



Print date: 2025-05-23

Winter 2019

From 2019-01-07 to 2019-03-24

OPENING HOURS

Monday - Friday: 6 a.m. - 10 p.m.**Saturday - Sunday:** 7:30 a.m. - 7 p.m.

Special schedule

Monday, May 19 (National Patriots Day): no Group Fitness

REGISTRATION START

2018-12-10

ymcaquebec.org/aquatics**Preschool - L'il Dippers with parent (6 - 36 months)****Preschool with parent – Mixed levels -**

Age 6-36 months

Duration 30 min

Note

Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	16:35 - 17:05	10	\$0.00 / \$0.00
Saturday	9:05 - 9:35	10	\$0.00 / \$0.00
Sunday	8:50 - 9:20	10	\$0.00 / \$0.00
Sunday	9:25 - 9:55	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 - L'il Dippers (3 - 5 years)

Preschool – Mixed levels -



Age 3-5 years

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	17:30 - 18:00	10	\$0.00 / \$0.00
Thursday	18:05 - 18:35	10	\$0.00 / \$0.00
Friday	16:35 - 17:05	10	\$0.00 / \$0.00
Friday	17:10 - 17:40	10	\$0.00 / \$0.00
Saturday	8:30 - 9:00	10	\$0.00 / \$0.00
Saturday	9:05 - 9:35	10	\$0.00 / \$0.00
Saturday	9:40 - 10:10	10	\$0.00 / \$0.00
Sunday	8:50 - 9:20	10	\$0.00 / \$0.00
Sunday	9:25 - 9:55	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.



Learn to Swim (6 - 15 years)

Learn to Swim – Mixed levels -



Age 6-15 years

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	18:40 - 19:25	10	\$0.00 / \$0.00
Friday	17:45 - 18:30	10	\$0.00 / \$0.00
Friday	18:35 - 19:20	10	\$0.00 / \$0.00
Saturday	10:15 - 11:00	10	\$0.00 / \$0.00
Saturday	11:05 - 11:50	10	\$0.00 / \$0.00
Sunday	10:00 - 10:45	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 Program (6 - 15 years)

Star Program - Mixed levels -



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	19:05 - 19:50	10	\$0.00 / \$0.00
Friday	18:35 - 19:20	10	\$0.00 / \$0.00
Sunday	10:50 - 11:35	10	\$0.00 / \$0.00

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Star Leadership Program (6 - 15 years)

Star Leadership Program - Mixed levels -



Age 6-15 years

Prerequisite Star Program - Star 4

Duration 60 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	18:35 - 19:35	10	\$0.00 / \$0.00
Sunday	10:50 - 11:50	10	\$0.00 / \$0.00

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Aquatic Certifications (13 years +)

Bronze Star 2019-01-19 - 2019-03-16



Age 11-13 years

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	14:30 - 15:30	8	\$0.00 / \$0.00

Bronze Medallion 2019-01-19 - 2019-03-16



Age 13 years +

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:30 - 18:30		\$0.00 / \$0.00

Bronze Cross 2019-01-19 - 2019-03-16



Age 14 years+

Prerequisite Bronze Medallion

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:30 - 18:30		\$0.00 / \$0.00

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National Lifeguard 2019-01-12 - 2019-03-23



Age 16 years+

Prerequisite Bronze Cross

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:15 - 19:15		\$0.00 / \$0.00

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CPR and First Aid Certifications (12 years +)

Standard First Aid 2019-01-05 - 2019-01-06



Age 12 years+

Note Required material: - Canadian First Aid Manual 90% attendance mandatory.

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

Cardiopulmonary resuscitation/AED with Child Module

2019-01-22 -



Age 12 years+

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

Cardiopulmonary resuscitation/AED with Child Module

2019-02-19 -



Age 12 years+

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

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Cardiopulmonary resuscitation/AED with Child Module

**2019-03-19 -**

Age 12 years+

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

Cardiopulmonary resuscitation/AED with Child Module

**2019-02-02 -**

Age 12 years+

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

Cardiopulmonary resuscitation/AED with Child Module

**2019-03-09 -**

Age 12 years+

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

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Adult Lessons (16 years +)

Adult Swim Lessons - Level 1 2019-01-07 - 2019-03-17



Age 16 years+

Duration 45 min

Note Bathing cap & shower mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	20:00 - 20:45	10	\$0.00 / \$0.00
Thursday	20:50 - 21:35	10	\$0.00 / \$0.00

Adult Swim Lessons - Level 2 -



Age 16 years+

Duration 45 min

Prerequisite Adult Swim Lessons - Level 1

Note Bathing cap and shower mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	20:00 - 20:45	10	\$0.00 / \$0.00
Thursday	20:50 - 21:35	10	\$0.00 / \$0.00

Adult Swim Lessons - Level 3 2019-01-07 - 2019-03-17



Age 16 years+

Duration 45 min

Prerequisite Adult Swim Lessons - Level 2

Note Bathing cap and shower mandatory.

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Du Parc YMCA

5550 Park Avenue, Montreal, Quebec H2V 4H1

Tel. : 514 271-9622

ymcaquebec.org

Days	Time	Weeks	\$M / \$NM**
Thursday	20:00 - 20:45	10	\$0.00 / \$0.00
Thursday	20:50 - 21:35	10	\$0.00 / \$0.00

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