



Standard First Aid/CPR C:

This course provides a comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid, such as: spinal injuries; medical/legal issues; heat or cold injuries; bone and joint injuries; abdominal and chest injuries as well as burns. Includes CPR C certification and an introduction to the use of AEDs (Automated External Defibrillation)

This course is recognized by the Workplace Safety and Insurance Board (WSIB).

Offered: 9:00 am – 5:00 pm at Uxpool on September 23 & 24, October 21 & 22, November 25 & 26, January 20 & 21, March 3 & 4

Cost: \$130 + HST

SFA Recertification: 9:00 am – 5:00 pm at UxPool on September 24, October 22, November 26, January 21, March 4
*Restrictions may apply.

Cost: \$95 + HST

Customized First Aid Training

These courses enable you to deal with injuries and medical emergencies at home, work or play. The Township continues to offer, in conjunction with the Uxpool, customized First Aid courses to suit your business needs. We will be happy to structure the core content to fit into your business environment. These courses can also include CPR, WHMIS and Defibrillator certifications. All courses follow the WSIB guidelines and certification requirements, containing theoretical and background subject matter coupled with practical hands on application. Our outstanding trainers will engage the learner and can motivate interaction through discussion and hands on competency. We provide ongoing quality control and feedback to ensure materials and the overall training experience is meeting your expectations. Any group of 6 or more individuals, such as businesses, baby groups and youth groups can be accommodated. We will be more than happy to come to your site, or set up your course to take place at the Uxpool.

For information contact the Pool at 905-852-7831 or email at pool@town.uxbridge.on.ca.





905.852.4750

www.nrg4lifefitness.net

284 Main St. N., Unit 100, Technology Square, Uxbridge

‘Strengthening Uxbridge One Person At A Time’

Voted #1 Fitness Centre since 2009!



I joined NRG 4 Life Fitness in early March. I have been taking a variety of different classes and it didn't take long before I started to notice the improvement in the my cardio and strength and balance as well....stronger from the inside out. I want to thank ALL of the amazing staff and instructors at NRG for their knowledge and support and for being so positive. I believe it is because of this encouragement from the instructors that make people want to work hard and obtain their personal goals.
Jayne F

Full Service
6,000 sq ft²
Fitness Facility

Non-Intimidating
Spotlessly Clean
Modern, Bright & Spacious
55 Fitness & Yoga classes Weekly

FREE One Week Pass
(Contact us to redeem, 1st time users only, not combinable with other offers)

THERE'S A LOT MORE
TO ARMY CADETS
THAN YOU
MIGHT THINK!

If you are between 12 to 18 years of age and looking for **fun, adventure, new challenges** and **making new friends**, come join us and see what we're all about.

No Uniform Fees
No Registration Fees
Serving Uxbridge Since 1901



uxbridgecadets@gmail.com

http://www.uxbridgecadets76.ca/