

TORONTO PARKS, FORESTRY AND RECREATION

LEADERSHIP GUIDE 2020



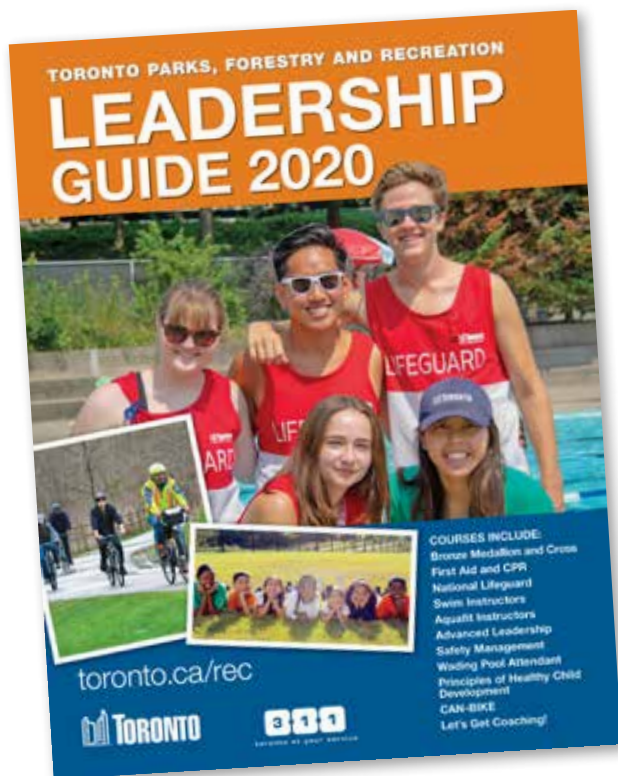
COURSES INCLUDE:
Bronze Medallion and Cross
First Aid and CPR
National Lifeguard
Swim Instructors
Aquafit Instructors
Advanced Leadership
Safety Management
Wading Pool Attendant
Principles of Healthy Child
Development
CAN-BIKE
Let's Get Coaching!

toronto.ca/rec



toronto at your service

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Certification Programs

The City of Toronto must share the personal information of each registrant, including name, telephone number and email, with the organization responsible for delivering the courses and workshops in this Leadership Guide, for the purposes of enrollment and certification.

- HIGH FIVE® Principles of Healthy Child Development workshops, will be shared with Parks and Recreation Ontario.
- Aquatic leadership courses, will be shared with the Lifesaving Society.
- Aquafit instructor courses, will be shared with WaterART Fitness.
- CAN-BIKE certification and instructor courses, will be shared with CAN-BIKE Canada, a division of Cycling Canada Cyclisme.
- Let's Get Coaching courses, will be shared with Coaches Association of Ontario and the sport governing body conducting the course.

For additional information:

- HIGH FIVE® Principles of Healthy Child Development visit highfive.org
- Aquatic and first aid programs, contact the Lifesaving Society at 416-490-8844 or email experts@lifeguarding.com.
- Aquafit programs, contact WaterART at info@waterart.org
- CAN-BIKE certifications programs, visit canbikecanada.ca.
- Let's Get Coaching, visit coach.ca or coachesontario.ca.

Registration Information

Please read this section carefully for information about how to register for 2020 Leadership programs.

Family and Client Numbers are required for Online Registration. Call 416-396-7378 or email pfrcustomerservice@toronto.ca to get Family and Client Number before registering.

How To Register

Choose one of the following methods:

Online Registration (7AM-12MIDNIGHT)

Go to efun.toronto.ca. Please read all information prior to registering.

Operator Assisted (Mon-Fri, 8:30AM-4:30PM)

Call 416-396-7378 and speak to a client services representative.

In Person

Attend in person at one of the civic centres listed during regular business hours:

Etobicoke Civic Centre

399 The West Mall, 2nd floor

North York Civic Centre

5100 Yonge St, 3rd floor

Scarborough Civic Centre

150 Borough Dr, 5th floor

Toronto City Hall

100 Queen St. W, main floor

Registration Information

Residents – Residents are people who live in Toronto, or own a residential or business property located in the City of Toronto. When you register for a program or attend your first class, you may be asked to prove your residency by presenting, for example, a current utility bill, assessment notice or telephone bill with your current address. If proof of residency is not provided, the non-resident fee will be applied.

Non-Residents – Non-residents do not reside in, own property in, or own a business in Toronto (as defined by 'M' series postal codes).

- \$46 fee is applied to each program.
- \$94 fee is applied to each Principles of Healthy Child Development workshop listed as free.

Program Cancellation – A full credit or refund will be provided if a course is cancelled by Toronto Parks, Forestry and Recreation.

Note: Aquatic leadership courses with low registration may be cancelled. Principles of Healthy Child Development workshops with less than 10 participants may be cancelled. CAN-BIKE courses with less than 8 participants will be cancelled.





Aquatic Jobs with a Difference

The City of Toronto has many employment opportunities for lifeguards and instructors. To find out more about employment opportunities, call Toronto Parks, Forestry and Recreation, your local swimming pool, or talk to one of our aquatic staff.

For a listing of up-coming jobs and application form, visit toronto.ca/recjobs.

Participation in leadership programs or certification does not guarantee employment.

Aquatic Leadership Transfers, Withdrawals, Refunds and Credits

- For transfers or withdrawals from a course, more than 10 days notice from the start date is required to apply the full fee to another program or to be eligible for a full credit or refund (less a \$12 administration fee).
- For transfers or withdrawals from a course with less than 10 days notice from the start date, only 50% of the fee will be applied to the new program or a 50% credit or refund will be provided.
- No refunds or credits are given for classes or programs that are missed.
- 100% attendance and active participation is required for all courses. Late participants will not be admitted.
- Candidates may be turned away or will not be certified if prerequisites cannot be verified. No refunds will be given if prerequisites are not met.
- Registration fees will be inclusive (registration fees, examination fees, literature and H.S.T.) with the exception of the First Aid Instructor Course, the Aquafit Conference and Instructor Certification Course and the Aquafit Conference and Instructor Recertification Course.

To request a refund or credit, contact a client services representative at your local district Civic Centre. For more information, call 416-396-7378 or email pfrcustomerservice@toronto.ca.

Confidentiality of Personal Information

All information collected by the City of Toronto is maintained in accordance with established policies and procedures related to confidentiality.

Program information (dates/times/fees/days) are subject to change or be adjusted at time of registration.



Welcome Policy

A fee subsidy for Toronto's recreation programs

The City of Toronto's Welcome Policy provides a fee subsidy to help low income individuals and families who live in Toronto access City operated recreation programs. If you are approved for Welcome Policy, you will receive an annual financial subsidy that can be spent on any of the wide variety of high-quality recreation programs offered by the City throughout the year. For more information visit toronto.ca/wp.

Become a lifeguard or an instructor...

Lifeguards are more than just good swimmers. They are paramount to maintaining a safe leisure environment and educating the community to enjoy swimming, while focusing on prevention of water related accidents.

Instructors are vital to teaching the important life skill of swimming through the delivery of quality aquatic programs in the community. They provide fun, enjoyable swimming lessons for people of all ages that focus on safety.

Employment with the City of Toronto

To work as a Lifeguard, Instructor, Aquatic Program Assistant, Aquafit Instructor or Wading Pool Attendant with the City of Toronto, you will need the following current certifications:

Instructor – Swim, Lifesaving and Emergency First Aid Instructor, National Lifeguard, Standard First Aid with CPR-C and Principles of Healthy Child Development certifications.

Lifeguard – National Lifeguard, Standard First Aid with CPR-C and Principles of Healthy Child Development certifications.

Aquatic Program Assistant - Bronze Cross, Standard First Aid with CPR-C and Principles of Healthy Child Development certifications.

Wading Pool Attendant – Wading Pool Attendant or Bronze Cross (preferred), Standard First Aid with CPR-C and Principles of Healthy Child Development certifications.

Aquafit Instructor – Aquafit Instructor, Standard First Aid with CPR-C and Principles of Healthy Child Development certifications.

Wading Pool Attendant

Have your Bronze Cross or Wading Pool Attendant and Standard First Aid with CPR-C?


You can apply for a position as a Wading Pool Attendant at one of the many wading pools in Toronto.



Leadership Course Locations


To register for a course, call 416-396-7378 or visit efun.toronto.ca.


The listed phone numbers are for location directions only.


-  **Aquatic Leadership Courses**
-  **Principles of Healthy Child Development Workshops**
-  **CAN-BIKE Courses**
-  **Let's Get Coaching! Courses**





E Etobicoke York District


 **Albion Pool and Health Club**
1485 Albion Rd, 416-394-8676

 **Alderwood Pool**
2 Orianna Dr, 416-394-8738

 **Centennial Park Ski Chalet**
256 Centennial Park Rd,
416-392-7060


 **CW Jefferys CI**
340 Sentinel Rd, 416-395-7879


 **Driftwood CRC**
4401 Jane St, 416-395-7944

 **Elmbank CC**
10 Rampart Rd, 416-394-8671


 **Etobicoke Civic Centre**
399 The West Mall, 416-396-7378


 **Etobicoke Olympium**
590 Rathburn Rd, 416-394-8810


 **Gus Ryder Pool**
1 Faustina Dr, 416-394-8726


 **Humberwood CC**
850 Humberwood Blvd,
416-394-5700

 **Islington CS**
44 Cordova Ave, 416-394-8705

 **Memorial Pool**
44 Montgomery Rd, 416-394-8731



 **North Kipling CC**
 2 Rowntree Rd, 416-394-8679


 **The Elms CS**
45 Golfdown Dr, 416-394-8983


 **Toronto Track and Field Centre**
4700 Keele St, 416-392-2812




N North York District

 **Cummer Park CC**
6000 Leslie St, 416-395-7803

 **Dennis R. Timbrell RC**
 29 St. Dennis Dr, 416-395-7972


 **Douglas Snow Aquatic Centre**
5100 Yonge St, 416-395-7585



 **Earl Bales CC**
4169 Bathurst St, 416-395-7873

 **Edithvale CC**
 131 Finch Ave W,
 416-395-6164

 **Glen Long CC**
35 Glen Long Ave, 416-392-7060


 **Grandravine CC**
23 Grandravine Dr, 416-395-6171



 **Jenner Jean-Marie CC**
48 Thorncliffe Park Dr,
416-396-2874

 **Lawrence Heights CC**
 5 Replin Rd, 416-395-6118

 **North Toronto Memorial CRC**
200 Eglinton Ave W, 416-392-6591



 **Northview Heights SS**
550 Finch Ave W, 416-395-7965


 **Oriole CC**
 2975 Don Mills Rd, 416-395-6005


 **Parkway Forest CC,**
 55 Forest Manor Rd
416-392-6383

 **Victoria Park CI**
15 Wallingford Rd, 416-395-7842

S Scarborough District


 **Birchmount CC**
 93 Birchmount Rd, 416-396-4311

 **Cedarbrae CI**
 550 Markham Rd, 416-396-4006


 **Cedarbrook CC**
 91 Eastpark Blvd, 416-396-4028



 **Centennial RC**
 1967 Ellesmere Rd, 416-396-4057

 **Don Montgomery CRC**
 2467 Eglinton Ave E, 416-396-4043

 **L'Amoreaux CI**
 2501 Bridletown Cir, 416-396-4005

 **L'Amoreaux CRC**
 2000 McNicholl Ave, 416-396-4510


 **Lester B. Pearson CI**
 150 Tapscott Road, 416-396-4010

 **Malvern RC**
 30 Sewells Rd, 416-396-4054



 **Milliken Park CRC**
 4325 McCowan Rd, 416-396-7757


 **Oakridge CC**
 63 Pharmacy Ave, 416-338-1966



 **Port Union RC**
 5450 Lawrence Ave E,
 416-396-4031


 **Scarborough Civic Centre**
 150 Borough Dr, 416-396-7378

 **Scarborough Village RC,**
 3600 Kingston Rd, 416-396-4048

 **Stephen Leacock CRC,**
 2500 Birchmount Rd,
 416-396-4184

 **Sir Oliver Mowat CI,**
 5400 Lawrence Ave E,
 416-396-4007


 **Toronto Pan Am Sports Centre,**
 875 Morningside Ave,
 416-283-5222


 **Warden Hilltop CC,**
 25 Mendelssohn St, 416-392-7060

 **West Hill CI**
 350 Morningside Ave,
 416-396-4008

 **Wexford CI**
 1176 Pharmacy Ave, 416-396-4016

T Toronto and East York District

 **Dieppe Park**
 455 Cosburn Ave, 416-392-7060


 **Donald D. Summerville Pool**
 1867 Lake Shore Blvd E,
 416-392-7688


 **Earl Beatty CC**
 455 Glebeholme Blvd, 416-392-0752

 **East York Civic Centre**
 850 Coxwell Ave, 416-396-7378


 **East York CRC**
 1081½ Pape Ave, 416-396-2880


 **Fairmount Park CC**
 1757 Gerrard St E, 416-392-7060


 **Gordon A. Brown MS**
 2800 St. Clair Ave W, 416-392-6368



 **Greenwood Park**
 150 Greenwood Ave,
 416-392-7060

 **Jimmie Simpson RC**
 870 Queen St E, 416-392-0751

 **Matty Eckler RC**
 953 Gerrard St E, 416-392-0750


 **Metro Hall**
 55 John St, 416-396-7378

 **O'Connor CC**
 1386 Victoria Park Ave,
 416-395-7957

 **Regent Park CC**
 402 Shuter St, 416-392-5490

 **Pam McConnell Aquatic Centre**
 640 Dundas St E, 416-338-2226

 **St. Lawrence CRC**
 230 The Esplanade, 416-392-1347

 **Stan Wadlow Clubhouse**
 373 Cedarvale Ave, 416-396-2842


 **Wellesley CC**
 495 Sherbourne St, 416-392-0227


W West Toronto/York District


 **Annette CRC**
 333 Annette St, 416-392-0736

 **Falstaff CC**
 50 Falstaff Ave, 416-395-7924

 **Joseph J. Piccininni CRC**
 1369 St. Clair Ave W,
 416-392-0036

 **Masaryk-Cowan CRC**
 220 Cowan Ave, 416-392-6928

 **Swansea CRC**
 15 Waller Ave, 416-392-6796

 **Trinity Bellwoods Park**
 Gore Vale south of Dundas St W,
 416-392-7060

 **Trinity CRC**
 155 Crawford St, 416-392-0743

 **Wallace Emerson CC**
 1260 Dufferin St, 416-392-0039

 **Weston CI**
 100 Pine St, 416-394-2739

 **York RC**
 115 Black Creek Dr, 416-392-9675

Important Aquatic Leadership Information:

Fees – All course materials/manuals are included. Note: there are no additional manuals supplied for Bronze Cross and all recertification courses.

