



Winter 2019	From 2019-01-07 to 2019-03-24	
Holidays	April 19: 7:00 to 19:00 Modified schedules for group classes, the pool and the gymnasium May 20: 7:00 to 19:00 Modified schedules for group classes, the pool and the gymnasium	
Registration Start	2018-12-10 12:00:00 AM	ymcaquebec.org/aquatics

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

L'il Dippers with parent – Splashers 2019-01-07 - 2019-03-24



Age 6-18 months

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	10:30 - 11:00	11	\$99.00 / \$113.00
Saturday	9:50 - 10:20	11	\$99.00 / \$113.00
Sunday	8:50 - 9:20	11	\$99.00 / \$113.00

L'il Dippers with parent – Bubblers 2019-01-07 - 2019-03-24



Age 18-36 months

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	10:30 - 11:00	11	\$99.00 / \$113.00
Saturday	10:25 - 10:55	11	\$99.00 / \$113.00
Sunday	9:25 - 9:55	11	\$99.00 / \$113.00

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

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 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:00 - 16:30	11	\$99.00 / \$113.00
Wednesday	16:00 - 16:30	11	\$99.00 / \$113.00
Thursday	16:00 - 16:30	11	\$99.00 / \$113.00
Friday	16:30 - 17:00	11	\$99.00 / \$113.00
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00
Saturday	12:25 - 12:55	11	\$99.00 / \$113.00
Sunday	10:00 - 10:30	11	\$99.00 / \$113.00
Sunday	11:25 - 11:55	11	\$99.00 / \$113.00

L'il Dippers – Floaters 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:00 - 16:30	11	\$99.00 / \$113.00
Wednesday	16:00 - 16:30	11	\$99.00 / \$113.00
Thursday	16:00 - 16:30	11	\$99.00 / \$113.00
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00
Saturday	12:25 - 12:55	11	\$99.00 / \$113.00
Sunday	10:00 - 10:30	11	\$99.00 / \$113.00
Sunday	11:25 - 11:55	11	\$99.00 / \$113.00

L'il Dippers – Gliders 2019-01-07 - 2019-03-24



Age 3-5 years
Duration 30 min
Prerequisite L'il Dippers – Floaters
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 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	16:00 - 16:30	11	\$99.00 / \$113.00
Wednesday	16:00 - 16:30	11	\$99.00 / \$113.00
Thursday	16:00 - 16:30	11	\$99.00 / \$113.00
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00
Saturday	12:25 - 12:55	11	\$99.00 / \$113.00
Sunday	10:00 - 10:30	11	\$99.00 / \$113.00
Sunday	11:25 - 11:55	11	\$99.00 / \$113.00

L'il Dippers – Divers 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:00 - 16:30	11	\$99.00 / \$113.00
Wednesday	16:00 - 16:30	11	\$99.00 / \$113.00
Thursday	16:00 - 16:30	11	\$99.00 / \$113.00
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00
Saturday	12:25 - 12:55	11	\$99.00 / \$113.00
Sunday	10:00 - 10:30	11	\$99.00 / \$113.00
Sunday	11:25 - 11:55	11	\$99.00 / \$113.00

L'il Dippers – Surfers 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:00 - 16:30	11	\$99.00 / \$113.00
Wednesday	16:00 - 16:30	11	\$99.00 / \$113.00
Thursday	16:00 - 16:30	11	\$99.00 / \$113.00
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00
Sunday	10:00 - 10:30	11	\$99.00 / \$113.00

□ 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.



L'il Dippers – Dippers 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:00 - 16:30	11	\$99.00 / \$113.00
Wednesday	16:00 - 16:30	11	\$99.00 / \$113.00
Thursday	16:00 - 16:30	11	\$99.00 / \$113.00
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00
Sunday	10:00 - 10:30	11	\$99.00 / \$113.00

Learn to Swim (6 - 15 years)

Learn to Swim – Otter 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:35 - 17:20	11	\$119.00 / \$136.00
Wednesday	16:35 - 17:20	11	\$119.00 / \$136.00
Thursday	16:35 - 17:20	11	\$119.00 / \$136.00
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00
Saturday	13:00 - 13:45	11	\$119.00 / \$136.00
Sunday	10:35 - 11:20	11	\$119.00 / \$136.00

Learn to Swim – Seal 2019-01-07 - 2019-03-24



Age 6-15 years Prerequisite Learn to Swim – Otter
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 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	16:35 - 17:20	11	\$119.00 / \$136.00
Wednesday	16:35 - 17:20	11	\$119.00 / \$136.00
Thursday	16:35 - 17:20	11	\$119.00 / \$136.00
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00
Saturday	13:00 - 13:45	11	\$119.00 / \$136.00
Sunday	10:35 - 11:20	11	\$119.00 / \$136.00

Learn to Swim – Dolphin 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:35 - 17:20	11	\$119.00 / \$136.00
Wednesday	16:35 - 17:20	11	\$119.00 / \$136.00
Thursday	16:35 - 17:20	11	\$119.00 / \$136.00
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00
Saturday	13:00 - 13:45	11	\$119.00 / \$136.00
Sunday	10:35 - 11:20	11	\$119.00 / \$136.00

Learn to Swim – Swimmer 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:35 - 17:20	11	\$119.00 / \$136.00
Wednesday	16:35 - 17:20	11	\$119.00 / \$136.00
Thursday	16:35 - 17:20	11	\$119.00 / \$136.00
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00
Saturday	13:00 - 13:45	11	\$119.00 / \$136.00
Sunday	10:35 - 11:20	11	\$119.00 / \$136.00

Star Program (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.



