

Summer 2019	From 2019-06-17 to 2019-09-08	
Opening hours	Week: 6:45 to 22:45 Week-end : 8:00 to 19:45	
Closed		
Holidays	September 2, 2019: 8:00 to 19:45 No group fitness classes. October 14, 2019: 8:00 to 19:45 No group fitness classes.	
Pool closure	From August 5 to September 2, 2019	
Registration Start	2019-05-29 12:00:00 AM	ymcaquebec.org/aquatics

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

L'il Dippers with parent – Splashers 2019-06-24 - 2019-08-05



Age 6-18 months

Duration 30 min Note Intensive swimming classes of 12 lessons (Tuesdays and Thursdays). Combined with Bubblers.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	17:30 - 18:00	6	\$108.00 / \$124.00

L'il Dippers with parent – Splashers 2019-06-24 - 2019-08-05



Age 6 - 18 Months

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Friday	10:15 - 10:45	6	\$54.00 / \$62.00

L'il Dippers with parent – Bubblers 2019-06-24 - 2019-08-05



Age 18-36 months

Duration 30 min Note Intensive swimming classes of 12 lessons (Tuesdays and Thursdays). Combined with Splashers.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	17:30 - 18:00	6	\$108.00 / \$124.00

L'il Dippers with parent – Bubblers 2019-06-24 - 2019-08-05



Age 18 - 36 Months
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Friday	10:15 - 10:45	6	\$54.00 / \$62.00

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

L'il Dippers – Bobbers 2019-06-24 - 2019-08-05



Age 3-5 years
Duration 30 min Note Intensive swimming classes of 12 lessons (Tuesdays and Thursdays). Combined with Floaters.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	18:05 - 18:35	6	\$108.00 / \$124.00
Wednesday and Friday	16:00 - 16:30	6	\$108.00 / \$124.00

L'il Dippers – Floaters 2019-06-24 - 2019-08-05



Age 3-5 years Prerequisite L'il Dippers – Bobbers
Duration 30 min Note Intensive swimming classes of 12 lessons (Tuesdays and Thursdays). Combined with Bobbers.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	16:00 - 16:30	6	\$108.00 / \$124.00
Tuesday and Thursday	18:05 - 18:35	6	\$108.00 / \$124.00

L'il Dippers – Gliders 2019-06-24 - 2019-08-05



Age 3-5 years Prerequisite L'il Dippers – Floaters
Duration 30 min Note Intensive swimming classes of 12 lessons (Wednesdays and Fridays). Combined with Divers.

Days	Time	Weeks	\$M / \$NM**
Wednesday and Friday	16:00 - 16:30	6	\$108.00 / \$124.00

□ 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.

L'il Dippers – Divers 2019-06-24 - 2019-08-05



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

Duration 30 min Note Intensive swimming classes of 12 lessons (Tuesdays and Thursdays). Combined with Gliders.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	16:00 - 16:30	6	\$108.00 / \$124.00
Wednesday and Friday	16:00 - 16:30	6	\$108.00 / \$124.00

Learn to Swim (6 - 15 years)

Learn to Swim – Otter 2019-06-24 - 2019-08-05



Age 6-15 years

Duration 45 min Note Intensive swimming classes of 12 lessons (Wednesdays and Fridays).

Days	Time	Weeks	\$M / \$NM**
Wednesday and Friday	17:30 - 18:15	6	\$129.00 / \$149.00

Learn to Swim – Seal 2019-06-24 - 2019-08-05



Age 6-15 years Prerequisite Learn to Swim – Otter

Duration 45 min Note Intensive swimming classes of 12 lessons (Wednesdays and Fridays).

