



Print date: 2023-03-31

<b>Spring 2023</b>	From 2023-03-20 to 2023-06-18	
<b>OPENING HOURS</b>	Monday - Friday: 6 a.m. - 10 p.m. Saturday - Sunday: 7:30 a.m. - 6 p.m.	
<b>REGISTRATION START</b>	2023-03-13	<a href="http://ymcaquebec.org/aquatics">ymcaquebec.org/aquatics</a>

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

### Preschool with parent – Splashers 2023-03-24 - 2023-06-15


<b>Age</b>	6-18 months old		
<b>Duration</b>	30 min	<b>Note</b>	Bathing cap and showers are mandatory. Only aquatic diapers are permitted.

Days	Time	Weeks	\$M / \$NM**
Monday	17:00 - 17:30	12	\$122.00 / \$146.00
Tuesday	10:00 - 10:30	12	\$122.00 / \$146.00
Saturday	10:00 - 10:30	12	\$122.00 / \$146.00
Sunday	9:00 - 9:30	12	\$122.00 / \$146.00

### Preschool with parent – Bubblers 2023-03-24 - 2023-06-15

<b>Age</b>	18- 36 mois		
<b>Duration</b>	30 min	<b>Note</b>	Bathing cap and showers are mandatory. Only aquatic diapers are permitted.

Days	Time	Weeks	\$M / \$NM**
Monday	17:35 - 18:05	12	\$122.00 / \$146.00
Thursday	10:00 - 10:30	12	\$122.00 / \$146.00
Saturday	10:35 - 11:05	12	\$122.00 / \$146.00
Sunday	9:35 - 10:05	12	\$122.00 / \$146.00

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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



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

### Private Swim Lessons for children 2023-03-24 - 2023-06-08



Age 3-5 years

Duration 30 min

Note

Bathing cap and shower are mandatory.



Days	Time	Weeks	\$M / \$NM**
Monday	18:05 - 18:35	11	\$290.40 / \$348.15
Monday	18:05 - 18:35	11	\$290.40 / \$348.15
Monday	18:40 - 19:10	11	\$290.40 / \$348.15
Monday	18:40 - 19:10	11	\$290.40 / \$348.15
Monday	19:15 - 19:45	11	\$290.40 / \$348.15
Monday	19:15 - 19:45	11	\$290.40 / \$348.15
Monday	19:50 - 20:20	11	\$290.40 / \$348.15
Monday	19:50 - 20:20	11	\$290.40 / \$348.15
Monday	18:10 - 18:40	11	\$290.40 / \$348.15
Monday	18:45 - 19:15	11	\$290.40 / \$348.15
Monday	19:20 - 19:50	11	\$290.40 / \$348.15
Monday	19:55 - 20:25	11	\$290.40 / \$348.15
Wednesday	17:05 - 17:35	11	\$290.40 / \$348.15
Wednesday	17:40 - 18:10	11	\$290.40 / \$348.15
Wednesday	18:15 - 18:45	11	\$290.40 / \$348.15
Wednesday	18:50 - 19:20	11	\$290.40 / \$348.15
Wednesday	19:25 - 19:55	11	\$290.40 / \$348.15
Friday	17:00 - 17:30	11	\$290.40 / \$348.15
Friday	17:35 - 18:05	11	\$290.40 / \$348.15
Friday	18:10 - 18:40	11	\$290.40 / \$348.15
Friday	18:45 - 19:15	11	\$290.40 / \$348.15
Friday	19:20 - 19:50	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Friday	17:35 - 18:05	11	\$290.40 / \$348.15
Friday	18:10 - 18:40	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Saturday	10:00 - 10:30	11	\$290.40 / \$348.15
Saturday	10:35 - 11:05	11	\$290.40 / \$348.15
Saturday	11:10 - 11:40	11	\$290.40 / \$348.15
Saturday	12:20 - 12:50	11	\$290.40 / \$348.15
Saturday	12:55 - 13:25	11	\$290.40 / \$348.15
Saturday	13:30 - 14:00	11	\$290.40 / \$348.15

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Sunday	10:10 - 10:40	11	\$290.40 / \$348.15
Sunday	10:45 - 11:15	11	\$290.40 / \$348.15
Sunday	11:20 - 11:50	11	\$290.40 / \$348.15
Sunday	11:55 - 12:25	11	\$290.40 / \$348.15
Sunday	12:30 - 13:00	11	\$290.40 / \$348.15
Sunday	10:10 - 10:40	11	\$290.40 / \$348.15
Sunday	10:45 - 11:15	11	\$290.40 / \$348.15
Sunday	11:20 - 11:50	11	\$290.40 / \$348.15
Sunday	11:55 - 12:25	11	\$290.40 / \$348.15
Sunday	12:30 - 13:00	11	\$290.40 / \$348.15
Friday	17:50 - 18:35	11	\$435.60 / \$525.25
Friday	17:50 - 18:35	11	\$435.60 / \$525.25
Friday	18:40 - 19:25	11	\$435.60 / \$525.25
Friday	18:40 - 19:25	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	11:40 - 12:25	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	11:40 - 12:25	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Sunday	9:50 - 10:35	11	\$435.60 / \$525.25
Sunday	9:50 - 10:35	11	\$435.60 / \$525.25
Sunday	10:40 - 11:25	11	\$435.60 / \$525.25
Sunday	10:40 - 11:25	11	\$435.60 / \$525.25
Sunday	11:30 - 12:15	11	\$435.60 / \$525.25
Sunday	11:30 - 12:15	11	\$435.60 / \$525.25
Sunday	12:20 - 13:05	11	\$435.60 / \$525.25
Sunday	12:20 - 13:05	11	\$435.60 / \$525.25
Sunday	13:10 - 13:55	11	\$435.60 / \$525.25

