Manulife Canada Games Centre





2027





Winter Programs & Services





Table of *contents*

03 How to Register
04 Program Access Card
05 Manulife Canada Games Centre Membership

06 Recreation Programs
06 Sports Programs
06 March Break Camp

10 Fitness & Wellness Programs
10 Adult Specialized Programs
12 Youth Programs
13 Perinatal Programs
14 Wellness Programs
17 Fitness Services

18 Aquatics Programs
18 Aquatics Registration Information
19 Parent & Tot Programs
19 Preschool Programs
20 School-Aged Swimmer Programs
21 Swim Lessons - Days & Times
22 Private & Semi-Private Swim Lessons
23 Teen & Adult Swim Lessons
24 Leadership Programs
27 Swim Team
28 Swim Team - Training Days & Times

30 Rentals

Visit our website to subscribe to our e-newsletter.

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

Our online booking/registration system has changed in MyRec! Here's 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 17**, beginning at 8:00am
In-person: **November 19**, beginning at 8:00am

Non-members:

Online: **November 24**, beginning at 8:00am
In-person: **November 26**, 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 are 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 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-sufficient payment is $40 plus tax.



Non-members registered in our fee-based programs will receive *this card* the first time they register.

How do they work?

- Winter program users will receive a card that looks like the above image - 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.

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).

Enjoy the Centre!

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

- All program users will receive a new card that looks like the above image. Once you receive a new card, it will be reusable for future programming sessions.
- If you do not receive a new Manulife Canada Games Centre Program Access card this program season, your red Canada Games Centre Program Access Cards will continue to work.
- Members can scan in for programs with their membership card.
- Scan your card and wait for gates to open before entering one at a time. Simply proceed through the gates to exit.

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.

Manulife Canada Games Centre

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, 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!

Also included

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

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

- Swim in Member Only swim times
- Access 60+ Group Fitness class options
- Book courts and fitness classes up to 3 days in advance
- Advanced registration and discounted pricing for programs including swim lessons
- Discounted prices on Personal Training
- Ability to freeze your membership for up to 3 months
- Complimentary Fitness Centre orientation
- Complimentary Child Minding for children living in the same household
- Belong to a community dedicated to healthy, active living



Sports Programs

Badminton - Introduction

Ages 6-9 | 10 sessions | January 6-March 17*
Wednesdays, 5:00pm-6:00pm
Members $95, Non-Members $120
Online registration code 98141
Location: Field House

**There is no session Wednesday, March 10*

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.



March Break Camp

March 8 – March 12 | Grades P-6 | 8:30am-5:00pm
Members $215, Non-Members $250
Online registration code: 97805

The Centre will be hosting a March Break Camp for children currently enrolled in Grades P-6. Our camp will take advantage of all that our facility has to offer. Typical days will include everything from swimming, playing physically active games in our Field House, crafts, and classroom activities, as well as outdoor play opportunities on our playground.

Pickleball

PICKLEBALL FUNDAMENTALS
Ages 18+ | 10 sessions | January 5 – February 4
Tuesdays and Thursdays, 1:00pm-3:00pm
Members $122, Non-Members $152.50 (plus tax)
Online registration code 97866
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 9- March 18*
Tuesdays and Thursdays, 1:00pm-3:00pm
Members $122, Non-Members $152.50 (plus tax)
Online registration code 97870
Location: Field House

**There are no sessions Tuesday, March 9 and Thursday, March 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
12 sessions | January 5 – March 30*
Tuesdays, 5:30pm-6:00pm
Members $84, Non-Members $105*
Online registration code: **96539**
**There is no session Tuesday, March 9*

YOUTH ALL RANKS | Ages 5-6
12 sessions | January 6 – March 31*
Wednesdays, 5:30pm-6:00pm
Members $84, Non-Members $105*
Online registration code **96598**
**There is no session Wednesday, March 10*

YOUTH ALL RANKS | Ages 5-6
11 sessions | January 7- March 25*
Thursdays, 5:30pm-6:00pm
Members $77, Non-Members $96.25*
Online registration code **97078**
**There is no session Thursday, March 11*

YOUTH ALL RANKS | Ages 7-11
12 sessions | January 5 – March 30*
Tuesdays, 6:10pm-7:10pm
Members $126.00, Non-Members $159.00*
Online registration code **97111**
**There is no session Tuesday, March 9*

YOUTH ALL RANKS | Ages 7-11
12 sessions | January 6 – March 31*
Wednesdays, 6:15pm-7:15pm
Members $126.00, Non-Members $159.00*
Online registration code **97297**
**There is no session Wednesday, March 10*

YOUTH ALL RANKS | Ages 7-11
11 sessions | January 7 – March 25*
Thursdays, 6:15pm-7:15pm
Members $115.50, Non-Members $145.75*
Online registration code **97301**
**There is no session Thursday, March 11*

YOUTH ALL RANKS | Ages 7-11
11 sessions | January 7 – March 25*
Thursdays, 5:30pm-6:30pm
Members $115.50, Non-Members $145.75*
Online registration code **97354**
Location: Russell Walker Community Centre
Instructor: Sensei William Lawlor
**There is no session Thursday, March 11*

YOUTH ALL RANKS | Ages 7-11
9 sessions | January 9 – March 20*
Saturdays, 9:00am-10:00am
Members $94.50, Non-Members $119.25*
Online registration code **97360**
*****There is no session on Saturday, February 13 or Saturday, March 13*

***Please note karate participants are required to pay a onetime non-refundable annual fee of $40.00 to Karate Nova Scotia that covers September 2026 – August 2027.*

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 YELLOW STRIPE & UP | Ages 6+
12 sessions | January 5 – March 30*
Tuesdays, 7:15pm-8:15pm
*Members $63, Non-Members $81***
Online registration code **97359**
Location: Dance Studio
Instructor: Sensei Jeff Murphy
**There is no session Tuesday, March 9*

FAMILY ALL RANKS | Ages 6+
11 sessions | January 7 – March 25*
Thursdays, 6:45pm-7:45pm
*Members $57.75, Non-Members $74.25 (plus tax)***
Online registration code **97411**
Location: Russell Walker Community Centre
Instructor: Sensei Peg Mumford
**There is no session Thursday, March 11*

***Karate participants are required to pay a one-time nonrefundable annual fee of $40.00 to Karate Nova Scotia that covers September 2026-August 2027.*

Please note that both a parent and child in your household must be registered to participate in this program. 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.

Manulife Canada Games Centre
PROGRAM ACCESS

Don't forget me!

See page 4 for more details.

