

## Lifesaving-Fitness

Teaches the importance of physical fitness in lifesaving. This award is designed for participants of all ages to learn how to measure, monitor, and maintain personal physical fitness for lifesaving emergencies. Recommended for those who want to remain active in aquatics but do not meet the age requirement for the next level. See also Junior Lifeguard Club.

## Lifesaving Bronze Star

Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400m swim. **Prerequisites: 12 years of age. Required Course Text: Canadian Lifesaving Manual.**

## Lifesaving Bronze Medallion

Teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500m timed swim. **Course is examiner evaluated. Please contact pool for exam date and time. Prerequisite: Bronze Star Required Course Text: Canadian Lifesaving Manual**

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Lifesaving-Fitness	All Ages	Angus Glen C.C.	Sun.	5:00 p.m. - 6:15 p.m.	Jun. 19	9	188769	\$83.50
		Angus Glen C.C.	Mon.-Fri.	5:00 p.m. - 6:15 p.m.	Jul. 25	9	188770	\$83.50
Lifesaving Bronze Star	10 yrs+	Angus Glen C.C.	Mon.-Fri.	6:30 p.m. - 8:00 p.m.	Jun. 13	9	178364	\$109.33
		Angus Glen C.C.	Sat.	5:00 p.m. - 6:30 p.m.	Jun. 18	9	178360	\$109.33
		Angus Glen C.C.	Sun.	6:30 p.m. - 8:00 p.m.	Jun. 19	9	178361	\$109.33
		Angus Glen C.C.	Mon.-Fri.	6:30 p.m. - 8:00 p.m.	Jun. 27	9	178362	\$109.33
		Angus Glen C.C.	Mon.-Fri.	6:30 p.m. - 8:00 p.m.	Jul. 25	9	178363	\$109.33
		Angus Glen C.C.	Mon.-Fri.	9:00 a.m. - 11:45 a.m.	Aug. 22	5	178365	\$109.33
		Centennial C.C.	Sat.	9:00 a.m. - 10:30 a.m.	Jun. 25	9	178557	\$109.33
		Centennial C.C.	Mon.-Fri.	5:30 p.m. - 7:00 p.m.	Jul. 4	9	178556	\$109.33
		Centennial C.C.	Mon.-Fri.	5:30 p.m. - 7:00 p.m.	Jul. 18	9	178558	\$109.33
		Centennial C.C.	Mon.-Fri.	5:30 p.m. - 7:00 p.m.	Aug. 2	9	178559	\$109.33
		Centennial C.C.	Mon.-Fri.	5:30 p.m. - 7:00 p.m.	Aug. 15	9	178560	\$109.33
		Milliken Mills C.C.	Mon.-Fri.	5:30 p.m. - 7:00 p.m.	Jun. 14	9	178406	\$109.33
		Milliken Mills C.C.	Sat.	11:30 a.m. - 1:00 p.m.	Jun. 25	9	178407	\$109.33
		Milliken Mills C.C.	Mon.-Fri.	10:00 a.m. - 11:30 a.m.	Jun. 27	9	178405	\$109.33
		Milliken Mills C.C.	Mon.-Fri.	5:00 p.m. - 6:30 p.m.	Jul. 25	9	178408	\$109.33
		Milliken Mills C.C.	Mon.-Fri.	10:00 a.m. - 11:30 a.m.	Aug. 8	9	178409	\$109.33
Lifesaving Bronze Medallion	12 yrs+	Thornlea Pool	Mon.-Fri.	9:30 a.m. - 11:00 a.m.	Jul. 25	9	187893	\$109.33
		Thornlea Pool	Sat.	9:30 a.m. - 11:00 a.m.	Jun. 25	9	186955	\$109.33
		Thornlea Pool	Mon.-Fri.	5:30 p.m. - 7:00 p.m.	Jun. 27	9	186954	\$109.33
		Angus Glen C.C.	Sat.	5:00 p.m. - 6:45 p.m.	Jun. 18	9	178356	\$120.63
		Angus Glen C.C.	Sun.	6:15 p.m. - 8:00 p.m.	Jun. 19	9	178357	\$120.63
		Angus Glen C.C.	Mon.-Fri.	6:15 p.m. - 8:00 p.m.	Jul. 11	9	178358	\$120.63
		Angus Glen C.C.	Mon.-Fri.	8:45 a.m. - 12:00 p.m.	Aug. 22	5	178359	\$120.63
		Centennial C.C.	Mon.-Fri.	8:45 a.m. - 10:30 a.m.	Jul. 4	9	178566	\$120.63
		Centennial C.C.	Mon.-Fri.	8:45 a.m. - 10:30 a.m.	Aug. 2	9	178569	\$120.63
		Centennial C.C.	Sun.	9:00 a.m. - 10:45 a.m.	Jun. 26	9	178568	\$120.63
Lifesaving Bronze Medallion	12 yrs+	Centennial C.C.	Mon.-Fri.	3:45 p.m. - 5:30 p.m.	Jul. 18	9	178567	\$120.63
		Centennial C.C.	Mon.-Fri.	3:45 p.m. - 5:30 p.m.	Aug. 15	9	178570	\$120.63
		Milliken Mills C.C.	Sat.	4:00 p.m. - 5:45 p.m.	Jun. 25	9	178411	\$120.63
		Milliken Mills C.C.	Mon.-Fri.	4:00 p.m. - 5:45 p.m.	Jul. 11	9	178410	\$120.63
		Thornlea Pool	Sun.	9:30 a.m. - 11:15 a.m.	Jun. 26	9	186888	\$120.63
		Thornlea Pool	Mon.-Fri.	9:30 a.m. - 11:15 a.m.	Jun. 27	9	186914	\$120.63
		Thornlea Pool	Mon.-Fri.	6:30 p.m. - 8:15 p.m.	Jul. 11	9	178687	\$120.63
		Thornlea Pool	Mon.-Fri.	5:30 p.m. - 7:15 p.m.	Aug. 8	9	186886	\$120.63

