

WINTER PROGRAM

GUIDE



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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.



WE HAVE CHILD CARE! YOUR CHILD CAN ENJOY EXPERT CARE WHILE YOU USE THE AMENITIES HERE AT MNP COMMUNITY & SPORT CENTRE.

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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.

FITNESS & TRAINING

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.

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 ELEVATE YOUR SKILLS YOGA

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.

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.



FITNESS & TRAINING

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
LEVEL-UP HIIT							MEMBER	NON-MEMBER
Weight Loss Mondays	23499	Mon	January 8, 2024	February 12, 2024	6:00 AM	6:45 AM	\$42	\$100
	23500	Mon	March 4, 2024	April 8, 2024	6:00 AM	6:45 AM	\$42	\$100
Functional Thursdays	23497	Thu	January 25, 2024	February 29, 2024	6:00 AM	6:45 AM	\$42	\$100
	23498	Thu	March 14, 2024	April 18, 2024	6:00 AM	6:45 AM	\$42	\$100
Performance Saturdays	23501	Sat	February 3, 2024	March 9, 2024	8:00 AM	8:45 AM	\$42	\$100
BARRE								
	23494	Wed	January 17, 2024	February 21, 2024	6:30 PM	7:30 PM	\$60	\$100
	23495	Wed	March 6, 2024	April 10, 2024	6:30 PM	7:30 PM	\$60	\$100
ELEVATE YOUR SKILLS YOGA								
	23496	Mon	January 29, 2024	March 25, 2024	6:30 PM	7:30 PM	\$56	\$120
START STRONG								
Start Strong with Dawson	23493	Tue, Thu	February 6, 2024	March 28, 2024	5:30 PM	6:30 PM	\$225	\$280

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 3433Sport 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! 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. 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

AGE: 18Y+ // 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	
LEARN							MEMBER	NON-MEMBER
Learn2Ride	23668	Mon	January 8, 2024	March 25, 2024	6:30 PM	8:00 PM	\$242	\$264
Learn2Run	23680	Sun	January 14, 2024	January 14, 2024	8:00 AM	9:00 AM	\$17	\$19
	23681	Sun	February 11, 2024	February 11, 2024	8:00 AM	9:00 AM	\$17	\$19
	23682	Sun	March 10, 2024	March 10, 2024	8:00 AM	9:00 AM	\$17	\$19
Learn2Swim	23683	Sun	March 10, 2024	March 10, 2024	9:00 AM	10:00 AM	\$17	\$19
	23684	Sun	February 11, 2024	February 11, 2024	9:00 AM	10:00 AM	\$17	\$19
	23685	Sun	January 14, 2024	January 14, 2024	9:00 AM	10:00 AM	\$17	\$19
Learn2Tri	23667	Tue	January 9, 2024	March 26, 2024	7:30 PM	9:30 PM	\$264	\$288
TRAIN								
Train2Ride	23669	Sat	January 13, 2024	March 30, 2024	8:00 AM	10:00 AM	\$288	\$312
Train2Run	23674	Thu	January 9, 2024	March 28, 2024	6:00 PM	7:00 PM	\$204	\$240
Train2Swim	23672	Fri	January 12, 2024	March 26, 2024	12:00 PM	1:00 PM	\$187	\$220
	23671	Wed	January 10, 2024	March 27, 2024	9:30 AM	10:30 AM	\$204	\$240
Train2Tri	23679	Thu	January 11, 2024	March 28, 2024	7:00 PM	9:00 PM	\$288	\$312
COMPETE								
Advanced Group Ride	23666	Fri	January 12, 2024	March 29, 2024	9:30 AM	11:30 AM	\$264	\$286
	23665	Mon	January 8, 2024	March 25, 2024	9:30 AM	11:30 AM	\$264	\$286
	23664	Thu	January 11, 2024	March 28, 2024	6:30 PM	8:30 PM	\$288	\$312
	23663	Tue	January 9, 2024	March 26, 2024	6:30 PM	8:30 PM	\$288	\$312
Interval Run	23673	Tue	January 9, 2024	March 26, 2024	6:00 PM	7:00 PM	\$204	\$240
Tri Swim	23677	Thu	January 11, 2024	March 28, 2024	6:00 AM	7:00 AM	\$204	\$240
	23678	Thu	January 11, 2024	March 28, 2024	7:00 AM	8:00 AM	\$204	\$240
	23675	Tue	January 9, 2024	March 26, 2024	6:00 AM	7:00 AM	\$204	\$240
	23676	Tue	January 9, 2024	March 26, 2024	7:00 AM	8:00 AM	\$204	\$240
The Brick	23670	Wed	January 10, 2024	March 27, 2024	6:30 PM	8:30 PM	\$288	\$312
Tri Fecta	23686	Sun	January 28, 2024	January 28, 2024	8:00 AM	11:30 AM	\$30	\$33
	23687	Sun	March 24, 2024	March 24, 2024	8:00 AM	11:30 AM	\$30	\$33
Race Series	23688	Fri	January 26, 2024	January 26, 2024	6:00 PM	8:00 PM	\$24	\$26
	23689	Fri	March 22, 2024	March 22, 2024	6:00 PM	8:00 PM	\$24	\$26



KICK BOXING

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.



SPORT

K1-Kickboxing

Beginner	23490	Wed	January 10, 2024	March 27, 2024	5:30 PM	6:30 PM	\$216	\$240
Intermediate	23491	Tue, Thu	January 9, 2024	March 28, 2024	5:30 PM	6:30 PM	\$432	\$480
Advanced - Sparring	23492	Wed	January 10, 2024	March 27, 2024	7:00 PM	8:00 PM	\$240	\$264



CHILD/YOUTH PROGRAMS

ACTIVE LIVING PROGRAMS FOR PRESCHOOLERS AGES 2-5 YEARS

CRAFT N' SPLASH

Discover a world of creativity and learning with our weekly craft sessions! Each week, we unveil an exciting new project that not only ignites your child's imagination but also hones their fine motor skills. Through these crafts, children explore numbers, colors, and shapes, using a variety of engaging materials. But the fun doesn't stop there – following our craft sessions, children will play in our teach pool, where they take their first steps toward water confidence. Our program is a perfect blend of hands-on learning and aquatic adventures, ensuring a holistic and joyful experience for your child's growth. Join us and let the fun begin!

RUN, JUMP AND PLAY – TUESDAY

Get ready for an adventure-packed morning that kids will absolutely love! Our program is all about exciting games that focus on enhancing their motor skills. From conquering the Ninja Chamber to mastering the Railyard System, children will safely explore diverse equipment, boosting their physical abilities and coordination. It's a perfect combination of active play and mindfulness, guaranteeing your child's overall development. Join us for a dynamic and enriching morning of fun, learning, and movement that your child will always remember!

GAMES N' SPLASH WEDNESDAY

Unlock a world of sports and aquatic adventure for your child! Our program harnesses the full potential of our gym and top-notch equipment to introduce kids to a variety of thrilling activities, from sports to ball games and beyond. Afterward, it's off to the teach pool for some fun and games. We seamlessly blend games with water-based fun, providing your child with a holistic and enjoyable journey. Join us for a day of sports, water play, and unforgettable memories your child will cherish!

