

## Bronze Medallion | Emergency First Aid | CPR-B

This course develops physical fitness, decision making and judgment skills for water rescue. Emergency First Aid knowledge skills are also covered. Candidate materials required for the course are included in the cost.

**Prerequisite:** 13 years of age (prior to exam) or Bronze Star award. **100% Attendance is mandatory.**

<b>Dates</b>	Saturday, October 19 & 26   12:00 - 6:00pm Sunday, October 20 & 27   12:00 - 6:00pm
<b>Where</b>	P & H Centre   Pool & Lounge
<b>Cost</b>	\$369.46   Code: 9231

## Bronze Cross | Standard First Aid | CPR-C

This course teaches the difference between lifesaving and assistant lifeguarding, the principles of emergency procedures, teamwork and the use of special equipment. Spinal injury management techniques, safety supervision scanning and rescue situations are also covered. Candidate materials required for the course are included in the cost. Candidates must provide their own whistle.

**Prerequisite:** Bronze Medallion | Emergency First Aid | CPR-B. **100% Attendance is mandatory.**

<b>Dates</b>	Friday, November 29 & December 6   5:00 - 8:30pm Saturday, November 30 & December 7   11:00 - 6:00pm Sunday, December 1 & 8   11:30 - 6:30pm
<b>Where</b>	P & H Centre   Pool & Lounge
<b>Cost</b>	\$370.52   Code: 9232

## Assistant Swim Instructor

Through classroom learning and in-water practice, the Assistant Instructor course prepares candidates to help instructors with swimming and lifesaving skills. Candidates are introduced to key principles of learning and teaching while they master basic progressions. The roles and responsibilities of instructors and their assistants including the principles of healthy child development are emphasized. **Candidates must complete 18 apprenticeship hours during the course.**

**Prerequisite:** 14 years of age, Bronze Cross. **100% Attendance is mandatory.**

<b>Dates</b>	Saturday, September 28   10:00 - 4:00pm Saturday, October 5   10:00 - 4:00pm Saturday, December 14   10:00 - 4:00pm
<b>Where</b>	P & H Centre   Pool & Lounge
<b>Cost</b>	\$197.95   Code: 9233

## Swim Instructor & Lifesaving Swim Instructor

This course prepares you to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim For Life Program, as well as the Canadian Swim Patrol and Bronze Medal programs. Successful candidates will receive three certification cards: Swim for Life Instructor, Lifesaving Instructor and Emergency First Aid Instructor. Candidates will acquire proven teaching methods, planning skills, lifesaving skills and a variety of stroke development drills and correction techniques. Candidate materials required for the course are included in the cost.

**Prerequisite:** Bronze Cross, Assistant Swim Instructor & 15 years of age by the end of the course. **100% Attendance is mandatory.**

<b>Dates</b>	Friday, November 8 & 15   5:30 - 9:30pm Saturday, November 9 & 16   9:30 - 7:00pm Sunday, November 10 & 17   9:30 - 7:00pm
<b>Where</b>	P & H Centre   Pool & Lounge
<b>Cost</b>	\$547.74   Code: 9234