supervision in swimming pool environments. 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 two certifications (National Lifeguard – Pool Option & Airway Management), pocket mask, whistle, books, and exam fees.

*Please note: 100% course attendance is required for certification. Certification is conditional upon successful completion of Instructor-evaluated skills and exam. Exam may be scheduled after the course is complete.*

Participants in Grade 11 or 12 who have obtained their National Lifeguard, Lifesaving Instructor (LSI) or Swim For Life Instructor (SFL) may receive school credits. Proof of awards must be sent and approved by the school's Guidance Counselor.





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

2-Day Course | December 28 & 29  
Saturday & Sunday | 9:00am-5:00pm  
Members \$110, Non-Members \$140 (plus tax)  
Online registration code [00094108](#)

**Prerequisite:** National Lifeguard & Intermediate Workplace First Aid

This is a recertification course for those who have obtained a National Lifeguard Pool and Intermediate Workplace and wish to renew their certification. There is no time limit after expiry for recertification.

**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 Swim For Life Instructor

3-Day Course | September 13, 14 & 15  
Friday | 5:00pm-9:00pm  
Saturday & Sunday | 9:00am-6:00pm  
Members \$220, Non-Members \$250 (plus tax)  
Online registration code [00094109](#)

**Prerequisite:** 15 years of age (by the end of the course); Bronze Cross (need not be current)

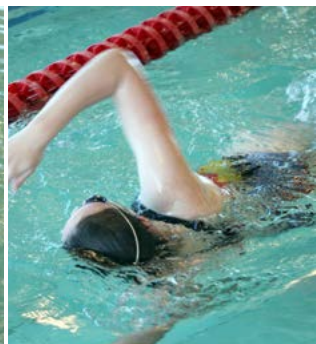
The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

*Please note: 100% course attendance is required. 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.



## ■ INTRODUCTION TO COMPETITIVE SWIMMING

This 16-practice program, with a bonus fun day, focuses on stroke development, starts and turns, endurance and pace clock work in a fun, team environment. Although there are no official swim meets, unofficial time trials will be held during practice times to allow athletes to practice racing and see their personal growth. Time trials will take place on practice 2 and 16 of the program (barring any unforeseen schedule changes).

This onetime only program allows swimmers to try competitive swimming and decide if it is a good fit for them. If swimmers enjoy the program and succeed, they may be invited to move into one of the CGCSA teams (space permitting), be recommended for another team, or return to swim lessons.

**Ages 8 and up | October 20–December 22**

**Please see Training schedule on [page 36](#)**

**Members \$153.92, Non-Members \$208.00**

**Online registration code 00094110**

**Prerequisite:** 8 years of age and up. Swimmers must have completed Swimmer 5, be able to swim 50 meters of Freestyle continuously, have never been on a swim team and have not taken this program before.

*Please note: There will be no CGCSA programs on the following dates: September 30 for Truth and Reconciliation Day; October 13 & 14 for Thanksgiving; November 10 & 11 for Remembrance Day; December 23, 2024–January 5, 2025 for Winter Holidays; February 16 & 17 for Heritage Day; March 9–14 for March Break; April 18–21 for Easter and May 16–19 for Victoria Day.*

## ■ SUMMER SWIM TEAM OFF-SEASON TRAINING

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

**Ages 8-18 | September 15–June 8**

**Please see training schedule on [page 36](#)**

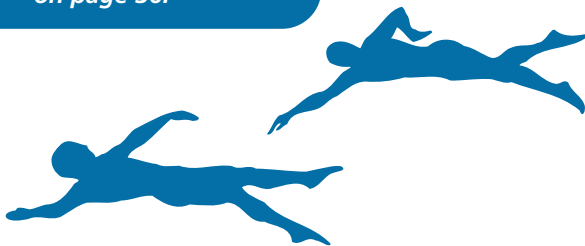
**Swim Nova Scotia Fee \$112.00 due at time of registration | Bi-weekly fee \$63.00**

**Online registration code [00094111](#)**

CGCSA annual program fees are divided into bi-weekly payments which cover coaching, dryland, multisport practices, equipment and pool time. The program downpayment covers Swim Nova Scotia registration fees.

