



Print date: 2022-08-17

Summer 2022	From 2022-06-20 to 2022-09-04	
OPENING HOURS	Monday - Friday: 6:45 am - 9 pm Saturday - Sunday: 7:45 am - 5 pm	
HOLIDAYS	June 24 and July 1. No group classes including aquafitness.	
REGISTRATION START	2022-06-13	ymcaquebec.org/aquatics

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

Preschool with parent – Splashers 2022-07-04 - 2022-08-21



Age 6-18 mos with parents
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	10:00 - 10:30	7	\$63.00 / \$72.00

Preschool with parent – Bubblers 2022-07-04 - 2022-08-21



Age 18-36 mos with parents
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Thursday	10:00 - 10:30	7	\$63.00 / \$72.00

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

Private Swim Lessons for children 2022-06-27 - 2022-08-14



Age 0-5 yrs

Duration 30 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 for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Friday	17:00 - 17:30	7	\$168.00 / \$192.50
Friday	17:35 - 18:05	7	\$168.00 / \$192.50
Friday	18:10 - 18:40	7	\$168.00 / \$192.50
Friday	18:45 - 19:15	7	\$168.00 / \$192.50
Friday	19:20 - 19:50	7	\$168.00 / \$192.50
Saturday	10:00 - 10:30	7	\$168.00 / \$192.50
Saturday	10:35 - 11:05	7	\$168.00 / \$192.50
Saturday	11:10 - 11:40	7	\$168.00 / \$192.50
Saturday	11:45 - 12:15	7	\$168.00 / \$192.50
Saturday	12:20 - 12:50	7	\$168.00 / \$192.50
Sunday	9:00 - 9:30	7	\$168.00 / \$192.50
Sunday	9:35 - 10:05	7	\$168.00 / \$192.50
Sunday	10:10 - 10:40	7	\$168.00 / \$192.50
Sunday	10:45 - 11:15	7	\$168.00 / \$192.50
Sunday	11:20 - 11:50	7	\$168.00 / \$192.50
Sunday	11:55 - 12:25	7	\$168.00 / \$192.50
Sunday	12:30 - 13:00	7	\$168.00 / \$192.50
Friday	17:00 - 17:45	7	\$252.00 / \$290.50
Friday	17:50 - 18:35	7	\$252.00 / \$290.50
Friday	18:40 - 19:25	7	\$252.00 / \$290.50
Saturday	10:00 - 10:45	7	\$252.00 / \$290.50
Saturday	10:50 - 11:35	7	\$252.00 / \$290.50
Saturday	11:40 - 12:25	7	\$252.00 / \$290.50
Sunday	9:00 - 9:45	7	\$252.00 / \$290.50
Sunday	9:50 - 10:35	7	\$252.00 / \$290.50
Sunday	10:40 - 11:25	7	\$252.00 / \$290.50
Sunday	11:30 - 12:15	7	\$252.00 / \$290.50
Sunday	12:15 - 13:00	7	\$252.00 / \$290.50

□ 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 or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Preschool – Bobbers 2022-07-04 - 2022-08-21



Age 3-5 yrs

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Friday	17:00 - 17:30	7	\$63.00 / \$72.00
Friday	18:10 - 18:40	7	\$63.00 / \$72.00
Friday	19:20 - 19:50	7	\$63.00 / \$72.00
Saturday	10:00 - 10:30	7	\$63.00 / \$72.00
Saturday	11:10 - 11:40	7	\$63.00 / \$72.00
Saturday	12:20 - 12:50	7	\$63.00 / \$72.00
Sunday	9:00 - 9:30	7	\$63.00 / \$72.00
Sunday	10:10 - 10:40	7	\$63.00 / \$72.00
Sunday	11:20 - 11:50	7	\$63.00 / \$72.00
Sunday	12:30 - 13:00	7	\$63.00 / \$72.00

Preschool – Floaters 2022-07-04 - 2022-08-21



Age 3-5 yrs

Prerequisite Preschool – Bobbers

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Friday	17:35 - 18:05	7	\$63.00 / \$72.00
Friday	18:45 - 19:15	7	\$63.00 / \$72.00
Saturday	10:35 - 11:05	7	\$63.00 / \$72.00
Saturday	11:45 - 12:15	7	\$63.00 / \$72.00
Sunday	9:35 - 10:05	7	\$63.00 / \$72.00
Sunday	10:45 - 11:15	7	\$63.00 / \$72.00
Sunday	11:55 - 12:25	7	\$63.00 / \$72.00

