

# ADVANCED LEADERSHIP

GUIDE

April 2020 - March 2021

## COURSES OFFERED:

- STANDARD FIRST AID AND CPR C
- NATIONAL LIFEGUARD
- LEADER IN TRAINING
- SWIM AND LIFESAVING INSTRUCTOR
- NCCP COACHING CLINICS
- ...AND MORE!

Sign up online: [hamilton.ca/recreation](https://hamilton.ca/recreation) Registration now open!

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# ADVANCED LEADERSHIP

APRIL 2020 - MARCH 2021

## GENERAL INFORMATION

- All fees listed include manuals and exam fees.
- 100% attendance and participation is required for all Advanced Leadership Courses. With the exception of LIT.
- Candidates must turn the identified age by the last day of the course or exam.
- For participants not residing in the City of Hamilton, a non-resident surcharge fee may be applied.
- A non-sufficient funds (NSF) fee will apply for all payments returned by the bank. Cheques will not be accepted as the replacement form of payment.
- Withdraw from the program prior to 14 days before the start of the course to receive a full credit. If notification is received after that time and up to the start of the program a withdraw fee will be charged. After the program has started programs become non-refundable. Course material and Lifesaving Society Exam fee are non-refundable, once materials have been received.
- Unsuccessful candidates will be required to register and repeat a full course.
- Classes over 5 hours in length will include a 30 minute to 1 hour lunch break
- **Program fees subject to change effective September 1, 2020**
- All schedules and locations are subject to change without notice.

## WHAT TO BRING ON YOUR FIRST DAY

Original pre-requisite certifications are mandatory as listed and must be presented on the first day of the course, along with a birth certificate. Photocopies of qualification are retained at the host facility.

## WHAT TO BRING TO AQUATIC LEADERSHIP COURSES

- Bathing suit, towel and whistle needed for pool portions.
- Pocket mask (available for purchase).
- Notebook/paper, pens, food/drinks.
- Required manuals.
- In some instances, pre-course assignments will be assigned before the first day of the course.

## PREREQUISITES

It is the candidate's responsibility to ensure they have the correct prerequisites prior to registering in the course. Candidates are required to show proof of prerequisites held on the first day of the course, or the candidate will be withdrawn from the course. As per the refund policy, withdrawals on the first day of the course or thereafter will not be eligible for a credit refund.

Pocket masks are required for all Aquatic Leadership Courses. One can be purchased at any Recreation Centre ( call ahead for availability ). Pocket masks must be purchased prior to the start of the first class.

**If you require more information or have any questions, please contact  
Advanced Aquatics – 905-546-2424 Ext. 1763  
All other courses – 905-546-3747**

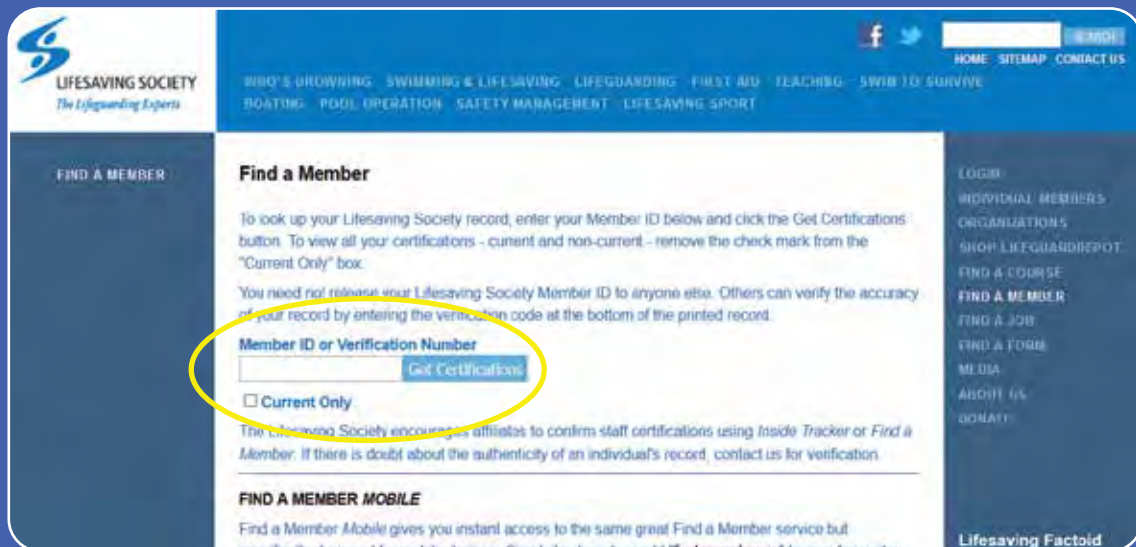


Hamilton

Don't get turned away at the first class!

