

Aquatic Leadership Training

Canadian Swim Patrol

The Lifesaving Society's Canadian Swim Patrol Program has three levels – **Rookie, Ranger & Star**. Content is organized into three categories – **Water Proficiency, First Aid, and Rescues**. This course is designed to develop swimming strength and efficiency with an emphasis on Water Smart behaviour.

Day	Time	Fee	<i>*see page 11 for session dates</i>
Monday thru Thursday	11:00 am – 12:00 pm	\$75.50 (Session A & B – 12 classes) \$63.00 (Session C – 10 classes)	
Tuesday and Thursday	5:00 pm – 6:00 pm	\$56.75 (Session A – 9 classes) \$50.50 (Session B – 8 classes)	

Bronze Star

The Bronze Star program is for students who wish to prepare for future lifesaving training. Participants learn problem solving and decision making skills, lifesaving skills and how to work independently and within a group. Prerequisite: 12 years of age.

Day	Time	Fee	<i>*see page 11 for session dates</i>
Monday thru Thursday	9:45 am – 10:45 am	\$105.50 (Session A & B – 12 classes) \$88.00 (Session C – 10 classes)	
Monday and Wednesday	4:30 pm – 5:30 pm	\$79.25 (Session A – 9 classes) \$70.50 (Session B – 8 classes)	

Bronze Medallion & Emergency First Aid

Bronze Medallion develops fitness, decision making and judgement skills in preparation for challenging rescues of increased risk. Prerequisite: 13 years of age or have passed Bronze Star.

Day	Date	Time	Fee
Monday thru Thursday	Session A: July 4 – July 28 Session B: Aug 1 – Sept 1	3:30 pm – 5:15 pm	\$178.00

Bronze Cross

Bronze Cross is designed for lifesavers that want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities, the difference between lifesaving and lifeguarding, and the principles of emergency procedures. Prerequisites: Bronze Medallion, Emergency First Aid with CPR B and 14 years of age.

Day	Date	Time	Fee
Monday thru Thursday	Session A: July 4 – July 28 Session B: Aug 1 – Aug 30	5:30 pm – 7:15 pm	\$110.00

National Lifeguard Service (NLS) with Standard First Aid/CPR-C/AED

NLS is a key qualification in the Lifesaving Society's program. Once a student earns an NLS certification, he or she is legally recognized and employable in a lifeguarding position. Teamwork, leadership, communication and a high level of physical fitness are emphasized.

Prerequisites: Bronze Cross, Emergency First Aid with CPR B and 16 years of age.

Day	Date	Time	Fee
Tuesday and Thursday	July 5 to August 16 Exam – Fri, Aug 19	5:00 pm – 9:00 pm Exam starts at 4:00 pm	\$286.00