

Community Pool Mini Fall Swim Instruction 2019

Due to a shortage of instructors, we will be running 2 mini sessions

Session 1: September 13—October 27, 2019 (6 Weeks) 

No lessons during the Thanksgiving weekend

Session 2: November 8—December 19, 2019 (6 Weeks)

On-Line registration will open Wednesday, September 4th, 2019 at 7:00 am

For those unable to register on line, in person registration is available
at Town Hall on Thursday, September 4th from 9:00 am—5:00 pm

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		
Private Lessons 20 min.—\$60.00 30 min. - \$90.00	1:1	30 times available up to and including level 6.		
		Fridays	4:05-4:25 pm x 2	Session 1 & 2
		Fridays	4:30-4:50 pm	Session 1 & 2
		Fridays	4:40-5:00 pm	Session 1 & 2
		Fridays	5:05-5:25 pm x2	Session 1 & 2
		Saturdays	9:35-9:55 am	Session 1 & 2
		Saturdays	10:10-10:30 am	Session 1 & 2
		Saturdays	10:40-11:00 am	Session 1 & 2
		Saturdays	11:10-11:40 am	Session 1
		Saturdays	11:45-12:15 pm x 2	Session 1 & 2
		Saturdays	12:20-12:50 pm	Session 1 & 2
		Sundays	6:05-6:25 pm	Session 2
		Sundays	7:15-7:45 pm	Session 2
Sundays	7:50-8:20 pm	Session 1 & 2		

Community Pool Mini Fall Swim Instruction 2019





Private Lesson Schedule

DAYS	TIMES	SESSION
Mondays	3:55-4:15 pm	Session 1 & 2
Mondays	4:00-4:20 pm	Session 1 & 2
Mondays	4:25-4:45 pm	Session 1 & 2
Mondays	5:10-5:30 pm	Session 1 & 2
Wednesdays	1:00-1:20 pm	Session 1 & 2
Wednesdays	3:55-4:15 pm	Session 2
Wednesdays	4:00-4:20 pm x 2	Session 1 & 2
Wednesdays	4:05-4:25 pm	Session 1
Wednesdays	4:20-4:50 pm	Session 2
Wednesdays	4:30-4:50 pm	Session 1
Wednesdays	5:00-5:20 pm	Session 1
Thursdays	5:00-5:20 pm	Session 1 & 2
Thursdays	5:25-5:45 pm	Session 1
Thursdays	5:35-5:55 pm	Session 1 & 2
Thursdays	6:00-6:20 pm	Session 1 & 2
Thursdays	6:00-6:30 pm	Session 1
Thursdays	6:10-6:30 pm	Session 2





Session 1: September 13—October 27, 2019 (6 Weeks)
No lessons during the Thanksgiving weekend

Session 2: November 8—December 19, 2019 (6 Weeks)

Community Pool Mini Fall Swim Instruction 2019 *continued*

LEVEL/FEE	MAX	DESCRIPTION			
PRE-SCHOOL (Ages 3 to 5 years of age)					
Starfish \$23.10 	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.	Saturday	9:35-10:05 am	Session 1 & 2
			Thursday	5:50-6:20 pm	Session 1
Duck \$23.10 	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.	Saturday	9:35-10:05 am	Session 1 & 2
			Thursday	5:50-6:20 pm	Session 1
Sea Turtle \$45.00 	2	Orientation to water for toddlers. Age is the only condition for entering this level.	Friday	4:55-5:25 pm	Session 1
			Saturday	9:35-10:05 am	Session 1 & 2
			Sunday	6:05-6:35 pm	Session 1
				6:30-7:00 pm	Session 2
			Monday	4:25-4:55 pm	Session 1 & 2
			Wednesday	4:25-4:55 pm	Session 2
			Thursday	5:00-5:30 pm	Session 2
Sea Otter \$45.00 	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.	Friday	4:30-5:00 pm	Session 1
				4:55-5:25 pm	Session 2
			Saturday	10:35-11:05 am	Session 1
				11:10-11:40 am	Session 1 & 2
				10:00-10:30 am	Session 2
			Sunday	6:05-6:35 pm	Session 1 & 2
				6:40-7:10 pm	Session 1
Monday	4:55-5:25 pm	Session 1 & 2			
Wednesday	5:00-5:30 pm	Session 2			
Thursday	5:00-5:30 pm	Session 1			
	5:25-5:55 pm	Session 2			


