

**LONG ISLAND AQUATIC CLUB**  
5495 South River Dr., Manotick, ON K4M 1J3  
[www.longislandaquaticclub.weebly.com](http://www.longislandaquaticclub.weebly.com)  
613-692-6241

LIAC is a non-profit organization, run by a volunteer board of directors. LIAC patrons enjoy three heated pools, including an 18+ lane swim pool, and a scenic waterfront location. Our certified lifeguards are employed by LIAC to provide safety and security for everyone using the facilities.

We now accept cash, cheque, debit, and credit.

**Season Dates\***

**Open:** June 1, 2024, at 4 pm

**Closed:** Aug. 29, 2024, at 5 pm

*Limited services and hours subject to change after August 24th, 2024*

**General Swim Hours of Operation\***

**June 1-15 (Weekday) Hours:** 4 pm – 8 pm

**June 16-30 (Weekday) Hours:** 3 pm – 8 pm

**July and Aug. Weekday Hours:** 1 pm – 8 pm

**All Weekends:** 11 am – 8 pm

**Early Morning Swim:** July 2 – Aug 16

**Early Morning Swim:** 6:45-7:45 am (Mon,  
Tues, Thurs, Fri)

Canada Day (July 1, 2024): **Closed**

Civic Holiday (August 5, 2024): **Open**

\*LIAC reserves the right to alter dates, hours, and fees before & during the season.

**GENERAL PUBLIC SERVICES**

Restrictions may apply to LIAC's general public services. LIAC reserves the right to limit daily admission and/or daily guest admission and/or early morning adult swim.

<b>Daily Guest Admission</b> (a member must be present with the guest at all times)	\$12.00/person
<b>Daily Admission</b> (space available basis)	General (15-64) \$23.00/person Senior (65+) \$15.00/person Youth (11-14) \$15.00/person Child (10 and under) \$12.00/person
<b>Early Morning Adult Swim</b> (non-member)	\$12.00/person

**MEMBERSHIPS**

LIAC offers Family and Single Memberships as well as Extended Family and Caregiver Pass add-ons. Limited to **180 memberships**; memberships are processed on a "first come, first serve" basis.

A membership Includes:

- Unlimited access to the facility during our general swim hours of operation
- Unlimited access to our adult-only early-morning swim
- Use of the facility to host a birthday party (see our website for terms & conditions)
- Discounted daily admission rates for member's guests (member's guests pay \$12/person instead of \$23/person for general admission to the site)
- Other summer promotions!

**Important Notice – Family Membership Details**

**Family:** is defined as **immediate dependent family** only, **living full-time** at the address on the application. Children by birth or legal adoption only. A dependent is a person under 21 or a full-time student 25 yrs. of age or under, or as outlined by the income tax act. Proof of full-time student status is required.

**Extended family** (e.g. grandparents): **living full-time** at the residence on the application. This also includes full-time live-in caregivers and C.A.S foster children. Extended family are to be identified separately on the application and must pay an additional \$185.00 per person for seasonal membership. Extended family does not include immediate family, such as spouse or children by birth or legal adoption. **Proof of residence required.**

**Caregiver Pass:** Limit one per year. This pass is offered to **family membership holders only** and may be used to accommodate family situations where a non-resident caregiver is supervising member's children. The pass costs \$185.00 for the season and will permit 50 admissions to the pool. It is **issued to the family** and can **only be used by the babysitter when he/she takes the member children to the pool.**

## MEMBERSHIP APPLICATION FORM

### Instructions:

Print clearly and complete all information on both sides of the application form.  
 Return the completed form and cheque, by mail, to the above address. **No post-dated cheques.**  
 Make cheques payable to Long Island Aquatic Club or L.I.A.C.  
 After June 1, completed forms and cheques may be brought to the pool.  
 Applications must be complete and signed. Incomplete and unsigned applications will not be processed.  
 If registering for a membership and/or lessons, and/or swim team please submit **separate cheques.**

Family Name: \_\_\_\_\_

Parents'/Guardians' first name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone (Home): \_\_\_\_\_ Emergency: \_\_\_\_\_

Email: \_\_\_\_\_

	Ages	Children's Names	Birthdate (D/M/Y)
<input type="checkbox"/> I understand that children must be by birth or legal adoption in order to be included in a family membership. Proof may be required.	<b>Ages 0-16</b>		
	Full-time student <b>Ages 17-21</b> dependent under income tax act: Proof of student status required		
	Full-time student <b>Ages 22-25</b> dependent under income tax act: Proof of student status required		
<b>Extended Family</b> *see definition on p.1		<b>Name</b>	
<b>Caregiver Pass</b> *see definition on p.1		<b>Name</b>	

### Membership Cards & Photos:

- Photo IDs will be taken late May for membership cards.
- Returning members may not require a new photo. However, if your **young child/infant** requires a new photo for his or her membership card due to growth, please indicate here: ☐ **YES** ☐ **NO**
- Please note that photo ID is required when coming down to have pictures taken and when picking up membership package.

