



Aquatic Leadership Guide

Summer 2026 | Information & Course Offerings

Start your path to becoming a lifeguard today!





The Path to Lifeguarding



Step 1: Bronze Medallion + BFA

Get started on the path to becoming a lifeguard.

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

Prerequisite: Age 13+ or Bronze Star

Upcoming Courses | Summer 2026

Tuesdays & Thursdays

6:00PM - 9:00PM

July 7 to July 30

Course #23612

Step 2: Bronze Cross + IFA

Learn about advanced lifesaving and supervision skills.

Be challenged with more advanced skills while learning aquatic safety supervision. Includes the new Intermediate First Aid.

Prerequisite: Completed Step 1.

Upcoming Courses | Summer 2026

Tuesdays & Thursdays

6:00PM - 9:30PM

August 4 to September 3

Course #23613

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 | Summer 2026

Mondays & Wednesdays

4:45PM - 7:00PM

July 6 to July 29

Course #23614

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 | Summer 2026

Wednesdays @ 4:45PM - 9:00PM

1) June 10 | Course #22379

2) August 5 | Course #23615



- ✓ 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 5: LSS Instructor

Learn to teach swimming lessons and leadership.

Includes Swim and Lifesaving Instructor certifications. Everything you need to be a great instructor!

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

Upcoming Courses | Summer 2026

Sunday @ 9AM - 5PM (Aug 16)
Mon-Thu @ 2PM - 10PM (Aug 17-20)
Course #23616

Step 6: National Lifeguard + IFA

Canada's only nationally recognized lifeguard certification.

Develop an understanding of lifeguarding principles, including good judgement while supervising. Includes the new Intermediate First Aid.

Prerequisite: Age 15+ and completed Step 2.

Upcoming Courses | Summer 2026

Sat/Sun @ 9AM - 5PM (Aug 29/30)
Mon-Thu @ 2PM - 10PM (Aug 31-Sep 3)
Friday @ 9AM-3PM (Sept 4)
Course #23617

2nd Change Eligible!

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

Join Our Team...Apply Today!

We want you on our team! Visit 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[®] 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 First Aid Instructor

Get certified as a First Aid Instructor!

This course prepares candidates to teach first aid courses.

Prerequisite: Age 18+ & Intermediate FA

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+

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