Course attendance – 100% attendance and active participation is required for all courses and workshops. Late participants will not be admitted.

Crash course and extended course formats – Crash courses are the most common format used to deliver advanced aquatic leadership courses. Crash courses are intensive as they are scheduled over one or two full weekends or over consecutive days (eg. March Break).

Extended courses are scheduled over several weeks. The days and hours per week may vary depending on the course.

Candidates may be unsupervised during breaks, transitions between pool and classroom sessions as well as periods before and after the course.

Unsuccessful completion of a course – Courses utilize continuous evaluation. Unsuccessful candidates are required to retake the full course with the exception of unsuccessful Bronze candidates who may take a challenge exam.

Out of country awards – Candidates must hold a certification recognized by the Ontario Health Regulations in order to lifeguard in Ontario. Apply to the Lifesaving Society for your international certification exemptions. Call 416-490-8844 for information.

What to bring to a course – Candidates will need to bring proof of age where required and the original certification of the prerequisites required for the course.

For in-water courses, bathing suit(s) and towel(s) will be needed. A whistle may be required for some programs.

For all courses, comfortable clothing and shoes, note-book/paper and pen/pencils will be needed.

Candidates should ensure they stay hydrated throughout the course and bring lunch/dinner/snacks where appropriate.

Course materials and schedules will be discussed on the first day.

Prerequisites

(to be presented at start of course)

Certification – It is the responsibility of candidates to ensure they have the correct prerequisites for the course and they must be shown to the instructor on the first class. Candidates may be turned away or will not be certified if prerequisites cannot be verified. No refunds will be given if prerequisites are not met.

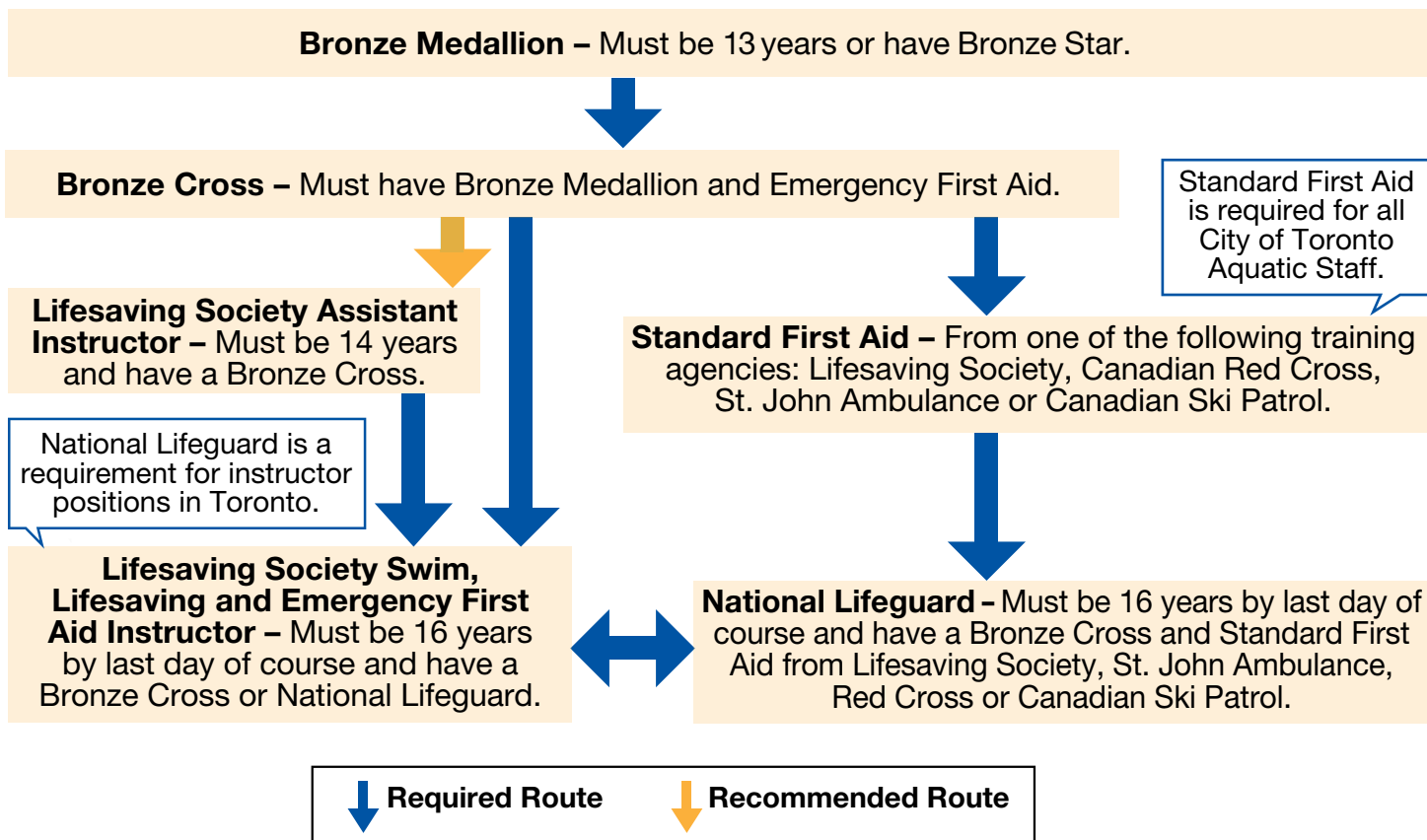
Note: For National Lifeguard, if Standard First Aid is from an approved agency other than the Lifesaving Society, a photocopy must be submitted when presenting original award. See page 19 for approved agencies.

Age – Candidates must turn the required age by the last scheduled day of the course, no exceptions. Proof of age will be required for all courses with an age prerequisite.

Pre-course assignments and experience – Advanced leadership courses may require the candidate to complete a pre-course assignment or provide proof of instructional/lifeguarding experience before the course begins. Please consult the individual course descriptions to determine what is required. Where a pre-course assignment is required, registration will close two weeks in advance of the start date to allow for completion of the assignment.



Become a Lifeguard and Swim Instructor with the City of Toronto



Recertification

Aquatic qualifications must be recertified in order to remain current.

Certification Name	Certification Expiration	Recertification Method
Wading Pool Attendant	Two years from certification date	Full course
Bronze Cross	Two years from certification date	Recertification course
National Lifeguard	Two years from certification date	Recertification course
Swim, Lifesaving and Emergency First Aid Instructor	Two years from certification date	Submission of credits to the Lifesaving Society
Emergency First Aid	Three years from certification date	Full course
Standard First Aid	Three years from certification date	Full course or recertification course alternating every three years (recertification course must be taken prior to certification expiry date)
Aquafit Instructor	Two years from certification date	Recertification course

Wading Pool Attendant and Standard First Aid (includes CPR-C)

Prerequisites: Minimum age 14 years

The Wading Pool Attendant certification is designed to provide lifesavers the knowledge and skill to supervise a wading pool. In Ontario, a wading pool is a pool of water less than 0.75 metres (2 feet, 6 inches) in depth.

Note: City of Toronto wading pool attendant applicants will be required to have this award if they do not have Bronze Cross and Standard First Aid with CPR-C certifications. Bathing attire required.

Duration: 20 hours of instruction (includes in-water portion) **Course Fee:** \$184 **Age:** 14 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
T St. Lawrence CRC	Fri, Sat, Sun	5-9PM, 10AM-6:30PM, 10AM-6:30PM	Jan 17-19	3256873
N Douglas Snow AC	Fri, Sat, Sun	6-10PM, 10AM-6:30PM, 10AM-6:30PM	Feb 7-9	3250613
T St. Lawrence CRC	Fri, Sat, Sun	5-9PM, 10AM-6:30PM, 10AM-6:30PM	Feb 14-16	3256874
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 12-8:30PM, 12-8:30PM	Feb 28-Mar 1	3256875
S Birchmount CC	Fri, Sat, Sun	5:30-9:30PM, 10AM-6:30PM, 10AM-6:30PM	Mar 20-22	3252872
E Etobicoke Olympium	Fri, Sat, Sun	6-10PM, 12-8:30PM, 12-8:30PM	Apr 3-5	3256625
N Douglas Snow AC	Fri, Sat, Sun	6-10PM, 10AM-6:30PM, 10AM-6:30PM	Apr 17-19	3250612
T St. Lawrence CRC	Fri, Sat, Sun	5-9PM, 10AM-6:30PM, 10AM-6:30PM	May 1-3	3256877
E Etobicoke Olympium	Fri, Sat, Sun	6-10PM, 12-8:30PM, 12-8:30PM	May 8-10	3256626
T St. Lawrence CRC	Fri, Sat, Sun	5-9PM, 10AM-6:30PM, 10AM-6:30PM	May 22-24	3256878
T St. Lawrence CRC	Fri, Sat, Sun	5-9PM, 10AM-6:30PM, 10AM-6:30PM	Jun 12-14	3256879
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 12-8:30PM, 12-8:30PM	Dec 11-13	3256876
W JJ Piccininni CRC	Sat, Sun	9AM-7:30PM, 10AM-8:30PM	Dec 19-20	3256627

Bronze Medallion and Emergency First Aid (includes CPR-B)

Prerequisites: Bronze Star or minimum age 13 years

Teaches lifesavers how to respond in complex water rescue situations. Bronze Medallion develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased risk. Lifesavers demonstrate stroke efficiency and endurance in a timed swim. Bronze Medallion is a prerequisite for all advanced lifesaving awards. Candidates must be able to complete a 500m swim in 15 minutes or less.

Duration: 25 hours of instruction **Course Fee:** \$200 **Age:** see prerequisites

District/Location	Day(s)	Time(s)	Dates	Code
E Etobicoke Olympium	Sat, Sun	2-9PM	Jan 4-5, 11-12	3256504
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 10AM-9:30PM, 10AM-9:30PM	Jan 24-26	3250509
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 10AM-9:30PM, 10AM-9:30PM	Feb 7-9	3250510
T Matty Eckler CRC	Fri, Sat, Sun	6-10PM, 10:30AM-10PM, 10:30AM-10PM	Feb 28-Mar 1	3256758
E CW Jefferys	Fri, Sat, Sun	6-10PM, 10AM-9:30PM, 10AM-9:30PM	Mar 6-8	3260218

Continues...

Original prerequisite certifications and proof of age, where required, must be presented at the start of each course.

Bronze Medallion and Emergency First Aid continues...

District/Location	Day(s)	Time(s)	Dates	Code
S West Hill CI	Sat, Sun	10AM-5PM	Mar 14-15, 21-22	3252782
T Matty Eckler CRC	Fri, Sat, Sun	6-10PM, 10:30AM-10PM, 10:30AM-10PM	Apr 3-5	3256759
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 10AM-9:30PM, 10AM-9:30PM	Apr 24-26	3250511
S West Hill CI	Sat, Sun	10AM-5PM	Jun 6-7, 13-14	3252783
E Albion Pool	Fri, Sat, Sun	6-10PM, 10AM-9:30PM, 10AM-9:30PM	Jun 19-21	3256505
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 10AM-9:30PM, 10AM-9:30PM	Jul 3-5	3250512
E Gus Ryder	Sat, Sun	12-7PM	Jul 4-5, 11-12	3256506
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 10AM-9:30PM, 10AM-9:30PM	Aug 7-9	3250513
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 10:30AM-10PM, 10:30AM-10PM	Sep 4-6	3256763
E Albion Pool	Fri, Sat, Sun	6-10PM, 10AM-9:30PM, 10AM-9:30PM	Sep 25-27	3256507
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 10AM-9:30PM, 10AM-9:30PM	Oct 16-18	3250514
T Matty Eckler CRC	Fri, Sat, Sun	6-10PM, 10:30AM-10PM, 10:30AM-10PM	Nov 13-15	3256760
T Matty Eckler CRC	Fri, Sat, Sun	6-10PM, 10:30AM-10PM, 10:30AM-10PM	Nov 27-29	3256761
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 10AM-9:30PM, 10AM-9:30PM	Dec 18-20	3250515

Bronze Medallion Challenge Exam

Prerequisites: Bronze Star or minimum age 13 years

This course is for candidates who have completed a Bronze Medallion course but were unsuccessful or missed the original exam. Candidates are required to perform all Bronze Medallion requirements to standard in a practical examination setting. Candidates must complete a 500m swim in 15 minutes or less, perform skills and rescues. Candidates must bring proof of their Bronze Star or proof of age.

Duration: 6 hour exam **Course Fee:** \$89

Age: see prerequisites



District/Location	Day(s)	Time(s)	Dates	Code
S Sir Oliver Mowat CI	Sun	12:30-7PM	Mar 29	3252781
N Northview Heights SS	Sun	10AM-4:30PM	Jun 14	3250508
E Gus Ryder	Sat	9:30AM-4PM	Sep 5	3256503
T Earl Beatty CC	Sun	10AM-4:30PM	Dec 13	3256757

Bronze Cross and Standard First Aid (includes CPR-C)**Prerequisites:** Bronze Medallion

This course is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork, and use of special equipment. Candidates must be able to complete a 600m swim in 18 minutes or less. Bronze Cross and Standard First Aid (with CPR-C) are prerequisites for training in the National Lifeguard program and Lifesaving Society Instructors certifications.

