



# Swimming Programs



# \* Learn to Swim Progression Chart

**3 to 36 months**

Parent and Tot 1 

Parent and Tot 2 

Parent and Tot 3 

**3 to 5 years**

Preschool 1 


Preschool 2

Preschool 3

Preschool 4

Preschool 5

Preschool 6

 Parent Participation  
Required.

**6 to 12 years**

**Swimmer 1**



**Swimmer 2**



**Swimmer 3**



**Swimmer 4**



**Swimmer 5**



**Swimmer 6**



**Swimmer 7**



**Swimmer 8**

**8 to 13 years**

**Rookie Patrol**



**Ranger Patrol**



**Star Patrol**



**Junior  
Lifeguard  
Club**



**Bronze Star**

**9 to 17 years**

**Youth 1**



**Youth 2**



**Youth 3**



**Youth  
Swimfit**

**18+ years**

**Adult 1**



**Adult 2**



**Adult 3**

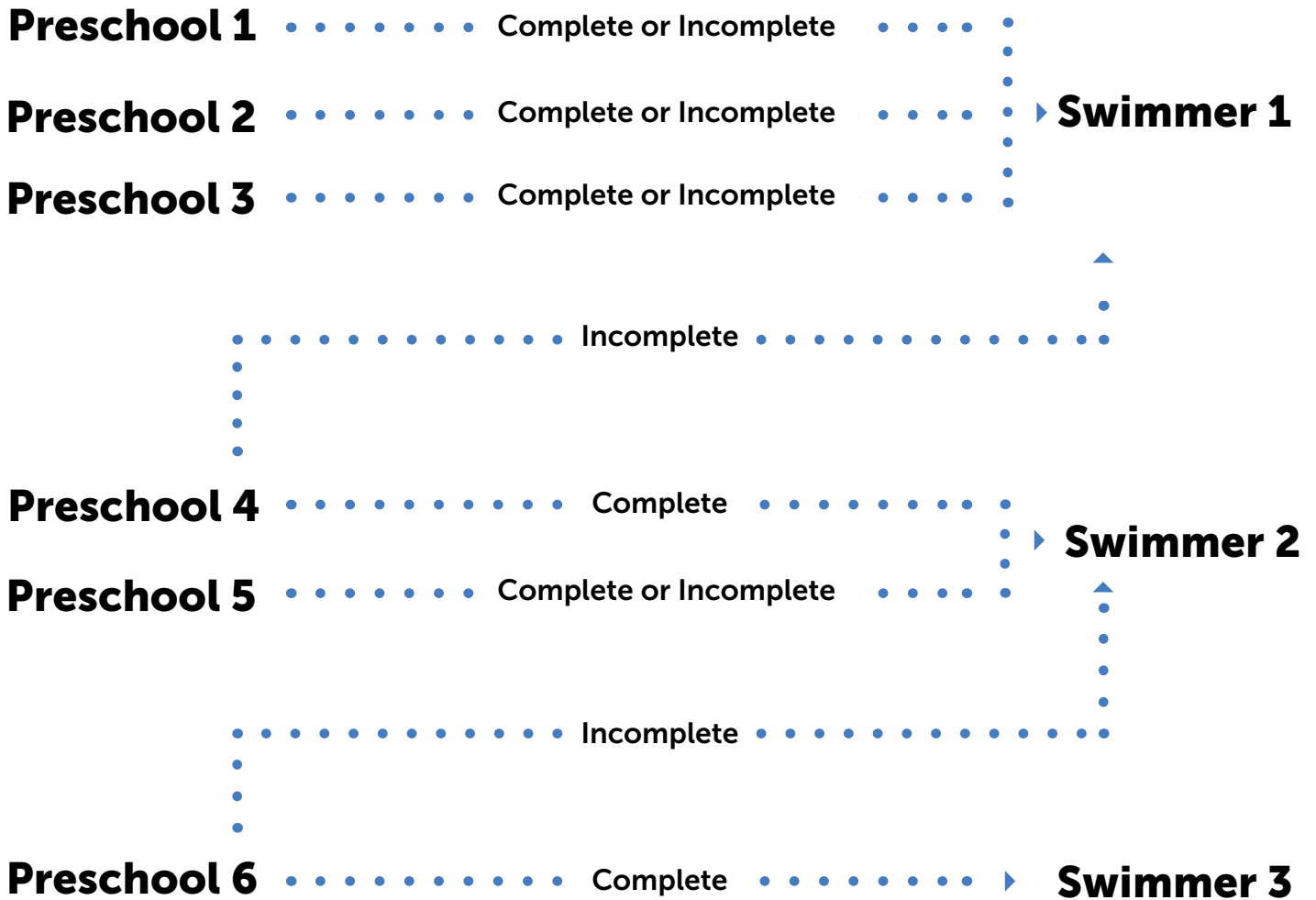


**Adult  
Swimfit**



# \* Lesson Conversion Chart

If the swimmer turned 6 years old, sign them up for...



# \* Swimming Information



## Serious medical conditions

Those with serious medical conditions should be accompanied by an individual who is knowledgeable of their condition and responsible for their direct supervision. Please notify aquatic staff of your condition and how we can further assist you.



## What to wear in the pool

Proper bathing attire means clothing used for swimming only. Sorry, no street clothes or undergarments. Patrons who are not toilet-trained must wear swim diapers. Regular diapers (disposable or cloth) are not permitted.



## Change room age requirements

Children six years of age or older are required to use the change room of their own gender. If this is not suitable or you are not able to accompany your child into their gender specific change room, please make use of the family change room. No nudity permitted in the common area of the family change room.



## Personal belongings/lockers

Patrons should not leave any valuables in the change rooms. Lockers are available for your use. You are encouraged to bring your own lock or purchase one at the kiosk for \$7. Locks must be removed after each use.

***The Town of Newmarket is not responsible for any lost or stolen articles.***



## Strollers

Strollers are not permitted in the change rooms or on deck. If you require assistance, please see the customer service staff to borrow a pool stroller. (Limited strollers available).