## First Aid - Emergency

Emergency First Aid is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, rescue breathing, CPR B Certification, choking, and what to do for external bleeding, heart attack, and stroke. **Required Course Text: Canadian Lifesaving Manual OR National First Aid Manual.**

## First Aid - Standard

Standard First Aid provides comprehensive training covering all aspects of first aid and a CPR C Certification. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. **Required Course Text: Canadian Lifesaving Manual OR National First Aid Manual**

## Lifesaving Bronze Cross

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600m swim. Course is examiner evaluated. Please contact pool for exam date and time. Prerequisites: Bronze Medallion and Emergency First Aid or Standard First Aid. **Please note first aid awards must be from one of the following agencies: Lifesaving Society, Canadian Red Cross, St. John's Ambulance, or Canadian Ski Patrol.** **Required Course Text: Canadian Lifesaving Manual**

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
First Aid - Emergency	10 yrs+	Angus Glen C.C.	Fri.	5:00 p.m. - 9:00 p.m.	Jul. 8	2	178341	\$61.59
		Angus Glen C.C.	Sat.	9:00 a.m. - 6:00 p.m.	Jul. 16	1	178342	\$61.59
		Angus Glen C.C.	Sun.	9:00 a.m. - 6:00 p.m.	Aug. 7	1	178343	\$61.59
		Centennial C.C.	Sun.	11:00 a.m. - 12:00 p.m.	Jun. 26	8	178576	\$61.59
		Centennial C.C.	Mon.-Fri.	10:45 a.m. - 11:45 a.m.	Jul. 4	8	178572	\$61.59
		Centennial C.C.	Mon.-Fri.	10:45 a.m. - 11:45 a.m.	Jul. 18	8	178573	\$61.59
		Centennial C.C.	Mon.-Fri.	10:45 a.m. - 11:45 a.m.	Aug. 2	8	178574	\$61.59
		Centennial C.C.	Mon.-Fri.	10:45 a.m. - 11:45 a.m.	Aug. 15	8	178575	\$61.59
		Milliken Mills C.C.	Sun.	9:00 a.m. - 6:00 p.m.	Jul. 17	1	178416	\$61.59
		Milliken Mills C.C.	Sat.	9:00 a.m. - 6:00 p.m.	Aug. 6	1	178415	\$61.59
		Thornlea Pool	Sun.	11:15 a.m. - 12:15 p.m.	Jun. 26	9	186958	\$61.59
		Thornlea Pool	Mon.-Fri.	5:30 p.m. - 6:30 p.m.	Jul. 11	9	186957	\$61.59
		First Aid - Standard	12 yrs+	Angus Glen C.C.	Sat., Sun.	9:00 a.m. - 6:00 p.m.	Jun. 25	2
Angus Glen C.C.	Sat., Sun.			9:00 a.m. - 6:00 p.m.	Jul. 9	2	178345	\$118.09
Angus Glen C.C.	Sat., Sun.			9:00 a.m. - 6:00 p.m.	Jul. 23	2	178346	\$118.09
