



SUMMER PROGRAMS

MNP COMMUNITY &
SPORT CENTRE

2025



2225 Macleod Trail SE
Calgary, Alberta T2G 5B6



Main: 403.233.8393
Fax: 403.262.1001



MNPcentre.com
info@MNPcentre.com

3433 SPORT performance

TRAIN

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.

COMPETE

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.

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	MEMBER	NON-MEMBER
TRAIN								
Train2Swim	44178	Wed	June 25, 2025	August 27, 2025	12:00 PM	1:00 PM	\$158	\$185
	44179	Fri	June 27, 2025	August 29, 2025	12:00 PM	1:00 PM	\$158	\$185
COMPETE								
Tri Swim	44176	Thu	June 26, 2025	August 28, 2025	6:00 AM	7:00 AM	\$158	\$185
	44177	Thu	June 26, 2025	August 28, 2025	7:00 AM	8:00 AM	\$158	\$185

3433 sport

KICKBOXING

K1-KICKBOXING BLENDED

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.

Note: Grading fees for belt levels and uniforms extra.

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.

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	MEMBER	NON-MEMBER
K1-Kickboxing								
Blended	44180	Wed	July 2, 2025	August 27, 2025	5:30 PM	6:30 PM	\$148	\$165
Pickleball								
Pickleball 101	44796	Sat	June 28, 2025	August 2, 2025	9:00 AM	11:00 AM	\$148	\$161
Pickleball 201	44177	Sat	June 28, 2025	August 2, 2025	11:00 AM	1:00 PM	\$148	\$161

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.

