

aquatics specialty/leadership

aquatic leadership

How to become a
Lifeguard/Swim Instructor

BRONZE STAR

Optional Award 12 yrs&up
Must have completed
I Can Swim Stage 3

BRONZE MEDALLION

13 yrs&up or successful
completion of Bronze Star

BRONZE CROSS

Successful completion of
Bronze Medallion

STANDARD FIRST AID/ CPR or AQUATIC EMERGENCY CARE 15 yrs&up

NATIONAL LIFEGUARD SERVICE (NLS)

16yrs&up and Standard First
Aid or Aquatic Emergency
Care (must be current within
2yrs)

ASSISTANT WATER SAFETY INSTRUCTOR (AWSI)

15yrs&up

WATER SAFETY INSTRUCTOR (WSI)

15yrs&up and must have
successfully completed
AWSI

I CAN SWIM UPDATE

16yrs&up and WSI
(must be current within 2yrs)

LIFESAVING INSTRUCTOR (LSI)

16yrs&up

*Volunteering at the pool
& attending
Lifeguard School are
great ways to get hired
as an Instructor/
Lifeguard with
northward!*



aquatic leadership classes

REFUND POLICY:

please note, we require 7
business days notice for a refund.

Diving Springboard (all levels) 8yrs&up

Introduction to springboard diving using CADA
progressive program Levels 1-5. Pre-requisite:
8yrs & successful completion of I Can Swim
Stage

Andrews, Pool

263070	F	Apr 1-Jun 17	3:30-4:15pm
263073	F	Apr 1-Jun 17	4:15-5:00pm
263075	Sa	Apr 2-Jun 18	5:30-6:15pm

\$77

Junior Masters 12-17yrs

For all those kids who are getting tired of lessons
but love the water and want to excel at swim-
ming. This program will help build endurance,
fitness, and health.

Level 1 - Must be able to swim 3 lengths of the pool.

Griffin, Pool

260063	Sa	Apr 2-Jun 18	9:00-9:45am
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\$84

260071	Su	Apr 3-Jun 19	11:30-12:15pm
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\$77

262747	Sa	Jul 9-Aug 27	10:30-11:15am
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\$56

Level 2 - Must be able to swim at least 10 lengths of the pool.

Andrews, Pool

263131	M	Mar 28-Jun 13	5:15-6:15pm
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\$93

263133	W	Mar 30-Jun 15	5:15-6:15pm
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\$111.60

263136	Sa	Apr 2-Jun 18	10:45-11:45am
263137	Su	Apr 3-Jun 19	9:30-10:30am

\$102.30

263143	M,W	Jul 4-27	4:00-5:00pm
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\$74.40

263145	W,M	Aug 3-31	4:00-5:00pm
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\$83.70

Griffin, Pool

260068	Sa	Apr 2-Jun 18	10:00-11:00am
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\$111.60

260069	Su	Apr 3-Jun 19	9:00-10:00am
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\$102.30

260062	W	Apr 6-Jun 2	4:00-5:00pm
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\$111.60

262746	M,W	Jul 4-27	3:00-4:00pm
262749	Sa	Jul 9-Aug 27	9:00-10:00am

\$74.40

262750	W,M	Aug 3-31	3:00-4:00pm
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\$83.70

aquatics leadership One-on-One Sport Conditioning in the Water

Low impact, bouyant, turbulent & resistive en-
vironment to improve functional performance
both in & out of the water.

\$30 /half hour session
\$135 / 5 sessions

Please call Aquatic Programmer at your facility.

Canadian Swim Patrol

Swim Patrol is a 3-level award progression for
lifesaving skills providing a head start for the
Bronze awards.

Andrews, Pool

263098	M	Mar 28-Jun 13	4:00-5:00pm
263105	M	Mar 28-Jun 13	6:15-7:15pm

\$93

263109	W	Mar 30-Jun 15	4:00-5:00pm
263110	W	Mar 30-Jun 15	5:45-6:45pm

\$111.60

263113	Sa	Apr 2-Jun 18	11:45-12:45pm
263114	Su	Apr 3-Jun 19	10:45-11:45am

\$102.30

263116	M-F	Jul 4-15	9:30-10:30am
263118	M-F	Jul 18-29	9:30-10:30am

\$93

263119	M-F	Aug 2-12	9:30-10:30am
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\$83.70

263120	M-F	Aug 15-26	9:30-10:30am
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\$93

263121	M-F	Aug 19-Sep 2	9:30-10:30am
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\$46.50

Lifesaving Junior Lifeguard Club 8yrs&up

Members work their way through Canadian
Swim Patrol, Jr. Resuscitation & Lifesaving Fit-
ness. This club develops swimming, lifesaving,
fitness, knowledge, leadership, teamwork, com-
munity education, and special events. Prereq-
uisite: Successful completion of I Can Swim
Stage 2

