



Community Pool Fall Swim Instruction 2022

3 week POWER SESSION

November 28 – December 22, 2022

Monday/Wednesday and Friday/Sunday will run 2x per week for 3 weeks

Thursdays will run once a week for four weeks

On-Line registration will open Thursday, November 10 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, November 10 from 9:00 am-12:00 pm

New Learn-to-Swim Program:

Our swimming lesson program is seeing a change. Early this year the  Red Cross announced that after 75 years providing Water Safety programming, they will be winding down their involvement in the swimming and water safety program to direct more attention to surging humanitarian demands in other areas – such as disaster and pandemic response, opioid harm reduction and caregiving for seniors. Our new program is the  Lifesaving Swim program.















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

Day & Dates 3 wks – 30 min.	Monday & Wednesday Nov. 28 – Dec. 14 \$139.20	Thursdays 4 classes Dec. 1 - 22 \$92.80	Friday & Sunday Dec. 2 - Dec. 18 \$139.20
PRIVATE LESSONS	3:55 – 4:25 pm x 2	5:00-5:30 pm x 2 5:35-6:05 pm x 2 5:50-6:20 pm	4:00 – 4:30 pm x 3
FAMILY LESSONS <i>Registration is to be under the parent's name</i>	\$154.80 + HST 3:55 – 4:25 pm		\$154.80 + HST 4:00-4:30 pm 4:35-5:05 pm







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PRE-SCHOOL: Day & Times - 3 weeks

*New 	Equivalent to 	Max.	Monday & Wednesday Nov. 28 – Dec. 14	Friday & Sunday Dec. 2 - Dec. 18
LS Parent & Tot 1 <i>Parent in water</i> \$25.20 	Starfish 	10	10:45-11:15 am	
LS Parent & Tot 2 <i>Parent in water</i> \$25.20 	Duck 	10	10:45-11:15 am	
LS Parent & Tot 3 <i>Parent in water</i> \$25.20 	Sea Turtle 	10	10:45-11:15 am	
LS Preschool 1 \$47.40 	Sea Otter 	4	5:05-5:35 pm	4:35-5:05 pm 5:10-5:40 pm
LS Preschool 2 \$47.40 	Salamander 	4	5:05-5:35 pm	4:35-5:05 pm
LS Preschool 3 \$45.00 	Sunfish 	6	4:30-5:00 pm	

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SCHOOL AGE: Day & Times – 3 wks

*New 	Equivalent to 	Max .	Monday & Wednesday Nov. 28 – Dec. 14	Thursdays 4 classes Dec. 1-22	Friday & Sunday Dec. 2 - Dec. 18
LS Swimmer 1 \$44.10 (30mins) 	Swim Kids 1	6	4:30-5:00 pm		5:10-5:40 pm
LS Swimmer 2 \$44.10 (30mins) 	Swim Kids 2	6			5:10-5:40 pm
LS Swimmer 3 \$44.10 (45mins) 	Swim Kids 3	6	4:30-5:15 pm		
LS Swimmer 4 \$44.10 (45mins) 	Swim Kids 4 & 5	6			4:35-5:20 pm
Stroke Improvement/fitness 1 x week \$44.10 (45mins)	Ages 7-10	10		5:00-5:45 pm	


ADULT LESSONS:

Day & Dates	Monday	Tuesday	Wednesday	Friday
ADULT PRIVATE LESSONS 4 weeks \$65.00 <i>instructor will be teaching from deck</i>	Morning and afternoon times available on request	Evening times available on request	Afternoon times available on request	Morning times available on request

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EXERCISE CLASSES:

Aquafit drop-in classes. Aquafit will stop December 23rd for the Christmas break and will resume January 9th, 2023.

Day & Dates	Monday	Wednesday	Thursday	Friday
<p>AQUAFIT Drop in 10 Pass \$92.10 10 Pass \$184.20</p>	<p>9:30-10:15 am & 7:45-8:30 pm</p>	<p>9:30-10:15 am & 7:45-8:30 pm</p>	<p>Low impact Aquafit 9:30-10:15 am</p>	<p>9:30-10:15 am</p>
<p>SUP Yoga \$96.05 with board \$84.75 own board</p> 		<p>6:45-7:35 pm <i>Class starts at 6:50pm</i> October 26-November 30 <i>Storage is available for personal boards</i></p>		

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.