



SUMMER PROGRAMS



SUMMER 2026

June 29 - August 21

8 week session



AQUATIC CENTRE

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

Olympic Way SWIMMING LESSONS

TUESDAY: June 30 - August 18 OR THURSDAY: July 2 - August 20

BABY AND PARENT (5 - 18 mo.) 30 minutes		
TODDLER AND PARENT (16 - 36 mo.)		
A playful introduction to the swimming pool while emphasizing safety. The 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. (Registration is done in the child's name.)		
ONCE A WEEK	Resident of Pointe-Claire: \$66	Non-resident: \$92
	BABY AND PARENT	TODDLER AND PARENT
Tuesday or Thursday	9:30 a.m., 4:30 p.m.	10 a.m., 5 p.m.
BEGINNERS (8 - 16 yrs) 30 minutes		
Introduction to swimming for older children		
ONCE A WEEK	Resident of Pointe-Claire: \$66	Non-resident: \$92
Tuesday or Thursday	9 a.m., 6 p.m., 6:30 p.m.	
LEVELS WHITE, YELLOW, GREEN, RED 30 minutes		
ONCE A WEEK	Resident of Pointe-Claire: \$66	Non-resident: \$92
<i>Please visit the webpage and/or registration site for exact days / times as levels offered at each time may vary.</i>		
Tuesday or Thursday	9, 9:30, 10, 10:30, 11 a.m., 4:30, 5, 5:30, 6, 6:30, 7 p.m.	
LEVELS BLUE, BRONZE, SILVER, GOLD 45 minutes		
ONCE A WEEK	Resident of Pointe-Claire: \$84	Non-resident: \$118
<i>Please visit the webpage and/or registration site for exact days / times as levels offered at each time may vary.</i>		
Tuesday or Thursday	9, 9:45, 10:30 a.m., 4:30, 5:15, 6, 6:45 p.m.	

ADAPTED PROGRAMS

First time registrants must contact aquatique@pointe-claire.ca

ADAPTED SWIM (ages 3 - 17) 45 minutes		
This program is designed for children with special needs. A low ratio of 2-1 or 1-1 allows the instructor to devote his/her full attention to the child's needs.		
ONCE A WEEK	Resident of Pointe-Claire: \$136	Non-resident: \$188
Tuesday or Thursday	9, 9:45, 10:45 a.m.	



LIFESAVING COURSES

Manuals available in English and French.

BRONZE MEDALLION 90% attendance		
<i>Prerequisites: 13 yrs+, Olympic Way Lessons level Silver or equivalent</i> Mandatory exam date: July 10		
Résident de Pointe-Claire: \$191	Non-résident: \$241	
Manuel du cours: \$59	Masque de poche: \$17	
Monday to Friday	June 29 - July 10	9 - 11:15 a.m.
BRONZE CROSS 90% attendance		
<i>Prerequisites: 14 yrs+, Bronze Medallion</i> Mandatory exam date: July 24		
Resident of Pointe-Claire: \$191	Non-resident: \$241	
Course manual: \$59	Pocket mask: \$17	Whistle: \$9
Monday to Friday	July 13 - 24	9 - 11:30 a.m.
NATIONAL LIFEGUARD 90% attendance		
<i>Prerequisites: 15 yrs+, Bronze Cross, Standard First Aid (16 hrs)</i> Mandatory exam date: July 17		
Resident of Pointe-Claire: \$291	Non-resident: \$371	
Course manual: \$59	Pocket mask: \$17	Whistle: \$9
Monday to Friday	July 2 - 17	12:30 - 4:30 p.m.
COMBINED STANDARD FIRST AID / AED & NATIONAL LIFEGUARD 100% attendance		
<i>Prerequisites: 15 yrs+, Bronze Cross</i> 90% attendance		
<i>(The First Aid course is combined with the National Lifeguard course)</i> Mandatory exam date: July 17		
Resident of Pointe-Claire: \$415	Non-resident: \$540	
Course manual: \$59	Pocket mask: \$17	Whistle: \$9
First Aid Course:	Monday to Thursday	June 25 - 30 12:30 - 4:30 p.m.
National Lifeguard Course:	Monday to Friday	July 2 - 17 12:30 - 4:30 p.m.
LIFESAVING INSTRUCTOR 100% attendance		
<i>Prerequisites: 16 yrs+, National Lifeguard</i>		
Resident of Pointe-Claire: \$206	Non-resident: \$261	
Course manuals: \$115	Pocket mask: \$17	Whistle: \$9
1 session of 6 classes:		
Saturday, June 13, 12:30 - 7 p.m.	Thursday, June 18, 6 - 10 p.m.	
Sunday, June 14, 12:30 - 7 p.m.	Saturday, June 20, 12:30 - 7 p.m.	
Tuesday, June 16, 6 - 10 p.m.	Sunday June 21, 12:30 - 7 p.m.	
LIFESAVING INSTRUCTOR REQUALIFICATION 100% attendance		
Resident of Pointe-Claire: \$84	Non-resident: \$92	
Wednesday, June 17	6 - 10 p.m.	
NATIONAL LIFEGUARD REQUALIFICATION 100% attendance		
Resident of Pointe-Claire: \$109	Non-resident: \$117	
Sunday, June 7, 4 - 8 p.m.		
Sunday, June 14, 4 - 8 p.m.		
Tuesday, June 16, 6:30 - 10:30 p.m.		
OLYMPIC WAY INSTRUCTOR 100% attendance		
<i>Prerequisite: 14 yrs+, Bronze Cross</i> No class July 1		
Learn how to teach the Olympic Way swimming program.		
Resident of Pointe-Claire: \$115	Non-resident: \$160	
Monday, Wednesday, Friday	June 29 - July 24	9 - 11:30 a.m.

