



Community Pool Spring Swim Instruction 2023

April 12 – June 12 (8 Weeks)

No classes May Long weekend (May 19-22)

On-Line registration will open Thursday, March 23 at 7:00 am

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

For those unable to register on line, in person registration at Town Hall will be open on

Thursday, March 23 from 9:00 am-4:30 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 shosbons@deepriver.ca with 2 choices of your preferred day and time within the chart listed below.

Day & Dates 8 wks – 30 min.	Wednesday April 12 – May 31	Thursday April 13 – June 1	Friday April 14 – June 9	Sunday April 16 – June 11	Monday April 17 – June 12
PRIVATE LESSONS \$200.00	3:55-4:25 pm x 2 4:50-5:20 pm	4:30-5:00 pm x 2 5:05-5:35 pm x 2	3:55-4:25 pm x 2	4:25-4:55 pm x 2 5:00-5:30 pm 6:10-6:40 pm 7:35-8:05 pm	3:55-4:25 pm x 2
FAMILY LESSONS \$213.60 + HST <i>Registration is to be under the parent's name</i>		5:05-5:35 pm	5:05-5:35 pm	4:25-4:55 pm x 2 5:00-5:30 pm	5:05-5:35 pm

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PRE-SCHOOL: Day & Dates - 8 weeks

*New 	Equivalent to 	Max.	Wednesday April 12 – May 31	Thursday April 13 – June 1	Friday April 14 – June 9	Sunday April 16 – June 11	Monday April 17 – June 12
LS Parent & Tot 1 <i>1 Parent in water</i> \$48.00 	Starfish 	10				5:00-5:30 pm	10:45-11:15am
LS Parent & Tot 2 <i>1 Parent in water</i> \$48.00 	Duck 	10				5:00-5:30 pm	10:45-11:15am
LS Parent & Tot 3 <i>Parent in water</i> \$48.00 	Sea Turtle 	10				5:35-6:05 pm	10:45-11:15am
LS Preschool 1 \$64.80 	Sea Otter 	3		5:40-6:10 pm	4:30-5:00 pm	5:00-5:30 pm 6:10-6:40 pm	
LS Preschool 2 \$64.80 	Salamander 	3	4:30-5:00 pm		5:05-5:35 pm	5:35-6:05 pm	4:30-5:00 pm
LS Preschool 3 \$63.20 	Sunfish 	4			4:00-4:30 pm	6:10-6:40 pm	4:30-5:00 pm
LS Preschool 4 \$60.00 	Crocodile 	6					4:50-5:20 pm
LS Preschool 5 \$60.00 	Whale 	6				6:10-6:40 pm	

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SCHOOL AGE: Day & Dates – 8 wks

*New 	Equivalent to 	Max.	Wednesday April 12 – May 31	Thursday April 13 – June 1	Friday April 14 – June 9	Sunday April 16 – June 11	Monday April 17 – June 12
LS Swimmer 1 \$60.00 (30mins) 	Swim Kids 1	6	5:05-5:35 pm		4:30-5:00pm	5:35-6:05 pm	
LS Swimmer 2 \$60.00 (30mins) 	Swim Kids 2	6		5:40-6:10 pm		5:35-6:05 pm	5:05-5:35 pm
LS Swimmer 3 \$62.00 (45mins) 	Swim Kids 3	6	4:00-4:45 pm		4:35-5:20 pm	6:45-7:30 pm	
LS Swimmer 4 \$62.00 (45mins) 	Swim Kids 4 & 5	6		5:40-6:25 pm		6:45-7:30 pm	
LS Swimmer 5 \$62.00 (45mins) 	Swim Kids 6	7	4:30-5:15 pm			6:45-7:30 pm	
LS Swimmer 6 \$62.00 (45mins) 	Swim Kids 7	7				6:45-7:30 pm	
LS Swimmer 7/ LS Rookie  \$62.00 (1hour)	Swim Kids 8	10				7:35-8:35 pm	
LS Swimmer 8 LS Ranger  \$62.00 (1hour)	Swim Kids 9	10				7:35-8:35 pm	
LS Swimmer 9 LS Star  \$62.00 (1hour)	Swim Kids 10	10				7:35-8:35 pm	
Stroke Improvement/fitness 1 x week \$62.00 (45mins)	Ages 7-10	10					4:00-4:45pm

