



Print date: 2022-05-16

Spring 2022	From 2022-03-28 to 2022-06-19	
OPENING HOURS	Monday - Friday: 6:45 am - 9 pm Saturday - Sunday: 7:45 am - 5 pm	
HOLIDAYS	April, 17: 7:45 am - 5 pm No group fitness classes. May, 23: 6:45 am - 9 pm No group fitness classes.	
REGISTRATION START	2022-03-14	ymcaquebec.org/aquatics

Preschool - L'il Dippers with parent (6 - 36 months)

Preschool with parent – Splashers 2022-03-31 - 2022-06-11



Age 6-18 months with parents
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	9:00 - 9:30	11	\$101.00 / \$117.00
Thursday	9:15 - 9:45	11	\$101.00 / \$117.00
Friday	16:45 - 17:15	11	\$101.00 / \$117.00
Saturday	11:25 - 11:55	11	\$101.00 / \$117.00

Preschool with parent – Bubblers 2022-03-31 - 2022-06-11



Age 18-36 months with parents
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	9:00 - 9:30	11	\$101.00 / \$117.00
Thursday	9:15 - 9:45	11	\$101.00 / \$117.00
Friday	16:45 - 17:15	11	\$101.00 / \$117.00
Saturday	11:25 - 11:55	11	\$101.00 / \$117.00

All levels | Beginner | Advanced | Baby friendly | Registration required | Additional payment required | Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Preschool - L'il Dippers (3 - 5 years)

Preschool – Bobbers 2022-03-29 - 2022-06-12



Age 3-5 years

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:00 - 17:30	11	\$101.00 / \$117.00
Friday	16:10 - 16:40	11	\$101.00 / \$117.00
Friday	16:10 - 16:40	11	\$101.00 / \$117.00
Saturday	8:00 - 8:30	11	\$101.00 / \$117.00
Saturday	8:35 - 9:05	11	\$101.00 / \$117.00
Saturday	8:35 - 9:05	11	\$101.00 / \$117.00
Saturday	10:00 - 10:30	11	\$101.00 / \$117.00
Sunday	8:00 - 8:30	11	\$101.00 / \$117.00

Preschool – Floaters 2022-03-29 - 2022-06-12



Age 3-5 years

Prerequisite Preschool – Bobbers

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:00 - 17:30	11	\$101.00 / \$117.00
Friday	16:10 - 16:40	11	\$101.00 / \$117.00
Saturday	8:00 - 8:30	11	\$101.00 / \$117.00
Saturday	8:35 - 9:05	11	\$101.00 / \$117.00
Saturday	10:00 - 10:30	11	\$101.00 / \$117.00
Saturday	11:25 - 11:55	11	\$101.00 / \$117.00
Sunday	8:00 - 8:30	11	\$101.00 / \$117.00

□ All levels | ● Beginner | ◆ Advanced | BB Baby friendly | ✍ Registration required | \$ Additional payment required | \$N Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Preschool – Gliders 2022-03-29 - 2022-06-12



Age 3-5 years Prerequisite Preschool – Floaters
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 18:00	11	\$101.00 / \$117.00
Saturday	8:00 - 8:30	11	\$101.00 / \$117.00
Sunday	8:00 - 8:30	11	\$101.00 / \$117.00

Preschool – Divers 2022-04-01 - 2022-06-10



Age 3-5 years Prerequisite Preschool – Gliders
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Friday	16:45 - 17:15	11	\$101.00 / \$117.00

Preschool – Surfers 2022-04-01 - 2022-06-11



Age 3-5 years Prerequisite Preschool – Divers
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Friday	16:45 - 17:15	11	\$101.00 / \$117.00
Saturday	10:00 - 10:30	11	\$101.00 / \$117.00

Preschool – Jumpers 2022-04-02 - 2022-06-11



Age 3-5 years Prerequisite Preschool – Surfers
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 10:30	11	\$101.00 / \$117.00

All levels | Beginner | Advanced | Baby friendly | Registration required | Additional payment required | Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Learn to Swim (6 - 15 years)

Private Swim Lessons for children 2022-04-03 - 2022-06-05



Age 4-13 years

Duration 30 min Note

Mandatory presence of a parent in the water if your child cannot swim.