All levels | Beginner | Advanced | Baby friendly | Registration required | Additional payment required | Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Preschool – Gliders 2022-07-04 - 2022-08-21



Age 3-5 yrs Prerequisite Preschool – Floaters
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Friday	17:00 - 17:30	7	\$63.00 / \$72.00
Saturday	10:00 - 10:30	7	\$63.00 / \$72.00

Preschool – Divers 2022-07-04 - 2022-08-21



Age 3-5 yrs Prerequisite Preschool – Gliders
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Friday	17:00 - 17:30	7	\$63.00 / \$72.00
Saturday	10:00 - 10:30	7	\$63.00 / \$72.00

Preschool – Surfers 2022-07-04 - 2022-08-21



Age 3-5 yrs Prerequisite Preschool – Divers
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Sunday	12:20 - 12:50	7	\$63.00 / \$72.00

All levels | Beginner | Advanced | Baby friendly | Registration required | Additional payment required | Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Learn to Swim (6 - 15 years)

Private Swim Lessons for children 2022-06-27 - 2022-08-14



Age 6-12 yrs

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 for information on all course descriptions and pre-requisites.



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Friday	17:00 - 17:30	7	\$168.00 / \$192.50
Friday	17:35 - 18:05	7	\$168.00 / \$192.50
Friday	18:10 - 18:40	7	\$168.00 / \$192.50
Friday	18:45 - 19:15	7	\$168.00 / \$192.50
Friday	19:20 - 19:50	7	\$168.00 / \$192.50
Saturday	10:00 - 10:30	7	\$168.00 / \$192.50
Saturday	10:35 - 11:05	7	\$168.00 / \$192.50
Saturday	11:10 - 11:40	7	\$168.00 / \$192.50
Saturday	11:45 - 12:15	7	\$168.00 / \$192.50
Saturday	12:20 - 12:50	7	\$168.00 / \$192.50
Sunday	9:00 - 9:30	7	\$168.00 / \$192.50
Sunday	9:35 - 10:05	7	\$168.00 / \$192.50
Sunday	10:10 - 10:40	7	\$168.00 / \$192.50
Sunday	10:45 - 11:15	7	\$168.00 / \$192.50
Sunday	11:20 - 11:50	7	\$168.00 / \$192.50
Sunday	11:55 - 12:25	7	\$168.00 / \$192.50
Sunday	12:30 - 13:00	7	\$168.00 / \$192.50
Friday	17:00 - 17:45	7	\$252.00 / \$290.50
Friday	17:50 - 18:35	7	\$252.00 / \$290.50
Friday	18:40 - 19:25	7	\$252.00 / \$290.50
Saturday	10:00 - 10:45	7	\$252.00 / \$290.50
Saturday	10:50 - 11:35	7	\$252.00 / \$290.50
Saturday	11:40 - 12:25	7	\$252.00 / \$290.50
Sunday	9:00 - 9:45	7	\$252.00 / \$290.50
Sunday	9:50 - 10:35	7	\$252.00 / \$290.50
Sunday	10:40 - 11:25	7	\$252.00 / \$290.50
Sunday	11:30 - 12:15	7	\$252.00 / \$290.50
Sunday	12:15 - 13:00	7	\$252.00 / \$290.50

Preschool – Jumpers 2022-07-04 - 2022-08-21



Age 3-5 yrs

Prerequisite Preschool – Surfers

Duration 30 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 —
 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**
Sunday	12:20 - 12:50	7	\$63.00 / \$72.00

Learn to Swim – Otter 2022-07-04 - 2022-08-21



Age 6-11 yrs

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Friday	17:35 - 18:20	7	\$76.00 / \$87.00
Friday	18:25 - 19:10	7	\$76.00 / \$87.00
Friday	19:15 - 20:00	7	\$76.00 / \$87.00
Saturday	10:35 - 11:20	7	\$76.00 / \$87.00
Saturday	11:25 - 12:10	7	\$76.00 / \$87.00
Saturday	12:15 - 13:00	7	\$76.00 / \$87.00
Sunday	9:00 - 9:45	7	\$76.00 / \$87.00
Sunday	9:50 - 10:35	7	\$76.00 / \$87.00
Sunday	10:40 - 11:25	7	\$76.00 / \$87.00
Sunday	11:30 - 12:15	7	\$76.00 / \$87.00

