

# How to become a Lifeguard or Swim Instructor



**Bronze Medallion**

**13 yrs +**

*or completed Bronze Star if not 13 yrs*

**Bronze Cross**

**13 yrs +**



**Standard First Aid with CPR-C**

**14 yrs +**

**National Lifeguard:**

**Pool Option**

**15 yrs +**

**Swim and Lifesaving**

**Instructor Combo**

**15 yrs +**

Complete Lifeguard Certifications through the City of Coquitlam. Sign up online using the Registration system, or call 604-927-4386.

