



<b>Fall 2019</b>	From 2019-09-09 to 2019-12-22	
<b>Opening hours</b>	Week: 5:30 to 22:00   Saturday : 7:00 to 19:00   Sunday : 8:00 to 18:00	
<b>Closed</b>	December 25, 2019 January 1, 2020	
<b>Holidays</b>	December 24, 2019 : 8:00 to 15:00 December 26, 2019 : 8:00 to 18:00 December 31, 2019 : 8:00 to 15:00	
<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 2019-09-14 - 2019-12-08

BB✂️\$

Age 6-18 months with parents

Duration 30 min Note Combined with Bubblers. Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 10:30	12	\$108.00 / \$124.00
Sunday	9:00 - 9:30	12	\$108.00 / \$124.00

### L'il Dippers with parent – Bubblers 2019-09-14 - 2019-12-08

BB✂️\$

Age 18-36 months with parents

Duration 30 min Note Combined with Splashers. Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 10:30	12	\$108.00 / \$124.00
Sunday	9:00 - 9:30	12	\$108.00 / \$124.00

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



### L'il Dippers – Bobbers with parent 2019-09-15 - 2019-12-08



Age 3-5 yrs with parents

Duration 30 min

Note Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	9:35 - 10:05	12	\$108.00 / \$124.00

### L'il Dippers – Bobbers 2019-09-14 - 2019-12-09



Age 3-5 years

Duration 30 min

Note Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	16:30 - 17:00	12	\$108.00 / \$124.00
Tuesday	16:30 - 17:00	12	\$108.00 / \$124.00
Wednesday	17:00 - 17:30	12	\$108.00 / \$124.00
Thursday	16:30 - 17:00	12	\$108.00 / \$124.00
Saturday	10:35 - 11:05	12	\$108.00 / \$124.00
Saturday	11:05 - 11:35	12	\$108.00 / \$124.00
Sunday	10:10 - 10:40	12	\$108.00 / \$124.00
Sunday	10:40 - 11:10	12	\$108.00 / \$124.00

### L'il Dippers – Floaters 2019-09-14 - 2019-12-09



Age 3-5 years

Prerequisite L'il Dippers – Bobbers

Duration 30 min

Note Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	16:30 - 17:00	12	\$108.00 / \$124.00
Tuesday	16:30 - 17:00	12	\$108.00 / \$124.00
Wednesday	17:00 - 17:30	12	\$108.00 / \$124.00
Thursday	16:30 - 17:00	12	\$108.00 / \$124.00
Saturday	10:35 - 11:05	12	\$108.00 / \$124.00
Saturday	11:05 - 11:35	12	\$108.00 / \$124.00
Sunday	10:10 - 10:40	12	\$108.00 / \$124.00
Sunday	10:40 - 11:10	12	\$108.00 / \$124.00

□ 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.



### L'il Dippers – Gliders 2019-09-14 - 2019-12-09



Age 3-5 years Prerequisite L'il Dippers – Floaters  
Duration 30 min Note Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	17:00 - 17:30	12	\$108.00 / \$124.00
Tuesday	16:30 - 17:00	12	\$108.00 / \$124.00
Wednesday	17:00 - 17:30	12	\$108.00 / \$124.00
Thursday	16:30 - 17:00	12	\$108.00 / \$124.00
Saturday	10:35 - 11:05	12	\$108.00 / \$124.00
Sunday	10:10 - 10:40	12	\$108.00 / \$124.00

### L'il Dippers – Divers 2019-09-14 - 2019-12-09



Age 3-5 years Prerequisite L'il Dippers – Gliders  
Duration 30 min Note Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	17:30 - 18:00	12	\$108.00 / \$124.00
Tuesday	16:30 - 17:00	12	\$108.00 / \$124.00
Thursday	16:30 - 17:00	12	\$108.00 / \$124.00
Saturday	11:05 - 11:35	12	\$108.00 / \$124.00
Sunday	10:40 - 11:10	12	\$108.00 / \$124.00

