



Registration Dates: Mount Pearl Residents – Jan 2nd at 5pm | Open – Jan 4th at 5pm
Online Registration Only @ www.mountpearl.ca/registration

8 Week Classes

Fri: Jan 19 – Mar 15 (no class Feb 2)
Sat: Jan 20 – Mar 16 (no class Feb 3)

10 Week Classes

Tue: Jan 16 – Mar 19
Wed: Jan 17 – Mar 20

9 Week Classes

Sun: Jan 14 – Mar 17 (no class Feb 4)

PARENT AND TOT LESSONS

3 Months – 2 Years | 30 min | 8 Week \$44 | 9 Week \$49.50 | 10 Week \$55

NOTE: One Adult MUST get in pool with child.

Parent and Tot 1:

For infants 3 months – 12 months

Sun 11:50am / 2:20pm
Tue 5:05pm
Wed 5:05pm
Fri 4:40pm
Sat 11:50am / 2:20pm

Parent and Tot 2:

For toddlers 12 - 24 months

Sun 12:25pm / 1:45pm
Tue 5:40pm
Wed 5:40pm
Fri 5:15pm
Sat 12:25pm / 1:45pm

Parent and Tot 3:

For toddlers 24 – 36 months

Sun 1:00pm
Wed 6:15pm
Fri 5:50pm
Sat 1:00pm / 1:45pm



PRESCHOOL LESSONS

3 to 5 Years | 30 min classes | 8 Week \$60 | 9 Week \$67.50 | 10 Week \$ 75

Preschool 1:

Sun	11:50am / 1:00pm / 1:45pm / 2:20pm
Tue	5:05pm
Wed	5:05pm
Fri	4:40pm
Sat	11:50am / 12:25pm / 1:00pm / 1:45pm / 2:20pm

Preschool 2:

Must have completed Preschool 1

Sun	11:50am / 12:25pm / 1:45pm
Tue	5:40pm
Wed	5:40pm
Fri	5:15pm
Sat	11:50am / 12:25pm / 1:00pm

Preschool 3:

Must have completed Preschool 2

Sun	12:25pm / 1:00pm
Tue	6:15pm
Wed	6:15pm
Fri	5:50pm / 6:25pm
Sat	1:00pm / 1:45pm / 2:20pm

Preschool 4:

Must have completed Preschool 3

Sun	2:20pm
Tue	6:15pm
Wed	6:15pm
Fri	6:25pm
Sat	2:20pm

Preschool 5:

Must have completed Preschool 4

Sun	2:20pm
Fri	6:25pm
Sat	2:20pm



SWIMMER

Group Lessons | 5 to 12 years old

Swimmer 1

30 min | 8 Week \$48 | 9 Week \$54 | 10 Week \$60

Sun	11:50am / 12:25pm
Tue	5:05pm
Wed	5:05pm / 5:40pm
Fri	4:35pm / 4:40pm / 5:15pm
Sat	11:50am / 12:25pm

Swimmer 2

Must have completed Swimmer 1

30 min | 8 Week \$48 | 9 Week \$54 | 10 Week \$60

Sun	11:50am / 12:25pm
Tue	5:05pm
Wed	5:05pm / 5:40pm
Fri	4:35pm / 4:40pm / 5:15pm
Sat	11:50am / 12:25pm

Swimmer 3

Must have completed Swimmer 2

45 min | 8 Week \$53 | 9 Week \$59.75 | 10 Week \$66.25

Sun	2:35pm
Tue	6:15pm
Wed	6:15pm
Fri	5:10pm
Sat	1:00pm / 2:00pm

Swimmer 4

Must have completed Swimmer 3

45 min | 8 Week \$53 | 9 Week \$59.75 | 10 Week \$66.25

Sun	2:35pm
Tue	6:15pm
Wed	6:15pm
Fri	5:10pm
Sat	1:00pm / 2:00pm

Swimmer 5

Must have completed Swimmer 4

45 min | 8 Week \$53 | 9 Week \$59.75 | 10 Week \$66.25

Sun	2:35pm
Tue	6:15pm
Wed	6:15pm
Fri	5:10pm
Sat	1:00pm / 2:00pm



Swimmer 6

Must have completed Swimmer 5

45 min | 8 Week \$53 | 9 Week \$59.75 | 10 Week \$66.25

Sun	2:35pm
Tue	6:15pm
Wed	7:05pm
Fri	5:10pm
Sat	1:00pm / 2:00pm

Swim Patrol Rookie

Must have completed Swimmer 6

45 min | \$75

Tue	7:05pm
Wed	6:15pm
Fri	6:00pm
Sat	2:00pm

Swim Patrol Ranger

Must have completed Swim Patrol Rookie

45 min | \$75

Tue	7:05pm
Wed	6:15pm
Fri	6:00pm
Sat	2:00pm

Swim Patrol Star

Must have completed Swim Patrol Ranger

45 min | \$75

Tue	7:05pm
Wed	6:15pm
Fri	6:00pm
Sat	2:00pm



LOW RATIO SWIMMER

Group Lessons | 5 to 12 years old

Swimmer 1 (Low Ratio)

