

Aquatics in Côte Saint-Luc

Competition pool



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With the opening of the Aquatic and Community Centre, or ACC, in September 2011, the City of Côte Saint-Luc is positioning itself to become an aquatics community. The new ACC is home to two indoor pools and other leisure spaces that will cater to people of all ages.

Two new indoor pools

Côte Saint-Luc designed the ACC competition pool for high-level training and competition. The pool will be used by youth and masters swim teams, water polo and synchronized swimming teams, dedicated lap swimmers, and people doing lifesaving programs.

The ACC is conveniently located next to the existing Côte Saint-Luc outdoor pool, which allows for cross-training in the summer.

Registration for ACC programs is open to both Côte Saint-Luc residents and non-residents.

Outdoor pool

The Côte Saint-Luc outdoor pool behind the ACC is open from May to September. It is a 50-meter pool with a large shallow end and deep end. There is also a wading pool, grassy area, canteen, and attached park.

Wading pools

In addition to the wading pool at the Côte Saint-Luc outdoor pool, there is also a wading pool at Yitzhak Rabin Park (Westminster Ave., between Kildare Rd. and Guelph Rd.).



Recreation pool



Côte Saint-Luc designed the ACC recreation pool and beach area for great family fun. You can learn to swim, de-stress or hang out with friends. Young children can splash around in the beach area and play with water toys. Older children can play in a fun, safe, and supervised environment. The recreation pool will also host aquasize classes, lap swimming and various swimming lessons.

Competitive programs

Youth Swim Team is for children and teens who want to swim in competitions and improve their fitness and abilities. Swimmers are placed in groups based on ability. Everyone will develop and enhance their speed, swimming skills, stroke technique and aquatic fitness. Competitions are held throughout the year at the local, regional, provincial and national levels. The programs are led by qualified national-level coaches.



The Water Polo program is for male and female players of all ages, who are placed in groups based on age and ability. Players will develop ball-control skills, swimming endurance, and learn game strategy. The programs are led by qualified national-level coaches whose main goals are player development and team success. Local tournaments will pit our teams against other local and regional teams. Our higher caliber teams will also compete at the provincial and national levels.

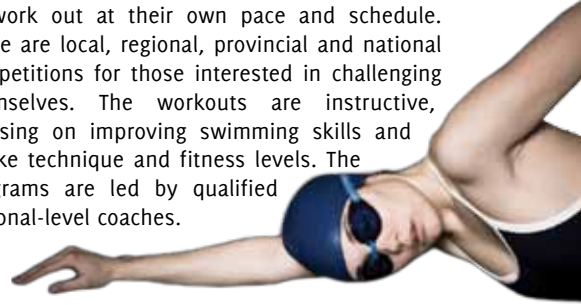
Red Cross Learn to Swim

Preschool Programs are for children from age 4 months to 4 years, accompanied by a parent or caregiver. Children will have fun using toys and singing songs. The focus is on water orientation and safety. The later courses begin to engage imagination through games and activities while learning new skills and increasing knowledge.

The Swim Kids Program is for children age 5 and older. The 10-level program helps swimmers develop stroke competency. Expanding on game and activity themes, children will increase fitness and endurance and develop proper body position, breathing, coordination and timing.



Masters Swim Team is for adults who want to work out at their own pace and schedule. There are local, regional, provincial and national competitions for those interested in challenging themselves. The workouts are instructive, focusing on improving swimming skills and stroke technique and fitness levels. The programs are led by qualified national-level coaches.



Synchronized Swimming is for swimmers of all ages. In the beginning, younger participants will learn the fundamentals of rhythm and dance in the water. The focus will then change to competition and creating routines that are vibrant and innovative. Swimmers will compete at local, regional, provincial and national levels, and can set their sights high for individual and team pursuits.