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

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

Pre-requisite: Preschool 1 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

CLUB PROGRAMS

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

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

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 (7 CLASSES)	42403	Mon, Wed	August 6, 2025	August 27, 2025	6:45 PM	7:15 PM	\$203	\$231
	42404	Mon, Wed	August 6, 2025	August 27, 2025	6:45 PM	7:15 PM	\$203	\$231
	42405	Mon, Wed	August 6, 2025	August 27, 2025	6:45 PM	7:15 PM	\$203	\$231
	42406	Mon, Wed	August 6, 2025	August 27, 2025	6:45 PM	7:15 PM	\$203	\$231
30 min - Private Lessons (8 CLASSES)	42305	Sat	July 5, 2025	August 30, 2025	2:00 PM	2:30 PM	\$232	\$264
	42306	Sat	July 5, 2025	August 30, 2025	3:30 PM	4:00 PM	\$232	\$264
	42325	Sun	July 6, 2025	August 31, 2025	2:00 PM	2:30 PM	\$232	\$264
	42326	Sun	July 6, 2025	August 31, 2025	3:30 PM	4:00 PM	\$232	\$264
30 min - Private Lessons (9 CLASSES)	42408	Mon-Fri	August 5, 2025	August 15, 2025	12:30 PM	1:00 PM	\$261	\$297
	42409	Mon-Fri	August 5, 2025	August 15, 2025	2:00 PM	2:30 PM	\$261	\$297
	42410	Mon-Fri	August 5, 2025	August 15, 2025	2:30 PM	3:00 PM	\$261	\$297
30 min - Private Lessons (10 CLASSES)	42354	Mon-Fri	July 7, 2025	July 18, 2025	11:30 AM	12:00 PM	\$290	\$330
	42355	Mon-Fri	July 7, 2025	July 18, 2025	12:00 PM	12:30 PM	\$290	\$330
	42356	Mon-Fri	July 7, 2025	July 18, 2025	12:30 PM	1:00 PM	\$290	\$330
	42364	Mon-Fri	July 21, 2025	August 1, 2025	11:30 AM	12:00 PM	\$290	\$330
	42365	Mon-Fri	July 21, 2025	August 1, 2025	12:00 PM	12:30 PM	\$290	\$330
	42366	Mon-Fri	July 21, 2025	August 1, 2025	12:30 PM	1:00 PM	\$290	\$330
	42381	Mon-Fri	August 18, 2025	August 29, 2025	12:30 PM	1:00 PM	\$290	\$330
	42382	Mon-Fri	August 18, 2025	August 29, 2025	2:00 PM	2:30 PM	\$290	\$330
	42383	Mon-Fri	August 18, 2025	August 29, 2025	2:30 PM	3:00 PM	\$290	\$330
45 min - Private Lessons (7 CLASSES)	42399	Mon, Wed	August 6, 2025	August 27, 2025	6:00 PM	6:45 PM	\$294	\$336
	42400	Mon, Wed	August 6, 2025	August 27, 2025	6:00 PM	6:45 PM	\$294	\$336
	42401	Mon, Wed	August 6, 2025	August 27, 2025	6:00 PM	6:45 PM	\$294	\$336
	42402	Mon, Wed	August 6, 2025	August 27, 2025	6:00 PM	6:45 PM	\$294	\$336
45 min - Private Lessons (8 CLASSES)	42303	Sat	July 5, 2025	August 30, 2025	2:30 PM	3:15 PM	\$336	\$384
	42304	Sat	July 5, 2025	August 30, 2025	2:30 PM	3:15 PM	\$336	\$384
	42323	Sun	July 6, 2025	August 31, 2025	2:30 PM	3:15 PM	\$336	\$384
	42324	Sun	July 6, 2025	August 31, 2025	2:30 PM	3:15 PM	\$336	\$384
45 min - Private Lessons (9 CLASSES)	42407	Mon-Fri	August 4, 2025	August 15, 2025	2:00 PM	2:45 PM	\$378	\$432
45 min - Private Lessons (10 CLASSES)	42353	Mon-Fri	July 7, 2025	July 18, 2025	12:15 PM	1:00 PM	\$420	\$480
	42363	Mon-Fri	July 21, 2025	August 1, 2025	12:15 PM	1:00 PM	\$420	\$480
	42380	Mon-Fri	August 18, 2025	August 29, 2025	2:00 PM	2:45 PM	\$420	\$480
ADULT SWIM LESSONS								
Adult Beginner (7 Classes)	42392	Mon, Wed	August 6, 2025	August 27, 2025	7:30 PM	8:30 PM	\$91	\$105
Adult Beginner (8 Classes)	42320	Sat	July 5, 2025	August 30, 2025	6:00 PM	7:00 PM	\$104	\$120
	42340	Sun	July 6, 2025	August 31, 2025	6:00 PM	7:00 PM	\$104	\$120
	42350	Mon, Wed	July 7, 2025	July 30, 2025	8:00 PM	9:00 PM	\$104	\$120
	42347	Tue, Thu	July 8, 2025	July 31, 2025	8:00 PM	9:00 PM	\$104	\$120
	42377	Tue, Thu	August 5, 2025	August 28, 2025	6:00 PM	7:00 PM	\$104	\$120
Adult Intermediate (7 CLASSES)	42393	Mon, Wed	August 6, 2025	August 27, 2025	7:30 PM	8:30 PM	\$91	\$105
Adult Intermediate (8 CLASSES)	42321	Sat	July 5, 2025	August 30, 2025	6:00 PM	7:00 PM	\$104	\$120
	42341	Sun	July 6, 2025	August 31, 2025	6:00 PM	7:00 PM	\$104	\$120
	42351	Mon, Wed	July 7, 2025	July 30, 2025	8:00 PM	9:00 PM	\$104	\$120
	42348	Tue, Thu	July 8, 2025	July 31, 2025	8:00 PM	9:00 PM	\$104	\$120
	42378	Tue, Thu	August 5, 2025	August 28, 2025	6:00 PM	7:00 PM	\$104	\$120
Adult Advanced (7 CLASSES)	42394	Mon, Wed	August 4, 2025	August 27, 2025	7:30 PM	8:30 PM	\$91	\$105
Adult Advanced (8 CLASSES)	42322	Sat	July 5, 2025	August 30, 2025	6:00 PM	7:00 PM	\$104	\$120
	42342	Sun	July 6, 2025	August 31, 2025	6:00 PM	7:00 PM	\$104	\$120
	42352	Mon, Wed	July 7, 2025	July 30, 2025	8:00 PM	9:00 PM	\$104	\$120
	42349	Tue, Thu	July 8, 2025	July 31, 2025	8:00 PM	9:00 PM	\$104	\$120
	42379	Tue, Thu	August 5, 2025	August 28, 2025	6:00 PM	7:00 PM	\$104	\$120

