Community Pool Fall Swim Instruction 2026

POWER SESSION

November 26 – December 17, 2026

Monday/Wednesday and Friday/Sunday lessons offered 2x per week for 3 weeks

Thursday lessons are offered once a week for 4 weeks

On-Line registration will open Tuesday, November 17 at 7:00 am

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

For those unable to register online, in person registration at the **Deep River Community Pool** will be available on

Tuesday, November 17 from 10:00 am-1:00 pm

Cash and debit payments available at pool

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 attend their swimming lesson. Please contact the pool on 613-584-2000 x182.

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.

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SWIMMING LESSONS:

If the Private and Family lessons offered are filled and you would like to request a private or family lesson, please email twilson@deepriver.ca with two choices of your preferred day and time within the chart listed below.

Day & Dates 30 min.	**Monday & Wednesday Nov. 30 – Dec. 16**	**Thursdays 4 classes Nov. 26-Dec. 17**	**Friday & Sunday Nov. 27 – Dec. 13**
PRIVATE LESSONS	4:00 – 4:30 pm x 3	4:00-4:30 pm 4:35-5:05 pm 5:00-5:45 pm 5:10-5:40 pm 5:45-6:15 pm	4:15 – 4:45 pm x 3
	$155.28	**$103.52**	**$155.28**
FAMILY LESSONS *Registration is to be under the* ***parent's name***	5:10-5:40 pm 5:25-5:55 pm	5:10 – 5:40pm 5:45-6:15 pm	
	$176.76 with HST	**$117.84 with HST**	**$176.76 with HST**

PRE-SCHOOL: Day & Times - 3 weeks

SWIM FOR LIFE LIFESAVING SOCIETY	Max.	**Monday & Wednesday Nov. 30 – Dec. 16**	**Friday & Sunday Nov. 27 – Dec. 13**
LS Preschool A $55.62	4	4:35-5:05 pm	4:50-5:20 pm
LS Preschool B $55.62	4		5:25-5:55 pm
LS Preschool C $55.62	4	5:10-5:40 pm	

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SCHOOL AGE: Day & Times – 3 weeks

	Max.	Monday & Wednesday Nov. 30 – Dec. 16	Thursdays Nov. 26-Dec. 17	Friday & Sunday Nov. 27 – Dec. 13
LS Swimmer 1 $55.62(30mins)	6			4:50-5:20 pm
LS Swimmer 2 $55.62(30mins)	6	4:35-5:05 pm		5:25-5:55 pm
LS Swimmer 3 $55.62(45mins)	6	4:35-5:20 pm		4:50-5:35 pm
Stroke Improvement $55.62(45mins)	10		4:00-4:45pm	

ADULT LESSONS: Please email twilson@deepriver.ca for dates and times.

EXERCISE CLASSES:

Aquafit drop-in classes. Aquafit will stop December 19th for the Christmas break and will resume January 5th, 2026.

Day & Dates	Monday	Wednesday	Thursday	Friday
AQUAFIT Drop in $11.00 10 Pass $102.62 20 Pass $205.21	**9:30-10:15 am & 7:15-8:00 pm**	**9:30-10:15 am & 7:15-8:00 pm**	**9:30-10:15 am**	**9:30-10:15 am**