



Registration Dates:

Mount Pearl Residents – August 31 at 5pm | Open Registration – September 2 at 5pm

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

7 Week Classes

Sunday: Sep 13 – Oct. 25
Monday: Sep 14 – Oct. 26
Tuesday: Sep 8 – Oct. 20
Thursday: Sep 10 – Oct 22
Friday: Sep 11 – Oct. 23
Saturday: Sep 12 – Oct. 24

6 Week Classes

Wednesday: Sep 9 – Oct 21
[NO SWIM SEP 30]

PARENT AND TOT LESSONS

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

3 Months – 2 Years | 30 min | 7 Weeks \$42.00 | 6 Weeks \$36.00

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
Tues	5:35pm
Wed	10:45am / 5:35pm
Thu	10:45am

Parent and Tot 1:

For infants 3 months – 12 months

Sun	12:00pm / 1:55pm
Sat	1:45pm

Parent and Tot 2:

For toddlers 12 - 24 months

Sun	1:10pm / 2:30pm
Fri	5:05pm
Sat	12:25pm

Parent and Tot 3:

For toddlers 24 – 36 months

Sun	12:35pm / 3:05pm
Fri	5:40pm
Sat	11:50am



PRESCHOOL LESSONS

3 to 5 Years | 30 min classes | 7 Weeks \$56.00 | 6 Weeks \$48.00

Preschool 1:

Sun	12:00pm / 12:35pm / 1:10pm / 2:30pm / 3:05pm
Tue	5:00pm / 5:35pm
Wed	5:00pm / 5:35pm / 6:10pm
Fri	4:30pm / 5:05pm / 6:15pm
Sat	11:50am / 12:25pm / 1:45pm / 2:20pm

Preschool 2:

Must have completed Preschool 1

Sun	12:00pm / 12:35pm / 1:10pm / 1:55pm / 2:30pm / 3:05pm
Tue	5:00pm / 5:35pm
Wed	5:00pm / 5:35pm / 6:10pm
Fri	4:30pm / 5:05pm / 5:40pm
Sat	11:50am / 1:00pm / 2:20pm

Preschool 3:

Must have completed Preschool 2

Sun	12:35pm / 1:55pm / 3:05pm
Tue	6:10pm
Wed	5:00pm / 6:10pm
Fri	4:30pm / 5:40pm / 6:15pm
Sat	12:25pm / 1:00pm / 1:45pm / 2:20pm

Preschool 4:

Must have completed Preschool 3

Sun	2:30pm
Tue	6:10pm
Wed	6:10pm
Fri	6:15pm
Sat	1:00pm

Preschool 5:

Must have completed Preschool 4

Sun	2:30pm
Tue	6:10pm
Wed	6:10pm
Fri	6:15pm
Sat	1:00pm



SWIMMER

Group Lessons | 5 to 12 years old

Swimmer 1

30 min | 7 Weeks \$45.50 | 6 Weeks \$39.00

Sun	12:00pm / 12:35pm / 1:40pm
Tue	5:00pm / 5:35pm
Wed	5:00pm / 5:35pm
Fri	5:40pm
Sat	11:50am / 1:30pm / 2:15pm

Swimmer 2

Must have completed Swimmer 1

30 min | 7 Weeks \$45.50 | 6 Weeks \$39.00

Sun	12:00pm / 12:35pm / 1:40pm
Tue	5:00pm / 5:35pm
Wed	5:00pm / 5:35pm
Fri	5:40pm
Sat	12:25pm / 1:30pm / 2:15pm

Swimmer 3

Must have completed Swimmer 2

45 min | 7 Weeks \$49.00 | 6 Weeks \$42.00

Sun	12:00pm / 12:50pm / 1:10pm
Tue	6:10pm
Wed	6:10pm
Fri	4:30pm
Sat	1:00pm

Swimmer 4

Must have completed Swimmer 3

45 min | 7 Weeks \$49.00 | 6 Weeks \$42.00

Sun	12:00pm / 12:50pm / 1:10pm
Tue	6:10pm
Wed	6:10pm
Fri	4:30pm
Sat	2:00pm

Swimmer 5

Must have completed Swimmer 4

45 min | 7 Weeks \$49.00 | 6 Weeks \$42.00

Sun	12:00pm / 12:50pm / 1:10pm
Tues	6:10pm
Wed	6:10pm
Fri	5:20pm
Sat	12:40pm



Swimmer 6

Must have completed Swimmer 5

45 min | 7 Weeks \$49.00 | 6 Weeks \$42.00

Sun	2:10pm
Wed	6:10pm
Fri	6:10pm
Sat	12:40pm

Swim Patrol Rookie

Must have completed Swimmer 6

45 min | 7 Week \$52.50 / 6 Weeks \$45.00

Tue	7:10pm
Wed	6:10pm
Sat	11:50am

Swim Patrol Ranger

Must have completed Swim Patrol Rookie

45 min | 7 Week \$52.50 / 6 Weeks \$45.00

Tue	7:10pm
Wed	6:10pm
Sat	11:50am

Swim Patrol Star

Must have completed Swim Patrol Star

45 min | 7 Week \$52.50 / 6 Weeks \$45.00

Tue	7:10pm
Wed	6:10pm

LOW RATIO SWIMMER

Group Lessons | 5 to 12 years old

Low Ratio Swimmer 1

30 min | 7 Weeks \$61.25 | 6 Weeks \$52.50

Sun	3:00pm
Fri	5:05pm

Low Ratio Swimmer 2

Must have completed Swimmer 1

30 min | 7 Weeks \$61.25 | 6 Weeks \$52.50

Sun	3:00pm
Fri	5:05pm



Low Ratio Swimmer 3

Must have completed Swimmer 2

45 min | 7 Weeks \$70.00 | 6 Weeks \$60.00

Sun 2:10pm

Tues 6:10pm

Low Ratio Swimmer 4

Must have completed Swimmer 3

45 min | 7 Weeks \$70.00 | 6 Weeks \$60.00

Sun 2:10pm

Tues 6:10pm

PRIVATE LESSONS

30 min | 7 Weeks \$157.50 | 6 Weeks \$135.00

Sun 2:25pm / 3:00pm

Tue 5:00pm / 5:35pm

Wed 5:00pm / 5:35pm

Fri 4:30pm / 6:15pm

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 | 6 Weeks \$42.00

Wed 7:00pm

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 | 6 Weeks \$42.00

Wed 7:00pm



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 | 6 Weeks \$42.00

Wed 6:10pm

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 | 7 Weeks \$52.71 | 6 Weeks \$45.75

Tue 7:10pm

Wed 7:00pm

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 | 7 Week \$52.71

Tue 7:10pm

Adult 3

For more advanced adult swimmers who are comfortable in deep water and ready to refine their technique and build endurance, having accomplished the outcomes of the Adult 2 (or equivalent swim experience) classes. Participants will work on endurance, learn entries, and master front crawl, backcrawl, and breaststroke. Instructors will work with participants on individual goals within this context.

45 min | 6 Weeks \$45.75

Wed 7:00pm



FIRST AID / CPR COURSES

BLS (HCP)-CPR

St. John Ambulance BLS-CPR Recertification class required by emergency responders and healthcare professionals for workplace requirements to better and more acutely respond to medical emergencies.

\$80

Sep 10 5:00 – 8:00pm

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 5:20 – 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

Sun 8:00 – 11:00am

LIFEGUARDING COURSES

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

August 30 8:00am-12:00pm