



VANASTRA RECREATION CENTRE

Steps to Becoming a Lifeguard & Instructor

BRONZE MEDALLION

AGE 13 ~ \$201 plus mask

Sept. 14 - Nov. 9 from 7:00 - 9:00 pm
Mar. 22 - May 17 from 7:00 - 9:00 pm

BRONZE CROSS

AGE 14 ~ \$201 plus mask

Sept. 14 - Nov. 9 from 7:00 - 9:00 pm
Mar. 22 - May 17 from 7:00 - 9:00 pm

RED CROSS WATER SAFETY INSTRUCTOR AGE 15 ~

New designed program combination of on-line pool and classroom sessions January 11 or March 8 Skills Evaluation and On-Line Package Cost: \$187+hst from 5-9 pm
April 8, 9, 22 Pool and classroom session \$255 +hst

STANDARD FIRST AID

Full \$140 Recert \$55

Oct. 4, 11, 18 OR April 11, 18, 25

519-482-3544

ALL PRICES SUBJECT TO HST

(Red Cross WSI & NLS must be fully paid prior to start date)

**Instructor & NLS Recerts
June 4**

**Instructors 9 am to noon
NLS Noon to 6 pm
\$83.00 each +hst**

NATIONAL LIFEGUARD SERVICE AGE 16 ~

May 11, 13, 14, 25, 27, 28

Thursdays 5 - 10 pm Sat. & Sun. 9 am - 6 pm \$340
Must have a current Standard First Aid Certificate



Cinnamon Jim's CAFÉ
401 Turnberry St, Brussels

"More than just a great sandwich"

- ~ Friday Night Dinner Specials
- ~ Party Platters Available
- ~ We cater private parties upstairs or main floor

Monday - Thursday 5:30 am - 3 pm
Friday 5:30 am - 8 pm
Saturday 7 am - 3 pm

519-887-8011



519-527-2880

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COMPUTERS**

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for all your industrial sewing needs
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**Hours of operation:
7:30a - 4:30p
Monday - Friday**
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