

# Community Pool Spring Swim Instruction 2019

**April 5 — June 22, 2019 (9 Weeks)**

**No lessons during the Easter weekend (April 19-22)**

**Saturday, May 11 due to the Blackfly Swim meet or  
during the May Long weekend (May 17-20)**

**On-Line registration will open Wednesday, March 20th, 2019 at 7:00 a.m.**

For those unable to register on line, in person registration is available  
at Town Hall on Wednesday, March 20th 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><b>Private Lessons</b><br/>20 min. - \$82.35</p> <p>30 min. - \$124.65</p> | 1:1                  | <p>20 minute and 30 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;">4:00-4:20 p.m. x 3</td></tr> <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;">4:25-4:55 p.m. x 3</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;">5:00-5:30 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;">11:40-12:00 p.m. x 2</td></tr> <tr><td style="text-align: center;">Saturdays</td><td style="text-align: center;">11:40-12:10 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> </tbody> </table> | Fridays | 4:00-4:20 p.m. x 3 | Fridays | 4:15-4:35 p.m. | Fridays | 4:25-4:55 p.m. x 3 | Fridays | 4:40-5:00 p.m. | Fridays | 5:00-5:30 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 | 11:40-12:00 p.m. x 2 | Saturdays | 11:40-12:10 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. |
| Fridays   | 4:00-4:20 p.m. x 3   |  |         |                    |         |                |         |                    |         |                |         |                |         |                |           |                |           |                  |           |                  |           |                  |           |                  |           |                      |           |                  |           |                      |           |                  |         |                    |         |                |
| Fridays   | 4:15-4:35 p.m.       |  |         |                    |         |                |         |                    |         |                |         |                |         |                |           |                |           |                  |           |                  |           |                  |           |                  |           |                      |           |                  |           |                      |           |                  |         |                    |         |                |
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| Fridays   | 4:40-5:00 p.m.       |  |         |                    |         |                |         |                    |         |                |         |                |         |                |           |                |           |                  |           |                  |           |                  |           |                  |           |                      |           |                  |           |                      |           |                  |         |                    |         |                |
| Fridays   | 5:00-5:30 p.m.       |  |         |                    |         |                |         |                    |         |                |         |                |         |                |           |                |           |                  |           |                  |           |                  |           |                  |           |                      |           |                  |           |                      |           |                  |         |                    |         |                |
| Fridays   | 5:05-5:25 p.m.       |  |         |                    |         |                |         |                    |         |                |         |                |         |                |           |                |           |                  |           |                  |           |                  |           |                  |           |                      |           |                  |           |                      |           |                  |         |                    |         |                |
| Saturdays   | 9:30-9:50 a.m.       |  |         |                    |         |                |         |                    |         |                |         |                |         |                |           |                |           |                  |           |                  |           |                  |           |                  |           |                      |           |                  |           |                      |           |                  |         |                    |         |                |
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| Saturdays   | 10:30-11:00 a.m.     |  |         |                    |         |                |         |                    |         |                |         |                |         |                |           |                |           |                  |           |                  |           |                  |           |                  |           |                      |           |                  |           |                      |           |                  |         |                    |         |                |
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| Saturdays   | 11:05-11:35 a.m.     |  |         |                    |         |                |         |                    |         |                |         |                |         |                |           |                |           |                  |           |                  |           |                  |           |                  |           |                      |           |                  |           |                      |           |                  |         |                    |         |                |
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| Sundays   | 6:05-6:25 p.m. x 2   |  |         |                    |         |                |         |                    |         |                |         |                |         |                |           |                |           |                  |           |                  |           |                  |           |                  |           |                      |           |                  |           |                      |           |                  |         |                    |         |                |
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# Community Pool Spring Swim Instruction 2019 *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 2019 *continued*

| LEVEL/FEE   | MAX              | DESCRIPTION   |         |                |           |                 |           |                  |         |                |         |                |         |                |           |                |
|---|------------------|---|---------|----------------|-----------|-----------------|-----------|------------------|---------|----------------|---------|----------------|---------|----------------|-----------|----------------|
| <b>PRE-SCHOOL (Ages 3 to 5 years of age)</b>  |                  |   |         |                |           |                 |           |                  |         |                |         |                |         |                |           |                |
| <b>Starfish</b><br>\$34.65<br>     | 10               | Orientation to water for babies (4-12 months) 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.<br><br>Saturdays 9:30 –10:00 a.m.  |         |                |           |                 |           |                  |         |                |         |                |         |                |           |                |
| <b>Duck</b><br>\$34.65<br>         | 10               | Orientation to water for toddlers (12-24 months) 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.<br><br>Saturdays 9:30 –10:00 a.m.   |         |                |           |                 |           |                  |         |                |         |                |         |                |           |                |
| <b>Sea Turtle</b><br>\$67.50<br> | 2                | Orientation to water for toddlers. Age is the only condition for entering this level. <table border="1" data-bbox="602 938 1167 1262" 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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| Mondays   | 4:25-4:55 p.m.   |   |         |                |           |                 |           |                  |         |                |         |                |         |                |           |                |
| <b>Sea Otter</b><br>\$67.50<br>  | 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="615 1526 1131 1915" 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>9:55-10:25 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> | Fridays | 4:55-5:25 p.m. | 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 2019 *continued*

