



Print date: 2020-06-03

<b>Spring 2020</b>	From 2020-03-23 to 2020-06-14	
OPENING HOURS	Week: 6:00 to 22:30   Week-end : 7:00 to 20:30	
REGISTRATION START	2020-03-09 12:00:00 AM	<a href="http://ymcaquebec.org/aquatics">ymcaquebec.org/aquatics</a>

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

### L'il Dippers with parent – Splashers 2020-03-21 - 2020-06-05



Age 6-18 months with parents

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 10:30	11	\$99.00 / \$113.00
Sunday	9:00 - 9:30	11	\$99.00 / \$113.00

### L'il Dippers with parent – Bubblers 2020-03-21 - 2020-06-05



Age 18-36 months with parents

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Saturday	10:35 - 11:05	11	\$0.00 / \$0.00
Saturday	16:30 - 17:00	11	\$0.00 / \$0.00
Sunday	9:35 - 10:05	11	\$0.00 / \$0.00

All levels |  Beginner |  Advanced |  Baby friendly |  Registration required |  Additional payment required |  Additional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons —  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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



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

## L'il Dippers – Bobbers 2020-03-21 - 2020-06-05



Age 3-5 years

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:35 - 18:05	11	\$99.00 / \$113.00
Wednesday	18:45 - 19:15	11	\$99.00 / \$113.00
Friday	16:30 - 17:00	11	\$99.00 / \$113.00
Friday	17:05 - 17:35	11	\$99.00 / \$113.00
Friday	17:40 - 18:10	11	\$99.00 / \$113.00
Friday	18:15 - 18:45	11	\$99.00 / \$113.00
Friday	18:50 - 19:20	11	\$99.00 / \$113.00
Saturday	11:10 - 11:40	11	\$99.00 / \$113.00
Saturday	11:45 - 12:15	11	\$99.00 / \$113.00
Saturday	12:20 - 12:50	11	\$99.00 / \$113.00
Saturday	12:55 - 13:25	11	\$99.00 / \$113.00
Saturday	17:05 - 17:35	11	\$99.00 / \$113.00
Sunday	10:10 - 10:40	11	\$99.00 / \$113.00
Sunday	10:45 - 11:15	11	\$99.00 / \$113.00
Sunday	11:20 - 11:50	11	\$99.00 / \$113.00
Sunday	11:55 - 12:25	11	\$99.00 / \$113.00

## L'il Dippers – Floaters 2020-03-21 - 2020-06-05



Age 3-5 years

Prerequisite L'il Dippers – Bobbers

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 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. | 
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Days	Time	Weeks	\$M / \$NM**
Wednesday	17:35 - 18:05	11	\$99.00 / \$113.00
Wednesday	18:45 - 19:15	11	\$99.00 / \$113.00
Friday	16:30 - 17:00	11	\$99.00 / \$113.00
Friday	17:05 - 17:35	11	\$99.00 / \$113.00
Friday	17:40 - 18:10	11	\$99.00 / \$113.00
Friday	18:15 - 18:45	11	\$99.00 / \$113.00
Saturday	11:10 - 11:40	11	\$99.00 / \$113.00
Saturday	11:45 - 12:15	11	\$99.00 / \$113.00
Saturday	12:20 - 12:50	11	\$99.00 / \$113.00
Saturday	17:05 - 17:35	11	\$99.00 / \$113.00
Sunday	10:10 - 10:40	11	\$99.00 / \$113.00
Sunday	10:45 - 11:15	11	\$99.00 / \$113.00
Sunday	11:20 - 11:50	11	\$99.00 / \$113.00
Sunday	12:45 - 13:15	11	\$99.00 / \$113.00

