



Print date: 2025-07-03

Spring 2020

From 2020-03-23 to 2020-06-14

OPENING HOURS

Monday - Friday: 7 a.m. - 9 p.m.**Saturday - Sunday:** 9 a.m. - 9 p.m.

Special schedule

Monday, September 1 (Labour Day): no Group Fitness

REGISTRATION START

2020-03-09

ymcaquebec.org/aquatics**Preschool - L'il Dippers with parent (6 - 36 months)****Preschool with parent – Splashers 2020-03-30 - 2020-06-14**

Age 6-18 months with parents

Duration 30 min

Note

Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:30 - 10:00	11	\$0.00 / \$0.00
Sunday	10:00 - 10:30	11	\$0.00 / \$0.00

Preschool with parent – Bubblers 2020-03-30 - 2020-06-14

Age 18-36 months with parents

Duration 30 min

Note

Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:30 - 10:00	11	\$0.00 / \$0.00
Sunday	9:00 - 9:30	11	\$0.00 / \$0.00
Sunday	10:30 - 11:00	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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



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

Preschool – Bobbers with parent 2020-03-30 - 2020-06-14



Age 3-5 yrs with parents

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:30 - 10:00	11	\$0.00 / \$0.00
Sunday	9:00 - 9:30	11	\$0.00 / \$0.00
Sunday	10:00 - 10:30	11	\$0.00 / \$0.00

Preschool – Bobbers 2020-03-30 - 2020-06-14



Age 3-5 years

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:00 - 9:30	11	\$0.00 / \$0.00
Saturday	10:00 - 10:30	11	\$0.00 / \$0.00
Saturday	11:00 - 11:30	11	\$0.00 / \$0.00
Saturday	13:00 - 13:30	11	\$0.00 / \$0.00
Sunday	10:30 - 11:00	11	\$0.00 / \$0.00
Sunday	11:00 - 11:30	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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Preschool – Bobbers -



Age 3-5 years

Duration 30 min

Note

Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	16:30 - 17:00	10	\$0.00 / \$0.00
Friday	18:00 - 18:30	10	\$0.00 / \$0.00

Preschool – Floaters 2020-03-30 - 2020-06-14



Age 3-5 years

Prerequisite Preschool – Bobbers

Duration 30 min

Note

Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:30 - 10:00	11	\$0.00 / \$0.00
Saturday	10:30 - 11:00	11	\$0.00 / \$0.00
Sunday	9:00 - 9:30	11	\$0.00 / \$0.00
Sunday	10:00 - 10:30	11	\$0.00 / \$0.00

Preschool – Floaters -



Age 3-5 years

Prerequisite Preschool – Bobbers

Duration 30 min

Note

Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	16:30 - 17:00	10	\$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. I 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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.

**Preschool – Gliders 2020-03-30 - 2020-06-14**

Age 3-5 years Prerequisite Preschool – Floaters
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:30 - 11:00	11	\$0.00 / \$0.00
Sunday	13:00 - 13:30	11	\$0.00 / \$0.00
Sunday	11:00 - 11:30	11	\$0.00 / \$0.00

Preschool – Gliders -

Age 3-5 years Prerequisite Preschool – Floaters
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	17:00 - 17:30	10	\$0.00 / \$0.00

Preschool – Divers 2020-03-30 - 2020-06-14

Age 3-5 years Prerequisite Preschool – Gliders
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 10:30	11	\$0.00 / \$0.00
Saturday	14:30 - 15:00	11	\$0.00 / \$0.00
Sunday	11:30 - 12:00	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. I 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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Preschool – Divers -



Age 3-5 years Prerequisite Preschool – Gliders
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	17:45 - 18:15	10	\$0.00 / \$0.00

Preschool – Surfers 2020-03-30 - 2020-06-14



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:30 - 12:00	11	\$0.00 / \$0.00
Sunday	13:30 - 14:00	11	\$0.00 / \$0.00

Preschool – Jumpers 2020-03-30 - 2020-06-14



Age 3-5 years Prerequisite Preschool – Surfers
 Duration 30 min Note Bathing cap is mandatory. Combined with Surfers.