# CHECK YOUR QUALIFICATIONS ONLINE

Check and print out your awards at  
[lifesavingsociety.com](http://lifesavingsociety.com)



## To view and download your award:

1. Click on the "Find a Member" link.
2. Fill in your membership number and click on "Get Certifications". (You can find your membership number on the bottom of your certification card).
3. Print out the record and bring it with you to your first class.

# PROGRESSION CHART

Become a Lifeguard and Swim Instructor

Bronze Star  
Recommended 11 yrs

Bronze Medallion  
Must be 13 yrs or have Bronze Star

Bronze Cross  
Must have Bronze Medallion / Emergency First Aid

Assistant  
Instructor  
( recommended )  
Must be 14 yrs and  
have Bronze Cross

Standard First  
Aid and CPR C

Combined Swim  
and Lifesaving  
Instructor  
Must be 16 yrs by the first  
day of course and have  
taken, Bronze Cross or  
National Lifeguard  
( Assistant Instructor  
recommended )

National  
Lifeguard  
Must be 16 yrs by the first  
day of the course and  
have taken  
Standard First Aid, CPR-C  
and Bronze Cross

**Watch for the  
Instructor-Guard  
post in January  
and May**



Hamilton

[hamilton.ca/recreation](http://hamilton.ca/recreation)

# LIFESAVING SOCIETY Bronze Star



**Course Length:** 12hrs    **Fee:** \$101.91

**Recommended Prerequisite:** Swimmer 9

**Format:** Pool

**Course Manual:** None

**What to bring:** Pen, paper, swimsuit, towel and pocket mask

**Description:** Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400 m swim.

Facility	Start Date	Time	Code
Ancaster Aquatic Centre	Fri, Apr 03, 20	16:00	00030023
	Mon, Jul 06, 20	16:00	00030026
	Fri, Oct 09, 20	16:00	00030029
	Fri, Jan 08, 21	16:00	00030032
H.G. Brewster Pool	Sat, Apr 04, 20	09:00	00030355
	Sat, Oct 10, 20	09:00	00030358
	Sat, Jan 09, 21	09:00	00030361
Central Memorial Recreation Centre	Tue, Jul 07, 20	15:10	00030223
Dalewood Recreation Centre	Mon, Mar 30, 20	17:45	00030047
	Mon, Aug 17, 20	09:00	00030051
	Mon, Oct 05, 20	17:45	00030054
	Mon, Jan 04, 21	17:45	00030058
Dundas Community Pool	Thu, Apr 02, 20	17:30	00030091
	Thu, Oct 08, 20	17:30	00030105
	Thu, Jan 07, 21	17:30	00030113
Hill Park Recreation Centre	Wed, Apr 01, 20	19:40	00030320
	Wed, Oct 07, 20	19:40	00030322
	Wed, Jan 06, 21	19:40	00030323

Facility	Start Date	Time	Code
Huntington Park Recreation Centre	Tue, Mar 31, 20	16:30	00030334
	Fri, Apr 03, 20	17:30	00030338
	Tue, Aug 04, 20	16:30	00030351
	Tue, Oct 06, 20	16:00	00030340
	Fri, Oct 09, 20	17:30	00030343
	Tue, Jan 05, 21	16:30	00030345
	Fri, Jan 08, 21	17:30	00030348
Jimmy Thompson Pool	Wed, Oct 07, 20	17:00	00030298
Sir Allan MacNab Recreation Centre	Thu, Apr 02, 20	19:00	00030035
	Thu, Oct 08, 20	19:00	00030038
	Thu, Jan 07, 21	19:00	00030041
Stoney Creek Recreation Centre	Sat, Apr 04, 20	14:00	00030362
	Sat, Oct 10, 20	14:00	00030363
	Sat, Jan 09, 21	14:00	00030364
Westmount Recreation Centre	Tue, Mar 31, 20	16:30	00030285
	Tue, Aug 04, 20	08:45	00030288
	Tue, Oct 06, 20	16:30	00030313
	Tue, Jan 05, 21	16:30	00030316

LIFESAVING SOCIETY

# Bronze Medallion with Emergency First Aid



**Course Length:** 26.5hrs **Fee:** \$205.29

**Prerequisite:** 13 years old or Bronze Star **Format:** Pool, Lecture and Practical Exam

**Course Manuals:** Canadian Lifesaving Manual & Bronze Medallion Workbook (included in fee)

**What to bring:** Proof of age or Bronze Star Certification, pen, paper, swimsuit, towel and pocket mask

**Description:** Teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, as well as defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 m timed swim.

