



MNP CSC FALL

PROGRAM GUIDE

2023



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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 classes or Registered Programs on statutory holidays.

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WHAT'S NEW THIS FALL!

3433 SPORT PERFORMANCE

Learn2Ride

Learn2 Run

Train2Ride

Train2Run



FITNESS & TRAINING

Barre



AQUATICS

SwimAbilities®



Learn2Swim

Train2 Swim

Tri-Fecta

Race Series



Level-Up HIIT



ACTIVE LIVING

Afternoon programs



FITNESS & TRAINING

***NEW* LEVEL-UP HIIT**

HIIT (High Intensity Interval Training) is a type of interval training exercise that alternates between several minutes of high intensity movements to significantly increase the heart rate, followed by short periods of lower intensity movements.

These classes will consist of treadmill work ,TRX suspension training and weight training. They are designed for your individual goals to ensure you are getting exactly what you are looking for.

***NEW* LIFTING 101**

Lifting 101 is a program for those who want to learn the basics of weight lifting. This includes form, safety precautions and weight selection for the major lifts; Squat, Deadlift & Bench Press. This program will also break down other basic movements such as the shoulder press, hip hinge, lunges and more! If you are new to these movements or want to ensure your technique is correct, this program is for you.

***NEW* BARRE**

Barre is a form of exercise that blends ballet, Pilates, yoga and functional movements. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can. In addition to building strength, this full-body workout also develops agility and flexibility.

***NEW* YOGA STRONG**

Yoga Strong is an 8 week progressive based journey designed to help you achieve your personal yoga goals. This challenge provides exclusive access to weekly progressive practices and full access to our diverse weekly yoga schedule. Each practice you will focus on specific, challenging poses. This will allow you to practice poses, such as crow and headstands you may not get to practice in a regular drop in class. Beginner or Advanced, there is a progression for everyone to get you on your way to mastering these poses. On top of the weekly focused practices, we offer 4 additional workshops to allow you to try different types of yoga that are not typically offered on our schedule.

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.

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.

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!

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.

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.

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.



FITNESS & TRAINING

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
LEVEL-UP HIIT								MEMBER	NON-MEMBER
Weight Loss Mondays	18676	Mon	October 16, 2023	November 20, 2023	6:00 AM	6:45 AM	\$90	\$102	
Functional Tuesdays	18672	Tue	October 31, 2023	December 5, 2023	6:00 AM	6:45 AM	\$90	\$102	
	18628	Mon	September 11, 2023	October 17, 2023	6:00 PM	6:45 PM	\$90	\$102	
Performance Wednesdays	18680	Wed	November 1, 2023	December 6, 2023	6:00 AM	6:45 AM	\$90	\$102	
	18679	Wed	September 13, 2023	October 18, 2023	6:00 AM	6:45 AM	\$90	\$102	
	18681	Wed	December 20, 2023	January 24, 2024	6:00 AM	6:45 AM	\$90	\$102	
Weight Loss Thursdays	18677	Thu	September 21, 2023	October 26, 2023	6:00 AM	6:45 AM	\$90	\$102	
	18678	Fri	November 9, 2023	December 14, 2023	6:00 AM	6:45 AM	\$90	\$102	
Functional Fridays	18673	Fri	September 22, 2023	October 27, 2023	6:00 AM	6:45 PM	\$90	\$102	
	18674	Fri	November 10, 2023	December 15, 2023	6:00 AM	6:45 AM	\$90	\$102	
	18675	Fri	December 29, 2023	February 2, 2024	6:00 AM	6:45 AM	\$90	\$102	
Performance Saturdays	18682	Sat	September 30, 2023	November 4, 2023	8:00 AM	8:45 AM	\$90	\$102	
	18683	Sat	November 18, 2023	December 23, 2023	8:00 AM	8:45 AM	\$90	\$102	
LIFTING 101									
Lifting with Shay	18684	Mon	September 18, 2023	October 30, 2023	7:00 PM	8:00 PM	\$180	\$192	
	18685	Mon	November 6, 2023	December 11, 2023	7:00 PM	8:00 PM	\$180	\$192	
BARRE									
	18626	Wed	November 8, 2023	December 13, 2023	6:30 PM	7:30 PM	\$80	\$100	
YOGA STRONG									
	18621	Mon, Wed	September 11, 2023	November 6, 2023	5:30 PM	6:30 PM	\$160	\$385	
START STRONG									
Start Strong with Josh	18620	Tue, Thu	September 26, 2023	November 9, 2023	5:30 PM	6:30 PM	\$225	\$250	
Start Strong with Dawson	18627	Mon, Wed	October 23, 2023	December 13, 2023	5:30 PM	6:30 PM	\$225	\$250	
MOBILITY & MOVEMENT									
	18625	Mon	October 16, 2023	November 20, 2023	5:15 PM	6:00 PM	\$80	\$100	
MASTERING MIDLIFE WELLNESS									
	18619	Thu	October 12, 2023	November 30, 2023	6:00 PM	8:00 PM	\$230	\$260	
KICKBOXING									
Beginner	18623	Wed	September 20, 2023	December 6, 2023	5:30 PM	6:30 PM	\$180	\$204	
Intermediate	18622	Tue, Thu	September 19, 2023	December 7, 2023	5:30 PM	6:00 PM	\$360	\$408	
Advanced - Sparring	18624	Wed	September 20, 2023	December 6, 2023	7:00 PM	8:00 PM	\$204	\$228	



3433 PROGRAMS

LEARN

NEW LEARN 2 RUN

AGE: 18Y+ // Ignite your running potential at our Learn2Run Workshop! Whether you're a complete beginner or looking to refine your running technique, this immersive workshop is designed to provide valuable insights and guidance. Led by experienced 3433 Sport Performance coaches, you'll learn essential running principles, proper form, and effective training strategies in a focused and supportive environment. Unlock your running prowess as we share our knowledge and empower you to take the first step towards your running goals. Join us for this transformative workshop and kickstart your running journey with confidence!

NEW LEARN 2 RIDE

AGE: 18+ // Introducing our fun and inclusive, Learn2Ride program specifically designed for individuals aged 18+. Whether you're a beginner or someone looking to refresh their cycling abilities, our experienced coaches will guide you through a progressive curriculum that focuses on building confidence, improving technique, and ensuring a safe cycling experience. Join us today and unlock the joy of cycling in a supportive and encouraging environment. Take the first pedal stroke towards your cycling journey with our NEW Learn2Ride Program! This program will be using our brand new Wahoo Kickr Bike Studio. This is where real road cycling feel, merges with an indoor cycling experience.

NEW LEARN 2 SWIM

AGE: 18Y+ // Embark on a transformative journey of self-discovery with our Learn2Swim Workshop! This unique workshop offers valuable insights into your current swimming abilities, acting as a guiding compass for your personal swimming journey. Led by experienced 3433 Sport Performance coaches, you'll receive a comprehensive assessment of your strengths and areas for improvement, enabling you to set targeted goals and make informed decisions. Gain a deeper understanding of your swimming potential and set the course for future growth.

LEARN 2 TRI

AGE: 18Y+ // 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. You will also get training nutrition tips, learn how to fuel for your race, and additional tips on what to wear.



TRAIN

NEW TRAIN 2 RUN

AGE: 18Y+ // Level up your running prowess with Train2Run, the perfect intermediate program designed to elevate your skills. Led by experienced coaches, this comprehensive program focuses on speed, endurance, and overall performance. Discover structured training sessions, personalized guidance, and expert techniques to reach new milestones. Develop strength, refine form, and implement effective strategies to conquer any distance or race challenge. Join Train2Run today and become a stronger, faster, and more resilient runner.

NEW TRAIN 2 RIDE

AGE: 18+ // Embark on the Train2Ride cycling program, tailored specifically for intermediate cyclists seeking to elevate their skills to the next level. This comprehensive program combines expert guidance with proven training techniques to enhance your cycling performance. With a focus on building endurance, strength, and advanced riding techniques, Train2Ride will empower you to conquer challenging terrains with confidence. Our experienced coaches will lead you through a progressive training regimen, ensuring you develop the necessary skills and resilience to excel on your cycling journey. Unleash your true potential and take your cycling to new heights with Train2Ride!

NEW TRAIN 2 SWIM

AGE: 18Y+ // These Wednesday and Friday 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 coaches.

TRAIN 2 TRI

AGE: 18Y+ // 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. The coaches also educate the athletes on pacing strategies and provide them opportunities to practice the skills required for quick transitions. One step closer to our Group Brick workouts that use personal bikes and trainers.



COMPETE INTERVAL RUN

AGE: 18Y+ // Step up your running game with our Interval Run program, tailored specifically for runners seeking to take their performance to new heights. Whether your goal is to increase your run distance, build volume, or enhance speed without risking injury, this performance-driven training program is designed to propel you forward. Led by our experienced 3433 Sport Performance Coaches, each weekly session offers a comprehensive blend of technique, drills, and invaluable tips to maximize your running potential.

ADVANCED RIDE

AGE: 18+ // Welcome to the exhilarating world of our 3433 Sport Performance Cycling programs! Immerse yourself in a cutting-edge training experience where every session is designed to unlock your full potential. Witness the magic our expert coaches create, in our state-of-the-art Wahoo Kickr Bike Studio. No need to bring your own bike anymore! Get ready to embrace the power- and watts-based training approach, tailored specifically to your abilities through performance assessments. Our coaching team, armed with a wealth of experience and innovative methodologies, curates dynamic and stimulating sessions that will make you a faster and more confident cyclist. Since 2003, we have proudly nurtured a legacy of delivering high-energy, result-driven training that prepares you for races, Gran Fondos, cycling tours, or spirited group rides. Join us and embark on a transformative journey that will redefine what indoor cycling means to you.

