



Spring 2019	From 2019-03-25 to 2019-06-16	
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	2019-03-18 12:00:00 AM	ymcaquebec.org/aquatics

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

L'il Dippers with parent – Splashers 2019-04-01 - 2019-06-16



Age 6-18 months

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	9:50 - 10:20	11	\$99.00 / \$113.00

L'il Dippers with parent – Bubblers 2019-04-01 - 2019-06-16



Age 18-36 months

Duration 30 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Saturday	10:00 - 10:30	11	\$99.00 / \$113.00

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

L'il Dippers – Bobbers 2019-04-01 - 2019-06-16



Age 3-5 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 — 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**
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00
Saturday	10:00 - 10:30	11	\$99.00 / \$113.00
Saturday	10:35 - 11:05	11	\$99.00 / \$113.00
Monday and Wednesday	16:00 - 16:30	11	\$99.00 / \$113.00
Tuesday and Thursday	16:00 - 16:30	11	\$99.00 / \$113.00

L'il Dippers – Floaters 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00
Saturday	10:00 - 10:30	11	\$99.00 / \$113.00
Saturday	10:35 - 11:05	11	\$99.00 / \$113.00
Monday and Wednesday	16:00 - 16:30	11	\$99.00 / \$113.00
Tuesday and Thursday	16:00 - 16:30	11	\$99.00 / \$113.00

L'il Dippers – Gliders 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00

L'il Dippers – Divers 2019-04-02 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00

L'il Dippers – Surfers 2019-04-01 - 2019-06-16



Age 3-5 years Prerequisite L'il Dippers – Divers
 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 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**
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00

L'il Dippers – Dippers 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:00 - 11:30	11	\$99.00 / \$113.00

Learn to Swim (6 - 15 years)

Learn to Swim – Otter 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00

Learn to Swim – Seal 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00

Learn to Swim – Dolphin 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00

Learn to Swim – Swimmer 2019-04-01 - 2019-06-16



Age 6-15 years Prerequisite Learn to Swim – Dolphin
 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**
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00

Star Program (6 - 15 years)

Star Program - Star 1 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00

Star Program - Star 2 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	11:35 - 12:20	11	\$119.00 / \$136.00

Star Program - Star 3 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	13:50 - 14:35	11	\$119.00 / \$136.00

Star Program - Star 4 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	13:50 - 14:35	11	\$119.00 / \$136.00

Star Leadership 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 Leadership Program - Star 5 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	12:25 - 13:25	11	\$127.00 / \$145.00

Star Leadership Program - Star 6 2019-04-01 - 2019-06-17



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

Days	Time	Weeks	\$M / \$NM**
Saturday	12:25 - 13:25	11	\$127.00 / \$145.00

Star Leadership Program - Star 7 2019-04-01 - 2019-06-16



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

Days	Time	Weeks	\$M / \$NM**
Saturday	12:25 - 13:40	11	\$158.00 / \$182.00

Aquatic Certifications (13 years +)

Bronze Medallion 2019-04-06 - 2019-06-08



Age 13 years+
Note Prerequisite: Must be 13 years as of the exam or have a Bronze Star certificate.

Days	Time	Weeks	\$M / \$NM**
Monday	18:45 - 21:45	9	\$178.00 / \$210.00
Wednesday	18:30 - 22:00	9	\$178.00 / \$210.00
Thursday	18:30 - 22:00	9	\$178.00 / \$210.00
Saturday	16:00 - 19:00	9	\$178.00 / \$210.00

Bronze Cross 2019-04-06 - 2019-06-08



Age 14 years+ Prerequisite Bronze Medallion

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Days	Time	Weeks	\$M / \$NM**
Monday	18:30 - 22:00	9	\$178.00 / \$210.00
Tuesday	18:30 - 22:00	9	\$178.00 / \$210.00
Wednesday	18:30 - 22:00	9	\$178.00 / \$210.00
Thursday	18:30 - 22:00	9	\$178.00 / \$210.00

National Lifeguard 2019-04-07 - 2019-06-09



Age 16 years+

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	17:30 - 22:00	9	\$223.00 / \$263.00
Tuesday	17:30 - 22:00	9	\$223.00 / \$263.00
Wednesday	17:30 - 22:00	9	\$223.00 / \$263.00
Thursday	17:30 - 22:00	9	\$223.00 / \$263.00

CPR and First Aid Certifications (12 years +)

Heartsaver® CPR AED with Child Module 2019-04-12 - 2019-04-12



Age 12 years +

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

Heartsaver® CPR AED with Child Module 2019-05-17 - 2019-05-17



Age 12 years +

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

Heartsaver® CPR AED with Child Module 2019-06-14 - 2019-06-14



Age 12 years +

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

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 —
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Heartsaver® CPR AED with Child Module 2019-07-19 - 2019-07-19



Age 12 years +

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

Heartsaver® CPR AED with Child Module 2019-08-23 - 2019-08-23



Age 12 years +

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

Adult Lessons (16 years +)

Adult Swim Lessons - Level 2 2019-06-26 - 2019-08-07



Age 16 years+

Prerequisite Adult Swim Lessons - Level 1

Duration 45 min

Note Bathing cap is mandatory.

Days	Time	Weeks	\$M / \$NM**
Wednesday	19:30 - 20:15	7	\$0.00 / \$0.00

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 —
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