AQUATIC LEADERSHIP

AQUATIC SUPERVISOR
For deck-level supervisory staff, the Lifesaving Society Aquatic Supervisor course provides the knowledge and skills, beyond National Lifeguard certification, to manage a safe aquatic environment.

Prerequisite: National Lifeguard or Swim Instructor or Lifesaving Instructor certification; and 100 hours experience as a lifeguard and/or instructor. Prerequisites do not need to be current.

Required Materials: Guide to Ontario Public Pool Regulations. Candidates must purchase all course materials directly through the Lifesaving Society.

Age: 16+
Class Length: 11 Hours

FALL
Chinguacousy Wellness Centre
Sat 11:00 am  Nov 23  2  $107.35  987811
Jim Archdekin Recreation Centre
Fri 5:00 pm  Sep 6  2  $107.35  967919

WINTER
South Fletcher’s Sportsplex
Sat 10:00 am  Feb 22  2  $107.35  991490

BRONZE CROSS CHALLENGE EXAM
This examination is designed for candidates who have completed their bronze cross course, but either missed or failed the original exam. It is also ideal for people who require a recertification. There will be an evaluation of all required items at this level. Successful candidates will receive their certification card.

Age: 11+
Class Length: 6 Hour

FALL
Balmoral Recreation Centre
Sat 1:30 pm  Sep 7  1  $65.26  982909

WINTER
Gore Meadows Community Centre
Sat 1:00 pm  Jan 11  1  $65.26  966445
South Fletcher’s Sportsplex
Sun 4:30 pm  Mar 22  1  $65.26  991487

LIFESAVING SOCIETY INSTRUCTOR TRAINER
This course provides candidates with an understanding of the expectations and requirements to teach instructors, and prepares participants to successfully apprentice as a Trainer on the Instructor(s) course of their choice (Swim, Lifesaving, National Lifeguard, First Aid, Aquatic Supervisor Training). The course shapes positive attitudes and values about the Society’s Instructor Training Program, planning, learning/teaching, and evaluation content while allowing participants to demonstrate their knowledge, skills, teaching, and evaluation techniques.

Prerequisites: One of the following appointments: Bronze Examiner, First Aid Examiner, or National Lifeguard Examiner; OR experience as a Swim instructor, Officials instructor or Lifesaving Sport Coach.


Age: 18+
Class Length: 16 Hours

FALL
Balmoral Recreation Centre
Sat-Sun 9:00 am  Oct 26  2  $172.89  982938

FIRST AID, CERTIFICATION & LEADERSHIP
Lifesaving Society National Lifeguard Instructor
The National Lifeguard Instructor course provides candidates with an understanding of the principles and practices on which the National Lifeguard program is based, and explores teaching approaches and techniques appropriate for National Lifeguard candidates. After successful completion of the course, National Lifeguard Instructors are certified to teach, but not examine, the National Lifeguard course in the option(s) they are certified in (Pool, Waterpark, Waterfront, Surf).
Prerequisites: National Lifeguard (any option) and Lifesaving Instructor certifications (do not need to be current). It is recommended that candidates have experience lifeguarding and as a Bronze Examiner.
Age: 18+
Class Length: 16 Hours

FALL
Balmoral Recreation Centre
Sat-Sun 9:00 am Sep 14 2 $155.94 982937

Lifesaving Society Examiner
The Lifesaving Society Examiner course is the first in a three-step process to be certified as an Examiner for the Society, and it prepares candidates to successfully apprentice as an Examiner on the exam of their choice. The Examiner course builds on the evaluation experience that candidates have attained in instructor-evaluated awards and content.
Required Materials: Examiner handbook, Award Guides for each certification the candidate wishes to examine (e.g. Bronze Examiner must have Bronze Medal Award Guide), copies of test sheets, Canadian Lifesaving Manual, Instructor Notes, and Alert: Lifeguarding in Action. Candidates must purchase all course materials directly through the Lifesaving Society.
Age: 17+
Class Length: 6 Hours

WINTER
South Fletcher’s Sportsplex
Sun 10:00 am Feb 23 1 $45.20 991491

National Lifeguard
The Lifesaving Society National Lifeguard (Pool Option) certification builds on the fundamental skills, knowledge and values of the Lifesaving Society to develop the practical skills and knowledge required by lifeguards.

