

Carleton Place Aquatics

**INSTRUCTOR**

Program Flow Chart

Lifesaving Instructor



Lifesaving Swim Instructor



Bronze Cross



Bronze Medallion  
& Emergency First Aid



Bronze Star  
& Basic First Aid



Swim Patrol-Rookie/Ranger/Star  
OR Junior Lifeguard Club



Swimmer 6

Carleton Place Aquatics

**LIFEGUARD**

Program Flow Chart

National Lifeguard Service



Lifesaving Standard First Aid  
& CPR-C



Bronze Cross



Bronze Medallion  
& Emergency First Aid



Bronze Star  
& Basic First Aid



Swim Patrol- Rookie/Ranger/Star  
OR Junior Lifeguard Club



Swimmer 6



359 Bridge Street, Carleton Place, ON. K7C 3H9

2011/2012

National Lifeguard Service  
Standard First Aid /CPR-C  
& Lifesaving Instructor



See the Training Path for  
**LIFEGUARDS & INSTRUCTORS**  
On the back of this brochure

**CANADA COAST GUARD—  
PLEASURE CRAFT OPERATORS CARD  
DO YOU HAVE YOURS YET?  
Book an exam....call the Carleton Place Pool  
613-257-1005 ext 21**

**Carleton Place Pool**  
359 Bridge St. Carleton Place, Ontario, K7C 3H9  
(613) 257-1005 or (613) 257-8302 Fax: (613) 257-3708  
[cppool@telecomottawa.net](mailto:cppool@telecomottawa.net)

# Course Schedules & Fees

## National Lifeguard Service (NLS) Pool Certification

\$192.25+ Alert manual

**Pre-Requisites:** Minimum 16 yrs of age, Bronze Cross, Standard First Aid certification (current within 2 years) from one of Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, or Canadian Ski Patrol.

\*\*Proof of pre-requisites must be provided for the NLS Instructor on the first night of the program.

### Fall 2011 NLS—Pool Certification

(100% attendance is required)

Fri	Nov 18	5:30pm-10:30 pm
Sat	Nov 19	11:00am-10:00 pm
Fri	Dec 2	5:30pm-10:30 pm
Sat	Dec 3	11:00 am-10:00 pm
Fri	Dec 9	5:30 pm-10:30 pm
Sat	Dec 10	11:00 am-7:30 pm (Incl Exam)

### Spring 2012 NLS—Pool Certification

(100% attendance is required)

Fri	Apr 27	5:30pm-10:30 pm
Sat	Apr 28	11:00am-10:00 pm
Fri	May 11	5:30pm-10:30 pm
Sat	May 12	11:00 am-10:00 pm
Fri	May 18	5:30 pm-10:30 pm
Sat	May 19	11:00 am-7:30 pm (Incl Exam)

## National Lifeguard Service (NLS) Pool—RECERT

(100% attendance is required)

Saturday, Dec 10, 2011 11:00 am—7:30 pm  
Fee: \$66.25  
Location: Carleton Place Pool

Saturday, May 19, 2012 11:00 am—7:30 pm  
Fee: \$66.25  
Location: Carleton Place Pool

## Lifesaving Swim Instructor

\$130.90 + Manuals

Required manuals include the Canadian Lifesaving manual, Swim for Life Award Guide, Teaching Swim for Life, and Lifesaving Instructor notes. The Swim Instructor course prepares candidates for teaching and evaluating basic swim strokes and skills.

**Pre-Requisites:** Minimum 16 yrs of age & Bronze Cross or higher certification (NLS). \*\*Proof of pre-requisites must be provided for the course staff on the first night of the program. 100% attendance is req'd.

### Swim Instructor Program Dates:

Fri	Feb 24	6:00—9:00 pm
Sat	Feb 25	9:00—4:30 pm
Fri	Mar 2	6:00—9:00 pm
Sat	Mar 3	9:00—4:30 pm

## Lifesaving Instructor

\$130.90 + Manuals

Required manuals include the Canadian Lifesaving manual, Instructor notes, First Aid Award Guide, Swim Patrol Award Guide, and Bronze Medals Award Guide. The Lifesaving Instructor course prepares instructors to teach the Canadian Swim Patrol, Bronze Medal awards, and Emergency First Aid.

**Pre-Requisites:** Minimum 16 yrs of age & Bronze Cross or higher certification (NLS). \*\*Proof of pre-requisites must be provided for the course staff on the first night of the program. 100% attendance is required.

### Lifesaving Instructor Program Dates:

Fri	Mar 23	6:00—9:00 pm
Sat	Mar 24	9:00—4:30 pm
Fri	Mar 30	6:00—9:00 pm
Sat	Mar 31	9:00—4:30 pm

## Standard First Aid & CPR-C

\$140.50 + First Aid Manual (WSIB Approved)

**Pre-Requisites:** Minimum 13 yrs of age.

Sat & Sun	Nov 5 & 6, 2011
Sat & Sun	Feb 4 & 5, 2012
Sat & Sun	Mar 17 & 18, 2012
Sat & Sun	April 14 & 15, 2012
Sat & Sun	May 26 & 27, 2012

### **Course Description:**

Standard First Aid incorporates all of Emergency First Aid plus an in-depth understanding of the legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies.

## National Lifeguard Service (NLS) - Waterfront Certification

\$125.50 + Alert manual

**Pre-Requisites:** NLS—Pool Certification, Standard First Aid (current within 2 years) from one of Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, or Canadian Ski Patrol.

NLS—Waterfront Course

Sat June 9 & Sun June 10, 2012

8am to 6 pm each day

Location: Carleton Place Riverside Beach

## National Lifeguard Service (NLS) - Waterfront RECERT

\$66.25 + Alert manual

Sun June 10, 2012 8:00 am to 6:00 pm

Location: Carleton Place Riverside Beach

\*\*Proof of pre-requisites must be provided for the course staff on the first day of the program. 100% attendance is required.

### REFUND POLICY—

- No refunds or credits will be permitted within 4 weeks of the program start date.
- Pro-rated refunds or credits will be considered after the program start date for medical reasons only.
- Full refunds will be issued if program is cancelled due to low enrollment.