

■ TABLE OF CONTENTS

Afterschool Programs	2
Day Camps	2
Summer Camps	2
Community Programs	3
Sport Programs	3
Dance Programs	5
Creative Arts	5
Fitness and Nutrition Programs	6
Aquatics Registration Information	8
Lifesaving Society's Swim for Life Program	8
Spring Aquatic Program Schedule	11
Summer Aquatic Program Schedule	12
Leadership Programs	13
Aquatic Sport	14
Synchronized Swimming Program	14
Learn to Dive Programs	15
Emergency First Aid (CPR-C)	16

Book your Party or Event

Inside Back Cover



Facebook.com/CGCHalifax

Stay connected for program updates, schedule changes, contests and special events.



@CdaGamesCentre

Follow us for all the latest announcements



E-newsletter Subscribe:

<http://bit.ly/cgcnews>

■ REGISTRATION

We are pleased to offer an online registration system to make program registration easier for you. We look forward to providing you with a positive experience when registering. Please remember that in general, registration is a very busy time and wait times can be longer than normal. Your patience is appreciated as we strive to help you get into the program of your choice.

There are two ways to register: online or in person

1. ONLINE

<https://www.canadagamescentre.ca>



You will need:

- Account Username and Password **
- Valid Visa, Mastercard or Amex
- Click on "Sign In" to access the site

To register online:

- Choose an Activity Type
- Add the activity to your shopping cart – please note that once in the shopping cart it is holding your spot while you pick additional activities, however after 10 minutes the session will time out if you are not active
- Choose the family member to register
- Answer any registration questions
- Continue to the shopping cart
- Choose checkout and finish by paying
- All receipts are in PDF format

** If you are not a member or have not registered for any previous programs you will need to create an account. Go to the above link and follow the steps under 'Need an account.' If you have any questions please email canadagamescentre@halifax.ca (please allow for 2-3 business days to receive your username and password for this account to be confirmed).

2. IN-PERSON

26 Thomas Raddall Drive



- Monday to Friday 10:00am - 10:00pm
- Saturday and Sunday 7:00am - 10:00pm
- Valid Visa, Mastercard, debit or cash, Amex

Note: Please remember that we do not take phone registration and our phone line may be very busy. Your patience is appreciated.

Registration dates for spring/summer programs

March 5 at 10 a.m. for members

March 6 at 10 a.m. for non-members.



Private and semi-private swim lesson registration must be completed in-person



AFTER SCHOOL CHILD CARE PROGRAMS

• Semester 3: April 10th – June 29th

Monday to Friday from 2:30 - 6:00pm

Cost: \$13/single day, or \$700 for the full semester*.

(*Full semester registration will include free PD Day camps if you choose to register for any of those days).

There will be no after school program March 12th – 16th, May 21st, or June 28th.



"Activity Type": Community Programs

Children in Grades P through 9 enjoy action-packed afternoons including leisure swims, sports, field games, and arts & crafts. And we still make a little time for homework.

Children must bring nut-free snacks, swim wear, a towel, indoor sneakers and extra gym clothes, and should be prepared for inclement Nova Scotia weather.

Our partnerships with Stock Transportation and Perry Rand to make the Centre a school bus stop continues to grow. Service is currently offered from **Fairview Heights, Fairview Annex, Fairview Jr. High, École Beau Bassin, and École Burton Etinger**. Please register your children for this service a minimum of 48 hours in advance of each day to confirm bus accommodation. Walking Service to Park West School also continues. Our staff will meet your child at school at the 2:45pm bell, and walk them to the Centre for their program. Please keep checking our website for further changes as we continue to develop partnerships with other schools to better serve our community.

If you are choosing the full time option, you may take advantage of our payment plan. A payment of \$240.00/child will be due upon registration and you will be required to provide a credit card number that will be used to bill the remaining amount in installments once a month during the program. Please contact Justin Dubreuil at dubreuj@halifax.ca for more details.

DAY CAMPS

Professional Development Day Camps



"Activity Type": Camps

March 30th, May 11th & June 28th

\$30 per child/per day

Children will participate in a variety of indoor and outdoor activities such as silly sports, arts & crafts, and swimming. Camps will be held on HRSB Bus Cluster 1 days, and registration is on-going and offered for children currently enrolled in Grades P - 9. PD camps are complimentary for children registered in our After School Program – be sure to enroll early to reserve your spot.

SUMMER CAMPS

- Camps run weekly from July 3rd to August 31st, 2012, Monday-Friday, 8:30am-4:30pm
- Children ages 6 - 8 and 9 -12. Children who are 5 & have completed Primary are welcome.
- Early Drop Off and Late Pick Up options are available. Please see website for details.

\$130 Members / \$145 Non Members

Full Days

Early Drop Off or Late Pick Up: \$3.00 per camper per day.

\$5.00 per camper, per day for both.

Online and in-person registration for Summer Camps will begin March 12th for members and March 13th for the rest of the community.



"Activity Type": Camps

H2O Flow Ages 9 - 12

Learn the FUNdamentals of a variety of sports and activities in a non-competitive atmosphere. Kids may enjoy sports such as soccer, basketball, badminton, volleyball, tennis, and flag football, and activities such as water-themed games during a pool visit, circle games, free play, and some arts and crafts. Campers of this age group may use the 1 metre and 3 metre diving boards and water slides*.

Spish Splash Ages 6 - 8

Spish Splash will focus on water-themed activities and games such as Marco Polo, jumping & diving, and water relay races. To un-wrinkle fingers and toes we will enjoy some dry activities like badminton, circle games, and some arts and crafts. Campers may use the 1 metre diving board in the Aquatics Centre*.

Sport Mania Ages 9 - 12

Learn the FUNdamentals of a variety of sports and activities in a non-competitive atmosphere. Kids may enjoy sports such as soccer, basketball, badminton, volleyball, tennis, and flag football. Campers will also enjoy activities such as water-themed games during a pool visit, circle games, free play, and some arts and crafts. Campers of this age group may use the 1 metre and 3 metre diving boards and water slides*.

Silly Sports Ages 6 - 8

Silly Sport will focus on the fun of enjoying a variety of sports and activities such as soccer, basketball, badminton, tennis and relay races. Campers will also participate in water-themed activities daily, circle games, free play, and some arts and crafts. Campers will enjoy using the 1 metre diving board in our Aquatics facility*.

