



Winter 2026

PROGRAMS & SERVICES



■ TABLE OF CONTENTS

How to Register	3
CGC Program Access Card	4
Canada Games Centre Membership	5

■ RECREATION PROGRAMS

Sports Programs.....	6
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■ FITNESS AND WELLNESS PROGRAMS

Adult Specialized Programs	10
Youth Programs	13
Perinatal Programs.....	14
Wellness Programs.....	15
Fitness Services	18

■ AQUATICS PROGRAMS

Aquatics Registration Information	20
Parent & Tot Programs	21
Preschool Programs	22
School-Aged Swimmer Programs.....	23
Teen & Adult Swim Lessons	25
Aquatics Inclusion Lessons	25
Swim Lessons - Days & Times.....	26
Private & Semi-Private Swim Lessons	28
Leadership Programs	29
CGC Swim Academy	33
Masters Swim Team	35

CONNECT



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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: **November 18**, beginning at 8:00am
In-person: **November 20**, beginning at 8:00am

NON-MEMBERS:

Online: **November 25**, beginning at 8:00am
In-person: **November 27**, 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 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.

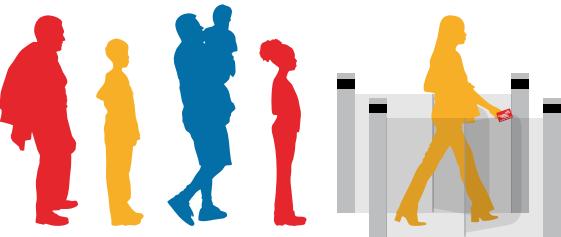
- Scan your Program Access Card to go through the gates. Access is available up to 30 minutes before and during your registered program.



- Children under the age of 12 must be accompanied by an adult.



Program Access Card



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).

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



Cards are reusable!

- All programs within this Winter Guide will need the new card moving forward. Summer and Fall 2025 program users can use the card they were given for those sessions.



Members can scan in for programs with their membership card

Additional Details:

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

Enjoy the Centre!





CGC Membership

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



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

Accessibility

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

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

ALSO INCLUDED

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

**TOGETHER
WE INSPIRE
HEALTHY
ACTIVE
LIVING**

Recreation Programs

SPORTS PROGRAMS

Badminton - Introduction

Ages 6-9 | 10 sessions | January 7 – March 11

Wednesdays, 5:00pm-6:00pm

Members \$92, Non-Members \$115

Online registration code **00040529**

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 | January 7 – March 11

Wednesdays, 6:00pm-7:30pm

Members \$116, Non-Members \$145

Online registration code **00040527**

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 | January 6 – February 5

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

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

Online registration code **00040531**

Location: Field House



Pickleball is an exciting and easy to learn sport for people of all athletic abilities. Have fun while you learn the basics of this incredibly engaging game. All equipment is provided, and our instructors are committed to providing a safe, fun and inclusive environment for you to enjoy.

PICKLEBALL SKILLS & DRILLS

Ages 18+

10 sessions | February 10 – March 12

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

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

Online registration code **00040532**

Location: Field House

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



Youth Karate

Location: Dance Studio

YOUTH ALL RANKS | Ages 5-6

12 sessions | January 6 – March 24

Tuesdays, 5:30pm-6:00pm

*Members \$84, Non-Members \$105***

Online registration code: **00040747**



YOUTH ALL RANKS | Ages 5-6

12 sessions | January 7 – March 25

Wednesdays, 5:30pm-6:00pm

*Members \$84, Non-Members \$105***

Online registration code **00040744**

YOUTH ALL RANKS | Ages 5-6

12 sessions | January 8 – March 26

Thursdays, 5:30pm-6:00pm

*Members \$84, Non-Members \$105***

Online registration code **00040740**

YOUTH ALL RANKS | Ages 7-11

12 sessions | January 6 – March 24

Tuesdays, 6:10pm-7:10pm

*Members \$124.80, Non-Members \$156***

Online registration code **00040743**

YOUTH ALL RANKS | Ages 7-11

12 sessions | January 7 – March 25

Wednesdays, 6:15pm-7:15pm

*Members \$124.80, Non-Members \$156***

Online registration code **00040746**

YOUTH ALL RANKS | Ages 7-11

12 sessions | January 8 – March 26

Thursdays, 6:15pm-7:15pm

*Members \$124.80, Non-Members \$156***

Online registration code **00040742**

YOUTH ALL RANKS | Ages 7-11

12 sessions | January 8 – March 26

Thursdays, 5:30pm-6:30pm

*Members \$124.80, Non-Members \$156***

Online registration code **00040745**

Location: Russell Walker Community Centre

Instructor: Sensei William Lawlor

***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. Uniforms (Gi) can be purchased from Sensei Jeff on the first day. Prices range from \$55 to \$70, depending on the size. Please note that a Gi is not required to start classes, but if you choose to wear one, it must be a Murphy's Karate Academy Gi. Programs fill very quickly, so please register early so you are not disappointed!



