

<b>Aquatic Centre</b>	<b>Address</b>	<b>Phone</b>	<b>Specific Information</b>	<b>Program Offered</b>
<b>Aquatic Centre Côte-des-Neiges: Côte-des-Neiges Sports Centre</b>  Website: <a href="https://www.lscdndg.org/en/">https://www.lscdndg.org/en/</a>	4880 Van Horne Avenue	514-342-9988	- Different registration date for non-residents.  - The swimming program offered is different from that of the Town of Mount Royal. The following link will help you register for the right level: <a href="https://www.lscdndg.org/en/cscdn-children-swimming/">https://www.lscdndg.org/en/cscdn-children-swimming/</a>	- Swimming lessons for children and adults - Rescue and first aid courses - Several aquafit classes available - Open swim
<b>Aquatic Centre Côte-des-Neiges: Notre-Dame-de-Grâce Pool</b>  Website: <a href="https://www.lscdndg.org/en/">https://www.lscdndg.org/en/</a>	3760 Décarie Boulevard	514-342-9988	- Different registration date for non-residents.  - The swimming program offered is different from that of the Town of Mount Royal. The following link will help you register for the right level: <a href="https://www.lscdndg.org/en/decarie-children-swimming/">https://www.lscdndg.org/en/decarie-children-swimming/</a>	- Swimming lessons for children and adults - Rescue and first aid courses - Several aquafit classes available - Open swim
<b>City of Saint-Laurent Saint-Laurent Sports Complex</b>  Website: <a href="https://loisirs.montreal.ca/IC3/#/U2010">https://loisirs.montreal.ca/IC3/#/U2010</a>	2385 Thimens Boulevard	514-855-6110	- Different registration date for non-residents.  - The swimming program offered is the same as that of the Town of Mount Royal.	- Swimming lessons for children and adults - Rescue and first aid courses - Open swim
<b>Vanier Aquatic Centre</b>  Website: <a href="https://www.vaniercollege.qc.ca/health-fitness-recreation-courses/aquatics-swimming/">https://www.vaniercollege.qc.ca/health-fitness-recreation-courses/aquatics-swimming/</a>	821 Sainte-Croix	514-744-7500 Room 7129	- Single registration date for everyone.  - The swimming program offered is the same as that of the Town of Mount Royal.	- Swimming lessons for children and adults - Rescue and first aid courses - Open swim
<b>CEPSUM Aquatic Centre (Université de Montréal)</b>  Website <a href="https://www.cepsum.umontreal.ca/regroupement-activite/installations-aquatiques/">https://www.cepsum.umontreal.ca/regroupement-activite/installations-aquatiques/</a>	2100 Édouard-Montpetit Boulevard	514-343-6150	- Single registration date for everyone.  - The swimming program offered is different from that of the Town of Mount Royal.	- Swimming lessons for children and adults - Rescue and first aid courses - Open swim

<p><b>Saint-Roch Swimming Pool</b></p> <p>Website:  <a href="https://piscinesaint-roch.com/">https://piscinesaint-roch.com/</a></p> <p>See their Facebook page for the latest information:  <a href="https://www.facebook.com/people/Piscine-Saint-Roch-Officiel/100057121613428/">https://www.facebook.com/people/Piscine-Saint-Roch-Officiel/100057121613428/</a></p>	400 Ball Avenue	514-271-4086	- Different registration date for non-residents	<ul style="list-style-type: none"> <li>- Rescue and first aid courses</li> <li>- Open swim</li> </ul>
<p><b>Côte Saint-Luc</b></p> <p>Website:  <a href="https://cotesaintluc.org/">https://cotesaintluc.org/</a></p> <p>Programming and registration:  <a href="https://cotesaintluc.org/services/sports-recreation/programming-registration/">https://cotesaintluc.org/services/sports-recreation/programming-registration/</a></p>	5794 Parkhaven Avenue	514-485-6806	<ul style="list-style-type: none"> <li>- Different registration date for non-residents.</li> <li>- The swimming program offered is the same as that of the Town of Mount Royal.</li> </ul>	<ul style="list-style-type: none"> <li>- Swimming lessons for children and adults</li> <li>- Rescue and first aid courses</li> <li>- Several aquafit classes available</li> <li>- Open swim</li> </ul>
<p><b>YMCA:</b></p> <p>Cartierville  <a href="https://www.ymcaquebec.org/en/Find-a-Y/Cartierville-YMCA">https://www.ymcaquebec.org/en/Find-a-Y/Cartierville-YMCA</a></p> <p>Du Parc  <a href="https://www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA">https://www.ymcaquebec.org/en/Find-a-Y/Du-Parc-YMCA</a></p>	<p>11885 Laurentien Boulevard</p> <p>5550 Du Parc Avenue</p>	<p>514-313-1111</p> <p>514-271-9622</p>	<ul style="list-style-type: none"> <li>- Single registration date for everyone.</li> <li>- The swimming program offered is different from that of the Town of Mount Royal. Use this comparative table to help you register:  <a href="https://www.ymcaquebec.org/getmedia/01970356-71ed-48dc-bae6-20ce19afed96/YMCA-Swimming-Programme-Tableau-de-Conversion_EN1123.pdf">https://www.ymcaquebec.org/getmedia/01970356-71ed-48dc-bae6-20ce19afed96/YMCA-Swimming-Programme-Tableau-de-Conversion_EN1123.pdf</a></li> <li>- Membership is required to use the facilities, but swimming lessons are available without membership.</li> </ul>	<ul style="list-style-type: none"> <li>- Swimming lessons for children and adults</li> <li>- Rescue and first aid courses</li> <li>- Several aquafit classes available</li> <li>- Open swim</li> </ul>