

Canada  
Games  
Centre

# FALL 2025

PROGRAMS & SERVICES



## ■ TABLE OF CONTENTS

|                                             |          |
|---------------------------------------------|----------|
| <b>How to Register</b> .....                | <b>3</b> |
| <b>CGC Program Access Card</b> .....        | <b>4</b> |
| <b>Canada Games Centre Membership</b> ..... | <b>5</b> |

|                                    |          |
|------------------------------------|----------|
| <b>■ RECREATION PROGRAMS</b> ..... | <b>6</b> |
| Sports Programs .....              | 6        |

|                                              |           |
|----------------------------------------------|-----------|
| <b>■ FITNESS AND WELLNESS PROGRAMS</b> ..... | <b>10</b> |
| Adult Specialized Programs .....             | 10        |
| Youth Programs .....                         | 12        |
| Perinatal Programs .....                     | 13        |
| Wellness Programs .....                      | 14        |
| Fitness Services .....                       | 16        |

|                                           |           |
|-------------------------------------------|-----------|
| <b>■ AQUATICS PROGRAMS</b> .....          | <b>18</b> |
| Aquatics Registration Information .....   | 18        |
| Parent & Tot Programs .....               | 19        |
| Preschool Programs .....                  | 20        |
| School-Aged Swimmer Programs .....        | 21        |
| Teen & Adult Swim Lessons .....           | 23        |
| Aquatics Inclusion Lessons .....          | 23        |
| Swim Lessons - Days & Times .....         | 24        |
| Private & Semi-Private Swim Lessons ..... | 26        |
| Leadership Programs .....                 | 27        |
| CGC Swim Academy .....                    | 31        |
| Masters Swim Team .....                   | 33        |
| Private Coaching & Training .....         | 34        |

CONNECT



@CGCHalifax



**E-newsletter Subscribe:**  
<http://bit.ly/cgcnews>

## ■ HOW TO REGISTER

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

**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: **August 5**, beginning at 8:00am

In-person: **August 7**, beginning at 8:00am

### NON-MEMBERS:

Online: **August 12**, beginning at 8:00am

In-person: **August 14**, 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.

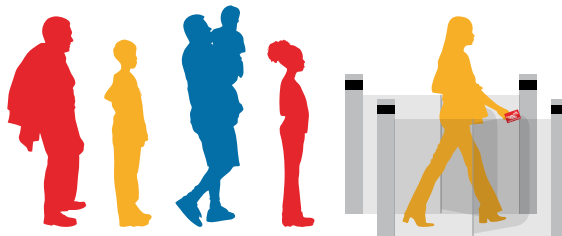
### How do they work?

- 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!

- All programs within this Fall Guide will need the new card moving forward. Summer Program Card users can use the card they were given during the summer sessions.



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](https://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
- Complimentary Fitness Centre orientation
- Book drop-in courts and classes up to 3 days 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*

# Recreation Programs

## ■ SPORTS PROGRAMS

### Badminton - Introduction

Ages 6-8 | 10 sessions | September 17-November 19  
Wednesdays, 5:00pm-6:00pm

**Members \$92, Non-Members \$115**

Online registration code **00018614**

Location: Field House



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

### Badminton - Introduction 2

Ages 10-15 | 10 sessions | September 17-November 19  
Wednesdays, 6:00pm-7:30pm

**Members \$116, Non-Members \$145**

Online registration code **00018615**

Location: Field House



Participants in this 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. This badminton program teaches the fundamentals of the sport and includes a focus on beginner techniques, grips, movement skills and game-play rules required for lifelong enjoyment.



### Pickleball



#### PICKLEBALL FUNDAMENTALS

Ages 18+ | 10 sessions | September 16-October 28  
Tuesdays and Thursdays, 1:00pm-3:00pm\*

**Members \$122, Non-Members \$152.50 (plus tax)**

Online registration code **00018616**

Location: Field House

*\*There are no sessions on September 23, September 25, and September 30.*

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 | November 4-December 9

Tuesdays and Thursdays, 1:00pm-3:00pm\*

**Members \$122, Non-Members \$152.50 (plus tax)**

Online registration code **00018618**

Location: Field House

*\*There is no session on Tuesday, November 11.*



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



## Youth Karate

Location: Dance Studio

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

13 sessions | September 9-December 16

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

*Members \$91, Non-Members \$113.75\*\**

Online registration code: [00019001](#)



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

15 sessions | September 10-December 17

Wednesdays, 5:30pm-6:00pm

*Members \$105, Non-Members \$131.25\*\**

Online registration code [00019003](#)

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

15 sessions | September 11-December 16

Thursdays, 5:30pm-6:00pm

*Members \$105, Non-Members \$131.25\*\**

Online registration code [00019005](#)

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

13 sessions | September 9-December 16

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

*Members \$135.20, Non-Members \$169\*\**

Online registration code [00019002](#)

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

15 sessions | September 10-December 17

Wednesdays, 6:15pm-7:15pm

*Members \$156, Non-Members \$195\*\**

Online registration code [00019004](#)



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

15 sessions | September 11 – December 8

Thursdays, 6:15pm-7:15pm

*Members \$156, Non-Members \$195\*\**

Online registration code [00019006](#)

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

15 sessions | September 11-December 18

Thursdays, 5:30pm-6:30pm

*Members \$156, Non-Members \$195\*\**

Online registration code [00019007](#)

Location: Russell Walker Community Centre

Instructor: Sensei William Lawlor and Jack Boutilier

*\*There are no sessions on Tuesday, September 30 and Tuesday, November 11*

*\*\*Karate participants are required to pay a one-time nonrefundable annual fee of \$40.00 to Karate Nova Scotia that covers September 2025-August 2026.*

