



Print date: 2022-08-17

Summer 2022	From 2022-06-20 to 2022-09-04	
OPENING HOURS	Monday - Friday: 6:45 am - 9:00 pm Saturday - Sunday: 7:45 am - 5:00 pm	
HOLIDAYS	June 24 and July 1.No group classes including aquafitness.	
REGISTRATION START	2022-06-13	ymcaquebec.org/aquatics

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

Preschool with parent – Splashers 2022-07-02 - 2022-08-13



Age	6-18 months with parents		
Duration	30 min	Note	Bathing cap is mandatory. Parents must be in the water with their child

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

Preschool with parent – Splashers 2022-07-04 - 2022-07-14



Age	6-18 months with parents		
Duration	30 min	Note	Bathing cap is mandatory. Parents must be in the water with their child

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:00 - 16:30	2	\$74.00 / \$85.00

Preschool with parent – Splashers 2022-07-18 - 2022-07-28



Age	6-18 months with parents		
Duration	30 min	Note	Bathing cap is mandatory. Parents must be in the water with their child

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



Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:00 - 16:30	2	\$74.00 / \$85.00

Preschool with parent – Splashers 2022-08-01 - 2022-08-11



Age 6-18 months with parents

Duration 30 min

Note

Bathing cap is mandatory. Parents must be in the water with their child

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:00 - 16:30	2	\$74.00 / \$85.00

Preschool with parent – Bubblers 2022-07-02 - 2022-08-13



Age 18-36 months with parents

Duration 30 min

Note

Bathing cap is mandatory. Parents must be in the water with their child

Days	Time	Weeks	\$M / \$NM**
Saturday	10:35 - 11:05	7	\$63.00 / \$72.00

Preschool with parent – Bubblers 2022-07-04 - 2022-07-14



Age 18-36 months with parents

Duration 30 min

Note

Bathing cap is mandatory. Parents must be in the water with their child

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:00 - 16:30	4	\$0.00 / \$0.00

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



Preschool with parent – Bubblers 2022-07-18 - 2022-07-28

Age 18-36 months with parents

Duration 30 min

Note

Bathing cap is mandatory. Parents must be in the water with their child

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:00 - 16:30	2	\$74.00 / \$85.00

Preschool with parent – Bubblers 2022-08-01 - 2022-08-11



Age 18-36 months with parents

Duration 30 min

Note

Bathing cap is mandatory. Parents must be in the water with their child

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:00 - 16:30	2	\$74.00 / \$85.00

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/activities for information on all course descriptions and pre-requisites.



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

Preschool – Bobbers 2022-07-02 - 2022-08-13



Age 3-5 years with parents

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	11:10 - 11:40	7	\$63.00 / \$72.00
Saturday	12:55 - 13:25	7	\$63.00 / \$72.00

Preschool – Bobbers 2022-07-04 - 2022-07-14



Age 3-5 years

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:35 - 17:05	2	\$74.00 / \$85.00

Preschool – Bobbers 2022-07-18 - 2022-07-28



Age 3-5 years

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:35 - 17:05	2	\$74.00 / \$85.00

Preschool – Bobbers 2022-08-01 - 2022-08-11



Age 3-5 years

Duration 30 min

Note Bathing cap is 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/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:35 - 17:05	2	\$74.00 / \$85.00

Preschool – Floaters 2022-07-02 - 2022-08-13



Age 3-5 years with parents Prerequisite Preschool – Bobbers
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	11:45 - 12:15	7	\$63.00 / \$72.00
Saturday	13:05 - 13:35	7	\$63.00 / \$72.00

Preschool – Floaters 2022-07-04 - 2022-07-14



Age 3-5 years with parents Prerequisite Preschool – Bobbers
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	17:10 - 17:40	2	\$74.00 / \$85.00

Preschool – Floaters 2022-07-18 - 2022-07-28



Age 3-5 years with parents Prerequisite Preschool – Bobbers
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	17:10 - 17:40	2	\$74.00 / \$85.00

Preschool – Floaters 2022-08-01 - 2022-08-11



Age 3-5 years with parents Prerequisite Preschool – Bobbers
 Duration 30 min Note Bathing cap is mandatory.

