

2024



mnpcentre.com



SPRING/SUMMER

PROGRAM GUIDE



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MEMBERSHIP & ADMISSIONS

ANNUAL MEMBERSHIPS*			LIMITED MEMBERSHIPS	DROP-IN ADMISSION
	Annual Monthly*	Annual Full Pay*	30 Day Card or 10 Pass Card **	Single Admission
Adult (18+)	\$82	\$895	\$148	\$18.00
Adult Corporate (18+)	\$73.80	\$805.50	N/A	N/A
Senior (65+)	\$54	\$570	\$89	\$10.75
Youth (13-17)	N/A	\$500	\$81	\$10.50
Child (2-12)	N/A	\$195	\$55	\$7
Family Max – 2 adults & up to 4 kids (under 18) all living at same address	\$134	\$1,534	N/A	\$33
Family Corporate Max – 2 adults & up to 4 kids (under 18) all living at same address	\$120.60	\$1,380.60	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.

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

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

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

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!

VARIETY DAY

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
Craft N' Splash	26610	Mon	April 8, 2024	June 24, 2024	8:45 AM	11:45 AM	\$258.50	\$288.75
Run, Jump, Play	26611	Tue	April 9, 2024	June 25, 2024	8:45 AM	11:45 AM	\$282.00	\$315.00
Games N' Splash	26612	Wed	April 10, 2024	June 26, 2024	8:45 AM	11:45 AM	\$282.00	\$315.00
Active Adventures	26613	Thu	April 11, 2024	June 27, 2024	8:45 AM	11:45 AM	\$282.00	\$315.00
Variety Day	26614	Fri	April 12, 2024	June 28, 2024	8:45 AM	11:45 AM	\$282.00	\$315.00
ACTIVE ENERGIZERS								
Active Energizers	26602	Sat	April 13, 2014	June 22, 2014	10:00 AM	12:00 PM	\$160.00	\$175.00
CAMPS								
PD DAY CAMPS								
	26603	Fri	April 1, 2024	April 1, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50
	26604	Thu	April 19, 2024	April 19, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50
	26605	Fri	April 26, 2024	April 26, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50
	26606	Fri	May 17, 2024	May 17, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50
	26607	Fri	June 10, 2024	June 10, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50
	26608	Thu	June 27, 2024	June 27, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50
	26609	Fri	June 28, 2024	June 28, 2024	8:30 AM	4:30 PM	\$56.50	\$61.50



SUMMER SPORT CAMPS

AT A GLANCE

	AGES	PRE-CARE	POST-CARE	JULY 2-5 (4 DAYS)	JULY 8-12	JULY 15-19	JULY 22-26	JULY 29 - AUG 2	AUG 6-9 (4 DAYS)	AUG 12-16	AUG 19-23	AUG 26-28 (3 DAYS)	MEMBER PRICE			NON-MEMBER PRICE		
													3 day	4 day	5 day	3 day	4 day	5 day
MULTI-SPORT CAMPS																		
Mini Sport Launchers (HALF DAY)	2-3	▪		26553	26547	26548	26549	26550	26554	26551	26552	26555	\$91	\$122	\$152	\$101	\$134	\$168
Active Sport Launchers (HALF DAY)	4-5	▪		26592	26593	26594	26595	26596	26597	26598	26599	26600	\$91	\$122	\$152	\$101	\$134	\$168
Active Sport Adventure	4-5	▪	▪	29556	29557	29558	29559	29560	29561	29562	29563	29564	\$157	\$209	\$262	\$173	\$231	\$288
Sport 'N Adventure	6-7	▪	▪	26574	26575	26576	26577	26578	26579	26580	26581	26582	\$157	\$209	\$262	\$173	\$231	\$288
Multi Sport 'N Adventure	8-9	▪	▪	26565	26566	26567	26568	26569	26570	26571	26572	265673	\$157	\$209	\$262	\$173	\$231	\$288
Ultimate Sport 'N Adventure	10-12	▪	▪	26583	26584	26585	26586	26587	26588	26589	26590	26591	\$157	\$209	\$262	\$173	\$231	\$288
Basketball Camp	10-13	▪	▪			27012							-	-	\$324	-	-	\$366
Jr. Basketball Camp	7-9	▪	▪					27014					-	-	\$324	-	-	\$366
Bike Adventure Camp	10-12	▪	▪				27013						-	-	\$324	-	-	\$366
SPORT PARTNER CAMPS																		
Swimming	6-9	▪	▪	26523	26511	26513	26515	26517	26525	26519	26521	26527	\$195	\$260	\$324	\$221	\$293	\$366
Swimming	10-13	▪	▪	26524	26512	26514	26516	26518	26526	26520	26522	26528	\$195	\$260	\$324	\$221	\$293	\$366
Artistic Swimming	6-12	▪	▪		26500	26501	26502			26503	26504		-	-	\$324	-	-	\$366
Olympic Pentathlon	8-13	▪	▪	26510	26507	26508	26509						-	\$260	\$324	-	\$293	\$366
Diving	6-12	▪	▪			27015				27016	27017		-	-	\$324	-	-	\$366
Triathlon	8-12	▪	▪				26505	26506					-	-	\$324	-	-	\$366
Rhythmic Gymnastics	6-12	▪	▪	TBD														

• **FULL DAY CAMP TIMES: 8:30am – 4:30pm | HALF DAY CAMP TIMES: 8:30am – 12:00pm**

• **PRE-CARE: 7:30am – 8:30am | POST-CARE: 4:30pm – 5:30pm**

Pre and Post care can be purchased at time of camp registration by week only.

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.

MASTERING MIDLIFE WELLNESS

This program is geared towards individuals who are peri-menopausal, menopausal, post-menopausal and post-partum. This program has 1 class/week for 2 hours, including both an exercise and education component. PLUS, a take home program to follow. Let's 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!

FITNESS & TRAINING

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
LEVEL-UP HIIT							MEMBER	NON-MEMBER
Weight Loss Mondays	26493	Mon	April 22, 2024	June 3, 2024	6:00 AM	6:45 AM	\$42	\$102
	26496	Mon	July 15, 2024	August 26, 2024	6:00 AM	6:45 AM	\$42	\$102
Functional Thursdays	26494	Thu	May 2, 2024	June 6, 2024	6:00 AM	6:45 AM	\$42	\$102
	26495	Thu	June 20, 2024	July 25, 2024	6:00 AM	6:45 AM	\$42	\$102
BARRE								
	26498	Mon	April 15, 2024	May 27, 2024	6:30 PM	7:30 PM	\$60	\$100
	26490	Wed	May 1, 2024	June 5, 2024	6:30 PM	7:30 PM	\$60	\$100
	26491	Wed	June 19, 2024	July 24, 2024	6:30 PM	7:30 PM	\$60	\$100
	26499	Mon	July 8, 2024	August 19, 2024	6:30 PM	7:30 PM	\$60	\$100
MASTERING MIDLIFE WELLNESS								
	26497	Thu	May 2, 2014	June 20, 2024	6:00 PM	8:00 PM	\$230	\$260



3433 SPORT PERFORMANCE

LEARN

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!

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.

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

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.

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!

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!

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!

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	26533	Mon	April 1, 2024	April 29, 2024	6:30 PM	8:00 PM	\$110	\$120
Learn2Tri	26532	Tue	April 2, 2024	April 30, 2024	7:30 PM	9:30 PM	\$110	\$120
	27319	Tue	May 7, 2024	May 28, 2024	7:30 PM	9:30 PM	\$88	\$96
TRAIN								
Train2Run	26539	Thu	April 4, 2024	May 2, 2024	6:00 PM	7:00 PM	\$85	\$100
Train2Ride	26534	Sat	April 6, 2024	May 4, 2024	8:00 AM	10:00 AM	\$120	\$130
Train2Swim	26536	Wed	April 3, 2024	June 19, 2024	9:30 AM	10:30 AM	\$204	\$240
	26537	Fri	April 5, 2024	June 21, 2024	12:00 PM	1:00 PM	\$204	\$240
	27268	Wed	June 26, 2024	August 28, 2024	12:00 PM	1:00 PM	\$170	\$200
	27269	Fri	July 5, 2024	August 30, 2024	12:00 PM	1:00 PM	\$170	\$200
Train2Tri	26544	Thu	April 4, 2024	May 2, 2024	7:00 PM	9:00 PM	\$120	\$130
	27318	Thu	May 9, 2024	May 30, 2024	7:00 PM	9:00 PM	\$96	\$104
COMPETE								
Advanced Group Ride	26530	Thu	April 4, 2024	May 2, 2024	6:30 PM	8:30 PM	\$115	\$130
	26529	Tue	April 2, 2024	April 30, 2024	6:30 PM	8:30 PM	\$115	\$130
	26531	Mon	April 1, 2024	April 29, 2024	9:30 AM	11:30 AM	\$115	\$130
Interval Run	26538	Tue	April 2, 2024	April 30, 2024	6:00 PM	7:00 PM	\$85	\$100
The Brick	26535	Wed	April 3, 2024	May 1, 2024	6:30 PM	8:30 PM	\$115	\$130
Tri Swim	26540	Tue	April 2, 2024	June 18, 2024	6:00 AM	7:00 AM	\$204	\$240
	26541	Tue	April 2, 2024	June 18, 2024	7:00 AM	8:00 AM	\$204	\$240
	26542	Thu	April 4, 2024	June 20, 2024	6:00 AM	7:00 AM	\$204	\$240
	26543	Thu	April 4, 2024	June 20, 2024	7:00 AM	8:00 AM	\$204	\$240
	27264	Tue	June 25, 2024	August 27, 2024	7:00 AM	8:00 AM	\$170	\$200
	27265	Tue	June 25, 2024	August 27, 2024	6:00 AM	7:00 AM	\$170	\$200
	27266	Thu	June 27, 2024	August 29, 2024	6:00 AM	7:00 AM	\$170	\$200
	27267	Thu	June 27, 2024	August 29, 2024	7:00 AM	8:00 AM	\$170	\$200
Tri Fecta	26546	Sun	May 26, 2024	May 26, 2024	8:00 AM	11:30 AM	\$30	\$33

3433 Spring & Summer Club Pass

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

COST: \$175 + GST (Price/Month)
May–August

WHAT'S INCLUDED?

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

Email **Bart** at bujack@mnpcentre.com for details.



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.



K1-Kickboxing								
Beginner	26615	Wed	April 10, 2024	June 26, 2024	5:30 PM	6:30 PM	\$216	\$240
Intermediate	26616	Tue, Thu	April 9, 2024	June 27, 2024	5:30 PM	6:30 PM	\$432	\$480
Advanced - Sparring	26617	Wed	April 10, 2024	June 26, 2024	5:30 PM	8:00 PM	\$240	\$264
Blended	27263	Wed	July 3, 2024	August 21, 2024	7:00 PM	6:30 PM	\$160	\$176



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.



