



# Community Pool Fall Swim Instruction 2025

September 19 – Nov 21 (8 Weeks)

No Lessons Thanksgiving weekend (October 10-13) and Halloween (October 31)

On-Line registration will open Thursday, September 4 at 7:00 am

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

For those unable to register on line, in person registration is available at Town Hall

**Thursday, September 4 from 9:00 am-4:00 pm**

and at the Community Registration Event at Mackenzie Community School (Double Gym) from 6:30-7:30pm










## 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) with 2 choices of your preferred day and time within the chart listed below.

Day & Dates 8 wks – 30 min.	Friday Sept 19-Nov 21 Excl – Oct 10 & 31	Saturday Sept 20-Nov 15 Excl – Oct 11	Sunday Sept 21-Nov 16 Excl – Oct 12	Monday Sept 22-Nov 17 Excl – Oct 13	Wednesday Sept 24-Nov 12	Thursday Sept 25-Nov 13
<b>PRIVATE LESSONS \$207.04</b>	3:55-4:25 pm 3:55-4:25 pm	10:05-10:35 am 10:40-11:10 am 11:30am-12:00pm 11:50am-12:20pm	4:25-4:55 pm 4:25-4:55 pm 5:00-5:30 pm 6:10-6:40 pm 7:35-8:05 pm	3:55-4:25 pm 3:55-4:25 pm 4:30-5:00 pm	3:55-4:25 pm 3:55-4:25 pm 4:00-4:30 pm 5:05-5:35 pm	5:00-5:30 pm 5:00-5:30 pm
<b>FAMILY LESSONS \$228.80 + HST</b> <i>Registration is to be under the parent's name</i>	5:05-5:35 pm	11:15-11:45 am 11:50am-12:20pm 12:05-12:35 pm	4:25-4:55 pm 4:25-4:55 pm 5:00-5:30 pm	5:05-5:35 pm	4:30-5:00 pm	5:00-5:30 pm

# Community Pool Fall Swim Instruction 2025

## PRE-SCHOOL: Day & Dates - 8 weeks

*New 	Max.	Friday Sept 19-Nov 21 Excl – Oct 10 & 31	Saturday Sept 20-Nov 15 Excl – Oct 11	Sunday Sept 21-Nov 16 Excl – Oct 12	Monday Sept 22-Nov 17 Excl – Oct 13	Wednesday Sept 24-Nov 12	Thursday Sept 25-Nov 13
LS Parent & Tot 1 <i>Parent in water</i> \$72.00 	10		9:30-10:00 am	5:00-5:30 pm	10:45-11:15 am		
LS Parent & Tot 2 <i>Parent in water</i> \$72.00 	10		9:30-10:00 am	5:00-5:30 pm	10:45-11:15 am		
LS Parent & Tot 3 <i>Parent in water</i> \$72.00 	10		9:30-10:00 am	5:35-6:05 pm	10:45-11:15 am		
LS Preschool A \$72.00 	3	4:30-5:00 pm	10:40-11:10 am	5:00-5:30 pm			5:35-6:05 pm
LS Preschool B \$72.00 	3	5:05-5:35 pm	9:30-10:00 am	5:35-6:05 pm	4:30-5:00 pm	4:30-5:00 pm	
LS Preschool C \$72.00 	4	4:00-4:30 pm	11:15-11:45 am		4:50-5:20 pm		
LS Preschool D \$72.00 	6			6:10-6:40 pm			
LS Preschool E \$72.00 	6			5:35-6:05 pm			

# Community Pool Fall Swim Instruction 2025

## SCHOOL AGE: Day & Dates – 8 weeks



*New 	Max.	Friday Sept 19-Nov 21 <small>Excl – Oct 10 &amp; 31</small>	Saturday Sept 20-Nov 15 <small>Excl – Oct 11</small>	Sunday Sept 21-Nov 16 <small>Excl – Oct 12</small>	Monday Sept 22-Nov 17 <small>Excl – Oct 13</small>	Wednesday Sept 24-Nov 12	Thursday Sept 25-Nov 13
LS Swimmer 1 \$72.00 (30mins) 	6	4:30-5:00 pm	10:05-10:35 am	5:35-6:05 pm 6:10-6:40 pm		5:05-5:35 pm	
LS Swimmer 2 \$72.00 (30mins) 	6		10:05-10:35 am	6:10-6:40 pm	5:05-5:35 pm		5:35-6:05 pm
LS Swimmer 3 \$72.00 (45mins) 	6	4:35-5:20 pm	10:40-11:25 am	6:45-7:30 pm			
LS Swimmer 4 \$72.00 (45mins) 	6			6:45-7:30 pm			5:35-6:20 pm
LS Swimmer 5 \$72.00 (45mins) 	7			6:45-7:30 pm		4:35-5:20 pm	
LS Swimmer 6 \$72.00 (45mins) 	7			6:45-7:30 pm			
LS Swimmer 7/ LS Rookie \$72.00 (1hour) 	10			7:35-8:35 pm			
LS Swimmer 8/ LS Ranger \$72.00 (1hour) 	10			7:35-8:35 pm			
LS Swimmer 9/ LS Star \$72.00 (1hour) 	10			7:35-8:35 pm			
Stroke Improvement 1 x week \$72.00 (45mins)	10				4:00-4:45pm		