Days	Time	Weeks	\$M / \$NM**
Sunday	14:00 - 14:30	10	\$240.00 / \$275.00
Sunday	14:00 - 14:30	10	\$240.00 / \$275.00
Sunday	14:00 - 14:30	10	\$240.00 / \$275.00
Sunday	14:00 - 14:30	10	\$240.00 / \$275.00
Sunday	14:00 - 14:30	10	\$240.00 / \$275.00
Sunday	14:00 - 14:30	10	\$240.00 / \$275.00
Sunday	14:00 - 14:30	10	\$240.00 / \$275.00
Sunday	14:30 - 15:00	10	\$240.00 / \$275.00
Sunday	14:30 - 15:00	10	\$240.00 / \$275.00
Sunday	14:30 - 15:00	10	\$240.00 / \$275.00
Sunday	14:30 - 15:00	10	\$240.00 / \$275.00
Sunday	14:30 - 15:00	10	\$240.00 / \$275.00
Sunday	14:30 - 15:00	10	\$240.00 / \$275.00
Sunday	14:30 - 15:00	10	\$240.00 / \$275.00
Sunday	14:30 - 15:00	10	\$240.00 / \$275.00
Sunday	15:00 - 15:30	10	\$240.00 / \$275.00
Sunday	15:00 - 15:30	10	\$240.00 / \$275.00
Sunday	15:00 - 15:30	10	\$240.00 / \$275.00
Sunday	15:00 - 15:30	10	\$240.00 / \$275.00
Sunday	15:00 - 15:30	10	\$240.00 / \$275.00
Sunday	15:00 - 15:30	10	\$240.00 / \$275.00
Sunday	15:00 - 15:30	10	\$240.00 / \$275.00
Sunday	15:30 - 16:00	10	\$240.00 / \$275.00
Sunday	15:30 - 16:00	10	\$240.00 / \$275.00
Sunday	15:30 - 16:00	10	\$240.00 / \$275.00
Sunday	15:30 - 16:00	10	\$240.00 / \$275.00
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Sunday	15:30 - 16:00	10	\$240.00 / \$275.00
Sunday	16:00 - 16:30	10	\$240.00 / \$275.00
Sunday	16:00 - 16:30	10	\$240.00 / \$275.00
Sunday	16:00 - 16:30	10	\$240.00 / \$275.00
Sunday	16:00 - 16:30	10	\$240.00 / \$275.00
Sunday	16:00 - 16:30	10	\$240.00 / \$275.00
Sunday	16:00 - 16:30	10	\$240.00 / \$275.00

□ All levels | ● Beginner | ◆ Advanced | BB Baby friendly | ✍ Registration required | \$ Additional payment required | \$N Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Sunday	16:00 - 16:30	10	\$240.00 / \$275.00
Sunday	16:00 - 16:30	10	\$240.00 / \$275.00
Sunday	16:30 - 17:00	10	\$240.00 / \$275.00
Sunday	16:30 - 17:00	10	\$240.00 / \$275.00
Sunday	16:30 - 17:00	10	\$240.00 / \$275.00
Sunday	16:30 - 17:00	10	\$240.00 / \$275.00
Sunday	16:30 - 17:00	10	\$240.00 / \$275.00
Sunday	16:30 - 17:00	10	\$240.00 / \$275.00
Sunday	16:30 - 17:00	10	\$240.00 / \$275.00

Private Swim Lessons for children 2022-04-02 - 2022-06-04



Age 4-13 years

Duration 30 min Note Mandatory presence of a parent in the water if your child cannot swim.

