



Summer 2019	From 2019-06-17 to 2019-09-08	
Opening hours	Week: 6:00 to 22:45 Week-end : 7:00 to 19:45	
Closed		
Holidays	September 2, 2019: 7:00 to 19:45 October 14, 2019: 7:00 to 19:45	
Pool closure		
Registration Start	2019-05-29 12:00:00 AM	ymcaquebec.org/aquatics

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

L'il Dippers with parent – Splashers 2019-07-05 - 2019-08-18



Age 6-18 months

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:00 - 9:30	7	\$63.00 / \$72.00
Sunday	10:00 - 10:30	7	\$63.00 / \$72.00

L'il Dippers with parent – Bubblers 2019-07-06 - 2019-08-18



Age 18-36 months

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:30 - 10:00	7	\$63.00 / \$72.00
Sunday	9:30 - 10:00	7	\$63.00 / \$72.00

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

L'il Dippers – Bobbers with parent 2019-07-05 - 2019-08-18



Age 3-5 yrs

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:00 - 9:30	7	\$63.00 / \$72.00

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 for information on all course descriptions and pre-requisites.



L'il Dippers – Bobbers 2019-06-26 - 2019-07-17



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

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	16:15 - 16:45	4	\$72.00 / \$83.00

L'il Dippers – Bobbers 2019-07-22 - 2019-08-14



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

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	16:15 - 16:45	4	\$72.00 / \$83.00

L'il Dippers – Bobbers 2019-07-05 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Friday	16:45 - 17:15	7	\$63.00 / \$72.00
Friday	18:15 - 18:45	7	\$63.00 / \$72.00
Saturday	9:30 - 10:00	7	\$63.00 / \$72.00
Saturday	10:30 - 11:00	7	\$63.00 / \$72.00
Sunday	9:30 - 10:00	7	\$63.00 / \$72.00

L'il Dippers – Floaters 2019-06-24 - 2019-07-17



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

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	16:15 - 16:45	4	\$72.00 / \$83.00

L'il Dippers – Floaters 2019-07-22 - 2019-08-14



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

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	16:15 - 16:45	4	\$72.00 / \$83.00

□ 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 – Floaters 2019-07-05 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Friday	16:45 - 17:15	7	\$63.00 / \$72.00
Saturday	9:00 - 9:30	7	\$63.00 / \$72.00
Saturday	10:00 - 10:30	7	\$63.00 / \$72.00
Sunday	9:00 - 9:30	7	\$63.00 / \$72.00

L'il Dippers – Gliders 2019-06-24 - 2019-07-17



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

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	16:15 - 16:45	4	\$72.00 / \$83.00

L'il Dippers – Gliders 2019-07-22 - 2019-08-14



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

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	16:15 - 16:45	4	\$72.00 / \$83.00

L'il Dippers – Gliders 2019-07-05 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Friday	17:15 - 17:45	7	\$63.00 / \$72.00
Saturday	10:00 - 10:30	7	\$63.00 / \$72.00
Saturday	11:00 - 11:30	7	\$63.00 / \$72.00
Sunday	9:00 - 9:30	7	\$63.00 / \$72.00

L'il Dippers – Divers 2019-06-24 - 2019-07-17



Age 3-5 years Prerequisite L'il Dippers – Gliders
Duration 30 min Note 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**
Monday and Wednesday	16:15 - 16:45	4	\$72.00 / \$83.00

L'il Dippers – Divers 2019-07-22 - 2019-08-14



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

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	16:15 - 16:45	4	\$72.00 / \$83.00

L'il Dippers – Divers 2019-07-05 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Friday	17:15 - 17:45	7	\$63.00 / \$72.00
Saturday	9:30 - 10:00	7	\$63.00 / \$72.00
Sunday	10:00 - 10:30	7	\$63.00 / \$72.00

L'il Dippers – Surfers 2019-07-05 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:30 - 12:00	7	\$63.00 / \$72.00

L'il Dippers – Dippers 2019-07-05 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:30 - 12:00	7	\$63.00 / \$72.00

Learn to Swim (6 - 15 years)

□ 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.



