



First Aid & CPR

Important Notice

Please note that Red Cross has ended swim and lifeguard programming.

The Olds Aquatic Centre has transitioned to the Lifesaving Swim for Life program.

For more information on the transition visit our website at www.olds.ca/aquaticcentre



OLDS Aquatic Centre

5303 46 Avenue
Olds, Alberta T4H 1E8
OAC Phone: 403.556.7665
Email: pool@olds.ca



Youth Programming & Advanced Leadership Courses

OLDS Aquatic Centre



First Aid & CPR

Red Cross Babysitter's Course

Basic first aid and caregiving skills for youth aged 11-15 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. This course also offers youth the training to promote themselves as a babysitter to prospective parents.

Bring a lunch and snacks and a doll if available.

Prerequisite: Must be 11 years old by the end of the course.

Monday July 10 9am-2pm &

Tuesday July 11 9am-2pm

Cost \$55.00 / person



Red Cross Stay Safe Course

This course is designed for youth aged 9 to 13 years, in order to provide skills and knowledge to increase their confidence in staying safe on their own within their community. The program offers age appropriate first aid knowledge and skills to reduce injury to self or others, should an emergency occur. Prerequisite: Must be 9 years old by the end of the course.

Monday July 17 9am-5pm

Cost \$55.00 / person

Lifesaving Society National Lifeguard Recertification

For those who need to recertify their Lifesaving Society National Lifeguard Award.

Please bring a suit, whistle, towel and copy of NL certification card

Monday July 24 12-4pm

Cost \$85



Red Cross Intermediate First Aid with CPR-C Recertification

The Red Cross Intermediate First Aid Course recertification course is designed for individuals who still hold a valid Intermediate First Aid Certificate with level CPR C from the Canadian Red Cross.

Prerequisite: Must hold a valid Standard First with level CPR-C

Wednesday, July 12 9am-5pm

Cost \$85.00

Red Cross Intermediate First Aid with CPR-C Blended Course

The Red Cross Intermediate First Aid with CPR/AED course is a comprehensive course, providing the necessary skills required in the workplace or at home.

The blended course allows participants to complete part 1 through online learning at home. Part 2 will be classroom learning and must be completed within 45 days of registration. After successfully completing both parts, participants will be issued a 3-year certification.

Part 2 – Classroom Learning

Tuesday July 18 9am-5pm

Cost \$150.00