



Print date: 2025-07-05

Spring 2020

From 2020-03-23 to 2020-06-14

OPENING HOURS

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

Special schedule

Monday, September 1 (Labour Day): no Group Fitness

REGISTRATION START

2020-03-09

ymcaquebec.org/aquatics**Preschool - L'il Dippers with parent (6 - 36 months)****Preschool with parent – Splashers 2020-03-25 - 2020-06-14**

Age 6-18 months with parents

Duration 30 min

Note

Combined with Bubblers except Sundays 9 am.

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

Preschool with parent – Bubblers 2020-03-25 - 2020-06-14

Age 18-36 months with parents

Duration 30 min

Note

Combined with Splashers except for Sundays 9:50 am.

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



Du Parc YMCA

5550 Park Avenue, Montreal, Quebec H2V 4H1

Tel. : 514 271-9622

ymcaquebec.org

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

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

Preschool – Bobbers 2020-03-25 - 2020-06-14



Age 3-5 years

Duration 30 min

Note

Wednesdays combined with Floaters.

Days	Time	Weeks	\$M / \$NM**
Wednesday	16:25 - 16:55	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	17:05 - 17:35	12	\$0.00 / \$0.00
Saturday	9:00 - 9:30	12	\$0.00 / \$0.00
Saturday	9:50 - 10:20	12	\$0.00 / \$0.00
Saturday	10:25 - 10:55	12	\$0.00 / \$0.00
Sunday	9:00 - 9:30	12	\$0.00 / \$0.00
Sunday	9:50 - 10:20	12	\$0.00 / \$0.00
Sunday	10:25 - 10:55	12	\$0.00 / \$0.00

Preschool – Floaters 2020-03-25 - 2020-06-14



Age 3-5 years

Prerequisite Preschool – Bobbers

Duration 30 min

Note

Wednesdays combined with Bobbers.

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Days	Time	Weeks	\$M / \$NM**
Wednesday	16:25 - 16:55	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	16:30 - 17:00	12	\$0.00 / \$0.00
Saturday	9:00 - 9:30	12	\$0.00 / \$0.00
Saturday	9:50 - 10:20	12	\$0.00 / \$0.00
Saturday	10:25 - 10:55	12	\$0.00 / \$0.00
Sunday	9:00 - 9:30	12	\$0.00 / \$0.00
Sunday	10:25 - 10:55	12	\$0.00 / \$0.00

Preschool – Gliders 2020-03-25 - 2020-06-14



Age 3-5 years Prerequisite Preschool – Floaters

Duration 30 min Note Wednesdays and sundays at 11.15am are combined with Divers.

Days	Time	Weeks	\$M / \$NM**
Wednesday	16:30 - 17:00	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
Saturday	10:25 - 10:55	12	\$0.00 / \$0.00
Saturday	11:30 - 12:00	12	\$0.00 / \$0.00
Sunday	9:00 - 9:30	12	\$0.00 / \$0.00
Sunday	10:25 - 10:55	12	\$0.00 / \$0.00

Preschool – Divers 2020-03-25 - 2020-06-14



Age 3-5 years Prerequisite Preschool – Gliders

Duration 30 min Note Wednesdays and Saturdays at 10.25am combined with Gliders.

☐ 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. |
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Days	Time	Weeks	\$M / \$NM**
Wednesday	16:30 - 17:00	12	\$0.00 / \$0.00
Friday	16:30 - 17:00	12	\$0.00 / \$0.00
Saturday	9:00 - 9:30	12	\$0.00 / \$0.00
Saturday	10:25 - 10:55	12	\$0.00 / \$0.00
Sunday	10:25 - 10:55	12	\$0.00 / \$0.00

Preschool – Surfers 2020-03-25 - 2020-06-14



Age 3-5 years Prerequisite Preschool – Divers
 Duration 30 min Note Wednesdays and Sundays combined with Dippers.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 17:30	12	\$0.00 / \$0.00
Friday	16:30 - 17:00	12	\$0.00 / \$0.00
Saturday	9:00 - 9:30	12	\$0.00 / \$0.00
Sunday	11:15 - 11:45	12	\$0.00 / \$0.00

Preschool – Jumpers 2020-03-25 - 2020-06-14



Age 3-5 years Prerequisite Preschool – Surfers
 Duration 30 min Note Wednesdays, Saturdays and Sundays combined with Surfers.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 17:30	12	\$0.00 / \$0.00
Friday	17:05 - 17:35	12	\$0.00 / \$0.00
Saturday	10:25 - 10:55	12	\$0.00 / \$0.00
Sunday	11:15 - 11:45	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 for information on all course descriptions and pre-requisites.



