

AQUATIC COURSES

RED CROSS (to Lifeguard)

STANDARD FIRST AID/CPR "C"/AED

This 16-20 hour program provides certification in CPR "C"/AED/Standard First Aid. Information covers the following: The EMS system, Check Call Care, Airway Emergencies, Breathing & Circulation Emergencies, First Aid for Respiratory and Cardiac Emergencies, Head & Spine Injuries, Wound Care, Sudden Medical Emergencies and Environmental Emergencies.

Date: March 9 and 10 (2019). **Time:** 9:00am - 5:00pm

Cost: \$165. Manuals provided for course, but available for purchase at \$15 each.

STANDARD FIRST AID/CPR "C"/AED RECERT

Date: March 10 (2019). **Time:** 9:00am - 5:00pm

Cost: \$135. Manuals provided for course, but available for purchase at \$15 each.

RED CROSS ASSISTANT LIFEGUARD (ALG)

Pre-requisites: Must be at least 12 years old and have completed Swim Kids 10.

Start your training to become a certified Lifeguard with the ALG course. This 25-hour course teaches injury prevention, teamwork, basic rescues, and lifeguard skills. Candidates are continuously evaluated throughout the course based on standard evaluation criteria as well as a final, scenario-based practical knowledge evaluation. Upon completion of the course, candidates are required to complete a 2-hour observation assignment. Certification is valid for 2 years.

Date: February 19-22 (2019). **Time:** 8:30am -5:30pm

Cost: \$180

RED CROSS LIFEGUARD (LG)

Pre-requisites: Must be at least 15 years old, have current Standard First Aid/CPR "C"/AED, and completed Assistant Lifeguard OR (Bronze Cross + Red Cross Prep Course).

This 40-hour course provides lifeguard certification for individuals working at pools. The course prepares deck-ready lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on standard evaluation criteria and must complete a final skills and knowledge assessment. Certification is valid for 2 years.

Date: April 22-26 (2019). **Time:** 9:00am – 6:00pm

Cost: \$295

RED CROSS LIFEGUARD RECERTIFICATION

Pre-requisites: Must be recertified every 2 years and be less than 5 years old from original date of Certification or Re-certification

Date: April 28 (2019). **Time:** 9:00am – 5:00pm

Cost: \$100

RED CROSS (to teach swimming lessons)

WATER SAFETY INSTRUCTOR (WSI)

Pre-Course Requirements: 15 years or older, ability to perform Red Cross Swim Kids 10 strokes and skills, and must hold ONE of the following: Red Cross Assistant Lifeguard, Standard First Aid/CPR/AED, or Bronze Cross.

The WSI course prepares candidates to instruct the Red Cross Swim programs by learning how to introduce and develop fitness activities, skills and water safety, and swimming skills in the various levels of the swim program.

The course consists of: Skills Evaluation (3 – 6 hours), Online (14 – 20 hours), Teaching Experience (minimum 8 hours), and a Classroom and Pool session (9 hours classroom, 12 hours pool).

WSI – Skills Evaluation: February 12 (2019). Time: 5 to 10pm

WSI – Classroom and Pool: May 10-12 (2019). Time: Friday 6-10pm. Saturday/Sunday 9am-6pm.

Cost: \$490

Following completion of this course, candidates are certified for 1 year as a WSI, which allows them to teach Red Cross Swim programs without direct supervision. Within this year, complete 3 Online Professional Development modules and receive an extra 1-year certification extension at no additional fee.

WATER SAFETY INSTRUCTOR RECERTIFICATION

Date: May 12 (2019). Time: 9am-5pm.

Cost: \$100

SPRA (Saskatchewan Parks and Recreation - to teach Aquafit)

SASKATCHEWAN PARKS AND RECREATION EXERCISE THEORY CERTIFICATION

Exercise Theory is a pre-requisite to all specialty modules and it must be completed prior to taking any of the specialty module. It provides participants with the knowledge and practical skills required to lead safe, effective and motivating group exercise classes.

Course Content includes: • Group Exercise Scope of Practice • Certification Requirements • Types of Group Exercise Classes • Program Planning • Warm-Ups • Cool Downs • Cardiovascular Conditioning • Muscular Conditioning • Stretching • Hi/Lo Class Participation and Discussion • Use of Equipment • Monitoring Individual Progress • Teaching Drills • Formations • Cueing - Verbal and Visual • Use of Music • Music Selection • Resource Awareness • Proper Stepping Technique • Step Class Design • Tips for Building Step Choreography • Safety Considerations

Date: May 3-5 (2019). Time: Friday 5-10 pm and Saturday/Sunday 8:00am – 6:00pm

Cost: \$307.25

SASKATCHEWAN PARKS AND RECREATION EXERCISE AQUATIC EXERCISE CERTIFICATION

It will provide participants with the knowledge and practical skills required to lead safe, effective and motivating classes in the pool in a variety of formats.

Course Content includes: • Aquatic Exercise Scope of Practice • Types of Aqua Classes • Shallow Water Techniques • Deep Water Techniques • Aquatic Circuits • Physiology as Affected by Water • Buoyancy • Resistance • Water Pressure • Program Planning • Warm-Ups and Cool Downs • Cardiovascular Conditioning • Cueing - Verbal and Visual • Music Selection • Use of Music • Resource Awareness • Routines and Transitions • Formations and Use of Space • Exercise Safety • Communication • Monitoring Individual Progress • Muscular Strength and Endurance • Use of Equipment • Certification Requirements

Date: May 24-26 (2019). Time: Friday 5-10 pm and Saturday/Sunday 8:00am – 6:00pm

Cost: \$307.25