

# SPRING

PROGRAM GUIDE — 2025



fitness & training  
aquatics  
sport performance  
child & youth  
+ summer camps

[mnpcentre.com](http://mnpcentre.com)



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# MEMBERSHIP & admissions

ANNUAL MEMBERSHIPS*			LIMITED MEMBERSHIPS	DROP-IN ADMISSION
	Monthly Continuous *	Annual Full Pay*	30 Day Card or 10 Pass Card **	Single Admission
Adult (18+)	\$84	\$949	\$152	\$18.25
Adult Corporate (18+)	\$76	\$854	N/A	N/A
Senior (65+)	\$55	\$604	\$91	\$11
Youth (13-17)	N/A	\$510	\$84	\$10.75
Child (2-12)	N/A	\$199	\$57	\$7.25
Family Max - 2 adults & up to 4 kids (under 18) all living at same address	\$138	\$1,597	N/A	\$33.50
Family Corporate Max - 2 adults & up to 4 kids (under 18) all living at same address	\$124	\$1,437	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 and Monthly Continuous Membership

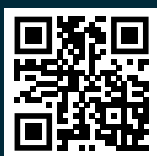
\*\*10 Pass Cards expire 2 years from date of purchase and are non-refundable



**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 2.5-5 YEARS

### 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!

### 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!

### 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.

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!

## SPRING BREAK CAMPS AGE 5-12 YEARS

Join us for action-packed Multi-Sport Spring Break Camps designed for kids aged 5-12!

### *Pre and post care is available*

7:30am - 8:30am (\$40 for the week)

4:30pm-5:30pm (\$40 for the week)



# 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>11 classes</b>									
Run, Jump, Play	39089	Mon	April 7, 2025	June 23, 2025	8:45 AM	11:45 AM	\$266.75	\$297.00	
Variety Day	39093	Fri	April 11, 2025	June 27, 2025	8:45 AM	11:45 AM	\$266.75	\$297.00	
<b>12 Classes</b>									
Craft N' Splash	39090	Tue	April 8, 2025	June 24, 2025	8:45 AM	11:45 AM	\$291.00	\$324.00	
Games N' Splash	39091	Wed	April 9, 2025	June 25, 2025	8:45 AM	11:45 AM	\$291.00	\$324.00	
Active Adventures	39092	Thu	April 10, 2025	June 26, 2025	8:45 AM	11:45 AM	\$291.00	\$324.00	
<b>ACTIVE ENERGIZERS</b>									
Active Energizers (5-7 yrs)	41828	Sat	April 12, 2025	May 24, 2025	10:00 AM	12:00 PM	\$102.50	\$113.75	
Active Energizers (8-12 yrs)	41829	Sat	May 31, 2025	June 28, 2025	11:00 AM	12:00 PM	\$102.50	\$113.75	
<b>CAMPS</b>									
<b>PD DAY CAMPS</b>									
	39523	Mon	April 21, 2025	April 21, 2025	8:30 AM	4:30 PM	\$57.00	\$62.00	
	39524	Fri	May 16, 2025	May 16, 2025	8:30 AM	4:30 PM	\$57.00	\$62.00	
	42059	Fri	June 6, 2025	June 6, 2025	8:30 AM	4:30 PM	\$57.00	\$62.00	
	39526	Fri	June 27, 2025	June 27, 2025	8:30 AM	4:30 PM	\$57.00	\$62.00	
	39527	Mon	June 30, 2025	June 30, 2025	8:30 AM	4:30 PM	\$57.00	\$62.00	
<b>MULTI SPORT SPRING BREAK CAMP</b>	39528	Tue-Fri	April 22, 2025	April 25, 2025	8:30 AM	4:30 PM	\$209.00	\$231.00	



# 2025 SUMMER SPORT CAMPS

## AT A GLANCE

AGES	PRE-CARE	POST-CARE	JULY 2-4 (3 DAYS)	JULY 7-11	JULY 14-18	JULY 21-25	JULY 28 - AUG 1	AUG 5-8 (4 DAYS)	AUG 11-15	AUG 18-22	AUG 25-29	MEMBER PRICE			NON-MEMBER PRICE		
												3 day	4 day	5 day	3 day	4 day	5 day
<b>MULTI-SPORT CAMPS</b>																	
Mini Active Launchers (HALF DAY)	2-5	▪	41801	41802	41803	41804	41805	41806	41807	41808	41809	\$91	\$122	\$152	\$101	\$134	\$168
Active Sport Adventure	4-5	▪	39486	39487	39488	39489	39490	39491	39492	39493	39494	\$157	\$209	\$262	\$173	\$231	\$288
Sport 'N Adventure	6-7	▪	39504	39505	39506	39507	39508	39509	39510	39511	39512	\$157	\$209	\$262	\$173	\$231	\$288
Multi Sport 'N Adventure	8-9	▪	39495	39496	39497	39498	39499	39500	39501	39502	39503	\$157	\$209	\$262	\$173	\$231	\$288
Ultimate Sport 'N Adventure	10-12	▪	39513	39514	39515	39516	39517	39518	39519	39520	39521	\$157	\$209	\$262	\$173	\$231	\$288
<b>SPORT-SPECIFIC CAMPS</b>																	
Basketball Camp	10-12	▪		42040			42041					-	-	\$262	-	-	\$288
Jr. Basketball Camp	7-9	▪			42042							-	-	\$262	-	-	\$288
Bike Adventure Camp	9-12	▪						42047	41844	42048	41846	-	\$209	\$262	-	\$231	\$288
<b>SPORT PARTNER CAMPS</b>																	
Next Level Calgary Surge Basketball Camp	7-12	▪				42058						-	-	\$375	-	-	\$425
Swimming	6-8	▪	41810	41811	41812	41813	41814	41815	41816	41817	41818	\$195	\$260	\$324	\$221	\$293	\$366
Swimming	9-10	▪	41819	41820	41821	41822	41823	41824	41825	41826	41827	\$195	\$260	\$324	\$221	\$293	\$366
Olympic Fencing	8-13	▪			42045	42046						-	-	\$324	-	-	\$366
Olympic Pentathlon	8-13	▪		41837			41838			41839	41840	-	-	\$324	-	-	\$366
Triathlon	8-12	▪						41841	41842			-	-	\$324	-	-	\$366
Rhythmic Gymnastics	6-12	▪							42049	42050	42051	-	-	\$324	-	-	\$366

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

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

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



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

# 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.

## 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.

## 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!

## 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.

## FITNESS & TRAINING PROGRAMS

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	MEMBER	NON-MEMBER
<b>START STRONG</b>									
	41830	Tue, Thur	April 1, 2025	May 22, 2025	5:00 PM	6:00 PM	\$232	\$288	
<b>BARRE</b>									
	42055	Mon	March 31, 2025	May 5, 2025	6:30 PM	7:30 PM	\$62	\$103	
	42056	Tue	April 1, 2025	May 6, 2025	12:00 PM	1:00 PM	\$62	\$103	
	42057	Wed	April 2, 2025	May 7, 2025	6:30 PM	7:30 PM	\$62	\$103	
<b>NUTRITION FOR LIFE</b>									
	42054	Tue	April 1, 2025	May 20, 2025	6:30 PM	7:15 PM	\$168	\$184	
<b>LIFTING 101</b>									
	41831	Mon	April 7, 2025	May 12, 2025	7:00 PM	8:00 PM	\$185	\$198	
	41832	Mon	May 26, 2025	June 30, 2025	7:00 PM	8:00 PM	\$185	\$198	