FALL
South Fletcher’s Sportsplex
Fri-Sun 6:00 pm Sep 6 6 $267.85 982911
Cassie Campbell Community Centre
Sat 1:00 pm Sep 21 9 $267.85 988041
Gore Meadows Community Centre
Fri-Sun 5:00 pm Nov 22 6 $267.85 966131
South Fletcher’s Sportsplex
Fri-Sun 6:00 pm Dec 27 6 $267.85 991365

WINTER
Cassie Campbell Community Centre
Sat 1:00 pm Jan 11 8 $267.85 988116
Gore Meadows Community Centre
Fri-Sun 5:00 pm Jan 24 6 $267.85 966146
Fri-Sun 5:00 pm Mar 6 6 $267.85 966148
South Fletcher’s Sportsplex
Mon-Fri 10:00 am Mar 16 5 $267.85 991482

National Lifeguard (Pool Option) - Recertification
The Lifesaving Society National Lifeguard (Pool Option) Recertification is for participants who already hold the award but has either expired or is about to expire. To maintain a current certification, award holders must complete a recertification exam within 24 months. Award holders are encouraged to maintain up-to-date skills and ability through recertification, and are responsible for reviewing the required content and skills and preparing themselves for the exam. The exam is based on the National Lifeguard Award curriculum. Award holders may recertify at any time regardless of the certification date of the original award.
Age: 16+
Class Length: 6 Hour

FALL
Balmoral Recreation Centre
Sun 10:00 am Dec 22 1 $61.59 982913
Gore Meadows Community Centre
Sat 1:00 pm Oct 5 1 $61.59 966132
**HIGH FIVE**

**HIGH FIVE - SPORT**
This 5-hour training is designed for the competitive coach in a club/oraganization. Aligned with the Fundamentals and Learn to Train stages of Long Term Athlete Development (LTAD), HIGH FIVE Sport focuses on the social, emotional, and cognitive development and wellbeing of athletes. The training is based in research and has been designed to help coaches with top coaching dilemmas such as dealing with parents, keeping the child's interest, ensuring fair play and an emotionally safe environment. Participants who are NCCP certified may earn 3 Professional Development (PD) points towards maintenance of the NCCP certification status.

**Age:** 16+
**Class Length:** 5 Hours

**HIGH FIVE - STRENGTHENING CHILDREN'S MENTAL HEALTH**
This one-day in-person training, developed in collaboration with Canadian Mental Health Association, Ontario, will help anyone running children's programs be more informed and prepared to support their staff in promoting positive mental health in children. Participants will learn key concepts and factors that affect children's mental health including the impact of stress and environment on a child's ability to cope. This training will provide tools and suggested activities to use with staff to help improve their understanding and interactions with children who face challenges in their programs.

**Age:** 15+
**Class Length:** 8 Hours
HIGH FIVE - QUEST 2
This one-day training helps supervisors improve risk management in children’s programs by learning how to measure quality with the HIGH FIVE scientifically validated QUEST 2 Tool. Supervisors will use the QUEST 2 Tool and learn how to enter their data into the HIGH FIVE Database to track their organization’s progress as well as identify areas of need.
Prerequisites: PHCD or HIGH FIVE Sport.
Age: 16+
Class Length: 6.5 Hours

WINTER
Central Public School
Sat 8:00 am Jan 25 1 $118.90 966104

HOME ALONE
Designed to prepare children to stay home by themselves. Will cover dealing with strangers at the door and on the phone, safety in and around the house and teach them how they can prepare snacks and simple meals.
Age: 10 – 13
Class Length: 1 Hour