Community Pool Mini Fall Instruction 2019 *continued*

LEVEL/FEE	MAX	DESCRIPTION															
PRE-SCHOOL (Ages 3 to 5 years of age)																	
<p>Salamander \$45.00</p> 	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" style="margin-left: auto; margin-right: auto;"> <tr> <td>Friday</td> <td>4:30-5:00 pm</td> <td>Session 2</td> </tr> <tr> <td>Saturday</td> <td>10:10-10:40 am</td> <td>Session 1 & 2</td> </tr> <tr> <td>Sunday</td> <td>6:40-7:10 pm 6:05-6:35 pm</td> <td>Session 1 Session 2</td> </tr> <tr> <td>Monday</td> <td>4:50-5:20 pm</td> <td>Session 1</td> </tr> <tr> <td>Thursday</td> <td>5:25-5:55 pm</td> <td>Session 1</td> </tr> </table>	Friday	4:30-5:00 pm	Session 2	Saturday	10:10-10:40 am	Session 1 & 2	Sunday	6:40-7:10 pm 6:05-6:35 pm	Session 1 Session 2	Monday	4:50-5:20 pm	Session 1	Thursday	5:25-5:55 pm	Session 1
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Monday	4:50-5:20 pm	Session 1															
Thursday	5:25-5:55 pm	Session 1															
<p>Sunfish \$42.60</p> 	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> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>Wednesday</td> <td>4:25-4:55 pm</td> <td>Session 1</td> </tr> <tr> <td>Friday</td> <td>4:05-4:35 pm</td> <td>Session 2</td> </tr> <tr> <td>Sunday</td> <td>7:05-7:35 pm</td> <td>Session 2</td> </tr> </table>	Wednesday	4:25-4:55 pm	Session 1	Friday	4:05-4:35 pm	Session 2	Sunday	7:05-7:35 pm	Session 2						
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Sunday	7:05-7:35 pm	Session 2															
<p>Crocodile \$42.60</p> 	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> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>Saturday</td> <td>12:20-12:50 pm</td> <td>Session 1 & 2</td> </tr> <tr> <td>Wednesday</td> <td>4:25-4:55 pm</td> <td>Session 1</td> </tr> </table>	Saturday	12:20-12:50 pm	Session 1 & 2	Wednesday	4:25-4:55 pm	Session 1									
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<p>Whale \$42.60</p> 	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;">Saturday: 11:45-12:15 pm — Session 1 & 2</p>															





Community Pool Mini Fall Instruction 2019 *continued*

LEVEL	MAX	DESCRIPTION												
RED CROSS SWIM KIDS														
Red Cross Swim Kids Level 1 \$42.00	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. <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">Saturday</td> <td style="text-align: center;">10:00-10:30 am; 10:35-11:05 am</td> <td style="text-align: center;">Session 1 Session 2</td> </tr> <tr> <td style="text-align: center;">Sunday</td> <td style="text-align: center;">6:05-6:35 pm; 6:30-7:00 pm</td> <td style="text-align: center;">Session 1 Session 2</td> </tr> </table>	Saturday	10:00-10:30 am; 10:35-11:05 am	Session 1 Session 2	Sunday	6:05-6:35 pm; 6:30-7:00 pm	Session 1 Session 2						
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Sunday	6:05-6:35 pm; 6:30-7:00 pm	Session 1 Session 2												
Red Cross Swim Kids Level 2 \$42.00	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. <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">Saturday</td> <td style="text-align: center;">11:10-11:40 am</td> <td style="text-align: center;">Session 1 & 2</td> </tr> <tr> <td style="text-align: center;">Sunday</td> <td style="text-align: center;">6:40-7:10 pm</td> <td style="text-align: center;">Session 1 & 2</td> </tr> <tr> <td style="text-align: center;">Thursday</td> <td style="text-align: center;">5:00-5:30 pm</td> <td style="text-align: center;">Session 2</td> </tr> </table>	Saturday	11:10-11:40 am	Session 1 & 2	Sunday	6:40-7:10 pm	Session 1 & 2	Thursday	5:00-5:30 pm	Session 2			
Saturday	11:10-11:40 am	Session 1 & 2												
Sunday	6:40-7:10 pm	Session 1 & 2												
Thursday	5:00-5:30 pm	Session 2												
Red Cross Swim Kids Level 3 \$42.00	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. <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">Saturday</td> <td style="text-align: center;">12:20-12:50 pm</td> <td style="text-align: center;">Session 1</td> </tr> <tr> <td style="text-align: center;">Sunday</td> <td style="text-align: center;">7:15-7:45 pm; 7:05-7:35 pm</td> <td style="text-align: center;">Session 1 Session 2</td> </tr> <tr> <td style="text-align: center;">Wednesday</td> <td style="text-align: center;">5:00-5:30 pm</td> <td style="text-align: center;">Session 1</td> </tr> <tr> <td style="text-align: center;">Thursday</td> <td style="text-align: center;">5:35-6:05 pm</td> <td style="text-align: center;">Session 2</td> </tr> </table>	Saturday	12:20-12:50 pm	Session 1	Sunday	7:15-7:45 pm; 7:05-7:35 pm	Session 1 Session 2	Wednesday	5:00-5:30 pm	Session 1	Thursday	5:35-6:05 pm	Session 2
Saturday	12:20-12:50 pm	Session 1												
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Wednesday	5:00-5:30 pm	Session 1												
Thursday	5:35-6:05 pm	Session 2												
Red Cross Swim Kids Level 4/5 \$42.00	6	<p>Swim Kids Level 4: 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> <p>Swim Kids Level 5: 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> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">Saturday</td> <td style="text-align: center;">10:35-11:05 am</td> <td style="text-align: center;">Session 1 & 2</td> </tr> <tr> <td style="text-align: center;">Sunday</td> <td style="text-align: center;">7:15-7:45 pm</td> <td style="text-align: center;">Session 1 & 2</td> </tr> <tr> <td style="text-align: center;">Wednesday</td> <td style="text-align: center;">4:55-5:25pm; 4:55-5:25pm</td> <td style="text-align: center;">(Level 4) Session 1 (Level 5) Session 2</td> </tr> </table>	Saturday	10:35-11:05 am	Session 1 & 2	Sunday	7:15-7:45 pm	Session 1 & 2	Wednesday	4:55-5:25pm; 4:55-5:25pm	(Level 4) Session 1 (Level 5) Session 2			
Saturday	10:35-11:05 am	Session 1 & 2												
Sunday	7:15-7:45 pm	Session 1 & 2												
Wednesday	4:55-5:25pm; 4:55-5:25pm	(Level 4) Session 1 (Level 5) Session 2												





