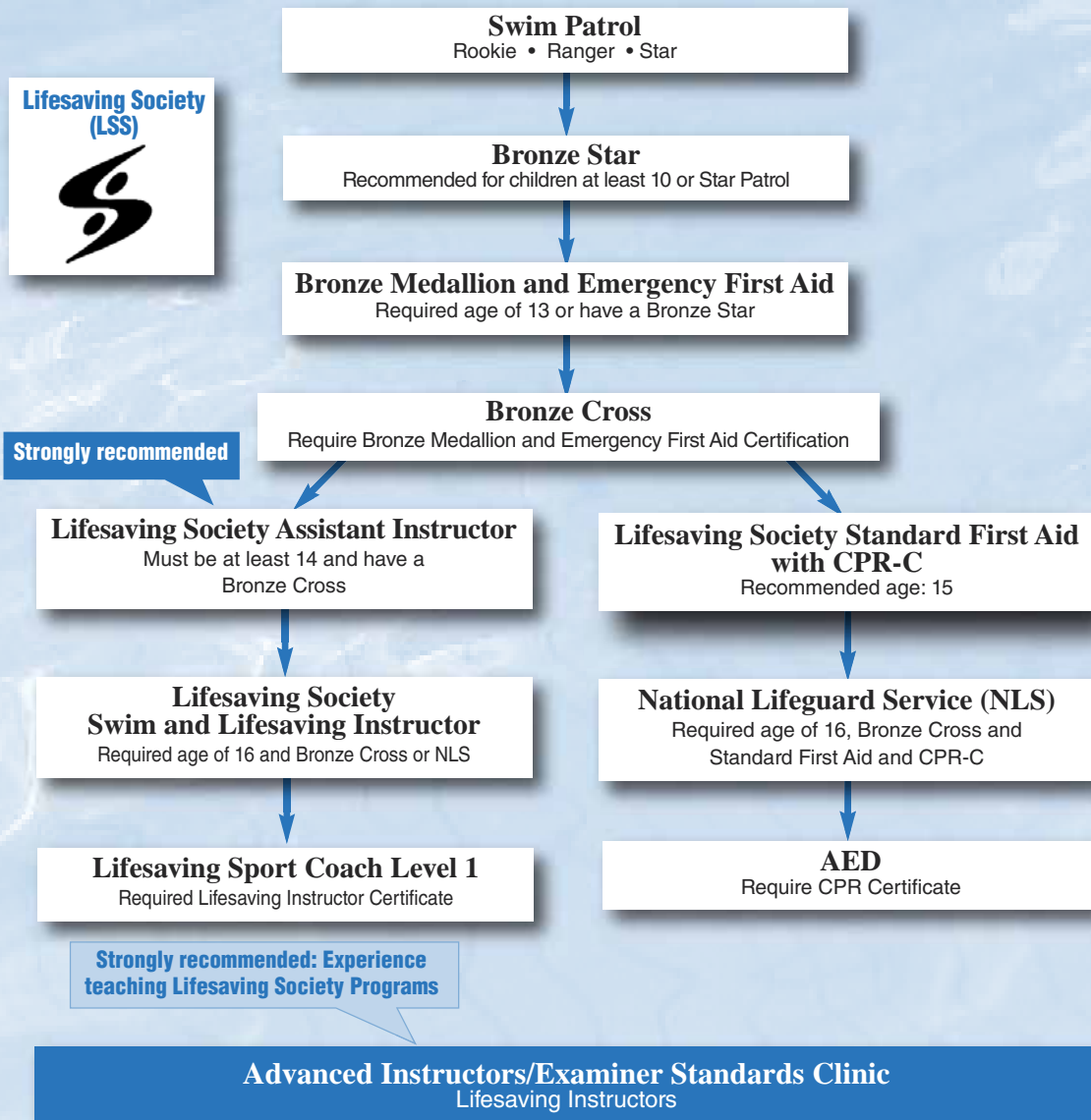


How to become a Lifeguard and Swimming Instructor:



REFUNDS

Requests for refunds due to program cancellation from an Aquatic Leadership Course must be received in writing a minimum of five business days prior to the program start date. Customers cannot register for these courses once the program has begun, therefore, this time is required to contact persons on the waitlist to fill the space.

NOTE: 100% ATTENDANCE IS MANDATORY FOR ALL LEADERSHIP COURSES.

Aquatic Leadership

LSS Bronze Star

Bronze Star is a pre-Bronze Medallion training standard. Bronze Star is designed to deliver high-performance training for skilled pre-teens. This program is excellent preparation for success in Bronze Medallion. **Prerequisite:** Star Patrol.

