

## 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.



# 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.

## 5 Steps to Become an Instructor/Lifeguard

### Lifesaving Bronze Medallion & Emergency First Aid/CPR B

**Summer/Fall**  
Develop physical fitness, decision-making and judgement skills for water rescues. Spinal injury management techniques are also covered.

Pre-Requisites: 13 years old prior to the exam date



### Lifesaving Bronze Cross & Standard First Aid/CPR C

**Summer/Fall**  
Learn the difference between lifesaving & lifeguarding, emergency procedures, teamwork, special equipment use and spinal injury management techniques.

Pre-Requisites: 14 years old, Bronze Medallion & Emergency First Aid/CPR B



### Lifesaving Assistant Instructors

**Winter/Spring**  
This course prepares candidates to help certified instructors with swimming classes. You are introduced to key principles of learning and teaching basic swimming progressions. Min of 15 volunteer hours during swimming lessons required to complete the course.

Pre-Requisites: 15 years old by end of course, Bronze Cross



### Lifesaving Instructors

**Spring**  
This course prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates learn teaching methods, a variety of stroke development drills and correction techniques.

Pre-Requisites: 16 years old by the end of the course, Lifesaving Assistant Instructors, Bronze Cross



### Lifesaving National Lifeguard

**Spring**  
Learn teamwork, leadership, emergency procedures and accident prevention. This is the standard guarding certificate across Canada.

Pre-Requisites: 16 years old, Bronze Cross & Standard First Aid/CPR C