Facility	Start Date	Time	Code
Ancaster Aquatic Centre	Sat, Apr 04, 20	16:00	00030024
	Mon, Jul 20, 20	15:30	00030027
	Sat, Oct 10, 20	16:00	00030030
	Sat, Jan 09, 21	16:00	00030033
H.G. Brewster Pool	Fri, Apr 03, 20	17:00	00030354
	Fri, Oct 09, 20	17:00	00030356
	Fri, Jan 08, 21	17:00	00030359
Central Memorial Recreation Centre	Mon, Jul 20, 20	15:00	00030225
	Mon, Aug 10, 20	15:00	00030226
Dalewood Recreation Centre	Mon, Aug 17, 20	15:00	00030052
Dundas Community Pool	Sun, Apr 05, 20	08:30	00030156
	Sun, Oct 11, 20	08:30	00030099
	Sun, Jan 10, 21	08:30	00030119
Hill Park Recreation Centre	Mon, Jul 06, 20	08:45	00030325
Huntington Park Recreation Centre	Tue, Mar 31, 20	16:30	00030336
	Thu, Apr 02, 20	16:30	00030384
	Mon, Jul 20, 20	16:30	00030350
	Tue, Oct 06, 20	16:30	00030341
	Thu, Oct 08, 20	16:30	00030385
	Tue, Jan 05, 21	16:30	00030346
	Thu, Jan 07, 21	16:30	00030386

Facility	Start Date	Time	Code
Ryerson Recreation Centre	Wed, Apr 01, 20	16:30	00030307
	Wed, Oct 07, 20	16:30	00030308
Sir Allan MacNab Recreation Centre	Mon, Mar 30, 20	18:00	00030036
	Mon, Oct 05, 20	18:00	00030039
	Mon, Jan 04, 21	18:00	00030042
Sir Winston Churchill Recreation Centre	Mon, Jun 29, 20	13:30	00030324
Stoney Creek Recreation Centre	Sat, Apr 04, 20	12:45	00030367
	Tue, Aug 04, 20	09:00	00030365
	Sat, Oct 10, 20	12:45	00030368
	Sat, Jan 09, 21	12:45	00030370
Westmount Recreation Centre	Tue, Mar 31, 20	16:30	00030286
	Tue, Aug 04, 20	08:45	00030311
	Mon, Aug 31, 20	08:45	00030312
	Tue, Oct 06, 20	16:30	00030314
	Tue, Jan 05, 21	16:30	00030317

# LIFESAVING SOCIETY Bronze Cross



**Course Length:** 22.5 hrs    **Fee:** \$131.03

**Prerequisite:** Bronze Medallion and Emergency First Aid or Standard First Aid Certification

**Format:** Pool, Lecture and Practical Exam

**Course Manuals:** Canadian Lifesaving Manual (not included in fee) & Bronze Cross Workbook (included in fee)

**What to Bring:** Prerequisite Certifications, Pen, Paper, Swimsuit, Towel and Pocket Mask

**Description:** Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600m swim.

Facility	Start Date	Time	Code
Ancaster Aquatic Centre	Sun, Apr 05, 20	10:00	00030025
	Mon, Aug 10, 20	15:30	00030028
	Sun, Oct 11, 20	10:00	00030031
	Sun, Jan 10, 21	10:00	00030034
H.G. Brewster Pool	Fri, Apr 03, 20	18:15	00030353
	Fri, Oct 09, 20	18:15	00030357
	Fri, Jan 08, 21	18:15	00030360
Dalewood Recreation Centre	Mon, Aug 17, 20	09:00	00030053
Dundas Community Pool	Thu, Apr 02, 20	16:30	00030093
	Thu, Oct 08, 20	16:30	00030108
	Thu, Jan 07, 21	16:30	00030116
Hill Park Recreation Centre	Mon, Aug 10, 20	08:45	00030326
Huntington Park Recreation Centre	Wed, Apr 01, 20	16:30	00030337
	Mon, Aug 17, 20	16:30	00030352
	Wed, Oct 07, 20	16:30	00030342
	Wed, Jan 06, 21	16:30	00030347
Ryerson Recreation Centre	Wed, Jan 06, 21	16:30	00030309

Facility	Start Date	Time	Code
Sir Allan MacNab Recreation Centre	Tue, Mar 31, 20	18:00	00030037
	Tue, Oct 06, 20	18:00	00030040
	Tue, Jan 05, 21	18:00	00030043
Sir Wilfrid Laurier Recreation Centre	Tue, Mar 31, 20	16:30	00030299
	Tue, Oct 06, 20	16:30	00030300
	Tue, Jan 05, 21	16:30	00030301
Sir Winston Churchill Recreation Centre	Tue, Aug 04, 20	13:30	00030304
Stoney Creek Recreation Centre	Sun, Apr 05, 20	13:15	00030371
	Tue, Aug 04, 20	08:45	00030366
	Sun, Oct 11, 20	13:15	00030372
	Sun, Jan 10, 21	13:15	00030373
Westmount	Thu, Apr 02, 20	16:30	00030287
	Thu, Oct 08, 20	16:30	00030315
	Thu, Jan 07, 21	16:30	00030318

**IS NATIONAL LIFEGUARD YOUR NEXT STEP?  
DON'T FORGET STANDARD FIRST AID.**

See **page 16** for Standard First Aid and **page 9** for National Lifeguard





# Aquatic Leadership

LIFESAVING SOCIETY

## NATIONAL LIFEGUARD (POOL OPTION)

Course Length: 40hrs Fee: \$322.28

**Prerequisite:** 16 years old, Bronze Cross and Standard First Aid with CPR-C (need not be current, but must be issued from Lifesaving Society approved organization)

**Format:** Pool, Lecture and Practical Exam

**Course Manual:** Alert Manual (included in fee)

**What to bring:** Proof of age, Prerequisite Certifications, Pen, Paper, Swimsuit, Towel, Pocket Mask and Whistle

**Description:** National Lifeguard certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, 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, 50 m sprint challenge, 50 m rescue drill and 400 m endurance challenge.

