

The Aquatic Leaders of Tomorrow@Templeton Pool

Jr. Lifeguard / Aqua Tillicums Club

Goal: To inspire Team work, Confidence and Leadership

Aqua Tillicums is a program, which gives young people a chance to participate in a complete aquatic experience. Students will be given an opportunity to experience a variety of aquatic sports. Much emphasis is placed on the development of leadership skills, teamwork and sportsmanship of individual members. The program also provides an environment for social interaction during swimming and dry land activities. This enriched atmosphere opens doors for Aqua Tillicum members to become the recreational aquatic leaders of tomorrow.

Here are just some of the activities we will be introducing:

Springboard Diving
Water Fitness
Competitive Swim Skills
Boating Safety
Synchronize swimming
Water Polo
Lifesaving Skills
Jr. Lifeguarding skills
Water and Land Rescues

How to register:

Recommended for age 8-14

Minimum skill level Swim kids 6

Students can register at any time. It is a club, ongoing registration. Call 604-718-6252.

They can be in other swimming lessons and register for this program.

Advantage to the program:

Exposure to other aquatic activities (listed above)

Instructors are qualified to complete students in the Swim Kids and Lifesaving programs if the students display enough improvement in the corresponding skills for the level.

Aqua Tillicums Program @ Renfrew Pool

Aqua Tillicums is a mentorship program that aids in the development of leadership and confidence in youth. The program teaches the lifesaving skills necessary for personal safety and responsibility in an aquatic environment. It endows strength, endurance and fitness required for such a responsibility. In addition, our program focuses on helping team building, communications skills that will be applicable in any aquatic or non-aquatic environment. Our program encourages youth to find new and innovative ways to tackle problems, and to work within a team setting to solve challenges. Aqua Tillicums is a blend of exciting aquatic activities in a fun and enjoyable environment. Please bring \$20 cash for Club Fee on first day.

Fridays 5:00-7:00pm call for more information 604 257-8393.

Aqua Tillicums – Beginners - Stroke Development

The primary focus of this program is to develop and refine fundamental stroke skills. In addition, our aim is to specifically target stroke problems students may be having difficulty with. Although our primary focus is swimming techniques, strength and endurance, the Stroke Development program still offers Aqua Tillicums components for team, confidence and leadership building.

*Recommended Level: Swim Kids 5+
Call for more information 604 257-8393.*

Aqua Tillicums – Intermediate - Rookie Ranger Star Patrol

Rookie, Ranger and Star is organized into modules: Water Proficiency; First Aid; Recognition & Rescue. The Swim Patrol programs prepare the candidate's physical and knowledge base for Bronze Star and Medallion. Swim Patrol levels form a Pre-Bronze progression of enriched training for young swimmers ready to go beyond learn to swim. Swim Patrol level is designed to be challenging, but achievable with effort.

*Recommended Level: Swim Kids 8+
Age: 8-13yr call for more information 604 257-8393*

Aqua Tillicums – Advance - Bronze Star/Medallion/Cross

The bronze programs are specifically designed for lifesavers who seek the challenges of advanced aquatics. These programs teach an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. It also exposes the candidate to safety supervision and practices in aquatic environments. Bronze Medallion and Cross is a prerequisite award for life guarding.

*Recommend Level: Completion of Rookie, Ranger Star
Age: 13 yrs+
Call for more information 604 257-8393.*