



SUMMER PROGRAMS



SUMMER 2024

June 25 - August 16

8 week session



AQUATIC CENTRE

60 Maywood Avenue, Pointe-Claire, Quebec H9R 0A7 - 514 630-1202
www.pointe-claire.ca

Olympic Way SWIMMING LESSONS

TUESDAYS June 25 - August 13 OR THURSDAYS June 27 - August 15

BABY AND PARENT (5 - 18 mo.) 30 minutes

TODDLER AND PARENT (16 - 36 mo.)

A playful introduction to the swimming pool while emphasizing safety. The parent and child will be introduced to basic water skills, a variety of carries and teaching aids with the goal of becoming increasingly confident and independent in the water. (Registration is done in the child's name.)

ONCE A WEEK Resident of Pointe-Claire: \$63 Non-resident: \$88

BABY AND PARENT TODDLER AND PARENT
Tuesday or Thursday 9:30 a.m., 4:30 p.m. 10 a.m., 5 p.m.

BEGINNERS (8 - 16 yrs) 30 minutes

Introduction to swimming for older children

ONCE A WEEK Resident of Pointe-Claire: \$63 Non-resident: \$88

Tuesday or Thursday 9 a.m., 6 p.m., 6:30 p.m.

LEVELS WHITE, YELLOW, GREEN, RED 30 minutes

ONCE A WEEK Resident of Pointe-Claire: \$63 Non-resident: \$88

Please visit the webpage and/or registration site for exact days / times as levels offered at each time may vary.

Tuesday or Thursday 9, 9:30, 10, 10:30, 11 a.m., 4:30, 5, 5:30, 6, 6:30, 7 p.m.

LEVELS BLUE, BRONZE, SILVER, GOLD 45 minutes

ONCE A WEEK Resident of Pointe-Claire: \$80 Non-resident: \$112

Please visit the webpage and/or registration site for exact days / times as levels offered at each time may vary.

Tuesday or Thursday 9, 9:45, 10:30 a.m., 4:30, 5:15, 6, 6:45 p.m.

ADAPTED PROGRAMS

First time registrants must contact Catherine O'Rourke or Jane Stowe at 514-630-1202.

ADAPTED SWIM (ages 3 - 17) 45 minutes

This program is designed for children with special needs. A low ratio of 2-1 or 1-1 allows the instructor to devote his/her full attention to the child's needs.

ONCE A WEEK Resident of Pointe-Claire: \$120 Non-resident: \$168

Tuesday or Thursday 9, 9:45, 10:45 a.m.

AQUA PERCEPT CAMP (age 15 +)

This program offers physical activity, swimming and socializing. Activities include sports, art, cooking and excursions in the local community. To register, contact jane.stowe@pointe-claire.ca

Resident of Pointe-Claire: \$140 Non-resident: \$198

Session 1 June 25 - 28 1 - 5 p.m.

Resident of Pointe-Claire: \$175 Non-resident: \$248

Session 2 July 1 - 5 1 - 5 p.m.

Session 3 July 8 - 12 1 - 5 p.m.

Session 4 July 15 - 19 1 - 5 p.m.

LIFESAVING COURSES

La gratuité des formations de sauveteurs et de moniteurs aquatiques est rendue possible grâce au financement du Gouvernement du Québec ainsi qu'à l'implication de plusieurs partenaires.



Free training for lifeguards and aquatic instructors is made possible by funding from the Government of Québec and the support and dedication of various partners.

Courses given primarily in English. Manuals available in English and French.

BRONZE MEDALLION 90% attendance

Prerequisites: 13 yrs+, Olympic Way Silver or equivalent

Mandatory exam date: July 5

BRONZE CROSS

Prerequisites: 14 yrs+, Bronze Medallion

Mandatory exam date: July 19

Resident of Pointe-Claire: \$0 Non-resident: \$0
Course manual: \$0 Pocket mask: \$17 Whistle: \$9

Bronze Medallion: Monday to Friday June 25 - July 5 9 - 11:15 a.m.
Bronze Cross: Monday to Friday July 8 - 19 9 - 11:15 a.m.

NATIONAL LIFEGUARD 90% attendance

Prerequisites: 15 yrs+, Bronze Cross, Standard First Aid (16 hrs)

Mandatory exam date: July 18

Resident of Pointe-Claire: \$0 Non-resident: \$0
Course manual: \$0 Pocket mask: \$17 Whistle: \$9

Monday to Thursday July 1 - 18 12:30 - 4:30 p.m.

