

<b>Fall 2019</b>	From 2019-09-09 to 2019-12-22	
<b>Opening hours</b>	Week: 6:45 to 22:45   Week-end : 8:00 to 19:45	
<b>Closed</b>	December 25 2019 January 1 2020	
<b>Holidays</b>	December 24, 2019 : 8:00 to 15:45 December 26, 2019 : 10:00 to 19:45 December 31, 2019 : 8:00 to 15:45 January 2, 2020 : 10:00 to 19:45	
<b>Pool closure</b>		
<b>Registration Start</b>	2019-08-26 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 2019-10-02 - 2019-12-15



Age 6-18 months with parents

Duration 30 min

Note

Courses on Wednesdays and Saturdays are combined with Bubblers.

Days	Time	Weeks	\$M / \$NM**
Wednesday	10:15 - 10:45	11	\$99.00 / \$113.00
Friday	16:30 - 17:00	11	\$99.00 / \$113.00
Saturday	11:30 - 12:00	11	\$99.00 / \$113.00
Sunday	9:00 - 9:30	11	\$99.00 / \$113.00

### L'il Dippers with parent – Bubblers 2019-10-02 - 2019-12-15



Age 18-36 months with parents

Duration 30 min

Note

Courses on Wednesdays and Saturdays are combined with Splashers.

Days	Time	Weeks	\$M / \$NM**
Wednesday	10:15 - 10:45	11	\$99.00 / \$113.00
Friday	17:05 - 17:35	11	\$99.00 / \$113.00
Saturday	11:30 - 12:00	11	\$99.00 / \$113.00
Sunday	9:50 - 10:20	11	\$99.00 / \$113.00

## Preschool - L'il Dippers (3 - 5 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 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 – Bobbers 2019-10-02 - 2019-12-15



Age 3-5 years  
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Wednesday	16:30 - 17:00	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	17:05 - 17:35	11	\$99.00 / \$113.00
Saturday	9:00 - 9:30	11	\$99.00 / \$113.00
Saturday	10:25 - 10:55	11	\$99.00 / \$113.00
Saturday	9:50 - 10:20	11	\$99.00 / \$113.00
Sunday	9:00 - 9:30	11	\$99.00 / \$113.00
Sunday	9:50 - 10:20	11	\$99.00 / \$113.00
Sunday	10:25 - 10:55	11	\$99.00 / \$113.00
Sunday	10:25 - 10:55	11	\$99.00 / \$113.00

## L'il Dippers – Floaters 2019-10-04 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Friday	16:30 - 17:00	11	\$99.00 / \$113.00
Friday	17:05 - 17:35	11	\$99.00 / \$113.00
Saturday	9:00 - 9:30	11	\$99.00 / \$113.00
Saturday	9:50 - 10:20	11	\$99.00 / \$113.00
Saturday	10:25 - 10:55	11	\$99.00 / \$113.00
Sunday	9:00 - 9:30	11	\$99.00 / \$113.00
Sunday	10:25 - 10:55	11	\$99.00 / \$113.00

## L'il Dippers – Gliders 2019-10-04 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Friday	16:30 - 17:00	11	\$99.00 / \$113.00
Saturday	11:30 - 12:00	11	\$99.00 / \$113.00
Sunday	9:00 - 9:30	11	\$99.00 / \$113.00
Sunday	10:25 - 10:55	11	\$99.00 / \$113.00

## L'il Dippers – Divers 2019-10-04 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Friday	16:30 - 17:00	11	\$99.00 / \$113.00
Saturday	9:00 - 9:30	11	\$99.00 / \$113.00
Saturday	10:25 - 10:55	11	\$99.00 / \$113.00

## L'il Dippers – Surfers 2019-10-04 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Friday	17:05 - 17:35	11	\$99.00 / \$113.00
Saturday	9:00 - 9:30	11	\$99.00 / \$113.00

## L'il Dippers – Dippers 2019-10-02 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 17:30	11	\$99.00 / \$113.00
Friday	17:05 - 17:35	11	\$99.00 / \$113.00
Saturday	10:25 - 10:55	11	\$99.00 / \$113.00

