



			MEMBER	NON MEMBER				MEMBER	NON MEMBER
45 minutes	12:15-1:00pm	Code# 39972	\$330	\$385	<b>Monday</b>	<b>Sep 12-Nov 28</b>	<b>10 lessons</b>		
45 minutes	12:15-1:00pm	Code# 39973	\$330	\$385	30 minutes	12:30-1:00pm	Code# 40041	\$65	\$75
45 minutes	12:30-1:15pm	Code# 39974	\$330	\$385	30 Minutes	4:00-4:30pm	Code# 40053	\$65	\$75
45 minutes	12:30-1:15pm	Code# 39975	\$330	\$385	30 Minutes	5:30-6:00pm	Code# 40054	\$65	\$75
30 minutes	1:00-1:30pm	Code# 39980	\$220	\$257	<b>Tuesdays</b>	<b>Sep 13-Nov 29</b>	<b>12 lessons</b>		
45 minutes	1:30-2:15pm	Code# 39995	\$330	\$385	30 Minutes	4:30-5:00pm	Code# 40042	\$78	\$91
45 minutes	1:30-2:15pm	Code# 39996	\$330	\$385	30 Minutes	5:30-6:00pm	Code# 40055	\$78	\$91
45 minutes	1:30-2:15pm	Code# 39997	\$330	\$385	<b>Wednesdays</b>	<b>Sep 14-Nov 30</b>	<b>12 lessons</b>		

### DUCKLINGS 3 months - 1 year / parented class

Babies and toddlers can explore the water through activities, songs and games while also having the comfort of their care givers by their side. Lessons include water safety, comfort and play in the water, and an introduction of a few basic swimming skills

<b>Mondays</b>	<b>Sep 12-Nov 28</b>	<b>10 lessons</b>		
30 minutes	12:00-12:30pm	Code# 40005	\$49	\$70
30 minutes	6:15-6:45pm	Code# 40009	\$49	\$70
<b>Tuesdays</b>	<b>Sep 13-Nov 29</b>	<b>12 lessons</b>		
30 minutes	4:00-4:30pm	Code# 40008	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40010	\$60	\$85
<b>Wednesdays</b>	<b>Sep 14-Nov 30</b>	<b>12 lessons</b>		
30 minutes	12:00-12:30pm	Code# 40006	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40011	\$60	\$85
<b>Thursdays</b>	<b>Sep 15-Dec 1</b>	<b>12 lessons</b>		
30 minutes	4:00-4:30pm	Code# 40007	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40012	\$60	\$85
<b>Saturdays</b>	<b>Sep 17-Nov 26</b>	<b>10 lessons</b>		
30 minutes	11:30-12:00pm	Code# 40014	\$49	\$70
30 minutes	12:00-12:30pm	Code# 40013	\$49	\$70
<b>Sundays</b>	<b>Sep 18-Nov 27</b>	<b>10 lessons</b>		
30 minutes	11:30-12:00pm	Code# 40015	\$49	\$70
30 minutes	1:00-1:30pm	Code# 40016	\$49	\$70

### DINOS 1 year - 3 years / parented class

Babies and toddlers can explore the water through activities, songs and games while also having the comfort of their care givers by their side. Lessons include water safety, comfort and play in the water, and an introduction of a few basic swimming skills.

<b>Mondays</b>	<b>Sep 12-Nov 28</b>	<b>10 lessons</b>		
30 minutes	12:00-12:30pm	Code# 40017	\$49	\$70
30 minutes	6:15-6:45pm	Code# 40021	\$49	\$70
<b>Tuesdays</b>	<b>Sep 13-Nov 29</b>	<b>12 lessons</b>		
30 minutes	4:30-5:00pm	Code# 40020	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40022	\$60	\$85
<b>Wednesdays</b>	<b>Sep 14-Nov 30</b>	<b>12 lessons</b>		
30 minutes	12:00-12:30pm	Code# 40018	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40023	\$60	\$85
<b>Thursdays</b>	<b>Sep 15-Dec</b>	<b>12 lessons</b>		
30 minutes	4:30-5:00pm	Code# 40019	\$60	\$85
30 minutes	6:15-6:45pm	Code# 40024	\$60	\$85
<b>Saturdays</b>	<b>Sep 17-Nov 26</b>	<b>10 lessons</b>		
30 minutes	11:30am-12:00pm	Code# 40026	\$49	\$70
30 minutes	12:00-12:30pm	Code# 40025	\$49	\$70
<b>Sundays</b>	<b>Sep 18-Nov 27</b>	<b>10 lessons</b>		
30 minutes	11:30am-12:00pm	Code# 40027	\$49	\$70
30 minutes	1:00pm-1:30pm	Code# 40028	\$49	\$70

