



Course	Age	Day	Time	Duration	Classes	Code	Cost	Date
<b>AQUATICS</b>								
<b>Adult Aquatic Fitness</b>								
Adult Aquatic Fitness	15 and up	Mon/ Wed	8:00 PM	1h	8	<a href="#">2042</a>	\$97.50	June 27 - July 20, 2022
Adult Aquatic Fitness	15 and up	Mon/ Wed	8:00 PM	1h	8	<a href="#">2043</a>	\$97.50	July 25 - August 17, 2022
<b>Swim Basics 2</b>								
Advance Aqua Adults	15 and up	Tue/ Thu	8:00 PM	1h	8	<a href="#">2045</a>	\$109.52	July 26 - August 18, 2022
<b>Swim Basics 1</b>								
Aqua Adult Beginner	15 and up	Tue/ Thu	8:00 PM	1h	8	<a href="#">2044</a>	\$109.52	June 28 - July 21, 2022
<b>AEC</b>								
LSS Aquatic Emergency Care	13 and up	Mon - Thu	1:00 PM	5h	4	<a href="#">2036</a>	\$231.00	July 18 - July 21, 2022
<b>Bronze Cross (Must have completed Bronze Medallion and Aquatic Emergency Care or Standard First Aid)</b>								
LSS Bronze Cross & Lifesaving CPR'C	9-14 years	Mon - Fri	1:00 PM	5h	5	<a href="#">2037</a>	\$238.00	July 25 - July 29, 2022
LSS Bronze Cross & Lifesaving CPR'C	14 and up	Mon - Fri	1:00 PM	5h	5	<a href="#">2038</a>	\$238.00	July 25 - July 29, 2022
<b>Bronze Medallion</b>								
LSS Bronze Medallion	9-14 years	Mon - Thur	1:00 PM	5h	4	<a href="#">2034</a>	\$238.00	July 11 - July 14, 2022
LSS Bronze Medallion	14 and up	Mon - Thu	1:00 PM	5h	4	<a href="#">2035</a>	\$238.00	July 11 - July 14, 2022
<b>Bronze Star</b>								
LSS Bronze Star	8-14 years	Mon/ Tue	1:00 PM	5h	2	<a href="#">2041</a>	\$140.00	July 4 - July 5, 2022
<b>LSS Instructor/Examiner (Must have completed Bronze Cross or higher)</b>								
LSS Lifesaving Instructor/Examiner (LSI)	15 and up	Mon - Fri	9:00 AM	8h	5	<a href="#">2039</a>	\$330.00	July 4 - July 8, 2022
<b>National Lifeguard (Must have completed Bronze Cross, Standard First Aid, CPR 'C' and AED)</b>								
LSS National Lifeguard	15 and up	Tue/Thu Fri/Sat	4:00 PM	4h	8	<a href="#">2030</a>	\$342.86	May 17 - June 4, 2022
LSS National Lifeguard	15 and up	Mon - Fri	9:00 AM	8h	5	<a href="#">2040</a>	\$342.86	August 15 - August 19, 2022
<b>Starfish Level (Requires a parent/guardian in the water)</b>								
RC Starfish/Duck	0-2 years	Tue - Fri	9:00 AM	30m	8	<a href="#">2078</a>	\$69.50	June 28 - July 8, 2022
RC Starfish/Duck	0-2 years	Tue - Fri	9:00 AM	30m	8	<a href="#">2112</a>	\$69.50	July 26 - August 5, 2022
<b>Crocodile/Whale</b>								
RCSP Crocodile/Whale	3-6 years	Tue/ Thu	4:40 PM	30m	8	<a href="#">2148</a>	\$69.50	May 24 - June 16, 2022
RCSP Crocodile/Whale	3-6 years	Tue - Fri	5:10 PM	30m	8	<a href="#">2093</a>	\$69.50	June 28 - July 8, 2022
RCSP Crocodile/Whale	3-6 years	Tue - Fri	10:10 AM	30m	8	<a href="#">2097</a>	\$69.50	July 12 - July 22, 2022

RCSP Crocodile/Whale	3-6 years	Tue - Fri	11:20 AM	30m	8	<a href="#">2117</a>	\$69.50	July 26 - August 5, 2022
RCSP Crocodile/Whale	3-6 years	Tue - Fri	5:10 PM	30m	8	<a href="#">2120</a>	\$69.50	July 26 - August 5, 2022
RCSP Crocodile/Whale	3-6 years	Tue - Fri	10:10 AM	30m	8	<a href="#">2139</a>	\$69.50	August 9 - August 19, 2022
<b>Salamander Level</b>								
