

Viking and Sunnyside Swimming Pools

"Non-stop family fun!"



Come and join the fun!

Lakeside Heights Recreation Association

Registration and information day

May 30th 2010 (11 a.m. – 3 p.m.)

Chalet Arthur Séguin

365 St-Louis, Pointe-Claire

For more information please visit :

www.piscinevikingpool.ca

Opening Day : June 12th 2010 (noon - 6 p.m.)

Membership includes access to two (2) pools;

Viking:

111 Viking Avenue (514) 428-9309

- Large heated 25m pool

-1 meter and 3 meter diving boards, slide

-Handicap access

-Baby and toddler pool with fountain and toys

-Snack Shack

Sunnyside:

367 St.-Louis Avenue (514) 428-9310

- 20 yard heated pool

- Quiet relaxing environment

-Fun slide

-Baby and toddler pool with toys

Your membership fee includes use of the following services:

- Olympic Way swimming lessons for children
-Eight weeks, Mon. - Thurs.
- Adult swimming lessons
- Swim team
- Waterpolo teams and lessons
- Diving teams and lessons
- Synchronized swimming teams and lessons
- Masters swimming team (for adults)
- Aquafitness
- Lifesaving courses
(Bronze Medallion and Bronze Cross)
- Parents and tots swim
- Leaders (For Young Teens)
- Free Swim, Adult Swim
- Early Bird Swimming

Social Activities:

BBQs Family parties Hot Dog lunches
Fun days Pizza lunches Pancake breakfasts
Movie nights Fundraisers And much more!

Registration Day:

Please bring two pictures of each family member (and babysitter) to registration for use in a membership book

On Sunday May 30th from 11:00 a.m. to 3:00 p.m. at the Arthur Séguin Chalet, the pool staff will be available to discuss and register both children and adults for lessons and activities.

BBQ from 12 noon to 3 p.m.
-Hot dog 75¢, Hamburger \$1.50

Please check the website (www.piscinevikingpool.ca) for information about team uniforms and call Karen Bielby (514) 630-5706 before May 30th 2010.

For membership information, please contact:

Jill Lankshear (514) 697-4302

123 Hilary #16, Pointe-Claire H9R 3R9

Or Athena McDonald (514) 426-1990

Membership Rates

	Early	Regular
Family	\$320	\$340
Couple	\$205	\$225
Adult(18+)	\$120	\$135
Child (12-17)	\$130	\$145
Senior (55+)	\$45	\$50

- Payment by: Cash or Cheque (payable to LHRA)

Registration Sheet

	Name (Family Name, First Name)	Birth Date (YY/MM/DD)
1	,	/ /
2	,	/ /
3	,	/ /
4	,	/ /
5	,	/ /
6	,	/ /
*	,	/ /

* I have a full-time babysitter for my child/children YES / NO
(Please list name in the starred row)

Please note that a family must live at the same address

Address: _____

Phone Number: (_____) _____

Emergency Phone Number: (_____) _____

Email: _____

Children registered in our organized sporting activities will be issued Quebec Child Activity Income Tax receipts.

Please check if required