

|                  | LSS Bronze Star                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Pre-Bronze                                                                                                                                                                                                                                                                                       | Bronze Medallion with Basic First Aid                                                                                                                                                                                                                                                                                                                              | Bronze Cross with Intermediate First Aid                                                                                                                                                                                                                                                                                                                 | Pre-Guard                                                                                                                                                                                                 |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cost             | Member: Free<br>Non-Member: \$113+HST                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Member: Free<br>Non-Member: \$85 + HST                                                                                                                                                                                                                                                           | Member: \$167 + HST<br>Non-Member: \$208 + HST                                                                                                                                                                                                                                                                                                                     | Member: \$180 + HST<br>Non-Member: \$225 + HST                                                                                                                                                                                                                                                                                                           | Member: Free<br>Non-Member: \$85 + HST                                                                                                                                                                    |
| Pre-requisite    | Completed Star 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 12 years of age                                                                                                                                                                                                                                                                                  | 13 years of age<br>OR Bronze Star                                                                                                                                                                                                                                                                                                                                  | Bronze Medallion and Basic First Aid                                                                                                                                                                                                                                                                                                                     | Bronze Cross and Intermediate First Aid                                                                                                                                                                   |
| Day(s) & Time(s) | <b>Fridays</b><br>4:00pm-5:00pm<br><b>Sept 11<sup>th</sup>-Nov 13<sup>th</sup></b><br>OR<br><b>Jan 8<sup>th</sup> - Mar 12<sup>th</sup></b><br>OR<br><b>Mar 26<sup>th</sup> - Jun 4<sup>th</sup></b>                                                                                                                                                                                                                                                                                                            | <b>Fridays</b><br>6:00pm-6:30pm<br><b>Sept 11<sup>th</sup>-Nov 13<sup>th</sup></b><br>OR<br><b>Jan 8<sup>th</sup> - Mar 12<sup>th</sup></b><br>OR<br><b>Mar 26<sup>th</sup> - Jun 4<sup>th</sup></b>                                                                                             | <b>Fridays</b><br>4:00pm-6:00pm<br><b>Sept 11<sup>th</sup>-Nov 13<sup>th</sup></b><br>OR<br><b>Jan 8<sup>th</sup> - Mar 12<sup>th</sup></b><br>OR<br><b>Mar 26<sup>th</sup> - Jun 4<sup>th</sup></b><br>OR<br><b>Monday/Tuesday</b><br>8:00am-6:00pm<br><b>Dec 21<sup>st</sup> &amp; 22<sup>nd</sup></b><br>OR<br><b>Mar 15<sup>th</sup> &amp; 16<sup>th</sup></b> | <b>Fridays</b><br>4:00pm-7:00pm<br><b>Sept 11<sup>th</sup>-Nov 13<sup>th</sup></b><br>OR<br><b>Jan 8<sup>th</sup> - Mar 12<sup>th</sup></b><br>OR<br><b>Mar 26<sup>th</sup> - Jun 4<sup>th</sup></b><br><b>Monday - Wednesday</b><br>8:00am-6:00pm<br><b>Dec 21<sup>st</sup> - 23<sup>rd</sup></b><br>OR<br><b>Mar 15<sup>th</sup> - 17<sup>th</sup></b> | <b>Fridays</b><br>5:30pm-6:00pm<br><b>Sept 11<sup>th</sup>-Nov 13<sup>th</sup></b><br>OR<br><b>Jan 8<sup>th</sup> - Mar 12<sup>th</sup></b><br>OR<br><b>Mar 26<sup>th</sup> - Jun 4<sup>th</sup></b>      |