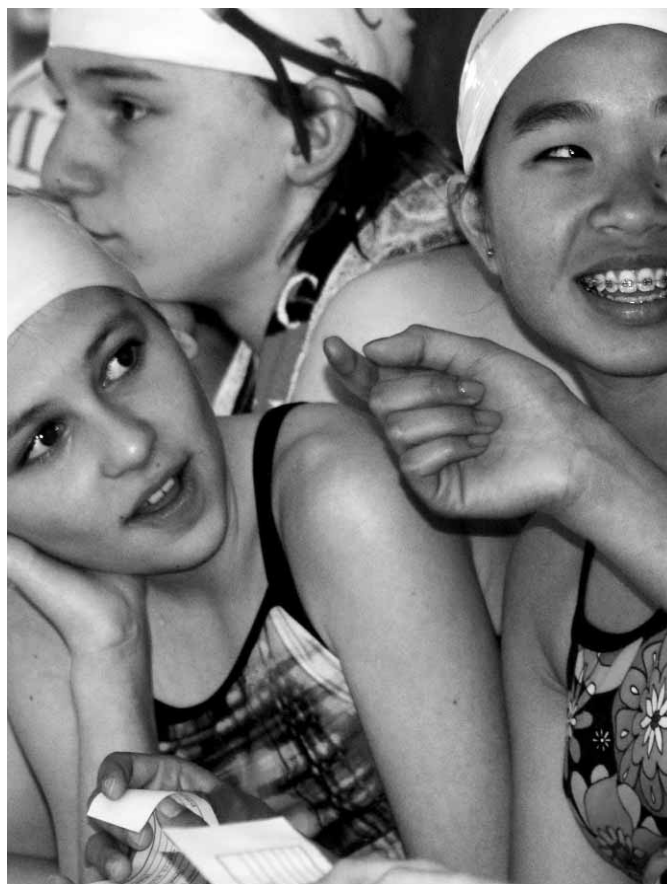
Bayview Hill Pool	10+	\$78/9	Mon Sep 26	6:15 p.m. - 7:15 p.m.	307089
Bayview Hill Pool	10+	\$78/9	Tue Sep 27	6:15 p.m. - 7:15 p.m.	307090
Bayview Hill Pool	10+	\$78/9	Wed Sep 28	6:15 p.m. - 7:15 p.m.	307091
Bayview Hill Pool	10+	\$78/9	Thu Sep 29	6:15 p.m. - 7:15 p.m.	307092
Bayview Hill Pool	10+	\$78/9	Fri Sep 30	6:15 p.m. - 7:15 p.m.	307086
Bayview Hill Pool	10+	\$78/9	Sat Oct 1	10:15 a.m. - 11:15 a.m.	307087
Bayview Hill Pool	10+	\$78/9	Sun Oct 2	10:15 a.m. - 11:15 a.m.	307088
Centennial Pool	10+	\$78/9	Thu Sep 29	7:30 p.m. - 8:30 p.m.	306079
Centennial Pool	10+	\$78/9	Sat Oct 1	10 a.m. - 11 a.m.	306080
Centennial Pool	10+	\$78/9	Sat Oct 1	2 p.m. - 3 p.m.	306081
Centennial Pool	10+	\$78/9	Sun Oct 2	12 p.m. - 1 p.m.	306082
Centennial Pool	10+	\$78/9	Sun Oct 2	2 p.m. - 3 p.m.	306083
Elgin West Pool	10+	\$78/9	Tue Sep 27	4 p.m. - 5 p.m.	305382
Elgin West Pool	10+	\$78/9	Fri Sep 30	4 p.m. - 5 p.m.	305383
Elgin West Pool	10+	\$78/9	Sat Oct 1	12 p.m. - 1 p.m.	305384
Richvale Pool	10+	\$78/9	Wed Sep 28	6:15 p.m. - 7:15 p.m.	305203
Richvale Pool	10+	\$78/9	Fri Sep 30	8 p.m. - 9 p.m.	305204
Richvale Pool	10+	\$78/8	Sat Oct 1	6 p.m. - 7 p.m.	305206
Richvale Pool	10+	\$78/8	Sat Oct 1	8:30 a.m. - 9:30 a.m.	305205
Richvale Pool	10+	\$78/9	Sun Oct 2	5 p.m. - 6 p.m.	305208
Richvale Pool	10+	\$78/9	Sun Oct 2	9 a.m. - 10 a.m.	305207
Bayview Hill Pool	10+	\$78/9	Fri Jan 6	6:30 p.m. - 7:30 p.m.	307093
Bayview Hill Pool	10+	\$78/9	Sat Jan 7	10:45 a.m. - 11:45 a.m.	307094
Bayview Hill Pool	10+	\$78/9	Sun Jan 8	10:45 a.m. - 11:45 a.m.	307095
Bayview Hill Pool	10+	\$78/9	Mon Jan 9	7 p.m. - 8 p.m.	307096
Bayview Hill Pool	10+	\$78/9	Tue Jan 10	6:30 p.m. - 7:30 p.m.	307097
Bayview Hill Pool	10+	\$78/9	Wed Jan 11	7 p.m. - 8 p.m.	307098
Bayview Hill Pool	10+	\$78/9	Thu Jan 12	6:30 p.m. - 7:30 p.m.	307099
Centennial Pool	10+	\$78/8	Mon Jan 9	7:30 p.m. - 8:45 p.m.	306104
Centennial Pool	10+	\$78/8	Sat Jan 14	10 a.m. - 11:15 a.m.	306102
Centennial Pool	10+	\$78/8	Sat Jan 14	2 p.m. - 3:15 p.m.	306106
Centennial Pool	10+	\$78/8	Sun Jan 15	11:45 a.m. - 1 p.m.	306105
Centennial Pool	10+	\$78/8	Sun Jan 15	1:45 p.m. - 3 p.m.	306103
Elgin West Pool	10+	\$78/9	Tue Jan 10	4 p.m. - 5 p.m.	305385
Elgin West Pool	10+	\$78/9	Fri Jan 13	4 p.m. - 5 p.m.	305386
Elgin West Pool	10+	\$78/9	Sat Jan 14	12 p.m. - 1 p.m.	305387
Richvale Pool	10+	\$78/8	Fri Jan 6	8 p.m. - 9:15 p.m.	305220
Richvale Pool	10+	\$78/8	Sat Jan 7	8:30 a.m. - 9:30 a.m.	305221
Richvale Pool	10+	\$78/8	Sat Jan 7	6 p.m. - 7 p.m.	305222
Richvale Pool	10+	\$78/8	Sun Jan 8	9 a.m. - 10 a.m.	305223
Richvale Pool	10+	\$78/8	Sun Jan 8	5 p.m. - 6 p.m.	305224
Richvale Pool	10+	\$78/9	Wed Jan 11	7 p.m. - 8 p.m.	305219



