

REC Centre 2017



Lifesaving Courses

Bronze Medallion

May 19-27

Friday 5-9pm

Saturday 10:30-5:30pm

Cost: \$150.00 (includes course manual)



Prerequisites: 13 years by last day of course, ability to swim 200m

Registration Deadline: Wednesday May 17th at 5:30pm

The Lifesaving Society's Bronze Medallion Award 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, and defense and release methods in preparation for rescues involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency in a 500m timed swim.



100% Attendance Required! Please bring official proof of age to first class. (birth cert., passport, DL, etc.)

2. Bronze Cross & CPR 'C'

June 2-10

Friday 5-9pm, Saturday 10:30-5:30pm

Cost: \$150.00 (\$250.00 for both)

Prerequisites: Bronze Medallion (need not be current).

Registration Deadline: May 23rd

Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Lifesavers increase their fitness with a 600m swim, a rescue drill with line and loop, and rescues involving multiple victims and rescuers.



Please bring Bronze Medallion Certification card to 1st class

****Worth 2 Grade 11 High School Credits**



Lillooet & District REC Centre * Call to register: 250-256-7527 * 930 Main Street