



Aquatics Programs

Registration and
program guide

2024

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Welcome!

The Côte Saint-Luc aquatic team is happy to welcome you to our swimming lessons and aquatic programs. We are confident that your child will learn new swimming skills and will have fun doing so in the process. Within the *Registration and Program Guide*, you'll find valuable information regarding pool-deck policies and essential details about our swim lessons and aquatic programs.

Based on the internationally-recognized Swim to Survive standard, the Lifesaving Society's Swim for Life Program focuses on basic survival skills and proper swimming technique—fun from day one! Swim for Life starts by developing strong foundational and self-rescue skills and progresses 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.

General Information

Aquatic and Community Centre (ACC) address

5794 Parkhaven Avenue, Côte Saint-Luc, QC H4W 0A4

ACC hours of operation

Monday and Tuesday: 6 am to 10 pm

Wednesday and Thursday: 6 am to 9 pm

Friday to Sunday: 6 am to 8 pm

Note: hours subject to change, please visit our website for updates.

Contact information

Customer Service Desk: 514-485-6806, recreation@cotesaintluc.org

Manager of Leisure and Aquatics: Trish McKenzie (ext. 2232, tmckenzie@cotesaintluc.org)

Aquatics Program Coordinator: Donna Morrison (ext. 2233, dmorrison@cotesaintluc.org)

