

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., Thursday 10:30 a.m.	Friday 1, 4 p.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

Prerequisite: 10 - 14 yrs, Olympic Way Bronze or equivalent

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

Prerequisite: 13 yrs+, Olympic Way Silver or equivalent

90% attendance
(Exam date mandatory)

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

Prerequisite: 14 yrs+, Bronze Medallion

90% attendance
(Exam date mandatory)

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

Prerequisite: 14 yrs+, Bronze Cross

100% attendance

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.

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 and fine motor skills and improving their swimming skills following the "Olympic Way" swim program.

ONCE A WEEK	Resident of Pointe-Claire: \$171	Non-resident: \$237
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Saturday 12:45, 1:45, 2:45 p.m.

Sunday 11:15 a.m., 12:15, 1:45, 2:45, 3:45 p.m. (*no class October 12*)

NATIONAL LIFEGUARD

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

90% attendance
(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

Prerequisites: 15 yrs+, Bronze Cross

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

100% attendance
90% attendance
(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

LIFESAVING INSTRUCTOR

Prerequisites: 16 yrs+, National Lifeguard

90% attendance

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.	

REQUALIFICATIONS

100% attendance

Please visit our web site for prices.

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.

Olympic Way SWIMMING LESSONS

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

PARENT AND BABY (5 - 18 mo.) PARENT AND TOT (16 - 36 mo.)			30 minutes
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.			
ONCE A WEEK	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.	
<i>Visit registration site at ludik.pointe-claire.ca for exact times</i>			

LEVELS WHITE, YELLOW, GREEN, RED			30 minutes
ONCE A WEEK	Resident of Pointe-Claire: \$89	Non-resident: \$124	
<i>Visit registration site ludik.pointe-claire.ca for exact days / times.</i>			
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	
<i>Visit registration site ludik.pointe-claire.ca for exact times.</i>			
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	3:30, 4:15, 4:45, 5, 5:45, 6:30, 7:15 p.m.,		

BEGINNER SWIMMING LESSONS (8 - 16 yrs.)			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.			
ONCE A WEEK	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.		

PRIVATE SWIMMING LESSONS (2 - 16 yrs.)			30 minutes
<i>Semi-private 2:1 lessons available upon request (Resident \$402 / Non-resident \$567)</i>			
ONCE A WEEK	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
<i>Prerequisite: completed Green level of swimming</i>			
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

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



REGISTRATION	
By internet ludik.pointe-claire.ca 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, August 19 at 7 p.m. Ends Sunday, September 7 at 9 p.m.
Non-resident	Starts Tuesday, August 26 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.

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

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.

WHITE <ul style="list-style-type: none">- Front jump (Straight, Tuck, Pike)- Back jump- Falling front dive- Falling back dive (assisted)- Forward roll- Front jump	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 +).