

## Lifesaving Society Bronze Programs

### STAR

Candidates are taught about how to make water smart choices and learn basic lifesaving and resuscitation skills needed to be their own personal lifeguard. Also developing entry level endurance skills with a 400m timed swim.

**\*Prerequisites: 8 - 12 years old, able to swim in deep water**

January 11 - 13, 2018

Thurs. & Fri. 5 - 8 pm / Sat. 1 - 5 pm

Cost: \$120.00 (Includes mask) or \$100.00 without mask.

### MEDALLION

Candidates learn advanced lifesaving techniques for challenging rescues of increased risk, involving conscious and unconscious victims in carrying water depth. Candidates develop stroke efficiency and endurance in 500m timed swim. Includes CPR-A

**\*Prerequisites: Bronze Star OR 13 years old by last day of course**

January 19 - 20 and 26 - 28, 2018

Fri. 5 - 9 pm / Sat. & Sun. 11 am - 4 pm

Cost: \$232.05 (Includes pocket mask and CLM manual)

### CROSS

Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies while developing endurance training and fitness skills. Includes CPR-C and two grade 11 high school credits.

**\*Prerequisite: Bronze Medallion**

March 20 - 23 and 25 - 28, 2018 (Spring Break)

Week 1: Tues. - Fri. 9:30 am - 12 pm

Week 2: Tues. - Thurs. 9:30 am - 12 pm

Cost: \$300.00 (Includes manual and CLM mask) or \$240.00 without manual and mask.

## Lifesaving Society

### SFA / CPR-C / AED

Standard First Aid is the most comprehensive first aid training program for the general public and is also a prerequisite for the National Lifeguard Program.

Candidates develop the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulation emergencies as well as how to manage musculoskeletal and environmental emergencies.

April 13 - 15, 2018

Fri. 5 - 9:00 pm / Sat. & Sun. 9 am - 4 pm

COST: \$275.00 (Includes manual - CFAM)

## Red Cross

### WSI

Red Cross offers a wide range of development and leadership programs, including the well known Water Safety Instructor Program. This instructor development program has been designed to increase the quality and training that Red Cross instructors take pride in.

Through a streamlined process, candidates receive instructional theory and demonstrate their understanding through practical application. Practical, hands-on learning, side by side with a certified WSI Trainer, better prepares the candidate for further learning and application of the concepts.

**\*Prerequisites: SFA, 15 years old by last day of course**

Skill Assessment: Feb. 2, 2018, 5:00 - 9:00 pm

Course: April 28 - 29, 2018 and July 21 - 22, 2018

Sat. & Sun. 9 am - 4 pm

Cost: \$375.00 (Includes WSI manual)

## Lifesaving Society

### NATIONAL LIFEGUARD: POOL

National Lifeguard Pool Certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The NL course emphasizes the principles of lifesaving while teaching the candidate the importance of the decision-making processes which will assist in providing the most effective and safe swimming pool environment.

**\*Prerequisites: SFA, Bronze Cross, and must be 16 on last day of course (Prerequisites must be proved on first day of course)**

May 25 - 27, June 8 - 10 and June 15 - 17, 2018

Fri. 5 - 9 pm / Sat. & Sun. 9 am - 4 pm

COST: \$450.00 (Includes alert manual, lifeguarding kit - fanny pack, mask, whistle, airways, scissors)