

# SPRING & SUMMER PROGRAM GUIDE

# 2023



2225 Macleod Trail SE  
Calgary, Alberta T2G 5B6



Main: 403.233.8393  
Fax: 403.262.1001



MNPcentre.com  
info@MNPcentre.com

# MEMBERSHIP & ADMISSIONS

	ANNUAL MEMBERSHIPS*		LIMITED MEMBERSHIPS	DROP-IN ADMISSION
	Annual Monthly*	Annual Full Pay*	30 Day Card & 10 Pass Card **	Single Admission
Adult (18+)	\$80	\$870	\$144	\$17.00
Adult Corporate (18+)	\$72	\$780	N/A	N/A
Senior (65+)	\$53	\$562	\$87	\$10.50
Youth (13-17)	N/A	\$489	\$79	\$10.25
Child (2-12)	N/A	\$189	\$53	\$6.75
Family Max - 2 adults & up to 4 kids (under 18) all living at same address	\$130	\$1,500	N/A	\$32
Family Corporate Max - 2 adults & up to 4 kids (under 18) all living at same address	\$117	\$1,350	N/A	N/A

ALL PRICES INCLUDE GST. Fees are subject to change. MNP Community & Sport Centre will notify Members of any changes via website. All passes and Memberships are non-transferable. Photo ID is required for entry.



\*\$50 Facility Investment fee charged at the onset of every new Annual Membership

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

## NEW MEMBER CONSULTS - FREE

New Member consults are for those who want more guidance getting them started as a member. Our Fitness Consultants will meet with you 1-on-1 for 30 minutes to get you started on the right foot. This session is meant to help you with goal setting and focuses on getting you comfortable and confident in the fitness area. They will help you determine a starting point for your fitness journey whether it be by personal training, attending a class or hitting the pool.

## TEEN ORIENTATIONS - FREE

Strength training offers many bonuses to young athletes and teens who want to enhance their fitness level. It can even help to put them on a lifelong path to better health and fitness. The orientation will allow teens 13-15 years old to gain access to the Fitness Centre without being accompanied by a parent. Our team of experts will provide a safe atmosphere where teens can learn appropriate strength training techniques and how to execute movements properly. Note: A parent/guardian must be there at the start.

Register for these on our portal under **FITNESS CENTRE & TRAINING PROGRAMS**.

**WE HAVE CHILD CARE!** Your child can enjoy expert care while you use the amenities here at MNP Community & Sport Centre.



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 or Registered Programs on statutory holidays.

# AQUATIC PROGRAMS

## SPRING 2023

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------	----	-----	-------	-------	---------	-------------

### ADULT SWIM LESSONS // Age: 18Y+

#### ADULT BEGINNER

The Adult Swimmer Program is for beginners who may be just starting out, or swimmers who want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Water Smart education is part of all levels. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals. Beginners will start with submerging, floating, gliding, kicking and swimming short distances.

#### 11 CLASSES

14531	Sun	Apr 16–June 25	12:15 PM–1:15 PM	\$127	\$148.50
14477	Sat	Apr 15–June 24	12:15 PM–1:15 PM	\$127	\$148.50
14254	Mon	Apr 3–June 19	8:00 PM–9:00 PM	\$127	\$148.50

#### 12 CLASSES

14408	Thu	Apr 6–June 22	8:30 PM–9:30 PM	\$138	\$162
14374	Wed	Apr 5–June 21	12:00 PM–1:00 PM	\$138	\$162
14375	Wed	Apr 5–June 21	8:00 PM–9:00 PM	\$138	\$162
14332	Tue	Apr 4–June 20	8:30 PM–9:30 PM	\$138	\$162

#### ADULT 2 – INTERMEDIATE

Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Water Smart education is part of all levels. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals. Intermediate swimmers will progress to deep water treading, freestyle, backstroke, breaststroke, butterfly and swimming distances of 200m non-stop.

#### 11 CLASSES

14532	Sun	Apr 16–June 25	12:15 PM–1:15 PM	\$127	\$148.50
14478	Sat	Apr 15–June 24	12:15 PM–1:15 PM	\$127	\$148.50
14424	Fri	Apr 14–June 23	9:15 AM–10:15 AM	\$127	\$148.50
14255	Mon	Apr 3–June 19	12:00 PM–1:00 PM	\$127	\$148.50
14256	Mon	Apr 3–June 19	8:00 PM–9:00 PM	\$127	\$148.50

#### 12 CLASSES

14409	Thu	Apr 6–June 22	8:30 PM–9:30 PM	\$138	\$162
14376	Wed	Apr 5–June 21	8:00 PM–9:00 PM	\$138	\$162
14333	Tue	Apr 4–June 20	8:30 PM–9:30 PM	\$138	\$162

### PRIVATE SWIM LESSONS // Age: 3Y+

Includes goal setting, specialized instruction and customization to meet you or your child's needs. In these one-on-one sessions you'll see advanced progression in both technique and endurance, it's way more than a swimming lesson. Max 1 person. For an additional charge a second person can be added as a semi-private lesson, please contact swimlessons@mnpcentre.com for more information.

#### 30 MINUTE LESSONS

Geared towards those learning to swim as they will take place entirely in the Teach Pool (no lane space available).

#### 11 CLASSES

14502	Sun	Apr 16–June 25	9:45 AM–10:15 AM	\$286	\$330
14503	Sun	Apr 16–June 25	10:30 AM–11:00 AM	\$286	\$330
14504	Sun	Apr 16–June 25	11:45 AM–12:15 PM	\$286	\$330
14505	Sun	Apr 16–June 25	11:45 AM–12:15 PM	\$286	\$330
14506	Sun	Apr 16–June 25	12:15 PM–12:45 PM	\$286	\$330
14507	Sun	Apr 16–June 25	12:45 PM–1:15 PM	\$286	\$330
14508	Sun	Apr 16–June 25	1:45 PM–2:15 PM	\$286	\$330
14509	Sun	Apr 16–June 25	2:15 PM–2:45 PM	\$286	\$330
14510	Sun	Apr 16–June 25	2:15 PM–2:45 PM	\$286	\$330
14446	Sat	Apr 15–June 24	9:45 AM–10:15 AM	\$286	\$330
14447	Sat	Apr 15–June 24	10:30 AM–11:00 AM	\$286	\$330
14449	Sat	Apr 15–June 24	11:45 AM–12:15 PM	\$286	\$330
14450	Sat	Apr 15–June 24	11:45 AM–12:15 PM	\$286	\$330
14451	Sat	Apr 15–June 24	12:15 PM–12:45 PM	\$286	\$330
14452	Sat	Apr 15–June 24	12:45 PM–1:15 PM	\$286	\$330
14453	Sat	Apr 15–June 24	1:45 PM–2:15 PM	\$286	\$330
14454	Sat	Apr 15–June 24	2:15 PM–2:45 PM	\$286	\$330
14455	Sat	Apr 15–June 24	2:15 PM–2:45 PM	\$286	\$330
14236	Mon	Apr 3–June 19	4:45 PM–5:15 PM	\$286	\$330
14237	Mon	Apr 3–June 19	5:15 PM–5:45 PM	\$286	\$330
14238	Mon	Apr 3–June 19	6:15 PM–6:45 PM	\$286	\$330
14239	Mon	Apr 3–June 19	6:15 PM–6:45 PM	\$286	\$330
14240	Mon	Apr 3–June 19	6:30 PM–7:00 PM	\$286	\$330
14241	Mon	Apr 3–June 19	6:30 PM–7:00 PM	\$286	\$330
14242	Mon	Apr 3–June 19	7:00 PM–7:30 PM	\$286	\$330
14243	Mon	Apr 3–June 19	7:30 PM–8:00 PM	\$286	\$330

#### 12 CLASSES

14391	Thu	Apr 6–June 22	5:15 PM–5:45 PM	\$312	\$360
14392	Thu	Apr 6–June 22	6:00 PM–6:30 PM	\$312	\$360
14393	Thu	Apr 6–June 22	6:45 PM–7:15 PM	\$312	\$360
14394	Thu	Apr 6–June 22	7:00 PM–7:30 PM	\$312	\$360
14395	Thu	Apr 6–June 22	7:00 PM–7:30 PM	\$312	\$360
14396	Thu	Apr 6–June 22	7:15 PM–7:45 PM	\$312	\$360
14397	Thu	Apr 6–June 2	7:45 PM–8:15 PM	\$312	\$360
14398	Thu	Apr 6–June 22	8:00 PM–8:30 PM	\$312	\$360
14352	Wed	Apr 5–June 21	4:45 PM–5:15 PM	\$312	\$360
14353	Wed	Apr 5–June 21	4:45 PM–5:15 PM	\$312	\$360
14354	Wed	Apr 5–June 21	5:45 PM–6:15 PM	\$312	\$360



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
14355	Wed	Apr 5-June 21	5:45 PM-6:15 PM	\$312	\$360
14356	Wed	Apr 5-June 21	6:15 PM-6:45 PM	\$312	\$360
14357	Wed	Apr 5-June 21	6:15 PM-6:45 PM	\$312	\$360
14358	Wed	Apr 5-June 21	6:30 PM-7:00 PM	\$312	\$360
14359	Wed	Apr 5-June 21	6:30 PM-7:00 PM	\$312	\$360
14360	Wed	Apr 5-June 21	7:00 PM-7:30 PM	\$312	\$360
14361	Wed	Apr 5-June 21	7:30 PM-8:00 PM	\$312	\$360
14315	Tue	Apr 4-June 20	5:15 PM-5:45 PM	\$312	\$360
14316	Tue	Apr 4-June 20	5:15 PM-5:45 PM	\$312	\$360
14317	Tue	Apr 4-June 20	6:30 PM-7:00 PM	\$312	\$360
14318	Tue	Apr 4-June 20	7:00 PM-7:30 PM	\$312	\$360
14319	Tue	Apr 4-June 20	7:00 PM-7:30 PM	\$312	\$360
14320	Tue	Apr 4-June 20	7:00 PM-7:30 PM	\$312	\$360

### 45 MINUTE LESSONS

Geared towards those wanting to learn to swim and improve their stroke technique (access to lane and Teach Pool)