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+**

13 sessions | September 9 – December 16

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

Members \$67.60, Non-Members 84.50 (plus tax)\*\*

Online registration code [00019077](#)

Location: Dance Studio

### **FAMILY ALL RANKS | Ages 6+**

15 sessions | September 11 – December 18

Thursdays, 6:45pm-7:45pm

Members \$78, Non-Members \$97.50 (plus tax)\*\*

Online registration code [00019081](#)

Location: Russell Walker Community Centre

Instructor: Sensei Peg Mumford

*\*There are no sessions on Tuesday, September 30 and Tuesday, November 11.*

*\*\*Karate participants are required to pay a onetime nonrefundable annual fee of \$40.00 to Karate Nova Scotia that covers September 2025-August 2026.*

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+

13 sessions | September 9-December 16

Tuesdays, 8:30pm-9:30pm\*

*Members \$135.20, Non-Members \$169\*\**

Online registration code [00019087](#)

### ADULT BLUE TO BLACK BELT | Ages 12+

15 sessions | September 10 – December 17

Wednesdays, 7:30pm-9:00pm

*Members \$228, Non-Members \$285 (plus tax)\*\**

Online registration code [00019089](#)

### ADULT YELLOW BELT & UP | Ages 11-18

15 sessions | September 11 – December 18

Thursdays, 7:30pm-9:00pm

*Members \$228, Non-Members \$285 (plus tax)\*\**

Online registration code [00019093](#)

### ADULT ALL RANKS | Ages 12+

15 sessions | September 11 – December 18

Thursdays, 8:00pm-9:00pm

*Members \$156, Non-Members \$195\*\**

Online registration code [00019096](#)

Location: Russell Walker Community Centre

Instructor: Sensei Peg Mumford

### ADULT ALL RANKS | Ages 18+

13 sessions | September 12-December 11

Fridays, 10:00am-11:00am\*

*Members \$145.60, Non-Member \$182\*\**

Online registration code [00019098](#)

*\*There are no sessions on Tuesday, September 30 and Tuesday, November 11.*

*\*\*Karate participants are required to pay a one-time non-refundable annual fee of \$40.00 to Karate Nova Scotia that covers September 2025-August 2026.*

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



### PARA-KARATE | Ages 8+

13 sessions | September 13 – December 12

Saturdays, 10:00am-11:00am\*

*Members \$85.80, Non-Members \$107.25 (plus tax)*

Online registration code [00023534](#)

Location: Dance Studio

Instructor: Sensei Heather MacDonald

*\*There are no sessions on Saturday, October 11.*

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 All-Ranks age-appropriate class at the Canada Games Centre. Additional fees for uniforms will be the responsibility of participants. Gi's can be purchased through Sensei Heather on the first day, if necessary, at a cost of \$70-\$85.

# Fitness and Wellness Programs



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

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

**There are more than 60 Drop-In Fitness Classes a week which are included in your membership or day pass.** If you're looking to cross-train or to try something new, these classes are designed for all fitness levels (unless otherwise noted). Zumba®, Aquafit, interval training, Yoga, and more – pick your favourites from our **Drop-in Fitness Schedule** available online or at the Customer Service Desk.

## ADULT SPECIALIZED PROGRAMS



### Iron Circuit

6 weeks | September 15-October 27\*  
Mondays, 6:00pm-7:00pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00016132**  
Location: Track TRX Alcove

*\*There is no session on October 13*

6 weeks | November 3-December 8  
Mondays, 6:00pm-7:00pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00016138**  
Location: Track TRX Alcove

Improve your strength, mobility and balance, sculpt muscles and blast fat, all with one workout. TRX Iron Circuit is a unique blend of suspension training exercises and kettlebell weight conditioning intervals to get you fit fast.





## Toughen Up 101

Location: Personal Training Studio  
Members \$63, Non-Members \$75 (plus tax)

6 weeks | September 17-October 22  
Wednesdays, 6:00pm-7:00pm  
Online registration code **00016218**

6 weeks | November 5-December 10  
Wednesdays, 6:00pm-7:00pm  
Online registration code **00016137**

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!

## Toughen Up

Location: Track Starting Blocks  
Members \$126, Non-Members \$150 (plus tax)

6 weeks | September 16-October 23\*  
Tuesdays and Thursdays, 6:00pm-7:00pm  
Online registration code **00016146**

6 weeks | September 16-October 23\*  
Tuesdays and Thursdays, 7:00pm-8:00pm  
Online registration code **00016182**

6 weeks | November 4-December 16\*  
Tuesdays and Thursdays, 6:00pm-7:00pm  
Online registration code **00016148**

6 weeks | November 4-December 16\*  
Tuesdays and Thursdays, 7:00pm-8:00pm  
Online registration code **00016183**

*\*There are no sessions on Tuesday, September 30  
and on Tuesday, November 11.*

Get off the couch and into the best shape of your life at the Canada Games Centre with this dynamic, moderate-to-high intensity training program. Toughen Up is designed to improve strength, endurance, and body composition with 2 weekly workouts over 6 weeks. Join one of our amazing personal trainers for pre & post fitness tests, which will help keep you on track. With a variety of workouts to keep things interesting, you're sure to have fun, make new fitness friends, and boost confidence. Space is limited.



