



FIRST AID, CERTIFICATION & LEADERSHIP

FIRST AID

Airway Management

Lifesaving Society Airway Management certification provides senior and experienced lifeguards with specific knowledge and training in the use of oxygen, suction devices, oral airways and masks/bag-valve-masks. Prerequisite: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, Canadian Ski Patrol. Prerequisites need not be current.

Age: 16 +

Class Length: 4 Hours

Fall

Balmoral Recreation Centre

Wed	5:00 pm	Sep 7	1	\$64.57	791434
Wed	5:00 pm	Nov 30	1	\$64.57	791435

Central Public School

Sat	10:00 am	Sep 17	1	\$64.57	794374
Sun	10:00 am	Oct 30	1	\$64.57	794375

South Fletcher's Sportsplex

Wed	5:00 pm	Dec 21	1	\$64.57	796950
-----	---------	--------	---	---------	--------

Winter

Central Public School

Sat	10:00 am	Feb 18	1	\$64.57	794376
-----	----------	--------	---	---------	--------

Gore Meadows Community Centre

Thu	5:30 pm	Jan 12	1	\$64.57	791876
Thu	5:30 pm	Mar 9	1	\$64.57	791877

South Fletcher's Sportsplex

Sat	1:00 pm	Mar 25	1	\$64.57	796952
-----	---------	--------	---	---------	--------

Howden Recreation Centre

Sat	1:00 pm	Mar 18	1	\$64.57	806435
-----	---------	--------	---	---------	--------

Emergency First Aid with CPR B

The Lifesaving Society Emergency First Aid provides a general knowledge of first aid principles and the emergency treatment of injuries including: victim assessment, CPR, choking, and what to do for external bleeding, heart attack, stroke, wounds and burns. Includes CPR-B which teaches parents, grandparents, babysitters or child care workers the CPR and choking procedures for adults, children and infants. CPR B includes the importance of early defibrillation and how to use an AED. Required Materials: Canadian First Aid Manual will be charged at the time of registration.

Age: 8 +

Class Length: 9 Hours

Fall

Central Public School

Sun	9:00 am	Oct 16	1	\$54.61	795439
Sat	9:00 am	Dec 3	1	\$54.61	795441

Winter

Central Public School

Sat	9:00 am	Feb 25	1	\$54.61	795445
-----	---------	--------	---	---------	--------

Standard First Aid with CPR C

Lifesaving Society Standard First Aid provides comprehensive training covering all aspects of first aid. Standard First Aid incorporates 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, chest injuries, and medical emergencies. This course also covers all aspects of CPR skills and theory for adult, child and infant victims including two rescuer CPR skills. CPR-C includes the importance of early defibrillation and how to use an AED. CPR-C certification is included in Standard First Aid. Required Materials: Canadian First Aid Manual will be charged at the time of registration.

Age: 13 +

Class Length: 18 Hours

Fall

Central Public School

Sat-Sun	9:00 am	Sep 17	2	\$95.90	794381
Wed-Thu	9:00 am	Sep 21	2	\$95.90	794385
Sat-Sun	9:00 am	Nov 12	2	\$95.90	794383
Sat-Sun	9:00 am	Nov 26	2	\$95.90	794384

Chris Gibson Recreation Centre

Sat-Sun	9:00 am	Oct 8	2	\$95.90	794382
---------	---------	-------	---	---------	--------

Earncliffe Recreation Centre

Sat-Sun	9:00 am	Sep 10	2	\$95.90	791479
---------	---------	--------	---	---------	--------

Gore Meadows Community Centre

Sat-Sun	9:00 am	Oct 29	2	\$95.90	791857
Sat-Sun	9:00 am	Dec 10	2	\$95.90	791858

Howden Recreation Centre

Sat-Sun	9:00 am	Sep 24	2	\$95.90	806411
Sat-Sun	9:00 am	Oct 15	2	\$95.90	806413
Sat-Sun	9:00 am	Nov 19	2	\$95.90	806414
Sat-Sun	9:00 am	Dec 3	2	\$95.90	806415

