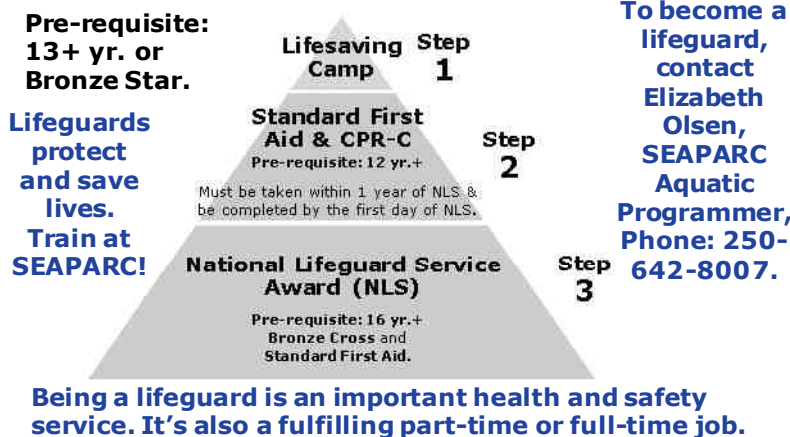


# YOUTH & ADULT / Advanced Aquatics

## How to become a lifeguard



## Lifesaving Camp 13+ yr. (Bronze Cross & Medallion)

This camp will get you on the road to becoming a lifeguard and certify you with a Bronze Medallion and Bronze Cross. These courses are prerequisites for the NLS course. You must be age 13+ or have Bronze Star.

**M-F 9:00 am - 4:00 pm**  
**\$215.00 5 sessions**  
**Mar.8-12 12363**

## Standard First Aid 12+ yr.

**GUARDIAN FIRST AID.** This 16-hour course meets requirements for those in Nursing, Medicine, Dentistry, Chiropractic, Rehabilitation, Resident Care Attendant, etc. Includes updated standards of CPR and choking for adults, children and infants; Automated External Defibrillator (AED); controlling bleeding; assessing/treating bone and joint injuries; respiratory problems; allergic reactions; seizures; and spinal injuries. Two certificates issued upon successful completion: Standard First Aid, and CPR 'Level C' / AED.

**Su 8:30 am - 4:30 pm**  
**\$125.00 / 2**  
**Apr.11 & 18 12369**

## National Lifeguard Service 16+ yr.

NLS training develops the basic lifeguarding skills, principles, and decision-making processes which will assist in evaluating and adapting to various aquatic facilities and emergencies. Pre-requisite: Bronze Cross/Medallion and Standard First Aid.

**May 2-Jun.13 \$295.00 / 6**  
**Su 8:30 am - 5:00 pm 12371**

## NLS Precertification / Recertification 12+ yr.

These clinics are for updating your NLS award to a current standard. Registrants must show proof of current CPR 'C' and NLS at the exam. Review and practice session to prepare participants for the NLS re-certification exam.

**Tu, W 5:30 - 9:30 pm**  
**\$85.00 / 2 Jan.12-13 12585**

## How to become a swim instructor

### Water Safety Instructor Assistant 15+ yr.

This is the first course in the Red Cross Instructor Development Program. Introduces the fundamentals of instructing, focusing on teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Fulfill 8 hours of teaching outside class time to complete this course. 100% attendance required. Must be age 15 years by the last day of the course.

**Tu 5:00 to 9:00 pm**  
**Sa 9:00 am to 2:00 pm**  
**\$250.00 / 8**  
**Jan.12-Feb.6 12575**

### Water Safety Instructor Award 16+ yr.

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 Aqua Adults programs. 100% attendance is required. Pre-requisites: Must be 16 years by the last day of the course and have AWSI.

**Tu, Sa 9:00 to 9 pm**  
**\$260.00 / 6**  
**Feb.17-Mar.9 12576**