



Community Pool Fall Swim Instruction 2024

September 20 – November 21 (8 Weeks)

No classes Thanksgiving weekend (October 11-14) or Halloween (October 31)

On-Line registration will open Wednesday, September 4th at 7:00 am

<https://app.univerusrec.com/deepriverpub>

For those unable to register online, in person registration is available at Town Hall on Wednesday, September 4th, 2024 from 9:00 am-4:00 pm and at the Community Registration Event at Mackenzie Community School (Double Gym) from 6:30 pm – 8:00 pm

SWIMMING LESSONS – SPOTS AVAILABLE:



















If the Private and Family lessons offered are filled and you would like to request a private or family lesson, please email shosbons@deepriver.ca with 2 choices of your preferred day and time within the chart listed below.

NOTE: Family Lessons are available for children ages 3 and up and Preschool or Swimmer levels. The **maximum number of family members is 4 children of the same household**. A parent or caregiver may be required to be in the water depending on levels. It is recommended children be close in skill level. For example, we do not recommend a child in Preschool 1 be registered with a child in Swimmer 5.

| Day & Dates 8 wks – 30 min. | Friday Sept. 20-Nov. 15 Except Oct. 11 th | Saturday Sept. 21-Nov. 16 Except Oct. 12 th | Sunday Sept. 22-Nov. 17 Except Oct. 13 th | Monday Sept. 23-Nov. 18 Except Oct. 14 th | Wednesday Sept. 25-Nov. 13 | Thursday Sept. 26-Nov. 21 Except Oct. 31 st |
|---|--|--|--|--|-------------------------------|--|
| PRIVATE LESSONS \$207.04 | X | 11:30am-12:00pm | 4:25-4:55 pm 5:00-5:30 pm 6:10-6:40 pm | 4:50-5:20 pm | 3:55-4:25 pm 3:55-4:25 pm | X |
| FAMILY LESSONS \$221.12 + HST <i>Registration is to be under the parent's name</i> | 5:00-5:30 pm | 11:15-11:45 am | 5:00-5:30 pm | 5:00-5:30 pm | X | X |












Community Pool Fall Swim Instruction 2024

PRE-SCHOOL: Day & Dates - 8 weeks

| *New  | Equivalent to to  | Max. | Friday Sept. 20-Nov. 15 Except Oct. 11 th | Saturday Sept. 21-Nov. 16 Except Oct. 12 th | Sunday Sept. 22-Nov. 17 Except Oct. 13 th | Monday Sept. 23-Nov. 18 Except Oct. 14 th | Wednesday Sept. 25-Nov. 13 | Thursday Sept. 26-Nov. 21 Except Oct. 31 st |
|--|--|------|--|--|--|--|-------------------------------|--|
| LS Parent & Tot 1 <i>1 Parent in water</i> \$49.68  | Starfish  | 10 | X | 9:30-10:00 am | X | 10:45-11:15 am | X | X |
| LS Parent & Tot 2 <i>1 Parent in water</i> \$49.68  | Duck  | 10 | X | 9:30-10:00 am | X | 10:45-11:15 am | X | X |
| LS Parent & Tot 3 <i>Parent in water</i> \$49.68  | Sea Turtle  | 10 | X | 9:30-10:00 am | X | X | X | X |
| LS Preschool 1 \$67.04  | Sea Otter  | 3 | 4:30-5:00 pm | 10:40-11:10am | 6:10-6:40 pm One spot available | 10:45-11:15 am | X | 5:35-6:05 pm |
| LS Preschool 2 \$67.04  | Salamander  | 3 | 5:00-5:30 pm One spot available | 9:30-10:00 am 11:15-11:45 am | 5:00-5:30 pm | 4:30-5:00 pm | 4:30-5:00 pm | X |
| LS Preschool 3 \$65.44  | Sunfish  | 4 | 4:00-4:30 pm | X | 5:35-6:05 pm | 4:30-5:00 pm | X | X |
| LS Preschool 4 \$62.00  | Crocodile  | 6 | X | X | X | X | X | X |
| LS Preschool 5 \$62.00  | Whale  | 6 | X | X | X | X | X | X |



