

	LSS Lifesaving Fitness	LSS Bronze Star	LSS Bronze Medallion & EFA/CPR B	LSS Bronze Cross & SFA/CPR C
<b>Cost</b>	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
<b>Pre-Requisite</b>	11+ years of age Preferred: Star 4 or higher	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
<b>Day(s) &amp; Time(s)</b>	Friday March 27 <sup>th</sup> - May 29 <sup>th</sup> 4:45-5:45pm	Monday March 23 <sup>rd</sup> - June 8 <sup>th</sup> 4:15-5:15pm	Friday March 27 <sup>th</sup> - May 29 <sup>th</sup> 4:30-7:00pm	Monday March 2 <sup>nd</sup> - June 1 <sup>st</sup> 4:00-7:00pm
	LSS National Lifeguard	LSS Standard First Aid & CPR C	LSS Junior Lifeguard Club	
<b>Cost</b>	Member: \$200 + HST Non-Member: \$250+ HST	Member: \$135 + HST Non-Member: \$155+ HST Recert - Member: \$85+HST Non-Member: \$105+ HST	Member: \$126 + HST Non-Member: \$166 + HST	
<b>Pre-Requisite</b>	15+ years of age Cross & SFA/C	12+ years of age preferred	8-12 years of age and able to swim 25m and tread water for 2 min	
<b>Day(s) &amp; Time(s)</b>	Friday June 5 <sup>th</sup> & 12 <sup>th</sup> 4:00-8:30pm Saturday & Sunday June 6 <sup>th</sup> , 7 <sup>th</sup> , 13 <sup>th</sup> , 14 <sup>th</sup> 8:00-4:30pm	Saturday, Sunday May 2 <sup>nd</sup> & May 3 <sup>rd</sup> 8:30-4:30pm <u>Recert:</u> Sunday May 3 <sup>rd</sup> 8:30-4:30pm	Monday March 23 <sup>rd</sup> - June 8 <sup>th</sup> 4:15-5:15pm	

## **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 Fitness**

This course teaches the importance of physical fitness in lifesaving. The award is designed for participants 11+ who want to 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 and rescue techniques needed to be successful in the Lifesaving Society's Bronze Star, Medallion and Cross Awards. It is also a great option for those that are between awards and want to keep up their skills in the pool. Candidates are highly recommended to have completed Star 4 or higher.

## **LSS Bronze Star**

This course provides an introduction to the Lifesaving Society Bronze levels. It is an ideal option for those that are not yet old enough to advance to the next level and also for those that could benefit from improving their swimming proficiency, lifesaving skills and personal fitness in preparation to be successful in Bronze Medallion.

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

This combination course is the first step to becoming a leader in aquatics. It is a great option for those that want to gain first aid knowledge as well as learn important rescue skills in and around the water for unsupervised environments. This course emphasizes judgement, knowledge, skill and fitness. Successful completion is a prerequisite for Bronze Cross. Exam fees included.

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

This combination course is the second step to becoming a leader in aquatics. It is a great option for those that want to gain more in depth first aid skills and more advanced water safety skills for supervised environments. Successful completion of this course is a prerequisite for National Lifeguard and Swim Instructor courses. Exam fees included.

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

The National Lifeguard course is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country and is recognized by the province of Ontario for lifeguarding public pools. This course emphasizes teamwork, leadership, and communication in the prevention of accidents and in first aid treatment of medical emergencies. Exam fees included.

## **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.