



DOVERCOURT RECREATION CENTRE

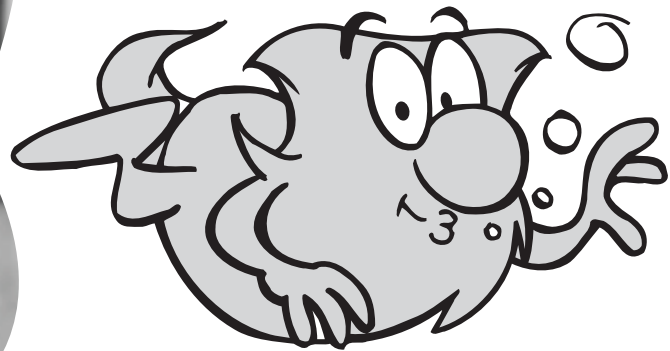
Winter II Swim Lessons



JAN. 30 - APR. 16, '10

Registration begins
Tue. Jan. 12, 2010

(12:01am online,
7:30am in person;
by phone when
possible)



Swimming to success!

LESSON FEES Parent & Tots, Preschool, Swimmer, & Specialty

| # lessons | Weekend | | | |
|------------|---------|-------|------|-------|
| | 8 | 8L | 10 | 10L |
| 30 minutes | \$61 | \$85 | \$69 | \$94 |
| 40 minutes | \$63 | \$91 | \$71 | \$100 |
| 50 minutes | \$65 | \$95 | \$73 | \$105 |
| 60 minutes | \$68 | \$100 | \$75 | \$109 |

L = Limited Enrolment

PRIVATE LESSON FEES

| # of Lessons | 1 | 4 | 5 |
|----------------------|------|-------|-------|
| Private Package | \$31 | \$102 | \$126 |
| Semi Private Package | \$46 | \$150 | \$187 |

- If you have purchased private lessons and your schedule changes, you are welcome to substitute the participant. Unfortunately, we do not reschedule or refund.
- Refunds & credits will only be given up to one week in advance of the program start date.
- Non Residents: Add 20% to the fee.

Register online at www.dovercourt.org,
by phone at 613-798-8950 or in person at the Centre.

Dovercourt
RECREATION ASSOCIATION RECREATIVE



Lesson Progression

Learn to Swim levels:

- Parent & Tot 1 (under one year)
- Parent & Tot 2 (under two years)
- Parent & Tot 3 (under three years)
- Preschool Program (3-5 years)
- Swimmer Program (5 years & up)

Recommended Progression

Most 5 yr olds remain in Preschool level
When almost 6 yrs old,
enter Swimmer level
Preschool A & B & C >> Swimmer 1
Preschool D & E >> Swimmer 2

DOVERCOURT WINTER II



SWIM LESSONS

DOVERCOURT WINTER II 2010 | AQUATIC SWIM LESSON LIST | Jan. 30 - Apr. 16 (No classes Feb. 13-15; March 15-19; Apr 2-5)

