

AQUATIC LESSONS AND ACTIVITIES

Summer 2024

The Town of Pincourt, in collaboration with the Pincourt Aquatic Club, offers several aquatic courses for both children and adults.

Register online via Sport-Plus or by phone at 514 453-8981, ext. 229

Resident: from April 15 to June 21

*Non-resident: June 1 to June 21 (Places are limited)

Information: loisirs@villepincourt.qc.ca

NEW We're delighted to announce that our swimming lessons for parents and children up to Swimmer 3 are now free! Learn to swim and stay safe this summer.

Maximum 1 free lesson per child.

The schedule of swimming lessons has been optimized to better meet public demand. Parent-Child 3 to Swimmer 6 classes for children are held once a week only.

The requirements of the Swim for Life program will be respected at all times.

Classes start on Saturday, June 22 and run for 8 weeks.

| Levels | Lesson description | Schedule (one choice of lesson) | Resident Cost | Non-resident cost |
|--|---|--|------------------|----------------------|
| Parent and child 3 2 to 3 years with parent 30 min | Designed for children aged 2 to 3, to teach them to enjoy water with their parent. | Tuesday 10-10:30 a.m. Thursday 10-10:30 a.m. Saturday 12:15-12:45 p.m. | Free | \$40 |
| Pre-school 1 Ages 3 to 5 30 min. | Pre-school 1: These pre-schoolers will have fun learning how to get in and out of the water. We'll help them jump into the water at chest height. They'll try floating and sliding on their stomachs and backs. They'll learn to wet their faces and blow bubbles underwater. | Tuesday 10-10:30 a.m. Thursday 10-10:30 a.m. Saturday 12:15-12:45 p.m. | Free | \$40 |
| Pre-school 2 Ages 3 to 5 30 min. | Pre-School 2: These preschoolers will learn to jump into chest-high water on their own, as well as enter and exit the water wearing a personal flotation device (PFD). They'll be able to submerge and exhale underwater. Using a PFD, they'll glide on their stomachs and backs. | Tuesday 9:30- 10 a.m. Thursday 9:30- 10 a.m. Saturday 11:45 a.m. - 12:15 p.m. | Free | \$40 |
| Pre-school 3 Ages 3 to 5 30 min. | Pre-School 3: These children will attempt both a deep water jump and a side roll while wearing a PFD. They will retrieve objects from the bottom of the water at waist height. They'll learn to kick and slide on their stomachs and backs. | Tuesday 9:30- 10 a.m. Thursday 9:30- 10 a.m. Saturday 11:45 a.m. - 12:15 p.m. | Free | \$40 |

AQUATIC LESSONS AND ACTIVITIES

Summer 2024

| Levels | Lesson description | Schedule (one choice of lesson) | Resident Cost | Non-resident cost |
|---|---|--|------------------|----------------------|
| Pre-school 4 Ages 3 to 5 30 min. | Pre-school 4: These more advanced preschoolers will learn to jump in and out of deeper water on their own. They'll roll sideways into the water and open their eyes underwater. They'll master side glides and kicking, and be able to swim a short distance (5 m) on their stomach, wearing a PFD.. | Tuesday 9:30- 10 a.m. Thursday 9:30- 10 a.m. Saturday 11:45 a.m. - 12:15 p.m. | Free | \$40 |
| Pre-school 5 Ages 3 to 5 30 min. | Pre-school 5: These children will become increasingly adventurous as they perform a forward roll into the water wearing a PFD. They will swim on the spot for 10 seconds. They'll practice 5 m crawl and backstroke strokes, interval training and have a laugh doing the simultaneous spin kick. | Tuesday 9 - 9:30 a.m. Thursday 9 - 9:30 a.m. Saturday 11:15 a.m. - 11:45 p.m. | Free | \$40 |
| Swimmer 1 Ages 5 to 12 30 min | Swimmer 1: These beginners will become comfortable jumping into the water with and without a personal flotation device (PFD). They'll learn to open their eyes, exhale and hold their breath underwater. They'll practice floating, gliding and kicking to move through the water on their stomachs and backs. | Tuesday 9 - 9:30 a.m. Thursday 9 - 9:30 a.m. Saturday 11:15 a.m. - 11:45 p.m. | Free | \$40 |
| Swimmer 2 Ages 5 to 12 30 min | Swimmer 2: These beginners with more advanced skills will jump into deeper water and learn not to be afraid of falling into the water on their side while wearing a PFD. They'll be able to swim on the spot without floating aids, learn the simultaneous rotational kick, and swim 10 m on their stomachs and backs. They'll also get an introduction to interval training for alternating kicks (4 x 5 m). | Tuesday 9 - 9:30 a.m. Thursday 9 - 9:30 a.m. Saturday 11:15 a.m. - 11:45 p.m. | Free | \$40 |
| Swimmer 3 Ages 5 to 12 45 min | Swimmer 3: These young swimmers will be doing dives, front rolls in the water and backstrokes. They will practice the crawl and backstroke for 15 m, as well as 10 m with the simultaneous rotational kick. Interval training for the alternating kick will increase to 4 x 15 m. | Monday 10:45 - 11:30 a.m. Wednesday 10:45 - 11:30 a.m. | Free | \$40 |

