

Aquatic Leadership Courses – Summer 2009

For fees and registration, please contact the training locations directly:

H2O Adventure + Fitness Centre (H2O)
250.764.4040 www.h2okelowna.com

Kelowna Family YMCA-YWCA (KFY)
250.491.9622 www.ymca-ywca.com

Parkinson Recreation Centre (PRC)
250.469.8800 www.activekelowna.ca

Johnson-Bentley Memorial Aquatic Centre (JBMAC)
250.768.4442 www.regionaldistrict.com

Lifeguard Training Courses

Bronze Star (Includes CPR-A)

Jul 6-10	Mon-Fri	9am-12pm	PRC
Jul 6-10	Mon-Fri	2-5pm	JBMAC
Jul 27-31	Mon-Fri	9-11am	H2O
Aug 4-27	Tue & Thu	5:30-7pm	H2O

Bronze Medallion (Includes CPR-B)

Jul 6-9	Mon-Thu	8:30am-2pm	KFY
Jul 6-10	Mon-Fri	10am-2pm	H2O
Jul 13-17	Mon-Fri	5:30-10pm	PRC
Jul 13-17	Mon-Fri	2-7:30pm	JBMAC
Aug 4-7	Tue-Fri	9am-2:30pm	H2O
Aug 4-7	Tue-Fri	8:30am-2pm	KFY

Bronze Cross (Includes CPR-C)

Jul 13-15	Mon-Wed	9am-5:30pm	H2O
Jul 20-23	Mon-Thu	8:30am-3pm	KFY
Aug 4-7	Tue-Fri	2-8:30pm	JBMAC
Aug 10-14	Mon-Fri	5:30-9:30pm	PRC
Aug 10-14	Mon-Fri	10am-2pm	H2O
Aug 17-20	Mon-Thu	8:30am-3pm	KFY

Bronze Medallion/Cross Combo (Includes CPR-C)

Jul 20-31	Mon-Fri	5:30-9:30pm	PRC
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National Lifeguard Service Award (NLS – Pool Option)

Jul 16-19	Thu-Sun	9am-5:30pm	H2O
Jul 23-26	Thu-Sun	9am-5:30pm	H2O
Jul 27-31	Mon-Fri	7:30am-5pm	KFY
Aug 7-9, 21-23	Fri	5-10pm	PRC
	Sat-Sun	9am-6:30pm	
Aug 10-24	Mon/Wed/Fri	2-9pm	JBMAC
Aug 31-Sep 4	Mon-Fri	9am-6:30pm	H2O

NLS Precert & Recert

Jun 28	Sun	8:30am-5:30pm	JBMAC
Jul 22	Wed	9am-6:30pm	H2O
Aug 4-5	Tue-Wed	6-10pm	PRC
Aug 26	Wed	9am-6:30pm	H2O

NLS Waterpark Option

Aug 4-7	Tue-Fri	4-11pm	H2O
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Instructor Training Courses

Assistant Water Safety Instructor (AWSI)

Jul 20-24	Mon-Fri	8am-3:30pm	JBMAC
Aug 3-7	Mon	1-5pm	PRC
	Tue-Fri	10:30am-5:30pm	

Water Safety Instructor (WSI)

Jul 27-31	Mon-Fri	8am-3:30pm	JBMAC
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Water Safety Instructor & Lifesaving Instructor Combo

Aug 24-28	Mon-Fri	9am-6:30pm	PRC
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Water Safety Instructor Recert

Jul 4	Sat	2-6pm	PRC
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Lifesaving Instructor

Jul 21-24	Tue-Fri	9am-3:30pm	KFY
Aug 14-16	Fri-Sun	9am-6:30pm	H2O

Lifesaving Instructor Recert

Jul 4	Sat	9am-1pm	PRC
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First Aid Training Courses

CPR-C

Jul 14 & 16	Tue & Thu	6-10pm	H2O
Jul 19	Sun	9am-6pm	PRC
Aug 11 & 13	Tue & Thu	6-10pm	H2O

CPR-C Recert

Jun 24	Wed	5:30pm-9:30pm	JBMAC
Jul 27	Mon	6-10pm	H2O
Jul 31	Fri	6-10pm	PRC
Aug 24	Mon	6-10pm	H2O

Emergency First Aid with CPR-C

Aug 1	Sat	9am-5:30pm	JBMAC
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Standard First Aid with CPR-C

Jun 20-21	Sat-Sun	9am-6pm	PRC
Jul 14-23	Tue/Thu	6-10pm	H2O
Aug 1-2	Sat-Sun	9am-5:30pm	JBMAC

Standard First Aid Recert with CPR-C

Jul 18	Sat	9am-6pm	PRC
Jul 27 & 29	Mon & Wed	6-10pm	H2O
Aug 24 & 26	Mon & Wed	6-10pm	H2O

Aquatic Emergency Care with CPR-C

Jul 10-12	Fri	6-10pm	PRC
	Sat-Sun	9am-6pm	

Aquatic Emergency Care Recert with CPR-C

Jul 17-18	Fri	7-9pm	PRC
	Sat-Sun	9am-6pm	

Lifesaving First Aid Instructor

Aug 4-6	Tue-Thu	9am-6:30pm	H2O
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Check out www.lifeguardokanagan.com for more information