Winter

Central Public School

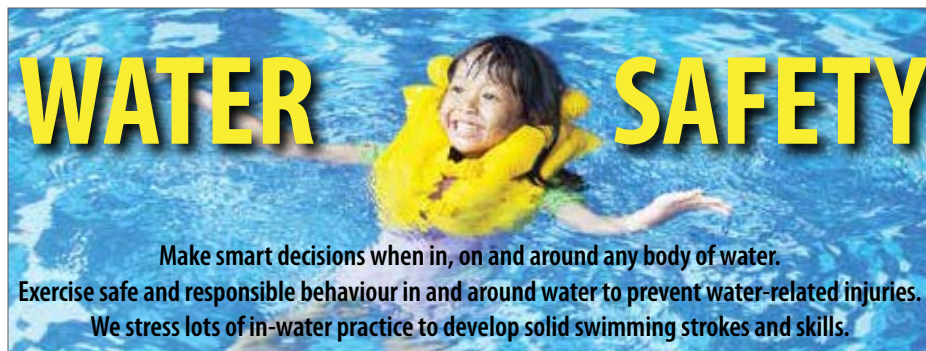
Sat-Sun	9:00 am	Jan 21	2	\$95.90	794386
Wed-Thu	9:00 am	Jan 25	2	\$95.90	794387
Sun	9:00 am	Feb 26	2	\$95.90	794388

Gore Meadows Community Centre

Sat-Sun	9:00 am	Jan 7	2	\$95.90	809575
Sat-Sun	9:00 am	Mar 25	2	\$95.90	810007

Howden Recreation Centre

Sat-Sun	9:00 am	Jan 14	2	\$95.90	806420
Sat-Sun	9:00 am	Feb 11	2	\$95.90	806422
Sat-Sun	9:00 am	Mar 4	2	\$95.90	806423



WATER SAFETY

Make smart decisions when in, on and around any body of water.
Exercise safe and responsible behaviour in and around water to prevent water-related injuries.
We stress lots of in-water practice to develop solid swimming strokes and skills.

Standard First Aid with CPR C (Recertification)

Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification course not more than 3 years from the Standard First Aid date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA course. Thereafter, individuals may renew by alternating recertification and original courses. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society SFA Recertification course. They must recertify with the original certifying agency. Required Materials: Canadian First Aid Manual may be purchased at an additional fee. Prerequisites: Lifesaving Society Standard First Aid (within 3 years of the date of issue)

Age: 13 + Class Length: 9 Hours
Fall

Balmoral Recreation Centre					
Sat	9:00 am	Nov 19	1	\$64.57	791547
Sat	9:00 am	Dec 17	1	\$64.57	791483

Central Public School					
Wed	9:00 am	Sep 14	1	\$64.57	794399
Sat	9:00 am	Sep 24	1	\$64.57	794400
Sun	9:00 am	Oct 2	1	\$64.57	794401
Sun	9:00 am	Nov 6	1	\$64.57	794402
Sun	9:00 am	Dec 4	1	\$64.57	794403

Gore Meadows Community Centre					
Sun	9:00 am	Oct 16	1	\$64.57	791865

Howden Recreation Centre					
Sat	9:00 am	Sep 10	1	\$64.57	806416
Sat	9:00 am	Nov 12	1	\$64.57	806417
Sat	9:00 am	Dec 10	1	\$64.57	806419

South Fletcher's Sportsplex					
Wed	9:00 am	Dec 28	1	\$64.57	796969

Winter					
Central Public School					
Thu	9:00 am	Jan 19	1	\$64.57	794404
Sat	9:00 am	Jan 28	1	\$64.57	794405
Sun	9:00 am	Feb 12	1	\$64.57	794406

Earnscliffe Recreation Centre					
Sat	9:00 am	Jan 21	1	\$64.57	791485

Gore Meadows Community Centre					
Sun	9:00 am	Feb 5	1	\$64.57	791866

Howden Recreation Centre					
Sat	9:00 am	Feb 18	1	\$64.57	806424
Sat	9:00 am	Mar 11	1	\$64.57	806425

South Fletcher's Sportsplex					
Sun	9:00 am	Mar 12	1	\$64.57	796970

CERTIFICATION

Aquatic Supervisor

For deck-level supervisory staff, the Lifesaving Society Aquatic Supervisor course provides the knowledge and skills, beyond National Lifeguard certification, to manage a safe aquatic environment. Prerequisite: National Lifeguard or Swim Instructor or Lifesaving Instructor certification; and 100 hours experience as a lifeguard and/or instructor. Prerequisites need not be current.

