



Advanced Aquatics
Winter 2017

Registration: Tuesday December 13th 2016
5:00pm in person or 5:30pm over the phone @ 403.762.6450

Advanced Aquatics
(No Junior Masters Wednesday February 22nd 2017)

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| Junior Masters #8383 | Wednesday - 6:15pm – 7:00pm January 11 th 2017 – March 8 th 2017 | <ul style="list-style-type: none"> • \$70.00+gst • 8 Lessons |
| Bronze Medallion #8385 | March 17 th 5:00pm-9:00pm March 18 th 9:00am-5:00pm March 19 th 9:00am-5:00pm | <ul style="list-style-type: none"> • \$250.00+gst • 20 Hours |
| Bronze Cross #8385 | March 17 th 5:00pm-9:00pm March 18 th 9:00am-5:00pm March 19 th 9:00am-5:00pm | <ul style="list-style-type: none"> • \$250.00+gst • 20 Hours |
| National Lifeguard Pool Recertification #8386 | Friday – 1:00pm-5:00pm March 10 th 2017 | <ul style="list-style-type: none"> • \$90.00+gst • 5 Hours |

| Advanced Aquatics | |
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| Junior Masters – 10 Years + completion of Level 10 Skills | <ul style="list-style-type: none"> • 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 as well as developing correct swim techniques. |
| Bronze Medallion Prerequisites: Bronze Star or 13 years + Bronze Cross Prerequisite: Bronze Medallion | <ul style="list-style-type: none"> • Bronze awards teach an understanding of the lifesaving principles embodied in the four components of water rescue education: Judgement, Knowledge, Skills and Fitness. Rescuers learn Tows, Carries and defence and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim. |
| National Lifeguard Pool - Recertification Prerequisite: 16 years + | <ul style="list-style-type: none"> • This is a recertification course. Please bring proof of certification. |

Please register at least one week prior to the start date.
Classes with insufficient registration have to be cancelled.