



Registration Dates: Mount Pearl Residents – June 17th at 5pm | Open – June 19th at 5pm
Online Registration Only @ www.mountpearl.ca/registration

8 Week Classes

Sun: Jul 7 - Aug 25
Mon: Jul 8 - Aug 26
Tue: Jul 9 - Aug 27
Wed: Jul 10 - Aug 28
Thu: Jul 11 - Aug 29
Sat: Jul 6 - Aug 24

PARENT AND TOT LESSONS

3 Months – 2 Years | 30 min | 8 Weeks \$44.00

NOTE: One Adult MUST get in pool with child.

Parent and Tot 1:

For infants 3 months – 12 months

Sun 9:30am
Mon 5:05pm
Tue 5:05pm
Wed 5:05pm
Thu 5:05pm
Sat 10:05am

Parent and Tot 2:

For toddlers 12 - 24 months

Sun 10:05am
Mon 5:05pm
Tue 5:05pm
Wed 5:05pm
Thu 5:05pm

Parent and Tot 3:

For toddlers 24 – 36 months

Sat 10:40am



PRESCHOOL LESSONS

3 to 5 Years | 30 min classes | 8 Weeks \$60.00

Preschool 1:

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

Preschool 2:

Must have completed Preschool 1

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

Preschool 3:

Must have completed Preschool 2

Sun	10:40am
Mon	6:25pm
Tue	6:25pm
Wed	6:25pm
Thu	6:25pm
Sat	10:40am

Preschool 4:

Must have completed Preschool 3

Mon	6:25pm
Tue	6:25pm
Wed	6:25pm
Thu	6:25pm

Preschool 5:

Must have completed Preschool 4

Mon	6:25pm
Tues	6:25pm
Wed	6:25pm
Thurs	6:25pm



SWIMMER

Group Lessons | 5 to 12 years old

Swimmer 1

30 min | 8 Week \$48.00

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

Swimmer 2

Must have completed Swimmer 1

30 min | 8 Week \$48.00

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

Swimmer 3

Must have completed Swimmer 2

45 min | 8 Week \$53.00

Sun	10:40am
Mon	6:25pm
Tue	6:25pm / 7:15pm
Wed	6:25pm / 7:15pm
Thu	6:25pm / 7:15pm
Sat	11:40am

Swimmer 4

Must have completed Swimmer 3

45 min | 8 Week \$53.00

Sun	10:40am
Mon	6:25pm / 7:15pm
Tue	6:25pm / 7:15pm
Wed	6:25pm / 7:15pm
Thu	6:25pm
Sat	11:40am



Swimmer 5

Must have completed Swimmer 4

45 min | 8 Week \$53.00

Sun	10:40am
Mon	6:25pm / 7:15pm
Tue	6:25pm / 7:15pm
Wed	6:25pm / 7:15pm
Thu	6:25pm
Sat	11:40am

Swimmer 6

Must have completed Swimmer 5

45 min | 8 Week \$53.00

Sun	10:40am
Mon	7:15pm
Tue	6:25pm / 7:15pm
Wed	6:25pm
Thu	6:25pm
Sat	11:40am

Swim Patrol Rookie

Must have completed Swimmer 6

45 min | \$75

Wed	7:15pm
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Swim Patrol Ranger

Must have completed Swim Patrol Rookie

45 min | \$75

Wed	7:15pm
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Swim Patrol Star

Must have completed Swim Patrol Ranger

45 min | \$75

Wed	7:15pm
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LOW RATIO SWIMMER

Group Lessons | 5 to 12 years old

Swimmer 1 (Low Ratio)

30 min | 8 Week \$70.00

Sun 9:30am

Swimmer 2 (Low Ratio)

Must have completed Swimmer 1

30 min | 8 Week \$70.00

Sun 9:30am

Swimmer 3 (Low Ratio)

Must have completed Swimmer 2

45 min | 8 Week \$70.00

Sat 10:05am

Swimmer 4 (Low Ratio)

Must have completed Swimmer 3

45 min | 8 Week \$80.00

Sat 10:05am

Swimmer 5 (Low Ratio)

Must have completed Swimmer 4

45 min | 8 Week \$80.00

Sat 10:05am

Swimmer 6 (Low Ratio)

Must have completed Swimmer 5

45 min | 8 Week \$80.00

Sat 10:05am



PRIVATE LESSONS

30 min | 8 Weeks \$150.00

Mon	4:30pm / 5:05pm / 5:40pm / 7:30pm
Tue	4:30pm / 5:05pm / 5:40pm
Wed	4:30pm / 5:05pm / 5:40pm
Thu	4:30pm / 5:05pm / 5:40pm
Sat	11:05am

ADULT LESSONS

Group Lessons | 16+ years old

Adult 1

Beginner Level

45 min | 8 Week \$61.00

Thu	7:15pm
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Adult 2

Intermediate Level

45 min | 8 Week \$61.00

Thu	7:15pm
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Adult 3

Advanced Level

45 min | 8 Week \$61.00

Thu	7:15pm
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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

Mondays 6:25 -7:25pm

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

Jul 4 to Jul 6 2:00 -8:00pm

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, Emergency First Aid

\$225

Jul 8 to Jul 10 1:00-8:00pm

NATIONAL LIFEGUARD

The Lifesaving Society's National Lifeguard is the only nationally recognized Lifeguarding Certification in Canada. 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

Aug 25 to Aug 29 11:30am – 8:00pm



INSTRUCTOR COURSES

SWIM FOR LIFE / LIFESAVING INSTRUCTOR

The Swim/Lifesaving Instructor course prepares candidates to be able to teach the Learn-to-Swim program, Swim For Life, as well as the Lifesaving Society's programming of Bronze awards, Lifesaving Fitness, and Canadian Swim Patrol. Candidates will learn the teaching methods, planning skills, and a variety of stroke development drills and correction techniques to be effective swim instructors as well as the techniques and skills necessary to teach water safety and the rescue of others through the Society's Lifesaving stream of programs.

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

\$230

Aug 18 to Aug 22

11:30am – 8:00pm

FIRST AID COURSES

EMERGENCY FIRST AID

The Lifesaving Society's Emergency First Aid course is for people who want a general knowledge of first aid principles and the emergency treatment of injuries.

\$75

Jul 7

9:00am – 5:00pm