



Registration Dates:

Mount Pearl Residents – Jan 5th at 5pm | Open Registration – Jan 7th at 5pm

Online Registration Only @ www.mountpearl.ca/registration

9 Week Classes

Fri: Jan 16 – Mar 20 [NO SWIM MAR 6]

Sat: Jan 17 – Mar 21 [NO SWIM JAN 31]

10 Week Classes

Sun: Jan 11 – Mar 22 [NO SWIM FEB 1]

Tue: Jan 13 – Mar 17

Wed: Jan 14 – Mar 18

PARENT AND TOT LESSONS

3 Months – 2 Years | 30 min | 10 Weeks \$60.00 | 9 Weeks \$54.00

NOTE: One Adult MUST get in pool with child in Parent and Tot lessons.

Parent and Tot 1, 2, & 3 Combined Class:

For infants 3 months – 36 months.

Participants will be led in age-appropriate activities with their infants or toddlers.

Mon 10:45am

Wed 10:45am

Thur 10:45am

Parent and Tot 1:

For infants 3 months – 12 months

Sun 11:50am / 1:00pm / 1:45pm

Wed 5:40pm

Sat 1:45pm

Parent and Tot 2:

For toddlers 12 - 24 months

Sun 2:20pm

Tue 5:40pm

Wed 5:40pm

Fri 5:05pm

Parent and Tot 3:

For toddlers 24 – 36 months

Sun 12:25pm / 2:55pm

Fri 5:40pm

Sat 11:50am



PRESCHOOL LESSONS

3 to 5 Years | 30 min classes | 10 Weeks \$80.00 | 9 Weeks \$72.00

Preschool 1:

Sun	11:50am / 12:25pm / 1:00pm / 2:20pm / 2:55pm
Tue	5:05pm / 5:40pm
Wed	5:05pm
Fri	4:30pm / 5:05pm
Sat	11:50am / 12:25pm / 2:20pm

Preschool 2:

Must have completed Preschool 1

Sun	11:50am / 12:25pm / 1:45pm / 2:20pm
Tue	5:05pm
Wed	5:05pm / 5:40pm
Fri	4:30pm / 5:05pm / 5:40pm
Sat	11:50am / 12:25pm / 1:00pm / 2:20pm

Preschool 3:

Must have completed Preschool 2

Sun	1:00pm / 1:45pm
Tue	6:15pm
Wed	6:15pm
Fri	4:30pm / 5:40pm / 6:15pm
Sat	12:25pm / 1:00pm / 1:45pm / 2:20pm

Preschool 4:

Must have completed Preschool 3

Sun	2:55pm
Tue	6:15pm
Wed	6:15pm
Fri	6:15pm
Sat	1:00pm

Preschool 5:

Must have completed Preschool 4

Sun	2:55pm
Tue	6:15pm
Wed	6:15pm
Fri	6:15pm
Sat	1:00pm



SWIMMER

Group Lessons | 5 to 12 years old

Swimmer 1

30 min | 10 Week \$65.00 | 9 Week \$58.50

Sun	11:50am / 12:25pm / 1:30pm / 2:15pm / 2:50pm
Tue	5:05pm / 5:40pm
Wed	5:05pm / 5:40pm
Fri	5:05pm / 5:40pm
Sat	11:50am / 1:30pm / 2:15pm

Swimmer 2

Must have completed Swimmer 1

30 min | 10 Week \$65.00 | 9 Week \$58.50

Sun	11:50am / 12:25pm / 1:30pm / 2:15pm / 2:50pm
Tue	5:05pm / 5:40pm
Wed	5:05pm / 5:40pm
Fri	4:30pm / 6:15pm
Sat	12:25pm / 1:30pm

Swimmer 3

Must have completed Swimmer 2

45 min | 10 Week \$70.00 | 9 Week \$63.00

Sun	11:50am / 12:40pm / 1:00pm / 2:00pm
Tue	6:15pm
Wed	6:15pm
Fri	4:30pm / 5:20pm / 6:10pm
Sat	12:40pm / 1:00pm

Swimmer 4

Must have completed Swimmer 3

45 min | 10 Week \$70.00 | 9 Week \$63.00

Sun	12:40pm / 1:00pm / 2:00pm
Tue	6:15pm
Wed	6:15pm
Fri	4:30pm / 5:20pm
Sat	2:00pm

Swimmer 5

Must have completed Swimmer 4

45 min | 10 Week \$70.00 | 9 Week \$63.00

Sun	11:50pm / 1:00pm
Tue	6:15pm
Wed	6:15pm
Fri	6:10pm
Sat	12:40pm



Swimmer 6

Must have completed Swimmer 5

45 min | 10 Week \$70.00 | 9 Week \$63.00

Sun 2:00pm

Fri 6:10pm

Swim Patrol Rookie

Must have completed Swimmer 6

Participants will indicate which level their swimmer has last successfully completed at registration.