AQUATIC LESSONS AND ACTIVITIES

Summer 2024

| Levels | Lesson description | Schedule (one choice of lesson) | Resident Cost | Non-resident cost |
|---|---|---|------------------|----------------------|
| Swimmer 4 Ages 5 to 12 45 min | Swimmer 4: These intermediate swimmers will swim 5 m underwater and do lengths in front crawl, back crawl, simultaneous rotational kick and breaststroke arms, including breaststroke breathing. Their latest feat includes demonstrating the Canadian Swim to Survive Standard. To top it all off, they'll perform 25 m front crawl sprints and 4 x 25 m front crawl and back crawl interval training. | Monday 10:45 - 11:30 a.m. Wednesday 10:45 - 11:30 a.m. | \$45 | \$55 |
| Swimmer 5 Ages 5 to 12 45 min | Swimmer 5: These swimmers will master flush dives, bunched (ball) jumps, the alternating spin kick and backward somersaults in the water. They will improve their 50 m crawl and backstroke and 25 m breaststroke. They then increase the pace with 25 m sprints and two interval training exercises: 4 x 50 m front crawl or back crawl, and 4 x 15 m breaststroke. | Monday 10:45 - 11:30 a.m. Wednesday 10:45 - 11:30 a.m. | \$45 | \$55 |
| Swimmer 6 Ages 5 to 12 45 min | Swimmer 6: These advanced swimmers will rise to the challenge of sophisticated aquatic skills, such as stop jumps, compact jumps, as well as lifesaving kicks, like the alternate spin kick and the scissor kick. They'll develop strength and power with head-up breaststroke sprints over 25 m. They'll easily swim lengths in the front crawl, back crawl and breaststroke. They'll be able to do training exercises over 300 m. | Monday 10:45 - 11:30 a.m. Wednesday 10:45 - 11:30 a.m. | \$45 | \$55 |
| Young Initiate Lifeguard (7) Ages 8 to 12 2 lessons of 45 min per week | The approach is effort-oriented, allowing you to develop your endurance and the effectiveness of your swimming techniques while having fun. You'll learn, among other things, how to perform a primary examination of a conscious victim, communicate effectively with pre-hospital emergency services, perform a visual scan of an aquatic facility and effectively initiate rescue aid in an emergency situation. | Monday and Wednesday 10:45 a.m. to 11:30 a.m. | \$70 | \$80 |
| Young Initiate Lifeguard (7) Ages 8 to 12 2 lessons of 45 min per week | In addition to improving your swimming techniques, you'll learn how to perform a primary examination of an unconscious victim, care for a victim in shock, treat a conscious victim who is choking, and perform a non-contact rescue using a floating object. | Monday and Wednesday 10:45 a.m. to 11:30 a.m. | \$70 | \$80 |

AQUATIC LESSONS AND ACTIVITIES

Summer 2024

| Levels | Lesson description | Schedule (one choice of lesson) | Resident Cost | Non-resident cost |
|---|---|--|------------------|----------------------|
| Young Initiate Lifeguard (9) Ages 8 to 12 2 lessons of 45 min per week | Now you can perfect your swimming techniques and develop your lifesaving and first-aid skills. By the end of this course, you'll know how to rescue a victim who's tired or can't swim, treat a fracture or injured joint, and care for a victim who's having difficulty breathing because of a severe allergy or asthma attack. | Monday and Wednesday 10:45 a.m. to 11:30 a.m. | \$70 | \$80 |
| Introduction to synchronized swimming (non-competitive) 8 years and over, able to swim and successful swimmer 4 | This activity is aimed at people with no previous synchronized swimming experience who would like to try it out. Synchronized swimming is a team activity in which swimmers evolve and work as a team to create a choreographed routine over the course of the summer. This activity emphasizes cooperation, a strong bond with other athletes and learning the different movements and formations of this sport. | Monday and Wednesday 9:45 a.m. to 10:30 a.m. | \$85 | \$95 |
| Aquafitness (18 years and older) | Aquatic fitness class with music and exercises to develop aerobic capacity and muscle tone. (multi-level) | Tuesday and Thursday 10:30 a.m. to 11:30 a.m. | \$85 | \$95 |
| Masters swimmers (18 years and older) | You know how to swim, but you want to improve your swimming techniques (strokes, breathing, etc.). The aim is to help all swimmers progress. Prerequisite: be able to swim two lengths and be comfortable in the deep end. | Tuesday and Thursday 6:45 p.m. to 7:45 p.m. | \$85 | \$95 |