Adult Karate

Location: Dance Studio

ADULT ALL RANKS | Ages 12+
12 sessions | January 5 – March 30*
Tuesdays, 8:30pm-9:30pm
*Members $126.00, Non-Members $159.00 (plus tax)***
Online registration code **97556**
**There is no session Tuesday, March 9*

ADULT BLUE TO BLACK BELT | Ages 12+
12 sessions | January 6 – March 31*
Wednesdays, 7:30pm-9:00pm
*Members $183.00, Non-Members $231.00 (plus tax)***
Online registration code **97580**
**There is no session Wednesday, March 10*

ADULT YELLOW BELT & UP | Ages 11-18
11 sessions | January 7 – March 25*
Thursdays, 7:30pm-9:00pm
*Members $167.75, Non-Members $211.75 (plus tax)***
Online registration code **97582**
**There is no session Thursday, March 11*

ADULT ALL RANKS | Ages 12+
11 sessions | January 7 – March 25*
Thursdays, 8:00pm-9:00pm
*Members $115.50, Non-Members $145.75 (plus tax)***
Online registration code **97800**
Location: Russell Walker Community Centre
Instructor: Sensei Peg Mumford
**There is no session Thursday, March 11*

ADULT ALL RANKS | Ages 18+
10 sessions | January 8 – March 19*
Fridays, 10:00am-11:00am
*Members $105.00, Non-Members $132.50 (plus tax)***
Online registration code **97801**
**There is no session on Friday, March 12*

***Karate participants are required to pay a one-time nonrefundable annual fee of $40.00 to Karate Nova Scotia that covers September 2026-August 2027.*

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+
9 sessions | January 9 – March 20*
Saturdays, 10:00am-11:00am*
Members $59.40, Non-Members $74.25 (plus tax)
Online registration code **97804**
Location: Dance Studio
Instructor: Sensei Heather MacDonald

**There is no session on Saturday, March 13*

***Karate participants are required to pay a one-time nonrefundable annual fee of $40.00 to Karate Nova Scotia that covers September 2026 – August 2027.*

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. 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.

Adult Specialized Programs

Toughen Up

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

12 sessions | January 5 – February 11
Tuesdays and Thursdays, 6:00pm-7:00pm
Online registration code 98435

12 sessions | January 5 – February 11
Tuesdays and Thursdays, 7:00pm-8:00pm
Online registration code 98437

Location: Track Starting Blocks
Members $105, Non-Members $125 (plus tax)

10 sessions | February 16 – March 25*
Tuesdays and Thursdays, 6:00pm-7:00pm
Online registration code 98441
**No classes March 9 & 11 due to March Break*

10 sessions | February 16 – March 25*
Tuesdays and Thursdays, 7:00pm-8:00pm
Online registration code 98445
**No classes March 9 & 11 due to March Break*

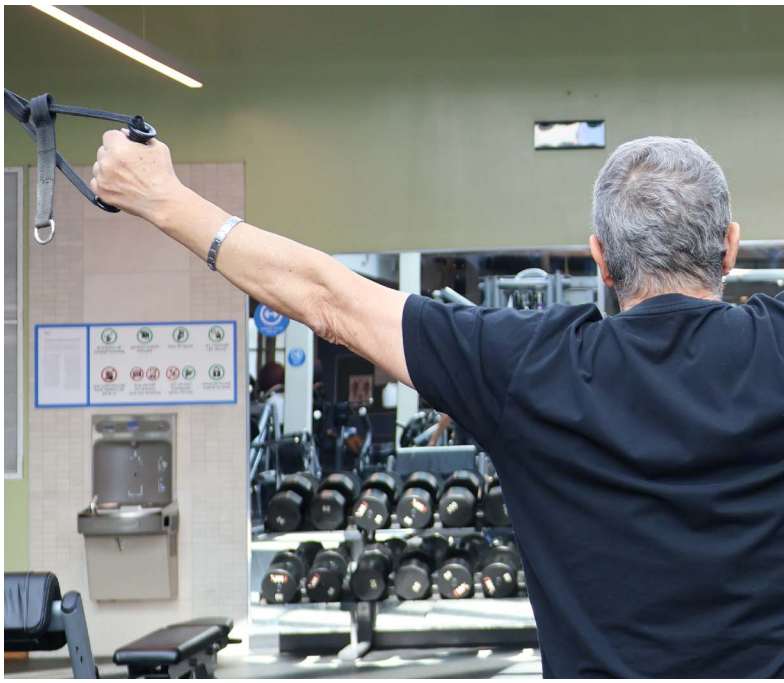
Get off the couch and into the best shape of your life with this dynamic, moderate-to-high intensity training program. Toughen Up is designed to improve strength, endurance, and body composition with 2 weekly workouts over 6 weeks. Join one of our amazing personal trainers for pre & post fitness tests, 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.

Manulife Canada Games Centre

PROGRAM ACCESS

Don't forget me!

See page 4 for more details.



What's the difference between the Centre'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 and allow for progressive, 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.

Strength Training for Women

Location: Personal Training Studio

6 sessions | January 10 – February 14
Sundays, 9:00am-10:00am
Members $63, Non-Members $75 (plus tax)
Online registration code **98448**

6 sessions | January 10 – February 14
Sundays, 10:15am-11:15am
Members $63, Non-Members $75 (plus tax)
Online registration code **98450**

6 sessions | January 10 – February 14
Sundays, 11:30am-12:30pm
Members $63, Non-Members $75 (plus tax)
Online registration code **98451**

6 sessions | January 6 – February 10
Wednesdays, 6:00pm-7:00pm
Members $63, Non-Members $75 (plus tax)
Online registration code **98452**

12 sessions | January 5 – February 11
Tuesdays and Thursdays, 12:15pm – 1:00pm
Members $126, Non-Members $150 (plus tax)
Online registration code **98453**

5 sessions | February 21 – March 28*
Sundays, 9:00am-10:00am
Members $53, Non-Members $63 (plus tax)
Online registration code **98516**
**No class March 7 due to March Break*





5 sessions | February 21 – March 28*
Sundays, 10:15am-11:15am
Members $53, Non-Members $63 (plus tax)
Online registration code **98519**
**No class March 7 due to March Break*

5 sessions | February 21 – March 28*
Sundays, 11:30am-12:30pm
Members $53, Non-Members $63 (plus tax)
Online registration code **98521**
**No class March 7 due to March Break*

5 sessions | February 17 – March 24*
Wednesdays, 6:00pm-7:00pm
Members $53, Non-Members $63 (plus tax)
Online registration code **98523**
**No class March 10 due to March Break*

10 sessions | February 16 – March 25*
Tuesdays and Thursdays, 12:15pm – 1:00pm
Members $105, Non-Members $125 (plus tax)
Online registration code **98524**
**No classes March 9 & 11 due to March Break*

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

Location: Fitness Studio 2

6 sessions | January 7 – February 11
Thursdays, 9:15am-10:15am
Members $63, Non-Members $75 (plus tax)
Online registration code 98527

5 sessions | February 18 – March 25*
Thursdays, 9:15am-10:15am
Members $53, Non-Members $63 (plus tax)
Online registration code 98529
**No class February 11 due to March Break*

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.

Introduction To Spin

6 sessions | January 20 – February 24
Wednesdays, 5:00pm-5:45pm
Members $63, Non-Members $75
Online registration code 98289
Location: Spin Alcove, Track

Introduction to Spin is designed specifically for beginners. You'll learn how to properly set up your bike, master the basics and how to increase your cardio. This class takes you on a physical and mental journey all while building a healthier lifestyle at your own pace.