## L'il Dippers – Gliders 2020-03-21 - 2020-06-05



Age 3-5 years

Prerequisite L'il Dippers – Floaters

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:50 - 18:20	11	\$99.00 / \$113.00
Wednesday	19:00 - 19:30	11	\$99.00 / \$113.00
Friday	16:30 - 17:00	11	\$99.00 / \$113.00
Friday	17:05 - 17:35	11	\$99.00 / \$113.00
Saturday	11:10 - 11:40	11	\$99.00 / \$113.00
Saturday	11:45 - 12:15	11	\$99.00 / \$113.00
Saturday	17:05 - 17:35	11	\$99.00 / \$113.00
Sunday	10:10 - 10:40	11	\$99.00 / \$113.00
Sunday	10:45 - 11:15	11	\$99.00 / \$113.00
Sunday	12:45 - 13:15	11	\$99.00 / \$113.00

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



## L'il Dippers – Divers 2020-03-21 - 2020-06-05



Age 3-5 years

Prerequisite L'il Dippers – Gliders

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:10 - 18:40	11	\$99.00 / \$113.00
Friday	17:40 - 18:10	11	\$99.00 / \$113.00
Saturday	12:20 - 12:50	11	\$99.00 / \$113.00
Saturday	17:40 - 18:10	11	\$99.00 / \$113.00
Sunday	11:20 - 11:50	11	\$99.00 / \$113.00

## L'il Dippers – Surfers 2020-03-21 - 2020-06-05



Age 3-5 years

Prerequisite L'il Dippers – Divers

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:10 - 18:40	11	\$99.00 / \$113.00
Friday	18:15 - 18:45	11	\$99.00 / \$113.00
Saturday	13:45 - 14:15	11	\$99.00 / \$113.00
Saturday	17:40 - 18:10	11	\$99.00 / \$113.00
Sunday	12:20 - 12:50	11	\$99.00 / \$113.00

## L'il Dippers – Dippers 2020-03-21 - 2020-06-05



Age 3-5 years

Prerequisite L'il Dippers – 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 —  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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



# Cartierville YMCA

11885 Laurentien Blvd., Cartierville, Quebec H4J 2R5

Tel. : 514 313-1047

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

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:25 - 18:55	11	\$99.00 / \$113.00
Friday	18:50 - 19:20	11	\$99.00 / \$113.00
Saturday	13:45 - 14:15	11	\$99.00 / \$113.00
Saturday	17:40 - 18:10	11	\$99.00 / \$113.00
Sunday	12:20 - 12:50	11	\$99.00 / \$113.00

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 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. | 
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## Learn to Swim (6 - 15 years)

### Learn to Swim – Otter 2020-03-21 - 2020-06-05



Age 6-15 years

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Friday	17:15 - 18:00	11	\$119.00 / \$136.00
Friday	18:05 - 18:50	11	\$119.00 / \$136.00
Friday	18:55 - 19:40	11	\$119.00 / \$136.00
Friday	19:45 - 20:30	11	\$119.00 / \$136.00
Friday	19:45 - 20:30	11	\$119.00 / \$136.00
Saturday	10:50 - 11:35	11	\$119.00 / \$136.00
Saturday	11:40 - 12:25	11	\$119.00 / \$136.00
Saturday	12:30 - 13:15	11	\$119.00 / \$136.00
Saturday	13:20 - 14:05	11	\$119.00 / \$136.00
Saturday	13:20 - 14:05	11	\$119.00 / \$136.00
Saturday	12:55 - 13:40	11	\$119.00 / \$136.00
Sunday	9:00 - 9:45	11	\$119.00 / \$136.00
Sunday	9:50 - 10:35	11	\$119.00 / \$136.00
Sunday	10:40 - 11:25	11	\$119.00 / \$136.00
Sunday	11:30 - 12:15	11	\$119.00 / \$136.00
Sunday	12:20 - 13:05	11	\$119.00 / \$136.00
Sunday	11:55 - 12:40	11	\$119.00 / \$136.00