### 11 CLASSES

14511	Sun	Apr 16-June 25	9:00 AM-9:45 AM	\$429	\$495
14512	Sun	Apr 16-June 25	9:00 AM-9:45 AM	\$429	\$495
14513	Sun	Apr 16-June 25	9:00 AM-9:45 AM	\$429	\$495
14514	Sun	Apr 16-June 25	9:45 AM-10:30 AM	\$429	\$495
14515	Sun	Apr 16-June 25	10:15 AM-11:00 AM	\$429	\$495
14516	Sun	Apr 16-June 25	10:45 AM-11:30 AM	\$429	\$495
14517	Sun	Apr 16-June 25	11:00 AM-11:45 AM	\$429	\$495
14518	Sun	Apr 16-June 25	11:30 AM-12:15 PM	\$429	\$495
14519	Sun	Apr 16-June 25	11:30 AM-12:15 PM	\$429	\$495
14520	Sun	Apr 16-June 25	12:15 PM-1:00 PM	\$429	\$495
14521	Sun	Apr 16-June 25	1:00 PM-1:45 PM	\$429	\$495
14522	Sun	Apr 16-June 25	1:30 PM-2:15 PM	\$429	\$495
14523	Sun	Apr 16-June 25	2:00 PM-2:45 PM	\$429	\$495
14524	Sun	Apr 16-June 25	2:45 PM-3:30 PM	\$429	\$495
14525	Sun	Apr 16-June 25	3:30 PM-4:15 PM	\$429	\$495
14468	Sat	Apr 15-June 24	2:45 PM-3:30 PM	\$429	\$495
14469	Sat	Apr 15-June 24	3:30 PM-4:15 PM	\$429	\$495
14470	Sat	Apr 15-June 24	11:30 AM-12:15 PM	\$429	\$495
14471	Sat	Apr 15-June 24	12:15 PM-1:00 PM	\$429	\$495
14456	Sat	Apr 15-June 24	9:00 AM-9:45 AM	\$429	\$495
14457	Sat	Apr 15-June 24	9:00 AM-9:45 AM	\$429	\$495
14458	Sat	Apr 15-June 24	9:00 AM-9:45 AM	\$429	\$495
14459	Sat	Apr 15-June 24	9:45 AM-10:30 AM	\$429	\$495
14460	Sat	Apr 15-June 24	10:15 AM-11:00 AM	\$429	\$495
14461	Sat	Apr 15-June 24	10:45 AM-11:30 AM	\$429	\$495
14462	Sat	Apr 15-June 24	11:00 AM-11:45 AM	\$429	\$495
14463	Sat	Apr 15-June 24	11:30 AM-12:15 PM	\$429	\$495
14464	Sat	Apr 15-June 24	1:00 PM-1:45 PM	\$429	\$495
14465	Sat	Apr 15-June 24	1:15 PM-2:00 PM	\$429	\$495
14466	Sat	Apr 15-June 24	1:30 PM-2:15 PM	\$429	\$495
14467	Sat	Apr 15-June 24	2:00 PM-2:45 PM	\$429	\$495
14416	Fri	Apr 14-June 23	9:15 AM-10:00 AM	\$429	\$495
14417	Fri	Apr 14-June 23	10:15 AM-11:00 AM	\$429	\$495
14418	Fri	Apr 14-June 23	11:00 AM-11:45 AM	\$429	\$495
14419	Fri	Apr 14-June 23	12:15 AM-1:00 PM	\$429	\$495
14420	Fri	Apr 14-June 23	1:00 PM-1:45 PM	\$429	\$495
14421	Fri	Apr 14-June 23	1:00 PM-1:45 PM	\$429	\$495
14422	Fri	Apr 14-June 23	1:45 PM-2:30 PM	\$429	\$495
14423	Fri	Apr 14-June 23	1:45 PM-2:30 PM	\$429	\$495
14244	Mon	Apr 3-June 19	2:00 PM-2:45 PM	\$429	\$495
14245	Mon	Apr 3-June 19	2:30 PM-3:15 PM	\$429	\$495
14246	Mon	Apr 3-June 19	2:45 PM-3:30 PM	\$429	\$495
14247	Mon	Apr 3-June 19	3:15 PM-4:00 PM	\$429	\$495

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
14248	Mon	Apr 3-June 19	4:00 PM-4:45 PM	\$429	\$495
14249	Mon	Apr 3-June 19	4:00 PM-4:45 PM	\$429	\$495
14250	Mon	Apr 3-June 19	4:30 PM-5:15 PM	\$429	\$495
14251	Mon	Apr 3-June 19	4:45 PM-5:30 PM	\$429	\$495
14252	Mon	Apr 3-June 19	5:15 PM-6:00 PM	\$429	\$495
14253	Mon	Apr 3-June 19	5:45 PM-6:30 PM	\$429	\$495

### 12 CLASSES

14399	Thu	Apr 6-June 22	4:00 PM-4:45 PM	\$468	\$540
14400	Thu	Apr 6-June 22	4:30 PM-5:15 PM	\$468	\$540
14401	Thu	Apr 6-June 22	4:30 PM-5:15 PM	\$468	\$540
14402	Thu	Apr 6-June 22	4:45 PM-5:30 PM	\$468	\$540
14403	Thu	Apr 6-June 22	5:30 PM-6:15 PM	\$468	\$540
14404	Thu	Apr 6-June 22	6:15 PM-7:00 PM	\$468	\$540
14405	Thu	Apr 6-June 22	7:15 PM-8:00 PM	\$468	\$540
14362	Wed	Apr 5-June 21	2:00 PM-2:45 PM	\$468	\$540
14363	Wed	Apr 5-June 21	2:30 PM-3:15 PM	\$468	\$540
14364	Wed	Apr 5-June 21	2:45 PM-3:30 PM	\$468	\$540
14365	Wed	Apr 5-June 21	3:15 PM-4:00 PM	\$468	\$540
14366	Wed	Apr 5-June 21	4:00 PM-4:45 PM	\$468	\$540
14367	Wed	Apr 5-June 21	4:00 PM-4:45 PM	\$468	\$540
14368	Wed	Apr 5-June 21	4:30 PM-5:15 PM	\$468	\$540
14369	Wed	Apr 5-June 21	4:45 PM-5:30 PM	\$468	\$540
14370	Wed	Apr 5-June 21	5:00 PM-5:45 PM	\$468	\$540
14371	Wed	Apr 5-June 21	5:15 PM-6:00 PM	\$468	\$540
14372	Wed	Apr 5-June 21	5:45 PM-6:30 PM	\$468	\$540
14373	Wed	Apr 5-June 21	7:00 PM-7:45 PM	\$468	\$540
14321	Tue	Apr 4-June 20	4:00 PM-4:45 PM	\$468	\$540
14322	Tue	Apr 4-June 20	4:30 PM-5:15 PM	\$468	\$540
14323	Tue	Apr 4-June 20	4:30 PM-5:15 PM	\$468	\$540
14324	Tue	Apr 4-June 20	4:45 PM-5:30 PM	\$468	\$540
14325	Tue	Apr 4-June 20	5:30 PM-6:15 PM	\$468	\$540
14326	Tue	Apr 4-June 20	6:15 PM-7:00 PM	\$468	\$540
14327	Tue	Apr 4-June 20	6:45 PM-7:30 PM	\$468	\$540
14328	Tue	Apr 4-June 20	7:30 PM-8:15 PM	\$468	\$540
14329	Tue	Apr 4-June 20	9:00 AM-9:45 AM	\$468	\$540

### 60 MINUTE LESSONS

New and improved aquatic private lessons now include goal setting, specialized instruction and customization to meet you or your child's needs. In these one-on-one sessions, you'll see advanced progression in both technique and endurance. It's way more than a swimming lesson!

### 11 CLASSES

14526	Sun	Apr 16-June 25	9:00 AM-10:00 AM	\$517	\$605
14527	Sun	Apr 16-June 25	10:00 AM-11:00 AM	\$517	\$605
14528	Sun	Apr 16-June 25	1:30 PM-2:30 PM	\$517	\$605
14529	Sun	Apr 16-June 25	2:30 PM-3:30 PM	\$517	\$605
14530	Sun	Apr 16-June 25	3:30 PM-4:30 PM	\$517	\$605
14472	Sat	Apr 15-June 24	9:00 AM-10:00 AM	\$517	\$605
14473	Sat	Apr 15-June 24	10:00 AM-11:00 AM	\$517	\$605
14474	Sat	Apr 15-June 24	1:30 PM-2:30 PM	\$517	\$605
14475	Sat	Apr 15-June 24	2:30 PM-3:30 PM	\$517	\$605
14476	Sat	Apr 15-June 24	3:30 PM-4:30 PM	\$517	\$605

### 12 CLASSES

14406	Thu	Apr 6-June 22	7:30 PM-8:30 PM	\$564	\$660
14407	Thu	Apr 6-June 22	7:30 PM-8:30 PM	\$564	\$660
14330	Tue	Apr 4-June 20	7:30 PM-8:30 PM	\$564	\$660
14331	Tue	Apr 4-June 20	7:30 PM-8:30 PM	\$564	\$660

## PARENT AND TOT // Age: 4M-3Y

This class is for parents and children from 4 months to 3 years of age. Based on the principal of 'Within Arms' Reach', Parent & Tot focusses on close play and fun between child and parent. Explore with your little one and enjoy bonding time in the water! Parents will learn how to safely support their child while they discover water. Classes will be filled with songs and games to keep all children engaged while learning skills like blowing bubbles, floating, and gliding.

### 11 CLASSES

14480	Sun	Apr 16-June 25	9:00 AM-9:30 AM	\$72	\$94
14481	Sun	Apr 16-June 25	9:45 AM-10:15 AM	\$72	\$94
14482	Sun	Apr 16-June 25	10:15 AM-10:45 AM	\$72	\$94
14483	Sun	Apr 16-June 25	12:15 AM-12:45 PM	\$72	\$94
14425	Sat	Apr 15-June 24	9:00 AM-9:30 AM	\$72	\$94
14426	Sat	Apr 15-June 24	9:45 AM-10:15 AM	\$72	\$94
14427	Sat	Apr 15-June 24	10:15 AM-10:45 AM	\$72	\$94
14428	Sat	Apr 15-June 24	12:15 PM-12:45 PM	\$72	\$94
14410	Fri	Apr 14-June 23	10:30 AM-11:00 AM	\$72	\$94
14411	Fri	Apr 14-June 23	11:30 AM-12:00 PM	\$72	\$94
14412	Fri	Apr 14-June 23	12:30 PM-1:00 PM	\$72	\$94
14219	Mon	Apr 3-June 19	12:00 PM-12:30 PM	\$72	\$94
14220	Mon	Apr 3-June 19	12:30 PM-1:00 PM	\$72	\$94
14221	Mon	Apr 3-June 19	1:00 PM-1:30 PM	\$72	\$94
14222	Mon	Apr 3-June 19	5:15 PM-5:45 PM	\$72	\$94

### 12 CLASSES

14378	Thu	Apr 6-June 22	5:15 PM-5:45 PM	\$78	\$102
14335	Wed	Apr 5-June 21	12:00 PM-12:30 PM	\$78	\$102
14336	Wed	Apr 5-June 21	12:30 PM-1:00 PM	\$78	\$102
14337	Wed	Apr 5-June 21	1:00 PM-1:30 PM	\$78	\$102
14338	Wed	Apr 5-June 21	5:15 PM-5:45 PM	\$78	\$102
14296	Tue	Apr 4-June 20	10:15 AM-10:45 AM	\$78	\$102
14297	Tue	Apr 4-June 20	10:45 AM-11:15 AM	\$78	\$102
14298	Tue	Apr 4-June 20	12:15 PM-12:45 PM	\$78	\$102
14299	Tue	Apr 4-June 20	5:15 PM-5:45 PM	\$78	\$102

## SWIM FOR LIFE® PRESCHOOL // Age: 3Y-5Y

The Preschool program gives children a head start on learning to swim. Preschool Programs develop fundamental physical literacy skills for aquatic activities. In our preschool program we work to ensure 3-5 year olds become comfortable in the water and have fun developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

### PRESCHOOL 1

Children become comfortable with their first independent water experiences. Preschoolers are introduced to entries/exits, safe movement in the water, submersion and breath control.

