



Fall 2019	From 2019-09-09 to 2019-12-22	
Opening hours	Week: 6:00 to 22:45 Week-end : 7:15 to 19:45	
Closed		
Holidays		
Pool closure		
Registration Start	2019-08-26 12:00:00 AM	ymcaquebec.org/aquatics

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

L'il Dippers with parent – Splashers 2019-09-09 - 2019-12-15

BB✂️\$

Age 6-18 months with parents

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:45 - 11:15	13	\$117.00 / \$134.00

L'il Dippers with parent – Bubblers 2019-09-09 - 2019-12-15

BB✂️\$

Age 18-36 months with parents

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	11:20 - 11:50	13	\$117.00 / \$134.00

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

L'il Dippers – Bobbers 2019-09-09 - 2019-12-15

✂️\$

Age 3-5 years

Duration 30 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 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	9:00 - 9:30	13	\$117.00 / \$134.00
Saturday	9:35 - 10:05	13	\$117.00 / \$134.00
Saturday	10:10 - 10:40	13	\$117.00 / \$134.00
Saturday	10:45 - 11:15	13	\$117.00 / \$134.00
Saturday	11:20 - 11:50	13	\$117.00 / \$134.00

L'il Dippers – Floaters 2019-09-09 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Saturday	9:35 - 10:05	13	\$117.00 / \$134.00
Saturday	10:10 - 10:40	13	\$117.00 / \$134.00
Saturday	11:50 - 12:20	13	\$117.00 / \$134.00

L'il Dippers – Gliders 2019-09-09 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Saturday	10:20 - 10:50	13	\$117.00 / \$134.00
Saturday	11:55 - 12:25	13	\$117.00 / \$134.00
Saturday	10:45 - 11:15	13	\$117.00 / \$134.00

L'il Dippers – Divers 2019-09-09 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Saturday	10:10 - 10:40	13	\$117.00 / \$134.00

L'il Dippers – Surfers 2019-09-09 - 2019-12-15



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

□ 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	10:10 - 10:40	13	\$117.00 / \$134.00

L'il Dippers – Dippers 2019-09-09 - 2019-12-15



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	10:10 - 10:40	13	\$117.00 / \$134.00

Learn to Swim (6 - 15 years)

Learn to Swim – Otter 2019-09-09 - 2019-12-15



Age 6-15 years
 Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:05 - 10:50	13	\$140.00 / \$161.00
Saturday	10:55 - 11:40	13	\$140.00 / \$161.00
Saturday	11:30 - 12:15	13	\$140.00 / \$161.00
Saturday	11:10 - 11:55	13	\$140.00 / \$161.00
Sunday	13:30 - 14:15	13	\$140.00 / \$161.00

Learn to Swim – Seal 2019-09-09 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Saturday	10:05 - 10:50	13	\$140.00 / \$161.00
Saturday	11:45 - 12:30	13	\$140.00 / \$161.00
Saturday	11:15 - 12:00	13	\$140.00 / \$161.00
Sunday	13:30 - 14:15	13	\$140.00 / \$161.00

Learn to Swim – Dolphin 2019-09-09 - 2019-12-15



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

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 for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Saturday	11:00 - 11:45	13	\$140.00 / \$161.00
Saturday	11:45 - 12:30	13	\$140.00 / \$161.00
Sunday	14:20 - 15:05	13	\$140.00 / \$161.00

Learn to Swim – Swimmer 2019-09-09 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:00 - 11:45	13	\$140.00 / \$161.00
Saturday	11:45 - 12:30	13	\$140.00 / \$161.00
Sunday	14:20 - 15:05	13	\$140.00 / \$161.00

Star Program (6 - 15 years)

Star Program - Star 1 2019-09-09 - 2019-12-15



Age 6-15 years Prerequisite Learn to Swim – Swimmer
 Duration 60 min Note Bathing cap is mandatory. Combined with Star 2.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:00 - 10:00	13	\$150.00 / \$172.00
Sunday	14:20 - 15:20	13	\$150.00 / \$172.00

Star Program - Star 2 2019-09-09 - 2019-12-15



Age 6-15 years Prerequisite Star Program - Star 1
 Duration 60 min Note Bathing cap is mandatory. Combined with Star 1.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:00 - 10:00	13	\$150.00 / \$172.00
Sunday	14:20 - 15:20	13	\$150.00 / \$172.00

Star Program - Star 3 2019-09-09 - 2019-12-15



Age 6-15 years Prerequisite Star Program - Star 2
 Duration 60 min Note Bathing cap is mandatory. Combined with Star 4.

