



Aquatic Leadership Guide

Fall 2026 | Information & Course Offerings

Start your path to becoming a lifeguard today!





The Path to Lifeguarding

Prepare Yourself in 6 Steps



Step 1: Bronze Medallion

Get started on the path to becoming a lifeguard.

Learn about the four components of water rescue education: judgement, knowledge, skill, and fitness.

Prerequisite: Age 13+ or Bronze Star

Upcoming Courses | Fall 2026

Saturdays @ 1:00PM - 4:00PM

- 1) Sept 19 to Oct 24 | Course #23735
- 2) Nov 7 to Dec 12 | Course #24016

Step 2: Bronze Cross + BFA

Learn about advanced lifesaving and supervision skills.

Challenge yourself with more advanced training and be introduced to aquatic safety supervision. Includes Basic First Aid.

Prerequisite: Completed Step 1.

Upcoming Courses | Fall 2026

Saturdays @ 2:00PM - 6:30PM

- 1) Sept 19 to Oct 24 | Course #23736
- 2) Nov 7 to Dec 12 | Course #24012

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 | Fall 2026

Wednesdays @ 4:30PM - 8:45PM

- 1) Sept 23 to Oct 14 | Course #23737
- 2) Nov 4 to Nov 25 | Course #24013

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 | Fall 2026

Saturday @ 9:00AM - 1:15PM

- 1) Oct 17 | Course #23740

Wednesday @ 4:45PM - 9:00PM

- 2) Dec 2 | Course #24014



- ✓ **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 + IFA

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 Intermediate First Aid.

Prerequisite: Age 15+ and completed Step 2.

Upcoming Courses | Fall 2026

Thursdays @ 5:00PM - 10:00PM

Sept 17 to Nov 26 | Course #23739

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 | Fall 2026

Fri @ 5PM-10PM Sept 18/25 / Oct 2
+ Sun @ 9AM-5PM Sept 20/27 / Oct 4
Runs Three Weekends | Course #23738

Fri @ 5PM-10PM Nov 13/20/27
+ Sun @ 9AM-6PM Nov 15/22/29
Runs Three Weekends | Course #24018

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 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.



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 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 First Aid Instructor

Get certified as a First Aid Instructor!

This course prepares candidates to teach first aid courses.

Prerequisite: Age 18+ & IFA

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+ & IFA

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