Note: Please bring Canadian Lifesaving manual received in Bronze Medallion.**Duration:** 28 hours of instruction **Course Fee:** \$243 **Age:** N/A

District/Location	Day(s)	Time(s)	Dates	Code
N Northview Heights SS	Sat, Sun	10AM-6PM	Jan 4-5, 11-12	3250507
E Etobicoke Olympium	Sat, Sun	2-10PM	Jan 18-19, 25-26	3256493
T Matty Eckler CRC	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Mar 6-8	3256748
W JJ Piccininni CRC	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Mar 13-15	3256494
N Victoria Park CI	Sat, Sun	10AM-6PM	Mar 14-15, 21-22	3250500
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Apr 10-12	3256752
E CW Jefferys	Sat, Sun	12-8PM	Apr 18-19, 25-26	3260217
S West Hill CI	Sat, Sun	11AM-7PM	Apr 25-26, May 2-3	3252779
E Alderwood Pool	Sat, Sun	2-10PM	May 2-3, 9-10	3256495
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	May 8-10	3250502
W Annette CRC	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	May 22-24	3256755
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Jun 5-7	3275205
E Albion Pool	Thu-Sun	9AM-5PM	Jun 25-28	3256496
S West Hill CI	Thu-Sun	9AM-5PM	Jun 25-28	3252778
W JJ Piccininni CRC	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Jul 3-5	3256497
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Jul 17-19	3250503
E Gus Ryder	Sat, Sun	12-8PM	Jul 18-19, 25-26	3256498
T Fairmount Park CC	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Jul 24-26	3256756
W JJ Piccininni CRC	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Jul 31-Aug 2	3256499
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Aug 14-16	3256753
E Memorial Pool	Sat, Sun	8:30AM-4:30PM	Sep 5-6, 12-13	3256500
T Gordon A Brown MS	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Sep 11-13	3256754
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Oct 2-4	3250504
T Matty Eckler CRC	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Oct 9-11	3256849
N Victoria Park CI	Sat, Sun	10AM-6PM	Oct 24-25, 31-Nov 1	3250505
T Matty Eckler CRC	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Nov 20-22	3256750

Continues...

Original prerequisite certifications and proof of age, where required, must be presented at the start of each course.

Bronze Cross and Standard First Aid continues...

District/Location	Day(s)	Time(s)	Dates	Code
N Northview Heights SS	Sat, Sun	10AM-6PM	Nov 28-29, Dec 5-6	3250506
T Matty Eckler CRC	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Dec 4-6	3256751
S Lester B Pearson	Sat, Sun	10AM-6PM	Dec 5-6, 12-13	3252780
E Alderwood Pool	Fri, Sat, Sun	6-10PM, 9AM-10PM, 9AM-10PM	Dec 18-20	3256502

Bronze Medallion, Bronze Cross and Standard First Aid (includes CPR-C)

Note: This is an intense program designed for individuals who have strong swimming skills.

Prerequisites: Bronze Star or minimum age 13 years

Duration: 44 hours of instruction **Course Fee:** \$315 **Age:** see prerequisites

District/Location	Day(s)	Time(s)	Dates	Code
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 12-10PM, 12-10PM	Jan 17-19, 24-26	3256764
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 9AM-7PM, 9AM-7PM	Jan 31-Feb 2, 7-9	3250516
S West Hill CI	Mon-Fri	9AM-7PM	Mar 16-20	3252785
E Etobicoke Olympium	Mon-Fri	9AM-7PM	Mar 16-20	3256509
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 12-10PM, 12-10PM	May 1-3, 8-10	3256765
W JJ Piccininni CRC	Fri, Sat, Sun	6-10PM, 9AM-7PM, 9AM-7PM	May 29-31, Jun 5-7	3256508
T Fairmount Park CC	Fri, Sat, Sun	6-10PM, 12-10PM, 12-10PM	Jul 10-12, 17-19	3256766
T St. Lawrence CRC	Mon-Fri	9AM-7PM	Jul 13-17	3259037
T St. Lawrence CRC	Mon-Fri	9AM-7PM	Aug 10-14	3259038
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 9AM-7PM, 9AM-7PM	Sep 18-20, 25-27	3250517
S West Hill CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-8PM	Oct 9-11, 16-18	3252784
W Annette CRC	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-8PM	Oct 30-Nov 1, 6-8	3256767
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 9AM-7PM, 9AM-7PM	Nov 6-8, 13-15	3250518
E Alderwood Pool	Sun-Thu	9AM-8PM (Sun-Wed), 9AM-2PM (Thu)	Dec 27-31	3256510



Bronze Cross Recertification

Prerequisites: Bronze Cross

This recertification course offers Bronze Cross holders a chance to review and update their techniques to maintain current certification. Candidates are required to perform to Bronze Cross standards in a practical examination component. Candidates must complete the 600m swim in 18 minutes or less, perform skills and rescues. Candidates must bring proof of original certification.

Duration: 6 hour exam

Course Fee: \$89 **Age:** N/A



District/Location	Day(s)	Time(s)	Dates	Code
T Earl Beatty CC	Sun	12-6:30PM	Jan 12	3256742
N Victoria Park CI	Sat	1:30-8PM	Feb 22	3250493
E Gus Ryder	Sat	9:30AM-4PM	Mar 7	3256492
N Northview Heights SS	Sun	10AM-4:30PM	Mar 15	3250494
S Sir Oliver Mowat CI	Sun	12:30-7PM	Mar 22	3252775
T Earl Beatty CC	Sun	12-6:30PM	Apr 12	3256743
T Earl Beatty CC	Sun	12-6:30PM	Apr 26	3256747
S Sir Oliver Mowat CI	Sun	12:30-7PM	May 10	3252777
T Earl Beatty CC	Sun	12-6:30PM	May 17	3256744
N Northview Heights SS	Sun	10AM-4:30PM	May 24	3250496
E Gus Ryder	Sat	9:30AM-4PM	Jun 6	3256491
T Earl Beatty CC	Sun	12-6:30PM	Jun 21	3256746
N Northview Heights SS	Sat	10AM-4:30PM	Aug 1	3250495
S Sir Oliver Mowat CI	Sun	10AM-4:30PM	Aug 23	3252776
N Victoria Park CI	Sat	10AM-4:30PM	Sep 19	3250497
T Earl Beatty CC	Sun	12-6:30PM	Oct 18	3256745
N Northview Heights SS	Sun	10AM-4:30PM	Nov 1	3250499
W Annette CRC	Sat	9AM-3:30PM	Dec 12	3256490
N Northview Heights SS	Sun	10AM-4:30PM	Dec 13	3250498

Bronze Cross Challenge Exam

Prerequisites: Bronze Medallion and Emergency First Aid

This course is for candidates who have completed a Bronze Cross course but were unsuccessful or missed the original exam. Candidates are required to perform all Bronze Cross requirements to prescribed standard in a practical examination setting. Candidates must complete a 600m swim in 18 minutes or less, perform skills and rescues. Candidates must bring proof of their Bronze Medallion and Emergency First Aid.

Duration: 6 hour exam **Course Fee:** \$89 **Age:** N/A

District/Location	Day(s)	Time(s)	Dates	Code
N Northview Heights SS	Sun	10AM-4:30PM	Mar 29	3250492
T Earl Beatty CC	Sun	10AM-4:30PM	Jun 21	3256741
S West Hill CI	Sun	10AM-4:30PM	Aug 23	3252774
W Annette CRC	Sat	1:30-8PM	Dec 12	3256489

About The Lifesaving Society

As Canada’s lifeguarding experts, we set the standards for water safety in Canada. We work to prevent drowning and water-related injury through our training programs, Water Smart® public education, drowning prevention research, aquatic safety management, and lifesaving sport.

We are a national, volunteer organization and registered charity composed of tens of thousands of individual members and over 4,000 affiliated swimming pools, waterfronts and schools. Globally, we teach swimming and water safety in over 25 countries. We are a leader and partner in the delivery of water safety education throughout Canada and around the world. We’ve been teaching Canadians how to be safe around the water since 1896.

Teaching Canadians to save themselves and others – Annually, over 1,000,000 Canadians participate in our swimming and lifesaving training programs. Each year, we certify thousands of instructors who provide the leadership for our lifesaving and lifeguard training programs. Over 30,000 Canadians earn our Bronze Medallion each year. We set the standard for lifeguard training and certify Canada’s National Lifeguards.

Making Canadians Water Smart® – Our annual drowning research enables us to focus Water Smart® drowning prevention efforts on people most at risk – like men fishing in small boats – or on those who can make a significant difference, such as parents of young children. The Society’s Swim to Survive® standard defines the essential minimum skills required to survive an unexpected fall into deep water.

Setting the standard – The Lifesaving Society establishes aquatic safety standards and consults on aquatic safety issues for the aquatic industry and governments.

Lifesaving sport – The Society represents Canada internationally in the Commonwealth Royal Life Saving Society and the International Life Saving Federation. We are the governing body for lifesaving sport – a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

Phone: 416-490-8844

Email: experts@lifeguarding.com

Website: lifesavingsociety.com



Emergency First Aid (includes CPR-B)

Prerequisites: None

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, CPR, choking, external bleeding, heart attack, stroke, wounds, burns and use of AED. Includes CPR-B certification. Recognized by Ontario's Workplace Safety and Insurance Board.

Duration: 8 hours of instruction **Course Fee:** \$89 **Age:** N/A

District/Location	Day(s)	Time(s)	Dates	Code
T East York CRC	Sun	10AM-6:30PM	Jan 5	3256768
E Alderwood Pool	Sat	9AM-5:30PM	Feb 22	3256511
N Parkway Forest CC	Sun	10AM-6:30PM	Mar 22	3250519
S TO Pan Am Sports Ctr	Sat	10AM-6:30PM	Apr 4	3252786
T East York CRC	Sun	10AM-6:30PM	May 10	3256769
N Parkway Forest CC	Sun	10AM-6:30PM	Jun 7	3250520
S TO Pan Am Sports Ctr	Sun	10AM-6:30PM	Jul 5	3252787
N Douglas Snow AC	Sat	10AM-6:30PM	Aug 22	3250521
S TO Pan Am Sports Ctr	Sat	10AM-6:30PM	Sep 5	3252788
W Swansea CRC	Sun	9AM-5:30PM	Sep 27	3256512
T East York CRC	Sun	10AM-6:30PM	Oct 25	3256770
E Etobicoke Olympium	Sat	9AM-5:30PM	Nov 28	3256513
N Parkway Forest CC	Sat	10AM-6:30PM	Dec 12	3250522

Make sure you have the proper course prerequisites to avoid getting turned away!

Misplaced certificates or not sure of current qualifications/awards? **Not a problem!**

Check and print awards at lifesavingsociety.com and go to "Find a Member"

Viewing your awards is simple:

1. Click on the Find a Member link.
2. Fill in the membership ID or verification number and click on Get Certifications. Membership ID or verification number can be found at the bottom of your certification card.
3. Print out the record at no cost.

The screenshot shows the Lifesaving Society website's 'Find a Member' page. The header includes the Lifesaving Society logo and navigation links for various services like 'WHO'S DROWNING', 'SWIMMING & LIFESAVING', 'LIFEGUARDING', 'FIRST AID', 'TEACHING', 'BORN TO SURVIVE', 'BOATING', 'POOL OPERATION', 'SAFETY MANAGEMENT', and 'LIFESAVING SPORT'. A search bar is located in the top right corner.

The main content area is titled 'Find a Member' and contains the following text:

To look up your Lifesaving Society record, enter your Member ID below and click the Get Certifications button. To view all your certifications - current and non-current - remove the check mark from the "Current Only" box.

You need not release your Lifesaving Society Member ID to anyone else. Others can verify the accuracy of your record by entering the verification code at the bottom of the printed record.

Member ID or Verification Number

Current Only

The Lifesaving Society encourages affiliates to confirm staff certifications using Inside Tracker or Find a Member. If there is doubt about the authenticity of an individual's record, contact us for verification.

FIND A MEMBER MOBILE
 Find a Member Mobile gives you instant access to the same great Find a Member service but specifically designed for mobile devices. Simply bookmark or add "findmember.ca" to your favourites on your phone or tablet.

On the right side of the page, there is a sidebar with links for 'LOGIN', 'INDIVIDUAL MEMBERS', 'ORGANIZATIONS', 'SHOP LIFEGUARDRESPECT', 'FIND A COURSE', 'FIND A MEMBER', 'FIND A JOB', 'FIND A FORM', 'MEDIA', 'ABOUT US', and 'DONATE'. At the bottom right, there is a 'Lifesaving Factoid' section.

Standard First Aid (includes CPR-C)

Prerequisites: None

The Standard First Aid (includes CPR-C) course provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid, such as medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, medical emergencies and how to use an AED.

Lifesaving Society Standard First Aid is recognized by the Workplace Safety and Insurance Board and the Ontario Health Regulation. Standard First Aid is one of the prerequisites to National Lifeguard.

Duration: 16 hours of instruction **Course Fee:** \$132 **Age:** N/A

District/Location	Day(s)	Time(s)	Dates	Code
S TO Pan Am Sports Ctr	Sat, Sun	10AM-6:30PM	Jan 4-5	3252826
W JJ Piccininni CRC	Sat, Sun	9AM-5:30PM	Jan 4-5	3256583
N Edithvale CC	Sat, Sun	9AM-5:30PM	Jan 18-19	3250570
E Etobicoke Olympium	Sat, Sun	9AM-5:30PM	Jan 25-26	3256562
W JJ Piccininni CRC	Sat, Sun	9AM-5:30PM	Feb 1-2	3256563
S TO Pan Am Sports Ctr	Sat, Sun	10AM-6:30PM	Feb 8-9	3252827
N Edithvale CC	Sat, Sun	9AM-5:30PM	Feb 15-16	3250571
W JJ Piccininni CRC	Sat, Sun	9AM-5:30PM	Feb 22-23	3256564
S Don Montgomery CRC	Sat, Sun	8:30AM-5PM, 10AM-6:30PM	Feb 29-Mar 1	3252828
E Etobicoke Olympium	Sat, Sun	9AM-5:30PM	Feb 29-Mar 1	3256565
S Port Union RC	Sat, Sun	10AM-6:30PM	Mar 14-15	3252840
E Etobicoke Olympium	Sat, Sun	9AM-5:30PM	Mar 14-15	3256567
N Douglas Snow AC	Mon, Tue	10AM-6:30PM	Mar 16-17	3250577
N Edithvale CC	Sat, Sun	9AM-5:30PM	Mar 21-22	3250575
S Malvern CRC	Sat, Sun	9:30AM-6PM	Mar 28-29	3252829
N Douglas Snow AC	Sat, Sun	10AM-6:30PM	Apr 4-5	3250576
W JJ Piccininni CRC	Sat, Sun	9AM-5:30PM	Apr 4-5	3256566
N Douglas Snow AC	Wed	5:30-9:30PM	Apr 8, 12, 22, 29	3250585
S Stephen Leacock CRC	Sat, Sun	9AM-5:30PM, 10AM-6:30PM	Apr 11-12	3252830
N Edithvale CC	Sat, Sun	9AM-5:30PM	Apr 25-26	3250572
W JJ Piccininni CRC	Sat, Sun	9AM-5:30PM	Apr 25-26	3256568
E Albion Pool	Sat, Sun	9AM-5:30PM	May 2-3	3256585
S TO Pan Am Sports Ctr	Sat, Sun	10AM-6:30PM	May 9-10	3252831
N Douglas Snow AC	Sat, Sun	10AM-6:30PM	May 9-10	3250578
S Stephen Leacock CRC	Sat, Sun	9AM-5:30PM, 10AM-6:30PM	May 16-17	3252832
W JJ Piccininni CRC	Sat, Sun	9AM-5:30PM	May 16-17	3256569

Continues...

