AQUATIC LEADERSHIP

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 do not need to be current.

Required Materials: Guide to Ontario Public Pool Regulations must be purchased directly through the Lifesaving Society.

Age: 16+
Class Length: 11 Hours

Gore Meadows Community Centre
Fri-Sun 5:00 pm Jun 5 3 $184.19 1012548

LIFESAVING SOCIETY FIRST AID INSTRUCTOR
The Lifesaving Society’s 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. Candidates will be able to teach (but not certify) participants in first aid courses so long as they hold the corresponding first aid certification to the course they are teaching.

Instructors can certify candidates upon the successful completion of the Lifesaving Society Examiner course and successful apprenticeship with a First Aid Examiner Mentor.

Prerequisite: Minimum 16 years of age, and Standard First Aid certification from one of the following agencies: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, Canadian Ski Patrol. Prerequisites do not need to be current.

Required Materials: Instructor Notes, First Aid Award Guide, Canadian First Aid Manual, and First Aid Instructor Resource CD must be purchased directly though the Lifesaving Society.

Age: 16+
Class Length: 20 Hours

Gore Meadows Community Centre
Fri-Sun 5:00 pm Jun 5 3 $184.19 1012548

NATIONAL LIFEGUARD (POOL OPTION)
The Lifesaving Society National Lifeguard (Pool Option) certification builds on the fundamental skills, knowledge and values of the Lifesaving Society to develop the practical skills and knowledge required by lifeguards. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the role of a lifeguard. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed object recovery, 50-metre sprint challenge, 50-metre rescue drill and 400-metre endurance challenge.

Prerequisite: Minimum 16 years of age (by the last day of the course), Bronze Cross certification, and Standard First Aid certification from one of the following agencies: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, Canadian Ski Patrol (does not need to be current).

Required Materials: Alert Lifeguard in Action manual will be charged at the time of registration. Candidates should bring their Canadian Lifesaving Manual and Canadian First Aid Manual for reference throughout the course, as well as a whistle.

Age: 16+
Class Length: 44 Hours

South Fletcher’s Sportsplex
Fri-Sun 6:00 pm May 22 6 $267.85 1018692

LISTINGS LEGEND
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
NATIONAL LIFEGUARD (POOL OPTION) - RECERTIFICATION
The Lifesaving Society National Lifeguard (Pool Option) Recertification is for participants who already hold the award but has either expired or is about to expire. To maintain a current certification, award holders must complete a recertification exam within 24 months. Award holders are encouraged to maintain up-to-date skills and ability through recertification, and are responsible for reviewing the required content and skills and preparing themselves for the exam. The exam is based on the National Lifeguard Award curriculum. Award holders may recertify at any time regardless of the certification date of the original award.


Age: 16+
Class Length: 6 Hours

**Balmoral**
Sun 11:00 am Apr 5 1 $61.59 1013056

**Cassie Campbell Community Centre**
Sat 1:00 pm May 30 1 $61.59 1012616

**Gore Meadows Community Centre**
Sat 12:00 pm Jun 20 1 $61.59 1012540

**South Fletcher’s Sportsplex**
Sat 4:00 pm May 2 1 $61.59 1018693

NATIONAL LIFEGUARD (WATERFRONT)
The National Lifeguard (Waterfront Option) certification builds on the fundamental skills, knowledge and values of the Lifesaving Society to develop the practical skills and knowledge required by lifeguards. National Lifeguard Waterfront training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard’s role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed 300-metre run, swim-tow and a 50-metre swim wearing fins.

**Prerequisites:** Minimum 16 years of age, Bronze Cross certification, and Standard First Aid certification from one of the following agencies: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, Canadian Ski Patrol (does not need to be current).


**Professor’s Lake Recreation Centre**
Sat 10:00 am May 30 1 $61.59 1020182

SAFEGUARD
Safety supervision training for guardians who accompany groups of young people to pools or waterfronts (e.g., day camp counsellors, counsellors-in-training and others). 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: 3.5 Hours

**Balmoral**
Tue 5:00 pm May 26 1 $36.16 1013054
Sat 3:00 pm Jun 20 1 $36.16 1013055

**Cassie Campbell Community Centre**
Tue 5:00 pm Jun 23 1 $36.16 1012598

**Century Gardens Recreation Centre**
Sun 9:00 am Jun 28 1 $36.16 1007518

**Chris Gibson Recreation Centre**
Sun 3:30 pm Jun 14 1 $36.16 1014146
Sat 3:30 pm Jun 20 1 $36.16 1014147

**Gore Meadows Community Centre**
Fri 5:00 pm Jun 19 1 $36.16 1012534

**Jim Archdekin Recreation Centre**
Sat 3:00 pm Jun 13 1 $36.16 1007419

**South Fletcher’s Sportsplex**
Wed 5:30 pm Jun 17 1 $36.16 1018695
Sat 1:00 pm Jun 20 1 $36.16 1018696

SWIM, LIFESAVING AND EMERGENCY FIRST AID INSTRUCTORS
The Lifesaving Society Swim and Lifesaving 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.

