

SWIM PROGRAMS

Mount Pleasant Outdoor Pool Offers Lifesaving Society programs.

PUBLIC SWIM LESSONS:

Lesson Level	Cost	Times Weekdays ** means also offered June 26-30 July 3-7, July 10-14, July 17-21, July 24-28, July 31-Aug 4, Aug 7-11, Aug 14-18, Aug 21-25	Times Weekday Evening
Parent & Tot 1/2/3	\$55.00	**10:10am - 10:40am	Not Offered
Preschool 1/2	\$55.00	10:05am - 10:35am **12:25pm - 12:55pm	Not Offered
Preschool 2/3	\$55.00	**10:40am - 11:10am	Not Offered
Preschool 3	\$55.00	**9:00am – 9:30am **11:55am - 12:25pm	Not Offered
Preschool 4/5	\$55.00	10:40am - 1:10am **12:25pm - 12:55pm	Not Offered
Swimmer 1	\$55.00	**9:35am - 10:05am **11:20 – 11:50am	Not Offered
Swimmer 2	\$55.00	**9:00am - 9:30am **11:20 – 11:50am	Not Offered
Swimmer 3	\$65.00	9:20am – 10:05am **11:05am – 11:50am	Not Offered

Swimmer 4	\$65.00	**10:15am - 11:00am	Not Offered
Swimmer 5/6	\$65.00	**9:00am - 10:00am 11:55am – 12:55pm	Not Offered
Swim Patrol Rookie, Ranger, Star	\$70.00	**10:10am – 11:20am	Not Offered

PRIVATE SWIM LESSONS:

Private Lessons are offered weekly Monday to Friday.

Instruction covers stroke improvement & water safety.

Lessons must be pre-booked.

Participants in Semi-Private lessons must pre-arrange their own groups before registering; they are not arranged by MPOP staff. It is recommended that participants are not more than one level apart. An additional fee applies. \$100.00 per swimmer on top of base price.

For more information, or if you are interested in booking Private Lessons, please email.

mpoplelessons@gmail.com

Private Lesson *Private Lessons can be made into Semi- Private by contacting the pool. Additional Fee of \$100.00 per swimmer.	\$200.00	8:15am – 8:45am 8:30am - 9:00am 8:30am - 9:00am 8:30am - 9:00am 8:45am – 9:15am 9:30am – 10:00am 11:20am – 11:50am 11:50am – 12:20pm 11:50am – 12:20pm 12:25am - 12:55pm	Not Offered
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LEADERSHIP PROGRAMS:

Program	Dates	Times	Cost
<p style="text-align: center;">Bronze Star</p> <p>Recommended: Completion of Rookie, Ranger, or Star Patrol</p> <p>Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is an excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.</p>	<p style="text-align: center;">July 10-14 August 7-11</p>	<p style="text-align: center;">11:00-1:00pm</p>	<p style="text-align: center;">\$150</p>
<p style="text-align: center;">Bronze Medallion</p> <p>Pre-requisite(s): 13 years of age (or Bronze Star) and CPR-C. The ability to swim 500m in 15 minutes.</p> <p>The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, 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 pre-requisite for assistant lifeguard training in Bronze Cross.</p>	<p style="text-align: center;">June 26-July 30 July 17-July 21 August 14-August 18</p>	<p style="text-align: center;">8:00-1:00pm</p>	<p style="text-align: center;">\$175</p>

<p style="text-align: center;">Bronze Cross</p> <p>Pre-requisite(s): Bronze Medallion and Standard First Aid CPR-C AED Age 14, and the ability to swim 600m</p> <p>The Lifesaving Society’s Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities.</p> <p>Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.</p> <p>Bronze Cross is a pre-requisite for advanced training in the Society’s National Lifeguard and leadership certification programs.</p>	<p style="text-align: center;">June 26-July 30 July 17-July 21 August 14-August 18</p>	<p style="text-align: center;">8:00-1:00pm</p>	<p style="text-align: center;">\$125</p>
<p style="text-align: center;">Bronze/Medallion Cross Combo</p> <p>. Pre-requisite(s): 13 years of age (or Bronze Star) and CPR-C. The ability to swim 500m in 15 minutes.</p> <p>The Lifesaving Society’s Bronze Medallion challenges the candidate both mentally and physically.</p> <p>Judgement, 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.</p> <p>Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross.</p> <p>Pre-requisite(s): Bronze Medallion and Standard First Aid CPR-C AED Age 14, and the ability to swim 600m</p> <p>The Lifesaving Society’s Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities.</p> <p>Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.</p> <p>Bronze Cross is a pre-requisite for advanced training in the Society’s National Lifeguard and leadership certification programs.</p>	<p style="text-align: center;">June 26-July 30 July 17-July 21 August 14-August 18</p>	<p style="text-align: center;">8:00 - 1:00pm</p>	<p style="text-align: center;">\$275</p>