SPRING 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)	26897	Sat	April 6, 2024	June 22, 2024	9:00 AM	9:30 AM	\$280.00	\$320.00
	26898	Sat	April 6, 2024	June 22, 2024	9:45 AM	10:15 AM	\$280.00	\$320.00
	26899	Sat	April 6, 2024	June 22, 2024	9:45 AM	10:15 AM	\$280.00	\$320.00
	26900	Sat	April 6, 2024	June 22, 2024	10:15 AM	10:45 AM	\$280.00	\$320.00
	26901	Sat	April 6, 2024	June 22, 2024	10:15 AM	10:45 AM	\$280.00	\$320.00
	26902	Sat	April 6, 2024	June 22, 2024	10:45 AM	11:15 AM	\$280.00	\$320.00
	26903	Sat	April 6, 2024	June 22, 2024	11:15 AM	11:45 AM	\$280.00	\$320.00
	26904	Sat	April 6, 2024	June 22, 2024	11:30 AM	12:00 PM	\$280.00	\$320.00
	26905	Sat	April 6, 2024	June 22, 2024	12:00 PM	12:30 PM	\$280.00	\$320.00
	26906	Sat	April 6, 2024	June 22, 2024	12:15 PM	12:45 PM	\$280.00	\$320.00
	26907	Sat	April 6, 2024	June 22, 2024	12:30 PM	1:00 PM	\$280.00	\$320.00
	26908	Sat	April 6, 2024	June 22, 2024	12:45 PM	1:15 PM	\$280.00	\$320.00
	26909	Sat	April 6, 2024	June 22, 2024	1:15 PM	1:45 PM	\$280.00	\$320.00
	26910	Sat	April 6, 2024	June 22, 2024	1:45 PM	2:15 PM	\$280.00	\$320.00
	26911	Sat	April 6, 2024	June 22, 2024	2:15 PM	2:45 PM	\$280.00	\$320.00
	26912	Sat	April 6, 2024	June 22, 2024	2:00 PM	2:30 PM	\$280.00	\$320.00
	26913	Sat	April 6, 2024	June 22, 2024	3:15 PM	3:45 PM	\$280.00	\$320.00
	26914	Sat	April 6, 2024	June 22, 2024	3:45 PM	4:15 PM	\$280.00	\$320.00
	26956	Sun	April 7, 2024	June 23, 2024	9:00 AM	9:30 AM	\$280.00	\$320.00
	26957	Sun	April 7, 2024	June 23, 2024	9:30 AM	10:00 AM	\$280.00	\$320.00
	26958	Sun	April 7, 2024	June 23, 2024	9:45 AM	10:15 AM	\$280.00	\$320.00
	26959	Sun	April 7, 2024	June 23, 2024	10:30 AM	11:00 AM	\$280.00	\$320.00
	26960	Sun	April 7, 2024	June 23, 2024	11:30 AM	12:00 PM	\$280.00	\$320.00
	26961	Sun	April 7, 2024	June 23, 2024	12:30 PM	1:00 PM	\$280.00	\$320.00
	26962	Sun	April 7, 2024	June 23, 2024	1:00 PM	1:30 PM	\$280.00	\$320.00
	26963	Sun	April 7, 2024	June 23, 2024	1:45 PM	2:15 PM	\$280.00	\$320.00
	26964	Sun	April 7, 2024	June 23, 2024	2:45 PM	3:15 PM	\$280.00	\$320.00
	26965	Sun	April 7, 2024	June 23, 2024	3:15 PM	3:45 PM	\$280.00	\$320.00
	26966	Sun	April 7, 2024	June 23, 2024	3:15 PM	3:45 PM	\$280.00	\$320.00
	26967	Sun	April 7, 2024	June 23, 2024	3:45 PM	4:15 PM	\$280.00	\$320.00
	26686	Mon	April 8, 2024	June 17, 2024	1:00 PM	1:30 PM	\$280.00	\$320.00
	26687	Mon	April 8, 2024	June 17, 2024	1:30 PM	2:00 PM	\$280.00	\$320.00
	26688	Mon	April 8, 2024	June 17, 2024	4:00 PM	4:30 PM	\$280.00	\$320.00
	26689	Mon	April 8, 2024	June 17, 2024	4:30 PM	5:00 PM	\$280.00	\$320.00
30 min - Private Lessons (11 CLASSES)	26730	Tue	April 9, 2024	June 18, 2024	4:00 PM	4:30 PM	\$308.00	\$352.00
	26731	Tue	April 9, 2024	June 18, 2024	4:15 PM	4:45 PM	\$308.00	\$352.00
	26732	Tue	April 9, 2024	June 18, 2024	4:30 PM	5:00 PM	\$308.00	\$352.00
	26733	Tue	April 9, 2024	June 18, 2024	5:00 PM	5:30 PM	\$308.00	\$352.00
	26734	Tue	April 9, 2024	June 18, 2024	5:00 PM	5:30 PM	\$308.00	\$352.00
	26735	Tue	April 9, 2024	June 18, 2024	4:30 PM	5:00 PM	\$308.00	\$352.00
	26736	Tue	April 9, 2024	June 18, 2024	4:45 PM	5:15 PM	\$308.00	\$352.00
	26737	Tue	April 9, 2024	June 18, 2024	5:15 PM	5:45 PM	\$308.00	\$352.00
	26738	Tue	April 9, 2024	June 18, 2024	6:30 PM	7:00 PM	\$308.00	\$352.00
	26739	Tue	April 9, 2024	June 18, 2024	7:00 PM	7:30 PM	\$308.00	\$352.00
	26740	Tue	April 9, 2024	June 18, 2024	7:00 PM	7:30 PM	\$308.00	\$352.00
	26741	Tue	April 9, 2024	June 18, 2024	7:00 PM	7:30 PM	\$308.00	\$352.00
	26742	Tue	April 9, 2024	June 18, 2024	7:00 PM	7:30 PM	\$308.00	\$352.00
	26743	Tue	April 9, 2024	June 18, 2024	7:30 PM	8:00 PM	\$308.00	\$352.00
	26744	Tue	April 9, 2024	June 18, 2024	7:30 PM	8:00 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 (11 CLASSES)	26745	Tue	April 9, 2024	June 18, 2024	8:00 PM	8:30 PM	\$308.00	\$352.00
	26746	Tue	April 9, 2024	June 18, 2024	8:00 PM	8:30 PM	\$308.00	\$352.00
	26779	Wed	April 10, 2024	June 19, 2024	1:00 PM	1:30 PM	\$308.00	\$352.00
	26780	Wed	April 10, 2024	June 19, 2024	1:30 PM	2:00 PM	\$308.00	\$352.00
	26781	Wed	April 10, 2024	June 19, 2024	1:30 PM	2:00 PM	\$308.00	\$352.00
	26782	Wed	April 10, 2024	June 19, 2024	4:45 PM	5:15 PM	\$308.00	\$352.00
	26783	Wed	April 10, 2024	June 19, 2024	4:45 PM	5:15 PM	\$308.00	\$352.00
	26784	Wed	April 10, 2024	June 19, 2024	5:15 PM	5:45 PM	\$308.00	\$352.00
	26785	Wed	April 10, 2024	June 19, 2024	5:15 PM	5:45 PM	\$308.00	\$352.00
	26786	Wed	April 10, 2024	June 19, 2024	5:30 PM	6:00 PM	\$308.00	\$352.00
	26787	Wed	April 10, 2024	June 19, 2024	5:45 PM	6:15 PM	\$308.00	\$352.00
	26788	Wed	April 10, 2024	June 19, 2024	5:45 PM	6:15 PM	\$308.00	\$352.00
	26789	Wed	April 10, 2024	June 19, 2024	6:15 PM	6:45 PM	\$308.00	\$352.00
	26790	Wed	April 10, 2024	June 19, 2024	6:15 PM	6:45 PM	\$308.00	\$352.00
	26791	Wed	April 10, 2024	June 19, 2024	6:30 PM	7:00 PM	\$308.00	\$352.00
	26792	Wed	April 10, 2024	June 19, 2024	6:45 PM	7:15 PM	\$308.00	\$352.00
	26793	Wed	April 10, 2024	June 19, 2024	7:30 PM	8:00 PM	\$308.00	\$352.00
	26828	Thu	April 11, 2024	June 20, 2024	4:30 PM	5:00 PM	\$308.00	\$352.00
	26829	Thu	April 11, 2024	June 20, 2024	5:00 PM	5:30 PM	\$308.00	\$352.00
	26830	Thu	April 11, 2024	June 20, 2024	5:00 PM	5:30 PM	\$308.00	\$352.00
	26831	Thu	April 11, 2024	June 20, 2024	5:30 PM	6:00 PM	\$308.00	\$352.00
	26832	Thu	April 11, 2024	June 20, 2024	6:30 PM	7:00 PM	\$308.00	\$352.00
	26833	Thu	April 11, 2024	June 20, 2024	6:45 PM	7:15 PM	\$308.00	\$352.00
	26834	Thu	April 11, 2024	June 20, 2024	7:00 PM	7:30 PM	\$308.00	\$352.00
	26835	Thu	April 11, 2024	June 20, 2024	7:00 PM	7:30 PM	\$308.00	\$352.00
	26836	Thu	April 11, 2024	June 20, 2024	7:00 PM	7:30 PM	\$308.00	\$352.00
	26837	Thu	April 11, 2024	June 20, 2024	7:30 PM	8:00 PM	\$308.00	\$352.00
	26838	Thu	April 11, 2024	June 20, 2024	7:30 PM	8:00 PM	\$308.00	\$352.00
	26839	Thu	April 11, 2024	June 20, 2024	8:00 PM	8:30 PM	\$308.00	\$352.00
	26840	Thu	April 11, 2024	June 20, 2024	8:00 PM	8:30 PM	\$308.00	\$352.00
	26859	Fri	April 12, 2024	June 21, 2024	10:45 AM	11:15 AM	\$308.00	\$352.00
	26860	Fri	April 12, 2024	June 21, 2024	11:45 AM	12:15 PM	\$308.00	\$352.00
	26861	Fri	April 12, 2024	June 21, 2024	12:15 PM	12:45 PM	\$308.00	\$352.00
	26862	Fri	April 12, 2024	June 21, 2024	1:15 PM	1:45 PM	\$308.00	\$352.00
45 min - Private Lessons (10 CLASSES)	26915	Sat	April 6, 2024	June 22, 2024	9:00 AM	9:45 AM	\$410.00	\$470.00
	26916	Sat	April 6, 2024	June 22, 2024	9:00 AM	9:45 AM	\$410.00	\$470.00
	26917	Sat	April 6, 2024	June 22, 2024	9:30 AM	10:15 AM	\$410.00	\$470.00
	26918	Sat	April 6, 2024	June 22, 2024	9:45 AM	10:30 AM	\$410.00	\$470.00
	26919	Sat	April 6, 2024	June 22, 2024	10:30 AM	11:15 AM	\$410.00	\$470.00
	26920	Sat	April 6, 2024	June 22, 2024	10:30 AM	11:15 AM	\$410.00	\$470.00
	26921	Sat	April 6, 2024	June 22, 2024	11:15 AM	12:00 PM	\$410.00	\$470.00
	26922	Sat	April 6, 2024	June 22, 2024	11:45 AM	12:30 PM	\$410.00	\$470.00
	26923	Sat	April 6, 2024	June 22, 2024	3:00 PM	3:45 PM	\$410.00	\$470.00
	26924	Sat	April 6, 2024	June 22, 2024	3:45 PM	4:30 PM	\$410.00	\$470.00
	26968	Sun	April 7, 2024	June 23, 2024	9:00 AM	9:45 AM	\$410.00	\$470.00
	26969	Sun	April 7, 2024	June 23, 2024	9:00 AM	9:45 AM	\$410.00	\$470.00
	26970	Sun	April 7, 2024	June 23, 2024	9:45 AM	10:30 AM	\$410.00	\$470.00
	26971	Sun	April 7, 2024	June 23, 2024	10:00 AM	10:45 AM	\$410.00	\$470.00
	26972	Sun	April 7, 2024	June 23, 2024	10:45 AM	11:30 AM	\$410.00	\$470.00
	26973	Sun	April 7, 2024	June 23, 2024	11:00 AM	11:45 AM	\$410.00	\$470.00
	26974	Sun	April 7, 2024	June 23, 2024	11:45 AM	12:30 PM	\$410.00	\$470.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
PRIVATE LESSONS							MEMBER	NON-MEMBER
45 min - Private Lessons (10 CLASSES)	26975	Sun	April 7, 2024	June 23, 2024	11:45 AM	12:30 PM	\$410.00	\$470.00
	26976	Sun	April 7, 2024	June 23, 2024	11:30 AM	12:15 PM	\$410.00	\$470.00
	26977	Sun	April 7, 2024	June 23, 2024	12:15 PM	1:00 PM	\$410.00	\$470.00
	26978	Sun	April 7, 2024	June 23, 2024	1:45 PM	2:30 PM	\$410.00	\$470.00
	26979	Sun	April 7, 2024	June 23, 2024	2:15 PM	3:00 PM	\$410.00	\$470.00
	26980	Sun	April 7, 2024	June 23, 2024	3:45 PM	4:30 PM	\$410.00	\$470.00
	26699	Mon	April 8, 2024	June 17, 2024	2:15 PM	3:00 PM	\$410.00	\$470.00
	26700	Mon	April 8, 2024	June 17, 2024	3:00 PM	3:45 PM	\$410.00	\$470.00
	26701	Mon	April 8, 2024	June 17, 2024	4:00 PM	4:45 PM	\$410.00	\$470.00
	26702	Mon	April 8, 2024	June 17, 2024	4:00 PM	4:45 PM	\$410.00	\$470.00
	26703	Mon	April 8, 2024	June 17, 2024	4:30 PM	5:15 PM	\$410.00	\$470.00
	26704	Mon	April 8, 2024	June 17, 2024	5:00 PM	5:45 PM	\$410.00	\$470.00
	26705	Mon	April 8, 2024	June 17, 2024	5:00 PM	5:45 PM	\$410.00	\$470.00
	26706	Mon	April 8, 2024	June 17, 2024	3:00 PM	4:00 PM	\$410.00	\$470.00
45 min - Private Lessons (11 CLASSES)	26747	Tue	April 9, 2024	June 18, 2024	9:00 AM	9:45 AM	\$451.00	\$517.00
	26748	Tue	April 9, 2024	June 18, 2024	4:45 PM	5:30 PM	\$451.00	\$517.00
	26749	Tue	April 9, 2024	June 18, 2024	5:00 PM	5:45 PM	\$451.00	\$517.00
	26750	Tue	April 9, 2024	June 18, 2024	5:45 PM	6:30 PM	\$451.00	\$517.00
	26751	Tue	April 9, 2024	June 18, 2024	6:30 PM	7:15 PM	\$451.00	\$517.00
	26752	Tue	April 9, 2024	June 18, 2024	7:30 PM	8:15 PM	\$451.00	\$517.00
	26794	Wed	April 10, 2024	June 19, 2024	2:15 PM	3:00 PM	\$451.00	\$517.00
	26795	Wed	April 10, 2024	June 19, 2024	3:00 PM	3:45 PM	\$451.00	\$517.00
	26796	Wed	April 10, 2024	June 19, 2024	2:00 PM	2:45 PM	\$451.00	\$517.00
	26797	Wed	April 10, 2024	June 19, 2024	2:30 PM	3:15 PM	\$451.00	\$517.00
	26798	Wed	April 10, 2024	June 19, 2024	2:45 PM	3:30 PM	\$451.00	\$517.00
	26799	Wed	April 10, 2024	June 19, 2024	4:00 PM	4:45 PM	\$451.00	\$517.00
	26800	Wed	April 10, 2024	June 19, 2024	4:00 PM	4:45 PM	\$451.00	\$517.00
	26801	Wed	April 10, 2024	June 19, 2024	4:30 PM	5:15 PM	\$451.00	\$517.00
	26802	Wed	April 10, 2024	June 19, 2024	5:00 PM	5:45 PM	\$451.00	\$517.00
	26803	Wed	April 10, 2024	June 19, 2024	5:00 PM	5:45 PM	\$451.00	\$517.00
	26804	Wed	April 10, 2024	June 19, 2024	5:15 PM	6:00 PM	\$451.00	\$517.00
	26805	Wed	April 10, 2024	June 19, 2024	6:30 PM	7:15 PM	\$451.00	\$517.00
	26806	Wed	April 10, 2024	June 19, 2024	7:15 PM	8:00 PM	\$451.00	\$517.00
	26841	Thu	April 11, 2024	June 20, 2024	4:00 PM	4:45 PM	\$451.00	\$517.00
	26842	Thu	April 11, 2024	June 20, 2024	4:45 PM	5:30 PM	\$451.00	\$517.00
	26843	Thu	April 11, 2024	June 20, 2024	5:00 PM	5:45 PM	\$451.00	\$517.00
	26844	Thu	April 11, 2024	June 20, 2024	5:00 PM	5:45 PM	\$451.00	\$517.00
	26845	Thu	April 11, 2024	June 20, 2024	6:30 PM	7:15 PM	\$451.00	\$517.00
	26846	Thu	April 11, 2024	June 20, 2024	7:15 PM	8:00 PM	\$451.00	\$517.00
	26847	Thu	April 11, 2024	June 20, 2024	7:30 PM	8:15 PM	\$451.00	\$517.00
	26863	Fri	April 12, 2024	June 21, 2024	9:00 AM	9:45 AM	\$451.00	\$517.00
	26864	Fri	April 12, 2024	June 21, 2024	10:00 AM	10:45 AM	\$451.00	\$517.00
	26865	Fri	April 12, 2024	June 21, 2024	1:45 PM	2:30 PM	\$451.00	\$517.00
60 min - Private Lessons (10 CLASSES)	26706	Mon	April 8, 2024	June 17, 2024	3:00 PM	4:00 PM	\$410.00	\$470.00
60 min - Private Lessons (11 CLASSES)	26753	Tue	April 9, 2024	June 18, 2024	7:30 PM	8:30 PM	\$530.00	\$627.00
	26807	Wed	April 10, 2024	June 19, 2024	3:00 PM	4:00 PM	\$530.00	\$627.00
	26848	Thu	April 11, 2024	June 20, 2024	7:30 PM	8:30 PM	\$530.00	\$627.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
ADULT SWIM LESSONS								
Adult Beginner (10 Classes)	26925	Sat	April 6, 2024	June 22, 2024	12:30 PM	1:30 PM	\$125.00	\$145.00
	26981	Sun	April 7, 2024	June 23, 2024	12:30 PM	1:30 PM	\$125.00	\$145.00
	26707	Mon	April 8, 2024	June 17, 2024	12:00 PM	1:00 PM	\$125.00	\$145.00
	26708	Mon	April 8, 2024	June 17, 2024	8:00 PM	9:00 PM	\$125.00	\$145.00
Adult Beginner (11 Classes)	26754	Tue	April 9, 2024	June 18, 2024	8:30 PM	9:30 PM	\$138.00	\$160.00
	26808	Wed	April 10, 2024	June 19, 2024	8:00 PM	9:00 PM	\$138.00	\$160.00
	26849	Thu	April 11, 2024	June 20, 2024	8:30 PM	9:30 PM	\$138.00	\$160.00
Adult Intermediate (10 CLASSES)	26926	Sat	April 6, 2024	June 22, 2024	12:30 PM	1:30 PM	\$125.00	\$145.00
	26982	Sun	April 7, 2024	June 23, 2024	12:30 PM	1:30 PM	\$125.00	\$145.00
	26709	Mon	April 8, 2024	June 17, 2024	8:00 PM	9:00 PM	\$125.00	\$145.00
Adult Intermediate (11 CLASSES)	26755	Tue	April 9, 2024	June 18, 2024	8:30 PM	9:30 PM	\$138.00	\$160.00
	26809	Wed	April 10, 2024	June 19, 2024	12:00 PM	1:00 PM	\$138.00	\$160.00
	26810	Wed	April 10, 2024	June 19, 2024	8:00 PM	9:00 PM	\$138.00	\$160.00
	26850	Thu	April 11, 2024	June 20, 2024	8:30 PM	9:30 PM	\$138.00	\$160.00
	26866	Fri	April 12, 2024	June 21, 2024	12:00 PM	1:00 PM	\$138.00	\$160.00
Adult Advanced (11 CLASSES)	26811	Wed	April 10, 2024	June 19, 2024	8:00 PM	9:00 PM	\$138.00	\$160.00
PARENT & TOT								
Parent and Tot 1/2/3 (10 CLASSES)	26868	Sat	April 6, 2024	June 22, 2024	9:00 AM	9:30 AM	\$70.00	\$85.00
	26869	Sat	April 6, 2024	June 22, 2024	10:00 AM	10:30 AM	\$70.00	\$85.00
	26870	Sat	April 6, 2024	June 22, 2024	11:00 AM	11:30 AM	\$70.00	\$85.00
	26871	Sat	April 6, 2024	June 22, 2024	12:00 PM	12:30 PM	\$70.00	\$85.00
	26872	Sat	April 6, 2024	June 22, 2024	12:30 PM	1:00 PM	\$70.00	\$85.00
	26927	Sun	April 7, 2024	June 23, 2024	9:00 AM	9:30 AM	\$70.00	\$85.00
	26928	Sun	April 7, 2024	June 23, 2024	11:00 AM	11:30 AM	\$70.00	\$85.00
	26929	Sun	April 7, 2024	June 23, 2024	11:30 AM	12:00 PM	\$70.00	\$85.00
	26930	Sun	April 7, 2024	June 23, 2024	12:00 PM	12:30 PM	\$70.00	\$85.00
	26931	Sun	April 7, 2024	June 23, 2024	12:45 PM	1:15 PM	\$70.00	\$85.00
	26665	Mon	April 8, 2024	June 17, 2024	11:30 AM	12:00 PM	\$70.00	\$85.00
	26666	Mon	April 8, 2024	June 17, 2024	1:00 PM	1:30 PM	\$70.00	\$85.00
	26667	Mon	April 8, 2024	June 17, 2024	4:45 PM	5:15 PM	\$70.00	\$85.00
	26668	Mon	April 8, 2024	June 17, 2024	5:45 PM	6:15 PM	\$70.00	\$85.00
Parent and Tot 1/2/3 (11 CLASSES)	26711	Tue	April 9, 2024	June 18, 2024	6:00 PM	6:30 PM	\$77.00	\$94.00
	26712	Tue	April 9, 2024	June 18, 2024	10:15 AM	10:45 AM	\$77.00	\$94.00
	26713	Tue	April 9, 2024	June 18, 2024	11:15 AM	11:45 AM	\$77.00	\$94.00
	26714	Tue	April 9, 2024	June 18, 2024	12:15 PM	12:45 PM	\$77.00	\$94.00
	26756	Wed	April 10, 2024	June 19, 2024	11:30 AM	12:00 PM	\$77.00	\$94.00
	26757	Wed	April 10, 2024	June 19, 2024	1:00 PM	1:30 PM	\$77.00	\$94.00
	26758	Wed	April 10, 2024	June 19, 2024	4:00 PM	4:30 PM	\$77.00	\$94.00
	26759	Wed	April 10, 2024	June 19, 2024	6:15 PM	6:45 PM	\$77.00	\$94.00
	26813	Thu	April 11, 2024	June 20, 2024	4:00 PM	4:30 PM	\$77.00	\$94.00
	26814	Thu	April 11, 2024	June 20, 2024	5:30 PM	6:00 PM	\$77.00	\$94.00
	26851	Fri	April 12, 2024	June 21, 2024	9:30 AM	10:00 AM	\$77.00	\$94.00
	26852	Fri	April 12, 2024	June 21, 2024	10:15 AM	10:45 AM	\$77.00	\$94.00
	26853	Fri	April 12, 2024	June 21, 2024	11:15 AM	11:45 AM	\$77.00	\$94.00
	26854	Fri	April 12, 2024	June 21, 2024	12:45 PM	1:15 PM	\$77.00	\$94.00