RCSP Salamander	3-6 years	Tue/Thu	5:50 PM	30m	8	<a href="#">2150</a>	\$69.50	May 24 - June 16, 2022
RCSP Salamander	3-6 years	Tue - Fri	11:20 AM	30m	8	<a href="#">2082</a>	\$69.50	June 28 - July 8, 2022
RCSP Salamander	3-6 years	Tue - Fri	9:35 AM	30m	8	<a href="#">2096</a>	\$69.50	July 12 - July 22, 2022
RCSP Salamander	3-6 years	Tue - Fri	4:35 PM	30m	8	<a href="#">2101</a>	\$69.50	July 12 - July 22, 2022
RCSP Salamander	3-6 years	Tue - Fri	10:45 AM	30m	8	<a href="#">2115</a>	\$69.50	July 26 - August 5, 2022
RCSP Salamander	3-6 years	Tue - Fri	4:35 PM	30m	8	<a href="#">2119</a>	\$69.50	July 26 - August 5, 2022
RCSP Salamander	3-6 years	Tue - Fri	9:35 AM	30m	8	<a href="#">2138</a>	\$69.50	August 9 - August 19, 2022
RCSP Salamander	3-6 years	Tue - Fri	5:45 PM	30m	8	<a href="#">2145</a>	\$69.50	August 9 - August 19, 2022
<b>Sea Otter</b>								
RCSP Sea Otter	3-6 years	Tue/Thu	5:15 PM	30m	8	<a href="#">2149</a>	\$69.50	May 24 - June 16, 2022
RCSP Sea Otter	5-16 years	Tue - Fri	9:35 AM	30m	8	<a href="#">2079</a>	\$69.50	June 28 - July 8, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	10:45 AM	30m	8	<a href="#">2081</a>	\$69.50	June 28 - July 8, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	4:00 PM	30m	8	<a href="#">2091</a>	\$69.50	June 28 - July 8, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	9:00 AM	30m	8	<a href="#">2095</a>	\$69.50	July 12 - July 22, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	11:20 AM	30m	8	<a href="#">2099</a>	\$69.50	July 12 - July 22, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	4:00 PM	30m	8	<a href="#">2100</a>	\$69.50	July 12 - July 22, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	9:35 AM	30m	8	<a href="#">2113</a>	\$69.50	July 26 - August 5, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	11:20 AM	30m	8	<a href="#">2116</a>	\$69.50	July 26 - August 5, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	4:00 PM	30m	8	<a href="#">2118</a>	\$69.50	July 26 - August 5, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	9:00 AM	30m	8	<a href="#">2137</a>	\$69.50	August 9 - August 19, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	11:30 AM	30m	8	<a href="#">2140</a>	\$69.50	August 9 - August 19, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	4:00 PM	30m	8	<a href="#">2141</a>	\$69.50	August 9 - August 19, 2022
RCSP Sea Otter	3-6 years	Tue - Fri	5:10 PM	30m	8	<a href="#">2143</a>	\$69.50	August 9 - August 19, 2022
<b>Sea Turtle Level (Requires a parent/guardian in the water)</b>								
RCSP Sea Turtle	2-3 years	Tue - Fri	10:10 AM	30m	8	<a href="#">2080</a>	\$69.50	June 28 - July 8, 2022
RCSP Sea Turtle	2-3 years	Tue - Fri	10:10 AM	30m	8	<a href="#">2114</a>	\$69.50	July 26 - August 5, 2022
<b>Sunfish Level</b>								
RCSP Sunfish	3-6 years	Tue/Thu	4:05 PM	30m	8	<a href="#">2147</a>	\$69.50	May 24 - June 16, 2022
RCSP Sunfish	3-6 years	Tue - Fri	5:45 PM	30m	8	<a href="#">2094</a>	\$69.50	June 28 - July 8, 2022
RCSP Sunfish	3-6 years	Tue - Fri	10:45 AM	30m	8	<a href="#">2098</a>	\$69.50	July 12 - July 22, 2022
