



YMCA SWIMMING LESSON SCHEDULE

HORAIRE DES COURS DE NATATION YMCA

Intro to Swimming / Introduction à la natation							
	Sunday dimanche	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi
Parent & Tot Natation parents et tout - petits <i>*uninstructed / sans instruction</i>		9:15am - 10:00am 11:15am-12:00pm	6:00pm - 7:00pm	9:15am - 10:00am 11:15am-12:00pm	6:00pm - 7:00pm	9:15am - 10:00am 11:15am-12:00pm	
Pre-school Swimming Lessons / Cours de natation pré-maternelle							
Splashes / Bubbles Éclabousseurs - Méduses Age 6 months + / 6 mois + <i>* Parental participation required / Participation parentale requis</i>		6:30pm-7:00pm	11:15am - 11:45am 4:45pm - 5:15pm		10:15am - 10:45am 4:45pm - 5:15pm		9:15am-9:45am
Bobbers / Floaters Méduses / Flotteurs Age 3+ / 3+ ans <i>*Parental participation required / Participation parentale requis</i>		3:30pm - 4:00pm 4:15pm - 4:45pm 5:45pm-6:15pm	10:15am - 10:45am 3:30pm - 4:00pm	3:30pm - 4:00pm 4:15pm-4:45pm 5:45pm-6:15pm	4:00pm - 4:30pm		10:00am-10:30am 11:30am-12:00pm 1:00pm-1:30pm 2:30pm-3:00pm
Gliders / Divers Glisseurs / Plongeurs Age 3+ / 3+ ans <i>*Parental participation required / Participation parentale requis</i>		5:00pm - 5:30pm 6:30pm - 7:00pm	4:00pm - 4:30pm	5:00pm - 5:30pm 6:30pm - 7:00pm			8:30am - 9:00pm 10:45am-11:15am 12:15pm-12:45pm 1:45pm-2:15pm
Surfers / Dippers Surfeurs - Petits Baigneurs 5 years and completed Divers / Doit être 5 ans et avoir réussi le niveau Plongeurs <i>*Parental participation required / Participation parentale requis</i>			5:30pm - 6:00pm		5:30pm - 6:00pm		
Learn to Swim Lessons (school-age) / Cours de natation (âge scolaire)							
Otter Loutres <i>*Parental participation required / Participation parentale requis</i>		5:00pm - 5:30pm 5:45pm - 6:15pm 6:30pm - 7:00pm 7:15pm - 7:45pm		4:15pm - 4:45pm 5:00pm - 5:30pm 5:45pm - 6:15pm 6:30pm - 7:00pm 7:15pm - 7:45pm			8:30am - 9:00am 9:15am - 9:45am 10:00am - 10:30am 10:45am - 11:15am 12:15pm - 12:45pm 1:00pm-1:30pm 1:45pm-2:15pm 2:30pm - 3:00pm
Seal Phoques		4:15pm - 4:45pm 5:00pm - 5:30pm 6:30pm - 7:00pm 7:15pm - 7:45pm		4:15pm - 4:45pm 5:00pm - 5:30pm 6:30pm - 7:00pm 7:15pm - 7:45pm			8:30am - 9:00am 9:15am - 9:45am 10:45am - 11:15am 11:30am - 12:00pm 12:15pm - 12:45pm 1:45pm - 2:15pm 2:30pm - 3:00pm
Dolphin Dauphins		4:15pm - 4:45pm 6:30pm - 7:00pm		4:15pm - 4:45pm 5:45pm - 6:15pm 6:30pm - 7:00pm			9:15am - 9:45am 10:00am - 10:30am 10:45am - 11:15am 11:30am - 12:00pm 1:00pm - 1:30pm 1:45pm - 2:15pm
Swimmer Nageurs		5:00pm -5:30pm 5:45pm - 6:15pm 7:15pm - 7:45pm		5:00pm -5:30pm 5:45pm - 6:15pm			8:30am - 9:00am 10:00am - 10:30am 11:30am - 12:00pm 12:15pm - 12:45pm 1:00pm - 1:30pm 2:30pm 3:00pm
Star 1 Étoile 1		4:15pm - 4:45pm 7:15pm - 7:45pm	7:00pm - 7:30pm	4:15pm -4:45pm			10:00am-10:30am 2:30pm - 3:00pm
Star 2 Étoile 2		5:00pm - 5:30pm	7:00pm-7:30pm	5:00pm - 5:30pm 7:15pm - 7:45pm			10:45am - 11:15am 1:45pm - 2:15pm
Star 3 Étoile 3		5:45pm - 6:15pm		5:45pm - 6:15pm			8:30am - 9:00am 11:30am - 12:00pm
Star 4 Étoile 4				6:30pm - 7:00pm			12:15pm - 12:45pm
Star 5 / 6 / 7 Étoile 5 / 6 / 7		7:15pm-7:45pm	7:30pm - 8:00pm				9:15am - 9:45am 1:00pm - 1:30pm
Private Swim Lessons / 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	<i>Please contact the Aquatic Department for times and availability.</i>						
<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 & Seal classes, 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>							