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 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/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	17:10 - 17:40	2	\$74.00 / \$85.00

Preschool – Gliders 2022-07-02 - 2022-08-13



Age 3-5 years Prerequisite Preschool – Floaters
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	12:20 - 12:50	7	\$63.00 / \$72.00

Preschool – Gliders 2022-07-04 - 2022-07-14



Age 3-5 years Prerequisite Preschool – Floaters
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	17:45 - 18:15	2	\$74.00 / \$85.00

Preschool – Gliders 2022-07-18 - 2022-07-28



Age 3-5 years Prerequisite Preschool – Floaters
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	17:45 - 18:15	2	\$74.00 / \$85.00

Preschool – Gliders 2022-08-01 - 2022-08-11



Age 3-5 years Prerequisite Preschool – Floaters
 Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	17:45 - 18:15	2	\$74.00 / \$85.00

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



Preschool – Divers 2022-07-02 - 2022-08-13



Age 3-5 years with parents Prerequisite Preschool – Gliders
Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	12:30 - 13:00	7	\$63.00 / \$72.00

Preschool – Divers 2022-07-04 - 2022-07-14



Age 3-5 years with parents Prerequisite Preschool – Gliders
Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	17:45 - 18:15	2	\$74.00 / \$85.00

Preschool – Divers 2022-07-18 - 2022-07-28



Age 3-5 years with parents Prerequisite Preschool – Gliders
Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	17:45 - 18:15	2	\$74.00 / \$85.00

Preschool – Divers 2022-08-01 - 2022-08-11



Age 3-5 years with parents Prerequisite Preschool – Gliders
Duration 30 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	17:45 - 18:15	2	\$74.00 / \$85.00

Preschool – Surfers 2022-07-02 - 2022-08-13



Age 3-5 years with parents Prerequisite Preschool – Divers
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 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/activities for information on all course descriptions and pre-requisites.



Westmount YMCA

4585 Sherbrooke Street West, Westmount, Quebec H3Z 1E9

Tel. : 514 931-8046

ymcaquebec.org

Days	Time	Weeks	\$M / \$NM**
Saturday	12:30 - 13:00	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 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/activities for information on all course descriptions and pre-requisites.



Learn to Swim (6 - 15 years)

Private Swim Lessons for children 2022-07-04 - 2022-07-14



Age 0-13 years

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:00 - 16:30	2	\$192.00 / \$220.00
Monday to Thursday	16:35 - 17:05	2	\$192.00 / \$220.00
Monday to Thursday	17:10 - 17:40	2	\$192.00 / \$220.00
Monday to Thursday	17:45 - 18:15	2	\$192.00 / \$220.00

Private Swim Lessons for children 2022-07-18 - 2022-07-28



Age 0-13 years

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:00 - 16:30	2	\$192.00 / \$220.00
Monday to Thursday	16:35 - 17:05	2	\$192.00 / \$220.00
Monday to Thursday	17:10 - 17:40	2	\$192.00 / \$220.00
Monday to Thursday	17:45 - 18:15	2	\$192.00 / \$220.00

Private Swim Lessons for children 2022-08-01 - 2022-08-11



Age 0-13 years

Duration 30 min

Note Bathing cap is mandatory.

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 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/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:00 - 16:30	2	\$192.00 / \$220.00
Monday to Thursday	16:35 - 17:05	2	\$192.00 / \$220.00
Monday to Thursday	17:10 - 17:40	2	\$192.00 / \$220.00
Monday to Thursday	17:45 - 18:15	2	\$192.00 / \$220.00

Learn to Swim – Otter 2022-07-02 - 2022-08-13



Age 6-15 years

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	11:40 - 12:25	7	\$76.00 / \$87.00

Learn to Swim – Otter 2022-07-04 - 2022-07-14



Age 6-15 years

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	17:40 - 18:25	2	\$87.00 / \$100.00
Tuesday	17:40 - 18:25	2	\$87.00 / \$100.00
Wednesday	17:40 - 18:25	2	\$87.00 / \$100.00
Thursday	17:40 - 18:25	2	\$87.00 / \$100.00

Learn to Swim – Otter 2022-07-18 - 2022-07-28



Age 6-15 years

Duration 45 min

Note Bathing cap is mandatory.

