

Aquatic Parent Information Sheet

Winter II 2007

Participant: _____

Instructor: _____



What's New...

- Registration for Summer Swim Lessons and Summer Camps is ongoing
- Check out our **new Splash Play program** for Two year olds, see reverse
- **Float-in Movie** featuring "Cars", Feb. 10, 6:30pm (see reverse)

Swim to Survive: forward roll, swim 50m & tread water 2 minutes

- Minimum national swim standard for children
- Most drowning occur close to safety, so these three basic skills will help reduce drowning
- Individuals can attempt the standard at any swim or call ahead and arrange a group time
- Children registered in our lessons will be taught these skills

Parent's Day

- An opportunity for parents to join their child's class and experience the swimming lesson from their child's point of view, please bring your swim suit.
- Speak to the instructor to find out how your child is progressing.
- Sorry, only parents or guardians may participate in the water.
- If you are unable to attend Parents' Day please make the effort to speak to the instructor at another time or ask the supervisor.
- **Registration for the Spring session begins March 27th**, so it is important to ask the instructor on Parents' Day what their recommendation is for the next session.

Survival Day

- Takes place on the last lesson.
- The focus is to educate children in making "wise choices" in any aquatic environment including where to swim, the importance of boating safety, what to do in an emergency and cold-water survival.
- Participants must **bring a long sleeve t-shirt and a pair of pants to wear in the water over their bathing suit.**

If you attend...	Parents Day is...	Survival Day & Last lesson is...
Saturday Lessons	March 24	April 14
Sunday Lessons	March 25	April 15
Monday Lessons	March 19	April 2
Tuesday Lessons	March 20	April 10
Wednesday Lessons	March 21	April 11
Thursday Lessons	March 22	April 12
Friday Lessons	March 23	April 13
Please note: there are no lessons Mar 10-16 during March Break		

MARCH BREAK - March 10 – 16, 2007

	Mon Mar. 12	Tue Mar. 13	Wed Mar 14	Thu Mar 15	Fri Mar 16
6:30-7:15	Lap*		Lap*		Lap*
7:15-8:00	Adult		Adult		Adult
11:00-12:00		Family		Family	Family
12:00-1:00	Adult*	Adult*	Adult*	Adult*	Adult*
1:00-2:00	Open	Open	Open	Open	Open
3:00-4:00			50+*		
				Family 5-6:30	Open 5:30-6:30
6:00-7:00	Family				Family 6:30-7:30
7:00-8:00	Open		Open		Rental 7:30-8:30
8:00-9:00		Adult		Adult	
8:45-9:45	Adult		Adult		
We offer limited swim lessons. 9:30-11:00am & 4:00-5:00pm * shared with aquafit Saturday/ Sunday March 10 & 11 – Regular Swim Schedule. No early morning swims or lessons					

Pool Rental Times

Fridays: 7:30-8:30pm
 Saturdays: 1:00-2:00, 5:30-6:30pm, 6:30-7:30pm
 Sundays: 4:00-5:00pm
 Great Party Idea! Call to book (613-798-8950)

Birthday Splash

Fridays 5:30-6:30pm
 Saturdays & Sundays 2:00-3:00pm
 We provide the talented Instructor to engage the children in aquatic games & activities during the Open Swim. You provide the children. Call for details.

HOLIDAY WEEKEND SCHEDULES

Including: · Easter: April 7-9, 2007
 (Closed Good Friday April 6th)
 · Victoria Day: May 19-21, 2007

Saturday/ Sundays	Mondays
Regular Swim Schedule	12:00 – 1:00 Adult/ Disabled
* No early morning swims	1:00 – 2:30 Open
* No lessons	2:30 – 4:00 Family
	4:00 – 5:00 Rental availability



Adult Stroke Technique

Participating in a triathlon or adventure race but swim strokes not up to par?

- Perfect your strokes in the comfortable temperatures of our pool and be ready for the upcoming season
- Tuesdays 9:00-10:00am April 17-June 26

FLOAT-IN MOVIE

featuring

**Sat. Feb 10,
6:30pm**



- ❖ Bring your favorite floatie
- ❖ Buy some popcorn in support of Dovercourt lifeguard team
- ❖ Regular Admission rates apply
- ❖ Enjoy!

Thank you to our community partner



new! Splash Play

Water fun for independent two year olds

This is not a swim lesson but rather **water play**, with the focus on getting the participants comfortable in the water without mom or dad. Parents are required to remain on the