## Shower before swimming

All swimmers must shower thoroughly with soap before entering the pool to help keep the water clean for your swimming enjoyment.



## Sauna/swirl pool use policy

Children under 12 years of age are not allowed in the sauna or swirl pool unless supervised by a parent/guardian 16 years of age or older. Pregnant women and persons with known medical conditions should consult with a physician before using the sauna or swirl pool. The sauna is a dry sauna and no water is to be thrown on the heating unit.



## Pool foul/power failure/emergency/maintenance closure

The pool(s) may close in an untimely manner due to a pool fouling, power failure, emergency or mechanical maintenance problem. In the event of an emergency no course credits will be provided.



## Food and beverages

Food and beverages are not permitted on the pool deck or in the change rooms.



## Photo/Video

To prevent distractions during swimming lessons, photos/videos are not to be taken. Due to the public nature of drop-in programs photo/video may be taken, but every attempt should be made to be respectful of everyone's privacy. Photo/video in change rooms is strictly prohibited.

# \* Lesson Information

## What to expect from lessons

Swimming requires a lot of practice and positive feedback to succeed. We believe that it takes 10 years of lessons to really learn to swim well. The Lifesaving Swim for Life program allows students to progress comfortably at their own rate. We encourage you to talk about lessons with your child. Make sure that you have realistic expectations and that your child feels **no pressure to pass** a level or get a sticker, but rather **focus on completing** the skills at their own pace. All parents/guardians of aquatic participants in lessons are required to remain in the designated seating areas (viewing gallery, patio or bleachers). We thank you for your cooperation.

## Final report cards

Feedback is essential for successful learning! To provide reinforcement, each participant will receive a written report outlining their swimming progress on the last lesson. If there is a particular skill or stroke that your child needs to work on, or any other information about your child that will assist your instructor during lessons, please let your instructor or Deck Supervisor know at the beginning of the lessons.