Age: 16 + Class Length: 11 Hours

South Fletcher's Sportsplex					
Sat	9:00 am	Dec 17	1	\$95.25	796972

Winter					
Gore Meadows Community Centre					
Sat	9:00 am	Jan 7	1	\$95.25	791869

Exam Standards Clinic and Advanced Instructors

The Lifesaving Society Examination Standards Clinic (ESC) is the first step in a two-step process to be appointed as an Examiner for the Society, and prepares Examiner candidates to evaluate the Society's lifesaving awards. The ESC builds on the evaluation experience that candidates have attained in the instructor-evaluated awards and with the instructor-evaluated items in the Examiner evaluated awards. The ESC focuses primarily on Bronze Medallion, Bronze Cross and Distinction. The Advanced Instructor course provides training for instructors who wish to teach the advanced awards including National Lifeguard, Standard First Aid and Safety Management certifications, such as Aquatic Supervisor.

Age: 17 + Class Length: 10 Hours

Fall					
Balmoral Recreation Centre					
Sat	9:00 am	Sep 10	1	\$57.14	791478

Aquatic Supervisor Instructor

The AST Instructor Course prepares instructors to teach and certify candidates in the Society's Aquatic Supervisory Training Course. Required Materials: AST Instructor notes, Guide to Ontario Public Pool Regulations must be purchased directly through the Lifesaving Society. Prerequisites: Current (within 24 months of certification date) Lifesaving Instructor certification, Advanced Instructor certification and AST certification.

Age: 18 + Class Length: 7 Hours

Fall					
Balmoral Recreation Centre					
Mon-Tue	9:00 am	Dec 19	2	\$73.51	791436

Bronze Cross Challenge Exam

This examination is designed for candidates who have completed their bronze course, but either missed or failed the original exam. It is also ideal for people who require a recertification. There will be an evaluation of all required items at this level. Successful candidates will receive their certification card.

Age: 11 + Class Length: 4 Hours

Fall					
Gore Meadows Community Centre					
Sat	9:00 am	Mar 11	1	\$54.10	806227

Brampton Learn to Skate Instructor

The Brampton Learn to Skate Instructor Program prepares the instructor to teach and evaluate skating skills. Through classroom learning and on-ice practice, instructor candidate explore teaching methods, learning strategies and activities, effective correction techniques and evaluation criteria. Practice teaching is emphasized throughout. Participants will need to complete an on-ice skills assessment throughout this course. Mandatory Equipment: Single bladed ice skates and Canadian Standards Association (CSA) certified hockey helmet

Age: 15 + Class Length: 24 Hours

Fall					
South Fletcher's Sportsplex					
Fri-Sun	5:00 pm	Nov 11	3	\$74.46	813898

Winter					
Gore Meadows Community Centre					
Fri-Sun	5:00 pm	Jan 6	3	\$74.46	806229

Instructor in Training Ski and Snowboard

This program is for participants interested in learning how to teach Skiing or Snowboarding. Learn teaching techniques, and developing your own skills. Prerequisites: Participant must be a Level 5 Skier or Level 3 Snowboarder. Mandatory Equipment: Participants must have their own equipment and helmets are mandatory.

Age: 14 + Class Length: 90 Minutes

Fall					
Chinguacousy Ski Chalet					
Tue	6:30 pm	Dec 20	8	\$189.14	810475

Instructor in Training Tennis

For the tennis enthusiast who wants hands-on training teaching children and adults. Participants will be assisting instructors and attending some in-class sessions. Participants will have the opportunity to apply for a tennis instructor position with the City of Brampton. Prerequisites: A recognized tennis certification or experience is preferred, but not mandatory.

Age: 14 + Class Length: 120 Minutes

Fall					
Chinguacousy Park					
Sat	10:30 am	Nov 12	6	\$74.40	804818

LISTINGS LEGEND					
Day	Time	Date	No.	Cost	Code
Tue	6:00pm	Apr 14	12	\$34	123456
Day, Time, and Date identify when the course begins					
No. Indicates how many classes are part of the course					
Cost is the price					
Code is needed for registering					

Lifesaving Society Assistant Instructors

Through classroom learning and in-water practice, 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 roles and responsibilities of instructors and their assistants are emphasized. Required Materials: Assistant Instructor Manual will be charged at the time of registration. Prerequisite: 14 years of age by the end of the course and Lifesaving Society Bronze Cross.

