

YMCA SWIMMING LESSON SCHEDULE – Fall 2025
HORAIRE DES COURS DE NATATION YMCA

	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi	Saturday samedi	Sunday dimanche
Pre-school Swimming Lessons / Cours de natation pré-maternelle							
Splashers / Bubblers Éclabousseurs - Tourbillons Age 6 months + / 6 mois + <i>*Parental participation required / Participation parentale requis *</i>	10:45a-11:15a 5:05p-5:35p 5:40p-6:10	11:15a-11:45a 4:30p-5:00p	7:25p-7:55p	10:45a-11:15a 5:05p-5:35p		9:00a-9:30a 10:45a-11:15a 1:40p-2:10p	10:10a-10:40a 11:55a-12:25p 1:40p-2:10p
Bobbers / Floaters Méduses / Flotteurs Age 3+ / 3+ ans <i>*Parental participation required / Participation parentale requis</i>	5:05p-5:35p 6:50p-7:20p	10:45a-11:15a 4:00p-4:30p 4:30p-5:00p 5:40p-6:10p 6:15p-6:45p	10:45a-11:15a 4:30p-5:00p 5:40p-6:10p 6:15p-6:45p	11:15a-11:45a 4:30p-5:00p 5:40p-6:10p 6:50p-7:20p		9:00a-9:30a 9:35a-10:05a 11:20a-11:50a 12:30p-1:00p 1:05p-1:35p	9:00a-9:30a 9:35a-10:05a 10:45a-11:15a 11:55a-12:25p 1:05p-1:35p 1:40p-2:10p
Gliders / Divers Glisseurs / Plongeurs Age 3+ / 3+ ans	11:15a-11:45a 4:30p-5:00p 6:15p-6:45p	5:05p-5:35p 6:50p-7:20p	11:15a-11:45a 5:05p-5:35p 6:50p-7:20p	5:05p-5:35p 6:15p-6:45p		10:10a-10:40a 11:55a-12:25p 1:40p-2:10p	10:10a-10:40a 11:20-11:50a 12:30p-1:00p
Surfers / Jumpers Surfeurs - Petits Baigneurs 5 years and completed Divers / Doit être 5 ans et avoir réussi le niveau Plongeurs		5:40p-6:10p	4:00p-4:30p	5:40p-6:10p		10:45a-11:15a	9:35a-10:05a 12:30p-1:00p
Learn to Swim Lessons (school-age) / Cours de natation (âge scolaire)							
Otter Loutres	4:00p-4:30p 4:30p-5:00p 5:40p-6:10p 6:15p-6:45p 6:50p-7:20p 7:25p-7:55p	4:30p-5:00p 6:15p-6:45p 6:50p-7:20p 7:25p-7:55p	4:30p-5:00p 5:05p-5:35p 5:40p-6:10p 6:15p-6:45p 6:50p-7:20p	4:00p-4:30p 4:30p-5:00p 5:40p-6:10p 6:15p-6:45p 6:50p-7:20p		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 1:50p-2:20p	9:00a-9:30a 10:10a-10:40a 10:45a-11:15a 11:20a-11:50a 11:55a-12:25p 12:30p-1:00p 1:05p-1:35p 1:50p-2:20p
Seal Phoques	4:30p-5:00p 5:40p-6:10p 6:15p-6:45p 7:25p-7:55p	5:05p-5:35p 6:15p-6:45p 7:25p-7:55p	5:05p-5:35p 6:50p-7:20p 7:25p-7:55p	4:30p-5:00p 5:05p-5:35p 6:15p-6:45p 7:25p-7:55p		9:35a-10:05a 10:45a-11:15a 11:20a-11:50a 12:20p-12:50p 11:55a-12:25p 1:40p-2:10p 1:05p-1:35p	9:00a-9:30a 9:35a-10:05a 10:45a-11:15a 11:20a-11:50a 11:55a-12:25p 1:05p-1:35p
Dolphin Dauphins	4:30p-5:00p 6:15p-6:45p 6:50p-7:20p	5:05p-5:35p 6:50p-7:20p	4:30p-5:00p 6:15p-6:45p 7:25p-7:55p	4:30p-5:00p 6:50p-7:20p 7:25p-7:55p		9:00a-9:30a 10:10a-10:40a 1:05p-1:35p	9:35a-10:05a 10:45a-11:15a 12:30p-1:00p
Swimmer Nageurs	5:05p-5:35p 7:25p-7:55p	4:30p-5:00p 5:40p-6:10p 7:25p-7:55p	5:40p-6:10p	5:05p-5:35p 5:40p-6:10p 7:25p-7:55p		9:35a-10:05a 10:10a-10:40a 11:55a-12:25p 1:40p-2:10p	9:00a-9:30a 10:10a-10:40a 11:20a-11:50a 1:40p-2:10p
Star 1 Étoile 1	4:30p-5:15p	5:05p-5:50p 6:00p-6:45p	4:30p-5:15p 6:10-6:55p	4:30p-5:15p 6:15p-7:00p		9:50a-10:35a 12:45p-1:30p	9:00a-9:45a 1:05p-1:50p
Star 2 Étoile 2	5:20p-6:05p	4:30p-5:15p	5:20p-6:05p	5:20p-6:05p 7:05p-7:50p		12:10p-12:55p 1:35p-2:20p	9:50a-10:35a
Star 3 Étoile 3	5:05p-5:50p	5:20p-6:05p	5:20p-6:05p	6:10p-6:55p		11:20a-12:05p	10:40a-11:25a
Star 4 Étoile 4	6:10p-6:55p	6:10p-6:55p	7:00p-7:45p	7:00p-7:45p		10:40a-11:25a 1:00p-1:45p	12:35p-1:20p
Star 5 Étoile 5	7:00p-7:45p	7:00p-7:45p	4:30p-5:15p			9:00a-9:45a	11:45a-12:30p
Star 6 Étoile 6	6:50p-7:35p					11:30a-12:15p	1:25p-2:10p
Teen Swimming Lesson <i>Ages 13-17yrs.</i>		8:00p-8:45p					
Intro to Competitive Swimming Initiation à la natation de compétition		7:00p-8:00p					
Bronze Star			6:15p-7:30p				
Lifesaving Courses				6:30p-7:30p <i>Bronze Star</i>		3:45p-6:15p <i>Bronze Med</i>	3:45p-6:45p <i>Bronze Cross</i>
National Lifeguard Course							1:00p-6:00p
Adult Swim Lessons	8:00p-8:45p		8:00p-8:45p	8:00p-8:45p			
Private Swim Lessons 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>						
First Aid Courses Certifications aquatiques	<i>Please contact the Aquatic Department for times and availability. Pour plus d'information, veuillez contacter le bureau des activités aquatiques.</i>						

There will be no swimming lessons from December 22, 2025-January 4, 2026

Il n'y aura pas de cours de natation du 22 decembre, 2025 au 04 janvier, 2026 inclusivement

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.