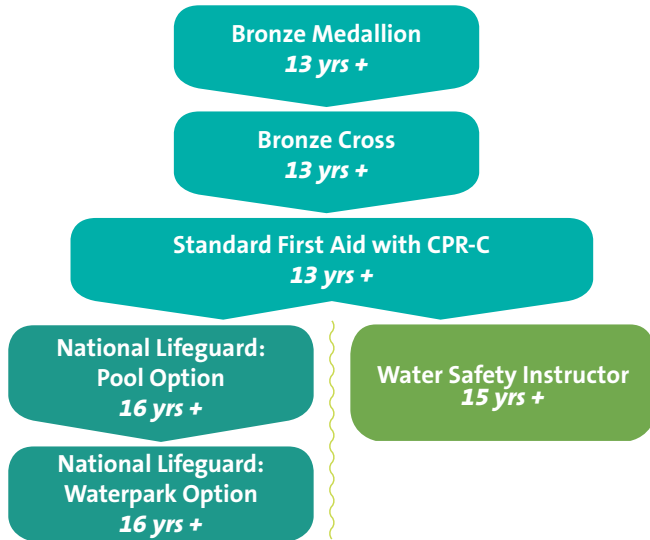


AQUATIC LEADERSHIP

Lifeguard Courses

How to Become a Lifeguard & Swim Instructor



Junior Lifeguard Club (8 – 12 yrs)

Learn about lifesaving, lifeguarding and first aid while improving swimming skills in a fun environment. Great way to learn about a future career.

at Poirier Sport & Leisure Complex

Su	(10)	Jan 7 – Mar 11	9 – 11 a.m.	\$82.90	605021
Su	(9)	Apr 8 – Jun 3	9 – 11:15 a.m.	\$82.90	605768

Bronze Star (8 – 12 yrs)

Basic lifesaving. Excellent preparation for success in Bronze Medallion.

at City Centre Aquatic Complex

Sa	(5)	Jan 6 – Feb 3	2 – 4 p.m.	\$79.45	615015
Su	(5)	Feb 11 – Mar 11	2 – 4 p.m.	\$79.45	615014
Sa	(4)	Apr 7 – Apr 28	3 – 5:30 p.m.	\$79.45	615016
Su	(4)	Apr 8 – Apr 29	3 – 5:30 p.m.	\$79.45	616342

Bronze Medallion

Learn the basic water rescue, first aid and resuscitation techniques. Manual purchased separately (\$37). Prerequisite: 13 years of age or Bronze Star.

at City Centre Aquatic Complex

Su	(5)	Jan 7 – Feb 4	8:30 a.m. – 1 p.m.	\$139.15	615018
Sa	(5)	Feb 10 – Mar 10	8:30 a.m. – 1 p.m.	\$139.15	615017
Su	(4)	Apr 8 – Apr 29	8:30 a.m. – 2 p.m.	\$139.15	615019

at Poirier Sport & Leisure Complex

Sa	(10)	Jan 6 – Feb 3	3:30 – 8 p.m.	\$139.15	605288
Sa	(8)	Apr 7 – Apr 28	2:30 – 8 p.m.	\$139.15	605017

Bronze Cross

Learn advanced lifesaving rescues and basic aquatic leadership skills. Prerequisite: Bronze Medallion.

at City Centre Aquatic Complex

Sa	(5)	Jan 6 – Feb 3	8:30 a.m. – 1 p.m.	\$139.15	615020
Su	(5)	Feb 11 – Mar 11	8:30 a.m. – 1 p.m.	\$139.15	615021
Sa	(4)	Apr 7 – Apr 28	8:30 a.m. – 2 p.m.	\$139.15	615022

at Poirier Sport & Leisure Complex

Sa	(10)	Feb 10 – Mar 10	3:30 – 8 p.m.	\$139.15	605016
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Bronze Medallion/Cross Combo (13 yrs +)

A combination of two advanced lifesaving awards: Bronze Medallion and Bronze Cross in one course. Candidates learn water rescues, first aid, CPR, and develop stroke endurance.

at Poirier Sport & Leisure Complex

M – F	(18)	Mar 19 – Mar 29	1 – 5:30 p.m.	\$221.00	615023
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National Lifeguard (NL) Pool

Designed for those seeking employment as a lifeguard. Develop a sound understanding of lifeguarding principles, good judgement, communication skills, and a mature and responsible attitude toward the role of the lifeguard. Prerequisites: Bronze Cross, 16 years old, Standard First Aid with CPR C. Extra candidate fee will be added to course fee and is non-refundable.

at City Centre Aquatic Complex

F	(10)	Jan 12 – Mar 16	5 – 10 p.m.	\$315.40	615024
F	(10)	Apr 6 – Jun 8	5 – 10 p.m.	\$315.40	615025

at Poirier Sport & Leisure Complex

M – F	(9)	Mar 19 – Mar 29	9:30 a.m. – 3 p.m.	\$315.40	605290
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National Lifeguard (NL) Waterpark

Builds on the fundamental knowledge, skills and values taught in NL Pool to train lifeguards in safety supervision and rescue in a waterpark environment. Prerequisites: NL Pool issued within two years, recommend CPR C issued within one year. Extra candidate fee will be added to course fee and is non-refundable.

