

Community POOL Summer Instructional 2023



Lessons run Monday to Friday

Session 1: July 4 — July 7, 2023 (4 Classes)

Session 2: July 10—14, 2023 (5 Classes)

Session 3: July 17—July 21, 2023 (5 Classes)

Session 4: July 24—28, 2023 (5 Classes)

Session 5: July 31—4, 2023 (5 Classes)

Session 6: August 8—11, 2023 (4 Classes)

Session 7: August 14—18, 2023 (5 Classes)

No lessons July 3rd and August 7th (Civic Holiday)

Lessons are pro-rated and no make-up lessons will be offered

On-Line registration will open Thursday, May 4th, 2023 at 7:00 am

<https://app.univerusrec.com/deepriverpub/courses/index.asp>

For those unable to register on line, in person registration opens

Thursday, May 4th at 9:00 am—1:30 pm at Town Hall

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.

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.

FEE	DESCRIPTION																					
Session 1 & 6 30 Minute Private Lessons (4 classes) \$100.00	PRIVATE LESSONS ONE WEEK One-on-one 30 minute times available for pre-school and school-aged children up to and including Swimmer 9. Lessons run Monday to Friday																					
	<table> <tr> <td>10:30-11:00 am x 3</td><td>All sessions</td></tr> <tr> <td>11:05-11:35 am x 3</td><td>All sessions</td></tr> <tr> <td>1:00-1:30 pm x 2</td><td>All sessions</td></tr> <tr> <td>1:35-2:05 pm x 2</td><td>All sessions</td></tr> <tr> <td>2:10-2:40 pm x 1</td><td>All sessions</td></tr> <tr> <td>2:45-3:15 pm x 1</td><td>All sessions</td></tr> <tr> <td>3:05-3:35 pm x 1</td><td>All sessions</td></tr> <tr> <td>3:20-3:50 pm x 1</td><td>All sessions</td></tr> <tr> <td>3:40-4:10 pm x 1</td><td>All sessions</td></tr> <tr> <td>3:55-4:25 pm x 1</td><td>All sessions</td></tr> <tr> <td>4:15-4:45 pm x 1</td><td>All sessions</td></tr> </table>	10:30-11:00 am x 3	All sessions	11:05-11:35 am x 3	All sessions	1:00-1:30 pm x 2	All sessions	1:35-2:05 pm x 2	All sessions	2:10-2:40 pm x 1	All sessions	2:45-3:15 pm x 1	All sessions	3:05-3:35 pm x 1	All sessions	3:20-3:50 pm x 1	All sessions	3:40-4:10 pm x 1	All sessions	3:55-4:25 pm x 1	All sessions	4:15-4:45 pm x 1
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4:15-4:45 pm x 1	All sessions																					
Session 2-5 & 7 30 Minute Private Lessons (5 classes) \$125.00																						



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FEE	DESCRIPTION				
30 Minute Family Lessons Session 1 & 6 (4 classes) \$106.80 plus HST	<p style="text-align: center;">FAMILY LESSONS</p> <p>ONE WEEK Family Lessons are available for children ages 3 and up or Preschool or Swimmer levels. Lessons run Monday to Friday.</p> <p>**PARENT PLEASE REGISTER YOURSELF for the Family Swim Lesson**</p> <p>30-mins time slot. Families must be of the same household.</p> <p>Maximum number of family members is 4.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">4:30-5:00 pm x 1</td><td style="text-align: center;">All sessions</td></tr> <tr> <td style="text-align: center;">4:50-5:20 pm x 1</td><td style="text-align: center;">All sessions</td></tr> </table>	4:30-5:00 pm x 1	All sessions	4:50-5:20 pm x 1	All sessions
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4:50-5:20 pm x 1	All sessions				
30 Minute Family Lessons Session 2-5 & 7 (5 classes) \$133.50 plus HST					

	Equivalent to Red Cross	Max.	Session 2 (July 10-14) only GROUP LESSONS Lessons run Monday to Friday
LS Parent & Tot 1 <i>1 Parent in water</i> \$30.00	Starfish	10	6:30-7:00 pm
LS Preschool 1 \$40.50	Sea Otter	3	6:30-7:00 pm
LS Preschool 2 \$40.50	Salamander	3	6:30-7:00 pm
LS Preschool 3 \$39.50	Sunfish	4	7:05 –7:35 pm
LS Swimmer 1 \$37.50 (30mins)	Swim Kids 1	6	7:05 –7:35 pm
LS Swimmer 2 \$37.50 (30mins)	Swim Kids 2	6	7:05 –7:35 pm

