



Print date: 2025-07-03

**Fall 2019**

From 2019-09-09 to 2019-12-22

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

## OPENING HOURS

Special schedule

**Tuesday, July 1 (Canada Day):** no Group Fitness**Monday, September 1 (Labour Day):** no Group Fitness

## POOL CLOSURE

Saturday - Sunday: 7 p.m.

## REGISTRATION START

2019-08-26

[ymcaquebec.org/aquatics](http://ymcaquebec.org/aquatics)**Preschool - L'il Dippers with parent (6 - 36 months)****Preschool 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	\$0.00 / \$0.00
Sunday	9:00 - 9:30	12	\$0.00 / \$0.00

**Preschool 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	\$0.00 / \$0.00
Sunday	9:35 - 10:05	12	\$0.00 / \$0.00

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



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

### Preschool – 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	\$0.00 / \$0.00
Wednesday	18:45 - 19:15	12	\$0.00 / \$0.00
Friday	16:30 - 17:00	12	\$0.00 / \$0.00
Friday	17:05 - 17:35	12	\$0.00 / \$0.00
Friday	17:40 - 18:10	12	\$0.00 / \$0.00
Friday	18:15 - 18:45	12	\$0.00 / \$0.00
Friday	18:50 - 19:20	12	\$0.00 / \$0.00
Saturday	11:10 - 11:40	12	\$0.00 / \$0.00
Saturday	11:45 - 12:15	12	\$0.00 / \$0.00
Saturday	12:20 - 12:50	12	\$0.00 / \$0.00
Saturday	12:55 - 13:25	12	\$0.00 / \$0.00
Saturday	13:20 - 13:50	12	\$0.00 / \$0.00
Saturday	13:30 - 14:00	12	\$0.00 / \$0.00
Saturday	16:35 - 17:05	12	\$0.00 / \$0.00
Sunday	10:10 - 10:40	12	\$0.00 / \$0.00
Sunday	10:45 - 11:15	12	\$0.00 / \$0.00
Sunday	11:20 - 11:50	12	\$0.00 / \$0.00
Sunday	11:55 - 12:25	12	\$0.00 / \$0.00
Sunday	12:30 - 13:00	12	\$0.00 / \$0.00

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

### Preschool – Floaters 2019-09-21 - 2019-12-13



Age 3-5 years

Prerequisite Preschool – Bobbers

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:10 - 18:40	12	\$0.00 / \$0.00
Friday	16:30 - 17:00	12	\$0.00 / \$0.00
Friday	17:05 - 17:35	12	\$0.00 / \$0.00
Friday	17:40 - 18:10	12	\$0.00 / \$0.00
Friday	18:15 - 18:45	12	\$0.00 / \$0.00
Friday	18:50 - 19:20	12	\$0.00 / \$0.00
Saturday	11:10 - 11:40	12	\$0.00 / \$0.00
Saturday	11:45 - 12:15	12	\$0.00 / \$0.00
Saturday	12:20 - 12:50	12	\$0.00 / \$0.00
Saturday	12:55 - 13:25	12	\$0.00 / \$0.00
Saturday	13:30 - 14:00	12	\$0.00 / \$0.00
Saturday	16:35 - 17:05	12	\$0.00 / \$0.00
Sunday	10:10 - 10:40	12	\$0.00 / \$0.00
Sunday	10:45 - 11:15	12	\$0.00 / \$0.00
Sunday	11:20 - 11:50	12	\$0.00 / \$0.00
Sunday	11:55 - 12:25	12	\$0.00 / \$0.00
Sunday	12:30 - 13:00	12	\$0.00 / \$0.00

### Preschool – Gliders 2019-09-21 - 2019-12-13



Age 3-5 years

Prerequisite Preschool – Floaters

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 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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-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)

