

## Winter 2019 Aquatic Certifications

KFY— Kelowna Family YMCA

H<sub>2</sub>O—H<sub>2</sub>O 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 <sub>2</sub> O	Jan 26-27	Saturday, 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 <sub>2</sub> O	Feb 22-24	Friday, Saturday, Sunday	5–9:30 PM, 11:30 AM–8 PM
KFY	Mar 18-21	Monday—Thursday	9am-4pm

**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 <sub>2</sub> O	Mar 8-10	Friday, Saturday, Sunday	5–9:30 PM, 11:30 AM–8 PM
KFY	Mar 25-28	Monday—Thursday	9am-4pm

**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— Sat & Wed— 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.

H <sub>2</sub> O	Mar 19-21, 26-28	Tuesday, Wednesday, Thursday	9 AM–5:30 PM
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**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 H<sub>2</sub>O, you must be current in this award. Please bring Alert Manual.

H <sub>2</sub> O	Jan 2-5	Wednesday-Saturday	9 AM-3:30 PM
H <sub>2</sub> O	Mar 29-31	Friday, Saturday, Sunday	9 AM-6 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.

H <sub>2</sub> O	Feb 2	Saturday	8 AM-4:30 PM
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## NL Water Park Recert

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

Check back in Spring 2019			
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**Members: \$86 | Public: \$115**

## 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	Mar. 1-3	Friday, Saturday, Sunday	4-9pm, 8am-4:30pm
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**Members: \$241 | Public: \$321/ 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	Jan. 31-Mar. 7	Thursdays	4-9pm
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**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.

H <sub>2</sub> O	Mar 10 & 17	Sunday	9 AM-6 PM
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**Members: \$105/ Public: \$140 | Canadian First Aid Manual: \$20**

