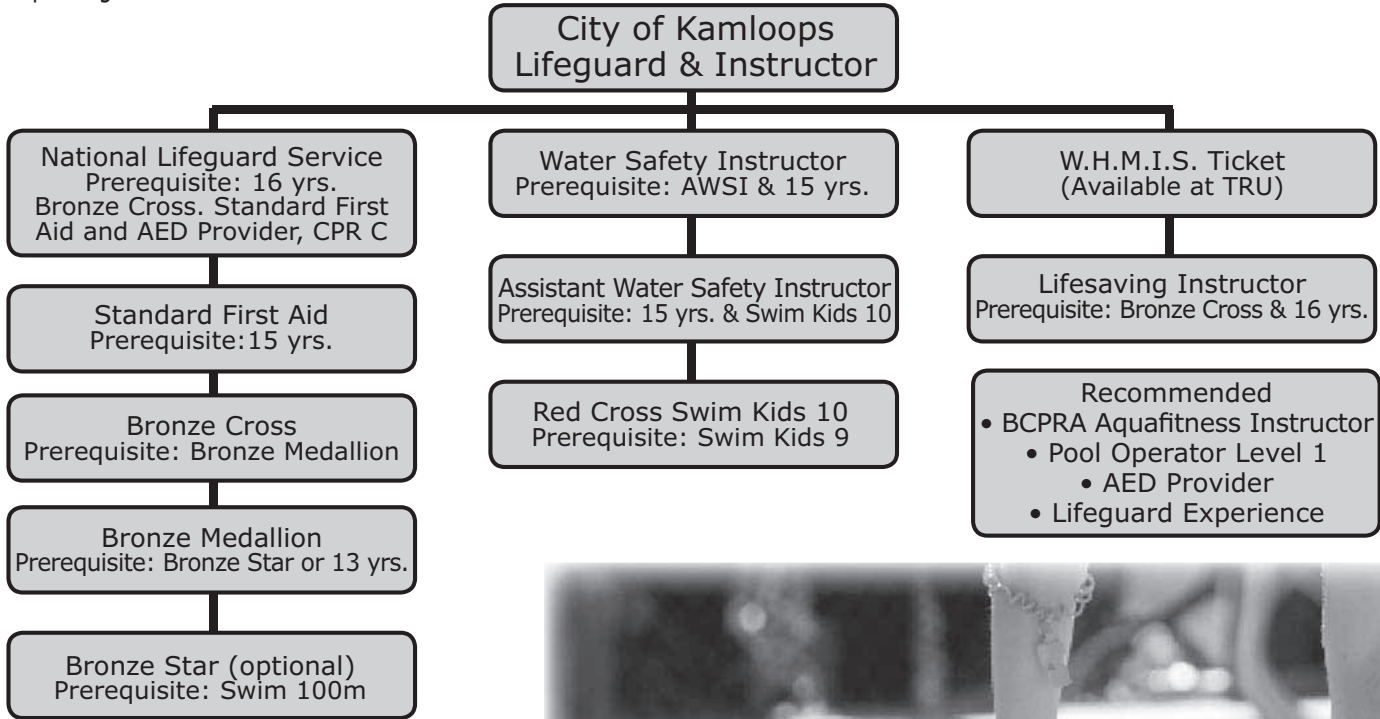


Lifeguard And Swim Instructor Jump Into A Great Job!

It's a high-calibre, close-knit, and supportive team that makes the City of Kamloops an exceptional place to work as a lifeguard. Our aquatic employees enjoy working in a variety of facilities, from the world-class Canada Games Aquatic Centre to proud community-based centres such as Westsyde Pool, the outdoor pools, and Riverside Park. The Aquatics Section is always looking for great people to join its winning team. Learn how to become a certified lifeguard, get the training, and watch our website for job postings.



Want help planning your lifeguard training?
Consult one of our Aquatic Coordinators by email: swim@kamloops.ca or by phone at 250-828-3754.