| Level | SATURDAY (9 LESSONS) | SUNDAY (9 LESSONS) | MONDAY (8 LESSONS) | TUESDAY (10 LESSONS) | WEDNESDAY (10 LESSONS) | THURS (10 LESSONS) |
|---|---|---|---|--|--|---|
| Parent & Tot 1 30 min | 8:10 (1-3) L 61390 8:40 (1-3) 61391 9:10 61374 12:00 (1-3) L 61392 | 8:00 (1-3) L 61393 8:30 (1-3) 61394 9:00 61375 10:50 L 61376 10:50 (1/2) L 61380 | 10:00 61372 | 1:30 (1-3) L 63230 | 9:30 61373 9:30(1/2) 61379 6:00 (1-3) 63231 | 1:30 (1-3) 63232 Friday (9 lessons) 8:30 (1-3) 63233 |
| Parent & Tot 2 30 min | 8:10 (1-3) L 61390 8:40 (1-3) 61391 10:00 61397 10:30 61398 10:50 (2/3) 61411 12:00 (1-3) L 61392 | 8:00 (1-3) L 61393 8:30 (1-3) 61394 9:10 (2/3) L 61412 9:30 (2/3) 61413 10:50 (1/2) L 61380 6:10 (2/3) 61414 | 10:30 (2/3) 61407 | 1:30 (1-3) L 63230 5:30 (2/3) 61408 | 9:00 (2/3) 61409 9:30 (1/2) 61379 10:00 (2/3) L 61410 6:00 (1-3) 63231 | 1:30 (1-3) 63232 Friday (9 lessons) 8:30 (1-3) 63233 |
| Parent & Tot 3 30 min | 8:10 (1-3) L 61390 8:40 (1-3) 61391 9:40 61423 10:00 L 61424 10:50 (2/3) 61411 12:00 (1-3) L 61392 | 8:00 (1-3) L 61393 8:30 (1-3) 61394 9:10 (2/3) L 61412 9:10 61425 9:30 (2/3) 61413 10:10 61426 6:10 (2/3) 61414 | 9:30 61421 10:30 (2/3) 61407 6:10 61422 | 1:30 (1-3) L 63230 5:30 (2/3) 61408 | 9:00 (2/3) 61409 10:00 (2/3) L 61410 6:00 (1-3) 63231 | 1:30 (1-3) 63232 Friday (9 lessons) 8:30 (1-3) 63233 |
| Preschool A 30 min | 8:00 L 61437 8:40 L 63241 9:00 T 61489 9:30 B 63242 10:10 63243 10:20 63244 10:40 T 61490 12:00 63245 12:00 T L 61491 4:00 T 61492 | 8:00 T L 63251 8:30 L 61443 9:40 T 61493 10:00 L 63246 11:00 B 63247 11:30 T 61494 12:30 63248 5:00 T L 61495 6:40 L 63249 | 10:00 L 61428 10:30 T 61483 5:20 T L 61484 6:10 L 61429 | 1:30 61430 4:40 T 61585 5:30 L 61431 5:30 63240 | 9:30 T L 61486 10:00 L 61433 5:50 61434 6:30 B 61435 | 1:00 L 61436 5:10 T 63250 |
| Preschool B 30 min | 8:10 (B/C) L 61560 8:40 (B/C) 61561 9:00 61533 9:10 61524 10:40 61525 11:00 61526 11:10 (B/C) L 61562 12:00 L 61527 12:30 L 61528 5:00 L 61529 | 8:10 (B/C) L 63258 8:40 (B/C) L 63259 9:10 61530 10:00 61531 10:30 B 61532 12:00 L 61508 5:00 L 61509 | 10:30 61515 4:00 B 61516 4:30 (B/C) L 61555 5:00 (B/C) L 61556 6:30 L 61517 | 1:30 61518 6:00 61519 6:00 (B/C) 61557 | 10:00 61520 4:30 61542 5:20 B 61521 6:30 61522 6:40 (B/C) 61558 | 1:00 61523 4:30 (B/C) 61559 Friday (9 lessons) 8:30 (B/C) L 63260 |
