

# Advanced Aquatic Programs

## Junior Lifeguard Club

8-12yrs

As a Junior Lifeguard, you will get an idea of what it takes to be a lifeguard. You will learn, develop, and practice various lifesaving techniques. You will also help develop your swimming fitness and leadership. Come have fun and take on this exciting challenge.

15418 Su 11:00am-12:30pm Jan 15-Mar 11 9/\$58

15419 Su 11:00am-12:30pm Apr 1-Jun 10 9/\$58

No classes April 8 and May 20

## Bronze Star

8-12yrs

Bronze Star is a pre-Bronze Medallion training program and excellent preparation for success in the advanced aquatic programs. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and in partners. They develop water smart confidence, learn CPR and basic lifesaving skills needed to be their own person.

15261 Sa 11:00am- 4:00pm Jan 21-Jan 28 2/\$84

## Bronze Medallion

13+yrs

The Bronze Medallion award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Participants will learn rescues tows and carries, and defense and release methods in preparation for challenging rescues of increased risk, involving conscious and unconscious victims of various types. Participants also develop stroke efficiency and endurance in timed swims. Includes Canadian Lifesaving manual and pocket mask.

15262 Sa 11:00am- 4:00pm Jan 28-Feb 18 4/\$130

## Bronze Cross

13+yrs

The Bronze Cross award is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs, including National Lifeguard Service and includes CPR/C. Canadian Lifesaving Manual and pocket mask are required for this course. Manual and pocket mask are available for purchase for an additional fee.

15263 Sa 11:00am- 4:00pm Feb 25-Mar 17 4/\$130

## Standard First Aid

12+yrs

This course teaches prevention, recognition and first aid for a variety of emergency situations. Participants learn simple techniques for First Aid and CPR/AED (Automated External Defibrillation), together with safety and healthy lifestyle choices, which are crucial to the prevention of illness and injury.

15268 Su 9:00am- 5:30pm Apr 15-Apr 22 2/\$125

## National Lifeguard Service (NLS)

16+yrs

The primary role of the NLS lifeguard is the prevention of emergency situations and, where this fails, the timely and effective resolution of emergencies. The NLS award is designed to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics. NLS training is designed to teach the principles and develop the basic life guarding skills and decision-making processes that will help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Includes manual. Pocket mask and whistle are required for this course. Available for purchase for additional fee.

15267 F, Sa, Su 4:00pm- 5:00pm Apr 27-May 6 6/\$295

## Lifesaving Camp (Bronze Medallion & Bronze Cross)

12+yrs

This camp will get you on the road to becoming a lifeguard and certify you in three awards: Bronze Medallion, Bronze Cross and CPR C. These courses are prerequisites for the NLS course. You must be at least 13 years old or have completed Bronze Star.

15264 M-F 9:00am- 5:00pm Mar 19-Mar 23 5/\$252

## Standard First Aid (Recertification)

12+yrs

This re-certification course teaches prevention, recognition and first aid for a variety of emergency situations. Participants learn simple techniques for First Aid and CPR/AED (Automated External Defibrillation).

15269 Su 9:00am- 5:30pm Apr 1 1/\$55

## NLS Pre certification / Recertification

16+yrs

NLS award-holders are recertified by completing an NLS Precert-Recert clinic. The Precert is an opportunity for review and allows the candidates to become familiar with the evaluation standards. The Recert is the actual evaluation segment. Please note that candidates will be required to write a standardized written exam at the Recert. To remain a current NLS award-holder you must recertify every two (2) years.

15265 Tu, Th 5:00pm- 9:00pm Apr 10-Apr 12 2/\$89.25

15266 Tu, Th 5:00pm- 9:00pm May 29-May 31 2/\$89.25



# Advanced Aquatic Programs



## PRIVATE LESSONS & COACHING

### Super Saver Swim Lessons

Need some extra help? Our instructors can make a difference! These lessons are a great option if you and your child have specific goals in mind. See pages 26-35 for dates and times. Please note missed lessons cannot be rescheduled.

### Private Swim Lessons

Do you have....A fear of the water? A different learning style? A crazy schedule? If so, private swim lessons are for you! Whether you are new or experienced in the water, SEAPARC swimming instructors will cater to your specific needs. Days and time are flexible. Private lessons are a fun, safe way to improve your swimming skills at your own pace. Up to 2 participants

\$20/30-min. Lesson

\$85/5 30-min. lessons

### Private H2O Personal Training

Are you looking for more 1-on-1 time to work on specific wants or needs? Whether your goal is improved cardio, core stability, or just a well-rounded workout, this 30-minute personal training session in the water is for you! You will have an individualized workout designed specifically for you and your body. Nothing to lose but pounds and inches!

\$20/30-min. session

\$85/5 30-min. sessions

### Private Coaching Sessions

Training for a triathlon, a swim competition or just want to improve your stroke? Book a private coaching session or a series of sessions with a certified coach. These coaching sessions are geared towards those who already know how to swim and are looking for additional training techniques. Video analysis is also available.

\$20/30-min. session

\$40/60-min. session

\$170/5 60-min. sessions

### Water Safety Instructor - Assistant

15+ yrs

The Assistant Water Safety Instructor Course teaches candidates the foundation of instructional skills such as teaching methods, learning styles, physical principles, progressions, communication, safety, supervision, and feedback. The certification allows co-teaching of Red Cross Swim. This course is the pre-requisite for the Water Safety Instructor Course. 100% attendance is required. Participants must complete eight (8) hours of teaching outside class time to complete this course. Teaching hours to be arranged with Aquatic Programmer.

15413 Sa, Tu, Th 4:00pm- 8:00pm Feb 11-Feb 25 7/\$262.50

### Water Safety Instructor

15+ yrs

This course prepares candidates to instruct the Red Cross Swim programs. Candidates learn how to plan, develop and evaluate swimming and water safety skills in the Red Cross Swim Preschool, Swim Kids and Teen/Adult programs. 100% attendance is required. Pre-requisites: 15 years old & the completion of AWSI. Practice teaching is required to obtain certification. The practice teaching will take place during spring break. Must be available from 3:30-5:30pm.

15414 Sa, F 3:00pm- 8:00pm Mar 3-Mar 17 5/\$262.50

## Greater Victoria Advanced Aquatic Assistance Program

Are you over the age of 13 and looking for financial assistance to become a lifeguard or swim instructor? The Aquatic Assistance Program can help!

Contact your local pool or download an application form at :

[www.fitinfitness.ca](http://www.fitinfitness.ca)