PROGRAM NAME	BARCODE	DAY	START DATE	END DATE	START TIME	END TIME	PRICE	
PARENT & TOT							MEMBER	NON-MEMBER
Parent and Tot 1/2/3 (8 CLASSES)	42307	Sat	July 5, 2025	August 30, 2025	2:00 PM	2:30 PM	\$58	\$68
	42308	Sat	July 5, 2025	August 30, 2025	3:30 PM	4:00 PM	\$58	\$68
	42327	Sun	July 6, 2025	August 31, 2025	2:00 PM	2:30 PM	\$58	\$68
	42328	Sun	July 6, 2025	August 31, 2025	3:30 PM	4:00 PM	\$58	\$68
SWIM FOR LIFE® PRESCHOOL								
Preschool 4/5 (10 CLASSES)	42357	Mon-Fri	July 7, 2025	July 18, 2025	9:00 AM	9:45 AM	\$102.50	\$112.50
	42367	Mon-Fri	July 21, 2025	August 1, 2025	9:00 AM	9:45 AM	\$102.50	\$112.50
	42384	Mon-Fri	August 18, 2025	August 29, 2025	10:00 AM	10:45 AM	\$102.50	\$112.50
Preschool 4/5 (8 CLASSES)	42309	Sat	July 5, 2025	August 30, 2025	1:15 PM	2:00 PM	\$82	\$90
	42310	Sat	July 5, 2025	August 30, 2025	5:00 PM	5:45 PM	\$82	\$90
	42329	Sun	July 6, 2025	August 31, 2025	1:15 PM	2:00 PM	\$82	\$90
	42330	Sun	July 6, 2025	August 31, 2025	5:00 PM	5:45 PM	\$82	\$90
Preschool 4/5 (9 CLASSES)	42411	Mon-Fri	August 5, 2025	August 15, 2025	10:00 AM	10:45 AM	\$92.25	\$101.25
SWIM FOR LIFE® SWIMMER								
Swimmer 2 (10 CLASSES)	42358	Mon-Fri	July 7, 2025	July 18, 2025	9:45 AM	10:30 AM	\$102.50	\$112.50
	42368	Mon-Fri	July 21, 2025	August 1, 2025	9:45 AM	10:30 AM	\$102.50	\$112.50
	42385	Mon-Fri	August 18, 2025	August 29, 2025	10:45 AM	11:30 AM	\$102.50	\$112.50
Swimmer 2 (9 CLASSES)	42412	Mon-Fri	August 5, 2025	August 15, 2025	10:45 AM	11:30 AM	\$92.25	\$101.25
Swimmer 2 (8 CLASSES)	42311	Sat	July 5, 2025	August 30, 2025	3:15 PM	4:00 PM	\$82	\$90
	42312	Sat	July 5, 2025	August 30, 2025	5:00 PM	5:45 PM	\$82	\$90
	42331	Sun	July 6, 2025	August 31, 2025	3:15 PM	4:00 PM	\$82	\$90
	42332	Sun	July 6, 2025	August 31, 2025	5:00 PM	5:45 PM	\$82	\$90
	42343	Tue, Thu	July 8, 2025	July 31, 2025	7:15 PM	8:00 PM	\$82	\$90
	42373	Tue, Thu	August 5, 2025	August 28, 2025	5:15 PM	6:00 PM	\$82	\$90
	42395	Mon, Wed	August 6, 2025	August 27, 2025	5:15 PM	6:00 PM	\$71.75	\$78.75
Swimmer 3 (10 CLASSES)	42359	Mon-Fri	July 7, 2025	July 18, 2025	9:45 AM	10:30 AM	\$102.50	\$112.50
