



Community Pool Fall Swim Instruction 2021 – Part 2

3 week POWER SESSION

November 22 – December 18

Week day classes will run 2x per week for 3 weeks

Saturday classes will be 1x per week for 4 weeks

On-Line registration will open Wednesday, November 10th at 7:00 am

<https://app.booking.ca/DeepRiverPub/>

For those unable to register on line, in person registration at Town Hall will be open on

Wednesday, November 10th from 9:00 am-12:00 pm

***as of September 22nd individuals 18 years and older MUST show proof of double vaccinated and ID to access the Deep River Community Pool for Swimming Lessons, Leadership Courses or Aquatic Exercise Programs. All other public health measures (eg.. masking, physical distancing and Covid-19 screening) continues to apply to all patrons.*

Due to physical distancing requirements, instructors will be teaching a hybrid program of in and out of water. At times a parent may be required to participate in the water as the hands-on helper.







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@depriver.ca with 2 choices of your preferred day and time within the chart listed below.

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| | | | |
|---|--|--|---|
| Day & Dates 30 min. | Mondays & Wednesdays (3 wks) \$135.00 Nov. 22-Dec. 8 | Fridays & Sundays (3 wks) \$135.00 Nov. 26-Dec. 12 | Saturdays (4 wks) \$90.00 Nov. 27-Dec.18 |
| PRIVATE LESSONS | 4:00-4:30 pm 4:00-4:30 pm 4:45 – 5:15 pm | 4:00-4:30 pm 4:00-4:30 pm 4:00-4:30 pm | 9:30-10:00 am 10:15-10:45 am 10:30-11:00 am 11:00-11:30 am 11:00-11:30 am 11:45 am -12:15 pm 12:00-12:30 pm 12:30-1:00 pm 12:30-1:00 pm |
| Day & Dates 30 min. | Mondays & Wednesdays (3 wks) \$150.00 + HST Nov. 22-Dec. 8 | Fridays & Sundays (3 wks) \$150.00 + HST Nov. 26-Dec. 12 | Saturdays (4 wks) \$100.00 + HST Nov. 27-Dec.18 |
| FAMILY LESSONS <i>Registration is to be under the parent's name</i> | 4:00-4:30 pm | 4:00-4:30 pm | 10:15-10:45 am 11:15-11:45 am 11:45-12:15 pm |

PRE-SCHOOL:

| Day & Dates | Max. | Mondays & Wednesdays (3 wks) Nov. 22-Dec. 8 | Fridays & Sundays (3 wks) Nov. 26-Dec. 12 | Saturdays (4 wks) Nov. 27-Dec.18 |
|--|------|---|---|--|
| Starfish/Duck <i>1 Parent in water</i> \$16.32  | 8 | STARFISH Mondays - 1x week Nov. 22-Dec. 13 (4 wks) 10:45-11:15 am | | DUCK 1 x week 9:30 – 10:00 am |
| Sea Turtle <i>Parent may be a hands-on helper</i> \$45.90  | 2 | 5:30-6:00 pm | 5:30-6:00 pm | |
| Sea Otter \$45.90  | 2 | 5:30-6:00 pm | 5:30-6:00 pm | |
| Salamander \$45.90  | 2 | 5:30-6:00 pm | 5:30-6:00 pm | |
| Sunfish \$43.45  | 4 | 4:45-5:15 pm | | |
| Whale \$43.45  | 4 | | 4:45-5:15 pm | |