Learn to Swim (6 - 15 years)

Learn to Swim – Otter 2020-03-24 - 2020-06-14



Age	6-15 years		
Duration	45 min	Note	Tuesdays, Thursdays, Fridays at 6:40 pm, Saturdays at 11 am and 3:35 pm and Sundays at 9:35am are combined with Seal.

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

Learn to Swim – Seal 2020-03-24 - 2020-06-14



Age	6-15 years	Prerequisite	Learn to Swim – Otter
Duration	45 min	Note	Tuesdays, Thursdays, Fridays at 6:40 pm and Saturdays at 11 am and 3:35 pm are combined with Otter.

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

Learn to Swim – Dolphin 2020-03-24 - 2020-06-14



Age 6-15 years Prerequisite Learn to Swim – Seal

Duration 45 min Note Tuesdays, Thursdays and Fridays at 6:40 pm and Saturdays at 3:35 pm are combined with Swimmer.

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

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Learn to Swim – Swimmer 2020-03-24 - 2020-06-14



Age 6-15 years Prerequisite Learn to Swim – Dolphin

Duration 45 min Note Tuesdays, Thursdays, Fridays at 6:40 pm and Saturdays at 3:35 pm are combined with Dolphin.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 18:15	12	\$0.00 / \$0.00
Thursday	17:30 - 18:15	12	\$0.00 / \$0.00
Friday	17:40 - 18:25	12	\$0.00 / \$0.00
Friday	18:40 - 19:25	12	\$0.00 / \$0.00
Saturday	9:35 - 10:20	12	\$0.00 / \$0.00
Saturday	11:00 - 11:45	12	\$0.00 / \$0.00
Saturday	15:35 - 16:20	12	\$0.00 / \$0.00
Sunday	9:35 - 10:20	12	\$0.00 / \$0.00
Sunday	10:25 - 11:10	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 for information on all course descriptions and pre-requisites.



Star Program (6 - 15 years)

Star Program - Star 1 2020-03-25 - 2020-06-14



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:30 - 18:30	12	\$0.00 / \$0.00
Friday	17:40 - 18:40	12	\$0.00 / \$0.00
Saturday	10:25 - 11:25	12	\$0.00 / \$0.00
Sunday	11:00 - 12:00	12	\$0.00 / \$0.00

Star Program - Star 2 2020-03-25 - 2020-06-14



Age 6-15 years Prerequisite Star Program - Star 1
Duration 60 min Note Wednesdays combined with Star 1.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:30 - 18:30	12	\$0.00 / \$0.00
Friday	17:40 - 18:40	12	\$0.00 / \$0.00
Saturday	10:25 - 11:25	12	\$0.00 / \$0.00
Sunday	11:00 - 12:00	12	\$0.00 / \$0.00

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**Star Program - Star 3** 2020-03-25 - 2020-06-14

Age 6-15 years Prerequisite Star Program - Star 2
 Duration 60 min Note Wednesdays and Sundays combined with Star 4.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:30 - 18:30	12	\$0.00 / \$0.00
Friday	18:30 - 19:30	12	\$0.00 / \$0.00
Saturday	11:00 - 12:00	12	\$0.00 / \$0.00
Sunday	11:00 - 12:00	12	\$0.00 / \$0.00

Star Program - Star 4 2020-03-25 - 2020-06-14

Age 6-15 years Prerequisite Star Program - Star 3
 Duration 60 min Note Wednesdays and Sundays combined with Star 3. Saturdays combined with Star 5.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:30 - 18:30	12	\$0.00 / \$0.00
Friday	18:30 - 19:30	12	\$0.00 / \$0.00
Saturday	14:30 - 15:30	12	\$0.00 / \$0.00
Sunday	11:00 - 12:00	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 for information on all course descriptions and pre-requisites.



Star Leadership Program (6 - 15 years)

Star Leadership Program - Star 5 2020-03-27 - 2020-06-14



Age 6-15 years Prerequisite Star Program - Star 4
Duration 60 min Note Saturdays combined with Star 4. Sundays combined with Star 6 & 7.