### Learn to Swim – Seal 2020-03-21 - 2020-06-05



Age 6-15 years

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 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. | 
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Days	Time	Weeks	\$M / \$NM**
Friday	17:15 - 18:00	11	\$119.00 / \$136.00
Friday	18:05 - 18:50	11	\$119.00 / \$136.00
Friday	18:55 - 19:40	11	\$119.00 / \$136.00
Friday	19:45 - 20:30	11	\$119.00 / \$136.00
Friday	18:55 - 19:40	11	\$119.00 / \$136.00
Friday	19:45 - 20:30	11	\$119.00 / \$136.00
Saturday	10:50 - 11:35	11	\$119.00 / \$136.00
Saturday	11:40 - 12:25	11	\$119.00 / \$136.00
Saturday	12:30 - 13:15	11	\$119.00 / \$136.00
Saturday	12:55 - 13:40	11	\$119.00 / \$136.00
Saturday	13:20 - 14:05	11	\$119.00 / \$136.00
Sunday	9:00 - 9:45	11	\$119.00 / \$136.00
Sunday	9:50 - 10:35	11	\$119.00 / \$136.00
Sunday	10:40 - 11:25	11	\$119.00 / \$136.00
Sunday	11:30 - 12:15	11	\$119.00 / \$136.00
Sunday	12:20 - 13:05	11	\$119.00 / \$136.00
Sunday	11:55 - 12:40	11	\$119.00 / \$136.00

## Learn to Swim – Dolphin 2020-03-21 - 2020-06-05



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. | 
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Days	Time	Weeks	\$M / \$NM**
Friday	17:15 - 18:00	11	\$119.00 / \$136.00
Friday	18:05 - 18:50	11	\$119.00 / \$136.00
Friday	18:55 - 19:40	11	\$119.00 / \$136.00
Friday	19:45 - 20:30	11	\$119.00 / \$136.00
Saturday	10:50 - 11:35	11	\$119.00 / \$136.00
Saturday	11:40 - 12:25	11	\$119.00 / \$136.00
Saturday	12:30 - 13:15	11	\$119.00 / \$136.00
Sunday	9:00 - 9:45	11	\$119.00 / \$136.00
Sunday	9:50 - 10:35	11	\$119.00 / \$136.00
Sunday	10:40 - 11:25	11	\$119.00 / \$136.00
Sunday	11:30 - 12:15	11	\$119.00 / \$136.00

## Learn to Swim – Swimmer 2020-03-21 - 2020-06-05



Age 6-15 years

Prerequisite Learn to Swim – Dolphin

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Friday	16:25 - 17:10	11	\$119.00 / \$136.00
Friday	17:15 - 18:00	11	\$119.00 / \$136.00
Friday	18:05 - 18:50	11	\$119.00 / \$136.00
Friday	18:55 - 19:40	11	\$119.00 / \$136.00
Saturday	10:00 - 10:45	11	\$119.00 / \$136.00
Saturday	10:50 - 11:35	11	\$119.00 / \$136.00
Saturday	11:40 - 12:25	11	\$119.00 / \$136.00
Sunday	9:50 - 10:35	11	\$119.00 / \$136.00
Sunday	10:40 - 11:25	11	\$119.00 / \$136.00
Sunday	11:30 - 12:15	11	\$119.00 / \$136.00
Sunday	12:20 - 13:05	11	\$119.00 / \$136.00

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





# Star Program - Star 1 2020-03-21 - 2020-06-05



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

Days	Time	Weeks	\$M / \$NM**
Friday	16:25 - 17:10	11	\$119.00 / \$136.00
Friday	17:15 - 18:00	11	\$119.00 / \$136.00
Friday	18:05 - 18:50	11	\$119.00 / \$136.00
Friday	18:55 - 19:40	11	\$119.00 / \$136.00
Saturday	10:00 - 10:45	11	\$119.00 / \$136.00
Saturday	10:50 - 11:35	11	\$119.00 / \$136.00
Saturday	11:40 - 12:25	11	\$119.00 / \$136.00
Saturday	12:30 - 13:15	11	\$119.00 / \$136.00
Sunday	9:00 - 9:45	11	\$119.00 / \$136.00
Sunday	9:50 - 10:35	11	\$119.00 / \$136.00
Sunday	10:40 - 11:25	11	\$119.00 / \$136.00
Sunday	11:30 - 12:15	11	\$119.00 / \$136.00

