

Community Pool Winter Swim Instruction 2021

January 11- March 7 (8 Weeks)

On-Line registration will open Thursday, DECEMBER 10th, 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, DECEMBER 10TH 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.

SWIMMING LESSONS:



Day & Dates	Monday Jan 11 – Mar 1	Wednesday Jan 13 – Mar 3	Friday Jan 15 – Mar 5	Saturday Jan 16 – Mar 6	Sunday Jan 17 – Mar 7
PRIVATE LESSONS 8 weeks \$120.00	4:00-4:30 pm 4:00-4:30 pm 4:45-5:15 pm	4:00-4:30 pm 4:45-5:15 pm	4:00-4:30 pm 4:00-4:30 pm 4:00-4:30 pm 4:45-5:15 pm 4:45-5:15 pm	10:00-10:30 am 10:00-10:30 am 10:45-11:15 am 10:45-11:15 am 11:30 am-12:00 pm	5:15-5:45 pm 6:00-6:30 pm 6:45-7:15 pm 6:45-7:15 pm 7:30-8:00 pm 7:30-8:00 pm
FAMILY LESSONS 8 weeks \$200.00 + HST Registration is to be under the parent's name	4:00-4:30 pm 4:45-5:15 pm 4:45-5:15 pm	4:00-4:30 pm 4:45-5:15 pm	4:45-5:15 pm	10:00-10:30 am 10:45-11:15 am 11:30 am-12:00 pm 11:30 am-12:00 pm	5:15-5:45 pm 5:15-5:45 pm 6:00-6:30 pm 6:00-6:30 pm 6:45-7:15 pm 7:30-8:00 pm

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SWIMMING LESSONS:

Day & Dates	Monday Jan 11 – Mar 1	Wednesday Jan 13 – Mar 3	Friday Jan 15 – Mar 5	Saturday Jan 16 – Mar 6	Sunday Jan 17 – Mar 7
Stroke Improvement 8 weeks \$56.00			4:15-5:00 pm		
Stay Safe \$35.70 	Monday, Feb 1 st (PA day) 9:00am-1:00pm				
ADULT PRIVATE LESSONS 6 weeks \$92.64 <i>instructor will be teaching from deck</i>		10:45-11:15 am			




LEADERSHIP COURSE:

Day & Dates	Wednesday Jan 13 – Mar 31
Bronze Medallion \$165.09 HST will apply for individuals 15 yrs and older Exam date to be announced 	4:00-5:30 pm No class during March break
Bronze Cross \$144.89 HST will apply for individuals 15 yrs and older Exam date to be announced 	4:00-5:30 pm No class during March break

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EXERCISE CLASSES:

Due to physical distancing requirements, the instructor will be teaching from the pool deck.

Day & Dates	Monday	Tuesday	Wednesday	Thursday
AquaFit	9:30-10:15 am and 7:30-8:15 pm	9:30-10:15am	9:30-10:15am	9:30-10:15am
	Jan. 4–25 \$34.98	Jan. 5–26 \$34.98	Jan. 6–27 \$34.98	Jan. 7–28 \$34.98
	Feb. 8–Mar. 8 <i>(no class Feb. 15)</i> \$34.98	Feb. 9–Mar. 9 \$43.75	Feb. 10–Mar.10 \$43.75	Feb. 11–Mar. 11 \$43.75
	Mar 22–April12 \$34.98	Mar 23–April 13 \$34.98	Mar 24–April14 \$34.98	Mar 25–April 15 \$34.98
Mom & Baby AquaFit \$71.24 (HST Inc) 	Jan. 11 – March 8 (8 wks) 10:45 – 11:30 am (no class Feb. 15) 30 minutes cardio workout with 15 minutes of free time with baby			
AquaTherapy \$63.73 (HST Inc) 				Jan. 14 – Feb. 18 (6 wks) 10:45-11:30am
SUP Yoga \$69.38 with board (HST Inc) 		Jan. 12–Feb. 16 (6 weeks) 7:30-8:15 pm		

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COVID PROTOCOLS

- * Swimmers are to arrive wearing their swim wear.
- * Please arrive 5 minutes prior to lesson time for a COVID screening.
- * Face masks or coverings are required when walking and changing in the building. Masks are removed prior to entering the pool.
- * Please enter the building through the front door.
- * Access to change rooms are limited to washrooms and a quick change before and after the class.
- * Outdoor shoes are to be removed in the lobby. Indoor shoes may be worn in the building.
- * Lockers will not be available. You may store your belongings in your swim bag in the change room or on a chair located at the shallow end of your lane.
- * 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:

- * Please do not feed children 1 hour prior to their swimming lesson.
- * Please be sure to take your children to the bathroom just prior to their swimming lesson.
- * 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.