



Bronze Star

Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. The last class is the exam for this course. A birth certificate or other government issued id is required to verify the birthdate of the student. 1 hour lesson.

Cost: \$143.00 (includes exam fees) for 10 weeks

Sessions:

Mondays: March 31 to June 16 * skip April 21 and May 19

Tuesdays: April 1 to June 3

Wednesdays: April 2 to June 4

Thursdays: April 3 to June 5

Fridays: April 4 to June 20 *skip April 11 and 18

Saturdays: April 5 to June 21 *skip April 12 and May 17

Bronze Medallion:



Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Prerequisite: Minimum 13 years of age or Bronze Star certification (need not be current).

Cost: \$283 (includes material and exam fees)

Sessions:

Sundays: March 30 to June 22 * skip April 13, 20 and May 18

Bronze Cross:



Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisite: Bronze Medallion and Emergency or Standard First Aid

Note: Lifesaving Society Standard First Aid certification is included in the course.

Cost: \$275 (includes material and exam fees)

Sessions:

Sundays: March 30 to June 22 * skip April 13, 20 and May 18



Uxpool

1 Parkside Dr., Uxbridge
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Youth Leadership Courses

Rookie Patrol:

Rookie Patrol has swimmers continue stroke development with 50m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.

Ranger Patrol:

Ranger Patrol features development of front crawl, back crawl and breaststroke over 75m each, a 100m lifesaving medley and timed 200m swims.

Star Patrol:

Star patrol demands good physical conditioning and lifesaving judgement. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke over 100m each; and complete 600m workouts and 300m timed swims.

Cost: \$128.00 for 10 weeks

Sessions:

Mondays: March 31 to June 16 * skip April 21 and May 19

Tuesdays: April 1 to June 3

Wednesdays: April 2 to June 4

Thursdays: April 3 to June 5

Fridays: April 4 to June 20 *skip April 11 and 18

Saturdays: April 5 to June 21 *skip April 12 and May 17

