

Spring 2019	From 2019-03-25 to 2019-06-16	
Holidays	April 22: 8:00 to 19:45 No group fitness classes. May 20: 8:00 to 19:45 No group fitness classes .	
Registration Start	2019-03-18 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 – Mixed levels - 2019-06-02



Age 6-36 months

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	16:35 - 17:05	10	\$90.00 / \$103.00
Saturday	9:05 - 9:35	10	\$90.00 / \$103.00
Sunday	8:50 - 9:20	10	\$90.00 / \$103.00
Sunday	9:25 - 9:55	10	\$90.00 / \$103.00

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

### L'il Dippers – Mixed levels - 2019-06-02



Age 3-5 years

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	17:30 - 18:00	10	\$90.00 / \$103.00
Thursday	18:05 - 18:35	10	\$90.00 / \$103.00
Friday	16:35 - 17:05	10	\$90.00 / \$103.00
Friday	17:10 - 17:40	10	\$90.00 / \$103.00
Saturday	8:30 - 9:00	10	\$90.00 / \$103.00
Saturday	9:05 - 9:35	10	\$90.00 / \$103.00
Saturday	9:40 - 10:10	10	\$90.00 / \$103.00
Sunday	8:50 - 9:20	10	\$90.00 / \$103.00
Sunday	9:25 - 9:55	10	\$90.00 / \$103.00

## Learn to Swim (6 - 15 years)

### Learn to Swim – Mixed levels - 2019-06-02



Age 6-15 years

Duration 45 min

Note Bathing cap and shower mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	18:40 - 19:25	10	\$108.00 / \$124.00
Friday	17:45 - 18:30	10	\$108.00 / \$124.00
Friday	18:35 - 19:20	10	\$108.00 / \$124.00
Saturday	10:15 - 11:00	10	\$108.00 / \$124.00
Saturday	11:05 - 11:50	10	\$108.00 / \$124.00
Sunday	10:00 - 10:45	10	\$108.00 / \$124.00

## Star Program (6 - 15 years)

### Star Program - Mixed levels - 2019-06-02



Age 6-15 years

Duration 45 min

Prerequisite Learn to Swim – Swimmer

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	19:05 - 19:50	10	\$108.00 / \$124.00
Friday	18:35 - 19:20	10	\$108.00 / \$124.00
Sunday	10:50 - 11:35	10	\$108.00 / \$124.00

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.

## Star Leadership Program (6 - 15 years)

### Star Leadership Program - Mixed levels - 2019-06-02 \$

Age 6-15 years Prerequisite Star Program - Star 4  
 Duration 60 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	18:35 - 19:35	10	\$115.00 / \$132.00
Sunday	10:50 - 11:50	10	\$115.00 / \$132.00

## Aquatic Certifications (13 years +)

### Bronze Star 2019-04-06 - 2019-06-01 \$

Age 11-13 years  
 Note Prerequisites: Must be able to swim 100 meters.

Days	Time	Weeks	\$M / \$NM**
Saturday	14:30 - 15:30		\$114.00 / \$134.00

### Bronze Medallion 2019-04-06 - 2019-06-01 \$

Age 13 years+  
 Note Prerequisites: 13 years old on the day of the exam or Bronze Star completed. Required material: Canadian Lifesaving Manual, Pocket Mask. 75% attendance mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:30 - 18:30		\$178.00 / \$210.00

### Bronze Cross 2019-04-06 - 2019-06-01 \$

Age 14 years+ Prerequisite Bronze Medallion  
 Note Required material: Canadian Lifesaving Manual, Pocket Mask. 75% attendance mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:30 - 18:30		\$178.00 / \$210.00

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.

## National Lifeguard 2019-04-06 - 2019-06-15



Age 16 years+

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**
Saturday	15:15 - 19:15		\$223.00 / \$263.00

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

### Standard First Aid 2019-03-30 - 2019-03-31



Age 15 years+

Note Required material: Canadian First Aid Manual. 90% attendance mandatory.

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

### Heartsaver® CPR AED with Child Module 2019-04-16 - 2019-04-16



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:00 - 21:30		\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2019-05-28 - 2019-05-28



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:00 - 21:30		\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2019-06-25 - 2019-06-25



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:00 - 21:30		\$63.00 / \$73.00

□ 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.

## Heartsaver® CPR AED with Child Module 2019-04-06 - 2019-04-06



Age 12 years +

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

## Heartsaver® CPR AED with Child Module 2019-05-18 - 2019-05-18



Age 12 years +

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

## Heartsaver® CPR AED with Child Module 2019-06-15 - 2019-06-15



Age 12 years +

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

## Adult Lessons (16 years +)

### Adult Swim Lessons - Level 1 2019-03-28 - 2019-05-30



Age 16 years+

Duration 45 min Note Bathing cap & shower mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	20:00 - 20:45	10	\$15.00 / \$100.00
Thursday	20:50 - 21:35	10	\$15.00 / \$100.00

### Adult Swim Lessons - Level 2 2019-03-28 - 2019-05-30



Age 16 years+

Prerequisite Adult Swim Lessons - Level 1

Duration 45 min Note Bathing cap and shower mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	20:00 - 20:45	10	\$15.00 / \$100.00
Thursday	20:50 - 21:35	10	\$15.00 / \$100.00

□ 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.

## Adult Swim Lessons - Level 3 2019-03-28 - 2019-05-30



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

Days	Time	Weeks	\$M / \$NM**
Thursday	20:00 - 20:45	10	\$15.00 / \$100.00
Thursday	20:50 - 21:35	10	\$15.00 / \$100.00

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.