

Community Pool Summer Instructional 2019

Session 1: July 2 — July 12, 2019 (9 Classes)

Session 2: July 15—26, 2019 (10 Classes)

Session 3: July 29—August 9, 2019 (9 Classes)

No lessons July 2nd or August 6th (Civic Holiday)

Lessons are pro-rated and no make-up lessons will be offered

On-Line registration will open Wednesday, March 20th, 2019 at 7:00 am

For those unable to register on line, in person registration opens
Wednesday, March 20th 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
<p>30 Minute Private Lessons Session 1 & 3 (9 classes) \$124.65</p> <p>Session 2 (10 classes) \$138.50</p> <p>limited One week private lessons Available (5 classes) \$69.25</p>	1:1	<p>TWO WEEK One-on-one 30 minute times available for pre-school and school-aged children up to and including Level 10. Lessons run Monday to Friday</p>	
		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
		2:55-3:25pm x 1	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	Session 1 only
		<p>ONE WEEK One-on-one 30 minute times available for pre-school and school-aged children</p>	
		10:35-11:05 am x 1	July 8-12 (Session 1)
		11:10-11:40 am x 1	July 8-12 (Session 1)
		10:35-11:05 am x 1	July 15-19 (Session 2)
		11:10-11:40 am x 1	July 15-19 (Session 2)
		10:35-11:05 am x 1	July 22-26 (Session 2)
		11:10-11:40 am x 1	July 22-26 (Session 2)
		10:35-11:05 am x 1	July 29-Aug. 2 (Session 3)
11:10-11:40 am x 1	July 29-Aug. 2 (Session 3)		




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LEVEL/FEE	MAX	DESCRIPTION	TIME
Starfish \$34.65 	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.	Session 1 only 6:35-7:05 pm
Duck \$34.65 	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	Session 1 only 6:35-7:05 pm





LEVEL	MAX	DESCRIPTION	TIME	FEE
RED CROSS SWIM KIDS (Ages 6 and up)				
Red Cross Swim Kids Level 1 \$62.10	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.	Session 1 only 6:35-7:05 pm	
Red Cross Swim Kids Level 4/5 \$62.10	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.	Session 1 only 6:35-7:05 pm	

Stroke Improvement \$54.45 (9 classes) \$60.50 (10 classes)	Stroke improvement for Swim Kid levels 6 and up	2:45-3:30pm Session 1 (9 classes) Session 2 (10 classes) Session 3 (9 classes)
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Community Pool Summer Instructional 2019 *continued*

LEVEL/FEE	MAX	DESCRIPTION TIME
LEADERSHIP		
<p>Red Cross Babysitting Course at the Deep River Pool \$43.21 Tuesday, July 9 (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: 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. The course is geared to youth 11– 15 years of age.</p>
<p>Bronze Star \$62.10 HST will apply for individuals 15 years and older</p> 		<p>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> <p style="text-align: center;">Session 1 (July 2-12) 1:00—2:00 p.m.</p>
<p>Bronze Medallion \$161.86 HST will apply for individuals 15 years and older</p> 		<p>Learn how to respond in water safety situations. Develop endurance in a timed swim. Emergency First Aid is included. Jr. Lifeguard or Bronze Star is recommended. Manual and exam fee included.</p> <p style="text-align: center;">Session 2 (July 15-26) 1:00—3:00 p.m. Exam date: Friday, July 26/19</p>
<p>Bronze Cross \$142.04 HST will apply for individuals 15 years and older</p> 		<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 style="text-align: center;">Session 2 (July 15-26) 1:00—3:00 p.m. Exam date: Friday, July 26/19</p>

Community Pool Summer Instructional 2019 *continued*

LEVEL/FEE	MAX	DESCRIPTION	TIME
LEADERSHIP <i>continued</i>			
National Lifeguard Service Pool Recert. \$77.90 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.	Friday, July 5 5:00 - 9:00 pm
National Lifeguard Service Waterfront Course \$155.80 HST included 		Minimum of 16 years or older and completion of NLS Pool and Standard First Aid. A 20 hour course comprised of life guarding skills and techniques for a waterfront. Course held at Lamure Beach. Register your interest on-line.	Starts June 13, 2019 (20 hrs)
Standard First Aid \$135.00 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. This is NOT a blended course.	August 7&8 (Wed & Thurs) 9:00 am-4:30 pm Upstairs class room at the Pool
Standard First Aid Recertification \$95.00 Price include HST 	Min. 6 Max. 12	This course is to update your recently expired Red Cross Standard First Aid certificate. (8 hours)	Aug. 1st (Thurs.) 9:00—5:00 pm Upstairs class room at the Pool
ADULT LESSONS 4 classes \$60.56 6 classes \$90.84 Prices include HST		Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available Tues. 7:00-7:30 pm (6 classes) July 2—Aug. 6 Once a week Session 1 Tues. & Thurs.: 10:00 am-10:30 am (4 classes) Session 2 Tues. & Thurs.: 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) Session 3 Tues. & Thurs.: 10:00 am-10:30 am (4 classes) Mon., Wed. & Fri.: 6:35-7:05 pm (4 classes) Mon., Wed., & Fri.: 7:10-7:40 pm (4 classes)	

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 LAMURE 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>

Community Pool Summer Instruction 2019 *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. This is a great program to prepare for the Deep River Triathlon. Early does not run during statutory holidays.</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;">\$618.40</td> <td style="text-align: center;">\$64.34</td> </tr> <tr> <td>Early Bird Swims Only</td> <td style="text-align: center;">\$370.59</td> <td style="text-align: center;">\$56.12</td> </tr> </tbody> </table>			PARTICIPATION	12 MONTHS	1 MONTH	Early Bird Membership includes a 12 month Adult Membership	\$618.40	\$64.34	Early Bird Swims Only	\$370.59	\$56.12							
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