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Wednesday	17:00 - 17:45	11	\$435.60 / \$525.25
Wednesday	17:00 - 17:45	11	\$435.60 / \$525.25
Wednesday	17:50 - 18:35	11	\$435.60 / \$525.25
Wednesday	17:50 - 18:35	11	\$435.60 / \$525.25
Wednesday	18:40 - 19:25	11	\$435.60 / \$525.25
Saturday	10:00 - 10:45	11	\$0.00 / \$0.00

## Preschool – Bobbers 2023-03-24 - 2023-06-09



Age 3-5 years

Duration 30 min Note Bathing cap and shower are 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 — 
 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Wednesday	17:05 - 17:35	12	\$122.00 / \$146.00
Wednesday	18:15 - 18:45	12	\$122.00 / \$146.00
Wednesday	17:40 - 18:10	12	\$122.00 / \$146.00
Wednesday	18:50 - 19:20	12	\$122.00 / \$146.00
Wednesday	19:25 - 19:55	12	\$122.00 / \$146.00
Wednesday	17:40 - 18:10	12	\$122.00 / \$146.00
Wednesday	18:50 - 19:20	12	\$122.00 / \$146.00
Friday	17:00 - 17:30	12	\$122.00 / \$146.00
Friday	19:25 - 19:55	12	\$122.00 / \$146.00
Friday	17:40 - 18:10	12	\$122.00 / \$146.00
Friday	18:50 - 19:20	12	\$122.00 / \$146.00
Friday	17:10 - 17:40	12	\$122.00 / \$146.00
Saturday	11:10 - 11:40	12	\$122.00 / \$146.00
Saturday	13:00 - 13:30	12	\$122.00 / \$146.00
Saturday	11:50 - 12:20	12	\$122.00 / \$146.00
Saturday	12:25 - 12:55	12	\$122.00 / \$146.00
Saturday	13:00 - 13:30	12	\$122.00 / \$146.00
Saturday	12:25 - 12:55	12	\$122.00 / \$146.00
Saturday	16:35 - 17:05	12	\$122.00 / \$146.00
Saturday	16:35 - 17:05	12	\$122.00 / \$146.00
Saturday	17:10 - 17:40	12	\$122.00 / \$146.00
Saturday	16:35 - 17:05	12	\$122.00 / \$146.00
Sunday	10:10 - 10:40	12	\$122.00 / \$146.00
Sunday	11:55 - 12:25	12	\$122.00 / \$146.00
Sunday	12:35 - 13:05	12	\$122.00 / \$146.00
Sunday	10:50 - 11:20	12	\$122.00 / \$146.00
Sunday	12:40 - 13:10	12	\$122.00 / \$146.00
Sunday	11:30 - 12:00	12	\$122.00 / \$146.00

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



## Preschool – Floaters 2023-03-24 - 2023-06-09



Age 3-5 years Prerequisite Preschool – Bobbers  
 Duration 30 min Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:50 - 19:20	12	\$122.00 / \$146.00
Wednesday	19:25 - 19:55	12	\$122.00 / \$146.00
Wednesday	17:05 - 17:35	12	\$122.00 / \$146.00
Wednesday	18:15 - 18:45	12	\$122.00 / \$146.00
Wednesday	19:25 - 19:55	12	\$122.00 / \$146.00
Friday	17:35 - 18:05	12	\$122.00 / \$146.00
Friday	18:15 - 18:45	12	\$122.00 / \$146.00
Friday	19:25 - 19:55	12	\$122.00 / \$146.00
Friday	18:50 - 19:20	12	\$122.00 / \$146.00
Friday	17:05 - 17:35	12	\$122.00 / \$146.00
Friday	18:20 - 18:50	12	\$122.00 / \$146.00
Saturday	11:15 - 11:45	12	\$122.00 / \$146.00
Saturday	11:50 - 12:20	12	\$122.00 / \$146.00
Saturday	16:00 - 16:30	12	\$122.00 / \$146.00
Saturday	17:10 - 17:40	12	\$122.00 / \$146.00
Sunday	11:20 - 11:50	12	\$122.00 / \$146.00
Sunday	10:15 - 10:45	12	\$122.00 / \$146.00
Sunday	12:00 - 12:30	12	\$122.00 / \$146.00
Sunday	13:15 - 13:45	12	\$122.00 / \$146.00
Sunday	10:55 - 11:25	12	\$122.00 / \$146.00

