



<b>Fall 2019</b>	From 2019-09-09 to 2019-12-22	
<b>Opening hours</b>	Week: 6:45 to 20:15   Saturday : 7:45 to 18:15   Sunday : 8:45 to 18:15	
<b>Closed</b>	December 22, 2019 December 25, 2019 December 26, 2019 December 28, 2019 December 29, 2019 January 1, 2020 January 2, 2020 January 4, 2020 January 5, 2020	
<b>Holidays</b>	December 15, 2019: 8:45 to 18:15 December 16, 2019: 6:45 to 20:15 December 17, 2019: 6:45 to 19:15 December 18, 2019: 6:45 to 20:15 December 19, 2019: 6:45 to 19:15 December 20, 2019: 6:45 to 20:15 December 21, 2019: 8:45 to 12:15 December 23, 24, 27, 30, 31 2019: 6:45 to 18:00 January 3, 2020: 6:45 to 18:00	
<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>

## Adult Lessons (16 years +)

### Adult Swim Lessons - Level 1 2019-09-16 - 2019-11-11



Age 16 years+

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Monday	18:00 - 18:45	8	\$15.00 / \$84.00

### Adult Swim Lessons - Level 2 2019-09-16 - 2019-11-11



Age 16 years+

Prerequisite Adult Swim Lessons - Level 1

Duration 45 min

Days	Time	Weeks	\$M / \$NM**
Monday	17:15 - 18:00	8	\$15.00 / \$84.00

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.