



Registration Dates: Mount Pearl Residents – March 25th at 5pm | Open – March 27th at 5pm
Online Registration Only @ www.mountpearl.ca/registration

9 Week Classes

Sun: April 7 – June 2
Tue: April 9 – June 4
Wed: April 10 – June 5
Sat: April 13 – June 8

7 Week Classes

Fri: April 19 – June 7
(no class May 31)

PARENT AND TOT LESSONS

3 Months – 2 Years | 30 min | 7 Week \$38.50 | 9 Week \$49.50

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 5:40pm
Wed 5:40pm
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 / 2:55pm
Fri 5:50pm
Sat 1:00pm



PRESCHOOL LESSONS

3 to 5 Years | 30 min classes | 7 Week \$52.50 | 9 Week \$67.50

Preschool 1:

Sun	11:50am / 1:00pm / 1:45pm / 2:20pm / 2:55pm
Tue	5:05pm
Wed	5:05pm
Fri	4:40pm
Sat	11:50am / 12:25pm / 1:45pm / 2:20pm

Preschool 2:

Must have completed Preschool 1

Sun	11:50am / 12:25pm / 1:45pm
Tue	5:05pm
Wed	5:05pm
Fri	5:15pm
Sat	11:50am / 12:25pm / 1:00pm

Preschool 3:

Must have completed Preschool 2

Sun	12:25pm / 1:00pm / 2:55pm
Tue	6:15pm
Wed	6:15pm
Fri	5:50pm
Sat	1:00pm / 1:45pm

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 | 7 Week \$42 | 9 Week \$54

Sun	11:50am / 12:25pm / 1:00pm
Tue	5:05pm
Wed	5:05pm / 5:40pm
Fri	4:35pm / 5:10pm
Sat	11:50am / 12:25pm

Swimmer 2

Must have completed Swimmer 1

30 min | 7 Week \$42 | 9 Week \$54

Sun	11:50am / 12:25pm / 1:00pm
Tue	5:05pm
Wed	5:05pm / 5:40pm
Fri	4:35pm / 5:10pm
Sat	11:50am / 12:25pm

Swimmer 3

Must have completed Swimmer 2

45 min | 7 Week \$46.50 | 9 Week \$59.75

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

Swimmer 4

Must have completed Swimmer 3

45 min | 7 Week \$46.50 | 9 Week \$59.75

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

Swimmer 5

Must have completed Swimmer 4

45 min | 7 Week \$46.50 | 9 Week \$59.75

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



Swimmer 6

Must have completed Swimmer 5

45 min | 7 Week \$46.50 | 9 Week \$59.75

Sun	2:35pm
Tue	6:15pm
Wed	7:05pm
Sat	1:00pm

Swim Patrol Rookie

Must have completed Swimmer 6

45 min | \$75

Tue	7:05pm
Wed	6:15pm
Fri	5:50pm
Sat	2:00pm

Swim Patrol Ranger

Must have completed Swim Patrol Rookie

45 min | \$75

Tue	7:05pm
Wed	6:15pm
Fri	5:50pm
Sat	2:00pm

Swim Patrol Star

Must have completed Swim Patrol Ranger

45 min | \$75

Tue	7:05pm
Wed	6:15pm
Fri	5:50pm
Sat	2:00pm



LOW RATIO SWIMMER

Group Lessons | 5 to 12 years old

Swimmer 1 (Low Ratio)

30 min | 9 Week \$78.75

Sun 1:00pm

Tue 5:40pm

Swimmer 2 (Low Ratio)

Must have completed Swimmer 1

30 min | 9 Week \$78.75

Sun 1:00pm

Tue 5:40pm

Swimmer 3 (Low Ratio)

Must have completed Swimmer 2

45 min | 7 Week \$70 | 9 Week \$90

Sun 1:45pm

Fri 5:10pm

Swimmer 4 (Low Ratio)

Must have completed Swimmer 3

45 min | 7 Week \$70 | 9 Week \$90

Sun 1:45pm

Fri 5:10pm

Swimmer 5 (Low Ratio)

Must have completed Swimmer 4

45 min | 7 Week \$70 | 9 Week \$90

Sun 1:45pm

Fri 6:00pm

Swimmer 6 (Low Ratio)

Must have completed Swimmer 5

45 min | 7 Week \$70 | 9 Week \$90

Sun 1:45pm

Fri 6:00pm



PRIVATE LESSONS

30 min | 7 Week \$131.25 | 9 Week \$168.75

Sun	11:50am / 12:25pm
Tue	5:05pm / 5:40pm
Wed	5:05pm / 5:40pm
Fri	4:35pm / 5:10pm
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 | 9 Week \$59.75

Wed	7:05pm
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ADULT LESSONS

Group Lessons | 16+ years old

Adult 1

Beginner Level

45 min | 9 Week \$68.75

Tue	7:05pm
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Adult 2

Intermediate Level

45 min | 9 Week \$68.75

Tue	7:05pm
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Adult 3

Advanced Level

45 min | 9 Week \$68.75

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 5:50 - 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

Tue 5:00 – 7:30pm

LIFEGUARDING COURSES

BRONZE CROSS & EMERGENCY FIRST AID

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. This course offering includes the required Emergency First Aid certification.

Prerequisites: Bronze Medallion

\$305

Sat 11:45am – 2:45pm

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 8:30 – 5:00pm



INSTRUCTOR COURSES

SWIM FOR LIFE INSTRUCTOR

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

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

\$230

Sundays 12:00 – 2:30pm

Lifesaving Instructor Course

The Lifesaving Society's Lifesaving Instructor prepares candidates to organize, plan, and teach the Lifesaving Society's Swim Patrol, Bronze Star, Bronze Medallion, Bronze Cross courses and associated First Aid topics.

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

\$230

April 19 -21 Fri 4:30 – 8:30pm
 Sat / Sun 8:30am – 5:00pm

Examiners Course

The Lifesaving Society's Examiners course prepares instructors in the evaluation concepts and criteria to evaluate and certify candidates in Lifesaving Society programs which they are instructors. This course is NOT required for Swim Instructors.

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

\$100

April 25 4:00 – 10:0pm