

Community Pool Spring Swim Instruction 2017

March 31— June 10, 2017 (8 Weeks)

**No lessons during the Easter Long weekend (April 14-17),
Saturday, May 13 due to the Blackfly Swim meet, and**

The May Long weekend (May 19-22)

***prices will increase as of April 1st, 2017**

On-Line registration will open Wednesday, March 8th, 2017 at 7:00 a.m.

For those unable to register on line, in person registration is available
at Town Hall on Wednesday, March 8th from 9:00 a.m.—5:00 p.m.

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.

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.





LEVEL/FEE	MAX	DESCRIPTION																																				
<p>Private Lessons 20 min - \$68.80</p> <p>30 min. - \$103.20</p>	1:1	<p>20 minute and 30 times available up to and including level 6.</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tbody> <tr><td style="text-align: center;">Fridays</td><td style="text-align: center;">4:15-4:35 p.m.</td></tr> <tr><td style="text-align: center;">Fridays</td><td style="text-align: center;">4:15-4:45 p.m.</td></tr> <tr><td style="text-align: center;">Fridays</td><td style="text-align: center;">4:40-5:00 p.m.</td></tr> <tr><td style="text-align: center;">Fridays</td><td style="text-align: center;">5:05-5:25 p.m.</td></tr> <tr><td style="text-align: center;">Saturdays</td><td style="text-align: center;">9:30-9:50 a.m.</td></tr> <tr><td style="text-align: center;">Saturdays</td><td style="text-align: center;">10:05-10:25 a.m.</td></tr> <tr><td style="text-align: center;">Saturdays</td><td style="text-align: center;">10:30-11:00 a.m.</td></tr> <tr><td style="text-align: center;">Saturdays</td><td style="text-align: center;">10:40-11:00 a.m.</td></tr> <tr><td style="text-align: center;">Saturdays</td><td style="text-align: center;">11:05-11:35 a.m.</td></tr> <tr><td style="text-align: center;">Saturdays</td><td style="text-align: center;">11:40-12:00 p.m. x 2</td></tr> <tr><td style="text-align: center;">Saturdays</td><td style="text-align: center;">11:40-12:10 p.m.</td></tr> <tr><td style="text-align: center;">Saturdays</td><td style="text-align: center;">12:05-12:35 p.m. x 2</td></tr> <tr><td style="text-align: center;">Saturdays</td><td style="text-align: center;">12:15-12:35 p.m.</td></tr> <tr><td style="text-align: center;">Sundays</td><td style="text-align: center;">6:05-6:25 p.m. x 2</td></tr> <tr><td style="text-align: center;">Sundays</td><td style="text-align: center;">6:05-6:35 p.m.</td></tr> <tr><td style="text-align: center;">Sundays</td><td style="text-align: center;">6:40-7:00 p.m.</td></tr> <tr><td style="text-align: center;">Sundays</td><td style="text-align: center;">7:50-8:20 p.m.</td></tr> <tr><td style="text-align: center;">Sundays</td><td style="text-align: center;">8:05-8:25 p.m.</td></tr> </tbody> </table>	Fridays	4:15-4:35 p.m.	Fridays	4:15-4:45 p.m.	Fridays	4:40-5:00 p.m.	Fridays	5:05-5:25 p.m.	Saturdays	9:30-9:50 a.m.	Saturdays	10:05-10:25 a.m.	Saturdays	10:30-11:00 a.m.	Saturdays	10:40-11:00 a.m.	Saturdays	11:05-11:35 a.m.	Saturdays	11:40-12:00 p.m. x 2	Saturdays	11:40-12:10 p.m.	Saturdays	12:05-12:35 p.m. x 2	Saturdays	12:15-12:35 p.m.	Sundays	6:05-6:25 p.m. x 2	Sundays	6:05-6:35 p.m.	Sundays	6:40-7:00 p.m.	Sundays	7:50-8:20 p.m.	Sundays	8:05-8:25 p.m.
Fridays	4:15-4:35 p.m.																																					
Fridays	4:15-4:45 p.m.																																					
Fridays	4:40-5:00 p.m.																																					
Fridays	5:05-5:25 p.m.																																					
Saturdays	9:30-9:50 a.m.																																					
Saturdays	10:05-10:25 a.m.																																					
Saturdays	10:30-11:00 a.m.																																					
Saturdays	10:40-11:00 a.m.																																					
Saturdays	11:05-11:35 a.m.																																					
Saturdays	11:40-12:00 p.m. x 2																																					
Saturdays	11:40-12:10 p.m.																																					
Saturdays	12:05-12:35 p.m. x 2																																					
Saturdays	12:15-12:35 p.m.																																					
Sundays	6:05-6:25 p.m. x 2																																					
Sundays	6:05-6:35 p.m.																																					
Sundays	6:40-7:00 p.m.																																					
Sundays	7:50-8:20 p.m.																																					
Sundays	8:05-8:25 p.m.																																					