All levels |
 Beginner |
 Advanced |
 Baby friendly |
 Registration required |
 Additional payment required |
 Additional fee for non-members |
 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons —
 Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. |
 The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. |
 Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Saturday	14:00 - 14:30	10	\$240.00 / \$275.00
Saturday	14:00 - 14:30	10	\$240.00 / \$275.00
Saturday	14:00 - 14:30	10	\$240.00 / \$275.00
Saturday	14:00 - 14:30	10	\$240.00 / \$275.00
Saturday	14:00 - 14:30	10	\$240.00 / \$275.00
Saturday	14:00 - 14:30	10	\$240.00 / \$275.00
Saturday	14:00 - 14:30	10	\$240.00 / \$275.00
Saturday	14:30 - 15:00	10	\$240.00 / \$275.00
Saturday	14:30 - 15:00	10	\$240.00 / \$275.00
Saturday	14:30 - 15:00	10	\$240.00 / \$275.00
Saturday	14:30 - 15:00	10	\$240.00 / \$275.00
Saturday	14:30 - 15:00	10	\$240.00 / \$275.00
Saturday	14:30 - 15:00	10	\$240.00 / \$275.00
Saturday	14:30 - 15:00	10	\$240.00 / \$275.00
Saturday	14:30 - 15:00	10	\$240.00 / \$275.00
Saturday	15:00 - 15:30	10	\$240.00 / \$275.00
Saturday	15:00 - 15:30	10	\$240.00 / \$275.00
Saturday	15:00 - 15:30	10	\$240.00 / \$275.00
Saturday	15:00 - 15:30	10	\$240.00 / \$275.00
Saturday	15:00 - 15:30	10	\$240.00 / \$275.00
Saturday	15:00 - 15:30	10	\$240.00 / \$275.00
Saturday	15:00 - 15:30	10	\$240.00 / \$275.00
Saturday	15:00 - 15:30	10	\$240.00 / \$275.00
Saturday	15:30 - 16:00	10	\$240.00 / \$275.00
Saturday	15:30 - 16:00	10	\$240.00 / \$275.00
Saturday	15:30 - 16:00	10	\$240.00 / \$275.00
Saturday	15:30 - 16:00	10	\$240.00 / \$275.00
Saturday	15:30 - 16:00	10	\$240.00 / \$275.00
Saturday	15:30 - 16:00	10	\$240.00 / \$275.00
Saturday	15:30 - 16:00	10	\$240.00 / \$275.00
Saturday	15:30 - 16:00	10	\$240.00 / \$275.00
Saturday	15:30 - 16:00	10	\$240.00 / \$275.00
Saturday	16:00 - 16:30	10	\$240.00 / \$275.00
Saturday	16:00 - 16:30	10	\$240.00 / \$275.00
Saturday	16:00 - 16:30	10	\$240.00 / \$275.00
Saturday	16:00 - 16:30	10	\$240.00 / \$275.00
Saturday	16:00 - 16:30	10	\$240.00 / \$275.00
Saturday	16:00 - 16:30	10	\$240.00 / \$275.00

□ All levels | ● Beginner | ◆ Advanced | BB Baby friendly | ✍ Registration required | \$ Additional payment required | \$N Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Saturday	16:00 - 16:30	10	\$240.00 / \$275.00
Saturday	16:00 - 16:30	10	\$240.00 / \$275.00
Saturday	16:30 - 17:00	10	\$240.00 / \$275.00
Saturday	16:30 - 17:00	10	\$240.00 / \$275.00
Saturday	16:30 - 17:00	10	\$240.00 / \$275.00
Saturday	16:30 - 17:00	10	\$240.00 / \$275.00
Saturday	16:30 - 17:00	10	\$240.00 / \$275.00
Saturday	16:30 - 17:00	10	\$240.00 / \$275.00
Saturday	16:30 - 17:00	10	\$240.00 / \$275.00
Saturday	16:30 - 17:00	10	\$240.00 / \$275.00

Private Swim Lessons for children 2022-03-29 - 2022-05-31



Age 4-13 years

Duration 30 min Note Mandatory presence of a parent in the water if your child cannot swim.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:00 - 17:30	10	\$240.00 / \$275.00
Tuesday	17:30 - 18:00	10	\$240.00 / \$275.00
Tuesday	18:00 - 18:30	10	\$240.00 / \$275.00
Tuesday	18:30 - 19:00	10	\$240.00 / \$275.00
Tuesday	17:30 - 18:00	10	\$240.00 / \$275.00
Tuesday	18:00 - 18:30	10	\$240.00 / \$275.00
Tuesday	18:30 - 19:00	10	\$240.00 / \$275.00

Private Swim Lessons for children 2022-03-31 - 2022-06-02



Age 4-13 years

Duration 30 min Note Mandatory presence of a parent in the water if your child cannot swim.

□ All levels | ● Beginner | ◆ Advanced | BB Baby friendly | ✍ Registration required | \$ Additional payment required | \$N Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 17:30	10	\$240.00 / \$275.00
Thursday	17:30 - 18:00	10	\$240.00 / \$275.00
Thursday	18:00 - 18:30	10	\$240.00 / \$275.00
Thursday	18:00 - 18:30	10	\$240.00 / \$275.00
Thursday	18:30 - 19:00	10	\$240.00 / \$275.00
Thursday	18:30 - 19:00	10	\$240.00 / \$275.00

Private Swim Lessons for children 2022-04-01 - 2022-06-03



Age 4-13 years

Duration 30 min Note Mandatory presence of a parent in the water if your child cannot swim.