### I CAN SWIM PRESCHOOL 3 - 5 years

I Can Swim Preschool is a progressive, skill based, learn to swim program that teaches 51 water skills and focuses on entries and exits, submersion and breath control, floating, gliding and treading water. Building upon these initial skills, swimmers will begin to work on skills needed for butterfly, backstroke, breaststroke and freestyle.

**Dolphins 1** - Children become comfortable with their first independent water experiences. Fundamental movement skills are introduced.

<b>Monday</b>	<b>Sep 12-Nov 28</b>	<b>10 lessons</b>		
30 minutes	12:30-1:00pm	Code# 40041	\$65	\$75
30 Minutes	4:00-4:30pm	Code# 40053	\$65	\$75
30 Minutes	5:30-6:00pm	Code# 40054	\$65	\$75
<b>Tuesdays</b>	<b>Sep 13-Nov 29</b>	<b>12 lessons</b>		
30 Minutes	4:30-5:00pm	Code# 40042	\$78	\$91
30 Minutes	5:30-6:00pm	Code# 40055	\$78	\$91
<b>Wednesdays</b>	<b>Sep 14-Nov 30</b>	<b>12 lessons</b>		
30 Minutes	12:30-1:00pm	Code# 40043	\$78	\$91
30 Minutes	4:45-5:15pm	Code# 40044	\$78	\$91
30 Minutes	6:15-6:45pm	Code# 40056	\$78	\$91
<b>Thursdays</b>	<b>Sep 15-Dec 1</b>	<b>12 lessons</b>		
30 Minutes	4:30-5:00pm	Code# 40045	\$78	\$91
30 Minutes	6:00-6:30pm	Code# 40057	\$78	\$91
<b>Saturdays</b>	<b>Sep 17-Nov 26</b>	<b>10 lessons</b>		
30 minutes	9:00-9:30am	Code# 40046	\$65	\$75
30 Minutes	10:00-10:30am	Code# 40058	\$65	\$70
<b>Sundays</b>	<b>Sep 18-Nov 27</b>	<b>10 lessons</b>		
30 minutes	9:30-10:00am	Code# 40059	\$65	\$75
30 Minutes	11:00-11:30am	Code# 40060	\$65	\$70

**Dolphins 2** - is for children who are comfortable being independent in the water. Preschoolers are introduced to front and back paddle and various deep water skills.

<b>Monday</b>	<b>Sep 12-Nov 28</b>	<b>10 lessons</b>		
30 minutes	12:30-1:00pm	Code# 40067	\$65	\$75
30 Minutes	1:00-1:30pm	Code# 40073	\$65	\$75
30 Minutes	4:30-5:00pm	Code# 40074	\$65	\$75
30 Minutes	6:00-6:30pm	Code# 40075	\$65	\$75
<b>Tuesdays</b>	<b>Sep 13-Nov 29</b>	<b>12 lessons</b>		
30 Minutes	5:00-5:30pm	Code# 40061	\$78	\$91
30 Minutes	6:00-6:30pm	Code# 40076	\$78	\$91
<b>Wednesdays</b>	<b>Sep 14-Nov 30</b>	<b>12 lessons</b>		
30 Minutes	12:30-1:00pm	Code# 40063	\$78	\$91
30 Minutes	1:00-1:30pm	Code# 40077	\$78	\$91
30 Minutes	5:15-5:45pm	Code# 40078	\$78	\$91
30 Minutes	6:15-6:45pm	Code# 40079	\$78	\$91
<b>Thursdays</b>	<b>Sep 15-Dec 1</b>	<b>12 lessons</b>		
30 Minutes	4:00-4:30pm	Code# 40064	\$78	\$91
30 Minutes	5:00-5:30pm	Code# 40080	\$78	\$91
<b>Saturdays</b>	<b>Sep 17-Nov 26</b>	<b>10 lessons</b>		
30 minutes	9:30-10:10am	Code# 40065	\$65	\$75
30 Minutes	12:30-1:00pm	Code# 40081	\$65	\$70
<b>Sundays</b>	<b>Sep 18-Nov 27</b>	<b>10 lessons</b>		
30 minutes	9:00-9:30am	Code# 40066	\$65	\$75
30 Minutes	10:00-10:30am	Code# 40082	\$65	\$70

