

| Monday 19 Sept -14 Nov 2022 | | | Monday 21 Nov 2022 - 23 Jan 2023 | | |
|--|--|--|---|---|--------------------------------|
| 3:00-3:30 10213 \$50.24 Parent & Tot 1/2/3 | No Class 10 Oct 2022 | | 3:00-3:30 10256 \$52.72 Preschool 1 | No Class Dec 2022 & 2 Jan 2023 26 | |
| 3:35-4:05 10214 \$52.72 Preschool 1 | | | 3:35-4:05 10257 \$52.72 Preschool 3 | | |
| 4:00-4:30 10217 \$52.72 Preschool 2 | 4:00-4:30 10220 \$52.72 Swimmer 1 | | 4:00-4:30 10258 \$52.72 Swimmer 1 | 4:00-4:30 10261 \$52.72 Swimmer 2 | |
| 4:35-5:20 10218 \$79.20 Swimmer 3/4 | 4:35-5:05 10221 \$52.72 Preschool 1 | | 4:35-5:20 10259 \$79.20 Swimmer 5/6 | 4:35-5:05 10262 \$52.72 Preschool 2 | |
| 5:25-6:10 10219 \$79.20 Swimmer 5/6 | 5:10-5:40 10222 \$52.72 Preschool 2 | | 5:25-6:10 10260 \$79.20 Swimmer 3/4 | 5:10-5:40 10263 \$52.72 Preschool 1 | |
| | 5:45-6:15 10223 \$52.72 Swimmer 2 | | | 5:45-6:15 10264 \$52.72 Swimmer 1 | |
| | 6:20-6:50 10224 \$52.72 Swimmer 1 | | | 6:20-6:50 10265 \$52.72 Swimmer 2 | |
| Registration Deadline - 14 Sept 2022 @ 9:00am | | | Registration Deadline - 16 Nov 2022 @ 9:00am | | |
| Tues/Thurs 20 Sept -13 Oct 2022 | | | Tues/Thurs 18 Oct - 10 Nov 2022 | | |
| 3:00-3:30 10225 \$50.24 Parent & Tot 1/2/3 | | | 3:00-3:30 10246 \$50.24 Parent & Tot 1/2/3 | | |
| 3:35-4:05 10226 \$52.72 Preschool 1 | | | 3:35-4:05 10247 \$52.72 Preschool 2 | | |
| 4:00-4:30 10227 \$52.72 Preschool 2 | 4:00-4:30 10230 \$52.72 Swimmer 1 | | 4:00-4:30 10248 \$52.72 Preschool 3 | 4:00-4:30 10251 \$52.72 Swimmer 1 | |
| 4:35-5:20 10228 \$79.20 Swimmer 5/6 | 4:35-5:05 10231 \$52.72 Swimmer 2 | | 4:35-5:20 10249 \$79.20 Swimmer 3/4 | 4:35-5:05 10252 \$52.72 Swimmer 2 | |
| 5:25-6:10 10229 \$79.20 Swimmer 3/4 | 5:10-5:40 10232 \$52.72 Swimmer 1 | | 5:25-6:10 10250 \$79.20 Swimmer 5/6 | 5:10-5:40 10253 \$52.72 Preschool 1 | |
| | 5:45-6:15 10233 \$52.72 Preschool 2 | | | 5:45-6:15 10254 \$52.72 Swimmer 1 | |
| | 6:20-6:50 10234 \$52.72 Preschool 1 | | | 6:20-6:50 10255 \$52.72 Swimmer 2 | |
| Registration Deadline - 14 Sept 2022 @ 9:00am | | | Registration Deadline - 12 Oct 2022 @ 9:00am | | |
| Tues/Thurs 15 Nov - Dec 8 2022 | | | Saturday 15 Oct - 10 Dec 2022 | | |
| 3:00-3:30 10266 \$50.24 Parent & Tot | | | 9:00-9:30 10236 \$50.24 Parent & Tot 1/2/3 | 9:00-9:45 10241 \$79.20 Swimmer 5/6 | |
| 3:35-4:05 10267 \$52.72 Swimmer 1 | | | 9:35-10:05 10237 \$52.72 Swimmer 1 | 9:50-10:20 10242 \$52.72 Preschool 1 | |
| 4:00-4:30 10268 \$52.72 Preschool 1 | 4:00-4:30 10271 \$52.72 Preschool 2 | | 10:10-10:55 10238 \$79.20 Swimmer 3/4 | 10:25-10:55 10243 \$52.72 Swimmer 1 | |
| 4:35-5:20 10269 \$79.20 Swimmer 5/6 | 4:35-5:05 10272 \$52.72 Swimmer 1 | | 11:00-11:30 10239 \$52.72 Preschool 1 | 11:00-11:30 10244 \$52.72 Swimmer 2 | |
| 5:25-6:10 10270 \$79.20 Swimmer 3/4 | 5:10-5:40 10273 \$52.72 Swimmer 2 | | 11:35-12:05 10240 \$52.72 Preschool 2 | 11:35-12:05 10245 \$52.72 Preschool 3 | |
| | 5:45-6:15 10274 \$52.72 Preschool 1 | | | | No Class Nov 2022 12 |
| | 6:20-6:50 10276 \$52.72 Preschool 2 | | | | |
| Registration Deadline - 9 Nov 2022 @ 9:00am | | | Registration Deadline - 12 Oct 2022 @ 9:00am | | |





