

Lifeguard & Instructor Training

Junior Lifeguard Club 8 - 13 yrs

Prerequisites: Completion of Star 1 or Red Cross Swim Kids Level 6 recommended.

This Friday Night Club will introduce your child to the world of aquatics and recreation. Develop swimming, lifesaving, fitness and leadership skills and begin training to be a lifeguard. Not only will you learn the Canadian Swim Patrol levels Rookie, Ranger and Star, but you will also get lessons on the FlowRider®. Plus, organize and participate in games during Everyone Welcome Swims and assist our swim instructors with their lessons.

Jan 6 - Mar 9	Fri	6 - 9pm
Mar 30 - Jun 22 (No Class April 6, May 18)	Fri	6 - 9pm

Members: \$19/Public: \$25

Drop-in only: Facility drop-in fee applies

Step 1 - Bronze Medallion & CPR-B

Prerequisites: 13+ yrs or completion of Bronze Star

Open the door to lifeguarding. Learn the four components of water rescues - judgment, knowledge, skill and fitness. Students learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim (500m in 15 mins).

Jan 27 - 29	Fri	4 - 10pm
	Sat & Sun	8:30am - 6pm
Feb 17 - 19	Fri	4 - 10pm
	Sat & Sun	8:30am - 6pm
Mar 12 - 15	Mon - Thu	8am - 1pm
May 4 - 6	Fri	4 - 10pm
	Sat & Sun	8:30am - 6pm

Members: \$125/Public: \$167

Step 2 - Bronze Cross & CPR-C

Prerequisites: 14+ yrs and completion of Bronze Medallion

Continue to challenge yourself with further advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies while developing stroke endurance and fitness training skills. Lifesavers develop stroke efficiency and endurance in a timed swim (600m in 18 mins).

Feb 3 - 5	Fri	4 - 10pm
	Sat & Sun	8:30am - 6pm
Mar 9 - 11	Fri	4 - 10pm
	Sat & Sun	8:30am - 6pm
Mar 19 - 22	Mon - Thu	8am - 1pm
May 25 - 27	Fri	4 - 10pm
	Sat & Sun	8:30am - 6pm

Members: \$98/Public: \$130

Step 3 - Standard First Aid

See First Aid & CPR section below for detailed course information.

Step 4 - National Lifeguard Service Award (Pool Option)

Prerequisites: 16+ yrs, completion of Bronze Cross, current Standard First Aid or Aquatic Emergency Care (within 2 yrs) and current CPR-C (within 1 yr). Candidates must bring awards and proof of age to the first class. NLS training develops the basic lifeguarding skills needed to adapt to different aquatic facilities and situations. You will be trained in injury prevention, public education, safety, supervision, team work, rescue and first aid. Participants should expect 6 - 10 hrs of homework in addition to class time. 100% attendance is mandatory. Pick up Alert Manual and Candidate Workbook prior to course as the workbook needs to be completed prior to the first day.

Mar 12 – March 21	Mon - Fri	4pm - 10pm
May 8 - 31	Tues & Thurs	5pm - 10pm

Members: \$299/Public: \$399

NLS Waterpark Option

Prerequisites: 16+ yrs, completion of NLS Pool Option (within 2 yrs) and current CPR-C (within 1 yr). Candidates must bring awards to the first class. This course trains lifeguards in the techniques necessary to supervise a waterpark facility. In order to lifeguard at H2O, you must be current in this award.

Mar 22 - 25	Thurs - Sun	1 - 9pm
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Members: \$199/Public: \$265

NLS Precert/Recert

NLS expired within 5 years? Get recertified. Must have current CPR-C (within 1 yr). Candidates must bring awards (NLS Pool Option and CPR-C) to the first class.

Jan 14 & 15	Sat & Sun	8am - 1pm
Apr 21 & 22	Sat & Sun	8am - 1pm
Jun 2 & 3	Sat & Sun	8am - 1pm

Members: \$77/Public: \$103

NLS Water Park Precert/Recert

Prerequisites: NLS Waterpark within past 7 years, CPR C within 1 year or First Aid Instructor within 2 years. The objective of the NLS Waterpark Precert clinic is to provide candidates an opportunity to review waterpark skills and knowledge and to provide education on new information before the start of the Recert clinic.

Jan 28 & 29	Sat & Sun	9am - 5pm
Mar 10 & 11	Sat & Sun	9am - 5pm
May 5 & 6	Sat & Sun	9am - 5pm

Members: \$77/Public: \$103

YMCA Swim Instructor

Prerequisites: 16+ yrs, completion of Bronze Cross or NLS and current Standard First Aid with CPR-C (within 1 yr). YMCA Assistant Swimming Instructor course is recommended.

Learn how to deliver the YMCA value-based swimming program. Course includes: teaching swimming skills and strokes, creating a positive learning environment, learning effective communication and fostering healthy child development.

Mar 19 – Mar 23 Mon - Fri 9am - 5:30pm

Members: \$225/Public: \$300

YMCA Swim Instructor Crossover Course

Prerequisites: 16+ yrs and completion of WSI, LSS Learn to Swim, LSI, I Can Swim or YMCA of USA.

For those Instructor candidates who have completed one of the above courses and want to be certified to teach the YMCA continuum.

Jan 11 & 18 Wed 5 - 9pm
May 7 & 9 Mon & Wed 5 - 9pm

Members: \$75/Public: \$100

First Aid & CPR 13+ yrs

The following courses are held at H2O Adventure + Fitness Centre

Lifesaving Instructor Recert

Prerequisite: LSI certificate current within 5 yrs

Jan 25 Wed 5:30 - 9:30
May 23 Wed 5:30 - 9:30

Members: \$72 / Public: \$95

AED Course & CPR-C Recert Combo

Prerequisites: 14+ yrs and a current CPR-C Certificate within 5 years (bring CPR-C card to class). Recertification is recommended every 2 years.

Jan 16 Mon 5 - 10pm
Feb 10 Fri 5:30 - 10:30pm
Mar 12 Mon 5 - 10pm
Apr 13 Fri 5:30 - 10:30pm
May 30 Wed 5 - 10pm

Members: \$50/Public: \$67

CPR-C Recert

Prerequisites: 14+ yrs and CPR-C Certificate within 5 years (bring CPR-C card to class). Recertification is recommended every 2 years.

Feb 27	Mon	5 - 9pm
Apr 16	Mon	5 - 9pm
June 25	Mon	5 - 9pm

Members: \$21/Public: \$28

Standard First Aid & CPR-C

Comprehensive course covering all aspects of first aid and CPR. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. Taught by a certified Lifesaving Society First Aid Instructor, using practical activities and hands-on training, you will learn to recognize and treat injuries including head & spinal, soft tissue, facial, abdominal & chest, burns, bone & joint, and other common medical emergencies.

Feb 11 & 12	Sat & Sun	9am - 6pm
Apr 28 & 29	Sat & Sun	12 - 9pm
Jun 23 & 24	Sat & Sun	8am - 5pm

Members: \$110/Public: \$147

Standard First Aid & CPR C Recert

Prerequisites: Standard First Certificate or Aquatic Emergency Care within 5 years. Recertification is recommended every 2 years.

Feb 19	Sun	9am - 6pm
Mar 4	Sun	9am - 6pm
Jun 17	Sun	9am - 6pm

Members: \$65/Public: \$87