Learn to Swim – Otter 2019-06-24 - 2019-07-17



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

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	16:45 - 17:30	4	\$84.00 / \$97.00

Learn to Swim – Otter 2019-07-22 - 2019-08-14



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

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	16:45 - 17:30	4	\$84.00 / \$97.00

Learn to Swim – Otter 2019-07-06 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Friday	16:45 - 17:30	7	\$74.00 / \$85.00
Friday	18:00 - 18:45	7	\$74.00 / \$85.00
Saturday	10:30 - 11:15	7	\$74.00 / \$85.00
Saturday	13:00 - 13:45	7	\$74.00 / \$85.00
Sunday	10:30 - 11:15	7	\$74.00 / \$85.00

Learn to Swim – Seal 2019-06-24 - 2019-07-17



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

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	16:45 - 17:30	4	\$84.00 / \$97.00

Learn to Swim – Seal 2019-07-22 - 2019-08-14



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

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	16:45 - 17:30	4	\$84.00 / \$97.00

□ 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.



Learn to Swim – Seal 2019-07-06 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Friday	17:15 - 18:00	7	\$74.00 / \$85.00
Saturday	10:00 - 10:45	7	\$74.00 / \$85.00
Sunday	11:15 - 12:00	7	\$74.00 / \$85.00

Learn to Swim – Dolphin 2019-06-25 - 2019-07-16



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

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	16:00 - 16:45	4	\$84.00 / \$97.00

Learn to Swim – Dolphin 2019-07-23 - 2019-08-13



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

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	16:45 - 17:30	4	\$84.00 / \$97.00

Learn to Swim – Dolphin 2019-07-05 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Friday	17:45 - 18:30	7	\$74.00 / \$85.00
Saturday	11:15 - 12:00	7	\$74.00 / \$85.00

Learn to Swim – Swimmer 2019-06-25 - 2019-07-18



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

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	16:45 - 17:30	4	\$84.00 / \$97.00

□ 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.



Learn to Swim – Swimmer 2019-07-23 - 2019-08-15



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

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	16:00 - 16:45	4	\$84.00 / \$97.00

Learn to Swim – Swimmer 2019-07-05 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Friday	18:45 - 19:30	7	\$74.00 / \$85.00
Saturday	11:15 - 12:00	7	\$74.00 / \$85.00
Sunday	12:30 - 13:15	7	\$74.00 / \$85.00

Star Program (6 - 15 years)

Star Program - Star 1 2019-06-25 - 2019-07-18



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

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	16:30 - 17:15	4	\$84.00 / \$97.00

Star Program - Star 1 2019-07-23 - 2019-08-15



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

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	16:30 - 17:15	4	\$84.00 / \$97.00

Star Program - Star 1 2019-07-05 - 2019-08-18



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

□ 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.



Days	Time	Weeks	\$M / \$NM**
Friday	17:30 - 18:15	7	\$74.00 / \$85.00
Saturday	13:00 - 13:45	7	\$74.00 / \$85.00
Sunday	10:30 - 11:15	7	\$74.00 / \$85.00

Star Program - Star 2 2019-06-25 - 2019-07-18



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

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	16:30 - 17:15	4	\$84.00 / \$97.00

Star Program - Star 2 2019-07-23 - 2019-08-15



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

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	16:30 - 17:15	4	\$84.00 / \$97.00

Star Program - Star 2 2019-07-05 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Friday	17:30 - 18:15	7	\$74.00 / \$85.00
Saturday	13:00 - 13:45	7	\$74.00 / \$85.00
Sunday	10:30 - 11:15	7	\$74.00 / \$85.00

Star Program - Star 3 2019-06-25 - 2019-07-18



Age 6-15 years Prerequisite Star Program - Star 2
 Duration 45 min Note Bathing cap is mandatory. Combined with Star 4.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	17:15 - 18:00	4	\$84.00 / \$97.00

Star Program - Star 3 2019-07-23 - 2019-08-15



Age 6-15 years Prerequisite Star Program - Star 2
 Duration 45 min Note Bathing cap is mandatory. Combined with Star 4.

□ 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 and Thursday	17:15 - 18:00	4	\$84.00 / \$97.00

Star Program - Star 3 2019-07-05 - 2019-08-18



Age 6-15 years Prerequisite Star Program - Star 2
 Duration 45 min Note Bathing cap is mandatory. Combined with Star 4.