### 11 CLASSES

14484	Sun	Apr 16-June 25	9:45 AM-10:15 AM	\$88	\$99
14485	Sun	Apr 16-June 25	12:30 PM-1:00 PM	\$88	\$99
14429	Sat	Apr 15-June 24	9:45 AM-10:15 AM	\$88	\$99
14430	Sat	Apr 15-June 24	12:30 PM-1:00 PM	\$88	\$99
14413	Fri	Apr 14-June 23	10:00 AM-10:30 AM	\$88	\$99
14223	Mon	Apr 3-June 19	5:45 PM-6:15 PM	\$88	\$99

### 12 CLASSES

14379	Thu	Apr 6-June 22	4:45 PM-5:15 PM	\$96	\$108
14339	Wed	Apr 5-June 21	4:00 PM-4:30 PM	\$96	\$108
14300	Tue	Apr 4-June 20	9:45 AM-10:15 AM	\$96	\$108
14301	Tue	Apr 4-June 20	4:45 PM-5:15 PM	\$96	\$108

## PRESCHOOL 1/2

Preschoolers will practice and improve on level 1 skills including, putting their faces in the water, blowing bubbles, floats and back glides. They'll also be introduced to level 2 skills like jumping into the water, exhaling under water and flutter kicks.

### 11 CLASSES

14486	Sun	Apr 16-June 25	11:00 AM-11:30 AM	\$88	\$99
14431	Sat	Apr 15-June 24	11:00 AM-11:30 AM	\$88	\$99
14224	Mon	Apr 3-June 19	1:00 PM-1:30 PM	\$88	\$99

### 12 CLASSES

14380	Thu	Apr 6-June 22	6:15 PM-6:45 PM	\$96	\$108
14340	Wed	Apr 5-June 21	12:30 PM-1:00 PM	\$96	\$108
14302	Tue	Apr 4-June 20	6:30 PM-7:00 PM	\$96	\$108

## PRESCHOOL 2

For children who are comfortable submerging under-water. The focus of this level is floats, glides and kick. Pre-requisite: Preschool 1 or equivalent level.

### 11 CLASSES

14487	Sun	Apr 16-June 25	9:30 AM-10:00 AM	\$88	\$99
14488	Sun	Apr 16-June 25	11:45 AM-12:15 PM	\$88	\$99
14432	Sat	Apr 15-June 24	9:30 AM-10:00 AM	\$88	\$99
14433	Sat	Apr 15-June 24	11:45 AM-12:15 PM	\$88	\$99
14414	Fri	Apr 14-June 23	11:00 AM-11:30 AM	\$88	\$99
14225	Mon	Apr 3-June 19	4:00 PM-4:30 PM	\$88	\$99

### 12 CLASSES

14381	Thu	Apr 6-June 22	5:15 PM-5:45 PM	\$96	\$108
14341	Wed	Apr 5-June 21	6:00 PM-6:30 PM	\$96	\$108
14303	Tue	Apr 4-June 20	11:15 AM-11:45 AM	\$96	\$108
14304	Tue	Apr 4-June 20	5:15 PM-5:45 PM	\$96	\$108

## PRESCHOOL 3

For children who are comfortable floating and gliding un-assisted. Preschoolers are introduced to front and back kick/swim and deep water skills.

**Pre-requisite: Preschool 2 or equivalent level.**

### 11 CLASSES

14489	Sun	Apr 16-June 25	10:00 AM-10:30 AM	\$88	\$99
14490	Sun	Apr 16-June 25	12:45 PM-1:15 PM	\$88	\$99
14434	Sat	Apr 15-June 24	10:00 AM-10:30 AM	\$88	\$99
14435	Sat	Apr 15-June 24	12:45 PM-1:15 PM	\$88	\$99
14415	Fri	Apr 14-June 23	12:00 PM-12:30 PM	\$88	\$99
14226	Mon	Apr 3-June 19	1:30 PM-2:00 PM	\$88	\$99
14227	Mon	Apr 3-June 19	6:00 PM-6:30 PM	\$88	\$99

### 12 CLASSES

14382	Thu	Apr 6-June 22	6:30 PM-7:00 PM	\$96	\$108
14342	Wed	Apr 5-June 21	1:30 PM-2:00 PM	\$96	\$108
14343	Wed	Apr 5-June 21	6:15 PM-6:45 PM	\$96	\$108
14305	Tue	Apr 4-June 20	11:45 AM-12:15 PM	\$96	\$108
14306	Tue	Apr 4-June 20	6:00 PM-6:30 PM	\$96	\$108



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

### PRESCHOOL 4/5

Preschoolers will practice and improve on level 4 skills, including opening their eyes underwater, pendulum rollovers onto the back and treading water using the sculling action. They'll also be introduced to level 5 skills like a forward roll entry into deep water, whip kicks and interval training. Preschoolers will support themselves in deep water for 10 seconds using the sculling action. Wearing a lifejacket, they'll practice forward roll entries into deep water, whip kicks, back crawl and interval training. Graduates of Preschool 5 can start Swimmer 2 at 6 years of age.

**Pre-requisite: Preschool 3 or equivalent level.**

#### 11 CLASSES

14491	Sun	Apr 16-June 25	11:00 AM-11:45 AM	\$99	\$110
14492	Sun	Apr 16-June 25	12:45 PM-1:30 PM	\$99	\$110
14436	Sat	Apr 15-June 24	11:00 AM-11:45 AM	\$99	\$110
14437	Sat	Apr 15-June 24	12:45 AM-1:30 PM	\$99	\$110
14228	Mon	Apr 3-June 19	1:30 PM-2:15 PM	\$99	\$110
14229	Mon	Apr 3-June 19	6:00 PM-6:45 PM	\$99	\$110

#### 12 CLASSES

14383	Thu	Apr 6-June 22	6:30 PM-7:15 PM	\$108	\$120
14344	Wed	Apr 5-June 21	1:30 PM-2:15 PM	\$108	\$120
14345	Wed	Apr 5-June 21	6:00 PM-6:45 PM	\$108	\$120
14307	Tue	Apr 4-June 20	4:30 PM-5:15 PM	\$108	\$120

## SWIM FOR LIFE® SWIMMER // Age: 6Y-12Y

The Swimmer program makes sure children learn the fundamental physical literacy skills for aquatic activities. Progressions accommodate 6 - 12 year olds, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water Smart education is a part of every level.

### SWIMMER 1

The focus of Swimmer 1 is entries and exits, floatation, submersion, breath control, and safe movement in the water. Children are introduced to floats, glides, kick and learning to be comfortable and relaxed in the water.

#### 11 CLASSES

14493	Sun	Apr 16-June 25	10:15 AM-10:45 AM	\$88	\$99
14494	Sun	Apr 16-June 25	11:30 AM-12:00 PM	\$88	\$99
14438	Sat	Apr 15-June 24	10:15 AM-10:45 AM	\$88	\$99
14439	Sat	Apr 15-June 24	11:30 AM-12:00 PM	\$88	\$99
14230	Mon	Apr 3-June 19	4:00 PM-4:30 PM	\$88	\$99
14231	Mon	Apr 3-June 19	4:45 PM-5:15 PM	\$88	\$99

#### 12 CLASSES

14384	Thu	Apr 6-June 22	4:00 PM-4:30 PM	\$96	\$108
14346	Wed	Apr 5-June 21	4:00 PM-4:30 PM	\$96	\$108
14347	Wed	Apr 5-June 21	5:15 PM-5:45 PM	\$96	\$108
14308	Tue	Apr 4-June 20	4:00 PM-4:30 PM	\$96	\$108

### SWIMMER 2

The focus of Swimmer 2 is propulsion through the water: glides and kick. Swimmers are introduced to front and back crawl, whip kick, interval training and deep water skills. Establishes a sound basis for the future acquisition of swimming skills.

**Pre-requisite: Swimmer 1 or Preschool 5 (and 6 years of age) or equivalent level.**

#### 11 CLASSES

14495	Sun	Apr 16-June 25	9:00 AM-9:45 AM	\$99	\$110
14496	Sun	Apr 16-June 25	1:15 PM-2:00 PM	\$99	\$110
14440	Sat	Apr 15-June 24	9:00 AM-9:45 AM	\$99	\$110
14441	Sat	Apr 15-June 24	11:00 AM-11:45 AM	\$99	\$110
14232	Mon	Apr 3-June 19	5:30 PM-6:15 PM	\$99	\$110

#### 12 CLASSES

14385	Thu	Apr 6-June 22	4:00 PM-4:45 PM	\$108	\$120
14348	Wed	Apr 5-June 21	5:30 PM-6:15 PM	\$108	\$120
14309	Tue	Apr 4-June 20	4:00 PM-4:45 PM	\$108	\$120
14310	Tue	Apr 4-June 20	5:45 PM-6:30 PM	\$108	\$120

### 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 equivalent level.**

#### 11 CLASSES

14497	Sun	Apr 16-June 25	9:45 AM-10:30 AM	\$99	\$110
14498	Sun	Apr 16-June 25	11:00 AM-11:45 AM	\$99	\$110
14442	Sat	Apr 15-June 24	9:45 AM-10:30 AM	\$99	\$110
14233	Mon	Apr 3-June 19	4:30 PM-5:15 PM	\$99	\$110

#### 12 CLASSES

14386	Thu	Apr 6-June 22	4:30 PM-5:15 PM	\$108	\$120
14387	Thu	Apr 6-June 22	5:15 PM-6:00 PM	\$108	\$120
14349	Wed	Apr 5-June 21	4:00 PM-4:45 PM	\$108	\$120
14311	Tue	Apr 4-June 20	4:45 PM-5:30 PM	\$108	\$120

### 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, under water swims and components of breaststroke.

**Pre-requisite: Swimmer 3 or equivalent level.**

#### 11 CLASSES

14499	Sun	Apr 16-June 25	9:00 AM-9:45 AM	\$99	\$110
14443	Sat	Apr 15-June 24	9:00 AM-9:45 AM	\$99	\$110
14234	Mon	Apr 3-June 19	5:15 PM-6:00 PM	\$99	\$110

#### 12 CLASSES

14388	Thu	Apr 6-June 22	4:00 PM-4:45 PM	\$108	\$120
14350	Wed	Apr 5-June 21	5:15 PM-6:00 PM	\$108	\$120
14312	Tue	Apr 4-June 20	4:00 PM-4:45 PM	\$108	\$120

### 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 equivalent level.**

#### 11 CLASSES

14500	Sun	Apr 16-June 25	10:30 AM-11:15 AM	\$99	\$110
14444	Sat	Apr 15-June 24	10:30 AM-11:15 AM	\$99	\$110
14235	Mon	Apr 3-June 19	4:00 PM-4:45 PM	\$99	\$110

#### 12 CLASSES

14389	Thu	Apr 6-June 22	4:45 PM-5:30 PM	\$108	\$120
14351	Wed	Apr 5-June 21	4:30 PM-5:15 PM	\$108	\$120
14313	Tue	Apr 4-June 20	5:30 PM-8:15 PM	\$108	\$120



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

### SWIMMER 7/8/9 (Rookie, Ranger, Star Patrol)

Canadian Swim Patrol is a pre-Bronze program with three modules: water proficiency, first aid skills and recognition and rescue. Skills include timed swims, endurance swims, swimming with clothes on, Water Smart® behaviour, rescue skills and first aid performance.

