

## SWIM PROGRAMS

**South Calgary 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
Preschool 1	\$55.00	11:00am – 11:30am 11:15am – 11:45am	Not Offered
Preschool 2	\$55.00	10:15am – 10:45am 11:30am – 12:00pm	Not Offered
Preschool 3	\$55.00	11:00am – 11:30am	Not Offered
Preschool 4/5	\$55.00	10:30am – 11:00am	Not Offered
Swimmer 1	\$55.00	9:45am – 10:15am 10:45am – 11:15am	6:00pm – 6:30pm
Swimmer 2	\$55.00	9:45am – 10:15am 11:30am – 12:00pm	6:00pm – 6:30pm
Swimmer 3	\$65.00	9:00am – 9:45am	6:30pm – 7:15pm
Swimmer 4	\$65.00	9:00am – 9:45am	6:30pm – 7:15pm
Swimmer 5/6	\$65.00	9:00am – 10:00am 10:00am – 11:00am	7:15pm – 8:00pm
Private Lessons	\$100	9:00-9:30am, 9:30-10am, 10-10:30am, 10:15- 10:45am, 10:45am-11:15am, 11:15am- 11:45am	Not offered

Bronze Medallion & CPR-C/AED	\$140	8am-4pm-  July 3-4 July 10-11 July 24-25 Aug 7-8 Aug 14-15	<b>Not offered</b>
Bronze Cross	\$140	8am-4pm: July 5-6 July 12-13 July 26-27 Aug 9-10 Aug 16-17	<b>Not offered</b>
National Lifeguard- Original	\$320	8am-4pm  July 17-21 Aug 21-25	<b>Not offered</b>

### **SEMI PRIVATE SWIM LESSONS:**

Those wishing to register for a semi private must register one child for a private swim lessons then email the pool indicating you would like a semi private lesson. Please include the name, age and level of the other participant. The difference in price will be paid at the pool on the first day of lessons. It is recommended that participants are not more than one level apart.

## 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	
<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	140\$
<b>Bronze Cross</b>	August 14 – August 18	7:30am – 12:00pm	140\$

<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>\$</p>

NL \$320