



359 Bridge Street, Carleton Place, ON, K7C 3H9
613-257-1005

Lifesaving Society NL (full course) & NL Recert

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

NLS POOL training emphasizes prevention and effective rescue response in emergencies including first aid treatment; teamwork, leadership and communication skills.

Fitness requirements have changed, see www.lifesavingsociety.com for details.

National Lifeguard course fee \$243.75 + Alert manual

Course Details:

Wed. Apr 15, 6:00-9:30 pm

Fri. Apr 17, 6:00-9:30 pm

Sat. Apr 18, 9:00-5:00 pm

Sun. Apr 19, 9:00-5:00 pm

Fri. May 1, 6:00-9:30 pm

Sat. May 2, 9:00-5:00 pm

Sun. May 3, 9:00-5:00 pm (Includes exam)

Location:

Carleton Place Pool, 359 Bridge St, Carleton Place

NLS Pool RECERT \$83.75 (Proof of NL is required)

Sun. May 3, 1:00-5:00 pm

Registration is required in advance. Carleton Place Aquatics reserves the right to cancel programs due to insufficient enrollment.

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