

NOTE: Pre-registration is required for most items listed in this section. For details on how to register, see page 15 unless other instructions are provided in the course details or job description.

For all training and certification courses, 100% attendance is mandatory.

FIRST AID & CPR CERTIFICATION

Red Cross Standard First Aid & CPR and AED Course

Learn Standard First Aid, CPR and AED skills in this certification course. Fee does not include manual cost of \$28.61.

Harry Bailey Aquatic Centre				
Sep 14-15	Sa-Su	09:00 AM-05:30 PM	\$126.75	HB4609-01
Nov 16-17	Sa-Su	09:00 AM-05:30 PM	\$126.75	HB4609-02
Dec 21-22	Sa-Su	09:00 AM-05:30 PM	\$126.75	HB4609-03

Red Cross Standard First Aid & CPR and AED Recertification

Annual recertification is recommended. Refresh your First Aid, CPR and AED skills in this course. A current certification is required to register.

Harry Bailey Aquatic Centre				
Sep 29	Su	10:00 AM-06:00 PM	\$71.50	HB4610-01
Nov 5	Tu	10:00 AM-06:00 PM	\$71.50	HB4610-02
Nov 30	Sa	10:00 AM-06:00 PM	\$71.50	HB4610-03

LIFESAVING & GUARDING

New! How to Become a Lifeguard

Want to become a lifeguard, but not sure where to start? Join us for a free one-hour information session and learn the necessary steps and courses required to become a certified lifeguard and swim instructor with the City of Saskatoon. We will discuss the great benefits of being a lifeguard and answer all your questions. Parents, youth and children welcome.

Harry Bailey Aquatic Centre				
Sep 10	Tu	06:00 PM-07:00 PM	FREE	HB4631-01

Lifeguard Quest Program

10-13 yrs. Pre-requisite: completion of Swim Kids Level 7. An action packed program that allows students to work towards Red Cross Swim Kids 8, 9, 10 and Lifesaving Society programs Rookie, Ranger and Star Patrol. Acquire both Red Cross and Lifesaving Swim awards at the same time.

Harry Bailey Aquatic Centre				
Oct 9-Nov 27	W	05:30 PM-07:30 PM	\$96.00	HB4153-01

Lifesaving Society Bronze Star

An introduction to basic lifesaving techniques with this pre-Bronze Medallion award. There are no age restrictions although it is recommended to have a high comfort level in deep water. Fee does not include manual cost of \$39.90, which is also required for Bronze Medallion and Bronze Cross.

Harry Bailey Aquatic Centre				
Sep 9-Nov 4	M	06:30 PM-08:30 PM	\$102.75	HB4605-01

Lifesaving Society Bronze Medallion

Pre-requisite: Minimum 13 yrs or completion of Bronze Star. Course teaches the four lifesaving principles of water rescue education: knowledge; judgement; skills; and fitness. Fee does not include manual cost of \$39.90, which is also required for Bronze Cross.

Harry Bailey Aquatic Centre				
Sep 20	F	05:30 PM-09:30 PM	\$124.50	HB4604-02
Sep 21-22	Sa-Su	09:00 AM-05:30 PM		
Sep 30-Dec 16	M	05:00 PM-07:00 PM	\$124.50	HB4604-01
Nov 1	F	05:30 PM-09:30 PM	\$124.50	HB4604-03
Nov 2-3	Sa-Su	09:00 AM-05:30 PM		
Dec 27-29	F-Su	09:00 AM-04:30 PM	\$124.50	HB4604-04

Lifesaving Society Bronze Cross

Pre-requisite: Bronze Medallion. A course that trains the participant in the areas of advanced lifesaving rescues and skills. Bronze Cross is a prerequisite to the National Lifeguard Service Award. Fee does not include manual cost of \$39.90.

Harry Bailey Aquatic Centre				
Sep 27	F	05:30 PM-09:30 PM	\$124.50	HB4603-01
Sep 28-29	Sa-Su	09:00 AM-05:30 PM		
Dec 27-29	F-Su	09:00 AM-04:30 PM	\$124.50	HB4603-02



BECOME A LIFEGUARD!

As a City of Saskatoon Lifeguard you will...

- Earn \$\$\$ • Be a role model • Work as part of a team
- Build confidence and life skills • Earn bathing suit reimbursements
- Meet new friends • Receive a free LeisureCard to use at City facilities
- Eligible for free recertification of awards
- Receive medical and dental benefits
- Have flexibility to choose your hours of availability

For more employment* information contact 306-975-3321.

*To obtain employment as a Lifeguard with the City of Saskatoon, both the Lifesaving Society National Lifeguard Award and Water Safety Instructor Certifications must be completed.