Days	Time	Weeks	\$M / \$NM**
Friday	16:00 - 16:30	10	\$240.00 / \$275.00
Friday	16:30 - 17:00	10	\$240.00 / \$275.00
Friday	17:00 - 17:30	10	\$240.00 / \$275.00
Friday	17:30 - 18:00	10	\$240.00 / \$275.00
Friday	18:00 - 18:30	10	\$240.00 / \$275.00
Friday	18:30 - 19:00	10	\$240.00 / \$275.00
Friday	19:00 - 19:30	10	\$240.00 / \$275.00
Friday	19:30 - 20:00	10	\$240.00 / \$275.00
Friday	16:00 - 16:30	10	\$240.00 / \$275.00
Friday	16:30 - 17:00	10	\$240.00 / \$275.00
Friday	17:00 - 17:30	10	\$240.00 / \$275.00
Friday	17:30 - 18:00	10	\$240.00 / \$275.00
Friday	18:00 - 18:30	10	\$240.00 / \$275.00
Friday	18:30 - 19:00	10	\$240.00 / \$275.00
Friday	19:00 - 19:30	10	\$240.00 / \$275.00
Friday	19:30 - 20:00	10	\$240.00 / \$275.00

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Private Swim Lessons for children 2022-04-02 - 2022-06-04



Age 4-13 years

Duration 30 min Note Mandatory presence of a parent in the water if your child cannot swim.

Days	Time	Weeks	\$M / \$NM**
Saturday	8:00 - 8:30	10	\$240.00 / \$275.00
Saturday	8:30 - 9:00	10	\$240.00 / \$275.00
Saturday	9:00 - 9:30	10	\$240.00 / \$275.00
Saturday	9:30 - 10:00	10	\$240.00 / \$275.00
Saturday	10:00 - 10:30	10	\$240.00 / \$275.00
Saturday	10:30 - 11:00	10	\$240.00 / \$275.00
Saturday	11:00 - 11:30	10	\$240.00 / \$275.00
Saturday	11:30 - 12:00	10	\$240.00 / \$275.00
Saturday	8:00 - 8:30	10	\$240.00 / \$275.00
Saturday	8:30 - 9:00	10	\$240.00 / \$275.00
Saturday	9:00 - 9:30	10	\$240.00 / \$275.00
Saturday	9:30 - 10:00	10	\$240.00 / \$275.00
Saturday	10:00 - 10:30	10	\$240.00 / \$275.00
Saturday	10:30 - 11:00	10	\$240.00 / \$275.00
Saturday	11:00 - 11:30	10	\$240.00 / \$275.00
Saturday	11:30 - 12:00	10	\$240.00 / \$275.00

Private Swim Lessons for children 2022-04-03 - 2022-06-05



Age 4-13 years

Duration 30 min Note Mandatory presence of a parent in the water if your child cannot swim.

All levels |
 Beginner |
 Advanced |
 Baby friendly |
 Registration required |
 Additional payment required |
 Additional fee for non-members |
 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons —
 ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. |
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Days	Time	Weeks	\$M / \$NM**
Sunday	8:00 - 8:30	10	\$240.00 / \$275.00
Sunday	8:00 - 8:30	10	\$240.00 / \$275.00
Sunday	8:30 - 9:00	10	\$240.00 / \$275.00
Sunday	8:30 - 9:00	10	\$240.00 / \$275.00
Sunday	9:00 - 9:30	10	\$240.00 / \$275.00
Sunday	9:00 - 9:30	10	\$240.00 / \$275.00
Sunday	9:30 - 10:00	10	\$240.00 / \$275.00
Sunday	9:30 - 10:00	10	\$240.00 / \$275.00
Sunday	10:00 - 10:30	10	\$240.00 / \$275.00
Sunday	10:00 - 10:30	10	\$240.00 / \$275.00
Sunday	10:30 - 11:00	10	\$240.00 / \$275.00
Sunday	10:30 - 11:00	10	\$240.00 / \$275.00
Sunday	11:00 - 11:30	10	\$240.00 / \$275.00
Sunday	11:00 - 11:30	10	\$240.00 / \$275.00
Sunday	11:30 - 12:00	10	\$240.00 / \$275.00
Sunday	11:30 - 12:00	10	\$240.00 / \$275.00

