



Advanced Swimming Programs

Phone: 519-528-2099 ~ Fax: 519-528-2994

Bronze Medallion/Emergency First Aid/CPR B

This is a pre-requisite for Bronze Cross

This course develops physical fitness, Decision making and judgment skills for water rescue. First aid, rescue breathing, tows, carries and releases are some of the skills covered.

Pre-requisites:

- 13 years of age (prior to exam)
- Proof of age required at the first class
- Aquaquest 10 is strongly recommended

ATTENDANCE IS MANDATORY!

Call the Pool for dates and times.

Bronze Cross/Standard First Aid/CPR C

This is a pre-requisite for NLS and Instructors

This course teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork and the use of special equipment.

Pre-requisites:

- 14 years of age (prior to the exam)
- Proof of age required first class
- Bronze Medallion
- Emergency First Aid



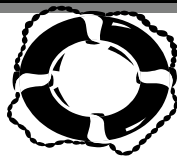
Guards & Instructors

The Instructors and Guards are all fully Red Cross, and N.L.S. Trained and Certified. They have progressed through the system and continually upgrade their skills at weekly staff training.

“We love teaching kids how to swim!”



“ I want to be a lifeguard! It looks like it would be a great summer”



Leadership Ladder

TO BECOME A LIFEGUARD:

NLS

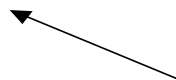
(16 years or older)



Standard First Aid and CPR C



Bronze Cross (14 years or older)



Bronze Medallion/Emergency First Aid
(13 years or older)

TO BECOME AN INSTRUCTOR:

Red Cross/LSS Instructor

(16 years or older)



AWSI/Leaders + WSI Assistant Hours



Bronze Cross (14 years or older)