□ 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	9:00 - 10:00	13	\$150.00 / \$172.00
Sunday	15:10 - 16:10	13	\$150.00 / \$172.00

Star Program - Star 4 2019-09-09 - 2019-12-15



Age 6-15 years Prerequisite Star Program - Star 3
 Duration 60 min Note Bathing cap is mandatory. Combined with Star 3.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:00 - 10:00	13	\$150.00 / \$172.00
Sunday	15:10 - 16:10	13	\$150.00 / \$172.00

Star Leadership Program (6 - 15 years)

Star Leadership Program - Star 5 2019-09-09 - 2019-12-15



Age 6-15 years Prerequisite Star Program - Star 4
 Duration 60 min Note Bathing cap is mandatory. Combined with Star 6 and 7.

Days	Time	Weeks	\$M / \$NM**
Saturday	8:45 - 10:00	13	\$150.00 / \$172.00
Sunday	15:25 - 16:40	13	\$150.00 / \$172.00

Star Leadership Program - Star 6 2019-09-09 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Saturday	8:45 - 10:00	13	\$150.00 / \$172.00
Sunday	15:25 - 16:40	13	\$150.00 / \$172.00

Star Leadership Program - Star 7 2019-09-09 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Saturday	8:45 - 10:00	13	\$150.00 / \$172.00
Sunday	15:25 - 16:40	13	\$150.00 / \$172.00

□ 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.



Aquatic Certifications (13 years +)

Bronze Star 2019-09-14 - 2019-11-23



Age 11-13 years

Duration 60 min Note Bathing cap is mandatory. Must be 11 years or older and must be able to swim 100 meters.

Days	Time	Weeks	\$M / \$NM**
Saturday	8:30 - 9:30	10	\$114.00 / \$134.00

Bronze Medallion 2019-09-20 - 2019-11-23



Age 13 years+

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

Days	Time	Weeks	\$M / \$NM**
Friday	18:30 - 21:30	9	\$178.00 / \$210.00

Bronze Cross 2019-09-20 - 2019-11-23



Age 14 years+

Prerequisite Bronze Medallion

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	18:00 - 21:30	9	\$178.00 / \$210.00

Standard First Aid 2019-09-08 - 2019-09-15



Age 14 years+

Days	Time	Weeks	\$M / \$NM**
Sunday	8:30 - 17:30	2	\$95.00 / \$112.00

Standard First Aid 2019-12-21 - 2019-12-22



Age 14 years+

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

□ 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.



National Lifeguard 2019-09-20 - 2019-11-29



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	18:00 - 22:30	11	\$223.00 / \$263.00

National Lifeguard 2019-12-26 - 2019-12-31



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**
Monday	9:30 - 17:30	1	\$223.00 / \$263.00
Tuesday	9:30 - 17:30	1	\$223.00 / \$263.00
Thursday	9:30 - 17:30	1	\$223.00 / \$263.00
Friday	9:30 - 17:30	1	\$223.00 / \$263.00
Saturday	9:30 - 17:30	1	\$223.00 / \$263.00
Sunday	9:30 - 17:30	1	\$223.00 / \$263.00

National Lifeguard Recertification 2019-09-08 - 2019-09-08



Age 16 years+ Prerequisite National Lifeguard

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:00 - 12:00	1	\$94.50 / \$113.50

National Lifeguard Recertification 2019-09-22 - 2019-09-22



Age 16 years+ Prerequisite National Lifeguard

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:00 - 12:00	1	\$94.50 / \$113.50

□ 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.



National Lifeguard Recertification 2019-12-15 - 2019-12-15



Age 16 years+ Prerequisite National Lifeguard
Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:00 - 12:00	1	\$94.50 / \$113.50

National Lifeguard Recertification 2019-12-22 - 2019-12-22



Age 16 years+ Prerequisite National Lifeguard
Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:00 - 12:00	1	\$94.50 / \$113.50

YMCA Swim Instructor -



Age 16 years+ Prerequisite Bronze Cross
Note Bathing cap is mandatory. Additional prerequisite: Must be at least 16 years old at the final evaluation.

