

Fitness in Lifesaving Society Programs



FIRST, as an LSI, you are NOT a Fitness Instructor!



Remember, you may teach fitness within the Lifesaving Society programs ...*related to swimming & rescue only*

If you want to teach fitness classes (*i.e. vertical water OR land*), you need to become S.P.R.A. certified:

Saskatchewan Parks & Recreation Association

- 1. PASS = Fitness Theory written exam**
...i.e. 24 hour course or home study
- 2. PASS = Specialty Module written AND practical exam**
...i.e. 20 hour course or home study & practice
- 3. Pay yearly fee & earn recertification credits**

www.spra.sk.ca