Facility	Start Date	Time	Code	Session Type
Bennetto Community Centre	Tue, Mar 31, 20	17:30	00030398	Weekly, 10 Sessions
	Sun, May 24, 20	09:00	00030244	Weekly, 5 Sessions
	Sat, Sep 12, 20	09:00	00030242	2 weekends
	Tue, Oct 06, 20	17:30	00030247	Weekly, 10 Sessions
	Tue, Jan 05, 21	17:30	00030245	Weekly, 10 Sessions
	Sun, Feb 21, 21	09:00	00030243	Weekly, 5 Sessions
	Sun Feb 09, 20	09:00	00015949	Weekly, 5 Sessions
Hill Park Recreation Centre	Mon, Aug 24, 20	09:00	00030250	1 full week
Norman Pinky Lewis Recreation Centre	Mon, Jun 29, 20	08:00	00030248	1 full week
	Sun, Dec 27, 20	09:00	00030814	1 full week
	Mon, Mar 15, 21	09:00	00031341	1 full week
Sir Wilfrid Laurier Recreation Centre	Sun, Jun 28, 20	09:00	00030383	Weekly, 5 Sessions
	Tue, Aug 04, 20	09:00	00030254	1 full week
	Sun, Nov 01, 20	09:00	00030253	Weekly, 5 Sessions
	Sun, Jan 10, 21	09:00	00030252	Weekly, 5 Sessions
Sir Winston Churchill Recreation Centre	Sun, May 03, 20	09:00	00030400	Weekly, 5 Sessions
	Sun, Sep 13, 20	09:00	00030255	Weekly, 5 Sessions



## LIFESAVING SOCIETY NATIONAL LIFEGUARD RECERT (POOL OPTION)

Course Length: 5hrs Fee: \$87.86

**Prerequisite:** Proof of Original National Lifeguard certification.

**Format:** Pool

**Course Manual:** Alert Manual (not included)

**What to bring:** Prerequisite Certification, Swimsuit, Towel, Alert Manual, Pocket Mask and Whistle

**Description:** This course is designed to test the candidate's lifeguarding skills in order to maintain current certification at the NL level. Pool National Lifeguard certification is current for 2 years and is recertified by completing an NL recertification exam. The NL recertification exam is your opportunity to demonstrate your NL skills and recertify your award. You are responsible for reviewing the required content and skills and preparing yourself for the exam. The exam is based on the NL award recertification curriculum.

Facility	Start Date	Time	Code
Bennetto Community Centre	Sun, May 24, 20	09:00	00030231
	Sun, Feb 21, 21	09:00	00030229
Hill Park Recreation Centre	Sun, Jun 14, 20	09:00	00030234
	Sun, Jul 05, 20	09:00	00030233
	Sun, Aug 16, 20	09:00	00030232
Sir Wilfrid Laurier Recreation Centre	Sun, Nov 01, 20	09:00	00030237
	Sun, Jan 10, 21	09:00	00030236
Sir Winston Churchill Recreation Centre	Sun, May 03, 20	09:00	00030401
	Sun, Sep 13, 20	09:00	00030240
	Sun, Oct 18, 20	09:00	00030239
	Sun, Dec 06, 20	09:00	00030238
	Sun, Mar 21, 21	09:00	00032247

## LIFESAVING SOCIETY AQUATIC SUPERVISOR TRAINING (AST)

Course Length: 10hrs Fee: \$174.92

**Prerequisite:** National Lifeguard or Lifesaving Society Instructor (Swim or Lifesaving) certifications (need not be current); and 100 hours experience as a lifeguard and/or instructor

**Format:** Lecture

**Course Manual:** Guide to Ontario's Public Pools Regulation (included in fee) and Alert Manual (not included in fee)

**What to bring:** Prerequisite Certifications, Pen, Paper and Alert Manual

**Description:** For deck level supervisory staff, this 10 hr. course provides the knowledge and skills, beyond National Lifeguard certification, to manage a safe aquatic environment.

Facility	Start Date	Time	Code
Hill Park Recreation Centre	Fri, Jun 19, 20	17:00	00030187
	Fri, Mar 26, 21	17:00	00030188



# Instructor

## LIFESAVING SOCIETY ASSISTANT INSTRUCTOR

Course Length: 18hrs Fee: \$204.70

**Prerequisite:** 14 years old, Bronze Cross or higher (need not be current)

**Format:** Pool and Lecture

**Course Manual:** Assistant Instructor Workbook (included in fee)

**What to bring:** Proof of Age, Pen, Paper, Swimsuit and Towel, Pocket Mask

**Description:** 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, and they master progressions. The roles and responsibilities of instructors and their assistants are emphasized.