**Pre-requisite: completed Swimmer 6.**

Swimmer 7 (Rookie Patrol), Swimmer 8 (Ranger Patrol), Swimmer 9 (Star Patrol) Participants develop lifesaving and first aid skills; further refine front crawl, back crawl, breaststroke, and butterfly. Enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels. Water proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program. Rescue skills involve an increased skill level in ABC first aid basics and non-contact rescues.

#### 11 CLASSES

14501	Sun	Apr 16–June 25	10:30 AM–11:30 AM	\$127	\$149
14445	Sat	Apr 15–June 24	10:30 AM–11:30 AM	\$127	\$149

#### 12 CLASSES

14390	Thu	Apr 6–June 22	5:30 PM–6:30 PM	\$138	\$162
14314	Tue	Apr 4–June 20	5:30 PM–6:30 PM	\$138	\$162

## CLUB PROGRAMS

### SEA DRAGONS SWIM CLUB // AGE: 8Y–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 instil 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.**

14257	M, W	Apr 3–June 24	7:00 PM–8:00 PM	\$337	\$372
	Sa		1:30 PM– 3:00 PM		

### 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.**

14334	Tu,Th	Apr 4–June 25	6:00 PM–7:00 PM	\$337	\$372
	Su		1:30 PM–3:00 PM		
14533	Sun	Apr 16–June 25	1:30 PM–3:00 PM	\$184	\$208

### 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.**

14534	Sun	Apr 16–June 25	3:00 PM–4:00 PM	\$146	\$168
14479	Sat	Apr 15–June 24	3:00 PM–4:00 PM	\$146	\$168
14377	Wed	Apr 5–June 21	4:00 PM–5:00 PM	\$150	\$174

## LIFESAVING COURSES

### BRONZE MEDALLION & CPR-C // Age: 13Y+

\*NEW!\* Bronze Medallion is now offered with CPR-C.

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. Canadian Lifesaving Manual and exam fees are included! Swimming ability should be at I Can Swim Stage 3, Lifesaving Society Swimmer 6 or Red Cross Swim Kids 10.

**Prerequisites: Bronze Star or 13 years of age.**

14585	Fri	June 16–June 18	6:00 PM–10:00 PM	\$175	\$200
	Sa, Sun		12:00 PM–8:00 PM		
14578	Fri	May 19–May 21	6:00 PM–10:00 PM	\$175	\$200
	Sa, Sun		12:00 PM–8:00 PM		

### BRONZE CROSS (ASSISTANT LIFEGUARD) // Age: 13Y+

\*NEW!\* Bronze Cross is now Assistant Lifeguard. Prerequisites now require a current Alberta workplace approved Standard First Aid and course length is now 20 hours.

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. Exam fees & Materials are included!

**Pre-requisites: Bronze Medallion (need not be current), current Alberta workplace approved Standard First Aid.**

14580	Fri	June 2–June 4	6:00 PM–10:00 PM	\$160	\$185
	Sa, Sun		12:00 PM–8:00 PM		
14570	Fri	Apr 14–Apr 16	6:00 PM–8:00 PM	\$160	\$185
	Sa, Sun		12:00 PM–8:00 PM		

### NATIONAL LIFEGUARD // Age: 16Y+

The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatic activities in a pool setting. The National Lifeguard program develops the basic lifeguarding skills, principles and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Manual and exam fees are included!

**\*Important!\* – Aquatic Emergency Care is no longer offered with National Lifeguard due Standard First Aid now being a prerequisite for Bronze Cross.**

**Prerequisites: Bronze Cross (need not be current), current AB workplace approved Standard First Aid, and minimum 16 years of age.**

14581	Fri	June 9–June 18	6:00 PM–10:00 PM	\$325	\$365
	Sa, Sun		12:00 PM–8:00 PM		
14576	Fri–Sun	May 5–May 14	6:00 PM–10:00 PM	\$325	\$365
	Sa, Sun		12:00 PM–8:00 PM		

### RECERT

14583	Sun	June 11–June 11	10:30 AM–2:30 PM	\$65	\$80
14574	Sun	Apr 30–Apr 30	10:30 AM–2:30 PM	\$65	\$80
11507	Sun	Apr 2–Apr 2	10:30 AM–2:30 PM	\$65	\$80



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

**LIFESAVING & SWIM INSTRUCTOR // Age: 16Y+**

The Lifesaving Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic movement and swimming skills, strokes and fitness. Candidates are introduced to key principles of learning and teaching and acquire proven teaching methods, a variety of skill and stroke development drills and corrections techniques. Lifesaving Swim Instructors are trained to teach and evaluate the parent and tot, preschool and swimmer levels.

Lifesaving Instructors/Examiners are trained to teach and evaluate the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, and Distinction certifications. Instructor/Examiner candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation.

The Lifesaving Instructor/Examiner certification is the prerequisite for all other Lifesaving Society instructor certifications. Certification in Alberta and Northwest Territories includes Advanced Instructor, Examination Standards Clinic, and Lifesaving CPR Instructor/Examiner certifications.

**Pre-requisites: 16 years old and Bronze Cross or higher.**

14572	Fri	Apr 21-Apr 30	6:00 PM-8:00 PM	\$345	\$385
	Sa, Sun		12:00 PM-8:00 PM		

**RECERT**

14584	Sun	June 11-June 11	2:30 PM-6:30 PM	\$80	\$95
14575	Sun	Apr 30-Apr 30	2:30 PM-6:30 PM	\$80	\$95
11508	Sun	Apr 2-Apr 2	2:30 PM-6:30 PM	\$80	\$95

**STANDARD FIRST AID // Age: 8Y+**

Standard 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 Standard First Aid is Government of Alberta approved.

14586	Sat,Sun	June 24-June 25	9:00 AM-5:00 PM	\$140	\$160
14579	Sat,Sun	May 27-May 28	9:00 AM-5:00 PM	\$140	\$160
11505	Sat,Sun	Apr 1-Apr 2	9:00 AM-5:00 PM	\$140	\$160

**RECERT**

14582	Sat	June 10	9:00 AM-5:00 PM	\$70	\$80
14577	Sun	May 7	9:00 AM-5:00 PM	\$70	\$80
14573	Fri	Apr 21	9:00 AM-5:00 PM	\$70	\$80
11506	Sat	Apr 1	9:00 AM-5:00 PM	\$70	\$80

**FIRST AID INSTRUCTOR // Age: 16Y+**

First Aid Instructors are responsible for teaching and evaluating candidates participating in the Lifesaving Society CPR, Emergency First Aid, Standard First Aid, Aquatic Emergency Care, CPR-HCP, and Oxygen Administration programs.

The First Aid Instructor course prepares Instructors to apply level 1 leadership competencies and strategies while teaching and evaluating.

**Prerequisites: Lifesaving Instructor and current Lifesaving Standard First Aid or Government of Alberta workplace approved Standard First Aid**

**RECERT**

14569	Sat	Apr 8	9:00 AM-5:00 PM	\$150	\$195
-------	-----	-------	-----------------	-------	-------

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

**NATIONAL LIFEGUARD INSTRUCTOR CLINIC // Age: 16Y+**

The National Lifeguard Instructor/Examiner Clinic prepares candidates to teach and evaluate National Lifeguard courses. Candidates learn specific strategies designed to train lifeguards in advanced rescue techniques, public relations issues, and first aid, as well as how to present material that will prepare lifeguards for any major aspect of supervising the public in an aquatic setting. Candidates are required to complete an apprenticeship after the clinic.

**Prerequisites: 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.**

**RECERT**

14571	Sat	Apr 15	9:00 AM-1:00 PM	\$80	\$100
-------	-----	--------	-----------------	------	-------

# AQUATIC FITNESS

**AQUAMATS**

Aquamats are the new craze! Try out this aquatic workout using air mattress type floatables. This class will challenge your balance, strength and endurance! Be prepared to get soaked and strong with this hour long class.

*\* 10% discount given for those who sign up for 2 or more separate classes (in the same month), contact shigham@mnpcentre.com.*

11615	Thu	Mar 30-May 4	9:30 AM-10:30 AM	\$80	\$100
11616	Wed	Apr 5-May 10	12:00 PM-1:00 PM	\$80	\$100
14028	Wed	May 24-June 28	12:00 PM-1:00 PM	\$80	\$100
14029	Thu	May 25-June 29	9:30 AM-10:30 AM	\$80	\$100
14030	Thu	July 20-Aug 24	9:30 AM-10:30 AM	\$80	\$100

**TETHERED DEEP WATER**

Tethered running is a great aquatic workout for all age. This class takes the concepts and movements of our Group Fitness Deep Water class, but adds the resistance of bungees that are attached to your float belt. The added resistance increases the intensity and allows all fitness levels to get a great workout.

*\* 10% discount given for those who sign up for 2 or more separate classes (in the same month), contact shigham@mnpcentre.com.*

11611	Mon	Mar 27-May 1	12:00 PM-1:00 PM	\$80	\$100
11612	Thu	Apr 6-May 11	12:00 PM-1:00 PM	\$80	\$100
14027	Mon	May 29-July 3	12:00 PM-1:00 PM	\$80	\$100
14026	Thu	June 1-July 6	12:00 PM-1:00 PM	\$80	\$100





# AQUATIC PROGRAMS

## SUMMER 2023

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------	----	-----	-------	-------	---------	-------------

### ADULT SWIM LESSONS // Age: 18Y+

#### ADULT BEGINNER

The Adult Swimmer Program is for beginners who may be just starting out, or swimmers who want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Water Smart education is part of all levels. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals. Beginners will start with submerging, floating, kicking, gliding and swimming short distances.

14974	Thu	July 6-Aug 24	7:30 PM-8:30 PM	\$92	\$108
14950	Wed	July 5-Aug 23	7:30 PM-8:30 PM	\$92	\$108
14926	Tue	July 4-Aug 22	7:30 PM-8:30 PM	\$92	\$108

#### ADULT INTERMEDIATE

Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Water Smart education is part of all levels. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals. Intermediate swimmers will progress to deep water treading, freestyle, backstroke, breaststroke, butterfly and swimming distances of 200m non-stop.