30 min | 8 Week \$70 | 9 Week \$78.75 | 10 Week \$87.50

Sun 1:00pm

Tue 5:40pm

Swimmer 2 (Low Ratio)

Must have completed Swimmer 1

30 min | 8 Week \$70 | 9 Week \$78.75 | 10 Week \$87.50

Sun 1:00pm

Tue 5:40pm

Swimmer 3 (Low Ratio)

Must have completed Swimmer 2

45 min | 8 Week \$80 | 9 Week \$90 | 10 Week \$100

Sun 1:45pm

Fri 5:50pm

Swimmer 4 (Low Ratio)

Must have completed Swimmer 3

45 min | 8 Week \$80 | 9 Week \$90 | 10 Week \$100

Sun 1:45pm

Fri 5:50pm

Swimmer 5 (Low Ratio)

Must have completed Swimmer 4

45 min | 8 Week \$80 | 9 Week \$90 | 10 Week \$100

Sun 1:45pm

Fri 5:50pm

Swimmer 6 (Low Ratio)

Must have completed Swimmer 5

45 min | 8 Week \$80 | 9 Week \$90 | 10 Week \$100

Sun 1:45pm

Fri 5:50pm



PRIVATE LESSONS

30 min | 8 Week \$150 | 9 Week \$168.75 | 10 Week \$187.50

Tue	5:05pm / 5:40pm / 6:15pm
Wed	5:05pm / 5:40pm
Fri	4:40pm / 5:15pm / 5:50pm
Sat	11:50am / 12:25pm

YOUTH LESSONS

Group Lessons | 13-16 years old

Youth Fitness

For teen swimmers who are looking to improve their fitness and learn the basics of using swimming as a fitness activity.

Age 13-15 | 45 min | 10 Week \$66.25

Wed	7:05pm
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ADULT LESSONS

Group Lessons | 16+ years old

Adult 1

Beginner Level

45 min | 10 Week \$76.25

Tue	7:05pm
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Adult 2

Intermediate Level

45 min | 10 Week \$76.25

Tue	7:05pm
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Adult 3

Advanced Level

45 min | 10 Week \$76.25

Tue	7:05pm
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LIFESAVING COURSES

BRONZE STAR

Provides candidates an opportunity to refine their stroke mechanics, practice self-rescue skills, and apply fitness principles in training workouts.

Recommended that participants have finished Swim Patrol Star.

\$148.00

Fri 5:50pm -6:50pm

BRONZE MEDALLION

Introduces candidates to the assessment, skills, and problem solving to be safe in and around water.

Prerequisites: Minimum 13 years of age or Bronze Star certification (need not be current)

\$225

Wed 5:00pm – 7:30pm

LIFEGUARDING COURSES

BRONZE CROSS

Building upon Bronze Medallion candidates will expand their skills into teamwork, active supervision in aquatic facilities, and responding to emergencies as a part of a Lifeguard lead team.

Prerequisites: Bronze Medallion and Emergency or Standard First Aid (need not be current)

\$225

Sat 11:45am – 2:45pm

EMERGENCY FIRST AID

Includes CPR-B certification. Emergency First Aid provides a general knowledge of first aid principles and the emergency treatment of injuries including: victim assessment, CPR, choking, and what to do for external bleeding, heart attack, stroke, wounds and burns.

\$80

Sat. Jan 13 9:00am – 4:30pm

NATIONAL LIFEGUARD

The Lifesaving Society's National Lifeguard is Canada's only nationally recognized Lifeguarding certification. Building on Bronze Cross candidates will develop the skills and principles to provide active supervision and emergency response in aquatic facilities.

Prerequisites: Minimum 15 years of age, Bronze Cross, Standard First Aid (need not be current)

\$290

Apr 1 - 5 8:30am – 5:00pm



MOUNT PEARL
summit
CENTRE

Aquatic Programs Winter 2024



INSTRUCTOR COURSES

SWIM FOR LIFE INSTRUCTOR

The Lifesaving Society's Swim for Life Instructor prepares candidates to teach the Society's Swim for Life lessons programming.

Prerequisites: Minimum 15 years of age and Bronze Cross (need not be current)

\$230

Sun

12:00pm – 2:30pm