Star Program - Star 1 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:35 - 17:20	11	\$119.00 / \$136.00
Wednesday	16:35 - 17:20	11	\$119.00 / \$136.00
Thursday	16:35 - 17:20	11	\$119.00 / \$136.00
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00
Saturday	13:50 - 14:35	11	\$119.00 / \$136.00
Sunday	10:35 - 11:20	11	\$119.00 / \$136.00

Star Program - Star 2 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	16:35 - 17:20	11	\$119.00 / \$136.00
Wednesday	16:35 - 17:20	11	\$119.00 / \$136.00
Thursday	16:35 - 17:20	11	\$119.00 / \$136.00
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00
Saturday	13:50 - 14:35	11	\$119.00 / \$136.00
Sunday	10:35 - 11:20	11	\$119.00 / \$136.00

Star Program - Star 3 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:25 - 18:10	11	\$119.00 / \$136.00
Thursday	17:25 - 18:10	11	\$119.00 / \$136.00
Saturday	13:50 - 14:35	11	\$119.00 / \$136.00
Sunday	12:00 - 12:45	11	\$119.00 / \$136.00

□ 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.



Star Program - Star 4 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:25 - 18:10	11	\$119.00 / \$136.00
Thursday	17:25 - 18:10	11	\$119.00 / \$136.00
Saturday	13:50 - 14:35	11	\$119.00 / \$136.00
Sunday	12:00 - 12:45	11	\$119.00 / \$136.00

Star Leadership Program (6 - 15 years)

Star Leadership Program - Star 5 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:25 - 18:25	11	\$127.00 / \$145.00
Thursday	17:25 - 18:25	11	\$127.00 / \$145.00
Saturday	12:25 - 13:25	11	\$127.00 / \$145.00
Sunday	12:00 - 13:00	11	\$127.00 / \$145.00

Star Leadership Program - Star 6 2019-01-07 - 2019-03-24



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

Days	Time	Weeks	\$M / \$NM**
Tuesday	17:25 - 18:25	11	\$127.00 / \$145.00
Thursday	17:25 - 18:25	11	\$127.00 / \$145.00
Saturday	12:25 - 13:25	11	\$127.00 / \$145.00
Sunday	12:00 - 13:00	11	\$127.00 / \$145.00

Star Leadership Program - Star 7 2019-01-07 - 2019-03-24



Age 6-15 years Prerequisite Star Leadership Program - Star 6
Duration 75 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. 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**
Thursday	17:25 - 18:40	11	\$158.00 / \$182.00
Saturday	12:25 - 13:40	11	\$158.00 / \$182.00
Sunday	11:25 - 12:40	11	\$158.00 / \$182.00

Aquatic Certifications (13 years +)

Bronze Medallion 2019-01-14 - 2019-03-17



Age 13 years+
 Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	18:45 - 21:45	9	\$178.00 / \$210.00
Saturday	15:30 - 18:30	9	\$178.00 / \$210.00

Bronze Cross 2019-01-14 - 2019-03-16



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

Days	Time	Weeks	\$M / \$NM**
Wednesday	18:45 - 21:45	9	\$178.00 / \$210.00
Saturday	15:30 - 18:30	9	\$178.00 / \$210.00

National Lifeguard 2019-01-20 - 2019-03-24



Age 16 years+ Prerequisite Bronze Cross
 Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Sunday	15:30 - 19:30	10	\$223.00 / \$263.00

National Lifeguard Recertification 2019-03-10 - 2019-03-10



Age 16 years+ Prerequisite National Lifeguard
 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. 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	15:30 - 19:30	1	\$94.50 / \$113.50

CPR and First Aid Certifications (12 years +)

Standard First Aid 2019-01-12 - 2019-01-13



Age No minimum age

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

Standard First Aid 2019-02-16 - 2019-02-23



Age 15 years+

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

Standard First Aid 2019-03-23 - 2019-03-24



Age 15 years+

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

Heartsaver® CPR AED with Child Module 2019-01-25 - 2019-01-25



Age 12 years +

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

Heartsaver® CPR AED with Child Module 2019-02-22 - 2019-02-22



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Friday	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. 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 Module 2019-03-22 - 2019-03-22



Age 12 years +

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

Emergency First Aid 2019-02-23 - 2019-02-23



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Saturday	8:30 - 17:00	1	\$85.00 / \$98.00

Emergency First Aid 2019-02-27 - 2019-02-27



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	8:30 - 17:00	1	\$85.00 / \$98.00

Emergency First Aid 2019-03-13 - 2019-03-13



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Wednesday	8:30 - 17:00	1	\$85.00 / \$98.00

Emergency First Aid 2019-03-18 - 2019-03-18



Age 12 years +

Days	Time	Weeks	\$M / \$NM**
Monday	8:30 - 17:00	1	\$85.00 / \$98.00

Emergency First Aid 2019-03-25 - 2019-03-25



Age 12 years +

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.



Days	Time	Weeks	\$M / \$NM**
Monday	8:30 - 17:00	1	\$85.00 / \$98.00

Adult Lessons (16 years +)

Adult Swim Lessons - Level 1 2019-01-14 - 2019-03-24



Age 16 years+
 Duration 45 min
 Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Monday	19:30 - 20:15	10	\$15.00 / \$100.00
Tuesday	8:45 - 9:30	10	\$15.00 / \$100.00
Thursday	14:30 - 15:15	10	\$15.00 / \$100.00
Friday	18:15 - 19:00	10	\$15.00 / \$100.00

Adult Swim Lessons - Level 2 2019-01-14 - 2019-03-24



Age 16 years+
 Duration 45 min
 Prerequisite Adult Swim Lessons - Level 1
 Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Tuesday	14:30 - 15:15	10	\$15.00 / \$100.00
Wednesday	19:30 - 20:15	10	\$15.00 / \$100.00
Thursday	8:45 - 9:30	10	\$15.00 / \$100.00

□ 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.