45 min | 10 Week \$75.00 | 9 Week \$67.50

Tue 7:05pm

Wed 6:15pm

Sat 11:50am

Swim Patrol Ranger

Must have completed Swim Patrol Rookie

Participants will indicate which level their swimmer has last successfully completed at registration.

45 min | 10 Week \$75.00 | 9 Week \$67.50

Tue 7:05pm

Wed 6:15pm

Sat 11:50am

Swim Patrol Star

Must have completed Swim Patrol Star

Participants will indicate which level their swimmer has last successfully completed at registration.

45 min | 10 Week \$75.00 | 9 Week \$67.50

Tue 7:05pm

Wed 6:15pm

Sat 11:50am



LOW RATIO SWIMMER

Group Lessons | 5 to 12 years old

Low Ratio Swimmer 1

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

Sun	2:50pm
Fri	4:30pm

Low Ratio Swimmer 2

Must have completed Swimmer 1

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

Sun	2:50pm
Fri	5:05pm

Low Ratio Swimmer 3

Must have completed Swimmer 2

45 min | 10 Week \$100.00 | 9 Week \$90.00

Tue	6:15pm
Fri	6:10pm

Low Ratio Swimmer 4

Must have completed Swimmer 3

45 min | 10 Week \$100.00 | 9 Week \$90.00

Tue	6:15pm
Fri	5:20pm

PRIVATE LESSONS

30 min | 10 Weeks \$225.00 | 9 Weeks \$202.50

Sun	11:50am / 12:25pm
Wed	6:15pm
Fri	6:15pm
Sat	1:45pm



TEEN LESSONS

Group Lessons | 10 - 16 years old

Teen 1

For pre-teen / teen beginners and first-time swimmers who want to learn to swim and build fundamental swimming skills in an age appropriate and supportive environment. The focus is on gaining confidence with basic water safety, focusing on fundamental skills of floating, treading water, and learning the foundations of front crawl and back crawl over short distances. Instructors will work with participants on individual goals within this context.

45 min | 10 Week \$70.00

Wed 7:05pm

Teen 2

For intermediate teen swimmers who are comfortable in deep water and ready to refine their technique and build endurance, having accomplished the outcomes of the Teen 1 level. Participants will improve front and back crawl, be introduced to breaststroke, and continuous swim distances up to 50 meters. Instructors will work with participants on individual goals within this context.

45 min | 10 Week \$70.00

Wed 7:05pm

Youth Fitness

For Teen swimmers aiming to master all major strokes and significantly increase their fitness and stamina. This class focuses on further stroke refinement for front crawl, back crawl, and breaststroke for distances over 50 – 100-meter swims. Swimmer will also learn the fundamental training principles and practices of interval training, used to improve overall fitness in the water. Instructors will work with participants on individual goals within this context.

45 min | 10 Week \$70.00

Wed 6:15pm

ADULT LESSONS

Group Lessons | 16+ years old

Adult 1

For adult beginners and first-time swimmers who want to overcome a fear of the water and learn the fundamental swimming skills in a supportive environment. The focus is on gaining confidence with basic water safety, focusing on fundamental skills of floating, treading water, and learning the foundations of front crawl and back crawl over short distances. Instructors will work with participants on individual goals within this context.

45 min | 10 Week \$80.00

Tue 7:05pm

Adult 2

For intermediate adult swimmers who are comfortable in deep water and ready to refine their technique and build endurance, having accomplished the outcomes of the Adult 1 (or equivalent swim experience) classes. Participants will improve front and back crawl, be introduced to breaststroke, and swim distances up to 50 meters. Instructors will work with participants on individual goals within this context.

45 min | 10 Week \$80.00

Tue 7:05pm



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

Fri 5:40 – 6:40pm

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

SWIM INSTRUCTOR COURSES

SWIM FOR LIFE INSTRUCTOR

The Lifesaving Society Swim Instructor course prepares the instructor candidate to teach and evaluate basic swim strokes and related skills. Candidates learn the teaching methods and a variety of stroke development drills and techniques necessary to teach others to swim. Swim Instructors teach and evaluate participants at all levels of the Lifesaving Society Swim for Life and Canadian Swim Patrol programs delivered the Summit. Participants in this class will also mentor with current Swim Instructors in the delivery of classes providing valuable practical learning experience.

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

\$225

January 17 & 18 10:00am – 3:30pm

January 24 & 25 10:00am – 3:30pm



LIFEGUARDING COURSES

BRONZE CROSS with 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 offer includes the required Emergency First Aid certification.

Prerequisites: Bronze Medallion (need not be current)

\$265

Wed

5:00 – 7:30pm

NATIONAL LIFEGUARD RECERTIFICATION

Registration for this offering is currently open.

The Lifesaving Society's National Lifeguard recertification exam requalifies existing or expired National Lifeguard certifications for 2 years from the date of successful completion. A recertification is necessary for a Lifeguard to be "current" for purposes of employment as a Lifeguard. Candidates are evaluated on a mixture of physical and technical skills as well as simulated rescue responses.

Prerequisites: Previous certification as a National Lifeguard (need not be current)

\$100

January 3

3:30 – 8:00pm