| Preschool C 30 min | 8:10 (B/C) L 61560 8:40 (B/C) 61561 9:00 61584 9:30 61585 10:20 61573 11:10 (B/C) L 61562 11:20 61586 12:00 L 61567 12:20(C/D) L 61619 12:30 L 61587 4:30 (C/D) 61620 | 8:10 (B/C) L 63258 8:40 (B/C) L 63259 10:30 L 61605 11:00 (C/D) 61621 12:30 L 63386 7:10 L 63387 | 9:30 61575 4:30 (B/C) L 61555 5:00 (B/C) L 61556 5:20 L 61576 6:30 L 61577 | 1:30 61578 4:00 61579 6:00 L 61606 6:00 (B/C) 61557 | 9:00 61571 4:30 61572 5:20 61580 5:50 61581 6:30 61582 6:40 (B/C) 61558 | 1:00 61583 4:30 (B/C) 61559 Friday (9 lessons) 8:30 (B/C) L 63260 |
| Preschool DE 30 min | 8:00 L 61651 8:30 (D) 61637 8:30 (E) 61686 9:10 L 61652 9:30 61649 11:50 61653 12:20(C/D) L 61619 4:30 (C/D) 61620 | 8:00 L 61647 8:40 L 61645 10:10 61644 10:20 61648 11:00 (C/D) 61621 11:30 (E) L 61687 12:30 (D) 61638 5:00 61669 5:30 (D) L 61639 | 10:00 (D) 61633 9:30 (E) 61682 4:30 61663 5:30 (D) 61634 6:40 61664 | 1:30 (D) 61635 1:30 (E) 61683 4:00 61665 6:00 L 61670 | 9:00 L 61666 10:30 61667 4:40 (E) 61684 5:30 61668 | 1:30 (D) 61636 1:30 (E) 61685 5:10 61650 |
| Swimmer 1 40 min | 8:00 Beg L 61703 8:30 Beg L 61704 11:20 Adv L 61696 4:00 Adv L 63399 | 8:00 Adv L 63400 12:20 Beg L 63402 6:30 Adv L 63401 | 5:10 Adv 61694 6:40 Beg L 61702 | | 6:20 Adv 61695 | |
| Swimmer 2 40 min | 9:40 61721 11:20 (2/3) 61734 4:50 61722 | 8:30 L (2/3) 61735 10:50 61723 11:20 (2/3) 61736 5:30 L 63407 | 4:00 61716 4:30 (2/3) 61730 5:30 61717 6:50 (2/3) 61731 | 4:00 (2/3) 61732 4:40 61718 | 4:00 L 61719 5:00 (2/3) 61733 | 4:30 L 61720 |
| Swimmer 3 40 min | 10:00 L 61746 11:20 (2/3) 61734 11:20 (3/4) L 61754 4:00 (3/4) 61755 | 8:30 L (2/3) 61735 10:50 61747 11:20 (2/3) 61736 6:20 (3/4) 61756 | 4:30 (2/3) 61730 5:30 61743 6:50 (2/3) 61731 | 4:00 (2/3) 61732 4:40 L 61744 | 5:00 (2/3) 61733 | 5:00 61745 |
| Swimmer 4 50 min | 9:40 61772 11:20 (3/4) L 61754 4:00 (3/4) 61755 | 9:40 61773 6:20 (3/4) 61756 | 4:00 L 61766 5:50 61767 6:50 L 61768 | 5:20 L 61769 | 4:40 L 61770 | 5:00 61771 |
| Swimmer 5 50 min | 11:10 (5/6) 61784 4:00 (5/6) 61785 | 11:30 (5/6) L 61786 5:30 (5/6) L 61787 | | 4:30 (5/6) 61781 | 5:10 (5/6) 61782 | 4:30 (5/6) L 61783 |
| Swimmer 6 50 min | 11:10 (5/6) 61784 4:00 (5/6) 61785 | 11:30 (5/6) L 61786 5:30 (5/6) L 61787 | 6:00 61790 | 4:30 (5/6) 61781 | 5:10 (5/6) 61782 | 4:30 (5/6) L 61783 |
| Rookie, Ranger & Star 60 min | 4:00 61795 | 5:00 61796 | 7:00 61794 | | | |
| Bronze Star 70 min | | 6:50 L 61800 | | | 5:50 L 61799 | |
| Specialty 40 min | | Adult Learn to Swim 7:20 61802 | After School; Group Swim Lessons 3:20 # 61805 or 4:40 # 61806 | | | |

