

ADULT PROGRAMS



SPRING 2026

March 20 - June 8

11 week session

No classes April 3, 4, 5 and 6



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: \$143 Non-resident: \$198

Beginner Tuesday, Thursday 7:30 p.m.

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

Endurance Tuesday, Thursday 8:15 p.m.



SPRING REGISTRATION

By internet or in person. Information: aquatique@pointe-claire.ca / (514) 630-1202

Pointe-Claire residents must have a valid MULTI card and a multi account to register.

Non-residents must have a multi (LUDIK) number and a multi account to register.

New registration platform: multi.pointe-claire.ca

Resident of Pointe-Claire (Adult Activities) Starts Wednesday, February 11 at 7 p.m.

Resident of Pointe-Claire (Children Activities & LifeSaving) Starts Wednesday, February 18 at 7 p.m.

Non-resident (All activities) Starts Wednesday, February 25 at 7 p.m.

Cancellation requests will be processed as per our refund policy.

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 Resident: \$165 Non-resident: \$231
5 classes Resident 60+: \$116 Non-resident 60+: \$165

Shallow Aquafit Monday, Wednesday, Friday 9 a.m.

Deep Water Aquafit Tuesday, Thursday 8:45 a.m.

PACKAGE 2 Resident: \$165 Non-resident: \$231
5 classes Resident 60+: \$116 Non-resident 60+: \$165

Shallow Aquafit Monday, Wednesday, Friday 11 a.m.

Deep Water Aquafit Tuesday, Thursday 8:45 a.m.

PACKAGE 3 Resident: \$99 Non-resident: \$139
2 classes Resident 60+: \$69 Non-resident 60+: \$99

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: \$121 Non-resident: \$165
 Resident (60+): \$58 Non-resident (60+): \$121

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: \$72 Non-resident: \$100
 Resident 60+: \$50 Non-resident 60+: \$72

Cardio Muscle Monday, 10 a.m.

Chair Yoga* Monday, 11 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.

Line Dancing - Intermediate Tuesday, 11 a.m.

Line Dancing - Beginner Tuesday, 12 p.m.

Pilates Tuesday, 12:15 p.m.

Yoga Wednesday, 10 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.

Essentrics Thursday, 11 a.m.

Yoga Stretch Thursday, 12 p.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: \$43 Non-resident: \$61
 Resident 60+: \$30 Non-resident 60+: \$43

Online Chair Yoga Monday, 11 a.m.

Online Chair Fitness Tuesday, 10 a.m.

Online Chair Fitness Thursday, 10 a.m.

Online Chair Fitness Friday, 11 a.m.