



Print date: 2019-12-16

Fall 2019	From 2019-09-09 to 2019-12-22
OPENING HOURS	Week: 6:45 to 20:15 Saturday : 7:45 to 18:15 Sunday : 8:45 to 18:15
CLOSED	December 22, 2019 December 25, 2019 December 26, 2019 December 28, 2019 December 29, 2019 January 1, 2020 January 2, 2020 January 4, 2020 January 5, 2020
HOLIDAYS	December 15, 2019: 8:45 to 18:15 December 16, 2019: 6:45 to 20:15 December 17, 2019: 6:45 to 19:15 December 18, 2019: 6:45 to 20:15 December 19, 2019: 6:45 to 19:15 December 20, 2019: 6:45 to 20:15 December 21, 2019: 8:45 to 12:15 December 23, 24, 27, 30, 31 2019: 6:45 to 18:00 January 3, 2020: 6:45 to 18:00

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 09:55 16 September - 15 December ☸ □	07:00 - 11:00 16 September - 15 December ☸ □	07:00 - 09:55 16 September - 15 December ☸ □	07:00 - 11:00 16 September - 15 December ☸ □	07:00 - 09:55 16 September - 15 December ☸ □	08:00 - 08:55 16 September - 15 December ☸ □	09:00 - 12:00 16 September - 15 December ☸ □
17:00 - 20:00 16 September - 15 December ☸ □		11:05 - 14:00 16 September - 15 December ☸ □				
		19:00 - 20:00 16 September - 15 December ☸ □				

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:05 - 14:00 Family Open Swim (For all ages) 16 September - 15 December ☸ □	11:00 - 14:00 Family Open Swim (For all ages) 16 September - 15 December ☸ □	17:00 - 19:00 Family Open Swim (For all ages) 16 September - 15 December ☸ □	11:00 - 15:50 Family Open Swim (For all ages) 16 September - 15 December ☸ □	11:00 - 16:00 Family Open Swim (For all ages) 16 September - 15 December ☸ □	16:00 - 18:00 Family Open Swim (For all ages) 16 September - 15 December ☸ □	12:00 - 14:55 Family Open Swim (For all ages) 16 September - 15 December ☸ □

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BB Baby Friendly | ✂ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | ☸ Activity open to City of Montréal residents | (W) Activity open to City of Westmount residents | ☸ Activity sponsored by Desjardins | 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/activities.



Parent & Baby / Family Activities - Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00 - 12:00 40 Developmental Assets Workshops (18+) <i>Workshop Room - Vina Savann</i> <input type="checkbox"/>	10:00 - 12:00 Kitchen Workshop (20+) <i>Kitchen - Vina Savann</i> <input type="checkbox"/>		10:00 - 11:00 Discover water parent-baby <i>Pool - Vina Savann</i> BB <input type="checkbox"/>	09:00 - 12:30 Karibou <i>Dance Studio - Amirat</i> <input type="checkbox"/>	
		10:20 - 12:00 Sewing Workshop: Beginner & Advance (Adults) <i>Workshop Room - Thaira Katir</i> <input type="checkbox"/>			10:00 - 12:00 Family zone <i>Workshop Room - Vina Savann</i> <input type="checkbox"/>	

Health and fitness - Seniors Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09:30 - 10:30 Qi Gong and Relaxation 55+ (55+) <i>Gymnasium - Michel Chan</i> <input type="checkbox"/>		15:00 - 16:00 Brain Gym 55+ (55+) <i>Room 2 - Wafaa Abou Ali</i> <input type="checkbox"/>			

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:30 - 19:30 Youth Zone - Drop in <i>Youth Zone - Moctar</i> <input type="checkbox"/>	15:30 - 19:30 Youth Zone - Drop in <i>Youth Zone - Moctar</i> <input type="checkbox"/>	15:30 - 19:30 Youth Zone - Drop in <i>Youth Zone - Moctar</i> <input type="checkbox"/>	15:30 - 19:30 Youth Zone - Drop in <i>Youth Zone - Moctar</i> <input type="checkbox"/>	15:30 - 20:00 Youth Zone - Drop in <i>Youth Zone - Moctar</i> <input type="checkbox"/>	12:00 - 16:00 Youth Zone - Drop in <i>Youth Zone - Moctar</i> <input type="checkbox"/>	
16:30 - 18:30 Multisports for Teens <i>Gymnasium - Bruce Lee</i> <input type="checkbox"/>	16:00 - 17:00 Graffiti workshop <i>Youth Zone - Janah</i> <input type="checkbox"/>	16:30 - 17:30 Group discussion <i>Youth Zone</i> <input type="checkbox"/>		17:00 - 18:00 Alter Ados <i>Music Studio - Souad</i> <input type="checkbox"/>	13:15 - 15:15 Futsal <i>Gymnasium - Abdul</i> \$ <input type="checkbox"/>	
18:30 - 19:30 Basketball ligue <i>Youth Zone - Bruce Lee</i> <input type="checkbox"/>		17:00 - 18:30 Cooking workshop for teens <i>Kitchen - Abdul</i> <input type="checkbox"/>		17:30 - 20:00 Basketball ligue <i>Youth Zone - Bruce Lee</i> <input type="checkbox"/>		



Programs for children (0-12 years) - After School Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00 - 17:00 Homework Help (6-12 years old) <i>Workshop Room - Vina Savann</i> ✂️\$☐	15:00 - 17:00 Homework Help (6-12 years old) <i>Workshop Room - Vina Savann</i> ✂️\$☐	15:00 - 17:00 Homework Help (6-12 years old) <i>Workshop Room - Vina Savann</i> ✂️\$☐	15:00 - 17:00 Homework Help (6-12 years old) <i>Workshop Room - Vina Savann</i> ✂️\$☐			
15:00 - 17:00 Homework Help (6-12 years old) <i>Vina Savann</i> ✂️\$☐	15:00 - 17:00 Homework Help (6-12 years old) <i>Vina Savann</i> ✂️\$☐	15:00 - 17:00 Homework Help (6-12 years old) <i>Vina Savann</i> ✂️\$☐	15:00 - 17:00 Homework Help (6-12 years old) <i>Vina Savann</i> ✂️\$☐			

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Community Programs - Leisure Activities for Seniors

Table with 7 columns: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday. Rows list various activities such as Knitting and Crochet, Basic IT training, Tai Chi, Joy of art - Painting, Spanish conversation, Italian conversation, Sketch and Colors, Tai chi, Walking and Stretching, Tai Chi Intermediate, Conversation in English, and English conversation.

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