Learn to Swim – Seal 2022-07-04 - 2022-08-21



Age 6-11 yrs

Prerequisite Learn to Swim – Otter

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 —
 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**
Friday	17:35 - 18:20	7	\$76.00 / \$87.00
Friday	18:25 - 19:10	7	\$76.00 / \$87.00
Friday	19:15 - 20:00	7	\$76.00 / \$87.00
Saturday	10:35 - 11:20	7	\$76.00 / \$87.00
Saturday	11:25 - 12:10	7	\$76.00 / \$87.00
Saturday	12:15 - 13:00	7	\$76.00 / \$87.00
Sunday	9:00 - 9:45	7	\$76.00 / \$87.00
Sunday	9:50 - 10:35	7	\$76.00 / \$87.00
Sunday	10:40 - 11:25	7	\$76.00 / \$87.00

Learn to Swim – Dolphin 2022-07-04 - 2022-08-21



Age 6-11 yrs Prerequisite Learn to Swim – Seal
 Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Friday	17:00 - 17:45	7	\$76.00 / \$87.00
Friday	18:40 - 19:25	7	\$76.00 / \$87.00
Saturday	10:00 - 10:45	7	\$76.00 / \$87.00
Saturday	11:40 - 12:25	7	\$76.00 / \$87.00
Sunday	9:00 - 9:45	7	\$76.00 / \$87.00
Sunday	10:40 - 11:25	7	\$76.00 / \$87.00

Learn to Swim – Swimmer 2022-07-04 - 2022-08-21



Age 6-11 yrs Prerequisite Learn to Swim – Dolphin
 Duration 45 min

□ All levels | ● Beginner | ◆ Advanced | BB Baby friendly | ✍ Registration required | \$ Additional payment required | \$N Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Cartierville YMCA

11885 Laurentien Blvd., Cartierville, Quebec H4J 2R5

Tel. : 514 313-1047

ymcaquebec.org

Days	Time	Weeks	\$M / \$NM**
Friday	17:50 - 18:35	7	\$76.00 / \$87.00
Saturday	10:50 - 11:35	7	\$76.00 / \$87.00
Sunday	9:50 - 10:35	7	\$76.00 / \$87.00
Sunday	11:30 - 12:15	7	\$76.00 / \$87.00

All levels |
 Beginner |
 Advanced |
 Baby friendly |
 Registration required |
 Additional payment required |
 Additional fee for non-members |
 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons —
 ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. |
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Star Program (6 - 15 years)

Star Program - Star 1 2022-07-04 - 2022-08-21



Age 6-15 yrs Prerequisite Learn to Swim – Swimmer
Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 10:45	7	\$76.00 / \$87.00
Sunday	9:00 - 9:45	7	\$76.00 / \$87.00

Star Program - Star 2 2022-07-04 - 2022-08-21



Age 6-15 yrs Prerequisite Star Program - Star 1
Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Saturday	10:50 - 11:35	7	\$76.00 / \$87.00
Sunday	9:50 - 10:35	7	\$76.00 / \$87.00

Star Program - Star 3 2022-07-04 - 2022-08-21



Age 6-15 yrs Prerequisite Star Program - Star 2
Duration 45 min

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

Star Program - Star 4 2022-07-04 - 2022-08-21



Age 6-15 yrs Prerequisite Star Program - Star 3
Duration 45 min

□ All levels | ● Beginner | ◆ Advanced | BB Baby friendly | ✎ Registration required | \$ Additional payment required | \$N Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Cartierville YMCA

11885 Laurentien Blvd., Cartierville, Quebec H4J 2R5

Tel. : 514 313-1047

ymcaquebec.org

Days	Time	Weeks	\$M / \$NM**
Sunday	10:40 - 11:25	7	\$76.00 / \$87.00

All levels |
 Beginner |
 Advanced |
 Baby friendly |
 Registration required |
 Additional payment required |
 Additional fee for non-members |
 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons —
 ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. |
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Star Leadership Program (6 - 15 years)

Star Leadership Program - Star 5 2022-07-04 - 2022-08-21



Age 6-15 yrs Prerequisite Star Program - Star 4
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Sunday	11:30 - 12:30	7	\$81.00 / \$93.00

