



YMCA Aquatics

How to become a Lifeguard or Swim Instructor at the YMCA of Greater Vancouver

For more details, please contact the Aquatics Department at your local membership branch.

Bronze Star

Prerequisites
10 – 12 years old
YMCA Star 5
Overview
Bronze Star is a pre-Bronze Medallion program that helps prepare candidates for success in Bronze Medallion. Participants develop problem-solving and decision-making skills as individuals and in partners. Candidates learn basic lifesaving and resuscitation skills needed to be their own personal lifeguard. Includes 400 metre timed swim. Pre-requisites: Swimming ability of YMCA Star 5 or Red Cross Swim Kids 8. Recommended minimum age: 12 years
Not required for Bronze Medallion if 13 years or older.



Bronze Medallion

Prerequisites
Bronze Star or 13 years by the last day of course.
Overview
Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk, involving conscious and unconscious victims in varying water depths. Participants develop stroke efficiency and endurance in timed swims (500 metres). Includes CPR-A.



Bronze Cross

Prerequisites
Bronze Medallion
Overview
Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Bronze Cross is a prerequisite for all advanced training programs, including National Lifeguard® (NL) and Instructor certifications. Includes a 600 metre timed swim and CPR-C. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross is also worth 2 Grade 11 High School Credits.



National Lifeguard

Prerequisites
Minimum of 16 years old by the last day of class
Bronze Cross
Standard First Aid
Overview
The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

YMCA Swim Instructor

Prerequisites
Minimum of 16 years old by the last day of class
Bronze Cross
Standard First Aid
Overview
The YMCA Swim Instructor course trains enthusiastic learners in the skills required to become a Swim Instructor. The course covers: instructional skills, safety supervision, drills and corrective strategies.
Candidates will be trained to plan, teach and evaluate the YMCA Swim program from preschool levels to adults. Candidates should be prepared for daily assignments, teaching presentations and stroke evaluation