Facility	Start Date	Time	Code	Session Type
Bennetto Community Centre	Fri, Oct 09, 20	17:00	00030184	Weekly, 9 Sessions
	Fri, Apr 03, 20	17:00	00030397	Weekly, 9 Sessions
	Fri, Jan 08, 21	17:00	00030183	Weekly, 9 Sessions
Norman Pinky Lewis Recreation Centre	Sun, Dec 27, 20	09:00	00030185	3 Consecutive Days
Sir Wilfrid Laurier Recreation Centre	Sun, Jun 28, 20	09:00	00030382	Weekly, 3 Sessions



# LIFESAVING SOCIETY COMBINED SWIM, LIFESAVING AND EMERGENCY FIRST AID INSTRUCTOR

**Course Length:** 40hrs (does not include lunch break)      **Fee:** \$391.74

**Prerequisite:** 16 years old, Bronze Cross (Assistant Instructors qualification recommended)

**Format:** Pool and Lecture

**Course Manual:** Swim and Lifesaving Instructor PAC  
(Included in fee)

**What to Bring:** Proof of Age, Prerequisite Certification, Pen, Paper, Swimsuit, Towel and Pocket Mask

**Description:** The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

The Lifesaving and Emergency First Aid Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards. Lifesaving and Emergency First Aid Instructors are certified to teach Canadian Swim Patrol Program, Bronze Star, Bronze Medallion, Bronze Cross as well as Basic and Emergency First Aid, CPR-A-B-C. They may also teach Boat Rescue, Junior Lifeguard Club, Lifesaving Fitness and Wading pool Attendant. Successful candidates of the Swim, Lifesaving and Emergency First Aid Instructor course receive three certification cards: Swim Instructor, Lifesaving Instructor and Emergency First Aid Instructor.

Facility	Start Date	Time	Code	Session Type
Ancaster Aquatic Centre	Mon, Jul 27, 20	12:00	00030256	1 full week
Bennetto Community Centre	Sun, May 24, 20	09:00	00030257	Weekly, 5 Sessions
Hill Park Recreation Centre	Fri, Jun 12, 20	17:00	00030258	2 weekends
	Mon, Jun 29, 20	10:00	00030260	1 full week
	Mon, Aug 24, 20	09:00	00030259	1 full week
Sir Wilfrid Laurier Recreation Centre	Sun, Nov 01, 20	09:00	00030262	Weekly, 5 Sessions
	Sun, Jan 10, 21	09:00	00030261	Weekly, 5 Sessions
Sir Winston Churchill Recreation Centre	Sun, May 03, 20	09:00	00030399	Weekly, 5 Sessions
	Sun, Sep 13, 20	09:00	00030264	Weekly, 5 Sessions
	Mon, Mar 15, 21	09:00	00030263	1 full week



## LIFESAVING SOCIETY EXAMINER

**Course Length:** 6hrs (does not include lunch break)  
**Fee:** \$77.79

**Prerequisites:** Lifesaving and Emergency First Aid Instructor or First Aid Instructor or National Lifeguard Instructor

**Format:** Pool and Lecture

**Course Manual:** Examiner handbook

**What to bring:** Prerequisite Certifications, Pen, Paper, Swimsuit and Towel

Examiners are experienced instructors who undergo specific training in examination standards. Appointment as an Examiner is a three-step process:

1. Successfully complete an Examiner course with a current trainer.
2. Successfully apprentice with an experienced examiner on one exam in the stream they wish to be appointed as an examiner.
3. Appointment.

**Description:** The examiner course is the first step in the three-step process to be appointed as an examiner for the Lifesaving Society, and prepares candidates to successfully apprentice as an examiner on the exam of their choice. The examiner course builds on the evaluation experience that candidates have attained in the instructor-evaluated content.

Facility	Start Date	Time	Code
Norman Pinky Lewis Recreation Centre	Sun, Mar 21, 21	09:00	00031329



## LIFESAVING SOCIETY TRAINER

**Course Length:** 16hrs (does not include lunch break)  
**Fee:** \$242.97

**Prerequisites:** Bronze Cross Examiner or First Aid Examiner or National Lifeguard Examiner or experienced Swim Instructor Official Instructor or Lifesaving Coach

**Format:** Pool and Lecture

**Course Manual:** Assistant Instructor Award Guide, Swim and Lifesaving Instructor Award Guide and Examiner Award Guide (included in fee)

**What to bring:** Prerequisite Certifications, Pen, Paper, Swimsuit and Towel

Trainers are experienced instructors or examiners who undergo specific training in teaching instructors. Appointment as a Trainer is a three-step process:

1. Successfully complete the Trainer course with a current National Trainer.
2. Successfully apprentice with an experienced Trainer on one Instructor course in the stream they wish to be appointed as a trainer.
3. Appointment.

