

SPRING & SUMMER PROGRAM GUIDE

2023



2225 Macleod Trail SE
Calgary, Alberta T2G 5B6



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MNPcentre.com
info@MNPcentre.com

MEMBERSHIP & ADMISSIONS

| | ANNUAL MEMBERSHIPS* | | LIMITED MEMBERSHIPS | DROP-IN ADMISSION |
|---|---------------------|------------------|-------------------------------|-------------------|
| | Annual Monthly* | Annual Full Pay* | 30 Day Card & 10 Pass Card ** | Single Admission |
| Adult (18+) | \$80 | \$870 | \$144 | \$17.00 |
| Adult Corporate (18+) | \$72 | \$780 | N/A | N/A |
| Senior (65+) | \$53 | \$562 | \$87 | \$10.50 |
| Youth (13-17) | N/A | \$489 | \$79 | \$10.25 |
| Child (2-12) | N/A | \$189 | \$53 | \$6.75 |
| Family Max - 2 adults & up to 4 kids (under 18) all living at same address | \$130 | \$1,500 | N/A | \$32 |
| Family Corporate Max - 2 adults & up to 4 kids (under 18) all living at same address | \$117 | \$1,350 | N/A | N/A |

ALL PRICES INCLUDE GST. Fees are subject to change. MNP Community & Sport Centre will notify Members of any changes via website. All passes and Memberships are non-transferable. Photo ID is required for entry.



*\$50 Facility Investment fee charged at the onset of every new Annual Membership

**10 Pass Cards expire 2 years from date of purchase and are non-refundable.

NEW MEMBER CONSULTS - FREE

New Member consults are for those who want more guidance getting them started as a member. Our Fitness Consultants will meet with you 1-on-1 for 30 minutes to get you started on the right foot. This session is meant to help you with goal setting and focuses on getting you comfortable and confident in the fitness area. They will help you determine a starting point for your fitness journey whether it be by personal training, attending a class or hitting the pool.

TEEN ORIENTATIONS - FREE

Strength training offers many bonuses to young athletes and teens who want to enhance their fitness level. It can even help to put them on a lifelong path to better health and fitness. The orientation will allow teens 13-15 years old to gain access to the Fitness Centre without being accompanied by a parent. Our team of experts will provide a safe atmosphere where teens can learn appropriate strength training techniques and how to execute movements properly. Note: A parent/guardian must be there at the start.

Register for these on our portal under **FITNESS CENTRE & TRAINING PROGRAMS**.

WE HAVE CHILD CARE! Your child can enjoy expert care while you use the amenities here at MNP Community & Sport Centre.



See website or scan QR code for Registered Program Cancellation Policy.

Hours of Operation

Monday - Friday: 5am-11pm
Saturday: 6am-10pm
Sunday: 7am-10pm
Stat. Holidays: 7am-6pm

There are no Group Fitness or Registered Programs on statutory holidays.

AQUATIC PROGRAMS

SPRING 2023

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|----|-----|-------|-------|---------|-------------|

ADULT SWIM LESSONS // Age: 18Y+

ADULT BEGINNER

The Adult Swimmer Program is for beginners who may be just starting out, or swimmers who want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Water Smart education is part of all levels. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals. Beginners will start with submerging, floating, gliding, kicking and swimming short distances.

11 CLASSES

| | | | | | |
|-------|-----|----------------|------------------|-------|----------|
| 14531 | Sun | Apr 16–June 25 | 12:15 PM–1:15 PM | \$127 | \$148.50 |
| 14477 | Sat | Apr 15–June 24 | 12:15 PM–1:15 PM | \$127 | \$148.50 |
| 14254 | Mon | Apr 3–June 19 | 8:00 PM–9:00 PM | \$127 | \$148.50 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|------------------|-------|-------|
| 14408 | Thu | Apr 6–June 22 | 8:30 PM–9:30 PM | \$138 | \$162 |
| 14374 | Wed | Apr 5–June 21 | 12:00 PM–1:00 PM | \$138 | \$162 |
| 14375 | Wed | Apr 5–June 21 | 8:00 PM–9:00 PM | \$138 | \$162 |
| 14332 | Tue | Apr 4–June 20 | 8:30 PM–9:30 PM | \$138 | \$162 |

ADULT 2 – INTERMEDIATE

Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Water Smart education is part of all levels. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals. Intermediate swimmers will progress to deep water treading, freestyle, backstroke, breaststroke, butterfly and swimming distances of 200m non-stop.

11 CLASSES

| | | | | | |
|-------|-----|----------------|------------------|-------|----------|
| 14532 | Sun | Apr 16–June 25 | 12:15 PM–1:15 PM | \$127 | \$148.50 |
| 14478 | Sat | Apr 15–June 24 | 12:15 PM–1:15 PM | \$127 | \$148.50 |
| 14424 | Fri | Apr 14–June 23 | 9:15 AM–10:15 AM | \$127 | \$148.50 |
| 14255 | Mon | Apr 3–June 19 | 12:00 PM–1:00 PM | \$127 | \$148.50 |
| 14256 | Mon | Apr 3–June 19 | 8:00 PM–9:00 PM | \$127 | \$148.50 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|-------|-------|
| 14409 | Thu | Apr 6–June 22 | 8:30 PM–9:30 PM | \$138 | \$162 |
| 14376 | Wed | Apr 5–June 21 | 8:00 PM–9:00 PM | \$138 | \$162 |
| 14333 | Tue | Apr 4–June 20 | 8:30 PM–9:30 PM | \$138 | \$162 |

PRIVATE SWIM LESSONS // Age: 3Y+

Includes goal setting, specialized instruction and customization to meet you or your child's needs. In these one-on-one sessions you'll see advanced progression in both technique and endurance, it's way more than a swimming lesson. Max 1 person. For an additional charge a second person can be added as a semi-private lesson, please contact swimlessons@mnpcentre.com for more information.

30 MINUTE LESSONS

Geared towards those learning to swim as they will take place entirely in the Teach Pool (no lane space available).

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|-------|-------|
| 14502 | Sun | Apr 16–June 25 | 9:45 AM–10:15 AM | \$286 | \$330 |
| 14503 | Sun | Apr 16–June 25 | 10:30 AM–11:00 AM | \$286 | \$330 |
| 14504 | Sun | Apr 16–June 25 | 11:45 AM–12:15 PM | \$286 | \$330 |
| 14505 | Sun | Apr 16–June 25 | 11:45 AM–12:15 PM | \$286 | \$330 |
| 14506 | Sun | Apr 16–June 25 | 12:15 PM–12:45 PM | \$286 | \$330 |
| 14507 | Sun | Apr 16–June 25 | 12:45 PM–1:15 PM | \$286 | \$330 |
| 14508 | Sun | Apr 16–June 25 | 1:45 PM–2:15 PM | \$286 | \$330 |
| 14509 | Sun | Apr 16–June 25 | 2:15 PM–2:45 PM | \$286 | \$330 |
| 14510 | Sun | Apr 16–June 25 | 2:15 PM–2:45 PM | \$286 | \$330 |
| 14446 | Sat | Apr 15–June 24 | 9:45 AM–10:15 AM | \$286 | \$330 |
| 14447 | Sat | Apr 15–June 24 | 10:30 AM–11:00 AM | \$286 | \$330 |
| 14449 | Sat | Apr 15–June 24 | 11:45 AM–12:15 PM | \$286 | \$330 |
| 14450 | Sat | Apr 15–June 24 | 11:45 AM–12:15 PM | \$286 | \$330 |
| 14451 | Sat | Apr 15–June 24 | 12:15 PM–12:45 PM | \$286 | \$330 |
| 14452 | Sat | Apr 15–June 24 | 12:45 PM–1:15 PM | \$286 | \$330 |
| 14453 | Sat | Apr 15–June 24 | 1:45 PM–2:15 PM | \$286 | \$330 |
| 14454 | Sat | Apr 15–June 24 | 2:15 PM–2:45 PM | \$286 | \$330 |
| 14455 | Sat | Apr 15–June 24 | 2:15 PM–2:45 PM | \$286 | \$330 |
| 14236 | Mon | Apr 3–June 19 | 4:45 PM–5:15 PM | \$286 | \$330 |
| 14237 | Mon | Apr 3–June 19 | 5:15 PM–5:45 PM | \$286 | \$330 |
| 14238 | Mon | Apr 3–June 19 | 6:15 PM–6:45 PM | \$286 | \$330 |
| 14239 | Mon | Apr 3–June 19 | 6:15 PM–6:45 PM | \$286 | \$330 |
| 14240 | Mon | Apr 3–June 19 | 6:30 PM–7:00 PM | \$286 | \$330 |
| 14241 | Mon | Apr 3–June 19 | 6:30 PM–7:00 PM | \$286 | \$330 |
| 14242 | Mon | Apr 3–June 19 | 7:00 PM–7:30 PM | \$286 | \$330 |
| 14243 | Mon | Apr 3–June 19 | 7:30 PM–8:00 PM | \$286 | \$330 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|-------|-------|
| 14391 | Thu | Apr 6–June 22 | 5:15 PM–5:45 PM | \$312 | \$360 |
| 14392 | Thu | Apr 6–June 22 | 6:00 PM–6:30 PM | \$312 | \$360 |
| 14393 | Thu | Apr 6–June 22 | 6:45 PM–7:15 PM | \$312 | \$360 |
| 14394 | Thu | Apr 6–June 22 | 7:00 PM–7:30 PM | \$312 | \$360 |
| 14395 | Thu | Apr 6–June 22 | 7:00 PM–7:30 PM | \$312 | \$360 |
| 14396 | Thu | Apr 6–June 22 | 7:15 PM–7:45 PM | \$312 | \$360 |
| 14397 | Thu | Apr 6–June 2 | 7:45 PM–8:15 PM | \$312 | \$360 |
| 14398 | Thu | Apr 6–June 22 | 8:00 PM–8:30 PM | \$312 | \$360 |
| 14352 | Wed | Apr 5–June 21 | 4:45 PM–5:15 PM | \$312 | \$360 |
| 14353 | Wed | Apr 5–June 21 | 4:45 PM–5:15 PM | \$312 | \$360 |
| 14354 | Wed | Apr 5–June 21 | 5:45 PM–6:15 PM | \$312 | \$360 |



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|-------|-----|---------------|-----------------|---------|-------------|
| 14355 | Wed | Apr 5-June 21 | 5:45 PM-6:15 PM | \$312 | \$360 |
| 14356 | Wed | Apr 5-June 21 | 6:15 PM-6:45 PM | \$312 | \$360 |
| 14357 | Wed | Apr 5-June 21 | 6:15 PM-6:45 PM | \$312 | \$360 |
| 14358 | Wed | Apr 5-June 21 | 6:30 PM-7:00 PM | \$312 | \$360 |
| 14359 | Wed | Apr 5-June 21 | 6:30 PM-7:00 PM | \$312 | \$360 |
| 14360 | Wed | Apr 5-June 21 | 7:00 PM-7:30 PM | \$312 | \$360 |
| 14361 | Wed | Apr 5-June 21 | 7:30 PM-8:00 PM | \$312 | \$360 |
| 14315 | Tue | Apr 4-June 20 | 5:15 PM-5:45 PM | \$312 | \$360 |
| 14316 | Tue | Apr 4-June 20 | 5:15 PM-5:45 PM | \$312 | \$360 |
| 14317 | Tue | Apr 4-June 20 | 6:30 PM-7:00 PM | \$312 | \$360 |
| 14318 | Tue | Apr 4-June 20 | 7:00 PM-7:30 PM | \$312 | \$360 |
| 14319 | Tue | Apr 4-June 20 | 7:00 PM-7:30 PM | \$312 | \$360 |
| 14320 | Tue | Apr 4-June 20 | 7:00 PM-7:30 PM | \$312 | \$360 |

45 MINUTE LESSONS

Geared towards those wanting to learn to swim and improve their stroke technique (access to lane and Teach Pool)