**Volunteer activities:** Please indicate at least one volunteer activity for the 2024 season.

☐ Provide food for swim meet ☐ Volunteer at swim meet ☐ Supply donations

OFFICE USE ONLY	Date Received:	Method of Payment: <input type="checkbox"/> Cheque <input type="checkbox"/> Cash <input type="checkbox"/> Debit/Credit <input type="checkbox"/> Money order Name on cheque: _____
	Amount Received: \$	
	Received by:	

Long Island Aquatic Club: 5495 South River Dr., Manotick, ON K4M 1J3

		Winter Special (before March 15, 2024))	Early Bird Price (before May 20, 2024)	Regular Price (after May 20, 2024)		Check all that apply
	Memberships					
Family Membership		\$725.00	\$775.00	\$795.00		
Single Membership		\$366.00	\$386.00	\$406.00		
Subtotal (tax included)		*all totals include a 13% HST charge				
<div>- 10% for seniors (age 65+) - 15% for seniors (age 70+) * Prices calculated using     <b>Bold total price</b> * Photo ID required</div>		<div>For <b>seniors aged 65-69</b>: a family membership will cost <b>\$652.50</b> if bought <b>before March 15</b>; <b>\$697.50</b> if bought <b>before May 20</b> and <b>\$715.50</b> if bought <b>after May 20</b>.  A <b>senior (65-69) single membership</b> will cost <b>\$329.40</b> if bought <b>before March 15</b>; <b>\$347.40</b> if bought <b>before May 20</b> and <b>\$365.40</b> if bought <b>after May 20</b>.  For <b>seniors aged 70+</b>: a family membership will cost <b>\$616.25</b> if bought <b>before March 15</b>; <b>\$658.75</b> if bought <b>before May 20</b> and <b>\$675.75</b> if bought <b>after May 20</b>.  A <b>senior (70+) single membership</b> will cost <b>\$311.10</b> if bought <b>before March 15</b>, <b>\$328.10</b> if bought <b>before May 20</b> and <b>\$345.10</b> if bought <b>after May 20</b>.</div>				
	Membership Add-Ons					
Family Building Fee (New membership only)		\$40.00				
Single Building Fee (New membership only)		\$25.00				
Extended Family Pass		\$185.00				
Caregiver Pass		\$185.00				
Total (tax included)						

No post-dated cheques.

PLEASE SUBMIT WAIVER ON PAGE 4

**MEMBERSHIP TERMS AND CONDITIONS:**

**Membership is non-refundable and non-transferable.**

In the event that a refund is permitted due to exceptional regional or global circumstances, it will be subject to a 30% administration charge.

Hours and prices are subject to change without notice.

Postmark determines date of application.

Incomplete and/or illegible applications will not be processed.

To qualify for a single membership, a child must be ten (10) years old or eight (8) years old and completed Lifesaving society swimmer 5 by June 1, 2024.

Do not park in designated library and reserved parking.

Maintenance or operating procedures may require the limiting of pool areas. When necessary, LIAC will restrict access to the facility. Although very rare, this can include members or member's guests.

Receipts available June 3 - August 25 of the current year. Any receipt required at any other time will be subject to a \$20 administrative fee.

All NSF cheques are subject to a \$25 service charge. Replacement payments must be in cash, certified cheque, or money order.

Early bird deadline is **MAY 20, 2024** determined by postmark only.

By signing below, I (we) acknowledge that I (we) have read, understand and will abide by the terms and conditions above. I (we) agree to abide by the rules of LIAC posted at the pool.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Long Island Aquatic Club 2024 Membership Waiver and Release of Liability Form**

I hereby acknowledge that I am aware of the risks and hazards associated with or related to swimming, diving, and being in, around or near a swimming pool. The risks and hazards include, but are not limited to, injuries from:

- Death from drowning
- Executing strenuous and demanding physical that are part of swimming or diving
- Water, grass, turf, and other surfaces including bacterial infections and rashes
- Falls to the ground due to uneven or irregular terrain or surfaces
- Collisions with pool walls and diving boards
- Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment
- Extreme weather conditions (including lightning) which may result in heatstroke, sunstrokes, hypothermia, or death
- Contact, colliding or being struck by other participants, spectators, equipment, or vehicles
- Vigorous physical exertion and strenuous cardiovascular workouts
- Exerting and stretching various muscle groups

