

Session 5: September 9 – November 10, 2019
Registration Opens: Sept 3 (Members) and Sept 4 (Non-Members)
Ready to register?
Call: 519-425-1181 Click: <https://app.booking.ca/ingersollcspub/> Connect: 355 Wellington St.

Leadership and Training – Child and Youth

Kid Proof Babysitting Training (Grades 5+)

This is a course covering babysitting and child care skills, safety/injury prevention, professional conduct as a babysitter. Bring a peanut free lunch & a teddy bear/doll for diapering practice. Updated First Aid content is covered.

Sunday Sept 8

9:00-3:00pm

Members: \$40.00, Non Members: \$50.00 PLUS Book \$9.50

Kid Proof At Home Alone w First Aid (Grades 5-6)

This program will help you to understand why the setting of rules and following them is important for your safety when staying home on your own.. Updated First Aid content will be covered.

Sunday Oct 27

9:30-1:30pm

Members: \$35.00, Non Members: \$40.00 PLUS Book \$7.75

Kid Proof Stranger Smarts (Grades 3-5)

This course will include: Definition of a stranger, Kid and Parent Promise, Instinct, Intuition and Personal alarms, Protecting Safety Zone, Safe Places vs Safe Situations, tricks predators will use, and where to go for Help Curriculum includes Personal safety, Relationships and Ethic & good citizenship.

Sunday October 27

1:30-3:30pm

Members: \$15.00, Non Members: \$20.00 PLUS Book \$5.00

Leadership and Training - Swimming Instructor Stream

*leadership training prices include HST

Lifesaving Assistant Instructor Apprenticeship Program (Age 14 & Bronze Cross)

This is the first step to becoming a Swimming instructor and enables you to learn and assist qualified Swimming instructor in a swimming lesson. This course teaches you safety supervision during swimming lessons, the basic skills of leading in an aquatic environment, and how to assist during a swimming lessons. You will be teamed up with one of our AMAZING swim instructors and complete weekly assignments that allows you to work on your skills and apply learning to an actual swim environment.

Runs weekly Monday, Tuesday, Thursday, OR Saturday.

Cost: \$113.00 Manual Included.

Course schedule set up through Aquatics Manager. Once registered, a meeting will be scheduled, and day and course time assigned.

Lifesaving Swim Instructor Apprenticeship Program (must be 16 by end of apprenticeship to finalize certification, apprenticeship can begin as early as 15 years old)

This is the next step to becoming a certified Swimming Instructor. This program is also operated as an apprenticeship to ensure side-by-side learning and demonstration of instructional abilities over an entire swimming session. This course teaches you the finer points of being a Swimming Instructor including how to create lesson plans, evaluate swimmers, and teach engaging swim classes.

Runs weekly Monday, Tuesday, Thursday, OR Saturday.

Cost: \$169.50 Manual Included.

Course schedule set up through Aquatics Manager. Once registered, a meeting will be scheduled, and day and course time assigned.

Connect With Us!



www.ingersoll.ca



communityservices@ingersoll.ca



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Ingersoll Community Services Dept.

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Assistant Volunteers – (Prerequisites 14 years+, Bronze Cross, Standard First Aid, Assistant Certification)

Once you have your Lifesaving Assistant Certification you can volunteer for Ingersoll Aquatics during swimming lessons. Assistants are vital to our programming adding an extra layer of supervision to our swimming classes and invaluable experience that will assist you in becoming employed as a certified staff! Your volunteer hours COUNT! You can use them towards your high school volunteer credits AND towards lowering the cost of your future certifications taken through the Town of Ingersoll. **Apply today!**

Leadership and Training - Lifeguard Stream

Bronze Star (Age 12)

Prep for the Bronze Medallion that develops problem solving and decision making skills. This course continues the development of endurance and strength in swimming and rescue skills.

Dates: Saturdays September 14 to November 9.

Time: 9:00am-10:00am

Cost: \$74.00

Bronze Medallion + Emergency First Aid (must have completed Bronze Star or be 13 years old)

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue education those being judgment, knowledge, skills, and fitness. Rescuers learn tows and carries and defense 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.

Prerequisite: Minimum 13 years of age or Bronze Star certification (need not be current). Manual for this course is the Canadian Lifesaving Manual.

Time: 12:30pm-5:00pm

Dates: Saturdays Sept. 21-Nov. 2* NO CLASS SAT. OCT. 12.

Fee: \$145.00 *includes manual*

Bronze Cross + Standard First Aid (must have completed Bronze Medallion and Emergency First Aid)

Bronze Cross defines the Assistant Lifeguard Status and is your first step to many opportunities in Aquatics! After Bronze cross you can become a Lifeguard. As well you can join the Assistant Swim Instructor Apprentice Program to start your career in teaching Swimming Lessons! This course continues to build on the knowledge, skills, judgment, and fitness levels needed to take on the role of safe supervision in an aquatic environment. Manual for this course is the Canadian Lifesaving Manual received in Bronze Medallion.

Time: 9am-1pm Dates: Saturdays Nov. 16-Dec. 21

Fee: \$155.00 *includes Standard First Aid manual*

First Aid Lifesaving Society First Aid with CPR “C” & AED Training

Time: 9:00-5:00 Dates: Saturday Oct. 19 & Sunday Oct. 20, 2019 Fee: \$125.00 *includes manual*

Location: Victoria Park Community Centre

First Aid Lifesaving Society First Aid with CPR “C” & AED Training Recertification

Time: 9:00-5:00 Dates: Sunday Nov. 3, 2019 Fee: \$85.00 *please bring manual*

Location: Fusion Youth Centre

National Lifeguard Recertification

Time: 3pm-9pm Dates: Saturday Nov. 9, 2019

Fee: \$63.28

Location: Victoria Park Community Centre

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