



# Fall 2016 Innisfil YMCA Aquatic Leadership Programs

Registration begins Saturday August 20, 2016. To register, please visit or call the YMCA Member Services desk (705-431-9622) or register online at [www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca). Full payment is required to confirm a space and refunds can only be provided for courses cancelled more than 7 days prior to the start of the program.

Program Name/Description	Dates/Times	Fees	Pre-requisites
<b>LSS SafeGuard:</b> Safety supervision training for guardians (ie, day camp counsellors) who accompany groups of young people to pools or waterfronts. This course stresses the responsibility for supervising the young people in their care, even with lifeguards on duty.	Friday Sept 30 – Nov 18 6:30-7:00pm	Member \$15+HST Non Member \$40+HST	12 years of age Preferred: Star 7
<b>Pre Bronze:</b> A bridging course to help those ready to pursue Bronze courses (Bronze Star or Medallion) who feel they need more practice first.	Sunday Oct 2 – Nov 20 11:30am-12:15pm	Member \$20+HST Non Member \$45+HST	12 years of age Preferred: Star 7 and/or successful completion of Safeguard course
<b>LSS Bronze Star:</b> Develops first aid, rescue and resuscitation skills while conditioning candidates for aerobic fitness and endurance. Exam fees included.	Friday Sept 30 – Dec 9 6:30-7:15pm	Member \$60+HST Non Member \$105+HST	12 years of age Preferred: Star 7 and/or successful completion of Safeguard course
<b>LSS Bronze Medallion with Emergency First Aid &amp; CPR level B (EFA/B):</b> Candidates learn lifesaving principles, water safety & rescue education. Exam fees & course manuals included.	Thursday Sept 29 – Dec 1 4:30-6:30pm <b>Exam Dec 1 4:30-6:30</b>	Member \$156+HST Non Member \$195+HST	13 years of age OR Bronze Star
<b>LSS Bronze Cross with Standard First Aid &amp; CPR level C (SFA/C):</b> To further develop lifesaving and rescue skills. Exam fees & course manuals included. <b>Must bring current LSS Bronze Medallion and EFA certificates.</b>	Thursday Sept 29 – Dec 1 4:30-6:30pm <b>Exam Dec 1 4:30-6:30</b>	Member \$156+HST Non Member \$195+HST	Cross & EFA/B 14 years of age preferred
<b>Pre-Guard:</b> If you have a current Bronze Cross and Standard First Aid CPR level C and are waiting until your 16 <sup>th</sup> birthday to take your NLP, this course is for you! Focus will be on National Lifeguard physical standards.	Friday Sept 30 – Nov 18 6:30-7:00pm	Member \$20+HST Non Member \$45+HST	Bronze Cross and Standard First Aid CPR-C
<b>LSS National Lifeguard Program (NLP):</b> A nationally recognized standard measurement of lifeguard performance and best practices in Canada to develop lifeguarding principles, mature and responsible decision making skills. Exam fees & course manuals included. <b>Must bring LSS Bronze Cross and SFA certificates.</b>	Full Course: Sept 16, 17, 18, 30 Oct 1, 2 <b>Recert:</b> Oct 2 See Member Services or website for times.	Member \$180+HST Non Member \$270+HST <b>Recert:</b> Member \$75+HST Non Member \$100+HST	16 years of age Cross & SFA/C
<b>LSS Standard First Aid with CPR level C:</b> Provides comprehensive first aid and CPR instruction. Changes in first aid and CPR protocols are made every five years based on a review of the latest scientific research. The most recent recommendations were released on October 15, 2015 by the International Liaison Committee on Resuscitation (ILCOR) in collaboration with the American Heart Association. Course materials and exam fees are included.	Full Course: Aug 27-28 <b>Recert:</b> Aug 28 9:00am-5:00pm <b>(must bring a current LSS SFA certificate for recert)</b>	Member \$100+HST Non Member \$125+HST <b>Recert:</b> Member \$85+HST Non Member \$105+HST	12 years of age preferred
<b>YMCA Swim Instructor:</b> To further develop teaching methods and strength-based feedback and communication strategies necessary to deliver the YMCA Swim Program. <b>Must bring current LSS Bronze Cross and SFA certificates.</b>	<i>Next course will be offered in January 2017, see the Barrie YMCA for a Fall course</i>	Member \$50+HST Non Member \$170+HST	16 years of age, Cross & SFA/C

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