

Swim Lessons

CHILD GROUP LESSONS I



Lifesaving Society® Swim for Life® is a comprehensive swim program built on the development of fundamental swim strokes and skills for swimmers 6 months to 12 years.

CLASS DESCRIPTIONS

PARENT & TOT LESSONS

These lessons are for children ages 6 months to 3 years old. **1 & 2** are for children ages 6 months to 2 years old. **2 & 3** are for children ages 2 to 3 years old.

PRESCHOOL 1 Ages 3-5

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence in their water skills.

PRESCHOOL 2 Ages 3-5

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice flutter kicks on their backs.

PRESCHOOL 3 Ages 3-5

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in waist-deep water, and work towards mastering their floats, rollovers, glides, and kicks. They will work their way into deeper water for side entries and jumping in with lifejackets.

PRESCHOOL 4 Ages 3-5

Preschoolers will gain some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing 5m of front crawl in their lifejackets and work on their ability to tread water.

PRESCHOOL 5 Ages 3-5

Preschoolers will work towards achieving important swimming milestones. They will work on being able to support themselves treading in deep water for 10 seconds and complete 5 m swims with front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.

REGISTRATION/WITHDRAWAL DEADLINES

[CLICK FOR FULL CANCELLATION POLICIES](#)

Registration will be available online until 2 weeks into lessons, in person until 4 weeks into lessons, and closed after the 4th week of lessons.

Prior to the withdrawal deadline, you may withdraw from any registered course for a full refund. **No refunds will be issued after the withdrawal deadline.**

Registration may be available after the withdrawal deadline pending space. Speak to a Welcome Desk staff or email WelcomeDesk@MacEwan.ca

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Parent & Tot* 1 & 2	Mon	Sep 25-Dec 4	5:05-5:35 p.m.	9	1: 10399 2: 10400	P: \$78.75	Sep 17	No lessons Oct 9, Nov 13
	Wed	Sep 27-Dec 6	5:05-5:35 p.m.		1: 10403 2: 10404			Sep 19
	Sat	Oct 14-Dec 9	9:55-10:25 a.m. 12:15-12:45 p.m.	8	1: 10405 2: 10406 1: 10407 2: 10408	P: \$70	Oct 6	No lessons Nov 11
Parent & Tot* 2 & 3	Mon	Sep 25-Dec 4	6:15-6:45 p.m.	9	2: 10402 3: 10401	P: \$78.75	Sep 17	No lessons Oct 9, Nov 13
	Fri	Sep 29-Dec 8	5:05-5:35 p.m.		2: 10409 3: 10410			Sep 21
	Sat	Oct 14-Dec 9	11:05-11:35 a.m.	8	2: 10411 3: 10412	P: \$70	Oct 6	No lessons Nov 11
Preschool 1	Mon	Sep 25-Dec 4	5:05-5:35 p.m.	9	10414	P: \$78.75	Sep 17	No lessons Oct 9, Nov 13
	Wed	Sep 27-Dec 6	6:50-7:20 p.m. ¹		10415			Sep 19
	Sat	Oct 14-Dec 9	11:40 a.m.-12:10 p.m.	8	10416	P: \$70	Oct 6	No lessons Nov 11
			12:15-12:45 p.m. 12:50-1:20 p.m. ¹		10418 10419			
Preschool 2	Mon	Sep 25-Dec 4	5:40-6:10 p.m. ³	9	10421	P: \$78.75	Sep 17	No lessons Oct 9, Nov 13
	Wed	Sep 27-Dec 6	5:40-6:10 p.m. 6:50-7:20 p.m. ²		10422 10423			Sep 19
	Sat	Oct 14-Dec 9	10:30-11 a.m.	8	10420	P: \$70	Oct 6	No lessons Nov 11
			11:40 a.m.-12:10 p.m. ³		10425			
			12:50-1:20 p.m. ²		10426			
Preschool 3	Mon	Sep 25-Dec 4	5:40-6:10 p.m. ¹	9	10427	P: \$78.75	Sep 17	No lessons Oct 9, Nov 13
	Wed	Sep 27-Dec 6	6:15-6:45 p.m. ⁴		10428			Sep 19
	Sat	Oct 14-Dec 9	10:30-11 a.m. ¹	8	10429	P: \$70	Oct 6	No lessons Nov 11
			11:40-12:10 p.m. 12:50-1:20 p.m. ⁴		10430 10431			
Preschool 4	Mon	Sep 25-Dec 4	6:50-7:20 p.m. ⁵	9	10433	P: \$78.75	Sep 17	No lessons Oct 9, Nov 13
	Wed	Sep 27-Dec 6	6:15-6:45 p.m. ⁶		10435			Sep 19
	Sat	Oct 14-Dec 9	11:05-11:35 a.m. ⁵ 12:50-1:20 p.m. ⁶	8	10434 10438	P: \$70	Oct 6	No lessons Nov 11
Preschool 5	Mon	Sep 25-Dec 4	6:50-7:20 p.m. ⁷	9	10439	P: \$78.75	Sep 17	No lessons Oct 9, Nov 13
	Wed	Sep 27-Dec 6	6:15-6:45 p.m. ⁸		10440			Sep 19
	Sat	Oct 14-Dec 9	11:05-11:35 a.m. ⁷ 12:50-1:20 p.m. ⁸	8	10441 10442	P: \$70	Oct 6	No lessons Nov 11