H60 Bronze Star

Program content will be exactly the same as the Bronze Star program. **Prerequisite:** Star Patrol. Program fee includes LSS certification fee.

Wave Pool	10+	\$110/9	Mon Sep 26	7:15 p.m. - 8:15 p.m.	306948
Wave Pool	10+	\$110/9	Wed Sep 28	5 p.m. - 6 p.m.	306949
Wave Pool	10+	\$110/9	Sat Oct 1	9:30 a.m. - 10:30 a.m.	306950
Wave Pool	10+	\$110/9	Mon Jan 9	7 p.m. - 8:15 p.m.	307001
Wave Pool	10+	\$110/9	Wed Jan 11	5 p.m. - 6 p.m.	307002
Wave Pool	10+	\$110/9	Sat Jan 14	9:15 a.m. - 10:30 a.m.	307003



In the Richmond Hill Lifeguard Club, you learn the first steps to become a lifeguard.

Aquatic Leadership

Registration for Aquatic Leadership programs is ongoing and will be available throughout 2012. Registrations can be processed at anytime. Don't delay – register today!

LSS Combined Bronze Medallion & EFA

Earn two awards at the same time! You will learn tows, carries and release methods in preparation for challenging rescues. Treatment for shock, bleeding, heart attack, and obstructed airway procedures are also taught. Lifesavers will develop stroke efficiency and endurance in a 500m, 15-minute timed swim. Bronze Medallion and Emergency First Aid are both prerequisites for the Bronze Cross award. **Prerequisite:** Bronze Star or 13 years of age.

Bayview Hill Pool	10+	\$180.80/ 10	Mon Sep 26	6 p.m. - 9 p.m.	307105
Bayview Hill Pool	10+	\$180.80/ 10	Sat Oct 1	12:30 p.m. - 3:30 p.m.	307104
Centennial Pool	10+	\$180.80/ 10	Sat Oct 1	9 a.m. - 12 p.m.	306085
Centennial Pool	10+	\$180.80/ 10	Sun Oct 2	9 a.m. - 12 p.m.	306086
Centennial Pool	10+	\$180.80/ 10	Sun Oct 2	4:30 p.m. - 7:30 p.m.	306087
Elgin West Pool	10+	\$180.80/ 10	Thu Sep 29	7 p.m. - 10 p.m.	305213
Elgin West Pool	10+	\$180.80/ 10	Fri Sep 30	4 p.m. - 7 p.m.	305212
Elgin West Pool	10+	\$180.80/ 10	Sun Oct 2	1 p.m. - 4 p.m.	305214
Richvale Pool	10+	\$180.80/ 4	Sat, Sun Oct 8, 9, 15, 16	1 p.m. - 9 p.m.	306996
Wave Pool	10+	\$180.80/ 10	Tue Sep 27	7 p.m. - 10 p.m.	306953
Wave Pool	10+	\$180.80/ 10	Fri Sep 30	7 p.m. - 10 p.m.	306954
Richvale Pool	10+	\$180.80/ 9	Fri Sep 30	6:45 p.m. - 10 p.m.	306998
Richvale Pool	10+	\$180.80/ 9	Sat Oct 1	3 p.m. - 7:15 p.m.	306997
Bayview Hill Pool	10+	\$180.80/ 10	Sat Jan 7	12:30 p.m. - 3:30 p.m.	307106
Bayview Hill Pool	10+	\$180.80/ 9	Mon Jan 9	6 p.m. - 9 p.m.	307107
Centennial Pool	10+	\$180.80/ 9	Sat Jan 14	9 a.m. - 12:15 p.m.	307039
Centennial Pool	10+	\$180.80/ 9	Sun Jan 15	9 a.m. - 12:15 p.m.	307041
Centennial Pool	10+	\$180.80/ 9	Sun Jan 15	4:30 p.m. - 7:45 p.m.	307040
Elgin West Pool	10+	\$180.80/ 9	Thu Jan 12	7 p.m. - 10:15 p.m.	305216
Elgin West Pool	10+	\$180.80/ 9	Fri Jan 13	4 p.m. - 7:15 p.m.	305215
Elgin West Pool	10+	\$180.80/ 9	Sun Jan 15	12:45 p.m. - 4 p.m.	305217
Richvale Pool	10+	\$180.80/ 7	Fri Jan 6	6:45 p.m. - 10:30 p.m.	306991
Richvale Pool	10+	\$180.80/ 7	Sat Jan 7	3 p.m. - 7:45 p.m.	306990
Richvale Pool	10+	\$180.80/ 4	Sat, Sun Jan 14, 15, 28, 29	1 p.m. - 10 p.m.	306988
Wave Pool	10+	\$180.80/ 10	Fri Jan 6	7 p.m. - 10 p.m.	306107