All Swim Academy participants in annual programs receive a 12-month Canada Games Centre membership Add-on membership options are available for family members of the CGCSA participant, in the same household.

**See Training Schedule on page 36.**



## ■ LIFESAVING SPORT TEAM

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

**Ages 8-18 | September 15-June 8**

**Please see training schedule on [page 36](#)**

**Bi-weekly fee \$63.00**

**Lifesaving Sport Competition fees are not included in registration**

**Online registration code [00094112](#)**

CGCSA annual program fees are divided into bi-weekly payments which cover coaching, dryland, multisport practices, equipment and pool time. Please note that competition fees are not included in registration.

All Swim Academy participants in annual programs receive a 12-month Canada Games Centre membership. Add-on membership options are available for family members of the CGCSA participant, in the same household.

**Prerequisite: Completed Swimmer 8 or higher/Ranger or Star, have basic knowledge of freestyle, backstroke and breaststroke, feel comfortable in deep water, dive into the pool, swim 10 minutes continuous and follow coach's directions.**



## SWIM ACADEMY - TRAINING DAYS & TIMES

*NOTE: All practices include a 15-minute poolside activation. This schedule is subject to change, and will be finalized after registration.*

	MONDAYS	THURSDAYS	FRIDAYS	SUNDAYS
INTRODUCTION TO COMPETITIVE SWIMMING	4:45pm-6:00pm			10:00am-11:00am
SUMMER SWIM TEAM OFF SEASON TRAINING BRONZE			4:15pm-5:30pm	8:45am-10:00am
SUMMER SWIM TEAM OFF SEASON TRAINING SILVER			5:15pm-6:30pm	7:45am-9:00am
SUMMER SWIM TEAM OFF SEASON TRAINING GOLD			6:15pm-7:30pm	7:45am-9:00am
LIFESAVING SPORT TEAM	4:45pm-6:00pm (Lifesaving)			8:45am-10:00am (Fitness Practice)
MASTERS SWIM TEAM	4:45pm-6:00pm	5:45am-7:00am	5:45am-7:00am	6:45am-8:00am
MULTISPORT ROTATING SCHEDULE	5:45pm-7:00pm			

## MASTERS SWIM TEAM

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

- Participants share lanes and will have to follow circle swimming and general swim etiquette practices.

**Ages 18+ | September 15th-June 8th**

Please see Training schedule on [page 36](#)

