

PROGRAMS  
FOR CHILDREN AND  
ADOLESCENTS



FALL 2025  
September 13 - December 1  
11 week session  
No classes October 11, 12, 13



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

GYM AND SWIM

GYM AND SWIM			60 minutes
Under careful supervision, children build a solid background in motor coordination by developing body awareness through running, climbing, jumping, throwing, catching and using rhythm. Activities in the gym are followed by a swimming lesson.			
ONCE A WEEK	Resident of Pointe-Claire: \$135	Non-resident: \$189	
2 year olds (Adult participation required in the gym.)			Friday 9:30
3 - 6 year olds	Tuesday 1:30 p.m., 4 p.m.	Thursday 10:30 a.m.	

LIFESAVING COURSES

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

La gratuité des formations de sauvetage et de moniteurs aquatique est rendue possible grâce au financement du Gouvernement du Québec ainsi qu'à l'implication de plusieurs partenaires.  
Free lifeguard courses is made possible thanks to funding from the Québec government and the involvement of several partners.



INTRO TO LIFESAVING			
<i>Prerequisite: 10 - 14 yrs, Olympic Way Bronze or equivalent</i> A fun course for young aspiring lifeguards. Learn lifesaving skills, practice rescues while continuing to improve swimming ability.			
Resident of Pointe-Claire: \$123	Non-resident: \$172		
Saturday	Sept.13 - Nov. 29 (no class October 11)	9:30 - 10:30 a.m.	
Tuesday	Sept.16 - Nov. 25	6:30 - 7:30 p.m.	
BRONZE MEDALLION			90% attendance (Exam date mandatory)
<i>Prerequisite: 13 yrs+, Olympic Way Silver or equivalent</i>			
Resident of Pointe-Claire: \$0	Non-resident: \$0		
Course manual: \$0	Pocket mask: \$17		
Saturday	Sept.13 - Nov. 29 (no class October 11)	1:15 - 3:15 p.m.	
Tuesday	Sept.16 - Nov. 25	7:30 - 9:30 p.m.	
BRONZE CROSS			90% attendance (Exam date mandatory)
<i>Prerequisite: 14 yrs+, Bronze Medallion</i>			
Resident of Pointe-Claire: \$0	Non-resident: \$0		
Course manual: \$0	Pocket mask: \$17		Whistle: \$9
Saturday	Sept.13 - Nov. 29 (no class October 11)	10:30 a.m. - 12:45 p.m.	
Tuesday	Sept.16 - Nov. 25	7:15 - 9:30 p.m.	
OLYMPIC WAY INSTRUCTOR			100% attendance
<i>Prerequisite: 14 yrs+, Bronze Cross</i>			
Resident of Pointe-Claire: \$110	Non-resident: \$150		Course manual included
Saturday	Sept.13 - Nov. 29 (no class October 11)	1 - 3:30 p.m.	
Tuesday	Sept.16 - Nov. 25	7 - 9:30 p.m.	
Thursday	Sept.18 - Nov. 27	7 - 9:30 p.m.	
REQUALIFICATIONS			Resident of Pointe-Claire: \$109 Non-resident: \$116 100% attendance
National Lifeguard: Sun., Nov. 30, 4 - 8 p.m. / Tues., Dec. 9, 6:30 - 10:30 p.m. / Thur., Dec. 11, 6:30 - 10:30 p.m.			

ADAPTED PROGRAMS

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

ADAPTED GYM AND SWIM (ages 3- 17)		55 minutes
This low ratio program (2-1 or 1-1) is designed for children with special needs who could benefit from a more individualized gym and swim program. The instructors work on improving gross motor skills and improving their swimming skills following the “Olympic Way” swim program.		
ONCE A WEEK	Resident of Pointe-Claire: \$171	Non-resident: \$237
Saturday 12:45, 1:45, 2:45 p.m.		
Sunday 11:15 a.m., 12:15, 1:45, 2:45, 3:45 p.m. <i>(no class October 12)</i>		

