



Print date: 2023-09-25

<b>Fall 2023</b>	From 2023-09-04 to 2023-12-17	
<b>OPENING HOURS</b>	Monday - Friday: 6:45 a.m. - 9 p.m. Saturday - Sunday: 7:45 a.m. - 5 p.m.	
<b>CLOSED</b>	December 25th & January 1st	
<b>HOLIDAYS</b>	(No group classes) September 4th: Labour Day - October 9th: Thanksgiving	
<b>REGISTRATION START</b>	2023-08-21	<a href="http://ymcaquebec.org/aquatics">ymcaquebec.org/aquatics</a>

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

### Preschool with parent – Splashers 2023-09-19 - 2023-12-10



Age 6-18 months  
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:05 - 16:35	12	\$122.00 / \$146.00
Wednesday	16:05 - 16:35	12	\$122.00 / \$146.00
Sunday	9:00 - 9:30	12	\$122.00 / \$146.00

### Preschool with parent – Bubblers 2023-09-18 - 2023-12-10



Age 6-18 months  
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:05 - 16:35	12	\$122.00 / \$146.00
Wednesday	16:05 - 16:35	12	\$122.00 / \$146.00
Sunday	9:00 - 9:30	12	\$122.00 / \$146.00

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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



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

### Preschool – Bobbers 2023-09-18 - 2023-12-10



Age 6-18 months

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:40 - 17:10	12	\$122.00 / \$146.00
Wednesday	16:40 - 17:10	12	\$122.00 / \$146.00
Thursday	16:05 - 16:35	12	\$122.00 / \$146.00
Sunday	9:35 - 10:05	12	\$122.00 / \$146.00
Sunday	11:50 - 12:20	12	\$122.00 / \$146.00

### Preschool – Floaters 2023-09-18 - 2023-12-10



Age 3-5 years

Prerequisite Preschool – Bobbers

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:40 - 17:10	12	\$122.00 / \$146.00
Wednesday	16:40 - 17:10	12	\$122.00 / \$146.00
Thursday	16:05 - 16:35	12	\$122.00 / \$146.00
Sunday	9:35 - 10:05	12	\$122.00 / \$146.00
Sunday	12:25 - 12:55	12	\$122.00 / \$146.00

### Preschool – Gliders 2023-09-18 - 2023-12-10



Age 3-5 years

Prerequisite Preschool – 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 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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Tuesday	16:40 - 17:10	12	\$122.00 / \$146.00
Wednesday	16:40 - 17:10	12	\$122.00 / \$146.00
Sunday	9:35 - 10:05	12	\$122.00 / \$146.00

## Preschool – Divers 2023-09-18 - 2023-12-10



Age 3-5 years Prerequisite Preschool – Gliders  
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:40 - 17:10	12	\$122.00 / \$146.00
Wednesday	16:40 - 17:10	12	\$122.00 / \$146.00
Sunday	9:35 - 10:05	12	\$122.00 / \$146.00

## Preschool – Surfers 2023-09-18 - 2023-12-10



Age 3-5 years Prerequisite Preschool – Divers  
Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:40 - 17:10	12	\$122.00 / \$146.00
Wednesday	18:20 - 18:50	12	\$122.00 / \$146.00
Sunday	9:00 - 9:30	12	\$122.00 / \$146.00

## Preschool – Jumpers 2023-09-18 - 2023-12-10



Age 3-5 years Prerequisite Preschool – Surfers  
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 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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



## Notre-Dame-de-Grâce YMCA

4335 Hampton Avenue, Montreal, Quebec H4A 2L3

Tel. : 514 486-7315

[ymcaquebec.org](http://ymcaquebec.org)

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:40 - 17:10	12	\$122.00 / \$146.00
Thursday	18:20 - 18:50	12	\$122.00 / \$146.00
Sunday	9:00 - 9:30	12	\$122.00 / \$146.00

□ 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](http://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 2023-09-19 - 2023-12-10

Age 6-15 years

Duration 45 min

Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:15 - 18:00	12	\$146.00 / \$176.00
Wednesday	17:15 - 18:00	12	\$146.00 / \$176.00
Thursday	16:40 - 17:25	12	\$146.00 / \$176.00
Thursday	18:55 - 19:40	12	\$146.00 / \$176.00
Sunday	10:10 - 10:55	12	\$146.00 / \$176.00