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
SWIM FOR LIFE® PRESCHOOL								
Preschool 1 (10 CLASSES)	26873	Sat	April 6, 2024	June 22, 2024	9:00 AM	9:30 AM	\$90.00	\$100.00
	26874	Sat	April 6, 2024	June 22, 2024	10:30 AM	11:00 AM	\$90.00	\$100.00
	26932	Sun	April 7, 2024	June 23, 2024	9:30 AM	10:00 AM	\$90.00	\$100.00
	26933	Sun	April 7, 2024	June 23, 2024	1:15 PM	1:45 PM	\$90.00	\$100.00
	26669	Mon	April 8, 2024	June 17, 2024	4:00 PM	4:30 PM	\$90.00	\$100.00
	26670	Mon	April 8, 2024	June 17, 2024	5:45 PM	6:15 PM	\$90.00	\$100.00
Preschool 1 (11 CLASSES)	26715	Tue	April 9, 2024	June 18, 2024	9:45 AM	10:15 AM	\$99.00	\$110.00
	26716	Tue	April 9, 2024	June 18, 2024	4:00 PM	4:30 PM	\$99.00	\$110.00
	26760	Wed	April 10, 2024	June 19, 2024	5:00 PM	5:30 PM	\$99.00	\$110.00
	26761	Wed	April 10, 2024	June 19, 2024	6:30 PM	7:00 PM	\$99.00	\$110.00
	26815	Thu	April 11, 2024	June 20, 2024	4:30 PM	5:00 PM	\$99.00	\$110.00
Preschool 1/2 (10 CLASSES)	26875	Sat	April 6, 2024	June 22, 2024	12:45 PM	1:15 PM	\$90.00	\$100.00
	26934	Sun	April 7, 2024	June 23, 2024	10:00 AM	10:30 AM	\$90.00	\$100.00
	26671	Mon	April 8, 2024	June 17, 2024	12:00 PM	12:30 PM	\$90.00	\$100.00
Preschool 1/2 (11 CLASSES)	26717	Tue	April 9, 2024	June 18, 2024	6:00 PM	6:30 PM	\$99.00	\$110.00
	26762	Wed	April 10, 2024	June 19, 2024	12:00 PM	12:30 PM	\$99.00	\$110.00
	26816	Thu	April 11, 2024	June 20, 2024	6:15 PM	6:45 PM	\$99.00	\$110.00
	26855	Fri	April 12, 2024	June 21, 2024	9:00 AM	9:30 AM	\$99.00	\$110.00
Preschool 2 (10 CLASSES)	26876	Sat	April 6, 2024	June 22, 2024	9:30 AM	10:00 AM	\$90.00	\$100.00
	26877	Sat	April 6, 2024	June 22, 2024	11:30 AM	12:00 PM	\$90.00	\$100.00
	26935	Sun	April 7, 2024	June 23, 2024	9:00 AM	9:30 AM	\$90.00	\$100.00
	26936	Sun	April 7, 2024	June 23, 2024	10:30 AM	11:00 AM	\$90.00	\$100.00
	26672	Mon	April 8, 2024	June 17, 2024	4:45 PM	5:15 PM	\$90.00	\$100.00
	26673	Mon	April 8, 2024	June 17, 2024	6:15 PM	6:45 PM	\$90.00	\$100.00
Preschool 2 (11 CLASSES)	26718	Tue	April 9, 2024	June 18, 2024	10:45 AM	11:15 AM	\$99.00	\$110.00
	26719	Tue	April 9, 2024	June 18, 2024	5:30 PM	6:00 PM	\$99.00	\$110.00
	26763	Wed	April 10, 2024	June 19, 2024	4:00 PM	4:30 PM	\$99.00	\$110.00
	26764	Wed	April 10, 2024	June 19, 2024	7:00 PM	7:30 PM	\$99.00	\$110.00
	26817	Thu	April 11, 2024	June 20, 2024	4:30 PM	5:00 PM	\$99.00	\$110.00
	26818	Thu	April 11, 2024	June 20, 2024	5:45 PM	6:15 PM	\$99.00	\$110.00
Preschool 3 (10 CLASSES)	26878	Sat	April 6, 2024	June 22, 2024	10:00 AM	10:30 AM	\$90.00	\$100.00
	26879	Sat	April 6, 2024	June 22, 2024	12:15 PM	12:45 PM	\$90.00	\$100.00
	26937	Sun	April 7, 2024	June 23, 2024	11:00 AM	11:30 AM	\$90.00	\$100.00
	26938	Sun	April 7, 2024	June 23, 2024	12:30 PM	1:00 PM	\$90.00	\$100.00
	26674	Mon	April 8, 2024	June 17, 2024	12:30 PM	1:00 PM	\$90.00	\$100.00
	26675	Mon	April 8, 2024	June 17, 2024	5:15 PM	5:45 PM	\$90.00	\$100.00
	26676	Mon	April 8, 2024	June 17, 2024	7:00 PM	7:30 PM	\$90.00	\$100.00
Preschool 3 (11 CLASSES)	26720	Tue	April 9, 2024	June 18, 2024	11:45 AM	12:15 PM	\$99.00	\$110.00
	26721	Tue	April 9, 2024	June 18, 2024	6:30 PM	7:00 PM	\$99.00	\$110.00
	26765	Wed	April 10, 2024	June 19, 2024	12:30 PM	1:00 PM	\$99.00	\$110.00
	26766	Wed	April 10, 2024	June 19, 2024	4:30 PM	5:00 PM	\$99.00	\$110.00
	26767	Wed	April 10, 2024	June 19, 2024	6:00 PM	6:30 PM	\$99.00	\$110.00
	26819	Thu	April 11, 2024	June 20, 2024	4:00 PM	4:30 PM	\$99.00	\$110.00
	26856	Fri	April 12, 2024	June 21, 2024	9:45 AM	10:15 AM	\$99.00	\$110.00
Preschool 4 (10 CLASSES)	26880	Sat	April 6, 2024	June 22, 2024	11:00 AM	11:30 AM	\$90.00	\$100.00
	26939	Sun	April 7, 2024	June 23, 2024	11:30 AM	12:00 PM	\$90.00	\$100.00
	26677	Mon	April 8, 2024	June 17, 2024	1:30 PM	2:00 PM	\$90.00	\$100.00
Preschool 4 (11 CLASSES)	26768	Wed	April 10, 2024	June 19, 2024	1:30 PM	2:00 PM	\$99.00	\$110.00
Preschool 4/5 (10 CLASSES)	26881	Sat	April 6, 2024	June 22, 2024	1:00 PM	1:45 PM	\$100.00	\$110.00
	26940	Sun	April 7, 2024	June 23, 2024	10:15 AM	11:00 AM	\$100.00	\$110.00
	26678	Mon	April 8, 2024	June 17, 2024	6:30 PM	7:15 PM	\$100.00	\$110.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
Preschool 4/5 (11 CLASSES)	26722	Tue	April 9, 2024	June 18, 2024	6:30 PM	7:15 PM	\$110.00	\$121.00
	26769	Wed	April 10, 2024	June 19, 2024	5:30 PM	6:15 PM	\$110.00	\$121.00
	26820	Thu	April 11, 2024	June 20, 2024	4:15 PM	5:00 PM	\$110.00	\$121.00
	26821	Thu	April 11, 2024	June 20, 2024	6:45 PM	7:30 PM	\$110.00	\$121.00
	26857	Fri	April 12, 2024	June 21, 2024	10:45 AM	11:30 AM	\$110.00	\$121.00
	26858	Fri	April 12, 2024	June 21, 2024	1:00 PM	1:45 PM	\$110.00	\$121.00
Preschool 5 (10 CLASSES)	26882	Sat	April 6, 2024	June 22, 2024	2:15 PM	3:00 PM	\$100.00	\$110.00
	26941	Sun	April 7, 2024	June 23, 2024	1:00 PM	1:45 PM	\$100.00	\$110.00
	26679	Mon	April 8, 2024	June 17, 2024	2:00 PM	2:45 PM	\$100.00	\$110.00
Preschool 5 (11 CLASSES)	26770	Wed	April 10, 2024	June 19, 2024	2:00 PM	2:45 PM	\$110.00	\$121.00
	26771	Wed	April 10, 2024	June 19, 2024	1:30 PM	2:15 PM	\$110.00	\$121.00
SWIM FOR LIFE® SWIMMER								
Swimmer 1 (10 CLASSES)	26883	Sat	April 6, 2024	June 22, 2024	9:30 AM	10:00 AM	\$90.00	\$100.00
	26884	Sat	April 6, 2024	June 22, 2024	11:30 AM	12:00 PM	\$90.00	\$100.00
	26885	Sat	April 6, 2024	June 22, 2024	1:30 PM	2:00 PM	\$90.00	\$100.00
	26942	Sun	April 7, 2024	June 23, 2024	9:30 AM	10:00 AM	\$90.00	\$100.00
	26943	Sun	April 7, 2024	June 23, 2024	12:00 PM	12:30 PM	\$90.00	\$100.00
	26944	Sun	April 7, 2024	June 23, 2024	2:15 PM	2:45 PM	\$90.00	\$100.00
	26680	Mon	April 8, 2024	June 17, 2024	5:15 PM	5:45 PM	\$90.00	\$100.00
	26681	Mon	April 8, 2024	June 17, 2024	7:15 PM	7:45 PM	\$90.00	\$100.00
Swimmer 1 (11 CLASSES)	26723	Tue	April 9, 2024	June 18, 2024	4:30 PM	5:00 PM	\$99.00	\$110.00
	26724	Tue	April 9, 2024	June 18, 2024	5:30 PM	6:00 PM	\$99.00	\$110.00
	26772	Wed	April 10, 2024	June 19, 2024	4:30 PM	5:00 PM	\$99.00	\$110.00
	26773	Wed	April 10, 2024	June 19, 2024	7:15 PM	7:45 PM	\$99.00	\$110.00
	26822	Thu	April 11, 2024	June 20, 2024	6:00 PM	6:30 PM	\$99.00	\$110.00
Swimmer 2 (10 CLASSES)	26886	Sat	April 6, 2024	June 22, 2024	10:15 AM	11:00 AM	\$100.00	\$110.00
	26887	Sat	April 6, 2024	June 22, 2024	1:45 PM	2:30 PM	\$100.00	\$110.00
	26888	Sat	April 6, 2024	June 22, 2024	2:30 PM	3:15 PM	\$100.00	\$110.00
	26945	Sun	April 7, 2024	June 23, 2024	9:45 AM	10:30 AM	\$100.00	\$110.00
	26946	Sun	April 7, 2024	June 23, 2024	2:30 PM	3:15 PM	\$100.00	\$110.00
	26947	Sun	April 7, 2024	June 23, 2024	1:30 PM	2:15 PM	\$100.00	\$110.00
	26682	Mon	April 8, 2024	June 17, 2024	6:00 PM	6:45 PM	\$100.00	\$110.00
Swimmer 2 (11 CLASSES)	26725	Tue	April 9, 2024	June 18, 2024	4:45 PM	5:30 PM	\$110.00	\$121.00
	26774	Wed	April 10, 2024	June 19, 2024	4:45 PM	5:30 PM	\$110.00	\$121.00
	26775	Wed	April 10, 2024	June 19, 2024	6:30 PM	7:15 PM	\$110.00	\$121.00
	26823	Thu	April 11, 2024	June 20, 2024	4:45 PM	5:30 PM	\$110.00	\$121.00
Swimmer 3 (10 CLASSES)	26889	Sat	April 6, 2024	June 22, 2024	9:00 AM	9:45 AM	\$100.00	\$110.00
	26890	Sat	April 6, 2024	June 22, 2024	11:45 AM	12:30 PM	\$100.00	\$110.00
	26948	Sun	April 7, 2024	June 23, 2024	10:15 AM	11:00 AM	\$100.00	\$110.00
	26949	Sun	April 7, 2024	June 23, 2024	11:00 AM	11:45 AM	\$100.00	\$110.00
	26683	Mon	April 8, 2024	June 17, 2024	4:45 PM	5:30 PM	\$100.00	\$110.00
Swimmer 3 (11 CLASSES)	26726	Tue	April 9, 2024	June 18, 2024	4:00 PM	4:45 PM	\$110.00	\$121.00
	26776	Wed	April 10, 2024	June 19, 2024	5:45 PM	6:30 PM	\$110.00	\$121.00
	26824	Thu	April 11, 2024	June 20, 2024	5:45 PM	6:30 PM	\$110.00	\$121.00