## Strength Training for Women (All Levels)

Location: Personal Training Studio  
Members \$63, Non-Members \$75 (plus tax)

6 weeks | September 14-October 26\*  
Sundays, 9:00am-10:00am  
Online registration code **00016189**

6 weeks | September 14-October 26\*  
Sundays, 10:15am-11:15am  
Online registration code **00023641**

6 weeks | November 2-December 7  
Sundays, 9:00am-10:00am  
Online registration code **00016190**

6 weeks | November 2-December 7  
Sundays, 10:15am-11:15am  
Online registration code **00023644**

*\*There are no sessions on Sunday, October 12.*

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.





## ■ YOUTH PROGRAMS



### Youth Strength & Conditioning

6 weeks | September 18-October 23  
Thursdays, 4:00pm-5:00pm  
*Members \$63, Non-Members \$75*  
Online registration code **00023672**  
Location: Personal Training Studio

6 weeks | November 6-December 11  
Thursdays, 4:00pm-5:00pm  
*Members \$63, Non-Members \$75*  
Online registration code **00023679**  
Location: Personal Training Studio

This challenging program is designed for students in grades 10 through 12 who are looking to train hard. 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

6 weeks | September 17-October 22  
Wednesdays, 4:00pm-5:00pm  
*Members \$63, Non-Members \$75*  
Online registration code **00023737**  
Location: Field House Alcove 1

6 weeks | November 5-December 10  
Wednesdays, 4:00pm-5:00pm  
*Members \$63, Non-Members \$75*  
Online registration code **00023729**  
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? Then, 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!



## ■ PERINATAL PROGRAMS

### Prenatal Yoga

6 weeks | September 15-October 27\*  
Mondays, 7:15pm-8:15pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00016191**  
Location: Fitness Studio 2

6 weeks | November 3-December 8  
Mondays, 7:15pm-8:15pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00016194**  
Location: Fitness Studio 2

\*There is no session on October 13.

Join our Pre and Postnatal Yoga specialist for 60 minutes 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, and alleviate many common discomforts of pregnancy, while finding focus through balance.



### Stroller Circuit

Location: Track TRX Alcove

6 weeks | September 15-October 27\*  
Mondays, 11:00am-12:00pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00100356**

6 weeks | September 17-October 22  
Wednesdays, 11:00am-12:00pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00016123**

6 weeks | September 19-October 24  
Fridays, 11:00am-12:00pm\*  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00016127**

6 weeks | November 3-December 8  
Mondays, 11:00am-12:00pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00016130**

6 weeks | November 5-December 10  
Wednesdays, 11:00am-12:00pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00016125**

6 weeks | November 7-December 12  
Fridays, 11:00am-12:00pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00016135**

\*There is no session on Monday, October 13

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 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.





## ■ WELLNESS PROGRAMS

### Total Mobility

6 weeks | September 18-October 23  
Thursdays, 6:00pm-7:00pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00024472**  
Location: Fitness Studio 2

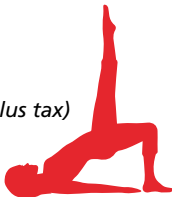


6 weeks | November 6-December 11  
Thursdays, 6:00pm-7:00pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00024474**  
Location: Fitness Studio 2

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!

### Mobility Yoga ← NEW

10 weeks | October 1-December 3  
Wednesdays, 12:00pm-12:45pm  
*Members \$106, Non-Members \$125 (plus tax)*  
Online registration code **00027216**  
Location: Fitness Studio 2



Mobility Yoga focuses on flexibility and body awareness, improving range of motion in joints and muscles, supporting bone density, stimulating bone growth, and rebuilding bone strength, improving muscle mass, and resetting the nervous system with stress and anxiety relief. These classes integrate elements of yoga, Pilates, meditation and breath work. Allowing you to move more freely and efficiently in your daily life, prevent injuries, and improve overall physical and mental well-being. No experience required. Modifications will be provided.

### Introduction to Yoga

6 weeks | September 16-October 21\*  
Tuesdays, 6:00pm-7:00pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00016192**  
Location: Fitness Studio 2



6 weeks | November 4-December 9\*  
Tuesdays, 6:00pm-7:00pm  
*Members \$63, Non-Members \$75 (plus tax)*  
Online registration code **00016193**  
Location: Fitness Studio 2

*\*There are no sessions on Tuesday September 30, and Tuesday, November 11.*

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

Location: Fitness Studio 2

6 weeks | September 20-November 1\*

Saturdays, 9:00am-10:00am

*Members \$63, Non-Members \$75 (plus tax)*

Online registration code **00016203**

6 weeks | September 16-October 21\*

Tuesdays, 12:15pm-1:15pm

*Members \$63, Non-Members \$75 (plus tax)*

Online registration code **00016185**

6 weeks | November 8-December 13

Saturdays, 9:00am-10:00am

*Members \$63, Non-Members \$75 (plus tax)*

Online registration code **00016186**

6 weeks | November 4-December 16

Tuesdays, 12:15pm-1:15pm

*Members \$63, Non-Members \$75 (plus tax)*

Online registration code **00016187**

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

*\*There are no sessions on Tuesday, September 30, Saturday, October 12 and Tuesday, November 11.*

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



## Yin Yoga

6 weeks | September 14-October 26\*

Sundays, 7:15pm-8:15pm

*Members \$63, Non-Members \$75 (plus tax)*

Online registration code **00016141**

Location: Fitness Studio 2

*\*There is no session on October 12.*

6 weeks | November 2-December 7

Sundays, 7:15pm-8:15pm

*Members \$63, Non-Members \$75 (plus tax)*

Online registration code **00016143**

Location: Fitness Studio 2



Yin Yoga is a slow paced, soothing, and meditative style of yoga mainly practiced on the floor. It offers a much deeper access to the body compared to other 'yang' or active practices and it consists of a series of passive poses held for longer periods of time. 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, and greater stamina. It is a great way to complement your regular exercise and increase your overall wellbeing.