Magnussen, Pool

263631	M	Mar 29-May 2	7:00-8:00pm
263633	M	May 9-Jun 20	7:00-8:00pm

\$55.80

263632	M	Jul 4-Aug 29	7:00-8:00pm
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\$74.40

Bronze Star 12yrs&up

The first level in the lifesaving program's Bronze
family. The course trains physical endurance and
develops the skills needed to recognize, and re-
spond in an emergency.

Andrews, Pool

263157	Sa	Apr 2-Jun 18	9:00-10:00am
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\$133.60

263185	M-F	Aug 29-Sep 21	10:45-12:45pm
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\$113

Griffin, Pool

260102	Sa	Apr 2-Jun 18	11:45-12:45pm
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\$111.60

260103	Su	Apr 3-Jun 19	11:15-12:15pm
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\$102.30

262883	M-F	Jul 4-15	11:45-12:45pm
262909	Sa	Jul 9-Aug 27	11:45-1:00pm
262910	M-F	Jul 18-29	9:00-10:00am

\$93

262912	M-F	Aug 2-12	11:45-12:45pm
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\$83.70

262915	M-F	Aug 15-26	9:00-10:00am
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\$93



Bronze Medallion 13yrs&up

Teaches the four components of water rescue: judgment, knowledge, skill & fitness. Learn to respond to situations involving conscious & unconscious victims; develop stroke efficiency and endurance in a timed swim. Pre-requisite: Must be 13 years or hold a Bronze Star award.

Andrews, Lobby

263191	Sa	Apr 2-30	3:30-8:30pm
263217	M-F	Jul 4-15	10:45-1:00pm
263218	M-F	Aug 2-12	10:45-1:15pm
Harry Jerome, Pool			
263933	Su	Apr 3-May 8	1:00-5:00pm
264054	M-F	Jul 4-15	12:30-2:30pm
264055	M-F	Aug 8-19	12:30-2:30pm

Bronze Medallion/Bronze Cross 14yrs&up

Gain both certifications through an intensive course.

Griffin, Edgemont Rm

262926	Sa	Apr 2-Jun 4	1:00-5:00pm
Griffin, Pelican Rm			
262955	M-F	Jul 4-15	1:00-5:00pm
262956	M-F	Jul 18-29	1:00-5:00pm
262957	M-F	Aug 2-12	1:00-5:30pm
262958	M-F	Aug 15-26	1:00-5:00pm
262959	M-F	Aug 29-Sep 2	9:00-5:30pm

Bronze Cross 14yrs&up

Teaches the difference between a lifesaver and a lifeguard, principles of emergency procedures and teamwork. Pre-requisite: Bronze Medallion

Andrews, Lobby

263223	Sa	May 7-28	3:30-8:30pm
263224	M-F	Jul 18-29	10:45-1:00pm
263225	M-F	Aug 15-26	10:45-1:00pm
Harry Jerome, Pool			
263931	Su	May 15-Jun 12	1:00-5:00pm
264052	M-F	Jul 18-29	12:30-2:30pm
264053	M-F	Aug 22-Sep 2	12:30-2:30pm

AEC 14yrs&up

Teaches care and illnesses common to an aquatic environment. Emphasis is placed on vital signs, priority assessment & basic aquatic emergency care principles. AEC or Standard First Aid (current within 1yr) are the prerequisites for NLS.

Andrews

263249	Apr 29-May 1		
	F	4:00-10:00pm	
	Sa,Su	9:00-5:30pm	
263266	M-Th Jul 4-7	4:00-9:00pm	
Griffin, Pelican Rm			
263102	Sa	Apr 2-16	8:00-4:30pm
263117	Sa	Jun 11-25	8:00-4:30pm
263187	Jul 1-3		
	F	9:00-5:00pm	
	Sa,Su	8:00-4:30pm	

\$174

NLS 16yrs&up

National Lifeguard Certification. Candidates are required to complete both a written and practical examination in order to obtain certification. Prerequisites: Bronze Cross (need not be current) & Standard First Aid or AEC (current within 1yr).