**Description:** The trainer course is the first step in the three-step process to be appointed as a Trainer for the Society. The course provides candidates with an understanding of the expectation and requirements to teach instructors, and prepares participants to successfully apprentice as a trainer on the Instructor course(s) of their choice.

Facility	Start Date	Time	Code
Hill Park Recreation Centre	Sun, Jun 28, 20	09:00	00030190

# Sport Fitness

## SWIM FOR FITNESS 6-12 YRS

**Course Length:** 6.75hrs

(45 minutes per class)

**Fee:** \$69.21

**Prerequisite:** Must be able to swim 1-2 lengths of the pool

**Format:** Pool

**What to bring:** Swimsuit, Towel and Goggles (optional)

**Description:** A great workout for children 6-12 years. Ideal for those looking to improve their endurance. Program will consist of starts, turns, strokes, drills, how to read the pace clock.

Facility	Start Date	Time	Code
Dalewood Recreation Centre	Fri, Apr 03, 20	15:30	00030049
	Fri, Apr 03, 20	16:15	00030050
	Fri, Oct 09, 20	15:30	00030056
	Fri, Oct 09, 20	16:15	00030057
	Fri, Jan 08, 21	15:30	00030061
	Fri, Jan 08, 21	16:15	00030062
Huntington Park Recreation Centre	Sun, Apr 05, 20	10:00	00030339
	Sun, Oct 11, 20	10:00	00030344
	Sun, Jan 10, 21	10:00	00030349

## SWIM FOR FITNESS 13+

**Course Length:** 9hrs

(1 hour per class)

**Fee:** \$77.58

**Prerequisite:** Must be able to swim 1-2 lengths of the pool

**Format:** Pool

**Course Manual:** None

**What to bring:** Swimsuit, Towel and Goggles (optional)

**Description:** A great workout for youth and adults. Develops competitive strokes and improves endurance.

Facility	Start Date	Time	Code
Dalewood Recreation Centre	Mon, Mar 30, 20	19:45	00030048
	Mon, Oct 05, 20	19:45	00030055
	Mon, Jan 04, 21	19:45	00030060
Hill Park Recreation Centre	Wed, Apr 01, 20	20:00	00030327
	Wed, Oct 07, 20	20:00	00030331
	Wed, Jan 06, 21	20:00	00030329



# First Aid

## LIFESAVING SOCIETY STANDARD FIRST AID WITH CPR-C

**Course Length:** 16 hours  
(does not include lunch break)

**Fee (18+):** \$131.50

**Fee:** Discounted rate for youth (under 18)  
and older adults (over 55): \$112.49

**Prerequisite:** None

**Format:** Lecture

**Course Manual:** Canadian First Aid Manual  
(included in fee)

**What to bring:** Pen and Paper

**Description:** Standard First Aid provides comprehensive training covering all aspects of First Aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: medical/legal aspects of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Includes CPR-C certification and Automated External Defibrillation (AED). Recognized by Ontario's Workplace Safety & Insurance Board.



Facility	Start Date	Time	Code
Bennetto Community Centre	Sat, Sep 12, 20	09:00	00030136
Sir Allan MacNab Recreation Centre	Sat, Apr 04, 20	09:00	00030139
	Sat, Apr 25, 20	09:00	00030138
	Sat, May 02, 20	09:00	00030144
	Sat, Jun 06, 20	09:00	00030294
	Sat, Jun 13, 20	09:00	00030295
	Sat, Jul 11, 20	09:00	00030143
	Sat, Aug 08, 20	09:00	00030140
	Sat, Oct 03, 20	09:00	00030147
	Sat, Nov 07, 20	09:00	00030146
	Sat, Nov 28, 20	09:00	00030145
	Sun, Dec 27, 20	09:00	00030148
	Sat, Jan 09, 21	09:00	00030142
	Sat, Feb 06, 21	09:00	00030141
Sat, Mar 20, 21	09:00	00030149	
Westmount Recreation Centre	Sat, Apr 18, 20	09:00	00030296
	Sat, May 23, 20	09:00	00030379

# LIFESAVING SOCIETY STANDARD FIRST AID RECERT

**Course Length: 8hrs**  
(does not include lunch break)

**Fee (18+): \$90.66**  
**Fee Discounted rate for youth (under 18) and older adults (over 55): \$76.76**

**Prerequisite:** Lifesaving Society Standard First Aid with CPR-C.

**Format:** Lecture

**Course Manual:** Canadian First Aid Manual (not included).

**What to bring:** Canadian First Aid Manual, Pen and Paper

**Description:** Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than 3 years from the SFA date of issue. To renew SFA certifications

subsequently, award holders must repeat the full SFA Course. Individuals may renew by alternating recertification and original courses.

