

# Community Pool Spring Swim Instruction 2018

**April 6 — June 16, 2018 (9 Weeks)**

**No lessons Saturday, May 12 due to the Blackfly Swim meet or during the May Long weekend (May 18-21)**

**On-Line registration will open Wednesday, March 21st, 2018 at 7:00 a.m.**

For those unable to register on line, in person registration is available at Town Hall on Wednesday, March 21st from 9:00 a.m.—5:00 p.m. and at the W.B. Lewis Library from 6:00 p.m.– 8:00 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																																		
<b>Private Lessons</b> 20 min. - \$80.10	1:1	20 minute and 30 times available up to and including level 6.																																		
30 min. - \$120.15																																				
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# Community Pool Spring Swim Instruction 2018 *continued*





## Private Lesson Schedule

DAYS	TIMES
Sundays	6:40-7:00 p.m.
Sundays	7:50-8:20 p.m.
Sundays	8:05-8:25 p.m.
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.
Thursdays	6:10-6:30 p.m.

# Community Pool Spring Swim Instruction 2018 *continued*

LEVEL/FEE	MAX	DESCRIPTION												
<b>PRE-SCHOOL (Ages 3 to 5 years of age)</b>														
<b>Starfish</b> \$33.75 	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.												
<b>Duck</b> \$33.75 	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.												
<b>Sea Turtle</b> \$65.70 	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.		
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<b>Sea Otter</b> \$65.70 	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.
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# Community Pool Spring Swim Instruction 2018 *continued*

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<b>PRE-SCHOOL (Ages 3 to 5 years of age)</b>												
<b>Salamander</b> \$65.70 	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="610 585 1094 837"> <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.
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<b>Sunfish</b> \$62.55 	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;"><b>Wednesday: 4:55—5:25 p.m.</b></p>										
<b>Crocodile</b> \$62.55 	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;"><b>Wednesday: 4:30—5:00 p.m.</b></p>										
<b>Whale</b> \$60.75 	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;"><b>Sunday: 6:30—7:00 p.m.</b></p>										




## Community Pool Spring Swim Instruction 2018 *continued*

LEVEL	MAX	DESCRIPTION
<b>RED CROSS SWIM KIDS—SCHOOL AGE (Ages 6 and up)</b>		
<b>Red Cross Swim Kids Level 1</b> \$60.75	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>Sunday: 6:40—7:10 p.m.</b>
<b>Red Cross Swim Kids Level 2</b> \$60.75	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.  <b>Sunday: 7:05—7:35 p.m.</b>
<b>Red Cross Swim Kids Level 3</b> \$60.75	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.  <b>Sunday: 7:05—7:35 p.m.</b>
<b>Red Cross Swim Kids Level 4</b> \$60.75	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>Saturday: 10:30—11:00 a.m. * split with Level 5</b> <b>Sunday: 7:05—7:35 p.m.</b> <b>Thursday: 5:35—6:05 p.m.</b>
<b>Red Cross Swim Kids Level 5</b> \$60.75	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.  <b>Saturday: 10:30—11:00 a.m. * split with Level 4</b> <b>Sunday: 7:15—7:45 p.m.</b>
<b>Red Cross Swim Kids Level 6</b> \$48.15	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  <b>Sunday: 7:15—8:00 p.m.</b>
<b>Red Cross Swim Kids Level 7</b> \$48.15	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.  <b>Sunday: 7:40—8:25 p.m.</b>




## Community Pool Spring Swim Instruction 2018 *continued*

LEVEL	MAX	DESCRIPTION
<b>Red Cross Swim</b> <b>Kids Level 8</b> \$48.15	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.  <p style="text-align: center;"><b>Sunday: 7:40—8:25 p.m.</b></p>
<b>Red Cross Swim</b> <b>Kids Level 9</b> \$53.10	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.  <p style="text-align: center;"><b>Sunday: 7:40—8:40 p.m.</b></p>
<b>Red Cross Swim</b> <b>Kids Level 10</b> \$53.10	10	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 style="text-align: center;"><b>Sunday: 7:40—8:40 p.m.</b></p>
<b>Stroke Improvement</b> \$58.15	8	Stroke improvement for Swim Kid levels 6 and up  <p style="text-align: center;"><b>Friday: 4:05—4:50 p.m.</b></p>
<b>BRONZE STAR</b> 60 75 	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  <p style="text-align: center;"><b>Sunday: 7:40—8:40 p.m.</b></p>

