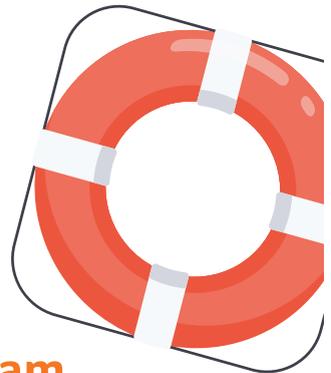
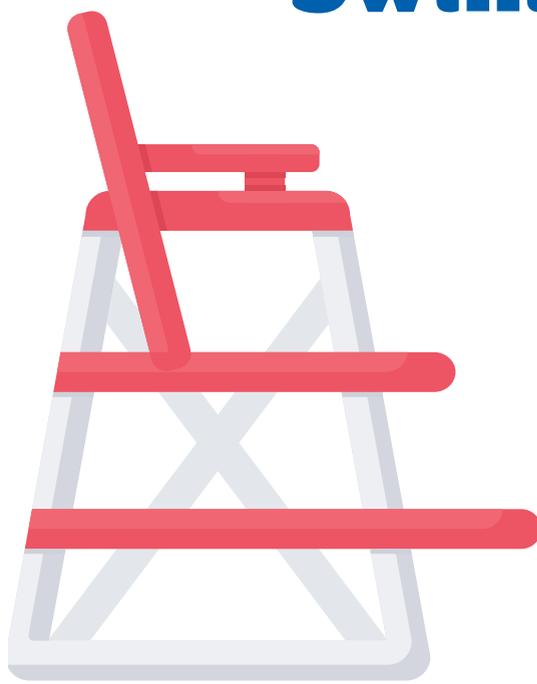


How to Become a Lifeguard/ Swimming Instructor



Bronze Star Course
(Recommended)
Must have completed Swimmer 6



Bronze Medallion Course
*Must have completed Bronze Star
OR minimum of 13 years old*



Bronze Cross Course
Must have completed Bronze Medallion

Lifeguard Stream

Instructor Stream



Standard First Aid/CPR 'C' & AED Course
City of Regina accepts this award from:
Red Cross, St. John's or Lifesaving Society for
job applications or future courses



National Lifeguard
*Must have completed Bronze Cross Course
and Standard First Aid/CPR 'C' & AED.
*Must be 15 years old



'Swim for Life' Instructor Course
*Must be 15 years old

The City of Regina is currently looking for Lifeguards/
Swimming Instructors.
Visit Regina.ca/careers
to apply today!

