



AQUATIC CERTIFICATIONS

May 23, 2019

Summer 2019 Aquatic Certifications

KFY— Kelowna Family YMCA

H₂O—H₂O Adventure and Fitness Centre

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	July 21–23	Sunday–Tuesday	9:30 AM–5:30 PM
KFY	July 16–19	Tuesday–Friday	9:30 AM–4 PM

Non-members: \$150 | **Members:** 25% off

+ 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	July 28–30	Sunday–Tuesday	9:30 AM–5:30 PM
KFY	July 23–26	Tuesday–Friday	9:30 AM–4 PM

Non-members: \$150 | **Members:** \$25% off

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.

H ₂ O	July 2–6	Tuesday–Saturday	9:30 AM–5:30 PM
KFY	August 13–22	Tuesday–Thursday	9 AM–4:30 PM

Non-members: \$285 | **Members:** 25% off

+ 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). NOTE: ONLY LIFESAVING SOCIETY, RED CROSS, ST JOHN'S AMBULANCE, CANADIAN SKI PATROL and CANADIAN HEART AND STROKE SFA will be accepted.

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.

H ₂ O	July 11–20	Thursday–Saturday	9 AM–6 PM
KFY	July 30–August 8	Tuesday–Thursday	9 AM–5:30 PM
H ₂ O	August 13–22	Tuesday–Thursday	9 AM–6 PM

Non-members: \$310 | **Members:** 25% off

+ Alert Manual: \$45
+ Lifeguard Fanny Pack: \$80





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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.

H ₂ O	August 26–29	Monday–Thursday	9 AM–4 PM
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Non-members: \$286 | **Members:** 25% off

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.

H ₂ O	June 28	Friday	8AM–4:30 PM
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NL Water Park Recert

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

H ₂ O	August 17	Saturday	8AM–4:30 PM
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Non-members: \$115 | **Members:** 25% off

Lifesaving Instructor

Prerequisites: Bronze Cross, 16 years old by last day of course.

Candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid and related aquatic skills. Candidates also learn about long-range/short-term planning, class management, safety supervision and the principles of evaluation. Lifesaving Instructor is also the base for all other Instructor certifications.

KFY	July 2–4	Tuesday–Thursday	9AM–5:30 PM
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Non-members: \$321 | **Members:** 25% off

+ Course Materials: \$65

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.

KFY	July 8–11	Monday–Thursday	12–8 PM
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Non-members: \$324.50 | **Members:** 25% off

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.

H ₂ O	August 10–11	Saturday & Sunday	9 AM–6 PM
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Non-members: \$140 | **Members:** 25% off

+ Canadian First Aid Manual: \$20