## Class full? Join a waitlist.

If you are trying to register for a class and see that it is currently full, please join the waitlist for the level closest to the day/time you prefer. Waitlists are addressed one to two weeks prior to the start of the session and monitored during the first week for last minute cancellations. Staff will contact waitlisted participants if a spot becomes available or if it is possible to create an additional class.

## Screening for aquatic levels

All lesson participants are screened on the first day of lessons for the correct level. If your child has learned to swim without instruction or has been out of lessons for a year or more, please speak with a Deck Supervisor or email [swimming@newmarket.ca](mailto:swimming@newmarket.ca) for assistance. Swim assessments can be requested during public swim times, however these are subject to staff availability and not guaranteed.

## Instructor requests

We accept requests for instructors one week prior to the start of the session, however, we are unable to guarantee that the request will be granted. If an instructor has been requested and has a replacement instructor for one lesson, we cannot guarantee who that replacement will be. Please email all instructor requests to [swimming@newmarket.ca](mailto:swimming@newmarket.ca)

## Private lessons

Private lessons are tailored to the needs of the participant, this means that pool space will be allocated accordingly. Please note a lane per private lesson is not guaranteed.

## Inclusion Lessons

The Town of Newmarket is dedicated to ensuring all individuals have a successful swimming experience. **We recommend these lessons to participants who meet the criteria below:**

- Extra support is required at school
- A disability exists that could affect the safety of the participant or other participants
- Extra support is required at home for basic care
- Participant is associated with support agency and/or program
- Participant has a safety plan with their educational institution
- There are behaviours to be managed (ie. biting, scratching, pinching, etc)

Email [swimming@newmarket.ca](mailto:swimming@newmarket.ca) to discuss program selection and support options.

# \* Swimming Lesson Session Dates

## Winter 2023 Session Dates Magna Centre

Day of the Week	Location	#of Classes	Start Date	End Date	Exclusion Dates
Monday	MC	7	January 16	March 6	February 13
Tuesday	MC	8	January 17	March 7	
Wednesday	MC	8	January 18	March 8	
Thursday	MC	8	January 19	March 9	
Saturday	MC	6	January 21	February 25	
Sunday	MC	6	January 22	February 26	

## Winter 2023 Session Dates Ray Twinney Recreation Centre

Day of the Week	Location	#of Classes	Start Date	End Date	Exclusion Dates
Monday	RTRC	7	January 16	March 6	February 13
Tuesday	RTRC	8	January 17	March 7	
Wednesday	RTRC	8	January 18	March 8	
Thursday	RTRC	8	January 19	March 9	
Saturday	RTRC	7	January 21	March 4	
Sunday	RTRC	7	January 22	March 5	

MC - Magna Centre RTRC - Ray Twinney Recreation Complex



# \* Swimming Lessons

You've asked.  
We've answered.

- 1. If I have little to zero swimming ability and have not taken lessons before, which level do I start in?**

**Answer:**

**Parent and Tot 1:** for ages 3 to 12 months and their caregiver.

**Parent and Tot 2:** for ages 12 to 24 months and their caregiver.

**Parent and Tot 3:** for ages 24 to 36 months and their caregiver.

**Preschool 1:** For ages 3 to 5 years. This is the first preschool level. Caregivers will join the class in the water for the first four lessons and then the child will work independently with the instructor.

**Swimmer 1:** ages 6 to 12 years.

**Youth 1:** ages 12 to 17 years.

**Adult 1:** 18+ years.

- 2. My child started in the Lifesaving Preschool program but they are now six years old. Which level should they register for now?**

**Answer:**

If your child turns six in the Preschool program, they should now register in the appropriate Swimmer level. (Please refer to Lessons Conversion Chart on page. 45)

- 3. I want to become a lifeguard and swimming instructor?**

**Answer:** The Swim Patrol levels (Rookie, Ranger, Star), Bronze Star or Bronze Medallion are the next step after Swimmer levels depending on your age.

