

2025 SUMMER CAMPS AND PROGRAMS



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<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.

Registration will not be available for members the day before non-member registration opens.

■ REGISTER ONLINE ← NEW ONLINE REGISTRATION SYSTEM

Our online booking/registration system has changed in MyRec! Here is what you need to know when registering online in MyRec:

<https://halifaxregionalmunicipality.perfectmind.com>

- Log in to your MyRec account with your email address and password.
 - ➔ If you already have a new 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.
- Click the program code in this guide for the program you want to register for. You will be directed straight to the program registration. You will be prompted to log in, follow steps 3-10 listed below.
- If you are having trouble accessing the program codes in this guide, log into MyRec and follow the instructions below.
 1. Click on *Program Registration* located in the bar at the top of your webpage.
 2. Click on an Activity you want to register in. Hyperlinked Activities are available for registration - to filter, search with key words or the program name.
 3. Click on *Show* for additional activity information and to register.
 4. Click the blue *Book Now* button to register. Please note: if the blue button says *More Info* the class is full.
 5. Confirm program details and click the *Book Now* button.
 6. Select the participant you are registering for, click *Next*.
 7. Answer any questions that pop up in the questionnaire.
 8. Select a *Fee to Pay* and click *Next*
 9. Make your payment, fill in your payment information. Click *Place My Order*.
 10. Registration confirmation will be emailed to you.

REGISTRATION DATES

MEMBERS:

Online: **April 8**, beginning at 8:00am

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

NON-MEMBERS:

Online: **April 15**, beginning at 8:00am

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

Registration links within the guide become active when registration opens.

■ 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.

■ GENERAL INFORMATION

- Specific information regarding safety standards, dress code, and other policies will be displayed throughout the Centre and on our website.
- 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, minus 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.
- 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.

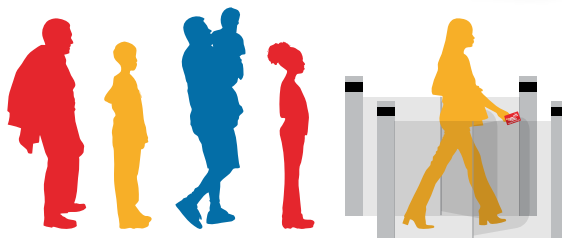
How do they work?

- **Summer program users will need a new card that looks like this - you will receive the new card on the start date of your program at the gates.**

- 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 \$5 (plus tax).

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.

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



Cards are reusable!

- Spring programs are still able to use their current access card, all programs within this summer guide will need the new card moving forward.



Members can scan in for programs with their membership card

Enjoy the Centre!





CGC Membership

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



ALSO INCLUDED

- 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!
- 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

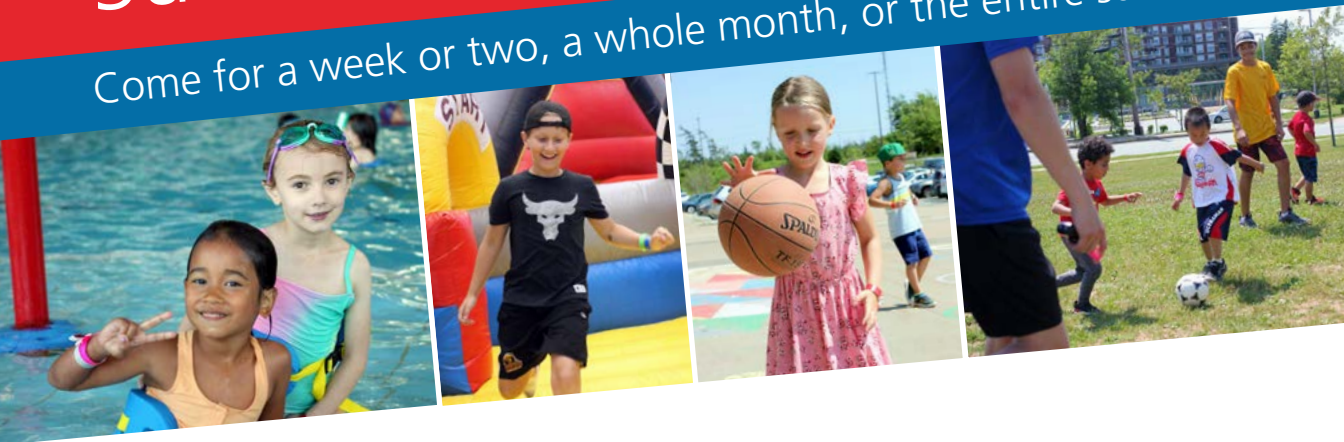
- Bi-weekly payment plans available
- Complimentary Fitness Centre orientation
- Book drop-in courts and classes up to 72 hours in advance
- Advanced registration and special pricing for programs*
- Savings on Personal Training*
- Member Only Swims
- Advanced badminton/pickleball court bookings
- Ability to freeze your membership for a maximum of 12 weeks*

**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 2 TO AUGUST 22. OUR SUMMER CAMPS RUN MONDAY TO FRIDAY STARTING AT 8:30AM AND ENDING AT 5:00PM.

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

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

REMEMBER to register for a new MyRec account! See page 3 for more info.

Register early to get the camps you want.



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



REMEMBER to register for a new MyRec account! See page 3 for more info.

■ SUMMER CAMP REGISTRATION INFORMATION

Age Requirements: Our camp program is for children ages 5.5-12 years old. Each camp is planned specifically for its corresponding age group. Children must be the specified age for a given camp before the start of the camp week.

**Children must have turned 5 by
December 31, 2024 to attend camp.**

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 via email 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 14 days or more prior to the first day of camp qualify for a partial refund. The refund will be processed for the full amount of the fee paid, minus an administrative charge of 10%.
- Cancellations requested less than 14 days prior to the first day of camp do not qualify for a refund.



■ DAILY CAMP ROUTINE

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

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 them signed in appropriately.

Throughout the Day: Each camp has many structured activities built into the daily schedule. Activities align 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. Please note that the diving boards and water slides are not typically 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 qualified 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 5.5-6-year old camps will be expected to wear swim belts.

Swim Test: 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 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 our aquatics 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 chooses not to attempt 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. This includes one lunch, and two snacks - one snack in the morning, as well as one snack in the afternoon. Participants will not have access to a refrigerator or a microwave. Please use insulated bags and ice packs as necessary. We will not provide food to campers.

All lunches and snacks must be nut-free. 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. Please plan accordingly. Campers will not have access to vending machines while in our care.