STAR! Ages 9 - 12

Become a CGC all-star. Enjoy a non-competitive mix of movement & dance, drama, and art. These lucky kids will also visit the pool daily, and enjoy some recreation games and free play. Campers will enjoy using the 1 metre and 3 metre diving boards and water slides*.



Dancin' & Doodlin' Ages 6 - 8

Dancin' & Doodlin' will focus on developing a foundation and interest in creative arts. Little stars will enjoy the basics of movement & dance, theatre, creative arts & crafts. Campers will also burn a little energy by participating in recreational games, free play, and visit the pool. Campers will enjoy using the 1 metre diving board*.

*Slide safety requires any user be 48 inches tall. This will be enforced regardless of age.

Half Day Camps Ages 6 - 8 or Ages 9 - 12

Your choice of morning or afternoon

Morning 8:30 - 12:00pm or

Afternoon 1:00 - 4:30pm

Members \$82 / Non-Members \$90

Jam all the fun of a full day into just a few hours. This camp will entertain you with sports, circle games, outdoor water activities, free play, arts and crafts, and more. With all this going on, there will not be a chance to visit the Aquatic Facility.

See our website for additional information on early drop off/late pick up registration, family discount details, deferred payment plan options, fee assistance and inclusion programs.

CGC Triathlon Camp

July 23-27, 2012 8:30am - 4:30pm

Member \$145 / Non-Member \$165

Prerequisites: Swim 25m unassisted, own a bike & helmet.

Come join us for our inaugural triathlon camp. It promises to be a fun filled week for all skill levels, regardless if you're a triathlon expert or you are new to the sport. It will be a great way to help take a big first step towards establishing healthy habits for an active lifestyle.

At the end of the week participate in our very own "Kids of Steel" Triathlon event for FREE on July 29th. More details to follow so watch our website.

COMMUNITY PROGRAMS

Play School Programs

Our active play school provides a safe and nurturing environment for your children to learn, grow and experience their world. Children swim, do arts & crafts, play music and have gym and story time while unlocking their potential through play-based hands-on experiences. Children must be at least 3 years old and toilet-trained to register. Each child should also bring a nut-free snack to each class.



"Activity Type": Community Programs

Fun with French

10 weeks, beginning April 9th and April 11th

Mondays 9:00 - 11:30am or

Wednesdays 1:00 - 3:30pm

Members \$75 / Non-Members \$83

Bienvenue! Spend some time learning some basics of Canada's other official language.

Puddle Jumpers

10 weeks, beginning April 10th and April 12th

Tuesdays or Thursdays 1:00 - 3:30pm

Members \$75 / Non-Members \$83

Have fun in the pool, then dry off for a quiet activity.

Letters, Colours & Numbers

10 weeks, beginning April 11th

Wednesdays 9:00 - 11:30am

Members \$75/ Non-Members \$83

Have a blast while learning skills for counting, spelling and recognizing colours.

Amazing Animals

10 weeks, beginning April 12th

Thursdays 9:00 - 11:30am

Members \$75 / Non-Members \$83

Lions and tigers and bears...oh my! Learn all about the planet's animals.

Tiny Tumblers

10 weeks, beginning April 10th or April 13th

Tuesdays or Fridays 9:00 - 11:30am

Members \$75/ Non-Members \$83

Burn off all that extra energy with this active play session for your little tumbler.

SPORT PROGRAMS



"Activity Type": Sport Programs

JeetKunDo

10 sessions, beginning April 9th

Ages 18+ Mondays 6:00 - 7:00pm

Member \$53 / Non-Members \$58

This "hybrid martial art" was founded by Bruce Lee. It focuses on the self-defense aspect of martial arts, rather than the sporting side. Geared for adults of all fitness levels! Led by certified JeetKunDo instructor and 4th Degree Black Belt in Yoshin-Ryu Jujitsu, Ray McKinnon.



Apprentice/Adult

10 weeks, beginning April 12th
Ages 13+ Thursdays 7:30 - 9:00pm
Members \$240 / Non-Members \$264

This class has been created to introduce people of all ages to circus arts like aerial skills, acrobatics, handstand, contortion, human pyramids, juggling, and much more. A great way to get in shape and have fun at the same time! No need for gymnastics or yoga experience, we welcome youth and adults of all ages and all backgrounds.

DANCE PROGRAMS

All pricing is before applicable taxes.



"Activity Type": Community Programs

Creative Movement

10 weeks, beginning April 11th & April 14th

Ages 3 & 4	Saturday	10:30 - 11:00am
	Saturday	12:30 - 1:00pm
	Wednesday	5:00 - 5:30pm
	Wednesday	5:30 - 6:00pm

Members \$38/Non-Members \$42

Channel your little one's energy in a creative and fun way. This dance class will explore different types of movement and dance concepts that are fun for kids to learn.

Pre-Ballet

10 weeks, beginning April 14th
Ages 5 - 7 Saturday 11:00 - 11:45am

Members \$46 / Non-Members \$51

Develop fundamental skills of ballet like steps, routines, and basic class etiquette in this fun filled environment.

Pre-Jazz

10 weeks, beginning April 14th
Ages 5 - 7 Saturdays 11:45 - 12:30pm

Members \$46/Non-Members \$51

Develop fundamental skills of jazz dancing. Learn steps, routines, and basic class etiquette in this fun filled environment.

Pop Stars

10 weeks, beginning April 10th
Ages 8 - 10 Tuesdays 5:15 - 6:15pm

Members \$58 / Non-Members \$64

Think you could be Hannah Montana's next dancer? Would you love to be on stage with the Jonas Brothers? This class combines all the fun of being a pop star without the singing! Learn dances and styles that today's pop stars use in their videos, and you could be the next big Superstar.

Acro Dance

10 weeks, beginning April 10th
Ages 6 - 16 Tuesdays 6:15 - 7:00pm

Members \$45 / Non-Members \$50

This is not your typical dance class! Acro dance is a style of dance that combines classical dance technique with precision acrobatic elements. Developed and led by ADCCCommunity Dance Company Creator Courta Smith, this class is great for new dancers and continues to build skills for experienced dancers. Many movements in Acro are partner-centric; however, students will learn individual and group movements as well. Open to any students willing to learn something new and exciting.