Community Pool Fall Swim Instruction 2024

SCHOOL AGE: Day & Dates – 8 weeks

|  | Equivalent to  | Max. | Friday Sept. 20-Nov. 15 Except Oct. 11 th | Saturday Sept. 21-Nov. 16 Except Oct. 12 th | Sunday Sept. 22-Nov. 17 Except Oct. 13 th | Monday Sept. 23-Nov. 18 Except Oct. 14 th | Wednesday Sept. 25-Nov. 13 | Thursday Sept. 26-Nov. 21 Except Oct. 31 st |
|--|--|------|--|--|--|--|-------------------------------|--|
| LS Swimmer 1 \$64.00 (30mins)  | Swim Kids 1 | 6 | 4:30-5:00pm | 10:05-10:35 am | X | X | 5:00-5:30 pm | X |
| LS Swimmer 2 \$64.00 (30mins)  | Swim Kids 2 | 6 | X | 10:05-10:35 am one spot available | X | X | X | 5:35-6:05 pm |
| LS Swimmer 3 \$64.00 (45mins)  | Swim Kids 3 | 6 | X | 10:40-11:25 am | X | X | X | X |
| LS Swimmer 4 \$64.00 (45mins)  | Swim Kids 4 & 5 | 6 | 4:35-5:20 pm | X | 6:45-7:30 pm | X | X | 5:35-6:20 pm |
| LS Swimmer 5 \$64.00 (45mins)  | Swim Kids 6 | 7 | X | X | 6:45-7:30 pm | X | 4:30-5:15 pm | X |
| LS Swimmer 6 \$64.00 (45mins)  | Swim Kids 7 | 7 | X | X | 6:45-7:30 pm | X | X | X |
| LS Swimmer 7/ LS Rookie \$64.00 (1hour)  | Swim Kids 8 | 10 | X | X | 7:35-8:35 pm | X | X | X |
| LS Swimmer 8/ LS Ranger \$64.00 (1hour)  | Swim Kids 9 | 10 | X | X | 7:35-8:35 pm | X | X | X |
| LS Swimmer 9/ LS Star \$64.00 (1hour)  | Swim Kids 10 | 10 | X | X | 7:35-8:35 pm | X | X | X |
| Stroke Improvement/ fitness 1 x week \$64.00(45mins) | Ages 7-10 | 10 | X | X | X | X | 4:00-4:45pm | X |

Community Pool Fall Swim Instruction 2024

RED CROSS PROGRAMS:






| | | |
|--|----|--|
|  <p style="text-align: center;">Stay Safe \$46.50 <i>Class room to be announced</i></p> | 12 | <p style="text-align: center;">Friday, October 11; or Friday, November 15 (PA Day) 9:00am-1:30pm</p> |
|  <p style="text-align: center;">Babysitting \$62.00 At the Deep River Pool</p> | 12 | <p style="text-align: center;">Friday, October 11 (PA Day) 9:00am-5:00pm</p> |

ADULT LESSONS:

| Day & Dates | Monday | Tuesday | Wednesday | Friday |
|---|---|--|--|---|
| <p style="text-align: center;">ADULT PRIVATE LESSONS 4 weeks \$72.00</p> | Morning and afternoon times available on request | Evening times available on request | Afternoon times available on request | Morning times available on request |
| <p style="text-align: center;">LADIES ONLY GROUP LESSONS 6 weeks \$60.00 per person Min. of 4 ladies and max. of 8 ladies</p> | | | | <p style="text-align: center;">Sept. 27-Nov. 8 8:00-9:00 pm</p> <p style="text-align: center;">45 minutes of instruction and 15 minutes of free time</p> |