*Caregiver must be in the water with swimmer at all times. Programs with low numbers are subject to cancellation.

¹ Co-programmed with Preschool 2. ² Co-programmed with Preschool 1. ³ Co-programmed with Preschool 3. ⁴ Co-programmed with Preschool 4 & 5. ⁵ Co-programmed with Preschool 5. ⁶ Co-programmed with Preschool 3 & 5. ⁷ Co-programmed with Preschool 4. ⁸ Co-programmed with Preschool 3 & 4.

Swim Lessons

CHILD GROUP LESSONS II



Lifesaving Society® Swim for Life® is a comprehensive swim program built on the development of fundamental swim strokes and skills for swimmers 6 months to 12 years.

CLASS DESCRIPTIONS

SWIMMER 1 *Ages 5 and older*

Building the foundation of swimming skill development beginner swimmers will gain confidence in the water 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, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

SWIMMER 2 *Ages 5 and older*

Swimmers will gain comfort in deeper water by jumping in, learning sideways entries, 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 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.

SWIMMER 3 *Ages 5 and older*

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

SWIMMER 4 *Ages 5 and older*

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5 m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

SWIMMER 5 *Ages 5 and older*

Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps, eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

SWIMMER 6 *Ages 5 and older*

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance—critical for success in the 300 m workout required to complete the level.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION			
Swimmer 1	Mon	Sep 25-Dec 4	6:15-6:45 p.m.	9	10443	P: \$78.75	Sep 17	No lessons Oct 9, Nov 13			
			7:25-7:55 p.m.		10444						
	Wed	Sep 27-Dec 6	5:05-5:35 p.m.		10445				Sep 19	No lessons Oct 25, Nov 15	
	6:45-7:15 p.m.	10446									
	Fri	Sep 29-Dec 8	5:40-6:10 p.m.		10447		Sep 21	No lessons Nov 10, 17			
	Sat	Oct 14-Dec 9	9:05-9:35 a.m.		8		10448	P: \$70	Oct 6	No lessons Nov 11	
10:30-11 a.m.			10449								
11:05-11:35 a.m.			10450								
Swimmer 2	Mon	Sep 25-Dec 4	5:55-6:40 p.m. ¹	9	10452	P: \$99	Sep 17	No lessons Oct 9, Nov 13			
			Wed		Sep 27-Dec 6				5:20-6:05 p.m. ¹	10453	Sep 19
	Fri	Sep 29-Dec 8	4:30-5:15 p.m.		10454				Sep 21	No lessons Nov 10, 17	
	Sat	Oct 14-Dec 9	9:20-10:05 a.m.		8		10455	P: \$88	Oct 6	No lessons Nov 11	
			10:30-11:15 a.m.				10456				
			10:30-11:15 a.m. ¹				10457				
11:20 a.m.-12:05 p.m. ¹	10458										
	Mon	Sep 25-Dec 4	5:55-6:40 p.m. ²	9	10459	P: \$99	Sep 17	No lessons Oct 9, Nov 13			
			Wed		Sep 27-Dec 6				5:20-6:05 p.m. ²	10460	Sep 19
Fri			Sep 29-Dec 8		4:30-5:15 p.m. ²				10461	Sep 21	
Sat	Oct 14-Dec 9	10:30-11:15 a.m. ²	8		10462		P: \$88	Oct 6	No lessons Nov 11		
		11:20 a.m.-12:05 p.m. ²			10463						
12:10-12:55 p.m.	10464										
Swimmer 4	Mon	Sep 25-Dec 4	6:45-7:30 p.m. ³	9	10466	P: \$99	Sep 17	No lessons Oct 9, Nov 13			
			Fri		Sep 29-Dec 8				5:20-6:05 p.m. ³	10467	Sep 21
	Sat	Oct 14-Dec 9	10:30-11:15 a.m.		8				10468	P: \$88	
12:10-12:55 p.m. ³			10469								
Swimmer 5	Mon	Sep 25-Dec 4	6:45-7:30 p.m. ⁴		9		10473	P: \$99	Sep 17	No lessons Oct 9, Nov 13	
			Fri				Sep 29-Dec 8				5:20-6:05 p.m. ⁴
	Sat	Oct 14-Dec 9	11:20 a.m.-12:05 p.m. ⁵	8		10476	P: \$88				Oct 6
12:10-12:55 p.m. ⁴			10477								
Swimmer 6	Sat	Oct 14-Dec 9	11:20 a.m.-12:05 p.m. ³	8		10478	P: \$88		Oct 6	No lessons Nov 11	