## Community Pool Fall Swim Instruction 2025

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





Day & Dates	Monday	Tuesday	Wednesday	Friday
<b>ADULT PRIVATE LESSONS</b> <b>4 weeks</b> <b>\$100.00</b>	Morning and afternoon times available on request	Evening times available on request	Afternoon times available on request	Morning times available on request

## EXERCISE CLASSES:

Day & Dates	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AQUAFIT (Drop-in)</b> September 3-December 19 <i>AquaFit classes do not run on Statutory Holidays</i> 10 AquaFit Pass \$99.62 20 AquaFit Pass \$199.23 Single drop in - \$11.00	9:30-10:15 am  7:30-8:15 pm		9:30-10:15 am  7:30-8:15 pm	9:30-10:15 am	9:30-10:15 am
<b>Parent &amp; Baby AquaFit</b> <b>\$98.56</b>  <i>30 minutes cardio workout with 15 minutes of free time with baby</i>			10:30 – 11:15 am Sept 24 – Nov 12 (8 wks.)		
<b>H2O Bootcamp</b> <b>\$73.92</b> 				7:35-8:20 pm Sept 25 – Oct 30 (6 wks.)	

## Community Pool Fall Swim Instruction 2025

### LEADERSHIP COURSES: Lifesaving Society

Program	Day & Dates
<b>Bronze Star (1hour)</b> <b>\$72.00</b> 	<b>Sundays - 7:35-8:35 pm</b> <b>Sept 21 – Nov 16</b>
<b>Bronze Medallion</b> <b>\$115.00 plus manual</b> <b>Age: 13 years of age</b> HST will apply for individuals 15 yrs and older 	<b>Wednesday - 4:00-6:00 pm</b> <b>Sept 17 – Nov 19</b> <b>Exam date will be Nov 26</b>
<b>Bronze Cross</b> <b>\$115.00</b> <b>Age: 14 years of age</b> HST will apply for individuals 15 yrs and older 	<b>Wednesday - 4:00-6:00 pm</b> <b>Sept 17 – Nov 19</b> <b>Exam date will be Nov 26</b>
<b>Swim For Life Instructor Course</b> <b>\$120.00 plus Manuals \$70.00 and HST</b> Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid. This course prepares individuals to organize, plan, teach and evaluate Lifesaving Swim for Life learn to swim program.	Sunday, Sept 21 – 2:00-8:30pm Tuesday, Sept 23 – 4:00-6:00pm Sunday, Sept 28 – 2:00-8:30pm Sunday, Oct 5 – 4:00-8:30pm
<b>National Lifeguard</b> <b>\$120.00 plus manual and HST</b> Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid. 	Saturday, November 1, 8, 15 - 9:00am – 1:30pm Sunday, November 2, 9, 30 – 9:30am-3:00pm Sunday, December 14 – 9:30am-3:00pm

## Community Pool Fall Swim Instruction 2025

### LEADERSHIP COURSES: Red Cross

<b>Babysitting</b> <b>\$62.10</b>	<b>12</b>	<b>Friday, November 14, 2025</b> <b>9:00am to 5:00pm</b> <b>Location: upstairs of the Deep River Community Pool</b>
<b>Stay Safe</b> <b>\$46.58</b>	<b>12</b>	<b>Friday, November 14, 2025</b> <b>9:00am to 1:30pm</b> <b>Location: upstairs of the Deep River Arena</b>
<b>Standard First Aid level "C"</b> <b>\$109.27</b> Blended online and class room. <i>HST will apply for individuals 15 yrs and older</i>	<b>12</b>	<b>Class room date: Saturday, October 18, 2025</b> <b>9:00-5:00 pm</b> Candidates must register before October 10th at 12:00pm. Online component must be completed before October 17th.

### 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")

Please if your child(ren) are not feeling well please do not attending their swim lesson.

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.

<b>DEEP RIVER COMMUNITY POOL</b>		
<b>ADMISSION RATES</b>		
<b>ADULT 10 SWIM CARD</b>	<b>\$64.00</b>	<b>ADULT SINGLE ADMISSION \$7.00</b>
<b>STUDENT 10 SWIM CARD</b>	<b>\$40.00</b>	<b>STUDENT SINGLE ADMISSION \$5.00</b>
<b>FAMILY RATE</b>		<b>SINGLE ADMISSION \$18.00</b>
<b>6 months Adult MEMBERSHIP</b>	<b>\$240.00</b>	
<b>12 months Adult MEMBERSHIP</b>	<b>\$375.00</b>	