

	LSS Bronze Star	Pre-Bronze	LSS Bronze Medallion EFA/CPR B	LSS Bronze Cross /SFA/CPR C	Pre-Guard
<b>Cost</b>	Member: Free Non-Member: \$113+HST	Member: Free Non-Member: \$85 + HST	Member: \$167 + HST Non-Member: \$208 + HST	Member: \$180 + HST Non-Member: \$225 + HST	Member: Free Non-Member: \$85 + HST
<b>Pre-requisite</b>	Completed Star 6	12 years of age	13 years of age OR Bronze Star	Bronze Medallion and Emergency First Aid with CPR-B	Bronze Cross and Standard First Aid CPR-C
<b>Day(s) &amp; Time(s)</b>	Fridays July 10-August 28 4pm-5:30pm	Fridays March 27 - June 5 6:00pm-6:30pm	Monday/Tuesday 8am-6pm July 6/7 OR Wednesday/Thursday August 5/6	Wednesday/Thursday/Friday 8am-6pm July 8/9/10 OR August 5/6/7	Fridays March 27 - June 5 5:30pm-6:00pm
	LSS National Lifeguard	Standard First Aid & CPR C	YMCA Swim Instructor	Lifesaving Sport Tryouts	Junior Lifeguard Club
<b>Cost</b>	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: \$250 + HST Non-Member: \$270 + HST	Member: \$126 + HST Non-Member: \$166 + HST	Member: \$126 + HST Non-Member: \$166 + HST
<b>Pre-requisite</b>	15 years of age Bronze Cross & SFA/C	12 years of age preferred	15 years of age, Bronze Cross & SFA/C	7 years of age Completed Swimmer	7 years of age Completed Swimmer
<b>Day(s) &amp; Time(s)</b>	Monday-Friday 9am-5pm July 13-17 OR August 10-14 Note: Recert on Friday 12-5pm *100% Attendance is Mandatory	Saturday and Sunday 9:00am-5:00pm July 11/12 OR August 8/9 Note:Recert only on Sunday	Saturday and Sunday 9am-5pm July 4/5  *100% Attendance is mandatory	Tryouts Ages 7-11 years old Wednesday Sept 2nd 5:00pm-6:00pm  Ages 12-15 years old Wednesday Sept 2nd 6:00pm-7:00pm	Ages 7-11 years old Fridays July 10-August 28 5:00pm-6:00pm  Ages 12-15 years old Fridays July 10-August 28 6:00pm-7:00pm

## **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.

## **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.

## **Junior Lifeguard Club (JLC)**

The Junior Lifeguard Club is a great way for your child to strengthen their swimming skills while introducing them to lifesaving fundamentals in a fun learning environment. This program is the perfect opportunity to give your child more than their usual swimming lesson; it helps them build teamwork, communication and goal setting skills.

## **Lifesaving Sport**

Is your child looking to develop their stroke technique, swimming speed and endurance in a competitive environment? Lifesaving sport is for you! Lifesaving Sport has two streams: Fundamentals and Competitive. In Fundamentals, your child will come once a week to work on strokes, improve endurance, and learning competitive swimming skills. Once your child completes the Fundamentals (or tests out of it at tryouts) they will be invited to join our Competitive team! The Competitive team practices 1-3 times a week (depending on division) and trains for the 3 competitions held at the Markham Pan Am Centre.