**Dolphins 3** - Children develop the basic skills for freestyle, backstroke, breaststroke and butterfly.

**Super Dolphins** - Children are challenged to develop skills at the Stage 2 level to prepare them to transition into the Stage 2 class.

<b>Monday</b>	<b>Sep 12-Nov 28</b>	<b>10 lessons</b>		
D3	1:00-1:30pm	Code# 40083	\$65	\$75
D3/SD	1:30-2:15pm	Code# 40086	\$75	\$84
D3/SD	4:00-4:45pm	Code# 40089	\$75	\$84
<b>Tuesdays</b>	<b>Sep 13-Nov 29</b>	<b>12 lessons</b>		
D3/SD	5:45-6:30pm	Code# 40087	\$90	\$100
<b>Wednesdays</b>	<b>Sep 14-Nov 30</b>	<b>12 lessons</b>		
D3	1:00-1:30pm	Code# 40090	\$78	\$91
D3/SD	1:30-2:15pm	Code# 40084	\$90	\$100
D3/SD	4:45-5:30pm	Code# 40091	\$90	\$100
<b>Thursdays</b>	<b>Sep 15-Dec 1</b>	<b>12 lessons</b>		
D3/SD	6:15-7:00pm	Code# 40085	\$90	\$100

			MEMBER	NON MEMBER
<b>Saturdays</b>	<b>Sep 17–Nov 26</b>	<b>10 lessons</b>		
D3	11:00–11:30am	Code# 40092	\$65	\$75
SD	11:30–12:15pm	Code# 40094	\$75	\$84
<b>Sundays</b>	<b>Sep 18–Nov 27</b>	<b>10 lessons</b>		
D3	12:30–1:00pm	Code# 40093	\$65	\$75
SD	11:30–12:15pm	Code# 40095	\$75	\$84

## I CAN SWIM SCHOOL 6 – 12 years

A progressive, skill based, learn to swim program that teaches 54 water skills and focuses on butterfly, backstroke, and breaststroke, freestyle, water safety, entries and turns.

**Stage 1** – Orientation to water: Establishes a sound basis for the future acquisition of swimming skills. Children develop the fundamentals of swimming while learning to be comfortable and relaxed in the water. Includes 3 sub-stages: I Can Float, I Can Glide, and I Can Kick.

<b>Monday</b>	<b>Sep 12–Nov 28</b>	<b>10 lessons</b>		
BEG	5:00–5:30pm	Code# 40101	\$65	\$75
INT/ADV	6:15–7:00pm	Code# 40102	\$75	\$84
<b>Tuesdays</b>	<b>Sep 13–Nov 29</b>	<b>12 lessons</b>		
BEG	4:00–4:30pm	Code# 40096	\$78	\$91
INT/ADV	6:15–7:00pm	Code# 40097	\$90	\$100
<b>Wednesdays</b>	<b>Sep 14–Nov 30</b>	<b>12 lessons</b>		
INT/ADV	4:00–4:45pm	Code# 40099	\$90	\$100
BEG	5:45–6:15pm	Code# 40098	\$78	\$91
<b>Thursday</b>	<b>Sep 15–Dec 1</b>	<b>12 lessons</b>		
BEG	5:30–6:00pm	Code# 40100	\$78	\$91
INT/ADV	5:45–6:30pm	Code# 40107	\$90	\$100
<b>Saturday</b>	<b>Sep 17–Nov 26</b>	<b>10 lessons</b>		
BEG	10:00–10:30am	Code# 40103	\$65	\$75
INT/ADV	10:30–11:15am	Code# 40104	\$75	\$84
<b>Sunday</b>	<b>Sep 18–Nov 27</b>	<b>10 lessons</b>		
BEG	10:30–11:00am	Code# 40108	\$65	\$75
INT/ADV	11:15–12:00pm	Code# 40109	\$75	\$84

**Stage 2** – Focuses on basic movements and orientation ability needed for swimming skills like arm action, sculling and breathing. Includes 3 sub-stages: BEG – I Can Paddle, INT – I Can Dive, and ADV – I Can Freestyle.