### Learn to Swim – Seal 2023-09-18 - 2023-12-10

Age 6-15 years

Prerequisite Learn to Swim – Otter

Duration 45 min

Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:15 - 18:00	12	\$146.00 / \$176.00
Wednesday	17:15 - 18:00	12	\$146.00 / \$176.00
Thursday	16:40 - 17:25	12	\$146.00 / \$176.00
Sunday	10:10 - 10:55	12	\$146.00 / \$176.00

### Learn to Swim – Dolphin 2023-09-18 - 2023-12-10

Age 6-15 years

Prerequisite Learn to Swim – Seal

Duration 45 min

Note Bathing cap and shower are 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 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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Tuesday	17:15 - 18:00	12	\$146.00 / \$176.00
Wednesday	17:15 - 18:00	12	\$146.00 / \$176.00
Thursday	16:40 - 17:25	12	\$146.00 / \$176.00
Sunday	10:10 - 10:55	12	\$146.00 / \$176.00

## Learn to Swim – Swimmer 2023-09-18 - 2023-12-10



Age 6-15 years Prerequisite Learn to Swim – Dolphin  
 Duration 30 min Note Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:05 - 18:50	12	\$122.00 / \$146.00
Wednesday	18:05 - 18:50	12	\$122.00 / \$146.00
Thursday	16:40 - 17:25	12	\$122.00 / \$146.00
Sunday	9:35 - 10:20	12	\$122.00 / \$146.00

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](http://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 2023-09-19 - 2023-12-10



Age 6-15 years Prerequisite Learn to Swim – Swimmer  
Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:05 - 18:50	12	\$146.00 / \$176.00
Wednesday	18:05 - 18:50	12	\$146.00 / \$176.00
Thursday	17:30 - 18:15	12	\$146.00 / \$176.00
Sunday	11:00 - 11:45	12	\$146.00 / \$176.00

### Star Program - Star 2 2023-09-18 - 2023-12-10



Age 6-15 years Prerequisite Star Program - Star 1  
Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:55 - 19:40	12	\$146.00 / \$176.00
Thursday	17:30 - 18:15	12	\$146.00 / \$176.00
Sunday	11:00 - 11:45	12	\$146.00 / \$176.00

### Star Program - Star 3 2023-09-18 - 2023-12-10



Age 6-15 years Prerequisite Star Program - Star 2  
Duration 45 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 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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Tuesday	18:55 - 19:40	12	\$146.00 / \$176.00
Thursday	17:30 - 18:15	12	\$146.00 / \$176.00
Sunday	11:00 - 11:45	12	\$146.00 / \$176.00

## Star Program - Star 4 2023-09-18 - 2023-12-10



Age 6-15 years Prerequisite Star Program - Star 3  
 Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Thursday	18:20 - 19:05	12	\$146.00 / \$176.00
Sunday	11:50 - 12:35	12	\$146.00 / \$176.00

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](http://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 2023-09-18 - 2023-12-10



Age 6-15 years

Prerequisite Star Program - Star 4

Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Thursday	18:20 - 19:20	12	\$156.00 / \$187.00
Sunday	11:50 - 12:50	12	\$156.00 / \$187.00

### Star Leadership Program - Star 6 2023-09-18 - 2023-12-10



Age 6-15 years

Prerequisite Star Leadership Program - Star 5

Duration 60 min

Days	Time	Weeks	\$M / \$NM**
Thursday	18:20 - 19:20	12	\$156.00 / \$187.00
Sunday	11:50 - 12:50	12	\$156.00 / \$187.00

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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



## Aquatic Certifications (13 years +)

### Bronze Medallion 2023-09-24 - 2023-10-22

Age 13 years+

Note Prerequisite: Must be at least 13 years old at the final evaluation or hold a Bronze Star certificate.  
Material needed: Canadian Lifesaving Manual and Pocket Mask. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Sunday	14:00 - 17:00	5	\$0.00 / \$0.00

### Bronze Cross 2023-11-05 - 2023-12-10

Age 14 years+

Prerequisite Bronze Medallion

Note Material needed: Canadian Lifesaving Manual and Pocket Mask. Bathing cap and shower are mandatory. Bilingual course. Last Class Sunday December 10 : 13h45-17h30 Exam Sunday December 17 :14h00-17h00

Days	Time	Weeks	\$M / \$NM**
Sunday	13:45 - 17:00	6	\$0.00 / \$0.00









### National Lifeguard Recertification 2023-09-23 - 2023-09-23

Age 16+

Prerequisite National Lifeguard

Note Mandatory materials: Bathing cap, National Lifeguard certification, Pocket Mask, gloves, whistle. The course takes place completely in the pool.

