



# YMCA SWIMMING LESSON SCHEDULE - September 13 - October 31, 2020

## HORAIRE DES COURS DE NATATION YMCA - 13 septembre - 31 octobre 2020

| Intro to Swimming / Introduction à la natation   |  |  |                                      |  |                                    |                    |  |
|--|--|--|--------------------------------------|--|------------------------------------|--------------------|--|
|  | Sunday<br>dimanche   | Monday<br>lundi  | Tuesday<br>mardi                     | Wednesday<br>mercredi  | Thursday<br>jeudi                  | Friday<br>vendredi | Saturday<br>samedi   |
| <b>Parent &amp; Tot</b><br>Natation parents et tout - petits<br><i>*uninstructed / sans instruction</i>  |  | 9:15am - 10:00am   | 6:00pm - 7:00pm                      | 9:15am - 10:00am   | 6:00pm - 7:00pm                    | 9:15am - 10:00am   |  |
| Pre-school Swimming Lessons / Cours de natation pré-maternelle   |  |  |                                      |  |                                    |                    |  |
| <b>Splashes / Bubblers</b><br>Éclabousseurs - Méduses<br>Age 6 months + / 6 mois +<br><i>* Parental participation required /<br/>Participation parentale requis</i>  |  |  | 4:45pm - 5:15pm                      |  | 4:45pm - 5:15pm                    |                    | 9:15am-9:45am  |
| <b>Bobbers / Floaters</b><br>Méduses / Flotteurs<br>Age 3+ / 3+ ans<br><i>*Parental participation required /<br/>Participation parentale requis</i>  |  | 4:15pm - 4:45pm<br>5:45pm-6:15pm   | 10:15am - 10:45am<br>3:30pm - 4:00pm | 3:30pm - 4:00pm<br>4:15pm-4:45pm<br>5:45pm-6:15pm  | 4:00pm - 4:30pm                    |                    | 10:00am-10:30am<br>11:30am-12:00pm<br>1:00pm-1:30pm<br>2:30pm-3:00pm   |
| <b>Gliders / Divers</b><br>Glisseurs / Plongeurs<br>Age 3+ / 3+ ans<br><i>*Parental participation required /<br/>Participation parentale requis</i>  |  | 5:00pm - 5:30pm<br>6:30pm - 7:00pm   | 4:00pm - 4:30pm                      | 5:00pm - 5:30pm<br>6:30pm - 7:00pm   | 10:15am-10:45am<br>3:30pm - 4:00pm |                    | 8:30am - 9:00pm<br>10:45am-11:15am<br>12:15pm-12:45pm<br>1:45pm-2:15pm   |
| <b>Surfers / Dippers</b><br>Surfeurs - Petits Baigneurs<br>5 years and completed Divers / Doit être 5<br>ans et avoir réussi le niveau Plongeurs<br><i>*Parental participation required /<br/>Participation parentale requis</i> |  |  | 5:30pm - 6:00pm                      |  | 5:30pm - 6:00pm                    |                    |  |
| Learn to Swim Lessons (school-age) / Cours de natation (âge scolaire)  |  |  |                                      |  |                                    |                    |  |
| <b>Otter</b><br>Loutres<br><i>*Parental participation required /<br/>Participation parentale requis</i>  |  | 3:30pm - 4:00pm<br>4:15pm - 4:45pm<br>5:00pm - 5:30pm<br>5:45pm - 6:15pm<br>6:30pm - 7:00pm<br>7:15pm - 7:45pm |                                      | 3:30pm - 4:00pm<br>4:15pm - 4:45pm<br>5:00pm - 5:30pm<br>5:45pm - 6:15pm<br>6:30pm - 7:00pm<br>7:15pm - 7:45pm |                                    |                    | 8:30am - 9:00am<br>9:15am - 9:45am<br>10:00am - 10:30am<br>10:45am - 11:15am<br>12:15pm - 12:45pm<br>1:00pm-1:30pm<br>1:45pm-2:15pm<br>2:30pm - 3:00pm |
| <b>Seal</b><br>Phoques   |  | 4:15pm - 4:45pm<br>5:00pm - 5:30pm<br>6:30pm - 7:00pm<br>7:15pm - 7:45pm                                       |                                      | 4:15pm - 4:45pm<br>5:00pm - 5:30pm<br>6:30pm - 7:00pm<br>7:15pm - 7:45pm                                       |                                    |                    | 8:30am - 9:00am<br>9:15am - 9:45am<br>10:45am - 11:15am<br>11:30am - 12:00pm<br>12:15pm - 12:45pm<br>1:45pm - 2:15pm<br>2:30pm - 3:00pm                |