Community Pool Mini Fall Instruction 2019 *continued*

LEVEL	MAX	DESCRIPTION	TIME						
<p>Red Cross Swim Kids Level 6 \$56.00</p>	8	<p>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>	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">Sunday</td> <td style="text-align: center;">7:15-8:15 pm</td> <td style="text-align: center;">Session 1</td> </tr> <tr> <td style="text-align: center;">Wednesday</td> <td style="text-align: center;">4:25-5:25 pm</td> <td style="text-align: center;">Session 2</td> </tr> </table>	Sunday	7:15-8:15 pm	Session 1	Wednesday	4:25-5:25 pm	Session 2
Sunday	7:15-8:15 pm	Session 1							
Wednesday	4:25-5:25 pm	Session 2							
<p>Red Cross Swim Kids Level 7/8 \$56.00</p>	10	<p>Swim Kids Level 7: 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> <p>Swim Kids Level 8: 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>	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">Sunday</td> <td style="text-align: center;">7:50-8:50 pm</td> <td style="text-align: center;">Session 1</td> </tr> <tr> <td style="text-align: center;">Sunday</td> <td style="text-align: center;">7:40-8:40 pm</td> <td style="text-align: center;">Session 2</td> </tr> </table>	Sunday	7:50-8:50 pm	Session 1	Sunday	7:40-8:40 pm	Session 2
Sunday	7:50-8:50 pm	Session 1							
Sunday	7:40-8:40 pm	Session 2							
<p>Red Cross Swim Kids Level 9/10 \$56.00</p>	10	<p>Swim Kids Level 9: 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>Swim Kids Level 10: This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 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;">Sunday: 7:40-8:50 pm —Session 2</p>							
<p>Aquatic Camp \$36.30</p> 	20	<p>**After school activity**</p> <p>This program introduces children ages 8-12 to many aquatic activities including innertube waterpolo, water basketball, water volleyball, basic spring board diving and other fun organized water games and relays. A wide variety of aquatic skills are also introduced.</p> <p style="text-align: center;">Mondays: 4:20-5:05 p.m. Session 1 & 2</p>							