Family Karate

FAMILY YELLOW STRIPE & UP | Ages 6+

12 sessions | January 6 – March 24

Tuesdays, 7:15pm-8:15pm

Members \$62.40, Non-Members \$78 (plus tax)**

Online registration code [00040766](#)

Location: Dance Studio

FAMILY ALL RANKS | Ages 6+

12 sessions | January 8 – March 26

Thursdays, 6:45pm-7:45pm

Members \$62.40, Non-Members \$78 (plus tax)**

Online registration code [00040764](#)

Location: Russell Walker Community Centre

Instructor: Sensei Peg Mumford

***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. Uniforms (Gi) can be purchased from Sensei Jeff on the first day. Prices range from \$55 to \$70, depending on the size. Please note that a Gi is not required to start classes, but if you choose to wear one, it must be a Murphy's Karate Academy Gi.



Adult Karate

Location: Dance Studio



ADULT ALL RANKS | Ages 12+

12 sessions | January 6 – March 24

Tuesdays, 8:30pm-9:30pm

Members \$124.80, Non-Members \$156 (plus tax)**

Online registration code [00040767](#)

ADULT BLUE TO BLACK BELT | Ages 12+

12 sessions | January 7 – March 25

Wednesdays, 7:30pm-9:00pm

Members \$182.40, Non-Members \$228 (plus tax)**

Online registration code [00040763](#)

ADULT YELLOW BELT & UP | Ages 11-18

12 sessions | January 8 – March 26

Thursdays, 7:30pm-9:00pm

Members \$182.40, Non-Members \$228 (plus tax)**

Online registration code [00040769](#)

ADULT ALL RANKS | Ages 12+

12 sessions | January 8 – March 26

Thursdays, 8:00pm-9:00pm

Members \$124.80, Non-Members \$156 (plus tax)**

Online registration code [00040762](#)

Location: Russell Walker Community Centre

Instructor: Sensei Peg Mumford

ADULT ALL RANKS | Ages 18+

12 sessions | January 9 – March 27

Fridays, 10:00am-11:00am

Members \$124.80, Non-Members \$156 (plus tax)**

Online registration code [00040765](#)

**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. Uniforms (Gi) can be purchased from Sensei Jeff on the first day. Prices range from \$55 to \$70, depending on the size. Please note that a Gi is not required to start classes, but if you choose to wear one, it must be a Murphy's Karate Academy Gi.



Para-Karate



PARA-KARATE | Ages 6+

11 sessions | January 10 – March 28

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

Members \$72.60, Non-Members \$90.75 (plus tax)

Online registration code [00040741](#)

Location: Dance Studio

Instructor: Sensei Heather MacDonald

*There are no sessions on Saturday, February 14 due to Heritage Day weekend.

** 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 3rd Degree Black Belt Sensei Heather MacDonald, our Para-Karate program will introduce basic karate techniques for participants with intellectual exceptionalities. 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. Uniforms (Gi) can be purchased from Sensei Jeff on the first day. Prices range from \$55 to \$70, depending on the size. Please note that a Gi is not required to start classes, but if you choose to wear one, it must be a Murphy's Karate Academy Gi.

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 | January 7 – Feb 11

Wednesdays, 6:00am-7:00am

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

Online registration code **00040664**

Location: Track TRX Alcove

6 weeks | February 18-March 25

Wednesdays, 6:00am-7:00am

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

Online registration code **00040691**

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

Location: Track Starting Blocks

Members \$126, Non-Members \$150 (plus tax)

6 weeks | January 6-February 12

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

Online registration code **00040669**



6 weeks | January 6-February 12

Tuesdays and Thursdays, 7:00pm-8:00pm

Online registration code **00040674**



6 weeks | February 17-March 26

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

Online registration code **00040673**



6 weeks | February 17-March 26

Tuesdays and Thursdays, 7:00pm-8:00pm

Online registration code **00040675**

Get off the couch and into the best shape of your life 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.

Kettlebell Sculpt **NEW**

6 weeks | January 5-February 9

Mondays, 6:00am- 7:00am

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

Online registration code **00040723**

Location: Track Starting Blocks



6 weeks | February 16- March 23

Mondays, 6:00am-7:00am

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

Online registration code **00040724**

Location: Track Starting Blocks

Kettlebell Sculpt is a progressive kettlebell experience designed for beginners and intermediates that builds foundational strength, coordination, and endurance week by week. In this class you will master the basics and then progress through increasingly challenging and functional movements.