| <b>Dolphin</b><br>Dauphins   |  | 4:15pm - 4:45pm<br>5:45pm - 6:15pm<br>6:30pm - 7:00pm  |                                      | 4:15pm - 4:45pm<br>5:45pm - 6:15pm<br>6:30pm - 7:00pm  |                                    |                    | 9:15am - 9:45am<br>10:00am - 10:30am<br>10:45am - 11:15am<br>11:30am - 12:00pm<br>1:00pm - 1:30pm<br>1:45pm - 2:15pm                                   |
| <b>Swimmer</b><br>Nageurs  |  | 3:30pm - 4:00pm<br>5:00pm - 5:30pm<br>5:45pm - 6:15pm<br>7:15pm - 7:45pm                                       |                                      | 3:30pm - 4:00pm<br>5:00pm - 5:30pm<br>5:45pm - 6:15pm<br>7:15pm - 7:45pm                                       |                                    |                    | 8:30am - 9:00am<br>10:00am - 10:30am<br>11:30am - 12:00pm<br>12:15pm - 12:45pm<br>1:00pm - 1:30pm<br>2:30pm 3:00pm                                     |
| <b>Star 1</b><br>Étoile 1  |  | 4:15pm - 4:45pm<br>7:15pm - 7:45pm   |                                      | 4:15pm - 4:45pm  |                                    |                    | 10:00am-10:30am<br>2:30pm - 3:00pm   |
| <b>Star 2</b><br>Étoile 2  |  | 5:00pm - 5:30pm  |                                      | 5:00pm - 5:30pm<br>7:15pm - 7:45pm   |                                    |                    | 10:45am - 11:15am<br>1:45pm - 2:15pm   |
| <b>Star 3</b><br>Étoile 3  |  | 5:45pm - 6:15pm  |                                      | 5:45pm - 6:15pm  |                                    |                    | 8:30am - 9:00am<br>11:30am - 12:00pm   |
| <b>Star 4</b><br>Étoile 4  |  | 6:30pm - 7:00pm  |                                      | 6:30pm - 7:00pm  |                                    |                    | 12:15pm - 12:45pm  |
| <b>Star 5 / 6 / 7</b><br>Étoile 5 / 6 / 7  |  | 7:15pm-7:45pm  |                                      |  |                                    |                    | 9:15am - 9:45am<br>1:00pm - 1:30pm   |
| Private Swim Lessons /<br>Cours de natation privés   | <i>Please contact the Aquatic Department for times and availability.</i> |  |                                      |  |                                    |                    |  |
| Introduction to Competitive Swimming   |  |  |                                      |  | 7:00pm - 8:00pm                    |                    |  |
| Aquatic Leadership Courses   | National Lifeguard 8:00a-<br>12:00pm                                     |  |                                      |  |                                    |                    | Bronze Med & Cross<br>4:30pm - 6:00pm  |
| <i>* All swimming lesson participants must be brought on deck by a parent or guardian.</i>   |  |  |                                      |  |                                    |                    |  |
| <i>* Children under 10 years old must be signed in and signed out by their parent or guardian.</i>   |  |  |                                      |  |                                    |                    |  |
| <i>* All Swimming Lesson Participants in a preschool level and Otter class, must be accompanied by their parent or guardian in the water.</i>  |  |  |                                      |  |                                    |                    |  |
| <i>* We ask that each swimmer come dressed and ready to get in the pool. This will help to reduce the amount of time spent in the changing rooms.</i>  |  |  |                                      |  |                                    |                    |  |