

# WATER SAFETY PROGRAMS

## Lifesaving Society Lifesaving Instructor

Teach Rookie, Ranger, Star, Bronze Star, Medallion and Cross. This is the instructor level needed to teach all lifesaving programs.

**Dates:** Courses will run as needed, please phone the pool to register.

**Prerequisites:** 16 years of age and Bronze Cross

**Cost:** Call the pool at 236-2686 for current rates

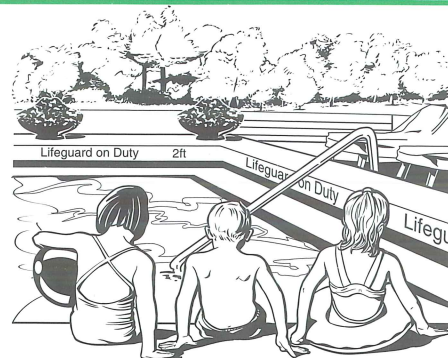
## National Lifeguard Services Award

This is a professional lifeguard award.

**Dates:** Courses will run as needed, please phone the pool to register.

**Prerequisites:** 16 years of age and Bronze Cross and First Aid/CPR

**Cost:** Call the pool at 236-2686 for current rates



## COURSES OFFERED at the Aquatic Centre:

### Red Cross Standard First Aid & CPR-C

Call pool for dates & current rates.

### Boat Operator Accredited Training

Call pool for dates & current rates.

## Join one of our Fantastic Clubs

### Manta Ray Swim Club

This swim club provides an opportunity for swimmers to participate in competitions, to improve fitness and swimming techniques and to set and work towards personal goals in a team environment that is fun, challenging and rewarding.

For more information and Season Dates please contact Shelley Kuffert at 236-3097.

**Monday/Wednesday/Thursday • 6:00 - 7:30 pm**  
**September 12 to December 15, 2011**

### Aquafitness Club

**Fitness classes run throughout the year.** Anyone may start at anytime, everyone is welcome to come and check it out!

#### MORNING CLASSES:

Monday/Wednesday/Friday • 7:50 am - 8:50 am

#### EVENING CLASSES:

Tuesday/Friday • 6:30 pm - 7:30 pm

*(Classes do not run on Statutory Holidays, Winter Break, Christmas, Easter or Summer Holidays.)*

### Lifeguard Club

The Lifeguard Club provides an opportunity for swimmers to learn fitness skills, water rescue, and first aid training. It provides an opportunity to learn and practice lifesaving and lifeguarding techniques in a club environment.

#### LEVELS OFFERED ARE:

- Rookie • Ranger • Star
- Bronze Star • Medallion • Cross

**MONDAYS – 4:00 to 6:30 pm**

**All sets consist of 10 classes.**

**Call Pool for  
more information.**

