



Community Pool Summer Swim Instruction 2026

At the Deep River Community Pool,
Lessons run Monday to Friday

Session 1	July 6 - 10, 2026 (5 Classes)
Session 2	July 13 - 17, 2026 (5 Classes)
Session 3	July 20 - 24, 2026 (5 Classes)
Session 4	July 27 - 31, 2026 (5 Classes)
Session 5	August 4 - 7, 2025 (4 Classes) Exclusion: Monday, August 3rd (Civic)
Session 6	August 10 - 14, 2025 (5 Classes)

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

Online registration will open Wednesday, June 17/26 at 7:00 am.

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

For those unable to register online, in person registration is available at the Community Pool:

Wednesday, June 17/26 from 9:00am- 1:30pm

HELPFUL TIPS TO PREVENT A POOL FOULING IN THREE SIMPLE STEPS

- * Please do not feed your 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.



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PRIVATE SWIMMING LESSONS (Lessons run Monday to Friday):

Private Lessons	Session 1 July 6 – 10	Session 2 July 13 - 17	Session 3 July 20 - 24	Session 4 July 27 - 31	Session 5 August 4 – 7 No Class - Mon., Aug 3rd	Session 6 August 10 - 14
Sessions 1 - 4 & 6 5 classes \$129.40	10:30-11:00 am x2 11:05-11:35 am x2 1:30-2:00 pm x2 2:05-2:35 pm x2	10:30-11:00 am x2 11:05-11:35 am x2 1:30-2:00 pm x2 2:05-2:35 pm x2	10:30-11:00 am x2 11:05-11:35 am x3 1:30-2:00 pm x2 2:05-2:35 pm x2	10:30-11:00 am x2 11:05-11:35 am x2 1:30-2:00 pm x2 2:05-2:35 pm x2	X	10:30-11:00 am x2 11:05-11:35 am x2 1:30-2:00 pm x2 2:05-2:35 pm x2
Evening classes available	3:55-4:25 pm x2 4:30-5:00 pm 6:35-7:05 pm	3:55-4:25 pm x2 4:30-5:00 pm 6:35-7:05 pm	3:55-4:25 pm x2 4:30-5:00 pm 6:35-7:05 pm 7:10-7:40 pm	3:55-4:25 pm x2 4:30-5:00 pm 7:10-7:40 pm		3:55-4:25 pm x2 4:30-5:00 pm 7:10-7:40 pm
Session 5 4 classes \$103.52	X	X	X	X	10:30-11:00 am x3 11:05-11:35 am x2 1:30-2:00 pm x2 2:05-2:35 pm x2	X
Evening classes available					3:55-4:25 pm x2 4:30-5:00 pm 6:35-7:05 pm x2 7:10-7:40 pm x2	



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PARENT AND TOT (Lessons run Monday to Friday):

	Max	Session 1 July 6 – 10	Session 2 July 13 - 17	Session 3 July 20 - 24	Session 4 July 27 - 31	Session 5 August 4 – 7 No Class - Mon., Aug 3rd	Session 6 August 10 - 14
LS Parent & Tot 1 <i>1 Parent in water</i> \$46.35 	10	X	10:30-11:00 am	X	6:35-7:05 pm	X	6:35-7:05 pm
LS Parent & Tot 2 <i>1 Parent in water</i> \$46.35 	10	X	10:30-11:00 am	X	6:35-7:05 pm	X	6:35-7:05 pm

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 in 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 6 – 10	Session 2 July 13 - 17	Session 3 July 20 - 24	Session 4 July 27 - 31	Session 5 August 4 – 7 No Class - Mon., Aug 3rd	Session 6 August 10 - 14
Sessions 1-4 & 6 5 classes \$147.30 (Incl. 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
Session 5 4 classes \$117.84 (Incl. HST)	X	X	X	X	11:05-11:35 am 4:30-5:00 pm 6:35-7:05pm 7:10-7:40pm	X







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

	Max	Session 1 July 6 – 10	Session 2 July 13 - 17	Session 3 July 20 - 24	Session 4 July 27 - 31	Session 5 August 4 – 7 No Class - Mon., Aug 3rd	Session 6 August 10 - 14
LS Preschool A \$46.35 	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	X	6:35-7:05 pm
LS Preschool B \$46.35 	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	X	10:30-11:00 am 6:35-7:05 pm
LS Preschool C \$46.35 	4	7:10-7:40 pm	7:10-7:40 pm	X	7:10-7:40 pm	X	7:10-7:40 pm


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

	Max	Session 1 July 6 – 10	Session 2 July 13 - 17	Session 3 July 20 - 24	Session 4 July 27 - 31	Session 5 August 4 – 7 No Class - Mon., Aug 3rd	Session 6 August 10 - 14
LS Swimmer 1  \$46.35 (30mins)	6	11:05-11:35 am 7:10-7:40 pm	7:10-7:40 pm	7:10-7:40 pm	X	X	11:05-11:35 am 7:10-7:40 pm
LS Swimmer 2  \$46.35 (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	X	X
LS Swimmer 3  \$46.35 (45mins)	6	X	X	X	10:30-11:15 am	X	X
Stroke Improvement \$46.35 (45mins) Swimmer 4 and up	8	X	4:30-5:15 pm	X	4:30-5:15 pm	X	4:30-5:15 pm



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YOUTH PROGRAMS:

<p>YOUTH Open Water Training at the Deep River Pool and Lamure Beach Session 1 - July 6-10 (5 classes) and Session 3 - July 20-24 (5 classes) 4:30-5:15 pm \$ 55.00 per session (Min. of 6 people – ages 12-15 years)</p> 	<p>Are you interested in participating in the Deep River</p> <p style="text-align: center;">Cross River Swim (Aug. 1/26)</p> <p>Would you like some tips and tricks to prepare for open water swimming? This training will help build your confidence and ability in an open water setting.</p> <p>Training will be held at the Deep River Pool (2 days) and Lamure Beach (3 days).</p> <p>On rain days, training will be held at the Deep River Community Pool.</p>
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RED CROSS COURSES:



<p>Standard First Aid level “C” \$115.00 plus HST</p> <p>Blended online and classroom. Candidates must register before Aug. 17th. HST will apply for individuals 15 yrs and older.</p>	<p>Wednesday, August 26, 2026 9:00-5:00 pm</p> <p>Online component must be completed by August 24th.</p>
<p>Standard First Aid level “C” recertification \$115.00 plus HST</p> <p>Candidates must register before August 17th. Classroom only.</p>	<p>Wednesday, August 26, 2026 9:00-5:00 pm</p>

<p>Stay Safe \$50.00</p>	<p>Thursday, July 2, or Thursday August 27 Upstairs at the Deep River Community Pool For ages 9 -12</p>	<p>Max. 12</p>	<p>9:30am-1:30pm</p>
<p>Babysitting \$65.00</p>	<p>(For Ages 11-13) Tuesday June 30, or Tuesday August 25 Upstairs at the Deep River Community Pool For Ages 11-13</p>	<p>Max. 12</p>	<p>9:00am-5:00pm</p>



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LIFESAVING SOCIETY COURSES:

<p align="center">Bronze Medallion \$120.00 (plus Manual fee) Age: 13 years of age or older</p> <p>HST will apply for individuals 15 yrs and older.</p>		<p align="center">Session 2-3 July 13-24th, 2026 1:30-3:30 pm</p> <p align="center">Exam date will be July 24th</p>
<p align="center">Bronze Cross \$120.00 Age: 14 years of age or older</p> <p>HST will apply for individuals 15 yrs and older.</p>		<p align="center">Session 2-3 July 13-24th, 2026 1:30-3:30 pm</p> <p align="center">Exam date will be July 24th</p>
<p align="center">National Lifeguard \$125.00 plus HST (plus Manual fee)</p> <p>Ages 15 years and up. Must have a Bronze Cross and Current Standard First Aid.</p>		<p align="center">AUGUST 2026</p> <p align="center">Please contact 613-584-2000 ext. 181 to register your interest</p>
<p align="center">National Lifeguard Recertification \$95.00 includes HST</p>		<p align="center">AUGUST 2026</p> <p align="center">Please contact 613-584-2000 ext. 181 to register your interest</p>
<p align="center">Swim for Life Instructor course \$125.00 plus HST (plus Manual fee)</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 Swim for Life programs (Learn to Swim: Preschool and Swimmer levels).</p>		<p align="center">JULY 2026 (20 hours) Mondays July 6th- 27th 9:30 am - 4:00 pm</p>
<p align="center">Lifesaving Instructor course \$125.00 plus HST (plus Manual fee)</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, Basic and Emergency First Aid awards.</p>		<p align="center">AUGUST 2026 (20 hours) Monday Aug 10, Tuesday Aug 11, Wednesday Aug 12, & Thursday Aug 13 10:30am to 4:00pm</p>



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ADULT PROGRAMS:

<p align="center">Adult Lessons July 6-17 (Session 1 & 2) Group rate (2x week for 2 weeks): \$50.00 (minimum of 4 adults) Private adult lesson rate – 4 classes: \$150.00 Prices include HST</p>	<p align="center">MONDAY & WEDNESDAY 7:45-8:30 pm</p> <ul style="list-style-type: none"> · Learn to swim · Stroke improvement · Private lessons · Evening drop-in · Day time classes available
<p>Adult Open Water Training at Lamure Beach Tuesdays and Thursdays July 7 – 30 (8 classes) 5:30-6:30 pm \$101.44 (HST incl.) (Min. of 6 people) If program runs, drop-ins welcome Drop-in fee: \$11.00 per class</p> 	<p align="center">Are you interested in participating in the Deep River Cross River Swim (Aug. 1/26) OR Deep River Triathlon (Aug. 2/26)</p> <p>Would you like some tips and tricks to prepare for open water swimming? This training will help build your confidence and ability in an open water setting.</p> <p>Training will be held at Lamure Beach. On rain days, training will be held at the Deep River Community Pool.</p>

EXERCISE PROGRAM:

Day & Dates	Monday	Wednesday	Thursday	Friday
<p align="center">AQUAFIT Drop-in July 2-August 15</p> <p>10 Aquafit Pass \$102.62 20 Aquafit Pass \$205.21 1x drop-in \$11.00</p>	<p align="center">9:30-10:15 am 7:45-8:30 pm</p> <p align="center"><i>Aquafit classes do not run on Statutory Holidays</i></p>	<p align="center">9:30-10:15 am 7:45-8:30 pm</p>	<p align="center">9:30-10:15 am</p>	<p align="center">9:30-10:15 am</p>



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LAMURE BEACH OPEN:

June 26-August 14, 2026

7 days a week

12:00 pm -5:00 pm

**Stand-Up Paddle Boards
& Kayak rentals available**

(CASH ONLY)

LAMURE BEACH THEME DAYS:

Wednesdays from 2:00 pm-3:00 pm

(weather permitting)

July 1-Sandcastle Day

July 8-Sports Day

July 15-Pirate Day

****Theme days will be re-scheduled if there is rain****

National Drowning Prevention Week

July 19 to 25

July 22 – Swim to Survive Event

BEACH VOLLEYBALL



Nets are set up at Lamure Beach.

Register your interest in creating a league during lunchtime or evenings.

Price to be determined based upon interest.