



# Swimming Lesson Schedule

## Advanced aquatics courses

Course	Age	Days, Times and Prerequisites	Activity number	Fee
Bronze Medallion and Emergency First Aid	13 years and older	July 5 to 9 and July 12 and July 13 daily 1 to 4:30pm	19524	170.00
Bronze Cross and Standard First Aid	14 years and older	July 5 to 9 and July 12 to 16, daily 1 to 4:30pm Must have Bronze Medallion and Emergency First Aid	19525	200.00
Lifesaving Assistant Instructor	14 years and older	August 30 to September 1, daily 1 to 8pm. Must have Bronze Cross or higher	19545	135.90
Lifesaving Instructor	15 years and older	August 30 to September 1, daily 1 to 8pm. Must have Assistant Instructors	19546	150.00
NL-Pool (National Lifeguard)	15 years and older	July 19 to 23, daily 1 to 9pm. Must have Bronze Cross and Standard First Aid	19523	250.00

## Advanced aquatics course descriptions

**Bronze Medallion, 13 years and older:** This course is the second step towards the lifeguarding certification in Canada. The award is part of the Lifesaving Society's Bronze series of awards and includes water safety, rescues, resuscitation, and an introduction to spinal injury management. To participate in this program, you must have the Bronze Medallion Manual and if not you can purchase one when registering. 100% attendance is mandatory to complete this course.

**Bronze Cross, 14 years and older:** Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 400 m swim. Participants must have Bronze Medallion and Emergency First Aid. 100% attendance is mandatory to complete this course.

**Lifesaving Assistant Instructors, 14 years or older:** Through classroom learning and in-water practice, this course will prepare you to assist instructors with swim lessons. This course provides an introduction to swimming instruction and will focus on key learning such as safety, swimming skills and stroke mechanics, as well as, communication and learning strategies. This course includes up to 20hrs of apprentice teaching which at this time will be dependent on Covid-19 restrictions. Participants must have a Bronze Cross certification or higher to take this course. 100% attendance is mandatory to complete this course.

**Lifesaving Swim Instructors, 15 years or older:** this course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques. Participants must have a valid Assistant Instructor certification. 100% attendance is mandatory to complete this course.

**NL - Pool (National Lifeguard), 15 years and older:** This intensive 40-hour course will train participants in advance water rescue, emergency care and aquatic supervision. Emphasis will be on accident prevention, leadership, teamwork and communication. NL is the standard lifeguarding certification across Canada. Participants must have a valid Standard First Aid and Bronze Cross certification. 100% attendance is mandatory to complete this course.

