



## 2026 Advanced Course Information

*(Online Booking will go live on the dates indicated below)*

Plympton-Wyoming Residents: **Tuesday May 26, 2026 @ 8:30 AM**

Non-Residents: **Thursday May 28, 2026 @ 8:30 AM**

### **Bronze Medallion & Basic First Aid (Step 1)**

Candidates gain knowledge in rescue techniques, first aid principles and emergency treatment of injuries. The Basic First Aid portion of the course covers skills including victim assessment, CPR, choking and treatment for external bleeding, heart attack, stroke wounds and burns, and includes CPR-B certification.

**Prerequisites:** Must be 13 years of age or older or have successfully completed Bronze Star.

#### **Course Offerings:**

July 10 -12 and 17-19. Friday 4-8pm, Saturday and Sunday 9-1.

*\*\* Fridays cover Basic First Aid material and will be out of water.*

*Sunday July 19th will be 9-3 due to the final exam.*

### **Bronze Cross (Step 2)**

Bronze Cross prepares candidates for assistant lifeguard responsibilities. In this course, candidates will strengthen and expand their lifesaving skills and use teamwork and communication to prevent and respond to aquatic emergencies.

**Prerequisites:** Successful completion of Bronze Medallion, and Basic or Standard First Aid.

*\*\*We recommend taking Standard First Aid prior to Bronze Cross.*

#### **Course Offerings:**

August 14-16 and 21-23. Friday 6-8pm, Saturday and Sunday 9-3.

### **National Lifeguard - Pool (Step 3)**

Successful course candidates are certified lifeguards by the lifesaving society. This course evaluates lifeguard theory and practice, physical skills, communication, management of emergency situations and mock guard rotations.

**Prerequisites:** Must be 15 years of age or older and have successfully completed Bronze Cross and Standard First Aid.

#### **Course Offerings:**

To Be Confirmed.

Please note 100% attendance is **MANDATORY** for successful completion of all advanced courses. Course hour requirements are mandated by the Lifesaving Society. Make-up hours will **not** be offered and there are **no refunds**. Please plan accordingly and reach out if you have any questions or concerns.

*More leadership courses are being planned for the extended season at the end of August. Keep an eye on our Facebook page for dates and registration information.*