Standard First Aid continues...

District/Location	Day(s)	Time(s)	Dates	Code
E Alderwood Pool	Sat, Sun	9AM-5:30PM	May 23-24	3256570
N Edithvale CC	Sat, Sun	10AM-6:30PM	May 30-31	3250579
E Etobicoke Olympium	Sat, Sun	9AM-5:30PM	May 30-31	3256584
S Don Montgomery CRC	Sat, Sun	9AM-5:30PM	Jun 6-7	3252833
S TO Pan Am Sports Ctr	Sat, Sun	9AM-5:30PM, 10AM-6:30PM	Jun 13-14	3252834
E Albion Pool	Sat, Sun	9AM-5:30PM	Jun 13-14	3256571
N Parkway Forest CC	Sat, Sun	10AM-6:30PM	Jun 20-21	3250580
W JJ Piccininni CRC	Sat, Sun	9AM-5:30PM	Jul 4-5	3256572
T Jimmie Simpson CRC	Sat, Sun	10AM-6:30PM	Jul 11-12	3256845
N Douglas Snow AC	Sat, Sun	10AM-6:30PM	Jul 18-19	3250581
S Stephen Leacock CRC	Sat, Sun	9AM-5:30PM, 10AM-6:30PM	Jul 25-26	3252835
E Albion Pool	Sat, Sun	9AM-5:30PM	Jul 25-26	3256573
E Etobicoke Olympium	Sat, Sun	9AM-5:30PM	Aug 15-16	3256575
S TO Pan Am Sports Ctr	Sat, Sun	10AM-6:30PM	Aug 22-23	3252836
N Parkway Forest CC	Sat, Sun	10AM-6:30PM	Aug 22-23	3250582
S Don Montgomery CRC	Sat, Sun	9AM-5:30PM	Aug 29-30	3252837
E Albion Pool	Sat, Sun	9AM-5:30PM	Aug 29-30	3256574
N Edithvale CC	Sat, Sun	9AM-5:30PM	Sep 12-13	3250573
E Etobicoke Olympium	Sat, Sun	9AM-5:30PM	Sep 12-13	3256576
S Port Union RC	Sat, Sun	10AM-6:30PM	Sep 19-20	3252841
T Matty Eckler CRC	Sat, Sun	10AM-6:30PM	Oct 3-4	3256846
W JJ Piccininni CRC	Sat, Sun	9AM-5:30PM	Oct 3-4	3256577
S TO Pan Am Sports Ctr	Sun	4:30-8:30PM	Oct 11, 18, 25, Nov 1	3252842
N Douglas Snow AC	Sat, Sun	10AM-6:30PM	Oct 17-18	3250583
E Alderwood Pool	Sat, Sun	9AM-5:30PM	Oct 24-25	3256578
E Etobicoke Olympium	Sat, Sun	9AM-5:30PM	Oct 31-Nov 1	3256580
N Douglas Snow AC	Wed	5:30-9:30PM	Nov 4, 11, 18, 25	3250584
E Albion Pool	Sat, Sun	9AM-5:30PM	Nov 14-15	3256579
S TO Pan Am Sports Ctr	Sat, Sun	10AM-6:30PM	Nov 21-22	3252838
N Edithvale CC	Sat, Sun	9AM-5:30PM	Nov 21-22	3250574
W JJ Piccininni CRC	Sat, Sun	9AM-5:30PM	Nov 28-29	3256581
S Malvern CRC	Sat, Sun	9AM-5:30PM	Dec 5-6	3252839
E Etobicoke Olympium	Sat, Sun	9AM-5:30PM	Dec 5-6	3256582
N Edithvale CC	Sat, Sun	10AM-6:30PM	Dec 12-13	3250586

IMPORTANT Standard First Aid Recertification Information

In order to attend a Lifesaving Society Standard First Aid recertification, the following criteria must be met:

1. Candidate's last Standard First Aid certification is from the Lifesaving Society.
2. Candidate's last successfully completed course was a 16 hour, full Lifesaving Society Standard First Aid course.
3. Candidate's last full Standard First Aid course was completed three years or less before the date of the course in which the candidate is registering.

Standard First Aid Recertification

Prerequisites: Lifesaving Society Standard First Aid (full course) earned not more than three years prior to course start date.

The Standard First Aid (includes CPR-C) recertification course provides a review of first aid and CPR skills. Practical skills will be assessed through scenarios and knowledge will be assessed with a written evaluation. Candidates should review the course content and practice their skills prior to the recertification course.

Lifesaving Society Standard First Aid is recognized by the Workplace Safety and Insurance Board and the Ontario Health Regulation to be valid for three years. Candidates must bring proof of original certification.

Note: Please bring Canadian First Aid manual received in Standard First Aid Course.

Duration: 8 hour exam **Course Fee:** \$89 **Age:** N/A

District/Location	Day(s)	Time(s)	Dates	Code
W JJ Piccininni CRC	Sat	9AM-5:30PM	Jan 11	3256586
E Etobicoke Olympium	Sun	9AM-5:30PM	Jan 19	3256587
N Douglas Snow AC	Sat	10AM-6:30PM	Jan 25	3250596
S TO Pan Am Sports Ctr	Sat	10AM-6:30PM	Feb 1	3252843
W JJ Piccininni CRC	Sun	9AM-5:30PM	Feb 16	3256588
N Douglas Snow AC	Sat	10AM-6:30PM	Feb 22	3250592
S Don Montgomery CRC	Sun	10AM-6:30PM	Feb 23	3252844
W JJ Piccininni CRC	Sat	9AM-5:30PM	Feb 29	3256589
S Malvern CRC	Sat	9AM-5:30PM	Mar 7	3252845
W Swansea CRC	Sun	9AM-5:30PM	Mar 8	3256590
N Edithvale CC	Sun	10AM-6:30PM	Mar 15	3250587
W JJ Piccininni CRC	Sat	9AM-5:30PM	Apr 11	3256591
S TO Pan Am Sports Ctr	Sun	10AM-6:30PM	Apr 12	3252846
T Matty Eckler CRC	Sat	10AM-6:30PM	Apr 18	3256857
W JJ Piccininni CRC	Sat	9AM-5:30PM	May 2	3256592
N Douglas Snow AC	Sun	10AM-6:30PM	May 3	3250593

Continues...

Standard First Aid Recertification continues...

District/Location	Day(s)	Time(s)	Dates	Code
T Matty Eckler CRC	Sat	10AM-6:30PM	May 9	3256858
E Etobicoke Olympium	Sat	9AM-5:30PM	May 9	3256594
S Port Union RC	Sun	12:30-9PM	May 10	3252847
N Edithvale CC	Sat	10AM-6:30PM	May 16	3250588
E Etobicoke Olympium	Sat	9AM-5:30PM	May 16	3256595
E Memorial Pool	Sun	9AM-5:30PM	May 17	3256593
S TO Pan Am Sports Ctr	Sun	10AM-6:30PM	May 24	3252849
E Etobicoke Olympium	Sun	9AM-5:30PM	May 31	3256596
N Parkway Forest CC	Sat	10AM-6:30PM	Jun 6	3250597
S Port Union RC	Sun	10AM-6:30PM	Jun 21	3252848
E Alderwood Pool	Sat	9AM-5:30PM	Jul 11	3256606
E Alderwood Pool	Sat	9AM-5:30PM	Aug 8	3256598
N Parkway Forest CC	Sun	10AM-6:30PM	Aug 9	3250595
E Etobicoke Olympium	Sun	9AM-5:30PM	Aug 16	3256600
W JJ Piccininni CRC	Sat	9AM-5:30PM	Aug 22	3256597
S Stephen Leacock CRC	Sun	9AM-5:30PM	Aug 23	3252850
E Etobicoke Olympium	Sun	9AM-5:30PM	Aug 30	3256599
E Etobicoke Olympium	Sun	9AM-5:30PM	Sep 13	3256602
N Edithvale CC	Sun	10AM-6:30PM	Sep 27	3250590
W JJ Piccininni CRC	Sat	9AM-5:30PM	Oct 10	3256601
T Matty Eckler CRC	Sat	10AM-6:30PM	Oct 17	3256859
W JJ Piccininni CRC	Sun	9AM-5:30PM	Oct 25	3256603
N Edithvale CC	Sun	10AM-6:30PM	Nov 8	3250591
S Stephen Leacock CRC	Sun	10AM-6:30PM	Nov 15	3252852
W JJ Piccininni CRC	Sat	9AM-5:30PM	Nov 21	3256604
S Don Montgomery CRC	Sat	9AM-5:30PM	Nov 28	3252853
N Edithvale CC	Sat	9AM-5:30PM	Dec 5	3250594
W Swansea CRC	Sun	9AM-5:30PM	Dec 6	3256605
T Fairmount Park CC	Sat	1-9:30PM	Dec 12	3256860
E Etobicoke Olympium	Sun	9AM-5:30PM	Dec 13	3256607
S Malvern CRC	Sat	9AM-5:30PM	Dec 19	3252854

Original prerequisite certifications and proof of age, where required, must be presented at the start of each course.

Lifesaving Society Assistant Instructor

Prerequisites: Bronze Cross or National Lifeguard. Minimum of 14 years of age.

Through classroom learning and in-water practice, the Lifesaving Society Assistant Instructor course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, as they master basic progressions of teaching. The roles and responsibilities of instructors and their assistants are emphasized.



Duration: 18 hours of instruction

Course Fee: \$146

Age: 14 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
N Douglas Snow AC	Fri, Sat, Sun	6-10PM, 10AM-6PM, 10AM-6PM	Jan 31-Feb 2	3250528
E Alderwood Pool	Sat, Sun	11AM-9PM, 10AM-8PM	Mar 14-15	3256515
W Annette CRC	Sat, Sun	10AM-8PM	Apr 4-5	3256773
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 10AM-6PM, 10AM-6PM	Apr 17-19	3250525
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-6PM, 10AM-6PM	May 15-17	3252790
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 10AM-6PM, 10AM-6PM	Jun 5-7	3250526
T Jimmie Simpson CRC	Sat, Sun	12-10PM	Jul 4-5	3256774
S West Hill CI	Sat, Sun	1-6PM	Jul 18-19, 25-26	3252792
N Douglas Snow AC	Fri, Sat, Sun	6-10PM, 10AM-6PM, 10AM-6PM	Aug 7-9	3250530
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 10AM-6PM, 10AM-6PM	Aug 21-23	3250527
S West Hill CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-6PM, 10AM-6PM	Sep 4-6	3252791
W Annette CRC	Sat, Sun	11AM-9PM, 10AM-8PM	Sep 26-27	3256516
W Annette CRC	Sat, Sun	10AM-8PM	Oct 10-11	3256775
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-6PM, 10AM-6PM	Nov 6-8	3252793
N Douglas Snow AC	Fri, Sat, Sun	6-10PM, 10AM-6PM, 10AM-6PM	Nov 20-22	3250529

Swim Instructor, Lifesaving Instructor and Emergency First Aid Instructor

Prerequisites: Bronze Cross or National Lifeguard. Minimum 16 years of age.

Swim Instructor: Upon successful completion of this program candidates will be able to instruct the Toronto Learn to Swim program or the Lifesaving Society Swim for Life program. Time is devoted to classroom and in-water sessions developing skills in the areas of class management, teaching, evaluation, leadership, communication and administration.

Lifesaving Instructor: Prepares candidates to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Lifesaving Society's lifesaving and first aid awards. Successful candidates will receive two certification cards: Lifesaving Instructor and Emergency First Aid Instructor.

These awards remain current for two years from the date of certification.

Requirement: Proof of age and prerequisite awards.

Recommended: Certification in Standard First Aid (CPR-C), Lifesaving Society Assistant Instructor

Duration: 40 hours of instruction **Course Fee:** \$302 **Age:** 16 yrs+



District/Location	Day(s)	Time(s)	Dates	Code
W Annette CRC	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Jan 3-5, 10-12	3256869
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-6PM	Jan 24-26, 31-Feb 2	3250598
T Gordon A Brown MS	Fri, Sat, Sun	6-10PM, 1-10PM, 1-10PM	Jan 31-Feb 2, 7-9	3256861
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Feb 7-9, 14-16	3252856
T Matty Eckler CRC	Fri, Sat, Sun	6-10PM, 1-10PM, 1-10PM	Feb 14-16, 21-23	3256867
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-6PM	Feb 14-16, 21-23	3250599
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Feb 28-Mar 1, 6-8	3252857
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 1-10PM, 1-10PM	Mar 6-8, 13-15	3256862
T Matty Eckler CRC	Mon-Fri	9AM-6:30PM (Mon-Thu), 9AM-4PM (Fri)	Mar 16-20	3256871
S Cedarbrae CI	Mon-Fri	9AM-6PM	Mar 16-20	3252863
N Victoria Park CI	Mon-Fri	9AM-6PM	Mar 16-20	3250600
W Annette CRC	Mon-Fri	9AM-6PM	Mar 16-20	3256608
E Etobicoke Olympium	Mon-Fri	9AM-6PM	Mar 16-20	3256609
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-6PM	Mar 27-29, Apr 3-5	3250601
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Apr 3-5, 17-19	3252858
E Albion Pool	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Apr 3-5, 17-19	3256612
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-6PM	Apr 24-26, May 1-3	3250602

Continues...

Original prerequisite certifications and proof of age, where required, must be presented at the start of each course.

Swim Instructor, Lifesaving Instructor and Emergency First Aid Instructor continues...

