



REGISTRATION DATES:

Mount Pearl Residents – Sept 4th at 5pm

Proof of Residency Required Prior to Registration Date

Online Registration Only @ www.mountpearl.ca/registration

Non-Residents – Sept 6th at 5pm

Online Registration Only @ www.mountpearl.ca/registration

9 Week Classes

Sun:	Sept 15 – Nov 10
Tue:	Sept 17 - Nov 12
Wed:	Sept 18 – Nov 13
Fri:	Sept 20 – Nov 22 (No class Nov 15 th)
Sat:	Sept 21 – Nov 16

PARENT AND TOT LESSONS

3 Months – 2 Years | 30 min | \$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	4:30pm
Sat	2:20pm

Parent and Tot 2:

For toddlers 12 - 24 months

Sun	12:25pm / 1:45pm
Tue	5:40pm
Wed	5:40pm
Fri	5:05pm
Sat	1:45pm

Parent and Tot 3:

For toddlers 24 – 36 months

Sun	1:00pm / 2:55pm
Fri	5:40pm
Sat	1:00pm



PRESCHOOL LESSONS

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

Preschool 1:

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

Preschool 2:

Must have completed Preschool 1

Sun	12:25pm / 1:45pm / 2:55pm
Tue	5:05pm
Wed	5:05pm
Fri	4:30pm / 5:05pm / 5:40pm
Sat	11:50am / 1:00pm / 2:20pm

Preschool 3:

Must have completed Preschool 2

Sun	12:25pm / 1:00pm / 2:55pm
Tue	6:15pm
Wed	6:15pm
Fri	5:40pm
Sat	12:25pm

Preschool 4:

Must have completed Preschool 3

Sun	2:20pm
Tue	6:15pm
Wed	6:15pm
Fri	6:15pm

Preschool 5:

Must have completed Preschool 4

Sun	2:20pm
Tue	6:15pm
Wed	6:15pm
Fri	6:15pm



SWIMMER

Group Lessons | 5 to 12 years old

Swimmer 1

30 min | 9 Week \$54

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

Swimmer 2

Must have completed Swimmer 1

30 min | 9 Week \$54

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

Swimmer 3

Must have completed Swimmer 2

45 min | 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 | 9 Week \$59.75

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

Swimmer 5

Must have completed Swimmer 4

45 min | 9 Week \$59.75

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



Swimmer 6

Must have completed Swimmer 5

45 min | 9 Week \$59.75

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

Swim Patrol Rookie

Must have completed Swimmer 6

45 min | \$75

Wed	6:15pm
Sat	2:00pm

Swim Patrol Ranger

Must have completed Swim Patrol Rookie

45 min | \$75

Wed	6:15pm
Sat	2:00pm

Swim Patrol Star

Must have completed Swim Patrol Ranger

45 min | \$75

Wed	6:15pm
Sat	2:00pm



LOW RATIO SWIMMER

Group Lessons | 5 to 12 years old

Swimmer 1 (Low Ratio)

30 min | 9 Week \$78.75

Tue 5:40pm

Swimmer 2 (Low Ratio)

Must have completed Swimmer 1

30 min | 9 Week \$78.75

Tue 5:40pm

Swimmer 3 (Low Ratio)

Must have completed Swimmer 2

45 min | 9 Week \$90

Sun 1:45pm

Swimmer 4 (Low Ratio)

Must have completed Swimmer 3

45 min | 9 Week \$90

Sun 1:45pm

Swimmer 5 (Low Ratio)

Must have completed Swimmer 4

45 min | 9 Week \$90

Sun 1:45pm

Swimmer 6 (Low Ratio)

Must have completed Swimmer 5

45 min | 9 Week \$90

Sun 1:45pm



PRIVATE LESSONS

30 min | 9 Week \$168.75

Tue	5:05pm / 5:40pm
Wed	5:05pm / 5:40pm
Fri	6:15pm
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 6:15pm

ADULT LESSONS

Group Lessons | 16+ years old

Adult 1

Beginner Level

45 min | 9 Week \$68.75

Tue 7:05pm

Adult 2

Intermediate Level

45 min | 9 Week \$68.75

Tue 7:05pm

Adult 3

Advanced Level

45 min | 9 Week \$68.75

Tue 7:05pm



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

Tuesday 5:00pm – 7:00pm (Exam: Tuesday, November 19th)

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

\$265

Wednesday 5:00pm – 7:30pm (Exam: Wednesday, November 20th)

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

Saturday 11:00am – 3:00pm (Exam: Saturday, November 30th)