|                  | National Lifeguard                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Intermediate First Aid with CPR-C                                                                                                                                                                                                                                                                | YMCA Swim Instructor                                                                                                                                                                                                                                                                                                                                               | Lifesaving Sport Fundamentals                                                                                                                                                                                                                                                                                                                            | Junior Lifeguard Club                                                                                                                                                                                     |
| Cost             | Member: \$200 + HST<br>Non-Member: \$250+ HST<br>Recert - Member: 80+HST<br>Non-Member: \$100+ HST                                                                                                                                                                                                                                                                                                                                                                                                              | Member: \$135 + HST<br>Non-Member: \$155 + HST<br>Recert - Member: \$85+HST<br>Non-Member: \$105+ HST                                                                                                                                                                                            | Member: \$250 + HST<br>Non-Member: \$270 + HST                                                                                                                                                                                                                                                                                                                     | Member: \$126 + HST<br>Non-Member: \$166 + HST                                                                                                                                                                                                                                                                                                           | Member: \$126 + HST<br>Non-Member: \$166 + HST                                                                                                                                                            |
| Pre-requisite    | 15 years of age<br>Bronze Cross & Inter. First Aid                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 12 years of age preferred                                                                                                                                                                                                                                                                        | 15 years of age<br>Bronze Cross & Inter. First Aid                                                                                                                                                                                                                                                                                                                 | 7 years of age<br>Completed Swimmer                                                                                                                                                                                                                                                                                                                      | 7 years of age<br>Completed Swimmer                                                                                                                                                                       |
| Day(s) & Time(s) | <b>Mondays</b><br>4pm-8pm<br><b>Sept 14<sup>th</sup> - Nov 23<sup>rd</sup></b><br>OR<br><b>Saturday-Wednesday</b><br>9am-5pm<br><b>Dec 19<sup>th</sup> - 23<sup>rd</sup></b><br>OR<br><b>Monday-Friday</b><br>9am-5pm<br><b>Mar 15<sup>th</sup> - 19<sup>th</sup></b><br>OR<br><b>Fridays</b><br>4:00pm-8:00pm<br>AND<br><b>Saturdays/Sundays</b><br>9:00am-5:00pm<br><b>May 7<sup>th</sup> - 16<sup>th</sup></b><br><br>Recertification is on the last day of the course.<br><br>*100% Attendance is Mandatory | <b>Saturday/Sunday</b><br>9:00am - 5:00pm<br><b>Sept 19/20</b><br>OR<br><b>Oct 24/25</b><br>OR<br><b>Nov 21/22</b><br>OR<br><b>Jan 16/17</b><br>OR<br><b>Feb 27/28</b><br>OR<br><b>Apr 10/11</b><br>OR<br><b>May 8/9</b><br><br>Recertification Sunday Only<br><br>*100% Attendance is Mandatory | <b>Saturday/Sunday</b><br>9:00am - 5:00pm<br><b>September 26/27</b><br>OR<br><b>Mar 7/8</b><br>OR<br><b>Mondays</b><br>4:00pm-8:00pm<br><b>April 5<sup>th</sup> - May 3<sup>rd</sup></b>                                                                                                                                                                           | <b>Fridays</b><br>6:00pm - 7:00pm<br><b>Sept 11<sup>th</sup> - Dec 18<sup>th</sup></b><br>OR<br><b>Jan 8<sup>th</sup> - Mar 12<sup>th</sup></b><br>OR<br><b>Apr 2<sup>nd</sup> - June 25<sup>th</sup></b>                                                                                                                                                | <b>Fridays</b><br>5:00pm - 6:00pm<br><b>Sept 11<sup>th</sup> - Dec 18<sup>th</sup></b><br>OR<br><b>Jan 8<sup>th</sup> - Mar 12<sup>th</sup></b><br>OR<br><b>Apr 2<sup>nd</sup> - June 25<sup>th</sup></b> |

## 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 Basic First Aid and CPR level C

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 Intermediate First Aid & CPR level 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 Basic First Aid OR Emergency First Aid certificates.

## Pre-Guard

If you have a current Bronze Cross and Intermediate 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 Intermediate 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 June 22<sup>nd</sup>, 2026. 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.



## Steps to Become a Lifeguard

