



Community Pool Winter Swim Instruction 2023

January 19 – March 8 (7 Weeks)

Lessons will run on Family Day (February 20)

On-Line registration will open Thursday, January 12 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, January 12 from 9:00 am-4:00 pm



New Learn-to-Swim Program:

Our swimming lesson program is seeing a change. Early in 2022 the Red Cross announced that after 75 years providing Water Safety programming, they will be winding down their involvement in the swimming and water safety program to direct more attention to surging humanitarian demands in other areas – such as disaster and pandemic response, opioid harm reduction and caregiving for seniors. Our new program is the Lifesaving Swim program.



















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 7 wks – 30 min.	Thursday Jan. 19-March 2	Friday Jan. 20-March 3	Sunday Jan. 22-March 5	Monday Jan. 23-March 6	Wednesday Jan. 25-March 8
PRIVATE LESSONS \$175.00	5:00-5:30 pm 5:00-5:30 pm	3:55-4:25 pm 3:55-4:25 pm	4:25-4:55 pm 5:00-5:30 pm 6:10-6:40 pm 7:35-8:05 pm	3:55-4:25 pm 3:55-4:25 pm	3:55-4:25 pm 3:55-4:25 pm 4:00-4:30 pm 5:10-5:40 pm
FAMILY LESSONS \$186.90 + HST <i>Registration is to be under the parent's name</i>	5:00-5:30 pm	5:05-5:35 pm	4:25-4:55 pm 4:25-4:55 pm 5:00-5:30 pm	5:05-5:35 pm	4:30-5:00 pm


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PRE-SCHOOL: Day & Dates - 7 weeks

*New 	Equivalent to 	Max.	Thursday Jan. 19-March 2	Friday Jan. 20-March 3	Sunday Jan. 22-March 5	Monday Jan. 23-March 6	Wednesday Jan. 25-March 8
LS Parent & Tot 1 <i>1 Parent in water</i> \$42.00 	Starfish 	10			5:00-5:30 pm	10:45-11:15am	
LS Parent & Tot 2 <i>1 Parent in water</i> \$42.00 	Duck 	10			5:00-5:30 pm	10:45-11:15 am	
LS Parent & Tot 3 <i>Parent in water</i> \$42.00 	Sea Turtle 	10			5:35-6:05 pm	10:45-11:15 am	
LS Preschool 1 \$56.70 	Sea Otter 	3	5:35-6:05 pm	4:30-5:00 pm	5:00-5:30 pm 6:10-6:40 pm	5:05-5:35 pm	
LS Preschool 2 \$56.70 	Salamander 	3		5:05-5:35 pm	5:35-6:05 pm	4:30-5:00 pm	4:35-5:05 pm
LS Preschool 3 \$55.30 	Sunfish 	4		4:00-4:30 pm		4:30-5:00 pm	
LS Preschool 4 \$52.50 	Crocodile 	6			6:10-6:40 pm	4:50-5:20 pm	
LS Preschool 5 \$52.50 	Whale 	6			6:10-6:40 pm		

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SCHOOL AGE: Day & Dates – 7 wks

*New 	Equivalent to 	Max.	Thursday Jan. 19-March 2	Friday Jan. 20-March 3	Sunday Jan. 22-March 5	Monday Jan. 23-March 6	Wednesday Jan. 25-March 8
LS Swimmer 1 \$52.50 (30mins) 	Swim Kids 1	6		4:30-5:00pm	5:35-6:05 pm		5:05-5:35 pm
LS Swimmer 2 \$52.50 (30mins) 	Swim Kids 2	6	5:35-6:05 pm		5:35-6:05 pm		
LS Swimmer 3 \$54.25 (45mins) 	Swim Kids 3	6			6:45-7:30 pm		
LS Swimmer 4 \$54.25 (45mins) 	Swim Kids 4 & 5	6	5:35-6:20 pm	4:35-5:20 pm	6:45-7:30 pm		
LS Swimmer 5 \$54.25 (45mins) 	Swim Kids 6	7			6:45-7:30 pm		4:30-5:15 pm
LS Swimmer 6 \$54.25 (45mins) 	Swim Kids 7	7			6:45-7:30 pm		
LS Swimmer 7/ LS Rookie \$54.25 (1hour) 	Swim Kids 8	10			7:35-8:35 pm		
LS Swimmer 8 LS Ranger \$54.25 (1hour) 	Swim Kids 9	10			7:35-8:35 pm		
LS Swimmer 9 LS Star \$54.25 (1hour) 	Swim Kids 10	10			7:35-8:35 pm		
Stroke Improvement/fitness 1 x week \$54.25 (45mins)	Ages 7-10	10				4:00-4:45pm	

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RED CROSS PROGRAMS:








Stay Safe \$45.00	12	Friday, February 3 9:00am-1:00pm
Babysitting \$60.00	12	Tuesday, March 14 9:00am-5:00pm

ADULT LESSONS:

Day & Dates	Monday	Tuesday	Wednesday	Friday
ADULT PRIVATE LESSONS 4 weeks \$68.00 <i>Contact Sara at the pool (613-584-2000 ext. 181) to arrange lesson times</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) \$54.25</p> 	<p>Sunday January 22-March 5 7:35-8:35 pm</p>
<p>Bronze Medallion **NEW Recruitment RATE** \$100.00 Age: 13 years of age</p> 	<p>Wednesday January 25-April 5 4:00-6:00 pm No lessons during the March break Exam date will be April 5</p>
<p>Bronze Cross **NEW Recruitment RATE** \$100.00 Age: 14 years of age</p> 	<p>Wednesday January 25-April 5 4:00-6:00 pm No lessons during the March break Exam date will be April 5</p>
<p>Standard First Aid level "C" \$102.00</p>  <p>Blended online and class room. Candidates must register before January 25 at 12:00pm. <i>HST will apply for individuals 15 yrs and older</i></p>	<p>Saturday, February 11 9:00-4:30 pm Online component must be completed before February 8.</p>
<p>National Lifeguard **NEW Recruitment RATE** \$113.00 (HST incl.)</p>  <p>Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid.</p>	<p>February/March 2023 First class will be Thursday, February 2nd 6:30 pm <i>Dates to be determined based on interest.</i></p>

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EXERCISE CLASSES:

Day & Dates	Monday	Tuesday	Wednesday	Thursday	Friday
<p>AQUAFIT Drop-in</p> <p>January 9-March 10</p> <p>10 Aquafit Pass \$93.00 Aquafit Pass \$186.00</p>	<p>9:30-10:15 am</p> <p>7:30-8:15 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>7:30-8:15 pm</p>	<p><i>Low Impact Aquafit</i></p> <p>9:30-10:15 am</p>	<p>9:30-10:15 am</p>
<p>Mom & Baby Aquafit \$92.00</p> 			<p>10:30 – 11:15 am Jan. 18-March 8 (8 wks)</p> <p><i>30 minutes cardio workout with 15 minutes of free time with baby</i></p>		
<p>H2O Bootcamp \$46.00</p> 				<p>7:35-8:20 pm Jan. 19-Feb. 9 (4 wks)</p>	
<p>SUP Workout \$71.28 with board \$60.00 own board</p> 				<p>7:35-8:20 pm Feb. 16-March 9 (4 wks)</p> <p><i>Storage is available for personal boards</i></p>	

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.