



Uxpool

1 Parkside Dr., Uxbridge
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www.uxbridge.ca/uxpool

Become a Lifeguard! Spring 2024 Courses for Staff of the Future!

NL - 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.

March 22, 23, 24 and April 5, 6, 7; Fridays 6 to 10 pm; Saturdays 9 am to 9 pm; Sundays 9 am to 8 pm

Cost: \$329.20 + HST (includes materials and exam fees)

All Lifeguards must recertify every two years to maintain active Status.

NLS Recertification Course

Candidates should be prepared for the current fitness standards to be evaluated. These include timed items.

Cost: \$70.00 + HST (includes exam/award fees)

Sunday, June 16, from 2 pm to 6 pm