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|-------|-------|
| 14511 | Sun | Apr 16-June 25 | 9:00 AM-9:45 AM | \$429 | \$495 |
| 14512 | Sun | Apr 16-June 25 | 9:00 AM-9:45 AM | \$429 | \$495 |
| 14513 | Sun | Apr 16-June 25 | 9:00 AM-9:45 AM | \$429 | \$495 |
| 14514 | Sun | Apr 16-June 25 | 9:45 AM-10:30 AM | \$429 | \$495 |
| 14515 | Sun | Apr 16-June 25 | 10:15 AM-11:00 AM | \$429 | \$495 |
| 14516 | Sun | Apr 16-June 25 | 10:45 AM-11:30 AM | \$429 | \$495 |
| 14517 | Sun | Apr 16-June 25 | 11:00 AM-11:45 AM | \$429 | \$495 |
| 14518 | Sun | Apr 16-June 25 | 11:30 AM-12:15 PM | \$429 | \$495 |
| 14519 | Sun | Apr 16-June 25 | 11:30 AM-12:15 PM | \$429 | \$495 |
| 14520 | Sun | Apr 16-June 25 | 12:15 PM-1:00 PM | \$429 | \$495 |
| 14521 | Sun | Apr 16-June 25 | 1:00 PM-1:45 PM | \$429 | \$495 |
| 14522 | Sun | Apr 16-June 25 | 1:30 PM-2:15 PM | \$429 | \$495 |
| 14523 | Sun | Apr 16-June 25 | 2:00 PM-2:45 PM | \$429 | \$495 |
| 14524 | Sun | Apr 16-June 25 | 2:45 PM-3:30 PM | \$429 | \$495 |
| 14525 | Sun | Apr 16-June 25 | 3:30 PM-4:15 PM | \$429 | \$495 |
| 14468 | Sat | Apr 15-June 24 | 2:45 PM-3:30 PM | \$429 | \$495 |
| 14469 | Sat | Apr 15-June 24 | 3:30 PM-4:15 PM | \$429 | \$495 |
| 14470 | Sat | Apr 15-June 24 | 11:30 AM-12:15 PM | \$429 | \$495 |
| 14471 | Sat | Apr 15-June 24 | 12:15 PM-1:00 PM | \$429 | \$495 |
| 14456 | Sat | Apr 15-June 24 | 9:00 AM-9:45 AM | \$429 | \$495 |
| 14457 | Sat | Apr 15-June 24 | 9:00 AM-9:45 AM | \$429 | \$495 |
| 14458 | Sat | Apr 15-June 24 | 9:00 AM-9:45 AM | \$429 | \$495 |
| 14459 | Sat | Apr 15-June 24 | 9:45 AM-10:30 AM | \$429 | \$495 |
| 14460 | Sat | Apr 15-June 24 | 10:15 AM-11:00 AM | \$429 | \$495 |
| 14461 | Sat | Apr 15-June 24 | 10:45 AM-11:30 AM | \$429 | \$495 |
| 14462 | Sat | Apr 15-June 24 | 11:00 AM-11:45 AM | \$429 | \$495 |
| 14463 | Sat | Apr 15-June 24 | 11:30 AM-12:15 PM | \$429 | \$495 |
| 14464 | Sat | Apr 15-June 24 | 1:00 PM-1:45 PM | \$429 | \$495 |
| 14465 | Sat | Apr 15-June 24 | 1:15 PM-2:00 PM | \$429 | \$495 |
| 14466 | Sat | Apr 15-June 24 | 1:30 PM-2:15 PM | \$429 | \$495 |
| 14467 | Sat | Apr 15-June 24 | 2:00 PM-2:45 PM | \$429 | \$495 |
| 14416 | Fri | Apr 14-June 23 | 9:15 AM-10:00 AM | \$429 | \$495 |
| 14417 | Fri | Apr 14-June 23 | 10:15 AM-11:00 AM | \$429 | \$495 |
| 14418 | Fri | Apr 14-June 23 | 11:00 AM-11:45 AM | \$429 | \$495 |
| 14419 | Fri | Apr 14-June 23 | 12:15 AM-1:00 PM | \$429 | \$495 |
| 14420 | Fri | Apr 14-June 23 | 1:00 PM-1:45 PM | \$429 | \$495 |
| 14421 | Fri | Apr 14-June 23 | 1:00 PM-1:45 PM | \$429 | \$495 |
| 14422 | Fri | Apr 14-June 23 | 1:45 PM-2:30 PM | \$429 | \$495 |
| 14423 | Fri | Apr 14-June 23 | 1:45 PM-2:30 PM | \$429 | \$495 |
| 14244 | Mon | Apr 3-June 19 | 2:00 PM-2:45 PM | \$429 | \$495 |
| 14245 | Mon | Apr 3-June 19 | 2:30 PM-3:15 PM | \$429 | \$495 |
| 14246 | Mon | Apr 3-June 19 | 2:45 PM-3:30 PM | \$429 | \$495 |
| 14247 | Mon | Apr 3-June 19 | 3:15 PM-4:00 PM | \$429 | \$495 |

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|-------|-----|---------------|-----------------|---------|-------------|
| 14248 | Mon | Apr 3-June 19 | 4:00 PM-4:45 PM | \$429 | \$495 |
| 14249 | Mon | Apr 3-June 19 | 4:00 PM-4:45 PM | \$429 | \$495 |
| 14250 | Mon | Apr 3-June 19 | 4:30 PM-5:15 PM | \$429 | \$495 |
| 14251 | Mon | Apr 3-June 19 | 4:45 PM-5:30 PM | \$429 | \$495 |
| 14252 | Mon | Apr 3-June 19 | 5:15 PM-6:00 PM | \$429 | \$495 |
| 14253 | Mon | Apr 3-June 19 | 5:45 PM-6:30 PM | \$429 | \$495 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|-------|-------|
| 14399 | Thu | Apr 6-June 22 | 4:00 PM-4:45 PM | \$468 | \$540 |
| 14400 | Thu | Apr 6-June 22 | 4:30 PM-5:15 PM | \$468 | \$540 |
| 14401 | Thu | Apr 6-June 22 | 4:30 PM-5:15 PM | \$468 | \$540 |
| 14402 | Thu | Apr 6-June 22 | 4:45 PM-5:30 PM | \$468 | \$540 |
| 14403 | Thu | Apr 6-June 22 | 5:30 PM-6:15 PM | \$468 | \$540 |
| 14404 | Thu | Apr 6-June 22 | 6:15 PM-7:00 PM | \$468 | \$540 |
| 14405 | Thu | Apr 6-June 22 | 7:15 PM-8:00 PM | \$468 | \$540 |
| 14362 | Wed | Apr 5-June 21 | 2:00 PM-2:45 PM | \$468 | \$540 |
| 14363 | Wed | Apr 5-June 21 | 2:30 PM-3:15 PM | \$468 | \$540 |
| 14364 | Wed | Apr 5-June 21 | 2:45 PM-3:30 PM | \$468 | \$540 |
| 14365 | Wed | Apr 5-June 21 | 3:15 PM-4:00 PM | \$468 | \$540 |
| 14366 | Wed | Apr 5-June 21 | 4:00 PM-4:45 PM | \$468 | \$540 |
| 14367 | Wed | Apr 5-June 21 | 4:00 PM-4:45 PM | \$468 | \$540 |
| 14368 | Wed | Apr 5-June 21 | 4:30 PM-5:15 PM | \$468 | \$540 |
| 14369 | Wed | Apr 5-June 21 | 4:45 PM-5:30 PM | \$468 | \$540 |
| 14370 | Wed | Apr 5-June 21 | 5:00 PM-5:45 PM | \$468 | \$540 |
| 14371 | Wed | Apr 5-June 21 | 5:15 PM-6:00 PM | \$468 | \$540 |
| 14372 | Wed | Apr 5-June 21 | 5:45 PM-6:30 PM | \$468 | \$540 |
| 14373 | Wed | Apr 5-June 21 | 7:00 PM-7:45 PM | \$468 | \$540 |
| 14321 | Tue | Apr 4-June 20 | 4:00 PM-4:45 PM | \$468 | \$540 |
| 14322 | Tue | Apr 4-June 20 | 4:30 PM-5:15 PM | \$468 | \$540 |
| 14323 | Tue | Apr 4-June 20 | 4:30 PM-5:15 PM | \$468 | \$540 |
| 14324 | Tue | Apr 4-June 20 | 4:45 PM-5:30 PM | \$468 | \$540 |
| 14325 | Tue | Apr 4-June 20 | 5:30 PM-6:15 PM | \$468 | \$540 |
| 14326 | Tue | Apr 4-June 20 | 6:15 PM-7:00 PM | \$468 | \$540 |
| 14327 | Tue | Apr 4-June 20 | 6:45 PM-7:30 PM | \$468 | \$540 |
| 14328 | Tue | Apr 4-June 20 | 7:30 PM-8:15 PM | \$468 | \$540 |
| 14329 | Tue | Apr 4-June 20 | 9:00 AM-9:45 AM | \$468 | \$540 |

60 MINUTE LESSONS

New and improved aquatic private lessons now include goal setting, specialized instruction and customization to meet you or your child's needs. In these one-on-one sessions, you'll see advanced progression in both technique and endurance. It's way more than a swimming lesson!

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|-------|-------|
| 14526 | Sun | Apr 16-June 25 | 9:00 AM-10:00 AM | \$517 | \$605 |
| 14527 | Sun | Apr 16-June 25 | 10:00 AM-11:00 AM | \$517 | \$605 |
| 14528 | Sun | Apr 16-June 25 | 1:30 PM-2:30 PM | \$517 | \$605 |
| 14529 | Sun | Apr 16-June 25 | 2:30 PM-3:30 PM | \$517 | \$605 |
| 14530 | Sun | Apr 16-June 25 | 3:30 PM-4:30 PM | \$517 | \$605 |
| 14472 | Sat | Apr 15-June 24 | 9:00 AM-10:00 AM | \$517 | \$605 |
| 14473 | Sat | Apr 15-June 24 | 10:00 AM-11:00 AM | \$517 | \$605 |
| 14474 | Sat | Apr 15-June 24 | 1:30 PM-2:30 PM | \$517 | \$605 |
| 14475 | Sat | Apr 15-June 24 | 2:30 PM-3:30 PM | \$517 | \$605 |
| 14476 | Sat | Apr 15-June 24 | 3:30 PM-4:30 PM | \$517 | \$605 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|-------|-------|
| 14406 | Thu | Apr 6-June 22 | 7:30 PM-8:30 PM | \$564 | \$660 |
| 14407 | Thu | Apr 6-June 22 | 7:30 PM-8:30 PM | \$564 | \$660 |
| 14330 | Tue | Apr 4-June 20 | 7:30 PM-8:30 PM | \$564 | \$660 |
| 14331 | Tue | Apr 4-June 20 | 7:30 PM-8:30 PM | \$564 | \$660 |

PARENT AND TOT // Age: 4M-3Y

This class is for parents and children from 4 months to 3 years of age. Based on the principal of 'Within Arms' Reach', Parent & Tot focusses on close play and fun between child and parent. Explore with your little one and enjoy bonding time in the water! Parents will learn how to safely support their child while they discover water. Classes will be filled with songs and games to keep all children engaged while learning skills like blowing bubbles, floating, and gliding.

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|------|------|
| 14480 | Sun | Apr 16-June 25 | 9:00 AM-9:30 AM | \$72 | \$94 |
| 14481 | Sun | Apr 16-June 25 | 9:45 AM-10:15 AM | \$72 | \$94 |
| 14482 | Sun | Apr 16-June 25 | 10:15 AM-10:45 AM | \$72 | \$94 |
| 14483 | Sun | Apr 16-June 25 | 12:15 AM-12:45 PM | \$72 | \$94 |
| 14425 | Sat | Apr 15-June 24 | 9:00 AM-9:30 AM | \$72 | \$94 |
| 14426 | Sat | Apr 15-June 24 | 9:45 AM-10:15 AM | \$72 | \$94 |
| 14427 | Sat | Apr 15-June 24 | 10:15 AM-10:45 AM | \$72 | \$94 |
| 14428 | Sat | Apr 15-June 24 | 12:15 PM-12:45 PM | \$72 | \$94 |
| 14410 | Fri | Apr 14-June 23 | 10:30 AM-11:00 AM | \$72 | \$94 |
| 14411 | Fri | Apr 14-June 23 | 11:30 AM-12:00 PM | \$72 | \$94 |
| 14412 | Fri | Apr 14-June 23 | 12:30 PM-1:00 PM | \$72 | \$94 |
| 14219 | Mon | Apr 3-June 19 | 12:00 PM-12:30 PM | \$72 | \$94 |
| 14220 | Mon | Apr 3-June 19 | 12:30 PM-1:00 PM | \$72 | \$94 |
| 14221 | Mon | Apr 3-June 19 | 1:00 PM-1:30 PM | \$72 | \$94 |
| 14222 | Mon | Apr 3-June 19 | 5:15 PM-5:45 PM | \$72 | \$94 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-------------------|------|-------|
| 14378 | Thu | Apr 6-June 22 | 5:15 PM-5:45 PM | \$78 | \$102 |
| 14335 | Wed | Apr 5-June 21 | 12:00 PM-12:30 PM | \$78 | \$102 |
| 14336 | Wed | Apr 5-June 21 | 12:30 PM-1:00 PM | \$78 | \$102 |
| 14337 | Wed | Apr 5-June 21 | 1:00 PM-1:30 PM | \$78 | \$102 |
| 14338 | Wed | Apr 5-June 21 | 5:15 PM-5:45 PM | \$78 | \$102 |
| 14296 | Tue | Apr 4-June 20 | 10:15 AM-10:45 AM | \$78 | \$102 |
| 14297 | Tue | Apr 4-June 20 | 10:45 AM-11:15 AM | \$78 | \$102 |
| 14298 | Tue | Apr 4-June 20 | 12:15 PM-12:45 PM | \$78 | \$102 |
| 14299 | Tue | Apr 4-June 20 | 5:15 PM-5:45 PM | \$78 | \$102 |

SWIM FOR LIFE® PRESCHOOL // Age: 3Y-5Y

The Preschool program gives children a head start on learning to swim. Preschool Programs develop fundamental physical literacy skills for aquatic activities. In our preschool program we work to ensure 3-5 year olds become comfortable in the water and have fun developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

PRESCHOOL 1

Children become comfortable with their first independent water experiences. Preschoolers are introduced to entries/exits, safe movement in the water, submersion and breath control.

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|------|------|
| 14484 | Sun | Apr 16-June 25 | 9:45 AM-10:15 AM | \$88 | \$99 |
| 14485 | Sun | Apr 16-June 25 | 12:30 PM-1:00 PM | \$88 | \$99 |
| 14429 | Sat | Apr 15-June 24 | 9:45 AM-10:15 AM | \$88 | \$99 |
| 14430 | Sat | Apr 15-June 24 | 12:30 PM-1:00 PM | \$88 | \$99 |
| 14413 | Fri | Apr 14-June 23 | 10:00 AM-10:30 AM | \$88 | \$99 |
| 14223 | Mon | Apr 3-June 19 | 5:45 PM-6:15 PM | \$88 | \$99 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|------------------|------|-------|
| 14379 | Thu | Apr 6-June 22 | 4:45 PM-5:15 PM | \$96 | \$108 |
| 14339 | Wed | Apr 5-June 21 | 4:00 PM-4:30 PM | \$96 | \$108 |
| 14300 | Tue | Apr 4-June 20 | 9:45 AM-10:15 AM | \$96 | \$108 |
| 14301 | Tue | Apr 4-June 20 | 4:45 PM-5:15 PM | \$96 | \$108 |

PRESCHOOL 1/2

Preschoolers will practice and improve on level 1 skills including, putting their faces in the water, blowing bubbles, floats and back glides. They'll also be introduced to level 2 skills like jumping into the water, exhaling under water and flutter kicks.

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|------|------|
| 14486 | Sun | Apr 16-June 25 | 11:00 AM-11:30 AM | \$88 | \$99 |
| 14431 | Sat | Apr 15-June 24 | 11:00 AM-11:30 AM | \$88 | \$99 |
| 14224 | Mon | Apr 3-June 19 | 1:00 PM-1:30 PM | \$88 | \$99 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|------------------|------|-------|
| 14380 | Thu | Apr 6-June 22 | 6:15 PM-6:45 PM | \$96 | \$108 |
| 14340 | Wed | Apr 5-June 21 | 12:30 PM-1:00 PM | \$96 | \$108 |
| 14302 | Tue | Apr 4-June 20 | 6:30 PM-7:00 PM | \$96 | \$108 |

PRESCHOOL 2

For children who are comfortable submerging under-water. The focus of this level is floats, glides and kick. Pre-requisite: Preschool 1 or equivalent level.