DOVERCOURT AQUATIC PRIVATE SWIM LESSON LIST - WINTER II 2010

| SATURDAY | | | SUNDAY | | | MONDAY | | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | |
|----------|---------|---------|---------|---------|---------|--------|---------|---------|---------|---------|---------|-----------|---------|---------|----------|---------|---------|
| | 1st set | 2nd set | | 1st set | 2nd set | | 1st set | 2nd set | | 1st set | 2nd set | | 1st set | 2nd set | | 1st set | 2nd set |
| 8:00 | 61886 | 62341 | 8:00 | 62278 | 62170 | 3:00 | 62187 | 62312 | 4:00 | 62210 | 62335 | 9:00 | 62220 | 62266 | 4:30 | 62238 | 62257 |
| 8:00 | 61887 | 62342 | 8:10 | 62279 | 61809 | 3:30 | 62188 | 62313 | 4:00 | 62211 | 62336 | 9:30 | 62221 | 62267 | 4:30 | 62239 | 62258 |
| 8:00 | 61888 | 62343 | 8:30 | 62280 | 61810 | 3:30 | 62189 | 62314 | 4:30 | 62212 | 62337 | 4:00 | 62222 | 62268 | 4:30 | 62240 | 62259 |
| 8:30 | 61889 | 62344 | 8:40 | 62281 | 61811 | 4:00 | 62190 | 62315 | 4:30 | 62213 | 62338 | 4:00 | 62223 | 62269 | 5:10 | 62241 | 62260 |
| 8:30 | 61890 | 62345 | 9:00 | 62282 | 61827 | 4:00 | 62191 | 62316 | 5:00 | 62214 | 62339 | 4:00 | 62224 | 62270 | 5:20 | 61885 | 62340 |
| 9:00 | 61891 | 62346 | 9:00 | 62283 | 61828 | 4:00 | 62192 | 62317 | 5:00 | 62215 | 62261 | 4:10 | 62225 | 62271 | | | |
| 9:10 | 61892 | 62347 | 9:10 | 62284 | 61829 | 4:00 | 62193 | 62318 | 5:20 | 62216 | 62262 | 4:10 | 62226 | 62272 | | | |
| 9:30 | 61893 | 61844 | 9:30 | 62285 | 61830 | 4:30 | 62194 | 62319 | 5:20 | 62217 | 62263 | 4:40 | 62227 | 62273 | | | |
| 9:40 | 61894 | 62348 | 9:30 | 62286 | 61846 | 5:00 | 62195 | 62320 | 5:50 | 62218 | 62264 | 4:40 | 62228 | 62274 | | | |
| 10:00 | 61895 | 62349 | 9:40 | 62287 | 61847 | 5:00 | 62196 | 62321 | 6:00 | 62219 | 62265 | 4:40 | 62229 | 62248 | | | |
| 10:10 | 61896 | 62350 | 9:40 | 61834 | 61879 | 5:30 | 62197 | 62322 | | | | 5:00 | 62230 | 62249 | | | |
| 10:30 | 61897 | 62351 | 10:00 B | 62288 | 61880 | 5:50 | 62198 | 62323 | | | | 5:10 | 62231 | 62250 | | | |
| 10:40 | 61898 | 62352 | 10:20 | 62289 | 61881 | 5:50 B | 62199 | 62324 | | | | 5:20 | 62232 | 62251 | | | |
| 10:50 | 62152 | 62139 | 10:30 | 62290 | 61882 | 6:00 | 62200 | 62325 | | | | 5:40 | 62233 | 62252 | | | |
| 10:50 | 62153 | 62140 | 11:00 | 62291 | 61883 | 6:20 | 62201 | 62326 | | | | 5:50 | 62234 | 62253 | | | |
| 11:20 B | 62154 | 62141 | 11:30 | 62292 | 61884 | 6:30 | 62202 | 62327 | | | | 6:00 | 62235 | 62254 | | | |
| 11:30 | 62155 | 62142 | 11:30 | 62293 | 61874 | 7:00 | 62203 | 62328 | | | | 6:10 | 62236 | 62255 | | | |
| 11:40 | 62156 | 62143 | 11:30 | 62294 | 61875 | 7:00 | 62204 | 62329 | | | | 6:30 | 62237 | 62256 | | | |
| 11:50 | 62157 | 62144 | 12:00 | 62295 | 61876 | 7:10 | 62205 | 62330 | | | | | | | | | |
| 12:10 | 62158 | 62145 | 12:00 | 62296 | 61877 | 7:20 | 62206 | 62331 | | | | | | | | | |
| 12:20 | 62159 | 62146 | 12:00 | 62297 | 61900 | 7:30 | 62207 | 62332 | | | | | | | | | |
| 12:30 | 62160 | 62147 | 12:00 | 62298 | 61855 | 7:30 | 62208 | 62333 | | | | | | | | | |
| 12:30 | 62161 | 62148 | 12:30 | 62299 | 61878 | 7:30 | 62209 | 62334 | | | | | | | | | |
| 12:30 | 62162 | 62149 | 12:30 | 62300 | 61901 | | | | | | | | | | | | |
| 4:00 | 62163 | 62150 | 12:30 | 62301 | 61870 | | | | | | | | | | | | |
| 4:30 | 62164 | 62151 | 5:00 | 62302 | 61849 | | | | | | | | | | | | |
| 4:40 | 62165 | 62166 | 5:30 | 62303 | 61850 | | | | | | | | | | | | |
| 4:40 | 62275 | 62167 | 6:00 | 62304 | 61851 | | | | | | | | | | | | |
| 5:00 | 62276 | 62168 | 6:00 | 62305 | 61852 | | | | | | | | | | | | |
| 5:00 | 62277 | 62169 | 6:00 | 62306 | 61853 | | | | | | | | | | | | |
| | | | 6:30 | 62307 | 61854 | | | | | | | | | | | | |
| | | | 7:00 | 62308 | 61899 | | | | | | | | | | | | |
| | | | 7:00 | 62309 | 61840 | | | | | | | | | | | | |
| | | | 7:30 | 62310 | 61841 | | | | | | | | | | | | |
| | | | 7:30 | 62311 | 61866 | | | | | | | | | | | | |

Private Packages:

1ST SET STARTS WEEK OF JAN. 30, 2010

2ND SET STARTS WEEK OF MARCH 8, 2010

Mon 4/4 lessons
 Tue-Thu 5/5 lessons
 Sat & Sun 5/4 lessons

"L" = Classes listed with a "L" will have a maximum of students enrolled: 8 for Tots; 3 for PS; 4 for Swim 1-4; 6 for Swim 5 & up.

"T" = Transition Class: Parents must join their preschooler in the water until the child is ready to participate on their own or until they turn 3 yrs old.

"B" = Classes listed with as "B" will have a bilingual instructor.