

Aquatic Leadership

Bronze Cross Age: 9Y and up

Advanced lifesaving training and introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs. Includes CPR-C. Prerequisite: Bronze Medallion.

Tu	Jan 10-Feb 28	07:00 PM-09:30 PM	\$110/8	[23580]
Th	Mar 8-Apr 26	07:00 PM-09:30 PM	\$110/8	[23579]

Bronze Med/Cross & SFA Combined Age: 14Y and up

Combined course to certify candidates in Bronze Medallion, Bronze Cross and Standard First Aid. Suitable for mature candidates working towards the National Lifeguard Service (NLS) award. Class times are Friday 5pm-9pm and Saturday and Sunday 9am-6pm.

F, Su	Jan 27-Feb 5	05:00 PM-09:00 PM	\$265/4	[23521]
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Bronze Medallion Age: 9Y and up

Gain an understanding of the lifesaving principles embodied in the four components of water rescue - judgement, knowledge, skill and fitness. Learn tows, carries and defence and release methods for conscious and unconscious victims. Includes CPR-A. Prerequisite: Bronze Star or 13 years old.

Th	Jan 12-Mar 1	07:00 PM-09:30 PM	\$138/8	[23594]
Tu	Mar 6-Apr 24	07:00 PM-09:30 PM	\$138/8	[23593]

Bronze Star Age: 8Y and up

Pre-Bronze Medallion training for swimmers to develop problem solving and decision making skills, gain water smart confidence and learn lifesaving skills. includes CPR-A.

M	Jan 9-Feb 20	06:30 PM-08:00 PM	\$80/7	[23564]
M	Mar 5-Apr 23	06:30 PM-08:00 PM	\$80/7	[23565]

Junior Lifeguard Club Age: 8Y - 15Y

Participants develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and teamwork through high activity challenges both in the pool and on the pool deck.

Junior Lifeguard Club

M	Jan 9-Feb 27	05:30 PM-06:30 PM	\$84/7	[23549]
M	Mar 5-Apr 23	05:30 PM-06:30 PM	\$84/7	[23550]

Lifesaving Instructor/Swim Instructor/Examiner Age: 16Y and up

Certifies candidates as both Swim Instructor/Examiner of the Lifesaving Society's Swim for Life program, as well as Lifesaving Instructor/Examiner for the Canadian Swim Patrol and Bronze awards. Instructors learn to teach and evaluate basic movement and swimming skills, strokes and fitness, training to teach and evaluate Canadian Swim Patrol, Bronze medal awards and CPR. Prerequisite: Bronze Cross. Class times are Friday 5pm-9pm and Saturday and Sunday 9am-6pm.

Lifesaving Instructor/Swim Instructor/Examiner

F-Su	Feb 24-Mar 4	05:00 PM-09:00 PM	\$265/6	[23523]
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NLS- National Lifeguard Service Age: 16Y and up

Develop basic lifeguarding skills, principles and decision making processes to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Candidates certified as National Lifeguards upon completion and must recertify every two years. Prerequisite: Bronze Cross and Standard First Aid/CPR-C. Class times are Friday 5pm-9pm and Saturday and Sunday 9am-6pm.

F-Su	Apr 13-22	05:00 PM-09:00 PM	\$270/5	[23529]
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Water Safety Instructor Age: 16Y and up

Designed to train swimming instructors to teach all Red Cross Swim courses. Certifications are recognized Canada-wide and expire every two years. Prerequisite: Red Cross Assistant Water Safety Instructor.

Sa-Su	Mar 10-18	09:00 AM-06:00 PM	\$195/4	[23524]
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Water Safety Instructor- Assistant Age: 15Y and up

Develop a foundation of instructional skills, including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Evaluations based on 8 hours of assistant teaching and individual study. Upon successful completion, candidates may co-teach the Red Cross Swim program under the supervision of a fully certified Water Safety Instructor. Class times are Friday 5pm-9pm, Saturday and Sunday 9am-5pm.

F-Su	Feb 10-19	05:00 PM-09:00 PM	\$220/5	[23522]
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