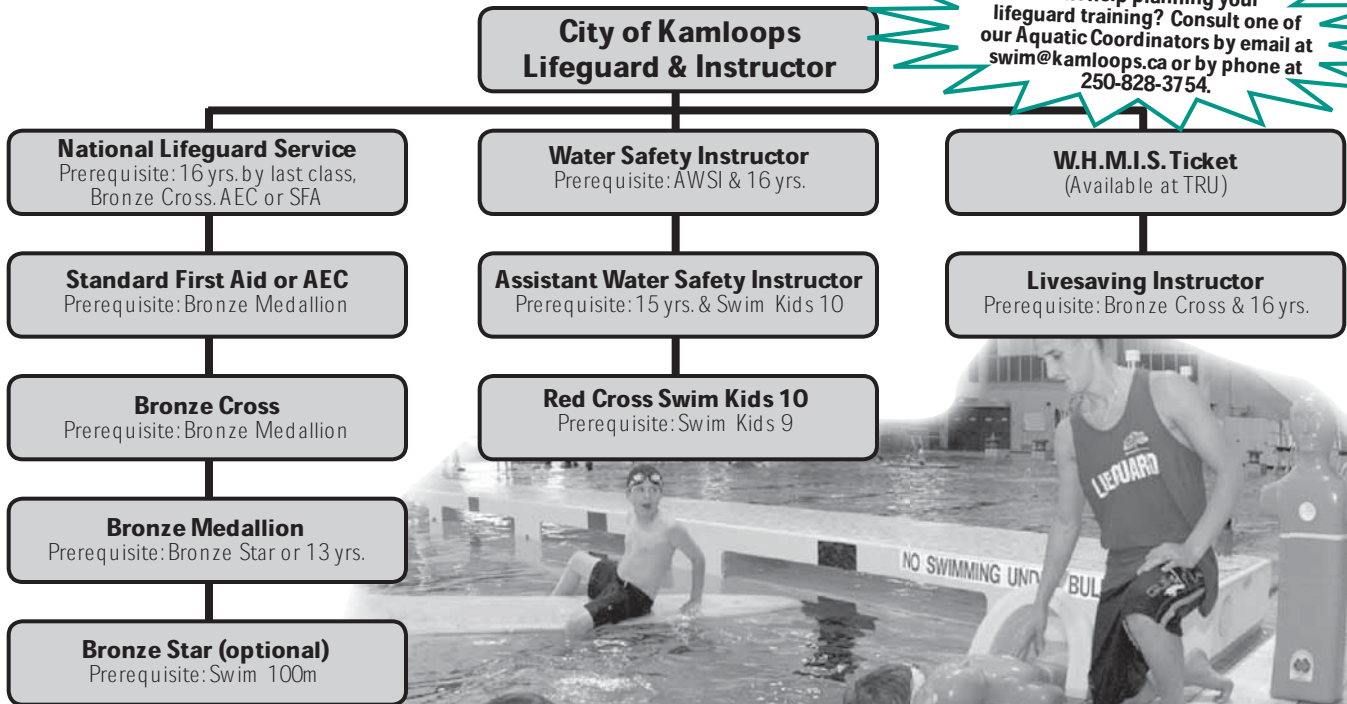


Lifeguard and Swim Instructor - Jump Into a Great Job!

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 at swim@kamloops.ca or by phone at 250-828-3754.

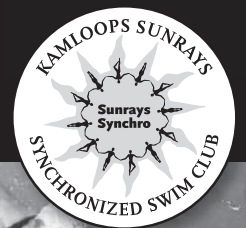


Matt Crossman Photo



Get in Sync with the Sunrays

Synchronized swimming combines athleticism, artistry and teamwork in a challenging, supportive and fun environment



- A range of programs, from recreational to competitive, start at age 6
- Excellent athlete to coach ratios
- Get in shape and make some great friends

See It Try It - Bring your suit 6 - 7 pm on September 22 & 23 to the Canada Games Pool

For more information on this dynamic sport see the *Pacific Sport* pages in this guide, visit www.sunrays.kamloops.net call 250.819.2613

STARTING OUT? Aquasquirts

Play-based, fun, non-competitive introduction
Saturdays • 1:30 - 3:00 pm

8 Week Sessions: Oct/Nov, Jan/Feb & April/May
Tier One

Competitive introduction (beginners welcome)
Mon. & Wed. • 5:30 - 7:30 • Canada Games Pool
Tuesday & Friday • 4 - 6 pm • Westsyde Pool
Check out our website for more details.



www.sunrays.kamloops.net • 250.819.2613

PAID ADVERTISEMENT

ADVANCED AQUATIC COURSES

Fall 2009 and Winter 2010

Junior Lifesavers - Get Ready to Become a Lifeguard

Through the Lifesaving Society's Canadian Swim Patrol program, participants will work on a three level pre-Bronze award that delivers "work hard/play hard" training for skilled swimmers 8-12 years old. Topics will cover water proficiency, recognition and rescue, and first aid. The purpose of the program is to take young swimmers beyond the learn-to-swim program and to provide them with basic lifesaving skills. Excellent preparatory program for aspiring lifeguards. The three badges to attain are Rookie Patrol, Ranger Patrol, and Star Patrol.
Prerequisites: 8 years old by the first day of the course.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Sat	Sep 12 - Oct 24	10	7	\$65	Canada Games Pool

