

## SWIM PROGRAMS

**Bowview Outdoor Pool Offers Lifesaving Society programs.**

### **PUBLIC SWIM LESSONS:**

Lesson Level	Cost	Times Weekdays All days are for July and Aug. unless otherwise noted	Times Weekday Evening
Parent & Tot 1/2	\$55.00	9:50am – 10:20am	Not Offered
Parent & Tot 3	\$55.00	10:40am -11:10am  *Not offered July 24-28 or August 14-18	Not Offered
PreSchool 1	\$55.00	9:00am – 9:30am	Not Offered
PreSchool 2	\$55.00	9:00am – 9:30am  *Not offered July 24-28 or August 14-18	Not Offered
Preschool 3	\$55.00	10:05am – 10:35am	Not Offered
PreSchool 4 or 5	\$55.00	11:00am – 11:30am	Not Offered
Swimmer 1	\$55.00	10:25am – 10:55am  June 19-23, 6:05pm-6:35pm	6:00pm – 6:30pm
Swimmer 2	\$55.00	10:40am – 11:10am  June 19-23, 6:05pm-6:35pm	6:00pm – 6:30pm
Swimmer 3	\$65.00	9:00am – 9:45am  June 19-23, 5:30pm – 6:15pm	6:30pm – 7:00pm

Swimmer 4	\$65.00	9:35am – 10:20am	6:30pm – 7:00pm
Swimmer 5	\$65.00	10:25am – 11:10am	6:00pm – 7:00pm
Swimmer 6	\$65.00	9:35am – 10:35am *Not offered July 24-28 or August 14-18	6:00pm – 7:00pm
Rookie Patrol	\$70.00	9:00am – 10:00am June 19-23, 5:30pm – 6:30pm	Not Offered
Ranger Patrol	\$70.00	9:00am – 10:00am June 19-23, 5:30pm – 6:30pm	Not Offered
Star Patrol	\$70.00	9:00am -10:00am June 19-23, 5:30pm – 6:30pm	Not Offered
Adult Swimmer	\$70.00	June 19-23, 5:30pm-6:30pm	6:00pm- 7:00pm

### PRIVATE SWIM LESSONS:

Private Lessons are offered weekly Monday to Friday.  
 Instruction covers stroke improvement & water safety.  
 Lessons must be pre-booked.

Participants in Semi-Private lessons must pre-arrange their own groups before registering; they are not arranged by BOP staff. It is recommended that participants are not more than one level apart.

**For more information, or if you are interested in booking Private Lessons, please email [bowviewmanager@hsca.ca](mailto:bowviewmanager@hsca.ca)**

## LEADERSHIP PROGRAMS:

Program	Dates	Times	Cost
<p style="text-align: center;"><b>Bronze Star</b></p> <p style="text-align: center;">Recommended: Completion of Rookie, Ranger, or Star Patrol</p> <p>Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts.</p> <p>Bronze Star is an excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.</p>	<p style="text-align: center;">Not offered.</p> <p style="text-align: center;">If you are interested in this course, check out the Highwood Outdoor Pool</p>	N/A	N/A
<p style="text-align: center;"><b>Bronze Medallion</b></p> <p>Pre-requisite(s): 13 years of age (or Bronze Star) and CPR-C.</p> <p style="text-align: center;">The ability to swim 500m in 15 minutes.</p> <p>The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training.</p> <p>Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water.</p> <p style="text-align: center;">Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross.</p>	July 24 -July 28	7:30am – 12:00pm	\$200
<p style="text-align: center;"><b>Bronze Cross</b></p>	August 14 – August 18	7:30am – 12:00pm	\$200

<p>Pre-requisite(s): Bronze Medallion and Standard First Aid CPR-C AED Age 14, and the ability to swim 600m</p> <p>The Lifesaving Society’s Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a pre-requisite for advanced training in the Society’s National Lifeguard and leadership certification programs.</p>			
<p><b>Standard First Aid CPR-C &amp; AED</b></p> <p>Standard First Aid, Level C CPR and AED is a two-day certification course designed for anyone who might be a first-on-scene responder to an emergency. This course can increase your confidence in providing basic CPR or using an AED to respond to emergencies at work and even at home. It is designed to give students the knowledge and ability to perform basic medical skills required to respond during an emergency. This course is a requirement for the Bronze Cross and National Lifeguard courses. All lifeguards must hold a current SFA certification. Upon completion, this certification will be valid for 3 years.</p>	<p>TBA</p> <p>*Tentative dates are July 31-August 1</p>	<p>8:00am – 4:00pm</p>	<p>\$130</p>