TRI SWIM

AGE: 18Y+ // 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.

THE BRICK

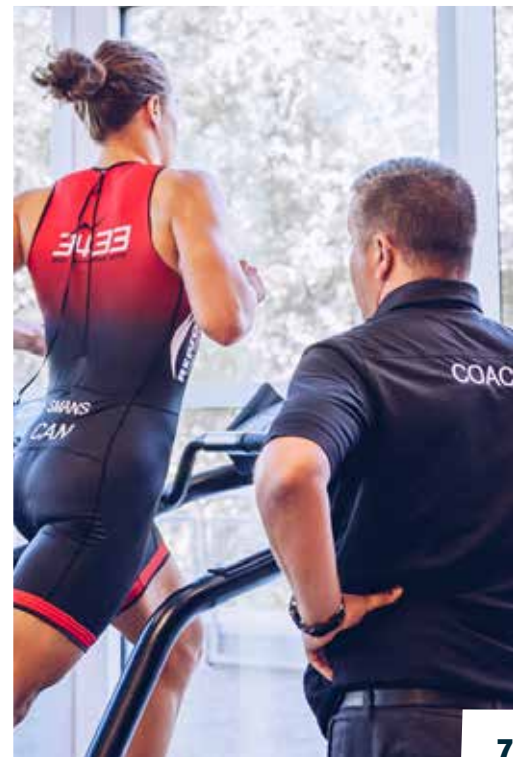
AGE: 18Y+ // Welcome to our exhilarating Brick Training Program! The term “brick” captures that unique sensation in the legs after pushing hard on the bike. Mastering the ability to seamlessly transition from cycling to running is essential for a successful triathlon race. Join our dynamic group training session, in our state-of-the-art Wahoo Kickr Bike studio. No Bike required! Boost your aerobic endurance while enhancing your speed and comfort in running off the bike. Our experienced coaches have meticulously crafted a progressive training program that challenges you both physically and mentally, ensuring you're fully prepared for the race season ahead. Gain valuable insights into pacing strategies and receive ample opportunities to practice seamless transitions. Unleash your potential and excel in the thrilling realm of triathlon with our transformative Brick Training Program!

*NEW*TRI-FECTA

AGE: 18Y+ // The Tri-Fecta is a one-of-a-kind program in Calgary. 1 time per month on Sundays we will combine a 1-hour pool swim followed by 2 hours of cycling and running in our state-of-the-art Wahoo Kickr bike studio. Designed for 70.3 and Ironman racing, it offers an EPIC day of training. Push your limits and enhance your endurance for long-distance triathlons. Join us for the Tri-Fecta and experience a transformative training day!

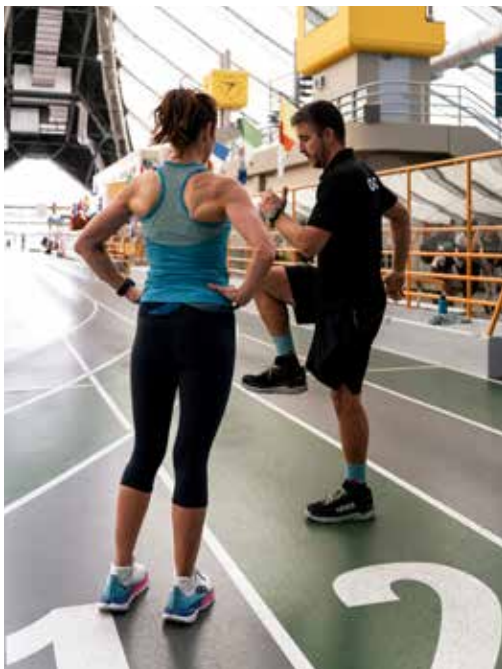
*NEW*RACE SERIES

Introducing our Indoor Cycling Races Series! Experience a fusion of technology, competition, and exhilaration. Using our Wahoo Kickr Bikes and the Zwift virtual cycling app, we create a virtual racing extravaganza. Prepare for a high-energy journey, pushing your limits and igniting your passion. Forget you're indoors as you conquer thrilling terrains. Zwift's immersive graphics and dynamic gameplay will leave you breathless. Join riders in an in person environment and race alongside with new friends, while you travel through a vibrant digital world, and leave your opponents behind. With races for all skill levels, challenge yourself in sprints, climbs, and time trials.



3433 SPORT PERFORMANCE

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
LEARN									
Learn2Ride	20707	Mon	October 2, 2023	December 11, 2023	6:30 PM	8:00 PM	\$220	\$240	
Learn2Run	20725	Sun	November 19, 2023	November 19, 2023	8:00 AM	9:00 AM	\$17	\$19	
	20726	Sun	December 17, 2023	December 17, 2023	8:00 AM	9:00 AM	\$17	\$19	
	20724	Sun	October 15, 2023	October 15, 2023	8:00 AM	9:00 AM	\$17	\$19	
Learn2Swim	20730	Sun	December 17, 2023	December 17, 2023	9:00 AM	10:00 AM	\$17	\$19	
	20728	Sun	October 15, 2023	October 15, 2023	9:00 AM	10:00 AM	\$17	\$19	
	20729	Sun	November 19, 2023	November 19, 2023	9:00 AM	10:00 AM	\$17	\$19	
Learn2Tri	20634	Tue	October 3, 2023	December 12, 2023	7:30 PM	9:30 PM	\$242	\$264	
TRAIN									
Train2Ride	20708	Sat	October 7, 2023	December 16, 2023	8:00 AM	10:00 AM	\$264	\$286	
Train2Run	20713	Thu	October 5, 2023	December 14, 2023	6:00 PM	7:00 PM	\$187	\$220	
Train2Swim	20711	Fri	October 6, 2023	December 15, 2023	12:00 PM	1:00 PM	\$187	\$220	
	20710	Wed	October 4, 2023	December 13, 2023	9:30 AM	10:30 AM	\$187	\$220	
Train2Tri	20722	Thu	October 5, 2023	December 14, 2023	7:00 PM	9:00 PM	\$264	\$286	
COMPETE									
Advanced Group Ride	20631	Mon	October 2, 2023	December 11, 2023	9:30 AM	11:30 AM	\$264	\$286	
	20628	Tue	October 3, 2023	December 12, 2023	6:30 PM	8:30 PM	\$264	\$286	
	20630	Thu	October 5, 2023	December 14, 2023	6:30 PM	8:30 PM	\$264	\$286	
	20632	Fri	October 6, 2023	December 15, 2023	9:30 AM	11:30 AM	\$264	\$286	
Interval Run	20712	Tue	October 3, 2023	December 12, 2023	6:00 PM	7:00 PM	\$187	\$220	
Tri Swim	20716	Thu	October 5, 2023	December 14, 2023	6:00 AM	7:00 AM	\$187	\$220	
	20717	Thu	October 5, 2023	December 14, 2023	7:00 AM	8:00 AM	\$187	\$220	
	20714	Tue	October 3, 2023	December 12, 2023	6:00 AM	7:00 AM	\$187	\$220	
	20715	Tue	October 3, 2023	December 12, 2023	7:00 AM	8:00 AM	\$187	\$220	
The Brick	20709	Wed	October 4, 2023	December 13, 2023	6:30 PM	8:30 PM	\$264	\$286	
Tri Fecta	20733	Sun	December 10, 2023	December 10, 2023	8:00 AM	11:30 AM	\$30	\$33	
	20732	Sun	November 12, 2023	November 12, 2023	8:00 AM	11:30 AM	\$30	\$33	
Race Series	20735	Fri	December 15, 2023	December 15, 2023	6:00 PM	8:00 PM	\$24	\$26	
	20734	Fri	October 27, 2023	October 27, 2023	6:00 PM	8:00 PM	\$24	\$26	



CHILD/YOUTH PROGRAMS

ACTIVE LIVING PROGRAMS FOR PRESCHOOLERS AGES 2-5 YEARS

Morning and afternoon options available.

CRAFT N' SPLASH

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.

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.

GAMES N' SPLASH

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.

ACTIVE ADVENTURES

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.

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.

ACTIVE ENERGIZERS AGES 5-12 YEARS

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.

PD CAMPS 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!