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 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/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Monday	17:40 - 18:25	2	\$87.00 / \$100.00
Tuesday	17:40 - 18:25	2	\$87.00 / \$100.00
Wednesday	17:40 - 18:25	2	\$87.00 / \$100.00
Thursday	17:40 - 18:25	2	\$87.00 / \$100.00

Learn to Swim – Otter 2022-08-01 - 2022-08-11



Age 6-15 years

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	17:40 - 18:25	2	\$87.00 / \$100.00
Tuesday	17:40 - 18:25	2	\$87.00 / \$100.00
Wednesday	17:40 - 18:25	2	\$87.00 / \$100.00
Thursday	17:40 - 18:25	2	\$87.00 / \$100.00

Learn to Swim – Seal 2022-07-02 - 2022-08-13



Age 6-15 years

Duration 45 min

Prerequisite Learn to Swim – Otter

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	11:40 - 12:25	7	\$76.00 / \$87.00

Learn to Swim – Seal 2022-07-04 - 2022-07-14



Age 6-15 years

Duration 45 min

Prerequisite Learn to Swim – Otter

Note Bathing cap is mandatory.



Days	Time	Weeks	\$M / \$NM**
Monday	17:40 - 18:25	2	\$87.00 / \$100.00
Tuesday	17:40 - 18:25	2	\$87.00 / \$100.00
Wednesday	17:40 - 18:25	2	\$87.00 / \$100.00
Thursday	17:40 - 18:25	2	\$87.00 / \$100.00

Learn to Swim – Seal 2022-07-18 - 2022-07-28



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

Days	Time	Weeks	\$M / \$NM**
Monday	17:40 - 18:25	2	\$87.00 / \$100.00
Tuesday	17:40 - 18:25	2	\$87.00 / \$100.00
Wednesday	17:40 - 18:25	2	\$87.00 / \$100.00
Thursday	17:40 - 18:25	2	\$87.00 / \$100.00

Learn to Swim – Seal 2022-08-01 - 2022-08-11



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

Days	Time	Weeks	\$M / \$NM**
Monday	17:40 - 18:25	2	\$87.00 / \$100.00
Tuesday	17:40 - 18:25	2	\$87.00 / \$100.00
Wednesday	17:40 - 18:25	2	\$87.00 / \$100.00
Thursday	17:40 - 18:25	2	\$87.00 / \$100.00

Learn to Swim – Dolphin 2022-07-02 - 2022-08-13



Age 6-15 years Prerequisite Learn to Swim – Seal
 Duration 45 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 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/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 10:45	7	\$76.00 / \$87.00

Learn to Swim – Dolphin 2022-07-04 - 2022-07-14



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

Days	Time	Weeks	\$M / \$NM**
Monday	16:00 - 16:45	2	\$87.00 / \$100.00
Tuesday	16:00 - 16:45	2	\$87.00 / \$100.00
Wednesday	16:00 - 16:45	2	\$87.00 / \$100.00
Thursday	16:00 - 16:45	2	\$87.00 / \$100.00

Learn to Swim – Dolphin 2022-07-18 - 2022-07-28



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

Days	Time	Weeks	\$M / \$NM**
Monday	16:00 - 16:45	2	\$87.00 / \$100.00
Tuesday	16:00 - 16:45	2	\$87.00 / \$100.00
Wednesday	16:00 - 16:45	2	\$87.00 / \$100.00
Thursday	16:00 - 16:45	2	\$87.00 / \$100.00