Days	Time	Weeks	\$M / \$NM**
Friday	18:45 - 19:30	7	\$74.00 / \$85.00

Star Program - Star 4 2019-06-25 - 2019-07-18



Age 6-15 years Prerequisite Star Program - Star 3
 Duration 45 min Note Bathing cap is mandatory. Combined with Star 3.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	17:15 - 18:00	4	\$84.00 / \$97.00

Star Program - Star 4 2019-07-23 - 2019-08-15



Age 6-15 years Prerequisite Star Program - Star 3
 Duration 45 min Note Bathing cap is mandatory. Combined with Star 3.

Days	Time	Weeks	\$M / \$NM**
Tuesday and Thursday	17:15 - 18:00	4	\$84.00 / \$97.00

Star Program - Star 4 2019-07-05 - 2019-08-18



Age 6-15 years Prerequisite Star Program - Star 3
 Duration 45 min Note Bathing cap is mandatory. Combined with Star 3.

Days	Time	Weeks	\$M / \$NM**
Friday	18:45 - 19:30	7	\$74.00 / \$85.00

Star Leadership Program (6 - 15 years)

Star Leadership Program - Star 5 2019-07-05 - 2019-08-18



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

□ 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.



Days	Time	Weeks	\$M / \$NM**
Friday	18:30 - 19:30	7	\$79.00 / \$90.00

Star Leadership Program - Star 6 2019-07-05 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Friday	18:30 - 19:30	7	\$79.00 / \$90.00

Star Leadership Program - Star 7 2019-07-05 - 2019-08-18



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

Days	Time	Weeks	\$M / \$NM**
Friday	18:30 - 19:30	7	\$79.00 / \$90.00

Aquatic Certifications (13 years +)

Bronze Medallion 2019-07-08 - 2019-07-12



Age 13 years+
 Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Friday	12:00 - 18:30	1	\$178.00 / \$210.00

Bronze Cross 2019-07-15 - 2019-07-19



Age 14 years+ Prerequisite Bronze Medallion
 Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Friday	12:00 - 18:30	1	\$178.00 / \$210.00

National Lifeguard Recertification 2019-08-24 - 2019-08-24



Age 16 years+ Prerequisite National Lifeguard

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 for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Sunday	8:30 - 13:30	1	\$94.50 / \$113.50

CPR and First Aid Certifications (12 years +)

Standard First Aid 2019-07-20 - 2019-07-21



Age 14 years+

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

Heartsaver® CPR AED with Child Module 2019-07-03 - 2019-07-03



Age 12 years +

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

Heartsaver® CPR AED with Child Module 2019-08-07 - 2019-08-07



Age 12 years +

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

Heartsaver® CPR AED with Child Module 2019-08-21 - 2019-08-21



Age 12 years +

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

Heartsaver® CPR AED with Child and Infant Modules 2019-07-17 - 2019-07-17



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:30 - 22:30		\$76.50 / \$89.00

□ 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.



Heartsaver® CPR AED with Child and Infant Modules 2019-08-14



- 2019-08-14

Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	17:30 - 22:30	1	\$76.50 / \$89.00

Emergency First Aid 2019-07-22 - 2019-07-24



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Monday and Wednesday	18:00 - 22:00	1	\$85.00 / \$98.00

Adult Lessons (16 years +)

Adult Swim Lessons - Level 1 2019-07-02 - 2019-08-22



Age 16 years+

Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	20:30 - 21:15	8	\$15.00 / \$80.00
Thursday	10:15 - 11:00	8	\$15.00 / \$80.00

Adult Swim Lessons - Level 2 2019-07-02 - 2019-08-22



Age 16 years+

Prerequisite Adult Swim Lessons - Level 1

Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	10:15 - 11:00	8	\$15.00 / \$80.00
Thursday	20:00 - 20:45	8	\$15.00 / \$80.00

Adult Swim Lessons - Level 3 2019-07-02 - 2019-08-22



Age 16 years+

Prerequisite Adult Swim Lessons - Level 2

Duration 45 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Thursday	20:45 - 21:30	11	\$15.00 / \$110.00

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