Hip Hop

10 weeks, beginning April 10th
Ages 11 - 14 Tuesdays 7:00 - 8:00pm

Members \$58 / Non-Members \$64

This class will teach students freestyle hip hop and performances will be reinforced with emphasis on technical dance through street jazz. Dance content & music will be age-appropriate.

CREATIVE ARTS

All pricing is before applicable taxes.



"Activity Type": Community Programs

Fun with Paint 2

10 sessions, beginning April 10th
Ages 6 - 10 Mondays 4:00 - 5:30pm

Members \$70 / Non-Members \$77

If you thought the winter semester of Fun with Paint was great, you won't believe this class! Fun with Paint 2 is an exciting class where kids will continue to build on techniques learned over the winter and explore new ways to create paintings using different tools and styles. Didn't get to join the first group? No problem, you'll have twice as much fun as the rest!



Papercraft Class

10 sessions, beginning April 12th
Ages 6 - 10 Thursdays 4:00 - 5:30pm

Members \$70 / Non-Members \$77

Students will concentrate on creating things with paper. Have fun making collages, 3D objects, frames and more. Kids will learn how to use recycled paper from magazines, old wrapping paper and card board boxes in creative ways.

Watercolour – Level 1 Adult Class

4 sessions, beginning April 11th
Adult Class Wednesdays 9:15am - 12:15pm

Members \$84 / Non-Members \$92

Always wanted to try it but don't know where to begin? Join accomplished artist and former university art teacher Laurie Mireau as you learn the basics of brush-handling, color-mixing and how to layer colors to build up your painting. Classroom skill development exercises and some light homework will help to get you started with this great hobby in just four weeks. Supply lists will be provided before classes start.

Drawing – Level 1 Adult Class

4 sessions, beginning April 11th
Adult Class Wednesdays 1:00 - 4:00pm

Members \$84 / Non-Members \$92

Designed for beginners or those wishing to refine their drawing skills for more successful paintings, join accomplished artist and former university art teacher Laurie Mireau and learn basic skills to create your own drawings. Students will analyze the underlying basic shapes of objects in order to simplify the first stages of a drawing. Upon working with still life items to practice these skills you will move on to more scenic drawings which will require one-point perspective. Supply lists will be provided before classes start.

Acrylic Painting – Level 1 Adult

4 sessions, beginning April 11th
Adult Class Wednesdays 5:45 - 8:45pm

Members \$84 / Non-Members \$92

This class is for beginners wishing to unleash their inner painter. Join accomplished artist and former university art teacher Laurie Mireau and learn to mix and choose colors that work well together. Brush techniques and the basics for starting a painting will be taught. Supply lists will be provided before classes start.

Guitar

10 sessions, beginning April 9th and April 10th
Ages 10 - 13 Tuesdays 7:30 - 8:30pm Beginner
Ages 14 - 17 Mondays 7:30 - 8:30pm Beginner
Adult Mondays 8:30 - 9:30pm Beginner

Members \$85 / Non-Members \$94

Are you the proud owner of a steel string or classical guitar? Would you love to serenade people with beautiful melodies? Guitar teacher Kevin Doucette will be leading classes to teach the basics for beginners, and tips and tricks to improve your technique.

FITNESS AND NUTRITION PROGRAMS

All pricing is before applicable taxes.



"Activity Type": Fitness Programs

Bikini Babe Boot Camp

10 weeks, beginning April 9th
Mondays and Wednesdays 5:45 - 6:45pm
Location: Starting Blocks at Track Level

\$160 Members / \$180 Non Members

Ladies, come out and enjoy this total body strength and conditioning circuit style class. Improve your cardiovascular and muscular endurance, strength, balance, power, coordination and agility. This one will push your limits but you'll have a great time doing it.

Bridal Boot Camp

10 weeks, beginning April 10th
Tuesdays and Thursdays 10:00 - 11:00am or
5:30 - 6:30pm

Location: Track and Field House Alcoves

\$160 Members/ \$180 Non Members

Tone, tighten and lose weight in time for your big day. Grab your bridesmaids and enjoy some girl time while getting in the greatest shape of your life!



Building Better Balance

10 weeks, beginning April 10th
Tuesdays 9:00 - 10:00am
Location: Dance Studio
\$70 Members/ \$77 Non Members

This class is for those 50+ who want to increase balance and strength, and gain a better range of motion in everyday activities.

Dolls and Dumbbells

10 weeks, beginning April 9th
Mondays, Wednesdays, & Fridays 10:00 - 11:00am or
5:30 - 6:30pm

Location: Field House Alcove

Member - \$180/ Non-Member - \$190

Designed to empower and educate women on the benefits of incorporating resistance training to sculpt and tone their body. Three workouts per week will ensure that if you stick with our program, you'll get the results you seek.

Hard Core Circuit Training

10 weeks, beginning April 9th
Mondays & Wednesdays 7:00 - 8:00pm
Location: Starting blocks at Track Level

Member - \$160 / Non-Member - \$180

A strong core can improve posture, enhance athletic performance and alleviate back stress plus make everyday activities easier. This circuit class focuses on core strengthening exercises while challenging your entire body.

Hatha Yoga

10 weeks, beginning April 9th and 11th
Wednesdays 10:30 - 12:00pm
Wednesdays 6:30 - 8:00pm
Location: 2nd Floor Studio

\$70 Members / \$77 Non Members

Strengthen, stretch and relax your entire being through a gentle and revitalizing yoga session. Open to all levels, these yoga classes focus on breath awareness through a series of yoga postures designed to release stress, create balance, enhance focus, flexibility and harmony of mind-body-spirit.

Functional Core Training

10 weeks, beginning April 10th and April 11th
Tuesdays 6:30 - 6:45pm or
Wednesdays 11:00 - 11:45am
Location: 2nd Floor Studio

\$70 Members / \$80 Non Members

Learn to activate your body's natural weight belt. This program is designed to turn on the muscles that make up your core and teach you how to increase their functional effectiveness meaning greater ability to perform more demanding activities with less strain to vulnerable joints like the low back and knees.

Morning Kickstart

10 weeks, beginning April 10th
Tuesdays & Thursdays 5:45 - 6:30am
Location: Fitness Centre

Member - \$110 / Non-Member - \$129

Start your day off right! This circuit-style class combines cardio and weights to wake you up in no time and get your metabolism revving for the day!