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
Swimmer 4 (10 CLASSES)	26891	Sat	April 6, 2024	June 22, 2024	9:45 AM	10:30 AM	\$100.00	\$110.00
	26892	Sat	April 6, 2024	June 22, 2024	11:00 AM	11:45 AM	\$100.00	\$110.00
	26950	Sun	April 7, 2024	June 23, 2024	9:00 AM	9:45 AM	\$100.00	\$110.00
	26951	Sun	April 7, 2024	June 23, 2024	11:45 AM	12:30 PM	\$100.00	\$110.00
	26684	Mon	April 8, 2024	June 17, 2024	5:45 PM	6:30 PM	\$100.00	\$110.00
Swimmer 4 (11 CLASSES)	26727	Tue	April 9, 2024	June 18, 2024	4:00 PM	4:45 PM	\$110.00	\$121.00
	26777	Wed	April 10, 2024	June 19, 2024	4:00 PM	4:45 PM	\$110.00	\$121.00
	26825	Thu	April 11, 2024	June 20, 2024	4:00 PM	4:45 PM	\$110.00	\$121.00
Swimmer 5/6 (10 CLASSES)	26893	Sat	April 6, 2024	June 22, 2024	9:00 AM	9:45 AM	\$100.00	\$110.00
	26894	Sat	April 6, 2024	June 22, 2024	1:30 PM	2:15 PM	\$100.00	\$110.00
	26952	Sun	April 7, 2024	June 23, 2024	11:00 AM	11:45 AM	\$100.00	\$110.00
	26953	Sun	April 7, 2024	June 23, 2024	1:30 PM	2:15 PM	\$100.00	\$110.00
	26685	Mon	April 8, 2024	June 17, 2024	4:00 PM	4:45 PM	\$100.00	\$110.00
Swimmer 5/6 (11 CLASSES)	26728	Tue	April 9, 2024	June 18, 2024	7:30 PM	8:15 PM	\$110.00	\$121.00
	26778	Wed	April 10, 2024	June 19, 2024	5:45 PM	6:30 PM	\$110.00	\$121.00
	26826	Thu	April 11, 2024	June 20, 2024	7:30 PM	8:15 PM	\$110.00	\$121.00
Swimmer 7 (10 CLASSES)	26895	Sat	April 6, 2024	June 22, 2024	10:30 AM	11:30 AM	\$120.00	\$140.00
	26954	Sun	April 7, 2024	June 23, 2024	10:00 AM	11:00 AM	\$120.00	\$140.00
Swimmer 7/8/9 (11 CLASSES)	26729	Tue	April 9, 2024	June 18, 2024	5:30 PM	6:30 PM	\$132.00	\$154.00
	26827	Thu	April 11, 2024	June 20, 2024	5:30 PM	6:30 PM	\$132.00	\$154.00
Swimmer 8/9 (10 CLASSES)	26896	Sat	April 6, 2024	June 22, 2024	11:30 AM	12:30 PM	\$120.00	\$140.00
	26955	Sun	April 7, 2024	June 23, 2024	9:00 AM	10:00 AM	\$120.00	\$140.00
SWIM ABILITIES®								
Swim Abilities (9 CLASSES)	26710	Mon	April 8, 2024	June 10, 2024	4:00 PM	4:45 PM	\$90.00	\$99.00
	26867	Fri	April 12, 2024	June 7, 2024	1:45 PM	2:30 PM	\$90.00	\$99.00
	26812	Wed	April 10, 2024	June 5, 2024	3:15 PM	4:00 PM	\$90.00	\$99.00
CLUB PROGRAMS								
Sea Dragons Swim Club (3/week)	27194	Mon, Wed, Sat	April 6, 2024	June 22, 2024	7:00 PM	8:00 PM	\$380.00	\$418.00
Sea Dragons Lifesaving Club (3/week)	27195	Tue, Thu, Sun	April 7, 2024	June 23, 2024	6:00 PM	7:00 PM	\$390.00	\$429.00
Sea Dragons Lifesaving Club (Sun)	27196	Sun	April 7, 2024	June 23, 2024	12:00 PM	1:30 PM	\$199.00	\$221.00
Sea Dragons Stroke Proficiency (10 Classes)	27197	Sat	April 6, 2024	June 22, 2024	3:00 PM	4:00 PM	\$168.00	\$185.00
	27198	Sun	April 7, 2024	June 23, 2024	3:00 PM	4:00 PM	\$168.00	\$185.00
Sea Dragons Stroke Proficiency (11 Classes)	27199	Wed	April 10, 2024	June 19, 2024	4:00 PM	5:00 PM	\$184.00	\$204.00