	42369	Mon-Fri	July 21, 2025	August 1, 2025	9:45 AM	10:30 AM	\$102.50	\$112.50
	42386	Mon-Fri	August 18, 2025	August 29, 2025	10:45 AM	11:30 AM	\$102.50	\$112.50
	42387	Mon-Fri	August 18, 2025	August 29, 2025	3:15 PM	4:00 PM	\$102.50	\$112.50
Swimmer 3 (9 CLASSES)	42413	Mon-Fri	August 5, 2025	August 15, 2025	10:45 AM	11:30 AM	\$92.25	\$101.25
	42414	Mon-Fri	August 4, 2025	August 15, 2025	3:15 PM	4:00 PM	\$92.25	\$101.25
Swimmer 3 (8 CLASSES)	42313	Sat	July 5, 2025	August 30, 2025	1:15 PM	2:00 PM	\$82	\$90
	42314	Sat	July 5, 2025	August 30, 2025	4:00 PM	4:45 PM	\$82	\$90
	42315	Sat	July 5, 2025	August 30, 2025	5:00 PM	5:45 PM	\$82	\$90
	42333	Sun	July 6, 2025	August 31, 2025	1:15 PM	2:00 PM	\$82	\$90
	42334	Sun	July 6, 2025	August 31, 2025	4:00 PM	4:45 PM	\$82	\$90
	42335	Sun	July 6, 2025	August 31, 2025	5:00 PM	5:45 PM	\$82	\$90
	42344	Tue, Thu	July 8, 2025	July 31, 2025	7:15 PM	8:00 PM	\$82	\$90
	42374	Tue, Thu	August 5, 2025	August 28, 2025	5:15 PM	6:00 PM	\$82	\$90
Swimmer 3 (7 CLASSES)	42396	Mon, Wed	August 6, 2025	August 27, 2025	5:15 PM	6:00 PM	\$71.75	\$78.75
Swimmer 4 (10 CLASSES)	42360	Mon-Fri	July 7, 2025	July 18, 2025	9:00 AM	9:45 AM	\$102.50	\$112.50
	42370	Mon-Fri	July 21, 2025	August 1, 2025	9:00 AM	9:45 AM	\$102.50	\$112.50
	42388	Mon-Fri	August 18, 2025	August 29, 2025	10:00 AM	10:45 AM	\$102.50	\$112.50
	42389	Mon-Fri	August 18, 2025	August 29, 2025	3:00 PM	3:45 PM	\$102.50	\$112.50
Swimmer 4 (9 CLASSES)	42415	Mon-Fri	August 5, 2025	August 15, 2025	10:00 AM	10:45 AM	\$92.25	\$101.25
	42416	Mon-Fri	August 4, 2025	August 15, 2025	3:00 PM	3:45 PM	\$92.25	\$101.25
Swimmer 4 (8 CLASSES)	42316	Sat	July 5, 2025	August 30, 2025	1:15 PM	2:00 PM	\$82	\$90
	42317	Sat	July 5, 2025	August 30, 2025	4:00 PM	4:45 PM	\$82	\$90
	42336	Sun	July 6, 2025	August 31, 2025	1:15 PM	2:00 PM	\$82	\$90
	42337	Sun	July 6, 2025	August 31, 2025	4:00 PM	4:45 PM	\$82	\$90
	42345	Tue, Thu	July 8, 2025	July 31, 2025	7:15 PM	8:00 PM	\$82	\$90
	42375	Tue, Thu	August 5, 2025	August 28, 2025	5:15 PM	6:00 PM	\$82	\$90
Swimmer 4 (7 CLASSES)	42397	Mon, Wed	August 5, 2025	August 27, 2025	5:15 PM	6:00 PM	\$71.75	\$78.75