District/Location	Day(s)	Time(s)	Dates	Code
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-6PM	May 8-10, 15-17	3250603
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	May 22-24, 29-31	3252859
E Albion Pool	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	May 29-31, Jun 5-7	3256610
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 1-10PM, 1-10PM	Jun 5-7, 12-14	3256863
N Victoria Park CI	Wed-Sun	9AM-6PM	Jun 24-28	3250604
E Alderwood Pool	Wed-Sun	8AM-5PM	Jun 24-28	3256611
S Cedarbrae CI	Thu-Mon	9AM-6PM	Jun 25-29	3252864
E Albion Pool	Fri, Sat, Sun	6-10PM, 9AM-6PM, 9AM-6PM	Jul 3-5, 10-12	3256621
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-6PM	Jul 10-12, 17-19	3250605
S Wexford CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Jul 17-19, 24-26	3252869
T St. Lawrence CRC	Mon-Fri	9AM-6PM	Jul 20-24	3259039
W JJ Piccininni CRC	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Aug 14-16, 21-23	3256614
T St. Lawrence CRC	Mon-Fri	9AM-6PM	Aug 17-21	3259040
S Cedarbrae CI	Mon-Fri	9AM-6PM	Aug 17-21	3252867
E Albion Pool	Mon-Fri	9AM-6PM	Aug 24-28	3273287
S Wexford CI	Mon-Fri	9AM-6PM	Aug 24-28	3252866
S TO Pan Am Sports Ctr	Mon-Fri	9AM-6PM	Aug 31-Sep 4	3252865
N Cummer Park CC	Mon-Fri	1-10PM	Aug 31-Sep 4	3250606
E Etobicoke Olympium	Mon-Fri	9AM-6PM	Aug 31-Sep 4	3256619
T St. Lawrence CRC	Sat	8:30AM-7:30PM	Sep 5, 12, 19, 26	3259044
T Fairmount Park CC	Fri, Sat, Sun	6-10PM, 1-10PM, 1-10PM	Sep 11-13, 18-20	3256870
W Swansea CRC	Fri, Sat, Sun	6-10PM, 10AM-7PM, 10AM-7PM	Sep 11-13, 18-20	3256615
T Gordon A Brown MS	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Sep 18-20, 25-27	3256864
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Sep 18-20, 25-27	3252860
E CW Jefferys	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Oct 2-4, 9-11	3256623
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Oct 16-18, 23-25	3252862
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-6PM	Oct 16-18, 23-25	3250607
T Matty Eckler CRC	Fri, Sat, Sun	6-10PM, 1-10PM, 1-10PM	Oct 23-25, 30-Nov 1	3256868
E Albion Pool	Fri, Sat, Sun	6-10PM, 9AM-6PM, 9AM-6PM	Oct 23-25, 30-Nov 1	3256613
T Gordon A Brown MS	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Nov 6-8, 13-15	3256865
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Nov 13-15, 20-22	3252861
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 1-10PM, 1-10PM	Nov 27-29, Dec 4-6	3256866
W JJ Piccininni CRC	Fri, Sat, Sun	6-10PM, 9AM-6PM, 9AM-6PM	Dec 4-6, 11-13	3256616
N North Toronto Mem.	Fri, Sat, Sun	5:30-9:30PM, 10PM-8PM, 10AM-6PM	Dec 11-13, 18-20	3250609

Continues...

Swim Instructor, Lifesaving Instructor and Emergency First Aid Instructor continues...

District/Location	Day(s)	Time(s)	Dates	Code
E Alderwood Pool	Sat-Wed	9AM-6PM	Dec 19-23	3256618
S TO Pan Am Sports Ctr	Sun-Thu	9AM-7PM (Sun-Wed), 9AM-2PM (Thu)	Dec 27-31	3252868
N Douglas Snow AC	Sun-Thu	9AM-7PM (Sun-Wed), 9AM-2PM (Thu)	Dec 27-31	3250610
W Annette CRC	Sun-Thu	9AM-7PM (Sun-Wed), 9AM-2PM (Thu)	Dec 27-31	3256617

Aquafit Instructor Certification

Prerequisites: Minimum age 16 years and recommended Standard First Aid with CPR-C. It is highly recommended that candidates attend and participate in some aquafit classes prior to taking the course.

Candidates will be certified and qualified to conduct shallow and deep water aquafit classes. Classroom and in-water sessions focus on developing skills in the areas of class management, basic water movements and variations, understanding the major muscle groups and their joint action, and the design of target training sets. Practical and written examinations will be incorporated into the course. This award remains current for two years from the date of certification.



Registration fee includes: Comprehensive manual with study guide questions, DVD001 – *The Art of Exercise Science*, 40 hour course (20 hours pool time), certification exam (theory and practical), online profile and certification diploma upon successful completion of exams.

Duration: 40 hours of instruction **Course Fee:** \$439

District/Location	Day(s)	Time(s)	Dates	Code
N Northview Heights SS	Sat, Sun	10AM-8:30PM	Feb 29-Mar 1, 7-8	3250488
E Alderwood Pool	Sat, Sun	8:30AM-6:30PM	May 9-10, 23-24	3256485
S Wexford CI	Sat, Sun	10AM-8:30PM	Dec 5-6, 12-13	3252772

Aquafit Instructor Specialty Certification/Instructor Recertification

Prerequisites: A current Aquafit Instructor Certification (for recertification purposes only) and a minimum of 16 years. Recommended current Standard First Aid with CPR-C.

Candidates will be certified and qualified to conduct classes in disciplines in which they have been trained and certified. These may include a variety of disciplines within aquafit. Practical and written examinations will be incorporated into the course. This award remains current for two years from the date of certification and will recertify your current Aquafit Instructor certification.



Registration fee includes: 8 hours of training (4 hours pool time), manual, DVD, laminated program cards for pool side use, Certificate of Course Completion, certification exam (theory and practical), online profile and certification diploma upon successful completion of exams.

If you are a current certified instructor, you are required to complete only the theory exam to upgrade and recertify your qualifications.

Course Fee: \$234

Mind/Body – This shallow and/or deep water instructor training program is for anyone interested in facilitating a more mindful approach to fitness.

Water exercise is an excellent modality for protecting our joints and healing our bodies. Explore ways to develop physical and mental strength, co-ordination and rejuvenation and how to deliver this information to participants in your program. This educational and theoretical information includes practical approaches to various mind-body techniques, yoga, tai-chi, pilates principles and relaxation training

District/Location	Day(s)	Time(s)	Dates	Code
E Alderwood Pool	Sat	8:30AM-5PM	May 23	3256486

Boot Camp – The goal of this program is to review six program formats to create purposeful yet challenging programs. This program explores the use of equipment to intensify your classes. This high energy program will provide one hundred ways to train for muscle fitness, balance, agility, cardiovascular training, flexibility as well as coordination.

District/Location	Day(s)	Time(s)	Dates	Code
N North Toronto Mem.	Sat	9:30AM-6PM	Mar 7	3250489

Arthritis – The goal of this program is to provide a balanced approach to train and target cardiopulmonary benefits, functional fitness, muscular endurance and strength, balance, posture and flexibility training. Instructors will review functional range of motion and joint action as well as review how to help people with limitations so that they may be helped with functional well-being.

District/Location	Day(s)	Time(s)	Dates	Code
S Birchmount CC	Sat	9AM-5:30PM	Nov 28	3250490

Aquafit Conference and Instructor Certification

Prerequisites: Minimum age 16 years and recommended Standard First Aid with CPR-C. It is highly recommended that candidates attend and participate in some aquafit classes prior to taking the course.

The annual City of Toronto Aquafit Conference offers a format for candidates to obtain their aquafit instructor certification. The conference will provide candidates with the opportunity to attend a variety of workshops in shallow and deep water aquafit and leadership to learn new techniques and develop new ideas and class styles from international instructors in a positive aquatic environment.

Registration fee includes: Comprehensive manual with study guide questions, DVD001 – *The Art of Exercise Science*, certification exam (theory and practical), online profile and certification diploma upon successful completion of exams.

Course Fee: \$469

District/Location	Day(s)	Time(s)	Dates	Code
W Wallace Emerson CC	Sat, Sun	8:30AM-6:30PM	Sep 12-13, 19-20	3256738

Aquafit Conference and Instructor Recertification

Prerequisites: A current Aquafit Instructor Certification (for recertification purposes only) and a minimum of 16 years. Recommended current Standard First Aid with CPR-C.

The annual City of Toronto Aquafit Conference offers a format for candidates to obtain their aquafit instructor recertification. The conference will provide candidates with the opportunity to attend a variety of workshops in shallow and deep water aquafit and leadership to learn new techniques and develop new ideas and class styles from international instructors in a positive aquatic environment.

Course Fee: \$264

District/Location	Day(s)	Time(s)	Dates	Code
W Wallace Emerson CC	Sat, Sun	8:30AM-6:30PM	Sep 19-20	3256739



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There are many benefits of regular exercise and physical activity including better health, greater strength and flexibility, and increased energy. Become a member and access one of the City of Toronto's 45 fitness centres. Consider a fitness passport or punch card and participate in our many drop-in fitness programs.

For information on locations and class schedules visit toronto.ca/fitness.

National Lifeguard: Pool

Prerequisites: Bronze Cross and Standard First Aid certification from by one of the partner agencies listed. Minimum 16 years of age. The accepted agencies are the Lifesaving Society, Canadian Red Cross, St. John Ambulance and Canadian Ski Patrol.

National Lifeguard certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgement, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed object recovery, 50m sprint challenge, 50m rescue drill and 400m endurance challenge in 10 minutes or less.

National Lifeguard training is designed for lifesavers who wish to obtain a responsible job and leadership experience. Successful candidates are certified by the Lifesaving Society-Canada's lifeguarding experts.



Requirement: Proof of age and prerequisite awards. Bring your own whistle.

Duration: 40 hours of instruction **Course Fee:** \$302 **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
T Fairmount Park CC	Fri, Sat, Sun	6-10PM, 1-10PM, 9:30AM-6:30PM	Jan 3-5, 10-12	3256814
W Annette CRC	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Jan 17-19, 24-26	3256807
E Albion Pool	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Jan 17-19, 24-26	3256551
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Jan 24-26, 31-Feb 2	3252814
T St. Lawrence CRC	Sat	8:30AM-7:30PM	Feb 1, 8, 15, 22	3259043
T Fairmount Park CC	Fri, Sat, Sun	6-10PM, 1-10PM, 1-10PM	Feb 7-9, 14-16	3256820
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-6PM	Feb 14-16, 21-23	3250551

Continues...

Aquatic Leadership 2020 • Leadership Courses

Original prerequisite certifications and proof of age, where required, must be presented at the start of each course.

National Lifeguard: Pool continues...

District/Location	Day(s)	Time(s)	Dates	Code
W Annette CRC	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Feb 21-23, 28-Mar 1	3256808
T Fairmount Park CC	Fri, Sat, Sun	6-10PM, 1-10PM, 9:30AM-6:30PM	Feb 28-Mar 1, 6-8	3256815
T Fairmount Park CC	Mon-Fri	9:30AM-6:30PM	Mar 16-20	3256826
S Cedarbrae CI	Mon-Fri	9AM-6PM	Mar 16-20	3252813
N Northview Heights SS	Mon-Fri	9AM-6PM	Mar 16-20	3250549
N Victoria Park CI	Mon-Fri	9AM-6PM	Mar 16-20	3250550
E Etobicoke Olympium	Mon-Fri	9AM-6PM	Mar 16-20	3256546
W JJ Piccininni CRC	Mon-Fri	12-9PM	Mar 16-20	3256545
T Fairmount Park CC	Fri, Sat, Sun	6-10PM, 1-10PM, 9:30AM-6:30PM	Mar 20-22, 27-29	3256816
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-6PM	Apr 3-5, 10-12	3250552
S West Hill CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Apr 3-5, 17-19	3252811
T Fairmount Park CC	Fri, Sat, Sun	6-10PM, 1-10PM, 9:30AM-6:30PM	Apr 24-26, May 1-3	3256817
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Apr 24-26, May 1-3	3252817
W Annette CRC	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	May 1-3, 8-10	3256809
S West Hill CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	May 8-10, 15-17	3252818
E Albion Pool	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	May 8-10, 15-17	3256549
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 1-10PM, 1-10PM	May 15-17, 22-24	3256821
T Fairmount Park CC	Fri, Sat, Sun	6-10PM, 1-10PM, 9:30AM-6:30PM	May 29-31, Jun 5-7	3256818
N North Toronto Mem.	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 12PM-8PM	Jun 12-14, 19-21	3250553
E Memorial Pool	Fri, Sat, Sun	5:30-9:30PM, 9AM-6PM, 9AM-6PM	Jun 12-14, 19-21	3256550
N Northview Heights SS	Wed-Sun	9AM-6PM	Jun 24-28	3250554
N Victoria Park CI	Wed-Sun	9AM-6PM	Jun 24-28	3250555
E Memorial Pool	Wed-Sun	8:30AM-5:30PM	Jun 24-28	3256547
S Cedarbrae CI	Thu-Mon	9AM-6PM	Jun 25-29	3252819
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Jul 3-5, 10-12	3252816
N Victoria Park CI	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-6PM	Jul 3-5, 10-12	3250556
T St. Lawrence CRC	Mon-Fri	9AM-6PM	Jul 27-31	3259041
E Etobicoke Olympium	Fri, Sat, Sun	6-10PM, 10AM-7PM, 10AM-7PM	Jul 31-Aug 2, 7-9	3256554
S Sir Oliver Mowat CI	Mon-Fri	9AM-6PM	Aug 17-21	3252822
E Etobicoke Olympium	Mon-Fri	9AM-6PM	Aug 24-28	3273543
S Cedarbrae CI	Mon-Fri	9AM-6PM	Aug 24-28	3252821
T St. Lawrence CRC	Mon-Fri	9AM-6PM	Aug 24-28	3259042
S L'Amoreaux CI	Mon-Fri	9AM-6PM	Aug 31-Sep 4	3252823
N Cummer Park CC	Mon-Fri	1-10PM	Aug 31-Sep 4	3250557

Continues...

National Lifeguard: Pool continues...