- 4. I did not complete my swimming level, what is the next step?**

**Answer:** It is encouraged that the swimming level be repeated. Each level in the Lifesaving Swim For Life Program builds on skills and knowledge from the previous level. In order to set each child up for success, we encourage the levels to be taken in order.

- 5. My child has never had a swimming lesson, how do I prepare them?**

**Answer:** We encourage you to attend a public swim at one of our pools with your child to familiarize them with the water. Please refer to [newmarket.ca/swimming](http://newmarket.ca/swimming) for public swim times and admission standards.

- 6. Why is there only one lifeguard on deck during lessons?**

**Answer:** All swimming instructors are certified lifeguards. This means lifeguards are not required to supervise during instructional times. Deck Supervisors are present to monitor the facility and assist customers.

- 7. Can I swim with my child before or after my lesson?**

**Answer:** During drop-in programming, such as public swim, patrons must pay and receive a wristband prior to attending their registered program.

**What to expect from lessons:**

Swimming requires plenty of practice, patience, and positive feedback. We encourage you to talk about lessons with your child to make sure you have realistic expectations and your child feels no pressure to "pass" a level or get a sticker/badge, but rather focus on "completing" the skills at their own pace. Swimming lessons should be viewed as a long-term, continuous progression!

# \* Aquatic Leadership Pathway

**JOIN  
OUR  
TEAM!**

## **Leadership 1: LSS Bronze Medallion and Emergency First Aid with CPR-B**

Required: Minimum 13 years old or Bronze Star



## **Leadership 2: LSS Bronze Cross**

Required: Bronze Medallion and Emergency  
First Aid with CPR-B



## **Leadership 3: LSS Standard First Aid with CPR-C**

Recommended: 14 years old



## **Leadership 4: LSS Assistant Instructor**

Required: Minimum 14 years old and Bronze  
Cross. \*LSS Assistant Instructor is an optional, but  
recommended course\*



## **Leadership 5: LSS National Lifeguard (NL)**

Required: Minimum 15 years old, Bronze Cross  
and Standard First Aid with CPR-C



## **Leadership 6: LSS Swim and Lifesaving Instructor**

Required: Minimum 15 years old and Bronze Cross

### **Explore a Career as a Swim Instructor and Lifeguard!**

Are you looking for employment or are you interested in updating past advanced lifesaving qualifications?

We are always looking for enthusiastic individuals to join our team. **Apply online at [newmarket.ca](http://newmarket.ca)**

Swim Instructors and Lifeguards need the following certifications:

- Swim Instructor
- Lifesaving Instructor
- National Lifeguard
- Current Standard First Aid

Ready to jump in?  
Register for  
our advanced  
lifesaving programs  
[newmarket.ca/swimming](http://newmarket.ca/swimming)

### **Did you know?**

Have you been unsuccessful in a recent leadership course (Bronze Medallion and higher)? Email us at [swimming@newmarket.ca](mailto:swimming@newmarket.ca) to arrange a retake of the same course within 6 months of the original course at no charge! Only one retake allowed per candidate per original course.



# \* Aquatic Leadership

You've asked.  
We've answered.

## 1. I'm close to the age requirement. Can I come anyway?

No. The age requirement on all aquatic leadership programs is set by the Lifesaving Society and must be followed. Candidates will be asked to provide documentation demonstrating their date of birth at the beginning of their course.

## 2. Do I have to take the courses in order?

Yes. All of the aquatic leadership courses build on knowledge learned and fall within a progression-based model. Required courses have the prerequisites listed in the course descriptions.

## 3. Some courses say required and some say recommended. What is the difference?

The courses that are required are prerequisites for certifications that are needed to become a swim instructor or lifeguard. We strongly recommend the other courses to assist in the development of the candidate, to assist with their ability to perform on the job and to increase their knowledge.

## 4. Is attendance 100% mandatory?

Yes. The Lifesaving Society sets the hours required to learn the course material. Courses move quickly and some content is only covered once by instructors.