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|------|------|
| 14487 | Sun | Apr 16-June 25 | 9:30 AM-10:00 AM | \$88 | \$99 |
| 14488 | Sun | Apr 16-June 25 | 11:45 AM-12:15 PM | \$88 | \$99 |
| 14432 | Sat | Apr 15-June 24 | 9:30 AM-10:00 AM | \$88 | \$99 |
| 14433 | Sat | Apr 15-June 24 | 11:45 AM-12:15 PM | \$88 | \$99 |
| 14414 | Fri | Apr 14-June 23 | 11:00 AM-11:30 AM | \$88 | \$99 |
| 14225 | Mon | Apr 3-June 19 | 4:00 PM-4:30 PM | \$88 | \$99 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-------------------|------|-------|
| 14381 | Thu | Apr 6-June 22 | 5:15 PM-5:45 PM | \$96 | \$108 |
| 14341 | Wed | Apr 5-June 21 | 6:00 PM-6:30 PM | \$96 | \$108 |
| 14303 | Tue | Apr 4-June 20 | 11:15 AM-11:45 AM | \$96 | \$108 |
| 14304 | Tue | Apr 4-June 20 | 5:15 PM-5:45 PM | \$96 | \$108 |

PRESCHOOL 3

For children who are comfortable floating and gliding un-assisted. Preschoolers are introduced to front and back kick/swim and deep water skills.

Pre-requisite: Preschool 2 or equivalent level.

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|------|------|
| 14489 | Sun | Apr 16-June 25 | 10:00 AM-10:30 AM | \$88 | \$99 |
| 14490 | Sun | Apr 16-June 25 | 12:45 PM-1:15 PM | \$88 | \$99 |
| 14434 | Sat | Apr 15-June 24 | 10:00 AM-10:30 AM | \$88 | \$99 |
| 14435 | Sat | Apr 15-June 24 | 12:45 PM-1:15 PM | \$88 | \$99 |
| 14415 | Fri | Apr 14-June 23 | 12:00 PM-12:30 PM | \$88 | \$99 |
| 14226 | Mon | Apr 3-June 19 | 1:30 PM-2:00 PM | \$88 | \$99 |
| 14227 | Mon | Apr 3-June 19 | 6:00 PM-6:30 PM | \$88 | \$99 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-------------------|------|-------|
| 14382 | Thu | Apr 6-June 22 | 6:30 PM-7:00 PM | \$96 | \$108 |
| 14342 | Wed | Apr 5-June 21 | 1:30 PM-2:00 PM | \$96 | \$108 |
| 14343 | Wed | Apr 5-June 21 | 6:15 PM-6:45 PM | \$96 | \$108 |
| 14305 | Tue | Apr 4-June 20 | 11:45 AM-12:15 PM | \$96 | \$108 |
| 14306 | Tue | Apr 4-June 20 | 6:00 PM-6:30 PM | \$96 | \$108 |



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

PRESCHOOL 4/5

Preschoolers will practice and improve on level 4 skills, including opening their eyes underwater, pendulum rollovers onto the back and treading water using the sculling action. They'll also be introduced to level 5 skills like a forward roll entry into deep water, whip kicks and interval training. Preschoolers will support themselves in deep water for 10 seconds using the sculling action. Wearing a lifejacket, they'll practice forward roll entries into deep water, whip kicks, back crawl and interval training. Graduates of Preschool 5 can start Swimmer 2 at 6 years of age.

Pre-requisite: Preschool 3 or equivalent level.

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|------|-------|
| 14491 | Sun | Apr 16-June 25 | 11:00 AM-11:45 AM | \$99 | \$110 |
| 14492 | Sun | Apr 16-June 25 | 12:45 PM-1:30 PM | \$99 | \$110 |
| 14436 | Sat | Apr 15-June 24 | 11:00 AM-11:45 AM | \$99 | \$110 |
| 14437 | Sat | Apr 15-June 24 | 12:45 AM-1:30 PM | \$99 | \$110 |
| 14228 | Mon | Apr 3-June 19 | 1:30 PM-2:15 PM | \$99 | \$110 |
| 14229 | Mon | Apr 3-June 19 | 6:00 PM-6:45 PM | \$99 | \$110 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|-------|-------|
| 14383 | Thu | Apr 6-June 22 | 6:30 PM-7:15 PM | \$108 | \$120 |
| 14344 | Wed | Apr 5-June 21 | 1:30 PM-2:15 PM | \$108 | \$120 |
| 14345 | Wed | Apr 5-June 21 | 6:00 PM-6:45 PM | \$108 | \$120 |
| 14307 | Tue | Apr 4-June 20 | 4:30 PM-5:15 PM | \$108 | \$120 |

SWIM FOR LIFE® SWIMMER // Age: 6Y-12Y

The Swimmer program makes sure children learn the fundamental physical literacy skills for aquatic activities. Progressions accommodate 6 - 12 year olds, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water Smart education is a part of every level.

SWIMMER 1

The focus of Swimmer 1 is entries and exits, floatation, submersion, breath control, and safe movement in the water. Children are introduced to floats, glides, kick and learning to be comfortable and relaxed in the water.

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|------|------|
| 14493 | Sun | Apr 16-June 25 | 10:15 AM-10:45 AM | \$88 | \$99 |
| 14494 | Sun | Apr 16-June 25 | 11:30 AM-12:00 PM | \$88 | \$99 |
| 14438 | Sat | Apr 15-June 24 | 10:15 AM-10:45 AM | \$88 | \$99 |
| 14439 | Sat | Apr 15-June 24 | 11:30 AM-12:00 PM | \$88 | \$99 |
| 14230 | Mon | Apr 3-June 19 | 4:00 PM-4:30 PM | \$88 | \$99 |
| 14231 | Mon | Apr 3-June 19 | 4:45 PM-5:15 PM | \$88 | \$99 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|-------|
| 14384 | Thu | Apr 6-June 22 | 4:00 PM-4:30 PM | \$96 | \$108 |
| 14346 | Wed | Apr 5-June 21 | 4:00 PM-4:30 PM | \$96 | \$108 |
| 14347 | Wed | Apr 5-June 21 | 5:15 PM-5:45 PM | \$96 | \$108 |
| 14308 | Tue | Apr 4-June 20 | 4:00 PM-4:30 PM | \$96 | \$108 |

SWIMMER 2

The focus of Swimmer 2 is propulsion through the water: glides and kick. Swimmers are introduced to front and back crawl, whip kick, interval training and deep water skills. Establishes a sound basis for the future acquisition of swimming skills.

Pre-requisite: Swimmer 1 or Preschool 5 (and 6 years of age) or equivalent level.

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|------|-------|
| 14495 | Sun | Apr 16-June 25 | 9:00 AM-9:45 AM | \$99 | \$110 |
| 14496 | Sun | Apr 16-June 25 | 1:15 PM-2:00 PM | \$99 | \$110 |
| 14440 | Sat | Apr 15-June 24 | 9:00 AM-9:45 AM | \$99 | \$110 |
| 14441 | Sat | Apr 15-June 24 | 11:00 AM-11:45 AM | \$99 | \$110 |
| 14232 | Mon | Apr 3-June 19 | 5:30 PM-6:15 PM | \$99 | \$110 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|-------|-------|
| 14385 | Thu | Apr 6-June 22 | 4:00 PM-4:45 PM | \$108 | \$120 |
| 14348 | Wed | Apr 5-June 21 | 5:30 PM-6:15 PM | \$108 | \$120 |
| 14309 | Tue | Apr 4-June 20 | 4:00 PM-4:45 PM | \$108 | \$120 |
| 14310 | Tue | Apr 4-June 20 | 5:45 PM-6:30 PM | \$108 | \$120 |

SWIMMER 3

The focus of Swimmer 3 is streamline positioning, propulsion and over-arm action for freestyle and back crawl. Swimmers build on skills taught in previous levels: whip kick, interval training and deep water skills and work-up to swimming 25m.

Pre-requisite: Swimmer 2 or equivalent level.

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|------|-------|
| 14497 | Sun | Apr 16-June 25 | 9:45 AM-10:30 AM | \$99 | \$110 |
| 14498 | Sun | Apr 16-June 25 | 11:00 AM-11:45 AM | \$99 | \$110 |
| 14442 | Sat | Apr 15-June 24 | 9:45 AM-10:30 AM | \$99 | \$110 |
| 14233 | Mon | Apr 3-June 19 | 4:30 PM-5:15 PM | \$99 | \$110 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|-------|-------|
| 14386 | Thu | Apr 6-June 22 | 4:30 PM-5:15 PM | \$108 | \$120 |
| 14387 | Thu | Apr 6-June 22 | 5:15 PM-6:00 PM | \$108 | \$120 |
| 14349 | Wed | Apr 5-June 21 | 4:00 PM-4:45 PM | \$108 | \$120 |
| 14311 | Tue | Apr 4-June 20 | 4:45 PM-5:30 PM | \$108 | \$120 |

SWIMMER 4

The focus of Swimmer 4 is strength and endurance for freestyle and back crawl. Establishes basic movements and orientation ability needed for swimming skills like arm action, sculling and breathing. Swimmers are introduced to sprinting, under water swims and components of breaststroke.

Pre-requisite: Swimmer 3 or equivalent level.

11 CLASSES

| | | | | | |
|-------|-----|----------------|-----------------|------|-------|
| 14499 | Sun | Apr 16-June 25 | 9:00 AM-9:45 AM | \$99 | \$110 |
| 14443 | Sat | Apr 15-June 24 | 9:00 AM-9:45 AM | \$99 | \$110 |
| 14234 | Mon | Apr 3-June 19 | 5:15 PM-6:00 PM | \$99 | \$110 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|-------|-------|
| 14388 | Thu | Apr 6-June 22 | 4:00 PM-4:45 PM | \$108 | \$120 |
| 14350 | Wed | Apr 5-June 21 | 5:15 PM-6:00 PM | \$108 | \$120 |
| 14312 | Tue | Apr 4-June 20 | 4:00 PM-4:45 PM | \$108 | \$120 |

SWIMMER 5/6

In this combined program, swimmers will work through progressions for entries and exits they've learned so far. They will continue to practice surface support, underwater skills, the Swim to Survive standard skills, movement/swimming skills and fitness. Each participant has the opportunity to focus on skills built for their swim level. **Pre-requisite: Swimmer 4 or equivalent level.**

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|------|-------|
| 14500 | Sun | Apr 16-June 25 | 10:30 AM-11:15 AM | \$99 | \$110 |
| 14444 | Sat | Apr 15-June 24 | 10:30 AM-11:15 AM | \$99 | \$110 |
| 14235 | Mon | Apr 3-June 19 | 4:00 PM-4:45 PM | \$99 | \$110 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|-------|-------|
| 14389 | Thu | Apr 6-June 22 | 4:45 PM-5:30 PM | \$108 | \$120 |
| 14351 | Wed | Apr 5-June 21 | 4:30 PM-5:15 PM | \$108 | \$120 |
| 14313 | Tue | Apr 4-June 20 | 5:30 PM-8:15 PM | \$108 | \$120 |



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

SWIMMER 7/8/9 (Rookie, Ranger, Star Patrol)

Canadian Swim Patrol is a pre-Bronze program with three modules: water proficiency, first aid skills and recognition and rescue. Skills include timed swims, endurance swims, swimming with clothes on, Water Smart® behaviour, rescue skills and first aid performance.

Pre-requisite: completed Swimmer 6.

Swimmer 7 (Rookie Patrol), Swimmer 8 (Ranger Patrol), Swimmer 9 (Star Patrol) Participants develop lifesaving and first aid skills; further refine front crawl, back crawl, breaststroke, and butterfly. Enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels. Water proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program. Rescue skills involve an increased skill level in ABC first aid basics and non-contact rescues.

11 CLASSES

| | | | | | |
|-------|-----|----------------|-------------------|-------|-------|
| 14501 | Sun | Apr 16–June 25 | 10:30 AM–11:30 AM | \$127 | \$149 |
| 14445 | Sat | Apr 15–June 24 | 10:30 AM–11:30 AM | \$127 | \$149 |

12 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|-------|-------|
| 14390 | Thu | Apr 6–June 22 | 5:30 PM–6:30 PM | \$138 | \$162 |
| 14314 | Tue | Apr 4–June 20 | 5:30 PM–6:30 PM | \$138 | \$162 |

CLUB PROGRAMS

SEA DRAGONS SWIM CLUB // AGE: 8Y–17Y

The Sea Dragons Swim Club is an exciting approach to learning advanced swimming skills for youth aged 9 to 17 years old in a fun team environment. The club will provide professional coaching for stroke technique, dives, starts, and turns whilst building up swimmers' speed and endurance. With opportunities to participate in recreational swim meets we embrace competition, but without the pressure often associated with more intensive clubs. Our goal is to help instil a lifetime passion for aquatics and spark a higher interest in the sport of competitive swimming.

Pre-requisite: All swimmers must be able to swim 50m of a recognizable stroke then tread water for one minute, all in deep water without assistance.

| | | | | | |
|-------|------|---------------|------------------|-------|-------|
| 14257 | M, W | Apr 3–June 24 | 7:00 PM–8:00 PM | \$337 | \$372 |
| | Sa | | 1:30 PM– 3:00 PM | | |

SEA DRAGONS LIFESAVING CLUB // AGE: 9Y–17Y

The Sea Dragons Lifesaving Club is directed towards youth ages 9–17yrs caught between levels hoping to reignite their passion for swimming! The club is perfect for those looking to refine their stroke technique whilst developing the necessary skills to participate in lifesaving sport events. Our knowledgeable coaches will help elevate your stroke technique, develop the necessary skills required to succeed in the Bronze Star, Bronze Medallion, Bronze Cross – Assistant Lifeguard, and National Lifeguard certification courses. We emphasize skill development based on personal-best achievement, speed, endurance, and most importantly – fun! Our goal is to help instill a lifetime passion for aquatics and spark a higher interest in lifesaving sport.