LSS Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. Accident prevention, emergency procedures and teamwork in rescues are taught. You will learn how to rescue a spinal-injured victim. A 600m, 18-minute timed swim is a requirement of this course. Bronze Cross is the prerequisite award for all advanced training programs in lifesaving, lifeguarding and leadership. **Prerequisite:** Bronze Medallion and Emergency First Aid.

Bayview Hill Pool	10+	\$109.77/ 10	Wed Sep 28	7:30 p.m. - 9:30 p.m.	307113
Bayview Hill Pool	10+	\$109.77/ 10	Sat Oct 1	1:30 p.m. - 3:30 p.m.	307112
Centennial Pool	10+	\$109.77/ 10	Thu Sep 29	7:30 p.m. - 9:30 p.m.	306078
Centennial Pool	10+	\$109.77/ 10	Sat Oct 1	12 p.m. - 2 p.m.	306076
Centennial Pool	10+	\$109.77/ 10	Sun Oct 2	12 p.m. - 2 p.m.	306075
Centennial Pool	10+	\$109.77/ 10	Sun Oct 2	6:45 p.m. - 8:45 p.m.	306077
Elgin West Pool	10+	\$109.77/ 10	Tue Sep 27	5:30 p.m. - 7:30 p.m.	305126
Elgin West Pool	10+	\$109.77/ 10	Thu Sep 29	8 p.m. - 10 p.m.	305128
Elgin West Pool	10+	\$109.77/ 10	Sat Oct 1	3:30 p.m. - 5:30 p.m.	305129
Richvale Pool	10+	\$109.77/ 9	Fri Sep 30	8 p.m. - 10:15 p.m.	306971
Richvale Pool	10+	\$109.77/ 9	Sat Oct 1	7:30 p.m. - 9:45 p.m.	306972
Richvale Pool	10+	\$109.77/ 3	Fri Oct 28 Sat, Sun Oct 29, 30	6 p.m. - 10 p.m. 1 p.m. - 10 p.m.	306970
Wave Pool	10+	\$109.77/ 10	Tue Sep 27	8:15 p.m. - 10:15 p.m.	306956
Wave Pool	10+	\$109.77/ 10	Fri Sep 30	8:15 p.m. - 10:15 p.m.	306957
Bayview Hill Pool	10+	\$109.77/ 10	Wed Jan 4	7:30 p.m. - 9:30 p.m.	307115
Bayview Hill Pool	10+	\$109.77/ 10	Sat Jan 7	1:30 p.m. - 3:30 p.m.	307114
Centennial Pool	10+	\$109.77/ 9	Thu Jan 12	7:30 p.m. - 9:45 p.m.	306100
Centennial Pool	10+	\$109.77/ 9	Sat Jan 14	12 p.m. - 2:15 p.m.	306098
Centennial Pool	10+	\$109.77/ 9	Sun Jan 15	12:15 p.m. - 2:30 p.m.	306099
Centennial Pool	10+	\$109.77/ 9	Sun Jan 15	6:45 p.m. - 9 p.m.	307038
Elgin West Pool	10+	\$109.77/ 9	Tue Jan 10	5:15 p.m. - 7:30 p.m.	305130
Elgin West Pool	10+	\$109.77/ 9	Thu Jan 12	8 p.m. - 10:15 p.m.	305132
Elgin West Pool	10+	\$109.77/ 9	Sat Jan 14	3:30 p.m. - 5:45 p.m.	305133
Richvale Pool	10+	\$109.77/ 7	Fri Jan 6	8 p.m. - 10:30 p.m.	306984
Richvale Pool	10+	\$109.77/ 7	Sat Jan 7	7:30 p.m. - 10 p.m.	306985
Richvale Pool	10+	\$109.77/ 3	Fri Feb 3 Sat, Sun Feb 4, 5	6 p.m. - 10 p.m. 1 p.m. - 10 p.m.	306982
Wave Pool	10+	\$109.77/ 10	Fri Jan 6	8:15 p.m. - 10:15 p.m.	306101



INCLEMENT WEATHER HOTLINE
905 771 5487
 go to page 192 for details.

