



Registration Dates:

Mount Pearl Residents – June 23 at 5pm | Open Registration – June 25 at 5pm

Online Registration Only @ www.mountpearl.ca/registration/

Program Dates

- Four-week programs (two lessons per week) run from July 6 to July 30 and again from August 3 to August 27
- Eight-week programs (one lesson per week) run from July 6 to August 30

8 Week Classes (once a week)

Mon: July 6 – August 24
 Tue: July 7 – August 25
 Wed: July 8 – August 26
 Thu: July 9 – August 27
 Sat: July 11 – August 29
 Sun: July 12 – August 30

Jul Classes (twice a week)

Mon & Wed: July 6 – July 29
 Tue & Thu: July 7 – July 30

Aug Classes (twice a week)

Mon & Wed: August 3 – August 26
 Tue & Thu: August 4 – August 27

PARENT AND TOT LESSONS

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

3 Months – 2 Years | 30 min | 8 Week \$48.00

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

For infants 3 months – 36 months.

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

Mon 5:05pm / 5:40pm
 Mon/Wed 5:40pm
 Tue 5:05pm / 5:40pm
 Wed 5:05pm / 5:40pm
 Thu 5:05pm / 5:40pm
 Sat 11:30am / 12:40pm / 2:00pm
 Sun 9:30am / 10:40am / 12:00pm / 5:05pm

PRESCHOOL LESSONS

3 to 5 Years | 30 min classes | 8 Weeks \$64.00

Preschool 1:

Mon 4:30pm / 5:05pm
 Mon/Wed 5:05pm
 Tue 4:30pm / 5:05pm
 Wed 4:30pm / 5:05pm
 Thu 4:30pm / 5:05pm
 Sat 11:30am / 12:05pm / 1:25pm
 Sun 9:30am / 10:05am / 11:25am / 4:30pm / 5:40pm



Preschool 2:

Must have completed Preschool 1

Mon	4:30pm / 5:40pm
Mon/Wed	4:30pm
Tue	4:30pm / 5:40pm
Wed	4:30pm / 5:40pm
Thu	4:30pm / 5:40pm
Sat	12:05pm / 1:25pm
Sun	10:05am / 11:25am / 4:30pm / 5:40pm

Preschool 3:

Must have completed Preschool 2

Mon	6:25pm
Mon/Wed	6:25pm
Tue	6:25pm
Wed	6:25pm
Thu	6:25pm
Sat	12:40pm / 2:00pm / 2:35pm
Sun	10:40am / 12:00pm / 6:25pm

Preschool 4:

Must have completed Preschool 3

Mon	6:25pm
Tue	6:25pm
Wed	6:25pm
Thu	6:25pm
Sat	2:35pm
Sun	6:25pm

Preschool 5:

Must have completed Preschool 4

Mon	6:25pm
Tue	6:25pm
Wed	6:25pm
Thu	6:25pm
Sat	2:35pm
Sun	6:25pm



SWIMMER

Group Lessons | 5 to 12 years old

Swimmer 1

30 min | 8 Week \$52.00

Mon	4:30pm / 5:05pm / 6:40pm / 7:15pm
Mon/Wed	4:30pm / 5:05pm / 6:40pm
Tue	4:30pm / 5:05pm / 5:40pm
Tue/Thu	4:30pm / 5:05pm / 5:40pm
Wed	4:30pm / 5:05pm
Thu	4:30pm / 5:05pm / 5:40pm
Sat	11:30am / 12:55pm
Sun	9:30am / 10:05am / 11:40am / 4:30pm

Swimmer 2

Must have completed Swimmer 1

30 min | 8 Week \$52.00

Mon	4:30pm / 5:05pm / 6:40pm
Mon/Wed	4:30pm / 5:05pm / 6:40pm
Tue	4:30pm / 5:05pm / 5:40pm
Tue/Thu	4:30pm / 5:05pm / 5:40pm
Wed	4:30pm / 5:05pm
Thu	4:30pm / 5:05pm / 5:40pm
Sat	11:30am / 12:55pm
Sun	9:30am / 10:05am / 11:40am / 5:05pm

Swimmer 3

Must have completed Swimmer 2

45 min | 8 Week \$56.00

Mon	5:40pm
Tue	6:25pm
Sat	1:40pm / 2:30pm
Sun	10:40am / 5:50pm

Swimmer 4

Must have completed Swimmer 3

45 min | 8 Week \$56.00

Mon	5:40pm
Tue	6:25pm
Wed	5:40pm
Sat	1:40pm
Sun	10:40am / 5:50pm



Swimmer 5

Must have completed Swimmer 4

45 min | 8 Week \$56.00

Tue	7:15pm
Thu	7:15pm
Sat	12:05pm / 1:40pm / 2:30pm
Sun	10:40am / 6:40pm

Swimmer 6

Must have completed Swimmer 5

45 min | 8 Week \$56.00

Thu	7:15pm
Sat	1:40pm / 2:30pm
Sun	10:40am / 6:40pm

Canadian Swim Patrol Rookie / Ranger / Star Combined Classes.

The Swim Patrol Ranger, Rookie, and Star levels will be taught as a combined class.

Swimmers will indicate their level during registration.

45 min | 8 Week \$60.00

Mon/Wed	7:15pm
Tue	7:15pm
Sat	12:05pm

LOW RATIO SWIMMER

Group Lessons | 5 to 12 years old

Low Ratio Swimmer 1

30 min | 8 Week \$70.00

Wed	6:40pm
Sun	9:30am

Low Ratio Swimmer 2

Must have completed Swimmer 1

30 min | 8 Week \$70.00

Wed	6:40pm
Sun	9:30am

Low Ratio Swimmer 3

Must have completed Swimmer 2

45 min | 8 Week \$80.00

Thu	6:25pm
Sat	12:05pm



Low Ratio Swimmer 4

Must have completed Swimmer 3

45 min | 8 Week \$80.00

Thu 6:25pm

Sat 12:05pm

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 | 8 Week \$56.00

Mon/Wed 5:40pm

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 | 8 Week \$56.00

Mon/Wed 5:40pm

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 | 8 Week \$56.00

Mon/Wed 7:15pm

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 | 8 Week \$64.00

Tue/Thu 7:15pm



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 | 8 Week \$64.00

Tue/Thu 7:15pm

LIFESAVING COURSES

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

July 6 – 9 4:00 – 8:00pm

BRONZE CROSS with Basic (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

July 19 – 24 4:00 – 8:00pm

LIFEGUARDING COURSES

NATIONAL LIFEGUARD

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

Prerequisites: Bronze Cross (need not be current), Intermediate (Standard) First Aid

\$290

Aug 31 – Sep 4 8:00am – 4:30pm

NATIONAL LIFEGUARD RECERTIFICATION

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

Aug 30 8:00am – 12:00pm



INSTRUCTOR COURSES

SWIM FOR LIFE INSTRUCTOR (Swim 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.

Prerequisites: Bronze Medallion (need not be current)

\$225

Aug 3 – 6

9:00am – 3:00pm