



April 2019 - March 2020

# ADVANCED LEADERSHIP GUIDE



## COURSES OFFERED:

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- LIFEGUARD INSTRUCTOR
  - CPR TRAINING
  - SPORT FITNESS LEADER
  - FIRST AID
  - BABYSITTING COURSE
  - RECREATION LEADERSHIP
- ...AND MORE!

Sign up online: [hamilton.ca/recreation](http://hamilton.ca/recreation) Registration now open!

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# ADVANCED LEADERSHIP

APRIL 2019 - MARCH 2020

## GENERAL INFORMATION

- All fees listed include manuals and exam fees.
- 100% attendance and participation is required for all Advanced Leadership Courses.
- Candidates must turn the identified age by the first day of course.
- For participants not residing in the City of Hamilton, a non-resident surcharge fee of \$15.05, will be added to the program.
- Cheques returned with non-sufficient funds (NSF) or for any other reason, will be charged a \$32.95 NSF fee.
- Refunds for Leadership Courses (Bronze Star, Bronze Medallion, Bronze Cross, Assistant Instructors, Combined Lifesaving Instructors, National Lifeguard, Babysitter, Leader In Training etc.) a refund will be issued if notification is received 14 days prior to the beginning of the program. After that time and up to the start of program there will be a withdrawal fee charged. After the program has started programs become non-refundable. Course material and Lifesaving Society Exam Fees are non-refundable, once materials have been received.
- Unsuccessful candidates will be required to register and repeat a full course.
- Classes over 5 hours in length will include a 1 hour lunch break.
- All program fees and schedules are subject to change without notice.

## WHAT TO BRING ON YOUR FIRST DAY

Original pre-requisite certifications are mandatory as listed and must be presented on the first day of the course, along with a birth certificate. Photocopies of qualification are retained at the host facility.

## WHAT TO BRING TO AQUATIC LEADERSHIP COURSES

- Bathing suit, towel and whistle needed for pool portions.
- Pocket mask (available for purchase).
- Notebook/paper, pens, food/drinks.
- Required manuals.
- In some instances, pre-course assignments will be assigned before the first day of the course.

## PREREQUISITES

It is the candidate's responsibility to ensure they have the correct prerequisites prior to registering in the course. Candidates are required to show proof of prerequisites held on the first day of the course, or the candidate will be withdrawn from the course. As per the refund policy, withdrawals on the first day of the course or thereafter will not be eligible for a credit refund.

Pocket masks are required for all Aquatic Leadership Courses. One can be purchased at any Recreation Centre (except Jimmy Thompson Pool). Pocket masks must be purchased prior to the start of the first class.

**If you require more information or have any questions, please contact**  
**Advanced Aquatics – 905-546-2424 Ext. 1763**  
**All other courses – 905-546-3747**



Don't get turned away at the first class!

# CHECK YOUR QUALIFICATIONS ONLINE

Check and print out your awards at  
[lifesavingsociety.com](http://lifesavingsociety.com)

**LIFESAVING SOCIETY**  
*The Lifeguarding Experts*

WHO'S DROWNING | SWIMMING & LIFESAVING | LIFEGUARDING | FIRST AID | TEACHING | SWIM TO SURVIVE  
BOATING | POOL OPERATION | SAFETY MANAGEMENT | LIFESAVING SPORT

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**FIND A MEMBER**

### Find a Member

To look up your Lifesaving Society record, enter your Member ID below and click the Get Certifications button. To view all your certifications - current and non-current - remove the check mark from the "Current Only" box.

You need not release your Lifesaving Society Member ID to anyone else. Others can verify the accuracy of your record by entering the verification code at the bottom of the printed record.

**Member ID or Verification Number**

Current Only

The Lifesaving Society encourages affiliates to confirm staff certifications using *Inside Tracker* or *Find a Member*. If there is doubt about the authenticity of an individual's record, contact us for verification.

**FIND A MEMBER MOBILE**

Find a Member Mobile gives you instant access to the same great Find a Member service but specifically designed for mobile devices. [Click here to learn more.](#)

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Lifesaving Factoid

## To view and download your award:

1. Click on the "Find a Member" link.
2. Fill in your membership number and click on "Get Certifications". (You can find your membership number on the bottom of your certification card).
3. Print out the record and bring it with you to your first class.

