

Richmond Hill Lifesaving Club



The Richmond Hill Lifesaving Club will introduce athletes of all ages to the sport of lifesaving, while encouraging healthy living and regular physical fitness. Throughout the year, specially trained Lifesaving Coaches will concentrate on developing each swimmer's strength, power and endurance. Athletes will focus on teamwork, sportsmanship, achieving personal bests and, most of all, having fun! During the competition season, our members will train for a number of pool events and participate at the Junior Telegames and the Ontario Junior Lifeguard Games in June 2012.

Try RHLC Session

This FREE practice will provide an opportunity for any NEW participants interested in registering for the upcoming session. All participants MUST be 6 years of age and completed swimmer 3 or two lengths of pool (50m). Only one registration allowed per participant.

Richvale Pool	All Ages	\$/ 1	Sun Sep 25	9 a.m. - 10:30 a.m.	327987
Richvale Pool	All Ages	\$/ 1	Sun Sep 25	4:30 p.m. - 6 p.m.	327990
Richvale Pool	All Ages	\$/ 1	Sun Sep 25	10:30 a.m. - 12 p.m.	327988
Richvale Pool	All Ages	\$/ 1	Sun Sep 25	3 p.m. - 4:30 p.m.	327989

Squirts Division

The Squirts Division of the Richmond Hill Lifesaving Club will begin to train children in the fundamentals of lifesaving sport. Swimmers are between 5 and 8 years of age who have completed Swimmer 2.

Richvale Pool	All Ages	\$294.40/32	Mon Sep 26	5:30 p.m. - 6 p.m.	327971
Richvale Pool	All Ages	\$312.80/34	Fri Sep 30	5:30 p.m. - 6 p.m.	327972
Richvale Pool	All Ages	\$276.30/30	Sat Oct 1	4 p.m. - 4:30 p.m.	327973
Richvale Pool	All Ages	\$285.20/31	Sun Oct 2	9 a.m. - 9:30 a.m.	327974

Junior Division

The Junior Division of the Richmond Hill Lifesaving Club will train young athletes in the fundamentals of Lifesaving Sport. Athletes are between 8 and 10 years of age who have completed Swimmer 3.

Richvale Pool	6 - 9	\$294.40/32	Mon Sep 26	4:15 p.m. - 5 p.m.	323816
Richvale Pool	6 - 9	\$331.20/36	Tue Sep 27	6:15 p.m. - 7 p.m.	323817
Richvale Pool	6 - 9	\$331.20/36	Thu Sep 29	6 p.m. - 6:45 p.m.	323818
Richvale Pool	6 - 9	\$312.80/34	Fri Sep 30	6 p.m. - 6:45 p.m.	323820
Richvale Pool	6 - 9	\$312.80/34	Fri Sep 30	4:30 p.m. - 5:15 p.m.	323819
Richvale Pool	6 - 9	\$276/30	Sat Oct 1	4 p.m. - 4:45 p.m.	323823
Richvale Pool	6 - 9	\$276/30	Sat Oct 1	3:15 p.m. - 4 p.m.	323822
Richvale Pool	6 - 9	\$276/30	Sat Oct 1	11 a.m. - 11:45 a.m.	323821
Richvale Pool	6 - 9	\$285.20/31	Sun Oct 2	4 p.m. - 4:45 p.m.	323826
Richvale Pool	6 - 9	\$285.20/31	Sun Oct 2	3:15 p.m. - 4 p.m.	323825
Richvale Pool	6 - 9	\$285.20/31	Sun Oct 2	11:15 a.m. - 12 p.m.	323824

Youth Novice Division

The Youth Novice Division of the Richmond Hill Lifesaving Club will train pre-teen athletes in fitness and lifesaving sport skills. Athletes are between the ages of 10 and 13 years who have completed Swimmer 4.

