



Corporation of the Town of Deep River

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

RECREATION

613-584-2000 ext. 103. carmstrong@deeperiver.ca

STAND UP PADDLE BOARD WORKOUT

at LAMURE BEACH

Join the trend of a workout on a stand up paddle board. Enjoy the benefits of a workout 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.

Tuesdays, 5:00 - 5:45 pm, July 2-23 (4 wks.)

\$52.14 Price includes HST

\$10.00 Discount if you bring your own board

H2O BOOT CAMP

A combination of resistance training and traditional water aerobics using equipment such as "water weights", fins and high intensity noodles. This challenging cardio workout increases strength, lung capacity and endurance with little to no impact on the joints. Participants must be 16 years or older and able to swim in deep water.

Tuesdays, 7:00 - 7:45 pm, July 2 - Aug. 6 (6 wks.)

\$62.46 Price includes HST



LIFESAVING SOCIETY
The Lifeguarding Experts



BRONZE MEDALLION & BRONZE CROSS

July 15 - 26
1:00 - 3:00 PM

Medallion Exam: July 26 • Medallion Fee: \$161.86

Cross Exam: July 26 • Cross Fee: \$142.04

Learn how to respond to a variety of aquatic situations using own judgement and team work. Candidates must be 14 years of age and completed Bronze Medallion by exam date to participate in Bronze Cross Manual and exam fee included.

Registration available online at the town website:
www.deeperiver.ca

Or <https://app.booking.ca/bkdeeperiverpub/>
Registration closes: July 11 at noon

TRIATHLON

and

NEW TRIATHLON SPRINT

August 4th, 2019

Our triathlon event is the most widely attended of all our events. This event allows for participants on all levels of experience to test their abilities. Divisions are broken up into individual, male and female and a team category. Champion Chip Timing is used.

FIND US:

www.deeperiver.ca www.eventsonline.ca
Facebook: Search "Deep River Triathlon"

Early Bird Registration Rate - Closes June 21st, 2019
Individuals - \$58.78 Teams - \$100.92

Registration Fee - June 22nd - August 1st, 2019
Individuals - \$69.03 Teams - \$116.29

Online Registration closes August 1st at Midnight
Late registration Individuals - \$79.28 Teams - \$131.66

COUNCIL AND COMMITTEE MEETINGS

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

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



DEEP RIVER LIBRARY

Registration is now open for our **FREE Summer Reading Club**, ages 5 and up. Books! Crafts! S.T.E.A.M. activities and more!

- **FREE Summer Babytime Session**, Mondays 10:15am, June 10-July 29, no registration required
 - **FREE Storytime**, Tuesdays or Wednesdays at 10:15am, no registration required
- Contact Candice; chersak@deeperiverlibrary.ca 613-584-4244

DID YOU KNOW you require a BUILDING PERMIT for any of the projects listed below?

- Construction of a new building
- Addition of dormer(s)
- Installation of central air conditioning
- Installing a ramp or elevating device
- Addition of a carport, garage, porch or room(s) to an existing building
- Any structural work, including alterations to interior partitions or the installation of new skylights, windows or doors
- Constructing or installing detached accessory buildings such as garage, shed or playhouse larger than 100 square feet (or 10 square meters)
- Installation or re-installation of insulation, air/vapor barrier and/or drywall
- Installation of siding, brick or other exterior wall coverings
- Replacing or installing plumbing, including repair or installation of an on-site sewage system
- Secondary suites
- Enclosing a porch or deck
- Addition of a deck to an existing home
- Repairs or renovations
- Re-shingling a roof
- Raising or excavating under a house to provide a basement or foundation
- Damp proofing or waterproofing foundation walls, including installation of weeping tile
- Installation of a fireplace or other heating appliances including the replacement of furnaces, ductwork and chimneys
- Replacement of exterior doors or windows
- Construction or finishing of rooms in a basement or attic
- Change of use to provide for occupancy of an existing building

Building permit applications can be picked up in person at the Town Hall or on-line at <http://www.deeperiver.ca/departments/building-department/>.

If you would like to speak with the Town's Chief Building Official, Robert Labre, please call 613-584-2000 ext. 106 or email rlabre@deeperiver.ca.

As per By-law No. 22-2008 a list of building permit fees are listed below.

Building Type	Permit Fee	
	Dollars/Square Foot	Minimum Fee
Residential - New Construction (including additions and renovations)	\$0.67	\$30.00
Residential - Accessory Building	\$0.16	\$30.00
Commercial - New Construction & Accessory	\$0.70	\$150.00
Industrial - New Construction & Accessory	\$0.70	\$150.00

Class of Permit	Permit Fee
Research For Zoning/Orders	\$40.00
Change of Use Fee	\$40.00
Deck, Fence, Roofing	\$30.00
Demolition	\$40.00

RECYCLING

fibre

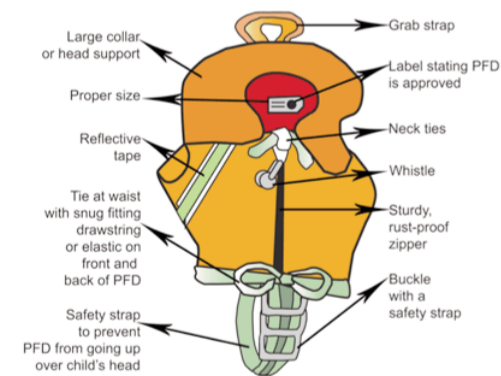
container



CHECKLIST for choosing a LIFEJACKET

- Is it approved by the Ministry of Transportation or Department of Transportation?
- Will it support the person it was made for?
- Are all the snaps, belts, ties, tapes and/or zippers in good condition?
- Is it easy to put on and take off?
- Can you move your arms freely when wearing it?
- Does it let you bend at the waist?
- Can you see the ground at your feet and walk over obstacles easily?
- Does it keep your head above water?
- Can you swim and manoeuvre easily in the water?
- Have you attached a whistle to your flotation device?
- Colour: Lifejackets are available in many bright colours. The Canadian Red Cross recommends bright colours for be visibility in the water.
- Size: Lifejackets must be an appropriate size to be effective. Sizing is based on chest measurements for adults and weight for children - read the label for details. Choose one that is comfortable but snug, and allows free movement.

In a PFD look for these important features



Every home in Ontario must have a working smoke alarm on every storey and outside all sleeping areas.



June 2019						
S	M	T	W	T	F	S
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