



For immediate release

LIFESAVING SOCIETY ANNOUNCES SWIM INSTRUCTORS IS AVAILABLE WITH HIGH FIVE®

Toronto, March 27th, 2009. Lifesaving Society has successfully completed its pilots in Oakville and Markham of the Swim Instructors with HIGH FIVE® and is ready to be added to your training programs. Ensure your Swim Instructors have the benefit of certification by receiving the Principles of Healthy Child Development Certificate with their Instructor training!

It is important we ensure quality in our children's programming because research shows that the experiences children have in sport and recreation at an early age have a life long impact. Positive experiences help children become capable, caring adults who contribute more effectively to the community in the future. HIGH FIVE® ensures the instructor, coach or leader understands healthy child development and knows what children need to flourish both physically and emotionally. It is the only quality standard for children's sport and recreation.

"I have been training the Instructors school with the HIGH FIVE® component for just over a year. Adding the HIGH FIVE® component to Lifesaving aquatic leadership provides the participant with an enhanced understanding of child development and child centered lesson planning. The new instructors are using the HIGH FIVE® language everyday and we are seeing the children leave our facilities having had a wonderful experience."

- Jennifer Fruscella, Recreation Coordinator, Aquatics Town of Oakville

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