

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 Saturday, March 28 & April 11 | 1:30 - 8:00pm
Sunday, March 29 & April 12 | 1:30 - 7:30pm

Where P & H Centre | Pool & Lounge

Cost \$265.91 | Code: 10083

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, March 27 & April 10 | 4:00 - 9:30pm
Saturday, March 28 & April 11 | 1:30 - 8:00pm
Sunday, March 29 & April 12 | 1:30 - 7:30pm

Where P & H Centre | Pool & Lounge

Cost \$285.08 | Code: 10084

National Lifeguard (NL)

This intensive 40-hour course will train candidates in advanced water rescue, emergency care and aquatic supervision. Emphasis will be on accident prevention, leadership, teamwork and communication. NL is the standard lifeguarding certification across Canada. **Prerequisite:** Bronze Cross (need not be current), 15 years of age by the end of the course. Must hold a valid Standard First Aid with CPR-C certificate from an approved agency to register in the course. **100% attendance is mandatory to complete the course.**

Dates Friday, April 17 | 4:30 - 9:30pm
Friday, April 24 | 8:30am - 4:30pm
Saturday, April 18 & 25 | 10:00 - 7:00pm
Sunday, April 19 | 10:00 - 7:00pm
Sunday, April 26 | 12:00 - 7:00pm

Where P & H Centre | Pool & Lounge

Cost \$391.22 | Code: 10085

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. **100% attendance is mandatory to complete the course.**

Dates Sunday, May 24 | 2:30 - 7:00pm

Where P & H Centre | Pool

Cost \$108.86 | Code: 10086

Lifesaving Society Standard First Aid (SFA) Recertification

Recertification candidates must hold an original Lifesaving Society First Aid to be able to recertify. **100% attendance is mandatory to complete the course.**

Dates Sunday, May 10 | 8:30 - 4:30pm

Where P & H Centre | Lounge

Cost \$108.58 | Code: 10177

Advanced Courses & Save the Date

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, May 1 | 4:30 - 9:00pm
 Saturday, May 2 | 10:00am - 6:00pm
 Sunday, May 3 | 10:00am - 6:00pm

Where P & H Centre | Pool & Lounge

Cost \$273.52 | Code: 10176