



## Community Pool Summer Swim Instruction 2025

At the Deep River Community Pool

Lessons run Monday to Friday

Session 1	July 7 - 11, 2025 (5 Classes)
Session 2	July 14 - 18, 2025 (5 Classes)
Session 3	July 21 - 25, 2025 (5 Classes)
Session 4	July 28 - August 1, 2025 (5 Classes)
Session 5	August 5 - 8, 2025 (4 Classes)
Session 6	August 11 - 15, 2025 (5 Classes)
Session 7	August 18 - 22, 2025 (5 Classes)

**No Lesson on Monday, August 4th (Civic Holiday)**

Lessons are pro-rated and no make-up lessons will be offered

**On-Line registration will open Thursday, May 15 at 7:00 am**

<https://app.univerusrec.com/deepriverpub>

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

**Thursday, May 15 from 9:00 am-1:30 pm**

## Community Pool Summer Instruction 2025

### PRIVATE SWIMMING LESSONS (Lessons run Monday to Friday):

Private Lessons	Session 1 July 7 – 11	Session 2 July 14 - 18	Session 3 July 21 - 25	Session 4 July 28 - August 1	Session 5 August 5 – 8 No Class Mon., Aug 4th	Session 6 August 11 - 15	Session 7 August 18 - 22
<b>Sessions 1 - 4 &amp; 6 - 7</b> <b>5 classes</b> <b>\$129.40</b>  <b>Evening classes available</b>	10:30-11:00 am 11:05-11:35 am 1:30-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35-7:05 pm	10:30-11:00 am 11:05-11:35 am 1:30-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35-7:05 pm	10:30-11:00 am 11:05-11:35 am 1:30-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35-7:05 pm 7:10-7:40 pm	10:30-11:00 am 11:05-11:35 am 1:30-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35-7:05 pm 7:10-7:40 pm	X	10:30-11:00 am 11:05-11:35 am 1:30-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35-7:05 pm 7:10-7:40 pm	10:30-11:00 am 11:05-11:35 am 1:30-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35-7:05 pm
<b>Session 5</b> <b>4 classes</b> <b>\$103.52</b>  <b>Evening classes available</b>	X	X	X	X	10:30-11:00 am 11:05-11:35 am 1:30-2:00 pm 2:05-2:35 pm 2:40-3:10 pm 3:15-3:45 pm 3:50-4:20 pm 4:30-5:00 pm 6:35-7:05 pm	X	X

### 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")

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.

Please take into consideration how your child is feeling coming to their lesson. If your child is feeling unwell, we ask that your child not attend their scheduled lesson and contact the pool of their absence at 613-584-2000 ext. 182.

## Community Pool Summer Instruction 2025

### FAMILY SWIMMING LESSONS (Lessons run Monday to Friday):




#### Registration is to be under the parent's name

**NOTE:** Family Lessons are available for children ages 3 and up and Preschool or Swimmer levels. A parent or caregiver may be required to be in the water depending on levels.

The **maximum number of family members is 4 children of the same household.**





Family Lessons	Session 1 July 7 – 11	Session 2 July 14 - 18	Session 3 July 21 - 25	Session 4 July 28 - August 1	Session 5 August 5 – 8 No Class Mon., Aug 4th	Session 6 August 11 - 15	Session 7 August 18 - 22
<b>Sessions 1-4 &amp; 6 - 7</b> 5 classes \$143.00 (HST)	4:30-5:00 pm	4:30-5:00 pm	4:30-5:00 pm	4:30-5:00 pm	X	4:30-5:00 pm	4:30-5:00 pm
<b>Session 5</b> 4 classes \$114.40 (HST)	X	X	X	X	4:30-5:00 pm	X	X