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
LIFESAVING COURSES								
Bronze Star	27204	Fri	April 19, 2024	April 19, 2024	9:00 AM	5:00 PM	\$110.00	\$130.00
		Sat	April 20, 2024	April 20, 2024	12:00 PM	4:00 PM		
	27205	Sa, Sun	May 25, 2024	May 26, 2024	11:00 AM	5:00 PM	\$110.00	\$130.00
Bronze Medallion and CPR-C	27206	Fri	April 5, 2024	April 5, 2024	6:00 PM	10:00 PM	\$175.00	\$200.00
		Sat, Sun	April 6, 2024	April 7, 2024	12:00 PM	8:00 PM		
	27207	Fri	April 26, 2024	April 26, 2024	6:00 PM	10:00 PM	\$175.00	\$200.00
		Sat, Sun	April 27, 2024	April 28, 2024	12:00 PM	8:00 PM		
	27208	Fri	June 7, 2024	June 7, 2024	6:00 PM	10:00 PM	\$175.00	\$200.00
		Sat, Sun	June 8, 2024	June 9, 2024	12:00 PM	8:00 PM		
Intermediate First Aid	27209	Sat, Sun	April 13, 2024	April 14, 2024	9:00 AM	5:00 PM	\$150.00	\$170.00
		Sat, Sun	May 11, 2024	May 12, 2024	9:00 AM	5:00 PM		
	27211	Sat, Sun	June 15, 2024	June 16, 2024	9:00 AM	5:00 PM	\$150.00	\$170.00
Intermediate First Aid Recertification	27219	Fri	April 12, 2024	April 12, 2024	9:00 AM	5:00 PM	\$80.00	\$90.00
		Fri	May 17, 2024	May 17, 2024	9:00 AM	5:00 PM		
	27221	Sat	June 29, 2024	June 29, 2024	9:00 AM	5:00 PM	\$80.00	\$90.00
Bronze Cross (Assistant Lifeguard)	27201	Fri	April 19, 2024	April 19, 2024	6:00 PM	10:00 PM	\$180.00	\$205.00
		Sat, Sun	April 20, 2024	April 21, 2024	12:00 PM	8:00 PM		
	27202	Fri	May 17, 2024	May 17, 2024	6:00 PM	10:00 PM	\$180.00	\$205.00
		Sat, Sun	May 18, 2024	May 19, 2024	12:00 PM	8:00 PM		
	27203	Fri	June 21, 2024	June 21, 2024	6:00 PM	10:00 PM	\$180.00	\$205.00
		Sat, Sun	June 22, 2024	June 23, 2024	12:00 PM	8:00 PM		
National Lifeguard	27213	Fri	May 24, 2024	June 2, 2024	6:00 PM	10:00 PM	\$350.00	\$390.00
		Sat, Sun	May 24, 2024	June 2, 2024	12:00 PM	8:00 PM		
National Lifeguard Recertification	27224	Sun	June 16, 2024	June 16, 2024	10:30 AM	2:30 PM	\$65.00	\$80.00
		Sun	May 12, 2024	May 12, 2024	10:30 AM	2:30 PM		
	27222	Sun	April 21, 2024	April 21, 2024	10:30 AM	2:30 PM	\$65.00	\$80.00
Swim and Lifesaving Instructor	27215	Fri	May 10, 2024	May 19, 2024	6:00 PM	10:00 PM	\$345.00	\$385.00
		Sat, Sun	May 10, 2024	May 19, 2024	12:00 PM	8:00 PM		
	27216	Fri	June 7, 2024	June 16, 2024	6:00 PM	10:00 PM	\$345.00	\$385.00
		Sat, Sun	June 7, 2024	June 16, 2024	12:00 PM	8:00 PM		
Swim and Lifesaving Instructor Recertification	27225	Sun	April 21, 2024	April 21, 2024	2:30 PM	6:30 PM	\$80.00	\$95.00
		Sun	June 16, 2024	June 16, 2024	2:30 PM	6:30 PM		
First Aid Instructor	27218	Sat, Sun	April 6, 2024	April 7, 2024	9:00 AM	5:00 PM	\$270.00	\$295.00



