

REC Centre 2023

Lifesaving Courses



1. Bronze Medallion

June 9th, 10th, 11th

Friday 5:00PM-9:00PM

Saturday/Sunday 9:00AM-5:00PM

Cost: FREE

Prerequisites: 13 years by last day of course, ability to swim 200m

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross. This course has a timed swim of 400 meters in 12 minutes.

100% Attendance Required! Please bring official proof of age to first class. (birth cert., passport, DL, etc.)



2. Bronze Cross

June 16th, 17th, 18th

Friday 5-9pm

Saturday/Sunday 9:00AM-5:00PM

Cost: FREE

Prerequisites: Bronze Medallion

Bronze Cross begins the transition from lifesaving to lifeguarding. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. This course has a timed swim of 400 meters in 11 minutes.



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This offering has been made possible by the Government of Canada through the Community Sport for All Initiative. Cette offre a été rendue possible grâce au gouvernement du Canada dans le cadre de l'Initiative du sport communautaire pour tous.

***This course is worth TWO (2) Grade 11 High School Credits & is the required pre-requisite for the National Lifeguard program.

Lillooet & District REC Centre * Call to register: 250-256-7527 * 930 Main Street