## Preschool – Gliders 2023-03-24 - 2023-06-09



Age 3-5 years Prerequisite Preschool – Floaters  
 Duration 30 min Note Bathing cap and shower are 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/activities](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Wednesday	17:40 - 18:10	12	\$122.00 / \$146.00
Wednesday	17:05 - 17:35	12	\$122.00 / \$146.00
Wednesday	18:15 - 18:45	12	\$122.00 / \$146.00
Friday	18:10 - 18:40	12	\$122.00 / \$146.00
Friday	17:45 - 18:15	12	\$122.00 / \$146.00
Friday	18:55 - 19:25	12	\$122.00 / \$146.00
Friday	19:30 - 20:00	12	\$122.00 / \$146.00
Saturday	11:45 - 19:15	12	\$122.00 / \$146.00
Saturday	12:25 - 12:55	12	\$122.00 / \$146.00
Saturday	13:00 - 13:30	12	\$122.00 / \$146.00
Saturday	16:00 - 16:30	12	\$122.00 / \$146.00
Saturday	17:10 - 17:40	12	\$122.00 / \$146.00
Saturday	11:15 - 11:45	12	\$122.00 / \$146.00
Sunday	10:45 - 11:15	12	\$122.00 / \$146.00
Sunday	12:05 - 12:35	12	\$122.00 / \$146.00
Sunday	11:25 - 11:55	12	\$122.00 / \$146.00
Sunday	10:20 - 10:50	12	\$122.00 / \$146.00

## Preschool – Divers 2023-03-24 - 2023-06-09



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	19:30 - 20:00	12	\$122.00 / \$146.00
Friday	19:30 - 20:00	12	\$122.00 / \$146.00
Saturday	13:20 - 13:50	12	\$122.00 / \$146.00
Sunday	13:25 - 13:55	12	\$122.00 / \$146.00
Sunday	13:10 - 13:40	12	\$122.00 / \$146.00

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.





## Preschool – Surfers 2023-03-24 - 2023-06-09



Age 3-5 years Prerequisite Preschool – Divers  
Duration 30 min Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	19:30 - 20:00	12	\$122.00 / \$146.00
Friday	17:00 - 17:30	12	\$122.00 / \$146.00
Saturday	13:20 - 13:50	12	\$122.00 / \$146.00
Sunday	13:25 - 13:55	12	\$122.00 / \$146.00

## Preschool – Jumpers 2023-03-24 - 2023-06-09



Age 3-5 years Prerequisite Preschool – Surfers  
Duration 30 min Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	19:30 - 20:00	12	\$122.00 / \$146.00
Saturday	13:20 - 13:50	12	\$122.00 / \$146.00

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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



## Learn to Swim (6 - 15 years)

### Private Swim Lessons for children 2023-03-24 - 2023-06-08



Age 6-11 years

Duration 45 min

Note Bathing cap and shower are mandatory.



Days	Time	Weeks	\$M / \$NM**
Monday	18:05 - 18:35	11	\$290.40 / \$348.15
Monday	18:05 - 18:35	11	\$290.40 / \$348.15
Monday	18:40 - 19:10	11	\$290.40 / \$348.15
Monday	18:40 - 19:10	11	\$290.40 / \$348.15
Monday	19:15 - 19:45	11	\$290.40 / \$348.15
Monday	19:15 - 19:45	11	\$290.40 / \$348.15
Monday	19:50 - 20:20	11	\$290.40 / \$348.15
Monday	19:50 - 20:20	11	\$290.40 / \$348.15
Monday	18:10 - 18:40	11	\$290.40 / \$348.15
Monday	18:45 - 19:15	11	\$290.40 / \$348.15
Monday	19:20 - 19:50	11	\$290.40 / \$348.15
Monday	19:55 - 20:25	11	\$290.40 / \$348.15
Wednesday	17:05 - 17:35	11	\$290.40 / \$348.15
Wednesday	17:40 - 18:10	11	\$290.40 / \$348.15
Wednesday	18:15 - 18:45	11	\$290.40 / \$348.15
Wednesday	18:50 - 19:20	11	\$290.40 / \$348.15
Wednesday	19:25 - 19:55	11	\$290.40 / \$348.15
Friday	17:00 - 17:30	11	\$290.40 / \$348.15
Friday	17:35 - 18:05	11	\$290.40 / \$348.15
Friday	18:10 - 18:40	11	\$290.40 / \$348.15
Friday	18:45 - 19:15	11	\$290.40 / \$348.15
Friday	19:20 - 19:50	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Friday	17:35 - 18:05	11	\$290.40 / \$348.15
Friday	18:10 - 18:40	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Saturday	10:00 - 10:30	11	\$290.40 / \$348.15
Saturday	10:35 - 11:05	11	\$290.40 / \$348.15
Saturday	11:10 - 11:40	11	\$290.40 / \$348.15
Saturday	12:20 - 12:50	11	\$290.40 / \$348.15
Saturday	12:55 - 13:25	11	\$290.40 / \$348.15
Saturday	13:30 - 14:00	11	\$290.40 / \$348.15

