

HAPPY NEW YEAR from the Town of Deep River

100 Deep River Rd, P.O. Box 400, Deep River, ON K0J 1P0 613-584-2000 www.DeepRiver.ca



RECREATION

613-584-2000 ext. 103 pool: 613-584-2000 ext 181

STAY SAFE COURSE

This course is geared to children 9-12 years. \$35.00

Friday, January 31 - (PA day) 9:00 - 1:00 pm

Learn how to be safe and responsible while on your own.

Be prepared for the unexpected!

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.

WINTER EXERCISE PROGRAMS

Register Online: <https://app.booking.ca/bkDeepRiverPub/> or in person at Town Hall. HST included in all prices

AQUAFIT

Monday, Wednesday, Friday 9:30-10:30am 10 tickets - \$85.78

Monday and Wednesday 7:30-8:30pm 5 tickets - \$42.90

ACTIVE MOM AND BABY AQUAFIT

Jan. 15-Mar. 4 Wednesdays, 10:40-11:25am \$69.88

H2O Bootcamp with Tricia

Jan. 14-Mar. 3 Tuesdays, 7:00-7:45pm \$83.26

AQUATHERAPY

Jan. 9 - Mar. 12 Thursdays, 9:30-10:15am \$104.30

PARENT & TODDLER

Tuesdays, 11:00-11:30am \$2.25/adult

ADULT LESSONS

Learn to swim/Stroke Improvement/ Bronze Medallion/Bronze Cross/1:1 available

1:1 (1 hr) \$181.74 • 1:1 (1/2 hr) \$90.85 • 1:2 (1 hr) \$90.85

Times for adult lessons can be arranged to suit your busy schedule: Group of 6 \$50.51

Red Cross FIRST AID COURSES

Standard First Aid Covers Level "C":

• CPR "C" (baby) • Choking • Treating injuries • Splinting

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.

Standard First Aid level "C" Recertification:

January 12 (Sunday); 9:00am-5:00pm \$95.00 (HST incl.)

Standard First Aid level "C" BLENDED

online & class room

January 12 (Sunday); 9:00am-5:00pm \$95.00 (HST incl.)

COMMUNITY POOL

WINTER SWIM INSTRUCTION

January 31 - March 12, 2020 (6 Weeks)

Lessons will run during the Family Day weekend

On-Line registration for all lessons and programs

will open on Thursday, January 9th at 7:00 am

<https://www.booking.ca/bkdeepriverpub/>

For those unable to register on-line, In-Person Registration

will be available at Town Hall on January 9, 9:00 am-5:00 pm

Town Recreation Programs: Private lessons, Red Cross Pre-School lessons, Red Cross Swim Kids level 1-10, Aquatic Camp, Stroke Improvement, First Aid courses, Stay Safe courses, Babysitting courses, Bronze Medallion and Bronze Cross courses, Lifeguarding courses, Adult lessons, Aquafit, Mom and Baby Aquafit and H2O Boot Camp.

Adult Pool Memberships: incl the Early Morning Swim & Skating Memberships.

Dates, times & fees are posted online: www.deepriver.ca

COUNCIL AND COMMITTEE MEETINGS

Please visit the Town of Deep River website at the following link to view the schedule of upcoming meetings:

<https://deepriver.civicweb.net/Portal/MeetingTypeList.aspx>



ontario.ca/winterdriving



CHRISTMAS TREE DISPOSAL

Christmas Trees may be placed curbside making sure not to interfere with waste and recycle collection or snow removal services. The Public Works Department will collect all Christmas trees placed curbside until January 17, 2020. Alternatively, Christmas trees can be dropped off free of charge at the Baggs Road Landfill site.

Small Business SOCIAL MEDIA SCHOOL

Learn all about operating online with this workshop series. Join us for all of them or just a few.

- DIY Photography for Small Business
- Facebook 102
- Instagram 102

Cost is \$10/workshop. Classes located in Arnprior and Renfrew.

Information & tickets at socialschool.eventbrite.com

WALK IN THE HALLS PROGRAM

Mackenzie Community School

Tuesday & Thursdays evenings

6:00-7:30 pm

January 7 - March 26

Please bring indoor shoes.

Please note:

There will be no program offered March 17 or 19 during March Break

January 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Recycling
fibre container



Recommended Minimum Ice Thickness for New Clear Hard Ice.

No ice is without some risk.

Be sure to measure clear hard ice in several places.

7 cm (3") or less
STAY OFF!!



10 cm (4")

12 cm (5")

20-30 cm (8 - 12")

30-38 cm (12 - 15")

ice fishing, walking, cross country skiing

one vehicle: snowmobile or ATV

one vehicle: car or small pick-up

one vehicle: medium truck



Lifesaving Society
The Lifeguarding Experts

www.lifesaving.mb.ca