4:15pm-5:00pm - Afternoon Pick-Up: Camps will be ready for pick up beginning at 4:15pm to help facilitate a quick pick-up for all families. Like 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 update this list by notifying us by email at camps@candagamescentre.ca.

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. Please note that we are unable to accommodate pickups between 4:00pm-4:15pm.



■ SUMMER CAMP INFORMATION

Late Fees: If a child is not picked up by 5:00pm, there will be a late fee charge of \$15.70/family every 15 minutes or part thereof. Late fees will be billed to your MyRec account. Late fees are billed to cover the cost of the leader's wages to remain with your child. Late fees must be paid within 24 hours for the camper to continue to attend our program. If any child is not picked up by 5:15pm, emergency contacts will be called 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 attire 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.

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.)
- All toys from home (sports balls, stuffed animals, etc.)
- 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/guardians will be contacted. If the issues continue, the camper may be removed 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 can accommodate a 30-minute grace period. We understand that many parents/guardians will have to come from work, but please respect that having a child out of their camp with a counsellor impacts the number of counsellors with the remaining children. We suggest having back-up pick-up options available. Please discuss any concerns with the time limit if contacted by staff.

Still have Summer Camp Questions? Visit the [Summer Camp page](#) on our website for more information.

STILL HAVE SUMMER CAMP QUESTIONS?

Visit the [Summer Camp page](#) on our website for more information.

■ 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 5, 2025, from 5:00pm to 8:00pm**.

Please note that this is a volunteer program and not a camp. Applicants must write and submit their own applications. All communication will be sent directly to volunteers throughout the summer and not through parents/guardians. 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 3, 2025.



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 characteristics we look for:

- **Loves Camp**

Did you grow up LOVING camp? It's important that our CITs love the camp environment. CITs should be looking to evolve from being a camper into more of a leadership role, helping to provide an amazing camp experience to the next 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 to and mentor younger campers. CITs should be passionate about 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:

- Support counsellors in facilitating and supervising activities such as swimming, crafts and active games and help motivate campers to stay engaged
- Assist 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 2025

	AGES 5½-6*	AGES 5½-6*	AGES 5½-6*	AGES 7-9	AGES 7-9	AGES 7-9	AGES 7-9	AGES 10-12
July 2-4 Members \$126 Non-Members \$147	 Around the World 00000117	 Around the World 00000137	 Around the World 00000140	 Superhero 00000188	 Superhero 00000190	 Superhero 00000193	 Superhero 00000194	 Aspiring Artists 00000237
July 7-11 Members \$210 Non-Members \$245	 Superhero 00000144	 Superhero 00000148	 Superhero 00000149	 Earth and Space Adventures 00000197	 Earth and Space Adventures 00000201	 Swim Lesson 00006389 Members \$440 Non-Members \$520	 Earth and Space Adventures 00000203	 Spectacular Science 00000238
July 14-18 Members \$210 Non-Members \$245	 Spectacular Science 00000150	 Spectacular Science 00000151	 Spectacular Science 00000155	 Water Blast 00000206	 Water Blast 00000209		 Water Blast 00000218	 Youth Leadership 00000239
July 21-25 Members \$210 Non-Members \$245	 Earth and Space Adventures 00000158	 Earth and Space Adventures 00000160	 Swim Lesson 00006392 Members \$440 Non-Members \$520	 All Sorts of Sports 00000211	 All Sorts of Sports 00000214	 All Sorts of Sports 00000215	 All Sorts of Sports 00000217	 Around the World 00000240
July 28- August 1 Members \$210 Non-Members \$245	 Aspiring Artists 00000167	 Aspiring Artists 00000170		 Spectacular Science 00000220	 Spectacular Science 00000221	 Spectacular Science 00000222	 Spectacular Science 00000223	 All Sorts of Sports 00000241
August 5-8 Members \$168 Non-Members \$196	 Water Blast 00000171	 Water Blast 00000173		 Aspiring Artists 00000226	 Aspiring Artists 00000227	 Aspiring Artists 00000228		 Outdoor Explorers 00000242
August 11-15 Members \$210 Non-Members \$245	 Outdoor Explorers 00000175	 Outdoor Explorers 00000176	 Outdoor Explorers 00000178	 Around the World 00000229	 Around the World 00000230	 Around the World 00000231	 Around the World 00000232	 Water Blast 00000243
August 18-22 Members \$210 Non-Members \$245	 All Sorts of Sports 00000182	 All Sorts of Sports 00000186	 All Sorts of Sports 00000233	 Outdoor Explorers 00000234	 Outdoor Explorers 00000235	 Outdoor Explorers 00000244	 Outdoor Explorers 00000832	 Youth Leadership 00000833

* Children must have turned 5 by December 31, 2024 to attend camp.

 = No camp

■ SUMMER CAMP PROGRAM DESCRIPTIONS

Please see camp descriptions below and refer to the Camp Grid on [page 12](#) for available camp dates.



All Sorts of Sports

Join us for a week full of 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! 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 activities every day.



Around the World

Prepare to explore activities and games from around the world! Get your passport ready and join us for a fun week exploring different games and crafts from different parts of the world. Participants will also enjoy a leisure swim and a variety of active camp activities 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 about, observe, and discover the outdoors. We will 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! Participants will also enjoy a leisure swim and a variety of active camp activities 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.



Spectacular Science

Calling all future scientists! Get your lab coats ready and join us for a week of fun science experiments and learning about all things science. From group challenges to take-home activities, campers will enjoy a variety of science-based activities. Participants will also enjoy a leisure swim and a variety of active camp activities every day.



Superhero

Do you dream of being a superhero? Now is your chance! Join us for a week full of superhero-themed games, superhero crafts and other fun superhero activities. It's time to pick your superhero name and mask up! Participants will also enjoy a leisure swim and a variety of active camp activities every day.



Water Blast

Beat the summer heat at Water Blast camp! This week will be filled with a variety of water games and activities and beach-themed crafts. Get your towel ready – it's time to have a water blast! Participants will also enjoy a leisure swim and a variety of active camp activities every day.



Swim Lesson

Looking to improve swimming skills this summer? Campers will participate in daily swimming lessons led by certified 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, Participants will also enjoy a leisure swim and a variety of active camp activities 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 about our strengths, learning how to lead groups of children, and learning how to help in our community. Participants will also enjoy a leisure swim and a variety of active camp activities every day.