Days	Time	Weeks	\$M / \$NM**
Saturday	11:30 - 12:00	11	\$0.00 / \$0.00
Sunday	13:30 - 14:00	11	\$0.00 / \$0.00



Learn to Swim (6 - 15 years)

Learn to Swim – Otter 2020-03-30 - 2020-06-14



Age 6-15 years

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:30 - 11:15	11	\$0.00 / \$0.00
Saturday	13:30 - 14:15	11	\$0.00 / \$0.00
Sunday	13:00 - 13:45	11	\$0.00 / \$0.00
Sunday	10:30 - 11:15	11	\$0.00 / \$0.00

Learn to Swim – Otter -



Age 6-15 years

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	16:30 - 17:15	10	\$0.00 / \$0.00
Friday	18:30 - 19:15	10	\$0.00 / \$0.00

Learn to Swim – Seal 2020-03-30 - 2020-06-14



Age 6-15 years

Prerequisite Learn to Swim – Otter

Duration 45 min

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 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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Saturday	9:45 - 10:30	11	\$0.00 / \$0.00
Saturday	11:15 - 12:00	11	\$0.00 / \$0.00
Sunday	9:00 - 9:45	11	\$0.00 / \$0.00
Sunday	13:30 - 14:15	11	\$0.00 / \$0.00

Learn to Swim – Seal 2020-03-30 - 2020-06-14

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

Days	Time	Weeks	\$M / \$NM**
Friday	17:15 - 18:00	10	\$0.00 / \$0.00

Learn to Swim – Dolphin 2020-03-30 - 2020-06-14

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

Days	Time	Weeks	\$M / \$NM**
Saturday	10:30 - 11:15	11	\$0.00 / \$0.00
Sunday	11:15 - 12:00	11	\$0.00 / \$0.00

Learn to Swim – Dolphin -

Age 6-15 years Prerequisite Learn to Swim – Seal
 Duration 45 min 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 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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Friday	17:30 - 18:15	10	\$0.00 / \$0.00

Learn to Swim – Swimmer 2020-03-30 - 2020-06-14



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:15 - 12:00	11	\$0.00 / \$0.00
Saturday	13:45 - 14:30	11	\$0.00 / \$0.00
Sunday	9:45 - 10:30	11	\$0.00 / \$0.00

Learn to Swim – Swimmer -



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	\$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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Star Program (6 - 15 years)

Star Program - Star 1 2020-03-30 - 2020-06-14



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

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 13:45	11	\$0.00 / \$0.00
Sunday	10:30 - 11:15	11	\$0.00 / \$0.00

Star Program - Star 1 2020-03-30 - 2020-06-14



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	11	\$0.00 / \$0.00

Star Program - Star 1 2020-03-30 - 2020-06-14



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

Days	Time	Weeks	\$M / \$NM**
Friday	17:00 - 17:45	10	\$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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.

**Star Program - Star 2 2020-03-30 - 2020-06-14**

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	11	\$0.00 / \$0.00

Star Program - Star 2 2020-03-30 - 2020-06-14

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

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 13:45	11	\$0.00 / \$0.00
Sunday	11:15 - 12:00	11	\$0.00 / \$0.00

Star Program - Star 2 -

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	\$0.00 / \$0.00

Star Program - Star 3 2020-03-30 - 2020-06-14

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

□ 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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 19:45	11	\$0.00 / \$0.00
Saturday	13:45 - 14:30	11	\$0.00 / \$0.00

Star Program - Star 3 -



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**
Friday	19:00 - 19:45	10	\$0.00 / \$0.00

Star Program - Star 4 2020-03-31 - 2020-06-14



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**
Saturday	13:45 - 14:30	11	\$0.00 / \$0.00

Star Program - Star 4 -



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**
Friday	19:00 - 19:45	10	\$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. I 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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Star Leadership Program (6 - 15 years)

