



FREE SWIMMING LESSONS

Swimming lessons for parents and children up to Swimmer 3 are free again this summer for residents!

As places are limited, it's important to attend all swimming lessons so that your child can learn all the basics, and not deprive another child of the opportunity to attend.

LESSONS BY THE CITY OF PINCOURT

Parents and child	Free
Preschool 1 to 5	
Swimmer 1, 2, 3	
Swimmer 4-5-6	\$ 51
Swimmer 7-8-9	\$ 102
Introduction to artistic swimming (non-competitive)	\$ 51
Introduction to water polo (non-competitive)	
Aquafitness - Adult	\$ 96
Masters Swimming - Adult	
Swimming lessons - Adult	\$ 68

For non-residents, free courses are \$44.  
For paid courses, add \$10 to the listed price.

Classes start on Saturday, June 20, and run for 8 weeks until August 14.

**Important note:** Classes on June 22 and 23 have been moved to the evening instead of public swim . Classes on June 24 and July 1 will continue as scheduled.



LESSONS BY THE AQUATIC CLUB

Competitive pre-junior artistic swimming (8-10 years)	\$ 136
Competitive Junior Artistic Swimming Club (11-13 years)	
Competitive Senior artistic swimming club (14-16 years)	
Competitive Swimming Club (ages 6+)	\$ 170
Junior competitive water polo club (9-12 yrs )	\$ 102
Senior competitive water polo club (13-16 years)	
Leaders (12 yrs +)	\$ 68

Mandatory \$15 Aquatic Club membership fee.

**For courses offered by the Pincourt Aquatic club,** please visit [clubpac.org](http://clubpac.org) and Facebook at [facebook.com/clubaquatiquepincourtaquaticclub](https://facebook.com/clubaquatiquepincourtaquaticclub)

DISCOUNT



**1st child:** 1st course: full price, 2nd course: 50% discount, 3rd course +: 75% discount  
**2nd child:** 1st course: full price, 2nd course: 50% discount, 3rd course +: 75% discount  
**3rd child and +, living at the same address:** free lessons (max. 3 activities).

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

The family discount is not applicable to non-residents.





# LESSONS BY THE CITY OF PINCOURT



Level	Course description	Schedule (1 course choice)
<b>Parent and Child</b> 30 min	Designed for children to teach them to be comfortable in the water with their parent. Ratio 1:12	Tuesday 10 a.m. to 10:30 a.m. Thursday 10 a.m. to 10:30 a.m. Saturday 12:15 to 12:45 p.m.
<b>Preschool 1</b> 3 to 5 years old 30 min	Preschool 1: These kids will have fun learning how to get in and out of the water. We will help them jump into chest-deep water. They will try floating and gliding on their front and back. They will learn to wet their face and blow bubbles underwater. Ratio 1:6	
<b>Preschool 2</b> 3 to 5 years old 30 min	Preschool 2: These kids will learn to jump into chest-deep water by themselves and get in and out of the water wearing a personal flotation device (PFD). They will be able to submerge and exhale underwater. With the help of a PFD, they will glide on their front and back. Ratio 1:6	
<b>Preschool 3</b> 3 to 5 years old 30 min	Preschooler 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. Ratio 1:6	Tuesday 9:30 a.m. to 10 a.m. Thursday 9:30 am to 10 am Saturday 11:45 a.m. to 12:15 p.m.
<b>Preschool 4</b> 3 to 5 years old 30 min	Preschool 4: These more advanced kids 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. Ratio 1:6	
<b>Preschool 5</b> 3 to 5 years old 30 min	Preschooler 5: These children 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, interval training and laugh at the simultaneous spin kick. Ratio 1:6	
<b>Swimmer 1</b> 5 to 12 years old 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. Ratio 1:6	Tuesday 9 a.m. to 9:30 a.m. Thursday 9 a.m. to 9:30 a.m. Saturday 11:15 a.m. to 11:45 a.m.
<b>Swimmer 2</b> 5 to 12 years old 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 buoyant aids, learn the simultaneous rotational kick, as well as swim 10 m on their stomachs and backs. They'll also get an introduction to interval training for alternating kicks (4 x 5 m). Ratio 1:6	
<b>Swimmer 3</b> 5 to 12 years old 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. Ratio 1:8	
<b>Swimmer 4</b> 5 to 12 years old 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. Ratio 1:8	Monday 10:45 a.m. to 11:30 a.m. Wednesday 10:45 a.m. to 11:30 a.m.
<b>Swimmer 5</b> 5 to 12 years old 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. Ratio 1:10	
<b>Swimmer 6</b> 5 to 12 years old 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. Ratio 1:10	

