

# FALL 2024 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@mpncentre.com](mailto:drylandregisteredprograms@mpncentre.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	MEMBER	NON-MEMBER
<b>ACTIVE LIVING PROGRAMS</b>								<b>MEMBER</b>	<b>NON-MEMBER</b>
Craft N' Splash (10 classes)	31870	Mon	September 16, 2024	December 2, 2024	8:45 AM	11:45 AM	\$235		\$262.50
Run, Jump, Play	31871	Tue	September 17, 2024	December 3, 2024	8:45 AM	11:45 AM	\$282		\$315
Games N' Splash	31872	Wed	September 18, 2024	December 4, 2024	8:45 AM	11:45 AM	\$282		\$315
Active Adventures	31873	Thu	September 19, 2024	December 5, 2024	8:45 AM	11:45 AM	\$282		\$315
Variety Day	31874	Fri	September 20, 2024	December 6, 2024	8:45 AM	11:45 AM	\$282		\$315
<b>ACTIVE ENERGIZERS</b>									
Active Energizers	31060	Sat	September 21, 2024	December 7, 2024	10:00 AM	12:00 PM	\$200		\$220
<b>CAMPS</b>									
<b>PD DAY CAMPS</b>									
	31875	Fri	September 27, 2024	September 27, 2024	8:30 AM	4:30 PM	\$56.60		\$61.50
	31876	Mon	September 30, 2024	September 30, 2024	8:30 AM	4:30 PM	\$56.60		\$61.50
	31877	Fri	October 11, 2024	October 11, 2024	8:30 AM	4:30 PM	\$56.60		\$61.50
	31878	Fri	October 25, 2024	October 25, 2024	8:30 AM	4:30 PM	\$56.60		\$61.50
	31879	Fri	November 1, 2024	November 1, 2024	8:30 AM	4:30 PM	\$56.60		\$61.50
	31880	Fri	November 8, 2024	November 8, 2024	8:30 AM	4:30 PM	\$56.60		\$61.50
	31881	Tue	November 12, 2024	November 12, 2024	8:30 AM	4:30 PM	\$56.60		\$61.50
	31882	Wed	November 13, 2024	November 13, 2024	8:30 AM	4:30 AM	\$56.60		\$61.50
	31883	Fri	November 29, 2024	November 29, 2024	8:30 AM	4:30 AM	\$56.60		\$61.50
	31884	Fri	December 20, 2024	December 20, 2024	8:30 AM	4:30 AM	\$56.60		\$61.50
	31885	Mon	December 23, 2024	December 23, 2024	8:30 AM	4:30 AM	\$56.60		\$61.50
	31886	Fri	December 27, 2024	December 27, 2024	8:30 AM	4:30 AM	\$56.60		\$61.50
	31887	Mon	December 30, 2024	December 30, 2024	8:30 AM	4:30 AM	\$56.60		\$61.50



# FITNESS & TRAINING

## 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. It is a twice a week, guided exercise program, to help you feel comfortable and confident in the weight room.

## 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.

## LIFTING 101

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

## \*\*NEW\*\* BALANCE & STABILITY

In this class we explore the different techniques and equipment that can be used to train balance and stability in joints. We cover the basic anatomy and physiology of balance and what structures are responsible for balance. Participants will have the opportunity to learn and try our equipment that could help them develop their balance and stability. Each session will include a circuit. This circuit will incorporate the tools discussed in the session.

## \*\*NEW\*\* NUTRITION FOR LIFE

Unlock the secrets of optimal health with our comprehensive nutrition course! Dive into the science of nourishment, explore dietary patterns, and learn practical strategies for balanced eating. This course empowers you to make informed choices and transform your well-being by learning what works for you and for your life. Join us on this 8-week flavorful journey!

## FITNESS & TRAINING

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
<b>START STRONG</b>									
	31859	Tue, Thur	September 24, 2024	November 14, 2024	5:00 PM	6:00 PM	\$225	\$280	
<b>LEVEL-UP HIIT</b>									
<b>Weight Loss Mondays</b>	31866	Mon	September 9, 2024	October 21, 2024	6:00 AM	6:45 AM	\$42	\$102	
	31867	Mon	November 18, 2024	December 23, 2024	6:00 AM	6:45 AM	\$42	\$102	
<b>Functional Thursdays</b>	31869	Thu	November 14, 2024	December 19, 2024	6:00 AM	6:45 AM	\$42	\$102	
	31868	Thu	September 26, 2024	October 31, 2024	6:00 AM	6:45 AM	\$42	\$102	
<b>BARRE</b>									
	31860	Tue	September 17, 2024	October 22, 2024	12:00 PM	1:00 PM	\$60	\$100	
	31105	Wed	September 25, 2024	October 30, 2024	6:30 PM	7:30 PM	\$60	\$100	
	31863	Wed	October 21, 2024	December 2, 2024	6:30 PM	7:30 PM	\$60	\$100	
	31861	Tue	November 5, 2024	December 10, 2024	12:00 PM	1:00 PM	\$60	\$100	
	31862	Wed	November 13, 2024	December 18, 2024	6:30 PM	7:30 PM	\$60	\$100	
<b>LIFTING</b>									
<b>101</b>	31864	Wed	September 25, 2024	October 16, 2024	6:00 AM	7:00 AM	\$180	\$192	
<b>201</b>	31865	Wed	October 30, 2024	November 20, 2024	6:00 AM	7:00 AM	\$180	\$192	
<b>BALANCE &amp; STABILITY</b>									
	32163	Wed	September 25, 2024	November 13, 2024	12:00 PM	1:00 PM	\$110	\$126	
<b>NUTRITION FOR LIFE</b>									
	32162	Tue	October 8, 2024	November 26, 2024	6:30 PM	7:45 PM	\$160	\$184	