Community Pool Spring Swim Instruction 2017 *continued*





Private Lesson Schedule

DAYS	TIMES
Mondays	4:05-4:25 p.m. x 2
Mondays	4:30-4:50 p.m. x 2
Mondays	5:00-5:30 p.m.
Wednesdays	1:00-1:20 p.m. x 2
Wednesdays	4:05-4:25 p.m. x 2
Wednesdays	4:30-4:50 p.m.
Wednesdays	5:05-5:25 p.m.
Thursdays	5:00-5:20 p.m. x 2
Thursdays	5:25-5:45 p.m.
Thursdays	5:50-6:10 p.m.
Thursdays	6:00-6:20 p.m.

Community Pool Spring Swim Instruction 2017 *continued*

LEVEL/FEE	MAX	DESCRIPTION												
PRE-SCHOOL (Ages 3 to 5 years of age)														
Starfish \$28.80 	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 \$28.80 	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 \$56.40 	2	Orientation to water for toddlers. Age is the only condition for entering this level. <table border="1" data-bbox="592 898 1156 1220" style="margin-left: auto; margin-right: auto;"> <tr> <td>Fridays</td> <td>4:55-5:25 p.m.</td> </tr> <tr> <td>Saturdays</td> <td>9:30-10:00 a.m.</td> </tr> <tr> <td>Saturdays</td> <td>11:05-11:35 a.m.</td> </tr> <tr> <td>Sundays</td> <td>6:05-6:35 p.m.</td> </tr> <tr> <td>Mondays</td> <td>4:25-4:55 p.m.</td> </tr> </table>	Fridays	4:55-5:25 p.m.	Saturdays	9:30-10:00 a.m.	Saturdays	11:05-11:35 a.m.	Sundays	6:05-6:35 p.m.	Mondays	4:25-4:55 p.m.		
Fridays	4:55-5:25 p.m.													
Saturdays	9:30-10:00 a.m.													
Saturdays	11:05-11:35 a.m.													
Sundays	6:05-6:35 p.m.													
Mondays	4:25-4:55 p.m.													
Sea Otter \$56.40 	2	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. <table border="1" data-bbox="617 1514 1133 1896" style="margin-left: auto; margin-right: auto;"> <tr> <td>Saturdays</td> <td>9:55-10:25 a.m.</td> </tr> <tr> <td>Saturdays</td> <td>11:05-11:35 a.m.</td> </tr> <tr> <td>Sundays</td> <td>6:05-6:35 p.m.</td> </tr> <tr> <td>Sundays</td> <td>6:40-7:10 p.m.</td> </tr> <tr> <td>Mondays</td> <td>4:55-5:25 p.m.</td> </tr> <tr> <td>Thursdays</td> <td>5:00-5:30 p.m.</td> </tr> </table>	Saturdays	9:55-10:25 a.m.	Saturdays	11:05-11:35 a.m.	Sundays	6:05-6:35 p.m.	Sundays	6:40-7:10 p.m.	Mondays	4:55-5:25 p.m.	Thursdays	5:00-5:30 p.m.
Saturdays	9:55-10:25 a.m.													
Saturdays	11:05-11:35 a.m.													
Sundays	6:05-6:35 p.m.													
Sundays	6:40-7:10 p.m.													
Mondays	4:55-5:25 p.m.													
Thursdays	5:00-5:30 p.m.													

