Leadership Development Courses

Registration for these courses is ongoing; register any time by calling 311 or through [winnipeg.ca/leisureonline](http://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

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.

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)
  - **Life guard recertification course** - 6 hours
  - **Assistant Lifeguard course (ALG)** - 35 hrs (minimum age 13 years) prerequisite for the LG

[winnipeg.ca/leisureonline](http://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

<table>
<thead>
<tr>
<th>AQUATIC INSTRUCTOR</th>
<th>Option 1: RED CROSS</th>
<th>Option 2: RED CROSS and LIFESAVING</th>
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</thead>
<tbody>
<tr>
<td>SK 10/equivalent</td>
<td>Standard First aid and CPR C/AED (SFA-C) 7.5–14 hours</td>
<td>SK 10/equivalent, Bronze Medallion (BM) 18 hours (min. age 13 years)</td>
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<td>Assistant Lifeguard Course (ALG) 35 hours (min. age 13 years)</td>
<td>Bronze Cross (BC) 23 hours</td>
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<td>Water Safety Instructor (WSI) 25 hours (min. age 15 years)</td>
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