EID Aquatic Centre - Fall 2022 Advanced Courses

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| National Lifeguard RECERT | <p>National Lifeguard is a vocational training award. Certified National Lifeguards should be familiar with the code of conduct in the Policies and Procedures. Certification is based on the ability to meet the purpose statements and ALL performance criteria (Must Sees).</p> <p>With practice and review, the National Lifeguard recertification is achievable by everyone. Candidates are encouraged to practice skills and review knowledge to prepare for the recertification course. Ongoing training and maintaining an appropriate level of fitness is important to being able to lifeguard effectively</p> |
| 24 Sept 2022 | |
| 10280 \$100.00 | |
| 24 Sep 9:00-1:00 | |
| <p>Registration Deadline 21 Sept 2022 @ 10:00am</p> | |
| <p>Pre-Requisite: National Lifeguard certification (need not be current) & Standard First Aid with CPR-C (current)</p> | |
| <p>Please bring: Swimming gear (swimsuit, towel x2, goggles, etc), proof of pre-requisites.</p> | |
| Standard First Aid with CPR-C | <p>Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.</p> |
| 22 & 23 Oct 2022 | |
| 10281 \$145.00 | |
| 22 Oct 9:00-5:00 | |
| 23 Oct 9:00-5:00 | |
| <p>Registration Deadline 19 Oct 2022 @ 10:00am</p> | |
| <p>Pre-Requisite: 13 years old</p> | |
| <p>Please bring: Pen/Pencil, paper, snacks & drink, comfortable clothing</p> | |
| Bronze Medallion | <p>The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross.</p> |
| 5 & 6 Nov 2022 | |
| 10282 \$160.00 | |
| 5 Nov 9:00-5:00 | |
| 6 Nov 9:00-5:00 | |
| <p>Registration Deadline 2 Nov 2022 @ 10:00am</p> | |
| <p>Pre-Requisite: 13 years old & Standard First Aid with CPR-C</p> | |
| <p>Please bring: Pen/Pencil, paper, snacks & drinks, swimming gear (swimsuit, towel x2, goggles, etc), proof of pre-requisites.</p> | |
| Bronze Cross | <p>The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasized the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a pre-requisite for advanced training in the Society's National Lifeguard and leadership certification programs.</p> |
| 19 & 20 Nov 2022 | |
| 10283 \$150.00 | |
| 19 Nov 9:00-5:00 | |
| 20 Nov 9:00-5:00 | |
| <p>Registration Deadline 16 Nov 2022 @ 10:00am</p> | |
| <p>Pre-Requisite: Standard First Aid with CPR-C (current) and Bronze Medallion (need not be current)</p> | |
| <p>Please bring: Pen/Pencil, paper, snacks & drinks, Canadian Lifesaving Manual, swimming gear (swimsuit, towel x2, goggles, etc), proof of pre-requisites.</p> | |



EID Aquatic Centre - 2022/2023 Junior Lifeguard Club - Swim Patrol

The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol has three levels: Rookie, Ranger, and Star. These programs continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze Medal awards. Each level of the Canadian Swim Patrol program has three modules: Water Proficiency, First Aid, and Recognition & Rescue.

The Junior Lifeguard Club (JLC) program is for all youth interested in being active and enhancing their skills in a fun, high-paced environment. JLC members are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and team work. This program provides high activity challenges in an energetic club environment both on deck and in the pool. Members may also be introduced to competitive lifesaving activities

The JLC-Patrol is a re-vamped program of our existing JLC. Combining Swim Patrol and Junior Lifeguard Club will focus on bridging the gap between Swim for Life and Lifesaving courses. It provides a focused set of goals for participants to work towards while also allowing room for self-directed goals and personal bests. Designed to create a team environment that will allow them to work efficiently and effectively with others and get a sense for the roles and responsibilities of being involved in the Aquatics/Recreation sector.

| JLC - Patrol - Fall | | | | JLC - Patrol - Winter | | | |
|---|--|---------------------------|--|---|--|-------------------------------|--|
| 19 Sept- 21 Nov 2022 | | Mon & Wed | | 28 Nov 2022 - 8 Feb 2023 | | Mon & Wed | |
| 10284 Mem:\$140 Non Mem:\$195 | | NO CLASS Oct. 10, 2022 | | Mem:\$140 Non Mem:\$195 | | NO CLASS Dec. 26 & 28 2022 | |
| <p>Registration Deadline 14 Sept 2022 @ 10:00am</p> | | | | <p>Registration Deadline Nov 2022 @ 10:00am</p> | | | |
| | | | | <p>2 & 3 Jan 2023 23</p> | | | |