### L'il Dippers – Surfers 2019-09-14 - 2019-12-09



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

Days	Time	Weeks	\$M / \$NM**
Monday	16:30 - 17:00	12	\$108.00 / \$124.00
Tuesday	16:30 - 17:00	12	\$108.00 / \$124.00
Saturday	11:05 - 11:35	12	\$108.00 / \$124.00
Sunday	10:40 - 11:10	12	\$108.00 / \$124.00

### L'il Dippers – Dippers 2019-09-14 - 2019-12-09



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

□ 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**
Monday	16:30 - 17:00	12	\$108.00 / \$124.00
Tuesday	16:30 - 17:00	12	\$108.00 / \$124.00
Saturday	11:05 - 11:35	12	\$108.00 / \$124.00
Sunday	10:40 - 11:10	12	\$108.00 / \$124.00

## Learn to Swim (6 - 15 years)

### Learn to Swim – Otter 2019-09-14 - 2019-12-09



Age 6-15 years  
 Duration 45 min  
 Note Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	17:00 - 17:45	12	\$129.00 / \$149.00
Tuesday	17:00 - 17:45	12	\$129.00 / \$149.00
Wednesday	17:30 - 18:15	12	\$129.00 / \$149.00
Saturday	11:40 - 12:25	12	\$129.00 / \$149.00
Sunday	11:25 - 12:10	12	\$129.00 / \$149.00

### Learn to Swim – Seal 2019-09-14 - 2019-12-09



Age 6-15 years  
 Duration 45 min  
 Prerequisite Learn to Swim – Otter  
 Note Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	17:00 - 17:45	12	\$129.00 / \$149.00
Tuesday	17:00 - 17:45	12	\$129.00 / \$149.00
Thursday	17:00 - 17:45	12	\$129.00 / \$149.00
Saturday	11:40 - 12:25	12	\$129.00 / \$149.00
Sunday	11:25 - 12:10	12	\$129.00 / \$149.00

### Learn to Swim – Dolphin 2019-09-14 - 2019-12-09



Age 6-15 years  
 Duration 45 min  
 Prerequisite Learn to Swim – Seal  
 Note Shower and bathing cap 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Tuesday	17:00 - 17:45	12	\$129.00 / \$149.00
Wednesday	17:30 - 18:15	12	\$129.00 / \$149.00
Thursday	17:00 - 17:45	12	\$129.00 / \$149.00
Saturday	11:40 - 12:25	12	\$129.00 / \$149.00
Sunday	11:25 - 12:10	12	\$129.00 / \$149.00

### Learn to Swim – Swimmer 2019-09-14 - 2019-12-09



Age 6-15 years Prerequisite Learn to Swim – Dolphin  
 Duration 45 min Note Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	18:00 - 18:45	12	\$129.00 / \$149.00
Wednesday	17:30 - 18:15	12	\$129.00 / \$149.00
Thursday	17:00 - 17:45	12	\$129.00 / \$149.00
Saturday	12:40 - 13:25	12	\$129.00 / \$149.00
Sunday	11:25 - 12:10	12	\$129.00 / \$149.00

## Star Program (6 - 15 years)

### Star Program - Star 1 2019-09-14 - 2019-12-09



Age 6-15 years Prerequisite Learn to Swim – Swimmer  
 Duration 60 min Note Shower and bathing cap mandatory. Courses Sunday to Thursday are combined with Star 2.

Days	Time	Weeks	\$M / \$NM**
Monday	17:45 - 18:45	12	\$138.00 / \$159.00
Tuesday	17:45 - 18:45	12	\$138.00 / \$159.00
Wednesday	18:15 - 19:15	12	\$138.00 / \$159.00
Thursday	17:45 - 18:45	12	\$138.00 / \$159.00
Saturday	12:40 - 13:40	12	\$138.00 / \$159.00
Sunday	12:10 - 13:10	12	\$138.00 / \$159.00

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 Program - Star 2 2019-09-14 - 2019-12-09



Age 6-15 years Prerequisite Star Program - Star 1

Duration 60 min Note Shower and bathing cap mandatory. Courses Sunday to Thursday are combined with Star 1.