Community Pool Spring Swim Instruction 2017 *continued*

LEVEL/FEE	MAX	DESCRIPTION										
PRE-SCHOOL (Ages 3 to 5 years of age)												
Salamander \$56.40 	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> <table border="1" data-bbox="610 583 1094 835"> <tr> <td>Fridays</td> <td>4:55-5:25 p.m.</td> </tr> <tr> <td>Saturdays</td> <td>10:05-10:35 a.m.</td> </tr> <tr> <td>Sundays</td> <td>6:30-7:00 p.m.</td> </tr> <tr> <td>Mondays</td> <td>4:55-5:25 p.m.</td> </tr> <tr> <td>Thursdays</td> <td>5:25-5:55 p.m.</td> </tr> </table>	Fridays	4:55-5:25 p.m.	Saturdays	10:05-10:35 a.m.	Sundays	6:30-7:00 p.m.	Mondays	4:55-5:25 p.m.	Thursdays	5:25-5:55 p.m.
Fridays	4:55-5:25 p.m.											
Saturdays	10:05-10:35 a.m.											
Sundays	6:30-7:00 p.m.											
Mondays	4:55-5:25 p.m.											
Thursdays	5:25-5:55 p.m.											
Sunfish \$53.60 	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="text-align: center;">Wednesday 4:55—5:25 p.m.</p>										
Crocodile \$53.60 	4	<p>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.</p> <p style="text-align: center;">Wednesday 4:30—5:00 p.m.</p>										
Whale \$52.00 	6	<p>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.</p> <p style="text-align: center;">Sunday 6:30—7:00 p.m.</p>										




Community Pool Spring Swim Instruction 2017 *continued*

LEVEL	MAX	DESCRIPTION
RED CROSS SWIM KIDS		
Red Cross Swim Kids Level 1 \$52.00	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. <p style="text-align: center;">Sunday: 6:40-7:10 p.m.</p>
Red Cross Swim Kids Level 2 \$52.00	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. <p style="text-align: center;">Sunday: 7:05—7:35 p.m.</p>
Red Cross Swim Kids Level 3 \$52.00	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. <p style="text-align: center;">Sunday: 7:05—7:35 p.m.</p>
Red Cross Swim Kids Level 4 \$52.00	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. <p style="text-align: center;">Saturday: 10:30-11:00 a.m. * split with Level 5 Sunday: 7:05-7:35 p.m. Thursday: 5:35-6:05 p.m.</p>
Red Cross Swim Kids Level 5 \$52.00	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. <p style="text-align: center;">Saturday: 10:30-11:00 a.m. * split with Level 4 Sunday: 7:15-7:45 p.m.</p>
Red Cross Swim Kids Level 6 \$41.20	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 <p style="text-align: center;">Sunday: 7:15-8:00 p.m.</p>
Red Cross Swim Kids Level 7 \$41.20	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. <p style="text-align: center;">Sunday: 7:40-8:25 p.m.</p>




