

ADULT PROGRAMS



WINTER 2026

January 5 - March 1
8 week session



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

ADULT LESSONS

ADULT SWIMMING LESSONS

45 minutes

Three levels of instruction are offered:

- **Beginner** swimming course is for individuals who have been in the water but would like to become more comfortable and gain more confidence.
- **Stroke Improvement** is intended for swimmers who are looking to improve their technique in the four basic swimming strokes.
- **Endurance** swimming is geared toward the proficient swimmer looking to improve front crawl technique in order to increase his/her proficiency and endurance in the water.

ONCE A WEEK Resident of Pointe-Claire: \$104 Non-resident: \$144

Beginner Tuesday, Thursday 7:30 p.m.

Stroke Improvement Tuesday, Thursday 7:30 p.m.

Endurance Tuesday, Thursday 8:15 p.m.



WINTER REGISTRATION

By internet ludik.pointe-claire.ca or in person.
Information: aquatique@pointe-claire.ca / (514) 630-1202
Pointe-Claire residents must have a valid MULTI Card to register.
Non-residents must have a LUDIK number, acquired prior to registration.

Resident of Pointe-Claire Starts Tuesday, November 25 at 7 p.m.

Non-Resident Starts Wednesday, December 3 at 7 p.m.

Cancellation requests will be processed as per our refund policy.

Starting with the SPRING session (March 2026), a new registration platform will be in effect. More information to come!

OTHER PROGRAMS

MASTERS SWIM / DIVE TEAM

For adults of all ages and experience. A great way to stay fit, improve technique and the chance to compete. We offer a flexible training schedule.

For more information, contact fernanda.parente@pointe-claire.ca (swim team) or alison.dewar@pointe-claire.ca (dive team)

CPR TRAINING

CPR is an emergency procedure involving chest compressions (pressing down on the chest) and artificial respiration (rescue breathing). Once the heart stops pumping, seconds count. Learn CPR to increase a victim's odds of survival and possibly save a life.

For more information, contact the Reception desk (514-630-1202), aquatique@pointe-claire.ca or ask for the CPR pamphlet.



Heartsaver/AED - Level A+
BLS for Health Care Providers / AED - Level C+
Emergency First Aid & Childcare First Aid
Babysitting course

LIFESAVING COURSES

We offer a full range of lifesaving course for all ages. It's never too late to get your lifeguarding certification or learn how to teach swimming lessons!

For more information, contact the Reception desk (514-630-1202) or jane.nakano@pointe-claire.ca or ask for the Children and Adolescents Programs pamphlet.

Introduction to Lifesaving
Bronze Medallion
Bronze Cross
Standard First Aid
National Lifeguard
Olympic Way Instructor
Lifesaving Instructor
National Lifeguard Requalification



AQUA FITNESS

AQUAFIT 45 minutes
We offer both shallow and deep water aquafit classes to help you achieve your fitness goals. Choose one of the three following packages:

PACKAGE 1 5 classes	Resident: \$120 Resident 60+: \$84	Non-resident: \$168 Non-resident 60+: \$120
Shallow Aquafit	Monday, Wednesday, Friday 9 a.m.	
Deep Water Aquafit	Tuesday, Thursday 8:45 a.m.	
PACKAGE 2 5 classes	Resident: \$120 Resident 60+: \$84	Non-resident: \$168 Non-resident 60+: \$120
Shallow Aquafit	Monday, Wednesday, Friday 11 a.m.	
Deep Water Aquafit	Tuesday, Thursday 8:45 a.m.	
PACKAGE 3 2 classes	Resident: \$72 Resident 60+: \$50	Non-resident: \$101 Non-resident 60+: \$72
Shallow Aquafit	Monday, Wednesday 7:45 p.m.	

AQUA-ARTHRITICS 45 minutes
A gentle water program designed to improve mobility, strength and functioning of individuals with arthritis and related conditions. Please check with your doctor before taking this class.

ONCE A WEEK	Resident: \$88 Resident (60+): \$42	Non-resident: \$120 Non-resident (60+): \$88
Monday	2:15 p.m.	
Tuesday	11:30 a.m.	
Wednesday	7:00 p.m.	
Friday	2:15 p.m.	

AQUA-NATAL
Pregnant clients are encouraged to participate in our regular aquafitness classes. Please contact our fitness program supervisor for more information and to discuss any concerns: catherine.o'rourke@pointe-claire.ca or 514-630-1202 (1516).

FITNESS

FITNESS 45 minutes
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.

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

ONCE A WEEK	Resident: \$52 Resident 60+: \$36	Non-resident: \$73 Non-resident 60+: \$52
Cardio Muscle	Monday, 10 a.m.	
Cardio Muscle - Advanced	Monday, 12:15 p.m.	
More Muscle	Monday, 6:30 p.m.	
Dynamic Stretching	Monday, 7:30 p.m.	
Essentrics	Tuesday, 10 a.m.	
Chair Fitness*	Tuesday, 10 a.m.	
Yoga Stretch	Tuesday, 11 a.m.	
Pilates	Tuesday, 12:15 p.m.	
Yoga	Wednesday, 10 a.m.	
Chair Yoga*	Wednesday 11 a.m.	
Essentrics	Wednesday, 11 a.m.	
Cardio Muscle	Wednesday, 6:30 p.m.	
Core and Stretch	Wednesday, 7:30 p.m.	
Pilates	Thursday, 10 a.m.	
Chair Fitness*	Thursday, 10 a.m.	
Cardio Muscle - Advanced	Thursday, 12:15 p.m.	
ABC	Friday, 10 a.m.	
Chair Fitness*	Friday, 11 a.m.	
Essentrics	Friday, 12:15 p.m.	



CLASS DESCRIPTIONS

Shallow Aquafit	A low impact workout in shallow water. Enhance muscle endurance and cardiac strength.
Deep Water Aquafit	Classes take place in deep end of pool with flotation belts. (Participants must be comfortable swimming in deep water.)
ABC	Aerobic training, balance and muscle conditioning exercises with various equipment.
Cardio Muscle	Aerobic choreography followed by muscle toning and a short stretch period.
Chair Fitness Chair Yoga	Low intensity exercises which include range of motion, posture, balance and strengthening exercises.
Core and Stretch	Core strengthening exercises combined with movements to improve range of motion and flexibility.
Dynamic Stretching	Active movements over a wide range of motions to facilitate joint mobility and muscle flexibility.
Essentrics	Actively lengthen and strengthen muscles, resulting in greater joint mobility and lean, long muscles.
Line Dancing	Choreographies are explained step by step to a variety of rhythms to create an enjoyable social experience.
More Muscle	Using weights, tubing and fitness bands, participants will be guided through a variety of muscle strengthening exercises.
Pilates	A “yoga inspired” warm-up and balance elements followed by core strengthening and flexibility on the mat.
Yoga	Hatha yoga

ONLINE FITNESS 45 minutes
These classes offer a **low intensity** guided exercise program which includes range of motion, posture, balance and muscle strengthening exercises from the comfort of your home.

ONCE A WEEK	Resident: \$31 Resident 60+: \$22	Non-resident: \$44 Non-resident 60+: \$31
Online Chair Yoga	Tuesday, 10 a.m.	
Online Chair Fitness	Mercredi, 11 a.m.	
Online Chair Fitness	Thursday, 10 a.m.	
Online Chair Fitness	Friday, 11 a.m.	