# 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>								<b>MEMBER</b>	<b>NON-MEMBER</b>
Learn2Ride	39533	Mon	March 31, 2025	May 19, 2025	6:30 PM	8:00 PM	\$181	\$198	
Learn2Tri	39532	Tue	April 1, 2025	May 20, 2025	7:30 PM	9:30 PM	\$181	\$198	
<b>TRAIN</b>									
Train2Run	39539	Thu	April 3, 2025	May 1, 2025	6:00 PM	7:00 PM	\$88	\$103	
Train2Ride	39534	Sat	April 5, 2025	May 3, 2025	8:00 AM	10:00 AM	\$123	\$133	
Train2Swim	39536	Wed	April 2, 2025	May 21, 2025	9:30 AM	10:30 AM	\$140	\$165	
	39537	Fri	April 4, 2025	May 23, 2025	12:00 PM	1:00 PM	\$140	\$165	
Train2Tri	39544	Thu	April 3, 2025	May 1, 2025	7:00 PM	9:00 PM	\$123	\$133	
<b>COMPETE</b>									
<b>Advanced Group Ride</b>									
Endurance Training	39531	Mon	March 31, 2025	April 28, 2025	9:30 AM	11:30 AM	\$123	\$133	
Training for Performance	39529	Tue	April 1, 2025	April 29, 2025	6:30 PM	8:30 PM	\$123	\$133	
Mastering your Zones	39530	Thu	April 3, 2025	May 1, 2025	6:30 PM	8:30 PM	\$123	\$133	
Interval Run	39538	Tue	April 1, 2025	April 29, 2025	6:00 PM	7:00 PM	\$88	\$103	
The Brick	39535	Wed	April 2, 2025	April 30, 2025	6:30 PM	8:30 PM	\$123	\$133	
Tri Swim	39540	Tue	April 1, 2025	July 15, 2025	6:00 AM	7:00 AM	\$210	\$247	
	39541	Tue	April 1, 2025	July 15, 2025	7:00 AM	8:00 AM	\$210	\$247	
	39542	Thu	April 3, 2025	July 17, 2025	6:00 AM	7:00 AM	\$210	\$247	
	39543	Thu	April 3, 2025	July 17, 2025	7:00 AM	8:00 AM	\$210	\$247	
Tri Fecta	39545	Sun	April 6, 2025	April 6, 2025	8:00 AM	11:30 AM	\$31	\$34	
	39546	Sun	May 4, 2025	May 4, 2025	8:00 AM	11:30 AM	\$31	\$34	





## 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.

### K1-KICKBOXING TEEN

K1- Kickboxing Teen is a powerful tool for building physical strength, fostering discipline, learning self defense and enhancing fitness in teens while learning serious martial arts skills.



## 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.

### PICKLEBALL 301

In Pickleball 301, you'll refine your technique and expand your skill set with a focus on advanced doubles strategies, effective communication, and tactical gameplay designed to outmaneuver opponents. This course will help you master shot selection, positioning, and teamwork to gain a competitive edge on the court. Pickleball 301 provides the tools and insights needed to enhance consistency, decision-making, and overall performance in high-level play.



## SPORT

### K1-Kickboxing

<b>Beginner</b>	41834	Wed	April 2, 2025	June 18, 2025	5:30 PM	6:30 PM	\$222	\$247
<b>Intermediate</b>	41833	Tue, Thu	April 1, 2025	June 19, 2025	5:30 PM	6:30 PM	\$445	\$494
<b>Advanced - Sparring</b>	41835	Mon, Wed	March 31, 2025	June 18, 2025	7:00 PM	8:30 PM	\$544	\$593
<b>Teen</b>	41836	Tue, Thu	April 1, 2025	June 19, 2025	4:30 PM	5:30 PM	\$445	\$494

### Pickleball

<b>101</b>	39554	Sat	April 5, 2025	May 10, 2025	9:00 AM	11:00 AM	\$148	\$161
	39557	Sat	May 17, 2025	June 21, 2025	9:00 AM	11:00 AM	\$148	\$161
<b>201</b>	39555	Sat	April 5, 2025	May 10, 2025	11:00 AM	1:00 PM	\$297	\$321
	39558	Sat	May 17, 2025	June 21, 2025	11:00 AM	1:00 PM	\$297	\$321
<b>301</b>	39556	Tue	April 8, 2025	May 6, 2025	9:00 AM	11:00 AM	\$297	\$321
	39559	Tue	May 20, 2025	June 24, 2025	9:00 AM	11:00 AM	\$297	\$321
<b>Clinics</b>	36199	Sat	March 8, 2025	March 8, 2025	9:00 AM	11:00 AM	\$31	\$34
	39547	Sat	April 5, 2025	April 5, 2025	9:00 AM	11:00 AM	\$31	\$34
	39548	Sat	April 12, 2025	April 12, 2025	9:00 AM	11:00 AM	\$31	\$34
	39549	Sat	April 19, 2025	April 19, 2025	9:00 AM	11:00 AM	\$31	\$34
	39550	Sat	April 26, 2025	April 26, 2025	9:00 AM	11:00 AM	\$31	\$34
	39551	Sat	May 3, 2025	May 3, 2025	9:00 AM	11:00 AM	\$31	\$34
	39552	Sat	May 10, 2025	May 10, 2025	9:00 AM	11:00 AM	\$31	\$34
	39553	Sat	May 17, 2025	May 17, 2025	9:00 AM	11:00 AM	\$31	\$34