Days	Time	Weeks	\$M / \$NM**
Monday	17:45 - 18:45	12	\$138.00 / \$159.00
Tuesday	17:45 - 18:45	12	\$138.00 / \$159.00
Wednesday	18:15 - 19:15	12	\$138.00 / \$159.00
Thursday	17:45 - 18:45	12	\$138.00 / \$159.00
Saturday	12:40 - 13:40	12	\$138.00 / \$159.00
Sunday	12:10 - 13:10	12	\$138.00 / \$159.00

### Star Program - Star 3 2019-09-14 - 2019-12-09



Age 6-15 years Prerequisite Star Program - Star 2

Duration 60 min Note Shower and bathing cap mandatory. Combined with Star 4.

Days	Time	Weeks	\$M / \$NM**
Monday	17:45 - 18:45	12	\$138.00 / \$159.00
Tuesday	17:45 - 18:45	12	\$138.00 / \$159.00
Wednesday	18:15 - 19:15	12	\$138.00 / \$159.00
Thursday	17:45 - 18:45	12	\$138.00 / \$159.00
Saturday	13:40 - 14:40	12	\$138.00 / \$159.00
Sunday	12:10 - 13:10	12	\$138.00 / \$159.00

### Star Program - Star 4 2019-09-14 - 2019-12-09



Age 6-15 years Prerequisite Star Program - Star 3

Duration 60 min Note Shower and bathing cap mandatory. Combined with Star 3.

Days	Time	Weeks	\$M / \$NM**
Monday	17:45 - 18:45	12	\$138.00 / \$159.00
Tuesday	17:45 - 18:45	12	\$138.00 / \$159.00
Wednesday	18:15 - 19:15	12	\$138.00 / \$159.00
Thursday	17:45 - 18:45	12	\$138.00 / \$159.00
Saturday	13:40 - 14:40	12	\$138.00 / \$159.00
Sunday	12:10 - 13:10	12	\$138.00 / \$159.00

□ 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.



## Star Leadership Program (6 - 15 years)

### Star Leadership Program - Star 5 2019-09-14 - 2019-12-09



Age 6-15 years Prerequisite Star Program - Star 4  
 Duration 60 min Note Shower and bathing cap mandatory. Combined with Star 6.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:45 - 18:45	12	\$138.00 / \$159.00
Thursday	17:45 - 18:45	12	\$138.00 / \$159.00
Saturday	13:40 - 14:40	12	\$138.00 / \$159.00
Sunday	12:10 - 13:10	12	\$138.00 / \$159.00

### Star Leadership Program - Star 6 2019-09-14 - 2019-12-09



Age 6-15 years Prerequisite Star Leadership Program - Star 5  
 Duration 60 min Note Shower and bathing cap mandatory. Combined with Star 5.

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:45 - 18:45	12	\$138.00 / \$159.00
Thursday	17:45 - 18:45	12	\$138.00 / \$159.00
Saturday	13:40 - 14:40	12	\$138.00 / \$159.00
Sunday	12:10 - 13:10	12	\$138.00 / \$159.00

### Star Leadership Program - Star 7 2019-09-14 - 2019-12-09



Age 6-15 years Prerequisite Star Leadership Program - Star 6  
 Duration 75 min Note Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	13:25 - 14:40	12	\$173.00 / \$199.00

## Aquatic Certifications (13 years +)

### Bronze Medallion 2019-09-14 - 2019-11-09



Age 13 years+  
 Note Prerequisites: Must be at least 13 years old at the final evaluation or hold a Bronze Star certificate.

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.



