



AQUATIC LEADERSHIP COURSES

LIFESAVING SOCIETY BRONZE STAR

This course is designed to help prepare candidates for Lifesaving Society Bronze Medallion. It is recommended that the student be 12 years of age or older.

Cost: \$75

SPRING

Dates and Times: Saturdays, 1:30 - 3:00 pm
March 29 – June 7 (no class Saturday, May 17, 2008)

SUMMER

Dates and Times: Monday to Friday, 1:30 – 3:00 pm,
June 30 – July 11 (running July 1)

LIFESAVING SOCIETY BRONZE MEDALLION (INCLUDES EMERGENCY FIRST AID & CPR 'B')

Cost: \$115 (plus Canadian Lifesaving Manual – \$42)

Prerequisites: 13 years of age OR Bronze Star certification.

SPRING

Dates and Times: Sundays, 6:00 – 9:30 pm
March 30 – June 8 (no class Sunday, May 18)

SUMMER

Option One:

Dates and Times: June 30 – July 11 (running July 1)
Monday to Friday, 1:00 – 4:30 pm

Option Two:

Dates and Times: Two Weekends, 9:00 am – 7:00 pm
Saturday/Sunday, August 9/10 and August 16/17

LIFESAVING SOCIETY BRONZE CROSS

Designed for lifesavers who want the challenge of more advanced training, this course is the prerequisite for all advanced programs including National Lifeguard and Instructor certifications.

Cost: \$115 (plus Canadian Lifesaving Manual – \$42)

Prerequisites: Bronze Medallion and Emergency First Aid certifications. (Need not be current)

SPRING

Dates and Times: Sundays, 6:00 – 9:30 pm
March 30 – June 8 (no class Sunday, May 18)

SUMMER

Option One:

Dates and Times: Monday to Friday, 1:00 – 4:30 pm, July 14 – 25

Option Two:

Dates and Times: Two Weekends, 9:00 am – 7:00 pm
Saturday/Sunday, August 9/10 and August 16/17

LIFESAVING SOCIETY NATIONAL LIFEGUARD SERVICE POOL OPTION

The NLS is the only nationally-recognized lifeguard training program in Canada. Skilled lifesavers will be introduced to the skills to effectively supervise facilities, prevent injuries, and respond to emergencies.

Cost: \$235 (plus Alert Manual – \$42)

Prerequisites:

1. 16 years of age
2. Bronze Cross
3. Standard First Aid and Level 'C' CPR

Dates and Times: **(All dates and times must be attended)**

Friday, May 16 5:30 pm – 10:30 pm
Saturday, May 17 9:00 am – 9:00 pm
Sunday, May 18 9:00 am – 7:00 pm
Monday, May 19 9:00 am – 5:00 pm
Friday, June 13 5:30 pm – 10:30 pm
Saturday, June 14 9:00 am – 9:00 pm
Sunday, June 15 9:00 am – 7:00 pm

RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR (formerly Red Cross Leaders)

Upon successful completion of the course, students are certified as Assistant Water Safety Instructors, which allows them to teach Red Cross swim programs under the supervision of a Water Safety Instructor. As a requirement, 8 hours of teaching experience must be completed during children's swimming lessons.

Prerequisites: 15 years of age (by the last day of the course), Bronze Medallion, and the ability to perform AquaQuest 12/Swim Kids 10 strokes and skills (Unsure? Call us for a screening!)

Cost: \$150 (plus Assistant Instructor Manual – \$37.45 and Stroke Chart – \$10.70)

Dates and Times: **(All dates and times must be attended)**

Saturday/Sunday, April 26/27, 9:00 am – 7:00 pm and
Saturday/Sunday, May 31/June 1, 9:00 am – 7:00 pm

RED CROSS WATER SAFETY INSTRUCTOR AND LIFESAVING SOCIETY LIFESAVING INSTRUCTOR

This course will prepare candidates to plan, teach and evaluate the swimming programs of the Red Cross and the Lifesaving Society's Lifesaving programs (Bronze Medallion etc.) As a requirement, 12 hours of teaching experience must be completed during children's swimming lessons.

Cost: \$235 includes GST (plus Water Safety Instructor Manual – \$37.45 and Lifesaving Society Instructor Pack – \$50)

Prerequisites:

1. 16 years of age
2. Current Bronze Cross or NLS
3. Red Cross Leaders OR Red Cross Assistant Water Safety Instructor

Dates and Times: **(All dates and times must be attended)**

Saturday/Sunday, April 5/6, 9:00 am – 7:00 pm and
Saturday/Sunday, May 24/25, 9:00 am – 7:00 pm