




Community Pool Fall/Winter Swim Instruction 2014




September 12—December 12, 2014 (12 Weeks)

No lessons during Thanksgiving weekend



On-Line registration for group classes will open Thursday, September 4th, 2014 at 7:00 am
 Thursday, September 4th (**Community Registration Day**) 6:30-9:00 pm at the Deep River Arena
Private Classes-"A" Line, Pre-School, Swim Kids levels 1 to 5 "B" Line,
Swim Kids levels 6 to 10 , Adult Lessons & Leadership Courses "C" Line (cheques only please)

LEVEL/FEE	MAX	DESCRIPTION	TIME
Private Lessons 20 min - \$100.00 *NEW Private Lessons* 30 min. - \$150.00	1:1	20 minute times available up to and including level 6. Fri 4:00-4:20 pm, 4:35-4:55 pm x 2 Sat 9:30-9:50 am x 2, 9:55-10:15 am; 10:20-10:40 am, 11:05-11:25 am, 11:15-11:35 am, 12:05-12:25 pm; Sun 6:05-6:25 pm x 2, 7:05-7:25 pm; 7:15-7:35 pm; 7:50-8:10pm; Mon. 4:00-4:20 pm, 4:05-4:25pm, 4:25-4:45pm, 4:30-4:50pm, Wed. 4:05-4:25 pm x 2, 4:30-4:50pm, 5:05-5:25 pm Thurs. 5:50-6:10 pm, 6:05-6:25 pm 30 min. private lessons for ages 6 and up Fri 4:00-4:30 pm, Sat 11:50-12:20 pm, Sun 8:05-8:35 pm, Mon 4:50-5:20 pm, Thurs 5:15-5:45 pm	Wednesday daytime 1:00-1:20 p.m. Thursday daytime 1:00-1:20 p.m.
PRE-SCHOOL (Ages 3 to 5 years of age)			
Starfish 	10	Orientation to water for babies and their parent/caregiver. To enter this level, babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs & play in the water and to teach the parent/caregiver age-specific water safety.	Saturdays 9:30-10:00 a.m.
Duck 	10	Orientation to water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn how to use floating objects for support and explore different water movements through games, songs, and active water play. The parent/caregiver also learns age specific water safety.	Saturdays 9:30-10:00 a.m.
Sea Turtle \$82.00 	2	Orientation to water for toddlers. Age is the only condition for entering this level. Fri. - 5:00-5:30 pm Sat - 9:30-10:00 am; 11:55-12:25 pm Sun - 6:30-7:00 pm Mon.- 4:55-5:25 pm	Wednesday daytime 1:00-1:30 p.m. Thursday daytime 1:00-1:30 p.m.

Community Pool Fall/Winter Instruction 2014 *continued*

LEVEL/FEE	MAX	DESCRIPTION	TIME
PRE-SCHOOL (Ages 3 to 5 years of age)			
<p>Sea Otter \$82.00</p> 	2	<p>Swimmers enter this level when they are 3 years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 meter. They also learn age-appropriate water safety skills. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.</p> <p style="text-align: center;">Fri. - 5:00-5:30 pm Sat - 10:30-11:00 am; 11:15-11:45 am Sun - 6:05-6:35 pm; 6:40-7:10 pm Mon.- 4:20-4:50 pm</p>	<p style="color: red;">Wednesday daytime 1:35-2:05 p.m. Thursday daytime 1:35-2:05 p.m.</p>
<p>Salamander \$82.00</p> 	2	<p>Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to swim 2 meters, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present. Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria have been successfully completed.</p> <p style="text-align: center;">Fri. - 5:00-5:30 pm Sat - 10:05-10:35 am, 11:30-12:00 pm Sun - 6:05-6:35 pm; Mon. - 4:55-5:25pm</p>	<p style="color: red;">Wednesday daytime 1:25-1:55 pm Thursday daytime 1:25-1:55 pm</p>
<p>Sunfish \$78.00</p> 	4	<p>Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to swim 5 meters, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water. Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been successfully completed.</p>	<p style="color: red;">Friday 4:00-4:30 p.m. Saturdays 11:20-11:50 a.m.</p>