Community Pool Mini Fall Instruction 2019 *continued*

LEVEL/FEE	MAX	DESCRIPTION
LEADERSHIP		
<p>**NEW** Stay Safe Course \$35.00</p> 	<p>10</p>	<p>Learn how to be safe and responsible while on your own. This course is geared to children 9-12 years. <i>Be prepared for the unexpected!</i> Your child will learn from a first aid instructor how to prepare for, recognize and respond to unexpected situations, the importance of responsibility and respect while being accountable for yourself, the importance of setting and following safety rules when on their own and learn basic first aid skills.</p> <p style="text-align: center;">Friday, September 13/19 - (PA day) 9:00 - 1:00 pm <i>This course is usually held during school P.A. Days</i></p>
<p>Babysitting Course \$43.21</p> <p>HST will apply for individuals 15 years and older</p> 	<p>12</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;">Friday, November 15/19 - (PA day) 9:00 - 5:00 pm (½ hr. lunch break) <i>This course is usually held during school P.A. Days</i></p>
<p>BRONZE STAR \$56.00</p> 	<p>10</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;">Sunday: 7:50-9:00 pm — Session 2 November 10 to December 15</p>
<p>Bronze Medallion \$161.86</p> <p>HST will apply for individuals 15 years and older</p> 	<p>10</p>	<p>Learn how to respond in water safety situations. Develop endurance in a timed swim. Candidates also receive their Emergency First Aid level “B”. Bronze Star is recommended. Manual and exam fee included.</p> <p style="text-align: center;">Wednesdays September 11—November 13—4:00-6:00 pm Exam date: Wednesday, November 20</p>


Community Pool Mini Fall Instruction 2019 *continued*

LEVEL/FEE	DESCRIPTION	TIME										
LEADERSHIP <i>continued</i>												
<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;">Exam date: Thursday, November 21, 5:00-7:00 pm</p>	<p>Wednesdays Sept. 11-Nov. 13 4:00-6:00 pm</p>										
<p>National Lifeguard Service \$218.33 HST included</p> 	<p>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.</p>	<p>Sept. 21, 22, 29, Oct. 3, and 6 Exam date: Oct. 11 (PA day)</p>										
<p>National Lifeguard Service Recert. \$77.90 HST included</p> 	<p>To re-certify lifeguarding skills, techniques and first aid in a water setting. Register your interest. 6 candidates are required to run this recertification course</p>	<p>Fri, Oct. 11, 2019 12:00-4:00 pm (PA day)</p>										
<p>Red Cross Water Safety Instructor \$371.00 HST incl.</p> 	<p>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. This updated program has incorporated an on-line component.</p> <p style="text-align: center;">Class room and pool times:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tbody> <tr> <td>Thurs., Sept 5 - 6:30-8:00pm</td> <td>Intro to course and skills evaluation (in water)</td> </tr> <tr> <td>Sept 6 - 15</td> <td>Online component</td> </tr> <tr> <td>Sept. 16—Oct. 19 (8hrs)</td> <td>Apprentice teaching with certified instructor</td> </tr> <tr> <td>Oct. 19 & 20 (10:00am-6:00pm)</td> <td>Class room/pool component</td> </tr> <tr> <td>Oct. 24 (5:30-9:00pm)</td> <td>Class room/pool component</td> </tr> </tbody> </table>	Thurs., Sept 5 - 6:30-8:00pm	Intro to course and skills evaluation (in water)	Sept 6 - 15	Online component	Sept. 16—Oct. 19 (8hrs)	Apprentice teaching with certified instructor	Oct. 19 & 20 (10:00am-6:00pm)	Class room/pool component	Oct. 24 (5:30-9:00pm)	Class room/pool component	
Thurs., Sept 5 - 6:30-8:00pm	Intro to course and skills evaluation (in water)											
Sept 6 - 15	Online component											
Sept. 16—Oct. 19 (8hrs)	Apprentice teaching with certified instructor											
Oct. 19 & 20 (10:00am-6:00pm)	Class room/pool component											
Oct. 24 (5:30-9:00pm)	Class room/pool component											




Community Pool Mini Fall Instruction 2019 *continued*

LEVEL/FEE	DESCRIPTION			
LEADERSHIP <i>continued</i>				
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  <p style="font-size: small; margin: 0;">CANADIAN RED CROSS</p> </div> <div> <h3 style="margin: 0;">First Aid</h3> <p style="margin: 0;">Standard First Aid Covers: Choking, CPR “C” (Adult, child & baby) AED, splinting, treating injuries and sudden medical illnesses. All classes held upstairs of the Deep River Community Pool.</p> </div> </div>				
	CPR level “C” Recertification	September 26 (Thursday)	6:00pm-10:00pm	\$84.49 (HST incl.)
	Standard First Aid level “C” Recertification	November 3 (Sunday)	9:00am-5:00pm	\$95.00 (HST incl.)
	Standard First Aid level “C” - BLENDED online & class room	September 28—classroom (Saturday) * online portion must be completed before Sept. 27	9:00am-5:00pm	\$95.00 (HST incl.)
	Standard First Aid level “C” - BLENDED online & class room	November 3—class room (Sunday) * online portion must be completed before Nov 1	9:00am-5:00pm	\$95.00 (HST incl.)
	Standard First Aid level “C” 2 day class room	November 23 & 24 (Sat. & Sun.) Full class room	9:00am-5:00pm	\$135.00 (HST incl.)

