



Print date: 2022-05-16

Spring 2022	From 2022-03-28 to 2022-06-19
OPENING HOURS	Monday - Friday: 6:45 am - 9:00 pm Saturday - Sunday: 7:45 am - 5:00 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 (3 - 5 years)

Preschool – Bobbers 2022-03-28 -



Age	3-5 years with parents		
Duration	30 min	Note	Bathing cap is mandatory. Parents must be in the water with their child.

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:55 - 17:25	11	\$101.00 / \$117.00
Thursday	15:55 - 16:25	11	\$101.00 / \$117.00
Thursday	16:05 - 16:35	11	\$101.00 / \$117.00
Saturday	10:55 - 11:25	11	\$101.00 / \$117.00

Preschool – Floaters 2022-03-28 -



Age	3-5 years with parents	Prerequisite	Preschool – Bobbers
Duration	30 min	Note	Bathing cap is mandatory. Parents must be in the water with their child.

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:55 - 17:25	11	\$101.00 / \$117.00
Tuesday	18:05 - 18:35	11	\$101.00 / \$117.00
Thursday	16:40 - 17:10	11	\$101.00 / \$117.00
Saturday	10:35 - 11:05	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 – Gliders 2022-03-28 -



Age 3-5 years with parents Prerequisite Preschool – Floaters

Duration 30 min Note Bathing cap is mandatory. Parents must be in the water with their child. Tuesday's class combined with Divers.

Days	Time	Weeks	\$M / \$NM**
Tuesday	15:45 - 16:15	11	\$101.00 / \$117.00
Thursday	17:15 - 17:45	11	\$101.00 / \$117.00
Saturday	10:55 - 11:25	11	\$101.00 / \$117.00

Preschool – Divers 2022-03-28 -



Age 3-5 years with parents Prerequisite Preschool – Gliders

Duration 30 min Note Bathing cap is mandatory. Parents must be in the water with their child. Tuesday's class combined with Gliders.

Days	Time	Weeks	\$M / \$NM**
Tuesday	15:45 - 16:15	11	\$101.00 / \$117.00
Saturday	10:20 - 10:50	11	\$101.00 / \$117.00

Preschool – Surfers 2022-03-28 -



Age 3-5 years with parents Prerequisite Preschool – Divers

Duration 30 min Note Bathing cap is mandatory. Parents must be in the water with their child. Combined with Dippers.

Days	Time	Weeks	\$M / \$NM**
Tuesday	15:45 - 16:15	11	\$101.00 / \$117.00
Saturday	9:45 - 10:15	11	\$101.00 / \$117.00

□ 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.



Preschool – Jumpers 2022-03-28 -



Age 3-5 years with parents Prerequisite Preschool – Surfers

Duration 30 min Note Bathing cap is mandatory. Parents must be in the water with their child. Combined with Surfers.

Days	Time	Weeks	\$M / \$NM**
Tuesday	15:45 - 16:15	11	\$101.00 / \$117.00
Saturday	9:45 - 10:15	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 —
 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.



Learn to Swim (6 - 15 years)

Private Swim Lessons for children -



Age 0-13 years

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Wednesday	15:15 - 15:45	10	\$240.00 / \$275.00
Wednesday	15:45 - 16:15	10	\$240.00 / \$275.00
Wednesday	16:15 - 16:45	10	\$240.00 / \$275.00
Wednesday	16:45 - 17:15	10	\$240.00 / \$275.00
Wednesday	17:15 - 17:45	10	\$240.00 / \$275.00
Wednesday	17:45 - 18:15	10	\$240.00 / \$275.00
Wednesday	18:15 - 18:45	10	\$240.00 / \$275.00
Wednesday	18:45 - 19:15	10	\$240.00 / \$275.00
Friday	15:15 - 15:45	10	\$240.00 / \$275.00
Friday	16:15 - 16:45	10	\$240.00 / \$275.00
Friday	16:45 - 17:15	10	\$240.00 / \$275.00
Friday	17:15 - 17:45	10	\$240.00 / \$275.00
Sunday	10:45 - 11:15	10	\$240.00 / \$275.00
Sunday	11:15 - 11:45	10	\$240.00 / \$275.00
Sunday	11:45 - 12:15	10	\$240.00 / \$275.00
Sunday	12:15 - 12:45	10	\$240.00 / \$275.00
Sunday	12:45 - 13:15	10	\$240.00 / \$275.00
Sunday	13:15 - 13:45	10	\$240.00 / \$275.00
Sunday	13:45 - 14:15	10	\$240.00 / \$275.00

