

# Northern Lights Palace Pool

## Winter Leadership Courses

### **Bronze Medallion – November 17, 19**

The 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 challenging rescues of increased risk, involving conscious and unconscious victims of various types. Participants also develop stroke efficiency and endurance in timed swims. As well as treatment skills for many circulatory emergencies.

**Price: \$156.00 Materials Included**

### **Bronze Cross – November 24, 26**

Designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic environments. Students learn the differences between lifeguarding and lifesaving while continuing to develop the basic principles of emergency procedures and teamwork. Lifesavers further increase their stroke efficiency, fitness and endurance

Bronze Cross is a prerequisite for all advanced training programs, including Lifesaving Instructor, National Lifeguard Service, and Distinction certification.

**Price: \$135.20**

### **National lifeguard – January 5 -7, 12 – 14**

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.

**Price: \$280.80 Materials Included**

Call or Email for further information

Northern Lights Palace Wave Pool

[Pool@cityofmelfort.ca](mailto:Pool@cityofmelfort.ca)

Phone: (306) 752-7200

Fax: (306) 752-9399



## How to Register Online:

1. Go online to [www.cityofmelfort.ca](http://www.cityofmelfort.ca)
2. Follow the link on the right hand side under "Quick Links"
3. Online Booking / Registration
4. Create Account
5. Proceed to fill in personal Information
6. Add family members who are participating in lessons
7. Submit
8. Follow the "Registration" Tab
9. Lifesaving Swimming Lessons
10. Add to Shopping Cart
11. Proceed to Pay

## How to Pay Your Online Account:

1. Go online to [www.cityofmelfort.ca](http://www.cityofmelfort.ca)
2. Follow the link on the right hand side under "Quick Links"
3. Online Booking / Registration
4. Log In
5. My Account/Account History/Shopping Cart
6. Proceed to Pay

**\*\*Payment is required when you register.**

**\*\*Participant Waiver And Release of Liability Required.**

**\*\*Times are subject to change or cancellation.**

**Prices are subject to change / Cheques are payable to the City of Melfort**

