



Print date: 2025-09-07

Winter 2023

From 2023-01-03 to 2023-03-19

OPENING HOURS

Monday - Friday: 6 a.m. - 10 p.m.

Saturday - Sunday: 7:30 a.m. - 7 p.m.

Special schedule

Monday, September 1 (Labour Day): no Group Fitness

Monday, October 13 (Thanksgiving Day): no Group Fitness

HOLIDAYS

April 18 (Good Friday) - April 20 (Easter Sunday) - April 21 (Easter Monday) - May 19 (National Patriots' Day)

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✍️ Registration required | 💰 Additional payment required | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 🖱️ Online reservation | 💵 Additional fee for non-members | **QC** Activity open to City of Québec residents | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/en/Fitness-and-Aquatic-Activities.



Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					09:00 - 10:00 Basketball 6–7 years – Level 1 9 January - 19 March Gymnasium 1 - Béatrice Homocea / \$	09:00 - 10:00 Introduction to sports (3-5 yrs) 9 January - 19 March Gymnasium 1 - Alexandra / \$
					09:00 - 10:00 Soccer 6–7 years – Level 1 9 January - 19 March Gymnasium 2 - À venir/TBA / \$	09:00 - 10:00 Hip-hop for kids 6-8 years old (6-7 yrs) 9 January - 19 March Studio 4/local 220 / \$
					09:00 - 10:00 Martial Arts for Kids 8-9 years old 9 January - 19 March Studio 4/local 220 - À venir/TBA / \$	10:00 - 11:00 Introduction to sports (3-5 yrs) 9 January - 19 March Gymnasium 1 - Alexandra / \$
					10:00 - 11:00 Basketball 8–9 years – Level 1 9 January - 19 March Gymnasium 1 - Béatrice Homocea / \$	10:00 - 11:00 Hip-hop for kids 6-8 years old (8-9 yrs) 9 January - 19 March Studio 4/local 220 / \$
					10:00 - 11:00 Soccer 8–9 years – Level 1 9 January - 19 March Gymnasium 2 - À venir/TBA / \$	11:00 - 12:00 Hip-hop for kids 6-8 years old (10-11 yrs) 9 January - 19 March Studio 4/local 220 / \$

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Saint-Roch YMCA

500 Du Pont Street, Québec City, G1K 6N4

Tel. : 418 525-9622

ymcaquebec.org

10:00 - 11:00
Martial Arts for
Kids 6-7 years
old
9 January - 19
March
Studio 4/local
220 - À
venir/TBA
✍ \$

11:00 - 12:00
Basketball 10-11
years – Level 1
9 January - 19
March
Gymnasium 1 -
Béatrice
Homocea
✍ \$

11:00 - 12:00
Soccer 10-11
years – Level 1
9 January - 19
March
Gymnasium 2 -
À venir/TBA
✍ \$

11:00 - 12:00
Martial Arts for
Kids 10-11 years
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