

RED CROSS AQUATIC PROGRAMS

Session 11 July 2 - July 12

Monday to Friday Mornings (2 Weeks) *no lesson July 1st

9:00	SK 3	SK 9/10	Croc/Whale	SK 4
9:30	SK 5	SK 3	SK 2	
9:45	SK 7/8			
10:00	Sea Otter	SK 6	Sea Turtle	
10:30	SK 4	Salamander	SK 1	SK 1
11:00	SK 1	SK 2	Sunfish	Sea Otter
11:30	SK 1	Salamander	SK 6	

Session 12 July 8 - August 26

Monday Evenings (8 Weeks)

6:00	SK 3	SK 1	
6:30	Sea Turtle	Sunfish	
7:00	SK 7/8	Salamander	
7:30	SK 5/6		

Session 13 July 8 - July 12

Monday to Friday 1 WEEK ACCELERATED (2x a day)

9:00/2:30	Salamander	Sunfish	SK 1	SK 5
9:30/3:00	SK 1	Croc/Whale	SK 3	Sea Otter
10:00/3:30	SK 7/8	SK 4	SK 6	SK 2
10:30/4:00	SK 2	Sea Turtle	SK 1	

Session 14 July 15 - July 26

Monday - Friday Mornings (2 Weeks)

9:00	Croc/Whale	SK 4	SK 9/10
9:30	SK 3	SK 2	
9:45	SK 7/8		
10:00	SK 6	Sea Otter	
10:30	Starfish/Duck	SK 5	Salamander
11:00	Sea Otter	Sunfish	SK 1
11:30	SK 1	SK 2	SK 5

Session 15 July 22 - July 26

Tuesday - Friday 1 WEEK ACCELERATED (2x a day)

9:00/2:30	Salamander	SK 3	SK 1	SK 5
9:30/3:00	SK 1	Croc/Whale	SK 3	Sea Otter
10:00/3:30	SK 9/10	SK 4	SK 6	SK 2
10:30/4:00	SK 2	SK 1	Sea Turtle	

Session 16 July 29 - August 9

Monday - Friday Mornings (2 Weeks)

9:00	SK 7/8	SK 3	SK 2
9:30	Croc/Whale	SK 5	
10:00	Sea Turtle	SK 2	Sea Otter
10:30	Sunfish	SK 6	Starfish/Duck
11:00	SK 1	Salamander	SK 9/10
11:30	SK 4	SK 1	

For full class descriptions visit our website www.StridePlace.ca

Session 17 August 12 - August 23

Monday to Friday Mornings (2 Weeks)

9:00	Sunfish	SK 5	SK 2
9:30	SK 4	Croc/Whale	SK 6
10:00	Starfish/Duck	SK 3	Sea Otter
10:30	SK 7/8	Salamander	SK 4
11:00	SK 1	SK 9/10	
11:30	Sea Turtle	SK 2	

Session 18 August 19 - August 23

Monday to Friday

1 WEEK ACCELERATED (2x a day)

9:00/2:30	SK 7/8	SK 1	SK 5	Salamander
9:30/3:00	SK 1	SK 3	Sea Otter	
10:00/3:30	SK 9/10	SK 4	SK 6	SK 2
10:30/4:00	SK 2	SK 3	Sea Turtle	

Upcoming Leadership Courses

Bronze Medallion:

Bronze Medallion teaches an understanding of the lifesaving principles that make up the four components of water rescue – judgement, knowledge, skill and fitness. Rescuers learn tows, carries, and release methods in preparation for challenging rescues of increased risk. Lifesavers learn to respond to increasingly complex situations involving conscious and unconscious victims in contact and non-contact rescues. Lifesavers develop stroke efficiency and endurance with a timed swim. *Prerequisite: Minimum of 13 years of age*

Bronze Cross:

Bronze cross is designed for more advanced training including an introduction to providing safe supervision in aquatic facilities. Bronze cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork, and how to rescue spinal-injured, submerged and pulseless victims.

Prerequisite: Bronze Star or Bronze Medallion and minimum of 14 years of age

Water Safety Instructor Course (WSI)

This course further develops instructional ability by focusing on how to apply the information learned in the AWSI Course to effectively plan and teach the Red Cross Swim continuum (Red Cross Swim Preschool, Red Cross Swim kids and Aqua Adults programs). Candidates apply their teaching skills and knowledge during 12 hrs. of practical teaching experience.

Prerequisite: Bronze Cross or Standard First Aid and minimum of 15 years of age

National Lifeguard Service (NLS)

NLS builds on the skills, knowledge and values that the Lifesaving Society teaches in its Pre-Bronze and Bronze Medal awards to develop the practical skills and knowledge required by lifeguards. Recognized as the standard measure of lifeguard performance in Canada, NLS education is designed to develop a sound understanding of life guarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard.

Prerequisite: Bronze Cross, Standard First Aid level C CPR and minimum of 16 years of age.

Leadership Course Dates

Bronze Medallion \$175.00 / Bronze Cross Courses \$150.00:

Saturday April 6, 13, 27 & May 4, 11, 25
8:30am - 12:30pm (Bronze Medallion) 1:30 - 5:30pm (Bronze Cross)
May 26 is the final exam

WSI Course \$250.00:

Skills Evaluation: Sunday April 7: 9am - 2pm
Online Component: April 8 - April 22
Co-Teach Component: April 23 - May 19
Class & Pool Component / Skills Evaluation: May 25 & 26: 9am- 5pm

WSI Recertification \$125.00:

June 8th: 8am - 12pm

NLS Course \$325.00:

June 7, 8, 9 & June 21, 22, 23
* Friday's June 7 & 21 at 6pm -10pm
* Saturday's June 8 & 22 at 9am - 5pm
* Sunday's June 9 & 23 at 8:30am - 4:30pm

NLS Recertification \$100.00:

May 3rd: 6pm - 10pm

**REGISTRATION BEGINS Online Monday April 1st
& In Person Tuesday April 2nd at 8:30am
at Stride Place Reception**