Age: 14 + Class Length: 4.5 Hours

Fall

Loafer's Lake Recreation Centre

Fri 5:00 pm Oct 28 4 \$106.46 798966

Winter

Loafer's Lake Recreation Centre

Fri 5:00 pm Feb 3 4 \$106.46 798974

Safeguard

Safety supervision training for guardians (e.g. day camp counsellors, counsellors-in-training and others) who accompany groups of young people to pools or waterfronts. The course stresses the responsibility undertaken by these group leaders for safeguarding the young people in their care even when under lifeguard supervision. Safeguard focuses on water safety awareness, accident prevention and the principles of aquatic safety supervision. Safeguard teaches participants how to identify hazards and at-risk behaviours, how to recognize potential victims, and how to respond safely in an aquatic emergency. Safeguard training is designed for swimmers and non-swimmers alike.

Age: 12 + Class Length: 3 Hours

Gore Meadows Community Centre

Thu 6:00 pm Jan 26 1 \$22.06 806239
 Wed 6:00 pm Feb 8 1 \$22.06 806240
 Tue 6:00 pm Mar 7 1 \$22.06 806241

Aquatic Safety Inspector

For those interested in evaluating operational safety standards for aquatic facilities, the Lifesaving Society Aquatic Safety Inspector course provides a strong understanding of the regulations, protocols and guidelines that apply to the operation of aquatic facilities. Participants apply knowledge learned in the class through hands-on inspections using the Society's inspection checklists.

Age: 16 + Class Length: 7 Hours

Fall

Gore Meadows Community Centre

Sat 9:00 am Jan 28 2 \$58.50 806228

National Lifeguard (Pool Option)

The Lifesaving Society National Lifeguard certification (Pool Option) builds on the fundamental skills, knowledge and values of the Lifesaving Society to develop the practical skills and knowledge required by lifeguards. National Lifeguard is the industry-accepted standard for lifeguards in Canada. Required Materials: Alert Lifeguard in Action manual will be charged at the time of registration. Prerequisites: Minimum 16 years of age, Bronze Cross certification, and Standard First Aid certification from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, Canadian Ski Patrol. Prerequisites need not be current.

Age: 16 + Course Length: 44 Hours

Fall

Balmoral Recreation Centre

Thu-Sat 5:00 pm Sep 8 6 \$218.10 791437
 Fri-Sat 5:00 pm Nov 25 6 \$218.10 791438
 Mon-Fri 9:00 am Dec 27 4 \$218.10 791439

Cassie Campbell Community Centre

Sat 12:00 pm Sep 24 10 \$218.10 801916

South Fletcher's Sportsplex

Fri-Sun 5:00 pm Nov 18 6 \$218.10 796957

Winter

Cassie Campbell Community Centre

Mon 4:00 pm Jan 9 9 \$218.10 805410

Gore Meadows Community Centre

Fri-Sun 5:30 pm Feb 17 6 \$218.10 791849
 Mon-Fri 9:00 am Mar 13 5 \$218.10 782101

South Fletcher's Sportsplex

Fri-Sun 5:00 pm Feb 3 6 \$218.10 796956
 Mon-Fri 10:00 am Mar 13 5 \$218.10 796955

National Lifeguard (Recertification)

The Lifesaving Society National Lifeguard (Pool Option) Recertification is for participants who already hold the award but is expired. To maintain a current certification, award holders must recertify within 24 months. Award holders are encouraged to maintain up-to-date skills and ability through recertification. Award holders may recertify at any time regardless of the certification date of the original award.

Age: 16 + Class Length: 6 Hours

Fall

Balmoral Recreation Centre

Sat 12:00 pm Sep 10 1 \$53.64 791440
 Sat 12:00 pm Oct 29 1 \$53.64 791441
 Sat 12:00 pm Dec 17 1 \$53.64 791442

