



# Aquatic Leadership Guide

Fall 2025 | Information & Course Offerings

*Start your path to becoming a lifeguard today!*





## The Path to Lifeguarding



### Step 1: Bronze Medallion + EFA

Get started on the path to becoming a lifeguard.

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

**Prerequisite: Age 13+ or Bronze Star**

#### Upcoming Courses | Fall 2025

**Saturdays @ 1:00PM - 4:00PM**

- 1) Sep 20 to Nov 1 | Course #21654
- 2) Nov 8 to Dec 20 | Course#21655

### Step 2: Bronze Cross + SFA

Learn about advanced lifesaving and supervision skills.

Challenge yourself with more advanced training and be introduced to aquatic safety supervision. Includes Standard First Aid.

**Prerequisite: Completed Step 1.**

#### Upcoming Courses | Fall 2025

**Saturdays @ 2:30PM - 6:30PM**

- 1) Sep 20 to Nov 1 | Course #21656
- 2) Nov 8 to Dec 20 | Course #21657

### Step 3: Assistant Instructor

Start learning how to teach others to swim.

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

**Prerequisite: Age 14+ and completed Step 2**

#### Upcoming Courses | Fall 2025

**Wednesdays @ 5:00PM - 8:30PM**

- 1) Sep 17 to Oct 8 | Course #21658
- 2) Nov 12 to Dec 3 | Course #21659

### Step 4: High Five® PHCD

Learn to teach quality programs that foster healthy childhood development.

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

**Prerequisite: Age 14+**

#### Upcoming Courses | Fall 2025

**Wednesdays @ 4:45PM - 9:00PM**

- 1) Oct 15 | Course #21660
- 2) Dec10 | Course #21661



- ✓ Build Leadership Skills
- ✓ Save on Leadership Courses
- ✓ Complete Volunteer Hours
- ✓ Gain Valuable Experience

*Ask us how to get started after completing Steps 1 to 4.*

### Step 6: National Lifeguard + SFA

Canada's only nationally recognized lifeguard certification.

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

**Prerequisite: Age 15+ and completed Step 2.**

#### Upcoming Courses | Fall 2025

**Thursdays @ 5:30PM - 10:00PM**

Sep 18 to Nov 27  
Course #21663

### Step 5: LSS Instructors

Learn to teach swimming lessons, first aid, and leadership.

Candidates acquire proven teaching methods, planning skills, as well as practice teaching opportunities to demonstrate their teaching abilities. The course includes Swim, Lifesaving, and Emergency First Aid Instructor certifications.

**Prerequisite: Age 15+ and completed Step 2 and Step 3.**

#### Upcoming Courses | Fall 2025

**Saturdays @ 9:00AM - 1:00PM**

Oct 18 to Dec 20  
Course #21662

### 2nd Chance Eligible!

We are committed to helping you succeed. If you're not successful in any course, you can take the course again at an 80% discount.

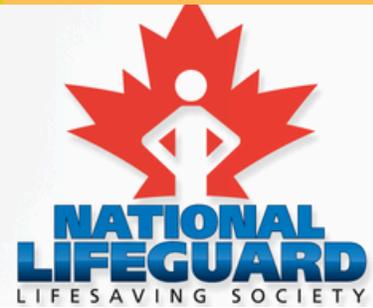
### Join Our Team...Apply Today!

We want you on our team! Visit [www.essex.ca](http://www.essex.ca) and submit an application. Must be a minimum of 15 years of age.



# You do the math...

*Great job + Leadership skills + Lifelong friends =*



## Fitness Based Courses offered in Essex

### ESLC Fundamentals

**Start to develop lifesaving sport skills.**

Swimmers will take part in a variety of activities including interval training, endurance, and lifesaving sport skills

**Prerequisite: Age 8-15**

### Essex Swim & Lifesaving Club

**Build your lifesaving technical skills.**

Swimmers will build off of the Sport Fundamentals and start to increase their technical skills in this weekly program.

**Prerequisite: Age 8+**

## Additional Advanced Qualifications offered in Essex

### High Five<sup>®</sup> Quest 2

**Help ensure quality programming.**

Learn how to assess and measure quality programs using the High Five Quest 2 Tool.

**Prerequisite: High Five PHCD**

### LSS SFA Instructor

**Get certified as a First Aid Instructor!**

This course prepares candidates to teach first aid courses.

**Prerequisite: Age 16+ & SFA**

### National Lifeguard Recertification

**Recertify your National Lifeguard!**

Review the content so you are ready to demonstrate your skills and recertify your award.

**Prerequisite: Age 16+ & SFA**

### LSS Examiner

**Start your path as an Examiner.**

This course is the portal to certification as a Lifesaving Society Examiner for a variety of programs.

**Prerequisite: Ask Us for Details**

### LSS Coach Level 1

**Get ready to coach Lifesaving Sport.**

The course focuses on the fundamentals of coaching and Lifesaving Sport skills in the pool.

**Prerequisite: Age 16+ & LSS Instructor**

### Aquatic Supervisor

**Learn to manage an aquatic environment.**

For deck-level supervisory staff, this course provides the knowledge and skills to manage a safe aquatic environment.

**Prerequisite: Age 16+ & NL or LSS Instructor**