Learn to Swim – Dolphin 2022-08-01 - 2022-08-11



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

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 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/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Monday	16:00 - 16:45	2	\$87.00 / \$100.00
Tuesday	16:00 - 16:45	2	\$87.00 / \$100.00
Wednesday	16:00 - 16:45	2	\$87.00 / \$100.00
Thursday	16:00 - 16:45	2	\$87.00 / \$100.00

Learn to Swim – Swimmer 2022-07-02 - 2022-08-13



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

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 10:45	7	\$76.00 / \$87.00

Learn to Swim – Swimmer 2022-07-04 - 2022-07-14



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

Days	Time	Weeks	\$M / \$NM**
Monday	10:00 - 10:45	2	\$87.00 / \$100.00
Tuesday	16:00 - 16:45	2	\$87.00 / \$100.00
Wednesday	16:00 - 16:45	2	\$87.00 / \$100.00
Thursday	16:00 - 16:45	2	\$87.00 / \$100.00

Learn to Swim – Swimmer 2022-07-18 - 2022-07-28



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

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 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/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Monday	16:00 - 16:45	2	\$87.00 / \$100.00
Tuesday	16:00 - 16:45	2	\$87.00 / \$100.00
Wednesday	16:00 - 16:45	2	\$87.00 / \$100.00
Thursday	16:00 - 16:45	2	\$87.00 / \$100.00

Learn to Swim – Swimmer 2022-08-01 - 2022-08-11



Age 6-15 years

Prerequisite Learn to Swim – Dolphin

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	16:00 - 16:45	2	\$87.00 / \$100.00
Tuesday	16:00 - 16:45	2	\$87.00 / \$100.00
Wednesday	16:00 - 16:45	2	\$87.00 / \$100.00
Thursday	16:00 - 16:45	2	\$87.00 / \$100.00

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 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/activities for information on all course descriptions and pre-requisites.



Star Program (6 - 15 years)

Star Program - Star 1 2022-07-02 - 2022-08-13

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

Days	Time	Weeks	\$M / \$NM**
Saturday	10:50 - 11:35	7	\$76.00 / \$87.00

Star Program - Star 1 2022-07-04 - 2022-07-14

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

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:50 - 17:35	2	\$87.00 / \$100.00

Star Program - Star 1 2022-07-18 - 2022-07-28

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

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:50 - 17:35	2	\$87.00 / \$100.00

Star Program - Star 1 2022-08-01 - 2022-08-11

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

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:50 - 17:35	2	\$87.00 / \$100.00

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 — 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/activities for information on all course descriptions and pre-requisites.



Star Program - Star 2 2022-07-02 - 2022-08-13



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

Days	Time	Weeks	\$M / \$NM**
Saturday	10:50 - 11:35	7	\$76.00 / \$87.00

Star Program - Star 2 2022-07-04 - 2022-07-14



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

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:50 - 17:35	7	\$76.00 / \$87.00

Star Program - Star 2 2022-07-18 - 2022-07-28



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

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:50 - 17:35	7	\$76.00 / \$87.00

Star Program - Star 2 2022-08-01 - 2022-08-11



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

Days	Time	Weeks	\$M / \$NM**
Monday to Thursday	16:50 - 17:35	7	\$76.00 / \$87.00

Star Program - Star 3 2022-07-02 - 2022-08-13



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 | 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 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/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Saturday	10:50 - 11:35	7	\$76.00 / \$87.00

Star Program - Star 3 2022-07-04 - 2022-07-14



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**
Monday to Thursday	16:50 - 17:35	2	\$87.00 / \$100.00

Star Program - Star 3 2022-07-18 - 2022-07-28



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**
Monday to Thursday	16:50 - 17:35	2	\$87.00 / \$100.00

Star Program - Star 3 2022-08-01 - 2022-08-11



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**
Monday to Thursday	16:50 - 17:35	2	\$87.00 / \$100.00

Star Program - Star 4 2022-07-02 - 2022-08-13



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**
Saturday	10:50 - 11:35	7	\$76.00 / \$87.00

□ All levels | ● Beginner | ◆ Advanced | BB Baby friendly | ✍ Registration required | \$ Additional payment required | \$M 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/activities for information on all course descriptions and pre-requisites.



