

# PROGRAMS FOR CHILDREN AND ADOLESCENTS

## GYM AND SWIM

## ADAPTED PROGRAMS

First time registrants must contact [aquatique@pointe-claire.ca](mailto:aquatique@pointe-claire.ca)



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.		
<b>ONCE A WEEK</b>	Resident of Pointe-Claire: \$138	Non-resident: \$193
<b>2 year olds</b>	Friday 9:30 a.m. ( <i>Adult participation required in the gym.</i> )	
<b>3 - 6 year olds</b>	Tuesday 1:30 p.m., 4 p.m., Thursday 10:30 a.m.,	

ADAPTED GYM AND SWIM (ages 3- 17)		
		55 minutes
This individualized gymnasium and swimming program is designed for children with special needs. The 2 - 1 or 1 - 1 ratio allows the instructor to give their full attention to the needs of the child.		
<b>ONCE A WEEK</b>	Resident of Pointe-Claire: \$187	Non-resident: \$259
Saturday 12:45, 1:45, 2:45 p.m.		
Sunday 11:15 a.m., 12:15, 1:45, 2:45, 3:45 p.m.		

## LIFESAVING COURSES

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.



# 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](mailto:aquatique@pointe-claire.ca)  
[www.pointe-claire.ca](http://www.pointe-claire.ca)

INTRO TO LIFESAVING		
		60 minutes
<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: \$138	Non-resident: \$193	
Saturday	Mar. 21 - June 6	9:30 - 10:30 a.m.
Tuesday	Mar. 24 - June 2	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	Mar. 21 - June 6	1:15 - 3:15 p.m.
Tuesday	Mar. 24 - June 2	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	Mar. 21 - June 6	10:30 am. - 12:45 p.m.
Tuesday	Mar. 24 - June 2	7:15 - 9:30 p.m.

OLYMPIC WAY INSTRUCTOR		
		100% attendance
<i>Prerequisite: 14 yrs+, Bronze Cross</i>		
Resident of Pointe-Claire: \$115	Non-resident: \$160	Course manual included
Saturday	Mar. 21 - June 6	1 - 3:30 p.m.
Tuesday	Mar. 24 - June 2	7 - 9:30 p.m.
Thursday	Mar. 26 - June 4	7 - 9:30 p.m.

NATIONAL LIFEGUARD		
		90% attendance (Exam date mandatory)
<i>Prerequisite: 15 yrs+, Bronze Cross, Standard First Aid (16 hrs)</i>		
Resident of Pointe-Claire: \$0	Non-resident: \$0	
Course manual: \$0	Pocket mask: \$17	Whistle: \$9
Tuesday	Mar. 24 - June 9	6:30 - 10:30 p.m.
Thursday	Mar. 26 - June 11	6:30 - 10:30 p.m.

COMBINED: STANDARD FIRST AID / AED & NATIONAL LIFEGUARD		
		100% attendance 90% attendance (Exam date mandatory)
<i>Prerequisites: 15 yrs+, Bronze Cross</i>		
<i>(The First Aid course is combined with the National Lifeguard course)</i>		
Resident of Pointe-Claire: \$0	Non-resident: \$0	
Course manuals: \$0	Pocket mask: \$17	Whistle: \$9
First Aid Course	Thursday, March 12 and Tuesday, March 17 and Sunday, March 22	6:30 - 10:30 p.m. 6:30 - 10:30 p.m. 8:30 a.m. - 5:30 p.m.
National Lifeguard	Tuesday, March 24 - June 9 or Thursday, March 26 - June 11	6:30 - 10:30 p.m. 6:30 - 10:30 p.m.

REQUALIFICATIONS (4 hours)		
		Please visit webpage for prices. 100% attendance
National Lifeguard:	Tuesday, Mar. 10, 6:30 p.m., Thursday, Mar. 19, 6:30 p.m., Sunday, May 31, 4 p.m., Sunday, June 7, 4 p.m., Sunday, June 14, 4 p.m., Tuesday, June 16, 6:30 p.m.	
Lifesaving Instructor:	Wednesday, June 17, 6 - 10 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.) 30 minutes PARENT AND TOT (16 - 36 mo.)

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: \$90	Non-resident: \$127
	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 [multi.pointe-claire.ca](http://multi.pointe-claire.ca) for exact times

## LEVELS WHITE, YELLOW, GREEN, RED 30 minutes

<b>ONCE A WEEK</b>	Resident of Pointe-Claire: \$90	Non-resident: \$127
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Visit registration site [multi.pointe-claire.ca](http://multi.pointe-claire.ca) 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

<b>ONCE A WEEK</b>	Resident of Pointe-Claire: \$116	Non-resident: \$162
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Visit registration site [multi.pointe-claire.ca](http://multi.pointe-claire.ca) for exact days/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.,

## 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.

<b>ONCE A WEEK</b>	Resident of Pointe-Claire: \$90	Non-resident: \$127
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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

Semi-private 2:1 lessons available upon request (Resident \$413 / Non-resident \$578)

<b>ONCE A WEEK</b>	Resident of Pointe-Claire: \$308	Non-resident: \$435
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Tuesday, Thursday	6:30, 7 p.m.	Saturday	11:45 a.m., 12:15 p.m.
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# Olympic Way DIVING LESSONS

## LEARN TO DIVE (5 - 16 yrs) 45 minutes

Prerequisite: completed Green level of swimming

<b>ONCE A WEEK</b>	Resident of Pointe-Claire: \$116	Non-resident: \$162
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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

## WINDMILLS (9 - 16 yrs) 60 minutes

Prerequisite: completed Bronze level of swimming

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.

<b>THREE TIMES A WEEK</b>	Resident of Pointe-Claire: \$308	Non-resident: \$435
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<b>Junior:</b> Monday 5:30 p.m.	Wednesday 5:30 p.m.	Saturday 8:30 a.m.
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<b>Senior:</b> Monday, 6:30 p.m.	Wednesday 6:30 p.m.	Saturday 9:30 a.m.
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## SPRING REGISTRATION

By internet or in person. Information: [aquatique@pointe-claire.ca](mailto: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](http://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.*

# 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.

<p><b>WHITE</b></p> <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>	<p><b>BLUE</b></p> <ul style="list-style-type: none"> <li>- Submerged 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>
<p><b>YELLOW</b></p> <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>	<p><b>BRONZE</b></p> <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 kick - 50 m</li> <li>- Introduction to shallow dive</li> </ul>
<p><b>GREEN</b></p> <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 continuously</li> <li>- Backstroke kick - 12 m</li> <li>- Rolling floats</li> <li>- Tread water (30 sec.)</li> </ul>	<p><b>SILVER</b></p> <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>
<p><b>RED</b></p> <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>	<p><b>GOLD</b></p> <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.

<p><b>WHITE</b></p> <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>	<p>1m 1m 1m side side 3m</p>	<p><i>The detailed requirements for additional levels can be found on our website.</i></p>
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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 +).**