<b>Monday</b>	<b>Sep 12–Nov 28</b>	<b>10 lessons</b>		
BEG	4:00–4:45pm	Code# 40111	\$75	\$84
INT	4:45–5:30pm	Code# 40119	\$75	\$84
ADV	4:45–5:30pm	Code# 40124	\$75	\$84
<b>Tuesdays</b>	<b>Sep 13–Nov 29</b>	<b>12 lessons</b>		
INT	4:00–4:45pm	Code# 40116	\$90	\$100
BEG	4:45–5:30pm	Code# 40110	\$90	\$100
ADV	4:45–5:30pm	Code# 40121	\$90	\$100
<b>Wednesdays</b>	<b>Sep 14–Nov 30</b>	<b>12 lessons</b>		
BEG	4:00–4:45pm	Code# 40112	\$90	\$100
INT	5:30–6:15pm	Code# 40117	\$90	\$100
ADV	5:30–6:15pm	Code# 40122	\$90	\$100
<b>Thursday</b>	<b>Sep 15–Dec 1</b>	<b>12 lessons</b>		
ADV	4:00–4:45pm	Code# 40125	\$90	\$100
BEG	5:30–6:15pm	Code# 40113	\$90	\$100
INT	5:30–6:15pm	Code# 40118	\$90	\$100
<b>Saturday</b>	<b>Sep 17–Nov 26</b>	<b>10 lessons</b>		
BEG	9:45–10:30am	Code# 40114	\$75	\$84
INT	9:45–10:30am	Code# 40120	\$75	\$84
ADV	9:45–10:30am	Code# 40126	\$75	\$84
<b>Sunday</b>	<b>Sep 18–Nov 27</b>	<b>10 lessons</b>		
BEG	10:30–11:15am	Code# 40115	\$75	\$84
INT	10:30–11:15am	Code# 40127	\$75	\$84
ADV	10:30–11:15am	Code# 40128	\$75	\$84

**Stage 3** – Focuses on improving reaction/rhythm and increasing endurance for all four strokes. Advanced dives and basic starts and turns are also covered. Includes 3 sub-stages: BEG – I Can Backstroke, INT – I Can Breaststroke, and ADV – I Can Butterfly.

<b>Monday</b>	<b>Sep 12–Nov 28</b>	<b>10 lessons</b>		
BEG	5:30–6:15pm	Code# 40131	\$75	\$84
INT/ADV	5:30–6:15pm	Code# 40137	\$75	\$84
<b>Tuesdays</b>	<b>Sep 13–Nov 29</b>	<b>12 lessons</b>		
BEG	5:30–6:15pm	Code# 40129	\$90	\$100
INT/ADV	5:30–6:15pm	Code# 40134	\$90	\$100
<b>Wednesdays</b>	<b>Sep 14–Nov 30</b>	<b>12 lessons</b>		
BEG	4:45–5:30pm	Code# 40130	\$90	\$100
INT/ADV	4:45–5:30pm	Code# 40135	\$90	\$100
<b>Thursday</b>	<b>Sep 15–Dec 1</b>	<b>12 lessons</b>		
BEG	4:45–5:30pm	Code# 40132	\$90	\$100
INT/ADV	4:45–5:30pm	Code# 40136	\$90	\$100
<b>Saturday</b>	<b>Sep 17–Nov 26</b>	<b>10 lessons</b>		
BEG	9:45–10:30am	Code# 40133	\$75	\$84
INT/ADV	9:45–10:30am	Code# 40138	\$75	\$84
<b>Sunday</b>	<b>Sep 18–Nov 27</b>	<b>10 lessons</b>		
BEG	10:30–11:15am	Code# 40140	\$75	\$84
INT/ADV	10:30–11:15am	Code# 40139	\$75	\$84

## MERMAID & MERMAN SCHOOL

Make all your dreams come true and learn to swim like a mermaid or merman in this whimsical new program. These classes will include a mix of basic synchronized swimming skills, dolphin kick undulation, mono-fin training and tail care tips. Classes will be taught by certified I Can Swim Instructors whose life-long wish is to become Mermaids. Classes will take place in the Teach Pool and Dive tank. This program is for participants between 8–12 years that have completed Stage 2 or equivalent (Red Cross Swim Kids 5 or Lifesaving Swimmer 2).