# 3433 SPORT PERFORMANCE

## LEARN

### 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 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!

## 3433 SPORT PERFORMANCE

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
<b>LEARN</b>									
Learn2Ride	32002	Mon	September 30, 2024	December 16, 2024	6:30 PM	8:00 PM	\$264	\$288	
Learn2Tri	32001	Tue	October 1, 2024	December 17, 2024	7:30 PM	9:30 PM	\$264	\$288	
<b>TRAIN</b>									
Train2Run	32008	Thu	October 1, 2024	December 19, 2024	6:00 PM	7:00 PM	\$204	\$240	
Train2Ride	32003	Sat	October 3, 2024	December 21, 2024	8:00 AM	10:00 AM	\$288	\$312	
Train2Swim	32005	Wed	October 2, 2024	December 18, 2024	9:30 AM	10:30 AM	\$204	\$240	
	32006	Fri	October 4, 2024	December 20, 2024	12:00 PM	1:00 PM	\$204	\$240	
Train2Tri	32013	Thu	October 3, 2024	December 19, 2024	7:00 PM	9:00 PM	\$288	\$312	
<b>COMPETE</b>									
Advanced Group Ride	31999	Mon	September 30, 2024	December 16, 2024	9:30 AM	11:30 AM	\$288	\$312	
	31997	Tue	October 1, 2024	December 17, 2024	6:30 PM	8:30 PM	\$288	\$312	
	31998	Thu	October 3, 2024	December 19, 2024	6:30 PM	8:30 PM	\$288	\$312	
	32000	Fri	October 4, 2024	December 20, 2024	9:30 AM	11:30 AM	\$288	\$312	
Interval Run	32007	Tue	October 3, 2024	December 17, 2024	6:00 PM	7:00 PM	\$204	\$240	
The Brick	32004	Wed	October 2, 2024	December 18, 2024	6:30 PM	8:30 PM	\$288	\$312	
Tri Swim	32009	Tue	October 1, 2024	December 17, 2024	6:00 AM	7:00 AM	\$204	\$240	
	32010	Tue	October 1, 2024	December 17, 2024	7:00 AM	8:00 AM	\$204	\$240	
	32011	Thu	October 3, 2024	December 19, 2024	6:00 AM	7:00 AM	\$204	\$240	
	32012	Thu	October 3, 2024	December 19, 2024	7:00 AM	8:00 AM	\$204	\$240	
Tri Fecta	32014	Sun	November 3, 2024	November 3, 2024	8:00 AM	11:30 AM	\$30	\$33	
	32015	Sun	December 15, 2024	December 15, 2024	8:00 AM	11:30 AM	\$30	\$33	



## KICKBOXING

### 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.

## PICKLEBALL

### PICKLEBALL 101

In Pickleball 101, you'll learn how to serve underhand, rally with forehand and backhand strokes, and master court positioning. You'll practice the double bounce rule, develop volleying and dinking skills, and maintain proper footwork. Additionally, you'll learn scoring rules and effective communication in doubles play.

### PICKLEBALL 201

In Pickleball 201, you'll refine your technique and learn more advanced skills, including spin serves, powerful groundstrokes, and strategic volleys. You'll focus on improving your dinking game, mastering third-shot drops, and enhancing your footwork for better court coverage. The program will also cover advanced doubles strategies, effective communication, and tactics to outmaneuver opponents. Perfect for players looking to elevate their game to the next level.

SPORT									
Pickleball									
101	32016	Sat	October 5, 2024	December 21, 2024	9:00 AM	11:00 AM	\$288	\$312	
201	32017	Sat	October 5, 2024	December 21, 2024	11:00 AM	1:00 PM	\$288	\$312	
K1-Kickboxing									
Beginner	32019	Wed	September 18, 2024	December 4, 2024	5:30 PM	6:30 PM	\$216	\$240	
Intermediate	32018	Tue, Thur	September 17, 2024	December 3, 2024	5:30 PM	6:00 PM	\$432	\$480	
Advanced - Sparring	32020	Wed	September 18, 2024	December 4, 2024	7:00 PM	8:00 PM	\$240	\$264	