## 5. What do I need to bring?

On the first day please bring the following: Lunch, snacks, water bottle, bathing suit and towel, deck shoes, whistle, note books and pen, proof of age (birth certificate, driver's licence, etc.), and certification cards from previous courses.

## 6. I haven't received my certification card. What do I do?

Temporary cards are good for 90 days. If you haven't received your certification card 90 days after taking the course, you should contact the Lifesaving Society at 416-490-8844.

## 7. I have a copy of the course materials; can I use them and waive the extra fees?

Extra fees for leadership courses cover the exam fee and material costs set by the Lifesaving Society. If you have a current copy of the books you can use them and we will remove the cost from the course.

## 8. My Standard First Aid (SFA) with CPR-C is expiring do I have to take a full course?

You must alternate the full course and a recert every three years. If you are unsure you can look up your qualifications at [lifesavingsociety.com](http://lifesavingsociety.com) Find a member with your member ID. For the National Lifeguard course, the SFA and CPR-C prerequisite must be from one of the the SFA and CPR-C prerequisite must be from a Lifesaving Society approved organization.

## Looking to volunteer?

Join us as an aquatic volunteer.  
Email [swimming@newmarket.ca](mailto:swimming@newmarket.ca) for details. Bronze Cross recommended.

# \* Swimming Programs

## Preschool Swim Lessons

### LSS Parent and Tot 1

Designed for 3 to 12 month olds, this level allows children to explore the water through fun and games. Parents/guardians participate in class and will learn how to help their child enjoy the water through play with comfort and confidence.

**Age: 3 to 12 Months**

**Length: 30 Minutes**

### LSS Parent and Tot 2

Designed for 12 to 24 month olds, this level teaches children to get their face wet and blow bubbles. With parent/guardian assistance, participants practice front and back floats and learn how to travel at the surface by kicking.

**Age: 12 to 24 Months**

**Length: 30 Minutes**

### LSS Parent and Tot 3

Designed for 24 to 36 month olds, children establish the building blocks for swimming stroke development with parent/guardian assistance: front and back floats, kicking on front and back, and breath control.

**Age: 24 to 36 Months**

**Length: 30 Minutes**

### LSS Preschool 1

Participants will try assisted floats and glides on their front and back, while learning to get their face wet and blow bubbles (parent/guardian participates in the first four classes).

**Age: 3 to 6 Years**

**Length: 30 Minutes**

### LSS Preschool 2

Participants will continue to work on floats and glides, but with lifejackets or buoyant aids.

They'll submerge and exhale underwater and will kick on their back for 5 metres with a buoyant aid.

**Age: 3 to 6 Years**

**Length: 30 Minutes**

### LSS Preschool 3

Participants will learn to float, glide, and kick on their front and back without assistance or buoyant aids. They will also be introduced to deep water with a lifejacket.

**Age: 3 to 6 Years**

**Length: 30 Minutes**

### LSS Preschool 4

Participants will use flutter kick as they master gliding on their front, back, and side. While wearing a lifejacket, they'll tread water for 10 seconds in deep water.

**Age: 3 to 6 Years**

**Length: 30 Minutes**

### LSS Preschool 5

Participants will work on endurance by treading water for 10 seconds and work on longer front and back crawl swims - including some interval training.

**Age: 3 to 6 Years**

**Length: 30 Minutes**

### LSS Preschool 6

Participants will learn to kick 7 metres on their front and back, swim front crawl with a lifejacket for 5 metres, and will tread water while wearing a lifejacket.

**Age: 3 to 6 Years**

**Length: 30 Minutes**

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 Parent Participation Required

### Private Lesson - Preschool

Preschool private lessons are recommended for children 3-5 years who have been working towards Preschool 1-3, but need individualized attention to accomplish specific skills or overcome a fear of the water. Please note these lessons will only take place in the learning pool.

**Age: 3 to 5 Years**

**Length: 30 Minutes**

### Children's Swim Lessons

#### LSS Swimmer 1

Participants will learn to open their eyes, exhale, and hold their breath underwater. They'll work on floats, glides, and kicking through the water on their front and back.

