

# Lillooet REC Centre Swimming Pool

## Lifesaving Courses



### Junior Lifeguard Club

Dates: May 21-June 20 (Tuesday & Thursday)

Time: 6-7pm

Ages: 8-12 years

Prerequisites: Ability to swim 25 metres non-stop and tread water 2 minutes

Cost: \$95.00

Learn the skills it takes to be a lifeguard while having fun and setting your own goals. Friends can join together-there are no levels! Members receive a JLC Waterlog to record their achievements

Summer Session: July 2-August 8, Tues & Thurs 10:15-11:15am, \$105.00

### Lifesaving Fitness:

May 13-June 19, Monday & Wednesday 7-8pm

Cost: \$60.00

Age 13+

For teens and adults interested in improving their fitness and swimming skills prior to taking Bronze Medallion, Bronze Cross or National Lifeguard. Work on endurance, stroke efficiency, lifesavings kicks, object recovery, entries and removals. Must be capable of swimming at least 50m consecutively and comfortable in deep water.

### STEP 1 Lifeguard Training:

#### Bronze Medallion & CPR-A

July 2-11, 2019 (Tues & Thurs 4-8pm, Saturday July 6 9am-4pm)

Cost: \$150.00 (includes course manual)

Prerequisites: 13 years by last day of course



The Lifesaving Society's 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 and carries, and defense and release methods in preparation for rescues involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency in a 500m timed swim (20 lengths in 15 minutes or better).

100% Attendance Required! Please bring official proof of age to first class. (birth cert., passport, DL, etc.)

### STEP 2 Lifeguard Training:

#### Bronze Cross & CPR -C

July 23-August 1, 2019 (Tues & Thurs 4-8pm, Saturday July 27 9am-4pm)

Cost: \$150.00 (\$250.00 for Bronze Medallion & Cross)

Prerequisites: Bronze Medallion (need not be current). Bring certification card to first class.

Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Lifesavers increase their fitness with a 600m timed swim (24 lengths in 18 minutes or better), a rescue drill with line and loop, and rescues involving multiple victims and rescuers.

**\*\*Worth 2 Grade 11 High School Credits**

Interested in taking the **National Lifeguard Award Pool Option?**

Put your name on the interest list in the office.

Must be 16+ years and have Bronze Cross and Standard First Aid certification.