# ■ FITNESS SERVICES

Whether you are looking for a more personalized program, specialized sports training, or just need help getting started, we can help. To sign up for any of the following Fitness Services, complete the **online Personal Training New Client Questionnaire** and Fitness will email you about an initial consultation. For more information, please stop by the Fitness Centre Desk or contact Fitness at [fitnesscoordinator@canadagamescentre.ca](mailto:fitnesscoordinator@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 are not included in the 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 are not included in the 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 are not included in the 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 energetic & 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:**

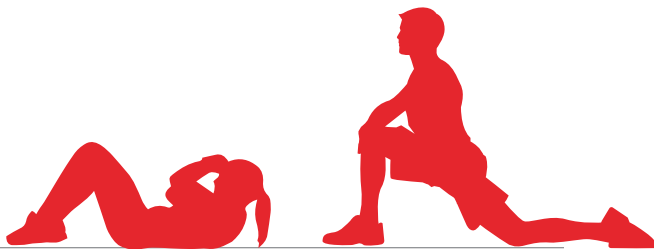
**10 Dryland Training Sessions** (60 minutes each)  
Work with one of our qualified Exercise Specialists to have your team perform better together and individually.

**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 Fitness at  
[fitnesscoordinator@canadagamescentre.ca](mailto:fitnesscoordinator@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 [aquaadmin@canadagamescentre.ca](mailto: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 24](#)). Use the hyperlink for each individual class to take you to the registration system if you haven'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 process new registrations after week 2. CCG 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**



## 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 24 for swim lesson days and times. Online registration codes are 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 teaching 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\*. Swimmers must be accompanied by 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 adult parent/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 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 \$97.92, Non-Members \$130.50

The Swim for Life Preschool Program gives children an early start to learn 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 24 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 continuously work on floats and rolling over. Children will also start to enter deeper water to practice side entries and jump 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 help 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 life jacket. 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 24 for swim lesson days and times. Online registration codes are listed in the swim chart.

### 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).

### 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 11-16 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 11-16 years

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

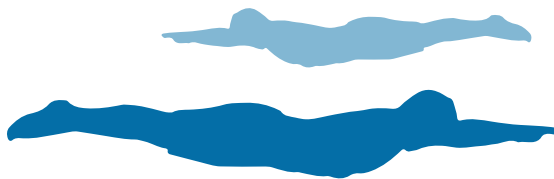
Swimmers learn entering and exiting shallow water and deep water. They will be introduced to floating and gliding in water, flutter kicking, and underwater skills.

### Teen Level 2

9 Lessons | Ages 11-16 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 for 30 seconds, swim 25m), whip kick, front crawl, and back crawl.

## ■ AQUATICS INCLUSION LESSONS

We are excited to offer both private inclusion lessons and group inclusion lessons!

Private lessons occur on Sunday mornings in a sensory friendly environment, and group lessons occur during Wednesday evening classes. Inclusion trained instructors teach swimmers one on one, providing adaptations and support to participants who require it.

There is currently a waitlist, and an intake form is required to match participants with instructors. Please send an email to [aquaadmin@canadagamescentre.ca](mailto:aquaadmin@canadagamescentre.ca) to join the waitlist for our inclusion lessons



## ■ SWIM LESSONS - DAYS & TIMES

|                | TUESDAYS*<br>September 16 –<br>November 25 | WEDNESDAYS<br>September 17 –<br>November 12 | THURSDAYS<br>September 18 –<br>November 13                  | SATURDAYS*<br>September 20 –<br>November 22                                        |
|----------------|--------------------------------------------|---------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------------------------------|
| PARENT & TOT 1 |                                            | 4:15pm   00024109                           |                                                             | 8:30am   00024110                                                                  |
| PARENT & TOT 2 | 4:55pm   00024112                          | 5:35pm   00024111                           | 4:15pm   00024113                                           | 9:10am   00024114<br>11:50am   00024115                                            |
| PARENT & TOT 3 | 6:15pm   00024116                          | 4:55pm   00024117                           | 4:15pm   00024118                                           | 10:30am   00024119<br>11:10am   00024120                                           |
| PRESCHOOL 1    | 4:15pm   00024121<br>4:55pm   00024122     | 4:15pm   00024123<br>5:35pm   00024124      | 4:15pm   00024125<br>4:55pm   00024126<br>5:35pm   00024127 | 8:30am   00024128<br>9:10am   00024129<br>9:50am   00024130<br>11:10am   00024131  |
| PRESCHOOL 2    | 4:55pm   00024132<br>6:15pm   00024133     | 4:15pm   00024134                           | 5:35pm   00024135                                           | 8:30am   00024136<br>9:50am   00024137<br>10:30am   00024138<br>11:50am   00024139 |
| PRESCHOOL 3    | 4:15pm   00024140<br>5:35pm   00024141     | 4:15pm   00024142<br>4:55pm   00024143      | 4:55pm   00024144<br>6:15pm   00024145                      | 9:10am   00024146<br>9:50am   00024147<br>11:10am   00024148                       |
| PRESCHOOL 4    | 5:35pm   00024149                          | 4:55pm   00024150                           | 6:15pm   00024151                                           | 8:30am   00024152<br>10:30am   00024153                                            |
| PRESCHOOL 5    | 5:35pm   00024154                          | 6:15pm   00024155                           | 4:55pm   00024156                                           | 9:50am   00024157<br>11:10am   00024158                                            |