Strength Training for Women

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

6 weeks | January 4-February 8
Sundays, 9:00am-10:00am
Online registration code **00040672**



6 weeks | January 4-February 8
Sundays, 10:15am-11:15am
Online registration code **00040665**



6 weeks | January 4-February 8
Sundays, 11:30am-12:30pm
Online registration code **00048496**

6 weeks | January 7- February 11
Wednesdays, 6:00pm-7:00pm
Online registration code **00040670**

6 weeks | February 15-March 22
Sundays, 9:00am-10:00am
Online registration code **00040666**

6 weeks | February 15-March 22
Sundays, 10:15am-11:15am
Online registration code **00040668**

6 weeks | February 18-March 25
Wednesdays, 6:00pm-7:00pm
Online registration code **00040667**

Whether you're new to lifting or have had previous instruction, there is something here for everyone. This Women's-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.



Stability Ball Strength and Core **NEW**

6 weeks | January 8 – February 12
Thursdays, 9:00am-10:00am
Members \$63, Non-Members \$75 (plus tax)
Online registration code **00040725**
Location: Fitness Studio 2



6 weeks | February 19- March 26
Thursdays, 9:00am-10:00am
Members \$63, Non-Members \$75 (plus tax)
Online registration code **00040729**
Location: Fitness Studio 2

Designed for all fitness levels and ages, this is a dynamic, full-body workout program centered around the Swiss ball. Each class blends core strengthening, balance training, and endurance-building exercises with the playful and supportive nature of the ball's bounce. Participants will engage in a variety of movements that challenge stability, improve posture, and build stamina, all while having fun. The Swiss ball adds an element of light-heartedness and support, making stretching and strength exercises more accessible and enjoyable.



■ YOUTH PROGRAMS



Youth Strength & Conditioning

6 weeks | January 8- February 12

Thursdays, 4:00pm-5:00pm

Members \$63, Non-Members \$75

Online registration code **00040719**

Location: Personal Training Studio

6 weeks | February 19-March 26

Thursdays, 4:00pm-5:00pm

Members \$63, Non-Members \$75

Online registration code **00040720**

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 Personal Trainer, 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 | January 7-February 11

Wednesdays, 4:00pm-5:00pm

Members \$63, Non-Members \$75

Online registration code **00040721**

Location: Field House Alcove 1



6 weeks | February 18-March 25

Wednesdays, 4:00pm-5:00pm

Members \$63, Non-Members \$75

Online registration code **00040718**

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 Personal Trainer 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 | January 5-February 9
Mondays, 7:15pm-8:15pm
Members \$63, Non-Members \$75 (plus tax)
Online registration code **00040692**
Location: Fitness Studio 2

6 weeks | February 16- March 23
Mondays, 7:15pm-8:15pm
Members \$63, Non-Members \$75 (plus tax)
Online registration code **00040696**
Location: Fitness Studio 2

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 Starting Blocks



6 weeks | January 5- February 9
Mondays, 11:00am-11:45am
Members \$63, Non-Members \$75 (plus tax)
Online registration code **00040698**

6 weeks | January 7- February 11
Wednesdays, 11:00am-11:45am
Members \$63, Non-Members \$75 (plus tax)
Online registration code **00040678**

6 weeks | January 9- February 13
Fridays, 11:00am-11:45am
Members \$63, Non-Members \$75 (plus tax)
Online registration code **00040694**

6 weeks | February 16 – March 23
Mondays, 11:00am-11:45am
Members \$63, Non-Members \$75 (plus tax)
Online registration code **00040707**

6 weeks | February 18- March 25
Wednesdays, 11:00am-11:45am
Members \$63, Non-Members \$75 (plus tax)
Online registration code **00040695**

6 weeks | February 20- March 27
Fridays, 11:00am-11:45am
Members \$63, Non-Members \$75 (plus tax)
Online registration code **00040709**

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

Location: Fitness Studio 2

6 weeks | January 6- February 10

Tuesdays, 9:00am-10:00am

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

Online registration code **00040710**



6 weeks | February 17- March 24

Tuesdays, 9:00am-10:00am

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

Online registration code **00040711**

6 weeks | January 8- February 12

Thursdays, 6:00pm-7:00pm

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

Online registration code **00040687**

6 weeks | February 19- March 26

Thursdays, 6:00pm-7:00pm

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

Online registration code **00040700**

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

10 weeks | January 7- March 11

Wednesdays, 12:00pm-12:45pm

Members \$106, Non-Members \$125 (plus tax)

Online registration code **00040683**

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 | January 6- February 10

Tuesdays, 6:00pm-7:00pm

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

Online registration code **00040681**

Location: Fitness Studio 2



6 weeks | February 17- March 24

Tuesdays, 6:00pm-7:00pm

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

Online registration code **00040689**

Location: Fitness Studio 2

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.

Barre Strength and Stretch ← NEW

6 weeks | January 6- February 10

Tuesdays, 9:15am- 10am

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

Online registration code **00040712**

Location: Dance Studio

6 weeks | February 17- March 24

Tuesdays, 9:15am – 10am

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

Online registration code **00040713**

Location: Dance Studio

This ballet-inspired fitness class incorporates dance movements and yoga postures to challenge your muscular endurance while building strength and flexibility. You will use light weights, your own body weight and the ballet barre! You do not have to have a background in dance to join in on the fun.



