



Uxpool

1 Parkside Dr., Uxbridge
905-852-7831
www.uxbridge.ca/uxpool

Become a Swimming Instructor! Spring 2024 Courses for Staff of the Future!

Lifesaving Society *Swim for Life* 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.



May 3, 4, 5 and May 24, 25, 26;
Fridays 7 to 10 pm; Saturdays 9 am to 9 pm; Sundays 9 am to 8 pm

Cost: \$410.00 + HST (includes materials and exam fees)

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

Lifesaving Instructor Recertification

The Lifesaving Society has brought in a new point system to recertify your instructor certification. You still need to renew the certification every 2 years. You must attain 4 points (2 from mandatory categories and 2 from other categories) in order to recertify. If you can't obtain your 4 credits there is now an optional recertification course that you can take. The Uxpool is happy to offer you this option.

Cost: \$70 + HST (includes award fees)

Saturday, June 15 from 1:30 pm to 5:30 pm