

## Price List

Bronze Medallion	\$224.04
Bronze Cross	\$208.58
Blended Standard First Aid	\$148.00
National Lifeguard	\$443.31
Swim for Life Instructor	\$349.65
Lifesaving Instructor	\$363.51
<b>Recertification Courses</b>	
Blended Standard First Aid	\$105.36
National Lifeguard	\$104.36
Swim for Life Instructor	\$113.40
Lifesaving Instructor	\$166.36

Prices include taxes and are subject to change



For more info on becoming an Instructor/  
Guard, please scan the QR code:



## More Information about the Steinbach Aquatic Centre

This brightly lit and beautifully  
muraled facility offers over 24,000  
square feet of fun.



We have fully accessible single and family  
changerooms with new lockers.  
Visitors can bring their own locks or  
purchase one from customer service.



Contact Us  
Phone: 204-346-6207  
Email: [aquaticcentre@steinbach.ca](mailto:aquaticcentre@steinbach.ca)  
[@CityofSteinbach](https://www.instagram.com/CityofSteinbach)



Our Location  
Steinbach Aquatic Centre  
330 Park Road East, Steinbach, MB

## Steps to become an Instructor/ Guard



Steinbach  
Aquatic  
Centre

# Checklist to become an Instructor / Guard

**Complete Bronze Medallion**

**Complete Bronze Cross**

**Complete Certification of SFA/CPR "C"**

**Complete National Lifeguard Course**

**Complete Swim For Life Instructor Course**



**Bilingual (French) is considered an asset.**

**Lifesaving Instructor (LSI) is considered an asset.**

## Lifeguarding Courses



### Bronze Medallion (BM)

Includes basic fundamentals of water rescues, lifesaving skills, fitness, and water-smart awareness.

Prerequisites:

- Must be 13 years of age by last day of course

### Bronze Cross (BC)

Builds on BM lifesaving training and introduces safety supervision in aquatic facilities.

Prerequisites:

- Must be 13 years of age by last day of course
- BM by first day of course (does not need to be current)

### Blended Standard First Aid with CPR "C" (SFA)

An 8 hour online & 8 hour in class course offering comprehensive first aid and CPR techniques.

Prerequisites:

- Must be 13 years of age by last day of course

### National Lifeguard (NL)

Note: This course is required to work as a lifeguard in Manitoba (must be 16 years old to be employed).

Focuses on core lifeguard principles including good judgement, communication, and responsible attitude.

Prerequisites:

- Must be 15 years of age by last day of course
- BC by first day of course (does not need to be current)
- SFA/CPR "C" by first day of course (does not need to be current)
- Certification is valid for 2 years

## Instructor Courses

### Swim for Life Instructor (SFLI)

Certification to teach Swim for Life & Swim Patrol (Rookie/Ranger/Star)

Prerequisites:

- Must be 15 years of age
- BC by first day of course (does not need to be current)
- Certification is valid for 2 years

### Lifesaving Instructor (LSI)

Certification to teach Bronze Medal Awards (Bronze Medallion/Cross)

Prerequisites:

- Must be 15 years of age
- BC by first day of course (does not need to be current)
- Certification is valid for 2 years

## Recertification Courses

### National Lifeguard Recertification (NLR)

- 4 hour in-pool exam

### Blended Standard First Aid Recertification

- 4 hour online and 4 hour in-class course

### Swim for Life Instructor Recertification (SFLIR)

- 4 hour in-class course

### Lifesaving Instructor Recertification (LSIR)

- 8 hour in-class course