CHILD/YOUTH PROGRAMS

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
ACTIVE LIVING PROGRAMS									
11 CLASSES									
Craft N' Splash: Morning	20601	Mon	September 11, 2023	November 27, 2023	8:45 AM	11:45 AM	\$252.00	\$281.00	
Active Adventures: Afternoon	20607	Mon	September 11, 2023	November 27, 2023	12:30 PM	3:30 PM	\$252.00	\$281.00	
12 CLASSES									
Run, Jump, Play: Morning	20602	Tue	September 12, 2023	November 28, 2023	8:45 AM	11:45 AM	\$275.00	\$306.00	
Craft N' Splash: Afternoon	20608	Tue	September 12, 2023	November 28, 2023	12:30 PM	3:30 PM	\$275.00	\$306.00	
Games N' Splash: Morning	20603	Wed	September 13, 2023	November 29, 2023	8:45 AM	11:45 AM	\$275.00	\$306.00	
Variety Day: Afternoon	20609	Wed	September 13, 2023	November 29, 2023	12:30 PM	3:30 PM	\$275.00	\$306.00	
Active Adventures: Morning	20604	Thu	September 14, 2023	November 30, 2023	8:45 AM	11:45 AM	\$275.00	\$306.00	
Games N' Splash: Afternoon	20610	Thu	September 14, 2023	November 30, 2023	12:30 PM	3:30 PM	\$275.00	\$306.00	
Variety Day: Morning	20605	Fri	September 15, 2023	December 1, 2023	8:45 AM	11:45 AM	\$275.00	\$306.00	
Run, Jump, Play: Afternoon	20611	Fri	September 15, 2023	November 29, 2023	12:30 PM	3:30 PM	\$275.00	\$306.00	
ACTIVE ENERGIZERS									
Active Energizers	20606	Sat	September 16, 2023	November 18, 2023	10:00 AM	12:00 PM	\$123.00	\$136.00	
PD CAMPS									
	20612	Fri	September 22, 2023	September 22, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20613	Fri	September 29, 2023	September 29, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20614	Fri	October 6, 2023	October 6, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20615	Fri	October 20, 2023	October 20, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20616	Wed	November 1, 2023	November 1, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20617	Thu	November 9, 2023	November 9, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20618	Fri	November 10, 2023	November 10, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20619	Mon	November 13, 2023	November 13, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20620	Tue	November 14, 2023	November 14, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20621	Fri	November 24, 2023	November 24, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20622	Fri	December 8, 2023	December 8, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20624	Fri	December 22, 2023	December 22, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20625	Wed	December 27, 2023	December 27, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20626	Thu	December 28, 2023	December 28, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	
	20627	Fri	December 29, 2023	December 29, 2023	8:30 AM	4:30 PM	\$55.00	\$60.00	



AQUATIC PROGRAMS

ADULT SWIM LESSONS // AGE: 18Y+

ADULT BEGINNER

The Adult Beginner program is designed for swimmers with little to no experience in the water looking to learn how to swim. Participants will learn how to float, glide and kick on both their front and back in shallow water. They will develop Swim To Survive skills such as rolling from front to back, basic treading water techniques, submersions and entries. They'll also work on shallow- and deep-water comfort in and out of a lifejacket. In the first level of our Adult Swimmer curriculum we introduce stroke progressions for freestyle and backstroke.

ADULT INTERMEDIATE

The Adult Intermediate program is designed for swimmers with moderate experience in the water looking to build on their basic stroke and swimming skills. Participants will be introduced to lane etiquette, how to read/follow a set, introductory breath work, and swimming longer distances. They will work on Swim To Survive skills such as mastering deep water confidence, recovering from disorienting entries, advanced treading water techniques and underwater swimming. In the second level of our Adult Swimmer curriculum we build on freestyle and backstroke technique with an introduction to breaststroke progressions.

ADULT ADVANCED

The Adult Advanced program is designed for swimmers comfortable lane swimming in deep water looking to refine their strokes while getting introduced to specialized swimming techniques. Participants will be introduced to a variety of different workouts emphasizing pacing, drill incorporation, high intensity interval training, endurance sets, breath work, rhythm and fitness. They will work on turns, dives and the intentional incorporation of different equipment such as (but not limited to): hand paddles, pull buoys and fins.

PRIVATE SWIM LESSONS // AGE: 3Y+

These one-on-one sessions are catered to the participants needs, goals and capabilities. You will see advanced progression in technique, endurance and water safety. The sessions can be used to progress through The Lifesaving Society's Swim For Life program or to solely focus on specific skills. Please be sure to communicate your goals with the instructor on the first day so they can tailor their long and short term plans accordingly.

Note: the 30 minute Private Lessons are primarily allocated in our teach pool whereas our 45 minute and 60 minute private lessons are primarily allocated in lane space.

PARENT AND TOT 1, 2 & 3 // AGE: 4M-3Y

PARENT & TOT 1 (4-12 MONTHS)

Parents and babies will explore the water together under the watchful eyes of their instructor. They will learn how to safely enter and exit the water and work on getting ready to discover the water safely. Parents will learn how to safely support their child while they play.

PARENT & TOT 2 (12-24 MONTHS)

Instructors will lead sessions to help parents with children learn basic water safety skills in a welcoming environment. Parents are taught how to support their child with assisted entries and exits into water and support them in learning to float and kick. They can celebrate together when the child can get their face wet and blow bubbles for the first time.

Pre-requisite: Parent & Tot 1 and 1 year of age

PARENT & TOT 3 (2-3 YEARS)

Parents will work towards supporting their toddlers in becoming more independent in the water. Getting in, getting out, going under, and floating, parents and toddlers will be introduced to different iterations of these fundamental skills.

Pre-requisite: Parent & Tot 2 and 2 years of age.

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

PRESCHOOL 1

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills.

Pre-requisite: 3 years old

PRESCHOOL 1/2

In this combined program, preschoolers focus on the foundational skills of water comfort and body positioning, being introduced to bobs, jumps, floats and glides. Each participant has the opportunity to focus on skills built for their swim level.

Pre-requisite: Preschool 1 or an equivalent level

PRESCHOOL 2

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.

Pre-requisite: Preschool 1 or an equivalent level

PRESCHOOL 3

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level they work their way into deeper water for side entries and jumping in with their lifejackets on.

Pre-requisite: Preschool 2 or an equivalent level

PRESCHOOL 4/5

In this combined program preschoolers will gain some independence in deep water and work towards achieving important swimming milestones. They will work through progressions in pursuit of completing 5 m swims of both front and back crawl, practicing different forms of entries into deeper water with and without lifejackets, and begin to develop life saving skills like treading water. Each participant has the opportunity to focus on skills built for their swim level.

Pre-requisite: Preschool 3 or an equivalent level



SWIM FOR LIFE® SWIMMER // AGE: 6Y-12Y

SWIMMER 1

Building the foundation of in-water skill development, beginner swimmers will gain confidence in the pool as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, glides, kicks and rollovers from front to back, they will front crawl their way into the next level.

Pre-requisite: 6 years of age, Preschool 4 or an equivalent level.

SWIMMER 2

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including, flutter kick on their front, back, and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10 m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

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

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 an equivalent level.

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 an equivalent level.

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 an equivalent level.

SWIMMER 7/8/9 (ROOKIE, RANGER, STAR PATROL)

The Lifesaving Society's Canadian Swim Patrol program is for swimmers who are ready to go beyond learn-to-swim. The programs focus on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving. Swimmers will have fun enhancing their capability in the water, increasing their physical conditioning, and learning lifesaving judgment. Each level will continue to develop swimmers' strokes and provide a skill foundation that will prepare them for success in the Society's Bronze Medal Awards. Each level of the Canadian Swim Patrol program has three modules: Water Proficiency, First Aid, and Recognition and Rescue. Every participant has the opportunity to focus on skills built for their swim level.

Pre-requisite: Swimmer 6 or an equivalent level



SWIM ABILITIES® // AGE: 3Y-16Y

SwimAbilities® is a learn to swim program geared for children with special needs. SwimAbilities® provides lessons where the caregiver is in the water to provide one-on-one focus while being under the direction of a certified instructor. SwimAbilities® assists children and their caregivers to increase safety, independence, and enjoyment in and around the water. Children may begin SwimAbilities® at any level and may continue into other swim programs if they are comfortable doing so.

CLUB PROGRAMS

SEA DRAGONS SWIM CLUB // AGE: 9Y-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 instill 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.

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.

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.



LIFESAVING COURSES

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

Lifesaving CPR-C (Adult/Child/Infant) and Bronze Medallion are now offered together!

Lifesaving CPR-C (Adult/Child/Infant)

Covers all aspects of CPR skills and theory for adult, child, and infant casualties, including two-rescuer CPR skills. CPR-C includes an introduction to the purpose of an AED and how they are used.

Bronze Medallion

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.

Pre-requisite: Bronze Star or 13 years of age

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

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.

Pre-requisite: Bronze Medallion (need not be current) and current Alberta workplace approved Intermediate First Aid

BRONZE STAR

Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Pre-requisite: None (Swim Patrol experience is recommended)

NATIONAL LIFEGUARD // AGE: 15Y+

The Lifesaving Society's National Lifeguard certification builds on the fundamental skills, knowledge, fitness, judgment, and values taught in the prerequisite Lifesaving Society lifesaving certifications. National Lifeguard Pool trains lifeguards in safety supervision and rescue in a pool environment.

Prerequisite: Bronze Cross (need not be current), current Alberta workplace approved Intermediate First Aid, and minimum 15 years of age at the time of the exam

SWIM & LIFESAVING INSTRUCTOR // AGE: 15Y+

Swim Instructors are responsible for teaching and evaluating candidates participating in the Swim for Life® and Canadian Swim Patrol programs. The Swim Instructor course prepares Instructors to apply level 1 leadership competencies and strategies while teaching and evaluating.

Lifesaving Instructors are responsible for teaching and evaluating candidates participating in the Canadian Swim Patrol, Bronze Medals, Distinction, Boat Rescue and Lifesaving Society CPR programs. Lifesaving Instructor certification is the prerequisite for other Lifesaving Society instructor certifications. Certification in Alberta and Northwest Territories includes CPR Instructor certification. The Lifesaving Instructor course prepares Instructors to apply level 1 leadership competencies and strategies while teaching and evaluating.

