

Corbis Canada

THE SPORTS CENTRE

Québec's largest aquatic centre

HIGH-PERFORMANCE AND GENERAL-PUBLIC SPORTS

Dedicated to high-performance and general-public sports, the Sports Centre is Québec's largest aquatic centre. In addition to seven pools, two of which are 50 metres long, it also has a fitness room with equipment, a multisport room and a sports medicine centre.

CESAQ: A CENTRE OF EXCELLENCE FOR AQUATIC SPORTS IN QUÉBEC

Not only does the Sports Centre offer a wide range of public courses and activities, it is a springboard for new talent and for elite aquatic athletes. The Sports Centre is home to the Centre d'excellence des sports aquatiques du Québec (*Québec Aquatic Training Centre*), an assistance program for high-performance athletes, established by the Centre national multisport de Montréal (*National Multisport Centre-Montréal*). This is where the national synchronized swim team and the women's national water polo team train, as do Canada's national swim and diving teams. The Olympic Park swim club (CNPPO), which includes several elite-level athletes, is also based at the Olympic Park's Sports Centre.

In 2006, following the creation of CESAQ, a new pool dedicated to synchronized swimming and water polo was installed at the Sports Centre. This 3-metre-deep pool is the only facility of its kind in Canada that meets the new international standards.

In addition, the diving facilities have been upgraded to meet international standards, in particular to accommodate synchronized diving. A dry-land training area for acrobatics has also been set up nearby, in addition to a fitness room designed specifically for athletes who practise these disciplines. With these additions to existing equipment, the Sports Centre now houses some of the most comprehensive and modern aquatic facilities in Canada.

COMPETITIONS

With its leading-edge facilities, the Sports Centre is able to host large-scale national and international competitions. In recent years, it has hosted the Canada Cup – FINA Diving Grand Prix, the 4th FINA Synchronized Swimming World Trophy, the Water Polo Canada Cup, etc. The Centre was also the venue for Olympic trials for the Games in Seoul, Barcelona, Sydney and Beijing, as well as other trials for various aquatic disciplines.

The Sports Centre's permanent stands, which include 2,777 seats, are used to accommodate spectators at these events.



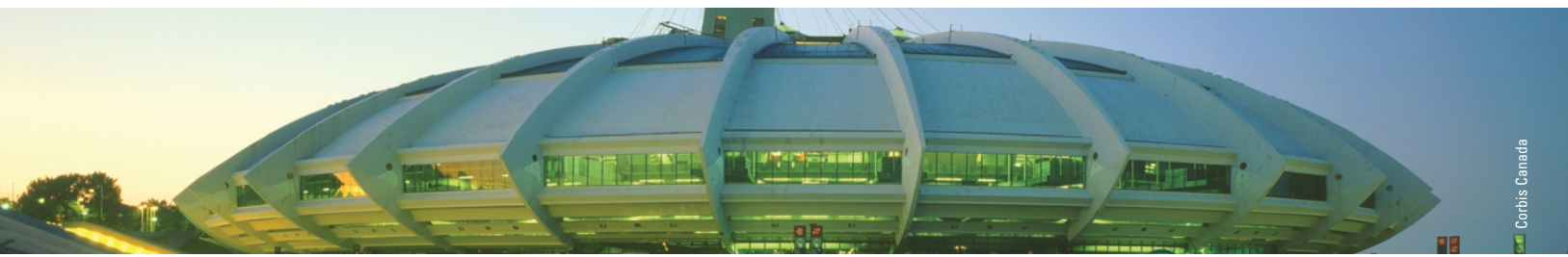
Olympic swimming selection preceding the 2008 Beijing Games.



People of all ages enjoy the installations.



Michael Phelps at the 2009 Québec Cup swimming competition.



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ACTIVITIES FOR THE GENERAL PUBLIC

In addition to the infrastructure and services provided to athletes, the Sports Centre allows people of all ages to enjoy a variety of year-round aquatic activities: various levels of swimming lessons, an aquatic program for kids aged 3 to 5, aqua-fitness, underwater diving courses, and instructor/lifeguard training. The Centre is the only location where open swim is offered all-day long.

For fitness buffs, the Centre offers a variety of fitness activities: weight training, including free weights, resistance machines and cardiovascular machines, as well as aerobic dance, badminton, prenatal courses, yoga, physical fitness assessments and a seniors' fitness program.

The Centre also provides programs for youngsters, including sports days for schools and summer day camps, activities for daycare centres, children's birthday parties, etc.

The Sports Centre Business hours are from Monday to Friday, 6:30 a.m. to 10 p.m., Saturday and Sunday, 9 a.m. to 6 p.m.

UNDERWATER DIVING POOL

The Sports Centre boasts the only indoor underwater diving pool in North America. This pool is 15 metres deep with two decompression levels and is equipped for night diving simulation.

FACTS AND FIGURES

- Seven pools, two of which are 50 metre long, a diving pool, a synchronized swimming pool and an underwater diving pool.
- 9.1 million litres of water regenerated at least four times a day. An electronic system pumps in the necessary chlorine and CO₂ in order to optimize the quality of the water.
- 17 high-capacity sand filters.
- A fitness room and a multisport room offer a variety of activities.
- A unique schedule for open swim: all-day long, non-stop.
- Some 300,000 visitors every year.

Major events held at the Sports Centre since its inauguration:

COMPETITIONS

- Games of the XXI Olympiad
- Swimming qualifying rounds for the Seoul, Barcelona, Sydney and Beijing Olympic Games
- Synchronized swimming qualifying rounds for the 2008 Beijing Olympic Games
- Canada Cup - FINA Diving Grand Prix (2007, 2008, 2009, 2010)
- Water Polo Four Nations Cup 2007, 2009 — Canada, USA, Russia, Australia
- XI FINA World Championships (training site)
- 2009, 2010 4th FINA World Trophy (synchronized swimming)
- 2009, 2010 Water Polo Canada Cup (international competition)
- First World Outgames (2006)
- Olympic Park Swim Team (CNPPO)
- Québec Swimming Cup
- Junior World Synchronized Swimming Championships
- World Masters Swimming Championships
- Montréal Masters Cup (swimming)
- Canadian Junior Diving Championships
- Canadian Swimming Championships
- Provincial Diving Championships
- Junior Water Polo Championships

MISCELLANEOUS EVENTS

- Police training in underwater diving
- Training of artists for the Cirque du Soleil's "O" show
- Celebrities' Swimathon
- Relais Synergie/Québec Lung Association
- 50 and Over Regional Games

SHOOTS

- *Aime ton père* (Gérard Depardieu)
- *Sans Elle* (Karine Vanasse)