



SCARBOROUGH SWIM CLUB

SWIM ACADEMY

PARENT INFORMATION GUIDE

2026 - 2027

STRONGER TOGETHER. ★ DEVELOPING SKILLS. ★ BUILDING CHAMPIONS.

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★ SCARBOROUGH SWIM CLUB ★

Our Vision

Inspiring swimmers to achieve their personal best—in the pool and beyond.

Our Mission

The Scarborough Swim Club is committed to being a leading swim club in Ontario, inspiring every athlete to achieve their highest potential through an inclusive and supportive culture that values teamwork, growth and discipline.

The Scarborough Swim Club is a not-for-profit organization that has been providing professional swim instruction and competitive coaching since 1945. Governed by a volunteer Board of Directors, we proudly serve families in the eastern Greater Toronto Area (GTA) and welcome swimmers of all levels—from complete beginners to advanced athletes.

Our programs focus on much more than learning to swim. We help children develop cardiovascular fitness, confidence, discipline, teamwork, and essential life skills such as time management and perseverance. With more than 200 swimmers this past season, SCAR has a long tradition of success, including participation at local meets, provincial and national competitions, and a history that includes many Canadian Olympians. We are committed to providing a fun, supportive, and growth-oriented environment where every swimmer can learn, improve, and thrive—both in and out of the pool.

★ PRE-COMPETITIVE GROUP STRUCTURE ★

Swim Academy is designed as a competitive development program focused on building the next generation of competitive swimmers. The goal of the Academy is to nurture young athletes by developing strong technical foundations, efficient movement patterns, and the core skills required for long-term progression in the sport.

While not every swimmer in the Academy will ultimately pursue high-performance or competitive pathways, the program is intentionally structured to prepare those who choose to. More importantly, Swim Academy provides a space for young swimmers to build confidence, grow their athletic abilities, and discover their love for the sport of swimming.

Through purposeful coaching, skill acquisition, and consistent exposure to training habits, the Academy supports swimmers in becoming technically sound, motivated, and ready for the next stage of competitive development should they choose to take it.

GROUP	RECOMMENDED AGE	FOCUS	CLASSES / WEEK	SESSION DURATION
Academy 1	6-7 years old	Technical fundamentals, body control, aquatic awareness, and movement efficiency	3	35-45 min
Academy 2	7-8 years old	Stroke development, technical proficiency, and skill refinement across all strokes	3	45 min
Academy 3	8-9 years old	Four-stroke competency, starts, turns, race skills, and training habits	3	60 min
Academy 4	9-12 years old	Advanced stroke development, race preparation, fitness development, and transition toward competitive swimming	4	60-90 min
Swim+	13 years old and over	Advanced stroke development, race preparation, fitness development, and transition toward competitive swimming	4	90 min (Saturday 105 min)

Exceptions to these guidelines will be made only in extraordinary circumstances and only at the discretion of the Academy Coordinator and Supervisor.

★ SWIMMER ADVANCEMENT & EQUIPMENT ★

Swimmer Advancement

Each level is assessed in four domains with a 4-point rating scale. Progression between levels is determined by sustained demonstration of required skills over time, rather than performance in a single session or isolated assessment. The goal is to ensure swimmers can execute skills not only correctly, but with confidence, control, and consistency.

Advancement through Academy 1-4 is based on evaluation across four key domains: Technical Skills, Physical Skills, Race Skills, and Behavioral Standards.

- **Competent:** Meets or exceeds the expected standard
- **Developing:** Close to the standard; needs refinement
- **Emerging:** Limited demonstration of the standard; needs consistent practice
- **Not Yet:** Does not demonstrate the standard; requires significant support

Swimmer movement between groups is at the discretion of the coaches and supervisors.

Equipment

All swimmers are required to wear appropriate swim attire during training. No Board shorts, rash guards, shirts, or full-body suits. The items listed below are mandatory for all practices unless otherwise communicated by the coaching staff.

