



Print date: 2022-05-17

Spring 2022	From 2022-03-28 to 2022-06-19 As of February 14
OPENING HOURS	Monday - Friday: 6:45 am - 9 pm Saturday - Sunday: 7:45 am - 5 pm
HOLIDAYS	April, 17: 7:45 am - 5 pm No group fitness classes. May, 23: 6:45 am - 9 pm No group fitness classes.
REGISTRATION START	2022-03-14 ymcaquebec.org/aquatics

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

Preschool with parent – Splashers - ✎ \$ □

Age: 6-18 mos with parents

Duration: 30 min

Note: Please register at the Customer Service counter. Thursday's class combined with Bubblers. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:00 - 17:30	11	\$101.00 / \$117.00
Tuesday	17:35 - 18:05	11	\$101.00 / \$117.00
Thursday	17:35 - 18:05	11	\$101.00 / \$117.00
Saturday	10:05 - 10:35	11	\$101.00 / \$117.00
Sunday	9:35 - 10:05	11	\$101.00 / \$117.00

Preschool with parent – Bubblers - ✎ \$ □

Age: 18-36 mos with parents

Duration: 30 min

Note: Please register at the Customer Service counter. Thursday's class combined with Splashers. Bathing cap and shower are mandatory.

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



Saint-Roch YMCA

500 Du Pont Street, Québec City, G1K 6N4

Tel. : 418 525-9622

ymcaquebec.org

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:35 - 18:05	11	\$101.00 / \$117.00
Thursday	17:35 - 18:05	11	\$101.00 / \$117.00
Saturday	10:40 - 11:10	11	\$101.00 / \$117.00
Sunday	10:10 - 10:40	11	\$101.00 / \$117.00

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

Preschool – Bobbers -



Age 3-5 years

Duration 30 min Note

Please register at the Customer Service counter. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:00 - 17:30	11	\$101.00 / \$117.00
Thursday	17:00 - 17:30	11	\$101.00 / \$117.00
Saturday	9:30 - 10:00	11	\$101.00 / \$117.00
Saturday	10:40 - 11:10	11	\$101.00 / \$117.00
Sunday	9:00 - 9:30	11	\$101.00 / \$117.00
Sunday	9:35 - 10:05	11	\$101.00 / \$117.00
Sunday	10:45 - 11:15	11	\$101.00 / \$117.00
Sunday	11:20 - 11:50	11	\$101.00 / \$117.00

Preschool – Floaters -



Age 3-5 years

Prerequisite Preschool – Bobbers

Duration 30 min Note

Please register at the Customer Service counter. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:10 - 18:40	11	\$101.00 / \$117.00
Saturday	10:05 - 10:35	11	\$101.00 / \$117.00
Sunday	10:45 - 11:15	11	\$101.00 / \$117.00
Sunday	11:20 - 11:50	11	\$101.00 / \$117.00

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



Preschool – Gliders -

Age 3-5 years Prerequisite Preschool – Floaters

Duration 30 min Note Please register at the Customer Service counter. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	9:00 - 9:30	11	\$101.00 / \$117.00

Preschool – Surfers -



Age 3-5 years Prerequisite Preschool – Divers

Duration 30 min Note Please register at the Customer Service counter. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	10:10 - 10:40	11	\$101.00 / \$117.00



Learn to Swim (6 - 15 years)

Private Swim Lessons for children -



Age 3-16 years

Duration 30 min

Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:35 - 18:05	10	\$240.00 / \$275.00
Tuesday	18:10 - 18:40	10	\$240.00 / \$275.00
Thursday	17:00 - 17:30	10	\$240.00 / \$275.00
Thursday	17:35 - 18:05	10	\$240.00 / \$275.00
Saturday	9:30 - 10:00	10	\$240.00 / \$275.00
Saturday	10:05 - 10:35	10	\$240.00 / \$275.00
Saturday	10:40 - 11:10	10	\$240.00 / \$275.00
Sunday	9:00 - 9:30	10	\$240.00 / \$275.00
Sunday	9:35 - 10:05	10	\$240.00 / \$275.00
Sunday	10:10 - 10:40	10	\$240.00 / \$275.00
Sunday	10:45 - 11:15	10	\$240.00 / \$275.00

Learn to Swim – Otter -



Age 6-15 years

Duration 45 min

Note Please register at the Customer Service counter. Bathing cap and shower are mandatory.