ACTIVE ADVENTURE – THURSDAY

Get ready for a thrilling adventure where children will master the basics of movement. Running, hopping, jumping, and finding their balance are all part of the fun. We make learning enjoyable with a mix of games and personalized skill-building activities. Join us for an action-packed journey where your child not only has a blast but also hones essential physical skills along the way. Don't miss out on this opportunity to boost your child's confidence and coordination!

VARITY DAY – FRIDAY

Welcome to the ultimate blend of sports, swimming, and creativity! Our program is a dynamic fusion of all these exciting elements. We actively seek the participants input and strive to weave their ideas into the program, ensuring a personalized experience. Rooted in the LTAD (Long-Term Athlete Development) model, we focus on fostering your child's holistic development, both physically and mentally. We sprinkle in fun and engaging games to ignite their passion for sports. Join us for a program that's all about individuality, growth, and, above all, enjoyment!

ACTIVE ENERGIZERS AGES 5-12 YEARS

Introducing our exciting ten-week program, specially crafted with inclusivity in mind to cater to children of all abilities. We are passionate about ensuring that every child can embark on a journey of physical activity, enriching their physical literacy in ways that resonate with them. What sets us apart is our collaboration with community sport partners, bringing adaptive recreational activities and sports to the forefront.

If your child requires specific support or accommodation, please reach out to us at drylandregisteredprograms@mnpcentre.com. We are dedicated to making sure that every child can be a part of this enriching experience.

Join us for a program that celebrates diversity and embraces the joy of movement!

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	
ACTIVE LIVING PROGRAMS							MEMBER	NON-MEMBER
11 CLASSES								
Craft N' Splash	23655	Mon	January 8, 2024	March 25, 2024	8:45 AM	11:45 AM	\$258.50	\$288.75
12 CLASSES								
Run, Jump, Play	23656	Tue	January 9, 2024	March 26, 2024	8:45 AM	11:45 AM	\$282.00	\$315.00
Games N' Splash	23657	Wed	January 10, 2024	March 27, 2024	8:45 AM	11:45 AM	\$282.00	\$315.00
Active Adventures	23658	Thu	January 11, 2024	March 28, 2024	8:45 AM	11:45 AM	\$282.00	\$315.00
Variety Day	23659	Fri	January 12, 2024	March 29, 2024	8:45 AM	11:45 AM	\$282.00	\$315.00
ACTIVE ENERGIZERS								
Active Energizers	23662	Sat	January 13, 2024	March 16, 2023	10:00 AM	12:00 PM	\$200.00	\$220.00
CAMPS								
PD DAY CAMPS								
	23650	Fri	January 15, 2024	January 15, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50
	23651	Thu	February 15, 2024	February 15, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50
	23652	Fri	February 16, 2024	February 16, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50
	23653	Fri	March 8, 2024	March 8, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50
	23654	Fri	March 22, 2024	March 22, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50
WINTER BREAK CAMP	23660	Tues-Fri	January 2, 2024	January 5, 2024	8:30 AM	4:30 PM	\$209.00	\$230.75
SPRING BREAK CAMP	23661	Tues-Fri	March 25, 2024	March 28, 2024	8:30 AM	4:30 PM	\$209.00	\$230.75



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

NATIONAL LIFEGUARD INSTRUCTOR CLINIC // AGE: 18Y+

National Lifeguard Instructors are responsible for teaching and evaluating candidates participating in the National Lifeguard Pool, Waterpark, Waterfront and Surf programs. The National Lifeguard Instructor course prepares Instructors to apply level 3 leadership competencies and strategies while teaching and evaluating.

Prerequisite: 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.

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.



AQUATIC PROGRAMS

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
PRIVATE LESSONS							MEMBER	NON-MEMBER
30 min - Private Lessons (10 Classes)	23982	Sat	January 13, 2024	March 23, 2024	9:00 AM	9:30 AM	\$280.00	\$320.00
	23983	Sat	January 13, 2024	March 23, 2024	9:45 AM	10:15 AM	\$280.00	\$320.00
	23984	Sat	January 13, 2024	March 23, 2024	9:45 AM	10:15 AM	\$280.00	\$320.00
	23985	Sat	January 13, 2024	March 23, 2024	10:15 AM	10:45 AM	\$280.00	\$320.00
	23986	Sat	January 13, 2024	March 23, 2024	10:15 AM	10:45 AM	\$280.00	\$320.00
	23987	Sat	January 13, 2024	March 23, 2024	10:45 AM	11:15 AM	\$280.00	\$320.00
	23988	Sat	January 13, 2024	March 23, 2024	11:15 AM	11:45 AM	\$280.00	\$320.00
	23989	Sat	January 13, 2024	March 23, 2024	12:00 PM	12:30 PM	\$280.00	\$320.00
	23990	Sat	January 13, 2024	March 23, 2024	12:15 PM	12:45 PM	\$280.00	\$320.00
	23991	Sat	January 13, 2024	March 23, 2024	12:30 PM	1:00 AM	\$280.00	\$320.00
	23992	Sat	January 13, 2024	March 23, 2024	12:45 PM	1:15 PM	\$280.00	\$320.00
	23993	Sat	January 13, 2024	March 23, 2024	1:15 PM	1:45 PM	\$280.00	\$320.00
	23994	Sat	January 13, 2024	March 23, 2024	1:45 PM	2:15 PM	\$280.00	\$320.00
	23995	Sat	January 13, 2024	March 23, 2024	2:00 PM	2:30 PM	\$280.00	\$320.00
	23996	Sat	January 13, 2024	March 23, 2024	2:15 PM	2:45 PM	\$280.00	\$320.00
	23997	Sat	January 13, 2024	March 23, 2024	3:15 PM	3:45 PM	\$280.00	\$320.00
	23998	Sat	January 13, 2024	March 23, 2024	3:45 PM	4:15 PM	\$280.00	\$320.00
	24041	Sun	January 14, 2024	March 24, 2024	9:00 AM	9:30 AM	\$280.00	\$320.00
	24042	Sun	January 14, 2024	March 24, 2024	9:30 AM	10:00 AM	\$280.00	\$320.00
	24043	Sun	January 14, 2024	March 24, 2024	9:45 AM	10:15 AM	\$280.00	\$320.00
	24044	Sun	January 14, 2024	March 24, 2024	10:30 AM	11:00 AM	\$280.00	\$320.00
	24045	Sun	January 14, 2024	March 24, 2024	11:30 AM	12:00 PM	\$280.00	\$320.00
	24046	Sun	January 14, 2024	March 24, 2024	12:30 PM	1:00 PM	\$280.00	\$320.00
	24047	Sun	January 14, 2024	March 24, 2024	1:00 PM	1:30 PM	\$280.00	\$320.00
	24048	Sun	January 14, 2024	March 24, 2024	1:45 PM	2:15 PM	\$280.00	\$320.00
	24049	Sun	January 14, 2024	March 24, 2024	2:45 PM	3:15 PM	\$280.00	\$320.00
	24050	Sun	January 14, 2024	March 24, 2024	3:15 PM	3:45 PM	\$280.00	\$320.00
	24051	Sun	January 14, 2024	March 24, 2024	3:15 PM	3:45 PM	\$280.00	\$320.00
	24052	Sun	January 14, 2024	March 24, 2024	3:45 PM	4:15 PM	\$280.00	\$320.00
30 min - Private Lessons (11 Classes)	23700	Mon	January 8, 2024	March 25, 2024	12:00 PM	12:30 PM	\$308.00	\$352.00
	23701	Mon	January 8, 2024	March 25, 2024	4:00 PM	4:30 PM	\$308.00	\$352.00
	23702	Mon	January 8, 2024	March 25, 2024	4:30 PM	5:00 PM	\$308.00	\$352.00
	23703	Mon	January 8, 2024	March 25, 2024	4:30 PM	5:00 PM	\$308.00	\$352.00
	23704	Mon	January 8, 2024	March 25, 2024	5:15 PM	5:45 PM	\$308.00	\$352.00
	23705	Mon	January 8, 2024	March 25, 2024	5:30 PM	6:00 PM	\$308.00	\$352.00
	23706	Mon	January 8, 2024	March 25, 2024	5:45 PM	6:15 PM	\$308.00	\$352.00
	23707	Mon	January 8, 2024	March 25, 2024	6:00 PM	6:30 PM	\$308.00	\$352.00
	23708	Mon	January 8, 2024	March 25, 2024	6:15 PM	6:45 PM	\$308.00	\$352.00
	23709	Mon	January 8, 2024	March 25, 2024	6:30 PM	7:00 PM	\$308.00	\$352.00
	23710	Mon	January 8, 2024	March 25, 2024	6:30 PM	7:00 PM	\$308.00	\$352.00
	23711	Mon	January 8, 2024	March 25, 2024	7:30 PM	8:00 PM	\$308.00	\$352.00
	23867	Fri	January 12, 2024	March 22, 2024	10:45 AM	11:15 AM	\$308.00	\$352.00
	23868	Fri	January 12, 2024	March 22, 2024	11:45 AM	12:15 PM	\$308.00	\$352.00
	23869	Fri	January 12, 2024	March 22, 2024	12:15 PM	12:45 PM	\$308.00	\$352.00
	23870	Fri	January 12, 2024	March 22, 2024	1:15 PM	1:45 PM	\$308.00	\$352.00



