

AQUATIC ACTIVITIES

Lucie-Bruneau-Rehabilitation-Centre (LBRC)

2275 Avenue Laurier East, Montreal, QC, H2H 2N8

Pre-registrations: August 5th to 16, Registrations: from August 19 2019

SCHEDULE OF AQUATIC ACTIVITIES (Memberships card required : 46 \$)							
DAY	HOURS	CLASSES	LEVEL	START	END 13 wk.	END 14 wk.*	PRICE \$
MONDAY	3:00-3:55 pm	Aqua-back	Beginner	Sept, 9	Dec. 9	or Dec. 16	79,00 \$
	4:00-4:55 pm	Adult Free Swim	All				72,00 \$
	5:00-5:55 pm	Aqua-fitness	Advanced				79,00 \$
	7:00-7:55 pm	Adult Free Swim	All				72,00 \$
TUESDAY	noon-12:55	Aqua-movement	Intermedi	Sept, 3rd	Nov. 26	or Dec. 3rd	79,00 \$
WEDNESDAY	noon-12:55	Aqua-movement	Intermedi	Sept, 4	Nov. 27	or Dec. 4	79,00 \$
	4:00-4:55 pm	Dystro-Max	All	Sept. 11			79,00 \$
	5:00-5:55 pm	Aqua-movement	Intermedi	Sept. 4	Nov. 27		79,00 \$
THURSDAY	noon-12:55	Aqua-movement	Intermedi	Sept. 5th	Nov. 28	or Dec. 5 th	79,00 \$
	3:00-3:55 pm	Aqua-back	Beginner				79,00 \$
FRIDAY	4:30-5:25 pm	Aqua-fitness	Advanced	Sept. 6	Nov. 29	or Dec. 6	79,00 \$
	5:30-6:25 pm	Adult Free Swim	All				72,00 \$
	6:30-7:25 pm	Free Swim All	All ages				Adult 51 \$ (6) 89 \$ (12)
SATURDAY	4:00-5:25 pm	Free Swim All	All ages	Sept. 7	Nov. 30	Or Dec. 7	
PRICES FOR COMBINED ACTIVITIES : 2 activities 25% of discount, 3 activities or more 35% of discount							
* October 14: Thanksgiving and October 21th: Federal election							

AQUATIC CLASSES (LBRC)

• Aqua-back:

Aquatic exercises performed with a kinesiologist with no impacts for people with chronic back problems. Intensity: low.

• Aqua-movement:

Aquatic exercises performed with a kinesiologist at a low rhythm without jumps that target general mobility and muscular endurance. Intensity: intermediate.

• Adapted Aqua-fitness:

Aquatic exercises performed with a kinesiologist. Class includes a warm-up, cardio and resistance training exercises, flexibility and a cool down. Intensity: intermediate to high.

• Dystro-Max aquatic:

Fun exercises in hot water without impact to tone your muscles while working on your cardiovascular capacity.

• Adapted swimming:

Course for the development and improvement of swimming styles.

• Free bath:

Period of access to the swimming pool for all people wishing to use one or the other pools for free swimming.

EXTERNAL AQUATIC ACTIVITIES

Pool of Constance-Lethbridge-Rehabilitation-Centre (CLRC)

7005 de Maisonneuve Boulevard West, Montreal, QC

Pre-registrations: August 26 to Sept. 6, Registrations: from Sept. 11 2019

SCHEDULE OF AQUATIC ACTIVITIES (One year membership card is required: 46 \$)							
DAY	HOURS	Activities	Level	START	END 11	END 12	PRICES \$
WEDNESDAY	2:30-3:25	Aqua-movement	Beginner	Sept. 25th	Dec. 11	or Dec. 18	67,00 \$
	3:30-4:25	Adult free swim	All				61,00 \$
FRIDAY	noon-12:55	Aqua-movement	Beginner	Sept. 27	Dec. 13	or September 6	67,00 \$
	1:00-1:55	Aqua-movement	Beginner				67,00 \$
	2:00-2:55	Adult free swim	All				61,00 \$
*Session with 13 periods of activity with one extra week to make up for a cancelled class.							

Payments at the pool: Wed. Sept. 25th and Oct. 2nd, Friday Sept. 27 and Oct. 4

Pool of Joseph-Charbonneau School

8200 Rousselot, Montreal, QC

SCHEDULE OF THE ADAPTED SWIMMING (Annual membership card required : 46 \$)			
Session	Start	End	Numbers of classes and prices*
Fall	Sept. 13	De. 13	14 classes -182 \$

Payments at the pool: Friday Sept. 13

Pool of Marie-Enfant-Rehabilitation-Centre (MERC)

5200 Belanger East, Montreal, QC

Pre-registrations: Wed. Aug. 21st to Sept. 4, Registrations: from Thurs. Sept. 5th

