



Fall 2018 Advanced Courses

KFY— Kelowna Family YMCA

H₂O—H₂O Adventure and Fitness Centre

Bronze Star

Prerequisites 8+ years, and ability to swim 25 metres.

The Lifesaving Society Bronze Star program helps to prepare 8–12-year-old skilled swimmers for success in Bronze Medallion. Candidates are taught about how to make Water Smart® choices and learn basic lifesaving and resuscitation skills needed to be their own personal lifeguard. Includes a 400 meter timed swim.

H ₂ O	Nov 25 & Dec 2	Sunday	1 PM–6:30 PM
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Members: \$60 | Non-Members: \$80 | Canadian Lifesaving Manual: \$40

Bronze Medallion & CPR-A

Prerequisites: 13+ years or completion of Bronze Star

Open the door to lifeguarding. Learn the four components of water rescues — judgment, knowledge, skill and fitness.

Students learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim (500 m in 15 min). The Canadian Lifesaving Manual is required.

H ₂ O	Oct 12–13, 19–20	Friday, Saturday	5–9:30 PM, 9 AM–5 PM
H ₂ O	Dec 21–23	Friday, Saturday, Sunday	5–9:30 PM, 9 AM–5 PM
KFY	Dec 27–29	Thursday, Friday, Saturday	10 AM–6:30 PM

Members: \$112.50 | Non-Members: \$150 | Canadian Lifesaving Manual: \$40

Bronze Cross & CPR-C

Prerequisites: Completion of Bronze Medallion

Continue to challenge yourself with further advanced training including an introduction to safety supervision in aquatic facilities.

Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies while developing stroke endurance and fitness training skills. Lifesavers develop stroke efficiency and endurance in a timed swim (600 m in 18 min). Please bring prerequisites and Canadian Lifesaving Manual to the first day of the course.

H ₂ O	Oct 26–27, Nov 2–3	Friday, Saturday	5–9:30 PM, 9 AM–5 PM
H ₂ O	Dec 28–30	Friday, Saturday, Sunday	5–9:30 PM, 9 AM–5 PM
KFY	Jan 2–4	Wednesday, Thursday, Friday	10 AM–6:30 PM

Members: \$112.50 | Non-Members: \$150

Bronze Medallion and Bronze Cross Combo Course

Prerequisites: 13+ years or completion of Bronze Star

Planning to attend both Bronze Medallion and Bronze Cross courses? Register for both together and get a discounted rate.

KFY	Dec 27–29 & Jan 2–4	Thu, Fri, Sat & Wed, Thu, Fri	10 AM–6:30 PM
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Members: \$215 | Public: \$285 | Canadian Lifesaving Manual: \$40

National Lifeguard Award (Pool Option)

Prerequisites: 16+ years, completion of Bronze Cross and Standard First Aid (from a recognized SFA provider) or Aquatic Emergency Care (currency recommended). Candidates **must** bring awards and proof of age to the first class.

NL training develops the basic lifeguarding skills needed to adapt to different aquatic facilities and situations. You will be trained in injury prevention, public education, safety, supervision, team work, rescue and first aid. Participants should expect 6–10 hours of homework in addition to class time. 100% attendance is mandatory. Alert Manual and Fanny pack are required.

KFY	Oct 10–Nov 3	Wednesday & Saturday	4:30–8:30 PM, 10 AM–6:30 PM
H ₂ O	Nov 9–Dec 8	Friday & Saturday	5–9 PM, 9 AM–5:30 PM

Members: \$233 | Public: \$310 | Alert Manual: \$45 | Lifeguard Fanny Pack: \$80





ADVANCED AQUATICS

National Lifeguard Waterpark Option

Prerequisites: 16+ years, completion of NL Pool Option (within 2 yrs) and CPR-C (currency of CPR-C strongly recommended). Candidates **must** bring awards to the first class.

The NL Waterpark certification is designed to develop the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in waterpark environments. It builds on the fundamental values, judgment, knowledge, skills and fitness developed in the NLS Pool certification. In order to lifeguard at H₂O, you must be current in this award. Please bring Alert Manual.

H₂O Jan 2–5 Wednesday–Saturday 9 AM–3:30 PM

Members: \$214 | Public: \$286

NL Pool Option Recert

NL expired? Get recertified. Must have current CPR-C (strongly recommended). Candidates **must** bring awards (NLS Pool Option and CPR-C) to the first class.

H₂O Oct 21 Sunday 7 AM–3:30 PM

NL Water Park Recert

Prerequisites: Previous NL Waterpark and CPR-C (currency strongly recommended)

H₂O Oct 14 Sunday 7 AM–3:30 PM

Members: \$86 | Public: \$115

YMCA Swim Instructor

Prerequisites: 16+ years, completion of Bronze Cross or NL Pool Option and current Standard First Aid with CPR-C.

Learn how to deliver the YMCA value-based swimming program. Course includes: teaching swimming skills and strokes, creating a positive learning environment, learning effective communication and fostering healthy child development. Candidates **must** bring original awards to the first class.

Check back in Winter 2019

Members: \$243.50 | Public: \$324.50

First Aid & CPR (13+ yrs)

Standard First Aid, CPR-C and AED Public Access

Comprehensive course covering all aspects of first aid and CPR. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. Taught by a certified Lifesaving Society First Aid Instructor, using practical activities and hands-on training, you will learn to recognize and treat injuries including head & spinal, soft tissue, facial, abdominal & chest, burns, bone & joint, and other common medical emergencies. Canadian First Aid Manual is required.

H₂O Oct 28 & Nov 4 Sunday 9 AM–5:30 PM

Members: \$105/ Public: \$140 | Canadian First Aid Manual: \$20

Standard First Aid, CPR-C and AED Public Access Recert

Prerequisites: Standard First Aid Certificate or Aquatic Emergency Care within 5 years. Recertification is recommended every 3 years.

H₂O Sep 9 Sunday 8 AM–4:30 PM

Members: \$71 | Public: \$95