**NOTE: Tails/mono-fins are required, and are not included within the program cost. Tails with mono-fins start at \$99US through Fin Fun, check them out at: [www.finfunmermaid.com/shop-mermaid-tails/mermaid-tail-sets.html](http://www.finfunmermaid.com/shop-mermaid-tails/mermaid-tail-sets.html)**

You are also able to bring your own tail made from breathable swimsuit material. Please contact Rachel Baird at [rbaird@talismancentre.com](mailto:rbaird@talismancentre.com) for more information.

<b>Wednesdays</b>	<b>Sep 14–Nov 30</b>	<b>12 lessons</b>		
60 minutes	7:00–8:00pm	Code# 40146	\$115	\$130
<b>Saturdays</b>	<b>Sep 14–Nov 30</b>	<b>12 lessons</b>		
60 minutes	12:15pm–1:15pm	Code# 40147	\$100	\$115

## JUNIOR MASTERS SWIM CLUB

Are you a swimmer who has achieved basic swimming skills and wants to refine and perfect these skills, but is not able to put the commitment in to join a competitive swim club? Junior Masters is a new and exciting approach to learning advanced swimming skills for children and youth 8 to 17 years old. The program will provide professional coaching, and stroke correction, technical instruction, and a swim meet. Our goal is to help instill a lifetime passion for swimming and spark a higher interest in competition.

Sep 12–Nov 30	Sat/Sun 1:30–3:00pm			
	Mon/Weds 7:00–8:00pm	Code# 40000	\$245	\$277

**I Can Swim Fast** – is designed for those participants that cannot make the commitment to all four days of the Junior Masters Club, for those that want to transition into the full Junior Master Club, and/or for those unable to make it into the Club.

Sep 17–Nov 26	Saturdays			
	3:00–4:30pm	Code# 40001	\$100	\$110
Sep 17–Nov 26	Sundays			
	3:00–4:00pm	Code# 40004	\$80	\$90

## BRONZE STAR

A pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and in partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard

MEMBER	NON MEMBER
Sep 18–Nov 27 Sundays 12:15pm–1:30pm Code# 40145	\$90 \$100

**BRONZE MEDALLION** – Prerequisites: Bronze Star or 13 years old  
The Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows, carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim. Canadian Lifesaving Manual and exam fees are included! Swimming ability should be at an I Can Swim Stage 3, Red Cross Swim Kids 10, or Lifesaving Swimmer 6 level.

Sep 10–Sep 11 12:00–8:00pm Code# 39931	\$150	\$156
Oct 22–Oct 23 12:00–8:00pm Code# 39932	\$150	\$156
Dec 10–Dec 11 12:00–8:00pm Code# 39933	\$150	\$156

**BRONZE CROSS** – Prerequisites: Bronze Medallion  
Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Exam fees are included!

Sep 17–Sep 18 12:00–8:00pm Code# 39934	\$110	\$116
Nov 5–Nov 6 12:00–8:00pm Code# 39935	\$110	\$116
Dec 17–Dec 18 12:00–8:00pm Code# 39936	\$110	\$116

## LIFESAVING SWIM INSTRUCTOR / LIFESAVING INSTRUCTOR

Prerequisites: 16 years old and Bronze Cross or higher.  
The Lifesaving Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic movement and swimming skills, strokes, and fitness. Candidates are introduced to key principles of learning and teaching and acquire proven teaching methods, a variety of skill and stroke development drills and corrections techniques. Lifesaving Instructors are trained to teach and evaluate the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, and Distinction certifications. Candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid, and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation. The Lifesaving Instructor certification is the prerequisite for all other Lifesaving Society instructor certifications. Certification in Alberta & Northwest Territories includes Advanced Instructor, Examination Standards Clinic, and Lifesaving CPR Instructor / Examiner certifications.