**Age: 6 to 12 Years**

**Length: 30 Minutes**

#### LSS Swimmer 2

Participants will work on independent deep-water skills. Their endurance will improve with distance swims of 5-10 metres and flutter kick interval training. They will be required to swim front crawl and back crawl for 5 metres.

**Age: 6 to 12 Years**

**Length: 30 Minutes**

#### Semi Private Lesson – Swimmer 1/2

Participants will work towards completing a specific Learn to Swim level in a low instructor to swimmer class ratio (1:3). Swimmers will be working towards the completion of either Swimmer 1 or 2 (see above for level specific skills).

**Age: 6 to 12 Years**

**Length: 30 Minutes**



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#### LSS Swimmer 3

Participants will tread water for 15 seconds, swim front and back crawl 10 metres, and participate in a flutter kick interval training (4 x 5 metres) workout. They'll also practice Swim to Survive® skills wearing a lifejacket.

**Age: 6 to 12 Years**

**Length: 45 Minutes**

#### LSS Swimmer 4

Participants will swim front and back crawl for 13 metres, work on endurance and learn how to swim whip kick on their back.

**Age: 6 to 12 Years**

**Length: 45 Minutes**

#### Semi Private Lesson – Swimmer 3/4

Participants will work towards completing a specific Learn to Swim level in a low instructor to swimmer class ratio (1:3). Swimmers will be working towards the completion of either Swimmer 3 or 4 (see above for level specific skills).

**Age: 6 to 12 Years**

**Length: 30 Minutes**

#### LSS Swimmer 5

Participants will work on diving into deep water and treading for 30 seconds. They will work on increasing their distance and efficiency for front crawl (15 metres), back crawl (15 metres), and whip kick.

**Age: 6 to 12 Years**

**Length: 45 Minutes**

#### LSS Swimmer 6

Participants will swim lengths of front and back crawl, whip kick, and breaststroke arms with breathing. They will work towards achieving the Canadian Swim to Survive® Standard: roll into deep water, tread for 1 minute, and swim 50 metres.

**Age: 6 to 12 Years**

**Length: 45 Minutes**

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### Semi Private Lesson – Swimmer 5/6

Participants will work towards completing a specific Learn to Swim level in a low instructor to swimmer class ratio (1:3). Swimmers will be working towards the completion of either Swimmer 5 or 6 (see above for level specific skills).

**Age: 6 to 12 Years**

**Length: 30 Minutes**

### LSS Swimmer 7

Participants learn eggbeater kick, scissor kick, and how to do a backward somersault. They'll refine their front and back crawl by swimming 50 metres of each, and will improve their breaststroke over a 25 metre swim.

**Age: 6 to 12 Years**

**Length: 60 Minutes**

### LSS Swimmer 8

Participants will be challenged with stride entries, compact jumps, and lifesaving kicks. They will learn how to add in arm movements with their scissor kick to complete sidestroke as well as complete a 300 metre mixed stroke workout.

**Age: 6 to 12 Years**

**Length: 60 Minutes**

### Semi Private Lesson – Swimmer 7/8

Participants will work towards completing a specific Learn to Swim level in a low instructor to swimmer class ratio (1:3). Swimmers will be working towards the completion of either Swimmer 7 or 8 (see above for level specific skills).

**Age: 6 to 12 Years**

**Length: 30 Minutes**



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### Private Lesson – Children

Private swim lessons are recommended for participants 6+ years who are working towards a Learn to Swim level, but need individualized attention to accomplish specific skills or overcome a fear of the water. Available for up to Swimmer 8.

**Age: 6 to 12 Years**

**Length: 30 Minutes**

### Inclusion Swim Lessons

These lessons meet the swimming requirements of individuals with identified special needs. All participants must complete and deliver an intake form (available online or at kiosk) before registration by emailing it to [swimming@newmarket.ca](mailto:swimming@newmarket.ca).

