

For FALL fees and registration, please contact the training locations directly:

H2O Adventure + Fitness Centre (H2O)
250.764.4040 h2okelowna.com

Kelowna Family YMCA-YWCA (KFY)
250.491.9622 kyf.ca

Parkinson Recreation Centre (PRC)
250.469.8800 kelowna.ca

Johnson-Bentley Memorial Aquatic Centre (JBM)
250.768.4442 regionaldistrict.com

Lifeguard Training

Bronze Star (Includes CPR-A)

Sep 16-Oct 28 Fri 6-8pm PRC

Bronze Medallion (Includes CPR-B)

Sep 6-15 Tue & Thu 4-9pm KFY
 Sep 9-11 Fri 4-10pm H2O
 Sat & Sun 8:30am - 6pm
 Sep 16-24 Fri 5-9pm PRC
 Sat 10am-5:30pm
 Oct 7-9 Fri 11am-7pm JBM
 Sat & Sun 10am-6pm
 Oct 21-23 Fri 4-10pm H2O
 Sat & Sun 8:30am-6pm
 Nov 18-20 Fri 4:30-9pm KFY
 Sat & Sun 8am-4:30pm

Bronze Cross (Includes CPR-C)

Sep 16-18 Fri 4-10pm H2O
 Sat & Sun 8:30am-6pm
 Sep 30-Oct2 Fri 4:30-9pm KFY
 Sat & Sun 8am-4:30pm
 Oct 14-22 Fri 5-9pm PRC
 Sat 10am-5:30pm
 Oct 21-23 Fri 11am-7pm JBM
 Sat & Sun 10am-6pm
 Nov 4-6 Fri 4-10pm H2O
 Sat & Sun 8:30am-6pm
 Nov 25-27 Fri 4:30-9pm KFY
 Sat & Sun 8am-4:30pm

Bronze Medallion/Bronze Cross Combo

Dec 19-23 Mon-Fri 9am-5:30pm PRC

National Lifeguard Service Award (Pool Option)

Oct 11-29 Tue & Thu 5-9pm KFY
 Sat 9am-5:30pm
 Oct 16-Nov 27 Sun 11am-5pm JBM
 Nov 4-Dec 3 Fri 5-9pm PRC
 (no class 11th) Sat 9:30am-5pm
 Nov 25-Dec 16 Tue/Thu/Fri 5-10pm H2O

NLS Waterpark Option

Dec 17-20 Sat-Tue 3-11pm H2O

NLS Waterpark Recert

Dec 30 & 31 Fri & Sat 9am-5pm H2O

NLS Precert/Recert

Oct 22 & 23 Sat & Sun 4:30-9:30pm PRC
 Dec 10 & 11 Sat & Sun 9am-5pm H2O

Instructor Training

Assistant Water Safety Instructor (AWSI)

Sep 11-Oct 30 Sun 9am-4:30pm PRC
 Sep 24-Oct 29 Sat 9am-4pm JBM

Water Safety Instructor

Nov 5-Dec 10 Sat 9am-4pm JBM
 Nov 13-Dec 11 Sun 10am-4pm PRC

Water Safety Instructor Recert

Dec 10 Sat 9am-1pm PRC

YMCA Swim Instructor Crossover Course

Sep 13 & 15 Tue & Thu 5-9pm H2O
 Oct 17 & 19 Mon & Wed 5-9pm KFY

Lifesaving Instructor Recert

Dec 10 Sat 2-6pm PRC

First Aid Training

CPR-C & AED Combo Recert

Sep 30 Fri 5-10pm H2O
 Oct 28 Fri 5:30-10:30pm H2O
 Nov 25 Fri 5-10pm H2O
 Dec 16 Fri 5:30-10:30pm H2O

CPR-C Recert

Sep 7 Wed 5-9pm KFY
 Sep 19 Mon 5:30-9:30pm JBM
 Sep 26 Mon 5-9pm H2O
 Oct 5 Wed 5-9pm KFY
 Oct 21 Fri 5-9pm PRC
 Oct 31 Mon 5-9pm H2O
 Nov 28 Mon 5-9pm H2O
 Dec 19 Mon 5-9pm H2O

Emergency First Aid

Oct 5 & 7 Wed 5:30-9:30pm JBM

Standard First Aid, CPR-C & AED Combo (Red Cross)

Oct 28-30 Fri 5-9pm PRC
 Sat & Sun 9am-4pm

Standard First Aid with CPR-C (Lifesaving Society)

Sep 24 & 25 Sat & Sun 9am-6pm H2O
 Sep 27, 29 & Oct 4 & 6 Tue & Thu 5-9pm KFY
 Oct 5-14 Wed & Fri 5:30-9:30pm JBM
 Nov 1, 3, 8 & 10 Tue & Thu 5-9pm KFY
 Nov 19 & 20 Sat & Sun 12-9pm H2O

Standard First Aid & CPR-C Recert

Oct 16 Sun 9am-6pm H2O
 Dec 4 Sun 9am-6pm H2O

AED Responder (Lifesaving Society)

Sep 21 Wed 5:30-9:30pm JBM
 Oct 1 Sat 1-6pm PRC

AED PAD Public Access Defibrillation (Lifesaving Society)

Oct 12 Wed 1-4pm PRC