



**The Strathcona Gardens is hosting a  
National Lifeguard Pool Option  
course.**

This course will ensure that you leave with a solid understanding of lifeguard principles, communication techniques and solid judgement skills for emergency procedures. Candidates focus on team-work skills throughout the course and learn how to adapt to different aquatic facilities.

**Dates/Times:**

Friday March 1 <sup>st</sup>	5:00pm–9:00pm	Friday March 8 <sup>th</sup>	5:00pm–9:00pm
Saturday March 2 <sup>nd</sup>	9:00am–6:00pm	Saturday March 9 <sup>th</sup>	9:00am–6:00pm
Sunday March 3 <sup>rd</sup>	9:00am–6:00pm	Sunday March 10 <sup>th</sup>	9:00am–6:00pm
Wednesday March 6 <sup>th</sup>	5:00pm–9:00pm		

**Location:** Strathcona Gardens – Campbell River

**Cost:** \$296.23 - \$285.25

**For more information and to register contact**  
[info@strathconagardens.com](mailto:info@strathconagardens.com) or 250-830-6777

This course is worth two (2) Grade 12 High School Credits.

Course pre-requisites:

- 15 years of age by the last day of the course
- 16-hour Standard First Aid certification
- Bronze Cross certification

Standard First Aid certification are only accepted from the following agencies: Canadian Red Cross, St. John's Ambulance, Lifesaving Society, Heart and Stroke of Canada, and Canadian Ski Patrol