Canada Games Aquatic Centre
Home of Kamloops Aquatic Sport Clubs



kamloopsclassicswimming.ca



sunrays.kamloops.net



riptechdiving.tripod.com

City of Kamloops



Photo Credit: Greg Ogilvie

ADVANCED AQUATIC COURSES SPRING/SUMMER 2012

Days	Dates	Time	No. of Classes	Fee	Location	Course Code
Canadian Swim Patrol - Get ready to become a lifeguard! Children learn self-rescue, basic lifesaving techniques, and first aid skills. Three badges to attain: Rookie, Ranger, and Star! Prerequisites: 8 years of age by the first day of the course.						
Fri	Mar 30-May 25	6:00-7:00 pm	8	\$60	Canada Games Pool	188484
Bronze Star - High-performance training for skilled preteens. Students will learn basic CPR, first aid, water rescues and searches, and water hazard awareness. Excellent prep course for Bronze Medallion. Prerequisites: Strong swimming ability is recommended (i.e. swim club or Swim Kids 10); 100% attendance is required.						
Tue-Fri	Jul 3-6	9:00 am-2:00 pm	4	\$75	Canada Games Pool	188882
Bronze Medallion [†] - Prepares participants to respond effectively to a variety of aquatic emergencies. Students will develop their fitness levels, safety knowledge, water rescue skills, and judgment while learning CPR, first aid, and other lifesaving skills. Prerequisites: Bronze Star or 13 years of age by the last day of the course; ability to swim 200 m; 100% attendance is required.						
Mon/Wed	Mar 26-Apr 25	4:30-9:30 pm	9	\$185	Canada Games Pool	188232
Bronze Cross [†] - Challenges students to perform increasingly complex water rescues, first aid, and CPR scenarios. Bronze Cross prepares students for further lifeguard training or is simply an excellent life skill and confidence builder. Prerequisites: Bronze Medallion; 100% attendance is required.						
Fri-Sun	May 11-13	4:30 pm-9:30 pm*	3	\$165	Canada Games Pool	188233
*Sat and Sun class times are 1:00-8:00 pm						
Lifesaving Camp [†] - Bronze Medallion and Bronze Cross - A full week of lifesaving training. This course combines the Bronze Medallion and Bronze Cross courses. Prerequisites: 13 years of age by the last day of the course; 100% attendance is required.						
Mon-Fri	Mar 19-23	9:00 am-4:00 pm	5	\$295	Canada Games Pool	183734
Mon-Fri	Jul 9-13	9:00 am-4:00 pm	5	\$295	Canada Games Pool	188234
Mon-Fri	Aug 13-17	9:00 am-4:00 pm	5	\$295	Canada Games Pool	188235
Standard First Aid (SFA) [†] - Includes CPR and AED Provider. Provides comprehensive training covering all aspects of first aid, CPR, and AED. Prerequisites: 15 years of age; 100% attendance is required.						
Tue/Thu	May 15-24	4:30-9:00 pm	4	\$165	Canada Games Pool	188236
Mon-Thu	Jul 23-26	10:00 am-2:30 pm	4	\$165	Canada Games Pool	188237
National Lifeguard Service (NLS) [†] - NLS is the national standard for lifeguards in Canada. Candidates will learn to apply rescue techniques and first aid skills. Prerequisites: 16 years of age by the last day of the course; Bronze Cross; SFA/CPR C (current within two years); 100% attendance is required.						
Mon/Wed/Fri	Jun 4-25	4:30-9:30 pm	9	\$295	Canada Games Pool	188238
Mon-Fri*	Jul 30-Aug 10	9:00 am-4:00 pm	8	\$295	Canada Games Pool	188239
*Jul/Aug course - first week: Mon-Thu; second week: Tue-Fri						
Assistant Water Safety Instructor (AWSI) [†] - Introduces candidates to the foundations of teaching swimming strokes and water safety skills. Prerequisites: 15 years of age by the last day of the course; Swim Kids 10 (or equivalent); 100% attendance is required.						
Mon-Fri	Jul 16-20	9:00 am-4:00 pm	5	\$255	Canada Games Pool	188240
Water Safety Instructor (WSI) [†] - Prepares students to teach the Canadian Red Water Safety programs. Prerequisites: 15 years of age by the last day of the course; Assistant Water Safety Instructor (AWSI); 100% attendance is required.						
Mon-Fri	Mar 19-23	9:00 am-4:00 pm	5	\$240	Canada Games Pool	188241
Mon-Fri	Aug 20-24	9:00 am-4:00 pm	5	\$240	Westsyde Pool	188242
Lifesaving Instructor (LSI) [†] - Prepares students to teach and evaluate a variety of Lifesaving Society programs such as Canadian Swim Patrol, Bronze Star, Bronze Medallion, Bronze Cross, and others. Prerequisites: 16 years of age by the last day of the course; Bronze Cross; 100% attendance is required.						
Tue-Fri	Jul 3-6	9:00 am-4:00 pm	4	\$240	Canada Games Pool	188282
Mon-Thu	Aug 27-30	9:00 am-4:00 pm	4	\$240	Westsyde Pool	188283
Lifesaving Instructor (LSI) Recertification Prerequisites: 15 years of age; 100% attendance is required.						
Wed	Mar 28	6:00-10:00 pm	1	\$75	Canada Games Pool	188288
Water Safety Instructor (WSI) Recertification Prerequisites: 15 years of age; 100% attendance is required.						
Wed	Apr 4	6:00-10:00 pm	1	\$75	Canada Games Pool	188284
National Lifeguard Service (NLS) Recertification Prerequisites: 15 years of age; 100% attendance is required.						
Sun	May 27	9:00 am-6:00 pm	1	\$125	Canada Games Pool	188286
Recert/skill review: 9:00 am-1:00 pm. Recert exam: 2:00-6:00 pm.						
CPR Level C Recertification Prerequisites: 15 years of age; 100% attendance is required.						
Wed	May 23	6:00-10:00 pm	1	\$35	Canada Games Pool	188289