



# Community Pool Winter Swim Instruction 2026

January 19 – March 8 (7 Weeks)

Lessons will run on Family Day (February 16th)

On-Line registration will open Thursday, January 8th at 7:00 am

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

For those unable to register on line, in person registration at the POOL will be open on

Thursday, January 8th from 9:00 am-1:00 pm

## SWIMMING LESSONS:

If the Private and Family lessons offered are filled and you would like to request a private or family lesson, please email [shosbons@deepriver.ca](mailto:shosbons@deepriver.ca) or [poolstaff@deepriver.ca](mailto:poolstaff@deepriver.ca) with 2 choices of your preferred day and time within the chart listed below.

Day & Dates 7 wks – 30 min.	Monday Jan. 19-March 2	Wednesday Jan. 21-March 4	Thursday Jan. 22-March 5	Friday Jan. 23-March 6	Sunday Jan. 25-March 8
<b>PRIVATE LESSONS</b> <b>\$181.16</b>	3:55-4:25 pm x2 4:50-5:20 pm 5:05-5:35 pm	3:55-4:25 pm x2 4:00-4:30pm 5:10-5:40 pm	5:00-5:30 pm x2	3:55-4:25 pm x2	4:25-4:55 pm x2 5:00-5:30 pm 6:10-6:40 pm 7:35-8:05 pm
<b>FAMILY LESSONS</b> <b>\$182.49 + HST</b> <i>Registration is to be under the parent's name</i>	5:05-5:35 pm	4:30-5:00 pm	5:00-5:30 pm	5:05-5:35 pm	4:25-4:55 pm x2 5:00-5:30 pm

## 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 toilet 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.











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### PRE-SCHOOL: Day & Dates - 7 weeks (Ages 3 – 5-year-old)

*New  LIFESAVING SOCIETY	Max.	Monday Jan. 19-March 2	Wednesday Jan. 21-March 4	Thursday Jan. 22-March 5	Friday Jan. 23-March 6	Sunday Jan. 25-March 8
LS Parent & Tot 1 <i>1 Parent in water</i> \$64.89 	10	10:45-11:15am				5:00-5:30 pm
LS Parent & Tot 2 <i>1 Parent in water</i> \$64.89 	10	10:45-11:15 am				5:00-5:30 pm
LS Parent & Tot 3 <i>Parent in water</i> \$64.89 	10	10:45-11:15 am				5:35-6:05 pm
LS Preschool A  \$64.89	3			5:35-6:05 pm	4:30-5:00 pm	5:00-5:30 pm 6:10-6:40 pm
LS Preschool B  \$64.89	3		4:35-5:05 pm		4:00-4:30 pm	5:35-6:05 pm
LS Preschool C  \$64.89	4	4:30-5:00pm			5:05-5:35 pm	
LS Preschool D  \$64.89	6					5:35-6:05 pm
LS Preschool E  \$64.89	6					6:10-6:40 pm

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### SCHOOL AGE: Day & Dates – 7 weeks (Ages 5 year old and up)

*New 	Max.	Monday Jan. 19-March 2	Wednesday Jan. 21-March 4	Thursday Jan. 22-March 5	Friday Jan. 23-March 6	Sunday Jan. 25-March 8
LS Swimmer 1 \$64.89 (30mins) 	6		5:05-5:35 pm		4:30-5:00 pm	5:35-6:05 pm
LS Swimmer 2 \$64.89 (30mins) 	6	4:30-5:00 pm		5:35-6:05 pm		6:10-6:40 pm
LS Swimmer 3 \$64.89 (45mins) 	6				4:35-5:20 pm	6:45-7:30 pm
LS Swimmer 4 \$64.89 (45mins) 	6			5:35-6:20 pm		6:45-7:30 pm
LS Swimmer 5 \$64.89 (45mins) 	7		4:30-5:15 pm			6:45-7:30 pm
LS Swimmer 6 \$64.89 (45mins) 	7					6:45-7:30 pm
LS Swimmer 7/Rookie \$64.89 (1hour) 	10					7:35-8:35 pm
LS Swimmer 8/Ranger \$64.89 (1hour) 	10					7:35-8:35 pm
LS Swimmer 9/Star \$64.89 (1hour) 	10					7:35-8:35 pm
Stroke Improvement 1 x week \$64.89 (45mins)	10	4:00-4:45 pm				

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### RED CROSS PROGRAMS:



Babysitting \$65.00	12	Friday, January 30th 9:00am-5:00pm Upstairs of the Deep River Community Pool
Standard First Aid level "C" \$115.00 plus HST Blended consists of online and class room learning	12	Class room date: Saturday, February 7th 9:00-5:00 pm Location: Upstairs of the Deep River Community Pool Candidates must register before January 30th at 12:00pm. Online component must be completed before February 6th.

### LEADERSHIP COURSES:



Program		Day & Dates
Bronze Star (1hour 10mins) \$64.89		Sunday January 25-March 8 7:35-8:45 pm
Bronze Medallion \$120.00 Plus, Canadian Lifesaving Manual Age: 13 years of age		Wednesday January 14- March 11 4:00-6:00 pm Exam date to be determined No lessons during the March break
Bronze Cross \$120.00 Age: 14 years of age		Wednesday January 14- March 11 4:00-6:00 pm Exam date to be determined No lessons during the March break

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**ADULT LESSONS:** Contact the pool (613-584-2000 ext. 181 or 182) to arrange lesson times

Days	Monday	Tuesday	Wednesday	Friday
<b>ADULT PRIVATE LESSONS</b> 4 weeks \$103.01	Morning and afternoon times available on request		Afternoon times available on request	Morning times available on request
<b>ADULT GROUP LESSONS</b> 7 weeks \$91.00		Jan. 20- Mar. 3 7:35 – 8:35pm		

## EXERCISE CLASSES:

Day & Dates	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AQUAFIT Drop-in \$11.00</b>  January 5-March 13  10 Aquafit Pass \$ 102.61  20 Aquafit Pass \$ 205.21	9:30-10:15 am  7:30-8:15 pm  <i>Aquafit classes do not run on Statutory Holidays</i>	9:30-10:15 am	9:30-10:15 am  7:30-8:15 pm	<i>Gentle Aquafit</i>  9:30-10:15 am	9:30-10:15 am
<b>H2O Bootcamp \$76.08 (HST incl.)</b> 				7:35-8:20 pm Feb. 5 – Mar. 12 (6 wks)	
<b>Parent &amp; Toddler Swim</b> Parent - \$7.00 admission 		10:30-11:15 am			