# Progression chart

Become a Lifeguard and Swim Instructor

## Bronze Star

Recommended 11 yrs

## Bronze Medallion

Must be 13 yrs or have Bronze Star

## Bronze Cross

Must have Bronze Medallion/  
Emergency First Aid

## Assistant Instructor

(Recommended)  
Must be 14 yrs and  
have Bronze Cross

## Standard First Aid and CPR C

## Combined Swim and Lifesaving Instructor

Must be 16 yrs by the  
first day of the course  
and have taken,  
Bronze Cross or  
National Lifeguard  
(Assistant Instructor  
recommended)

## National Lifeguard

Must be 16 yrs by the  
first day of the course  
Standard First Aid  
and Bronze Cross



Hamilton

[hamilton.ca/recreation](http://hamilton.ca/recreation)

# LIFESAVING SOCIETY Bronze Star



**Course Length:** 12hrs    **Fee:** \$98.74

**Recommended Prerequisite:** Swimmer 9

**Format:** Pool

**Course Manual:** None

**What to bring:** Pen, paper, swimsuit, towel and pocket mask

**Description:** Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400 m swim.

Facility	Start Date	Time	Code
Ancaster Aquatic Centre	Fri Apr 5/19	16:00	00015775
	Mon Jul 8/19	16:00	00015972
	Fri Oct 4/19	16:00	00015973
	Fri Jan 10/20	16:00	00015974
H.G. Brewster Pool	Sat Apr 6/19	09:00	00015857
	Sat Oct 5/19	09:00	00015867
	Sat Jan 11/20	09:00	00015868
Central Memorial Recreation Centre	Tue Jul 2/19	15:00	00015913
Dalewood Recreation Centre	Mon Apr 1/19	17:45	00015794
	Mon Aug 12/19	09:00	00015792
	Mon Sep 30/19	17:45	00015795
	Mon Jan 6/20	17:45	00015796
Dundas Community Pool	Thu Apr 4/19	17:30	00015878
	Thu Oct 3/19	17:30	00015880
	Thu Jan 9/20	17:30	00015881
Hill Park Recreation Centre	Wed Apr 3/19	19:40	00015905
	Wed Oct 2/19	19:40	00015906
	Wed Jan 8/20	19:40	00015907

Facility	Start Date	Time	Code
Huntington Park Recreation Centre	Tue Apr 2/19	17:00	00015893
	Tue Oct 1/19	17:00	00015894
	Fri Oct 4/19	17:30	00027136
	Tue Jan 7/20	17:00	00015895
	Fri Jan 10/20	17:30	00027142
Sir Allan MacNab Recreation Centre	Thu Apr 4/19	19:00	00015975
	Thu Oct 3/19	19:00	00015976
	Thu Jan 9/20	19:00	00015977
Stoney Creek Recreation Centre	Sat Apr 6/19	14:00	00015962
	Sat Oct 5/19	14:00	00015964
	Sat Jan 11/20	14:00	00015965
Valley Park Community Centre	Wed Apr 3/19	16:40	00015890
	Tue Jul 2/19	09:00	00015888
Westmount Recreation Centre	Tue Apr 2/19	16:30	00015858
	Mon Jul 29/19	8:45	00015860
	Tue Oct 1/19	16:30	00016012
	Tue Jan 7/19	16:30	00016013

# Bronze Medallion

## with Emergency First Aid



**Course Length:** 26.5hrs **Fee:** \$195.85

**Prerequisite:** 13 years old or Bronze Star

**Format:** Pool, Lecture and Practical Exam

**Course Manuals:** Canadian Lifesaving Manual & Bronze Medallion Workbook (included in fee)

**What to bring:** Proof of age or Bronze Star Certification, pen, paper, swimsuit, towel and pocket mask

**Description:** Teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, as well as defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 m timed swim.

Facility	Start Date	Time	Code
Ancaster Aquatic Centre	Sat Apr 6/19	16:00	00015971
	Mon Jul 22/19	15:30	00015978
	Sat Oct 5/19	16:00	00015979
	Sat Jan 11/20	16:00	00015980
H.G. Brewster Pool	Fri Apr 5/19	17:00	00015861
	Fri Oct 4/19	17:00	00015862
	Fri Jan 10/20	17:00	00015863
Central Memorial Recreation Centre	Tue Jul 16/19	08:45	00015919
	Tue Aug 6/19	08:45	00016007
Dalewood Recreation Centre	Mon Aug 12/19	13:00	00015793
Dundas Community Pool	Sun Apr 7/19	08:30	00015869
	Sun Oct 6/19	08:30	00015870
	Sun Jan 12/20	08:30	00015871
Hill Park Recreation Centre	Mon Jul 8/19	08:45	00015911
Huntington Park Recreation Centre	Thu Apr 4/19	16:30	00015899
	Tue Oct 1/19	16:30	00027121
	Thu Oct 3/19	16:30	00015900
	Tue Jan 7/20	16:30	00027127
	Thu Jan 9/20	16:30	00015901

