

# Community Pool Fall Swim Instruction 2020

Sept. 25– November 22, 2020 (8 Weeks)  
No lessons during Thanksgiving weekend (Oct. 9-12)

On-Line registration will open Thursday, September 17th, 2020 at 7:00 am

<https://app.booking.ca/DeepRiverPub/>

For those unable to register on line, in person registration is available  
at Town Hall on Thursday, September 17th, from 9:00 am—5:00 pm

***\*\*All individuals will be Covid-19 screened prior to entering the facility.\*\****

***Due to physical distancing requirements,  
all instructors will be teaching from the pool deck.***

***A parent will be required to participate in the water  
as the hands-on helper for levels  
Sea Turtle to Swim Kids Level 4  
or if child needs assistance.***

\*Swimmers are to arrive wearing their swim wear.

\*Please arrive 5 minutes prior to lesson time for a COVID screening.

\*Please enter the building through the front door.

\*Access to change rooms are limited to washrooms and a quick change after the class.

\* Lockers will not be available.

⇒ A chair will be located at the shallow end of your lane to store your belongings.

\*Showers and sauna will remain closed at this time.

\*Please take into consideration how your child is feeling coming to their lesson.

If your child shows signs of Covid-19 symptoms or is feeling unwell, we ask that your  
Child not attend their scheduled lesson and contact the pool of their absence at  
613-584-2000 ext. 182.

## 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")

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.

# Community Pool Fall Swim Instruction 2020 *continued*

## Private Lesson Schedule

**8 weeks**

30 minutes - \$120.00

30 minute swim times available up to and including Swim Kids Level 6.

***A parent comfortable in the water will be required to participate in the water as the hands-on helper for levels Sea Turtle to Swim Kids***

<b>DAYS</b>	<b>TIMES</b>
Fridays	4:00-4:30 p.m. x 3
Fridays	4:45-5:15 p.m. x 3
Saturdays	10:15-10:45 a.m. x 2
Saturdays	11:00-11:30 a.m. x 2
Saturdays	11:35-12:05 p.m. x 1
Saturdays	11:45-12:15 p.m. x 1
Sundays	5:15-5:45 p.m. x 2
Sundays	6:00-6:30 p.m. x 1
Sundays	6:45-7:15 p.m. x 2
Sundays	7:30-8:00 p.m. x 2
Mondays	4:15-4:45 p.m. x 2
Mondays	5:00-5:30 p.m. x 1

## Community Pool Fall Swim Instruction 2020 *continued*



### FAMILY LESSONS

LEVEL/FEE	MAX	DESCRIPTION																								
<p><b>** NEW **</b></p> <p><b>Family Lessons</b> 30 min. <b>\$200.00</b></p>	1:4	<p>30 minute times available up to and including Swim Kids Level 4.</p> <p>Families must be of the same household. Maximum number of family members in one class is 4.</p> <p><b><i>Due to physical distancing requirements, all instructors will be teaching from the pool deck.</i></b></p> <p><b><i>A parent comfortable in the water will be required to participate in the water as the hands-on helper for levels Sea Turtle to Swim Kids Level 4.</i></b></p> <p>An initial assessment will be conducted on the first day to determine if a second parent will be required as a second hands-on helper.</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse; text-align: center;"> <thead> <tr style="background-color: #ADD8E6;"> <th style="padding: 5px;">DAYS</th> <th style="padding: 5px;">TIMES</th> </tr> </thead> <tbody> <tr><td style="padding: 5px;">Fridays</td><td style="padding: 5px;">5:00-5:30 p.m. x 1</td></tr> <tr><td style="padding: 5px;">Saturdays</td><td style="padding: 5px;">10:15-10:45 a.m. x 1</td></tr> <tr><td style="padding: 5px;">Saturdays</td><td style="padding: 5px;">11:00-11:30 a.m. x 1</td></tr> <tr><td style="padding: 5px;">Saturdays</td><td style="padding: 5px;">11:45-12:15 p.m. x 2</td></tr> <tr><td style="padding: 5px;">Sundays</td><td style="padding: 5px;">5:15-5:45 p.m. x 2</td></tr> <tr><td style="padding: 5px;">Sundays</td><td style="padding: 5px;">6:00-6:30 p.m. x 2</td></tr> <tr><td style="padding: 5px;">Sundays</td><td style="padding: 5px;">6:45-7:15 p.m. x 1</td></tr> <tr><td style="padding: 5px;">Sundays</td><td style="padding: 5px;">7:30-8:00 p.m. x 1</td></tr> <tr><td style="padding: 5px;">Mondays</td><td style="padding: 5px;">4:15-4:45 p.m. x 1</td></tr> <tr><td style="padding: 5px;">Mondays</td><td style="padding: 5px;">5:00-5:30 p.m. x 2</td></tr> <tr><td style="padding: 5px;">Tuesdays</td><td style="padding: 5px;">1:30-2:00 p.m. x 2</td></tr> </tbody> </table>	DAYS	TIMES	Fridays	5:00-5:30 p.m. x 1	Saturdays	10:15-10:45 a.m. x 1	Saturdays	11:00-11:30 a.m. x 1	Saturdays	11:45-12:15 p.m. x 2	Sundays	5:15-5:45 p.m. x 2	Sundays	6:00-6:30 p.m. x 2	Sundays	6:45-7:15 p.m. x 1	Sundays	7:30-8:00 p.m. x 1	Mondays	4:15-4:45 p.m. x 1	Mondays	5:00-5:30 p.m. x 2	Tuesdays	1:30-2:00 p.m. x 2
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## Community Pool Fall Swim Instruction 2020 *continued*

