

Fall 2019	From 2019-09-09 to 2019-12-22	
Opening hours	Week: 6:00 to 22:30 Week-end : 7:00 to 20:30	
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 2019-09-21 - 2019-12-13



Age 6-18 months with parents

Duration 30 min

Note Swim diaper mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 10:30	12	\$108.00 / \$124.00
Sunday	9:00 - 9:30	12	\$108.00 / \$124.00

L'il Dippers with parent – Bubblers 2019-09-21 - 2019-12-13



Age 18-36 months with parents

Duration 30 min

Note Swim diaper mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:35 - 11:05	12	\$108.00 / \$124.00
Sunday	9:35 - 10:05	12	\$108.00 / \$124.00

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

L'il Dippers – Bobbers 2019-09-21 - 2019-12-13



Age 3-5 years

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:10 - 18:40	12	\$108.00 / \$124.00
Wednesday	18:45 - 19:15	12	\$108.00 / \$124.00
Friday	16:30 - 17:00	12	\$108.00 / \$124.00
Friday	17:05 - 17:35	12	\$108.00 / \$124.00
Friday	17:40 - 18:10	12	\$108.00 / \$124.00
Friday	18:15 - 18:45	12	\$108.00 / \$124.00
Friday	18:50 - 19:20	12	\$108.00 / \$124.00
Saturday	11:10 - 11:40	12	\$108.00 / \$124.00
Saturday	11:45 - 12:15	12	\$108.00 / \$124.00
Saturday	12:20 - 12:50	12	\$108.00 / \$124.00
Saturday	12:55 - 13:25	12	\$108.00 / \$124.00
Saturday	13:20 - 13:50	12	\$108.00 / \$124.00
Saturday	13:30 - 14:00	12	\$108.00 / \$124.00
Saturday	16:35 - 17:05	12	\$108.00 / \$124.00
Sunday	10:10 - 10:40	12	\$108.00 / \$124.00
Sunday	10:45 - 11:15	12	\$108.00 / \$124.00
Sunday	11:20 - 11:50	12	\$108.00 / \$124.00
Sunday	11:55 - 12:25	12	\$108.00 / \$124.00
Sunday	12:30 - 13:00	12	\$108.00 / \$124.00

L'il Dippers – Floaters 2019-09-21 - 2019-12-13



Age 3-5 years Prerequisite L'il Dippers – Bobbers
 Duration 30 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 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**
Wednesday	18:10 - 18:40	12	\$108.00 / \$124.00
Friday	16:30 - 17:00	12	\$108.00 / \$124.00
Friday	17:05 - 17:35	12	\$108.00 / \$124.00
Friday	17:40 - 18:10	12	\$108.00 / \$124.00
Friday	18:15 - 18:45	12	\$108.00 / \$124.00
Friday	18:50 - 19:20	12	\$108.00 / \$124.00
Saturday	11:10 - 11:40	12	\$108.00 / \$124.00
Saturday	11:45 - 12:15	12	\$108.00 / \$124.00
Saturday	12:20 - 12:50	12	\$108.00 / \$124.00
Saturday	12:55 - 13:25	12	\$108.00 / \$124.00
Saturday	13:30 - 14:00	12	\$108.00 / \$124.00
Saturday	16:35 - 17:05	12	\$108.00 / \$124.00
Sunday	10:10 - 10:40	12	\$108.00 / \$124.00
Sunday	10:45 - 11:15	12	\$108.00 / \$124.00
Sunday	11:20 - 11:50	12	\$108.00 / \$124.00
Sunday	11:55 - 12:25	12	\$108.00 / \$124.00
Sunday	12:30 - 13:00	12	\$108.00 / \$124.00