Program Name	Barcode	Day	Start Date	End Date	Start Time	End Time	Price	
SWIM FOR LIFE® SWIMMER							Member	Non-Member
Swimmer 5/6 (10 Classes)	42361	Mon-Fri	July 7, 2025	July 18, 2025	10:45 AM	11:30 AM	\$102.50	\$112.50
	42371	Mon-Fri	July 21, 2025	August 1, 2025	10:45 AM	11:30 AM	\$102.50	\$112.50
	42390	Mon-Fri	August 18, 2025	August 29, 2025	11:45 AM	12:30 PM	\$102.50	\$112.50
Swimmer 5/6 (9 Classes)	42417	Mon-Fri	August 5, 2025	August 15, 2025	11:45 AM	12:30 PM	\$92.25	\$101.25
Swimmer 5/6 (8 Classes)	42318	Sat	July 5, 2025	August 30, 2025	4:00 PM	4:45 PM	\$82	\$90
	42338	Sun	July 6, 2025	August 31, 2025	4:00 PM	4:45 PM	\$82	\$90
	42346	Tue, Thu	July 8, 2025	July 31, 2025	7:15 PM	8:00 PM	\$82	\$90
Swimmer 5/6 (7 Classes)	42398	Mon, Wed	August 6, 2025	August 27, 2025	5:15 PM	6:00 PM	\$71.75	\$78.75
Swimmer 7/8/9 (10 Classes)	42362	Mon-Fri	July 7, 2025	July 18, 2025	10:45 AM	11:45 AM	\$120	\$140
	42372	Mon-Fri	July 21, 2025	August 1, 2025	10:45 AM	11:45 AM	\$120	\$140
	42391	Mon-Fri	August 18, 2025	August 29, 2025	11:45 AM	12:45 PM	\$120	\$140
Swimmer 7/8/9 (9 Classes)	42418	Mon-Fri	August 4, 2025	August 15, 2025	11:45 AM	12:45 PM	\$108	\$126
Swimmer 7/8/9 (8 Classes)	42319	Sat	July 5, 2025	August 30, 2025	2:00 PM	3:00 PM	\$96	\$112
	42339	Sun	July 6, 2025	August 31, 2025	2:00 PM	3:00 PM	\$96	\$112
CLUB PROGRAMS								
Sea Dragons Stroke Proficiency (10 Classes)	42293	Mon-Fri	July 7, 2025	July 18, 2025	1:00 PM	2:00 PM	\$168	\$185
	42294	Mon-Fri	July 21, 2025	August 1, 2025	1:00 PM	2:00 PM	\$168	\$185
	42296	Mon-Fri	August 18, 2025	August 29, 2025	1:00 PM	2:00 PM	\$168	\$185
Sea Dragons Stroke Proficiency (9 Classes)	42295	Mon	August 5, 2025	August 15, 2025	1:00 PM	2:00 PM	\$150.75	\$166.50
Sea Dragons Stroke Proficiency (8 Classes)	42301	Sat	July 5, 2025	August 30, 2025	12:00 PM	1:00 PM	\$134	\$148
	42302	Sun	July 6, 2025	August 31, 2025	12:00 PM	1:00 PM	\$134	\$148
	42297	Mon, Wed	July 7, 2025	July 30, 2025	4:00PM	5:00PM	\$134	\$148
	42299	Tue, Thu	July 8, 2025	July 31, 2025	4:00PM	5:00PM	\$134	\$148
	42298	Mon, Wed	August 4, 2025	August 27, 2025	4:00 PM	5:00 PM	\$134	\$148
	42300	Tue, Thu	August 5, 2025	August 28, 2025	4:00 PM	5:00 PM	\$134	\$148
LIFESAVING COURSES								
Bronze Medallion and CPR-C	42284	Fri	July 4, 2025	July 4, 2025	5:00 PM	9:00 PM	\$178	\$205
		Sat, Sun	July 5, 2025	July 6, 2025	10:00 AM	6:00 PM		
	42285	Fri	August 29, 2025	August 29, 2025	5:00 PM	9:00 PM	\$178	\$205
		Sat, Sun	August 30, 2025	August 31, 2025	10:00 AM	6:00 PM		
Intermediate First Aid	42287	Sat, Sun	July 12, 2025	July 13, 2025	9:00 AM	5:00 PM	\$155	\$175
Intermediate First Aid Recertification	42291	Sun	July 27, 2025	July 27, 2025	9:00 AM	5:00 PM	\$75	\$85
	42292	Sat	August 23, 2025	August 23, 2025	9:00 AM	5:00 PM	\$75	\$85
Bronze Cross (Assistant Lifeguard)	42286	Fri	July 18, 2025	July 18, 2025	5:00 PM	9:00 PM	\$185	\$210
		Sat, Sun	July 19, 2025	July 20, 2025	10:00 AM	6:00 PM		
National Lifeguard	42283	Fri	July 25, 2025	August 3, 2025	5:00 PM	9:00 PM	\$370	\$410
		Sat, Sun	July 25, 2025	August 3, 2025	10:00 AM	6:00 PM		
National Lifeguard Recertification	42289	Sun	July 13, 2025	July 13, 2025	12:00 PM	4:00 PM	\$68	\$83
	42290	Sun	August 24, 2025	August 24, 2025	12:00 PM	4:00 PM	\$68	\$83