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
PRIVATE LESSONS							MEMBER	NON-MEMBER
30 min - Private Lessons (12 Classes)	23742	Tue	January 9, 2024	March 26, 2024	4:00 PM	4:30 PM	\$336.00	\$384.00
	23743	Tue	January 9, 2024	March 26, 2024	4:15 PM	4:45 PM	\$336.00	\$384.00
	23744	Tue	January 9, 2024	March 26, 2024	4:30 PM	5:00 PM	\$336.00	\$384.00
	23745	Tue	January 9, 2024	March 26, 2024	4:30 PM	5:00 PM	\$336.00	\$384.00
	23746	Tue	January 9, 2024	March 26, 2024	4:45 PM	5:15 PM	\$336.00	\$384.00
	23747	Tue	January 9, 2024	March 26, 2024	5:00 PM	5:30 PM	\$336.00	\$384.00
	23748	Tue	January 9, 2024	March 26, 2024	5:00 PM	5:30 PM	\$336.00	\$384.00
	23749	Tue	January 9, 2024	March 26, 2024	5:15 PM	5:45 PM	\$336.00	\$384.00
	23750	Tue	January 9, 2024	March 26, 2024	6:30 PM	7:00 PM	\$336.00	\$384.00
	23751	Tue	January 9, 2024	March 26, 2024	7:00 PM	7:30 PM	\$336.00	\$384.00
	23752	Tue	January 9, 2024	March 26, 2024	7:00 PM	7:30 PM	\$336.00	\$384.00
	23753	Tue	January 9, 2024	March 26, 2024	7:00 PM	7:30 PM	\$336.00	\$384.00
	23754	Tue	January 9, 2024	March 26, 2024	7:00 PM	7:30 PM	\$336.00	\$384.00
	23755	Tue	January 9, 2024	March 26, 2024	7:30 PM	8:00 PM	\$336.00	\$384.00
	23756	Tue	January 9, 2024	March 26, 2024	7:30 PM	8:00 PM	\$336.00	\$384.00
	23757	Tue	January 9, 2024	March 26, 2024	8:00 PM	8:30 PM	\$336.00	\$384.00
	23758	Tue	January 9, 2024	March 26, 2024	8:00 PM	8:30 PM	\$336.00	\$384.00
	23792	Wed	January 10, 2024	March 27, 2024	12:00 PM	12:30 PM	\$336.00	\$384.00
	23793	Wed	January 10, 2024	March 27, 2024	4:45 PM	5:15 PM	\$336.00	\$384.00
	23794	Wed	January 10, 2024	March 27, 2024	5:15 PM	5:45 PM	\$336.00	\$384.00
	23795	Wed	January 10, 2024	March 27, 2024	5:15 PM	5:45 PM	\$336.00	\$384.00
	23796	Wed	January 10, 2024	March 27, 2024	5:30 PM	6:00 PM	\$336.00	\$384.00
	23797	Wed	January 10, 2024	March 27, 2024	5:45 PM	6:15 PM	\$336.00	\$384.00
	23798	Wed	January 10, 2024	March 27, 2024	5:45 PM	6:15 PM	\$336.00	\$384.00
	23799	Wed	January 10, 2024	March 27, 2024	6:15 PM	6:45 PM	\$336.00	\$384.00
	23800	Wed	January 10, 2024	March 27, 2024	6:30 PM	7:00 PM	\$336.00	\$384.00
	23834	Thu	January 11, 2024	March 28, 2024	4:30 PM	5:00 PM	\$336.00	\$384.00
	23835	Thu	January 11, 2024	March 28, 2024	5:00 PM	5:30 PM	\$336.00	\$384.00
	23836	Thu	January 11, 2024	March 28, 2024	5:15 PM	5:45 PM	\$336.00	\$384.00
	23837	Thu	January 11, 2024	March 28, 2024	6:15 PM	6:45 PM	\$336.00	\$384.00
	23838	Thu	January 11, 2024	March 28, 2024	7:00 PM	7:30 PM	\$336.00	\$384.00
	23839	Thu	January 11, 2024	March 28, 2024	7:00 PM	7:30 PM	\$336.00	\$384.00
	23840	Thu	January 11, 2024	March 28, 2024	7:00 PM	7:30 PM	\$336.00	\$384.00
	23841	Thu	January 11, 2024	March 28, 2024	7:30 PM	8:00 PM	\$336.00	\$384.00
	23842	Thu	January 11, 2024	March 28, 2024	7:30 PM	8:00 PM	\$336.00	\$384.00
	23843	Thu	January 11, 2024	March 28, 2024	8:00 PM	8:30 PM	\$336.00	\$384.00
	23844	Thu	January 11, 2024	March 28, 2024	8:00 PM	8:30 PM	\$336.00	\$384.00
45 min - Private Lessons (10 Classes)	23972	Sat	January 13, 2024	March 23, 2024	9:00 AM	9:45 AM	\$410.00	\$470.00
	23973	Sat	January 13, 2024	March 23, 2024	9:00 AM	9:45 AM	\$410.00	\$470.00
	23974	Sat	January 13, 2024	March 23, 2024	9:30 AM	10:15 AM	\$410.00	\$470.00
	23975	Sat	January 13, 2024	March 23, 2024	9:45 AM	10:30 AM	\$410.00	\$470.00
	23976	Sat	January 13, 2024	March 23, 2024	10:30 AM	11:15 AM	\$410.00	\$470.00
	23977	Sat	January 13, 2024	March 23, 2024	10:30 AM	11:15 AM	\$410.00	\$470.00
	23978	Sat	January 13, 2024	March 23, 2024	11:15 AM	12:00 PM	\$410.00	\$470.00
	23979	Sat	January 13, 2024	March 23, 2024	11:45 AM	12:30 PM	\$410.00	\$470.00
	23980	Sat	January 13, 2024	March 23, 2024	3:00 PM	3:45 PM	\$410.00	\$470.00
	23981	Sat	January 13, 2024	March 23, 2024	3:45 PM	4:30 PM	\$410.00	\$470.00
	24028	Sun	January 14, 2024	March 24, 2024	9:00 AM	9:45 AM	\$410.00	\$470.00
	24029	Sun	January 14, 2024	March 24, 2024	9:00 AM	9:45 AM	\$410.00	\$470.00
	24030	Sun	January 14, 2024	March 24, 2024	9:45 AM	10:30 AM	\$410.00	\$470.00
	24031	Sun	January 14, 2024	March 24, 2024	10:00 AM	10:45 AM	\$410.00	\$470.00
	24032	Sun	January 14, 2024	March 24, 2024	10:45 AM	11:30 AM	\$410.00	\$470.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
PRIVATE LESSONS							MEMBER	NON-MEMBER