Facility	Start Date	Time	Code
Ryerson Recreation Centre	Wed Apr 3/19	16:30	00015748
	Wed Oct 2/19	16:30	00015749
Sir Allan MacNab Recreation Centre	Mon Apr 1/19	18:00	00015981
	Mon Sep 30/19	18:00	00015982
	Mon Jan 6/20	18:00	00015983
Sir Winston Churchill Recreation Centre	Tue Jul 2/19	13:15	00015790
Stoney Creek Recreation Centre	Sat Apr 6/19	12:30	00015966
	Mon Jul 29/19	09:00	00015969
	Sat Oct 5/19	12:30	00015967
	Sat Jan 11/20	12:30	00015968
Valley Park Community Centre	Tue Apr 2/19	17:00	00015879
	Mon Jul 29/19	08:00	00015882
Westmount Recreation Centre	Tue Apr 2/19	16:30	00016014
	Mon Jul 29/19	08:45	00016015
	Mon Aug 26/19	08:45	00016019
	Tue Oct 1/19	16:30	00016016
	Tue Jan 7/19	16:30	00016022

# LIFESAVING SOCIETY Bronze Cross



**Course Length:** 22.5 hrs    **Fee:** \$126.73

**Prerequisite:** Bronze Medallion and Emergency First Aid or Standard First Aid Certification

**Format:** Pool, Lecture and Practical Exam

**Course Manuals:** Canadian Lifesaving Manual (not included in fee) & Bronze Cross Workbook (included in fee)

**What to Bring:** Prerequisite Certifications, Pen, Paper, Swimsuit, Towel and Pocket Mask

**Description:** Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600m swim.

Facility	Start Date	Time	Code
Ancaster Aquatic Centre	Sun Apr 7/19	10:00	00015990
	Mon Aug 12/19	15:30	00015991
	Sun Oct 6/19	10:00	00015992
	Sun Jan 12/20	10:00	00015993
H.G. Brewster Pool	Fri Apr 5/19	18:15	00015864
	Fri Oct 4/19	18:15	00015865
	Fri Jan 10/20	18:15	00015866
Dalewood Recreation Centre	Mon Aug 12/19	09:00	00015791
Dundas Community Pool	Thu Apr 4/19	16:30	00015874
	Thu Oct 3/19	16:30	00015875
	Thu Jan 9/20	16:30	00015876
Hill Park Recreation Centre	Mon Aug 12/19	08:45	00015912
Huntington Park Recreation Centre	Wed Apr 3/19	16:30	00015902
	Wed Oct 2/19	16:30	00015903
	Wed Jan 8/20	16:30	00015904
Ryerson Recreation Centre	Wed Jan 8/20	16:30	00015750

Facility	Start Date	Time	Code
Sir Allan MacNab Recreation Centre	Tue Apr 2/19	18:00	00015985
	Tue Oct 1/19	18:00	00015986
	Tue Jan 7/20	18:00	00015987
Sir Wilfrid Laurier Recreation Centre	Tue Oct 1/19	16:30	00027643
	Tue Jan 7/20	16:30	00027646
Sir Winston Churchill Recreation Centre	Tue Aug 6/19	13:30	00015789
Stoney Creek Recreation Centre	Sun April 7/19	13:00	00016008
	Mon July 29/19	09:00	00016009
	Sun Oct 6/19	13:00	00016010
	Sun Jan 12/20	13:00	00016011
Valley Park Community Centre	Tue Apr 2/19	17:00	00015884
	Mon Jul 29/19	08:15	00015887
Westmount	Thu Apr 4/19	16:30	00016018
	Thu Oct 3/19	16:30	00016020
	Thu Jan 9/19	16:30	00016021

**IS NATIONAL LIFEGUARD YOUR NEXT STEP?  
DON'T FORGET STANDARD FIRST AID.**

See **page 16** for Standard First Aid and **page 9** for National Lifeguard





# Aquatic Leadership

LIFESAVING SOCIETY

## NATIONAL LIFEGUARD (POOL OPTION)

Course Length: 40hrs Fee: \$311.34

**Prerequisite:** 16 years old, Bronze Cross and Standard First Aid with CPR-C (need not be current, but must be issued from Lifesaving Society approved organization)

**Format:** Pool, Lecture and Practical Exam

**Course Manual:** Alert Manual (included in fee)

**What to bring:** Proof of age, Prerequisite Certifications, Pen, Paper, Swimsuit, Towel, Pocket Mask and Whistle

**Description:** National Lifeguard certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed object recovery, 50 m sprint challenge, 50 m rescue drill and 400 m endurance challenge.