Star Leadership Program - Star 5 2020-03-30 - 2020-06-14



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	\$0.00 / \$0.00

Star Leadership Program - Star 5 2020-03-31 - 2020-06-14



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	11	\$0.00 / \$0.00

Star Leadership Program - Star 6 2020-03-30 - 2020-06-14



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	\$0.00 / \$0.00

Star Leadership Program - Star 6 2020-03-30 - 2020-06-14



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 | 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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Sunday	13:00 - 14:00	11	\$0.00 / \$0.00

Star Leadership Program - Star 7 2020-03-30 - 2020-06-15



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	13:00 - 14:00	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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Aquatic Certifications (13 years +)

Bronze Medallion 2020-04-19 - 2020-06-14



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**
Saturday	11:00 - 13:30	9	\$0.00 / \$0.00

Bronze Cross 2020-04-18 - 2020-06-13



Age 14 years+

Prerequisite Bronze Medallion

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	10:30 - 13:30	9	\$0.00 / \$0.00

National Lifeguard 2020-04-17 - 2020-06-19



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	\$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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.

**National Lifeguard Recertification 2020-05-20 - 2020-05-20**

Age 16 years+ Prerequisite National Lifeguard

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:15 - 22:15	1	\$0.00 / \$0.00

National Lifeguard Recertification 2020-06-17 - 2020-06-17

Age 16 years+ Prerequisite National Lifeguard

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:15 - 22:15	1	\$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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



CPR and First Aid Certifications (12 years +)

Standard First Aid 2020-04-18 - 2020-04-19



Age 14 years+

Note Not recognized by CNESST.

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	8:30 - 17:00	1	\$0.00 / \$0.00

Cardiopulmonary resuscitation/AED with Child Module

2020-04-08 - 2020-04-08



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:00 - 22:00	1	\$0.00 / \$0.00

Cardiopulmonary resuscitation/AED with Child Module

2020-04-22 - 2020-04-22



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:00 - 22:00	1	\$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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Cardiopulmonary resuscitation/AED with Child Module

**2020-05-06 - 2020-05-06**

Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:00 - 22:00	1	\$0.00 / \$0.00

Cardiopulmonary resuscitation/AED with Child Module

**2020-05-20 - 2020-05-20**

Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:00 - 22:00	1	\$0.00 / \$0.00

Cardiopulmonary resuscitation/AED with Child Module

**2020-06-03 - 2020-06-03**

Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:00 - 22:00	1	\$0.00 / \$0.00

Cardiopulmonary resuscitation/AED with Child Module

**2020-06-17 - 2020-06-17**

Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:00 - 22:00	1	\$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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Cardiopulmonary resuscitation/AED with Child and Infant Modules 2020-05-31 - 2020-05-31



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Sunday	13:00 - 17:30	1	\$0.00 / \$0.00

Cardiopulmonary resuscitation/AED with Child and Infant Modules 2020-06-13 - 2020-06-13



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:30	1	\$0.00 / \$0.00

Emergency First Aid 2020-05-09 - 2020-05-09



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Saturday	8:30 - 17:00		\$0.00 / \$0.00

Emergency First Aid 2020-06-14 - 2020-06-14



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Saturday	8:30 - 17:00		\$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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.



Adult Lessons (16 years +)

Adult Swim Lessons - Level 1 2020-03-30 - 2020-06-14



Age 16 years+

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	10:15 - 11:00	11	\$0.00 / \$0.00
Thursday	20:00 - 20:45	11	\$0.00 / \$0.00

Adult Swim Lessons - Level 2 2020-03-30 - 2020-06-14



Age 16 years+

Prerequisite Adult Swim Lessons - Level 1

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	10:15 - 11:00	11	\$0.00 / \$0.00
Thursday	20:45 - 21:30	11	\$0.00 / \$0.00

Adult Swim Lessons - Level 3 2020-03-30 - 2020-06-14



Age 16 years+

Prerequisite Adult Swim Lessons - Level 2

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	20:30 - 21:15	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/en/Fitness-and-Aquatic-Activities for information on all course descriptions and pre-requisites.