

Bronze Medallion | Basic First Aid | CPR-C

This course develops physical fitness, decision making and judgment skills for water rescue. Basic First Aid knowledge skills are also covered. Candidate materials required for the course are included in the cost.

Prerequisite: 13 years of age (prior to exam) or Bronze Star award. **100 percent attendance is mandatory.**

Fall 2026

When Saturday, October 17 & 24 | 1:30 – 8:30 p.m.
Sunday, October 18 & 25 | 1:30 – 8:30 p.m.

Where P & H Centre | Lions Den & pool

Cost \$265.91 | Code 10450

Bronze Cross | Intermediate First Aid | CPR-C

This course teaches the difference between lifesaving and assistant lifeguarding, the principles of emergency procedures, teamwork and the use of special equipment. Spinal injury management techniques, safety supervision scanning and rescue situations are also covered. Candidate materials required for the course are included in the cost. Candidates must provide their own whistle.

Prerequisite: Bronze Medallion | Basic First Aid | CPR-C. **100 percent attendance is mandatory.**

Fall 2026

When Friday, October 16 & 23 | 4:30 – 9:30 p.m.
Saturday, October 17 & 24 | 1:30 – 8:30 p.m.
Sunday, October 18 & 25 | 1:30 – 8:30 p.m.

Where P & H Centre | Lions Den & pool

Cost \$285.08 | Code 10449

Assistant Swim Instructor

Through classroom learning and in-water practice, the Assistant Instructor course prepares candidates to help instructors with swimming and lifesaving skills. Candidates are introduced to key principles of learning and teaching while they master basic progressions. The roles and responsibilities of instructors and their assistants including the principles of healthy child development are emphasized. **Candidates must complete 18 apprenticeship hours during the course.**

Prerequisite: 14 years of age and Bronze Cross. **100 percent attendance is mandatory.**

Fall 2026

When Saturday, September 26 | 10 a.m. – 4:30 p.m.
Sunday, September 27 | 10 a.m. – 4:30 p.m.
Saturday, November 28 | 10 a.m. – 4:30 p.m.

Where P & H Centre | Lions Den & pool

Cost \$204.32 | Code 10453

Swim Instructor

This course prepares you to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim For Life Program. Successful candidates will receive Swim for Life Instructor certification. Candidates will acquire proven teaching methods, planning skills, lifesaving skills and a variety of stroke development drills and correction techniques. Candidate materials required for the course are included in the cost.

Prerequisite: Bronze Cross, Assistant Swim Instructor & 15 years of age by the end of the course. **100 percent attendance is mandatory.**

Fall 2026

When Friday, November 13 | 4:30 – 9 p.m.
Saturday, November 14 | 10 a.m. – 6 p.m.
Sunday, November 15 | 10 a.m. – 6 p.m.

Where P & H Centre | Lounge & pool

Cost \$273.52 | Code 10452

Advanced Courses

Lifesaving Instructor

The Lifesaving Society Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills, resuscitation techniques in the Society's lifesaving and first aid awards, including Canadian Swim Patrol and Bronze programs. Successful candidates receive two certification cards: Lifesaving Instructor and Emergency First Aid Instructor. Recommended course for experienced instructors who have taught a session(s) of swim lessons.

Prerequisite: Bronze Cross, Assistant Instructor & 16 years of age by the end of the course. **100 percent attendance is mandatory to complete the course.**

Fall 2026

When Friday, December 4 | 4:30 – 9 p.m.
Saturday, December 5 | 10 a.m. – 6 p.m.
Sunday, December 6 | 10 a.m. – 6 p.m.

Where P & H Centre | Lions Den & pool

Cost \$298.29 | Code 10454

National Lifeguard (NL) Recertification

Lifeguards are legally required to re-certify their qualifications every two years. This clinic will update lifeguards on the latest developments in training techniques and statistical research. **100 percent attendance is mandatory.**

Fall 2026

When Sunday, December 20 | 2:30 – 7:30 p.m.

Where P & H Centre | Pool

Cost \$108.86 | Code 10451

