

Community Pool Summer Instructional 2020

Session 1: July 13—24, 2020 (10 Classes)
 Session 2: July 27—August 7, 2020 (9 Classes)
 Session 3: August 10-21, 2020 (10 Classes)
 No lessons on August 3rd (Civic Holiday)

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



On-Line registration will open Thursday, June 25th at 7:00 a.m.
 For those unable to register online, in person registration opens on
 Thursday, June 25th at 9:00 a.m.— 4:00 p.m. at Town Hall or
 by telephone (ext. 181 or 104)


****All individuals will be screened prior to entering the facility.****

- ♦ Swim lessons are for children ages 8 and up or Swim Kids Level 5 and up.
- ♦ **All instructors will be teaching from the pool deck.**
- ♦ Swimmers are to arrive and leave wearing their swim wear.
- ♦ Please arrive 10 minutes prior to lesson time for a COVID screening.
- ♦ Only one parent or guardian may enter the building with their child but will not be able to stay in the building during the lesson time.
- ♦ Please enter the building through the front door.
- ♦ Access to showers and toilets are available.
- ♦ Lockers will not be available. A chair will be located at the shallow end of your lane to store your belongings.
- ♦ The sauna will be closed.
- ♦ Exit of the facility will be through the shallow end emergency exit.


LEVEL/FEE	MAX	DESCRIPTION	TIME							
30 Minute Private Lessons Session 1 & 3 (10 classes) \$150.00 Session 2 (9 classes) \$135.00	1:1	TWO WEEK One-on-one 30 minute times available. Lessons run Monday to Friday <table border="1"> <tr><td>10:30 -11:00 am x 4</td></tr> <tr><td>11:15 -11:45 am x 4</td></tr> <tr><td>2:00—2:30 pm x 4</td></tr> <tr><td>2:45 – 3:15 pm x 4</td></tr> <tr><td>3:30 - 4:00 pm x 4</td></tr> <tr><td>4:15 - 4:45 pm x 4</td></tr> <tr><td>5:00 - 5:30 pm x 4</td></tr> </table>	10:30 -11:00 am x 4	11:15 -11:45 am x 4	2:00—2:30 pm x 4	2:45 – 3:15 pm x 4	3:30 - 4:00 pm x 4	4:15 - 4:45 pm x 4	5:00 - 5:30 pm x 4	
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Community Pool Summer Instructional 2020 *continued*

EVEL/FEE	MAX	DESCRIPTION	TIME				
LEADERSHIP <i>continued</i>							
<p>National Lifeguard Service Pool Recert. \$79.46</p> 		<p>To re-certify lifeguarding skills, techniques and first aid in a water setting. Please register your interest at Town Hall or at the Community Pool. 6 candidates are required to run the recertification course.</p>	AUGUST				
<p>National Lifeguard Service Waterfront Course \$158.91</p> 		<p>Minimum of 16 years or older and completion of NLS Pool and Standard First Aid. A 20 hour course comprised of life guarding skills and techniques for a waterfront. Course held at Lamure Beach.</p>	AUGUST				
<p>ADULT LESSONS</p> <p>6 classes \$92.64 Prices include HST</p>		<p style="text-align: center;">Learn to swim / Stroke improvement</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">Session 1</td> <td style="width: 80%;">10:30 -11:00 am Mon., Wed., & Fri; 11:15 -11:45 am Mon., Wed., & Fri.</td> </tr> <tr> <td>Session 3</td> <td>10:30 -11:00 am Mon., Wed., & Fri; 11:15 -11:45 am Mon., Wed., & Fri.</td> </tr> </table>	Session 1	10:30 -11:00 am Mon., Wed., & Fri; 11:15 -11:45 am Mon., Wed., & Fri.	Session 3	10:30 -11:00 am Mon., Wed., & Fri; 11:15 -11:45 am Mon., Wed., & Fri.	
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<p>Red Cross Water Safety Instructor</p> <p>HST incl. \$378.41</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, Red Cross Swim. This updated program has incorporated an on-line component.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Thurs., July 23 — 10:30-11:30 a.m.</td> <td>Welcome and stroke evaluation (come with swim wear on)</td> </tr> <tr> <td>July—August</td> <td>On-line component</td> </tr> <tr> <td>August 23</td> <td>Online component due. Email online certificate to course instructor.</td> </tr> <tr> <td>Fall lessons—September</td> <td>Apprentice teaching. Days and times will be assigned.</td> </tr> <tr> <td>October</td> <td>Pool and class room <i>times to be announced (20 hrs)</i></td> </tr> </table>	Thurs., July 23 — 10:30-11:30 a.m.	Welcome and stroke evaluation (come with swim wear on)	July—August	On-line component	August 23	Online component due. Email online certificate to course instructor.	Fall lessons—September	Apprentice teaching. Days and times will be assigned.	October	Pool and class room <i>times to be announced (20 hrs)</i>
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EXERCISE CLASSES			
STAND UP PADDLE BOARD YOGA at LAMURE BEACH 	Enjoy the benefits of yoga with the extra challenge of being on a SUP board at the beach. This is a great core based activity and geared to adults. The Town has 4 SUP boards on site.		Wednesdays 5:00-5:45 pm July 8-29 (4 wks) \$48.14 Price includes HST \$5.00 Discount <i>if you bring your own</i>

Deep River Community Pool Lane Swimming in Corona

June 24th – July 24th
 Every day except
 Saturday and Sunday
 Closed July 1st

Lane Swim Times
 8:00 AM —10:15 AM
 12:00 PM —1:30 PM
 5:45 PM —7:15 PM

DEEP RIVER COMMUNITY POOL COVID 20 SWIM CARDS available

ADULT 20 SWIM CARDS	\$40.50	ADULT SINGLE ADMISSION	\$2.50
STUDENT 20 SWIM CARDS	\$31.50	STUDENT SINGLE ADMISSION	\$2.00

- ◆ Swim times will be 30 minute time slots. Only one swimmer per lane.
- ◆ Swimmers will be required to pre-register for their 30 minute time slot by calling the Deep River Community Pool at 613-584-2000 ext. 181 or 182. Swimmers may book two time slots if available.
- ◆ Swimmers will be COVID screened at the front door prior to entering.
- ◆ A *20 Swim Card* can be purchased by credit card over the telephone or in-person at the Town Hall .