



Print date: 2020-04-05

Winter 2020	From 2020-01-06 to 2020-03-22	
OPENING HOURS	Week: 6:00 to 22:45   Week-end : 7:00 to 19:45	
HOLIDAYS		
REGISTRATION START	2019-12-09 12:00:00 AM	<a href="http://ymcaquebec.org/aquatics">ymcaquebec.org/aquatics</a>

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

### L'il Dippers with parent – Splashers 2020-01-11 - 2020-03-20



Age 6-18 months with parents

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:30 - 10:00	10	\$90.00 / \$103.00
Sunday	10:00 - 10:30	10	\$90.00 / \$103.00

### L'il Dippers with parent – Bubblers 2020-01-11 - 2020-03-20



Age 18-36 months with parents

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:00 - 9:30	10	\$90.00 / \$103.00
Saturday	10:00 - 10:30	10	\$90.00 / \$103.00

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 available for Lane Swim. 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



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

## L'il Dippers – Bobbers with parent 2020-01-11 - 2020-03-20



Age 3-5 yrs with parents

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:30 - 10:00	10	\$90.00 / \$103.00

## L'il Dippers – Bobbers 2020-01-11 - 2020-03-20



Age 3-5 years

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	16:45 - 17:15	10	\$90.00 / \$103.00
Friday	16:30 - 17:00	10	\$90.00 / \$103.00
Friday	18:00 - 18:30	10	\$90.00 / \$103.00
Saturday	9:00 - 9:30	10	\$90.00 / \$103.00
Saturday	10:00 - 10:30	10	\$90.00 / \$103.00
Saturday	11:00 - 11:30	10	\$90.00 / \$103.00
Sunday	9:30 - 10:00	10	\$90.00 / \$103.00
Sunday	10:30 - 11:00	10	\$90.00 / \$103.00
Sunday	11:00 - 11:30	10	\$90.00 / \$103.00

## L'il Dippers – Floaters 2020-01-11 - 2020-03-20



Age 3-5 years

Duration 30 min

Prerequisite L'il Dippers – Bobbers

Note Bathing cap is mandatory.

□ 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 available for Lane Swim. 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	17:00 - 17:30	10	\$90.00 / \$103.00
Saturday	9:30 - 10:00	10	\$90.00 / \$103.00
Saturday	10:30 - 11:00	10	\$90.00 / \$103.00
Sunday	9:00 - 9:30	10	\$90.00 / \$103.00
Sunday	10:30 - 11:00	10	\$90.00 / \$103.00

### L'il Dippers – Gliders 2020-01-11 - 2020-03-20



Age 3-5 years Prerequisite L'il Dippers – Floaters  
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	17:00 - 17:30	10	\$90.00 / \$103.00
Saturday	10:30 - 11:00	10	\$90.00 / \$103.00
Sunday	9:30 - 10:00	10	\$90.00 / \$103.00

### L'il Dippers – Divers 2020-01-11 - 2020-03-20



Age 3-5 years Prerequisite L'il Dippers – Gliders  
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	17:00 - 17:30	10	\$90.00 / \$103.00
Saturday	10:00 - 10:30	10	\$90.00 / \$103.00
Sunday	11:30 - 12:00	10	\$90.00 / \$103.00

### L'il Dippers – Surfers 2020-01-11 - 2020-03-20



Age 3-5 years Prerequisite L'il Dippers – Divers  
 Duration 30 min Note Bathing cap is mandatory. Combined with Dippers.

□ 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 available for Lane Swim. 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	11:30 - 12:00	10	\$90.00 / \$103.00

## L'il Dippers – Dippers 2020-01-11 - 2020-03-20



Age 3-5 years

Prerequisite L'il Dippers – Surfers

Duration 30 min

Note Bathing cap is mandatory. Combined with Surfers.

Days	Time	Weeks	\$M / \$NM**
Saturday	11:30 - 12:00	10	\$90.00 / \$103.00



# Learn to Swim (6 - 15 years)

## Learn to Swim – Otter 2020-01-11 - 2020-03-20



Age 6-15 years

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	16:30 - 17:15	10	\$108.00 / \$124.00
Friday	18:30 - 19:15	10	\$108.00 / \$124.00
Saturday	10:30 - 11:15	10	\$108.00 / \$124.00
Saturday	9:00 - 9:45	10	\$108.00 / \$124.00
Sunday	10:30 - 11:15	10	\$108.00 / \$124.00

## Learn to Swim – Seal 2020-01-11 - 2020-03-20



Age 6-15 years

Duration 45 min

Prerequisite Learn to Swim – Otter

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	17:15 - 18:00	10	\$108.00 / \$124.00
Friday	19:15 - 20:00	10	\$108.00 / \$124.00
Saturday	11:15 - 12:00	10	\$108.00 / \$124.00

## Learn to Swim – Dolphin 2020-01-11 - 2020-03-20



Age 6-15 years

Duration 45 min

Prerequisite Learn to Swim – Seal

Note Bathing cap is mandatory.

