

Dress for Success!

The City of Cambridge's Lifeguard Quest Program provides a unique opportunity for participants to take their swimming skills and knowledge to a higher level. The program combines training elements from the Canadian Red Cross Society and the Lifesaving Society. It's a great program for anyone thinking of training to be a lifeguard!

Working as a lifeguard is a great opportunity for young people to earn an above-average wage. It is also a great way to learn a wide range of skills and take on responsibilities that will not only look good on a resume, but will serve you well throughout your life. Training and experience as a lifeguard can also provide an excellent boost for those considering a career in recreation management, education, physical education, or health sciences. For that matter, the first aid, lifesaving and teaching skills are invaluable for most career paths.



How to Become a Lifeguard

**** Indicates requirements to become a City of Cambridge Lifeguard**

Red Cross Swim Kids Level 1 - 7

Lifeguard Quest Program

Lifesaving Society Rookie Patrol
Lifesaving Society Ranger Patrol
Lifesaving Star Patrol

Red Cross Swim Kids Level 8
Red Cross Swim Kids Level 9
Red Cross Swim Kids Level 10

Lifesaving Society Bronze Star

Prerequisites: Swimming ability (Ability to swim 100 metres continuously)

Lifesaving Society Bronze Medallion

Prerequisites: Swimming ability (Ability to swim 100 metres continuously recommended and age 13 or Bronze Star.)

Lifesaving Society Bronze Cross

Prerequisites: Bronze Medallion and age 14

Red Cross Swim Kids Level 8
Red Cross Swim Kids Level 9
Red Cross Swim Kids Level 10

Red Cross Assistant Water Safety Instructor

Prerequisites: Must be 15 years of age by the last day of the course. Ability to perform Red Cross Swim Kids Level 10 strokes and skills or equivalent.

**** Lifesaving Instructor**
Prerequisites: Must be 16 years of age by the last day of the course. Hold a current Bronze Cross Certification.

**** Standard First Aid & CPR-C**
Prerequisites: None

****Red Cross Water Safety Instructor**
Prerequisites: Must be 16 years of age by the last day of the course. Hold a current Red Cross Assistant Water Safety Instructor Certification, Bronze Cross

****National Lifeguard Service**
Prerequisites: Must be 16 years of age by the last day of the course. Hold a current Bronze Cross, Standard First Aid & CPR - C Certification.

Baby Fat Boot Camp

Attention NEW Mom's! No Babysitter. Babies/ (Newborn) help you work out while they get their first orientation to the water. Strong focus on tightening abdominals after childbirth. Bond with your baby and get fit!

Monday, July 5 – Aug 30

Bar Code: 146179

1 – 1:45pm

Wednesday, July 7 – Sept 1

Bar Code: 146180

9:45 -10:30am

G.S.T./ 9 Week Session

Bronze Medallion & Emergency First Aid

(George Hancock Pool)

Bronze Medallion involves challenges in decision-making and rescues.

Emergency First Aid involves training in rescue breathing and first aid skills, etc. July 5 -15, 8:30am - 12pm

Prerequisite: Must be 13 years of age on or before exam date of Friday, July 16, 8:30am –12pm

Residents \$136.06 / Non-Residents \$154.75 (incl. materials & exam fees)

Bar Code: 146076



LIFESAVING SOCIETY
The Lifeguarding Experts

Bronze Cross

(George Hancock Pool)

This course includes emergency procedures, rescues, spinal injuries and other techniques.

July 19 – 29, 8:30am - 12pm

Prerequisite: Must be 14 years of age on or before Friday, July 30, 8:30am – 11:30am and hold Bronze Medallion and Sr. Resuscitation or Emergency First Aid awards

Residents \$91.81 / Non-Residents \$106.78 (includes exam fee)

Bar Code: 146078

Red Cross Assistant Water Safety Instructor

(George Hancock Pool)

This course is the first step for those wanting to become swimming instructors. The course includes 20 hours of co-teaching of the Red Cross Learn to Swim program

August 2 - 13

8:30am – 12:30pm

Co-teaching in the Month of August.

Prerequisite: Must be 15 years of age and hold Bronze Cross Award
Resident \$177.57 / Non-Resident \$194.54 (includes materials and exam fee)

Bar Code: 146079

Fun Days

*** Get involved with your City of Cambridge Pools
John Dolson Centre
Hancock Pool
Soper Park Pool**

For Further Information please call the above pools.