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Sunday	10:10 - 10:40	11	\$290.40 / \$348.15
Sunday	10:45 - 11:15	11	\$290.40 / \$348.15
Sunday	11:20 - 11:50	11	\$290.40 / \$348.15
Sunday	11:55 - 12:25	11	\$290.40 / \$348.15
Sunday	12:30 - 13:00	11	\$290.40 / \$348.15
Sunday	10:10 - 10:40	11	\$290.40 / \$348.15
Sunday	10:45 - 11:15	11	\$290.40 / \$348.15
Sunday	11:20 - 11:50	11	\$290.40 / \$348.15
Sunday	11:55 - 12:25	11	\$290.40 / \$348.15
Sunday	12:30 - 13:00	11	\$290.40 / \$348.15
Friday	17:50 - 18:35	11	\$435.60 / \$525.25
Friday	17:50 - 18:35	11	\$435.60 / \$525.25
Friday	18:40 - 19:25	11	\$435.60 / \$525.25
Friday	18:40 - 19:25	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	11:40 - 12:25	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	11:40 - 12:25	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Sunday	9:50 - 10:35	11	\$435.60 / \$525.25
Sunday	9:50 - 10:35	11	\$435.60 / \$525.25
Sunday	10:40 - 11:25	11	\$435.60 / \$525.25
Sunday	10:40 - 11:25	11	\$435.60 / \$525.25
Sunday	11:30 - 12:15	11	\$435.60 / \$525.25
Sunday	11:30 - 12:15	11	\$435.60 / \$525.25
Sunday	12:20 - 13:05	11	\$435.60 / \$525.25
Sunday	12:20 - 13:05	11	\$435.60 / \$525.25
Sunday	13:10 - 13:55	11	\$435.60 / \$525.25

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Wednesday	17:00 - 17:45	11	\$435.60 / \$525.25
Wednesday	17:00 - 17:45	11	\$435.60 / \$525.25
Wednesday	17:50 - 18:35	11	\$435.60 / \$525.25
Wednesday	17:50 - 18:35	11	\$435.60 / \$525.25
Wednesday	18:40 - 19:25	11	\$435.60 / \$525.25
Saturday	10:00 - 10:45	11	\$0.00 / \$0.00

## Learn to Swim – Otter 2023-03-24 - 2023-06-09



Age 6-11 years

Duration 45 min

Note

Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	17:35 - 18:20	12	\$146.00 / \$176.00
Friday	19:15 - 20:00	12	\$146.00 / \$176.00
Friday	17:50 - 18:35	12	\$146.00 / \$176.00
Friday	17:00 - 17:45	12	\$146.00 / \$176.00
Friday	18:40 - 19:25	12	\$146.00 / \$176.00
Saturday	10:00 - 10:45	12	\$146.00 / \$176.00
Saturday	10:50 - 11:35	12	\$146.00 / \$176.00
Saturday	12:30 - 13:15	12	\$146.00 / \$176.00
Saturday	11:40 - 12:25	12	\$146.00 / \$176.00
Saturday	10:00 - 10:45	12	\$146.00 / \$176.00
Saturday	12:30 - 13:15	12	\$146.00 / \$176.00
Sunday	10:40 - 11:25	12	\$146.00 / \$176.00
Sunday	12:20 - 13:05	12	\$146.00 / \$176.00
Sunday	9:50 - 10:35	12	\$146.00 / \$176.00
Sunday	11:30 - 12:15	12	\$146.00 / \$176.00
Sunday	13:10 - 13:55	12	\$146.00 / \$176.00
Sunday	9:50 - 10:35	12	\$146.00 / \$176.00
Sunday	11:30 - 12:15	12	\$146.00 / \$176.00
Sunday	13:10 - 13:55	12	\$146.00 / \$176.00

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



## Learn to Swim – Seal 2023-03-24 - 2023-06-09



Age 6-11 years Prerequisite Learn to Swim – Otter  
 Duration 45 min Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	11:40 - 12:25	12	\$146.00 / \$176.00
Friday	17:00 - 17:45	12	\$146.00 / \$176.00
Friday	17:50 - 18:35	12	\$146.00 / \$176.00
Friday	18:25 - 19:10	12	\$146.00 / \$176.00
Friday	18:40 - 19:25	12	\$146.00 / \$176.00
Saturday	11:40 - 12:25	12	\$146.00 / \$176.00
Saturday	10:00 - 10:45	12	\$146.00 / \$176.00
Saturday	10:50 - 11:35	12	\$146.00 / \$176.00
Saturday	12:30 - 13:15	12	\$146.00 / \$176.00
Saturday	10:50 - 11:35	12	\$146.00 / \$176.00
Saturday	11:40 - 12:25	12	\$146.00 / \$176.00
Saturday	13:20 - 14:05	12	\$146.00 / \$176.00
Sunday	9:50 - 10:35	12	\$146.00 / \$176.00
Sunday	11:30 - 12:15	12	\$146.00 / \$176.00
Sunday	13:10 - 13:55	12	\$146.00 / \$176.00
Sunday	10:40 - 11:25	12	\$146.00 / \$176.00
Sunday	12:20 - 13:05	12	\$146.00 / \$176.00
Sunday	10:40 - 11:25	12	\$146.00 / \$176.00
Sunday	12:20 - 13:05	12	\$146.00 / \$176.00

## Learn to Swim – Dolphin 2023-03-24 - 2023-06-09



Age 6-11 years Prerequisite Learn to Swim – Seal  
 Duration 45 min Note Bathing cap and shower are 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 17:45	12	\$146.00 / \$176.00
Wednesday	18:40 - 19:25	12	\$146.00 / \$176.00
Wednesday	18:55 - 19:40	12	\$146.00 / \$176.00
Friday	17:00 - 17:45	12	\$146.00 / \$176.00
Friday	18:40 - 19:25	12	\$146.00 / \$176.00
Saturday	11:35 - 12:20	12	\$146.00 / \$176.00
Saturday	13:15 - 14:00	12	\$146.00 / \$176.00
Sunday	9:00 - 9:45	12	\$146.00 / \$176.00
Sunday	10:40 - 11:25	12	\$146.00 / \$176.00
Sunday	13:10 - 13:55	12	\$146.00 / \$176.00