Youth Programs

Youth Strength & Conditioning

Location: Personal Training Studio

6 sessions | January 7 – February 11
Thursdays, 4:00pm-5:00pm
Members $63, Non-Members $75
Online registration code 98292

5 sessions | February 18 – March 25*
Thursdays, 4:00pm-5:00pm
Members $53, Non-Members $63
Online registration code 98293
**No class March 11 due to March Break*

This challenging program is designed for students aged 12-17 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

Location: Field House Alcove 1

6 weeks | January 6 – February 10
Wednesdays, 4:00pm-5:00pm
Members $63, Non-Members $75
Online registration code 98294

5 weeks | February 17 – March 24*
Wednesdays, 4:00pm-5:00pm
Members $53, Non-Members $63
Online registration code 98295
**No class March 10 due to March Break*

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. An 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

Location: Fitness Studio 2

6 sessions | January 4 – February 8
Mondays, 7:30pm-8:30pm
Members $63, Non-Members $75 (plus tax)
Online registration code 98550

5 sessions | February 22 – March 29*
Mondays, 7:30pm-8:30pm
Members $53, Non-Members $63 (plus tax)
Online registration code 98551
**No class March 8 due to March Break*

Join our Pre and Postnatal Yoga specialist for 60 minutes of Prenatal Yoga. Prenatal Yoga is about honouring 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 sessions | January 4 – February 8
Mondays, 11:00am-11:45am
Members $63, Non-Members $75 (plus tax)
Online registration code 98553

6 sessions | January 6 – February 10
Wednesdays, 11:00am-11:45am
Members $63, Non-Members $75 (plus tax)
Online registration code 98555

6 sessions | January 8 – February 12
Fridays, 11:00am-11:45am
Members $63, Non-Members $75 (plus tax)
Online registration code 98556

5 sessions | February 22 – March 29*
Mondays, 11:00am-11:45am
Members $53, Non-Members $63 (plus tax)
Online registration code 98558
**No class March 8 due to March Break*

5 sessions | February 17 – March 24*
Wednesdays, 11:00am-11:45am
Members $53, Non-Members $63 (plus tax)
Online registration code 98561
**No class March 10 due to March Break*

5 sessions | February 19 – April 2*
Fridays, 11:00am-11:45am
Members $53, Non-Members $63 (plus tax)
Online registration code 98565
**No classes March 12 & 26 due to March Break and Good Friday*

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

Line Dancing

9 sessions | January 12 – March 30*
Members $95, Non-Members $113 (plus tax)
Online registration code 98299
Location: Dance Studio

**No classes February 9 and 10 and March 9 due to instructor availability and March Break*

A fun exercise class for the mind and body, you'll learn choreographed dance steps to a variety of Country, Latin & Ballroom music. This class caters to beginners & all ages; no partner required. If you want to try something that is fun, social, and perfect for staying active while learning new skills, then try Line Dancing!

Mobility and Balance

Location: Fitness Studio 2

6 sessions | January 5 – February 9
Tuesdays, 9:15am-10:15am
Members $63, Non-Members $75 (plus tax)
Online registration code 98566

5 sessions | February 16 – March 23*
Tuesdays, 9:15am-10:15am
Members $53, Non-Members $63 (plus tax)
Online registration code 98567
**No class March 9 due to March Break*

Mobility and Balance is designed to improve mobility, balance, and flexibility. A combination of gentle strength exercises, controlled movements, balance, and stretching, participants will increase joint mobility, improve stability and build confidence in their movement. This class is suitable for all fitness levels and can be modified to meet individual needs. Reducing the risk of falls and maintaining an active, independent lifestyle.

Total Mobility

Location: Fitness Studio 2

6 sessions | January 7 – February 11
Thursdays, 6:00pm-7:00pm
Members $63, Non-Members $75 (plus tax)
Online registration code 98569

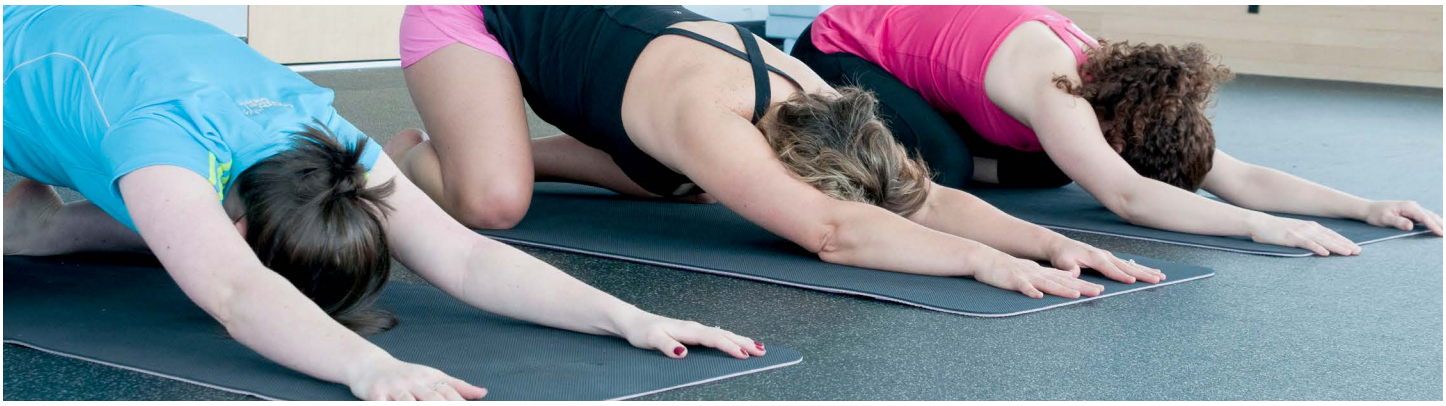
5 sessions | February 18 – March 25*
Thursdays, 6:00pm-7:00pm
Members $53, Non-Members $63 (plus tax)
Online registration code 98570
**No class March 11 due to March Break*

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 sessions | January 6 – March 17*
Wednesdays, 12:00pm-12:45pm
Members $106, Non-Members $125 (plus tax)
Online registration code 98571
Location: Fitness Studio 2
**No class March 10 due to March Break*

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.