Aquatic Leadership

Registration for Aquatic Leadership programs is ongoing and will be available throughout 2012. Registrations can be processed at anytime. Don't delay – register today!

LSS Standard First Aid with CPR-C

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as; medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Includes CPR-C certification (Infant, Child & Adult). Program fee includes LSS certification fee and required materials. If your last LSS Standard First Aid course was a recertification, you must take this course to renew this certification.

Bayview Hill Pool 15+	\$126.99/ 4	Wed Sep 7, 14, 21, 28	6 p.m. - 10 p.m.	307122
Centennial Pool 15+	\$126.99/ 4	Tue Sep 27, Oct 4, 11, 18	6 p.m. - 10 p.m.	306091
Centennial Pool 15+	\$126.99/ 4	Tue Nov 1, 8, 15, 22	6 p.m. - 10 p.m.	306092
Centennial Pool 15+	\$126.99/ 4	Tue,Thu Dec 6, 8, 13, 15	6 p.m. - 10 p.m.	306093
Richvale Pool 15+	\$126.99/ 4	Thu Oct 6, 13, 20, 27	6 p.m. - 10 p.m.	306919
Richvale Pool 15+	\$126.99/ 2	Sat,Sun Nov 12, 13	11 a.m. - 8 p.m.	306920
Wave Pool 15+	\$126.99/ 4	Mon,Wed Sep 12, 14, 19, 21	5 p.m. - 9 p.m.	306965
Wave Pool 15+	\$126.99/ 2	Sat,Sun Oct 15, 16	8:30 a.m. - 5:30 p.m.	306966
Wave Pool 15+	\$126.99/ 4	Mon,Wed Nov 7, 9, 14, 16	5 p.m. - 9 p.m.	306967
Wave Pool 15+	\$126.99/ 2	Sat,Sun Dec 17, 18	10 a.m. - 7 p.m.	30696
Bayview Hill Pool 15+	\$126.99/ 4	Wed Jan 11, 18, 25, Feb 1	6 p.m. - 10 p.m.	307125
Centennial Pool 15+	\$126.99/ 4	Tue Feb 7, 14, 21, 28	6 p.m. - 10 p.m.	306114
Elgin West Pool 15+	\$126.99/ 2	Sat,Sun Feb 11, 12	9 a.m. - 6 p.m.	305375
Richvale Pool 15+	\$126.99/ 4	Thu Feb 2, 9, 16, 23	6 p.m. - 10 p.m.	306921
Richvale Pool 15+	\$126.99/ 2	Sat,Sun Mar 3, 4	11 a.m. - 7 p.m.	306923
Wave Pool 15+	\$126.99/ 4	Mon,Wed Jan 9, 11, 16, 18	5 p.m. - 9 p.m.	307027
Wave Pool 15+	\$126.99/ 4	Mon,Wed Feb 6, 8, 13, 15	5 p.m. - 9 p.m.	307028
Wave Pool 15+	\$126.99/ 2	Sat,Sun Mar 3, 4	8:30 a.m. - 5:30 p.m.	307029

LSS Standard First Aid Recertification

Lifesaving Society Standard First Aid Recertification course provides testing and re-training covering all aspects of first aid and CPR. This course is for those who have already taken a full LSS Standard First Aid course and need to recertify their skills. If your last course was a recertification, you must take a full LSS Standard First Aid Course. Items which you will be evaluated on include; medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. This course also includes CPR-Level C certification (Infant, Child & Adult). Program fee includes LSS certification fee.

Centennial Pool 15+	\$62.95/ 1	Sun Dec 4	9 a.m. - 3:30 p.m.	306090
Wave Pool 15+	\$62.95/ 1	Fri Sep 23	4 p.m. - 10:30 p.m.	306974
Wave Pool 15+	\$62.95/ 1	Fri Dec 23	1:30 p.m. - 8 p.m.	306975
Centennial Pool 15+	\$62.95/ 1	Sat Mar 3	9 a.m. - 3:30 p.m.	306113
Wave Pool 15+	\$62.95/ 1	Fri Feb 3	4 p.m. - 10:30 p.m.	307030

LSS AED & Anaphylaxis Rescuer

Automated External Defibrillation builds on the skills learned in CPR and first aid courses. AED provides knowledge of how the heart works and what goes wrong when defibrillation is required. Providers will receive training in AED maintenance, date management, and reporting protocols required after an incident in which the AED unit is used. This course includes the Anaphylaxis Rescuer certification. **Prerequisite:** CPR-A or higher (Bronze Medallion, Bronze Cross, SFA, NLS).

