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
- 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 13 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

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**AQUATIC INSTRUCTOR**

**Option 1: RED CROSS**

- SK 10/equivalent
- Standard First aid and CPR C/AED (SFA-C) 8–16 hours
- Assistant Lifeguard Course (ALG) 35 hours (min. age 13 years)
- Water Safety Instructor (WSI) 25 hours (min. age 15 years)

**Option 2: RED CROSS and LIFESAVING**

- SK 10/equivalent, Bronze Medallion (BM) 25 hours (min. age 13 years)
- Bronze Cross (BC) 25 hours (min. age 14 years)
- Standard First Aid and CPR C/AED (SFA-C) 8–16 hours
- Water Safety Instructor (WSI) 25 hours (min. age 15 years)
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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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)