Days	Time	Weeks	\$M / \$NM**
Saturday	14:00 - 18:00	1	\$95.00 / \$116.00

 All levels |  Beginner |  Advanced |  BB Baby friendly |  Registration required |  Additional payment required |  SN 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 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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



## National Lifeguard Recertification 2023-11-11 - 2023-11-11



Age 16+

Prerequisite National Lifeguard

Note Mandatory materials: Bathing cap, National Lifeguard certification, Pocket Mask, gloves, whistle. The course takes place completely in the pool.

Days	Time	Weeks	\$M / \$NM**
Saturday	14:00 - 18:00	1	\$95.00 / \$116.00

## National Lifeguard Recertification 2023-12-16 - 2023-12-16



Age 16+

Prerequisite National Lifeguard

Note Mandatory materials: Bathing cap, National Lifeguard certification, Pocket Mask, gloves, whistle. The course takes place completely in the pool.

Days	Time	Weeks	\$M / \$NM**
Saturday	14:00 - 18:00	1	\$95.00 / \$116.00

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



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

### Standard First Aid 2023-10-21 - 2023-10-22

Age 14 years+

Note 100% attendance mandatory. Bilingual course. Optional material for sale at reception: Canadian First Aid Manual, Pocket Mask.

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	8:30 - 17:00	1	\$95.00 / \$112.00

### Standard First Aid 2023-12-09 - 2023-12-10

Age 14 years+

Note 100% attendance mandatory. Bilingual course. Optional material for sale at reception: Canadian First Aid Manual, Pocket Mask.

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	8:30 - 17:00	1	\$95.00 / \$112.00

### Heartsaver® CPR AED with Child Module 2023-09-20 - 2023-09-20

Age 12 years +




Note 100% attendance mandatory. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 21:00	1	\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2023-10-18 - 2023-10-18

Age 12 years +

Note 100% attendance mandatory. Bilingual course.

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 -  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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 21:00	1	\$63.00 / \$73.00

## Heartsaver® CPR AED with Child Module 2023-11-15 - 2023-11-15



Age 12 years +

Note 100% attendance mandatory. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 21:00	1	\$63.00 / \$73.00

## Heartsaver® CPR AED with Child Module 2023-12-13 - 2023-12-13



Age 12 years +

Note 100% attendance mandatory. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 21:00	1	\$63.00 / \$73.00

## Emergency First Aid 2023-09-30 - 2023-09-30



Age 12 years +

Note 100% attendance mandatory. Bilingual course. Optional material for sale at reception: Canadian First Aid Manual, Pocket Mask.

Days	Time	Weeks	\$M / \$NM**
Saturday	8:30 - 17:00	1	\$85.00 / \$98.00

## Emergency First Aid 2023-10-28 - 2023-10-28



Age 12 years +

Note 100% attendance mandatory. Bilingual course. Optional material for sale at reception: Canadian First Aid 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 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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Saturday	8:30 - 17:00	1	\$85.00 / \$98.00

## Emergency First Aid 2023-11-25 - 2023-11-25



Age 12 years +

Note 100% attendance mandatory. Bilingual course. Optional material for sale at reception: Canadian First Aid Manual, Pocket Mask.