# 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

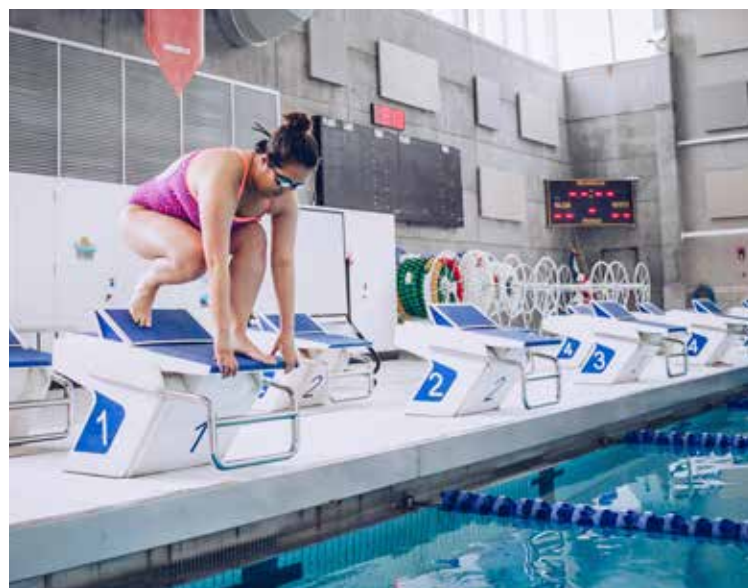
The Sea Dragons Lifesaving Club is directed towards youth ages 9-17yrs caught between levels hoping to reignite their passion for swimming! The club is perfect for those looking to refine their stroke technique whilst developing the necessary skills to participate in lifesaving sport events. Our knowledgeable 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 (11 CLASSES)	30757	Mon	September 16, 2024	December 9, 2024	4:00 PM	4:30 PM	\$319.00	\$363.00
	30758	Mon	September 16, 2024	December 9, 2024	4:00 PM	4:30 PM	\$319.00	\$363.00
	30759	Mon	September 16, 2024	December 9, 2024	4:45 PM	5:15 PM	\$319.00	\$363.00
	30760	Mon	September 16, 2024	December 9, 2024	5:45 PM	6:15 PM	\$319.00	\$363.00
	30761	Mon	September 16, 2024	December 9, 2024	6:15 PM	6:45 PM	\$319.00	\$363.00
	30762	Mon	September 16, 2024	December 9, 2024	6:45 PM	7:15 PM	\$319.00	\$363.00
	30763	Mon	September 16, 2024	December 9, 2024	7:30 PM	8:00 PM	\$319.00	\$363.00
	30807	Tue	September 17, 2024	December 3, 2024	4:15 PM	4:45 PM	\$319.00	\$363.00
	30810	Tue	September 17, 2024	December 3, 2024	4:15 PM	4:45 PM	\$319.00	\$363.00
	30804	Tue	September 17, 2024	December 3, 2024	4:30 PM	5:00 PM	\$319.00	\$363.00
	30799	Tue	September 17, 2024	December 3, 2024	4:45 PM	5:15 PM	\$319.00	\$363.00
	30805	Tue	September 17, 2024	December 3, 2024	5:00 PM	5:30 PM	\$319.00	\$363.00
	30800	Tue	September 17, 2024	December 3, 2024	5:15 PM	5:45 PM	\$319.00	\$363.00
	30811	Tue	September 17, 2024	December 3, 2024	5:15 PM	5:45 PM	\$319.00	\$363.00
	30802	Tue	September 17, 2024	December 3, 2024	6:00 PM	6:30 PM	\$319.00	\$363.00
	30808	Tue	September 17, 2024	December 3, 2024	6:00 PM	6:30 PM	\$319.00	\$363.00
	30803	Tue	September 17, 2024	December 3, 2024	6:30 PM	5:00 PM	\$319.00	\$363.00
	30806	Tue	September 17, 2024	December 3, 2024	6:45 PM	7:15 PM	\$319.00	\$363.00
	30797	Tue	September 17, 2024	December 3, 2024	7:00 PM	7:30 PM	\$319.00	\$363.00
	30798	Tue	September 17, 2024	December 3, 2024	7:00 PM	7:30 PM	\$319.00	\$363.00
	30801	Tue	September 17, 2024	December 3, 2024	7:00 PM	7:30 PM	\$319.00	\$363.00
	30809	Tue	September 17, 2024	December 3, 2024	7:15 PM	7:45 PM	\$319.00	\$363.00
	30812	Tue	September 17, 2024	December 3, 2024	7:15 PM	7:45 PM	\$319.00	\$363.00
	30842	Wed	September 18, 2024	December 3, 2024	1:45 PM	2:15 PM	\$319.00	\$363.00
	30844	Wed	September 18, 2024	December 3, 2024	2:30 PM	3:00 PM	\$319.00	\$363.00
	30843	Wed	September 18, 2024	December 3, 2024	4:00 PM	4:30 PM	\$319.00	\$363.00
	30846	Wed	September 18, 2024	December 3, 2024	5:15 PM	5:45 PM	\$319.00	\$363.00
	30847	Wed	September 18, 2024	December 3, 2024	5:45 PM	6:15 PM	\$319.00	\$363.00
	30848	Wed	September 18, 2024	December 3, 2024	6:15 PM	6:45 PM	\$319.00	\$363.00
	30845	Wed	September 18, 2024	December 3, 2024	6:45 PM	7:15 PM	\$319.00	\$363.00
	30849	Wed	September 18, 2024	December 3, 2024	6:45 PM	7:15 PM	\$319.00	\$363.00
	30851	Wed	September 18, 2024	December 3, 2024	7:00 PM	9:30 AM	\$319.00	\$363.00
	30850	Wed	September 18, 2024	December 3, 2024	7:45 PM	7:45 PM	\$319.00	\$363.00
	30877	Thu	September 19, 2024	December 5, 2024	4:00 PM	4:30 PM	\$319.00	\$363.00
	30878	Thu	September 19, 2024	December 5, 2024	4:30 PM	5:00 PM	\$319.00	\$363.00
	30879	Thu	September 19, 2024	December 5, 2024	4:45 PM	5:15 PM	\$319.00	\$363.00
	30880	Thu	September 19, 2024	December 5, 2024	6:30 PM	7:00 PM	\$319.00	\$363.00
	30881	Thu	September 19, 2024	December 5, 2024	6:30 PM	7:00 PM	\$319.00	\$363.00
	30882	Thu	September 19, 2024	December 5, 2024	6:30 PM	7:00 PM	\$319.00	\$363.00
	30883	Thu	September 19, 2024	December 5, 2024	7:00 PM	7:30 PM	\$319.00	\$363.00
	30884	Thu	September 19, 2024	December 5, 2024	7:00 PM	7:30 PM	\$319.00	\$363.00
	30885	Thu	September 19, 2024	December 5, 2024	7:00 PM	7:30 PM	\$319.00	\$363.00
	30886	Thu	September 19, 2024	December 5, 2024	7:00 PM	7:30 PM	\$319.00	\$363.00
	30887	Thu	September 19, 2024	December 5, 2024	7:15 PM	7:45 PM	\$319.00	\$363.00
	30888	Thu	September 19, 2024	December 5, 2024	7:30 PM	8:00 PM	\$319.00	\$363.00
	30909	Fri	September 20, 2024	December 6, 2024	12:30 PM	1:00 PM	\$319.00	\$363.00
	30946	Sat	September 21, 2024	December 14, 2024	9:00 AM	9:30 AM	\$319.00	\$363.00
	30947	Sat	September 21, 2024	December 14, 2024	9:30 AM	10:00 AM	\$319.00	\$363.00