Pre-requisite: All swimmers must be able to swim 50m of a recognizable stroke then tread water for one minute, all in deep water without assistance.

| | | | | | |
|-------|--------|----------------|-----------------|-------|-------|
| 14334 | Tu, Th | Apr 4–June 25 | 6:00 PM–7:00 PM | \$337 | \$372 |
| | Su | | 1:30 PM–3:00 PM | | |
| 14533 | Sun | Apr 16–June 25 | 1:30 PM–3:00 PM | \$184 | \$208 |

SEA DRAGONS Stroke Proficiency // Age: 7Y–14Y

The Sea Dragons Stroke Proficiency Club is designed for youth ages 7–14yrs looking to transition into the full Sea Dragons Swim Club, and/or those hoping to improve their stroke technique whilst getting introduced to dives and turns. The program will focus on personal bests and set youth up for success in the full Swim Club and/or achieving their individual goals. Swimmers will be coached by the same Sea Dragons coaches that work with the full club, and will have the option to participate in the mini meet at the end of the season.

Pre-requisite: Must be able to swim 25m of a recognizable stroke, then tread water for one minute, all in deep water without assistance.

| | | | | | |
|-------|-----|----------------|-----------------|-------|-------|
| 14534 | Sun | Apr 16–June 25 | 3:00 PM–4:00 PM | \$146 | \$168 |
| 14479 | Sat | Apr 15–June 24 | 3:00 PM–4:00 PM | \$146 | \$168 |
| 14377 | Wed | Apr 5–June 21 | 4:00 PM–5:00 PM | \$150 | \$174 |

LIFESAVING COURSES

BRONZE MEDALLION & CPR-C // Age: 13Y+

NEW! Bronze Medallion is now offered with CPR-C.

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Canadian Lifesaving Manual and exam fees are included! Swimming ability should be at I Can Swim Stage 3, Lifesaving Society Swimmer 6 or Red Cross Swim Kids 10.

Prerequisites: Bronze Star or 13 years of age.

| | | | | | |
|-------|---------|-----------------|------------------|-------|-------|
| 14585 | Fri | June 16–June 18 | 6:00 PM–10:00 PM | \$175 | \$200 |
| | Sa, Sun | | 12:00 PM–8:00 PM | | |
| 14578 | Fri | May 19–May 21 | 6:00 PM–10:00 PM | \$175 | \$200 |
| | Sa, Sun | | 12:00 PM–8:00 PM | | |

BRONZE CROSS (ASSISTANT LIFEGUARD) // Age: 13Y+

NEW! Bronze Cross is now Assistant Lifeguard. Prerequisites now require a current Alberta workplace approved Standard First Aid and course length is now 20 hours.

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Exam fees & Materials are included!

Pre-requisites: Bronze Medallion (need not be current), current Alberta workplace approved Standard First Aid.

| | | | | | |
|-------|---------|---------------|------------------|-------|-------|
| 14580 | Fri | June 2–June 4 | 6:00 PM–10:00 PM | \$160 | \$185 |
| | Sa, Sun | | 12:00 PM–8:00 PM | | |
| 14570 | Fri | Apr 14–Apr 16 | 6:00 PM–8:00 PM | \$160 | \$185 |
| | Sa, Sun | | 12:00 PM–8:00 PM | | |

NATIONAL LIFEGUARD // Age: 16Y+

The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatic activities in a pool setting. The National Lifeguard program develops the basic lifeguarding skills, principles and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Manual and exam fees are included!

***Important!* – Aquatic Emergency Care is no longer offered with National Lifeguard due Standard First Aid now being a prerequisite for Bronze Cross.**

Prerequisites: Bronze Cross (need not be current), current AB workplace approved Standard First Aid, and minimum 16 years of age.

| | | | | | |
|-------|---------|----------------|------------------|-------|-------|
| 14581 | Fri | June 9–June 18 | 6:00 PM–10:00 PM | \$325 | \$365 |
| | Sa, Sun | | 12:00 PM–8:00 PM | | |
| 14576 | Fri–Sun | May 5–May 14 | 6:00 PM–10:00 PM | \$325 | \$365 |
| | Sa, Sun | | 12:00 PM–8:00 PM | | |

RECERT

| | | | | | |
|-------|-----|-----------------|------------------|------|------|
| 14583 | Sun | June 11–June 11 | 10:30 AM–2:30 PM | \$65 | \$80 |
| 14574 | Sun | Apr 30–Apr 30 | 10:30 AM–2:30 PM | \$65 | \$80 |
| 11507 | Sun | Apr 2–Apr 2 | 10:30 AM–2:30 PM | \$65 | \$80 |



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

LIFESAVING & SWIM INSTRUCTOR // Age: 16Y+

The Lifesaving Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic movement and swimming skills, strokes and fitness. Candidates are introduced to key principles of learning and teaching and acquire proven teaching methods, a variety of skill and stroke development drills and corrections techniques. Lifesaving Swim Instructors are trained to teach and evaluate the parent and tot, preschool and swimmer levels.

Lifesaving Instructors/Examiners are trained to teach and evaluate the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, and Distinction certifications. Instructor/Examiner candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation.

The Lifesaving Instructor/Examiner certification is the prerequisite for all other Lifesaving Society instructor certifications. Certification in Alberta and Northwest Territories includes Advanced Instructor, Examination Standards Clinic, and Lifesaving CPR Instructor/Examiner certifications.

Pre-requisites: 16 years old and Bronze Cross or higher.

| | | | | | |
|-------|---------|---------------|------------------|-------|-------|
| 14572 | Fri | Apr 21-Apr 30 | 6:00 PM-8:00 PM | \$345 | \$385 |
| | Sa, Sun | | 12:00 PM-8:00 PM | | |

RECERT

| | | | | | |
|-------|-----|-----------------|-----------------|------|------|
| 14584 | Sun | June 11-June 11 | 2:30 PM-6:30 PM | \$80 | \$95 |
| 14575 | Sun | Apr 30-Apr 30 | 2:30 PM-6:30 PM | \$80 | \$95 |
| 11508 | Sun | Apr 2-Apr 2 | 2:30 PM-6:30 PM | \$80 | \$95 |

STANDARD FIRST AID // Age: 8Y+

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Includes CPR-C certification. Participants in workplace first aid programs are required to achieve 70% or higher on a written exam to receive certification. Lifesaving Standard First Aid is Government of Alberta approved.

| | | | | | |
|-------|---------|-----------------|-----------------|-------|-------|
| 14586 | Sat,Sun | June 24-June 25 | 9:00 AM-5:00 PM | \$140 | \$160 |
| 14579 | Sat,Sun | May 27-May 28 | 9:00 AM-5:00 PM | \$140 | \$160 |
| 11505 | Sat,Sun | Apr 1-Apr 2 | 9:00 AM-5:00 PM | \$140 | \$160 |

RECERT

| | | | | | |
|-------|-----|---------|-----------------|------|------|
| 14582 | Sat | June 10 | 9:00 AM-5:00 PM | \$70 | \$80 |
| 14577 | Sun | May 7 | 9:00 AM-5:00 PM | \$70 | \$80 |
| 14573 | Fri | Apr 21 | 9:00 AM-5:00 PM | \$70 | \$80 |
| 11506 | Sat | Apr 1 | 9:00 AM-5:00 PM | \$70 | \$80 |

FIRST AID INSTRUCTOR // Age: 16Y+

First Aid Instructors are responsible for teaching and evaluating candidates participating in the Lifesaving Society CPR, Emergency First Aid, Standard First Aid, Aquatic Emergency Care, CPR-HCP, and Oxygen Administration programs.

The First Aid Instructor course prepares Instructors to apply level 1 leadership competencies and strategies while teaching and evaluating.

Prerequisites: Lifesaving Instructor and current Lifesaving Standard First Aid or Government of Alberta workplace approved Standard First Aid

RECERT

| | | | | | |
|-------|-----|-------|-----------------|-------|-------|
| 14569 | Sat | Apr 8 | 9:00 AM-5:00 PM | \$150 | \$195 |
|-------|-----|-------|-----------------|-------|-------|

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

NATIONAL LIFEGUARD INSTRUCTOR CLINIC // Age: 16Y+

The National Lifeguard Instructor/Examiner Clinic prepares candidates to teach and evaluate National Lifeguard courses. Candidates learn specific strategies designed to train lifeguards in advanced rescue techniques, public relations issues, and first aid, as well as how to present material that will prepare lifeguards for any major aspect of supervising the public in an aquatic setting. Candidates are required to complete an apprenticeship after the clinic.

Prerequisites: Current National Lifeguard (any option), Lifesaving Instructor (need not be current), National Lifeguard (any option) held for a minimum of two (2) years. Experience teaching Lifesaving Society certifications programs is recommended.

RECERT

| | | | | | |
|-------|-----|--------|-----------------|------|-------|
| 14571 | Sat | Apr 15 | 9:00 AM-1:00 PM | \$80 | \$100 |
|-------|-----|--------|-----------------|------|-------|

AQUATIC FITNESS

AQUAMATS

Aquamats are the new craze! Try out this aquatic workout using air mattress type floatables. This class will challenge your balance, strength and endurance! Be prepared to get soaked and strong with this hour long class.

** 10% discount given for those who sign up for 2 or more separate classes (in the same month), contact shigham@mnpcentre.com.*

| | | | | | |
|-------|-----|----------------|------------------|------|-------|
| 11615 | Thu | Mar 30-May 4 | 9:30 AM-10:30 AM | \$80 | \$100 |
| 11616 | Wed | Apr 5-May 10 | 12:00 PM-1:00 PM | \$80 | \$100 |
| 14028 | Wed | May 24-June 28 | 12:00 PM-1:00 PM | \$80 | \$100 |
| 14029 | Thu | May 25-June 29 | 9:30 AM-10:30 AM | \$80 | \$100 |
| 14030 | Thu | July 20-Aug 24 | 9:30 AM-10:30 AM | \$80 | \$100 |

TETHERED DEEP WATER

Tethered running is a great aquatic workout for all age. This class takes the concepts and movements of our Group Fitness Deep Water class, but adds the resistance of bungees that are attached to your float belt. The added resistance increases the intensity and allows all fitness levels to get a great workout.

** 10% discount given for those who sign up for 2 or more separate classes (in the same month), contact shigham@mnpcentre.com.*

| | | | | | |
|-------|-----|---------------|------------------|------|-------|
| 11611 | Mon | Mar 27-May 1 | 12:00 PM-1:00 PM | \$80 | \$100 |
| 11612 | Thu | Apr 6-May 11 | 12:00 PM-1:00 PM | \$80 | \$100 |
| 14027 | Mon | May 29-July 3 | 12:00 PM-1:00 PM | \$80 | \$100 |
| 14026 | Thu | June 1-July 6 | 12:00 PM-1:00 PM | \$80 | \$100 |



AQUATIC PROGRAMS

SUMMER 2023

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|----|-----|-------|-------|---------|-------------|

ADULT SWIM LESSONS // Age: 18Y+

ADULT BEGINNER

The Adult Swimmer Program is for beginners who may be just starting out, or swimmers who want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Water Smart education is part of all levels. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals. Beginners will start with submerging, floating, gliding, kicking and swimming short distances.

| | | | | | |
|-------|-----|---------------|-----------------|------|-------|
| 14974 | Thu | July 6-Aug 24 | 7:30 PM-8:30 PM | \$92 | \$108 |
| 14950 | Wed | July 5-Aug 23 | 7:30 PM-8:30 PM | \$92 | \$108 |
| 14926 | Tue | July 4-Aug 22 | 7:30 PM-8:30 PM | \$92 | \$108 |

ADULT INTERMEDIATE

Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Water Smart education is part of all levels. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals. Intermediate swimmers will progress to deep water treading, freestyle, backstroke, breaststroke, butterfly and swimming distances of 200m non-stop.

| | | | | | |
|-------|-----|---------------|-----------------|------|-------|
| 14975 | Thu | July 6-Aug 24 | 7:30 PM-8:30 PM | \$92 | \$108 |
| 14951 | Wed | July 5-Aug 23 | 7:30 PM-8:30 PM | \$92 | \$108 |
| 14927 | Tue | July 4-Aug 22 | 7:30 PM-8:30 PM | \$92 | \$108 |

PRIVATE SWIM LESSONS // Age: 3Y+

Includes goal setting, specialized instruction and customization to meet you or your child's needs. In these one-on-one sessions you'll see advanced progression in both technique and endurance, it's way more than a swimming lesson. Max 1 person. For an additional charge a second person can be added as a semi-private lesson, please contact swimlessons@mnpcentre.com for more information.

30 MINUTE LESSONS

Geared towards those learning to swim as they will take place entirely in the Teach Pool (no lane space available).

