

	LSS Bronze Star	LSS Bronze Medallion & BFA/CPR-C/AED	LSS Junior Lifeguard Club	
Cost	Member: Free Non-Member: \$113+HST	Member: \$167 + HST Non-Member: \$208 + HST	Member: \$126 + HST Non-Member: \$166 + HST	
Pre-requisite	12 years of age and recommended completion of Star 4, 5 or 6	13 years of age OR Bronze Star	8 years of age and able to swim 25m and tread water for 2min	
Day(s) & Time(s)	Mondays 6:15pm-7:15pm September 21-December 7	Mondays 4:15pm-6:30pm September 21-December 7	Mondays 6:00pm-7:00pm September 21-December 7	
	LSS National Lifeguard	YMCA Swim Instructor	Intermediate First Aid & CPR C/AED	LSS Lifesaving Sport
Cost	Member: \$200 + HST Non-Member: \$250+ HST Recert - Member: 80+HST Non-Member: \$100+ HST	Member: \$250 + HST Non-Member: \$270 + HST	Member: \$135 + HST Non-Member: \$155 + HST Recert - Member: \$85+HST Non-Member: \$105+ HST	Member: \$126 + HST Non-Member: \$166 + HST
Pre-requisite	15 years of age Bronze Cross & SFA/C	15 years of age, Bronze Cross & SFA/C	12 years of age preferred	10 years of age, able to swim 100m, proficient in front and back crawl
Day(s) & Time(s)	Fridays 4:00pm-8:30pm Sundays 8:30am-4:30pm November 6/8/13/15/20/22/27 Recert: Sunday November 29 11:00am-5:00pm	Friday September 11 3:30pm-7:30pm Sat & Sun September 12/13 8:00am-4:00pm Sunday September 20/27 & October 4 8:00am-12:30pm	Saturday and Sunday 8:00am-4:00pm October 17/18 Recert: Sunday October 18 th 8:00am-4:00pm	Mondays 5:45pm-6:45pm September 21-December 7

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 ideal for 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.

LSS Lifesaving Sport

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 is the only sport whose skills are first learned for humanitarian purposes. Through lifesaving sport, the Lifesaving Society seeks to engage and inspire youth (and beyond!) in their drowning prevention mission.

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 Basic First Aid & CPR-C/AED

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.

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.

LSS National Lifeguard

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.

Intermediate First Aid & CPR-C/AED

Intermediate First Aid includes all aspects of Basic First Aid and provides additional comprehensive first aid training. Candidates demonstrate first aid care for anaphylaxis, shock, stroke, amputations, facial injuries, burn injuries, fractures and dislocations, neck or spinal column injuries, seizures, diabetic emergencies, and environmental injury and illness. Includes CPR-C with AED certification for adult, child and infant. It is recognized by Ontario's Workplace Safety & Insurance Board.