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
<b>PRIVATE LESSONS</b>									
<b>30 min - Private Lessons (11 CLASSES)</b>	30948	Sat	September 21, 2024	December 14, 2024	9:45 AM	10:15 AM	\$319.00	\$363.00	
	30949	Sat	September 21, 2024	December 14, 2024	10:00 AM	10:30 AM	\$319.00	\$363.00	
	30950	Sat	September 21, 2024	December 14, 2024	10:15 AM	10:45 AM	\$319.00	\$363.00	
	30951	Sat	September 21, 2024	December 14, 2024	10:30 AM	11:00 AM	\$319.00	\$363.00	
	30952	Sat	September 21, 2024	December 14, 2024	12:00 PM	12:30 PM	\$319.00	\$363.00	
	30953	Sat	September 21, 2024	December 14, 2024	12:00 PM	12:30 PM	\$319.00	\$363.00	
	30954	Sat	September 21, 2024	December 14, 2024	12:15 PM	12:45 PM	\$319.00	\$363.00	
	30955	Sat	September 21, 2024	December 14, 2024	12:15 PM	12:45 PM	\$319.00	\$363.00	
	30956	Sat	September 21, 2024	December 14, 2024	12:45 PM	1:15 PM	\$319.00	\$363.00	
	30957	Sat	September 21, 2024	December 14, 2024	12:45 PM	1:15 PM	\$319.00	\$363.00	
	30958	Sat	September 21, 2024	December 14, 2024	1:45 PM	2:15 PM	\$319.00	\$363.00	
	31008	Sun	September 22, 2024	December 15, 2024	9:00 AM	9:30 AM	\$319.00	\$363.00	
	31004	Sun	September 22, 2024	December 15, 2024	9:30 AM	10:00 AM	\$319.00	\$363.00	
	30998	Sun	September 22, 2024	December 15, 2024	9:45 AM	10:15 AM	\$319.00	\$363.00	
	31005	Sun	September 22, 2024	December 15, 2024	10:00 AM	10:30 AM	\$319.00	\$363.00	
	31009	Sun	September 22, 2024	December 15, 2024	10:00 AM	10:30 AM	\$319.00	\$363.00	
	30999	Sun	September 22, 2024	December 15, 2024	10:15 AM	10:45 AM	\$319.00	\$363.00	
	31002	Sun	September 22, 2024	December 15, 2024	11:30 AM	12:00 PM	\$319.00	\$363.00	
	31001	Sun	September 22, 2024	December 15, 2024	12:00 PM	12:30 PM	\$319.00	\$363.00	
	31003	Sun	September 22, 2024	December 15, 2024	12:00 PM	12:30 PM	\$319.00	\$363.00	
	31000	Sun	September 22, 2024	December 15, 2024	12:30 PM	1:00 PM	\$319.00	\$363.00	
	31010	Sun	September 22, 2024	December 15, 2024	12:30 PM	1:00 PM	\$319.00	\$363.00	
	31006	Sun	September 22, 2024	December 15, 2024	2:15 PM	2:45 PM	\$319.00	\$363.00	
	31007	Sun	September 22, 2024	December 15, 2024	3:00 PM	3:30 PM	\$319.00	\$363.00	
<b>45 min - Private Lessons (11 CLASSES)</b>	30764	Mon	September 16, 2024	December 9, 2024	2:15 PM	3:00 PM	\$462.00	\$528.00	
	30765	Mon	September 16, 2024	December 9, 2024	3:00 PM	3:45 PM	\$462.00	\$528.00	
	30766	Mon	September 16, 2024	December 9, 2024	3:00 PM	3:45 PM	\$462.00	\$528.00	
	30767	Mon	September 16, 2024	December 9, 2024	4:00 PM	4:45 PM	\$462.00	\$528.00	
	30768	Mon	September 16, 2024	December 9, 2024	4:00 PM	4:45 PM	\$462.00	\$528.00	
	30769	Mon	September 16, 2024	December 9, 2024	4:30 PM	5:15 PM	\$462.00	\$528.00	
	30770	Mon	September 16, 2024	December 9, 2024	5:00 PM	5:45 PM	\$462.00	\$528.00	
	30771	Mon	September 16, 2024	December 9, 2024	6:00 PM	6:45 PM	\$462.00	\$528.00	
	30772	Mon	September 16, 2024	December 9, 2024	6:00 PM	6:45 PM	\$462.00	\$528.00	
	30813	Tue	September 17, 2024	December 3, 2024	9:00 AM	9:45 AM	\$462.00	\$528.00	
	30815	Tue	September 17, 2024	December 3, 2024	4:45 PM	5:15 PM	\$462.00	\$528.00	
	30814	Tue	September 17, 2024	December 3, 2024	5:00 PM	5:15 PM	\$462.00	\$528.00	
	30816	Tue	September 17, 2024	December 3, 2024	7:30 PM	8:15 PM	\$462.00	\$528.00	
	30817	Tue	September 17, 2024	December 3, 2024	7:30 PM	8:15 PM	\$462.00	\$528.00	
	30818	Tue	September 17, 2024	December 3, 2024	7:30 PM	8:15 PM	\$462.00	\$528.00	
	30854	Wed	September 18, 2024	December 3, 2024	1:00 PM	1:45 PM	\$462.00	\$528.00	
	30852	Wed	September 18, 2024	December 3, 2024	2:15 PM	3:00 PM	\$462.00	\$528.00	
	30853	Wed	September 18, 2024	December 3, 2024	3:00 PM	3:45 PM	\$462.00	\$528.00	
	30855	Wed	September 18, 2024	December 3, 2024	3:00 PM	3:45 PM	\$462.00	\$528.00	
	30856	Wed	September 18, 2024	December 3, 2024	3:45 PM	4:30 PM	\$462.00	\$528.00	
	30858	Wed	September 18, 2024	December 3, 2024	4:30 PM	5:15 PM	\$462.00	\$528.00	
	30859	Wed	September 18, 2024	December 3, 2024	4:30 PM	5:15 PM	\$462.00	\$528.00	



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE		
<b>PRIVATE LESSONS</b>								<b>MEMBER</b>	<b>NON-MEMBER</b>
<b>45 min - Private Lessons (11 CLASSES)</b>	30857	Wed	September 18, 2024	December 3, 2024	4:45 PM	5:30 PM	\$462.00	\$528.00	
	30860	Wed	September 18, 2024	December 3, 2024	5:15 PM	6:00 PM	\$462.00	\$528.00	
	30861	Wed	September 18, 2024	December 3, 2024	6:00 PM	6:45 PM	\$462.00	\$528.00	
	30889	Thu	September 19, 2024	December 5, 2024	4:00 PM	4:45 PM	\$462.00	\$528.00	
	30890	Thu	September 19, 2024	December 5, 2024	4:15 PM	5:00 PM	\$462.00	\$528.00	
	30891	Thu	September 19, 2024	December 5, 2024	5:00 PM	5:45 PM	\$462.00	\$528.00	
	30892	Thu	September 19, 2024	December 5, 2024	5:00 PM	5:45 PM	\$462.00	\$528.00	
	30893	Thu	September 19, 2024	December 5, 2024	5:30 PM	6:15 PM	\$462.00	\$528.00	
	30894	Thu	September 19, 2024	December 5, 2024	5:30 PM	6:15 PM	\$462.00	\$528.00	
	30895	Thu	September 19, 2024	December 5, 2024	5:45 PM	6:30 PM	\$462.00	\$528.00	
	30910	Fri	September 20, 2024	December 6, 2024	9:00 AM	9:45 AM	\$462.00	\$528.00	
	30911	Fri	September 20, 2024	December 6, 2024	9:45 AM	10:30 AM	\$462.00	\$528.00	
	30912	Fri	September 20, 2024	December 6, 2024	10:30 AM	11:15 AM	\$462.00	\$528.00	
	30913	Fri	September 20, 2024	December 6, 2024	11:00 AM	11:45 AM	\$462.00	\$528.00	
	30914	Fri	September 20, 2024	December 6, 2024	2:15 PM	3:00 PM	\$462.00	\$528.00	
	30959	Sat	September 21, 2024	December 14, 2024	9:00 AM	9:45 AM	\$462.00	\$528.00	
	30960	Sat	September 21, 2024	December 14, 2024	9:00 AM	9:45 AM	\$462.00	\$528.00	
	30961	Sat	September 21, 2024	December 14, 2024	9:45 AM	10:30 AM	\$462.00	\$528.00	
	30962	Sat	September 21, 2024	December 14, 2024	9:45 AM	10:30 AM	\$462.00	\$528.00	
	30963	Sat	September 21, 2024	December 14, 2024	10:30 AM	11:15 AM	\$462.00	\$528.00	
	30964	Sat	September 21, 2024	December 14, 2024	10:45 AM	11:30 AM	\$462.00	\$528.00	
	30965	Sat	September 21, 2024	December 14, 2024	11:15 AM	12:00 PM	\$462.00	\$528.00	
	30966	Sat	September 21, 2024	December 14, 2024	1:00 PM	1:45 PM	\$462.00	\$528.00	
	30967	Sat	September 21, 2024	December 14, 2024	1:00 PM	1:45 PM	\$462.00	\$528.00	
	30968	Sat	September 21, 2024	December 14, 2024	3:00 PM	3:45 PM	\$462.00	\$528.00	
	30969	Sat	September 21, 2024	December 14, 2024	3:15 PM	4:00 PM	\$462.00	\$528.00	
	30970	Sat	September 21, 2024	December 14, 2024	3:45 PM	4:30 PM	\$462.00	\$528.00	
	30971	Sat	September 21, 2024	December 14, 2024	4:30 PM	5:15 PM	\$462.00	\$528.00	
	31018	Sun	September 22, 2024	December 15, 2024	1:00 AM	1:45 AM	\$462.00	\$528.00	
	31013	Sun	September 22, 2024	December 15, 2024	9:00 AM	9:45 AM	\$462.00	\$528.00	
	31017	Sun	September 22, 2024	December 15, 2024	9:45 AM	10:30 AM	\$462.00	\$528.00	
	31011	Sun	September 22, 2024	December 15, 2024	10:00 AM	10:45 AM	\$462.00	\$528.00	
	31014	Sun	September 22, 2024	December 15, 2024	10:15 AM	11:00 AM	\$462.00	\$528.00	
	31012	Sun	September 22, 2024	December 15, 2024	10:45 AM	11:30 AM	\$462.00	\$528.00	
	31015	Sun	September 22, 2024	December 15, 2024	11:00 AM	11:45 AM	\$462.00	\$528.00	
	31021	Sun	September 22, 2024	December 15, 2024	11:15 AM	12:00 PM	\$462.00	\$528.00	
	31016	Sun	September 22, 2024	December 15, 2024	1:00 PM	1:45 PM	\$462.00	\$528.00	
	31022	Sun	September 22, 2024	December 15, 2024	1:00 PM	1:45 PM	\$462.00	\$528.00	
	31019	Sun	September 22, 2024	December 15, 2024	1:30 PM	2:15 PM	\$462.00	\$528.00	
	31024	Sun	September 22, 2024	December 15, 2024	1:45 PM	2:30 PM	\$462.00	\$528.00	
	31023	Sun	September 22, 2024	December 15, 2024	2:00 PM	2:45 PM	\$462.00	\$528.00	
	31025	Sun	September 22, 2024	December 15, 2024	3:15 PM	4:00 PM	\$462.00	\$528.00	
	31020	Sun	September 22, 2024	December 15, 2024	3:30 PM	4:15 PM	\$462.00	\$528.00	
	31026	Sun	September 22, 2024	December 15, 2024	4:00 PM	4:45 PM	\$462.00	\$528.00	
<b>60 min - Private Lessons (11 CLASSES)</b>	30896	Thu	September 19, 2024	December 5, 2024	7:00 PM	8:00 PM	\$550.00	\$638.00	
	30897	Thu	September 19, 2024	December 5, 2024	7:00 PM	8:00 PM	\$550.00	\$638.00	
	30819	Tue	September 17, 2024	December 3, 2024	4:45 PM	5:45 PM	\$550.00	\$638.00	



