

Swim Instructor Course – Carleton Place Aquatics

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society [Swim for Life](#) program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

Prerequisites: 15 years of age by the end of the course; Bronze Cross certification (need not be current)

Swim Instructor course dates – 100% attendance is required.

Wed March 22 – 6:00 to 9:00 pm; Sat March 25 – 9:00 to 5:30 pm; Sun March 26 – 9:00 to 5:30 pm.

Course Fees: Residents \$181.25; Non Contributing \$280.00

Manuals are an additional cost: TBD

Required references: Swim Instructor Pack (includes *Instructor Manual*, *Swim for Life Award Guide*, *Teaching Swim for Life* and Leadership Binder).

Register by calling the Carleton Place Aquatic center: 613-257-1005

Lifesaving Instructor Course – Carleton Place Aquatics

The Lifesaving Instructor course prepares instructors to teach the Lifesaving Society's:

- Canadian Swim Patrol Program
- Bronze Star, Bronze Medallion, Bronze Cross
- Lifesaving Fitness, Distinction
- Basic and Emergency First Aid, and CPR-A, CPR-B and CPR-C

Prerequisites: 15 years of age by the end of the course; Bronze Cross certification (need not be current).

Lifesaving Instructor course dates – 100% attendance is required.

Wed May 24 - 6:00 to 9:00 pm; Sat May 27 - 9:00 to 5:30 pm; Sun May 28 - 9:00 to 5:30 pm.

Course Fees: Residents \$181.25; Non Contributing \$280.00

Manuals are an additional cost: TBD

Required references: Swim Instructor Pack (includes *Instructor Manual*, *Swim for Life Award Guide*, *Teaching Swim for Life* and Leadership Binder).

Register by calling the Carleton Place Aquatic center: 613-257-1005

National Lifeguard – Waterfront – Carleton Place Aquatics

National Lifeguard - Waterfront certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by waterfront lifeguards. The National Lifeguard Waterfront course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes that will assist the lifeguard to provide effective safety supervision in waterfront environments.

Prerequisites: Minimum 15 years of age. [Bronze Cross](#) certification and Lifesaving Society [Standard First Aid](#) (need not be current).

National Lifeguard Waterfront course dates - 100% attendance is required.

Sun June 18 – 9:00 am to 6:00 pm; Sat June 24 – 9:00 am to 6:00 pm; Sun June 25 – 9:00 am to 6:00 pm

Rain or shine!

Course Fees: Residents \$183.25; Non Contributing \$274.25

Required references: *Alert: lifeguarding in action*, an additional cost if you don't already have one from the Pool NL course.

Register by calling the Carleton Place Aquatic center: 613-257-1005

Prerequisites: Minimum 15 years of age. Bronze Cross certification and Lifesaving Society Standard First Aid (need not be current). All candidates must hold a current NL pool award and provide proof on the first day of the Waterfront NL.