

Community Pool Winter Swim Instruction 2020

January 31— March 12, 2020 (6 Weeks)
Lessons WILL be held during the Family Day Weekend (February 14-17)

On-Line registration will open Thursday, January 9th, 2020 at 7:00 a.m.

For those unable to register on line, in person registration is available
 at Town Hall on Thursday, January 9th 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	
Private Lessons 20 min - \$60.00 30 min. - \$90.00	1:1	20 minute and 30 minute times available up to and including level 6.	
		Fridays	4:00-4:30 p.m.
		Fridays	4:15-4:35 p.m.
		Fridays	4:15-4:45 p.m.
		Fridays	4:35-5:05 p.m.
		Fridays	4:40-5:00 p.m.
		Fridays	5:05-5:25 p.m.
		Fridays	5:10-5:30 p.m.
		Saturdays	9:30-9:50 a.m.
		Saturdays	10:05-10:25 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.

Community Pool Winter Swim Instruction 2020





Private Lesson Schedule

DAYS	TIMES
Sundays	6:05-6:25 p.m. x 2
Sundays	6:40-7:00 p.m.
Sundays	7:15-7:45 p.m.
Sundays	7:40-8:00 p.m.
Sundays	7:50-8:10 p.m.
Sundays	8:10-8:30 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.
Mondays	5:05-5:25 p.m.
Tuesdays	6:00-6:20 p.m.
Tuesdays	6:00-6:30 p.m. x 2
Tuesdays	6:25-6:45 p.m.
Tuesdays	6:35-6:55 p.m. x 2
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.
Wednesdays	5:10-5:30 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 Winter Swim Instruction 2020 *continued*

LEVEL/FEE	MAX	DESCRIPTION											
PRE-SCHOOL (Ages 3 to 5 years of age)													
<div>Starfish</div> <div>\$23.10</div> <div></div>	10	<div>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.</div> <div>Saturdays 9:30 –10:00 a.m.</div>											
<div>Duck</div> <div>\$23.10</div> <div></div>	10	<div>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.</div> <div>Saturdays 9:30 –10:00 a.m.</div>											
<div>Sea Turtle</div> <div>\$45.00</div> <div></div>	2	<div>Orientation to water for toddlers. Age is the only condition for entering this level.</div> <table><tr><td>Fridays</td><td>4:55-5:25 p.m.</td></tr><tr><td>Saturdays</td><td>9:30-10:00 a.m. 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><tr><td>Thursdays</td><td>5:55-6:25 p.m.</td></tr></table>		Fridays	4:55-5:25 p.m.	Saturdays	9:30-10:00 a.m. 11:05-11:35 a.m.	Sundays	6:05-6:35 p.m.	Mondays	4:25-4:55 p.m.	Thursdays	5:55-6:25 p.m.
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<div>Sea Otter</div> <div>\$45.00</div> <div></div>	2	<div>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.</div> <table><tr><td>Saturdays</td><td>9:55-10:25 a.m. 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>4:55-5:25 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. 11:05-11:35 a.m.	Sundays	6:05-6:35 p.m.	Mondays	4:55-5:25 p.m.	Thursdays	5:05-5:35 p.m.		
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Community Pool Winter Instruction 2020 *continued*

LEVEL/FEE	MAX	DESCRIPTION										
PRE-SCHOOL (Ages 3 to 5 years of age)												
<div>Salamander</div> <div>\$45.00</div> <div></div>	2	<div>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.</div> <table><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.</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.	Mondays	4:55-5:25 p.m.	Thursdays	5:30-6:00 p.m.
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Thursdays	5:30-6:00 p.m.											
<div>Sunfish</div> <div>\$42.60</div> <div></div>	4	<div>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.</div> <div>Wednesday 4:55—5:25 p.m.</div>										
<div>Crocodile</div> <div>\$42.60</div> <div></div>	4	<div>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.</div> <div>Wednesday 4:30—5:00 p.m.</div>										
<div>Whale</div> <div>\$42.60</div> <div></div>	6	<div>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.</div> <div>Sunday 6:30—7:00 p.m.</div>										




Community Pool Winter Instruction 2020 *continued*

LEVEL	MAX	DESCRIPTION
RED CROSS SWIM KIDS		
Red Cross Swim Kids Level 1 \$42.00	6	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim. Sunday: 6:05-6:35 p.m.
Red Cross Swim Kids Level 2 \$42.00	6	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim. Sunday: 6:40-7:10 p.m.
Red Cross Swim Kids Level 3 \$42.00	6	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim. Sunday: 6:40-7:10 p.m. Thursday: 5:40-6:10 p.m.
Red Cross Swim Kids Level 4 \$42.00	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. Sunday: 7:05-7:35 p.m.
Red Cross Swim Kids Level 5 \$42.00	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. Sunday: 7:05-7:35 p.m.
Red Cross Swim Kids Level 6 \$56.00	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. Sunday: 7:05-8:05 p.m.
Red Cross Swim Kids Level 7 \$56.00	10	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. Sunday: 7:15-8:15 p.m.