Yoga Foundations

Location: Fitness Studio 2

6 sessions | January 5 – February 9
Tuesdays, 6:00pm-7:00pm
Members $63, Non-Members $75 (plus tax)
Online registration code 98572

5 sessions | February 16 – March 23*
Tuesdays, 6:00pm-7:00pm
Members $53, Non-Members $63 (plus tax)
Online registration code 98573
**No class March 9 due to March Break*

Learn the foundations of yoga to help make you feel comfortable in a non-intimidating and welcoming environment. 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 Pilates

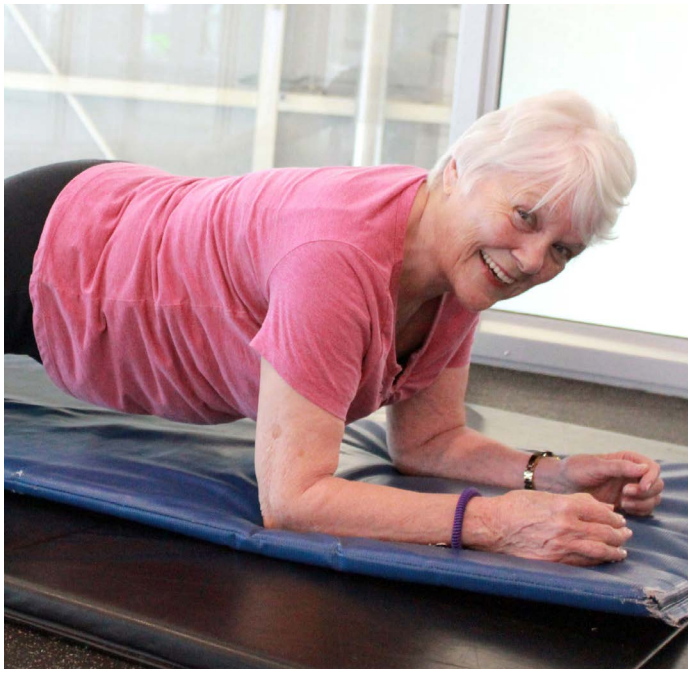
Location: Dance Studio

6 sessions | January 5 – February 9
Tuesdays, 9:15am-10:00am
Members $63, Non-Members $75 (plus tax)
Online Registration Code 98578

5 sessions | February 16 – March 23*
Tuesdays, 9:15am- 10:00am
Members $53, Non-Members $63 (plus tax)
Online registration code 98579
**No class March 9 due to March Break*

Barre Pilates improves coordination, flexibility and posture while building balanced core strength. You do not have to be an experienced dancer to take this class. Basic ballet instruction is infused with Pilates, dance flare cardio and creative use of equipment such as light weights, balls and blocks. Class includes a warm-up, strength training, isometric exercises, cardio, dance, core work, stretching and cool-down.

***Please note, a minimum of 5 participants must be registered for the program to run.*



Functional Pilates

Location: Fitness Studio 2

6 sessions | January 9 – February 13
Saturdays, 9:00am-10:00am
Members $63, Non-Members $75 (plus tax)
Online registration code 98584

6 sessions | January 5 – February 9
Tuesdays, 12:15pm-1:15pm
Members $63, Non-Members $75 (plus tax)
Online registration code 98585

5 sessions | February 20 – March 27*
Saturdays, 9:00am-10:00am
Members $53, Non-Members $63 (plus tax)
Online registration code 98588
**No class March 13 due to March Break*

5 sessions | February 16 – March 23*
Tuesdays, 12:15pm-1:15pm
Members $53, Non-Members $63 (plus tax)
Online registration code 98587
**No class March 9 due to March Break*

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

Location: Fitness Studio 2

6 sessions | January 10 – February 14
Sundays, 7:15pm-8:15pm
Members $63, Non-Members $75 (plus tax)
Online registration code 98591

5 sessions | February 21 – March 28*
Sundays, 7:15pm-8:15pm
Members $53, Non-Members $63 (plus tax)
Online registration code 98594
**No class March 7 due to March Break*

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.

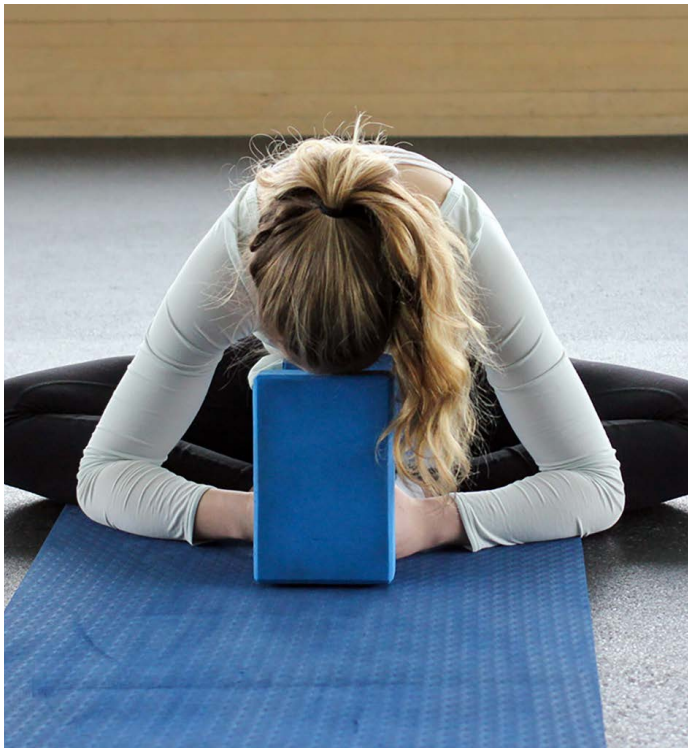
Somatic Yoga

Location: Fitness Studio 2

6 sessions | January 6 – February 10
Wednesdays, 7:15pm-8:15pm
Members $63, Non-Members $75 (plus tax)
Online registration code 98574

5 sessions | February 17-March 24*
Wednesdays, 7:15pm- 8:15pm
Members $53, Non-Members $63 (plus tax)
Online registration code 98575
**No class March 10 due to March Break*

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

Location: Fitness Studio 2

6 sessions | January 8 – February 12
Fridays, 6:30pm-7:30pm
Members $63, Non-Members $75 (plus tax)
Online registration code 98602

5 sessions | February 19 – April 2*
Fridays, 6:30pm-7:30pm
Members $53, Non-Members $63 (plus tax)
Online registration code 98604
**No class March 12 due to March Break*

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 Personal Trainer.

PERSONAL TRAINING PACKAGES	MEMBER*	NON-MEMBER*
1 session	$70.00	$85.00
Packages of 5	$295.00	$375.00
Packages of 10	$535.00	$697.50
Packages of 20	$965.00	$1,285.00

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	$42.50	$60.00
Packages of 5	$187.50	$267.50
Packages of 10	$322.50	$482.50
Packages of 20	$535.00	$857.50

Small Group Personal Training (3-5 people)

Do you have a group of friends and want to split the cost of a Personal Fitness class? Whether you golf together, run together or drink tea together, we can work with your group and help you achieve your fitness goal.

SMALL GROUP PERSONAL TRAINING PACKAGES	PER PERSON PRICE MEMBER*	PER PERSON PRICE NON-MEMBER*
1 session	$30.00	$35.00
Packages of 5	$145.00	$172.50
Packages of 10	$267.50	$322.50
Packages of 20	$470.00	$577.50

**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 sessions 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: 117.50
(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: $1,285
(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 by reading the program descriptions and lessons chart in this Guide.

Next, refer to the days, times and sections of a particular class or level (**see chart on page 21**). Use the hyperlink for each individual class to take you to the registration system if you hadn't logged in there already. Find your swim lesson and proceed with registration. **Participants can only register in one (1) aquatic program per term. Participants registered in more than 1 will be contacted and extra registrations will be cancelled and charged the 10% administrative fee**. 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 accept new registrations after week 2. Canadian Lifesaving Swim Patrol (Swimmers 7, 8 & 9) are HST exempt. Applicable taxes will be added to the registration fee for other programs.