**FURTHERMORE**, I am aware that I or my children or wards may:

- Sustain injuries from swimming or diving that can be severe, cause head or spinal cord injuries and may even be fatal
- Experience anxiety while challenging himself/herself during the activities, events, and programs at the pool
- Come into close contact with other participants, including the possibility of accidental and unexpected contact including, but not limited to, the possible reckless conduct of other participants.
- Experience an increase in the risk of injury as he/she becomes fatigued

I and my children or wards will voluntarily use the pool facilities with full knowledge of the danger involved and hereby agree to accept any and all risks of property damage, personal injury, or death. I and my children or wards have a personal responsibility to follow any and all safety rules and procedures established by the Long Island Aquatic Club and that are associated normally with swimming and other pool use activities. Following such rules will reduce, but not eliminate, the risk of injury or death from swimming participation.

I do assume all risks and hazards incidental to swimming participation and hereby irrevocably waive all claims whatever which I or my children or wards may have against the **Long Island Aquatic Club**.

I do hereby release, absolve, indemnify and save harmless the **Long Island Aquatic Club**, their employees, volunteers, officers, directors, lifeguards, coaches and supervisors from any claims, demands, actions, and costs which I may have as a result of my children or ward's participation.

I hereby acknowledge my (our) acceptance of this waiver and release, knowing it to be a legal document and of legal force and effect, and agree that this waiver and release is a condition of membership in, and participation in the activities of, the **Long Island Aquatic Club**.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

Family Members covered by this waiver and release:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SWIM LESSONS

(No membership required to participate; lesson applications accepted by **regular mail only** starting on **May 1, 2024**. Any lesson application submitted **in person** before June 1 won't be processed.)

Swimming Lesson Sessions	Hours
<b>Session 1:</b> July 2 – July 12 (9 lessons)	Between 8:00am and 11:30am
<b>Session 2:</b> July 15 – July 26 (10 lessons)	* Exact class times/prices to
<b>Session 3:</b> July 29 – Aug. 9 (10 lessons)	become available in May 2024
<b>Session 4 (1 wk):</b> Aug. 12 – Aug. 16 (5 lessons)	* Only 1 hour PVTs, no semi-PVTs

- LIAC offers private or semi-private classes that conform to the session dates (you **can't** have a private that runs the second week of session 1 and the first week of session 2).
- The privates and semi-private classes run 30 minutes or 60 minutes, depending on your preference and your child(ren)'s endurance and skill level
- LIAC will offer 1-hour-long private classes in sessions 1, 2, 3, and 4.
- LIAC will offer 1 hour long semi-private classes in sessions 1, 2, and 3.
- LIAC will offer 30 minute long private or semi-private classes in sessions 1, 2, and 3.
- **LIAC is unable to offer any semi-privates, regardless of the length or any 30-minute private lessons in session 4.**
- No refunds unless there is a medical reason (w/ doctor's note) or class becomes unavailable.
- Tentative 2024 prices \*\*subject to change: 30 min = \$150, 45 min = \$160, 60 min = \$175

Important signup dates for 2024 lessons:

- Session 1: **by mail** starting on **May 1** or *in person* starting on *June 1*
- Session 2: in person or by mail starting on June 10
- Session 3: in person or by mail starting on July 10
- Session 4: in person or by mail starting on July 20
- Privates and semi-privates for session 1&2 begin on June 15, on July 10 for session 3 and on July 20 for session 4.

**Tentative 2024 session 1 schedule: \*\*all classes and times are subject to change:**

### Swim Lesson Times

Level	Session 1
Parent & Tot (1-3 years)	11:00 - 11:30
Preschool 3-5 years (all lessons 30 minutes)	
Tadpole (P1) <input checked="" type="checkbox"/>	9:00 - 9:30 9:30 - 10:00 10:00 - 10:30 11:00 - 11:30
Minnow (P2)	8:45 - 9:15 9:45 - 10:15 10:00 - 10:30
Trout (P3)	8:45 - 9:15 9:15 - 9:45 10:30 - 11:00
Bass (P4)	9:15 - 9:45
Muskie (P5)	10:15 - 10:45

Level	Session 1
Swimmer 1 - 30 min	9:30 - 10:00 9:45 - 10:15 9:45 - 10:15
Swimmer 2 - 30 min	8:45 - 9:15 10:00 - 10:30 10:15 - 10:45
Swimmer 3 - 45 min	8:45 - 9:30 9:00 - 9:45 10:00 - 10:45 10:15 - 11:00
Swimmer 4 - 45 min	8:00 - 8:45 9:00 - 9:45 10:15 - 11:00
Swimmer 5 - 45 min	8:30 - 9:15 9:45 - 10:30
Swimmer 6 - 60 min	8:00 - 9:00 9:15 - 10:15
Rookie Patrol - 60 min	8:00 - 9:00
Ranger Patrol - 60 min	Not offered
Star Patrol - 60 min	Not offered

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### SWIM LESSON APPLICATION FORM

(No membership required to participate; lesson applications accepted by **regular mail only** starting on **May 1, 2024**. Any lesson application submitted **in person** before June 1 won't be processed.)

