

First Aid Hero

By ProSafe Training

Empowering children and teens since 1999.

- ✓ Red Cross Babysitting (Ages 11-15)
- ✓ Red Cross Stay Safe! (Ages 9-13)
- ✓ Emergency Child Care First Aid with CPR Level B (For Parents & Caregivers)

📞 604 880 8017

🌐 firstaidhero.com



LIFEGUARD training

We offer the full range of required lifeguard certification courses. Candidates as young as eight years old can start building their aquatic careers with prerequisite courses.

- Bronze Star (Pre-Req: Age 8-12 Years)
- Bronze Medallion (Pre-Req: Age 13 or Bronze Star)
- Bronze Cross (Pre-Req: Bronze Medallion)
- Swim for Life Instructor (Pre-Req: 15+ & Bronze Cross)
- National Lifeguard Pool (Pre-Req: 15+, Bronze Cross & First Aid)



604.536.4610
litaquatics.com

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