Community Pool Mini Fall Instruction 2019 *continued*

LEVEL	MAX DESCRIPTION	TIME	FEE
EXERCISE CLASSES			
AQUAFIT	Monday*, Wednesday* and Friday* daytime Monday and Wednesday evening *Heart Wise Sept. 9— Dec. 20, 2019 <i>Aquafit does not run during stat. holidays</i>	9:30-10:30 a.m. 7:30-8:30 p.m.	10 tickets - \$85.78 5 tickets - \$42.90 HST incl.
Active Mom and 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 Session 1 Sept. 11– Oct. 16 10:40-11:25 a.m. (6 weeks) \$52.41 HST incl.	Wednesdays Session 2 Oct. 23-Nov. 27 10:40-11:25 a.m. (6 weeks) \$52.41 HST incl.
H2O Boot Camp with Tricia 	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.	Tuesday Session 1 7:00-7:45 pm Oct. 1-Nov. 5 (6 wks) \$62.44 HST incl.	Tuesday Session 2 7:00-7:45 pm Nov. 12-Dec. 17 (6 wks) \$62.44 HST incl.
STAND UP PADDLE BOARD WORK-OUT with 	Enjoy the benefits of a workout with the extra challenge of being on a stand up paddle board in the pool. <i>We offer a reduced fee if you bring your own SUP board.</i>	Thursdays Session 1 5:30-6:15 pm Oct. 3-Nov 7 (6 wks) \$67.44 HST incl.	Thursdays Session 2 5:30-6:15 pm Nov. 14-Dec. 19 (6 wks) \$65.44 HST incl.
ADULT LESSONS	Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available 6 classes (once or twice a week times available). Times can be arranged to suit your busy schedule Mon - 1:00-1:30 pm Tues - 8:00-8:30 pm		1:1 (1 hour) \$181.70 1:1 (½ hr) \$90.85 1:2 (1 hour) \$90.85 Group of 6 \$50.51 HST incl.

Community Pool Mini Fall Instruction 2019 *continued*

LEVEL	MAX DESCRIPTION	TIME	FEE
EXERCISE CLASSES			
<p>PARENT & TODDLER SWIM</p> 	<p>Moms, Dads or caregivers enjoy a 30 minute day-time 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</p>	<p style="color: red;">Tuesdays 11:00-11:30 a.m. Sept. 3-Dec. 17</p> <p style="color: red;">\$2.25 per adult DROP-IN</p>	
<p>**NEW** AQUA THERAPY</p>  	<p>The many benefits of AquaTherapy include improved balance and coordination, improved muscle circulation and strength, increased joint flexibility, and enhanced aerobic capacity. This program is useful for a variety of medical conditions and rehabilitation from injuries and/or surgeries. Participants who bring a personal support worker or a family member to assist who has swimming knowledge is welcome at no additional costs. If assistance is required, an instructor can be assigned to</p>	<p style="color: red;">Thursdays Session 1 9:30-10:15 a.m. Sept. 12-Oct. 17 (6 wks) \$62.58 HST incl.</p>	<p style="color: red;">Thursdays Session 2 9:30-10:15 a.m. Oct. 24-Nov. 28 (6 wks) \$62.58 HST incl.</p>

MEMBERSHIP RATES	<p>Additional Public Swims are held during school PA days from 1:00-2:00 pm Early morning swim does not run on statutory holidays</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="width: 60%;">TYPE</th> <th>PRICE</th> </tr> </thead> <tbody> <tr> <td>ADULT MEMBERSHIP—1 YEAR</td> <td style="text-align: center;">\$275.00</td> </tr> <tr> <td>ADULT MEMBERSHIP—1 MONTH</td> <td style="text-align: center;">\$62.53</td> </tr> <tr> <td>ADULT 10 SWIM CARDS</td> <td style="text-align: center;">\$40.50</td> </tr> <tr> <td>STUDENT 10 SWIM CARDS</td> <td style="text-align: center;">\$31.50</td> </tr> </tbody> </table>	TYPE	PRICE	ADULT MEMBERSHIP—1 YEAR	\$275.00	ADULT MEMBERSHIP—1 MONTH	\$62.53	ADULT 10 SWIM CARDS	\$40.50	STUDENT 10 SWIM CARDS	\$31.50
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