

Lifesaving Prep Course: Tuesday and/or Thursday evenings @ the Lawrence Park pool. Register for one evening or both! This course replaces our former competitive class. Pre-requisite – Bronze Star or higher.

- Classes start September and January.
- Geared to all teens interested in lifesaving and/or instructing courses.
- One hour class focuses on stroke perfection, lifesaving skills and developing endurance.
- Geared to the candidate's correct level. Course benchmarks are set to prepare the candidate for their next lifesaving or instructing course.
- Perfect for the candidate who isn't old enough for the next award course.
- Perfect for the candidate who needs to improve skills before registering for their next award course.