Functional Pilates

Location: Fitness Studio 2

6 weeks | January 10 – February 14

Saturdays, 9:00am-10:00am

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

Online registration code **00040682**



6 weeks | January 6- February 10

Tuesdays, 12:15pm-1:15pm

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

Online registration code **00040685**

6 weeks | February 21- March 28

Saturdays, 9:00am-10:00am

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

Online registration code **00040684**

6 weeks | February 17- March 24

Tuesdays, 12:15pm-1:15pm

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

Online registration code **00040690**

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

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

Yin Yoga

6 weeks | January 11- February 15

Sundays, 7:15pm-8:15pm

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

Online registration code **00040686**

Location: Fitness Studio 2



6 weeks | February 22- March 29

Sundays, 7:15pm-8:15pm

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

Online registration code **00040699**

Location: Fitness Studio 2

Yin Yoga is a slow paced, soothing, and meditative style of yoga mainly practiced on the floor. It offers 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 joint mobility, increasing blood and lymphatic circulations, releasing tension, and greater stamina. It is a great way to compliment your regular exercise and increase your overall wellbeing.

Somatic Yoga ← NEW

6 weeks | January 7-February 11

Wednesdays, 7:15pm-8:15pm

Members \$63, Non-Members \$75

Online registration code **00041636**

Location: Fitness Studio 2

6 weeks | February 18-March 25

Wednesdays, 7:15pm- 8:15pm

Members \$63, Non-Members \$75

Online registration code **00041641**

Location: Fitness Studio 2

A gentle therapeutic modality designed to support the body's natural healing processes. Reestablishing the link between the mind body connection and internal body signals to relieve chronic pain, long held tension and traumas stored in our bodies. Discover self-compassion and your body's own innate intelligence to unlock yourself and realize your body as its own best healer. Truly Transformational!

Rest and Reset - Restorative Yoga / Yoga Nidra ← NEW

6 weeks | January 9- February 13

Fridays, 6:30pm-7:30pm

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

Online registration code **00040714**

Location: Fitness Studio 2

6 weeks | February 20- March 27

Fridays, 6:30pm-7:30pm

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

Online registration code **00040715**

Location: Fitness Studio 2

RESTORATIVE YOGA: Friday night Restorative Yoga is the perfect way to end your week. Restorative Yoga is a restful, gentle & calming style of Yoga that uses props such as bolsters, blocks, belts & blankets to support the body in poses that are held for extended periods of 3 to 5 minutes. The props allow you to relax into each pose effortlessly. This class is designed to activate the relaxation response leading you to a state of deep rest & calm.

YOGA NIDRA: Yoga Nidra is a Guided Meditation practice that uses body scans, breath awareness and guided imagery to calm the mind. The goal is to induce a state of deep rest and relaxation allowing the mind to release tension by calming the nervous system. Yoga Nidra can help improve your sleep. We will practice Yoga Nidra during Restorative Yoga the last Friday of every month.



■ FITNESS SERVICES

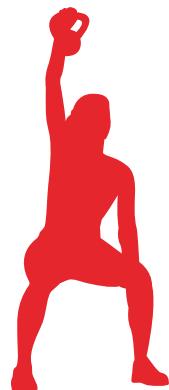
Whether you are looking for a more personalized program, specialized sports training, or just need help getting started, we can help. To sign up for any of the following Fitness Services, complete the [online Personal Training New Client Questionnaire](#) and Fitness will email you about an initial consultation. 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 Personal Trainer.

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 Personal Trainers 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 based on the descriptions in this guide.

Next, refer to the days, times and sections of a particular class or level ([see chart on pages 26-27](#)). 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.** We are unable to hold a waitlist for most aquatics programs, 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. 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**



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. For questions please contact our Aquatics Program Team at aquaadmin@canadagamescentre.ca.



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

PARENT & TOT PROGRAMS

Ages 4 months – 3.5 years
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*, teaching all families the importance of being “within arms’ reach” and other Water Smart® safety tips. 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 and play with their 4–12-month-old in the water. Parents/Guardians will also learn simple tips and tricks to help prepare their swimmer for underwater submersion.

PARENT & TOT 2 | 12-24 months

Parents/guardians safely explore the water with their 12–24-month-old. Parents/guardians learn how to support their swimmer while floating, kicking, getting their face wet and blowing bubbles. Recovering objects from below the water is introduced.

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. Skills include getting in and out of the water independently, underwater submersion, 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.

**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. Swimmers learn how to get in and out of the water safely without their parent/guardian, jump into chest deep water (assisted), and how to put their face in water to blow bubbles. They will also learn floats and glides while wearing a life jacket/Personal Floatation Device (PFD).

PRESCHOOL 2

Preschool 2 helps swimmers 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. Swimmers will practice rolling over and flutter kick on their back.



