













AGE LEVELS	LIFEGUARD (Lifesaving Society)	SWIM INSTRUCTOR (YMCA OR Red Cross)	AQUAFIT INSTRUCTOR (YMCA Fitness Leader OR BCRPA)
11-12 years	Bronze Star (optional)		
13+ years	Bronze Medallion  Bronze Cross  Standard First Aid OR Aquatic Emergency Care		
15+ years		Red Cross Assistant Water Safety Instructor	
16+ years	National Lifeguard Service (NLS) Pool Option  NLS Waterpark Option (required to work at H ₂ O)  Apply to be a Lifeguard!	 YMCA OR Water Swim Safety Instructor Instructor   Apply to be a Swim Instructor!	Fitness Theory  Aquatic Fitness Module and Practicum  Apply to be an AquaFit Instructor!