**Prerequisite:** 16 years of age by the last day of the course and Lifesaving Society Bronze Cross (does not need to be current).

**SWIM, LIFESAVING AND EMERGENCY FIRST AID INSTRUCTORS**

**Balmoral**
Tue 5:00 pm May 26 1 $36.16 1013054
Sat 3:00 pm Jun 20 1 $36.16 1013055

**Cassie Campbell Community Centre**
Tue 5:00 pm Jun 23 1 $36.16 1012598

**Century Gardens Recreation Centre**
Sun 9:00 am Jun 28 1 $36.16 1007518

**Chris Gibson Recreation Centre**
Sun 3:30 pm Jun 14 1 $36.16 1014146
Sat 3:30 pm Jun 20 1 $36.16 1014147

**Gore Meadows Community Centre**
Fri 5:00 pm Jun 19 1 $36.16 1012534

**Jim Archdekin Recreation Centre**
Sat 3:00 pm Jun 13 1 $36.16 1007419

**South Fletcher’s Sportsplex**
Wed 5:30 pm Jun 17 1 $36.16 1018695
Sat 1:00 pm Jun 20 1 $36.16 1018696

**BECOME AN AQUATICS VOLUNTEER**

Develop valuable skills, meet new people, gain field experience, and build positive self-esteem by assisting swimming instructors on deck and in the water.

Volunteering is a great way to gain valuable experience, as well as completing your high school community service hours.

**Prerequisites:**
- Bronze Medallion
- Emergency First Aid
- 14 years of age and older

Contact us to learn more!
Speak to a Customer Service Representative or visit us online at brampton.ca/recreation
**FIRST AID**

**AIRWAY MANAGEMENT**
Lifesaving Society Airway Management certification provides 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 the following agencies: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, Canadian Ski Patrol. Prerequisites do not need to be current.

**Required Materials:** Current Canadian First Aid Manual may be purchased at time of registration for an additional fee if not already owned.

**Age:** 16+
**Class Length:** 4 Hours

**Balmoral**
- Sun 10:00 am Apr 19 8 $345.88 1013061
- Fri-Sun 6:00 pm May 29 6 $345.88 1013070
- Mon-Fri 10:00 am Jun 22 5 $345.88 1013071

**Gore Meadows Community Centre**
- Sat 1:00 pm Apr 11 8 $345.88 1012545

**South Fletcher’s Sportsplex**
- Fri-Sun 6:00 pm Apr 24 6 $345.88 1018694

**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:** 16+
**Class Length:** 16 Hours

**Balmoral**
- Sat-Sun 9:00 am May 2 2 $99.56 1014128
- Sat-Sun 9:00 am May 30 2 $99.56 1014122
- Tue-Wed 8:30 am Jun 2 2 $99.56 1014125
- Sat-Sun 9:00 am Jun 6 2 $99.56 1014126
- Sat-Sun 9:00 am Jun 20 2 $99.56 1014123
- Mon-Tue 8:30 am Jun 22 2 $99.56 1014124

**Gore Meadows Community Centre**
- Sat-Sun 9:00 am Mar 28 2 $99.56 1012532

**Greenbriar Recreation Centre**
- Tue-Wed 9:00 am Mar 24 2 $99.56 1021282

**Snelgrove Recreation Centre**
- Sat-Sun 9:00 am Apr 4 2 $99.56 1007416
- Sat-Sun 9:00 am Jun 13 2 $99.56 1007417

**South Fletcher’s Sportsplex**
- Sat-Sun 10:00 am May 9 2 $99.56 1018687
- Sat-Sun 10:00 am May 23 2 $99.56 1018686
- Sat-Sun 10:00 am Jun 13 2 $99.56 1018685

**Terry Miller Recreation Centre**
- Sat-Sun 9:00 am Apr 18 2 $99.56 1021281

**STANDARD FIRST AID WITH CPR C RECERTIFICATION**
Current Lifesaving Society Standard First Aid (SFA) award holders are eligible to recertify their certification once only as long as they attend a recertification course within 3 years from the original certification date of issue. If award holders have already attended a recertification course, individuals must attend a full Standard First Aid course to renew their certification. Individuals may renew their certification by alternating recertification and full courses. Award holders who hold certifications from other agencies must recertify through the original certifying body.

