

Registrations for leadership courses must be done at least one week before start date.

### Swim & Lifesaving Instructor (LSI)

Swim Instructors are responsible for teaching and evaluating candidates participating in the Swim for Life® and Canadian Swim Patrol programs. Lifesaving Instructors are responsible for teaching and evaluating candidates participating in the Canadian Swim Patrol, Bronze Medals, Distinction, Boat Rescue and Lifesaving Society CPR programs.

Prerequisite(s): 16 years old and Bronze Cross or higher

Cost: \$340 + \$75 for materials      Dates to be announced



**LIFESAVING SOCIETY**  
*The Lifeguarding Experts*



## Train to be a lifeguard!



### Step 1 Bronze Medallion

Lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill and fitness. Prerequisites: Must be 13 years old and have CPR-C

Cost: \$138      Fall - October 22 - 24      Friday 4-8, Saturday 8-4, Sunday 8-4

### Step 2 Standard First Aid with CPR-C & AED

Cost: \$102      Fall - October 29-31      Friday 4-8, Saturday 8-4, Sunday 8-4

### Step 3 Bronze Cross

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Prerequisites: Must have Bronze Medallion & a current Standard First Aid

Cost: \$102      Fall - November 5 - 7      Friday 4-8, Saturday 8-4, Sunday 8-4

### Step 4 National Lifeguard

National Lifeguard: This certification prepares lifeguards to fulfill the role of professional facilitator of safe, enjoyable aquatics in a pool setting. Prerequisites: Bronze Cross, 16 years old & Standard First Aid or AEC

Cost: \$302      National Lifeguard      Fall - November 12-14 & 19-21      Friday 4-8, Saturday 8-4, Sunday 8-4

**Lifesaving Society Swim for Life Preschool**

**Age 6 Months - 6 Years**

The Preschool Program works to ensure children become comfortable in the water and have fun developing a foundation of water skills. Activities to teach Water Smart® education key messages are incorporated into all levels.

<p><b>Parent/Tot 1 (4-12 months)</b> <b>Parent/Tot 2 (12-24 months)</b> <b>Parent/Tot 3 (24-36 months)</b></p> <p>The Parent &amp; Tot Program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age.</p>	<p><b>Squid (3-6 years)</b></p> <ol style="list-style-type: none"> <li>1. Enter &amp; exit shallow water - assisted</li> <li>2. Jump into chest-deep water – assisted</li> <li>3. Face in water</li> <li>4. Blow bubbles in water</li> <li>5. Float on front &amp; back (3 sec. each) - assisted</li> <li>6. Safe movement in shallow water – wearing PFD</li> <li>7. Glide on back wearing (3 m. each) - assisted</li> </ol>	<p><b>Swordfish (3-6 years)</b></p> <ol style="list-style-type: none"> <li>1. Enter &amp; exit shallow water wearing PFD</li> <li>2. Jump into chest-deep water</li> <li>3. Submerge &amp; exhale (3 times)</li> <li>4. Float on front &amp; back (3sec. each) wearing PFD or with buoyant aid</li> <li>5. Roll laterally front to back &amp; back to front, wearing PFD</li> <li>6. Glide on front &amp; back wearing PFD (3 m each) wearing PFD or with buoyant aid</li> <li>7. Flutter kick on back with buoyant aid (5m)</li> </ol>
<p><b>Dolphin (3-6 years)</b></p> <ol style="list-style-type: none"> <li>1. Jump into deep water wearing PFD, return &amp; exit</li> <li>2. Sideways entry wearing PFD</li> <li>3. Hold breath under water (3 sec.)</li> <li>4. Submerge &amp; exhale (5 times)</li> <li>5. Recover object from bottom in waist -deep water</li> <li>6. Back float; roll to front; swim 3 m</li> <li>7. Float on front &amp; back (5 sec. each)</li> <li>8. Roll laterally front to back &amp; back to front</li> <li>9. Glide on front &amp; back (3 m each)</li> <li>10. Flutter kick on back (5 m)</li> <li>11. Flutter kick on front (3 m)</li> </ol>	<p><b>Orca (3-6 years)</b></p> <ol style="list-style-type: none"> <li>1. Jump into deep water, return &amp; exit</li> <li>2. Sideways entry</li> <li>3. Tread water 10 sec. wearing PFD</li> <li>4. Open eyes under water</li> <li>5. Recover object from bottom in chest-deep water</li> <li>6. Wearing a PFD, sideways entry into deep water; tread (15 sec.); swim/kick (5 m)</li> <li>7. Front float; roll to back; swim 5 m</li> <li>8. Glide on side (3 m)</li> <li>9. Flutter kick: on front (7 m); on back (7 m); on side (5 m)</li> <li>10. Front crawl (5 m) wearing PFD</li> </ol>	<p><b>Shark (3-6 years)</b></p> <ol style="list-style-type: none"> <li>1. Forward roll entry wearing PFD</li> <li>2. Tread water (10 sec.)</li> <li>3. Submerge &amp; hold breath (5 sec.)</li> <li>4. Recover object from bottom in chest-deep water</li> <li>5. Wearing PFD, sideways entry into deep water; tread (20 sec.); swim/kick (10 m)</li> <li>6. Whip kick in vertical position (20 sec.) with PFD or buoyant aid</li> <li>7. Front crawl (5m)</li> <li>8. Back crawl (5 m)</li> <li>9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests</li> </ol>