# 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

**Skill Minimum:** Deep Water Comfort & Propulsive Kick (front & back)



## 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

**Skill minimum:** Front and back crawl for 10m

### 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

**Skill minimum:** 25m swim, without stopping

### 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

**Skill minimum:** 50m swim, without stopping

### 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	MEMBER	NON-MEMBER
<b>PRIVATE LESSONS</b>									
<b>30 min - Private Lessons (10 CLASSES)</b>									
	39270	Fri	April 11, 2025	June 27, 2025	10:45 AM	11:15 AM	\$280	\$320	
	39271	Fri	April 11, 2025	June 27, 2025	11:45 AM	12:15 PM	\$280	\$320	
	39272	Fri	April 11, 2025	June 27, 2025	12:15 PM	12:45 PM	\$280	\$320	
	39273	Fri	April 11, 2025	June 27, 2025	1:15 PM	1:45 PM	\$280	\$320	
	39352	Sat	April 12, 2025	June 28, 2025	9:00 AM	9:30 AM	\$280	\$320	
	39353	Sat	April 12, 2025	June 28, 2025	9:45 AM	10:15 AM	\$280	\$320	
	39354	Sat	April 12, 2025	June 28, 2025	10:15 AM	10:45 AM	\$280	\$320	
	39355	Sat	April 12, 2025	June 28, 2025	10:15 AM	10:45 AM	\$280	\$320	
	39356	Sat	April 12, 2025	June 28, 2025	10:45 AM	11:15 AM	\$280	\$320	
	39357	Sat	April 12, 2025	June 28, 2025	11:15 AM	11:45 AM	\$280	\$320	
	39358	Sat	April 12, 2025	June 28, 2025	12:00 PM	12:30 PM	\$280	\$320	
	39359	Sat	April 12, 2025	June 28, 2025	12:15 PM	12:45 PM	\$280	\$320	
	39360	Sat	April 12, 2025	June 28, 2025	12:30 PM	1:00 PM	\$280	\$320	
	39361	Sat	April 12, 2025	June 28, 2025	12:45 PM	1:15 PM	\$280	\$320	
	39362	Sat	April 12, 2025	June 28, 2025	1:15 PM	1:45 PM	\$280	\$320	
	39363	Sat	April 12, 2025	June 28, 2025	1:45 PM	2:15 PM	\$280	\$320	
	39364	Sat	April 12, 2025	June 28, 2025	2:00 PM	2:30 PM	\$280	\$320	
	39365	Sat	April 12, 2025	June 28, 2025	2:15 PM	2:45 PM	\$280	\$320	
	39366	Sat	April 12, 2025	June 28, 2025	3:30 PM	4:00 PM	\$280	\$320	
	39367	Sat	April 12, 2025	June 28, 2025	4:00 PM	4:30 PM	\$280	\$320	
	39368	Sat	April 12, 2025	June 28, 2025	4:30 PM	5:00 PM	\$280	\$320	
	39412	Sun	April 13, 2025	June 29, 2025	9:00 AM	9:30 AM	\$280	\$320	
	39413	Sun	April 13, 2025	June 29, 2025	9:30 AM	10:00 AM	\$280	\$320	
	39414	Sun	April 13, 2025	June 29, 2025	9:45 AM	10:15 AM	\$280	\$320	
	39415	Sun	April 13, 2025	June 29, 2025	10:00 AM	10:30 AM	\$280	\$320	
	39416	Sun	April 13, 2025	June 29, 2025	10:30 AM	11:00 AM	\$280	\$320	
	39417	Sun	April 13, 2025	June 29, 2025	11:00 AM	11:30 AM	\$280	\$320	
	39418	Sun	April 13, 2025	June 29, 2025	11:45 AM	12:15 PM	\$280	\$320	
	39419	Sun	April 13, 2025	June 29, 2025	12:30 PM	1:00 PM	\$280	\$320	
	39420	Sun	April 13, 2025	June 29, 2025	1:00 PM	1:30 PM	\$280	\$320	
	39421	Sun	April 13, 2025	June 29, 2025	1:45 PM	2:15 PM	\$280	\$320	
	39422	Sun	April 13, 2025	June 29, 2025	3:00 PM	3:30 PM	\$280	\$320	
	39423	Sun	April 13, 2025	June 29, 2025	4:15 PM	4:45 PM	\$280	\$320	
<b>30 min - Private Lessons (11 CLASSES)</b>									
	39146	Tue	April 8, 2025	June 24, 2025	4:00 PM	4:30 PM	\$308	\$352	
	39147	Tue	April 8, 2025	June 24, 2025	4:30 PM	5:00 PM	\$308	\$352	
	39148	Tue	April 8, 2025	June 24, 2025	4:30 PM	5:00 PM	\$308	\$352	
	39149	Tue	April 8, 2025	June 24, 2025	4:45 PM	5:15 PM	\$308	\$352	
	39150	Tue	April 8, 2025	June 24, 2025	5:00 PM	5:30 PM	\$308	\$352	
	39151	Tue	April 8, 2025	June 24, 2025	5:00 PM	5:30 PM	\$308	\$352	
	39152	Tue	April 8, 2025	June 24, 2025	5:15 PM	5:45 PM	\$308	\$352	
	39153	Tue	April 8, 2025	June 24, 2025	6:30 PM	7:00 PM	\$308	\$352	
	39154	Tue	April 8, 2025	June 24, 2025	6:45 PM	7:15 PM	\$308	\$352	
	39155	Tue	April 8, 2025	June 24, 2025	7:00 PM	7:30 PM	\$308	\$352	
	39156	Tue	April 8, 2025	June 24, 2025	7:15 PM	7:45 PM	\$308	\$352	
	39157	Tue	April 8, 2025	June 24, 2025	7:15 PM	7:45 PM	\$308	\$352	
	39158	Tue	April 8, 2025	June 24, 2025	7:15 PM	7:45 PM	\$308	\$352	



