



Community Pool Fall Swim Instruction 2026

Sept 18 – Nov 16 (8 Weeks)

Lessons will NOT run on Thanksgiving Weekend (Oct 9-12)

On-Line registration will open Wednesday, Sept. 2nd at 7:00 am

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

For those unable to register on-line, in person registration at the Deep River Community Pool will be open on

Wednesday, Sept. 2nd from 9:00 am-1:00 pm

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

Day & Dates 8 wks – 30 min.	Friday Sept 18-Nov 13 Excl. Oct 9	Saturday Sept 19-Nov 14 Excl. Oct 10	Sunday Sept 20-Nov 15 Excl. Oct 11	Monday Sept 21-Nov 16 Excl. Oct 12	Wednesday Sept 23-Nov 11	Thursday Sept 24-Nov 12
PRIVATE LESSONS \$207.04	4:00-4:30 pm x2	9:30-10:00 am x2 10:40-11:10 am 11:20-11:50 am 11:35 am-12:05 pm 11:55 am-12:25 pm x2	4:15-4:45 pm x 3 6:15-6:45 pm	4:00-4:30 pm x 2 4:35-5:05 pm	4:00-4:30 pm 4:15-4:45 pm 5:25-5:55 pm	5:00-5:30 pm x 2
FAMILY LESSONS \$208.56 + HST <i>Registration is to be under the parent's name</i>	4:50-5:20 pm	10:05-10:35 am 11:20-11:50 am 12:10-12:40 pm	4:30-5:00 pm		5:15-5:45 pm	

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 toilet 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.

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PRE-SCHOOL: Day & Dates - 8 weeks (Ages 3-5 years old)

*New 	Max.	Friday Sept 18-Nov 13 Excl. Oct 9	Saturday Sept 19-Nov 14 Excl. Oct 10	Sunday Sept 20-Nov 15 Excl. Oct 11	Monday Sept 21-Nov 16 Excl. Oct 12	Wednesday Sept 23-Nov 11	Thursday Sept 24-Nov 12
LS Parent & Tot 1 <i>1 Parent in water</i> \$74.16 	10		9:30-10:00 am		10:45-11:15am		
LS Parent & Tot 2 <i>1 Parent in water</i> \$74.16 	10		9:30-10:00 am		10:45-11:15am		
LS Parent & Tot 3 <i>Parent in water</i> \$74.16 	10			5:05-5:35 pm	10:45-11:15am		
LS Preschool A 	3	4:35-5:05 pm	10:05-10:35 am	4:50-5:20 pm	4:35-5:05 pm		
LS Preschool B 	3	4:35-5:05 pm	10:05-10:35 am	5:40-6:10 pm		4:50-5:20 pm	
LS Preschool C 	4	5:25-5:55 pm		5:30-6:00 pm			
LS Preschool D 	6			4:50-5:20 pm			
LS Preschool E 	6			5:25-5:55 pm			

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SCHOOL AGE: Day & Dates – 8 weeks (Ages 5 years old and up)

*New 	Max.	Friday Sept 18-Nov 13 Excl. Oct 9	Saturday Sept 19-Nov 14 Excl. Oct 10	Sunday Sept 20-Nov 15 Excl. Oct 11	Monday Sept 21-Nov 16 Excl. Oct 12	Wednesday Sept 23-Nov 11	Thursday Sept 24-Nov 12
LS Swimmer 1 \$74.16 (30mins) 	6	5:10-5:40pm		4:50-5:20 pm 6:00-6:30 pm	5:10-5:40 pm		
LS Swimmer 2 \$74.16 (30mins) 	6		10:40-11:10 am	5:25-5:55 pm 6:05-6:35 pm	5:15-5:45 pm	4:35-5:05 pm	5:35-6:05pm
LS Swimmer 3 \$74.16 (45mins) 	6	5:10-5:55 pm		6:05-6:50 pm			5:35-6:20 pm
LS Swimmer 4 \$74.16 (45mins) 	6	4:00-4:45 pm		6:40-7:25 pm			
LS Swimmer 5 \$74.16 (45mins) 	7			6:50-7:35 pm		4:00-4:45 pm	
LS Swimmer 6 \$74.16 (45mins) 	7			6:55-7:40 pm			
Stroke Improvement 1 x week (45mins) \$74.16	10		10:45-11:30 am				
Fitness Swimmer (NEW) 1 x week (1 hour) \$74.16	10					4:50-5:50 pm	

