



Saint-Roch YMCA

500 Du Pont Street, Québec City, G1K 6N4

Tel. : 418 525-9622

ymcaquebec.org

Print date: 2025-09-07

Fall 2022

From 2022-09-05 to 2022-12-18

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

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

OPENING HOURS

HOLIDAYS

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.