L'il Dippers – Gliders 2019-09-21 - 2019-12-13



Age 3-5 years Prerequisite L'il Dippers – Floaters
 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 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**
Wednesday	18:10 - 18:40	12	\$108.00 / \$124.00
Friday	16:30 - 17:00	12	\$108.00 / \$124.00
Friday	17:05 - 17:35	12	\$108.00 / \$124.00
Friday	17:40 - 18:10	12	\$108.00 / \$124.00
Friday	19:50 - 20:20	12	\$108.00 / \$124.00
Saturday	11:10 - 11:40	12	\$108.00 / \$124.00
Saturday	11:45 - 12:15	12	\$108.00 / \$124.00
Saturday	12:20 - 12:50	12	\$108.00 / \$124.00
Saturday	17:10 - 17:40	12	\$108.00 / \$124.00
Saturday	16:35 - 17:05	12	\$108.00 / \$124.00
Sunday	10:10 - 10:40	12	\$108.00 / \$124.00
Sunday	10:45 - 11:15	12	\$108.00 / \$124.00
Sunday	11:20 - 11:50	12	\$108.00 / \$124.00

L'il Dippers – Divers 2019-09-21 - 2019-12-13



Age 3-5 years Prerequisite L'il Dippers – Gliders
 Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:45 - 19:15	12	\$108.00 / \$124.00
Friday	18:15 - 18:45	12	\$108.00 / \$124.00
Friday	18:50 - 19:20	12	\$108.00 / \$124.00
Saturday	12:55 - 13:25	12	\$108.00 / \$124.00
Saturday	13:30 - 14:00	12	\$108.00 / \$124.00
Sunday	11:55 - 12:25	12	\$108.00 / \$124.00
Sunday	12:30 - 13:00	12	\$108.00 / \$124.00

L'il Dippers – Surfers 2019-09-21 - 2019-12-13



Age 3-5 years Prerequisite L'il Dippers – Divers
 Duration 30 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 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**
Wednesday	18:45 - 19:15	12	\$108.00 / \$124.00
Friday	19:50 - 20:20	12	\$108.00 / \$124.00
Saturday	13:55 - 14:25	12	\$108.00 / \$124.00
Sunday	12:20 - 12:50	12	\$108.00 / \$124.00

L'il Dippers – Dippers 2019-09-21 - 2019-12-13



Age 3-5 years Prerequisite L'il Dippers – Surfers
 Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Friday	19:50 - 20:20	12	\$108.00 / \$124.00
Sunday	12:50 - 13:20	12	\$108.00 / \$124.00

Learn to Swim (6 - 15 years)

Learn to Swim – Otter 2019-09-21 - 2019-12-13



Age 6-15 years
 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 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**
Wednesday	17:20 - 18:05	12	\$129.00 / \$149.00
Friday	16:30 - 17:15	12	\$129.00 / \$149.00
Friday	17:20 - 18:05	12	\$129.00 / \$149.00
Friday	18:10 - 18:55	12	\$129.00 / \$149.00
Friday	19:00 - 19:45	12	\$129.00 / \$149.00
Friday	19:25 - 20:10	12	\$129.00 / \$149.00
Saturday	10:00 - 10:45	12	\$129.00 / \$149.00
Saturday	10:50 - 11:35	12	\$129.00 / \$149.00
Saturday	11:40 - 12:25	12	\$129.00 / \$149.00
Saturday	12:30 - 13:15	12	\$129.00 / \$149.00
Saturday	13:35 - 14:20	12	\$129.00 / \$149.00
Saturday	17:10 - 17:55	12	\$129.00 / \$149.00
Saturday	18:00 - 18:45	12	\$129.00 / \$149.00
Sunday	9:00 - 9:45	12	\$129.00 / \$149.00
Sunday	9:50 - 10:35	12	\$129.00 / \$149.00
Sunday	10:40 - 11:25	12	\$129.00 / \$149.00
Sunday	11:30 - 12:15	12	\$129.00 / \$149.00
Sunday	12:20 - 13:05	12	\$129.00 / \$149.00
Sunday	12:35 - 13:20	12	\$129.00 / \$149.00