Community Pool Fall/Winter Instruction 2014 *continued*

LEVEL	MAX	DESCRIPTION	TIME	FEE
Crocodile \$78.00 	4	Through games and other fun activities, swimmers learn to swim 5 meters on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 meters. Safety skills include jumping into deep-water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD) in deep water. Swimmers are evaluated based on performance criteria and progress to Whale once all criteria have been successfully completed.		Saturday 10:40-11:10 a.m.
Whale \$76.00 	6	Through fun activities, swimmers perform a front and back swim for 10 meters. Swimmers work on developing their flutter kick and perform a distance swim of 15 meters. Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5m, surface support for 20 seconds a return to safety, throwing assists and sitting dives. Swimmers are evaluated based on performance criteria and complete the program once all criteria have been achieved. Children 5 years or older are ready for the appropriate level of Red Cross Swim Kids.		Saturdays 9:55-10:25 a.m.
RED CROSS SWIM KIDS				
Red Cross Swim Kids Level 1 \$76.00	6	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.		Fri - 4:25-4:55 pm Sat - 10:45-11:15 am Sun 6:40-7:10 pm
Red Cross Swim Kids Level 2 \$76.00	6	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.		Sat - 11:40-12:10 pm Sun - 7:05-7:35 pm
Red Cross Swim Kids Level 3 \$76.00	6	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim.		Sat - 10:05- 10:35 am Sun - 6:40-7:10 pm
Red Cross Swim Kids Level 4 \$76.00	6	This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.		Sat - 10:40-11:10 am Sun. - 6:30-7:00 pm
Red Cross Swim Kids Level 5 \$76.00	6	This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.		Sun - 7:15-7:45 pm Wed. 4:55-5:25 pm

Community Pool Fall/Winter Instruction 2014 *continued*

LEVEL	MAX	DESCRIPTION	TIME	FEE
Red Cross Swim Kids Level 6 \$60.00	8	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim		Wed. - 4:30 - 5:15 pm
Red Cross Swim Kids Level 7 \$60.00	8	This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.		Sun - 7:15-8:00 pm
Red Cross Swim Kids Level 8 & Rookie Patrol \$66.00	10	This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.		Sun - 7:40-8:40 pm
Red Cross Swim Kids Level 9 \$60.00	10	This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3 mins). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim.		Sun - 7:40-8:25 pm
Red Cross Swim Kids Level 10 & Ranger Patrol \$66.00	10	This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.		Sun - 7:40-8:40 pm
Pre-teen Challenge \$56.00	Min. 6	<u>After School Activity</u> Children ages 10-13. Try something new in a team environment or individually. Participate in an organized 8 week program which includes games, relays, water basketball and water polo. A wide variety of aquatic skills are introduced.		Wednesday 4:15-5:00 p.m. This course takes place during a senior & public swim
SYNCHRONIZED SWIMMING \$66.00	Min 8	<u>After School Activity</u> An introduction to synchronized swimming in a fun environment. Completion of Swim Kids 5 is recommended for this class		Wed -4:15-5:00 pm This course takes place during a senior & public swim

Community Pool Fall/Winter Instruction 2014 *continued*

LEVEL/FEE	MAX	DESCRIPTION	TIME
Noodle Water Polo For teens \$41.00 plus HST	Min. 8	<u>Teen Activity</u> Water Polo with the assistance of a pool noodle. This fun activity is geared to teens of all swimming abilities. Begins Sept. 24 (8 weeks)	Tuesdays 8:00-9:00 p.m.
Spring Board Diving \$66.00	8	<u>After School Activity</u> This one day a week program will introduce the fundamental skills of diving in logical progressions for all ages. A Canadian Amateur Diving Instructor will be coaching this exciting new	Mondays 4:15-5:00 p.m.
LEADERSHIP			
NEW Red Cross Babysitting Course \$40.00 HST will apply for individuals 15 years and older	10	Your child will learn from a first aid instructor: the basic skills to care for babies, toddlers, preschoolers, and school-age children, to care for themselves and siblings when home alone, strategies to create a safe and positive environment and prevent injuries, Problem-solving and decision-making skills to handle emergencies and provide basic first aid, age appropriate activities and games and communication and basic business skills to acquire babysitting jobs. The course focuses on five main areas: child care giving, first aid, injury prevention, leadership, and business skills, fun activities, including discussion, problem-solving scenarios and hands-on, practice, help participants learn and make the session (s) enjoyable. Participants receive the Canadian Red Cross <i>Babysitter's Manual</i> , which includes key information on caring for kids of different ages, as well as an emergency contact form, sample resumes, business cards, glossary, and more. Friday, Sept. 19/14 or Friday, November 14, 2014 9:00 - 5:30 pm (½ hr. lunch break) <i>the course is held during school P.A. Days</i>	
BRONZE STAR \$76.00	10	Pre-Bronze Medallion—for youth 12 yrs of age. This will better prepare participants in decision making, problem solving and skills needed to successfully complete the Bronze Medallion level. *Facility recommended	Sunday 7:30-8:30 p.m.
Bronze Medallion \$155.00 HST included		Learn how to respond in water safety situations. Develop endurance in a timed swim. Jr. Lifeguard or Bronze Star is recommended. Manual and exam fee included.	Thursday 5:00-7:00 p.m.
Bronze Cross \$136.00 HST included		Emphasis is placed on the candidates' ability to respond to a variety of aquatic emergencies using principles of teamwork & emergency procedures. An introduction to emergency first aid in a water setting. Candidates must be 14 years of age & have completed Bronze Medallion. Candidates will be trained in Emergency 1st Aid and receive a recognized certificate. Exam fees included.	Thursday 5:00—7:00 p.m.
National Lifeguard Service Award (NLS) \$185.00 HST included		A 40 hour course comprised of lifeguarding skills and techniques, as well as an introduction to first aid in a water setting. Certificate required to lifeguard at the Deep River Community Pool. Minimum of 16 yrs or older, Bronze Cross & Standard First Aid are the minimum requirements.	Sept 19, 20, 21, Oct 3, 4 & 5 Register your interest

