



Community Pool Spring Swim Instruction 2026

April 10 – June 8 (8 Weeks)

Lessons will NOT run on May Long Weekend (May 15-18)

On-Line registration will open Thursday, March 26th 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

Thursday, March 26th 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 poolstaff@deepriver.ca with 2 choices of your preferred day and time within the chart listed below.

Day & Dates 8 wks – 30 min.	Friday April 10 – June 5 Excl. May 15	Saturday April 11 – June 6 Excl. May 16	Sunday April 12 – June 7 Excl. May 17	Monday April 13 – June 8 Excl. May 18	Wednesday April 15 – June 3	Thursday April 16 – June 4
PRIVATE LESSONS \$207.04	3:55-4:25 pm x2	9:30-10:00 am 10:05-10:35 am 10:45-11:15 am 11:55 am-12:25 pm x 3	4:10-4:40 pm 4:20-4:50 pm 4:45-5:15 pm 6:05-6:35 pm	3:55-4:25 pm x 2	3:55-4:25 pm x 2 5:05-5:35 pm	5:05-5:35 pm x 2
FAMILY LESSONS \$208.56 + HST <i>Registration is to be under the parent's name</i>	5:05-5:35 pm	10:40-11:10 am 11:15-11:45 am 11:20-11:50 am	4:10-4:40 pm 4:15-4:45 pm 5:25-5:55 pm	5:05-5:35 pm	4:50-5:20 pm	5:05-5:35 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 April 10 – June 5 Excl. May 15	Saturday April 11 – June 6 Excl. May 16	Sunday April 12 – June 7 Excl. May 17	Monday April 13 – June 8 Excl. May 18	Wednesday April 15 – June 3	Thursday April 16 – June 4
LS Parent & Tot 1 <i>1 Parent in water</i> \$74.16 	10		9:30-10:00 am	4:55-5:25 pm	10:45-11:15am		
LS Parent & Tot 2 <i>1 Parent in water</i> \$74.16 	10		9:30-10:00 am	4:55-5:25 pm	10:45-11:15am		
LS Parent & Tot 3 <i>Parent in water</i> \$74.16 	10			5:30-6:00 pm	10:45-11:15am		
LS Preschool A 	3	4:30-5:00 pm	10:05-10:35 am	4:50-5:20 pm 6:00-6:30 pm	4:30-5:00 pm		5:40-6:10 pm
LS Preschool B 	3	5:05-5:35 pm	9:30-10:00 am	5:30-6:00 pm		4:30-5:00 pm	
LS Preschool C 	4	4:00-4:30 pm	11:20-11:50 am	6:00-6:30 pm	4:30-5:00 pm		
LS Preschool D 	6				4:50-5:20 pm		
LS Preschool E 	6			6:10-6:40 pm			

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

*New 	Max.	Friday April 10 – June 5 Excl. May 15	Saturday April 11 – June 6 Excl. May 16	Sunday April 12 – June 7 Excl. May 17	Monday April 13 – June 8 Excl. May 18	Wednesday April 15 – June 3	Thursday April 16 – June 4
LS Swimmer 1 \$74.16 (30mins) 	6	4:30-5:00pm	10:05-10:35 am	5:20-5:50 pm		5:05-5:35 pm	
LS Swimmer 2 \$74.16 (30mins) 	6		10:40-11:10 am	4:50-5:20 pm	5:05-5:35 pm	4:30-5:00 pm	5:40-6:10pm
LS Swimmer 3 \$74.16 (45mins) 	6			6:45-7:30 pm			5:40-6:25 pm
LS Swimmer 4 \$74.16 (45mins) 	6	4:35-5:20 pm					
LS Swimmer 5 \$74.16 (45mins) 	7				4:00-4:45 pm		
LS Swimmer 6 \$74.16 (45mins) 	7					4:00-4:45 pm	
LS Swimmer 7/Rookie \$74.16 (1hour) 	10			6:35-7:35 pm			
LS Swimmer 8/Ranger \$74.16 (1hour) 	10			6:35-7:35 pm			
LS Swimmer 9/Star \$74.16 (1hour) 	10			6:35-7:35 pm			
Stroke Improvement 1 x week \$74.16 (45mins)	10			6:40-7:25 pm			

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RED CROSS PROGRAMS:



Babysitting \$65.00	12	Monday, April 6th 9:00am-5:00pm Upstairs of the Deep River Community Pool Registration NOW OPEN
Stay Safe \$50.00	12	Monday, April 6th 9:00am – 1:30pm Upstairs of the Deep River Arena Registration NOW OPEN
Standard First Aid level “C” \$115.00 plus HST Blended consists of online and class room learning	12	Class room date: Saturday April 25th 9:00-5:00 pm Location: Upstairs of the Deep River Community Pool Candidates must register before April 15th at 12:00pm. Online component must be completed before April 24th

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.)		Apr. 14- Jun. 2 7:35 – 8:35pm		

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LIFESAVING SOCIETY PROGRAMS:

Program	Day & Dates
Bronze Star (1hour) \$74.16 	Sunday April 12- June 7 6:40-7:40 pm
Bronze Medallion \$120.00 (plus manual) Plus, Canadian Lifesaving Manual Age: 13 years of age Learn how to respond in water situations. Develop endurance in a timed swim. (20 hours)	Wednesday April 8-June 10 4:00-6:00 pm Exam date June 10th Registration NOW OPEN
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.	Wednesday April 8-June 10 4:00-6:00 pm Exam date June 10th Registration NOW OPEN
National Lifeguard \$125.00 (plus HST) Plus Manual Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid. Plus, Alert Manual	Sundays May 3, 10, 24, 31, June 7, June 14 Time: 9:00am to 5:00pm Exam date: June 14th
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 June 14th 11:00am-5:00pm

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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 & 7:30-8:15 pm <i>Aquafit classes do not</i> <i>run on Statutory Holidays</i>	9:30-10:15 am & 7:30-8:15 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 April 15 - May 20 (6 wks) <i>30 minutes cardio</i> <i>workout with 15</i> <i>minutes of free time</i> <i>with baby</i>		