



# Uxpool

1 Parkside Dr., Uxbridge  
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[www.uxbridge.ca/uxpool](http://www.uxbridge.ca/uxpool)

## **Become a Lifeguard and Swimming Instructor! Winter 2023 Courses for Future Staff**

### ***Lifesaving Society Swim for Life and Lifesaving Instructor***

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

The Lifesaving Instructor portion of the course prepares instructors to teach the Lifesaving Society's:

- Canadian Swim Patrol Program
- Bronze Star, Bronze Medallion, Bronze Cross
- Lifesaving Fitness, Distinction
- Basic and Emergency First Aid, and CPR-A, CPR-B and CPR-C

Pre-requisites: Bronze Cross, 15 yrs of age (minimum) and a current Standard First aid.

February 24, 25, 26 and March 10, 11, 12: Fridays 6 to 10 pm; Saturdays 9 am to 9 pm; Sundays 9 am to 8 pm

Cost: \$550.00 + HST (includes materials and exam fees)

If you require only the Lifesaving Instructor portion, please speak to staff to make special arrangements

