

	Lifesaving Fitness	LSS Bronze Star	LSS Bronze Medallion EFA/CPR B	LSS Bronze Cross /SFA/CPR C
Cost	Member: \$126 + HST Non-Member: \$166 + HST	Member: included in membership Non-Member: \$113 + HST	Member: \$167 + HST Non-Member: \$208 + HST	Member: \$180 + HST Non-Member: \$225 + HST
Pre-Requisite	12 years of age Preferred: Bronze Star	12 years of age Preferred: Star 4 or higher	13 years of age OR Bronze Star	Bronze Med & EFA/B 14 years of age preferred
Day(s) & Time(s)	Monday Sept 16 - Dec 9 6:00-7:00pm	Monday Sept 16 - Dec 9 6:30-7:30pm	Monday Sep 16 - Dec 9 4:10-5:10pm (on land) 5:10-6:10pm (in water)	Friday Sep 13 - Dec 13 4:00-5:15pm (on land) 5:15-6:30pm (in water)
	LSS National Lifeguard	Standard First Aid & CPR C	YMCA Swim Instructor	Junior Lifeguard Club
Cost	Member: \$200 + HST Non-Member: \$250+ HST Recert - Member: 80+HST Non-Member: \$100+ HST	Member: \$135 + HST Non-Member: \$155+ HST Recert - Member: \$85+HST Non-Member: \$105+ HST	Member: \$175+ HST Non-Member: \$220+ HST	Member: \$126 + HST Non-Member: \$166 + HST
Pre-Requisite	15 years of age Cross & SFA/C	12 years of age preferred	15 years of age, Cross & SFA/C	8 years of age and able to swim 25m and tread water for 2 min
Day(s) & Time(s)	Friday, Saturday, Sunday Nov 29, 30, Dec 1, 6, 7 & 8 Fri 4:00-8:00pm, Sat & Sun 8:00-5:00pm Recert: Sun Dec 8, 11:30-5:00pm	Saturday, Sunday Nov 2 & 3 8:00-4:00pm Recert: Sun Nov 3, 8:00-4:00pm	Sunday Sep 6, 7 & 8 Fri 4:00-8:00pm, Sat & Sun 8:00-4:00pm Sep 15, 22 & 29 Sun 8:00-12:30pm	Monday Sep 16 - Dec 9 6:30-7:30pm

Junior Lifeguard Club

Lifesaving Club offers an action-packed program for kids who love the water and want more than their weekly swim lesson. This club is for quick learners; those between levels or programs, who thrive in an energetic learning environment. Building on skills they already have, they will develop and improve swimming and other aquatic skills with emphasis on: swimming skills, lifesaving skills, lifesaving knowledge, leadership and teamwork, community education, competition and personal fitness. All sessions are supervised by a YMCA certified lifeguard.

Lifesaving Fitness

Lifesaving Fitness teaches the importance of physical fitness in lifesaving. The award is designed for participants 12+ who learn how to measure, monitor, and maintain personal physical fitness for lifesaving emergencies. The items in this award are excellent preparation for improving physical skills needed to be successful in the Lifesaving Society's Bronze Awards as well as National Lifeguard courses. Prerequisites: Recommended completion of Bronze Star or higher.

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 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 included. Must bring current LSS Bronze Medallion and EFA certificates.

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.

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, 2020 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.