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
<b>ADULT SWIM LESSONS</b>									
Adult Beginner (11 Classes)	30773	Mon	September 16, 2024	December 9, 2024	6:00 PM	7:00 PM	\$143.00	\$143.00	\$165.00
	30820	Tue	September 17, 2024	December 3, 2024	8:30 PM	9:30 PM	\$143.00	\$143.00	\$165.00
	30821	Tue	September 17, 2024	December 3, 2024	8:30 PM	9:30 PM	\$143.00	\$143.00	\$165.00
	30862	Wed	September 18, 2024	December 3, 2024	12:00 PM	1:00 PM	\$143.00	\$143.00	\$165.00
	30863	Wed	September 18, 2024	December 3, 2024	8:00 PM	9:00 PM	\$143.00	\$143.00	\$165.00
	30864	Wed	September 18, 2024	December 3, 2024	8:00 PM	9:00 PM	\$143.00	\$143.00	\$165.00
Adult Intermediate (11 CLASSES)	30774	Mon	September 16, 2024	December 9, 2024	12:00 PM	1:00 PM	\$143.00	\$143.00	\$165.00
	30775	Mon	September 16, 2024	December 9, 2024	6:00 PM	7:00 PM	\$143.00	\$143.00	\$165.00
	30822	Tue	September 17, 2024	December 3, 2024	8:30 PM	9:30 PM	\$143.00	\$143.00	\$165.00
	30899	Thu	September 19, 2024	December 5, 2024	8:30 PM	9:30 PM	\$143.00	\$143.00	\$165.00
	30915	Fri	September 20, 2024	December 6, 2024	12:00 PM	1:00 PM	\$143.00	\$143.00	\$165.00
	30973	Sat	September 21, 2024	December 14, 2024	12:00 PM	1:00 PM	\$143.00	\$143.00	\$165.00
	31028	Sun	September 22, 2024	December 15, 2024	12:00 PM	1:00 PM	\$143.00	\$143.00	\$165.00
<b>PARENT &amp; TOT</b>									
Parent and Tot 1/2/3 (11 CLASSES)	30737	Mon	September 16, 2024	December 9, 2024	11:30 AM	12:00 PM	\$79.75	\$79.75	\$96.25
	30738	Mon	September 16, 2024	December 9, 2024	12:00 PM	12:30 PM	\$79.75	\$79.75	\$96.25
	30739	Mon	September 16, 2024	December 9, 2024	12:30 PM	1:00 PM	\$79.75	\$79.75	\$96.25
	30740	Mon	September 16, 2024	December 9, 2024	4:00 PM	4:30 PM	\$79.75	\$79.75	\$96.25
	30741	Mon	September 16, 2024	December 9, 2024	5:00 PM	5:30 PM	\$79.75	\$79.75	\$96.25
	30777	Tue	September 17, 2024	December 3, 2024	10:15 AM	10:45 AM	\$79.75	\$79.75	\$96.25
	30778	Tue	September 17, 2024	December 3, 2024	11:30 AM	12:00 PM	\$79.75	\$79.75	\$96.25
	30779	Tue	September 17, 2024	December 3, 2024	12:15 PM	1:00 PM	\$79.75	\$79.75	\$96.25
	30780	Tue	September 17, 2024	December 3, 2024	4:00 PM	4:30 PM	\$79.75	\$79.75	\$96.25
	30781	Tue	September 17, 2024	December 3, 2024	5:15 PM	5:45 PM	\$79.75	\$79.75	\$96.25
	30823	Wed	September 18, 2024	December 3, 2024	11:30 AM	12:00 PM	\$79.75	\$79.75	\$96.25
	30824	Wed	September 18, 2024	December 3, 2024	12:30 PM	1:00 PM	\$79.75	\$79.75	\$96.25
	30825	Wed	September 18, 2024	December 3, 2024	2:00 PM	2:30 PM	\$79.75	\$79.75	\$96.25
	30826	Wed	September 18, 2024	December 3, 2024	5:45 PM	6:15 PM	\$79.75	\$79.75	\$96.25
	30865	Thu	September 19, 2024	December 5, 2024	5:15 PM	5:45 PM	\$79.75	\$79.75	\$96.25
	30866	Thu	September 19, 2024	December 5, 2024	5:45 PM	6:15 PM	\$79.75	\$79.75	\$96.25
	30900	Fri	September 20, 2024	December 6, 2024	9:00 AM	9:30 AM	\$79.75	\$79.75	\$96.25
	30901	Fri	September 20, 2024	December 6, 2024	10:00 AM	10:30 AM	\$79.75	\$79.75	\$96.25
	30902	Fri	September 20, 2024	December 6, 2024	12:00 PM	12:30 PM	\$79.75	\$79.75	\$96.25
	30903	Fri	September 20, 2024	December 6, 2024	1:30 PM	2:00 PM	\$79.75	\$79.75	\$96.25
	30917	Sat	September 21, 2024	December 14, 2024	9:00 AM	9:30 AM	\$79.75	\$79.75	\$96.25
	30918	Sat	September 21, 2024	December 14, 2024	10:00 AM	10:30 AM	\$79.75	\$79.75	\$96.25
	30919	Sat	September 21, 2024	December 14, 2024	11:15 AM	11:45 AM	\$79.75	\$79.75	\$96.25
	30920	Sat	September 21, 2024	December 14, 2024	11:45 AM	12:15 PM	\$79.75	\$79.75	\$96.25
	30921	Sat	September 21, 2024	December 14, 2024	12:30 PM	1:00 PM	\$79.75	\$79.75	\$96.25
	30976	Sun	September 22, 2024	December 15, 2024	9:00 AM	9:30 AM	\$79.75	\$79.75	\$96.25
	30977	Sun	September 22, 2024	December 15, 2024	10:30 AM	11:00 AM	\$79.75	\$79.75	\$96.25
	30974	Sun	September 22, 2024	December 15, 2024	11:00 AM	11:30 AM	\$79.75	\$79.75	\$96.25
	30978	Sun	September 22, 2024	December 15, 2024	12:00 PM	12:30 PM	\$79.75	\$79.75	\$96.25
	30975	Sun	September 22, 2024	December 15, 2024	12:30 PM	1:00 PM	\$79.75	\$79.75	\$96.25



