



PROGRAM	BARRIE	COLLINGWOOD	GRAVENHURST	INNISFIL	MIDLAND	ORILLIA	WASAGA
Lifesaving Society Safeguard Course Member: \$30 + HST Non-Member: \$45 + HST							
NEW! Pre-Bronze Member: \$20.00 + HST Non Member: \$45.00 + HST							
LSS Bronze Star² Member: \$60 + HST Non-Member: \$105 + HST							
LSS Bronze Medallion EFA/CPR B³ Member: \$156+ HST Non-Member: \$195 + HST							
LSS Bronze Cross/SFA/CPR C⁴ Member: \$156+ HST Non-Member: \$195+ HST							
LSS National Lifeguard⁵ Member: \$180+ HST Non-Member: \$270 + HST							
LSS National Lifeguard Recertification⁶ Member: \$75 + HST Non-Member: \$100 + HST <i>Optional Refresher is at no additional cost</i>							
Standard First Aid & CPR C Member: \$100 + HST Non-Member: \$125 + HST							
LSS Standard First Aid & CPR C Recertification Member: \$85 + HST Non-Member: \$105 + HST							
YMCA Swim Instructor Assistant⁷ Member: \$85 + HST Non-Member: \$105 + HST							
YMCA Swim Instructor⁸ Member: \$150 + HST Non-Member: \$170 + HST							
Swim for Success Course² Member: \$350 + HST Non-Member: \$350 + HST							

PREREQUISITES: ⁴ Bronze Cross: Bronze Medallion/EFA & CPRB ⁷ YMCA Swim Instructor Asst.: 14+ year
² Bronze Star: 12+ years & Star 7 preferred ⁵ NLP Certification: 16+ years, Bronze Cross, SFA & CPRC ⁸ YMCA Swim Instruction Course: 16+ years, Bronze Cross, SFA & CPRC
³ Bronze Medallion: 13+ years OR Bronze Star ⁶ NLS Re-certification: 16+ years, SFA & CPRC ⁹ Swim for Success Course: 16+ years & attending post secondary institution in Simcoe Country



ADVANCED AQUATICS DESCRIPTION

- Lifesaving Society SafeGuard Course:**
AGE: 12-16 This course stresses the responsibility undertaken by these group leaders for safeguarding the young people in their care even when under lifeguard supervision. Safeguard focuses on water safety awareness, accident prevention and the principles of aquatic safety supervision. Safeguard teaches participants how to identify hazards and at-risk behaviours, how to recognize potential victims, and how to respond safely in an aquatic emergency. PRE-REQUISITE: 12 years of age, able to swim, and have some lifesaving experience. Bronze Star is recommended.
- Pre-Bronze:** a bridging course to help those ready to pursue Bronze courses but feel they need more practice first.

- LSS Bronze Star:** AGE: 12-16 Yrs. This course prepares candidates for Bronze Medallion, while developing first aid, rescue and resuscitation skills.
- LSS Bronze Medallion & Emergency First Aid:**
PRE-REQUISITE: 13 Yrs of age OR Bronze Star. Candidates learn lifesaving principles, water safety and rescue education. The exam fee and course materials are included in the cost.
- LSS Bronze Cross & Standard First Aid/CPR C:**
PRE-REQUISITE: 14 Yrs of age AND Emergency First Aid with CPRB and Bronze Medallion. This course is the next step in becoming a lifeguard, and to further develop lifesaving and rescue skills. The exam fee is included in the cost.
- National Lifeguard Program (NLP):**
PRE-REQUISITE: 16 Yrs AND current Bronze Cross, Standard First Aid & CPR-C. NLS provides an opportunity to develop the practical skills and knowledge required by lifeguards. Recognized as the standard measurement of lifeguard

performance in Canada, NLS education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard. The exam fee and course materials are included in the cost.

- First Aid And CPR Courses**
These courses provide comprehensive First Aid & CPR instruction. A variety of topics are covered from basic first aid such as cardiovascular and breathing emergencies, CPR, prevention of disease transmission, sudden medical conditions and injuries. A variety of courses will be available including Emergency and Standard First Aid and CPR courses. (See your Member Service Rep for details.
- Swim for Success:**
In partnership with Simcoe Muskoka Catholic District School Board; visit www.smcdsb.on.ca/students/aquatics for more information. Prices DO NOT include manuals.

FITNESS CERTIFICATION PROGRAMS	BARRIE	COLLINGWOOD	GRAVENHURST	INNISFIL	MIDLAND	ORILLIA	WASAGA
Cardio Instructor² Member: \$150 + HST Non-Member: \$250 + HST							
Strength Instructor² Member: \$150 + HST Non-Member: \$250 + HST							
Aquafit Instructor² Member: \$150 + HST Non-Member: \$250 + HST							
Cycle Instructor² Member: \$150 + HST Non-Member: \$250 + HST							
Yoga² Member: \$150 + HST Non-Member: \$250 + HST							
Older Adult² Member: \$150 + HST Non-Member: \$250 + HST							
Personal Trainer³ Member: \$150 + HST Non-Member: \$250 + HST							
Health Coach² Member: \$150 + HST Non-Member: \$250 + HST							

PREREQUISITES:

² **INSTRUCTOR:** 16 years or older at the time of certification;
CPR A at the time of certification.
Recommended: 50 hours of participation in related fitness stream.

³ **PERSONAL TRAINER:** 16 years or older at the time of certification;
Standard First Aid & CPR A at the time of certification.
Recommended: 50 hours of participation in related fitness stream.



FITNESS CERTIFICATION DESCRIPTION

- **Cardio Instructor:** The Cardio Instructor course is designed to certify people to deliver YMCA group fitness classes that fall into the category of “cardio”. For example hi/lo, step, global grooves, etc. The course is designed to be hands-on, and will include apprenticeship hours in addition to the course.
- **Strength Instructor:** The Strength Instructor course is designed to certify people to deliver YMCA group fitness classes that fall into the category of “strength”. For example pump, bootcamp, core etc. The course is designed to be hands-on, and will include apprenticeship hours in addition to the course.
- **Aquafit Instructor:** This course is designed for individuals who want to teach fitness in the water – shallow water aquafit, deep water aquafit, water jogging, and other variations.
- **Cycle Instructor:** This course is designed for individuals who want to teach cycle classes.
- **Yoga:** This course is designed for individuals who want to teach hatha style yoga.
- **Older Adult:** This course is designed for individuals who want to teach older adults in a group fitness setting ie. On the Move.
- **Personal Trainer:** This course is designed for individuals who want to work one-on-one with clients to prescribe exercise. The scope of this certification will include populations with chronic illness and some injuries.
- **Health Coach:** This course is designed for individuals who want to work one-on-one with clients to help them meet their health related goals. The scope of this certification will include populations with chronic illness and some injuries and is centered on behaviour change. It does not include prescribing exercise.