Community Pool Fall/Winter Instruction 2014 *continued*

LEVEL/FEE	MAX	DESCRIPTION	TIME
LEADERSHIP <i>continued</i>			
National Lifeguard Service Recert. \$66.00(HST incl)		To re-certify lifeguarding skills, techniques and first aid in a water setting. Register your interest. 6 candidates required to run recert	Oct 5 th 2014 10:00 am -2:00 pm
Standard First Aid \$149.00 Price include HST	8	This course is a prerequisite for the National Lifeguard course. The Red Cross Standard First Aid course covers CPR, choking sequences, splinting and treating other types of injuries. This certificate is valid for three years. This course is a prerequisite for the National Lifeguard course and an asset to have in any workplace.	October 25 & 26, 2014 9:00-4:30 pm
Standard First Aid Recertification \$111.00 Price include HST	8	This course is to update your recently expired Red Cross Standard First Aid certificate. (8 hours)	November 1 st 2014 9:00-5:00 pm
Assistant Water Safety Instructor (AWSI) \$209.00 Price include HST	30 hour program (+6.75-8 hours teaching experience) for ages 15 years and up Candidates must enter with Red Cross Swim Kids level 10 skills. This is a prerequisite to the Red Cross Water Safety Instructor course. AWSI covers the foundation of instructional skills, including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Candidates are evaluated during 6.75—8 hours of assistant teaching and through individual study assignments. Upon Successful completion of the course, candidates are certified as Assistant Water Safety Instructors, which enables them to co-teach the Red Cross Swim programs under the supervision of a fully certified Water Safety Instructor anywhere in Canada. Bronze Cross is recommended		First class: Fri., Sept 26 th 4:00-5:00 pm is the initial meeting with candidates. Candidates will be given a course outline and apprentice teaching schedule



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

1. Please do not feed children 1 hour prior to their swimming lesson.
2. Please be sure to take your children to the bathroom just prior to their swimming lesson.
3. Please ensure that all children who are not toilet-trained are in appropriate swimming pants (e.g. "Little Swimmers")
4. Please take into consideration how your child is feeling coming to their lesson.

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/Winter Instruction 2014 *continued*

LEVEL	MAX DESCRIPTION	TIME	FEE
EXERCISE CLASSES			
AQUAFIT	Monday*, Wednesday* and Friday* Monday and Wednesday *Heart Wise Starts September 8, 2014.	9:30-10:30 a.m. 7:30-8:30 p.m.	10 tickets - \$70.00 5 tickets - \$35.00
H2O Boot Camp	A combination of resistance training and traditional water aerobics using equipment such as “water weights”, fins and high intensity noodles. This challenging cardio workout increases strength, lung capacity and endurance with little to no impact on the joints. Participants must be 16 years or older and able to swim in deep water.	Tuesday 7:00-7:45 pm Starts Sept. 16 - Oct. 21 (6 wks)	\$57.00 Price include HST
Active Mom and baby AquaFit	Enjoy the benefits of an aqua fitness workout with the company of other new moms, while you and your baby enjoy time together in the pool. Your baby will safely float in an infant boat. Babies must be at least 4 months old. Starts September 17-Nov 19th (10 weeks)	Wednesdays 10:40-11:25 a.m. (10 week program)	\$80.00 Price include HST
AQUAJOG	Aquajog is a one hour deep water, non-impact exercise. A great jogging program with little to no impact on the joints. This program is beneficial for injury rehabilitation. A flotation device is provided to maintain proper body alignment while keeping the head above water. Starts September 9-Nov 25th (12 weeks)	Tuesdays 7:00-8:00 p.m.	12 weeks Once a week - \$57.00 Price include HST
ADULT LESSONS	Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available 8 classes (once or twice a week times available) Sun - 8:15- 8:45 pm Mon. - 1:00-1:30 pm Mon. - 1:30-2:00 pm Tues - 7:00-8:00 pm Thurs - 7:30-8:30 pm		1:1 (1 hour) \$100.00 1:1 (½ hr) \$62.40 1:2 (½ hr) \$37.60 Group of 6 \$44.00 Prices include HST