



Saint-Laurent YMCA

1745 Décarie Rd., Saint-Laurent, Quebec H4L 3N5

Tel. : 514 747-5353

ymcaquebec.org

Print date: 2025-07-14

Spring 2020

From 2020-03-23 to 2020-06-14

OPENING HOURS

Monday - Wednesday: 3:30 p.m. - 7 p.m.

Thursday - Friday: 3:30 p.m. - 8 p.m.

Saturday - Sunday: closed

REGISTRATION START

2020-03-09

ymcaquebec.org/aquatics

Intensity : Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | 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 for information on all course descriptions and pre-requisites.



Adult Lessons (16 years +)

Adult Swim Lessons - Level 1 2020-03-19 - 2020-04-08



Age 16 +

Duration 45 min

Note

Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Wednesday	19:00 - 19:45	8	\$0.00 / \$0.00

Adult Swim Lessons - Level 2 2020-03-16 - 2020-05-11



Age 16 years+

Prerequisite

Adult Swim Lessons - Level 1

Duration 45 min

Note

Bathing cap and shower are mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	19:00 - 19:45	8	\$0.00 / \$0.00

Intensity : Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | 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 for information on all course descriptions and pre-requisites.