



Fall 2019	From 2019-09-09 to 2019-12-22	
Opening hours	Week: 6:00 to 22:00 Saturday : 8:00 to 19:00 Sunday : 8:00 to 17:30	
Closed		
Holidays	October 14, 2019: 8:00 to 17:30 No group fitness classes, no free swim.	
Pool closure		
Registration Start	2019-08-26 12:00:00 AM	ymcaquebec.org/aquatics

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

L'il Dippers with parent – Splashers 2019-09-20 - 2019-12-06



Age 6-18 months with parents

Duration 30 min

Note Combined with Bubblers.

Days	Time	Weeks	\$M / \$NM**
Friday	17:00 - 17:30	12	\$108.00 / \$124.00

L'il Dippers with parent – Splashers 2019-09-21 - 2019-12-07



Age 6-18 months with parents

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Saturday	8:30 - 9:00	12	\$108.00 / \$124.00

L'il Dippers with parent – Bubblers 2019-09-21 - 2019-12-07



Age 18-36 months with parents

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Saturday	8:30 - 9:00	12	\$108.00 / \$124.00

L'il Dippers with parent – Bubblers 2019-09-21 - 2019-12-06



Age 18-36 months with parents

Duration 30 min

Note Combined with Splashers.

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 for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Friday	17:00 - 17:30	12	\$108.00 / \$124.00

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

L'il Dippers – Bobbers 2019-09-16 - 2019-12-08



Age 3-5 years
 Duration 30 min
 Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:05 - 17:35	12	\$108.00 / \$124.00
Friday	17:35 - 18:05	12	\$108.00 / \$124.00
Saturday	9:05 - 9:35	12	\$108.00 / \$124.00
Saturday	14:30 - 15:00	12	\$108.00 / \$124.00
Sunday	11:40 - 12:10	12	\$108.00 / \$124.00

L'il Dippers – Floaters 2019-09-16 - 2019-12-08



Age 3-5 years
 Duration 30 min
 Prerequisite L'il Dippers – Bobbers
 Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:40 - 18:10	12	\$108.00 / \$124.00
Friday	17:00 - 17:30	12	\$108.00 / \$124.00
Saturday	10:30 - 11:00	12	\$108.00 / \$124.00
Saturday	14:30 - 15:00	12	\$108.00 / \$124.00
Sunday	10:30 - 11:00	12	\$108.00 / \$124.00

L'il Dippers – Gliders 2019-09-16 - 2019-12-08



Age 3-5 years
 Duration 30 min
 Prerequisite L'il Dippers – Floaters
 Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:05 - 17:35	12	\$108.00 / \$124.00
Friday	17:35 - 18:05	12	\$108.00 / \$124.00
Saturday	9:05 - 9:35	12	\$108.00 / \$124.00

□ 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.



L'il Dippers – Gliders 2019-09-16 - 2019-12-08



Age 3-5 years Prerequisite L'il Dippers – Floaters
Duration 30 min Note Combined with Divers. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:05 - 15:35	12	\$108.00 / \$124.00
Sunday	11:05 - 11:35	12	\$108.00 / \$124.00

L'il Dippers – Divers 2019-09-16 - 2019-12-08



Age 3-5 years Prerequisite L'il Dippers – Gliders
Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:40 - 18:10	12	\$108.00 / \$124.00
Friday	17:00 - 17:30	12	\$108.00 / \$124.00
Saturday	10:30 - 11:00	12	\$108.00 / \$124.00

L'il Dippers – Divers 2019-09-16 - 2019-12-08



Age 3-5 years Prerequisite L'il Dippers – Gliders
Duration 30 min Note Combined with Gliders. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:05 - 15:35	12	\$108.00 / \$124.00
Sunday	11:05 - 11:35	12	\$108.00 / \$124.00

L'il Dippers – Surfers 2019-09-16 - 2019-12-08



Age 3-5 years Prerequisite L'il Dippers – Divers
Duration 30 min Note Combined with Dippers. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:05 - 17:35	12	\$108.00 / \$124.00
Friday	17:35 - 18:05	12	\$108.00 / \$124.00
Saturday	9:40 - 10:10	12	\$108.00 / \$124.00

L'il Dippers – Dippers 2019-09-16 - 2019-12-08



Age 3-5 years Prerequisite L'il Dippers – Surfers
Duration 30 min Note Combined with Surfers. Bathing cap is mandatory.