14975	Thu	July 6-Aug 24	7:30 PM-8:30 PM	\$92	\$108
14951	Wed	July 5-Aug 23	7:30 PM-8:30 PM	\$92	\$108
14927	Tue	July 4-Aug 22	7:30 PM-8:30 PM	\$92	\$108

### PRIVATE SWIM LESSONS // Age: 3Y+

Includes goal setting, specialized instruction and customization to meet you or your child's needs. In these one-on-one sessions you'll see advanced progression in both technique and endurance, it's way more than a swimming lesson. Max 1 person. For an additional charge a second person can be added as a semi-private lesson, please contact swimlessons@mpncentre.com for more information.

#### 30 MINUTE LESSONS

Geared towards those learning to swim as they will take place entirely in the Teach Pool (no lane space available).

#### 7 CLASSES

14880	Mon-Th	July 31-Aug 10	1:00 PM-1:30 PM	\$182	\$210
14881	Mon-Th	July 31-Aug 10	1:30 PM-2:00 PM	\$182	\$210
14882	Mon-Th	July 31-Aug 10	2:00 PM-2:30 PM	\$182	\$210
14883	Mon-Th	July 31-Aug 10	2:00 PM-2:30 PM	\$182	\$210
14884	Mon-Th	July 31-Aug 10	2:00 PM-2:30 PM	\$182	\$210

#### 8 CLASSES

14892	Mon-Th	Aug 14-Aug 24	1:00 PM-1:30 PM	\$208	\$240
14893	Mon-Th	Aug 14-Aug 24	1:30 PM-2:00 PM	\$208	\$240
14894	Mon-Th	Aug 14-Aug 24	2:00 PM-2:30 PM	\$208	\$240
14895	Mon-Th	Aug 14-Aug 24	2:00 PM-2:30 PM	\$208	\$240
14896	Mon-Th	Aug 14-Aug 24	2:00 PM-2:30 PM	\$208	\$240
14964	Thu	July 6-Aug 24	2:00 PM-2:30 PM	\$208	\$240
14965	Thu	July 6-Aug 24	3:30 PM-4:00 PM	\$208	\$240

14966	Thu	July 6-Aug 24	6:15 PM-6:45 PM	\$208	\$240
14967	Thu	July 6-Aug 24	6:45 PM-7:15 PM	\$208	\$240
14968	Thu	July 6-Aug 24	6:45 PM-7:15 PM	\$208	\$240
14940	Wed	July 5-Aug 23	4:00 PM-4:30 PM	\$208	\$240
14941	Wed	July 5-Aug 23	5:00 P-5:30 PM	\$208	\$240
14942	Wed	July 5-Aug 23	5:30 PM-6:00 PM	\$208	\$240
14943	Wed	July 5-Aug 23	6:45 PM-7:15 PM	\$208	\$240
14944	Wed	July 5-Aug 23	6:45 PM-7:15 PM	\$208	\$240
14916	Tue	July 4-Aug 22	4:00 PM-4:30 PM	\$208	\$240
14917	Tue	July 4-Aug 22	5:30 PM-6:00 PM	\$208	\$240
14918	Tue	July 4-Aug 22	6:15 PM-6:45 PM	\$208	\$240
14919	Tue	July 4-Aug 22	6:45 PM-7:15 PM	\$208	\$240
14920	Tue	July 4-Aug 22	6:45 PM-7:15 PM	\$208	\$240
14869	Mon-Th	July 17-July 27	1:30 PM-2:00 PM	\$208	\$240
14870	Mon-Th	July 17-July 27	2:00 PM-2:30 PM	\$208	\$240
14871	Mon-Th	July 17-July 27	2:00 PM-2:30 PM	\$208	\$240
14872	Mon-Th	July 17-July 27	2:00 PM-2:30 PM	\$208	\$240
14868	Mon-Th	July 17-July 27	1:00 PM-1:30 PM	\$208	\$240
14856	Mon-Th	July 3-July 13	1:00 PM-1:30 PM	\$208	\$240
14857	Mon-Th	July 3-July 13	1:30 PM-2:00 PM	\$208	\$240
14858	Mon-Th	July 3-July 13	2:00 PM-2:30 PM	\$208	\$240
14859	Mon-Th	July 3-July 13	2:00 PM-2:30 PM	\$208	\$240
14860	Mon-Th	July 3-July 13	2:00 PM-2:30 PM	\$208	\$240

#### 9 CLASSES

14978	Mon-Fri	July 31-Aug 11	9:15 AM-10:45 AM	\$234	\$270
14832	Mon-Fri	July 31-Aug 11	8:45 AM-10:15 AM	\$234	\$270
14833	Mon-Fri	July 31-Aug 11	10:45 AM-12:15 PM	\$234	\$270
14834	Mon-Fri	July 31-Aug 11	11:15 AM-12:45 PM	\$234	\$270
14835	Mon-Fri	July 31-Aug 11	11:15 AM-12:45 PM	\$234	\$270

#### 10 CLASSES

14979	Mon-Fri	Aug 14-Aug 25	10:15 AM-10:45 AM	\$260	\$300
14849	Mon-Fri	Aug 14-Aug 25	9:45 AM-10:15 AM	\$260	\$300
14850	Mon-Fri	Aug 14-Aug 25	11:45 AM-12:15 PM	\$260	\$300
14851	Mon-Fri	Aug 14-Aug 25	12:15 PM-12:45 PM	\$260	\$300
14852	Mon-Fri	Aug 14-Aug 25	12:15 PM-12:45 PM	\$260	\$300



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

### 45 MINUTE LESSONS

Geared towards those wanting to learn to swim and improve their stroke technique (access to lane and Teach Pool).

#### 7 CLASSES

14885	Mon-Th	July 31-Aug 10	1:00 PM-1:45 PM	\$273	\$315
14886	Mon-Th	July 31-Aug 10	1:00 PM-1:45 PM	\$273	\$315
14887	Mon-Th	July 31-Aug 10	1:00 PM-1:45 PM	\$273	\$315
14888	Mon-Th	July 31-Aug 10	1:45 PM-2:30 PM	\$273	\$315
14889	Mon-Th	July 31-Aug 10	1:45 PM-2:30 PM	\$273	\$315
14890	Mon-Th	July 31-Aug 10	1:45 PM-2:30 PM	\$273	\$315

#### 8 CLASSES

14988	Sat	July 8-Aug 26	12:30 AM-1:15 PM	\$312	\$360
14989	Sat	July 8-Aug 26	12:30 AM-1:15 PM	\$312	\$360
14990	Sat	July 8-Aug 26	1:15 PM-2:00 PM	\$312	\$360
14991	Sat	July 8-Aug 26	1:15 PM-2:00 PM	\$312	\$360
14992	Sat	July 8-Aug 26	2:00 PM-2:45 PM	\$312	\$360
14993	Sat	July 8-Aug 26	2:00 PM-2:45 PM	\$312	\$360
14980	Sat	July 8-Aug 26	9:00 AM-9:45 AM	\$312	\$360
14981	Sat	July 8-Aug 26	9:00 AM-9:45 AM	\$312	\$360
14982	Sat	July 8-Aug 26	9:45 AM-10:30 AM	\$312	\$360
14983	Sat	July 8-Aug 26	9:45 AM-10:30 AM	\$312	\$360
14984	Sat	July 8-Aug 26	10:30 AM-11:15 AM	\$312	\$360
14985	Sat	July 8-Aug 26	10:30 AM-11:15 AM	\$312	\$360
14986	Sat	July 8-Aug 26	11:15 AM-12:00 PM	\$312	\$360
14987	Sat	July 8-Aug 26	11:45 AM-12:30 PM	\$312	\$360
14899	Mon-Th	Aug 14-Aug 24	1:00 PM-1:45 PM	\$312	\$360
14900	Mon-Th	Aug 14-Aug 24	1:45 PM-2:30 PM	\$312	\$360
14901	Mon-Th	Aug 14-Aug 24	1:45 PM-2:30 PM	\$312	\$360
14902	Mon-Th	Aug 14-Aug 24	1:45 PM-2:30 PM	\$312	\$360
14897	Mon-Th	Aug 14-Aug 24	1:00 PM-1:45 PM	\$312	\$360
14898	Mon-Th	Aug 14-Aug 24	1:00 PM-1:45 PM	\$312	\$360
14969	Thu	July 6-Aug 24	4:00 PM-4:45 PM	\$312	\$360
14970	Thu	July 6-Aug 24	4:45 PM-5:30 PM	\$312	\$360
14971	Thu	July 6-Aug 24	6:30 PM-7:15 PM	\$312	\$360
14972	Thu	July 6-Aug 24	7:15 PM-8:00 PM	\$312	\$360
14973	Thu	July 6-Aug 24	7:15 PM-8:00 PM	\$312	\$360
14945	Wed	July 5-Aug 23	4:00 PM-4:45 PM	\$312	\$360
14946	Wed	July 5-Aug 23	4:45 PM-5:30 PM	\$312	\$360
14947	Wed	July 5-Aug 23	6:30 PM-7:15 PM	\$312	\$360
14948	Wed	July 5-Aug 23	7:15 PM-8:00 PM	\$312	\$360
14949	Wed	July 5-Aug 23	7:15 PM-8:00 PM	\$312	\$360
14921	Tue	July 4-Aug 22	4:00 PM-4:45 PM	\$312	\$360
14922	Tue	July 4-Aug 22	4:45 PM-6:30 PM	\$312	\$360
14923	Tue	July 4-Aug 22	6:30 PM-7:15 PM	\$312	\$360
14924	Tue	July 4-Aug 22	7:15 PM-8:00 PM	\$312	\$360
14925	Tue	July 4-Aug 22	7:15 PM-8:00 PM	\$312	\$360
14873	Mon-Th	July 17-July 27	1:00 PM-1:45 PM	\$312	\$360
14874	Mon-Th	July 17-July 27	1:00 PM-1:45 PM	\$312	\$360
14875	Mon-Th	July 17-July 27	1:00 PM-1:45 PM	\$312	\$360
14876	Mon-Th	July 17-July 27	1:45 PM-2:30 PM	\$312	\$360
14877	Mon-Th	July 17-July 27	1:45 PM-2:30 PM	\$312	\$360
14878	Mon-Th	July 17-July 27	1:45 PM-2:30 PM	\$312	\$360
14861	Mon-Th	July 3-July 13	1:00 PM-1:45 PM	\$312	\$360
14862	Mon-Th	July 3-July 13	1:00 PM-1:45 PM	\$312	\$360
14863	Mon-Th	July 3-July 13	1:00 PM-1:45 PM	\$312	\$360
14864	Mon-Th	July 3-July 13	1:45 PM-2:30 PM	\$312	\$360
14865	Mon-Th	July 3-July 13	1:45 PM-2:30 PM	\$312	\$360
14866	Mon-Th	July 3-July 13	1:45 PM-2:30 PM	\$312	\$360

### 9 CLASSES

14836	Mon-Fri	July 31-Aug 11	9:00 AM-9:45 AM	\$351	\$405
14837	Mon-Fri	July 31-Aug 11	11:15 AM-12:00 PM	\$351	\$405
14838	Mon-Fri	July 31-Aug 11	12:00 PM-12:45 PM	\$351	\$405

### 10 CLASSES

14853	Mon-Fri	Aug 14-Aug 25	9:00 AM-9:45 AM	\$390	\$450
14854	Mon-Fri	Aug 14-Aug 25	11:15 AM-12:00 PM	\$390	\$450
14855	Mon-Fri	Aug 14-Aug 25	12:00 PM-12:45 PM	\$390	\$450
14819	Mon-Fri	July 17-July 28	9:00 AM-9:45 AM	\$390	\$450
14820	Mon-Fri	July 17-July 28	11:15 AM-12:00 PM	\$390	\$450
14821	Mon-Fri	July 17-July 28	12:00 PM-12:45 PM	\$390	\$450
14802	Mon-Fri	July 3-July 14	9:00 AM-9:45 AM	\$390	\$450
14803	Mon-Fri	July 3-July 14	11:15 AM-12:00 PM	\$390	\$450
14804	Mon-Fri	July 3-July 14	12:00 PM-12:45 PM	\$390	\$450

### PARENT AND TOT // Age: 4M-3Y

This class is for parents and children from 4 months to 3 years of age. Based on the principal of 'Within Arms' Reach', Parent & Tot focusses on close play and fun between child and parent. Explore with your little one and enjoy bonding time in the water! Parents will learn how to safely support their child while they discover water. Classes will be filled with songs and games to keep all children engaged while learning skills like blowing bubbles, floating, and gliding.