RECEPTION DESK HOURS

Saturday, June 13 - Friday, August 21

Monday to Friday	9 a.m. - 9 p.m.
Saturday	7 a.m. - 11 a.m.
Sunday	Closed

REGISTRATION

By internet or in person.

multi.pointe-claire.ca

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.

aquatique@pointe-claire.ca / (514) 630-1202

Summer 2026 - Registration starts:

Residents of Pointe-Claire: **Wednesday, May 20 at 7 p.m.**

Non-residents: **Wednesday, May 27 at 7 p.m.**

Fall 2026 - Registration starts:

Residents of Pointe-Claire: **Wednesday, August 19 at 7 p.m.**

Non-residents: **Wednesday, August 26 at 7 p.m.**

OUTDOOR POOLS

Did you know that in the summertime, Pointe-Claire has seven outdoor pools run by volunteer associations?

These pools offer swimming lessons, aquafitness classes, recreational swim, swim team and other water activities.

For more information: www.pointe-claire.ca

*Non-swimmers **must** be accompanied in the water within arm's reach of an adult at all times.*

Non-swimmers are not permitted in the 10 - 50 m pool.

Throughout the facility children under the age of 12 must, at all times, be accompanied by an adult.

All prices and schedules subject to change without notice.

WEIGHT ROOM

Saturday, June 13 - Friday, August 21

ADMISSION	RESIDENT	NON-RESIDENT
Single Admission	\$7	\$10
Monthly Card (14 - 20 yrs)	\$24	\$33
Monthly Card (21 - 59 yrs)	\$33	\$46
Monthly Card (60+ yrs)	\$24	\$33
11 month membership (14 - 20 yrs)	\$230	\$325
11 month membership (21 - 59 yrs)	\$310	\$435
11 month membership (60+ yrs)	\$34	\$240

DAY	TIME
Monday to Friday	6 a.m. - 1 p.m., 5 - 9 p.m.
Saturday	7 a.m. - 10:30 a.m.

PUBLIC SWIM

Saturday, June 13 - Friday, August 21

	SINGLE ADMISSION		15 ADMISSION CARD		11 MONTH MEMBERSHIP	
	Resident	Non-res.	Resident	Non-res.	Resident	Non-res.
Junior (2-20 yrs)	\$3.50	\$4.50	\$36	\$54	\$96	\$135
Adult (21-59 yrs)	\$4.50	\$6.50	\$54	\$78	\$190	\$265
*Family	\$10	\$14.50	\$120	\$168	\$290	\$410
Senior (60+)	Free with membership card	\$5	Free with membership card	\$60	Free with membership card	\$150

* Up to 2 adults and children (ages 20 and under) from the same address

In the summer, residents with a valid Multicard will have free access to public swims on Saturdays and Sundays at the Olive-Urquhart Sports Centre.

Pool set up and swim locations subject to change.

ACTIVITY	DAY	TIME	POOL
FAMILY SWIM (toys, mats, nets available)	Monday to Friday	1:30 - 3:30 p.m.*	6-50 m (LC)
	Tuesday, Thursday	7:30 - 9:30 p.m.	6-50 m (SC)
FUNTIME SWIM Slide and toys available.	Monday, Wednesday, Friday	6:30 - 8 p.m.*	25 y
	Tuesday, Thursday	3:30 - 4:30 p.m.	
LAP SWIM Participants must be able to swim laps independently. Children 12 and under must be accompanied by an adult in the building.	Monday to Friday	10:30 a.m. - 1 p.m.	10-50 m (widths)
	Monday, Wednesday, Friday	8 - 9:30 p.m.	6-50 m
	Tuesday, Thursday	7:30 - 9:30 p.m.	
	Wednesday, Friday	5:45 - 8 a.m.	
	Saturday	9 - 10:30 a.m.	
ADULT SWIM Ages 16+ No lap lanes	Monday - Friday	12 - 1:30 p.m.	25 y
DIVING BOARDS	Monday, Wednesday, Friday	8 - 9:30 p.m.	10-50 m

* Starting Monday, June 22

SC = Short course (25 m) LC = Long course (50 m) Widths = 25 m

ADULT PROGRAMS

Monday, June 29 - Friday, August 21



AQUAFIT

45 minutes

We offer aquafit classes to help you achieve your fitness goals.

5 TIMES / WEEK Resident: \$120/ 60+: \$84 Non-resident: \$168 / 60+: \$120

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

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

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.

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

ONCE A WEEK Resident: \$52 / 60+: \$36 Non-resident: \$73 / 60+: \$52

On-line: Resident: \$31 / 60+: \$22 Non-resident: \$44 / 60+: \$31

Cardio Muscle	Monday, 10 a.m.
Cardio Muscle - Advanced	Monday, 12:15 p.m.
More Muscle	Monday, 6 p.m.
Dynamic Stretching	Monday, 7 p.m.
Essentrics	Tuesday, 10 a.m.
Chair Fitness* / Chair Fitness on-line	Tuesday, 11 a.m.
Pilates	Tuesday, 12:15 p.m.
Yoga	Wednesday, 10 a.m.
Cardio Muscle - Advanced	Wednesday, 6 p.m.
Core and Stretch	Wednesday, 7 p.m.
Line Dancing - Intermediate	Thursday, 10 a.m.
Chair Yoga* / Chair Yoga on-line	Thursday, 11 a.m.
Cardio Muscle - Advanced	Thursday, 12:15 a.m.
ABC	Friday, 10 a.m.
Essentrics	Friday, 11 a.m., 12:15 p.m.

AQUA-ARTHRITICS

45 minutes

ONCE A WEEK

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 / 60+: \$42 Non-resident: \$120 / 60+: \$88

Monday, 11:15 a.m. Wednesday, 11:15 a.m.