□ 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. 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.



Days	Time	Weeks	\$M / \$NM**
Tuesday	17:05 - 17:35	12	\$108.00 / \$124.00
Friday	17:35 - 18:05	12	\$108.00 / \$124.00
Saturday	9:40 - 10:10	12	\$108.00 / \$124.00

Learn to Swim (6 - 15 years)

Learn to Swim – Otter 2019-09-16 - 2019-12-08



Age 6-15 years
 Duration 45 min
 Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:40 - 18:25	12	\$129.00 / \$149.00
Friday	18:10 - 18:55	12	\$129.00 / \$149.00
Saturday	9:40 - 10:25	12	\$129.00 / \$149.00

Learn to Swim – Otter 2019-09-16 - 2019-12-08



Age 6-15 years
 Duration 45 min
 Note Combined with Seal. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	12:10 - 12:55	12	\$129.00 / \$149.00

Learn to Swim – Otter 2019-09-16 - 2019-12-08



Age 6-15 years
 Duration 30 min
 Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:05 - 15:35	12	\$108.00 / \$124.00

Learn to Swim – Seal 2019-09-16 - 2019-12-08



Age 6-15 years
 Duration 45 min
 Prerequisite Learn to Swim – Otter
 Note Bathing cap is 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 — 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**
Tuesday	18:15 - 19:00	12	\$129.00 / \$149.00
Friday	18:10 - 18:55	12	\$129.00 / \$149.00
Saturday	9:40 - 10:25	12	\$129.00 / \$149.00
Saturday	15:40 - 16:25	12	\$129.00 / \$149.00

Learn to Swim – Seal 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Learn to Swim – Otter
 Duration 45 min Note Combined with Otter. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	12:10 - 12:55	12	\$129.00 / \$149.00

Learn to Swim – Dolphin 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Learn to Swim – Seal
 Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:15 - 19:00	12	\$129.00 / \$149.00
Friday	18:10 - 18:55	12	\$129.00 / \$149.00
Saturday	10:15 - 11:00	12	\$129.00 / \$149.00
Sunday	10:30 - 11:15	12	\$129.00 / \$149.00

Learn to Swim – Dolphin 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Learn to Swim – Seal
 Duration 45 min Note Combined with Swimmer. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:40 - 16:25	12	\$129.00 / \$149.00

Learn to Swim – Swimmer 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Learn to Swim – Dolphin
 Duration 45 min Note Bathing cap is mandatory.

□ 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.



Days	Time	Weeks	\$M / \$NM**
Tuesday	18:30 - 19:15	12	\$129.00 / \$149.00
Friday	17:35 - 18:20	12	\$129.00 / \$149.00
Saturday	11:05 - 11:50	12	\$129.00 / \$149.00
Sunday	11:20 - 12:05	12	\$129.00 / \$149.00

Learn to Swim – Swimmer 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Learn to Swim – Dolphin
 Duration 45 min Note Combined with Dolphin. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	15:40 - 16:25	12	\$129.00 / \$149.00

Star Program (6 - 15 years)

Star Program - Star 1 2019-09-16 - 2019-12-08



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

Days	Time	Weeks	\$M / \$NM**
Friday	18:25 - 19:10	12	\$129.00 / \$149.00

Star Program - Star 1 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Learn to Swim – Swimmer
 Duration 45 min Note Combined with Star 2. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:05 - 9:50	12	\$129.00 / \$149.00
Sunday	12:15 - 13:00	12	\$129.00 / \$149.00

Star Program - Star 2 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Star Program - Star 1
 Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 19:45	12	\$129.00 / \$149.00

□ 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.