Aquatics Program Supervisor: accpoolsupervisors@cotesaintluc.org

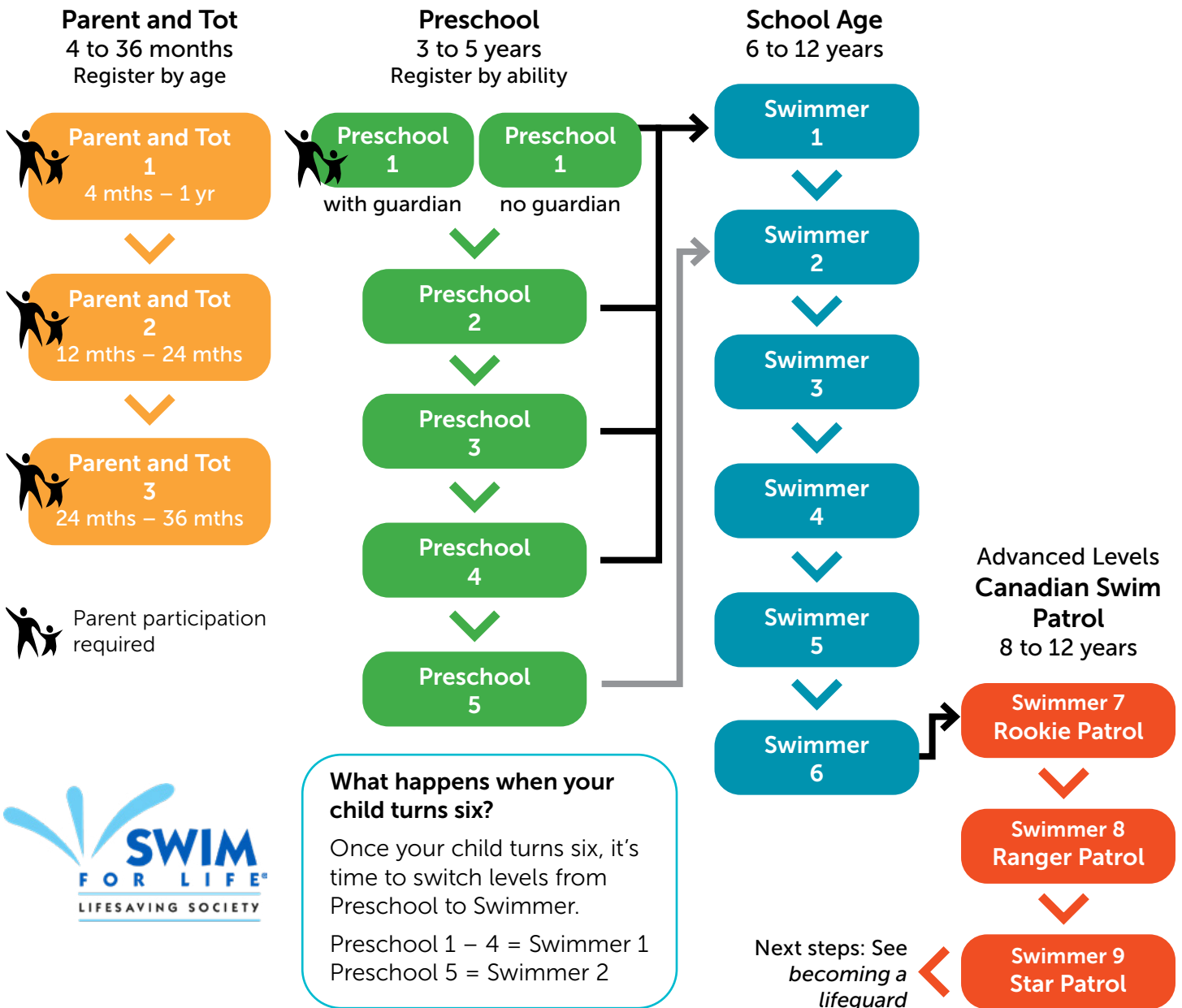


Program Age Groups



At the Aquatic and Community Centre, our swimming lessons are organized by program level and participant age.

- 1. Parent and Tot Programs** consist of three age-based levels for children ranging from 4 months to 3.5 years.
- 2. Preschool Programs** consist of five levels for participants between the ages of 3 to 5 years.
- 3. School-Age Programs** are for children ages 6 years and older. Throughout these levels, participants will start by learning the fundamentals of swimming through to stroke progressions and water rescues.

Swim for Life® Program Structure



Swim for Life Lessons Registration Guide

YMCA	Red Cross			YMCA	Red Cross		
		PRESCHOOL 4 months – 5 years				CHILDREN 6 – 12 years	
Splasher 4 – 18 months Parented	Star Fish 4 – 12 months Parented	Parent & Tot 1 4 – 12 months		Otter / Seal	Swim Kids 1	Level completed?	
						NO —Register into Swimmer 1 YES —Register into Swimmer 2	Swimmer 1
Bubbler 18 months – 3 Years	Duck 12 – 24 months Parented	Parent & Tot 2 12 – 24 months		Dolphin	Swim Kids 2	NO —Register into Swimmer 2 YES —Register into Swimmer 2	Swimmer 2
						NO —Register into Swimmer 2 YES —Register into Swimmer 2	
	Sea Turtle 24 – 36 months Parented	Parent & Tot 3 24 – 36 months		Swimmer	Swim Kids 3	NO —Register into Swimmer 2 YES —Register into Swimmer 3	
						NO —Register into Swimmer 3 YES —Register into Swimmer 3	
				Star 1	Swim Kids 4	NO —Register into Swimmer 3 YES —Register into Swimmer 3	Swimmer 3
						NO —Register into Swimmer 3 YES —Register into Swimmer 3	
				Star 2	Swim Kids 5	NO —Register into Swimmer 3 YES —Register into Swimmer 4	Swimmer 4
						NO —Register into Swimmer 3 YES —Register into Swimmer 4	
Bobbers 3 – 5 years	Sea Otter 3 – 5 years	NO —Register into Preschool 1 YES —Register into Preschool 2	Preschool 1 3 – 5 years	Star 3	Swim Kids 6	NO —Register into Swimmer 4 YES —Register into Swimmer 5	Swimmer 4
		NO —Register into Preschool 2 YES —Register into Preschool 3	Preschool 2 3 – 5 years			NO —Register into Swimmer 5 YES —Register into Swimmer 6	
Floaters 3 – 5 years	Salamander 3 – 5 years	NO —Register into Preschool 3 YES —Register into Preschool 4	Preschool 3 3 – 5 years	Star 4	Swim Kids 7	NO —Register into Swimmer 5 YES —Register into Swimmer 6	Swimmer 6
		NO —Register into Preschool 4 YES —Register into Preschool 5	Preschool 4 3 – 5 years			NO —Register into Swimmer 6 YES —Register into Rookie	
Gliders / Divers 3 – 5 years	Sunfish 3 – 5 years	NO —Register into Preschool 5 YES —Register into Preschool 5	Preschool 5 3 – 5 years	Star 5	Swim Kids 8	NO —Register into Swimmer 6 YES —Register into Rookie	Rookie Patrol
		NO —Register into Preschool 5 YES —Register into Preschool 5	Preschool 5 3 – 5 years			NO —Register into Swimmer 6 YES —Register into Rookie	
Surfers 3 – 5 years	Crocodile 3 – 5 years	NO —Register into Preschool 5 YES —Register into Preschool 5	Preschool 5 3 – 5 years	Star 6	Swim Kids 9	NO —Register into Swimmer 6 YES —Register into Rookie	Rookie Patrol
		NO —Register into Preschool 5 YES —Register into Preschool 5	Preschool 5 3 – 5 years			NO —Register into Swimmer 6 YES —Register into Rookie	
Jumpers 3 – 5 years	Whale 3 – 5 years	NO —Register into Preschool 5 YES —Register into Preschool 5	Preschool 5 3 – 5 years	Star 7	Swim Kids 10	NO —Register into Swimmer 6 YES —Register into Rookie	Ranger Patrol
		NO —Register into Preschool 5 YES —Register into Preschool 5	Preschool 5 3 – 5 years			NO —Register into Swimmer 6 YES —Register into Rookie	
		If 5 years +; register into Swimmer 1 or 2				NO —Register into Swimmer 6 YES —Register into Rookie	Star Patrol

Preschool Skills Screening (3 – 5 years)

What can you do in the water?

