

## Lifesaving Society Bronze Programs

### STAR

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

**\*Prerequisites: Must be between 8 - 12 years old and be able to swim in deep water.**

May 23, 24, 25, 2019

Thursday & Friday - 5:00 PM - 9:00 PM

Saturday - 1:00 - 6:00 pm

Registration deadline: May 16, 2019

Cost: \$120.00 plus tax (includes mask) or

\$100.00 plus tax (without mask)

### MEDALLION

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

**\*Prerequisites: Must have Bronze Star OR be 13 years old by last day of course (June 23<sup>rd</sup>).**

June 14, 15, 21, 22, 23, 2019

Friday - 4:00 PM - 8:00 PM

Saturday & Sunday - 1:00 PM - 6:00 PM

Registration deadline: June 7, 2019

Cost: \$230.00 plus tax

(includes pocket mask and manual)

### CROSS

Candidates will 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. Candidate will receive: CPR-C and two grade 11 high school credits.

**\*Prerequisite: Must have Bronze Medallion.**

July 5, 6, 12, 13, 14, 2019

Friday - 4:00 PM - 8:00 PM

Saturday & Sunday - 1:00 PM - 6:00 PM

Registration deadline: June 28, 2019

Cost: \$300.00 plus tax (includes pocket mask and manual) or \$240.00 plus tax (without materials)

## 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 will 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.

**\*Prerequisites: Must be 15 years old by last day of course (August 11<sup>th</sup>).**

August 8, 9, 10, 11, 2019

Thursday & Friday - 5:00 PM - 9:00 PM

Saturday & Sunday - 9:00 AM - 5:00 PM

Registration deadline: August 1, 2019

Cost: \$275.00 plus tax (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 will 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: Must have Standard First Aid and be 15 years old by last day of course (October 13<sup>th</sup>).**

Skill Assessment: August 24, 2019, 12:30 PM - 3:30 PM

Course: September 21, 22, October 12, 13, 2019

Saturday & Sunday - 9:00 AM - 5:00 PM

Registration deadline: August 17, 2019

Cost: \$375.00 plus tax (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. 100% attendance is mandatory.

**\*Prerequisites: SFA, Bronze Cross, and must be 16 years old on the last day of course (November 30<sup>th</sup>).**

**\*Prerequisites must be proved on first day of course**

November 15, 16, 17, 22, 23, 24, 29, 30, 2019

Friday - 4:00 PM - 9:00 PM

Saturday & Sunday - 10:00 AM - 5:00 PM

Registration deadline: November 8, 2019

COST: \$450.00 plus tax (includes Alert manual, lifeguarding kit - fanny pack, mask, whistle, airways and scissors)