

2024/2025 Lifesaving Society Advanced Courses

Lifesaving Society Bronze Medallion

20 hrs.

This is the first class to take in the process of becoming a lifeguard.

Pre-requisite: Minimum 13 years of age or Bronze Star

Material Required: Canadian Lifesaving Manual

Next Step: Bronze Cross

September 13-15, 2024 or January 10 - 12, 2025 or May 2 - 4, 2025

\$184.00 (Books and exam fees included)

Lifesaving Society Bronze Cross

22 hrs.

This is the second class to take in the process of becoming a lifeguard.

Pre-requisite: Bronze Medallion

Materials Required: Canadian Lifesaving Manual

Next Step: Aquatic Emergency Care (AEC)

October 4-6, 2024 or February 7 - 9, 2025 or May 9-11, 2025

\$184.00 (Books and exam fees included) Recertification for Bronze Cross \$75.00

Lifesaving Society Aquatic Emergency Care (AEC)

16-18 hrs.

Pre-requisite: None. Prior training in Bronze Medallion is recommended.

Materials Required: Standard First Aid Manual

Next Step: National Lifeguard (NL)

November 1-3, 2024 or February 28- March 2, 2025

\$184.00 (Books and exam fees included) Recertification for AEC \$92.50

Lifesaving Society National Lifeguard

40 hrs.

National Lifeguard training is designed to develop the basic life guarding skills, principles, and decision-making processes, which will assist the lifeguard in evaluating and adapting to different aquatic facilities and emergencies.

Pre-requisite: MUST be 15 years of age by the **FIRST DAY** of the course, Bronze Cross, AEC, or Standard First Aid with CPR-C

Materials Required: Canadian Lifesaving Manual, First Aid Manual, Alert Manual.

November 29- December 1 & December 6-8, 2024, or April 21 - 25, 2025, or May 23-25 & May 30-June 1, 2025.

\$386.50 (Books and exam fees included) Recertification for NLS \$128.25

Lifesaving Society Swim Instructor/Exam Standards (LSI)

44 hrs.

Certifies you to teach the Lifesaving Learn to Swim Program, Canadian Swim Patrol, and the Bronze Awards. Successful completion of this course allows you to apprentice exams for the Bronze awards to become a Lifesaving Examiner.

Pre-requisite: MUST be 15 years of age by the **FIRST DAY** of the course, Bronze Cross

Material Required: Canadian Lifesaving Manual, Lifesaving Leadership binder

February 17 - 21, 2025 or May 2 - 4 & May 9- 11 2025

\$420.25 (Books and exam fees included)

Lifesaving Society National Lifeguard Recert

8 hours.

This course allows candidates to recertify their National Lifeguard award. NL expires every two years.

Pre-requisite: Must be 16 or older, have completed National Lifeguard Award and hold a current Standard First Aid and CPR-C and AED award from the following agencies: Lifesaving Society, Red Cross, St John's Ambulance, Ski Patrol, Heart and Stroke

Materials required: Alert Manual, Canadian Lifesaving Manual

May 10, 2025 (Exam fees included)

\$128.25