



Building healthy  
communities

# National Lifeguard Course

National Lifeguard certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgement, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed object recovery, 50m sprint challenge, 50m rescue drill and 400m endurance challenge. The National lifeguard training program is designed for lifesavers who wish to obtain a responsible job and leadership experience. Successful candidates are certified by the Lifesaving Society – Canada's lifeguarding experts.

**Prerequisites:** Minimum 16 years of age, Bronze Cross and Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol.

**Cost:** Members - \$235.00  
Non-Members - \$255.00  
+ \$40.00 for Alert Lifeguarding Manual  
**Barcode: 8102**

**Course Dates:** November 2019

Nov 1 & 8 from 4:00 – 9:00 PM  
Nov 2, 3, 9 & 10 from 8:00 AM – 6:00 PM

100% attendance is required.

If you have any questions please call Colton Maracle at 519-271-0480 or email [colton.maracle@sp.ymca.ca](mailto:colton.maracle@sp.ymca.ca)

## REGISTER TODAY!



**Register in person or by phone:**

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