\*Please note there are no swim lessons on Tuesday, September 30 for Truth and Reconciliation Day, Friday, October 10 & Saturday, October 11 for Thanksgiving, Friday, October 31 for Halloween, or Tuesday, November 11 for Remembrance Day.

|                       | TUESDAYS*<br>September 16 – November 25                                          | WEDNESDAYS<br>September 17 – November 12                                         | THURSDAYS<br>September 18 – November 13                                          | FRIDAYS*<br>September 19 – November 28 | SATURDAYS*<br>September 20 – November 22                                                                 |
|-----------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------|----------------------------------------------------------------------------------------------------------|
| SWIMMER 1             | 4:15pm   00024197<br>5:35pm   00024198<br>6:15pm   00024199                      | 4:55pm   00024202<br>5:35pm   00024203<br>6:15pm   00024204                      | 4:55pm   00024205<br>5:35pm   00024206<br>6:15pm   00024207                      |                                        | 8:30am   00024208<br>9:10am   00024209<br>9:50am   00024210<br>10:30am   00024211<br>11:50am   00024212  |
| SWIMMER 1<br>ADVANCED | 4:55pm   00024214<br>6:15pm   00024216                                           | 6:15pm   00024217                                                                | 4:15pm   00024218<br>5:35pm   00024224                                           |                                        | 9:10am   00024225<br>9:50am   00024226<br>10:30am   00024230<br>11:10am   00024232                       |
| SWIMMER 2             | 4:15pm   00024236<br>4:55pm   00024245<br>5:35pm   00024247<br>6:15pm   00024340 | 4:15pm   00024475<br>4:55pm   00024476<br>5:35pm   00024477<br>6:15pm   00024481 | 4:15pm   00024483<br>4:55pm   00024484<br>5:35pm   00024486<br>6:15pm   00024487 |                                        | 8:30am   00024488<br>9:10am   00024491<br>9:50am   00024493<br>10:30am   00024496<br>11:10am   00024497  |
| SWIMMER 3             | 4:55pm   00024501<br>5:35pm   00024505<br>6:15pm   00024507                      | 4:15pm   00024522<br>4:55pm   00024524<br>5:35pm   00024526<br>6:15pm   00024527 | 4:15pm   00024532<br>4:55pm   00024534<br>5:35pm   00024535<br>6:15pm   00024537 |                                        | 8:30am   00024539<br>9:10am   00024540<br>10:30am   00024541<br>11:10am   00024542<br>11:50am   00024543 |
| SWIMMER 4             | 4:00pm   00024635                                                                | 4:55pm   00024637                                                                | 4:55pm   00024639                                                                |                                        | 8:30am   00024640<br>9:25am   00024642                                                                   |
| SWIMMER 5             | 4:00pm   00024646                                                                | 4:55pm   00024649                                                                | 4:55pm   00024652                                                                |                                        | 8:30am   00024654<br>9:25am   00024656                                                                   |
| SWIMMER 6             | 4:55pm   00024658                                                                | 4:00pm   00024661                                                                | 5:50pm   00024662                                                                |                                        | 8:30am   00024663<br>9:25am   00024665<br>10:20am   00024669                                             |
| SWIMMER 7 / ROOKIE    | 4:55pm   00024680                                                                | 4:00pm   00024682                                                                | 5:50pm   00024683                                                                |                                        | 10:20am   00024685<br>11:15am   00024687                                                                 |
| SWIMMER 8 / RANGER    | 5:50pm   00024689                                                                | 5:50pm   00024691                                                                |                                                                                  |                                        | 10:20am   00024692<br>11:15am   00024694                                                                 |
| SWIMMER 9 / STAR      | 5:50pm   00024697                                                                | 5:50pm   00024699                                                                |                                                                                  |                                        | 11:15am   00024700                                                                                       |
| TEEN 1                |                                                                                  |                                                                                  | 6:15pm   00024703                                                                | 5:30pm   00024705                      | 11:50am   00024708<br>11:50am   00024710                                                                 |
| TEEN 2                |                                                                                  |                                                                                  |                                                                                  | 6:10pm   00024712                      | 11:50am   00024714                                                                                       |
| ADULT 1               |                                                                                  |                                                                                  |                                                                                  | 5:30pm   00024718<br>6:10pm   00024720 | 12:10pm   00024724<br>12:10pm   00024727                                                                 |
| ADULT 2               |                                                                                  |                                                                                  |                                                                                  | 5:30pm   00024729<br>6:10pm   00024734 | 12:10pm   00024735                                                                                       |

\*Please note there are no swim lessons on Tuesday, September 30 for Truth and Reconciliation Day, Friday, October 10 & Saturday, October 11 for Thanksgiving, Friday, October 31 for Halloween, or Tuesday, November 11 for Remembrance Day.



