

AQUATIC LEADERSHIP COURSES

Bronze Star

10-20 years

Recommended swim level Swim Kids 10. Candidates develop problem solving and decision-making skills as individuals and in partners. Candidates learn water smart confidence and lifesaving skills needed to be their own personal lifeguard.

Lawson Aquatic Centre

#141107 M,Tu,W,Th,F Aug 27-Aug 31 09:00 am-12:00 pm \$123.00

#138512 Sat Apr 14-Jun 9 12:00 pm-02:00 pm \$123.00

Sandra Schmirler Leisure Centre

#138109 Mon Apr 16-Jun 11 06:00 pm-08:00 pm \$123.00

Bronze Medallion

13-50 years

Prerequisite: 13 years of age or have completed Bronze Star. Recommended swim level Swim Kids 10. Teaches lifesavers complex water rescue skills. Lifesavers develop stroke efficiency and endurance in a timed swim. Manuals not included in fee.

Lawson Aquatic Centre

#138510 Mon Apr 16-Jun 11 06:00 pm-09:00 pm \$117.50

#143056 M,Tu,W,Th,F Jul 3-Jul 13 05:00 pm-07:30 pm \$117.50

#143057 M,Tu,W,Th,F Jul 16-Jul 27 09:00 am-11:30 am \$117.50

Sandra Schmirler Leisure Centre

#144008 Tu,W,Th,F Jul 3-Jul 6 08:00 am-03:00 pm \$117.50

Bronze Cross

14 years and up

Prerequisite: Bronze Medallion. Designed for lifesavers who want the challenge of more advanced training. Bronze Cross is required for all Lifesaving Society advanced training programs including National Lifeguard and Instructor certification.

Lawson Aquatic Centre

#144805 Sat Apr 17-Jun 9 09:00am-12:30pm \$122.50

#138509 Thu Apr 19-Jun 7 05:30 pm-09:00 pm \$122.50

#143055 M,Tu,W,Th,F Jul 16-Jul 27 05:00 pm-08:00 pm \$122.50

Sandra Schmirler Leisure Centre

#138108 Sun Apr 22-Jun 10 05:30 pm-08:30 pm \$122.50

#144007 Tu,W,Th,F Jul 3-Jul 6 08:00 am-03:00 pm \$122.50

First Aid/CPR/AED course

14 years and up

This course certifies the candidate in Red Cross Standard First Aid, CPR C & Automated External Defibrillation (AED).

North West Leisure Centre

#137924 Fri, Sat, Sun Apr 27-Apr 29 05:30 pm-09:30 pm \$106.95

#137925 Fri, Sat, Sun May 25-May 27 05:30 pm-09:30 pm \$106.95

Assistant Red Cross Water

Safety Instructor

15 years and up

Introduces candidates to the foundation of instructional skills by focusing on the theoretical knowledge that supports learning and teaching, and prepares candidates to instruct with the direct support of a certified WSI.

North West Leisure Centre

#141106 M,Tu,W,Th,F Aug 27-Aug 31 10:00 am-05:00 pm \$248.75

Sandra Schmirler Leisure Centre

#139355 Tu,W,Th,F Apr 10-Apr 13 09:00 am-05:00 pm \$248.75

#138107 Su,M,F,Sa May 18-May 21 04:30 pm-09:30 pm \$248.75

#144005 Tu,W,Th,F Jul 3-Jul 6 08:00 am-04:00 pm \$248.75

National Lifeguard (NLS)

16 years and up

Prerequisite: 16 years of age, have held Bronze Cross, First Aid or AEC, and a current CPR-C. Recognized as the lifeguard standard in Canada, NLS is designed to help participants develop an understanding of lifeguarding principles, good judgement and a mature and responsible attitude toward the role of the lifeguard. Fee does not include manual.

Lawson Aquatic Centre

#138519 Tue Apr 17-Jun 5 05:00 pm-10:00 pm \$203.00

Red Cross Water Safety Instructor

(WSI)

15 years and up

Prepares the candidate to instruct the Red Cross Water Safety Swim Programs. Prerequisite: 15 years of age and AWSI

North West Leisure Centre

#139005 Tu,W,Th,F Apr 10-Apr 13 08:00 am-02:30 pm \$165.00

Sandra Schmirler Leisure Centre

#144006 Tu,W,Th,F Jul 3-Jul 6 08:00 am-02:30 pm \$165.00

RECERTIFICATIONS

Red Cross First Aid/CPR/AED Recert 14 years and up

Recertification of the Red Cross First aid and CPR course.

North West Leisure Centre

#134358 Sat Apr 14 09:00 am-05:30 pm \$43.60

Sandra Schmirler Leisure Centre

#138138 Sat May 26 09:00 am-05:30 pm \$43.60

#143462 Fri Aug 17 09:00 am-05:30 pm \$43.60

NLS Recert

16 years and up

Precertification/Recertification of the Lifesaving Society's National Lifeguard Service (NLS) award.

Lawson Aquatic Centre

#138518 Fri Apr 13 06:00 pm-10:00 pm \$58.10

#144806 Fri Jun 8 06:00 pm-10:00 pm \$58.10

Sandra Schmirler Leisure Centre

#141306 Sun Jul 22 06:30 pm-10:30 pm \$58.10

WSI Recert

16 years and up

Recertification of the Red Cross Water Safety Instructor course (WSI).

Sandra Schmirler Leisure Centre

#138365 Sat Apr 28 08:00 am-12:00 pm \$76.00

#141357 Sat Jul 14 09:00 am-01:00 pm \$76.00