



YMCA SWIMMING LESSON SCHEDULE - WINTER 2019

HORAIRE DES COURS DE NATATION YMCA - L'HIVER 2019

Intro to Swimming / Introduction à la natation							
	Sunday dimanche	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi
Infant Therapy Swim (Ages 0-2 yrs) Natation enfant thérapie (âges 0-2 ans) *uninstructed / sans instruction	11:00am - 1:00pm	4:00pm - 6:00pm		4:00pm - 6:00pm		11:30am - 1:00pm	9:00am - 11:00am
Parent & Tot Natation parents et tout - petits *uninstructed / sans instruction	9:00am - 10:00am 6:00pm - 7:00pm	9:00am - 10:00am	1:00pm - 2:00pm 6:00pm - 7:00pm	9:00am - 10:00am	1:00pm - 2:00pm 6:00pm - 7:00pm	1:00pm - 2:00pm 5:00pm - 6:00pm	6:00pm - 7:00pm
Open Swims Bain Libre \$2.00	2:30pm - 4:30pm					6:30pm - 8:30pm	2:30pm - 4:30pm
Pre-school Swimming Lessons / Cours de natation pré-maternelle							
Splashes / Bubblers Éclabousseurs - Méduses Age 1+ / âges 1+ * Parental Participation required / <i>Participation parentale requis</i>	12:30pm - 1:00pm		5:00pm - 5:30pm		5:00pm - 5:30pm	11:00am - 11:30am	10:00am - 10:30am
Bobbers / Floaters Méduses / Flotteurs Age 3+ / âges 3+ * Parental Participation may be required / <i>Participation parentale peut être requis</i>	11:00am - 11:30am 12:00pm - 12:30pm 1:00pm - 1:30pm	4:30pm - 5:00pm 5:30pm - 6:00pm	10:00am-10:30am	4:30pm - 5:00pm 5:30pm - 6:00pm			9:00am - 9:30am 10:00am - 10:30am 11:00am - 11:30am 12:00pm - 12:30pm 1:00pm - 1:30pm
Gliders / Divers Glisseurs / Plongeurs Age 3+ / âges 3+	11:30am - 12:00pm 12:30pm - 1:00pm 1:30pm - 2:00pm	5:00pm - 5:30pm 6:00pm - 6:30pm		10:00am - 10:30am 5:00pm - 5:30pm 6:00pm - 6:30pm 6:30pm - 7:00pm		2:00pm - 2:30pm	9:30am - 10:00am 10:30am - 11:00am 11:30am - 12:00pm 12:30pm - 1:00pm 1:30pm - 2:00pm
Surfers / Dippers Surfeurs - Baigneurs 5 years only and completed Divers / 5 ans seulement et passé Baigneurs		6:30pm - 7:00pm	5:30pm - 6:00pm		5:30pm - 6:00pm	2:30pm - 3:00pm	12:30pm - 1:00pm
Learn to Swim Swimming Lessons / Cours de natation pour les enfants							
Otter Loutres Age 6+ / âges 6+	11:00am - 11:30am 12:00pm - 12:30pm 12:30pm - 1:00pm 1:00pm - 1:30pm	4:30pm - 5:00pm 5:00pm - 5:30pm 5:30pm - 6:00pm 6:30pm - 7:00pm		4:30pm - 5:00pm 5:00pm - 5:30pm 5:30pm - 6:00pm 6:30pm - 7:00pm			9:00am - 9:30am 9:30am - 10:00am 10:00am - 10:30am 10:30am - 11:00am 11:00am - 11:30am 11:30am - 12:00pm 12:00pm - 12:30pm 12:30pm - 1:00pm 1:00pm - 1:30pm 1:30pm - 2:00pm
Seal Phoques	11:00am - 11:30pm 11:30am - 12:00pm 12:30pm - 1:00pm 1:30pm - 2:00pm	4:30pm - 5:00pm 5:30pm - 6:00pm 6:30pm - 7:00pm		4:30pm - 5:00pm 5:30pm - 6:00pm 6:30pm - 7:00pm			9:00am - 9:30am 10:00am - 10:30am 11:00am - 11:30am 11:30am - 12:00pm 12:00pm - 12:30pm 12:30pm - 1:00pm
Dolphin Dauphins	12:00pm - 12:30pm 1:00pm - 1:30pm	5:30pm - 6:00pm 6:00pm - 6:30pm		5:30pm - 6:00pm 6:00pm - 6:30pm			10:30am - 11:00am 11:00am - 11:30am 11:30am - 12:00pm 12:00pm - 12:30pm 1:00pm - 1:30pm
Swimmer Nageurs	11:30am - 12:00pm 1:00pm - 1:30pm 1:30pm - 2:00pm	5:00pm - 5:30pm 6:00pm - 6:30pm		5:00pm - 5:30pm 6:00pm - 6:30pm			9:30am - 10:00am 10:30am - 11:00am 11:30am - 12:00pm 12:00pm - 12:30pm 12:30pm - 1:00pm 1:30pm - 2:00pm
Star 1 Étoile 1	11:00am - 11:45am 1:30pm - 2:15pm	4:30pm - 5:15pm 6:00pm - 6:45pm		4:30pm - 5:15pm 6:00pm - 6:45pm			9:00am - 9:45am 1:00pm - 1:45pm
Star 2 Étoile 2	11:00am - 11:45am 1:30pm - 2:15pm	4:30pm - 5:15pm 6:00pm - 6:45pm		4:30pm - 5:15pm 6:00pm - 6:45pm			9:00am - 9:45am 1:00pm - 1:45pm
Star 3 Étoile 3	11:45am - 12:30pm	5:15pm - 6:00pm		5:15pm - 6:00pm			9:45am - 10:30am
Star 4 Étoile 4	11:45am - 12:30pm	5:15pm - 6:00pm		5:15pm - 6:00pm			9:45am - 10:30am
Star 5 / 6 / 7 Étoile 5 / 6 / 7	12:30pm - 1:30pm		6:00pm - 7:00pm				10:30am - 11:30am
Private Swim Lessons / Cours de natation privés	Available upon request. Contact the Aquatics Director for more information						
Advanced Aquatics / Activités aquatiques avancées							
Bronze Star / Étoile de bronze	Please enquire about our current Advanced Aquatics courses. /						
Bronze Medallion / Médaille de bronze	Renseignez - vous au sujet de nos cours aquatiques actuels avancés.						
Bronze Cross / Croix de bronze	Put your name on the "Interest List" and be the first to get notified about upcoming courses. /						
National Lifeguard / Sauveteur national	Inscrivez votre nom sur la liste des intérêts afin d'être mis au courant en premier des cours à venir						