



GOLDEN SWIMMING POOL ADVANCED AQUATIC SCHEDULE

BRONZE MEDALLION & BRONZE CROSS

*Learn valuable problem solving and leadership skills through the Lifesaving Society's
Bronze Medallion and Bronze Cross Certifications.*

Bronze Medallion *20 hour course*

Prerequisites: 13 yrs old OR Bronze Star



This course challenges candidates both mentally and physically and is based on the 4 components of water rescue: Judgement, knowledge, skill and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water.

Monday July 5	9am-1pm
Tuesday July 6	9am-1pm
Wednesday July 7	9am-1pm
Thursday July 8	9am-1pm
Friday July 9	9am-1pm

Bronze Cross *20 hour course*

Prerequisites: Bronze Medallion



Begins the transition from *lifesaver* to *lifeguard* and prepares candidates for responsibilities as assistant lifeguards. Candidates will strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. This course emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Monday July 19	9am-1pm
Tuesday July 20	9am-1pm
Wednesday July 21	9am-1pm
Thursday July 22	9am-1pm
Friday July 23	9am-1pm

\$150 for each course + **\$36** Manual will be available for purchase upon registration.
Spaces are limited and will be filled on a first come, first serve basis.

**Hold your spot by calling *Chelsey Keefer, Rec Coordinator* at 250-344-0120 or
email pool@golden.ca**

Online registration will be available May 2021



GOLDEN SWIMMING POOL ADVANCED AQUATIC SCHEDULE

WATER SAFETY INSTRUCTOR

The Canadian Red Cross has a long history of developing well-trained professional instructors who love swimming as much as they love to help others learn

Water Safety Instructor 50 hour course

Prerequisites: 15 yrs old by last day AND Bronze Cross

AND must be able to perform RCK Level 10 Strokes and Skills



**Canadian
Red Cross**

This 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 in the Red Cross Swim Preschool, Swim Kids, Swim @ School, Swim @ Camp, Swim for Adults & Teens, and Swim Adapted programs.

May	Online Component at your own pace (14-20 hours)
Thursday June 3	4-9pm
June	Various dates of team-teaching (8 hours)
Thursday June 17	4-9pm
Friday June 18	4-9pm
Saturday June 19	8:30am-6pm
Sunday June 20	8:30am-6pm

\$415 for WSI course + **\$20** Manual will be available for purchase upon registration.
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NATIONAL LIFEGUARD - POOL

National Lifeguard is the professional standard for lifeguard training in Canada

National Lifeguard 44 hour course

Prerequisites: 15 yrs old by last day AND Bronze Cross
AND Standard First Aid with CPR "C"



LIFESAVING SOCIETY®
The Lifeguarding Experts

This certification is designed to develop the fundamental values, judgement, knowledge, skills and fitness required by lifeguards. The NL course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

Friday June 4	4-9pm
Saturday June 5	8:30am-6pm
Sunday June 6	8:30am-6pm
Thursday June 24	4-9pm
Friday June 25	4-9pm
Saturday June 26	8:30am-6pm
Sunday June 27	8:30am-6pm

\$375 for NL course + **\$37** Manual will be available for purchase upon registration.
Spaces are limited and will be filled on a first come, first serve basis.

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