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LIFESAVING SOCIETY PROGRAMS:

Program	Day & Dates
Bronze Star (1hour) \$74.16 	Sunday (Excl. OCT 11) Sept 20-Nov 15 6:45-7:45 pm
Bronze Cross \$120.00 Age: 14 years of age  Emphasis is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork & emergency procedures. (20 hours) Please bring Manual from Bronze Medallion - Canadian Lifesaving Manual. Must register for the Intermediate (Standard First Aid) course.	Monday Sept 21 – Nov 30 4:00-6:00 pm Exam date Nov 30th
Swim For Life Instructor Course \$125.00 plus Manuals \$70.00 and HST  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.	Sundays Sept 20 – 1:00 - 8:00 pm Sept 27 – 10:00 am - 4:00 pm Oct 4 – 11:00am - 6:00pm
National Lifeguard \$125.00 (plus HST)  Minimum 15 years of age, Bronze Cross and Lifesaving Society Intermediate First Aid or Standard First Aid (need not be current) National Lifeguard is a legal certificate for lifeguarding throughout the country and is recognized by the province of Ontario for lifeguarding public swimming pools. Fitness is a cornerstone of lifeguards' job responsibilities, enabling them to remain vigilant, attentive and alert to signs of potential trouble, and to respond safely and confidently in an emergency.	Saturdays Dec 5, 12 Time: 9:30am to 2:30pm Sundays Dec 6, 13 Time: 3:00pm – 8:00pm Monday Dec 7, 14 & Jan 4 Time: 4:00-6:00pm Sunday Jan 10 Time: 9:00-5:00pm
National Lifeguard Recertification \$95.00  Available for those who need to update their NLS certification. Must have successfully completed the National Lifeguard Service certification within 5 years.	Sunday Jan 10th 11:00am-5:00pm

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RED CROSS PROGRAMS:



Babysitting \$65.00	12	Friday, Nov. 13th 9:00am-5:00pm Upstairs of the Deep River Community Pool
Stay Safe \$50.00	12	Friday, Nov. 13th 9:00am – 1:30pm Upstairs of the Deep River Library
Intermediate (Standard First Aid) \$115.00 plus HST Blended consists of online and classroom learning	12	Classroom date: Saturday October 17th 9:00-5:00 pm Location: Upstairs of the Deep River Community Pool Candidates must register before October 1st at 12:00pm. Online component must be completed before October 14th

ADULT LESSONS: Contact the pool (613-584-2000 ext. 181 or 182) to arrange lesson times

Days	Monday	Tuesday	Wednesday	Friday
ADULT PRIVATE LESSONS (30mins) 4 weeks \$103.00 (HST incl.)	Morning and afternoon times available on request		Afternoon times available on request	Morning times available on request
ADULT GROUP LESSONS 8 weeks \$104.00 (HST incl.)		Sept 22-Nov 10 7:35 – 8:35pm		

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EXERCISE CLASSES:

Day & Dates	Monday	Wednesday	Thursday	Friday
AQUAFIT Drop-in \$11.00 10 Aquafit Pass \$102.62 20 Aquafit Pass \$205.21 (HST incl.)	9:30-10:15 am & 7:15-8:00 pm <i>Aquafit classes do not run on Statutory Holidays</i>	9:30-10:15 am & 7:15-8:00 pm	Gentle Aquafit 9:30-10:15 am	9:30-10:15 am
Baby & Me Aquafit \$76.08 (HST incl.) 		10:30 – 11:15 am Oct 7 – Nov 11 (6 wks) <i>30 minutes cardio workout with 15 minutes of free time with baby</i>		