Star Program - Star 4 2022-07-04 - 2022-07-14



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**
Monday to Thursday	16:50 - 17:35	2	\$87.00 / \$100.00

Star Program - Star 4 2022-07-18 - 2022-07-28



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**
Monday to Thursday	16:50 - 17:35	2	\$87.00 / \$100.00

Star Program - Star 4 2022-08-01 - 2022-08-11



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**
Monday to Thursday	16:50 - 17:35	2	\$87.00 / \$100.00



Star Leadership Program (6 - 15 years)

Star Leadership Program - Star 5 2022-07-02 - 2022-08-13



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

Days	Time	Weeks	\$M / \$NM**
Saturday	12:30 - 13:30	7	\$81.00 / \$93.00

Star Leadership Program - Star 6 2022-07-02 - 2022-08-13



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

Days	Time	Weeks	\$M / \$NM**
Saturday	12:30 - 13:30	7	\$81.00 / \$93.00

Star Leadership Program - Star 7 2022-07-02 - 2022-08-13



Age 6-15 years Prerequisite Star Leadership Program - Star 6
Duration 75 min Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	12:30 - 13:15	7	\$101.00 / \$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/activities for information on all course descriptions and pre-requisites.



Aquatic Certifications (13 years +)

Bronze Medallion 2022-08-01 - 2022-08-12



Age 13+

Note Prerequisite: Must be 13 years as of the exam or have a Bronze Star certificate. Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	18:30 - 21:30	5	\$178.00 / \$210.00
Wednesday	18:30 - 21:30	5	\$178.00 / \$210.00
Friday	18:30 - 21:30	5	\$178.00 / \$210.00

Bronze Cross 2022-07-04 - 2022-07-15



Age 14+

Prerequisite Bronze Medallion

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	18:30 - 21:30	2	\$178.00 / \$210.00
Tuesday	18:30 - 21:30	2	\$178.00 / \$210.00
Wednesday	18:30 - 21:30	2	\$178.00 / \$210.00
Thursday	18:30 - 21:30	2	\$178.00 / \$210.00
Friday	18:30 - 21:30	2	\$178.00 / \$210.00

Bronze Cross 2022-08-01 - 2022-08-12



Age 14+

Prerequisite Bronze Medallion

Note Bathing cap is mandatory.

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 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/activities for information on all course descriptions and pre-requisites.



Days	Time	Weeks	\$M / \$NM**
Monday	18:30 - 21:30	2	\$178.00 / \$210.00
Tuesday	18:30 - 21:30	2	\$178.00 / \$210.00
Wednesday	18:30 - 21:30	2	\$178.00 / \$210.00
Thursday	18:30 - 21:30	2	\$178.00 / \$210.00
Friday	18:30 - 21:30	2	\$178.00 / \$210.00

National Lifeguard 2022-07-18 - 2022-07-30



Age 16+

Prerequisite **Bronze Cross**

Note Additional prerequisites: Must be 16 years as of the exam and have a Standard First Aid certificate.

Days	Time	Weeks	\$M / \$NM**
Monday	18:30 - 21:30	10	\$223.00 / \$263.00
Tuesday	18:30 - 21:30	10	\$223.00 / \$263.00
Wednesday	18:30 - 21:30	10	\$223.00 / \$263.00
Thursday	18:30 - 21:30	10	\$223.00 / \$263.00
Friday	18:30 - 21:30	10	\$223.00 / \$263.00
Saturday	12:00 - 18:00	10	\$223.00 / \$263.00



CPR and First Aid Certifications (12 years +)

Standard First Aid 2022-07-16 - 2022-07-17



Age 14+

Note Bilingual course.

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

Standard First Aid 2022-08-20 - 2022-08-21



Age 14+

Note Bilingual course.

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

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 — 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/activities for information on all course descriptions and pre-requisites.