**No required course manual.*

Bronze Star

Bronze Star delivers high-performance training for skilled preteens. An excellent prep course for Bronze Medallion, students will learn basic CPR, first aid, water rescues and searches as well as water hazard awareness.
Prerequisites: Ability to swim 100 m; 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Sat	Jan 9, 16, 23	12	3	\$75	Canada Games Pool

**No required course manual.*

Bronze Medallion

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 (by last day of course); ability to swim 200 m; 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Fri, Sat, Sun	Sep 11 - 13	20	3	\$185	Canada Games Pool
Fri, Sat, Sun	Jan 8 - 10	20	3	\$185	Canada Games Pool

**Course fee includes required manual.*

Bronze Cross

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.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Fri, Sat, Sun	Sep 25 - 27	20	3	\$160	Canada Games Pool
Fri, Sat, Sun	Jan 22 - 24	20	3	\$160	Canada Games Pool

**Bring your Canadian Lifesaving Manual from the Bronze Medallion Course*

Standard First Aid (SFA) - Includes CPR and AED Provider

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid, such as spinal injuries, bone and joint injuries, heat and cold illness, abdominal and chest injuries, burns, and other medical emergencies. Includes CPR-C certification and AED Provider certification.
Prerequisites: 12 years of age; 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Mon, Wed, Fri	Oct 5 - 9	20	3	\$165	Canada Games Pool
Mon, Wed, Fri	Feb 1 - 5	20	3	\$165	Canada Games Pool

**Course fee includes required manual.*

National Lifeguard Service (NLS)

NLS builds on the fundamental skills, knowledge and principles taught in the prerequisite training to prepare students for employment as lifeguards. NLS is a comprehensive and challenging course that is recognized nationally and internationally.
Prerequisites: 16 years of age (by last day of course); Bronze Cross; SFA or AEC (current within two years); 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Fri	Oct 16 - Dec 4	44	8	\$295	Canada Games Pool
Mon - Fri	Mar 5, 8 - 12	44	8	\$295	Canada Games Pool

**Course fee includes required manual.*



Assistant Water Safety Instructor (AWSI)

AWSI introduces candidates to the foundations of teaching skills by focusing on theoretical and practical knowledge that supports the learning experience. Students must complete this 30-hour course and 8 hours of practice teaching.

Prerequisites: 15 years of age (by last day of course); Swim Kids 10 (or equivalent); 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Sat	Oct 17 - Nov 7	30	4	\$255	Canada Games Pool
Sat	Jan 30 - Feb 27	30	4	\$255	Canada Games Pool

*Course fee includes required manual.

Water Safety Instructor (WSI)

WSI prepares students to teach the Canadian Red Cross learn-to-swim programs. Students focus on strategies to introduce and develop swimming and water safety skills to a variety of learner types and ages, from preschool to adult. Students must complete this 28-hour course plus an additional 12 hours of practice teaching.

Prerequisites: 16 years of age (by last day of course); Assistant Water Safety Instructor (AWSI); 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Sat	Nov 14 - Dec 5	28	4	\$240	Canada Games Pool

*Course fee includes required manual.

Lifesaving Instructor (LSI)

The Lifesaving Instructor course combines theory and practice to prepare 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 last day of course); Bronze Cross; 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Mon - Wed	Dec 28 - 30	24	3	\$240	Canada Games Pool

*Course fee includes required manual.

CPR Level C and AED Provider

Successful candidates in this clinic will attain their CPR Level C and AED Provider certificates. Prerequisites: 12 years of age 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Tue, Thu	Sep 22 - 24	8	2	\$55	Canada Games Pool
Tue, Thu	Feb 23 - 25	8	2	\$55	Canada Games Pool

BCRPA Pool Operator Level 1

This level is intended as an introductory course. Students will develop an understanding of swimming pool operations and maintenance. Participation certification will be issued.

Prerequisites: 16 years of age; 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Sat - Sun	Oct 3 - 4	15	2	\$250	Canada Games Pool

*Course fee includes required manual.

Lifesaving Instructor (LSI) Recert

Successful candidates in this clinic recertify their LSI certificate. Prerequisites: Lifesaving Instructor (LSI) certificate; 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Sun	Feb 28	4	1	\$75	Canada Games Pool

*Fee includes required clinic package.

National Lifeguard Service (NLS) Precert and Recert

Successful candidates in this clinic recertify their NLS certificate. Prerequisites: NLS certificate (current within five years); CPR-C (current within one year); 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Sun	Oct 4	8	1	\$125	Westsyde Pool
Sun	Mar 28	8	1	\$125	Canada Games Pool

Water Safety Instructor (WSI) Recert

Successful candidates in this clinic recertify their WSI certificate. Prerequisites: WSI certificate; 100% attendance is required.

Days	Dates	Course Hours	No. of Classes	Fee	Location
Sun	Nov 22	4	1	\$75	Canada Games Pool
Sun	Feb 7	4	1	\$75	Canada Games Pool

*Fee includes required clinic package.