



Leisure Program
Swimming
WINTER-SPRING
2019

CentreGold^{MC}_{TM}

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SWIMMING GROUP

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

Swimming is a relaxing yet challenging activity, offering many health benefits as well as being a fun and refreshing exercise. Being comfortable in the water and, most importantly, safe is of paramount importance to thoroughly enjoying this activity. For people with either physical or intellectual disabilities who know how to swim, being able to regularly go for a swim is not always a possibility, yet the benefits and the obvious enjoyment resulting from this activity are countless.

The Swimming group will provide participants with the opportunity to enjoy the water in a safe, supervised environment, while taking part in various, gentle organized activities. The fun of being in the water and the feeling of physical freedom that this allows will be strongly encouraged. Travel to and from the Cote Saint-Luc swimming pool will be organized by the home or case managers, or by the participant themselves, if possible.

THE OBJECTIVES OF THE SWIMMING GROUP:

- To develop safety skills in the water and to practice these.
- To develop a level of awareness of the participants' own physical abilities.
- To engage in an enjoyment of being in the water with other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE SWIMMING GROUP:

- Participants will be 18 or older
- Participants will either be able to swim well on their own, or, in the case of someone with a physical disability, be accompanied by a shadow
- Participants must be able to put on their own swim suits and change out of these at the end of the group with only some supervision from the animators or any volunteers
- Participants must be able to interact effectively with the other group members and with the animators and volunteers of the group
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator
- Participants must be able to participate in a group with a ratio of 2 animator to 8 participant

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are completely filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers if and when needed.

SCHEDULE AND FEES:

- The Swimming group will begin Thursday, January 31, 2019 and run for 20 weeks until Thursday, June 20, 2019.
- The group will meet at the YM-YWHA pool, 5400 Westbury (H3W 2W8) from 5 to 6 pm.
- The cost of participation is \$30.00.
- This group will need a minimum of 6 and a maximum of 8 participants.

INFORMATION AND REGISTRATION:

Nina Chepurniy / Louise Valin
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POLICIES:

Registration forms and payment in full must be submitted before the deadline or participants will not be allowed to join. **The deadline is January 16, 2019.**

Payment must be made either in cash or with a cheque; credit card payments will no longer be accepted.

Groups may be cancelled due to insufficient registrants.

Participants must carry photo ID with them at all times.

There will be no groups on the following days:

Easter-Passover—April 19, 20, 21, and 22

Victoria Day/National Patriots Day – May 18, 19, and 20