

BRONZE MEDALLION WITH EMERGENCY FIRST AID

MEMBERS: \$120 PUBLIC: \$160

Lifesaving Manual \$50

This course teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers will learn tows, carries, defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers also develop stroke efficiency and endurance in a 500 m timed swim. Bronze Medallion is recognized as the waterfront supervisory certification for Ontario's Recreational Camp Regulation 568.

**Pre-requisites: Must be 13 years of age (on or before the exam date)*

BRONZE CROSS

MEMBERS: \$120 PUBLIC: \$160

This course is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities and a timed 600 m swim. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Bronze Cross is recognized as an assistant lifeguard certificate in Ontario Regulation 565 governing public swimming pools.

**Pre-requisites: Bronze Medallion and Emergency First-Aid. Must be 13 years of age (on or before the exam date)*

BRONZE MEDALLION & BRONZE CROSS

Every Wednesday Jan 10-Mar 28, 2018

6:00-8:00pm

Friday 4:00-8:00, Saturday and Sunday 9:00-5:00

April 21,22 & 23

See Membership Services for more information or to register

**YMCA of
Brockville and Area**

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