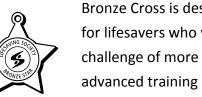
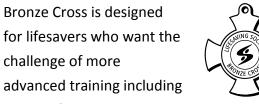
Bronze Star - At-a-glance Bronze Cross - At-a-glance

Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and

decision-making skills as individuals and in partners. They learn CPR and develop Water Smart[®] confidence and the lifesaving skills needed to be their own personal lifeguard.





an introduction to save

supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification.

Bronze Star - At-a-glance Bronze Cross - At-a-glance

Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for 4 success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and in partners. They learn CPR and develop Water Smart[®] confidence and the lifesaving skills needed to be their own personal lifeguard.



Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to save



supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification.

Bronze Medallion* - At-a-glance

The Lifesaving Society's **Bronze Medallion Award** teaches an understanding of the lifesaving principals 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. Lifesavers develop stroke efficiency and

*Note: Bronze Star or a minimum of 13 years of age is a prerequisite to Bronze Medallion. The timed swim is 500 meters (20 lengths) in 15 minutes.

The timed swim is 600 meters (24 lengths) in under 18 minutes.

Bronze Medallion and Cross Combo Course 2018

Dates: March. 11 - 15, 9a - 5:30p

Instructor(s) Tristen Rutsatz/Gina Rowlett

Cost: \$375.00 Including Textbook

100% Attendance is Required

Please bring, Swim Suit, Towel, Pen, Paper and Snacks

Bronze Medallion* - At-a-glance

The Lifesaving Society's Bronze Medallion Award teaches an understanding of the lifesaving principals 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. Lifesavers develop stroke efficiency and

***Note:** Bronze Star or a minimum of 13 years of age is a prerequisite to Bronze Medallion. The timed swim is 500 meters (20 lengths) in 15 minutes.



Bronze Medallion and Cross Combo Course 2018

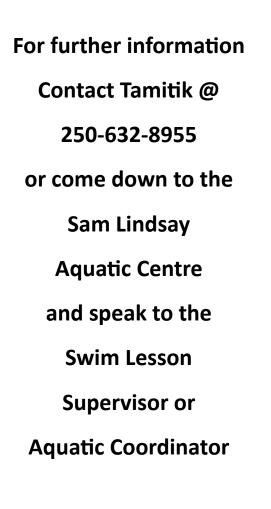
Dates: March. 11 - 15, 9a - 5:30p Instructor(s) Tristen Rutsatz/Gina Rowlett

Cost: \$375.00 Including Textbook

100% Attendance is Required

Please bring, Swim Suit, Towel, Pen, Paper and Snacks





Check out our website @www.kitimat.ca





Sam Lindsay Aquatic Centre 396 City Centre Kitimat, BC 250-632-8955 www.kitimat.ca

kitin

For further information Contact Tamitik @ 250-632-8955 or come down to the Sam Lindsay **Aquatic Centre** and speak to the Swim Lesson Supervisor or **Aquatic Coordinator** E-mail: recreation@kitimat.ca

Check out our website @www.kitimat.ca



File: 4.5.6.





Sam Lindsay Aquatic Centre 396 City Centre Kitimat, BC 250-632-8955 www.kitimat.ca