Angus Glen C.C.	Sat., Sun.			9:00 a.m. - 6:00 p.m.	Jul. 30	2	178347	\$118.09
Angus Glen C.C.	Sat., Sun.			9:00 a.m. - 6:00 p.m.	Aug. 13	2	178348	\$118.09
Centennial C.C.	Sat., Sun.			9:00 a.m. - 5:00 p.m.	Jun. 11	2	178554	\$118.09
Centennial C.C.	Sat., Sun.			9:00 a.m. - 5:00 p.m.	Jun. 18	2	178555	\$118.09
Milliken Mills C.C.	Mon.-Thu.			5:30 p.m. - 9:30 p.m.	Jul. 4	4	178417	\$118.09
Rouge River C.C.	Fri.			6:00 p.m. - 10:00 p.m.	Jul. 8	4	189365	\$118.09
Thornlea Pool	Sat., Sun.			9:00 a.m. - 6:30 p.m.	Jun. 18	2	178680	\$118.09
Lifesaving Bronze Cross	12 yrs+	Angus Glen C.C.	Sat.	6:15 p.m. - 8:00 p.m.	Jun. 18	9	178353	\$129.10
		Angus Glen C.C.	Sun.	5:00 p.m. - 6:45 p.m.	Jun. 19	9	178354	\$129.10
		Angus Glen C.C.	Mon.-Fri.	6:15 p.m. - 8:00 p.m.	Aug. 8	9	178352	\$129.10
		Angus Glen C.C.	Mon.-Fri.	8:45 a.m. - 12:00 p.m.	Aug. 29	5	178355	\$129.10
		Centennial C.C.	Sat.	10:15 a.m. - 12:00 p.m.	Jun. 25	9	178581	\$129.10
		Centennial C.C.	Mon.-Fri.	3:45 p.m. - 5:30 p.m.	Jul. 4	9	178577	\$129.10
		Centennial C.C.	Mon.-Fri.	8:45 a.m. - 10:30 a.m.	Jul. 18	9	178578	\$129.10
		Centennial C.C.	Mon.-Fri.	3:45 p.m. - 5:30 p.m.	Aug. 2	9	178579	\$129.10
		Centennial C.C.	Mon.-Fri.	8:45 a.m. - 10:30 a.m.	Aug. 15	9	178580	\$129.10
		Milliken Mills C.C.	Sun.	4:30 p.m. - 6:15 p.m.	Jun. 26	9	178412	\$129.10
		Milliken Mills C.C.	Mon.-Fri.	4:00 p.m. - 5:45 p.m.	Aug. 8	9	178413	\$129.10
		Milliken Mills C.C.	Mon.-Fri.	10:00 a.m. - 11:45 a.m.	Aug. 22	9	178414	\$129.10
		Thornlea Pool	Mon.-Fri.	9:30 a.m. - 11:15 a.m.	Jul. 11	9	186948	\$129.10
Thornlea Pool	Mon.-Fri.	6:30 p.m. - 8:15 p.m.	Jul. 25	9	178686	\$129.10		

## Lifesaving - Assistant Instructor

The Lifesaving Society Assistant Instructor Course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The Assistant Instructor course emphasizes the roles and responsibilities of instructors and their assistants. The course will incorporate the Town of Markham Volunteer Orientation Workshop and will require 18 hours of volunteer work at a Town of Markham Pool within 1 session. This is an excellent stepping stone for candidates who hold a current Bronze Cross Award and who are working towards becoming a Swim Instructor.

