

Canada
Games
Centre

FALL 2025

PROGRAMS & SERVICES



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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.

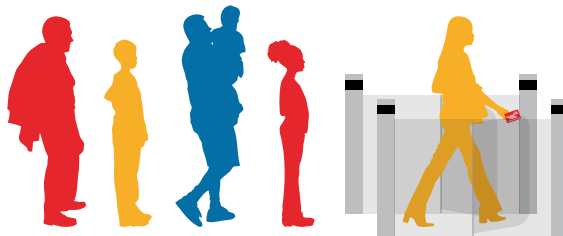
How do they work?

- 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.

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 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

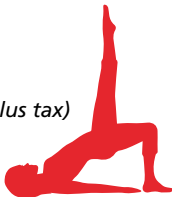


6 weeks | November 6-December 11
Thursdays, 6:00pm-7:00pm
Members \$63, Non-Members \$75 (plus tax)
Online registration code **00024474**
Location: Fitness Studio 2

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.

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:

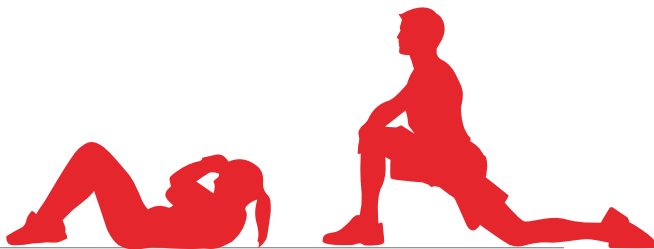
10 Dryland Training Sessions (60 minutes each)
Work with one of our qualified Exercise Specialists to have your team perform better together and individually.

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.



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 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. CGC Swim for Life levels and Canadian Lifesaving Swim Patrol (Swimmers 7, 8 & 9) are HST exempt. Applicable taxes will be added to the registration fee for other programs.



DON'T FORGET ME!

See page 4 for more details



AQUATICS PROGRAMS CONTINUED COMMITMENT TO QUALITY

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

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



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

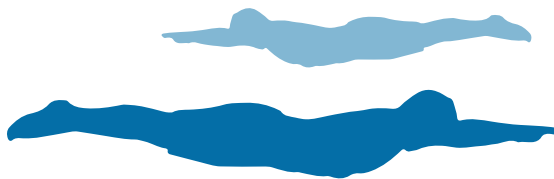
Swimmers learn entering and exiting shallow water and deep water. They will be introduced to floating and gliding in water, flutter kicking, and underwater skills.

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 to join the waitlist for our inclusion lessons



