

Direct inquiries to our Aquatics Department, call 519.376.0484 ext 226 or email Nicole at nicole.crawford@osgb.ymca.ca

LEVEL 1

BRONZE STAR & BASIC FIRST AID (with CPR-A)

Member: \$50 | Public: \$100
Prerequisites: 11yrs old by last day.
B: Sundays **Jan 12-Feb 16** 2:30-4:30 PM

ASSISTANT SWIM INSTRUCTOR

Member: \$50 | Public: \$70
Prerequisites: 12yrs, + Star 7 or Bronze Star.
A: Thurs **Sept 26** 4-8 PM
B: Thurs **Jan 28** 4-8 PM

BRONZE MEDALLION & EMERGENCY FIRST AID (with CPR-B)

Member: \$100 | Public: \$150
Prerequisites: 13yrs old by last day; proof of age required.
A: Sundays **Sept 15-Oct 27**
 12:30-4:30 PM (No Class Oct 13)
 EXAM: **Oct 27** 2:30-4:30 PM
C: Sundays **Feb 23-Mar 29** 12:30-4:30 PM
 EXAM: **Mar 29** 2:30-4:30 PM

BRONZE CROSS & STANDARD FIRST AID (with CPR-C / AED)

Member: \$100 | Public: \$150
Prerequisites: 14yrs by last day, Bronze Medallion & Emergency First Aid.
B: Sundays **Nov 3-Dec 8** 12:30-4:30 PM
 EXAM: **Dec 8** 12:30-4:30 PM
D: Sundays **April 19-May 31** 12:30-4:30 PM
 (No Class on May 17)
 EXAM: **May 31** 12:30-4:30 PM

LEVEL 2

PRE-NLS

Member: \$35 | Public: \$55
Prerequisites: 14yrs old, Bronze Cross, 100% attendance required.
A: Fri **Oct 4** 5-9 PM, Sat **Oct 5** 2:30-5:30 PM, Sun **Oct 6** 9 AM-12 PM & 3:30-7 PM
 Fri **Oct 18** 5-9 PM, Sat **Oct 19** 2:30-5:30 PM, Sun **Oct 20** 9 AM-12 PM & 3:30-7 PM
C: Fri **Mar 6** 5-9 PM, Sat **Mar 7** 2:30-5:30 PM, Sun **Mar 8** 9 AM-12 PM & 3:30-7PM
 Fri **Mar 27** 5-9 PM, Sat **Mar 28** 2:30-5:30 PM, Sun **Mar 29** 9 AM-12 PM & 3:30-7PM

Candidates will receive a \$20 credit note for use towards future aquatic leadership courses. These courses are a pre-requisite to working in our Aquatics department.

LEVEL 3

NATIONAL LIFEGUARD (NLS)

Member: \$150 | Public: \$225
 100% attendance required.
Prerequisites: 16yrs by last day, Bronze Cross, Standard First Aid, CPR-C.
A: Fri **Oct 4** 5-9 PM, Sat **Oct 5** 9 AM-6:30 PM, Sun **Oct 6** 9 AM-7 PM, Fri **Oct 18** 5-9 PM, Sat **Oct 19** 9 AM-6:30 PM, Sun **Oct 20** 9 AM-7 PM
C: Fri **Mar 6** 5-9 PM, Sat **Mar 7** 9 AM-6:30 PM, Sun **Mar 8** 9 AM-12 PM & 3:30-7 PM, Fri **Mar 27** 5-9 PM, Sat **Mar 28** 2:30-5:30 PM, Sun **Mar 29** 9 AM-12 PM & 3:30-7 PM

LEVEL 4

SWIM INSTRUCTOR (YMCA)

Member: \$50 | Public: \$100
 100% attendance required.
Prerequisites: 16yrs by last day, Assistant Swim Instructor (YMCA or Red Cross), Standard First Aid, CPR-C
A: Thurs **Sept 26** & **Oct 31** 4-8 PM **both days**

LIFESAVING INSTRUCTOR (LSS)

Member: \$115 | Public: \$150
 100% attendance required.
Prerequisites: Swim Instructor (YMCA or Red Cross).
B: Sat **Jan 18** & Sun **Jan 19** 9 AM – 6 PM **both days**

LEVEL 5

S.E.E. Auditor (Supervision Evaluation & Enhancement)

Member: \$55 | Public: \$75
 Full Course or Recert
A: Wed **Sept 25** 4-8 PM

RECERTIFICATION (bring a whistle and proof of certification)

NATIONAL LIFEGUARD (NL)

Member & Public: \$80
A: Sun **Oct 20** 2:30-6:30 PM
D: Sun **Mar 29** 2:30-6:30 PM

LIFESAVING INSTRUCTOR (LSS)

No clinic required! See reverse for further details.