## Community Pool Spring Swim Instruction 2018 *continued*





LEVEL/FEE	MAX	DESCRIPTION
<b>LEADERSHIP</b>		
<p><b>**NEW**</b> <b>Red Cross</b> <b>Babysitting Course</b> \$42.15</p> <p>HST will apply for individuals 15 years and older</p> <div style="text-align: center;">  <p><b>CANADIAN RED CROSS</b></p> </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. For youth 11 to 15 years of age.</p> <p style="text-align: center;"><b>Friday, April 27th</b> - 9:00 - 6:00 p.m. (½ hr. lunch break); <b>Friday, June 8th</b> - 9:00 - 6:00 p.m. (½ hr. lunch break) <i>This course is usually held during school P.A. Days</i></p>
<p><b>Bronze Medallion</b> \$157.90</p> <p>HST will apply for individuals 15 years and older</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.</p> <p>Manual and exam fee included.</p> <p style="text-align: center;"><b>Tuesday: 5:00—7:00 p.m.</b> <b>April 10—June 5</b> <b>Exam date: Tuesday, June 12/18</b></p>	
<p><b>Bronze Cross</b> \$138.60</p> <p>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 &amp; emergency procedures. An introduction to emergency first aid in a water setting. Candidates must be 14 years of age &amp; have completed Bronze Medallion. Candidates will be trained in Emergency 1st Aid and receive a recognized certificate. Exam fees included.</p> <p style="text-align: center;"><b>Tuesday: 5:00—7:00 p.m.</b> <b>April 10—June 5</b> <b>Exam date: Thursday, June 7/18</b></p>	

## Community Pool Spring Swim Instruction 2018 *continued*






LEVEL/FEE	MAX	DESCRIPTION	TIME
<b>LEADERSHIP <i>continued</i></b>			
National Lifeguard Service \$213.00 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 5, 6, 10, 17, 24, & 26 Exam May 27
National Lifeguard Service Recert. \$76.00 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 27
Lifesaving Society Instructor course \$226.00 HST incl. 		The Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards. Because the Society's first aid courses are recognized by Ontario's Workplace Safety & Insurance Board (WSIB), the Society complies with WSIB's request that only "first aid instructors" teach WSIB-approved courses. Successful candidates on the Lifesaving Instructor course receive two certification cards: Lifesaving Instructor and Emergency First Aid Instructor. Candidates must be 16 years of age by the end of the course. This course is 25hrs of combined classroom and water time. Manuals included. Current Lifesaving Instructors are certified to teach: Canadian Swim Patrol Program (Rookie and Ranger), Bronze Star, Bronze Medallion and Bronze Cross	April *Dates to be determined
Red Cross Water Safety Instructor Recertification \$76.00 	Min. 6 Max. 12	This course will recertify your WSI qualification. This 5 hr course includes a professional development component and a Red Cross Swimming & Water Safety Program Update. Pool includes a WSI – Skills Evaluation for water safety skills and strokes, and Instructor Emergency Response (IER) skills. *Note: Newly certified WSIs must complete the three mandatory WSI - Online Professional Development Courses (Evaluating Strokes, Supervising the Teaching Experience, and Teaching Parented Classes), before attending their first WSI Recertification Course.	5:00-10:00 p.m. Thurs. May 17



## Community Pool Spring Swim Instruction 2018 *continued*

ILEVEL/FEE	MAX	DESCRIPTION	TIME
<b>LEADERSHIP <i>continued</i></b>			
<b>Standard First Aid Level "C"</b> \$169.05 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;"><b><i>Weekday times are available for private groups of 6 or more people</i></b></p>	9:00—4:30 p.m.  <p style="text-align: center;"><b>May 5 &amp; 6; or a minimum of 6 candidates is required for this course</b></p>
<b>Standard First Aid Level "C" BLENDED online course</b> \$125.95* introductory rate HST included  		Red Cross now offers a <b>BLENDED</b> first aid course with a self-directed online learning component and class room skills component. Approximate time for a blended course would be 8 hours online learning (depending on the learner) and 7.5 hours in-class .  <p style="text-align: center;"><b><i>Weekday times are available for private groups of 6 or more people</i></b></p>	9:00—4:30 p.m.  <p style="text-align: center;"><b>June 24 classroom for BLENDED course a minimum of 6 candidates is required for this course</b></p>
<b>Standard First Aid Level "C" Recertification</b> \$125.95 HST included  	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. <p style="text-align: center;"><b>Sat., April 14; or June 2</b></p>
CPR Level "C" Recertification \$84.50 HST included  	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. <p style="text-align: center;"><b>Thurs., April 19 Thurs., June 14</b></p>