FALL
Greenbriar Recreation Centre
Sat 1:00 pm Sep 21 8 $47.14 980195

WINTER
Brampton Soccer Centre
Thu 6:00 pm Jan 9 10 $47.14 979776
Greenbriar Recreation Centre
Sat 1:00 pm Jan 11 10 $47.14 980579

FIRST AID

AIRWAY MANAGEMENT
Lifesaving Society Airway Management certification provides lifeguards with specific knowledge and training in the use of oxygen, suction devices, oral airways and masks/bag-valve-masks.
Prerequisite: Standard First Aid from one of the following agencies: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, Canadian Ski Patrol. Prerequisites do not need to be current.
Required Material: Current Canadian First Aid Manual may be purchased at time of registration for an additional fee if not already owned.
Age: 16+
Class Length: 4 Hours

FALL
Balmoral Recreation Centre
Wed 6:00 pm Oct 23 1 $40.68 982901
Thu 6:00 pm Dec 19 1 $40.68 982903
Cassie Campbell Community Centre
Sun 11:30 am Sep 22 1 $40.68 988042
Sat 2:00 pm Dec 14 1 $40.68 988043

Central Public School
Sun 10:00 am Oct 20 1 $40.68 985746
Sun 10:00 am Nov 17 1 $40.68 985748

WINTER
Cassie Campbell Community Centre
Wed 5:00 pm Jan 15 1 $40.68 988113
Sat 10:00 am Mar 21 1 $40.68 988115
Central Public School
Thu 5:00 pm Feb 13 1 $40.68 985752
Sun 10:00 am Mar 15 1 $40.68 985754

STANDARD FIRST AID WITH CPR C
Lifesaving Society Standard First Aid provides comprehensive training covering all aspects of first aid. Standard First Aid incorporates Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. This course also covers all aspects of CPR skills and theory for adult, child and infant victims including two rescuer CPR skills. CPR-C includes the importance of early defibrillation and how to use an AED. CPR-C certification is included in Standard First Aid.
Required Materials: Canadian First Aid Manual will be charged at the time of registration.
Age: 13+
Class Length: 16 Hours

FALL
Balmoral Recreation Centre
Mon-Tue 9:00 am Sep 9 2 $99.56 982925
Sat-Sun 9:00 am Nov 2 2 $99.56 982924
Tue-Wed 9:00 am Nov 19 2 $99.56 982926
Mon-Tue 9:00 am Dec 16 2 $99.56 982928
Sat-Sun 9:00 am Dec 21 2 $99.56 982921
Thu-Fri 9:00 am Jan 2 2 $99.56 982929
Cassie Campbell Community Centre
Sat-Sun 9:00 am Dec 28 2 $99.56 988049

Central Public School
Sat-Sun 9:00 am Sep 21 2 $99.56 985696
Sat-Sun 9:00 am Oct 12 2 $99.56 985719
Sat-Sun 9:00 am Nov 9 2 $99.56 985695

Gore Meadows Community Centre
Sat-Sun 9:00 am Sep 7 2 $99.56 966119
Sat-Sun 9:00 am Nov 23 2 $99.56 966128
Sat-Sun 9:00 am Dec 7 2 $99.56 966129

Greenbriar Recreation Centre
Tue-Wed 8:30 am Oct 22 2 $99.56 980689
Mount Pleasant
Sat-Sun 9:00 am Oct 26 2 $99.56 980487

South Fletcher’s Sportsplex
Sat-Sun 10:00 am Oct 19 2 $99.56 991369
Sat-Sun 10:00 am Nov 30 2 $99.56 991368
Terry Miller Recreation Centre
Sat-Sun 9:00 am Sep 14 2 $99.56 980681
Sat-Sun 9:00 am Oct 5 2 $99.56 980682

WINTER
Central Public School
Sat-Sun 9:00 am Jan 18 2 $99.56 985721
Sat-Sun 9:00 am Feb 29 2 $99.56 985720

