

March Break Leadership Training

Monday March 10 - Friday March 14, 8:30am-4:30pm

Registration
Opens
January 29th
9am

\$283*

Bronze Medallion

Challenges the candidate both mentally and physically. Judgement, 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).

\$275*

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.

\$156

Jr. Lifeguard Camp

Jr. Lifeguard Camp: This camp is geared towards youth striving to become certified lifeguards. Jr. Lifeguard campers will learn a variety of water rescues, lifesaving techniques and stroke efficiency from our Life Saving Society Rookie, Ranger, and Star Patrol Programs in a fun-filled atmosphere. Campers will NOT be certified lifeguards upon completion of the program.

Prerequisite: Minimum 10 years of age or Swimmer 6 (need not be current).

Uxbridge.ca/uxpool

1 Parkside Drive, Uxbridge Ontario

905-852-7831



*Includes Materials and Exam Fees