Can you get your face wet, blow bubbles and float on your front and back with help?

YES
✓

NO >

Preschool
1

Can you jump into chest-deep water by yourself, glide on your front and back with an aid and flutter kick?

YES
✓

NO >

Preschool
2

Can you retrieve an object from the bottom in waist-deep water, swim 3 metres by yourself and float without any help?

YES
✓

NO >

Preschool
3

Can you swim 5m and jump into deep water, return and exit without any help?

YES
✓

NO >

Preschool
4

Can you tread water for 10 seconds, do a forward roll entry wearing a PFD and perform both front and back crawl for 5m?

YES
✓

NO >

Preschool
5

School Age Swimmer
Minimum age: 6 years



Swimmer Skills Screening (6 – 12 years)

What can you do in the water?

Can you get your face wet, float on your front, back and side, and flutter kick?

YES
✓

NO >

Swimmer
1

Can you swim front crawl and back crawl for 10 metres?

YES
✓

NO >

Swimmer
2

Can you swim front crawl and back crawl for 15 metres, and whip kick for 10 metres?

YES
✓

NO >

Swimmer
3

Can you swim front crawl and back crawl for 25 metres?

YES
✓

NO >

Swimmer
4

Can you swim breaststroke for 25 metres?

YES
✓

NO >

Swimmer
5

Can you swim 300 metres continuously?

YES
✓

NO >

Swimmer
6

**Canadian
Swim Patrol**
Minimum age: 8 years



Class Size Ratios

Our class size ratios are based on those recommended by the Lifesaving Society's Swim for Life Program. These ratios are for one certified instructor per class. By providing an additional instructor, when possible, we're able to increase these ratios without compromising your child's experience.


Lifesaving Society Swim for Life	Recommended
Parent & Tot	10 – 12 participants
Preschool	4 – 6 participants
Swimmer 1 & 2	6 – 8 participants
Swimmer 3	8 – 10 participants
Swimmer 4 – 6 & Rookie (7), Ranger (8), Star (9)	10 – 12 participants

Aquatic Staff

During swim lesson times, you'll see a variety of staff on deck.

Aquatic Program Supervisor

The Aquatic Program Supervisor is responsible for lesson related issues, concerns, feedback, and ensures overall instructor development through mentoring and coaching.

What they wear: Bright blue shirt 

Instructors


These are the faces you will see most often. Our instructors plan and execute safe and fun lessons for participants for all 8 to 9 weeks of lessons. All instructors have taken the extensive Lifesaving Society Swim for Life Instructor course.

Assistant Instructors

The Assistant Instructor may appear as a second instructor during class. The key role of the assistant Instructor is to provide support.

Lifeguards

The Lifeguard Team is responsible for the overall pool safety and operations in the pool area. The team ensures that posted safety rules and policies are being enforced. They also keep the pool organized, ensuring that all programs happily co-exist without disruption.

What they wear: Red shirts 

Program Expectations

What to Bring to Your Swim Lesson/Program

Appropriate attire:

Bathing suit/swim trunks



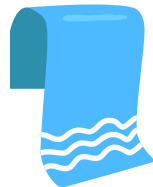
Goggles

Hair tie or bathing cap, if applicable



Flip flops or any clean and slip-proof shoes for the pool deck

Little swimmers who are not toilet trained must wear swim diapers (regular diapers are not suitable for the pool)



Towel

Where to meet?

For Swim for Life lessons, exit the change rooms and head to area of the recreational pool closest to the splash pad where we will have signs posted for each level. The instructors will meet participants there. Alternatively, the lesson supervisor in the blue shirt will be in the area to help guide you.

- For the first lesson, arrive 15 minutes early to get acquainted with the ACC, locker room.
- For the remainder of the session, arrive on the pool deck 5 minutes before the class start time, dressed and ready.
- Please know the level and start time of your child's class before arriving on the pool deck.
- Wait for the instructor's signal before entering the pool.
- Siblings are encouraged to watch from the specified viewing areas, away from the poolside.
- The splashpad is closed during the swim lessons.

