

# Aquatic Certifications

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**YMCA of  
Owen Sound Grey Bruce**  
Health, Fitness & Aquatics

**BL** **NEW!** Blended Learning Course: pool and online sessions

[Visit our ActiveNet portal for upcoming course dates and times](#)

## LEVEL 1

### **Bronze Star & Basic First Aid (with CPR-A)**

**Members:** \$75 / **Public:** \$125 per session **11+ yrs**

**Prerequisites:** 11 years old by last day

Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400m swim.

### **YMCA Assistant Swim Instructor**

**Members:** \$75 / **Public:** \$100 per session **12+ yrs**

**Prerequisites:** 12 yrs by last day + Star 7 or Bronze Star Assistant Instructor is the first introduction to helping a Swim Instructor during swimming lessons. This course provides hands on experience working with children, and prepares candidates for a future role in our aquatic programs. Five hours of volunteer instruction is required during the course.

### **BL Bronze Medallion & Emergency First Aid (with CPR-B)**

**Members:** \$140 / **Public:** \$200 per session **13+ yrs**

**Prerequisites:** 13 years old by last day (proof of age required) Teaches an understanding of the lifesaving principles embodied in water rescue: judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500m times swim.

### **BL Bronze Cross**

**Members:** \$140 / **Public:** \$175 per session **14+ yrs**

**Prerequisites:** 14 yrs by last day + Bronze Medallion & Emergency First Aid Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600m swim.

## LEVEL 2

### **Pre-NLS**

**Members:** \$35 / **Public:** \$55 per session **14+ yrs**

**Prerequisites:** 14 years old by last day + Bronze Cross and 100% attendance required

This course will challenge those who have taken Bronze Cross but are not old enough to take National Lifeguard. Become better prepared for success on the NL course by trying out all of the NL skills! This course is a requirement for being hired at the Y if you are too young to take NL. **Candidates will receive a \$20 credit note for use towards future aquatic leadership courses.**

## LEVEL 3

### **BL National Lifeguard (NLS)**

**Members:** \$200 / **Public:** \$275 per session **15+ yrs**

**Prerequisites:** 15 years old by last day + Bronze Cross and Standard First Aid (CPR-C)

National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country. It is the only lifeguard certificate recognized by the province of Ontario for lifeguarding public swimming pools. Check out content & requirements at [www.lifesavingsociety.com](http://www.lifesavingsociety.com).

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## LEVEL 4

### YMCA Swim Instructor

**Members:** \$50 / **Public:** \$100 per session **16+ yrs**

**Prerequisites:** 16yrs by last day + Assistant Swim Instructor (YMCA or Red Cross), Standard First Aid (CPR-C) and 100% attendance

Learn the theories and methods behind teaching swimming lessons. Refine leadership skills and learn strategies for effective supervision and instruction. To teach swimming lessons at the Y, you must take this course. YMCA Swim Instructors can teach preschool, youth and adult lessons, parented classes and Bronze Star.

### Lifesaving Instructor (LSS)

**Members:** \$180 / **Public:** \$200 per session **16+ yrs**

**Prerequisites:** 16 yrs + Swim Instructor (YMCA or Red Cross)

This course prepares individuals to organize, plan, teach and evaluate lifesaving and First Aid skills and resuscitation techniques in the Society's Lifesaving and First Aid awards. Successful candidates receive two certification cards: Lifesaving Instructor and Emergency First Aid Instructor. Current Lifesaving Instructors are certified to teach; Canadian Swim Patrol Program, Bronze Star, Bronze Medallion, Bronze Cross, Lifesaving Fitness, Distinction, Basic and Emergency First Aid, CPR.

## STANDARD FIRST AID CERTIFICATIONS

## Certification through the Lifesaving Society

### Standard First Aid/ CPR-C/AED

**Members:** \$150 / **Public:** \$150 per session

Comprehensive training covering all aspects of First Aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies.



### Health Care Providers First Aid/CPR-HCP/AED

**Members:** \$175 / **Public:** \$195 per session

Comprehensive training covering all aspects of First Aid and CPR. This course includes the Standard First Aid as well as the HCP training, designed for those who require a Health Care level of CPR.

**This course has some pre-course reading and assignments required before the course begins.**

## RECERTIFICATIONS

### National Lifeguard (NLS) Recertification

**Members:** \$80 / **Public:** \$80 **16+ yrs**

**Requirement:** A 'Bubble Buddy' is required for the exam. National Lifeguard certification is current for two years and is recertified by completing a National Lifeguard recertification exam. All skills learned on original course will be reviewed and are expected to be at standard. Be prepared to swim!

### Lifesaving Instructor (LSS) Recertification

**Members/Public:** Pay directly to Lifesaving Society **16+ yrs**

Certifications expire every two years. No need to attend a clinic: send in this completed form directly to the Lifesaving Society: [www.lifesavingsociety.com](http://www.lifesavingsociety.com)

### Standard First Aid/CPR-C/AED or HCP Recertification

**Members:** \$95 / **Public:** \$95

Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than three years from the Standard First Aid date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Thereafter, individuals may renew by alternating recertifications and original courses. Holders of Standard First Aid certificates from other agencies cannot recertify their certificate on a Lifesaving Society recertification course.

### Refund Policy

A service charge of \$10 is applicable to every refund or change in schedule. Program fees are refundable prior to start date of class (less \$10 service charge). Aquatic Certifications & First Aid course fees are refundable up to two weeks from start date. Refunds requested within the two-week period prior to the course will receive a credit on account only (less \$10 service charge). Refunds will not be granted on or after start date of program except for medical reasons. All refunds for medical reasons require a doctor's note.

### FAQs

**If a course says '100% attendance required', do you mean it?** Yes! The Lifesaving Society mandates that full attendance is required. Candidates who miss portions of the course will be unable to pass.

**Is the exam date flexible?** No. We arrange for a specially-trained Lifesaving Society Examiner to conduct our exams. This is a commitment of time that cannot be made up. Candidates who do not come to the exam will be unable to pass the course.