

**YMCA SWIMMING LESSON SCHEDULE – Spring 2024**

**HORAIRE DES COURS DE NATATION YMCA**

	<b>Monday</b> lundi	<b>Tuesday</b> mardi	<b>Wednesday</b> mercredi	<b>Thursday</b> jeudi	<b>Friday</b> vendredi	<b>Saturday</b> samedi	<b>Sunday</b> dimanche
<b>Pre-school Swimming Lessons / Cours de natation pré-maternelle</b>							
<b>Splashers / Bubblers</b> Éclabouisseurs - Tourbillons Age 6 months + / 6 mois + <i>*Parental participation required / Participation parentale requis *</i>	5:25p-5:55p 6:00p-6:30p	3:30p-4:00p 4:30p-5:00p 6:15p-6:45p		6:00p-6:30p		9:00a-9:30a 9:35a-10:05a	9:30a-10:00a 10:00a-10:30a
<b>Bobbers / Floaters</b> Méduses / Flotteurs Age 3+ / 3+ ans <i>*Parental participation required / Participation parentale requis *</i>	4:15p-4:45p 5:25p-5:55p 6:35p-7:05p	10:45a-11:15a 3:30p-4:00p 4:00p-4:30p 5:40p-6:10p 6:45p-7:15p	10:45a-11:15a 3:00p-3:30p 4:15p-4:45p 5:25p-5:55p 6:35p-7:05p	10:45a-11:15a 4:50p-5:20p 5:25p-5:55p		9:35a-10:05a 10:45a-11:15a 11:55a-12:25p 1:05p-1:35p	10:35a-11:05a 11:45a-12:15p 12:55p-1:25p
<b>Gliders / Divers</b> Glisseurs / Plongeurs Age 3+ / 3+ ans	4:50p-5:20p 6:00p-6:30p	11:15a-11:45a 4:30p-5:00p 5:05p-5:35p	11:15a-11:45a 4:50p-5:20p 6:00p-6:30p	11:15a-11:45a 6:00p-6:30p 6:35p-7:05p		10:10a-10:40a 11:20a-11:50a 12:30p-1:00p 1:40p-2:10p	11:10a-11:40a 12:30p-1:00p
<b>Surfers / Jumpers</b> Surfeurs - Petits Baigneurs 5 years and completed Divers / Doit être 5 ans et avoir réussi le niveau Plongeurs		5:40p-6:10p		5:25p-5:55p		1:40p-2:10p	9:30a-10:00a
<b>Learn to Swim Lessons (school-age) / Cours de natation (âge scolaire)</b>							
<b>Otter</b> Loutres	3:30p-4:00p 4:15p-4:45p 4:50p-5:20p 5:25p-5:55p 6:50p-7:20p	4:00p-4:30p 5:05p-5:35p 5:40p-6:10p 6:45p-7:15p	4:50p-5:20p 5:25p-5:55p 6:50p-7:20p	4:15p-4:45p 4:50p-5:20p 5:25p-5:55p 6:35p-7:05p		9:00a-9:30a 9:35a-10:05a 10:10a-10:40a 11:20a-11:50a 11:55a-12:25p 12:30p-1:00p 1:05p-1:35p	10:00a-10:30a 10:35a-11:05a 11:10a-11:40a 12:20p-12:50p
<b>Seal</b> Phoques	4:15p-4:45p 4:50p-5:20p 6:00p-6:30p	4:30p-5:00p 5:05p-5:35p 6:15p-6:45p 6:45p-7:15p	4:50p-5:20p 6:00p-6:30p	4:00p-4:30p 4:50p-5:20p 6:00p-6:30p 6:35p-7:05p		9:00a-9:30a 10:10a-10:40a 10:45a-11:15a 12:30p-1:00p 1:05p-1:35p	10:00a-10:30a 11:45a-12:15p 12:20p-12:50p
<b>Dolphin</b> Dauphins	4:15p-4:45p 5:25p-5:55p 6:35p-7:05p	5:40p-6:10p 6:45p-7:15p	4:15p-4:45p 5:25p-5:55p 6:00p-6:30p	4:50p-5:20p		9:00a-9:30a 10:10a-10:40a 10:45a-11:15a 11:20a-11:50a 11:55a-12:25p 1:40p-2:10p	10:35a-11:05a
<b>Swimmer</b> Nageurs	4:50p-5:20p 6:35p-7:05p	4:30p-5:00p 6:15p-6:45p	4:50p-5:20p 5:25p-5:55p	5:25p-5:55p 6:35p-7:05p		9:35a-10:05a 10:45a-11:15a 11:20a-11:50a 12:30p-1:00p 1:05p-1:35p 2:00p-2:30p	10:50a-11:20a
<b>Star 1</b> Étoile 1	6:00p-6:45p	5:55p-6:40p	4:50p-5:35p 6:00p-6:45p	4:30p-5:15p		9:50a-10:35a 1:10p-1:55p	10:00a-10:45a 11:40a-12:25p
<b>Star 2</b> Étoile 2	4:50p-5:35p	4:50p-5:35p	4:50p-5:35p 6:35p-7:20p	5:20p-6:05p		10:45a-11:30a 1:40p-2:25p	11:40a-12:25p
<b>Star 3</b> Étoile 3	5:40p-6:25p	5:05p-5:50p	5:40p-6:25p	6:10p-6:55p		11:35a-12:20p 1:40p-2:25p	
<b>Star 4</b> Étoile 4	6:30p-7:15p	5:05p-5:50p	6:30p-7:15p	6:10p-6:55p		11:35a-12:20p	
<b>Star 5 &amp; 6</b> Étoile 5 & 6	6:35p-7:20p		6:35p-7:20p			9:00a-9:45a 12:20p-1:05p	
<b>Intro to Competitive Swimming</b> Initiation à la natation de compétition		6:30p-7:30p					
<b>Bronze Star</b> Étoile de bronze				6:30p-7:30p			
<b>Bronze Medallion</b> Médaille de bronze	<i>Saturdays 2:00p-6:30p; March 16-April 13 &amp; April 27-May 25 le samedi de 14h00 à 18h30; 16 mars – 13 avril &amp; 27 avril – 25 mai</i>						
<b>Bronze Cross</b> Croix de bronze	<i>Saturdays 2:00p-6:30p; March 16-April 20 &amp; April 27-June 1 le samedi de 14h00 à 18h30; 16 mars - 20 avril &amp; 27 avril – 01 juin</i>						
<b>National Lifeguard (NLS)</b> Sauveteur national	<i>Sundays 9:00a-6:00p; March 10-April 28 &amp; April 28 – June 9 Le dimanche de 9h00 à 18h00; 10 mars – 28 avril &amp; 28 avril – 09 juin</i>						
<b>Workplace Standard First Aid</b> Secourisme général en milieu de travail	<i>Saturday &amp; Sundays 9:00a-6:00pm; March 16 &amp; 17; April 13 &amp; 14; June 1 &amp; 2 Samedi et dimanche de 9h00 à 18h00; 16 &amp; 17 mars; 13 &amp; 14 avril; 01 &amp; 02 juin</i>						
<b>Private Swim Lessons</b> Cours de natation privés	<i>Please contact the Aquatic Department for times and availability. Pour plus d'information, veuillez contacter le bureau des activités aquatiques.</i>						

\* Children under 12 years old must be signed in and signed out by their parent or guardian.

\* Les parents doivent signer à l'entrée et à la sortie de leurs enfants de moins de 12 ans qui suivent des leçons avec un instructeur.