Aquatics Programs Continued Commitment To Quality

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

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



Manulife Canada Games Centre

PROGRAM ACCESS

Don't forget me!

See page 4 for more details.

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



Parent & Tot Programs

Ages 4 months – 3.5 years
35 minutes each
Members $99, Non-Members $132.75

The Lifesaving Society Parent & Tot program focuses on in-water interactions between the parent/gaurdian and child to teach water-positive attitudes and skills through play. Activities and progressions are based on child development and teach all families the importance of being "within arms' reach" and other Water Smart® safety tips. Swimmers must be accompanied by just one parent/guardian in the water.

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

PARENT & TOT 1 | 4-12 months

Parents/Guardians will learn how to safely hold their 4–12-month-old infant. Parents/Guardians will also learn simple tips and tricks to help prepare their child 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.

See chart on page 21 for swim lesson days and times. Please note: Online registration codes are now listed in the swim chart.

Preschool Programs

Ages 3-5.5 years old | 35 minutes each
Members $99, Non-Members $132.75

The Swim for Life Preschool Program gives children an early start on learning how to swim. Children 3-5 years old* will start to develop foundational Water Smart® skills and become more comfortable in the water.

**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. Swimmers will practice rolling over and flutter kick on their back.

PRESCHOOL 3

Preschool 3 focuses on children's 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 continuous work on floats and rolling over. Children will also start to enter deeper water to practice side entries and jumping in with lifejackets/PFD.

PRESCHOOL 4

Preschool 4 strengthens flutter kicking and children will be introduced to front crawl progressions. They will be introduced to deeper water 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 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 $99, Non-Members $132.75

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

SWIMMER 2 | 35 minutes each
Members $99, Non-Members $132.75

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 $99, Non-Members $132.75

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 $107.10, Non-Members $141.75

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

SWIMMER 5 | 50 minutes each
Members $107.10, Non-Members $141.75

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

SWIMMER 6 | 50 minutes each

Members $107.10, Non-Members $141.75

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

SWIMMER 7 ROOKIE PATROL | 50 minutes each
Members $107.10, Non-Members $141.75

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

SWIMMER 8 RANGER PATROL | 50 minutes each
Members $107.10, Non-Members $141.75

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

SWIMMER 9 STAR PATROL | 50 minutes each
Members $107.10, Non-Members $141.75

Swimmers are challenged with 600m workouts, 300m timed swims and 25m object carries. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions (anaphylaxis). Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.



See chart on page 21 for swim lesson days and times. Please note: Online registration codes are now listed in the swim chart.

Swim Lessons - Days & Times

	Tuesdays January 5 - March 2	Wednesdays January 6 - March 3	Thursdays January 7 - March 4	Saturdays January 9 - March 6
PARENT & TOT 1	5:35pm | **96738**	4:15pm | **96739**	4:55pm | **96737**	8:30am | **96740**
PARENT & TOT 2	4:55pm | **96742**	5:35pm | **96743**	4:15pm | **96744**	9:10am | **96746** 11:50am | **96745**
PARENT & TOT 3	6:15pm | **96748**	4:55pm | **96750**	5:35pm | **96752**	10:30am | **96751** 11:10am | **96749**
PRESCHOOL 1	4:15pm | **96810** 4:55pm | **96805**	5:35pm | **96806** 6:15pm | **96808**	4:15pm | **96807** 4:55pm | **96803** 6:15pm | **96814**	8:30am | **96811** 9:10am | **96815** 9:50am | **96812** 11:10am | **96804**
PRESCHOOL 2	4:55pm | **96817** 6:15pm | **96819**	4:15pm | **96820** 6:15pm | **96818**	5:35pm | **96823** 4:15pm | **96822**	8:30am | **96821** 9:50am | **96824** 10:30am | **96816** 11:50am | **96825**
PRESCHOOL 3	4:15pm | **96831** 5:35pm | **96828**	4:15pm | **96832** 4:55pm | **96834**	4:55pm | **96833** 6:15pm | **96830**	9:10am | **96835** 9:50am | **96827** 11:10am | **96829**
PRESCHOOL 4	5:35pm | **96842**	4:55pm | **96844** 5:35pm | **96843**	6:15pm | **96840**	8:30am | **96841** 10:30am | **96845**
PRESCHOOL 5	5:35pm | **96852** 4:55pm | **96848**	6:15pm | **96849**	5:35pm | **96847**	9:50am | **96851** 11:10am | **96850**
SWIMMER 1	4:15pm | **96870** 4:55pm | **96866** 5:35pm | **96861** 6:15pm | **96863** 6:15pm | **96868**	4:15pm | **96859** 4:55pm | **96872** 5:35pm | **96865** 6:15pm | **96867**	4:15pm | **96871** 4:55pm | **96853** 5:35pm | **96857** 6:15pm | **96855**	8:30am | **96856** 9:10am | **96862** 9:50am | **96858** 10:30am | **96869** 11:10am | **96860** 11:50am | **96854**
SWIMMER 2	4:15pm | **96886** 4:55pm | **96885** 5:35pm | **96890** 6:15pm | **96878**	4:15pm | **96877** 4:55pm | **96882** 5:35pm | **96874** 6:15pm | **96876**	4:15pm | **96880** 4:55pm | **96881** 5:35pm | **96884** 6:15pm | **96879**	8:30am | **96875** 9:10am | **96889** 9:50am | **96887** 10:30am | **96883** 11:10am | **96873** 11:50am | **96888**
SWIMMER 3	4:15pm | **96907** 4:55pm | **96911** 5:35pm | **96896** 6:15pm | **96893**	4:15pm | **96909** 4:55pm | **96902** 5:35pm | **96903** 6:15pm | **96900**	4:15pm | **96908** 4:55pm | **96899** 5:35pm | **96901** 6:15pm | **96897**	8:30am | **96892** 9:10am | **96906** 9:50am | **96905** 10:30am | **96904** 11:10am | **96910** 11:50am | **96894**
SWIMMER 4	4:00pm | **96920**	4:55pm | **96917**	4:55pm | **96914**	8:30am | **96916** 9:25am | **96918** 10:20am | **96919**
SWIMMER 5	4:00pm | **96925**	4:55pm | **96928**	4:55pm | **96926**	8:30am | **96924** 9:25am | **96922** 10:20am | **96927**
SWIMMER 6	4:55pm | **96930**	4:00pm | **96931**	5:50pm | **96929**	8:30am | **96934** 9:25am | **96933** 10:20am | **96935** 11:15am | **96932**
SWIMMER 7 / ROOKIE	4:55pm | **96937**	4:00pm | **96936**	5:50pm | **96940**	9:25am | **96939** 11:15am | **96938**
SWIMMER 8 / RANGER	5:50pm | **96944**	5:50pm | **96942**		8:30am | **96945** 10:20am | **96943** 11:15am | **96946**
SWIMMER 9 / STAR	5:50pm | **96948**	5:50pm | **96949**		11:15am | **96947**

