8 FOR 8 LESSONS

Can't do 2 straight weeks of lessons? Why not try doing one lesson a week for 8 weeks? Refer to the right hand column of our schedule on page 25 for dates and times for the Atwood (A) and the Listowel (L) pools.

LIFESAVING SOCIETY
The Lifeguarding Experts

ADVANCED AQUATICS

Bronze Star

Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400 m swim. Cost: $100
Listowel Kinsmen Pool and Atwood Lions Pool: July 15-19, 2019 8am - 12pm.

Bronze Medallion and Emergency First Aid & CPR

Teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 m timed swim. Bronze Medallion is the pre-requisite for Lifesaving Bronze Cross. Minimum 13 years of age. Cost: $200.
Listowel Kinsmen Pool and Atwood Lions Pool: July 15-19, 2019 8am -3pm.

Bronze Cross and Standard First Aid & CPR

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard (NLS) and Water Safety Instructor certification (WSI). Includes a timed 600 m swim. Cost: $200.
Listowel Kinsmen Pool and Atwood Lions Pool: July 15-19, 2019 8am -3pm.

REGISTRATION NIGHT

Wednesday May 29, 2019 from 6-8pm

You can start registering for swimming lessons on Wednesday, April 3rd by coming into the Municipal Office. If you prefer to wait for our evening registration, our lifeguards will be available on Wednesday, May 29, 2019 from 6-8pm at the Municipal Office in Listowel and the Elma Memorial Community Centre in Atwood.

For swimming lesson inquiries call the recreation office 519-291-2950 ext. 2065 or 519-292-2054.