



Registration Dates:

Mount Pearl Residents – Dec 16th at 5pm | Open Registration – Dec 18th at 5pm

Online Registration Only @ www.mountpearl.ca/registration

9 Week Classes

Sun: Jan 12 – Mar 16 (No class on Feb 9)
Fri: Jan 17 – Mar 21 (No class on Mar 7)
Sat: Jan 18 – Mar 22 (No class on Feb 8)

10 Week Classes

Tue: Jan 14 – Mar 18
Wed: Jan 15 – Mar 19

PARENT AND TOT LESSONS

Spend quality time with your child while you both have fun, learn, and socialize in the Parent and Tot classes. Structured in-water activities will stress the importance of play and develop a water-positive attitude. Activities and progressions are based on child development, parents register at the level appropriate for their child's age.

3 Months – 2 Years | 30 min
9 Week \$49.50 | 10 Week \$55

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

For swimmers 3 to 5 years of age, the preschool classes aim to ensure swimmers are comfortable in the water while having fun while acquiring foundational skills.

3 to 5 Years | 30 min classes
9 Week \$67.50 | 10 Week \$75

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

Swimmers 5 years of age and older will progress through 6 levels of learn to swim programming and 3 levels of the Canadian Swim Patrol program, for a 9-level continuum focused on the basics of swim strokes and skills while learning age-appropriate Water Smart® education.

Group Lessons | 5 to 12 years old

Swimmer 1

30 min | 9 Week \$54 | 10 Week \$60

Sun	11:50am / 12:25pm / 1:00pm
Tue	5:05pm
Wed	5:05pm / 5:40pm
Fri	4:30pm / 5:05pm / 5:40pm / 6:15pm
Sat	11:50am / 12:25pm

Swimmer 2

Must have completed Swimmer 1

30 min | 9 Week \$54 | 10 Week \$60

Sun	11:50am / 12:25pm / 1:00pm
Tue	5:05pm
Wed	5:05pm / 5:40pm
Fri	4:30pm / 5:05pm / 5:40pm / 6:15pm
Sat	11:50am / 12:25pm

Swimmer 3

Must have completed Swimmer 2

45 min | 9 Week \$59.75 | 10 Week \$66.25

Sun	2:35pm
Tue	6:15pm
Sat	1:00pm

Swimmer 4

Must have completed Swimmer 3

45 min | 9 Week \$59.75 | 10 Week \$66.25

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

Swimmer 5

Must have completed Swimmer 4

45 min | 9 Week \$59.75 | 10 Week \$66.25

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



Swimmer 6

Must have completed Swimmer 5

45 min | 9 Week \$59.75 | 10 Week \$66.25

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

Swim Patrol Rookie

Must have completed Swimmer 6

45 min | \$75

Tue	6:15pm
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 | 10 Week \$87.50

Tue	5:40pm
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Swimmer 2 (Low Ratio)

Must have completed Swimmer 1

30 min | 10 Week \$87.50

Tue	5:40pm
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Swimmer 3 (Low Ratio)

Must have completed Swimmer 2

45 min | 9 Week \$90

Sun	1:45pm
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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 | 10 Week \$187.50

Fri 4:30pm / 5:05pm / 5:40pm / 6:15pm

Sat 2:15pm

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 | 10 Week \$66.25

Wed 6:15pm

ADULT LESSONS

Whether you're just starting out or just want help with your strokes, our Adult Program is for the young at heart - no matter what your age. Set your own goals. Work with our certified instructors to learn to swim or improve your current swimming ability and water fitness.

Group Lessons | 16+ years old

Adult 1

Beginner Level

45 min | 10 Week \$76.25

Tue 7:05pm



Adult 2

Intermediate Level

45 min | 10 Week \$76.25

Tue 7:05pm

Adult 3

Advanced Level

45 min | 10 Week \$76.25

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

Sat 1:00 – 2:00pm

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 – 7:00pm (Exam: March 25)

LIFEGUARDING COURSES

NATIONAL LIFEGUARD RECERTIFICATION EXAM

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)

\$80

Jan 4 11:00am – 3:30pm



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 offer includes the required Emergency First Aid certification.

Prerequisites: Bronze Medallion & Emergency First Aid (need not be current)

\$265

Wed 5:00 – 7:30pm (Exam: March 26)

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. The course consists of a mixture of theory, physical, and technical skills, as well as simulated rescue responses

Prerequisites: Minimum 15 years of age, Bronze Cross, Standard First Aid (need not be current)

\$290

April 21 – 25 8:00am – 5:00pm

INSTRUCTOR COURSES

SWIM FOR LIFE INSTRUCTOR

The Lifesaving Society's Swim for Life Instructor prepares candidates to teach the Society's Swim for Life lessons programming.

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

\$230

Jan 18, 25, and Feb 1 8:00 – 5:00pm

FIRST AID / CPR COURSES

BLS (HCP)-CPR RECERTIFICATION

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.

Prerequisites: Previous certification in BLS(HCP)-CPR

\$75

Jan 5 8:00am – 12:00pm