Gore Meadows Community Centre
Sat-Sun 9:00 am Feb 8 2 $99.56 966152

Greenbriar Recreation Centre
Mon-Tue 8:30 am Jan 13 2 $99.56 980702

Jim Archdekin Recreation Centre
Sat-Sun 9:00 am Mar 7 2 $99.56 967918

Professor’s Lake Recreation Centre
Sat-Sun 9:00 am Mar 14 2 $99.56 987821

South Fletcher’s Sportsplex
Sat-Sun 10:00 am Jan 25 2 $99.56 991484
Sat-Sun 10:00 am Feb 15 2 $99.56 991483

Terry Miller Recreation Centre
Sat-Sun 9:00 am Feb 22 2 $99.56 980723

STANDARD FIRST AID WITH CPR C - RECERTIFICATION
Current Lifesaving Society Standard First Aid (SFA) award holders are eligible to recertify their certification once so long as they attend a recertification course within 3 years from the original certification date of issue. If award holders have already attended a recertification course, individuals must attend a full Standard First Aid course to renew their certification. Individuals may renew their certification by alternating recertification and full courses. Award holders who hold certifications from other agencies must recertify through the original certifying body.
Prerequisites: Lifesaving Society Standard First Aid (cannot be more than 3 years from the date of issue).
Required Materials: Canadian First Aid Manual may be purchased of an additional fee.
Age: 13+
Class Length: 8 Hours

FALL
Balmoral Recreation Centre
Fri 9:00 am Dec 27 1 $67.49 982930

Central Public School
Sun 9:00 am Sep 15 1 $67.49 985725
Sun 9:00 am Dec 22 1 $67.49 985723

Century Gardens Recreation Centre
Sat 9:00 am Oct 12 1 $67.49 989466
Sun 9:00 am Nov 3 1 $67.49 989467

Gore Meadows Community Centre
Sat 9:00 am Oct 5 1 $67.49 966130

South Fletcher’s Sportsplex
Sun 10:00 am Nov 16 1 $67.49 991367

Terry Miller Recreation Centre
Sat 9:00 am Sep 7 1 $67.49 980673
Sat 9:00 am Dec 7 1 $67.49 980680

LISTINGS LEGEND
Day Time Date No. Cost Code
Tue 6:00 pm Dec 5 12 $34 123456

Day, Time, and Date identify when the course begins.
No. indicates how many classes are part of the course.
Cost is the price.
Code is needed for registering.

BRAMPTON.CA/RECREATION
LEADERS IN RECREATION
This program is designed to help the youth of Brampton prepare for success in their future. Through weekly classes, participants will be introduced to and receive information on how to obtain certifications required for recreational employment with the City of Brampton. Classes will focus on goal setting, time management, leadership skills, resume building, and interview preparation. Participants will receive a certificate upon completion of the program.

Required Equipment: Participants must wear active clothing, and bring a pen or a pencil to class every week.
Age: 14 – 17
Class Length: 2 Hours

SAFEGUARD
Safety supervision training for guardians (e.g., day camp counsellors, counsellors-in-training and others) who accompany groups of young people to pools or waterfroints. The course stresses the responsibility undertaken by these group leaders for safeguarding the young people in their care even when under lifeguard supervision. SAFEGUARD focuses on water safety awareness, accident prevention and the principles of aquatic safety supervision. SAFEGUARD teaches participants how to identify hazards and at-risk behaviours, how to recognize potential victims, and how to respond safely in an aquatic emergency. SAFEGUARD training is designed for swimmers and non-swimmers alike.
Age: 12+
Class Length: 3.5 Hours

BECOME A LIFEGUARD!
“I’M ABLE TO BALANCE SCHOOL, SPORTS AND WORK BECAUSE OF HOW FLEXIBLE THE CITY OF BRAMPTON IS WITH MY SCHEDULE!”

Qualified lifeguards and swim instructors needed. Full training available. Must be 16 years of age or older
brampton.ca/recreation