

# PROFESSIONAL AQUATIC CERTIFICATIONS

Ages 12 + years

## Swim Patrol/Rookie/Ranger/Star

This 3 level swim patrol program is for kids who are ready to go beyond "learn to swim". This program develops swimming strength and efficiency with emphasis on personal responsibility. Students will be introduced to three elements: water proficiency, recognition & rescue and First Aid.

Prerequisite: Swimmer 6 level

See swim less on schedule for dates, times and fees on page 25

## Bronze Star

The first lifesaving level in the Bronze Medal Program. Students will be introduced to the four elements of water rescue education: judgment, knowledge, skills and fitness in a fun environment.

Prerequisite: Swim Patrol or appropriate swimming ability.

See swim lesson schedule for dates, times, and fees on page 25

## Bronze Medallian (13 yrs & over)

The second lifesaving level in the Bronze Medal program. Learn basic knowledge of water rescue, scene assessment, judgment and first aid skills including CPR-B. Lifesaving Manual and exam fees included.

Prerequisite: Bronze Star or appropriate swimmer ability (Swimmer 6)

Saturday/Sunday April 24, 25

**8:00am – 4:00pm**

Fee: \$130.00 + GST (no discounts)

## Bronze Cross (13 yrs & over)

The final lifesaving level in the Bronze Medal program. Study aquatic safety supervision, water rescue and emergency procedures while developing your judgment, leadership and rescue skills. Exam fees included.

Prerequisite: Bronze Medallian

Saturday/Sunday May 1, 2

**8:00am – 4:00pm**

Fee: \$130.00 + GST (no discounts)

## National Lifeguard Service (16 yrs & over)

Develop technically physical and judgment skills with a focus on drowning prevention and emergency procedures. This course will increase your leadership skills and confidence. Manual and exam fees included.

Prerequisite: Bronze Cross and CPR Level B

Friday – Sunday May 8,9,10,15,16,17

**Fridays: 6:00pm – 9:00pm**

**Sat/Sun: 10:00am – 6:00pm**

**Monday – Friday July 5-9 9:00am – 5:00pm**

Fee: \$285.00 + GST (no discounts)

## Recreational Synchronized Swimming (12 yrs & up)

Love to swim and always wanted to try synchronized swimming? Come try out this recreation based program and learn the basic fundamentals of the sport. Course taught by a certified synchro coach.

Prerequisite: Swimmer 6 Level

Sundays: 10:30 – 11:30am

**April 18 – June 27**

**(No class May 23) (10 classes)**

Fee: \$140.00 + GST



## Private Swim Lessons

- Refine swim skills
- Build self-confidence
- Master specific skills
- Special needs instruction
- Private and semi-private
- Great rate & flexible times

Call 403-225-5564 for more information

## AFLCA Instructor Exercise Theory

Want to teach group exercise programs – this course is your first step. A 24 hour course covering basic fitness principles and a variety of activity experiences. Course topics include: anatomy, physiology, movement mechanics, training and conditioning, nutrition, leadership, and health and fitness.

Saturday/Sunday 8:00am – 4:00pm

**May 9 and 10th**

Fee: \$225.00 +GST (no discounts)

## **NEW!** B.O.A.T. (Pleasure Craft Operator Course)

The Lifesaving society's Boat Operator Accredited Training (BOAT) Program offers boaters an opportunity to learn about many aspects of safe boating including:

- \*Navigation regulations
  - \*How to respond to emergencies
  - \* Knowledge about operating a pleasure craft.
- Trico Centre is an accredited exam location  
BOAT Study Guide \$13.00 +GST See Guest Services for exam days.