LEVEL/FEE	MAX	DESCRIPTION
<b>PRE-SCHOOL (Ages 3 to 5 years of age)</b>		
<b>Starfish</b> \$32.00	5	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. <b>Saturdays 9:30 –10:00 a.m.</b>
<b>Duck</b> \$32.00	5	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. <b>Saturdays 9:30 –10:00 a.m.</b>
<b>RED CROSS SWIM KIDS—SCHOOL AGE (Ages 6 and up)</b>		
<b>Red Cross Swim Kids Level 5</b> \$56.00	4	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. <b>Saturday: 10:50-11:20 a.m.</b>
<b>Red Cross Swim Kids Level 6</b> \$56.00	4	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), 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 <b>Sunday: 6:15-7:00 p.m.</b>
<b>Red Cross Swim Kids Level 7</b> \$56.00	4	This level builds skills and endurance for the front crawl (50m), back crawl (50m), 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. <b>Saturday: 9:45-10:30 a.m.</b>
<b>Red Cross Swim Kids Level 8</b> \$56.00	4	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. <b>Sunday: 7:10-7:55 p.m.</b>
<b>Red Cross Swim Kids Level 9</b> \$56.00	4	This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m), breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3 mins). In addition they 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. <b>Monday: 4:10-5:10 p.m.</b>


## Community Pool Fall Swim Instruction 2020 *continued*

LEVEL	MAX	DESCRIPTION
<p><b>Red Cross Swim Kids Level 10</b> \$56.00</p>	4	<p>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.</p> <p style="text-align: center;"><b>Monday 4:10-5:10 p.m.</b></p>
<p style="text-align: center;"><b>Stroke Improvement</b> \$56.00</p>	4	<p style="text-align: center;">Stroke improvement for Swim Kid levels 6 and up.</p> <p style="text-align: center;"><b>Friday: 4:05—4:50 p.m.</b></p>
<p><b>BRONZE STAR</b> \$56.00</p> 	4	<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;"><b>Sunday: 7:40—8:40 p.m.</b></p>
<p><b>Stay Safe Course</b> \$35.70</p> 	8	<p>Learn how to be safe and responsible while on your own. This course is geared to <b>children 9-12 years</b>.</p> <p style="text-align: center;"><i>Be prepared for the unexpected!</i></p> <p>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;"><b>Friday, November 13 - (PA day) 9:00 - 1:00 pm</b> <i>This course is usually held during school P.A. Days</i></p>

# Community Pool Fall Swim Instruction 2020 *continued*

LEVEL/FEE	MAX	DESCRIPTION	
<b>LEADERSHIP</b>			
<p><b>Bronze Medallion</b> \$165.09 HST will apply for individuals 15 years and older \$186.55</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”. Manual and exam fee included.</p> <p style="text-align: center;"><b>Wednesdays 4:00—6:00 p.m.</b> <b>Dates: October 21-December 16, 2020</b> <b>Exam date: <i>to be announced</i></b></p>		
<p><b>Bronze Cross</b> \$144.89 HST will apply for individuals 15 years and older \$163.73</p> 	<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”. Exam fees included.</p> <p style="text-align: center;"><b>Wednesdays 4:00—6:00 p.m.</b> <b>Dates: October 21-December 16, 2020</b> <b>Exam date: <i>to be announced</i></b></p>		
LEVEL/FEE	MAX	DESCRIPTION	
<p><b>National Lifeguard Service</b> \$222.70 HST included</p> 	8	<p><b>*** <i>NEW Minimum age of 15 years</i></b></p> <p>Prerequisite 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>Wednesday and Sundays in October and November</p>
<p><b>National Lifeguard Service Recertification</b> \$79.46 HST included</p> 	8	<p>To re-certify lifeguarding skills, techniques and first aid in a water setting. 6 candidates are required to run this recertification course</p>	<p>9:00-1:00 p.m. Sun. Sept. 27 and November</p>