Lifesaving is for teens and adults who have completed the 10-level program and meet the minimum age requirements for the certification course. Individuals take these courses to gain the qualifications needed to work in the aquatic environment. Course levels range from Bronze Medallion to Water Safety Instructor.



Aquafitness

Aquafitness classes are for people of any age who want to exercise in the low-impact environment of the swimming pool. Participants can do gentle aquafit or intensive workouts in shallow or deep water. Instructors are fully qualified and will show swimmers how to stay fit and agile.

Community Spaces

The ACC is also a prime destination for non-aquatic activities taking place in great spaces. This includes the following:

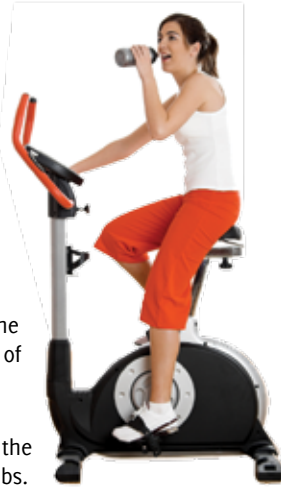
Fitness Room: offers cardiovascular exercise equipment, including elliptical trainers, treadmills, exercise steppers and bikes, each with its own television screen.

Art Studio: a dedicated room for painting classes.

Library Express: a branch of the public library with a selection of magazines and books for all ages.

Seniors Club Lounge: houses the senior men's and senior ladies' clubs.

Teen Lounge: an exclusive space for people ages 12 to 17, equipped with a big-screen television, Wii, PS3 and more.



Babysitting Room: a short-term babysitting service for children ages 18 months to 7 years.

Conference Rooms: space for up to 400 people for banquets, weddings or corporate events.

Dance Studio: an exercise room with a floating wood floor, wall-to-wall mirror, and a ballet bar.

Game Room: equipped with a pool table, ping-pong tables and more.



Kids' Zone: space for pre-school age children to engage in creative play, with a parent and tot drop-in.



Café: offers delicious and healthy foods with ample seating and free Wi-Fi.



CSL-H-MW-201108-21500

Côte Saint-Luc Aquatic and Community Centre

5794 Parkhaven Ave. Côte Saint-Luc, QC H4W 1Z4

Tel.: 514-485-6806 e-mail: recreation@cotesaintluc.org

Hours of operation: Weekdays from 6 am to 11 pm, and weekends from 8 am to 10 pm

www.CSLAquatics.org

Fee schedule for Fall 2011 ACC aquatic programs

The ACC offers two state-of-the-art pools. The competition pool is 10-lane 25m, with electronic scoring capabilities offering the latest advancements in competitive pool technologies. The competitive programs listed below generally take place in the competition pool. The recreation pool has a games beach area for toddlers to play, a large lap pool for lap swimming and aquasizes.

Definitions for all programs listed below:

Program Fees (PF)—Are the costs of running the program (coaches, equipment etc.). This fee also includes an individual membership at the Côte Saint-Luc outdoor pool for the summer of 2012 for registrants in all competitive programs (Youth Swim Team, Masters Swim Team, Water Polo and Synchronized Swimming).

Affiliation Fees (AF)—Are non-refundable payments to applicable provincial, regional and national bodies for the sport concerned. In the case of swimming programs this involves payment to the Fédération de natation du Québec (FNQ) and l'Association de natation du Lac St-Louis (ANLSL).

Initial Club Fees (ICF)—Are to cover the costs of meet entries. Club fees exclude transportation and lodging if required and need to be supplemented when used up. Non-payment of club fees when required may result in the competitor not being permitted to participate in competitions.

Note: The prices listed in the brochure include taxes, if applicable.