Adult Learn To Swim

Learn at your own pace, Beginner to Intermediate classes available.

Saturday, July 3 – Aug 28

9:30am – 10:30pm

Bar Code: 146181

\$57.30 + G.S.T. / 9 Classes

Adult Zumba

(Gospel Baptist Church)

Zumba® Fitness is like no other workout you will ever experience! Zumba® Fitness is inspired by the traditional cumbia, salsa, samba and merengue music paired with pulsating Latin rhythms with international dance steps.

Ages 16 & up

Tue, June 15 – Aug 10

7 – 8pm

Barcode: 146183

8:15 – 9:15pm

Barcode: 146184

Ages 18 & up

Wed, June 16 – Aug 11

7-8pm

Barcode: 146182

\$76.50 + G.S.T. / 9 Week Session

Turbo Kick

(John Dolson Centre)

New

Lorrie Koekhuyt Turbo Kick is the hottest exercise class around! You'll kick, punch and groove the calories away in this action-packed, super fun, super safe and effective cardiovascular workout.

Ages 16+

Thursdays,

July 8 – Sept 2

7- 8pm

Bar Code: 146185

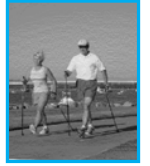
\$76.50 + G.S.T /

9 Classes



Urban Poling (Soper Park Pool)

Popular in Europe, NOW gaining momentum in Canada. This healthy outdoor activity with a certified instructor allows participants to burn more calories than regular walking while eliminating stress on your body and joints that may result from regular walking. Varying



degrees of intensity and distance will meet the needs of all fitness levels. Meet in Soper Park at the Soper Park Pool for a fun and dynamic walk with the support of Urban Poles.

**Thursdays, June 17 – Aug 5
11-12pm**

Bar Code: 146186

\$65.38 + G.S.T. without swim

\$75.38 + G.S.T. with 12– 1pm swim
7 Week Session

New Yoga with Tracey (John Dolson Centre)

Tracey's program takes a step-by-step approach to yoga. Your fitness level will increase gradually. Common physical problems can be prevented and to varying degrees cured or managed, through participation in the program. Yoga builds core strength, balance and flexibility making it an excellent compliment to your athletic endeavors.

Ages 18+

Wednesdays, June 30 – Aug 25

8 – 8:45pm

Bar Code: 146187

\$76.50 + G.S.T./ 9 Week Session

Health & Wellness Land Arthritis

Jill Parker-Cornish's program is personally designed to maintain and/or improve your day to day mobility. This movement-based land exercise can be done sitting in a chair to keep you flexible and in motion. It is ideal for beginners or intermediate with bone and joint issues such as osteoporosis, arthritis or fibromyalgia. Doctor's permission is necessary to participate in this class.

Monday, June 14 – Aug 9

10am – 11am

Bar Code: 146195

\$56.25 + G.S.T. / 9 Classes

Ed Newland Programs

LSS Bronze Star

Introduces candidates to the fundamentals of Bronze Medallion; focusing on rescues, first aid, stroke development, and victim care. Includes a timed 400m swim. **Pre-requisite:** Canadian Swim Patrol recommended, 11 years of age. Successful candidates may continue into Bronze Medallion.

Mon, Jul 5-Fri, Jul 9

10:30am-12:30pm

Bar Code 145535

-OR-

Mon, Aug 9-Fri, Aug 13

10:30am-12:30pm

Bar Code 145534

Resident \$72.45 + tax

Non Resident \$85.26 + tax

Bronze Medallion & Emergency First Aid

Develop basic lifesaving and resuscitation skills, stroke efficiency and the endurance necessary to perform water rescues. **Pre-requisite:** 13 yrs of age by exam date or Bronze Star. (materials and exam fee included)

Mon, Jul 12-Fri, Jul 16

8:30 am-1:30 pm

Bar Code 145538

Resident \$125.83 + tax

Non Resident \$139.37 + tax

-OR-

Mon, Aug 16-Fri, Aug 20

8:30 am-1:30 pm

Bar Code 145547

Resident \$128.52 + tax

Non Resident \$139.37 + tax

Bronze Cross

This course continues to develop lifesaving skills and introduces the principles of lifesaving in aquatic facilities. **Pre-requisite:** 14 yrs of age by exam date plus Bronze Medallion. (materials and exam fee included)