7 CLASSES

| | | | | | |
|-------|--------|----------------|-----------------|-------|-------|
| 14880 | Mon-Th | July 31-Aug 10 | 1:00 PM-1:30 PM | \$182 | \$210 |
| 14881 | Mon-Th | July 31-Aug 10 | 1:30 PM-2:00 PM | \$182 | \$210 |
| 14882 | Mon-Th | July 31-Aug 10 | 2:00 PM-2:30 PM | \$182 | \$210 |
| 14883 | Mon-Th | July 31-Aug 10 | 2:00 PM-2:30 PM | \$182 | \$210 |
| 14884 | Mon-Th | July 31-Aug 10 | 2:00 PM-2:30 PM | \$182 | \$210 |

8 CLASSES

| | | | | | |
|-------|--------|---------------|-----------------|-------|-------|
| 14892 | Mon-Th | Aug 14-Aug 24 | 1:00 PM-1:30 PM | \$208 | \$240 |
| 14893 | Mon-Th | Aug 14-Aug 24 | 1:30 PM-2:00 PM | \$208 | \$240 |
| 14894 | Mon-Th | Aug 14-Aug 24 | 2:00 PM-2:30 PM | \$208 | \$240 |
| 14895 | Mon-Th | Aug 14-Aug 24 | 2:00 PM-2:30 PM | \$208 | \$240 |
| 14896 | Mon-Th | Aug 14-Aug 24 | 2:00 PM-2:30 PM | \$208 | \$240 |
| 14964 | Thu | July 6-Aug 24 | 2:00 PM-2:30 PM | \$208 | \$240 |
| 14965 | Thu | July 6-Aug 24 | 3:30 PM-4:00 PM | \$208 | \$240 |

| | | | | | |
|-------|--------|-----------------|-----------------|-------|-------|
| 14966 | Thu | July 6-Aug 24 | 6:15 PM-6:45 PM | \$208 | \$240 |
| 14967 | Thu | July 6-Aug 24 | 6:45 PM-7:15 PM | \$208 | \$240 |
| 14968 | Thu | July 6-Aug 24 | 6:45 PM-7:15 PM | \$208 | \$240 |
| 14940 | Wed | July 5-Aug 23 | 4:00 PM-4:30 PM | \$208 | \$240 |
| 14941 | Wed | July 5-Aug 23 | 5:00 P-5:30 PM | \$208 | \$240 |
| 14942 | Wed | July 5-Aug 23 | 5:30 PM-6:00 PM | \$208 | \$240 |
| 14943 | Wed | July 5-Aug 23 | 6:45 PM-7:15 PM | \$208 | \$240 |
| 14944 | Wed | July 5-Aug 23 | 6:45 PM-7:15 PM | \$208 | \$240 |
| 14916 | Tue | July 4-Aug 22 | 4:00 PM-4:30 PM | \$208 | \$240 |
| 14917 | Tue | July 4-Aug 22 | 5:30 PM-6:00 PM | \$208 | \$240 |
| 14918 | Tue | July 4-Aug 22 | 6:15 PM-6:45 PM | \$208 | \$240 |
| 14919 | Tue | July 4-Aug 22 | 6:45 PM-7:15 PM | \$208 | \$240 |
| 14920 | Tue | July 4-Aug 22 | 6:45 PM-7:15 PM | \$208 | \$240 |
| 14869 | Mon-Th | July 17-July 27 | 1:30 PM-2:00 PM | \$208 | \$240 |
| 14870 | Mon-Th | July 17-July 27 | 2:00 PM-2:30 PM | \$208 | \$240 |
| 14871 | Mon-Th | July 17-July 27 | 2:00 PM-2:30 PM | \$208 | \$240 |
| 14872 | Mon-Th | July 17-July 27 | 2:00 PM-2:30 PM | \$208 | \$240 |
| 14868 | Mon-Th | July 17-July 27 | 1:00 PM-1:30 PM | \$208 | \$240 |
| 14856 | Mon-Th | July 3-July 13 | 1:00 PM-1:30 PM | \$208 | \$240 |
| 14857 | Mon-Th | July 3-July 13 | 1:30 PM-2:00 PM | \$208 | \$240 |
| 14858 | Mon-Th | July 3-July 13 | 2:00 PM-2:30 PM | \$208 | \$240 |
| 14859 | Mon-Th | July 3-July 13 | 2:00 PM-2:30 PM | \$208 | \$240 |
| 14860 | Mon-Th | July 3-July 13 | 2:00 PM-2:30 PM | \$208 | \$240 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|-------|-------|
| 14978 | Mon-Fri | July 31-Aug 11 | 9:15 AM-10:45 AM | \$234 | \$270 |
| 14832 | Mon-Fri | July 31-Aug 11 | 8:45 AM-10:15 AM | \$234 | \$270 |
| 14833 | Mon-Fri | July 31-Aug 11 | 10:45 AM-12:15 PM | \$234 | \$270 |
| 14834 | Mon-Fri | July 31-Aug 11 | 11:15 AM-12:45 PM | \$234 | \$270 |
| 14835 | Mon-Fri | July 31-Aug 11 | 11:15 AM-12:45 PM | \$234 | \$270 |

10 CLASSES

| | | | | | |
|-------|---------|---------------|-------------------|-------|-------|
| 14979 | Mon-Fri | Aug 14-Aug 25 | 10:15 AM-10:45 AM | \$260 | \$300 |
| 14849 | Mon-Fri | Aug 14-Aug 25 | 9:45 AM-10:15 AM | \$260 | \$300 |
| 14850 | Mon-Fri | Aug 14-Aug 25 | 11:45 AM-12:15 PM | \$260 | \$300 |
| 14851 | Mon-Fri | Aug 14-Aug 25 | 12:15 PM-12:45 PM | \$260 | \$300 |
| 14852 | Mon-Fri | Aug 14-Aug 25 | 12:15 PM-12:45 PM | \$260 | \$300 |



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

45 MINUTE LESSONS

Geared towards those wanting to learn to swim and improve their stroke technique (access to lane and Teach Pool).

7 CLASSES

| | | | | | |
|-------|--------|----------------|-----------------|-------|-------|
| 14885 | Mon-Th | July 31-Aug 10 | 1:00 PM-1:45 PM | \$273 | \$315 |
| 14886 | Mon-Th | July 31-Aug 10 | 1:00 PM-1:45 PM | \$273 | \$315 |
| 14887 | Mon-Th | July 31-Aug 10 | 1:00 PM-1:45 PM | \$273 | \$315 |
| 14888 | Mon-Th | July 31-Aug 10 | 1:45 PM-2:30 PM | \$273 | \$315 |
| 14889 | Mon-Th | July 31-Aug 10 | 1:45 PM-2:30 PM | \$273 | \$315 |
| 14890 | Mon-Th | July 31-Aug 10 | 1:45 PM-2:30 PM | \$273 | \$315 |

8 CLASSES

| | | | | | |
|-------|--------|-----------------|-------------------|-------|-------|
| 14988 | Sat | July 8-Aug 26 | 12:30 AM-1:15 PM | \$312 | \$360 |
| 14989 | Sat | July 8-Aug 26 | 12:30 AM-1:15 PM | \$312 | \$360 |
| 14990 | Sat | July 8-Aug 26 | 1:15 PM-2:00 PM | \$312 | \$360 |
| 14991 | Sat | July 8-Aug 26 | 1:15 PM-2:00 PM | \$312 | \$360 |
| 14992 | Sat | July 8-Aug 26 | 2:00 PM-2:45 PM | \$312 | \$360 |
| 14993 | Sat | July 8-Aug 26 | 2:00 PM-2:45 PM | \$312 | \$360 |
| 14980 | Sat | July 8-Aug 26 | 9:00 AM-9:45 AM | \$312 | \$360 |
| 14981 | Sat | July 8-Aug 26 | 9:00 AM-9:45 AM | \$312 | \$360 |
| 14982 | Sat | July 8-Aug 26 | 9:45 AM-10:30 AM | \$312 | \$360 |
| 14983 | Sat | July 8-Aug 26 | 9:45 AM-10:30 AM | \$312 | \$360 |
| 14984 | Sat | July 8-Aug 26 | 10:30 AM-11:15 AM | \$312 | \$360 |
| 14985 | Sat | July 8-Aug 26 | 10:30 AM-11:15 AM | \$312 | \$360 |
| 14986 | Sat | July 8-Aug 26 | 11:15 AM-12:00 PM | \$312 | \$360 |
| 14987 | Sat | July 8-Aug 26 | 11:45 AM-12:30 PM | \$312 | \$360 |
| 14899 | Mon-Th | Aug 14-Aug 24 | 1:00 PM-1:45 PM | \$312 | \$360 |
| 14900 | Mon-Th | Aug 14-Aug 24 | 1:45 PM-2:30 PM | \$312 | \$360 |
| 14901 | Mon-Th | Aug 14-Aug 24 | 1:45 PM-2:30 PM | \$312 | \$360 |
| 14902 | Mon-Th | Aug 14-Aug 24 | 1:45 PM-2:30 PM | \$312 | \$360 |
| 14897 | Mon-Th | Aug 14-Aug 24 | 1:00 PM-1:45 PM | \$312 | \$360 |
| 14898 | Mon-Th | Aug 14-Aug 24 | 1:00 PM-1:45 PM | \$312 | \$360 |
| 14969 | Thu | July 6-Aug 24 | 4:00 PM-4:45 PM | \$312 | \$360 |
| 14970 | Thu | July 6-Aug 24 | 4:45 PM-5:30 PM | \$312 | \$360 |
| 14971 | Thu | July 6-Aug 24 | 6:30 PM-7:15 PM | \$312 | \$360 |
| 14972 | Thu | July 6-Aug 24 | 7:15 PM-8:00 PM | \$312 | \$360 |
| 14973 | Thu | July 6-Aug 24 | 7:15 PM-8:00 PM | \$312 | \$360 |
| 14945 | Wed | July 5-Aug 23 | 4:00 PM-4:45 PM | \$312 | \$360 |
| 14946 | Wed | July 5-Aug 23 | 4:45 PM-5:30 PM | \$312 | \$360 |
| 14947 | Wed | July 5-Aug 23 | 6:30 PM-7:15 PM | \$312 | \$360 |
| 14948 | Wed | July 5-Aug 23 | 7:15 PM-8:00 PM | \$312 | \$360 |
| 14949 | Wed | July 5-Aug 23 | 7:15 PM-8:00 PM | \$312 | \$360 |
| 14921 | Tue | July 4-Aug 22 | 4:00 PM-4:45 PM | \$312 | \$360 |
| 14922 | Tue | July 4-Aug 22 | 4:45 PM-6:30 PM | \$312 | \$360 |
| 14923 | Tue | July 4-Aug 22 | 6:30 PM-7:15 PM | \$312 | \$360 |
| 14924 | Tue | July 4-Aug 22 | 7:15 PM-8:00 PM | \$312 | \$360 |
| 14925 | Tue | July 4-Aug 22 | 7:15 PM-8:00 PM | \$312 | \$360 |
| 14873 | Mon-Th | July 17-July 27 | 1:00 PM-1:45 PM | \$312 | \$360 |
| 14874 | Mon-Th | July 17-July 27 | 1:00 PM-1:45 PM | \$312 | \$360 |
| 14875 | Mon-Th | July 17-July 27 | 1:00 PM-1:45 PM | \$312 | \$360 |
| 14876 | Mon-Th | July 17-July 27 | 1:45 PM-2:30 PM | \$312 | \$360 |
| 14877 | Mon-Th | July 17-July 27 | 1:45 PM-2:30 PM | \$312 | \$360 |
| 14878 | Mon-Th | July 17-July 27 | 1:45 PM-2:30 PM | \$312 | \$360 |
| 14861 | Mon-Th | July 3-July 13 | 1:00 PM-1:45 PM | \$312 | \$360 |
| 14862 | Mon-Th | July 3-July 13 | 1:00 PM-1:45 PM | \$312 | \$360 |
| 14863 | Mon-Th | July 3-July 13 | 1:00 PM-1:45 PM | \$312 | \$360 |
| 14864 | Mon-Th | July 3-July 13 | 1:45 PM-2:30 PM | \$312 | \$360 |
| 14865 | Mon-Th | July 3-July 13 | 1:45 PM-2:30 PM | \$312 | \$360 |
| 14866 | Mon-Th | July 3-July 13 | 1:45 PM-2:30 PM | \$312 | \$360 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|-------|-------|
| 14836 | Mon-Fri | July 31-Aug 11 | 9:00 AM-9:45 AM | \$351 | \$405 |
| 14837 | Mon-Fri | July 31-Aug 11 | 11:15 AM-12:00 PM | \$351 | \$405 |
| 14838 | Mon-Fri | July 31-Aug 11 | 12:00 PM-12:45 PM | \$351 | \$405 |

10 CLASSES

| | | | | | |
|-------|---------|-----------------|-------------------|-------|-------|
| 14853 | Mon-Fri | Aug 14-Aug 25 | 9:00 AM-9:45 AM | \$390 | \$450 |
| 14854 | Mon-Fri | Aug 14-Aug 25 | 11:15 AM-12:00 PM | \$390 | \$450 |
| 14855 | Mon-Fri | Aug 14-Aug 25 | 12:00 PM-12:45 PM | \$390 | \$450 |
| 14819 | Mon-Fri | July 17-July 28 | 9:00 AM-9:45 AM | \$390 | \$450 |
| 14820 | Mon-Fri | July 17-July 28 | 11:15 AM-12:00 PM | \$390 | \$450 |
| 14821 | Mon-Fri | July 17-July 28 | 12:00 PM-12:45 PM | \$390 | \$450 |
| 14802 | Mon-Fri | July 3-July 14 | 9:00 AM-9:45 AM | \$390 | \$450 |
| 14803 | Mon-Fri | July 3-July 14 | 11:15 AM-12:00 PM | \$390 | \$450 |
| 14804 | Mon-Fri | July 3-July 14 | 12:00 PM-12:45 PM | \$390 | \$450 |

PARENT AND TOT // Age: 4M-3Y

This class is for parents and children from 4 months to 3 years of age. Based on the principal of 'Within Arms' Reach', Parent & Tot focusses on close play and fun between child and parent. Explore with your little one and enjoy bonding time in the water! Parents will learn how to safely support their child while they discover water. Classes will be filled with songs and games to keep all children engaged while learning skills like blowing bubbles, floating, and gliding.

8 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|------|
| 14952 | Thu | July 6-Aug 24 | 4:00 PM-4:30 PM | \$52 | \$68 |
| 14953 | Thu | July 6-Aug 24 | 4:30 PM-5:00 PM | \$52 | \$68 |
| 14928 | Wed | July 5-Aug 23 | 4:30 PM-5:00 PM | \$52 | \$68 |
| 14929 | Wed | July 5-Aug 23 | 5:30 PM-6:00 PM | \$52 | \$68 |
| 14904 | Tue | July 4-Aug 22 | 4:00 PM-4:30 PM | \$52 | \$68 |
| 14905 | Tue | July 4-Aug 22 | 5:00 PM-5:30 PM | \$52 | \$68 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|------|------|
| 14822 | Mon-Fri | July 31-Aug 11 | 10:45 AM-11:15 AM | \$59 | \$77 |
|-------|---------|----------------|-------------------|------|------|

10 CLASSES

| | | | | | |
|-------|---------|-----------------|-------------------|------|------|
| 14839 | Mon-Fri | Aug 14-Aug 25 | 10:45 AM-11:15 AM | \$65 | \$85 |
| 14805 | Mon-Fri | July 17-July 28 | 10:45 AM-11:15 AM | \$65 | \$85 |
| 14788 | Mon-Fri | July 3-July 14 | 10:45 AM-11:15 AM | \$65 | \$85 |



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

SWIM FOR LIFE® PRESCHOOL // Age: 3Y-5Y

The Preschool program gives children a head start on learning to swim. Preschool Programs develop fundamental physical literacy skills for aquatic activities. In our preschool program we work to ensure 3-5 year olds become comfortable in the water and have fun developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

PRESCHOOL 1

Children become comfortable with their first independent water experiences. Preschoolers are introduced to entries/exits, safe movement in the water, submersion and breath control.