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

PRESCHOOL 3

Preschool 3 focuses on swimmers' ability to kick and glide short distances (2-3m) on their front and back. They will work on retrieving objects from the bottom of the pool (waist-deep water) and continue to work on floats and rolling over. Swimmers will also start to enter deeper water to practice side entries and jump in with life jackets/PFDs.

PRESCHOOL 4

Preschool 4 strengthens flutter kicking and swimmers will be introduced to front crawl progressions. They will be introduced to deeper water with a life jacket/PFD and will try jumping in and doing side rolls on their own.

PRESCHOOL 5

Preschool 5 is developed to help prepare swimmers 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 life jacket/PFD and treading water for 10 seconds. They will also get to practice whip kick and interval/fitness training.

SCHOOL-AGED SWIMMER PROGRAMS

The Lifesaving Society's 6-level Swimmer programs accommodate children 5 years and older* including absolute beginners as well as swimmers who want to build on the basics.

**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.

SWIMMER 1 ADVANCED

35 minutes each

Members \$97.92, Non-Members \$130.50

Swimmer 1 Advanced is for swimmers who have completed Preschool 4 or Preschool 5 to refine their skills.

See the chart on page 27 for swim lesson days and times. Online registration codes are listed in the swim chart.



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 and adults who are beginners or 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

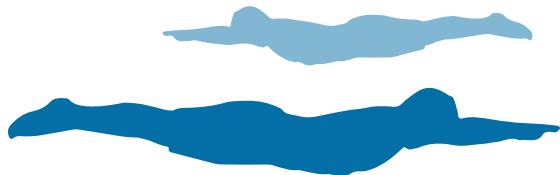
Swimmers learn entering and exiting shallow water and deep water. They will be introduced to floating and gliding in water, flutter kicking, and underwater skills.

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)

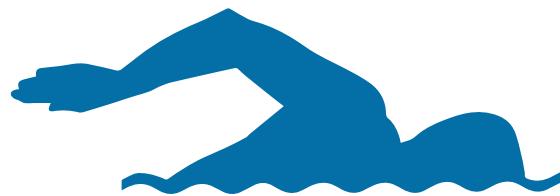
Learn more complex entries and exits like dives and rolls, the Swim to Survive Standard (roll into deep water, tread water for 30 seconds, swim 25m), whip kick, front crawl, and back crawl.

■ 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 January 6 – March 3	WEDNESDAYS January 7 – March 4	THURSDAYS January 8 – March 5	SATURDAYS* January 10 – March 14
PARENT & TOT 1		4:15pm 00037461		8:30am 00037471
PARENT & TOT 2	4:55pm 00037455	5:35pm 00037462	4:15pm 00037463	9:10am 00037468 11:50am 00037470
PARENT & TOT 3	6:15pm 00037454	4:55pm 00037460	4:15pm 00037465	10:30am 00037472 11:10am 00037467
PRESCHOOL 1	4:15pm 00037602 4:55pm 00037597	4:15pm 00037614 5:35pm 00037611	4:15pm 00037674 4:55pm 00037678 5:35pm 00037676	8:30am 00037693 9:10am 00037688 9:50am 00037696 11:10am 00037694
PRESCHOOL 2	4:55pm 00037604 6:15pm 00037600	4:15pm 00037610	5:35pm 00037675	8:30am 00037699 9:50am 00037691 10:30am 00037687 11:50am 00037698
PRESCHOOL 3	4:15pm 00037599 5:35pm 00037601	4:15pm 00037609 4:55pm 00037615	4:55pm 00037681 6:15pm 00037677	9:10am 00037689 9:50am 00037695 11:10am 00037685
PRESCHOOL 4	5:35pm 00037603	4:55pm 00037613	6:15pm 00037679	8:30am 00037697 10:30am 00037686
PRESCHOOL 5	5:35pm 00037598	6:15pm 00037612	4:55pm 00037680	9:50am 00037690 11:10am 00037692

*Please note there are no swim lessons on Saturday, February 14 for Heritage Day.