Radiant Child Yoga

10 weeks, beginning April 14th
Ages 5 - 9 years Saturdays 10:00 -10:45am

Location: 2nd Floor Studio

\$50 Members/ \$60 Non Members

Children will experience the relaxing techniques of yoga through stories and movement. Laughter and relaxation breathing will introduce children how to self sooth and resolve challenges to be a happier child.

Stroller Circuit

10 Weeks, beginning April 10th
Tuesdays & Thursdays 10:30 - 11:30am
Location: Starting Blocks at Track Level

Member - \$120/ Non-Member - \$130

This workout is designed and delivered by a Pre- and Post-Natal Specialist and Mom! Progressive in nature, you will increase your fitness level and feel stronger and able to face the unique challenges of raising children. Dish about kids and parenthood while getting in great shape!



Spring Cleaning

3 Weeks

Monday, April 9th, 16th and 23rd 10:30 - 11:30am

Location: Fitness Centre Kitchen

Member - \$35/ Non-Member - \$45



"Activity Type": Fitness Programs

The spring is the perfect time to detox and lighten up from the warm layer you may have added during winter. This detox, using natural, real food will enhance your metabolism, energy and ensure your digestive system is working optimally.

*Please visit our website for future exciting programs throughout spring and summer.

AQUATICS REGISTRATION INFORMATION

CGC Swim Kids levels and Canadian Lifesaving Swim Patrol are HST exempt. Applicable taxes will be added to registration fee for other programs.

To Register:

Determine the appropriate level. If unsure, refer to the program descriptions and lessons chart.

Determine the days, times and sections of a particular class/level.

If a section is full when you attempt to register, please register for another section. Due to a commitment to quality and safety, we are unable to accommodate extra students once a section is filled.



Jumpstart

Canadian Tire I Love to Swim Program

Canadian Tire Jumpstart is a national charitable program that helps financially disadvantaged kids participate in organized sport and recreation.

Applications are due March 4th, 2012 for the spring/summer session. We will accept applications past this date if there are spaces available. Applications can be found on our website, don't miss out on this great opportunity.

LIFESAVING SOCIETY'S SWIM FOR LIFE PROGRAM

Based on the internationally recognized Swim to Survive standards, the Lifesaving Society's Swim for Life Program focuses on learning basic survival skills and good swimming skills – fun from day one! Swim for Life starts by teaching strong foundational skills and personal self-rescue skills, then continues on by challenging swimmers to develop strong swimming strokes. The Swim for Life program is success oriented and fun for the entire family.

Parent & Tot Programs

Based on the principle "Within Arm's Reach", the Parent & Tot levels focus on close playful interaction and shared fun between child, parent and water. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Through safety tips provided, parents learn what it takes to make Water Smart® choices.

*See charts on pages 11 and 12 for start dates.



"Activity Type": Swimming Lessons

Parent & Tot 1: 4 - 12 months

10 Lessons (30 minutes each)

Member - \$70 / Non-Member - \$90

Play and laugh - water can be so much fun! Babies just love to play in water. Parents will learn how to safely enter and exit the water together. Parents will learn how to support their baby while they discover water!

Parent & Tot 2: 12 - 24 months

10 Lessons (30 minutes each)

Member - \$70 / Non-Member - \$90

Water play – get set, get wet! Instructor led sessions help parents and children safely explore water together. Parents are taught how to support their child while floating and kicking. They can celebrate together when they can get their face wet and blow bubbles for the first time.

Parent & Tot 3: 2 - 3 years

10 Lessons (30 minutes each)

Member - \$70 / Non-Member - \$90

Just watch them grow! At 2-3 years these almost independent toddlers are really ready to explore: Getting in, getting out, going under and floating under the watchful eye of their parents and instructor.



Preschool Programs Ages 3-5 years.

The Swim for Life Preschool program gives children a head start on learning to swim. These 3-5 year old preschoolers learn to be comfortable in the water and have fun. They develop a foundation of water skills and a healthy respect for the water before getting in too deep. Water Smart® education is taught in all Preschool levels.

*See charts on pages 11 and 12 for start dates.



"Activity Type": Swimming Lessons

Preschool 1:

10 Lessons (30 minutes each)
Member - \$70 / Non-Member - \$90

These preschoolers learn to get in and out of the water safely. They'll learn to move safely in shallow water and use a lifejacket to be comfortable with their floats and glides.

Preschool 2:

10 Lessons (30 minutes each)
Member - \$70 / Non-Member - \$90

These youngsters will explore the water learning to submerge and exhale underwater. Buoyant aids are used to help them discover rollovers, glides and flutter kicks.

Preschool 3:

10 Lessons (30 minutes each)
Member - \$70 / Non-Member - \$90

These preschoolers will master their floats, glides and short swims on their front and back (2-3m). They'll be able to pick up objects from the waist deep water and use their lifejackets to jump and roll into the deep end.

Preschool 4:

10 Lessons (30 minutes each)
Member - \$70 / Non-Member - \$90

These capable preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and in the end they'll do solo jumps and side rolls. Their lifejacket will support them while they learn to tread water and swim to safety (5-10m) in the deep end.

Preschool 5:

10 Lessons (30 minutes each)
Member - \$70 / Non-Member - \$90

These skilled and independent youngsters will master short swims doing front crawl (5-10m) and back crawl (3-5m). They are ready to take on a forward roll into deep water with their lifejacket on and to tread water without the extra support. Here they will get their first chance to try whip kick and fitness training.

School-Aged Swimmer Programs Ages 5+

The Swim for Life Swimmer progressions challenge school aged children 5 years and older to learn safe entries, deep water support, underwater skills, and swimming strokes. These Swimmer levels also develop everlasting habits for healthy, active living. Water Smart® education is part of every level.

*See charts on pages 11 and 12 for start dates.



"Activity Type": Swimming Lessons

Swimmer 1

10 Lessons (30 minutes each)
Member - \$70 / Non-Member - \$90

These beginning swimmers will work on safe entries, exits and moving through the water. When ready they'll do floats, glides and kicking on their front and back without assistance. They'll even explore jumping into deep water and treading water with their lifejackets on.