## Volunteer Orientation Workshop - Aquatic

The Volunteer Workshop is mandatory for anyone wishing to volunteer in the Recreation Services Department. This workshop does not guarantee a volunteer placement, but rather prepares the potential volunteer for a placement. Specifically, the workshop prepares the potential volunteer with knowledge about the Town, the department's program policies, roles and responsibilities of the volunteers. There is no cost for this program; however, participants must register. To register please use our Fast Track registration or our EZ Reg internet registration systems. Following the workshop, participants will be asked to complete a volunteer application form and submit it to the aquatic coordinator in the area in which they want to volunteer.

## Instructors - Swim and Lifesaving



The best way to play™

The combined Swim and Lifesaving Instructor course prepares the instructor to teach and evaluate swim strokes and lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods; learning strategies and activities; a variety of stroke and skill drills; effective correction techniques; and evaluation criteria. Practice teaching is emphasized throughout. This course includes certification in HIGH FIVE® Principles of Healthy Child Development. **Prerequisites: 16 years of age, and Bronze Cross (or higher) certification. Required Course Text: Canadian Lifesaving Manual OR National First Aid Manual AND Lifesaving Instructor Combined Pac**

## Airway Management - AM

Airway Management certification provides senior and experienced lifeguards with specific knowledge and training in the use of oxygen, suction devices, oral airways and mask/bag-valve-mask (BVM). **Prerequisites: Standard First Aid. Required Course Text: Canadian Lifesaving Manual OR Canadian First Aid Manual**

## Automatic External Defibrillation (AED)

AED Provider builds on the skills learned in CPR and first aid courses. AED provides knowledge of how the heart works and what goes wrong when defibrillation is required. **Prerequisite: Current CPR Level C**

## National Lifeguard Service

National Lifeguard training builds on the fundamental skills, knowledge and values taught in the lifesaving awards of the Society to develop the practical skills and knowledge required by lifeguards. Recognized as the standard measurement of lifeguard performance in Canada, National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude toward the role of the lifeguard. The National Lifeguard's primary role is the prevention of emergency situations and where this fails, the timely and effective resolution of emergencies. The National Lifeguard program is designed to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics. **Course is examiner evaluated. Please contact pool for exam date and time. Prerequisites: 16 years of age, Bronze Cross, LSS Standard First Aid Required Text: Canadian Lifesaving Manual AND ALERT**

## AED & Airway Management Combo

This crash course format allows candidates to become certified in both Automatic External Defibrillation (AED) and Airway Management (AM) in one day. **See AED and AM course descriptions for detailed information of course content.**

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Lifesaving - Assistant Instructor	14 yrs+	Milliken Mills C.C.	Sat., Sun.	9:00 a.m. - 5:00 p.m.	Aug. 27	2	178418	\$80.80
		Thornlea Pool	Sat., Sun.	9:00 a.m. - 5:00 p.m.	Jun. 18	2	178685	\$80.80
Volunteer Orientation Workshop - Aquatic	13 - 18 yrs	Milliken Mills C.C.	Sun.	3:00 p.m. - 5:00 p.m.	Aug. 28	1	178419	Free
		Thornlea Pool	Sat.	1:00 p.m. - 3:00 p.m.	Jun. 18	1	178689	Free
Instructors - Swim and Lifesaving	16 yrs+	Angus Glen C.C.	Mon.-Fri.	8:30 a.m. - 6:00 p.m.	Aug. 29	5	178351	\$263.86
		Milliken Mills C.C.	Sun., Sat.	9:00 a.m. - 6:30 p.m.	Jun. 5	5	178422	\$263.86
		Milliken Mills C.C.	Mon.-Fri.	12:00 p.m. - 8:00 p.m.	Aug. 29	5	178421	\$263.86
		Thornlea Pool	Mon.-Fri.	9:00 a.m. - 6:00 p.m.	Aug. 8	5	178682	\$263.86
National Lifeguard Service	16 yrs+	Angus Glen C.C.	Mon.-Fri.	9:00 a.m. - 6:00 p.m.	Jun. 20	5	178366	\$176.85
		Centennial C.C.	Fri., Sat., Sun.	5:00 p.m. - 9:00 p.m. 11:00 a.m. - 7:00 p.m.	Jul. 8	6	178582	\$176.85
		Angus Glen C.C.	Fri., Sat., Sun.	6:00 p.m. - 10:00 p.m. 9:00 a.m. - 6:00 p.m.	Aug. 19	6	178367	\$176.85
		Milliken Mills C.C.	Mon.-Fri.	12:00 p.m. - 8:00 p.m.	Aug. 22	5	178420	\$176.85
Automatic External Defibrillation (AED)	12 yrs+	Thornlea Pool	Mon.-Fri.	9:00 a.m. - 6:00 p.m.	Aug. 15	5	178688	\$176.85
		Rouge River C.C.	Fri.	5:00 p.m. - 10:00 p.m.	Jun. 10	1	189362	\$95.77
Airway Management - AM	12 yrs+	Rouge River C.C.	Fri.	5:00 p.m. - 10:00 p.m.	Aug. 12	1	189364	\$95.77
		Angus Glen C.C.	Sat.	9:00 a.m. - 2:00 p.m.	Jul. 2	1	178340	\$84.19
AED & Airway Management Combo	All Ages	Thornlea Pool	Sat.	9:00 a.m. - 5:00 p.m.	Aug. 13	1	178677	\$170.91

