

Certification Courses

Lifesaving Society Bronze Medallion

Date: Aug 26-Aug 28 2019

Time: 10:00 am-6:00 pm daily

Teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education - judgement, knowledge, skill and fitness. Rescuers learn tows and carries, and defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 m timed swim.

Fee: \$136.00/person

Pre-requisite:

aged 13 or 12 with Bronze Star



Lifesaving Society Bronze Cross

Date: Aug 28-Aug 30 2019

Time: 10:00am-6:00pm daily

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. Includes a timed 600 m swim.

Fee: \$100.00/person

Pre-requisite:

Bronze Medallion Bring card first day



Red Cross Standard First Aid/CPR 'C'

Dates: July 24 & July 25 2019

Times: Wednesday & Thursday 9:00 am-5:00 pm

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Includes the latest first aid and CPR guidelines.

Fee: \$130.00/person



Red Cross WSI Skills Assessment

Dates: July 4 2019

Times: 2:00-6:00 pm

This is the pre-requisite for the Red Cross Water Safety Instructor Course. This assessment ensures you have level 10 swim stroke abilities and water safety knowledge. This assessment must be done prior to taking the WSI full course. It is recommended to be done before you do your co-teach hours. You will also receive your WSI manuals and online access code for the online course.

Fee: \$235.00/person

Pre-requisite: age 15, Emergency 1st Aid (or Bronze Cross)



Red Cross Water Safety Instructor Course

Dates: Aug 12-15 2019

Times: 9:00am-5:00pm

Fee: \$250.00/person

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills for pre-school program up to adult program.

Pre-requisite: 15 years old, Completed Skills Assessment & Online Component