Learn to Swim – Seal 2019-09-21 - 2019-12-13



Age 6-15 years Prerequisite Learn to Swim – Otter
 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 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**
Wednesday	17:20 - 18:05	12	\$129.00 / \$149.00
Friday	16:30 - 17:15	12	\$129.00 / \$149.00
Friday	17:20 - 18:05	12	\$129.00 / \$149.00
Friday	18:10 - 18:55	12	\$129.00 / \$149.00
Friday	19:00 - 19:45	12	\$129.00 / \$149.00
Friday	19:25 - 20:10	12	\$129.00 / \$149.00
Saturday	10:00 - 10:45	12	\$129.00 / \$149.00
Saturday	10:50 - 11:35	12	\$129.00 / \$149.00
Saturday	12:30 - 13:15	12	\$129.00 / \$149.00
Saturday	11:40 - 12:25	12	\$129.00 / \$149.00
Saturday	13:20 - 14:05	12	\$129.00 / \$149.00
Saturday	17:10 - 17:55	12	\$129.00 / \$149.00
Saturday	18:00 - 18:45	12	\$129.00 / \$149.00
Sunday	9:00 - 9:45	12	\$129.00 / \$149.00
Sunday	9:50 - 10:35	12	\$129.00 / \$149.00
Sunday	10:40 - 11:25	12	\$129.00 / \$149.00
Sunday	11:30 - 12:15	12	\$129.00 / \$149.00
Sunday	12:20 - 13:05	12	\$129.00 / \$149.00

Learn to Swim – Dolphin 2019-09-21 - 2019-12-13



Age 6-15 years Prerequisite Learn to Swim – Seal
 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 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**
Wednesday	17:20 - 18:05	12	\$129.00 / \$149.00
Friday	16:30 - 17:15	12	\$129.00 / \$149.00
Friday	17:20 - 18:05	12	\$129.00 / \$149.00
Friday	18:10 - 18:55	12	\$129.00 / \$149.00
Friday	19:25 - 20:10	12	\$129.00 / \$149.00
Saturday	10:00 - 10:45	12	\$129.00 / \$149.00
Saturday	10:50 - 11:35	12	\$129.00 / \$149.00
Saturday	11:40 - 12:25	12	\$129.00 / \$149.00
Saturday	12:30 - 13:15	12	\$129.00 / \$149.00
Saturday	13:35 - 14:20	12	\$129.00 / \$149.00
Saturday	17:45 - 18:30	12	\$129.00 / \$149.00
Sunday	9:00 - 9:45	12	\$129.00 / \$149.00
Sunday	9:50 - 10:35	12	\$129.00 / \$149.00
Sunday	10:40 - 11:25	12	\$129.00 / \$149.00
Sunday	11:30 - 12:15	12	\$129.00 / \$149.00

Learn to Swim – Swimmer 2019-09-21 - 2019-12-13



Age 6-15 years Prerequisite Learn to Swim – Dolphin
 Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	16:30 - 17:15	12	\$129.00 / \$149.00
Friday	16:30 - 17:15	12	\$129.00 / \$149.00
Friday	17:20 - 18:05	12	\$129.00 / \$149.00
Friday	18:10 - 18:55	12	\$129.00 / \$149.00
Friday	19:00 - 19:45	12	\$129.00 / \$149.00
Saturday	10:00 - 10:45	12	\$129.00 / \$149.00
Saturday	10:50 - 11:35	12	\$129.00 / \$149.00
Saturday	11:40 - 12:25	12	\$129.00 / \$149.00
Saturday	12:30 - 13:15	12	\$129.00 / \$149.00
Sunday	9:00 - 9:45	12	\$129.00 / \$149.00
Sunday	9:50 - 10:35	12	\$129.00 / \$149.00
Sunday	10:40 - 11:25	12	\$129.00 / \$149.00

□ 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 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.