RCSP Sunfish	3-6 years	Tue - Fri	5:45 PM	30m	8	<a href="#">2102</a>	\$69.50	July 12 - July 22, 2022
RCSP Sunfish	3-6 years	Tue - Fri	5:45 PM	30m	8	<a href="#">2121</a>	\$69.50	July 26 - August 5, 2022
RCSP Sunfish	3-6 years	Tue - Fri	5:45 PM	30m	8	<a href="#">2144</a>	\$69.50	August 9 - August 19, 2022
<b>Level 1</b>								
Red Cross Swim Kids 1	5-16 years	Tue/Thu	4:05 PM	30m	8	<a href="#">2151</a>	\$69.50	May 24 - June 16, 2022
Red Cross Swim Kids 1	5-16 years	Tue/Thu	5:15 PM	30m	8	<a href="#">2156</a>	\$69.50	May 24 - June 16, 2022
Red Cross Swim Kids 1	5-16 years	Tue/Thu	5:50 PM	30m	8	<a href="#">2157</a>	\$69.50	May 24 - June 16, 2022
Red Cross Swim Kids 1	5-16 years	Tue - Fri	9:00 AM	30m	8	<a href="#">2083</a>	\$69.50	June 28 - July 8, 2022
Red Cross Swim Kids 1	5-16 years	Tue/Thu	11:20 AM	30m	8	<a href="#">2087</a>	\$69.50	June 28 - July 8, 2022

Red Cross Swim Kids 1	5-16 years	Tue - Fri	5:10 PM	30m	8	<a href="#">2109</a>	\$69.50	July 12 - July 22, 2022
Red Cross Swim Kids 1	5-16 years	Tue - Fri	9:00 AM	30m	8	<a href="#">2122</a>	\$69.50	July 26 - August 5, 2022
Red Cross Swim Kids 1	5-16 years	Tue - Fri	10:45 AM	30m	8	<a href="#">2132</a>	\$69.50	August 9 - August 19, 2022
Red Cross Swim Kids 1	5-16 years	Tue - Fri	5:10 PM	30m	8	<a href="#">2136</a>	\$69.50	August 9 - August 19, 2022
<b>Level 2</b>								
Red Cross Swim Kids 2	5-16 years	Tue/Thu	4:40 PM	30m	8	<a href="#">2154</a>	\$69.50	May 24 - June 16, 2022
Red Cross Swim Kids 2	5-16 years	Tue - Fri	9:35 AM	30m	8	<a href="#">2084</a>	\$69.50	June 28 - July 8, 2022
Red Cross Swim Kids 2	5-16 years	Tue - Fri	4:35 PM	30m	8	<a href="#">2108</a>	\$69.50	July 12 - July 22, 2022
Red Cross Swim Kids 2	5-16 years	Tue - Fri	5:45 PM	30m	8	<a href="#">2111</a>	\$69.50	July 12 - July 22, 2022
Red Cross Swim Kids 2	5-16 years	Tue - Fri	10:10 AM	30m	8	<a href="#">2124</a>	\$69.50	July 26 - August 5, 2022
Red Cross Swim Kids 2	5-16 years	Tue - Fri	4:00 PM	30m	8	<a href="#">2134</a>	\$69.50	August 9 - August 19, 2022
<b>Level 3</b>								
Red Cross Swim Kids 3	5-15 years	Tue/Thu	4:40 PM	30m	8	<a href="#">2153</a>	\$69.50	May 24 - June 16, 2022
Red Cross Swim Kids 3	5-15 years	Tue/Thu	5:15 PM	30m	8	<a href="#">2155</a>	\$69.50	May 24 - June 16, 2022
Red Cross Swim Kids 3	5-15 years	Tue - Fri	10:10 AM	30m	8	<a href="#">2085</a>	\$69.50	June 28 - July 8, 2022
Red Cross Swim Kids 3	5-15 years	Tue - Fri	4:00 PM	30m	8	<a href="#">2107</a>	\$69.50	July 12 - July 22, 2022
Red Cross Swim Kids 3	5-15 years	Tue - Fri	9:35 AM	30m	8	<a href="#">2123</a>	\$69.50	July 26 - August 5, 2022
Red Cross Swim Kids 3	5-15 years	Tue - Fri	4:35 PM	30m	8	<a href="#">2135</a>	\$69.50	August 9 - August 19, 2022
<b>Level 4</b>								
Red Cross Swim Kids 4	5-15 years	Tue/Thu	4:05 PM	30m	8	<a href="#">2152</a>	\$69.50	May 24 - June 16, 2022
Red Cross Swim Kids 4	5-15 years	Tue/Thu	5:50 PM	30m	8	<a href="#">2158</a>	\$69.50	May 24 - June 16, 2022
Red Cross Swim Kids 4	5-15 years	Tue - Fri	10:45 AM	30m	8	<a href="#">2086</a>	\$69.50	June 28 - July 8, 2022
