

Lifesaving Society Leadership Training

Train to be a Lifeguard

Bronze Star

Keep your swim skills up and learn valuable CPR & first aid skills and basic search & water rescue techniques. Work as part of a team, do a search pattern and perform low-risk rescues. Bronze Star helps prepare you for Bronze Medallion.

Bronze Medallion & Cross

Prerequisite: Must be 13 or have Bronze Star

In Bronze Medallion you learn about the lifesaving principles of water rescue education: judgment, knowledge, skill and fitness. Learn tows, carries, defenses and releases. Learn how to deal with unconscious and conscious victims, develop stroke efficiency and endurance. Bronze Cross offers more advanced training in lifesaving with more complex rescues, both in and out of the water. Also, learn an introduction to safe supervision in aquatic facility.



Standard First Aid

Take your first aid training today!
Includes CPR and AED.

National Lifeguard

Prerequisite: 16 years old, have Bronze Cross (current or expired) and Standard First Aid (current)
NLS builds on the fundamental skills, knowledge and values taught in the lifesaving awards of the Lifesaving Society to develop the practical skills and knowledge required by lifeguards. Designed to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics.



Train to be a Lifeguard/Swim Instructor to work part time while you finish high school, to put yourself through university or to work towards a career in Aquatics! Aquatics is a very rewarding job choice. Start your training now!

Red Cross Leadership Training

Train to be a Swim Instructor

Assistant Water Safety Instructor

Prerequisite: 15 years old

Introduces candidates to the foundation of instructional skills. Guides the knowledge and skills needed to become an AWSI, by focusing on teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback.

Must complete 8 hours of teaching experience to complete.

Water Safety instructor

Prerequisite: 16 years old and AWSI

Prepares candidates to instruct the Red Cross Swim programs. Focus on strategies to introduce and develop swimming and water safety skills. Must complete 9-11 hours teaching experience to complete.