## Learn to Swim – Swimmer 2023-03-24 - 2023-06-09



Age 6-11 years Prerequisite Learn to Swim – Dolphin  
 Duration 45 min Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:50 - 18:35	12	\$146.00 / \$176.00
Friday	17:50 - 18:35	12	\$146.00 / \$176.00
Saturday	10:45 - 11:30	12	\$146.00 / \$176.00
Saturday	12:25 - 13:10	12	\$146.00 / \$176.00
Sunday	9:50 - 10:35	12	\$146.00 / \$176.00
Sunday	11:30 - 12:15	12	\$146.00 / \$176.00
Sunday	12:20 - 13:05	12	\$146.00 / \$176.00
Sunday	9:00 - 9:45	12	\$146.00 / \$176.00

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



## Star Program (6 - 15 years)

### Private Swim Lessons for children 2023-03-24 - 2023-06-08



Age 12-15 years

Duration 45 min

Note Bathing cap and shower are mandatory.





Days	Time	Weeks	\$M / \$NM**
Monday	18:05 - 18:35	11	\$290.40 / \$348.15
Monday	18:05 - 18:35	11	\$290.40 / \$348.15
Monday	18:40 - 19:10	11	\$290.40 / \$348.15
Monday	18:40 - 19:10	11	\$290.40 / \$348.15
Monday	19:15 - 19:45	11	\$290.40 / \$348.15
Monday	19:15 - 19:45	11	\$290.40 / \$348.15
Monday	19:50 - 20:20	11	\$290.40 / \$348.15
Monday	19:50 - 20:20	11	\$290.40 / \$348.15
Monday	18:10 - 18:40	11	\$290.40 / \$348.15
Monday	18:45 - 19:15	11	\$290.40 / \$348.15
Monday	19:20 - 19:50	11	\$290.40 / \$348.15
Monday	19:55 - 20:25	11	\$290.40 / \$348.15
Wednesday	17:05 - 17:35	11	\$290.40 / \$348.15
Wednesday	17:40 - 18:10	11	\$290.40 / \$348.15
Wednesday	18:15 - 18:45	11	\$290.40 / \$348.15
Wednesday	18:50 - 19:20	11	\$290.40 / \$348.15
Wednesday	19:25 - 19:55	11	\$290.40 / \$348.15
Friday	17:00 - 17:30	11	\$290.40 / \$348.15
Friday	17:35 - 18:05	11	\$290.40 / \$348.15
Friday	18:10 - 18:40	11	\$290.40 / \$348.15
Friday	18:45 - 19:15	11	\$290.40 / \$348.15
Friday	19:20 - 19:50	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Friday	17:35 - 18:05	11	\$290.40 / \$348.15
Friday	18:10 - 18:40	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Saturday	10:00 - 10:30	11	\$290.40 / \$348.15
Saturday	10:35 - 11:05	11	\$290.40 / \$348.15
Saturday	11:10 - 11:40	11	\$290.40 / \$348.15
Saturday	12:20 - 12:50	11	\$290.40 / \$348.15
Saturday	12:55 - 13:25	11	\$290.40 / \$348.15
Saturday	13:30 - 14:00	11	\$290.40 / \$348.15

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Sunday	10:10 - 10:40	11	\$290.40 / \$348.15
Sunday	10:45 - 11:15	11	\$290.40 / \$348.15
Sunday	11:20 - 11:50	11	\$290.40 / \$348.15
Sunday	11:55 - 12:25	11	\$290.40 / \$348.15
Sunday	12:30 - 13:00	11	\$290.40 / \$348.15
Sunday	10:10 - 10:40	11	\$290.40 / \$348.15
Sunday	10:45 - 11:15	11	\$290.40 / \$348.15
Sunday	11:20 - 11:50	11	\$290.40 / \$348.15
Sunday	11:55 - 12:25	11	\$290.40 / \$348.15
Sunday	12:30 - 13:00	11	\$290.40 / \$348.15
Friday	17:50 - 18:35	11	\$435.60 / \$525.25
Friday	17:50 - 18:35	11	\$435.60 / \$525.25
Friday	18:40 - 19:25	11	\$435.60 / \$525.25
Friday	18:40 - 19:25	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	11:40 - 12:25	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	11:40 - 12:25	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Sunday	9:50 - 10:35	11	\$435.60 / \$525.25
Sunday	9:50 - 10:35	11	\$435.60 / \$525.25
Sunday	10:40 - 11:25	11	\$435.60 / \$525.25
Sunday	10:40 - 11:25	11	\$435.60 / \$525.25
Sunday	11:30 - 12:15	11	\$435.60 / \$525.25
Sunday	11:30 - 12:15	11	\$435.60 / \$525.25
Sunday	12:20 - 13:05	11	\$435.60 / \$525.25
Sunday	12:20 - 13:05	11	\$435.60 / \$525.25
Sunday	13:10 - 13:55	11	\$435.60 / \$525.25