## Community Pool Fall Swim Instruction 2020 *continued*

LEVEL/FEE	MAX	DESCRIPTION	TIME										
<b>LEADERSHIP <i>continued</i></b>													
<p><b>Red Cross</b> <b>Water Safety Instructor</b> \$378.41 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, water safety, and swimming skills in the Red Cross Swim Preschool, and Red Cross Swim Kids levels. This updated program has incorporated an on-line component.</p> <p><i>This program is currently running but we are still accepting new registrations.</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">July</td> <td style="width: 50%;">Welcome and stroke evaluation</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>October Sundays &amp; Wednesdays Sept. 27, 30, Oct. 4, 7 &amp; 14</td> <td>Pool and class room</td> </tr> <tr> <td>October—November Fall lessons</td> <td>Apprentice teaching. Days and times will be assigned.</td> </tr> </table>	July	Welcome and stroke evaluation	July—August	On-line component	August 23	Online component due. Email online certificate to course instructor.	October Sundays & Wednesdays Sept. 27, 30, Oct. 4, 7 & 14	Pool and class room	October—November Fall lessons	Apprentice teaching. Days and times will be assigned.	
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## Community Pool Fall Swim Instruction 2020 *continued*

### LEADERSHIP *continued*

**First Aid**



Standard First Aid Covers: Choking, CPR “C” (Adult, child & baby) AED, splinting, treating injuries and sudden medical illnesses.

All classes are held upstairs of the Deep River Community Pool and a minimum of 6 candidates is required to run a course.

The online component **MUST** be completed prior to the class room portion of the course beginning.

<b>Standard First Aid level “C” Recertification</b>	Sunday, November 22	9:00am-5:00pm	\$96.90 (HST incl.)
<b>Standard First Aid level “C” BLENDED online &amp; class room</b>	Sunday, November 22	9:00am-5:00pm	\$96.90 (HST incl.)



## Community Pool Fall Instruction 2020 *continued*

LEVEL	DESCRIPTION																				
<b>EXERCISE CLASSES</b>																					
<b>AQUAFIT</b>	Mornings—Mondays, Tuesdays, Wednesdays and Thursdays 9:30-10:15 a.m.																				
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<p>This is a registered program, please register online at  <b><a href="https://app.booking.ca/deepriverpub">https://app.booking.ca/deepriverpub</a></b>            Or call the Recreation Department at 613 584-2000 ext 103</p> <p style="text-align: center;"><i>Limit to 14 participants per class</i></p> <p style="text-align: center;"><i>Drop-in's not available at this time.</i></p>																					

## Community Pool Fall Instruction 2020 *continued*

LEVEL	DESCRIPTION	FEE
<p><b>FAMILY SWIM</b></p> 	<p>Moms, Dads or caregivers enjoy a 30 minute daytime swim with your toddler(s). 3 sections of the pool are available. Min. 2 families to run program. Lane reservations are required by calling the Community Pool at 613 584-2000 ext 181</p>	<p style="text-align: center;"><b>Tuesdays</b> 10:45-11:15 a.m. \$7.50/per class Lane reservation required</p>
<p><b>**NEW**</b> <b>AQUA THERAPY</b></p>  	<p>A wellness program ideal for individuals living with fibromyalgia, chronic fatigue syndrome, arthritis, osteoporosis and individuals recovering from injury or surgery.</p> <p>The many benefits of AquaTherapy include improved balance and coordination, improved muscle circulation and strength, increased joint flexibility, and enhanced aerobic capacity.</p> <p>Participants who bring a personal support worker or a family member to assist who has swimming knowledge is welcome at no additional costs.</p> <p style="background-color: black; color: white; padding: 5px;"><b><i>Due to physical distancing requirements, the instructor will be teaching from the pool deck</i></b></p>	<p style="text-align: center;"><b>Thursdays</b> 10:45-11:30 a.m. October 1-29 \$53.10 (HST incl.)</p> <p>Limit to 6 participants</p>
<p><b>ADULT LESSONS</b></p>	<p style="text-align: center;">Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available <b>6 classes</b> (once or twice a week) <b>Available upon request</b></p> <p style="background-color: black; color: white; padding: 5px;"><b><i>Due to physical distancing requirements, the instructor will be teaching from the pool deck</i></b></p>	<p>1:1 (1 hour) \$185.37 1:1 (½ hr) \$92.61 1:2 (1 hour) \$92.61 Group of 6 \$51.54</p> <p>Price includes HST</p>

## Community Pool Fall Instruction 2020 *continued*

### MEMBERSHIPS

*During Covid we are offering*

*30 minute Lane Swims and 1 hour Family Swims.*

*Call the pool at 613-584-2000 ext. 182 to reserve your swim time*

ADULT 20 SWIM CARDS	\$40.50
STUDENT 20 SWIM CARDS	\$31.50
FAMILY SWIM	\$15.00

Swim Cards can be purchased at Town Hall  
or on-line at <https://app.booking.ca/deepriverpub/>  
Cards then can be picked up at the Town Hall