



Community Pool Winter Swim Instruction 2025

January 16 – March 5 (7 Weeks)

Lessons will run on Family Day (Monday, February 17)

On-Line registration will open Wednesday, January 8 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, January 8 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 with 2 choices of your preferred day and time within the chart listed below.

Day & Dates 7 wks – 30 min.	Thursday Jan. 16-Feb. 27	Friday Jan. 17-Feb. 28	Sunday Jan. 19-March 2	Monday Jan. 20-March 3	Wednesday Jan. 22-March 5
PRIVATE LESSONS \$181.16	5:00-5:30 pm 5:00-5:30 pm	3:55-4:25 pm 3:55-4:25 pm	5:00-5:30 pm 6:10-6:40 pm 7:35-8:05 pm	3:55-4:25 pm 3:55-4:25 pm	3:55-4:25 pm 3:55-4:25 pm 4:00-4:30 pm 5:05-5:35 pm
FAMILY LESSONS \$200.20 + HST <i>Registration is to be under the parent's name</i>	5:00-5:30 pm	5:05-5:35 pm	5:00-5:30 pm	5:05-5:35 pm	4:30-5:00 pm

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

*New 	Equivalent to 	Max.	Thursday Jan. 16-Feb. 27	Friday Jan. 17-Feb. 28	Sunday Jan. 19-March 2	Monday Jan. 20-March 3	Wednesday Jan. 22-March 5
LS Parent & Tot 1 <i>1 Parent in water</i> \$63.00 	Starfish 	10			5:00-5:30 pm	10:45-11:15am	
LS Parent & Tot 2 <i>1 Parent in water</i> \$63.00 	Duck 	10			5:00-5:30 pm	10:45-11:15 am	
LS Parent & Tot 3 <i>Parent in water</i> \$63.00 	Sea Turtle 	10			5:35-6:05 pm	10:45-11:15 am	
LS Preschool 1 \$63.00 	Sea Otter 	3	5:35-6:05 pm	4:30-5:00 pm	5:00-5:30 pm 6:10-6:40 pm	5:05-5:35 pm	
LS Preschool 2 \$63.00 	Salamander 	3		5:05-5:35 pm	5:35-6:05 pm	4:30-5:00 pm	4:30-5:00 pm
LS Preschool 3 \$63.00 	Sunfish 	4		4:00-4:30 pm		4:30-5:00 pm	
LS Preschool 4 \$63.00 	Crocodile 	6			6:10-6:40 pm	4:50-5:20 pm	
LS Preschool 5 \$63.00 	Whale 	6			6:10-6:40 pm		

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SCHOOL AGE: Day & Dates – 7 weeks

*New 	Equivalent to 	Max.	Thursday Jan. 16-Feb. 27	Friday Jan. 17-Feb. 28	Sunday Jan. 19-March 2	Monday Jan. 20-March 3	Wednesday Jan. 22-March 5
LS Swimmer 1 \$63.00 (30mins) 	Swim Kids 1	6		4:30-5:00pm	5:35-6:05 pm		5:05-5:35 pm
LS Swimmer 2 \$63.00 (30mins) 	Swim Kids 2	6	5:35-6:05 pm		5:35-6:05 pm		
LS Swimmer 3 \$63.00 (45mins) 	Swim Kids 3	6		4:35-5:20 pm	6:45-7:30 pm		
LS Swimmer 4 \$63.00 (45mins) 	Swim Kids 4 & 5	6	5:35-6:20 pm		6:45-7:30 pm		
LS Swimmer 5 \$63.00 (45mins) 	Swim Kids 6	7			6:45-7:30 pm		4:35-5:20 pm
LS Swimmer 6 \$63.00 (45mins) 	Swim Kids 7	7			6:45-7:30 pm		
LS Swimmer 7/ LS Rookie \$63.00 (1hour) 	Swim Kids 8	10			7:35-8:35 pm		
LS Swimmer 8/ LS Ranger \$63.00 (1hour) 	Swim Kids 9	10			7:35-8:35 pm		
LS Swimmer 9/ LS Star \$63.00 (1hour) 	Swim Kids 10	10			7:35-8:35 pm		
Stroke Improvement/fitness 1 x week \$63.00 (45mins)	Ages 7-10	10				4:00-4:45pm	

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RED CROSS PROGRAMS: prices and dates to be updated









Stay Safe \$46.58	12	SPRING 2025 Monday, April 21 9:00am-1:00pm
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ADULT LESSONS:

Day & Dates	Monday	Tuesday	Wednesday	Friday
ADULT PRIVATE LESSONS 4 weeks \$100.00 <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>Bronze Star (1hour) \$63.00</p> 		<p>Sundays - 7:35-8:35 pm January 19-March 2</p>
<p>Bronze Medallion \$115.00 plus manual Age: 13 years of age</p> <p>HST will apply for individuals 15 yrs and older</p> 		<p>Wednesday - 4:00-6:00 pm January 22-April 2</p> <p>No lessons during the March break Exam date will be April 2</p>
<p>Bronze Cross \$115.00 Age: 14 years of age</p> <p>HST will apply for individuals 15 yrs and older</p> 		<p>Wednesday - 4:00-6:00 pm January 22-April 2</p> <p>No lessons during the March break Exam date will be April 2</p>
<p>Standard First Aid level "C" \$109.27</p> <p>Blended online and class room. Candidates must register before January 25 at 12:00pm. <i>HST will apply for individuals 15 yrs and older</i></p> 		<p>Saturday, February 22 9:00-5:00 pm</p> <p>Online component must be completed before February 21st.</p>
<p>Lifesaving Swim Instructor course \$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>First day is Thursday, February 20th (20 hr. course) 6:00-8:30 pm</p>
<p>National Lifeguard \$115.00 plus HST</p> <p>Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid.</p> 		<p>Spring 2025</p>

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EXERCISE CLASSES: prices & dates to be updated

Day & Dates	Monday	Tuesday	Wednesday	Thursday	Friday
<p>AQUAFIT Drop-in</p> <p>January 8-March 7</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>	9:30-10:15 am	9:30-10:15 am
<p>Mom & Baby Aquafit \$86.24</p> 			<p>10:30 – 11:15 am Jan. 22-March 5 (7 wks)</p> <p><i>30 minutes cardio workout with 15 minutes of free time with baby</i></p>		
<p>H2O Bootcamp \$73.92</p> 				<p>7:35-8:20 pm Jan. 16-Feb. 20 (6 wks)</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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DEEP RIVER COMMUNITY POOL ADMISSION RATES		
ADULT 10 SWIM CARD	\$64.00	ADULT SINGLE ADMISSION \$7.00
STUDENT 10 SWIM CARD	\$40.00	STUDENT SINGLE ADMISSION \$5.00
FAMILY RATE		SINGLE ADMISSION \$18.00
6 month Adult MEMBERSHIP	\$240.00	
12 month Adult MEMBERSHIP	\$375.00	