	24033	Sun	January 14, 2024	March 24, 2024	11:00 AM	11:45 AM	\$410.00	\$470.00
	24034	Sun	January 14, 2024	March 24, 2024	11:30 AM	12:15 PM	\$410.00	\$470.00
	24035	Sun	January 14, 2024	March 24, 2024	11:45 AM	12:30 PM	\$410.00	\$470.00
	24036	Sun	January 14, 2024	March 24, 2024	11:45 AM	12:30 PM	\$410.00	\$470.00
	24037	Sun	January 14, 2024	March 24, 2024	12:15 PM	1:00 PM	\$410.00	\$470.00
	24038	Sun	January 14, 2024	March 24, 2024	1:45 PM	2:30 PM	\$410.00	\$470.00
	24039	Sun	January 14, 2024	March 24, 2024	2:15 PM	3:00 PM	\$410.00	\$470.00
	24040	Sun	January 14, 2024	March 24, 2024	3:45 PM	4:30 PM	\$410.00	\$470.00
45 min - Private Lessons (11 Classes)	23691	Mon	January 8, 2024	March 25, 2024	2:00 PM	2:45 PM	\$451.00	\$517.00
	23692	Mon	January 8, 2024	March 25, 2024	2:30 PM	3:15 PM	\$451.00	\$517.00
	23693	Mon	January 8, 2024	March 25, 2024	2:45 PM	3:30 PM	\$451.00	\$517.00
	23694	Mon	January 8, 2024	March 25, 2024	3:15 PM	4:00 PM	\$451.00	\$517.00
	23695	Mon	January 8, 2024	March 25, 2024	4:00 PM	4:45 PM	\$451.00	\$517.00
	23696	Mon	January 8, 2024	March 25, 2024	4:00 PM	4:45 PM	\$451.00	\$517.00
	23697	Mon	January 8, 2024	March 25, 2024	4:30 PM	5:15 PM	\$451.00	\$517.00
	23698	Mon	January 8, 2024	March 25, 2024	5:00 PM	5:45 PM	\$451.00	\$517.00
	23699	Mon	January 8, 2024	March 25, 2024	5:00 PM	5:45 PM	\$451.00	\$517.00
	23864	Fri	January 12, 2024	March 22, 2024	9:00 AM	9:45 AM	\$451.00	\$517.00
	23865	Fri	January 12, 2024	March 22, 2024	10:00 AM	10:45 AM	\$451.00	\$517.00
	23866	Fri	January 12, 2024	March 22, 2024	1:45 PM	2:30 PM	\$451.00	\$517.00
45 min - Private Lessons (12 Classes)	23736	Tue	January 9, 2024	March 26, 2024	9:00 AM	9:45 AM	\$492.00	\$564.00
	23737	Tue	January 9, 2024	March 26, 2024	5:00 PM	5:45 PM	\$492.00	\$564.00
	23738	Tue	January 9, 2024	March 26, 2024	5:45 PM	6:30 PM	\$492.00	\$564.00
	23739	Tue	January 9, 2024	March 26, 2024	5:45 PM	6:30 PM	\$492.00	\$564.00
	23740	Tue	January 9, 2024	March 26, 2024	6:30 PM	7:15 PM	\$492.00	\$564.00
	23741	Tue	January 9, 2024	March 26, 2024	7:30 PM	8:15 PM	\$492.00	\$564.00
	23780	Wed	January 10, 2024	March 27, 2024	2:00 PM	2:45 PM	\$492.00	\$564.00
	23781	Wed	January 10, 2024	March 27, 2024	2:30 PM	3:15 PM	\$492.00	\$564.00
	23782	Wed	January 10, 2024	March 27, 2024	2:45 PM	3:30 PM	\$492.00	\$564.00
	23783	Wed	January 10, 2024	March 27, 2024	4:00 PM	4:45 PM	\$492.00	\$564.00
	23784	Wed	January 10, 2024	March 27, 2024	4:00 PM	4:45 PM	\$492.00	\$564.00
	23785	Wed	January 10, 2024	March 27, 2024	4:30 PM	5:15 PM	\$492.00	\$564.00
	23786	Wed	January 10, 2024	March 27, 2024	4:45 PM	5:30 PM	\$492.00	\$564.00
	23787	Wed	January 10, 2024	March 27, 2024	5:00 PM	5:45 PM	\$492.00	\$564.00
	23788	Wed	January 10, 2024	March 27, 2024	5:00 PM	5:45 PM	\$492.00	\$564.00
	23789	Wed	January 10, 2024	March 27, 2024	6:00 PM	6:45 PM	\$492.00	\$564.00
	23790	Wed	January 10, 2024	March 27, 2024	6:30 PM	7:15 PM	\$492.00	\$564.00
	23791	Wed	January 10, 2024	March 27, 2024	7:00 PM	7:45 PM	\$492.00	\$564.00
	23827	Thu	January 11, 2024	March 28, 2024	4:00 PM	4:45 PM	\$492.00	\$564.00
	23828	Thu	January 11, 2024	March 28, 2024	4:30 PM	5:15 PM	\$492.00	\$564.00
	23829	Thu	January 11, 2024	March 28, 2024	5:00 PM	5:45 PM	\$492.00	\$564.00
	23830	Thu	January 11, 2024	March 28, 2024	5:45 PM	6:30 PM	\$492.00	\$564.00
	23831	Thu	January 11, 2024	March 28, 2024	6:30 PM	7:15 PM	\$492.00	\$564.00
	23832	Thu	January 11, 2024	March 28, 2024	6:45 PM	7:30 PM	\$492.00	\$564.00
	23833	Thu	January 11, 2024	March 28, 2024	7:30 PM	8:15 PM	\$492.00	\$564.00
60 min - Private Lessons (12 Classes)	23759	Tue	January 9, 2024	March 26, 2024	7:30 PM	8:30 PM	\$588.00	\$684.00
	23845	Thu	January 11, 2024	March 28, 2024	7:30 PM	8:30 PM	\$588.00	\$684.00
ADULT SWIM LESSONS								
Adult Beginner (10 Classes)	24082	Sun	January 14, 2024	March 24, 2024	12:30 PM	1:30 PM	\$125.00	\$145.00
Adult Beginner (11 Classes)	23733	Mon	January 8, 2024	March 25, 2024	12:00 PM	1:00 PM	\$138.00	\$160.00
	23734	Mon	January 8, 2024	March 25, 2024	8:00 PM	9:00 PM	\$138.00	\$160.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
Adult Beginner (12 Classes)	23778	Tue	January 9, 2024	March 26, 2024	8:30 PM	9:30 PM	\$150.00	\$174.00
	23823	Wed	January 10, 2024	March 27, 2024	8:00 PM	9:00 PM	\$150.00	\$174.00
