

Camp Ponacka
Swim and Lifesaving Instructor Courses - Summer 2025
Information for Candidates



Please review this information carefully to ensure you can commit to all the requirements.

PART A Pre-course assignments and online modules (2-3 hours)	PART B Virtual sessions	PART C At-camp sessions
You will have materials to review, and questions to answer in an online form, to prepare you for the course. These assignments must be completed by April 6, 2025.	You will be required to attend and participate in three virtual sessions: <ul style="list-style-type: none"> • Wed, April 30 • Wed, May 14 • Wed, May 21 All sessions will run from 6:30 to 9:00 pm.	You will be required to attend and participate in both land and water sessions at camp. Please note that your rest period and free time/sports may be impacted on some days. See the schedules below.

At-camp sessions	
July campers Option A	Swim Instructor only (for learn-to-swim levels) 2.5 days at camp
July campers Option B	Swim Instructor (2.5 days in July) Lifesaving Instructor (2.5 days in August, Aug 19 to 21)
August campers	Swim Instructor and Lifesaving Instructor 5 days in August

Pre-requisites

- 15 years of age (by July 1)
- Bronze Cross (does not need to be current)

Course Materials

The camp will have the appropriate materials shipped to you in advance.

If you have any questions about the course, please contact:
Bruce Emmerton, Instructor-Trainer
brucegemmerton@gmail.com

