



# 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](mailto: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
<b>PRIVATE LESSONS</b> <b>\$207.04</b>	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
<b>FAMILY LESSONS</b> <b>\$208.56 + HST</b> <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.	<b>Friday</b> April 10 – June 5 Excl. May 15	<b>Saturday</b> April 11 – June 6 Excl. May 16	<b>Sunday</b> April 12 – June 7 Excl. May 17	<b>Monday</b> April 13 – June 8 Excl. May 18	<b>Wednesday</b> April 15 – June 3	<b>Thursday</b> 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.	<b>Friday</b> April 10 – June 5 Excl. May 15	<b>Saturday</b> April 11 – June 6 Excl. May 16	<b>Sunday</b> April 12 – June 7 Excl. May 17	<b>Monday</b> April 13 – June 8 Excl. May 18	<b>Wednesday</b> April 15 – June 3	<b>Thursday</b> 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:



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

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

Days	Monday	Tuesday	Wednesday	Friday
<p><b>ADULT PRIVATE LESSONS (30mins)</b> 4 weeks \$103.00 (HST incl.)</p>	<p>Morning and afternoon times available on request</p>		<p>Afternoon times available on request</p>	<p>Morning times available on request</p>
<p><b>ADULT GROUP LESSONS</b> 8 weeks \$104.00 (HST incl.)</p>		<p>Apr. 14- Jun. 2 7:35 – 8:35pm</p>		

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### LIFESAVING SOCIETY PROGRAMS:

Program	Day & Dates
<p align="center"><b>Bronze Star (1hour)</b> <b>\$74.16</b></p> 	<p align="center"><b>Sunday</b> <b>April 12- June 7</b> 6:40-7:40 pm</p>
<p align="center"><b>Bronze Medallion</b> <b>\$120.00 (plus manual)</b> <b>Plus, Canadian Lifesaving Manual</b> <b>Age: 13 years of age</b></p> <p align="center">Learn how to respond in water situations. Develop endurance in a timed swim. (20 hours)</p> 	<p align="center"><b>Wednesday</b> <b>April 8-June 10</b> 4:00-6:00 pm <b>Exam date June 10th</b> <b>Registration NOW OPEN</b></p>
<p align="center"><b>Bronze Cross</b> <b>\$120.00</b> <b>Age: 14 years of age</b></p> <p>Emphasis is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork &amp; emergency procedures. (20 hours) Please bring Manual from Bronze Medallion - Canadian Lifesaving Manual.</p> 	<p align="center"><b>Wednesday</b> <b>April 8-June 10</b> 4:00-6:00 pm <b>Exam date June 10th</b> <b>Registration NOW OPEN</b></p>
<p align="center"><b>National Lifeguard</b> <b>\$125.00 (plus HST)</b></p> <p>Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid. Plus, Alert Manual</p> 	<p align="center"><b>Sundays</b> <b>May 3, 10, 24, 31, June 7, June 14</b> <b>Time: 9:00am to 5:00pm</b> <b>Exam date: June 14th</b></p>
<p align="center"><b>National Lifeguard Recertification</b> <b>\$95.00</b></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 align="center"><b>Sunday June 14<sup>th</sup></b> <b>11:00am-5:00pm</b></p>

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### EXERCISE CLASSES:

Day & Dates	Monday	Wednesday	Thursday	Friday
<b>AQUAFIT</b> 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                      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                      workout with 15                      minutes of free time                      with baby</i>		