





Community Pool Summer Instructional 2019 *continued*

LEVEL	MAX DESCRIPTION	TIME	FEE
EXERCISE CLASSES			
AQUAFIT	<p>Monday, Wednesday and Friday mornings</p> <p>Monday and Wednesday evenings *Heart Wise</p> <p style="text-align: center;">July 3—August 9, 2019</p> <p style="text-align: center;"><i>No classes July 1st or August 5th</i></p>	<p>9:30-10:30 am</p> <p>7:40-8:40 pm Session 1 6:35-7:35 pm Sessions 2 & 3</p>	<p>10 tickets - \$85.78 5 tickets - \$42.90</p> <p>Price includes HST</p>
<p>H2O Boot Camp</p> 	<p>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.</p>		<p style="color: red;">Tuesdays</p> <p>7:00-7:45 pm July 2 – Aug. 6 (6 wks) \$62.46</p> <p>Price includes HST</p>
<p>Parent & Toddler Swim</p> 	<p>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".</p> <p style="text-align: center;">Admission \$2.25 Drop in</p>		<p style="color: red;">Tuesdays</p> <p>11:00-11:30 am July 2—Aug. 6 (6 wks)</p>
<p>STAND UP PADDLE BOARD WORKOUT at LA-MURE BEACH</p> 	<p>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 and geared to adults. The Town has 4 SUP boards on site.</p>		<p style="color: red;">Tuesdays</p> <p>5:00-5:45 pm July 2-23(4 wks) \$52.14</p> <p>Price includes HST</p> <p><i>\$10.00 Discount if you bring your own board</i></p>
<p>INNERTUBE WATERPOLO</p> 	<p>**Want to try something new at the pool? This program is geared to students 18 years of age and older, co-op students and summer students in the area. Join individually or as a team.</p> <p>2 x 30 min. pick-up games per evening. Six players per team.</p> <p style="text-align: center;">8:45-9:45pm Session 1 7:45-8:45pm Sessions 2 & 3</p>		<p style="color: red;">Mondays</p> <p style="color: red;">July 8 -Aug 8</p> <p>No class Aug 1st for Civic holiday</p> <p>Admission: \$7.00 Drop in</p> <p>Price include HST</p>

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DEEP RIVER COMMUNITY POOL MEMBERSHIP AND ADMISSION RATES

ADULT MEMBERSHIP 1 YEAR	\$275.00	ADULT MEMBERSHIP 1 MONTH	\$62.53
ADULT 10 SWIM CARDS	\$40.50	ADULT SINGLE ADMISSION	\$4.50
STUDENT 10 SWIM CARDS	\$31.50	STUDENT SINGLE ADMISSION	\$3.50

FAMILY RATE - \$11.25

***ALL MEMBERSHIPS AND ADMISSION RATES
CAN BE USED FOR ANY TYPE OF SWIM***

RENTAL: \$123.91/Hour (Includes two lifeguards)

All prices include HST