STANDARD FIRST AID/CPR-C/AED Certification through the Lifesaving Society

FULL COURSE: \$135

A: Sat **Sept 28** & Sun **Sept 29**
B: Sat **Nov 9** & Sun **Nov 10**, Sat **Dec 14** & Sun **Dec 15**, Sat **Feb 22** & Sun **Feb 23**
C: Sat **Apr 4** & Sun **Apr 5**
D: Sat **Jun 6** & Sun **Jun 7**

RECERTIFICATION: \$95

A: Sun **Sept 29**
B: Sun **Nov 10** or Sun **Dec 15** or Sun **Feb 23**
C: Sun **Apr 5**
D: Sun **Jun 7**

Financial Assistance:

Financial Assistance may be available for aquatic certifications. Contact our YMCA NCB Coordinator at 519-376-0484 x227 or osgb.nbc@osgb.ymca.ca for more information on how to apply for Grey County NCB, Canadian Tire Jumpstart or Lifesaving Society's Hilary M. Weston award.

Refund Policy:

A service charge of \$10 is applicable to every refund or change in schedule. Programs fees are refundable prior to start date of class (less \$10 service charge). Aquatic Certifications & First Aid course fees are refundable up to 2 weeks of start date. Refunds requested within the 2 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.

COURSE DESCRIPTIONS

LEVEL 1

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

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 400 m swim.

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

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.

YMCA Assistant Swim Instructor

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. 5 hours of volunteer instruction is required during the course.

Bronze Cross & Standard First Aid (with CPR-C / AED)

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

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.

LEVEL 3

National Lifeguard (NL)

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.

LEVEL 4

Swim Instructor (YMCA)

Learn the theories and methods behind teaching swimming lessons. Refine leadership skills and learn strategies for effective supervision and instruction. If you want 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)

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 on the Lifesaving Instructor course 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, Wading Pool Attendant, Lifesaving Fitness, Distinction, Basic and Emergency First Aid, CPR levels A, B & C.

LEVEL 5

S.E.E. Auditor

The SEE Auditor (Supervision Evaluation and Enhancement) course is designed to give individuals the knowledge, training and tools required to evaluate the safety of lifeguard and instructor supervision using a quantifiable measuring system. Recommended for those with supervisory responsibilities. Classroom based learning only – no swimming.

RECERTIFICATIONS

National Lifeguard (NL)

National Lifeguard certification is current for 2 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!

Swim Instructor (YMCA)

Certification expires every 2 years: get re-qualified here! Discuss successes and challenges, learn new strategies, and review teaching and evaluation techniques.

Lifesaving Instructor (LSS)

Certifications expire every two years. No need to attend a clinic: send in your completed 'credit card' (you were given this on your Instructor course) along with [this completed form](#) (www.lifesavingsociety.com) directly to the Lifesaving Society.

FIRST AID CERTIFICATION

Lifesaving Society Standard First Aid / CPR-C / AED

Full Course

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. Classroom based learning only – no swimming required.

Note: Candidates who take our Bronze Cross course will receive this certification (if all evaluation criteria is successfully met on exam date).

Recert

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 3 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 may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

FAQ's

What should I bring?

All courses require a bathing suit and towel (may want 2 of each for full day courses) each day, as well as a pen/pencil and paper. Must bring original documentation of all required prerequisites (including proof of age) on first day. Candidates in Level 2 and up courses are required to have a whistle. These are available for purchase at the Y on the first day for \$8. Courses that run full days will include a lunch break. Please bring food as required.

Where do I go on the first day?

Please ask for course location at our Welcome Desk. Most classes begin in a program room first, and move back and forth to the pool as required. Candidates will receive further schedule details on the first day.

If a course says '100% attendance required', do you mean it?

Yes! The Lifesaving Society mandates that full attendance is required - there is a lot of information to soak up! Candidates who miss portions of the course will be unable to pass. Level 1 courses do not specify that 100% attendance is required, HOWEVER, there is an exam at the end. The more sessions missed, the tougher it is to keep up and be successful.

Is the exam date flexible?

No. We arrange for a specially trained Lifesaving Society Examiner to conduct our exams for us. This is a commitment of time that cannot be made up. Candidates who do not come to the exam will be unable to make it up or pass the course.

