

# Community Pool Summer Instructional 2017

**Session 1: July 3 — July 14, 2017 (10 Classes)**  
**Session 2: July 17—28, 2017 (10 Classes)**  
**Session 3: July 31—August 11, 2017 (9 Classes)**  
**No lessons August 7th (Civic Holiday)**  
**No make-up lessons will be offered**

**On-Line registration will open Thursday, June 1st, 2017 at 7:00 am**  
 For those unable to register on line, in person registration opens  
 Thursday, June 1st at 9:00 am—5:00 pm at Town Hall  
 (cheques only please)

### 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.

LEVEL/FEE	MAX	DESCRIPTION	TIME
<b>30 Minute Private Lessons</b> <b>Session 1 &amp; 2 (10 classes)</b> <b>\$132.00</b>  <b>Session 2 (9 classes)</b> <b>\$118.80</b>	1:1	One-on-one 30 minute times available for pre-school and school-aged children up to and including Level 10.	
		10:35-11:05 am x 3	Session 1 , 2 & 3
		11:10-11:40 am x 3	Session 1 , 2 & 3
		1:00-1:30 pm x 3	Session 1 , 2 & 3
		1:35-2:05 pm x 3	Session 1 , 2 & 3
		2:10-2:40 pm x 3	Session 1 , 2 & 3
		3:35-4:05 pm x 3	Session 1 , 2 & 3
		4:10-4:40 pm x 3	Session 1, 2 & 3
		4:45-5:15 pm x 3	Session 1, 2 & 3
		7:10-7:40 pm x 3	<b>Session 1 only</b>

### PRE-SCHOOL (Ages 3 to 5 years of age)





 <b>Starfish</b> \$37.00	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.	<b>Session 1 only</b> <b>6:35-7:05 pm</b>
 <b>Duck</b> \$37.00	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.	<b>Session 1 only</b> <b>6:35-7:05 pm</b>

## Community Pool Summer Instructional 2017 *continued*



LEVEL	MAX	DESCRIPTION	TIME	FEE
<b>RED CROSS SWIM KIDS</b>				
<b>Red Cross Swim Kids Level 1 \$66.50</b>	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.		<b>Session 1 only 6:35-7:05 pm</b>
<b>Red Cross Swim Kids Level 4 \$66.50</b>	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.		<b>Session 1 only 6:35-7:05 pm</b>

LEVEL/FEE	MAX	DESCRIPTION	TIME
<b>LEADERSHIP</b>			
<p><b>Red Cross Babysitting Course</b> at the <b>Deep River Pool</b> <b>\$41.53</b> <b>Wed., July 5 OR</b> <b>Wed., Aug. 9</b> 9:00 - 6:00 pm (½ hr. lunch break)</p> <p>HST will apply for individuals 15 years and older</p>	10	<p>Your child will learn ,from a first aid instructor, basic skills to care for babies, toddlers, preschoolers, and school-age children; to care for themselves and siblings when home alone. They will learn strategies to create safe and positive environments, prevent injuries, and problem-solve, as well as decision-making skills to handle emergencies and provide basic first aid. Additionally they will be taught age appropriate activities and games, communication, and basic business skills to acquire babysitting jobs.</p> <p>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.</p>	

## Community Pool Summer Instructional 2017 *continued*

LEVEL/FEE	MAX	DESCRIPTION	TIME
<b>LEADERSHIP <i>continued</i></b>			
<b>National Lifeguard Service Recert.</b> \$74.88 HST included 		To re-certify lifeguarding skills, techniques and first aid in a water setting. Please register your interest at Town Hall or at the Community Pool. 6 candidates are required to run the recertification course.	<b>Friday, July 7</b> <b>5:00 - 9:00 pm</b>
<b>National Lifeguard Service Waterfront Course</b> \$149.75 HST included 		Minimum of 16 years or older and completion of NLS Pool and Standard First Aid. A 20 hour course comprised of lifeguarding skills and techniques for a waterfront. Course held at Lamure Beach. Register your interest on-line.	<b>July 2017</b> <b>(20 hrs)</b>
<b>Standard First Aid</b> \$169.04 HST included 	Min. 6 Max. 12	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 and is a prerequisite for the National Lifeguard course. This course is an asset to have in any workplace.	<b>August 15 &amp; 16</b> <b>(Tues &amp; Wed)</b> <b>9:00 am—4:30 pm</b> Upstairs class room at the Pool
<b>Standard First Aid Recertification</b> \$125.93 Price include HST 	Min. 6 Max. 12	This course is to update your recently expired Red Cross Standard First Aid certificate. (8 hours)	<b>Thurs., Aug. 3rd</b> <b>9:00—5:00 pm</b> Upstairs class room at the Pool
<b>ADULT LESSONS</b>  4 classes \$ 58.20  6 classes \$87.30  Prices include HST		Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available  <b>Session 1</b> Mon. & Wed.: 10:00 am-10:30 am (4 classes) Tues. 7:00-7:30 pm (6 classes) July 4—Aug. 8 <b>Session 2</b> Mon. & Wed.: 10:00 am-10:30 am (4 classes) Mon. & Wed.: 6:35-7:05 pm (4 classes) Mon. & Wed.: 7:10-7:40 pm (4 classes) <b>Session 3</b> Mon. & Wed.: 10:00 am-10:30 am (4 classes) Mon. & Wed.: 6:35-7:05 pm (4 classes) Mon. & Wed.: 7:10-7:40 pm (4 classes)	