Days	Time	Weeks	\$M / \$NM**
Friday	18:30 - 19:30	12	\$0.00 / \$0.00
Saturday	14:30 - 15:30	12	\$0.00 / \$0.00
Sunday	11:00 - 12:00	12	\$0.00 / \$0.00

Star Leadership Program - Star 6 2020-03-27 - 2020-06-14



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

Days	Time	Weeks	\$M / \$NM**
Friday	18:30 - 19:30	12	\$0.00 / \$0.00
Saturday	14:30 - 15:30	12	\$0.00 / \$0.00
Sunday	11:00 - 12:00	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 for information on all course descriptions and pre-requisites.



Star Leadership Program - Star 7 2020-03-27 - 2020-06-14



Age	6-15 years	Prerequisite	Star Leadership Program - Star 6
Duration	60 min	Note	Friday and Saturday combined with Star 6. Sundays combined with Star 5 & 6.

Days	Time	Weeks	\$M / \$NM**
Friday	18:30 - 19:30	12	\$0.00 / \$0.00
Saturday	14:30 - 15:30	12	\$0.00 / \$0.00
Sunday	11:00 - 12:00	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 for information on all course descriptions and pre-requisites.



Aquatic Certifications (13 years +)

Bronze Cross 2020-04-11 - 2020-04-13



Age 14+

Prerequisite Bronze Medallion

Note Required material: Canadian Lifesaving Manual, Pocket Mask.

Days	Time	Weeks	\$M / \$NM**
Monday	9:00 - 18:00	2	\$0.00 / \$0.00
Saturday and Sunday	9:00 - 18:00	2	\$0.00 / \$0.00

National Lifeguard 2020-05-02 - 2020-06-13



Age 16 years+

Prerequisite Bronze Cross

Note Additional Prerequisites: Must be 16 years old at the final exam, must have Standard First Aid/AED or an Aquatic Emergency Care/AED certification.
Required material: Alert Manual, Pocket Mask, Whistle.

Days	Time	Weeks	\$M / \$NM**
Thursday	18:00 - 20:30	7	\$0.00 / \$0.00
Saturday	14:30 - 18:30	7	\$0.00 / \$0.00

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CPR and First Aid Certifications (12 years +)

Standard First Aid 2020-04-25 - 2020-04-26



Age 14+

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

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	8:30 - 17:30	1	\$0.00 / \$0.00

Cardiopulmonary resuscitation/AED with Child Module

2020-04-21 - 2020-04-21



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 21:00		\$0.00 / \$0.00

Cardiopulmonary resuscitation/AED with Child Module

2020-05-09 - 2020-05-09



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Saturday	14:00 - 17:30		\$0.00 / \$0.00

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Cardiopulmonary resuscitation/AED with Child Module

**2020-05-19 - 2020-05-19**

Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 21:00		\$0.00 / \$0.00

Cardiopulmonary resuscitation/AED with Child Module

**2020-06-09 - 2020-06-09**

Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:30 - 21:00		\$0.00 / \$0.00

Emergency First Aid 2020-05-24 - 2020-05-24



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Sunday	9:00 - 17:00		\$0.00 / \$0.00

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Adult Lessons (16 years +)

Adult Swim Lessons - Level 1 2020-03-26 - 2020-06-12



Age 16+
Duration 45 min Note Bathing cap and shower are mandatory.

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

Adult Swim Lessons - Level 2 2020-03-26 - 2020-06-12



Age 16+ Prerequisite Adult Swim Lessons - Level 1
Duration 60 min Note Bathing cap and shower are mandatory. Fridays combined with Level 3.

Days	Time	Weeks	\$M / \$NM**
Thursday	20:45 - 21:45	12	\$0.00 / \$0.00
Friday	10:00 - 11:00	12	\$0.00 / \$0.00
Friday	19:30 - 20:30	12	\$0.00 / \$0.00

Adult Swim Lessons - Level 3 2020-03-26 - 2020-06-12



Age 16+ Prerequisite Adult Swim Lessons - Level 2
Duration 60 min Note Bathing cap and shower are mandatory. Fridays combined with Level 2.

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



Du Parc YMCA

5550 Park Avenue, Montreal, Quebec H2V 4H1

Tel. : 514 271-9622

ymcaquebec.org

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Thursday	20:45 - 21:45	12	\$0.00 / \$0.00
Friday	10:00 - 11:00	12	\$0.00 / \$0.00
Friday	19:30 - 20:30	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 for information on all course descriptions and pre-requisites.