Community Pool Winter Instruction 2020 *continued*


LEVEL	MAX	DESCRIPTION
RED CROSS SWIM KIDS		
Red Cross Swim Kids Level 8 \$56.00	10	<p>Swim Kids Level 8: This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.</p> <p>Thursday: 5:05-6:05 p.m.</p>
Red Cross Swim Kids Level 9/10 \$56.00	10	<p>Swim Kids Level 9: This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3 mins). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim.</p> <p>Swim Kids Level 10: This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.</p> <p>Wednesday: 3:55-5:05 p.m.</p>
Stroke Improvement \$42.00	8	<p>**After school activity**</p> <p>Stroke improvement for Swim Kid levels 6 and up</p> <p>Fridays: 4:05-4:50 p.m.</p>
AQUATIC CAMP \$36.30 	12	<p>**After school activity**</p> <p>This program introduces children ages 8-12 to many aquatic activities including innertube waterpolo, water basketball, water volleyball, basic spring board diving and other fun organized water games and relays. A wide variety of aquatic skills are also introduced.</p> <p>Mondays: 4:15-5:00 p.m.</p>
Stay Safe Course \$35.00 	10	<p>Learn how to be safe and responsible while on your own. This course is geared to children 9-12 years.</p> <p><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>Friday, January 31 - (PA day) 9:00 - 1:00 pm <i>This course is usually held during school P.A. Days</i></p>

Community Pool Winter Instruction 2020 *continued*



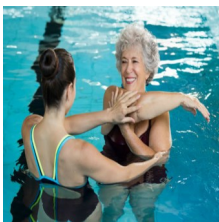

LEVEL/FEE	MAX	DESCRIPTION
LEADERSHIP		
<p>**NEW**</p> <p>Red Cross</p> <p>Babysitting Course</p> <p>\$43.21</p> <p>HST will apply for individuals 15 years and older</p> <div style="text-align: center;">  </div>	10	<p>Your child will learn from a first aid instructor: the basic skills to care for babies, 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 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;">Monday, February 17th - 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</p> <p>\$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. Jr. Lifeguard or Bronze Star is recommended. Candidates will be trained in Emergency 1st Aid and receive a recognized certificate. Manual and exam fee included.</p> <p style="text-align: center;">Wednesdays 4:00-6:00 p.m. January 22—April 1 <i>(no lessons on Wednesday during the March break – March 18th)</i> Exam date: Wed., April 8</p>
<p>Bronze Cross</p> <p>\$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 & emergency procedures. An introduction to emergency first aid in a water setting. Candidates must be 14 years of age & have completed Bronze Medallion.</p> <p style="text-align: center;">Wednesdays 4:00-6:00 p.m. January 22—April 1 <i>(no lessons on Wednesday during the March break – March 18th)</i> Exam date: Wed., April 8</p>

Community Pool Winter Instruction 2020 *continued*

LEVEL/FEE	MAX	DESCRIPTION	TIME
LEADERSHIP <i>continued</i>			
National Lifeguard Service \$218.33 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.	February Exam: March
National Lifeguard Service Recert. \$77.90 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. March

LEADERSHIP <i>continued</i>			
First Aid 	Standard First Aid Covers: Choking, CPR "C" (Adult, child & baby) AED, splinting, treating injuries and sudden medical illnesses. All classes held upstairs of the Deep River Community Pool. 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.		
	CPR level "C" Recertification	February 20 (Thursday) or April 23 (Thursday)	6:00pm-10:00pm \$84.49 (HST incl.)
	Standard First Aid level "C" Recertification	January 12 (Sunday); April 19 (Sunday); or May 24 (Sunday)	9:00am-5:00pm \$95.00 (HST incl.)
	Standard First Aid level "C" - BLENDED online & class room	January 12 (Sunday); April 19 (Sunday); or May 24 (Sunday)	9:00am-5:00pm \$95.00 (HST incl.)
	Standard First Aid level "C" 2 day class room	February 1 & 2 (Saturday & Sunday) Full class room	9:00am-5:00pm \$135.00 (HST incl.)

Community Pool Winter Instruction 2020 *continued*

LEVEL	MAX DESCRIPTION	TIME	FEE
EXERCISE CLASSES			
AQUAFIT *Heart Wise	Monday*, Wednesday* and Friday* morning Monday and Wednesday evening January 6— March 13	9:30-10:30 a.m. 7:30-8:30 p.m.	10 tickets - \$85.78 5 tickets - \$42.90
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. Registration open	Tuesdays 7:00-7:45 p.m. Jan. 14-March 3 (8 wks)	\$83.26 Price include HST
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. Registration open	Wednesdays Jan. 15– March 4 10:40-11:25 a.m. (8 weeks)	\$69.88 Price include HST
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. Registration open	Thursdays 9:30-10:15 a.m. 10 weeks Jan. 9-March 12 \$104.30 HST incl.	

Community Pool Winter Instruction 2020 *continued*

LEVEL	DESCRIPTION		
PARENT & TODDLER SWIM 	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. <i>This is a recreational swim</i>	Tuesdays 11:00-11:30 a.m.	\$2.25 Admission per adult
ADULT LESSONS	Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available 6 classes (once or twice a week times available). <i>Times can be arranged to suit your busy schedule.</i>	1:1 (1 hour) \$181.74 1:1 (½ hr) \$90.85 1:2 (1 hour) \$90.85 Group of 6 \$50.51 Prices include HST	

MEMBERSHIPS

MEMBERSHIP RATES					
	TYPE	PARTICIPATION	12 MONTHS	1 MONTH	10 SWIMS
	ADULT MEMBERSHIP	Adult, Early Morning Swim	\$275.00	\$62.53	
	STUDENT MEMBERSHIP	Public swims	\$137.48	\$40.16	
	ADULT TEN SWIM PASS	Adult, Early Morning Swim			\$40.50
	CHILD TEN SWIM PASS	Public swims			\$31.50