**Members \$336.00, Non-Members \$480.00 (plus tax)**

**Swim Nova Scotia fee \$50 due at registration;**

**program fees will be prorated by start date**

**Online registration code 00094113**

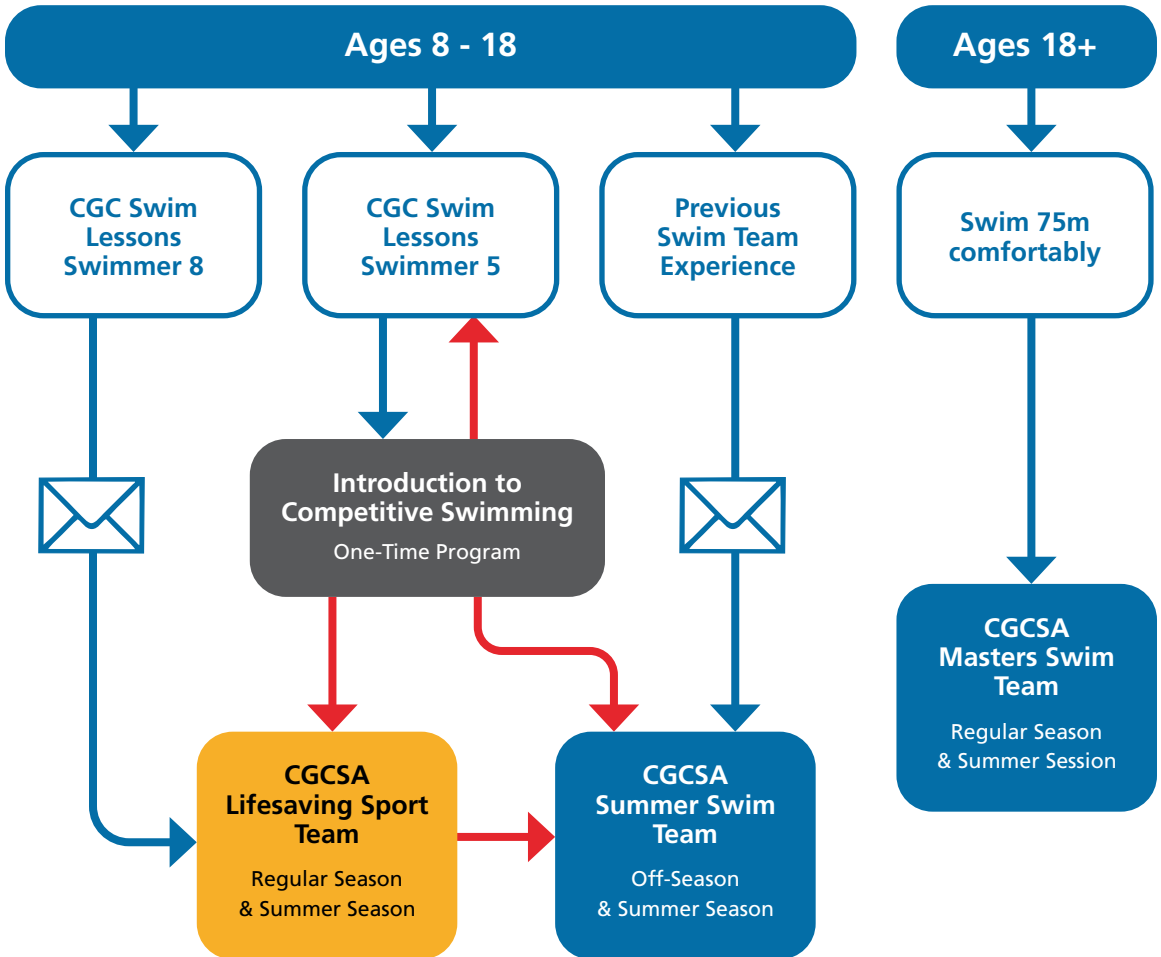
**Prerequisites:** Masters is open to adults 18 years and older who have at least a basic lane swimming ability and can comfortably swim 75 meters. No previous competitive background is necessary, and you do not have to compete as a Masters swimmer. The most important prerequisite for becoming involved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

Please reach out to the Head Coach at [swimacademy@canadagamescentre.ca](mailto:swimacademy@canadagamescentre.ca) if you are interested in joining.

*\*Please note: There will be no CGCSA programs on the following dates: September 30 for Truth and Reconciliation Day; October 13 & 14 for Thanksgiving; November 10 & 11 for Remembrance Day; December 23, 2024-January 5, 2025 for Winter Holidays; February 16 & 17 for Heritage Day; March 9-14 for March Break; April 18-21 for Easter and May 16-19 for Victoria Day.*

## Want to know more about the Canada Games Centre Swim Academy (CGCSA)?

The CGCSA program 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.



 = **Coaching Recommendations**

 = **E-mail: [swimacademy@canadagamescentre.ca](mailto:swimacademy@canadagamescentre.ca)**



# 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/](http://canadagamescentre.ca/rentals/party-packages/)

*\*HST not included.*

*\*\*A fee of \$58.13 plus tax 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](mailto:booknow@canadagamescentre.ca)**



# FALL 2024

Programs and Services

## It happens here.



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