| LEVEL/FEE  | MAX              | DESCRIPTION  |         |                |           |                  |         |                |         |                |           |                |
|--|------------------|--|---------|----------------|-----------|------------------|---------|----------------|---------|----------------|-----------|----------------|
| <b>PRE-SCHOOL (Ages 3 to 5 years of age)</b>   |                  |  |         |                |           |                  |         |                |         |                |           |                |
| <b>Salamander</b><br>\$67.50<br><br>  | 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="610 594 1094 846"> <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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| Thursdays  | 5:25-5:55 p.m.   |  |         |                |           |                  |         |                |         |                |           |                |
| <b>Sunfish</b><br>\$63.90<br><br>   | 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><br>\$63.90<br><br> | 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><br>\$63.90<br><br>     | 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 2019 *continued*

| LEVEL   | MAX | DESCRIPTION  |
|---|-----|--|
| <b>RED CROSS SWIM KIDS—SCHOOL AGE (Ages 6 and up)</b> |     |  |
| <b>Red Cross Swim<br/>Kids Level 1</b><br>\$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.<br><br><b>Sunday: 6:40—7:10 p.m.</b>  |
| <b>Red Cross Swim<br/>Kids Level 2</b><br>\$62.10     | 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.<br><br><b>Sunday: 7:05—7:35 p.m.</b>   |
| <b>Red Cross Swim<br/>Kids Level 3</b><br>\$62.10     | 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.<br><br><b>Sunday: 7:05—7:35 p.m.</b>  |
| <b>Red Cross Swim<br/>Kids Level 4</b><br>\$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.<br><br><b>Saturday: 10:30—11:00 a.m. * split with Level 5</b><br><b>Sunday: 7:05—7:35 p.m.</b><br><b>Thursday: 5:35—6:05 p.m.</b>                            |
| <b>Red Cross Swim<br/>Kids Level 5</b><br>\$62.10     | 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.<br><br><b>Saturday: 10:30—11:00 a.m. * split with Level 4</b><br><b>Sunday: 7:15—7:45 p.m.</b>  |
| <b>Red Cross Swim<br/>Kids Level 6</b><br>\$49.05     | 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<br><br><b>Sunday: 7:15—8:00 p.m.</b> |
| <b>Red Cross Swim<br/>Kids Level 7</b><br>\$49.05     | 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.<br><br><b>Sunday: 7:40—8:25 p.m.</b>  |
|   |     |  |





## Community Pool Spring Swim Instruction 2019 *continued*

| LEVEL  | MAX | DESCRIPTION   |
|--|-----|---|
| <b>Red Cross Swim</b><br><b>Kids Level 8/</b><br><b>Lifesaving</b><br><b>Rookie Patrol</b><br>\$54.45                | 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.<br><p style="text-align: center;"><b>Sunday: 7:40—8:40 p.m.</b></p> |
| <b>Red Cross Swim</b><br><b>Kids Level 9</b><br>\$49.05  | 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.<br><p style="text-align: center;"><b>Sunday: 7:40—8:40 p.m.</b></p>   |
| <b>Red Cross Swim</b><br><b>Kids Level 10/</b><br><b>Lifesaving</b><br><b>Ranger Patrol</b><br>\$54.45               | 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.<br><p style="text-align: center;"><b>Sunday: 7:40—8:40 p.m.</b></p>   |
| <b>Stroke</b><br><b>Improvement</b><br>\$54.45   | 8   | Stroke improvement for Swim Kid levels 6 and up<br><b>Friday: 4:05—4:50 p.m.</b>  |
| <b>Aquatic Camp</b><br><b>\$54.45</b>  |     | <p style="text-align: center;"><b>**After school activity**</b></p> This program introduces children ages 8-12 to many aquatic activities including innertube water polo, 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.<br><p style="text-align: center;"><b>Mondays: 4:15-5:00 p.m. OR</b><br/> <b>Wednesdays: 4:15-5:00 p.m.</b></p>  |
| <b>BRONZE STAR</b><br>\$62.10<br> | 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<br><p style="text-align: center;"><b>Sunday: 7:40—8:40 p.m.</b></p>  |

