

NORTH COWICHAN PARKS & RECREATION
COWICHAN AQUATIC CENTRE | FULLER LAKE ARENA

2022/2023 Career Training

FITNESS | AQUATICS | ARENA | GENERAL



NORTH
Cowichan

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your recreation connection

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Employment Opportunities?

Discover the amazing opportunities in store for you with us!



Work with North Cowichan Parks & Recreation

We hire qualified staff on a regular basis for a wide variety of positions and opportunities at our facilities (Cowichan Aquatic Centre and Fuller Lake Arena) and with our seasonal opportunities (summer students in Outdoor Aquatics and in Parks).

All positions are posted on our website through our HR Department.

Make sure you are on the right track for the qualifications required through our Career Training Opportunities.

On this page we list the prime positions that come available. See the qualification requirements at the top of the inside fold.

On the next page we also list all of the training dates for upcoming courses.

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Aquatic

COWICHAN AQUATIC CENTRE

Aquatic Attendants

Running our slides, creating fun & excitement and assisting with our camps and parties are what our attendants are all about.

Lifegaurds & Instructors

Creating and maintaining a safe environment in and around the water. Great interaction with the public, creating memories while being prepared to save lives. A real dual purpose position!

OUTDOOR AQUATIC LOCATIONS

Lifegaurds & Instructors

Working at either Fuller Lake Park or Crofton Outdoor Pool our summer outdoors aquatic staff create an awesome swim environment which is safe, enjoyable and interactive for all who attend!

Outdoor Supervisors

Need to be at least 18 years of age, have all of the qualifications for lifeguard/instructors plus...

- Lifeguarding experience (preferably outdoors)
- Supervising others experience

Arena

FULLER LAKE ARENA

Skate Shop Attendants/ Instructors

Working with the public to provide the best experience possible, whether it is with our amazing public skates, teaching kids to skate or running stellar events. Wow, is what we are we looking for.

Parks

SUMMER PARKS OPERATIONS

Summer Student Parks Employees

With over 50 parks and greenspaces to be maintained we are annually looking for energetic, motivated students with a great head on their shoulders. Safe, interactive and enjoyable to be around are some of the key stuff to be on top of!

Must be at least 18 years of age and have a current and valid Class 7 (with an 'N') or Class 5 license.



2023 Course Schedules, Days, Times, Costs & More!

COURSES & POSITION GRID

POSITIONS	QUALIFICATIONS												
	Minimum Age	Bronze Medallion	Bronze Cross	National Lifeguard			Standard First Aid	CPR 'C' (Current within a year)	Swim For Life Instructor	Swim For Life / Lifesaving Instructor	High Five: Principles of Healthy Child Development (PHCD)	High Five: Strengthening Children's Mental Health	Fundamental Movement Skills
				Pool Option	Waterpark Option	Waterfront Option							
COWICHAN AQUATIC CENTRE													
Aquatic Attendant	15	*prereq.	X				X	X	*recom		*recom	*recom	*recom
Lifeguard/Instructor	16		*prereq.	X	X		X	X	*prereq.	*recom	*recom	*recom	*recom
OUTDOOR AQUATIC LOCATIONS													
Lifeguard/Instructor	17		*prereq.	X		X	X	X	*prereq.	*recom	*recom		
SUMMER DAY CAMPS													
Program Leader	17						X	X		X	X	*recom	X
FULLER LAKE ARENA													
Skate Shop Attendant/ Instructor	15						X	X			*recom		
Youth Outreach Program Leader	17						X	X			*recom	*recom	*recom
SUMMER PARKS OPERATIONS													
Summer Student Parks Employee	18												

Bronze Medallion

COWICHAN AQUATIC CENTRE

20 HRS

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skills and fitness. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk, involving conscious and unconscious victims in varying water depths. Participants develop stroke efficiency and endurance in timed swims (500 metres). Includes CPR-A.