8 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|------|
| 14954 | Thu | July 6-Aug 24 | 4:30 PM-5:00 PM | \$64 | \$72 |
| 14930 | Wed | July 5-Aug 23 | 4:30 PM-5:00 PM | \$64 | \$72 |
| 14906 | Tue | July 4-Aug 22 | 4:30 PM-5:00 PM | \$64 | \$72 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|------|------|
| 14823 | Mon-Fri | July 31-Aug 11 | 10:15 AM-10:45 AM | \$72 | \$81 |
|-------|---------|----------------|-------------------|------|------|

10 CLASSES

| | | | | | |
|-------|---------|-----------------|-------------------|------|------|
| 14840 | Mon-Fri | Aug 14-Aug 25 | 10:15 AM-10:45 AM | \$80 | \$90 |
| 14806 | Mon-Fri | July 17-July 28 | 10:15 AM-10:45 AM | \$80 | \$90 |
| 14789 | Mon-Fri | July 3-July 14 | 10:15 AM-10:45 AM | \$80 | \$90 |

PRESCHOOL 2

For children who are comfortable submerging under-water. The focus of this level is floats, glides and kick. Pre-requisite: Preschool 1 or equivalent level.

8 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|------|
| 14955 | Thu | July 6-Aug 24 | 5:00 PM-5:30 PM | \$64 | \$72 |
| 14931 | Wed | July 5-Aug 23 | 5:00 PM-5:30 PM | \$64 | \$72 |
| 14907 | Tue | July 4-Aug 22 | 4:30 PM-5:00 PM | \$64 | \$72 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|------|------|
| 14824 | Mon-Fri | July 31-Aug 11 | 10:45 AM-11:15 AM | \$72 | \$81 |
|-------|---------|----------------|-------------------|------|------|

10 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|------|------|
| 14841 | Mon-Fri | Aug 14-Aug 25 | 10:45 AM-11:15 AM | \$80 | \$90 |
| 14807 | Mon-Fri | July 1-July 28 | 10:45 AM-11:15 AM | \$80 | \$90 |
| 14790 | Mon-Fri | July 3-July 14 | 10:45 AM-11:15 AM | \$80 | \$90 |

PRESCHOOL 3

For children who are comfortable floating and gliding un-assisted. Preschoolers are introduced to front and back kick/swim and deep water skills.

Pre-requisite: Preschool 2 or equivalent level.

8 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|------|
| 14956 | Thu | July 6-Aug 24 | 5:30 PM-6:00 PM | \$64 | \$72 |
| 14932 | Wed | July 5-Aug 23 | 6:15 PM-6:45 PM | \$64 | \$72 |
| 14908 | Tue | July 4-Aug 22 | 5:00 PM-5:30 PM | \$64 | \$72 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|------|------|
| 14825 | Mon-Fri | July 31-Aug 11 | 11:45 AM-12:15 PM | \$72 | \$81 |
|-------|---------|----------------|-------------------|------|------|

10 CLASSES

| | | | | | |
|-------|---------|-----------------|-------------------|------|------|
| 14842 | Mon-Fri | Aug 14-Aug 25 | 11:45 AM-12:15 PM | \$80 | \$90 |
| 14808 | Mon-Fri | July 17-July 28 | 11:45 AM-12:15 PM | \$80 | \$90 |
| 14791 | Mon-Fri | July 3-July 14 | 11:45 AM-12:15 PM | \$80 | \$90 |

PRESCHOOL 4/5

Preschoolers will practice and improve on level 4 skills, including opening their eyes underwater, pendulum rollovers onto the back and treading water using the sculling action. They'll also be introduced to level 5 skills like a forward roll entry into deep water, whip kicks and interval training. Preschoolers will support themselves in deep water for 10 seconds using the sculling action. Wearing a lifejacket, they'll practice forward roll entries into deep water, whip kicks, back crawl and interval training. Graduates of Preschool 5 can start Swimmer 2 at 6 years of age.

Pre-requisite: Preschool 3 or equivalent level.

8 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|------|
| 14957 | Thu | July 6-Aug 24 | 6:00 PM-6:45 PM | \$72 | \$80 |
| 14933 | Wed | July 5-Aug 23 | 6:00 PM-6:45 PM | \$72 | \$80 |
| 14909 | Tue | July 4-Aug 22 | 6:00 PM-6:45 PM | \$72 | \$80 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|------|------|
| 14826 | Mon-Fri | July 31-Aug 11 | 12:00 PM-12:45 PM | \$81 | \$90 |
|-------|---------|----------------|-------------------|------|------|

10 CLASSES

| | | | | | |
|-------|---------|-----------------|-------------------|------|-------|
| 14843 | Mon-Fri | Aug 14-Aug 25 | 12:00 PM-12:45 PM | \$90 | \$100 |
| 14809 | Mon-Fri | July 17-July 28 | 12:00 PM-12:45 PM | \$90 | \$100 |
| 14792 | Mon-Fri | July 3-July 14 | 12:00 PM-12:45 PM | \$90 | \$100 |

SWIM FOR LIFE® SWIMMER // Age: 6Y-12Y

The Swimmer program makes sure children learn the fundamental physical literacy skills for aquatic activities. Progressions accommodate 6-12 year olds, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water Smart education is a part of every level.

SWIMMER 1

The focus of Swimmer 1 is entries and exits, floatation, submersion, breath control, and safe movement in the water. Children are introduced to floats, glides, kick and learning to be comfortable and relaxed in the water.

8 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|------|
| 14958 | Thu | July 6-Aug 24 | 5:00 PM-5:30 PM | \$64 | \$72 |
| 14934 | Wed | July 5-Aug 23 | 4:00 PM-4:30 PM | \$64 | \$72 |
| 14910 | Tue | July 4-Aug 22 | 5:30 PM-6:00 PM | \$64 | \$72 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|------|------|
| 14827 | Mon-Fri | July 31-Aug 11 | 11:15 AM-11:45 AM | \$72 | \$81 |
|-------|---------|----------------|-------------------|------|------|

10 CLASSES

| | | | | | |
|-------|---------|-----------------|-------------------|------|------|
| 14844 | Mon-Fri | Aug 14-Aug 25 | 11:15 AM-11:45 AM | \$80 | \$90 |
| 14810 | Mon-Fri | July 17-July 28 | 11:15 AM-11:45 AM | \$80 | \$90 |
| 14793 | Mon-Fri | July 3-July 14 | 11:15 AM-11:45 AM | \$80 | \$90 |



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

SWIMMER 2

The focus of Swimmer 2 is propulsion through the water: glides and kick. Swimmers are introduced to front and back crawl, whip kick, interval training and deep water skills. Establishes a sound basis for the future acquisition of swimming skills.

Pre-requisite: Swimmer 1 or Preschool 5 (and 6 years of age) or equivalent level.

8 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|------|
| 14959 | Thu | July 6–Aug 24 | 5:30 PM–6:15 PM | \$72 | \$80 |
| 14935 | Wed | July 5–Aug 23 | 5:45 PM–6:30 PM | \$72 | \$80 |
| 14911 | Tue | July 4–Aug 22 | 4:00 PM–4:45 PM | \$72 | \$80 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|------|------|
| 14828 | Mon–Fri | July 31–Aug 11 | 10:15 AM–11:00 AM | \$81 | \$90 |
|-------|---------|----------------|-------------------|------|------|

10 CLASSES

| | | | | | |
|-------|---------|-----------------|-------------------|------|-------|
| 14845 | Mon–Fri | Aug 14–Aug 25 | 10:15 AM–11:00 AM | \$90 | \$100 |
| 14811 | Mon–Fri | July 17–July 28 | 10:15 AM–11:00 AM | \$90 | \$100 |
| 14794 | Mon–Fri | July 3–July 14 | 10:15 AM–11:00 AM | \$90 | \$100 |

SWIMMER 3

The focus of Swimmer 3 is streamline positioning, propulsion and over-arm action for freestyle and back crawl. Swimmers build on skills taught in previous levels: whip kick, interval training and deep water skills and work-up to swimming 25m.

Pre-requisite: Swimmer 2 or equivalent level.

8 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|------|
| 14960 | Thu | July 6–Aug 24 | 5:45 PM–6:30 PM | \$72 | \$80 |
| 14936 | Wed | July 5–Aug 23 | 4:00 PM–4:45 PM | \$72 | \$80 |
| 14912 | Tue | July 4–Aug 22 | 4:45 PM–5:30 PM | \$72 | \$80 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|------|------|
| 14829 | Mon–Fri | July 31–Aug 11 | 11:00 AM–11:45 AM | \$81 | \$90 |
|-------|---------|----------------|-------------------|------|------|

10 CLASSES

| | | | | | |
|-------|---------|-----------------|-------------------|------|-------|
| 14846 | Mon–Fri | Aug 14–Aug 25 | 11:00 AM–11:45 AM | \$90 | \$100 |
| 14812 | Mon–Fri | July 17–July 28 | 11:00 AM–11:45 AM | \$90 | \$100 |
| 14795 | Mon–Fri | July 3–July 14 | 11:00 AM–11:45 AM | \$90 | \$100 |

SWIMMER 4

The focus of Swimmer 4 is strength and endurance for freestyle and back crawl. Establishes basic movements and orientation ability needed for swimming skills like arm action, sculling and breathing. Swimmers are introduced to sprinting, underwater swims and components of breaststroke.

Pre-requisite: Swimmer 3 or equivalent level.

8 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|------|
| 14937 | Wed | July 5–Aug 23 | 4:45 PM–5:30 PM | \$72 | \$80 |
| 14913 | Tue | July 4–Aug 22 | 5:30 PM–6:15 PM | \$72 | \$80 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|------|------|
| 14830 | Mon–Fri | July 31–Aug 11 | 10:15 AM–11:00 AM | \$81 | \$90 |
|-------|---------|----------------|-------------------|------|------|

10 CLASSES

| | | | | | |
|-------|---------|-----------------|-------------------|------|-------|
| 14847 | Mon–Fri | Aug 14–Aug 25 | 10:15 AM–11:00 AM | \$90 | \$100 |
| 14813 | Mon–Fri | July 17–July 28 | 10:15 AM–11:00 AM | \$90 | \$100 |
| 14796 | Mon–Fri | July 3–July 14 | 10:15 AM–11:00 AM | \$90 | \$100 |



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

SWIMMER 5/6

In this combined program, swimmers will work through progressions for entries and exits they've learned so far. They will continue to practice surface support, underwater skills, the Swim to Survive standard skills, movement/swimming skills and fitness. Each participant has the opportunity to focus on skills built for their swim level. **Pre-requisite: Swimmer 4 or equivalent level.**

8 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|------|
| 14962 | Thu | July 6–Aug 24 | 4:45 PM–6:30 PM | \$72 | \$80 |
| 14938 | Wed | July 5–Aug 23 | 5:30 PM–6:15 PM | \$72 | \$80 |
| 14914 | Tue | July 4–Aug 22 | 5:45 PM–6:30 PM | \$72 | \$80 |

9 CLASSES

| | | | | | |
|-------|---------|----------------|-------------------|------|------|
| 14831 | Mon–Fri | July 31–Aug 11 | 11:00 AM–11:45 AM | \$81 | \$90 |
|-------|---------|----------------|-------------------|------|------|

10 CLASSES

| | | | | | |
|-------|---------|------------------|-------------------|------|-------|
| 14848 | Mon–Fri | Aug 14–Aug 25 | 11:00 AM–11:45 AM | \$90 | \$100 |
| 14814 | Mon–Fri | July 17–July 28 | 11:00 AM–11:45 AM | \$90 | \$100 |
| 14797 | Mon–Fri | July 30–July 14, | 11:00 AM–11:45 AM | \$90 | \$100 |

SWIMMER 7/8/9 (Rookie, Ranger, Star Patrol)

Canadian Swim Patrol is a pre-Bronze program with three modules: water proficiency, first aid skills and recognition and rescue. Skills include timed swims, endurance swims, swimming with clothes on, Water Smart® behaviour, rescue skills and first aid performance. **Pre-requisite: completed Swimmer 6.**

Swimmer 7 (Rookie Patrol), Swimmer 8 (Ranger Patrol), Swimmer 9 (Star Patrol) Participants develop lifesaving and first aid skills; further refine front crawl, back crawl, breaststroke, and butterfly. Enhances capability in the water, including stride entry, under water forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels. Water proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program. Rescue skills involve an increased skill level in ABC first aid basics and non-contact rescues.

8 CLASSES

| | | | | | |
|-------|-----|---------------|-----------------|------|-------|
| 14963 | Thu | July 6–Aug 24 | 6:15 PM–7:15 PM | \$92 | \$108 |
| 14939 | Wed | July 5–Aug 23 | 6:15 PM–7:15 PM | \$92 | \$108 |
| 14915 | Tue | July 4–Aug 22 | 6:15 PM–7:15 PM | \$92 | \$108 |



CLUB PROGRAMS

SEA DRAGONS SWIM CLUB // Age: 8Y-17Y

The Sea Dragons Swim Club is an exciting approach to learning advanced swimming skills for youth aged 9 to 17 years old in a fun team environment. The club will provide professional coaching for stroke technique, dives, starts, and turns whilst building up swimmers' speed and endurance. With opportunities to participate in recreational swim meets we embrace competition, but without the pressure often associated with more intensive clubs. Our goal is to help instil a lifetime passion for aquatics and spark a higher interest in the sport of competitive swimming.

Pre-requisite: All swimmers must be able to swim 50m of a recognizable stroke then tread water for one minute, all in deep water without assistance.

| | | | | | |
|-------|--------|----------------|-----------------|-------|-------|
| 14891 | Mon-Th | July 31-Aug10 | 1:00 PM-2:00 PM | \$91 | \$105 |
| 14867 | Mon-Th | July 3-July 13 | 1:00 PM-2:00 PM | \$102 | \$118 |

SEA DRAGONS LIFESAVING CLUB // Age: 9Y-17Y

The Sea Dragons Lifesaving Club is directed towards youth ages 9-17yrs caught between levels hoping to reignite their passion for swimming! The club is perfect for those looking to refine their stroke technique whilst developing the necessary skills to participate in lifesaving sport events. Our knowledgeable coaches will help elevate your stroke technique, develop the necessary skills required to succeed in the Bronze Star, Bronze Medallion, Bronze Cross – Assistant Lifeguard, and National Lifeguard certification courses. We emphasize skill development based on personal-best achievement, speed, endurance, and most importantly – fun! Our goal is to help instill a lifetime passion for aquatics and spark a higher interest in lifesaving sport.

