

SWIM PROGRAMS

Silver Springs 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	N/A	Not offered	Not Offered
Parent & Tot 3	N/A	Not offered	Not Offered
Preschool 1	\$55.00	11:00-12:00	Not Offered
Preschool 2	\$55.00	11:00am – 11:30am	Not Offered
Preschool 2/3	\$55.00	9:00am – 9:30am	Not Offered
Preschool 3	\$55.00	11:30am – 12:00am	Not Offered
Preschool 4/5	\$55.00	10:00-10:30	Not offered
Swimmer 1	\$55.00	9:00am – 9:30am	NOt offered
Swimmer 1	\$55.00	11:00am – 11:30am	Not offered

Swimmer 1/2	\$55.00	11:00am – 11:30am	Not offered
Swimmer 2	\$55.00	9:30-10:00	Not offered
Swimmer 2	\$55.00	10:30-11:00	Not offered
Swimmer 3	\$65.00	9:45-10:30	Not offered
Swimmer 3/4	\$65.00	11:15-12:00	Not offered
Swimmer 4	\$65.00	9:00am – 9:45am	Not offered
Swimmer 5	\$65.00	10:30am – 11:15am	Not offered
Swimmer 6	\$65.00	10:15am – 11:00am	Not offered
Rookie Patrol	\$70.00	9:00am – 10:15am	Not Offered
Ranger Patrol	\$70.00	9:00am – 10:15am	Not Offered
Star Patrol	\$70.00	9:00am -10:15am	Not Offered

Adult Swimmer	N/A	Not offered	Not offered
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PRIVATE SWIM LESSONS:

Private Lessons are offered weekly Monday to Friday
if space is available Instruction covers stroke
improvement & water safety.
Lessons must be pre-booked.
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 contact
pool@silverspringscommunity.ca or call 403-221-3885 After June 19th 2023

LEADERSHIP PROGRAMS:

Program	Dates	Times	Cost
<p style="text-align: center;">Bronze Star</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>Please call for interest list 403 221-3885 or email pool@silverspringscommunity.ca</p>	N/A	N/A
<p style="text-align: center;">Bronze Medallion</p> <p>Pre-requisite(s): 13 years of age (or Bronze Star) and CPR-C. 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. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water.</p> <p>Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross.</p>	<p>Please call for interest list 403-221-3885 Or email Pool@silverspringscommunity.ca</p>		
Bronze Cross	Same as above		

<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>Standard First Aid CPR-C & AED</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>Not offered</p>		