## Community Pool Spring Swim Instruction 2019 *continued*





| LEVEL/FEE   | MAX       | DESCRIPTION  |
|---|-----------|--|
| <b>LEADERSHIP</b>   |           |  |
| <p><b>**NEW**</b><br/> <b>Red Cross</b><br/> <b>Babysitting Course</b><br/>           \$43.21</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. For youth 11 to 15 years of age.</p> <p style="text-align: center;"> <b>Monday, April 22nd</b> - 9:00 - 6:00 p.m. (½ hr. lunch break);<br/> <b>Friday, June 7th</b> - 9:00 - 6:00 p.m. (½ hr. lunch break)<br/> <i>This course is usually held during school P.A. Days</i> </p> |
| <p><b>Bronze Medallion</b><br/>           \$161.86</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. Candidates also receive their Emergency First Aid level "B".</p> <p>Jr. Lifeguard or Bronze Star is recommended.<br/>           Manual and exam fee included.</p> <p style="text-align: center;"> <b>Wednesdays 4:00—6:00 p.m.</b><br/> <b>April 10—June 5</b><br/> <b>Exam date: Wednesday, June 12/19</b> </p>  |
| <p><b>Bronze Cross</b><br/>           \$142.04</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 also receive their Emergency First Aid level "B".</p> <p>Exam fees included.</p> <p style="text-align: center;"> <b>Wednesdays 4:00—6:00 p.m.</b><br/> <b>April 10—June 5</b><br/> <b>Exam date: Thursday, June 13/19</b> </p>  |

## Community Pool Spring Swim Instruction 2019 *continued*

| LEVEL/FEE   | MAX  | DESCRIPTION   | TIME   |                       |                   |                   |                                  |  |  |                     |                                      |                     |  |
|---|--|---|--|-----------------------|-------------------|-------------------|----------------------------------|--|--|---------------------|--------------------------------------|---------------------|--|
| <b>LEADERSHIP <i>continued</i></b>  |  |   |  |                       |                   |                   |                                  |  |  |                     |                                      |                     |  |
| National Lifeguard Service<br>\$218.33<br>HST included<br>                   | MIN.<br>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 4, 5, 9, 16, 23, 25, & 26<br>Exam May 26 |                       |                   |                   |                                  |  |  |                     |                                      |                     |  |
| National Lifeguard Service Recert.<br>\$77.90<br>HST included   |  | To re-certify lifeguarding skills, techniques and first aid in a water setting.<br>6 candidates are required to run this recertification course   | 12:00-4:00 p.m.<br>Sun, May 26               |                       |                   |                   |                                  |  |  |                     |                                      |                     |  |
| Lifesaving Society Instructor course<br>\$231.65<br>HST incl.<br>            |  | 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. 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   | June 6, 8 & 9                                |                       |                   |                   |                                  |  |  |                     |                                      |                     |  |
| Red Cross Water Safety Instructor<br>\$371.00<br>HST incl.<br>             |  | 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="margin-top: 10px; width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"><b>Monday, March 25—3:30-4:30 p.m.</b></td> <td>Skills and evaluation</td> </tr> <tr> <td>March 26-April 24</td> <td>On-line component</td> </tr> <tr> <td>Wednesday, April 24—4:00-5:00 pm</td> <td>Class assignment/hand in on-line certificate</td> </tr> <tr> <td>Spring swimming lesson session<br/>April-July</td> <td>Apprentice teaching</td> </tr> <tr> <td>July *times to be announced (20 hrs)</td> <td>Pool and class room</td> </tr> </table> | <b>Monday, March 25—3:30-4:30 p.m.</b>       | Skills and evaluation | March 26-April 24 | On-line component | Wednesday, April 24—4:00-5:00 pm | Class assignment/hand in on-line certificate | Spring swimming lesson session<br>April-July | Apprentice teaching | July *times to be announced (20 hrs) | Pool and class room |  |
| <b>Monday, March 25—3:30-4:30 p.m.</b>  | Skills and evaluation                        |   |  |                       |                   |                   |                                  |  |  |                     |                                      |                     |  |
| March 26-April 24   | On-line component                            |   |  |                       |                   |                   |                                  |  |  |                     |                                      |                     |  |
| Wednesday, April 24—4:00-5:00 pm  | Class assignment/hand in on-line certificate |   |  |                       |                   |                   |                                  |  |  |                     |                                      |                     |  |
| Spring swimming lesson session<br>April-July  | Apprentice teaching                          |   |  |                       |                   |                   |                                  |  |  |                     |                                      |                     |  |
| July *times to be announced (20 hrs)  | Pool and class room                          |   |  |                       |                   |                   |                                  |  |  |                     |                                      |                     |  |
| Red Cross Water Safety Instructor Recertification<br>\$77.90 (HST inc)<br> | Min. 6<br>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. <p style="text-align: center;">*</p>   | 5:00-10:00 p.m.<br>Thurs. May 30             |                       |                   |                   |                                  |  |  |                     |                                      |                     |  |