Community Pool Spring Swim Instruction 2017 *continued*

LEVEL	MAX	DESCRIPTION
<p>Red Cross Swim Kids Level 8 & Rookie Patrol</p> <p style="text-align: center;">\$45.60</p>	10	<p>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.</p> <p style="text-align: center;">Sunday: 7:40-8:40 p.m.</p>
<p>Red Cross Swim Kids Level 9</p> <p style="text-align: center;">\$41.20</p>	10	<p>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.</p> <p style="text-align: center;">Sunday: 7:40-8:25 p.m.</p>
<p>Red Cross Swim Kids Level 10 & Ranger Patrol</p> <p style="text-align: center;">\$45.60</p>	10	<p>This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary backstroke 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.</p> <p style="text-align: center;">Sun - 7:40-8:40 p.m.</p>
<p style="text-align: center;">Stroke Improvement</p> <p style="text-align: center;">\$45.60</p>	8	<p>Stroke improvement for Swim Kid levels 6 and up</p> <p style="text-align: center;">Fridays 4:05-4:50 p.m.</p>
<p style="text-align: center;">Synchronized Swimming</p> <p style="text-align: center;">\$45.60</p>		<p>This one day a week program is an introduction to synchronized swimming in a fun environment. The candidates will perform a routine to family members on the last day.</p> <p style="text-align: center;">Completion of Swim Kids 5 is recommended.</p> <p style="text-align: center;">Wednesdays 4:30-5:15 p.m.</p>

Community Pool Spring Swim Instruction 2017 *continued*

LEVEL/FEE	MAX	DESCRIPTION
LEADERSHIP		
<p>**NEW** Red Cross Babysitting Course \$40.80</p> <p>HST will apply for individuals 15 years and older</p> <div style="text-align: center;">  </div>	<p>10</p>	<p>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.</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. All classes will be held upstairs of the Deep River Community Pool.</p> <p style="text-align: center;">Monday, April 17th - 9:00 - 6:00 p.m. (½ hr. lunch break); Friday, June 9th - 9:00 - 6:00 p.m. (½ hr. lunch break) <i>This course is usually held during school P.A. Days</i></p>
<p>Bronze Medallion \$152.85 HST will apply for individuals 15 years</p> <div style="text-align: center;">  </div>	<p>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.</p>	<p>Tuesdays 5:00-7:00 p.m. March 28— May 23 Exam date: Tuesday, May 30/17</p>
<p>Bronze Cross \$134.12 HST will apply for individuals 15 years and older</p> <div style="text-align: center;">  </div>	<p>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.</p>	<p>Tuesdays 5:00-7:00 p.m. March 28— May 23 Exam date: Sat. June 3/17</p>

Community Pool Spring Swim Instruction 2017 *continued*

LEVEL/FEE	MAX	DESCRIPTION	TIME										
LEADERSHIP <i>continued</i>													
National Lifeguard Service \$206.15 HST included 	MIN. 6	Minimum of 16 years or older and completion of Bronze Cross and Standard First Aid. A 40 hour course comprised of life guarding skills and techniques, as well as an introduction to first aid in a water setting.	May 4, 6, 7, 11, 19, 25, & 27 Exam May 28										
National Lifeguard Service Recert. \$73.55 HST included		To re-certify lifeguarding skills, techniques and first aid in a water setting. 6 candidates are required to run this recertification course	12:00-4:00 p.m. Sun., May 28										
Red Cross Water Safety Instructor \$350.30 HST incl. 		The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills in the Red Cross Swim Preschool, and Red Cross Swim Kids, Red Cross Swim. This updated program has incorporated an on-line component. <table border="1" style="margin-top: 10px; width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">Wednesday, May 3 — 4:00-6:00 p.m.</td> <td style="padding: 5px;">Skills and evaluation</td> </tr> <tr> <td style="padding: 5px;">May 4—June 23</td> <td style="padding: 5px;">On-line component</td> </tr> <tr> <td style="padding: 5px;">Friday, June 23—4:00-6:00 p.m.</td> <td style="padding: 5px;">Class room</td> </tr> <tr> <td style="padding: 5px;">July—August</td> <td style="padding: 5px;">Apprentice teaching</td> </tr> <tr> <td style="padding: 5px;">September 8-10 & 22-24 *times to be announced</td> <td style="padding: 5px;">Pool and class room</td> </tr> </table>	Wednesday, May 3 — 4:00-6:00 p.m.	Skills and evaluation	May 4—June 23	On-line component	Friday, June 23—4:00-6:00 p.m.	Class room	July—August	Apprentice teaching	September 8-10 & 22-24 *times to be announced	Pool and class room	
Wednesday, May 3 — 4:00-6:00 p.m.	Skills and evaluation												
May 4—June 23	On-line component												
Friday, June 23—4:00-6:00 p.m.	Class room												
July—August	Apprentice teaching												
September 8-10 & 22-24 *times to be announced	Pool and class room												
Standard First Aid \$166.05 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. This course is a prerequisite for the National Lifeguard course and an asset to have in any workplace. This course is valid for 3 years. <p style="text-align: center;"><i>Weekday times are available for private groups of 6 or more people</i></p>	9:00—4:30 p.m. April 1 & 2; or June 3 & 4										
Standard First Aid Recertification \$123.70 Price include HST	Min. 6 Max. 12	This course is to update your recently expired Red Cross Standard First Aid certificate. (8 hours)	9:00 -5:00 p.m. Sat., April 29										
CPR Level "C" Recertification \$83.00 Price include HST	Min. 6 Max. 12	This course is to update your recently expired Red Cross CPR Level "C" certificate. (4 hours)	6:00 -10:00 p.m. Thurs., April 6; or Thurs., June 15										