Swimmer 1 Advanced

10 Lessons (30 minutes each)
Member - \$70 / Non-Member - \$90

These beginning swimmers will work on safe entries, exits and moving through the water. When ready they'll do floats, glides and kicking on their front and back without assistance. They'll even explore jumping into deep water and treading water with their lifejackets on. Swimmer 1 is a prerequisite for this class.

Swimmer 2

10 Lessons (30 minutes each)
Member - \$70 / Non-Member - \$90

These children will be able to jump or side roll into deep water, tread water, and swim (10-15 m) using either front crawl or back crawl. They'll try 'vertical' whip kick and begin to work on their endurance level by stepping into the world of fitness interval training.

Swimmer 3

10 Lessons (30 minutes each)
Member - \$70 / Non-Member - \$90

These swimmers will dive and do forward rolls into deep water. Watch them learn handstands and front somersaults underwater. They'll work on their front crawl, back crawl and whip kick over short distances and add some interval fitness training to their practice. By the end they'll be able to meet the Swim to Survive standard: Roll into deep water, tread water (1 min.) and swim (50m).



Swimmer 4

10 Lessons (45 minutes each)
Member - \$75 / Non-Member - \$95

These swimmers will swim further with their front crawl and back crawl. They'll get introduced to breaststroke arms drills, underwater swims and front crawl sprints. Interval training will add to their fitness level.

Swimmer 5

10 Lessons (45 minutes each)
Member - \$75 / Non-Member - \$95

These swimmers will try eggbeater kick, head up front crawl, and shallow dives. Just for fun try 'tuck' jumps and underwater back somersaults. They'll easily go the distance with a strong front crawl, back crawl and breaststroke.

Swimmer 6

10 Lessons (45 minutes each)
Member - \$75 / Non-Member - \$95

These swimmers will master eggbeater and scissor kicks, front crawl, breaststroke and back crawl. With the interval training and sprint racing drills they'll be ready to make the 300 m endurance workout. And just for fun they'll try stride jumps and compact jumps. (Next step: on to the Canadian Swim Patrol program from Swimmer 6.)

Swim Patrol Programs

Now that you have completed Swimmer 6 you can move onto the final four levels with the Canadian Swim Patrol program. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart® behaviour. Skill drills enhance capability in the water, good physical conditioning and lifesaving judgment.

Rookie Patrol

10 Lessons (45 minutes each)
Member - \$75 / Non-Member - \$95

Features a timed 100M swim, 350M workouts and swimming with clothes on. A work-hard play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behaviour.

Ranger Patrol

10 Lessons (45 minutes each)
Member - \$75 / Non-Member - \$95

Features a timed 200M swim, 100M fitness medley and support/carrying a 5lb weight. Content is challenging but achievable with effort. Skill drills enhance capability in the water including a non-contact rescue.

Star Patrol

10 Lessons (45 minutes each)
Member - \$75 / Non-Member - \$95

Features a timed 300M swim, 3X600M workouts, swim with clothes; defence methods; support & carry 10lb weight. Scene assessment and a towing rescue are introduced.

Pre-Scheduled Private & Semi-Private Swim Lessons

Private and semi-private lessons are available for children & youth at set times for any of our programs.

Prescheduled privates and semi-private have the same start and end dates as regular swimming lessons. Spaces are limited per time slot and are sold in ten 30-minute increments.

10 Private Lessons
Member \$150 / Non-Member \$170

10 Semi - Private Lessons (per person)
Member \$125 / Non-Member \$145

*See charts on pages 11 and 12 for start dates.



"Activity Type": Swimming Lessons

Advanced Private Lessons

You can also register for private lessons for **Bronze Medallion**, **Bronze Cross**, and **Distinction**. Fees include instruction, books and exam fees. To arrange for this type of private lesson, visit our front desk during regular facility hours and complete a Private Lesson Request Form. Spaces are limited per time slot and are sold in ten 30-minute increments.

Single Course \$230
Combine Course or Semi Private Lesson \$350



Spring Aquatic Program Schedule


	Monday April 16-June 18	Tuesday April 10-June 12	Wednesday April 11-June 13	Thursday April 12-June 14	Friday April 13-June 15	Saturday April 14-June 16	Sunday April 15-June 17	
Parent & Tot 1	4:00pm	–	9:00am	9:00am 4:30pm	–	9:00am	8:30am	
Parent & Tot 2/3	5:00pm	5:00pm	5:00pm	10:00am 5:00pm	5:00pm	9:30am	9:30am	
Preschool 1	4:00pm 4:30pm 5:00pm 6:00pm	4:00pm 5:00pm 6:00pm	9:30am 4:00pm 4:30pm 5:00pm 6:00pm	5:00pm 6:00pm	4:30pm 5:00pm 6:00pm	8:30am 9:00am 9:30am 10:30am 11:30am	8:30am 9:00am 9:30am 10:30am 11:30am	
Preschool 2	4:00pm 6:00pm	4:00pm 4:30pm 6:00pm	4:00pm 4:30pm 6:00pm	9:30am 4:00pm 4:30pm 5:00pm 6:00pm	4:00pm 4:30pm 6:00pm	8:30am 9:00am 10:30am 11:00am	8:30am 9:00am 9:30am 10:00am 10:30am 11:00am	
Preschool 3	4:30pm 6:00pm	4:30pm 6:00pm	4:30pm 6:00pm	11:30am 4:00pm 6:00pm	4:30pm 6:00pm	8:30am 10:30am	9:00am 10:00am 10:30am 11:00am	
Preschool 4/5	4:00pm	4:00pm 5:30pm	4:00pm	4:30pm 5:30pm	4:30pm 5:30pm	9:30am 11:00am	10:30am 11:00am 11:30pm	
Swimmer 1	4:00pm 5:30pm	4:00pm 5:30pm	4:00pm 5:30pm	4:00pm	4:00pm	8:30am 11:00am 11:30am	8:30am 10:00am 11:00am	
Swimmer 1 Advanced	4:30pm	4:30pm 5:30pm	4:30pm	5:30pm	4:00pm 5:30pm	10:00am 11:00am	9:00am 11:00am	
Swimmer 2	4:00pm 6:00pm	4:00pm 4:30pm 6:00pm	4:00pm 5:30pm 6:00pm	4:00pm 4:30pm 6:00pm	4:00pm 5:00pm 6:00pm	8:30am 10:30am 11:00am 11:30am	8:30am 10:00am 10:30am 11:00am 11:30am	
Swimmer 3	4:00pm 4:30pm 6:00pm	4:00pm 4:30pm 6:00pm	4:00pm 4:30pm 5:30pm 6:00pm	4:00pm 4:30pm 5:30pm 6:00pm	4:00pm 4:30pm 6:00pm	8:30am 9:00am 10:00am 10:30am 11:00am 11:30am	8:30am 9:00am 10:30am 11:00am 11:30am	
Swimmer 4	5:00pm 5:30pm	4:00pm 5:30pm	5:00pm 5:30pm	4:00pm 5:30pm	5:30pm	9:30am 10:00am 11:30am	9:30am 10:00am 11:30am	
Swimmer 5	5:00pm	5:00pm	4:00pm 5:00pm	5:00pm	–	8:30am 9:30am	9:30am	
Swimmer 6	5:00pm	5:00pm	5:00pm	5:00pm		9:30am 11:30am	9:30am 11:30am	
Rookie	4:30pm	4:30pm	5:30pm		4:30pm	9:00am	9:00am	
Ranger	5:30pm	5:30pm	4:30pm	5:30pm	5:30pm	10:00am	10:00am 11:30am	
Star		5:30pm	–	–	5:30pm	10:00am	–	
Private / Semi Private (30 Mins)	4:00pm 4:30pm 5:00pm 5:30pm 6:00pm	9:30am 10:00am 11:00am 4:00pm 4:30pm 5:00pm 5:30pm 6:00pm	4:00pm 4:30pm 5:00pm 5:30pm 6:00pm	9:30am 10:30am 11:00am 4:00pm 4:30pm 5:00pm 5:30pm 6:00pm	4:00pm 4:30pm 5:00pm 5:30pm 6:00pm	4:00pm 4:30pm 5:00pm 5:30pm	8:30am 9:30am 9:00am 10:30am 11:00am 11:30am	8:30am 9:00am 9:30am 10:00am 10:30am 11:00am 11:30am