# Learn to Swim (6 - 15 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.

## Learn to Swim – Otter 2019-10-01 - 2019-12-15



Age 6-15 years  
 Duration 45 min Note Courses on Tuesdays and Saturdays at 11h are combined with Seal.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 18:15	11	\$119.00 / \$136.00
Friday	17:40 - 18:25	11	\$119.00 / \$136.00
Saturday	9:00 - 9:45	11	\$119.00 / \$136.00
Saturday	9:35 - 10:20	11	\$119.00 / \$136.00
Saturday	11:00 - 11:45	11	\$119.00 / \$136.00
Sunday	9:00 - 9:45	11	\$119.00 / \$136.00
Sunday	9:35 - 10:20	11	\$119.00 / \$136.00

## Learn to Swim – Seal 2019-10-01 - 2019-12-15



Age 6-15 years Prerequisite Learn to Swim – Otter  
 Duration 45 min Note Courses on Tuesdays and Saturdays at 11am are combined with Otter.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 18:15	11	\$119.00 / \$136.00
Thursday	17:30 - 18:15	11	\$119.00 / \$136.00
Friday	17:40 - 18:25	11	\$119.00 / \$136.00
Friday	18:40 - 19:25	11	\$119.00 / \$136.00
Saturday	9:00 - 9:45	11	\$119.00 / \$136.00
Saturday	9:35 - 10:20	11	\$119.00 / \$136.00
Saturday	11:00 - 11:45	11	\$119.00 / \$136.00
Sunday	9:00 - 9:45	11	\$119.00 / \$136.00
Sunday	9:35 - 10:20	11	\$119.00 / \$136.00

## Learn to Swim – Dolphin 2019-10-01 - 2019-12-15



Age 6-15 years Prerequisite Learn to Swim – Seal  
 Duration 45 min Note Tuesday's course combined with Swimmer.

□ 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.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 18:15	11	\$119.00 / \$136.00
Thursday	17:30 - 18:15	11	\$119.00 / \$136.00
Friday	17:40 - 18:25	11	\$119.00 / \$136.00
Friday	18:40 - 19:25	11	\$119.00 / \$136.00
Saturday	9:35 - 10:20	11	\$119.00 / \$136.00
Saturday	11:00 - 11:45	11	\$119.00 / \$136.00
Sunday	9:35 - 10:20	11	\$119.00 / \$136.00

## Learn to Swim – Swimmer 2019-10-01 - 2019-12-15



Age 6-15 years Prerequisite Learn to Swim – Dolphin  
 Duration 45 min Note Tuesday's course combined with Dolphin.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 18:15	11	\$119.00 / \$136.00
Friday	17:40 - 18:25	11	\$119.00 / \$136.00
Saturday	9:35 - 10:20	11	\$119.00 / \$136.00
Saturday	11:00 - 11:45	11	\$119.00 / \$136.00
Sunday	9:35 - 10:20	11	\$119.00 / \$136.00

## Star Program (6 - 15 years)

### Star Program - Star 1 2019-10-02 - 2019-12-15



Age 6-15 years Prerequisite Learn to Swim – Swimmer  
 Duration 60 min Note Wednesday's course combined with Star 2.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:30 - 18:30	11	\$127.00 / \$145.00
Friday	17:40 - 18:40	11	\$127.00 / \$145.00
Saturday	10:25 - 11:25	11	\$127.00 / \$145.00
Sunday	11:00 - 12:00	11	\$127.00 / \$145.00

### Star Program - Star 2 2019-10-02 - 2019-12-15



Age 6-15 years Prerequisite Star Program - Star 1  
 Duration 60 min Note Wednesday's course combined with Star 1.

□ 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**
Wednesday	17:30 - 18:30	11	\$127.00 / \$145.00
Friday	17:40 - 18:40	11	\$127.00 / \$145.00
Saturday	10:25 - 11:25	11	\$127.00 / \$145.00
Sunday	11:00 - 12:00	11	\$127.00 / \$145.00
Sunday	11:00 - 12:00	11	\$127.00 / \$145.00

### Star Program - Star 3 2019-10-02 - 2019-12-15



Age 6-15 years Prerequisite Star Program - Star 2  
 Duration 60 min Note Wednesday's course combined with Star 4.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:30 - 18:30	11	\$127.00 / \$145.00
Friday	18:30 - 19:30	11	\$127.00 / \$145.00
Saturday	11:00 - 12:00	11	\$127.00 / \$145.00
Sunday	11:00 - 12:00	11	\$127.00 / \$145.00