Facility	Start Date	Time	Code	Session Type
Bennetto Community Centre	Tue Apr 16/19	17:30	00015811	1 Day a Week
	Sun May 5/19	09:00	00015817	1 Day a Week
	Mon Jul 29/19	09:00	00015846	1 Full Week
	Sat Sep 7/19	09:00	00015852	Weekends
	Tue Oct 1/19	17:30	00015914	1 Day a Week
	Tue Jan 7/20	17:30	00015939	1 Day a Week
	Sun Feb 9/20	09:00	00015949	1 Day a Week
Hill Park Recreation Centre	Thu Aug 26/19	09:00	00015850	1 Full Week
	Mon Mar 16/20	09:00	00015995	1 Full Week
Norman Pinky Lewis Recreation Centre	Tue Jul 2/19	08:00	00015839	1 Full Week
	Fri Dec 27/19	08:00	00015933	1 Full Week
Sir Wilfrid Laurier Recreation Centre	Mon Aug 12/19	11:00	00015849	1 Full Week
	Sun Nov 3/19	09:00	00015922	1 Day a Week
	Sun Jan 5/20	09:00	00015937	1 Day a Week
Sir Winston Churchill Recreation Centre	Sun Apr 14/19	09:00	00015809	1 Day a Week
	Sun Sep 15/19	09:00	00016047	1 Day a Week
	Sun Mar 22/20	09:00	00016001	1 Day a Week



## LIFESAVING SOCIETY NATIONAL LIFEGUARD RECERT (POOL OPTION)

Course Length: 5hrs Fee: \$84.64

**Prerequisite:** Proof of Original National Lifeguard certification.

**Format:** Pool

**Course Manual:** Alert Manual (not included)

**What to bring:** Prerequisite Certification, Swimsuit, Towel, Alert Manual, Pocket Mask and Whistle

**Description:** This course is designed to test the candidate's lifeguarding skills in order to maintain current certification at the NL level. Pool National Lifeguard certification is current for 2 years and is recertified by completing an NL recertification exam. The NL recertification exam is your opportunity to demonstrate your NL skills and recertify your award. You are responsible for reviewing the required content and skills and preparing yourself for the exam. The exam is based on the NL award recertification curriculum.

Facility	Start Date	Time	Code
Bennetto Community Centre	Sun Sep 15/19	09:00	00015855
	Sun Feb 9/20	09:00	00015948
	Sun Mar 8/20	09:00	00015951
Hill Park Recreation Centre	Sun Jun 9/19	09:00	00015826
	Sun Jul 7/19	09:00	00015843
	Sun Aug 11/19	09:00	00015848
Sir Wilfrid Laurier Recreation Centre	Sun Apr 28/19	09:00	00015814
	Sun Nov 10/19	09:00	00015924
	Sun Jan 12/20	09:00	00015944
Sir Winston Churchill Recreation Centre	Sun May 5/19	09:00	00015818
	Sun Oct 20/19	09:00	00015918
	Sun Dec 8/19	09:00	00015930

## LIFESAVING SOCIETY AQUATIC SUPERVISOR TRAINING (AST)

Course Length: 10hrs Fee: \$167.48

**Prerequisite:** National Lifeguard or Lifesaving Society Instructor (Swim or Lifesaving) certifications (need not be current); and 100 hours experience as a lifeguard and/or instructor

**Format:** Lecture

**Course Manual:** Guide to Ontario's Public Pools Regulation (included in fee) and Alert Manual (not included in fee)

**What to bring:** Prerequisite Certifications, Pen, Paper and Alert Manual

**Description:** For deck level supervisory staff, this 10 hr. course provides the knowledge and skills, beyond National Lifeguard certification, to manage a safe aquatic environment.

Facility	Start Date	Time	Code
Hill Park Recreation Centre	Fri Jun 14/19	17:00	00015835
Sir Allan MacNab Recreation Centre	Fri Sep 27/19	17:00	00021060
	Fri Mar 20/20	17:00	00015997



# Instructor

## LIFESAVING SOCIETY ASSISTANT INSTRUCTOR

**Course Length:** 18hrs    **Fee:** \$198.05

**Prerequisite:** 14 years old, Bronze Cross or higher (need not be current)

**Format:** Pool and Lecture

**Course Manual:** Assistant Instructor Workbook (included in fee)

**What to bring:** Proof of Age, Pen, Paper, Swimsuit and Towel, Pocket Mask

**Description:** Through classroom learning and in-water practice, the Lifesaving Society Assistant Instructor course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, and they master progressions. The roles and responsibilities of instructors and their assistants are emphasized.