Sun Jan 8th - Jan 29th, 2023	11am-4:30pm
4 sessions/\$150	50598
Mon - Thur Mar 13th -16th, 2023	8:30am-2:30pm
4 sessions/\$150	50600
Mon - Thur Jul 3rd - 6th, 2023	8am-2pm
4 sessions/\$150	50601
Tues - Fri Aug 8th - 11th, 2023	10am-4pm
4 sessions/\$150	50602
Fri Oct 6th and 13th, 2023	4pm-7:30pm
Sat Oct 7th and 14th, 2023	8am-3:30pm
4 sessions/\$150	50603

Bronze Cross

COWICHAN AQUATIC CENTRE

20 HRS

Bronze Cross is designed for lifesavers who want the challenge of more advanced lifesaving training and an introduction to safety supervision. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance (includes a 600m timed swim) and fitness training skills. Includes CPR-C. Bronze Cross is also worth 2 Grade 11 High School Credits.

Sat Oct 22nd - Nov 12th, 2022	11am-4:30pm
4 sessions/\$150	41478
Fri Feb 10th and 17th, 2023	4pm-8pm
Sat Feb 11th and 18th, 2023	9am-4:30pm
4 sessions/\$150	50605
Tues - Fri Mar 21st - 24th, 2023	9am-2:30pm
4 sessions/\$150	50606
Tues - Fri Jul 11th - 14th, 2023	8am-2pm
4 sessions/\$150	50607
Mon - Thur Aug 14th -17th,2023	11am-5pm
4 sessions/\$150	50608
Sun Nov 12th - Dec 23rd, 2023	11am-5pm
4 sessions/\$150	50609

Standard First Aid

FULLER LAKE ARENA

16 HRS

Standard First Aid with CPR-C provides comprehensive training covering all aspects of first aid. In-depth topics include head/spinal injuries, bone breaks, heart attacks, strokes, burns, and other medical and environmental emergencies.

Sat/Sun Oct 15th - 16th, 2022	9am-6pm
2 sessions/\$150+ Tax	42371
Sat/Sun Feb 25th - 26th, 2023	9am-6pm
2 sessions/\$150+ Tax	50735
Sat/Sun May 27th - 28th, 2023	9am-6pm
2 sessions/\$150+ Tax	50736
Sat/Sun Oct 21st -22nd, 2023	9am-6pm
2 sessions/\$150 + Tax	50738

Standard First Aid Recert

FULLER LAKE ARENA

8 HRS

Sat Nov 5th, 2022	9am-6pm
1 session/\$70+ Tax	41299
Sat Feb 11th, 2023	9am-6pm
1 session/\$70+ Tax	50739
Tues/Thurs May 9th & 11th, 2023	4pm-8:30pm
2 session/\$70+ Tax	50745
Sat Sept 23rd, 2023	9am-6pm
1 session/\$70+ Tax	51470

CPR-C/AMOA Recert

5 HRS

This course is designed to update skills and update changes for the CPR"C" award, and AMOA lifeguarding certification.

Sun Dec 18th, 2022	11am-4pm
1 session/\$45+ Tax	41393
Wed Mar 8th, 2023	4pm-9pm
1 session/\$45+ Tax	50767
Sat Jul 15th, 2023	1pm-6pm
1 session/\$45+ Tax	50768
Thur Nov 9th, 2023	4pm-9pm
1 session/\$45+ Tax	50769



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NL Pool Option

44 HRS

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

Thurs/Fri | Nov 24, 25, Dec 1, 2, 16 4-8:30pm
Sat | Nov 26, Dec 3, 17 9am-6pm
8 sessions/\$350+ Tax 41479

Wed - Fri | Mar 15, 16, 17, 22, 23, 24, 2023 1pm-7:30pm
Sat | Mar 18, 25 10am-5pm
8 sessions/\$350+ Tax 50614

Tues-Fri | Jul 25th - Aug 4th, 2023 1pm-7:30pm
8 sessions/\$350+ Tax 50615

Thurs/Fri | Oct 19, 20, 26, 27, Nov, 2, 3, 2023 4-8:30pm
Sat | Oct 21, 28, and Nov 4 10am-6pm
9 sessions/\$350+ Tax 50616

NL Waterpark Option

24 HRS

The National Lifeguard Waterpark certification is designed to develop the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in waterpark environments. It builds on the fundamental values, judgement, knowledge, skills and fitness developed in the NL Pool certification.