Community Pool Fall Swim Instruction 2024

LEADERSHIP COURSES:

| Day & Dates | |
|---|--|
| Bronze Star (1hour) \$64.00  | Sunday Sept. 22 - Nov. 17 7:35-8:35 pm Excl. Date: Oct. 8 (Thanksgiving Weekend) |
| Bronze Medallion \$100.00 (Recruitment Fee) Age: 13 years of age HST will apply for individuals 15 yrs and older  | “Crash” Course for September September 3 - 21 dates and times listed in online course information <b style="color: red;">Exam date will be September 21 |
| Bronze Cross \$100.00 (Recruitment Fee) Age: 14 years of age HST will apply for individuals 15 yrs and older  | “Crash” Course for September September 3 - 21 dates and times listed in online course information <b style="color: red;">Exam date will be September 21 |
| National Lifeguard \$100.00 plus HST (Recruitment Fee)  Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid. | October/November 2024 First classes will be held on Friday, Oct. 11th (PA Day) 10:30 am-3:30 pm |
| Lifesaving Instructor course \$100.00 plus HST (Recruitment Fee)  Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid. This course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving leadership and first aid awards. | <b style="color: red;">To be announced |



Community Pool Fall Swim Instruction 2024

LEADERSHIP COURSES:

| | |
|---|---|
| <p>Standard First Aid level "C" \$105.58</p> <p>Blended online and class room. Candidates must register before October 11th. HST will apply for individuals 15 yrs and older</p>  | <p>Saturday, October 19 9:00-5:00 pm</p> <p>Online component must be completed before Oct. 19.</p> |
| <p>Standard First Aid level "C" recertification \$105.58</p> <p>Candidates must register before October 11th. class room only</p>  | <p>Saturday, October 19 9:00-5:00 pm</p> |

Community Pool Fall Swim Instruction 2024

EXERCISE CLASSES:

| Day & Dates | Monday | Wednesday | Thursday | Friday |
|--|--|--|--|----------------------|
| <p>AQUAFIT Drop-in</p> <p>September 16-December 20</p> <p>10 Aquafit Pass \$96.25 20 Aquafit Pass \$192.50 1x drop-in \$10.00</p> | <p>9:30-10:15 am 7:35-8:20 pm</p> <p><i>Aquafit classes do not run on Statutory Holidays</i></p> | <p>9:30-10:15 am 7:35-8:20 pm</p> | <p>Low Impact Aquafit</p> <p>9:30-10:15 am</p> | <p>9:30-10:15 am</p> |
| <p>Mom & Baby Aquafit \$95.20 (HST incl.)</p>  | | <p>10:30-11:15 am Sept. 18-Nov. 6 (8 wks)</p> <p><i>30 minutes cardio workout with 15 minutes of free time with baby</i></p> | | |
| <p>H2O Bootcamp \$47.60</p>  | | | <p>7:35-8:20 pm Sept. 26-Oct. 17 (4 wks)</p> | |

Community Pool Fall Swim Instruction 2024

- * Please take into consideration how your child is feeling coming to their lesson. If your child is feeling unwell, we ask that your child not attend their scheduled lesson and contact the pool of their absence at 613-584-2000 ext. 182.

HELPFUL TIPS TO PREVENT A POOL FOULING IN FOUR SIMPLE STEPS:

- * Please do not feed children 1 hour prior to their swimming lesson.
- * Please be sure to take your children to the bathroom just prior to their swimming lesson.
- * Please ensure that all children who are not toilet-trained are in appropriate swimming pants (e.g. “Little Swimmers”)

A pool fouling can result in delays in programming or pool closure.

We appreciate your support in keeping the Deep River Community Pool clean and safe.

Community Pool Fall Swim Instruction 2024

| DEEP RIVER COMMUNITY POOL ADMISSION RATES | | |
|--|-----------------|--|
| ADULT 10 SWIM CARD | \$50.00 | ADULT SINGLE ADMISSION \$6.00 |
| ADULT 20 SWIM CARD | \$100.00 | |
| STUDENT 10 SWIM CARD | \$36.25 | STUDENT SINGLE ADMISSION \$5.00 |
| FAMILY RATE | | SINGLE ADMISSION \$17.00 |
| 6 month Adult MEMBERSHIP | \$232.85 | |
| 12 month Adult MEMBERSHIP | \$362.25 | |