



Community Pool Summer Swim Instruction 2024

Lessons run Monday to Friday



| | | |
|-----------|------------------------------------|---------------------------------|
| Session 1 | July 2 —5, 2024 (4 Classes) | Lamure Beach or Deep River Pool |
| Session 2 | July 8—12, 2024 (5 Classes) | Site to be determined |
| Session 3 | July 15—19, 2024 (5 Classes) | Site to be determined |
| Session 4 | July 22—26, 2024 (5 Classes) | Site to be determined |
| Session 5 | July 29—August 2, 2024 (5 Classes) | Site to be determined |
| Session 6 | August 6—9, 2024 (4 Classes) | Site to be determined |
| Session 7 | August 12—16, 2024 (5 Classes) | Site to be determined |

No lessons July 1st (Canada Day) and August 5th (Civic Holiday)

Lessons are pro-rated and no make-up lessons will be offered

On-Line registration will open Thursday, May 30th at 7:00 am

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

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

Thursday, May 30th from 9:00 am-1:30 pm

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PRIVATE SWIMMING LESSONS (Lessons run Monday to Friday):

| Private Lessons | Session 1 July 2-5 | Session 2 July 8-12 | Session 3 July 15-19 | Session 4 July 22-26 | Session 5 July 29-Aug 2 | Session 6 August 6-9 | Session 7 Aug 12-16 |
|--|--|--|--|--|--|--|--|
| Sessions 1 & 6 4 classes \$103.52 | 10:30-11:00 am 11:05am-11:35 am 1:30pm-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm | X | X | X | X | 10:30-11:00 am 11:05am-11:35 am 1:30pm-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm | X |
| Sessions 2-5 & 7 5 classes \$129.40 Evening classes available | X | 10:30-11:00 am 11:05am-11:35 am 1:30pm-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35pm-7:05 pm | 10:30-11:00 am 11:05am-11:35 am 1:30pm-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35pm-7:05 pm 7:10-7:40 pm | 10:30-11:00 am 11:05am-11:35 am 1:30pm-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35pm-7:05 pm 7:10-7:40 pm | 10:30-11:00 am 11:05am-11:35 am 1:30pm-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35pm-7:05 pm | X | 10:30-11:00 am 11:05am-11:35 am 1:30pm-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35pm-7:05 pm 7:10-7:40 pm |







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FAMILY SWIMMING LESSONS (Lessons run Monday to Friday):

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. *Registration is to be under the parent's name*









| Family Lessons | Session 1 July 2—5 | Session 2 July 8-12 | Session 3 July 15-19 | Session 4 July 22-26 | Session 5 July 29-Aug 2 | Session 6 August 6-9 | Session 7 Aug 12-16 |
|---|-----------------------|------------------------|-------------------------|-------------------------|----------------------------|-------------------------|------------------------|
| Sessions 1 & 6 4 classes \$110.56 | 4:50-5:20 pm | X | X | X | X | 4:50-5:20 pm | X |
| Sessions 2-5 & 7 5 classes \$138.20 | X | 4:50-5:20 pm | 4:50-5:20 pm | 4:50-5:20 pm | 4:50-5:20 pm | X | 4:50-5:20 pm |

PARENT AND TOT (Lessons run Monday to Friday):

|  | Equivalent  | Max. | Session 1 July 2—5 | Session 2 July 8-12 daytime | Session 3 July 15-19 | Session 4 July 22-26 evening | Session 5 July 29-Aug 2 daytime | Session 6 August 6-9 | Session 7 Aug 12-16 evening |
|--|---|------|-----------------------|-----------------------------------|-------------------------|------------------------------------|---------------------------------------|-------------------------|-----------------------------------|
| LS Parent & Tot 1 <i>1 Parent in water</i>  \$31.05 (5 classes) | Starfish  | 10 | X | 10:30-11:00 am | X | 6:35-7:05 pm | 10:30-11:00 am | X | 6:35-7:05 pm |
| LS Parent & Tot 2 <i>1 Parent in water</i>  \$31.05 (5 classes) | Duck  | 10 | X | 10:30-11:00 am | X | 6:35-7:05 pm | 10:30-11:00 am | X | 6:35-7:05 pm |







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PRE-SCHOOL (Lessons run Monday to Friday evenings):


|  | Equivalent  | Max. | Session 1 July 2-5 | Session 2 July 8-12 | Session 3 July 15-19 | Session 4 July 22-26 | Session 5 July 29-Aug 2 | Session 6 August 6-9 | Session 7 Aug 12-16 |
|---|---|------|-----------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-------------------------|------------------------|
| LS Preschool 1  \$41.90 (5 classes) | Sea Otter  | 3 | X | 10:30-11:00 am 6:35-7:05 pm | 6:35-7:05 pm | 6:35-7:05 pm | 10:30-11:00 am 6:35-7:05 pm | X | X |
| LS Preschool 2  \$41.90 (5 classes) | Salamander  | 3 | X | 6:35-7:05 pm | 10:30-11:00 am 6:35-7:05 pm | 6:35-7:05 pm | 6:35-7:05 pm | X | 10:30-11:00 am |
| LS Preschool 3  \$40.90 (5 classes) | Sunfish  | 4 | X | 7:10-7:40 pm | 7:10-7:40 pm | 10:30-11:00 am 7:10-7:40 pm | 7:10-7:40 pm | X | X |

