

## 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).

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## 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