## ■ PRIVATE & SEMI-PRIVATE SWIM LESSONS

### PRIVATE LESSONS

35 minutes each

**Members \$185.40**

**Non-Members \$237.75**

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 \$304.20**

**Non-Members \$380.25**

### 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 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.

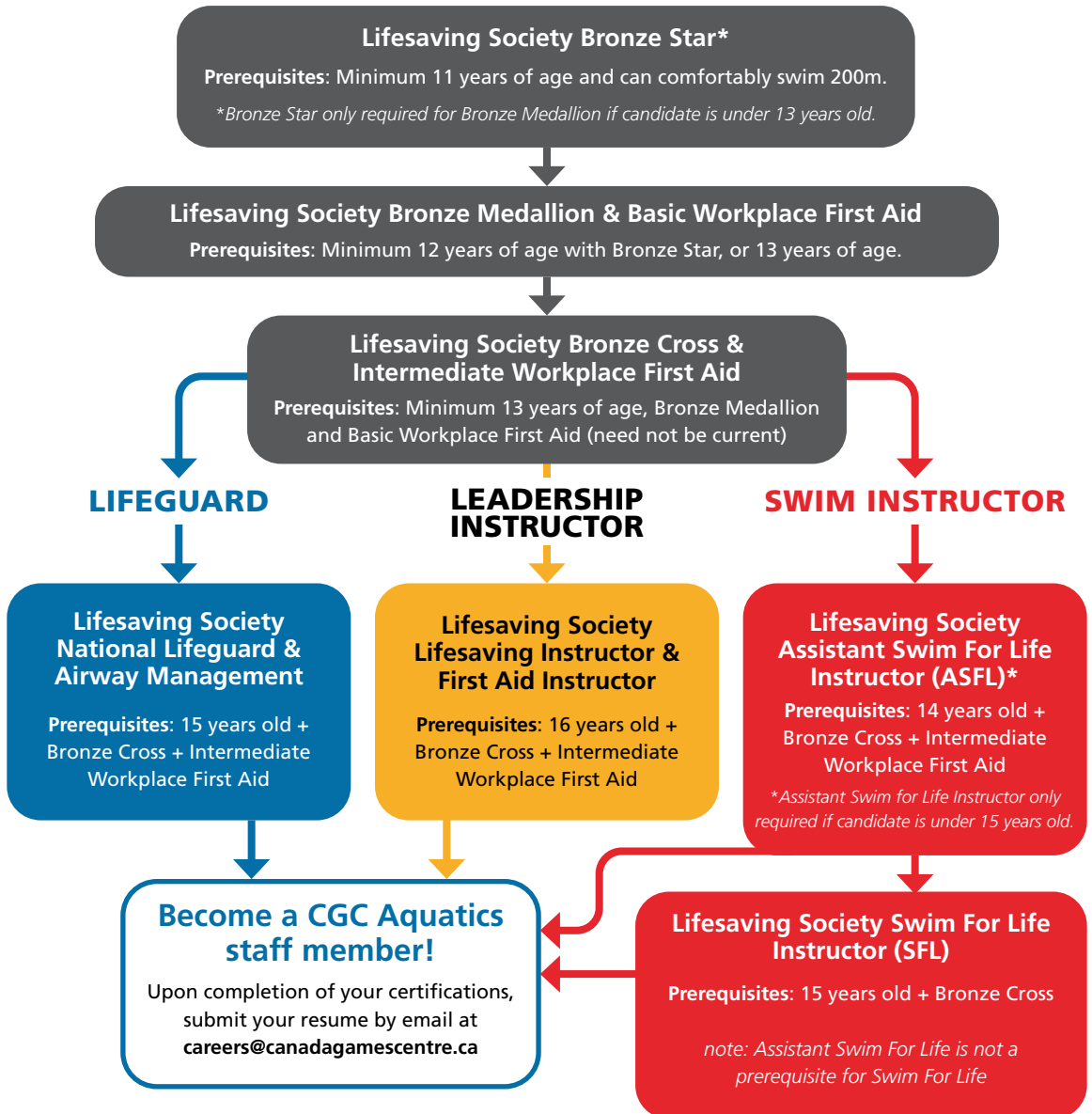
|                     |              | TUESDAYS<br>September 16 -<br>November 25 | WEDNESDAYS<br>September 17 -<br>November 12 | THURSDAYS*<br>September 18 -<br>November 13 | FRIDAYS<br>September 19 -<br>November 28                                                                                                                             | SATURDAYS*<br>September 20 -<br>November 22                                                                                                                                                                          | SUNDAYS*<br>September 21 -<br>November 23                                                                                                                                |
|---------------------|--------------|-------------------------------------------|---------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SWIMMER 2 OR LOWER  | Private      | 4:15pm   00024788                         | 4:55pm   00024791                           | 4:15pm   00024793<br>5:35pm   00024795      | 4:10pm   00024798<br>4:10pm   00024799<br>4:50pm   00024800<br>4:50pm   00024802<br>5:30pm   00024803<br>6:10pm   00024806                                           | 8:30am   00024807<br>9:10am   00024808<br>9:10am   00024810<br>9:50am   00024811<br>10:30am   00024813<br>10:30am   00024814<br>11:10am   00024815<br>11:10am   00024816<br>11:50am   00024817<br>11:50am   00024819 | 8:00am   00025178<br>8:40am   00025179<br>8:40am   00025180<br>9:20am   00025181<br>10:00am   00025183<br>10:00am   00025185<br>10:40am   00024957<br>11:20am   00024958 |
|                     | Semi-Private |                                           |                                             |                                             | 4:10pm   00024852<br>4:50pm   00024853<br>5:30pm   00024854<br>6:10pm   00024855                                                                                     | 8:30am   00024856<br>9:50am   00024857                                                                                                                                                                               | 8:00am   00024929<br>9:20am   00024930                                                                                                                                   |
| SWIMMER 3 OR HIGHER | Private      | 4:55pm   00024821<br>5:35pm   00024823    | 4:15pm   00024824<br>6:15pm   00024825      | 6:15pm   00024826                           | 4:10pm   00024827<br>4:10pm   00024828<br>4:10pm   00024829<br>4:50pm   00024830<br>4:50pm   00024831<br>4:50pm   00024833<br>5:30pm   00024835<br>6:10pm   00024836 | 8:30am   00024841<br>8:30am   00024843<br>9:10am   00024844<br>9:50am   00024845<br>9:50am   00024846<br>10:30am   00024847<br>11:10am   00024848<br>11:10am   00024849<br>11:50am   00024850<br>11:50am   00024851  | 10:40am   00024955<br>11:20am   00024956                                                                                                                                 |
|                     | Semi-Private | 6:15pm   00024858                         | 5:35pm   00024859                           | 4:55pm   00024860                           | 4:10pm   00024861<br>4:50pm   00024862<br>5:30pm   00024863<br>6:10pm   00024864                                                                                     | 9:10am   00024865<br>10:30am   00024866                                                                                                                                                                              |                                                                                                                                                                          |