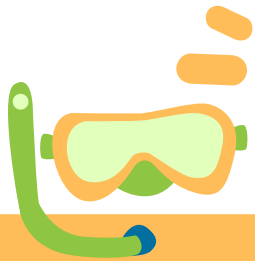


# LESSONS BY THE CITY OF PINCOURT



Level	Course description	Schedule (1 course choice)
<b>Rookie Patrol (7)</b> 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. Ratio 1:10	Monday and Wednesday 10:45 a.m. to 11:30 a.m.
<b>Ranger Patrol (8)</b> 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. Ratio 1:10	
<b>Star Patrol (9)</b> 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. Ratio 1:10	
<b>Introduction to artistic swimming (non-competitive)</b> 8 years and over, able to swim and completion of swimmer 4	This activity is aimed at people with no previous synchronized swimming experience who would like to try it out. Artistic swimming is a team activity where swimmers evolve and work as a team to create a choreography 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. No skill test. Ratio 1:12	Monday 9:45 a.m. to 10:30 a.m.
<b>Introduction to Water Polo (non-competitive)</b> 8 years and over, able to swim and completion of swimmer 4	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. No skill test. Ratio 1:12	Wednesday 9:45 a.m. to 10:30 a.m.
<b>Aquafitness</b> (18+)	Aquatic fitness class with music and exercises to develop aerobic capacity and muscle tone. (Multi-level) Ratio 1:30	Tuesday and Thursday 10:30 a.m. to 11:30 a.m.
<b>Master swimming</b> (18 +)	You know how to swim, but you want to improve your swimming techniques (strokes, breathing, etc.). The aim is to help swimmers progress their technique and endurance. Prerequisite: be able to swim two lengths and be comfortable in the deep end Ratio 1:20	Tuesday and Thursday 6:45 p.m. to 7:45 p.m.
<b>Swimming lessons Adult</b> (18 +)	Basic swimming techniques: Learn to float, crawl, breaststroke and backstroke. For beginners. Ratio 1:12	Saturday 11:15 a.m. to 12 p.m. Adult 1 Beginners 12:00 p.m. to 12:45 p.m. Adult 2 Intermediate





# LESSONS BY THE AQUATIC CLUB



Level	Course description	Schedule
<b>Competitive club pre-junior artistic swimming</b> 8 to 10 years old, + ability to swim	Artistic swimming is a team activity where swimmers evolve and work as a team to create a choreography for a competition at the end of the summer. This activity emphasizes cooperation, a strong bond with other athletes and learning the different movements and formations of the sport. The participant must be present for the skill test to be held on Saturday, June 21 at 10 a.m. REQUIREMENTS: Pre-junior: 1 minute swim on the spot (without touching the bottom of the pool), 50 m crawl, very comfortable in deep water. Ratio 1:12	Monday to Thursday 9:30 a.m. to 10:30 a.m.
<b>Competitive junior artistic swimming club</b> 11 to 13 years, + ability to swim	Artistic swimming is a team activity where swimmers evolve and work as a team to create a choreography for a competition at the end of the summer. This activity emphasizes cooperation, a strong bond with other athletes and learning the different movements and formations of the sport. The participant must be present for the skill test on Saturday, June 21 at 10 a.m. REQUIREMENTS: Junior: 2-minute swim on the spot (without touching the bottom of the pool), 100m crawl, 25m breaststroke, comfortable upside down in the water, very comfortable in deep water. Ratio 1:12	
<b>Competitive senior artistic swimming club</b> 14 to 16 years, able to swim	Artistic swimming is a team activity where swimmers evolve and work as a team to create a choreography for a competition at the end of the summer. This activity emphasizes cooperation, a strong bond with other athletes and learning the different movements and formations of the sport. The participant must be present for the skill test on Saturday, June 21 at 10 a.m. REQUIREMENTS: Senior: 3-minute swim on the spot (without touching the bottom of the pool), 150 m crawl, 50 m breaststroke, comfortable upside down in the water, very comfortable in deep water. Ratio 1:12	Monday to Thursday 8.45 a.m. to 9.45 a.m.
<b>Competitive Swimming Club</b> 6 years + completion of 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, flip turns and the four main swimming strokes (front crawl, breaststroke, back crawl and butterfly) in a fun and exciting way. Children aged 6-8 should be able to swim 25 m easily without assistance. Children aged 9-10 should be able to swim 50 m easily without assistance. Children aged 11+ should be able to swim at least 100 m unassisted. maximum 25 young people per age group	Monday to Friday 11.45 a.m. to 12.45 p.m.
<b>Competitive Water-polo club junior</b> 9 to 12 + strong swimming abilities	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. The participant must be present for the skill test on Saturday, June 21 at 10 a.m. REQUIREMENTS: Junior: 3-4 minutes swim on the spot (without touching the bottom of the pool) with scissor kick, 2-3 minutes swim in the deep end without touching the wall, 50 m head out crawl, 100 m regular crawl, 50 m backstroke, very comfortable in deep water. Ratio 1:25	Tuesday and Thursday 9 a.m. to 10:30 a.m.
<b>Water polo competitive club senior</b> 13 to 16 + strong swimming abilities	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. Participants must be present for the skills test on Saturday, June 21 at 10 a.m. REQUIREMENTS: Senior: 5-minute swim on the spot (without touching the bottom of the pool) with scissor kick, 4-minute swim in the deep end without touching the wall, 50 m head-up crawl, 100 m regular crawl, 50 m backstroke, very comfortable in deep water. Ratio 1:25	Monday and Wednesday 9 a.m. to 10:30 a.m.
<b>Leaders</b> 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 to familiarize them with the world of lifesaving. This is not a lifeguard certification. Ratio 1:15	Monday and Wednesday 9:45 a.m. to 10:45 a.m.