Pre-requisite: 15 years old and Bronze Cross or higher

LIFESAVING INSTRUCTOR // AGE: 15Y+

Lifesaving Instructors are responsible for teaching and evaluating candidates participating in the Canadian Swim Patrol, Bronze Medals, Distinction, Boat Rescue and Lifesaving Society CPR programs. The Lifesaving Instructor course prepares Instructors to apply level 1 leadership competencies and strategies while teaching and evaluating. Lifesaving Instructor certification is the prerequisite for other Lifesaving Society instructor certifications. Certification in Alberta and Northwest Territories includes CPR Instructor certification.

Prerequisite: 15 years old and Swim Instructor

INTERMEDIATE FIRST AID // AGE: 8Y+

Intermediate 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 Intermediate First Aid is Government of Alberta and Government of Northwest Territories workplace approved.

FIRST AID INSTRUCTOR // AGE: 15Y+

First Aid Instructors are responsible for teaching and evaluating candidates participating in the Lifesaving Society CPR, Basic First Aid, Intermediate 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 designed to teach the First Aid programs for which they hold a current candidate award in.

Pre-requisite: Lifesaving Instructor and current Lifesaving Intermediate First Aid or Government of Alberta workplace approved Intermediate First Aid



AQUATIC PROGRAMS

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE		
PRIVATE LESSONS							MEMBER	NON-MEMBER	
30 min - Private Lessons (11 Classes)	19455	Sat	September 16, 2023	December 9, 2023	9:00 AM	9:30 AM	\$308.00	\$352.00	
	19457	Sat	September 16, 2023	December 9, 2023	9:30 AM	10:00 AM	\$308.00	\$352.00	
	19454	Sat	September 16, 2023	December 9, 2023	9:45 AM	10:15 AM	\$308.00	\$352.00	
	19458	Sat	September 16, 2023	December 9, 2023	10:00 AM	10:30 AM	\$308.00	\$352.00	
	19453	Sat	September 16, 2023	December 9, 2023	10:15 AM	10:45 AM	\$308.00	\$352.00	
	19461	Sat	September 16, 2023	December 9, 2023	10:30 AM	11:00 AM	\$308.00	\$352.00	
	19462	Sat	September 16, 2023	December 9, 2023	11:00 AM	11:30 AM	\$308.00	\$352.00	
	19463	Sat	September 16, 2023	December 9, 2023	11:30 AM	12:00 PM	\$308.00	\$352.00	
	19449	Sat	September 16, 2023	December 9, 2023	12:15 PM	12:45 PM	\$308.00	\$352.00	
	19451	Sat	September 16, 2023	December 9, 2023	12:15 PM	12:45 PM	\$308.00	\$352.00	
	19450	Sat	September 16, 2023	December 9, 2023	12:45 PM	1:15 PM	\$308.00	\$352.00	
	19452	Sat	September 16, 2023	December 9, 2023	12:45 PM	1:15 PM	\$308.00	\$352.00	
	19459	Sat	September 16, 2023	December 9, 2023	1:45 PM	2:15 PM	\$308.00	\$352.00	
	19456	Sat	September 16, 2023	December 9, 2023	2:15 PM	2:45 PM	\$308.00	\$352.00	
	19460	Sat	September 16, 2023	December 9, 2023	3:00 PM	3:30 PM	\$308.00	\$352.00	
	19579	Sun	September 17, 2023	December 10, 2023	9:00 AM	9:30 AM	\$308.00	\$352.00	
	19580	Sun	September 17, 2023	December 10, 2023	9:30 AM	10:00 AM	\$308.00	\$352.00	
	19576	Sun	September 17, 2023	December 10, 2023	9:45 AM	10:15 AM	\$308.00	\$352.00	
	19581	Sun	September 17, 2023	December 10, 2023	10:00 AM	10:30 AM	\$308.00	\$352.00	
	19584	Sun	September 17, 2023	December 10, 2023	10:00 AM	10:30 AM	\$308.00	\$352.00	
	19575	Sun	September 17, 2023	December 10, 2023	10:15 AM	10:45 AM	\$308.00	\$352.00	
	19577	Sun	September 17, 2023	December 10, 2023	12:00 PM	12:30 PM	\$308.00	\$352.00	
	19573	Sun	September 17, 2023	December 10, 2023	12:15 PM	12:45 PM	\$308.00	\$352.00	
	19578	Sun	September 17, 2023	December 10, 2023	12:30 PM	1:00 PM	\$308.00	\$352.00	
	19574	Sun	September 17, 2023	December 10, 2023	12:45 PM	1:15 PM	\$308.00	\$352.00	
	19585	Sun	September 17, 2023	December 10, 2023	1:45 PM	2:15 PM	\$308.00	\$352.00	
	19582	Sun	September 17, 2023	December 10, 2023	2:15 PM	2:45 PM	\$308.00	\$352.00	
	19583	Sun	September 17, 2023	December 10, 2023	3:00 PM	3:30 PM	\$308.00	\$352.00	
	30 min - Private Lessons (12 Classes)	19181	Mon	September 11, 2023	December 4, 2023	4:45 PM	5:15 PM	\$336.00	\$384.00
		19182	Mon	September 11, 2023	December 4, 2023	5:15 PM	5:45 PM	\$336.00	\$384.00
		19183	Mon	September 11, 2023	December 4, 2023	5:45 PM	6:15 PM	\$336.00	\$384.00
		19184	Mon	September 11, 2023	December 4, 2023	6:15 PM	6:45 PM	\$336.00	\$384.00
		19185	Mon	September 11, 2023	December 4, 2023	6:15 PM	6:45 PM	\$336.00	\$384.00
19186		Mon	September 11, 2023	December 4, 2023	6:30 PM	7:00 PM	\$336.00	\$384.00	
19187		Mon	September 11, 2023	December 4, 2023	7:30 PM	8:00 PM	\$336.00	\$384.00	
19217		Tue	September 12, 2023	November 28, 2023	4:15 PM	4:45 PM	\$336.00	\$384.00	
19218		Tue	September 12, 2023	November 28, 2023	4:30 PM	5:00 PM	\$336.00	\$384.00	
19219		Tue	September 12, 2023	November 28, 2023	4:30 PM	5:00 PM	\$336.00	\$384.00	
19220		Tue	September 12, 2023	November 28, 2023	4:45 PM	5:15 PM	\$336.00	\$384.00	
19221		Tue	September 12, 2023	November 28, 2023	5:00 PM	5:30 PM	\$336.00	\$384.00	
19222		Tue	September 12, 2023	November 28, 2023	5:00 PM	5:30 PM	\$336.00	\$384.00	
19223		Tue	September 12, 2023	November 28, 2023	5:15 PM	5:45 PM	\$336.00	\$384.00	
19224		Tue	September 12, 2023	November 28, 2023	6:30 PM	7:00 PM	\$336.00	\$384.00	
19225	Tue	September 12, 2023	November 28, 2023	7:00 PM	7:30 PM	\$336.00	\$384.00		
19226	Tue	September 12, 2023	November 28, 2023	7:00 PM	7:30 PM	\$336.00	\$384.00		
19227	Tue	September 12, 2023	November 28, 2023	7:00 PM	7:30 PM	\$336.00	\$384.00		