■ WAITLIST INFORMATION & REGISTRATION

Waitlist Procedure: Should a camp be full, please be sure to add your camper to the waitlist for their age group and the specific camp week. Summer plans change, and we do our best to quickly notify people on the waitlist if space becomes available. Should a space become available, you will be contacted at the email on file in your MyRec account, and you 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 2 – 4	00000806	00000807	00000808
July 7–11	00000809	00000810 Swim Lesson 00000811	00000812
July 14–18	00000813	00000814	00000815
July 21–25	00000816 Swim Lesson 00000817	00000818	00000819
July 28–August 1	00000820	00000821	00000822
August 5–8	00000823	00000824	00000825
August 11–15	00000826	00000827	00000828
August 18–22	00000829	00000830	00000831

■ INCLUSION PROGRAM

We offer an inclusion program for campers who require 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 aim to accommodate all participants’ needs, please understand that some needs are 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.

We 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 eligible applicants.

Once we have confirmed the weeks available for each applicant, we will contact parents/guardians to confirm payment and to arrange a meeting to help support the training needs of staff. We will also discuss the program modifications and behavioral strategies required 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. You will receive an intake package via email within 1 week. The completed application and reference forms must be returned to us by **May 2, 2025** in order to be considered for a space in our program.

Inclusion Program Waitlist

July 2-August 22
Online registration code **00000805**

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
8 sessions | July 8 – August 26
Tuesdays, 5:30pm-6:00pm
*Members \$56.00, Non-Member \$70.00***
Online registration code [00000052](#)

YOUTH ALL RANKS | Ages 5-6
9 sessions | July 2 – August 27
Wednesdays, 5:30pm-6:00pm
*Members \$63, Non-Member \$78.75***
Online registration code [00000056](#)

YOUTH ALL RANKS | Ages 5-6
9 sessions | July 3 – August 28
Thursdays, 5:30pm-6:00pm
*Members \$63, Non-Member \$78.75***
Online registration code [00000072](#)

YOUTH ALL RANKS | Ages 7-11
8 sessions | July 8 – August 26
Tuesdays, 6:10pm-7:10pm
*Members \$83.20, Non-Member \$104.00***
Online registration code [00000034](#)



YOUTH ALL RANKS | Ages 7-11
9 sessions | July 2 – August 27
Wednesdays, 6:15pm-7:15pm
*Members \$93.60, Non-Member \$117.00***
Online registration code [00000041](#)

YOUTH ALL RANKS | Ages 7-11
9 sessions | July 3 – August 28
Thursdays, 6:15pm-7:15pm
*Members \$93.60, Non-Member \$117.00***
Online registration code [00000048](#)

***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, 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

Location: Dance Studio

FAMILY ALL RANKS | Ages 6+

8 sessions | July 8 – August 26

Tuesdays, 7:15pm-8:15pm

Members \$41.60, Non-Member \$52.00 (plus tax)**

Online registration code **00000100**

***Please note karate participants are required to pay a one-time 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+

8 sessions | July 8 – August 26

Tuesdays, 8:30pm-9:30pm

Members \$83.20, Non-Member \$104.00 (plus tax)**

Online registration code **00000082**

ADULT BLUE TO BLACK BELT | Ages 12+

9 sessions | July 2 – August 27

Wednesdays, 7:30pm-9:00pm

Members \$136.80, Non-Member \$171.00 (plus tax)**

Online registration code **00000087**

ADULT YELLOW BELT & UP | Ages 11-18

9 sessions | July 3 – August 28

Thursdays, 7:30pm-9:00pm

Members \$136.80, Non-Member \$171.00 (plus tax)**

Online registration code **00000092**

***Please note karate participants are required to pay a one-time 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.



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 2 - July 23
Wednesdays, 6:00pm-7:00pm
Members \$42.50, Non-Members \$50 (plus tax)
Online registration code **00000098**
Location: TRX Alcove



4 weeks | August 6 – August 27
Wednesdays, 6:00pm-7:00pm
Members \$42.50, Non-Members \$50 (plus tax)
Online registration code **00000102**
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 3 – July 29

Tuesdays & Thursdays, 6:00pm-7:00pm

Members \$85, Non-Members \$100 (plus tax)

Online registration code **00000063**

Location: Track Starting Blocks

4 weeks | August 5 – August 28

Tuesdays & Thursdays, 6:00pm-7:00pm

Members \$85, Non-Members \$100 (plus tax)

Online registration code **00000071**

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 2 – July 23

Wednesdays, 6:00pm-7:00pm

Members \$42.50, Non-Members \$50 (plus tax)

Online registration code **00000054**

Location: Personal Training Studio

4 weeks | August 6 – August 27

Wednesdays, 6:00pm-7:00pm

Members \$42.50, Non-Members \$50 (plus tax)

Online registration code **00000029**

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 3 – July 24

Thursdays, 4:00pm-5:00pm

Members \$42.50, Non-Members \$50

Online registration code **00003081**

Location: Personal Training Studio

4 weeks | August 7 – August 28

Thursdays, 4:00pm-5:00pm

Members \$42.50, Non-Members \$50

Online registration code **00003083**

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 and Power



4 weeks | July 2 – July 23

Wednesdays, 4:00pm-5:00pm

Members \$42.50, Non-Members \$50

Online registration code **00003074**

Location: Field House Alcove 1

4 weeks | August 6 – August 27

Wednesdays, 4:00pm-5:00pm

Members \$42.50, Non-Members \$50

Online registration code **00003085**

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 faster!



Strength Training for Women



4 weeks | July 6 - July 27

Sundays, 9:00am-10:00am

Members \$42.50, Non-Members \$50 (plus tax)

