



Uxpool

1 Parkside Dr., Uxbridge
905-852-7831
www.uxbridge.ca/uxpool

Become a Lifeguard and Swimming Instructor! Spring 2025 Courses for Staff of the Future!

NL - Lifesaving Society National Lifeguard



This award builds on the fundamental principles taught in the previous lifesaving awards. It is recognized as the standard of lifeguard performance in Canada. NL education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude towards the role of a lifeguard. Candidates should be prepared for the standards of fitness required for this level. Pre-requisites: Bronze Cross, 15 yrs of age (minimum) and a current Standard First aid.

****Full attendance is mandatory.**

April 25, 26, 27 and May 2, 3, 4

Fridays 6 to 10 pm; Saturdays 9 am to 9 pm; Sundays 9 am to 8 pm

Cost: \$350.00 + HST (includes materials and exam fees)

Lifesaving Society *Swim for Life* Instructor

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques. The Lifesaving Instructor portion of the course prepares instructors to teach the Lifesaving Society's: Canadian Swim Patrol Program Bronze Star, Bronze Medallion, Bronze Cross Lifesaving Fitness, Distinction Basic and Emergency First Aid, and CPR-A, CPR-B and CPR-C Pre-requisites: Bronze Cross, 15 yrs of age (minimum) and a current Standard First aid.

March 28, 29 and 30 and April 4, 5 and 6;

Fridays 7 to 10 pm; Saturdays 9 am to 9 pm; Sundays 9 am to 8 pm

Cost: \$422.00 + HST (includes materials and exam fees)