Competitive Programs

YOUTH SWIM TEAMS

		Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	PF	AF	ICF	Total
Group 1 For experienced competitive swimmers looking to achieve success at provincial and national levels. Training will adopt intensive dry land exercises to complement water work.	Sept. 5, 2011 to Jun. 15, 2012	5 pm – 7 pm	6 am – 7:30 am 5 pm – 7 pm	5 pm – 7 pm	6 am – 7:30 am 5 pm – 7 pm	5 pm – 7 pm	7:30 am – 9:30 am		\$740	\$110*	\$400	\$1,250
Group 2 Aimed at swimmers ages 13 to 15 who are striving for success at provincial and Age Group national levels. They will enhance their knowledge of the sport. Must be proficient in all four strokes, starts and turns.	Sept. 5, 2011 to Jun. 15, 2012	5 pm – 7 pm	6 am – 7:30 am 5 pm – 7 pm	5 pm – 7 pm	5 pm – 7 pm	5 pm – 7 pm	7:30 am – 9:30 am		\$660	\$90*	\$400	\$1,150
Group 3 For developing swimmers determined to succeed at the provincial level. Emphasis is spent on stroke development and initiating the aerobic endurance base.	Sept. 5, 2011 to Jun. 15, 2012	5 pm – 7 pm	5 pm – 7 pm	5 pm – 7 pm		5 pm – 7 pm	7:30 am – 9:30 am		\$610	\$90*	\$250	\$950
Group 4 For swimmers ages 11 to 13 who are acquiring skills to make the transition from regional to provincial levels. Stroke and skills development are enhanced.	Sept. 5, 2011 to Jun. 15, 2012	5 pm – 6:45 pm		5 pm – 6:45 pm		5 pm – 6:45 pm	7:30 am – 9:30 am		\$460	\$90*	\$150	\$700
Group 5 is geared towards swimmers ages 10 and under who enjoy time in the water while developing skill fundamentals and being introduced to the regional competition formats.	Sept. 5, 2011 to Jun. 15, 2012	5 pm – 6:30 pm		5 pm – 6:30 pm		5 pm – 6:30 pm	7:30 am – 9:30 am		\$475	\$65*	\$60	\$600
Development Group For swimmers who only want to swim twice per week to gain an introduction into the competitive environment.	Sept. 5, 2011 to Jun. 15, 2012	5 pm – 6:30 pm		5 pm – 6:30 pm					\$240	\$110	N/A	\$350

* The affiliation fees are based on age. The affiliation fee listed may be lower.

Competitive Programs (cont.)

MASTERS SWIM TEAM

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	PF	AF	ICF	Total
<i>Initial Club Fees are optional and should be paid by those Masters Swimmers who wish to enter competitions.</i> For swimmers ages 18 and older, looking to improve their stroke techniques, prepare for competition or simply to exercise and make new friends. We can help you achieve your goals.											
	Sept. 5, 2011 to Aug. 31, 2012	6 am – 7:30 am 9 am – 10:30 am	8:45 am – 10:15 am 7 pm – 8:30 pm	6 am – 7:30 am 9 am – 10:30 am	8:45 am – 10:15 am 7 pm – 8:30 pm	6 am – 7:30 am 9 am – 10:30 am		9 am – 10:30 am	\$460	\$40	\$100 (optional)

WATER POLO

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	PF	AF	ICF	Total
Learn new skills and develop game strategies in this dynamic and competitive game for boys and girls ages 7 and older.											
Ages 7 – 8							12 pm – 1 pm	\$85	\$5	N/A	\$90
Ages 9 – 12		6:30 pm – 8 pm		6:30 pm – 8 pm		6:30 pm – 8 pm		\$210	\$40	\$100	\$350
Ages 13 – 14		6:30 pm – 8 pm	6 am – 7:30 am	6:30 pm – 8 pm	6:30 pm – 8 pm	6 am – 7:30 am	1 pm – 3 pm	\$460	\$40	\$200	\$700
Ages 16 and younger		6:30 pm – 8 pm		6:30 pm – 8 pm		6:30 pm – 8 pm	1 pm – 3 pm	\$510	\$40	\$250	\$800
Ages 18 and younger		6:30 pm – 8 pm	6 am – 7:30 am	6:30 pm – 8 pm	6:30 pm – 8 pm	6 am – 7:30 am	1 pm – 3 pm	\$510	\$40	\$250	\$800
Senior (Ages 19 and older)		6:30 pm – 8 pm		6:30 pm – 8 pm		6:30 pm – 8 pm	1 pm – 3 pm	\$260	\$40	\$200	\$500



Competitive Programs (cont.)

