

Fall Lessons 2020

Red Cross Lessons Starting October 2020

Registration Starts August 26, 2020

Monday/Wednesday PM Lessons

Session 1: October 5 - November 4 (No Lessons Oct 12)

Session 2 : November 16 - December 16

Water Caregiver is required for Sea Otter - Swim Kids 4

Level	Time	Cost
Sea Otter/ Salamander	4:45 - 5:15	\$36-\$40
Sunfish/Crocodile	4:00 - 4:30	\$36-\$40
Swim Kids 1/2	5:00 - 5:30	\$36-\$40
Swim Kids 3/4	4:30 - 5:00	\$36-\$40
Swim Kids 5/6	4:00 - 4:45	\$40-\$44

Private Lessons

30 Minute Private - \$20; Semi Private \$30

Junior Lifeguard Club Swim Kids 5 and Up

Monday & Wednesdays

October 5 - November 4 4:00-4:30

(No Class October 12)

Price \$105

November 16 - December 16 4:00-5:30

Price \$115

Fridays

October 9 - December 11 4:00 - 5:30pm

Price \$115



LIFESAVING SOCIETY
The Lifeguarding Experts

Friday PM Lessons

October 9 - December 11

Water Caregiver is required for Sea Otter - Swim Kids 4

Level	Time	Cost
Star Fish/Duck/ Sea Turtle	4:00 - 4:30	\$40
Sea Otter/Salamander	4:45-5:15	\$40
Swim Kids 1/2	5:00-5:30	\$40
Swim Kids 3/4	4:30-5:00	\$40
Swim Kids 5-7	4:00 - 4:45	\$44

Important Information

We are happy to have lessons back though there have been some changes we need to follow.

If you or your child have symptoms of Covid-19 or have been exposed to someone with Covid-19 you are asked to remain home and to not attend your lesson.

Children of all levels must be checked in by a caregiver 16 years + and will be asked to complete a questionnaire before entering the building

A water caregiver (16 years +) must be in the water for all lessons for Sea Otter to Swim Kids 4.

Those enrolling in Swim Kids 5 or above must complete an assessment to ensure proper level placement.

All enrollees in lessons must come changed and ready to go for lessons, please note change room access will be limited.

Spectators will be allowed but we ask no more than one spectator per family may be present during the lessons.

Limited seating will be available



For more information or to register please contact Ponoka Aquaplex

Phone:403-783-0131 | Email: recreation@ponoka.ca |

How to become a lifeguard!

Step 1: Complete Bronze Medallion & Cross

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Rescuers learn tows, carries, and defense and release methods in preparation for challenging rescues of conscious and unconscious victims. Includes CPR A and AED.

Prerequisite(s): Bronze Star or 13 years or older

Cost: \$230 GST Inc.

Step 2: Standard First Aid and CPR C or AEC

Please note some NL courses offer AEC with their National Lifeguard course instead of taking it before.

SFA - Red Cross comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR-C) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

Aquatic Emergency Care provides comprehensive training covering all aspects of first aid and CPR as well as skills specific to emergencies in an aquatic setting. This Standard First Aid course is recommended for lifeguards, aquatic instructors, lifesavers and other individuals who may need to respond to a first aid emergency in an aquatic setting.

Cost: \$140 GST Inc.

Step 3: National Lifeguard

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.

Cost: \$350 GST Inc.



Become a Water Safety Instructor!

Step 1: Skills Evaluation

The first step is to ensure that you have the necessary water safety knowledge, emergency response skills, and strokes equivalent to the Red Cross Swim Kids 10 performance criteria.

Step 2: Online Candidate Package

Once candidates have completed their skills evaluation they will be required to complete an online training component to prepare them for their co-teach and classroom component.

Step 3: Teaching Component

This component entails practice teaching in lessons with a qualified instructor present to assist with any questions or concerns.

Step 4: Classroom Component

During this portion participants will use the knowledge gained from the online portion and practice teach to apply to a classroom setting.

Prerequisite(s): 15 year +

Cost: \$425



If you are interested in any of the above courses please contact
Charlotte Williams at 403-783-0122