Online registration code **00000138**

Location: Personal Training Studio

4 weeks | August 10 – August 31

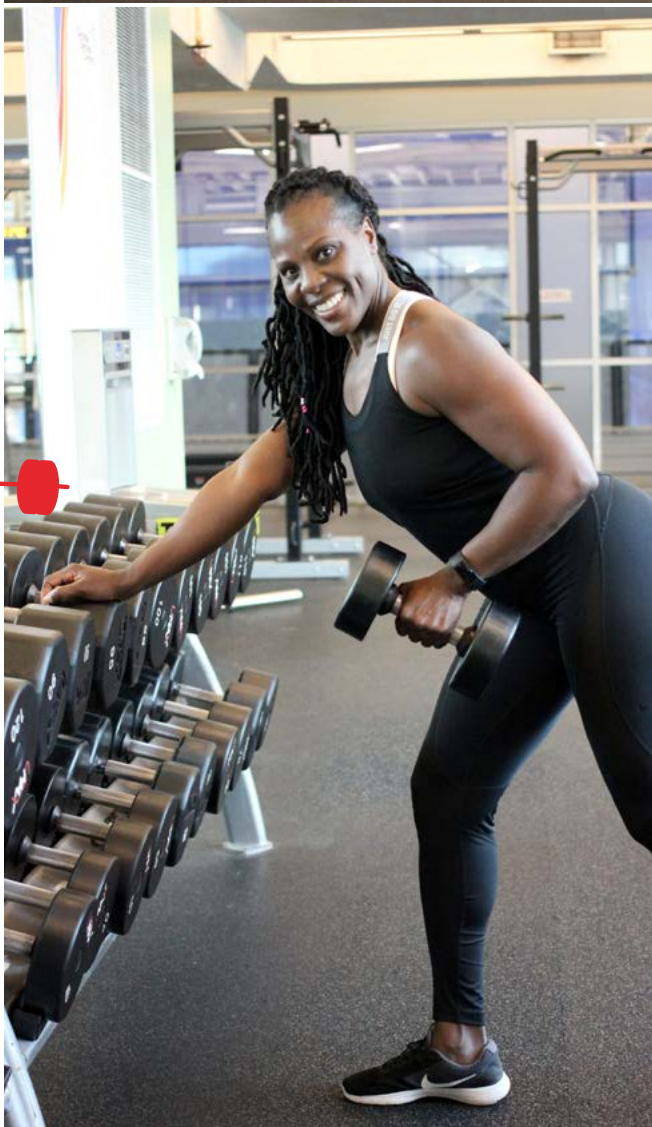
Sundays, 9:00am-10:00am

Members \$42.50, Non-Members \$50 (plus tax)

Online registration code **00000142**

Location: Personal Training Studio

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



■ WELLNESS PROGRAMS

Total Mobility

4 weeks | July 3 – July 24
Thursdays, 6:00pm-7:00pm
Members \$42.50, Non-Members \$50 (plus tax)
Online registration code **00000181**
Location: 2nd Floor Fitness Studio

4 weeks | August 7 – August 28
Thursdays, 6:00pm-7:00pm
Members \$42.50, Non-Members \$50 (plus tax)
Online registration code **00000183**
Location: 2nd Floor Fitness Studio

Total Mobility is designed for beginners with progressions for intermediate exercisers. This program includes static and dynamic stretch techniques as well as joint mobility and balance work. You can expect to improve your overall flexibility and body awareness!



Functional Pilates

4 weeks | July 5 – July 26
Saturdays, 9:00am-10:00am
Members \$42.50, Non-Members \$50 (plus tax)
Online registration code **00000132**
Location: 2nd Floor Fitness Studio

4 weeks | July 8 – July 29
Tuesdays, 12:15pm-1:15pm
Members \$42.50, Non-Members \$50 (plus tax)
Online registration code **00000129**
Location: 2nd Floor Fitness Studio

4 weeks | August 5 – August 26
Tuesdays, 12:15pm-1:15pm
Members \$42.50, Non-Members \$50 (plus tax)
Online registration code **00000119**
Location: 2nd Floor Fitness Studio

4 weeks | August 9 – August 30
Saturdays, 9:00am-10:00am
Members \$42.50, Non-Members \$50 (plus tax)
Online registration code **00000121**
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.



■ PERINATAL PROGRAMS

Prenatal Yoga

4 weeks | July 7 – July 28

Mondays, 7:15pm-8:15pm

Members \$42.50, Non-Members \$50 (plus tax)

Online registration code **00000156**

Location: 2nd Floor Fitness Studio

3 weeks | August 11 – August 25

Mondays, 7:15pm-8:15pm

Members \$31.50, Non-Members \$37.50 (plus tax)

Online registration code **00000159**

Location: 2nd Floor Fitness Studio

Join our Pre and Postnatal yoga specialist for 60 mins of prenatal yoga. Prenatal Yoga is about honoring the changes in ourselves and our body as we connect to baby throughout these nine months. Postures to help strengthen the pelvic floor muscles, keep the body flexible, alleviate many common discomforts of pregnancy, while finding focus through balance.



Stroller Circuit

Location: TRX Alcove (Track)

STROLLERFIT MONDAYS

4 Weeks | July 7 – July 28

Mondays, 11:00am-12:00pm

Members \$42.50, Non-Members \$50 (plus tax)

Online registration code **00000200**

3 Weeks | August 11 – August 25

Mondays, 11:00am-12:00pm

Members \$31.50, Non-Members \$37.50 (plus tax)

Online registration code **00000225**

STROLLERFIT WEDNESDAYS

4 Weeks | July 2 – July 23

Wednesdays, 11:00am-12:00pm

Members \$42.50, Non-Members \$50 (plus tax)

Online registration code **00000205**

4 Weeks | August 6 – August 27

Wednesdays, 11:00am-12:00pm

Members \$42.50, Non-Members \$50 (plus tax)

Online registration code **00000212**

STROLLERFIT FRIDAYS

4 Weeks | July 4 – July 25

Fridays, 11:00am-12:00pm

Members \$42.50, Non-Members \$50 (plus tax)

Online registration code **00000191**

4 Weeks | August 8 – August 29

Fridays, 11:00am-12:00pm

Members \$42.50, Non-Members \$50 (plus tax)

Online registration code **00000216**

One of our most popular programs! This safe and interactive stroller fitness program is designed for the parent who wants to get into shape without leaving their baby out of the picture. A certified Postnatal Fitness Instructor will lead you through cardio and strength workouts that can be modified to any fitness level in order to help you achieve your personal fitness goals. Progressive in nature, this is a welcoming environment for those looking to introduce themselves to fitness or for those returning to fitness postpartum.



■ 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 harris1@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	\$68.25	\$84.00
Packages of 5	\$288.75	\$368.00
Packages of 10	\$525.00	\$683.00
Packages of 20	\$945.00	\$1,260.00

**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	\$42.00	\$58.00
Packages of 5	\$183.75	\$262.50
Packages of 10	\$315.00	\$472.50
Packages of 20	\$525.00	\$840.00

**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	\$28.35	\$34.00
Packages of 5	\$141.75	\$168.00
Packages of 10	\$262.50	\$315.00
Packages of 20	\$462.00	\$567.00

**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:

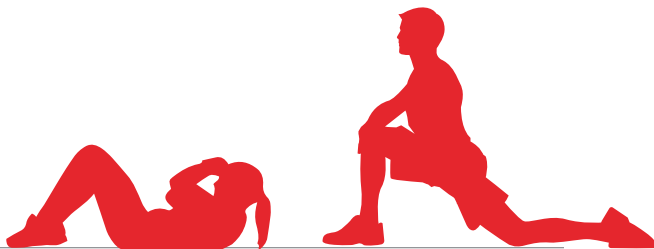
10 Dryland Training Sessions (60 minutes each)
Work with one of our qualified Exercise Specialists to have your team perform better together and individually.

