

Advanced Aquatics

Fall 2016

Registration: Thursday August 24th 2016

5:00pm in person

5:30pm over the phone @ 403.762.6450

Advanced Aquatics

Junior Masters #8249	Wednesday September 21 th – November 9 th 6:15pm – 7:00pm	<ul style="list-style-type: none"> • \$70.00+gst • 8 Lessons
Bronze Medallion #8289	November 18 th 5:00pm-9:00pm November 19 th 9:00am-5:00pm November 20 th 9:00am-5:00pm	<ul style="list-style-type: none"> • \$250.00+gst • 20 Hours
Bronze Cross #8289	November 18 th 5:00pm-9:00pm November 19 th 9:00am-5:00pm November 20 th 9:00am-5:00pm	<ul style="list-style-type: none"> • \$250.00+gst • 20 Hours
National Lifeguard Pool Recertification #8290	December 2 nd 5:00pm-9:00pm	<ul style="list-style-type: none"> • \$90.00+gst • 5 Hours

ADVANCED AQUATICS

Course	Course Info	Pricing
<u>Junior Masters</u>	Junior Masters is a program aimed at teaching and strengthening advanced swimming skills in children and youth. The focus is on stroke improvement and endurance for all four strokes as well as developing the correct swimming technique and endurance.	<ul style="list-style-type: none"> • \$90.00+gst • 8 Lessons
<u>Bronze Medallion</u>	Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows, carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Prerequisites: Bronze Star or 13 years +	<ul style="list-style-type: none"> • \$250.00+gst • 20 Hours • Includes manual
<u>Bronze Cross</u>	Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Prerequisites: Bronze Medallion.	<ul style="list-style-type: none"> • \$250.00+gst • 20 hours • Includes manual
<u>National Lifeguard Pool Recertification</u>	This is a re-certification course for a previously held NL Pool award. Prerequisites: Must bring proof of current NL award.	<ul style="list-style-type: none"> • \$90.00+gst • 5 Hours