



LIFESAVING 101

BECOME A LIFESAVER

Looking to improve your swimming ability? Interested in becoming a Lifeguard or Swim Instructor? Join this brand-new program designed for individuals seeking to develop lifesaving skills!

Participants will practice skills, improve their fitness, and build a foundation for practicing and promoting safety around water. Participants need to be able to swim 25m.

Program is Free of Charge

Facility	Date	Time
Breithaupt Centre	Every Tuesday March 24 - June 16	3:00-3:55 pm
Cameron Heights Pool	Every Monday March 23 - June 8	2:45-4:30 pm
Forest Heights Pool	Every Thursday March 26 - June 19	2:45-3:55 pm
Lyle Hallman Pool (GRRC)	Every Tuesday March 24 - June 16	3:00-3:55 pm



To complete your expression of interest, scan the QR code