SUMMER AQUATIC PROGRAMS

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
PRIVATE LESSONS							MEMBER	NON-MEMBER
30 min - Private Lessons (7 CLASSES)	26994	Mon-Thu	July 2, 2024	July 11, 2024	1:00 PM	1:30 PM	\$196.00	\$224.00
	26995	Mon-Thu	July 2, 2024	July 11, 2024	1:00 PM	1:30 PM	\$196.00	\$224.00
	26996	Mon-Thu	July 2, 2024	July 11, 2024	1:30 PM	2:00 PM	\$196.00	\$224.00
	26997	Mon-Thu	July 2, 2024	July 11, 2024	1:30 PM	2:00 PM	\$196.00	\$224.00
	26998	Mon-Thu	July 2, 2024	July 11, 2024	2:00 PM	2:30 PM	\$196.00	\$224.00
	26999	Mon-Thu	July 2, 2024	July 11, 2024	2:00 PM	2:30 PM	\$196.00	\$224.00
	27000	Mon-Thu	July 2, 2024	July 11, 2024	2:00 PM	2:30 PM	\$196.00	\$224.00
	27062	Mon-Thu	July 29, 2024	August 8, 2024	1:00 PM	1:30 PM	\$196.00	\$224.00
	27063	Mon-Thu	July 29, 2024	August 8, 2024	1:30 PM	2:00 PM	\$196.00	\$224.00
	27064	Mon-Thu	July 29, 2024	August 8, 2024	2:00 PM	2:30 PM	\$196.00	\$224.00
	27065	Mon-Thu	July 29, 2024	August 8, 2024	2:00 PM	2:30 PM	\$196.00	\$224.00
30 min - Private Lessons (8 CLASSES)	27119	Tue, Thu	July 2, 2024	July 25, 2024	4:30 PM	5:00 PM	\$224.00	\$256.00
	27120	Tue, Thu	July 2, 2024	July 25, 2024	5:00 PM	5:30 PM	\$224.00	\$256.00
	27121	Tue, Thu	July 2, 2024	July 25, 2024	5:15 PM	5:45 PM	\$224.00	\$256.00
	27122	Tue, Thu	July 2, 2024	July 25, 2024	5:45 PM	6:15 PM	\$224.00	\$256.00
	27123	Tue, Thu	July 2, 2024	July 25, 2024	7:15 PM	7:45 PM	\$224.00	\$256.00
	27173	Wed	July 3, 2024	August 21, 2024	4:30 PM	5:00 PM	\$224.00	\$256.00
	27174	Wed	July 3, 2024	August 21, 2024	5:00 PM	5:30 PM	\$224.00	\$256.00
	27175	Wed	July 3, 2024	August 21, 2024	5:15 PM	5:45 PM	\$224.00	\$256.00
	27176	Wed	July 3, 2024	August 21, 2024	5:45 PM	6:15 PM	\$224.00	\$256.00
	27183	Sat	July 6, 2024	August 24, 2024	10:45 AM	11:15 AM	\$224.00	\$256.00
	27029	Mon-Thu	July 15, 2024	July 25, 2024	1:00 PM	1:30 PM	\$224.00	\$256.00
	27030	Mon-Thu	July 15, 2024	July 25, 2024	1:00 PM	1:30 PM	\$224.00	\$256.00
	27031	Mon-Thu	July 15, 2024	July 25, 2024	1:30 PM	2:00 PM	\$224.00	\$256.00
	27032	Mon-Thu	July 15, 2024	July 25, 2024	1:30 PM	2:00 PM	\$224.00	\$256.00
	27033	Mon-Thu	July 15, 2024	July 25, 2024	2:00 PM	2:30 PM	\$224.00	\$256.00
	27034	Mon-Thu	July 15, 2024	July 25, 2024	2:00 PM	2:30 PM	\$224.00	\$256.00
	27035	Mon-Thu	July 15, 2024	July 25, 2024	2:00 PM	2:30 PM	\$224.00	\$256.00
	27147	Tue, Thu	July 30, 2024	August 22, 2024	4:30 PM	5:00 PM	\$224.00	\$256.00
	27148	Tue, Thu	July 30, 2024	August 22, 2024	5:00 PM	5:30 PM	\$224.00	\$256.00
	27149	Tue, Thu	July 30, 2024	August 22, 2024	5:15 PM	5:45 PM	\$224.00	\$256.00
	27150	Tue, Thu	July 30, 2024	August 22, 2024	5:45 PM	6:15 PM	\$224.00	\$256.00
	27151	Tue, Thu	July 30, 2024	August 22, 2024	7:15 PM	7:45 PM	\$224.00	\$256.00
	27085	Mon-Thu	August 12, 2024	August 22, 2024	1:00 PM	1:30 PM	\$224.00	\$256.00
	27086	Mon-Thu	August 12, 2024	August 22, 2024	1:00 PM	1:30 PM	\$224.00	\$256.00
	27087	Mon-Thu	August 12, 2024	August 22, 2024	1:30 PM	2:00 PM	\$224.00	\$256.00
	27088	Mon-Thu	August 12, 2024	August 22, 2024	1:30 PM	2:00 PM	\$224.00	\$256.00
	27089	Mon-Thu	August 12, 2024	August 22, 2024	2:00 PM	2:30 PM	\$224.00	\$256.00
	27090	Mon-Thu	August 12, 2024	August 22, 2024	2:00 PM	2:30 PM	\$224.00	\$256.00
	27091	Mon-Thu	August 12, 2024	August 22, 2024	2:00 PM	2:30 PM	\$224.00	\$256.00
30 min - Private Lessons (9 CLASSES)	26990	Mon-Fri	July 2, 2024	July 12, 2024	11:45 AM	12:15 PM	\$252.00	\$288.00
	26991	Mon-Fri	July 2, 2024	July 12, 2024	11:45 AM	12:15 PM	\$252.00	\$288.00
	26992	Mon-Fri	July 2, 2024	July 12, 2024	12:15 PM	12:45 PM	\$252.00	\$288.00
	26993	Mon-Fri	July 2, 2024	July 12, 2024	12:15 PM	12:45 PM	\$252.00	\$288.00
	27057	Mon-Fri	July 29, 2024	August 9, 2024	9:45 AM	10:15 AM	\$252.00	\$288.00
	27058	Mon-Fri	July 29, 2024	August 9, 2024	10:15 AM	10:45 AM	\$252.00	\$288.00
	27059	Mon-Fri	July 29, 2024	August 9, 2024	11:45 AM	12:15 PM	\$252.00	\$288.00
	27060	Mon-Fri	July 29, 2024	August 9, 2024	12:15 PM	12:45 PM	\$252.00	\$288.00
	27061	Mon-Fri	July 29, 2024	August 9, 2024	12:15 PM	12:45 PM	\$252.00	\$288.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
30 min - Private Lessons (10 CLASSES)	27025	Mon-Fri	July 15, 2024	July 26, 2024	11:45 AM	12:15 PM	\$280.00	\$320.00
	27026	Mon-Fri	July 15, 2024	July 26, 2024	11:45 AM	12:15 PM	\$280.00	\$320.00
	27027	Mon-Fri	July 15, 2024	July 26, 2024	12:15 PM	12:45 PM	\$280.00	\$320.00
	27028	Mon-Fri	July 15, 2024	July 26, 2024	12:15 PM	12:45 PM	\$280.00	\$320.00
	27081	Mon-Fri	August 12, 2024	August 23, 2024	11:45 AM	12:15 PM	\$280.00	\$320.00
	27082	Mon-Fri	August 12, 2024	August 23, 2024	11:45 AM	12:15 PM	\$280.00	\$320.00
	27083	Mon-Fri	August 12, 2024	August 23, 2024	12:15 PM	12:45 PM	\$280.00	\$320.00
	27084	Mon-Fri	August 12, 2024	August 23, 2024	12:15 PM	12:45 PM	\$280.00	\$320.00
45 min - Private Lessons (7 CLASSES)	27007	Mon-Thu	July 2, 2024	July 11, 2024	1:00 PM	1:45 PM	\$287.00	\$329.00
	27008	Mon-Thu	July 2, 2024	July 11, 2024	1:00 PM	1:45 PM	\$287.00	\$329.00
	27009	Mon-Thu	July 2, 2024	July 11, 2024	1:45 PM	2:30 PM	\$287.00	\$329.00
	27010	Mon-Thu	July 2, 2024	July 11, 2024	1:45 PM	2:30 PM	\$287.00	\$329.00
	27069	Mon-Thu	July 29, 2024	August 8, 2024	1:00 PM	1:45 PM	\$287.00	\$329.00
	27070	Mon-Thu	July 29, 2024	August 8, 2024	1:00 PM	1:45 PM	\$287.00	\$329.00
	27071	Mon-Thu	July 29, 2024	August 8, 2024	1:00 PM	1:45 PM	\$287.00	\$329.00
	27072	Mon-Thu	July 29, 2024	August 8, 2024	1:45 PM	2:30 PM	\$287.00	\$329.00
	27073	Mon-Thu	July 29, 2024	August 8, 2024	1:45 PM	2:30 PM	\$287.00	\$329.00
45 min - Private Lessons (8 CLASSES)	27124	Tue, Thu	July 2, 2024	July 25, 2024	4:00 PM	4:45 PM	\$328.00	\$376.00
	27125	Tue, Thu	July 2, 2024	July 25, 2024	4:00 PM	4:45 PM	\$328.00	\$376.00
	27126	Tue, Thu	July 2, 2024	July 25, 2024	5:00 PM	5:45 PM	\$328.00	\$376.00
	27127	Tue, Thu	July 2, 2024	July 25, 2024	6:30 PM	7:15 PM	\$328.00	\$376.00
	27177	Wed	July 3, 2024	August 21, 2024	4:00 PM	4:45 PM	\$328.00	\$376.00
	27178	Wed	July 3, 2024	August 21, 2024	4:00 PM	4:45 PM	\$328.00	\$376.00
	27179	Wed	July 3, 2024	August 21, 2024	5:00 PM	5:45 PM	\$328.00	\$376.00
	27180	Wed	July 3, 2024	August 21, 2024	6:30 PM	7:15 PM	\$328.00	\$376.00
	27184	Sat	July 6, 2024	August 24, 2024	10:00 AM	10:45 AM	\$328.00	\$376.00
	27185	Sat	July 6, 2024	August 24, 2024	10:45 AM	11:30 AM	\$328.00	\$376.00
	27186	Sat	July 6, 2024	August 24, 2024	12:00 PM	12:45 PM	\$328.00	\$376.00
	27187	Sat	July 6, 2024	August 24, 2024	12:00 PM	12:45 PM	\$328.00	\$376.00
	27188	Sat	July 6, 2024	August 24, 2024	12:45 PM	1:30 PM	\$328.00	\$376.00
	27189	Sat	July 6, 2024	August 24, 2024	12:45 PM	1:30 PM	\$328.00	\$376.00
	27190	Sat	July 6, 2024	August 24, 2024	1:30 PM	2:15 PM	\$328.00	\$376.00
	27191	Sat	July 6, 2024	August 24, 2024	1:30 PM	2:15 PM	\$328.00	\$376.00
	27042	Mon-Thu	July 15, 2024	July 25, 2024	1:00 PM	1:45 PM	\$328.00	\$376.00
	27043	Mon-Thu	July 15, 2024	July 25, 2024	1:00 PM	1:45 PM	\$328.00	\$376.00
	27044	Mon-Thu	July 15, 2024	July 25, 2024	1:45 PM	2:30 PM	\$328.00	\$376.00
	27045	Mon-Thu	July 15, 2024	July 25, 2024	1:45 PM	2:30 PM	\$328.00	\$376.00
	27152	Tue, Thu	July 30, 2024	August 22, 2024	4:00 PM	4:45 PM	\$328.00	\$376.00
	27153	Tue, Thu	July 30, 2024	August 22, 2024	4:00 PM	4:45 PM	\$328.00	\$376.00
	27154	Tue, Thu	July 30, 2024	August 22, 2024	5:00 PM	5:45 PM	\$328.00	\$376.00
	27155	Tue, Thu	July 30, 2024	August 22, 2024	6:30 PM	7:15 PM	\$328.00	\$376.00
	27098	Mon-Thu	August 12, 2024	August 22, 2024	1:00 PM	1:45 PM	\$328.00	\$376.00
	27099	Mon-Thu	August 12, 2024	August 22, 2024	1:00 PM	1:45 PM	\$328.00	\$376.00
	27100	Mon-Thu	August 12, 2024	August 22, 2024	1:45 PM	2:30 PM	\$328.00	\$376.00
	27101	Mon-Thu	August 12, 2024	August 22, 2024	1:45 PM	2:30 PM	\$328.00	\$376.00



