

ADULT PROGRAMS



SPRING 2024

March 22 - June 10
11 week session
(No classes on April 1 and April 19)



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

ADULT LESSONS

ADULT SWIMMING LESSONS

45 minutes

Four 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: \$132 Non-resident: \$183

Beginner Tuesday, Thursday 7:30 p.m.

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

Endurance Tuesday, Thursday 8:15 p.m.



REGISTRATION

In person or by internet ludik.pointe-claire.ca. Information: 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, February 20 at 7 p.m.
Ends Wednesday, March 13 at 9 p.m.

Non-resident

Starts Tuesday, February 27 at 7 p.m.
Ends Wednesday, March 13 at 9 p.m.

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

The City of Pointe-Claire offers a variety of courses to suit your needs. We can arrange a course for your group (6+ participants) at our training centre or give a course on site (8+ participants). Scheduling and programming are flexible to meet the needs of the individual or organization.

For more information, contact the Reception desk (514-630-1202), jane.nakano@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 lifeguarding 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.

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: \$132 Resident 60+: \$95	Non-resident: \$187 Non-resident 60+: \$132
--------------------------------------	---------------------------------------	------------------------------------------------

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

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

PACKAGE 2 5 classes	Resident: \$132 Resident 60+: \$95	Non-resident: \$187 Non-resident 60+: \$132
--------------------------------------	---------------------------------------	------------------------------------------------

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

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

PACKAGE 3 2 classes	Resident: \$89 Resident 60+: \$62	Non-resident: \$127 Non-resident 60+: \$89
--------------------------------------	--------------------------------------	-----------------------------------------------

Shallow Aquafit Monday, Wednesday 7:45 p.m.

AQUA-ARTHRITICS 45 minutes
A hydro-therapy 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: \$110 Resident (60+): \$55	Non-resident: \$154 Non-resident (60+): \$110
--------------------	-----------------------------------------	--------------------------------------------------

Monday 2:15 p.m.

Tuesday 11:30 a.m.

Wednesday 7 p.m. (*new start time*)

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.

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

ONCE A WEEK	Resident: \$65 Resident 60+: \$45	Non-resident: \$91 Non-resident 60+: \$65
--------------------	--------------------------------------	----------------------------------------------

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.

Line Dancing - Intermediate Tuesday, 11 a.m.

Pilates Tuesday, 12:15 p.m.

Back to Basics Tuesday, 5:30 p.m. (60 minutes)

Yoga Wednesday, 10 a.m.

Chair Yoga* Wednesday, 11 a.m.

Essentrics Wednesday, 11 a.m.

Cardio Muscle - Advanced Wednesday, 6:30 p.m.

Pilates Thursday, 10 a.m.

Chair Fitness* Thursday, 10 a.m.

Essentrics Thursday, 11 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.

Essentrics Friday, 6:30 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.

Back to Basics Using natural elements for equipment, enjoy a cardio and muscle training experience in the great outdoors.

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.

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: \$39 Resident 60+: \$28	Non-resident: \$55 Non-resident 60+: \$39
--------------------	--------------------------------------	----------------------------------------------

Online Chair Fitness Tuesday, 10 a.m.

Online Chair Yoga Wednesday, 11 a.m.

Online Chair Fitness Thursday, 10 a.m.

Online Chair Fitness Friday, 11 a.m.