

# Advanced Lifeguard Programs



## Bronze Medallion

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education:

1. Judgment 2. Knowledge 3. Skills 4. Fitness

Tows, carries, defense methods and releases  
Rescues of increased risk  
Stroke efficiency and endurance in a 500  
metre timed swim



**April 27, May 4 and May 11 (Saturdays)**

**9:00am-6:00pm**

**Cost: \$125.00 + GST (Includes Manual)**

**Mackenzie Recreation Centre**

Must be 13 years old by last day of course if candidate does not have Bronze Star  
For more information please contact Christine at 250-997-5283

**R e g i s t r a t i o n   i s   n o w   o p e n**

Register in person, or by phone:

**MACKENZIE**  
BRITISH COLUMBIA

250-997-5283 | [recoffice@districtofmackenzie.ca](mailto:recoffice@districtofmackenzie.ca)  
[@Mackenzie\\_Recreation](https://www.instagram.com/Mackenzie_Recreation)