Aquatic Leadership Guide

Winter/Spring 2026 | Information & Course Offerings

Start your path to becoming a lifeguard today!

facebook.com/TownofEssex | 519-776-7336 x. 1052 | essexconnect.ca

The Path to Lifeguarding

Prepare Yourself in 6 Steps

1. Bronze Medallion
2. Bronze Cross
3. Assistant Instructor
4. HIGH FIVE PHCD
5. LSS Instructor
6. National Lifeguard

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 | Winter/Spring 2026

Saturdays @ 1:30PM - 4:00PM

1) Jan 10 to Mar 7 | Course #22366

2) Apr 11 to Jun 6 | Course #22372

Check out our March Break course too!

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 | Winter/Spring 2026

Saturdays @ 2:30PM - 6:00PM

1) Jan 10 to Mar 7 | Course #22367

2) Apr 11 to Jun 6 | Course #22373

Check out our March Break course too!

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 | Winter/Spring 2026

@ 9:00AM - 1:15PM

1) Sun, Feb 1-Feb 22 | Course #22368

2) Sat, Mar 28-Apr 18 | Course #22374

@ 4:30PM - 8:45PM

3) Wed, Apr 29 to May 20 | Course #22378

Step 4: High Five® PHCD

Learn to teach quality programs that foster healthy childhood development.

Develop an ability to provide quality programs and positive experiences for kids.

Prerequisite: Age 14+

Upcoming Courses | Winter/Spring 2026

@ 9:00AM - 1:15PM

1) Sun, Mar 1 | Course #22371

2) Sat, Apr 25 | Course #22377

@ 4:45PM - 9:00PM

3) Wed, Jun 10 | Course #22379

ESSEX EMERGING LEADERS

- 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 | Winter/Spring 2026

Thursdays @ 5:00PM - 10:00PM

1) Jan 8 to Mar 12 | Course #22369
2) Apr 9 to Jun 11 | Course #22375

Check out our March Break course too!

Step 5: LSS Instructor

Learn to teach swimming lessons, first aid and leadership.

Includes Swim, Lifesaving, and Emergency First Aid Instructor certifications.

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

Upcoming Courses | Winter/Spring 2026

Saturdays @ 9:00AM - 1:30PM

Jan 10 to Mar 7 | Course #22370

Fri @ 5PM-10PM May 22/29/Jun 5
+ Sun @ 9AM-6PM May 24/31/Jun 7

Runs Three Weekends | Course #22376

2nd Change Eligible!

We are committeed 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 and submit an application. Must be a minimum of 15 years of age.

essex

March Break Leadership Crash Courses 2026

Get your Lifesaving Society courses over the break!

Bronze Medallion & Emergency First Aid
Bronze Cross & Standard First Aid
National Lifeguard & Standard First Aid

Course Schedules:

Sunday March 15	**Bronze Medallion & Emergency First Aid** 9:00AM - 5:00PM Course Code: 22380	**National Lifeguard & Standard First Aid** 9:00AM - 5:00PM Course Code: 22382
Monday March 16	**Bronze Medallion & Emergency First Aid** 9:00AM - 5:00PM Course Code: 22380	**National Lifeguard & Standard First Aid** 2:00PM - 10:00PM Course Code: 22382
Tuesday March 17	**Bronze Medallion & Emergency First Aid** 9:00AM - 5:00PM Course Code: 22380	**National Lifeguard & Standard First Aid** 2:00PM - 10:00PM Course Code: 22382
Wednesday March 18	**Bronze Cross & Standard First Aid** 9:00AM - 6:00PM Course Code: 22381	**National Lifeguard & Standard First Aid** 2:00PM - 10:00PM Course Code: 22382
Thursday March 19	**Bronze Cross & Standard First Aid** 9:00AM - 6:00PM Course Code: 22381	**National Lifeguard & Standard First Aid** 2:00PM - 10:00PM Course Code: 22382
Friday March 20	**Bronze Cross & Standard First Aid** 9:00AM - 6:00PM Course Code: 22381	**National Lifeguard & Standard First Aid** 2:00PM - 10:00PM Course Code: 22382
Saturday March 21	**Bronze Cross & Standard First Aid** 9:00AM - 1:00PM Course Code: 22381	**National Lifeguard & Standard First Aid** 10:00AM - 2:00PM Course Code: 22382

LIFESAVING SOCIETY®
The Lifeguarding Experts

Info at: 519-776-7336 x 1052

Register at: essexconnect.ca

You do the math...

Great job + Leadership skills + Lifelong friends =

NATIONAL LIFEGUARD
LIFESAVING SOCIETY

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 7-15

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 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