Richvale Pool	9 - 14	\$294.40/32	Mon Sep 26	7 p.m. - 8 p.m.	328021
Richvale Pool	9 - 14	\$331.20/36	Wed Sep 28	6 p.m. - 7 p.m.	328022
Richvale Pool	9 - 14	\$312.80/34	Fri Sep 30	6 p.m. - 7 p.m.	328023
Richvale Pool	8 - 15	\$312.80/34	Fri Sep 30	4 p.m. - 5 p.m.	328024
Richvale Pool	9 - 14	\$276/30	Sat Oct 1	3 p.m. - 4 p.m.	328025
Richvale Pool	9 - 14	\$276/30	Sat Oct 1	4 p.m. - 5 p.m.	328026
Richvale Pool	8 - 15	\$285.20/31	Sun Oct 2	11 a.m. - 12 p.m.	328027
Richvale Pool	9 - 14	\$285.20/31	Sun Oct 2	3 p.m. - 4 p.m.	328028
Richvale Pool	8 - 15	\$285.20/31	Sun Oct 2	4 p.m. - 5 p.m.	328029

Youth Advanced Division

The Youth Advanced Division of the Richmond Hill Lifesaving Club will train pre-teen athletes between the ages of 10 and 13 years who have previously registered in RHLC Youth Division. Previous participation in an RHLC program is required for further development. This program will focus on the development of stroke techniques, endurance and speed.

Richvale Pool	9 - 14	\$294.40/32	Mon Sep 26	5 p.m. - 6 p.m.	328000
Richvale Pool	9 - 14	\$331.20/36	Tue Sep 27	6 p.m. - 7 p.m.	328001
Richvale Pool	9 - 14	\$331.20/36	Wed Sep 28	7 p.m. - 8 p.m.	328002
Richvale Pool	9 - 14	\$331.20/36	Thu Sep 29	7 p.m. - 8 p.m.	328004
Richvale Pool	9 - 14	\$331.20/36	Thu Sep 29	6 p.m. - 7 p.m.	328003
Richvale Pool	9 - 14	\$312.80/34	Fri Sep 30	8 p.m. - 9 p.m.	328007
Richvale Pool	9 - 14	\$312.80/34	Fri Sep 30	7 p.m. - 8 p.m.	328006
Richvale Pool	9 - 14	\$312.80/34	Fri Sep 30	5 p.m. - 6 p.m.	328005
Richvale Pool	9 - 14	\$276/30	Sat Oct 1	4 p.m. - 5 p.m.	328009
Richvale Pool	9 - 14	\$276/30	Sat Oct 1	3 p.m. - 4 p.m.	328008
Richvale Pool	9 - 14	\$285.20/31	Sun Oct 2	3 p.m. - 4 p.m.	328011
Richvale Pool	9 - 14	\$285.20/31	Sun Oct 2	10 a.m. - 11 a.m.	328010

Richmond Hill Lifesaving Club

Youth Development Division

The Youth Development Division of the Richmond Hill Lifesaving Club will train pre-teen athletes in fitness and lifesaving skills who are willing to commit to two practices per week. Athletes should be 10 to 13 years of age and have completed Swimmer 4. This is a fantastic opportunity to develop a higher level of overall fitness and lifesaving skills.

Richvale Pool	8 - 15	\$625.60/68	Mon,Wed Sep 26	6 p.m. - 7 p.m.	328019
Richvale Pool	8 - 15	\$662.40/ 74	Tue,Thu Sep 27	7 p.m. - 8 p.m.	328020

Masters Division

Calling all RHLC parents! This program is designed for adults (18+) who are interested in developing their personal fitness through swimming and lifesaving sport. Opportunities to compete in your age-group, at the Ontario Masters Lifesaving Championship, will be available during the season. All participants must be able to swim two lengths of the pool (50m). Check the times carefully as some sessions run at the same time as our Youth programs. The entire RHLC family can get fit and learn to life-save together!