	TUESDAYS January 6 – March 3	WEDNESDAYS January 7 – March 4	THURSDAYS January 8 – March 5	FRIDAYS January 9 – March 6	SATURDAYS* January 10 – March 14
SWIMMER 1	4:15pm 00038190 4:55pm 00038188 5:35pm 00038192 6:15pm 00038189	4:55pm 00038194 5:35pm 00038193 6:15pm 00038199	4:15pm 00038203 4:55pm 00038205 5:35pm 00038198 6:15pm 00038200		8:30am 00038209 9:10am 00038201 9:50am 00038195 10:30am 00038197 11:10am 00038206 11:50am 00038202
SWIMMER 1 ADVANCED	6:15pm 00038191	6:15pm 00038196	5:35pm 00038208		9:10am 00038204 10:30am 00038207
SWIMMER 2	4:15pm 00038235 4:55pm 00038229 5:35pm 00038224 6:15pm 00038237	4:15pm 00038226 4:55pm 00038227 5:35pm 00038238 6:15pm 00038221	4:15pm 00038223 4:55pm 00038225 5:35pm 00038236 6:15pm 00038230		8:30am 00038231 9:10am 00038234 9:50am 00038233 10:30am 00038228 11:10am 00038232
SWIMMER 3	4:55pm 00039054 5:35pm 00039053 6:15pm 00039061	4:15pm 00039057 4:55pm 00039051 5:35pm 00039047 6:15pm 00039058	4:15pm 00039062 4:55pm 00039059 5:35pm 00039048 6:15pm 00039049		8:30am 00039056 9:10am 00039055 9:50am 00040163 10:30am 00039060 11:10am 00039052 11:50am 00039050
SWIMMER 4	4:00pm 00040167	4:55pm 00040166	4:55pm 00040170		8:30am 00040168 9:25am 00040169
SWIMMER 5	4:00pm 00040177	4:55pm 00040173	4:55pm 00040175		8:30am 00040174 9:25am 00040176
SWIMMER 6	4:55pm 00040179	4:00pm 00040184	5:50pm 00040182		8:30am 00040180 9:25am 00040181 10:20am 00040183
SWIMMER 7 / ROOKIE	4:55pm 00040189	4:00pm 00040188	5:50pm 00040190		10:20am 00040186 11:15am 00040187
SWIMMER 8 / RANGER	5:50pm 00040192	5:50pm 00040193			10:20am 00040191 11:15am 00040194
SWIMMER 9 / STAR	5:50pm 00040198	5:50pm 00040197			11:15am 00040195
TEEN 1			6:15pm 00037741	5:30pm 00037740	11:50am 00037737 11:50am 00037742
TEEN 2				6:10pm 00037738	11:50am 00037739
ADULT 1				5:30pm 00037708 6:10pm 00037703	12:10pm 00037709 12:10pm 00037706
ADULT 2				5:30pm 00037707 6:10pm 00037705	12:10pm 00037704

*Please note there are no swim lessons on Saturday, February 14 for Heritage Day.

■ PRIVATE & SEMI-PRIVATE SWIM LESSONS

PRIVATE LESSONS

35 minutes each

Members \$185.40

Non-Members \$237.75

SEMI-PRIVATE LESSONS

35 minutes each

Members \$304.20

Non-Members \$380.25

Private and Semi-Private Lessons are available for swimmers ages 3-16 years in levels Preschool 1-5 and Swimmer 1-6 at days and times listed in the chart. We do not offer private lessons outside of this schedule and cannot reschedule missed private lessons.

Swimmer 7-9 (Rookie, Ranger, Star Patrol) levels are not offered in private format, because they require additional participants for lifesaving skills.

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

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

		TUESDAYS January 6 - March 3	WEDNESDAYS January 7 - March 4	THURSDAYS* January 8 - March 5	FRIDAYS January 9 - March 6	SATURDAYS* January 10 - March 14	SUNDAYS* January 11 - March 15
SWIMMER 2 OR LOWER	Private	4:15pm 00040266	4:55pm 00040292	4:15pm 00040293 5:35pm 00040282	4:10pm 00040294 4:10pm 00040295 4:50pm 00040267 4:50pm 00040290 5:30pm 00040284 6:10pm 00040272	8:30am 00040288 9:10am 00040281 9:10am 00040291 9:50am 00040289 10:30am 00040287 10:30am 00040280 11:10am 00040279 11:10am 00040274 11:50am 00040283 11:50am 00040270	8:00am 00040285 8:40am 00040271 8:40am 00040275 8:40am 00040286 9:20am 00040277 10:00am 00040278 10:00am 00040269 10:40am 00040268 11:20am 00040273
	Semi-Private				4:10pm 00040462 4:50pm 00040466 5:30pm 00040461 6:10pm 00040459	8:30am 00040468 9:50am 00040472	8:00am 00040470 9:20am 00040474
SWIMMER 3 OR HIGHER	Private	4:55pm 00040340 5:35pm 00040339	4:15pm 00040337 6:15pm 00040334	6:15pm 00040329	4:10pm 00040327 4:10pm 00040322 4:10pm 00040440 4:50pm 00040323 4:50pm 00040345 4:50pm 00040330 5:30pm 00040333 6:10pm 00040344	8:30am 00040324 8:30am 00040342 9:10am 00040338 9:50am 00040341 9:50am 00040332 10:30am 00040328 11:10am 00040326 11:10am 00040335 11:50am 00040336 11:50am 00040331	10:40am 00040343 11:20am 00040325
	Semi-Private	6:15pm 00040469	5:35pm 00040475	4:55pm 00040467	4:10pm 00040460 4:50pm 00040464 5:30pm 00040465 6:10pm 00040473	9:10am 00040471 10:30am 00040463	

*Please note there are no swim lessons on Saturday, February 14 or Sunday, February 15 for Heritage 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*

Prerequisites: Minimum 11 years of age and can comfortably swim 200m.

