

# Employment Training

## INSTRUCTOR TRAINING & CERTIFICATION

NOTE: Pre-registration is required for most programs listed in this section. For details on how to register please see page 29 unless other instructions are provided in the course details or job description.

100% attendance is mandatory for all training and certification courses.

### INSTRUCTOR CERTIFICATION FIRST AID & CPR

#### Standard First Aid & CPR and AED Course **\$112**

Learn Standard First Aid, CPR and AED skills in this certification course. Manual cost is \$26.25

Harry Bailey Aquatic Centre

Apr 13-15	F	05:30 PM-09:30 PM	28473
	Sa/Su	10:00 AM-05:30 PM	
May 11-13	F	05:30 PM-09:30 PM	28475
	Sa/Su	10:00 AM-05:30 PM	
Jun 22-24	F	05:30 PM-09:30 PM	28476
	Sa/Su	10:00 AM-05:30 PM	
Aug 24-26	F	05:30 PM-09:30 PM	28532
	Sa/Su	10:00 AM-05:30 PM	

#### Standard First Aid & CPR and AED Recertification **\$70**

Annual recertification is recommended. Refresh your First Aid, CPR and AED skills in this course.

Harry Bailey Aquatic Centre

May 26	Sa	12:00 PM-06:00 PM	28472
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### FITNESS CERTIFICATION

#### How to Become a Certified Fitness Instructor **FREE**

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

Saskatoon Field House

Apr 5	Th	07:30 PM-09:00 PM	28424
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#### SPRA Fitness Theory Module **\$284.75**

16 yrs+. Introduces basic fitness theory, nutrition, anatomy, physiology, communication & leadership. Written exam is held at the conclusion of the course. Manual and exam fee included. Course manual and pre-course information can be picked up at the host site one week prior to course start date.

Shaw Centre

May 4-12	F	06:00 PM-10:00 PM	28356
	Sa	09:00 AM-05:00 PM	

#### SPRA Group Exercise Module **\$299**

16 yrs+. Prerequisite: SPRA Fitness Theory Module. Increase your knowledge and confidence level in leading a group exercise class on land. An individualized practical component must be completed following the course for certification. Manual and exam fee included. Course manual and pre-course information can be picked up from the host site one week prior to course start date.

Saskatoon Field House

May 25-27	F	06:00 PM-10:00 PM	28425
	Sa	09:00 AM-05:00 PM	
	Su	09:00 AM-03:00 PM	

#### SPRA Aquatic Exercise Module **\$305.25**

16+ yrs. Prerequisite: SPRA Fitness Theory Module. Increase your knowledge and confidence level in leading a group exercise class in the water. An individualized practical component must be completed following the course for certification. Manual and exam fee included. Course manual and pre-course information can be picked up from the host site one week prior to course start date.

Shaw Centre

Jun 2	F	09:00 AM-05:00 PM	28645
3	Sa	08:00 AM-04:00 PM	
9	Sa	09:00 AM-02:30 PM	

#### SPRA Exercise for Older Adults Module **298.50**

16 yrs+. Prerequisite: SPRA Theory Module. Increase your knowledge and confidence level in leading a group exercise class for older adults on land. An individualized practical component must be completed following the course for certification. Manual and exam fee included. Course manual and pre-course information can be picked up at the host site one week prior to course start date.

Saskatoon Field House

Jun 8-10	F	06:00 PM-10:00 PM	28426
	Sa	09:00 AM-03:00 PM	
	Su	09:00 AM-03:00 PM	

#### Aboriginal Fitness Certification Program

16 yrs+. The Community Services Department is accepting applications for people who want to receive their fitness certification and teach fitness classes. Applicants must be self-motivated, reliable, and dependable with an interest in teaching land aerobics and/or aquafitness. For more information or to register, please call 975-7813 or email warren.isbister@saskatoon.ca.

### LIFESAVING & GUARDING

#### Lifeguard Quest Program

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

Harry Bailey Aquatic Centre **\$96**

Apr 4-May 30	W	05:00 PM-07:00 PM	28482
George Ward Pool (cancelled July 2)			\$72
Jul 3-13	M-F	09:45 AM-11:25 AM	27982

#### Lifesaving Society Bronze Star **\$89.50**

An introduction to basic lifesaving techniques with this pre-Bronze Medallion award. There are no age restrictions although it is recommended to have a high comfort level in deep water. Manual cost is \$36.75, which is also required for Bronze Medallion and Bronze Cross.

Harry Bailey Aquatic Centre

Apr 2-Jun 4	M	05:30 PM-07:00 PM	28481
Riversdale Pool			
Jul 23-27	M-F	09:30 AM-12:00 PM	28741

#### Lifesaving Society Bronze Medallion **\$122**

Prerequisites: minimum 13 yrs. or completion of Bronze Star. Course teaches the four lifesaving principles of water rescue, education, knowledge, skills and fitness. Manual cost is \$36.75, which is also required for Bronze Cross.

Harry Bailey Aquatic Centre

Apr 20-22	F	05:30 PM-09:30 PM	28480
	Sa/Su	09:00 AM-05:30 PM	
Aug 20-22	M/Tu	09:00 AM-05:30 PM	28536
	W	09:00 AM-01:00 PM	

George Ward Pool

Jul 16-20	M-F	08:30 AM-01:00 PM	28054
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#### Lifesaving Society Bronze Cross **\$122**

Prerequisite: Bronze Medallion. A course that trains the participant in the areas of advanced lifesaving rescues and skills. Bronze Cross is a prerequisite to the National Lifeguard Service Award. Manual cost is \$36.75.

Harry Bailey Aquatic Centre

Apr 27-29	F	05:30 PM-09:30 PM	28479
	Sa/Su	09:00 AM-05:30 PM	
Aug 22-24	W	01:00 PM-05:30 PM	28535
	Th/F	09:00 AM-05:30 PM	

George Ward Pool

Jul 23-27	M-F	08:30 AM-01:00 PM	28055
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#### Lifesaving Society Bronze Challenge Exam **\$50**

10-14 yrs. Youth who have completed the Bronze Medallion or Bronze Cross class but did not pass or attend the exam have the opportunity to challenge the exam. Adults with significant aquatic experience and feel competent in their skills also have the opportunity to challenge the exam. Call Harry Bailey Aquatic Centre at 975-3321 for more information.

#### Lifesaving Society Lifesaving Instructor Course **\$250**

16+ yrs. Prerequisites: Bronze Cross or National Lifeguard Service Award and Standard First Aid & CPR and AED Course. Learn the fundamentals and values of the Lifesaving Society Learn to Swim program as well as advanced lifesaving skills. Manual cost is \$89.25.

Harry Bailey Aquatic Centre

Jun 8-17	F	05:30 PM-09:30 PM	28483
	Sa/Su	09:00 AM-05:30 PM	

**STEPS TO BECOMING  
A LIFEGUARD...  
SEE PAGE 28.**