Richvale Pool	16+	\$276/30	Sat Oct 1	3 p.m. - 4 p.m.	327964
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Bronze Division

The Bronze Division of the Richmond Hill Lifesaving Club will train teen athletes between the ages of 13 and 16 years who have completed Swimmer 6 or previously registered in RHLC Youth Division. This program will focus on the development of stroke techniques, endurance and speed required in Bronze Star, Bronze Medallion and Bronze Cross.

Richvale Pool	12 - 16	\$294.40/32	Mon Sep 26	6 p.m. - 7 p.m.	323600
Richvale Pool	12 - 16	\$331.20/36	Tue Sep 27	7 p.m. - 8 p.m.	328031
Richvale Pool	12 - 16	\$312.80/34	Fri Sep 30	7 p.m. - 8 p.m.	323601
Richvale Pool	12 - 16	\$312.80/34	Fri Sep 30	8 p.m. - 9 p.m.	323602
Richvale Pool	12 - 16	\$276/30	Sat Oct 1	5 p.m. - 6 p.m.	323603
Richvale Pool	12 - 16	\$285.20/31	Sun Oct 2	8 a.m. - 9 a.m.	323605
Richvale Pool	12 - 16	\$285.20/31	Sun Oct 2	4 p.m. - 5 p.m.	326448

Bronze Development Division

The Bronze Development Division of the Richmond Hill Lifesaving Club will train athletes who are willing to commit to two practices per week. Athletes should be 13 to 16 years of age and have completed Swimmer 6. This is a fantastic opportunity to develop a higher level of overall fitness and lifesaving skills to assist with Bronze Star, Bronze Medallion and Bronze Cross levels.

Richvale Pool	12 - 16	\$625.60/68	Mon, Wed Sep 26	7 p.m. - 8 p.m.	323266
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Lifeguards go through many endurance challenges.

Richmond Hill Lifesaving Club

Aquatic Emergency Care Division

Take your lifesaving training to the next level! If you are planning to be a professional lifeguard or looking for more comprehensive first aid and lifesaving training, RHLC Aquatic Emergency Care will give you the edge. Taught by a certified Lifesaving Society First Aid Instructor and Lifesaving Coach, AEC provides hands-on training in the care of injuries and illness common to both aquatic and non-aquatic settings. Learn how to recognize and treat injuries including head & spinal, bone & joint, abdominal & chest, burns, obstructed airways, and other common medical emergencies. **Prerequisite:** Current Bronze Cross

Richvale Pool 13+ \$294.40/32 Mon Sep 26 7 p.m. - 8 p.m. 323216

Junior Telegames

The Junior Lifeguard TELEGAMES is a club level competition occurring at pools all across Canada during the pre-established dates. This inter-club/inter-provincial event takes place during the Spring, Summer and Fall sessions. The competitors's results of the five timed events will be sent to the TELEGAMES scoring centre – the Lifesaving Society. If you would like a copy of the official Junior Lifeguard TELEGAMES handbook, please contact Richvale Pool.

Richvale Pool 6-15 \$25/1 Sat Dec 10 8 a.m. - 3 p.m. 323771

Richvale Pool 6-15 \$25/1 Sun Mar 25 8 a.m. - 3 p.m. 323772

- **WAITLISTS WORK!** By adding your name to a waitlist, it allows us to create new programs when possible and update individuals of any changes in the existing program.
- **Cameras and all recording devices are not permitted in the change rooms, Viewing Gallery or pool deck during programs. An exception will be made during Picture Day, as indicated in our first day flyer.**

RHLC Assistant Coach

Upon successful completion of the RHLC Assistant Coach program, participants will have an opportunity to act as a volunteer coach in future sessions. RHLC Assistant Coaches will learn basic coaching skills, drills and techniques. In addition, class safety, formations and delivery of feedback will also be a focus. **Prerequisite:** LSS Assistant Instructors, Bronze Cross, 14 years of age.

Richvale Pool 14+ \$80/12 Mon Sep 26 5:30 p.m. - 7 p.m. 328064



Not only do you learn lifelong skills, but you make lifelong friends along the way.