Facility	Start Date	Time	Code	Session Type
Bennetto Community Centre	Fri Apr 12/19	17:00	00015807	1 Day a Week
	Fri Oct 4/19	17:00	00015915	1 Day a Week
	Fri Jan 10/20	17:00	00015940	1 Day a Week
Norman Pinky Lewis Recreation Centre	Fri Dec 27/19	08:00	00015931	3 Consecutive Days
Sir Wilfrid Laurier Recreation Centre	Tue Jul 2/19	11:00	00015840	3 Consecutive Days

## CANADIAN AQUAFITNESS LEADERS ALLIANCE COMBINED VWT AND GAF

(Water Fitness Instructor Certification)

**Course length:** 40 hrs    **Fee:** \$699.47

**Prerequisite:** 16 years old, Completion of coursework assigned prior to attending first class

**Format:** Pool and lecture; certification requires completion of test and practical demonstration

**Course Material:** VWT and GAF manuals

**Description:** This combined course prepares individuals to become a certified water fitness instructor with CALA. Course contains both: Foundations of Vertical Water Training Prerequisite Course (VWT) and Group Aquafitness Specialty Training and Certification Course (GAF). Participants will be equipped with the essential tools necessary to design and lead safe, water based group classes to a variety of populations. Course is BCRPA approved and is recognized by many organizations and the Canadian Universities and Colleges.

Facility	Start Date	Time	Code
Ryerson Recreation Centre	Sun Apr 7/19	08:00	00021173

# LIFESAVING SOCIETY COMBINED SWIM, LIFESAVING AND EMERGENCY FIRST AID INSTRUCTOR

**Course Length:** 40hrs (does not include lunch break)      **Fee:** \$376.86

**Prerequisite:** 16 years old, Bronze Cross (Assistant Instructors qualification recommended)

**Format:** Pool and Lecture

**Course Manual:** Swim and Lifesaving Instructor PAC  
(Included in fee)

**What to Bring:** Proof of Age, Prerequisite Certification, Pen, Paper, Swimsuit, Towel and Pocket Mask

**Description:** 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 and Emergency First Aid Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards. Lifesaving and Emergency First Aid Instructors are certified to teach Canadian Swim Patrol Program, Bronze Star, Bronze Medallion, Bronze Cross as well as Basic and Emergency First Aid, CPR-A-B-C. They may also teach Boat Rescue, Junior Lifeguard Club, Lifesaving Fitness and Wading pool Attendant. Successful candidates of the Swim, Lifesaving and Emergency First Aid Instructor course receive three certification cards: Swim Instructor, Lifesaving Instructor and Emergency First Aid Instructor.

Facility	Start Date	Time	Code	Session Type
Ancaster Aquatic Centre	Mon Jul 29/19	12:00	00015845	1 Full Week
Bennetto Community Centre	Sun May 5/19	09:00	00015816	1 Day a Week
Hill Park Recreation Centre	Fri Jun 14/19	17:00	00015834	Weekends
	Tue Jul 2/19	10:00	00015841	1 Full Week
	Mon Aug 26/19	09:00	00015851	1 Full Week
Sir Wilfrid Laurier Recreation Centre	Sun Nov 3/19	09:00	00015923	1 Day a Week
	Sun Jan 5/20	09:00	00015938	1 Day a Week
	Mon Mar 16/20	12:00	00016058	1 Full Week
Sir Winston Churchill Recreation Centre	Sun Apr 14/19	09:00	00015810	1 Day a Week
	Sun Sep 15/19	09:00	00016059	1 Day a Week
	Sun Mar 22/20	09:00	00015999	1 Day a Week



## LIFESAVING SOCIETY EXAMINER

**Course Length:** 6hrs (does not include lunch break)  
**Fee:** \$90.41

**Prerequisites:** Lifesaving and Emergency First Aid Instructor or First Aid Instructor or National Lifeguard Instructor

**Format:** Pool and Lecture

**Course Manual:** Examiner handbook

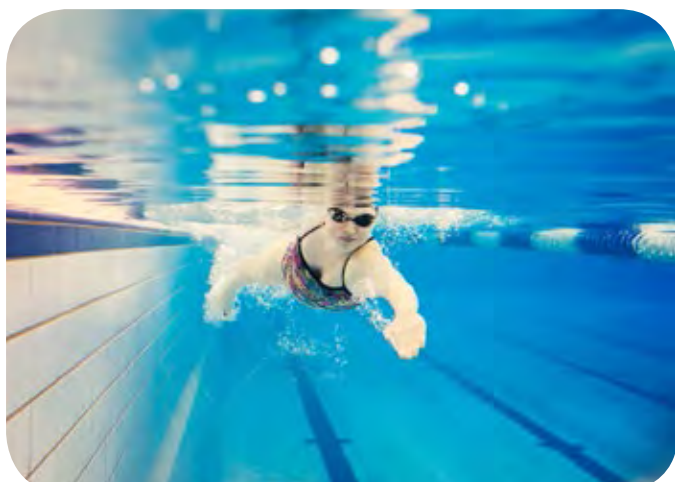
**What to bring:** Prerequisite Certifications, Pen, Paper, Swimsuit and Towel

Examiners are experienced instructors who undergo specific training in examination standards. Appointment as an Examiner is a three-step process:

1. Successfully complete an Examiner course with a current trainer.
2. Successfully apprentice with an experienced examiner on one exam in the stream they wish to be appointed as an examiner.
3. Appointment.

