

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.**

Dates Friday, April 25 & May 2 | 6:00 - 8:30pm
Saturday, April 26 & May 3 | 1:30pm - 6:00pm
Sunday, April 27 & May 4 | 2:00 - 7:00pm

Where P & H Centre | Pool & Lounge

Cost \$369.46 | Code: 9413

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.**

Dates Friday, April 25 & May 2 | 4:00 - 8:00pm
Saturday, April 26 & May 3 | 11:00am - 6:00pm
Sunday, April 27 & May 4 | 12:00 - 7:00pm

Where P & H Centre | Pool & Lounge

Cost \$375.15 | Code: 9584

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.**

Dates Saturday, March 15 | 10:00am - 4:00pm
Saturday, March 22 | 10:00am - 4:00pm
Saturday, June 14 | 10:00 - 4:00pm

Where P & H Centre | Pool & Lounge

Cost \$235.96 | Code: 9359

National Lifeguard (NL) Recertification

Lifeguards are legally required to re-certify their qualifications every two years. This clinic will update lifeguards on the latest developments in training techniques and statistical research.

Dates Saturday May 24 | 3:00 - 7:30pm

Where P & H Centre | Pool

Cost \$131.44 | Code: 9586

Advanced Courses

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. Successful candidates will receive Swim for Life Instructor certification. 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.**

Dates Friday, April 11 | 5:30 - 9:30pm
Saturday, April 12 | 9:30am - 7:00pm
Sunday, April 13 | 9:30am - 7:00pm

Where P & H Centre | Pool & Lounge

Cost \$283.84 | Code: 9587

Lifesaving Society Standard First Aid Recertification

Recertification candidates must hold an original Lifesaving Society First Aid to be able to recertify.

Dates Saturday, May 31 | 9:00am - 5:00pm

Where P & H Centre | Lounge

Cost \$104.42 | Code: 9585

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The poster features a blue background with several circular inset images. One shows a lifeguard in a red vest with 'LIFEGUARD' written on the back. Another shows a lifeguard in a red vest and cap kneeling by the pool edge. A third shows a lifeguard in a red vest and cap standing in the water, holding a rescue tube. A fourth shows a lifeguard in a red vest and cap standing in the water, holding a rescue tube. The text is centered in a large, white, circular bubble.