Days	Time	Weeks	\$M / \$NM**
Saturday	8:30 - 17:00	1	\$85.00 / \$98.00

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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



## Adult Lessons (16 years +)

### Adult Swim Lessons - Level 1 2023-09-22 - 2023-12-08



Age 16 years+

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Friday	18:35 - 19:20	12	\$146.00 / \$176.00
Friday	18:35 - 19:20	12	\$146.00 / \$176.00
Sunday	13:00 - 13:45	12	\$146.00 / \$176.00

### Adult Swim Lessons - Level 2 2023-09-24 - 2023-12-10



Age 16 years+

Prerequisite Adult Swim Lessons - Level 1

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Sunday	13:00 - 13:45	12	\$146.00 / \$176.00

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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



## Private Swimming Lessons (All ages)

### Private Swim Lessons for children 2023-09-18 - 2023-11-27



Age 0 - 65+

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Monday	16:00 - 16:30	11	\$290.40 / \$348.15
Monday	16:35 - 17:05	11	\$290.40 / \$348.15
Monday	17:10 - 17:40	11	\$290.40 / \$348.15
Monday	17:45 - 18:15	11	\$290.40 / \$348.15
Monday	18:20 - 18:50	11	\$290.40 / \$348.15

### Private Swim Lessons for children 2023-09-24 - 2023-12-03



Age 0 - 65+

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Sunday	10:10 - 10:40	11	\$290.40 / \$348.15
Sunday	9:00 - 9:30	11	\$290.40 / \$348.15
Sunday	10:10 - 10:40	11	\$290.40 / \$348.15
Sunday	11:00 - 11:40	11	\$290.40 / \$348.15
Sunday	11:35 - 12:05	11	\$290.40 / \$348.15
Sunday	12:10 - 12:40	11	\$290.40 / \$348.15
Sunday	12:50 - 13:20	11	\$290.40 / \$348.15
Sunday	13:00 - 13:30	11	\$290.40 / \$348.15
Sunday	13:25 - 13:55	11	\$290.40 / \$348.15

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





## Private Swim Lessons for children 2023-09-23 - 2023-12-02



Age 0 - 65+

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 10:30	11	\$290.40 / \$348.15
Saturday	10:35 - 11:05	11	\$290.40 / \$348.15
Saturday	11:10 - 11:40	11	\$290.40 / \$348.15
Saturday	11:45 - 12:15	11	\$290.40 / \$348.15
Saturday	12:20 - 12:50	11	\$290.40 / \$348.15
Saturday	12:55 - 13:25	11	\$290.40 / \$348.15
Saturday	13:30 - 14:00	11	\$290.40 / \$348.15

## Private Swim Lessons for children 2023-09-21 - 2023-11-30



Age 0 - 65+

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Thursday	16:05 - 16:35	11	\$290.40 / \$348.15
Thursday	18:20 - 18:55	11	\$290.40 / \$348.15
Thursday	19:00 - 19:30	11	\$290.40 / \$348.15
Thursday	19:25 - 19:55	11	\$290.40 / \$348.15
Thursday	19:10 - 19:40	11	\$290.40 / \$348.15

## Private Swim Lessons for children 2023-09-20 - 2023-11-29



Age 0 - 65+

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 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](http://ymcaquebec.org/en/Fitness-and-Aquatic-Activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Wednesday	16:05 - 16:35	11	\$290.40 / \$348.15
Wednesday	17:15 - 17:45	11	\$290.40 / \$348.15
Wednesday	17:50 - 18:20	11	\$290.40 / \$348.15
Wednesday	18:25 - 18:55	11	\$290.40 / \$348.15
Wednesday	18:05 - 18:35	11	\$290.40 / \$348.15
Wednesday	16:40 - 17:10	11	\$290.40 / \$348.15

## Private Swim Lessons for children 2023-09-19 - 2023-11-28



Age 0 - 65+

Duration 30 min

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:05 - 16:35	11	\$290.40 / \$348.15
Tuesday	17:15 - 17:45	11	\$290.40 / \$348.15
Tuesday	18:05 - 18:35	11	\$290.40 / \$348.15
Tuesday	17:50 - 18:20	11	\$290.40 / \$348.15
Tuesday	18:25 - 18:55	11	\$290.40 / \$348.15
Tuesday	18:40 - 19:10	11	\$290.40 / \$348.15
Tuesday	19:00 - 19:30	11	\$290.40 / \$348.15
Tuesday	19:15 - 19:45	11	\$290.40 / \$348.15
Tuesday	19:35 - 20:05	11	\$290.40 / \$348.15

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