

FALL 2023 SWIMMING SCHEDULE

	Level	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Parent + Tot						9:00 AM	9:00 AM
Preschool (3-5 yrs)	1/2			3:45 PM		10:00 AM	10:00 AM
	2/3		3:45 PM	4:45 PM		11:00 AM	11:00 AM
	4/5		4:45 PM	5:45 PM		12:00 PM	12:00 PM
School Age (7-12 yrs)	Swim Kids 1/2	3:45 PM	5:45 PM	3:45 PM		12:00 PM	12:00 PM
	Swim Kids 2/3	4:45 PM	6:45 PM	4:45 PM	3:45 PM	1:00 PM	1:00 PM
	Swim Kids 3	5:45 PM	7:45 PM	5:45 PM	4:45 PM	2:00 PM	
	Swim Kids 4	6:45 PM		6:45 PM	5:45 PM	3:00 PM	2:00 PM
	Swim Kids 5/6	7:45 PM		7:45 PM	6:45 PM		3:00 PM
Specialized (10+)	Rookie/Ranger/Star Patrol				7:45 PM		

FALL REGISTRATION BEGINS SEPTEMBER 13th 2023

FALL SESSIONS ARE MONDAY SEPTEMBER 18th – OCTOBER 23rd 2023

REGISTRATION

- In-person at 180 Westmoreland Ave
- Email: info@dovercourtkids.com
- Or via phone: (416) 536 4102

Class Ratios: Parent and Tot (1:10) Preschool (1:5) Swim Kids 1-6(1:6) All Private and Semi Private Lessons are scheduled

Lifesaving Society Description of Swimming Levels

Preschool 1:

- Enter and exit shallow water (assisted)
- Jump into chest-deep water (assisted)
- They'll float and glide on their front and back and learn to get their faces
- Wet and blow bubbles underwater.

Preschool 2:

- Learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket
- Submerge and exhale underwater. Wearing a lifejacket they will glide on their front and back.

Preschool 3:

- Jumping into deep water wearing PFD (Personal Flotation Devices), return and exit, and sideways entry.
- Recover objects from the bottom in waist-deep water
- Work on kicking and gliding through the water on their front and back

Preschool 4:

- Learn to do solo jumps into deeper water and get out by themselves
- Do sideways entries and open their eyes underwater
- Master a short swim on their front wearing a lifejacket and gliding and kicking on their side

Preschool 5:

- Forward roll entry wearing a lifejacket and treading water for 20 sec
- Work on front and back crawl swims for 5 Metres
- Interval training: 4 x 5 Metres flutter kick on back with 30 sec. rest

Swimmer 1:

- Jumping into water with and without a lifejacket. Open their eyes, exhale and hold their breath underwater.
- Floats, glides and kicking through the water on their front and back.

Swimmer 2:

- Jump into deep water, and learn to be comfortable falling sideways into water wearing lifejacket
- Support themselves at the surface without an aid, learn whip kick, swim 10 M on their front and back, introduced to flutter kick interval training (4 x 5 M).

Swimmer 3:

- Dive and do in-water front somersaults and handstands
- Work on 15 M of front crawl, back crawl and 10 M of whip kick
- Flutter kick interval training increases to 4 x 5 M.

Swimmer 4:

- Intermediate swimmers will swim 5 M underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing
- Swim to Survive Skills: Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 M.

Swimmer 5:

- Swimmers will master shallow dives, cannonball entries, eggbeater kicks, in water backward somersaults.
- Refine front and back crawl over 5 M swims of each, and breaststroke over 25 M. Pick up the pace in 25 M sprints and two interval training bouts: 4 x 5 M front and back crawl; and 4 x 15 M breaststroke

Swimmer 6:

- Swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick.
- Develop strength and power in head-up breaststroke sprints over 25 M. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and workout 300 M.