Days	Time	Weeks	\$M / \$NM**
Saturday	16:00 - 19:00		\$178.00 / \$210.00

### Bronze Cross 2019-09-14 - 2019-11-09



Age 14 years+ Prerequisite Bronze Medallion

Days	Time	Weeks	\$M / \$NM**
Saturday	16:00 - 19:00		\$178.00 / \$210.00

### National Lifeguard Recertification 2019-09-12 - 2019-09-12



Age 16 years+ Prerequisite National Lifeguard

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

Days	Time	Weeks	\$M / \$NM**
Thursday	16:30 - 20:30	1	\$95.00 / \$116.00

### National Lifeguard Recertification 2019-12-12 - 2019-12-12



Age 16 years+ Prerequisite National Lifeguard

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

Days	Time	Weeks	\$M / \$NM**
Thursday	16:30 - 20:30	1	\$95.00 / \$116.00

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

### Standard First Aid 2019-09-28 - 2019-09-29



Age 14 years+ Note 100% attendance mandatory. Bilingual course. Optional material for sale at the reception: Canadian First Aid Manual, Pocket Mask.

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	9:00 - 18:00	1	\$95.00 / \$112.00

□ 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.





### Standard First Aid 2019-11-23 - 2019-11-24



Age 14 years+  
Note 100% attendance mandatory. Bilingual course. Optional material for sale at the reception: Canadian First Aid Manual, Pocket Mask.

Days	Time	Weeks	\$M / \$NM**
Saturday and Sunday	9:00 - 18:00	1	\$95.00 / \$112.00

### Heartsaver® CPR AED with Child Module 2019-09-10 - 2019-09-10



Age 12 years +  
Note 100% attendance mandatory. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:30 - 22:00	1	\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2019-10-08 - 2019-10-08



Age 12 years +  
Note 100% attendance mandatory. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:30 - 22:00	1	\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2019-11-12 - 2019-11-12



Age 12 years +  
Note 100% attendance mandatory. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:30 - 22:00	1	\$63.00 / \$73.00

### Heartsaver® CPR AED with Child Module 2019-12-10 - 2019-12-10



Age 12 years +  
Note 100% attendance mandatory. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:30 - 22:00	1	\$63.00 / \$73.00

□ 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. 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.



### Heartsaver® CPR AED with Child and Infant Modules 2019-09-04



- 2019-09-04

Age 12 years +

Note 100% attendance mandatory. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 22:00	1	\$76.50 / \$89.00

### Heartsaver® CPR AED with Child and Infant Modules 2019-10-02



- 2019-10-02

Age 12 years +

Note 100% attendance mandatory. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 22:00	1	\$76.50 / \$89.00

### Heartsaver® CPR AED with Child and Infant Modules 2019-11-06



- 2019-11-06

Age 12 years +

Note 100% attendance mandatory. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 22:00	1	\$76.50 / \$89.00

### Heartsaver® CPR AED with Child and Infant Modules 2019-12-04



- 2019-12-04

Age 12 years +

Note 100% attendance mandatory. Bilingual course.

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:00 - 22:00	1	\$76.50 / \$89.00

### Emergency First Aid 2019-10-26 - 2019-10-26



Age 12 years +

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

Days	Time	Weeks	\$M / \$NM**
Saturday	9:00 - 18:00	1	\$85.00 / \$98.00

□ 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.



## Emergency First Aid 2019-12-14 - 2019-12-14



Age 12 years +  
 Note 100% attendance mandatory. Bilingual course. Optional material for sale at the reception: Canadian First Aid Manual, Pocket Mask.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:00 - 18:00	1	\$85.00 / \$98.00

## Adult Lessons (16 years +)

### Adult Swim Lessons - Level 1 2019-09-17 - 2019-12-04



Age 16 years+  
 Duration 45 min Note Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	18:50 - 19:35	12	\$15.00 / \$127.00
Wednesday	14:10 - 14:55	12	\$15.00 / \$127.00

### Adult Swim Lessons - Level 2 2019-09-19 - 2019-12-05



Age 16 years+ Prerequisite Adult Swim Lessons - Level 1  
 Duration 45 min Note Shower and bathing cap mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	18:50 - 19:35	12	\$15.00 / \$127.00

□ 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.