

Direct inquiries to our Aquatics Department, call 519.376.0484 ext 226 or email Marilyne at marilyne.jones@osgb.ymca.ca

LEVEL 1

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

Member: \$75 | Public: \$125
Prerequisites: 11yrs old by last day.

B: July 7-9 (Times TBD)

ASSISTANT SWIM INSTRUCTOR

Member: \$75 | Public: \$100
Prerequisites: 12yrs, + Star 7 or Bronze Star.

B: Tues May 26 and July 22 4-8 PM

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

Member: \$140 | Public: \$200
Prerequisites: 13yrs old by last day; proof of age required.

C: Sundays Feb 23-Mar 29 12-4 PM
 EXAM: **Mar 29** 2-4 PM

BRONZE CROSS

Member: \$140 | Public: \$175
Prerequisites: 14yrs by last day, Bronze Medallion & Emergency First Aid.

D: Sundays April 19-May 31 12-4 PM
 (No Class on May 17)
 EXAM: **May 31** 2-4 PM

LEVEL 2

PRE-NLS

Member: \$35 | Public: \$55
Prerequisites: 14yrs old, Bronze Cross, 100% attendance required.

C: Fri Mar 6 5-9 PM, **Sat Mar 7** 1:30-5:30 PM, **Sun Mar 8** 9 AM-11:45 PM & 3:30-7PM

Fri Mar 27 5-9 PM, **Sat Mar 28** 1:30-5:30 PM, **Sun Mar 29** 9 AM-7 PM

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: \$200 | Public: \$275
 100% attendance required.
Prerequisites: 16yrs by last day, Bronze Cross, Standard First Aid, CPR-C.

C: Fri Mar 6 5-9 PM, **Sat Mar 7** 9 AM-7 PM, **Sun Mar 8** 9 AM-7 PM, **Fri Mar 27** 5-9 PM, **Sat Mar 28** 9-7 PM, **Sun Mar 29** 9AM-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
August TBD 2020

LIFESAVING INSTRUCTOR (LSS) and EMERGENCY FIRST AID INSTRUCTOR

Member: \$180 | Public: \$200
 100% attendance required.
Prerequisites: Swim Instructor (YMCA, LSS or Red Cross).
Sat May 9 at 9:30-6:30 and Sun May 10 9-5

LEVEL 5

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

Member: \$55 | Public: \$75
 Full Course or Recert

RECERTIFICATION (bring a whistle and proof of certification)

NATIONAL LIFEGUARD (NL)

Member & Public: \$80

D: Sun Mar 29 2:30-7 PM

Sun May 24

LIFESAVING INSTRUCTOR (LSS)

No clinic required! See reverse for further details.

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

FULL COURSE: \$150

C: Wed Mar 11 & Thurs Mar 12 OR **Sat Apr 4 & Sun Apr 5**

OR Wed May 27 & Thurs May 28

D: Sat Jun 6 & Sun Jun 7

Wed Jun 24 & Thurs Jun 25 CPR C -HCP/AED (HCP certification extra\$)

Saturday/Sunday Courses Run 9:30 AM - 6:30 PM each day

Wednesday/Thursday Courses Run

8:30 AM - 5:30 PM Wednesday and 8 AM - 4 PM Thursday.

RECERTIFICATION: \$95

C: Thurs Mar 12 or Sun Apr 5 or May 28

D: Sun Jun 7 or 25

Financial Assistance:

Financial Assistance may be available for aquatic certifications. Contact our YMCA NCB Coordinator at 519-376-0484 x227 or osgb.ncb@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.

CHECK OUR WEBSITE SOON FOR SUMMER COURSES

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

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 if you are too young to take NL.

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.

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, OR take the full LSS course

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.