**Required Materials:** Canadian First Aid Manual may be purchased of an additional fee.

**Prerequisite:** Lifesaving Society Standard First Aid (must be current within 3 years of the date of issue).

**Age:** 13+
**Class Length:** 8 Hours

**Balmoral**
- Sat-Sun 9:00 am Apr 18 2 $67.49 1010346
- Sun 9:00 am May 10 1 $67.49 1010347

**Central Public School**
- Sat 8:00 am Apr 4 1 $79.95 1006166
- Sun 8:00 am May 3 1 $79.95 1006018
- Sun 8:00 am May 31 1 $79.95 1006167
- Sat 8:00 am Jun 6 1 $79.95 1006367

**HIGH FIVE - QUEST 2**
This one-day training helps supervisors improve risk management in children’s programs by learning how to measure quality with the HIGH FIVE scientifically validated QUEST 2 Tool. Supervisors will use the QUEST 2 Tool and learn how to enter their data into the HIGH FIVE Database to track their organization’s progress as well as identify areas of need.

**Prerequisite:** PHCD or HIGH FIVE Sport.

**Age:** 16+
**Class Length:** 31.5 Hours

**Central Public School**
- Sat 8:00 am Jun 20 1 $118.90 1006019

**FIRST AID, CERTIFICATION & LEADERSHIP**

**REGISTERED PROGRAMS**

**Required Materials:** Lifesaving Instructor Pack will be charged at the time of registration. Candidates should bring their Canadian Lifesaving Manual and Canadian First Aid Manual for reference throughout the course, as well as a whistle.

**Age:** 16+
**Class Length:** 40 Hours

**Balmoral**
- Sun 10:00 am Apr 19 8 $345.88 1013061
- Fri-Sun 6:00 pm May 29 6 $345.88 1013070
- Mon-Fri 10:00 am Jun 22 5 $345.88 1013071

**South Fletcher’s Sportsplex**
- Fri-Sun 6:00 pm Apr 24 6 $345.88 1018694

**CURRENT REQUIREMENTS**

**Lifesaving Instructor**
- Age: 16+
- Class Length: 80 Hours

**Balmoral**
- Wed 6:00 pm Apr 21 1 $40.68 1013048
- Wed 6:00 pm May 20 1 $40.68 1013049
- Wed 6:00 pm Jun 3 1 $40.68 1013050
- Wed 6:00 pm Jun 10 1 $40.68 1013051

**Cassie Campbell Community Centre**
- Sun 11:30 am Jun 21 1 $40.68 1012595

**Central Public School**
- Sun 10:00 am Apr 5 1 $40.68 1014144
- Sun 10:00 am May 3 1 $40.68 1014145

**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:** 16+
**Class Length:** 16 Hours

**Balmoral**
- Sat-Sun 9:00 am Apr 4 2 $99.56 1013039
- Wed-Thu 9:00 am Apr 8 2 $99.56 1013038
- Sat-Sun 9:00 am Apr 25 2 $99.56 1013040
- Sat-Sun 9:00 am May 2 2 $99.56 1013042
- Wed-Thu 9:00 am May 13 2 $99.56 1013043
- Sat-Sun 9:00 am May 23 2 $99.56 1013044

**Central Public School**
- Sat-Sun 9:00 am Mar 28 2 $99.56 1014127
- Thu-Fri 9:00 am Apr 23 2 $99.56 1014120
- Sat-Sun 9:00 am Apr 25 2 $99.56 1014121
LEADERSHIP & CERTIFICATION

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: 1 Hour

LEADERS IN RECREATION
This program is designed to help the youth of Brampton prepare for success in their future. Through weekly classes, participants will be introduced to and receive information on how to obtain certifications required for recreational employment with the City of Brampton. Classes will focus on goal setting, time management, leadership skills, resume building, and interview preparation. Participants will receive a certificate upon completion of the program.
Required Materials: Participants must wear active clothing, and bring a pen or a pencil to class every week.
Age: 14 – 17
Class Length: 2 Hours

Karanveer was looking for a role that would allow him to lead and manage a team, so he worked his way up the ladder in aquatics and became an Instructor. Now he sees his position as an opportunity to be a role model.

BECOME A LIFEGUARD!

We are hiring part-time aquatics staff to work at one of our 11 indoor pools, Eldorado Outdoor Pool and Professor’s Lake.

Refer to page 82 for more information and course progression details.

Join our team - apply now by visiting brampton.ca/recreation