□ All levels | ● Beginner | ◆ Advanced | BB Baby friendly | ✎ Registration required | \$ Additional payment required | \$M 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 available for Lane Swim. 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	17:30 - 18:15	10	\$108.00 / \$124.00
Saturday	11:15 - 12:00	10	\$108.00 / \$124.00
Sunday	13:00 - 13:45	10	\$108.00 / \$124.00

## Learn to Swim – Swimmer 2020-01-11 - 2020-03-20



Age 6-15 years

Prerequisite Learn to Swim – Dolphin

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	18:15 - 19:00	10	\$108.00 / \$124.00
Saturday	10:30 - 11:15	10	\$108.00 / \$124.00
Sunday	13:00 - 13:45	10	\$108.00 / \$124.00

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 available for Lane Swim. 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



## Star Program (6 - 15 years)

### Star Program - Star 1 2020-01-11 - 2020-03-20



Age 6-15 years Prerequisite Learn to Swim – Swimmer  
Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	17:30 - 18:15	10	\$108.00 / \$124.00
Saturday	13:00 - 13:45	10	\$108.00 / \$124.00
Sunday	10:30 - 11:15	10	\$108.00 / \$124.00

### Star Program - Star 1 2020-01-11 - 2020-03-20



Age 6-15 years Prerequisite Learn to Swim – Swimmer  
Duration 45 min Note Bathing cap is mandatory. Combined with Star 2.

Days	Time	Weeks	\$M / \$NM**
Thursday	16:30 - 17:15	10	\$108.00 / \$124.00
Sunday	13:00 - 13:45	10	\$108.00 / \$124.00

### Star Program - Star 2 2020-01-11 - 2020-03-20



Age 6-15 years Prerequisite Star Program - Star 1  
Duration 45 min Note Bathing cap is mandatory. Combined with Star 1.

Days	Time	Weeks	\$M / \$NM**
Thursday	16:30 - 17:15	10	\$108.00 / \$124.00
Sunday	13:00 - 13:45	10	\$108.00 / \$124.00

□ 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 available for Lane Swim. 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 - Star 2 2020-01-11 - 2020-03-20



Age 6-15 years Prerequisite Star Program - Star 1  
Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	18:15 - 19:00	10	\$108.00 / \$124.00
Saturday	13:00 - 13:45	10	\$108.00 / \$124.00
Sunday	11:15 - 12:00	10	\$108.00 / \$124.00

## Star Program - Star 3 2020-01-11 - 2020-03-20



Age 6-15 years Prerequisite Star Program - Star 2  
Duration 45 min Note Bathing cap is mandatory. Combined with Star 4.

Days	Time	Weeks	\$M / \$NM**
Thursday	17:15 - 18:00	10	\$108.00 / \$124.00
Friday	19:00 - 19:45	10	\$108.00 / \$124.00
Saturday	13:45 - 14:30	10	\$108.00 / \$124.00

## Star Program - Star 4 2020-01-11 - 2020-03-20



Age 6-15 years Prerequisite Star Program - Star 3  
Duration 45 min Note Bathing cap is mandatory. Combined with Star 3.

Days	Time	Weeks	\$M / \$NM**
Thursday	17:15 - 18:00	10	\$108.00 / \$124.00
Friday	19:00 - 19:45	10	\$108.00 / \$124.00
Saturday	13:45 - 14:30	10	\$108.00 / \$124.00

□ 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 available for Lane Swim. 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.





## Star Leadership Program (6 - 15 years)

### Star Leadership Program - Star 5 2020-01-11 - 2020-03-20



Age 6-15 years Prerequisite Star Program - Star 4  
Duration 60 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	11:00 - 12:00	10	\$115.00 / \$132.00

### Star Leadership Program - Star 5 2020-01-11 - 2020-03-20



Age 6-15 years Prerequisite Star Program - Star 4  
Duration 60 min Note Bathing cap is mandatory. Combined with Star 6.

Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 20:00	10	\$115.00 / \$132.00

### Star Leadership Program - Star 6 2020-01-11 - 2020-03-20



Age 6-15 years Prerequisite Star Leadership Program - Star 5  
Duration 60 min Note Bathing cap is mandatory. Combined with Star 5.

Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 20:00	10	\$115.00 / \$132.00

### Star Leadership Program - Star 6 2020-01-11 - 2020-03-20



Age 6-15 years Prerequisite Star Leadership Program - Star 5  
Duration 60 min Note Bathing cap is mandatory. Combined with Star 7.