STEPS TO BECOMING A LIFEGUARD

- 1 LIFESAVING SOCIETY BRONZE MEDALLION
Pre-requisites: 13 years old or Lifesaving Society Bronze Star
- 2 LIFESAVING SOCIETY BRONZE CROSS
Pre-requisites: Lifesaving Society Bronze Medallion
- 3 STANDARD FIRST AID/CPR/AED
Pre-requisites: None
- 4 LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD (NLA)
Pre-requisites: 16 years old, Standard First Aid, CPR "C" & AED, Lifesaving Bronze Cross

STEPS TO BECOME A RED CROSS SWIMMING INSTRUCTOR

- 1 SKILLS EVALUATION COMPONENT
Pre-requisites: One of Red Cross Assistant Lifeguard, Emergency First Aid or Bronze Cross (Certifications do not need to be current)
- 2 ONLINE COMPONENT
Pre-requisites: 15 years old
- 3 TEACHING EXPERIENCE COMPONENT
Pre-requisites: Online Module Completion Certification, Signed Skills Evaluation
- 4 CLASSROOM AND POOL COMPONENT
Pre-requisites: Teaching Experience Component

Lifesaving Society Bronze Challenge Exam

10-14 yrs. Youth who have completed the Bronze Medallion or Bronze Cross class, but did not pass or attend the exam, have the opportunity to challenge the exam. Adults with significant aquatic experience and feel competent in their skills also have the opportunity to challenge the exam. Call Harry Bailey Aquatic Centre at 306-975-2931 for more information.

Harry Bailey Aquatic Centre

Dec 31 Tu 09:00 AM-01:00 PM \$51.00 HB4602-01

Lifesaving Society Lifesaving Instructor

16+ yrs. Pre-requisites: Bronze Cross or National Lifeguard Award and Standard First Aid & CPR and AED Course. Learn the fundamentals and the values of the Lifesaving Society Learn to Swim Program as well as advanced lifesaving skills. Fee does not include manual cost of \$94.50.

Harry Bailey Aquatic Centre

Nov 7 Th 05:00 PM-10:00 PM \$255.00 HB4601-01
Nov 8 & 15 F 05:00 PM-10:00 PM
Nov 9 & 16 Sa 09:00 AM-05:30 PM
Nov 10 & 17 Su 09:00 AM-05:30 PM

Lifesaving Society National Lifeguard Award

16 yrs+. Pre-requisite: Bronze Cross and Standard First Aid, CPR and AED certification. Builds on fundamental skills, knowledge and values taught in the lifesaving awards to further the development of the practical skills required of lifeguards. Fee does not include manual cost of \$39.90.

Harry Bailey Aquatic Centre

Oct 18 & 25 F 05:30 PM-10:00 PM \$178.50 HB4606-01
Oct 19 & 26 Sa 09:00 AM-06:30 PM
Oct 20 & 27 Su 09:00 AM-06:30 PM

Lifesaving Society National Lifeguard Recertification

Pre-requisite: Proof of National Lifeguard Award certification. This is a recertification course for the National Lifeguard Award, which must be done every two years in order to remain certified.

Harry Bailey Aquatic Centre

Sep 13 F 05:00 PM-09:00 PM \$66.25 HB4607-01
Nov 23 Sa 01:00 PM-05:00 PM \$66.25 HB4607-02

WATER SAFETY INSTRUCTOR (WSI) CERTIFICATION

New format! Two components are required to complete this certification. Pre-requisite: Participants must be 15 years of age to register and possess one of the following certifications: Red Cross Assistant Lifeguard, Emergency First Aid or equivalent (Bronze Cross). Certifications are not required to be current.

Skills Evaluation & Online Learning Component

In this three hour Skills Evaluation session, candidates must be prepared to demonstrate water safety skills and strokes to a Red Cross Level 10 standard, as well as instructor emergency response skills. The Online Learning Component course package will be distributed and is to be completed at home. Included in the course package are the WSI workbook, Red Cross Swim deck book, and access to Red Cross online support.

Harry Bailey Aquatic Centre

Sep 13 F 04:00 PM-07:00 PM \$180.50 HB4633-01
Nov 3 Su 11:30 AM-02:30 PM \$180.50 HB4633-02

Teaching Experience & Classroom and Pool Component

Prerequisite: Must have successfully completed the Skills Evaluation & Online Learning Component. In the Teaching Experience Component, participants will mentor with and practice teaching Red Cross swimming lessons with a certified Red Cross WSI instructor during a lesson set (8-10 lessons). Participants will be contacted by an Aquatic Technician a week prior to a swim lesson set regarding dates and times of the lessons. In the Classroom and Pool Component, candidates will be evaluated on their

knowledge and ability to apply the theory for planning, teaching and evaluating swimmers in Red Cross programs. To demonstrate their skills, the candidate will complete a variety of practice teaching exercises.

Harry Bailey Aquatic Centre

Dec 13 F 05:00 PM-10:00 PM \$227.50 HB4634-01
Dec 14-15 Sa-Su 08:00 AM-05:30 PM

Water Safety Instructor Recertification

Pre-requisite: Proof of current Water Safety Instructor Certificate. This is a recertification course for the Water Safety Instructor Certificate, that must be done every two years in order to remain certified. Bring your Water Safety Instructor Manual to the course.

Harry Bailey Aquatic Centre

Dec 8 Su 10:00 AM-03:00 PM \$71.50 HB4611-01

SPRA FITNESS LEADERSHIP CERTIFICATION PROGRAM

Becoming a fitness leader requires a minimum of two Saskatchewan Parks and Recreation Association (SPRA) courses. Each course has a written exam following the course and every certification requires a practical assessment. Participants must complete CPR and Standard First Aid prior to certification. For more information on the SPRA Fitness Leadership Certification Program visit spra.sk.ca.