NATIONAL LIFEGUARD				90% attendance
Prerequisite: 15 yrs+, Bronze Cross, Standard First Aid (16 hrs)				(Exam date mandatory)
Resident of Pointe-Claire: \$0		Non-resident: \$0		
Course manual: \$0		Pocket mask: \$17		Whistle: \$9
Thursday		Sept. 11 - Nov. 27		6:30 - 10:30 p.m.
Tuesday		Sept. 16 - Dec. 2		6:30 - 10:30 p.m.
COMBINED: STANDARD FIRST AID / AED & NATIONAL LIFEGUARD				100% attendance
Prerequisites: 15 yrs+, Bronze Cross				90% attendance
(The First Aid course is combined with the National Lifeguard course)				(Exam date mandatory)
Resident of Pointe-Claire: \$0		Non-resident: \$0		
Course manuals: \$0		Pocket mask: \$17		Whistle: \$9
First Aid Course	Thursday	Sept. 4	6:30 - 10:30 p.m.	
	Sunday	Sept. 7	8:30 a.m. - 5:30 p.m.	
	Monday	Sept. 8	6:30 - 10:30 p.m.	
National Lifeguard		Tuesday, Sept. 16 - Dec. 2 OR		Thursday, Sept. 11 - Nov. 27
STANDARD FIRST AID				100% attendance
Prerequisite: 15 yrs+, Bronze Cross				
Resident of Pointe-Claire: \$0		Non-resident: \$0		Course manual: \$0
Wednesday		October 15 - November 12		6:30 - 9:45 p.m.
LIFESAVING INSTRUCTOR				90% attendance
Prerequisites: 16 yrs+, National Lifeguard				
Resident of Pointe-Claire: \$0		Non-resident: \$0		
Course manual: \$0		Pocket mask: \$17		Whistle: \$9
Saturday, December 13, 12:30 - 7 p.m.		Saturday, December 20, 12:30 - 7 p.m.		
Sunday, December 14, 12:30 - 7 p.m.		Sunday, December 21, 12:30 - 7 p.m.		
Tuesday, December 16, 6 - 10 p.m.		Thursday, December 18, 6 - 10 p.m.		

# Olympic Way SWIMMING LESSONS

Consult the registration site prior to registration as the levels offered at each time may vary.

<b>PARENT AND BABY (5 - 18 mo.)</b>			30 minutes
<b>PARENT AND TOT (16 - 36 mo.)</b>			
A playful introduction to the swimming pool while emphasizing safety. 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.			
<b>ONCE A WEEK</b>	Resident of Pointe-Claire: \$89	Non-resident: \$124	
	PARENT AND BABY	PARENT AND TOT	
Saturday	9, 10, 11:15 a.m., 4 p.m.	8:30, 9:30, 10:45 a.m., 4 p.m.	
Sunday	8:30, 9:30 a.m.	9, 10 a.m.	
Monday - Thursday	9:30, 10, 10:30 a.m.	9:30, 10:30 a.m.	
Visit registration site at <a href="http://ludik.pointe-claire.ca">ludik.pointe-claire.ca</a> for exact times			

LEVELS WHITE, YELLOW, GREEN, RED		30 minutes
ONCE A WEEK	Resident of Pointe-Claire: \$89	Non-resident: \$124
Visit registration site <a href="http://ludik.pointe-claire.ca">ludik.pointe-claire.ca</a> for exact days / times.		
Saturday	8:30, 9, 9:30, 10, 10:45, 11:15, 11:45 a.m., 4, 4:30, 5 p.m.	
Sunday	8:30, 9, 9:30, 10, 10:45, 11:15, 11:45 a.m.	
Tuesday - Thursday	10, 11 a.m.	
Monday - Friday	4, 4:30, 5, 5:30, 6, 6:30 p.m.	

LEVELS BLUE, BRONZE, SILVER, GOLD		45 minutes
ONCE A WEEK	Resident of Pointe-Claire: \$112	Non-resident: \$157
Visit registration site <a href="http://ludik.pointe-claire.ca">ludik.pointe-claire.ca</a> for exact times.		
Saturday	8:30, 9:15, 10, 10:45, 11:30 a.m., 4, 4:45 p.m.	
Sunday	8:30, 9:15, 10, 10:45, 11:30 a.m.	
Tuesday - Friday	4:15, 4:45, 5, 5:45, 6:30, 7:15 p.m.,	

<b>BEGINNER SWIMMING LESSONS (8 - 16 yrs.)</b>			30 minutes
Introduction to swimming for older children to improve comfort and independence in the water. Students stay in this program until they are able to swim one width of the pool continuously. This class is suitable for children who are too old for our White and Yellow level classes.			
<b>ONCE A WEEK</b>	Resident of Pointe-Claire: \$89	Non-resident: \$124	
Monday, Tuesday, Thursday, Friday	6 p.m.		
Saturday	8:30, 10, 10:45 a.m., 4:30 p.m.		
Sunday	8:30, 10, 10:45 a.m.		

<b>PRIVATE SWIMMING LESSONS (2 - 16 yrs.)</b>			30 minutes
<i>Semi-private 2:1 lessons available upon request (Resident \$402 / Non-resident \$567)</i>			
<b>ONCE A WEEK</b>	Resident of Pointe-Claire: \$303	Non-resident: \$424	
Tuesday, Thursday	6:30, 7 p.m.	Saturday 11:45 a.m., 12:15 p.m.	

# Olympic Way DIVING LESSONS

LEARN TO DIVE (5 - 15 yrs)		45 minutes
Prerequisite: completed Green level of swimming		
ONCE A WEEK	Resident of Pointe-Claire: \$112	Non-resident: \$157
No class October 11		
White	Saturday 8:30, 9:15, 10, 10:45, 11:30 a.m.	
Yellow	Saturday 8:30, 10 a.m.	
Green / Red	Saturday 10:45 a.m.	
Blue to Gold	Saturday 11:30 a.m.	