South Fletcher's Sportsplex

Sat 4:00 pm Sep 24 1 \$53.64 796958
 Thu 4:00 pm Dec 29 1 \$53.64 796959

Winter

Gore Meadows Community Centre

Sun 12:00 pm Feb 12 1 \$53.64 782430

South Fletcher's Sportsplex

Sun 4:00 pm Mar 19 1 \$53.64 796960

Lifesaving Society Instructor Trainer Clinic

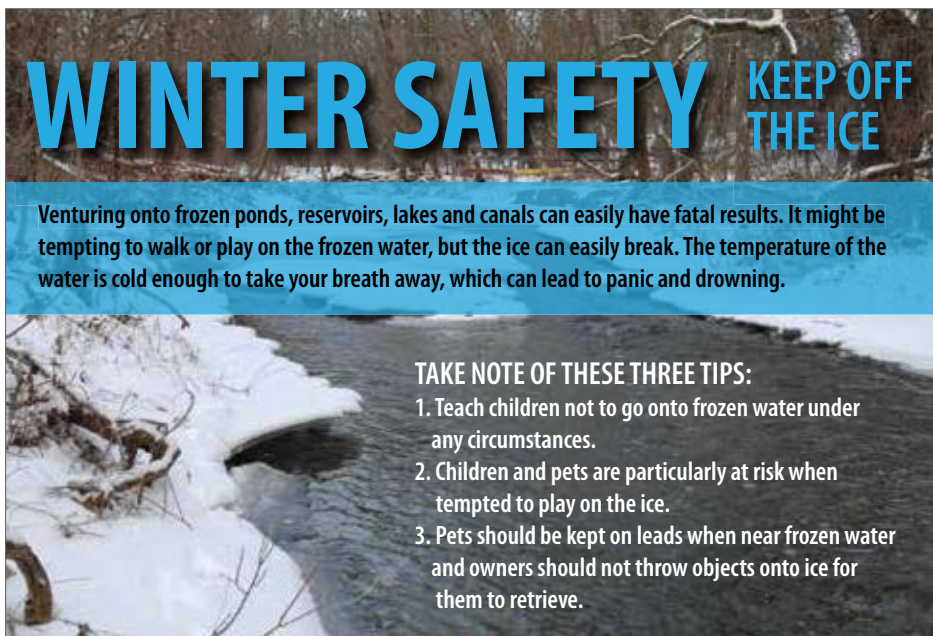
The Lifesaving Society Instructor Trainer clinic provides candidates with an understanding of the expectations and requirements to teach instructors, and prepares participants to successfully apprentice as an Instructor Trainer on the Instructor course(s). Required Materials: Instructor Trainer Notes must be purchased directly from through the Lifesaving Society.

Age: 18 + Class Length: 5 Hours

Fall

Balmoral Recreation Centre

Fri 5:00 pm Oct 14 2 \$43.71 791480



WINTER SAFETY KEEP OFF THE ICE

Venturing onto frozen ponds, reservoirs, lakes and canals can easily have fatal results. It might be tempting to walk or play on the frozen water, but the ice can easily break. The temperature of the water is cold enough to take your breath away, which can lead to panic and drowning.

TAKE NOTE OF THESE THREE TIPS:

1. Teach children not to go onto frozen water under any circumstances.
2. Children and pets are particularly at risk when tempted to play on the ice.
3. Pets should be kept on leads when near frozen water and owners should not throw objects onto ice for them to retrieve.

National Lifeguard Instructor

The National Lifeguard Instructor course provides candidates with an understanding of the principles and practices on which the National Lifeguard program is based, and explores teaching approaches and techniques appropriate for National Lifeguard candidates. After successful participation in the National Lifeguard Instructor course, National Lifeguard Instructors are certified to teach all options of the National Lifeguard Program. Required Materials: National Lifeguard Instructor Notes and resource CD must be purchased directly from through the Lifesaving Society.

Age: 18 + Class Length: 9 Hours
Fall

Balmoral Recreation Centre

Mon-Thu 9:00 am Dec 19 2 \$84.48 791461

Lifesaving Sport Coach Level 1

This course provides training for Lifesaving Instructors who wish to coach lifesaving sport at the community level. Lifesaving Sport Coach Level 1 focuses on the fundamentals of coaching and lifesaving sport skills. This course consists of core materials together with environment-specific modules leading to certification in one of the following options: Lifesaving Coach Level 1 - Pool or Open Water. Required Materials: Sport Fundamentals Award Guide and Coaching Sport Fundamentals must be purchased directly through the Lifesaving Society. Prerequisites: Current Lifesaving Instructor certification and current Emergency First Aid certification (or higher).

Age: 16 + Class Length: 10 Hours
Fall

Balmoral Recreation Centre

Sat 9:00 am Oct 22 1 \$57.14 791481

Winter

Gore Meadows Community Centre

Sun 9:00 am Feb 19 1 \$57.14 806230

SEE Auditor

This course is designed to give individuals the knowledge, training and tools required to evaluate the safety of lifeguard and instructor supervision using a quantifiable measuring system. Required Materials: SEE Auditor Workbook must be purchased directly through the Lifesaving Society. Prerequisites: AST or AMT or current NLS Examiner.