Mon, Jul 19-Fri, Jul 23,

8:30 am-12:30 pm

Bar Code 145560

Resident \$88.25 + tax

Non Resident \$102.50 + tax

-OR-

Mon, Aug 23-Fri, Aug 27

8:30 am-12:30 pm

Bar Code 145569

Resident \$88.25 + tax

Non Resident \$102.50 + tax

Summer Jr. Lifeguard Club

The Junior Lifeguard Club (JLC) offers serious fun for kids 8 years and up who have completed SK 7. Come Practice your strokes participate in a swim workout, as well as practice your skill so you can one day become a lifeguard

Mon-Thu 12-2 pm

Jul 5-8 145733

Jul 12-15 146023

Jul 19-22 146024

Jul 26-29 146025

Aug 9-12 146026

Aug 16-19 146027

Aug 23-26 146028

Resident \$20/week

Non-Resident \$24/week

LSS Canadian Swim Patrol

The on-ramp to lifeguarding for 8-13-year-olds who are ready to go beyond Swim lessons. Candidates should be able to swim 100m in 3 minutes or less.

Rookie

Features a timed 100m swim, 350m workouts and swims with clothes. A work-hard play hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behavior.

Mon, Jul 5-Fri, Jul 9, 8:30-9:30 am

Barcode 145471

-OR-

Mon, Aug 9-Fri, Aug 13, 8:30-9:30 am

Bar Code 145510

Resident \$64.05r

Non-Resident \$78.78

Ranger

Features a timed 200m swim, 100m fitness medley and support/ carrying a 5-lb. weight. Content is challenging but achievable with effort. Skill drills enhance capability in the water including a non-contact rescue.

Mon, Jul 5-Fri, Jul 9, 8:30-9:30 am

Barcode 145512

-OR-

Mon, Aug 9-Fri, Aug 13, 8:30-9:30 am

Barcode 145513

Resident \$64.05

Non-Resident \$78.78

Star

Features a timed 300m swim, 3 x 600m Workouts; swim with clothes; defense methods; support & carry 10-lb weight. Scene assessment and a towing rescue are introduced.

Mon, Jul 5-Fri, Jul 9, 8:30-10:30 am

Barcode 145514

-OR-

Mon, Aug 9-Fri, Aug 13, 8:30-10:30 am

Bar Code 145515

Resident \$64.05

Non-Resident \$78.78

NLS

This course prepares candidates for the Water Safety Instructor course by providing exposure to an aquatic instructional setting as well as an opportunity for leadership development. Pre-requisite: Bronze Cross, Standard First Aid and 16 years of age. (materials and exam fee included)

Mon, Aug 30-Fri, Sep 3

8:30 am-5:30 pm

Bar Code 145570

Resident \$176.83 + tax

Non Resident \$199.42 + tax

Baby Fat Boot Camp

Attention NEW Mom's! No Babysitter? Babies/ (Newborn) help you work out while they get their first orientation to the water. Strong focus on tightening abdominals after childbirth. Bond with your baby and get fit!

Mon, Jul 5-26, 1-1:45 pm

Bar Code 146037

Wed, Jul 7-28, 1-1:45 pm

Bar Code 146038

Tue, Aug 3-24, 1-1:45 pm

Bar Code 146039

Thu, Aug 5-26, 1-1:45 pm

Bar Code 146040

\$27.69 / 4 weeks + tax

Triathlon Training

Need a new challenge? Try our adult swim club workout. Not just for tri-athletes. Must be able to swim 4 lengths of the pool comfortably. Lead by NCCP certified coach Kyla Robson

Mon, Jul 5-26, 7:30-8:30 pm

Bar Code 146052

\$26.67 / 4 weeks + tax

-OR-

Wed, Jul 7-28, 7:30-8:30 pm

Bar Code 146053

\$26.67 / 4 weeks + tax

Aqua Fit Drop-in Rates Apply

June:

Mon-Fri 8:30-9:15 am

Mon-Fri 2:15-3 pm

Mon-Wed 7:05-7:50 pm

July/August

Mon-Fri 8:30-9:15 am

Mon-Thu 1-1:45 pm

Mon & Wed 7:30-8:15 pm

(as long as sunlight allows)