**Description:** The examiner course is the first step in the three-step process to be appointed as an examiner for the Lifesaving Society, and 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 the instructor-evaluated content.

Facility	Start Date	Time	Code
Hill Park Recreation Centre	Sat Mar 21/20	09:00	00015998



## LIFESAVING SOCIETY FIRST AID INSTRUCTORS

**Course Length:** 20hrs (does not include lunch break)  
**Fee:** \$208.26

**Prerequisite:** Standard First Aid with CPR C Certification.

**Format:** Lecture

**Course Manuals:** Canadian Lifesaving Manual, First Aid Instructor Resource CD and First Aid Award Guide (included in fee)

**What to bring:** Prerequisite Certification, Pen, Paper and Pocket mask

**Description:** The Lifesaving Society First Aid Instructor course prepares candidates to teach Basic First Aid, Emergency First Aid, Standard First Aid, CPR A-B-C, and AED.

Facility	Start Date	Time	Code
Hill Park Recreation Centre	Fri Jun 7/19	17:00	00015824

# LIFESAVING SOCIETY NATIONAL LIFEGUARD INSTRUCTOR

**Course Length:** 16hrs (does not include lunch break)  
**Fee:** \$186.35

**Prerequisite:** National Lifeguard (any option), and Lifesaving and Emergency First Aid Instructor (need not be current).

**Format:** Pool and Lecture

**Course Manuals:** National Lifeguard Instructor Pack (included in fee) and Alert Manual (not included in fee)

**What to bring:** Prerequisite Certifications, Pen, Paper, Swimsuit, Towel, Alert Manual, Pocket Mask and Whistle.

**Description:** The National Lifeguard Instructor Course provides candidates with an understanding of the principles and practices on which the National Lifeguard program is based. The course explores teaching approaches and techniques appropriate for National Lifeguard candidates.



Facility	Start Date	Time	Code
Sir Wilfrid Laurier Recreation Centre	Sun Jun 16/19	09:00	00015838



# DIVING INSTRUCTOR

**Course Length:** 16hrs  
(includes lunch break)

**Fee:** \$192.16

**Prerequisite:** None

**Format:** Pool and Lecture

**Course Manual:** Diving Instructor Manual (included in fee)

**Description:** This clinic is for anyone interested in becoming a “learn to dive” instructor. Coaches will learn basic diving skills, safety principles for participants with no diving experience, as well as be able to teach basic skill sets in a fun and interactive way to their young athletes after taking this weekend workshop. No experience required.

Facility	Start Date	Time	Code
Valley Park Community Centre	Sat Aug 24/19	09:00	00016003

# Sport Fitness

## SWIM FOR FITNESS 6-12 YRS

**Course Length:** 6.75hrs

(45 minutes per class)

**Fee:** \$67.23

**Prerequisite:** Must be able to swim 1-2 lengths of the pool

**Format:** Pool

**What to bring:** Swimsuit, Towel and Goggles (optional)

**Description:** A great workout for children 6-12 years. Ideal for those looking to improve their endurance. Program will consist of starts, turns, strokes, drills, how to read the pace clock.



Facility	Start Date	Time	Code
Dalewood Recreation Centre	Fri Apr 5/19	15:30	00015798
	Fri Apr 5/19	16:15	00015799
	Fri Oct 4/19	15:30	00015801
	Fri Oct 4/19	16:15	00015802
	Fri Jan 10/20	15:30	00015804
	Fri Jan 10/20	16:15	00015805
Huntington Park Recreation Centre	Sun Apr 7/19	10:00	00015896
	Sun Oct 6/19	10:00	00015897
	Sun Jan 12/20	10:00	00015898

## SWIM FOR FITNESS 13+

**Course Length:** 9hrs

(1 hour per class)

**Fee:** \$75.38

**Prerequisite:** Must be able to swim 1-2 lengths of the pool

**Format:** Pool

**Course Manual:** None

**What to bring:** Swimsuit, Towel and Goggles (optional)

**Description:** A great workout for youth and adults. Develops competitive strokes and improves endurance.



Facility	Start Date	Time	Code
Dalewood Recreation Centre	Mon Apr 1/19	19:45	00015797
	Mon Sep 30/19	19:45	00015800
	Mon Jan 6/20	19:45	00015803
Hill Park Recreation Centre	Wed Apr 3/19	20:00	00015908
	Wed Oct 2/19	20:00	00015909
	Wed Jan 8/20	20:00	00015910

# First Aid

## LIFESAVING SOCIETY STANDARD FIRST AID WITH CPR-C

**Course Length:** 16 hours  
(does not include lunch break)

**Fee (18+):** \$126.99

**Fee (High School Rate):** \$41.93

**Prerequisite:** None

**Format:** Lecture

**Course Manual:** Canadian First Aid Manual  
(included in fee)

**What to bring:** Pen and Paper

**Description:** Standard First Aid provides comprehensive training covering all aspects of First Aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: medical/legal aspects of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Includes CPR-C certification and Automated External Defibrillation (AED). Recognized by Ontario's Workplace Safety & Insurance Board.

