



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 or 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
PRIVATE LESSONS \$181.16	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
FAMILY LESSONS \$182.49 + HST <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.

Community Pool Winter Swim Instruction 2026

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

Community Pool Winter Swim Instruction 2026

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
ADULT PRIVATE LESSONS 4 weeks \$103.01	Morning and afternoon times available on request		Afternoon times available on request	Morning times available on request
ADULT GROUP LESSONS 7 weeks \$91.00		Jan. 20- Mar. 3 7:35 – 8:35pm		

EXERCISE CLASSES:

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