



Uxpool

1 Parkside Dr., Uxbridge
905-852-7831
www.uxbridge.ca/uxpool

Lifesaving Society National Lifeguard



This award builds on the fundamental principles taught in the previous lifesaving awards. It is recognized as the standard of lifeguard performance in Canada. NL education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude towards the role of a lifeguard. Candidates should be prepared for the standards of fitness required for this level. Pre-requisites: Bronze Cross, 15 yrs of age (minimum) and a current Standard First aid.

****Full attendance is mandatory.**

February 10, 11, 12 and March 3, 4, 5; Fridays 6 to 10 pm; Saturdays 9 am to 9 pm; Sundays 9 am to 8 pm

Cost: \$320.00 + HST (includes materials and exam fees)