

Community Pool Mini Winter Swim Instruction 2019

January 25— March 7, 2019 (6 Weeks)

Lessons WILL be held during the Family Day Weekend (February 15-18/19)

On-Line registration will open Thursday, January 10th, 2019 at 7:00 a.m.

For those unable to register on line, in person registration is available
at Town Hall on Thursday, January 10th 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 - \$53.40</p> <p>30 min. - \$80.10</p>	1:1	<p>20 minute and 30 minute 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 a.m.-12:00 p.m. x 2</td></tr> <tr><td style="text-align: center;">Saturdays</td><td style="text-align: center;">11:40 a.m.-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;">7:40-8:00 p.m.</td></tr> <tr><td style="text-align: center;">Sundays</td><td style="text-align: center;">7:50-8:10 p.m. x 2</td></tr> <tr><td style="text-align: center;">Sundays</td><td style="text-align: center;">7:40-8:10 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 a.m.-12:00 p.m. x 2	Saturdays	11:40 a.m.-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	7:40-8:00 p.m.	Sundays	7:50-8:10 p.m. x 2	Sundays	7:40-8:10 p.m.	Sundays	8:05-8:25 p.m.
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Community Pool Mini Winter Swim Instruction 2019





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	5:05-5:25 p.m. x 2
Thursdays	5:30-5:50 p.m.
Thursdays	6:05-6:25 p.m.

Community Pool Mini Winter Swim Instruction 2019 *continued*

LEVEL/FEE	MAX	DESCRIPTION										
PRE-SCHOOL (Ages 3 to 5 years of age)												
Starfish \$22.50 	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. Thursdays 5:55 - 6:25 p.m.										
Duck \$22.50 	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. Thursdays 5:55 - 6:25 p.m.										
Sea Turtle \$43.80 	2	Orientation to water for toddlers. Age is the only condition for entering this level. <table border="1" 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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Sea Otter \$43.80 	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" 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.; 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>5:05-5:35 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.; 6:40-7:10 p.m.	Mondays	4:55-5:25 p.m.	Thursdays	5:05-5:35 p.m.
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Community Pool Mini Winter Instruction 2019 *continued*

LEVEL/FEE	MAX	DESCRIPTION										
PRE-SCHOOL (Ages 3 to 5 years of age)												
<p>Salamander \$43.80</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>Fridays</td> <td>4:50-5:20 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. 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>5:30-6:00 p.m.</td> </tr> </table>	Fridays	4:50-5:20 p.m.	Saturdays	10:05-10:35 a.m.	Sundays	6:30-7:00 p.m. 6:40-7:10 p.m.	Mondays	4:55-5:25 p.m.	Thursdays	5:30-6:00 p.m.
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<p>Sunfish \$41.70</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> <p style="text-align: center;">Wednesday 4:55—5:25 p.m.</p>										
<p>Crocodile \$41.70</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> <p style="text-align: center;">Wednesday 4:30—5:00 p.m.</p>										
<p>Whale \$40.50</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;">Sunday 6:30—7:00 p.m.</p>										




Community Pool Mini Winter Instruction 2019 *continued*

LEVEL	MAX	DESCRIPTION
RED CROSS SWIM KIDS		
Red Cross Swim Kids Level 1 \$40.50	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. Sunday: 7:05—7:35 p.m.
Red Cross Swim Kids Level 2 \$40.50	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. Sunday: 7:05—7:35 p.m.
Red Cross Swim Kids Level 3 \$40.50	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. Sunday: 7:05—7:35 p.m.
Red Cross Swim Kids Level 4 \$40.50	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. Saturday: 10:30-11:00 a.m. * split with Level 5 Sunday: 7:15-7:45 p.m. Thursday: 5:40-6:10 p.m.
Red Cross Swim Kids Level 5 \$40.50	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. Saturday: 10:30-11:00 a.m. * split with Level 4 Sunday: 7:15-7:45 p.m.
Stroke Improvement \$35.40	8	Stroke improvement for Swim Kid levels 6 and up Fridays: 4:05-4:50 p.m.
AQUATIC CAMP \$35.40	12	<p style="text-align: center;">**After school activity**</p> <p style="text-align: center;">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: 4:15-5:00 p.m.</p>





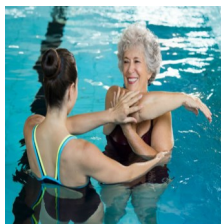

Community Pool Mini Winter Instruction 2019 *continued*

LEVEL/FEE	MAX	DESCRIPTION	
LEADERSHIP			
<p>**NEW** Red Cross Babysitting Course \$42..16</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;"> Friday, February 1st - 9:00 - 6:00 p.m. (½ hr. lunch break); Monday, February 18th - 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 \$157.91</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. Manual and exam fee included.</p> <p style="text-align: center;"> Wednesdays 4:00-6:00 p.m. January 23—April 10 (no lessons on February 27th or the Wednesday during the March break – March 13th) Exam date: Sun., April 14/19 </p>		
<p>Bronze Cross \$138.58</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 & 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;"> Wednesdays 4:00-6:00 p.m. January 23—April 10 (no lessons on February 27th or the Wednesday during the March break – March 13th) Exam date: Wed., April 17/19 </p>		
<p>INNERTUBE</p>	<p>**NEW**</p>	<p>Mondays</p>	<p>\$7.00 admission</p>
<p>WATERPOLO Drop in \$7.00 Price include HST</p> <div style="text-align: center;">  </div>	<p>Want to try something new at the pool? This program is geared to students 16 years of age and older. 2 x 30 min. pick-up games per evening. Six players per team.</p> <p style="text-align: center;"><i>This is now a DROP-IN PROGRAM</i></p>		<p>Jan. 7— March 4 8:30-9:30 p.m.</p>