Sat | Jan 14th - Feb 4th, 2023 10am-5pm
4 sessions/\$150+ Tax 50732

Sat | Apr 15th - May 6th, 2023 10am-5pm
4 sessions/\$150+ Tax 50733

Tues-Fri | Aug 22nd - 25th, 2023 9am-4pm
4 sessions/\$150+ Tax 50734

NL Pool & Waterpark Recert

8 HRS

Sat | Sept 24th, 2022 9:00am-6:00pm
1 session/\$105+ Tax 41295

Sun | Feb 13th, 2023 9:00am-6:00pm
1 session/\$105+ Tax 50610

Sat | May 13th, 2023 9:00am-6:00pm
1 session/\$105+ Tax 50611

Sat | Aug 26th, 2023 9:00am-4:00pm
1 session/\$105+ Tax 50612

Sat | Nov 18th, 2023 9:00am-6:00pm
1 session/\$105+ Tax 50613

NL Waterfront

FULLER LAKE PARK

20 HRS

The National Lifeguard Waterfront certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by waterfront lifeguards. The NL Waterfront course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in waterfront environments.

Thurs/Fri | Jun 8th and 9th 4pm - 8:30pm
Sat/Sun | June 10th and 11th 9am-6pm
4 sessions/\$245+ Tax 50770

NL Waterfront Recert

FULLER LAKE PARK

8 HRS

Sun | June 4th, 2023 10am-7pm
1 session/\$105+ Tax 50771

Swim For Life Instructor

32 HRS

This Lifesaving Society Swim for Life® Instructor course trains Instructors to teach swimming lessons that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities..

Sun | Sept 18th-Oct 23rd, 2022 9am-4:30pm
5 sessions/\$350+ Tax 49997
No class Oct 9th

Mon - Fri | Dec 19th- 23rd, 2022 9am-6pm
5 sessions/\$350+ Tax 50653

Lifesaving and Swim

For Life Instructor

40 HRS

The WSI Recertification Course is designed to ensure quality and standards are maintained in the field. These courses focus on activities and information to support the WSI in facilitating Water Safety Instructor (WSI) Courses. In addition to the new teaching tools provided in the package, recertification provides the opportunity for WSIs to network and discuss areas of challenge.

Mon - Fri | Dec 19th- 23rd, 2022 9am-6pm
5 sessions/\$425+ Tax 50653

Sun | Mar 26th - May 14th, 2023 9:30am-4:30pm
7 sessions/\$425+ Tax 50617
No class April 9th

Mon - Fri | Jul 17th - 21st, 2023 8am-5pm
5 sessions/\$425+ Tax 50618

Swim Instructor to Lifesaving Instructor Clinic

8 HRS

Mon/Wed | Oct 17th and 19th, 2022 4:30pm-9pm
2 sessions/\$220 + Tax 50726

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Refund Information

REFUNDS AND CANCELLATIONS

TIMELINE	TRAINING / HIGH LEVEL COURSES
7 days or more before the start of course	No cost to withdraw, \$5 refund processing fee, no fee if left as a credit on account
6 days or less before the start of course	No withdrawals permitted, no monies refunded
Medical Withdrawals	In cases of extended illness or injury, a prorated refund or credit may be granted upon provision of a medical note.
Refunds	Payments made by credit card will be refunded to the initial payment method. Payments made by cash, cheque, or debit will be refunded by cheque; please allow a minimum of 2 weeks processing time.

FULLER LAKE ARENA 250.246.3811 | arena@northcowichan.ca

COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca

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