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
PRIVATE LESSONS							MEMBER	NON-MEMBER
	19228	Tue	September 12, 2023	November 28, 2023	7:00 PM	7:30 PM	\$336.00	\$384.00
	19229	Tue	September 12, 2023	November 28, 2023	7:30 PM	8:00 PM	\$336.00	\$384.00
	19230	Tue	September 12, 2023	November 28, 2023	7:30 PM	8:00 PM	\$336.00	\$384.00
	19231	Tue	September 12, 2023	November 28, 2023	8:00 PM	8:30 PM	\$336.00	\$384.00
	19232	Tue	September 12, 2023	November 28, 2023	8:00 PM	8:30 PM	\$336.00	\$384.00
	19268	Wed	September 13, 2023	November 29, 2023	4:45 PM	5:15 PM	\$336.00	\$384.00
	19269	Wed	September 13, 2023	November 29, 2023	5:00 PM	5:30 PM	\$336.00	\$384.00
	19270	Wed	September 13, 2023	November 29, 2023	5:15 PM	5:45 PM	\$336.00	\$384.00
	19271	Wed	September 13, 2023	November 29, 2023	5:45 PM	6:15 PM	\$336.00	\$384.00
	19272	Wed	September 13, 2023	November 29, 2023	6:15 PM	6:45 PM	\$336.00	\$384.00
	19273	Wed	September 13, 2023	November 29, 2023	6:15 PM	6:45 PM	\$336.00	\$384.00
	19274	Wed	September 13, 2023	November 29, 2023	6:30 PM	7:00 PM	\$336.00	\$384.00
	19275	Wed	September 13, 2023	November 29, 2023	7:00 PM	7:30 PM	\$336.00	\$384.00
	19276	Wed	September 13, 2023	November 29, 2023	7:15 PM	7:45 PM	\$336.00	\$384.00
	19277	Wed	September 13, 2023	November 29, 2023	7:30 PM	8:00 PM	\$336.00	\$384.00
	19310	Thu	September 14, 2023	November 30, 2023	4:00 PM	4:30 PM	\$336.00	\$384.00
	19311	Thu	September 14, 2023	November 30, 2023	4:30 PM	5:00 PM	\$336.00	\$384.00
	19312	Thu	September 14, 2023	November 30, 2023	4:45 PM	5:15 PM	\$336.00	\$384.00
	19313	Thu	September 14, 2023	November 30, 2023	5:15 PM	5:45 PM	\$336.00	\$384.00
	19314	Thu	September 14, 2023	November 30, 2023	6:15 PM	6:45 PM	\$336.00	\$384.00
	19315	Thu	September 14, 2023	November 30, 2023	6:30 PM	7:00 PM	\$336.00	\$384.00
	19316	Thu	September 14, 2023	November 30, 2023	6:45 PM	7:15 PM	\$336.00	\$384.00
	19317	Thu	September 14, 2023	November 30, 2023	7:00 PM	7:30 PM	\$336.00	\$384.00
	19318	Thu	September 14, 2023	November 30, 2023	7:00 PM	7:30 PM	\$336.00	\$384.00
	19319	Thu	September 14, 2023	November 30, 2023	7:00 PM	7:30 PM	\$336.00	\$384.00
	19320	Thu	September 14, 2023	November 30, 2023	7:15 PM	7:45 PM	\$336.00	\$384.00
	19321	Thu	September 14, 2023	November 30, 2023	7:30 PM	8:00 PM	\$336.00	\$384.00
	19322	Thu	September 14, 2023	November 30, 2023	7:30 PM	8:00 PM	\$336.00	\$384.00
	19323	Thu	September 14, 2023	November 30, 2023	7:45 PM	8:15 PM	\$336.00	\$384.00
	19324	Thu	September 14, 2023	November 30, 2023	8:00 PM	8:30 PM	\$336.00	\$384.00
	19309	Thu	September 14, 2023	November 30, 2023	8:00 PM	8:30 PM	\$336.00	\$384.00
	19344	Fri	September 15, 2023	December 8, 2023	12:45 PM	1:15 PM	\$336.00	\$384.00
	19345	Fri	September 15, 2023	December 8, 2023	1:15 PM	1:45 PM	\$336.00	\$384.00
45 min - Private Lessons (11 Classes)	19437	Sat	September 16, 2023	December 9, 2023	9:00 AM	9:45 AM	\$451.00	\$517.00
	19438	Sat	September 16, 2023	December 9, 2023	9:00 AM	9:45 AM	\$451.00	\$517.00
	19435	Sat	September 16, 2023	December 9, 2023	9:45 AM	10:30 AM	\$451.00	\$517.00
	19439	Sat	September 16, 2023	December 9, 2023	9:45 AM	10:30 AM	\$451.00	\$517.00
	19440	Sat	September 16, 2023	December 9, 2023	10:30 AM	11:15 AM	\$451.00	\$517.00
	19436	Sat	September 16, 2023	December 9, 2023	10:45 AM	11:30 AM	\$451.00	\$517.00
	19441	Sat	September 16, 2023	December 9, 2023	11:00 AM	11:45 AM	\$451.00	\$517.00
	19443	Sat	September 16, 2023	December 9, 2023	1:00 PM	1:45 PM	\$451.00	\$517.00
	19446	Sat	September 16, 2023	December 9, 2023	1:00 PM	1:45 PM	\$451.00	\$517.00
	19442	Sat	September 16, 2023	December 9, 2023	1:30 PM	2:15 PM	\$451.00	\$517.00
	19444	Sat	September 16, 2023	December 9, 2023	2:15 PM	3:00 PM	\$451.00	\$517.00
	19447	Sat	September 16, 2023	December 9, 2023	3:00 PM	3:45 PM	\$451.00	\$517.00
	19445	Sat	September 16, 2023	December 9, 2023	3:30 PM	4:15 PM	\$451.00	\$517.00
	19448	Sat	September 16, 2023	December 9, 2023	3:45 PM	4:30 PM	\$451.00	\$517.00
	19557	Sun	September 17, 2023	December 10, 2023	9:00 AM	9:45 AM	\$451.00	\$517.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
PRIVATE LESSONS							MEMBER	NON-MEMBER
	19558	Sun	September 17, 2023	December 10, 2023	9:00 AM	9:45 AM	\$451.00	\$517.00
	19559	Sun	September 17, 2023	December 10, 2023	9:45 AM	10:30 AM	\$451.00	\$517.00
	19564	Sun	September 17, 2023	December 10, 2023	9:45 AM	10:30 AM	\$451.00	\$517.00
	19561	Sun	September 17, 2023	December 10, 2023	10:15 AM	11:00 AM	\$451.00	\$517.00
	19567	Sun	September 17, 2023	December 10, 2023	10:30 AM	11:15 AM	\$451.00	\$517.00
	19560	Sun	September 17, 2023	December 10, 2023	10:45 AM	11:30 AM	\$451.00	\$517.00
	19568	Sun	September 17, 2023	December 10, 2023	11:15 AM	12:00 PM	\$451.00	\$517.00
	19562	Sun	September 17, 2023	December 10, 2023	11:15 AM	12:00 PM	\$451.00	\$517.00
	19569	Sun	September 17, 2023	December 10, 2023	1:00 PM	1:45 PM	\$451.00	\$517.00
	19565	Sun	September 17, 2023	December 10, 2023	1:00 PM	1:45 PM	\$451.00	\$517.00
	19563	Sun	September 17, 2023	December 10, 2023	1:30 PM	2:15 PM	\$451.00	\$517.00
	19570	Sun	September 17, 2023	December 10, 2023	2:15 PM	3:00 PM	\$451.00	\$517.00
	19571	Sun	September 17, 2023	December 10, 2023	3:00 PM	3:45 PM	\$451.00	\$517.00
	19566	Sun	September 17, 2023	December 10, 2023	3:30 PM	4:15 PM	\$451.00	\$517.00
	19572	Sun	September 17, 2023	December 10, 2023	3:45 PM	4:30 PM	\$451.00	\$517.00
45 min - Private Lessons (12 Classes)	19174	Mon	September 11, 2023	December 4, 2023	2:00 PM	2:45 PM	\$492.00	\$564.00
	19172	Mon	September 11, 2023	December 4, 2023	2:30 PM	3:15 PM	\$492.00	\$564.00
	19175	Mon	September 11, 2023	December 4, 2023	2:45 PM	3:30 PM	\$492.00	\$564.00
	19173	Mon	September 11, 2023	December 4, 2023	3:15 PM	4:00 PM	\$492.00	\$564.00
	19180	Mon	September 11, 2023	December 4, 2023	4:00 PM	4:45 PM	\$492.00	\$564.00
	19178	Mon	September 11, 2023	December 4, 2023	4:00 PM	4:45 PM	\$492.00	\$564.00
	19176	Mon	September 11, 2023	December 4, 2023	4:45 PM	5:30 PM	\$492.00	\$564.00
	19177	Mon	September 11, 2023	December 4, 2023	5:00 PM	5:45 PM	\$492.00	\$564.00
	19179	Mon	September 11, 2023	December 4, 2023	5:30 PM	6:15 PM	\$492.00	\$564.00
	19211	Tue	September 12, 2023	November 28, 2023	9:00 AM	9:45 AM	\$492.00	\$564.00
	19216	Tue	September 12, 2023	November 28, 2023	5:00 PM	5:45 PM	\$492.00	\$564.00
	19212	Tue	September 12, 2023	November 28, 2023	5:45 PM	6:30 PM	\$492.00	\$564.00
	19214	Tue	September 12, 2023	November 28, 2023	5:45 PM	6:30 PM	\$492.00	\$564.00
	19213	Tue	September 12, 2023	November 28, 2023	6:30 PM	7:15 PM	\$492.00	\$564.00
	19215	Tue	September 12, 2023	November 28, 2023	7:30 PM	8:15 PM	\$492.00	\$564.00
	19265	Wed	September 13, 2023	November 29, 2023	2:00 PM	2:45 PM	\$492.00	\$564.00
	19267	Wed	September 13, 2023	November 29, 2023	2:30 PM	3:15 PM	\$492.00	\$564.00
	19266	Wed	September 13, 2023	November 29, 2023	2:45 PM	3:30 PM	\$492.00	\$564.00
	19257	Wed	September 13, 2023	November 29, 2023	4:00 PM	4:45 PM	\$492.00	\$564.00
	19263	Wed	September 13, 2023	November 29, 2023	4:00 PM	4:45 PM	\$492.00	\$564.00
	19261	Wed	September 13, 2023	November 29, 2023	4:30 PM	5:15 PM	\$492.00	\$564.00
	19259	Wed	September 13, 2023	November 29, 2023	5:15 PM	6:00 PM	\$492.00	\$564.00
	19256	Wed	September 13, 2023	November 29, 2023	5:30 PM	6:15 PM	\$492.00	\$564.00
	19258	Wed	September 13, 2023	November 29, 2023	5:30 PM	6:15 PM	\$492.00	\$564.00
	19260	Wed	September 13, 2023	November 29, 2023	6:00 PM	6:45 PM	\$492.00	\$564.00