District/Location	Day(s)	Time(s)	Dates	Code
N Douglas Snow AC	Mon-Fri	9AM-6PM	Aug 31-Sep 4	3250559
N Douglas Snow AC	Mon-Fri	12-9PM	Aug 31-Sep 4	3250567
E Albion Pool	Mon-Fri	9AM-6PM	Aug 31-Sep 4	3256560
E Albion Pool	Fri, Sat, Sun	6-10PM, 9:30AM-6:30PM, 9:30AM-6:30PM	Sep 4-6, 11-13	3256552
N North Toronto Mem.	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 12PM-8PM	Sep 18-20, 25-27	3250560
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 1-10PM, 1-10PM	Oct 2-4, 9-11	3256823
E Albion Pool	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Oct 2-4, 9-11	3256558
T Gordon A Brown MS	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Oct 16-18, 23-25	3256824
S Cedarbrae CI	Fri, Sat, Sun	5:30-9:30PM, 10AM-8PM, 10AM-6PM	Oct 23-25, 30-Nov 1	3252812
T Jimmie Simpson CRC	Fri, Sat, Sun	6-10PM, 1-10PM, 1-10PM	Oct 30-Nov 1, 6-8	3256825
N Northview Heights SS	Fri, Sat, Sun	6-10PM, 10AM-8PM, 10AM-6PM	Nov 6-8, 13-15	3250561
S West Hill CI	Fri, Sat, Sun	5:30-9:30PM, 12-9PM, 9:30AM-6:30PM	Nov 13-15, 20-22	3252824
W Annette CRC	Fri, Sat, Sun	6-10PM, 9AM-6PM, 9AM-6PM	Nov 20-22, 27-29	3256553
W Weston CI	Sat, Sun	9AM-9PM	Nov 28-29, Dec 5-6	3256813
T Fairmount Park CC	Fri, Sat, Sun	6-10PM, 1-10PM, 9:30AM-6:30PM	Dec 4-6, 11-13	3256819
E Albion Pool	Sat-Wed	9AM-6PM (Sat-Sun), 10AM-7PM (Mon-Wed)	Dec 19-23	3256557
S TO Pan Am Sports Ctr	Sun-Thu	9AM-7PM (Sun-Wed), 9AM-2PM (Thu)	Dec 27-31	3252825
N Douglas Snow AC	Sun-Thu	9AM-7PM (Sun-Wed), 9AM-2PM (Thu)	Dec 27-31	3250563
N Douglas Snow AC	Sun-Thu	9AM-7PM (Sun-Wed), 9AM-2PM (Thu)	Dec 27-31	3250564
E Alderwood Pool	Sun-Thu	9AM-7PM (Sun-Wed), 9AM-2PM (Thu)	Dec 27-31	3256556

National Lifeguard: Pool-Women and Girls Only

District/Location	Day(s)	Time(s)	Dates	Code
S Cedarbrae CI	Fri, Sat, Sun	6-10PM, 12-9PM, 12-9PM	Jul 17-19, 24-26	3256559



National Lifeguard: Waterfront Core

Prerequisites: National Lifeguard Pool certification

National Lifeguard certification is Canada’s professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgement, and a mature and responsible attitude towards the lifeguard’s role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed run of 100m combined with a 100m swim to recover a conscious victim; tow the victim 100m in 6 minutes or less. National Lifeguard training is designed for lifesavers who wish to obtain a responsible job and leadership experience. Successful candidates are certified by the Lifesaving Society-Canada’s lifeguarding experts.

This 21 hour course is designed for participants who are already certified in National Lifeguard Pool and want to be certified in National Lifeguard Waterfront.

Requirement: Proof of prerequisite awards. Bring your own whistle. Wet suits are required and water shoes are highly recommended.

Duration: 21 hours of instruction **Course Fee:** \$132 **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
T Donald D Summerville	Mon-Wed	11AM-7PM	Jun 22-24	3256777
T Donald D Summerville	Tue	11AM-7PM	Jul 7, 14, 21	3256779
T Donald D Summerville	Mon-Wed	11AM-7PM	Jul 27-29	3256778
T Donald D Summerville	Mon-Wed	11AM-7PM	Aug 24-26	3256780
T Donald D Summerville	Fri, Sat, Sun	5:30-9:30PM, 9AM-6PM, 9AM-6PM	Sep 11-13	3256781

You do the math...

Great job
 + *Leadership skills*
 + *Lifelong friends*



National Lifeguard Recertification: Pool

Prerequisites: National Lifeguard Pool certification

This program is designed to test the candidate's lifeguarding skills in order to maintain current certification at the National Lifeguard pool level.

Requirement: Proof of prerequisite awards. Bring your own whistle.

Duration: 8 hour exam **Course Fee:** \$96 **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
E Etobicoke Olympium	Sat	2-10:30PM	Jan 4	3256518
T Fairmount Park CC	Sun	1-9:30PM	Jan 12	3256783
T Earl Beatty CC	Sun	12-8:30PM	Jan 26	3256789
E Albion Pool	Sat	1-9:30PM	Feb 1	3256544
T Fairmount Park CC	Sun	1-9:30PM	Feb 9	3256790
S Sir Oliver Mowat CI	Sun	10AM-6:30PM	Feb 16	3252796
E Albion Pool	Sat	1-9:30PM	Feb 22	3256522
N Victoria Park CI	Sun	1-9:30PM	Feb 23	3250534
W JJ Piccininni CRC	Sat	10AM-6:30PM	Feb 29	3256520
S Sir Oliver Mowat CI	Sun	12:30-9PM	Mar 1	3252798
E The Elms CS	Sat	1-9:30PM	Mar 7	3256519
W Annette CRC	Sun	1-9:30PM	Mar 8	3256796
N Northview Heights SS	Sat	10AM-6:30PM	Mar 14	3250544
E Gus Ryder	Sat	9:30AM-6PM	Mar 21	3256521
T Earl Beatty CC	Sun	12-8:30PM	Apr 5	3256752
T Fairmount Park CC	Sun	1-9:30PM	Apr 12	3256784
E The Elms CS	Sat	1-9:30PM	Apr 18	3256523
S Sir Oliver Mowat CI	Sun	12:30-9PM	Apr 19	3252800
E CW Jefferys	Sun	10AM-6:30PM	May 3	3256524
T Earl Beatty CC	Sun	12-8:30PM	May 3	3256791
E Alderwood Pool	Sun	8AM-4:30PM	May 3	3256537
S Cedarbrae CI	Sun	10AM-6:30PM	May 10	3252801
E Gus Ryder	Sat	1-9:30PM	May 16	3256525
T Fairmount Park CC	Sun	1-9:30PM	May 17	3256785
N Northview Heights SS	Sun	10AM-6:30PM	May 17	3250537
N Victoria Park CI	Sat	1-9:30PM	May 23	3250541
T Fairmount Park CC	Sun	1-9:30PM	May 24	3256786
W JJ Piccininni CRC	Sat	9AM-5:30PM	May 30	3256527
N Victoria Park CI	Sun	1-9:30PM	May 31	3250539

Continues...

Original prerequisite certifications and proof of age, where required, must be presented at the start of each course.

National Lifeguard Recertification: Pool continues...

District/Location	Day(s)	Time(s)	Dates	Code
S Sir Oliver Mowat CI	Sun	10AM-6:30PM	Jun 7	3252799
N Northview Heights SS	Sat	10AM-6:30PM	Jun 13	3250540
E The Elms CS	Sat	8:30AM-5PM	Jun 20	3256528
N Victoria Park CI	Sun	1-9:30PM	Jun 21	3250535
W Annette CRC	Sun	1-9:30PM	Jun 21	3256798
E The Elms CS	Sun	8:30AM-5PM	Jul 12	3256529
E Memorial Pool	Sun	9AM-5:30PM	Jul 19	3256530
S Sir Oliver Mowat CI	Sun	10AM-6:30PM	Jul 26	3252803
T Earl Beatty CC	Sun	12-8:30PM	Aug 2	3256792
E The Elms CS	Sat	8:30AM-5PM	Aug 8	3256533
S Wexford CI	Sun	10AM-6:30PM	Aug 9	3252804
N Northview Heights SS	Sun	10AM-6:30PM	Aug 9	3250542
E Etobicoke Olympium	Sat	2-10:30PM	Aug 15	3256534
W JJ Piccininni CRC	Sun	10AM-6:30PM	Aug 16	3256532
S Cedarbrae CI	Sat	10AM-6:30PM	Aug 22	3252805
E Memorial Pool	Sat	9AM-5:30PM	Aug 22	3256535
T Earl Beatty CC	Sun	12-8:30PM	Aug 23	3256793
N Cummer Park CC	Sun	1:30-10PM	Aug 30	3250545
E The Elms CS	Sun	2-10:30PM	Aug 30	3256536
N Northview Heights SS	Sat	10AM-6:30PM	Sep 5	3250543
T Earl Beatty CC	Sun	12-8:30PM	Sep 13	3256794
E The Elms CS	Sat	2-10:30PM	Sep 26	3256538
T Fairmount Park CC	Sun	1-9:30PM	Sep 27	3256787
N Northview Heights SS	Sun	10AM-6:30PM	Oct 11	3250548
S Sir Oliver Mowat CI	Sun	12:30-9PM	Oct 18	3252807
T East York CRC	Sun	12:30-9PM	Oct 25	3256799
E The Elms CS	Sun	1-9:30PM	Nov 1	3256539
T Earl Beatty CC	Sun	12-8:30PM	Nov 8	3256795
S Sir Oliver Mowat CI	Sun	12:30-9PM	Nov 15	3252808
E Albion Pool	Sat	1-9:30PM	Nov 21	3256540
S Cedarbrae CI	Sun	10AM-6:30PM	Nov 29	3252809
E Memorial Pool	Sun	9AM-5:30PM	Nov 29	3256542
E Gus Ryder	Sat	9:30AM-6PM	Dec 5	3256541
N Victoria Park CI	Sun	1-9:30PM	Dec 6	3250546

Continues...

National Lifeguard Recertification: Pool continues...

District/Location	Day(s)	Time(s)	Dates	Code
N Cummer Park CC	Sat	1-9:30PM	Dec 12	3250547
S Cedarbrae CI	Sun	10AM-6:30PM	Dec 13	3252810
E The Elms CS	Sun	8:30AM-5PM	Dec 13	3256543
E The Elms CS	Sun	8:30AM-5PM	Dec 20	3256531

Active Lifeguards – National Lifeguard Recertification: Pool

Prerequisites: National Lifeguard Pool certification

This program is designed for active lifeguards (individuals currently working and regularly attending trainings and updates) to test the candidate's lifeguard skills in order to maintain current certification at the National Lifeguard level in a pool setting.

Requirement: Proof of prerequisite awards. Bring your own whistle.

Duration: 5 hours **Course Fee:** \$96 **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
N Victoria Park CI	Sun	1-6PM	Mar 8	3250536
E The Elms CS	Sun	3-8PM	May 17	3256526
S West Hill CI	Sun	2-7PM	Sep 20	3252806
T Fairmount Park CC	Sun	1-6PM	Dec 6	3256788

National Lifeguard Recertification: Waterfront

Prerequisites: National Lifeguard Waterfront certification

This program is designed to test the candidate's lifeguarding skills in order to maintain current certification at the National Lifeguard waterfront level. Please note water temperatures can range from 12 to 22 C depending on time of year.

Requirement: Proof of prerequisite awards. Bring your own whistle. Wet suits required and water shoes are highly recommended.

Duration: 8 hour exam **Course Fee:** \$96 **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
T Donald D Summerville	Wed	10AM-6:30PM	Jun 24	3256802
T Donald D Summerville	Wed	10AM-6:30PM	Jul 29	3256803
T Donald D Summerville	Mon	10AM-6:30PM	Aug 24	3256804
T Donald D Summerville	Sat	9AM-5:30PM	Sep 5	3256805
T Donald D Summerville	Sun	9AM-5:30PM	Sep 13	3256806

Aquatic Supervisor

Prerequisites: Swim Instructor, Lifesaving Instructor or National Lifeguard; and minimum 100 hours experience as a lifeguard and/or instructor.

Aquatic Supervisor prepares candidates for the responsibilities associated with being aquatic supervisors, head lifeguards or pool managers. As a recognized standard, Aquatic Supervisor certification ensures candidates are familiar with the skills needed to fulfill the requirements of these positions. Candidates will learn provincial regulations, legal responsibilities and the authority of a supervisor. Topics include: aquatic emergencies, facility management, organizational effectiveness, communication, supervisory skills and risk management.

Requirement: Candidates must bring a letter from their employer confirming that they have completed a minimum of 100 hours of lifeguarding and/or instructing.

Duration: 12 hours of instruction **Course Fee:** \$146 **Age:** 16 yrs+



District/Location	Day(s)	Time(s)	Dates	Code
W JJ Piccininni CRC	Fri, Sat	6-10PM, 10AM-6:30PM	Jan 24-25	3256488
T East York CRC	Sat, Sun	1-7:30PM, 10AM-4:30PM	Apr 4-5	3256740
S TO Pan Am Sports Ctr	Fri, Sat	6-10PM, 9AM-5:30PM	Aug 21-22	3252773
N Edithvale CC	Sat, Sun	10AM-4:30PM	Nov 28-29	3250491

Examiner Course

Prerequisites: Lifesaving Instructor or First Aid Instructor or National Lifeguard Instructor.

This course is the initial step in obtaining Lifesaving Society examiner status. Lifesaving Society instructors who wish to apply for an Examiner appointment must attend. Candidates must bring proof of prerequisite awards.

Recommended: Experience instructing at the Bronze, First Aid or National Lifeguard level(s).

Duration: 6 hours of instruction **Course Fee:** \$89 **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
T Fairmount Park CC	Sat	12-6:30PM	Feb 22	3256771
S Cedarbrae CI	Sat	10AM-4:30PM	May 9	3252789
E Memorial Pool	Sat	9AM-3:30PM	Jul 18	3256514
N Cummer Park CC	Sun	10AM-4:30PM	Sep 13	3250523

Swim Instructor Update Clinic

Prerequisites: Minimum 16 years of age and proof of Bronze Cross and Red Cross Water Safety Instructor or YMCA Instructor or I Can Swim Teacher.

This 4-hour clinic is for those who require their Swim Instructor certification but possess an instructor certification from an agency other than the Lifesaving Society. Upon successful completion of this update, candidates will possess the 3 credits required to obtain their Swim Instructor certification from the Lifesaving Society. Time is devoted in both classroom and water sessions to ensure thorough knowledge of program content. Please refer to page 22 for more information.

Please note candidates will not receive the Lifesaving Instructor certifications from this course.

Duration: 4 hours of instruction **Course Fee:** \$76 **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
S Wexford CI	Sun	1-5PM	Mar 8	3252871
E Memorial Pool	Sat	3:30-7:30PM	May 23	3256624
T Gordon A Brown MS	Sat	2-6PM	Sep 19	3256872
N Douglas Snow AC	Wed	5-9PM	Dec 2	3250611



The courses on this page require a pre-course assignment. All registered candidates will be contacted two weeks in advance of the course start dates to arrange pick-up. Registration closes two weeks prior to the start date to allow completion of the pre-course assignment.

