



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

Group Fitness - Morning

Table with 7 columns (Monday to Sunday) and multiple rows of class schedules including activities like Cycling, Yoga, and Pilates with instructor names and reservation status.

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BBBaby Friendly | ✎ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$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 number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/activities.



Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:50 Gentle Toning Studio 1 - Olena <input type="checkbox"/>	12:10 - 12:55 Interval Training Studio 1 - Olena <input type="checkbox"/>	11:00 - 11:50 Gentle Toning Studio 1 - Susan <input type="checkbox"/>	12:10 - 12:55 Tabata Studio 1 - Olena <input type="checkbox"/>	11:15 - 12:00 Stretching Studio 1 - Orly <input type="checkbox"/>	11:00 - 12:00 Zumba® Studio 1 - Silvia <input type="checkbox"/>	
12:00 - 13:00 Zumba® Studio 1 - Dana <input type="checkbox"/>	14:00 - 15:15 Gentle Yoga Studio 3 - Sharon <input type="checkbox"/>	12:00 - 12:45 Stretching Studio 1 - Orly <input type="checkbox"/>	14:00 - 15:15 Gentle Yoga Studio 3 - Sharan <input type="checkbox"/>		11:30 - 12:30 Pilates Studio 3 - Stéphanie <input type="checkbox"/>	
12:10 - 12:55 Vinyasa Yoga Studio 3 - Crystal (R) <input type="checkbox"/>						

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Group Fitness - Evening

Table with 7 columns (Monday to Sunday) and multiple rows of class listings including times, class names, instructors, and registration symbols.

Health and fitness - Small Group Training

Table with 7 columns (Monday to Sunday) and one row of class listings for TRX and Yin Yoga & Massage.

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BBBaby Friendly | ✂ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class.



Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:50 Aquafit Pool - Teresa <input type="checkbox"/>	09:00 - 09:50 Aquafit Pool - Sandy/ Isabelle <input type="checkbox"/>	09:00 - 09:50 Aquafit Pool - Lesley M. <input type="checkbox"/>	09:00 - 10:00 Aqua Zumba® Pool - Laurie <input type="checkbox"/>	09:00 - 09:50 Aquafit Pool - Annalie <input type="checkbox"/>	08:00 - 08:50 Aqua cardio Pool - Teresa ◆	
12:40 - 13:25 Aqua arthritis Pool - Donna L. <input type="checkbox"/>	18:05 - 18:55 Aqua cardio Pool - Teresa ◆	10:00 - 10:50 Aqua cardio Pool - Sandy ◆	18:05 - 18:55 Aquafit Pool - Andrea <input type="checkbox"/>	10:00 - 10:50 Aqua cardio Pool - Sandy ◆		
17:35 - 18:25 Aqua interval Pool - Donna W. ◆		13:00 - 13:45 Aqua arthritis Pool - Helen <input type="checkbox"/>		13:00 - 13:45 Aqua arthritis Pool - Helen <input type="checkbox"/>		
		17:35 - 18:25 Aqua interval Pool - Jaclyne ◆				

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 08:55 ③ <input type="checkbox"/>	06:30 - 08:55 ③ <input type="checkbox"/>	06:30 - 08:55 ③ <input type="checkbox"/>	06:30 - 08:55 ③ <input type="checkbox"/>	06:30 - 08:55 ③ <input type="checkbox"/>	07:00 - 07:55 ③ <input type="checkbox"/>	07:00 - 08:55 ③ <input type="checkbox"/>
10:00 - 12:35 ③ <input type="checkbox"/>	11:00 - 16:00 ③ <input type="checkbox"/>	11:00 - 12:55 ③ <input type="checkbox"/>	11:00 - 15:00 ③ <input type="checkbox"/>	11:00 - 12:55 ③ <input type="checkbox"/>	17:00 - 19:00 ② <input type="checkbox"/>	17:00 - 19:00 ② <input type="checkbox"/>
15:30 - 16:00 ③ <input type="checkbox"/>	16:00 - 17:55 ② <input type="checkbox"/>	14:00 - 16:00 ③ <input type="checkbox"/>	15:00 - 17:00 ③ <input type="checkbox"/>	14:00 - 16:00 ③ <input type="checkbox"/>		
16:00 - 17:25 ② <input type="checkbox"/>		16:00 - 17:25 ② <input type="checkbox"/>	16:00 - 17:00 ① <input type="checkbox"/>	16:00 - 16:30 ② <input type="checkbox"/>		
18:30 - 20:30 ② <input type="checkbox"/>		20:30 - 21:25 ③ <input type="checkbox"/>	19:00 - 20:00 ② <input type="checkbox"/>			
20:30 - 21:25 ② <input type="checkbox"/>						