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
PRIVATE LESSONS							MEMBER	NON-MEMBER
	19262	Wed	September 13, 2023	November 29, 2023	6:15 PM	7:00 PM	\$492.00	\$564.00
	19264	Wed	September 13, 2023	November 29, 2023	6:45 PM	7:30 PM	\$492.00	\$564.00
	19305	Thu	September 14, 2023	November 30, 2023	4:00 PM	4:45 PM	\$492.00	\$564.00
	19306	Thu	September 14, 2023	November 30, 2023	4:15 PM	5:00 PM	\$492.00	\$564.00
	19308	Thu	September 14, 2023	November 30, 2023	4:30 PM	5:15 PM	\$492.00	\$564.00
	19307	Thu	September 14, 2023	November 30, 2023	5:00 PM	5:45 PM	\$492.00	\$564.00
	19304	Thu	September 14, 2023	November 30, 2023	6:30 PM	7:15 PM	\$492.00	\$564.00
	19342	Fri	September 15, 2023	December 8, 2023	9:00 AM	9:45 AM	\$492.00	\$564.00
	19343	Fri	September 15, 2023	December 8, 2023	9:45 AM	10:30 AM	\$492.00	\$564.00
	19340	Fri	September 15, 2023	December 8, 2023	10:30 AM	11:15 AM	\$492.00	\$564.00
	19341	Fri	September 15, 2023	December 8, 2023	1:45 PM	2:30 PM	\$492.00	\$564.00
60 min - Private Lessons (12 Classes)	19233	Tue	September 12, 2023	November 28, 2023	7:30 PM	8:30 PM	\$588.00	\$684.00
	19325	Thu	September 14, 2023	November 30, 2023	7:30 PM	8:30 PM	\$588.00	\$684.00
ADULT SWIM LESSONS								
Adult Beginner (11 Classes)	19491	Sat	September 16, 2023	December 9, 2023	12:00 PM	1:00 PM	\$138.00	\$160.00
	19611	Sun	September 17, 2023	December 10, 2023	12:00 PM	1:00 PM	\$138.00	\$160.00
Adult Beginner (12 Classes)	19208	Mon	September 11, 2023	December 4, 2023	8:00 PM	9:00 PM	\$150.00	\$174.00
	19254	Tue	September 12, 2023	November 28, 2023	8:30 PM	9:30 PM	\$150.00	\$174.00
	19300	Wed	September 13, 2023	November 29, 2023	12:00 PM	1:00 PM	\$150.00	\$174.00
	19301	Wed	September 13, 2023	November 29, 2023	8:00 PM	9:00 PM	\$150.00	\$174.00
	20736	Thurs	September 14, 2023	November 30, 2023	8:30 PM	9:30 PM	\$150.00	\$174.00
Adult Intermediate (11 Classes)	19490	Sat	September 16, 2023	December 9, 2023	12:00 PM	1:00 PM	\$138.00	\$160.00
	19612	Sun	September 17, 2023	December 10, 2023	12:00 PM	1:00 PM	\$138.00	\$160.00
Adult Intermediate (12 Classes)	19209	Mon	September 11, 2023	December 4, 2023	12:00 PM	1:00 PM	\$150.00	\$174.00
	19210	Mon	September 11, 2023	December 4, 2023	8:00 PM	9:00 PM	\$150.00	\$174.00
	19255	Tue	September 12, 2023	November 28, 2023	8:30 PM	9:30 PM	\$150.00	\$174.00
	19302	Wed	September 13, 2023	November 29, 2023	8:00 PM	9:00 PM	\$150.00	\$174.00
	19355	Fri	September 15, 2023	December 8, 2023	12:00 PM	1:00 PM	\$150.00	\$174.00
Adult Advanced (12 Classes)	19303	Wed	September 13, 2023	November 29, 2023	8:00 PM	9:00 PM	\$150.00	\$174.00
PARENT & TOT								
Parent and Tot 1/2/3 (11 Classes)	19468	Sat	September 16, 2023	December 9, 2023	9:00 AM	9:30 AM	\$77.00	\$94.00
	19467	Sat	September 16, 2023	December 9, 2023	10:00 AM	10:30 AM	\$77.00	\$94.00
	19464	Sat	September 16, 2023	December 9, 2023	11:00 AM	11:30 AM	\$77.00	\$94.00
	19465	Sat	September 16, 2023	December 9, 2023	11:30 AM	12:00 PM	\$77.00	\$94.00
	19466	Sat	September 16, 2023	December 9, 2023	12:30 PM	1:00 PM	\$77.00	\$94.00
	19590	Sun	September 17, 2023	December 10, 2023	9:00 AM	9:30 AM	\$77.00	\$94.00
	19587	Sun	September 17, 2023	December 10, 2023	10:30 AM	11:00 AM	\$77.00	\$94.00
	19586	Sun	September 17, 2023	December 10, 2023	11:00 AM	11:30 AM	\$77.00	\$94.00
	19589	Sun	September 17, 2023	December 10, 2023	12:00 PM	12:30 PM	\$77.00	\$94.00
	19588	Sun	September 17, 2023	December 10, 2023	12:30 PM	1:00 PM	\$77.00	\$94.00
Parent and Tot 1/2/3 (12 Classes)	19188	Mon	September 11, 2023	December 4, 2023	11:30 AM	12:00 PM	\$84.00	\$102.00
	19189	Mon	September 11, 2023	December 4, 2023	12:00 PM	12:30 PM	\$84.00	\$102.00
	19191	Mon	September 11, 2023	December 4, 2023	12:30 PM	1:00 PM	\$84.00	\$102.00
	19190	Mon	September 11, 2023	December 4, 2023	4:00 PM	4:30 PM	\$84.00	\$102.00
	19192	Mon	September 11, 2023	December 4, 2023	5:00 PM	5:30 PM	\$84.00	\$102.00
	19234	Tue	September 12, 2023	November 28, 2023	10:15 AM	10:45 AM	\$84.00	\$102.00
	19235	Tue	September 12, 2023	November 28, 2023	11:15 AM	11:45 AM	\$84.00	\$102.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
PARENT & TOT							MEMBER	NON-MEMBER
	19236	Tue	September 12, 2023	November 28, 2023	12:15 PM	12:45 PM	\$84.00	\$102.00
	19237	Tue	September 12, 2023	November 28, 2023	4:00 PM	4:30 PM	\$84.00	\$102.00
	19238	Tue	September 12, 2023	November 28, 2023	6:00 PM	6:30 PM	\$84.00	\$102.00
	19280	Wed	September 13, 2023	November 29, 2023	11:30 AM	12:00 PM	\$84.00	\$102.00
	19281	Wed	September 13, 2023	November 29, 2023	12:00 PM	12:30 PM	\$84.00	\$102.00
	19282	Wed	September 13, 2023	November 29, 2023	12:30 PM	1:00 PM	\$84.00	\$102.00
	19278	Wed	September 13, 2023	November 29, 2023	4:45 PM	5:15 PM	\$84.00	\$102.00
	19279	Wed	September 13, 2023	November 29, 2023	5:45 PM	6:15 PM	\$84.00	\$102.00
	19331	Thu	September 14, 2023	November 30, 2023	5:15 PM	5:45 PM	\$84.00	\$102.00
	19332	Thu	September 14, 2023	November 30, 2023	5:45 PM	6:15 PM	\$84.00	\$102.00
	19346	Fri	September 15, 2023	December 8, 2023	9:00 AM	9:30 AM	\$84.00	\$102.00
	19347	Fri	September 15, 2023	December 8, 2023	10:00 AM	10:30 AM	\$84.00	\$102.00
	19348	Fri	September 15, 2023	December 8, 2023	11:00 AM	11:30 AM	\$84.00	\$102.00
	19349	Fri	September 15, 2023	December 8, 2023	12:00 PM	12:30 PM	\$84.00	\$102.00
SWIM FOR LIFE® PRESCHOOL								
Preschool 1 (11 Classes)	19469	Sat	September 16, 2023	December 9, 2023	9:45 AM	10:15 AM	\$99.00	\$110.00
	19470	Sat	September 16, 2023	December 9, 2023	12:30 PM	1:00 PM	\$99.00	\$110.00
	19593	Sun	September 17, 2023	December 10, 2023	10:30 AM	11:00 AM	\$99.00	\$110.00
	19592	Sun	September 17, 2023	December 10, 2023	11:30 AM	12:00 PM	\$99.00	\$110.00
Preschool 1 (12 Classes)	19193	Mon	September 11, 2023	December 4, 2023	1:00 PM	1:30 PM	\$108.00	\$120.00
	19194	Mon	September 11, 2023	December 4, 2023	5:30 PM	6:00 PM	\$108.00	\$120.00
	19239	Tue	September 12, 2023	November 28, 2023	9:45 AM	10:15 AM	\$108.00	\$120.00
	19240	Tue	September 12, 2023	November 28, 2023	4:00 PM	4:30 PM	\$108.00	\$120.00
	19284	Wed	September 13, 2023	November 29, 2023	1:00 PM	1:30 PM	\$108.00	\$120.00
	19283	Wed	September 13, 2023	November 29, 2023	4:30 PM	5:00 PM	\$108.00	\$120.00
	19326	Thu	September 14, 2023	November 30, 2023	5:00 PM	5:30 PM	\$108.00	\$120.00
	19350	Fri	September 15, 2023	December 8, 2023	9:30 AM	10:00 AM	\$108.00	\$120.00
Preschool 1/2 (11 Classes)	19471	Sat	September 16, 2023	December 9, 2023	11:30 AM	12:00 PM	\$99.00	\$110.00
	19599	Sun	September 17, 2023	December 10, 2023	1:00 PM	1:30 PM	\$99.00	\$110.00
Preschool 1/2 (12 Classes)	19201	Mon	September 11, 2023	December 4, 2023	4:00 PM	4:30 PM	\$108.00	\$120.00
	19243	Tue	September 12, 2023	November 28, 2023	6:00 PM	6:30 PM	\$108.00	\$120.00
	19287	Wed	September 13, 2023	November 29, 2023	6:00 PM	6:30 PM	\$108.00	\$120.00
	19330	Thu	September 14, 2023	November 30, 2023	4:00 PM	4:30 PM	\$108.00	\$120.00
	19353	Fri	September 15, 2023	December 8, 2023	11:30 AM	12:00 PM	\$108.00	\$120.00
Preschool 2 (11 Classes)	19472	Sat	September 16, 2023	December 9, 2023	1:00 PM	1:30 PM	\$99.00	\$110.00
	19473	Sat	September 16, 2023	December 9, 2023	10:30 AM	11:00 AM	\$99.00	\$110.00
	19591	Sun	September 17, 2023	December 10, 2023	9:45 AM	10:15 AM	\$99.00	\$110.00
	19594	Sun	September 17, 2023	December 10, 2023	12:00 PM	12:30 PM	\$99.00	\$110.00
Preschool 2 (12 Classes)	19195	Mon	September 11, 2023	December 4, 2023	1:30 PM	2:00 PM	\$108.00	\$120.00
	19196	Mon	September 11, 2023	December 4, 2023	6:00 PM	6:30 PM	\$108.00	\$120.00
	19241	Tue	September 12, 2023	November 28, 2023	10:45 AM	11:15 AM	\$108.00	\$120.00
	19242	Tue	September 12, 2023	November 28, 2023	5:30 PM	6:00 PM	\$108.00	\$120.00
	19285	Wed	September 13, 2023	November 29, 2023	1:30 PM	2:00 PM	\$108.00	\$120.00
	19286	Wed	September 13, 2023	November 29, 2023	5:00 PM	5:30 PM	\$108.00	\$120.00
	19327	Thu	September 14, 2023	November 30, 2023	5:30 PM	6:00 PM	\$108.00	\$120.00
	19351	Fri	September 15, 2023	December 8, 2023	10:30 AM	11:00 AM	\$108.00	\$120.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
SWIM FOR LIFE® PRESCHOOL									
Preschool 3 (11 Classes)	19474	Sat	September 16, 2023	December 9, 2023	11:00 AM	11:30 AM	\$99.00	\$110.00	
	19475	Sat	September 16, 2023	December 9, 2023	12:00 PM	12:30 PM	\$99.00	\$110.00	
	19595	Sun	September 17, 2023	December 10, 2023	11:00 AM	11:30 AM	\$99.00	\$110.00	
	19596	Sun	September 17, 2023	December 10, 2023	12:30 PM	1:00 PM	\$99.00	\$110.00	
Preschool 3 (12 Classes)	19197	Mon	September 11, 2023	December 4, 2023	1:00 PM	1:30 PM	\$108.00	\$120.00	
	19198	Mon	September 11, 2023	December 4, 2023	4:30 PM	5:00 PM	\$108.00	\$120.00	
	19244	Tue	September 12, 2023	November 28, 2023	11:45 AM	12:15 PM	\$108.00	\$120.00	
	19245	Tue	September 12, 2023	November 28, 2023	6:30 PM	7:00 PM	\$108.00	\$120.00	
	19288	Wed	September 13, 2023	November 29, 2023	1:00 PM	1:30 PM	\$108.00	\$120.00	
	19289	Wed	September 13, 2023	November 29, 2023	5:30 PM	6:00 PM	\$108.00	\$120.00	
	19328	Thu	September 14, 2023	November 30, 2023	6:00 PM	6:30 PM	\$108.00	\$120.00	
	19352	Fri	September 15, 2023	December 8, 2023	11:15 AM	11:45 AM	\$108.00	\$120.00	
Preschool 4/5 (11 Classes)	19477	Sat	September 16, 2023	December 9, 2023	9:00 AM	9:45 AM	\$110.00	\$121.00	
	19476	Sat	September 16, 2023	December 9, 2023	1:45 PM	2:30 PM	\$110.00	\$121.00	
	19598	Sun	September 17, 2023	December 10, 2023	9:00 AM	9:45 AM	\$110.00	\$121.00	
	19597	Sun	September 17, 2023	December 10, 2023	1:45 PM	2:30 PM	\$110.00	\$121.00	
Preschool 4/5 (12 Classes)	19200	Mon	September 11, 2023	December 4, 2023	1:30 PM	2:15 PM	\$120.00	\$132.00	
	19199	Mon	September 11, 2023	December 4, 2023	6:30 PM	7:15 PM	\$120.00	\$132.00	
	19246	Tue	September 12, 2023	November 28, 2023	6:30 PM	7:15 PM	\$120.00	\$132.00	
	19291	Wed	September 13, 2023	November 29, 2023	1:30 PM	2:15 PM	\$120.00	\$132.00	
	19290	Wed	September 13, 2023	November 29, 2023	4:00 PM	4:45 PM	\$120.00	\$132.00	
	19329	Thu	September 14, 2023	November 30, 2023	4:30 PM	5:15 PM	\$120.00	\$132.00	
	19354	Fri	September 15, 2023	December 8, 2023	1:00 PM	1:45 PM	\$120.00	\$132.00	
SWIM FOR LIFE® SWIMMER									
Swimmer 1 (11 Classes)	19479	Sat	September 16, 2023	December 9, 2023	9:30 AM	10:00 AM	\$99.00	\$110.00	
	19478	Sat	September 16, 2023	December 9, 2023	12:00 PM	12:30 PM	\$99.00	\$110.00	
	19480	Sat	September 16, 2023	December 9, 2023	1:45 PM	2:15 PM	\$99.00	\$110.00	
	19601	Sun	September 17, 2023	December 10, 2023	9:30 AM	10:00 AM	\$99.00	\$110.00	
	19600	Sun	September 17, 2023	December 10, 2023	11:30 AM	12:00 PM	\$99.00	\$110.00	
	19602	Sun	September 17, 2023	December 10, 2023	1:45 PM	2:15 PM	\$99.00	\$110.00	
Swimmer 1 (12 Classes)	19202	Mon	September 11, 2023	December 4, 2023	4:30 PM	5:00 PM	\$108.00	\$120.00	
	19203	Mon	September 11, 2023	December 4, 2023	6:15 PM	6:45 PM	\$108.00	\$120.00	
	19247	Tue	September 12, 2023	November 28, 2023	4:30 PM	5:00 PM	\$108.00	\$120.00	
	19248	Tue	September 12, 2023	November 28, 2023	5:30 PM	6:00 PM	\$108.00	\$120.00	
	19292	Wed	September 13, 2023	November 29, 2023	4:00 PM	4:30 PM	\$108.00	\$120.00	
	19294	Wed	September 13, 2023	November 29, 2023	5:15 PM	5:45 PM	\$108.00	\$120.00	
	19293	Wed	September 13, 2023	November 29, 2023	6:15 PM	6:45 PM	\$108.00	\$120.00	
	19333	Thu	September 14, 2023	November 30, 2023	6:45 PM	7:15 PM	\$108.00	\$120.00	
Swimmer 2 (11 Classes)	19481	Sat	September 16, 2023	December 9, 2023	10:15 AM	11:00 AM	\$110.00	\$121.00	
	19482	Sat	September 16, 2023	December 9, 2023	1:00 PM	1:45 PM	\$110.00	\$121.00	
	19483	Sat	September 16, 2023	December 9, 2023	2:15 PM	3:00 PM	\$110.00	\$121.00	
	19603	Sun	September 17, 2023	December 10, 2023	9:00 AM	9:45 AM	\$110.00	\$121.00	
	19605	Sun	September 17, 2023	December 10, 2023	1:00 PM	1:45 PM	\$110.00	\$121.00	
	19604	Sun	September 17, 2023	December 10, 2023	2:15 PM	3:00 PM	\$110.00	\$121.00	



