

NEW – LIFESAVING COURSES

BRONZE MEDALLION

The Bronze Medallion award introduces the four basic components of lifesaving: judgment, knowledge, skill, and fitness. You will learn towing, carrying, defending, and disengaging techniques to be prepared to rescue conscious and unconscious victims in increasingly dangerous situations.

Prerequisites :

- Must be at least 13 years old at the time of the final exam or hold a Bronze Star certificate.
- Demonstrate Bronze Star skills and knowledge. An evaluation will be done during the first class.

Materials required :

- Canadian Lifesaving Manual (included)
- Pocket mask (on sale on site – \$ 17,40 + tax)

BRONZE CROSS

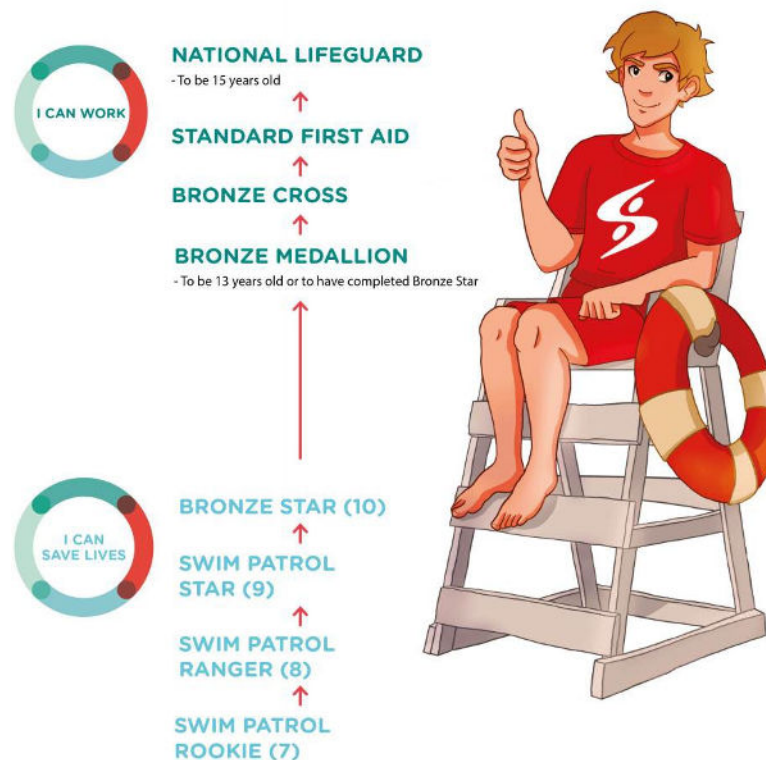
If you are looking for more advanced training to learn lifeguarding fundamentals, the Bronze Cross certification is for you. You will also learn how to rescue a victim with a spinal injury in the deep end and a submerged victim in cardiorespiratory arrest.

Prerequisites : Bronze Medallion certification

Materials required :

- Canadian Lifesaving Manual (received to Bronze Medallion)
- Pocket mask (on sale on site – \$ 17,40 + tax)
- Whistle (on sale on site - \$6,31 + tax)

BECOME A LIFEGUARD



The Bronze Medallion certification allows you to work as an assistant lifeguard at a pool starting at 15 years old, and the Bronze Cross certification on a beach starting at 16 years old.

LIFEGUARD CERTIFICATION

POOLS- BOROUGH OF
PIERREFONDS-ROXBORO

VERSAILLES POOL



REGISTRATION
STARTS MAY 7, 9 A.M.

ACTIVITY	DAY	SCHEDULE*	CODE	NB WEEK*	VALUE+ TX	START DATE	EXAM DATE*	NOTES
Bronze Medallion	Sunday	10:15 - 12:45	001	8	\$ 237,88	June 28	Sunday, August 16 (to be confirmed)	Evaluation and training of swimming styles in the first class on June 28.
Bronze Cross	Sunday	10:15 - 12:45	001	9	\$ 246,38	June 28	Sunday, August 23 (to be confirmed)	

***IMPORTANT:** Schedule, number of weeks and exam date are subject to change. Depending on demand and the number of registrations, the schedule will be adjusted (for example, the duration of each course could be extended from 9 a.m. to 12:30 p.m.).

National Lifeguard Waterfront information on next page

LIFEGUARD CERTIFICATION

VERSAILLES POOL

REGISTRATION
STARTS MAY 7, 9 A.M.



NATIONAL LIFEGUARD - WATERFRONT

Location : Parc-Nature du Cap-Saint-Jacques (21115, boulevard Gouin Ouest, Montréal, H9K 1C7)

ACTIVITY	DAY	SCHEDULE	DATE	RATE + TX	PREREQUISITES	NOTES
National Lifeguard Waterfront	Friday Saturday Sunday	16h00 à 20h00 7h30 à 17h30 8h00 à 18h00	May 29 to 31*	\$ 220,00	15 years of age and National Lifeguard - Pool award	See equipment required
Recertification NL Waterfront	Saturday	17h30 à 21h30	May 30*	\$ 87,75	National Lifeguard Waterfront award	See equipment required

*Provisional date, subject to change

Equipment required NL Waterfront :

- Swimsuits are required, and it is strongly recommended to bring a minimum of two towels per training day.
- Swimming goggles
- Pocket mask, gloves and whistle
- Swimming cap (optional)
- Wetsuit (optional, but highly recommended if you already own one)
- Fins, snorkeling mask and snorkel
- Sunscreen, mosquito repellent and sunglasses
- Lunch and snacks
- Bottle of water
- Warm clothing and blankets