

ADULT PROGRAMS



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: \$98 Non-resident: \$138

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, November 26 at 7 p.m.
 Ends Sunday, January 2 at 9 p.m.

Non-resident

Starts Tuesday, December 3 at 7 p.m.
 Ends Sunday, January 2 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

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), 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.

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



Winter 2025

January 6 - February 28

8 week session



AQUATIC CENTRE

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

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: \$108	Non-resident: \$152
	Resident 60+: \$74	Non-resident 60+: \$104

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

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

PACKAGE 2 5 classes	Resident: \$108	Non-resident: \$152
	Resident 60+: \$74	Non-resident 60+: \$104

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

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

PACKAGE 3 2 classes	Resident: \$67	Non-resident: \$92
	Resident 60+: \$46	Non-resident 60+: \$65

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: \$84	Non-resident: \$116
	Resident (60+): \$42	Non-resident (60+): \$84

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: \$49	Non-resident: \$68
	Resident 60+: \$34	Non-resident 60+: \$48

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 Stretching	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.
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.
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: \$28	Non-resident: \$40
	Resident 60+: \$20	Non-resident 60+: \$28

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.