Days	Time	Weeks	\$M / \$NM**
Monday	9:30 - 18:30	1	\$170.00 / \$199.00
Tuesday	17:30 - 21:30	1	\$170.00 / \$199.00
Thursday	17:30 - 21:30	1	\$170.00 / \$199.00
Friday	17:30 - 21:30	1	\$170.00 / \$199.00
Saturday and Sunday	9:30 - 18:30	1	\$170.00 / \$199.00

Lifesaving Instructor 2019-09-21 - 2019-09-29



Age 16 years+ Prerequisite Bronze Cross
Note Bathing cap is mandatory. Additional prerequisite: Must be 16 years old.

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	9:30 - 18:30	2	\$223.00 / \$263.00

CPR and First Aid Certifications (12 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.



Heartsaver® CPR AED with Child Module 2019-09-11 - 2019-09-11



Age 12 years +
Note French course.

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:15 - 21:45	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-09-25 - 2019-09-25



Age 12 years +
Note English course.

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:15 - 21:45	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-10-05 - 2019-10-05



Age 12 years +
Note English course.

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

Heartsaver® CPR AED with Child Module 2019-10-16 - 2019-10-16



Age 12 years +
Note English course.

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:15 - 21:45	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-10-20 - 2019-10-20



Age 12 years +
Note French course.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:30 - 12:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-11-09 - 2019-11-09



Age 12 years +
Note English course.

□ 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	13:30 - 17:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-11-17 - 2019-11-17



Age 12 years +
Note French course.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:30 - 12:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-09-15 - 2019-09-15



Age 12 years +
Note French course.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:30 - 12:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-11-27 - 2019-11-27



Age 12 years +
Note English course.

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:15 - 21:45	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child and Infant Modules 2019-09-15 - 2019-09-15



Age 12 years +
Note English course.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:30 - 12:30	1	\$76.50 / \$89.00

Heartsaver® CPR AED with Child and Infant Modules 2019-11-10 - 2019-11-10



Age 12 years +
Note French course.

□ 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	8:30 - 12:30	1	\$76.50 / \$89.00

Heartsaver® CPR AED with Child and Infant Modules 2019-12-01



- 2019-12-01

Age 12 years +
Note English course.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:30 - 12:30	1	\$76.50 / \$89.00

Emergency First Aid 2019-09-15 - 2019-09-15



Age 12 years +
Note English course.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:30 - 17:30	1	\$85.00 / \$98.00

Emergency First Aid 2019-11-10 - 2019-11-10



Age 12 years +
Note French course.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:30 - 17:30	1	\$85.00 / \$98.00

Emergency First Aid 2019-12-01 - 2019-12-01



Age 12 years +
Note English course.

Days	Time	Weeks	\$M / \$NM**
Sunday	8:30 - 17:30	1	\$85.00 / \$98.00

Adult Lessons (16 years +)

Adult Swim Lessons - Level 1 2019-09-29 - 2019-11-24



Age 16 years+
Duration 45 min
Note Bathing cap is mandatory.

□ 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. 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/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Tuesday	18:30 - 19:15	8	\$15.00 / \$80.00
Tuesday	17:45 - 18:30	8	\$15.00 / \$80.00
Thursday	19:15 - 20:00	8	\$15.00 / \$80.00
Thursday	17:45 - 18:30	8	\$15.00 / \$80.00
Sunday	11:15 - 12:00	8	\$15.00 / \$80.00

Adult Swim Lessons - Level 2 2019-09-29 - 2019-11-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	19:15 - 20:00	8	\$15.00 / \$80.00
Thursday	17:45 - 18:30	8	\$15.00 / \$80.00
Sunday	10:30 - 11:15	8	\$15.00 / \$80.00

Adult Swim Lessons - Level 3 2019-09-29 - 2019-11-24



Age 16 years+ Prerequisite Adult Swim Lessons - Level 2
 Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	18:30 - 19:15	8	\$15.00 / \$80.00
Sunday	9:45 - 10:30	8	\$15.00 / \$80.00

Improving your front crawl and flip turn 2019-11-28 - 2019-11-28



Age 14 years+ Prerequisite
 Duration 60 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	18:30 - 19:30	1	\$10.00 / \$15.00

Improving your front crawl and flip turn 2019-12-01 - 2019-12-01



Age 14 years+ Prerequisite
 Duration 60 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	9:45 - 10:45	1	\$10.00 / \$15.00

□ 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.