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Wednesday	17:00 - 17:45	11	\$435.60 / \$525.25
Wednesday	17:00 - 17:45	11	\$435.60 / \$525.25
Wednesday	17:50 - 18:35	11	\$435.60 / \$525.25
Wednesday	17:50 - 18:35	11	\$435.60 / \$525.25
Wednesday	18:40 - 19:25	11	\$435.60 / \$525.25
Saturday	10:00 - 10:45	11	\$0.00 / \$0.00

### Star Program - Star 1 2023-03-24 - 2023-06-09



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 17:45	12	\$146.00 / \$176.00
Wednesday	17:50 - 18:35	12	\$146.00 / \$176.00
Friday	17:00 - 17:45	12	\$146.00 / \$176.00
Friday	18:40 - 19:25	12	\$146.00 / \$176.00
Saturday	10:50 - 11:35	12	\$146.00 / \$176.00
Saturday	10:00 - 10:45	12	\$146.00 / \$176.00
Saturday	12:45 - 13:30	12	\$146.00 / \$176.00
Sunday	9:50 - 10:35	12	\$146.00 / \$176.00
Sunday	11:30 - 12:15	12	\$146.00 / \$176.00
Sunday	9:00 - 9:45	12	\$146.00 / \$176.00
Sunday	9:00 - 9:45	12	\$146.00 / \$176.00

### Star Program - Star 2 2023-03-24 - 2023-06-09



Age 6-15 years Prerequisite Star Program - Star 1  
 Duration 45 min Note Bathing cap and shower are 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/activities](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 17:45	12	\$146.00 / \$176.00
Wednesday	17:50 - 18:35	12	\$146.00 / \$176.00
Friday	17:00 - 17:45	12	\$146.00 / \$176.00
Saturday	10:00 - 10:45	12	\$146.00 / \$176.00
Saturday	11:40 - 12:25	12	\$146.00 / \$176.00
Sunday	9:00 - 9:45	12	\$146.00 / \$176.00
Sunday	10:40 - 11:25	12	\$146.00 / \$176.00
Sunday	11:30 - 12:15	12	\$146.00 / \$176.00

### Star Program - Star 3 2023-03-24 - 2023-06-09



Age 6-15 years Prerequisite Star Program - Star 2  
 Duration 45 min Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:40 - 19:25	12	\$146.00 / \$176.00
Friday	17:50 - 18:35	12	\$146.00 / \$176.00
Saturday	12:30 - 13:15	12	\$146.00 / \$176.00
Saturday	9:55 - 10:40	12	\$146.00 / \$176.00
Sunday	9:50 - 10:35	12	\$146.00 / \$176.00

### Star Program - Star 4 2023-03-24 - 2023-06-09



Age 6-15 years Prerequisite Star Program - Star 3  
 Duration 45 min Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 17:45	12	\$146.00 / \$176.00
Friday	17:50 - 18:35	12	\$146.00 / \$176.00
Saturday	11:55 - 12:40	12	\$146.00 / \$176.00
Sunday	10:40 - 11:25	12	\$146.00 / \$176.00

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



## Star Leadership Program (6 - 15 years)

### Star Leadership Program - Star 5 2023-03-24 - 2023-06-09



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:40 - 19:40	12	\$156.00 / \$187.00
Saturday	10:50 - 11:50	12	\$156.00 / \$187.00
Sunday	12:20 - 13:20	12	\$156.00 / \$187.00

### Star Leadership Program - Star 6 2023-03-24 - 2023-06-09



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:50 - 18:50	12	\$156.00 / \$187.00
Friday	18:40 - 19:40	12	\$156.00 / \$187.00
Sunday	12:20 - 13:20	12	\$156.00 / \$187.00

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



## Aquatic Certifications (13 years +)

### Bronze Star 2023-03-25 - 2023-04-22



Age 11-13 years

Note Prerequisite: Must be able to swim 100m. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:00 - 17:00		\$114.00 / \$134.00

### Bronze Star 2023-04-29 - 2023-05-27



Age 11-13 years

Note Prerequisite: Must be able to swim 100m. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:00 - 17:00		\$114.00 / \$134.00

### Bronze Medallion 2023-03-27 - 2023-05-01



Age 13 years+

Note Prerequisite: Must be at least 13 years old at the final evaluation or hold a Bronze Star certificate. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	18:00 - 21:00		\$0.00 / \$0.00

### Bronze Medallion 2023-05-15 - 2023-06-19



Age 13 years+

Note Prerequisite: Must be at least 13 years old at the final evaluation or hold a Bronze Star certificate. Bathing cap and shower are 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/activities](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Monday	18:00 - 21:00		\$0.00 / \$0.00

### Bronze Cross 2023-03-20 - 2023-05-01



Age 13 years+

Prerequisite Bronze Medallion

Note Bathing cap and shower are mandatory. Prerequisite: Bronze medallion.

Days	Time	Weeks	\$M / \$NM**
Monday	18:00 - 21:00		\$0.00 / \$0.00

### Bronze Cross 2023-05-08 - 2023-06-19



Age 13 years+

Prerequisite Bronze Medallion

Note Bathing cap and shower are mandatory. Prerequisite: Bronze Medallion.