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:10 - 18:40	12	\$0.00 / \$0.00
Friday	16:30 - 17:00	12	\$0.00 / \$0.00
Friday	17:05 - 17:35	12	\$0.00 / \$0.00
Friday	17:40 - 18:10	12	\$0.00 / \$0.00
Friday	19:50 - 20:20	12	\$0.00 / \$0.00
Saturday	11:10 - 11:40	12	\$0.00 / \$0.00
Saturday	11:45 - 12:15	12	\$0.00 / \$0.00
Saturday	12:20 - 12:50	12	\$0.00 / \$0.00
Saturday	17:10 - 17:40	12	\$0.00 / \$0.00
Saturday	16:35 - 17:05	12	\$0.00 / \$0.00
Sunday	10:10 - 10:40	12	\$0.00 / \$0.00
Sunday	10:45 - 11:15	12	\$0.00 / \$0.00
Sunday	11:20 - 11:50	12	\$0.00 / \$0.00

## Preschool – Divers 2019-09-21 - 2019-12-13



Age 3-5 years

Prerequisite Preschool – Gliders

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:45 - 19:15	12	\$0.00 / \$0.00
Friday	18:15 - 18:45	12	\$0.00 / \$0.00
Friday	18:50 - 19:20	12	\$0.00 / \$0.00
Saturday	12:55 - 13:25	12	\$0.00 / \$0.00
Saturday	13:30 - 14:00	12	\$0.00 / \$0.00
Sunday	11:55 - 12:25	12	\$0.00 / \$0.00
Sunday	12:30 - 13:00	12	\$0.00 / \$0.00

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



## Preschool – Surfers 2019-09-21 - 2019-12-13



Age 3-5 years

Prerequisite Preschool – Divers

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:45 - 19:15	12	\$0.00 / \$0.00
Friday	19:50 - 20:20	12	\$0.00 / \$0.00
Saturday	13:55 - 14:25	12	\$0.00 / \$0.00
Sunday	12:20 - 12:50	12	\$0.00 / \$0.00

## Preschool – Jumpers 2019-09-21 - 2019-12-13



Age 3-5 years

Prerequisite Preschool – Surfers

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Friday	19:50 - 20:20	12	\$0.00 / \$0.00
Sunday	12:50 - 13:20	12	\$0.00 / \$0.00

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



## Learn to Swim (6 - 15 years)

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



Age 6-15 years

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:20 - 18:05	12	\$0.00 / \$0.00
Friday	16:30 - 17:15	12	\$0.00 / \$0.00
Friday	17:20 - 18:05	12	\$0.00 / \$0.00
Friday	18:10 - 18:55	12	\$0.00 / \$0.00
Friday	19:00 - 19:45	12	\$0.00 / \$0.00
Friday	19:25 - 20:10	12	\$0.00 / \$0.00
Saturday	10:00 - 10:45	12	\$0.00 / \$0.00
Saturday	10:50 - 11:35	12	\$0.00 / \$0.00
Saturday	11:40 - 12:25	12	\$0.00 / \$0.00
Saturday	12:30 - 13:15	12	\$0.00 / \$0.00
Saturday	13:35 - 14:20	12	\$0.00 / \$0.00
Saturday	17:10 - 17:55	12	\$0.00 / \$0.00
Saturday	18:00 - 18:45	12	\$0.00 / \$0.00
Sunday	9:00 - 9:45	12	\$0.00 / \$0.00
Sunday	9:50 - 10:35	12	\$0.00 / \$0.00
Sunday	10:40 - 11:25	12	\$0.00 / \$0.00
Sunday	11:30 - 12:15	12	\$0.00 / \$0.00
Sunday	12:20 - 13:05	12	\$0.00 / \$0.00
Sunday	12:35 - 13:20	12	\$0.00 / \$0.00

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

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

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

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:20 - 18:05	12	\$0.00 / \$0.00
Friday	16:30 - 17:15	12	\$0.00 / \$0.00
Friday	17:20 - 18:05	12	\$0.00 / \$0.00
Friday	18:10 - 18:55	12	\$0.00 / \$0.00
Friday	19:00 - 19:45	12	\$0.00 / \$0.00
Friday	19:25 - 20:10	12	\$0.00 / \$0.00
Saturday	10:00 - 10:45	12	\$0.00 / \$0.00
Saturday	10:50 - 11:35	12	\$0.00 / \$0.00
Saturday	12:30 - 13:15	12	\$0.00 / \$0.00
Saturday	11:40 - 12:25	12	\$0.00 / \$0.00
Saturday	13:20 - 14:05	12	\$0.00 / \$0.00
Saturday	17:10 - 17:55	12	\$0.00 / \$0.00
Saturday	18:00 - 18:45	12	\$0.00 / \$0.00
Sunday	9:00 - 9:45	12	\$0.00 / \$0.00
Sunday	9:50 - 10:35	12	\$0.00 / \$0.00
Sunday	10:40 - 11:25	12	\$0.00 / \$0.00
Sunday	11:30 - 12:15	12	\$0.00 / \$0.00
Sunday	12:20 - 13:05	12	\$0.00 / \$0.00