#### 8 CLASSES

14952	Thu	July 6-Aug 24	4:00 PM-4:30 PM	\$52	\$68
14953	Thu	July 6-Aug 24	4:30 PM-5:00 PM	\$52	\$68
14928	Wed	July 5-Aug 23	4:30 PM-5:00 PM	\$52	\$68
14929	Wed	July 5-Aug 23	5:30 PM-6:00 PM	\$52	\$68
14904	Tue	July 4-Aug 22	4:00 PM-4:30 PM	\$52	\$68
14905	Tue	July 4-Aug 22	5:00 PM-5:30 PM	\$52	\$68

#### 9 CLASSES

14822	Mon-Fri	July 31-Aug 11	10:45 AM-11:15 AM	\$59	\$77
-------	---------	----------------	-------------------	------	------

#### 10 CLASSES

14839	Mon-Fri	Aug 14-Aug 25	10:45 AM-11:15 AM	\$65	\$85
14805	Mon-Fri	July 17-July 28	10:45 AM-11:15 AM	\$65	\$85
14788	Mon-Fri	July 3-July 14	10:45 AM-11:15 AM	\$65	\$85



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

## SWIM FOR LIFE® PRESCHOOL // Age: 3Y-5Y

The Preschool program gives children a head start on learning to swim. Preschool Programs develop fundamental physical literacy skills for aquatic activities. In our preschool program we work to ensure 3-5 year olds become comfortable in the water and have fun developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

### PRESCHOOL 1

Children become comfortable with their first independent water experiences. Preschoolers are introduced to entries/exits, safe movement in the water, submersion and breath control.

#### 8 CLASSES

14954	Thu	July 6-Aug 24	4:30 PM-5:00 PM	\$64	\$72
14930	Wed	July 5-Aug 23	4:30 PM-5:00 PM	\$64	\$72
14906	Tue	July 4-Aug 22	4:30 PM-5:00 PM	\$64	\$72

#### 9 CLASSES

14823	Mon-Fri	July 31-Aug 11	10:15 AM-10:45 AM	\$72	\$81
-------	---------	----------------	-------------------	------	------

#### 10 CLASSES

14840	Mon-Fri	Aug 14-Aug 25	10:15 AM-10:45 AM	\$80	\$90
14806	Mon-Fri	July 17-July 28	10:15 AM-10:45 AM	\$80	\$90
14789	Mon-Fri	July 3-July 14	10:15 AM-10:45 AM	\$80	\$90

### PRESCHOOL 2

For children who are comfortable submerging under-water. The focus of this level is floats, glides and kick. Pre-requisite: Preschool 1 or equivalent level.

#### 8 CLASSES

14955	Thu	July 6-Aug 24	5:00 PM-5:30 PM	\$64	\$72
14931	Wed	July 5-Aug 23	5:00 PM-5:30 PM	\$64	\$72
14907	Tue	July 4-Aug 22	4:30 PM-5:00 PM	\$64	\$72

#### 9 CLASSES

14824	Mon-Fri	July 31-Aug 11	10:45 AM-11:15 AM	\$72	\$81
-------	---------	----------------	-------------------	------	------

#### 10 CLASSES

14841	Mon-Fri	Aug 14-Aug 25	10:45 AM-11:15 AM	\$80	\$90
14807	Mon-Fri	July 1-July 28	10:45 AM-11:15 AM	\$80	\$90
14790	Mon-Fri	July 3-July 14	10:45 AM-11:15 AM	\$80	\$90

### PRESCHOOL 3

For children who are comfortable floating and gliding un-assisted. Preschoolers are introduced to front and back kick/swim and deep water skills.

**Pre-requisite: Preschool 2 or equivalent level.**

#### 8 CLASSES

14956	Thu	July 6-Aug 24	5:30 PM-6:00 PM	\$64	\$72
14932	Wed	July 5-Aug 23	6:15 PM-6:45 PM	\$64	\$72
14908	Tue	July 4-Aug 22	5:00 PM-5:30 PM	\$64	\$72

#### 9 CLASSES

14825	Mon-Fri	July 31-Aug 11	11:45 AM-12:15 PM	\$72	\$81
-------	---------	----------------	-------------------	------	------

#### 10 CLASSES

14842	Mon-Fri	Aug 14-Aug 25	11:45 AM-12:15 PM	\$80	\$90
14808	Mon-Fri	July 17-July 28	11:45 AM-12:15 PM	\$80	\$90
14791	Mon-Fri	July 3-July 14	11:45 AM-12:15 PM	\$80	\$90

### PRESCHOOL 4/5

Preschoolers will practice and improve on level 4 skills, including opening their eyes underwater, pendulum rollovers onto the back and treading water using the sculling action. They'll also be introduced to level 5 skills like a forward roll entry into deep water, whip kicks and interval training. Preschoolers will support themselves in deep water for 10 seconds using the sculling action. Wearing a lifejacket, they'll practice forward roll entries into deep water, whip kicks, back crawl and interval training. Graduates of Preschool 5 can start Swimmer 2 at 6 years of age.

**Pre-requisite: Preschool 3 or equivalent level.**

#### 8 CLASSES

14957	Thu	July 6-Aug 24	6:00 PM-6:45 PM	\$64	\$72
14933	Wed	July 5-Aug 23	6:00 PM-6:45 PM	\$64	\$72
14909	Tue	July 4-Aug 22	6:00 PM-6:45 PM	\$64	\$72

#### 9 CLASSES

14826	Mon-Fri	July 31-Aug 11	12:00 PM-12:45 PM	\$72	\$81
-------	---------	----------------	-------------------	------	------

#### 10 CLASSES

14843	Mon-Fri	Aug 14-Aug 25	12:00 PM-12:45 PM	\$80	\$90
14809	Mon-Fri	July 17-July 28	12:00 PM-12:45 PM	\$80	\$90
14792	Mon-Fri	July 3-July 14	12:00 PM-12:45 PM	\$80	\$90

## SWIM FOR LIFE® SWIMMER // Age: 6Y-12Y

The Swimmer program makes sure children learn the fundamental physical literacy skills for aquatic activities. Progressions accommodate 6-12 year olds, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water Smart education is a part of every level.

### SWIMMER 1

The focus of Swimmer 1 is entries and exits, floatation, submersion, breath control, and safe movement in the water. Children are introduced to floats, glides, kick and learning to be comfortable and relaxed in the water.

#### 8 CLASSES

14958	Thu	July 6-Aug 24	5:00 PM-5:30 PM	\$64	\$72
14934	Wed	July 5-Aug 23	4:00 PM-4:30 PM	\$64	\$72
14910	Tue	July 4-Aug 22	5:30 PM-6:00 PM	\$64	\$72

#### 9 CLASSES

14827	Mon-Fri	July 31-Aug 11	11:15 AM-11:45 AM	\$72	\$81
-------	---------	----------------	-------------------	------	------

#### 10 CLASSES

14844	Mon-Fri	Aug 14-Aug 25	11:15 AM-11:45 AM	\$90	\$100
14810	Mon-Fri	July 17-July 28	11:15 AM-11:45 AM	\$90	\$100
14793	Mon-Fri	July 3-July 14	11:15 AM-11:45 AM	\$90	\$100



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

**SWIMMER 2**

The focus of Swimmer 2 is propulsion through the water: glides and kick. Swimmers are introduced to front and back crawl, whip kick, interval training and deep water skills. Establishes a sound basis for the future acquisition of swimming skills.  
**Pre-requisite: Swimmer 1 or Preschool 5 (and 6 years of age) or equivalent level.**

**8 CLASSES**

14959	Thu	July 6–Aug 24	5:30 PM–6:15 PM	\$64	\$72
14935	Wed	July 5–Aug 23	5:45 PM–6:30 PM	\$64	\$72
14911	Tue	July 4–Aug 22	4:00 PM–4:45 PM	\$64	\$72

**9 CLASSES**

14828	Mon–Fri	July 31–Aug 11	10:15 AM–11:00 AM	\$72	\$81
-------	---------	----------------	-------------------	------	------

**10 CLASSES**

14845	Mon–Fri	Aug 14–Aug 25	10:15 AM–11:00 AM	\$90	\$100
14811	Mon–Fri	July 17–July 28	10:15 AM–11:00 AM	\$90	\$100
14794	Mon–Fri	July 3–July 14	10:15 AM–11:00 AM	\$90	\$100

**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 equivalent level.**

**8 CLASSES**

14960	Thu	July 6–Aug 24	5:45 PM–6:30 PM	\$64	\$72
14936	Wed	July 5–Aug 23	4:00 PM–4:45 PM	\$64	\$72
14912	Tue	July 4–Aug 22	4:45 PM–5:30 PM	\$64	\$72

**9 CLASSES**

14829	Mon–Fri	July 31–Aug 11	11:00 AM–11:45 AM	\$72	\$81
-------	---------	----------------	-------------------	------	------

**10 CLASSES**

14846	Mon–Fri	Aug 14–Aug 25	11:00 AM–11:45 AM	\$90	\$100
14812	Mon–Fri	July 17–July 28	11:00 AM–11:45 AM	\$90	\$100
14795	Mon–Fri	July 3–July 14	11:00 AM–11:45 AM	\$90	\$100

**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 equivalent level.**

**8 CLASSES**

14937	Wed	July 5–Aug 23	4:45 PM–5:30 PM	\$64	\$72
14913	Tue	July 4–Aug 22	5:30 PM–6:15 PM	\$64	\$72

**9 CLASSES**

14830	Mon–Fri	July 31–Aug 11	10:15 AM–11:00 AM	\$72	\$81
-------	---------	----------------	-------------------	------	------