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
<b>SWIM FOR LIFE® PRESCHOOL</b>									
<b>Preschool 1 (11 CLASSES)</b>									
	30742	Mon	September 16, 2024	December 9, 2024	1:00 PM	1:30 PM	\$101.75	\$112.75	
	30743	Mon	September 16, 2024	December 9, 2024	5:30 PM	6:00 PM	\$101.75	\$112.75	
	30782	Tue	September 17, 2024	December 3, 2024	9:45 AM	10:15 AM	\$101.75	\$112.75	
	30783	Tue	September 17, 2024	December 3, 2024	4:00 PM	4:30 PM	\$101.75	\$112.75	
	30827	Wed	September 18, 2024	December 3, 2024	4:00 PM	4:30 PM	\$101.75	\$112.75	
	30904	Fri	September 20, 2024	December 6, 2024	9:30 AM	10:00 AM	\$101.75	\$112.75	
	30922	Sat	September 21, 2024	December 14, 2024	9:45 AM	10:15 AM	\$101.75	\$112.75	
<b>Preschool 1/2 (11 CLASSES)</b>									
	30744	Mon	September 16, 2024	December 9, 2024	2:30 PM	3:00 PM	\$101.75	\$112.75	
	30784	Tue	September 17, 2024	December 3, 2024	6:15 PM	6:45 PM	\$101.75	\$112.75	
	30828	Wed	September 18, 2024	December 3, 2024	5:30 PM	8:00 AM	\$101.75	\$112.75	
	30867	Thu	September 19, 2024	December 5, 2024	4:00 PM	4:30 PM	\$101.75	\$112.75	
	30905	Fri	September 20, 2024	December 6, 2024	1:00 PM	1:30 PM	\$101.75	\$112.75	
	30924	Sat	September 21, 2024	December 14, 2024	11:30 AM	12:00 PM	\$101.75	\$112.75	
	30982	Sun	September 22, 2024	December 15, 2024	1:00 PM	1:30 PM	\$101.75	\$112.75	
<b>Preschool 2 (11 CLASSES)</b>									
	30745	Mon	September 16, 2024	December 9, 2024	1:45 PM	2:15 PM	\$101.75	\$112.75	
	30746	Mon	September 16, 2024	December 9, 2024	6:00 PM	6:30 PM	\$101.75	\$112.75	
	30785	Tue	September 17, 2024	December 3, 2024	11:00 AM	11:30 AM	\$101.75	\$112.75	
	30786	Tue	September 17, 2024	December 3, 2024	5:45 PM	6:15 PM	\$101.75	\$112.75	
	30829	Wed	September 18, 2024	December 3, 2024	1:00 PM	1:30 PM	\$101.75	\$112.75	
	30830	Wed	September 18, 2024	December 3, 2024	4:30 PM	5:00 PM	\$101.75	\$112.75	
	30868	Thu	September 19, 2024	December 5, 2024	4:30 PM	5:00 PM	\$101.75	\$112.75	
	30906	Fri	September 20, 2024	December 6, 2024	10:30 AM	11:00 AM	\$101.75	\$112.75	
	30925	Sat	September 21, 2024	December 14, 2024	10:30 AM	11:00 AM	\$101.75	\$112.75	
	30926	Sat	September 21, 2024	December 14, 2024	12:30 PM	1:00 PM	\$101.75	\$112.75	
<b>Preschool 3 (11 CLASSES)</b>									
	30747	Mon	September 16, 2024	December 9, 2024	1:00 PM	1:30 PM	\$101.75	\$112.75	
	30748	Mon	September 16, 2024	December 9, 2024	4:30 PM	5:00 PM	\$101.75	\$112.75	
	30787	Tue	September 17, 2024	December 3, 2024	12:00 PM	12:30 PM	\$101.75	\$112.75	
	30788	Tue	September 17, 2024	December 3, 2024	6:45 PM	7:45 PM	\$101.75	\$112.75	
	30831	Wed	September 18, 2024	December 3, 2024	12:00 PM	12:30 PM	\$101.75	\$112.75	
	30832	Wed	September 18, 2024	December 3, 2024	5:00 PM	5:30 PM	\$101.75	\$112.75	
	30869	Thu	September 19, 2024	December 5, 2024	5:00 PM	5:30 PM	\$101.75	\$112.75	
	30907	Fri	September 20, 2024	December 6, 2024	11:15 AM	11:45 AM	\$101.75	\$112.75	
	30927	Sat	September 21, 2024	December 14, 2024	11:00 AM	11:30 AM	\$101.75	\$112.75	
	30928	Sat	September 21, 2024	December 14, 2024	12:00 PM	12:30 PM	\$101.75	\$112.75	
<b>Preschool 4/5 (11 CLASSES)</b>									
	30749	Mon	September 16, 2024	December 9, 2024	1:45 PM	2:30 PM	\$112.75	\$123.75	
	30750	Mon	September 16, 2024	December 9, 2024	6:45 PM	7:30 PM	\$112.75	\$123.75	
	30789	Tue	September 17, 2024	December 3, 2024	6:30 PM	7:15 PM	\$112.75	\$123.75	
	30833	Wed	September 18, 2024	December 3, 2024	6:15 PM	7:00 PM	\$112.75	\$123.75	
	30870	Thu	September 19, 2024	December 5, 2024	5:00 PM	5:45 PM	\$112.75	\$123.75	
	30908	Fri	September 20, 2024	December 6, 2024	1:00 PM	1:45 PM	\$112.75	\$123.75	
	30929	Sat	September 21, 2024	December 14, 2024	9:00 AM	9:45 AM	\$112.75	\$123.75	
	30930	Sat	September 21, 2024	December 14, 2024	1:00 PM	1:45 PM	\$112.75	\$123.75	
	30987	Sun	September 22, 2024	December 15, 2024	9:00 AM	9:45 AM	\$112.75	\$123.75	
	30986	Sun	September 22, 2024	December 15, 2024	1:45 PM	2:30 PM	\$112.75	\$123.75	





PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
<b>SWIM FOR LIFE® SWIMMER</b>									
<b>Swimmer 1 (11 CLASSES)</b>	30751	Mon	September 16, 2024	December 9, 2024	4:30 PM	5:00 PM	\$112.75	\$123.75	
	30752	Mon	September 16, 2024	December 9, 2024	5:15 PM	6:15 PM	\$112.75	\$123.75	
	30790	Tue	September 17, 2024	December 3, 2024	4:45 PM	5:00 PM	\$112.75	\$123.75	
	30791	Tue	September 17, 2024	December 3, 2024	4:45 PM	5:15 PM	\$112.75	\$123.75	
	30835	Wed	September 18, 2024	December 3, 2024	4:00 PM	4:30 PM	\$112.75	\$123.75	
	30836	Wed	September 18, 2024	December 3, 2024	4:30 PM	5:00 PM	\$112.75	\$123.75	
	30834	Wed	September 18, 2024	December 3, 2024	6:15 PM	6:45 PM	\$112.75	\$123.75	
	30871	Thu	September 19, 2024	December 5, 2024	4:15 PM	4:45 PM	\$112.75	\$123.75	
	30931	Sat	September 21, 2024	December 14, 2024	9:30 AM	10:00 AM	\$112.75	\$123.75	
	30932	Sat	September 21, 2024	December 14, 2024	11:30 AM	12:00 PM	\$112.75	\$123.75	
	30933	Sat	September 21, 2024	December 14, 2024	1:00 PM	1:30 PM	\$112.75	\$123.75	
	30934	Sat	September 21, 2024	December 14, 2024	1:45 PM	2:15 PM	\$112.75	\$123.75	
	30935	Sat	September 21, 2024	December 14, 2024	2:15 PM	2:45 PM	\$112.75	\$123.75	
	30989	Sun	September 22, 2024	December 15, 2024	9:30 AM	10:00 AM	\$112.75	\$123.75	
	30988	Sun	September 22, 2024	December 15, 2024	11:30 AM	12:00 PM	\$112.75	\$123.75	
	30990	Sun	September 22, 2024	December 15, 2024	2:45 PM	3:15 PM	\$112.75	\$123.75	
<b>Swimmer 2 (11 CLASSES)</b>	30753	Mon	September 16, 2024	December 9, 2024	6:00 PM	4:45 PM	\$112.75	\$123.75	
	30792	Tue	September 17, 2024	December 3, 2024	5:45 PM	6:30 PM	\$112.75	\$123.75	
	30837	Wed	September 18, 2024	December 3, 2024	3:00 PM	3:45 PM	\$112.75	\$123.75	
	30872	Thu	September 19, 2024	December 5, 2024	6:30 PM	7:15 PM	\$112.75	\$123.75	
	30873	Thu	September 19, 2024	December 5, 2024	7:30 PM	8:15 PM	\$112.75	\$123.75	
	30936	Sat	September 21, 2024	December 14, 2024	10:15 AM	11:00 AM	\$112.75	\$123.75	
	30937	Sat	September 21, 2024	December 14, 2024	1:00 PM	1:45 PM	\$112.75	\$123.75	
	30938	Sat	September 21, 2024	December 14, 2024	2:30 PM	3:15 PM	\$112.75	\$123.75	
	30991	Sun	September 22, 2024	December 15, 2024	9:00 AM	9:45 AM	\$112.75	\$123.75	
	30993	Sun	September 22, 2024	December 15, 2024	1:00 PM	1:45 PM	\$112.75	\$123.75	
<b>Swimmer 3 (11 CLASSES)</b>	30754	Mon	September 16, 2024	December 9, 2024	5:15 PM	6:00 PM	\$112.75	\$123.75	
	30793	Tue	September 17, 2024	December 3, 2024	4:00 PM	4:45 PM	\$112.75	\$123.75	
	30838	Wed	September 18, 2024	December 3, 2024	5:15 PM	6:00 PM	\$112.75	\$123.75	
	30839	Wed	September 18, 2024	December 3, 2024	6:00 PM	6:45 PM	\$112.75	\$123.75	
	30874	Thu	September 19, 2024	December 5, 2024	4:45 PM	5:30 PM	\$112.75	\$123.75	
	30939	Sat	September 21, 2024	December 14, 2024	9:00 AM	9:45 AM	\$112.75	\$123.75	
	30940	Sat	September 21, 2024	December 14, 2024	11:15 AM	12:00 PM	\$112.75	\$123.75	
	30994	Sun	September 22, 2024	December 15, 2024	10:30 AM	11:15 AM	\$112.75	\$123.75	
<b>Swimmer 4 (11 CLASSES)</b>	30755	Mon	September 16, 2024	December 9, 2024	5:15 PM	6:00 PM	\$112.75	\$123.75	
	30794	Tue	September 17, 2024	December 3, 2024	4:00 PM	4:45 PM	\$112.75	\$123.75	
	30840	Wed	September 18, 2024	December 3, 2024	6:00 PM	6:45 PM	\$112.75	\$123.75	
	30875	Thu	September 19, 2024	December 5, 2024	4:00 PM	4:45 PM	\$112.75	\$123.75	
	30941	Sat	September 21, 2024	December 14, 2024	9:45 AM	10:30 AM	\$112.75	\$123.75	
	30942	Sat	September 21, 2024	December 14, 2024	11:30 AM	12:15 PM	\$112.75	\$123.75	
	30995	Sun	September 22, 2024	December 15, 2024	9:00 AM	9:45 AM	\$112.75	\$123.75	
<b>Swimmer 5/6 (11 CLASSES)</b>	30756	Mon	September 16, 2024	December 9, 2024	4:30 PM	5:15 PM	\$112.75	\$123.75	
	30795	Tue	September 17, 2024	December 3, 2024	7:45 PM	8:30 PM	\$112.75	\$123.75	
	30841	Wed	September 18, 2024	December 3, 2024	4:00 PM	4:45 PM	\$112.75	\$123.75	
	30876	Thu	September 19, 2024	December 5, 2024	7:30 PM	8:15 PM	\$112.75	\$123.75	
	30943	Sat	September 21, 2024	December 14, 2024	9:00 AM	9:45 AM	\$112.75	\$123.75	
	30997	Sun	September 22, 2024	December 15, 2024	9:45 AM	10:30 AM	\$112.75	\$123.75	
	30996	Sun	September 22, 2024	December 15, 2024	10:45 AM	11:30 AM	\$112.75	\$123.75	
<b>Swimmer 7 (11 CLASSES)</b>	30944	Sat	September 21, 2024	December 14, 2024	1:45 PM	2:45 PM	\$120.00	\$140.00	
<b>Swimmer 7/8/9 (11 CLASSES)</b>	30796	Tue	September 17, 2024	December 3, 2024	4:45 PM	5:45 PM	\$120.00	\$140.00	
<b>Swimmer 8/9 (11 CLASSES)</b>	30945	Sat	September 21, 2024	December 14, 2024	10:30 AM	11:30 AM	\$120.00	\$140.00	



