


KINSMEN SPORTSPLEX 855 MacDonald St. W. Phone 306-694-4483

2019 MID-WINTER & SPRING ADVANCED SWIMMING COURSES:

NEWRed Cross Psychological First Aid Learn how to prepare yourself and help others during a crisis. <i>**Online portion is completed before attending classroom</i>	\$120.00	March 6 March 23 May 4	8am - 4pm 9am - 5pm 9am - 5pm
Red Cross Standard First Aid & CPR AED <i>**Blended Learning format - must complete online component before attending classroom portion!</i>	\$175.00	February 2 February 27 May 5	9am - 6pm 8am - 4pm 9am - 6pm
Red Cross Standard First Aid & CPR AED <i>** Full classroom session - no online work required</i>	\$175.00	Jan 31, February 7 & 14 March 14, 21 & 28	8am - 4pm 8am - 4pm
Red Cross Standard First Aid & CPR AED Recert <i>**Must have current SFA or full course must be taken (CPR AED Recert only - \$50)</i>	\$75.00	February 13 March 17 April 3	8am - 4pm 9am - 6pm 8am - 4pm
Red Cross First Aid Instructor (pre-requisites: Red Cross SFA & CPR-C) Fundamentals of Instruction	\$250.00	January 12 & 13	9am - 6pm
Discipline-Specific: Standard First Aid Instructor	\$250.00	January 19 & 20	9am - 6pm
Red Cross First Aid Instructor Recert	\$150.00	February 3 April 10	9am - 6pm 9am - 6pm
Red Cross Water Safety Instructor (WSI) (pre-requisites: 15 years, Emergency/Standard First Aid, Red Cross Assistant Lifeguard or Bronze Cross)	\$275.00	Hours for these courses vary - check in with the front desk for details!	
1. Attend & pass Strokes & Emergency Reponse Skills Evaluation 2. Complete online course 3. Complete min 8 hr Teaching Experience 4. Attend & pass Pool/Classroom session 5. You will be a certified WSI and eligible to apply for a teaching position with Moose Jaw Parks & Rec!		April 6 OR May 2 April 22-26 OR May 6-23 April 22-26 OR May 24-26	
Lifesaving Instructor (LSI) (pre-requisites: 16 years, Bronze Cross or National Lifeguard)	\$300.00	April 5-7 & April 12-14	Fri 5-9pm, Sat/Sun 9am - 7pm
Lifesaving Society National Lifeguard Award (pre-requisites: 16 years, Bronze Cross, current SFA & CPR-C)	\$250.00	February 19-23 May 10-12 & May 17-19	9am - 7pm Fri 5-9pm, Sa/Sun 9-7
Lifesaving Society National Lifeguard Recert	\$75.00	February 16 June 9	11am - 4pm 11am - 4pm

Want to become a **Red Cross Lifeguard** or **Lifeguard Instructor**?? Join us at the Sportsplex for this exciting training opportunity! **Transfer** as a National Lifeguard **March 30 & 31**, and become a **Red Cross Assistant/Lifeguard Instructor April 26-28**. Visit: www.redcross.ca/training-and-certification/course-descriptions/swimming-and-water-safety-courses/lifeguarding for more information, and visit the front desk for course details!