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
SWIM FOR LIFE® SWIMMER							MEMBER	NON-MEMBER
Swimmer 2 (12 Classes)	19204	Mon	September 11, 2023	December 4, 2023	5:30 PM	6:15 PM	\$120.00	\$132.00
	19249	Tue	September 12, 2023	November 28, 2023	4:45 PM	5:30 PM	\$120.00	\$132.00
	19295	Wed	September 13, 2023	November 29, 2023	6:30 PM	7:15 PM	\$120.00	\$132.00
	19335	Thu	September 14, 2023	November 30, 2023	4:00 PM	4:45 PM	\$120.00	\$132.00
	19334	Thu	September 14, 2023	November 30, 2023	6:00 PM	6:45 PM	\$120.00	\$132.00
Swimmer 3 (11 Classes)	19485	Sat	September 16, 2023	December 9, 2023	9:00 AM	9:45 AM	\$110.00	\$121.00
	19484	Sat	September 16, 2023	December 9, 2023	11:30 AM	12:15 PM	\$110.00	\$121.00
	19606	Sun	September 17, 2023	December 10, 2023	10:30 AM	11:15 AM	\$110.00	\$121.00
Swimmer 3 (12 Classes)	19205	Mon	September 11, 2023	December 4, 2023	4:45 PM	5:30 PM	\$120.00	\$132.00
	19250	Tue	September 12, 2023	November 28, 2023	4:00 PM	4:45 PM	\$120.00	\$132.00
	19296	Wed	September 13, 2023	November 29, 2023	4:45 PM	5:30 PM	\$120.00	\$132.00
	19297	Wed	September 13, 2023	November 29, 2023	5:30 PM	6:15 PM	\$120.00	\$132.00
	19336	Thu	September 14, 2023	November 30, 2023	5:15 PM	6:00 PM	\$120.00	\$132.00
Swimmer 4 (11 Classes)	19487	Sat	September 16, 2023	December 9, 2023	9:45 AM	10:30 AM	\$110.00	\$121.00
	19486	Sat	September 16, 2023	December 9, 2023	11:30 AM	12:15 PM	\$110.00	\$121.00
	19607	Sun	September 17, 2023	December 10, 2023	9:00 AM	9:45 AM	\$110.00	\$121.00
Swimmer 4 (12 Classes)	19206	Mon	September 11, 2023	December 4, 2023	5:45 PM	6:30 PM	\$120.00	\$132.00
	19251	Tue	September 12, 2023	November 28, 2023	4:00 PM	4:45 PM	\$120.00	\$132.00
	19298	Wed	September 13, 2023	November 29, 2023	4:45 PM	5:30 PM	\$120.00	\$132.00
	19337	Thu	September 14, 2023	November 30, 2023	4:45 PM	5:30 PM	\$120.00	\$132.00
Swimmer 5/6 (11 Classes)	19488	Sat	September 16, 2023	December 9, 2023	9:00 AM	9:45 AM	\$110.00	\$121.00
	19608	Sun	September 17, 2023	December 10, 2023	9:45 AM	10:30 AM	\$110.00	\$121.00
	19609	Sun	September 17, 2023	December 10, 2023	11:15 AM	12:00 PM	\$110.00	\$121.00
Swimmer 5/6 (12 Classes)	19207	Mon	September 11, 2023	December 4, 2023	4:00 PM	4:45 PM	\$120.00	\$132.00
	19252	Tue	September 12, 2023	November 28, 2023	7:30 PM	8:15 PM	\$120.00	\$132.00
	19299	Wed	September 13, 2023	November 29, 2023	4:00 PM	4:45 PM	\$120.00	\$132.00
	19338	Thu	September 14, 2023	November 30, 2023	7:30 PM	8:15 PM	\$120.00	\$132.00
Swimmer 7,8,9 (11 Classes)	19489	Sat	September 16, 2023	December 9, 2023	10:30 AM	11:30 AM	\$110.00	\$121.00
	19610	Sun	September 17, 2023	December 10, 2023	11:00 AM	12:00 PM	\$110.00	\$121.00
Swimmer 7/8/9 (12 Classes)	19339	Thu	September 14, 2023	November 30, 2023	5:30 PM	6:30 PM	\$120.00	\$132.00
SWIM ABILITIES®								
Swim Abilities (9 Classes)	20599	Wed	September 13, 2023	November 8, 2023	3:15 PM	4:00 PM	\$90.00	\$99.00
	20600	Fri	September 15, 2023	November 17, 2023	3:15 PM	4:00 PM	\$90.00	\$99.00
CLUB PROGRAMS								
Sea Dragons Swim Club (3/week)	19613	Mon, Wed	September 11, 2023	December 9, 2023	7:00 PM	8:00 PM	\$337.00	\$372.00
		Sat	September 11, 2023	December 9, 2023	1:30 PM	3:00 PM		
Sea Dragons Lifesaving Club (3/week)	19616	Tue, Thu	September 12, 2023	December 10, 2023	6:00 PM	7:00 PM	\$337.00	\$372.00
		Sun	September 12, 2023	December 10, 2023	1:30 PM	3:00 PM		
Sea Dragons Lifesaving Club (Sun)	19618	Sun	September 17, 2023	December 10, 2023	12:00 PM	1:30 PM	\$186.00	\$222.00
Sea Dragons Stroke Proficiency (11 Classes)	19614	Sat	September 16, 2023	December 9, 2023	3:00 PM	4:00 PM	\$146.00	\$168.00
	19615	Sun	September 17, 2023	December 10, 2023	3:00 PM	4:00 PM	\$146.00	\$168.00
Sea Dragons Stroke Proficiency (12 Classes)	19617	Wed	September 13, 2023	November 29, 2023	4:00 PM	5:00 PM	\$160.00	\$184.00