GROUP	REQUIRED EQUIPMENT
Swim 1	Properly fitted goggles; Red SCAR cap; Kickboard; Waterbottle; Finis Long Fins (No scuba fins)
Swim 2	Properly fitted goggles; Red SCAR cap; Kickboard; Waterbottle; Finis Long Fins; Agility Paddles; Ankle Strap (Finis Preferred)
Swim 3	Properly fitted goggles; Red SCAR cap; Kickboard; Waterbottle; Finis Long Fins; Agility Paddles; Ankle Strap; Snorkel (No scuba snorkels)
Swim 4 & Swim+	Properly fitted goggles; Red SCAR cap; Kickboard; Waterbottle; Finis Long Fins; Agility Paddles; Ankle Strap; Snorkel; Pool Buoy

Upon registration, swimmers will receive a SCAR red latex swim cap and a black SCAR team t-shirt, which are included in the registration fee. SCAR members receive a discount at Team Aquatics Supply located in TPASC. Equipment can be ordered on Lysports.com.

For questions regarding team apparel or equipment requirements, contact office@scarswimming.ca.

★ SESSION SCHEDULE ★

Scarborough Swim Club Academy season runs from September 2026 through June 2027.

Session 1: Fall/Winter: September to January (18 weeks)

Session 2: Winter/Spring: February to June (~18 weeks)

Breaks

- Winter Holidays - December 21, 2026 to January 3, 2027
- March Break - March 15, 2027 to March 20, 2027

All Statutory Holidays

- Thanksgiving Day - October 12
- Christmas Day - December 25
- Boxing Day - December 26
- New Year's Day - January 1
- Family Day - February 15
- Good Friday - March 26
- Victoria Day - May 24

Other Closures

From time to time we will be informed of a special event hosted at TPASC. All lane space is cancelled during these closures. Notification will be sent out shortly after the team has been notified. We understand these can be unexpected; please note these cancellations are accounted for and no refunds or makeup classes are offered for these special event cancellations.

★ FEES ★

Registration Fee

Every swimmer is required to pay an annual registration fee of **\$160**, which includes:

- Registration with the Scarborough Swim Club
- A Scarborough Swim Club t-shirt and latex swim cap
- Registration with Swim Ontario and Swimming Canada, which provides membership and insurance coverage in any pool in Canada

Lesson Fees

SESSION 1 - 18 WEEKS	SWIM 1	SWIM 2	SWIM 3	SWIM 4	SWIM+
<i>Annual Membership Fee</i>	\$160	\$160	\$160	\$160	\$160
<i>Pool Hours / Week</i>	1.75-2.25 hrs	2.25 hrs	3 hrs	5 hrs	6.25 hrs
<i>Length</i>	18 weeks	18 weeks	18 weeks	18 weeks	18 weeks
<i>Training Fee</i>	\$700	\$900	\$900	\$1425	\$1325
<i>Adjustments</i>	—	2A=\$875 / 2C=\$825	2B=\$825	—	—

* Adjustments for Monday holidays & West Hill.

★ REFUND POLICY ★

Refunds or Withdrawals

As a non-profit club, our highest costs — pool rental and coaching salaries — are committed in advance and do not decrease when a swimmer withdraws. For that reason, we maintain a strict refund policy.

Requesting a withdrawal

All withdrawals must be submitted in writing to office@scarswimming.ca.

Before August 1, 2026

Registration and training fees are fully refundable.

On or after August 1, 2026

Registration fees of \$160 are non-refundable. A \$100 administration fee applies.

On or after Sept 1, 2026

Registration and training fees paid are non-refundable.

Unforeseen circumstances & missed practices

Occasionally, training may be cancelled due to unforeseen circumstances, including pool closures or scheduling conflicts with swim meets. No refunds or makeup sessions will be offered for cancellations. We do not offer make-up sessions or reduced fees for swimmers due to illness or vacation.

★ ENTRY ASSESSMENTS ★

All new swimmers are required to complete an assessment before being accepted into the Scarborough Swim Club Academy. The assessment helps our coaching staff determine whether the swimmer is ready for the program and identify the most appropriate Academy level based on their current skills and development.

To be eligible for an assessment, swimmers must be between 6 and 12 years of age. During the assessment, coaches will evaluate the swimmer's technical ability, physical readiness, coachability, and overall suitability for the Academy environment.

Swimmers should be able to demonstrate:

- The ability to swim one length of the pool (25 metres) in freestyle and backstroke
- Streamlined push-offs and body position off the wall.
- The ability to make technical adjustments when provided with coaching feedback.
- A willingness to learn, challenge themselves, and work outside of their comfort zone.
- Positive listening skills and the ability to follow instructions in a group setting.

Our goal is to identify swimmers who are ready to develop strong technical foundations while fostering a lifelong love for the sport.