	23862	Thu	January 11, 2024	March 28, 2024	8:30 PM	9:30 PM	\$150.00	\$174.00
Adult Intermediate (10 Classes)	24083	Sun	January 14, 2024	March 24, 2024	12:30 PM	1:30 PM	\$125.00	\$145.00
Adult Intermediate (11 Classes)	23735	Mon	January 8, 2024	March 25, 2024	8:00 PM	9:00 PM	\$138.00	\$160.00
Adult Intermediate (12 Classes)	23779	Tue	January 9, 2024	March 26, 2024	8:30 PM	9:30 PM	\$150.00	\$174.00
	23824	Wed	January 10, 2024	March 27, 2024	12:00 PM	1:00 PM	\$150.00	\$174.00
	23825	Wed	January 10, 2024	March 27, 2024	8:00 PM	9:00 PM	\$150.00	\$174.00
	23863	Thu	January 11, 2024	March 28, 2024	8:30 PM	9:30 PM	\$150.00	\$174.00
Adult Intermediate/Advanced (11 Classes)	23879	Fri	January 12, 2024	March 22, 2024	12:00 PM	1:00 PM	\$138.00	\$160.00
Adult Advanced (12 Classes)	23826	Wed	January 10, 2024	March 27, 2024	8:00 PM	9:00 PM	\$150.00	\$174.00
PARENT & TOT								
Parent and Tot 1/2/3 (10 Classes)	23999	Sat	January 13, 2024	March 23, 2024	9:00 AM	9:30 AM	\$70.00	\$85.00
	24000	Sat	January 13, 2024	March 23, 2024	10:00 AM	10:30 AM	\$70.00	\$85.00
	24001	Sat	January 13, 2024	March 23, 2024	11:00 AM	11:30 AM	\$70.00	\$85.00
	24002	Sat	January 13, 2024	March 23, 2024	12:00 PM	12:30 PM	\$70.00	\$85.00
	24003	Sat	January 13, 2024	March 23, 2024	12:30 PM	1:00 PM	\$70.00	\$85.00
	24053	Sun	January 14, 2024	March 24, 2024	9:00 AM	9:30 AM	\$70.00	\$85.00
	24054	Sun	January 14, 2024	March 24, 2024	11:00 AM	11:30 AM	\$70.00	\$85.00
	24055	Sun	January 14, 2024	March 24, 2024	11:30 AM	12:00 PM	\$70.00	\$85.00
	24056	Sun	January 14, 2024	March 24, 2024	12:00 PM	12:30 PM	\$70.00	\$85.00
	24057	Sun	January 14, 2024	March 24, 2024	12:45 PM	1:15 PM	\$70.00	\$85.00
Parent and Tot 1/2/3 (11 Classes)	23712	Mon	January 8, 2024	March 25, 2024	11:30 AM	12:00 PM	\$77.00	\$94.00
	23713	Mon	January 8, 2024	March 25, 2024	1:00 PM	1:30 PM	\$77.00	\$94.00
	23714	Mon	January 8, 2024	March 25, 2024	4:45 PM	5:15 PM	\$77.00	\$94.00
	23715	Mon	January 8, 2024	March 25, 2024	5:45 PM	6:15 PM	\$77.00	\$94.00
	23871	Fri	January 12, 2024	March 22, 2024	9:30 AM	10:00 AM	\$77.00	\$94.00
	23872	Fri	January 12, 2024	March 22, 2024	10:15 AM	10:45 AM	\$77.00	\$94.00
	23873	Fri	January 12, 2024	March 22, 2024	11:15 AM	11:45 AM	\$77.00	\$94.00
	23874	Fri	January 12, 2024	March 22, 2024	12:45 PM	1:15 PM	\$77.00	\$94.00
Parent and Tot 1/2/3 (12 Classes)	23760	Tue	January 9, 2024	March 26, 2024	10:15 AM	10:45 AM	\$84.00	\$102.00
	23761	Tue	January 9, 2024	March 26, 2024	11:15 AM	11:45 AM	\$84.00	\$102.00
	23762	Tue	January 9, 2024	March 26, 2024	12:15 PM	12:45 PM	\$84.00	\$102.00
	23763	Tue	January 9, 2024	March 26, 2024	6:00 PM	6:30 PM	\$84.00	\$102.00
	23801	Wed	January 10, 2024	March 27, 2024	11:30 AM	12:00 PM	\$84.00	\$102.00
	23802	Wed	January 10, 2024	March 27, 2024	1:00 PM	1:30 PM	\$84.00	\$102.00
	23803	Wed	January 10, 2024	March 27, 2024	4:00 PM	4:30 PM	\$84.00	\$102.00
	23804	Wed	January 10, 2024	March 27, 2024	6:15 PM	6:45 PM	\$84.00	\$102.00
	23846	Thu	January 11, 2024	March 28, 2024	4:00 PM	4:30 PM	\$84.00	\$102.00
	23847	Thu	January 11, 2024	March 28, 2024	5:30 PM	6:00 PM	\$84.00	\$102.00
SWIM FOR LIFE® PRESCHOOL								
Preschool 1 (10 Classes)	24004	Sat	January 13, 2024	March 23, 2024	9:00 AM	9:30 AM	\$90.00	\$100.00
	24005	Sat	January 13, 2024	March 23, 2024	10:30 AM	11:00 AM	\$90.00	\$100.00
	24058	Sun	January 14, 2024	March 24, 2024	9:30 AM	10:00 AM	\$90.00	\$100.00
	24059	Sun	January 14, 2024	March 24, 2024	1:15 PM	1:45 PM	\$90.00	\$100.00
Preschool 1 (11 Classes)	23716	Mon	January 8, 2024	March 25, 2024	4:00 PM	4:30 PM	\$99.00	\$110.00
	23717	Mon	January 8, 2024	March 25, 2024	5:45 PM	6:15 PM	\$99.00	\$110.00
Preschool 1 (12 Classes)	23764	Tue	January 9, 2024	March 26, 2024	9:45 AM	10:15 AM	\$108.00	\$120.00
	23765	Tue	January 9, 2024	March 26, 2024	4:00 PM	4:30 PM	\$108.00	\$120.00
	23805	Wed	January 10, 2024	March 27, 2024	5:00 PM	5:30 PM	\$108.00	\$120.00
	23806	Wed	January 10, 2024	March 27, 2024	6:30 PM	7:00 PM	\$108.00	\$120.00
	23848	Thu	January 11, 2024	March 28, 2024	5:00 PM	5:30 PM	\$108.00	\$120.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
Preschool 1/2 (10 Classes)	24006	Sat	January 13, 2024	March 23, 2024	12:45 PM	1:15 PM	\$90.00	\$100.00
	24060	Sun	January 14, 2024	March 24, 2024	10:00 AM	10:30 AM	\$90.00	\$100.00