## OTHER PROGRAMS

<b>P.C. WINDMILLS SWIMMING (9 - 16 yrs)</b>			60 minutes
<i>Prerequisite: completed Bronze level of swimming</i>			
A <b>Junior (9-13 yrs)</b> and a <b>Senior (12-16 yrs)</b> non-competitive swim program with the goal of perfecting strokes, learning some basic racing techniques and improving physical fitness.			
<b>THREE TIMES A WEEK</b>	Resident of Pointe-Claire: \$303	Non-resident: \$424	
<b>Junior:</b> Monday 5:30 p.m.	Wednesday 5:30 p.m.	Saturday 8:30 a.m.	
<b>Senior:</b> Monday, 6:30 p.m.	Wednesday 6:30 p.m.	Saturday 9:30 a.m.	



<b>REGISTRATION</b>	
By internet <a href="http://ludik.pointe-claire.ca">ludik.pointe-claire.ca</a> or in person. Information: (514) 630-1202 Pointe-Claire residents must have a valid MULTI Card to register. Non-residents must have a LUDIK number, aquired prior to registration.	
Resident of Pointe-Claire	Starts Tuesday, <b>August 19</b> at 7 p.m. Ends Sunday, September 7 at 9 p.m.
Non-resident	Starts Tuesday, <b>August 26</b> at 7 p.m. Ends Sunday, September 7 at 9 p.m.
<i>Cancellation requests will be processed as per our refund policy.</i>	

# Olympic Way SWIM LEVELS

There are eight swimming levels, ranging in ability from beginner to accomplished swimmer. The detailed requirements for each level are listed below. ***A child must master every skill at each level before progressing to the next.*** In order to preserve the integrity of each class, we reserve the right to remove or transfer children who are not in the correct level.

<b>WHITE</b> <ul style="list-style-type: none"><li>- Jump from side with bubble on</li><li>- Blow bubbles while swimming with bubble on</li><li>- Swim 2 m unassisted face in the water</li><li>- Back float with head assistance</li><li>- Climb in and out of the pool, unassisted</li></ul>	<b>BLUE</b> <ul style="list-style-type: none"><li>- Sumerged push off wall streamline position (front)</li><li>- Front crawl - 50 m</li><li>- Backstroke - 25 m</li><li>- Breaststroke kick - 25 m</li><li>- Introduction to travelling egg-beater</li></ul>
<b>YELLOW</b> <ul style="list-style-type: none"><li>- Jump in, unassisted</li><li>- Demonstrate a front and a back glide</li><li>- Swim 12 m unassisted with no bubble, face in water</li><li>- Front float, unassisted (5 sec.)</li><li>- Back float, unassisted (5 sec.)</li><li>- Tread water (10 sec.)</li></ul>	<b>BRONZE</b> <ul style="list-style-type: none"><li>- Submerged push off the wall, streamline position</li><li>- Front crawl - 50 m</li><li>- Backstroke - 50 m</li><li>- Breaststroke - 50 m</li><li>- Introduction to shallow dive</li></ul>
<b>GREEN</b> <ul style="list-style-type: none"><li>- Push off wall streamline (6 m)</li><li>- Swim Front Crawl - 12 m</li><li>- Endurance swim - 24 m continously</li><li>- Backstroke kick - 12 m</li><li>- Rolling floats</li><li>- Tread water (30 sec.)</li></ul>	<b>SILVER</b> <ul style="list-style-type: none"><li>- Front Crawl - 75 m</li><li>- Backstroke - 75 m</li><li>- Breaststroke - 50 m</li><li>- Butterfly kick - 50 m</li><li>- Introduction to butterfly arms</li><li>- Introduction to flip turns</li></ul>
<b>RED</b> <ul style="list-style-type: none"><li>- Submerged push off into streamline (front)</li><li>- Front crawl - 25 m with breathing to the side</li><li>- Backstroke kick - 25 m</li><li>- Backstroke - 12 m</li><li>- Retrieve item from bottom of pool</li><li>- Introduction to stationary egg-beater</li></ul>	<b>GOLD</b> <ul style="list-style-type: none"><li>- Front Crawl - 100 m</li><li>- Backstroke - 100 m</li><li>- Breaststroke - 100 m</li><li>- Butterfly - 50 m</li></ul>

# Olympic Way DIVE LEVELS

Prerequisite for diving lessons is to have completed the Green level of swimming OR have previous experience in our diving program. ***A child must master every skill at each level before progression to the next.*** In order to preserve the integrity of each class, we reserve the right to transfer children who are not in the correct level.

<b>WHITE</b> <ul style="list-style-type: none"><li>- Front jump (Straight, Tuck, Pike)</li><li>- Back jump</li><li>- Falling front dive</li><li>- Falling back dive (assisted)</li><li>- Forward roll</li><li>- Front jump</li></ul>	1m 1m 1m side side 3m	<i>The detailed requirements for additional levels can be found on our website.</i>
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**Children under the age of 12 must be accompanied in the facility at all times by a responsible adult (18 years +).**