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: \$1,260
(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 by reading the program descriptions and lessons chart in this Guide. If still unsure, contact our Aquatics Program Team at aquaadmin@canadagamescentre.ca for advice or to schedule a \$25.00 assessment.

Next, refer to the days, times and sections of a particular class or level ([see chart 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. **Participants can only register in one (1) aquatic program per term. Participants registered in more than 1 will be contacted and extra registrations will be cancelled and charged the 10% administrative fee.** If a section time is full when you attempt to register, please check back again to see if anything becomes available.

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 accept new registrations after week 2. 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 wearing a blue staff shirt available on deck

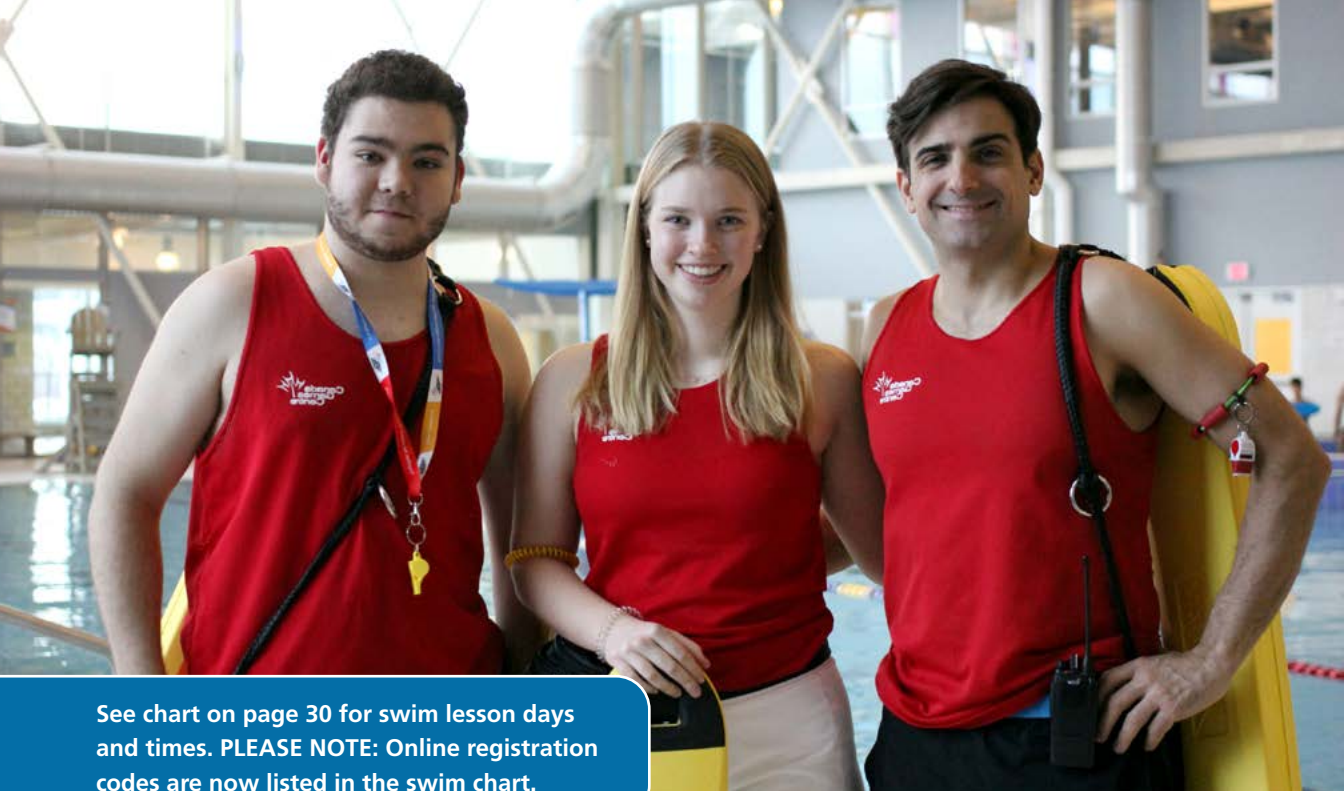
For further information please refer to the Aquatics Parent Handbook.



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

■ PARENT & TOT PROGRAMS

Ages 4 months – 3.5 years

35 minutes each

Members \$97.92, Non-Members \$130.50

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. Please register in the appropriate level based on the swimmers age*. Swimmers must be accompanied by just one parent/guardian in the water.

**Children must be within the age requirements by the start date of the program (the first swim lesson). Swimmers must be accompanied by one parents/guardian in the water.*

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 Swimmers 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 \$97.92, Non-Members \$130.50

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 chart on page 30 for swim lesson days and times. **PLEASE NOTE:** Online registration codes are now 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, and 3 level patrol 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 \$97.92, Non-Members \$130.50**

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.

SWIMMER 1 ADVANCED | 35 minutes each **Members \$97.92, Non-Members \$130.50**

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 \$97.92, Non-Members \$130.50**

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).



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 \$97.92, Non-Members \$130.50**

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 \$104.58, Non-Members \$139.50**

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 \$104.58, Non-Members \$139.50**

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 \$104.58, Non-Members \$139.50

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 \$104.58, Non-Members \$139.50

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 \$104.58, Non-Members \$139.50

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 \$104.58, Non-Members \$139.50

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.



■ TEEN & ADULT SWIM LESSONS

These lessons are designed for teens aged 11-15 and adults 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 \$104.58, Non-Members \$139.50

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 \$104.58, Non-Members \$139.50

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 \$104.58, Non-Members \$139.50 (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 \$104.58, Non-Members \$139.50 (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.



DON'T FORGET ME!

