



Free rural lifeguard certification

This November, the municipality is offering free lifesaving programs and lifeguard certification to residents living in rural areas.

Participants will be required to attend each of the lifesaving and lifeguarding courses (1-4) listed below to complete their lifeguard certification:

1. Intermediate First Aid

- Musquodoboit Harbour: Nov. 15-16, 9 a.m. to 5 p.m.

2. Bronze Medallion

- Virtual: Nov. 21, from 5 to 9 p.m.
- Musquodoboit Harbour: Nov. 22, 10 a.m. to 6 p.m.
- Sackville: Nov. 23, 10 a.m. to 6 p.m.

3. Bronze Cross

- Virtual: Nov. 28 from 5 to 9 p.m.
- Sackville: Nov. 29 and 30, 10 a.m. to 6 p.m.

4. National Lifeguard – pool

- Virtual: Dec. 5 and 12 from 5 to 9 p.m.
- Sackville: Dec. 6, 7, 13 and 14 from 10 a.m. to 6 p.m.



To participate in this free program series, registrants must be 15 years old or older. **Priority will be given to applicants that live in rural areas.**

Free transportation options:

1. To Sackville Sports Stadium, open to registered participants from Sheet Harbour and Musquodoboit Harbour.*
2. To Musquodoboit Harbour open to registered participants from Sheet Harbour.*

**Pick up/drop off locations are the Musquodoboit Harbour Community Centre and the Sheet Harbour Recreation Office*

Register at halifax.ca/myREC with course code #45004