Summer Aquatic Program Schedule

	Summer Session 1 July 2-6th & 9-13th	Summer Session 2 July 16-20th & 23-27th	Summer Session 3 August 13-17th & 20-24th	Summer Session 4 Tues & Thurs evenings July 3rd –August 2nd
Parent & Tot 1	8:30AM	8:30AM	8:30AM	4:00PM
Parent & Tot 2/3	9:45AM 11:00AM	9:45AM 11:00AM	9:45AM 11:00AM	5:15PM
Preschool 1	9:00AM 10:15AM 12:15PM	9:00AM 10:15AM 12:15PM	9:00AM 10:15AM 12:15PM	4:30PM 5:45 PM 6:30PM
Preschool 2	8:30AM 9:45AM 11:00AM 12:15PM	8:30AM 9:45AM 11:00AM 12:15PM	8:30AM 9:45AM 11:00AM 12:15PM	4:00PM 5:15PM 6:30PM
Preschool 3	8:30AM 9:45AM 11:00AM 12:15PM	8:30AM 9:45AM 11:00AM 12:15PM	8:30AM 9:45AM 11:00AM 12:15PM	4:00PM 5:15PM 6:30PM
Preschool 4/5	8:30AM 9:45AM 11:00AM 12:15PM	8:30AM 9:45AM 11:00AM 12:15PM	8:30AM 9:45AM 11:00AM 12:15PM	4:00PM 5:15PM 6:30PM
Swimmer 1	8:30AM 11:00AM 12:15PM	8:30AM 11:00AM 12:15PM	8:30AM 11:00AM 12:15PM	4:30PM 5:15PM
Swimmer 1 advanced	9:00AM 9:45AM	9:00AM 9:45AM	9:00AM 9:45AM	4:00PM 6:30PM
Swimmer 2	8:30AM 9:00AM 9:45AM 11:00AM 12:15PM	8:30AM 9:00AM 9:45AM 11:00AM 12:15PM	8:30AM 9:00AM 9:45AM 11:00AM 12:15PM	4:00PM 4:30PM 5:15PM 6:30PM
Swimmer 3	8:30AM 9:45AM 11:00AM	8:30AM 9:45AM 11:00AM	8:30AM 9:45AM 11:00AM	4:00PM 5:15PM
Swimmer 4	9:00AM 10:15AM 11:30AM	9:00AM 10:15AM 11:30AM	9:00AM 10:15AM 11:30AM	4:30PM 5:45 PM
Swimmer 5	9:00AM 10:15AM 11:30AM	9:00AM 10:15AM 11:30AM	9:00AM 10:15AM 11:30AM	4:30PM 5:45 PM
Swimmer 6	9:00AM 10:15AM 11:30AM	9:00AM 10:15AM 11:30AM	9:00AM 10:15AM 11:30AM	4:30PM 5:45 PM
Rookie/Ranger	10:15AM 11:45AM	10:15AM 11:45AM	10:15AM 11:45AM	5:45 PM
Star	10:15AM 11:45AM	10:15AM 11:45AM	10:15AM 11:45AM	5:45 PM
Private/ Semi Private	8:30AM 9:00AM 10:00AM 10:30AM 11:15AM 11:45AM	8:30AM 9:00AM 10:00AM 10:30AM 11:15AM 11:45AM	8:30AM 9:00AM 10:00AM 10:30AM 11:15AM 11:45AM	4:00PM 4:30PM 5:15PM 5:45PM 6:30PM

LEADERSHIP PROGRAMS

Junior Lifeguarding

 "Activity Type": Leadership Classes

10 sessions

The goal of the Junior Lifeguard program is to educate children in the areas of First Aid, CPR, and Lifeguarding, as well as provide them with an opportunity to increase swim proficiency and physical fitness. Participants will also get a chance to compete in local Junior Lifeguard competitions. The Junior Lifeguard program is great for children who have completed their swimming levels and are looking for new challenges.

Junior Lifeguard

Ages 8 - 11yrs

Member - \$75 / Non-Member - \$95

Non-certified CPR, First Aid, Lifesaving Skills, Lifeguarding, Water Safety, Risk Management and much more..

Junior Lifeguard Elite

Ages 12 - 15yrs

Member - \$75 / Non-Member - \$95

In-depth learning experience in water rescues, CPR, how to run a facility, how to test water, how to run safety inspections and more.