# Aquatic Leadership Recert

## First Aid - Standard Recert

**Prerequisite:** Lifesaving Society's Standard First Aid (SFA) Holders of Standard First Aid (SFA) certifications from other agencies may not recertify their certificate on a Lifesaving Society recertification course. You may only recertify with your original certifying agency. *Please be advised that you may only recertify your SFA award once. After one recertification you must repeat a full SFA Course Recertifications must be taken within three years of a full standard first aid course. If more than three years have passed, you must retake a full course.*

## Airway Management Recert

**Prerequisite:** Airway Management and Standard First Aid (SFA)

## AED & Airway Management Combo Recert

This recertification course will allow candidates who have previously acquired LSS AED and Airway Management certifications to recertify both awards in one course.

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
First Aid - Standard Recert	12 yrs+	Angus Glen C.C.	Sun.	9:00 a.m. - 2:00 p.m.	Jul. 3	1	178370	\$69.50
		Angus Glen C.C.	Fri.	5:00 p.m. - 10:00 p.m.	Aug. 5	1	178371	\$69.50
		Centennial C.C.	Wed.	5:00 p.m. - 10:00 p.m.	Jun. 8	1	178546	\$69.50
		Centennial C.C.	Fri.	5:00 p.m. - 10:00 p.m.	Jun. 17	1	178545	\$69.50
		Thornlea Pool	Sun.	9:00 a.m. - 3:00 p.m.	Aug. 28	1	178692	\$69.50
Airway Management Recert	12 yrs+	Angus Glen C.C.	Fri.	6:00 p.m. - 10:00 p.m.	Jun. 24	1	178368	\$60.46
		Angus Glen C.C.	Fri.	5:00 p.m. - 9:00 p.m.	Aug. 12	1	178369	\$60.46
AED & Airway Management Combo Recert	15 yrs+	Thornlea Pool	Sat.	9:00 a.m. - 3:00 p.m.	Aug. 27	1	178691	\$135.32
		Thornlea Pool	Sat.	9:00 a.m. - 3:00 p.m.	Jul. 16	1	178690	\$135.32

# B.O.A.T.™

## BOAT - Short Course

A quick overview of the BOAT course for those experienced boaters who would like a review prior to writing the exam.

## BOAT Exam Only

For those who would like to challenge the Pleasure Craft Operators Exam without taking the course.

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
BOAT - Short Course	All Ages	Angus Glen C.C.	Sun.	9:00 a.m. - 1:00 p.m.	Jul. 17	1	178349	\$52.55
BOAT Exam Only	All Ages	Angus Glen C.C.	Sun.	12:00 p.m. - 1:00 p.m.	Jul. 17	1	178350	\$27.69



2010/11 Aquatic Leadership Guide and B.O.A.T. Guide are available at local community centres.