See page 4 for more details

■ SWIM LESSONS - DAYS & TIMES

	SESSION A June 26-July 29* TUESDAYS & THURSDAY EVENINGS	SESSION 1 July 8-11 & 14-18 DAYTIME	SESSION 2 July 22-25 & July 28-Aug 1 DAYTIME	SESSION B July 31 – August 28 TUESDAYS & THURSDAY EVENINGS
PARENT & TOT 1		9:55am 00000039	9:55am 00000044	4:00pm 00000060
PARENT & TOT 2	5:20pm 00000095	11:15am 00000088		5:20pm 00000075
PARENT & TOT 3	6:00pm 00000105	11:55am 00000111		6:00pm 00000118
PRESCHOOL 1	4:00pm 00000128 4:40pm 00000131 5:20pm 00000136	9:55am 00000141 10:35am 00000145	9:55am 00000161 10:35am 00000152	4:00pm 00000172 5:20pm 00000179
PRESCHOOL 2	4:00pm 00000184 4:40pm 00000198 5:20pm 00000204	10:35am 00002943 11:15am 00002944	11:15am 00002945	4:00pm 00002957 4:40pm 00002958 5:20pm 00002959
PRESCHOOL 3	5:20pm 00002963 6:00pm 00002964	11:55am 00002966	11:15am 00002969	4:40pm 00002970 6:00pm 00002971
PRESCHOOL 4	6:00pm 00002971	11:55am 00002974	11:55am 00002975	6:00pm 00002977
PRESCHOOL 5	6:00pm 00002979		11:55am 00002980	6:00pm 00002981
SWIMMER 1	4:00pm 00002983 4:40pm 00002984 5:20pm 00002985 6:00pm 00002986	9:55am 00003000 11:15am 00003002 11:55am 00003003	9:55am 00003006 11:55am 00003014	4:00pm 00003015 4:40pm 00003016 5:20pm 00003017 6:00pm 00003018
SWIMMER 1 ADVANCED	4:00pm 00002987 4:40pm 00002990	10:35am 00003005	10:35am 00003012	4:00pm 00003020 4:40pm 00003021
SWIMMER 2	4:00pm 00003028 4:40pm 00003029 5:20pm 00003030	9:55am 00003035 10:35am 00003036 11:15am 00003037	9:55am 00003038 10:35am 00003039 11:15am 00003040	4:40pm 00003032 5:20pm 00003033 6:00pm 00003034
SWIMMER 3	4:00pm 00003041 4:40pm 00003042 6:00pm 00003043	11:45am 00003048	10:35am 00003049 11:55am 00003050	4:00pm 00003044 4:40pm 00003045 5:20pm 00003046
SWIMMER 4	4:00pm 00003051	9:55am 00003052	9:55am 00003053	4:00pm 00003054
SWIMMER 5	4:00pm 00003055	9:55am 00003056	9:55am 00003057	4:00pm 00003058
SWIMMER 6	4:55pm 00003059	9:55am 00003060		4:55pm 00003061
SWIMMER 7 / ROOKIE	4:55pm 00000166	10:50am 00000174	10:50am 00000187	4:55pm 00000199
SWIMMER 8 / RANGER	5:50pm 00000093	10:50am 00000096	10:50am 00000106	5:50pm 00000127
SWIMMER 9 / STAR	5:50pm 00000057	10:50am 00000073		5:50pm 00000083
TEEN	TEEN 1 5:20pm 00003062			TEEN 2 5:20pm 00003063
ADULT	ADULT 1 6:00pm 00003064			ADULT 2 6:00pm 00003066

*There are no swim lessons on Tuesday, July 1 for Canada day.

■ PRIVATE & SEMI-PRIVATE SWIM LESSONS

PRIVATE LESSONS | 9 Lessons | 35 minutes each
Members \$185.40, Non-Members \$231.75

SEMI-PRIVATE LESSONS | 9 Lessons | 35 minutes each
Members \$304.20, Non-Members \$380.25

Private and Semi-Private Lessons are available for swimmers ages 3-16 years at set times for any preschool or school-aged programs offered at the Canada Games Centre.

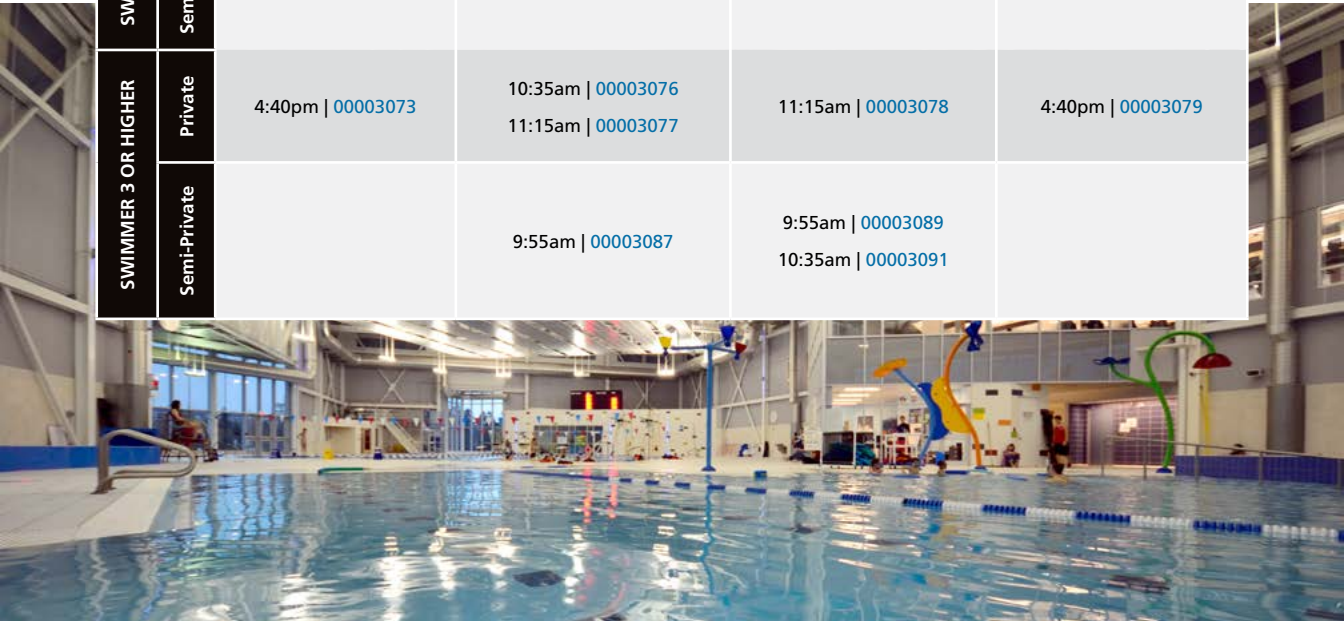
SWIMMER 7 (ROOKIE PATROL), SWIMMER 8 (RANGER PATROL) & SWIMMER 9 (STAR PATROL): We do not offer Privates for these levels, and a Semi-Private lesson must be booked. It is recommended to register in the group lesson for Swimmer 7, 8, & 9 as it introduces the lifesaver skills.

