



## SWIMMING LESSONS

### SWIM LESSON SESSIONS

Session 1: Mon-Fri.....June 15-26  
(evenings)

*Morning Programs (Daily Mon-Fri)*

Session 2.....June 29-July 10

Session 3.....July 13-24

Session 4.....July 27-Aug 7

Session 5.....Aug 10-21

Sessions A-D.....June 29-Aug 28  
(evening once per week)

*\*In light of the COVID-19 outbreak,  
dates and times are subject to change.*

### SWIM LESSON DETAILS:

CATEGORY	\$	RED CROSS	DURATION
Parent & Tot (4mo.-3yrs.)	\$65	Starfish, Duck, Sea Turtle	30 min
Preschool (ages 3-5)	\$65	Sea Otter, Salamander, Sunfish, Crocodile, Whale	30 min
Swim Kids Program (ages 6+)	\$75	Swim Kids 1-4	30 min
Swim Kids Program	\$75	Swim Kids 5-7	45 min
Swim Kids Program	\$80	Swim Kids 8-10	1 hr
Bronze Star	\$95	Bronze Star (session 3 & 5 ONLY)	1 hr
Bronze Medallion	\$120	Bronze Medallion (session 2 ONLY)	3 hrs
Bronze Cross	\$120	Bronze Cross	2.5 hrs
Private Lessons	\$20		30 min



**PUBLIC SWIMMING**

**JUNE 15-26**  
Both Pools  
4:00-5:30 pm

**SCHOOL IS OUT!  
FREE SWIM**

**JUNE 26**  
Both Pools  
1:00-4:00 pm

# Explore Express

Live. Work. Play.

NORTH DUNDAS



**RESOURCE GUIDE**  
SPRING 2020



northdundas.com



# Public SWIMMING & PROGRAMS

## REGISTRATION \*In light of the COVID-19 outbreak, dates and times are subject to change.

**ONLINE:** [northdundas.com](http://northdundas.com) **IN PERSON:** 636 St. Lawrence St. Winchester, ON **BY PHONE:** 613-774-2105 Please note that registrations are not accepted at the pools. The deadline to register for an aquatic program is Friday at 12 noon, prior to the program commencement date.

### PUBLIC SWIMMING FEES:

#### SINGLE PASS:

Adult.....\$2.50

Child (12 and under)..... \$2.00

**\*\*Cash Only\*\***

#### SEASON PASS:

Single ..... \$80.00

Family.....\$150.00

**\*\*PLEASE NOTE:** Season passes are only available for purchase online, over the phone at 613-774-2105 or at the Township of North Dundas Office\*\*

### REGULAR PUBLIC SWIMMING HOURS

at both pools will begin:

Weekends - June 13

Weekdays - June 29

Mon-Sun.....1:00-4:00 pm

Mon-Thurs.....7:00-8:30 pm

Fri .....6:00-8:30 pm

Sat-Sun .....5:00-7:00 pm

### SWIM TEAMS

The Winchester Waves and the Chesterville Rippin' Racers are community swim teams that hold weekly practices in preparation for various swim meets. Registration is only \$35 before the deadline and \$45 after. Registration details TBD. Participants MUST be able to complete one lap UNASSISTED.

For those with no experience, competition is not mandatory. For more details, contact the North Dundas Pool Coordinator (After Mon, May 4) 613-774-2105

### SWIM TEAM PRACTICE SCHEDULE:

Chesterville Public Pool

Mon, Wed & Fri..... 5:00-6:00 pm

Tues & Thurs ..... 4:00-5:00 pm

Winchester Centennial Pool

Mon, Wed & Fri..... 4:00-5:00 pm

Tues & Thurs ..... 5:00-6:00 pm

### ADULT SWIM & LANE SWIM

16 yrs. +

Chesterville Public Pool

Mon, Wed, Fri, Sat & Sun..4-5 pm

Tues, Thurs & Fri.....12-1 pm

Winchester Centennial Pool

Tues, Thurs, Sat, Sun.....4-5 pm

Fri ..... 12-1 pm & 5-6 pm

### AQUA FIT & AQUA ZUMBA

Mon, July 6 » 8 weeks

All levels welcome

**\$80 + HST per class**

Chesterville Public Pool

#### AQUA ZUMBA:

Mon .....6:00-7:00 pm

#### AQUA FIT:

Wed.....6:00-7:00 pm

Winchester Centennial Pool

#### AQUA FIT:

Mon & Wed.....12:00-1:00 pm

Tues & Thurs .....6:00-7:00 pm

# Spring/Summer RECREATION PROGRAMS

## REGISTRATION \*In light of the COVID-19 outbreak, dates and times are subject to change.

**ONLINE:** [northdundas.com](http://northdundas.com) **BY PHONE:** 613-774-2105 using a credit card

**IN PERSON:**  
636 St. Lawrence St.  
Winchester, ON  
Monday to Friday 8:30am - 4:30pm  
Using INTERAC, VISA,  
MASTERCARD, CASH or CHEQUE

