








## Community Pool Summer Instructional 2019 *continued*

LEVEL/FEE	MAX	DESCRIPTION TIME
<b>LEADERSHIP</b>		
<p><b>Red Cross Babysitting Course</b> at the <b>Deep River Pool</b> <b>\$43.21</b> <b>Tuesday, July 9</b> (9:00 - 6:00 pm (½ hr. lunch break)</p> <p>HST will apply for individuals 15 years and older</p>	10	<p>Your child will learn from a first aid instructor: the basic skills to care for babies, toddlers, preschoolers, and school-age children, to care for themselves and siblings when home alone, strategies to create a safe and positive environment and prevent injuries, problem-solving and decision-making skills to handle emergencies and provide basic first aid, age appropriate activities and games and communication and basic business skills to acquire babysitting jobs.</p> <p>The course focuses on five main areas: child care giving, first aid, injury prevention, leadership, and business skills, fun activities, including discussion, problem-solving scenarios and hands-on, practice, help participants learn and make the session (s) enjoyable. Participants receive the Canadian Red Cross <i>Babysitter's Manual</i>, which includes key information on caring for kids of different ages, as well as an emergency contact form, sample resumes, business cards, glossary, and more. The course is geared to youth 11– 15 years of age.</p>
<p><b>Bronze Star</b> \$63.00 HST will apply for individuals 15 years and older</p> 		<p>Pre-Bronze Medallion—for youth 12 yrs of age. This will better prepare participants in decision making, problem solving and skills needed to successfully complete the Bronze Medallion level. *Facility recommended</p> <p style="text-align: center;"><b>Session 1 (July 2-12)</b> <b>1:00—2:00 p.m.</b></p>
<p><b>Bronze Medallion</b> \$161.86 HST will apply for individuals 15 years and older</p> 		<p>Learn how to respond in water safety situations. Develop endurance in a timed swim. Emergency First Aid is included. Jr. Lifeguard or Bronze Star is recommended. Manual and exam fee included.</p> <p style="text-align: center;"><b>Session 2 (July 15-26)</b> <b>1:00—3:00 p.m.</b> <b>Exam date: Friday, July 26/19</b></p>
<p><b>Bronze Cross</b> \$142.04 HST will apply for individuals 15 years and older</p> 		<p>Emphasis is placed on the candidates' ability to respond to a variety of aquatic emergencies using principles of teamwork &amp; emergency procedures. An introduction to emergency first aid in a water setting. Candidates must be 14 years of age &amp; have completed Bronze Medallion. Candidates will be trained in Emergency 1st Aid and receive a recognized certificate. Exam fees included.</p> <p style="text-align: center;"><b>Session 2 (July 15-26)</b> <b>1:00—3:00 p.m.</b> <b>Exam date: Friday, July 26/19</b></p>

## Community Pool Summer Instructional 2019 *continued*

LEVEL/FEE	MAX	DESCRIPTION	TIME
<b>LEADERSHIP <i>continued</i></b>			
<b>National Lifeguard Service Pool Recert.</b> \$77.90 HST included 		To re-certify lifeguarding skills, techniques and first aid in a water setting. Please register your interest at Town Hall or at the Community Pool. 6 candidates are required to run the recertification course.	<b>Friday, July 5</b> <b>5:00 - 9:00 pm</b>
<b>National Lifeguard Service Waterfront Course</b> \$155.80 HST included 		Minimum of 16 years or older and completion of NLS Pool and Standard First Aid. A 20 hour course comprised of lifeguarding skills and techniques for a waterfront. Course held at Lamure Beach. Register your interest on-line.	<b>Starts June 13, 2019</b> <b>(20 hrs)</b>
<b>Standard First Aid</b> \$135.00 HST included 	Min. 6 Max. 12	This course is a prerequisite for the National Lifeguard course. The Red Cross Standard First Aid course covers CPR, choking sequences, splinting and treating other types of injuries. This certificate is valid for three years and is a prerequisite for the National Lifeguard course. This course is an asset to have in any workplace. This is NOT a blended course.	<b>August 7&amp;8</b> <b>(Wed &amp; Thurs)</b> <b>9:00 am-4:30 pm</b> Upstairs class room at the Pool
<b>Standard First Aid Recertification</b> \$95.00 Price include HST 	Min. 6 Max. 12	This course is to update your recently expired Red Cross Standard First Aid certificate. (8 hours)	<b>Aug. 1st</b> <b>(Thurs.)</b> <b>9:00—5:00 pm</b> Upstairs class room at the Pool
<b>ADULT LESSONS</b>  4 classes \$60.56  6 classes \$90.84  Prices include HST		Learn to swim / Stroke improvement / Bronze Medallion / Bronze Cross / 1:1 available  Tues. 7:00-7:30 pm (6 classes) July 2—Aug. 6 Once a week <b>Session 1</b> Tues. & Thurs.: 10:00 am-10:30 am (4 classes) <b>Session 2</b> Tues. & Thurs.: 10:00 am-10:30 am (4 classes) Mon. & Wed.: 6:35-7:05 pm (4 classes) Mon. & Wed.: 7:10-7:40 pm (4 classes) <b>Session 3</b> Tues. & Thurs.: 10:00 am-10:30 am (4 classes) Mon., Wed. & Fri.: 6:35-7:05 pm (4 classes) Mon., Wed., & Fri.: 7:10-7:40 pm (4 classes)	