Please 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.

*There are no swim lessons on Tuesday, July 1 for Canada Day.

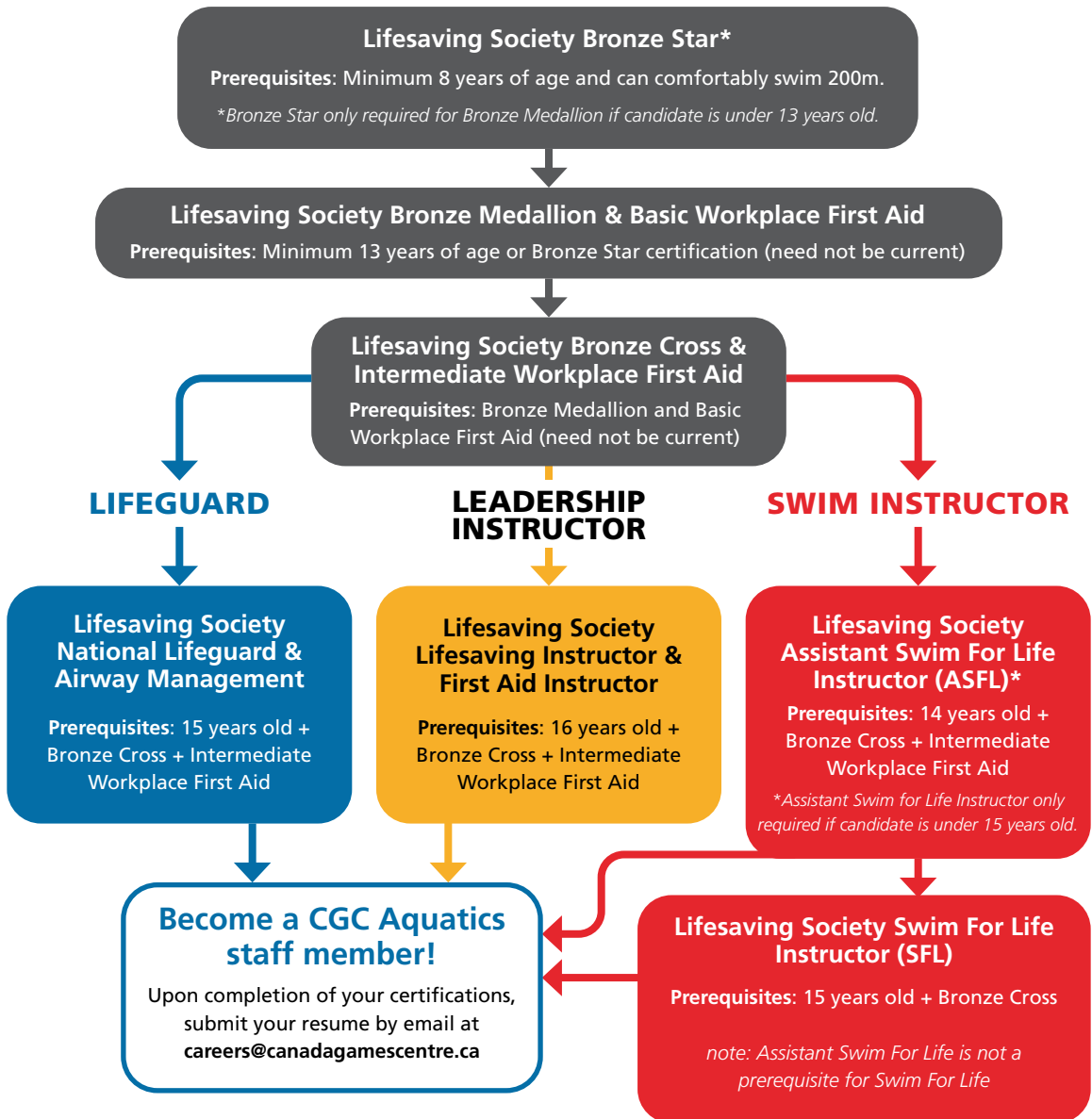
		SESSION A June 26-July 29* TUESDAY & THURSDAY EVENINGS	SESSION 1 July 8-11 & 14-18 DAYTIME	SESSION 2 July 22-25 & July 28-Aug 1 DAYTIME	SESSION B July 31 – August 28 TUESDAY & THURSDAY EVENINGS
SWIMMER 2 OR LOWER	Private	4:00pm 00003068	11:45am 00003070	11:45am 00003071	4:00pm 00003072
	Semi-Private		11:55am 00003082	11:55am 00003084	
SWIMMER 3 OR HIGHER	Private	4:40pm 00003073	10:35am 00003076 11:15am 00003077	11:15am 00003078	4:40pm 00003079
	Semi-Private		9:55am 00003087	9:55am 00003089 10:35am 00003091	



■ LEADERSHIP PROGRAMS

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

June 26 – July 29*

Tuesdays & Thursdays | 5:50pm-7:00pm

Members \$119, Non-Members \$147

Online registration code [00003097](#)

**There is no class on Tuesday, July 1 due to Canada Day.*

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)

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.

100% course attendance is required for certification.

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

July 8-11 & July 14-18 (Exam Date: July 18)

Tuesday – Friday & Monday-Friday | 9:00am-12pm

Members \$215, Non-Members \$245

Online registration code [00003104](#)

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). To register candidates under the age of 13, please email aquaadmin@canadagamescentre.ca

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.

100% course attendance is required for certification.



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

July 22-25 & July 28-Aug 1 (Exam Date: August 1)

Tuesday – Friday & Monday-Friday | 9:00am-2:00pm

Members \$230, Non-Members \$260

Online registration code [00003106](#)

Prerequisites: Bronze Medallion; Basic Workplace 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. Registration includes books and exam fees.

100% attendance is required for certification.

Lifesaving Society National Lifeguard & Airway Management

COMPACT COURSE | August 11-17

Monday-Sunday | 9:00am-5:00pm

Members \$290, Non-Members \$320 (plus tax)

Online registration code **00003116**

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.

100% course attendance is required for certification. Certification is conditional upon successful completion of Instructor-evaluated skills and exam.