Pre-requisite: All swimmers must be able to swim 50m of a recognizable stroke then tread water for one minute, all in deep water without assistance.

| | | | | | |
|-------|--------|-----------------|-----------------|-------|-------|
| 14903 | Mon-Th | Aug 14-Aug 24 | 1:00 PM-2:00 PM | \$102 | \$118 |
| 14879 | Mon-Th | July 17-July 27 | 1:00 PM-2:00 PM | \$102 | \$118 |

LIFESAVING COURSES

BRONZE STAR // Age: 8Y+

A pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem solving and decision-making skills as individuals and in partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard. **Prerequisites: Bronze Star or 13 years old.**

| | | | | | |
|-------|--------|---------------|------------------|-------|-------|
| 14604 | Mon,Tu | July 31-Aug 1 | 12:00 PM-5:00 PM | \$105 | \$125 |
| 14588 | Mon,Tu | July 3-July 4 | 12:00 PM-5:00 PM | \$105 | \$125 |

BRONZE MEDALLION & CPR-C // Age: 13Y+

NEW! Bronze Medallion is now offered with CPR-C.

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross, Canadian Lifesaving Manual and exam fees are included! Swimming ability should be at I Can Swim Stage 3, Lifesaving Society Swimmer 6 or Red Cross Swim Kids 10.

Prerequisites: Bronze Star or 13 years of age.

| | | | | | |
|-------|---------|-----------------|--------------------|-------|-------|
| 14600 | Fri | July 21-July 23 | 6:00 PM-10:00 PM | \$175 | \$200 |
| | Sa, Sun | | 12:00 PM – 8:00 PM | | |
| 14590 | Fri | July 7-July 9 | 6:00 PM-10:00 PM | \$175 | \$200 |
| | Sa, Sun | | 12:00 PM – 8:00 PM | | |

BRONZE MEDALLION STANDARD FIRST AID // Age: 13Y+

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Standard First Aid & CPR-C AED provides comprehensive training covering all aspects of first aid and CPR.

Prerequisites: Bronze Star or 13 years of age.

| | | | | | |
|-------|---------|--------------|-----------------|-------|-------|
| 14996 | Tue-Fri | Aug 8-Aug 11 | 9:00 AM-5:00 PM | \$305 | \$335 |
| 14997 | Mon-Fri | Aug28-Sept 1 | 9:00 AM-5:00 PM | \$400 | \$440 |

BRONZE CROSS (ASSISTANT LIFEGUARD) // Age: 13Y+

NEW! Bronze Cross is now Assistant Lifeguard. Prerequisites now require a current Alberta workplace approved Standard First Aid and course length is now 20 hours.

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Exam fees & Materials are included!

Pre-requisites: Bronze Medallion (need not be current), current Alberta workplace approved Standard First Aid.

| | | | | | |
|-------|---------|-----------------|--------------------|-------|-------|
| 14608 | Fri | Aug 18-Aug 20 | 6:00 PM-10:00 PM | \$160 | \$185 |
| | Sa, Sun | | 12:00 PM – 8:00 PM | | |
| 14605 | Tue-Fri | Aug 1-Aug 4 | 12:00 PM-5:00 PM | \$160 | \$185 |
| 14597 | Mon-Th | July 17-July 20 | 12:00 PM-5:00 PM | \$160 | \$185 |
| 14589 | Mon-Th | July 3-July 6 | 12:00 PM-5:00 PM | \$160 | \$185 |



NATIONAL LIFEGUARD // Age: 16Y+

The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatic activities in a pool setting. The National Lifeguard program develops the basic lifeguarding skills, principles and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Manual and exam fees are included!

***Important!* - Aquatic Emergency Care is no longer offered with National Lifeguard due Standard First Aid now being a prerequisite for Bronze Cross.**

Prerequisites: Bronze Cross (need not be current), current AB workplace approved Standard First Aid, and minimum 16 years of age.

| | | | | | |
|-------|---------|-----------------|-----------------|-------|-------|
| 14607 | Mon-Fri | Aug 14-Aug 18 | 9:00 AM-5:00 PM | \$325 | \$365 |
| 14601 | Mon-Fri | July 24-July 28 | 9:00 AM-5:00 PM | \$325 | \$365 |
| 14593 | Mon-Fri | July 10-July 14 | 9:00 AM-5:00 PM | \$325 | \$365 |

RECERT

| | | | | | |
|-------|-----|--------|------------------|------|------|
| 14611 | Sun | Aug 27 | 10:30 AM-2:30 PM | \$65 | \$80 |
| 14591 | Sat | July 8 | 10:30 AM-2:30 PM | \$65 | \$80 |

LIFESAVING & SWIM INSTRUCTOR // Age: 16Y+

The Lifesaving Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic movement and swimming skills, strokes and fitness. Candidates are introduced to key principles of learning and teaching and acquire proven teaching methods, a variety of skill and stroke development drills and corrections techniques. Lifesaving Swim Instructors are trained to teach and evaluate the parent and tot, preschool and swimmer levels.

Lifesaving Instructors/Examiners are trained to teach and evaluate the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, and Distinction certifications. Instructor/Examiner candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation.

The Lifesaving Instructor/Examiner certification is the prerequisite for all other Lifesaving Society instructor certifications. Certification in Alberta and Northwest Territories includes Advanced Instructor, Examination Standards Clinic, and Lifesaving CPR Instructor/Examiner certifications.

Pre-requisites: 16 years old and Bronze Cross or higher.

| | | | | | |
|-------|---------|-----------------|-----------------|-------|-------|
| 14610 | Mon-Fri | Aug 21-Aug 25 | 9:00 AM-5:00 PM | \$345 | \$385 |
| 14603 | Mon-Fri | July 31-Aug 4 | 9:00 AM-5:00 PM | \$345 | \$385 |
| 14596 | Mon-Fri | July 17-July 21 | 9:00 AM-5:00 PM | \$345 | \$385 |

RECERT

| | | | | | |
|-------|-----|--------|-----------------|------|------|
| 14612 | Sun | Aug 27 | 2:30 PM-6:30 PM | \$80 | \$95 |
| 14592 | Sat | July 8 | 2:30 PM-6:30 PM | \$80 | \$95 |



STANDARD FIRST AID // Age: 8Y+

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Includes CPR-C certification.

Participants in workplace first aid programs are required to achieve 70% or higher on a written exam to receive certification.

Lifesaving Standard First Aid is Government of Alberta approved.

| | | | | | |
|-------|---------|-----------------|-----------------|-------|-------|
| 14602 | Sat,Sun | July 29-July 30 | 9:00 AM-5:00 PM | \$140 | \$160 |
| 14595 | Sat,Sun | July 15-July 16 | 9:00 AM-5:00 PM | \$140 | \$160 |

RECERT

| | | | | | |
|-------|-----|---------------|-----------------|------|------|
| 14599 | Sun | July 23, 2023 | 9:00 AM-5:00 PM | \$70 | \$80 |
| 14587 | Sun | July 2, 2023 | 9:00 AM-5:00 PM | \$70 | \$80 |

FIRST AID INSTRUCTOR COURSE // Age: 16Y+

First Aid Instructors are responsible for teaching and evaluating candidates participating in the Lifesaving Society CPR, Emergency First Aid, Standard First Aid, Aquatic Emergency Care, CPR-HCP, and Oxygen Administration programs.

The First Aid Instructor course prepares Instructors to apply level 1 leadership competencies and strategies while teaching and evaluating.

Prerequisites: Lifesaving Instructor and current Lifesaving Standard First Aid or Government of Alberta workplace approved Standard First Aid

| | | | | | |
|-------|---------|---------------|-----------------|-------|-------|
| 14606 | Sat,Sun | Aug 12-Aug 13 | 9:00 AM-5:00 PM | \$270 | \$295 |
|-------|---------|---------------|-----------------|-------|-------|

RECERT

| | | | | | |
|-------|-----|--------|-----------------|-------|-------|
| 14609 | Sat | Aug 19 | 9:00 AM-5:00 PM | \$150 | \$195 |
|-------|-----|--------|-----------------|-------|-------|

NATIONAL LIFEGUARD INSTRUCTOR CLINIC // Age: 16Y+

The National Lifeguard Instructor/Examiner Clinic prepares candidates to teach and evaluate National Lifeguard courses. Candidates learn specific strategies designed to train lifeguards in advanced rescue techniques, public relations issues, and first aid, as well as how to present material that will prepare lifeguards for any major aspect of supervising the public in an aquatic setting. Candidates are required to complete an apprenticeship after the clinic.

Prerequisites: Current National Lifeguard (any option), Lifesaving Instructor (need not be current), National Lifeguard (any option) held for a minimum of two (2) years. Experience teaching Lifesaving Society certifications programs is recommended.

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|-------|---------|-----------------|-----------------|-------|-------|
| 14594 | Sat,Sun | July 15-July 16 | 9:00 AM-5:00 PM | \$270 | \$295 |
|-------|---------|-----------------|-----------------|-------|-------|

RECERT

| | | | | | |
|-------|-----|---------|-----------------|------|-------|
| 14598 | Sat | July 22 | 9:00 AM-1:00 PM | \$80 | \$100 |
|-------|-----|---------|-----------------|------|-------|

NOTE: If you are not a Member, please arrive 15 minutes prior to your first session to have your membership card created at Customer Service.



3433 SPORT PERFORMANCE

Register here:



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS | ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|----|-----|-------|-------|---------|-------------|

LEARN 2 TRI

Our goal is to give you the confidence to improve your fitness and get you ready to be able to complete your first triathlon and have a great time doing it. This is a fun, social, and highly engaging co-ed program designed to be an introduction into the sport of triathlon. The program offers training sessions in each of the three triathlon activities (swimming, cycling and running) in a friendly and encouraging environment, and will also cover off the 'forth' discipline of what and how to get through the transitions from Swim to Bike and Bike to Run.

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|-------|-----|--------------|-----------------|-------|-------|
| 14620 | Tue | Apr 4-May 23 | 7:30 PM-9:00 PM | \$152 | \$168 |
|-------|-----|--------------|-----------------|-------|-------|

TRAIN 2 TRI

Train2Tri is the next step in our 3433 Sport Performance pathway to becoming a well versed Triathlete. You will swim, bike and run during this 2.0 hour class. This high-energy group training session is designed to build aerobic endurance and increase your ability to run quickly and comfortably after swimming & cycling. Our coaches have built a progressive training program that will challenge the athletes physically and mentally in preparation for longer races.

| | | | | | |
|-------|-----|--------------|-----------------|-------|-------|
| 14621 | Thu | Apr 6-May 25 | 7:00 PM-9:00 PM | \$164 | \$184 |
|-------|-----|--------------|-----------------|-------|-------|

TRI SWIM

These swim workouts are led by our experienced coaches who utilize the most current teaching and training techniques specific to triathlon swimming. Workouts typically range from 2,000-3,400 metres depending on the speed of the swimmer and the focus of the workout. i.e. technical drills, sprints, pace work/endurance etc. Our coaches provide a program that builds from a more technical focus in the fall, to a more swim-fitness period in the winter and spring and then open-water specific sessions as we approach the race season. The coaches also perform ongoing swim assessments to help monitor the progression and development of each athlete and use the results to determine training paces for the workout

| | | | | | |
|-------|-----|----------------|-----------------|-------|-------|
| 14616 | Tue | Apr 4-June 20 | 6:00 AM-7:00 AM | \$180 | \$192 |
| 14619 | Tue | Apr 4-June 20 | 7:00 AM-8:00 AM | \$180 | \$192 |
| 14617 | Thu | Apr 6-June 22 | 6:00 AM-7:00 AM | \$180 | \$192 |
| 14618 | Thu | Apr 6-June 22 | 7:00 AM-8:00 AM | \$180 | \$192 |
| 18486 | Tue | June 27-Sept 5 | 6:00 AM-7:00 AM | \$176 | \$198 |
| 18487 | Tue | June 27-Sept 5 | 7:00 AM-8:00 AM | \$176 | \$198 |
| 18488 | Thu | June 29-Sept 7 | 6:00 AM-7:00 AM | \$176 | \$198 |
| 18489 | Thu | June 29-Sept 7 | 7:00 AM-8:00 AM | \$176 | \$198 |

CONDITIONING SWIM

These swim sessions are perfect for athletes interested in refining techniques to maximize comfort, efficiency, speed and endurance in the water. Learn under the guidance of our experienced 3433 Sport Performance Centre coaches how to swim effectively and efficiently, not just how to survive in the water.

| | | | | | |
|-------|-----|----------------|--------------------|-------|-------|
| 14623 | Wed | Apr 5-June 21 | 9:30 AM-10:30 AM | \$180 | \$192 |
| 14622 | Fri | Apr 6-June 23 | 12:00 PM-1:00 PM | \$180 | \$192 |
| 18490 | Wed | June 28-Sept 6 | 9:30 AM - 10:30 AM | \$176 | \$198 |
| 18491 | Fri | June 30-Sept | 12:00 PM-1:00 PM | \$176 | \$198 |

INDOOR GROUP CYCLING

Each program is developed in a manner to help make cyclists faster and more confident in their ability to ride outdoors whether it be for a race, Gran Fondo, cycling tour or the local group ride. The 3433 cycling programs began in 2003 and we are proud to continue our storied tradition of providing some of the most challenging, results driven, high-energy training sessions in Calgary.

| | | | | | |
|-------|-----|--------------|------------------|------|------|
| 14627 | Mon | Apr 10-May 1 | 9:30 AM-11:30 AM | \$84 | \$92 |
| 14626 | Tue | Apr 11-May 2 | 6:30 PM-8:30 PM | \$84 | \$92 |
| 14615 | Sat | Apr 15-May 6 | 9:00 AM-11:00 AM | \$84 | \$92 |
| 14625 | Thu | Apr 13-May 4 | 6:30 PM-8:30 PM | \$84 | \$92 |

INDOOR GROUP BRICK

The term "brick" refers to the strange sensation in the legs after riding hard on the bicycle. The ability to run after the cycling portion of a triathlon is a key element to having a successful race. This high-energy group training session is designed to build aerobic endurance and increase your ability to run quickly and comfortably off the bike. Our coaches have built a progressive training program that will challenge the athletes physically and mentally in preparation for race season.

| | | | | | |
|-------|-----|--------------|-----------------|------|------|
| 14624 | Wed | Apr 5-Apr 26 | 6:30 PM-8:30 PM | \$84 | \$92 |
|-------|-----|--------------|-----------------|------|------|

INTERVAL RUN

Striving to improve your run distance? Looking to build volume or speed into your training to advance without potential injury? Whether you are just getting started or a seasoned racer, our performance based running program is designed to help runners get faster. Led by 3433 Endurance Coaches, athletes will learn techniques, drills and tips in weekly interval sessions.