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.



Learn to Swim – Otter 2022-03-28 -



Age 6-15 years

Duration 45 min Note Bathing cap is mandatory. Parents must be in the water with their child.

Days	Time	Weeks	\$M / \$NM**
Thursday	17:50 - 18:35	11	\$122.00 / \$141.00
Saturday	10:35 - 11:20	11	\$122.00 / \$141.00

Learn to Swim – Seal 2022-03-28 -



Age 6-15 years Prerequisite Learn to Swim – Otter

Duration 45 min Note Bathing cap is mandatory. Parents must be in the water with their child.

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:20 - 17:05	11	\$122.00 / \$141.00
Thursday	17:50 - 18:35	11	\$122.00 / \$141.00
Saturday	13:00 - 13:45	11	\$122.00 / \$141.00

Learn to Swim – Seal 2022-07-02 - 2022-08-13



Age 6-15 years Prerequisite Learn to Swim – Otter

Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	11:40 - 12:25	7	\$76.00 / \$87.00

Learn to Swim – Dolphin 2022-03-28 -



Age 6-15 years Prerequisite Learn to Swim – Seal

Duration 45 min Note Bathing cap is mandatory. Parents must be in the water with their child.

□ 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**
Tuesday	17:00 - 17:45	11	\$122.00 / \$141.00
Thursday	16:10 - 16:55	11	\$122.00 / \$141.00
Saturday	12:10 - 12:55	11	\$122.00 / \$141.00

Learn to Swim – Swimmer 2022-03-28 -



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:50 - 18:35	14	\$256.00 / \$279.00
Thursday	17:00 - 17:45	14	\$256.00 / \$279.00
Saturday	12:10 - 12:55	14	\$256.00 / \$279.00

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.



Star Program (6 - 15 years)

Star Program - Star 1 2022-03-28 -



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:20 - 17:05	11	\$122.00 / \$141.00
Saturday	9:45 - 10:30	11	\$122.00 / \$141.00

Star Program - Star 2 2022-03-28 -



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:00 - 17:45	11	\$122.00 / \$141.00
Saturday	10:35 - 11:20	11	\$122.00 / \$141.00

Star Program - Star 3 2022-03-28 -



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**
Tuesday	17:50 - 18:35	11	\$122.00 / \$141.00
Saturday	11:25 - 12:10	11	\$122.00 / \$141.00

□ 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.



Star Program - Star 4 2022-03-28 -



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**
Tuesday	17:50 - 18:35	11	\$122.00 / \$141.00
Saturday	11:25 - 12:10	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. | 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 2022-03-28 -



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

Days	Time	Weeks	\$M / \$NM**
Thursday	17:20 - 18:20	11	\$130.00 / \$150.00
Saturday	12:15 - 13:15	11	\$130.00 / \$150.00

Star Leadership Program - Star 6 2022-03-28 -



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

Days	Time	Weeks	\$M / \$NM**
Thursday	17:20 - 18:20	11	\$130.00 / \$150.00
Saturday	12:15 - 13:15	11	\$130.00 / \$150.00

Star Leadership Program - Star 7 -



Age 6-15 years Prerequisite Star Leadership Program - Star 6
Duration 75 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	17:20 - 18:35	11	\$163.00 / \$187.00
Saturday	12:15 - 13:30	11	\$163.00 / \$187.00

