

# ADVANCED COURSES

## Spring 2010



### BRONZE MEDALLION AND EMERGENCY FIRST AID & CPR B

This seven week course teaches participants the lifesaving principles of water rescue situations. Participants must be 13 years old by the exam date, or completed Bronze Star. Course fee includes Canadian Lifesaving Manual and exam fees. 100% attendance is mandatory.

**April 16, 17, 18, 24, Exam April 25**  
**Fridays 5-9pm, Saturdays and Sundays 9am-2pm**  
Parkwood Hills Indoor Pool (1343 Meadowlands Drive)

**Cost: \$125.00 + GST**

### BRONZE CROSS AND STANDARD FIRST AID & CPR C

This five week course teaches participants more advanced lifesaving techniques. Participants must have completed Bronze Medallion and Emergency First Aid and CPR B by the exam date. Course fee includes exam fees. 100% attendance is mandatory.

**May 7, 8, 9, 14, 15, Exam May 16**  
**Fridays 5-9pm, Saturdays and Sundays 9am-5pm**  
Parkwood Hills Indoor Pool (1343 Meadowlands Drive)

**Cost: \$125.00 + GST**

### NATIONAL LIFEGUARD SERVICE (NLS)

This nine week course teaches participants the principles and techniques of standard lifeguarding. This course is required to work as a lifeguard with H2O and at most other organizations. Participants must have completed Bronze Cross and Standard First Aid and CPR C, and be at least 16 years of age by the exam date. Course fee includes Alert Manual and exam fees. 100% attendance is mandatory.

**May 28, 29, 30, June 4, 5, 6, 11, 12, Exam June 13**  
**Fridays 5-9pm, Saturdays and Sundays 9am-5pm**  
Parkwood Hills Indoor Pool (1343 Meadowlands Drive)

**Cost: \$140.00 + GST**

### STANDARD FIRST AID AND CPR C

This two day course teaches students intermediate first aid and CPR skills. Canadian Lifesaving Manuals can be used for this course, otherwise a First Aid Manual can be purchased separately. This course is a prerequisite for NLS.

This course can be taken by anyone 12 years and older. You do not require swimming skills for this course.

**Saturday AND Sunday**  
**May 1 2:00pm-8:00pm, AND**  
**May 2 1:00pm-8:00pm**

Parkwood Hills Indoor Pool (1343 Meadowlands Drive)

**Cost: \$90.00 + GST**

### RECERTS

#### NLS Recert (National Lifeguard):

**Friday April 30th 5:00-9:00pm, or**  
**Sunday May 16th 10:00am-2:00pm, or**  
**Sunday June 13th 10:00am-2:00pm**  
Parkwood Hills Indoor Pool (1343 Meadowlands Dr)

**Cost: \$50.00 + GST**

#### Standard First Aid with CPR C Recert:

**May 11th and 12th 5:00-9:00pm, or**  
**June 15th and 16th 5:00-9:00pm**  
Parkwood Hills Indoor Pool (1343 Meadowlands Dr)

**Cost: \$65.00 + GST**

## FOR MORE INFORMATION OR TO REGISTER:

Telephone: 613-789-4020 ext. 203

**H2O**

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www.h2o.ca