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SCHOOL AGE (Lessons run Monday to Friday):

|  | Equivalent to  | Max. | Session 1 July 2—5 | Session 2 July 8-12 | Session 3 July 15-19 | Session 4 July 22-26 | Session 5 July 29-Aug 2 | Session 6 August 6-9 | Session 7 Aug 12-16 |
|---|---|------|-----------------------|-------------------------------|-------------------------|--------------------------------|--------------------------------|-------------------------|-------------------------------|
| LS Swimmer 1 \$40.00  (30mins) 5 classes | Swim Kids 1 | 6 | X | 11:05-11:35am 7:10-7:40 pm | X | 7:10-7:40 pm | 7:10-7:40 pm | X | 11:05-11:35am 7:10-7:40 pm |
| LS Swimmer 2 \$40.00  (30mins) 5 classes | Swim Kids 2 | 6 | X | 7:10-7:40 pm | 11:05-11:35am | 7:10-7:40 pm | 7:10-7:40 pm | X | 7:10-7:40 pm |
| LS Swimmer 3 \$40.00  (45mins) 5 classes | Swim Kids 3 | 6 | X | 6:35-7:20 pm | X | 10:30-11:15 am 6:35-7:20 pm | 6:35-7:20 pm | X | 6:35-7:20 pm |
| LS Swimmer 4/5 \$40.00  (45mins) 5 classes | Swim Kids 4 & 5 | 6 | X | 6:35-7:20 pm | X | 6:35-7:20 pm | 10:30-11:15 am 6:35-7:20 pm | X | 6:35-7:20 pm |
| Stroke Improvement/ fitness 4 classes - \$32.00 5 classes - \$40.00 Swimmer 5 and up | | 8 | 4:30-5:15pm | | 4:30-5:15 pm | 4:30-5:15 pm | | 4:30-5:15 pm | 4:30-5:15 pm |
| *NEW* Youth Open Water Training 5 classes - \$50.00 Ages 12-15 (Swimmer 7 & up) 3 classes at pool, 2 classes at Lamure Beach | | 8 | X | 4:30-5:15 pm | X | X | 4:30-5:15 pm | X | X |


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| <p>*NEW* YOUTH Open Water Training at the Deep River Pool and Lamure Beach July 8-12 (Session 2 – 5 classes); July 29-August 2 (Session 5 – 5 classes) 4:30-5:15 pm \$50.00 per session (Min. of 6 people)</p>  | <p>Are you interested in participating in the Deep River Triathlon (Aug. 4/24) OR the return of the Cross River Swim (Aug. 11/24)</p> <p>Would you like some tips and tricks to prepare for open water swimming from? This training will help build your confidence and ability in an open water setting.</p> <p>Training will be held at the Deep River Pool (3 days) and Lamure Beach (2 days).</p> <p>On rain days, training will be held at the Deep River Community Pool.</p> |
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RED CROSS PROGRAMS:







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|  <p>Stay Safe \$46.50 Upstairs at the Deep River Community Pool For ages 9 -12</p> | <p>Max. 12</p> | <p>Friday, June 7; Friday, August 16 9:00am-1:30pm</p> |
|  <p>Babysitting \$62.00 Upstairs at the Deep River Community Pool For ages 11-13</p> | <p>Max. 12</p> | <p>Tuesday, July 23; Tuesday, August 20 9:00am-5:00pm</p> |

ADULT LESSONS:

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| <p>Adult Lessons Group rate: \$10.00 per class (minimum of 4 adults) Private adult lesson rate: \$18.00 per 30 min. class Prices include HST</p> | <p>TUESDAYS 7:30-8:15 pm</p> <ul style="list-style-type: none">· Learn to swim· Stroke improvement· Private lessons· Evening drop-in· day time classes available |
| <p>ADULT Open Water Training at Lamure Beach Tuesdays and Thursdays July 9 – August 8 (8 classes) 5:30-6:30 pm \$100.00 (HST incl.) (Min. of 6 people) If program runs, drop-ins welcome Drop-in fee: \$10.00 per class</p>  | <p>Are you interested in participating in the Deep River Triathlon (Aug. 4/24) OR the return of the Cross River Swim (Aug. 11/24)</p> <p>Would you like some tips and tricks to prepare for open water swimming from? This training will help build your confidence and ability in an open water setting. Guest triathletes will drop-in to share their knowledge.</p> <p>Training will be held at Lamure Beach. On rain days, training will be held at the Deep River Community Pool.</p> |