□ 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 +)

Bronze Medallion 2022-04-02 - 2022-05-07

Age 13+

Note Prerequisite: Must be 13 years as of the exam or have a Bronze Star certificate. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	14:00 - 17:00	5	\$178.00 / \$210.00

Bronze Medallion 2022-03-28 - 2022-05-02

Age 13+

Note Prerequisite: Must be 13 years as of the exam or have a Bronze Star certificate. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	18:30 - 21:30	5	\$178.00 / \$210.00

Bronze Cross 2022-05-14 - 2022-06-11

Age 14+

Prerequisite Bronze Medallion

Note Bathing cap is mandatory.


Days	Time	Weeks	\$M / \$NM**
Saturday	12:00 - 17:00	5	\$178.00 / \$210.00

Bronze Cross 2022-05-09 - 2022-06-08

Age 14+

Prerequisite Bronze Medallion

Note Bathing cap is mandatory.

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**
Monday	18:30 - 21:30	5	\$178.00 / \$210.00
Wednesday	18:30 - 20:30	5	\$178.00 / \$210.00

National Lifeguard 2022-04-05 - 2022-06-12



Age 16+

Prerequisite **Bronze Cross**

Note Additional prerequisites: Must be 16 years as of the exam and have a Standard First Aid certificate.

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:45 - 20:45	10	\$223.00 / \$263.00
Sunday	14:00 - 17:00	10	\$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 2022-03-28 - 2022-04-02



Age 14+
Note Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:30 - 16:30		\$95.00 / \$112.00
Monday, Wednesday, Friday	18:00 - 21:30		\$95.00 / \$112.00

Emergency First Aid 2022-05-31 - 2022-06-02



Age 12+

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 21:30		\$85.00 / \$98.00
Thursday	17:30 - 21:30		\$85.00 / \$98.00

Emergency First Aid 2022-06-01 - 2022-06-01



Age 12+

Days	Time	Weeks	\$M / \$NM**
Wednesday	9:00 - 17:30		\$85.00 / \$98.00

Emergency First Aid 2022-06-04 - 2022-06-04



Age 12+

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	9:00 - 17:30		\$85.00 / \$98.00

Emergency First Aid 2022-06-10 - 2022-06-10



Age 12+

Days	Time	Weeks	\$M / \$NM**
Friday	9:00 - 17:30		\$85.00 / \$98.00

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.



Adult Lessons (16 years +)

Adult Swim Lessons - Level 2 -



Age 16+ Prerequisite Adult Swim Lessons - Level 1
Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:45 - 19:30	11	\$15.00 / \$141.00
Thursday	18:45 - 19:30	11	\$15.00 / \$141.00

Private Swim Lessons for adults -



Age 13+ Note Bathing cap is mandatory.
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	15:45 - 16:15	10	\$240.00 / \$275.00
Wednesday	16:15 - 16:45	10	\$240.00 / \$275.00
Wednesday	17:15 - 17:45	10	\$240.00 / \$275.00
Wednesday	17:45 - 18:15	10	\$240.00 / \$275.00
Wednesday	18:15 - 18:45	10	\$240.00 / \$275.00
Wednesday	18:45 - 19:15	10	\$240.00 / \$275.00
Sunday	10:45 - 11:15	10	\$240.00 / \$275.00
Sunday	11:15 - 11:45	10	\$240.00 / \$275.00
Sunday	11:45 - 12:15	10	\$240.00 / \$275.00
Sunday	12:15 - 12:45	10	\$240.00 / \$275.00
Sunday	12:45 - 13:15	10	\$240.00 / \$275.00
Sunday	13:15 - 13:45	10	\$240.00 / \$275.00
Sunday	13:45 - 14:15	10	\$240.00 / \$275.00

□ 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.