LESSONS - PINCOURT AQUATIC CLUB

| | | | | |
|---|--|---|--|--|
| Junior Synchro Club 8 to 12 years + ability to swim | Synchronized swimming is a team activity in which swimmers evolve and work as a team to create a choreographed routine over the course of the summer. This activity emphasizes cooperation, a strong bond with other athletes and learning the different movements and formations of this sport. | Monday to Thursday 9:30 a.m. to 10:30 a.m. | 105 + \$15 Aquatic Club member-ship fee | 115 + \$15 Aquatic Club member-ship fee |
|---|--|---|--|--|

AQUATIC LESSONS AND ACTIVITIES

Summer 2024

| Levels | Lesson description | Schedule (one choice of lesson) | Resident Cost | Non-resident cost |
|---|---|---|---|---|
| Club synchro senior 13 years + know how to swim | | Monday to Thursday 8.45 a.m. to 9.45 a.m. | 105 + \$15 Aquatic Club membership fee | 115 \$ + 15 \$ Frais d'adhésion au Club aquatique |
| Swimming club 6 years + successful swimmer 4 | The swim club is an activity for people who already know how to swim and want to improve their competitive swimming techniques. This activity focuses on race starts, reverse turns and the four main swimming strokes (front crawl, breaststroke, back crawl and butterfly) in a fun and exciting way. | Monday to Friday 11.45 a.m. to 12.45 p.m. | 135 + \$15 Aquatic Club membership fee | 145 + \$15 Aquatic Club membership fee |
| Water polo club 9-16 years + swimming ability | Water polo is a game of moving through the water, passing a ball and shooting it at the opponent's goal. This activity explores the basics of water polo and teamwork through drills, scrimmages and games. | Tuesday and Thursday 9 a.m. to 10:30 a.m. | 95 + \$15 Aquatic Club membership fee | 105 + \$15 Aquatic Club membership fee |
| Young lifesavers Leadership 12 years + | Leadership is a twice-weekly program in which children learn basic leadership skills, lifesaving techniques, and volunteer work around the pool. The aim of this program is to help children get involved around the pool and familiarize themselves with the world of lifesaving. | Monday and Wednesday 9:45 a.m. to 10:45 a.m. | 90 + \$15 Aquatic Club membership fee | 100 + \$15 Aquatic Club membership fee |

1st child: 1st lesson: full price, 2nd lesson: 50% discount, 3rd lesson +: 75% discount

2nd child: 1st lesson: full price, 2nd lesson: 50% discount, 3rd lesson +: 75% discount

3rd child or more living at the same address: free lessons. (Maximum three activities)

- The family discount is not applicable for parent-child levels up to swimmer 3.

- The family discount is not applicable to non-residents.

AQUATIC LESSONS AND ACTIVITIES

Summer 2024

| Levels | Lesson description | Schedule (one choice of lesson) | Resident Cost | Non-resident cost |
|--------|--------------------|------------------------------------|------------------|----------------------|
|--------|--------------------|------------------------------------|------------------|----------------------|

Refund policy

Fees are reimbursed 100% if the activity is cancelled by the Town.

Cancellation and refund requests must be sent by e-mail to the Recreation Department at loisirs@villepincourt.qc.ca.

Before Friday, June 21, the Town will refund 100% of costs, less a \$10 administration fee.

From June 22 onwards, reimbursement will be made only on a pro rata basis of the service rendered, less a \$10 administration fee, if accompanied by a relevant supporting document (e.g. medical certificate). The prorata is calculated from the date of receipt of the request.

Requests for reimbursement received after the end of an activity will not be accepted.

NOTE * : The Town of Pincourt reserves the right to require proof of residency at any time and to expel without refund any child who exhibits behavioral problems.