# Community Pool Spring Instruction 2018 *continued*

LEVEL	DESCRIPTION	TIME	FEE
<b>EXERCISE CLASSES</b>			
<b>AQUAFIT</b>	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 - \$83.70 5 tickets - \$41.85
<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>Tuesdays</b> 7:00-7:45 p.m. April 3-May 29 (9 wks); June 5-June 19 (3 wks)	\$91.45 (9 wks) Price include HST  \$30.50 (3 wks) Price include HST
<b>ACTIVE MOM &amp; 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 a.m. April 4-May 30 (9 weeks); June 6-June 20 (3 wks)	\$76.70 (9 wks) Price include HST  \$25.55 (3 wks) Price include HST
<b>AQUAJOG</b> 	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.	<b>Tuesdays</b> 7:00-8:00 p.m. April 3-June 19 (12 wks)	\$65.75 Price include HST
<b>STAND UP PADDLE BOARD WORK-OUT at the Pool</b> 	**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. The pool has 4 SUP boards. <i>We offer a reduced fee if you bring your own SUP board and paddle.</i>	<b>Tuesdays</b> 8:00-8:45 p.m. April 3-May 29 (9 wks)	\$113.90 <b>\$10.00 Discount if you bring your own board</b>
<b>AQUA YOGA</b> 	Yoga class helps with strength, flexibility, and stability with little to no impact on the joints. It is about prioritizing your mind, body, and soul wherever you are, and making these mindful practices accessible to you.	<b>Thursdays</b> 8:35—9:05 p.m. April 5-26 (4 wks); May 17-June 7 (4 wks)	\$27.10 (4 wks) Price include HST

## Community Pool Spring Instruction 2018 *continued*

LEVEL	DESCRIPTION	TIME	FEE
<b>PARENT &amp; TODDLER SWIM</b>	Moms, Dads or caregivers enjoy a 30 minute daytime swim with your toddler(s). Babies must be 4 months of age to fit comfortably in our baby boats. The fee is based on an adult admission. If you have another adult join your group, an additional admission of \$2.25 will be charged per visit at the pool.	<b>Tuesdays</b> 11:00-11:30 a.m. April 3-May 29 (9 weeks); June 5-19 (3 wks)	\$20.25 (9 wks) Price include HST  \$6.75 (3 wks) Price include HST
<b>ADULT LESSONS</b>	Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available <b>6 classes</b> (once or twice a week times available) Wed. - 1:30-2:00 p.m. Tues - 7:00-7:30; 7:35-8:05 p.m. Thurs - 8:00-8:30 p.m.; 8:35-9:05 p.m.		1:1 (1 hour) \$177.30 1:1 (½ hr) \$88.50 1:2 (1 hour) \$88.50 Group of 6 \$49.50  Prices include HST
<b>STAND UP PADDLE BOARD LESSONS At the Pool</b>	<p>**Want to try something new? Join the TREND and learn the basic techniques on how to use a stand up paddle board in a controlled environment in the pool with a certified SUP Instructor.</p> <p>The pool has 4 SUP boards.</p> <p><i>We offer a reduced fee if you bring your own SUP board and paddle.</i></p>	<b>Tuesdays</b> 8:00-8:30 p.m. June 5-19 (3 wks)	June 5-19 \$26.75 Price include HST  \$10.00 Discount if you bring your own board



# Community Pool Spring Instruction 2018 *continued*

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<b>MEMBERSHIPS</b>																				
<b>EARLY BIRD</b>	<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. A great program to prepare for Deep River's triathlon.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>PARTICIPATION</th> <th>12 MONTHS</th> <th>1 MONTH</th> </tr> </thead> <tbody> <tr> <td>Early Bird Membership includes a 12 month Adult Membership</td> <td style="text-align: center;">\$603.30</td> <td style="text-align: center;">\$62.75</td> </tr> <tr> <td>Early Bird Swims Only</td> <td style="text-align: center;">\$361.55</td> <td style="text-align: center;">\$54.75</td> </tr> </tbody> </table>				PARTICIPATION	12 MONTHS	1 MONTH	Early Bird Membership includes a 12 month Adult Membership	\$603.30	\$62.75	Early Bird Swims Only	\$361.55	\$54.75							
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