Elgin West Pool 14+	\$50.85/ 1	Sat Sep 10	3 p.m. - 8 p.m.	307822
Elgin West Pool 14+	\$50.85/ 1	Sat Sep 10	9 a.m. - 2 p.m.	305026
Elgin West Pool 14+	\$50.85/ 1	Sat Dec 3	9 a.m. - 2 p.m.	305027
Wave Pool 14+	\$50.85/ 1	Sat Oct 8	8:30 a.m. - 1:30 p.m.	313175
Wave Pool 14+	\$50.85/ 1	Sun Nov 13	2 p.m. - 7 p.m.	313177
Wave Pool 14+	\$50.85/ 1	Sun Nov 13	9 a.m. - 2 p.m.	313176
Wave Pool 14+	\$50.85/ 1	Sat Dec 31	11 a.m. - 4 p.m.	313178
Elgin West Pool 14+	\$50.85/ 1	Sat Jan 28	9 a.m. - 2 p.m.	305028
Elgin West Pool 14+	\$50.85/ 1	Sat Feb 25	9 a.m. - 2 p.m.	305029
Wave Pool 14+	\$50.85/ 1	Sat Feb 11	8:30 a.m. - 1:30 p.m.	313179
Wave Pool 14+	\$50.85/ 1	Sun Mar 18	8:30 a.m. - 1:30 p.m.	313180

Aquatic Leadership

Registration for Aquatic Leadership programs is ongoing and will be available throughout 2012.
Registrations can be processed at anytime. Don't delay – register today!

LSS Anaphylaxis Rescuer

Anaphylaxis awareness has grown significantly in school boards, municipal recreation centres, camps, day care centres and the general public. With proper training, people can learn how to use an auto-injector with confidence. The Anaphylaxis Rescuer certification is delivered in a one-hour time frame.

Elgin West Pool	14+	\$12.29/ 1	Sat Sep 10	9 a.m. - 10 a.m.	306029
Elgin West Pool	14+	\$12.29/ 1	Sat Sep 10	3 p.m. - 4 p.m.	307823
Elgin West Pool	14+	\$12.29/ 1	Sat Dec 3	9 a.m. - 10 a.m.	306030
Wave Pool	14+	\$12.29/ 1	Sat Oct 8	8:30 a.m. - 9:30 a.m.	331326
Wave Pool	14+	\$12.29/ 1	Sun Nov 13	9 a.m. - 10 a.m.	331327
Wave Pool	14+	\$12.29/ 1	Sun Nov 13	2 p.m. - 3 p.m.	331328
Wave Pool	14+	\$12.29/ 1	Sat Dec 31	11 a.m. - 12 p.m.	331329
Elgin West Pool	14+	\$12.29/ 1	Sat Jan 28	9 a.m. - 10 a.m.	306031
Elgin West Pool	14+	\$12.29/ 1	Sat Feb 25	9 a.m. - 10 a.m.	306032
Wave Pool	14+	\$12.29/ 1	Sat Feb 11	8:30 a.m. - 9:30 a.m.	331330
Wave Pool	14+	\$12.29/ 1	Sat Mar 18	8:30 a.m. - 9:30 a.m.	331331

LSS Assistant Instructor

Over 16 hours of classroom learning and in-water practice, the Lifesaving Society Assistant Instructor Course prepares candidates to help qualified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching motor skills, and master basic progressions. Safe and effective formations and class management are emphasized. **Prerequisite:** 14 years of age and Bronze Cross (or higher) certification.

Centennial Pool	14+	\$122.04/ 2	Sat, Sun Oct 15, 16	9 a.m. - 6 p.m.	305774
Centennial Pool	14+	\$122.04/ 2	Sat, Sun Dec 10, 11	9 a.m. - 6 p.m.	305775
Elgin West Pool	14+	\$122.04/ 2	Sat, Sun Sep 24, 25	9 a.m. - 6 p.m.	305773
Richvale Pool	14+	\$122.04/ 2	Sat, Sun Nov 5, 6	1 p.m. - 10 p.m.	306951
Richvale Pool	14+	\$122.04/ 2	Sat, Sun Dec 17, 18	9 a.m. - 6 p.m.	306952
Wave Pool	14+	\$122.04/ 8	Thu Sep 29	6 p.m. - 8 p.m.	306072
Centennial Pool	14+	\$122.04/ 2	Sat, Sun Jan 7, 8	9 a.m. - 6 p.m.	306096
Centennial Pool	14+	\$122.04/ 2	Sat, Sun Mar 10, 11	9 a.m. - 6 p.m.	306097
Richvale Pool	14+	\$122.04/ 2	Sat, Sun Feb 11, 12	1 p.m. - 10 p.m.	306955

LSS National Lifeguard Service

Qualify yourself to be a lifeguard by taking this nationally recognized training program. You will learn to recognize, interpret and carry out emergency situations, rescue procedures and emergency care. Emphasis will be on accident prevention, leadership, teamwork and communication. **Prerequisite:** 16 years of age by the end of course, Bronze Cross and Standard First Aid with CPR C. Program fee includes LSS certification fee and required materials.