Preschool 1/2 (11 Classes)	23718	Mon	January 8, 2024	March 25, 2024	1:00 PM	1:30 PM	\$99.00	\$110.00
	23875	Fri	January 12, 2024	March 22, 2024	9:00 AM	9:30 AM	\$99.00	\$110.00
Preschool 1/2 (12 Classes)	23766	Tue	January 9, 2024	March 26, 2024	6:00 PM	6:30 PM	\$108.00	\$120.00
	23807	Wed	January 10, 2024	March 27, 2024	1:00 PM	1:30 PM	\$108.00	\$120.00
	23849	Thu	January 11, 2024	March 28, 2024	6:30 PM	7:00 PM	\$108.00	\$120.00
Preschool 2 (10 Classes)	24007	Sat	January 13, 2024	March 23, 2024	9:30 AM	10:00 AM	\$90.00	\$100.00
	24008	Sat	January 13, 2024	March 23, 2024	11:30 AM	12:00 PM	\$90.00	\$100.00
	24061	Sun	January 14, 2024	March 24, 2024	9:00 AM	9:30 AM	\$90.00	\$100.00
	24062	Sun	January 14, 2024	March 24, 2024	10:30 AM	11:00 AM	\$90.00	\$100.00
Preschool 2 (11 Classes)	23719	Mon	January 8, 2024	March 25, 2024	4:45 PM	5:15 PM	\$99.00	\$110.00
	23720	Mon	January 8, 2024	March 25, 2024	6:15 PM	6:45 PM	\$99.00	\$110.00
Preschool 2 (12 Classes)	23767	Tue	January 9, 2024	March 26, 2024	10:45 AM	11:15 AM	\$108.00	\$120.00
	23768	Tue	January 9, 2024	March 26, 2024	5:30 PM	6:00 PM	\$108.00	\$120.00
	23808	Wed	January 10, 2024	March 27, 2024	4:00 PM	4:30 PM	\$108.00	\$120.00
	23809	Wed	January 10, 2024	March 27, 2024	5:30 PM	6:00 PM	\$108.00	\$120.00
	23850	Thu	January 11, 2024	March 28, 2024	4:30 PM	5:00 PM	\$108.00	\$120.00
Preschool 3 (10 Classes)	24009	Sat	January 13, 2024	March 23, 2024	10:00 AM	10:30 AM	\$90.00	\$100.00
	24010	Sat	January 13, 2024	March 23, 2024	12:15 PM	12:45 PM	\$90.00	\$100.00
	24063	Sun	January 14, 2024	March 24, 2024	11:00 AM	11:30 AM	\$90.00	\$100.00
	24064	Sun	January 14, 2024	March 24, 2024	12:30 PM	1:00 PM	\$90.00	\$100.00
Preschool 3 (11 Classes)	23721	Mon	January 8, 2024	March 25, 2024	1:30 PM	2:00 PM	\$99.00	\$110.00
	23722	Mon	January 8, 2024	March 25, 2024	5:15 PM	5:45 PM	\$99.00	\$110.00
	23723	Mon	January 8, 2024	March 25, 2024	7:00 PM	7:30 PM	\$99.00	\$110.00
	23876	Fri	January 12, 2024	March 22, 2024	9:45 AM	10:15 AM	\$99.00	\$110.00
Preschool 3 (12 Classes)	23769	Tue	January 9, 2024	March 26, 2024	11:45 AM	12:15 PM	\$108.00	\$120.00
	23770	Tue	January 9, 2024	March 26, 2024	6:30 PM	7:00 PM	\$108.00	\$120.00
	23810	Wed	January 10, 2024	March 27, 2024	1:30 PM	2:00 PM	\$108.00	\$120.00
	23811	Wed	January 10, 2024	March 27, 2024	4:30 PM	5:00 PM	\$108.00	\$120.00
	23812	Wed	January 10, 2024	March 27, 2024	6:00 PM	6:30 PM	\$108.00	\$120.00
	23851	Thu	January 11, 2024	March 28, 2024	4:00 PM	4:30 PM	\$110.00	\$121.00
	23852	Thu	January 11, 2024	March 28, 2024	5:30 PM	6:00 PM	\$110.00	\$121.00
Preschool 4 (10 Classes)	24012	Sat	January 13, 2024	March 23, 2024	11:00 AM	11:30 AM	\$100.00	\$110.00
	24066	Sun	January 14, 2024	March 24, 2024	11:30 AM	12:00 PM	\$100.00	\$110.00
Preschool 4 (11 Classes)	23725	Mon	January 8, 2024	March 25, 2024	12:30 PM	1:00 PM	\$99.00	\$110.00
Preschool 4 (12 Classes)	23814	Wed	January 10, 2024	March 27, 2024	12:30 PM	1:00 PM	\$108.00	\$120.00
Preschool 4/5 (10 Classes)	24011	Sat	January 13, 2024	March 23, 2024	1:00 PM	1:45 PM	\$100.00	\$110.00
	24065	Sun	January 14, 2024	March 24, 2024	10:15 AM	11:00 AM	\$100.00	\$110.00
Preschool 4/5 (11 Classes)	23724	Mon	January 8, 2024	March 25, 2024	6:30 PM	7:15 PM	\$110.00	\$121.00
	23877	Fri	January 12, 2024	March 22, 2024	10:45 AM	11:30 AM	\$110.00	\$121.00
	23878	Fri	January 12, 2024	March 22, 2024	1:00 PM	1:45 PM	\$110.00	\$121.00
Preschool 4/5 (12 Classes)	23771	Tue	January 9, 2024	March 26, 2024	6:30 PM	7:15 PM	\$120.00	\$132.00
	23813	Wed	January 10, 2024	March 27, 2024	5:30 PM	6:15 PM	\$120.00	\$132.00
	23853	Thu	January 11, 2024	March 28, 2024	4:45 PM	5:30 PM	\$120.00	\$132.00
	23854	Thu	January 11, 2024	March 28, 2024	6:15 PM	7:00 PM	\$120.00	\$132.00
Preschool 5 (10 Classes)	24013	Sat	January 13, 2024	March 23, 2024	2:15 PM	3:00 PM	\$100.00	\$110.00
	24067	Sun	January 14, 2024	March 24, 2024	1:00 PM	1:45 PM	\$100.00	\$110.00
Preschool 5 (11 Classes)	23726	Mon	January 8, 2024	March 25, 2024	1:30 PM	2:15 PM	\$110.00	\$121.00
Preschool 5 (12 Classes)	23815	Wed	January 10, 2024	March 27, 2024	1:30 PM	2:15 PM	\$120.00	\$132.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
SWIM FOR LIFE® SWIMMER								
Swimmer 1 (10 Classes)	24014	Sat	January 13, 2024	March 23, 2024	9:30 AM	10:00 AM	\$90.00	\$100.00