**10 CLASSES**

14847	Mon–Fri	Aug 14–Aug 25	10:15 AM–11:00 AM	\$90	\$100
14813	Mon–Fri	July 17–July 28	10:15 AM–11:00 AM	\$90	\$100
14796	Mon–Fri	July 3–July 14	10:15 AM–11:00 AM	\$90	\$100



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

**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 equivalent level.**

**8 CLASSES**

14962	Thu	July 6–Aug 24	4:45 PM–6:30 PM	\$64	\$72
14938	Wed	July 5–Aug 23	5:30 PM–6:15 PM	\$64	\$72
14914	Tue	July 4–Aug 22	5:45 PM–6:30 PM	\$64	\$72

**9 CLASSES**

14831	Mon–Fri	July 31–Aug 11	11:00 AM–11:45 AM	\$72	\$81
-------	---------	----------------	-------------------	------	------

**10 CLASSES**

14848	Mon–Fri	Aug 14–Aug 25	11:00 AM–11:45 AM	\$90	\$100
14814	Mon–Fri	July 17–July 28	11:00 AM–11:45 AM	\$90	\$100
14797	Mon–Fri	July 30–July 14,	11:00 AM–11:45 AM	\$90	\$100

**SWIMMER 7/8/9 (Rookie, Ranger, Star Patrol)**

Canadian Swim Patrol is a pre-Bronze program with three modules: water proficiency, first aid skills and recognition and rescue. Skills include timed swims, endurance swims, swimming with clothes on, Water Smart® behaviour, rescue skills and first aid performance. **Pre-requisite: completed Swimmer 6.**

Swimmer 7 (Rookie Patrol), Swimmer 8 (Ranger Patrol), Swimmer 9 (Star Patrol) Participants develop lifesaving and first aid skills; further refine front crawl, back crawl, breaststroke, and butterfly. Enhances capability in the water, including stride entry, under water forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels. Water proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program. Rescue skills involve an increased skill level in ABC first aid basics and non-contact rescues.

**8 CLASSES**

14963	Thu	July 6–Aug 24	6:15 PM–7:15 PM	\$92	\$108
14939	Wed	July 5–Aug 23	6:15 PM–7:15 PM	\$92	\$108
14915	Tue	July 4–Aug 22	6:15 PM–7:15 PM	\$92	\$108



## CLUB PROGRAMS

### SEA DRAGONS SWIM CLUB // Age: 8Y-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 instil 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.**

14891	Mon-Th	July 31-Aug10	1:00 PM-2:00 PM	\$91	\$105
14867	Mon-Th	July 3-July 13	1:00 PM-2:00 PM	\$102	\$118

### 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.**

14903	Mon-Th	Aug 14-Aug 24	1:00 PM-2:00 PM	\$102	\$118
14879	Mon-Th	July 17-July 27	1:00 PM-2:00 PM	\$102	\$118

## LIFESAVING COURSES

### BRONZE STAR // Age: 8Y+

A pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem solving and decision-making skills as individuals and in partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard. **Prerequisites: Bronze Star or 13 years old.**

14604	Mon,Tu	July 31-Aug 1	12:00 PM-5:00 PM	\$105	\$125
14588	Mon,Tu	July 3-July 4	12:00 PM-5:00 PM	\$105	\$125

### BRONZE MEDALLION & CPR-C // Age: 13Y+

\*NEW!\* Bronze Medallion is now offered with CPR-C.

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, Canadian Lifesaving Manual and exam fees are included! Swimming ability should be at I Can Swim Stage 3, Lifesaving Society Swimmer 6 or Red Cross Swim Kids 10.

**Prerequisites: Bronze Star or 13 years of age.**

14600	Fri	July 21-July 23	6:00 PM-10:00 PM	\$175	\$200
	Sa, Sun		12:00 PM - 8:00 PM		
14590	Fri	July 7-July 9	6:00 PM-10:00 PM	\$175	\$200
	Sa, Sun		12:00 PM - 8:00 PM		

### BRONZE MEDALLION STANDARD FIRST AID // Age: 13Y+

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. Standard First Aid & CPR-C AED provides comprehensive training covering all aspects of first aid and CPR.

**Prerequisites: Bronze Star or 13 years of age.**

14996	Tue-Fri	Aug 8-Aug 11	9:00 AM-5:00 PM	\$305	\$335
14997	Mon-Fri	Aug28-Sept 1	9:00 AM-5:00 PM	\$400	\$440

### BRONZE CROSS (ASSISTANT LIFEGUARD) // Age: 13Y+

\*NEW!\* Bronze Cross is now Assistant Lifeguard. Prerequisites now require a current Alberta workplace approved Standard First Aid and course length is now 20 hours.

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. Exam fees & Materials are included!

**Pre-requisites: Bronze Medallion (need not be current), current Alberta workplace approved Standard First Aid.**

14608	Fri	Aug 18-Aug 20	6:00 PM-10:00 PM	\$160	\$185
	Sa, Sun		12:00 PM - 8:00 PM		
14605	Tue-Fri	Aug 1-Aug 4	12:00 PM-5:00 PM	\$160	\$185
14597	Mon-Th	July 17-July 20	12:00 PM-5:00 PM	\$160	\$185
14589	Mon-Th	July 3-July 6	12:00 PM-5:00 PM	\$160	\$185



### NATIONAL LIFEGUARD // Age: 16Y+

The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatic activities in a pool setting. The National Lifeguard program develops the basic lifeguarding skills, principles and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Manual and exam fees are included!

**\*Important!\* - Aquatic Emergency Care is no longer offered with National Lifeguard due Standard First Aid now being a prerequisite for Bronze Cross.**

**Prerequisites: Bronze Cross (need not be current), current AB workplace approved Standard First Aid, and minimum 16 years of age.**

14607	Mon-Fri	Aug 14-Aug 18	9:00 AM-5:00 PM	\$325	\$365
14601	Mon-Fri	July 24-July 28	9:00 AM-5:00 PM	\$325	\$365
14593	Mon-Fri	July 10-July 14	9:00 AM-5:00 PM	\$325	\$365

### RECERT

14611	Sun	Aug 27	10:30 AM-2:30 PM	\$65	\$80
14591	Sat	July 8	10:30 AM-2:30 PM	\$65	\$80

### LIFESAVING & SWIM INSTRUCTOR // Age: 16Y+

The Lifesaving Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic movement and swimming skills, strokes and fitness. Candidates are introduced to key principles of learning and teaching and acquire proven teaching methods, a variety of skill and stroke development drills and corrections techniques. Lifesaving Swim Instructors are trained to teach and evaluate the parent and tot, preschool and swimmer levels.

Lifesaving Instructors/Examiners are trained to teach and evaluate the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, and Distinction certifications. Instructor/Examiner candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation.

The Lifesaving Instructor/Examiner certification is the prerequisite for all other Lifesaving Society instructor certifications. Certification in Alberta and Northwest Territories includes Advanced Instructor, Examination Standards Clinic, and Lifesaving CPR Instructor/Examiner certifications.

**Pre-requisites: 16 years old and Bronze Cross or higher.**

14610	Mon-Fri	Aug 21-Aug 25	9:00 AM-5:00 PM	\$345	\$385
14603	Mon-Fri	July 31-Aug 4	9:00 AM-5:00 PM	\$345	\$385
14596	Mon-Fri	July 17-July 21	9:00 AM-5:00 PM	\$345	\$385

### RECERT

14612	Sun	Aug 27	2:30 PM-6:30 PM	\$80	\$95
14592	Sat	July 8	2:30 PM-6:30 PM	\$80	\$95

### STANDARD FIRST AID // Age: 8Y+

Standard 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 Standard First Aid is Government of Alberta approved.

14602	Sat,Sun	July 29-July 30	9:00 AM-5:00 PM	\$140	\$160
14595	Sat,Sun	July 15-July 16	9:00 AM-5:00 PM	\$140	\$160

### RECERT

14599	Sun	July 23, 2023	9:00 AM-5:00 PM	\$70	\$80
14587	Sun	July 2, 2023	9:00 AM-5:00 PM	\$70	\$80

### FIRST AID INSTRUCTOR COURSE // Age: 16Y+

First Aid Instructors are responsible for teaching and evaluating candidates participating in the Lifesaving Society CPR, Emergency First Aid, Standard First Aid, Aquatic Emergency Care, CPR-HCP, and Oxygen Administration programs.

The First Aid Instructor course prepares Instructors to apply level 1 leadership competencies and strategies while teaching and evaluating.

**Prerequisites: Lifesaving Instructor and current Lifesaving Standard First Aid or Government of Alberta workplace approved Standard First Aid**

14606	Sat,Sun	Aug 12-Aug 13	9:00 AM-5:00 PM	\$270	\$295
-------	---------	---------------	-----------------	-------	-------

### RECERT

14609	Sat	Aug 19	9:00 AM-5:00 PM	\$150	\$195
-------	-----	--------	-----------------	-------	-------

### NATIONAL LIFEGUARD INSTRUCTOR CLINIC // Age: 16Y+

The National Lifeguard Instructor/Examiner Clinic prepares candidates to teach and evaluate National Lifeguard courses. Candidates learn specific strategies designed to train lifeguards in advanced rescue techniques, public relations issues, and first aid, as well as how to present material that will prepare lifeguards for any major aspect of supervising the public in an aquatic setting. Candidates are required to complete an apprenticeship after the clinic.

**Prerequisites: 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.**

14594	Sat,Sun	July 15-July 16	9:00 AM-5:00 PM	\$270	\$295
-------	---------	-----------------	-----------------	-------	-------

### RECERT

14598	Sat	July 22	9:00 AM-1:00 PM	\$80	\$100
-------	-----	---------	-----------------	------	-------

**NOTE: If you are not a Member, please arrive 15 minutes prior to your first session to have your membership card created at Customer Service.**



# 3433 SPORT PERFORMANCE

Register here:



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS	ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------	----	-----	-------	-------	---------	-------------

## LEARN 2 TRI

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.

14620	Tue	Apr 4-May 23	7:30 PM-9:00 PM	\$152	\$168
-------	-----	--------------	-----------------	-------	-------

## TRAIN 2 TRI

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.

14621	Thu	Apr 6-May 25	7:00 PM-9:00 PM	\$164	\$184
-------	-----	--------------	-----------------	-------	-------

## TRI SWIM

These swim workouts are led by our experienced coaches who utilize the most current teaching and training techniques specific to triathlon swimming. Workouts typically range from 2,000-3,400 metres depending on the speed of the swimmer and the focus of the workout. i.e. technical drills, sprints, pace work/endurance etc. 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

14616	Tue	Apr 4-June 20	6:00 AM-7:00 AM	\$180	\$192
14619	Tue	Apr 4-June 20	7:00 AM-8:00 AM	\$180	\$192
14617	Thu	Apr 6-June 22	6:00 AM-7:00 AM	\$180	\$192
14618	Thu	Apr 6-June 22	7:00 AM-8:00 AM	\$180	\$192

## CONDITIONING SWIM

These 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 Centre coaches how to swim effectively and efficiently, not just how to survive in the water.