## Community Pool Spring Swim Instruction 2019 *continued*

| ILEVEL/FEE  | MAX               | DESCRIPTION  | TIME   |
|---|-------------------|--|--|
| <b>LEADERSHIP <i>continued</i></b>  |                   |  |  |
| <b>Standard First Aid Level "C" class room</b><br>\$135.00<br>HST included<br><br>                                   | Min. 6<br>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.<br><br><p style="text-align: center;"><b><i>Day time hours are available for private groups of 6 or more people</i></b></p>  | 9:00—4:30 p.m.<br><br><b>April 23 &amp; 24</b><br>(Tues. & Wed.)<br><br><i>a minimum of 6 candidates is required for this course</i> |
| <b>Standard First Aid Level "C" BLENDED online course</b><br>\$95.00*<br>introductory rate<br>HST included<br><br> |                   | 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. You must complete the online portion to attend the class room portion. Please register a minimum of 1 week prior to the class room date.<br><br><p style="text-align: center;"><b>May 5 (Sunday) - 9:00 a.m-5:00 p.m.; OR</b><br/> <b>June 19 &amp; 20 (Wed. &amp; Thurs.) - 6:00-10:00 p.m.</b></p> <p style="text-align: center;"><b><i>Day time hours are available for private groups of 6 or more people</i></b></p> | classroom for <b>BLENDED</b> course<br><br><i>a minimum of 6 candidates is required for this course</i>                              |
| <b>Standard First Aid Level "C" Recertification</b><br>\$95.00<br><br>   | Min. 6<br>Max. 12 | This course is to update your recently expired Red Cross Standard First Aid certificate. (8 hours)<br><br><p style="text-align: center;"><b>April 10 &amp; 11 (Wed. &amp; Thurs.)—6:00-10:00 p.m.;</b><br/> <b>May 5 (Sunday) - 9:00 a.m-5:00 p.m.; OR</b><br/> <b>May 15 &amp; 22 (Wed.)—6:00-10:00 p.m.</b></p> <p style="text-align: center;"><i>a minimum of 6 candidates is required for this course</i></p> <p style="text-align: center;"><b><i>day time hours are available for private groups of 6 or more people</i></b></p>   |  |
| CPR Level "C" Recertification<br><br>  | Min. 6<br>Max. 12 | This course is to update your recently expired Red Cross CPR Level "C" certificate. (4 hours)  | 6:00-10:00 p.m.<br><b>Thurs., June 6</b><br><br><i>a minimum of 6 candidates is required for this course</i>                         |

# Community Pool Spring Instruction 2019 *continued*

| LEVEL   | DESCRIPTION  | TIME   | FEE  |
|---|--|--|--|
| <b>EXERCISE CLASSES</b>   |  |  |  |
| <b>AQUAFIT</b>  | Monday*, Wednesday* and Friday* daytime<br>Monday and Wednesday evenings<br>*Heart Wise  | 9:30-10:30 a.m.<br>7:30-8:30 p.m.  | 10 tickets - 85.78<br>5 tickets - \$42.90  |
| <b>ACTIVE MOM &amp; BABY AQUAFIT</b><br>               | 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><br>10:40-11:25 a.m.<br>April 3-May 29<br>(9 weeks);<br>June 5-June 19<br>(3 wks) | \$78.62 (9 wks)<br>Price include HST<br><br>\$26.20 (3 wks)<br>Price include HST |
| <b>H2O Boot Camp with Tricia</b><br>                  | 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><br>7:00-7:45 p.m.<br>April 2-May 29<br>(9 wks);<br>June 4-June 18<br>(3 wks)       | \$93.67 (9 wks)<br>Price include HST<br><br>\$31.22 (3 wks)<br>Price include HST |
| <b>AQUAJOG</b><br>                                   | 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. This is a self directed  | <b>Tuesdays</b><br>7:00-8:00 p.m.<br>April 2-June 18<br>(12 wks)                                   | \$67.39<br>Price include HST   |
| <b>STAND UP PADDLE BOARD WORK-OUT with Becky</b><br> | **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. This activity will be held at the pool.<br>The pool has 4 SUP boards.<br><i>We offer a reduced fee if you bring your own SUP board and paddle.</i> | <b>Thursdays</b><br>8:30-9:15 p.m.<br>April 11-May 16<br>(6 wks)                                   | \$72.95<br><b>\$10.00 Discount if you bring your own board</b>                   |