### PARENT AND TOT (Lessons run Monday to Friday):





	Max	Session 1 July 7 – 11	Session 2 July 14 – 18 (5 Classes)	Session 3 July 21 - 25	Session 4 July 28 - August 1 <b>Only Evening</b> (5 Classes)	Session 5 August 5 – 8 No Class Mon., Aug 4th	Session 6 August 11 – 15 <b>Only Evening</b> (5 Classes)	Session 7 August 18 – 22 (5 Classes)
LS Parent & Tot 1 <i>1 Parent in water</i>  \$45.00	10	X	10:30-11:00 am	X	6:35-7:05 pm	X	6:35-7:05 pm	10:30-11:00 am
LS Parent & Tot 2 <i>1 Parent in water</i>  \$45.00	10	X	10:30-11:00 am	X	6:35-7:05 pm	X	6:35-7:05 pm	10:30-11:00 am

## Community Pool Summer Instruction 2025

### PRESCHOOL: AGES 3 - 5 years old (Lessons run Monday to Friday):


	Max	Session 1 July 7 – 11 (5 classes)	Session 2 July 14 – 18 (5 classes) <b>Only Evening</b>	Session 3 July 21 – 25 (5 classes)	Session 4 July 28 - August 1 (5 classes)	Session 5 August 5 – 8 No Class Aug 4 <sup>th</sup> <b>Only Evening</b>	Session 6 August 11 - 15 (5 classes)	Session 7 August 18 - 22 (5 classes)
LS Preschool A \$45.00 x5  \$36.00 x4	3	10:30-11:00 am 6:35-7:05 pm	6:35-7:05 pm	6:35-7:05 pm	6:35-7:05 pm	6:35-7:05 pm	6:35-7:05 pm	6:35-7:05 pm
LS Preschool B \$45.00 x5  \$36.00 x4	3	6:35-7:05 pm	6:35-7:05 pm	10:30-11:00 am 6:35-7:05 pm	6:35-7:05 pm	6:35-7:05 pm	10:30-11:00 am 6:35-7:05 pm	6:35-7:05 pm
LS Preschool C \$45.00 x5  \$36.00 x4	4	7:10-7:40 pm	7:10-7:40 pm	X	7:10-7:40 pm	7:10-7:40 pm	7:10-7:40 pm	10:30-11:00 am

### SCHOOL AGE: AGES 6 & up (Lessons run Monday to Friday):



	Max	Session 1 July 7 – 11 (5 classes)	Session 2 July 14 – 18 (5 classes)	Session 3 July 21 – 25 (5 classes)	Session 4 July 28 - August 1 (5 classes)	Session 5 August 5 - 8 No Class Aug 4 <sup>th</sup>	Session 6 August 11 - 15 (5 classes)	Session 7 August 18 - 22 (5 classes)
LS Swimmer 1  \$45.00 x5 \$36.00 x4 (30mins)	6	11:05-11:35 am 7:10-7:40 pm	7:10-7:40 pm	7:10-7:40 pm	X	7:10-7:40 pm	11:05-11:35 am 7:10-7:40 pm	7:10-7:40 pm
LS Swimmer 2  \$45.00 x5 \$36.00 x4 (30mins)	6	7:10-7:40 pm	11:05-11:35 am 7:10-7:40 pm	7:10-7:40 pm	7:10-7:40 pm	7:10-7:40 pm	X	11:05-11:35 am 7:10-7:40 pm
LS Swimmer 3  \$45.00 x5 (45mins)	6	X	X	X	10:30-11:15 am	X	X	X
Stroke Improvement \$45.00 x5 \$36.00 x4 (45mins) Swimmer 3 and up	8	X	4:30-5:15 pm	4:30-5:15 pm	X	4:30-5:15 pm	4:30-5:15 pm	4:30-5:15 pm

## Community Pool Summer Instruction 2025

### YOUTH PROGRAMS:


<p><b>YOUTH Open Water Training</b>  <b>at the Deep River Pool and Lamure Beach</b>  <b>Session 1 - July 7-11 (5 classes) and</b>  <b>Session 4 - July 28-August 1 (5 classes)</b>  <b>4:30-5:15 pm</b>  <b>\$55.00 per session</b>          (Min. of 6 people – ages 12-15 years)</p> 	<p>Are you interested in participating in the Deep River</p> <p><b>Cross River Swim (Aug. 10/25)</b></p> <p>Would you like some tips and tricks to prepare for open water swimming from? This training will help build your confidence and ability in an open water setting. Training will be held at the Deep River Pool (3 days) and Lamure Beach (2 days).</p> <p>On rain days, training will be held at the Deep River Community Pool.</p>
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### RED CROSS PROGRAMS:



 <p><b>Stay Safe</b>  <b>Thursday, July 3</b>  <b>\$46.58</b>          Upstairs at the Deep River Community Pool          For ages 9 -12</p>	<p>Max. 12</p>	<p>9:30am-1:30pm</p>
 <p><b>Babysitting</b>  <b>Wednesday, July 2; or</b>  <b>Wednesday August 13</b>  <b>\$62.10</b>          Upstairs at the Deep River Community Pool          For ages 11-13</p>	<p>Max. 12</p>	<p>9:00am-5:00pm</p>

## Community Pool Summer Instruction 2025

### ADULT LESSONS:







<p><b>Adult Lessons</b>  <b>July 7-16 (Session 1 &amp; 2)</b>  <b>Group rate (2x week for 2 weeks): \$50.00</b>  (minimum of 4 adults)  <b>Private adult lesson rate – 4 classes: \$150.00</b>  Prices include HST</p>	<p><b>MONDAY &amp; WEDNESDAY</b>  <b>7:45-8:30 pm</b>  · Learn to swim  · Stroke improvement  · Private lessons  · Evening drop-in  · day time classes available</p>
<p><b>Adult Open Water Training at Lamure Beach</b>  <b>Tuesdays and Thursdays</b>  <b>July 8 – 31 (8 classes)</b>  <b>5:30-6:30 pm</b>  <b>\$100.07 (HST incl.)</b>  (Min. of 6 people)  <b>If program runs, drop-ins welcome</b>  <b>Drop-in fee: \$11.00 per class</b></p> 	<p>Are you interested in participating in the Deep River  <b>Triathlon (Aug. 3/25)</b>  OR  <b>Cross River Swim (Aug. 10/25)</b></p> <p>Would you like some tips and tricks to prepare for open water swimming from? This training will help build your confidence and ability in an open water setting. Guest triathletes will drop-in to share their knowledge.</p> <p>Training will be held at Lamure Beach. On rain days, training will be held at the Deep River Community Pool.</p>

### LEADERSHIP COURSES:

 <p><b>Standard First Aid level “C”</b>  <b>\$109.27 plus HST</b>  Blended online and class room. Candidates must register before Aug. 1. HST will apply for individuals 15 yrs and older</p>	<p><b>Thursday, August 7, 2025</b>  9:00-5:00 pm  Online component must be completed before August 6th.</p>
 <p><b>Standard First Aid level “C” recertification</b>  <b>\$109.27 includes HST</b>  Candidates must register before.  Class room only</p>	<p><b>Thursday, August 7, 2024</b>  9:00-5:00 pm</p>


## Community Pool Summer Instruction 2025

### LEADERSHIP COURSES:

<p><b>Bronze Medallion</b>  <b>\$115.00 (plus Manual fee)</b>  <b>Age: 13 years of age</b>  HST will apply for individuals 15 yrs and older</p> 	<p><b>Session 2-3</b>  July 14-25th, 2025  1:30-3:30 pm  <b>Exam date will be July 25th</b></p>
<p><b>Bronze Cross</b>  <b>\$115.00</b>  <b>Age: 14 years of age</b>  HST will apply for individuals 15 yrs and older</p> 	<p><b>Session 2-3</b>  July 14-25th, 2025  1:30-3:30 pm  <b>Exam date will be July 25th</b></p>
<p><b>National Lifeguard</b>  <b>\$103.50 plus HST (plus Manual fee)</b>  Ages 15 years and up. Must have a current Bronze Cross and Standard First Aid.</p> 	<p><b>JULY 2025</b>  Please contact 613-584-2000 ext. 182 to register your interest</p>
<p><b>National Lifeguard Recertification</b>  <b>\$89.61 includes HST</b></p> 	<p><b>JULY 2025</b>  Please contact 613-584-2000 ext. 182 to register your interest</p>
<p><b>Swim for Life Instructor course</b>  <b>\$103.50 plus HST (plus Manual fee)</b>  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 Swim for Life program (Learn to swim-Preschool and Swimmer levels)</p> 	<p><b>AUGUST 2025</b>  <b>(20 hours)</b>  <b>9:30 am - 3:30 pm</b>  Please contact 613-584-2000 ext. 182 to register your interest</p>
<p><b>Lifesaving Instructor course</b>  <b>\$103.50 plus HST (plus Manual fee)</b>  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 Basic and Emergency First Aid awards.</p> 	<p><b>AUGUST 2025</b>  <b>(20 hours)</b>  <b>9:30 am - 3:30 pm</b>  Please contact 613-584-2000 ext. 182 to register your interest</p>