Private & Semi-Private Swim Lessons

Private Lessons

9 Lessons | 35 minutes each
Members $186.75, Non-Members $238.50

Semi-Private Lessons

9 Lessons | 35 minutes each
Members $306, Non-Members $387

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

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 should be coordinated outside of our registration system.*

		Tuesdays January 5 - March 2	Wednesdays January 6 - March 3	Thursdays January 7 - March 4	Saturdays January 9 - March 6	Sundays January 10 - March 7
Swimmer 2 or lower	**Private**	4:15pm | **97007**	4:55pm | **97004**	4:15pm | **96988** 5:35pm | **97001**	8:30am | **96991** 9:10am | **96992** 9:10am | **96981** 9:50am | **96983** 10:30am | **96974** 10:30am | **97008** 11:10am | **96997** 11:10am | **96989** 11:50am | **97003** 11:50am | **96999**	8:00am | **96998** 8:40am | **96995** 8:40am | **96973** 9:20am | **96972** 10:00am | **97009** 10:00am | **96980** 11:20am | **96982**
	Semi-Private				8:30am | **97018** 9:50am | **97721**	8:00am | **97021** 9:20am | **97016**
Swimmer 3 or higher	**Private**	4:55pm | **96977** 5:35pm | **96986**	4:15pm | **96996** 6:15pm | **96975**	6:15pm | **96987**	8:30am | **96978** 8:30am | **97000** 9:10am | **96994** 9:50am | **97010** 9:50am | **97002** 10:30am | **96985** 11:10am | **96976** 11:10am | **96984** 11:50am | **96979** 11:50am | **96990**	10:40am | **97006** 10:40am | **96971** 11:20am | **97005**
	Semi-Private	6:15pm | **97014**	5:35pm | **97017**	4:55pm | **97015**	9:10am | **97019** 10:30am | **97020**	

Teen & Adult Swim Lessons

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

TEEN LEVEL 1 | 9 Lessons | Ages 11-16 years
Members $107.10, Non-Members $141.75

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

TEEN LEVEL 2 | 9 Lessons | Ages 11-16 years
Members $107.10, Non-Members $141.75

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

ADULT LEVEL 1 | 9 Lessons | Ages 16+ years
Members $107.10, Non-Members $141.75 (plus tax)

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

ADULT LEVEL 2 | 9 Lessons | Ages 16+ years
Members $107.10, Non-Members $141.75 (plus tax)

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

Saturdays

January 9 - March 6

TEEN 1	12:10pm | **96951**
TEEN 2	12:10pm | **96952**
ADULT 1	11:50am | **96953** 12:10pm | **96957**
ADULT 2	11:50am | **96954** 12:10pm | **96955**

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 evening classes. Inclusion trained instructors teach swimmers one on one, providing adaptations and support to participants who require it.

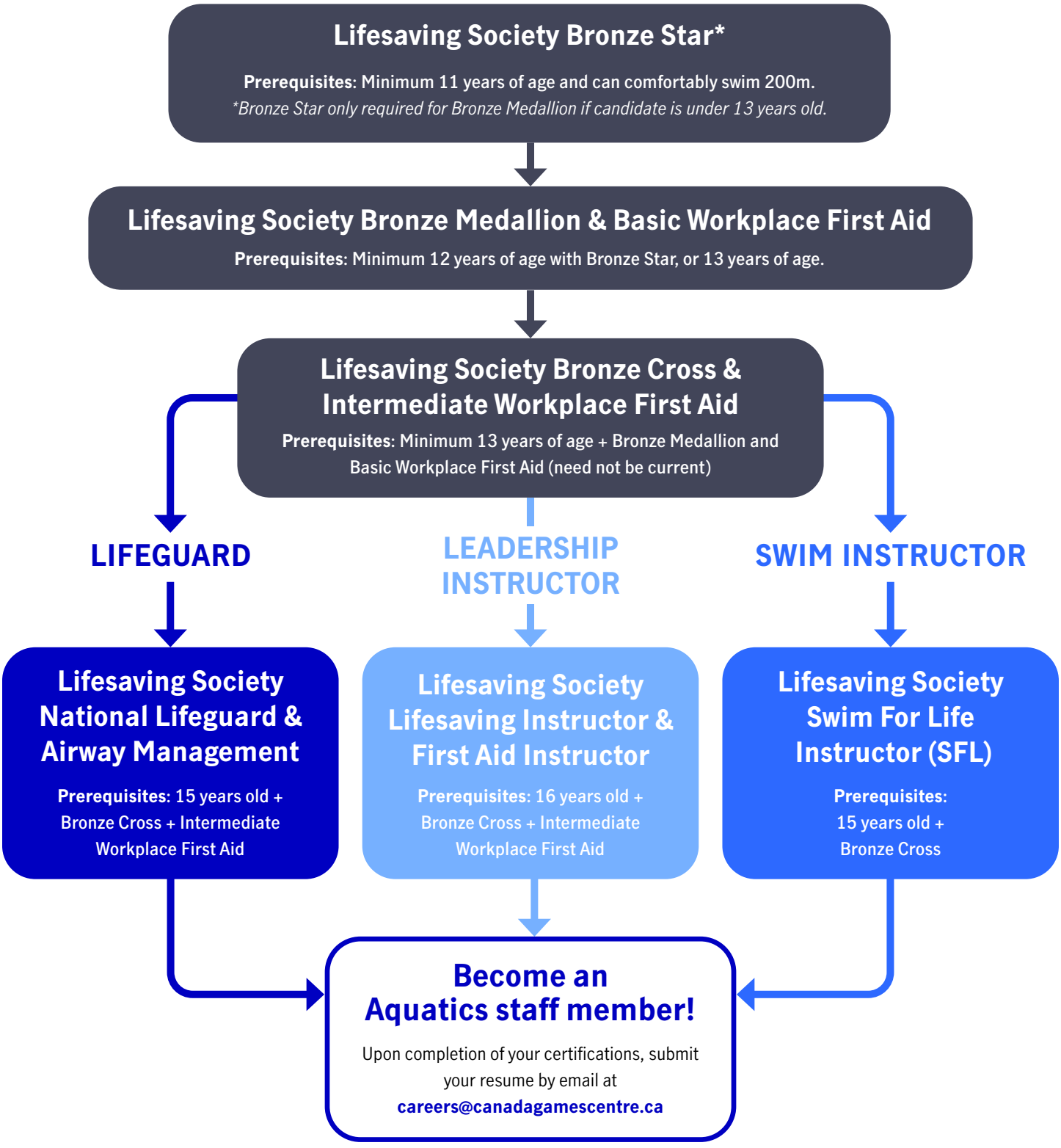
THIS PROGRAM AND WAITLIST ARE CURRENTLY FULL.
PLEASE CHECK BACK IN OUR SPRING SESSION.



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

January 5 – March 2
Tuesdays | 5:30pm-6:40pm
Members $120, Non-Members $150
Online registration code 97934

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 8 – March 5 (Exam Date: March 5)
Fridays | 4:00pm-7:00pm
Members $220, Non-Members $250
Online registration code 97937

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 includes the books and exam fees.