Star Program - Star 2 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Star Program - Star 1
Duration 45 min Note Combined with Star 1. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:05 - 9:50	12	\$129.00 / \$149.00
Sunday	12:15 - 13:00	12	\$129.00 / \$149.00

Star Program - Star 3 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Star Program - Star 2
Duration 60 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	19:00 - 20:00	12	\$138.00 / \$159.00

Star Program - Star 3 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Star Program - Star 2
Duration 60 min Note Combined with Star 4. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:55 - 10:55	12	\$138.00 / \$159.00

Star Program - Star 4 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Star Program - Star 3
Duration 60 min Note Combined with Star 5. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	19:15 - 20:15	12	\$138.00 / \$159.00

Star Program - Star 4 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Star Program - Star 3
Duration 60 min Note Combined with Star 3. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:55 - 10:55	12	\$138.00 / \$159.00

Star Leadership Program (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.



Star Leadership Program - Star 5 2019-09-16 - 2019-12-08



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

Days	Time	Weeks	\$M / \$NM**
Friday	19:15 - 20:15	12	\$138.00 / \$159.00

Star Leadership Program - Star 5 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Star Program - Star 4
Duration 60 min Note Combined with Star 6 & 7. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	11:00 - 12:00	12	\$138.00 / \$159.00

Star Leadership Program - Star 6 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Star Leadership Program - Star 5
Duration 60 min Note Combined with Star 7. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Friday	19:45 - 20:45	12	\$138.00 / \$159.00

Star Leadership Program - Star 6 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Star Leadership Program - Star 5
Duration 60 min Note Combined with Star 7. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	11:00 - 12:00	12	\$138.00 / \$159.00

Star Leadership Program - Star 7 2019-09-16 - 2019-12-08



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

Days	Time	Weeks	\$M / \$NM**
Friday	19:45 - 20:45	12	\$138.00 / \$159.00

Star Leadership Program - Star 7 2019-09-16 - 2019-12-08



Age 6-15 years Prerequisite Star Leadership Program - Star 6
Duration 60 min Note Combined with Star 5 & 6. Bathing cap is mandatory.

□ All levels | ● Beginner | ◆ Advanced | BBaby friendly | ✍Registration required | \$Additional payment required | \$NAdditional fee for non-members | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons — ①Refers 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**
Saturday	11:00 - 12:00	12	\$138.00 / \$159.00

Aquatic Certifications (13 years +)

Bronze Medallion 2019-09-08 - 2019-10-20



Age 13+

Note Bathing cap is mandatory. Must be at least 13 years old at the final evaluation or hold a Bronze Star certificate.

Days	Time	Weeks	\$M / \$NM**
Sunday	13:30 - 17:30		\$178.00 / \$210.00

Bronze Cross 2019-10-27 - 2019-12-08



Age 14 years+

Prerequisite Bronze Medallion

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	13:30 - 17:30		\$178.00 / \$210.00

Adult Lessons (16 years +)

Adult Swim Lessons - Level 1 2019-09-16 - 2019-12-08



Age 16 years+

Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	10:30 - 11:15	12	\$15.00 / \$120.00
Tuesday	19:15 - 20:00	12	\$15.00 / \$120.00
Thursday	10:30 - 11:15	12	\$15.00 / \$120.00

Adult Swim Lessons - Level 2 2019-09-16 - 2019-12-08



Age 16 years+ Prerequisite Adult Swim Lessons - Level 1

Duration 45 min Note Must be comfortable in deep end. Bathing cap is mandatory.

□ 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.



Days	Time	Weeks	\$M / \$NM**
Tuesday	10:30 - 11:15	12	\$15.00 / \$120.00
Tuesday	19:15 - 20:00	12	\$15.00 / \$120.00

Adult Swim Lessons - Level 3 2019-09-16 - 2019-12-08



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	19:15 - 20:00	12	\$15.00 / \$120.00
Thursday	10:30 - 11:15	12	\$15.00 / \$120.00

Adult Swim Lessons - Level 3 2019-09-16 - 2019-12-08



Age 16 years+ Prerequisite Adult Swim Lessons - Level 2
 Duration 60 min Note Swimming training for people who have completed Adult Swim Lessons Level 3.

Days	Time	Weeks	\$M / \$NM**
Thursday	19:30 - 20:30	12	\$0.00 / \$0.00

□ 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.