Age: 16 + Class Length: 4 Hours
Fall

Balmoral Recreation Centre

Thu 5:30 pm Nov 17 1 \$58.50 791482

Winter

Gore Meadows Community Centre

Mon 5:30 pm Jan 9 1 \$58.50 791874

Standard First Aid Instructor

The Lifesaving Society's Standard First Aid Instructor course is designed to provide Lifesaving Instructors with the knowledge and resources required to organize, plan, and deliver Lifesaving Society First

Aid awards up to and including Standard First Aid and CPR-A, -B, -C. Required Materials: Canadian First Aid Manual may be purchased for an additional fee. Standard First Aid Award Guide and First Aid Instructor resource CD must be purchased directly through the Lifesaving Society Prerequisite: Lifesaving Instructor, Advanced Instructor (may be done concurrently) and Standard First Aid certification from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, Canadian Ski Patrol. Prerequisites need not be current.

Age: 18 + Class Length: 9 Hours
Fall

Central Public School

Sat-Sun 9:00 am Dec 17 2 \$73.51 794380

Winter

Howden Recreation Centre

Mon-Tue 9:00 am Feb 20 2 \$73.51 806434

Swim, Lifesaving and Emergency First Aid Instructors

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach and certify candidates in all levels of the Swim for Life® program. The Lifesaving Society Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards. Because the Society's first aid courses are recognized by the Workplace Safety & Insurance Board, the Society complies with the WSIB's request that only 'first aid instructors' teach WSIB approved courses. Required Materials: Lifesaving Instructor Pack will be charged at the time of registration. If not already owned; Current Canadian Lifesaving Manual and Current Canadian First Aid Manual may be purchased for an additional fee. Prerequisite: 16 years of age by the end of the course, Bronze Cross.

Age: 16 + Class Length: 40 Hours
Fall

Balmoral Recreation Centre

Fri 5:00 pm Nov 25 6 \$260.94 814747

Loafer's Lake Recreation Centre

Sun 9:30 am Oct 16 8 \$260.94 798948

South Fletcher's Sportsplex

Fri-Sun 6:00 pm Dec 2 6 \$260.94 796967

Winter

Cassie Campbell Community Centre

Mon 4:00 pm Jan 9 9 \$260.94 805433

Sat 1:00 pm Jan 14 9 \$260.94 805460

Gore Meadows Community Centre

Fri-Sun 5:30 pm Feb 3 6 \$260.94 791856

Fri-Sun 5:30 pm Mar 10 6 \$260.94 782423

Loafer's Lake Recreation Centre

Sun 9:30 am Jan 15 8 \$260.94 798949

South Fletcher's Sportsplex

Fri-Sun 6:00 pm Feb 24 6 \$260.94 796964

LEADERSHIP

Effective Babysitting

Learn to be an effective babysitter. This course includes child behaviour and discipline, accident prevention, home safety, emergency procedures and creative children's activities. A certificate will be received for successful completion of course.

Age: 12 - 15 Course Length: 10 Hours
Fall

Brampton Soccer Centre

Thu 7:00 pm Sep 22 10 \$95.80 794157

Loafer's Lake Recreation Centre

Sat 10:00 am Nov 12 2 \$95.80 797453

Winter

Brampton Soccer Centre

Thu 7:15 pm Jan 12 8 \$95.80 794158

Greenbriar Recreation Centre

Sat 1:00 pm Jan 14 8 \$95.80 807113

Home Alone

Designed to prepare children to stay home by themselves. Will cover dealing with strangers at the door and on the phone, safety in and around the house and teach them how they can prepare snacks and simple meals.

Age: 10 - 13 Class Length: 60 Minutes
Fall

Brampton Soccer Centre

Thu 6:00 pm Sep 22 8 \$45.12 794154

Cassie Campbell Community Centre

Wed 6:30 pm Sep 21 8 \$45.12 805265

Loafer's Lake Recreation Centre

Mon 7:35 pm Oct 17 8 \$45.12 797309

Winter

Brampton Soccer Centre

Thu 6:00 pm Jan 12 8 \$45.12 794155

Greenbriar Recreation Centre

Sat 11:00 am Jan 14 8 \$45.12 806390

Loafer's Lake Recreation Centre

Mon 7:35 pm Jan 9 8 \$45.12 800454