First Aid Instructor

Prerequisites: Standard First Aid certification from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, Canadian Ski Patrol.

The First Aid Instructor course is designed to provide candidates with the knowledge and resources required to organize, plan and deliver Lifesaving Society awards up to and including Standard First Aid and CPR –A, -B, -C. Candidates must bring proof of prerequisite award.

Duration: 20 hours of instruction

Course Fee: \$281 plus \$22.53 + HST for First Aid Instructor CD

Age: 16 yrs+



District/Location	Day(s)	Time(s)	Dates	Code
T Matty Eckler CRC	Sat, Sun	10AM-8:30PM	Apr 25-26	3256772
N Edithvale CC	Fri, Sat, Sun	6-10PM, 10AM-6:30PM, 10AM-6:30PM	Oct 2-4	3250524

National Lifeguard Instructor and First Aid Instructor

This course is for experienced instructors.

Prerequisites: National Lifeguard (any option), Lifesaving Society, Canadian Red Cross, Canadian Ski Patrol or St. John Ambulance Standard First Aid and Lifesaving Instructor.

Designed to provide candidates with an understanding of the expectations and requirements to teach both the National Lifeguard and First Aid programs. The classroom and in-water sessions allow participants to demonstrate their knowledge, skills, teaching, evaluation skills, etc. Candidates must bring proof of prerequisite awards.

Recommended: Bronze examiner, experience lifeguarding.

Duration: 32 hours of instruction **Course Fee:** \$442 plus \$22.53 + HST for First Aid Instructor CD

Age: 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
S Cedarbrae CI	Sat, Sun	10AM-6:30PM	Mar 21-22, 28-29	3252794
T Jimmie Simpson CRC	Sat, Sun	12-8:30PM	Jul 25-26, Aug 1-2	3256782
N Northview Heights SS	Sat, Sun	10AM-6:30PM	Nov 14-15, 21-22	3250531

The courses on this page require a pre-course assignment. All registered candidates will be contacted two weeks in advance of the course start dates to arrange pick-up. Registration closes two weeks prior to the start date to allow completion of the pre-course assignment.

National Lifeguard Instructor

This course is for experienced instructors.

Prerequisites: National Lifeguard (any option) and Lifesaving Instructor

Designed to provide candidates with an understanding of the principles and practices on which the program is based and explores teaching approaches and techniques appropriate for National Lifeguard candidates. The classroom and pool sessions allow participants to demonstrate their knowledge, skills, teaching, evaluation skills, etc. Candidates must bring proof of prerequisite awards.

Recommended: Bronze examiner, experience lifeguarding.

Duration: 16 hours of instruction **Course Fee:** \$281 **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
E Alderwood Pool	Mon, Tue	9AM-5:30PM	Dec 28-29	3256517



Lifesaving Society Trainer Course

Prerequisites: Examiner status (Bronze, First Aid or National Lifeguard) or experienced Swim Instructor, Officials Instructor or Lifesaving Sport Coach

Designed to provide candidates with an understanding of the expectations and requirements to teach instructors, and preparing participants to successfully apprentice as a Trainer on the Instructor courses of their choice. The classroom and pool sessions allow participants to demonstrate their knowledge, skills, teaching, evaluation skills, etc. Candidates must bring proof of prerequisite awards.

Duration: 16 hours of instruction

Course Fee: \$243 **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
T Fairmount Park CC	Sun	10AM-6:30PM	Oct 11, 18	3256776



Pool Operator - Level 1

Prerequisites: None

The Pool Operator Level 1 focuses on regulatory standards for pool operation and chemical application principles in order to maintain balanced swimming pool water. Participants learn to problem solve and how to safely adjust swimming pool chemical levels in order to maintain a healthy and safe environment for bathers and staff.

Duration: 8 hours of instruction

Course Fee: \$162



District/Location	Day(s)	Time(s)	Dates	Code
E Alderwood Pool	Fri	9AM-5:30PM	May 8	3256561
N Douglas Snow AC	Fri	10AM-6:30PM	Sep 25	3250568

Pool Operator - Level 2

Prerequisites: Pool Operator Level 1

The Pool Operator Level 2 course blends safety management with the essential knowledge of facility operation. The course provides pool operators with the knowledge and resources to operate and maintain safe swimming pools in accordance with provincial health regulations.

Duration: 8 hours of instruction **Course Fee:** \$243

District/Location	Day(s)	Time(s)	Dates	Code
N Douglas Snow AC	Fri	10AM-6:30PM	Dec 11	3250569

Aquatic Safety Inspector

Prerequisites: None

For those interested in evaluating operational safety standards for aquatic facilities, this 12 hour certification provides a strong understanding of the regulations, protocols and guidelines that apply to the operation of aquatic facilities. Participants apply knowledge learned in the class through hands-on inspections using Society Inspection checklists.

Duration: 12 hours of instruction

Course Fee: \$243



District/Location	Day(s)	Time(s)	Dates	Code
E Alderwood Pool	Thu, Fri	9AM-5:30PM, 9AM-1PM	Apr 23-24	3256487

What is HIGH FIVE®?



HIGH FIVE® is Canada's quality standard for children's programs. HIGH FIVE® was developed as an innovative approach to help organizations enhance program quality and provide positive experiences for children to support lifelong health and wellness.

As a HIGH FIVE® service provider, we take quality seriously.

For more information about HIGH FIVE® visit highfive.org.

Principles of Healthy Child Development

Prerequisites: Minimum age of 16 years

The one-day workshop will help participants who work with children ages 6 to 12 – e.g. camp leaders, sport and swim instructors, coaches improve the quality



of their programs. It provides in-depth information on the HIGH FIVE® Principles of Healthy Child Development so participants understand how to ensure each child's social, emotional and cognitive needs are met. Participants learn activities and gain knowledge, tips and resources to enhance their programs as well as their relationships with children and other staff members. Topics also include bullying, conflict resolution, physical literacy and children's mental health. Workshops include moderate to vigorous physical activities.

The workshop has been tailored to meet the unique needs of a variety of different programs including aquatics, arts, dance, recreation camps and sports.

Continues...



Jobs with a Difference

If you love working with children, join the City of Toronto as a recreation program leader!

The City of Toronto is looking for applicants who can:

- Lead children in ways that promote their sense of self-esteem and encourages friendships; and
- Provide an emotionally safe, positive and enjoyable setting.

For a listing of upcoming jobs and application forms, visit toronto.ca/recjobs.

Applicants who successfully pass their interview must obtain HIGH FIVE® Principles of Healthy Child Development certification upon receiving a conditional offer of employment.

Principles of Healthy Child Development continues...

Participant Outcomes – At the completion of this workshop, participants will be able to:

- Design an activity plan to support children’s physical and mental health.
- Build healthy relationships in all areas of programming for children.
- Create environments and spaces that foster healthy child development.



What do I need to bring to the workshop?

- Email Address – Principles of Healthy Child Development certifications are emailed to participants after the course is complete.
- Lunch/Water/Snacks – There may not be an immediate location to get food.
- Wear comfortable clothing and appropriate footwear for games and activities.

Do I get a certificate after the workshop?

Yes, successful Principles of Healthy Child Development workshop participants can now print their own certificates online through the HIGH FIVE® database. You will receive an email from PRO-HIGH FIVE with your personal login including username and password. PRO-HIGH FIVE will create a ‘Profile’ account for you and email you the details.

To print your certification, follow these instructions:

1. Go to highfive.org.
2. Log into your personal HIGH FIVE® account by clicking on “Login” at the top right of the HIGH FIVE® website.
3. Login with your username and password. A password will be provided in the confirmation email. If you require a password reset, please contact HIGH FIVE® Ontario.
4. Click on the ‘Person’ tab and then click on ‘View my Profile’.
5. Click on the ‘Training’ Tab.
6. You will be able to see the workshop you have taken and be able to click on the icon that says wallet size or full size certificate. You can also print both.

If you do not receive your certification within two months, contact HIGH FIVE® via email at HIGHFIVE@prontario.org or by phone at 416-426-7286.

Resources: Principles of Healthy Child Development Workbook

Registration Information: Principles of Healthy Child Development workshops will open for registration one month prior to the start date of each workshop (e.g. workshops scheduled to run in May 1, 2020 will be open for registration on April 1, 2020).

Continues...

Principles of Healthy Child Development continues...

Duration: 7 hours of instruction **Course Fee:** Free (Residents)/\$94 (Non-Residents) **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
N Lawrence Heights CRC	Sat	9:30AM-5PM	Jan 4	3259815
T Regent Park CC	Sat	9:30AM-5PM	Jan 11	3259816
N Lawrence Heights CRC	Sun	10AM-5:30PM	Jan 19	3259817
E Elmbank CC	Sat	9AM-4:30PM	Feb 1	3259818
S Centennial RC	Sat	10AM-5:30PM	Feb 1	3259819
E Elmbank CC	Sat	9AM-4:30PM	Feb 8	3259821
N Oriole CC	Sat	9:30AM-5PM	Feb 8	3259820
T Jimmie Simpson CRC	Sat	10AM-5:30PM	Feb 22	3259822
E Driftwood CRC	Sat	9:30AM-5PM	Feb 29	3259823
T Regent Park CC	Sat	9:30AM-5PM	Mar 7	3259824
N Antibes CC	Sat	9:30AM-5PM	Mar 14	3259825
S L'Amoreaux CRC	Sat	9:30AM-5PM	Mar 21	3259826
W York RC	Sat	9:30AM-5PM	Mar 21	3259827
N Dennis R. Timbrell RC	Sun	10AM-5:30PM	Mar 22	3259828
T Regent Park CC	Sun	10:30AM-5:30PM	Apr 5	3259829
T Metro Hall	Sun	10AM-5:30PM	Apr 12	3259831
N Jenner Jean-Marie CC	Sun	10AM-5:30PM	Apr 12	3259832
S SC Village RC	Sun	10AM-5:30PM	Apr 12	3259830
E Elmbank CC	Sat	9AM-4:30PM	Apr 18	3259834
N Oriole CC	Sat	9:30AM-5PM	Apr 18	3259833
T Jimmie Simpson CRC	Sat	9:30AM-5PM	Apr 25	3259837
E Elmbank CC	Sun	10AM-5:30PM	Apr 25	3259838
S Oakridge CC	Sat	9AM-4:30PM	Apr 25	3259836
N Lawrence Heights CRC	Sun	10AM-5:30PM	May 3	3259841
T Metro Hall	Sun	10AM-5:30PM	May 3	3259839
T Regent Park CC	Sun	10:30AM-5:30PM	May 3	3259840
E Elmbank CC	Sat	9AM-4:30PM	May 9	3259842
N Oriole CC	Sat	9:30AM-5PM	May 9	3259843
T Regent Park CC	Sun	10:30AM-5:30PM	May 10	3259844
E Elmbank CC	Sat	9AM-4:30PM	May 16	3259845
N Oriole CC	Sat	9:30AM-5PM	May 16	3259846
N Jenner Jean-Marie CC	Sun	10AM-5:30PM	May 17	3259848
S Cedarbrook CC	Sun	10AM-5:30PM	May 17	3259849

Continues...

Principles of Healthy Child Development continues...

District/Location	Day(s)	Time(s)	Dates	Code
W Masaryk-Cowan CRC	Sun	10AM-5:30PM	May 17	3259847
S Oakridge CC	Sat	9:30AM-5PM	May 22	3259851
N Grandravine CC	Sat	9:30AM-5PM	May 23	3259850
N Jenner Jean-Marie CC	Sun	10AM-5:30PM	May 24	3259852
N Oriole CC	Sat	9AM-5:30PM	May 30	3259853
T Regent Park CC	Sun	10AM-5:30PM	May 31	3259861
E Driftwood CRC	Sat	9:30AM-5PM	Jun 6	3259864
N Oriole CC	Sat	9:30AM-5PM	Jun 6	3259854
N Grandravine CC	Sat	9:30AM-5PM	Jun 6	3259863
N Dennis R. Timbrell RC	Sat	9:30AM-5PM	Jun 6	3259865
S SC Village RC	Sat	9:30AM-5PM	Jun 6	3259855
W York RC	Sat	9:30AM-5PM	Jun 6	3259857
N Jenner Jean-Marie CC	Sun	10AM-5:30PM	Jun 7	3259859
T Regent Park CC	Tue-Wed	6-9:30PM	Jun 9-10	3259866
T Jimmie Simpson CRC	Sat	9:30AM-5PM	Jun 13	3259868
E Islington CS	Sat	9:30AM-5PM	Jun 13	3259862
S Oakridge CC	Sat	9:30AM-5PM	Jun 13	3259870
W Falstaff CC	Sat	9:30AM-5PM	Jun 13	3259869
S L'Amoreaux CRC	Wed-Thu	6-9:30PM	Jun 17-18	3259867
E North Kipling CC	Sat	9:30AM-5PM	Jun 20	3259871
T Jimmie Simpson CRC	Sun	10AM-5:30PM	Jun 21	3259872
T O'Connor CC	Sat	9:30AM-5PM	Jul 4	3259873
W Falstaff CC	Sat	9:30AM-5PM	Jul 4	3259874
N Dennis R. Timbrell RC	Sat	9:30AM-5PM	Jul 11	3259875
S Oakridge CC	Sat	9:30AM-5PM	Aug 1	3259876
E Elmbank CC	Sun	10AM-5:30PM	Aug 9	3259877
T Regent Park CC	Wed-Thu	6-9:30PM	Aug 12-13	3259878
S Oakridge CC	Sat	9:30AM-5PM	Aug 15	3259879
W Falstaff CC	Sat	9:30AM-5PM	Aug 15	3259880
T Jimmie Simpson CRC	Sat	9:30AM-5PM	Aug 22	3259882
S Centennial RC	Sat	9:30AM-5PM	Aug 22	3259881
S Oakridge CC	Sat	9:30AM-5PM	Aug 22	3259883
W York RC	Tue-Wed	6-9:30PM	Sep 2-3	3259884
W Falstaff CC	Sat	9:30AM-5PM	Sep 5	3259886

Continues...

Principles of Healthy Child Development continues...