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE		
<b>PRIVATE LESSONS</b>								MEMBER	NON-MEMBER
<b>30 min - Private Lessons (11 CLASSES)</b>	39159	Tue	April 8, 2025	June 24, 2025	7:15 PM	7:45 PM	\$308	\$352	
	39160	Tue	April 8, 2025	June 24, 2025	7:30 PM	8:00 PM	\$308	\$352	
	39161	Tue	April 8, 2025	June 24, 2025	8:00 PM	8:30 PM	\$308	\$352	
	39193	Wed	April 9, 2025	June 25, 2025	12:00 PM	12:30 PM	\$308	\$352	
	39194	Wed	April 9, 2025	June 25, 2025	5:30 PM	6:00 PM	\$308	\$352	
	39195	Wed	April 9, 2025	June 25, 2025	5:45 PM	6:15 PM	\$308	\$352	
	39196	Wed	April 9, 2025	June 25, 2025	5:45 PM	6:15 PM	\$308	\$352	
	39197	Wed	April 9, 2025	June 25, 2025	6:15 PM	6:45 PM	\$308	\$352	
	39198	Wed	April 9, 2025	June 25, 2025	6:45 PM	7:15 PM	\$308	\$352	
	39199	Wed	April 9, 2025	June 25, 2025	7:00 PM	7:30 PM	\$308	\$352	
	39200	Wed	April 9, 2025	June 25, 2025	7:00 PM	7:30 PM	\$308	\$352	
	39201	Wed	April 9, 2025	June 25, 2025	7:30 PM	8:00 PM	\$308	\$352	
	39237	Thu	April 10, 2025	June 26, 2025	4:30 PM	5:00 PM	\$308	\$352	
	39238	Thu	April 10, 2025	June 26, 2025	5:00 PM	5:30 PM	\$308	\$352	
	39239	Thu	April 10, 2025	June 26, 2025	5:15 PM	5:45 PM	\$308	\$352	
	39240	Thu	April 10, 2025	June 26, 2025	6:15 PM	6:45 PM	\$308	\$352	
	39241	Thu	April 10, 2025	June 26, 2025	7:15 PM	7:45 PM	\$308	\$352	
	39242	Thu	April 10, 2025	June 26, 2025	7:30 PM	8:00 PM	\$308	\$352	
	39243	Thu	April 10, 2025	June 26, 2025	7:30 PM	8:00 PM	\$308	\$352	
	39244	Thu	April 10, 2025	June 26, 2025	7:45 PM	8:15 PM	\$308	\$352	
	39245	Thu	April 10, 2025	June 26, 2025	7:45 PM	8:15 PM	\$308	\$352	
	39246	Thu	April 10, 2025	June 26, 2025	8:00 PM	8:30 PM	\$308	\$352	
	39247	Thu	April 10, 2025	June 26, 2025	8:00 PM	8:30 PM	\$308	\$352	
<b>45 min - Private Lessons (10 CLASSES)</b>	39267	Fri	April 11, 2025	June 27, 2025	9:00 AM	9:45 AM	\$410	\$470	
	39268	Fri	April 11, 2025	June 27, 2025	10:00 AM	10:45 AM	\$410	\$470	
	39269	Fri	April 11, 2025	June 27, 2025	1:45 PM	2:30 PM	\$410	\$470	
	39341	Sat	April 12, 2025	June 28, 2025	9:00 AM	9:45 AM	\$410	\$470	
	39342	Sat	April 12, 2025	June 28, 2025	9:00 AM	9:45 AM	\$410	\$470	
	39343	Sat	April 12, 2025	June 28, 2025	9:00 AM	9:45 AM	\$410	\$470	
	39344	Sat	April 12, 2025	June 28, 2025	9:30 AM	10:15 AM	\$410	\$470	
	39345	Sat	April 12, 2025	June 28, 2025	9:45 AM	10:30 AM	\$410	\$470	
	39346	Sat	April 12, 2025	June 28, 2025	10:30 AM	11:15 AM	\$410	\$470	
	39347	Sat	April 12, 2025	June 28, 2025	10:30 AM	11:15 AM	\$410	\$470	
	39348	Sat	April 12, 2025	June 28, 2025	11:30 AM	12:15 PM	\$410	\$470	
	39349	Sat	April 12, 2025	June 28, 2025	11:30 AM	12:15 PM	\$410	\$470	
	39350	Sat	April 12, 2025	June 28, 2025	12:00 PM	12:45 PM	\$410	\$470	
	39351	Sat	April 12, 2025	June 28, 2025	3:00 PM	3:45 PM	\$410	\$470	
	39400	Sun	April 13, 2025	June 29, 2025	9:00 AM	9:45 AM	\$410	\$470	
	39401	Sun	April 13, 2025	June 29, 2025	9:00 AM	9:45 AM	\$410	\$470	
	39402	Sun	April 13, 2025	June 29, 2025	9:45 AM	10:30 AM	\$410	\$470	
	39403	Sun	April 13, 2025	June 29, 2025	10:00 AM	10:45 AM	\$410	\$470	
	39404	Sun	April 13, 2025	June 29, 2025	10:45 AM	11:30 AM	\$410	\$470	
	39405	Sun	April 13, 2025	June 29, 2025	11:00 AM	11:45 AM	\$410	\$470	



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE		
<b>PRIVATE LESSONS</b>								MEMBER	NON-MEMBER
<b>45 min - Private Lessons (10 CLASSES)</b>	39406	Sun	April 13, 2025	June 29, 2025	11:30 AM	12:15 PM	\$410	\$470	
	39407	Sun	April 13, 2025	June 29, 2025	11:45 AM	12:30 PM	\$410	\$470	
	39408	Sun	April 13, 2025	June 29, 2025	11:45 AM	12:30 PM	\$410	\$470	
	39409	Sun	April 13, 2025	June 29, 2025	1:45 PM	2:30 PM	\$410	\$470	
	39410	Sun	April 13, 2025	June 29, 2025	2:00 PM	2:45 PM	\$410	\$470	
	39411	Sun	April 13, 2025	June 29, 2025	4:00 PM	4:45 PM	\$410	\$470	
<b>45 min - Private Lessons (11 CLASSES)</b>	39103	Mon	April 7, 2025	June 23, 2025	12:00 PM	12:30 PM	\$451	\$517	
	39094	Mon	April 7, 2025	June 23, 2025	2:15 PM	3:00 PM	\$451	\$517	
	39095	Mon	April 7, 2025	June 23, 2025	2:30 PM	3:15 PM	\$451	\$517	
	42044	Mon	April 7, 2025	June 23, 2025	3:00 PM	3:45 PM	\$451	\$517	
	39096	Mon	April 7, 2025	June 23, 2025	3:30 PM	4:15 PM	\$451	\$517	
	39097	Mon	April 7, 2025	June 23, 2025	4:00 PM	4:45 PM	\$451	\$517	
	39098	Mon	April 7, 2025	June 23, 2025	4:15 PM	5:00 PM	\$451	\$517	
	39104	Mon	April 7, 2025	June 23, 2025	4:15 PM	4:45 PM	\$451	\$517	
	39105	Mon	April 7, 2025	June 23, 2025	4:15 PM	4:45 PM	\$451	\$517	
	39099	Mon	April 7, 2025	June 23, 2025	4:30 PM	5:15 PM	\$451	\$517	
	39106	Mon	April 7, 2025	June 23, 2025	4:30 PM	5:00 PM	\$451	\$517	
	39100	Mon	April 7, 2025	June 23, 2025	4:45 PM	5:30 PM	\$451	\$517	
	39101	Mon	April 7, 2025	June 23, 2025	5:00 PM	5:45 PM	\$451	\$517	
	39107	Mon	April 7, 2025	June 23, 2025	5:00 PM	5:30 PM	\$451	\$517	
	39102	Mon	April 7, 2025	June 23, 2025	5:45 PM	6:30 PM	\$451	\$517	
	39108	Mon	April 7, 2025	June 23, 2025	6:00 PM	6:30 PM	\$451	\$517	
	39109	Mon	April 7, 2025	June 23, 2025	6:00 PM	6:30 PM	\$451	\$517	
	39110	Mon	April 7, 2025	June 23, 2025	6:30 PM	7:00 PM	\$451	\$517	
	39111	Mon	April 7, 2025	June 23, 2025	6:30 PM	7:00 PM	\$451	\$517	
	39112	Mon	April 7, 2025	June 23, 2025	6:45 PM	7:15 PM	\$451	\$517	
	39113	Mon	April 7, 2025	June 23, 2025	7:15 PM	7:45 PM	\$451	\$517	
	39114	Mon	April 7, 2025	June 23, 2025	7:30 PM	8:00 PM	\$451	\$517	
	39145	Tue	April 8, 2025	June 24, 2025	7:45 PM	8:30 PM	\$451	\$517	
	39184	Wed	April 9, 2025	June 25, 2025	2:15 PM	3:00 PM	\$451	\$517	
	39185	Wed	April 9, 2025	June 25, 2025	2:30 PM	3:15 PM	\$451	\$517	
	39186	Wed	April 9, 2025	June 25, 2025	3:00 PM	3:45 PM	\$451	\$517	
	39187	Wed	April 9, 2025	June 25, 2025	4:00 PM	4:45 PM	\$451	\$517	
	39188	Wed	April 9, 2025	June 25, 2025	4:45 PM	5:30 PM	\$451	\$517	
	39189	Wed	April 9, 2025	June 25, 2025	4:45 PM	5:30 PM	\$451	\$517	
	39190	Wed	April 9, 2025	June 25, 2025	4:45 PM	5:30 PM	\$451	\$517	
	39191	Wed	April 9, 2025	June 25, 2025	5:00 PM	5:45 PM	\$451	\$517	
	39192	Wed	April 9, 2025	June 25, 2025	5:15 PM	6:00 PM	\$451	\$517	
	39230	Thu	April 10, 2025	June 26, 2025	4:00 PM	4:45 PM	\$451	\$517	
	39231	Thu	April 10, 2025	June 26, 2025	4:30 PM	5:15 PM	\$451	\$517	
	39232	Thu	April 10, 2025	June 26, 2025	4:45 PM	5:30 PM	\$451	\$517	
	39233	Thu	April 10, 2025	June 26, 2025	5:00 PM	5:45 PM	\$451	\$517	
	39234	Thu	April 10, 2025	June 26, 2025	5:45 PM	6:30 PM	\$451	\$517	
	39235	Thu	April 10, 2025	June 26, 2025	5:45 PM	6:30 PM	\$451	\$517	
	39236	Thu	April 10, 2025	June 26, 2025	7:45 PM	8:30 PM	\$451	\$517	