Holders of SFA certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

Facility	Start Date	Time	Code
Bennetto Community Centre	Sat, May 30, 20	09:00	00030171
	Sat, Sep 19, 20	09:00	00030170
	Sat, Oct 17, 20	09:00	00030169
	Sat, Nov 14, 20	09:00	00030168
	Sat, Dec 05, 20	09:00	00030165
	Sat, Feb 20, 21	09:00	00030166
	Sat, Mar 06, 21	09:00	00030167
Sir Allan MacNab Recreation Centre	Sun, Apr 19, 20	09:00	00030175
	Sat, Jun 20, 20	09:00	00030174
	Sat, Jul 04, 20	09:00	00030173
	Sat, Aug 15, 20	09:00	00030172
	Sun, Jan 24, 21	09:00	00030176

## BECOME A RECREATION LEADER

Red Cross Babysitting Course ( See Recreation Guide ) Recommended 11 yrs

Recreation Leader in Training ( pg 17) Must be 13 yrs

Volunteer Experience Must be 13 yrs

Standard First Aid and CPR C  
Must be 13 yrs

Attend an Employment  
Information Session

HIGH FIVE Principles of Healthy  
Child Development Must be 14 yrs

Apply to Recreation Recruit  
[hamilton.ca/careers](http://hamilton.ca/careers) Must be 14 yrs



# Leadership

## HIGH FIVE® PRINCIPLES OF HEALTHY CHILD DEVELOPMENT (PHCD)

**Course Length:** 8hrs (includes lunch break)  
**Fee:** \$63.13

**Prerequisite:** None **Format:** Lecture

**Course Manual:** HIGH FIVE® PHCD Workbook (included in fee). **What to bring:** Pen and paper

**Description:** This 8 hour training will help front-line leaders (anyone working with children aged 6 to 12 – i.e. camp counsellor, coaches, swim instructors) improve the quality of programs. It provides in depth training in the HIGH FIVE® Principles of healthy child development so front-line leaders understand what they need to do to ensure each child's social, emotional and cognitive needs are met. Leaders 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, children's mental health and moderate to vigorous physical activity.

Facility	Start Date	Time	Code
D.A. Riverdale Community Centre	Sun, May 03, 20	08:30	00030854
Huntington Park Recreation Centre	Sun, Sep 20, 20	08:30	00030390
Westmount Recreation Centre	Sun, Jul 12, 20	08:30	00030391
	Sat, Sep 12, 20	08:30	00030392



The best way to play™

## RECREATION LEADER IN TRAINING 13-16 YRS

**Course Length:** 35hrs (includes daily 30 minute unsupervised lunch break) **Fee:** \$175.85

**Prerequisite:** None **Format:** Lecture, Pool and Gym

**Course Manual:** Leadership Manual and Programming Resources (included in fee)

**What to bring:** Pen and paper, swimsuit and towel, running shoes

**Description:** Start your journey to become a successful camp or recreation leader. Focus on the key attributes and skills that aspiring leaders must know in order to successfully lead recreation programs for children and care for young participants. Leaders in Training will learn about group leadership, communication, leading games and activities in multiple environments, managing behaviour, and working as a team. Participants will be evaluated on their participation and knowledge gained during the course. Volunteer placements in camp or another suitable recreation program are offered to those who demonstrate successful completion the course.

Facility	Start Date	Time	Code
Ancaster Rotary Centre	July 6, 2020	09:00	00030817
Bernie Morelli Recreation Centre	July 13, 2020	09:00	00030820
Huntington Park Recreation Centre	July 27, 2020	09:00	00030818
	March 16, 2020	09:00	00030819
Winona Community Centre	March 15, 2021	09:00	00030861

## RETURNING LEADER IN TRAINING (VOLUNTEER REFRESHER) 13-17 YRS

**Course Length:** 2.5hrs

(includes daily 30 minute unsupervised lunch break)

**Fee:** \$0

**Prerequisite:** Completion of City of Hamilton Leader in Training program or equivalent.

**Format:** Lecture and Gym

**Description:** Returning LIT (volunteer refresher) is open to previous LIT participants. This course is offered at no cost to participants. Course will review expectations for LIT's volunteering in summer programs, new policies and procedures, and provide updates in course materials.

Please note those registering for this course are encouraged to also register for a High Five Principles of Healthy Child Development (PHCD) course.

Facility	Start Date	Time	Code
Bernie Morelli Recreation Centre	June 13, 2020	10:00	00030821
Huntington Park Recreation Centre	June 20, 2020	10:00	00030822



# Coaching Clinics



## MAKING ETHICAL DECISIONS (MED)

**Course Length:** 3.75 hours **Fee:** \$55.37

**Prerequisite:** 16+ and a NCCP Coaching Certification Number (NCCP -CCN) to be recognized as having completed the course.