## Community Pool Summer Instructional 2017 *continued*

LEVEL	MAX DESCRIPTION	TIME	FEE
<b>EXERCISE CLASSES</b>			
<b>AQUAFIT</b>	<b>Tuesday* and Thursday* daytime</b> Monday and Wednesday evening *Heart Wise July 4—August 10, 2017	9:30-10:30 am 7:40-8:40 pm	10 tickets - \$82.45 5 tickets - \$41.25  Price includes HST
<b>H2O Boot Camp</b> 	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.		<b>Tuesday</b> 7:00-7:45 pm July 4 – August 8 (6 wks) \$60.06 Price includes HST
<b>Active Mom and baby Aquafit</b>	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.		<b>Wednesdays</b> 10:40-11:25 am July 5 —August 9 (6 wks) \$50.40 Price includes HST
<b>**NEW**</b>  <b>Parent &amp; Toddler Swim</b>	A daytime recreational swim for parents and toddlers once a week. The rate is based on the adult admission with the child/children being free of charge. Babies must be at least 4 months old to be able to fit comfortably in the "baby boat". Parents please register themselves.		Thursdays 11:00-11:30 am July 6 August 10 (6 wks) \$15.00 Price includes HST
<b>**NEW**</b>  <b>STAND UP PADDLE BOARD YOGA at LAMURE BEACH</b>  	Enjoy the benefits of yoga but with the extra challenge of being on a stand up paddle board. This program will take place at Lamure Beach with <i>Bonita</i> , a certified SUP Yoga instructor. Geared to adults. <b><i>We offer a reduced fee if you bring your own SUP board and pfd.</i></b> The Town has 4 SUP boards on site.  Tuesdays - 12:15-12:45 pm - July 11, 18 & 25 Thursdays - 12:15-12:45 pm - July 13, 20, & 27 Thursdays—4:45-5:30 pm — July 13, 20, & 27 <b>30 min. class once a week with board rental \$33.34</b> <b>30 min. class once a week bring your own board \$22.04</b> Price includes HST		<b>Thursdays</b> <b>4:45-5:30 pm</b> <b>\$45.20 with board rental</b>  <b>bring your own board: \$33.90</b>  Price includes HST
<b>**NEW**</b>  <b>STAND UP PADDLE BOARD WORKOUT at LAMURE BEACH</b>	Join the trend of a workout on a stand up paddle board. Enjoy the benefits of a workout with the extra challenge of being on a SUP board at the beach. This is a great core based activity. Geared to adults. <b><i>We offer a reduced fee if you bring your own SUP board and pfd.</i></b> The Town has 4 SUP boards on site.  <b>Mondays — 4:45-5:30 pm - July 10, 17 &amp; 24</b>		<b>Mondays</b> <b>4:45-5:30 pm</b> <b>\$45.20 with board rental</b>  <b>bring your own board: \$33.90</b> Price includes HST

## Community Pool Summer Instruction 2017 *continued*

TYPE	PARTICIPATION	12 MONTHS	1 MONTH
EARLY BIRD	Early Bird Membership includes an Adult Membership	\$594.40	\$61.85

TYPE	PARTICIPATION	12 MONTHS	1 MONTH
ADULT MEMBERSHIP	Adult & Public swims	\$238.20	\$60.10
FAMILY MEMBERSHIP	Public & Family swims	\$332.95	\$95.85
STUDENT MEMBERSHIP	Public & Family swims	\$132.15	\$38.60