**Special rate available to high school students. High school students over the age of 18 will need to show valid ID and register in person to receive the rate. Must register at your local Recreation Centre.**



Facility	Start Date	Time	Code
Bennetto Community Centre	Sat May 4/19	09:00	00015815
	Sat May 11/19	09:00	00015819
	Sat Jun 1/19	09:00	00015823
	Sat Jun 8/19	09:00	00015825
	Sat Sep 7/19	09:00	00015853
	Sat Feb 29/20	09:00	00015950
Norman Pinky Lewis Recreation Centre	Sat Jan 11/20	09:00	00015941
Sir Allan MacNab Recreation Centre	Sat Apr 13/19	09:00	00015808
	Sat Apr 27/19	09:00	00015813
	Sat May 18/19	09:00	00015821
	Sat May 25/19	09:00	00015822
	Sat Jun 15/19	09:00	00015836
	Sat Jul 6/19	09:00	00015842
	Sat Aug 3/19	09:00	00016002
	Sat Oct 12/19	09:00	00015916
	Sat Nov 2/19	09:00	00015921
	Sat Nov 30/19	09:00	00015927
	Fri Dec 27/19	09:00	00015932
	Sat Jan 4/20	09:00	00015936
	Sat Feb 1/20	09:00	00015945



# LIFESAVING SOCIETY STANDARD FIRST AID RECERT

**Course Length: 8hrs**  
(does not include lunch break)

**Fee (18+): \$87.62**  
**Fee (High School Rate): \$27.34**

**Prerequisite:** Lifesaving Society Standard First Aid with CPR-C.

**Format:** Lecture

**Course Manual:** Canadian First Aid Manual (not included).

**What to bring:** Canadian First Aid Manual, Pen and Paper

**Description:** Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than 3 years from the SFA date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Individuals may renew by alternating recertification and original courses.

Holders of SFA certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

**Special rate available to high school students. High school students over the age of 18 will need to show valid ID and register in person to receive rate. Must register at your local Recreation Centre.**



Facility	Start Date	Time	Code
Bennetto Community Centre	Sat Apr 20/19	09:00	00015812
	Sat May 11/19	09:00	00015820
	Sat Jun 15/19	09:00	00015837
	Sat Oct 19/19	09:00	00015917
	Sat Nov 9/19	09:00	00015925
	Sat Dec 7/19	09:00	00015929
	Sat Mar 14/20	09:00	00015996

Facility	Start Date	Time	Code
Sir Allan MacNab Recreation Centre	Sat Jul 13/19	09:00	00015844
	Sat Aug 10/19	09:00	00015847
	Sat Sep 14/19	09:00	00015854
	Sat Jan 11/20	09:00	00015942
	Sat Feb 8/20	09:00	00015947

# Leadership

## BABYSITTING COURSE (RED CROSS) 11-15 YRS

**Course Length:** 8hrs (includes lunch break) **Fee:** \$60.00

**Prerequisite:** None **Format:** Lecture

**Course Manual:** Babysitting Manual (included in fee) **What to bring:** Doll, pen and paper

**Description:** The Babysitting course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Facility	Start Date	Time	Code	Session Type
Bennetto Community Centre	Sat Oct 26/19	09:00	00015955	1 day
Bernie Morelli Recreation Centre	Mon Apr 1/19	18:00	00016023	1 day a week
Dominic Agostino Riverdale Community Centre	Sun Feb 9/20	09:00	00016025	1 day
Huntington Park Recreation Centre	Tue Jan 14/20	18:00	00016027	1 day a week
Valley Park Community Centre	Sat Mar 28/20	09:00	00015762	1 day
Westmount Recreation Centre	Mon Sep 30/19	19:00	00015770	1 day a week

## HIGH FIVE® PRINCIPLES OF HEALTHY CHILD DEVELOPMENT (PHCD)

**Course Length:** 8hrs (includes lunch break) **Fee:** \$95.25

**Prerequisite:** None **Format:** Lecture

**Course Manual:** HIGH FIVE® PHCD Workbook (included in fee). **What to bring:** Pen and paper

**Description:** This 8 hour training will help front-line leaders (anyone working with children aged 6 to 12 – i.e. camp counsellor, coaches, swim instructors) improve the quality of programs. It provides in depth training in the HIGH FIVE® Principles of healthy child development so front-line leaders understand what they need to do to ensure each child's social, emotional and cognitive needs are met. Leaders learn activities and gain knowledge, tips and resources to enhance their programs as well as their relationships with children and other staff members. Topics also include bullying, conflict resolution, physical literacy, children's mental health and moderate to vigorous physical activity.