at City Centre Aquatic Complex

Su	(5)	Jan 7 – Feb 4	10 a.m. – 3:30 p.m.	\$156.00	615026
Su	(4)	Feb 18 – Mar 11	10 a.m. – 4:30 p.m.	\$156.00	615027
M – F	(5)	Mar 19 – Mar 23	9 a.m. – 2:30 p.m.	\$156.00	615028
Su	(4)	Apr 8 – Apr 29	10 a.m. – 4:30 p.m.	\$156.00	615030

Lifeguard Information Session (13 yrs +)

Are you interested in working in aquatics? Learn about the requirements and benefits of becoming a lifeguard with the City of Coquitlam. Please register in advance. Parents are welcome to attend.

at City Centre Aquatic Complex

Su	(1)	Jan 7	6 – 7 p.m.	FREE	615040
Su	(1)	Mar 4	6 – 7 p.m.	FREE	615041



Recertifications

National Lifeguard (NL) Pool Recert

Includes precertification and recertification. Precertification provides candidates an opportunity to review NL skills and knowledge and to provide education on new information before the start of the recertification clinic. Prerequisites: Previous NL Pool award, recommend CPR C issued within one year; must show original NL Pool award to instructor. Extra candidate fee will be added to course fee and is non-refundable.

at City Centre Aquatic Complex

M	(1)	Feb 12	11 a.m. – 7:30 p.m.	\$107.10	615032
Sa	(1)	Mar 10	10:30 a.m. – 7:30 p.m.	\$107.10	615031

at Poirier Sport & Leisure Complex

Tu	(2)	Jan 2	9 a.m. – 6 p.m.	\$107.10	605291
Su	(2)	Feb 18	9 a.m. – 6 p.m.	\$107.10	605770
Su	(2)	Apr 22	9 a.m. – 6 p.m.	\$107.10	605022

National Lifeguard (NL) Waterpark Recert

Includes precertification and recertification. Precertification provides candidates an opportunity to review NL skills and knowledge and to provide education on new information before the start of the recertification clinic. Prerequisites: Previous NL Waterpark option, recommend CPR C issued within one year; must show original NL Waterpark award to instructor. Extra candidate fee will be added to course fee and is non-refundable.

at City Centre Aquatic Complex

Sa	(1)	Jan 13	10:30 a.m. – 7:30 p.m.	\$107.10	615033
Sa	(1)	Feb 3	10:30 a.m. – 7:30 p.m.	\$107.10	615036
Sa	(1)	Mar 3	10:30 a.m. – 7:30 p.m.	\$107.10	615037
Sa	(1)	Apr 14	10:30 a.m. – 7:30 p.m.	\$107.10	615038

Water Safety Instructor (WSI) Recert (16 yrs +)

This program recertifies the Red Cross Water Safety Instructor award.

at City Centre Aquatic Complex

Sa	(1)	Feb 10	1 – 6 p.m.	\$102.40	615039
at Poirier Sport & Leisure Complex					
Sa	(2)	Mar 17	11 a.m. – 4 p.m.	\$102.40	605151
Sa	(2)	Apr 21	4 – 9 p.m.	\$102.40	605862

Aquatic Volunteer Workshop (13 yrs +)

Are you interested in learning more about volunteering in aquatics? Are you curious about what it takes to become a lifeguard and swimming instructor? Do you want to improve your skill-set and have fun doing it? All current Coquitlam volunteers are welcome and previous experience in aquatics is NOT necessary! To register email volunteers@coquitlam.ca

at City Centre Aquatic Complex

F	(1)	Mar 23	5 – 7:30 p.m.	FREE	
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Lifeguard School (16 yrs +)

For those with NL Pool. Prepare for a job in aquatics. Practice aquatic rescue and first aid skills, learn new job-related skills and participate in a new-lifeguard team competition.

at City Centre Aquatic Complex

Su	(5)	Jan 14 – Feb 11	5 – 9 p.m.	\$82.90	615042
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Instructor Courses

Red Cross Water Safety Instructor (WSI) (15 yrs +)

Prepares candidates to instruct the Red Cross Swim Program. This course follows a 'flipped classroom' method of instruction that includes a skills evaluation of skills learned in Swim Kids 10, an online component, a practical teaching experience and a classroom session. Extra candidate fee will be added to course fee and is non-refundable.

at Poirier Sport & Leisure Complex

Tu/Th	(12)	Jan 2 – Mar 15	6 – 9:30 p.m.	\$437.85	605147
Tu – F	(16)	Jan 2 – Mar 16	6 – 8 p.m.	\$437.85	605148
Tu/Th	(12)	Apr 3 – May 31	6 – 9:30 p.m.	\$437.85	605858
Tu – F	(16)	Apr 3 – Jun 1	6 – 8 p.m.	\$437.85	605859

POOL RULE REMINDERS

No Street Shoes on Deck — *please help us keep our pool deck clean!*

Shoes that are worn outdoors can track in visual dirt, grass, salt and fecal matter. But it can also track in chemicals and bacteria from outside that we can't see (and do not want to step barefoot in!). If you use footwear on deck, please bring an extra set that are only worn at the pool.



Be cool at the pool—check out our video on pool etiquette! coquitlam.ca/aquatics