Bronze Star

Member - \$80 / Non-Member - \$100

Bronze Star is a pre-Bronze Medallion training standard which provides excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Physical standard includes a 400M timed swim. No prerequisites, although Swim Patrol experience is recommended.

Bronze Medallion

Prerequisite: Minimum 13 years of age or older, Bronze Star certification (need not be current).


Member - \$115 / Non-Member - \$130

Bronze Medallion 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 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 500M timed swim. Registration includes book and exam fees. Exam may be scheduled after the last class.

Bronze Cross & Assistant Instructor

Prerequisite: Bronze Medallion and Emergency First Aid certification (need not be current). 14 years of age by the end of the course.


Member - \$115 / Non-Member - \$130

 "Activity Type": Leadership Classes

Bronze Cross & Assistant Instructor is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard Service and Instructor certifications. Physical standard includes a 600M timed swim.

Through classroom learning and in-water practice, this course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, while mastering basic progressions. The roles and responsibilities of instructors and their assistants are strongly emphasized throughout the program. Registration includes exam fees. Exam may be scheduled after the last class.

Red Cross Baby Sitters Certification

 "Activity Type": First Aid Training


You're an adolescent of 11 years old or older and you've decided to become a babysitter; are you prepared for this important responsibility? For example, do you know how to feed a baby or change a diaper? Prepare a simple meal? Play games with children of all ages? Prevent injuries and keep children safe? Handle an emergency if one happens?

A good babysitter knows all of these things and more. Learning them can be easy and fun with the revised Red Cross Babysitting Course.

National Lifeguard Service & Standard First Aid/CPR-C

Prerequisite: Minimum 16 years of age, Bronze Cross certification (need not be current).

Member - \$240 / Non-Member - \$260

 "Activity Type": Leadership Classes


This program builds on fundamental skills, knowledge, and values to develop the practical skills and knowledge required by lifeguards. Recognized as the standard measurement of lifeguard performance in Canada, National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the role of the lifeguard. The National Lifeguard's primary role is the prevention of emergency situations and where this fails, the timely and effective resolution of emergencies.



National Lifeguard Service & Standard First Aid Recertification

Prerequisite: proof of certification within the last five years.

Member - \$60 / Non-Member - \$70


 "Activity Type": Leadership Classes

A review of material and a re-testing of skills, knowledge covered in the NLS and Standard First Aid. Certification expires every two years.

Combined Swim & Lifesaving Instructor


Prerequisite: 15 Years of Age by the end of the course, and current Bronze Cross (or higher)

Member - \$180 / Non-Member - \$200

 "Activity Type": Leadership Classes

The combined Swim and Lifesaving Instructor course prepares the instructor to teach and evaluate swim strokes and lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods; learning strategies and activities, a variety of stroke and skill drills, effective correction techniques, and evaluation criteria. Practice teaching is emphasized throughout. Candidates learn to evaluate participants in Swim for Life, Swim Patrol, Junior Lifeguard Club, Bronze Medal awards, Lifesaving Fitness, Basic and Emergency First Aid, and CPR.

AQUATIC SPORT

 "Activity Type": Aquatic Fitness Classes

Intro to Water Polo

10 sessions (Ages 6 - 8yrs)

Member - \$75 / Non-Member - \$95

This is an introductory program that not only focuses on water polo skills, but on strokes and swim endurance. Participants learn basic motor skills, agility, balance and coordination with major focus on FUN. Time is split between dry land exercise and water skills. Participants must be able to swim 20meters.


Youth Water Polo Club

10 sessions (Ages 8 - 18 yrs)

Member - \$75 / Non-Member - \$95

Students will develop fitness and swimming skills in a fun team environment. Club members will get the chance to compete against other clubs and registered as members of Water Polo Nova Scotia. Participants should be able to swim 50 meters.

SYNCHRONIZED SWIMMING PROGRAMS

 "Activity Type": Aquatic Fitness Classes

10 sessions

Youth Program

Member - \$70 / Non-Member - \$90

Synchronized swimming is one of the most physically demanding and beautiful sports in the world. Our program offers young swimmers the opportunity to learn, develop basic skills and beyond. Over time, swimmers develop co-ordination, strength, agility, power and grace through choreography of movements to music. Come and see how awesome Synchro can be! Swimmers must have achieved a Swimmer 6 in the Swim for Life program, or be a proficient swimmer to participate. Participants will be broken into groups depending on their current level of proficiency: Beginner, Junior, Intermediate and Senior.

Adult Program

Ages 18+ Member - \$70 / Non-Member - \$90

Enjoy fun, friends, and fitness! This unique program is for any level of adult swimmer. Objectives are to develop body control, Synchro skills, agility, breath control, and endurance to enable participants to swim with others to music, and to provide an arena for creative expression and performance. Come and join us and learn the beautiful sport of synchronized swimming!

	Tuesday April 10- June 12	Wednesday April 11- June 13	Saturday April 14- June 16	Sunday April 15- June 17	Crash Course
Babysitting Course					May 5, 9-5pm June 9, 9-5pm
Jr. Guards	6:00-7:00pm			6:00-7:00pm	
Bronze Star	7:00-8:00pm		12:00-1:00pm	12:00-1:00pm	
Bronze Medallion		6:30-8:30pm		9:00-11:00am	July 9-13 & 16-20 10:00-12:30pm
Bronze Cross		6:30-8:30pm		11:00am- 1:00pm	
Lifesaving / Swim Instructor (LSI)					July 20,21,22 & 27,28,29 Fri 5-10pm Sat/Sun 9:00-5:00pm
National Lifeguard Service (NLS/SFA)				12:00-5:30pm	July 6,7,8 & 13,14,15 Fri 5:00-10:00pm Sat/Sun 9:00-5:00pm
National Lifeguard					March 24/25 June 2/3 12:00pm-6:00pm

Learn to Dive Programs

Coached by Cygnus Diving



"Activity Type": Aquatic Fitness Classes

Olympic Garden

10 sessions

Ages 4 - 7

Member - \$70 / Non-Member - \$90

This is an introductory program that not only focuses on diving skills, but on the building blocks of any active sport. Time is split between dry land exercise and water skills. Participants must be able to swim 5 meters

Level 1 Diving

10 sessions

Ages 8 - 17

Member - \$75 / Non-Member - \$95

Dive on in! Our exciting introductory diving program is focused on learning basic diving fundamentals and developing the building blocks for any active sport. In a safe and fun environment, one-meter and three-meter springboard diving will be taught with emphasis on body control, posture, and coordination. Through unique partnership, all instruction will be provided by qualified Cygnus Diving Club Coaches.