**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 | 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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-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)

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:20 - 18:05	12	\$0.00 / \$0.00
Friday	16:30 - 17:15	12	\$0.00 / \$0.00
Friday	17:20 - 18:05	12	\$0.00 / \$0.00
Friday	18:10 - 18:55	12	\$0.00 / \$0.00
Friday	19:25 - 20:10	12	\$0.00 / \$0.00
Saturday	10:00 - 10:45	12	\$0.00 / \$0.00
Saturday	10:50 - 11:35	12	\$0.00 / \$0.00
Saturday	11:40 - 12:25	12	\$0.00 / \$0.00
Saturday	12:30 - 13:15	12	\$0.00 / \$0.00
Saturday	13:35 - 14:20	12	\$0.00 / \$0.00
Saturday	17:45 - 18:30	12	\$0.00 / \$0.00
Sunday	9:00 - 9:45	12	\$0.00 / \$0.00
Sunday	9:50 - 10:35	12	\$0.00 / \$0.00
Sunday	10:40 - 11:25	12	\$0.00 / \$0.00
Sunday	11:30 - 12:15	12	\$0.00 / \$0.00

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



Age 6-15 years

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. I The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website [ymcaquebec.org/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-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)

Days	Time	Weeks	\$M / \$NM**
Wednesday	16:30 - 17:15	12	\$0.00 / \$0.00
Friday	16:30 - 17:15	12	\$0.00 / \$0.00
Friday	17:20 - 18:05	12	\$0.00 / \$0.00
Friday	18:10 - 18:55	12	\$0.00 / \$0.00
Friday	19:00 - 19:45	12	\$0.00 / \$0.00
Saturday	10:00 - 10:45	12	\$0.00 / \$0.00
Saturday	10:50 - 11:35	12	\$0.00 / \$0.00
Saturday	11:40 - 12:25	12	\$0.00 / \$0.00
Saturday	12:30 - 13:15	12	\$0.00 / \$0.00
Sunday	9:00 - 9:45	12	\$0.00 / \$0.00
Sunday	9:50 - 10:35	12	\$0.00 / \$0.00
Sunday	10:40 - 11:25	12	\$0.00 / \$0.00

☐ All levels | 
 ☒ Beginner | 
 ☒ Advanced | 
 BB Baby friendly | 
 ✍ Registration required | 
 \$ Additional payment required | 
 \$N Additional fee for non-members | 
 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to the number of swimming lanes or private swimming lessons available. Swimmers must shower before entering the pool and must wear a bathing cap at all times. Outdoor footwear must remain in the locker room, swimmers are permitted to wear flip-flops, sandals or go bare foot on the pool deck. Children who are 8 and under must have a parent present during the entire swimming lesson. | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website [ymcaquebec.org/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-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	\$0.00 / \$0.00
Friday	16:30 - 17:15	12	\$0.00 / \$0.00
Friday	17:20 - 18:05	12	\$0.00 / \$0.00
Saturday	10:00 - 10:45	12	\$0.00 / \$0.00
Saturday	10:50 - 11:35	12	\$0.00 / \$0.00
Saturday	11:40 - 12:25	12	\$0.00 / \$0.00
Sunday	9:00 - 9:45	12	\$0.00 / \$0.00
Sunday	10:40 - 11:25	12	\$0.00 / \$0.00
Sunday	11:30 - 12:15	12	\$0.00 / \$0.00

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



Age 6-15 yrs Prerequisite Star Program - Star 1  
 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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-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)

