

## LOOK WHAT SCUGOG HAS TO OFFER FOR SUMMER 2010 AQUATIC PROGRAMS!

This summer, Birdseye Pool is pleased to offer June swimming lessons, beginning June 14.

### Bronze Cross

The Lifesaving Society's Bronze Cross Award is a one week program, which is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Each participant will receive the Canadian Lifesaving Manual. 100% attendance is required. Max 12 participants.

**Prerequisite:** Bronze Medallion and Emergency First Aid

*We are offering two courses this summer*

**Dates and times:** June 28 to July 2 and August 30 to September 3 · 8:30 a.m.-3:30 p.m. (Unsupervised lunch, 11:30-12:30)

**Exam:** Friday, July 2 and September 3, 2 p.m. - 4 p.m. at Birdseye Pool

**Cost:**

Course	\$200
Exam fee	\$25
Manual	\$40
<b>Total:</b>	<b>\$265</b>

### Bronze Medallion with Emergency First-Aid and CPR 'B' Course

The Lifesaving Society's Bronze Medallion Award is a one week program, which reaches 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 defence and release methods in preparation for rescues of conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim. Each participant will receive the Canadian Lifesaving Manual. This manual will be used in future lifeguarding courses. This is the first step in becoming a trained Lifeguard. 100% attendance is required. Max 12 participants.

**Prerequisite:** Age 13 plus years or Bronze Star

*We are offering two courses this summer*

**Dates and times:** June 28 to July 2 and August 30 to September 3, 8:30 a.m. - 3:30 p.m. (unsupervised lunch, 11:30-12:30)

**Exam:** Friday, July 2 and September 3, 12 p.m. - 2 p.m. at Birdseye Pool

**Cost:**

Course	\$150
Exam fee	\$25
Manual	\$40
<b>Total:</b>	<b>\$215</b>

### Bronze Star

This is a pre-Bronze Medallion training standard and excellent preparation for success in the Bronze Medallion course. Bronze Star is designated to deliver high performance training for pre-teens. Participants develop problem-solving and decision-making skills individually and with partners. They also learn CPR while developing Water Smart confidence and the lifesaving skills needed to be their own personal lifesaver.

**Dates and times:** August 30 to September 3, 8:30 a.m. -11:30 a.m.

**Exam:** Friday, September 3, 10:30 a.m. -11:30 a.m.

**Cost:** \$105

### Birdseye Pool Rentals

The pool can be rented for your special group function or event for \$98/hour. This rate accommodates up to 40 people. Every additional 40 people cost an extra \$15, for the addition of another lifeguard. The pool can accommodate up to 120 people.

For complete information regarding pool programs contact Laura Spunde at 905-985-8698 or birdseye@scugog.ca.



## Learn to Scuba Dive OR Continue the Adventure

There is still time to complete certification before summer ends or visit our pool class, work from home and travel south with us this winter or touch upon water dives at any Paul Shop in the world.

- Scuba • Snorkeling • Swimming
- Gear Sales + Service
- Dive Travel • Rentals • Air Fills



170 Beach St. Unit G, Uxbridge  
**905 - 862 - 3608**  
<http://aquasystemdiving.com>