\*There are no swim lessons Tuesday, September 30 for Truth and Reconciliation Day, from Friday to Sunday, October 10-12 for Thanksgiving, Friday October 31 for Halloween or Tuesday November 11 for Remembrance Day.

## ■ 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

September 16-November 25

Tuesdays | 5:50pm-7:00pm

**Members \$119, Non-Members \$147**

Online registration code [00024867](#)

*\*There are no classes on Tuesday, September 30 for Truth and Reconciliation Day, or Tuesday, November 11 for Remembrance Day*

September 18-November 13

Thursdays | 5:50pm-7:00pm

**Members \$119, Non-Members \$147**

Online registration code [00024869](#)

**Prerequisite:** Minimum 11 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)

September 17-November 12 (Exam Date: November 12)

Wednesdays | 4:00pm-7:00pm

**Members \$215, Non-Members \$245**

Online registration code [00024912](#)

September 19-November 28 (Exam Date: November 28)

Fridays | 4:00pm-7:00pm

**Members \$215, Non-Members \$245**

Online registration code [00024913](#)

*\*There are no classes on Friday, October 10 or Friday, October 31 for Halloween*

**Prerequisite:** Minimum 13 years of age (if a candidate is 12 years of age, completing Bronze Star is a mandatory prerequisite. To register candidates 12 years of age, please email [aquaadmin@canadagamescentre.ca](mailto:aquaadmin@canadagamescentre.ca). To allow candidates an equal opportunity, we will no longer be accepting candidates under 12 years of age.

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 include the books and exam fees. *100% course attendance is required for certification.*

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

## Lifesaving Society Bronze Cross & Intermediate Workplace First Aid

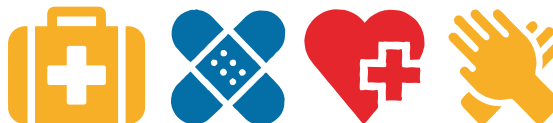
(formerly Standard First Aid)

September 20–November 22 (Exam Date November 22)  
Saturdays | 10:00am–3:00pm\*  
Members \$230, Non-Members \$260  
Online registration code [00024914](#)

*\*There are no classes on Saturday, October 11 for Thanksgiving.*

**Prerequisites:** 13 years of age, Bronze Medallion; Basic Workplace First Aid (need not be current). To allow candidates an equal opportunity, we will no longer be accepting candidates under 12 years of age.

Bronze Cross & Intermediate Workplace First Aid begins 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 21–November 23 (Exam Date: November 23)  
Sunday | 10:00am–4:00pm  
Members \$290, Non-Members \$320 (plus tax)  
Online registration code [00024915](#)

*\*There are no classes on Sunday, October 12 for Thanksgiving.*

**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 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 | November 29-30  
Saturday & Sunday | 9:00am-5:00pm  
Members \$110, Non-Members \$140 (plus tax)  
Online registration code [00024916](#)

**Prerequisite:** National Lifeguard & Intermediate Workplace First Aid (need not be current).

This is a recertification course for those who have obtained a National Lifeguard Pool and Intermediate Workplace and wish to renew their certification.

## Lifesaving Society Swim For Life Instructor

2-Weekend Course  
September 27-28, October 4-5  
Saturday & Sunday | 9:00am-6:00pm  
Members \$230, Non-Members \$260 (plus tax)  
Online registration code [00024917](#)

**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 are included  
in the course time.*

**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.**



*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.*



## ■ 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 one-time-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 | September 8 - November 9**

Please see Training schedule on [page 33](#)

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

Online registration code **00030877**

**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.

*There will be no CGCSA programs on the following dates: October 10, 11, & 12 for Thanksgiving; December 22 - January 4, 2025 for Winter Holidays; February 13 & 16 for Heritage Day; March 13 - 22 for March Break; April 3 - 6 for Easter and May 15-18 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. 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 7-June 7**

**Please see training schedule on [page 33](#)**

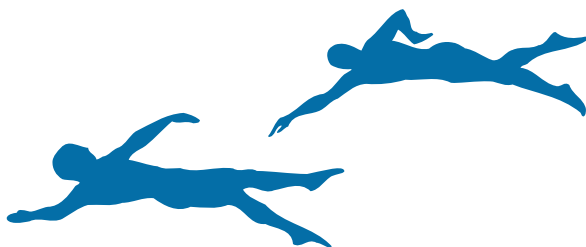
**Swim Nova Scotia Fee \$112.00 due at time of registration | Bi-weekly fee \$64.00**

**Online registration code 00027375**

CGCSA annual program fees are divided into bi-weekly payments which cover coaching, 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 33.**