SYNCHRONIZED SWIMMING

		Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	PF	AF	ICF	Total
Cygnets Lessons 2 sessions annually	Sept. 17 to Dec. 17, 2011 Winter session (TBA)						12 pm – 1 pm		\$84	\$6	N/A	\$90
Swans Lessons 2 sessions annually	Sept. 17 to Dec. 17, 2011 Winter session (TBA)						12 pm – 2 pm		\$144	\$6	N/A	\$150
Beginner Team 4 hrs	Sept. 6, 2011 to Jun. 15, 2012		4 pm – 5 pm		4 pm – 5 pm		1 pm – 2 pm		\$425	\$75	\$100	\$600
Development Team 6 hrs	Sept. 6, 2011 to Jun. 15, 2012	4:30 pm – 5:30 pm	4 pm – 5:30 pm		4 pm – 5:30 pm		1 pm – 3 pm		\$575	\$75	\$150	\$800
Development Team 8 hrs	Sept. 6, 2011 to Jun. 15, 2012	4:30 pm – 6 pm	4 pm – 5:30 pm	4:30 pm – 6 pm	4 pm – 5:30 pm		1 pm – 3 pm		\$725	\$75	\$200	\$1000



Registration Discounts: Applicable to all competitive programs—Youth & Masters Swim Team, Water Polo and Synchronized Swimming. Fun Card holders receive 10% discount on each program registration. In addition, where more than one family member registers for the competitive programs listed above, a 10% discount is provided to each family member.

Refund Policy: Any refunds granted are at the discretion of the City of Côte Saint-Luc. Requests for refunds will only be considered upon the City of Côte Saint-Luc receiving a written request to withdraw from a program. All refunds granted will be subject to an administrative charge of 20% of the published program fee.

Program Fees: For any withdrawals from competitive programs (Youth Swim Team, Masters Swim Team, Water Polo and Synchronized Swimming) that are accepted by the City a refund of the Program Fees will be issued pro-rated to the end of the month where the request for withdrawal was received. No refunds will be issued after April 30, 2012.

Affiliation Fees: Non refundable under any circumstances.

Club Fees: The balance of Club Fees in the competitor's account at the time of withdrawal is fully refundable.

Non-Competitive Aquatic Programs

Red Cross Preschool Ages 4 months to 5 years				
Starfish: 4 to 12 mths Duck: 12 to 24 mths Sea Turtle: 24 to 36 mths	Oct. 1 to Dec. 11	Sat. or Sun.	9 am – 9:30 am 9:30 am – 10 am 10 am – 10:30 am	\$60 (R) \$75 (NR)
Ages 3 to 5 • Sea Otter • Salamander • Sunfish • Crocodile • Whale	Oct. 1 to Dec. 11	Sat. or Sun.	9 am – 9:30 am 9:30 am – 10 am 10 am – 10:30 am	
Red Cross Swim Kids Ages 6 and older				
Levels 1 – 10	Oct. 1 to Dec. 11	Mon., Wed., & Thurs. or	4 pm – 4:30 pm	\$60 (R) \$75 (NR)
		Sat or Sun or	9 am – 10 am	
		Sat or Sun	10 am – 11 am	
Lifesaving				
Bronze Medallion Prerequisite: Red Cross Swim Kids 10 Course materials: \$40	Sept. 27 to Dec. 6 or Oct 1. – Dec. 10	Tue. Sat.	7 pm – 8:30 pm 3 pm – 4:30 pm	\$130(R) \$150(NR)
Bronze Cross Prerequisite: Bronze Medallion Course materials same as Bronze Medallion	Sept. 27 to Dec. 6 or Oct 1. – Dec. 10	Tue. Sat.	7 pm – 8:30 pm 3 pm – 4:30 pm	\$131(R) \$151(NR)
Standard First Aid Prerequisite: Age 15+ & Bronze Cross Course materials: \$16	Sept. 16, 17 and 18	Fri.	6:30 pm – 9:30 pm	\$70(R) \$88(NR)
		Sat.	8:30 am – 5:30 pm	
		Sun.	8:30 am – 2:30 pm	
National Lifeguard Prerequisites: Age 16, Bronze Cross, Standard First Aid Course materials: \$40	Sept. 27 – Dec. 6	Tue.	6 pm – 10 pm	\$180(R) \$207(NR)
Assistant Water Safety Instructor –on demand	Water Safety Instructor –on demand			

