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

Pool Attendant
Must be 14 years and have Standard First Aid

Assistant Instructor
Must be 14 years and have Bronze Cross

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

Swim Instructor
Must be 15 years old, completed Bronze Cross and Assistant Instructor

Lifesaving Instructor
Must be 15 years old, completed Bronze Cross and Assistant Instructor

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 by the end of the course.