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
<b>SWIM ABILITIES®</b>									
Swim Abilities (9 CLASSES)	30776	Mon	September 16, 2024	November 25, 2024	3:00 PM	3:45 PM	\$90.00	\$99.00	
	32166	Wed	Wednesday, September 18, 2024	Wednesday, November 20, 2024	3:15 PM	4:00 PM	\$90.00	\$99.00	
	30916	Fri	September 20, 2024	November 22, 2024	2:00 PM	2:45 PM	\$90.00	\$99.00	
<b>CLUB PROGRAMS</b>									
Sea Dragons Lifesaving Club (1/week)	31034	Sun	September 22, 2024	December 15, 2024	12:00 PM	1:30 PM	\$220.00	\$245.00	
Sea Dragons Swim & Lifesaving Club (3/week)	31031	Mon, Wed, Sat	September 16, 2024	December 14, 2024	7:00 PM	8:00 PM	\$385.00	\$425.00	
	31032	Tue, Thur, Sun	September 17, 2024	December 15, 2024	6:00 PM	7:00 PM	\$385.00	\$425.00	
Sea Dragons Stroke Proficiency (11 Classes)	31548	Wed	September 18, 2024	November 27, 2024	4:00 PM	5:00 PM	\$184.00	\$204.00	
	31033	Sat	September 21, 2024	December 14, 2024	3:00 PM	4:00 PM	\$184.00	\$204.00	
	31035	Sun	September 22, 2024	December 15, 2024	3:00 PM	4:00 PM	\$184.00	\$204.00	
<b>LIFESAVING COURSES</b>									
Bronze Star	31042	Fri	October 11, 2024	October 11, 2024	5:00 PM	8:00 PM	\$112.00	\$132.00	
		Sat	October 12, 2024	October 12, 2024	10:00 AM	5:00 PM			
Bronze Medallion and CPR-C	31037	Fri	September 20, 2024	September 20, 2024	6:00 PM	10:00 PM	\$178.00	\$205.00	
		Sat, Sun	September 21, 2024	September 22, 2024	12:00 PM	8:00 PM			
	31044	Fri	October 25, 2024	October 25, 2024	6:00 PM	10:00 PM	\$178.00	\$205.00	
		Sat, Sun	October 26, 2024	October 27, 2024	12:00 PM	8:00 PM			
	31048	Fri	November 15, 2024	November 15, 2024	6:00 PM	10:00 PM	\$178.00	\$205.00	
		Sat, Sun	November 16, 2024	November 17, 2024	12:00 PM	8:00 PM			
Intermediate First Aid	31041	Sat, Sun	October 5, 2024	October 6, 2024	9:00 AM	5:00 PM	\$155.00	\$175.00	
	31055	Sat, Sun	December 14, 2024	December 15, 2024	9:00 AM	5:00 PM	\$155.00	\$175.00	
Intermediate First Aid Recertification	31036	Sun	September 22, 2024	September 22, 2024	9:00 AM	5:00 PM	\$85.00	\$95.00	
	31047	Sun	November 10, 2024	November 10, 2024	9:00 AM	5:00 PM	\$85.00	\$95.00	
Bronze Cross (Assistant Lifeguard)	31040	Fri	September 27, 2024	September 27, 2024	6:00 PM	10:00 PM	\$185.00	\$210.00	
		Sat, Sun	September 28, 2024	September 29, 2024	12:00 PM	8:00 PM			
	31046	Fri	November 1, 2024	November 1, 2024	6:00 PM	10:00 PM	\$185.00	\$210.00	
		Sat, Sun	November 2, 2024	November 3, 2024	12:00 PM	8:00 PM			
	31053	Fri	December 6, 2024	December 6, 2024	6:00 PM	10:00 PM	\$185.00	\$210.00	
		Sat, Sun	December 7, 2024	December 8, 2024	12:00 PM	8:00 PM			
National Lifeguard	31038	Fri	September 27, 2024	October 6, 2024	6:00 PM	10:00 PM	\$370.00	\$410.00	
		Sat, Sun	September 27, 2024	October 6, 2024	12:00 PM	8:00 PM			
	31051	Fri	November 22, 2024	December 1, 2024	6:00 PM	10:00 PM	\$370.00	\$410.00	
		Sat, Sun	* November 22, 2024	December 1, 2024	12:00 PM	8:00 PM			
National Lifeguard Recertification	31039	Sun	September 22, 2024	September 22, 2024	10:30 AM	2:30 PM	\$68.00	\$83.00	
	31045	Sun	October 27, 2024	October 27, 2024	10:30 AM	2:30 PM	\$68.00	\$83.00	
	31049	Sun	November 17, 2024	November 17, 2024	10:30 AM	2:30 PM	\$68.00	\$83.00	
Swim and Lifesaving Instructor	31043	Fri	October 18, 2024	October 27, 2024	6:00 PM	10:00 PM	\$355.00	\$395.00	
		Sat, Sun	October 18, 2024	October 27, 2024	12:00 PM	8:00 PM			
	31054	Fri	December 13, 2024	December 22, 2024	6:00 PM	10:00 PM	\$355.00	\$395.00	
		Sat, Sun	December 13, 2024	December 22, 2024	12:00 PM	8:00 PM			
Swim and Lifesaving Instructor Recertification	31050	Sun	November 17, 2024	November 17, 2024	2:30 PM	6:30 PM	\$85.00	\$95.00	
First Aid Instructor	31052	Sat, Sun	November 30, 2024	December 1, 2024	9:00 AM	5:00 PM	\$275.00	\$300.00	

\* Saturday, November 23, 2024 National Lifeguard is 9am-5pm instead of 12pm-8pm due to MNPSC Holiday Party

