



Spring 2019	From 2019-03-25 to 2019-06-16	
Holidays	June 24: 7:00 to 19:00 July 1: 7:00 to 19:00	
Registration Start	2019-03-18 12:00:00 AM	<a href="http://ymcaquebec.org/aquatics">ymcaquebec.org/aquatics</a>

## 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.

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

□ 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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



### 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.

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

□ 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.



## 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  
Duration 45 min  
Prerequisite Learn to Swim – Otter  
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  
Duration 45 min  
Prerequisite Learn to Swim – Seal  
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  
Duration 45 min  
Prerequisite Learn to Swim – Dolphin  
Note Bathing cap is mandatory.

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  
Duration 45 min  
Prerequisite Learn to Swim – Swimmer  
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](http://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 - 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)

### 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.

□ 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	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+ 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

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.

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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



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

### 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 +

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](http://ymcaquebec.org/activities) for information on all course descriptions and pre-requisites.



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 —  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.