Bayview Hill Pool	16+	\$229.23/ 6	Fri Sep 16, 23 Sat Sep 17, 24 Sun Sep 18, 25	6 p.m. - 10 p.m. 9 a.m. - 9 p.m. 9 a.m. - 5 p.m.	306089
Elgin West Pool	16+	\$229.23/ 6	Fri Sep 9, 16 Sat Sep 10, 17 Sun Sep 11, 18	6 p.m. - 10 p.m. 9 a.m. - 9 p.m. 9 a.m. - 5 p.m.	305376
Richvale Pool	16+	\$229.23/ 10	Sun Oct 2	6 p.m. - 10:30 p.m.	306886
Richvale Pool	16+	\$229.23/ 6	Fri Dec 2, 9 Sat, Sun Dec 3, 10, 11	6 p.m. - 10 p.m. 1 p.m. - 10 p.m.	306887
Richvale Pool	16+	\$229.23/ 5	Tue-Sat Dec 27 - 31	9 a.m. - 6:30 p.m.	306888
Centennial Pool	16+	\$229.23/ 5	Fri Mar 9, 16 Sat, Sun Mar 10, 11, 17, 18	6 p.m. - 10 p.m. 9 a.m. - 6 p.m.	306112
Richvale Pool	16+	\$229.23/ 8	Sun Jan 8	5 p.m. - 10:30 p.m.	306891
Richvale Pool	16+	\$229.23/ 6	Fri Mar 9, 16 Sat, Sun Mar 10, 11, 17, 18	6 p.m. - 10 p.m. 1 p.m. - 10 p.m.	306892
Richvale Pool	16+	\$229.23/ 5	Mon-Fri Mar 12 - 16	9 a.m. - 6 p.m.	306897

LSS NLS Recertification

Requalify yourself to be a Lifeguard by taking this recertification program.

Centennial Pool	16+	\$75.34/ 1	Sat Dec 3	9:30 a.m. - 3:30 p.m.	306088
Centennial Pool	16+	\$75.34/ 1	Sat Jan 7	9:30 a.m. - 3:30 p.m.	306110
Centennial Pool	16+	\$75.34/ 1	Sat Mar 17	9:30 a.m. - 3:30 p.m.	306111

Lifesaving Society



Standard First Aid and CPR "C"

Workplace Safety and Insurance Board (WSIB) approved! By law, all work places with more than five people must have someone trained in Standard First Aid. Do you know who your office first aider is? Your company may pay for you to take this course!

Aquatic Leadership

Registration for Aquatic Leadership programs is ongoing and will be available throughout 2012.
Registrations can be processed at anytime. Don't delay – register today!

LSS Swim & Lifesaving Instructor

Through classroom learning and in-water practice, the Swim Instructor & Lifesaving Instructor course certifies candidates to teach most lifesaving awards. Candidates explore proven teaching methods, learning strategies and activities, and evaluation criteria. The Swim Instructor component will focus on preparing the instructor to teach and evaluate basic swimming strokes and related skills found in any program. Practice teaching is emphasized. **Prerequisite:** 16 years of age by the end of the Lifesaving & Swim Instructor Course, and Bronze Cross (or higher) certification. Program fee includes LSS certification fee and required materials.

Centennial Pool	16+	\$309.95/ 6	Fri Oct 21, 28, Nov 4 Sun Oct 23, 30, Nov 6	5:30 p.m. - 10 p.m. 11 a.m. - 9:30 p.m.	306094
Richvale Pool	16+	\$309.95/ 9	Sun Oct 2	6 p.m. - 10:30 p.m.	306930
Richvale Pool	16+	\$309.95/ 6	Fri Dec 9, 16 Sat, Sun Dec 10, 11, 17, 18	6 p.m. - 10:30 p.m. 1 p.m. - 10 p.m.	306934
Wave Pool	16+	\$309.95/ 6	Fri Sep 9, 16 Sat Sep 10, 11, 17, 18	5 p.m. - 10 p.m. 8:30 a.m. - 4:30 p.m.	306992
Wave Pool	16+	\$309.95/ 9	Fri Sep 30	5 p.m. - 10 p.m.	306993
Wave Pool	16+	\$309.95/ 4	Tue-Fri Dec 27 - 30	9 a.m. - 8:30 p.m.	307000
Centennial Pool	16+	\$309.95/ 5	Mon-Fri Mar 12 - 16	9 a.m. - 6 p.m.	306115
Richvale Pool	16+	\$309.95/ 8	Sun Jan 8	5 p.m. - 10:30 p.m.	306936
Wave Pool	16+	\$309.95/ 6	Mon - Fri Jan 2 - 6	12 p.m. - 9 p.m.	331167
Wave Pool	16+	\$309.95/ 6	Fri Mar 9, 16, Sat, Sun Mar 10, 11, 17, 18	6 p.m. - 10 p.m. 8:30 a.m. - 5:30 p.m.	307036

LSS Advanced Instructors/ESC

The Advanced Instructors course is designed to better prepare instructors to teach advanced Lifesaving Society programs. This course is combined with the Lifesaving Society's Examiners Standards Clinic, enabling you to examine bronze level courses. This certification is a prerequisite for NLS, First Aid, AED and AST Instructors and Instructor Trainers. **Prerequisite:** 16 years of age, Lifesaving Instructors and Bronze Cross (or higher) certification. Two years of teaching experience is strongly recommended.