**Age: 3 to 18 Years**

**Length: 30 Minutes**

### Youth Swim Lessons

#### LSS Youth Swim 1

This program is designed to meet the needs of youth that have little to no swim training and allows youth to learn to swim in a group lesson with their peers. This is an introductory level teaching the basics of getting wet, floating positions, and introduction to front and back swims.

**Age: 9 to 15 Years**

**Length: 45 Minutes**

#### LSS Youth Swim 2

This level will build on the skills learned in the Youth Swim 1 facilitating the development of front crawl, back crawl, and surface support. New skills such as breaststroke, surface dives and stride entries will also be introduced.

**Age: 9 to 15 Years**

**Length: 45 Minutes**

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### LSS Youth Swim 3

This level will build on the skills learned in the Youth Swim 2 facilitating the development of stroke technique and water safety skills. The continuous swim component will increase endurance.

**Age: 9 to 15 Years**

**Length: 45 Minutes**

### LSS Youth Swimfit

This course aims to promote and encourage fitness through the sport of swimming and to promote fun and friendship through informal social activities. Due to the nature of the practices, it is required that participants are able to swim six lengths of the pool continuously or have completed Swimmer 8 / Youth 3.

**Age: 9 to 15 Years**

**Length: 45 Minutes**

### Pre-Lifeguard Swim Lessons

#### LSS Rookie Patrol

Participants continue stroke development and endurance with 50 metre swims while learning lifesaving sport skills. First aid focuses on assessments of conscious victims, contacting EMS, and treatment for bleeding.

**Age: 8 to 13 Years**

**Length: 60 Minutes**

#### LSS Ranger Patrol

Participants enhance their technique through 75 metre swims of each stroke and further their lifesaving sport skills. First aid focuses on assessments of unconscious victims, choking, and treatment of victims in shock.

**Age: 8 to 13 Years**

**Length: 60 Minutes**

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### LSS Star Patrol

Participants are challenged with 600 metre workouts, 300 metre timed swims, and a 25 metre object carry. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and anaphylaxis.

**Age: 8 to 13 Years**

**Length: 60 Minutes**

### LSS Junior Lifeguard Club (JLC)

Learn all about the exciting world of lifeguarding, improve your skills, your strokes, make new friends, get fit, and have fun! The JLC offers a unique aquatic alternative for children who love the water and want more than just 'lessons' or wish to complement the skills they are learning in swimming lessons or on a swim team.

**Age: 8 to 13 Years**

**Length: 60 Minutes**

### Bronze Star and Basic First Aid with CPR-A Certification

This an excellent course to prepare for the Lifesaving Society Bronze Medallion course. Participants develop problem-solving and decision-making skills individually and with partners. Candidates learn basic first aid and develop lifesaving skills.

**Age: 10 to 13 Years**

**Length: 10 to 12 total hours**

### Adult Swim Lessons

#### Adult Swim 1

Participants will work towards a 10-15 metre swim on their front and back, learn to jump from the side of the pool, and recover an object from the bottom in chest-deep water. This is an introductory level teaching the basics of getting wet, floating positions, and introduction to front and back swims.

**Age: 16+ Years**

**Length: 45 Minutes**

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## Adult Swim 2

Participants will work on two interval training workouts of 4 x 25 metres kicking and swimming front or back crawl. Participants will learn to perform dive entries and demonstrate breaststroke arms and breathing over 10-15 metres.

**Age: 16+ Years**

**Length: 45 Minutes**

## Adult Swim 3

Participants will learn eggbeater, stride entries, and compact jumps as well as complete 300 metre workouts to improve front crawl, back crawl, and breaststroke.

**Age: 16+ Years**

**Length: 45 Minutes**

## LSS Adult Swimfit

This course aims to promote and encourage fitness through the sport of swimming and to promote fun and friendship through informal social activities. Due to the nature of the practices, it is required that participants are able to swim six lengths of the pool continuously or have completed Adult 3.

