

	Lifesaving Society Safeguard Course	Pre-Bronze	LSS Bronze Star	LSS Bronze Medallion EFA/ CPR B	LSS Bronze Cross /SFA/CPR C	LSS National Lifeguard	Standard First Aid & CPR C	YMCA Swim Instructor	Pre-Guard	Aquatic Leadership Course
<b>Cost</b>	Member: \$15 + HST Non-Member: \$40 + HST	Member: \$20 + HST Non-Member: \$45 + HST	Member: \$60 + HST Non-Member: \$105 + HST	Member: \$156 + HST Non-Member: \$195 + HST	Member: \$156 + HST Non-Member: \$195 + HST	Member: \$180 + HST Non-Member: \$270 + HST <b>Recert</b> - Member: 75 + HST Non-Member: \$100 + HST	Member: \$100 + HST Non-Member: \$125 + HST <b>Recert</b> - Member: \$85 + HST Non-Member: \$105 + HST	Member: \$250 + HST Non-Member: \$270 + HST	Member: \$20 + HST Non-Member: \$45 + HST	Phase 1: \$285 (HST included) Phase 2: \$300 (HST included)
<b>Pre-Requisite</b>	12 years of age Preferred: Star 7	12 years of age Preferred: Star 7 and/or successful completion of Safeguard course	12 years of age Preferred: Star 7 and/or successful completion of Safeguard course	13 years of age OR Bronze Star	Bronze Med & EFA/B 14 years of age preferred	16 years of age Cross & SFA/C	12 years of age preferred	16 years of age, Cross & SFA/C	Bronze Cross and Standard First Aid CPR-C	Grade 9
<b>Barrie</b>				July 9-13 & 16-20 9:00am-12:00pm Sept 21-Nov 16 Fri Jan 11-Mar 8 Fri Mar 22-May 17 Fri 4-7pm	July 9-13 & 16-20 9:00am-12:00pm Sept 21-Nov 16 Fri Jan 11-Mar 8 Fri Mar 22-May 17 Fri 4-7pm	July 23-27 Nov 9-11 & 23-25 March 11-15 Recert July 27, Nov 25, March 15	July 14 & 15 Oct 20 & 21 Jan 26 & 27 April 20 & 21 Recert on day 2			
<b>Collingwood</b>			Sept 11-Dec 3 Jan 8-Mar 5 Mar 19-June 4	July 4,6,9,11,13, 16, 18, 20 6:00-8:30pm July 23, 25, 27, 30, Aug 1, 3, 6, 8, 10 6:00-8:30pm Sept 10-Dec 3 6:00-8:30pm Jan 7-Mar 4 6:00-8:30pm Mar 18-June 3 6:00-8:30pm	July 4, 6, 9, 11, 13, 16, 18, 20 6:00-8:30pm July 23, 25, 27, 30, Aug 1, 3, 6, 8, 10 6:00-8:30pm Sept 10-Dec 3 6:00-8:30pm Jan 7-Mar 4 6:00-8:30pm Mar 18-June 3 6:00-8:30pm	August 17 & 24 3:00-8:30pm, Aug 18, 19, 25, 26 8:30am-3:30pm Oct 19, 20, 21 & Nov 2, 3, 4 Fridays 3-8:30pm Sat/Sun 8:30-3:30pm Feb 8, 9,10, 22, 23, 24 Fridays 3-8:30pm Sat/Sun 8:30-3:30pm	July 28, 29 8:00-3:45pm Sept 29, Sept 30, Oct 1 8:00-4:00pm January 19, 20 8:00-4:00pm April 20-21 8:00-4:00pm			
<b>Innisfil</b>	Fridays 6:30-7:00pm April 6-May 25 OR July 6-Aug 24	Sundays 11:30-12:15pm April 8-May 27 OR July 8-Aug 26	Fridays 6:30-7:15pm April 6-May 25 OR July 6-Aug 24	Tuesdays 4:00-6:00pm Mar 27-May 29 OR July 3-6 Tues-Fri 1:00-6:00pm	Tuesdays 4:00-6:00pm Mar 27-May 29 OR July 3-6 Tues-Fri 1:00-6:00pm	Aug 13 - 17 8:00am-4:00pm	Sat/Sun 9:00-5:00pm June 2/3 OR Aug 11/12 OR Sept 22/23 Recert - Sunday 9:00-5:00pm June 3 OR Aug 12 OR Sept 23	*Includes LSS Instructor Thursday Aug 2, 9, 23 & 30 8:00-6:00pm AND Sat/Sun Sept 8/9 8:00-4:00pm		
<b>Midland</b>				Thursdays 4:30-7:00pm Sept. 20-Dec. 13, 2018 & Mar. 21-Jun. 6, 2019	Thursdays 4:30-7:00pm Sept. 20-Dec. 13, 2018 & Mar. 21-Jun. 6, 2019		Sat & Sun 8:30-4:30pm Jul. 7 & 8 Nov. 24 & 25 Mar. 2 & 3 Recert on Sun.			PHASE 1: Semester 1 PHASE 2: Semester 2
<b>Orillia</b>						Jan. 2-6 Recert on Jan. 6	Aug 18-19 8am-4pm Dec 1-2 March 16-17 Recert on day 2	Sept 29, 30, Oct 1 Oct 20, 21, 22 (Fri 5:00-9:00pm, Sat, Sun 8:30-4:30pm)		
<b>Wasaga Beach</b>		Fridays 4:30-5:30pm Sept. 21-Dec. 14, 2018	Fridays 4:30-5:30pm Jan 11-Mar 8, 2018	Oct 13, 14, 20, 21 Feb 2, 3, 9, 10 Sat 12:30-6:30pm Sun 11:00-5:00pm	Nov 17, 18, 24, 25 May 4, 5, 11, 12 9:00am-5:00pm	Jan 18, 19, 20, 25, 26, 27 Recert 27 Fri 5:00-10:00pm Sat 8:30-4:30pm Sun 8:30-4:30pm	Dec 8, 9 Mar 9, 10 April 13, 14 8:00-4:00pm Recert Dec 9, Mar 10, Apr 14			