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 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. | 
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# Star Program (6 - 15 years)

## Star Program - Star 2 2020-03-21 - 2020-06-05



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

Days	Time	Weeks	\$M / \$NM**
Friday	16:25 - 17:10	11	\$119.00 / \$136.00
Friday	17:15 - 18:00	11	\$119.00 / \$136.00
Friday	18:05 - 18:55	11	\$119.00 / \$136.00
Saturday	10:00 - 10:45	11	\$119.00 / \$136.00
Saturday	10:50 - 11:35	11	\$119.00 / \$136.00
Saturday	11:40 - 12:25	11	\$119.00 / \$136.00
Sunday	9:50 - 10:35	11	\$119.00 / \$136.00
Sunday	10:40 - 11:25	11	\$119.00 / \$136.00
Sunday	11:30 - 12:15	11	\$119.00 / \$136.00

## Star Program - Star 3 2020-03-21 - 2020-06-05



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

Days	Time	Weeks	\$M / \$NM**
Friday	16:25 - 17:10	11	\$119.00 / \$136.00
Saturday	10:00 - 10:45	11	\$119.00 / \$136.00
Saturday	12:30 - 13:15	11	\$119.00 / \$136.00
Sunday	9:00 - 9:45	11	\$119.00 / \$136.00

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 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. | 
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## Star Program - Star 4 2020-03-21 - 2020-06-05



Age 6-15 years

Prerequisite Star Program - Star 3

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Friday	16:25 - 17:10	11	\$119.00 / \$136.00
Saturday	10:00 - 10:45	11	\$119.00 / \$136.00
Saturday	12:30 - 13:15	11	\$119.00 / \$136.00
Sunday	9:00 - 9:45	11	\$119.00 / \$136.00

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 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. | 
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## Star Leadership Program (6 - 15 years)

### Star Leadership Program - Star 5 2020-03-21 - 2020-06-05



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	16:30 - 17:30	11	\$127.00 / \$145.00
Friday	19:25 - 20:25	11	\$127.00 / \$145.00
Saturday	18:15 - 19:15	11	\$127.00 / \$145.00

### Star Leadership Program - Star 6 2020-03-21 - 2020-06-05



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	16:30 - 17:30	11	\$127.00 / \$145.00
Friday	19:25 - 20:25	11	\$127.00 / \$145.00
Saturday	18:15 - 19:15	11	\$127.00 / \$145.00

### Star Leadership Program - Star 7 2020-03-21 - 2020-06-05



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	16:30 - 17:45	11	\$158.00 / \$182.00
Friday	18:50 - 20:05	11	\$158.00 / \$182.00
Saturday	18:15 - 19:30	11	\$158.00 / \$182.00

□ 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.



## Aquatic Certifications (13 years +)

### Bronze Star 2020-03-28 - 2020-06-05



Age 11-13 years

Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Saturday	13:30 - 14:30	10	\$114.00 / \$134.00
Sunday	12:30 - 13:30	10	\$114.00 / \$134.00

### Bronze Medallion 2020-04-11 - 2020-06-07



Age 13+

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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:30 - 14:30	9	\$178.00 / \$210.00
Sunday	14:30 - 17:30	9	\$178.00 / \$210.00

### Bronze Cross 2020-04-11 - 2020-06-07



Age 14+

Prerequisite Bronze Medallion

Days	Time	Weeks	\$M / \$NM**
Saturday	15:00 - 18:00	9	\$178.00 / \$210.00
Sunday	10:30 - 13:30	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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



## National Lifeguard 2020-04-05 - 2020-06-07



Age 16+

Prerequisite **Bronze Cross**

Note Additional prerequisites: Must be 16 years old at the final evaluation, hold a Standard First Aid/AED or an Aquatic Emergency Care/AED certificate.