**Format:** Lecture

**Description:** 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.

Facility	Start Date	Time	Code
Harry Howell Arena	Sun, Aug 16, 20	09:00	00030875
	Sun, Oct 18, 20	09:00	00030923
D.A. Riverdale Community Centre	Fri, Jun 26, 20	09:00	00030878
Mountain Arena	Sat, Jul 18, 20	09:00	00030877
	Sat, Oct 17, 20	09:00	00030920



## PLANNING A PRACTICE (PAP)

Course Length: 5.5 hours Fee: \$66.67

**Prerequisite:** 16+ and a NCCP Coaching Certification Number (NCCP -CCN) to be recognized as having completed the course.

**Format:** Lecture

**Description:** The Planning a Practice module will give you the skills to: Organize a well-structured practice plan with safe, age-appropriate activities you've designed to match the proficiency level of participants; identify potential risk factors that could impact the sport and practice activities. Coaches will also learn to 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.

## BASIC MENTAL SKILLS (BMS)

Course Length: 3.75 hours Fee: \$55.37

**Prerequisite:** 16+ and a NCCP Coaching Certification Number (NCCP -CCN) to be recognized as having completed the course.

**Format:** Lecture

**Description:** 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

Facility	Start Date	Time	Code
Harry Howell Arena	Sat, Apr 18, 20	09:00	00030880
	Sat, Aug 15, 20	09:00	00030881
D.A. Riverdale Community Centre	Sat, Jun 27, 20	11:00	00030879
	Sun, Apr 19, 20	09:00	00030882
Mountain Arena	Sun, Jul 19, 20	09:00	00030883
	Sat, Oct 24 20	09:00	00030921

Facility	Start Date	Time	Code
Harry Howell Arena	Fri, Apr 17, 20	18:00	00030887
	Sun, Aug 16, 20	13:00	00030888
D.A. Riverdale Community Centre	Sun, Jun 28, 20	11:00	00030886
	Sat, Apr 18, 20	13:00	00030884
Mountain Arena	Sat, Jul 18, 20	13:00	00030885
	Sun, Oct 25, 20	13:00	00030922

# Locations



Hamilton

## **Ancaster Aquatic Centre**

47 Meadowbrook Dr, Ancaster L9G 3K8  
905-546-2424 ext. 1061

## **Ancaster Rotary Centre**

385 Jerseyville Rd. W., Ancaster L9G 3L5  
905-546-2424 ext. 1698

## **Bennetto Community Centre**

450 Hughson St N, Hamilton L8L 4N5  
905-546-4944

## **Bernie Morelli Recreation Centre**

876 Cannon Street East, Hamilton L8L 0C6  
905-546-2424 ext. 4150

## **Central Memorial Recreation Centre**

93 West Ave S, Hamilton L8N 1S1  
905-546-4939

## **Dalewood Recreation Centre**

1150 Main St W, Hamilton L8S 1C2  
905-546-4946

## **Dominic Agostino Riverdale Community Centre**

150 Violet Dr, Hamilton L8E 6B4  
905-546-4284

## **Dundas Community Pool**

39 Market St S, Dundas L9H 3B3  
905-540-6694

## **Dundas Lions Memorial Community Centre**

10 Market St. S., Dundas  
905-546-2424 ext. 2260

## **Harry Howell Twin Pad Arena**

27 Hwy 5 W, Flamborough L9H 7L5  
905-546-3747

## **H.G. Brewster Pool**

200 Dewitt Rd, Hamilton L8E 4M5  
905-546-2424 ext. 5877

## **Hill Park Recreation Centre**

305 South Bend Rd, Hamilton L9A 4K6  
905-546-4920

## **Huntington Park Recreation Centre**

87 Brentwood Dr, Hamilton L8T 3W4  
905-546-4880

## **Jimmy Thompson Pool**

1099 King St E, Hamilton L8M 1E2  
905-546-4768

## **Dave Andreychuk Mountain Arena & Skating Centre**

25 Hester St. Hamilton L8L 5V7  
905 546-3747

## **Norman Pinky Lewis Recreation Centre**

192 Wentworth St N, Hamilton L8L 5V7  
905-546-3122

## **Ryerson Recreation Centre**

251 Duke St, Hamilton L8P 1Y4  
905-546-3111

## **Sir Allan MacNab Recreation Centre**

145 Magnolia Dr, Hamilton L9C 5P4  
905-546-2554

## **Sir Wilfrid Laurier Recreation Centre**

60 Albright Rd, Hamilton L8K 5J3  
905-546-4853

## **Sir Winston Churchill Recreation Centre**

1715 Main St E, Hamilton L8H 1E3  
905-546-4775

## **Stoney Creek Recreation Centre**

45 King St W, Stoney Creek L8G 1H7  
905-546-2196

## **Westmount Recreation Centre**

35 Lynbrook Dr, Hamilton L9C 2K9  
905-546-4932

## **Winona Community Centre**

255 Winona Rd. Winona  
905-546-2424 ext. 4935

**Sign up online:  
[hamilton.ca/recreation](http://hamilton.ca/recreation)  
or in centres.**