Red Cross Swim Kids 4	5-15 years	Tue - Fri	5:10 PM	30m	8	<a href="#">2110</a>	\$69.50	July 12 - July 22, 2022
Red Cross Swim Kids 4	5-15 years	Tue - Fri	10:45 AM	30m	8	<a href="#">2125</a>	\$69.50	July 26 - August 5, 2022
Red Cross Swim Kids 4	5-15 years	Tue - Fri	11:20 AM	30m	8	<a href="#">2133</a>	\$69.50	August 9 - August 19, 2022
<b>Level 5</b>								
Red Cross Swim Kids 5	5-15 years	Tue - Fri	5:40 PM	45m	8	<a href="#">2090</a>	\$69.50	June 28 - July 8, 2022
Red Cross Swim Kids 5	5-15 years	Tue - Fri	9:50 AM	45m	8	<a href="#">2104</a>	\$69.50	July 12 - July 22, 2022
Red Cross Swim Kids 5	5-15 years	Tue - Fri	5:40 PM	45m	8	<a href="#">2128</a>	\$69.50	July 26 - August 5, 2022
Red Cross Swim Kids 5	5-15 years	Tue - Fri	9:50 AM	45m	8	<a href="#">2130</a>	\$69.50	August 9 - August 19, 2022
<b>Level 6</b>								
Red Cross Swim Kids 6	5-15 years	Tue - Fri	4:50 PM	45m	8	<a href="#">2089</a>	\$69.50	June 28 - July 8, 2022
Red Cross Swim Kids 6	5-15 years	Tue - Fri	10:40 AM	45m	8	<a href="#">2105</a>	\$69.50	July 12 - July 22, 2022
Red Cross Swim Kids 6	5-15 years	Tue - Fri	4:50 PM	45m	8	<a href="#">2127</a>	\$69.50	July 26 - August 5, 2022
Red Cross Swim Kids 6	5-15 years	Tue - Fri	10:40 AM	45m	8	<a href="#">2131</a>	\$69.50	August 9 - August 19, 2022
<b>Level 7/8</b>								
Red Cross Swim Kids 7/8	6-15 years	Tue - Fri	4:00 PM	45m	8	<a href="#">2088</a>	\$69.50	June 28 - July 8, 2022
Red Cross Swim Kids 7/8	6-15 years	Tue - Fri	4:00 PM	45m	8	<a href="#">2126</a>	\$69.50	July 26 - August 5, 2022
<b>Level 9/10</b>								
Red Cross Swim Kids 9/10	6-15 years	Tue - Fri	9:00 AM	45m	8	<a href="#">2103</a>	\$69.50	July 12 - July 22, 2022



# Red Cross Lesson Progression Chart

What course you finished:	Age and mark:	What course to enroll in next:
Starfish	Age: 3 months-12 months	Starfish
Starfish	Age: 12 months-24 months	Duck
Duck	Age: 12 months-24 months	Duck
Duck	Age: 24 months-36 months	Sea Turtle
Sea Turtle	Age: 24 months-36 months	Sea Turtle
Sea Turtle	Age: 36 months and up	Sea Otter
Sea Otter	Age: 3-5 years and Incomplete	Sea Otter
Sea Otter	Age: 3-5 years and Complete	Salamander
Sea Otter	Age: 6 and up years and Incomplete	Level 1
Sea Otter	Age: 6 and up years and Complete	Level 1
Salamander	Age: 3-5 years and Incomplete	Salamander
Salamander	Age: 3-5 years and Complete	Sunfish
Salamander	Age: 6 and up years and Incomplete	Level 1
Salamander	Age: 6 and up years and Complete	Level 1
Sunfish	Age: 3-5 years and Incomplete	Sunfish
Sunfish	Age: 3-5 years and Complete	Crocodile
Sunfish	Age: 6 and up years and Incomplete	Level 1
Sunfish	Age: 6 and up years and Complete	Level 2
Crocodile	Age: 3-5 years and Incomplete	Crocodile
Crocodile	Age: 3-5 years and Complete	Whale
Crocodile	Age: 6 and up years and Incomplete	Level 2
Crocodile	Age: 6 and up years and Complete	Level 3
Whale	Age: 3-5 years and Incomplete	Whale
Whale	Age: 3-5 years and Complete	Whale
Whale	Age: 6 and up years and Incomplete	Level 3
Whale	Age: 6 and up years and Complete	Level 4