Days	Time	Weeks	\$M / \$NM**
Sunday	15:00 - 19:30	10	\$223.00 / \$263.00

## National Lifeguard Recertification 2020-03-22 - 2020-03-22



Age 16+

Prerequisite National Lifeguard

Days	Time	Weeks	\$M / \$NM**
Sunday	16:00 - 20:00	1	\$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 — 
 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. | 
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## CPR and First Aid Certifications (12 years +)

### Standard First Aid 2020-03-28 - 2020-03-29



Age 14+

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

### Heartsaver® CPR AED with Child Module 2020-04-11 - 2020-04-11



Age 12+

Note French course.

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

### Heartsaver® CPR AED with Child Module 2020-04-23 - 2020-04-23



Age 12+

Note English course.

Days	Time	Weeks	\$M / \$NM**
Thursday	18:30 - 22:00	1	\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2020-05-09 - 2020-05-09



Age 12+

Note English course.

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 16:30	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 — 
 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



## Heartsaver® CPR AED with Child Module 2020-05-21 - 2020-05-21



Age 12+

Note French course.

Days	Time	Weeks	\$M / \$NM**
Thursday	18:30 - 22:00	1	\$63.00 / \$73.00

## Heartsaver® CPR AED with Child Module 2020-06-13 - 2020-06-13



Age 12+

Note French course.

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

## Heartsaver® CPR AED with Child and Infant Modules 2020-04-11 - 2020-04-11



Age 12+

Note French course.

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:30	1	\$76.50 / \$89.00

## Heartsaver® CPR AED with Child and Infant Modules 2020-05-09 - 2020-05-09



Age 12+

Note English course.

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:30	1	\$76.50 / \$89.00

All levels | 
  Beginner | 
  Advanced | 
  Baby friendly | 
  Registration required | 
  Additional payment required | 
  Additional fee for non-members | 
 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — 
 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. | 
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## Heartsaver® CPR AED with Child and Infant Modules 2020-06-13



- 2020-06-13

Age 12+

Note French course.

Days	Time	Weeks	\$M / \$NM**
Saturday	13:00 - 17:30	1	\$76.50 / \$89.00

## Emergency First Aid 2020-03-21 - 2020-03-21



Age 12+

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

## Emergency First Aid 2020-06-06 - 2020-06-06



Age 12+

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

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 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. | 
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## Adult Lessons (16 years +)

### Adult Swim Lessons - Level 1 2020-03-21 - 2020-06-05



Age 16+  
Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	9:30 - 10:15	11	\$15.00 / \$116.00
Tuesday	20:30 - 21:15	11	\$15.00 / \$116.00
Thursday	10:15 - 11:00	11	\$15.00 / \$116.00

### Adult Swim Lessons - Level 2 2020-03-21 - 2020-06-05



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

Days	Time	Weeks	\$M / \$NM**
Monday	19:00 - 19:45	11	\$15.00 / \$116.00
Tuesday	10:15 - 11:00	11	\$15.00 / \$116.00
Wednesday	19:00 - 19:45	11	\$15.00 / \$116.00
Thursday	9:30 - 10:15	11	\$15.00 / \$116.00

### Adult Swim Lessons - Level 3 2020-03-21 - 2020-06-05



Age 16+ Prerequisite Adult Swim Lessons - Level 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



# Cartierville YMCA

11885 Laurentien Blvd., Cartierville, Quebec H4J 2R5

Tel. : 514 313-1047

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

Days	Time	Weeks	\$M / \$NM**
Monday	19:45 - 20:30	11	\$15.00 / \$116.00
Wednesday	19:45 - 20:30	11	\$15.00 / \$116.00
Thursday	20:30 - 21:15	11	\$15.00 / \$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 — 
 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. | 
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