Programs with low numbers are subject to cancellation.

¹ Co-programmed with Swimmer 3. ² Co-programmed with Swimmer 2. ³ Co-programmed with Swimmer 5. ⁴ Co-programmed with Swimmer 4. ⁵ Co-programmed with Swimmer 6.

REGISTRATION/ WITHDRAWAL DEADLINES

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Registration will be available online until 2 weeks into lessons, in person until 4 weeks into lessons, and closed after the 4th week of lessons.

Prior to the withdrawal deadline, you may withdraw from any registered course for a full refund. **No refunds will be issued for withdrawals after the withdrawal deadline.**

Registration may be available after the withdrawal deadline pending space. Speak to a Welcome Desk representative or email WelcomeDesk@MacEwan.ca for assistance.

Reserve your spot in a class, register for programs and find all class and program information online at

SportandWellnessReg.MacEwan.ca

CLICK HERE TO FIND YOUR COURSE AND REGISTER

Swim Lessons

CHILD SEMI-PRIVATE LESSONS

MacEwan University Sport and Wellness Swim Lessons allow participants to focus on developing swimming skills, endurance, stroke efficiency, and Water Smart® habits. Swimmers will receive a certificate of participation and a registration recommendation at the end of the session.

These 30-minute lessons are ideal for swimmers who learn best in a small-group setting. With two-to-four participants, these lessons fill up quickly!

CLASS DESCRIPTIONS

BEGINNER

For those who are still developing confidence in the water. No minimum swim ability required. Often, swimmers don't know any strokes at this point.

Beginner: First Steps

These lessons are for those who are uncomfortable or have a fear of water. The focus is on slow progressions and getting swimmers more comfortable and confident in the water.

Beginner: Second Steps

These lessons are for swimmers who are comfortable in the water but need to work on floating and swimming without assists.

INTERMEDIATE

Swimmers should be comfortable in the water, be able to jump into deep water, swim confidently in chest-deep water, and flutter kick on front and back for over 5 m.

ADVANCED

Swimmers should be comfortable in deep water, be able to tread water for one minute, and swim front and back crawl for 25 m.

MASTERY

Swimmers are proficient in the water, finessing their strokes, and able to swim 100 m non-stop. The focus is on developing endurance and strong swimming skills for life!