Days	Time	Weeks	\$M / \$NM**
Wednesday	16:30 - 17:15	12	\$0.00 / \$0.00
Friday	16:30 - 17:15	12	\$0.00 / \$0.00
Friday	17:20 - 18:05	12	\$0.00 / \$0.00
Saturday	10:00 - 10:45	12	\$0.00 / \$0.00
Saturday	10:50 - 11:35	12	\$0.00 / \$0.00
Saturday	11:40 - 12:25	12	\$0.00 / \$0.00
Sunday	9:00 - 9:45	12	\$0.00 / \$0.00
Sunday	9:50 - 10:35	12	\$0.00 / \$0.00

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



Age 6-15 yrs

Prerequisite Star Program - Star 2

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Friday	18:10 - 18:55	12	\$0.00 / \$0.00
Saturday	13:20 - 14:05	12	\$0.00 / \$0.00
Sunday	9:50 - 10:35	12	\$0.00 / \$0.00
Sunday	10:40 - 11:25	12	\$0.00 / \$0.00

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



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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-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)

Days	Time	Weeks	\$M / \$NM**
Friday	18:10 - 18:55	12	\$0.00 / \$0.00
Saturday	13:20 - 14:05	12	\$0.00 / \$0.00
Sunday	12:20 - 13:05	12	\$0.00 / \$0.00

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



## 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	\$0.00 / \$0.00
Saturday	12:30 - 13:30	12	\$0.00 / \$0.00
Sunday	11:30 - 12:30	12	\$0.00 / \$0.00

### 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	\$0.00 / \$0.00
Saturday	12:30 - 13:30	12	\$0.00 / \$0.00

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



Age 6-15 yrs

Prerequisite Star Leadership Program - Star 6

Duration 75 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. I The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | Please check our website [ymcaquebec.org/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-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)

Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 20:15	12	\$0.00 / \$0.00
Sunday	11:30 - 12:45	12	\$0.00 / \$0.00

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



## 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	\$0.00 / \$0.00
Sunday	12:30 - 13:30	9	\$0.00 / \$0.00

### 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	\$0.00 / \$0.00
Sunday	14:30 - 17:30	9	\$0.00 / \$0.00

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



Age 14+ Prerequisite Bronze Medallion

□ 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/en/Fitness-and-Aquatic-Activities](http://ymcaquebec.org/en/Fitness-and-Aquatic-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)

Days	Time	Weeks	\$M / \$NM**
Saturday	15:00 - 18:00	9	\$0.00 / \$0.00
Sunday	10:00 - 13:00	9	\$0.00 / \$0.00

## 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	\$0.00 / \$0.00

## 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	\$0.00 / \$0.00

## 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	\$0.00 / \$0.00

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





## 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	\$0.00 / \$0.00

### Cardiopulmonary resuscitation/AED with Child Module



2019-09-14 - 2019-09-14

Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:00	1	\$0.00 / \$0.00

### Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

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



## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/AED with Child Module

**2019-10-17 - 2019-10-17**

Age 12 years +

Note English

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



Days	Time	Weeks	\$M / \$NM**
Thursday	17:00 - 21:00	1	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

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



## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/AED with Child and Infant Modules

**2019-09-14 - 2019-09-14**

Age 12 years +

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



Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 18:00	1	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/AED with Child and Infant Modules 2019-10-26 - 2019-10-26



Age 12 years +

Note French

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 18:00	1	\$0.00 / \$0.00

## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

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



## Cardiopulmonary resuscitation/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	\$0.00 / \$0.00

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



## 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	\$0.00 / \$0.00
Tuesday	9:30 - 10:15	12	\$0.00 / \$0.00
Wednesday	19:00 - 19:45	12	\$0.00 / \$0.00
Thursday	9:30 - 10:15	12	\$0.00 / \$0.00

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



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

Days	Time	Weeks	\$M / \$NM**
Monday	19:45 - 20:15	12	\$0.00 / \$0.00
Tuesday	10:15 - 11:00	12	\$0.00 / \$0.00
Wednesday	19:45 - 20:30	12	\$0.00 / \$0.00
Thursday	10:15 - 11:00	12	\$0.00 / \$0.00

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

### 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	\$0.00 / \$0.00
Thursday	20:30 - 21:15	12	\$0.00 / \$0.00

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