**Lifesaving Society Adult Swimmer Program**

**Age 16 +**

The Adult Swimmer Program is for beginners or swimmers who want to improve their skills. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and recognizable strokes.

<p><b>Adult 1 - Beginner</b></p> <ol style="list-style-type: none"> <li>1. Enter &amp; exit shallow water</li> <li>2. Jump into deep water, return &amp; exit</li> <li>3. Tread water (30 sec.) wearing PFD</li> <li>4. Submerge and exhale x10</li> <li>5. Recover object from bottom in chest-deep water</li> <li>6. Wearing PFD, jump into deep water, tread 30 sec. &amp; kick on back (5-10 m)</li> <li>7. Float on front &amp; back</li> <li>8. Roll laterally front to back</li> <li>9. Glide on front, back &amp; side (3-5 m)</li> <li>10. Flutter kick on front, back &amp; side 10m</li> <li>11. Whip kick in vertical position 30 sec</li> <li>12. Front crawl or back crawl (10-15 m)</li> <li>13. Interval training: 4 x 9-12 m flutter kick</li> </ol>	<p><b>Adult 2 - Intermediate</b></p> <ol style="list-style-type: none"> <li>1. Standing dive into deep water</li> <li>2. Tread water (1-2 min.)</li> <li>3. Handstand in shallow water</li> <li>4. Front somersault (in water)</li> <li>5. Swim underwater (5-10 m)</li> <li>6. Flutter kick on back (5 m); reverse direction Roll to front; flutter kick on front (5 m)</li> <li>7. Flutter kick on front (5 m); roll to back; flutter kick on back (5 m)</li> <li>8. Whip kick on back (10-15 m)</li> <li>9. Whip kick on front (10-15 m)</li> <li>10. Breaststroke arms drill (10-5 m)</li> <li>11. Front crawl &amp; back crawl (25-50 m each)</li> <li>12. Interval training: 4 x 25 m flutter kick</li> <li>13. Interval training: 4 x 25 m front or back crawl</li> <li>14. Sprint front crawl (25 m)</li> </ol>	<p><b>Adult 3 - Advanced</b></p> <ol style="list-style-type: none"> <li>1. Shallow dive into deep water</li> <li>2. Stride entry into deep water</li> <li>3. Compact jump into deep water</li> <li>4. Legs-only surface support (30-60 sec.)</li> <li>5. Back somersault (in water)</li> <li>6. Swim underwater (5-10 m) to recover object</li> <li>7. Eggbeater kick or scissor kick on back (10-15m)</li> <li>8. Breaststroke (25-50 m)</li> <li>9. Front crawl &amp; back crawl (50-100 m each)</li> <li>10. Head-up front crawl (10-15 m)</li> <li>11. Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests</li> <li>12. Sprint front crawl, back crawl, or breaststroke (25-50 m)</li> <li>13. Workout (300 m)</li> </ol>
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**Lifesaving Society Swim for Life Swimmer program      Age 6 -16 Years**

The Swimmer Program uses in-water practice for swimmers of any ability to develop swimming strokes and skills. Activities to teach Water Smart® education key messages are incorporated into all levels.

