

## WINTER 2024 SWIMMING LESSONS SCHEDULE

	Level	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
<b>Parent + Tot</b>						9:00 AM	9:00 AM
<b>Preschool (3-5 yrs)</b>	1/2			3:45 PM		10:00 AM	10:00 AM
	2/3		3:45 PM	4:30 PM		11:00 AM	11:00 AM
	4/5		4:30 PM	5:15 PM		12:00 PM	12:00 PM
<b>School Age (7-12 yrs)</b>	Swim Kids 1/2	3:45 PM	5:15 PM	3:45 PM		9:30 AM	9:30 AM
	Swim Kids 2/3	4:30 PM	6:00 PM	4:30 PM	3:45 PM	10:30 AM	10:30 AM
	Swim Kids 3	5:15 PM	6:40 PM	5:15 PM	4:30 PM	11:30 AM	11:30 AM
	Swim Kids 4	6:00 PM		6:00 PM	5:15 PM	12:30 PM	
	Swim Kids 5/6	6:40 PM			6:00 PM		12:30 PM
	Swim Kids 7/8/9			6:00 PM	6:00 PM		
<b>Specialized (10+)</b>	Rookie/Ranger/Star Patrol				6:45 PM		

### WINTER 2025 REGISTRATION

WINTER SESSION RUNS FROM JANUARY 13TH 2025 TO MARCH 9TH .

- In-person at 180 Westmoreland Ave
- Email: [info@bgcdovercourt.com](mailto:info@bgcdovercourt.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
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### 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.

## WINTER 2025 SWIMMING PRICES

Program Level	Age	Time & Ratio	Fee
Parent + Tot	1-5 years	35 mins. 1:10	\$125/7 weeks
Preschool 1, 2, 3, 4, 5	3-6 years	35 mins. 1:5	\$125/7 weeks
Swim Kids 1, 2, 3, 4	7+	35 mins. 1:6	\$125/7 weeks
Swim Kids 5, 6	7+	35 mins. 1:6	\$125/7 weeks
Swim Kids 7, 8, 9	7+	45 mins. 1:10	\$125/7 weeks
Private Lesson	All ages	35 mins. 1:1	\$275/7 weeks
Semi-Private	All ages	35 mins 1:2	\$175/7 weeks
Canadian Swim Patrol (Rookie, Ranger, Star Patrol)	10+	60 mins. 1:10	\$125/7 weeks

### WINTER 2025 REGISTRATION

**WINTER SESSION RUNS FROM JANUARY 13TH 2025 O MARCH 9TH 2025. REGISTRATION OPEN JANUARY 2ND 2024.**

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

Parent/Guardian #1: \_\_\_\_\_ Parent/Guardian #2: \_\_\_\_\_

Email: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Phone: \_\_\_\_\_

Child's Name	Age	Member Status	Level/Program	Day	Time	Additional Information
First: Last:		New Returning				Allergies: Epipen: Y <input type="checkbox"/> N <input type="checkbox"/> Anything else we need to know:
First: Last:		New Returning				Allergies: Epipen: Y <input type="checkbox"/> N <input type="checkbox"/> Anything else we need to know:
First: Last:		New Returning				Allergies: Epipen: Y <input type="checkbox"/> N <input type="checkbox"/> Anything else we need to know:

**Disclaimers:**

- All participants must be a registered member of BGC Dovercourt Club
- General information and Policies are on our website at [www.bgcdovercourt.com](http://www.bgcdovercourt.com)

**Contact Information:**

info@bgcdovercourt.com | 416-536-4102

**Office Use Only:**

Registered by (Initial): \_\_\_\_\_ Date: YY / MM / DD

Name added to Swim Binder Y  N

Paid \$

Debit [  ] Credit [  ] Cash [  ] Cheque [  ] #: \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date