Days	Time	Weeks	\$M / \$NM**
Wednesday and Friday	17:30 - 18:15	6	\$129.00 / \$149.00

Learn to Swim – Dolphin 2019-06-24 - 2019-08-05



Age 6-15 years Prerequisite Learn to Swim – Seal

Duration 45 min Note Intensive swimming classes of 12 lessons (Tuesdays and Thursdays). Combined with Swimmer.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	18:40 - 19:25	6	\$129.00 / \$149.00

Learn to Swim – Swimmer 2019-06-24 - 2019-08-05



Age 6-15 years Prerequisite Learn to Swim – Dolphin
 Duration 45 min Note Intensive swimming classes of 12 lessons (Tuesdays and Thursdays). Combined with Dolphin.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	18:40 - 19:25	6	\$129.00 / \$149.00

Star Program (6 - 15 years)

Star Program - Star 1 2019-06-24 - 2019-08-05



Age 6-15 years Prerequisite Learn to Swim – Swimmer
 Duration 60 min Note Intensive swimming classes of 12 lessons (Tuesdays and Thursdays). Combined with Star 2.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	17:30 - 18:30	6	\$138.00 / \$159.00

Star Program - Star 2 2019-06-24 - 2019-08-05



Age 6-15 years Prerequisite Star Program - Star 1
 Duration 60 min Note Intensive swimming classes of 12 lessons (Tuesdays and Thursdays). Combined with Star 1.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	17:30 - 18:30	6	\$138.00 / \$159.00

Star Program - Star 3 2019-06-24 - 2019-08-05



Age 6-15 years Prerequisite Star Program - Star 2
 Duration 60 min Note Combined with Stars 4.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	18:30 - 19:30	6	\$138.00 / \$159.00

Star Program - Star 4 2019-06-24 - 2019-08-05



Age 6-15 years Prerequisite Star Program - Star 3
 Duration 60 min Note Combined with Stars 3.

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Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	18:30 - 19:30	6	\$138.00 / \$159.00

Aquatic Certifications (13 years +)

Bronze Medallion 2019-06-25 - 2019-06-29



Age 13+

Note Prerequisite: Must be 13 years old by the final exam or have Bronze Star certification. Required material: Canadian Lifesaving Manual; Pocket Mask.

Days	Time	Weeks	\$M / \$NM**
Tuesday	8:30 - 12:00	1	\$178.00 / \$210.00
Thursday	13:00 - 17:30	1	\$178.00 / \$210.00
Friday	13:00 - 18:30	1	\$178.00 / \$210.00
Saturday	8:30 - 18:30	1	\$178.00 / \$210.00

Bronze Cross 2019-07-08 - 2019-07-13



Age 14+

Prerequisite Bronze Medallion

Note Required material: Canadian Lifesaving Manual; Pocket Mask.

Days	Time	Weeks	\$M / \$NM**
Monday	13:00 - 18:30	1	\$178.00 / \$210.00
Tuesday	9:00 - 12:00	1	\$178.00 / \$210.00
Thursday	13:00 - 19:30	1	\$178.00 / \$210.00
Friday	13:00 - 19:30	1	\$178.00 / \$210.00
Saturday	9:00 - 18:30	1	\$178.00 / \$210.00

CPR and First Aid Certifications (12 years +)

Standard First Aid 2019-07-20 - 2019-07-21



Age 14 years+

Note Required material: Canadian First Aid Manual; Pocket Mask.

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

□ 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.

Adult Lessons (16 years +)

Adult Swim Lessons - Level 1 2019-06-24 - 2019-08-01



Age 16+
Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Friday	10:00 - 10:45	6	\$15.00 / \$60.00

Adult Swim Lessons - Level 1 2019-06-24 - 2019-08-02



Age 16+
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Thursday	19:30 - 20:30	6	\$15.00 / \$80.00

Adult Swim Lessons - Level 2 2019-06-24 - 2019-08-01



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	10:00 - 10:45	6	\$15.00 / \$120.00

Adult Swim Lessons - Level 2 2019-06-24 - 2019-08-01



Age 16+ Prerequisite Adult Swim Lessons - Level 1
Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Thursday	19:30 - 20:30	6	\$15.00 / \$80.00

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 —
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