



# 2016 Winter & Spring Recreation & Leadership Programs

## Parents Night Off

Errands to run? Going out for supper? Or maybe you just need a night off to relax. Drop off can be as early as 5:30PM and pick-up as late as 9:30 PM. Children will participate in fun, active & exciting activities, go for a swim & watch a movie to finish off the evening!  
Ages 5-12

Start Date	Time	Price	Min.	Max.
January 22, 2016	5:30 pm - 9:30 pm	\$15.00	7	20
February 05, 2016	5:30 pm - 9:30 pm	\$15.00	7	20
February 19, 2016	5:30 pm - 9:30 pm	\$15.00	7	20
March 4, 2016	5:30 pm - 9:30 pm	\$15.00	7	20
April 1, 2016	5:30 pm - 9:30 pm	\$15.00	7	20
April 15, 2016	5:30 pm - 9:30 pm	\$15.00	7	20
April 29, 2016	5:30 pm - 9:30 pm	\$15.00	7	20

## Babysitting Course

You're an adolescent of 11 years old or older and you've decided to become a babysitter; are you prepared for this important responsibility? For example, do you know how to:

- Feed a baby or change a diaper?
- Prepare a simple meal?
- Play games with children of all ages?
- Prevent injuries and keep children safe?
- Handle an emergency if one happens?

A good babysitter knows all of these things and more. Learning them can be easy and fun with the Babysitting Course.

Start Date	Time	Price	Min.	Max.
February 26, 2016	9:00 am - 4:00 pm	\$43.00	10	25
March 11, 2016	9:00 am - 4:00 pm	\$43.00	10	25
April 15, 2016	9:00 am - 4:00 pm	\$43.00	10	25
May 6, 2016	9:00 am - 4:00 pm	\$43.00	10	25

For more information on our recreation programs  
visit our website at  
[www.caripei.ca](http://www.caripei.ca)

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To register online go to  
[www.caripei.ca/registration](http://www.caripei.ca/registration)



## bronze star

Bronze Star is the 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.

Start Date	Time	# of Classes	Price	Min.	Max.
April 3, 2016	5:00 pm - 7:00 pm	8	\$136.00	5	12

## bronze medallion

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill, and fitness. Rescuers learn tows and carries, and defence and release methods in preparation for challenging rescues involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim.

Prerequisite(s): 13 years of age or completion of Bronze Star.

Start Date	Time	# of Classes	Price	Min.	Max.
April 3, 2016	4:00 pm - 6:00 pm	8	\$195.00	5	12

## bronze cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including and introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification.

Start Date	Time	# of Classes	Price	Min.	Max.
April 3, 2016	6:00 pm - 8:00 pm	8	\$195.00	5	12

## Standard First Aid & CPR/AED

CPR, First Aid & Safety Services offers Standard First Aid & CPR-C courses monthly on site at the CARI Complex. Both full courses (persons getting certified for the first time) and refresher courses (recertification) are offered. Registration for these courses can be completed at the Control & Information Desk or on our online registration system.

Start Date	Time	Price	Min.	Max.
January 23 & 24, 2016	9:00 am - 4:00 pm	\$91.20	5	20
February 23 & 24, 2016	9:00 am - 4:00 pm	\$91.20	5	20
March 12 & 13, 2016	9:00 am - 4:00 pm	\$91.20	5	20