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
45 min - Private Lessons (9 CLASSES)	27001	Mon-Fri	July 2, 2024	July 12, 2024	9:00 AM	9:45 AM	\$369.00	\$423.00
	27002	Mon-Fri	July 2, 2024	July 12, 2024	10:30 AM	11:15 AM	\$369.00	\$423.00
	27003	Mon-Fri	July 2, 2024	July 12, 2024	11:15 AM	12:00 PM	\$369.00	\$423.00
	27004	Mon-Fri	July 2, 2024	July 12, 2024	11:15 AM	12:00 PM	\$369.00	\$423.00
	27005	Mon-Fri	July 2, 2024	July 12, 2024	12:00 PM	12:45 PM	\$369.00	\$423.00
	27006	Mon-Fri	July 2, 2024	July 12, 2024	12:00 PM	12:45 PM	\$369.00	\$423.00
	27066	Mon-Fri	July 29, 2024	August 9, 2024	9:00 AM	9:45 AM	\$369.00	\$423.00
	27067	Mon-Fri	July 29, 2024	August 9, 2024	11:15 AM	12:00 PM	\$369.00	\$423.00
	27068	Mon-Fri	July 29, 2024	August 9, 2024	12:00 PM	12:45 PM	\$369.00	\$423.00
45 min - Private Lessons (10 CLASSES)	27036	Mon-Fri	July 15, 2024	July 26, 2024	9:00 AM	9:45 AM	\$410.00	\$470.00
	27037	Mon-Fri	July 15, 2024	July 26, 2024	10:30 AM	11:15 AM	\$410.00	\$470.00
	27038	Mon-Fri	July 15, 2024	July 26, 2024	11:15 AM	12:00 PM	\$451.00	\$517.00
	27039	Mon-Fri	July 15, 2024	July 26, 2024	11:15 AM	12:00 PM	\$451.00	\$517.00
	27040	Mon-Fri	July 15, 2024	July 26, 2024	12:00 PM	12:45 PM	\$451.00	\$517.00
	27041	Mon-Fri	July 15, 2024	July 26, 2024	12:00 PM	12:45 PM	\$451.00	\$517.00
	27092	Mon-Fri	August 12, 2024	August 23, 2024	9:00 AM	9:45 AM	\$451.00	\$517.00
	27093	Mon-Fri	August 12, 2024	August 23, 2024	10:30 AM	11:15 AM	\$451.00	\$517.00
	27094	Mon-Fri	August 12, 2024	August 23, 2024	11:15 AM	12:00 PM	\$451.00	\$517.00
	27095	Mon-Fri	August 12, 2024	August 23, 2024	11:15 AM	12:00 PM	\$451.00	\$517.00
	27096	Mon-Fri	August 12, 2024	August 23, 2024	12:00 PM	12:45 PM	\$451.00	\$517.00
	27097	Mon-Fri	August 12, 2024	August 23, 2024	12:00 PM	12:45 PM	\$451.00	\$517.00
60 min - Private Lessons (7 CLASSES)	27011	Mon-Thu	July 2, 2024	July 11, 2024	1:00 PM	2:00 PM	\$343.00	\$399.00
60 min - Private Lessons (8 CLASSES)	27046	Mon-Thu	July 15, 2024	July 25, 2024	1:00 PM	2:00 PM	\$392.00	\$456.00
	27102	Mon-Thu	August 12, 2024	August 22, 2024	1:00 PM	2:00 PM	\$392.00	\$456.00
ADULT SWIM LESSONS								
Adult Beginner (8 CLASSES)	27128	Tue, Thu	July 2, 2024	July 25, 2024	7:30 PM	8:30 PM	\$100.00	\$116.00
	27181	Wed	July 3, 2024	August 21, 2024	7:30 PM	8:30 PM	\$100.00	\$116.00
	27192	Sat	July 6, 2024	August 24, 2024	9:45 AM	10:45 AM	\$100.00	\$116.00
	27156	Tue, Thu	July 30, 2024	August 22, 2024	7:30 PM	8:30 PM	\$100.00	\$116.00
Adult Intermediate (8 CLASSES)	27129	Tue, Thu	July 2, 2024	July 25, 2024	7:30 PM	8:30 PM	\$100.00	\$116.00
	27182	Wed	July 3, 2024	August 21, 2024	7:30 PM	8:30 PM	\$100.00	\$116.00
	27193	Sat	July 6, 2024	August 24, 2024	9:00 AM	10:00 AM	\$100.00	\$116.00
	27157	Tue, Thu	July 30, 2024	August 22, 2024	7:30 PM	8:30 PM	\$100.00	\$116.00
Adult Advanced (8 CLASSES)	27130	Tue, Thu	July 2, 2024	July 25, 2024	7:30 PM	8:30 PM	\$100.00	\$116.00
	27158	Tue, Thu	July 30, 2024	August 22, 2024	7:30 PM	8:30 PM	\$100.00	\$116.00
PARENT & TOT								
Parent and Tot 1/2/3 (8 CLASSES)	27103	Wed	July 2, 2024	July 25, 2024	4:00 PM	4:30 PM	\$54.00	\$68.00
	27104	Wed	July 2, 2024	July 25, 2024	6:00 PM	6:30 PM	\$54.00	\$68.00
	27159	Wed	July 3, 2024	August 21, 2024	6:00 PM	6:30 PM	\$54.00	\$68.00
	27131	Tue, Thu	July 30, 2024	August 22, 2024	4:00 PM	4:30 PM	\$54.00	\$68.00
	27132	Tue, Thu	July 30, 2024	August 22, 2024	6:00 PM	6:30 PM	\$54.00	\$68.00
Parent and Tot 1/2/3 (9 CLASSES)	27047	Mon-Fri	July 29, 2024	August 9, 2024	10:45 AM	11:15 AM	\$63.00	\$77.00



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
SWIM FOR LIFE® PRESCHOOL								
Preschool 1 (8 CLASSES)	27105	Tue, Thu	July 2, 2024	July 25, 2024	4:00 PM	4:30 PM	\$72.00	\$80.00
	27160	Wed	July 3, 2024	August 21, 2024	4:00 PM	4:30 PM	\$72.00	\$80.00
	27133	Tue, Thu	July 30, 2024	August 22, 2024	4:00 PM	4:30 PM	\$72.00	\$80.00
Preschool 1 (9 CLASSES)	27048	Mon-Fri	July 29, 2024	August 9, 2024	10:15 AM	10:45 AM	\$81.00	\$90.00
Preschool 1/2 (8 CLASSES)	27106	Tue, Thu	July 2, 2024	July 25, 2024	6:15 PM	6:45 PM	\$72.00	\$80.00
	27161	Wed	July 3, 2024	August 21, 2024	6:15 PM	6:45 PM	\$72.00	\$80.00
	27134	Tue, Thu	July 30, 2024	August 22, 2024	6:15 PM	6:45 PM	\$72.00	\$80.00
Preschool 1/2 (9 CLASSES)	26983	Mon-Fri	July 2, 2024	July 12, 2024	10:15 AM	10:45 AM	\$81.00	\$90.00
Preschool 2 (8 CLASSES)	27108	Tue, Thu	July 2, 2024	July 25, 2024	5:45 PM	6:15 PM	\$72.00	\$80.00
	27163	Wed	July 3, 2024	August 21, 2024	5:45 PM	6:15 PM	\$72.00	\$80.00
	27136	Tue, Thu	July 30, 2024	August 22, 2024	5:45 PM	6:15 PM	\$72.00	\$80.00
Preschool 2 (9 CLASSES)	27049	Mon-Fri	July 29, 2024	August 9, 2024	10:45 AM	11:15 AM	\$81.00	\$90.00
Preschool 3 (8 CLASSES)	27107	Tue, Thu	July 2, 2024	July 25, 2024	4:45 PM	5:15 PM	\$72.00	\$80.00
	27162	Wed	July 3, 2024	August 21, 2024	4:45 PM	5:15 PM	\$72.00	\$80.00
	27135	Tue, Thu	July 30, 2024	August 22, 2024	4:45 PM	5:15 PM	\$72.00	\$80.00
Preschool 3 (9 CLASSES)	26984	Mon-Fri	July 2, 2024	July 12, 2024	10:45 AM	11:15 AM	\$81.00	\$90.00
	27050	Mon-Fri	July 29, 2024	August 9, 2024	11:45 AM	12:15 PM	\$81.00	\$90.00
Preschool 3 (10 CLASSES)	27019	Mon-Fri	July 15, 2024	July 26, 2024	10:45 AM	11:15 AM	\$90.00	\$100.00
	27075	Mon-Fri	August 12, 2024	August 23, 2024	10:45 AM	11:15 AM	\$90.00	\$100.00
Preschool 4 (8 CLASSES)	27109	Tue, Thu	July 2, 2024	July 25, 2024	5:30 PM	6:00 PM	\$80.00	\$88.00
	27164	Wed	July 3, 2024	August 21, 2024	5:30 PM	6:00 PM	\$80.00	\$88.00
	27137	Tue, Thu	July 30, 2024	August 22, 2024	5:30 PM	6:00 PM	\$80.00	\$88.00
Preschool 4/5 (8 CLASSES)	27020	Mon-Fri	July 15, 2024	July 26, 2024	9:45 AM	10:30 AM	\$100.00	\$110.00
	27076	Mon-Fri	August 12, 2024	August 23, 2024	9:45 AM	10:30 AM	\$100.00	\$110.00
Preschool 4/5 (9 CLASSES)	26985	Mon-Fri	July 2, 2024	July 12, 2024	9:45 AM	10:30 AM	\$90.00	\$99.00
	27051	Mon-Fri	July 29, 2024	August 9, 2024	12:00 PM	12:45 PM	\$90.00	\$99.00
Preschool 5 (8 CLASSES)	27110	Tue, Thu	July 2, 2024	July 25, 2024	6:45 PM	7:30 PM	\$80.00	\$88.00
	27165	Wed	July 3, 2024	August 21, 2024	6:45 PM	7:30 PM	\$80.00	\$88.00
	27138	Tue, Thu	July 30, 2024	August 22, 2024	6:45 PM	7:30 PM	\$80.00	\$88.00
SWIM FOR LIFE® SWIMMER								
Swimmer 1 (8 CLASSES)	27111	Tue, Thu	July 2, 2024	July 25, 2024	4:30 PM	5:00 PM	\$72.00	\$80.00
	27112	Tue, Thu	July 2, 2024	July 25, 2024	6:30 PM	7:00 PM	\$72.00	\$80.00
	27166	Wed	July 3, 2024	August 21, 2024	6:30 PM	7:00 PM	\$72.00	\$80.00
	27139	Tue, Thu	July 30, 2024	August 22, 2024	4:30 PM	5:00 PM	\$72.00	\$80.00
	27140	Tue, Thu	July 30, 2024	August 22, 2024	6:30 PM	7:00 PM	\$72.00	\$80.00
Swimmer 1 (9 CLASSES)	27052	Mon-Fri	July 29, 2024	August 9, 2024	11:15 AM	11:45 AM	\$81.00	\$90.00
Swimmer 2 (8 CLASSES)	27113	Tue, Thu	July 2, 2024	July 25, 2024	4:45 PM	5:30 PM	\$80.00	\$88.00
	27167	Wed	July 3, 2024	August 21, 2024	4:45 PM	5:30 PM	\$80.00	\$88.00
	27141	Tue, Thu	July 30, 2024	August 22, 2024	4:45 PM	5:30 PM	\$80.00	\$88.00
Swimmer 2 (9 CLASSES)	26986	Mon-Fri	July 2, 2024	July 12, 2024	10:15 AM	11:00 AM	\$90.00	\$99.00
	27053	Mon-Fri	July 29, 2024	August 9, 2024	10:15 AM	11:00 AM	\$90.00	\$99.00
Swimmer 2 (10 CLASSES)	27021	Mon-Fri	July 15, 2024	July 26, 2024	10:15 AM	11:00 AM	\$100.00	\$110.00
	27077	Mon-Fri	August 12, 2024	August 23, 2024	10:15 AM	11:00 AM	\$100.00	\$110.00
Swimmer 3 (8 CLASSES)	27114	Tue, Thu	July 2, 2024	July 25, 2024	5:45 PM	6:30 PM	\$80.00	\$88.00
	27168	Wed	July 3, 2024	August 21, 2024	5:45 PM	6:30 PM	\$80.00	\$88.00
	27142	Tue, Thu	July 30, 2024	August 22, 2024	5:45 PM	6:30 PM	\$80.00	\$88.00
Swimmer 3 (9 CLASSES)	26987	Mon-Fri	July 2, 2024	July 12, 2024	11:00 AM	11:45 AM	\$90.00	\$99.00
	27054	Mon-Fri	July 29, 2024	August 9, 2024	11:00 AM	11:45 AM	\$90.00	\$99.00
Swimmer 3 (10 CLASSES)	27022	Mon-Fri	July 15, 2024	July 26, 2024	11:00 AM	11:45 AM	\$100.00	\$110.00
	27078	Mon-Fri	August 12, 2024	August 23, 2024	11:00 AM	11:45 AM	\$100.00	\$110.00

