



## Advanced Aquatics Fall 2019

### **Bronze Star**

Bronze Star is the first step to becoming a lifesaver. Bronze Star provides training for physical fitness as well as problem solving, and decision making skills both as an individual and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Including a 400m swim. Bronze star is excellent preparation for Bronze Medallion. *Thursdays 5:00 -6:00pm Sept 19 – Nov 14*  
**Members: \$83.00 / Non-Members: \$94.00**

### **Bronze Medallion & Emergency First Aid**

The Lifesaving Society's Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skills, and fitness. Rescuers learn tows and carries, and defenses and release methods in preparation for rescues of conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim. *Mondays 6:00-8:30pm Sept 16 – Nov 11*  
**Members: \$137.00 / Non-Members: \$200.00**

### **Bronze Cross & Standard First Aid**

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Candidates will need to attend a separate First Aid course (Sunday only). The first aid is included in this course fee. *Mondays 6:00-8:30pm Sept 16 – Nov 11*  
**Members: \$168.00 / Non-Members: \$223.00**

### **Standard First Aid with CPR-C and AED skills**

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. Includes CPR-C certification. The First aid program is not restricted to Aquatic candidates. *September 14 & 15 from 8:00-4:30pm. November 23 & 24 from 8:00-4:30pm*  
**Members: \$122.30 / Non-Members: \$142.70**  
**Recert | M) \$61.15 / N-M) \$71.35**

### **National Lifeguard**

National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguards throughout the country, and the only lifeguard certificate recognized by the province of Ontario. *November 1-10 (Fri,Sat,Sun)*  
**Members: \$235.00 / Non-Members: \$255.00**  
**Recert | M) \$65.00 / N-M) \$80.00**