	24015	Sat	January 13, 2024	March 23, 2024	11:30 AM	12:00 PM	\$90.00	\$100.00
	24016	Sat	January 13, 2024	March 23, 2024	1:30 PM	2:00 PM	\$90.00	\$100.00
	24068	Sun	January 14, 2024	March 24, 2024	9:30 AM	10:00 AM	\$90.00	\$100.00
	24069	Sun	January 14, 2024	March 24, 2024	12:00 PM	12:30 PM	\$90.00	\$100.00
	24070	Sun	January 14, 2024	March 24, 2024	2:15 PM	2:45 PM	\$90.00	\$100.00
Swimmer 1 (11 Classes)	23727	Mon	January 8, 2024	March 25, 2024	5:15 PM	5:45 PM	\$99.00	\$110.00
	23728	Mon	January 8, 2024	March 25, 2024	7:15 PM	7:45 PM	\$99.00	\$110.00
Swimmer 1 (12 Classes)	23772	Tue	January 9, 2024	March 26, 2024	5:30 PM	6:00 PM	\$108.00	\$120.00
	23816	Wed	January 10, 2024	March 27, 2024	4:30 PM	5:00 PM	\$108.00	\$120.00
	23817	Wed	January 10, 2024	March 27, 2024	7:15 PM	7:45 PM	\$108.00	\$120.00
	23855	Thu	January 11, 2024	March 28, 2024	6:00 PM	6:30 PM	\$108.00	\$120.00
	23856	Thu	January 11, 2024	March 28, 2024	7:00 PM	7:30 PM	\$108.00	\$120.00
Swimmer 2 (10 Classes)	24017	Sat	January 13, 2024	March 23, 2024	10:15 AM	11:00 AM	\$100.00	\$110.00
	24018	Sat	January 13, 2024	March 23, 2024	1:45 PM	2:30 PM	\$100.00	\$110.00
	24019	Sat	January 13, 2024	March 23, 2024	2:30 PM	3:15 PM	\$100.00	\$110.00
	24071	Sun	January 14, 2024	March 24, 2024	9:45 AM	10:30 AM	\$100.00	\$110.00
	24072	Sun	January 14, 2024	March 24, 2024	1:30 PM	2:15 PM	\$100.00	\$110.00
	24073	Sun	January 14, 2024	March 24, 2024	2:30 PM	3:15 PM	\$100.00	\$110.00
Swimmer 2 (11 Classes)	23729	Mon	January 8, 2024	March 25, 2024	6:00 PM	6:45 PM	\$110.00	\$121.00
Swimmer 2 (12 Classes)	23773	Tue	January 9, 2024	March 26, 2024	4:45 PM	5:30 PM	\$120.00	\$132.00
	23819	Wed	January 10, 2024	March 27, 2024	4:45 PM	5:30 PM	\$120.00	\$132.00
	23818	Wed	January 10, 2024	March 27, 2024	6:30 PM	7:15 PM	\$120.00	\$132.00
	23857	Thu	January 11, 2024	March 28, 2024	4:15 PM	5:00 PM	\$120.00	\$132.00
Swimmer 3 (10 Classes)	24020	Sat	January 13, 2024	March 23, 2024	9:00 AM	9:45 AM	\$100.00	\$110.00
	24021	Sat	January 13, 2024	March 23, 2024	11:45 AM	12:30 PM	\$100.00	\$110.00
	24074	Sun	January 14, 2024	March 24, 2024	10:15 AM	11:00 AM	\$100.00	\$110.00
	24075	Sun	January 14, 2024	March 24, 2024	11:00 AM	11:45 AM	\$100.00	\$110.00
Swimmer 3 (11 Classes)	23730	Mon	January 8, 2024	March 25, 2024	4:45 PM	5:30 PM	\$110.00	\$121.00
Swimmer 3 (12 Classes)	23774	Tue	January 9, 2024	March 26, 2024	4:00 PM	4:45 PM	\$120.00	\$132.00
	23820	Wed	January 10, 2024	March 27, 2024	5:45 PM	6:30 PM	\$120.00	\$132.00
	23858	Thu	January 11, 2024	March 28, 2024	5:30 PM	6:15 PM	\$120.00	\$132.00
Swimmer 4 (10 Classes)	24022	Sat	January 13, 2024	March 23, 2024	9:45 AM	10:30 AM	\$100.00	\$110.00
	24023	Sat	January 13, 2024	March 23, 2024	11:00 AM	11:45 AM	\$100.00	\$110.00
	24076	Sun	January 14, 2024	March 24, 2024	9:00 AM	9:45 AM	\$100.00	\$110.00
	24077	Sun	January 14, 2024	March 24, 2024	11:45 AM	12:30 PM	\$100.00	\$110.00
Swimmer 4 (11 Classes)	23731	Mon	January 8, 2024	March 25, 2024	5:45 PM	6:30 PM	\$110.00	\$121.00
Swimmer 4 (12 Classes)	23775	Tue	January 9, 2024	March 26, 2024	4:00 PM	4:45 PM	\$120.00	\$132.00
	23821	Wed	January 10, 2024	March 27, 2024	4:00 PM	4:45 PM	\$120.00	\$132.00
	23859	Thu	January 11, 2024	March 28, 2024	4:00 PM	4:45 PM	\$120.00	\$132.00
Swimmer 5/6 (10 Classes)	24024	Sat	January 13, 2024	March 23, 2024	9:00 AM	9:45 AM	\$100.00	\$110.00
	24025	Sat	January 13, 2024	March 23, 2024	1:30 PM	2:15 PM	\$100.00	\$110.00
	24078	Sun	January 14, 2024	March 24, 2024	11:00 AM	11:45 AM	\$100.00	\$110.00
	24079	Sun	January 14, 2024	March 24, 2024	1:30 PM	2:15 PM	\$100.00	\$110.00
Swimmer 5/6 (11 Classes)	23732	Mon	January 8, 2024	March 25, 2024	4:00 PM	4:45 PM	\$110.00	\$121.00
Swimmer 5/6 (12 Classes)	23776	Tue	January 9, 2024	March 26, 2024	7:30 PM	8:15 PM	\$120.00	\$132.00
	23822	Wed	January 10, 2024	March 27, 2024	5:45 PM	6:30 PM	\$120.00	\$132.00
	23860	Thu	January 11, 2024	March 28, 2024	7:30 PM	8:15 PM	\$120.00	\$132.00
Swimmer 7 (10 Classes)	24026	Sat	January 13, 2024	March 23, 2024	10:30 AM	11:30 AM	\$120.00	\$140.00
	24080	Sun	January 14, 2024	March 24, 2024	10:00 AM	11:00 AM	\$120.00	\$140.00
Swimmer 8/9 (10 Classes)	24027	Sat	January 13, 2024	March 23, 2024	11:30 AM	12:30 PM	\$120.00	\$140.00
