

Community Pool Fall Swim Instruction 2021

September 26 – November 14 (6 Weeks)

No classes September 30, Thanksgiving weekend (Oct. 8-11) and Halloween (Sun. Oct. 31)

On-Line registration will open Thursday, September 16th 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

Thursday, September 16th from 9:00 am-12:00 pm

***as of September 22nd individuals 18 years and older MUST be double vaccinated 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@deepriver.ca with 2 choices of your preferred day and time within the chart listed below.

Day & Dates 6 wks – 30 min.	Sunday Sept. 26-Nov. 14	Monday Sept. 27 - Nov. 8	Wednesday Sept. 29 – Nov. 3	Friday Oct. 1 – Nov. 12	Saturday Oct. 2 – Nov. 13
PRIVATE LESSONS \$135.00	5:15-5:45 pm 6:45-7:15 pm 7:30-8:00 pm 7:30-8:00 pm	4:00-4:30 pm 4:00-4:30 pm	4:00-4:30 pm 4:00-4:30 pm	4:00-4:30 pm 4:00-4:30 pm	10:15-10:45 am 11:15-11:45 am 12:30-1:00 pm 12:30-1:00 pm
FAMILY LESSONS \$150.00 + HST <i>Registration is to be under the parent's name</i>	5:15-5:45 pm 6:00-6:30 pm	4:00-4:30 pm	4:00-4:30 pm	4:00-4:30 pm 4:45-5:15 pm	10:15-10:45 am 11:45-12:15 pm


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PRE-SCHOOL:

Day & Dates 6 wks	Max.	Sunday Sept. 26 - Nov. 14	Monday Sept. 27 - Nov. 8	Wednesday Sept. 29 - Nov. 3	Friday Oct. 1 - Nov. 12	Saturday Oct. 2 - Nov. 13
Starfish/Duck <i>1 Parent in water</i> \$24.48 	8					9:30-10:00 am
Sea Turtle <i>Parent hands-on helper</i> \$45.90 	2	5:15-5:45 pm	4:45-5:15 pm			10:30-11:00 am
Sea Otter <i>Parent hands-on helper</i> \$45.90 	2	5:15-5:45 pm		4:45-5:15 pm		11:00-11:30 am
Salamander <i>Parent hands-on helper</i> \$45.90 	2	6:00-6:30 pm			4:45-5:15 pm	12:00-12:30 pm
Sunfish <i>Parent hands-on helper</i> \$43.45 	4	6:00-6:30 pm				

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SCHOOL AGE:



Day & Dates – 6 wks	Max.	Sunday Sept. 26 - Nov. 14	Monday Sept. 27 - Nov. 8	Wednesday Sept. 29 – Nov. 3	Friday Oct. 1 – Nov. 12	Saturday Oct. 2 – Nov. 13
Swim Kids 1 <i>Parent hands-on helper</i> \$42.85	4	6:00-6:30 pm		4:45-5:15 pm		
Swim Kids 2 <i>Parent hands-on helper</i> \$42.85	4				4:45-5:15 pm	
Swim Kids 3 <i>Parent hands-on helper</i> \$42.85	4					11:45-12:15 pm
Swim Kids 4 <i>Parent hands-on helper may be required</i> \$42.85	4	6:45-7:15 pm		4:45-5:15 pm		11:00-11:30 am
Swim Kids 5 \$42.85	4		4:45-5:15 pm			9:30-10:00 am
Swim Kids 6 \$42.85	4	6:45-7:30 pm				
Swim Kids 7 \$42.85	4					9:30-10:15 am
Swim Kids 8, 9, 10 \$42.85	4	6:45-7:45 pm				
Stroke Improvement \$42.85	6		4:45-5:30 pm			
 Stay Safe \$40.00 Class will be held at the Deep River Library	8				Sept. 24 (PA day) 9:00am-1:00pm	

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ADULT LESSONS:

Day & Dates	Sunday Sept. 26-Nov. 14	Monday Sept. 27 - Nov. 8	Wednesday Sept. 29 – Nov. 3	Friday Oct. 1 – Nov. 12	Saturday Oct. 2 – Nov. 13
ADULT PRIVATE LESSONS 4 weeks \$62.95 <i>instructor will be teaching from deck</i>	X	Morning and afternoon times available on request	Afternoon times available on request		X


LEADERSHIP COURSES:

Day & Dates	
Bronze Medallion \$168.39 HST will apply for individuals 15 yrs and older Exam date to be announced	 Wednesday Sept 22 - Dec 1 4:00-6:00 pm
Bronze Cross \$147.79 HST will apply for individuals 15 yrs and older Exam date to be announced	 Wednesday Sept 22 - Dec 1 4:00-6:00 pm
National Lifeguard \$227.15 Ages 15 years and up. Must have a current Standard First Aid	 November 2021 <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 17, 24, 31 November 7

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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 (S1)	Sept. 13- Oct. 4 (4 wks)	\$35.70	Sept. 14- Oct. 5 (4 wks)	\$35.70	Sept. 8- 29 (4 wks)	\$35.70	Sept. 9 - Oct. 7 (4 wks)	\$35.70
Aquafit (S2) Reg date: Friday, Oct. 8 at 9:30 am	Oct. 18- Nov. 8 (4 wks)	\$35.70	Oct. 19- Nov. 9 (4 wks)	\$35.70	Oct. 20- 10 (4 wks)	\$35.70	Oct. 21- Nov. 11 (4 wks)	\$35.70
Aquafit (S3) Reg date: Friday, Oct. 8 at 9:30 am	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 Reg date for S2 & S3: Friday, Oct. 8 at 9:30 am 					10:45 – 11:30 am <i>30 minutes cardio workout with 15 minutes of free time with baby</i>			
					Oct. 6 – 27 S1 (4 wks)	\$36.35		
					Nov. 3 – 24 S2 (4 wks)	\$36.35		
					Dec. 1 – 15 S3 (3 wks)	\$27.25		

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Day & Dates	Monday	Tuesday	Wednesday	Thursday
AquaTherapy Reg. date for Session 2 & 3 on Friday, Oct. 8 At 9:30 am 				10:45 – 11:30 am
				Sept. 9 - Oct. 7 S1 - (4 wks) \$43.40
				Oct. 21- Nov. 11 S2 -(4 wks) \$43.40
				Nov. 25-Dec. 16 S3 - (4 wks) \$43.40
SUP Yoga \$49.00 with board (HST Inc) Reg. date for Session 2 & 3 on Sept. 16 			6:30-7:15 pm <i>Storage is available for personal boards</i>	
			Oct. 13-Nov. 3 S1- (4 wks) \$49.00 with BOARD \$43.35 own BOARD	
			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, 2021, Individuals 12 years of age and older MUST be double vaccinated and show proof to access the building.
- * Swimmers are to arrive wearing their swim wear.
- * 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.
- * Please enter the building through the front door.
- * Access to change rooms are limited to washrooms and a quick 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.
- * Showers and 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

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.