



Community Pool Spring Swim Instruction 2022

April 1 – June 6 (8 Weeks)

No classes Easter weekend (April 15-18) or the May Long weekend (May 20-23)

On-Line registration will open Thursday, March 24th 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, March 24th from 9:00 am - 4:30 pm

Instructors will be in the water to teach pre-school levels and Swim kids levels 1-4.

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 8 wks – 30 min.	Friday April 1-June 3	Saturday April 2-June 4	Sunday April 3-June 5	Monday April 4-June 6	Tuesday April 5-May 24	Wednesday April 6-May 25	Thursday April 7-May 26
PRIVATE LESSONS \$185.60	4:00-4:30 pm 4:35-5:05 pm 5:10-5:40 pm	9:30-10:00 am 10:05-10:35 am 10:40-11:10 am 11:50am-12:20 pm 12:25-12:55 pm	5:00-5:30 pm 5:35-6:05 pm 6:10-6:40 pm 6:45-7:15 pm	4:00-4:30 pm 4:35-5:05 pm	5:30-6:00 pm 6:05-6:35 pm 6:40-7:10 pm	4:00-4:30 pm	5:00-5:30 pm
FAMILY LESSONS \$206.40 + HST <i>Registration is to be under the parent's name</i>	4:00-4:30 pm	11:15-11:45 am	6:10-6:40 pm		5:30-6:00 pm 6:40-7:10 pm	4:35-5:05 pm	

Community Pool Spring Swim Instruction 2022

PRE-SCHOOL:

Day & Dates 8 wks	Max.	Friday April 1-June 3	Saturday April 2-June 4	Sunday April 3-June 5	Monday April 4-June 6	Tuesday April 5-May 24	Wednesday April 6-May 25	Thursday April 7-May 26
Starfish/Duck <i>1 Parent in water</i> \$33.60 	12		9:30-10:00 am		10:45-11:15 am			
Sea Turtle \$63.20 	2	5:10-5:40 pm	9:30-10:00 am	5:00-5:30 pm	4:35-5:05 pm		4:35-5:05 pm	
Sea Otter \$63.20 	2	4:35-5:05 pm	10:40-11:10 am 11:15-11:45 am	5:00-5:30 pm 6:10-6:40 pm	5:10-5:40 pm		4:00-4:30 pm	5:35-6:05 pm
Salamander \$63.20 	2	5:10-5:40 pm	10:05-10:35 am	5:35-6:05 pm	5:10-5:40 pm		4:35-5:05 pm	5:00-5:30 pm
Sunfish \$60.00 	4						5:10-5:40 pm	
Crocodile \$60.00 	4			6:10-6:40 pm				
Whale \$60.00 	4		11:50-12:20 pm					

Community Pool Spring Swim Instruction 2022

SCHOOL AGE:

Day & Dates 8 wks	Max.	Friday April 1-June 3	Saturday April 2-June 4	Sunday April 3-June 5	Monday April 4-June 6	Tuesday April 5-May 24	Wednesday April 6-May 25	Thursday April 7-May 26
Swim Kids 1 \$58.80	6		10:05-10:35 am	5:35-6:05 pm				5:35-6:05 pm
Swim Kids 2 \$58.80	6		11:15-11:45 am	5:35-6:05 pm				
Swim Kids 3 \$58.80	6			6:45-7:15 pm				
Swim Kids 4 \$58.80	6		10:40-11:10 am				5:10-5:40 pm	
Swim Kids 5 \$58.80	6			6:45-7:15 pm			5:10-5:40 pm	
Swim Kids 6 \$58.80	6			6:45-7:30 pm				
Swim Kids 7 \$58.80	6			7:20-8:05 pm				
Rookie \$58.80	8			7:20-8:20 pm				
Swim Kids 8 \$58.80	8			7:20-8:05 pm				
Ranger \$58.80	8			7:20-8:20 pm				
Swim Kids 9/10 \$58.80	8			7:35-8:35 pm				
Stroke Improvement \$58.80	8				4:35-5:20 pm			

Community Pool Spring Swim Instruction 2022

YOUTH PROGRAMS:

Day & Dates	Max	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Stay Safe  \$41.30 Ages 9+	12				April 18 9:00 am-1:00 pm			
Babysitting  \$54.78 Ages 12+						June 10 9:00 am-5:00 pm		

ADULT LESSONS:

Day & Dates	Friday April 1-June 3	Saturday April 2-June 4	Sunday April 3-June 5	Monday April 4-June 6	Tuesday April 5-May 24	Wednesday April 6-May 25	Thursday April 7-May 26
ADULT PRIVATE LESSONS 4 weeks \$65.00 (HST incl.)	X	X	X	afternoon times available on request	afternoon and evening times available on request	afternoon and evening times available on request	afternoon and evening times available on request

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LEADERSHIP COURSES:

Day & Dates	
<p align="center">National Lifeguard \$234.40</p> <p align="center">Ages 15 years and up. Must have a current Standard First Aid</p> 	<p align="center">May 2022 (40 hours)</p> <p align="center">First day - May 6 at 6:00-9:00 pm</p>
<p align="center">National Lifeguard recert. \$83.65</p> <p align="center">Ages 15 years and up. Must have a current Standard First Aid</p> 	<p align="center">May 2022 (5 hours)</p>
<p align="center">LIFESAVING SWIM INSTRUCTOR  \$248.70</p> <p align="center">Must have Bronze Cross. This course is required to teach Parent & Tot, Pre-school and School age Swimmer (children 5 years and older)</p>	<p align="center">JUNE (20 hours) Sundays 9:30 am- 2:30 pm June 5, 12, 19 and 26</p>
<p align="center">LIFESAVING INSTRUCTOR  \$248.70 * <i>discount available if taken the Lifesaing Swim Instructor course</i></p> <p align="center">Must have Bronze Cross. This course is required to teach Rookie, Ranger, Star and Bronze courses</p>	<p align="center">JULY (20 hours) First day – July 5 at 6:00-9:00 pm</p>

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Community Pool Spring Swim Instruction 2022

RED CROSS FIRST AID CLASSES:

Standard First Aid level "C" Blended – online and class room	10 candidates	Online portion to be completed by class room date	May 10 & 11 Tuesday & Wednesday evenings 6:00-9:30 pm	\$102.00
Standard First Aid level "C" recertification class room			May 10 & 11 Tuesday & Wednesday evenings 6:00-9:30 pm	\$102.00
Standard First Aid level "C" Blended – online and class room	10 candidates	Online portion to be completed by class room date	June 14 & 15 Tuesday & Wednesday evenings 6:00-9:30 pm	\$102.00
Standard First Aid level "C" recertification class room			June 14 & 15 Tuesday & Wednesday evenings 6:00-9:30 pm	\$102.00

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Community Pool Spring Swim Instruction 2022

EXERCISE CLASSES:

Day & Dates	Monday	Tuesday	Wednesday	Thursday
<p>AQUAFIT Drop-in</p> <p>March 21-June 2</p> <p>10 Aquafit Pass \$90.10</p> <p>20 Aquafit Pass \$184.20</p>	<p>9:30-10:15 am 7:00-7:45 pm</p> <p><i>Aquafit classes do not run on Statutory Holidays</i></p>	<p>9:30-10:15 am</p>	<p>9:30-10:15 am</p> <p><i>Returning May 4th 7:00-7:45 pm</i></p>	<p>9:30-10:15 am</p>
<p>Mom & Baby Aquafit \$84.60</p> 			<p>10:30 – 11:15 am March 30-May 25 (9 wks)</p> <p><i>30 minutes cardio workout with 15 minutes of free time with baby</i></p>	
<p>AquaTherapy \$100.80</p> 				<p>10:30 – 11:15 am March 31-May 26 (9 wks)</p>
<p>SUP Yoga</p> 			<p>7:00-7:45 pm</p> <p>Session 1 April 6-27 (4 wks)</p> <p>Session 2 May 4-25 s2 (4 wks)</p>	<p><i>Storage is available for personal boards</i></p> <p>\$50.44 with BOARD rental Included.</p> <p>\$44.80 Bring your own BOARD</p>

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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.