To book an assessment, please visit the SCAR website, navigate to the Programs section, and select **Assessment & Tryout**.

For families with multiple swimmers, a sibling discount is available:

- 10% discount off lesson fees only for two or more siblings (applied to each child). The discount will be applied before the August 1 payment.

Occasionally a class may be cancelled due to unforeseen circumstances including pool closures, inclement weather, and power failures. Refunds or credits will not be provided for cancellations out of the Club's control. Furthermore, makeup classes, reduced fees, refunds, or credits will not be provided for swimmer absences due to illness, vacation, or other reasons.

★ REGISTRATION ★

Class Registration

All registrations are completed through the Commit Swimming platform, accessible through our website. Please register only for the group that has been assigned or recommended by the coaching staff following your assessment.

To activate your membership, the following must be completed:

- Club registration forms
- Club waivers
- Swimming Ontario/Canada registration and waiver
- TPASC facility waiver

All swimmers must complete the online facility waiver to be allowed into the Toronto Pan Am Sports Centre. Swimmers are not permitted to enter the water or participate in training until all required forms and registrations have been completed and submitted.

Swimming Canada registration must be finalized within the first two weeks of joining the club. Failure to complete this process may affect your swimmer's eligibility to participate in training and competitions.

If you require assistance with registration, contact office@scarswimming.ca.

Swimming Canada Registration

All members will be sent a link and must log into their swimmer's accounts via Sportlomo to review and complete forms. You will receive an email from Sportlomo with the link to your swimmer's account. Please keep an eye on your inbox and junk folders.

Once logged in, click on your swimmer's name where it says **"Update."** **DO NOT CLICK "Register/Renew" or "Upgrade/Add New Category"** or this will create a brand new record. SCAR has registered all swimmers; you only need to update the information and sign the waivers. At no point should you be required to pay for your account.

★ REPORT CARDS ★

Swimmers will receive a final report card that highlights their progress and identifies next steps at the end of each session. Report cards are distributed online through Swimgen.

To access, visit: <https://swimgen.net/search/scarswim>

Enter your swimmer's Pre-Competitive ID (swimmer's first initial followed by last name). Example: Joe Swim would be **JSwim**.

The system is cap sensitive. If swimmers have the same first initial and last name, their ID will be listed as the swimmer's full first and last name (example: Joe Swim would be **JoeSwim**).

★ SPORT SAFETY ★

ROWAN'S LAW

On July 1, 2019, Rowan's Law provincial legislation came into effect. All sport organizations require that athletes under 26 years of age, as well as a parent/guardian (for athletes under 18), confirm that they have reviewed the concussion awareness resources provided by the Government of Ontario. Each swimmer, and at least one parent/guardian, must review the information and submit your acknowledgement every season.

SAFE SPORT

Safe and inclusive sport environments help make sport rewarding and enriching for all. Safe Sport Training gives you the knowledge and skills to create those environments by recognizing, addressing, and preventing maltreatment in sport. All Sport Canada-funded organizations, including Swimming Ontario/Canada, are required to make safe sport training available to anyone under their immediate authority. All our coaches have taken the Coaching Association of Canada Safe Sport Training. The course is available free at <https://safesport.coach.ca/participants-training>. We encourage all parents/guardians to take the course as well.

★ POOL LOCATIONS ★

TORONTO PAN AM SPORTS CENTRE (TPASC)

875 Morningside Avenue (Morningside Avenue and Hwy 401)

There are viewing bleachers on deck at TPASC and on the main floor. If you would like to speak with an Instructor, please inform the Supervisor on deck.

Parents are responsible for walking their swimmer to lessons and pick-up on deck at the end of their lessons.

All swimmers must shower prior to entering the pool as per TPASC regulations. This policy is monitored, and your swimmer may be asked to return to the change room to shower.

Your instructor will provide you with an access card for your swimmer within the first two weeks of registration. This card allows access to the pool through the turnstiles in the lobby. If you lose your card, a replacement can be requested at the Customer Service Desk for \$10.00. Alternatively, you can download the TPASC app and connect your access card digitally.

WEST HILL COLLEGIATE INSTITUTE

350 Morningside Avenue (Morningside Avenue south of Ellesmere)

Parents are welcome to watch lessons from the benches on the pool deck.

Outdoor shoes are not permitted on the deck. Kindly bring indoor deck shoes or be prepared to remove your shoes before entering.