Want to become a Lifeguard and Swim Instructor?

Bronze Star

Recommended 12 years

Bronze Medallion

Must be 13 years or have Bronze Star

Bronze Cross

Must have Medallion/Emergency First Aid

Assistant Instructor

Must be 14 years and have Bronze Cross

Swim Instructor/Lifesaving Instructor

Must be 15 years old, taken Bronze Cross and taken Assistant Instructor

NEW Age Pre-Requisite

Lifesaving Instructor

Must be 15 years old, taken Bronze Cross and taken Assistant Instructor NEW Age Pre-Requisite

National Lifeguard

Must be 15 years old and Standard First Aid and Bronze Cross

NEW Age Pre-Requisite & curriculum

Get your Advanced Courses in Early!

Swim & Lifesaving Instructor and National Lifeguard (NL) prerequisite ages have been reduced from 16 years of age by the end of the course to 15 years of age at the beginning of the course.