■ SWIM LESSONS - DAYS & TIMES

	TUESDAYS* September 16 – November 25	WEDNESDAYS September 17 – November 12	THURSDAYS September 18 – November 13	SATURDAYS* September 20 – 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 11:50am 00024115
PARENT & TOT 3	6:15pm 00024116	4:55pm 00024117	4:15pm 00024118	10:30am 00024119 11:10am 00024120
PRESCHOOL 1	4:15pm 00024121 4:55pm 00024122	4:15pm 00024123 5:35pm 00024124	4:15pm 00024125 4:55pm 00024126 5:35pm 00024127	8:30am 00024128 9:10am 00024129 9:50am 00024130 11:10am 00024131
PRESCHOOL 2	4:55pm 00024132 6:15pm 00024133	4:15pm 00024134	5:35pm 00024135	8:30am 00024136 9:50am 00024137 10:30am 00024138 11:50am 00024139
PRESCHOOL 3	4:15pm 00024140 5:35pm 00024141	4:15pm 00024142 4:55pm 00024143	4:55pm 00024144 6:15pm 00024145	9:10am 00024146 9:50am 00024147 11:10am 00024148
PRESCHOOL 4	5:35pm 00024149	4:55pm 00024150	6:15pm 00024151	8:30am 00024152 10:30am 00024153
PRESCHOOL 5	5:35pm 00024154	6:15pm 00024155	4:55pm 00024156	9:50am 00024157 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* September 16 – November 25	WEDNESDAYS September 17 – November 12	THURSDAYS September 18 – November 13	FRIDAYS* September 19 – November 28	SATURDAYS* September 20 – November 22
SWIMMER 1	4:15pm 00024197 5:35pm 00024198 6:15pm 00024199	4:55pm 00024202 5:35pm 00024203 6:15pm 00024204	4:55pm 00024205 5:35pm 00024206 6:15pm 00024207		8:30am 00024208 9:10am 00024209 9:50am 00024210 10:30am 00024211 11:50am 00024212
SWIMMER 1 ADVANCED	4:55pm 00024214 6:15pm 00024216	6:15pm 00024217	4:15pm 00024218 5:35pm 00024224		9:10am 00024225 9:50am 00024226 10:30am 00024230 11:10am 00024232
SWIMMER 2	4:15pm 00024236 4:55pm 00024245 5:35pm 00024247 6:15pm 00024340	4:15pm 00024475 4:55pm 00024476 5:35pm 00024477 6:15pm 00024481	4:15pm 00024483 4:55pm 00024484 5:35pm 00024486 6:15pm 00024487		8:30am 00024488 9:10am 00024491 9:50am 00024493 10:30am 00024496 11:10am 00024497
SWIMMER 3	4:55pm 00024501 5:35pm 00024505 6:15pm 00024507	4:15pm 00024522 4:55pm 00024524 5:35pm 00024526 6:15pm 00024527	4:15pm 00024532 4:55pm 00024534 5:35pm 00024535 6:15pm 00024537		8:30am 00024539 9:10am 00024540 10:30am 00024541 11:10am 00024542 11:50am 00024543
SWIMMER 4	4:00pm 00024635	4:55pm 00024637	4:55pm 00024639		8:30am 00024640 9:25am 00024642
SWIMMER 5	4:00pm 00024646	4:55pm 00024649	4:55pm 00024652		8:30am 00024654 9:25am 00024655
SWIMMER 6	4:55pm 00024658	4:00pm 00024661	5:50pm 00024662		8:30am 00024663 9:25am 00024665 10:20am 00024669
SWIMMER 7 / ROOKIE	4:55pm 00024680	4:00pm 00024682	5:50pm 00024683		10:20am 00024685 11:15am 00024687
SWIMMER 8 / RANGER	5:50pm 00024689	5:50pm 00024691			10:20am 00024692 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 11:50am 00024710
TEEN 2				6:10pm 00024712	11:50am 00024714
ADULT 1				5:30pm 00024718 6:10pm 00024720	12:10pm 00024724 12:10pm 00024727
ADULT 2				5:30pm 00024729 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.