OPEN SWIM

Marked lanes will be made for continuous swimming of laps

Shallow Water Swim *Saturday and Sunday schedules are subject to change due to competitions/tournaments.				
Mon. Wed. Fri.	7 am – 8 am 9 am – 11 am 12 pm – 1 pm 2 pm – 3 pm 5:30 pm – 6:30 pm 7:30 pm – 9:30 pm	Tue. Thu.	8 am – 9 am 10 am – 1 pm 2 pm – 3 pm 6:30 pm – 9:30 pm	Free with Fun Card Ages 0 to 4: \$1 Ages 5 to 13: \$2 Ages 14 to 17: \$3 Ages 18 to 59: \$3 Ages 60 and older: \$2
Sat.*	7 am – 8 am 12 pm – 1 pm 2 pm – 9 pm*	Sun.*	7 am – 8 am 12 pm – 1 pm 2 pm – 9 pm	
Deep Water Swim *Saturday and Sunday schedules are subject to change due to competitions/tournaments.				
Mon. Wed. Fri.	8 am – 4:30 pm 6:30 pm – 9:30 pm	Tue. Thu.	7:30 am – 10:30 am 12 pm – 1 pm 3 pm – 4 pm 7 pm – 9:30 pm	Free with Fun Card Ages 0 to 4: \$1 Ages 5 to 13: \$2 Ages 14 to 17: \$3 Ages 18 to 59: \$3 Ages 60 and older: \$2
Sat.*	8 am – 8:30 am 10 am – 12 pm 3 pm – 9 pm	Sun.*	8 am – 9 pm	
Aquafit				
Recreation Pool— <i>shallow aquafit</i>	Sept. 11 to Dec. 3	Mon. Wed. Fri.	8 am – 9 am 11 am – 12 pm 1 pm – 2 pm 6:30 pm – 7:30 pm	1x per wk: \$79 (R) \$99.19 (NR) 60 yrs+: \$63.20 (R) \$79 (NR)
		Tue. Thu.	7 am – 8 am 1 pm – 2 pm 5:30 pm – 6:30 pm	2x per wk: \$146.59 (R) \$183.45 (NR) 60 yrs+: \$117.62 (R) \$147.46 (NR)
		Sat. Sun.	8 am – 9 am 1 pm – 2 pm	3x per wk: \$210.66 (R) \$242.26 (NR) 60 yrs+: \$168.53 (R) \$193.99 (NR)
Competition Pool— <i>deep water aquafit</i>	Sept. 11 to Dec. 3	Mon. Wed. Fri.	10:30 am – 11:30 am	4x per wk: \$262.45 (R) \$301.95 (NR) 60 yrs+: \$209.79 (R) \$241.39 (NR)
		Tue. Thu.	8:30 am – 9:30 am	

The general refund policy (as set out in the Fall/Winter 2011 recreation brochure) will apply to all non-competitive programs, Red Cross swim school and Aquafit, listed above.