

## Advanced Swim Courses



Please note program prerequisites as listed below. Phone-in registrations will be accepted.  
Phone 467-2087 then press 0 for Customer Service. Please have your Visa or Mastercard ready.  
If you are registering by phone, a copy of a required certification card must be faxed to the attention of Marilyn Cory at 467-2132.

PROGRAM	DESCRIPTION	COST
<b>NLS Recert</b> June 25 9 am – 4 pm	Lifeguards are legally required to recertify their qualifications every two years. Award holders will retake the practical examination and be updated on the latest developments in training techniques. <i>Prerequisite: NLS. Register by June 24 – NLS wallet card required when registering.</i>	\$63.00 + applicable taxes
<b>Water Safety Instructor Recert</b> June 28 9 am – 3 pm	This clinic will update Water Safety Instructors on changes within the Red Cross Program and also share teaching strategies. <i>Prerequisites: Red Cross Water Safety Instructor award. Register by June 24 – WSI wallet card required when registering</i>	\$52.50 + applicable taxes
<b>Bronze Medallion &amp; Emergency First Aid</b> July 2, 10 am – 4 pm July 5 – 9, 1 – 4:30 pm	On your way to be a lifeguard! Learn self-rescue & basic techniques in the rescue of others while developing stroke efficiency and endurance. Emergency First Aid provides basic first aid principles & emergency treatment of injuries. <i>Minimum 13 years of age by last day of course.</i>	\$170.00
<b>Bronze Cross</b> July 12 – 16, 1 – 5 pm	If you have Bronze Medallion & now want the challenge of more advanced training this is the program for you. This is an introduction to safe supervision in aquatic facilities & a prerequisite certification for National Lifeguard. <i>Must hold Bronze Medallion &amp; Emergency First Aid certification – wallet cards required when registering.</i>	\$93.70
<b>NLS &amp; Standard First Aid</b> First Aid: July 22 & 23 NLS: July 26 - 30 8 am – 5 pm (all days)	Standard First Aid is a pre-requisite to NLS and provides comprehensive training covering many aspects of first aid and CPR. National Lifeguard Service (NLS): This intensive course will train candidates in advanced water rescue, emergency care and aquatic supervision. Emphasis will be on accident prevention, leadership, teamwork and communication. NLS is the standard lifeguarding certification across Canada. 100% attendance to complete the course. <i>Prerequisites: Bronze Cross (need not be current) and 16 years of age. Register by July 19 – Bronze Cross wallet card &amp; birth certificate required when registering</i>	\$267.67 + applicable taxes

**For more information phone Marilyn Cory, Aquatic Facilitator at 467-2087 ext. 230.**