# Community Pool Spring Instruction 2019 *continued*

| LEVEL  | DESCRIPTION   | FEE  |
|--|---|--|
| <p><b>PARENT &amp; TODDLER SWIM</b></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 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><b>Tuesdays</b><br/>11:00-11:30 a.m.<br/><b>March 19-June 25</b></p> <p><b>\$2.25 per adult DROP-IN</b></p>   |
| <p><b>**NEW**</b><br/><b>AQUA THERAPY</b></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 you for an additional fee.</p> | <p><b>Thursdays</b><br/>9:30-10:15 a.m.<br/>March 28-May 9<br/>(7 wks)<br/><b>\$73.00</b></p> <p>May 16-June 27<br/>(7 wks)<br/><b>\$73.00</b></p> <p>Price includes HST</p> |
| <p><b>ADULT LESSONS</b></p>  | <p>Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available<br/><b>6 classes</b> (once or twice a week times available)<br/><b>Available upon request</b></p>   | <p>1:1 (1 hour) \$181.70<br/>1:1 (½ hr) \$90.85<br/>1:2 (1 hour) \$90.85<br/>Group of 6 \$50.51</p> <p>Price includes HST</p>  |

# Community Pool Spring Instruction 2019 *continued*

| LEVEL  | DESCRIPTION   |           |         |  |               |               |           |  |                  |                      |                       |          |                   |                       |          |         |                    |                       |          |         |
|--|---|-----------|---------|--|---------------|---------------|-----------|--|------------------|----------------------|-----------------------|----------|-------------------|-----------------------|----------|---------|--------------------|-----------------------|----------|---------|
| <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;">\$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           |                       |          |         |                    |                       |          |         |
| 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   |         |  |               |               |           |  |                  |                      |                       |          |                   |                       |          |         |                    |                       |          |         |
| <b>MEMBERSHIP RATES</b>                                    | <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>TYPE</th> <th>PARTICIPATION</th> <th>12 MONTHS</th> <th>1 MONTH</th> </tr> </thead> <tbody> <tr> <td>ADULT MEMBERSHIP</td> <td>Adult &amp; Public swims</td> <td style="text-align: center;">\$247.82</td> <td style="text-align: center;">\$62.53</td> </tr> <tr> <td>FAMILY MEMBERSHIP</td> <td>Public &amp; Family swims</td> <td style="text-align: center;">\$346.40</td> <td style="text-align: center;">\$99.71</td> </tr> <tr> <td>STUDENT MEMBERSHIP</td> <td>Public &amp; Family swims</td> <td style="text-align: center;">\$137.48</td> <td style="text-align: center;">\$40.16</td> </tr> </tbody> </table>                 |           |         |  | TYPE          | PARTICIPATION | 12 MONTHS | 1 MONTH  | ADULT MEMBERSHIP | Adult & Public swims | \$247.82              | \$62.53  | FAMILY MEMBERSHIP | Public & Family swims | \$346.40 | \$99.71 | STUDENT MEMBERSHIP | Public & Family swims | \$137.48 | \$40.16 |
| TYPE   | PARTICIPATION   | 12 MONTHS | 1 MONTH |  |               |               |           |  |                  |                      |                       |          |                   |                       |          |         |                    |                       |          |         |
| ADULT MEMBERSHIP   | Adult & Public swims  | \$247.82  | \$62.53 |  |               |               |           |  |                  |                      |                       |          |                   |                       |          |         |                    |                       |          |         |
| FAMILY MEMBERSHIP  | Public & Family swims   | \$346.40  | \$99.71 |  |               |               |           |  |                  |                      |                       |          |                   |                       |          |         |                    |                       |          |         |
| STUDENT MEMBERSHIP   | Public & Family swims   | \$137.48  | \$40.16 |  |               |               |           |  |                  |                      |                       |          |                   |                       |          |         |                    |                       |          |         |