COMBINED STANDARD FIRST AID / AED & NATIONAL LIFEGUARD 100% attendance

Prerequisites: 15 yrs+, Bronze Cross

(The First Aid course is combined with the National Lifeguard course)

Resident of Pointe-Claire: \$0 Non-resident: \$0
Course manual: \$0 Pocket mask: \$17 Whistle: \$9

First Aid Course: Tuesday to Friday June 25 - 28 12:30 - 4:30 p.m.

National Lifeguard Course: Monday to Thursday July 1 - 18 12:30 - 4:30 p.m.

LIFESAVING INSTRUCTOR 100% attendance

Prerequisites: 16 yrs+, National Lifeguard

Resident of Pointe-Claire: \$0 Non-resident: \$0
Course manual: \$0 Pocket mask: \$17 Whistle: \$9

1 session of 6 classes:

Wednesday, June 5, 6 - 10 p.m. Wednesday, June 12, 6 - 10 p.m.

Saturday, June 8, 12:30 - 7 p.m. Saturday, June 15, 12:30 - 7 p.m.

Sunday, June 9, 12:30 - 7 p.m. Sunday, June 16, 12:30 - 7 p.m.

LIFESAVING INSTRUCTOR REQUALIFICATION 100% attendance

Resident of Pointe-Claire: \$81 Non-resident: \$87

Wednesday, June 19 6 - 10 p.m.

NATIONAL LIFEGUARD REQUALIFICATION 100% attendance

Resident of Pointe-Claire: \$105 Non-resident: \$111

Sunday, June 2, 4 - 8 p.m. Sunday, June 9, 4 - 8 p.m. Thursday, June 20, 6:30 - 10:30 p.m.

OLYMPIC WAY INSTRUCTOR 100% attendance

Prerequisite: 14 yrs+, Bronze Cross

Learn how to teach the Olympic Way swimming program.

Resident of Pointe-Claire: \$110 Non-resident: \$150

Monday, Wednesday, Friday June 26 - July 19 9 - 11:30 a.m.

Monday, Wednesday, Friday July 22 - August 14 9 - 11:30 a.m.

RECEPTION DESK HOURS

Saturday, June 15 - Friday, August 16

Monday to Friday	9 a.m. - 9 p.m.
Saturday	7 a.m. - 11 a.m.
Sunday	Closed

REGISTRATION

By internet and in person ludik.pointe-claire.ca

Pointe-Claire residents need a valid MULTI card in order to register. Non-residents must have a LUDIK client number.
Information: 514-630-1202

Summer 2024 - Registration starts

Residents of Pointe-Claire: **Tuesday, May 21 at 7 p.m.**
Non-residents: **Tuesday, May 28 at 7 p.m.**

Fall 2024 - Registration starts

Residents of Pointe-Claire: **Tuesday, August 20 at 7 p.m.**
Non-residents: **Tuesday, August 27 at 7 p.m.**

OUTDOOR POOLS

Did you know that in the summertime, Pointe-Claire has seven outdoor pools run by volunteer associations?

These pools offer swimming lessons, aquafitness classes, recreational swim, swim team and other water activities.

For more information: www.pointe-claire.ca

Children under the age of 12 must be accompanied by an adult at all times in our facility.

Information in this pamphlet is subject to change without notice.

Classes can be cancelled in cases of low registration.

Please consult our webpage for our credit / refund policy.

WEIGHT ROOM

Saturday, June 15 - Friday, August 16

ADMISSION	RESIDENT	NON-RESIDENT
Single Admission	\$6.50	\$9
Monthly Card (14 - 20 yrs)	\$22	\$30
Monthly Card (21 - 59 yrs)	\$31	\$43
Monthly Card (60+ yrs)	n/a	\$31
11 month membership (14 - 20 yrs)	\$215	\$300
11 month membership (21 - 59 yrs)	\$295	\$415
11 month membership (60+ yrs)	\$29	\$226
DAY	TIME	
Monday to Friday	6 a.m. - 1 p.m., 5 - 9 p.m.	
Saturday	7 a.m. - 11 a.m.	