Days	Time	Weeks	\$M / \$NM**
Monday	18:00 - 21:00		\$0.00 / \$0.00

### National Lifeguard 2023-04-01 - 2023-05-27



Age 15 years+

Prerequisite Bronze Cross

Note Additional prerequisites: Must be 15 years by the exam and have a Standard First Aid certificate. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 18:00		\$0.00 / \$0.00

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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



# National Lifeguard Recertification 2023-06-17 - 2023-06-17



Age 15 years+

Prerequisite National Lifeguard

Note Bathing cap and shower are mandatory. Prerequisite: National Lifeguard.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 14:00		\$95.00 / \$116.00

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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.





## CPR and First Aid Certifications (12 years +)

### Standard First Aid 2023-03-25 - 2023-03-26



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	8:00 - 17:00		\$95.00 / \$112.00

### Standard First Aid 2023-06-03 - 2023-06-04



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	8:00 - 17:00		\$95.00 / \$112.00

### Heartsaver® CPR AED with Child Module 2023-04-07 - 2023-04-07



Age 12 years +

Note Course content is presented in French. Questions and responses, exams, and manuals are available in both English and French.

Days	Time	Weeks	\$M / \$NM**
Friday	17:30 - 21:00		\$76.50 / \$89.00

### Heartsaver® CPR AED with Child Module 2023-05-12 - 2023-05-12



Age 12 years +

Note Course content is presented in French. Questions and responses, exams, and manuals are available in both English and French.

Days	Time	Weeks	\$M / \$NM**
Friday	17:30 - 21:00		\$76.50 / \$89.00

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



## Heartsaver® CPR AED with Child Module 2023-04-29 - 2023-04-29



Age 12 years +

Note Course content is presented in French. Questions and responses, exams, and manuals are available in both English and French.

Days	Time	Weeks	\$M / \$NM**
Saturday	13:30 - 17:00		\$76.50 / \$89.00

## Heartsaver® CPR AED with Child Module 2023-06-03 - 2023-06-03



Age 12 years +

Note Course content is presented in French. Questions and responses, exams, and manuals are available in both English and French.

Days	Time	Weeks	\$M / \$NM**
Saturday	13:30 - 17:00		\$76.50 / \$89.00

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. | 
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## Adult Lessons (16 years +)

### Adult Swim Lessons - Level 1 2023-03-24 - 2023-06-15



Age 16 years+

Duration 45 min

Note

Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	17:00 - 17:45	12	\$146.00 / \$176.00
Monday	17:50 - 18:35	12	\$146.00 / \$176.00
Tuesday	10:05 - 10:50	12	\$146.00 / \$176.00
Tuesday	19:10 - 19:55	12	\$146.00 / \$176.00
Tuesday	19:10 - 19:55	12	\$146.00 / \$176.00
Thursday	10:05 - 10:50	12	\$146.00 / \$176.00
Thursday	19:10 - 19:55	12	\$146.00 / \$176.00

### Adult Swim Lessons - Level 2 2023-03-24 - 2023-06-15



Age 16 years+

Duration 45 min

Prerequisite

Adult Swim Lessons - Level 1

Note

Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	17:00 - 17:45	12	\$146.00 / \$176.00
Tuesday	10:05 - 10:50	12	\$146.00 / \$176.00
Thursday	10:05 - 10:50	12	\$146.00 / \$176.00

### Adult Swim Lessons - Level 3 2023-03-24 - 2023-06-15



Age 16 years+

Duration 45 min

Prerequisite

Adult Swim Lessons - Level 2

Note

Bathing cap and shower are 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/activities](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Monday	17:50 - 18:35	12	\$146.00 / \$176.00
Thursday	19:10 - 19:55	12	\$146.00 / \$176.00

## Private Swim Lessons for adults 2023-03-24 - 2023-06-08



Age 16 years+

Duration 45 min

Note Bathing cap and shower are 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 — 
 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. | 
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Days	Time	Weeks	\$M / \$NM**
Monday	17:00 - 17:45	11	\$435.60 / \$525.25
Monday	17:50 - 18:35	11	\$435.60 / \$525.25
Monday	18:40 - 19:25	11	\$435.60 / \$525.25
Monday	19:30 - 20:15	11	\$435.60 / \$525.25
Monday	20:15 - 21:00	11	\$435.60 / \$525.25
Monday	7:05 - 7:50	11	\$435.60 / \$525.25
Monday	8:05 - 8:50	11	\$435.60 / \$525.25
Monday	12:05 - 12:50	11	\$435.60 / \$525.25
Monday	9:05 - 9:50	11	\$435.60 / \$525.25
Tuesday	10:05 - 10:50	11	\$435.60 / \$525.25
Tuesday	19:10 - 19:50	11	\$435.60 / \$525.25
Tuesday	8:05 - 8:50	11	\$435.60 / \$525.25
Tuesday	9:05 - 9:50	11	\$435.60 / \$525.25
Wednesday	12:05 - 12:50	11	\$435.60 / \$525.25
Wednesday	16:05 - 16:50	11	\$435.60 / \$525.25
Wednesday	7:05 - 7:50	11	\$435.60 / \$525.25
Wednesday	8:05 - 8:50	11	\$435.60 / \$525.25
Wednesday	9:05 - 9:50	11	\$435.60 / \$525.25
Thursday	19:10 - 19:50	11	\$435.60 / \$525.25
Thursday	10:05 - 10:50	11	\$435.60 / \$525.25
Thursday	8:05 - 8:50	11	\$435.60 / \$525.25
Thursday	9:05 - 9:50	11	\$435.60 / \$525.25
Friday	7:05 - 7:50	11	\$435.60 / \$525.25
Friday	8:05 - 8:50	11	\$435.60 / \$525.25
Friday	9:05 - 9:50	11	\$435.60 / \$525.25