Participants in Grade 11 or 12 who have obtained their National Lifeguard, Lifesaving Instructor (LSI) or Swim For Life Instructor (SFLI) 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 | August 16 & 17

Saturday & Sunday | 9:00am-5:00pm

Members \$110, Non-Members \$140 (plus tax)

Online registration code **00006433**

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 | August 8-10

Friday | 5:00pm-9:00pm

Saturday & Sunday | 9:00am – 6:00pm

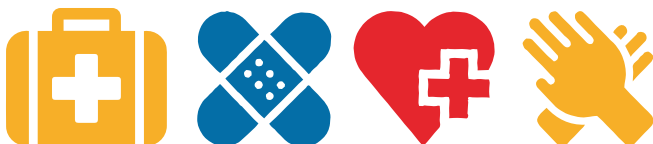
Members \$230, Non-Members \$260 (plus tax)

Online registration code **00003117**

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.

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.



■ 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 23 to Thursday, August 14** for ages 8-18. The 2025 Summer Provincial Championships will occur in Lunenburg from Friday, August 15 - Sunday, August 17 and a banquet will be held the following week.

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

***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.

CGCSA Summer Swim Team | Ages 8-18
Members \$428.09, Non-Members \$535.02
Online registration code **00006434**

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



Advanced registration for summer will be available for current Summer Swim Team Off-Season training and 2024 Summer Swim Team participants. Please watch for an email from the Head Coach.

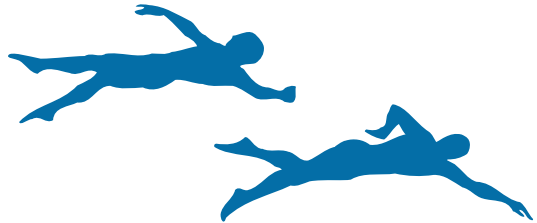
■ CGCSA SUMMER SCHEDULE*

Schedule runs from Monday, June 23 to Friday, August 14*

Note: Practice times include activation, pool time and recovery.

Schedule TBD based on registration and group numbers, but will run Monday to Friday between 4:15pm and 7:30pm, with morning practices 6:45am-8:00am on Tuesdays and Thursdays for upper groups.

**Please note: There are no practices on Tuesday, July 1 for Canada Day or Monday, August 4 for Natal Day.*



■ 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 24-August 14

Tuesdays-Thursdays | 6am-7am

Members \$124.20, Non-Members \$155.25 (plus tax)

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

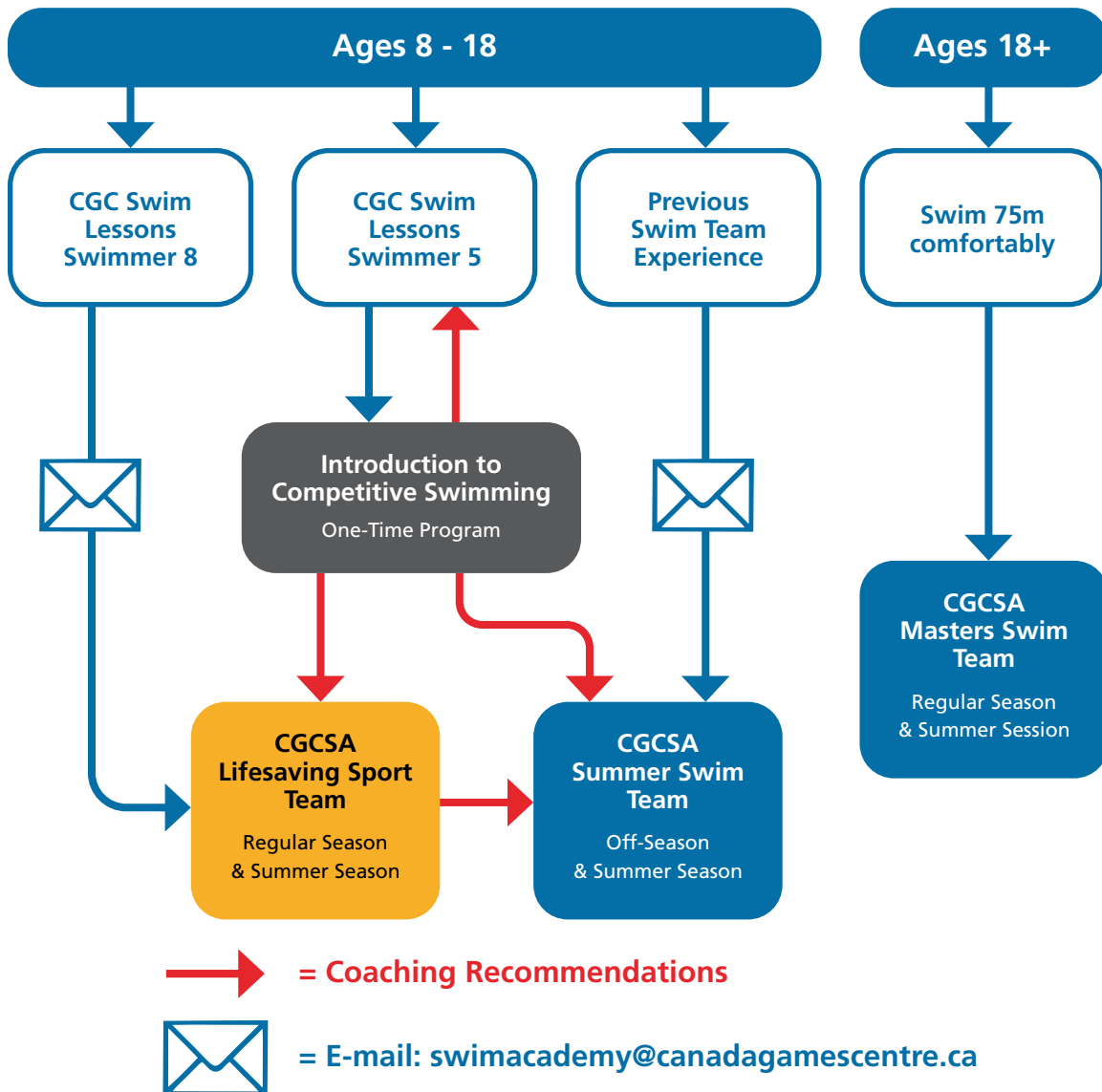
Online registration code [00006571](#)

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.*



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.



CGC Rentals

POOL PARTY!

POOL PARTY PACKAGE (20 guests)**
Members \$187 | Non-Members \$220**

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 \$8.13 (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
- Free parking for attendees
- Wi-fi 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 2025

Programs and Services

It happens here.



26 Thomas Raddall Drive
Halifax, Nova Scotia
B3S 0E2

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

canadagamescentre.ca