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Days	Time	Weeks	\$M / \$NM**
Thursday	18:10 - 18:55	11	\$122.00 / \$141.00
Saturday	11:15 - 12:00	11	\$122.00 / \$141.00
Saturday	12:05 - 12:50	11	\$122.00 / \$141.00
Sunday	11:55 - 12:40	11	\$122.00 / \$141.00

Learn to Swim – Seal -



Age 6-15 years Prerequisite Learn to Swim – Otter

Duration 45 min Note Please register at the Customer Service counter. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	18:10 - 18:55	11	\$122.00 / \$141.00
Sunday	11:55 - 12:40	11	\$122.00 / \$141.00

Learn to Swim – Dolphin -



Age 6-15 years Prerequisite Learn to Swim – Seal

Duration 45 min Note Please register at the Customer Service counter. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	19:00 - 19:45	11	\$122.00 / \$141.00
Saturday	11:15 - 12:00	11	\$122.00 / \$141.00
Sunday	11:20 - 12:05	11	\$122.00 / \$141.00

Learn to Swim – Swimmer -



Age 6-15 years Prerequisite Learn to Swim – Dolphin

Duration 45 min Note Please register at the Customer Service counter. Bathing cap and shower are mandatory.

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Days	Time	Weeks	\$M / \$NM**
Saturday	11:15 - 12:00	11	\$122.00 / \$141.00

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Star Program (6 - 15 years)

Star Program - Star 1 -



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:45 - 19:30	11	\$122.00 / \$141.00

Star Program - Star 2 -



Age 6-15 years Prerequisite Star Program - Star 1
 Duration 45 min Note Combined with Star 3. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	12:05 - 12:50	11	\$122.00 / \$141.00

Star Program - Star 3 -



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

Days	Time	Weeks	\$M / \$NM**
Saturday	12:05 - 12:50	11	\$122.00 / \$141.00



Aquatic Certifications (13 years +)

Bronze Medallion -



Age 13+

Note March 31, April 7, 14, 21 and 28: 5.45pm - 9pm (In-Person) - May 5: 6pm - 9pm exam in the pool. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	17:45 - 21:00		\$178.00 / \$210.00

Bronze Cross -



Age 14+

Prerequisite Bronze Medallion

Note May 10, 12, 17, 19, 24, 26 and 31 : 6pm - 9pm (In-person) - June 2 : 6pm - 9pm exam in the pool. Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	18:00 - 21:00		\$178.00 / \$210.00



CPR and First Aid Certifications (12 years +)

Standard First Aid -



Age 14+

Note June 4: 8am - 5pm (In-Person) - June 5: 8am - 5pm (In-Person). French course.

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



Adult Lessons (16 years +)

Adult Swim Lessons - Level 2 -



Age 16+ Prerequisite Adult Swim Lessons - Level 1
 Duration 45 min Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	19:00 - 19:45	12	\$15.00 / \$153.00
Monday	12:00 - 12:45	12	\$15.00 / \$153.00
Monday	16:00 - 16:45	12	\$15.00 / \$153.00
Tuesday	20:00 - 20:45	12	\$15.00 / \$153.00
Thursday	11:00 - 11:45	12	\$15.00 / \$153.00
Saturday	13:00 - 13:45	12	\$15.00 / \$153.00

Adult Swim Lessons - Level 3 -



Age 16+ Prerequisite Adult Swim Lessons - Level 2
 Duration 45 min Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	20:00 - 20:45	12	\$15.00 / \$153.00
Thursday	16:00 - 16:45	12	\$15.00 / \$153.00

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