Community Pool Spring Instruction 2017 *continued*

LEVEL	DESCRIPTION	TIME	FEE
EXERCISE CLASSES			
AQUAFIT	Monday*, Wednesday* and Friday* daytime Monday and Wednesday evenings *Heart Wise	9:30-10:30 a.m. 7:30-8:30 p.m.	10 tickets - \$81.00 5 tickets - \$40.50
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.	Tuesdays 7:00-7:45 p.m. March 28-May 30 (10 wks) \$98.30 Price include HST	Thursdays 7:30-8:15 p.m. March 30-June 1 (10 wks) \$98.30 Price include HST
ACTIVE MOM & 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.	Wednesdays March 29-May 31 10:40-11:25 a.m. (10 weeks)	\$82.50 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.	Tuesdays 7:00-8:00 p.m. March 28-May 30	10 weeks Once a week - \$53.00 Price include HST
NEW STAND UP PADDLE BOARD WORK-OUT at the Pool	**Want to try something new? Join the TREND of a work-out on a stand-up paddle board. Enjoy the benefits of a work-out with the extra challenge of being on a stand-up paddle board in the pool. This is a great core based activity. A certified personal trainer will teach this course. The pool has 4 SUP boards. We offer a reduced fee if you bring your own SUP board and paddle.	Thursdays 5:30-6:15 p.m.	4 weeks March 30-April 20 \$50.62 HST incl. \$10.00 Discount if you bring your own board
ADULT LESSONS	Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available 6 classes (once or twice a week times available) Wed. - 1:30-2:00 p.m. x 2 Tues - 7:00-7:30; 7:30-8:00 p.m. Thurs - 8:00-8:30 p.m.; 8:30-9:00 p.m.		1:1 (1 hour) \$171.60 1:1 (½ hr) \$85.80 1:2 (1 hour) \$85.80 Group of 6 \$47.70 Prices include HST

Community Pool Spring Instruction 2017 *continued*

LEVEL	DESCRIPTION			
MEMBERSHIPS				
EARLY BIRD	<p>The early bird program is an hour swim Monday, Wednesday and Friday, from 6:00-7:00 a.m. for people wishing to improve their strokes or just keep in shape.</p>			
	TYPE	PARTICIPATION	12 MONTHS	1 MONTH
	EARLY BIRD	Membership includes a 12 month Adult Membership	\$583.90	\$60.75
MEMBERSHIP RATES	TYPE	PARTICIPATION	12 MONTHS	1 MONTH
	ADULT MEMBERSHIP	Adult & Public swims	\$234.00	\$59.05
	FAMILY MEMBERSHIP	Public & Family swims	\$327.05	\$94.15
	STUDENT MEMBERSHIP	Public & Family swims	\$129.80	\$37.90