Leadership Development Courses

Registration for these courses is ongoing; register any time by calling 311 or through winnipeg.ca/leisureonline. Courses can be found in the “Leadership Development” category. Prerequisites must be met prior to registering.

Red Cross First Aid & CPR C/AED: Train to respond to emergencies!
- **Emergency First Aid & CPR C/AED:** basic first aid skills and CPR/AED - 8 hours
- **Recertification course** - 6 hours
- **Standard First Aid & CPR C/AED:** comprehensive first aid and CPR/AED training - 8–16 hrs depending on format
  - **Recertification course** - 8 hours
- **CPR C/AED:** 6 hours
  - **Recertification course** - 4 hours

Aquatic Instructor Courses
Successful completion of Aquatic Instructor courses and completion of required practice teaching certifies registrants to be swimming instructors.
- **Red Cross:**
  - **Water Safety Instructor** - 25 hours (requires 12 hours practice teaching after course completion)
  - **Water Safety Instructor Recertification course** - 4 hours (required every 2 years to remain current)
  - **Assistant Lifeguard Instructor course (ALGI)** - 19 hours (minimum age 16 years)
- **Lifesaving Society:**
  - **Lifesaving & First Aid Instructor** - 44 hours (includes peer teaching)
  - **Lifesaving & First Aid Instructor Recertification course** - 8 hours

Lifeguarding Courses
Successful completion of Lifeguarding courses teaches water proficiency, first aid skill and emergency recognition and response.
- **Lifesaving Society:**
  - **National Lifeguard Pool** - 44 hours (minimum age 15 years)
  - **Bronze medallion** - 25 hours (minimum age 13 years) prerequisite Bronze cross
  - **Bronze Cross** - 25 hours (minimum age 14 years) prerequisite for National Lifeguard (NL)
- **Red Cross:**
  - **Lifeguard course (LG) Pool** - 44 hours (minimum age 15 years)
  - **Lifeguard recertification course** - 6 hours
  - **Assistant Lifeguard course (ALG)** - 35 hrs (minimum age 12 years) prerequisite for the LG

Didn’t get a spot in the course that you require? Put your name on the wait list for that course — if a spot becomes available, you will receive a call from us. At that time, you can decide to take or decline the spot.

winnipeg.ca/leisureonline or call 311
Join the wave of the future… train to become a City of Winnipeg Aquatic Instructor

The City of Winnipeg offers all the courses you need to join our team! Register now by visiting winnipeg.ca/leisureonline (you will find the courses in the Leadership Development category). Once you have obtained all of the required qualifications, you can apply for an Aquatic Instructor position. Pre-employment training and testing will be provided.

For more information, please visit winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/indoorpools.stm

### AQUATIC INSTRUCTOR

**Option 1: RED CROSS**

<table>
<thead>
<tr>
<th>SK 10/equivalent</th>
<th>Standard First Aid and CPR C/AED (SFA-C) 8–16 hours</th>
<th>Assistant Lifeguard Course (ALG) 35 hours (min. age 12 years)</th>
<th>Water Safety Instructor (WSI) 25 hours (min. age 15 years)</th>
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</thead>
</table>

### AQUATIC INSTRUCTOR

**Option 2: RED CROSS and LIFESAVING**

<table>
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<tr>
<th>SK 10/equivalent, Bronze Medallion (BM) 25 hours (min. age 13 years)</th>
<th>Bronze Cross (BC) 25 hours (min. age 14 years)</th>
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Join the wave of the future… train to become a City of Winnipeg Instructor/Lifeguard

The City of Winnipeg offers all the courses you need to join our team! Register now by visiting [winnipeg.ca/leisureonline](http://winnipeg.ca/leisureonline) (you will find the courses in the Leadership Development category). Once you have obtained all of the required qualifications, you can apply for an Instructor/Lifeguard position. Pre-employment training and testing will be provided.

For more information, please visit [winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/indoorpools.stm](http://winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/indoorpools.stm)

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<tr>
<th>INSTRUCTOR LIFEGUARD</th>
<th>SK 10/ equivalent</th>
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<th>Assistant Lifeguard Course (ALG) 35 hours (min. age 12 years)</th>
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