



# Community Pool Winter/Spring Swim Instruction 2025

March 28-June 2 (8 Weeks)

No Lessons Easter Weekend (April 18-21) and the May Long Weekend (May 16-19)

**On-Line registration will open Wednesday, March 19th at 7:00 am**

<https://app.booking.ca/DeepRiverPub/>

For those unable to register on line, in person registration at Town Hall will be open on

**Wednesday, March 19<sup>th</sup> from 9:00 am-1:00 pm**



















## SWIMMING LESSONS:

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

Day & Dates 7 wks – 30 min.	Friday March 28-May 30	Sunday March 30-June 1	Monday March 31-June 2	Wednesday April 2- May 21	Thursday April 3-May 22
<b>PRIVATE LESSONS</b> \$207.04	3:55-4:25 pm	4:25-4:55 pm	FULL	FULL	FULL
<b>FAMILY LESSONS</b> \$228.80 + HST <i>Registration is to be under the parent's name</i>	FULL	4:25-4:55 pm	FULL	FULL	FULL

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### PRE-SCHOOL: Day & Dates - 7 weeks – prices to be updated

*New  LIFESAVING SOCIETY	Equivalent to 	Max.	Friday March 28-May 30	Sunday March 30-June 1	Monday March 31-June 2	Wednesday April 2- May 21	Thursday April 3-May 22
LS Parent & Tot 1 <i>1 Parent in water</i> \$72.00 	Starfish 	10		5:00-5:30 pm	10:45-11:15am		
LS Parent & Tot 2 <i>1 Parent in water</i> \$72.00 	Duck 	10		5:00-5:30 pm	10:45-11:15 am		
LS Parent & Tot 3 <i>Parent in water</i> \$72.00 	Sea Turtle 	10		5:35-6:05 pm	10:45-11:15 am		
LS Preschool 1 \$72.00 	Sea Otter 	3	4:30-5:00 pm	5:00-5:30 pm 6:10-6:40 pm	5:05-5:35 pm		5:35-6:05 pm
LS Preschool 2 \$72.00 	Salamander 	3	full	full	full	4:30-5:00 pm	
LS Preschool 3 \$72.00 	Sunfish 	4	4:00-4:30 pm		full		
LS Preschool 4 \$72.00 	Crocodile 	6		6:10-6:40 pm	4:50-5:20 pm		
LS Preschool 5 \$72.00 	Whale 	6		6:10-6:40 pm			

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### SCHOOL AGE: Day & Dates – 7 weeks

*New 	Equivalent to 	Max.	Friday March 28-May 30	Sunday March 30-June 1	Monday March 31-June 2	Wednesday April 2- May 21	Thursday April 3-May 22
LS Swimmer 1 \$72.00 (30mins) 	Swim Kids 1	6	Full	5:35-6:05 pm		5:05-5:35 pm	
LS Swimmer 2 \$72.00 (30mins) 	Swim Kids 2	6		full			full
LS Swimmer 3 \$72.00 (45mins) 	Swim Kids 3	6	4:35-5:20 pm	6:45-7:30 pm			
LS Swimmer 4 \$72.00 (45mins) 	Swim Kids 4 & 5	6		full			5:35-6:20 pm
LS Swimmer 5 \$72.00 (45mins) 	Swim Kids 6	7		6:45-7:30 pm		4:35-5:20 pm	
LS Swimmer 6 \$72.00 (45mins) 	Swim Kids 7	7		6:45-7:30 pm			
LS Swimmer 7/ LS Rookie \$72.00 (1hour) 	Swim Kids 8	10		7:35-8:35 pm			
LS Swimmer 8/ LS Ranger \$72.00 (1hour) 	Swim Kids 9	10		7:35-8:35 pm			
LS Swimmer 9/ LS Star \$72.00 (1hour) 	Swim Kids 10	10		7:35-8:35 pm			
Stroke Improvement/fitness 1 x week \$72.00 (45mins)	Ages 7-10	10			4:00-4:45pm		

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**RED CROSS PROGRAMS:** prices and dates to be updated