Richvale Pool	15+	\$69.95/ 1	Sat Nov 12	1 p.m. - 10 p.m.	305239
Richvale Pool	15+	\$69.95/ 1	Sat Feb 25	12 p.m. - 9 p.m.	305240

LSS AED Instructor

Automated External Defibrillation Instructors are certified to teach and evaluate AED. Prerequisites: Lifesaving Instructor, Advanced Instructor, First Aid Instructor, Standard First Aid and AED awards. Candidates are expected to complete a precourse assignment and therefore registration will be closed one week prior to start date.

Elgin West Pool	18+	\$133.45/ 1	Sun Oct 16	9 a.m. - 6 p.m.	305378
Richvale Pool	18+	\$133.45/ 1	Sun Nov 20	9 a.m. - 6 p.m.	305242

LSS Aquatic Supervisor Training

This course is ideal for aquatic staff members who are looking to become deck level supervisors. AST provides the knowledge required to provide a safe aquatic environment. **Prerequisite:** NLS or Lifesaving Instructor certification; and 100 hours experience as a lifeguard and/or instructor.

Richvale Pool	16+	\$108.69/ 1	Sat Nov 26	9 a.m. - 9 p.m.	305234
Centennial Pool	16+	\$108.69/ 2	Fri Mar 23 Sat Mar 24	6 p.m. - 10 p.m. 9 a.m. - 4 p.m.	306095
Richvale Pool	16+	\$108.69/ 1	Sun Feb 26	9 a.m. - 9 p.m.	305232

LSS AST Instructor

This course is for experienced instructors. Candidates must also have several years of supervisory experience as an aquatic manager, supervisor, head instructor or head lifeguard. The course teaches the concepts, principles and techniques used in training AST candidates. **Prerequisite:** Lifesaving Instructor, and Advanced Instructor awards.

Centennial Pool	18+	\$133.45/ 2	Fri Feb 17 Sat Feb 18	4 p.m. - 10:30 p.m. 9 a.m. - 8 p.m.	307037
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LSS First Aid Instructor

Certify yourself a First Aid and CPR Instructor through the Lifesaving Society. Learn how to deliver the programs ensuring that you are teaching the right standards and in a logical sequence. **Prerequisite:** current Lifesaving Instructor and Advanced Instructor Awards. Candidates are expected to complete a precourse assignment and therefore registration will be closed one week prior to start date.

Richvale Pool	16+	\$133.45/ 1	Sat Nov 19	9 a.m. - 10 p.m.	305245
Wave Pool	16+	\$133.45/ 1	Sun Dec 4	8:30 a.m. - 8:30 p.m.	306976

Aquatic Leadership

Registration for Aquatic Leadership programs is ongoing and will be available throughout 2012. Registrations can be processed at anytime. Don't delay – register today!

LSS TRI-Recertification

Prerequisites: Lifesaving Society Standard First Aid or LSS Standard First Aid Recert, NLS, AED This course is designed to re-certify/re-teach three awards (NLS, SFA, AED) .

Richvale Pool 16+ \$116.23/ 2 Wed,Thu Dec 21, 22 9 a.m. - 6 p.m. 306906

Richvale Pool 16+ \$116.23/ 4 Mon-Thu 6 p.m. - 10 p.m. 305255
Mar 12 - 15

Richvale Pool 16+ \$116.23/ 2 Sat, Sun Mar 24, 25 10 a.m. - 7 p.m. 305256

LSS Instructor Trainer

Instructor Trainer candidates attend a generic Instructor Trainer Clinic of approximately 16 hours. This course ensures participants are ready to apprentice on an Instructor course. Prerequisites: teaching experience, current certification as a Lifesaving Instructor, Advanced Instructor and Bronze Cross or Distinction Examiner. Candidates are expected to complete a precourse assignment and therefore registration will be closed one week prior to start date.

Richvale Pool 16+ \$133.45/ 2 Sat, Sun 10 a.m. - 7 p.m. 305231
Mar 31, Apr 1

LSS Lifesaving Sport Coach Level 1

The Lifesaving Sport Coach Level 1 certification is designed to introduce the fundamentals of coaching lifesaving sport skills. This course will emphasize coaching approaches appropriate to community level athletes, while increasing the competencies of a lifesaving coach at the community program level. **Prerequisite:** LSS Instructors and Emergency First Aid.

Richvale Pool 16+ \$81.79/ 1 Thu Dec 29 9 a.m. - 7 p.m. 305250

Richvale Pool 16+ \$81.79/ 1 Sat Feb 25 12 p.m. - 10 p.m. 305248

REFUNDS

Requests for refunds due to program cancellation from an Aquatic Leadership Course must be received in writing a minimum of five business days prior to the program start date. Customers cannot register for these courses once the program has begun, therefore, this time is required to contact persons on the waitlist to fill the space.



Learning to become a lifeguard or a swimming instructor is a very rewarding experience and makes for a great career!