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE		
							MEMBER	NON-MEMBER	
60 min - Private Lessons (11 CLASSES)	39180	Tue	April 8, 2025	June 24, 2025	7:30 PM	8:30 PM	\$539	\$627	
	39248	Thu	April 10, 2025	June 26, 2025	7:30 PM	8:30 PM	\$539	\$627	
<b>ADULT SWIM LESSONS</b>									
Adult Beginner (10 Classes)	39398	Sat	April 12, 2025	June 28, 2025	12:30 PM	1:30 PM	\$125	\$145	
	39454	Sun	April 13, 2025	June 29, 2025	12:30 PM	1:30 PM	\$125	\$145	
Adult Beginner (11 Classes)	39136	Mon	April 7, 2025	June 23, 2025	12:00 PM	1:00 PM	\$138	\$160	
	39137	Mon	April 7, 2025	June 23, 2025	8:00 PM	9:00 PM	\$138	\$160	
	39182	Tue	April 8, 2025	June 24, 2025	8:30 PM	9:30 PM	\$138	\$160	
	39226	Wed	April 9, 2025	June 25, 2025	8:15 PM	9:15 PM	\$138	\$160	
	39265	Thu	April 10, 2025	June 26, 2025	8:30 PM	9:30 PM	\$138	\$160	
Adult Intermediate (10 CLASSES)	39282	Fri	April 11, 2025	June 27, 2025	12:00 PM	1:00 PM	\$125	\$145	
	39399	Sat	April 12, 2025	June 28, 2025	12:30 PM	1:30 PM	\$125	\$145	
	39455	Sun	April 13, 2025	June 29, 2025	12:30 PM	1:30 PM	\$125	\$145	
Adult Intermediate (11 CLASSES)	39138	Mon	April 7, 2025	June 23, 2025	8:00 PM	9:00 PM	\$138	\$160	
	39183	Tue	April 8, 2025	June 24, 2025	8:30 PM	9:30 PM	\$138	\$160	
	39227	Wed	April 9, 2025	June 25, 2025	12:00 PM	1:00 PM	\$138	\$160	
	39228	Wed	April 9, 2025	June 25, 2025	8:15 PM	9:15 PM	\$138	\$160	
	39266	Thu	April 10, 2025	June 26, 2025	8:30 PM	9:30 PM	\$138	\$160	
Adult Advanced (11 CLASSES)	39229	Wed	April 9, 2025	June 25, 2025	8:15 PM	9:15 PM	\$138	\$160	
<b>PARENT &amp; TOT</b>									
Parent and Tot 1/2/3 (10 CLASSES)	39274	Fri	April 11, 2025	June 27, 2025	9:30 AM	10:00 AM	\$70	\$85	
	39275	Fri	April 11, 2025	June 27, 2025	10:15 AM	10:45 AM	\$70	\$85	
	39276	Fri	April 11, 2025	June 27, 2025	11:30 AM	12:00 PM	\$70	\$85	
	39277	Fri	April 11, 2025	June 27, 2025	12:45 PM	1:15 PM	\$70	\$85	
	39369	Sat	April 12, 2025	June 28, 2025	9:00 AM	9:30 AM	\$70	\$85	
	39370	Sat	April 12, 2025	June 28, 2025	10:00 AM	10:30 AM	\$70	\$85	
	39371	Sat	April 12, 2025	June 28, 2025	11:00 AM	11:30 AM	\$70	\$85	
	39372	Sat	April 12, 2025	June 28, 2025	11:30 AM	12:00 PM	\$70	\$85	
	39373	Sat	April 12, 2025	June 28, 2025	12:30 PM	1:00 PM	\$70	\$85	
	39424	Sun	April 13, 2025	June 29, 2025	9:00 AM	9:30 AM	\$70	\$85	
	39425	Sun	April 13, 2025	June 29, 2025	11:15 AM	11:45 AM	\$70	\$85	
	39426	Sun	April 13, 2025	June 29, 2025	11:45 AM	12:15 PM	\$70	\$85	
	39427	Sun	April 13, 2025	June 29, 2025	12:15 PM	12:45 PM	\$70	\$85	
	39428	Sun	April 13, 2025	June 29, 2025	12:45 PM	1:15 PM	\$70	\$85	
	Parent and Tot 1/2/3 (11 CLASSES)	39115	Mon	April 7, 2025	June 23, 2025	11:30 AM	12:00 PM	\$77	\$94
		39116	Mon	April 7, 2025	June 23, 2025	1:15 PM	1:45 PM	\$77	\$94
39117		Mon	April 7, 2025	June 23, 2025	4:15 PM	4:45 PM	\$77	\$94	
39118		Mon	April 7, 2025	June 23, 2025	4:45 PM	5:45 PM	\$77	\$94	
39162		Tue	April 8, 2025	June 24, 2025	10:15 AM	10:45 AM	\$77	\$94	
39163		Tue	April 8, 2025	June 24, 2025	11:30 AM	12:00 PM	\$77	\$94	
39164		Tue	April 8, 2025	June 24, 2025	12:30 PM	1:00 PM	\$77	\$94	
39165		Tue	April 8, 2025	June 24, 2025	6:00 PM	6:30 PM	\$77	\$94	
39202		Wed	April 9, 2025	June 25, 2025	11:30 AM	12:00 PM	\$77	\$94	
39203		Wed	April 9, 2025	June 25, 2025	1:00 PM	1:30 PM	\$77	\$94	
39204		Wed	April 9, 2025	June 25, 2025	4:00 PM	4:30 PM	\$77	\$94	
39205	Wed	April 9, 2025	June 25, 2025	6:15 PM	6:45 PM	\$77	\$94		
39249	Thu	April 10, 2025	June 26, 2025	4:00 PM	4:30 PM	\$77	\$94		
39250	Thu	April 10, 2025	June 26, 2025	5:30 PM	6:00 PM	\$77	\$94		





PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE		
<b>SWIM FOR LIFE® PRESCHOOL</b>								MEMBER	NON-MEMBER
<b>Preschool 1 (10 CLASSES)</b>	39374	Sat	April 12, 2025	June 28, 2025	9:00 AM	9:30 AM	\$90	\$100	
	39375	Sat	April 12, 2025	June 28, 2025	10:30 AM	11:00 AM	\$90	\$100	
	39429	Sun	April 13, 2025	June 29, 2025	9:30 AM	10:00 AM	\$90	\$100	
	39430	Sun	April 13, 2025	June 29, 2025	1:15 PM	1:45 PM	\$90	\$100	
<b>Preschool 1 (11 CLASSES)</b>	39119	Mon	April 7, 2025	June 23, 2025	11:30 AM	12:00 PM	\$99	\$110	
	39120	Mon	April 7, 2025	June 23, 2025	5:45 PM	6:15 PM	\$99	\$110	
	39166	Tue	April 8, 2025	June 24, 2025	9:45 AM	10:15 AM	\$99	\$110	
	39167	Tue	April 8, 2025	June 24, 2025	4:00 PM	4:30 PM	\$99	\$110	
	39206	Wed	April 9, 2025	June 25, 2025	5:00 PM	5:30 PM	\$99	\$110	
	39207	Wed	April 9, 2025	June 25, 2025	6:30 PM	7:00 PM	\$99	\$110	
	39251	Thu	April 10, 2025	June 26, 2025	5:00 PM	5:30 PM	\$99	\$110	
<b>Preschool 1/2 (10 CLASSES)</b>	39278	Fri	April 11, 2025	June 27, 2025	9:00 AM	9:30 AM	\$90	\$100	
	39376	Sat	April 12, 2025	June 28, 2025	12:45 PM	1:15 PM	\$90	\$100	
	39431	Sun	April 13, 2025	June 29, 2025	10:00 AM	10:30 AM	\$90	\$100	
<b>Preschool 1/2 (11 CLASSES)</b>	39121	Mon	April 7, 2025	June 23, 2025	1:00 PM	1:30 PM	\$99	\$110	
	39168	Tue	April 8, 2025	June 24, 2025	6:15 PM	6:45 PM	\$99	\$110	
	39208	Wed	April 9, 2025	June 25, 2025	1:00 PM	1:30 PM	\$99	\$110	
	39252	Thu	April 10, 2025	June 26, 2025	6:30 PM	7:00 PM	\$99	\$110	
<b>Preschool 2 (10 CLASSES)</b>	39377	Sat	April 12, 2025	June 28, 2025	9:30 AM	10:00 AM	\$90	\$100	
	39378	Sat	April 12, 2025	June 28, 2025	11:30 AM	12:00 PM	\$90	\$100	
	39432	Sun	April 13, 2025	June 29, 2025	9:00 AM	9:30 AM	\$90	\$100	
	39433	Sun	April 13, 2025	June 29, 2025	10:30 AM	11:00 AM	\$90	\$100	
<b>Preschool 2 (11 CLASSES)</b>	39122	Mon	April 7, 2025	June 23, 2025	4:45 PM	5:15 PM	\$99	\$110	
	39123	Mon	April 7, 2025	June 23, 2025	6:15 PM	6:45 PM	\$99	\$110	
	39169	Tue	April 8, 2025	June 24, 2025	11:00 AM	11:30 AM	\$99	\$110	
	39170	Tue	April 8, 2025	June 24, 2025	5:00 PM	5:30 PM	\$99	\$110	
	39209	Wed	April 9, 2025	June 25, 2025	4:30 PM	5:00 PM	\$99	\$110	
	39210	Wed	April 9, 2025	June 25, 2025	5:30 PM	6:00 PM	\$99	\$110	
	39253	Thu	April 10, 2025	June 26, 2025	4:30 PM	5:00 PM	\$99	\$110	
<b>Preschool 3 (10 CLASSES)</b>	39279	Fri	April 11, 2025	June 27, 2025	9:45 AM	10:15 AM	\$90	\$100	
	39379	Sat	April 12, 2025	June 28, 2025	10:00 AM	10:30 AM	\$90	\$100	
	39380	Sat	April 12, 2025	June 28, 2025	12:15 PM	12:45 PM	\$90	\$100	
	39434	Sun	April 13, 2025	June 29, 2025	11:15 AM	11:45 AM	\$90	\$100	
	39435	Sun	April 13, 2025	June 29, 2025	12:15 PM	12:45 PM	\$90	\$100	
<b>Preschool 3 (11 CLASSES)</b>	39124	Mon	April 7, 2025	June 23, 2025	1:45 PM	2:15 PM	\$99	\$110	
	39125	Mon	April 7, 2025	June 23, 2025	5:15 PM	5:45 PM	\$99	\$110	
	39126	Mon	April 7, 2025	June 23, 2025	7:00 PM	7:30 PM	\$99	\$110	
	39171	Tue	April 8, 2025	June 24, 2025	12:00 PM	12:30 PM	\$99	\$110	
	39172	Tue	April 8, 2025	June 24, 2025	6:30 PM	7:00 PM	\$99	\$110	
	39211	Wed	April 9, 2025	June 25, 2025	1:30 PM	2:00 PM	\$99	\$110	
	39212	Wed	April 9, 2025	June 25, 2025	5:15 PM	5:45 PM	\$99	\$110	
	39213	Wed	April 9, 2025	June 25, 2025	6:15 PM	6:45 PM	\$99	\$110	
	39254	Thu	April 10, 2025	June 26, 2025	4:00 PM	4:30 PM	\$99	\$110	
	39255	Thu	April 10, 2025	June 26, 2025	6:30 PM	7:00 PM	\$99	\$110	
<b>Preschool 4 (10 CLASSES)</b>	39381	Sat	April 12, 2025	June 28, 2025	11:00 AM	11:30 AM	\$100	\$110	
	39436	Sun	April 13, 2025	June 29, 2025	11:30 AM	12:00 PM	\$100	\$110	