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RED CROSS PROGRAMS:








Stay Safe \$45.00 Ages 9+	12	Friday, June 9 9:00am-1:00pm at the Deep River Library
Babysitting \$60.00 Ages 11+	12	Friday, June 9 9:00am-5:00pm at the Deep River Arena

ADULT LESSONS:

Day & Dates	Monday	Tuesday	Wednesday	Friday
ADULT PRIVATE LESSONS 4 weeks \$68.00 <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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LEADERSHIP COURSES:

Day & Dates	
<p>Bronze Star (1hour) \$62.00</p> 	<p>Sunday April 16-June 11 (no class May 21) 7:35-8:35 pm</p>
<p>Bronze Medallion ** NEW Recruitment RATE ** \$100.00 Age: 13 years of age</p> 	<p>Wednesday May 3-June 28 4:00-6:00 pm Exam date will be June 28</p>
<p>Bronze Cross ** NEW Recruitment RATE ** \$100.00 Age: 14 years of age</p> 	<p>Wednesday May 3-June 28 4:00-6:00 pm Exam date will be June 28</p>
<p>National Lifeguard</p>  <p>** NEW Recruitment RATE ** \$100.00 (plus HST)</p> <p>Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid. This is a 40 hour course comprised of lifeguarding skills and techniques, as well as an introduction to first aid in a water setting. Certificate required to lifeguard at the Deep River Community Pool.</p>	<p>Sundays: April 16, 30, May 7 - 3:30-8:30 pm & Wednesdays: April 19-May 31 - 3:30-7:00 pm Exam date: May 31st</p>
<p>National Lifeguard Recertification</p>  <p>\$83.65</p> <p>Available for those who need to update their NLS certification. Must have successfully completed the National Lifeguard Service certification within 5 years.</p>	<p>Wednesday, May 31 3:30-7:00 pm</p>



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LEADERSHIP COURSES:

<p style="text-align: center;">Lifesaving Swim Instructor</p>  <p style="text-align: center;">Recruitment rate \$100.00 (plus HST)</p> <p>Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid. This course will prepare the Swim for Life instructors to teach and evaluate the basic swim strokes and related skills. Candidates acquire teaching methods, a variety of stroke development drills and correction techniques. Swim for Life is the learn-to-swim program from Parent & Tot through to leadership. This course is 20 hrs in length.</p>	<p style="text-align: center;">June</p> <p style="text-align: center;">First day: Wednesday, June 7th 3:30-5:30 pm</p>
<p style="text-align: center;">Lifesaving Instructor course</p>  <p style="text-align: center;">Recruitment rate \$100.00 (plus HST)</p> <p>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 and first aid skills and resuscitation techniques in the Society's lifesaving leadership and first aid awards.</p>	<p style="text-align: center;">July</p> <p style="text-align: center;">To be announced</p>
<p style="text-align: center;">Standard First Aid level "C"</p> <p style="text-align: center;">\$90.27 (plus HST)</p>  <p>Blended online and class room. Candidates must register before May 1st. HST will apply for individuals 15 yrs and older</p>	<p style="text-align: center;">Saturday, May 6</p> <p style="text-align: center;">9:00-4:30 pm</p> <p style="text-align: center;">Online component must be completed before May 3rd.</p>

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EXERCISE CLASSES:

Day & Dates	Monday	Wednesday	Thursday	Friday
AQUAFIT Drop-in Day time: March 20-June 2 10 Aquafit Pass \$93.00 Aquafit Pass \$186.00	9:30-10:15 am <i>Aquafit classes do not run on Statutory Holidays</i>	9:30-10:15 am	Low Impact Aquafit 9:30-10:15 am	9:30-10:15 am
AQUAFIT Drop-in Evening: April 3-May 31 10 Aquafit Pass \$93.00 Aquafit Pass \$186.00	7:30-8:15 pm <i>Aquafit classes do not run on Statutory Holidays</i>	7:30-8:15 pm		
Mom & Baby Aquafit \$92.00 (HST incl.) 		10:30 – 11:15 am April 12-May 31 (8 wks) <i>30 minutes cardio workout with 15 minutes of free time with baby</i>		
H2O Bootcamp \$46.00 			7:35-8:20 pm April 6-27 (4 wks)	

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.