

Pre req recommended:
Swimmer 6 Cost \$50.00



Rookie Patrol: July 3-7, 24-28, Aug 21-25

Develops individual fitness levels to meet a timed 100m swim and 350m workout. Water proficiency skills includes swims with clothes, ready position, foot-first and head-first primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

Ranger Patrol July 3-7, 24-28, Aug 21-25

Enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels to meet a 200m timed swim. Rescue skills involve an increased skill level in first Aid basics, victim recognition and non-contact rescues.

Star Patrol July 3-7, 24-28, Aug 21-25

An excellent preparation for the Bronze Star award, Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke (100m each); and complete 600m workouts and for 300m timed swims

Bronze Star: Pre Req recommended:



Patrol levels min age 12

Dates: July 24-28

Mon – Friday 12:30-2pm.

\$60.00. min. # 4

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Bronze Medallion:

Pre Req: Bronze Star or min 13



July 31-Aug 4

Monday -Friday 10-2:30pm

Includes CPR -C on Monday

Cost \$140.00. min # 4

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross.

Pre-requisite(s): 13 years of age (or Bronze Star) and CPR-C

Bronze Cross: Pre Req: Bronze Medallion



Aug 8-11

Tuesday to Friday

10-2:30pm

Cost \$120.00. min. # 4

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasized the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a pre-requisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Pre-requisite(s): Bronze Medallion and Standard First Aid CPR-C & AED (now known as Intermediate)



Three Hills Aquatic Centre Lesson/Course Schedule

Summer 2023



Registration online at
www.threehills.ca/pool
opens May 24th, 2023 8 am.

Schedule Line: 403-443-2111

Website: threehills.ca/pool

Office: 403-443-2166

Email: pool@threehills.ca



Three Hills Aquatic Centre

Summer Lessons 2023

(Schedule Line) 403.443.2111 (Information) 403.443.2166 www.threehills.ca



Registration closing dates	June 30	July 7	July 14	July 21	Aug 11	Aug 18
SESSIONS	SESSION 1 JULY 3-7	SESSION 2 July 10-14	SESSION 3 July 17-21	SESSION 4 July 24-28	SESSION 5 August 14-18	SESSION 6 August 21-25
LEVELS BELOW	ONE WEEK Preschool 30 min. Level 1-3 45 min. Level 4-6 60 min. Patrols 60 min.	ONE WEEK Preschool 30 min. Level 1-3 45 min. Level 4-6 60 min.	ONE WEEK Preschool 30 min. Level 1-3 45 min. Level 4-6 60 min.	ONE WEEK Preschool 30 min. Level 1-3 45 min. Level 4-6 60 min. Patrols 60 min.	ONE WEEK Preschool 30 min. Level 1-3 45 min. Level 4-6 60 min.	ONE WEEK Preschool 30 min. Level 1-3 45 min. Level 4-6 60 min. Patrols 60 min.
Parent and Tot 1-3 0 - 3 years ½ hour class	10:45-11:15am			10:45-11:15am		10:45-11:15am
Preschool 1 /2 Unparented 3-5 years ½ hour class	11:15-11:45am	1:00-1:30pm	10:45-11:15am	11:15-11:45am	12:30-1:00pm	11:15-11:45am
Preschool 2/3 Unparented 3-5 must be able to submerge		12:30-1:00pm	11:15-11:45am		1:00-1:30pm	
Swimmer 1 (45 min class)	9:30-10:15am	12:30pm-1:15pm	9:30-10:15am	9:30-10:15am	1:15- 2:00 pm	9:30-10:15am
Swimmer 2 (45 min class)	10:45- 11:30am	1:15- 2:00 pm	10:45- 11:30am	10:45- 11:30am	1:15-2:00pm	10:45- 11:30am
Swimmer 3 (45 min class)	9:30-10:15am	1:15-2:00pm	9:30-10:15am	9:30-10:15am	12:30-1:15pm	9:30-10:15am
Swimmer 4 (1 hour class)	10:30-11:30am	12:30-1:30pm	10:30-11:30am	10:30-11:30am	1:00-2:00pm	10:30-11:30am
Swimmer 5 (1 hour class)	10:30-11:30am	1:00-2:00pm	9:30-10:30am combined 5/6	10:30-11:30am	12:30-1:30pm combined 5/6	10:30-11:30am
Swim Kids 6 (1 hour class)	9:30-10:30am	12:15-1:15pm		9:30-10:30am		9:30-10:30am
Patrol levels (1 hour class)	9:30-10:30am			9:30-10:30am		9:30-10:30am

Online booking and payment now available for above classes, please register at

www.threehills.ca/pool Registration opens May 24, 2023 at 8:00am

Please note we have changed to the Lifesaving society Swim for Life program, previous Red Cross levels will be listed in the description online.