Star Program (6 - 15 years)

Star Program - Star 1 2019-09-21 - 2019-12-13



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	16:30 - 17:15	12	\$129.00 / \$149.00
Friday	16:30 - 17:15	12	\$129.00 / \$149.00
Friday	17:20 - 18:05	12	\$129.00 / \$149.00
Saturday	10:00 - 10:45	12	\$129.00 / \$149.00
Saturday	10:50 - 11:35	12	\$129.00 / \$149.00
Saturday	11:40 - 12:25	12	\$129.00 / \$149.00
Sunday	9:00 - 9:45	12	\$129.00 / \$149.00
Sunday	10:40 - 11:25	12	\$129.00 / \$149.00
Sunday	11:30 - 12:15	12	\$129.00 / \$149.00

Star Program - Star 2 2019-09-21 - 2019-12-13



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	16:30 - 17:15	12	\$129.00 / \$149.00
Friday	16:30 - 17:15	12	\$129.00 / \$149.00
Friday	17:20 - 18:05	12	\$129.00 / \$149.00
Saturday	10:00 - 10:45	12	\$129.00 / \$149.00
Saturday	10:50 - 11:35	12	\$129.00 / \$149.00
Saturday	11:40 - 12:25	12	\$129.00 / \$149.00
Sunday	9:00 - 9:45	12	\$129.00 / \$149.00
Sunday	9:50 - 10:35	12	\$129.00 / \$149.00

Star Program - Star 3 2019-09-21 - 2019-12-13



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

□ 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**
Friday	18:10 - 18:55	12	\$129.00 / \$149.00
Saturday	13:20 - 14:05	12	\$129.00 / \$149.00
Sunday	9:50 - 10:35	12	\$129.00 / \$149.00
Sunday	10:40 - 11:25	12	\$129.00 / \$149.00

Star Program - Star 4 2019-09-21 - 2019-12-13



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

Days	Time	Weeks	\$M / \$NM**
Friday	18:10 - 18:55	12	\$129.00 / \$149.00
Saturday	13:20 - 14:05	12	\$129.00 / \$149.00
Sunday	12:20 - 13:05	12	\$129.00 / \$149.00

Star Leadership Program (6 - 15 years)

Star Leadership Program - Star 5 2019-09-21 - 2019-12-13



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

Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 20:00	12	\$138.00 / \$159.00
Saturday	12:30 - 13:30	12	\$138.00 / \$159.00
Sunday	11:30 - 12:30	12	\$138.00 / \$159.00

Star Leadership Program - Star 6 2019-09-21 - 2019-12-13



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

Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 20:00	12	\$138.00 / \$159.00
Saturday	12:30 - 13:30	12	\$138.00 / \$159.00

□ 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 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.

Star Leadership Program - Star 7 2019-09-21 - 2019-12-13



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

Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 20:15	12	\$173.00 / \$199.00
Sunday	11:30 - 12:45	12	\$173.00 / \$199.00

Aquatic Certifications (13 years +)

Bronze Star 2019-10-19 - 2019-12-15



Age 11-13 yrs
 Duration 60 min Note Must be 11 years or older and must be able to swim 100 meters.

Days	Time	Weeks	\$M / \$NM**
Saturday	13:30 - 14:30	9	\$114.00 / \$134.00
Sunday	12:30 - 13:30	9	\$114.00 / \$134.00

Bronze Medallion 2019-10-19 - 2019-12-15



Age 13+
 Note Must be at least 13 years old at the final evaluation or hold a Bronze Star certificate.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:30 - 13:30	9	\$178.00 / \$210.00
Sunday	14:30 - 17:30	9	\$178.00 / \$210.00

Bronze Cross 2019-10-19 - 2019-12-15



Age 14+ Prerequisite Bronze Medallion

Days	Time	Weeks	\$M / \$NM**
Saturday	15:00 - 18:00	9	\$178.00 / \$210.00
Sunday	10:00 - 13:00	9	\$178.00 / \$210.00

□ 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 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 2019-09-28 - 2019-12-13



Age 16+

Prerequisite Bronze Cross

Note Must be at least 16 years old at the final evaluation. Must hold a Bronze Cross certificate and a Standard First Aid/AED or an Aquatic Emergency Care/AED certificate.