100% course attendance is required for certification.

Lifesaving Society Bronze Cross & Intermediate Workplace First Aid

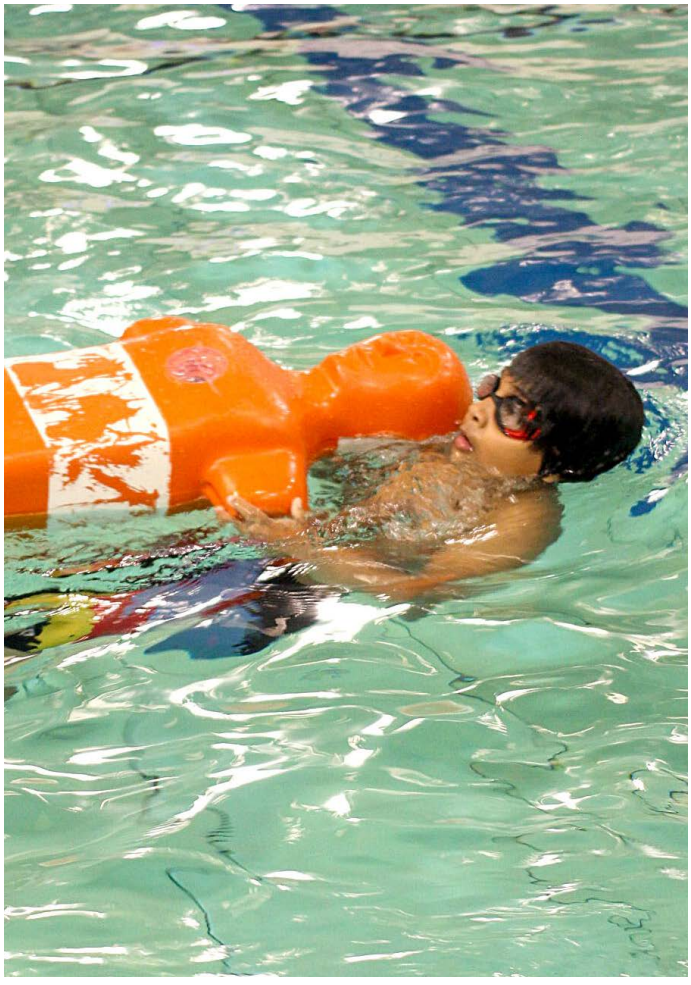
(formerly Standard First Aid)

January 9 – March 6 (Exam Date: March 6)
Saturdays | 10:00am-3:00pm
Members $235, Non-Members $265
Online registration code 97939

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 begin the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Registration includes books and exam fees.

100% attendance is required for certification.





Lifesaving Society National Lifeguard & Airway Management

January 10 – March 7 (Exam Date: March 7)
Sundays | 10:00am–4:00pm
Members $295, Non-Members $325 (plus tax)
Online registration code 97940

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

National Lifeguard is a legal certificate for lifeguarding throughout the country and is recognized for lifeguarding indoor or outdoor swimming pools. It is Canada's professional lifeguard standard and is designed for lifesavers who wish to obtain a responsible job and leadership experience. Successful candidates are certified by the Lifesaving Society - Canada's lifeguarding experts. This course is designed to develop the fundamental values, judgment, knowledge, skills, and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes that will assist the lifeguard to provide effective safety supervision in swimming pool environments. The National Lifeguard's primary role is the prevention of emergency situations, and where this fails, the timely and effective resolution of emergencies. Registration includes two certifications (National Lifeguard–Pool Option & Airway Management), pocket mask, whistle, books, and exam fees.

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

Recertification - Lifesaving Society National Lifeguard Pool, Intermediate Workplace First Aid

(formerly Standard First Aid) & Airway Management

2-DAY COURSE | March 27 & 28
Saturday & Sunday | 9:00am-5:00pm
Members $110, Non-Members $140 (plus tax)
Online registration code 97943

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
January 22 – 24 & January 29 - 31
Friday | 5pm-9pm, Saturday & Sunday | 9am-3:30pm
Members $250, Non-Members $270 (plus tax)
Online registration code 97945

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

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

100% course attendance is required. Practice teaching hours may be required after the course is complete.

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 Team

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 3 - March 1*
Please see Training schedule on page 28
Members $153.92, Non-Members $208.00
Online registration code 101973

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 are no programs on February 14 & 15 for the Heritage Day Holiday Weekend.*



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 13 – June 6*
Please see training schedule on page 28
**Please note there are no practices on the below dates.*

Sunday, December 20th - Friday, January 1st - December Break
Sunday, February 14 - Monday, February 15 - Heritage Day
Sunday, March 7 - Sunday, March 14 - March Break
Friday, March 26 - Monday, March 26 - Easter
Friday, May 21 - Monday, May 24 - Victoria Day

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 13 – June 6*
Please see training schedule on page 28
**Please note there are no practices on the below dates.*

Sunday, December 20th - Friday, January 1st - December Break
Sunday, February 14 - Monday, February 15 - Heritage Day
Sunday, March 7 - Sunday, March 14 - March Break
Friday, March 26 - Monday, March 26 - Easter
Friday, May 21 - Monday, May 24 - Victoria Day

PLEASE NOTE THE LIFESAVING SPORT TEAM OFF-SEASON TRAINING IS FULL

Swim Team - Training Days & Times

Note: All practices except Masters include a 15-minute poolside activation.

	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 (Skills Practice)			8:45am-10:00am (Fitness 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 13 – June 6*
Please see Training schedule above