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
SWIM FOR LIFE® SWIMMER								
Swimmer 4 (8 CLASSES)	27115	Tue, Thu	July 2, 2024	July 25, 2024	6:30 PM	7:15 PM	\$80.00	\$88.00
	27169	Wed	July 3, 2024	August 21, 2024	6:30 PM	7:15 PM	\$80.00	\$88.00
	27143	Tue, Thu	July 30, 2024	August 22, 2024	6:30 PM	7:15 PM	\$80.00	\$88.00
Swimmer 4 (9 CLASSES)	26988	Mon-Fri	July 2, 2024	July 12, 2024	10:15 AM	11:00 AM	\$90.00	\$99.00
	27055	Mon-Fri	July 29, 2024	August 9, 2024	10:15 AM	11:00 AM	\$90.00	\$99.00
Swimmer 4 (10 CLASSES)	27023	Mon-Fri	July 15, 2024	July 26, 2024	10:15 AM	11:00 AM	\$100.00	\$110.00
	27079	Mon-Fri	August 12, 2024	August 23, 2024	10:15 AM	11:00 AM	\$100.00	\$110.00
Swimmer 5/6 (8 CLASSES)	27116	Tue, Thu	July 2, 2024	July 25, 2024	4:00 PM	4:45 PM	\$80.00	\$88.00
	27170	Wed	July 3, 2024	August 21, 2024	4:00 PM	4:45 PM	\$80.00	\$88.00
	27144	Tue, Thu	July 30, 2024	August 22, 2024	4:00 PM	4:45 PM	\$80.00	\$88.00
Swimmer 5/6 (9 CLASSES)	26989	Mon-Fri	July 2, 2024	July 12, 2024	11:00 AM	11:45 AM	\$90.00	\$99.00
	27056	Mon-Fri	July 29, 2024	August 9, 2024	11:00 AM	11:45 AM	\$90.00	\$99.00
Swimmer 5/6 (10 CLASSES)	27024	Mon-Fri	July 15, 2024	July 26, 2024	11:00 AM	11:45 AM	\$100.00	\$110.00
	27080	Mon-Fri	August 12, 2024	August 23, 2024	11:00 AM	11:45 AM	\$100.00	\$110.00
Swimmer 7 (8 CLASSES)	27117	Tue, Thu	July 2, 2024	July 25, 2024	4:45 PM	5:45 PM	\$96.00	\$112.00
	27171	Wed	July 3, 2024	August 21, 2024	4:45 PM	5:45 PM	\$96.00	\$112.00
	27145	Tue, Thu	July 30, 2024	August 22, 2024	4:45 PM	5:45 PM	\$96.00	\$112.00
Swimmer 8/9 (8 CLASSES)	27118	Tue, Thu	July 2, 2024	July 25, 2024	5:30 PM	6:30 PM	\$96.00	\$112.00
	27172	Wed	July 3, 2024	August 21, 2024	5:30 PM	6:30 PM	\$96.00	\$112.00
	27146	Tue, Thu	July 30, 2024	August 22, 2024	5:30 PM	6:30 PM	\$96.00	\$112.00
SWIM ABILITIES®								
(8 CLASSES)	TBD	Sat	July 6, 2024	August 24, 2024	8:00 AM	8:45AM	\$80.00	\$90.00
CLUB PROGRAMS								
Sea Dragons Swim Club (2/week)	27228	Mon-Thu	July 15, 2024	July 25, 2024	1:00 PM	2:00 PM	\$117.00	\$130.00
	27230	Mon-Thu	August 12, 2024	August 22, 2024	1:00 PM	2:00 PM	\$117.00	\$130.00
Sea Dragons Lifesaving Club (2/week)	27227	Mon-Thu	July 2, 2024	July 11, 2024	1:00 PM	2:00 PM	\$134.00	\$148.00
	27229	Mon-Thu	July 29, 2024	August 8, 2024	1:00 PM	2:00 PM	\$134.00	\$148.00
Sea Dragons Stroke Proficiency (2/week)	27231	Tue, Thu	July 2, 2024	July 25, 2024	6:30 PM	7:30 PM	\$80.00	\$88.00
	27232	Tue, Thu	July 30, 2024	August 22, 2024	6:30 PM	7:30 PM	\$80.00	\$88.00
Sea Dragons Stroke Proficiency	27233	Wed	July 3, 2024	August 21, 2024	4:00 PM	5:00 PM	\$80.00	\$88.00



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
LIFESAVING COURSES								
Bronze Star	27234	Tue, Wed	July 2, 2024	July 3, 2024	9:00 AM	3:00 PM	\$110.00	\$130.00
	27235	Tue, Wed	August 6, 2024	August 7, 2024	9:00 AM	3:00 PM	\$110.00	\$130.00
Bronze Medallion and CPR-C	27236	Fri	July 5, 2024	July 5, 2024	1:00 PM	5:00 PM	\$175.00	\$200.00
		Sat, Sun	July 6, 2024	July 7, 2024	10:00 AM	6:00 PM		
	27237	Fri	July 26, 2024	July 26, 2024	1:00 PM	5:00 PM	\$175.00	\$200.00
		Sat, Sun	July 27, 2024	July 28, 2024	10:00 AM	6:00 PM		
	27238	Fri	August 9, 2024	August 9, 2024	1:00 PM	5:00 PM	\$175.00	\$200.00
		Sat, Sun	August 10, 2024	August 11, 2024	10:00 AM	6:00 PM		
Intermediate First Aid	27239	Sat, Sun	July 13, 2024	July 14, 2024	9:00 AM	5:00 PM	\$150.00	\$170.00
	27240	Sat, Sun	July 29, 2024	July 30, 2024	9:00 AM	5:00 PM	\$150.00	\$170.00
	27241	Sat, Sun	August 17, 2024	August 18, 2024	9:00 AM	5:00 PM	\$150.00	\$170.00
Intermediate First Aid Recertification	27257	Sat	July 27, 2024	July 27, 2024	9:00 AM	5:00 PM	\$80.00	\$90.00
	27258	Fri	August 16, 2024	August 16, 2024	9:00 AM	5:00 PM	\$80.00	\$90.00
Bronze Cross (Assistant Lifeguard)	27242	Fri	July 19, 2024	July 19, 2024	1:00 PM	5:00 PM	\$180.00	\$205.00
		Sat, Sun	July 20, 2024	July 21, 2024	10:00 AM	6:00 PM		
	27243	Fri	August 2, 2024	August 2, 2024	1:00 PM	5:00 PM	\$180.00	\$205.00
		Sat, Sun	August 3, 2024	August 4, 2024	10:00 AM	6:00 PM		
	27244	Fri	August 23, 2024	August 23, 2024	1:00 PM	5:00 PM	\$180.00	\$205.00
		Sat, Sun	August 24, 2024	August 25, 2024	10:00 AM	6:00 PM		
National Lifeguard	27245	Mon-Fri	July 8, 2024	July 12, 2024	9:00 AM	5:00 PM	\$350.00	\$390.00
	27246	Mon-Fri	July 22, 2024	July 26, 2024	9:00 AM	5:00 PM	\$350.00	\$390.00
	27247	Mon-Fri	August 12, 2024	August 16, 2024	9:00 AM	5:00 PM	\$350.00	\$390.00
	27248	Mon-Fri	August 26, 2024	August 30, 2024	9:00 AM	5:00 PM	\$350.00	\$390.00
National Lifeguard Recertification	27259	Sun	July 7, 2024	July 7, 2024	10:30 AM	2:30 PM	\$65.00	\$80.00
	27260	Sun	August 11, 2024	August 11, 2024	10:30 AM	2:30 PM	\$65.00	\$80.00
Swim and Lifesaving Instructor	27249	Mon-Fri	July 15, 2024	July 19, 2024	9:00 AM	5:00 PM	\$345.00	\$385.00
	27250	Mon-Fri	August 19, 2024	August 23, 2024	9:00 AM	5:00 PM	\$345.00	\$385.00
Swim and Lifesaving Instructor Recertification	27261	Sun	July 7, 2024	July 7, 2024	2:30 PM	6:30 PM	\$80.00	\$95.00
	27262	Sun	August 11, 2024	August 11, 2024	2:30 PM	6:30 PM	\$80.00	\$95.00
Lifesaving Instructor	27251	Wed, Thu	July 4, 2024	July 5, 2024	9:00 AM	5:00 PM	\$165.00	\$195.00
	27252	Wed, Thu	August 8, 2024	August 9, 2024	9:00 AM	5:00 PM	\$165.00	\$195.00
National Lifeguard Instructor Clinic	27255		July 20, 2024	July 21, 2024	9:00 AM	5:00 PM	\$285.00	\$305.00
National Lifeguard Instructor Recertification	27256	Sun	July 14, 2024	July 14, 2024	9:00 AM	1:00 PM	\$80.00	\$100.00
First Aid Instructor	27253	Sat, Sun	August 17, 2024	August 18, 2024	9:00 AM	5:00 PM	\$270.00	\$295.00
First Aid Instructor Recertification	27254	Sun	August 25, 2024	August 25, 2024	9:00 AM	5:00 PM	\$150.00	\$195.00