### Star Program - Star 4 2019-10-02 - 2019-12-15



Age 6-15 years Prerequisite Star Program - Star 3  
 Duration 60 min Note Wednesday's course combined with Star 3.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:30 - 18:30	11	\$127.00 / \$145.00
Friday	18:30 - 19:30	11	\$127.00 / \$145.00
Sunday	11:00 - 12:00	11	\$127.00 / \$145.00

## Star Leadership Program (6 - 15 years)

### Star Leadership Program - Star 5 2019-10-04 - 2019-12-15



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

Days	Time	Weeks	\$M / \$NM**
Friday	18:30 - 19:30	11	\$127.00 / \$145.00
Sunday	11:00 - 12:00	11	\$127.00 / \$145.00

□ 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. 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/activities for information on all course descriptions and pre-requisites.

## Star Leadership Program - Star 6 2019-10-04 - 2019-12-15



Age 6-15 years Prerequisite Star Leadership Program - Star 5  
 Duration 60 min Note Courses on Fridays and Sundays are combined with Star 7.

Days	Time	Weeks	\$M / \$NM**
Friday	18:30 - 19:30	11	\$127.00 / \$145.00
Sunday	11:00 - 12:00	11	\$127.00 / \$145.00

## Star Leadership Program - Star 7 2019-10-04 - 2019-12-15



Age 6-15 years Prerequisite Star Leadership Program - Star 6  
 Duration 60 min Note Courses on Friday and Sundays are combined with Star 6.

Days	Time	Weeks	\$M / \$NM**
Friday	18:30 - 19:30	11	\$127.00 / \$145.00
Sunday	11:00 - 12:00	11	\$127.00 / \$145.00

## Aquatic Certifications (13 years +)

### Bronze Medallion 2019-10-03 - 2019-10-26



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	13:00 - 17:30	4	\$178.00 / \$210.00
Thursday	18:00 - 20:30	4	\$178.00 / \$210.00
Thursday	13:00 - 20:00	4	\$178.00 / \$210.00
Friday	13:00 - 16:00	4	\$178.00 / \$210.00
Saturday	14:30 - 18:30	4	\$178.00 / \$210.00
Saturday	14:30 - 17:30	4	\$178.00 / \$210.00

### Bronze Cross 2019-11-07 - 2019-11-30



Age 14+ Prerequisite Bronze Medallion  
 Note Required material: Canadian Lifesaving Manual, Pocket Mask.

□ 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.

Days	Time	Weeks	\$M / \$NM**
Thursday	18:00 - 20:30	4	\$178.00 / \$210.00
Saturday	14:30 - 18:30	4	\$178.00 / \$210.00

## National Lifeguard 2019-12-14 - 2019-12-23



Age 16+

Prerequisite Bronze Cross

Note Additional Prerequisites: 16 years old on the day of the exam, Standard First Aid completed. Required material: Alert Manual, Pocket Mask, Whistle. 90% attendance mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	13:00 - 17:30	2	\$223.00 / \$263.00
Friday	9:00 - 17:00	2	\$223.00 / \$263.00
Saturday	9:00 - 17:00	2	\$223.00 / \$263.00
Sunday	8:00 - 16:00	2	\$223.00 / \$263.00

## CPR and First Aid Certifications (12 years +)

### Standard First Aid 2019-12-07 - 2019-12-08



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

## Adult Lessons (16 years +)

### Adult Swim Lessons - Level 1 2019-10-03 - 2019-12-13



Age 16+

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Thursday	20:00 - 20:45	11	\$15.00 / \$116.00
Thursday	20:45 - 21:30	11	\$15.00 / \$116.00
Friday	10:00 - 10:45	11	\$15.00 / \$116.00

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



## Adult Swim Lessons - Level 2 2019-10-01 - 2019-12-12



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

Days	Time	Weeks	\$M / \$NM**
Thursday	20:00 - 20:45	11	\$15.00 / \$116.00

## Adult Swim Lessons - Level 3 2019-10-03 - 2019-12-12



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	10:00 - 11:00	11	\$15.00 / \$116.00
Thursday	20:45 - 21:30	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 —  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.