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LEADERSHIP COURSES:

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| <p>Bronze Medallion \$100.00 (Recruitment Fee) Age: 13 years of age HST will apply for individuals 15 yrs and older</p>  | <p>Session 2-3 July 8-19th, 2024 1:00-3:00 pm Exam date will be July 19th</p> |
| <p>Bronze Cross \$100.00 (Recruitment Fee) Age: 14 years of age HST will apply for individuals 15 yrs and older</p>  | <p>Session 2-3 July 8-19th, 2024 1:00-3:00 pm Exam date will be July 19th</p> |
| <p>National Lifeguard \$100.00 plus HST (Recruitment Fee) Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid.</p>  | <p>JULY 2024 Please contact 613-584-2000 ext. 181 to register your interest</p> |
| <p>National Lifeguard Recertification \$76.62 plus HST</p>  | <p>JULY 2024 Please contact 613-584-2000 ext. 181 to register your interest</p> |
| <p>Swim for Life 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 Swim for Life program (Learn to swim- Preschool and Swimmer levels)</p>  | <p>June 2, 7, and 9, 2024 (20 hours) 9:00 am- 5:00 pm</p> |
| <p>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.</p>  | <p>August 19-23, 2024 (20 hours) 9:30 am- 2:30 pm</p> |


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LEADERSHIP COURSES:



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| <p>Standard First Aid level "C" \$105.58</p> <p>Blended online and class room. Candidates must register before. HST will apply for individuals 15 yrs and older</p>  | <p>Thursday, August 22, 2024 9:00-5:00 pm</p> <p>Online component must be completed before October 20th.</p> |
| <p>Standard First Aid level "C" recertification \$105.58</p> <p>Candidates must register before October 13th. class room only</p>  | <p>Thursday, August 2, 2024 9:00-5:00 pm</p> |

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EXERCISE CLASSES:

| Day & Dates | Monday | Wednesday | Thursday | Friday |
|---|---|--|---|----------------------|
| <p>AQUAFIT Drop-in Dates to be determined</p> <p>10 Aquafit Pass \$96.25 20 Aquafit Pass \$192.50 1x drop-in \$10.00</p> | <p>9:30-10:15 am 7:30-8:15 pm</p> <p>Aquafit classes do not run on Statutory Holidays</p> | <p>9:30-10:15 am 7:30-8:15 pm</p> | <p>Low Impact Aquafit</p> <p>9:30-10:15 am</p> | <p>9:30-10:15 am</p> |
| <p>H2O Bootcamp Dates to be determined \$47.60</p> |  | | <p>7:30-8:15 pm</p> | |

LAMURE BEACH ACTIVITIES:

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| <p>*NEW* STAND UP PADDLE BOARD BASICS At Lamure Beach June 25- July 9 (3 weeks) \$35.80 (HST incl.) per person \$45.80 (HST incl.) if SUP rental required</p>  | <p>Tuesdays 6:30-7:30 pm</p> <p>Meeting at Lamure Beach an experienced SUP lover will guide a group through the basics of manoeuvring a stand-up paddle board on the Ottawa River. The last class will be a short-guided tour. Please arrive at Lamure Beach at 6:15 pm. Registration is required. 5 rental of SUP boards are available.</p> |
| <p>*NEW* STAND UP PADDLE BOARD GUIDED TOURS At Lamure Beach July 16; or August 13 \$25.00 (HST incl.) per person \$35.00 (HST incl.) if SUP rental required</p>  | <p>Tuesdays 6:30-8:00 pm</p> <p>Meeting at Lamure Beach for a SUP Guided Tour. The tour guide will take you on a great water adventure on the Ottawa River. This is for confident paddlers. Please arrive at Lamure Beach at 6:15 pm. Registration is required. 5 rental of SUP boards are available</p> |

LAMURE BEACH ACTIVITIES:

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| <p>BEACH VOLLEYBALL at Lamure Beach</p>  | <p>Nets are set up at Lamure Beach. Register your interest to create a league during lunch times or evenings. <i>Price to be determined based upon interest.</i></p> |
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LAMURE BEACH OPEN:

**June 28-August 16, 2024
7 days a week
12:00 pm -5:00 pm**

Stand-Up Paddle Boards & Kayak rentals available

LAMURE BEACH THEME DAYS:

Wednesdays at 2:00 pm-3:00 pm (weather permitting)

July 10-Sandcastle Day

July 17-Pirate Day

July 24-Sports Day

July 31-Disney Day

HELPFUL TIPS TO PREVENT A POOL FOULING IN FOUR SIMPLE STEPS

- * 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.

- * 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 | \$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 | |