WITHDRAWAL DEADLINES

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Registration may be available after the withdrawal deadline pending space. Speak to a Welcome Desk representative or email WelcomeDesk@MacEwan.ca for assistance.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Preschool Beginner: First Steps	Mon	Sep 25-Dec 4	7:25-7:55 p.m. ¹	9	10297	P: \$225	Sep 17	No lessons Oct 9, Nov 13
	Wed	Sep 27-Dec 6	5:40-6:10 p.m. ¹		10298		Sep 19	No lessons Oct 25, Nov 15
	Sat	Oct 14-Dec 9	9:40-10:10 a.m. ¹	8	10299	P: \$200	Oct 6	No lessons Nov 11
Preschool Beginner: Second Steps	Mon	Sep 25-Dec 4	7:25-7:55 p.m. ²	9	10300	P: \$225	Sep 17	No lessons Oct 9, Nov 13
	Wed	Sep 27-Dec 6	5:40-6:10 p.m. ²		10301		Sep 19	No lessons Oct 25, Nov 15
	Sat	Oct 14-Dec 9	9:40-10:10 a.m. ²	8	10302	P: \$200	Oct 6	No lessons Nov 11
Child Beginner	Mon	Sep 25-Dec 4	5:40-6:10 p.m.	9	10303	P: \$225	Sep 17	No lessons Oct 9, Nov 13
	Wed	Sep 27-Dec 6	6:10-6:40 p.m.		10304		Sep 19	No lessons Oct 25, Nov 15
	Fri	Sep 29-Dec 8	6:15-6:45 p.m.		10305		Sep 21	No lessons Nov 10, 17
	Sat	Oct 14-Dec 9	9:20-9:50 a.m.	8	10306	P: \$200	Oct 6	No lessons Nov 11
			1:10-1:40 p.m.		10307			
Child Intermediate	Fri	Sep 29-Dec 8	6:10-6:40 p.m.	9	10316	P: \$225	Sep 21	No lessons Nov 10, 17
	Sat	Oct 14-Dec 9	1:05-1:35 p.m.	8	10317	P: \$200	Oct 6	No lessons Nov 11
Child Advanced	Wed	Sep 27-Dec 6	6:50-7:20 p.m. ³	9	10318	P: \$225	Sep 19	No lessons Oct 25, Nov 15
Child Mastery	Wed	Sep 27-Dec 6	6:50-7:20 p.m. ⁴	9	10319	P: \$225	Sep 19	No lessons Oct 25, Nov 15

Programs with low participation numbers are subject to cancellation.

¹ Co-programmed with Preschool Beginner: Second Steps. ² Co-programmed with Preschool Beginner: First Steps. ³ Co-programmed with Child Mastery. ⁴ Co-programmed with Child Advanced.

Reserve your spot in a class, register for programs and find all class and program information online at SportandWellnessReg.MacEwan.ca

 [CLICK TO FIND YOUR COURSE AND REGISTER](#)

Swim Lessons

ADULT SEMI-PRIVATE & GROUP LESSONS

MacEwan University Sport and Wellness Swim Lessons allow participants to focus on developing swimming skills, endurance, stroke efficiency, and Water Smart® habits. Swimmers will receive a certificate of participation and a registration recommendation at the end of the session.

These 30-minute lessons are ideal for swimmers who learn best in a small-group setting. With two-to-four participants, these lessons fill up quickly!

SEMI-PRIVATE CLASS DESCRIPTIONS

BEGINNER

For those still developing confidence in the water. No minimum swim ability required. Often, swimmers don't know any strokes at this point.

Beginner: First Steps

These lessons are for those who are uncomfortable or have a fear of water. The focus is on slow progressions and getting swimmers more comfortable and confident in the water.

Beginner: Second Steps

These lessons are for swimmers who are comfortable in the water but need to work on floating and swimming without assists.

INTERMEDIATE

Swimmers should be comfortable in the water, be able to jump into deep water, swim confidently in chest-deep water, and flutter kick on front and back for over 5 m.

ADVANCED

Swimmers should be comfortable in deep water, be able to tread water for one minute, and swim front and back crawl for 25 m.

MASTERY

Swimmers are proficient in the water, finessing their strokes, and able to swim 100 m non-stop. The focus is on developing endurance and strong swimming skills for life!

WITHDRAWAL DEADLINES

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CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Adult Beginner: First Steps	Mon	Sep 25-Dec 4	6:50-7:20 p.m. ¹	9	10289	P: \$225 M: \$202.50 S: \$180	Sep 17	No lessons Oct 9, Nov 13
	Fri	Sep 29-Dec 8	6:50-7:20 p.m. ¹		10291	P: \$225 M: \$202.50 S: \$180	Sep 21	No lessons Nov 10, 17
	Sat	Oct 14-Dec 9	8:30-9 a.m. ¹	8	10292	P: \$200 M: \$180 S: \$160	Oct 6	No lessons Nov 11
Adult Beginner: Second Steps	Fri	Sep 29-Dec 8	6:50-7:20 p.m. ²	9	10293	P: \$225 M: \$202.50 S: \$180	Sep 21	No lessons Nov 10, 17
	Sat	Oct 14-Dec 9	8:30-9 a.m. ²	8	10294	P: \$200 M: \$180 S: \$160	Oct 6	No lessons Nov 11
Adult Intermediate	Wed	Sep 27-Dec 6	6:15-6:45 p.m.	9	10295	P: \$225 M: \$202.50 S: \$180	Sep 19	No lessons Oct 25, Nov 15
	Sat	Oct 14-Dec 9	1:05-1:35 p.m.	8	10296	P: \$200 M: \$180 S: \$160	Oct 6	No lessons Nov 11