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|-------|-----|--------------|-----------------|-------|-------|
| 14614 | Tue | Apr 4-May 30 | 6:00 PM-7:00 PM | \$128 | \$136 |
|-------|-----|--------------|-----------------|-------|-------|

NOTE: If you are not a Member, please arrive 15 minutes prior to your first session to have your membership card created at Customer Service.

TRIATHLON CLUB PASS

Whether you are just starting out or you are a seasoned athlete, our new Spring & Summer Triathlon Club Pass will be the right fit for you and your goals.

What's included?

- Group running, cycling and swimming training with our expert coaches (see schedule below)
- Access to answers on nutrition, race details and how to change a bike tire
- 1 indoor swim program/week

Cost - \$145 + GST (Price/Month) May-August

Scan QR Code for more details and to register.



FITNESS & TRAINING

KICKBOXING

Register here:



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

MOBILITY & MOVEMENT

This 6 week program will help you improve the way you move. Whether you are trying to improve your strength training or move better in everyday life, this program is for you. Each week, a new area of the body will be targeted. Learn how to get the most out of your flexibility, foam rolling and myo-fascial release practice. Increase your range of motion and discover exactly what your body needs to move more efficiently.

| | | | | | |
|-------|-----|--------------|-----------------|------|-------|
| 11606 | Tue | Mar 27-May 1 | 5:15 PM-6:00 PM | \$80 | \$100 |
|-------|-----|--------------|-----------------|------|-------|

START STRONG

Start Strong is an 8 week program which aims to break barriers typically associated with starting a new fitness program by providing a welcoming, encouraging, and informative training experience led by an experienced Personal Trainer. This program is targeted towards those who are new to the gym or just returning to fitness after time away/time off exercise (this includes those who left due to Covid-19). It is a twice a week, guided exercise program, to help you feel comfortable and confident in the weight room.

| | | | | | |
|-------|---------|----------------|-----------------|-------|-------|
| 11608 | Tue,Thu | Apr 25-June 15 | 5:30 PM-6:30 PM | \$225 | \$250 |
|-------|---------|----------------|-----------------|-------|-------|

MASTERING MIDLIFE WELLNESS

This program is geared towards individuals who are peri-menopausal, menopausal, post-menopausal and post partum. This program has 1 class a week of exercise, 1 class a week of education and a take home program to follow. Lets break the connotation of "midlife" and make it the best years of your life. Learn how to navigate tricky hormones, weight gain, stress, nutrition and start feeling your best every day!

| | | | | | |
|-------|-----|---------------|-----------------|-------|-------|
| 11604 | Thu | Apr 20-June 8 | 6:00 PM-8:00 PM | \$230 | \$260 |
|-------|-----|---------------|-----------------|-------|-------|



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

K1-KICKBOXING BEGINNER

K1- Kickboxing Beginner class will introduce you to the basics of kickboxing including punching, kicking, knees and elbows in a safe and controlled environment. Strength, flexibility and general conditioning drills will also be incorporated in the program. Students will have an opportunity to advance through a belt ranking system.

| | | | | | |
|-------|-----|----------------|-----------------|-------|-------|
| 11621 | Wed | Apr 12-June 21 | 5:30 PM-6:30 PM | \$180 | \$204 |
|-------|-----|----------------|-----------------|-------|-------|

K1-KICKBOXING INTERMEDIATE

Kickboxing is a combat sport from Thailand that uses stand up striking with various clinching techniques, punches, kicks, knees and elbow strikes. Its designed to carve the most sculpted physique, clear the mind of stress, shed pounds while gaining serious martial art skills. Be ready to improve your skills and up your level in this intermediate level class. Must have previous kickboxing experience.

| | | | | | |
|-------|---------|----------------|-----------------|-------|-------|
| 11622 | Tue,Thu | Apr 11-June 22 | 5:30 PM-6:30 PM | \$360 | \$408 |
|-------|---------|----------------|-----------------|-------|-------|

K1-KICKBOXING ADVANCED - SPARRING

You want to take your kickboxing game to another level, then K1 Kickboxing Advanced is the one for you; in this class you will have an opportunity to do sparring using your previously learned techniques and combinations in a safe and controlled environment with ring skilled, highly trained instructors (Fighters). ITS FUN - ITS TOUGH - AND IT WORKS. Requirements for class include: Boxing gloves, hand wraps, shin guards, head gear, groin guard, and a great attitude.

| | | | | | |
|-------|-----|----------------|-----------------|-------|-------|
| 11620 | Wed | Apr 12-June 21 | 7:00 PM-8:00 PM | \$204 | \$228 |
|-------|-----|----------------|-----------------|-------|-------|

NOTE: If you are not a Member, please arrive 15 minutes prior to your first session to have your membership card created at Customer Service.



ACTIVE LIVING

PD DAY CAMPS

Register here:



| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

CRAFT N' SWIM

Each week we will introduce a new craft which incorporates fine motor skills. The craft will also work on numbers, colors, shapes along with using a variety of different mediums. After crafting the children will end their morning in the teach pool. Swimming is an introduction to the pool, where children learn to be comfortable either in or out of lifejacket.

| | | | | | |
|-------|-----|----------------|------------------|-------|-------|
| 14032 | Mon | Apr 10-June 26 | 8:45 AM-11:45 AM | \$252 | \$281 |
|-------|-----|----------------|------------------|-------|-------|

RUN, JUMP, PLAY

Children will enjoy playing games focusing on gross motor skills, while learning how to safely move through different types of equipment, utilizing both the Ninja Chamber and Railyard System. The morning will end with relaxing movement to music and yoga.

| | | | | | |
|-------|-----|----------------|------------------|-------|-------|
| 14033 | Tue | Apr 11-June 27 | 8:45 AM-11:45 AM | \$252 | \$281 |
|-------|-----|----------------|------------------|-------|-------|

GAMES N' SWIM

Utilizing the space and the equipment in our gym, children will be introduced to a number of sport activities. This includes racquet sports, ball sports and more. We will then go to the teach pool to experience water activities.

| | | | | | |
|-------|-----|----------------|------------------|-------|-------|
| 14034 | Wed | Apr 12-June 28 | 8:45 AM-11:45 AM | \$252 | \$281 |
|-------|-----|----------------|------------------|-------|-------|

ACTIVE ANIMALS

Children will learn movement fundamentals which includes running, hopping, and jumping along with some balance. These skills will be taught through games and individual skill building activities.

| | | | | | |
|-------|-----|----------------|------------------|-------|-------|
| 14035 | Thu | Apr 13-June 29 | 8:45 AM-11:45 AM | \$252 | \$281 |
|-------|-----|----------------|------------------|-------|-------|

VARIETY DAY

This will be a combo of all sports, possibly a craft and children's choice. We will ask the children what they like and try to incorporate each child's idea throughout the program. The focus again will be on the LTAD model as well as fun games to encourage sport growth.

| | | | | | |
|-------|-----|----------------|------------------|-------|-------|
| 14036 | Fri | Apr 14-June 30 | 8:45 AM-11:45 AM | \$252 | \$281 |
|-------|-----|----------------|------------------|-------|-------|

ACTIVE ENERGIZERS

Check out our 8 week program designed with inclusivity in mind for children of all abilities. We truly believe that all children should have access to discover and explore physical activity to enrich their physical literacy through activities they find meaningful. We will include collaborations with community sport partners to showcase adaptive recreational activities and sports for all to enjoy! If your child has specific support requirements, please reach out to drylandregisteredprograms@mnpcentre.com.

ACTIVE ENERGIZERS

| | | | | | |
|-------|-----|---------------|-------------------|-------|-------|
| 14044 | Sat | Apr 15-June 3 | 10:00 AM-12:00 PM | \$123 | \$136 |
|-------|-----|---------------|-------------------|-------|-------|

| ID | DAY | DATES | TIMES | MEMBERS | NON-MEMBERS |
|----|-----|-------|-------|---------|-------------|
|----|-----|-------|-------|---------|-------------|

AGE: 5-12 Years* // Are you looking for something for your children to do during their days off from school? MNP Community & Sport Centre is excited to offer PD Day Camps for children, ages 5 to 12! CoreSPORT & SPORtainment is our exclusive two pronged approach to delivering some of the coolest, most innovative and exhilarating camp programming out there. Take a look and see all the ways your kids can get active and catch the love of sport!

*Your child must be of age for the program by December 31, 2023

SPRING BREAK CAMP

| | | | | | |
|-------|---------|-----------------|-----------------|-------|-------|
| 14041 | Mon-Fri | Apr 10-April 14 | 8:30 AM-4:30 PM | \$255 | \$281 |
|-------|---------|-----------------|-----------------|-------|-------|

PD DAY CAMPS

| | | | | | |
|-------|-----|----------|-----------------|------|------|
| 14037 | Mon | April 10 | 8:30 AM-4:30 PM | \$55 | \$60 |
| 14038 | Fri | May 5 | 8:30 AM-4:30 PM | \$55 | \$60 |
| 14039 | Mon | May 29 | 8:30 AM-4:30 PM | \$55 | \$60 |
| 14040 | Fri | June 9 | 8:30 AM-4:30 PM | \$55 | \$60 |

BIRTHDAY PARTIES

Test your limits and discover your inner ninja with our signature obstacle elements! Then enjoy a private party room where you are able to bring food and refreshments.

Provided: 2 Tables and 12 chairs and Ninja Chamber
Capacity: Up to 12 participants

See Online Portal for dates and times and to book.





2023 SUMMER SPORT CAMPS AT A GLANCE

| | AGES | PRE-CARE | POST-CARE | JULY 4-7 (4 DAYS) | JULY 10-14 | JULY 17-21 | JULY 24-28 | JULY 31-AUG 4 | AUG 8-11 (4 DAYS) | AUG 14-18 | AUG 21-25 | AUG 28-30 (3 DAYS) | MEMBER PRICE | | | NON-MEMBER PRICE | | |
|-----------------------------------|-------|----------|-----------|-------------------|------------|------------|------------|---------------|-------------------|-----------|-----------|--------------------|--------------|----------|-------|------------------|----------|----------|
| | | | | | | | | | | | | | 3 day | 4 day | 5 day | 3 day | 4 day | 5 day |
| MULTI-SPORT CAMPS | | | | | | | | | | | | | | | | | | |
| Mini Sport Launchers (HALF DAY) | 2-3 | ▪ | | 14174 | 14168 | 14169 | 14170 | 14171 | 14175 | 14172 | 14173 | 14563 | \$89 | \$118.50 | \$148 | \$98 | \$130.50 | \$163.25 |
| Active Sport Launchers (HALF DAY) | 4-5 | ▪ | | 14180 | 14176 | 14177 | 14178 | 14179 | 14183 | 14182 | 14181 | 14562 | \$89 | \$118.50 | \$148 | \$98 | \$130.50 | \$163.25 |
| Active Sport Adventure | 4-5 | ▪ | ▪ | 14190 | 14184 | 14185 | 14186 | 14187 | 14191 | 14188 | 14189 | 14561 | \$153 | \$204 | \$255 | \$169 | \$225 | \$281 |
| Sport 'N Adventure | 6-7 | ▪ | ▪ | 14206 | 14200 | 14201 | 14202 | 14203 | 14207 | 14204 | 14205 | 14565 | \$153 | \$204 | \$255 | \$169 | \$225 | \$281 |
| Multi Sport 'N Adventure | 8-9 | ▪ | ▪ | 14198 | 14192 | 14193 | 14194 | 14195 | 14199 | 14196 | 14197 | 14566 | \$153 | \$204 | \$255 | \$169 | \$225 | \$281 |
| Ultimate Sport 'N Adventure | 10-12 | ▪ | ▪ | 14214 | 14208 | 14209 | 14210 | 14211 | 14215 | 14212 | 14213 | 14564 | \$153 | \$204 | \$255 | \$169 | \$225 | \$281 |
| SPORT PARTNER CAMPS | | | | | | | | | | | | | | | | | | |
| Swimming | 6-9 | ▪ | ▪ | 14550 | 14545 | 14546 | 14995 | 14547 | 14551 | 14548 | 14549 | 14559 | \$190 | \$253 | \$316 | \$215 | \$286 | \$357 |
| Swimming | 10-13 | ▪ | ▪ | 14557 | 14552 | 14553 | 14994 | 14554 | 14558 | 14555 | 14556 | 14560 | \$190 | \$253 | \$316 | \$215 | \$286 | \$357 |
| Artistic Swimming | 6-12 | ▪ | ▪ | | 14540 | 14541 | | 14542 | 14567 | 14543 | 14544 | | - | - | \$316 | - | - | \$357 |
| Olympic Pentathlon | 8-13 | ▪ | ▪ | | | | | | 14567 | 14536 | 14537 | | - | \$253 | \$316 | - | \$286 | \$357 |
| Diving | 6-12 | ▪ | ▪ | | 14216 | 14217 | | | | 14218 | | | - | - | \$316 | - | - | \$357 |
| Triathlon | 8-12 | ▪ | ▪ | | | | | 14539 | 14568 | | | | - | \$253 | \$316 | - | \$286 | \$357 |
| Rhythmic Gymnastics | 6-12 | ▪ | ▪ | | | | | | 18476 | 18477 | 18478 | | - | \$256 | \$316 | - | \$286 | \$357 |

- **FULL DAY CAMP TIMES: 8:30am – 4:30pm | HALF DAY CAMP TIMES: 8:30am – 12:00pm**
- **PRE-CARE: 7:30am – 8:30am | POST-CARE: 4:30pm – 5:30pm**
Pre and Post care can be purchased at time of camp registration by week only.



forever active. forever strong. forever active. forever camps.