Learn to Swim – Otter 2022-04-01 - 2022-06-12



Age 6-15 years

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Friday	17:20 - 18:05	11	\$122.00 / \$141.00
Saturday	9:10 - 9:55	11	\$122.00 / \$141.00
Saturday	10:35 - 11:20	11	\$122.00 / \$141.00
Sunday	8:35 - 9:20	11	\$122.00 / \$141.00
Sunday	9:25 - 10:10	11	\$122.00 / \$141.00

All levels |
 Beginner |
 Advanced |
 Baby friendly |
 Registration required |
 Additional payment required |
 Additional fee for non-members |
 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons —
 ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. |
 The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. |
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Learn to Swim – Seal 2022-04-01 - 2022-06-12



Age 6-15 years

Prerequisite Learn to Swim – Otter

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Friday	17:20 - 18:05	11	\$122.00 / \$141.00
Saturday	9:10 - 9:55	11	\$122.00 / \$141.00
Saturday	10:35 - 11:20	11	\$122.00 / \$141.00
Sunday	8:35 - 9:20	11	\$122.00 / \$141.00
Sunday	9:25 - 10:10	11	\$122.00 / \$141.00

Learn to Swim – Dolphin 2022-03-31 - 2022-06-12



Age 6-15 years

Prerequisite Learn to Swim – Seal

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 17:45	11	\$122.00 / \$141.00
Friday	17:20 - 18:05	11	\$122.00 / \$141.00
Saturday	9:10 - 9:55	11	\$122.00 / \$141.00
Sunday	8:35 - 9:20	11	\$122.00 / \$141.00

Learn to Swim – Swimmer 2022-03-31 - 2022-06-12



Age 6-15 years

Prerequisite Learn to Swim – Dolphin

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 17:45	11	\$122.00 / \$141.00
Friday	18:10 - 18:55	11	\$122.00 / \$141.00
Saturday	10:35 - 11:20	11	\$122.00 / \$141.00
Sunday	9:25 - 10:10	11	\$122.00 / \$141.00

□ All levels | ● Beginner | ◆ Advanced | BB Baby friendly | ✍ Registration required | \$ Additional payment required | \$N Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Star Program (6 - 15 years)

Star Program - Star 1 2022-03-29 - 2022-06-07



Age 6-15 years Prerequisite Learn to Swim – Swimmer
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:00 - 19:00	11	\$130.00 / \$150.00

Star Program - Star 1 2022-04-01 - 2022-06-12



Age 6-15 years Prerequisite Learn to Swim – Swimmer
Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Friday	18:10 - 18:55	11	\$122.00 / \$141.00
Sunday	10:15 - 11:00	11	\$122.00 / \$141.00

Star Program - Star 2 2022-03-29 - 2022-06-07



Age 6-15 years Prerequisite Star Program - Star 1
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:00 - 19:00	11	\$130.00 / \$150.00

Star Program - Star 2 2022-04-01 - 2022-06-12



Age 6-15 years Prerequisite Star Program - Star 1
Duration 45 min

□ All levels | ● Beginner | ◆ Advanced | BBaby friendly | ✎ Registration required | \$ Additional payment required | \$N Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Friday	18:10 - 18:55	11	\$122.00 / \$141.00
Sunday	10:15 - 11:00	11	\$122.00 / \$141.00

Star Program - Star 3 2022-03-31 - 2022-06-10



Age 6-15 years Prerequisite Star Program - Star 2
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Thursday	18:00 - 19:00	11	\$130.00 / \$150.00
Friday	19:00 - 20:00	11	\$130.00 / \$150.00

Star Program - Star 3 2022-04-03 - 2022-06-12



Age 6-15 years Prerequisite Star Program - Star 2
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Sunday	11:00 - 12:00	11	\$130.00 / \$150.00

Star Program - Star 4 2022-03-31 - 2022-06-12



Age 6-15 years Prerequisite Star Program - Star 3
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Thursday	18:00 - 19:00	11	\$130.00 / \$150.00
Friday	19:00 - 20:00	11	\$130.00 / \$150.00
Sunday	11:00 - 12:00	11	\$130.00 / \$150.00

All levels | Beginner | Advanced | Baby friendly | Registration required | Additional payment required | Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Star Leadership Program (6 - 15 years)

Star Leadership Program - Star 5 2022-04-03 - 2022-06-12



Age 6-15 years Prerequisite Star Program - Star 4
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Sunday	11:00 - 12:00	11	\$130.00 / \$150.00

