

# Carleton Place Aquatics

## Bronze Star & Basic First Aid

Thursday 5:30-6:30pm

Candidates must attend 100% of the program

**Course Fee: \$149.50** (Non-Contributing areas add \$74.75)

Call to register (with Visa or MC) 613-257-1005

\*\*\* **May 12, 2022 to July 7, 2022**

\*\*\* Program dates are dependent upon the Provincial restrictions and reopening guidelines.

### Course description:

**Bronze Star:** develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

**Prerequisite:** None (Swim Patrol experience recommended.)