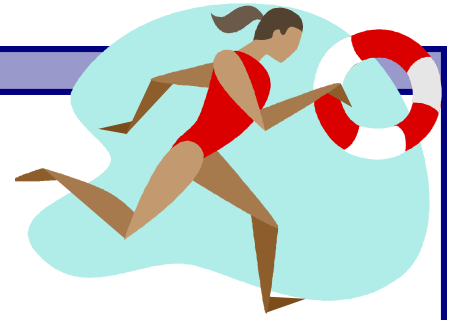


# National Lifeguard Service - NLS



**August 31st - September 4th, 2009**

**Monday to Friday 8:00 am - 5:00 pm**

**Sparwood Leisure Center Pool**

**Recognized as the standard measurement of lifeguarding performance in Canada, the NLS program develops a sound understanding of lifeguarding principles, good judgment and communication skills, and a mature and responsible attitude toward the role of the lifeguard. The NLS lifeguard's primary role is to prevent injuries (and when necessary, effectively manage emergencies) and to facilitate a safe and enjoyable aquatic experience. NLS training develops the basic lifeguarding skill needed to adapt to different aquatic facilities and situations. \*INCLUDES STANDARD FIRST AID\* Pre-requisites: Bronze Cross (need not be current), Standard 1st Aid 7 CPR C (current within last 2 years), and 16 by last day of class.**

**Cost: \$294 + \$33 (Alert Manual)**

For more information call  
Sparwood Recreation at 425-0552  
or visit our website:  
[www.sparwood.bc.ca/recreation](http://www.sparwood.bc.ca/recreation)