Star Leadership Program - Star 5 2022-04-01 - 2022-06-10



Age 6-15 years Prerequisite Star Program - Star 4
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 20:00	11	\$130.00 / \$150.00

Star Leadership Program - Star 6 2022-04-01 - 2022-06-10



Age 6-15 years Prerequisite Star Leadership Program - Star 5
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 20:00	11	\$130.00 / \$150.00

Star Leadership Program - Star 7 2022-04-01 - 2022-06-10



Age 6-15 years Prerequisite Star Leadership Program - Star 6
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 20:00	11	\$130.00 / \$150.00

□ All levels | ● Beginner | ◆ Advanced | BB Baby friendly | ✎ Registration required | \$ Additional payment required | \$N Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Supervised swim training 2022-03-29 - 2022-06-09



Age 6-16 years

Duration 60 min Note Level 1 - Prerequisites: Able to swim 25m without stopping and master front crawl and backstroke.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	17:00 - 18:00	11	\$0.00 / \$0.00

Supervised swim training 2022-03-29 - 2022-06-09



Age 6-16 years

Duration 60 min Note Level 2 - Prerequisites: Able to swim 100m without stopping and master front crawl, backstroke & breaststroke.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	18:00 - 19:00	11	\$0.00 / \$0.00

Supervised swim training 2022-03-28 - 2022-06-09



Age 6-16 years

Duration 60 min Note Level 3 - Prerequisites: Able to swim 200m without stopping and master front crawl, backstroke, breaststroke and butterfly.

Days	Time	Weeks	\$M / \$NM**
Monday	19:00 - 20:00	11	\$0.00 / \$0.00
Tuesday and Thursday	19:00 - 20:00	11	\$0.00 / \$0.00

□ All levels | ● Beginner | ◆ Advanced | BB Baby friendly | ✍ Registration required | \$ Additional payment required | \$N Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Aquatic Certifications (13 years +)

National Lifeguard 2022-04-23 - 2022-06-11



Age 16+

Prerequisite Bronze Cross

Note Additional Prerequisites: 16 years old on the day of the exam and Standard First Aid completed. Required material: Alert Manual, Pocket Mask, Whistle. 90% attendance mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:00 - 12:00	8	\$223.00 / \$263.00
Saturday	13:30 - 16:30	8	\$223.00 / \$263.00
Saturday	13:00 - 16:00	8	\$223.00 / \$263.00

All levels | Beginner | Advanced | Baby friendly | Registration required | Additional payment required | Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



CPR and First Aid Certifications (12 years +)

Standard First Aid 2022-04-09 - 2022-04-17



Age 14+

Note Required material: Canadian First Aid Manual, Pocket Mask. French course.

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	8:00 - 16:30		\$95.00 / \$112.00

Heartsaver® CPR AED with Child Module 2022-04-19 - 2022-04-19



Age 12+

Note French course.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 21:00		\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2022-04-03 - 2022-04-03



Age 12+

Note French course.

Days	Time	Weeks	\$M / \$NM**
Sunday	13:30 - 17:00		\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2022-05-24 - 2022-05-24



Age 12+

Note French course.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 21:00		\$63.00 / \$73.00

□ All levels | ● Beginner | ◆ Advanced | BBaby friendly | ✍ Registration required | \$ Additional payment required | \$N Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Heartsaver® CPR AED with Child Module 2022-05-08 - 2022-05-08



Age 12+

Note French course.

Days	Time	Weeks	\$M / \$NM**
Sunday	13:30 - 17:00		\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2022-06-05 - 2022-06-05



Age 12+

Note French course.

Days	Time	Weeks	\$M / \$NM**
Sunday	13:30 - 17:00		\$63.00 / \$73.00

All levels | Beginner | Advanced | Baby friendly | Registration required | Additional payment required | Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Adult Lessons (16 years +)

Adult Swim Lessons - Level 2 2022-03-29 - 2022-06-09



Age 16+ Prerequisite Adult Swim Lessons - Level 1
Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	9:00 - 9:45	11	\$15.00 / \$141.00
Thursday	20:00 - 20:45	11	\$15.00 / \$141.00

All levels |
 Beginner |
 Advanced |
 Baby friendly |
 Registration required |
 Additional payment required |
 Additional fee for non-members |
 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons —
 ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. |
 The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. |
 Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.