### Youth

#### HOME ALONE COURSE

Ages: 10 yrs. +

Sat, May 23  
from 1:00-4:30 pm

Morewood Community Hall,  
17 Russell St., Morewood

**\$30 (includes book)**

Registration Deadline:  
Thurs, May 21

#### BABY-SITTER COURSE

Ages: 11 yrs. +

Sun, May 24  
from 9:30 am-4:30 pm

Morewood Community Hall,  
17 Russell St., Morewood

**\$60 (includes book)**

Registration Deadline:  
Thurs, May 14

#### TINY TOTS HIGHLAND DANCING

Ages: 2-4 yrs.

Tues, May 5 » 8 weeks  
from 5:30-6:00 pm

Nelson LaPrade Centre,  
9 William St., Chesterville

**\$40**

#### BEGINNER HIGHLAND DANCING

Ages: 5-10 yrs.

Tues, May 5 » 8 weeks  
from 6:00-7:00 pm

Nelson LaPrade Centre,  
9 William St., Chesterville

**\$80**

#### INTERMEDIATE HIGHLAND DANCING

Ages: 5-10 yrs.

Wed, May 6 » 8 weeks  
from 6:00-7:00 pm

Nelson LaPrade Centre,  
9 William St., Chesterville

**\$80**

#### CHILDREN'S BEGINNER JUMP ROPE

Ages: 7-12 yrs.

Wed, May 6 » 8 weeks  
from 6:00-7:00 pm

Joel Steele Community Hall,  
577 Main St., Winchester

**\$40**

### Teens and Adult

#### ZUMBA

Mon, May 4 » 8 weeks  
from 7:30-8:30 pm

Wed, May 6 » 8 weeks  
from 7:30-8:30 pm

Joel Steele Community Hall,  
577 Main St., Winchester

**\$80 + HST per program**

#### SPINNING

Tues, May 5 » 8 weeks  
Thurs, May 7 » 8 weeks  
from 7:00-8:00 pm

North Dundas District High  
School, 12835 Cty. Rd. 43,  
Chesterville, Multipurpose  
Room

**\$80 + HST per program**

#### FITNESS/CROSS FIT AND CIRCUIT TRAINING

Mon, May 4 » 8 weeks  
from 7:00-8:00pm

Wed, May 6 » 8 weeks  
from 7:00-8:00 pm

Chesterville Community Hall,  
1 Mill St., Chesterville

**\$80 + HST per program**

#### ADULT HIGHLAND DANCING

Wed, May 6 » 8 weeks  
from 7:00-8:00 pm

Nelson LaPrade Centre,  
9 William St., Chesterville

**\$80 + HST**

#### RESTORATIVE YOGA

Thurs, May 7 » 8 weeks  
from 7:00-8:30 pm

South Mountain Resource  
Room, 10543 Main St.,  
South Mountain

**\$120 + HST**

#### BACK CARE YOGA

Mon, May 4 » 8 weeks  
from 7:00-8:00 pm

South Mountain Resource  
Room, 10543 Main St.,  
South Mountain

**\$80 + HST**

#### HATHA FLOW YOGA

Tues, May 5 » 8 weeks  
from 7:00-8:00 pm

Joel Steele Community Hall,  
577 Main St., Winchester

Wed, May 6 » 8 weeks  
from 7:00-8:00 pm

Morewood Community Hall,  
17 Russell St., Morewood

**\$80 + HST per program**

#### TAI CHI

Thurs, May 7 » 8 weeks  
from 11:00 am-12:00 pm

South Mountain Resource  
Room, 10543 Main St.,  
South Mountain

**\$80 + HST**

#### LINE DANCING

Mon, May 4 » 12 weeks  
from 1:00-2:00 pm

Sun, May 10 » 12 weeks  
from 1:30-2:30 pm

Chesterville Community Hall,  
1 Mill St., Chesterville

**\$80 + HST per program**

#### BALLROOM DANCING

Tues, April 21 » 8 weeks

Thurs, April 23 » 8 weeks  
Check online for levels and  
times.

Chesterville Community Hall,  
1 Mill St., Chesterville

**\$64 + HST per program**