Stroke Improvement \$31.00 Session 1 (4 classes) \$38.75 Session 2-4 (5 classes)	Stroke improvement for Swimmer 3 and up 2:15-3:00 pm <i>These classes are only offered in July (Sessions 1-4)</i>
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LEVEL	MAX	DESCRIPTION
Stroke Improvement \$31.00 (4 classes) \$38.75 (5 classes)	8	Stroke improvement for Swimmer 3 and up 2:45-3:30 pm <i>These classes are only offered in July (Sessions 1-4)</i>
Babysitting Course <div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 10px;">\$60.00</div>  </div>	12	Ages 12+ Tuesday, August 22nd 9:00 am—5:30 pm Upstairs class room at the pool
Stay Safe <div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 10px;">\$45.00</div>  </div>	12	Ages 9+ Thursday, August 24th 9:00 am—1:30 pm Upstairs class room at the pool

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LEVEL	DESCRIPTION
<p style="text-align: center;">ADULT LESSONS</p> <p>Group rate: \$9.50 per class (minimum of 4 adults)</p> <p>Single private lesson rate: \$17.00 per class</p> <p>Prices include HST</p>	<ul style="list-style-type: none"> • Learn to swim • Stroke improvement • Private lessons • Evening drop-in • day time classes available <p style="text-align: center;">TUESDAYS 7:15-8:00 pm</p>
<p>OPEN WATER TRAINING at Lamure Beach</p> <p>Tuesdays and Thursdays July 11– August 10 5:00-6:00 pm \$95.00 (Min. of 6 people) If program runs, drop-ins welcome</p> <p>Drop-in fee: \$10.00 per class</p>	<p>Are you interested in participating in the Deep River Triathlon on August 6th OR the return of the Cross River Swim on Saturday, August 19th?</p> <p>Would you like some tips and tricks to prepare for open water swimming? This training will help build your confidence and ability in an open water setting.</p> <p>Training will be held at Lamure Beach. The last day an instructor/lifeguards will escort the swimmers through the triathlon swim course</p>

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LEVEL/FEE	DESCRIPTION TIME
LEADERSHIP	
Bronze Medallion *Recruitment Fee* \$100.00 	<p>Learn how to respond in water safety situations. Develop endurance in a timed swim. 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;">July 10-21 1:15—3:00 p.m. Exam date: Friday, July 21/23</p>
Bronze Cross *Recruitment Fee* \$100.00 	<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. Candidates will be trained in Emergency 1st Aid and receive a recognized certificate. Exam fees included.</p> <p style="text-align: center;">July 10-21 1:15—3:00 p.m. Exam date: Friday, July 21/23</p>

National Lifeguard Service Pool Recert. \$83.65 HST included	10	 <p style="text-align: center;">Thursday, July 6 5:00 - 9:00 pm</p>
Standard First Aid level "C" Blended – online and class room \$102.00 HST included	Min. 6 Max. 12	 <p style="text-align: center;">Wednesday, August 9 9:00 am-4:30 pm Online component must be completed by noon on Tuesday, August 8th Upstairs class room at the Pool</p>
Standard First Aid level "C" recertification class room \$102.00 HST included	Min. 6 Max. 12	 <p style="text-align: center;">Wednesday, August 9 9:00 am-4:30 pm Upstairs class room at the Pool</p>

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EXERCISE CLASSES					
Day & Dates	Monday	Tuesday	Wednesday	Thursday	Friday
AQUAFIT July 5-Aug. 18 10 Aquafit Pass \$93.00 20 Aquafit Pass \$186.00	9:30-10:15 am 7:30-8:15 pm <i>No classes July 3 and Aug. 7</i>		9:30-10:15 am 7:30-8:15 pm	9:30-10:15 am	9:30-10:15 am
STAND UP PADDLE BOARD YOGA at Lamure Beach 			6:00-6:45 pm July 12-Aug. 2 (4 wks) \$71.28 <i>\$10.00 Discount if you bring your own board</i>		
INNERTUBE WATERPOLO AT THE POOL This program is geared to students 16 years of age and older, co-op students and summer students in the Area.				Thursdays 6:45-7:45 pm \$6.00 drop-in	
BEACH VOLLEYBALL at Lamure Beach 		Nets are set up at Lamure Beach. Register your interest to create a league during lunch times or evenings. <i>Price to be determined based upon interest</i>			
STAND UP PADDLE BOARD BASICS & GUIDED TOUR At Lamure Beach Monday, July 24—6:30-8:00pm; Monday, August 14—6:30-8:00pm \$20.00 (plus HST) per person \$30.00 (plus HST) if SUP rental required		<i>Meeting at Lamure Beach an experienced SUP lover will guide a group through the basics of manoeuvring a stand up paddle board through the waters of the Ottawa River. After the lesson component, you will then go on a guided tour and return to Lamure Beach.</i> <i>Registration is required.</i> <i>Rental of SUP boards is available.</i>			

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DEEP RIVER COMMUNITY POOL ADMISSION RATES			
ADULT 10 SWIM CARD	\$45.00	ADULT SINGLE ADMISSION	\$6.00
ADULT 20 SWIM CARD	\$90.00		
STUDENT 10 SWIM CARD	\$35.00	STUDENT SINGLE ADMISSION	\$5.00
6 month Adult Membership	\$225.00		
12 month Adult Membership	\$350.00		
RENTAL: \$137.00/Hour (Includes two lifeguards) All prices include HST			