



359 Bridge Street, Carleton Place, ON, K7C 3H9

613-257-1005

## **Lifesaving Society NLS - WATERFRONT**

**Prerequisites:** Minimum 16 years of age; Bronze Cross; and, Standard First Aid (current within 2 years) from one of Lifesaving Society, St John Ambulance, Canadian Red Cross, or Canadian Ski Patrol.

**Proof of pre-requisites must be presented to the course staff on the first day of the program. 100% attendance is required**

National Lifeguard Waterfront training emphasizes:

- Prevention and effective rescue response in emergencies including first aid treatment.
- Teamwork, leadership and communication skills.

Fitness requirements include a timed 300 m run-swim-tow and a 50 m swim wearing fins.

**National Lifeguard Waterfront \$163.00**

**Wed June 10 – 7:00 to 9:00 pm (Carleton Place Pool)**

**Sat June 13 – 8:00 am to 6:00 pm (Riverside Beach)**

**Sun June 14 – 8:00 am to 4:00 pm (Riverside Beach)**

*Carleton Place Pool – 359 Bridge St., Carleton Place*

*Riverside Beach - 159 John St, Carleton Place*

**Waterfront NL RECERT \$83.75**

**Sun June 14th—8 to 4 pm**

**Carleton Place Riverside Beach**

Registration is required in advance.

Call 613-257-1005 Ext 21 if using Visa or Mastercard