**LSS SafeGuard:**

Safety supervision training for guardians (ie, day camp counselors) who accompany groups of young people to pools or waterfronts. This course stresses the responsibility for supervising the young people in their care, even with lifeguards on duty.

**Pre Bronze:**

A bridging course to help those ready to pursue Bronze courses (Bronze Star or Medallion) who feel they need more practice first.

**LSS Bronze Star:**

Develops first aid, rescue and resuscitation skills while conditioning candidates for aerobic fitness and endurance. Exam fees included.

**LSS Bronze Medallion with Emergency First Aid & CPR level B (EFA/B):**

Candidates learn lifesaving principles, water safety & rescue education. Exams will be held on the last day of the course. Exam fees & course manuals included.

**LSS Bronze Cross with Standard First Aid & CPR level C (SFA/C):**

To further develop lifesaving and rescue skills. Exams will be held on the last day of the course. Exam fees & course manuals included. Must bring current LSS Bronze Medallion and EFA certificates.

**Pre-Guard:**

If you have a current Bronze Cross and Standard First Aid CPR level C and are waiting until your 16th birthday to take your NLP, this course is for you! Focus will be on National Lifeguard physical standards.

**LSS National Lifeguard Program (NLP):**

A nationally recognized standard measurement of lifeguard performance and best practices in Canada to develop lifeguarding principles, mature and responsible decision making skills. Exams as well as Recertification Courses will be held on the last day of the course. Exam fees & course manuals included. Must bring LSS Bronze Cross and SFA certificates.

**LSS Standard First Aid with CPR level C:**

Provides comprehensive first aid and CPR instruction. Changes in first aid and CPR protocols are made every five years based on a review of the latest scientific research. The most recent recommendations were released on October 15, 2015 by the International Liaison Committee on Resuscitation (ILCOR) in collaboration with the American Heart Association. Course materials and exam fees are included. Exams as well as Recertification Courses will be held on the last day of the course.

**YMCA Swim Instructor:**

To further develop teaching methods and strength-based feedback and communication strategies necessary to deliver the YMCA Swim Program. Must bring current LSS Bronze Cross and SFA certificates.

**YMCA Aquatic Leadership Course:**

In this program, students are eligible to earn high school credits as well as earning qualifications to be a trained lifeguard certified to work anywhere in Canada. Students will earn (up to): Emergency First Aid, Standard First Aid + CPR + AED; Bronze Medallion & Bronze Cross Certification; National Lifeguard Program, Instructors\* (not all at the same time). This program is open to all students. Some age restrictions apply due to lifeguard certification guidelines (students must be 16; prep courses can be completed at age 14). You must also be a strong swimmer.