

	LSS Lifesaving Sport	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	10+ years of age, able to swim 100 meters, proficient in front crawl and back crawl	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 September 15 - December 8 6:40-7:40pm	Monday September 15 - December 8 6:20-7:20pm	Monday September 15 - December 8 4:15 - 6:15pm	Friday September 12 - November 28th 4:00 - 7:00pm
	LSS National Lifeguard	LSS Standard First Aid and CPR C	YMCA Swim instructor	LSS 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 Dec 5-7 & 12-14 Fri 4:00-8:00pm, Sat & Sun 8:00-5:00pm Recert: Sunday November 9 11:00-5:00pm	Saturday, Sunday October 18 - 19 8:00-4:00pm Recert: Sun October 18, 8:00-4:00pm	Friday, Saturday, Sunday September 5-7 Fri 4:00-8:00pm, Sat & Sun 8:00-4:00pm Sundays September 14,21,28 8:00-12:30pm	Mondays September 15 - December 8 6:00pm-7:00pm

LSS 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.

LSS Lifesaving Sport Fundamentals

Lifesaving Sport Fundamentals offers participants a recreational introduction to lifesaving sport skills. The program also teaches team building, fair play, ethics in sport and responsibility. Lifesaving sport competition opportunities are available through TeleGames.

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

This course builds strong leaders in YMCA aquatics. It is designed to certify individuals who wish to take on the leadership role of teaching swim lessons to children and adults. Candidates will learn a variety of teaching techniques, how to lesson plan, progressions for teaching skills, and more. Instructors will gain hands on experience working with children in lessons.