<p><b><u>Swimmer 1</u></b></p> <ol style="list-style-type: none"> <li>1. Enter &amp; exit shallow water</li> <li>2. Jump into chest-deep water</li> <li>3. Jump into deep water wearing PFD</li> <li>4. Tread water (30 sec.) wearing PFD</li> <li>5. Hold breath under water (5 sec.)</li> <li>6. Submerge and exhale (5 times)</li> <li>7. Open eyes under water</li> <li>8. Float on front &amp; back (5 sec. each)</li> <li>9. Roll laterally front to back &amp; back to front</li> <li>10. Glide on front, back &amp; side (3 m each)</li> <li>11. Flutter kick on front &amp; back (5 m each)</li> </ol>	<p><b><u>Swimmer 2</u></b></p> <ol style="list-style-type: none"> <li>1. Jump into deep water, return &amp; exit</li> <li>2. Sideways entry wearing PFD</li> <li>3. Tread water (15 sec.)</li> <li>4. Recover object from bottom in chest deep water</li> <li>5. Wearing PFD jump into deep water, tread 30 sec. &amp; swim / kick (15 m)</li> <li>6. Flutter kick on front, back &amp; side (10 m each)</li> <li>7. Whip kick in vertical position (30 sec.) with aid</li> <li>8. Front crawl &amp; back crawl (10 m each)</li> <li>9. Interval training: 4 x 5 m flutter kick with 20 sec. rests</li> </ol>	<p><b><u>Swimmer 3</u></b></p> <ol style="list-style-type: none"> <li>1. Kneeling dive into deep water</li> <li>2. Forward roll entry into deep water</li> <li>3. Tread water (30 sec.)</li> <li>4. Handstand in shallow water</li> <li>5. Front somersault (in water)</li> <li>6. Jump into deep water, tread 30 sec. &amp; swim / kick (25 m)</li> <li>7. Flutter kick on back (5 m); reverse direction and flutter kick on front (5 m)</li> <li>8. Flutter kick on front (5 m); reverse direction and flutter kick on back (5 m)</li> <li>9. Whip kick on back (10 m)</li> <li>10. Front crawl &amp; back crawl (15 m each)</li> <li>11. Interval training: 4 x 15 m flutter kick with 20 sec. rests</li> </ol>
<p><b><u>Swimmer 4</u></b></p> <ol style="list-style-type: none"> <li>1. Standing dive into deep water</li> <li>2. Tread water (1 min.)</li> <li>3. Swim underwater (5 m)</li> <li>4. Canadian Swim-to-Survive® Standard: Roll entry into deep water, tread 1 min. and swim 50 m</li> <li>5. Whip kick on front (15 m)</li> <li>6. Breaststroke arms drill (15 m)</li> <li>7. Front crawl &amp; back crawl (25 m each)</li> <li>8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests</li> <li>9. Sprint front crawl (25 m)</li> </ol>	<p><b><u>Swimmer 5</u></b></p> <ol style="list-style-type: none"> <li>1. Shallow dive into deep water</li> <li>2. Tuck jump (cannonball) into deep water</li> <li>3. Jump entry into deep water &amp; tread 2 min.</li> <li>4. Stationary eggbeater kick (30 sec.)</li> <li>5. Back somersault (in water)</li> <li>6. Roll entry into deep water, tread 90 sec. and swim 75 m</li> <li>7. Breaststroke (25 m)</li> <li>8. Front crawl &amp; back crawl (50 m each)</li> <li>9. Head-up front crawl (10 m)</li> <li>10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests</li> <li>11. Interval training: 4 x 15 m breaststroke with 30 sec. rests</li> <li>12. Sprint front crawl &amp; back crawl (25 m each)</li> </ol>	<p><b><u>Swimmer 6</u></b></p> <ol style="list-style-type: none"> <li>1. Stride entry into deep water</li> <li>2. Compact jump into deep water</li> <li>3. Legs-only surface support 45 sec.</li> <li>4. Swim underwater (10 m) to recover object</li> <li>5. Eggbeater kick on back (15 m)</li> <li>6. Scissor kick (15 m)</li> <li>7. Breaststroke (50 m)</li> <li>8. Front crawl &amp; back crawl (100 m each)</li> <li>9. Head-up swim 25 m</li> <li>10. Interval training: 4 x 25 m breaststroke with 30 sec. rests</li> <li>11. Sprint breaststroke (25 m)</li> <li>12. Workout (300 m)</li> </ol>

Canadian Swim Patrol is a fun, engaging program in which participants improve their swimming skills and strokes learn basic rescue, first aid, and safety skills while engaging with people their own age and becoming strong leaders in our community!  
 Register after completing Swimmer 6/Red Cross SK8 - Leads into Bronze Awards

	<p><b>Rookie Patrol</b></p> <p>Develops individual fitness levels to meet a timed 100m swim and 350m workout. Water proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.</p>
	<p><b>Ranger Patrol</b></p> <p>Enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels to meet a 200m timed swim. Rescue skills involve an increased skill level in first aid basics, victim recognition and non-contact rescues.</p>
	<p><b>Star Patrol</b></p> <p>An excellent preparation for the Bronze Star award, Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke (100m each); and complete 600m workouts and for 300m timed swims.</p>
<p><b>RAPIDS</b></p>  <p>LIFESAVING SOCIETY</p>	<p><b>Junior Lifeguard Club (not available for the fall)</b></p> <p>To keep advancing your skills please register for Rookie, Ranger, or Star Patrol</p>