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE		
<b>SWIM FOR LIFE® PRESCHOOL</b>								MEMBER	NON-MEMBER
<b>Preschool 4 (11 CLASSES)</b>	39127	Mon	April 7, 2025	June 23, 2025	12:30 PM	1:00 PM	\$110	\$121	
	39214	Wed	April 9, 2025	June 25, 2025	12:30 PM	1:00 PM	\$110	\$121	
<b>Preschool 4/5 (11 CLASSES)</b>	39280	Fri	April 11, 2025	June 27, 2025	10:45 AM	11:30 AM	\$110	\$121	
	39281	Fri	April 11, 2025	June 27, 2025	1:00 PM	1:45 PM	\$110	\$121	
	39382	Sat	April 12, 2025	June 28, 2025	1:00 PM	1:45 PM	\$110	\$121	
	42043	Sun	April 13, 2025	June 29, 2025	3:00 PM	3:45 PM	\$110	\$121	
	39437	Sun	April 13, 2025	June 29, 2025	3:30 PM	4:15 PM	\$110	\$121	
	39128	Mon	April 7, 2025	June 23, 2025	6:30 PM	7:15 PM	\$113	\$121	
	39173	Tue	April 8, 2025	June 24, 2025	6:30 PM	7:15 PM	\$113	\$121	
	39256	Thu	April 10, 2025	June 26, 2025	6:45 PM	7:30 PM	\$113	\$121	
<b>Preschool 5 (10 CLASSES)</b>	39383	Sat	April 12, 2025	June 28, 2025	2:30 PM	3:15 PM	\$100	\$110	
	39438	Sun	April 13, 2025	June 29, 2025	1:00 PM	1:45 PM	\$100	\$110	
<b>Preschool 5 (11 CLASSES)</b>	39129	Mon	April 7, 2025	June 23, 2025	1:45 PM	2:30 PM	\$110	\$121	
	39216	Wed	April 9, 2025	June 25, 2025	1:45 PM	2:30 PM	\$110	\$121	
<b>SWIM FOR LIFE® SWIMMER</b>									
<b>Swimmer 1 (10 CLASSES)</b>	39384	Sat	April 12, 2025	June 28, 2025	9:30 AM	10:00 AM	\$90	\$100	
	39385	Sat	April 12, 2025	June 28, 2025	11:30 AM	12:00 PM	\$90	\$100	
	39386	Sat	April 12, 2025	June 28, 2025	1:30 PM	2:00 PM	\$90	\$100	
	39439	Sun	April 13, 2025	June 29, 2025	9:30 AM	10:00 AM	\$90	\$100	
	39440	Sun	April 13, 2025	June 29, 2025	12:00 PM	12:30 PM	\$90	\$100	
	39441	Sun	April 13, 2025	June 29, 2025	2:15 PM	2:45 PM	\$90	\$100	
<b>Swimmer 1 (11 CLASSES)</b>	39130	Mon	April 7, 2025	June 23, 2025	5:15 PM	5:45 PM	\$99	\$110	
	39131	Mon	April 7, 2025	June 23, 2025	7:15 PM	7:45 PM	\$99	\$110	
	39174	Tue	April 8, 2025	June 24, 2025	4:30 PM	5:00 PM	\$99	\$110	
	39175	Tue	April 8, 2025	June 24, 2025	5:30 PM	6:00 PM	\$99	\$110	
	39217	Wed	April 9, 2025	June 25, 2025	4:30 PM	5:00 PM	\$99	\$110	
	39218	Wed	April 9, 2025	June 25, 2025	7:15 PM	7:45 PM	\$99	\$110	
	39257	Thu	April 10, 2025	June 26, 2025	7:00 PM	7:30 PM	\$99	\$110	
	39258	Thu	April 10, 2025	June 26, 2025	7:15 PM	7:45 PM	\$99	\$110	
<b>Swimmer 2 (10 CLASSES)</b>	39387	Sat	April 12, 2025	June 28, 2025	10:30 AM	11:15 AM	\$100	\$110	
	39388	Sat	April 12, 2025	June 28, 2025	1:45 PM	2:30 PM	\$100	\$110	
	39389	Sat	April 12, 2025	June 28, 2025	2:45 PM	3:30 PM	\$100	\$110	
	39442	Sun	April 13, 2025	June 29, 2025	9:45 AM	10:30 AM	\$100	\$110	
	39443	Sun	April 13, 2025	June 29, 2025	12:15 PM	1:00 PM	\$100	\$110	
	39444	Sun	April 13, 2025	June 29, 2025	1:15 PM	2:00 PM	\$100	\$110	
<b>Swimmer 2 (11 CLASSES)</b>	39445	Sun	April 13, 2025	June 29, 2025	2:30 PM	3:15 PM	\$100	\$110	
	39132	Mon	April 7, 2025	June 23, 2025	6:00 PM	6:45 PM	\$110	\$121	
	39176	Tue	April 8, 2025	June 24, 2025	4:15 PM	5:00 PM	\$110	\$121	
	39219	Wed	April 9, 2025	June 25, 2025	4:00 PM	4:45 PM	\$110	\$121	
	39220	Wed	April 9, 2025	June 25, 2025	6:00 PM	6:45 PM	\$110	\$121	
	39221	Wed	April 9, 2025	June 25, 2025	6:30 PM	7:15 PM	\$110	\$121	
	39259	Thu	April 10, 2025	June 26, 2025	4:15 PM	5:00 PM	\$110	\$121	
39260	Thu	April 10, 2025	June 26, 2025	6:30 PM	7:15 PM	\$110	\$121		



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
<b>SWIM FOR LIFE® SWIMMER</b>								
							MEMBER	NON-MEMBER
<b>Swimmer 3 (10 CLASSES)</b>	39390	Sat	April 12, 2025	June 28, 2025	9:00 AM	9:45 AM	\$100	\$110
	39391	Sat	April 12, 2025	June 28, 2025	11:45 AM	12:30 PM	\$100	\$110
	39446	Sun	April 13, 2025	June 29, 2025	10:15 AM	11:00 AM	\$100	\$110
	39447	Sun	April 13, 2025	June 29, 2025	3:15 PM	4:00 PM	\$100	\$110
<b>Swimmer 3 (11 CLASSES)</b>	39133	Mon	April 7, 2025	June 23, 2025	5:15 PM	6:00 PM	\$110	\$121
	39177	Tue	April 8, 2025	June 24, 2025	4:00 PM	4:45 PM	\$110	\$121
	39222	Wed	April 9, 2025	June 25, 2025	6:00 PM	6:45 PM	\$110	\$121
	39223	Wed	April 9, 2025	June 25, 2025	7:00 PM	7:45 PM	\$110	\$121
	39261	Thu	April 10, 2025	June 26, 2025	5:30 PM	6:15 PM	\$110	\$121
<b>Swimmer 4 (10 CLASSES)</b>	39392	Sat	April 12, 2025	June 28, 2025	9:45 AM	10:30 AM	\$100	\$110
	39393	Sat	April 12, 2025	June 28, 2025	3:45 PM	4:30 PM	\$100	\$110
	39448	Sun	April 13, 2025	June 29, 2025	9:00 AM	9:45 AM	\$100	\$110
	39449	Sun	April 13, 2025	June 29, 2025	11:45 AM	12:30 PM	\$100	\$110
<b>Swimmer 4 (11 CLASSES)</b>	39134	Mon	April 7, 2025	June 23, 2025	5:45 PM	6:30 PM	\$110	\$121
	39178	Tue	April 8, 2025	June 24, 2025	4:00 PM	4:45 PM	\$110	\$121
	39224	Wed	April 9, 2025	June 25, 2025	4:00 PM	4:45 PM	\$110	\$121
	39262	Thu	April 10, 2025	June 26, 2025	4:00 PM	4:45 PM	\$110	\$121
<b>Swimmer 5/6 (10 CLASSES)</b>	39394	Sat	April 12, 2025	June 28, 2025	9:45 AM	10:30 AM	\$100	\$110
	39395	Sat	April 12, 2025	June 28, 2025	10:30 AM	11:15 AM	\$100	\$110
	39450	Sun	April 13, 2025	June 29, 2025	11:00 AM	11:45 AM	\$100	\$110
	39451	Sun	April 13, 2025	June 29, 2025	1:30 PM	2:15 PM	\$100	\$110
<b>Swimmer 5/6 (11 CLASSES)</b>	39135	Mon	April 7, 2025	June 23, 2025	4:00 PM	4:45 PM	\$110	\$121
	39179	Tue	April 8, 2025	June 24, 2025	5:30 PM	6:15 PM	\$110	\$121
	39225	Wed	April 9, 2025	June 25, 2025	5:45 PM	6:30 PM	\$110	\$121
	39263	Thu	April 10, 2025	June 26, 2025	7:45 PM	8:30 PM	\$110	\$121
<b>Swimmer 7 (10 CLASSES)</b>	39396	Sat	April 12, 2025	June 28, 2025	1:30 PM	2:30 PM	\$120	\$140
	39452	Sun	April 13, 2025	June 29, 2025	10:00 AM	11:00 AM	\$120	\$140
<b>Swimmer 7/8/9 (11 CLASSES)</b>	39181	Tue	April 8, 2025	June 24, 2025	4:45 PM	5:45 PM	\$132	\$154
	39264	Thu	April 10, 2025	June 26, 2025	4:45 PM	5:45 PM	\$132	\$154
<b>Swimmer 8/9 (10 CLASSES)</b>	39397	Sat	April 12, 2025	June 28, 2025	11:15 AM	12:15 PM	\$120	\$140
	39453	Sun	April 13, 2025	June 29, 2025	9:00 AM	10:00 AM	\$120	\$140
<b>SWIM ABILITIES®</b>								
<b>Swim Abilities (9 CLASSES)</b>	39477	Mon	April 7, 2025	June 9, 2025	3:00 PM	3:45 PM	\$90	\$99
	39478	Wed	April 9, 2025	June 11, 2025	5:30 PM	6:15 PM	\$90	\$99
	39479	Fri	April 11, 2025	June 13, 2025	1:45 PM	2:30 PM	\$90	\$99



PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE		
<b>CLUB PROGRAMS</b>								MEMBER	NON-MEMBER
Sea Dragons Lifesaving Club (1/week)	39485	Sun	April 13, 2025	June 29, 2025	12:00 PM	1:30 PM	\$203	\$226	
Sea Dragons Swim & Lifesaving Club (3/week)	39481	Mon, Wed, Sat	April 7, 2025	June 23, 2025	7:00 PM	8:00 PM	\$397	\$438	
	39480	Tue, Thu, Sun	April 8, 2025	June 29, 2025	7:00 PM	3:00 PM	\$306	\$338	
Sea Dragons Stroke Proficiency (11 Classes)	39482	Wed	April 9, 2025	June 25, 2025	4:00 PM	5:00 PM	\$184	\$204	
	39483	Sat	April 12, 2025	June 28, 2025	3:00 PM	4:00 PM	\$184	\$204	
	39484	Sun	April 13, 2025	June 29, 2025	3:00 PM	4:00 PM	\$184	\$204	
<b>LIFESAVING COURSES</b>									
Bronze Star	39463	Sat	May 3, 2025	May 3, 2025	5:00 PM	8:00 PM	\$110	\$130	
		Sun	May 4, 2025	May 4, 2025	10:00 AM	5:00 PM			
Bronze Medallion and CPR-C	39457	Fri	April 4, 2025	April 4, 2025	6:00 PM	10:00 PM	\$175	\$200	
		Sat, Sun	April 5, 2025	April 6, 2025	12:00 PM	8:00 PM			
	39465	Fri	May 9, 2025	May 9, 2025	6:00 PM	10:00 PM	\$175	\$200	
		Sat, Sun	May 10, 2025	May 11, 2025	12:00 PM	8:00 PM			
	39471	Fri	June 6, 2025	June 6, 2025	6:00 PM	10:00 PM	\$175	\$200	
		Sat, Sun	June 7, 2025	June 8, 2025	12:00 PM	8:00 PM			
Intermediate First Aid	39473	Sat, Sun	June 21, 2025	June 22, 2025	9:00 AM	5:00 PM	\$150	\$170	
Intermediate First Aid Recertification	39458	Sun	April 6, 2025	April 6, 2025	9:00 AM	5:00 PM	\$80	\$90	
SwimAbilities Instructor	39476	Sat, Sun	June 28, 2025	June 29, 2025	9:00 AM	3:00 PM	\$220	\$250	
Bronze Cross (Assistant Lifeguard)	39459	Fri	April 11, 2025	April 11, 2025	6:00 PM	10:00 PM	\$180	\$205	
		Sat, Sun	April 12, 2025	April 13, 2025	12:00 PM	8:00 PM			
	39462	Fri	April 25, 2025	April 25, 2025	6:00 PM	10:00 PM	\$180	\$205	
		Sat, Sun	April 26, 2025	April 27, 2025	12:00 PM	8:00 PM			
	39466	Fri	May 16, 2025	May 16, 2025	6:00 PM	10:00 PM	\$180	\$205	
		Sat, Sun	May 17, 2025	May 18, 2025	12:00 PM	8:00 PM			
	39472	Fri	June 13, 2025	June 13, 2025	6:00 PM	10:00 PM	\$180	\$205	
		Sat, Sun	June 14, 2025	June 15, 2025	12:00 PM	8:00 PM			
	39475	Fri	June 27, 2025	June 27, 2025	6:00 PM	10:00 PM	\$180	\$205	
		Sat, Sun	June 28, 2025	June 29, 2025	12:00 PM	8:00 PM			
National Lifeguard	39456	Fri	April 4, 2025	April 13, 2025	6:00 PM	10:00 PM	\$350	\$390	
		Sat, Sun	April 4, 2025	April 13, 2025	12:00 PM	8:00 PM			
	39470	Fri	June 6, 2025	June 15, 2025	6:00 PM	10:00 PM	\$350	\$390	
		Sat, Sun	June 6, 2025	June 15, 2025	12:00 PM	8:00 PM			
National Lifeguard Recertification	39460	Sun	April 13, 2025	April 13, 2025	10:30 AM	2:30 PM	\$65	\$80	
	39468	Sun	May 25, 2025	May 25, 2025	10:30 AM	2:30 PM	\$65	\$80	
	39474	Sun	June 22, 2025	June 22, 2025	10:30 AM	2:30 PM	\$65	\$80	
Swim and Lifesaving Instructor	39464	Fri	May 9, 2025	May 18, 2025	6:00 PM	10:00 PM	\$345	\$385	
		Sat, Sun	May 9, 2025	May 18, 2025	12:00 PM	8:00 PM			
First Aid Instructor	39467	Sat, Sun	May 17, 2025	May 18, 2025	9:00 AM	5:00 PM	\$270	\$295	
First Aid Instructor Recertification	39461	Sun	April 20, 2025	April 20, 2025	9:00 AM	5:00 PM	\$150	\$195	
National Lifeguard Instructor Clinic	35924	Sat, Sun	March 1, 2025	March 2, 2025	9:00 AM	5:00 PM	\$285	\$305	
National Lifeguard Instructor Recertification	39469	Sun	June 1, 2025	June 1, 2025	10:30 AM	2:30 PM	\$80	\$100	