Facility	Start Date	Time	Code
Ancaster Rotary Centre	Sun Sep 22/19	08:30	00016046
Bennetto Community Centre	Sat May 11/19	09:00	00015954
Westmount Recreation Centre	Sun Jul 14/19	08:30	00015768
	Sat Sep 14/19	08:30	00015769



# RECREATION LEADER IN TRAINING 13-16 YRS

**Course Length:** 40hrs  
(includes daily lunch break)

**Fee:** \$145.30

**Prerequisite:** None

**Format:** Lecture

**Course Manual:** None

**What to bring:** Pen and paper

**Description:** Start on your journey to becoming a successful Leader in Training. Focus on the key attributes and skills that youth must know in order to successfully lead recreational programs and care for young participants. Leaders in Training will learn about group leadership, communication, games & activities, positive behaviour, managing undesirable behaviour, working together and more! Volunteer placements available for those who successfully complete the course.

Facility	Start Date	Time	Code
Bernie Morelli Recreation Centre	Mon Jul 15/19	09:00	00016024
Huntington Park Recreation Centre	Mon Jul 29/19	09:00	00016026
Westmount Recreation Centre	Mon Jul 8/19	09:00	00015767



Did you know Recreation provides fee assistance to qualified applicants 17 years and under?

For details on how to qualify, visit:  
[hamilton.ca/recreation](http://hamilton.ca/recreation)



# Locations

**Ancaster Aquatic Centre**

47 Meadowbrook Dr, Ancaster L9G 3K8  
905-546-2424 ext. 1061

**Ancaster Rotary Centre**

385 Jerseyville Rd. W., Ancaster  
905-546-2424 ext. 1698

**Bernie Morelli Recreation Centre**

876 Cannon Street East, Hamilton  
905-546-2424 ext. 4150

**Bennetto Community Centre**

450 Hughson St N, Hamilton L8L 4N5  
905-546-4944

**Central Memorial Recreation Centre**

93 West Ave S, Hamilton L8N 1S1  
905-546-4939

**Dalewood Recreation Centre**

1150 Main St W, Hamilton L8S 1C2  
905-546-4946

**Dominic Agostino Riverdale  
Community Centre**

150 Violet Dr, Hamilton L8E 6B4  
905-546-4284

**Dundas Community Pool**

39 Market St S, Dundas L9H 3B3  
905-540-6694

**Dundas Lions Memorial Community Centre**

10 Market St. S., Dundas  
905-546-2424 ext. 2260

**H.G. Brewster Pool**

200 Dewitt Rd, Hamilton L8E 4M5  
905-546-2424 ext. 5877

**Hill Park Recreation Centre**

305 South Bend Rd, Hamilton L9A 4K6  
905-546-4920

**Huntington Park Recreation Centre**

87 Brentwood Dr, Hamilton L8T 3W4  
905-546-4880

**Jimmy Thompson Pool**

1099 King St E, Hamilton L8M 1E2  
905-546-4768

**Norman Pinky Lewis Recreation Centre**

192 Wentworth St N, Hamilton L8L 5V7  
905-546-3122

**Ryerson Recreation Centre**

251 Duke St, Hamilton L8P 1Y4  
905-546-3111

**Sir Allan MacNab Recreation Centre**

145 Magnolia Dr, Hamilton L9C 5P4  
905-546-2554

**Sir Wilfrid Laurier Recreation Centre**

60 Albright Rd, Hamilton L8K 5J3  
905-546-4853

**Sir Winston Churchill Recreation Centre**

1715 Main St E, Hamilton L8H 1E3  
905-546-4775

**Stoney Creek Recreation Centre**

45 King St W, Stoney Creek L8G 1H7  
905-546-2196

**Valley Park Community Centre**

970 Paramount Dr, Stoney Creek L8J 1Y2  
905-546-2424 ext. 1248

**Westmount Recreation Centre**

35 Lynbrook Dr, Hamilton L9C 2K9  
905-546-4932

**Winona Community Centre**

255 Winona Rd. Winona  
905-546-2424 ext. 4935

**Sign up online:**  
**[hamilton.ca/recreation](http://hamilton.ca/recreation)**  
**or in centres, year round.**



**Hamilton**