Community Pool Mini Winter Instruction 2019 *continued*

LEVEL/FEE	MAX	DESCRIPTION	TIME										
LEADERSHIP <i>continued</i>													
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.	Feb. 1, 2, 3, 7,8, 9, & 10 Exam: Feb. 10										
National Lifeguard Service Recert. \$76.00 HST included	MIN. 6	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. Feb. 10										
Red Cross Water Safety Instructor \$361.95 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="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Monday, February 11—4:00-6:00 p.m.</td> <td style="padding: 2px;">Skills and evaluation</td> </tr> <tr> <td style="padding: 2px;">Feb. 12—March 24</td> <td style="padding: 2px;">On-line component</td> </tr> <tr> <td style="padding: 2px;">Monday, March 25—4:00-5:00 pm</td> <td style="padding: 2px;">Class assignment/hand in on-line certificate</td> </tr> <tr> <td style="padding: 2px;">Spring swimming lesson session April-June</td> <td style="padding: 2px;">Apprentice teaching</td> </tr> <tr> <td style="padding: 2px;">June 17-21 *times to be announced</td> <td style="padding: 2px;">Pool and class room</td> </tr> </table>	Monday, February 11—4:00-6:00 p.m.	Skills and evaluation	Feb. 12—March 24	On-line component	Monday, March 25—4:00-5:00 pm	Class assignment/hand in on-line certificate	Spring swimming lesson session April-June	Apprentice teaching	June 17-21 *times to be announced	Pool and class room	
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June 17-21 *times to be announced	Pool and class room												
Standard First Aid \$125.93 HST included 	Min. 6 Max. 12	<ul style="list-style-type: none"> This is a BLENDED Red Cross Standard First Aid course which 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. Valid for 3 years. 	9:00 –5:00 p.m. Sunday, Feb. 10; Sunday, Feb. 24; Sunday, May 5;										
Standard First Aid Recertification \$125.93 Price include HST	Min. 6 Max. 12	This course is to update your recently expired Red Cross Standard First Aid certificate. (8 hours) On-line learning available (approx. 4.5 hrs) & 4 hrs classroom. You must register 2 weeks prior to classroom date.	9:00 –5:00 p.m. Sunday, Feb. 10; Sunday, Feb. 24; Sunday, May 5;										
CPR Level ``C`` Recertification \$84.50 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 25										

Community Pool Mini Winter Instruction 2019 *continued*

LEVEL	MAX DESCRIPTION	TIME	FEE
EXERCISE CLASSES			
AQUAFIT *Heart Wise	Monday*, Wednesday* and Friday* morning Monday and Wednesday evening January 7— March 8, 2019. <i>Registration open</i>	9:30-10:30 a.m. 7:30-8:30 p.m.	10 tickets - \$83.70 5 tickets - \$41.85
H2O Boot Camp 	A combination of resistance training and traditional water aerobics using equipment such as “water weights”, fins and noodles. Participants must be 16 years or older and able to swim in deep water. <i>Registration open</i>	Tuesdays 7:00-7:45 p.m. Jan. 22-March 19 (8 wks)	\$81.27 Price include HST Excluding March 12th
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. <i>Registration open</i>	Wednesdays Jan. 16– March 6 10:40-11:25 a.m. (8 weeks)	\$68.16 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. A flotation device is provided to assist in maintaining proper body alignment while keeping the head above water. <i>This is a self directed program.</i> <i>Registration open</i>	Tuesdays 7:00-8:00 p.m. Jan. 15 - March 5	8 weeks Once a week \$43.84 Price include HST
STAND UP PADDLE BOARD WORK-OUT at the Pool 	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. <i>Registration open</i>	Thursdays 7:45-8:30 p.m.	4 weeks Jan. 17 - Feb. 7 \$50.62 HST incl. <i>\$10.00 Discount if you bring your own board</i>
NEW AQUA THERAPY  	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, please see the pool supervisor so that an instructor can be assigned to you. An additional fee will apply. <i>Registration open</i> 9:30-10:15 a.m.	Thursdays 9:30-10:15 a.m. 9 weeks Jan. 10-March 7 \$91.43 HST incl.	

Community Pool Mini Winter Instruction 2019 *continued*

LEVEL	DESCRIPTION		
<p>PARENT & TODDLER SWIM</p> 	<p>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 half hour adult admission. If you have another adult join your group, an additional admission of \$2.25 will be charged per visit at the pool.</p> <p style="text-align: center;"><i>This is now a DROP-IN PROGRAM</i></p>	<p style="text-align: center;">Tuesdays Jan. 8— March 5 11:00-11:30 a.m.</p>	<p style="text-align: center;">\$2.25 admission</p>
<p>ADULT LESSONS</p>	<p>Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available</p> <p>6 classes (once or twice a week times available)</p> <p style="text-align: center;">Wed. - 1:30-2:00 p.m. Tues - 7:00-7:30 p.m.; 7:35-8:05 p.m. Thurs - 8:00-8:30 p.m.; 8:35-9:05 p.m.</p>	<p>1:1 (1 hour) \$177.30 1:1 (½ hr) \$88.50 1:2 (1 hour) \$88.50 Group of 6 \$49.50</p> <p style="text-align: center;">Prices include HST</p>	

Community Pool Mini Winter 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.</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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