Pick Up & Drop Off

Once you have dropped your child off and they are with their instructor, you will be asked to remain in the designated spectator zone. Parents and guardians are not permitted in the immediate areas around the pool where lessons are taking place to enable the instructors and children to remain focused on the class.

Progress reports

Our Progress reports for swimming lessons are exclusively online, facilitated by the SwimGen software. Before the last day of the session, an e-mail will be sent with the necessary login information to view the progress report. Ensure an accurate e-mail address is available in the registration system. Your child's ID number will remain the same and you can see past progress reports.

Remember: *As your child progresses, they'll be evaluated based on the specific criteria for their level. To move to the next level swimmers must master each skill, demonstrating they can do it successfully at least 3 times during the session.*



Participant Expectations

Below we outline the expectations for all participants enrolled in aquatic programs. All programs take place in a busy aquatic environment where the safety of all participants is our priority. We also outline what you can expect from our staff. Please take a minute to review these policies.

CSL ACC Aquatics Program Guidelines

Respect for Property:

- Please respect City of Côte Saint Luc property and other participants' belongings.
- The City of Côte Saint Luc is not responsible for lost or stolen items.

Behaviour Guidelines

Respectful Language:

- We aim to keep our facilities and programs a space of kindness and enjoyment.
- Profanity and foul language will not be tolerated.
- Verbal harassment/bullying of any kind will not be tolerated. If these behaviors are continuous and/or excessive the participant may be removed from Aquatic Programs.

Providing a Safe Space:

- Participants should be aware of others' personal space and boundaries and respect them when others verbalize their limits.
- Participation in program activities is expected. Children may not be unattended in program spaces.
- Participants will follow pool deck policies, and the directions of instructors and lifeguards.



The following guidelines may be used if a child is unwilling to participate or cooperate while in swim lessons:

- Limits will be set and enforced consistently, fairly and respectfully.
- A brief break period may sometimes be required when a participant is distraught and/or emotional. The participant may be removed from the activity for a period of quiet time to cool down. They will remain under supervision and will not be placed outside program parameters, or in harm's way.
- Reinforcement of positive behavior will be used at all times. Staff are encouraged to refrain from simply saying no, but rather explain why something should or should not be done.
- Staff will assist participants in resolving conflicts that arise and redirect participants to another activity before issues may occur.
- Parents will be contacted if behavioral problems persist, and the next course of action taken will be at the discretion of the Aquatics Coordinator.

Public Anti-Harassment Policy

The City of Côte Saint-Luc's programs and facilities are places that promote learning, leisure, and respect in a safe environment. All users and staff have the right to be safe and feel safe while attending a program or facility. The purpose of this policy is to improve the safety and leisure environment in all Côte Saint-Luc Recreation facilities, parks, programs, and other city installations.

View the complete anti-harassment policy: CoteSaintLuc.org/AntiHarassment



Aquatics Centre Guidelines

Pool Deck Policies

Please help us to maintain a safe and clean pool deck for everyone by following these rules:

- Patrons must not run on the pool deck; dive in shallow water; dunk, push, pull or unnecessarily splash other swimmers.
- All instructions and emergency procedures from lifeguards must be followed.
- Outdoor footwear, clothing and strollers are NOT permitted on the pool deck.
- Food, beverages, or any breakable items are NOT permitted in the pool area. Please discard chewing gum in garbage receptacle before entering the pool.
- Anyone not toilet trained must wear water resistant swimwear to prevent contamination of the pool. Cloth or disposable diapers are not accepted.
- All patrons MUST shower before entering the pool. Persons with open cuts, sores, bandages, colds, coughs or infected eyes are NOT permitted in the pool.
- The use of camera/video enabled devices is strictly prohibited in change rooms and wash-rooms. In all other areas of the facility, use of these devices is allowed provided it is for personal use only, does not disrupt the activity of others, and is in accordance with the City's Code of Conduct and posted Safety Standards. Please be respectful of others: avoid capturing others in the background of photos and make phone calls/send texts in the hallways.
- Written permission from the City is required prior to capturing any images or video for professional or commercial use within the facility.

Registration

Registration details for every session can be found in the seasonal Rec Guide or at **CoteSaintLuc.org/RecPrograms**.

Lost and Found

It is your responsibility to keep any belongings together and safe, either keeping them with you or making use of our day use lockers. When the building closes at night, a sweep is done, any unclaimed items are collected and discarded.

Questions?

Contact our Aquatics Coordinator at 514-468-6806 ext. 2233 or dmorrison@cotesaintluc.org.