

Dysart et al Swimming Lessons

The Municipality of Dysart et al has hired Pablo Bonilla as our swimming instructor for the summer! Pablo and his wife, Holly, are the owners of SUP North and offer programs throughout the county. Pablo is an American Red Cross Certified Swim Instructor and an Ocean Certified Red Cross Lifeguard. Since his qualifications are from the United States, we cannot provide Canadian Red Cross Badges; however, Pablo will teach according to the Canadian Red Cross standards and will let you know which level your child is performing at. We are currently working with the Canadian Red Cross to transfer his qualifications to the Canadian Red Cross.

The lessons listed below are to provide you with an idea of what is available. **Please note that the schedule may change based on demand.** Classes may be added or removed depending on numbers. If there is a class you would like to sign up for that is not listed on the schedule below, contact: Andrea Mueller at (705) 457-1740 x. or amueller@dysartet.al.ca

The maximum class size is 5 students per class. All preschool classes are for children (ages 3-5). Swimmer levels are for children ages 6 – 15. Our sessions will consist of 4 classes, once per week over a period of 4 weeks. Please note: The Red Cross Equivalent appears in brackets.

<p>Tadpole – (Preschool 1) 3-5 years 30 min. Develops skill in swimming, glides, floating and builds awareness of deep water and safe entries without the assistance of parent or caregiver.</p>	<p>Frog – (Preschool 2) 3-5 years 30 min. Skills in front and back floats, rollovers and 2 m swims</p>	<p>Minnow – (Preschool 3) 3-5 years 30 min. Learn to swim 5 m. Focuses on good judgement in and around water. Introduction to deep water with P.F.D.</p>
<p>Perch – (Preschool 4) 3-5 years 30 min. Independent glides, kicking in deep water. Build endurance by increasing distance of front and back swimming.</p>	<p>Rock Bass – (Preschool 5) 3-5 years 30 min. Improve skills of front and back swims, increase their distance.</p>	<p>Small Mouth Bass – (Swimmer 1) 6-12 years 30 min. Orientation to the water and surroundings. Introduction to floats and comfort in water.</p>
<p>Large Mouth Bass (Swimmer 2) 6-12 years 30 min. Build skills with front and back swims, 10 m swim, comfort in deep water.</p>	<p>Pickereel (Swimmer 3) 6-12 years 45 min. Introduction to front crawl arm recovery. Diving is introduced. 15 m swim</p>	<p>Pike (Swimmer 4) 6-12 years 45 min. Front crawl, back glide, kneeling dives, surface support, 25m endurance swim</p>
<p>Lake Trout (Swimmer 5) 6-12 years 45 min. Introduction to back crawl, sculling, whip kick on back, front crawl breathing refinement, 50 m swim.</p>	<p>Speckled Trout (Swimmer 6) 6-12 years 45 min. Introduction to scissor kick, egg beater, stride entries and compact jumps. Complete a 75 m workout.</p>	<p>Brook Trout (Swimmer 7) 6-15 years 45 min. Build swimming skills and endurance. Complete a 150m distance swim.</p>
<p>Rainbow Trout (Swimmer 8) 6-15 years 45 min. Learn eggbeater, rescue breathing, feet-first surface dives and shallow dives. Distance swim of 300 m.</p>	<p>Splake (Swimmer 9) 6-15 years 45 min. Increase knowledge on first aid skills and situations. Continue to develop endurance and stroke improvement. Distance swim of 400m.</p>	<p>Haliburton Gold (Swimmer 10) 6-15 years 45 min. Swimmers will complete a 500 m distance swim and learn what is required to become a Water Safety Instructor.</p>
<p>Teen/Adult Learn to Swim 45 min. Program for beginners and/or swimmers who would like help with their strokes.</p>	<p>Stroke Improvement Stroke improvement classes may be available upon request.</p>	<p>Private/Semi-Private lessons may be available upon request.</p>

*Session information and schedule is on the reverse side of this sheet.

Session 1: Once a week for 4 weeks

Tuesdays (July 4 – 25, Rotary Beach – Head Lake Haliburton)

Please note that the Health Unit does not test the water at Head Lake. Swimmers choosing to swim at Head Lake do so at their own risk.

2:00 – 2:30 pm – Tadpole/Frog
2:30 – 3:00 pm – Small Mouth & Large Mouth Bass
3:00 – 3:30 pm – Minnow/Perch/Rock Bass
3:30 – 4:00 pm – Teen/Adult Learn to Swim

Wednesdays (July 5 – 26, Pine Lake, West Guilford)

1:30 – 2:00 – Small Mouth & Large Mouth Bass
2:00 – 2:45 – Pickerel/Pike/Lake Trout
2:45 – 3:30 – Splake/Haliburton Gold

Thursdays (July 6 – 27, Eagle Lake)

1:00 – 1:45 – Speckled/Brook/Rainbow Trout
1:45 – 2:30 – Pickerel/Pike/Lake Trout

3:30 – 4:00 – Tadpole/Frog/Minnow
4:00 – 4:30 – Small Mouth & Large Mouth Bass
4:30 – 5:00 – Perch/Rock Bass
5:00 – 5:30 – Teen/Adult Learn to Swim (or alternative)
5:30 – 6:00 – Small Mouth & Large Mouth Bass (or alternative)

Session 2: Once a week for 4 weeks

Tuesdays (August 1 - 22, Rotary Beach – Head Lake Haliburton)

Please note that the Health Unit does not test the water at Head Lake. Swimmers choosing to swim at Head Lake do so at their own risk.

2:00 – 2:30 pm – Tadpole/Frog
2:30 – 3:00 pm – Small Mouth & Large Mouth Bass
3:00 – 3:30 pm – Minnow/Perch/Rock Bass
3:30 – 4:00 pm – Teen/Adult Learn to Swim or stroke improvement

Wednesdays (August 2 - 23, Pine Lake, West Guilford)

1:30 – 2:00 – Small Mouth & Large Mouth Bass
2:00 – 2:45 – Pickerel/Pike/Lake Trout
2:45 – 3:30 – Speckled/Brook/Rainbow Trout

Thursdays (August 3 - 24, Eagle Lake)

1:00 – 1:45 – Splake/Haliburton Gold
1:45 – 2:30 – Pickerel/Pike/Lake Trout
2:30 – 3:00 – Tadpole/Frog/Minnow/Perch/Rock Bass

4:00 – 4:45 – Pickerel/Pike/Lake Trout
4:45 – 5:30 – Speckled/Brook/Rainbow Trout
5:30 – 6:00 – Small Mouth & Large Mouth Bass

Incident Weather: Safety is our utmost priority. Whenever we hear thunder or see lightning we have to leave the water immediately and go to a safe place for 30 minutes (usually resulting in the cancellation of the lesson). At every subsequent thunder or lighting the 30 minute period starts over again.

If you show up for your lesson and it has to be cancelled due to the weather, we will work with you to reschedule your lesson or will refund your money for that lesson. We will not issue refunds for swimmers that fail to show up for their lessons.

Lessons will proceed in the rain, unless the above conditions are noted.