Child's Family Name: \_\_\_\_\_

Parents' / Guardians' First Name: \_\_\_\_\_

E-mail: \_\_\_\_\_ Postal code: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone No.: Home: \_\_\_\_\_ Emergency: \_\_\_\_\_

Children's Names	D.O.B. (D/M/Y)	Age	Level	Session	Preferred Time		Cost
					1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice	
Total:							

If the session that you have requested is full, which other session are you able to attend? \_\_\_\_\_

#### PLEASE SUBMIT WAIVER ON PAGE 7

##### LESSON TERMS AND CONDITIONS:

Lessons are **non-refundable** and **non-transferable**

**No refunds** unless there is a medical reason (medical doctor's certificate) for withdrawing. Refunds are subject to a 30% administrative fee.

Receipt duplicates will be subject to a \$15 administrative fee.

Returned cheques will be subject to a \$25 administrative fee.

Payment is due at the time of registration. **No postdated cheques.**

Refund deadline is August 20, 2024.

Because all lessons are progressive, we cannot split a session.

In extreme circumstances (emergencies, weather, etc.), L.I.A.C. cannot provide refunds or make up for lost time.

Waterproof non-spray on sunscreen only. Sunscreen must be applied a minimum of 20 minutes before entering the pool.

Provincial regulation states that **all persons must shower before entering the pool.**

All Parents must remain on the grass at all times & must leave promptly after lessons are over.

Unsigned or uncompleted forms will not be processed.

I (we) confirm that the above information is correct and I (we) agree to abide by the rules of LIAC posted at the pool. I (we) have read, understand and will abide by the terms and conditions outlined above.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

OFFICE USE ONLY	Date Received:	Method of Payment: <input type="checkbox"/> Cheque <input type="checkbox"/> Cash <input type="checkbox"/> Debit/Credit <input type="checkbox"/> Money order Name on cheque: _____
	Amount Received: \$	
	Received by:	

**Long Island Aquatic Club Swimming Lessons 20\_\_ Waiver and Release of Liability Form  
(for participants under the age of 18)**

**Swimmer's Name(s):** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I, (we), the undersigned, being Parents or Guardians of the above named swimmer(s), do hereby consent to the above named swimmer(s) participating in swimming lessons at the **Long Island Aquatic Club**, include time in the water and at poolside.

I, (we), understand that the various swimming exercises and drills used in swimming lessons are not recommended for individuals who have potential medical problems unless under direct medical supervision. The swimmer(s) and his or her Parents or Guardians further agree that the above named swimmer(s) has no medical problems that would reasonably prevent their participation, and is in good health, and that the **Long Island Aquatic Club** will not be responsible for any medical or related claims as a result of any action resulting from participating with the **Long Island Aquatic** swimming lessons.

I, (we), do assume all risks and hazards incidental to swimming lesson participation and hereby irrevocably waive all claims whatever which I, (we), or the above named swimmer may have against the **Long Island Aquatic Club**.

I, (we), do hereby release, absolve, indemnify and save harmless the **Long Island Aquatic Club**, their employees, volunteers, officers, directors, lifeguards, coaches and supervisors from any claim which I (we), or the above named swimmer(s) may have as a result of his or her participation in swimming lessons.

I, (we), hereby acknowledge my (our) acceptance of this waiver and release, knowing it to be a legal document and of legal force and effect, and agree that this waiver and release is a condition of participation in the swimming lesson activities of the **Long Island Aquatic Club**.

\_\_\_\_\_  
Parent or Guardian signature

\_\_\_\_\_  
Date

Long Island Aquatic Club: 5495 South River Dr., Manotick, ON K4M 1J3

## SWIM TEAM APPLICATION FORM

(Swim team applications will be accepted **by regular mail only** starting on **May 1, 2024**  
Any swim team application submitted **in person before June 1** will not be processed.)

