



Uxpool

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

Become a Lifeguard and Swimming Instructor! Fall 2024 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.**

October 4, 5, 6 and October 18, 19, 20;

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.



November 8, 9, 10 and 22, 23, 24;

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)



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All Lifeguards must recertify every two years to maintain active status.

NLS Recertification Course

Candidates should be prepared for the current fitness standards to be evaluated. These include timed items.

Sunday, December 15 , from 2 pm to 6 pm

Cost: \$70.00 + HST (includes exam/award fees)

Lifesaving Instructor Recertification

The Lifesaving Society has brought in a new point system to recertify your instructor certification. You still need to renew the certification every 2 years. You must attain 4 points (2 from mandatory categories and 2 from other categories) in order to recertify. If you can't obtain your 4 credits there is now an optional recertification course that you can take. The Uxpool is happy to offer you this option.

Saturday, December 14 from 1:30 pm to 5:30 pm

Cost: \$70 + HST (includes award fees)

Standard First Aid Courses and CPR "C"

This course provides a comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid including: spinal injuries; medical/legal issues; heat or cold injuries; bone and joint injuries; abdominal and chest injuries as well as burns. Includes CPR "C" certification and an introduction to the use of AEDs (Automated External Defibrillation).

This course is recognized by the Workplace Safety and Insurance Board (WSIB).

September 28 and 29, November 2 and 3, December 7 and 8

9:00 am - 5:00 pm

Cost: \$175 + HST

SFA Recertification

9:00 am – 5:00 pm at Uxpool

September 29, November 3, December 8

9:00 am - 5:00 pm

Cost: \$125 + HST

*Restrictions may apply.



LIFESAVING SOCIETY®

The Lifeguarding Experts