*Bronze Star only required for Bronze Medallion if candidate is under 13 years old.

Lifesaving Society Bronze Medallion & Basic Workplace First Aid

Prerequisites: Minimum 12 years of age with Bronze Star, or 13 years of age.

Lifesaving Society Bronze Cross & Intermediate Workplace First Aid

Prerequisites: Minimum 13 years of age + Bronze Medallion and Basic Workplace First Aid (need not be current)

LIFEGUARD

Lifesaving Society National Lifeguard & Airway Management

Prerequisites: 15 years old + Bronze Cross + Intermediate Workplace First Aid

LEADERSHIP INSTRUCTOR

Lifesaving Society Lifesaving Instructor & First Aid Instructor

Prerequisites: 16 years old + Bronze Cross + Intermediate Workplace First Aid

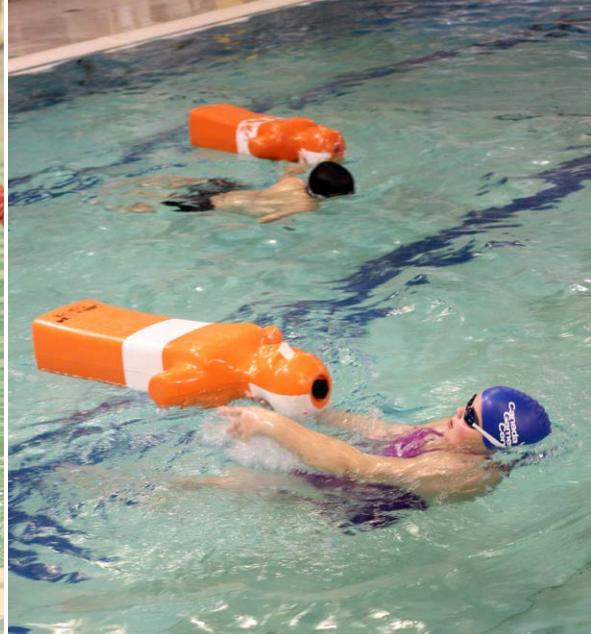
SWIM INSTRUCTOR

Lifesaving Society Swim For Life Instructor (SFL)

Prerequisites: 15 years old + Bronze Cross

Become a CGC Aquatics staff member!

Upon completion of your certifications, submit your resume by email at careers@canadagamescentre.ca



Lifesaving Society Bronze Star

January 6 – March 3

Tuesdays | 5:50pm-7:00pm

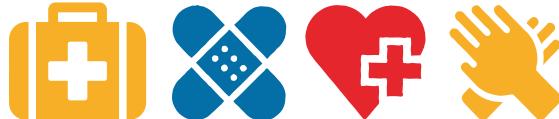
Members \$119, Non-Members \$147

Online registration code [00040477](#)

Prerequisite: Minimum 11 years of age and can comfortably swim 200m.

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.*

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 Medallion & Basic Workplace First Aid (formerly Emergency First Aid)

January 7 – March 4 (Exam Date: March 4)

Wednesdays | 4:00pm-7:00pm

Members \$215, Non-Members \$245

Online registration code [00040476](#)

January 9 – March 6 (Exam Date: March 6)

Fridays | 4:00pm-7:00pm

Members \$215, Non-Members \$245

Online registration code [00040478](#)

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.*

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

January 10 – March 14 (Exam Date: March 14)
Saturdays | 10:00am-3:00pm*
Members \$230, Non-Members \$260
Online registration code **00040480**

*Please note there is no program on Saturday, February 14 for Heritage Day

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.

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 National Lifeguard & Airway Management

January 11 – March 15 (Exam Date: March 15)
Sunday | 10:00am–4:00pm*
Members \$290, Non-Members \$320 (plus tax)
Online registration code **00040479**

*Please note there is no program on Sunday, February 15 for Heritage Day

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 | February 14 & 15
Saturday & Sunday | 9:00am-5:00pm
Members \$110, Non-Members \$140 (plus tax)
Online registration code [00040481](#)

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
February 27- March 1 and March 6-8
Friday | 5pm-9pm, Saturday & Sunday | 9am-3:30pm
Members \$230, Non-Members \$260 (plus tax)
Online registration code [00040482](#)

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.**



Swim Academy

Our Swim Team is designed to develop the whole athlete and promote a healthy love of sport in a low-pressure environment. Each team 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 teams (space permitting), be recommended for another team, or return to swim lessons.

Ages 8 and up | January 4 – March 8

Please see Training schedule on [page 35](#)

Members \$153.92, Non-Members \$208.00

Online registration code [00040483](#)

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

**Please note there is no program on Sunday, February 15 or Monday, February 16 for Heritage 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 35](#)

**PLEASE NOTE THE SUMMER SWIM TEAM
OFF-SEASON TRAINING IS FULL**

■ 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 35](#)

**Swim Nova Scotia Fee \$112.00 due at time of
registration | Bi-weekly fee \$64.00**
 Online registration code: [00027390](#)

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.