Swim Team runs from **Wednesday, July 3rd to Friday, August 16th**  
Senior practices are from 11:35 am - 12:35 pm on weekdays and 8:00 am - 9:00 am Saturday  
Junior Swim Team Practices 11:35 am - 12:30 pm

### Junior Swim Team: Ages 5 & 6

- Need at least Lifesaving Society Preschool 4/5
- Practice 3x a week (Mon., Wed., Fri.)
- Max. enrolment: 6 swimmers
- **Price until June 10<sup>th</sup>: \$432.00**
- **Price after June 10<sup>th</sup>: \$470.00**

### Senior Swim Team: Ages 7 & up

- Need at least Lifesaving Society Swimmer 2
- Practice 5x a week (Mon, Tues, Wed, Fri, Sat)
- Max. enrolment: 50 swimmers
- **Price until June 10<sup>th</sup>: \$547.00**
- **Price after June 10<sup>th</sup>: \$575.00**

Family Name: \_\_\_\_\_

Parents' / Guardians' first name(s): \_\_\_\_\_

Address (including postal code): \_\_\_\_\_

Telephone: Home: \_\_\_\_\_ Emergency: \_\_\_\_\_

Email: \_\_\_\_\_

Name(s)	M/F	D.O.B (D/M/Y)	Swim Level	Competitive?	Cost
Total:					

### PLEASE SUBMIT WAIVER ON PAGE 9

#### Swim Team Terms and Conditions:

**No refunds** will be given unless there is a valid medical reason (proven by a physical doctor's note from a registered medical physician). All refunds are subject to an **administrative fee of 30%**

Swim team payments are **all non-refundable and non-transferable**.

Enrollment is limited to 56 participants. Enrollment is on a first come, first served basis.

**Competitive swimmers**, which includes (but is not limited to) 9 & over carded swimmers with Swimming Canada, competitive water polo players and competitive synchronized swimmers will be asked to participate as exhibition swimmers only (with no points awarded to the team).

All swim team parents are required to volunteer on the day of L.I.A.C.'s swim meet.

Please submit a separate cheque for swim team if you are also signing up for lessons or a membership. **No postdated cheques allowed**

A receipt is available between July 1 – August 25 of the current year. A receipt required at any other time will be subject to a \$20 administrative fee.

Only waterproof, non-spray on sunscreen is permitted on site. All persons must wait a minimum of 20 minutes after applying sunscreen before entering the pool.

All persons must shower before entering the pool. Observers must remain on the grass at all times

Swim team members and observers must leave promptly after swim team is over.

I (we) confirm that the above information is correct, and I (we) agree to abide by the rules of LIAC posted at the pool. I (we) have read, understand, and will abide by the terms and conditions outlined above.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

OFFICE USE ONLY	Date Received:	Method of Payment: <input type="checkbox"/> Cheque <input type="checkbox"/> Cash <input type="checkbox"/> Debit/Credit <input type="checkbox"/> Money order Name on cheque: _____
	Amount Received: \$	
	Received by:	



**Long Island Aquatic Club Swim Team 20\_\_\_\_ Waiver and Release of Liability Form**

Swimmer's Name(s): \_\_\_\_\_  
\_\_\_\_\_

I the undersigned, being the Parent or Guardian of the above-named swimmer(s), do hereby consent to the above-named swimmer(s) participating in all scheduled and unscheduled activities of the **Long Island Aquatic Club Swim Team**, which may include:

- try-outs,
- training sessions,
- time trials,
- competitions,
- training camps,
- travel to such events,
- accommodation when necessary,

and any other events and activities which serve as an integral part of being a member of the **Long Island Aquatic Club Swim Team**.

I understand that the various swimming exercises and drills used in swim practice are not recommended for individuals who have potential medical problems unless under direct medical supervision. The swimmer(s) and his or her Parents or Guardians further agree that the above-named swimmer(s) has(have) no medical problems that would reasonably prevent their participation, and is (are) in good health, and that the **Long Island Aquatic Club** will not be responsible for any medical or related claims as a result of any action resulting from participating with the **Long Island Aquatic Club Swim Team**.

I assume all risks and hazards incidental to swimming participation and hereby irrevocably waive all claims that the above-named swimmer(s) may have against the **Long Island Aquatic Club**.

I do hereby release, absolve, indemnify, and save harmless the **Long Island Aquatic Club**, their employees, volunteers, officers, directors, lifeguards, coaches, and supervisors from any claim which I or the above-named swimmer(s) may have as a result of his or her participation.

I hereby acknowledge my acceptance of this waiver and release, knowing it to be a legal document and of legal force and effect, and agree that this waiver and release is a condition of participation in the activities of the **Long Island Aquatic Club Swim Team**.

\_\_\_\_\_  
Parent or Guardian

\_\_\_\_\_  
Date