Andrews

263269	F	May 6-15	4:00-10:00pm
	Sa,Su		9:00-5:30pm
263276	M-Th	Jul 9-14	1:00-9:30pm
	Sa,Su		9:00-5:30pm
263278	M-Th	Aug 27-Sep 1	1:00-9:30pm
	Sa,Su		9:00-5:30pm

Griffin, Pelican Rm

263127	Su,Sa	May 1-Jun 5	8:00-4:30pm
263173	Sa,Su	Jul 9-24	8:00-4:30pm
263198	Sa,Su	Aug 13-28	8:00-4:30pm

\$348.60

Water Safety Instructor Assistant 15yrs&up

Candidates focus on teaching methods, learning styles, physical principles, progressions, communication, safety and feedback for the Red Cross Water Safety program. 100% Attendance is required.

Magnussen

263634	Su	Apr 3-May 8	9:00-5:00pm
263635	M-F	Jul 18-22	9:00-4:00pm

\$353.06

Water Safety Instructor (WSI) 15yrs&up

Certifies candidates to instruct the Canadian Red Cross Water Safety learn-to-swim program. Candidates are taught class management, teaching, evaluation, safety, supervision, leadership, communication, administration and physical abilities. 100% Attendance is required. Pre-requisite: Successful completion of Water Safety Instructor Assistant

Magnussen

263636	M	May 9-Jun 20	4:00-10:00pm
263637	M-F	Aug 15-19	9:00-5:00pm

\$328.07

I Can Swim Update 16yrs&up

An update or introduction to the I Can Swim program for persons holding a current Red Cross WSI Award. Successful candidates are eligible to teach the I Can Swim program.

Harry Jerome, Pool

263934	Sa	Jun 25	9:00-5:00pm
264110	Sa	Aug 27	9:00-5:00pm

\$175.20



Lifesaving Instructor 16yrs&up

Certifies candidate to teach the Lifesaving Society's programs. Prerequisites: Bronze Cross

Andrews, Lobby

263289	Sa,Su	May 28-Jun 5	2:00-8:00pm
263328	Sa,Su	Jul 16-24	10:00-4:00pm
263329	Sa,Su	Aug 13-21	10:00-4:00pm
Griffin, Pelican Rm			
263045	Sa	May 7-21	8:00-4:30pm
263151	Sa,Su	Jul 30-Aug 1	8:00-4:30pm
	M		9:00-5:00pm

\$249

Lifeguard School

These classes are for lifeguards who want to upgrade their skills or plan to work for the North Vancouver Pools. Drop-ins are welcome (\$20)

Andrews, Lobby

263319	Sa	Jun 4-18	3:30-7:30pm
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\$45

recertifications

Lifesaving Instructor Recert 16yrs&up

To recertify the Lifesaving Instructor as required every 2 years.

Harry Jerome, Pool

263936	W	Apr 27	6:00-10:00pm
263937	W	May 25	6:00-10:00pm
264116	M	Jul 11	6:00-10:00pm
264117	Sa	Aug 27	2:00-6:00pm

\$53.60

NLS Precert/Recert 16yrs&up

To recertify NLS award as required every 2 years.

Harry Jerome, Pool

263941	Sa	Apr 30-May 7	2:00-6:00pm
263942	M,W	May 9-11	6:00-10:00pm
263943	Sa	May 28-Jun 4	2:00-6:00pm
263944	M,W	Jun 20-22	6:00-10:00pm
264119	M,W	Jul 4-6	6:00-10:00pm
264120	Sa	Jul 23-30	2:00-6:00pm
264118	Sa	Aug 13-20	2:00-6:00pm
264122	M,W	Aug 15-17	6:00-10:00pm

\$80.70

Water Safety Instructor Recert 16yrs&up

Recertifies WSI certification as required every 2 years.

Harry Jerome, Pool

263946	M	May 23	6:00-10:00pm
264125	W	Jul 13	6:00-10:00pm
264126	Sa	Aug 6	2:00-6:00pm

\$74.90

