

# Stay Safe at home with... aqua essence

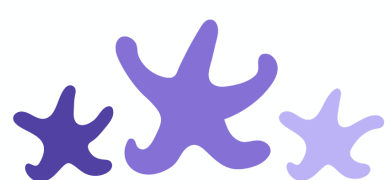
SWIM ACADEMY



# FREE Red Cross Babysitting Course

**This 8 hour, in-person OR virtual course offers first aid training and basic care-giving skills for students 11 - 15 years old. Increasingly, parents expect the sitters they hire to have Red Cross training. The program is respected for developing sitters who are comfortable, confident, and competent.**

**Participants learn about how to prevent and respond to emergencies, how to meet the needs of children of different ages, and how to promote oneself as a sitter. Participants leave the course feeling like empowered and responsible young leaders.**



**aqua essence**

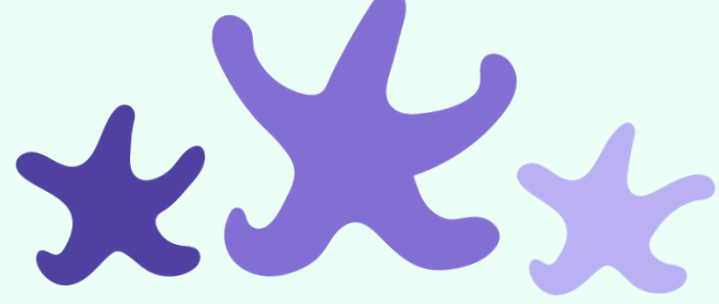
**Safe at home MB.ca**



# Safe at home MB.ca

Aqua Essence is so fortunate to have been chosen by the Safe at Home Manitoba Program as a grant recipient for our Red Cross Babysitting Course.

The program was created to help Manitoba residents live their lives to the fullest during these critical restrictions due to coronavirus. The grant supports Manitobans wanting to participate in creative, fun, educational and engaging activities throughout the winter, while staying safe! All programs that are supported by Safe at Home MB are 100% FREE FOR ALL PARTICIPANTS (Manitoba residents)



# How to Register

1. Visit [www.aquaessence.ca](http://www.aquaessence.ca)
2. On the home page, click register, and visit our portal to set up an account and view class times.
3. Fill out the form and select your class
4. Submit your form and you will be contacted by the Aqua Essence administration with a Zoom Link prior to your course. Your course materials will also be dropped off at your house prior to the course.

**Look forward to seeing you virtually!  
Please contact us if you have any  
questions.**

Email: [courses@aquaessence.ca](mailto:courses@aquaessence.ca)

Instagram: [aquaessenceswim](https://www.instagram.com/aquaessenceswim)

Facebook: Aqua Essence Swim Academy