

Kentville Jr. Instructor and Lifeguard Program



This is a volunteer program aiming to help aspiring lifeguards and instructors gain new experience and knowledge. This program is built to shape participants into strong leaders and to further their skills as they become future lifeguards and swim instructors.

Spend 2 hours a day for a week (Monday-Friday) assisting in instructing with certified Swim Instructors and review basic first aid and training. One hour will be spent assisting instructors while another hour will be spent with the Pool Director covering a variety of lifeguarding skills.

Shadow Guarding (on request) may be done at the completion of the Instructor program.

In order to participate in this program participants must be at least 12 years of age.

Assistant Instructor: Participants must have some swimming background (could include completion of all Red Cross or Lifesaving Society levels, swim team experience or a bronze level course)

Life guarding: Participants must have completed all Red Cross or Lifesaving Society levels or have completed one of the Bronze level courses. In order to shadow guard the volunteer must have completed the Bronze Cross Course.

To register please email Gillian at recreation@kentville.ca