

WANT TO BE A LIFEGUARD & INSTRUCTOR?

PREPARE YOURSELF IN JUST **6** STEPS

1 Bronze Medallion

Get started on the path to becoming a lifeguard. *13yr or Bronze Star

Learn about the four components of water rescue education: judgement, knowledge, skill, and fitness.

2 Bronze Cross

Learn about advanced lifesaving and supervision skills. *Step 1

Challenge yourself with more advanced training and be introduced to aquatic safety supervision.

3 Assistant Instructor

Start learning how to teach others to swim. *14yr + Step 2

Learn to help instructors with swimming and lifesaving classes through classroom learning and in-water practice.

4 HIGH FIVE PHCD

Learn to teach quality programs that foster healthy childhood development. *14yr

Develop an ability to provide quality programming and positive experiences for children.

5 LSS Instructor

Learn to teach swimming lessons, first aid and leadership. *15yr + Steps 2 + 3

Includes two courses: Lifesaving Society Swim Instructor and Lifesaving Instructor.

**Pre-requisites required to enroll*

6 National Lifeguard

Canada's *only* nationally recognized lifeguard certification. *15yr + Step 2

Develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the lifeguard's role.

Completed all the steps? Join our team!



2nd Chance



Eligible

We want you to succeed!

If you're not successful in any course, you can take the course again at an 80% discount.

Apply Now!



We want you on our team!

Visit www.essex.ca and submit an application.

Must be 16 years of age.

For more info, call 519-776-7336 x 1052 or visit essex.ca