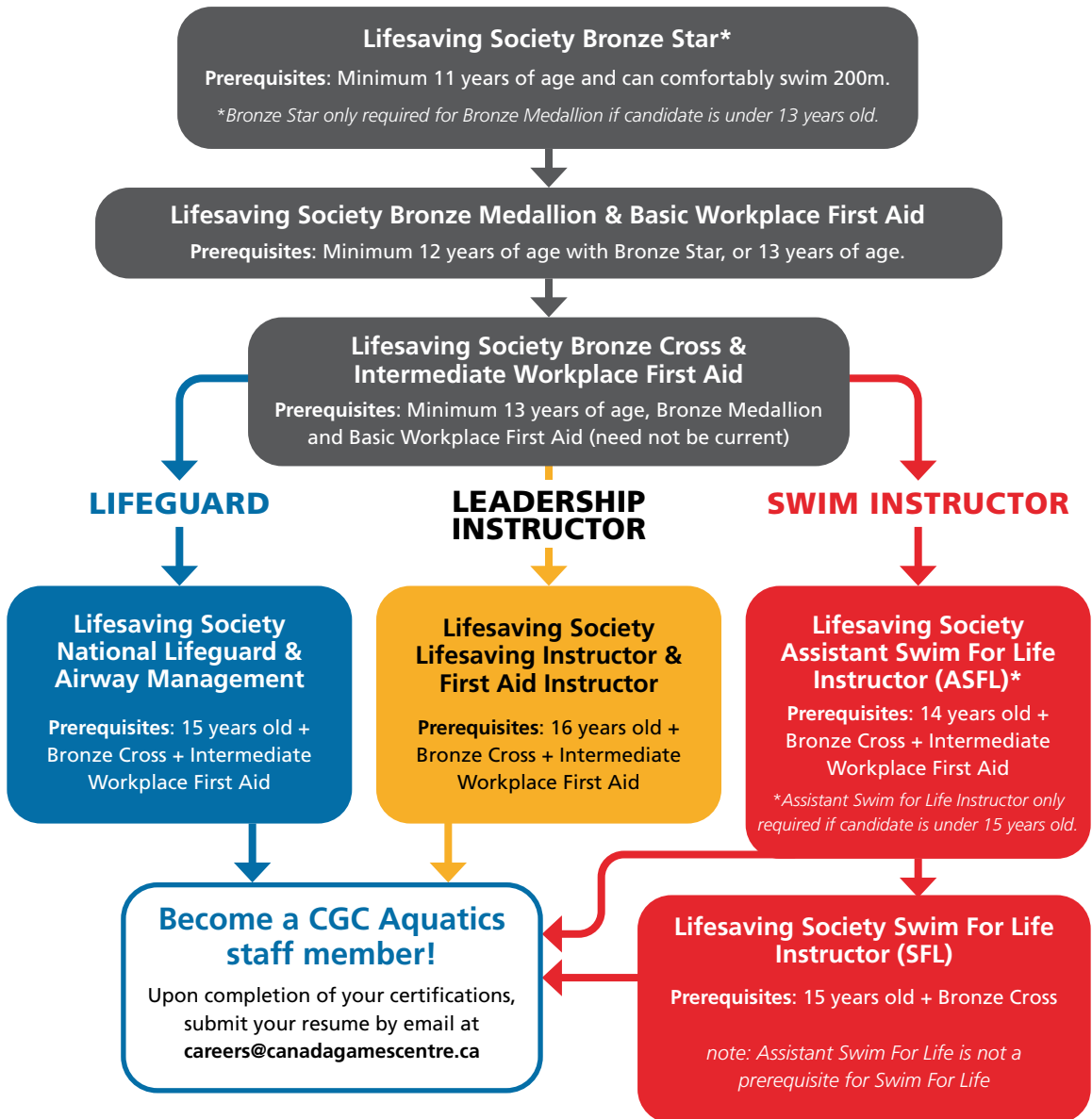
		TUESDAYS September 16 - November 25	WEDNESDAYS September 17 - November 12	THURSDAYS* September 18 - November 13	FRIDAYS September 19 - November 28	SATURDAYS* September 20 - November 22	SUNDAYS* September 21 - November 23
SWIMMER 2 OR LOWER	Private	4:15pm 00024788	4:55pm 00024791	4:15pm 00024793 5:35pm 00024795	4:10pm 00024798 4:10pm 00024799 4:50pm 00024800 4:50pm 00024802 5:30pm 00024803 6:10pm 00024806	8:30am 00024807 9:10am 00024808 9:10am 00024810 9:50am 00024811 10:30am 00024813 10:30am 00024814 11:10am 00024815 11:10am 00024816 11:50am 00024817 11:50am 00024819	8:00am 00025178 8:40am 00025179 8:40am 00025180 9:20am 00025181 10:00am 00025183 10:00am 00025185 10:40am 00024957 11:20am 00024958
	Semi-Private				4:10pm 00024852 4:50pm 00024853 5:30pm 00024854 6:10pm 00024855	8:30am 00024856 9:50am 00024857	8:00am 00024929 9:20am 00024930
SWIMMER 3 OR HIGHER	Private	4:55pm 00024821 5:35pm 00024823	4:15pm 00024824 6:15pm 00024825	6:15pm 00024826	4:10pm 00024827 4:10pm 00024828 4:10pm 00024829 4:50pm 00024830 4:50pm 00024831 4:50pm 00024833 5:30pm 00024835 6:10pm 00024836	8:30am 00024841 8:30am 00024843 9:10am 00024844 9:50am 00024845 9:50am 00024846 10:30am 00024847 11:10am 00024848 11:10am 00024849 11:50am 00024850 11:50am 00024851	10:40am 00024955 11:20am 00024956
	Semi-Private	6:15pm 00024858	5:35pm 00024859	4:55pm 00024860	4:10pm 00024861 4:50pm 00024862 5:30pm 00024863 6:10pm 00024864	9:10am 00024865 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 \$117, 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 \$117, 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. 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

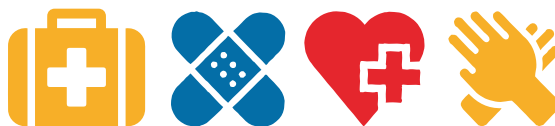
(formerly Standard First Aid)

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 **00027374**

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](#)

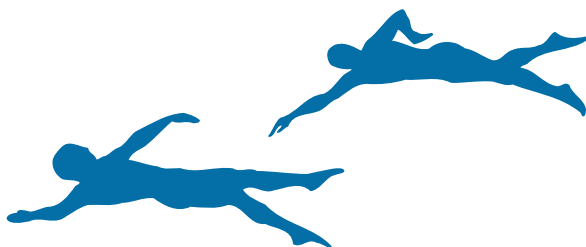
Swim Nova Scotia Fee \$112.00 due at time of registration | Bi-weekly fee \$64.00

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
LIFESAIVING 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 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.

