



You do the math...

Great job

+ Leadership skills

+ Lifelong friends



National Lifeguard Service and Standard first Aid Course

The National Lifeguard Service (NLS) course consists of a core course dealing with lifeguarding principles and techniques, together with environment-specific items leading to certification in one of the NLS options.

National Lifeguard training is designed to develop the basic lifeguarding skills, principles and decision-making processes which will assist the lifeguard to evaluate and adapt to different aquatic facilities and emergencies.

Prerequisite: Minimum 16 years of age. Bronze Cross certification

For more information
please contact Jennifer
Hood at
jenn.hood@ns.ymca.ca
or 902-742-7181

Dates and Times:

April 1st 5pm-9pm

April 6th 9:30am-5:30pm

April 7th 10am-6pm

April 14th 10am-6pm

April 18th 5pm-9pm

April 20th 9:30am-5:30pm

Please note that more time may
be required.

Prices:

Members: 250.00

Non- Members: 275.00

Staff: 100.00

Registration will open March
18th for Members and March
25th for non-Members