Star Leadership Program - Star 6 2022-07-04 - 2022-08-21



Age 6-15 yrs Prerequisite Star Leadership Program - Star 5
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Friday	17:30 - 18:30	7	\$81.00 / \$93.00

Star Leadership Program - Star 7 2022-07-04 - 2022-08-21



Age 6-15 yrs Prerequisite Star Leadership Program - Star 6
Duration 75 min

Days	Time	Weeks	\$M / \$NM**
Friday	18:35 - 19:50	7	\$101.00 / \$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 for information on all course descriptions and pre-requisites.



Aquatic Certifications (13 years +)

Bronze Medallion 2022-07-04 - 2022-07-11



Age 13+

Note Prerequisite: Must be 13 years old by the final exam or have Bronze Star certification or Star 7

Days	Time	Weeks	\$M / \$NM**
Monday to Friday	14:00 - 17:00		\$178.00 / \$210.00

Bronze Medallion 2022-07-23 - 2022-08-21



Age 13+

Note Prerequisite: Must be 13 years old by the final exam or have Bronze Star certification or Star 7

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

Bronze Cross 2022-07-12 - 2022-07-21



Age 14+

Prerequisite Bronze Medallion

Days	Time	Weeks	\$M / \$NM**
Monday to Friday	14:00 - 17:00		\$178.00 / \$210.00

Bronze Cross 2022-07-10 - 2022-08-21



Age 14+

Prerequisite Bronze Medallion

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

All levels | Beginner | Advanced | Baby friendly | Registration required | Additional payment required | Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



National Lifeguard 2022-07-25 - 2022-08-08



Age 16+

Prerequisite Bronze Cross

Note Additional prerequisites: Standard First Aid

Days	Time	Weeks	\$M / \$NM**
Monday to Friday	13:00 - 17:00		\$223.00 / \$263.00

All levels |
 Beginner |
 Advanced |
 Baby friendly |
 Registration required |
 Additional payment required |
 Additional fee for non-members |
 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons —
 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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CPR and First Aid Certifications (12 years +)

Standard First Aid 2022-07-23 - 2022-07-24



Age 14+

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	8:30 - 17:00		\$95.00 / \$112.00

Heartsaver® CPR AED with Child Module 2022-07-09 - 2022-07-09



Age 12+

Note Pocket Mask mandatory. Course presented in french. Manual and exam offered in both english or french

Days	Time	Weeks	\$M / \$NM**
Saturday	13:30 - 17:00		\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2022-07-30 - 2022-07-30



Age 12+

Note Pocket Mask mandatory. Course presented in french. Manual and exam offered in both english or french

Days	Time	Weeks	\$M / \$NM**
Saturday	13:30 - 17:00		\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2022-08-06 - 2022-08-06



Age 12+

Note Pocket Mask mandatory. Course presented in french. Manual and exam offered in both english and french

All levels |
 Beginner |
 Advanced |
 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. |
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Days	Time	Weeks	\$M / \$NM**
Saturday	13:30 - 17:00		\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2022-08-20 - 2022-08-20



Age 12+

Note Pocket Mask mandatory. Course presented in french. manual and exam offered in both english or french

Days	Time	Weeks	\$M / \$NM**
Saturday	13:30 - 17:00		\$63.00 / \$73.00

All levels |
 Beginner |
 Advanced |
 Baby friendly |
 Registration required |
 Additional payment required |
 Additional fee for non-members |
 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons —
 ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. |
 The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. |
 Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.



Adult Lessons (16 years +)

Adult Swim Lessons - Level 1 2022-07-04 - 2022-08-21



Age 16+
Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	10:00 - 10:45	7	\$15.00 / \$87.00
Thursday	10:00 - 10:45	7	\$15.00 / \$87.00

Adult Swim Lessons - Level 2 2022-07-04 - 2022-08-21



Age 16+ Prerequisite Adult Swim Lessons - Level 1
Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	10:00 - 10:45	7	\$15.00 / \$87.00
Thursday	10:00 - 10:45	7	\$15.00 / \$87.00

All levels | Beginner | Advanced | Baby friendly | Registration required | Additional payment required | Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website ymcaquebec.org/activities for information on all course descriptions and pre-requisites.