



Aqualines

Lifesaving news for Nova Scotians

5516 Spring Garden Road • 4th floor • Halifax, Nova Scotia • B3J 1G6 • Tel: 902-425-5450 Ext. 331 • Fax: 902-425-5606
 Email: experts@lifesavingsociety.ns.ca • Website: www.lifesavingsociety.ns.ca



The best place to learn how to swim is in the water.



Never too young to learn
 Never too old to start

Pictou Recreation Aquatics Launches the Lifesaving Society's Swim Program

by the Lifesaving Society.

"There's a focus on fitness, the core water strokes and skill development," Monica Croft, Aquatics Director with Pictou Recreation said. "That's combined with Water Smart and Swim to Survive. It will help them be stronger swimmers sooner", Croft said.

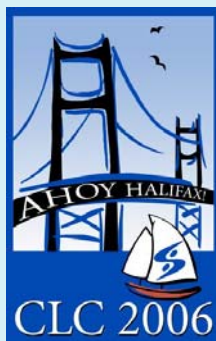
Aquatic Staff at Pictou Fisheries Training Pool ushered in the New Year with the Launch of **Swim** January 11th, 2006. The Fisheries Training Pool in Pictou is the first in the Province to offer the new Swim Program developed

AHOY Halifax !! Canadian Lifeguard Championship May 19-21, 2006

The Lifesaving Society invites you to the 29th annual Canadian Lifeguard Championships at Dalhousie University, Nova Scotia. We are looking forward to a great round of competition, with the best Canadian Lifesaving Team's competing for Top Honors.

Plan now on attending, visit our website for more information:

www.lifesavingsociety.ns.ca/competition/clc2006.htm



Annual General Meeting and Honor Awards

Our Annual General Meeting, Honor and Awards Ceremony, will take place on June 16-2006, at the Westin Hotel in Halifax. Information will follow shortly on the night's activity and agenda, so be sure to mark your calendars now.

Healthy Living Tax Incentive 2006

Effective January 1-2006, the Lifesaving Society's programs in Nova Scotia, have met the eligibility criteria for the \$150.00 Tax Credit, offered by the Nova Scotia Government to youth aged 18 and under. Children and youth who are registered in an approved organized sport, physical recreation, or physical activity program will qualify for the tax credit.

Rescue 2006 Australia

Congratulations to Jason Cross and Carla Geurts who will be representing Canada at Rescue 2006 in Geelong, Australia as part of the Canadian National Lifesaving Team at the World Lifesaving Championship. Jason is the Lifesaving National Team Captain, and Carla is a former Olympian. We wish the both of you much success down under.

Paul D'Eon and Mike Melenchuck will also be joining Jason and Carla, contributing to the success of Rescue 2006 by providing their immense knowledge and expertise in judging and officiating through the event.

Nova Scotia will be well represented, at this International Lifesaving Competition.



Foresters BIG Swim for Arthritis

Three-time Olympian swimmer, Joanne Malar, dove into action on her national Foresters BIG Swim for Arthritis promotional tour in Halifax on Tuesday, January 24th at the Captain Spry Pool. HRM Aquatics Team did an outstanding job managing the event, which was televised on Breakfast T.V. the next day.

"Foresters BIG Swim for Arthritis, is designed to make every Canadian a champion", says Malar, adding that people of all ages and physical abilities can participate in the event and help raise funds for The Arthritis Society. The event will take place in over 100 Canadian Pools from April 20-23, with the following pools in Nova Scotia providing support for the program:

Northcliffe Centre, Captain Spry Wave Pool, Dartmouth Sportsplex, Centennial Pool, YMCA of Greater Halifax and Dartmouth, Acadia University.

To register for the Big Swim, go to: www.bigswim.ca

Supporting Sponsor – Lifesaving Society – Canada's Lifeguarding Experts

Ice Safety



Myth – The better you swim, the better your chances of rescuing yourself if you fall through the ice.

Reality – Swimming proficiency plays only a small part in ice-related rescues. After as little as five minutes, cold water begins to rob you of your ability to move your arms and legs. This makes it very difficult for you to get out of cold water, no matter what your swimming abilities are.

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Aqualines is a free publication of the **Lifesaving Society Nova Scotia Branch**. For more information on **Lifesaving Society** initiatives and programs, visit www.lifesavingsociety.ns.ca