□ 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 available for Lane Swim. 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**
Sunday	11:00 - 12:00	10	\$115.00 / \$132.00

### Star Leadership Program - Star 7 2020-01-11 - 2020-03-20



Age 6-15 years Prerequisite Star Leadership Program - Star 6  
 Duration 60 min Note Bathing cap is mandatory. Combined with Star 6.

Days	Time	Weeks	\$M / \$NM**
Sunday	11:00 - 12:00	10	\$115.00 / \$132.00

### Bronze Star 2020-01-17 - 2020-03-20



Age 11-13 years  
 Duration 60 min Note Prerequisites: Must be at least 11 years old and must be capable of swimming 100 meters.

Days	Time	Weeks	\$M / \$NM**
Friday	20:00 - 21:00	10	\$114.00 / \$134.00

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 available for Lane Swim. 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 +)

### Bronze Medallion 2020-01-19 - 2020-03-22



Age 13 years+

Note Bathing cap is mandatory. Prerequisite: Must be at least 13 years old at the final evaluation or hold a Bronze Star certificate.

Days	Time	Weeks	\$M / \$NM**
Sunday	10:30 - 13:30	9	\$178.00 / \$210.00

### Bronze Cross 2020-01-18 - 2020-03-21



Age 14 years+

Prerequisite Bronze Medallion

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:30 - 13:30	9	\$178.00 / \$210.00

### National Lifeguard 2020-01-24 - 2020-03-27



Age 16 years+

Prerequisite Bronze Cross

Note Bathing cap is mandatory. Additional prerequisites: Must be 16 years old at the final exam. Must have Standard First Aid/AED or an Aquatic Emergency Care/AED certification.

Days	Time	Weeks	\$M / \$NM**
Friday	17:30 - 22:15	10	\$223.00 / \$263.00

### National Lifeguard Recertification 2020-03-29 - 2020-03-29



Age 16 years+

Prerequisite National Lifeguard

□ 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 available for Lane Swim. 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	8:30 - 13:30	1	\$95.00 / \$116.00

## National Lifeguard Recertification 2020-02-19 - 2020-02-19



Age 16 years+

Prerequisite National Lifeguard

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:00 - 22:00	1	\$95.00 / \$116.00

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 available for Lane Swim. 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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## CPR and First Aid Certifications (12 years +)

### Standard First Aid 2020-01-11 - 2020-01-12



Age 14 years+

Note Not recongnized by CNESST.

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	8:30 - 17:00	1	\$95.00 / \$112.00

### Heartsaver® CPR AED with Child Module 2020-01-15 - 2020-01-15



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:00 - 22:00	1	\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2020-01-26 - 2020-01-26



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Sunday	13:00 - 17:00	1	\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2020-02-12 - 2020-02-12



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:00 - 22:00	1	\$63.00 / \$73.00

All levels | 
  Beginner | 
  Advanced | 
  Baby friendly | 
  Registration required | 
 \$ Additional payment required | 
 \$M 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 available for Lane Swim. 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 2020-02-22 - 2020-02-22



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 16:30	1	\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2020-03-25 - 2020-03-25



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:00 - 22:00	1	\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2020-03-15 - 2020-03-15



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Sunday	13:00 - 17:00	1	\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2020-01-15 - 2020-01-15



Age 15 years+

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:00 - 22:00	1	\$63.00 / \$73.00

### Heartsaver® CPR AED with Child and Infant Modules 2020-03-04 - 2020-03-04



Age 14 years+

□ 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 available for Lane Swim. 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.



# West Island YMCA

230 Brunswick Blvd, Pointe-Claire, Quebec H9R 5N5

Tel. : 514 630-9622

[ymcaquebec.org](http://ymcaquebec.org)

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:30 - 22:00	1	\$76.50 / \$89.00

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 available for Lane Swim. 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



# Adult Lessons (16 years +)

## Adult Swim Lessons - Level 1 2020-01-13 - 2020-03-20



Age 16 years+

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	20:00 - 20:45	10	\$15.00 / \$105.00
Thursday	10:15 - 11:00	10	\$15.00 / \$105.00

## Adult Swim Lessons - Level 2 2020-01-13 - 2020-03-20



Age 16 years+

Duration 45 min

Prerequisite Adult Swim Lessons - Level 1

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	10:15 - 11:00	10	\$15.00 / \$105.00
Thursday	20:45 - 21:30	10	\$15.00 / \$105.00

## Adult Swim Lessons - Level 3 2020-01-13 - 2020-03-20



Age 16 years+

Duration 45 min

Prerequisite Adult Swim Lessons - Level 2

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	20:30 - 21:15	10	\$15.00 / \$105.00

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 available for Lane Swim. 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.