## 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 7-June 7**

**Please see training schedule on [page 33](#)**

**Bi-weekly fee \$64.00**

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

**Online registration code 00027390**

CGCSA annual program fees are divided into bi-weekly payments which cover coaching, 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 except Masters include a 15-minute poolside activation. This schedule is subject to change, and will be finalized after registration.**

|                                             | MONDAYS                          | WEDNESDAYS    | FRIDAYS       | SUNDAYS                              |
|---------------------------------------------|----------------------------------|---------------|---------------|--------------------------------------|
| INTRODUCTION TO COMPETITIVE SWIMMING        | 4:45pm-6:00pm                    |               |               | 9:45am-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 (Fitness Practice) |               |               | 8:45am-10:00am (Lifesaving Practice) |
| MASTERS SWIM TEAM                           | 7:00pm-8:00pm                    | 6:00am-7:00am | 6:00am-7:00am | 7:00am-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 7-June 7**

Please see Training schedule above

**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 00027380**

**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 10, 11, & 12 for Thanksgiving; December 22 - January 4, 2025 for Winter Holidays; February 13 & 16 for Heritage Day; March 13 - 22 for March Break; April 3 - 6 for Easter and May 15-18 for Victoria Day.*



■ PRIVATE COACHING & TRAINING

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

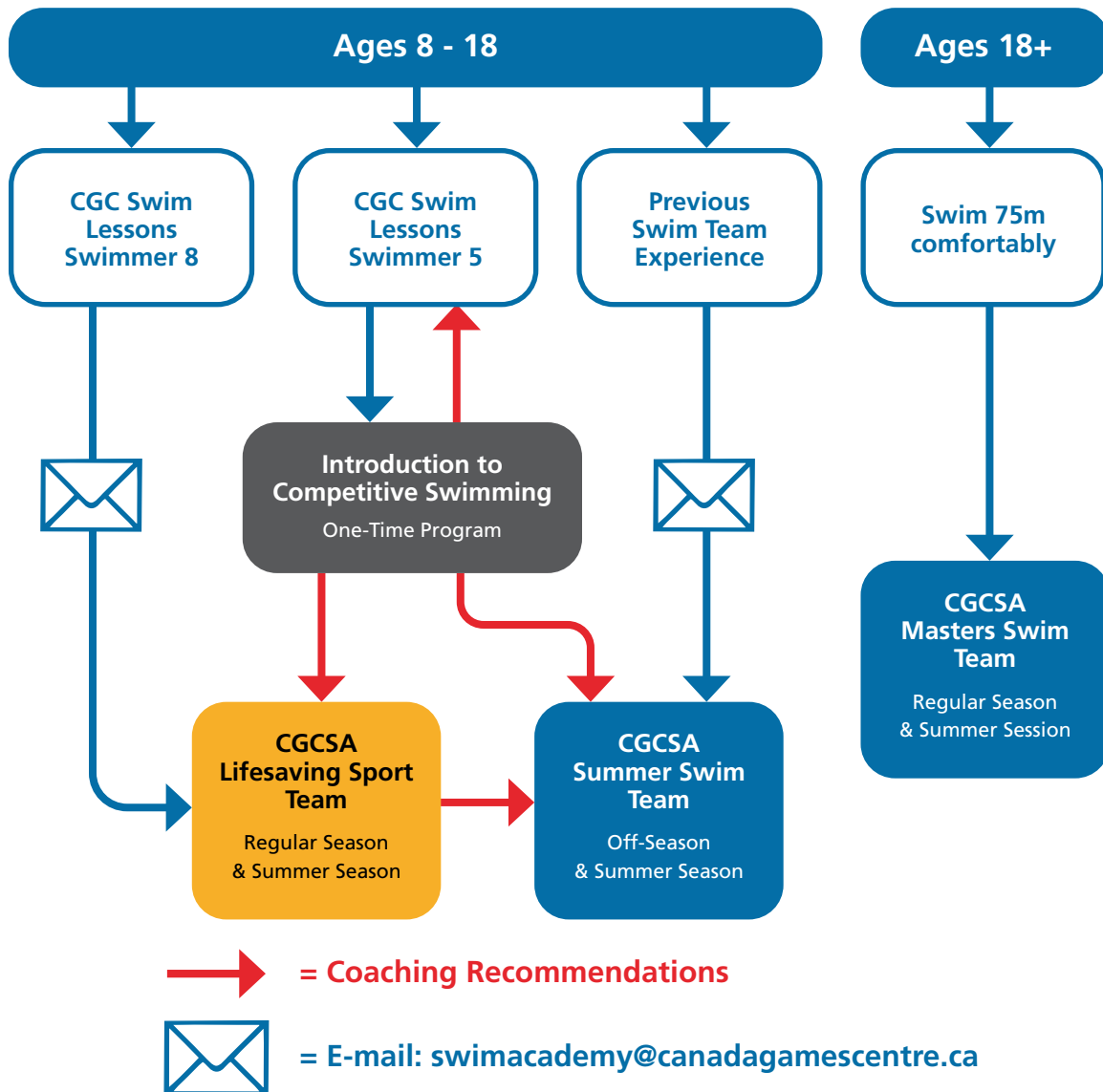
Sundays | 16+ | *Members \$20, Non-Members \$25 (plus tax)*

| DATE        | TIME        | REGISTRATION CODE |
|-------------|-------------|-------------------|
| November 16 | 10:00-10:30 | 00029016          |
| November 16 | 10:30-11:00 | 00029017          |
| November 23 | 10:00-10:30 | 00029018          |
| November 23 | 10:30-11:00 | 00029019          |
| November 30 | 10:00-10:30 | 00029020          |
| November 30 | 10:30-11:00 | 00029021          |



## 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/](http://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](mailto:booknow@canadagamescentre.ca).

# FALL 2025

Programs and Services

## It happens here.



26 Thomas Raddall Drive  
Halifax, Nova Scotia  
B3S 0E2

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

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