

# Carleton Place Aquatics

359 Bridge Street, Carleton Place ON K7C 3H9 - 613-257-1005 - [www.carletonplace.ca/pool](http://www.carletonplace.ca/pool)

## National Lifeguard & Lifesaving Standard First Aid including AED and CPR-C

**Prerequisites:** Minimum age 15 yrs & Bronze Cross

Resident: \$382.00 (incl tax) + Alert manual \$75.00

Non Resident: \$573.00 (incl tax) + Alert manual \$75.00

**Course Dates:** 100% attendance and participation are required!

Wednesdays - November 1, 8, 15, 22 – 6:00 to 10:00 pm

Fridays – November 3, 10, 17, 24 – 5:00 to 10:00 pm

Saturdays – October 28, November 25 (Exam) – 12:00 to 6:30pm

## National Lifeguard – POOL RECERT

**Course Fees:** Residents \$101.00; Non-Contributing \$151.50

**Course Date:** Saturday, November 25, 2023 – 12 to 6:30 pm

100% attendance and participation are required!

Bring proof of certification.

**National Lifeguard Recertification:** To remain “current”, National Lifeguards must successfully complete a National Lifeguard recertification exam. The only items evaluated on a National Lifeguard recertification examination are marked with a (†) symbol in the At-a-glance list of test items, on the test sheets and in the *National Lifeguard Award Guide*.

The National Lifeguard recertification exam is your opportunity to demonstrate your skills and recertify your award. You are responsible for reviewing the required content and skills and preparing yourself for the exam. Your exam is based on the National Lifeguard Award curriculum. The required content for this curriculum can be found in your *Alert* text and the *Canadian Lifesaving Manual*. Candidates should bring a whistle, barrier devices (gloves and pocket mask) and proof of prerequisite (previous National Lifeguard certification).

Register by calling the Carleton Place Aquatic center 613-257-1005 or go online

[www.carletonplace.ca/pool](http://www.carletonplace.ca/pool)