AQUATICS

Program



Centre du Sablon

Descriptions

AQUATICS



CONSTRUCTION

The pool will be temporarily closed starting early 2027 to allow for the renovations.

Once it reopens, these renovations will provide more modern, comfortable, and safe facilities.

Thank you, and we'll see you again in 5 to 6 months!

LIFEGUARDING

Standard First Aid – DATES

If you'd like to learn advanced first aid skills so you can serve as a prehospital responder in emergency situations, this comprehensive training course will teach you how to quickly recognize abnormal signs and symptoms and take the necessary emergency measures.

Lifesaving Instructor – DATES

The training program allows participants to share their experience and knowledge by preparing future lifeguards for the various stages of their training journey. Candidates develop the teaching skills necessary to instruct and evaluate rescue techniques, first aid, cardiopulmonary resuscitation (CPR), and the various skills associated with the Lifesaving Society's rescue programs.

THEMED FAMILY FREE SWIM (RETURN OF H2OMG!)

On the last Saturday of every month, join us for a family free swim with a different theme. Planned activities replace the regular free swim and will please all ages for the whole family to enjoy. This month, the Holiday theme will delight swimmers.

Dec 19th 2pm to 3:15pm

HOLIDAY AQUAFITNESS

Aquafitness is a low impact worjout in the pool that uses the resistance of the water to better your cardiovascular health along with your streght and flexibility. Combining aerobics, strenght trainging with stretching, this class can adapt to all levels. No wimming skills needed.
Registration is on a per-course basis, 18$ per class.

Monday December 21st	**10h – 10h55**	**18$**
Wednesday December 23rd	**10h – 10h55**	**18$**
Monday December 28th	**10h – 10h55**	**18$**
Wednesday December 30th	**10h – 10h55**	**18$**