

LSS Canadian Swim Patrol

(Ed Newland Pool)

Rookie

Rookie Patrol Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First Aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workout and 100 m timed swims.

Mon, Jul 4-Fri, Jul 8, 8:30-9:30 am

Bar Code 162732

-OR-

Mon, Aug 8-Fri, Aug 12, 8:30-9:30 am

Bar Code 162733

Resident \$67.30 + HST

Non Resident \$80.75 + HST

Ranger

Ranger Patrol Swimmers develop better strokes over 75 m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

Mon, Jul 4-Fri, Jul 8, 8:30-9:30 am

Bar Code 162735

-OR-

Mon, Aug 8-Fri, Aug 12, 8:30-9:30 am

Bar Code 162736

Resident \$67.30 + HST

Non Resident \$80.75 + HST

Star

Star Patrol Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First Aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

Mon, Jul 4-Fri, Jul 8

8:30-10:30 am Mon to Thu

8:30-9:30 am Fri

Bar Code 162737

-OR-

Mon, Aug 8-Fri, Aug 12

8:30-10:30 am Mon to Thu

8:30-9:30 am Fri

Bar Code 162738

Resident \$67.30 + HST

Non Resident \$80.75 + HST

Bronze Star

(Ed Newland Pool)

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 400m swim. PREREQUISITES: Canadian Swim Patrol recommended, 11 years of age. Successful candidates may continue into Bronze Medallion.

Mon, Jul 4-Fri, Jul 8

10:30 am-12:30 pm

Bar Code 161576

-OR-

Mon, Aug 8-Fri, Aug 12

10:30 am-12:30 pm

Bar Code 161577

Resident \$72.60 + HST

Non Resident \$85.41 + HST

Bronze Medallion and Emergency First Aid

(Ed Newland Pool)

The Bronze Medallion and Emergency First Aid is a prerequisite for Bronze Cross. Basic lifesaving and artificial resuscitation skills are developed as well as stroke efficiency and the endurance necessary to perform water rescues. Canadian Lifesaving manual required. PREREQUISITE: LSS Bronze Star or Candidates must be 13 years old to take the final exam. Candidates must attend exam at facility course taken at.

Mon, Jul 11-Fri, Jul 15

8:30 am-1:30 pm

Bar Code 161580

-OR-

Mon, Aug 15-Fri, Aug 19

8:30 am-1:30 pm

Bar Code 161581

Resident \$143.88 + HST

Non Resident \$140.87 + HST

Bronze Cross (Ed Newland Pool)

Continue to develop lifesaving skills and introduces the principles of lifesaving in aquatic facilities. Bronze Cross is a prerequisite for the NLS program, and RC/LSS Instructors program. PREREQUISITE: LSS Bronze Medallion, Emergency First Aid. Candidates must attend exam at facility where course was taken.

Mon, Jul 18-Fri, Jul 22

8:30 am-12:30 pm

Bar Code 161585

-OR-

Mon, Aug 22-Fri, Aug 26

8:30 am-12:30 pm

Bar Code 161586

Resident \$90.33 + HST

Non Resident \$104.94 + HST

Red Cross Assistant WSI

(W. G. Johnson Centre)

This course will prepare candidates for the water safety instructor course by providing exposure to an aquatic instructional setting as well as an opportunity for leadership development. A 'Volunteer Apprentice Teaching Experience' of 20 hours is required to be completed.

Mon, Jul 25-Fri, Jul 29, 9 am-4 pm

Bar Code 163027

Resident \$168.38 + HST

Non Resident \$184.94

Red Cross Water Safety Instructors

(W. G. Johnson Centre)

This award concentrates on teaching styles and methods, lesson planning, class formations and stroke development. Once completed candidate will be able to teach all Red Cross Learn to Swim Programs. PREREQUISITE: Red Cross Leaders Award/Red Cross Assistant Instructor Course and current Bronze Cross or NLS. Candidate must be 16 years of age by the last lesson. Each candidate must present an original Aqua Leaders / Assistant Instructor report card and proof of age on the first lesson. 100% attendance is mandatory. Red Cross Instructor Manual is required.

Mon, Aug 22-Fri, Aug 26, 9 am-2 pm

Bar Code 163028

Resident \$182.52 + HST

Non Resident \$205.67 + HST

National Lifeguard Service

(Ed Newland Pool)

The NLS course is designed to challenge candidates who wish to pursue advanced training in life guarding skills and techniques. The focus is on guarding procedures and advanced aquatic emergency care. PREREQUISITE: Bronze Cross Award, Standard First Aid. Candidates must be 16 years of age to take final exam. Alert Manual is required. 100% attendance mandatory.

Mon, Aug 29-Fri, Sep 2

8:30 am-5:30 pm

Bar Code 161588

Resident \$177.98 + HST

Non Resident \$200.57 + HST

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