GROUP LESSON DESCRIPTIONS



SCARED STIFF

These adult classes are for swimmers who are uncomfortable or experience fear when putting their faces in the water, swimming without assists (lifejacket, floaty, etc), or appreciate learning at a slower pace.

ADULT 1

Adult swimmers will work towards being able to complete short distance swims (10-15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build their confidence in the water.

ADULT 2

Adult swimmers will practice different entries into deep water including dives, rolls, and tuck jumps (cannonballs). As they work on building strength and endurance, they will aim to be able to tread water for 1-2 minutes. New underwater skills are introduced such as handstands in shallow water and front somersaults (in water). Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

ADULT 3

Participants learn to set their own goals, developing water confidence and smooth and efficient strokes.

FITNESS SWIMMER

Fitness Swimmer focuses on teaching participants how to set workouts and further incorporate swimming into their regular fitness routine.

CLASS	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Scared Stiff	Wed	Sep 27-Dec 6	4:30-5:15 p.m. ³	9	10432	P: \$101.25 M: \$92.25 S: \$83.25	Sep 19	No lessons Oct 25, Nov 15
	Sat	Oct 14-Dec 9	8:30-9:15 a.m. ³ 12:15-1 p.m.	8	10436 10437	P: \$90 M: \$82 S: \$74	Oct 6	No lessons Nov 11
Adult 1	Mon	Sep 25-Dec 4	5:05-5:50 p.m.	9	10465	P: \$101.25 M: \$92.25 S: \$83.25	Sep 17	No lessons Oct 9, Nov 13
	Wed	Sep 27-Dec 6	4:30-5:15 p.m. ⁴		10470	P: \$101.25 M: \$92.25 S: \$83.25	Sep 19	No lessons Oct 25, Nov 15
	Sat	Oct 14-Dec 9	8:30-9:15 a.m. ⁴ 11:20 a.m.-12:05 p.m.	8	10471 10472	P: \$90 M: \$82 S: \$74	Oct 6	No lessons Nov 11
Adult 2	Sat	Oct 14-Dec 9	8:30-9:15 a.m. 12:10-12:55 p.m.	8	10479 10480	P: \$90 M: \$82 S: \$74	Oct 6	No lessons Nov 11
Adult 3	Sat	Oct 14-Dec 9	1-1:45 p.m. ⁵	8	10481	P: \$90 M: \$82 S: \$74	Oct 6	No lessons Nov 11
Fitness Swimmer	Sat	Oct 14-Dec 9	1-1:45 p.m. ⁶	8	10482	P: \$90 M: \$82 S: \$74	Oct 6	No lessons Nov 11

Programs with low participation numbers are subject to cancellation.

¹ Co-programmed with Adult Beginner: Second Steps. ² Co-programmed with Adult Beginner: First Steps. ³ Co-programmed with Adult 1. ⁴ Co-programmed with Scared Stiff. ⁵ Co-programmed with Fitness Swimmer. ⁶ Co-programmed with Adult 3.

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CLICK TO FIND YOUR COURSE AND REGISTER 

Swim Lessons

PRIVATE LESSONS, JR. LIFEGUARD CLUB & LIFESAVING SPORT CLUB

REGISTERED PRIVATE LESSONS

Led by our highly trained instructors, these sessions are ideal for anyone wanting personalized instruction to improve their swimming. These 30-minute lessons are tailored to each individual or group with a maximum of two participants per group. The cost of the lesson is the same for a single participant or a group—so grab a friend and swim for half the cost! We suggest that individuals participating are similar in swimming skills to optimize their time with the instructor. Registered Private Lessons can be booked online at SportandWellnessReg.MacEwan.ca


BUILD YOUR OWN PACKAGE

No lesson offerings that work with your schedule?
Email Aquatics@MacEwan.ca to build a package together.
Subject to instructor availability and pool space.