	24081	Sun	January 14, 2024	March 24, 2024	9:00 AM	10:00 AM	\$120.00	\$140.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
SWIM FOR LIFE® SWIMMER								
Swimmer 7/8/9 (12 Classes)	23777	Tue	January 9, 2024	March 26, 2024	4:45 PM	5:45 PM	\$144.00	\$168.00
	23861	Thu	January 11, 2024	March 28, 2024	4:45 PM	5:45 PM	\$144.00	\$168.00
SWIM ABILITIES®								
Swim Abilities (9 Classes)	24105	Mon	January 8, 2024	March 11, 2024	4:00 PM	4:45 PM	\$90.00	\$99.00
	24106	Wed	January 10, 2024	March 6, 2024	3:15 PM	4:00 PM	\$90.00	\$99.00
	24107	Fri	January 12, 2024	March 8, 2024	1:45 PM	2:30 PM	\$90.00	\$99.00
CLUB PROGRAMS								
Sea Dragons Swim Club (3/week)	24108	Mo, W, Sa	January 8, 2024	March 23, 2024	7:00 PM	8:00 PM	\$380.00	\$418.00
Sea Dragons Lifesaving Club (3/week)	24109	Tu, Thu, Su	January 9, 2024	March 24, 2024	6:00 PM	7:00 PM	\$390.00	\$429.00
Sea Dragons Lifesaving Club (Sun)	24113	Sun	January 14, 2024	March 24, 2024	12:00 PM	1:30 PM	\$239.00	\$266.00
Sea Dragons Stroke Proficiency (10 Classes)	24111	Sat	January 13, 2024	March 23, 2024	3:00 PM	4:00 PM	\$168.00	\$185.00
	24112	Sun	January 14, 2024	March 24, 2024	3:00 PM	4:00 PM	\$168.00	\$185.00
Sea Dragons Stroke Proficiency (12 Classes)	24110	Wed	January 10, 2024	March 27, 2024	4:00 PM	5:00 PM	\$201.00	\$222.00
LIFESAVING COURSES								
Bronze Medallion and CPR-C	24084	Fri	January 12, 2024	January 12, 2024	6:00 PM	10:00 PM	\$175.00	\$200.00
		Sat, Sun	January 13, 2023	January 14, 2023	12:00 PM	8:00 PM		
	24090	Fri	February 1, 2024	February 1, 2024	6:00 PM	10:00 PM	\$175.00	\$200.00
		Sat, Sun	February 2, 2023	February 3, 2023	12:00 PM	8:00 PM		
	24099	Fri	March 15, 2024	March 15, 2024	6:00 PM	10:00 PM	\$175.00	\$200.00
		Sat, Sun	March 16, 2023	March 17, 2024	12:00 PM	8:00 PM		
Bronze Cross (Assistant Lifeguard)	24089	Fri	January 26, 2024	January 28, 2024	6:00 PM	10:00 PM	\$180.00	\$205.00
		Sat, Sun	January 27, 2023	January 28, 2024	12:00 PM	8:00 PM		
	24097	Fri	March 1, 2024	March 1, 2024	6:00 PM	10:00 PM	\$180.00	\$205.00
		Sat, Sun	March 2, 2023	March 3, 2024	12:00 PM	8:00 PM		
Bronze Star	24094	Fri	February 16, 2024	February 16, 2024	5:00 PM	8:00 PM	\$110.00	\$130.00
		Sat	February 17, 2024	February 17, 2024	10:00 AM	5:00 PM		
	24101	Fri	March 22, 2024	March 22, 2024	5:00 PM	8:00 PM	\$110.00	\$130.00
		Sat	March 23, 2024	March 23, 2024	10:00 AM	5:00 PM		
National Lifeguard	24093	Fri	February 2, 2024	February 11, 2024	6:00 PM	10:00 PM	\$350.00	\$390.00
		Sat, Sun	February 2, 2024	February 11, 2024	12:00 PM	8:00 PM		
	24098	Fri	March 8, 2024	August 17, 2024	6:00 PM	10:00 PM	\$350.00	\$390.00
		Sat, Sun	March 8, 2024	August 17, 2024	12:00 PM	8:00 PM		
National Lifeguard Recertification	20663	Sun	January 7, 2024	January 7, 2024	10:30 AM	2:30 PM	\$65.00	\$80.00
	24092	Sun	February 3, 2024	February 3, 2024	10:30 AM	2:30 PM	\$65.00	\$80.00
	24103	Sun	March 24, 2024	March 24, 2024	10:30 AM	2:30 PM	\$65.00	\$80.00
Swim and Lifesaving Instructor	24086	Fri	January 12, 2024	January 21, 2024	6:00 PM	10:00 PM	\$345.00	\$385.00
		Sat, Sun	January 12, 2024	January 21, 2024	12:00 PM	8:00 PM		
	24095	Fri	February 16, 2024	February 25, 2024	6:00 PM	10:00 PM	\$345.00	\$385.00
		Sat, Sun	February 16, 2024	February 25, 2024	12:00 PM	8:00 PM		
Swim and Lifesaving Instructor Recertification	20664	Sun	January 7, 2024	January 7, 2024	2:30 PM	6:30 PM	\$80.00	\$95.00
	24104	Sun	March 24, 2024	March 24, 2024	2:30 PM	6:30 PM	\$80.00	\$95.00
National Lifeguard Instructor Clinic	24085	Sat, Sun	January 13, 2024	January 14, 2024	9:00 AM	5:00 PM	\$285.00	\$305.00
National Lifeguard Instructor Recertification	24088	Sun	January 21, 2024	January 21, 2024	9:00 AM	5:00 PM	\$80.00	\$100.00
Intermediate First Aid	20661	Thu, Fri	January 4, 2024	January 5, 2024	9:00 AM	5:00 PM	\$150.00	\$170.00
	24087	Sat, Sun	January 20, 2024	January 21, 2024	9:00 AM	5:00 PM	\$150.00	\$170.00
	24096	Sat, Sun	February 24, 2024	February 25, 2024	9:00 AM	5:00 PM	\$150.00	\$170.00
	24102	Sat, Sun	March 23, 2024	March 24, 2024	9:00 AM	5:00 PM	\$150.00	\$170.00
Intermediate First Aid Recertification	20662	Sat	January 6, 2024	January 6, 2024	9:00 AM	5:00 PM	\$80.00	\$90.00
	24091	Sat	February 2, 2024	February 2, 2024	9:00 AM	5:00 PM	\$80.00	\$90.00
	24100	Sun	March 17, 2024	March 17, 2024	9:00 AM	5:00 PM	\$80.00	\$90.00