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



## Private Swimming Lessons (All ages)

### Private Swim Lessons for children 2023-03-24 - 2023-06-08



Age 6-15 years old

Duration 45 min

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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Monday	18:05 - 18:35	11	\$290.40 / \$348.15
Monday	18:05 - 18:35	11	\$290.40 / \$348.15
Monday	18:40 - 19:10	11	\$290.40 / \$348.15
Monday	18:40 - 19:10	11	\$290.40 / \$348.15
Monday	19:15 - 19:45	11	\$290.40 / \$348.15
Monday	19:15 - 19:45	11	\$290.40 / \$348.15
Monday	19:50 - 20:20	11	\$290.40 / \$348.15
Monday	19:50 - 20:20	11	\$290.40 / \$348.15
Monday	18:10 - 18:40	11	\$290.40 / \$348.15
Monday	18:45 - 19:15	11	\$290.40 / \$348.15
Monday	19:20 - 19:50	11	\$290.40 / \$348.15
Monday	19:55 - 20:25	11	\$290.40 / \$348.15
Wednesday	17:05 - 17:35	11	\$290.40 / \$348.15
Wednesday	17:40 - 18:10	11	\$290.40 / \$348.15
Wednesday	18:15 - 18:45	11	\$290.40 / \$348.15
Wednesday	18:50 - 19:20	11	\$290.40 / \$348.15
Wednesday	19:25 - 19:55	11	\$290.40 / \$348.15
Friday	17:00 - 17:30	11	\$290.40 / \$348.15
Friday	17:35 - 18:05	11	\$290.40 / \$348.15
Friday	18:10 - 18:40	11	\$290.40 / \$348.15
Friday	18:45 - 19:15	11	\$290.40 / \$348.15
Friday	19:20 - 19:50	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Friday	17:35 - 18:05	11	\$290.40 / \$348.15
Friday	18:10 - 18:40	11	\$290.40 / \$348.15
Friday	19:30 - 20:00	11	\$290.40 / \$348.15
Saturday	10:00 - 10:30	11	\$290.40 / \$348.15
Saturday	10:35 - 11:05	11	\$290.40 / \$348.15
Saturday	11:10 - 11:40	11	\$290.40 / \$348.15
Saturday	12:20 - 12:50	11	\$290.40 / \$348.15
Saturday	12:55 - 13:25	11	\$290.40 / \$348.15
Saturday	13:30 - 14:00	11	\$290.40 / \$348.15

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Saturday	13:20 - 13:50	11	\$290.40 / \$348.15
Sunday	10:10 - 10:40	11	\$290.40 / \$348.15
Sunday	10:45 - 11:15	11	\$290.40 / \$348.15
Sunday	11:20 - 11:50	11	\$290.40 / \$348.15
Sunday	11:55 - 12:25	11	\$290.40 / \$348.15
Sunday	12:30 - 13:00	11	\$290.40 / \$348.15
Sunday	10:10 - 10:40	11	\$290.40 / \$348.15
Sunday	10:45 - 11:15	11	\$290.40 / \$348.15
Sunday	11:20 - 11:50	11	\$290.40 / \$348.15
Sunday	11:55 - 12:25	11	\$290.40 / \$348.15
Sunday	12:30 - 13:00	11	\$290.40 / \$348.15
Friday	17:50 - 18:35	11	\$435.60 / \$525.25
Friday	17:50 - 18:35	11	\$435.60 / \$525.25
Friday	18:40 - 19:25	11	\$435.60 / \$525.25
Friday	18:40 - 19:25	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	11:40 - 12:25	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	11:40 - 12:25	11	\$435.60 / \$525.25
Saturday	10:50 - 11:35	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Saturday	12:30 - 13:15	11	\$435.60 / \$525.25
Sunday	9:50 - 10:35	11	\$435.60 / \$525.25
Sunday	9:50 - 10:35	11	\$435.60 / \$525.25
Sunday	10:40 - 11:25	11	\$435.60 / \$525.25
Sunday	10:40 - 11:25	11	\$435.60 / \$525.25
Sunday	11:30 - 12:15	11	\$435.60 / \$525.25
Sunday	11:30 - 12:15	11	\$435.60 / \$525.25
Sunday	12:20 - 13:05	11	\$435.60 / \$525.25
Sunday	12:20 - 13:05	11	\$435.60 / \$525.25
Sunday	13:10 - 13:55	11	\$435.60 / \$525.25

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.





# Cartierville YMCA

11885 Laurentien Blvd., Cartierville, Quebec H4J 2R5

Tel. : 514 313-1047

[ymcaquebec.org](http://ymcaquebec.org)

Wednesday	17:00 - 17:45	11	\$435.60 / \$525.25
Wednesday	17:00 - 17:45	11	\$435.60 / \$525.25
Wednesday	17:50 - 18:35	11	\$435.60 / \$525.25
Wednesday	17:50 - 18:35	11	\$435.60 / \$525.25
Wednesday	18:40 - 19:25	11	\$435.60 / \$525.25
Saturday	10:00 - 10:45	11	\$0.00 / \$0.00

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 — 
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