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SCHOOL AGE:

| Day & Dates | Max. | Mondays & Wednesdays (3 wks) Nov. 22-Dec. 8 | Fridays & Sundays (3 wks) Nov. 26-Dec. 12 | Saturdays (4 wks) Nov. 27-Dec.18 |
|---|------|---|---|--|
| Swim Kids 1 <i>Parent may be a hands-on helper</i> \$42.85 | 4 | | 4:45-5:15 pm | |
| Swim Kids 2 \$42.85 | 6 | | 4:45-5:15 pm | |
| Swim Kids 3 \$42.85 | 6 | 4:45-5:15 pm | | |
| Swim Kids 4 \$42.85 | 6 | | 5:30 – 6:00 pm | |
| Swim Kids 5 \$42.85 | 6 | | 4:45-5:15 pm | |
| Stroke Improvement \$42.85 | 6 | | | 9:30-10:15 am |
|  Babysitting \$53.10 <i>Room to be announced</i> | 8 | | Nov. 19 (PA day) 9:00 am- 5:00 pm | |

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ADULT LESSONS:

| Day & Dates | Monday Nov. 22-Dec. 13 | Wednesday Nov. 24-Dec. 15 |
|--|--------------------------------------|--------------------------------------|
| ADULT PRIVATE LESSONS 4 classes \$62.95 <i>instructor will be teaching from deck</i> | afternoon times available on request | Afternoon times available on request |




LEADERSHIP COURSES:

| Day & Dates | |
|--|---|
| National Lifeguard \$227.15 Ages 15 years and up. Must have a current Standard First Aid  | December 2021/January 2022 <i>Dates to be determined based on interest.</i> |
| LIFESAVING INSTRUCTOR \$241.00 Must have Bronze Cross. This course is required to teach Rookie, Ranger, Star and Bronze courses  | Sundays 9:30 am- 2:00 pm October 24, 31, November 7 and 14 |

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EXERCISE CLASSES:

Due to physical distancing requirements, the instructor will be teaching from the pool deck.

| Day & Dates | Monday | | Tuesday | | Wednesday | | Thursday | |
|---|-----------------------------------|---------|----------------------------|---------|---|---|---------------------------------|---------|
| AQUAFIT | 9:30-10:15 am and 7:30-8:15 pm | | 9:30-10:15am | | 9:30-10:15am | | 9:30-10:15am | |
| Aquafit (S3) Registration is open Space for 26 people | Nov. 22-Dec. 13 (4 wks) | \$35.70 | Nov. 23-Dec. 14 (4 wks) | \$35.70 | Nov. 24-Dec. 15 (4 wks) | \$35.70 | Nov. 25-Dec. 16 (4 wks) | \$35.70 |
| Mom & Baby Aquafit Registration is open  | | | | | 10:45 – 11:30 am 30 minutes cardio workout with 15 minutes of free time with baby | | | |
| | | | | | Dec. 1 – 15 S3 (3 wks) | \$27.25 | | |
| AquaTherapy Registration is open  | | | | | | | 10:45 – 11:30 am | |
| | | | | | | | Nov. 25-Dec. 16 S3 - (4 wks) | \$43.40 |
| SUP Yoga \$49.00 with board (HST Inc) Registration is open  | | | | | 6:30-7:15 pm Storage is available for personal boards | | | |
| | | | | | Nov. 17-Dec. 8 S2- (4 wks) | \$49.00 with BOARD \$43.35 own BOARD | | |

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COVID PROTOCOLS

- * AS OF SEPTEMBER 22, 2020, Individuals 18 years of age and older MUST show proof of vaccination and ID to access the building.
- * Please arrive 5 minutes prior to lesson time for a COVID screening.
- * Face masks or coverings are required when walking and changing in the building. Masks are removed prior to entering the pool.
- * Access to change rooms are limited to washroom, a quick shower and change before and after the class.
- * Outdoor shoes are to be removed in the lobby. Indoor shoes may be worn in the building.
- * Lockers will not be available. You may store your belongings in your swim bag in the change room or on a chair located at the shallow end of your lane.
- * Sauna will remain closed at this time.
- * Please take into consideration how your child is feeling coming to their lesson. If your child shows signs of Covid-19 symptoms or is feeling unwell, we ask that your child not attend their scheduled lesson and contact the pool of their absence at 613-584-2000 ext. 182.

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 bathroom 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.