

# Aquatic Centre Dictionary

## **Fitness Classes**

All Fitness Classes are on a drop in basis. No sign up required.

Aquafit: Shallow water fitness class for those in moderate to good health 14 years old and above. Includes a variety of movements and choreography to keep you smiling and get your heart pumping.

Deep Water Fitness: A fitness class that takes place in the deep water with a floatation belt. It includes a challenging workout with a variety of movements and no jolting impact on your joints. Great for any age group (over 14) and fitness level who are comfortable in deep water.

Fire & Ice Fitness: This class is aimed at those with a lower fitness level or less mobility. We begin this class stretching in the hot tub (fire) before moving to the shallow area of the swimming pool (ice) for a light, low impact workout.

## **Swim Lessons**

Parent & Tot: Children aged 6 months to 3 years accompany a parent in the water for a swimming lesson

Preschool 1-5: These are swimming lessons for children ages 3-5 years old. Parents are not required to accompany their children in the water for this class, but need to be present at the facility.

Swimmer 1-6: These lessons are for children ages 6-13 years old.

Swim Patrol: Rookie, Ranger and Star are the level names for lessons focusing more on lifesaving skills and first aid. It is generally suggested the child has first finished all the swimmer levels before proceeding into Swim Patrol

## **Bronze Awards**

Bronze Star: Learn about becoming a lifesaver in this level. The prerequisite is the Star Swim Patrol. This is also a prerequisite for Bronze Medallion if younger than 13 years of age.

Bronze Medallion: The first required class to necessary to become a lifeguard. You cover some first aid, the basics of being a lifesaver, and practice some water rescues.

Bronze Cross: The second required class necessary to become a lifeguard. This course includes more advanced rescues, and continued knowledge of first aid. Prerequisite for NLS and LSI.

## **First Aid**

Standard First Aid & CPR C: Basic First and CPR knowledge to help prepare you to act in case of an emergency. Prerequisite for NLS.

## **Advanced Aquatics**

NLS: National Lifeguard Service Award. This course covers pool safety, lifesaving, and first aid knowledge to prepare the candidate to become a lifeguard. Candidates must be at least 16 years old to take this course.

LSI: Lifesaving Swim Instructor. This course prepares candidates to teach "Swim for Life" lessons, Swim Patrol, and Bronze Level courses. Candidates must be at least 16 years old to take this course.