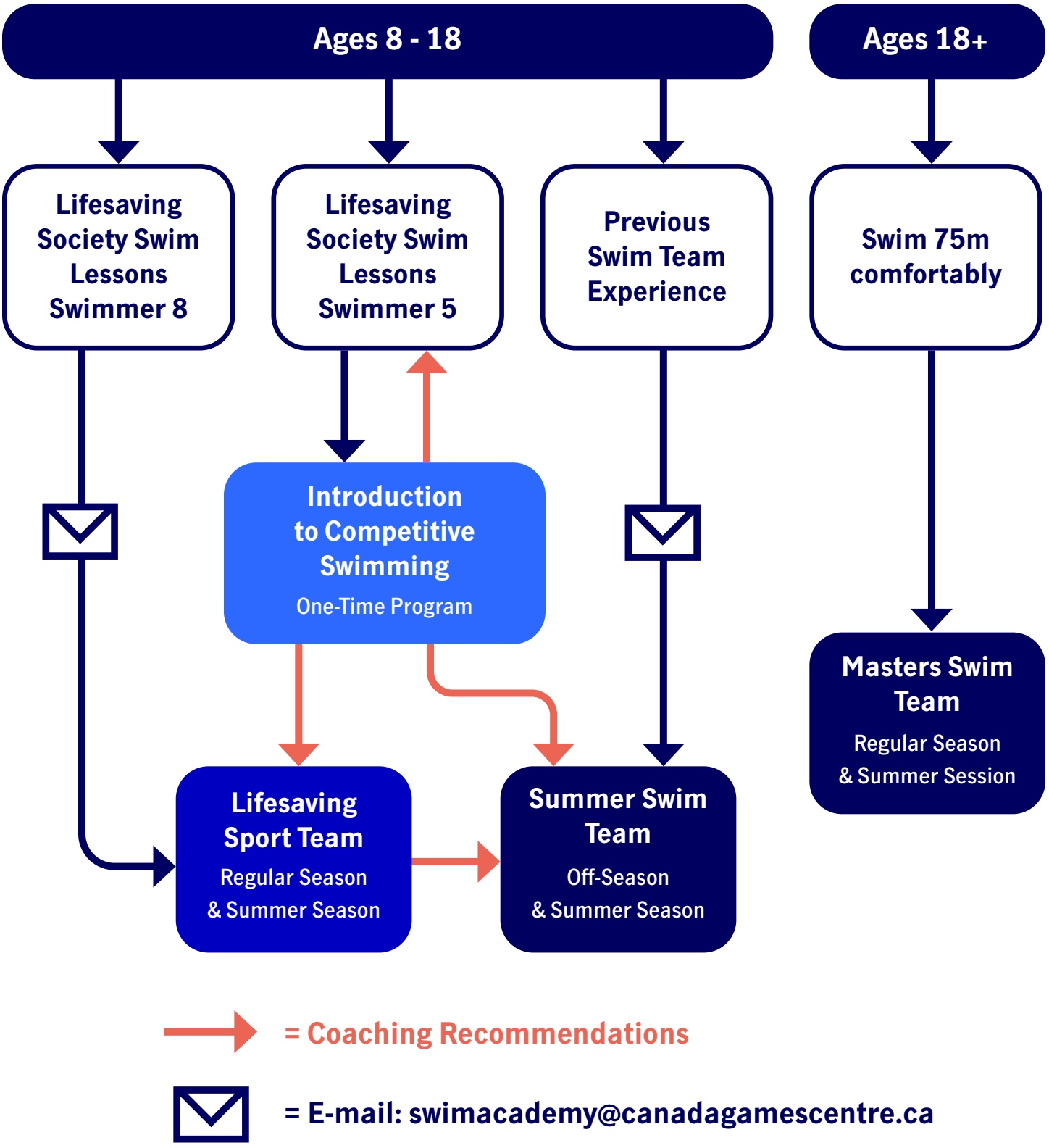
**Please note there are no practices on the below dates.*

Sunday, December 20th - Friday, January 1st - December Break
Sunday, February 14 - Monday, February 15 - Heritage Day
Sunday, March 7 - Sunday, March 14 - March Break
Friday, March 26 - Monday, March 26 - Easter
Friday, May 21 - Monday, May 24 - Victoria Day

PLEASE NOTE THE MASTERS SWIM TEAM IS FULL

Want to know more about our Teams?

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.



Rentals

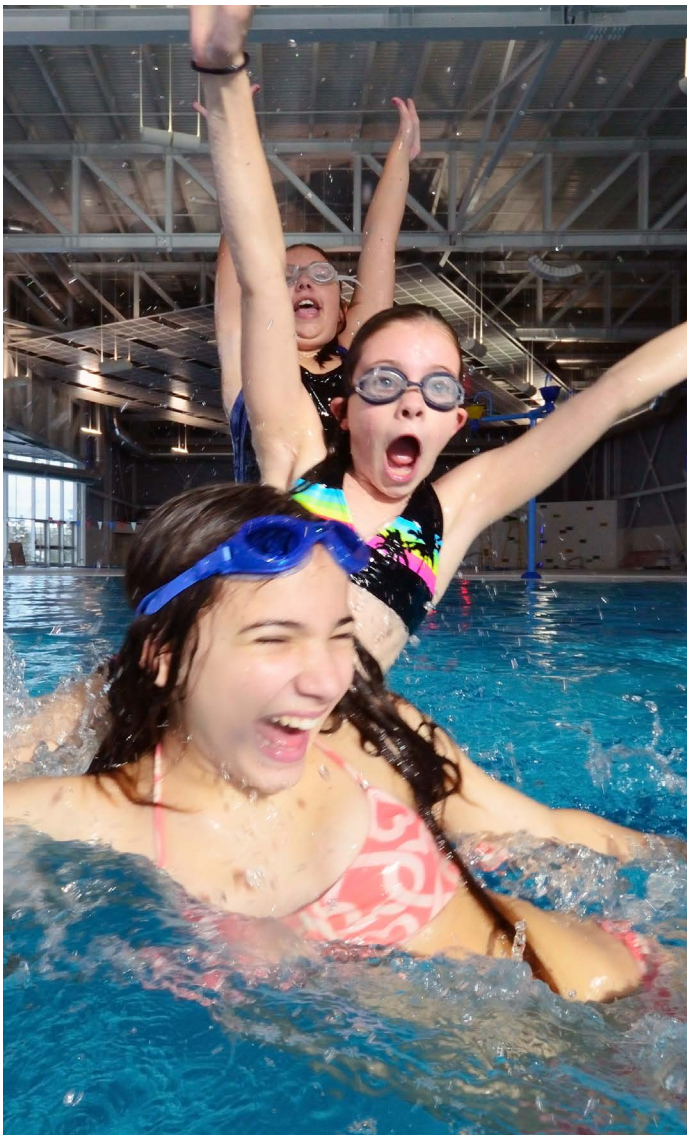
Pool Party!

Pool Party Package (20 guests)**
Members $195 | Non-Members $230**

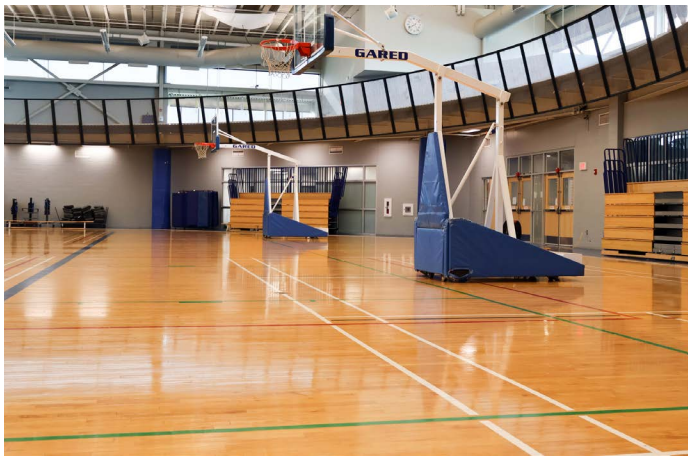
Our pool parties include 1 hour in the pool followed by 1 hour in one of our party rooms.

For party package information and to book your party, please visit our website: canadagamescentre.ca/rentals/party-packages/

**HST not included.*
***A fee of $8.46 (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.

For Active & Meeting Space rental information and bookings, please visit our website canadagamescentre.ca/rentals/

Manulife Canada Games Centre

26 Thomas Raddall Drive
Halifax, Nova Scotia
B3S 0E2

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

canadagamescentre.ca