Days	Time	Weeks	\$M / \$NM**
Sunday	15:00 - 19:00	11	\$223.00 / \$263.00

National Lifeguard Recertification 2019-12-14 - 2019-12-14



Age 16+

Prerequisite National Lifeguard

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 14:00	1	\$94.50 / \$113.50

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



Age 16+

Prerequisite National Lifeguard

Days	Time	Weeks	\$M / \$NM**
Sunday	16:00 - 20:00	1	\$94.50 / \$113.50

CPR and First Aid Certifications (12 years +)

Standard First Aid 2019-09-14 - 2019-09-15



Age 14+

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	8:30 - 18:30	1	\$95.00 / \$112.00

Standard First Aid 2019-10-12 - 2019-10-13



Age 14+

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	8:30 - 18:30	1	\$95.00 / \$112.00

Heartsaver® CPR AED with Child Module 2019-09-14 - 2019-09-14



Age 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.

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-09-19 - 2019-09-19 

Age 12 years +
 Note English

Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 21:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-09-28 - 2019-09-28 

Age 12 years +
 Note French

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-10-03 - 2019-10-03 

Age 12 years +
 Note English

Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 21:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-10-12 - 2019-10-12 

Age 12 years +
 Note French

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-10-17 - 2019-10-17 

Age 12 years +
 Note English

Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 21:00	1	\$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 — 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 2019-10-26 - 2019-10-26

Age 12 years +
 Note French

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-10-31 - 2019-10-31

Age 12 years +
 Note English

Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 21:00	1	\$63.00 / \$73.00

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

Age 12 years +
 Note French

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-11-14 - 2019-11-14

Age 12 years +
 Note English

Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 21:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-11-23 - 2019-11-23

Age 12 years +
 Note French

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-11-28 - 2019-11-28

Age 12 years +
 Note French

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**
Thursday	17:00 - 21:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-12-07 - 2019-12-07



Age 12 years +
 Note English

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child Module 2019-12-12 - 2019-12-12



Age 12 years +
 Note French

Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 21:00	1	\$63.00 / \$73.00

Heartsaver® CPR AED with Child and Infant Modules 2019-09-14 - 2019-09-14



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 18:00	1	\$76.50 / \$89.00

Heartsaver® CPR AED with Child and Infant Modules 2019-10-03 - 2019-10-03



Age 12 years +
 Note English

Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 22:00	1	\$76.50 / \$89.00

Heartsaver® CPR AED with Child and Infant Modules 2019-10-26 - 2019-10-26



Age 12 years +
 Note French

□ 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	13:00 - 18:00	1	\$76.50 / \$89.00

Heartsaver® CPR AED with Child and Infant Modules 2019-11-14



- 2019-11-14

Age 12 years +
Note English

Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 22:00	1	\$76.50 / \$89.00

Heartsaver® CPR AED with Child and Infant Modules 2019-12-07



- 2019-12-07

Age 12 years +
Note English

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 18:00	1	\$76.50 / \$89.00

Adult Lessons (16 years +)

Adult Swim Lessons - Level 1 2019-09-21 - 2019-12-13



Age 16+
Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Monday	19:00 - 19:45	12	\$15.00 / \$120.00
Tuesday	9:30 - 10:15	12	\$15.00 / \$120.00
Wednesday	19:00 - 19:45	12	\$15.00 / \$120.00
Thursday	9:30 - 10:15	12	\$15.00 / \$120.00

Adult Swim Lessons - Level 2 2019-09-21 - 2019-12-13



Age 16+ Prerequisite Adult Swim Lessons - Level 1
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 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**
Monday	19:45 - 20:15	12	\$15.00 / \$120.00
Tuesday	10:15 - 11:00	12	\$15.00 / \$120.00
Wednesday	19:45 - 20:30	12	\$15.00 / \$120.00
Thursday	10:15 - 11:00	12	\$15.00 / \$120.00

Adult Swim Lessons - Level 3 2019-09-21 - 2019-12-13



Age 16+ Prerequisite Adult Swim Lessons - Level 2
 Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	20:30 - 21:15	12	\$129.00 / \$149.00
Thursday	20:30 - 21:15	12	\$129.00 / \$149.00

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 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.