14623	Wed	Apr 5-June 21	9:30 AM-10:30 AM	\$180	\$192
14622	Fri	Apr 6-June 23	12:00 AM-1:00 PM	\$180	\$192

## INDOOR GROUP CYCLING

Each program is developed in a manner to help make cyclists faster and more confident in their ability to ride outdoors whether it be for a race, Gran Fondo, cycling tour or the local group ride. The 3433 cycling programs began in 2003 and we are proud to continue our storied tradition of providing some of the most challenging, results driven, high-energy training sessions in Calgary.

14627	Mon	Apr 10-May 1	9:30 AM-11:30 AM	\$84	\$92
14626	Tue	Apr 11-May 2	6:30 PM-8:30 PM	\$84	\$92
14615	Sat	Apr 15-May 6	9:00 AM-11:00 AM	\$84	\$92
14625	Thu	Apr 13-May 4	6:30 PM-8:30 PM	\$84	\$92

## INDOOR GROUP BRICK

The term "brick" refers to the strange sensation in the legs after riding hard on the bicycle. The ability to run after the cycling portion of a triathlon is a key element to having a successful race. This high-energy group training session is designed to build aerobic endurance and increase your ability to run quickly and comfortably off the bike. Our coaches have built a progressive training program that will challenge the athletes physically and mentally in preparation for race season.

14624	Wed	Apr 5-Apr 26	6:30 PM-8:30 PM	\$84	\$92
-------	-----	--------------	-----------------	------	------

## INTERVAL RUN

Striving to improve your run distance? Looking to build volume or speed into your training to advance without potential injury? Whether you are just getting started or a seasoned racer, our performance based running program is designed to help runners get faster. Led by 3433 Endurance Coaches, athletes will learn techniques, drills and tips in weekly interval sessions.

14614	Tue	Apr 4-May 30	6:00 PM-7:00 PM	\$128	\$136
-------	-----	--------------	-----------------	-------	-------

**NOTE: If you are not a Member, please arrive 15 minutes prior to your first session to have your membership card created at Customer Service.**



# FITNESS & TRAINING

# KICK BOXING

Register here:



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

### MOBILITY & MOVEMENT

This 6 week program will help you improve the way you move. Whether you are trying to improve your strength training or move better in everyday life, this program is for you. Each week, a new area of the body will be targeted. Learn how to get the most out of your flexibility, foam rolling and myo-fascial release practice. Increase your range of motion and discover exactly what your body needs to move more efficiently.

11606	Tue	Mar 27-May 1	5:15 PM-6:00 PM	\$80	\$100
-------	-----	--------------	-----------------	------	-------

### START STRONG

Start Strong is an 8 week program which aims to break barriers typically associated with starting a new fitness program by providing a welcoming, encouraging, and informative training experience led by an experienced Personal Trainer. This program is targeted towards those who are new to the gym or just returning to fitness after time away/time off exercise (this includes those who left due to Covid-19). It is a twice a week, guided exercise program, to help you feel comfortable and confident in the weight room.

11608	Tue,Thu	Apr 25-June 15	5:30 PM-6:30 PM	\$225	\$250
-------	---------	----------------	-----------------	-------	-------

### MASTERING MIDLIFE WELLNESS

This program is geared towards individuals who are peri-menopausal, menopausal, post-menopausal and post partum. This program has 1 class a week of exercise, 1 class a week of education and a take home program to follow. Lets break the connotation of "midlife" and make it the best years of your life. Learn how to navigate tricky hormones, weight gain, stress, nutrition and start feeling your best every day!

11604	Thu	Apr 20-June 8	6:00 PM-8:00 PM	\$230	\$260
-------	-----	---------------	-----------------	-------	-------

**NOTE: If you are not a Member, please arrive 15 minutes prior to your first session to have your membership card created at Customer Service.**



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

### 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.

11621	Wed	Apr 12-June 21	5:30 PM-6:30 PM	\$180	\$204
-------	-----	----------------	-----------------	-------	-------

### 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.

11622	Tue,Thu	Apr 11-June 22	5:30 PM-6:30 PM	\$360	\$408
-------	---------	----------------	-----------------	-------	-------

### 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 (Fighters). ITS FUN - ITS TOUGH - AND IT WORKS. Requirements for class include: Boxing gloves, hand wraps, shin guards, head gear, groin guard, and a great attitude.

11620	Wed	Apr 12-June 21	7:00 PM-8:00 PM	\$204	\$228
-------	-----	----------------	-----------------	-------	-------

### 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. This summer class is a blend of all levels. Taught by Dawn.

14031	Wed	July 5-Aug 30	5:30 PM-6:30 PM	\$204	\$228
-------	-----	---------------	-----------------	-------	-------





# ACTIVE LIVING

# PD DAY CAMPS

Register here:



ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

### CRAFT N' SWIM

Each week we will introduce a new craft which incorporates fine motor skills. The craft will also work on numbers, colors, shapes along with using a variety of different mediums. After crafting the children will end their morning in the teach pool. Swimming is an introduction to the pool, where children learn to be comfortable either in or out of lifejacket.

14032	Mon	Apr 10-June 26	8:45 AM-11:45 AM	\$252	\$281
-------	-----	----------------	------------------	-------	-------

### RUN, JUMP, PLAY

Children will enjoy playing games focusing on gross motor skills, while learning how to safely move through different types of equipment, utilizing both the Ninja Chamber and Railyard System. The morning will end with relaxing movement to music and yoga.

14033	Tue	Apr 11-June 27	8:45 AM-11:45 AM	\$252	\$281
-------	-----	----------------	------------------	-------	-------

### GAMES N' SWIM

Utilizing the space and the equipment in our gym, children will be introduced to a number of sport activities. This includes racquet sports, ball sports and more. We will then go to the teach pool to experience water activities.

14034	Wed	Apr 12-June 28	8:45 AM-11:45 AM	\$252	\$281
-------	-----	----------------	------------------	-------	-------

### ACTIVE ANIMALS

Children will learn movement fundamentals which includes running, hopping, and jumping along with some balance. These skills will be taught through games and individual skill building activities.

14035	Thu	Apr 13-June 29	8:45 AM-11:45 AM	\$252	\$281
-------	-----	----------------	------------------	-------	-------

### VARIETY DAY

This will be a combo of all sports, possibly a craft and children's choice. We will ask the children what they like and try to incorporate each child's idea throughout the program. The focus again will be on the LTAD model as well as fun games to encourage sport growth.

14036	Fri	Apr 14-June 30	8:45 AM-11:45 AM	\$252	\$281
-------	-----	----------------	------------------	-------	-------

# ACTIVE ENERGIZERS

Check out our 8 week program designed with inclusivity in mind for children of all abilities. We truly believe that all children should have access to discover and explore physical activity to enrich their physical literacy through activities they find meaningful. We will include collaborations with community sport partners to showcase adaptive recreational activities and sports for all to enjoy! If your child has specific support requirements, please reach out to [drylandregisteredprograms@mnpcentre.com](mailto:drylandregisteredprograms@mnpcentre.com).

### ACTIVE ENERGIZERS

14044	Sat	Apr 15-June 3	10:00 AM-12:00 PM	\$123	\$136
-------	-----	---------------	-------------------	-------	-------

ID	DAY	DATES	TIMES	MEMBERS	NON-MEMBERS
----	-----	-------	-------	---------	-------------

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!

\*Your child must be of age for the program by December 31, 2023

### SPRING BREAK CAMP

14041	Mon-Fri	Apr 10-April 14	8:30 AM-4:30 PM	\$255	\$281
-------	---------	-----------------	-----------------	-------	-------

### PD DAY CAMPS

14037	Mon	April 10	8:30 AM-4:30 PM	\$55	\$60
14038	Fri	May 5	8:30 AM-4:30 PM	\$55	\$60
14039	Mon	May 29	8:30 AM-4:30 PM	\$55	\$60
14040	Fri	June 9	8:30 AM-4:30 PM	\$55	\$60

### BIRTHDAY PARTIES

Test your limits and discover your inner ninja with our signature obstacle elements! Then enjoy a private party room where you are able to bring food and refreshments.

**Provided:** 2 Tables and 12 chairs and Ninja Chamber  
**Capacity:** Up to 12 participants

See Online Portal for dates and times and to book.





# 2023 SUMMER SPORT CAMPS AT A GLANCE

	AGES	PRE-CARE	POST-CARE	JULY 4-7 (4 DAYS)	JULY 10-14	JULY 17-21	JULY 24-28	JULY 31-AUG 4	AUG 8-11 (4 DAYS)	AUG 14-18	AUG 21-25	AUG 28-30 (3 DAYS)	MEMBER PRICE			NON-MEMBER PRICE		
													3 day	4 day	5 day	3 day	4 day	5 day
<b>MULTI-SPORT CAMPS</b>																		
Mini Sport Launchers (HALF DAY)	2-3	▪		14174	14168	14169	14170	14171	14175	14172	14173	14563	\$89	\$118.50	\$148	\$98	\$130.50	\$163.25
Active Sport Launchers (HALF DAY)	4-5	▪		14180	14176	14177	14178	14179	14183	14182	14181	14562	\$89	\$118.50	\$148	\$98	\$130.50	\$163.25
Active Sport Adventure	4-5	▪	▪	14190	14184	14185	14186	14187	14191	14188	14189	14561	\$153	\$204	\$255	\$169	\$225	\$281
Sport 'N Adventure	6-7	▪	▪	14206	14200	14201	14202	14203	14207	14204	14205	14565	\$153	\$204	\$255	\$169	\$225	\$281
Multi Sport 'N Adventure	8-9	▪	▪	14198	14192	14193	14194	14195	14199	14196	14197	14566	\$153	\$204	\$255	\$169	\$225	\$281
Ultimate Sport 'N Adventure	10-12	▪	▪	14214	14208	14209	14210	14211	14215	14212	14213	14564	\$153	\$204	\$255	\$169	\$225	\$281
<b>SPORT PARTNER CAMPS</b>																		
Swimming	6-9	▪	▪	14550	14545	14546	14995	14547	14551	14548	14549	14559	\$190	\$253	\$316	\$215	\$286	\$357
Swimming	10-13	▪	▪	14557	14552	14553	14994	14554	14558	14555	14556	14560	\$190	\$253	\$316	\$215	\$286	\$357
Artistic Swimming	6-12	▪	▪		14540	14541		14542	14567	14543	14544		-	-	\$316	-	-	\$357
Olympic Pentathlon	8-13	▪	▪						14567	14536	14537		-	\$253	\$316	-	\$286	\$357
Diving	6-12	▪	▪		14216	14217				14218			-	-	\$316	-	-	\$357
Triathlon	8-12	▪	▪					14539	14568				-	\$253	\$316	-	\$286	\$357
Rhythmic Gymnastics	6-12	▪	▪						18476	18477	18478		-	\$256	\$316	-	\$286	\$357

- **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 camps. forever active.