

Town of Deep River



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



LIBRARY

Babytime Drop-In Program starts Monday, September 23rd at 10:15am. It's an interactive storytime followed by playtime.

Storytime Drop-In Program has started. Join us Tuesdays or Wednesdays at 10:15am.

Both programs are free and no registration is required.

For more information contact the library at 613-584-4244 or chersak@deepriverlibrary.ca

613-584-2000 ext. 103 **RECREATION** pool: 613-584-2111 ext 182

ADDITIONAL SWIM Public PA-Day Swim

Friday, September 13, 1:00pm-2:00pm
(Regular admission applies)

RED CROSS STAY SAFE

Learn how to be safe and responsible while on your own. This course is geared to children 9-12 years

**\$35, 9am - 1pm, this Friday, Sept 13,
Deep River Community Pool**

Be prepared for the unexpected!

- 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 your OWN
- Basic first aid skills

REGISTER ONLINE: at the Town Hall or <https://www.booking.ca/bkdeepriverpub/>

AQUATIC CAMP After school activity

\$36.30 HST incl.

Sept. 16 - Oct. 28 - Mondays: 4:20-5:05 p.m.

This program introduces children ages 8-12 to many aquatic activities including innertube water polo, 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.

GIVE IT A TRY at the Deep River Arena FREE SKATING!

Saturday, Sept 14th

10:00 – 10:50 am – Parent & Tot

11:00 – 11:50 am – Senior Skate

12:00 – 12:50 pm – Stick & Puck Free Skate

1:00 – 3:00 pm – Public Skate

Sunday, Sept 15th

12:00 – 12:50 pm – Stick & Puck Free Skate

1:00 – 3:00 pm – Public Skate

MAKE TIME FOR YOUR HOME'S UNSUNG HEROES

Test your smoke alarms
once a month

#PressToTest



FALL FIRST AID COURSES

September 13 - October 27 (6 weeks) HST included in all prices



LIFESAVING SOCIETY
The Lifeguarding Experts



BRONZE CROSS \$142.04 (HST will apply for individuals 15 yrs & over)

4 - 6pm Wednesdays: Sept 11 - Nov 13

Exam date: 5pm, Thursday, Nov 21

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. Candidates will be trained in Emergency 1st Aid and receive a recognized certificate. Exam fees included.

NATIONAL LIFEGUARD SERVICE \$218.33

Sept. 21, 22, 29, Oct 3 & 6

Exam Date: Oct 11 (PA day)

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.

STANDARD FIRST AID LEVEL 'C' \$95.00

Blended: online & classroom

9am - 5pm, Saturday, Sept. 28 - classroom

Online portion must be completed before Sept 27

RECYCLING

fibre

container

September 2019						
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					

MINI FALL AQUATIC EXERCISE PROGRAMS

September 13 - October 27 (6 weeks)
HST included in all prices

AQUAFIT Sept. 9 - Dec. 20, 2019
Monday, Wednesday & Friday daytime (Heart Wise)

9:30-10:30 a.m.

Monday & Wednesday evening

7:30-8:30 p.m.

Aquafit does not run during stat. holidays

10 tickets - \$85.78 5 tickets - \$42.90

Active MOM AND BABY AQUAFIT \$52.41

Wednesdays, Sept. 11- Oct. 16 10:40-11:25 a.m.

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.

STAND UP PADDLE BOARD WORK-OUT

with Becky \$67.44

Thursdays 5:30-6:15 pm Oct. 3-Nov 7 (6 wks)

Enjoy the benefits of a workout with the extra challenge of being on a stand up paddle board in the pool.

We offer a reduced fee if you bring your own SUP board.

ADULT LESSONS

Learn to swim / Stroke improvement /

Bronze Medallion / Bronze Cross / 1:1 available

6 classes (once or twice a week times available).

Times can also be arranged to suit your busy schedule

Mon - 1:00-1:30 pm Tues - 8:00-8:30 pm

1:1 (1 hour) \$181.70 1:1 (1/2 hr) \$90.85

1:2 (1 hour) \$90.85 Group of 6 \$50.51

PARENT & TODDLER SWIM

Tuesdays, Sept 3 - Dec 17, 11 - 11:30am

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 adult admission. If you have another adult join your group, an additional admission of \$2.25 will be charged per visit at the pool.

H2O BOOT CAMP with Tricia \$62.44

Tuesdays, 7:00-7:45 pm Oct. 1-Nov. 5 (6 wks)

Participants must be 16 years or older and able to swim in deep water.

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.

AQUA THERAPY \$62.58

Thursdays 9:30-10:15 am Sept 12-Oct 17 (6 weeks)

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, an instructor can be assigned to you for an additional fee.