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 12:00 Open Swim Beach Plus (0-5 yrs with parents) ③ <input type="checkbox"/>	11:00 - 12:00 Open Swim Beach Plus (0-5 yrs with parents) ③ <input type="checkbox"/>	11:00 - 12:00 Open Swim Beach Plus (0-5 yrs with parents) ③ <input type="checkbox"/>	11:00 - 12:00 Open Swim Beach Plus (0-5 yrs with parents) ③ <input type="checkbox"/>	14:30 - 15:30 Open Swim Beach Plus (0-5 yrs with parents) ③ <input type="checkbox"/>	15:05 - 16:55 <input type="checkbox"/>	15:05 - 16:55 <input type="checkbox"/>
		18:30 - 20:30 <input type="checkbox"/>				

Levels : All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BBBaby Friendly | ✍ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$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 number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/activities.



Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19:00 - 20:15 Triathlon - Swimming 7 January - 24 March Pool ③ □					

Health and fitness - Sports and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 13:30 Pickleball (18+) Gym 1 & 2 □	11:15 - 13:15 Supervised Badminton (18+) Gym 1 & 2 ④ □	11:30 - 13:30 Pickleball (18+) Gym 1 & 2 □	11:15 - 13:15 Supervised Badminton (18+) Gym 1 & 2 ④ □	11:15 - 13:15 Supervised Badminton (18+) Gym 1 & 2 ④ □	09:00 - 11:30 Squash Clinic - Women (18+) ② ✂ □	10:00 - 11:00 Supervised Badminton (18+) Gym 1 ③ □
18:30 - 20:00 Supervised Soccer (18+) Gym 1 & 2 □	13:30 - 15:30 Pickleball (18+) Gym 2 □	18:30 - 20:00 Supervised Soccer (18+) Gym 1 & 2 □	13:30 - 15:30 Pickleball (18+) Gym 2 □	20:00 - 22:30 Open Basketball (16+) Gym 1 & 2 □	17:30 - 19:30 Supervised Badminton (18+) Gym 1 ② ●	10:40 - 11:30 Squash Clinic - Women (18+) ① ✂ □
20:00 - 22:30 Supervised Volleyball (16+) Gym 1 & 2 ① □	20:00 - 22:30 Supervised Badminton (18+) Gym 1 & 2 ④ ◆	20:00 - 22:30 Supervised Badminton (18+) Gym 1 & 2 □	18:30 - 21:00 Supervised Volleyball (18+) Gym 1 ① ✂ ◆			11:00 - 13:00 Supervised Badminton (18+) Gym 1 & 2 ④ □
			19:30 - 21:00 Supervised Volleyball (16+) Gym 2 ① □			13:00 - 14:30 Pickleball (Family Pickleball 12+) Gym 1 & 2 □
			21:00 - 22:30 Open Basketball (16+) Gym 1 & 2 □			16:30 - 18:00 Supervised Cosom Hockey (18+) Gym 1 & 2 □
						18:00 - 19:30 Supervised Soccer (18+) Gym 1 & 2 □



Health and fitness - Parent & Baby / Family Activities

Table with 7 columns (Monday to Sunday) and 3 rows of activities including Family Badminton and Family Pickleball.

Youth Activities (12 years +)

Table with 7 columns (Monday to Sunday) and 4 rows of youth activities including Basketball for Teens, TeenZone Drop-in, and Supervised Basketball.

Teen Programs (12+) - Academic Supports

Table with 7 columns (Monday to Sunday) and 1 row of academic support activities including Homework club.

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Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		17:30 - 18:30 Soccer for Kids 15 January - 18 March Gym 1 & 2 / \$ ●	18:00 - 19:00 Basketball for Kids 16 January - 19 March Gym 2 / \$ ●	17:45 - 18:45 Volleyball for Kids (6-14 yrs) 17 January - 20 March Gym 1 / \$ ●	09:45 - 10:30 Kidfit (6-9 yrs) 18 January - 21 March Gym 2 / \$ ●	09:00 - 10:00 Badminton for Kids (6-17 yrs) 12 January - 15 March Gym 1 & 2 ④ / \$ ●
			18:45 - 19:30 Basketball for Kids 16 January - 19 March Gym 2 / \$ ●		10:30 - 11:30 Martial Arts for Kids 18 January - 21 March Gym 1 / \$ ●	
					11:30 - 12:30 Multisports for Kids (6-11 yrs) 18 January - 21 March Gym 2 \$ □	

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BBBaby Friendly | / Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$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 number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/activities.