PUBLIC SWIM

Saturday, June 15 - Friday, August 16

	SINGLE ADMISSION		15 ADMISSION CARD		11 MONTH MEMBERSHIP	
	Resident	Non-res.	Resident	Non-res.	Resident	Non-res.
Junior (2-20 yrs)	\$3	\$4.50	\$30	\$45	\$91	\$130
Adult (21-59 yrs)	\$4.50	\$6.50	\$45	\$65	\$180	\$250
*Family	\$9.50	\$13.50	\$95	\$135	\$275	\$385
Senior (60+)	Free with membership card	\$5	Free with membership card	\$55	Free with membership card	\$140

* Up to 2 adults and children (ages 20 and under) from the same address

In the summer, residents with a valid Multicard will have free access to public swims on Saturdays at the Pointe-Claire Aquatic Centre and on Sundays at the Olive-Urquhart Sports Centre.

ACTIVITY	DAY	TIME	POOL
FAMILY SWIM (toys, mats, nets available)	Monday, Wednesday, Friday	*1:30 - 3:30 p.m.	6-50 m (LC)
	Tuesday, Thursday	7:30 - 9:30 p.m.	
FUNTIME SWIM Baby pool is closed. Slide and toys available.	Monday, Wednesday, Friday	6:30 - 8 p.m.	25 y
	Tuesday, Thursday	*1:30 - 4:30 p.m.	
LAP SWIM Ages 12+ (Pool set up and swim locations subject to change)	Monday to Friday	10:30 a.m. - 1 p.m.	10-50 m (widths)
	Monday, Wednesday, Friday	8 - 9:30 p.m.	
	Tuesday, Thursday	7:30 - 9:30 p.m.	
	Wednesday, Friday	5:45 - 8 a.m.	
ADULT SWIM Ages 16+ No lap lanes	Monday - Friday	12 - 1:30 p.m.	25 y
DIVING BOARDS	Monday, Wednesday, Friday	8 - 9:30 p.m.	10-50 m

SC = Short course (25 m) LC = Long course (50 m) Widths = 25 m

* Starting June 24, 2024

ADULT PROGRAMS



Tuesday, June 25 - Friday, August 16



AQUAFIT

We offer aquafit classes to help you achieve your fitness goals.

45 minutes

1) 3 classes /wk Resident: \$75 / 60+: \$52 Non-resident: \$105 / 60+: \$75

Monday, Wednesday, Friday 9 a.m. (no class June 24)

2) 2 classes /wk Resident: \$57 / 60+: \$39 Non-resident: \$79 / 60+: \$57

Monday, Wednesday 7 p.m. (no class June 24 and July 1)

FITNESS

Moderate to high intensity classes for the relatively fit client who is looking to maintain their physical fitness. Standing and floor exercises are incorporated in these classes.

45 minutes

*Chair Fitness offers a guided **low intensity** exercise program which includes a range of motion, posture, balance and muscle strengthening exercises.

ONCE A WEEK Resident: \$41 / 60+: \$29 Non-resident: \$58 / 60+: \$41

Cardio Muscle Monday, 10 a.m. (no class June 24)

Cardio Muscle - Advanced Monday, 12:15 p.m. (no class June 24)

ONCE A WEEK Resident: \$47 / 60+: \$33 Non-resident: \$66 / 60+: \$47

Zoom: Resident: \$28 / 60+: \$20 Non-resident: \$40 / 60+: \$28

Essentrics Tuesday, 10 a.m.

Chair Fitness* / Zoom Chair Fitness Tuesday, 11 a.m.

Back to Basics - OUTSIDE Tuesday, 5:30 p.m. (60 minutes)

Pilates Tuesday, 12:15 p.m.

Yoga Wednesday, 10 a.m.

Cardio Muscle - Advanced Wednesday, 6 p.m.

Pilates Thursday, 10 a.m.

Chair Fitness* / Zoom Chair Fitness Thursday, 11 a.m.

Cardio Muscle - Advanced Thursday, 12:15 a.m.

ABC Friday, 10 a.m.

Essentrics Friday, 11 a.m. or 12:15 p.m.

AQUA-ARTHRITICS

45 minutes

ONCE A WEEK

A hydro-therapy program designed to improve mobility, strength and functioning of individuals with arthritis and related conditions. Please check with your doctor before taking this class.

Resident: \$70 / 60+: \$35 Resident: \$80 / 60+: \$40

Non-resident: \$98 / 60+: \$70 Non-resident: \$112 / 60+: \$80

Monday, 11:15 a.m. (no class June 24)

Wednesday, 11:15 a.m.