New format! STEPS TO BECOMING CERTIFIED SPRA FITNESS INSTRUCTOR

- 1 EXERCISE THEORY
Prerequisite: 16 years old.
- 2 Then select one or more courses:
 - a GROUP EXERCISE FUNDAMENTALS COURSE
Plus one or more GROUP SPECIALTY COURSES:
 - Total Body Conditioning
 - Step and Choreography
 - Group Cycle
 - Fitness Yoga
 - b AQUATIC EXERCISE COURSE
 - c EXERCISE FOR OLDER ADULTS COURSE





Easy, quick, click! Register online at
leisureonline.saskatoon.ca

See pages 2 & 15 for details.

How to Become a Certified Fitness Instructor

16 yrs+. This free information session will review the application process and requirements to become a City of Saskatoon contract fitness instructor. We will review the courses required to teach the National Fitness Leadership Alliance certifications (exercise theory, group exercise, aquatic exercise, etc). We will also discuss the City's mentoring program, bursary program and the benefits of being a fitness instructor for the City and neighbourhood community associations.

Shaw Centre

Sep 3 Tu 06:00 PM-07:30 PM FREE SC4318-01

SPRA Exercise Theory Course

16 yrs+. A 24-hour course introducing basic exercise theory, nutrition, anatomy, physiology, communication and leadership. Written exam is held at the conclusion of the course. Manual and pre-course information can be picked up at the host site one week prior to start date. Fee does not include manual cost of \$55.65.

Cosmo Civic Centre

Sep 13 & 20 F 06:00 PM-10:00 PM \$292.25 CC4613-01
 Sep 14 & 21 Sa 09:00 AM-05:00 PM

SPRA Group Exercise Fundamentals Course

16yrs+. Pre-requisite: SPRA Exercise Theory Module. A 12-hour course covering a variety of topics for leading group exercise classes including leadership, safety, class design, use of music, movement and cuing, exercise analysis and more. Fee does not include manual cost of \$55.65.

Saskatoon Field House

Oct 25 F 06:00 PM-10:00 PM \$187.50 FH4614-01
 Oct 26 Sa 09:00 AM-05:00 PM

SPRA Total Body Conditioning Specialty Course

16yrs+. Pre-requisite: SPRA Group Exercise Fundamentals Course. This 8-hour practical-based course covers specific information for planning and developing classes that include a cardio component and use of portable equipment. Examples of equipment used include: free weights, body bars/ barbells, stability balls, tubing/bands, BOSU® and medicine balls. Practical exam fee of \$50 is not included registration fee and payable on exam day.

Saskatoon Field House

Oct 27 Su 09:00 AM-05:00 PM \$110.25 FH4612-01

SPRA Exercise for Older Adults Course

16 yrs +. Pre-requisite: SPRA Exercise Theory Course. This 20-hour course will increase your knowledge and confidence level in leading a group exercise class for older adults on land. An individualized practical component must be completed following the course for certification. Course manual and pre-course information can be picked up from the host site one week prior to course start date. Fee does not include \$50 practical exam fee payable on exam day or \$71.40 manual cost.

Saskatoon Field House

Nov 22 F 06:00 PM-10:00 PM \$220.50 FH4625-01
 Nov 23-24 Sa-Su 09:00 AM-05:00 PM

SPRA Aquatic Exercise Course

16 yrs+. Pre-requisite SPRA Exercise Theory Course. This 20-hour course will increase your knowledge and confidence level in leading a group exercise class in the water. An individualized practical component must be

completed following the course for certification. Course manual and pre-course information can be picked up from the host site one week prior to course start date. Fee does not include \$50 practical exam fee payable on exam day or \$55.65 manual cost.

Lawson Civic Centre

Nov 22 F 06:00 PM-10:00 PM \$253.25 LC4624-01
 Nov 23-24 Sa-Su 09:00 AM-05:00 PM

Note: SPRA Step & Choreography Specialty and SPRA Group Cycle Specialty Courses will be offered in upcoming seasons. Watch for more details!

EMPLOYMENT OPPORTUNITIES

Qualified Instructors Wanted

The City of Saskatoon maintains a registry that is used to place paid instructors with community associations for recreation, art and cultural programming. If you are interested in being placed in the registry, contact instructors@saskatoon.ca or call 306-975-3378 for information.

Give the Gift of Fun!

Gift Cards
 Leisure Gift Cards are available in any amount and perfect for all ages.
 Good for use at the Leisure Centres, Outdoor Pools, Indoor Rinks, Saskatoon Forestry Farm Park & Zoo, Golf Courses, Gordon Howe Campground and Nutrien Playland at Kinsmen Park.

Bulk Tickets
 Get 10 general admissions for less than the price of 8! Split up or give as a pack for drop-in access to any Leisure Centre.

Available for purchase at all the participating facilities and City Hall (2nd Floor Recreation & Community Development reception).

saskatoon.ca/admissions

LEISURE CENTRES