District/Location	Day(s)	Time(s)	Dates	Code
E Driftwood CRC	Sun	10AM-5:30PM	Sep 6	3259887
S Stephen Leacock CRC	Sat	9:30AM-5PM	Sep 7	3259885
W Masaryk-Cowan CRC	Sat	10AM-5:30PM	Sep 12	3259888
W York RC	Sun	10AM-5:30PM	Sep 13	3259889
S L'Amoreaux CRC	Tue, Thu	6-9:30PM	Sep 15, 17	3259890
E Driftwood CRC	Sat	9:30AM-5PM	Sep 19	3259891
T Regent Park CC	Sun	10:30AM-5:30PM	Sep 20	3259892
E Elmbank CC	Sat	9AM-4:30PM	Oct 10	3259893
S Oakridge CC	Sat	9:30AM-5PM	Oct 17	3259895
T Jimmie Simpson CRC	Sat	9:30AM-5PM	Oct 24	3259894
T Jenner Jean-Marie CC	Sun	10AM-5:30PM	Nov 1	3259896
E Elmbank CC	Sun	10AM-5:30PM	Nov 8	3259897
T Jimmie Simpson CRC	Sun	9:30AM-5PM	Nov 14	3259899
N Oriole CC	Sat	9:30AM-5PM	Nov 14	3259898
S Oakridge CC	Sat	9:30AM-5PM	Nov 21	3259901
W Masaryk-Cowan CRC	Sat	9:30AM-5PM	Nov 21	3259900
W Masaryk-Cowan CRC	Sat	9:30AM-5PM	Nov 28	3259902
N Grandravine CC	Sat	9:30AM-5PM	Dec 5	3259903
S Oakridge CC	Sat	10AM-5:30PM	Dec 12	3260092
E North Kipling CC	Sat	9:30AM-5PM	Dec 19	3260094

Cycling Employment with the City of Toronto

The City of Toronto Corporate Bicycle Safety Policy requires staff who use a bicycle to perform job duties to have certification in CAN-BIKE Level 4, or equivalent training. There are part-time jobs and full-time jobs that require CAN-BIKE certification.

Qualifications for part time jobs:

Bike Camp Specialty Instructor – CAN-BIKE Level 4, Emergency First Aid with CPR-C, High Five Principles of Healthy Child Development

Sport Instructor (cycling) – CAN-BIKE Level 4, Emergency First Aid with CPR-C, Principles of Healthy Child Development

CAN-BIKE Level 4 Instructor – CAN-BIKE Level 5, Standard First Aid with CPR-C, Principles of Healthy Child Development



CAN-BIKE Certification Courses



CAN-BIKE programs are road safety programs that follow the curriculum of Cycling Canada Cyclisme. The

Ministry of Transportation in Ontario recognizes CAN-BIKE Level 4 for demonstrating competency operating a bicycle and practical knowledge about riding in traffic. Certification in CAN-BIKE is used as a standard job qualification where riding a bicycle is required to perform job duties (e.g. Police, Paramedics, By-law Officers, and Couriers)

Programs operate rain or shine (participants need to be able to ride in all conditions). Bring layers of clothing to accommodate all

weather conditions, as well as a water bottle for ongoing hydration, sun screen, sun glasses. For full day programs, bring a lunch and a beverage for the 30-minute lunch break.

Participants need to bring a multiple-gear bicycle that meets standards of the Highway Traffic Act, and sturdy bicycle lock to secure the bike when taking theory lessons indoors.



CAN-BIKE Course Cycling Skills Assessment

Prerequisites: minimum 14 years of age

The skills assessment will require participants to demonstrate the following skills: safely mount and dismount from a bicycle, ability to ride in a straight line, complete a shoulder check, hand signals, complete a slalom, complete a figure 8 and ability to ride as a group in a park setting.

Requirements: A multiple-gear bicycle that fits the cyclist and meets standards of the Highway Traffic Act. Use of a properly-fitted bicycle helmet (certified by CSA, ASTM, ANSI, CPSC or Snell), a functioning bell, red reflective tape on back bicycle forks and white reflective tape on the front bicycle forks are also required.

Duration: 2 hours **Course Fee:** \$21 **Age:** 14 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
T Trinity Bellwoods Park	Sat	9-11AM	May 9	3258983
T Greenwood Park	Sat	1-3PM	May 9	3258985
E Centennial Park Ski	Wed	6-8PM	May 20	3258987
N Earl Bales CC	Wed	6-8PM	Aug 12	3258986
S Birchmount CC	Wed	6-8PM	Aug 19	3258984

CAN-BIKE Level 4 – Advanced Cycling Skills

Prerequisites: minimum 14 years and course cycling skills assessment

This program includes advanced bike handling skills, traffic dynamics, rules of the road, and practical training riding on major streets in traffic. Successful completion of the written exam, bike handling test and road test will earn certification.

Requirements: A multiple-gear bicycle that fits the cyclist and meets standards of the Highway Traffic Act. Use of properly-fitted bicycle helmet, certified by CSA, ASTM, ANSI, CPSC or Snell, a functioning bell, red reflective tape on back bicycle forks and white reflective tape on the front bicycle forks.



Duration: 18 hours

Course Fee/Age: \$175/14-24 yrs, \$198/25 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
T Greenwood	Wed, Sat, Sun	6-9PM, 9AM-5PM, 9AM-5PM	May 27, 30, 31	3258246
T Trinity Bellwoods Park	Sat	1-4PM	May 23, 30, Jun 6, 13, 20, 27	3258233
S Birchmount CC	Wed, Sun	6-9PM, 1-4PM	Sep 9,13,16, 20, 23, 27	3258249
E Centennial Park Ski	Wed, Sat, Sun	6-9PM, 9AM-5PM, 9AM-5PM	Jun 3, 6, 7	3258243
N Earl Bales CC	Wed, Sat, Sun	6-9PM, 9AM-5PM, 9AM-5PM	Sep 30, Oct 3, 4	3258251

CAN-BIKE Level 5 – Instructor Training

Prerequisites: minimum 18 years of age, completion of CAN-BIKE Level 4 with grades higher than 80%, and recommendation from Examiner

Participants must demonstrate practical abilities and theoretical knowledge of cycling skills, traffic laws and traffic dynamics; as well as the ability to teach these concepts and skills to others.

Duration: 24 hours

Course Fee: \$373 Program fees include course materials and all examination charges.

Age: 18 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
T Greenwood	Mon-Thu	9:30AM-4:30PM	Aug 31-Sep 3	3258247

#RecJobs



Be part of our fantastic work team!

**Keep active. Be healthy.
Enjoy fitness in your community!**

Toronto Parks, Forestry and Recreation hires part-time jobs, year round.
We want you to be part of our team! For current opportunities visit
toronto.ca/recjobs.



Call **311**

Let's Get Coaching!

You may already coach at the community level or you're thinking about coaching. Often, you're a parent whose child is involved in sport or a volunteer who works with participants of all ages that are new to a sport.

As a coach, you can have a major influence on your athletes. You have the unique responsibility to help develop skills and instill a positive attitude, enjoyment of sport and respectful values toward others. Coaches wear many different hats: mentors, teachers, motivators and sometimes simply a friendly face. Coaches see the possibilities and potential in each person.

Explore the programs the City offers to help you get started.

The City of Toronto, in collaboration with the Coaches Association of Ontario and Provincial Sport Organizations offers free community-level coach training to Toronto residents aged 16 years and older. The Let's Get Coaching! program offers multisport and sport-specific workshops from the National Coaching Certification Program (NCCP).



National Coaching Certification Program (NCCP)

The flagship program of the Coaching Association of Canada, the National Coaching Certification Program (NCCP) has been identified as a world leader in coach education. Currently the largest adult continuing education program in Canada, the NCCP gives coaches the confidence to succeed.

For more information on coaching visit coach.ca or coachesontario.ca

Coaches Responsibilities

Coaches are responsible for providing the learning facilitators with their Coaching Certification number (CC#) at the start of the workshop. If you have not already created this number follow the instructions below:

If you do not have a CC#:

1. Go to coach.ca scroll over The Locker in the top right hand corner.
2. Click on Don't have an NCCP#? Create one now!
3. Follow the steps on the screen.

Registration Information: Let's Get Coaching! workshops will open for registration three month prior to the start date of each workshop (e.g. workshops scheduled to run in May 1, 2020 will be open for registration on February 1, 2020).

Presented by Parks, Forestry and Recreation in collaboration with the Coaches Association of Ontario

Let's Get Coaching – Community Clinic

Saturday, March 28, 2020 – 8AM-6:30PM

Parkway Forest Community Centre
55 Forest Manor Rd.



Fundamental Movement Skills

A workshop for anyone working or interested in working with young children. The Fundamental Movement Skills of throwing, catching, jumping, striking, running, kicking, agility, balance and coordination form the basis for future sport skill development and for the life-long enjoyment of physical activity. In this workshop, coaches learn how to observe and improve the fundamental movement skills. The course outcomes include analyzing and identifying the various stages of development for each skill, applying a six-step process to teaching each skill, and creating safe games where children can practice the skills. This program is run in collaboration with the Coaches Association of Ontario.

Duration: 5 hours **Course Fee:** Free **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
E Etobicoke Civic Ctr	Sat	10AM-3:30PM	Feb 8	3304390
N Parkway Forest CC	Sat	8:30AM-2PM	Mar 28	3258043
N North York Civic Ctr	Sat	10AM-3:30PM	Dec 5	3304391

Fundamental Movement Skills - Women and Girls Only

District/Location	Day(s)	Time(s)	Dates	Code
E North Kipling CC	Sat	10AM-3:30PM	Sep 19	3258065
T East York Civic Centre	Sat	10AM-3:30PM	Oct 3	3304388

NCCP Planning a Practice

This module gives coaches the skills to: organize a well-structured practice plan with safe, age-appropriate activities you have designed to match the proficiency level of participants; identify potential risk factors that could impact the sport and practice activities; create an emergency action plan; and, identify practice goals and design activities that offer the best training benefits for the athletic skills required in your sport.

Duration: 5.5 hours **Course Fee:** Free **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
N Parkway Forest CC	Sat	8:30AM-2PM	Mar 28	3258062

NCCP Teaching and Learning

Upon completion of this module coaches will be able to: assess your own beliefs regarding effective teaching; analyze certain coaching situations to determine if they promote learning; create conditions that promote learning and self-esteem through appropriate consideration of the affective, cognitive and motor dimensions of learning; the use of words and methods that relate to an athlete's preferred learning style, a sound organization, active supervision; and the use of well-formulated feedback offered at the right time and with the right frequency; and,



use teaching assessment grids to gather objective information on teaching effectiveness and use the data to develop an action plan to enhance your own effectiveness as a teacher and coach.

Duration: 5.75 hours **Course Fee:** Free **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
N Parkway Forest CC	Sat	8:30AM-2PM	Mar 28	3258036

NCCP Design a Basic Sport Program

This program will teach coaches to: create a sound outline for your sport program that includes competition and training events; compare your program to those outlined by the NCCP in terms of long-term athlete development; assess the athlete development opportunities your program offers, and identify ways to remedy any weaknesses; interpret the information in a sample program, identifying training priorities and objectives at certain periods; establish a link between your program's training objectives and the content of practice sessions.

Duration: 4.5 hours **Course Fee:** Free **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
N Parkway Forest CC	Sat	2-6:30PM	Mar 28	3258042
E TO Track & Field Ctr	Sat	10AM-2:30PM	May 2	3258391

NCCP Basic Mental Skills

This module gives you the ability to recognize signs indicating that an athlete may need to improve his/her goal setting, focus, and anxiety control skills, as well as develop tools to help the athlete to make improvements in this area. You will also be equipped to run simple guided activities that help athletes improve their basic mental skills.

Duration: 3.75 hours **Course Fee:** Free **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
N Parkway Forest CC	Sat	2:30-6:30PM	Mar 28	3258039
N Edithvale CC	Sat	10AM-2PM	Jul 11	3258977

NCCP Make Ethical Decisions

This module gives coaches the tools to confidently identify the ethical and moral implications of difficult situations that can arise in the world of team and individual sport. A standardized decision making model allows coaches to properly respond to each situation in a way that is consistent with the NCCP Code of Ethics. MED is one of the NCCP's cornerstone workshops, and leaves coaches with no doubt as to what to do when the going gets tough.

Duration: 3.75 hours **Course Fee:** Free **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
N Edithvale CC	Sat	10AM-2PM	Jan 25	3258976
N Parkway Forest CC	Sat	2:30-6:30PM	Mar 28	3306861

NCCP Make Ethical Decisions - Women and Girls Only

District/Location	Day(s)	Time(s)	Dates	Code
S Scarborough Civic Ctr	Sat	10AM-2PM	May 9	3304387

Soccer – NCCP Fundamentals

In this workshop, coaches will learn how to instruct, observe and correct skills. A combination of lecture and practice will be used. This program is run in collaboration with the Coaches Association of Ontario and Ontario Soccer. In this course, participants will learn how to develop the ABC's of movement: agility, balance, coordination and speed. In addition, participants learn how to explain the fundamentals of a game in a way that children can understand.



Duration: 8 hours **Course Fee:** Free **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
S Stephen Leacock CRC	Sat	9:30AM-5:30PM	Sep 19	3258188

Basketball – NCCP Fundamentals

In this workshop, coaches will learn how to instruct, observe, and correct skills. A combination of lecture and practice will be used. This program is run in collaboration with the Coaches Association of Ontario and Ontario Basketball. The Fundamentals program, developed by Canada Basketball, in conjunction with the Coaching Association of Canada, is an extensive coach education program for the volunteer coach. It provides the parent or entry-level coach with little sport background, the necessary skills, knowledge and materials to deliver a safe, fun and age/stage appropriate basketball experience for children from five to nine years old. The course features both a three-hour on-court drills and skills session which teaches coaches how to properly develop basketball fundamentals, and a three-hour in-class session, that covers practice planning, ethical coaching questions and how to guide a team through a season.

Duration: 6 hours **Course Fee:** Free **Age:** 16 yrs+

District/Location	Day(s)	Time(s)	Dates	Code
N Parkway Forest CC	Sat	9:30AM-4:30PM	Mar 28	3258063
S Malvern CC	Sat	9:30AM-4:30PM	Sep 19	3258269

We take quality seriously.



Our commitment is to the healthy development of your child.

In our programs we:

- ★ Encourage friendships
- ★ Support fun and learning through play
- ★ Promote physical activity and skill development
- ★ Foster safe and inclusive experiences
- ★ Have trained and qualified leaders
- ★ Seek feedback

To support program quality, the City of Toronto is a **HIGH FIVE® Accredited** organization. For information visit highfive.org.