**See Training Schedule
on page 35.**



■ 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

PLEASE NOTE THE MASTERS SWIM TEAM IS FULL

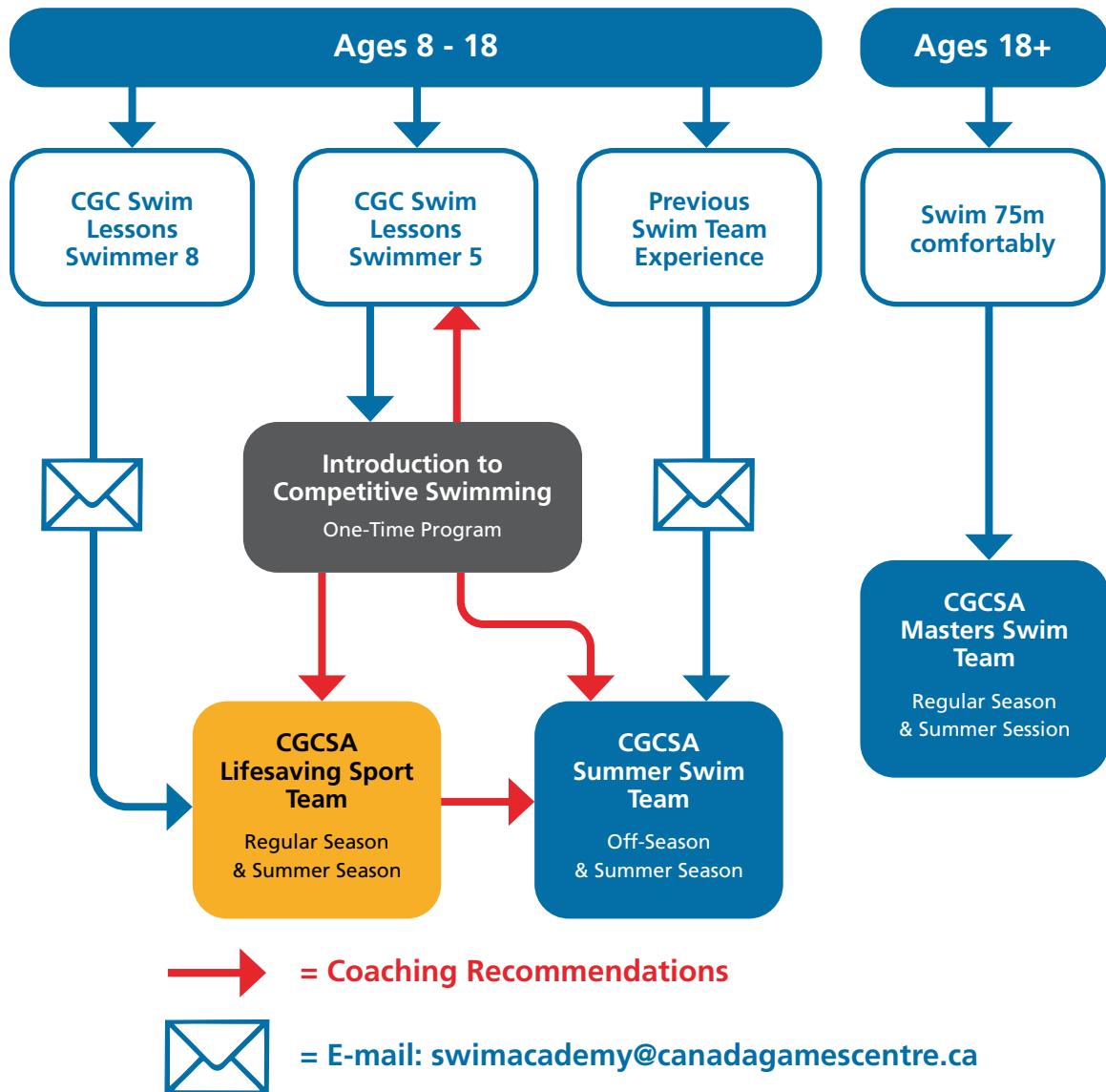
Prerequisites: Masters is open to adults 18 years and older who have at least a basic lane swimming ability and can comfortably swim 75 meters. No previous competitive background is necessary, and you do not have to compete as a Masters swimmer. The most important prerequisite for becoming involved with 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: February 13-16 for Heritage Day; March 13 - 22 for March Break; April 3 - 6 for Easter and May 15-18 for Victoria Day.*

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

The CGCSA program is designed to develop the whole athlete and promote a healthy love of sport in a low-pressure environment. Each team within the CGCSA offers participants access to a variety of training opportunities, both in the water and on dry land, to prevent injury and promote lifelong participation and enjoyment of physical activity.



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.

WINTER 2026

Programs and Services

It happens here.



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