NOTE: Missed lessons are not eligible for refunds or rescheduling.

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SportandWellnessReg.MacEwan.ca

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WITHDRAWAL DEADLINES

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Jr. Lifeguard Club

Ages 7-15

The Junior Lifeguard Club (JLC) offers a unique aquatic alternative to traditional test-sheet-based aquatic programs and is independent of traditional award progressions. JLC is for quick learners and those between levels or programs who thrive in an energetic learning environment.

Prerequisites: Lifesaving Society Swim Test: Safe entry into shallow water, 25 m swim without stopping or resting, followed by treading water for 30 seconds.

PROGRAM	DAY	DATE	TIME	CLASSES	CODE	EARLY BIRD PRICE	EARLY BIRD DEADLINE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Jr. Lifeguard Club	Tue & Thu	Sep 26-Dec 7	4:30-5:15 p.m.	19	10497	P: \$190	Sep 11	P: \$199.50	Sep 18	No practice Nov 9, 14, 16

Lifesaving Sport Club

Ages 8-13, 14-19, 20+

Lifesaving Sport is the most demanding, multi-disciplinary sport in the world; combining athletic ability with lifesaving skills and rescue equipment.

Lifesaving Sport is unique because it is the only sport in which skills are learned for humanitarian purposes and then applied to competition.

Prerequisites: Lifesaving Society Swim Test: Safe entry into shallow water, 25 m swim without stopping or resting, followed by treading water for 30 seconds.

PROGRAM	DAY	DATE	TIME	CLASSES	CODE	EARLY BIRD PRICE	EARLY BIRD DEADLINE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Lifesaving Sport Club Ages 8-13	Mon	Sep 25-Dec 4	5:45-6:30 p.m.	9	10499	P: \$90	Sep 10	P: \$99	Sep 17	No practice Oct 9, Nov 13
	Tue	Sep 26-Dec 5	5:15-6 p.m.	10	10513	P: \$100	Sep 11	P: \$110	Sep 18	No practice Nov 14
	Thu	Sep 28-Dec 7	5:15-6 p.m.	9	10514	P: \$90	Sep 13	P: \$99	Sep 20	No practice Nov 9, 16
	Mon, Tue & Thu	Sep 25-Dec 7	Mon: 5:45-6:30 p.m. Tue/Thu: 5:15-6 p.m.	28	10515	P: \$252	Sep 10	P: \$280	Sep 17	No practice Oct 9, Nov 9, 13, 14, 16
Lifesaving Sport Club Ages 14-19	Mon	Sep 25-Dec 4	6:30-7:15 p.m.	9	10516	P: \$90 M: \$85.50 S: \$81	Sep 10	P: \$99 M: \$94.50 S: \$90	Sep 17	No practice Oct 9, Nov 13
	Tue	Sep 26-Dec 5	5:15-6 p.m.	10	10517	P: \$100 M: \$95 S: \$90	Sep 11	P: \$110 M: \$105 S: \$100	Sep 18	No practice Nov 14
	Thu	Sep 28-Dec 7	5:15-6 p.m.	9	10518	P: \$90 M: \$85.50 S: \$81	Sep 13	P: \$99 M: \$94.50 S: \$90	Sep 20	No practice Nov 9, 16
	Mon, Tue & Thu	Sep 25-Dec 7	Mon: 6:30-7:15 p.m. Tue/Thu: 5:15-6 p.m.	28	10519	P: \$252 M: \$239.40 S: \$226.80	Sep 10	P: \$280 M: \$252 S: \$235.20	Sep 17	No practice Oct 9, Nov 9, 13, 14, 16
Lifesaving Sport Club Ages 20+	Tue	Sep 26-Dec 5	6-7 p.m.	10	10520	P: \$110 M: \$102.50 S: \$95	Sep 11	P: \$120 M: \$114 S: \$105	Sep 18	No practice Nov 14
	Thu	Sep 28-Dec 7	6-7 p.m.	9	10521	P: \$99 M: \$92.25 S: \$85.50	Sep 13	P: \$108 M: \$102.60 S: \$94.50	Sep 20	No practice Nov 9, 16
	Tue & Thu	Sep 26-Dec 7	6-7 p.m.	19	10522	P: \$198.55 M: \$185.25 S: \$171	Sep 11	P: \$209 M: \$195.70 S: \$181.45	Sep 18	No practice Nov 9, 14, 16