## Community Pool Summer Instruction 2025

### EXERCISE CLASSES:

Day & Dates	Monday	Wednesday	Thursday	Friday
<b>AQUAFIT Drop-in</b> <b>July 2-August 15</b>  <b>10 Aquafit Pass \$99.62</b> <b>20 Aquafit Pass \$199.23</b> <b>1x drop-in \$11.00</b>	<b>9:30-10:15 am</b> <b>7:45-8:30 pm</b>  <b>Aquafit classes do not</b> <b>run on Statutory Holidays</b>	<b>9:30-10:15 am</b> <b>7:45-8:30 pm</b>	<b>9:30-10:15 am</b>	<b>9:30-10:15 am</b>
<b>H2O Bootcamp</b> <b>July 3-24 (4 Weeks)</b> <b>\$55.68</b>			<b>7:45-8:30 pm</b> 	

### The Deep River Community Pool Admission Fees

*As of January 1, 2025*

CHILD ADMISSION:	\$5.00
ADULT ADMISSION:	\$7.00
FAMILY ADMISSION:	\$18.00
STUDENT TEN SWIM PASS:	\$40.00
ADULT SWIM PASS:	
10 Pass:	\$64.00
20 Pass:	\$120.00
AQUAFITNESS PASS:	
Drop-In (1 class):	\$11.00
10 Pass:	\$99.62
20 Pass:	\$199.23
ADULT SWIM MEMBERSHIPS:	
6 Months:	\$240.00
1 Year:	\$375.00
ONE YEAR LOCKER RENTAL:	\$54.44



## LAMURE BEACH OPEN:

June 27-August 22, 2025  
7 days a week  
12:00 pm -5:00 pm

Stand-Up Paddle Boards &  
Kayak rentals available

## LAMURE BEACH THEME DAYS:

Wednesdays at 2:00 pm-3:00 pm  
(weather permitting)

July 2-Sandcastle Day

July 9-Sport Day

July 16-Pirate Day

July 23-Disney Day

## BEACH VOLLEYBALL



Nets are set up at Lamure Beach.  
Register your interest to create a league  
during lunch times or evenings.  
*Price to be determined based upon interest*

## LAMURE BEACH ACTIVITIES:

### STAND UP PADDLE BOARD BASICS

At Lamure Beach

July 7-28 (4 weeks)

\$40.00 (HST incl.) per person

\$50.00 (HST incl.) if SUP rental is required



### MONDAYS

6:30-7:30 pm

Meeting at Lamure Beach an experienced SUP lover will guide a group through  
the basics of manoeuvring a stand-up paddle board on the Ottawa River.

The last class will be a short-guided tour.

Please arrive at Lamure Beach at 6:15 pm.

Registration is required.

5 rental of SUP boards are available.

### STAND UP PADDLE BOARD GUIDED TOURS

At Lamure Beach

July 28 or

August 18

\$30.00 (HST incl.) per person

\$40.00 (HST incl.) if SUP rental required



### MONDAYS

6:30-8:00 pm

Meeting at Lamure Beach for a SUP Guided Tour. The tour guide will take you on a  
great water adventure on the Ottawa River.

This is for confident paddlers.

Please arrive at Lamure Beach at 6:15 pm.

Registration is required.

5 rental of SUP boards are available