



# YMCA SWIMMING LESSON SCHEDULE - SPRING 2020

## HORAIRE DES COURS DE NATATION YMCA - printemps 2020

Intro to Swimming / Introduction à la natation							
	Sunday dimanche	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi
<b>Infant Therapy Swim (Ages 0-2)</b> Natation enfant thérapie (0-2 ans) <b>*uninstructed / sans instruction</b>	11:00am - 1:00pm	4:00pm - 7:00pm		4:00pm - 7:00pm		11:30am - 1:00pm	9:00am - 1:00pm
<b>Parent &amp; Tot</b> Natation parents et tout - petits <b>*uninstructed / sans instruction</b>	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 6:00pm - 7:00pm	6:00pm - 7:00pm
<b>Public &amp; Member Swim</b> Natation publique & membres	2:30pm - 4:30pm \$2.00					6:30pm - 8:30pm	2:30pm - 4:30pm
Pre-school Swimming Lessons / Cours de natation pré-maternelle							
<b>Splashes / Bubblers</b> Éclabousseurs - Méduses Age 6 months + / 6 mois + <b>* Parental participation required / Participation parentale requis</b>	12:30pm - 1:00pm		5:00pm - 5:30pm		5:00pm - 5:30pm	11:00am - 11:30am	10:00am - 10:30am
<b>Bobbers / Floaters</b> Méduses / Flotteurs Age 3+ / 3+ ans <b>* Parental participation may be required / Participation parentale peut être requis</b>	11:00am - 11:30am 12:00pm - 12:30pm 1:00pm - 1:30pm	4:30pm - 5:00pm 5:30pm - 6:00pm	11:00am - 11:30am	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
<b>Gliders / Divers</b> Glisseurs / Plongeurs Age 3+ / 3+ ans	11:30am - 12:00pm 12:30pm - 1:00pm 1:30pm - 2:00pm	5:00pm - 5:30pm 6:00pm - 6:30pm		11:00am - 11:30am 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
<b>Surfers / Dippers</b> Surfeurs - Petits Baigneurs 5 years and completed Divers / Doit être 5 ans et avoir réussi le niveau Plongeurs		6:30pm - 7:00pm	5:30pm - 6:00pm		5:30pm - 6:00pm	2:30pm - 3:00pm	12:30pm - 1:00pm
Learn to Swim Lessons (school-age) / Cours de natation (âge scolaire)							
<b>Otter</b> Loutres	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
<b>Seal</b> 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
<b>Dolphin</b> 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
<b>Swimmer</b> 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
<b>Star 1</b> 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
<b>Star 2</b> 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
<b>Star 3</b> Étoile 3	11:45am - 12:30pm	5:15pm - 6:00pm		5:15pm - 6:00pm			9:45am - 10:30am
<b>Star 4</b> Étoile 4	11:45am - 12:30pm	5:15pm - 6:00pm		5:15pm - 6:00pm			9:45am - 10:30am
<b>Star 5 / 6 / 7</b> Étoile 5 / 6 / 7	12:30pm - 1:30pm		6:00pm - 7:00pm				10:30am - 11:30am
<b>Private Swim Lessons / Cours de natation privés</b>	<i>Various times available. Choix d'horaire Ages 4+ / 4+ ans</i>						
Advanced Aquatics / Activités aquatiques avancées							
<b>Intro to Competitive Swimming / Introduction à la natation compétitive</b>	<b>Please enquire about our current Advanced Aquatics courses. /</b> Renseignez - vous au sujet de nos cours aquatiques actuels avancés.						
<b>Bronze Star / Étoile de bronze</b>							
<b>Bronze Medallion / Médaille de bronze</b>							
<b>Bronze Cross / Croix de bronze</b>							
<b>National Lifeguard / Sauveteur national</b>							