**Age: 16+ Years**

**Length: 45 Minutes**

## Private Lesson – Youth/Adult

Private swim lessons are available for youth and adults (ages 13 years and older). These lessons are ideal for those with a fear of water, beginners, or those working on specific skills and require individualized attention.

**Age: 13+ Years**

**Length: 30 Minutes**



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## Aquatic Leadership Courses

### Leadership – LSS Standard First Aid with CPR-C Recertification

Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. Prerequisites: completion of full SFA and CPR-C course with the Lifesaving Society (proof of certification required) within the last 3 years. Materials required: Canadian First Aid Manual.

**Age: 12+ Years**

### Leadership - LSS National Lifeguard Recertification

Recertification of the National Lifeguard qualification. Proof of past certification required.

**Age: 15+ Years**

### Leadership 1/2 - LSS Bronze Medallion, Emergency First Aid with CPR-B, and Bronze Cross (Combined)

This program combines the Lifesaving Bronze Medallion, Emergency First Aid, and Bronze Cross courses into one course. This crash course format is recommended for swimmers that have strong swimming skills and want to complete the courses required for the National Lifeguard course. Prerequisites: 13 years old or successful completion of Bronze Star.

**Age: 13+ Years**

### Leadership 1 – LSS Bronze Medallion and Emergency First Aid with CPR-B

This course develops basic lifesaving skills, including the endurance necessary to perform water rescues. The Bronze Medallion and Emergency First Aid is a prerequisite for the Bronze Cross course. 100% attendance is required. Prerequisites: 13 years of age or older or successful completion of Bronze Star. Materials included: Canadian Lifesaving Manual, Bronze Medallion Workbook, and Canadian First Aid Manual.

**Age: 12+ Years**

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## Leadership 2 – LSS Bronze Cross

This course continues to develop lifesaving skills and introduces the principles of lifesaving in aquatic facilities. Bronze Cross is a prerequisite for the National Lifeguard and Swim Instructor courses. 100% attendance is required. Prerequisites: Bronze Medallion and Emergency First Aid (need not be current). Materials included: Bronze Cross Workbook and a Whistle. Materials required: Canadian Lifesaving Manual from the Bronze Medallion and Emergency First Aid Course.

**Age: 13+ Years**

## Leadership 3 - LSS Standard First Aid with CPR-C

Standard First Aid and CPR-C provides comprehensive training covering all aspects of first aid, CPR-C and AED use. LSS Standard First Aid is recognized by the Workplace Safety and Insurance Board (WSIB). Standard First Aid is a prerequisite for the National Lifeguard course. Materials included: Canadian First Aid Manual.

**Age: 12+ Years**

## Leadership 4 - LSS Assistant Instructor

Through classroom learning and in-water practice, the Lifesaving Assistant Instructor course prepares candidates to become certified assistant instructors with swimming and lifesaving classes. 100% attendance is required. Prerequisite: 14 years of age and Bronze Cross. Materials included: Assistant Instructor Workbook.

**Age: 14+ Years**

## Leadership 5 - LSS National Lifeguard (NL)

The National Lifeguard course develops the practical skills, knowledge and values required by lifeguards in a pool setting. Strong leadership, communication, decision-making and judgment skills are essential to pass the exam. 100% attendance is required.

Prerequisites: 15 years of age or older, Bronze Cross, current Standard First Aid with CPR-C (provided by an approved agency). Materials included: Alert Manual and whistle.

**Age: 15+ Years**

## Leadership 6 - LSS Swim and Lifesaving Instructor

The Lifesaving Society Swim and Lifesaving Instructor course prepares the instructor to organize, plan, teach and evaluate individuals in the Lifesaving Society's Swim for Life, Lifesaving and First Aid programs. Successful candidates will receive three certification cards: Swim Instructor, Lifesaving Instructor and Emergency First Aid Instructor. 100% attendance is required. Prerequisite: 15 years of age and Bronze Cross. Materials included: Swim and Lifesaving Instructor Binder.

**Age: 15+ Years**



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