<b>Stay Safe</b> <b>\$46.58</b>	12	<b>SPRING 2025</b> <b>Monday, April 21</b> 9:00am-1:00pm  At the Deep River Library Program room
<b>Babysitting</b> <b>\$62.10</b>	12	<b>Monday, April 21 (PA Day)</b> 9:00am-5:00pm  Upstairs of the Deep River Community Pool

### ADULT LESSONS:

Day & Dates	Monday	Tuesday	Wednesday	Friday
<b>ADULT PRIVATE LESSONS</b> <b>4 weeks</b> <b>\$113.00</b>  <i>Contact Sara at the pool            (613-584-2000 ext. 181)            to arrange lesson times</i>	Morning and afternoon times available on request	Evening times available on request	Afternoon times available on request	Morning times available on request



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**LEADERSHIP COURSES:** prices and dates to be updated

	Day & Dates
<p><b>Bronze Star (1hour)</b> \$72.00</p> 	<p><b>Sundays - 7:35-8:35 pm</b> <b>March 30-June 1</b></p>
<p><b>Bronze Medallion</b> \$115.00 plus manual Age: 13 years of age</p> <p>HST will apply for individuals 15 yrs and older</p> 	<p><b>Wednesday - 4:00-6:00 pm</b> <b>April 2-June 4</b></p> <p>No lessons during the March break <b>Exam date will be June 4</b></p>
<p><b>Bronze Cross</b> \$115.00 Age: 14 years of age</p> <p>HST will apply for individuals 15 yrs and older</p> 	<p><b>Wednesday - 4:00-6:00 pm</b> <b>April 2-June 4</b></p> <p>No lessons during the March break <b>Exam date will be June 4</b></p>
<p><b>Standard First Aid level "C"</b> \$109.27</p> <p>Blended online and class room. Candidates must register before April 17 at 12:00pm. <i>HST will apply for individuals 15 yrs and older</i></p> 	<p><b>Saturday, April 26</b> 9:00-5:00 pm</p> <p>Online component must be completed before February 21st.</p>
<p><b>Lifesaving Swim Instructor course</b> \$115.00 plus HST (Recruitment Fee) plus manuals</p> <p>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 Swim for Life learn to swim program.</p> 	<p><b>April</b> <b>First day is Saturday, April 12</b> <b>(20 hr. course)</b> 9:30am – 3:00 pm</p>
<p><b>National Lifeguard</b> \$115.00 plus HST</p> <p>Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid.</p> 	<p><b>May/June 2025</b></p>

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**EXERCISE CLASSES:** prices & dates to be updated

Day & Dates	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>AQUAFIT Drop-in</b></p> <p>March 17 – June 20/25</p> <p>10 Aquafit Pass \$99.62 20 Aquafit Pass \$199.23 Single drop in - \$11.00</p>	<p>9:30-10:15 am</p> <p>7:30-8:15 pm</p> <p><i>Aquafit classes do not run on Statutory Holidays</i></p>		<p>9:30-10:15 am</p> <p>7:30-8:15 pm</p>	<p><b>Gentle Aquafit</b></p> <p>9:30-10:15 am</p>	<p>9:30-10:15 am</p>
<p><b>Mom &amp; Baby Aquafit</b></p> <p><b>\$98.56</b></p> 			<p><b>10:30 – 11:15 am</b></p> <p><b>April 2-May 21</b></p> <p><b>(8 wks)</b></p> <p><i>30 minutes cardio workout with 15 minutes of free time with baby</i></p>		
<p><b>H2O Bootcamp</b></p> <p><b>\$73.92</b></p> 				<p><b>7:35-8:20 pm</b></p> <p><b>April 3-May 8</b></p> <p><b>(6 wks)</b></p>	

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### 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.

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<b>DEEP RIVER COMMUNITY POOL ADMISSION RATES</b>		
<b>ADULT 10 SWIM CARD</b>	<b>\$64.00</b>	<b>ADULT SINGLE ADMISSION \$7.00</b>
<b>STUDENT 10 SWIM CARD</b>	<b>\$40.00</b>	<b>STUDENT SINGLE ADMISSION \$5.00</b>
<b>FAMILY RATE</b>		<b>SINGLE ADMISSION \$18.00</b>
<b>6 month Adult MEMBERSHIP</b>	<b>\$240.00</b>	
<b>12 month Adult MEMBERSHIP</b>	<b>\$375.00</b>	