Family free swims					
Say	Time slots	Activities	Start	End	Prices
Saturday	9 :00-10 :00	Free swim	Sept. 21 st	Dec. 7	2 peoples : 42\$
	10 :00-11 :00				3 peoples : 48,50\$
	11 :00-12 :00				4-5 peoples : 53,50\$
Sunday	9 :00-10 :00		Sept. 22 nd	Dec.8	
	10 :00-11 :00				
	11 :00-12 :00				
• Parking sticker available at \$10					

Payments at the pool: Saturday Sept. 21st and 28, Sunday Sept. 22nd and 29

Registrations for all external activities are all done through Viomax's main office: 2275 Laurier Av. East, MTL, H2H 2N8 Secretariat 514-527-4527 ext. 2329

viomax.viomax@ssss.gouv.qc.ca

GYM CLASSES

Centre-de-réadaptation-Lucie-Bruneau (CRLB)

2275 avenue Laurier East, Montreal, QC H2H 2N8

Pre-registrations: August 5th to 16, Registrations: from August 19



CIUSSS du Centre Sud de l'île de Montréal installation
Centre de réadaptation Lucie-Bruneau

2275 avenue Laurier East

Montreal QC • H2H 2N8

FOR MORE INFORMATION:

Tel.: 514-527-4527 ext. 2329 • Fax: 514-527-0979

viomax.viomax@ssss.gouv.qc.ca

www.viomax.org

OFFICE HOURS

Monday, Tuesday and Wednesday: 11 AM to 5 PM

Thursday and Friday: 11 AM to 4 PM

Saturday and Sunday: closed

The office is closed from 1:30 to 2:30 PM from Monday to Friday (Depending on customers). Schedule is subject to changes.

SCHEDULE FOR GYM CLASSES (Memberships card required : 46 \$)							
DAY	HOURS	CLASSES	LEVEL	START	END 11 wk.	END 12 wk.*	PRICE \$
MONDAY	3:30-4:25 pm	Stroke	Beginner	Sept. 9	Dec. 9	Or Dec. 16	79,00 \$
TUESDAY	10:30-11:25	Walking Club	Beginner	Sept. 3rd	Nov. 26	or Dec. 3rd	63,00 \$
	3:30-4:25 pm	Groupe cardio	All				73,00 \$
WEDNESDAY	1:30-2:25 pm	Stetch-O-Max	All	Sept. 4	Nov. 27	or Dec. 4	79,00 \$
THURSDAY	12:15-1:25 pm	Stroke	Advanced	Sept. 5th	Nov. 28	or Dec. 5 th	89,00 \$
FRIDAY	noon to 12:55	Multi-sports	All	Sept. 6	Nov. 29	Or Dec. 6	63,00 \$
	3:30-4:25 pm	Cardio Group	All				79,00 \$
	3:30-4:25 pm	Stroke	Beginner				79,00 \$
	3:30-4:25 pm	Dystro-Max	Beginner	Sept. 13			79,00 \$
PRICES FOR COMBINED ACTIVITIES : 2 activities 25% of discounts, 3 activities or mores 35%							
* October 14 Thanksgiving and October 21th: Federal election							

PRIVATE TRAINING Viomax Member Plus*: 46\$ / hour

Personalized and supervised one hour training session with a kinesiologist. Schedule and location (gym, pool or conditioning room) can vary. Interested should contact team chief at 514-527-4527 ext. 2513

PHYSICAL ACTIVITY CLASSES Viomax Member Plus* only

Exercises classes provided by a kinesiologist including a warm-up, walking, resistance training, balance and coordination, flexibility and a cool down.

Stroke Level 1 and 2 (beginning) and level 3 (advanced) Class for people that experienced a stroke.

Walking club Activity normally taking place outside.

Cardio group Activity in taking place in the conditioning room on cardiovascular apparatus.

Strech-O-Max Semi-private sessions of stretching and relaxation.

Multi-sport Group gym class focused on team sports. This class will allow you to move while having fun with other people in the group.

Dystro-max Reserved for people with muscular dystrophy.

SCHEDULE OF THE PHYSICALS ACTIVITIES ON APPARATUS (Memberships card required : 46 \$)					
DAY	HOURS	GYM MEMBERSHIPS	DURATION	PRICES	
MONDAY to FRIDAY	noon-1:30			3 months	61,00 \$
	4:30-9:30 pm			6 months	93,00 \$
SATURDAY and SUNDAY	9:00 am -2:00 pm			12 months	179,00 \$

Pre-registrations and registrations

Pre-registrations are for people that were registered to at least one activity during the preceding year. Registrations are for people that were not registered to any activity the preceding year.

Duration of session

Sessions is now last 13 weeks. Summer session lasts between 6 and 8 weeks. However, an additional week is always planned in the schedule to allow a cancelled class to be

Mission

Viomax is a non-profit organization founded in 1995 whose mission is to offer a wide range of adapted physicals activities to children, teens and adults with a physical disability. We welcome more than 1,000 members from across the metropolitan region. All the activities are under the supervision of kinesiologists or kinesiology students completing their bachelor degree.