Classes are offered for participants ages 5 and up. All divers must be comfortable swimming in deep water. Completion of Swimmer 3 or the Swim to Survive Standard is recommended.

Level 2 Diving

10 sessions

Ages 8 - 17

Member - \$75/ Non-Member - \$95

Building on the skills achieved in Level 1 Diving, divers will learn more complex diving and review all skills needed for successful, and safe, diving. This program suits any divers with previous diving experience or gymnastics, trampoline, and acrobatic training. Through unique partnership, all instruction will be provided by qualified Cygnus Diving club Coaches.

Classes are offered for participants ages 8 and up. All divers in this program must be comfortable swimming in deep water and should have previous experience as noted above.

	Monday April 16 – June 18	Saturday April 14 – June 16
Intro to Water Polo		9:30 - 10:30am
Youth Water Polo		8:30 - 9:30am
Learn to Dive "Olympic Garden"		9:00 - 9:45am
Learn To Dive Level 1	5:00pm - 6:00pm	10:00 - 11:00am 11:00 - 12:00pm
Learn To Dive Level 2	6:00pm - 7:00pm	11:00 - 12:00pm
Youth Synchronized Swimming		8:00 - 10:00am
Adult Synchronized Swimming	7:00pm - 8:00pm	

CGC Clippers Summer Swim Team

Join our Summer Swim Team. The Cyclones is a competitive swim club for youth ages 5-18, with a focus on sportsmanship and fair play in a positive and fun environment. Through training and coaching swimmers will improve their skills and challenge themselves to excel to their full potential.

Practices will be Mon-Fri between 4:00-6:30pm, with some optional morning practices. (Exact times to be determined based on actual registration).

Pre-requisites: Must be able to swim 25m unassisted. Swimmer 4 or Swim Kids 4 recommended.

Register during the month of March and get spring training for free. Practices will be Fridays 6:30-8pm and will start April 13, 2012. Canadian Tire Jumpstart funding will be available for summer swim team. Download the application from our website.

CGC Clippers Summer Triathlon Team

The Triathlon Team focus is on participation and introduction to triathlon in a safe and enjoyable manner and is open to youth ages 5-16. Coaching and training will focus on fitness and skill development in a non-competitive environment. Club members will be able to participate in "Kids of Steel" events hosted throughout Nova Scotia including our own event at the Canada Games Centre.

Practices will be Mon-Fri between 4:00-6:30pm, with some optional morning practices. (Exact times to be determined based on actual registration).

Pre-requisites: Must be able to swim 25m unassisted. Swimmer 4 or Swim Kids 4 is recommended, and must own a bike and helmet.

Register during the month of March and get spring swim training for free. Practices will be Fridays 6:30-8pm and will start April 13, 2012.

Fees structure for Swim and Triathlon Teams (separate fees apply for each team):

1st child: Member - \$225/ Non-Member - \$250
 2nd child: Member - \$175/ Non-Member - \$200
 3rd child: Member - \$100/ Non-Member - \$125
 4th child: Free



EMERGENCY FIRST AID (CPR-C)



"Activity Type": First Aid Training

Emergency First Aid (CPR-C) & AED Responder

Prerequisite: None

Saturday, May 12	8:30am - 3:30pm
Saturday, June 16	8:30am - 3:30pm
Member - \$60 / Non-Member - \$70	

Emergency First Aid is for people who want a general knowledge of First Aid principles and the emergency treatment of injuries. Skills include: victim assessment, rescue breathing, CPR, choking, and what to do for external bleeding, heart attack, and stroke. CPR-C covers all aspects of CPR skills and theory for adults, children, and infants. Automated External Defibrillation (AED) provides knowledge of how the heart works and what goes wrong when defibrillation is required. Responders learn when and how to operate an AED unit.

Standard First Aid (CPR-C) & AED Responder

Prerequisite: None

Saturday, Sunday, May 12/13	8:30am - 3:30pm
Saturday, Sunday, June 16/17	8:30am - 3:30pm
Member - \$90 / Non-Member - \$100	

Standard First Aid provides comprehensive training covering all aspects of First Aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of First Aid. The CPR-C covers all aspects of CPR skills and theory for adults, children, and infants. Automated External Defibrillation (AED) provides knowledge of how the heart works and what goes wrong when defibrillation is required. Responders learn when and how to operate an AED unit.

Health Care Provider First Aid (CPR-C) & AED Responder

Prerequisite: None

Saturday, Sunday, May 12/13	8:30am - 3:30pm
Saturday, Sunday, June 16/17	8:30am - 3:30pm

* 2nd day of program ends at 3:30pm

Member - \$90 / Non-Member - \$100

Health Care Provider First Aid/CPR-C covers all that is included in the Standard First Aid course with the addition of CPR that is required for health care providers (physicians, nurses, EMR, EMT, paramedics and allied healthcare providers).

First Aid/CPR-C Recertification (EFA & SFA)

Prerequisite: Past Certification

Saturday, May 5	9:00am - 5:00pm
Saturday, June 23/25	9:00am - 5:00pm
Member - \$50 / Non-Member - \$60	

First Aid/CPR Re-training is recommended every two years. Participants must have proof of previous certification and course materials from previous course.

CPR-C Training

Prerequisite: None

Wednesday, April 25	6:00pm - 10:00pm
Saturday, June 2	8:00am - 12:00pm
Member - \$40 / Non-Member - \$45	

CPR-C covers all aspects of CPR skills and theory for adults, children, and infants. Automated External Defibrillation (AED) provides knowledge of how the heart works and what goes wrong when defibrillation is required. Responders learn when and how to operate an AED unit.

CPR-C Recertification

Prerequisite: None

Wednesday, April 25	6:00pm - 10:00pm
Saturday, June 2	8:00am - 12:00pm
Member - \$40 / Non-Member - \$40	

CPR-C re-training is recommended on a yearly basis. Participants must have proof of previous certification and course materials from previous course.