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
LIFESAVING COURSES									
Bronze Medallion and CPR-C	20636	Fri	September 15, 2023		6:00 PM	10:00 PM	\$175.00	\$200.00	
		Sat, Sun	September 16, 2023	September 17, 2023	12:00 PM	8:00 PM			
	20643	Fri	October 13, 2023		6:00 PM	10:00 PM	\$175.00	\$200.00	
		Sat, Sun	October 14, 2023	October 15, 2023	12:00 PM	8:00 PM			
	20648	Fri	November 3, 2023		6:00 PM	10:00 PM	\$175.00	\$200.00	
		Sat, Sun	November 4, 2023	November 5, 2023	12:00 PM	8:00 PM			
20655	Fri	December 1, 2023		6:00 PM	10:00 PM	\$175.00	\$200.00		
	Sat, Sun	December 2, 2023	December 3, 2023	12:00 PM	8:00 PM				
Bronze Cross (Assistant Lifeguard)	20640	Fri	September 29, 2023		6:00 PM	10:00 PM	\$160.00	\$185.00	
		Sat, Sun	September 30, 2023	October 1, 2023	12:00 PM	8:00 PM			
	20646	Fri	October 27, 2023		6:00 PM	10:00 PM	\$160.00	\$185.00	
		Sat, Sun	October 28, 2023	October 29, 2023	12:00 PM	8:00 PM			
	20651	Fri	November 24, 2023		5:00 PM	9:00 PM	\$160.00	\$185.00	
		Sat, Sun	November 25, 2023	November 26, 2023	9:00 AM	5:00 PM			
	20658	Mon, Tues	December 18, 2023		9:00 AM	5:00 PM	\$160.00	\$185.00	
		Wed	December 19, 2023	December 20, 2023	9:00 AM	1:00 PM			
Bronze Star	20641	Fri	October 6, 2023		5:00 PM	9:00 PM	\$110.00	\$130.00	
		Sat	October 7, 2023		10:00 AM	5:00 PM			
National Lifeguard	20637	Fri	September 15, 2023	September 24, 2023	6:00 PM	10:00 PM	\$350.00	\$390.00	
		Sat, Sun	September 15, 2023	September 24, 2023	12:00 PM	8:00 PM			
	20653	Fri	December 1, 2023	December 10, 2023	6:00 PM	10:00 PM	\$350.00	\$390.00	
		Sat, Sun	December 1, 2023	December 10, 2023	12:00 PM	8:00 PM			
20660	Wed-Sun	December 27, 2023	December 31, 2023	9:00 AM	5:00 PM	\$350.00	\$390.00		
National Lifeguard Recertification	20639	Sun	September 24, 2023	September 24, 2023	10:30 AM	2:30 PM	\$65.00	\$80.00	
	20644	Sun	October 15, 2023	October 15, 2023	10:30 AM	2:30 PM	\$65.00	\$80.00	
	20652	Sun	November 26, 2023	November 26, 2023	11:30 AM	2:30 PM	\$65.00	\$80.00	
Swim and Lifesaving Instructor	20642	Fri	October 13, 2023	October 22, 2023	6:00 PM	10:00 PM	\$345.00	\$385.00	
		Sat, Sun	October 13, 2023	October 22, 2023	12:00 PM	8:00 PM			
	20656	Fri	December 8, 2023	December 17, 2023	6:00 PM	10:00 PM	\$345.00	\$385.00	
		Sat, Sun	December 8, 2023	December 17, 2023	12:00 PM	8:00 PM			
Lifesaving Instructor	20659	Mon, Tues	December 18, 2023	December 19, 2023	9:00 AM	5:00 PM	\$157.00	\$186.00	
Intermediate First Aid	20638	Sat, Sun	September 23, 2023	September 24, 2023	9:00 AM	5:00 PM	\$150.00	\$170.00	
	20645	Sat, Sun	October 21, 2023	October 22, 2023	9:00 AM	5:00 PM	\$150.00	\$170.00	
	20650	Sat, Sun	November 18, 2023	November 19, 2023	9:00 AM	5:00 PM	\$150.00	\$170.00	
	20657	Sat, Sun	December 16, 2023	December 17, 2023	9:00 AM	5:00 PM	\$150.00	\$170.00	
Intermediate First Aid Recertification	14613	Sat	September 2, 2023	September 2, 2023	9:00 AM	5:00 PM	\$80.00	\$90.00	
	20635	Sun	September 10, 2023	September 10, 2023	9:00 AM	5:00 PM	\$80.00	\$90.00	
	20654	Sun	December 3, 2023	December 3, 2023	9:00 AM	5:00 PM	\$80.00	\$90.00	
First Aid Instructor	20649	Sat, Sun	November 4, 2023	November 5, 2023	9:00 AM	5:00 PM	\$270.00	\$295.00	
First Aid Instructor Recertification	20647	Sat	October 28, 2023	October 28, 2023	9:00 AM	5:00 PM	\$150.00	\$195.00	