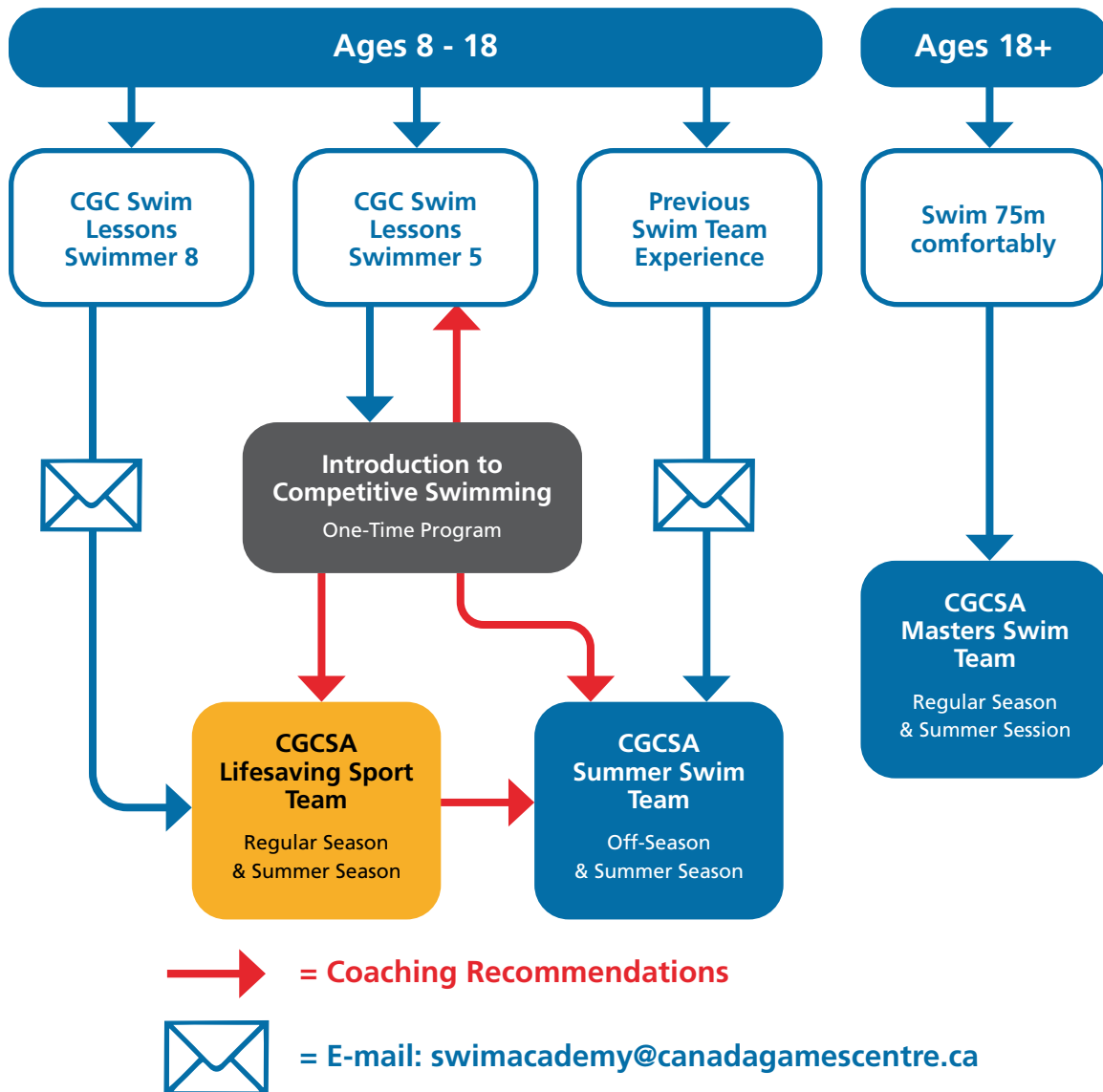
Sundays | 16+ | *Members \$20, Non-Members \$25 (plus tax)*

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/

**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.

FALL 2025

Programs and Services

It happens here.



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