October 16 Sunday RECERT 2:30–6:30pm Code# 39945	\$80	\$90
Nov 25–Dec 4 Sun, Fri, Sat FULL COURSE 6:00–8:00pm Code# 39946	\$290	\$300
December 10 Saturday RECERT 2:30–6:30pm Code# 39947	\$80	\$90

## JUNIOR LIFEGUARD CLUB

The Junior Lifeguard Club (JLC) program is for all youth interested in active living and having serious fun! JLC members are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and team work. This program provides high activity challenges in an energetic club environment both on deck and in the pool. Members will also be introduced to competitive lifesaving activities.

Sept 13–Nov 29 Tuesdays 7:30–8:30pm Code# 40141	\$112	\$126
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Sept 15–Dec 1 Thursdays 7:30–8:30pm Code# 40142	\$112	\$126
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## SENIOR LIFEGUARD CLUB

The Senior Lifeguard Club is for participants of all abilities ages 13–17 years who want to stay healthy and active in a fun learning environment. It provides a social atmosphere while offering training opportunities. This program encourages club members to participate for life through long-term athlete development and trying different pathways such as lifesaving sport competition.

Sept 13–Nov 29 Tuesdays 7:30–9:00pm Code# 40143	\$116	\$130
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Sept 15–Dec 1 Thursdays 7:30–9:00pm Code# 40144	\$116	\$130
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**NATIONAL LIFEGUARD** – Prerequisites: Bronze Cross, Standard First Aid and a minimum of 16 years of age. The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatic activities in a pool setting. The National Lifeguard program develops the basic lifeguarding skills, principles, and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Manual and exam fees are included!

Sept 30–Oct 9 Sun, Fri, Sat FULL COURSE 6:00–8:00pm Code# 39940	\$290	\$300
October 16 Sunday RECERT 10:30am–2:30pm Code# 39941	\$70	\$80
Dec 10 Saturday RECERT 10:30am–2:30pm Code# 39942	\$70	\$80
Dec 19–Dec 23 Mon–Fri FULL COURSE 9:00am–5:00pm Code# 39943	\$290	\$300

## NATIONAL LIFEGUARD INSTRUCTOR CLINIC

The National Lifeguard Instructor / Examiner clinic prepares candidates to teach and evaluate National Lifeguard courses. Candidates learn specific strategies designed to train lifeguards in advanced rescue techniques, public relations issues, and first aid, as well as how to present material that will prepare lifeguards for any major aspect of supervising the public in an aquatic setting. Candidates are required to complete an apprenticeship after the clinic. Prerequisites: Application, current National Lifeguard option, and current Lifesaving Instructor.

Oct 22–23 Sat/Sun 10:00am–6:00pm Code# 39944	\$260	\$270
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## STANDARD FIRST AID

Standard First Aid provides comprehensive training of all aspects of first aid and CPR. This course is for those who want an in-depth understanding of basic emergency first aid procedure. You will come out of this course equipped with the knowledge and skill base to treat; breaks, sprains, strains, hot/cold injuries, chest injuries, burns, and sudden medical emergencies. Includes AED/CPR-C certification. Lifesaving Standard First Aid is a workplace approved certification in Alberta.

Sep 24–Sep 25 Sat/Sun SFA FULL COURSE 9:00am–5:00pm Code# 39937	\$150	\$160
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Nov 13 Sunday SFA RECERT 9:00am–5:00pm Code# 39938	\$70	\$80
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Nov 13 Sunday CPR/C/AED RECERT 9:00am–1:00pm Code# 39939	\$60	\$70
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## Register Online!

- All you need is an account **BARCODE** and **PIN** to get started.
- If you don't have a **BARCODE** and **PIN** please visit the Customer Service team or email us 48 hours prior to registration at [info@talismancentre.com](mailto:info@talismancentre.com) to get set up (please provide the name and date of birth of the person participating, address and telephone number).
- If the participant already has an account **BARCODE**, simply request a **PIN** by contacting our Customer Service Team.